

Parks and Recreation Cooperative
Serving the Cities of Brentwood, Maplewood and Richmond Heights

paarc

Winter-Spring 2015



BRENTWOOD REC COMPLEX

BRENTWOOD

THE HEIGHTS

GENERAL INFO

FITNESS

KIDS

SPECIAL EVENTS

ADULTS

SKATING

AQUATICS

Brentwood Parks and Recreation

2505 S. Brentwood Blvd.
Brentwood, MO 63144
www.brentwoodmo.org
parks@brentwoodmo.org
Find us on Facebook.

Contact Information

Recreation Complex 314.963.8689
Recreation Fax 314.962.8125
Ice Arena 314.963.8689
City Hall 314.962.4800
Library 314.963.8630

Brentwood Recreation Complex Special Hours of Operation

12/24 Christmas Eve 8 a.m.-4 p.m.
12/25 Christmas Day CLOSED
12/31 New Year's Eve 8 a.m.-4 p.m.
1/1/15 New Year's Day CLOSED

Brentwood Inclusion Services

The benefits of recreation participation are provided to every resident in the Brentwood area, including those with and without disabilities. Please let us know when you register if you need assistance to participate due to a disability. Terri Johnson, CTRS/CPRP. She is responsible for facilitating the inclusion of people with disabilities into our recreation programs. Contact Terri Johnson CTRS/CPRP
• Phone: 314.835.6157
• Relay Missouri: 1.800.735.2966 TTY
• Email: tjohnson@desperesmo.org

THE HEIGHTS Memberships

Brentwood residents can obtain or renew a membership to THE HEIGHTS at Richmond Heights resident rates. To receive resident rates, bring an occupancy permit (must show occupancy permit for a family membership), unpaid gas or electric bill or a personal property tax receipt to THE HEIGHTS. Occupancy permits can be obtained from Brentwood City Hall, call 314.963.8602 for more information.

Program Refund Policy

- No refunds will be given for registration cancellations requested less than seven (7) days prior to the start of the program.
- A full refund will be given for programs canceled by Brentwood Parks and Recreation or if a registrant is restricted from participating in a program due to a change in program dates or times. No service charge will be applied.
- A service fee of \$5.00 per participant, per program will apply to all refunds initiated by the customer.
- If a refund is requested due to illness or injury, a prorated amount will be granted if the request is made after the program has started. A written refund request must be submitted with a physician's statement attached.
- No refunds or make-ups will be given for missed lessons, classes or practices with the exception of those cancelled by the Brentwood Parks and Recreation Department.
- Refunds \$10 or less will be credited to the customer's household account for future use.
- Refunds over \$10 will be credited to the customer's household account, or issued in the form of a refund check only.
- Please allow 2-3 weeks for refund processing.
- League refund will not be given for any reason.
- Senior trips will receive a full refund if they cancel at least fourteen (14) days prior to the date of the trip, after which a prorated discount will be given in order to recover direct costs.

Brentwood Meeting Room Rentals

	Resident & Nonprofit	Nonresident
Room 101 no kitchen	\$20/hour	\$25/hour
Premium Rate	\$25/hour	\$30/hour
Room 102 partial kitchen	\$20/hour	\$25/hour
Premium Rate	\$25/hour	\$30/hour
Room 103 partial kitchen	\$25/hour	\$30/hour
Premium Rate	\$30/hour	\$35/hour
Room 104 full kitchen	\$33/hour	\$40/hour
Premium Rate	\$38/hour	\$45/hour

Contract time must include your decorating/set-up/clean-up time.
Premium rate starting at noon Friday - Sunday
Full payment is due at time of reservation.

Brentwood Basic Regulations

Contract time includes decorating, event and clean-up times. Alcoholic beverages, open flames, bubbles, confetti, glitter, and rice are prohibited. Smoking is not permitted in building. Groups are responsible for their own clean-up.

For more information or to reserve a room contact
Samantha Simmons at
314.963.8688 or
ssimmons@brentwoodmo.org

Cancellation

All rental cancellations must be in writing and received by the office at least 14 days prior to requested event date in order to be eligible for a 100% refund. Cancellation requests received with less than 14 days notice will not be eligible for any refund.

Payment Schedule

Full payment is due at time of reservation. Reservations are not confirmed until payment is received along with signed agreement. Reservations can be made in person using cash, check or charge or over the phone using a credit card.

M.A.G.I.C. Bus

Transportation is open to any Brentwood resident 60 and older or persons with a disability. Riders must be able to get to and from the vehicle under their own ability (personal assistants are allowed to accompany riders with disabilities) and must follow all guidelines for the program. The bus service is free and available for use Monday through Thursday, except holidays. Riders may call up to two weeks in advance to make reservations during the hours of 8 a.m. and 3:30 p.m. (Same day service may be available depending on that day's schedule.) Reservations cannot be taken in the evenings or on weekends. For more information about the M.A.G.I.C. Bus or for a copy of the guidelines, contact Dan Kornfeld at 314.963.8683 or dkornfeld@brentwoodmo.org.



THE HEIGHTS

PARC: Parks and Recreation Cooperative

8001 Dale Avenue
Richmond Heights, MO 63117
Main: 314.645.1476
Fax: 314.645.0502
www.myparc.info
www.myheights.info

Find us on Facebook!



Follow us on Twitter!
The Heights@THEHEIGHTSRH

THE HEIGHTS Tot Care

You can take a class, swim or exercise and leave your child, ages 3 months to 9 years, in the supervised Tot Care room. Maximum length of each visit is two hours. **You must remain in the facility at all times while your child is in our care.**

Monday-Thursday	8:30 a.m.-12:30 p.m. 4:30-8:30 p.m.
Friday	8:30 a.m.-12:30 p.m. 4:30-7:30 p.m.
Saturday	8:30 a.m.-12:30 p.m.

\$2.50/two-hr visit; \$55/25-visit pass

Open Gym

Membership or daily pass required. Open gym times may be interrupted occasionally due to department programs. Balls may be checked out at the guest services desk. All daily admissions **must wear wristbands** at all times! **No full court play permitted. All rules must be adhered to or immediate removal will occur. No refunds given. PROFANITY, STEALING AND FIGHTING ARE STRICTLY PROHIBITED. ONE STRIKE POLICY ENFORCED.**

Monday-Thursday	5:30 a.m.-9:15 p.m.
Friday	5:30 a.m.-8:45 p.m.
Saturday*	7 a.m.-6:45 p.m.
Sunday*	8:30 a.m.-5:45 p.m.

* NR must be accompanied by a member or resident.

Scholarships

Because some residents of Maplewood and Richmond Heights may be unable to participate due to economic hardship, these cities provide a scholarship program to reduce fees. Scholarships apply for programs and memberships only. Applications available at www.myheights.info. Requests must be submitted, with correct verifications, at least two weeks prior to program start date.

HEIGHTS Proof of Residency

To prove residency, please provide a photo I.D. along with one of the documents listed below, with correct name, current date and address. **Occupancy permit required to purchase family membership**; renewals will be accepted with unpaid utility bill.

- Gas, Water, Phone, Utilities or Electric Bill
 - Personal Property Tax Receipt
 - Occupancy Permit
- Debit memberships automatically renew. \$20 de-activation fee required for membership cancellations.**

Satisfaction Guaranteed

If you are not satisfied with a class or are unable to participate for any reason, please contact us immediately **in writing**. Our policy is to provide 100% refund or credit, your choice, to anyone who makes a **written** request prior to the registration deadline. After a class has begun, refunds will be pro-rated to program mid-point. After that, no refund will be given. Refunds are not given for memberships, value cards, Fit Pass, overnight trips, cancellation day of trip or program, or pre-purchased tickets.

THE HEIGHTS Hours of Operation

Monday-Thursday	5:30 a.m.-9:30 p.m.
Friday	5:30 a.m.-9 p.m.
Saturday	7 a.m.-7 p.m.
Sunday	8:30 a.m.-6 p.m.

Special Hours of Operation

12/24	Christmas Eve	5:30 a.m.-3 p.m.
12/25	Christmas Day	CLOSED
12/31	New Year's Eve	5:30 a.m.-3 p.m.
1/1/15	New Year's Day	12-5 p.m.
4/5/15	Easter	CLOSED
5/25/15	Memorial Day	8 a.m.-5 p.m.

Ask your healthcare provider if they offer Silver Sneakers, Healthways PRIME, or Silver-&-Fit. You may be entitled to a free membership!

THE HEIGHTS Membership Fees

Daily Admission

		Resident♦	Nonresident
Youth	Ages 3-15	\$4	\$6
Adult	Ages 16-59	\$5	\$8
Senior	Ages 60+	\$4	\$5

Annual Membership

		Resident	Nonresident
Youth	Ages 3-15	\$137	\$214
Adult	Ages 16-59	\$225	\$390
Senior	Ages 60+	\$125	\$220
Family		\$340	\$600*
Value Card		\$71	\$121

Monthly Debit†

		Resident	Nonresident
Youth	Ages 3-15	\$13	\$20
Adult	Ages 16-59	\$20	\$35
Senior	Ages 60+	\$12	\$20
Family		\$30	\$53*

Corporate Membership

		Resident	Nonresident
Adult	Ages 16-59	\$225	Δ
Family		\$450	N/A

♦ To receive resident rate, a resident ID card is required with proof of residency.

Δ Available upon request.

† Additional \$10 administrative fee due at registration, \$20 fee due for cancellation.

* Additional family member, \$30/Ages 3-15, \$45/Ages 16-26

Free Fitness Classes

Enjoy 5 free fit pass or water pass classes with every new or renewed membership. These 5 classes must be used within the month of renewal or purchase. We want you to experience all that THE HEIGHTS has to offer. Stop by our front desk and get signed up today!



GENERAL INFORMATION

THE HEIGHTS

Rental Request Application

Planning a wedding reception, birthday party, corporate meeting or anniversary celebration? Be sure to pick up a rental request application to be completed and submitted at least ONE MONTH in advance of facility rental date.

Applications are available at the front desk and are accepted on a first-come, first-served basis.

For faster service go online at myheights.info, click on "Rental Request Form" on the left side of the page, complete the form and a member of THE HEIGHTS staff will get back with you as soon as possible.

You can make your reservation up to one year in advance. Anyone 21 years or older may request a facility rental.

Deposits

In order to reserve facility space, you are required to pay your deposit in full at the time you sign your rental agreement. The deposit, minus any damages or late fees, will be mailed 3-4 weeks after the rental.

Refunds/Cancellation

1. If a renter cancels a reservation within 4 weeks of rental, 100% of security deposit will be forfeited.
2. If a renter cancels a reservation within 2 weeks of rental, 100% of security deposit and 50% of rental fee will be forfeited.
3. If a renter cancels a birthday party within 2 weeks of party, a \$10 administrative fee will be forfeited.

For additional rental information call Mary Siler at 314.655.3652 or email msiler@richmondheights.org

THE HEIGHTS Birthday Parties

Friday Pool Party Package:

5:30-8 p.m.* - 30 armbands
R&M \$130; NR \$160

Saturday Pool Party Package:

12-3 p.m.* - 30 armbands
3:30-6:30 p.m.* - 30 armbands
R&M \$150; NR \$190

Sunday Pool Party Package:

12-2:30 p.m.* - 30 armbands
3-5:30 p.m.* - 30 armbands
R&M \$130; NR \$160

*Time includes pool and the room time.
Deposit due at time of registration.

Maximum: 30 partygoers; no additional armbands may be purchased. Party located in THE HEIGHTS Activity Room.

THE HEIGHTS Meeting Room Rentals

2 hour minimum rental

	Resident*	Nonresident	Corporate
1 Multi-Purpose Room	\$30/hour	\$50/hour	\$40/hour
2 Multi-Purpose Rooms	\$50/hour	\$80/hour	\$65/hour
3 Multi-Purpose Rooms	\$70/hour	\$110/hour	\$90/hour
4 Multi-Purpose Rooms	\$90/hour	\$140/hour	\$115/hour
Kitchen*	\$15/hour	\$25/hour	\$20/hour
Activity Room	\$20/hour	\$30/hour	\$25/hour
After Hours	\$30/hour	\$40/hour	\$35/hour

* Prep Kitchen Only

Deposit due at time of reservation. Deposit amount varies per rental.

♦ Resident: Maplewood, Brentwood and Richmond Heights Residents Only.

All fees must be paid 30 DAYS prior to rental date as indicated on your agreement.

Park Rentals

PAVILIONS

Deer Creek Park - 3200 Laclede Station Road, Maplewood, MO 63143

	Resident*	Nonresident
South Pavilion	\$35/day	\$60/day
North Pavilion	\$30/day	\$50/day
East Pavilion	\$20/day	\$30/day
Sand Volleyball		
Without lights	\$5/day	\$8/day
With lights	\$10/day	\$16/day

Ryan Hummert Park - 2400 Sutton Ave, Maplewood, MO 63143

Pavilion \$20/day \$30/day

A.B. Green Park - 7875 Dale Ave, RH, MO 63117

Pavilion \$15/day \$25/day

Highland Park - Highland Terrace and Hawthorne Place, RH, MO 63117

Pavilion No rental fee, first-come; first serve basis.

FIELDS

Deer Creek Fields

	Resident	Non-Resident
South Field (soccer field)		
Without lights	\$15/hour	\$25/hour
With lights *	\$30/hour	\$50/hour
North Field (baseball field)		
Without lights	\$15/hour	\$25/hour
With lights *	\$30/hour	\$50/hour

Ryan Hummert Park \$5/hour \$15/hour

A.B. Green Field

Without lights	\$15/hour	\$25/hour
With lights	\$30/hour	\$50/hour

Kellogg Park \$5/hour \$15/hour

NATURE EXPLORE BIRTHDAY PARTY

Have your child's party in our outdoor classroom! Includes use of the Resource Box and 2 reserved picnic tables which seat 16-20 for the day. \$50 damage deposit is due when signing contract.

R&M \$25; NR \$35/day

PARC Inclusion Services

The Cities of Maplewood and Richmond Heights support the Americans with Disabilities Act and welcome everyone to participate regardless of race, religion, sex, national origin or disability. If assistance is needed, call Anna Shy at 314.645.1476 or use Relay Missouri by calling 800.735.2966. TDD, 8:30 a.m.-5 p.m. Monday-Friday.

BRENTWOOD FITNESS

Adult Spring

Softball Leagues Ages 18+

Join us for our exciting Spring softball leagues!! Returning teams may register beginning 1/2/15; new team registration begins 2/9/14. Fees include a 24 game, twelve week doubleheader season. Game times are 6:30, 7:30, 8:30 & 9:30 p.m. Leagues will begin the week of 3/29.

<u>175011.S1</u>	S	Co-ed Rec
<u>175011.M1</u>	M	Men's Rec
<u>175011.T1</u>	T	Men's Rec
<u>175011.W1</u>	W	Co-ed Rec

(12 single game season)

175011.H1 H Men's Rec
 \$475/Team Single Game League
 \$950/Team Double Header League
 Brentwood Park Fields 2 & 3

Adult Summer/Fall

Softball Leagues Ages 18+

This year we have combined our Summer and Fall softball leagues to provide a longer season of softball enjoyment! Registration for returning teams begins 4/27. New team registration begins May 18. Fees include a 24 game, twelve week doubleheader season. Game times are 6:30, 7:30, 8:30 & 9:30 p.m. Leagues begin the week of July 19.

<u>175012.S1</u>	S	Co-ed Rec
<u>175012.M1</u>	M	Men's Rec
<u>175012.T1</u>	T	Men's Rec
<u>175012.W1</u>	W	Co-ed Rec

(12 single game season)

175012.H1 H Men's Rec
 \$475/Team Single Game League
 \$950/Team Double Header League
 Brentwood Park Fields 2 & 3

Sand Volleyball Leagues Ages 18+

Join us for a little fun in the sand!! Teams are guaranteed seven matches. The top four teams advance to the playoffs. Co-ed power and rec leagues are offered on Monday, Tuesday and Wednesday evenings. Game times are 6:20, 7:20, 8:20 & 9:20 p.m. Leagues begin the week of 4/19.

<u>174015.M1</u>	M	Co-Rec B
<u>174016.M1</u>	M	Co-Ed Power
<u>174015.T1</u>	T	Co-Rec B1
<u>174016.T1</u>	T	Co-Rec B2
<u>174015.W1</u>	W	Co-Rec B1
<u>1740.15W1</u>	W	Co-Rec B2

R&NR \$175/team
 Hanley Park

Winter Volleyball Leagues Ages 18+

Get a little Winter time exercise with our Winter volleyball leagues. Fees include a ten-match season, with the top four teams advancing to the playoffs. Game times are 6:20, 7:20, 8:20, and 9:20 p.m. Leagues begin 1/6/15.

A = Intermediate Level	B = Recreational Level
<u>974012.M1</u>	M Monday Co-Rec A
<u>974013.M1</u>	M Monday Co-Rec B
<u>974013.T1</u>	T Tuesday Co-Rec B1
<u>974013.T2</u>	T Tuesday Co-Rec B2
<u>974013.W1</u>	W Wednesday Co-Rec B
<u>974013.W2</u>	W Wednesday Women B

R&NR \$225/team

Brentwood High School Small Gym

Hatha Yoga Ages 16+

Hatha Yoga is a series of exercises, movements and deep breathing, which work throughout the body to build strength, reduce stress and increase vitality. Pre-registration is required.

<u>M1</u>	1/5-2/9	6-7 p.m.
<u>M2</u>	2/16-3/23	6-7 p.m.
<u>H1</u>	1/8-2/12	6-7 p.m.
<u>H2</u>	2/19-3/26	6-7 p.m.

R \$40; NR \$45 124010

Brentwood Recreation Complex

Tai Chi Chuan Ages 16+

Tai Chi Chuan is an internal Chinese martial art often practiced for health reasons. Its soft martial art technique, balance, mental concentration, healthy and longevity benefits are relaxing and gentle way to stay in shape. Pre-registration is required.

<u>H1</u>	1/8-3/26	7-8 p.m.
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R \$72; NR \$83 124030

Brentwood Recreation Complex

Krav Maga Ages 16+

Learn to defend yourself against attacks and dangerous situations, gain reflexive skills and practice this ancient Israeli martial art. Pre-registration is required.

T/H	Monthly Sessions	6-7:30 p.m.
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R \$45; NR \$55/month 124031

R \$10; NR \$12/class 124032

Brentwood Recreation Complex

Senior Fitness Ages 50+

Get moving at a gentle pace with this class designed with seniors in mind! A combination of light aerobics, weight training, balance and flexibility will get your blood and metabolism pumping at a steady rate. These exercises can increase mobility, strength and stamina. Pre-registration is required.

<u>M1</u>	1/5-2/9	11:30 a.m.-12:30 p.m.
<u>M2</u>	2/16-3/23	11:30 a.m.-12:30 p.m.

R \$40; NR \$45 124021

Brentwood Recreation Complex

Baby & Me Yoga Ages 0-3

As you yoga with your child wrapped to you, sitting with you or next to you, you are deepening the connection between you and your child, showing them the importance of movements and showing ways to manage emotions. Class is very gentle, so no prior yoga or fitness knowledge is needed. Prenatal women welcome! Pre-registration is required.

M Monthly Sessions 4-5 p.m.
 R \$26; NR \$30 124013

Brentwood Recreation Complex

Senior Chair Yoga Ages 50+

This is a yoga program specifically for seniors who experience regular challenges with flexibility, balance and mobility limitations. Participants will never need to sit or lie down on the floor. All seated postures will take place in a chair. All levels are welcome! Pre-registration is required.

<u>W1</u>	1/7-2/11	1-2 p.m.
<u>W2</u>	2/18-3/25	1-2 p.m.

R \$52; NR \$60 124020

Brentwood Recreation Complex

ZumbaTone Ages 16+

This Latin-based dance exercise class offers the benefits of cardio and weight training. Use weights to tone core muscles as you dance and burn extra calories. Weights are optional. Preregistration required.

<u>W1</u>	W 1/7-2/11	6-7 p.m.
<u>W2</u>	W 2/18-3/25	6-7 p.m.

R \$40; NR \$45 124040

Brentwood Recreation Complex

Dance Fit Ages 50+

This dance exercise class is a gentle, fun way to fit light exercise in your day. Songs with steady rhythms will provide a great way to work on flexibility, mobility, balance and stamina. All levels are welcome! Pre-registration is required.

<u>M1</u>	M 2/2-2/23	10:30-11:30 a.m.
<u>M2</u>	M 3/2-3/23	10:30-11:30 a.m.

R \$20; NR \$25 124041

Brentwood Recreation Complex

HEIGHTS FITNESS

BRENTWOOD

THE HEIGHTS

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Personal Training Services Ages 16+

THE HEIGHTS offers personal training services with certified and experienced trainers. If you would like more information about personal training, please contact Kate Whaley at 314.655.3663. Hourly rates range from \$55 to \$65 depending on the trainer.
THE HEIGHTS

New Client Special Ages 16+

Are you looking to jump start your workout? Now is the perfect time with our new client special. Take advantage of this special introductory rate; three 1-hour training sessions for \$145.

New clients only; Non-Members required to pay daily fee. Sessions must be used within 30 days from date of purchase.

THE HEIGHTS

Physical Therapy Ages 16+

James Harris, MPT is a licensed physical therapist and one of only a handful of certified Active Release Therapy (ART) manual therapy providers in St. Louis. Call 314.495.2230 or email James at jamesharrispt@gmail.com for additional information on how to resolve your injury today.

THE HEIGHTS

Mobility & Movement Ages 16+

Mobility and maintenance of soft tissue is necessary to effectively train and reach your goals. Learn how to resolve your mobility issues and start getting the most out of your training. Email James at jamesharrispt@gmail.com or visit performancex.net to learn more about the mobility and movement program.

Massage Therapy Ages 16+

Massage therapy eliminates toxins from the body, increases circulation, muscle tone, and helps manage stress.

Maria Taylor, LMT, specializes in Swedish, Deep Tissue, and Pregnancy Massage. Appointments are available Tuesdays starting at 4:15 p.m. Please call for your appointment, 314.775.7740.

Kurt Fletcher, LMT, specializes in Swedish, Sports, Deep Tissue, Trigger Points, Thai Shiatsu, and Structural Integration. Appointments are available on Fridays starting at 4 p.m. Call Kurt for your appointment, 314.517.7887.

R&NR \$55/hour; \$30/half-hour

THE HEIGHTS

Adult Orientation Ages 16+

We can show you how to properly and safely use the cardiovascular and strength equipment so you get the most out of your workouts.

To schedule an appointment contact THE HEIGHTS.

No Charge!

THE HEIGHTS

Young Athlete Strength & Durability Training Ages 13+

Do you have a junior high to high school athlete in your house who wants to learn the weight room and get stronger for a sport? Dave Reddy was a four-year college basketball player who attributes much of his success to his time spent in the weight room. Now with a Masters Degree in Sports Medicine and over 15 years of experience coaching athletes, he specializes in strength and durability coaching. One-on-one, small group and team options are available. Call Dave today to learn more: 314.477.6520. More information at ReddyHP.com.

THE HEIGHTS

Physical Therapist as Personal Trainer Ages 16+

Cynthia Weppler is a Personal Trainer certified by ACSM and a licensed physical therapist with Masters and Doctorate degrees in Physical Therapy. She specializes in working with clients who:

- (1) Would like to exercise regularly but are limited by onset of pain and/or
- (2) Have chronic pain and/or physical limitations
- (3) Would like assistance in designing and performing a post-rehabilitation or pre-operative fitness program

- (4) Have Balance and Risk of Falling issues.

The initial visit includes a detailed physical evaluation including assessment of posture, basic functional motions, muscle strength, flexibility and balance screening. It also includes recommendations for a home exercise program that can be advanced and integrated with a gym-based workout. Contact: focused-fitness.com, focusedfitness2@gmail.com or call 314.607.2340.

Youth Orientation Ages 14-15

Designed to introduce youth to cardiovascular and selectorized strength equipment. All orientations are by appointment.

No Charge!

THE HEIGHTS

Dave Reddy's Fit Camp Ages 16+

A person cannot have both weak and tone muscles. We focus on total body strength using band-assisted pull ups, kettlebells, dumbbells, and more. Combined with fat-torching intervals and a finish with power yoga inspired stretching to help restore your natural strength, energy and resiliency. Sessions are limited to 6-10 people to ensure each person gets the attention needed to reach their specific goals.

M1 M 1/12-2/16 8:30-9:25 a.m.

M2 M 2/23-3/30 8:30-9:25 a.m.

W1 W 1/14-2/18 9:30-10:25 a.m.

W2 W 2/25-4/1 9:30-10:25 a.m.

R&NR \$90; Drop-In \$18 **827111**

THE HEIGHTS

A Fit Kid Ages 8-15

For more information about this great fitness program for kids see page 8.

Next Level Bootcamp Ages 16+

Register for the number of classes you wish to take each session. You can attend whichever days fit your schedule from week to week. Classes expire at the end of each session, and may not be carried forward.

Session 1: 1/2-1/30 Session 2: 2/2-2/27

Session 3: 3/2-3/30 Session 4: 4/1-4/29

Mon./Wed. 5:30-6:30 a.m. - Class is a combination of strength, cardio, muscle endurance, core, and functional movement patterns. Challenging exercises utilizing Suspension Straps, Body Weight Exercises, BOSU, Stability Balls, Kettle Bells, and Battling Ropes. Constantly changing class format so you will not get bored and will breakthrough plateaus and maximize calorie burn for hours after the workout!

Fri. 5:30-6:30 a.m. - Class is a combination of spinning, strength, and Yoga. We begin with 15 minutes of spin, then 15 of strength and end with 15 minutes of Yoga. Class involves less "jumping" than the M/W format and is a great option for those who want a challenging cardio format coupled with results driven strength and flexibility training that is softer on the knees.

Sat. 7-8 a.m. - Interval style format, alternating 2-4 minutes of cardio training on Spinning Bikes moving quickly to a 2-4 minute Strength Exercise using multiple modes of equipment and body weight exercises.

R&NR	4 classes	\$36/session
	8 classes	\$72/session
	12 classes	\$96/session
	16 classes	\$128/session

Drop-in \$12

THE HEIGHTS

Weights for Women Ages 16+

Learn body weight and free weight exercises to feel stronger, regain good posture, and make everyday life easier. Class size is small so correct form can be emphasized. Class is led by Personal Trainer Kay Lynne Firsching.

T1 T 1/13-2/3 10:45-11:45 a.m.

T2 T 2/10-3/3 10:45-11:45 a.m.

T3 T 3/10-3/31 10:45-11:45 a.m.

T4 T 4/7-4/28 10:45-11:45 a.m.

T5 T 5/5-5/26 10:45-11:45 a.m.

A1 A 1/17-2/7 11 a.m.-12 p.m.

A2 A 2/14-3/7 11 a.m.-12 p.m.

A3 A 3/14-4/4 11 a.m.-12 p.m.

A4 A 4/11-5/2 11 a.m.-12 p.m.

A5 A 5/9-5/30 11 a.m.-12 p.m.

R&M \$40 **827005**

THE HEIGHTS

The Work Zone Ages 8-15

If you're between the ages of 8 and 15, you can work out in a place designed just for you. The Work Zone includes twelve strength machines, recumbent bike, elliptical, Wii and Dance-Dance Revolution. Orientations are by appointment and required on the first visit. Work Zone is open during regular business hours.

R&M \$5; NR \$7 **227181**

THE HEIGHTS

HEIGHTS FIT PASS

THE HEIGHTS Fit Pass

The Fit Pass is the best value in group fitness! For one fee you have access to over 35 classes weekly including Spinning, yoga, Zumba, and strength training classes. Whether you're looking to dance some pounds away, sculpt strong muscles, or challenge your fitness level, our Fit Pass has something for you! Participants are encouraged to bring their own fitness mat.

Not valid for Reddy Health & Performance programs, TRX, The Next Level, or Weights for Women.

Passes are non-transferable, non-refundable and valid at THE HEIGHTS only.

Session 1: 1/12-3/22 Unlimited Pass R&M \$85; NR \$106 (10 weeks)

Session 2: 3/23-5/31 Unlimited Pass R&M \$85; NR \$106 (10 weeks)

**20-Visit Value Card R&M \$140; NR \$160
Daily Pass R&M \$8; NR \$10**

CLASSES ARE SUBJECT TO CHANGE AND/OR CANCELLATION

SPINNING Ages 16+

Uniquely tailored to suit a wide range of abilities and fitness goals, the Spinning program delivers a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace.

M 11:30 a.m.-12:15 p.m.
T 6-7 p.m.
W 11:30 a.m.-12:15 p.m.
H 6-7 p.m.
A 8-8:55 a.m.

Nia: Dance Fusion Ages 16+

Nia blends dance arts, martial arts, and healing arts with an approach that will stimulate you to revolutionize the way you feel about fitness, focusing on how your body feels. Nia will pump your heart, spark your spirit, motivate your mind, enhance your balance, and tone your muscles with expressive movement.

M/W 9:45-10:40 a.m.

CORE Combo Ages 16+

In one dynamic class you get yoga, Pilates, Reebok Flexible Strength and abdominal work. Enhance your core strength while working on flexibility, range of motion, strength and balance.

M/W/F 6-6:55 a.m.

Bodies-n-Motion Ages 16+

This class includes cardio, muscle toning, strength, and body conditioning. This is a dynamic, high energy program set to pulsating music!

M/W 7-7:55 p.m.

Power Yoga Ages 16+

Power yoga is a Vinyasa style of yoga with sun salutations A and B and a standing flow series, seated postures, and relaxation to finish. There are options and modifications to accommodate all levels.

T/H 6:30-7:25 p.m.

Saturday Yoga Ages 16+

Enhance your core strength, posture, and flexibility, as you learn some new poses and review some familiar ones. Some prior yoga experience is preferred.

A 9:30-10:45 a.m.

SPINNING and Core Ages 16+

This class will consist of 35 minutes of the SPINNING program followed by twenty minutes of core strengthening and flexibility. Pilates core strengthening exercises and yoga movements will be used for upper body strength and flexibility.

H 7:10-8:10 p.m.

FitBall Ages 16+

This fun, innovative class uses a stability ball to enhance strength, posture, flexibility and balance. It's a total body workout using handheld weights and your own body weight.

M/W 6-6:55 p.m.

Fitness Yoga Ages 16+

Increase your sense of well-being, balance and vitality with a yoga class that combines breathing techniques, poses and meditation.

T/H 9:30-10:40 a.m.

Sunday Yoga Ages 16+

You'll stretch, relieve muscle aches and pains, and reconnect with your powerful self. All levels are welcome.

S 11-12:15 a.m.

Boot Camp Ages 16+

Intervals of cardiovascular and strength training are combined with sports drills to increase strength, endurance and overall fitness. All fitness levels are welcome!

T/H 6-6:55 p.m.

A 9-9:55 a.m.

HEIGHTS Pump Ages 16+

This class works eight major muscle groups including legs, biceps, triceps, and glutes.

Designed to sculpt and tone your whole body!

T/H 9:30-10:25 a.m.

Energy Sculpt Ages 16+

Energy creates energy...and that's what you can expect with this class. Boost your energy with this fast paced program including cardio, strength, and flexibility.

M 6-6:55 p.m.

Zumba Ages 16+

Zumba is an exhilarating, cardio-dance fitness class with an emphasis on Latin and International rhythms (including Merengue, Salsa, Cumbia, Reggaeton, Calypso, Bhangra, etc.) Zumba features easy-to-follow steps, so no dance background is necessary. Emphasis is on fun and fitness, rather than on dance technique.

T 5-5:55 p.m.

W 10:30-11:25 a.m.

H 5:30-6:25 p.m.

F 9:30-10:25 a.m.

SPINNING 20-20 Ages 16+

This 60-minute class will begin with 20 minutes of the heart pumping SPINNING program. The next two 20-minute segments will be a variety of core moves, full-body toning, kickboxing, functional training and drills, yoga, and stability ball exercises.

T 7:10-8:10 p.m.

Sleek Physique

Barre Balance Ages 16+

Lean, strong, great posture and sculpted from head to toe. This class combines yoga, Pilates, light weights and barre work. Strengthens your deepest belly muscles, lifts your seat, and whips into shape perfect posture muscles. Lengthen and strengthen your body for an entirely new experience. For all fitness levels.

A 8:30-9:30 a.m.

Young Adult Survivorship Group

The Young Women's Breast Cancer Program and The HEIGHTS are partnering on a weekly exercise program for ALL YOUNG ADULTS WITH CANCER and YOUNG SURVIVORS.

Class is from 7-8 p.m. every Thursday at THE HEIGHTS. Classes led by Joy Jones, Certified Personal Trainer. The class is FREE and open to any adult diagnosed with cancer 40 years of age and younger. To register, contact Kim Selig at 314.747.7156.

Free Fitness & Water Fitness Week

January 5-11, 2015, all land and water-based fitness classes are FREE! You don't need to register, but come early; classes can fill quickly.

Stop by the guest services desk for a class schedule.

YOUTH SPORTS

BRENTWOOD THE HEIGHTS GENERAL INFO FITNESS KIDS SPECIAL EVENTS ADULTS SKATING AQUATICS

USA Tennis 1-2-3 Junior Beginning Tennis Lessons Ages 6-14

This program is designed to teach the basics or you can just brush up on your skills. Proper technique for forehand, backhand, volley and serve will be stressed. The program will be under the direction of instructors from Mark Platt's Beginners World Tennis.

T1 T/H Ages 6-10 4/7-4/23 6-7 p.m.
T2 T/H Ages 11-14 4/7-4/23 7-8 p.m.
T3 T/H Ages 6-10 5/12-5/28 6-7 p.m.
T4 T/H Ages 11-14 5/12-5/28 7-8 p.m.
 R \$54; NR \$62 174020
Hanley Park in Brentwood

A-Fit-Kid Ages 8-15

Calling all kids 8-15! Looking to start a fitness routine but don't know where to begin? A-Fit-Kid is a non-competitive fitness program designed to help kids discover an appreciation for the social benefits of living a healthy lifestyle. Working against a musical backdrop, the specialized program utilizes several nationwide campaigns to help kids develop fitness routines. All abilities and fitness levels are encouraged. You must register one week prior to the start of the session. For more information on program dates and times please contact Kate Whaley at 314.655.3663.

Paul Zarky AC Porta Via Soccer Program Ages 4-9

The Paul Zarky Soccer Program is designed to teach the game of soccer through game play and allows each individual soccer player to develop at his or her own pace.
M1 M 4/6-5/11 5-6 p.m.
 R \$50; NR \$58 184010
Brentwood Park Field 2

Archery Ages 7-12

Join us for this popular program with the majority of time spent on target practice, with safety as our main priority. All equipment provided. All levels welcome
W1 W 5/27 4:15-5:45 p.m.
 R&M \$10; NR \$13 843101
Meet at A.B. Green Park

T-Ball Ages 4-6

This instructional T-Ball program is designed to stress sportsmanship, develop confidence and cooperation. This program is a learn-to-play instructional program and not a T-Ball league. Participants will be divided up to play scrimmage games the final two weeks
A1 A 5/2-6/6 9:30-10:30 a.m.
A2 A 5/2-6/6 10:30-11:30 a.m.
A3 A 6/20-7/25 9:30-10:30 a.m.
A4 A 6/20-7/25 10:30-11:30 a.m.
 R\$45; NR \$52 (no class 5/25, 7/4) 174010
Brentwood Park

Family Tennis Play Days All Ages

The 3rd Saturday of each month we will host a family tennis day at the newly renovated Tennis Courts. Come out to practice ball handling and racquet control while having fun. No actual tennis matches will be scheduled, just free time play with fun tennis-related games mixed in.
A1 A 4/18 10 a.m.-12 p.m.
A2 A 5/16 10 a.m.-12 p.m.
 R&M \$3; NR \$5 893101
A.B. Green Tennis Courts

Tennis Court Open Play All Ages

Hit the pavement at the AB Green tennis courts this spring and volley a bit with some friends. Courts are open from 7 a.m.-10 p.m. Lights are available. More specific times available as well – see schedule at A.B. Green Tennis Courts, on our website, or call Kyle Henke at 314.645.1476.
 Open play times: M-F 11 a.m.-3 p.m.
 T/H 6-7 p.m.
 F 7-8 p.m.
 A 2-8 p.m.
 S 9 a.m.-8 p.m.
 No Charge!
A.B. Green Tennis Courts

USA Tennis 1-2-3 Lessons Ages 14+

This program is designed to teach the basics or brush up on your skills. **Beginner 1 and 2:** Proper technique for forehand, back hand, volley and serve. **Intermediate:** This class is for those who have had basic instruction and want to raise their level of play. Focus on fine tuning techniques and more game play and strategy. The program will be under the direction of Mark Platt's Beginner's World Tennis and his national and international award winning grassroots tennis program.

Adult Beginners 1 & 2
M1 M/W 3/4-3/18 6-7 p.m.
M2 M/W 3/23-4/6 6-7 p.m.
M3 M/W 4/13-4/27 6-7 p.m.
 R \$60; NR \$68 893102
Adult Intermediate
M4 M/W 3/4-3/18 7-8 p.m.
M5 M/W 3/23-4/6 7-8 p.m.
M6 M/W 4/13-4/27 7-8 p.m.
 R \$60; NR \$68 893102
A.B. Green Tennis Courts

Spring Tennis Kickoff Ages 6+

This free event will highlight the activities that would be included in the USA Tennis 1-2-3 lessons provided by Mark Platt's Beginner World Tennis. Registration is required.
M1 M 3/2
 No Charge! 893103
A.B. Green Tennis Courts

Tennis Ladder Leagues All Ages

Want to add a little more competition to your tennis game? Grab a friend or just play singles. Leagues available for 10 & Under, 11-14, Men, Women, Adult Coed, and Senior (60+). Contact Kyle Henke at 314.645.1476 for more information or to sign up.

Summer Camp Information

Imagination Station Ages 5-12
Young Explorers Ages 3-5
 Watch for upcoming summer camp information 2/24. Registration begins 3/10. Camp is 6/1-7/24, for more information call Kate Whaley at 314.655.3663.
 Imagination Station Summer Day camp is looking for volunteers ages 14 & 15. If interested pick up an application at THE HEIGHTS guest services desk today!



COMPLETELY KIDS

Babysitting Basics Ages 12-15

Get ready to babysit! Interactive program includes getting started, taking care of baby, kids' ages and stages, entertaining the kids, keeping things safe, and being prepared for emergencies and first aid. Please bring a regular size baby doll to practice care skills. A light snack is provided. Pre-registration is required.

F1 F 3/6 6-9 p.m.
R&NR \$30/child 125051
Brentwood Recreation Complex

Home Alone Basics Ages 9-11

Help prepare your child to stay home alone before or after school, or other short periods of time. Topics include: entering and leaving the house, getting safely to and from school, what to do while home alone, safe snacks, storm and emergency preparedness, internet safety and simple first aid. A light snack is provided. Pre-registration is required.

A1 A 2/28 9-11 a.m.
R&NR \$25/child 125050
Brentwood Recreation Complex

Ballet & Tap Beginner Ages 3-4

This 6-week class teaches the basics of ballet and tap! Dancers end each session with a recital for friends and family. Ballet and tap shoes are suggested, but not required. Pre-registration is required.

A1 A 1/10-2/14 8:15-9 a.m.
A2 A 2/21-3/28 8:15-9 a.m.
R \$35; NR \$40 125040
Brentwood Recreation Complex

Ballet & Tap Intermediate Ages 5-6

Dancers in this 6-week class continue learning and perfecting ballet and tap basics. Each session ends with a recital for friends and family. Ballet and tap shoes are suggested, but not required. Pre-registration is required.

A1 A 1/10-2/14 9:15-10 a.m.
A2 A 2/21-3/28 9:15-10 a.m.
R \$35; NR \$40 125041
Brentwood Recreation Complex

Growing Healthy Chefs:

Presented by Whole Foods Ages 5-12

Young chefs will learn basic cooking skills, how to incorporate healthy ingredients, and neat techniques for preparing yummy snacks. Eat the Rainbow

A1 A 1/31 10:30 a.m.-12 p.m.
Sensational Smoothies
A2 A 3/7 10:30 a.m.-12 p.m.
Chips of All Kinds
A3 A 3/28 10:30 a.m.-12 p.m.
R \$8; NR \$10 125030
Brentwood Recreation Complex

Parents' Night Out Ages 4-12

Treat yourself to a night off and leave your kids with us! Crafts, games and a light snack will be provided. Pre-registration is required.

F1 F 1/9 6-9 p.m.
F2 F 2/20 6-9 p.m.
F3 F 3/20 6-9 p.m.
R \$15; NR \$20; Add'l Child \$10 125020
Brentwood Recreation Complex

Kids Yoga Play Ages 3-8

Yoga can be fun! Kids will act out stories with yoga poses, play yoga games and sing songs with special instruments. Through relaxing play, flexibility, creativity, listening skills, focus and body awareness can be improved. Parents can feel free to join in the class, or even enjoy our Monday Hatha Yoga class down the hall! Pre-registration is required.

M/W Monthly Sessions 6-7 p.m.
R \$52; NR \$60 125010
Brentwood Recreation Complex

Baby & Me Create Ages 0-4

This class utilizes art, music, sensory activities, stories and movement to stimulate development and fun! Please dress little ones in clothes that can get messy. This is a parent and child class. Pre-registration is required.

W1 W 1/7-1/28 5-6 p.m.
W2 W 2/4-2/25 5-6 p.m.
W3 W 3/4-3/25 5-6 p.m.
R \$34; NR \$38 125011
Brentwood Recreation Complex

Little Picassos Ages 2-5

Your child's artwork can become the Little Picasso of your home. We will celebrate the artist in every child by providing quality art classes that give each child the opportunity to create a masterpiece.

T1 T 1/27 10-11 a.m.
T2 T 2/24 10-11 a.m.
T3 T 3/31 10-11 a.m.
R&M \$3; NR \$4 841000
THE HEIGHTS

Gymnee Crickets Ages 0-5

Parents, drop by with your child, for a morning full of play! There is no pre-registration, just stop by for lots of fun!

M1 M 1/12, 2/9, 3/9, 4/13, 5/11
9:30-11:30 a.m.
R&NR \$3 drop-in
THE HEIGHTS

Lucky Little Leprechauns Ages 2-5

The luck o' the Irish is bringing the wee ones and a parent, an exciting celebration on St. Paddy's Day! Join us as we make a leprechaun craft, search for the pot o' gold and drink green punch. Be sure to wear green so you don't get pinched!

T1 T 3/17 10-11 a.m.
R&M \$4; NR \$6 841100
THE HEIGHTS

Can You Build it? Ages 1-5

All young builders, ages 1-5, along with a parent, drop-in for a transportation party! Bring your favorite truck and tool as we turn THE HEIGHTS into a construction site. We will explore a transportation vehicle to climb in, have a dump truck relay, knock down walls and work on a project.

H1 H 5/7 10-11 a.m.
H2 H 5/14 10-11 a.m.
H3 H 5/21 10-11 a.m.
H4 H 5/28 10-11 a.m.
R&NR \$5/class 841600
THE HEIGHTS

Stories in the Park Ages 0-5

Join us for the spring edition of Stories in the Park! Parents bring your preschooler for the stories, crafts, games and snack. Don't forget to pre-register at THE HEIGHTS. In case of rain meet in Children's Library.

H1 H 4/2-4/30 10-11 a.m.
No Charge! 841200
THE HEIGHTS Outdoor Classroom

Kids in the Kitchen Ages 6-12

Come join us and learn how to make some delicious snacks. This class will allow your little chef to explore the culinary world while making some yummy treats. Each month we will have a different cooking activity that will be gobbled up!

H1 H 2/19 5:30-7 p.m.
T2 T 3/24 5:30-7 p.m.
T3 T 4/21 5:30-7 p.m.
W4 W 5/13 5:30-7 p.m.
R&M \$8; NR \$10/class 841200
THE HEIGHTS

Tiny Toes Ages 18 mos.-3 yrs.

Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. Our teachers will keep the music and curriculum moving along. This class meets once a week for 30 minutes. Visit www.tippitoesdance.com for more information about this program.

H1 H 1/22-5/14 5-5:30 p.m.
R&NR \$150 (no class 3/19) 841400
THE HEIGHTS

Ballet, Tap & Jazz Ages 3-7

This dance class incorporates ballet, tap, and jazz technique while also encouraging self-expression and creativity. High energy music is used throughout the class to get dancers moving and having fun! This class meets once a week for 45 minutes. Visit www.tippitoesdance.com for more information about this program.

H1 H 1/22-5/14 5:30-6:15 p.m.
R&NR \$150 (no class 3/16-3/20) 841500
THE HEIGHTS

American Girl Tea Party Ages 1-5

The honor of your presence is requested for afternoon tea! Girls, invite your favorite American Girl doll (or any special doll) to an American Girl Tea Party for games and a craft. Tea, beverages and delicious treats will be served.

H1 H 3/12 10-11 a.m.
R&M \$4; NR \$6 841700
THE HEIGHTS

Superhero Party Ages 1-5

"It's a bird! It's a plane! It's Superman!" Have your little hero join us for an action packed, fun filled morning! Children are encouraged to dress up as a superhero! Your hero will take part in crafts, games and recharge their superhero powers with a delicious snack.

T1 T 4/7 10-11 a.m.
R&M \$4; NR \$6 841800
THE HEIGHTS

SPECIAL EVENTS

BRENTWOOD

THE HEIGHTS

GENERAL INFO

FITNESS

KIDS

SPECIAL EVENTS

ADULTS

SKATING

AQUATICS

REI Park Clean Up

Brentwood Parks & Recreation and REI have teamed up to clean up our local creeks and parks. We will meet at Memorial Park for orientation. Trash bags will be provided. Please wear proper clothing to get dirty in, and bring your own work gloves. Lunch will be provided by the Brentwood Lions Club after the clean up. Please register with Brentwood Parks & Recreation Department at least one week in advance.

A 4/4 9:30 a.m.-12 p.m.
No Charge! 194010
Memorial Park in Brentwood

Capture the Flag

Ages 18+

Time to relive the good 'ol days with an adults-only game of Capture the Flag! Bring your own picnic/beverages to enjoy throughout game (no glass bottles please). Sign up individually and we'll place you on a team. Groups may register together to stay on same team. Rules will be discussed at the start of game. Bring your flashlight!

F1 F 4/10 7-10 p.m.
R \$10/ NR \$15 123040
Memorial Park in Brentwood

Doggie Bone Hunt

All Ages

Who said egg hunts are just for humans? Bring your four legged best friend to hunt for some dog treats and win some great prizes! Dogs must be on a leash; only 1 dog per person. Pre-registration is required.

A 3/28 11 a.m. SHARP!
R \$8/dog; NR \$10/dog 123030
A.B. Green Park

Pet Photo Contest

All Ages

February is "Responsible Pet Owner Month", and we are having a contest for pets of all ages and sizes. Bring a color photo of your pet to THE HEIGHTS no later than 2/1, where they will be displayed, judged, and winners will be notified by 3/1. Please write your name, your pet's name and email address on the back of each picture.

S1 S 2/1-2/28
R&NR \$2 photo 891200
THE HEIGHTS

Photo Policy

THE HEIGHTS may take photos of participants at our parks, of persons enrolled in sponsored programs, and of those enjoying special events. Please be aware that these photos are for department use only and may be used in future publications, flyers, displays, social networking sites and on the City's website: www.richmondheights.org.

Sweetheart Dance

Ages 2-12

Here is your chance to make a magical evening one on one with your lovely little sweetheart(s) the day before Valentine's Day! The evening will include entertainment, a delightful dinner, Chocolate Fountain, a photo to capture the memory, and much more! Pre-registration is required by 2/9 at THE HEIGHTS or Brentwood Recreation Complex. This event will be simply unforgettable!

F1 F 2/13 6:30-8:30 p.m.
R&M \$35; NR \$40 couple
Additional person \$10 891100
THE HEIGHTS

Tons of Transportation

All Ages

Want to see a dump truck up close? How about a backhoe...or a fire truck? Join the cities of Richmond Heights, Brentwood and Maplewood for Tons of Transportation. Whether you come out to see a police car, excavator or fire truck, we've got them all. You will be able to touch them and even climb into the cab and take a seat. The ride is in your imagination, but what a great "hands on" adventure!

Saturday, 5/2 10 a.m.-1 p.m.
No Charge!
Location TBD

Introduction to Mental Health & Suicide Prevention

Ages 15+

This workshop will assist participants in identifying and discussing the depth of mental health and trauma. Participants will review warning signs of suicide, depression and anxiety, and will practice a suicide prevention model. Snacks will be provided. Preregister by 1/16. Instructed by Project DEAMHI, Inc.

F1 F 1/23 6-9 p.m.
R&NR \$30 126010
Brentwood Recreation Complex

Protecting Your Digital Assets

Ages 18+

With more personal, business and financial matters being handled online, how do we prevent being victims of hacking and identify theft now and protect digital assets if we become incapacitated or die. Attorney Steven Spewak of Estate Plan Strategies, LLC presents this information-packed program. Pre-register by 2/18.

W1 W 2/25 6-8 p.m.
R&NR \$10 126011
Brentwood Recreation Complex

Walking Wonders & Bird Watchers Club

Ages 50+

It really IS a walk in the park! Each Tuesday morning, meet at a different Brentwood park to enjoy sights and sounds of nature, look for birds, wildlife & take some scavenger challenges, too.

T1 T 3/10-5/26 9:30-10:30 a.m.
R&NR \$26 163185
Brentwood Parks & Trails

Sewing Classes

Ages 15+

Learn everything from the basics to advanced sewing skills in these 1-day sewing classes. We will get you off and running learning the functions of a sewing machine, sharpening your skills in the Intermediate level and fine-tuning them in the Advanced level. Class should bring their own sewing machines, thread (all purpose), machine needles, scissors, seam ripper, pins/pin cushion and needle threader. Class participants will be provided with 3 yds. of fabric to practice. Preregister required. Instructed by Bridget Riddle.

Sewing 101
A1 A 1/17 9-11 a.m. 126012
R \$20; NR \$25
Intermediate Sewing
A1 A 2/7 9-11 a.m. 126013
R \$20; NR \$25
Advanced Sewing
A1 A 3/14 9 a.m.-12 p.m. 126014
R \$30; NR \$35
Brentwood Recreation Complex

Old Fashioned Game Days

Ages 50+

Let's play games! Coffee, tea, snacks & attendance prizes are part of the fun! Scrabble will be offered each game day.

W1 W 1/7 9:30-11 a.m. Dominoes
W2 W 2/4 9:30-11 a.m. Pictionary
W3 W 3/4 9:30-11 a.m. CLUE
M3 M 3/16 9:30-11 a.m. Monopoly
W4 W 4/1 9:30-11 a.m. Name That Tune & 20 Questions
M4 M 4/20 9:30-11 a.m. Bunko
R&NR \$5/game day 163186
Brentwood Recreation Complex, Room 101

Try ART!

Ages 50+

Join our Art & Craft Class to stir your creative side. Make memorable gifts, decorate to your own taste, even get your hands dirty.

H1 H 3/5 Pottery class 9-10:30 a.m.
H2 H 3/12 Flower arrangement 9-10:30 a.m.
H3 H 3/19 Water color class 9-10:30 a.m.
H4 H 3/26 Mosaic class 9-10:30 a.m.
H5 H 4/2 Acrylic Tole-painting 9-10:30 a.m.
H6 H 4/9 Sketching 9-10:30 a.m.
R&NR \$18/class or \$80 for all 6 163190
Brentwood Rec. Complex

Quarterly Questions

Trivia Days

Ages 50+

Test your trivia knowledge! We'll cover Turn of the Century, St. Louis, Disney and more! Build your own table of six or we will match you up. Light snacks are provided,

T2 T 2/10 Turn of the Century Trivia
9:30 a.m.-11:30 a.m.
R&NR \$10 163183
Brentwood Rec. Complex

ABSOLUTELY ADULTS

A Little French? Oui! Ages 50+

January's theme: French immersion. First in St. Charles we visit The Haviland Museum full of China, historical photos and documents. Dine at Mother-in-law's House then head for the Little Hills Winery.

F1 F 1/9 10 a.m.-2 p.m.
R&NR \$54 (lunch included) 163181
Departs: Brentwood Recreation Complex

Tour La Vallée des Fleurs Ages 50+

A little bit of French, a little bit of Spanish, a lot of history in Florissant. We will visit Talle de Noyer, drive through historic Olde Towne and dine at Ruiz -renowned Mexican restaurant.

F1 F 1/23 9 a.m.-3 p.m.
R&NR \$64 (lunch included) 163180
Departs: Brentwood Recreation Complex

Dance With Your Darlings All Ages

Bring your grandchildren, your children or just yourself to dine, dance & play. Prizes & a few surprises will make this After-Valentine's Day party a hit for all ages.

F2 F 2/20 11 a.m.-2 p.m.
R&NR \$45/couple; \$23/person (lunch included)
Brentwood Recreation Complex 163181

My Old Friend Abraham Ages 50+

...Lincoln that is. Visit the highly acclaimed Lincoln Museum. Be inspired by the lofty architecture of Frank Lloyd Wright's Dana-Thomas House and enjoy a buffet lunch at historic Muldane's.

F2 F 2/27 8:30 a.m.-4:30 p.m.
R&NR \$91 (lunch included) 163180
Departs: Brentwood Recreation Complex

Ruling the Skies Ages 50+

If you still look up when you hear an engine roar overhead, don't miss Dauster Flying Field -the local aeronautic heritage museum. We'll lunch at La Bonne Bouche -fit for a fighter pilot!

F3 F 3/20 10 a.m.-2 p.m.
R&NR \$64 (lunch included) 163181
Departs: Brentwood Recreation Complex

Spring at Purina Farms Ages 50+

Frolic in the field full of fun events, and milk a cow if you are so moo-ved! Purina's own daring dogs will delight us, and the two-story house of cute cats will captivate us.

F3 F 3/27 8:30 a.m.-3:30 p.m.
R&NR \$64 (lunch included) 163180
Departs: Brentwood Recreation Complex

We're Going to the ZOO! Ages 50+

Let's visit world famous St. Louis Zoo - a jewel in the crown of Forest Park. Another jewel, Forest Park Boathouse is our lunch destination!

F4 F 4/10 10:30 a.m.-2:30 p.m.
R&NR \$54 (lunch included) 163181
Departs: Brentwood Recreation Complex

Fulton: Churchill & A Wall Ages 50+

Winston Churchill said, "Never, Never, Never, give up!" That determination echoes in the piece of the Berlin Wall which stands in Fulton, the museum and the church standing guard over both.

F4 F 4/24 8:30 a.m.-4 p.m.
R&NR \$74 (lunch included) 163180
Departs: Brentwood Recreation Complex

Strawberries to Brazil Ages 50+

Thies Farm is a perfect place to pick up fresh, delicious strawberries or other farm fresh goodies. Then it's all you care to eat of colorful, bountiful salads, meats & desserts at Tucanos Brazilian Restaurant!

F5 F 5/22 10:30 a.m.-2:30 p.m.
R&NR \$54 (lunch included) 163181
Departs: Brentwood Recreation Complex

Werde Maeystown Mühle Ages 50+

Or, "We are going to the Maeystown Mill" The old southern Illinois German settlement is a live historical adventure into the past. We will dine on local fare and browse the local shops, too.

F5 F 5/29 8:30 a.m.-3:30 p.m.
R&NR \$69 (lunch included) 163180
Departs: Brentwood Recreation Complex

Magic Lunch Club Ages 50+

Enjoy lunch with a great bunch! \$8 covers transportation & escort. We reach our lunch destinations by 11 a.m. Lunch is at your own expense.

F1 F 1/2 Sameem Afghan 10:30 a.m.
F2 F 2/6 The Shaved Duck 10:30 a.m.
F3 F 3/6 Hodak's 10:30 a.m.
F4 F 4/3 McCormick & Schmick's 10:30 a.m.
F5 F 5/1 Apollonia 10:30 a.m.
R&NR \$8 163188
Departs: Brentwood Recreation Complex

Pot Lucks & Laughs Ages 18+

Arrive at 11 a.m. with your favorite dish to share. We provide the main dish and entertainment for a Sing-a-Long Lunch! You provide sides, salads, desserts and smiles!

T1 T 1/13 11 a.m.-1 p.m.
Last name begins with: A-M Side dish or salad: N-Z Dessert
T2 T 4/7 11 a.m.-1 p.m.
Last name begins with: N-Z Side dish or salad: A-M Dessert
R&NR \$7 163185
Brentwood Recreation Complex

Lunch & Bingo Ages 21+

Join us for 12 games of Bingo and lunch!

W1 W 2/18 11 a.m.-1:30 p.m.
W2 W 3/11 11 a.m.-1:30 p.m.
W3 W 4/15 11 a.m.-1:30 p.m.
R&NR \$6 861000
THE HEIGHTS

Casino Ages 21+

Try your luck at a different local casino every month. Lunch is at your own expense.

T1 T 1/27 9:30 a.m.-2:30 p.m. River City
T2 T 2/24 9:30 a.m.-2:30 p.m. Casino Queen
T3 T 3/31 9:30 a.m.-2:30 p.m. Argosy
T4 T 4/28 9:30 a.m.-2:30 p.m. Ameristar
T5 T 5/26 9:30 a.m.-2:30 p.m. Hollywood
R&NR \$6 861100
Departs: THE HEIGHTS

Let's Eat Ages 18+

Peacock Diner
T1 T 2/3 11 a.m-1 p.m.
Sugarfire Smokehouse
H2 H 3/26 10:45 a.m-1:30 p.m.
Crown Candy
T3 T 4/14 10:30 a.m-1:30 p.m.
R&NR \$6 (lunch at own expense) 861200
Departs: THE HEIGHTS

Josephine's Tea Room Ages 18+

Join us as we escape to Josephine's Tearoom in Godfrey, Illinois for the day. We will enjoy a delicious lunch, browse through the many shops and enjoy the beautiful landscaping.

T1 T 5/5 10:30 a.m.-2 p.m.
R&M \$30 (lunch included) 861300
Departs: THE HEIGHTS

Coffee Concert Ages 18+

Come along as we enjoy coffee, company, and celebrate acclaimed Celtic fiddler Kevin Buckley and friends bring the sounds of the Emerald Isle to The Sheldon stage-just in time for St. Patrick's Day! Celebrate with a range of Irish music, from reels and jigs to traditional ballads. Next lunch at Zia's, at your own expense.

W1 W 3/18 8:30 a.m.-2 p.m.
R&M \$15 861400
Departs: THE HEIGHTS

Arthritis Joint Pain Seminar

Local orthopedic surgeon Dr. Scott Zehnder will be discussing arthritis of the hip and knee, surgical and non-surgical pain treatment options and new technologies in hip and knee replacement.

T1 T 3/24 11:30 a.m.-1 p.m.
No Charge! 861500
THE HEIGHTS

New Cathedral Tour Ages 18+

The Cathedral Basilica of Saint Louis is a masterpiece of art and history. It rivals the grandest Cathedrals in the world. We will take a tour through the new Cathedral followed by lunch at Tigin Irish Pub. Lunch is at your own expense.

T1 T 2/10 10 a.m.-2 p.m.
R&M \$6 861600
Departs: THE HEIGHTS

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BRENTWOOD SKATING

BRENTWOOD

THE HEIGHTS

GENERAL INFO

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Ice Arena

Hours of Operation (Hours may vary).
Sunday-Saturday 6 a.m.-12 a.m.

Holiday-Public Sessions

12/24	Christmas Eve	6 a.m.-1 p.m.
12/25	Christmas	CLOSED
12/31	New Year's Eve	6 a.m.-6 p.m.
1/1	New Year's Day	10 a.m.-6 p.m.
1/19	MLK, Jr.	6 a.m.-12 a.m.
2/16	President's Day	6 a.m.-12 a.m.

Admission Prices

Senior (age 55+)	\$3.00
Resident	\$3.00
Non-resident	\$4.00
Age 3 years and under	FREE with paid admission
Skate Rental	\$2.00
Locker Rental	\$.25

Ask about Penguin Passes for discounts on your skating!

Public Skating Sessions

Check our online schedule at www.brentwoodmo.org/ice for monthly updates.

Skate Rental

Hockey and figure skates are available to rent for \$2.00. Hockey skates are available in whole sizes ranging from 1 through 14. Figure skates are available in whole sizes ranging from youth size 7 through adult size 14.

Coffee Club

These public skating sessions are exclusively for ages 50+ and include free coffee during the session. For more information check out www.brentwoodmo.org/ice for an updated monthly schedule.

Training Sessions

Training sessions for those that would like to practice hockey and figure skating maneuvers, no stick or pucks are allowed. Please check the hotline at 314.963.8689 extension 2 or the website at www.brentwoodmo.org/ice for times. R \$3 half-hour; NR \$3.50 half-hour

Stick and Puck Sessions

These sessions are for those who would like to practice hockey. Full equipment is encouraged, but helmet and gloves are required to participate. Individuals under 18 must wear full gear. Individuals 6-17 years of age are asked to have a release form signed by a parent/guardian. Times are scheduled on a month-to-month basis. Please check the hotline at 314.963.8689 extension 2 or the website at www.brentwoodmo.org/ice for times. R \$3 half-hour; NR \$3.50 half-hour

Ice Rentals

The ice surface measures 85' x 200' and is available for rental. For information on availability, call 314.963.8685.

Fee:	\$190 Prime
	\$145 Non Prime
	M-F 8:30 a.m. to 3 p.m.

Regulations

- ◆ Alcohol is prohibited in the Recreation Complex, Ice Arena, and parking lot.
- ◆ Smoking is prohibited in the Recreation Complex and the Ice Arena.
- ◆ Full payment for ice rental is due at time of reserving ice or reservation will not be held.
- ◆ Ice rental fees include use of ice only. Party room is available for an additional fee.

Changing Rooms

There are four changing rooms available. Photo identification is required to obtain a key. Shower facilities are also available. Dressing in the ice arena or lobby area is prohibited as a courtesy to other guests.

Monday Adult

Novice Hockey Skills Ages 18+

No prior hockey experience needed as this class will teach and develop basic hockey skills in the adult player. Full hockey equipment, including helmet and facemask is required.

Winter/Spring 1/5-3/30 8:45-9:45 p.m.

\$137 Winter/Spring

\$15 Walk-On Fee as space permits

Brentwood Ice Arena

Monday Adult

Advanced Hockey Skills Ages 18+

This class is designed to teach and develop hockey skills in the adult player. Some ice hockey experience required. Full hockey equipment, including helmet and facemask is required.

Winter/Spring 1/5-3/30 10-11:30 p.m.

\$150 Winter/Spring

\$15 Walk-On Fee as space permits

Brentwood Ice Arena

Adult 18 and Older

Novice Hockey League Ages 18+

Returning Player Registration (if played during the fall of 2014): begins 1/2.

New Player Registration begins 1/29. All players' team placements are first-come, first-served enrollment (Jerseys provided for new incoming players.) Game schedules will vary slightly.

132210.A1-A6 A 2/14-3/30 6-11 p.m.

R&NR \$100/person (returning player)

\$125/player (new player)

Brentwood Ice Arena

Penguin Party Room

Give the coolest birthday party of the year and gain the edge over all your friends. Parties typically book 4-6 weeks in advance. Our party room accommodates 17 people maximum and provides lots of windows for viewing the ice and warming room. **Tables, chairs, paper plates, napkins and postcard invitations are provided. Outside food is prohibited.**

Package 1-\$130

3-hour room rental

Admission & Skate Rental for up to 17 people

Birthday banner

Package 2-\$150

All of package 1 amenities plus...

Three large Domino's pizzas and soda for up to 17 people (additional skaters are \$6 per person)

Package 3-\$15/hour

This option is for organizations needing a place to meet. It is not available during public session times. Room capacity is 17 people. Tables and chairs are provided. TV/VCR is available upon request.

Adult 18 and

Older Hockey League Ages 18+

Returning Team Registration (if team had played during the Fall of 2014): 11/1.

New Team Registration begins 12/3. All leagues are first-come, first-served enrollment.

Advanced

132210.T1 T 1/6-3/24 7:30, 8:55, 10:20 p.m.

132210.H1 H 1/8-3/26 7:30, 8:55, 10:20 p.m.

Intermediate

132210.F1 F 1/2-3/20 8:45, 10:10, 11:35 p.m.

132210.S1 S 1/4-3/22 6, 7:25, 8:50, 10:15 p.m.

R&NR \$1,850/team

Brentwood Ice Arena

BRENTWOOD SKATING

Brentwood Ice Arena Basic Skills

	Spring 1	Spring 2
M	1/5-2/9	2/16-3/23
A	1/10-2/14	2/21-3/28

Classes with less than 4 students may be cancelled 5 days prior to the start date. There will be a \$15 late registration fee for any one that enrolls the day of a class.

Snowplow Sam 1-3 Ages 3-5

The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy polar bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

R \$47; NR \$52

Basic 1-8 Ages 6-17

The "basic skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.

R \$47; NR \$52

Free Skate 1-6 Ages 6-17

Each Free Skate level is divided into four sections: moves in the field, spins, dance/footwork sequence and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating. **Skaters must have passed Basic 8.**

R \$53; NR \$58

Moves in the Field/Edge Work

Pre-Preliminary through Intermediate levels of the USFS moves in the field test structure. We will teach the skaters the patterns as well as work edges, turns, steps and spirals - always stressing the importance of proper technique and stroking.

R \$53; NR \$58

Adult 1-2 Ages 18+

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques.

R \$53; NR \$58

Adult Technique Ages 18+

The curriculum is designed for the intermediate level adult skater. Adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

R \$53; NR \$58

Adult Seminar Ages 18+

This class is for those adults whom have worked through the beginner and intermediate adult classes. We will teach proper technique on stroking, spinning, jumping and edgework.

R \$106; NR \$116

Become a member of United States Figure Skating!

\$12 for 1 year Membership!

Ballet Class

This is a class built for the figure skater which will work on music interpretation as well and grace and extension; this class is taught by Ukrainian champion Olga Vavilova.

10:45 -11:15 a.m.

R&NR \$40

Off-Ice Training

This class focuses on mobility and strength training. This class takes place in the Recreation Center.

11:15-11:45 a.m.

R&NR \$40

Hockey Skating Skills Ages 6-12

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations. Must have passed Basic 2.

R \$53; NR \$58

Monday 5:45-6:15 p.m.	Monday 6:15-6:45 p.m.	Saturday 9:30-10 a.m.	Saturday 10-10:30 a.m.	Saturday 10:30-11 a.m.	Saturday 11-11:30 a.m.	Saturday 11:30 a.m.-12 p.m.
Snowplow Sam 1	Basic 3	Freestyle 1-3	Moves in the Field/ Edgework	Snowplow Sam 1	Basic 3	
Snowplow Sam 2	Basic 4	Freestyle 3-6	Adult Synchro	Snowplow Sam 2	Basic 4	
Snowplow Sam 3	Basic 5/6	Adult Synchro	Adult 1-2	Snowplow Sam 3	Basic 5/6	
Basic 1	Basic 7/8			Basic 1	Basic 7/8	
Basic 2	Freestyle 1-3			Basic 2	Adult Seminar	Adult Seminar
Hockey Skating Skills	Freestyle 3-6			Adult Technique		
Adult 1-2	Adult 3-4					

BRENTWOOD

THE HEIGHTS

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Indoor Aquatic Center

Special Hours of Operation

1/1	All Attractions	12-4:30 p.m.
1/2	Open Swim	12-8 p.m.
1/19	Open Swim	12-8:30 p.m.
2/13	Open Swim	12-8 p.m.
2/16	Open Swim	12-8:30 p.m.
3/13 & 3/20	Open Swim	12-8 p.m.
3/16-19	Open Swim	12-8:30 p.m.
4/3 & 4/10	Open Swim	12-8 p.m.
4/5	All Attractions	CLOSED
5/15	All Attractions	4-5:30 p.m.
5/25	Lap Swim	8 a.m.-4:30 p.m.
	Open Swim	12-4:30 p.m.
5/26	All Attractions	SUMMER

SCHEDULE STARTS



Check out the
Monthly Pool Schedule
for Aquatic Center Hours

Public Swim

All Ages

M/W	4-8:30 p.m.	A	12-6:30 p.m.
T/H	6-8:30 p.m.	S	12-5:30 p.m.
F	4-8 p.m.		

Lap Swimming

All Ages

Three 25-yard lap lanes available. Please refer to the [Monthly Pool Schedule](#) for times.

Sauna, Steam Room and Spa

Ages 16+

Daily admission or membership and proper swim attire required for use of these amenities. Please refer to the [Monthly Pool Schedule](#) for times.

Indoor Splash and Play

Ages 0-9

Daily admission or membership required. Parents must be wearing a swimsuit and accompany their children in the water. Program takes place in the children's play area only. *No Splash and Play on Wednesdays in February. Please refer to the [Monthly Pool Schedule](#) for times.

Fish Tales

Ages 0-9

Bring your swimsuit and join us in the pool each Wednesday in February to enjoy a book, activity, and fish tale treat.
W 2/4, 2/11, 2/18, 2/25 10-11:30 a.m.
No Charge!

Swim Safe

Ages 3.5-15

Drowning is the fifth leading cause of unintentional death of children age 2-14 in the United States. We will be showing participants basic skills in order to stay safe in, on, and around the water. Each participant will receive a voucher for discounted group swim lessons through PARC. Pre-registration required. Program may be cancelled due to low enrollment one week prior to the program.

A	3/7	10:30-11:30a.m.	
T	3/10	5-6p.m.	
No Charge!			119988

Lazy River Exercise

Ages 16+

A low impact and fun way to get a great workout. No instructor provided for this activity; participants work at their own pace. Daily admission or membership required. Please refer to the [Monthly Pool Schedule](#) for times.

Swim Lessons

American Red Cross Swimming & Water Safety Program

The main goal of our lesson program is to help individuals to be safe in and around an aquatic environment. Classes are divided into three sections according to each participants age:

6 mos.-3 yrs.	(Parent & Child Aquatics)
3.5 - 5 yrs.	(Preschool Aquatics)
5.5-15 yrs.	(Learn-To-Swim Program)

Participants are evaluated at the first class to ensure each is enrolled in their appropriate level. All group lessons meet for 40 minutes each class. Simply locate the age and level you wish to enroll and find the days and times listed below that match your needs. It is common for students to repeat a level to master the skills of the level.

There are no make-up dates for classes missed due to personal reasons. We reserve the right to combine classes due to low enrollment in any level. Participants must be enrolled by the first day of class. NEW: Enjoy (1) free Tot Care visit valid during the enrolled session.

Tuesdays/Thursdays

T1	1/6-1/29	4:45-5:25 p.m.
T2	2/10-3/5	4:45-5:25 p.m.
T3	3/24-4/16	4:30-5:10 p.m.
T4	3/24-4/16	5:15-5:55 p.m.
R&M	\$39; NR \$48	
T5	4/28-5/14	4:30-5:10 p.m.
T6	4/28-5/14	5:15-5:55 p.m.
R&M	\$30; NR \$36	

Saturdays

A1	1/10-2/28	10-10:40 a.m.
A2	1/10-2/28	10:45-11:25 a.m.
A3	3/14-5/2	10-10:40 a.m.
A4	3/14-5/2	10:45-11:25 a.m.
R&M	\$39; NR \$48	

Parent and Child Aquatics

Parent participation is required in this class to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.

Level 1

Ages 6-18 months

Your instructor guides you and your child through this level emphasizing water adjustment and basic skill development.

A1, A3	10 a.m.	119999
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Level 2

Ages 19 months-3 years

Exploration of water above and below the surface, gliding and floating on front and back will be taught.

A2, A4	10:45 a.m.	119998
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Preschool Aquatics

Ages 3.5-5

The Preschool Aquatics Levels aim to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children.

Level 1

Your child will become familiar with the aquatic environment and help them acquire rudimentary basic aquatic skills. Participants begin to develop positive attitudes and safe practices around water.

T/H or A	119997
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Level 2

Your child will learn to float without support, learn self-help and basic rescue skills, explore the beginning movements of arm and leg action on the front and back.

T/H or A	119996
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Level 3

At the conclusion of Level 3 your child will be able to independently demonstrate the skills from Level 1 and Level 2.

T/H or A	118995
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Learn-to-Swim Aquatics

Ages 5.5-15

The Learn-to-Swim Aquatics Section teaches youth of varying abilities how to swim skillfully and safely in order to be safe in, on and around the water.

Level 1: Introduction to Water Skills

The objective of this level is to help participants become familiar with the aquatic environment and help them acquire rudimentary basic aquatic skills. Participants begin to develop positive attitudes and safe practices around water.

T/H or A	119994
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Level 2: Fundamental Aquatic Skills

This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills begun in Level 1.

T/H or A	119993
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Level 3: Stroke Development

Participants will be taught to coordinate front crawl and elementary backstroke and will become proficient in treading water.

T/H or A	119992
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Level 4: Stroke Improvement

Participants will increase endurance by swimming familiar strokes for greater distances and will be introduced to butterfly, backstroke, breaststroke, sidestroke and turning at wall. T/H or A

T/H or A	119991
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Level 5: Stroke Refinement

Swimmers will learn to perform front and back crawl, sidestroke, breaststroke, and butterfly over an increased distance. They will also become familiar with open turns, and feet-first surface dives.

T/H or A	119990
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Level 6: Swimming & Skill Proficiency

The objective of this program is to introduce skills for fitness swimming and personal water safety. Extended periods and lengths of swimming are maximized.

T/H or A	119989
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HEIGHTS AQUATICS

Private Swim Lessons

All Ages

Each set of private swim lessons is scheduled on an individual basis depending on the package selected. To schedule lessons please complete a Private Lesson Request Form found at THE HEIGHTS guest services desk or online at www.myheights.info.

1 lesson package R&M \$20; NR \$25 119983
 3 lesson package R&M \$57; NR \$70 119985
 6 lesson package R&M \$108; NR \$132 119987

Semi-Private Swim Lessons

All Ages

Two participants with similar swimming abilities can enroll in the semi-private swim lesson package together.

1 lesson package R&M \$28; NR \$35 119982
 3 lesson package R&M \$81; NR \$100 119984
 6 lesson package R&M \$157; NR \$193 119986

Summer 2015 Employment

Ages 16+

If you enjoy spending your summers outside with energetic people, apply as a lifeguard today! Staff will work at THE HEIGHTS as well as the Maplewood Family Aquatic Center for the summer season. If hired, you can take the American Red Cross Lifeguard Certification Course for a reduced fee of only \$75! If interested, please contact the aquatic division at 314.655.3655 or fill out an application online at www.richmondheights.org.

Lifeguarding

Certification Classes

Ages 16+

Gain the skills to become a certified **American Red Cross Waterpark Lifeguard**. All lifeguard candidates must pass the following prerequisites before enrolling in the class.

- Swim 300 meters continuously with rhythmic breathing.
- Timed Brick Test: enter water, swim 20 yards, surface dive 7-10 feet and retrieve a 10-pound brick, return to surface, swim 20 yards back to starting point with both hands on brick, exit water.
- Tread water for 2 minutes without using your hands.

Course One:

F1 4/24 6-9 p.m.
 4/25, 4/26, 5/2 & 5/3 8 a.m.-5 p.m.

Course Two:

M2 5/4-5/7 5-10 p.m.
 5/9 & 5/10 8 a.m.-5 p.m.

Course Three: (PARC Lifeguards Only)

5/29 6-9 p.m.
 5/30, 5/31, 6/6 & 6/7 8 a.m.-5 p.m.

R&NR \$175; PARC Aquatic Staff \$75 119975
 Maplewood Family Aquatic Center

Beginner Adult Swim Lessons

Individuals that are looking to learn the fundamentals of swimming will learn basic techniques from swim and fitness coach Kay Lynne Firsching.

M1 M 1/12-2/16 6:15-7 p.m.
 M2 M 2/23-3/30 6:15-7 p.m.
 M3 M 4/6-5/11 6:15-7 p.m.
 M4 M 5/18-6/29 6:15-7 p.m.
 R&NR \$90 119980

Aqua Class Pass

For one fee you have access to all the water fitness classes offered at THE HEIGHTS.

Session 1: 1/12 – 3/22

Unlimited Pass R&M \$95 NR \$120

Session 2: 3/23 – 5/31

Unlimited Pass R&M \$95 NR \$120

Water Fitness Drop-In Daily Rates

R&M \$6; NR \$8

Free Fitness & Water Fitness Week

January 5-11, all land and water based fitness classes are FREE!

Splash & Dash

Ages 16+

What better way to start your day than with a morning workout in the water! Gather your friends and jump in for a motivating way to begin the day. M/W/F 8:30 a.m.-9:45 a.m.

Ai Chi

Ages 16+

Move to your next level of health with Ai Chi. Practice a combination of deep breathing and slow, broad movements of arms, legs, and torso in flowing continual patterns to reach a higher state of focus and relaxation. T/H 8-9 a.m.

Be Fit Aqua Aerobics

Ages 16+

Looking to work hard and gain the motivation to get fit? This water fitness class will work you to the bone to create stronger, defined arms, firmer buns, leaner legs and fabulous tummies! T/H 9:05-9:55 a.m.

Hydro Fit

Ages 16+

Your body requires cardiovascular, strengthening, and flexibility work to some degree every day. Designed to satisfy all 3 areas in just one hour, you will build muscle strength, muscle tone and endurance with zero-impact on your joints. T/H 6-7 p.m.
 A 9-10 a.m.

H-2-O Whoa!

Ages 16+

Try our water workout! You will learn basic concepts of water fitness, have fun with new steps and moves while getting fit with aerobic exercise. This safe, effective, low-impact aerobics and toning program is designed to strengthen muscles and increase stamina. You will feel refreshed and ready for the next day!

EXPECTANT AND NEW MOTHER'S are welcome as the exercises are safe and can be adapted for each trimester or for regaining your shape faster after delivery. T/H 7-8 p.m.

Core Awareness

Water Fitness

Ages 16+

Supported by the water and accompanied by a noodle, activate your core, enhance your balance, strength and free your breath. Cultivate peace of mind as you learn new strategies for movement you can practice everyday. This course is part of an approach to life fitness called The Kinsella Method™.

Swim Coaching

All Ages

With over 25 years experience as a competitive swim coach, swim lesson teacher, and water exercise instructor, Kay Lynne Firsching can help you reach your goals in the pool. You can work with her one on one, with a partner, or in a small group. To contact Kay Lynne, call or text 314.740.5807 or email at coachkaylynnne@gmail.com.

Be a Better Lap Swimmer

Ages 16+

Perfect for lap swimmers and triathletes, swim and fitness coach Kay Lynne Firsching uses a unique combination of stroke technique work and training sets that will have you swimming with the water instead of against it. Participants must be able to swim 25 yards without stopping.

M1 M 1/12-2/16 7-8 p.m.
 M2 M 2/23-3/30 7-8 p.m.
 M3 M 4/6-5/11 7-8 p.m.
 M4 M 5/18-6/29 7-8 p.m.

R&NR \$90 (no class 5/25) 119978

Be a Complete

Lap Swimmer

Ages 16+

Swim and fitness coach Kay Lynne Firsching builds upon previous learned stroke technique work and training sets that will have you swimming with the water instead of against it. Participants must have completed "Be a Better Lap Swimmer."

W1 W 1/14-2/18 7-8 p.m.
 W2 W 2/25-4/1 7-8 p.m.
 W3 W 4/8-5/13 7-8 p.m.
 W4 W 5/20-6/24 7-8 p.m.

R&NR \$90 119979

Water Gym

Ages 16+

Participants will be instructed on correct form and function as they get stronger, build muscle, and improve balance. This class is especially beneficial for those who find land-based workouts difficult because of post rehab, orthopedic or weight issues.

A1 A 1/17-2/21 8-8:45 a.m.
 A2 A 2/28-4/4 8-8:45 a.m.
 A3 A 4/11-5/16 8-8:45 a.m.

R&NR \$60 (no class 5/25) 119981

Water Safety

Instructor Training

Ages 16+

This course will help you teach skills that may save a life, gain terrific work experience as an aquatics professional, earn money or join a volunteer team while you help people learn valuable skills. Time must be committed outside of scheduled classes. Must attend ALL Dates:

S 1/4 8:30 a.m.-5:30 p.m.
 W 1/7 6:30-9:30 p.m.
 *S 1/11 8:30 a.m.-5:30 p.m.
 W 1/14 6:30-9:30 p.m.
 W 1/21 6:30-9:30 p.m.
 W 1/28 6:30-9:30 p.m.
 W 2/4 6:30-9:30 p.m.
 W 2/11 6:30-9:30 p.m.
 W 2/18 6:30-9:30 p.m.
 *W 2/25 6:30-9:30 p.m.

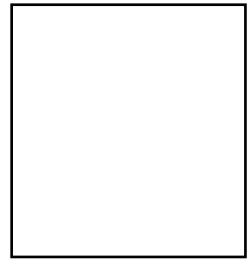
*make-up date if course is cancelled due to inclement weather
 R&NR \$300 119977

parc

8001 Dale Avenue
St. Louis, MO 63117

Time-sensitive mail:
Please Deliver December 1-5, 2015

Save this brochure to share with a friend!



Easter 'Egg'stravaganza

Ages 0-10

Mr. Bunny will be visiting area boys and girls at A.B. Green Athletic Complex, located at Laclede Station Road and Dale Avenue. Hunting areas will be available for ages 3 and under, 4-5, 6-7, 8-10 and peanut free with over 5,000 eggs. Special prize eggs will be waiting for lucky hunters. Bring a basket and don't be late for this very fun event! PLEASE ARRIVE EARLY hunt begins at 10 a.m. SHARP!

Saturday, March 28 10 a.m. SHARP!

No Charge!

A.B. Green Park

Adult Flashlight Hunt

Ages 21+

Join us for an evening of fun by searching Memorial Park and its surroundings for special eggs that contain tickets for awesome prizes! The hunt will begin at 7:30 p.m. SHARP. Please bring a flashlight. Pre-registration is required!

Friday, March 27 7:30 p.m. SHARP!

R & NR \$10 Day-of Registration \$15

Brentwood's Memorial Park

