

Bellefontaine Neighbors

**Fall & Winter
2020**

Registration Dates

Residents - August 24

Open - September 3

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

GENERAL INFORMATION

During these trying times, the Bellefontaine Neighbors Recreation Center is following St. Louis Covid-19 guidelines for Community Centers/ Recreation Centers. In accordance to Phase 3 guidelines that are in effect as this brochure goes to the printer, we are requiring masks to be worn, taking temperatures of anyone entering the building, cleaning and sanitizing regularly and limiting participation and facility occupancy. As we move forward, these restrictions may be loosened. Please call the Recreation Center for further information.

CITY OF BELLEFONTAINE NEIGHBORS

www.cityofbn.com

RECREATION CENTER

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

CITY HALL

9641 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

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Parks & Recreation Staff

Director

Vacant

Recreation Supervisor/ Acting Director

Amy Mulholland
amulholland@cityofbn.com

Aquatics Director

Martha Snead
msnead@cityofbn.com

Inclusion Coordinator

Vacant

Weekend Supervisor

Anthony Howard

Park Board Members

Dave Cross, Kathy Endorf, Judy Mantych,
Tina Fichter
Meets 3rd Tuesday at the Recreation Center

Americans with Disabilities Act (A.D.A) & Inclusive Recreation

Services - Bellefontaine Neighbors Parks & Recreation Department welcomes people of all abilities. Our inclusion coordinator for the North County Region is responsible for facilitating the inclusion of people with disabilities into recreation programs as well as other inclusion matters. Every effort will be made to adapt a program to incorporate your individual needs. If assistance is needed, please call Martha Snead and she will contact our inclusion person or use Relay Missouri 1-800-735-2966. To place a grievance, you may contact Martha Snead 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 and on our website. If you do not wish to have your photo published, please inform the photographer.

ID CARDS, PASSES & DAILY FEES



We proudly partner with both options. Check with your Medicare plan to see if you are eligible.



According to the St. Louis County Health Department, Covid-19 restrictions guideline, these are the maximum allowed in each area of the Bellefontaine Rec Center at the time of publication:

Game room: 2 people per table

Gymnasium for basketball: 2 people per basket

Room 101: 23

Room 109: 17

Indoor Pool: 20

Weight room: 6

Racquetball: 2

- Recreation Department resident ID cards are required by all residents six years of age or older to enter the facility, use the gymnasium, game room, pool, sauna, racquetball court, to reserve rooms or parks or receive resident rates for classes. With a resident general ID card you pay daily user fees each time you swim, workout or play basketball, unless you have purchased a swim, weight or basketball pass. All passes also require a general ID card. All passes include basketball passes.
- As of June 1, 2019, a new nonresident basketball policy and daily fees went into effect. Please inquire at the Recreation Office for details. There are no nonresident guests allowed.
- All ID cards and passes will be valid 1 year from date of purchase with the exception of the weight room additional member. Both the primary and the additional weight room passes will expire together.

To get a resident ID card you must:

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

To get a nonresident basketball ID

- Have a Bellefontaine Neighbors sponsoring resident with valid ID accompany you to sign-up.
- Show a valid state issued ID card with your current address. **This is required for anyone 18 & older.**
- Complete the nonresident basketball waiver.
- Bring a parent or guardian with a valid state issued ID if a child does not have the required identification.

| | |
|--|------------------|
| General Id - Daily fee required for pools, basketball & weightroom | \$5 |
| Individual Basketball | \$30 + \$5 |
| Family Basketball | \$50 + \$5 each |
| Individual Annual Swim | \$75 + \$5 |
| Family Annual Swim | \$120 + \$5 each |
| Family Summer Swim | \$90 + \$5 each |
| Individual Summer Swim | \$50 + \$5 |
| Weight room, first member | \$50 + \$5 |
| Weight room- each additional | \$25 + \$5 |
| Nonresident Basketball - Daily fee required | \$6 |
| Nonresident Annual Swim 18 & older | \$135 |
| Nonresident Weight room 50 & older | \$135 |

Daily Fees

Credit cards accepted for charges \$15.00 and over

Adult fee begins at age 13

Swimming Pool - 2 guests per card

Adults - Resident - \$3.00 Nonresident Guest - \$6.00

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

5 & under free Labor Day to Memorial Day

Weight Room

Residents only - \$3.00

Miniature Golf Course - Open to the Public

Adult Resident - \$2.00 Nonresident - \$4.00

Child Resident - \$1.50 Nonresident - \$3.00

Gymnasium & Game Room ID required. - No Guests

Resident Adult or Child \$1.00

Nonresident Adult \$6.00

Nonresident Child \$4.00

Racquetball per hour

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

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

Wallyball per hour

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

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

Pickleball \$2.00 per person

BUILDING HOURS OF OPERATION

The Bellefontaine Neighbors Recreation Complex has these features available during regular hours:

Regular Business

Hours:

Monday through Thursday

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

Friday & Saturday

9:00 a.m. - 6:00 p.m.

Closed Sunday until further notice



- Recreation Department office for registration, facility reservations, obtaining ID and other department business
- Locker rooms
- Game room with 2 pool tables Limit: 2 per table
- Weight room (opens at 7:00 a.m. Monday - Friday) Limit: 6
- One racquetball court
- Two meeting rooms
- Miniature golf course with a playground and gazebo
- Outdoor sand volleyball court

The following areas have separate schedules

- Gymnasium Limit: 2 per net
- Indoor pool - Limit: 20
- Outdoor pool (closed Labor Day to Memorial Day)



GYMNASIUM SCHEDULE - LIMIT 2 PEOPLE PER NET

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--------|-------------------|---------------------------|-----------------|----------------|----------|----------------------------|
| 8am | | ADULT | W | A | L | K | |
| 9am | | | | | | | Walking/Family Time |
| 10am | | | | | | | |
| 11am | | | | | | | |
| 12pm | | | | | | | BASKETBALL |
| 1pm | | C | L | A | S | S | LIMITED TO |
| 2pm | | | | | | | 2 |
| 3pm | | Basketball | Limited | 2 people | Per Net | | PEOPLE |
| 4pm | | 2 per net | | | | | PER |
| 5pm | | Class | Class | Class | Classes | | NET |
| 6pm | | | | | | | |
| 7pm | | | 7:00 pm Pickleball | | | | |
| 8pm | | | | | | | |

POLICIES, CLOSINGS & POOL HOURS

During these trying times, the Bellefontaine Neighbors Recreation Center is following St. Louis Covid-19 guidelines Community Centers/ Recreation Centers. In accordance to Phase 3 guidelines that are in effect as this brochure goes to the printer, we are requiring masks to be worn, taking temperatures of anyone entering the building, cleaning and sanitizing regularly and limiting participation and facility occupancy. As we move forward, these restrictions may be loosened. Please call the Recreation Center for further information.

Indoor Pool

Lap Swim

Monday through Saturday
12:00 p.m. - 1:00 p.m.

Open Swim

Friday
3:00 p.m. - 5:30 thru Nov. 1

Saturday
3:00 p.m. - 5:30 p.m.

Adult Time

Monday through Saturday
1:00 p.m. - 3:00 p.m.



Early Closings

| | |
|-----------------|--|
| Sept. 7 | Facility Closed |
| Sept. 17 | Gymnasium closed - Town Hall Meeting |
| Nov. 3 | Gymnasium closed - Election |
| Nov. 11 | Facility open 9:00 a.m. - 8:00 p.m. |
| Nov. 26 | Facility closed - Thanksgiving |
| Nov. 27 | Facility open 9:00 a.m. - 6:00 p.m. |
| Dec. 17 | Gymnasium closed - Silver Bells Dinner |
| Dec. 24 | Facility open 9:00 a.m. - 12:00 p.m. |
| Dec. 25 | Facility closed |
| Dec. 31 | Facility open 9:00 a.m. - 12:00 p.m. |
| Jan. 1 | Facility closed |

Facility Admission Policies and Rules

- As of June 1, 2019, the daily resident admission to play basketball is \$1.00 per person. Please consider purchasing a pass to forgo the daily fee. All nonresidents must present their nonresident basketball ID. Please see page 2 for eligibility requirement. The nonresident basketball I.D. can be used for admission to gymnasium & game room after paying the appropriate daily fee. It cannot be used for pool or weight room admission. There are no guests allowed in the gymnasium.
- No loitering is allowed.
- Inappropriate language or conduct perceived as threatening, inappropriate or less than family-friendly will not be tolerated and will result in removal from the facility.
- Children 9 years of age and under must be with an adult age 16 or older at all times. An adult must remain in the building with children during family time.
- Each resident is allowed **two** guests in the pool during open or lap swim. Nonresident swim guests must 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.
- No guests are allowed in the weight room.
- Properly lined swim attire is required. No gym shorts, leotards, sport bras or street clothes are allowed in the pool.
- 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.

REGISTRATION INFORMATION

Resident Registration will begin **Monday, August 24** at 9:00 a.m.

Open Registration will begin **Thursday, September 3** at 9:00 a.m.
and will run until class limits are met.

Session 2 Swim Lessons Registration Dates - To be announced

- ⇒ Current resident ID is required for resident rates.
- ⇒ 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.
- ⇒ 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, refunds or credits can be issued with a **medical excuse only**.
- ⇒ If an accommodation is needed to participate in any program, please contact Martha Snead for our inclusion coordinator's name and phone number to discuss options.

⇒ ***SIGN UP EARLY TO PREVENT CANCELLED CLASSES***

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.



THE VAN WILL NOT RUN

MONDAY, SEPTEMBER 7
WEDNESDAY, NOVEMBER 11
THURSDAY, NOVEMBER 26
FRIDAY, NOVEMBER 27
THURSDAY, DECEMBER 24
FRIDAY, DECEMBER 25
THURSDAY, DECEMBER 31
FRIDAY, JANUARY 1

Fall/ Winter Restaurant Trips

Tuesday, September 8
Drake's

Tuesday, October 13
Longhorn

Tuesday, November 10
Pearl's Restaurant

Tuesday, December 8
Irma Jean's

Tuesday, January 12
Florissant City Diner

WHERE DOES THE VAN GO?

Medical Appointments

Walmart

Family Dollar

Schnucks, Aldi, Ruler

Local Banking, Post Office

Drug Stores, Hair Salons

Recreation Center for

activities, meetings, classes etc.

Monday through Thursday

**1st Tuesday of month
3rd Tuesday of month**

Wednesdays

Fridays

As needed

Nonresidents can now join these trips for a \$2.00 fee. You will be picked up at the Rec Center.

ADULT TRIPS AND EVENTS

Silver Bells Dinner

We cordially invite our friends to celebrate the holiday season at our Silver Bells Dinner. Enjoy a delicious three-course dinner while listening to your favorite holiday songs. Seating is limited, so get your tickets early for this special event.

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



Thursday, Dec. 17

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

\$13.00

Halloween Dinner

Don't let the kids have all the fun! Our party includes a festive, mouth-watering dinner and tons of good company! your first drink is included. Costumes are encouraged.

Wednesday, Oct. 21

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

Buffet dinner at 5:30 p.m.

\$12.00

Beer & Wine Social TO BE ANNOUNCED

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.

A Matter of Balance

A FREE Program

This Free 8 week workshop will help you:

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- Use the participant handbook to set goals and track your progress
- Develop new friendships and communication skills

Dates: TO BE ANNOUNCED

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

You must preregister by calling the Rec Center, 314-867-0700.

Casino Trips

Try your luck at these popular casinos. ***All trips depart at 9:45 a.m. & return at 3:00 p.m.***

River City

Tuesday, Sept. 15

Ameristar

Wednesday, Oct. 5

Casino Queen

Tuesday, Nov. 24

Hollywood

Monday, Dec. 14

Fee per trip:

Resident \$10.00

Nonresident \$12.00

Lunch & Bingo

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

Day: Wednesdays

Time: 11:30 a.m.

Dates: Sept. 9, Oct. 14,
Nov. 11, Dec. 9

Fee: Resident - \$6.00

Nonresident - \$7.00

BUNCO!

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

Day: Wed.

Time: 11:30 a.m.

Date: Sept. 23, Oct. 28

Fee: Resident \$6.00

Nonresident \$7.00

SWIM LESSONS

Swim Lesson Session Dates

Session 1: week of
Sept. 15 - Oct. 24

Session 2: week of
Nov. 3 - Dec. 12

Fees:

Resident \$24.00

Nonresident \$30.00

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.

Turtles (Recommended ages 1 to 4 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.

Wednesday 7:00 p.m. - 7:40 p.m.

Session 1 : September 16 - October 21

Session 2: November 4 - December 9

Puddleducks (ages 3 - 5 years)

Due to the restrictions of social distancing in place, hands-on instruction cannot happen at this time. We plan to begin group lessons for all beginner levels in January.



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.

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

For registration information, please see page 6.

SWIM LESSONS

Level Classes Ages 6 - 12

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

Due to the restrictions of social distancing in place, hands-on instruction cannot happen at this time. We plan to begin group lessons for all beginner levels in January.

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.

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

Wednesday 6:15 p.m. - 6:55 p.m.

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

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

Wednesday 6:15 p.m. - 6:55 p.m.

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

Teen & Adult Swim Lessons

Ages 13 and up

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

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

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



Swim Lesson Session Dates

For all classes

Session 1: week of

Sept. 15 - Oct. 24

Session 2: week of

Nov. 3 - Dec. 12

Fees:

Resident \$24.00

Nonresident \$30.00

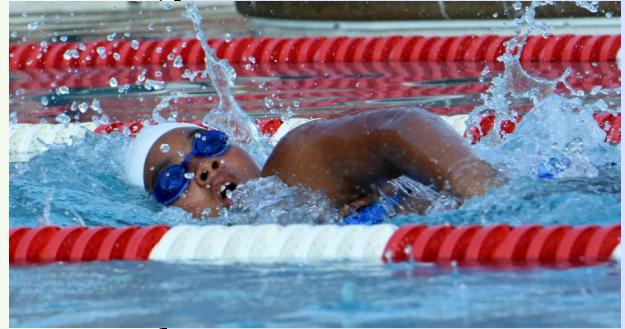
Classes offered for patrons age one year through adults.

- 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.



Fall Session Dates: Evenings

September 14 - November 2

Mondays - all ages

4:45 p.m. - 5:40 p.m.

or

5:45 p.m. - 6:40 p.m.

Fall Session Dates: Mornings

September 14 - November 7
Days and times to be announced

Fee for 8 Week Session:

**Residents & Bellefontaine Swim Team
Members**

1 day/ week: \$24.00

2 days/week: \$48.00

3 days/week: \$72.00

Nonresidents

1 day/week: \$28.00

2 days/week: \$56.00

3 days/week: \$84.00



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 receptions and family reunions are not permitted. **Due to the Covid-19 guidelines, the room occupancy is restricted to 50% at this time.**



- The smaller room will accommodate 35 (**17 at this time**) and the total fee is **\$120.00**.
- The larger room will accommodate 47 (**23 at this time**) and the fee is **\$130.00**.
- **The fee includes a \$50.00 damage deposit. Fees and deposits must both be paid in full before reservation is put on the calendar.**
- This deposit will be refunded if the room is cleaned up after your function, your group follows the facility rules and you do not exceed the limit of the room. Please note that all guests must stay in the room. The game room, gymnasium or pools are not available without the proper resident to guest ratio and fees paid. **Please note the new Nonresident Gymnasium Policy.** Please see page 2 & 3. After you have cleaned the room, bring your checklist to the recreation staff. You both will inspect the room and sign the check list. If everything is in order, you will receive your security deposit by mail within one month. The resident:
 - May only reserve one room per date for an event.
 - Any resident household may rent a room once a month maximum.
 - Must be present for the entire function
 - Is responsible for the behavior of their guests
 - Must insure their guest follow sanitary guidelines
 - **Must bring the paperwork and your current Bellefontaine Neighbors ID card to check in at the office before anyone from your group will be admitted to the reserved room.**

Important Room Guide Lines

- You can not enter the room until 11:00 p.m. the day of the reservation. The room must be cleaned up and all guests must be out of the building before 5:30 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, collection of fees or admissions 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.
- GLITTER OR CONFETTI ARE NOT PERMITTED IN THE BUILDING. **YOU WILL LOSE YOUR DEPOSIT.**
- **No painting or crafts that may damage the condition of the carpeting is allowed.**

ADULT & TEEN GYMNASIUM FITNESS



Sept. 14 - Nov. 5

(8 weeks UNLESS NOTED)

Fees:

Resident \$20.00 Nonresident \$24.00

*You can "pay-as-you-go"
for any gymnasium fitness
class!!*

Res \$3.00 NR \$3.50

Stability Ball "pay-as-you-go"
Res \$3.50 NR \$4.00

MONDAY

12:00 p.m. - Chair Aerobics (Martha)

TUESDAY

No class Nov. 3 - Fees adjusted.

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

6:00 p.m. - Zumba/ Core Ball (Maria)

THURSDAY

12:00 p.m. - Chair Aerobics (Martha)

3:45 p.m. - Chair Aerobics (Tricia)

6:00 p.m. - Slide (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.

A Matter of Balance

A FREE Program

This Free 8 week workshop will help you:

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- Use the participant handbook to set goals and track your progress
- Develop new friendships and communication skills

Dates: To be announced.

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

You must preregister by calling the Rec Center, 314-867-0700.

Gymnasium Exercise 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**

Zumba/ Core Ball - 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. Stability ball will be used for stretching and balance. You must bring your own ball. **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.

For registration information, please see page 6.

ADULT & TEEN WATER FITNESS

Session Dates:

September 14 - November 6

(8 weeks unless noted)

Fees:

Residents \$20.00 Nonresidents \$24.00 **UNLESS NOTED**

Does your schedule change? Do you want to try a new class?

You can "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)

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.

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 lengths of the pool and tread water for one minute.

TUESDAY

No class Nov. 3 - Fees Adjusted

10:30 a.m. - Water Aerobics - Kathy

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

10:30 a.m. - Water Aerobics (Kathy)

4:45 p.m. - Toning (Tricia)

5:30 p.m. - Water Aerobics (Tricia)

6:15 p.m. - Toning (Tricia)

FRIDAY

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 is required to wear a commercial swim diaper.

Do these class times conflict with your busy life?

We understand!

Purchase a **Nonresident Pool Pass** for \$135.00 and work out or swim laps in the water at your leisure. **For pool times, see page 5.**

For registration information, please see page 6.

FOR ALL AGES

Rod-and-Reel Loaner Program

Thanks to the Missouri Department of Conservation, the Bellefontaine Neighbors Recreation Center has been designated as a location where the public can checkout a rod-and-reel set free of charge to use in area waters. Each set includes a rod and reel combination with a hook, weight and bobber. You provide the bait. To take advantage of this program, please come into the Bellefontaine Recreation Center anytime the building is open, show identification and complete a release waiver.

There is a limit of one pole per person.



Kids' Tennis Class

Ages 5 - 10

This special program, meeting indoors at the Bellefontaine Rec Center, is designed to help children learn the basics of tennis and get them on the courts. Each week begins with an organized class by Instructor Aimee' Willems followed by practice time. House racquets will be available or new ones can be purchased for \$13.

Day : Monday & Wednesday

Session 1: Sept. 14 - 30

Session 2: Oct. 19 - Nov. 4

Session 3: Nov. 23 - Dec. 9

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

Fee: Residents \$10.00

Nonresidents \$12.00

USTA Tennis

Teen & Adult

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 and are held indoors at the Bellefontaine Rec Center. Racquets available to purchase for \$13.

Day : Monday & Wednesday

Session 1: Sept. 14 - 30

Session 2: Oct. 19- Nov. 4

Session 3: Nov. 27 - Dec. 9

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

Fee: Resident \$15.00

Nonresident \$18.00

COMMUNITY



STOP *the bleed*

Our mission is to help ensure prompt access to life-saving, easy-to-use hemorrhage control resources. Whether a professional rescuer or a layperson immediate responder, anyone can administer simple medical care to victims that stops hemorrhaging. United States.

Please call or e-mail Heather Heil at 314.747.3158 heather.heil@bjc.org with any questions

Date & Time To be Announced

FREE but registration is required. Please call the Bellefontaine Rec Center 314-867-0700- Seating is limited.

Parks and Recreation Department Openings

Parks & Recreation Director
Maintenance Worker (Aquatic Knowledge preferred)
Office/Recreation Support Staff

Please visit our website www.cityofbn.com for descriptions and applications.

Flu Shot Clinic

Tuesday, October 6
10:00 a.m. - 12:00 p.m.

Need Information?

Call the Visiting Nurses
918-7171

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 1. Appointments made on a first-come, first-served basis.

Day & Dates: Wednesdays,
Feb.10, Feb. 24, Mar. 10,
Mar. 24, Apr. 7

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



For registration information, please see page 6.

PARK INFORMATION

| | <u>Rec Center</u> | <u>St. Cyr Park</u> | <u>Tanglewood Park</u> | <u>Bissell Hills Park</u> | <u>Belgrove Park</u> | <u>Pruett Park</u> | <u>Klein Park</u> | <u>Wilderness Park</u> | <u>Doherty Park</u> |
|-------------------------------------|-------------------|---------------------|------------------------|---------------------------|----------------------|--------------------|-------------------|------------------------|---------------------|
| Acreage | 9.3 | 6.2 | 6.2 | 4.4 | 1.1 | 5.1 | .9 | 10.8 | 4.7 |
| Picnic Shelter with 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 | | | 1 |
| Softball Fields (unlighted) | | 2 | 1 | | | | | | |
| Football/Soccer Field | | 1 | 1 | | | | | | |
| Tennis Courts (unlighted) | | 2 | | | | | | | |
| Gazebo | 1 | | | | | | 1 | | |
| Miniature Golf Course | 1 | | | | | | | | |
| Sand Volleyball | 1 | | | | | | | | |



Park Reservations

Reservations for 2021 park rentals will start January 2, 2021. The City of Bellefontaine Neighbors has three picnic shelters with restrooms and electricity available for reservations located at:

- Bissell Hills Park, 10237 Ashbrook, capacity: 75
- St. Cyr Park, 1041 Hopedale, capacity 125
- Tanglewood Park, 1230 Chambers, capacity 125
- Bellefontaine Neighbors **residents with a current Bellefontaine ID card** may reserve any of the three shelters for \$45.00. Nonresidents may reserve Tanglewood Park only for \$75.00.
- 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 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 disposed of properly.
- No personal barbeque pits or play equipment (I.E. bounce houses, pools, etc.) are allowed in the parks.
- Any commercial entertainment business must provide the City with a certificate of insurance in the amount of \$1,000,000.00 per incurrence naming the City as an additional insurer.

For registration information, please see page 6.