

FALL 2016  
WINTER 2017

# UNIVERSITY CITY RECREATION GUIDE

DEPARTMENT OF COMMUNITY DEVELOPMENT – RECREATION DIVISION



Class/Program Registration Begins September 19<sup>th</sup> at Centennial Commons

# GREAT Fitness Facility Fantastic RATES

- >> The best membership value in the metro area
- >> The latest equipment and programs
- >> Great environment
- >> Professional staff
- >> For all age groups and fitness levels



CENTENNIAL  
COMMONS  
UNIVERSITY CITY

## Welcome!

This guide provides information about University City Community Development - Recreation Division facilities, programs, and events, as well as activities for children and adults sponsored by area organizations. Please keep this booklet handy for future reference.

Additional copies of this guide are available at Centennial Commons (CentCom), 7210 Olive Blvd. and may be viewed or downloaded from our website: [ucitymo.org](http://ucitymo.org)

New residents receive the latest recreation guide when they receive an occupancy permit.

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# GRAND RE-OPENING FALL 2016

## RUTH PARK DRIVING RANGE

Newly improved, the re-designed Ruth Park Driving Range is the perfect place for golfers of all abilities to hone their skills. You will want to come see this fantastic facility for yourself.

- New hitting mats
- Improved and expanded natural grass tee area
- More targets
- Rolling, scenic landscape
- Professional instruction available
- Reasonable rates
- Great facility for everyone from children to seniors

Call Ruth Park or visit our web site for seasonal hours and rates.

RUTH PARK  
  
GOLF COURSE

8211 Groby Rd. • 727-4800  
ruthparkgolf.com • ucitymo.org



## Register Early for Programs/Events

All programs and events must meet the stated minimum enrollment. If the minimum is not met, the program will be cancelled. If this occurs, those who have signed up will be notified and will receive a full refund. The Department of Community Development-Recreation Division has made every effort to ensure accuracy of the information presented in this program guide. However, all programs, events, instructor designations, locations, and fees described in this guide are subject to change.

## Inclusion Services



The programs and facilities of the University City Department of Community Development-Recreation Division are available to people of all abilities. If special accommodations are needed to participate, please let us know when registering. For accommodations or assistance, please contact our control desk, 314.505.8625 or through Relay Missouri: (800) 735.2966 (TDD). Please allow two (2) weeks prior to activity start date for coordination of support. Volunteers are needed to assist people with disabilities.

## University City Community Development-Recreation Division

### Mission Statement

We create community through people, parks and programs.

### City Council

Shelley Welsch, Mayor

1st Ward Councilmembers

2nd Ward Councilmembers

3rd Ward Councilmembers

Terry Crow

L. Michael Glickert, Paulette Carr

Rodney Jennings, Bwayne Smotherson

### City Manager

Lehman Walker

### Director of Community Development-Recreation Division

Andrea Riganti, AICP

### Park Commission

Luther Baker

William Field

Steven Goldstein

Ed Mass

Nancy McClain

Clarence Olsen

Kathleen Standley

## Phone Numbers

### Heman Park Centennial Commons and Recreation Division Administrative Office

(314) 505.8625

(314) 505.8515 Field/Facility Closures or Cancellations

### Heman Park Community Center

(314) 505.8617

### Mid East Area on Aging (MEAAA), 975 Pennsylvania

(314) 721.2722

### Park Maintenance and Forestry

(314) 505.8618 and (314) 505.8619

### Heman Park Swimming Pool

(314) 505.8611 (May-September)

### Ruth Park Golf Course

(314) 727.4800



Centennial Commons features state-of-the-art recreational design with equipment and programming that offers unparalleled recreational opportunities. It is a place for families, with programs for children, students, adults and seniors. We provide fitness, learning education and fun, special events and sports programs that will fit your daily schedule. Whether you are a returning member or a new member we welcome you to our beautiful recreational facility.

**Hours**

Monday–Friday .....5:30am–9pm  
 Saturday.....8am–8pm  
 Sunday.....10am–6pm

**\*Holiday Hours:**

5:30am–6pm  
 New Year’s Day, Dr. Martin L. King Day,  
 President’s Day, Independence Day  
 (observed), Labor Day, Veteran’s Day  
 (observed), Day after Thanksgiving  
 5:30am–4pm  
 Christmas Eve, New Year’s Eve  
 Closed: Easter Sunday, Thanksgiving  
 and Christmas Day  
 \*excludes Memorial Day

**Membership Features**

Heman Park Swimming Pool,  
 University City Natatorium,  
 Centennial Commons Access,  
 Discount on Programs, and Resident  
 Rates at Ruth Park Golf Course.

**Admission Policy**

Members access the Commons using a membership card. Facility usage requires a resident or nonresident ID card and visit fee; otherwise, the nonresident rate applies. The card may be purchased for \$5/resident; \$7/nonresident (nonrefundable). Card replacements are available for \$3. Residency verification will be made during the ID application process. Make sure your occupancy permit has been updated to include all family members. **PLEASE NOTE: A Membership or Resident/ Nonresident ID card MUST be swiped to gain entry into Centennial Commons. Parent or guardian must apply for**

**youth 17 and under. Youth 11 years of age and older may access Centennial Commons without adult supervision.**

**PLEASE NOTE:** Age guidelines for entry into Centennial Commons:

- » **Youth 11 and older** can utilize Centennial Commons without adult supervision.
- » **Youth 10 and younger** **MUST** be accompanied by a parent/guardian or caregiver **18 or older** - **NO EXCEPTIONS!**
- » **Youth 9 and younger** **MAY NOT** utilize the track unless accompanied by parent/guardian or caregiver 16 or older.
- » **Youth 5 and up** may utilize the Wii area.
- » Direct Parent/Guardian supervision **MUST** be provided throughout the entire visit.

**Fees** All fees are subject to change.

**Admission Fees**

Resident youth	\$4 (17 and under)
Resident adult	\$5
Resident senior	\$4 (60+)
Nonresident	\$7 (all ages)

**20–Day Admission Pass**

Resident youth	\$64
Resident adult	\$72
Resident senior	\$64
Nonresident	\$112

University City residents may qualify for our scholarship program. All household members must be listed on University City occupancy permit to qualify for resident fees (see p. 27

for more info). For safety purposes, your Driver’s License or State ID must be presented prior to member or ID registrations or renewals.

**Fee Payment Methods**

Centennial Commons accepts Cash, Check, Money Order, Mastercard, Visa or Electronic Funds Transfer (EFT).

**Electronic Fee Payment for One Year Annual Membership**

With the direct debit (EFT) option, you need not pay your one year annual membership fees in full at the time of registration. Monthly fees can be debited by providing your Mastercard or Visa credit or debit card info. There is a \$20 start up fee for EFT service. All fees are debited by the 2nd day of each month. A one year membership commitment is required for EFT service. A \$25 processing fee will be charged for each ‘insufficient funds’ return.

**Monthly Resident EFT Fees**

Youth	\$15
Adult	\$24
Senior (60+)	\$15
Senior Couple*	\$25
Family	\$40

**Monthly Non–Resident EFT Fees**

Youth	\$20
Adult	\$35
Senior (60+)	\$25
Senior Couple*	\$35
Family	\$47.50

*\* Both individuals must be 60 or older.*

*For detailed EFT information, call 505-8617.*

RESIDENT FEES	Annual	3 month	6 month	2 year
Youth	\$125	\$50	\$82	\$220
Adult	\$240	\$96	\$156	\$420
Senior	\$150	\$60	\$98	\$262
Senior Couple*	\$250	\$100	\$163	\$437
Family	\$400	\$160	\$260	\$700

NON-RESIDENT FEES	Annual	3 month	6 month	2 year
Youth	\$200	\$80	\$130	\$350
Adult	\$350	\$140	\$228	\$612
Senior	\$250	\$100	\$163	\$437
Senior Couple*	\$350	\$140	\$228	\$612
Family**	\$475	\$190	\$309	\$831

Memberships include Centennial Commons, Heman Park Pool, University City Natatorium, Discounts on Programs and Resident Rates at Ruth Park Golf Course.

\*Both individuals must be age 60 or older.

\*\*Nonresident family membership includes up to 4 family members. Each additional family member (max. 8) - \$25/person.

## Child Care

### Cub Care Stay and Play Area

Our infant/youth Cub Care area (for children 3 months to eight years of age) allows you to work out while youngsters enjoy our supervised play area.

### Hours

Monday–Friday: 8am–Noon  
Monday–Thursday: 5–8pm  
Saturday: 8am–1pm

### Fees

\$2.50/child, Max. 2 hours  
20 visit swipe card—\$36/child

 Programs with an icon beside the title are held during Cub Care hours.

## Youth/Teen Activity Areas

### Wii It Out

Setting playdates for fun and fitness is easier than you think. This popular youth area is designed for ages 5 and up. Stop in and try out Nintendo Wii, Wii Fit, Wii Fit Plus and Wii Active and a variety of games. Bring a friend and challenge each other to reach your personal best.

## U-Teen Room

**Ages:** 13-17 (9-12 on Tween Tuesdays)  
**Hours:\***

Mon - Fri..... 3:30-8:30 pm  
Saturday..... 11:00 am-7:30 pm  
Sunday..... 10:00 am-5:30 pm  
(Tuesdays are "Tween Tuesdays"  
- open to ages 9-12)

\*Holiday and University City school closing hours available/will be posted.

The Teen Room at Centennial Commons is a great way to meet up with your friends after school for some fun and relaxation. The Teen Room will feature two gaming systems, age appropriate movies, games, foosball table and lounge area. Teens can access the Teen Room with the purchase of a daily fee or Centennial Commons membership.

## Meeting and Activity Rooms

Centennial Commons has a set of rooms with dual functions. These rooms are used for yoga, pilates, aerobics and other fitness classes. When not used for activities and programs, rooms may be rented for organization and business meetings or smaller events. For information, call 505.8617.

## Hourly Rental rates (2 hour min.)

### Century I, II or Boardroom

Resident \$30/hr  
Non-Resident \$50/hr

### Century Room I and II

Resident \$60/hr  
Non-Resident \$100/hr

### Refundable Security Deposit

Century I, II or Boardroom - \$100  
Century Room I and II - \$200



Boardroom



Century Room I & II

## **Athletic Facilities**

### **Indoor Soccer Turf**

Centennial Commons is the area's best place to have an indoor soccer game. Artificial deep-turf, brighter lights and better ventilation make being inside the ideal choice for soccer games. So next time you want to set up a game, check out the renovated soccer pitch and start kicking in style. For information, call 505-8525.

### **Hourly Rental Rates**

Resident.....	\$90
Non-Resident.....	\$120
Off-Season 5/1-9/15 .....	\$50

### **Gymnasiums**

Centennial Commons has two high school regulation gymnasiums. This means double the space for basketball and volleyball as well as other fitness programs. For more information, call 505-8525.

### **Resident Hourly Rental Rates**

1/4 court.....	\$30
1/2 gym.....	\$50
Entire Gym.....	\$100

### **Non-Resident Hourly Rental Rates**

1/4 court.....	\$45
1/2 gym.....	\$90
Entire Gym.....	\$180

### **Suspended Running Track**

Don't let inclement weather keep you from your run or walk. With our state-of-the-art indoor suspended running track, you can avoid the elements and enjoy ideal conditions year round.

#### **Distances:**

- Lane 1: 14.25 laps = 1 mile
- Lane 2: 13.50 laps = 1 mile
- Lane 3: 13 laps = 1 mile

### **State-of-the-Art Fitness Area\***

It's easier to get in shape when you have the right equipment and a great atmosphere and there is something for everyone—age 10 to 110.

With over 6,000 sq. ft. of fitness space, our state-of-the-art fitness area is filled with over 40 cardio pieces, televisions throughout and a renovated weight area. Come and try out the Woodway Curve, our sports performance treadmill and the first "green" treadmill in the area. Self-powered without the use of any electricity. Built for biomechanics and ultimate performance.

**PLEASE NOTE:** Youth 16 and older may utilize both Fitness/Free Weight areas without adult supervision.

\*Please limit equipment use to a half-hour when others are waiting.

\*\*As a courtesy to others, please refrain from cell phone usage while in the fitness areas.

## **Fitness Orientation**

### **Parent-Child Fitness Orientation**

This class is for **10 to 13 year-olds** and their parent or legal guardian. It provides instruction to both parent and child on proper techniques for using cardio and selectorized equipment. Upon class completion, youth will be given a short written test; along with a demonstration test on the cardio equipment and a random selection of the selectorized equipment. Test questions will include basic guidelines of the fitness area, safety and equipment.

Register for the Parent-Child Fitness Orientation Class at the control desk. Class time will be scheduled after registration.

Youth completing the class and passing the test will be able to use the fitness area while supervised **AT ALL TIMES** by the adult who also attended the orientation class.

**PLEASE NOTE:** This class **WILL NOT** allow youth in this age range to use any free weights throughout the facility or access the free weight area.

### **Youth Fitness Orientation**

This event is designed to give **14-15 year-olds** an orientation to the fitness areas of Centennial Commons. Participants will be instructed on the proper technique for using the cardio, selectorized and free weight equipment. Upon class completion, youth will be given a short written test; along with a demonstration test on the cardio equipment and a random selection of the selectorized equipment. Test questions will include basic guidelines of the fitness areas, safety and equipment.

Register for the Youth Fitness Orientation at the control desk. Orientation time will be scheduled after registration. Youth, age 14 and 15, completing the orientation and passing the test will be able to use all fitness area equipment.

**PLEASE NOTE:** This class **WILL** allow youth in this age range to use any free weights throughout the facility and access the free weight area.

### **Adult Fitness Orientation**

For age 16 and older, this orientation will help participants become familiar with the fitness areas. It will provide instructions on the proper techniques for cardio, selectorized and free weight equipment. **PLEASE NOTE:** Although there is no fee for this class, registration at the control desk is required.

## **Personal Training**

Getting back into shape or just want to lose a few pounds? Let our certified personal trainers help you achieve your goals.

### **Basic Fitness Assessment**

**\$25/person**

This option will consist of a fitness consultation, which includes checking your blood pressure, body composition, your heart rate using a 3-minute step test, and a sit-and-reach flexibility test.

### **“Ready, Set Go”**

#### **Beginner Individual Package**

**\$100/person**

New to fitness and personal training? This is for you! Includes a fitness assessment and two 60-minute personal training sessions. Only available to new personal training customers and is limited to one (1) package per customer.

### **1/2 Hour Single**

**\$30/person**

Includes an initial fitness interview, and a 30-minute personal training session.

### **5 Pack: \$140/person**

Includes an initial fitness interview, and five 30-minute personal training sessions.

### **10 Pack: \$270/person**

Includes an initial fitness interview, and ten 30-minute personal training sessions.

### **20 Pack: \$520/person**

Includes an initial fitness interview, and twenty 30-minute personal training sessions.

### **1/2 Hour Buddy**

**\$50/buddy**

Each individual will get a fitness interview along with a 30-minute ‘buddy’ personal training session.

### **5 Pack: \$230/buddy**

Each individual will get a fitness interview along with five 30-minute ‘buddy’ personal training sessions.

### **10 Pack: \$420/buddy**

Each individual will get a fitness interview along with ten 30-minute ‘buddy’ personal training sessions.

### **20 Pack: \$760/buddy**

Each individual will get a fitness interview along with twenty 30-minute ‘buddy’ personal training sessions.

### **1 Hour Single**

**\$45/person**

Includes an initial fitness interview and a 60-minute personal training session.

### **5 Pack: \$215/person**

Includes an initial fitness interview, and five 60-minute personal training sessions.

### **10 Pack: \$405/person**

Includes an initial fitness interview and ten 60-minute personal training sessions.

### **20 Pack: \$700/person**

Includes an initial fitness interview and twenty 60-minute personal training sessions.

### **1 Hour Buddy Package**

**\$80/buddy**

Each individual will get a fitness interview along with a 60-minute ‘buddy’ personal training session.

### **5 Pack Buddy Package: \$385/buddy**

Each individual will get a fitness interview and five 60-minute ‘buddy’ personal training sessions.

### **10 Pack Buddy Package: \$720/buddy**

Each individual will get a fitness interview and ten 60-minute ‘buddy’ personal training sessions.

### **20 Pack Buddy Package:**

**\$1,300/buddy**

Each individual will get a fitness interview and twenty 60-minute ‘buddy’ personal training sessions.

### **Personal training notes**

- » You must register for personal training programs at the Centennial Commons control desk.
- » Personal trainer schedules and information will be issued at the time of registration.
- » Personal training programs are nonrefundable and must be used within 180 days of purchase.
- » **PLEASE NOTE: On-site personal training (of any kind) may only be conducted by employees of Centennial Commons. NO EXCEPTIONS!**
- » For more information, call 505.8628.

# Planning an Event?

## We have the facility for you!



Picnic Pavilion



Board Room



Heman Park Community Center



Soccer Turf



Century Room



Gymnasium



Heman Park Pool



Jack Buck Field

**Birthday Party**  
**Baby Shower**  
**Family Reunion**  
**Meeting**  
**Pool Party**  
**Reception**  
**Sports League**  
**& More**

For Information, call Centennial Commons at (314) 505-8625.  
(Some restrictions apply)

# Family Reunion Package



Family reunions are great opportunities to bring families together to create great memories, but planning them can be a lot of work. Leave the facilities to us. Package I: includes access to one of our Heman Park Picnic Pavilions, Heman Park Swimming Pool and use of our Heman Park Community Center Banquet Facility. Package II: includes access to one of our Heman Park Pavilions and Heman Park Swimming Pool.

**Package can accommodate  
50 – 125 people**

## Cost:

**Package I:** Resident \$700  
Nonresident \$950

**Package II:** Resident \$210  
Nonresident \$410

Pavilion Access – all day

\* Heman Pool – 4 hours/50 guests

\*\* 1/2 Heman Park Community Center  
Banquet Facility- 5 hours

\*during public swim hours

\*\*includes kitchen/alcohol fee; additional fee  
required for extended use of banquet facility



For detailed information,  
contact Leslie Eutz at 314.505.8617.



Photo By Constance Mueller

## Lifeguards Wanted for 2017 Heman Pool season

The Recreation Division wants you to become a University City Lifeguard. Requirements include: good swimming skills, ability to pass swimming pre-test, possess or able to obtain American Red Cross lifeguard certification and **be available Memorial Day through Labor Day**. For more information, contact Centennial Commons, 505-8625.

### Natatorium

The Natatorium is located in the U. City High School, 7420 Shaftesbury and is used for swimming sessions from September 6, 2016 to May 26, 2017 .

#### Morning Lap Swim:

Monday, Wednesday, Friday, and Saturday, 6 - 8am.  
Tues. and Thurs., 7 - 9am.

### Admission Policy

Admission is limited to individuals with Centennial Commons memberships, Daily Visit Pass or Combined Swim Pass. Passes and memberships may be purchased at Centennial Commons.

### Natatorium Daily Visit Pass:

#### Resident

20 visits/card.....\$30  
10 visits/card.....\$15

#### Nonresident

20 visits/card.....\$60  
10 visits/card.....\$30

### Guest Cards

Discount guest cards are available for residents to purchase for out-of-town visitors.

10 guest visits.....\$56

### Combined Swim Pass (Heman Park Pool and Natatorium, Resident\*)

Youth \$105    Adult \$133  
Family \$208    Senior \$105

#### (Nonresident)

Youth \$116    Adult \$146  
Family \$228    Senior \$116

\*Swim Passes may now be presented as Resident ID cards for admission to Centennial Commons and resident rates at Ruth Park Golf Course (visit fees apply).

Based on U City School District calendar, our swimming sessions **will not be available** on the following dates:

November 24 - 26  
December 21-27  
December 30 - January 2  
January 16; February 20;  
March 17; May 22

In the case of inclement weather or emergency maintenance, swimming session cancellations will be posted at the Natatorium entrance.

For your safety, participants must:

- » Only enter the Natatorium when pool staff is available.
- » Sign in and out of our daily admission log.
- » Depart facility at the end of the swimming session.

### Lifeguard Certification Program

U. City offers a 3-day workshop to obtain certification for American Red Cross lifeguard program. Participants will learn water rescues, CPR and First Aid. Test will be conducted for completion of class and certification. For information, contact Centennial Commons, 314.505.8525.

### Heman Park Pool

Though you are swimming indoors - don't forget the 2017 swimming season is around the corner. Start planning to enjoy outdoor swimming at Heman Park Swimming Pool located at 7210 Olive Blvd.

### Lap Swim

May 27–September 4  
Monday – Sunday, 6 - 9 am  
(Weekdays, Weekends and Holidays)

### Public Swim\*

May 27–September 4, 9 am – 8 pm  
(Weekdays, Weekends and Holidays)

**PLEASE NOTE: Youth 12 and under MUST be accompanied by a parent, authorized guardian or caregiver, 18 or older. Parent/Guardian MUST remain with youth throughout the entire swim session.**



**Admission Fees\***

Resident Youth (17 & under).....	\$3
Resident Adult .....	\$4
Resident Senior (60 & older).....	\$3
Nonresident Youth (17 & under) .....	\$6
Nonresident Adult.....	\$7
Nonresident Senior (60 & older) .....	\$6
*Youth (2 & under) .....	N/C

**Resident Annual Swim Pass**

Youth (17 and under) .....	\$70
Adult.....	\$87
Senior (60 and older).....	\$70
Family .....	\$140

**Non-Resident Annual Swim Pass\*\***

Youth (17 and under) .....	\$105
Adult.....	\$130.50
Senior (60 and older).....	\$105
*Family .....	\$210

\*Includes up to 4 persons, each additional family member is \$25 (max. 8).

**Combined Swim Pass\*\***

**(Heman Park Pool and Natatorium, Resident)**

<b>Youth</b>	\$105	<b>Adult</b>	\$133
<b>*Family</b>	\$208	<b>Senior</b>	\$105

**(Nonresident)**

<b>Youth</b>	\$116	<b>Adult</b>	\$146
<b>*Family</b>	\$228	<b>Senior</b>	\$116

\*\*Swim Passes can be presented as Resident ID cards for admission to Cent Com (daily visit fees apply).

**Guest Cards**

Available for residents to purchase for out-of-town visitors.  
10 guest visits.....\$56

**Memberships for College Students**

Includes use of Heman Pool, Centennial Commons, U City Natatorium and resident rates at Ruth Park Golf Course

**Fee: Resident - \$100**  
**Nonresident - \$150**

» **Fall** Memberships valid August 1 through March 31

» **Summer** Memberships valid May 1 through September 30

**Policies:**

» Payment due at application process (EFT and scholarship programs are not available for this membership).

» Offer is only available to college students with current college ID.

» Residency verification will be made during the membership application process. You must be listed on University City occupancy permit to qualify for resident rates. Once residency is verified, a photo ID card will be issued.

» **Lost your card?**

Replacement cards available: \$3

## Special Events

For details, check the City's website: [ucitymo.org/news](http://ucitymo.org/news) and announcements, City's lighted billboards, CentCom Digital Signage, Facebook, Twitter, University City Patch and REACH Digital Signage.

### "Celebrate the Beauty of U City" A Plein Air Art Competition - presented by U City in Bloom "An Evening with Artists"

**Sunday, September 18, 6:00 pm**  
Centennial Commons, University City  
Meet the artists while enjoying their art, a silent auction, a light buffet, and cocktails at the evening fundraiser for U City in Bloom. Tickets \$35.



*In Lois's Garden*  
Plein Air Painting by Jo Seltzer

### Make A Difference Day

**Saturday, October 24**

This is the largest national day of volunteering and has been held on the fourth Saturday in October since 1990. For the fifth consecutive year, the City of University City will be organizing a city-wide effort. Projects have yet to be determined. Past years efforts include clean on Olive Boulevard, the River des Peres, area alleys and other projects. Over 100 volunteers



**MAKE A  
DIFFERENCE DAY**  
NATIONAL DAY OF DOING GOOD

have participated in this worthwhile event. Watch for detailed information.

### Go Red for Women Day

**Friday, February 3, 10 am-1 pm**  
Centennial Commons, 7210 Olive

Ladies (and our guys too!) wear red on the 13th Annual National Wear Red Day to stand with women in the fight against their number-one killer: heart disease. Come to Centennial Commons "decked out" in your red. In order to raise for heart disease awareness, information, blood pressure/heart rate checks, vendors and more. We will host a lunch and learn with a guest speaker, along with door prizes and special giveaways. PLEASE NOTE: This event is FREE, but pre-registration is required.



### National Walking Day

**Wednesday, April 5, 5:30 am-9 pm**  
Centennial Commons, 7210 Olive

University City Recreation Division invites you to "get out and walk" for the American Heart Association's National Walking Day. Come to Centennial Commons to get a route map to walk through Heman Park located right outside the recreation center. Once you have completed the route, stop back into Centennial Commons for a special gift! Parking is available at CentCom - with the route beginning and ending at this location.



### National Kids To Parks Day

**Saturday, May 20, 1-3 pm**  
Heman Park-Tennis Pavillion

Kids, ages 5-12, are invited to enjoy University City parks on National Kids To Parks Day. This event is complete with activities, games, free bike helmets, community art project and more!



### Fair U City 2017

**June 9-11**

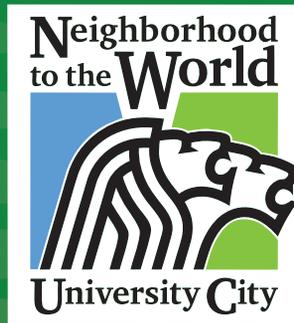
Come enjoy this fun filled weekend of carnival rides, booths, good food, music, dancing and much more in Heman Park. Lots of opportunities to volunteer and to be a community vendor. Visit [fairucity.com](http://fairucity.com).

### Movies In The Park Series

Throughout the summer of 2017, grab your lawn chair, family and friends and enjoy family friendly movies shown in a U City park location (TBD).

### Starlight Concert Series

The Municipal Commission on Arts and Letters and City of University City hosts its annual concert series in Heman Park (Midland/Shafesbury entrance). Concerts begin at 6:30 pm and are free and open to the public. Grab your lawn chair and come enjoy! Check out the schedule in our Spring/Summer 2017 Recreation Guide.



# SCHOLARSHIP Program

Everyone should have the opportunity to improve their quality of life through recreation facilities and programs. To help meet this goal, the Department of Community Development – Recreation Division offers recreation scholarships to income-qualified University City residents. Funding is limited.

Scholarship amounts are based on all household income sources and are provided at a sliding scale at discounted rates of 25%, 50%, or 75% of the program's adopted fee.

Individual and family scholarships are available for:

- 1** Youth before and after school programs, and city-operated full-day recreation programs (e.g., Summer Youth Recreation Program, etc.)
- 2** Fitness and/or Leisure education classes. Lessons and senior social activities will be limited to two (2) per person per fiscal quarter
- 3** Centennial Commons memberships and Heman Pool/Natatorium Swim Passes (excludes electronic fee payment program)
- 4** University City Sports Association or University City Soccer Club youth sports player fees

**Applications are accepted year round. For more information, please contact Leslie Eutz at 314-505-8617.**



# 2017 Summer Camp



## Youth Camp

Dates: June 5 - July 28

Days: Monday - Friday

Times: 9am - 3pm

Location: Centennial Commons

## Teen Camp

Dates: June 5 - July 28

Days: Monday - Friday

Times: 9am - 3pm

Location: Centennial Commons



Registration starts May 1st, 2017. University City Summer Camp serves children ages 5 to 14.

Stay tuned for more Summer Camp information in our 2017 Spring/Summer brochure.

# FREE Week Of Classes Try It Before You Buy It.

## MONDAY 9/19, MONDAY 1/2

6:00 - 6:30 AM ..... 6:00 AM Boot Camp  
6:45 - 7:15 AM ..... 6:45 AM Boot Camp  
9:00 - 10:00 AM ..... Total Body and Tone  
10:30 - 11:30 AM ..... Step and Line Dancing  
6:00 - 7:00 PM ..... Basic Bodywork

## TUESDAY 9/20, TUESDAY 1/3

6:00 - 6:30 AM ..... 6:00 AM Boot Camp  
6:45 - 7:15 AM ..... 6:45 AM Boot Camp  
6:00 - 7:00 AM ..... Sweatin' in the AM  
8:00 - 9:00 AM ..... It's All About The Stretch  
9:00 - 10:00 AM ..... Golden Lions Low Impact Strength Class  
10:00 - 11:00 AM ..... Senior Stretcherize  
6:00 - 7:00 PM ..... Belly Dancing  
6:00 - 7:00 PM ..... Core Fusion

## WEDNESDAY 9/21, WEDNESDAY 1/4

6:00 - 6:30 AM ..... 6:00 AM Boot Camp  
6:45 - 7:15 AM ..... 6:45 AM Boot Camp  
9:00 - 10:00 AM ..... Total Body and Tone  
10:00 - 11:00 AM ..... T'ai Chi Fundamentals  
6:00 - 7:00 PM ..... Zumba  
7:00 - 8:15 PM ..... Evening Yoga

## THURSDAY 9/22, THURSDAY 1/5

6:00 - 6:30 AM ..... 6:00 AM Boot Camp  
6:45 - 7:15 AM ..... 6:45 AM Boot Camp  
6:00 - 7:00 AM ..... Sweatin' in the AM  
8:00 - 9:00 AM ..... It's All About The Stretch  
9:00 - 10:00 AM ..... Golden Lions Low Impact Strength Class  
10:00 - 11:00 AM ..... Senior Stretcherize

## FRIDAY 9/23, FRIDAY 1/6

6:00 - 6:30 AM ..... 6:00 AM Boot Camp  
6:45 - 7:15 AM ..... 6:45 AM Boot Camp  
9:15 - 10:15 AM ..... Butts & Gutts  
10:30 - 11:30 AM ..... Zumba

## SATURDAY 9/24, SATURDAY 1/7

8:30 - 9:30 AM ..... Beginner Pilates  
10:00 - 11:00 AM ..... Saturday Zumba  
10:00 - 11:00 AM ..... Kidz Fit and Focused  
11:00 - 11:45 AM ..... Amazing Athletes

Try a variety of new  
and popular classes.



Tried our Free Fitness/Fun  
Buffet and want more?

Here are 3 ways to sign up:

- 1) In person: Centennial Commons  
7210 Olive
- 2) By mail: registration form  
located on pg. 42
- 3) On-line: [ucitymo.org/resident/](http://ucitymo.org/resident/)  
select "Recreation"

Special Offers

# Try it **BEFORE** you Buy it program

*Never taken yoga before?*

*How about Zumba?*

*Have you tried Pilates?*



Our Try it before you Buy it program at Centennial Commons is a new innovative way to try out one of our many fitness classes for Free! Try it before you Buy it is the easiest way to determine if a class is right for you.

Contact our Centennial Commons Control Desk, 314.505.8625 for more details and how to get your one FREE class pass today!



Like Us on Facebook to keep up with our latest news, programs, promotions and special events. Go to [facebook.com/universitycityrecreationdivision](https://facebook.com/universitycityrecreationdivision) and hit the Like button.

# SIGN UP for our FREE Fitness Challenges



## Super Bowl Fitness Challenge January 1 - February 5

- Each "down" = 60 recorded minutes of exercise
- First to 2,000 minutes - wins our GRAND PRIZE



## March Mania Fitness Challenge March 14 - March 30

- Each field goal (2 point shot) = 60 recorded minutes of exercise
- First four people to reach 34 points qualify for the FINISHING FOUR!!!
- FINISHING FOUR contestants compete April 1-3
- First person of the FINISHING FOUR to reach 6 points wins the challenge!



### ★ ★ Challenge Rules ★ ★

The challenge is FREE to participate, but you must register at the Control Desk.

All exercise MUST be conducted at Centennial Commons.

For tracking purposes, all exercise minutes must be recorded and placed in record box on the day it occurs. NO EXCEPTIONS!!!

Recordable exercise minutes include: group exercise classes, walking (track or soccer area perimeter), free weight and fitness areas.

# 50 MILE Walking Heart Challenge

May 1 – May 31



Walking cards will be available at Centennial Commons May 1 – May 31 to log all miles walked.

The first 10 people to complete 50 miles by May 31st will win a PRIZE!

All miles walked must be logged on a walking card and submitted to receive a prize. Walking can be completed at any University City Park and at Centennial Commons.

CENTENNIAL  
COMMONS  
UNIVERSITY CITY

# Silver&Fit<sup>®</sup>

A great **NEW DEAL** for Medicare beneficiaries.

Silver&Fit<sup>®</sup> is a fitness program designed specifically to help Medicare beneficiaries achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost fitness memberships through arrangements with certain health plans.

For more information, please visit Centennial Commons at 7210 Olive or call 505-8625.



# SilverSneakers<sup>®</sup>

A fantastic **NO-COST** program for seniors.

The SilverSneakers<sup>®</sup> Fitness Program is an innovative health, exercise, and wellness program helping older adults live healthy, active lifestyles. Most importantly, your Centennial Commons SilverSneakers membership is available to you at no cost through your health plan.

Your SilverSneakers fitness membership includes access to Centennial Commons, Heman Park Swimming Pool, University City Natatorium, Discounts on Programs and Resident Rates at Ruth Park Golf Course.

Regular participation in SilverSneakers can help you build muscular strength, improve joint mobility, and increase cardiovascular endurance, leading to improved health and greater independence.

For more information, contact Centennial Commons at 314.505.8625, Relay Missouri at 1.800.735.2966 TDD, or go to [silversneakers.com](http://silversneakers.com).



# HOLIDAY MINI SESSION

NOVEMBER 28 - DECEMBER 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>November 28</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Step & Line Dance 10:30AM Basic Bodyworks 6PM	<b>November 29</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM Belly Dancing 6PM Core Fusion 6PM	<b>November 30</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Zumba 6PM Evening Yoga 7PM	<b>December 1</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM	<b>December 2</b> Bootcamp 6AM Bootcamp 6:45AM Butts and Guts 9:15AM Zumba 10:30AM	<b>December 3</b> Pilates Beginner 8:30AM Kidz Fit and Focused 10AM
<b>December 5</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Step & Line Dance 10:30AM Basic Bodyworks 6PM	<b>December 6</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM ★ Belly Dancing 6PM Core Fusion Make-up Nov. 22th	<b>December 7</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Zumba 6PM Evening Yoga 7PM	<b>December 8</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM	<b>December 9</b> Bootcamp 6AM Bootcamp 6:45AM Butts and Guts 9:15AM Zumba 10:30AM	<b>December 10</b> Pilates Beginner 8:30AM Kidz Fit and Focused 10AM
<b>December 12</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Step & Line Dance 10:30AM Basic Bodyworks 6PM	<b>December 13</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM Belly Dancing 6PM Core Fusion 6PM	<b>December 14</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Zumba 6PM Evening Yoga 7PM	<b>December 15</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM	<b>December 16</b> Bootcamp 6AM Bootcamp 6:45AM Butts and Guts 9:15AM Zumba 10:30AM	<b>December 17</b> Pilates Beginner 8:30AM Kidz Fit and Focused 10AM
<b>December 19</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Step & Line Dance 10:30AM Basic Bodyworks 6PM	<b>December 20</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM Belly Dancing 6PM Core Fusion 6PM	<b>December 21</b> Bootcamp 6AM Bootcamp 6:45AM Total Body and Tone 9AM Zumba 6PM Evening Yoga 7PM	<b>December 22</b> Bootcamp 6AM Bootcamp 6:45AM Sweatin' in the AM 6AM All About the Stretch 8AM Golden Lions 9AM Senior Stretchercise 10AM	<b>December 23</b> Bootcamp 6AM Bootcamp 6:45AM Butts and Guts 9:15AM Zumba 10:30AM	<b>December 24</b> Pilates Beginner 8:30AM Kidz Fit and Focused 10AM

**REGISTRATION BEGINS TUESDAY, NOVEMBER 1ST!**

To avoid cancellation, each class will need to meet its minimum enrollment.  
**Register Early! No class proration for the Holiday Mini Session.**

# 2016 HOLIDAY MINI SESSION

## DESCRIPTION/FEES

### BUTTS AND GUTS

This is a quick high-energy muscle conditioning class that tones and shapes your hips, thighs, "butt" and abdomen.

Day: Friday AM Class  
 Time: 9:15 am - 10:15 am  
 Dates: December 2 - December 23  
 Participants Min.: 8/Max.: 25  
**Fee: Member \$25; Res.\$27.50; Non-Res. \$30**



### 6AM & 6:45AM BOOT CAMP

All over body conditioning aimed at strengthening your muscles and burning fat to give you shape and definition. Think: ball, bands, bar, gravity, hand weights, and music! Wear comfortable clothing.

Day: Monday through Friday  
 Time: 6:00 am - 6:30am OR 6:45 am - 7:15am  
 Dates: November 28 - December 23  
 Participants Min.: 14/Max.: 25  
**Fee: Member \$60; Res.\$65; Non-Res. \$70**

### SENIOR STRETCHERCIZE

Perform simple exercises to improve cardiovascular systems, build endurance, range of motion and muscle tone. Wear comfortable clothing.

Day: Tuesday and Thursday  
 Time: 10:00 am - 11:00 am  
 Dates: November 29 - December 22  
 Participants Min.: 13/Max.: 30  
**Fee: Member \$22.50; Res.\$25; Non-Res. \$27.50**

### TOTAL BODY AND TONE

Build and tone muscle while using a variety of fitness equipment. Each class will be a full body workout aiming to improve balance, resistance, speed and endurance. The structure of this class will change from week to week to keep your workout fresh and fun. All fitness levels welcome.

Day: Monday and Wednesday  
 Time: 9:00 am - 10:00 am  
 Dates: November 28 - December 21  
 Participants Min.: 8/Max.: 20  
**Fee: Member \$25; Res.\$27.50; Non-Res. \$30**



### SLIDE AND LINE DANCING

This class will have you out on the dance floor in no time. You'll also get a great low impact aerobic workout.

Day: Monday  
 November 28 - December 19  
 Time: 10:30-11:30 am  
 Participants Min.: 10/Max.: 30  
**Fee: Member \$15; Res.\$17.50; Non-Res. \$20**

### BELLY DANCING

Learn the ancient art of belly dancing while you tone and firm muscles and improve flexibility and coordination. Miss Laura, the instructor, will encourage and guide you through the enchanting, rhythmic movements of this unique form of expression and exercise.

Day: Tuesday  
 Time: 6:00 pm - 7:00 pm  
 Dates: November 29 - December 20  
 Participants Min.: 8/Max.: 20  
**Fee: Member \$22.50; Res.\$25; Non-Res. \$27.50**



### GOLDEN LIONS LOW IMPACT STRENGTH

This low impact aerobic class is designed for mature adults. Perfect for the beginner who wants to gradually step into the "fitness arena" and get their heart pumping. Participants will use light hand weights and resistance training to increase strength, flexibility and stamina.

Days: Tuesday and Thursday  
 November 29 - December 22  
 Time: 9:00 am - 10:00 am  
 Participants: Min.: 13/Max.: 30  
**Fee: Member \$22.50; Res.\$25; Non-Res. \$27.50**

### SWEATIN' IN THE AM

Get your work-out done before you have an excuse not to! Join this early morning upbeat combination of strength training, cardio-interval patterns and stretching.

Days: Tuesday and Thursday  
 Time: 6:00 am - 7:00 am  
 November 29 - December 22  
 Participants: Min.: 8/Max.: 20  
**Fee: Member \$25; Res.\$27.50; Non-Res. \$30**

### ALL ABOUT THE STRETCH

Learn how to reduce muscular tension-promoting "freer" movement. Learn the right techniques to warm up your muscles prior to physical activity. Improve your flexibility, range of motion and joint function. Floor mats will be used.

Day: Tuesday and Thursday  
 Time: 8:00 am - 9:00 am  
 Dates: November 29 - December 22  
 Participants: Min.: 13/Max.: 20  
**Fee: Member \$22.50; Res.\$25; Non-Res. \$27.50**

### EVENING YOGA

Yoga at the end of the day is a wonderful way to let go of a stressful day and ease into the evening - while re-energizing the tired self. Yoga works 100% of the body by carefully stretching, toning and firming all the muscles in accordance with their movements. This class is appropriate for all levels - including beginners. Comfortable clothing and exercise mat are both recommended.

Day: Wednesday  
 Time: 7:00 pm - 8:15 pm  
 Dates: November 30 - December 21  
 Participants: Min.: 8/Max.: 30  
**Fee: Member \$30; Res. \$32.50; Non-Res. \$35**



### ZUMBA

ZUMBA, inspired by Latin dance and music, uses a variety of styles in its routines (cumbia, merengue, salsa, reggaeton, hip hop, pop, mambo, flamenco, calypso and salsaton). ZUMBA is a fun cardiovascular workout utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning - by mixing body sculpting movements with easy-to-follow dance steps.

Day: Wednesday PM Class  
 Time: 6:00pm - 7:00pm  
 Dates: November 30 - December 21  
 Participants: Min.: 8/Max.: 30

Day: Friday AM Class  
 Time: 10:30am - 11:30am  
 Dates: December 2 - December 23  
 Participants: Min.: 8/Max.: 30

**Fee: Member \$22.50; Res.\$25; Non-Res. \$27.50**

### CORE FUSION



A mix of Pilates core moves, yoga stretches and strength moves using hand weights to balance the body and leave you feeling energized. This one-hour class produces long, lean muscles and a strong, flexible youthful body. Participants work from the inside out, creating a unique results-oriented class experience. This class is open to all levels and no experience is necessary. **\*\*No Class December 6th\*\***

Day: Tuesday  
 Time: 6:00 pm - 7:00 pm  
 Dates: \*\*\*\*\*November 22 - December 20\*\*\*\*\*  
 Participants Min.: 6/Max.: 12  
**Fee: Member \$25; Res.\$27.50; Non-Res. \$30**



### PILATES BEGINNER

A complete body workout that creates core strength, tones and lengthens muscles, builds strength/stamina, increases flexibility and improves posture.

Day: Saturday  
 Time: 8:30am - 9:30am  
 Dates: December 3 - December 24  
 Participants: Min.: 8/Max.: 17  
**Fee: Member \$30; Res.\$32.50; Non-Res. \$35**



# Go first class. AFFORDABLY.

The new Centennial Commons 8-visit **class pass** allows you to drop in to select classes without a full session commitment – the perfect fitness flexibility for your busy schedule. Three levels of passes are available based on class tiers and cost. Passes are valid for 6 months from date of purchase. Some restrictions and exclusions apply.\*

## Tier 1

Belly Dancing  
Golden Lions Low-Impact  
Strength Class  
It's All About The Stretch  
Senior Stretchercise  
Slide and Line Dancing  
Zumba

**Member: \$50**  
**Resident: \$55**  
**Non-Resident: \$60**

## Tier 2

Basic Bodyworks  
Butts & Guts  
Core Fusion  
Sweatin' in the AM  
T'ai Chi Fundamentals  
Total Body and Tone  
PLUS  
ALL Tier I Classes

**Member: \$60**  
**Resident: \$65**  
**Non-Resident: \$70**

## Tier 3

Evening Yoga  
PLUS  
ALL Tier I & II Classes

**Member: \$70**  
**Resident: \$75**  
**Non-Resident: \$80**

**Please note:** Each class must meet its minimum enrollment before class pass may be used.

**Class Pass Visit Process:** Upon arrival, you must stop by the control desk. Staff will advise of class status/availability. Swipe your card. A visit receipt will be generated to give to the building monitor before you enter the class.

**\*Exclusions:** Youth Classes/Programs, Pilates, Bootcamp, Workshops, Sports Programs.

**\*Restrictions:** Class Pass may not be used for classes/programs that have met their maximum enrollment – regardless of the daily attendance.

## Leisure Education

### Little Dancers-Ballet Class for Tots (Ages 3-6)

Participants will be introduced to basic ballet steps and combinations. The creative dance portion of the class is directed to students learning warm-up exercises that progress into movement across the floor and encourages self-confidence and dance memory.

**Day:** Saturday  
**Session I:** Oct 1-Nov 19  
**Session II:** Jan 14-Mar 4  
**Session III:** Mar 18-May 6  
**Time:** 10:00 am - 10:45 am  
**Fee:** Member \$50; Res.\$55; Nonres. \$60

**Participants** Min.: 6/Max.: 8  
**Registration ends:** Sept 24 for S1  
 Jan 7 for S2  
 Mar 11 for S3

**REMINDER: The Department of Community Development-Recreation Division reserves the right to cancel any class or program due to minimum enrollment not being met. In those instances, a refund will be issued. PLEASE REGISTER EARLY AND OFTEN!**

### Healthy Eating "Eating Smart"

Being Active is a FREE research-based nutrition, food safety and food resource management education curriculum used by University of Missouri Extension Family Nutrition Education Programs. Lessons focus on messages related to food and nutrition, giving participants a chance to apply new info through interactive activities.

**Lesson 1: Get Moving**  
 Enjoy being active.

**Lesson 2: Plan, Shop, \$ave**  
 Plan and shop for meals and snacks that are healthy and fit into their budget.

### Lesson 3: Fruits and Veggies: Half Your Plate

Increase the amount of vegetables and fruits. Choose more than one kind of vegetable and one kind of fruit every day.

### Lesson 4: Make Half Your Grains Whole Grains

**Lesson 5: Build Strong Bones**  
 Get enough calcium from low-fat or nonfat dairy foods or other foods high in calcium.

**Lesson 6: Go Lean with Protein**  
 Have lean protein foods and keep all food safe to eat.

**Lesson 7: Make a Change**  
 Limit foods high in fat, sugar, and salt.

**Lesson 8: Celebrate! Eat Smart and Be Active**  
 We'll discuss feeding children and ways to make healthy food and activity choices.

**Days:** Wednesday  
**Dates** Jan 18-Mar 22  
**Time:** 6:30 pm-7:30 pm  
**Fee:** FREE - Registration is required  
**Participants:** Min: 10/Max: 30

### Belly Dancing (Age 16+)

Learn the ancient art of belly dancing while you tone and firm muscles and improve flexibility and coordination. Miss Penny, the instructor, will encourage and guide you through the enchanting, rhythmic movements of this unique form of expression and exercise.

**Day:** Tuesday  
**Session I:** Sept 27-Nov 15  
**Session II:** Jan 10-Feb 28  
**Session III:** Mar 14-May 2  
**Time:** 6:00 pm - 7:00 pm  
**Fee:** Member \$45; Res.\$50; Nonres. \$55

**Participants** Min.: 8/Max.: 20  
**Registration ends:** Sept 20 for S1  
 Jan 3 for S2;  
 Mar 7 for S3

- » Register beginning Monday, September 19 at Centennial Commons (CentCom), 7210 Olive (unless otherwise noted)
- » Online: [ucitymo.org](http://ucitymo.org); or by mail (see p. 42)
- » Call CentCom: (314) 505.8625 or Relay Missouri: 1.800.735.2966 (TDD)
- » Programs held at CentCom (unless otherwise noted).
- » Resident scholarship program available (see p. 15)
- » For the latest updates, check [ucitymo.org](http://ucitymo.org), -click "Recreation" icon, Facebook, Twitter, University City Patch and REACH and CentCom Digital Signage.
- » CP - denotes Class Pass qualification

### Slide and Line Dancing (Age 18+)

This class will have you out on the dance floor in no time. You'll also get a great low impact aerobic workout.

**Day:** Monday  
**Session I:** Sept 26-Nov 14  
**Session II:** Jan 9-Feb 27  
**Session III:** Mar 13-May 1  
**Time:** 10:30-11:30 am  
**Fee:** Member \$30; Res.\$35; Nonres. \$40

**Participants** Min.: 10/Max.: 30  
**Registration ends:** Sept 19 for S1;  
 Jan 2 for S2;  
 Mar 4 for S3



**CP** The 8-visit class pass allows you to drop in to select classes without a full session commitment — the perfect fitness flexibility for your busy schedule. Three levels of passes are available based on class tiers and cost. Passes are valid for 6 months from date of purchase. Some restrictions and exclusions apply. For more detailed information, please see p. 24.

**Fitness**

**\*\*NEW FOR 2016-2017\*\***

 **KIDZ FIT AND FOCUSED (Ages 8 – 12)**

This body-mind based class combines body-weight bearing exercises, basic yoga, storytelling, and relaxation techniques designed to support physical, mental and social development.

**Day:** Saturday  
**Session I:** Oct 1 – Nov 19  
**Session II:** Jan 14 – March 4  
**Session III:** March 18 – May 6  
**Time:** 10:00am – 11:00am  
**Fee:** Member \$35, Resident \$40, Nonresident \$45

**Participants:** Min 7/Max 12

 **CP BASIC BODYWORK (Age 16+)**

For those who want support in developing and maintaining healthy movement and optimal lifestyle habits, this class will give you a boost! Using your own body weight, music, props, and mindful dialogue, you will tone, strengthen, stretch and breathe.

**Day:** Monday  
**Session I:** Sept 26 – Nov 14  
**Session II:** Jan 9 – Feb 27  
**Session III:** March 13 – May 1  
**Time:** 6:00pm – 7:00pm  
**Fee:** Member \$50, Resident \$55, Nonresident \$60

**Participants:** Min 7/Max 15

 **CP Golden Lions Low Impact Strength Class**

This low impact aerobic class is designed for mature adults. Perfect for the

beginner who wants to gradually step into the “fitness arena” and get their heart pumping. Participants will use light hand weights and resistance training to increase strength, flexibility and stamina.

**Days:** Tuesday and Thursday  
**Session I:** Sept 27-Nov 17  
**Session II:** Jan 10-Mar 2  
**Session III:** Mar 14-May 4  
**Time:** 9:00 am - 10:00 am  
**Fee:** Member \$45; Res. \$50; Nonres. \$55  
**Participants:** Min.: 13/Max.: 30  
**Registration ends:** Sept 20 for S1 Jan 3 for S2; Mar 7 for S3

 **CP Senior Stretchcize**

Perform simple exercises to improve cardiovascular systems and muscle tone. Wear comfortable clothing.

**Day:** Tuesday and Thursday  
**Session I:** Sept 27-Nov 17  
**Session II:** Jan 10-Mar 2  
**Session III:** Mar 14-May 4  
**Time:** 10:00-11:00 am  
**Fee:** Member \$45; Res. \$50; Nonres. \$55  
**Participants:** Min.: 13/Max.: 40  
**Registration ends:** Sept 20 for S1 Jan 3 for S2; Mar 7 for S3

**6:00 AM Boot Camp (Age 16+)**

This class involves all over body conditioning aimed at strengthening your muscles and burning fat to give you shape and definition. Think: ball, bands, bar, gravity, hand weights, and music! Wear comfortable clothing.

**Day:** Monday through Friday  
**Session I:** Sept 26-Nov 18  
**Session II:** Jan 9-Mar 3  
**Session III:** Mar 13-May 5  
**Time:** **6:00 am - 6:30 am or 6:45 am - 7:15 am**

**Fee:** Member \$120; Res. \$130; Nonres. \$140  
**Participants:** Min.: 14/Max.: 25  
**Registration ends:** Sept 20 for S1 Jan 2 for S2; Mar 6 for S3

 **CP Butts and Guts (Age 16+)**

This is a quick high-energy muscle conditioning class that tones and shapes your hips, thighs, “butt” and abdomen.

**Day:** **Friday**  
**Session I:** Sept 30-Nov 18  
**Session II:** Jan 13-Mar 3  
**Session III:** Mar 17-May 5  
**Time:** 9:15 am - 10:15 am  
**Fee:** Member \$50; Res. \$55; Nonres. \$60

**Participants:** Min.: 8/Max.: 25  
**Registration ends:** Sept 23 for S1 Jan 6 for S2; Mar 10 for S3

 **CP Core Fusion (Age 16+)**

A mix of pilates core moves, yoga stretches and strength moves using hand weights to balance the body. This class produces long, lean muscles and a strong, flexible body. Participants work from the inside out, creating a unique results-oriented class experience. Open to all levels. No experience necessary.

**Day:** Tuesday  
**Session I:** Sept 27-Nov 15  
**Session II:** Jan 10-Feb 28  
**Session III:** Mar 14-May 2  
**Time:** 6:00 pm - 7:00 pm  
**Fee:** Member \$50; Res. \$55; Nonres. \$60

**Participants:** Min.: 6/Max.: 12  
**Registration ends:** Sept 20 for S1 Jan 3 for S2; Mar 7 for S3

**CP Evening Yoga (Age 16+)**

Yoga at the end of the day is a wonderful way to let go of a stressful day. Yoga works 100% of the body by carefully stretching, toning and firming all the muscles in accordance with their movements. This class is appropriate for all levels - including beginners. Comfortable clothing and exercise mat are both recommended.

**Day:** Wednesday  
**Session I:** Sept 28-Nov 16  
**Session II:** Jan 11-Mar 1  
**Session III:** Mar 15-May 3  
**Time:** 7:00 pm - 8:15 pm  
**Fee:** Member \$60; Res. \$65; Nonres. \$70  
**Participants:** Min.: 8/Max.: 30  
**Registration ends:** Sept 21 for S1  
 Jan 4 for S2;  
 Mar 8 for S3

**Pilates/Beginner (Age 16+)**

A complete body workout that creates core strength, tones and lengthens muscles, builds strength/stamina, increases flexibility and improves posture.

**Day:** Saturday  
**Session I:** Oct 1-Nov 19  
**Session II:** Jan 14-Mar 4  
**Session III:** Mar 18-May 6  
**Fee:** Member \$60; Res. \$65; Nonres. \$70  
**Participants:** Min.: 8/Max.: 17  
**Registration ends:** Sept 24 for S1  
 Jan 7 for S2  
 Mar 11 for S3

**CP It's All About The Stretch!**

Learn how to reduce muscular tension-promoting "freer" movement. Learn the right techniques to warm up your muscles prior to physical activity. Improve your flexibility, range of motion and joint function. Floor mats will be used.

**Day:** Tuesday and Thursday  
**Session I:** Sept 27-Nov 17  
**Session II:** Jan 10-Mar 2  
**Session III:** Mar 14-May 4  
**Time:** 8:00 am - 9:00 am  
**Fee:** Member \$45; Res. \$50; Nonres. \$55

**Participants:** Min.: 13/Max.: 20  
**Registration ends:** Sept 20 for S1  
 Jan 3 for S2;  
 Mar 7 for S3

**CP Sweatin' in the AM (Age 16+)**

Get your work-out done before you have an excuse not to! Join this early morning upbeat combination of strength training, cardio-interval patterns and stretching.

**Day:** Tuesday and Thursday  
**Session I:** Sept 27-Nov 17  
**Session II:** Jan 10-Mar 2  
**Session III:** Mar 14-May 4  
**Time:** 6:00 am - 7:00 am  
**Fee:** Member \$50; Res. \$55; Nonres. \$60

**Participants:** Min.: 11/Max.: 20  
**Registration ends:** Sept 20 for S1  
 Jan 3 for S2;  
 Mar 7 for S3

**CP T'ai Chi Fundamentals (Age 16+)**

This 8 week T'ai Chi Fundamentals class will introduce you to the benefits of an ancient Chinese martial art now practiced for its many health benefits. This slow moving gentle exercise improves balance and strengthens the immune system. It has also been known to improve concentration.

**Day:** Wednesday  
**Time:** 10:00 am - 11:00 am  
**Session I:** Sept 28-Nov 16  
**Session II:** Jan 11-Mar 1  
**Session III:** Mar 15-May 3  
**Fee:** Member \$50; Res. \$55; Nonres. \$60

**Participants:** Min.: 7/Max.: 15

**Registration ends:** Sept 21 for S1  
 Jan 4 for S2;  
 Mar 8 for S3

**CP Total Body and Tone (Age 16+)**

Build and tone muscle while using a variety of fitness equipment. Each class will be a full body workout aiming to improve balance, resistance, speed and endurance. The structure of this class will change from week to week to keep your workout fresh and fun. All fitness levels welcome.

**Days:** Monday and Wednesday  
**Time:** 9:00 am - 10:00 am  
**Session I:** Sept 26-Nov 16  
**Session II:** Jan 9-Mar 1  
**Session III:** Mar 13-May 3  
**Fee:** Member \$50; Res. \$55; Nonres. \$60

**Participants:** Min.: 8/Max.: 20  
**Registration ends:** Sept 19 for S1  
 Jan 2 for S2;  
 Mar 6 for S3

**CP ZUMBA (Age 16+)**

ZUMBA, inspired by Latin dance and music, uses a variety of styles in its routines (cumbia, merengue, salsa, reggaeton, hip hop, pop, mambo, flamenco, calypso and salsaton). ZUMBA is a fun cardiovascular workout utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning - by mixing body sculpting movements with easy-to-follow dance steps.

**Day:** Wednesday PM  
**Time:** 6:00 pm - 7:00 pm  
**Session I:** Sept 28-Nov 16  
**Session II:** Jan 11-Mar 1  
**Session III:** Mar 15-May 3  
**Participants:** Min.: 8/Max.: 30  
**Day:** Friday AM  
**Time:** 10:30 am - 11:30 am  
**Session I:** Sept 30-Nov 18  
**Session II:** Jan 13-Mar 3

**Session III:** Mar 17-May 5  
**Participants:** Min.: 8/Max.: 30  
**Day:** **Saturday AM**  
**Time:** 10:00 am - 11:00 am  
**Session I:** Oct 1-Nov 19  
**Session II:** Jan 14-Mar 4  
**Session III:** Mar 18-May 6  
**Participants:** Min.: 6/Max.: 14  
**Fee:** Member \$45; Res. \$50; Nonres. \$55  
**Registration ends:** one week prior to start of first class

### **Fitness Challenges**

#### **Superbowl Fitness Challenge January 1 - February 5**

Celebrate the new year and "America's game" with our fitness challenge. Each "down" = 60 recorded minutes of exercise. The first to 2,000 minutes wins our GRAND PRIZE.

#### **Challenge Rules:**

- » FREE to participate, but you must register at the Control Desk.
- » All exercise MUST be conducted at Centennial Commons.
- » For tracking purposes, all exercise minutes must be recorded and placed in record box on the day it occurs. NO EXCEPTIONS!!!
- » Recordable exercise minutes include: group exercise classes, walking (track or soccer area perimeter), free weight and fitness areas.

#### **March Mania Fitness Challenge March 14 - March 30**

Take your "fitness to the hoop" while working your 2016 college basketball brackets. Each field goal (2 point shot) = 60 recorded minutes of exercise. First four people to reach 34 points qualify for the FINISHING FOUR!!! FINISHING FOUR contestants compete April 1-3. First person of the FINISHING FOUR to reach 15 points wins the challenge!

#### **Challenge Rules:**

- » FREE to participate, but you must register at the Control Desk.
- » All exercise MUST be conducted at Centennial Commons.
- » For tracking purposes, all exercise minutes must be recorded and placed in record box on the day it occurs. NO EXCEPTIONS!!!
- » Recordable exercise minutes include: group exercise classes, walking (track or soccer area perimeter), free weight and fitness areas.

#### **50 Mile Walking Heart Challenge May 1 - May 31**

#### **Challenge Rules:**

- » FREE to participate.
- » Walking cards will be available at Centennial Commons May 1 – May 31 to log all miles walked.
- » The first 10 people to complete 50 miles by May 31st will win a PRIZE!
- » All miles walked must be logged on a walking card and submitted to receive a prize. Walking can be completed at any University City Park and at Centennial Commons.

### **Sports**

#### **Little Netters - Tennis Instruction and Fun (Ages 5-8)**

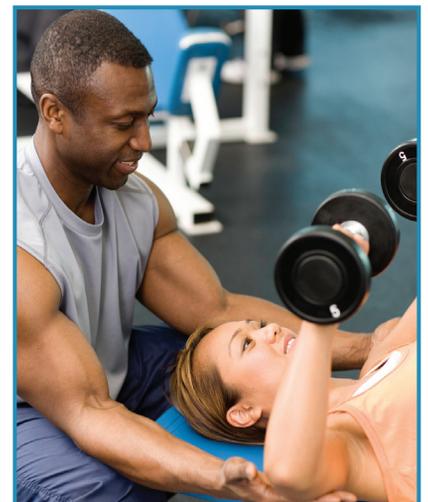
Get your kids active and learning tennis FUNdamentals early with scaled down court size and age appropriate equipment. Little Netters is for kids just starting out in tennis. "Fun"amentals will be emphasized as well as the "ABCs" (agility, balance, coordination) - even if they've never picked up a racquet!

**Day:** Saturday  
**Session I:** Oct 1-Oct 22  
**Session II:** Nov 5-Dec 3  
**Session III:** Jan 14-Feb 4  
**Time:** 10:00 am - 11:00 am  
**Fee:** Member \$50; Res. \$55; Nonres. \$60

**Participants:** Min: 4 Max: 8  
**Registration ends:** One week prior to first class

#### **Intermediate Tennis - Instruction and Fun (Ages 9-12)**

This program introduces students to the core tennis strokes in a fun, focused, and secure environment. Students learn the technical fundamentals of the forehand, backhand, serve, overhead, and volley. In each class they receive help with technique, participate in high energy tennis drills, hit balls and partake in fun games. With each session, students will improve their understanding of tennis and muscle memory.



**Day:** Saturday  
**Session I:** Oct 1-Oct 22  
**Session II:** Nov 5-Dec 3  
**Session III:** Jan 14-Feb 4  
**Time:** 8:30 am - 9:30 am  
**Fee:** Member \$50; Res. \$55; Nonres. \$60  
**Participants:** Min: 4 Max: 8  
**Registration ends:** one week prior to first class

### Late Bloomers' Indoor Soccer

Strictly for women 30+ (including some "fifty-somethings!"). Started over 7 years ago by SoccerMoms with little or no experience - with the objectives: have fun, get some exercise, and don't get hurt.

**Day:** Sunday  
**Session I:** Oct 9-Dec 11 (skip 11/26)  
**Session II:** Dec 18-Feb 26 (skip 12/25, 1/1)  
**Session III:** Mar 5-May 7 (skip 4/16)  
**Time:** 7:00 pm - 8:15 pm  
**Location:** CentCom Indoor Turf  
**Fee:** Member \$45; Res. \$50; Nonres. \$55  
**Participants:** Min: 18/Max: 22  
**Registration ends:** one week prior to first class

## Year-Round

### Duplicate Bridge Club

Year-round weekly games at 7:00 pm on Thursdays at Centennial Commons, 7210 Olive Blvd. For info, call Susie Mann: 991.1795, Georgianna Jackson 863.0004 or email gjack900@gmail.com

### Men's 50+ Basketball League (Age 50+)

Looking to get some exercise and enjoy some "hoops"? Coach Adams has been running this league for over ten years.

**Days:** Monday and Wednesday  
**Date:** July 6-June 28  
**Time:** 7:00 pm - 9:00 pm  
**Participants:** Min: 20/Max: 30



### Weight Watchers

The Weight Watchers

TurnAround program is an innovative, science based program. It lets you find the eating structure that fits you best based on two different approaches to healthy, livable, sustainable weight loss. For fee and registration information, contact Weight Watchers or go to [weight-watchers.com](http://weight-watchers.com)



**Day:** Monday  
**Time:** 6:00 - 8:00 pm  
**Location:** Centennial Commons 7210 Olive Blvd.

\*Register on the first night of class

\*Payment required at time of registration

## **Fair Play Policy**

The Department of Community Development-Recreation Division offers opportunities for residents of all ages and abilities. Our goal is to provide recreational enjoyment in a safe environment. Please assist us in maintaining a safe and enjoyable environment by following our Fair Play Policy. Individuals using Recreation Division facilities are expected to:

- » Refrain from using profane language.
- » Refrain from placing themselves and/or others at physical risk.
- » Respect one another and one another's personal property.
- » Not participate in any unlawful activities (i.e., vandalism, stealing, use or selling of illegal drugs or weapons).

Adherence to this policy is greatly appreciated. Persons who endanger the safety of themselves or others will be removed from Recreation Division facilities and/or recreation programs. Other infractions of the rules will be handled as deemed necessary by Recreation Division staff. If children are involved, their parent and/or guardian will be contacted.

## **Americans with Disabilities Act**

The programs and facilities of the University City Department of Community Development-Recreation Division are available to people of all abilities. If special accommodations are needed to participate, please let us know when registering.

U. City strives to comply with the Americans with Disabilities Act and welcomes comments. Complaints that a program, service or activity is not accessible to persons with disabilities should be directed to Elaine Williams, Human Resources Manager at 505.8532.

## **Photo Policy**

The Department of Community Development-Recreation Division may take photos of participants at our parks, of persons enrolled in sponsored programs, and of those enjoying special events. Please be aware that these photos are for department use only and may be used in future publications, flyers, displays, social networking sites and on the City's website: [ucitymo.org](http://ucitymo.org).

## **Equal Opportunity**

University City Department of Community Development-Recreation Division's facilities, programs and activities are open to all persons on an equal opportunity basis. Anyone who believes they have been subjected to discrimination on the basis of race, color, sexual orientation, national origin, age or disability, may file a complaint with either the U. City Dept. of Community Development-Recreation Division or the Office of Equal Opportunity, U.S. Dept. of the Interior, Washington, D.C. 20240.

## **Reservation Basics**

### **Customer Service**

We use RecTrac, a software program designed to improve customer service. It automates reservations for picnic pavilions, athletic fields, the Heman Park Community Center, Centennial

Commons, tee times and play at Ruth Park Golf Course and recreation program/event registration. RecTrac provides swipe-entry stations at several of our recreational facilities. This also ensures minimum and maximum enrollments are maintained, class rosters are produced, and correct fees are applied.

### **Payment Policy**

Checks or money orders should be made payable to the City of University City and must be made for the exact amount of the fee. Returned Check Fees: \$25-Administrative Handling Fee PLUS \$9-Bank Fee. MasterCard and Visa are also accepted at Centennial Commons and Ruth Park Golf Course. Your home telephone number **MUST** be provided for ALL check (personal/cashier/certified) transactions.

### **Cancellations**

The Department of Community Development-Recreation Division reserves the right to cancel any event, activity or program due to lack of participation and to limit the number of participants for a program, activity or event. In those instances, a refund will be issued.



## Locations

**Ackert Park** 6600 Delmar, North to Vernon Avenue, linear park with playground, 3.5 acres, acquired 1967.

**Eastgate Park** Northeast corner of Vernon and Eastgate, playground and basketball courts, .93 acres, acquired 1923.

**Flynn Park** Bounded by Pershing, Midvale and Kingsbury, this park facility includes 5 tennis courts and a playground, 6.61 acres, acquired 1923.

**Fogerty Park** Located in the 1500 block of N. 82nd. This large neighborhood park is ideal for all day outings. Picnic area has weatherproof shelter with restrooms. Facilities include

a full size baseball diamond, youth soccer field, children's playground, half-mile jogging trail and two tennis courts, 11.80 acres, acquired 1928.

**Greensfelder Park** West of 8333 Fullerton, ball diamond and playground, 6.75, acquired 1928.

**Greenway South** South from 6600 Kingsbury to Millbrook, linear park, .809 acres, acquired 1967.

**Heman Park** Bounded by Olive, Purdue, Midland, Vernon and Pennsylvania, U. City's largest park serves the entire community. Outdoor facilities include restrooms, several picnic areas, four picnic pavilions, one large baseball diamond, five softball diamonds, three Little League baseball diamonds, one tee ball diamond, four soccer fields, two combination football/soccer fields, basketball courts, horseshoe courts, eight tennis courts (four are lighted for night use), 1.5 mile jogging course and a large playground. Includes the Heman Park Swimming Pool, Centennial Commons recreation facility, Heman Park Community Center and our Park Maintenance and Forestry Divisions, 85.26 acres, acquired 1923, 1928 and 1944.

**Kaufman Park** Bound by Mulberry and Blackberry, this park has four tennis courts, a tennis practice area, playground and separate "tot lot" for smaller children and a natural wooded area for nature study. The Green Center is adjacent to Kaufman Park, 7.77 acres, acquired 1972.

**Kingsland Park** Kingsland at Chamberlain, children's "tot lot." .84 acres, acquired 1970.

**Lewis Park** Delmar at Yale, features a decorative pond with fountain, public art, and a playground, 4.00 acres, acquired 1923, 1928 and 1954.

**Janet Majerus Park** Partridge and Raymond, features a decorative pond with fountain, one-third mile jogging trail, fitness stations and children's playground, 4.5 acres, acquired 1995.

**Joseph L. Adams Park** Big Bend, South of Forsyth, undeveloped green space, 1.6 acres, acquired 1933.

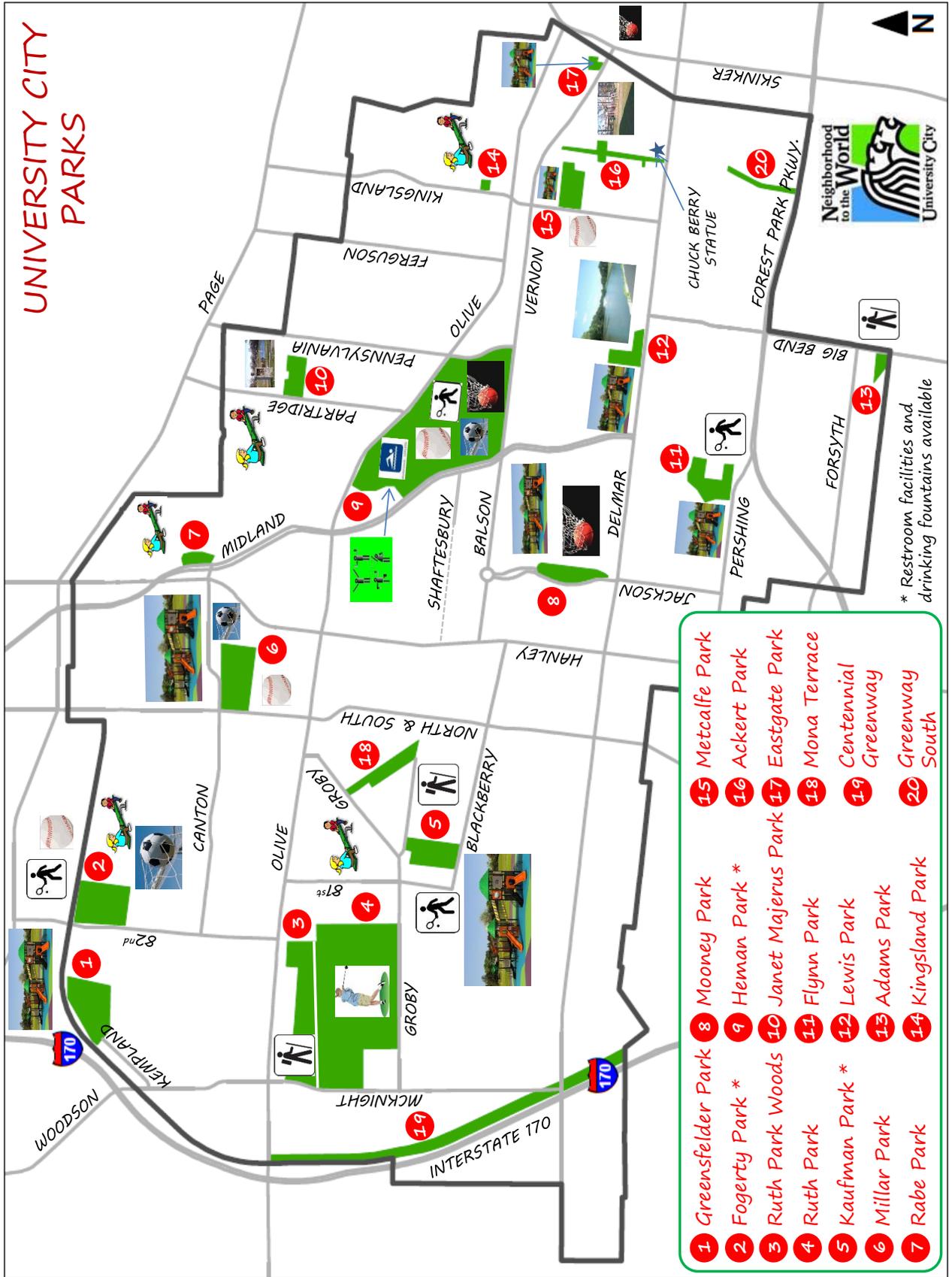
**Metcalf Park** Kingsland south of Vernon, two ball fields and playground, 5.6 acres, acquired 1955 and 1962.

**Millar Park** Canton and North and South. A larger neighborhood park offering a playground area, picnic pavillion with restrooms, two baseball diamonds, soccer and football fields and half-mile jogging trail with fitness stations, 12.19 acres, acquired 1928.

**Mooney Park** Jackson and Delmar to Amherst, playground and basketball courts, 5.2 acres, acquired 1922, 1923 and 1931.

**Rabe Park** Midland at Canton, children's playground and open play field, 2.0 acres, acquired 1933.

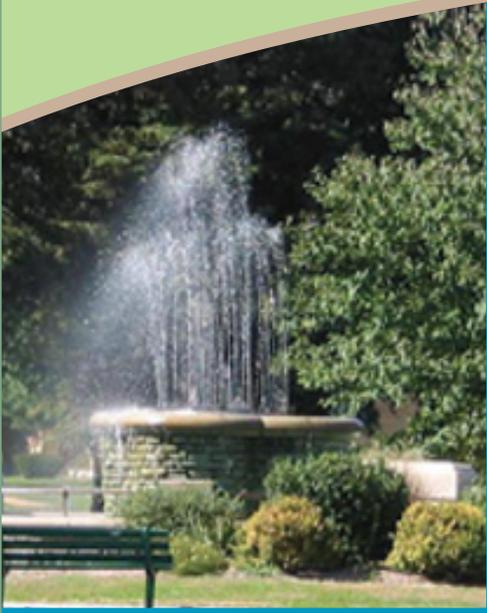






# University City Park Facilities

Park	Location	Average	Baseball Diamonds	Basketball Courts	Fitness Stations	Football Fields	Golf Course/Driving Range	Horseshoes	Walking/Jogging Trail	Nature Area	Open Area	Picnic Grills	Picnic Pavilion	Playground	Playground:designed for ages	Ponds	Restrooms	Soccer Fields	Softball/Youth Baseball Fields	Tennis Courts	Water Fountains
Ackert Park	6600 Delmar	3.50									•			1	5-12						1
Centennial Greenway		10.5							1.25 mi.												
Eastgate Park	Vernon & Eastgate	.93	1											1	5-12						1
Flynn Park	Pershing, Midvale & Kingsbury	6.61									•			2	2-12					5	1
Fogarty Park	1500 blk. North 82nd Street	11.8	1						1/2 mi.		•	3	•	2	2-12		1	1	1		2
Greensfelder Park	West of 8333 Fullerton	6.75									•			1	5-12						1
Greenway South	South from 6600 Kingsbury to Millbrook	0.81									•										1
Heman Park	Olive, Purdue, Midland, Vernon & Pennsylvania	85.26	1	3	2	2		•	1-1/2 mi.		•	10	4	2	2-12		2	3	8	8	10
Kaufman Park	Mulberry & Blackberry	7.8								•	•			2	2-12					4	2
Kingsland Park	Kingsland & Chamberlain	.84									•			1	2-12						1
Lewis Park	Delmar Blvd at Yale	4.00									•			2	5-12						1
Janet Majerus Park	Partridge & Raymond	4.5			•				1/3 mi.		•			1	5-12						1
Joseph L. Adams Park	Big Bend, South of Forsyth	1.6									•										
Metcalfe Park	Kingsland Avenue	5.6									•			1	5-12				2		1
Millar Park	Canton & North and South	12.1			•	1			1/2 mi.		•	1	•	2	2-12		1	1	2		2
Mona Terrace		2							.25 mi.												
Mooney Park	Jackson Avenue	5.2	1								•			2	2-12						1
Rabe Park	Midland at Canton	2.00									•			1	5-12						1
Ruth Park	8211 Groby Road	73.					•														
Ruth Park Woods	McKnight at Olive	27.2								•											



**Ruth Park Golf Course** Nine-hole golf course and driving range with historic club house.

**Ruth Park Woods** 26-acre wooded tract with interpretive nature trails developed in coordination with the Missouri Department of Conservation and volunteers.

## Park Policies

- » Dogs are not permitted to run loose and must be kept on a leash while in parks (exception: Dog Park at Vernon and Pennsylvania). Pooper Scooper laws enforced. Provisions must be made to remove feces.
- » No glass bottles permitted.
- » Sound systems and loud noises prohibited.
- » Automobiles are permitted in parking lots only.
- » No parking on grassy areas.
- » Trash receptacles are for park refuse only.
- » Parks close at 10:30pm nightly or earlier as posted in individual parks.
- » Driving golf balls in U. City parks is prohibited except at Ruth Park Golf Course.

- » City and State laws apply in all U. City parks.
- » No firearms in any U. City facilities.
- » Permits must be obtained for athletic field.

## Tree Services

### Tree Ordinance

In November 2006, the University City Municipal Code was amended to establish new regulations on trees and shrubs on both public and private property. To obtain a complete Tree Ordinance or the revised Tree Manual you can download the document(s) from [ucitymo.org](http://ucitymo.org), call the City Forester, James Crowe: 505.8619 or e-mail: [jcrowe@ucitymo.org](mailto:jcrowe@ucitymo.org).

### Storm Damage

- » UCity's Forestry Division maintains trees on public rights-of-way, in parks and on other public properties.
- » After a storm, crews clear streets of city-owned, downed tree limbs on an emergency basis.
- » The city is responsible for the removal of limbs from publicly owned trees only.
- » Trees on private property are maintained by owners.
- » Property owners must dispose of any debris from privately owned trees at their own expense.
- » Limbs less than three inches in diameter may be cut into four-foot lengths and bundled for collection by the Sanitation Division. (Max. 6 bundles per pickup).
- » To report damage to public right-of-way trees or limbs blocking streets, call the Forestry Office: 505.8619.

### Maintenance

The Forestry Division maintains 30,000 trees along streets and in parks, with this schedule:

Trimming: winter  
Planting: winter and spring  
Removal: summer  
Stump grinding: fall

### Firewood

Firewood generated by tree removal and trimming is available to residents free of charge at the job site and at Heman Park throughout the year.

### Mulch and Wood Chips

Heman Park has a distribution area where residents may pick up leaf compost, shredded wood, wood chips and firewood. There is no fee to load vehicles with material for personal use. To arrange loading by the city (for a fee) or for commercial use, call 505.8573.

- » No leaves or branches may be brought to the park.
- » Please report broken equipment or vandalism of any park facilities to the Park Maintenance Office: 505.8618.
- » Dumping of grass clippings, leaves, debris, etc. in city park facilities or receptacles is prohibited. Please report these problems to Police: 725.2211 or to Park Maintenance: 505.8618.

### Street Tree Planting Requests

Citizens' requests for new street trees should be made by September 1. Work requests and tree inspections can be made by calling 505.8619.

## Community Facilities Reservations

### Heman Park Community Center

Location: 975 Pennsylvania (between Vernon and Olive). Reservations by appointment only, call Leslie Eutz 505.8617 to schedule your appt.

**Amenities**

- » Includes two meeting halls that can be converted into one large room
- » Fully functional kitchen
- » Available for service, charitable, cultural, educational and private activities, such as wedding receptions and family reunions
- » Accessible for all individuals
- » Available to nonprofit organizations at reasonable rates determined by the type of activity planned
- » Call for nonprofit rates: 505.8617
- » Seating capacity for banquets  
Half hall: 125 persons  
Whole hall: 250 persons

**Booking guidelines**

- » Reservations are taken first-come first-served and must be made at least 30 days in advance of your event.
- » Half of the facility rental fee is required at the time of the reservation.
- » **The remaining fees, refundable security deposit and completed room diagram are due 30 days before the event.**

**Saturday rates:**

(Private use. Min. 5 hours/rental.)

**Resident**

Half hall: ..... \$400  
Whole hall: ..... \$800

**Non-Resident**

Half hall: ..... \$500  
Whole hall: ..... \$1000

- » With use of kitchen, an additional fee of \$65
- » Without kitchen, to bring food/drink into facility: \$30
- » To consume alcohol on premises, Alcohol Request Fee required: \$10

**Picnic Spots**

Small groups may use many picnic spots throughout U. City parks without charge.

**Pavilions**

Reservations are needed for pavilions at Heman, Fogerty and Millar parks and are recommended for groups of 25 to 100. Rental fees are \$50 for residents and \$100 for nonresidents and reservations are accepted in person at Centennial Commons (see p. 6 for hours of operation) beginning Tuesday, January 3, 2017. For Pavilion availability only, visit [ucitymo.org](http://ucitymo.org)

**Pavilion Rules and Regulations**

- » Ordinances prohibit loud noises, the use of sound systems and glass beverage bottles in all parks.
- » To consume alcohol on premises, Alcohol Request Fee required: \$10
- » All picnic and ground areas are to be left free of rubbish and litter.
- » All U. City parks close at 10:30pm. Please adhere to this closing time
- » Electrical outlets are 15 amp circuits (not suitable for heavy wattage equipment).
- » Automobiles are permitted in parking lot areas only. U. City police officers will ticket violators.
- » Improper conduct will not be tolerated in parks.
- » All inflatables and petting zoos are prohibited.
- » Any person guilty of malicious destruction of park property will be prosecuted.
- » **NO REFUNDS For Picnic Reservations** (including cases of inclement weather).

**Athletic Facilities Reservations**

**Ball Diamonds and Soccer and Football Fields**

Assigned seasonally to local teams and leagues. For more information, team representatives should call 505.8525.

**Fees for All Fields**

\$15 per hour/per field use  
\$10 per hour/per field use for U. City 501(c)3 organizations

**Lighted Fields** Additional \$30 per hour/per field use

**Jack Buck Field**

\$25 per hour for field use

**Basketball Courts**

**Outdoor**

Heman Park 4 courts  
Eastgate Park 2 courts  
Mooney Park 2 courts

**Indoor**

Centennial Commons, 7210 Olive  
2 high school regulation courts  
(12 goals available)

**Tennis Courts**

For reservations, call 505.8617.

- » Kaufman Park 4 courts
- » Fogerty Park 2 courts
- » Heman Park 8 courts (lights are provided for nighttime play on 4 courts)
- » Flynn Park 5 courts

**Tennis Court Policies**

- » Only tennis players are allowed on courts.
- » Players must wear tennis shoes on courts.

- » Limit playing time to one hour when others are waiting.
- » Only plastic water bottles are allowed on courts.
- » Please place trash in receptacles provided.
- » For Heman courts: Lights are operational until 10 pm, approximately mid-March through November.

**Rental rates (per court/per day)**

\$25: Individuals  
 \$10: for U. City 501(c)3 orgs

**Golf**



**Ruth Park Golf Course and Driving Range**

Zoysia tees and fairways with bent grass greens and a tree-lined and hilly terrain make Ruth Park a challenge for all golfers. The nine-hole course serves U. City, \*Clayton and \*Creve Coeur residents and is also open to nonresidents. Management is under the direction of PGA Professional, Doug Castellari. Amenities include motorized golf carts, pull carts, club rental, a fully stocked golf shop, club fittings, tournaments, individual or group golf lessons, summer junior golf camps, driving range, and a snack bar. 8211 Groby (between 81st and McKnight).

\* Proper identification must be presented.

**Please note:** Golf lessons may only be conducted by employees of Ruth Park Golf Course. For your safety, entry onto Ruth Park Golf Course before 6:00 am is prohibited and considered trespassing. Violators will be prosecuted.

For information, contact Ruth Park Golf Course, 8211 Groby Rd., 727.4800 or email Doug at dcastellari@ucitymo.org or visit ruthparkgolf.com



**Free Adult Player Orientation**

Designed to welcome new, occasional and returning golfers to the game.

**Course Fees**

**Resident\***

Weekday .....	\$11
Weekend/Holiday .....	\$12
18 Holes** .....	\$18
Weekday Senior .....	\$10
Weekend/Holiday Senior .....	\$11
Junior (16 & under) .....	\$9
All Day .....	\$20
Cart Rate .....	\$8

**Non-Resident**

Weekday .....	\$13
Weekend/Holiday .....	\$15
18 Holes** .....	\$22
Weekday Senior .....	\$11
Weekend/Holiday Senior .....	\$12
Junior (16 & under) .....	\$9
Cart Rate .....	\$8

To qualify for resident or senior rates, a ID card must be presented. The ID card can be purchased at Centennial Commons (7210 Olive) for \$5 per person. Residency verification will be made during the ID application process. A photo ID card will be issued once residency is verified.

\*\*Rate available anytime course is open

**Interested in playing in a tournament? What about beginning golf classes? Or signing the kids up for a golf camp?**

For detailed information, contact Ruth Park Golf Course, 8211 Groby Rd., 727.4800 or email Doug at dcastellari@ucitymo.org or check out our websites: [ucitymo.org/ruthparkgolfcourse](http://ucitymo.org/ruthparkgolfcourse) or [ruthparkgolf.com](http://ruthparkgolf.com)



## **The Green Center (TGC)**

8025 Blackberry Avenue  
(west of North & South), 725.8314,  
e-mail: [info@thegreencenter.org](mailto:info@thegreencenter.org),  
[thegreencenter.org](http://thegreencenter.org)

Founded in 1997, TGC is a non-profit arts and environmental education organization dedicated to helping people understand the natural world through hands-on experiences; protecting native habitats; and encouraging artistic expression inspired by nature. The outdoor classroom at TGC encompasses over 30 acres, including the 26-acre Ruth Park Woods, a one-acre Prairie/Wetland complex and three-acre Demonstration Area that includes a rain garden, community vegetable garden, solar-powered greenhouse, native plant gardens and Certified Nature Explore Classroom.



## **Educational Programs**

Field experience programs are offered throughout the year on nature related topics. Field Experience/Outreach and Scout programs are 1-2 hrs in length; cost is \$7/student (including materials). Minimum of 5 students/program. For more info email [classes@thegreencenter.org](mailto:classes@thegreencenter.org)

## **Camps**

Camps are held during the spring and summer. Check TGC's website for dates.

## **Field Experiences/ Outreach Programs**

- Wetland Ecology
- Prairie Ecology (fall only)
- Forest Ecology
- Keying Out Trees-Classification
- Prairie By Design (fall only)
- Pollination Appreciation
- Insects
- Ecosystem Plot Studies
- Letterboxing
- Greenhouse Propagation
- Geology: Missouri Rocks
- Discovery Garden Exploration

## **Nature Play (Early Childhood)**

Connecting children to nature has beneficial effects on a child's health and development. "Nature Play" programs reconnect children to nature and give them an opportunity to learn while making new discoveries, observations and adventures! These programs are 1-2 hrs long and cost \$8/student (including materials). Min. of 5 students/program. Check The Green Center's website for upcoming scheduled programs in the spring, fall and winter.

## **Scout Programs**

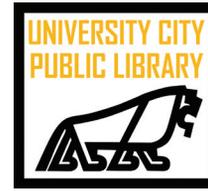
Each season of the year offers opportunities for Boy Scout and Girl Scout programs. Check TGC's website for available programming.

## **Speaker Series**

The Green Center presents a series of speakers that will share their stories in nature and the impact it had on their lives. Upcoming speakers will be posted to TGC's website.

## **Volunteer Opportunities**

Visit the website, contact us at [volunteer@thegreencenter.org](mailto:volunteer@thegreencenter.org), or call 725.8314 x 102.



## **U. City Public Library**

**Hours:** Mon.-Fri.: 9 am – 9 pm,  
Sat. 9 am–5 pm, Sun. 1 pm–5 pm.  
727-3150, 6701 Delmar  
[ucpl.lib.mo.us](http://ucpl.lib.mo.us)

## **Library Activities for Young People**

Please visit our website [ucitylibrary.org](http://ucitylibrary.org) for current information.

### **Thurs. Matinees in Lil's Treehouse** **Thursdays 4:30 pm - note time change (3rd week each month)**

- |          |  |
|----------|--|
| Aug. 18  | Monster High: The Great Scarier Reef PG) |
| Sept. 15 | Zootopia (PG)                            |
| Oct. 20  | The Peanuts Movie (G)                    |
| Nov. 17  | Kung Fu Panda 3 (PG)                     |

### **Preschool Storytime with Ms. W**

Storytime is free to University City residents & nonresidents, but parents and/or caregivers should be University City Library cardholders. Library cards are free to most non-residents. Advanced registration is required (7 wk session)

### **Session I: "Hats to Shoes & Clothes Between" Sept. 6 – Oct. 20** **Family Time (2-5 yr. olds)**

Stories, songs & activities: 40 min.  
Wednesdays, 10 am (Sept. 7–Oct. 19)

### **2's**

Stories, songs, & activities: 40 min.  
Thursdays, 9:30am (Sept. 8–Oct. 20)

### **3-5 year olds**

Stories, songs, & activities: 50 min.  
Thursdays, 10:30 am (Sept. 8–Oct. 20)

### Tuesday Evening Storytime (3-6 year olds)

Stories, songs, & activities: 45 min.  
Tuesdays, 6:00 pm (Sept. 6–Oct. 18 )

### “Mother Goose & More”

Mondays, (Sept. 12–Oct. 17)  
Rhymes & movement: 30 min.  
Onesies Tales (12-18 mo.) 9:30 am  
Toddler Tales (19-23 mo.) 10:00 am

### Session II: “Get in the Groove, Let’s Move”

Nov. 7 – Dec. 8

### Family Time (2-5 yr. olds)

Stories, songs & activities: 40 min.  
Wednesdays, 10 am (Nov. 9–Dec 7)

### 2’s

Stories, songs, & activities: 40 min.  
Thursdays, 9:30am (Nov. 10–Dec 8)

### 3-5 year olds

Stories, songs, & activities: 50 min.  
Thursdays, 10:30am (Nov. 10–Dec 8)

### Tuesday Evening Storytime (3-6 year olds)

Stories, songs, & activities: 45 min.  
Tuesdays, 6:00pm (Nov. 8–Dec 6)

### “Mother Goose & More”

Mondays, (Nov. 7–Dec 5)  
Rhymes & movement: 30 min.  
Onesies Tales (12-18 mo.) 9:30 am  
Toddler Tales (19-23 mo.) 10:00 am

### Special Events:

#### “Food & Farm Stories & Songs”

Saturday, August 13, 9:30 am  
Stop by the Midtown Farmers Market in the Delmar Loop, 6655 Delmar (Back Lot) for a preschool story hour with Ms. W.

#### \*“Off to Preschool - Stories & Songs”

Saturday, August 20, 10:00 am  
Ages 3-6

### Read to a Dog

Thursdays, 4:30 pm  
Sept. 1, Oct. 6, Nov. 3 & Dec. 1  
Read to Rosie and friends in this program offered by CHAMP assistance dogs. at the U. City Library. Bring your own book or choose one of ours and read for 10 minutes to an adorable, attentive dog. Also, make a doogie craft before or after your reading session.

### \*“Fabulous Fall Stories & Songs”

Tuesday, October 25, 6:00 pm  
Stories & songs with Robert and Ms. W. Robert, from Robert’s Music Together, and Ms. W, from our Youth Services staff, have created special family musical programs together for several years.

### Officer Appreciation Storytime

Tuesday, November 29, 6:00 pm  
Ages 3-8  
We celebrate our U. City police officers at this very special evening with stories and song. Help us create a giant Thank You card.

### Seasonal Storytime

Tuesday, December 13, 6:00 pm  
Ages 3-7  
Author Jerry Howard will read his new book, “Saga of Bartholomew Bee: the bee who taught Santa’s reindeer to fly”. Illustrator Anna Marie Steffenson will provide coloring activities for children.

### \*Preschool Dance & Play

Saturdays, 10:00 am, Ages 3-5  
Sept. 17, Oct. 15, Nov. 19 & Dec. 17  
Musical Fun with Dance, a Craft & Stories  
\*“Racing to Read” grant

### Book Clubs:

(advanced registration required;  
Registration fee - \$4)

#### “Show Me Reader” Book Club for 2nd & 3rd Graders

2nd Wednesday of the month Oct. 12–  
Mar. 8 (No meeting in Jan.) 7:00 p.m.

An intro to book clubs with picture books, activities, and refreshments shared at each meeting. Books will be chosen from this year’s “Show Me Reader” nominees. Two titles will be read aloud and discussed monthly.

#### Treehouse Book Club for 4th-6th Graders:

1st Wednesday of the month  
Oct. 5 – Mar. 1 (No meeting in Jan.)  
7:00 p.m.  
Oct. 5: Flora & Ulysses by Kate  
DiCamillo  
Nov. 2: Crenshaw by Katherine  
Applegate  
Other titles to be announced later.

### Teen Activities:

#### Toastmasters International Youth Leadership Programs

Wednesdays, Sept. 7–Oct. 26  
7:00 – 8:30 p.m.  
This interactive 8-week course for 7th-  
12th graders is taught by Toastmasters  
International, a public speaking  
organization. Refreshments served.  
Advance registration is required;  
registration fee for manual and  
materials is \$4.00.

#### Teen Spot Gaming:

2nd & 4th Thursdays, Grades 7+,  
7:00 – 8:30 pm  
Aug. 11 & 25, Sept. 8 & 22, Oct. 13  
& 27, Nov. 10, Dec. 8 & 22

Bring your favorite console games or try  
out our WiiU and Xbox 360 games.



## **U. City in Bloom**

U City in Bloom is a non-profit with funding provided by the City of U City, the U City School District and private donations. We are committed to maintaining and further development of the over 325 public garden locations established over the last 30 years. These gardens are designed, planted and sustained by a group of volunteers under a Director of Horticulture, an assistant horticulturist and part-time horticulture staff members. We offer a variety of volunteer opportunities to fit everyone's schedule. No previous expertise required. Guided by our experienced Director of Horticulture, you will work with a group of volunteers who will soon become your friends and teachers. For more information or to volunteer, visit [ucityinbloom.org](http://ucityinbloom.org).

## **Coming Events**

### **"Celebrate the Beauty of U. City"**

For detailed info please see p. 14.

### **Plein Air Artist Finalists Gallery Show at the U. City Library - month of October**

Watch for information about this Gallery Reception in October

### **Bulb Sale**

Saturday, October 8, 9:00am - 2:00pm  
6630 Delmar – Next to Craft Alliance on the South side of Delmar. Pre-order your bulbs now through on our web site: [ucityinbloom.org](http://ucityinbloom.org) and pick up on the day of the sale. Place your order on line before October 3.

### **Create Space Gallery Show**

Friday, November 11

See U City in Bloom gardens through the

eyes of the many different Create Space artisan makers. Come to a Gallery Show like no other; see beautiful art renderings of U City gardens.

### **Bird Habitat and Native Plant Garden at Centennial Commons**

is still very much a work in progress with continued stages of development including planting of adjacent areas with Missouri native trees and shrubs. This garden is a prime example of Native Plant Landscaping. The basic plants in the garden are native to this area whose purpose is to attract bees, birds, butterflies, and other beneficial organisms. These attractive and attention-grabbing plants have evolved and adapted to our climate. The plants provide food to many birds, butterflies, and other organisms.

## **Community Arts**

### **Bel Canto Chorus of Saint Louis**

Classical and contemporary choral music. Rehearsals are held Mondays at The Episcopal Church, 7401 Delmar. For info, call Bruce Vantine: 838.4383.

### **Duplicate Bridge Club**

Year-round weekly games at 7:00 pm Thursdays at Centennial Commons, 7210 Olive Blvd. For info, call Susie Mann: 991.1795, Georgianna Jackson 863.0004 or email [gjack900@gmail.com](mailto:gjack900@gmail.com)

### **International Folk Dance Assoc.**

Year-round Eastern European folk dances and instruction available every Saturday at 7:30 pm. For info, call Diana 726.5737; or e-mail [diana.blanchard@att.net](mailto:diana.blanchard@att.net); or visit [stlouisfolk-dance.org](http://stlouisfolk-dance.org)

### **St. Louis Classical Guitar Society**

Promoting an appreciation for the classical fretted instruments. Also a source for local guitarists and guitar teachers. For info., call Bill Ash 567.5566 or visit: [guitarstlouis.net](http://guitarstlouis.net).

### **U. City Art Association**

Aspiring and accomplished artists are welcomed to participate in social gatherings with artistic demonstrations. Meetings are held 6:30–8:30pm every fourth Monday at the U. City Library, 6701 Delmar. Barbara Romero, president, Virgie Hill McNeal, chair of programs 383.1127.

### **U. City Summer Band**

This 85 piece (or more) big band has been a favorite since 1961. Each summer, they play a lively repertoire of light classics, familiar marches, show tunes. Six concerts on Tuesday nights starting mid-June at 7 pm in Heman Park. For info, call Suzanne Schoomer: 862.8246 or [schoomer@swbell.net](mailto:schoomer@swbell.net) or visit [ucitysummerband.org](http://ucitysummerband.org).

### **U. City Symphony Orchestra**

The UCSO is entering its 55th season of bringing beautiful symphonic music to the people in our community. To audition, contact Dr. Leon Burke 566.1149. For more info, contact Dr. Deb Carlin, President 727.3779. [facebook.com/UCSOstl](https://www.facebook.com/UCSOstl) or [ucso.org](http://ucso.org)

## **Community Sports**

### **U. City Soccer Club**

Soccer for U. City youth grades K-12 and adults. Recreational indoor/outdoor leagues. Call Jay 570.1853.

### **U. City Swim Club**

This USA Swimming-sanctioned club offers competitive and fitness

swimming for youth and adults. For info, contact Larry Edinger, 314.224.9453, email: [info@universitycityswimclub.com](mailto:info@universitycityswimclub.com) or visit [universitycityswimclub.com](http://universitycityswimclub.com)

### **National Junior Tennis League of U. City**

Free opportunities for U. City youth and adults to play year-round, at every level. Call Don Emmanuel Yentumi 726.5348 or [njtlucity@netzero.net](mailto:njtlucity@netzero.net).

### **University City Sports Assoc.**

Fall programs for youth 5 and up. For info, call 505-8740.

### **Senior Services**

#### **AARP**

Meets at 10am on the third Fridays at the Library, 6701 Delmar. For info, contact John Ramsay, 863.2476 or [johnmramsay@mac.com](mailto:johnmramsay@mac.com).

#### **CORP Senior Transportation**

CORP, a program of the St. Louis County Dept. of Human Services, is about helping St. Louis County Older Adult live a fulfilling and independent life. Assistance includes transportation, non-litigation legal services, tax preparation, computer classes, home care and minor repairs, phone and home visits. For info, contact Linda Willis 615.7430 or [lwillis@stlouisco.com](mailto:lwillis@stlouisco.com).

#### **OACAP**

Older Adult Community Action Program is a social and advocacy group to educate seniors. For info, call 993.5181.

#### **Ochs Senior Center-U. City**

A place for the 60+ crowd to meet and make friends. Midday meals and activities, Monday–Thursday at Heman Park Community Center, 975 Pennsylvania. For info, call 721.2722 or email [ucityochs@mid-eastaaa.org](mailto:ucityochs@mid-eastaaa.org)

### **Seniors on the Fly**

Offers transportation for a nominal charge and notary service for the home bound. Contact: Vicki Fieman 591.9911 or [vickif@seniorsonthefly.com](mailto:vickif@seniorsonthefly.com) website: [seniorsonthefly.com](http://seniorsonthefly.com)

### **Civic and Service Organizations**

#### **Health Protection and Education Services**

Free monthly health screenings on third Saturday of the month at the Library. Walk-in Registration: 9-10:30 am. For info, call Diane Berry: 448.7373; or visit: [hpes-stl.org](http://hpes-stl.org).

#### **Historical Society of U. City**

HSUC collects and preserves items from our past and presents programs. Our annual dinner meeting will be held in the fall. Visit [ucityhistory.org](http://ucityhistory.org), call 862.2972 or e-mail: [ucityhistory@hotmail.com](mailto:ucityhistory@hotmail.com)

#### **Sutter-Meyer Society**

A non-profit dedicated to renovation and conversion of the Sutter-Meyer farmhouse into a community museum. Volunteers needed. For info, call 721.0193 or e-mail: [thepastlives@suttermeyer.org](mailto:thepastlives@suttermeyer.org)

#### **U. City Adult Education & Literacy Program**

Day and evening classes available:

- English as a Second Language
- General Education Development
- The Literacy Program

Free classes are held at the McNair Building, 8136 Groby. For info, call 993.0462 or visit: [ucityaelprogram.org](http://ucityaelprogram.org)

#### **U. City Chamber of Commerce**

Fostering a supportive business environment by helping local businesses grow and attracting new ones, our programs include a free on-line business directory at [universitycitychamber.com](http://universitycitychamber.com). Watch for

our annual events and monthly meetings. Visit [universitycitychamber.com](http://universitycitychamber.com), or call 337-2489.

#### **U. City Dog Play Area**

Located at the corner of Vernon and Pennsylvania. Users are required to purchase a membership tag from City Hall. Annual fee: \$40 for residents (\$20 for a second dog); \$60 for nonresidents (\$30 for a second dog). Owners must provide proof of current rabies shot. Visit [ucitydogpark.com](http://ucitydogpark.com)

#### **U. City High School Alumni Association**

UCHSAA is the official liaison for alumni/classmates through social, cultural, educational, community service and philanthropic activities. Visit [uchsa.org](http://uchsa.org).

#### **U. City Lions Club**

Dedicated to sight and the prevention of blindness, providing eyeglasses to those who can't afford them. Meetings at 7:30pm on the 2nd and 4th Thursdays of the month, Frank and Helen's Pizzeria, 8111 Olive. For info, call Robert Neier: 567.4259.

#### **U. City Parks Foundation**

Our mission is "To strengthen the connection between residents and their parks by raising private funds to promote, improve and preserve U City parks and recreational activities." Donations are welcome. UCPF, 7401 Delmar, U. City, MO 63130. For info, call Les Palmer: 726.1417, email: [President@ucityparksfoundation.org](mailto:President@ucityparksfoundation.org) or [ucityparksfoundation.org](http://ucityparksfoundation.org)

#### **Youth Emergency Service (YES)**

A nonprofit dedicated to the service of troubled youths and their families through a crisis center shelter, 24-hour help line and community service programs. YES Help Line: 727.6294; or (800) 899.KIDS; or [epworth.org](http://epworth.org).

# GREAT PARTNER

for a premier program.



All new for Spring 2017, The University City – Recreation Division is excited to have partnered with the St. Louis Cardinals to provide an exceptional sports program for University City youth ages 5 to 13.

Watch for coming detailed information on this premier new offering through the channels of University City Schools, Recreation Division Facebook page ([universitycityrecreationdivision](#)), Twitter, University City web site (click 'Recreation'), the City's lighted signage, or the Centennial Commons and REACH digital signage.



DEPARTMENT OF COMMUNITY DEVELOPMENT  
RECREATION DIVISION  
ACTIVITY REGISTRATION FORM

PLEASE PRINT LEGIBLY AND COMPLETE ALL SECTIONS • MAKE CHECKS OR MONEY ORDERS PAYABLE TO THE CITY OF UNIVERSITY CITY

Address		Zip Code	Please check appropriate boxes: <input type="checkbox"/> Resident <input type="checkbox"/> Non-Resident <input type="checkbox"/> Centennial Commons Member? <input type="checkbox"/> yes <input type="checkbox"/> no	
Home Phone	Work Phone	Cellular Phone		
Email Address	Emergency Contact	Relationship	Phone	

 *The Department of Community Development-Recreation Division actively supports participation of all abilities, including people with disabilities, in its facilities, classes, programs, and events. Please check "yes" if you would like assistance to successfully participate. Yes, please have the Regional Coordinator of Inclusion Recreation contact me. Please allow two (2) weeks prior to activity start date for coordination of support.*

Please indicate below for each registrant: name, birthdate, sex, program/class or activity, and fee:				
Name	Birthdate	M/F	Program/Class/Activity <small>Please indicate requested class/program, date(s) and time(s)</small>	Fee
<b>TOTAL AMOUNT DUE</b>				<b>\$</b>

How did you hear about our classes, programs and events?  Bulletin Board  Rec Guide  U. City website  Other \_\_\_\_\_

By my signature below, I acknowledge and understand the City of University City exercises a HOLD HARMLESS POLICY during all sponsored classes, programs and events. This releases the City of University City, its agents, representatives, or employees from any and all claims which may arise out of any accident or injury caused by the negligence of the City of University City, or its agents, representatives, or employees when participating in a program or event sponsored by the City of University City.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18, parent or legal guardian)

----- FOR OFFICE USE ONLY -----

TOTAL DUE: \$ \_\_\_\_\_ CASH \_\_\_\_\_ CHECK# \_\_\_\_\_ MONEY ORDER \_\_\_\_\_ MC \_\_\_\_\_ VISA \_\_\_\_\_  
Returned check fees: \$25-Administrative Handling Fee PLUS \$9-Bank Fee. Please note: Your home telephone number MUST be provided for ALL check (personal/cashier/certified) transactions.

STATUS VERIFIED (check all applicable boxes):  Centennial Commons Member  Resident  Non-Resident

Received by \_\_\_\_\_ Date \_\_\_\_\_  
12/14, L.T.E. mail in program reg form. it



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- Personal Training packages available
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- Double gymnasium – 13,000 sq. ft.
- Indoor soccer park
- Teen gaming area
- Child care and programs





Department of Community Development - Recreation Division  
Centennial Commons, 7210 Olive Blvd.  
University City, MO 63130

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parks@ucitymo.org  
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Postmaster: please deliver on or before Sept. 16, 2016

## FREE TRIAL MEMBERSHIPS.



# TRY US. (FOR FREE!) YOU'LL LIKE US.

The professional staff at Centennial Commons is ready to show you this beautiful facility with the very latest equipment and fitness programs. Come see for yourself how the entire family can adopt a healthy lifestyle. Affordably.



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## COMPLIMENTARY 1-WEEK TRIAL PASSES

with this coupon are limited and expire on Sept. 30, 2016.

Limited to one (1) person. Not valid without address label above.