

Bellefontaine Neighbors

Fall/ Winter Brochure

Registration Dates

Residents - August 30

Open - September 7

GENERAL 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

Jimmy Kirincich
jkirincich@cityofbn.com

Recreation Supervisor

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, Linda Boyle
Meets 3rd Tuesday at the Recreation
Center at 7:00 p.m.

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

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	\$25 + \$5	\$135	\$135

Daily Fees

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 - \$3.00 Nonresident - \$6.00

Child Resident - \$2.00 Nonresident - \$4.00

Gymnasium & Game Room - 1 guest per card

Resident Adult or Child \$1.00

Nonresident Guest \$6.00

Racquetball per hour

\$6.00

Wallyball per hour

\$9.00

Pickleball—Open to the Public

\$2.00 per person

- **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.
- 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.



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



BUILDING HOURS OF OPERATION

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

Regular Business

Hours

beginning Sept. 7:

Monday through Thursday

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

Friday

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

Saturday

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

Sunday

Closed



- Recreation Department office for registration, facility reservations, obtaining ID and other department business
- Locker rooms
- Game room with 2 pool tables
- Weight room
- 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 -temporally closed
- Indoor pool
- Outdoor pool (closed Labor Day to Memorial Day)



GYMNASIUM SCHEDULE

Please be advised that the Bellefontaine Recreation Center Gymnasium is closed for extensive repairs. Please check back during the winter for any updates.



POLICIES, CLOSINGS & POOL HOURS

Indoor Pool

Lap Swim

Monday

10:30 a.m. - 12:00 p.m.

Tuesday and Thursday

9:00 a.m. - 10:15 a.m.

Open Swim

Saturday

12:30 p.m. - 5:00 p.m.

Adult Time

Monday through Friday

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



Early Closings

Sept. 6	Facility open 9:00 a.m.- 6:00 p.m.
Nov. 11	Facility closed
Nov. 25	Facility closed - Thanksgiving
Nov. 26	Facility open 9:00 a.m. - 6:00 p.m.
Dec. 24	Facility closed
Dec. 25	Facility closed
Dec. 31	Facility closed
Jan. 1	Facility closed

Facility Admission Policies and Rules

1. 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.
2. No loitering is allowed.
3. 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.
4. 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 the children during family time.
5. Each resident is allowed **two** guests in the pool during open or lap swim. Nonresident swim guests must pay appropriate fee for admission.
6. 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.
7. No guests are allowed in the weight room.
8. Properly lined swim attire is required. No gym shorts, leotards, sport bras or street clothes are allowed in the pool.
9. All patrons on the pool deck must pay the admission fee.
10. All diapers must be changed using the diaper changing stations located in the locker rooms.
11. Weight room users must complete a release form. All users must bring a sweat towel and abide by the rules attached to the form.
12. 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 30** at 9:00 a.m.

Open Registration will begin **Tuesday, September 7** 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.

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.

Title VI states that: No person in the United States shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.

THE VAN WILL NOT RUN

MONDAY, SEPTEMBER 6
THURSDAY, NOVEMBER 11
THURSDAY, NOVEMBER 25
FRIDAY, NOVEMBER 26
FRIDAY, DECEMBER 24
FRIDAY, DECEMBER 31

Fall/ Winter Restaurant Trips

Tuesday, September 28
Cugino's

Tuesday, October 26
Rookie's

Tuesday, November 23
Bandana's Bar-B-Q

Tuesday, December 28
Cathy's Kitchen

Tuesday, January 25
Pirrone's

WHERE DOES THE VAN GO?

Medical Appointments

Walmart

Target

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

ADULT 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.

Wednesday, Dec. 15

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. 20

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

Dinner at 5:30 p.m.

\$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: Tuesday

Time: 11:30 a.m.

Dates: Sept. 21, Oct. 12, Nov. 16,

Fee: Resident - \$7.00

Nonresident - \$8.00

BUNCO!

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

Day: Tuesday

Time: 11:30 a.m.

Date: Sept. 28, Oct. 26

Fee: Resident \$7.00

Nonresident \$8.00



SWIM LESSONS

**All classes are 6
Week Sessions:**

**Wednesday
Evening Classes**

Session 1
Sept.15 - Oct.. 20

Session 2
Nov. 3 - Dec. 8

**Saturday
Morning Classes:**

Session 1
Sept. 18 - Oct. 23

Session 2
Nov. 6 - Dec. 11

Turtles

Recommended ages 1 - 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. One adult participant in proper swim attire is required for each child.

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

Preschool Lessons ages 4 - 5

Classes will begin with the basic skills of water adjustment including submersion, floating, kicking, front and back glides and basic arm strokes. Rhythmic breathing, front crawl and elementary backstroke will be introduced at the student's pace.

The goal of this class is to build a foundation for more advanced skills while creating awareness of water safety.

Wednesday 5:30 p.m. - 6:10 p.m.

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

Teen (age 13 & up) and Adult Swim Lessons

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

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

SWIM LESSONS

Ages 6 through 12

Beginner Level

Classes will begin with the basic skills of water adjustment including submersion, floating, kicking, front and back glides and basic arm strokes. Rhythmic breathing, front crawl and elementary backstroke will be introduced. Emphasis will be on independent performance of skills and introduction to deep water safety.

Wednesdays 5:30 p.m. - 6:10 p.m.

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

Wednesdays 7:00 p.m. - 7:40 p.m. **Session 2 only**

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

Intermediate Level

Rotary breathing, front crawl and treading water will be emphasized as participants become more independent in the water. Back crawl and diving will be introduced. Greater endurance will be expected. This class is held in the deep end of the pool.

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

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

Advanced Level

Participants must have the endurance to swim lengths of the pool. Basic strokes will be refined. Introduction to complete strokes and techniques as well as advanced deep-water skills. Breaststroke, sidestroke and basic turns are introduced.

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

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

Swim Lesson Fees:

Resident

\$24.00

Nonresident

\$30.00

- Classes are tentative based on enrollment. Please call the Bellefontaine Recreation Center for updates.
- Additional classes may be added from waiting lists. We encourage you to add your name.
- Before enrolling in multiple sessions, please remember that each child progresses at a different rate.

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.



Saturday Session Dates

6 weeks each

Session 1

Sept. 18 - Oct.23

Session 2

Nov. 6 - Dec. 11

Residents & Bellefontaine Swim Team Members

\$18.00 per session

Nonresidents

\$21.00 per session



Fall Session Dates

8 weeks:

Evening

Sept. 20 - Nov. 8

Monday2

5:30 - 6:40 p.m

Mornings

Sept. 20 - Nov. 12

Mondays

Wednesdays

Fridays

9:00 a.m. - 10:20 a.m.

**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.

- The smaller room (109) will accommodate 35 and the fee is **\$120.00**.
- The larger room (101) will accommodate 47 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. After you have cleaned the room, inform 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 bring 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 LAND FITNESS

**Sept. 20 -
Nov. 12**

Land Exercise Class Descriptions

MONDAY

12:00 p.m. - Chair Aerobics

No class Nov. 1

(Martha)

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

THURSDAY

12:00 p.m. - Chair Aerobics

No class Oct. 28

(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.

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. **Dates, times and fees will be announced.**



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 or standing behind a chair. This workout is ideal for those who cannot participate in typical gym classes due to joint pain. **Fees: Resident \$18.00 Nonresident \$22.00 Pay-as-You-Go**

Resident \$3.00 Nonresident \$3.50



ADULT & TEEN WATER FITNESS

September 20 - November 12

(8 weeks unless noted)

Fees:

Residents - \$24.00 Nonresidents - \$32.00

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



Water Exercise Class Descriptions

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.

Adult Water Exercise - This 2 hour class is designed for adults who are looking for a set time and place to exercise in the climate-controlled indoor pool. The pool will be closed to the general public during the classes.

Fees: Resident \$18.00 Nonresident \$22.00

MONDAY

6:45 p.m.

Water Aerobics-Yolanda

TUESDAY

10:30 a.m.

Water Aerobics - Kathy

5:00 p.m.

Adult Water Exercise

WEDNESDAY

No class Oct. 27

10:30 a.m.

Aqua Fitness (Martha)

THURSDAY

No class Nov. 11

10:30 a.m.

Water Aerobics (Kathy)

5:00 p.m.

Adult Water Exercise

FRIDAY

No class Oct. 29

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 for a year 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 THE FAMILY

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.



Thanksgiving Arts & Crafts with Mrs. Sarah Ages 5-12

Thanksgiving is that neglected holiday between Halloween and Christmas. This year, we want to show it some love! We are having a Saturday afternoon packed with all things Thanksgiving. There will be arts and crafts, snacks and a special viewing of A CHARLIE BROWN THANKSGIVING. Parents are encouraged to participate. The fee covers all supplies. This event will be lead by Sarah Pflueger, artist and art teacher at Sacred Heart School, preschool through 8th grade.

Saturday, November 20
12:00 - 2:00 p.m.
Resident: \$12.00
Nonresident: \$15.00



First Responders Trunk or Treat

The Bellefontaine Neighbors Police Department and the Riverview Fire District are hosting a free, family friendly event Halloween night, October 31, 6:00 - 8:00 p.m. on the Recreation Center parking lot. If you want to join in the fun and pass out your own treats, please feel free to take part!

Family Open Swim Time In the Indoor Pool

Saturdays
12:30 p.m. - 5:00 p.m.

Please see page 3 for fees.

COMMUNITY



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 online.

Please register on their website, mctcfreetax.org.

The website should be active by the third week of December. If you do not have computer access, please call 314-690-3570 to make an appointment. **Please note that the Rec Center cannot accept appointments.**

Wednesday

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

February 9, February 23

March 9, March 23

April 3

Flu Shot Clinic

Monday, October 4

9:30 a.m. - 11:30 p.m.

Need Information?

Call the Visiting
Nurses

918-7171



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	6	8	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 2022 park rentals will start January 3, 2022. 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, 1037 Hopedale, capacity 125
- Tanglewood Park, 1180 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.