

Shrewsbury Parks and Recreation Summer Program Guide



March 2022 Thru August 2022

MISSION AND POLICIES

PARKS & RECREATION DEPARTMENT

The Shrewsbury Parks and Recreation Department will provide well-rounded, quality programs and significant resources by anticipating and responding to customer needs, while enhancing the sense of a close safe community for all current and future participants.

AMERICANS WITH DISABILITIES ACT

We encourage people of all abilities to participate in the programs and to use the facilities we offer. If a program modification will make an activity accessible for you or a family member, our staff will be happy to speak with you to make the necessary accommodations. Please do not hesitate to let us know how we can help you enjoy your experience.

NON-DISCRIMINATION POLICY

The City of Shrewsbury does not discriminate on the basis of age, race, sex, color, religion, national origin, disability, veteran status, ancestry or any other status protected by law.

CODE OF CONDUCT

The City of Shrewsbury expects reasonable and appropriate behavior from those who visit and use the facilities and participate in activities. The Parks & Recreation Department has established a code of conduct to ensure safety and enjoyment and reserves the right to deny admission and/or take disciplinary action against any individual violating the code of conduct. A violation includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff, possession of weapons of any kind, non-compliance with established policies and rules, any unlawful activity and any other behavior deemed offensive or unacceptable. Staff will enforce this code of conduct.



GENERAL INFORMATION

Parks and Recreation Department

Director of Parks and Recreation - Chris Buck

Recreation Supervisor - Lauren Mayer

Horticulturist- Beth Parker

Maintenance Supervisor - Skip Zaiger

Maintenance Staff - John Kaiser, Rufus Thomas, Timothy Helm & Jamar Wagner

Elected Officials

Mayor - Mike Travaglini

Alderman Ward 1 - Keith Peters & John Odenwald

Alderman Ward 2 - Greg Lauter & Elisa Reeves

Alderman Ward 3 - Bette Welch & Michael Schmelzle

City Staff

Director of Administration Interim– Elliot Brown

Director of Public Works - Tony Wagner

Director of Finance - Danielle Oettle

Police Chief - Lisa Vargas

Fire Chief - Chris Amenn

Park Commission

Shawn Harmon, Allen Cavedine, Jill Duvall ,
Sue Kreighasuer, Melissa Eggleston,
Matt Maranzana, Nicholas Lindley,
Marc Langhauser, Diane Key-Biggs

Greg Lauter – Board Rep



Contact information:

Shrewsbury City Center

5200 Shrewsbury Ave

Shrewsbury, MO 63119

314-647-1003

parks@cityofshrewsbury.com

www.cityofshrewsbury.com

Hours of Operation:

Sunday 9am-3pm

Monday– Friday 6am-8pm

Saturday 9am-4pm

Holidays

The Building will be closed:

April 17

May 30

July 4

September 5

November 24 and 25

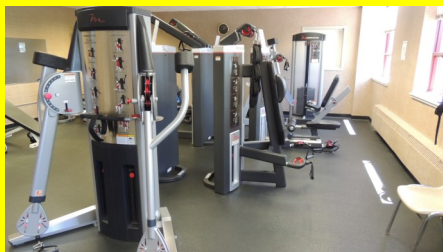
December 25 and 26

PASS INFORMATION

Rec Pass – City Center Only

The Rec Pass includes use of the gym during open play, the weight room, and game room. Passes are valid for one year from date of purchase. All guests must be accompanied by a pass holder.

	<u>Resident</u>	<u>Non - Resident</u>
Family Pass	\$170	\$230
Individual Pass	\$80	\$146
Senior Family Pass	\$28	\$103
Senior Individual	\$18	\$68
Guest* (14 & younger)	\$2	
Guest* (15 & Older)	\$3	



*Must be with a pass holder

Super Rec Pass –

City Center and Aquatic Center (residents only)

This pass includes the same access as the Rec Pass, plus admission to the Shrewsbury Family Aquatic Center. Passes are valid for one year from the date of purchase and are only available to residents of Shrewsbury.

Family Pass \$300 for the first 5 people (\$20 each additional person)

Individual Pass \$145

Pool Passes/ Daily Admission

	<u>Resident</u>	<u>Non-Resident</u>
Family Pass	\$255*	\$365**
Individual Pass	\$85	\$200
Senior Individual (65 and over)	FREE	200
Resident Pool ID	\$20 (requires daily admission fee)	
	Ages 3-15	\$3
	Ages 16 and up	\$4

*First 5 family member. Each additional \$20

** First 4 family members. Each additional is \$25

Nanny Pass \$100 (With a valid Family Pass)

Guest Fees (must be accompanied by a pass holder)

Ages 3-15 \$5.00

Ages 16 and up \$6.00



PARK INFORMATION

We will start taking 2022 park rentals March 7th at 9:00am, Pavilions are open April-October

Ackfeld Park

Ackfeld Park consists of a total of 6.8 acres of land. It is located at the Intersection of Shrewsbury Avenue and Sutherland Ave. behind the Police and Fire Station. The park has a ball field and two tennis courts. A sand volleyball court is located east of the aquatic center parking lot.

Brinkop

Brinkop Park's 3.4 acres are nestled in a beautiful residential area west of the intersection at Nottingham and Laurella. The park has a playground, ball field, multi-purpose court, pavilion, and restroom facility.

Hartry Park

Hartry Park is the smallest park located in the City of Shrewsbury. The park is one acre of pure enjoyment and is located at 4100 Exeter Ave. There is a playground and a multi-purpose court for all to use.

Wehner Park

Wehner Park is Shrewsbury's largest park consisting of 31.8 acres. This park contains three ball fields, one soccer field, two pavilions, two playgrounds, and two tennis courts. Wehner Pavilion is located at 7600 Hazel Ave., and the Festival Site Pavilion is located at 5200 Lenox Ave.

Rental Fees	Resident	Non-Res.
Festival Pavilion	\$75	\$125
Wehner Pavilion	\$60	\$90
Brinkop Pavilion	\$60	\$90

Park & Pavilion Amenities	BBQ Grill	Ball Field	Basketball Court	Drinking Fountain	Electric	Lighted Courts	Pavillion	Playground	Porta—John	Restrooms	Sand Volleyball	Tennis Courts	Walking Path	Max seating Capacity	Rental Required
Ackfield		x		x		x			x		x	x			
Brinkop	x	x	x	x	x	x	x	x		x			x	45	x
Festival	x	x		x	x		x	x		x		x	x	75	x
Hartry			x	x		x	x	x	x				x	16	
Wehner	x	x		x	x		x	x	x				x	45	x

THE SUNSET ROOM

Package A:

\$1100 Resident; \$1300 Non Resident, access to the room on the day of the event after 12pm must be cleaned up and out of the room by 11pm. Access to an additional room on the second floor, for the wedding party.



Package B

\$1800 Resident; \$2000 Non-Resident,

Same as above

Choice of access to rented room day prior or following event for extra setup or break down time.

Package C

\$2100 Resident; \$2300 Non-Resident

Access to the room day prior at 12pm for setup

Access to the room from 10am—11pm on the day of the event

Access to the room the day after event for clean-up

Access to add ons at no additional charge

Hours must be scheduled with the facility coordinator



*All packages are subject to availability

*All packages include access to: tables, chairs, prep kitchen, and bar area



FACILITY RENTALS

Multi-Purpose Room: Our multi-purpose room is perfect for reunions, holiday parties, dances, anniversaries, birthdays and more. This room seats up to 185 guests “party style” and up to 200 guests “theater style”. A prep kitchen is available for storing and/or reheating food. Additionally, the room has a built in stage area that can be utilized for presentations, or announcements. There’s plenty of room to move around and mingle, so make your next party a hit in our multi-purpose room.

Deposit: \$200

Rental fee: Sun-Friday is \$400 for residents, \$550 for non-residents, for five hours

Saturday: \$500 residents, and \$650 for non-residents, for five hours.



Knights Room

This room seats up to 40 people but can hold up to 50 people cocktail style. The room comes with a mini fridge, sink, TV, round tables and high top tables. This room is, perfect for showers, adult birthday parties, or a small gathering!

Deposit: \$75

Rental Fee: \$40 for residents or \$55 for non-residents per hour.

Meeting Rooms: For your next important meeting or special gathering, we’ve got you covered. We have four meeting rooms that hold up to 40 guests “party style” and up to 60 guests seated “theater style”. We also have one meeting room holds up to 80 guests “party style” and up to 120 guests “theater style”.

Deposit: Small Room: \$50 Large Room: \$100,

Fees: Small Room Residents: \$30, Non-Residents \$35 per hour.

Large Room: Residents \$45, Non-Residents \$60 per hour.



FACILITY RENTALS

Gym Rental:

The basketball gym at the Shrewsbury City Center is available to rent. The gym is available:

Full Court:

8pm - 10pm Monday through Friday

3pm - 10pm on Saturdays

4pm - 10pm on Sundays.

Cost: Residents - \$40/hr.

Non-Residents - \$50/hr.

Half Court

6pm - 8pm Monday – Thursday

Cost: Residents - \$25/hr.

Non-Residents - \$35/hr.

Please note: The gym is for basketball, pickleball and volleyball only.



Field Information

Do you need field space for your baseball, softball or soccer team to practice? The City of Shrewsbury has fields available for rent!

Fields are \$20per hour to rent.

Please note: We do not have lights on any of our fields.

Contact Lauren Mayer for Field and Gym Rentals

314-647-1003 or at

LMayer@cityofshrewsbury.com to set up times for your team to practice.



AQUATIC CENTER INFORMATION

Pool opens May 28, 2022
Pool last day September 5, 2022

Pool Hours

Mon - Fri	12pm - 8pm
Sat - Sun	11am - 8pm
Holiday Hours	11am - 6pm
Mon & Wed Slide Closed	6pm - 8pm

Hours:

August 15 - September 2

Mon-Friday Closed

Sat- Sun 11am - 8pm

The pool will close at 4pm on 6/16, 7/7, 7/14 for swim meets.

Concession Stand Hours

Monday - Friday	1pm - 7pm
Saturday - Sunday	12pm - 7pm
Holidays	12pm - 5pm

Pool Rules

- Guests must enter with a pass holder. Each pass holder may bring up to four guests.
- No food, drinks, coolers or glass bottles may be brought into the Aquatic Center. A picnic table is located outside of the gates.
- Operating dates and times are subject to change.
- On days with inclement weather, low temps or fewer than 20 guests in the facility, the aquatic center or portions of the facility may not be open.
- The slide will be open 1 hour after the facility opens and close 1 hour prior to the facility closing.

Aquatic Center Birthday Parties

Celebrate your child's next birthday at the Shrewsbury Aquatic Center! Birthday Packages include admission for up to twenty people with reserved tables and snacks. No food served after 6:30pm. Call 314-647-1003 for more information or reservations. Reservations can be made starting May 2nd. This is for pass holders only.

After Hours Pool Rentals

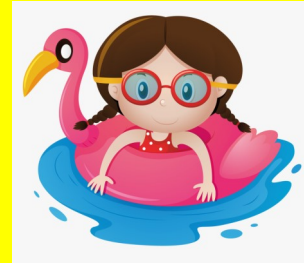
The Shrewsbury Family Aquatic Center can be rented out after hours for parties or other special gatherings. The facility can be rented as a whole or by small sections. Call 314-647-1003 for more information or reservations. Reservations can be made starting May 2nd. For pass holders only.



SWIM LESSONS

Group Swim Lessons: Ages 3 and above

- Children are in the water with an instructor, parents are not required to get in the water.
 - Sign up for the session and level.
 - Instructors will be assigned based on the number of children in each level. Levels may be combined.
- Price:** \$70 Residents; \$80 Non-Residents



Swim lesson price is per child, per session.

- All registration is done through The City Center; 314-647-1003. No registration is done at the pool.

Morning Group Swim Lessons:

Monday – Thursday: 10-10:40am

Session I June 6 – June 16

Session II June 20 – June 30

Session III July 11– July 21

Session IV July 25 – August 4

Evening Group Swim Lessons:

Monday and Wednesday: 6:30-7:10pm

Session I June 6 – June 30

Session II July 11 – August 3

Saturday Group Swim Lessons: 10-10:40am

June 4 – July 23

Shrimp/Parent Child Ages: 6 months to 4 years old

This class is designed to acclimate your child to the water. Participating adults will learn to teach their children water safety including positions and introductory swimming skills.

A parent must get in the water with their child.

Monday – Thursday: 10-10:40am

Session I June 6 – June 16

Session II June 20– June 30

Session III July 11 – July 21

Session IV July 25– August 4

Saturdays: 10-10:40am

June 4 – July 23

Swim Levels

SHRIMP– For children 6 months to 4 years of age. Intended to develop comfort in and around the water. Parent accompanies child in the pool.

SEAHORSE– For children at least 3 years of age. Teaches buoyancy, breath control, and introduces basic water skills.

STARFISH– Child learns unsupported floating, kicking, and beginning swimming skills. Front crawl and back crawl are introduced.

GUPPY– Children continue work on front crawl and back crawl, learn elementary backstroke, and begin diving.

FLIPPER– Child is introduced to sidestroke, deep water bobbing, breaststroke kick, and continues work on other strokes.

SEAL– Child becomes familiar with dolphin kick, treading water, breaststroke, and continues developing previously learned skills.

SAILFISH– Students are introduced to the butterfly, front and back crawl flip turns are taught, and endurance is increased.

BARRACUDA– Students refine and review all strokes and turns, build endurance, and learn Junior lifeguarding skills.

AQUATIC PROGRAMS

River Walking

This program is for those who enjoy walking in the river, but do not want a structured class. Go at your own pace and bring your friends. There are two time frames available.

HIGH IMPACT: All participants **MUST WALK** against the current during this time frame.

Time: 8-9am

LOW IMPACT: Participants may walk either direction. Please be aware of other walkers, you **MUST** walk single file when passing other walkers.

Time: 9am-10am

Dates: June 6– August 11 (Mon-Thurs.)

Fee: \$50/R; \$55/NR (cover both time frames)

Swim Team

Membership is open to swimmers ages 6-18. A parent meeting will be held **Wednesday, April 20 at 6pm** at the Shrewsbury City Center, if County Restrictions allow. The meeting is required for all parents of NEW swim team members. Team dues will be collected at this meeting. Shrewsbury Swim Team is open to residents and non-residents. Registration for past team members will begin April 20. For more information call Lauren at 314.647.1003.

Fees:

Aquatic Center Pass Holder \$100 first swimmer \$75 each additional swimmer.

Non-Pass Holder: \$135 first swimmer \$115 each additional swimmer.

Swim Meet Schedule (Schedule subject to change)

June 16 at 6pm Fenton at Shrewsbury
June 20 at 6pm Shrewsbury at Chesterfield
June 27 at 6pm Shrewsbury at Sunset Hills
July 7 at 6pm Manchester at Shrewsbury
July 14 at 6pm Webster at Shrewsbury
July 18 Prelims 11 and older 7am at Crestwood
July 19 Prelims 10 and under 7am at Crestwood
July 21 6pm Finals at Manchester

Aquasize Classes:

Dates: June 6 –August 11

AQUA FUSION: Various resistance equipment including dumbbells and noodles, are used in this high energy class to build cardio capacity and strengthen main muscle groups. Great exercise to increase your strength and endurance, leaving you feeling great and looking good!

Monday, Wednesday, Friday 9:45-10:30am
Tuesday, Thursday 7:30-8:15pm

AQUA FABS: Do you want to be more **FLEXIBLE**? Do you want tighter **ABS** to help with **BALANCE**? Do you loathe the thought of pumping iron in a gym but would still like to build muscle and increase **STRENGTH**? Then this FABSulous class is for YOU! As we age, our bellies tend to get bigger, our balance becomes a bit off kilter, and our muscles start to sag (especially the back of those arms). Using various water equipment, **FABS** class will: tighten your tummy, improve your balance, and build major muscle groups.

Monday, Wednesday, Friday
10:30-11:15am

Season Pass - Allows you to go to any class, all summer long. \$85/R \$95/NR

Sign up for just the class you want to take:
Aqua Fusion Morning Class \$60/R \$70/NR
Aqua Fusion Evening Class \$50/R \$60/NR
Aqua FABS Class \$60/R \$70/NR



THEATER PROGRAMS

Shrewsbury Theater Camp

Theater is fun and educational! Through theater games, acting exercises, and performance, participants will gain confidence, team building, articulation skills, and become familiar with many aspects of performance while having a great time. Experienced participants will also benefit by honing their skills. The week ends with a performance for family and friends!

Date: July 18-22
Time: 9am-3pm
Ages: 6 and up
Fees: \$90/R \$100/NR (includes t-shirt)

Summer and Fall Production
Will be announced soon, to keep up to day please email Lauren at LMayer@cityofshrewsbury.com to be put on our email list.

YOUTH PROGRAMS



Tiny Toes

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.

Ballet, Tap & Jazz

This dance class incorporates ballet, tap and jazz techniques while also encouraging self-expression and creativity. High energetic music is used throughout the class to get dancers moving and having fun.

MONDAY

5:45 - 6:15 PM (Tiny Toes 18 months - 3 years) \$50/month

6:30 - 7:15 PM (Ballet Tap & Jazz 4 - 9 years) \$60/month

For more information visit www.tippitoes.com

Spring Break Camp

Spring Break Camp is here! We have crafts, games and many fun activities planned. Be sure to sign up early there will only be room for 20 kids in each session* We look forward to seeing all those familiar faces as well as new ones this year! Must Bring a sack lunch.

Dates: March 21st-March 25th
Times: 9-3
Ages: 5-12
Fees: \$112R \$122/NR

St. Mike's Athletics Contacts:

Baseball: Jay Laue
laue3@yahoo.com

Volleyball: Marcia Paynter
paynter3489@sbcglobal.net

Basketball: Mike Tabash
mtabash@onedigital.com

Soccer: Jim Klosowski
jimklosowski@yahoo.com

Head of Athletics: Joe Porter
jporter@sluh.org

St. Michael's athletic programs are open to all residents at parishioner pricing.



Fall Festival
October 1, 2022

DAY CAMPS

Park Program

Park Program puts the “variety” in camp with an assortment of age appropriate daily activities designed to keep our campers happy, engaged, safe, and energized! We seek to spark interest in recreation through a wide variety of activities including sports, games, arts and crafts theme days and exciting outdoor adventures. For less than \$4.30 per hour, your child is guaranteed to gain confidence, learn new skills, foster new friendships and have fun! Our counselors are skilled, enthusiastic young adults who will provide your child with a safe, enjoyable camp experience. Must be enrolled by May 27th

Date: Monday - Friday
June 6- July 8
(No Camp July 4)
Time: 9:00am – 12pm
Ages: 5-12
Fee: \$270R/\$290NR

Camp Dragonfly

Young campers engage in hands-on learning, exploration, social interaction and lots of fun! Caring counselors lead arts, songs, games, and outdoor activities that your camper will enjoy. For less than \$4.30 per hour, your preschooler will make new friends in our safe, structured camp. Camp will be held rain or shine. Must be enrolled by May 27th.

Dates: Monday – Friday
June 6– July 8
(No Camp July 4)
Times: 9am -11:45am
Ages: 3-5 (must be potty trained on first day of camp)
Fees: \$275R/ \$300NR

Camp Counselors

We are currently looking for camp staff for Park Program and Camp Dragonfly. We also need Junior Counselors! ! For more information contact parks staff at 314-647-1003, or stop by the front desk for an application. Paid counselors must be 16 by June 7. Applications can also be found on our website at www.cityofshrewsbury.com

Afternoon Park Program

We will have extended hours for our Park Program. All for less than \$4.30 per hour. After lunch we will play games, make crafts, explore other parks, and two days a week go to the Shrewsbury Pool. Children will need to provide their own sack lunch that will not need to be refrigerated. Price is per child, per week.

Dates: June 6-10
June 13-17
June 20-24
June 27– July 1
July 5-8
Time: 12pm – 3pm
Ages: 5 -12
Fees: \$55/R \$60/NR **PER WEEK**
(\$50/R \$55NR July 5-8)

Junior Camp Counselor Program

For our MOST important counselors! We will spend the morning learning about what is expected of a junior counselor and how to help the lead counselors and campers, plus some new games to play! Lunch is included. This is required for anyone wanting to be a junior counselor at our camps. We will only take a limited number of volunteers.

Time: 9am-2pm
Date: June 2nd
Fee: \$20.00
Ages: 13-15 (Must be 13 at the start of camp)

Chess Camp

Join us this Summer for tons of challenging chess lessons, exciting games, and cool prizes. You will improve your chess skills, meet new friends, and work out your most powerful muscle - your brain!

Dates: August 1-5 & August 8-12
Times: Full day 9am - 3pm and
Half day 9am -12, 12pm - 3pm
Grades: 1st to 5th grade
Fee: \$387 full day and \$254 half day

DAY CAMPS

Camp Brinkop

Is your kiddo craving more week of camp? Come spend the morning with us at Brinkop Park, we will play games, crafts and more before walking to the pool for the afternoon.

Dates: July 11-15
Times: 9am-3pm
Ages: 6-12
Fees: \$110/R \$120/NR

Sports Camp

This half-day camp is perfect for any sports enthusiast. Each day, participants will be engaged in activities including soccer, flag football, disc golf, kickball, capture the flag, basketball and other classic physical education activities.

Date: July 25-29
Time: 9am-11am
Fee: \$45R \$55/NR
Ages: 6-12

Art Camp

If your child has a love for the arts, talent, and skills in various artistic endeavors or just wants to explore the world of arts, art camp is the perfect place for them. Each *day* brings a new project that may include drawing, painting, printmaking, or sculpture.

Date: July 25-29
Time: 9am-11am
Fee: \$75/R \$90/NR (fee includes all supplies)
Ages: 6-9

Aqua Camp

Come cool off with us at the Shrewsbury Aquatic Center! We will have games and activities and lots of free swim time while keeping cool!

Dates: July 25-29
Time: 12pm-3pm
Fee: \$70/R \$80/NR
Ages: 5-12

Preschool Sports Camp

This multi-sport tot program combines soccer, baseball, basketball, and track & field; allowing young athletes to discover a passion for a variety of sports in one fun-filled setting. Participants explore balance, body movement, coordination, self-esteem, teamwork, sportsmanship.

Date: July 18-22
Time: 9am-11am
Ages: 3-5 Must be potty trained.
Fee: \$45/R and \$55/NR

Pre-School Art Camp

Does your child like to paint, draw, and create? Then this camp is the perfect camp for their self-expression! Each morning is full of imagination and creation with various paint, tempera, and watercolor and with some materials you might not think of! Drawing, paper cutting, tissue, glue, collage, so many things to create our masterpieces. Wear old clothes for some messy fun!

Date: July 11-15
Time: 10am-12pm
Ages: 3-5
Fee: \$75/R \$90/NR (fee includes all supplies)

Camp Shrewsbury

Time to explore! We will travel through Shrewsbury, enjoying the parks, have lunch at Pizza World, Bowling at Shrewsbury Lanes and Jumping at Rock n Jumps! We will spend three afternoons swimming at the Shrewsbury Aquatic Center. A detailed schedule will be available closer to the camp start date.

Date: July 18-22
Time: 9am-3pm
Ages: 6-12
Fee: \$150/R \$160/NR

Lunch Buddies

If your camper is doing a camp in both the morning and afternoon, we will make sure they eat lunch and get to where they need to be.

FITNESS PROGRAMS

Tai Chi

True health & wellness comes from integrating the whole person– body, mind, and spirit. The slow, dance-like speed of Tai Chi creates balance, flexibility and calmness. Class includes warm-ups that detoxify the body, postures that stimulate every gland and organ, and movements that loosen up every joint in the body.

Dates: Wednesdays
March 23- May 11
May 18-July 6
July 13– August 31

Time: 1:30pm – 2:30pm

Fee: \$60

Shrewsbury Personal Training

Do you need some motivation to get your workout in? Sign up for personal training sessions with Ryan Hune , NASM certified Personal Trainer.

First Initial Consultation	Free
One 30-minute session	\$40
One 45-minute session	\$55
One 60-minute session	\$70
Six 30-minute sessions	\$220 (save \$20)
Six 45-minute sessions	\$310 (save \$20)
Six 60-minute sessions	\$400 (save \$20)
Ten 30-minute sessions	\$365 (save \$35)
Ten 45-minute sessions	\$515 (save \$35)
Ten 60-minute sessions	\$665 (save \$35)
Two people, one 30 minute session	\$35/person
Two people, one 60-minute session	\$50/person

Weekend Warrior Boot Camp

Get your Saturday morning started off right with our drop in Saturday morning boot camp! We will focus on strength and Cardio . Classes will start inside but might move outside as weather permits.

Date: Starting March 5th Ongoing on Saturdays

Time 9am-10am

Fee: \$12 per class

Jazzercise

Jazzercise is the original full-body dance workout blending cardio-boxing, dance, Pilates & strength training - fitness with a built-in mood boost! Join us in-person and/or choose to access our privately streamed classes. Check out our website jazzercise.com or contact Kim at 314-369-6526 or shrewsburyjazzercise.com.

Schedule:

Classes offered 7 days a week, morning and evening please call for current schedule.

Yoga

A yoga class for those newer to yoga. The class will introduce the fundamental principles of alignment, breathwork and meditation. We will work on the foundational yoga postures and teach you how to feel more comfortable in the yoga practice. Although this class moves at a slower pace, expect to be challenged both mentally and physically. This 10-week class will be taught by Grace Leon. We recommend bringing your own yoga mat.

Time: 6 – 7pm

Day: Thursday

Dates: April 14 – June 16

Cost: \$100 Residents/ \$115Non-Residents
Drop in rate - \$12 per class

Boot Camp

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

Time: Monday and Wednesday
6am-7am

Dates: March 7-April 6
April 11-May 18
May 23-June 22

Cost: \$75

SPECIAL EVENTS

Shrewsbury Holiday Bazaar– Looking For Vendors

We are looking for vendors for our Holiday Bazaar on December 10th. The fee is \$40 for a spot with a table \$30 for a spot with out a table. Handmade vendors may sign up at anytime. Direct sales vendors may start to apply November 18th. Applications can be found on our website and must be turned into the City Center no later than November 30th.

Date: Dec. 10
Time: 9am-2pm

Adult Easter Egg Hunt

Easter Egg hunts aren't just for kids! Shrewsbury and Webster Groves cosponsor this fun-filled Adult Easter Egg Hunt! Bring along your decorated basket and flashlight to find eggs filled with special prizes from local merchants and other goodies. Don't miss this very popular community event!

This is an outdoor event and is held rain or shine, so please dress appropriately.

Ages: 21 and older
Date: April 8th
Time: 8:00 pm Check in
Location: Wehner Park Festival Site Pavilion
7600 Hazel Ave Shrewsbury MO 63119
Fees: \$10 For Preregistration; Walk Ups \$15
limited walk ups allowed

Jump in to Summer! Shrewsbury Pool Party!

Join the Parks, Police and Fire departments as we kick up summer with a big pool party! We will have music, games, food trucks and more to start summer off the right way!

Age: All
Date: June 3rd
Time: 5:30pm—8pm
Location: Shrewsbury aquatic Center!
Cost: Free for pass holders

Paw Party

Bring your dog to enjoy a dip in the pool! Must bring current shot records for each dog.

Date: September 6
Time: 6-8pm
Fee: \$10 per dog. Must bring current vaccination records for each dog.

Children's Easter Egg Hunt:

Bring the kids to Wehner Park, Festival Pavilion for our Annual Easter Egg Hunt. Kids will also be able to enjoy a variety of fun crafts and games. Prize filled Easter baskets will be awarded to three lucky winners in each age group.

Date: April 9th
Time: 10:30 (Egg Hunt will begin at 10:45am)
Ages: 1-9
Fee: Free

National Night Out in Shrewsbury!

Join the Parks Department as we show appreciation to Fire and Police for all they do in our community. This event will take place at the Festival Pavilion at Wehner Park. Food, games and much more!

Date: Tuesday, August 2
Time: 6-8pm

Shrewsbury Nights

Get ready....for Shrewsbury Nights!! Mark your calendars for the dates below as the Shrewsbury Parks and Recreation department teams up with Caitlin Reynolds to put on these Friday night events! All will be located in the Wehner Pavilion Parking lot!

Dates: May 20th
July 8th
August 26th
September 23rd
Time: 5:30pm-7:30pm



SPORTS PROGRAMS

Pickleball at Shrewsbury

Three ways to join:

Included with City Center Membership

\$2 per person drop in fee

10 visit punch card for \$16

Membership Info:

	<u>Resident</u>	<u>Non - Resident</u>
Family Pass	\$170	\$230
Individual Pass	\$80	\$146
Senior Family Pass	\$28	\$103
Senior Individual	\$18	\$68

- Membership is good for 1-year from the date of purchase.
- Members can come as often as they like, scan in and go. No need to carry cash.
- Residents are those living in the City Limits of Shrewsbury.
- Senior rate is for age 65 and older.

Pickleball Hours:

Monday thru Friday 8am-12pm

Friday: 6:30pm to 9:30pm

Open play for all skill level

There will be no morning pickleball in June and July.

Pickleball at Brinkop Park

When the weather permits, a Pickleball net will be set up at Brinkop Park for open play. The court will be available every day of the week and on weekends! The net will remain up until the weather turns consistently cold, so feel free to stop by and play with your family and friends.

**Note: The gym at the City Center will be unavailable for Pickleball June, July and part of August due to our summer camp programs. Please check with the front desk for dates*



Co-ed/Men's Softball league

Grab a team and join us for another exciting softball season! All leagues are scheduled to play a minimum of 8 games, plus playoffs.

Sign up: Returning teams have priority through March 31st. Starting April 1st spots will be filled first come first served.

Begin Dates: April 28 & April 29

Game Days: Co-ed on Thursday;

Men's on Fridays

Game Times: 6pm & 7pm

Fee: \$350 per team; \$175 due at sign up. Full fee must be paid by Friday April 15th. Any team not paid in full by that day will be taken off the schedule

St. Louis Field Hockey Club Summer Camp

Join St. Louis FHC this summer for FUN and field hockey! Open to boys and girls--ALL skill levels welcome. Includes camp shirt! Please bring a mouth guard, shin guards, cleats, athletic attire & water bottle. You may bring a stick or borrow one!

Date: July 11-14

Time: 6-8p

Location: Wehner Park; Field 2--
Shrewsbury

Who: Rising 1st-12th Grades--
participants will be grouped by
grade level and experience.

Fee: \$100

* you can register at
www.stlouisfieldhockeyclub.com or at the City
Center.



GREATER ST. LOUIS DOG TRAINING

The Greater Saint Louis Training Club is a non-profit 501c3 organization that advocates and delivers innovative force-free canine training, sponsors events, and provides education for dog enthusiasts to advance the human-canine bond.

All of our training starts with the Just for You Behavior and Training Seminar (BAT 101). The BAT 101 seminar will get you prepared for our puppy and family dog classes, as we cover state-of-the-art training methods, leadership, and training equipment. You'll learn the most effective way to train your dog, how to manage common behavior problems, and how to prepare for class. This two-hour presentation includes video examples and live demonstrations, and provides you with a solid foundation for your first class. To register for the seminar, go to our website www.gsltc.org and under the log in tab create a new student account. You will need **to add your dog** in order to register for any dog training classes.

At this time we are offering two types of dog training classes on either Monday or Thursday nights. Puppy Kindergarten is open for puppies between 8-14 weeks old. Our puppy classes are uniquely designed to take advantage of your puppy's developmental periods. These classes allow off leash socialization opportunities with other puppies so your puppy can learn or build on good social play skills. All puppies attending class must have Bordatella and at least one round of DHPP.

For dogs over 16 weeks old, we are offering Foundation Manners class. When you want a well-mannered family dog, your dog needs to learn helpful obedience skills. Whether your dog is a complete novice or a seasoned old-timer who is new in your home, you and your dog will benefit! With this class, we help you and your dog progress through a Good Dog and Super Dog level. Then you are eligible to take more advanced classes in the future.

Due to COVID 19, all class attendees must be vaccinated for COVID 19. Your COVID vaccination cards and dog's vaccination records are required before class. Currently masks are required for classes and we are only allowing two handlers per dog.

Pricing:

Behavior and Training Seminar- \$25

5 session training pass-\$125

