

# Bellefontaine Neighbors Parks and Recreation Brochure

## Fall & Winter

2016 - 2017

Resident Registration

Tuesday, August 2

Open Registration

Tuesday, August 9

**City Hall**

**867-0076**

**Recreation Center**

**867-0700**

**Fire Department**

**428-1122**

**Police Dispatch**

**636-529-8210**

**Ambulance Service**

**428-1122**



**WEBSITE**

[www.cityofbn.com](http://www.cityofbn.com)

# GENERAL INFORMATION



## BELLEFONTAINE NEIGHBORS RECREATION CENTER

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

### PARKS AND RECREATION STAFF

#### *Director*

Mark Dickerson  
mdickerson@cityofbn.com

#### *Office Supervisor*

Kathy Cross  
kcross@cityofbn.com

#### *Recreation Supervisor*

Amy Mulholland  
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#### *Aquatics Director*

Martha Snead  
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#### *Aquatics Assistant*

Craig Scheidker  
cscheidker@cityofbn.com

#### *Inclusion Coordinator*

Nicole Osheroff  
noesheroff@hazelwoodmo.org

#### *Weekend Supervisor*

Anthony Howard

#### *Park Board Members*

Dave Cross, Jane Davis, Kathy Endorf,  
Judy Mantych, Tina Swindle,  
Sally Wahlbrink, Kenneth Wilkins  
*The Park Board meets the third  
Tuesday monthly*

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

**RECREATION SERVICES**—Bellefontaine Neighbors Parks & Recreation Department welcomes people of all abilities. Nicole Osheroff works as the Inclusion Coordinator for the North County Region. She is responsible for facilitating the inclusion of people with disabilities into recreation programs. Every effort will be made to adapt a program to incorporate your individual needs. If assistance is needed, please call Nicole at 314-839-5575 or use Relay Missouri 1-800-735-2966. To place a grievance, you may contact Kathy Cross at 314-867-0700, Monday through Friday from 9:00 a.m. to 3:30 p.m.

**INSURANCE** —Bellefontaine Neighbors Parks & Recreation Department does not provide insurance coverage for injuries suffered while participating in recreation programs or while using our facilities.

**PHOTO POLICY**—Our staff may take pictures of you or your child while participating in recreational activities. These photographs could be used in future publications. If you do not wish to have your photo published, please inform the photographer.

**RETURNED CHECK POLICY**—There is a \$25.00 service charge for all returned checks. You will have **five** working days to make payment (original amount + service charge). After that, your check will be turned over to the Police Department.

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

# PASSES AND ID CARDS

- A general ID is required to enter the facility, use the gymnasium, game room, pool, sauna, racquetball court, sign up for classes or to reserve rooms or parks.
- **All ID cards and passes with the exception of the weight room additional person are valid for one year from date of purchase. The weight room additional member pass expires on the same date as the weight room primary.**
- Recreation Department ID cards are required by all residents **six** years of age or older.
- With a general ID card you pay daily user fees each time you swim or workout, unless you have purchased a swim or weight room pass.
- All passes also require a general ID card.
- ID cards may be purchased or renewed Monday through Friday, 9:00 a.m. - 9:00 p.m., and Saturday and Sunday during the Bellefontaine Recreation Center's hours of operation.



## TO GET AN ID CARD YOU MUST:

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

General ID	\$5
Annual swim pass - Individual	\$75 (+ \$5 ID)
Annual swim pass - Family	\$120 (+ \$5 ID each)
Summer swim pass - Individual (valid May 28 to September 5)	\$50 (+ \$5 ID)
Summer swim pass - Family (valid May 28 to September 5)	\$90 (+ \$5 ID each)
Weight room pass - First family member	\$50 (+ \$5 ID)
Weight room pass - Each family member after the first	\$20 (+ \$5 ID)
Nonresident pool pass - Minimum age 18, no guest privileges	\$135
Senior Nonresident weight room pass (55 & older, limited hours)	\$135

# FACILITY SCHEDULES & USER FEES

## Gymnasium Schedule

### Open Play (10 to 15 yrs.)

#### **Saturday**

12:00 p.m. - 2:00 p.m.

#### **Sunday**

1:00 p.m. - 3:00 p.m.

### Family Time

(Parents with children actively playing together or children 10 & younger whose parents are in weight room )

#### **Wednesday**

6:30 p.m. - 8:00 p.m.

#### **Saturday**

9:00 a.m. - 12:00 p.m.

#### **Saturday & Sunday**

6:30 p.m. - 8:00 p.m.

(Team practice may be in progress.)

### Open Play All Ages

#### **Monday**

1:45 p.m. - 4:15 p.m.

#### **Tuesday through Thursday**

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

#### **Friday**

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

### Open Full Court Play

(16 yrs. & up)

**Tuesday, Wednesday & Thursday - Residents ONLY**

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

#### **Saturday**

2:30 p.m. - 6:00 p.m.

#### **Sunday**

3:30 p.m. - 6:00 p.m.

### Walking Hour

**Monday through Friday**

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

11:00 a.m. - 12:00 p.m.

#### **Wednesday**

6:30 p.m. - 8:00 p.m.

(Gym shared with family time.)

#### **Saturday**

9:00 a.m. - 12:00 p.m.

(Gym shared with family time.)

*The gymnasium hours will be adjusted for holidays & scheduled events. Please check monthly posting.*

## Racquetball & Volleyball

**Monday through Friday**

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

#### **Saturday**

9:00 a.m. - 7:00 p.m.

#### **Sunday**

1:00 p.m. - 7:00 p.m.

## Weight Room



**Monday through Friday**

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

*(Locker rooms will not be available until 9:00 a.m.)*

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

**Sunday** 1:00 p.m. - 8:00 p.m.

**Senior Nonresident Weight Pass Hours**

**Monday through Friday**

9:00 a.m. - 4:30 p.m.

#### **Saturday**

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

#### **Sunday**

1:00 p.m. - 8:00 p.m.

## INDOOR POOL BEGINNING SEPTEMBER 6

### Lap Swim

**Monday through Friday**

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

#### **Saturday & Sunday**

1:00 p.m. - 2:00 p.m.

### Open Swim

**Monday & Wednesday**

**Through November 1**

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

#### **Friday**

6:00 p.m. - 8:45 p.m.

#### **Saturday & Sunday**

2:00 p.m. - 6:00 p.m.

### Adult Time

**Monday through Friday** 12:30 p.m. - 3:00 p.m.

**Wednesday** 7:30 p.m. - 8:45 p.m. \*Class may be in progress

## Outdoor Pool

Closed September 6 to May 27. Please call for hours.

## Mini Golf Course & Sand Volleyball Court

**Monday through Friday**

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

#### **Saturday**

9:00 a.m. - 7:00 p.m.

#### **Sunday**

1:00 p.m. - 7:00 p.m.

# FACILITY SCHEDULES & USER FEES

## Daily Admission Fees and Policies

**Credit cards accepted for charges \$15.00 and over**

Adult fee begins at age 13

### Swimming Pool - Residents and their guests only

Adult Resident - \$3.00 Guest - \$5.00

Child Resident - \$2.00 Guest - \$4.00

5 & under free Labor Day to Memorial Day

**Weight Room - Residents only - \$3.00**

### Miniature Golf Course - Open to the Public

Adult Resident - \$2.00 Nonresident - \$4.00

Child Resident - \$1.50 Nonresident - \$3.00

### Gymnasium & Game Room

Adult Guest \$5.00 Child Guest - \$4.00

### Racquetball per hour

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

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

### Wallyball per hour

Weekdays before 5:00 p.m. - \$9.00 After 5:00 p.m., weekends, holidays - \$11.00

- Use of the facilities is for residents of the City of Bellefontaine Neighbors only. All residents must present a valid recreation ID card when entering. No loitering is allowed.
- All guests must present a valid picture ID and pay appropriate fee for admission. Guests must stay with the resident at all times. The resident is responsible for the guest's behavior. Misconduct of either party will result in the removal of both.
- Residents are allowed:
  - One** guest in gymnasium or game room at specified times.
  - Two** guests in the racquetball/wallyball court.
  - Two** guests in pool during open or lap swim.
  - No guests are allowed in weight room. Residents only.**
- Children 9 and under must be with an adult 16 or older.
- All patrons on the pool deck must pay the admission fee.
- Properly lined swim attire is required. No refunds are given.
- Proper attire is required in all parts of the facility. This includes the wearing of shirts in the gymnasium, hallways and weight room, pants that cover any and all under clothing, as well as activity-appropriate shoes.
- All diapers must be changed using the diaper changing stations located in the locker rooms.
- Weight room users must be 15 years or older & complete a release form. Users must bring a sweat towel and abide by the rules attached to the release form.

## Recreation Center

### Monday through Friday

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

### Saturday

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

### Sunday

1:00 p.m. - 8:00 p.m.

The Recreation Center has:

- Indoor pool
- Outdoor pool
- Locker rooms with saunas (saunas closed during summer)
- Game room with 2 pool tables
- Weight room
- One racquetball court
- Gymnasium
- Two meeting rooms
- Miniature golf course with a playground and gazebo
- Sand volleyball court
- Recreation Department offices

## Special Closings

Aug. 6	Gymnasium opens 4:00 p.m.
Aug. 24	Gymnasium closed
Sept. 5	Facility closes at 6:00 p.m.
Sept. 15	Gymnasium closed
Oct. 8	Gymnasium opens 4:00 p.m.
Oct. 21	Gymnasium closed
Oct. 31	Facility closes at 5:00 p.m.
Nov. 24	Facility closed
Nov. 25	Facility opens at 9:00 a.m.
Dec. 8	Gymnasium closed Weight room closes 4:00 p.m.
Dec. 21	Gymnasium closed Facility closes 4:00 p.m.
Dec. 24 & 31	Facility closes at 2:00 p.m.
Dec. 25 & Jan. 1	Facility closed
Dec 26 & Jan. 2	Facility opens at 9:00 a.m.
Dec. 28	Gymnasium closed



# PROGRAM REGISTRATION INFORMATION

**Resident Registration:** Tuesday, August 2, 9:00 a.m.

**Open Registration:** Tuesday, August 9, 9:00 a.m.

Registration runs until class limits are met. During open registration, residents and nonresidents may enroll.

- Full payment in **cash, check, Visa, MasterCard, Discover or American Express** must be made before being added to the roster. Credit card transactions must be \$15.00 or higher.
- Residents, please bring your ID card.
- The Parks & Recreation Department reserves the right to cancel any class due to low enrollment. If a class is cancelled, you will receive a full refund or credit.
- You may cancel your enrollment before the class begins, with a \$3.00 surcharge. After the first class of the session, refunds or credits can be issued with a **medical excuse only**.
- When registering, please inform the staff if an accommodation is needed. Nicole Osheroff, Inclusion Coordinator, will contact you.

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

## SWIM LESSONS (AGES 1 - 5 YEARS)

### Turtles (Recommended ages 1 to 3 years)

This class teaches kicking, pulling and submersion. Using songs and games, parents learn to safely handle and guide their child in the water. Children must wear a commercial swim diaper under their suit. Adult participation is required.

<b>Tuesday</b>	9:00 a.m. - 9:40 a.m.
<b>Tuesday</b>	6:15 p.m. - 6:55 p.m. <b>Session 1 only</b>

### Puddleducks (ages 3 - 5 years)

**Puddleduck I** - Concentrates on the basic skills of water adjustment, floating, kicking and water safety. The parent is not in the water with the child.

<b>Wednesday</b>	5:15 p.m. - 5:55 p.m. <b>Session 1 only</b>
<b>Wednesday</b>	6:45 p.m. - 7:25 p.m.
<b>Saturday</b>	10:00 a.m. - 10:40 a.m.
<b>Saturday</b>	10:45 a.m. - 11:25 a.m.

**Puddleduck II** - This class includes rotary breathing, introduction to front crawl, elementary backstroke and safety skills.

<b>Wednesday</b>	6:00 p.m. - 6:40 p.m.
<b>Saturday</b>	10:45 a.m. - 11:25 a.m.
<b>Saturday</b>	11:30 a.m. - 12:10 p.m.

**Puddleduck III** - Endurance and independence in the water will be emphasized. Skills will include treading water, diving, improvement on crawl stroke and elementary backstroke.

<b>Wednesday</b>	5:15 p.m. - 5:55 p.m. <b>Session 1 only</b>
<b>Saturday</b>	11:30 a.m. - 12:10 p.m.

For registration information, please see page 6.

# SWIM LESSONS (AGES 6 - ADULTS)

## Level Classes Ages 6 - 12

**Beginner Level - Fundamental Skills - (Level 1 & Level 2)** Participants will become comfortable in the water by experiencing buoyancy, putting their face into the water, blowing bubbles, retrieving objects, front and back floats and glides, flutter kicking and basic arm strokes.

**Wednesday** 5:15 p.m. - 5:55 p.m. (**Session 1 only**)

**Wednesday** 6:00 p.m. - 6:40 p.m.

**Wednesday** 6:45 p.m. - 7:25 p.m.

**Saturday** 10:45 a.m. - 11:25 a.m.

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

**Saturday** 12:15 p.m. - 12:55 p.m.

## Intermediate Level - Stroke Development - (Level 3)

Rhythmic breathing and treading water will be stressed as participants become more independent in the water. Front and back crawl will be refined. Diving, elementary backstroke and the breaststroke kick will be introduced. Greater endurance will be expected.

**Wednesday** 6:45 p.m. - 7:25 p.m.

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

**Saturday** 12:15 p.m. - 12:55 p.m.

## Advanced Level - Stroke Improvement - (Level 4 & 5)

Participants must have the ability to swim the length of the pool to participate. Greater independence will be stressed with the addition of deep water skills. Breaststroke, sidestroke, butterfly and basic turns are introduced.

**Wednesday** 6:00 p.m. - 6:40 p.m.

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

**Saturday** 12:15 p.m. - 12:55 p.m.

Ages 13

## Teen & Adult Swim Lessons

and up

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

**Tuesday** 6:15 p.m. - 6:55 p.m. **Session 2 only**

**Wednesday** 7:30 p.m. - 8:10 p.m.

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

## Swim Lesson Session Dates

**Session 1:** week of  
Sept. 13 - Oct. 22

**Session 2:** week of  
Nov. 1 - Dec. 10

**Session 3:** week of  
Jan. 10 - Feb. 18

## Fees:

Resident \$20.00

Nonresident \$26.00

**Classes offered for  
patrons age six  
months through  
adults.**

- Classes are tentative based on enrollment.
- Please be courteous to other participants by enrolling your child in the appropriate age group and ability level.

Additional classes may be added from waiting lists. We encourage you to add your name.

**FOR MORE SWIMMING OPPORTUNITES, SEE PAGE 8**

For registration information, please see page 6.

# SWIM TEAM CLINICS



Practice incorporates drills to encourage proper stroke and turn technique along with conditioning to prepare swimmers for competition. Prerequisite skills vary according to age group with the minimum skills being to perform rhythmic breathing, swim 2 pool lengths, dive and tread water independently. A strong swim lesson background is preferred.

## Evenings

### Mondays &/or Thursdays

Ages 10 & under - 5:30 p.m.- 6:15 p.m.  
Ages 11 & older - 5:30 p.m. - 6:40 p.m.

#### Session 1 Dates:

September 12 - December 8 (12 weeks )  
No class October 31 or November 24

#### Fees per day for 12 week session:

Bellefontaine Swim Team/ Resident \$27.00  
Non-member \$39.00

#### Session 2 Dates:

January 9 - March 2 (8 weeks)

#### Fees per day for the 8 week session:

Bellefontaine Swim Team / Resident \$18.00  
Non-member \$26.00

## Mornings

### Wednesdays &/or Fridays

All ages 9:00 a.m. - 10:00 a.m.

#### Session 1 Dates:

September 14 - December 9 (12 weeks)  
No class November 25

#### Fees per day for the 12 week session:

Bellefontaine Swim Team/ Resident \$27.00  
Non-member \$39.00

#### Session 2 Dates:

January 11 - March 3 (8 weeks)

#### Fees per day for the 8 week session:

Bellefontaine Swim Team/ Resident \$18.00  
Non-member \$26.00

# FITNESS & ENDURANCE SWIMMING

Emphasis will be on strengthening and conditioning to enable youth and adults to swim laps for longer distances and reach individual goals. Strokes will be critiqued to make them more efficient. This is appropriate for those working toward a scout badge, preparing for competitive swimming, wanting to incorporate lap swimming into their regular workout or seeking additional training for other sports. Participants should have completed Level 4/5 or equivalent and be able to swim 2 pool lengths and tread water independently.

**Session Dates:**

- Session 1:** September 12 - October 22
- Session 2:** November 5 - December 10
- Session 3:** January 14 - February 18

**Mondays:** 4:40 p.m. - 5:30 p.m. **Session 1 only** &/or **Saturdays** 9:15 a.m. - 10:00 a.m.

**Fees per Day for the 6 week session:** Resident \$20.00 Nonresident \$26.00



# KARATE & TENNIS

## Karate - Ages 5 through Adult

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



**Day:** Mondays **Time:** 6:30 p.m. - 7:30 p.m.

### Session Dates:

**Session 1:** August 15 - September 12 (no class September 5)

**Session 2:** September 19 - October 10

**Session 3:** October 17 - November 14 (no class October 31)

**Session 4:** November 21 - December 12

**Session 5:** January 9 - February 6 (No class January 16)

**Session 6:** February 13 - March 6

**Session Fee:** Resident \$25.00 Nonresident: \$30.00

## USTA Tennis Lessons

Tennis is a great lifetime sport that can be enjoyed by anyone of any age. The small class size allows the instructor to work with each person at their ability level. All sessions are six classes long. Racquets are available for \$13.00.

**Day:** Fridays

**Teen Class** 6:30 p.m. - 7:30 p.m.

**Adult Class** 7:30 p.m.- 8:30 p.m.

**Fee:** Resident \$30.00  
Nonresident \$36.00

## Kids' Tennis Club

### Ages 5 - 10

This special program is designed to help children learn the basics of tennis and get them on the courts next summer. Each week begins with an organized class followed by practice time. House racquets will be available or new ones can be purchased for \$13.00.

**Day:** Fridays

**Time:** 5:30 p.m. - 6:30 p.m.

**Fee:** Resident \$10.00  
Nonresident \$12.00

**Session 1:** September 9- October 14

**Session 2:** October 28 - December 9 (No class November 25)

**Session 3:** January 6 - February 10

For registration information, please see page 6.

# ADULT & TEEN WATER FITNESS

## Water Exercise Classes

### MONDAY

9:30 a.m. - Water Walking (Martha)  
 10:30 a.m. - Water Aerobics (Kathy)  
 3:45 p.m. - Toning (Tricia) thru 10/24  
 6:45 p.m. - Water Aerobics (Tricia)  
 7:30 p.m. - Deep Water (Tricia)

### TUESDAY

9:45 a.m. - Toning (Kathy)  
 10:30 a.m. - Water Aerobics (Kathy)  
 4:45 p.m. - Toning (Tricia) thru 11/1  
 5:30 p.m. - Water Aerobics (Tricia)

### WEDNESDAY

10:00 a.m. - Aqua Fitness (Martha)

### THURSDAY

10:30 a.m. - Water Aerobics (Kathy)  
 3:45 p.m. - Water Walking (Tricia) thru 11/3  
 6:45 p.m. - Water Aerobics (Tricia)  
 7:30 p.m. - Toning (Tricia)

### FRIDAY

10:00 a.m. - Aqua Fitness (Martha)

- Take any combination of classes meeting your needs, but you can come only to those in which you are enrolled. Missed classes cannot be made up.
- A lined swim suit must be worn. A laundered t-shirt and/or shorts may be worn over suit.
- Anyone with continence problems will be required to wear a commercial swim diaper.

## Water Fitness & Exercise

### Session Dates & Fees

*No classes and fees will be adjusted for the following dates:*

*Oct. 31 evening only, Nov. 24 & 25*

**Session 1:** Sept. 12 - Dec. 2 (12 weeks)

**Fee unless noted:** Resident \$27.00 Nonresident \$33.00

**Session 2:** Jan. 9 - Mar. 3 (8 weeks)

**Fees unless noted:** Resident \$18.00 Nonresident \$22.00

*Is your schedule always changing? Do you want to try a new class? You can "pay-as-you-go" for open classes!!*

*Resident \$3.00 Nonresident \$3.50*

## Water Exercise Class Descriptions

(Classes listed in order of difficulty)

- \* **Water Walking** - This class combines stretching, toning and strength conditioning to improve flexibility and arthritis symptoms. It is especially beneficial for those just beginning an exercise program. Class is held in the shallow end of the pool. No swimming ability is necessary.
- \* **Toning** - This low-impact class consists of basic and intermediate muscle toning moves focusing on the arms, legs and stomach. Exercises use various types of resistance. Class is held in the shallow end of the pool. No swimming ability is necessary.
- \* **Aqua Fitness** - This class consists of continuous resistance exercise designed to improve breathing, circulation and muscle tone. Class is held in the shallow end of the pool. No swimming ability is necessary.
- \* **Water Aerobics** - This faster-paced class emphasizes choreographed or repetitive motion cardiovascular exercises for a full body workout. Class is held in the shallow end of the pool.
- \* **Deep Water** - This class consists of treading and resistance exercises in the deep end of the pool, using some float support. This class provides a cardiovascular workout along with toning. Participants must be able to swim 2 lengths of the pool and tread water for 1 minute without assistance. Class is held in the deep end of the pool.

# ADULT & TEEN GYMNASIUM FITNESS

## Gymnasium Exercise Class Descriptions

- **Fitness Walking** - Put your best foot forward with 55 minutes of joint-friendly “at your best pace” walking. Designed to increase cardiovascular strength and endurance, this class provides music to elevate your mood and reduce stress. Standing, stretching and chair exercises are intermingled to complete a balanced workout one step at a time!
- \* **Aerobic Fitness** - This 1 hour class will improve breathing, heart rate, raise your energy level, increase flexibility and tone muscles to help create a trimmer figure through aerobic exercise. It will include a walking warm-up, 20 - 25 minutes of low impact aerobic dance, walk down and floor work
- \* **Zumba** - Fun, sexy Latin style dance moves using interval training, combining fast and slow rhythms for an effective aerobic workout while at the same time, targeting your legs, abs, glutes and arms. **Session 1 Fees : Resident \$33.00 Nonresident \$38.50 Session 2 Fees: Resident \$24.00 Nonresident \$28.00**
- \* **Slide Class** - Enjoy improving your endurance, flexibility and balance with our beginner level slide group. Easily modified, choreographed slide dances benefit a range of ages and fitness levels. Join in to help relieve stress and promote overall wellness. **Fees: Session 1 Morning Resident \$36.00 Nonresident \$42.00 Session 1 evening: Resident \$30.00 Nonresident \$35.00 Session 2: Resident \$24.00 Nonresident \$28.00**
- \* **Chair Aerobics** - Raise your heart rate and tone major muscle groups with this NO IMPACT aerobic workout. Fitness moves are performed while seated in a chair. This workout is ideal for those who cannot participate in typical gym classes due to joint pain. **\*\*Light hand weights (1- 5 lbs.) recommended but not required. Please bring your own.**
- \* **Balance and Flexibility** - Got Balance? Balance is one of the most important fitness elements, yet many of us lack the training and skills to be balanced in our every lives and in our workouts. Improve your balance, flexibility, strength and agility with this basic balance class. Moves and exercises will be performed standing or sitting. Chairs and the wall will be available to help you as you improve your balance. Appropriate for everyone from athletes to busy moms.
- \* **Core and Strength Training** - Tone your body and strengthen your core with this low-impact fitness class. Enhance balance and stability as you improve core strength and sculpt and tone all major muscle groups. Exercises include yoga moves, lunges, squats, presses and floor exercises. Use your own body weight for resistance or bring your own hand weights (1- 5 lbs.).

*No class and fees adjusted for the following dates:*

*Sept.. 15 evening only, Oct. 31 evening only,*

*Nov. 24 - 25*

**Session 1 - Sept. 12 - Dec. 3 (12 weeks)**

**Fees unless noted:**

Resident \$27.00 Nonresident \$33.00

**Session 2 - Jan. 9 - Mar. 4 (8 weeks)**

**Fees unless noted:**

Resident \$18.00 Nonresident \$22.00

**Pay-As-You-Go fees except Zumba**

Resident \$3.00 Nonresident \$3.50

**Zumba Pay-As-You-Go**

Resident \$3.50 Nonresident \$4.00

### MONDAY

9:15 a.m. - Aerobic Fitness (Kathy)

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

3:45 p.m. -Balance & Flex (Tricia)

**11/7 - 11/28 & Session 2**

4:45 p.m. - Chair Aerobics (Tricia)

5:45 p.m. - Core & Strength (Tricia)

7:00 p.m. - Zumba (Maria)

### TUESDAY

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

4:30 p.m. - Balance & Flex (Tricia)

**11/8 to 11/29 & Session 2**

### WEDNESDAY

5:15 p.m. - Fitness Walking (Martha)

### THURSDAY

9:15 a.m. - Aerobic Fitness (Kathy)

4:00 p.m. - Balance & Flex (Tricia)

**11/10 to 12/1 & Session 2**

4:45 p.m. - Chair Aerobics (Tricia)

5:45 p.m. - Core & Strength (Tricia)

6:30 p.m. - Slide Class (Salina)

- Take any combination of classes meeting your needs, but you can come only to those in which you are enrolled. Missed classes cannot be made up.

# ADULT TRIPS & ACTIVITIES

## C.K. & L. of J. Country Club/ Swansea Bingo

Join us for an afternoon of nonstop bingo at one of the area's most popular bingo halls. Along with a delicious fried chicken and mashed potato lunch including drink & dessert, each person receives 4 50/50 warm-up cards, 6 regular game cards, 6 cards for 4 early bird games and 4 mid bird games, 1 sheet for special lucky jackpot raffle, 7 chances for rainbow raffle and 1 chance on Power Ball. Additional cards available for purchase upon arrival.

**Dates:** Tuesday, Oct. 4 & Feb. 14

**Time:** 9:45 a.m. - 3:45 p.m.

**Fee:** Resident \$40.00

Nonresident \$42.00

## Casino Trips

Try your luck at these popular casinos. All trips leave at 10:00 a.m. & return at 3:00 p.m.

**Fee:**

Resident \$18.00

Nonresident \$20.00

### Hollywood

Wednesday, Sept. 7

### Alton Bell/ Fast Eddie's

Friday, Oct. 14

### Ameristar

Wednesday, Nov. 30

### Casino Queen

Tuesday, Dec. 20

### Lumiere'

Tuesday, Jan. 17

### River City

Friday, Feb. 3

## Isle of Capri, Boonville, MO

Do you feel lucky? The soothing tropical atmosphere makes the hot casino action with all your favorite latest and greatest slots and tables more exciting. There is no rush because we're spending the night at the newly renovated Isle of Capri Hotel -Boonville, MO. The fee covers transportation, hotel room (double occupancy) and a breakfast buffet. **REGISTRATION DEADLINE: OCTOBER 1**

**Days:** Tuesday & Wednesday **Dates:** Nov, 1 - 2

**Departs:** 10:30 a.m.

**Returns:** 2:00 p.m.

**Fee, double occupancy:** Residents \$95.00 Nonresident: \$102.00

**Fee, single occupancy:** Resident \$140.00 Nonresident \$147.00

## Josephine's Tea Room

By popular demand, we're going to Alton for a delightful afternoon of lunch & shopping. It begins with your choice of half sandwich and either soup or salad and of course dessert. Afterward, explore the 3 shops to find that something special.

**Day & Date:** Friday, Sept. 23

**Time:** 12:00 p.m. - 3:45 p.m.

**Fee:** Resident \$38.00

Nonresident \$40.00

## Lunch & Bingo

Come for good food, good company and some friendly bingo. Fee covers lunch with dessert and beverage, two bingo cards and prizes. You may only sign up for one bingo per month.

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

**Dates:** Aug. 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14, Jan. 11, Feb. 8

**Fee:** Residents \$6.00

Nonresident \$7.00

## Old Time Barbeque

Don't let the summer end without one last hoe-down. And in St. Louis, that means friendly down-home people and slow-cooked barbeque, complete with all the trimmings! For those who are so inclined, that new fangled mini-golf course will be there waiting. Bring your admission ticket to get your first drink free. Beer, wine and soft drinks will be available for purchase.

Wednesday, August 24

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

**Dinner served at 5:30 p.m.**

**Fee:** \$11.00

## BUNCO!

Try something new! You don't need to know the rules for this dice game, just expect to have a good time. A great lunch is included.

**Day:** Wednesday

**Time:** 11:30 a.m.

**Dates:** Sept. 28, Oct. 26, Jan. 25, Feb. 22

**Fee:** Resident \$6.00

Nonresident \$7.00

# ADULT ACTIVITIES & SPECIAL EVENTS

## Silver Bells Dinner

We cordially invite our friends to celebrate the holiday season at our Silver Bells Dinner. Enjoy a delicious three-course dinner while listening to your favorite holiday songs. Seating is limited, so get your tickets early for this special event. A cash bar will be available, but bring your ticket for your first drink. Dinner will be served at 5:30 p.m.

Thursday, Dec. 8  
4:30 p.m. -7:30 p.m.  
\$12.00

## Beer & Wine Social

SATURDAY, OCT. 8

5:30 P.M. - 9:30 P.M.

Join your neighbors for a fun-filled evening under the stars. For the price of a **\$5.00 ticket**, you will be treated to music and snacks. Featured wine and beer will be available for purchase.

Advance ticket purchase is encouraged to assure adequate seating. Tickets go on sale at the



## Halloween Party Dinner

Don't let the kids have all the fun! Our party includes a festive, mouth-watering dinner and tons of fun! As usual, beer, wine and soda will be available for purchase. Costumes are encouraged.

Thursday, Oct. 27  
4:30 p.m.-7:30 p.m.  
*Buffet diner at 5:30 p.m.*

# SENIOR TRANSPORTATION SERVICE

Our 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.

### WHERE DOES THE VAN GO?

- |                                  |                         |
|----------------------------------|-------------------------|
| ◆ Medical Appointments           | Monday through Thursday |
| ◆ Shop & Save                    | 2nd Monday of month     |
| ◆ K-Mart                         | 3rd Wednesday of month  |
| ◆ Walmart                        | 4th Monday of month     |
| ◆ Schnucks, Aldi                 | Fridays                 |
| ◆ Local Banking, Post Office     | As Needed               |
| ◆ Library, Drug Stores           | As Needed               |
| ◆ Hair Salons, Recreation Center | As Needed               |

### The van will not run:

- |            |                 |         |               |
|------------|-----------------|---------|---------------|
| Sept. 5    | Labor Day       | Nov. 11 | Veteran's Day |
| Nov. 24-25 | Thanksgiving    | Dec. 26 | Christmas     |
| Jan. 2     | New Year's      | Jan. 16 | MLK Day       |
| Feb. 20    | President's Day |         |               |

### Tuesday Restaurant Trips

- |          |                   |
|----------|-------------------|
| Sept. 13 | Culver's          |
| Oct. 11  | Cracker Barrel    |
| Nov. 15  | Home Town Buffet  |
| Dec. 13  | Olive Garden      |
| Jan. 10  | Red Lobster       |
| Feb. 7   | 54th Street Grill |



# FAMILY EVENTS & TAX PREPARATION

## Family Golf Night

Friday, August 12

Friday, September 16

6:30 to 8:30 p.m.

\$1.00 admission per person includes hot dog, soda and unlimited golf time! Attendance prizes for kids (under 14). Bring the whole family! Co-sponsored by the Bellefontaine Neighbors Youth Commission.



## Free Income Tax Preparation

The Metro - St. Louis Community Tax Coalition will electronically prepare federal and state income tax returns as well as Circuit Breaker forms free of charge. **Appointments must be made in advance.** Please call the Bellefontaine Community Center at 867-0700, Monday through Friday, 9:00 a.m. - 4:00 p.m., to make your appointment beginning December 2. Appointments made on the first-come, first-served basis.

**Day & Dates:** Wednesdays, Feb. 8, Feb. 22, Mar. 8, Mar. 22, Apr. 5

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

## Frightful Family Fun

Friday, Oct. 21

6:30 p.m. - 8:00 p.m.

Bring all the little (and not so small) ghosts & witches to our family-friendly Frightful Family Fun Night. Everyone will receive popcorn and a drink to enjoy as Halloween cartoons are shown in the Bellefontaine Recreation Center gymnasium. Children 10 & under in costume will have a chance to trick or treat inside the Rec Center. Watch out for other fun and surprises! Costumes are optional. This event is co-sponsored by the Bellefontaine Neighbors Youth Commission.



### Admission:

Non-perishable food items for the benefit of area's food



## Flu Shot Clinic

Tuesday, September 27

10:00 a.m. - 2:00 p.m.

Need Information?

Call the Visiting Nurses

918-7171

## American Red Cross Classes

The St. Louis office of the American Red Cross regularly offers health and safety classes at the Bellefontaine Neighbors Recreation Center. For more information or to register for upcoming classes, please call 1-800-REDCROSS or go online to [www.redcross.org](http://www.redcross.org).

# ROOM INFORMATION

There are two meeting rooms at the Recreation Center available for any **adult resident aged 18 and older with a current ID card** to rent for birthdays, anniversaries, bridal and baby showers or other functions. Weddings and family reunions are not permitted.

- The smaller room will accommodate **35** people. The fee is **\$60.00**.
- The larger room will accommodate **47** people. The fee is **\$70.00**.
- **All reservations also require a \$25.00 damage deposit that must be paid along with the rental fees before the reservation is placed on the calendar.** This deposit will be refunded by mail if the room is cleaned up after your function, your group abides by the rules of this facility and you do not exceed the fire code limit of the room. After you have cleaned the room, present your checklist to the Recreation Staff. They will inspect the room and both of you will sign the checklist. If everything is in order, you will receive your security deposit by mail within two weeks.

The resident:

1. May only reserve one room per date for an event.
2. Must be present for the entire function.
3. Is responsible for the behavior of their guests.
4. **Must bring the paperwork you received in the mail and your Bellefontaine Neighbors ID card to check in at the office before anyone from your group will be admitted to the reserved room.**



To check on the availability of a date, call the Recreation Center. Reservations must be made in person to fill out a contract. Both the deposit and rental fee must be paid in full before the reservation is placed on the calendar. Events that will take place within 2 weeks must be paid in cash.

## IMPORTANT ROOM INFORMATION

- You can not enter the room until 1:00 p.m. the day of the reservation, and the room must be cleaned up and your party be out of the building by 8:00 p.m.
- Due to the size of our meeting rooms and our hours of operation, the rooms may not be reserved for wedding receptions or family reunions.
- Sales or fundraising of any kind is prohibited in our meeting rooms.
- Guests must stay in the room. They are not permitted to use the pool, gymnasium or game room or to congregate in the lobby or hallways.
- No refunds will be issued for cancellations made less than two weeks prior to the reservation date.
- **NO FRYING, GLITTER OR CONFETTI ARE PERMITTED IN THE BUILDING.**

# PARK INFORMATION

	Rec Center & Grounds	St. Cyr	Tanglewood Park	Bissell Hills	Belgrove Park	Pruett Park	Klein Park	Wilderness	Doherty Park
Acreage	9.3	6.2	6.2	4.4	1.1	5.1	.9	10.8	4.7
Picnic Shelters w/Electric		1	1	1					
Restrooms	2	1	1	1					
Picnic Tables	6	10	10	6	1		2		
Nature Trail (.8 mile)								1	
Playgrounds	1	1	1	1	1		1		
Open Play Space	1								1
Softball Fields (unlighted)		2	1	2					
Football/Soccer Field		1	1	1					
Tennis Courts (unlighted)		2		2					
Gazebo	1						1		
Miniature Golf Course	1								



## Park Reservations

**We will begin accepting 2017 reservations Jan. 2, 2017.**

The City of Bellefontaine Neighbors has three picnic shelters with restrooms and electricity available for reservations located at :

1. Bissell Hills Park, 10237 Ashbrook, capacity: 75
2. St. Cyr Park, 1041 Hopedale, capacity 125
3. Tanglewood Park, 1230 Chambers, capacity 125

**Bellefontaine Neighbors residents with a current Bellefontaine ID card** may reserve any of the three shelters for \$40.00. Nonresidents may reserve Tanglewood Park only for \$60.00.

No refunds will be issued for cancellations made less than two weeks prior to the reservation date. A \$3.00 cancellation fee applies.

## Park Rules

- The parks open at 9:00 a.m. and close at dusk.
- No glass bottles allowed.
- Organized groups of 10 or more must obtain a park permit through the Recreation Department
- Alcohol is allowed by permit only.
- Loud music is prohibited.
- Pet waste must be disposed properly.