

City of Maryland Heights Guide to Parks & Recreation

# Winter-Spring 2023

## LEARN TO SKATE

Master the ice at the  
Centene Community Ice  
Center! • Page 10

### PROGRAMS & EVENTS

## YOUTH SOCCER TRAINING

No goal is out of reach with these exciting lessons! • Page 30

## SWIM LESSONS ARE BACK

Learn how to swim or master your skills today! • Page 14

## EASTER EGG-STRAVAGANZA!

Eggs are everywhere this spring! • Page 27

## Location and Hours

**Maryland Heights Community Center**  
 2300 McKelvey Road, Maryland Heights, MO 63043  
 Monday-Friday: 5:30 a.m.-8:00 p.m.  
 Saturday-Sunday: 9:00 a.m.-5:00 p.m.  
 (Hours are subject to change)  
 Phone: (314) 738-2599 • Fax: (314) 738-2598  
[marylandheights.com/mhcc](http://marylandheights.com/mhcc)

## Meet the Staff

**Director of Parks & Recreation**  
 Amy Hays, CPRP

**Superintendent of Parks**  
 Charlie Milligan

**Superintendent of Facilities**  
 Shawn Corcoran

**Superintendent of Recreation Programs**  
 Jennifer Van Dyke, CPRP

**Superintendent of Recreation Facilities**  
 Josh Hoppe, CPRP

**Aquatics Supervisor**  
 Kate Fischer

**Recreation Specialists**  
 Steve Clark, CPRP • Ashley Giebe, CPRP  
 Kira Harvey • Liz Renaud, CPRP

**Customer Relations Supervisor**  
 Jennifer Schalk-Bensing

**Customer Relations Specialists**  
 Journee Bond • Kyle Brandel • Laura Fosdick  
 Drew Johnson • Sami Sacco

## Parks and Recreation Advisory Commission

**Chair:** Jennie Shane  
**Vice Chair:** Lori Sommer  
**Secretary:** Stacy Pfeiffer  
**Members:** Cathy Dirck • Katelyn Haniford  
 Laura Horton • Ray Knoche • Mickey McAllister  
 Steve Sims • Becky Wells

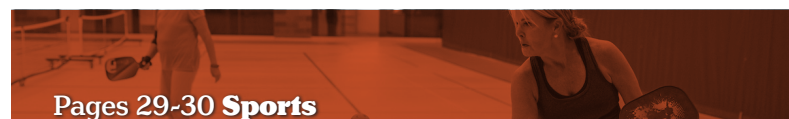



*Programs are subject to change.  
 See page 5 on the best ways to stay up to date.*

## Table of Contents



## Programs & Activities





**ON THE COVER:** Public skating at the Centene Community Ice Center becomes a new favorite exercise. Walkers are available for those who need a little assistance.

## What's new with Maryland Heights Parks and Recreation?

Winter is here, and we're looking forwards to a wonderful and festive season in Maryland Heights. All of us at in the Parks and Recreation Department are especially excited for all that 2023 has to offer. We all like to create new year's resolutions. However, sometimes life gets in the way and makes attaining those resolutions difficult. With this in mind, we're striving to make New Year's **Goals** this year instead. Setting goals with detailed action plans are a more reasonable and achievable way for us to be able to accomplish our plans in a step-by-step manner. While many will come see us at the Community Center to work out as a new goal in 2023, there are many other programs we offer that may also fit your needs! For example, a New Year's Goal could be:

- Participating in a book club
- Volunteering with local organizations, or through City-organized events such as this spring's Volunteer Service Day
- Taking an aqua fitness or general fitness class with detailed, reasonable action plans at the Community Center

Of course, there's plenty more for people simply looking to get the most out of our facilities! We have a wealth of new options available for families and children, like our new youth soccer programs (**page 30**). We've also expanded our aquatics offerings. We are offering swim lessons for any children looking to get their feet wet. We can also host birthday parties in our indoor pool, which are extra fun with our recently re-installed indoor zipline! You can find all the info on aquatics starting on **page 14** - and plan early for the summer with early bird Aquaport rates on **page 9!**

Part of the fun in Parks Department is seeing friendly faces every day - and we have plenty of new hires excited to be a part of our team! We'd like to highlight the following new employees and promotions:

- Josh Hoppe (CPRP) - Superintendent of Recreation Facilities
- Steve Clark (CPRP) - Recreation Specialist, Adult & Senior Programming
- Kate Fischer - Aquatics Supervisor
- Jennifer Schalk-Bensing - Front Desk Supervisor
- Journee Bond - Customer Relations Specialist

Finally we have many special events for everyone to enjoy! Families can look forward to our Indoor Movie Night and Singalong to Frozen, our Valentine's-themed Family Bingo, our Winter Princess Ball, and more. We'll also be having Easter fun for both adults and children on land and water - check out **page 27** for more info! There's plenty of options for adults too - whether you're testing your skills in our Frozen Pickleball Tournament, having a ladies night out at Mom Prom, or adding a few wrinkles for a night of Not Your Grandma's Bingo, there's something for everyone coming up in Maryland Heights. You can find our full list of special events on **pages 24-28** of the guide!

Whatever your plans are for 2023, we hope to be a part of them, and to make your year as fulfilling as possible!

- Amy Hays, Director of Parks and Recreation

## Registration Information

Unless otherwise stated, registration opens **Monday, December 5 at 8:30 a.m.** Throughout this brochure most programs and activities are listed with a URL on where to register. For more information on program registration, visit [marylandheights.com/signup](https://marylandheights.com/signup).

### Common abbreviations used for fees:

M: Get Fit/Community Center Members  
R: Maryland Heights Privilege Card Holders  
NR: Non-residents  
SP: Aquaport Season Pass Holders

### Age guidelines:

Youth: 4-15 • Adult: 16-61 • Senior: 62+

## Registration Deadlines, Refunds and Program Cancellations

Unless otherwise stated in the description, registration will remain open until the day before the program begins. All programs have a minimum and maximum enrollment. If the program meets its maximum enrollment, no other patrons will be able to sign up. It is important to register early if you are interested!

If a program does not meet its minimum enrollment requirement, it may be canceled. Patrons that have signed up for a program that is canceled due to low enrollment will receive a refund. To view our full payment and refund policy, visit [marylandheights.com/signup](https://marylandheights.com/signup).

Occasionally, programs/events are canceled due to weather. Depending on the program, a Recreation Specialist will contact you or it will be posted on our social media pages, the City's website and via the MHparks mobile app. See page 5 for the best ways to stay up to date with the Parks & Recreation Department.



## Where to Register

### Programs & Classes

Registration for most of our programs is available online at [marylandheights.com/webtrac](https://marylandheights.com/webtrac). Before you are able to register online, you must set up an account with the Parks & Recreation Department. Residents of Maryland Heights and those who are employed by a business within the city must bring proof of residency to the Community Center in order to receive resident rates. Non-residents of Maryland Heights or those who do not wish to receive resident rates can call the Community Center at (314) 738-2599 to setup an account. Once your account has been established, you will be able to register online. The first time you log in, your username is your phone number (including area code, no dashes or spaces) and your password is your last name. The system will prompt you to set up a new password during your first login.

### Group Exercise Classes, Group Training, Personal Training, Basketball Training, Massages & Private Swim

The Parks & Recreation Department also utilizes MindBody for group exercise classes, group training, personal training, basketball training, massages and private swim lesson registration. For more information, visit [marylandheights.com/MindBody](https://marylandheights.com/MindBody).

### Adult Basketball Leagues

Sports Monster STL and Maryland Heights Parks & Recreation are teaming up to bring men's, women's and coed adult recreational basketball leagues to the metro area. Register at [stlouis.sportsmonster.net](https://stlouis.sportsmonster.net).



## Stay Connected

To stay up to date on everything going on with the department, including changes to programs, find us on social media, check our website, download the MHparks mobile app or sign up for our emailed newsletter.

### Social Media

Follow us on social media and receive updates on program registration, facility closures and more.

**Parks & Recreation** 

**Community Center** 

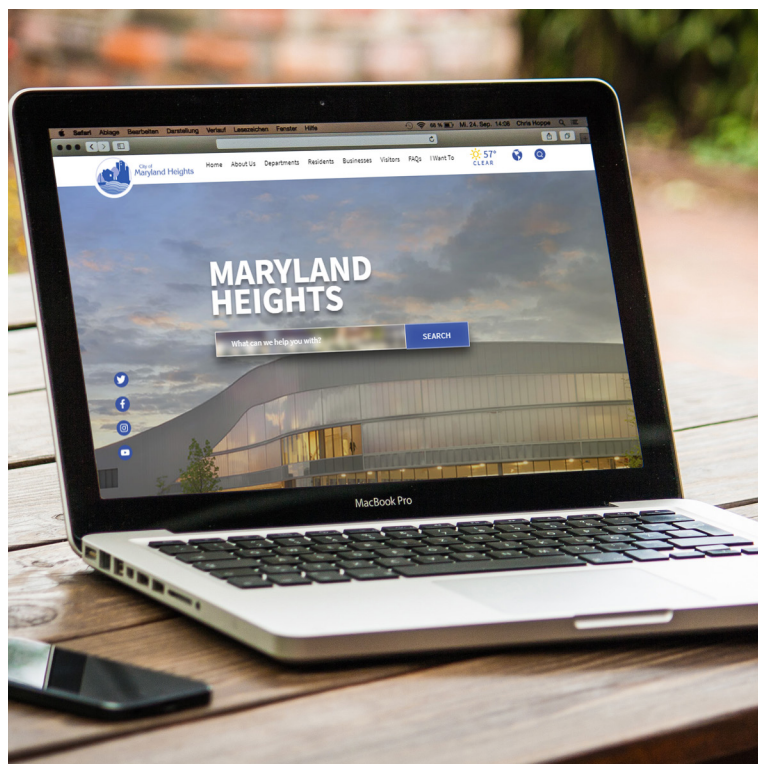
**Aquaport**   

**Centene Community Ice Center**   

**City of Maryland Heights**    

### The City's Website

The City of Maryland Heights' website, [marylandheights.com](http://marylandheights.com), posts updates on events and changes to facility operations as they become available. These changes are posted on the homepage of the website under "Recent City News" for news items, as well as "What's happening in Maryland Heights?" for events.



## MHparks Mobile App

The free MHparks mobile app is available for download on the App Store and Google Play. Some features of the app include:

- Receive push notifications about facility closures/ weather delays at the Community Center and Aquaport, info on program cancellations and more.
- Use the digital key fob for easier check-in at the Community Center and Aquaport.
- View the Group Exercise Schedule, Gym Schedule and Indoor Aquatic Center Schedule.
- Send a message directly to the Parks & Recreation Department.
- Find more information about our facilities, parks and trails.
- See the latest news from our social media channels.
- Browse the current Parks & Recreation Brochure and find links for program registration.



### Search MHparks in the App Store or Google Play



## Email Newsletter

Another great way to stay up to date is to sign up to receive the monthly Parks & Recreation email newsletter. We will send updates on programs, activities and more directly to your inbox. Other email newsletters available with Maryland Heights include the monthly City Newsletter, biweekly City Planner's Report and bimonthly Mature Matters.

Learn more or sign up by visiting [marylandheights.com/mhlife](http://marylandheights.com/mhlife).



## Maryland Heights Privilege Card

Residents of Maryland Heights and those who are employed by a business within the city are eligible to receive special perks and discounts on programs, activities, memberships, rentals and more with a Maryland Heights Privilege Card.

In order to receive these perks, you must first bring in proof of residential/corporate residency or guardianship for individuals 4-17 years old to the Community Center for each person living within the same household. To ease this process, one adult member of the family may bring in the information for everyone in their household. Once your account has been established you will receive your Maryland Heights Privilege Card(s).

All Privilege Cards are valid for one year from the date of purchase and must be renewed annually. The cost to replace a lost or damaged card is \$5. A Privilege Card is included in the price of 6 and 12 month memberships at the Community Center and/or Aquaport season passes for residential and corporate residents of Maryland Heights.

### What a resident needs to bring to the Community Center to buy/renew a Privilege Card:

Your photo ID, \$5 (cash, check, Visa or Mastercard accepted) and proof of residency including one of the following: Utility bill, current bank statement, voter ID card or an occupancy permit.

### What a corporate resident needs to bring to the Community Center to buy/renew a Privilege Card:

Your photo ID, \$5 (cash, check, Visa or Mastercard accepted) and proof of business residency including one

### What are the benefits of a Privilege Card?

- Discounted rates on select programs, birthday parties, pavilion and room rentals.
- Discounted rates on daily admission and memberships at the Community Center.
- Discounted rates on daily admission and season passes at Aquaport.
- Use of FlowRider included in admission at Aquaport.
- Exclusive hours of entry at Aquaport.
- Dedicated VIP entry at Aquaport.

of the following: paycheck stub dated 30 days or less or an official note on company letterhead dated within 30 days that states you are a current employee at a location within Maryland Heights.

### What you need to bring to the Community Center when purchasing/renewing a Privilege Card for an individual 4-17 years old:

Your photo ID, \$5 (cash, check, Visa or Mastercard accepted) and proof of guardianship including one of the following: report card, birth certificate, passport, insurance card or social security card.

## Accessibility

The City of Maryland Heights welcomes individuals of all abilities to enjoy our programs, parks and facilities. The City of Maryland Heights participates in the Mid-County Inclusion Partnership to provide inclusion services to our community. If you or someone you know require accommodations or assistance to participate in recreational programs or city services, please notify us at registration and contact Jennifer Van Dyke, (contact info below). Please provide us as much advanced notice as possible. The City of Maryland Heights also has a Sound Mate Hearing Assist System for those patrons that may need assistance in hearing during a meeting or presentation. These individual assist units are available by contacting the Welcome Desk. Individuals with hearing disabilities may also call Relay Missouri at (800) 735-2966. We strive to comply with the Americans with Disabilities Act (ADA) and welcome comments. If you have a concern in regards to the ADA, please contact Jennifer at (314) 738-2542 or [jvandyke@marylandheights.com](mailto:jvandyke@marylandheights.com).

## Code of Conduct Policy

Patrons participating in any program or utilizing any facility or service offered by the City of Maryland Heights are expected to conduct themselves in a respectful and appropriate manner. Any patron violating this expectation subjects themselves to membership suspension, membership termination, discontinuation of service or program or will be asked to leave the facility. Staff reserves the right to address any witnessed or reported concerns related to conduct or disruptive behavior. Prohibited general conduct includes:

- Conduct which is obscene or indecent.
- The use of abusive or profane language.
- Disrupting or obstructing a program or patrons utilizing the facilities or services.
- Harassing any patron or staff during a program, in our facilities or utilizing our services through unwanted conduct that causes reasonable fear or safety, such as stalking, or is sufficiently severe, pervasive and persistent that it interferes with the person's services or facilities.
- Threatening physical abuse, intimidation, coercion or conduct which threatens the health or safety of others is prohibited.

## Employment Opportunities

View current job openings with the City of Maryland Heights at [marylandheights.com/jobs](http://marylandheights.com/jobs). Or, if you have an idea for a program or activity, contact Jennifer at (314) 738-2542 or [jvandyke@marylandheights.com](mailto:jvandyke@marylandheights.com).

## Inter-City Exchange

Maryland Heights Privilege Card holders receive resident rates at Berry Hill Golf Course from March 1-December 22. Cardholders also receive resident rates at the Creve Coeur Golf Course from May 15-September 15 and the Creve Coeur Ice Rink year round. Please bring the receipt from your Privilege Card purchase to take advantage of this offer.

## Lost and Found Policy

Maryland Heights Parks and Recreation is not responsible for lost or stolen articles. Facility users are encouraged to keep all valuables in a locker. Maryland Heights Parks and Recreation Staff are not permitted to hold equipment, valuables or bags for facility users. Please ask for our lost and found policy for more information.

## Photo Policy

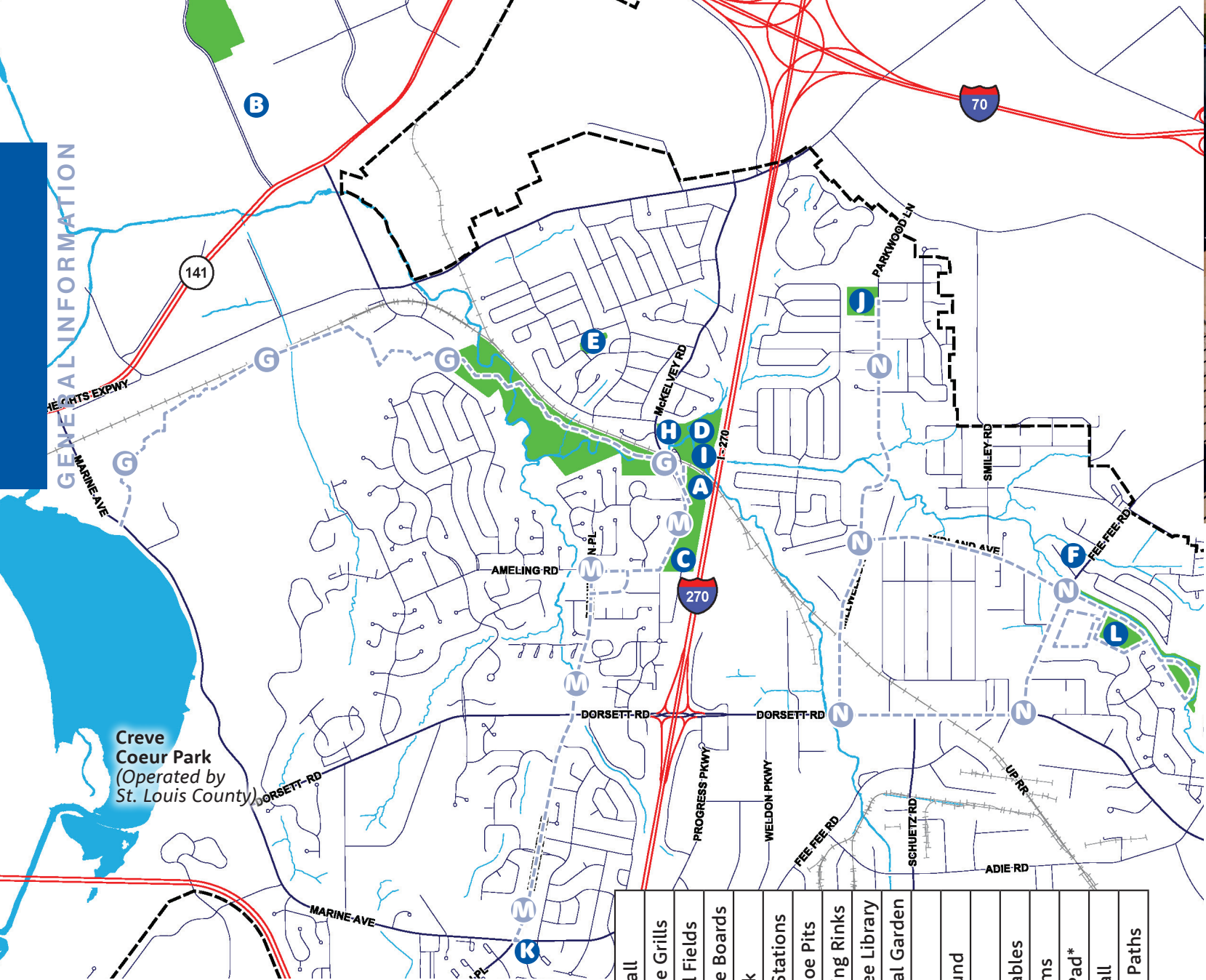
Our staff reserves the right to take photographs of you and/or your child participating in classes, events, programs, using our facilities, properties or during any event sponsored by the Maryland Heights Parks and Recreation Department. Photographs may be used in print and/or electronic publicity without any obligation to provide compensation to those photographed. Attendance at our programs and events constitutes consent to be photographed. If you do not want to be photographed or for us to use a photo of you and/or your child, please inform the photographer or the staff member coordinating the event before the program begins. A photography release form may be required when participating in certain classes, events, leagues or programs.

## Scholarships

The Maryland Heights Parks and Recreation scholarship program provides youth with access to the recreation and leisure activities of their choice, regardless of ability to pay. Those 17 and younger living within the Maryland Heights' city limits may qualify through the established guidelines of Division of Family Services. Children who do not meet these guidelines may still qualify and are encouraged to apply if assistance is needed. Children may receive assistance with one program per brochure, with a maximum of three per year. Please call (314) 738-2599 for more information.

## Vendor Applications

There are several events where we accept local vendors to sell their goods - Worldfest, Pop-Up Markets, Craft and Vendor Fair, just to name a few! If you would like to apply to be a vendor at an upcoming event, please visit [marylandheights.com/Applications](http://marylandheights.com/Applications). Vendor applications will be available beginning February 1.



## Facilities, Parks & Trails in Maryland Heights

		Basketball	Barbecue Grills	Baseball Fields	Cornhole Boards	Dog Park	Fitness Stations	Horseshoe Pits	Ice Skating Rinks	Little Free Library	Memorial Garden	Pavilion	Playground	Pool	Picnic Tables	Restrooms	Splash Pad*	Volleyball	Walking Paths
<b>A</b>	Aquaport, 2344 McKelvey Rd.													•	•	•			
<b>B</b>	Centene Community Ice Center, 750 Casino Center Dr.								•							•			
<b>C</b>	Community Center, 2300 McKelvey Rd.	•					•							•		•		•	
<b>D</b>	Dogport, 2490 McKelvey Woods Ct.					•													
<b>E</b>	Eise Park, 12103 Bourbon St.	•	•	•						•		•	•		•	•	•		•
<b>F</b>	Fee Fee Ballfields, 2719 Fee Fee Rd.			•															
<b>G</b>	Fee Fee Greenway																		•
<b>H</b>	McKelvey Woods Nature Park, 2530 McKelvey Rd.																		•
<b>I</b>	McKelvey Woods Park, 2480 McKelvey Woods Ct.											•	•		•	•			
<b>J</b>	Parkwood Park, 3145 Parkwood Lane		•	•			•			•		•	•		•	•			•
<b>K</b>	Quiet Hollow Park, 12469 McKelvey Rd.						•								•				•
<b>L</b>	Vago Park, 2700 Fee Fee Rd.	•	•	•	•		•	•			•	•	•		•	•	•	•	•
<b>M</b>	Walking Path, McKelvey Woods to Quiet Hollow																		•
<b>N</b>	Walking Path, Parkwood to Vago																		•

\* The splash pads at Vago and Eise Park are open May 1-September 30, weather permitting.





# AQUAPORT

MARYLAND HEIGHTS, MO

- 2344 McKelvey Road • Aquaport is scheduled to open for the season Saturday, May 27**
- **Open 12:00-6:00 p.m. Daily**
  - **Season pass and Maryland Heights Privilege Card holders are able to enter at 11:00 a.m. daily.**  
*(Registered groups are also able to enter at 11:00 a.m. Monday-Friday.)*

Maryland Heights’ outdoor water park, Aquaport opened in 1998 and has since become a regional attraction boasting multiple water slides, a lazy river, kids’ area and more. Upgrades completed in 2021 include a new entrance, new concessions stand, new filtration system and the new FlowRider surfing simulator.

## Visiting Aquaport

Non-residents must preregister before their visit at Aquaport. For pricing and ticket availability, visit [marylandheights.com/visitaquaport](http://marylandheights.com/visitaquaport). There will not be general admission ticket sales at the door for non-residents. Aquaport season pass and Maryland Heights Privilege Card holders and their guests do not need to preregister ahead of time and may purchase tickets at the door.

## Group Rates

Group rates are available for organized groups (such as Boy/Girl Scouts, youth groups, athletic teams, day camps) of 15 or more people on **weekdays only**. The number of groups allowed in a day is limited. Reservations can be made beginning January 1 by visiting [marylandheights.com/applications](http://marylandheights.com/applications). Applications must be submitted a minimum of three weeks in advance.

## Season Pass Early Bird Special

The earlier you purchase your season pass, the more money you save!

	Regular	January (20% Off)	February (15% Off)	March (10% Off)	April (5% Off)
Resident Adult	\$100	<b>\$80</b>	\$85	\$90	\$95
Resident Youth/Senior	\$75	<b>\$60</b>	\$63.75	\$67.50	\$71.25
Resident Family*	\$160	<b>\$128</b>	\$136	\$144	\$152
NR Adult	\$160	<b>\$128</b>	\$136	\$144	\$152
NR Youth/Senior	\$120	<b>\$96</b>	\$102	\$108	\$114
NR Family*	\$260	<b>\$208</b>	\$221	\$234	\$247

\*A family season pass includes two adults and any dependents, ages 4-17, that reside in the same household. You must provide proof of residency/guardianship for all members of the household.



# CENTENE

## COMMUNITY ICE CENTER



### **Centene Community Ice Center**

750 Casino Center Drive • Visit [centenecommunityicecenter.com](http://centenecommunityicecenter.com) for hours

The official practice home of the NHL's St. Louis Blues, this 277,000 square foot facility features three NHL sized indoor ice rinks, as well as one covered outdoor rink that transitions into an amphitheater in the warmer months for community events such as concerts and festivals. The ice center also features a strength and conditioning center, skill development areas and can host special events for a multitude of occasions.

### **Resident Discounts**

Maryland Heights residents receive a discount on public skating and Learn to Skate Programs at the ice center.

First, residents must obtain a free Centene Community

Ice Center Resident Card, which can only be provided by the Department of Parks and Recreation at the Maryland Heights Community Center. This is a separate card from the Maryland Heights Privilege Card for Parks and Recreation programming.



To receive an ice center Resident Card, you need to bring these two items to the Community Center:

**1.** Your photo ID and **2.** Proof of residency including an unpaid utility bill, current bank statement, voter ID card or an occupancy permit

When registering your child, you need to bring these two items to the Community Center:

**1.** Your photo ID and **2.** Proof of guardianship including a report card, birth certificate, passport, insurance card or social security card.

### **Learn to Skate**

**Tuesdays, January 3 - February 21**

**Saturdays, January 7 - February 25**

**Tuesdays, March 7 - April 25**

**Saturdays, March 11 - April 29**

(Ages 3-Adult) The Ice Center offers classes for figure skating, hockey and just for fun. No experience is required. All classes include 30 minutes of lesson time and 30 minutes of practice time. The all-inclusive price includes skate rental during class, eight public skating passes, a Learn to Skate USA membership, which includes a welcome packet, secondary sport accident insurance and more. Registration is required at least two days before the start date.

**Fee (per session): R: \$115 • NR: \$145**

Register at [marylandheights.com/sports](http://marylandheights.com/sports) or call (314) 738-2599. Direct questions to [learntoskate@marylandheights.com](mailto:learntoskate@marylandheights.com) and staff will respond.

### **Public Skating**

Public skating is available for skaters and families looking for a fun day out or even looking for a new way to exercise. Visit [centenecommunityicecenter.com](http://centenecommunityicecenter.com) to view the current public skating calendar.

**Fee: R: \$5 admission**

**NR: \$7 admission online (\$8 in person)**

**Skate rental: \$5**

## Maryland Heights Community Center



### Maryland Heights Community Center

2300 McKelvey Road • Monday-Friday: 5:30 a.m.-8:00 p.m. • Saturday-Sunday: 9:00 a.m.-5:00 p.m.  
Pool closes 30 minutes prior to facility closing. (hours subject to change)

In the spring of 2017, the state of the art Maryland Heights Community Center officially opened to the public. Home to the Department of Parks & Recreation, the 92,000 square foot facility includes an expansive Fitness Center, an Indoor Aquatic Center, Gymnasium, Senior Lounge, Play Center, preschool and multiple rooms to rent for meetings, programs or events. Members, Maryland Heights residents, as well as non-residents are welcome to use the Community Center.

#### Guidelines

Individuals 11 and younger must be supervised by an individual 16 or older while at the Community Center. Individuals 11 and younger are not allowed in the fitness center, including the indoor track. Individuals 12-13 may use the fitness center with an individual 16 or older once they have completed an equipment orientation session. Individuals who are 14 may use the fitness center unaccompanied once they have completed an equipment orientation session.

Visit [marylandheights.com/guidelines](http://marylandheights.com/guidelines) for the full policies, procedures and guidelines at the Community Center.

#### Fitness Center Features

- Assortment of weight training stations.
- 30 pieces of cardio equipment including interactive ellipticals, treadmills, bikes and step mills that connect to the internet.
- Indoor track
- We partner with Active and Fit, Silver and Fit, Renew Active and Silver Sneakers.

#### Gymnasium Features

- Two full courts that includes twelve basketball hoops, two drop down volleyball nets, divider curtains and lines to play basketball, volleyball, pickleball and badminton.
- Reservations can be made for instructional/recreational youth programs and adult sport programs.
- No strollers or wagons are allowed inside the gym.

#### Indoor Aquatic Center Features

- Three lap lanes, zip-line, current channel, drop slide, climbing walls and kids' area.
- Aqua aerobics classes, swim lessons and designated open swim times.
- Locker rooms for men, women and families have direct access to the pool.

#### Senior Lounge

Open to everyone ages 55 or older at no cost, except when scheduled programs are occurring. Prior to going to the lounge, we ask that you check in at the Welcome Desk or sign the sheet in the lounge. The lounge is equipped with a high definition television, lounge furniture, card tables, public computer station and coffee to enjoy. While you are there, check out the display board for upcoming programs and events tailored to active adults.

## Memberships

Your membership to the Community Center includes:

- Use of the Fitness Center, Indoor Aquatic Center and Gymnasium
- Free Privilege Card that grants you discounted rates on select programs (12 & 6 month memberships only)
- Unlimited Group Exercise Classes (Get Fit only)

	Resident	Non-Resident
<b>Get Fit Membership*</b>		
Adult	\$450/annually \$68/month	\$490/annually \$74/month
Senior	\$400/annually \$60/month	\$430/annually \$65/month
Adult Plus One	\$350/annually \$58/month	\$370/annually \$64/month
Senior Plus One	\$300/annually \$50/month	\$330/annually \$55/month
<b>Basic Membership*</b>		
Adult	\$200/annually \$30/month	\$240/annually \$36/month
Youth or Senior	\$150/annually \$23/month	\$180/annually \$27/month
Family (2 adults/2 children)	\$450/annually \$68/month	\$540/annually \$81/month
Additional Child (ages 4-24)	\$50/annually \$8/month	\$60/annually \$9/month
Plus One	\$100/annually \$15/month	\$120/annually \$18/month

\*Memberships are also available for 3 and 6 month. Visit [marylandheights.com/memberships](http://marylandheights.com/memberships) for pricing.



## Daily Usage, 20 Visit Value Card & Get Fit Pass\*

Those who do not wish to commit to a membership may pay the daily usage fee to use the Community Center. You can also pay the daily usage fee to try any class on the Group Exercise if space allows. 20 Visit Value Cards are available for those whose schedule is a little more sporadic. Value cards are good for 20 visits and expire one year from the date of purchase.

Get Fit Passes allow you access to any group exercise class on the schedule. This pass expires six months from purchase date.

	Resident	Non-Resident
<b>Daily Usage</b>		
Adult	\$8	\$10
Youth or Senior	\$6	\$8
<b>20 Visit Value Card</b>		
Adult, Youth or Senior	\$100	\$140
	Member	Non-Member
<b>Get Fit Pass*</b>		
8 Classes	\$48	\$68
16 Classes	\$80	\$112
24 Classes	\$96	\$144

\*Purchase at [marylandheights.com/mindbody](http://marylandheights.com/mindbody)

## Guest Policy

Every Community Center member or Privilege Card holder may bring up to 2 guests per day at the resident daily rate. Members must enter with their guest. All guests age 16 years and older must show a photo ID.

## Special Closures/Holiday Hours

The Community Center adopts limited hours and occasionally closes during certain holidays. The complete list of special closures is as follows:

- **January 1** (New Year's Day): Open from 10:00 a.m. - 3:00 p.m.
- **Easter Sunday** (April 3, 2023): CLOSED
- **July 4:** Early closure at 6:00 p.m.
- **Thanksgiving** (November 23, 2023): CLOSED
- **Christmas Eve** (December 24): Early closure at 3:00 p.m.
- **Christmas Day** (December 25): CLOSED
- **New Year's Eve** (December 31): Early closure at 3:00 p.m.



## Fitness Center

Featuring over 30 pieces of cardio equipment and an assortment of weight training stations and free weights, the 5,200 square foot fitness center is packed with state-of-the-art equipment to help you stay in shape. The fitness center is also connected to our indoor track, where 7 laps equal 1 mile, and allows you to keep your running/walking routine going all year round.

Upon request, all members receive a complimentary equipment orientation to review basic exercise principles and safe usage of the fitness center. Stop by the fitness desk to schedule your appointment.

## Group Exercise Classes, Training & Massage Therapy

- **Group Exercise Classes:** Numerous group exercise classes are offered at the Community Center for different skill levels and intensities. Classes include Zumba, cycling, circuit training, stretch, yoga, water aerobics and more. Visit [marylandheights.com/mindbody](http://marylandheights.com/mindbody) to view the class schedule or to register.
- **Group Training:** People tend to work harder within a team than they do on their own. That's why we offer Transformers Group Training (ages 16+) and Level UP Youth Training (ages 12-16). Call (314) 738-2554 for the latest dates and times.
- **Personal Training (ages 14+):** Certified fitness professionals will design your exercise routine and guide you towards achieving your fitness goals. Personal trainers are great for beginners, those hitting a plateau, those who are continuing physical therapy or recovering from an injury or anyone who desires expert motivation. Register at [marylandheights.com/mindbody](http://marylandheights.com/mindbody).
- **Massage Therapy:** Recovery Massage is owned and operated by Jennifer Bahr, who is a licensed massage therapist and certified athletic trainer. Her ability to evaluate each client's individual needs sets her apart. If you think massage therapy may be right for you, please reach out for a free consult or stop by for a free 5 minute massage or injury screening. Book an appointment today at [marylandheights.com/mindbody](http://marylandheights.com/mindbody)

## Gymnasium

The gymnasium boasts 12,800 square feet for athletic fun and features two full courts that includes twelve basketball hoops, two drop down volleyball nets, divider curtains and lines to play basketball, volleyball, pickleball and badminton. Reservations can be made for instructional/recreational youth programs and adult sport programs. No strollers or wagons are allowed inside the gym.

The gymnasium is available to rent. For availability, pricing, regulations, and to request rental space, please visit [marylandheights.com/applications](http://marylandheights.com/applications) to fill out a gym rental request form.





## Indoor Aquatic Center

Our 9,000 square foot indoor aquatic center features three lap lanes, zero-entry leisure pool, current channel, 4 foot drop slide, climbing walls, accessibility lift and kids' area. Aqua aerobics classes, swim lessons and designated open swim times are scheduled throughout the day. Visit [marylandheights.com/mhcc](http://marylandheights.com/mhcc) to view the current schedule. Locker rooms for men, women and families have direct access to the pool. Please note, the pool closes 30 minutes prior to the rest of the facility.

In the event that lightning or thunder is detected, the pool will be cleared for 30 minutes. The time will restart for each sight of lighting or clap/rumble of thunder. If the pool is cleared continuously for one hour, within the first hour of your visit, paid guests with a receipt and still present at the facility will be authorized to receive a re-entry pass for a future date. Indoor aquatic center re-entry passes are valid for 90 days.

## Private Swim Lessons

(Ages 6 months and older) During private swim lessons, students will go at their own pace to achieve individual goals. Private lessons are thirty minutes long. Please contact Aquatics Supervisor Kate Fischer at [kfischer@marylandheights.com](mailto:kfischer@marylandheights.com) or (314) 738-2563 to coordinate a private lesson.

## Group Swim Lessons

**Baby Shark, Octopus, and Stingray**  
**Tuesdays/Thursdays • 5:30 p.m. - 6:10 p.m.**  
**or Saturdays • 9:30 a.m. - 10:10 a.m.**

**Starfish, Sea Turtle, and Dolphin**  
**Tuesdays/Thursdays • 6:20 p.m. - 7:00 p.m.**  
**or Saturdays • 10:20 a.m. - 11:00 a.m.**

Session 1: February 4 - March 25 (Saturdays)  
 Session 2: February 7 - March 2 (Tuesday/Thursday)  
 Session 3: March 7 - March 30 (Tuesday/Thursday)  
 Session 4: April 1 - May 20 (Saturdays)\*  
 Session 5: April 4 - April 27 (Tuesday/Thursday)

(Ages 6 months and older) Our Group Swim Lessons are back! Prepare your kids for summertime fun and enroll in a session listed above. Please see the flow chart on the opposite page to get an idea of what level your child would be. All swimmers will be assessed on the first day of class and put into the appropriate level.

If enrolled in Baby Shark (ages 6 months to 3 years), a guardian will need to be in the water with the child and have proper swim attire. For the Starfish class (ages 3 - 5), being in the water with your child is optional.

For a description of all classes and to register, please visit [marylandheights.com/swim](http://marylandheights.com/swim).

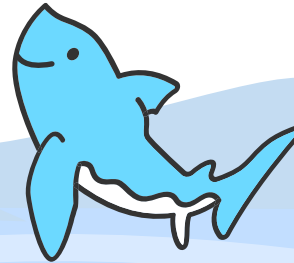
**Fee/per session: M: \$50 • R: \$55 • NR: \$60**

**\*Session 4 (7 week session instead of 8 week session)**  
**Fee: M: \$? • R: \$48.12 • NR: \$52.50**

# Maryland Heights Group Swim Lessons

Please use the flowchart below to pick the appropriate level for your child's swim lessons!

Is your child 3 years old? **Yes**

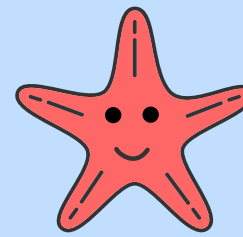


**Baby Shark**

**No**



Is your child less than 5 years old? **Yes**

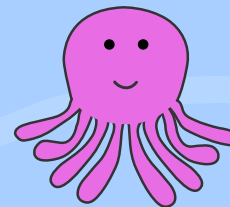


**Starfish**

**No**



Can your child go underwater and float independently? **No**



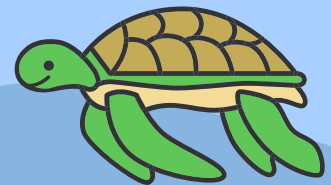
**Octopus**

**Yes**



Can your child float independently and do the front crawl for 10 yards with little to no instructor support? **No**

**No**



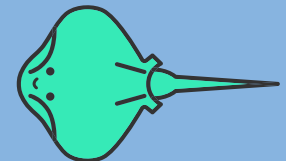
**Sea Turtle**

**Yes**



Does your child know all of the basic strokes and can they perform them with little help? **No**

**No**

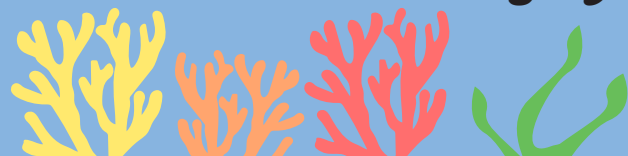


**Stingray**

**Yes**



**Dolphin**



## Play Center

**Monday/Wednesday/Friday • 3:30 - 7:30 p.m.**  
**(Hours are subject to change)**

(Ages 6 months - 9 years) Drop off your child at the play center for up to two hours of playing and socializing while you work out or participate in a program at the Community Center. You must remain inside the Community Center at all times.

### Rules and Regulations

- Maximum time a child can stay in the Play Center is 2 hours per visit, per day.
- A confidential information form must be on file before using the Play Center. A new form must be filled out every calendar year.
- For the safety of the children, parents/guardians must sign their child in and out of the Play Center. No child will be able to leave the center with another person unless they are listed on the confidential information form.
- The staff will not be responsible for changing diapers or assisting with bathroom needs other than snaps or buttons. Please have your child use the restroom or in a clean diaper prior to drop off.
- No food is allowed in the Play Center. Water is allowed in an unbreakable, spill proof container. Please label the drink with your child's name.
- The Play Center has a wonderful selection of toys, so please do not bring any from home.
- The Play Center staff is not responsible for personal belongings brought or left in the Play Center. Please place any valuables in a locker.
- Parents may not drop off any children not listed in their household.

Visit [marylandheights.com/mhcc](http://marylandheights.com/mhcc) for hours of operation, pricing and rules and regulations.

## Senior Lounge

Open to everyone ages 55 or older at no cost, except when scheduled programs are occurring. Prior to going to the lounge, we ask that you check in at the front kiosk. The lounge is equipped with a high definition television, lounge furniture, card tables, public computer station and coffee to enjoy. While you are there, check out the display board for upcoming programs and events tailored to active adults.



## Room Rentals

There are six rooms available to rent seven days a week at the Community Center and can be the perfect space for birthday parties, baby showers, meetings and more. Reservations are on a first come, first served basis and can be made up to one year in advance, with a minimum of three weeks before the event. Full payment and damage deposit are due at the time of reservation. Visit [marylandheights.com/applications](http://marylandheights.com/applications) to fill out a room rental request form.

### Rooms available for rent

Fee range based on numbers of hours rented. All room rentals require a refundable \$75 damage deposit per room.

**Celebration Room:** Connected to the indoor pool and used for birthday parties, the Celebration Room can accommodate up to 25 people.

**Fee: R: \$50-\$100 • NR: \$60-\$120**



**Infinity Room:** Located on the upper level of the facility, the Infinity room has an adjoining kitchen and can accommodate up to 80 people.

**Fee: R: \$160-\$400 • \$200-\$500 with kitchen**  
**NR: \$192-\$480 • \$240-\$600 with kitchen**



**Meeting Room:** Located on the main level, just off the lobby, the Meeting Room includes a wall-mounted TV and can accommodate up to 16 people.

**Fee: R: \$50-\$100 • NR: \$60-\$120**





**Millennium Rooms A, B and C:** The Millennium Rooms can be reserved individually or as one large space. Depending on the setup, these rooms can accommodate anywhere from 40-360 people. There is a kitchen attached to Millennium Room A and has a serving window. All Millennium rooms have access to a private courtyard.

- **Millennium A Only (cap. 48-160)**  
 R: \$200-\$500 • \$260-\$650 with kitchen  
 NR: \$240-\$600 • \$320-\$800 with kitchen
- **Millennium A and B (cap. 80-260)**  
 R: \$360-\$900 • \$420-\$1,050 with kitchen  
 NR: \$432-\$1,080 • \$512-\$1,280 with kitchen
- **Millennium A, B and C (cap. 128-360)**  
 R: \$520-\$1,560 • \$580-\$1,740 with kitchen  
 NR: \$624-\$1,872 • \$704-\$2,112 with kitchen
- **Millennium B and C (cap. 80-200)**  
 R: \$320-\$640 • NR: \$384-\$768
- **Millennium B or C (cap. 40-100):**  
 R: \$160-\$320 • NR: \$192-\$384



**Add-On Fees**

- After Hours Alcohol Fee: R/NR \$65/hour
- Dance Floor: R/NR: \$75
- Microphone: R: \$50 • NR: \$60  
 (plus \$75 refundable damage deposit)
- Projector: R: \$50 • NR: \$60



## Dogport

Due to damage sustained from flooding in summer 2022, Dogport will be closed until further notice.



## Eise Memorial Park

12103 Bourbon St.

Gerald A. Eise Memorial Park, a neighborhood park, is located in the David Meadows Subdivision. Parking is limited to less than ten vehicles. No pavilion reservations are accepted at Eise Park.

**Amenities:** Basketball (half court), cornhole boards, Little Free Library, one pavilion that seats approximately 25 people, picnic tables with barbecue grills, playground, restrooms, splash pad and walking path.



## Fee Fee Ballfields

2719 Fee Fee Rd.

In 2019, Maryland Heights acquired over 10 acres of property, north of the Midland Ave. and Fee Fee Rd. intersection, currently consisting of four baseball fields. Over the next few years and as part of the Capital Improvement Plan, the City will turn this land into a multi-sport complex with at least three functional fields for play. Improvements have already begun on field one, closest to Fee Fee Rd., and is now available to rent. When not rented, residents may use this field for pickup games, skills development and more. Visit [marylandheights.com/applications](http://marylandheights.com/applications) to fill out a rental form.



## Fee Fee Greenway

Trailheads at Aquaport and Creve Coeur Park

The 2.73 mile Fee Fee Greenway, formerly McKelvey Woods Trail, is the first public off-road trail that Maryland Heights has been a part of creating. Completed via collaboration with Great Rivers Greenway and securing federal funding through grants, the trail takes users from Aquaport all the way to Creve Coeur Lake and its many recreational opportunities including a link to the Katy Trail.

## McKelvey Woods Nature Park

2530 McKelvey Rd.

A short walking trail ends with a peaceful location to bird watch, observe nature or to simply enjoy the outdoors.

**Amenities:** Walking trail and picnic tables.

## McKelvey Woods Park

2480 McKelvey Woods Ct. (in front of Dogport)

McKelvey Woods Park provides a great location to begin or end your journey on the nearby Fee Fee Greenway with restrooms and picnic tables to stop and take a quick break. This park also features a playground.

**Amenities:** Playground, pavilion with picnic tables and restrooms.



## Parkwood Park

3145 Parkwood Lane

Located next to Parkwood Elementary School and near Holy Spirit Catholic Church, Parkwood Park features a 0.7 walking path with fitness stations to keep you active, as well as a playground among other features.

**Amenities:** Cornhole boards, fitness stations, green space, Little Free Library, pavilion, picnic sites with barbecue grills, playground, public art, restrooms and walking trail.

## Quiet Hollow Park

12469 McKelvey Rd.

Quiet Hollow is home to the state-of-the-art Fitness Court, an outdoor bodyweight gym facility that features 30 individual pieces of equipment, shock-resistant sports flooring and exercise stations that allow for up to 28 individuals to workout at the same time. You can download the free app, available on Apple or view videos on YouTube and learn about the different stations, be led through workouts and enter into challenges. For those looking for more of a leisure activity, this park also has a walking trail, park benches and picnic tables. There is limited parking and there are no restroom facilities at Quiet Hollow.

**Amenities:** Fitness stations, picnic tables, public art and walking path (there are no restrooms at this park) .

## Vago Park

2700 Fee Fee Rd. (Midland Ave. and Fee Fee Rd.)

Vago Park spans 20-acres and includes numerous amenities including a baseball field, pavilions and sand volleyball court that are available for rent.

**Amenities:** Baseball field with lights, cornhole boards fitness course, five horseshoe pits, Judy Barnett Memorial Scented Garden, multi-purpose court with basketball hoops, three pavilions available for rent, picnic sites with barbecue grills, public art, three playgrounds including handicap accessible play structures, restrooms, sand volleyball court, splash pad and walking/jogging track.

### Pavilion Rentals:

The American Legion Pavilion (120 people), Kiwanis Pavilion (100 people) and Maryland Heights Pavilion (100 people) are available for reservations beginning January 2 at 8:30 a.m. for residents and January 16 at 8:30 a.m. for non-residents. Reservations must be done in person. No reservations will be taken over the phone.

**Fee: R: \$40/date • NR: \$65/date • Non-profit: \$20/date**  
(Must have 501C3 with a Maryland Heights address.)

### Baseball Field and Sand Volleyball Court Rental:

A minimum of two weeks notice is required for booking the baseball field or sand volleyball court. Visit [marylandheights.com/applications](http://marylandheights.com/applications) to fill out a field request form.



All parks are open sunrise to sunset with the exception of City sponsored programs and events.

## Monday Meet and Greet

First Monday of the Month (No January meeting)

January 2 • February 6 • March 6 • April 3

10:30 a.m. - 11:30 a.m. • Community Center

(Ages 55+) Each month will feature a different topic or speaker to pique your interest. Grab some coffee and donuts and settle in for some great information. Past speakers have included the St. Louis Zoo, Botanical Gardens, Maryland Heights Police and Fire District. Participants help with planning future topics. Upcoming topics are advertised through Mature Matters.  
**Fee: Free**

## Monthly Luncheon & Bingo

Third Monday of the Month

January 16 • February 20 • March 20 • April 17

10:30 a.m. - 2:45 p.m. • Community Center

(Ages 55+) Join us on the third Monday of each month for entertainment at 10:30 a.m. followed by a hot, catered meal at 11:30 a.m. No food substitutions can be made. Menu and entertainment are advertised through Mature Matters. Reservations must be made by the Wednesday of the week prior. Refunds will only be issued for cancellations received prior to the deadline. Reservations may not be transferred from month to month. Stay after lunch for bingo beginning at approximately 12:45 p.m. with attendance prizes and other practical prizes available to win. Reservations begin January 1.

**Fee (per session): \$13 for lunch • \$8 for bingo**

## Mature Matters Newsletter

(Ages 55+) Stay in the know with the free bi-monthly newsletter written just for the older residents of Maryland Heights. Stay up to date on upcoming programs, luncheon entertainment schedules, Monday Meet and Greet topics and upcoming trips. Plus, keep up to date on other important information relevant to older adults in our community. To sign up to receive a printed copy of Mature Matters, contact Steve at [sclark@marylandheights.com](mailto:sclark@marylandheights.com) or (314) 738-2552.

Did you know there's an email version?

You can also sign up to receive the free bi-monthly emailed Mature Matters newsletter by visiting [marylandheights.com/MHLife](http://marylandheights.com/MHLife).

**Mature Matters**  
A Publication for Maryland Heights Seniors  
November-December 2022

**Steve's Scoop**

**H**ello everyone! I am Steve Clark, the Senior Recreation Specialist overseeing senior and adult programming with the Maryland Heights Parks & Recreation Department. I am absolutely thrilled to be here! Everyone I have met so far has been very friendly and welcoming, and for those who I haven't met yet, I hope to see you soon at the Community Center. Stay by my office and see "Hi, I'm upstairs right next to the Senior Lounge!"

I have been in the parks and recreation industry for over 20 years, working in various capacities for the cities of Ferrous and Webster Groves. I look forward to using my experiences over the past two decades in the industry to bring fun and unique programs to the City of Maryland Heights!

**Get to know Steve:**

- **Family:** I've been married to my lovely wife for 14 years and have three children, ages 13, 12 and 9. We also have a Golden Doodle, "Poppo", age 2.
- **Interests:** I enjoy spending time with my family, including attending my kid's activities and sporting events. I also enjoy reading on the Cardinals, Blues and Miami Dolphins (it's a long story ask me sometime).
- **Clubs or Teams:** My college roommate at Missouri State (go Bear!) was Bill Mueller who played over 10 years in the major leagues for the San Francisco Giants, Chicago Cubs, Boston Red Sox and Los Angeles Dodgers. He even once introduced me to Barry Bonds!

I hope to see you soon at one of our upcoming events!  
**Steve Clark, CPSP** - Recreation Specialist, Adult & Senior  
(314) 738-2552 • [sclark@marylandheights.com](mailto:sclark@marylandheights.com)

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Utility Tax Rebates Reminder

**Page 3:**  
Holiday Bingo  
Health Insurance Fair  
Holiday Tree Lighting  
Halloween Mystery Dinner

**Page 4:**  
First Monday Meet & Greet  
Monthly Luncheon & Bingo

**Craft & Vendor Fair**  
Come out and shop at the two day Craft & Vendor Fair on Friday, November 18 from 8:00-8:00 p.m. and Saturday, November 19 from 9:00 a.m.-2:00 p.m. at the Community Center! This fair will consist of home-based businesses (Quilted Cluck, Novens, Mary Kay, etc.), handmade craft items, original artwork and more. This is a great chance to check off everyone on your holiday shopping list!



SENIOR  
LEARNING  
INSTITUTE®

## Senior Learning Institute

Second Thursday of the Month

March 9 • April 13

10:00 a.m. - 11:30 a.m. • Community Center

Founded by Ted Gottlieb, Certified Senior Advisor, the Senior Learning Institute provides FREE advocacy, resources, and education on a variety of topics, such as: Aging in Place, Estate & Financial Planning, In-Home Care, Wellness, Decluttering & Organizing, Senior Living Community Options, Selling the Home, and so much more. In addition to the live sessions hosted at the Community Center, seniors will also have access to free consultations. Upcoming topics will be advertised through Mature Matters. For more information, visit [www.stlsi.com](http://www.stlsi.com).

**Fee: Free**

## Grief and Loss Support Group

Third Tuesday of the Month

11:30 a.m. - 12:30 p.m. • Community Center

The Community Center hosts a support group that can help individuals navigate emotions experienced from grief and loss. Support groups can offer companionship, support and understanding in a safe and confidential environment. Trained and experienced facilitators help guide discussion and can offer further resources to help you or a loved one through your grief journey. Reservations are not required. For more information, call (314) 738-2552.

**Fee: Free**

## VanGo

Runs Monday-Thursday • 9:00 a.m.-3:30 p.m.

VanGo gets you where you need to go. For a one-time yearly fee, riders receive curb-to-curb service to a variety of places in a set area for medical appointments, essential shopping, errands and Community Center activities. All VanGo memberships expire on December 31 of each year. For more information on policies and schedule or to request a VanGo packet, call (314) 738-2599.

**Fee: January-December: \$30**

## Mahjong

**Thursdays, Ongoing • 11:00 a.m. - 2:00 p.m.**

**Fridays, Ongoing • 10:00 a.m. - 12:30 p.m.**

**Community Center**

(Ages 55+) This unique game originated in China but has become popular worldwide. Training is not available during these times and some experience is necessary. All skills levels are welcome to join.

**Fee: Free**

## Pinochle

**Tuesdays, Ongoing • 9:30 a.m. - 12:00 p.m.**

**Community Center**

(Ages 55+) Engage in this fun card game and meet new friends. New players are welcome.

**Fee: Free**

## Bridge

**Wednesdays, Ongoing • 9:00 a.m. - 12:00 p.m.**

**Fridays, Ongoing • 12:00 p.m. - 3:00 pm.**

**Community Center**

(Ages 55+) Multiple rounds are played every week in this non-competitive bridge group. Training is not available and basic experience is necessary.

**Fee: Free**

## Canasta

**Wednesdays, Ongoing • 10:30 a.m. - 2:30 p.m.**

**Community Center**

(Ages 55+) Join friends and make new ones while playing this classic rummy game.

**Fee: Free**

## Book Clubs

**Second Monday of the Month**

**Cover to Cover • 9:30 a.m. - 10:30 a.m. • Community Center**

**Such Great Heights • 6:45 p.m. - 8:00 p.m. • Zoom**

Avid reading into old age has been shown to reduce memory decline by more than 30 percent — so keep reading through your golden years! Join one of our book clubs to help you discover and discuss new books. For more information, contact Steve at [sclark@marylandheights.com](mailto:sclark@marylandheights.com) or (314) 738-2552.

**Fee: Free**



## St. Pat's Lunch

**Sunday, March 12 • 12:00 p.m. or 2:30 p.m.**

**Community Center**

(Ages 62+) Our annual St. Patrick's Day Lunch is sponsored by the Parks and Recreation Advisory Commission, the Mayor and City Council. Maryland Heights residents who are 62 years of age or older by March 12 can reserve a spot for this traditional corned beef and cabbage meal. Dessert and door prizes are included! This event is for Maryland Heights' residents only. Reservations will be taken beginning Wednesday, February 1 at 8:30 a.m. through Friday, March 3. Two seating times are available: 12:00 p.m. or 2:30 p.m. Stop by the Community Center Welcome Desk or call (314) 738-2599 to make a reservation. Space is limited.

**Fee: Free**

## Mammography Van Screening

**Friday, March 24**

**8:00 a.m. - 2:00 p.m. • Community Center**

(Ages 55+) The digital Mobile Mammography Service Van is sponsored by the Missouri Baptist Medical Center and provides a convenient and easy way to screen for breast cancer. Please check with your medical insurance provider to verify your benefits and eligibility. Make sure you have your insurance card, physician's name and phone number and a form of identification at your appointment. Free mammograms may be available to women ages 40-64 without insurance. Fees vary based on insurance. Call (314) 996-5170 to schedule an appointment.

## Afternoon Flicks

**Mrs. Harris Goes to Paris • Thursday, April 13**

**Belfast • Thursday, April 20**

**See How They Run • Thursday, April 27**

**2:00 p.m. • Community Center**

Afternoon Flicks are back this spring! Watch great films with friends at the Community Center. Popcorn and water will be provided. Movies will be advertised through Mature Matters. Registration is not required.

**Fee: Free**



## Register Now for Maryland Heights Summer Camp to Reap Savings!

**Weekly • Monday - Friday • June 5 - August 18**  
**9:00 a.m. - 4:00 p.m. • Vago Park & Community Center**

(Ages 6-11) Register for the award winning Maryland Heights Summer Camp between January 1 - March 31 to receive the Early Bird Discount of 15% off the normal registration fee! Camp will meet at Vago Park on Mondays, Wednesdays, and Fridays. On Tuesdays and Thursdays, campers will meet at the Community Center and will spend the afternoon swimming at Aquaport! AM and PM extended care is available at an additional cost.

**Fee (per week):** M: ~~\$150~~ \$127.50  
 R: ~~\$165~~ \$140.25  
 NR: ~~\$220~~ \$187.00

**Week of July 4:** M: ~~\$90~~ \$76.50  
 R: ~~\$99~~ \$84.15  
 NR: ~~\$132~~ \$112.20

*During the week of July 4th, campers will meet at the Community Center Wednesday - Friday and receive swim time every day. There will be no camp on Monday or Tuesday.*

## Summer Camp Extended Care

**Weekly Monday - Friday, June 5 - August 18**

**7:30 - 9:00 a.m. and/or 4:00 - 5:30 p.m.**

**Vago Park & Community Center**

The Extended Care program is a great way for kids to relax before or after a day of camp. This is a non-structured program where kids play games, craft or enjoy open play time. Fees must be paid in full at the time of registration and will not be pro-rated on day-to-day needs. Registrations can be made until the Sunday before each week of camp.

**Fee (per week):** A.M. Care: \$25/child  
 P.M. Care: \$25/child



## Kids' Night Out

**Fridays, March 10 • April 14 • May 12**  
**6:00-9:00 p.m. • Community Center**

(Ages 6-12) Drop your kids off for a night of fun at the Community Center! They'll play games and participate in various activities including crafts while parents enjoy a night out! Finding a sitter for date night has never been this easy!

**Fee: M: \$12 • R: \$15 • NR: \$20**



## Sculpture on the Move

### Currently on display:

"A Novel Idea" by CR Gray at Parkwood Park.  
 "Agitated Avians" by Craig Snyder at Quiet Hollow Park.  
 "Bench, Please!" by Ben Pierce at the back of Vago Park.  
 "Blue Sails," "Moons," and "Sticks" by Jessie Cargas at the Maryland Heights Community Center.  
 "Dandelions Puffballs" by Joe Maleski at Vago Park.

Sponsored by the Creative Communities Alliance, of which Maryland Heights is a founding member, the regional Sculpture on the Move Program is designed to foster relationships between communities and artists. This program makes it as easy as possible to install high-quality, original artwork in communities, as well as enhance public spaces with minimal cost on a short-term commitment. The Beautification Commission plays a crucial role in helping select the works of art that are put on display throughout the City.

## Hip Hop

Wednesdays, January 18 - April 5  
 6:30-7:20 p.m. • Community Center

(Ages 6-10) This class introduces the high-energy style of hip hop and pop dynamics with an emphasis on body movement and rhythm. Students work on body isolations and movement in a fun and relaxed atmosphere. Participants have the opportunity to choreograph moves and incorporate their own style. Age appropriate music is played. There will be a recital on Thursday, April 6. Register at [marylandheights.com/dance](https://marylandheights.com/dance).

Fee: M: \$65 • R: \$72 • NR: \$96

## Visual Art Series

Visit the Community Center and Government Center lobbies during business hours to view professional works from an artist in your own community, free of charge. If you'd like to be considered or someone you know would like to have their art displayed, complete the form at [marylandheights.com/arts](https://marylandheights.com/arts).

### 2023 CALL TO ART – DEADLINE TO APPLY IS MONDAY, DECEMBER 12, 2022

Are you an artist wanting to have your art seen by the public? Through our Visual Art Series, the City of Maryland Heights displays professional works from local artists, free of charge. We are currently looking for work to display. Apply online at [www.marylandheights.com/arts](https://www.marylandheights.com/arts).

## Tap & Ballet

Wednesdays, January 18 - April 5  
 5:30-6:20 p.m. • Community Center

(Ages 4-6) Students learn basic tap sounds and steps, and combine them into rhythmic dance phrases. They also learn the five ballet positions, short barre sequences, across the floor progressions and mini center-floor combinations. Children are given time to explore movement and express themselves through dance. Tap shoes and ballet slippers are required. There will be a recital on Thursday, April 6. Register at [marylandheights.com/dance](https://marylandheights.com/dance).

Fee: M: \$65 • R: \$72 • NR: \$96

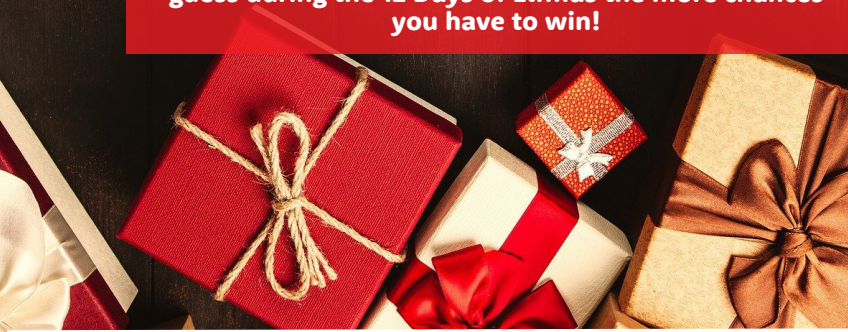
# 12 Days of Elfmas



FREE TO ATTEND

DECEMBER 13-24

(ALL AGES) Hey everybody, it's your old friend Merl Lynn likes the Elf! I'm up to my old tricks again, hiding around Maryland Heights. Be sure to look for my picture on the Parks & Recreation Facebook page. Think you know where I am? Put your guess in the comments for a chance to win a prize! The more you guess during the 12 Days of Elfmas the more chances you have to win!



# Skate with Santa



Skate side-by-side with Santa in the outdoor rink at the Ice Center! There will be photo opportunities, holiday music, and festive holiday decor. Day of sales at the Ice Center only! No preregistration.

Cost is \$8 Non-Residents.  
\$5 Maryland Heights Residents.  
\$5 Skate rental.

Saturday, December 17 • 1:30-3:30 p.m.  
Centene Community Ice Center

# FAMILY MOVIE NIGHT

+ Singalong!



FREE TO ATTEND

Saturday, January 21

AT THE COMMUNITY CENTER

Movie begins at 6:30 p.m.

(All Ages) Join us at the Community Center for a winter Family Movie Night with Frozen! Food and refreshments are welcome, but please no glass containers. Limited seating will be provided, but guests are encouraged to bring their own chairs and blankets.



# Not Your Grandma's Bingo

Friday, February 3

7:00-9:30 p.m.

Doors open 6:30 p.m.

Community Center

(Ages 21+) Who said Bingo is just for Grandma? Gather up your friends and join us for a night of fun. Dress as Grandma or Grandpa for a chance to win some great prizes! Registration includes 10 rounds of WORD bingo with 2 bingo sheets per round. Outside food and drink are welcome, no glass containers please.

\$15/person





# Frozen Pickleball

TOURNAMENT  
2023



**SATURDAY & SUNDAY  
FEBRUARY 4 & 5**

**TOURNAMENT BEGINS AT 9:00 A.M.**

Test your skills! Men's Doubles and Women's Doubles will be held on Saturday. Mixed Doubles will be held on Sunday. Each participant will receive a t-shirt and the top three finishers in each division will receive medals. Register online at [ignite-pickleball.com/event-registrations](http://ignite-pickleball.com/event-registrations).

**\$25/Person, Per Division**

# Sweetheart Skate



**Saturday, February 14  
7:00-9:00 p.m.**

**Centene Community Ice Center**

Lace up your skates and bundle up for an exciting event with your sweetheart, family, and friends. Day of sales at the Ice Center only! No preregistration.

**Cost is \$8 Non-Residents,  
\$5 Maryland Heights  
Residents,  
\$5 Skate rental**



# FAMILY BINGO

SPECIAL EVENTS

**Thursday, February 9  
5:30-7:30 p.m.  
Community Center**

(All Ages) Bring the whole family out for a night of fun as we will play Valentines themed BINGO. There will be prizes geared for kids, dinner, and refreshments.

**Fee (per person): M: \$8 • R: \$9 • NR: \$12**

# Maryland Heights Community Health Fair

FREE TO ATTEND

**Friday, February 24  
10:00 a.m.-2:00 p.m.  
Community Center**

Learn how to improve your quality of life from local businesses and staff of the Maryland Heights Community Center during the Health Fair. Visit each vendor table and participate in free group exercise classes to increase your chances of winning a door prize!

**To become a vendor, visit  
[www.marylandheights.com/applications](http://www.marylandheights.com/applications).**

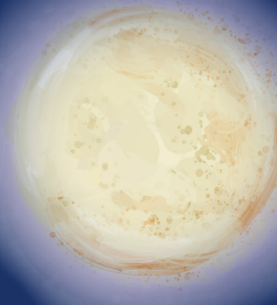


# Winter Princess Ball

Saturday, February 25  
10:00 a.m.-12:00 p.m.  
Community Center

(Ages 2-10) Come one, come all to the Winter Princess Ball! Have your little princess dress the part and participate in sing-a-longs, enjoy sweet treats and more! Also, there will be meet and greets with some very special princesses and princes with photo opportunities! An adult must accompany every child. Tickets are required to attend, and can be purchased at the Welcome Desk beginning January 1.

\$25/Child • \$5/Adult



## KIDS NIGHT OUT

Fridays • 6:00 - 9:00 p.m.  
March 10 • April 14 • May 12

(Ages 6-12) Drop your kids off for a night of fun at the Community Center! They'll play games, socialize, and participate in various activities including crafts while parents enjoy a night out! Finding a sitter for date night has never been this easy!

M: \$12 • R: \$15 • NR: \$20

## Lucky Leprechaun Hunt

Saturday, March 11 • 11:00 a.m.  
Community Center  
Ages 2-8 • M: \$8 • R: \$9 • NR: \$12

A rainbow appeared and dropped gold coins everywhere! The Maryland Heights Leprechauns need your help finding them all! Find special coins to win prizes! Register online at [marylandheights.com/signup](http://marylandheights.com/signup) or at the Welcome Desk. Registration opens January 1.



## MOM Prom

Saturday, March 25  
7:00-10:00 p.m.  
Community Center  
\$30/person

(Ages 21+) Moms, gather your girlfriends because this night is for you! Dust off your wedding gowns, bridesmaid's dresses or even old prom dresses and dance the night away. A DJ will provide the tunes for the evening and there will be contests for "Tackiest Dress," "Best Hair" and even a game to crown the new "Queen!" Don't miss out on what promises to be an unforgettable night. Beer, wine, soda and snacks will be provided. We will also be collecting donations for the Maria's Backpacks School Supply Drive. Tickets can be purchased at the Welcome Desk beginning January 1.

# UNDERWATER EGG HUNT

Friday, March 31 • 5:30 p.m. – 7:30 p.m.  
Indoor Aquatic Center • Community Center

(Ages 6-12) Join us for a glow in the dark pool egg hunt! Grab your swimsuit and towels and get ready for a hunt underwater for glowing eggs. Hunt will start at 6:00 p.m. Children will have the opportunity to win awesome prizes such as gift cards, swim passes, Easter baskets and much more! Once the egg hunt is over, spend the rest of the time listening to music and swimming until 7:30 p.m. Tickets can be purchased at....?

**Early Bird Pricing: \$10 • After March 17: \$12**

SPECIAL EVENTS



**Friday, March 31 • Vago Park**  
**Check in begins at 7:30 p.m.**  
**Hunt starts at dusk (roughly 8 p.m.)**

(Ages 21+) Who said egg hunts are just for kids? Channel your inner child and hunt for eggs in the dark. This year's event will take place throughout the ENTIRE park. Check-in at the Kiwanis Pavilion at the front of Vago. Don't forget to bring your flashlight and a container to collect your eggs! Outside food and drinks are welcome, no glass containers please. Tickets will go on sale February 1. **Tickets will not be available for purchase on the day of event.**

**Early Bird Pricing: \$12**  
**After March 17: \$15**



**Saturday, April 8**  
**10:00 a.m. OR 1:00 p.m.**  
**Vago Park**  
**\$5/Child**

(Ages 10 and under) Hop around the back of Vago Park and collect eggs at this annual tradition! Kids will be grouped by age and have the chance to win prizes. All participants must be checked in by 9:30 a.m. for the morning hunt or 12:30 p.m. for the afternoon hunt. The Easter Bunny will be available for photos so bring your camera! Tickets are limited and each child must have a ticket to participate. **Tickets will not be available for purchase on the day of event.** Tickets will go on sale on February 1 at the Welcome Desk.



# Volunteer Service Day

## Saturday, April 22

8:30 a.m. - 12:00 p.m.

To register yourself, group or family, visit:  
[marylandheights.com/volunteer](http://marylandheights.com/volunteer)

(Ages 8+) Make a difference in our community by assisting elderly and disabled residents with yard work. Tasks primarily include raking/bagging leaves and may include some weeding or minor shrub trimming. Leaf bags will be provided. Volunteers are encouraged to bring a rake and work gloves and must provide their own transportation.

This is a great opportunity for Scout Troops, civic organizations, church groups, those needing service hours, or those just wanting to help! Those eligible for assistance can fill out an application on our website or at the Welcome Desk.

## MURDER -IN- MAYBURY A MURDER MYSTERY DINNER

## FRIDAY, APRIL 28

6:30 - 9:30 P.M.  
COMMUNITY CENTER

(Ages 21+) Welcome to the first annual Maybury garden party thrown by Aunt Dee to raise money to buy fertilizer. Unfortunately, someone has tried to sabotage the garden spot! Earnest D. Sass shows up to cause trouble and someone stops him "cold." Who could it be? Expect lots of mayhem at this murder mystery dinner. Participate a lot, a little, or sit back and enjoy the show! Buffet dinner (subject to change) will include chaminade chicken, mashed potatoes, glazed carrots, Italian salad, and peach cobbler. Register online or at the Welcome Desk. **\$55/Person**

## SAVE THE DATE

### WORLDFEST 2023

## SUNDAY, MAY 7

### SAINT LOUIS MUSIC PARK AT THE CENTENE COMMUNITY ICE CENTER

(All Ages) Celebrate diversity and discover the various cultures that make Maryland Heights a unique community through food, music, and performances.

Worldfest is sponsored by:



Now accepting applications for vendors and performers. Contact Jennifer at [jvandyke@marylandheights.com](mailto:jvandyke@marylandheights.com) for more information.

## Adult Basketball League

Leagues play Thursdays, Saturdays or Sundays  
Community Center

Registration opens December 5.

(Ages 19+) Sports Monster STL and Maryland Heights Parks and Recreation are teaming up to bring men's recreational and intermediate basketball leagues to the metro area. Leagues consist of six regular season games and a single elimination playoff. Fees vary, visit [stlouis.sportsmonster.net](http://stlouis.sportsmonster.net) for more information or to register.

## Youth Basketball Training

Basic Skills • Thursdays • 7:45 - 8:45 p.m.

Basic Skills • Sundays • 4:45 - 5:45 p.m.

Advanced Skills • Thursdays • 8:45 - 9:45 p.m.

Advanced Skills • Sundays • 5:45 - 6:45 p.m.

Community Center

These semi-private lessons are instructed by Influence Basketball Academy owner and personal trainer, Andrew Erby and Golden Fitness owner, Coach Ryan Franks, they look to develop passionate and persistent athletes and influence others through the game while instilling life lessons and values such as teamwork, sportsmanship, discipline, respect for others and developing a positive attitude. Register online at [marylandheights.com/mindbody](http://marylandheights.com/mindbody).

Fee: \$45/1 hour session

## Frozen Pickleball Tournament

February 4 and February 5 • 9:00 a.m.

Community Center

(Ages 18+) Test your skills and join us for the Frozen Pickleball Tournament! Men's Doubles and Women's Doubles will be held on Saturday. Mixed Doubles will be held on Sunday. The top three finishers in each division receive medals. Register online at [ignite-pickleball.com/event-registrations](http://ignite-pickleball.com/event-registrations).

Fee: \$25/person, per division



## Ladies Night Out Volleyball

Ongoing

7:00 - 9:00 p.m. • Remington Gym

(Ages 18+) Calling all ladies! Leave everyone else at home (no kids, please) and come enjoy an evening with other ladies who love to play volleyball. No referee will be provided. We will not meet on December 27, January 3, and March 21 due to school closures.

Fee: Free

## Adult Pickleball Class

Mondays, January 9 - February 13

Beginner • 5:00 - 6:15 p.m. or 6:30 - 6:45 p.m.

Mondays, February 27 - April 3

Beginner • 5:00 - 6:15 p.m. or 6:30 - 6:45 p.m.

Mondays, April 17 - May 22

Intermediate • 5:00 - 6:15 p.m.

Beginner • 6:30 - 7:45 p.m.

Community Center

Learn the game of pickleball and improve your skills with this class designed for beginners and intermediate players. Lessons are taught by U.S. Pickleball Ambassador Gary Stocker who will instruct and design all classes through interactive play. Register online at [www.marylandheights.com/sports](http://www.marylandheights.com/sports).

Fee: M: \$60 • R: \$66 • NR: \$88

## Kendo

Session 1: Saturdays, December 3 - February 4  
(no meetings December 24 or 31)

Session 2: Saturdays, February 11 - April 1  
2:30 - 4:30 p.m.

Community Center

Derived from the fighting methods of ancient samurai, Kendo is a modern Japanese martial art that utilizes two-handed bamboo swords, as well as protective armor. Classes are suitable for both beginners and experienced kendoka. Skills taught include control, technique, and finesse.

Fee: \$50/session or \$10/one class drop-in



## Youth Soccer Training

**Saturdays, January 1 - January 28**  
**Saturdays, February 4 - February 25**  
**Saturdays, March 4 - March 25**  
**Saturdays, April 15 - May 6**  
**Community Center - Gymnasium**

**Playtime • Ages 2-3**  
**9:15 - 10:00 a.m.**

This parent and child program focuses on motor skill development, fun interactive games, sportsmanship, team concepts, and basic soccer skills  
**Fee: M: \$60 • R: \$66 • NR: \$72**

**First Touch • Ages 4-5**  
**9:15 - 10:10 a.m.**

This introductory class focuses on balance and coordination with 1 on 1 moves, passing, receiving, dribbling, and finishing games played.  
**Fee: M: \$65 • R: \$72 • NR: \$80**

**Ball Skills • Ages 6-18**  
**10:15 - 11:10 a.m.**

This class focuses on technical player development and includes ball mastery/dribbling, passing/receiving, attacking/defending, striking/finishing, and group/game.  
**Fee: M: \$65 • R: \$72 • NR: \$80**

**Goalkeeper Skills • Ages 6-18**  
**10:15 - 11:10 a.m.**

This class focuses on technical goalkeeper development and includes footwork/balance, ball handling/boxing, diving/breakaways, shot stopping/crosses, and angles/distribution.  
**Fee: M: \$65 • R: \$72 • NR: \$80**

## Alton Little Theater: Violet Sharp

**Wednesday, March 8**  
**4:00 p.m. - 10:00 p.m.**  
**Activity Level 1 ★**

(Ages 21+) Violet Sharp is a powerful drama inspired by the behind-the-scenes facts learned about the Lindbergh baby's kidnapping. The public's thirst for answers leads to a too-zealous policeman looking for notoriety and an easy win. Prior to the show, we'll have a pulled-pork and pulled chicken dinner at Old Bakery Beer Company Restaurant in Alton. Cost includes motorcoach transportation, theater tickets, dinner and gratuity.  
**Fee: R: \$80 • NR: \$96**

## Meramec Caverns

**Thursday, March 16**  
**9:30 a.m. - 3:30 p.m.**  
**Activity Level 3 ★★★**

(Ages 21+) Bring your appetite as we'll start this trip in Sullivan with an early lunch at DKI steakhouse. Then, we will walk off the lunch with a scenic trek through historic Meramec Caverns. This 1 1/4 mile walking tour takes about an hour and twenty minutes with plenty of stops along the way to see and hear about the landmarks and history. Unfortunately, the cave is not handicapped accessible. Also, the temperature inside the cave is a consistent 58 degrees, so be sure to bring a jacket! After the tour, we'll have some time to browse the gift shop. Cost includes: motorcoach transportation, cave admission, lunch, and gratuity.  
**Fee: R: \$85 • NR: \$102**

## Butterfly House, Faust Park Carousel and Bishop's Post

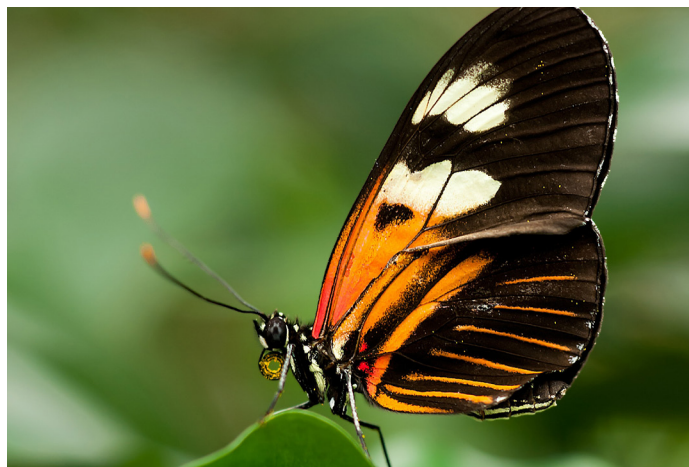
Wednesday, April 5

9:30 a.m. - 3:30 p.m.

Activity Level 2 ★★

(Ages 21+) The Butterfly House has a carefully controlled environment and houses nearly 2,000 tropical butterflies in free flight. As you stroll through, you'll see as many as 80 butterfly species and 150 tropical plant species. The outdoor Butterfly Garden is a "backyard" demonstration garden where plants are carefully selected to provide habitats for animals, serve as host plants to caterpillars, and provide a source of nectar for butterflies. After the self-guided tour and gift shop visit, we'll head to the Faust Park Carousel where you will learn the history of this St. Louis landmark as you take a ride and relive your childhood. Finally, we'll head to Bishop's Post for an exquisite late lunch. If you have never been to this restaurant, you owe it to yourself to sign up! Cost includes: motorcoach transportation, all admissions, lunch and gratuity.

Fee: M/R: \$85 • NR: \$102



## Dogwood Azalea Festival

Friday, April 14

7:30 a.m. - 6:00 p.m.

Activity Level 2 ★★

(Ages 21+) Come with us to Charleston, MO at the top of the "bootheel" for the 55th annual Dogwood Azalea Festival. When we arrive, we'll have a step-on tour guide take us around town and share the history of this beautiful and historical city. Next, we'll experience local flavor with a lunch of chicken salad on a croissant and homemade soup and desserts at the Southside Baptist Church. After lunch, we'll have plenty of time to walk around the festival and see the area's local vendors and merchants who have kept this classic town unique. Cost includes: motorcoach transportation, step-on tour guide, lunch and gratuity.

Fee: M/R: \$75 • NR: \$90



## National Great Rivers Museum/ Lock and Dam Tour

Thursday, May 4

8:00 a.m. - 3:00 p.m.

Activity Level 2 ★★

(Ages 21+) Every year, millions of people travel to the Mississippi River to learn about its history and the impact on our nation. The National Great Rivers Museum located at Melvin Price Locks and Dam, is dedicated to telling the story of the Mississippi. After the Lock and Dam tour and a visit to the museum, we'll head to Bluff City Grill in Alton for a delicious lunch, then we'll do some shopping on Broadway Street. Cost includes: motorcoach transportation, all admissions, lunch, and gratuity.

Fee: M/R: \$70 • NR: \$84

## Historic Ste. Genevieve and Audubon's Hotel

Thursday, May 18

8:00 a.m. - 3:30 p.m.

Activity Level 2 ★★

(Ages 21+) Established in 1750, Ste. Genevieve was the first permanent European settlement in Missouri. A National Park Service tour guide will show us some of the oldest properties in the area. Next, we'll enjoy a delicious lunch and learn the rich history at Audubon's Hotel and Restaurant. Finally, we'll have some time to peruse the shops of downtown Ste. Genevieve. Cost includes: motorcoach transportation, tours, lunch, and gratuity.

Fee: M/R: \$75 • NR: \$90

# CALENDAR OF EVENTS WINTER-SPRING 2023

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- 13** 12 Days of Elfmas Begins Page 29
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## January

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- 21** Family Movie Night - Frozen Page 24

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- 4** Frozen Pickleball Tournament Page 25
- Group Swim Lessons Session 1 Page 14
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- 6** Monday Meet and Greet Page 20
- 7** Group Swim Lessons Session 2 Page 14
- 9** Family Bingo Page 25
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### Stay Connected

To stay up to date on everything going on with Maryland Heights Parks & Recreation, including changes to programs, find us on social media, check our website, download the MHparks mobile app or sign up for our emailed newsletter. See page 5 for more details!



City of  
**Maryland Heights**  
Parks & Recreation

2300 McKelvey Road, Maryland Heights, MO 63043  
Monday-Friday: 5:30 a.m.-8:00 p.m.  
Saturday-Sunday: 9:00 a.m.-5:00 p.m.  
(Hours are subject to change)  
Phone: (314) 738-2599 • Fax: (314) 738-2598  
marylandheights.com/mhcc