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Bellefontaine Neighbors Recreation Center



OFFICE INFORMATION



Hello Bellefontaine residents! The Parks Department received a grant in October 2022 for \$303,192 from the Municipal Park Grant Commission. This money will help replace the hardwood flooring in the gymnasium and renovate the weight room with new flooring and exercise equipment. The gymnasium renovation is under contract and expected to be completed in May 2023. We look forward to having everyone back in the Recreation Center to play basketball and pickleball. The facility will remain open for majority of the renovation, but there will be several days we will shut-down, please follow our Facebook page for updates. (Bellefontaine Neighbors Parks and Recreation). This winter/spring, park maintenance will be throughout our parks cutting back brush and trees. For safety, please stay clear of crews working while in the parks.

OUR MISSION The Bellefontaine Neighbors Parks and Recreation Department exists to enhance the quality of life of the citizens of the city. It maintains the eight parks as well as the Recreation Center and other public areas. In the recreation sphere, the department develops and offers programs, activities, special events and services that promote physical fitness, mental stimulation, socialization and a sense of pride in our community.

Parks & Recreation Staff

Director of Parks and Recreation

Jimmy Kirincich

jkirincich@cityofbn.com

Aquatics Director

Martha Snead

msnead@cityofbn.com

Recreation Specialist

Vacant

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.

Upcoming Holiday Closures

December 24, 2022

December 25, 2022

December 26, 2022

December 31, 2022

January 2, 2023

January 16, 2023

February 20, 2023

April 7, 2023

The Recreation Center and City Hall will be closed on these dates

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.



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



BUILDING HOURS OF OPERATION

Regular Business Hours

September 6, 2022– May 28, 2023

Monday-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 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
Website: www.cityofbn.com

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GYMNASIUM SCHEDULE

Please be advised that the Bellefontaine Recreation Center Gymnasium is closed for extensive repairs. We are anticipating these repairs to be completed by May of 2023.



MEMBERSHIPS & DAILY FEES

Pass Type	Resident	Non-Resident
Resident ID Non-Resident ID	\$5.00	\$5.00
Individual Annual Membership	\$100	\$160
Family Annual Membership	\$150	\$210 (includes 4 family members)
Additional Family Member	\$25	\$25
Renew Active/Silver Sneakers	Free	Free
Individual Outdoor Pool Membership	\$60.00	\$120
Family Outdoor Pool Membership	\$100.00	\$170 (includes 4 family members)
Additional Family Member	\$15	\$15

*Memberships include access to gymnasium, weight room, indoor pool, outdoor pool and game room.

*Every membership must purchase a Resident/Non-Resident ID card for individuals 4 years of age and older.

*Renew Active/Silver Sneaker members must be enrolled in the program through their health insurance.

*Non-Resident ID Card is only valid with a purchase of a membership. Not for daily admission fees.

*Outdoor pool membership only allows access to the outdoor pool from Memorial Day to Labor Day.

Daily Fees

Adult fee begins at age 15

Swimming Pool - 2 guests per card

Resident Child- \$3.00 Resident Adult-\$4.00

Guest Child- \$8.00 Guest Adult- \$9.00

Weight Room

Residents - \$4.00 Guest Adult- \$9.00

Miniature Golf Course

Adult Resident - \$3.00 Nonresident - \$6.00

Child Resident - \$2.00 Nonresident - \$4.00

Gymnasium:

Resident Child- \$3.00

Resident Adult-\$4.00

Guest Child- \$8.00

Guest Adult- \$9.00

Pickleball:

Resident- \$4.00

Guest Adult- \$9.00

***** 3 & under free *****

**Renew
Active™**
by UnitedHealthcare

**Proud
partner**
SilverSneakers®
by Tivity Health



Recreation Department resident ID cards are required by all residents four 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 ID cards and passes will be valid 1 year from date of purchase

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.

INDOOR POOL HOURS AND POLICIES

Indoor Pool

Lap Swim

**Monday, Tuesday &
Thursday**

10:30 a.m. - 11:45 a.m.

Adult Time

**Monday, Wednesday &
Friday**

12:00 p.m. - 4:00 p.m.

Tuesday & Thursday

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

Open Swim

Saturday

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



Facility Admission Policies and Rules

1. All patrons must abide by the department's ID, Pass, Fee, and Guest Policies
2. 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.
3. 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.
4. 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.
5. 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.
6. Weight room users must complete a release form. All users must bring a sweat towel and abide by the rules attached to the form.
7. No guests are allowed in the weight room.
8. Each resident is allowed **two** guests in the pool during open or lap swim. Non-resident swim guests must pay appropriate fee for admission.
9. All patrons on the pool deck whether you are swimming or not must pay the admission fee.
10. **Properly lined swim attire is required. No gym shorts, leotards, sport bras or street clothes are allowed in the pool.**
11. All diapers must be changed using the diaper changing stations located in the locker rooms.

REGISTRATION INFORMATION

Winter Registration:

Resident Registration: Monday, December 12, 2022
Open Registration: Tuesday, January 3, 2023

Spring Registration:

Resident Registration: Monday, February 27, 2023
Open Registration: Monday, March 13, 2023

Current resident Recreation Center ID required for residents rates. Registration will remain open 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
- 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.

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, DECEMBER 26
MONDAY, JANUARY 2
MONDAY, JANUARY 16
MONDAY, FEBRUARY 20
FRIDAY, APRIL 7
MONDAY, MAY 29

Winter/Spring Restaurant Trips

Tuesday, January 10– Cuginos
Tuesday, February 14– Longhorn
Tuesday, March 14– Brennan's
Tuesday, April 11– El Maguey
Tuesday, May 9– Amore's
Tuesday, June 13– Steak & Shake

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

WHERE DOES THE VAN GO?

Medical Appointments	Monday through Thursday
Walmart	1st Tuesday of Month
Target	3rd Tuesday of Month
Handyman Hardware	4th Tuesday of Month
Family Dollar	Wednesdays
Schnucks, Aldi, Ruler	Fridays
Local Banking, Post Office	As needed
Drug Stores, Hair Salons	As needed
Recreation Center for activities, meetings, classes etc.	As needed

YOUTH SWIM LESSONS

Winter Registration:

Resident Registration: Monday, December 12, 2022
Open Registration: Tuesday, January 3, 2023

Spring Registration:

Resident Registration: Monday, February 27, 2023
Open Registration: Monday, March 13, 2023

Turtles ~ A Parent & Child Class

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.

Day	Time	Start Date	End Date	Weeks	Price
Wednesday	7:00-7:40 p.m.	Jan. 25	March 15	8	Res \$32 /Non-Res \$40
Wednesday	7:00-7:40 p.m.	April 5	May 24	8	Res \$32 /Non-Res \$40

Preschool Lessons

Recommended ages 4-5 years

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

Day	Time	Start Date	End Date	Price
Saturday	10:00-10:40 a.m.	Feb. 11	March 18	Res \$28 /Non-Res \$35
Saturday	10:00-10:40 a.m.	April 15	May 20	Res \$28 /Non-Res \$35

Beginner Level

Recommended ages 6-12 years

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.

Day	Time	Start Date	End Date	Price
Saturday	10:45-11:25 a.m.	Feb. 11	March 18	Res \$28/Non-Res \$35
Saturday	10:45-11:25 a.m.	April 15	May 20	Res \$28/Non-Res \$35

YOUTH SWIM LESSONS

Intermediate Level

Recommended ages 6-12 years

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.

Day	Time	Start Date	End Date	Price
Saturday	10:45-11:25 a.m.	Feb. 11	March 18	Res \$28 /Non-Res \$35
Saturday	10:45-11:25 a.m.	April 15	May 20	Res \$28 /Non-Res \$35

Advanced Level

Recommended ages 6-12 years

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

Day	Time	Start Date	End Date	Price
Saturday	10:00-10:40 a.m.	Feb. 11	March 18	Res \$28 /Non-Res \$35
Saturday	10:00-10:40 a.m.	April 15	May 20	Res \$28 /Non-Res \$35

BARRACUDA SWIM TEAM

Swim Team Open House & Registration Night

Wednesday, May 3, 2022 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 early June and continue through July. They are held Tuesday thru Friday mornings and some Mondays & Wednesday evenings. To find out more about the Barracudas, visit our Open House or contact Martha at the Recreation Center for an information packet.



SWIM TEAM STROKE 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 in session from September through May.

Winter Session

(No Class Monday, February 20, 2023)

Day	Time	Start Date	End Date	Weeks	Price
Monday	9:00-10:25 a.m.	Jan. 23	March 13	7	Res \$21 /Non-Res \$28
Monday	5:15-6:30 p.m.	Jan. 23	March 13	7	Res \$21 /Non-Res \$28
Wednesday	9:00-10:25 a.m.	Jan. 25	March 15	8	Res \$24 /Non-Res \$32
Friday	9:00-10:25 a.m.	Jan. 27	March 17	8	Res \$24 /Non-Res \$32
Saturday	9:00-10:00 a.m.	Jan. 28	March 18	8	Res \$24 /Non-Res \$32

Spring Session

Day	Time	Start Date	End Date	Weeks	Price
Monday	9:00-10:25 a.m.	April 3	May 22	8	Res \$24 /Non-Res \$32
Monday	5:15-6:30 p.m.	April 3	May 22	8	Res \$24 /Non-Res \$32
Wednesday	9:00-10:25 a.m.	April 5	May 24	8	Res \$24 /Non-Res \$32
Wednesday	4:30-5:45 p.m.	April 5	May 24	8	Res \$24 /Non-Res \$32
Friday	9:00-10:25 a.m.	April 14	May 26	7	Res \$21 /Non-Res \$28
Saturday	9:00-10:00 a.m.	April 15	May 27	7	Res \$21 /Non-Res \$28

WATER FITNESS WINTER SESSION

Water Fitness Programs– Exercise in the water provides the benefits of cardiovascular and strength training while minimizing impact on the joints. Join us as we use the water's resistance to increase muscle tone, improve flexibility, and balance while increasing energy levels! We hold class in the shallow end of the pool; no swimming ability is necessary.

Aqua Fitness– Consists of continuous resistance exercise designed to improve breathing, circulation, muscle tone, and flexibility.

Day	Time	Start Date	End Date	Weeks	Price	Instructor
Wednesday	10:30-11:15 a.m.	Jan. 25	March 15	8	Res \$24 /Non-Res \$32	Martha
Friday	10:30-11:15 a.m.	Jan. 27	March 17	8	Res \$24 /Non-Res \$32	Martha

Water Aerobics– A mixture of choreographed or repetitive motion cardiovascular exercises combined with resistance moves to strengthen and tone the whole body.

Day	Time	Start Date	End Date	Weeks	Price	Instructor
Monday	6:45-7:30 p.m.	Jan. 23	March 13	7	Res \$21 /Non-Res \$28	Yolanda
Tuesday	9:45-10:30 a.m.	Jan. 24	March 14	8	Res \$24 /Non-Res \$32	Kathy
Wednesday	6:00-6:45 p.m.	Jan. 25	March 15	8	Res \$24 /Non-Res \$32	Yolanda
Saturday	11:30-12:15 a.m.	Jan. 28	March 18	8	Res \$24 /Non-Res \$32	Yolanda

WATER FITNESS SPRING SESSION

Aqua Fitness– Consists of continuous resistance exercise designed to improve breathing, circulation, muscle tone, and flexibility.

Day	Time	Start Date	End Date	Weeks	Price	Instructor
Wednesday	10:30-11:15 a.m.	April 5	May 24	7	Res \$21 /Non-Res \$28	Martha
Friday	10:30-11:15 a.m.	April 14	May 26	6	Res \$18 /Non-Res \$24	Martha

Water Aerobics– A mixture of choreographed or repetitive motion cardiovascular exercises combined with resistance moves to strengthen and tone the whole body.

Day	Time	Start Date	End Date	Weeks	Price	Instructor
Monday	6:45-7:30 p.m.	April 3	May 22	8	Res \$24 /Non-Res \$32	Yolanda
Tuesday	9:45-10:30 a.m.	April 4	May 23	8	Res \$24 /Non-Res \$32	Kathy
Wednesday	6:45-7:30 p.m.	April 5	May 24	8	Res \$24 /Non-Res \$32	Yolanda
Thursday	9:45-10:30 a.m.	April 6	May 25	8	Res \$24 /Non-Res \$32	Kathy
Saturday	11:30-12:15 p.m.	April 15	May 20	6	Res \$18 /Non-Res \$24	Yolanda

CHAIR EXERCISE

Winter Session

Chair Exercise– Raise your heart rate and tone major muscle groups with this low impact aerobic workout. Participants will be seated in or standing behind a chair during class. This is an ideal workout to safely develop core strength, increase flexibility, and improve balance.. It is an option to pay as you go if the class is not at capacity.

Day	Time	Start Date	End Date	Week	Price	Instructor
Monday	12:00-12:45 p.m.	Jan. 23	March 13	7	Res \$17.50 /Non-Res \$21	Martha
Thursday	12:00-12:45 p.m.	Jan. 26	March 16	8	Res \$20 /Non-Res \$24	Martha

***No Class 2/20/23

Spring Session

Day	Time	Start Date	End Date	Week	Price	Instructor
Monday	12:00-12:45 p.m.	April 3	May 22	8	Res \$20 /Non-Res \$24	Martha
Thursday	12:00-12:45 p.m.	April 6	May 25	7	Res \$17.50 /Non-Res \$21	Martha

***No Class 5/11/23



Are you interested in learning how to skate? Try our new skating class! Sessions will consist of beginner instruction and practice of skills learned at each session. These lesson will be taught in a group setting. Participants are required to access steps to enter session area. This is not a full skating session only instruction and practice. At the end of the 6 weeks session participants will be confident in their skill set to try them out at a local skating rink. Participants are responsible for providing their own skates and any protective gear they would like to wear.

Please call the Recreation Center at 314-867-0700 or check our Facebook page (Bellefontaine Neighbors Parks and Recreation) for an update on class offerings.

NEW
CLASS

COMMUNITY EVENTS

HealthFair



The Bellefontaine Parks and Recreation Department is proud to host Archwell Health and other vendors for a senior health fair on
Thursday, March 23, 2023
10:00 a.m. to 12:00 p.m. at the Bellefontaine Recreation Center
 9669 Bellefontaine Rd
 Blood Sugar & Pressure Screening, Eye & Hearing Screening, Booster Shots, and More!

Easter Egg Hunt

Come join the Bellefontaine Parks & Recreation Department on Saturday, April 1 at 10:00 a.m. at Tanglewood park for an Easter Egg Hunt! This event is free to residents ages 1-12 and will include an egg hunt, pictures with the Easter Bunny and face painting. Do not forget to bring your own basket!



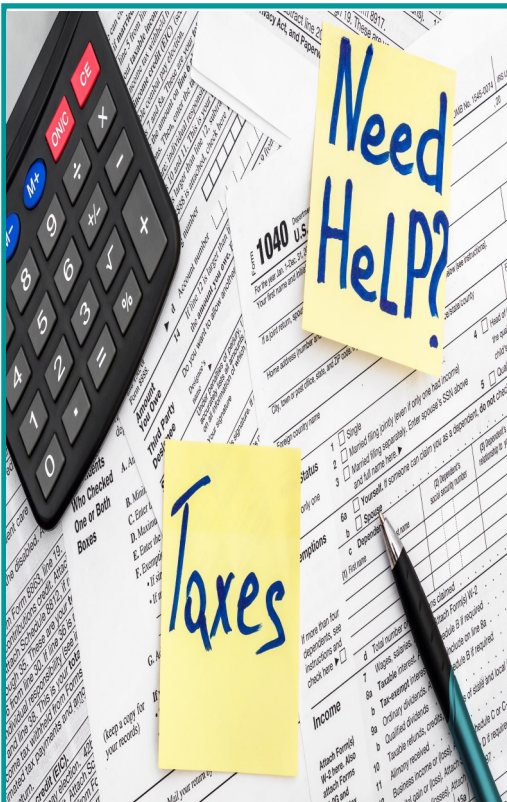
Free Income Tax Preparation

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 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 a.m.

Feb 8, 2023,
 Feb 22, 2023,
 Mar 8, 2023,
 Mar 15, 2023
 Apr 5, 2023
 Apr 12, 2023



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 **\$165**
- The larger room (101) will accommodate 47 and the fee is **\$175**
- **The fee includes a \$75.00 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.

Important Room Guide Lines

- You can not enter the room until 11:00 a.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.**

PARK INFORMATION

	<u>Rec Center Grounds</u>	<u>St. Cyr Park</u>	<u>Tanglewood Park</u>	<u>Bissell Hills Park</u>	<u>Belgrave 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 2023 park rentals will start January 3, 2023. 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 \$60.00. Nonresidents may reserve Tanglewood Park only for \$100.00
- No refunds will be issued for cancellations made less than two weeks

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 incident naming the City as an additional insurer.

For registration information, please see page 6.