

Bellefontaine Neighbors Parks and Recreation Brochure

Fall & Winter

2011 – 2012

City Hall

867-0076

Recreation Center

867-0700

Fire Department

428-1122

Police Department

889-2341

Ambulance Service

428-1122

City Web Site

www.cityofbn.com



GENERAL INFORMATION



BELLEFONTAINE NEIGHBORS

RECREATION CENTER

9669 Bellefontaine Road

St. Louis, MO 63137

Phone: 314-867-0700

FAX: 314-867-9517

www.cityofbn.com

PARKS AND RECREATION STAFF

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Recreation Supervisor

Amy Mulholland

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Aquatics Director

Martha Snead

msnead@cityofbn.com

Inclusion Coordinator

Nicole Osheroff

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Weekend Supervisor

Amy Meier

Park Board Members

Jane Davis, Alease Dailes, Kathy Endorf, Jean Garascia, Judy Mantych, Tina Swindle, Sally Wahlbrink

The Park Board meets the third

Tuesday Monthly

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AMERICANS WITH DISABILITIES ACT (A.D.A) & INCLUSIVE RECREATION

SERVICES—Bellefontaine Neighbors Parks & Recreation Department welcomes people of all abilities. Nicole Osheroff, works as the Inclusion Coordinator for the North County Region. She is responsible for facilitating the inclusion of people with disabilities into recreation programs. Every effort will be made to adapt a program to incorporate your individual needs. If assistance is needed, please call Nicole at 314-839-5575 or use Relay Missouri 1-800-735-2966. To place a grievance, you may contact Kathy Cross at 314-867-0700, Monday through Friday from 9:00 a.m. to 3:30 p.m.

INSURANCE—Bellefontaine Neighbors Parks & Recreation Department does not provide insurance coverage for injuries suffered while participating in recreation programs or while using our facilities.

PHOTO POLICY—Our staff may take pictures of you or your child participating in recreational activities. These photographs could be used in future publications. If you do not wish to have your photo published, please inform the photographer.

RETURNED CHECK POLICY—There is a \$25.00 service charge for all returned checks. You will have **five** working days to make payment (original amount + service charge). After that, your check will be turned over to the Police Department.

PASSES AND ID CARDS

- New cards and passes for 2012 can be purchased beginning April 1, 2012.
- All ID cards and passes expire April 30, 2012, no matter when purchased.
- Recreation Department ID cards are required by all residents **six** years of age or older.
- A general ID is required to enter the facility, use the gymnasium, game room, pool, sauna, racquetball court, sign up for classes or to reserve rooms or parks.
- With a general ID card you pay daily user fees each time you swim or workout, unless you have purchased a swim or weight room pass.
- All passes also require a general ID card.
- ID cards may be purchased during the Bellefontaine Recreation Center's hours of operation.



To get an ID card you must:

1. Be on a current Bellefontaine Neighbors occupancy permit.
2. Bring a picture ID showing your Bellefontaine Neighbors address (driver's license, school or work ID) .
3. Bring your occupancy permit, utility bill, or bank statement, if your picture ID does not have your Bellefontaine Neighbors address.
4. Bring a parent with a picture ID if a child does not have the required identification.

General ID	\$5.00
General replacement ID	\$7.00
Annual swim pass - Individual	\$75.00
Annual swim pass - Family	\$120.00
Summer swim pass - Individual (valid May 25 to September 7)	\$50.00
Summer swim pass - Family (valid May 25 to September 7)	\$90.00
Weight room pass - First family member	\$50.00
Weight room pass - Each family member after the first	\$20.00
Nonresident pool pass - Minimum age 18, no guest privileges	\$135.00
Senior Nonresident weight room pass (55 & older, limited hours)	\$135.00

FACILITY SCHEDULES & USER FEES

- All residents must present a valid recreation ID card.
- Children 9 and under must be with an adult 16 or older.
- All guests must present a valid picture ID and pay appropriate fee for admission. Guests must stay with the resident at all times. The resident is responsible for the guest's behavior. Misconduct of either party will result in the removal of both.
- Residents are allowed:
 - One** guest in gymnasium or game room at specified times.
 - Two** guests in the racquetball/walleyball court.
 - Two** guests in pool during open or lap swim.
 - No guests are allowed in weight room. Residents only.**
- Properly lined swim attire is required. No refunds are given.
- All patrons on the pool deck must pay the admission fee.
- All diapers must be changed using the diaper changing stations located in the locker rooms.
- Weight room users must be 15 years or older & complete a release form. Users must bring a sweat towel and abide by the rules attached to the release form.
- Proper attire is required in every area of the recreation facility at all times. This includes the wearing of shirts in the gymnasium, hallways and weight room as well as pants that cover any and all under clothing.

Daily Admission Fees

Adult fee begins at age 13

Swimming Pools

Adult -Resident - \$3.00 Guest - \$5.00

Child- Resident - \$2.00 Guest - \$4.00

Weight Room - Residents only \$3.00

Miniature Golf Course - Open to the Public

Adult -Resident - \$2.00 Nonresident - \$4.00

Child- Resident - \$1.50 Nonresident - \$3.00

Gymnasium & Game room

Adult guest \$5.00 Child guest \$4.00

Racquetball per hour

Weekdays before 5:00 p.m. \$5.00

After 5:00 p.m., weekends, holidays \$6.00

Walleyball per hour

Weekdays before 5:00 p.m. \$9.00

After 5:00 p.m., weekends, holidays \$11.00

Recreation Center

Monday through Friday

9:00 a.m. - 9:00 p.m.

Saturday

9:00 a.m. - 8:00 p.m.

Sunday

1:00 p.m. - 8:00 p.m.

The Recreation Center Complex has the following:

- an indoor pool
- an outdoor pool
- locker rooms with saunas (saunas closed during summer)
- a game room with 2 pool tables
- a weight room
- one racquetball court
- a gymnasium
- two meeting rooms
- a miniature golf course with a playground and gazebo
- a sand volleyball court
- Recreation Department office and control desk

Special Closings

Sept. 5	Facility closes at 6:00 p.m.
Sept. 15	Gymnasium closed
Sept. 20	Gymnasium opens at 8:00 p.m.
Oct. 28	Facility closes at 6:00 p.m.
Nov. 24	Facility closed
Dec. 14	Gymnasium closed Facility closes at 4:00 p.m.
Dec. 20	Gymnasium closed Weight Room close 4:00 p.m.
Dec. 24-25	Facility closed
Dec. 31- Jan. 1	Facility closed

FACILITY SCHEDULES & USER FEES

Gymnasium Schedule

Open Play (10 to 15 yrs)

Saturday

12:00 p.m. - 3:00 p.m.

Sunday

1:00 p.m. - 3:00 p.m.

Family Time

(Half-court basketball/volleyball practice may be in progress)

Thursday

5:00 p.m. - 6:30 p.m.

Saturday

10:15 a.m. - 12:00 p.m.

Saturday & Sunday

6:00 p.m. - 8:00 p.m.

Open Play All Ages

Monday through Thursday

12:00 p.m. - 5:00 p.m.

Friday

12:00 p.m. - 3:30 p.m.

Open Play (16 yrs & up)

Tuesday & Thursday - Residents only

8:00 p.m. - 9:00 p.m.

Saturday & Sunday

3:00 p.m. - 6:00 p.m.

Walking Hour

Monday through Friday

8:00 a.m. - 9:00 a.m.

11:00 a.m. - 12:00 p.m.

Saturday

10:15 a.m. - 12:00 p.m.

(Gym shared with Family Time)

Racquetball & Walleyball

Monday through Friday

9:00 a.m. - 9:00 p.m.

Saturday

9:00 a.m. - 8:00 p.m.

Sunday

1:00 p.m. - 8:00 p.m.

Weight Room

Monday through Friday

8:00 a.m. - 9:00 p.m.

(Locker rooms will not be available until 9:00 a.m.)

Saturday 9:00 a.m. - 8:00 p.m.

Sunday 1:00 p.m. - 8:00 p.m.

Please ask for Holiday hours

Senior Nonresident weight pass hours

Monday through Friday

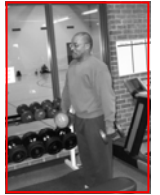
9:00 a.m. - 4:30 p.m.

Saturday

9:00 a.m. - 8:00 p.m.

Sunday

1:00 p.m. - 8:00 p.m.



INDOOR POOL

Lap Swim

Monday through Friday

11:30 a.m. - 12:30 p.m.

Saturday

12:15 p.m. - 1:00 p.m.*

*Swim lessons may be in progress during some lap swim sessions

Friday

6:00 p.m. - 7:00 p.m.

Sunday

1:00 p.m. - 2:00 p.m.



Adult Time

Monday through Friday

12:30 p.m. - 3:00 p.m.

Open Swim

Friday

3:00 p.m. - 6:00 p.m.

7:00 p.m. - 8:45 p.m.

Saturday

1:00 p.m. - 7:00 p.m.

Sunday

2:00 p.m. - 7:00 p.m.

Wednesday

7:30 p.m. - 8:45 p.m.

Mini Golf Course

Monday through Friday

9:00 a.m. - 8:00 p.m.

Saturday

9:00 a.m. - 7:00 p.m.

Sunday

1:00 p.m. - 7:00 p.m.

Closed November 1 through April 1

Outdoor Pool

Closed September 6 to May 27

REGISTRATION INFORMATION & SWIM LESSONS

Resident Registration-

Monday, Aug. 22

9:00 a.m.

Open Registration -

Monday, Aug. 29

9:00 a.m.

Registration runs until class limits are met. During open registration, residents and non-residents may enroll.

- Registration must be done in person and full payment must be made before being added to the roster.
- The Recreation Center accepts either **cash** or **check** only. No credit or debit cards are accepted.
- Residents, please bring your ID card.
- The Parks & Rec Department reserves the right to cancel any class due to low enrollment. If a class is cancelled you will receive a full refund or credit.
- Enrollment can be cancelled before a class begins, with a \$3.00 surcharge. After the first class, refunds or credits can be issued with a medical excuse only.

Swim Lesson Session Dates

Session I: week of Sept. 19 - Oct. 29

Session II: week of Nov. 7 - Dec. 17

Session III: week of Jan. 23 - Mar. 3



Turtles (ages 6 months to 3 years)

This class teaches kicking, pulling and submersion. Using songs and games, parents learn to safely handle and guide their child in the water. Children must wear a commercial swim diaper under their suit. Adult participation is required.

Wednesday 6:45 p.m. - 7:25 p.m.

Saturday 10:00 a.m. - 10:40 a.m.

Puddleducks (ages 3 - 5 years)

Puddleduck I - Concentrates on the basic skills of water adjustment, floating, kicking and water safety. The parent is not in the water with the child.

Tuesday 5:15 p.m. - 5:55 p.m.

Wednesday 6:00 p.m. - 6:40 p.m.

Saturday 10:45 a.m. - 11:25 a.m.

Puddleduck II - This class includes rotary breathing, introduction to front crawl, elementary backstroke and safety skills.

Tuesday 6:00 p.m. - 6:40 p.m.

Saturday 11:30 a.m. - 12:10 p.m.

Puddleduck III - Endurance and independence in the water will be emphasized. Skills will include treading water, diving, improvement on crawl stroke and elementary backstroke.

Wednesday 5:15 p.m. - 5:55 p.m.

Saturday 11:30 a.m. - 12:10 p.m.

SWIM LESSONS (AGES 6 - 12 YEARS)

Level I Water Exploration - Participants will become comfortable in the water by experiencing buoyancy, putting their face into the water, blowing bubbles, etc. Appropriate for those with no previous experience in the water.

Tuesday 5:15 p.m. - 5:55 p.m.

Wednesday 6:00 p.m. - 6:40 p.m.

Saturday 10:45 a.m. - 11:25 a.m.

Level II Fundamental Skills - Suggested only if the child is comfortable in water. Many skills are demonstrated independently. They will add upon these skills through kicking and the addition of arms in front and back crawl.

Wednesday 5:15 p.m. - 5:55 p.m.

Saturday 10:45 a.m. - 11:25 a.m.

Level III Stroke Development - Level II skills and independence during front and back crawl are expected. In this level, rhythmic breathing is stressed as well as an intro to butterfly and treading water.

Wednesday 6:45 p.m. - 7:25 p.m.

Saturday 10:00 a.m. - 10:40 a.m.

LEVEL IV STROKE IMPROVEMENT - Level III skills are expanded upon. Participants must have the ability to swim the width of the pool to take this level. Basic turns, breaststroke and sidestroke are introduced.

Tuesday 6:00 p.m. - 6:40 p.m.

Saturday 9:15 a.m. - 9:55 a.m.

Level V Stroke Refinement - Participants must be able to swim one length of the pool front and back crawl. They must also be able to swim the width of the pool doing butterfly and breaststroke and tread water for one minute. Greater distances and endurance are added at this level.

Tuesday 6:00 p.m. - 6:40 p.m.

Saturday 9:15 a.m. - 9:55 a.m.

Teen and Adult Swim Lessons

Basic & intermediate skills taught at each individual's ability.

Saturday 9:15 a.m. - 9:55 a.m.

Classes offered for patrons age six months through adults.

- Classes are tentative based on enrollment.
- Please be courteous to other participants by enrolling your child in the appropriate age group and ability level.
- Additional classes may be added from waiting lists. We encourage you to add your name.

Fees:

Resident \$20.00

Nonresident \$26.00

SPECIAL EVENTS & CHILDRENS' PROGRAMS

FREE Family Movie Night

Saturday, Sept. 24

Seating starts at 6:45 p.m.

Enjoy a recent, full-length, family movie on the beautiful side lawn of the Bellefontaine Neighbors Recreation Center. Seating under the stars begins at 6:45 p.m. and the movie starts at dark. The movie title will be announced in September. Concessions will be available on site. Bring your own lawn chairs and blankets. This event is sponsored by the Bellefontaine Neighbors Youth Commission. (In case of inclement weather movie will be moved to the gym.)

HALLOWEEN HOWL (AGES 4 THROUGH 8)

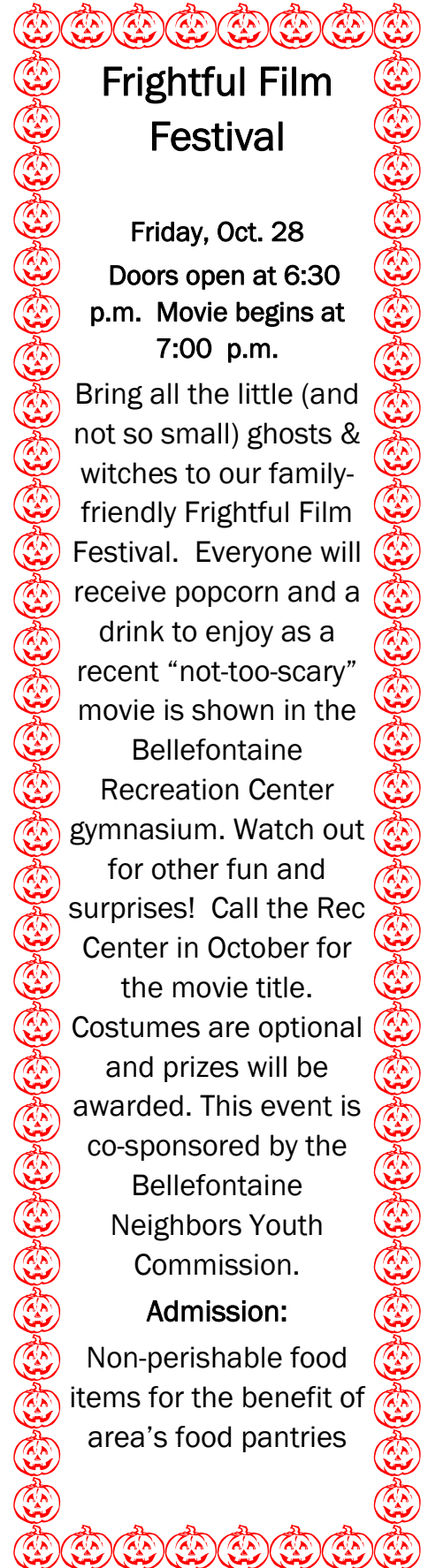
Calling all ghosts, princesses, super heroes and vampires! This party is just for you. There will be games, arts & crafts and special treats that will make your 2 hours fly by. And parents, that means two free hours for you!

Date: Friday, Oct. 21

Time: 6:30 p.m. to 8:30 p.m.

Fee: Resident \$7.00

Nonresident \$9.00



Frightful Film Festival

Friday, Oct. 28

Doors open at 6:30 p.m. Movie begins at 7:00 p.m.

Bring all the little (and not so small) ghosts & witches to our family-friendly Frightful Film Festival. Everyone will receive popcorn and a drink to enjoy as a recent "not-too-scary" movie is shown in the Bellefontaine Recreation Center gymnasium. Watch out for other fun and surprises! Call the Rec Center in October for the movie title.

Costumes are optional and prizes will be awarded. This event is co-sponsored by the Bellefontaine Neighbors Youth Commission.

Admission:

Non-perishable food items for the benefit of area's food pantries



"Be My Valentine"

Daughter (ages 4 through 10) & Dad Dinner

Girls, make this a special Valentine's Day for your dad (or that special male adult). Bring him to our dinner and enjoy a delicious buffet. There will be surprises and fun, fun, FUN!!

Day: Friday, Feb. 10

Time: 6:30 p.m. - 8:30 p.m.

Fee: Resident Couple \$15.00, additional daughters \$5.00 each

Nonresident Couple \$17.00, additional daughters \$7.00 each

The Night Before Christmas (ages 4 through 8)

Children will be dropped off (in their pajamas) at the Recreation Center for a festive evening of Christmas preparation with our staff. We will make Christmas crafts. While waiting for a visit from Santa, the group will enjoy Clement C. Moore's timeless story, *The Night Before Christmas*. This is a perfect night for parents to plan an evening out! **Registration must be made in advance.**

Date: Friday, Dec. 16

Time: 6:30 p.m. - 9:00 p.m.

Fee: Resident \$10.00 Nonresident \$12.00

SWIM TEAM CLINICS & LIFEGUARDING

SWIM TEAM

Stroke Clinics

ages 5 - 18

Monday &/or Thursday

5:00 p.m. - 6:00 p.m.

Sept. 19 - Nov. 10

Resident \$16.00/ \$24.00

Nonresident \$20.00/ \$32.00

Jan. 23 - Mar. 15

Resident \$16.00/\$24.00

Nonresident \$20.00/\$32.00

Wednesday

9:00 a.m. - 9:45 a.m.

Sept. 21 - Nov. 9

Resident \$16.00

Nonresident \$20.00

Jan. 25 - Mar. 14

Resident \$16.00

Nonresident \$20.00



Swim Team Stroke Clinics

This program is designed for Bellefontaine Swim Team members and offered to other team members of the North County Swim League. Practices will emphasize sportsmanship with workouts consisting of stroke drills, sprint sets, starts, turns and conditioning.

Note: Swimmers must have a swim team or strong swim lesson background before enrolling. The minimum required skills for swimmers are to swim two lengths of the pool in good form without stopping, perform rhythmic breathing consistently throughout their strokes and tread water. For their safety, new swimmers must have instructor's permission to assure appropriate skill level.

AMERICAN RED CROSS AQUATIC SCHOOL

Certification available for Lifeguarding, Water Safety Instructor
and Lifeguarding Instructor

Class dates: Jan. 6 (6:00 - 10:00 p.m.) Jan. 7, 8, 14, 15 (8:00 a.m. - 5:00 p.m.)

For more information regarding class fees, etc. contact Laurie Roberts at (314) 516-2726 or lroberts@redcrossstl.org. Class is held at the Bellefontaine Neighbors Recreation Center, but registration is through the Red Cross. Pre-registration and full attendance at all classes is required.

For registration information, please see page 6

ADULT & TEEN WATER FITNESS

Water Exercise Classes

MONDAY

9:45 a.m. - Water Walking (Mary)
 10:30 a.m. - Water Aerobics (Kathy)
 6:45 p.m. - Water Aerobics (Tricia)
 7:30 p.m. - Deep Water (Tricia)

TUESDAY

9:45a.m. - Toning (Kathy)
 10:30 a.m. - Water Aerobics (Kathy)
 2:00 p.m. - Senior Swim
 6:45 p.m. - Water Aerobics (Tricia)
 7:30 p.m. - Toning (Tricia)

WEDNESDAY

9:45 a.m. - Aqua Fitness (Martha)

THURSDAY

9:45 a.m. - Water Walking (Mary)
 10:30 a.m. - Water Aerobics (Kathy)
 6:00 p.m. - Hydro Fitness (Tricia) (Fall Session ONLY)
 6:45 p.m. - Water Aerobics (Tricia)
 7:30 pm. - Water Walking (Tricia)

FRIDAY

9:45 a.m. - Water Walking (Martha)
 2:00 p.m. - Senior Swim

- Take any combination of classes meeting your needs, but you can come only to those in which you are enrolled. Missed classes cannot be made up.
- A lined swim suit must be worn. A laundered t-shirt and/or shorts may be worn over suit.
- Anyone with continence problems will be required to wear a commercial swim diaper.

Water Fitness & Exercise Session Dates & Fees

Fall Session : Sept. 19 - Nov. 11 (8 weeks)

Winter Session : Jan. 23 - Mar. 16 (8 weeks)

Fees: Resident \$18.00 Nonresident \$22.00

Is your schedule always changing? Do you want to try a new class? You can now "pay-as-you-go" for any open class!!

Resident \$3.00 Nonresident \$3.50

Water Exercise Class Descriptions

(Classes listed in order of difficulty)

Water Walking - This class combines stretching, toning and strength conditioning to improve flexibility and arthritis symptoms. It is especially beneficial for those just beginning an exercise program. Class is held in the shallow end of the pool. No swimming ability is necessary.

Toning - This low-impact class consists of basic and intermediate muscle toning moves focusing on the arms, legs and stomach. Exercises use various types of resistance. Class is held in the shallow end of the pool. No swimming ability is necessary.

Aqua Fitness - This class consists of continuous resistance exercise designed to improve breathing, circulation and muscle tone. Class is held in the shallow end of the pool - no swimming ability is necessary.

Water Aerobics - This faster-paced class emphasizes choreographed or repetitive motion cardiovascular exercises for a full body workout.

Advanced Hydro-Fitness - This challenging class combines cardiovascular and muscle strengthening exercises for a high energy, full-body workout. Note: This class is not advised for those with health concerns. Participants must be confident with their water skills.

Deep Water - This class consists of resistance exercise in the deep end of the pool, using some float support. This class provides a cardiovascular workout along with toning. Swimming & treading skills required.

Adult Swimming Instruction & Aerobic Conditioning

This unique 1-hour class begins with water exercises focused on strength building and progresses to group teaching of basic & intermediate swimming skills. A swimming instructor and a water fitness instructor will work together to give individual attention and help participants progress at their own pace.

Session dates listed above.

Days & Time:

Wednesdays, 7:30 p.m. - 8:30 p.m.

Fee: Resident \$26.00 Nonresident \$34.00

Do these class times conflict with your busy life? We understand!

Purchase a **Nonresident Pool Pass** for \$135.00 and work out or swim laps in the water at your leisure.

For pool times, see page 5.

For registration information, please see page 6

ADULT & TEEN GYMNASIUM FITNESS

Gymnasium Exercise Class Descriptions

Aerobic Fitness - This 1 hour class will improve breathing, heart rate, raise your energy level, increase flexibility and tone muscles to help create a trimmer figure through aerobic exercise. It will include a walking warm-up, 20 - 25 minutes of low impact aerobic dance, walk down and floor work. (Monday morning class doesn't meet 4th Monday ; fees are adjusted.)

Cardio Fitness and Sculpting - This invigorating class begins with warm-up and progresses to a full-body, cardio workout with an emphasis on the core. Exercises include combination and kickboxing influenced moves, which incorporate kicks, crunches, punches, lunges and squats. The cool down includes sculpting and toning moves for arms, legs and stomach.

Circuit Training - Raise your heart rate, tone muscle and achieve a full-body workout with this mix of cardio and sculpting moves. Challenge yourself with short burst of high-energy cardio exercises followed by mini-workouts concentrating on specific areas of the body such as core, legs and arms.

Core and Strength Training - Tone your body and strengthen your core with this low-impact fitness class. Enhance balance and stability as you improve core strength and sculpt and tone all major muscle groups.

Exercises include yoga moves, lunges, squats, presses and floor exercises.

Use your own body weight for resistance or bring your own hand weights.

**Light hand weights(1-5 lbs.) recommended but not required.

Kickboxing Aerobics - Improve your endurance, raise your heart rate and burn calories with this vigorous class. Exercises incorporate jab, hook, uppercut and kickboxing moves. The cool down includes floor exercises, toning moves and stretches.

Power Walking - Burn fat, tone muscle and improve endurance with this low-impact, walking workout. Moves include brisk walking in place, side stepping, and hamstring curls along with arm exercises such as punches and bicep curls. Ideal for those beginning a fitness program.

Total Mat Workout - Get a full body workout, improve circulation and raise your energy level without running, lunging or jumping. This total mat workout incorporates strength, toning and stretching exercises targeting arms, legs, stomach and more. All exercises are done on a fitness mat.

Zumba - Latin style dance music is the background for easy-to-follow, fast and slow dance rhythms and resistance training movements, designed to energize, sculpt and tone.

Beginner Fitness

This exercise program is intended for beginners who are not quite ready for a strenuous exercise program. Class will include a series of low level exercises that are basic yet comprehensive, and embrace every part of your body. These movements improve circulation, respiration and digestion, and will also improve range of motion of all joints.

Days & Times: Wednesday &/ or Friday 9:45 a.m. - 10:45 a.m.

Fall Session : Sept. 21 - Nov. 11 **Winter Session:** Jan. 25 - Mar. 16

Fees: Resident: \$12.00 Nonresident: \$16.00

Session Dates

Fall Session - Sept. 19 - Nov. 11

Winter Session - Jan. 23 - Mar. 16

Fees:

Residents \$18.00

Nonresident \$22.00

Gymnasium Classes

MONDAY

9:15 a.m. - Aerobic Fitness (Kathy)

5:45 p.m. - Core & Strength (Tricia)

7:00 p.m. - Zumba (Maria)

TUESDAY

5:45 p.m. - Power Walk (Tricia)

6:45 p.m. - Aerobic Fitness (Kathy)

WEDNESDAY

9:45 a.m. - Beginner Fitness (Kathy)

6:00 p.m. - Cardio Fitness (Tricia)

6:45 p.m. - Mat Workout (Tricia)

THURSDAY

9:15 a.m. - Aerobic Fitness (Kathy)

5:45 p.m. - Circuit Training (Tricia)

(Begins in January)

6:45 p.m. - Aerobic Fitness (Kathy)

FRIDAY

9:45 a.m. - Beginner Fitness (Kathy)

SATURDAY

9:15 a.m. - Kickboxing (Tricia)

- Take any combination of classes meeting your needs, but you can come only to those in which you are enrolled. Missed classes cannot be made up.

ADULT ACTIVITIES & SPECIAL EVENTS

BUNCO!

Try something new! You don't need to know the rules for this dice game, just expect to have a good time. A great lunch is included.

Day: Wednesday

Time: 11:30 a.m.

Dates: Sept. 28, Oct. 26, Nov. 30, Jan. 25

Fee: Resident \$6.00 Nonresident \$7.00

Lunch & Bingo

Come for good food, good company and some friendly bingo. Fee covers lunch with dessert and beverage, two bingo cards and prizes. You may only sign up for one bingo per month. Residents can sign up for the following month on the day of the bingo; nonresidents can sign up the following Wednesday.

Day & Time: Wednesday, 11:30 a.m.

Dates: Sept. 14, Oct. 12, Nov. 9, Dec. 7, Jan. 11, Feb. 8

Fee: Resident - \$6.00 Nonresident - \$7.00

Flu Shot Clinic

Tuesday, Sept. 20

10:00 a.m. - 2:00 p.m.

Need Information?

Call the Visiting Nurses

918-7171

Free Income Tax Preparation

The Friendly Community Tax Coalition will electronically prepare senior citizens' Federal and State returns free of charge. Please call the Bellefontaine Community Center at 867-0700, Monday - Friday 9:00 a.m. - 4:00 p.m. to set up your appointment.

Day & Dates: Thursday, Feb. 9, Feb. 23, Mar. 8, Mar. 22, Apr. 5

Time: 9:00 a.m. - 12:30 p.m.

SENIOR TRANSPORTATION SERVICE

Our service is available to the senior or disabled residents of Bellefontaine Neighbors. Call the Recreation Center at 867-0700 to receive an information packet and application, or to make an appointment to use the service.

WHERE DOES THE VAN GO?

- | | |
|---|-------------------------|
| ◆ Medical Appointments | Monday through Thursday |
| ◆ Shop & Save, Target | 2nd Monday of month |
| ◆ Jamestown Mall | 4th Monday of month |
| ◆ K-Mart | Wednesdays |
| ◆ Schnucks, Aldi's, Bill's Market | Fridays |
| ◆ Local Banking, Post Office, Library,
Drug stores, Hair Salons, Recreation
Center for classes, activities & meetings | As Needed |



The van will not run:

- | | | | |
|------------|-----------------|---------|---------------|
| Sept. 5 | Labor Day | Nov. 11 | Veteran's Day |
| Nov. 24-25 | Thanksgiving | Dec. 26 | Christmas |
| Jan. 2 | New Years | Jan. 16 | MLK Day |
| Feb. 20 | President's Day | | |

Monday Restaurant Trips

- | | |
|----------|-------------|
| Sept. 19 | Cannoli's |
| Oct. 3 | Malone's |
| Oct. 17 | Bob Evans |
| Oct. 31 | Ponderosa |
| Nov. 21 | 54th Street |
| Dec. 5 | Chilli's |
| Jan. 30 | IHOP |
| Feb. 6 | Captain D's |

ADULT TRIPS, ACTIVITIES AND SPECIAL EVENTS

Beer & Wine Social

Saturday, Oct. 8, 5:30 p.m. - 9:30 p.m.

Join your neighbors for a fun-filled evening under the stars. For the price of a \$5.00 ticket, you will be treated to live music and snacks. Featured wine and beer will be available for purchase. A limited number of tickets can be purchased at the Recreation Center beginning Sept. 1.



Old Time Barbeque

Don't let the summer end without one last hoe-down! For the Tiger Woods among us, the mini golf course will be there waiting. Bring your admission ticket to get your first drink free.

Beer, wine and soft drinks can be purchased. Dinner is served at 5:30 p.m.

Day & Date: Tuesday, Aug. 30

Time: 4:30 p.m. - 7:30 p.m.

\$11.00



Silver Bells Dinner

We cordially invite our friends to celebrate the holiday season at our Silver Bells Dinner. Enjoy a delicious three-course dinner while listening to your favorite holiday songs. Seating is limited, so get your tickets early for this special event. A cash bar will be available. Dinner will be served at 5:30 p.m.

Tuesday, Dec. 20

4:30 p.m. - 7:30 p.m.

\$12.00

Casino Trips

Try your luck at these popular casinos. All trips are 9:30 a.m. to 3:30 p.m.

Fee: Resident \$16.00

Nonresident \$18.00

Casino Queen Sept. 7

River City Oct. 5

Ameristar Nov. 2

Lumiere' Dec. 13

Harrah's Jan. 4

River City Feb. 1

Harrah's Metropolis

Enjoy the day out with your friends and try your luck at Harrah's-Metropolis, the home of Superman. The fee includes a lunch buffet and cash back depending on play.

Day & Date: Wednesday,

Jan. 18

Time: 8:30 a.m. - 6:30 p.m.

Fee: Resident \$30.00

Nonresident \$33.00

Halloween Party Dinner

Don't let the kids have all the fun! Our party includes a festive, mouth-watering dinner and tons of fun! As usual, beer, wine and soda will be available for purchase. Costumes are encouraged.

Tuesday, Oct. 25

4:30 p.m. - 7:30 p.m.

\$11.00

Alton Holiday Home Tour

Visit some of Alton's loveliest places decked out in their holiday splendor. The tour will take us inside two private homes, the Hayner Library /Genealogy & Local History Museum and the First Presbyterian Church. Lunch will be on your own at Castelli's Moonlight Restaurant.

After lunch we will visit the Mississippi Mud Pottery and Alton Stained Glass for a demonstration and a chance to shop.

Day & Date: Friday, Dec. 9 **Time:** 11:30 a.m.- 5:00 p.m.

Fee: Resident 35.00 Nonresident \$40.00

PARK INFORMATION

	Rec Center & Grounds	St. Cyr	Tanglewood Park	Bissell Hills	Belgrove Park	Pruett Park	Klein Park	Wilderness	Doherty Park
Acres	9.3	6.2	6.2	4.4	1.1	5.1	.9	10.8	4.7
Picnic Shelters w/Electric		1	1	1					
Restrooms	2	1	1	1					
Picnic Tables	6	10	10	6	1		2		
Nature Trail (.8 mile)								1	
Playgrounds	1	1	1	1	1		1		
Open Play Space	1								1
Outdoor Basketball Court						2			
Softball Fields (unlighted)		2	1	2					
Football/Soccer Field		1	1	1					
Tennis Courts (unlighted)		2		2					
Gazebo	1						1		
Miniature Golf Course	1								

Park Reservations

We will begin accepting 2012 reservations on Jan. 2

The City of Bellefontaine Neighbors has three picnic shelters with restrooms and electricity available for reservations located at :

1. Bissell Hills Park, 10237 Ashbrook, capacity: 75
2. St. Cyr Park, 1041 Hopedale, capacity 125
3. Tanglewood Park, 1230 Chambers, capacity 125

Bellefontaine Neighbors residents with a current Bellefontaine ID card may reserve any of the three shelters for \$40.00. Nonresidents may reserve Tanglewood Park only for \$60.00.

No refunds will be issued for cancellations made less than two weeks prior to the reservation date. A \$3.00 cancellation fee applies.



Park Rules

- The parks open at 9:00 a.m. and close at dusk.
- No glass bottles allowed.
- Organized groups of 10 or more must obtain a park permit through the Recreation Department
- Alcohol is allowed by permit only.

ROOM INFORMATION

Room Reservations

There are two meeting rooms at the Recreation Center available for any **adult resident with a current ID card**. The rooms are appropriate to rent for birthdays, anniversaries, bridal and baby showers or other functions. Weddings and family reunions are not permitted. Reservations made less than 10 days in advance must have payment in cash only.

- ◆ The smaller room will accommodate **35** people and the fee is **\$60.00**.
- ◆ The larger room will accommodate **47** people and the fee is **\$70.00**.
- ◆ All reservations also require a **\$25.00 security deposit**.

This deposit will be refunded by mail through our City Hall if the room is cleaned up after your function, your group abides by the rules of this facility and you do not exceed the capacity limit of the room. Please allow two weeks for the processing of your refund.

The resident:

1. May only reserve one room per date for an event
2. Must be present for the entire function
3. Is responsible for the behavior of their guests
4. **Must bring the paperwork and Bellefontaine Neighbors ID card to check in at the office before anyone from your group will be admitted to the reserved room.**

To check on the availability of a date, call the Recreation Center. Reservations must be made in person to fill out a contract. Both the deposit and fees must be paid in full. **We accept cash or check - no credit or debit.**

Before your event, you will be mailed an approved copy of your room reservation contract, the rules for use of the meeting rooms and a cleaning checklist. Please be sure to read through the information and familiarize yourself with the rules. Don't forget to bring this paperwork with you the day of the reservation.

IMPORTANT ROOM INFORMATION

- You can not enter the room until 1:00 p.m. the day of the reservation, and you must be cleaned up and out of the building by 8:00 p.m.
- Due to the size of our meeting rooms and our hours of operation, the rooms may not be reserved for wedding receptions or family reunions.
- Sales or fundraising of any kind is prohibited in our meeting rooms.
- Guests must stay in the room. They are not permitted to use the pool, gymnasium or game room or to congregate in the lobby or hallways.
- No refunds will be issued for cancellations made less than two weeks prior to the reservation date.

SAND VOLLEYBALL & TENNIS



Adult Sand Volleyball Leagues

Do you like playing in the sand? Get a team together and join our adult sand volleyball league on Bellefontaine's brand new sand volleyball court. These recreational, coed leagues have a 6 person minimum and 10 person maximum. Game times are 6:00, 7:00 & 8:00 p.m. A roster of at least 50 % Bellefontaine residents must be presented at registration to receive the lower resident fee. The last week will be play-offs and a single round robin tournament. The snack bar will be open and beer will be available for purchase.

Days & Dates:

Wednesday League

Aug. 31 - Oct. 5

Thursday League

Sept. 1 - Oct. 6

Fee:

Resident team \$90.00

Nonresident team \$120.00

Free "Learn-to-Play" Tennis Lesson

Have you ever wanted to try tennis? USTA Tennis Pro Willie Rodgers takes you through a one-hour introductory class, giving you a chance to try out the game and meet other players. Practice racquets are provided. These are free classes, but pre-registration is required. Call the Recreation Center at 867-0700 to sign up.

Dates & Times: Friday, Sept. 9, 5:00 p.m. - 6:00 p.m.

Location: Bellefontaine Recreation Center Gymnasium

HOLIDAY TENNIS CLINIC

Tennis is fun! Learn the skills, do the drills and be ready to hit the court in spring. This camp is for beginner to intermediate players between the ages of 8 and 13.

Days & Dates: Tuesday, Wednesday & Thursday, Dec. 27 - 29

Times: 9:30 a.m.- 11:00 a.m.

Fees: Resident \$10.00 Nonresident \$12.00

USTA Tennis

Program Lessons

Tennis is a great lifetime sport that can be enjoyed by anyone of any age. The small class size allows Coach Rodgers to work with each person at their ability level. All sessions are six classes long. Racquets are available for \$13.00.

Day: Friday

Times: 8 - 12 years 5:00 p.m. - 6:00 p.m.

Teen 6:00 p.m. - 7:00 p.m.

Adult 7:00 p.m. - 8:00 p.m.

Session I: Sept. 23 - Nov. 4 (No class Oct. 28)

Session II: Jan. 13 - Feb. 17

Fee: Resident - \$30.00 Nonresident - \$36.00

For registration information, please see page 6