Bellefontaine Neighbors Parks and Recreation Brochure

Fall & Winter

018

Resident Registration Monday, August 27 Open Registration Tuesday, September 4

Bellefontaine Neighbors Recreation Center 9669 Bellefontaine Rd. St. Louis, MO 63137

GENERAL INFORMATION

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BELLEFONTAINE NEIGHBORS RECREATION CENTER

9669 Bellefontaine Road St. Louis, MO 63137 Phone: 314-867-0700 FAX: 314-867-9517

BELLEFONTAINE NEIGHBORS

CITY HALL 9645 Bellefontaine Road St. Louis, MO 63137 Phone: 314-867-0076 FAX: 314-867-1790

POLICE DEPARTMENT

Police Business: 314-867-0080 Police Dispatch: 636-529-8210

www.cityofbn.com



Cover and some interior photographs curtesy of Studio Wells.

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

RECREATION SERVICES—Bellefontaine Neighbors Parks & Recreation Department welcomes people of all abilities. MJ Corcoran 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 MJ 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 while 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.

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

PASSES & ID CARDS

- 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. Recreation Department ID cards are required by all residents six years of age or older. 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 ID cards and passes with the exception of the weight room additional person are valid for one year from date of purchase. The weight room additional member pass expires on the same date as the weight room primary. All passes also require a general ID card.



TO GET AN ID CARD YOU MUST:

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

| General Id | Individual Annual Swim | Family Annual Swim | Individual Summer Swim | Family Summer Swim | Primary Weight Room | Each Weight Room Add- on | Nonresident Pool (18 & older only) | Nonresident Weightroom (55 & up) |
|------------|---------------------------|-----------------------|------------------------------|--------------------------|------------------------|--------------------------------|--|--|
| \$5 | \$75 + \$5 | \$120 + \$5 per ID | \$50 + \$5 | \$90 + \$5 per ID | \$50 + \$5 | \$20 + \$5 | \$135 | \$135 |

DAILY FEES AND POLICIES

- Credit cards accepted for charges \$15.00 and \Diamond over Adult fee begins at age 13 Swimming Pool - 2 guests per card Adult Resident - \$3.00 Guest - \$5.00 \Diamond Child Resident - \$2.00 Guest - \$4.00 5 & under free Labor Day to Memorial Day Weight Room - No guests Residents only - \$3.00 Miniature Golf Course - Open to the Public Adult Resident - \$2.00 Nonresident - \$4.00 \Diamond Child Resident - \$1.50 Nonresident - \$3.00 \diamond Gymnasium & Game Room - 1 quest per card 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 \Diamond **Pickleball** \$2.00 per person per hour
 - Use of the facilities is for residents of the City of Bellefontaine Neighbors only. All residents must present a valid recreation ID card when entering. Loitering is not 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.
 - Proper attire is required in all parts of the facility. This includes the wearing of shirts in the gymnasium, hallways and weight room, pants that cover any and all under clothing, as well as activity-appropriate shoes. Swimmers must have a lined swim suit or trunks.
 - 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.

FACILITY SCHEDULES

INDOOR POOL BEGINNING SEPTEMBER 4

Lap Swim Monday through Friday 12:00 p.m. - 1:00 p.m. Saturday & Sunday 1:00 p.m. - 2:00 p.m.

Open Swim

Friday 6:00 p.m. - 8:30 p.m. **Saturday & Sunday** 2:00 p.m. - 5:00 p.m.

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Adult Time Monday through Friday 1:00 p.m. - 3:00 p.m.

Weight Room

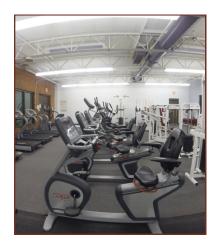
Monday through Friday

8:00 a.m. - 9:00 p.m. (Locker rooms 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.



Racquetball, Mini Golf Course & Sand Volleyball Court



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.

Special Closings

| Aug. 28 | Gymnasium closed - Old Time Barbeque |
|-----------------|--|
| Sept. 3 | Facility closes at 6:00 p.m. Outdoor Pool closes at 5:45 p.m. |
| Sept. 20 | Gymnasium closed - Town Hall Meeting |
| Oct. 6 | Gymnasium close 5:00 p.m Wine Social |
| Oct. 19 | Gymnasium closed - Frightful Family Fun |
| Oct. 31 | Facility closes at 5:00 p.m. |
| Nov. 22 | Facility closed |
| Nov. 23 | Facility opens at 9:00 a.m. |
| Dec. 6 | Gymnasium closed - Silver Bells Dinner Weight room closes 4:00 p.m. |
| Dec. 19 | Gymnasium closed Facility closes 4:00 p.m. |
| Dec. 24 | Facility open 9:00 am - 1:00 p.m. |
| Dec. 25 | Facility closed |
| Dec. 29 | Gymnasium closed - Kwanzaa |
| Dec. 31 | Facility open 9:00 a.m 5:00 p.m. |
| Jan. 1 | Facility closed |
| Dec 26 & Jan. 2 | Facility opens at 9:00 a.m. |

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GYMNASIUM INFORMATION

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|----------------------------|------------------------|----------------------------|----------------------------|------------------------|----------------------------|----------------------------|
| 8am | | Walking 8:00 - 9:15 | Walking | Walking | Walking 8:00 - 9:15 | Walking | |
| 9am | | Class | | | Class | | Walking/ Family Time |
| 10am | | Opens 10:15 | | | Opens 10:15 | | |
| 11am | | | | | | | |
| 12pm | | | | | | | 15 & under |
| 1pm | 15 & under | Opens 1:30 | | | | | |
| 2pm | | | Open | Gym | All | Ages | |
| Зрт | 16 & older | | | | | | 16 & older |
| 4pm | | | | | Until 4:15 | | |
| 5pm | | | | | | | |
| 6pm | Family Time/ Pickleball | | Family Time/ Pickleball | Family Time/ Pickleball | | Family Time/ Pickleball | Family Time/ Pickleball |
| 7pm | | | | UNLESS NEEDED | | UNLESS NEEDED | |
| 8pm | | | | FOR TENNIS | | FOR TENNIS | |
| 9pm | | | 16 & older | | 16 & older | | |

- To use the gym or game room, you must be a resident with a valid Rec Center ID card. Each resident is entitled to 1 guest only. **Guest fee is \$5.00.**
- The guest must arrive with the resident. Nonresidents cannot use the gym without being a guest.
- Dress code: Shirt, athletic shoes (no slides permitted) and pants/ shorts that cover all underclothing.
- Everyone entering the gymnasium must pay the guest fee, even if not playing.
- Misconduct of either resident or guest will result in the removal of both.
- Loitering is not permitted.
- Clean dunking only. Do not hang on the rim.
- No food or drink allowed in the gymnasium.

PLEASE NOTE: TIMES WILL CHANGE BECAUSE OF SCHEDULED EVENTS, MAKEUP CLASSES AND MEETINGS. PLEASE CHECK MONTHLY POST.

PROGRAM REGISTRATION INFORMATION

Resident Registration: Monday, August 27, 9:00 a.m.

Open Registration: Tuesday, September 4, 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**.
- All credits must be used within one year.
- ⇒ If an accommodation is needed to participate in any program, please contact MJ Corcoran, Inclusion Coordinator, at 314-839-5575 to discuss options.

SIGN UP EARLY TO PREVENT CANCELLED CLASSES!

SENIOR TRANSPORTATION SERVICE

Our curb to curb 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.

Tuesday Restaurant Trips

- Sept. 11 Applebees's
- Oct. 9 Cracker Barrel
- Nov. 13 Rizzo's
- Dec. 11 Olive Garden



The van will not run:

Sept. 3 - Labor Day Nov.12 - Veteran's Day Nov. 22 - 23 - Thanksgiving Dec. 24 & 25 - Christmas Dec. 31 & Jan. 1 - New Year's

Monday - Thursday

2nd Monday

4th Monday

As Needed

As Needed

Fridays

3rd Wednesday

WHERE DOES THE VAN GO?

- Medical Appointments
- Shop & Save
- K-Mart
- Walmart
- Schnucks, Aldi, Ruler
- THE FOLLOWING AT APPROVED LOCATIONS ONLY:
- Local Banking, Post Office
- Library, Drug Stores
- Hair Salons, Recreation Center As Needed

Swim Lessons (Ages 1 - 5 Years)

Turtles (Recommended ages 1 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. One adult in proper swim attire is required for each child.

Tuesday

7:00 p.m. - 7:40 p.m. Session 1 only



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. Session 1 only |
|-----------|-----------------------------------|
| Saturday | 11:30 a.m 12:10 p.m. |

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.

| Mondays | 4:40 p.m 5:30 p.m. Session 1 only |
|-----------|-----------------------------------|
| Saturdays | 9:15 a.m 10:00 a.m. |

SWIM LESSONS (AGES 6 - ADULTS)

Level Classes Ages 6 - 12

Beginner Level - Fundamental Skills - (Level I & 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
 5:15 p.m. - 5:55 p.m. (Session 1 only)

 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 & 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.

Wednesday7:30 p.m. - 8:10 p.m.Saturday9:15 a.m. - 9:55 a.m.

FOR MORE SWIMMING OPPORTUNITES, SEE PAGE 9

For registration information, please see page 6.

Swim Lesson Session Dates For all classes

Session 1: week of Sept. 11 - Oct. 20 Session 2: week of

Nov. 7 - Dec. 15

Fees:

Resident\$20.00Nonresident\$26.00

Classes offered for patrons age one year 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.

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. This program runs from September through May. Please call for winter session dates.

| Fall Session Dates: | September | 10 - Novembe | er 2 | |
|-----------------------|------------------|-----------------|-----------------|--|
| Please call in late C | october for a po | ssible Novemb | er/ December | session |
| Days & Times: | Mondays & / or | Thursdays ev | enings all age | S |
| | 4:45 p.m 5:40 | o.m.or 5:45 p | .m 6:40 p.m. | |
| Mondays &/or | Wednesdays & / | or Fridays mo | rnings all ages | S |
| | 9:00 a.m 10:25 | a.m. | | |
| Fee for 8 Week Ses | sion: Residents | & Bellefontaine | e Swim Team M | lembers |
| 1 day/ week: \$1 | 8.00 2 days/v | veek: \$36.00 | 3 days/week: | \$54.00 |
| Nonresidents | | | | |
| 1 day/week: \$20 | 6.00 2 days/v | veek: \$52.00 | 3 days/week: | \$78.00 |
| | | | | ALTONTAINE MILEANNANG |

KARATE, TENNIS, PICKLEBALL & SELF DEFENSE

Women's Self Defense Series

This personal development series help you empower yourself using martial arts training. You will learn skills to protect yourself and your family . You can feel safe where ever you go as you develop environmental awareness skills. Other topics that will be covered are recognizing domestic abuse (mental, verbal & physical) and ways to prevent it. **Dates:** Thursdays, Sept. 13 - Oct. 4 **Time:** 7:00 p.m. - 8:00 p.m. **Fees: Please call the Rec Center**

Karate Ages 5 through Adult

Ma'at Karate is partnering with the Bellefontaine Recreation Department to bring the disciplined art of karate to the community. The goals of the program include building self-confidence, empowerment, and discipline by developing personal identity while learning how to work in a group. It is not about initiating violence. The commitment to perfect and advance through karate's skill level is stressed. This is an ongoing program for students ages 5 through adults. Head Instructor: Sensei Harub Taalib

Day: Mondays Time: 6:30 p.m. - 7:30 p.m. Session Dates: Session 1: Sept. 10 - Oct. 29 Session 2: Nov. 5 - Jan. 7 No class Dec. 24 or 31 Session Fee: Resident \$63.00 Nonresident: \$68.00

FREE Learn-to-Play Pickleball Clinics

Pickleball is a real sport and really fun for all ages! Think of it as table tennis, meets traditional tennis, meets badminton. You have a net, a court, paddles and a lightweight ball (similar to a whiffle ball). Player can face off as singles or doubles, just as in traditional tennis . We are offering FREE clinics to give you the basics so you can start playing, too. The Rec Center also has time set aside for play at the minimal amount of \$2.00 per person, per hour. (page 4). Please call the Rec Center if you would like to attend a clinic..

Dates: Tuesdays, Sept.11 and/or Oct. 9. **Time:** 6:00 - 7:30 p.m.

Kids' Tennis Club

This special program is designed to help children ages 5 - 12 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.

Days: Wednesday & Friday , Nov. 7 - 23 **Time:** 5:30 p.m. - 6:30 p.m.

Fee: Resident \$10.00 Nonresident \$12.00

Teen & Adult 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. All sessions are six classes long. Racquets are available for \$13.00.

Dates: Wednesday & Friday, Nov. 7 - 23
Time: 6:30 p.m. - 7:30 p.m.
Fee: Resident \$15.00 Nonresident \$18.00

ADULT & TEEN WATER FITNESS

Sept. 10 - Nov. 2 (8 weeks) Please check with us in late October for the November - December class schedule.

Fee unless noted: Residents \$18.00 Nonresidents \$22.00

MONDAY

10:30 a.m. - Water Aerobics (Kathy)
6:45 p.m. - Water Aerobics (Tricia)
7:30 p.m. - Deep Water (Tricia) **TUESDAY**4:45 p.m. - Water Aerobics (Tricia)
5:30 p.m. - Toning (Tricia)
6:15 p.m. - Deep Water (Tricia) **WEDNESDAY**

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

No Evening Classes 9/13 or 10/25 Fees adjusted

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

> > FRIDAY

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

Pay-As-You-Go for both morning and evening classes Resident \$3.00 Nonresident \$3.50

- 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.
- 2. A lined swim suit must be worn. A laundered t-shirt and/or shorts may be worn over suit.
- 3. Anyone with continence problems will be required to wear a commercial swim diaper.



Water Exercise Class Descriptions

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.

<u>Aqua Fitness</u> - 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.

<u>Water Aerobics</u> - This faster-paced class emphasizes choreographed or repetitive motion cardiovascular exercises for a full body workout. Class is held in the shallow end of the pool.

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.

ADULT& TEEN GYMNASIUM FITNESS

<u>**Chair Aerobics**</u> - Raise your heart rate and tone major muscle groups with this NO IMPACT aerobic workout. Most fitness moves are performed while seated in a chair, while a few are performed standing beside a chair. This workout is ideal for those who cannot participate in typical gym classes due to joint pain.

Beginner Strength - Strengthen and condition the main muscle groups, increase range of motion, and improve flexibility with this strengthening class. Moves are performed sitting in a chair or standing beside a chair/wall using light hand weights and 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. <u>**Please bring your</u> <u>own hand weights (1-3 lbs. recommended) and a</u> <u>resistance band.**</u>

<u>Core & Cardio</u> - Tone your body and strengthen your body while burning calories. This class combines aerobic activity with core and strength moves that will improve balance and stability while working major muscle groups. Exercises include low-impact aerobics, lunges, squats, crunches, punches and floor exercises. <u>**Please bring</u> your own hand weights (1 to 5 lbs. recommended) and <u>a resistance band.</u>

<u>Aerobic Fitness</u> - 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 warmup, 20 - 25 minutes of low impact aerobic dance, walk down and floor work.

<u>Zumba</u> - 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. **Zumba PAY-AS-YOU-GO Fee:** Resident \$3.50 Nonresident \$4.00

<u>Slide Class -</u> 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. Sept. 10 - Nov. 1 (8 weeks)

Chair Aerobics through Aerobic Fitness Resident \$18.00 Nonresident \$22.00

Zumba & Slide

Resident \$24.00 Nonresident \$28.00

Pay-As-You-Go feesEXCEPT FOR ZUMBAResident \$3.00Nonresident \$3.50

Please check with us in late October for November - December Schedule



MONDAY

9:15 a.m. - Aerobic Fitness (Kathy) 12:00 p.m. - Slide (Selena) 4:45 p.m. - Chair Aerobics (Tricia) 5:45 p.m. - Core & Cardio (Tricia) 7:00 p.m. - Zumba (Maria)

TUESDAY

3:45 p.m. - Beginner Strength (Tricia)

THURSDAY

9:15 a.m. - Aerobic Fitness (Kathy) 4:45 p.m. - Chair Aerobics (Tricia) **No class 9/13 & 10/25. Fees adjusted** 6:30 p.m. - Slide (Selena) **No class 9/20. Make-up class 11/8.**

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.

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Adult Trips & Activities

PERE MARQUETTE LODGE & RESTAURANT

This trip is an oldie but a goodie. Autumn is the best time to travel along the Great River Road, with brilliant fall colors and steep cliffs on one side, the mighty Illinois River on the other. Lunch at the Pere Marquette Restaurant, on your own, will be delicious treat. Try their famous fried chicken or anything off the lunch menu. There will be time to enjoy the fantastic view or maybe a quick game of chess using the life size game pieces. We're going to have a great time.

Dates: Tuesday, Oct. 30

Time: 11:00 a.m. - 2:30 p.m.

Fee: Resident \$12.00 Nonresident \$14.00

Casino Trips



Try your luck at these popular casinos. All trips

leave at 10:00 a.m. & return at 3:00 p.m. Fee: Resident \$10.00 Nonresident \$12.00 Lumiere' Tuesday, Sept. 18 Alton Bell Friday, Oct. 12 Ameristar Wednesday, Nov. 7

> Hollywood Monday, Dec. 17

BALLPARK VILLAGE

The baseball season is over but the fun doesn't have to end. We are going to Ballpark Village to have lunch on your own at Cardinal Nation, filled with baseball memorabilia. After dining, explore the rest of the complex with many unique venues. You may even find that perfect Christmas gift.

> Date: Tuesday, Nov. 20 Time: 11:15 a.m. - 2:45 p.m. Fee: Resident \$12.00 Nonresident \$14.00

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 but your first drink is included. Costumes are encouraged. Wednesday, Oct. 17

4:30 p.m.-7:30 p.m. Buffet dinner at 5:30 p.m. \$11.00

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:



Wednesday **Time:** 11:30 a.m. **Dates:** Sept. 26, Oct. 24, Nov 28 **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,

You may only sign up for one bingo per month.

Day & Time: Wednesday beginning at 11:30 a.m.

Dates: Sept. 12, Oct.10, Nov. 14, Dec. 12 Fee: Residents \$6.00 Nonresident \$7.00

SPECIAL EVENTS & TAX PREPARATION

Silver <mark>Bells Dinne</mark>r



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, but bring your ticket for your first drink. Dinner will be served at 5:30 p.m.

> Thursday, Dec. 6 4:30 p.m. - 7:30 p.m. \$12.00

Beer & Wine Social SATURDAY, OCT. 6 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 music and snacks. Featured wine and beer will be available for purchase. Advance ticket purchase is encouraged to assure adequate seating. Tickets go on sale at the Recreation Center beginning Sept. 5.

Flu Shot Clinic

Tuesday, October 2 10:00 a.m. - 2:00 p.m. Need Information? Call the Visiting Nurses 918-7171

Frightful Family Fun

Friday, Oct. 19 6:30 p.m. - 8:00 p.m.

Bring all the little (and not so small) ghosts & witches to our family-friendly Frightful Family Fun Night. Everyone will receive popcorn and a drink to enjoy. There will be games, crafts and surprises. Children 10 & under in costume will have to trick or treat here in our building at 7:45 p.m.. This event is co-sponsored by the Bellefontaine Neighbors Youth Commission. For admission, please bring a non-perishable food items for the benefit of area's food pantries.

Free Income Tax Preparation

The Metro-St. Louis Community Tax Coalition will electronically prepare federal and state income tax returns as well as Circuit Breaker forms free of charge. **Appointments must be made in advance.** Please call the Bellefontaine Community Center at 867-0700, Monday through Friday, 9:00 a.m. - 4:00 p.m., to make your appointment **beginning December 3.** Appointments made on a first-come, first-served basis.

Day & Dates: Wednesdays, Feb.13, Feb. 27, Mar. 13, Mar. 27, Apr. 10 Appointment Times: 9:00 a.m. - 11:30 a.m.

Upcoming Celebrations

Kwanzaa Saturday, Dec. 29, 2:00 - 6:00 pm. Black History Event , February 2019

Please call City Hall, 867-0076, for more information

ROOM INFORMATION

There are two meeting rooms at the Recreation Center available for any **adult resident aged 18 and older with a current recreation ID card** to rent for birthdays, anniversaries, bridal and baby showers or other functions. <u>Weddings and family</u> 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 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 one month.
- The resident making the reservation **must** have a current Bellefontaine Recreation ID card and the charge is **\$5.00.** Please see page 3 for more information.

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. 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.

IMPORTANT ROOM INFORMATION

- You cannot enter the room until 1:00 p.m. the day of the reservation, and the room must be cleaned up and your party 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.
- 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.
- NO FRYING, GLITTER, OR CONFETTI ARE PERMITTED IN THE BUILDING.
- There is a \$3.00 service charge on reservation cancellations.

PARK INFORMATION

| | Rec Center & Grounds | St. Cyr | Tanglewood Park | Bissell Hills | Belgrove Park | Pruett Park | Klein Park | Wilderness | 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 | JN | | | | | |
| Restrooms | 2 | 1 | 1 | | | | | | |
| Picnic Tables | 6 | 10 | 10 | R | 1 | | 2 | | |
| Nature Trail (.8 mile) | | | | C | | | | 1 | |
| Playgrounds | 1 | 1 | 1 | NO | 1 | | 1 | | |
| Open Play Space | 1 | | | S | | | | | 1 |
| Softball Fields (unlighted) | | 2 | 1 | 2- | | | | | |
| Football/Soccer Field | | 1 | 1 | 5 | | | | | |
| Tennis Courts (unlighted) | | 2 | | 2 | | | | | |
| Gazebo | 1 | | | 0 | | | 1 | | |
| Miniature Golf Course | 1 | | | | | | | | |



Park Reservations

We will begin accepting 2019 reservations Jan. 2, 2019.

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.
- Pet waste must be disposed properly.
- Use of the service roads is prohibited.