

SUMMER 2011

BELLEFONTAINE NEIGHBORS PARKS AND RECREATION DEPARTMENT



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 & RECREATION STAFF

Director

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mdickerson@cityofbn.com

Office Supervisor

Kathy Cross

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Recreation Supervisor

Amy Mulholland

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Aquatics Director

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Inclusion Coordinator

Nicole Osheroff

neosheroff@hazelwoodmo.org

Weekend Supervisor

Amy Meier

Park Board Members

Jane Davis, Kathy Endorf, Jean Garascia,
Toni Pflueger, Tina Roth, Tina Swindle,
Sally Wahlbrink

Park Board meets third Tuesday

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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

- Recreation Department ID cards are required by all residents six years of age or older to enter the facility, use the gymnasium, game room, pool, sauna, sign up for classes, racquetball court or to reserve rooms or parks.
- All ID cards and passes expire April 30, no matter when purchased.
- New cards and passes for the following year can be purchased beginning April 1.
- With a general ID card you pay daily user fees each time you swim or workout, unless you have purchased a swim or weight pass.
- All passes also require a general ID card.
- ID cards may be purchased Monday through Friday, 9:00 a.m. to 9:00 p.m., Saturday, 9:00 a.m. to 8:00 p.m. and on Sunday from 1:00 p.m. to 8:00 p.m. at the Recreation Center.



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 30 to September 5)	\$50.00
Summer swim pass - Family (valid May 30 to September 5)	\$90.00
Weight room pass - First family member	\$50.00
Weight room pass - Each household 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

Daily Admission Fee

Adult fee begins at age 13

Swimming Pool

Adults: Resident - \$3.00 Guest - \$5.00

Children: Resident - \$2.00 Guest - \$4.00

May 30–Sept. 5 Child 1 to 5 - \$2.00

Weight Room - ages 15 & up

Residents only \$3.00

Miniature Golf Course

Adults

Resident - \$2.00 Nonresident - \$4.00

Children

Resident - \$1.50 Nonresident - \$3.00

Gymnasium & Game room

Adult guest \$5.00

Child guest \$4.00

Racquetball per hour

Before 5:00 p.m. - \$5.00

After 5:00, weekends, holidays - \$6.00

Walleyball per hour

Before 5:00 p.m. - \$9.00

After 5:00, weekends, holidays - \$11.00

Admission Policies

- 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.
- Properly lined swim attire is required.
- 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 complete a release form. All users must bring a sweat towel and abide by the rules attached to the 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.

INDOOR POOL

Lap Swim

Monday through Friday

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

Saturday

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

Friday / Saturday / Sunday

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

*Swim lessons may be in progress

Adult/Adult with Young

Children Time

Monday through Thursday

3:00 p.m. - 4:00 p.m.

Friday

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

Open Swim

Friday

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

Saturday & Sunday

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

Wednesday

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

Adult Time

Monday through Friday

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

Saturday & Sunday

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

OUTDOOR POOL

MAY 30 TO SEPTEMBER 5

Schedule will change in August

Open Swim

Sunday

1:00 p.m. - 6:00 p.m.

Monday & Tuesday

11:00 a.m. - 6:00 p.m.

Wednesday through Friday

11:00 a.m. - 8:45 p.m.

Saturday

11:00 a.m. - 6:00 p.m.

Lap Swim

Monday, Wednesday, Friday

10:00 a.m.—11:00 a.m.

FACILITY SCHEDULES & USER FEES

GYMNASIUM SCHEDULE MEMORIAL DAY THROUGH LABOR DAY

Open Play (10 to 15 yrs)

Monday through Friday

1:00 p.m. - 2:30 p.m.

Saturday

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

Sunday

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

Adult Walking Time

Monday through Friday

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

Saturday

10:15 a.m. to 11:00 a.m.

With Family Time



Open Play (16 yrs & over)

Monday through Friday

2:30 p.m. - 5:00 p.m.

Tuesday & Thursday

(Residents Only)

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

Saturday & Sunday

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

Family Time

Tuesday & Thursday

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

Saturday

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

Friday

5:00 p.m. - 9:00 p.m.

Saturday, Sunday

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

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.

MINI GOLF COURSE OPEN TO THE PUBLIC



Monday through

Saturday

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

Sunday

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

Weather Permitting

RECREATION CENTER

Monday-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 (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
- Recreation Department Office
- Outdoor sand volleyball court

EARLY CLOSING

May 30	Facility open 9:00 a.m.- 6:00 p.m.
June 7	Outdoor pool closes 4:00 p.m.
June 23	Outdoor pool closes 4:00 p.m.
July 4	Facility open 9:00 a.m.- 6:00 p.m.
July 5	Outdoor pool closes at 4:00 p.m.
July 14	Outdoor pool closes at 4:00 pm.
July 29	Gym closed all day
Aug. 6	Outdoor pool closes at 4:00 p.m.
Aug. 30	Gymnasium closed all day
Sept.5	Facility open 9:00 a.m.- 6:00 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.

Senior Nonresident Weight Pass Hours



Monday through
Friday

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

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

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

REGISTRATION INFORMATION

Resident Registration will begin on **Monday, May 16** at 9:00 a.m.

Open Registration will begin on **Monday, May 23** at 9:00 a.m. and will run until class limits are met.

- Registration must be done in person and full payment must be made at the time of registration.
- Please note that the Recreation Center accepts either cash or check.
- Residents, please remember to bring your ID card.
- During open registration, residents and non-residents may enroll.
- The Parks & Recreation Department reserves the right to cancel any class due to lack of enrollment. If a class is cancelled you will receive a full refund or credit.
- You may cancel your enrollment before the class begins, but there will be a \$3.00 surcharge. After the first class, refunds or credits can be issued with a medical excuse only.

SENIOR TRANSPORTATION SERVICE

This 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, Family Dollar	Wednesdays
Schnucks, Aldi's, Bill's Market	Fridays
Local Banking, Post Office	As needed
Library, Drug Stores, Hair Salons	As needed
Recreation Center for activities, meetings, classes etc.	As needed

THE VAN WILL NOT RUN

MONDAY, MAY 30
MONDAY, JULY 4
MONDAY, SEPTEMBER 5

Summer Restaurant Trips

Monday, June 6
Pasta House

Monday, June 20
Long John Silver

Monday, August 1
Pirrone's

Monday, August 15
Thyme Table

Monday, August 29
Steak & Shake

ADULT TRIPS AND EVENTS

Tunica & Memphis

This fun get-away takes you to the Casino Capital of the South and the Home of the Blues for 5 days & 4 nights of nonstop fun. Your days will be filled with Graceland, Beale Street, a guided bus tour and the Tunica Museum. In the evenings, we will visit several casinos. The fees include admissions, lodging at a casino resort, 4 breakfasts, 4 dinners and motorcoach transportation. After a \$75.00 deposit, you can pay off the balance monthly. For insurance information and itinerary, please pick up a flyer. More questions, please call Amy at 867-0700.

Dates: Mon., Oct. 3 - Fri., Oct. 7 **Departure time:** 8:00 a.m.

Fee based on double occupancy: \$335.00

Fairmount Park

This is the way to go to the horse races. We begin with a delicious buffet at the Black Stallion Restaurant overlooking the track. Stay in your seat and out of the weather to watch the horses run or go outside to get up close to the action. Either way, you are bound to be a winner.

Day & Date: Tuesday, June 28

Time: 11:00 a.m. - 5:30 p.m.

Fee: Resident \$29 Nonresident \$31

BUNCO!

Try something new! Learn to play this dice game & have a good time. A great lunch is included.

Day & Time: Wed. 11:30 a.m.

Date: July 27

Fee: Resident \$6 Nonresident \$7

Casino Trips

Try your luck at these popular casinos. All trips depart at 9:30 a.m. and return at 3:30 p.m.

Ameristar Wednesday, June 22

Resident \$16 Nonresident \$18

Harrah's Wednesday, July 20

Resident \$16 Nonresident \$18

Lumiere' Wednesday, Aug. 17

Resident \$16 Nonresident \$18

Old Time Barbeque

Don't let the summer end without one last hoe-down. And in St. Louis, that means friendly down-home people and slow-cooked barbeque, complete with all the trimmings! For those who are so inclined, that new fangled mini golf course will be there waiting. Bring your admission ticket to get your first drink free.

Beer, wine and soft drinks will be available for purchase.

Day & Date: Tuesday, August 30

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

Dinner served at 5:30 p.m.

Fee: \$11.00



River City Casino

Nestled in the heart of South County lies an entirely new city, and it's ready and waiting for you to explore. Stroll through the whimsical Grand Promenade...stop at the tables and slots, or go straight to the delicious buffet, where options for excitement abound. It's part spectacle, part swagger, and all surprises. Fees cover transportation, a food discount coupon and \$10 free play.

Day & Date: Wednesday, July 6

Time: 9:30 a.m. to 3:30 p.m.

Fee: Residents \$15 Nonresidents \$17

Lunch & Bingo

Come for good food, good company and some friendly bingo. Fee covers lunch with dessert and beverage, two bingo cards and prizes. Residents may sign up for the following month on the bingo day. Nonresidents may sign up the next Wednesday.

Day: Wednesday

Time: 11:30 a.m.

Dates: June 8, July 13, August 10

Fee: Resident - \$6.00

Nonresident - \$7.00

Josephine's Tea Room

Back by popular demand! Enjoy a delicious lunch along with a fantastic dessert. You will receive your choice of half sandwich and either salad or soup. Then you may choose between two of their most popular desserts. When you finish your meal, you will have plenty of time to browse through the four shops to find your perfect treasure.

Day & Date: Monday, August 22

Time: 10:30 a.m. to 3:00 p.m.

Fee: Residents \$38.00

Nonresident \$40.00

SWIM LESSON INFORMATION

Classes offered for patrons age six months through adults.

- Turtles is for ages 6 months to 3 years.
- Puddleduck classes are for ages 3 to 5.
- Level classes are for ages 6 to 12.
- Teen/adult lessons begin at age 13.
- Classes are tentative based on enrollment.
- Additional classes may be added from waiting lists. We encourage you to add your name.
- Before enrolling in multiple sessions, please remember that each child progresses at a different rate.

Fees:

Resident \$20.00

Nonresident \$26.00

Turtles

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

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.

Mon./ Wed./ Fri.	9:45 a.m. - 10:25 a.m.
Mon./ Wed./ Fri.	10:30 a.m. - 11:10 a.m.
Monday	5:15 p.m. - 5:55 p.m.
Wednesday	6:00 p.m. - 6:40 p.m.
Tues. & Thurs.	4:30 p.m. - 5:10 p.m.
Saturday	10:45 a.m. - 11:25 a.m.

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

Mon./ Wed./ Fri.	9:45 a.m. - 10:25 a.m.
Monday	5:15 p.m. - 5:55 p.m.
Wednesday	5:15 p.m. - 5:55 p.m.
Tues. & Thurs.	5:15 p.m. - 5:55 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	4:30 p.m. - 5:10 p.m.
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Teen and Adult Swim Lessons

The class focuses on basic swimming skills. Progression will be taught at students pace. See page 13 for more details on the Wednesday class.

Saturday	9:15 a.m. - 9:55 p.m.
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SWIM LESSON SCHEDULE

Levels

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

Mon./ Wed./ Fri.	10:30 a.m. - 11:10 a.m.
Monday	6:00 p.m. - 6:40 p.m.
Wednesday	5:15 p.m. - 5:55 p.m.
Tues. & Thurs.	4:30 p.m. - 5:10 p.m.
Saturday	10:45 a.m. - 11:25 a.m.

Level II Fundamental Skills - Suggested only if 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.

Mon./ Wed./ Fri.	10:30 a.m. - 11:10 a.m.
Monday	6:00 p.m. - 6:40 p.m.
Wednesday	6:00 p.m. - 6:40 p.m.
Tues. & Thurs.	5:15 p.m. - 5:55 p.m.
Saturday	11:30 a.m. - 12:10 p.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.

Mon./ Wed./ Fri.	9:45 a.m. - 10:25 a.m.
Monday	5:15 p.m. - 5:55 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.

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

Saturday	9:15 a.m. - 9:55 a.m.
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Swim Lesson Session Dates

Morning Classes:

Monday, Wednesday
& Friday

Session I

June 6 - June 17

Session II

June 20 - July 1

Session III

July 11 - July 22

Session IV

July 25 - Aug. 5

Afternoon/ Evening Classes:

Mondays

No classes on July 4

June 6 - July 18

Wednesdays

June 8 - July 13

Tuesday & Thursday

Session I

June 7 - June 23

Session II

July 12 - July 28

Saturday Classes:

June 11 - July 16

YOUTH PROGRAMS & EVENTS



Holiday Nights Ages 3—8

Each class will have storytelling, arts & crafts and special snacks appropriate to the season. These parties are sure to prepare and excite your child for the holidays! Leaders: Alison Droesch & Tina Swindle

Fathers' Day

Friday, June 17

July 4th

Friday, July 1

Back to School

Friday, August 12

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

Fee per class:

Resident \$5.00

Nonresident \$6.00

Children's Fishing Derby

Ages 5 to 14

Saturday, June 11

8:00 a.m. to 10:30 a.m.

Missouri Veterans Home

10600 Lewis & Clark Blvd (turn left immediately after entering driveway).

The Derby is a free event for kids and is held in conjunction with National Fishing Week. A parent/guardian must accompany each child and must sign a Hold Harmless and Indemnification Agreement. This event is co-sponsored by Missouri Conservation Department and Bellefontaine Neighbors Youth Commission. There is a one pole limit and all participants must furnish their own pole and bait. Refreshments and attendance prizes will follow.

Youth Pool Party

Ages 11 through 16 only.

Saturday, August 6,

7:00 p.m. to 10:30 p.m.

For only \$5.00 per person enjoy music, swimming, hot dogs, hamburgers, chips, soda and attendance prizes!! Tickets are required. Residents can bring one paying guest. Tickets must be purchased in advance at the Recreation Center. Tickets sales start July 2nd and end August 5th.

Family Golf Nights

Friday June 10 and Friday July 8 ' 6:30 p.m. to 8:30 p.m.

\$1.00 admission per person includes hot dog, soda and unlimited golf time! Attendance prizes for kids (under 14). Bring the whole family! Co-sponsored by the Bellefontaine Neighbors Youth Commission.

ARE YOU LOOKING FOR ORGANIZED YOUTH SPORTS TEAMS?

Surrey Lane Athletic Association Cassandra Sullivan 921-4341

CYC League Tom Douglas 355-8975

SAND VOLLEYBALL & TENNIS

Adult Sand

Volleyball League

Do you like playing in the sand? Then get a team together and join our adult sand volleyball league on Bellefontaine's brand new sand volleyball court. This recreational, coed league has a 6 person minimum and 10 person maximum. Games 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 snack bar will be open and beer will be available for purchase. T-shirts will be awarded to the first place team.

Days & Dates:

Wednesday,

June 27 to August 3

Thursday,

June 28 to August 4

Fee:

Resident team \$90.00

Nonresident team \$120.00

Free "Learn-to-Play" Tennis Lesson

Have you wanted to try tennis? As part of the national Welcome Tennis Center campaign, Bellefontaine Parks and Recreation Department is pleased to offer a series of free "Learn-to-Play" tennis lessons. USTA Tennis Pro Willie Rogers 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. The lesson is held at St. Cyr Park.

Date: Monday, June 6

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



USA Tennis 1-2-3 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 and are held at St. Cyr Park. Racquets available to purchase for \$13.00.

Fee: Resident - \$30.00 Nonresident - \$35.00

Dates: June 13 - July 27

12 & under: Monday, 5:00 p.m. - 6:00 p.m.

Teen: Wednesday, 5:00 p.m. - 6:00 p.m.

Adult: Monday, 6:00 p.m. - 7:00 p.m.

ADULT FITNESS AGES 13 & UP—GYM

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.

Instructor:

Maria Montgomery

Day & Dates:

Monday, June 6 - August 1

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

Fee: - Resident \$18.00
Nonresident \$22.00

Aerobic Fitness

This 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.

Instructor: Kathy Cross

Days & Times

Monday, 9:15 a.m. - 10:15 a.m.

June 6 - July 28

No class June 27, July 4

Tuesday, 6:45 p.m. - 7:45 p.m.

June 8- July 27

Thursday, 9:15 a.m. - 10:15 a.m.

Thursday, 6:45 p.m. - 7:45 p.m.

June 10 - July 29

Fees: Mondays

Resident - \$11.25

Nonresident - \$13.75

All other days - Resident \$18.00

Nonresident - \$22.00

Cardio Fitness and Muscle Toning

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. Instructor: Tricia Schneider

Session Dates: June 8 - July 27

Day & Time: Wednesday, 6:00 p.m. - 6:45 p.m.

Fees: Resident \$18.00 Nonresident \$22.00

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. Instructor: Tricia Schneider

Session Dates: June 11 - July 30

Day & Time: Saturday, 9:15 a.m. - 10:00 a.m.

Fees: Resident - \$18.00 Nonresident - \$22.00

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. Instructor: Tricia Schneider

Session Dates: June 6 - August 1 No class July 4

Days & Times:

Monday, 5:45 p.m. - 6:30 p.m. &/or Wednesday, 6:45 p.m. - 7:30 p.m.

Fees: Resident - \$18.00 Nonresident - \$22.00

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.

Instructor: Kathy Cross

Session Dates: June 8 - July 29

Days: Wednesday &/or Friday

Time: 9:45 a.m. - 10:45 a.m.

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

DON'T STOP YOUR FITNESS PROGRAM IN AUGUST!!

PLEASE ASK ABOUT SPECIAL PROGRAMS AND "PAY AS YOU GO".

For registration information, please see page 6.

ADULT FITNESS 13 & UP - WATER

Session Dates - June 6 through August 1

No class Monday, July 4

Fees: Residents \$18.00 Nonresidents \$22.00

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

Residents \$3.00 Nonresidents \$3.50

Water Exercise Class Descriptions

(Classes listed in order of difficulty)

Water Walking - This class combines stretching and strength conditioning to improve range of motion 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 class consists of muscle toning focusing on the arms, legs and stomach. Exercises are held in the shallow end of the pool using various types of resistance.

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 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 and strengthening moves for the arms, legs and stomach in the deep end of the pool. It provides a cardiovascular workout and muscle toning. Some moves use float support. Participants must be able to swim 2 widths of the pool and tread water for one minute.

Adult Swimming Instruction with Aerobic Conditioning

This unique 1-hour class offers a combination of water fitness moves and basic and intermediate swimming skills. Class begins with water aerobics exercises focused on strength building and progress to swimming instruction. A swimming instructor and a water fitness instructor will provide group and individualized instruction to help each participant progress. Swimming skills are taught at each participant's level.

Dates: June 9 - July 14

Days & Time:

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

Fee: Resident \$18 Nonresident \$24

Adult Water Exercise Class Schedule

MONDAY

9:00 a.m. - Water Walking (Mary)
6:45 p.m. - Water Aerobics (Tricia)
7:30 p.m. - Deep Water (Tricia)
Evening classes in the outdoor pool, weather permitting

TUESDAY

9:45 a.m. - Toning (Kathy)
10:30 a.m. - Water Aerobics (Kathy)
6:00 p.m. - Hydro Fitness (Tricia)
6:45 p.m. - Water Aerobics (Tricia)
7:30 p.m. - Toning (Tricia)
Evening classes in the outdoor pool, weather permitting

WEDNESDAY

9:00 a.m. - Aqua Fitness (Mary)

THURSDAY

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

ROOM INFORMATION

Room Reservations

There are two meeting rooms at the Recreation Center available for any **adult resident with a current ID card** to rent for birthdays, anniversaries, bridal and baby showers or other functions. Weddings and family reunions are not permitted.

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

This deposit will be refunded 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.

The resident:

- May only reserve one room per date for an event
- Must be present for the entire function
- Is responsible for the behavior of their guests
- **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.

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

After you have cleaned the room, present your checklist to the Recreation Staff. They will inspect the room and both of you will sign the checklist. If everything is in order, you will receive your security deposit by mail within two weeks.

Room Information

- You can not enter the room until 1:00 p.m. the day of the reservation. The room must be cleaned up and all guests must be 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.
- No refunds will be issued for cancellations made less than two weeks prior to the reservation date.
- There is a \$3.00 service charge on reservation cancellations.

PARK INFORMATION

	Rec Center Grounds	St. Cyr Park	Tanglewood Park	Bissell Hills Park	Belgrove Park	Pruett Park	Klein Park	Wilderness Park	Doherty Park
Acreage	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	12	15	7	1		2		
Nature Trails (miles)								.8	
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								
Sand Volleyball Court	1								

Park Reservations

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.
- Loud music is prohibited.

For registration information, please see page 6.

FAMILY FUN & SPECIAL EVENTS

Celebrate Father's Day Sunday, June 19

Bring Dad to the Bellefontaine Recreation Complex for an afternoon everyone will enjoy! Every father will receive free admission into the swimming pool and/ or the miniature golf course when accompanied by his paying child. In addition to the everyday menu, the snack bar will also offer barbeque specials during its regular hours.

Pool & Snack Bar—1:00 to 5:45 p.m.

Miniature Golf—1:00 to 7:00 p.m.

Please see pages 4-5 for fees.

Children's Fishing Derby Ages 5 to 14

Saturday, June 11, 8:00 a.m. to 10:30 a.m.

Missouri Veterans Home 10600 Lewis & Clark Blvd
(turn left after entering driveway).

The Derby is a free event for kids and is held in conjunction with National Fishing Week. A parent/guardian must accompany each child and must sign a Hold Harmless and Indemnification Agreement. This event is co-sponsored by Missouri Conservation Department and Bellefontaine Neighbors Youth Commission. There is a one pole limit and all participants must furnish their own pole and bait. Refreshments and attendance prizes will follow.

Youth Pool Party Ages 11 through 16 only.

Saturday, August 6, 7:00 p.m. to 10:30 p.m.

For only \$5.00 per person enjoy music, swimming, hot dogs, hamburgers, chips, soda and attendance prizes!! Tickets are required. Residents can bring one paying guest. Tickets must be purchased in advance at the Recreation Center. Tickets sales start July 2nd and end August 5th .

Memorial Day Ceremony

May 30, 10:00 a.m.

Bellefontaine Neighbors and American Legion Post #335 invite your family to a Wreath Laying Ceremony at Klein Park to honor those who gave their lives for our nation. Everyone is invited back to Legion Post #335, 11869 Raymond Drive for refreshments.

Dog and Cat Clinic

June 4, 9:00 a.m. to noon

behind City Hall (9641 Bellefontaine Rd.)

The following inoculations will be available for a fee: Rabies, Distemper, Bordetella, Lymes, and Feline Leukemia. Please note that altered pets with **written proof of spay/ neuter** receive a discount on rabies shots.

MINI GOLF

Family Golf Nights

Friday June 10 and Friday July 8 ' 6:30 p.m. to 8:30 p.m.

\$1.00 admission per person includes hot dog, soda and unlimited golf time! Attendance prizes for kids (under 14). Bring the whole family!

Co-sponsored by the Bellefontaine Neighbors Youth Commission.



Have Your Next Party or Field Trip at our Miniature Golf Course!

Our most popular party package includes 18 holes of golf, two hours of reserved seating at our gazebo and a hot dog, chips and a small soda from our snack bar. Other packages and group rates are available.

Reservations must be made in advance. Please call the Recreation Center for more details

For registration information, please see page 6.