

The background of the entire image is a close-up of several triangular slices of watermelon. The watermelon has a vibrant red, juicy interior with several dark, oval-shaped seeds. The slices are arranged on a bright blue wooden surface, with the wood grain visible. The lighting is bright, highlighting the texture of the watermelon and the color of the wood.

Shrewsbury Parks and Recreation  
Summer Program Guide 2023

March 2023 Thru August 2023

# 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, on-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, 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

**Acting City Administrator/City Clerk:** Elliot Brown

**Director of Public Works** - Tony Wagner

**Director of Finance** - Diana Madrid

**Police Chief** - Lisa Vargas

**Fire Chief** - Chris Amenn

## Park Commission

Shawn Harmon, Allen Cavedine, Dane Williams, Melissa  
Eggleston, M'aggie Maranzana, Sara Wurr, Aubrey Morris,  
Amy George

Greg Lauter – Board Rep

## **Contact information:**

Shrewsbury City Center

5200 Shrewsbury Ave

Shrewsbury, MO 63119

314-647-1003

[parks@cityofshrewsbury.com](mailto:parks@cityofshrewsbury.com)

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

## **Hours of Operation:**

**Sunday 9am-3pm**

**Monday– Friday 6am-8pm**

**Saturday 9am-4pm**

## **Holidays**

The Building will be closed:

April 9th

May 29th

July 4th

September 4th



# 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*	\$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 4 and up	\$5
Nanny Pass	\$100 ( With a valid Family Pass)	

Guest Fees (must be accompanied by a pass holder)

Ages 3-15	\$8.00
Ages 16 and up	\$10.00



# Park Information

We will start taking 2023 park rentals March 6th 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, a small pavilion, 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	Pavilion	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

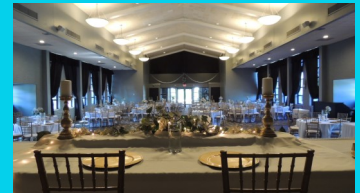
\$2100 Resident; \$2300 Non-Resident

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

Hours must be scheduled with the facility coordinator



\*All packages are subject to availability

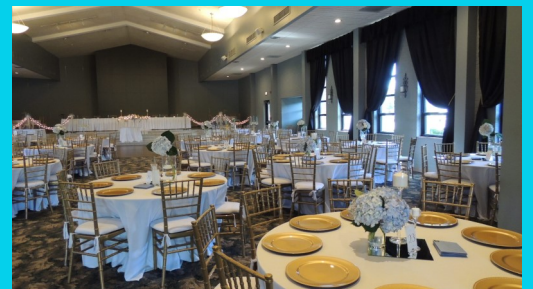
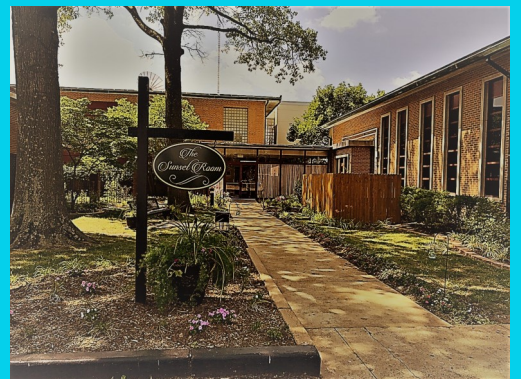
\*All packages include access to: tables, chairs, prep kitchen, and bar area

## Non-Wedding Rental Rates:

**Monday through Thursday: 2 Hour minimum**

**Deposit: \$500**

**Hourly: \$100**



# 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:** \$350

**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.



**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:**

Weekend: Small Room Residents: \$30, Non-Residents \$35 per hour.  
Large Room: Residents \$45, Non-Residents \$60 per hour.

Weekday: Small Room : \$15 per hour  
Large Room: \$30 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.

Field Reservations for 2024 will start at 9am on November 6th

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](mailto:LMayer@cityofshrewsbury.com) to set up times for your team to practice.





# Aquatic Center Information

Pool opens May 27, 2023

Pool Closes September 4, 2023



## Pool Rules

- Guests must enter with a pass holder. Each pass holder may bring up to four guests.
- No outside 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 Party Packages include admission for up to twenty people with reserved tables and snacks. No food will be served after 6:30 pm. Call 314-647-1003 for more information or reservations. Reservations can be made starting May 1.



# Swim Lessons

## Shrimp/Parent Child Lessons: 6 months to 4 years old

Monday – Thursday: 10:00- 10:40 am

Session I: June 5 – June 15

Session II: June 19 – June 29

Session III: July 10 – July 20

Session IV: July 24 – August 3

Saturday Morning: 10:00 am – 10:40pm  
June 3 – July 22

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!**

## Group Swim Lessons: Ages 3 and above:

Mornings: Monday – Thursday: 10:00 – 10:40 am

Session I: June 5 – June 15

Session II: June 19 – June 29

Session III: July 10 – July 20

Session IV: July 24 – August 3

Evenings: Monday and Wednesday: 6:30 – 7:10 pm  
Session I: June 5 – June 28

Session II: July 10 – August 2

Saturday Morning: 10:00 – 10:40 am  
June 3 – July 22

During group lessons, children are in the water with an instructor, parents are not required to get in the water.

## Swim Lessons Price and Registration information:

Price: \$80/Resident and \$90/Non-Resident

Swim lesson price is per child, per session.

Registration: All registration is done through the Shrewsbury City Center. To register, call 314-647-1003 or stop by the City Center. No registration is done at the Aquatic Center.

## Swim Level Descriptions:

**SHRIMP:** For children 6 months to 4 years of age. Intended to develop comfort in and around the water. A parent accompanies the 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 to work on front and back crawl, learn elementary backstroke and begin diving.

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

**SEAL:** Participants becomes familiar with the dolphin kick, treading water, breaststroke, and continues developing previously learned skills.

**SAILFISH:** Swimmers 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

## Swim Team Information:

Membership is open to swimmers ages 6 – 18. A parent meeting will be held **Wednesday, April 26 at 6pm** at the Shrewsbury City Center. 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 on April 26<sup>th</sup>. For more information call Lauren at 314-647-1003.

**Fees:** Aquatic Center Pass Holder: \$110 for the first swimmer and \$90 for each additional swimmer. Non-Pass Holder: \$135 for the first swimmer and \$115 for each additional swimmer.

**Swim Meet Schedule** (Schedule is subject to change):

June 12 @ 6pm: Shrewsbury at Chesterfield

June 19 @ 6pm: Sunset Hills at Shrewsbury

June 28 @ 6pm: Ellenville at Shrewsbury

July 5 @ 6pm: Shrewsbury at Kirkwood

July 10 – 13: No Meet: Shrewsbury has a BYE WEEK

July 17: Prelims 11 and older: 7am at Ballwin

July 18: Prelims 10 and under: 7am at Ballwin

July 20: Finals: 6pm at Manchester

## Aqua Fusion: June 5—August 10

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.

Days/Times:

9:45 – 10:30 am: Monday, Wednesday & Friday

7:30 – 8:15 pm: Tuesday and Thursday

## Aqua FABS: June 5—August 10

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.

Days/Times:

10:30 – 11:15: Monday, Wednesday and Friday

## Fees and Registration Information:

Season Pass: Allows you to go to any class, all summer long  
\$105/Resident and \$115/Non-Resident

### Register for an individual class

Aqua Fusion Morning Class: \$80/Resident and \$90/Non-Resident

Aqua Fusion Evening Class: \$70/Resident and \$80/Non-Resident

Aqua FABS Class: \$80/Resident and \$90/Non-Resident

## 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.

### Time:

8:00 – 9:00 am: HIGH IMPACT

All participants **MUST WALK** against the current during this time frame

9:00 – 10:00 am: LOW IMPACT

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

**Date:** June 5 – August 10 (Monday – Thursday)

**Fees:** \$60/Resident and \$65/Non-Resident (the price covers both time frames)

# Theater

## Spring Break Theater Camp

Spring Break Camp is here! We have theater crafts, games and many fun activities planned. Be sure to sign up early there will only be room for 30 kids in each session\* We look forward to seeing all those familiar faces as well as new ones this year! We will end the week with a performance. Must Bring a sack lunch.

**Dates:** March 20-24  
**Times:** 9am-3pm  
**Ages:** 5-12  
**Fees:** \$140R \$150NR

## 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 17-21  
**Time:** 9am-3pm  
**Ages:** 6 and up  
**Fees:** \$140R \$150/NR (includes t-shirt)



## Upcoming Productions:

The Descendants:

Production: March 9-12

Shrek Jr: Auditions in May

Production: July 13-16

Frozen Jr: Auditions in August

Production: November 9-12



We are thrilled to be offering Tippi Toes® dance classes again at Shrewsbury City Center every Monday evening

5:00 - 5:30 PM (Tiny Toes 18 months - 3 years)

5:30 - 6:00 PM (Tiny Toes 2 - 3 years)

6:15 - 7:00 PM (Ballet, Tap & Jazz 4 - 8 years)

7:00 - 7:45 PM (Hip Hop & Jazz 6 - 12 years)

*Tuition: \$55/month (Tiny Toes) \$65/month (Ballet, Tap & Jazz)*

*Registration fee: \$40*

They begin every class with warm-ups and stretching exercises as well as activities that encourage boys and girls to use their imagination. They then introduce ballet, tap, and jazz or hip hop techniques using dance terms and examples to enhance their knowledge of the art.

We hope your child will join them as they point, plie, and boogie this year! We are thrilled to have Tippi Toes® a part of our community! Please contact their office at [MissJess@TippiToesDance.com](mailto:MissJess@TippiToesDance.com) or 314.485.9730 for questions!

# 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 5- July 7  
(No Camp July 4)

**Time:** 9:00am – 12pm

**Ages:** 5-12

**Fee:** \$300R/\$310NR

## 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:**

1. June 5-9
2. June 12-16
3. June 19-23
4. June 26– 30
5. July 3-7

**Time:** 12pm – 3pm

**Ages:** 5 -12

**Fees:** \$60/R \$70/NR **PER WEEK**  
(\$50/R \$60NR July 5-8)

## 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 5– July 7  
(No Camp July 4)

**Times:** 9am -11:45am

**Ages:** 3-5 (must be potty trained on first day of camp)

**Fees:** \$315R/ \$340NR

## 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:** \$30.00

**Ages:** 13-15 (Must be 13 at the start of camp)

## **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 5. Applications can also be found on our website at [www.cityofshrewsbury.com](http://www.cityofshrewsbury.com)

# 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 10-14  
**Times:** 9am-3pm  
**Ages:** 6-12  
**Fees:** \$120/R \$135/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 24-28  
**Time:** 9am-12pm  
**Fee:** \$55R \$65/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 24-28  
**Time:** 9am-12pm  
**Fee:** \$85/R \$100/NR (fee includes all supplies)  
**Ages:** 6-12

## Park Program 2- Last Change

Want one more week of day camp? After Art Camp or Sports camp just us for last week of day camp! We will play games, activities and craft one last time for the summer. We will end camp with one last visit to the pool! Please send a sack lunch

**Dates:** July 24-28  
**Times :** 12pm-3pm  
**Fee:** \$60/R \$70/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. Please send a snack

**Date:** July 17-21  
**Time:** 9am-12pm  
**Ages:** 3-5 Must be potty trained.  
**Fee:** \$55R and \$65/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! Please send a snack

**Date:** July 10-14  
**Time:** 9am-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 17-21  
**Time:** 9am-3pm  
**Ages:** 6-12  
**Fee:** \$160R \$170/NR

# Fitness

## Shrewsbury Personal Training:

Do you need some motivation to get your workout in? Sign up for personal training sessions with Grace Leon, certified Personal Trainer and certified Health and Wellbeing Coach.

**No personal training available: April 20 – July 13**

One 30: Minute Session: \$40  
One 45: Minute Session: \$60  
One 60: Minute Session: \$75  
Six 30: Minute Sessions: \$220(saves \$20)  
Six 45: Minute Sessions: \$340(saves \$20)  
Six 60: Minute Sessions: \$430(saves \$20)  
Ten 30: Minute Sessions: \$365(saves \$35)  
Ten 45: Minute Sessions: \$656(saves \$35)  
Ten 60: Minute Sessions: \$430(saves \$35)

Two People:

One 30: Minute Session: \$35/person  
One 45: Minute Session: \$45/person  
One 60: Minute Session \$55/person  
Six 30: Minute Sessions \$190/person(saves \$20)  
Six 45 : Minute Sessions \$250/person(saves \$20)  
Six 60: Minute Sessions \$310/person(saves \$20)  
Ten 30: Minute Sessions \$315/person(saves \$35)  
Ten 45: Minute Sessions \$415/person(saves \$35)  
Ten 60: Minute Sessions \$515/person(saves \$35)

## Senior Trips

Get excited, Adult day trips are making a comeback in Fall/Winter of 2023. The Shrewsbury Parks and Recreation Department and the City of Webster Groves will be working together to plan a variety of fun adventures starting in October. More information with trip details and registration information will be provided in our Fall/Winter brochure.

## 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.

# Fitness

## Grandmaster Han's Martial Arts / Youn Wha Ryu Taekwondo

Anyone can train in the Youn Wha Ryu system. We offer traditional martial arts with a modern approach to fitness and training. Whether for fun, fitness or self-defense, you will find Youn Wha Ryu a challenging and rewarding experience! Taught in a family atmosphere, belt promotion available.

**Ages:** 5 - Adult (all minors must have a parent/guardian present for the entire class)  
**Days:** Tuesday and Thursday  
**Times:** 5:30pm - 6:30pm  
**Tuition:** \$30/month or \$5/class drop-in per person

## 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  
April 19-June 7  
June 14 - August 2  
August 9 - September 27  
**Time:** 1:30pm – 2:30pm  
**Fee:** \$70

## Yoga with Grace

Join us for an extraordinary yoga experience taught by Grace Leon. These classes will unite your breath with your body offering a variety of poses accessible to all levels of yoga practitioners. Classes will include building strength in the core, balance in the body, as well as increasing flexibility and range of motion. Calm your mind, feel alive and revived.

Time: 6:00 – 7:00 pm

Day: Thursday

Mini Session: 6 Weeks

Date: March 16 – April 20

Session Rate: \$60/Resident and \$70/Non-Resident Drop-In Rate: \$12 per class

Summer Session: 10 Weeks

Date: July 16 – September 21<sup>st</sup> (**NO CLASS on July 27<sup>th</sup>**)

Session Rate: \$100/Resident and \$115/Non-Resident

Drop-In Rate: \$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 [shrewsburyjazzercise.com](http://shrewsburyjazzercise.com).

Schedule:

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



# Sports

## NEW Extended Open Play Indoor Pickleball Hours at Shrewsbury

Monday: 7:00 am – 2:00 pm

Tuesday: 8:00 am – 12:00 pm

Wednesday: 7:00 am – 2:00 pm

Thursday: 8:00 am – 12:00 pm

Friday: 7:00 am – 2:00 pm

Friday Evening: 6:30 pm -9:30 pm

### 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:

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.

### Dinking Strategies Pickleball Clinic:

This clinic is for players who are looking to become more strategic with “dinking” usage. The more your pickleball game improves the more you need to learn how to dink more effectively. Participants will learn how to cross court dink, how to speed up the dink, how to avoid pop ups and how to take advantage of the dinks. Dinking is the most fun part of the game, so don't miss this opportunity to learn how to improve our dinking skills with certified Pickleball Instructor, Martha Roper.

**Dates:** April 5, 12 and 19 (Wednesday)

**Time:** 2:00 – 3:00 pm

**Price:** \$50/Resident and \$60/Non-Resident

**Instructor:** Certified Pickleball Instructor, Martha Roper

### 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.

### 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

#### 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

### Beginner Pickleball Clinic:

This clinic is for players who have never picked up a paddle or played the game. Participants will learn the basics including dinking, serving, returning, volleys, forehands and moving around the court. By the end of the class, students will know basic rules, player's court positions, how to keep score and how to find people to play with. Instruction, 3 clinic days, balls, and paddles are all included in the registration fee.

**Dates:** April 5, 12 and 19 (Wednesdays)

**Time:** 1:00 – 2:00 pm

**Price:** \$50/Resident and \$60/Non-Resident

**Instructor:** Certified Pickleball Instructor, Martha Roper

# Special Events



## **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 1st  
**Time:** 10:45(Egg Hunt will begin at 11:00am)  
**Ages:** 1-9  
**Fee:** Free

## **Shrewsbury Nights**

Come out and enjoy a night full of live music, food trucks, local business vendors and much more. Each event will be held at the Festival Pavilion in Wehner Park.

**Day:** Thursdays  
**Dates:** June 22<sup>nd</sup> and July 27<sup>th</sup>  
**Time:** 6:00 – 8:00 pm

## **Dive in Movie at the Pool**

Grab your family and friends to enjoy an outdoor movie while swimming under the stars. This event is featuring the popular movie *Luca*. Concessions will be available for a portion of the event. Don't miss out on this family fun night!

**Age:** All  
**Date:** Thursday, July 13<sup>th</sup>  
**Time:** 8:15 pm (dusk)  
**Location:** Shrewsbury Aquatic Center  
**Fees:** Free to all Pass Holders

## **Adult Easter Egg Hunt:**

Easter Egg hunts aren't just for kids! Shrewsbury and Webster Groves co-sponsor 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:** Friday, March 31  
**Time:** 8:00 pm Check In  
**Location:** Wehner Park Festival Site Pavilion  
7600 Hazel Ave, Shrewsbury, MO  
63119  
**Fees: Pre-registration:** \$10; Walk Ups: \$15, limited walk ups are allowed

## **Jump in to Summer! Shrewsbury Summer Kick Off Event**

Join the Parks Department as we kick off the summer in style! We will have music, games, Kona Ice Snow Cone Truck, food trucks and more.

**Age:** Everyone  
**Date:** Tuesday, May 30<sup>th</sup>  
**Time:** 6:00 – 8:00 pm  
**Location:** Shrewsbury Aquatic Center  
**Cost:** Free for all pass holders. Each Pass holder can bring one guest for free of charge.

## **National Night Out**

Join the Parks Department as we show appreciation to Fire and Police for all they do in our community during this Shrewsbury National Night Out event. This event will take place at the Festival Pavilion in Wehner Park. Food, games and much more!  
**Date:** Tuesday, August 1<sup>st</sup>  
**Time:** 6:00 – 8:00 pm

# 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 90 min online presentation provides you with a solid foundation for your first class. To register for the seminar, go to our website [www.gsltc.org](http://www.gsltc.org) and under the login tab create a new student account. You will need **to add your dog** in order to register for any dog training classes.

GSLTC offers two evening classes: Puppy Kindergarten or Foundation Manners. Puppy Kindergarten is open for puppies between 8-14 weeks old. Our puppy socialization 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 Bordetella and at least one round of DHPP.

Foundation Manners class is for dogs over 16 weeks old. 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.

All class attendees must be vaccinated with the bivalent booster for COVID 19. Your COVID vaccination cards and dog's vaccination records are required before class. Each pet is allowed two handlers per dog.

## **Pricing:**

Behavior and Training Seminar- \$25

5 session training pass-\$125