

**City of Bellefontaine Neighbors  
Parks and Recreation Department Brochure**

# **Spring 2017**

**Resident registration February 6**

**Open registration February 13**



**City Hall**

**867-0076**

**Police Department**

**867-0080**

**Recreation Center**

**867-0700**

**Police Dispatch**

**636-529-8210**

**Fire Department**

**428-1122**

**Ambulance Service**

**428-1122**

**[www.cityofbn.com](http://www.cityofbn.com)**

To access this brochure online, open the website, then chose Recreation button at the bottom of homepage.

# 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*

Mark Dickerson  
mdickerson@cityofbn.com

### *Office Supervisor*

Kathy Cross  
kcross@cityofbn.com

### *Recreation Supervisor*

Amy Mulholland  
amulholland@cityofbn.com

### *Aquatics Director*

Martha Snead  
msnead@cityofbn.com

### *Aquatics Assistant*

Craig Scheidker  
cscheidker@cityofbn.com

### *Inclusion Coordinator*

Nicole Osheroff  
neosheroff@hazelwoodmo.org

### *Weekend Supervisor*

Anthony Howard

### **Park Board Members**

Dave Cross, Jane Davis, Kathy Endorf,  
Judy Mantych, Tina Swindle,  
Sally Wahlbrink

Meets 3rd Tuesday at the  
Recreation Center

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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 is 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 at 1-800-735-2966. To place a grievance, you may contact Kathy Cross at 314-867-0700

**Photo Policy** - Our staff may take pictures of you or your child participating in recreational activities. These photographs could be used in future publications and on our website. 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 have five working days to make payment (original amount plus service charge) after notification. After that, your check will be turned over to the Bellefontaine Police Department for collection.

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

**For the latest updates on programs and classes, please see our sign at the intersection of Chambers Rd and Bellefontaine Rd.**

# PASSES AND ID CARDS

- All IDs and passes are valid for one year from date of purchase **except** weight room additional members passes. These expire when the first family member weight room pass expires.
- Recreation Department ID cards are required for all residents **six** years of age or older to enter the facility, use the gymnasium, game room, pool, sauna, and racquetball court, to reserve rooms or parks and to receive resident rates for classes.
- With a general ID card you pay daily user fees each time you swim or work out, unless you purchase a swim or weight room pass.
- All passes also require a general ID card.
- ID cards may be purchased Monday through Friday from 9:00 a.m. to 9:00 p.m., Saturday from 9:00 a.m. to 8:00 p.m. and on Sunday from 1:00 p.m. to 8:00 p.m. at the Bellefontaine 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 name and photo (driver's license, school or work ID).
3. Bring your occupancy permit, utility bill or bank statement, if your picture ID does not show 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
Annual swim pass - Individual	\$75.00
Annual swim pass - Family	\$120.00
Summer swim pass - Individual (valid May 27 to September 4)	\$50.00
Summer swim pass - Family (valid May 27 to September 4)	\$90.00
Weight room pass - First family member	\$50.00
Weight room pass - Each family member after the first. (Expires when the first family	\$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

Credit accepted for \$15 & higher

### Swimming Pool

Adults

Resident - \$3.00 Guest - \$5.00

Children

Resident - \$2.00 Guest - \$4.00

5 & under free Labor Day - Memorial Day

### Weight Room

ages 15 & older - Residents only \$3.00

### Miniature Golf Course

#### Open to the Public

Adults

Resident - \$2.00 Nonresident - \$4.00

Children

Resident - \$1.50 Nonresident - \$3.00

### Gymnasium & Game room

Adult Nonresident guest \$5.00

Child Nonresident guest \$4.00

### Racquetball per hour

Before 5:00 p.m. \$5.00

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

### Wallyball per hour

Before 5:00 p.m. \$9.00

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

## Recreation Center Usage Policies

Use of the facility is for Bellefontaine Neighbors residents only. A valid recreation ID card must be presented upon entering the building to verify resident status. No loitering is allowed.

- 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.
- Children 9 and under must be with an adult 16 or older.
- Residents are allowed:
  - 1 guest in gymnasium or game room at specified times.
  - 2 guests in the racquetball / wallyball court.
  - 2 guests in pool during open or lap swim.
  - No guests are allowed in the 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 Center at all times. This includes the wearing of shirts in the gymnasium, hallways and weight room as well as apparel that covers all under clothing.

## Indoor Pool Schedule

### Lap Swim

Monday through Friday

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

Saturday & Sunday

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

### Adult Time

Monday through Friday

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

\*\*Wednesday

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

\*\*Adult swim class may be in progress

### Open Swim

Friday

3:00p.m. - 8:45 p.m.

Saturday & Sunday

2:00 p.m. - 6:00 p.m.

### Outdoor Pool is open

#### Memorial Day

#### Weekend

#### through Labor Day

## Special Closings

Please see monthly postings for updates

<b>Feb. 8</b>	<b>Gymnasium opens at 2:00 p.m.</b>
<b>Feb. 11</b>	<b>Gymnasium closed</b>
<b>Feb. 22</b>	<b>Gymnasium opens at 2:00 p.m.</b>
<b>Mar. 8</b>	<b>Gymnasium opens at 2:00 p.m.</b>
<b>Mar. 11</b>	<b>Gymnasium closed</b>
<b>Mar. 22</b>	<b>Gymnasium opens at 2:00 p.m.</b>
<b>Apr. 5</b>	<b>Gymnasium opens at 2:00 p.m.</b>
<b>Apr. 14 - 16</b>	<b>Facility closed</b>
<b>Apr. 22</b>	<b>Gymnasium closes at 3:00 p.m.</b>



# FACILITY SCHEDULES

## Gymnasium Schedule

### Open Play (10 to 15 yrs.)

**Tuesday**  
5:00 p.m. - 7:00 p.m.  
**Saturday**  
12:00 p.m. - 2:00 p.m.  
**Sunday**  
1:00 p.m. - 3:00 p.m.

### Family Time

(Parents with children actively playing together or children 10 & younger whose parents are in weight room)  
Team practice may be in progress

**Wednesday**  
5:00 p.m. - 8:00 p.m.  
**Saturday**  
9:00 a.m. - 12:00 p.m.  
**Saturday & Sunday**  
6:00 p.m. - 8:00 p.m.

### Open Play All Ages

**Monday**  
1:30 p.m. - 5:00 p.m.  
**Tuesday, Wednesday, Friday**  
12:00 p.m. - 5:00 p.m.  
**Thursday**  
12:00 p.m. - 4:15 p.m.

### Open Full Court Play (16 yrs. & up)

**Tuesday & Thursday**  
8:00 p.m. - 9:00 p.m.  
**Saturday**  
2:30 p.m. - 6:00 p.m.  
**Sunday**  
3:30 p.m. - 6:00 p.m.

### 30 Years and Older Play

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

### Walking Hour

**Monday through Friday**  
8:00 a.m. - 9:00 a.m.  
11:00 a.m. - 12:00 p.m.

**Wednesday**  
6:00 p.m. - 8:00 p.m.  
(Gym shared with family time)  
**Saturday**  
10:15 a.m. - 12:00 p.m.  
(Gym shared with family time)

*The gymnasium hours will be adjusted for holidays & scheduled events/make-up classes. Please check monthly posting.*

## Racquetball & Walleyball

### Monday through Saturday

9:00 a.m. - 8:00 p.m.  
**Sunday**  
1:00 p.m. - 7:00 p.m.

## Mini Golf & Sand Volleyball Court

### April 1 - October 31

#### 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.

### Weather Permitting

## Recreation Center

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

**Monday - Friday** 9:00 a.m. - 9:00 p.m.

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

The Recreation Center Complex has the following:

- an indoor pool & an outdoor pool
- locker rooms with dry heat saunas (open fall through spring)
- a game room with 2 pool tables
- a weight room for residents only
- 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

## Weight Room



### Monday through Friday

*Please check for holiday hours*

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 room 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.

# REGISTRATION INFORMATION

*Open registration is in progress Winter Exercise classes. Please call the Recreation Center for details.*

**Spring Session Resident Registration: Monday, February 6, 9:00 a.m.**

**Spring Session Open Registration: Monday, February 13, 9:00 a.m.**

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

- Full payment in **cash, check, Visa, MasterCard, Discover or American Express** must be made before being added to the roster. Credit card transactions must be \$15.00 or higher.
- Residents, please bring your ID card.
- The Parks & Recreation 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.
- You may cancel your enrollment before the class begins, with a \$3.00 surcharge. After the first class of the session, refunds or credits can be issued with a **medical excuse only**.
- If an accommodation is needed to participate in any program, please contact Nicole Osheroff, Inclusion Coordinator, at 314-839-5575 to discuss options.

## SWIM LESSONS

**Session 1 Dates:** February 28 - April 8

**Session 2 Dates:** April 18 - May 27

### Turtles (Recommended ages 1 - 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 (13 or older) participation and proper swim wear is required for each child and adult.

**Tuesday** 7:00 p.m. - 7:40 p.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.

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

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

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

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

For registration information, please see page 6.

# SWIMMING LESSONS

## Level Classes Ages 6 - 12

### Beginner Level - Fundamental Skills - (Level 1 & Level 2)

Participants will become comfortable in the water by experiencing buoyancy, putting their face into the water, blowing bubbles, retrieving objects, front and back floats and glides, flutter kicking and basic arm strokes.

- **Wednesday** 6:00 p.m. - 6:40 p.m.
- **Wednesday** 6:45 p.m. - 7:25 p.m.
- **Saturday** 10:45 a.m. - 11:25 a.m.
- **Saturday** 11:30 a.m. - 12:10 p.m.
- **Saturday** 12:15 p.m. - 12:55 p.m.

### Intermediate Level - Stroke Development - (Level 3)

Rhythmic breathing and treading water will be stressed as participants become more independent in the water. Front and back crawl will be refined. Diving, elementary backstroke and the breaststroke kick will be introduced. Greater endurance will be expected.

- **Wednesday** 6:45 p.m. - 7:25 p.m.
- **Saturday** 10:00 a.m. - 10:40 a.m.
- **Saturday** 12:15 p.m. - 12:55 p.m.

### Advanced Level - Stroke Improvement - (Level 4 & Level 5)

Participants must have the ability to swim the length of the pool to participate. Greater independence will be stressed with the addition of deep water skills. Breaststroke, sidestroke, butterfly and basic turns are introduced.

- **Wednesday** 6:00 p.m. - 6:40 p.m.
- **Saturday** 10:00 a.m. - 10:40 a.m.
- **Saturday** 12:15 p.m. - 12:55 p.m.

## Teen & Adult Swim Lessons

### Ages 13 and up

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

- **Wednesday** 7:30 p.m. - 8:10 p.m.
- **Saturday** 9:15 a.m. - 9:55 a.m.

**Classes offered  
for patrons  
recommended  
ages of 1 year  
through adults.**

### Swimming Lesson Fees:

**Resident        \$20.00**  
**Nonresident    \$26.00**

**Session 1:  
February 28 - April 8**

**Session 2:  
April 18 - May 27**

- **Properly lined swimsuits are required for participation.**
- **Teen/adult lessons begin at age 13 years.**
- **Classes are tentative based on enrollment.**
- **Additional classes may be added from waiting lists. We encourage you to add your name.**

**FOR MORE SWIMMING OPPORTUNITES, SEE PAGE 8**

## FITNESS & ENDURANCE SWIMMING

Emphasis will be on strengthening and conditioning to enable youth and adults to swim laps for longer distances and reach individual goals. Strokes will be critiqued to make them more efficient. This is appropriate for those working toward a scout badge, preparing for competitive swimming, wanting to incorporate lap swimming into their regular workout or seeking additional training for other sports. Participants should have completed Level 4/5 or equivalent and be able to swim 2 pool lengths and tread water independently.

**Session 1 Dates:** March 1 - April 8

**Session 2 Dates:** April 19 - May 27

**Wednesdays** 5:15 - 6:00 p.m. &/or **Saturdays** 9:15 a.m. - 10:00 a.m.

**Fees per Day:** Resident \$20.00 Nonresident \$26.00

## SWIM TEAM CLINICS

Practice incorporates drills to encourage proper stroke and turn technique along with conditioning to prepare swimmers for competition. Prerequisite skills vary according to age group with the minimum skills being to perform rhythmic breathing, swim 2 pool lengths, dive and tread water independently. A strong swim lesson background is preferred.

*Winter Session is in progress.*

**Spring Session Dates:** March 20 - May 12 (No class Friday, April 14. Make-up date Friday, May 19)

**Days & Times:** **Mondays &/or Thursdays**

Ages 10 & under 5:00 - 5:45 p.m. Ages 11 & older 5:30 p.m. - 6:40 p.m.

**Wednesdays &/or Fridays**

All ages 9:00 a.m. - 10:00 a.m.

**Fee for 8 Week Session: Residents & Bellefontaine Swim Team Members**

1 day/ week: \$18.00    2 days/week: \$36.00    3 days/week: \$54.00

**Nonresidents**

1 day/week: \$26.00    2 days/week: \$52.00    3 days/week: \$78.00

## BELLEFONTAINE BARRACUDAS SWIM TEAM

**Bellefontaine Barracudas Swim Team Open House & Registration Night**

**Tuesday, April 25 6:00 p.m. to 8:00 p.m.**

The Bellefontaine Barracudas are a proud member of the Municipal Swim League - North. Our team stresses sportsmanship, personal improvement and a healthy competitive spirit. With team members ranging in age from 5 through 18 years, it is a rewarding experience for the entire family. Practices begin May 30 and continue through July and are held Monday thru Friday mornings and some evenings. To find out more about the Barracudas, visit our Open House or contact Martha at the Recreation Center for an information packet.



# ADULT TRIPS & SPECIAL EVENTS

## St. Patrick's Day

You don't need the "Luck of the Irish" to have a great time at our corned beef & cabbage dinner. Tickets on sale until March 10.

**Day & Date:** Wednesday, March 15

**Time:** 4:30 p.m. - 7:30 p.m.  
Dinner served at 5:30 p.m.

**Fee:** \$11.00

## Cinco de Mayo

Celebrate Mexico's independence with great ethnic food, good company and perhaps an adult beverage. As usual, your first beverage is included with your ticket. Tickets go on sale April 1.

**Day & Date:** Thursday, May 4

**Time:** 4:30 p.m. - 7:30 p.m.  
Buffet dinner served at 5:30 p.m.

**Fee:** \$11.00

*Transportation can be provided for residents registered with the Bellefontaine Bus Service.*

## Lunch & Bingo

Come for good food, good company and some friendly bingo. Fee covers lunch with dessert and beverage, two bingo cards and prizes.

**Day:** Wednesdays

**Time:** 11:30 a.m.

**Dates:** February 8, March 8,  
April 12, May 10

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

## 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:** Tuesday

**Date:** May 16

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

**Fee:** Resident \$36.00  
Nonresident \$38.00

## 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:** Wednesdays

**Time:** 11:30 a.m.

**Dates:** February 22, March 22,  
April 26, May 24

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

## Casino Trips

Try your luck at these popular casinos. All trips are 10:00 a.m. to 3:00 p.m. Please call to find what each trip includes.

**Fee per trip:**

Resident \$18.00

Nonresident \$20.00

**Hollywood** - Monday, Mar. 13

**Ameristar** - Wednesday, Apr. 19

**Alton Bell** - Friday, May 19

## C.K. & L. of J.

## Country Club/

## Swansea Bingo

Join us for lunch and big money bingo. Each person receives 4 50/50 warm-up cards, 6 regular game cards, 6 cards for 4 early bird games and 4 mid bird games, 1 sheet for special lucky jackpot raffle, 7 chances for rainbow raffle and 1 chance on Power Ball.

**Dates:** Tuesday, February 14

**Time:** 9:45 a.m. - 3:45 p.m.

**Fee:** Resident \$39.00  
Nonresident \$41.00



## SPECIAL EVENTS

### Easter Egg Hunt & Arbor Day Celebration



The Recreation Center will host its annual Easter Egg Hunt for children ages 9 and under. After the search for candy and colored eggs, the Easter Bunny will make a special appearance to pass out more Easter treats.

The Arbor Day

Celebration follows the Easter Egg Hunt. Free seedling and instructions for its planting and care will be available.

**Saturday, April 15, 11:00 a.m. SHARP**

### Bike Safety Rodeo

The Bike Safety Rodeo is free and open to children ages 2 - 12. The activities include a bike riding course, Safetyville Tricycle Town and more. This event is sponsored by the Bellefontaine Neighbors Youth Commission and Police Department. For more information, call Bellefontaine Neighbors City Hall at 867-0076.

**Saturday, May 13 (Rain Date, May 20)**

**10:00 a.m. - 1:00 p.m.**

### Mayor's Spring Golf Tournament

The event is a four-person scramble held at the Eagle Springs Golf Course. If you have a team interested in participating, please call the Recreation Center at 867-0700, beginning March 31 for more information.

**Day & Date:** Saturday, Apr. 22

**Shotgun Start Time:** 1:00 p.m.

**Fee:** \$65.00 per person

### Hoops Madness 2017

#### Ages 10 - 15

This free basketball shooting competition will be divided into 3 age groups, 10-11, 12-13 and 14-15 with boys and girls mixed. Only 16 players per age group so register early! Prizes and trophies will be awarded for the top player in each division. **YOU MUST PRE-REGISTER FOR THIS EVENT;** No at-the-door registration will be accepted. Registration will be available at the Recreation Center beginning February 11. Family members are welcome to watch. Snacks and drinks will be provided for participants ONLY. This event is sponsored by the Bellefontaine Neighbors Youth Commission and Police Department.

**Day & Date:** Saturday, Mar. 11

**Time:** 11:00 a.m.

**Fee:** FREE

### Black History Celebration & Expo

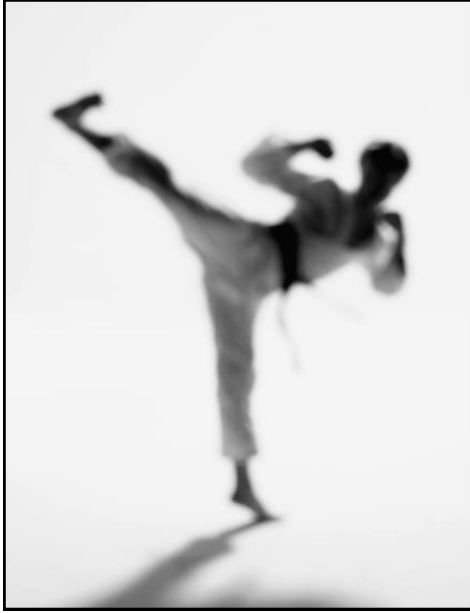
Saturday, February 11

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

Bellefontaine Recreation Center

For information, please call  
Alderwoman Dailes, 403-0888

# TENNIS & KARATE



## Karate for the Family

Ma'at Karate is partnering with the Bellefontaine Recreation Department to bring the disciplined art of karate to the community's families. Karate is not about initiating violence. It is about building self-confidence, empowerment and discipline by developing a strong personal identity. Families and individuals work together to obtain these goals and the commitment to perfect karate skills and advance through them is stressed. This is an ongoing program for participants ages 5 and over. Parents are free when participating with their paid children. Head Instructor: Sensei Harub Taalib

**Days:** Mondays

**Session 1 :** Feb. 13 - Mar. 6

**Session 2 :** Mar. 13 - Apr. 3

**Session 3:** Apr. 10 - May 1

**Session 4:** May 8 - June 5 (No class May 29)

**Time:** 6:30 p.m. - 7:30 p.m.

**Fee:** Resident \$25.00

Nonresident \$30.00

## USTA Tennis Lessons

Tennis is a great lifetime sport that can be enjoyed by anyone of any age. The small class size allows the instructor to work with each person at their ability level. Although classes are scheduled to be held in the Bellefontaine Neighbors Recreation Center Gymnasium, some classes may be held outside at St. Cyr Park if the weather cooperates.

**Day:** Fridays (Make-up dates will be Tuesdays)

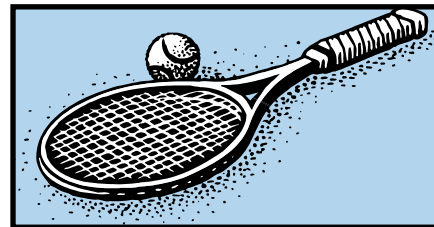
**Teen** 6:30 p.m. - 7:30 p.m.

**Adult** 7:30 p.m. - 8:30 p.m.

**Session 1:** March 3 - April 7

**Session 2:** April 21 - May 26

**Fee:** Resident \$25.00 Nonresident \$30.00



## Kids' Tennis Club Ages 5 - 10

This special program is designed to help children learn the basics of tennis and get them on the courts next summer. Each week begins with an organized class followed by practice time. House racquets will be available or new ones can be purchased for \$13.00.

**Day:** Fridays (Make dates will be Tuesdays)

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

**Session 1:** March 3 - April 7

**Session 2:** April 21 - May 26

**Fee:** Resident \$10.00 Nonresident \$12.00

# ADULT & TEEN WATER FITNESS

## Spring Water Exercise Classes

### MONDAY

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

### TUESDAY

10:30 a.m. - Water Aerobics (Kathy)  
4:45 p.m. - Toning (Tricia)  
5:30 p.m. - Water Aerobics (Tricia)  
6:15 p.m. - Deep Water (Tricia)

### WEDNESDAY

10:00 a.m. - Aqua Fitness (Martha)

### THURSDAY

10:30 a.m. - Water Aerobics (Kathy)  
3:45 p.m. - Water Walking (Tricia)  
6:45 p.m. - Water Aerobics (Tricia)  
7:30 p.m. - Toning (Tricia)

### FRIDAY

(no class April 14- Make-up May 19)

10:30 a.m. - Aqua Fitness (Martha)

**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.

## Spring Session Dates & Fees

Monday through Friday - March 20 - May 12

Fees: Resident \$18.00 Nonresident \$22.00

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

**Resident** \$3.00

**Nonresident** \$3.50

**Tricia will offer occasional Friday or Saturday "Pay-as-You-Go" classes. Please call the Recreation Center for details.**

**The Winter Session is in progress! Please call the Recreation Office to check schedules, fees & availability!**

## 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.
- **Deep Water** - This class consists of treading and resistance exercises in the deep end of the pool, using some float support. This class provides a cardiovascular workout along with toning. Participants must be able to swim 2 lengths of the pool and tread water for 1 minute without assistance. Class is held in the deep end of the pool.

**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 4.**

For registration information, please see page 6.

# ADULT & TEEN GYMNASIUM FITNESS

## Gymnasium Fitness Class Descriptions

- **Slide Class** - Enjoy improving your endurance, flexibility and balance with our beginner level slide group. Easily modified, choreographed slide dances benefit a range of ages and fitness levels. Join in to help relieve stress and promote overall wellness. **Fees: Resident \$24.00 Nonresident \$28.00**
- **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.
- **Zumba** - Fun, sexy Latin style dance moves using interval training, combining fast and slow rhythms for an effective aerobic workout while at the same time, targeting your legs, abs, glutes and arms. **Fees: Resident \$24.00 Nonresident \$28.00 Pay-as-You-Go Fees: Resident \$3.50 Nonresident \$4.00**
- **Chair Aerobics** - Raise your heart rate and tone major muscle groups with this NO IMPACT aerobic workout. Fitness moves are performed while seated in a chair. This workout is ideal for those who cannot participate in typical gym classes due to joint pain. \*\*Light hand weights (1- 5 lbs.) recommended but not required. Please bring your own.
- **Resistance Band Strengthening** - Strengthen and condition the main muscle groups, increase range of motion, and improve flexibility with this strengthening class. Moves will be performed sitting in a chair or standing beside a chair or wall using a flat resistance band. Exercises will target, arms, legs, back and core. Ideal for adults just beginning an exercise program or those wishing to regain or maintain strength. **\*\*You may borrow one of our resistance bands or bring your own to class.\*\***
- **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 (1-5 lb.) recommended.**

## SPRING SESSION

### Dates, Times & Fees

#### Monday through Friday

**March 20 - May 12**

(8 Weeks)

Resident \$18.00 Nonresident \$22.00

"Pay-as-You-Go" \$3.00/ \$3.50

**unless noted**

*The Winter Session is in progress.  
Please call the Recreation Office to  
check schedules, fees &  
availability.*

#### MONDAY

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

12:00 p.m. - Slide Class (Salina)

4:45 p.m. - Chair Aerobics (Tricia)

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

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

#### TUESDAY

3:45 p.m. - Resistance Band (Tricia)

#### THURSDAY

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

4:45 p.m. - Chair Aerobics (Tricia)

6:30 p.m. - Slide Class (Salina)

- 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.



## ROOM RENTAL INFORMATION - RESIDENTS ONLY

There are two meeting rooms at the Recreation Center available for any **adult resident aged 18 and older 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** people. The fee is **\$60.00**.
- The larger room will accommodate **47** people. The fee is **\$70.00**.
- **All reservations also require a \$25.00 damage deposit that must be paid along with the rental fees before the reservation is placed on the calendar.** This deposit will be refunded by mail if the room is cleaned up after your function, your group abides by the rules of this facility and you do not exceed the fire code limit of the room. After you have cleaned the room, present your checklist to the office staff. They will inspect the room and both of you will sign the checklist for your damage deposit 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 you received in the mail and your 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 and confirm identity. Both the deposit and rental fee must be paid in full before the reservation is placed on the calendar. Events that will take place within 2 weeks must be paid in cash or charge.

### Room Policies

- You cannot enter the room until 1:00 p.m. the day of the reservation. The room must be cleaned up and vacated by 8:00 p.m. on Saturdays & Sundays. Monday through Friday, reservations must end by 9:00 p.m.
- No private sales, fund raising or admission fees are allowed.
- Reservation of a meeting room does not include other areas of the facility. Please consider this before making a reservation. 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. There is a \$3.00 service charge on reservation cancellations.
- **No frying or glitter is permitted in the building.**

# PARK INFORMATION

	Rec Center	St. Cyr	Tanglewood	Bissell Hills	Belgrove	Pruett	Klein	Wilderness	Doherty
<b>Acreage</b>	9.3	6.2	6.2	4.4	1.1	5.1	.9	10.8	4.7
<b>Picnic Shelters with electric</b>		1	1	1					
<b>Restrooms</b>	2	1	1	1					
<b>Picnic Tables</b>	6	12	15	7	1		2		
<b>Nature Trail (.8 mile)</b>								1	
<b>Playgrounds</b>	1	1	1	1	1		1		
<b>Open Play Space</b>	1								1
<b>Outdoor Basketball Court</b>						2			
<b>Softball Fields (unlighted)</b>		2	1	2					
<b>Football/Soccer Field</b>		1	1	1					
<b>Tennis Courts (unlighted)</b>		2		2					
<b>Gazebo</b>	1						1		
<b>Miniature Golf Course</b>	1								
<b>Sand Volleyball Court</b>	1								

## Park Reservations

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

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**. Please bring your signed contract and ID to the park.

No refunds will be issued for cancellations made less than 2 weeks prior to the reservation date. A \$3.00 cancellation fee applies.



## Park Rules

- The parks open at 7:00 a.m. and close at dusk. Reservations begin at 9:00 a.m.
- No glass bottles or containers are 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.
- All pet waste must be properly disposed.

For registration information, please see page 6.

# 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	2nd Monday of month
Walmart	4th Monday of month
K-Mart, Family Dollar	3rd Wednesday of month
Schnucks, Aldi's, Rulers	Fridays
Local Banking, Post Office	As needed
Library & Drug Stores	As needed
Hair Appointments, Rec Center	As needed

The van will not run:

Monday, February 20, Friday, April 14, Monday, May 29

## Spring Outings

Please make  
reservations by calling  
the Rec Center

Tuesday, Feb. 7  
54th Street Grill

Tuesday, March 7  
IHOP

Tuesday, April 4  
Pirrone's

Tuesday, May 9  
Cracker Barrel

# MINIATURE GOLF

## Mini Golf Parties

**Birthdays, Graduations or Family Occasions, Field Trips for  
Schools, Church Groups & Scout Troops**

Our party package includes:

- 18 holes of golf, use of the sand volleyball court & 2 hours reserved seating at our gazebo.
- A hot dog, chips and a small soda from our snack bar; Please do not bring outside food.
- Food package available Memorial Day through Labor Day for a minimum of 10 people.

Reservations must be made in advance beginning April 1. Call the Recreation Center at 867-0700 for group rates.

## Mothers' Day Weekend

Are you looking for a special way to celebrate Mother's Day? Bring your mom to the Bellefontaine Miniature Golf Course May 13 - 14. Any mother with a paying child will play free all weekend.

For registration information, please see page 6.



**SEASON  
OPENING  
COUPON**

**BUY 1,  
GET 1 FREE**

**18 HOLES OF  
MINIATURE GOLF**

**EXPIRES**

**OCT. 31, 2017**