

City of Maryland Heights Guide to Parks & Recreation

# Summer 2024

## ROCK OUT THIS SUMMER

The Summer Concert Series is back and better than ever with new additions! • Page 27

### PROGRAMS & EVENTS

## SAY GOODBYE TO SPRING

Join us as we close out Spring with Volunteer Service Day and Worldfest! • Page 26

## MAKE A SPLASH!

Aquaport will be opening for the 2024 season on Saturday, May 25! • Page 10

## NEW COMMUNITY CENTER HOURS

The Community Center is updating their hours of operation beginning May 1! • Page 3



City Of  
**Maryland  
Heights**  
Parks & Recreation

## Location and Hours

### Maryland Heights Community Center

2300 McKelvey Road, Maryland Heights, MO 63043

Monday-Friday: 5:30 a.m.-8:30 p.m.\*

Saturday: 7:00 a.m.-5:00 p.m.\*

Sunday: 9:00 a.m.-5:00 p.m.

*\*These hours will go into affect beginning on Wednesday, May 1 and are subject to change*

Phone: (314) 738-2599 • Fax: (314) 738-2598

[www.marylandheights.com/parks](http://www.marylandheights.com/parks)

## Special Closures/Holiday Hours

January 1: 10:00 a.m. - 3:00 p.m.

Easter Sunday: Closed

July 4: Close at 6:00 p.m.

Thanksgiving: Closed

December 24: Close at 3:00 p.m.

December 25: Closed

December 31: Close at 3:00 p.m.

## Meet the Staff

### Superintendent of Parks

Charlie Milligan

### Superintendent of Facility Maintenance

Vito Biondo

### Superintendent of Recreation Facilities

Josh Hoppe, CPRP

### Superintendent of Recreation Programs

Jennifer Van Dyke, CPRP

### Aquatics Supervisor

Caitlin Morrison

### Communications/Marketing Specialist

Emily Wilson

### Recreation Specialists

Steve Clark, CPRP • Ashley Giebe, CPRP

Kira Harvey • Liz Renaud, CPRP

### Customer Relations Supervisor

John Dawson

### Customer Relations Specialists

Kyle Brandel • Drew Johnson • Sami Sacco

Carley Brinton • Tony Verzino

### Inclusion Coordinator

Sarah Croy

(314) 963-5623 • [croys@webstergrovesmo.gov](mailto:croys@webstergrovesmo.gov)

## Parks and Recreation Advisory Commission

**Chair:** Jennie Shane

**Vice Chair:** Lori Sommer

**Secretary:** Stacy Pfeiffer

**Members:** Brenda Davis • Erin Dean • Cathy Dirck

• Laura Horton • Ray Knoche • Mickey McAllister •

Steve Sims • Becky Wells

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## What's New With Maryland Heights Parks & Recreation

Get ready for an exhilarating summer with the Parks and Recreation Department! We have some updates that we cannot wait to share! We've listened to your feedback. Starting **Wednesday, May 1st** we are extending our weekday hours until 8:30 p.m., and opening earlier on Saturdays, at 7:00 a.m. creating more opportunities for fun and fitness! Membership fees will also be changing, effective the same day. After a seven-year period without adjustments, we will be implementing a revision to our membership pricing. More information and a list of the new fees can be found on **page 13**.

Before diving into summer fun, we will close out the spring season with Volunteer Service Day on **Saturday, April 20**. Join us as we lend a helping hand to elderly and disabled residents by assisting with yard work. We are still looking for volunteers. Make a difference in our community and visit [www.marylandheights.com/volunteer](http://www.marylandheights.com/volunteer) to register yourself or a group! For even more fun, join us for Worldfest 2024 on **Sunday, April 28** at the Saint Louis Music Park. It's the perfect way to celebrate diversity and discover the various cultures that make Maryland Heights a unique community. Indulge in international cuisine, enjoy music from around the world, and be mesmerized by captivating performances. More information about this event can be found on **page 26**, including the performance schedule. Don't miss out on these fantastic opportunities to connect, create memories, and celebrate diversity in Maryland Heights!

We have quite a busy summer ahead of us! The Summer Concert Series is back and better than ever! At select Summer Concerts, there will be Pop-Up Markets that take place before and during the concerts. Enjoy amazing live music as you browse through booths with vendors selling items that are handmade, homemade, or homegrown! For more information and to check out the line-up, visit **page 27**!

Mark your calendars, because Aquaport will be opening for the 2024 season on **Saturday, May 25**! We are excited to announce that we will be offering both River Walking and Little Splashers beginning in June! For more information including dates, times and prices, check out **page 11**! And new for the 2024 season, Family Swim Nights are scheduled on **Friday, June 14 and Friday, July 12**. Swim under the stars on these two dates as we will extend our hours at Aquaport until 9:00 p.m. We have a summer of adventure and excitement planned for Maryland Heights, and hope you can join us!

## Registration Information

Unless otherwise stated, registration opens **Monday, April 1 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 [www.marylandheights.com/signup](http://www.marylandheights.com/signup).

### Common abbreviations used for fees:

M: 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 [www.marylandheights.com/signup](http://www.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 [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac). 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 setup an account online at [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac).

### MindBody

The Parks & Recreation Department utilizes MindBody for group exercise classes, group training, personal training, and private swim lesson registration. You can also go here to view the gymnasium schedule. For more information, visit [www.marylandheights.com/MindBody](http://www.marylandheights.com/MindBody).

### Eventbrite

Registration for some of our ticketed events will be available through Eventbrite. Register online at [www.marylandheights.com/tickets](http://www.marylandheights.com/tickets).



## 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 

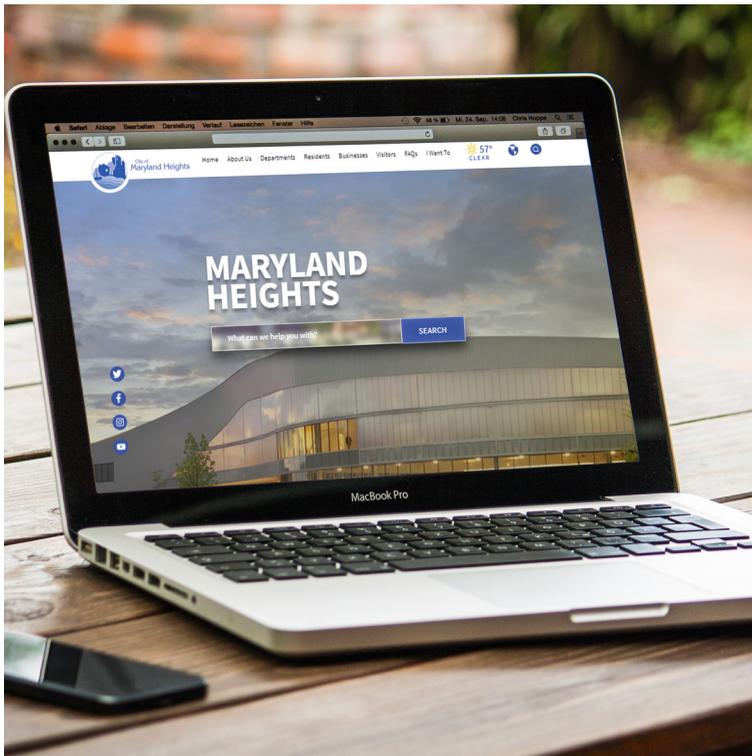
Aquaport  

Centene Community Ice Center  

City of Maryland Heights   

### The City's Website

The City of Maryland Heights' website, [www.marylandheights.com](http://www.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:

- Push notifications about facility closures/ weather delays at the Community Center and Aquaport, info on program cancellations and more.
- Digital key fob for easier check-in at the Community Center and Aquaport.
- Group Exercise Schedule, Gym Schedule and Indoor Aquatic Center Schedule.
- Direct messaging with the Parks & Recreation Department.
- More information about our facilities, parks and trails.
- The latest news from our social media channels.
- 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 [www.marylandheights.com/mhlife](http://www.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 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.

### 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 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.

## 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.

## 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.

## Inter-City Exchange

The City of Maryland Heights partners with the City of Creve Coeur and the City of Bridgeton, allowing residents with Privilege Cards a discounted rate at their select facilities. To receive these discounted rates, you must be a resident of Maryland Heights and have a Privilege Card (Available for purchase at the Community Center). Cardholders are eligible to receive resident rates at Bridgetons Berry Hill Golf Course from March 1-December 22, Creve Coeur Golf Course from May 15-September 15, and Creve Coeur Ice Rink year-round. This offer does not extend to Business Privilege Card holders.

## 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 facilities, programs, and events constitutes consent to be photographed. If you do not want to be photographed or do not want 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.

## 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 Sarah Croy, Inclusion Coordinator (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 Sarah Croy at (314) 963-5623 or [croys@webstergrovesmo.gov](mailto:croys@webstergrovesmo.gov).

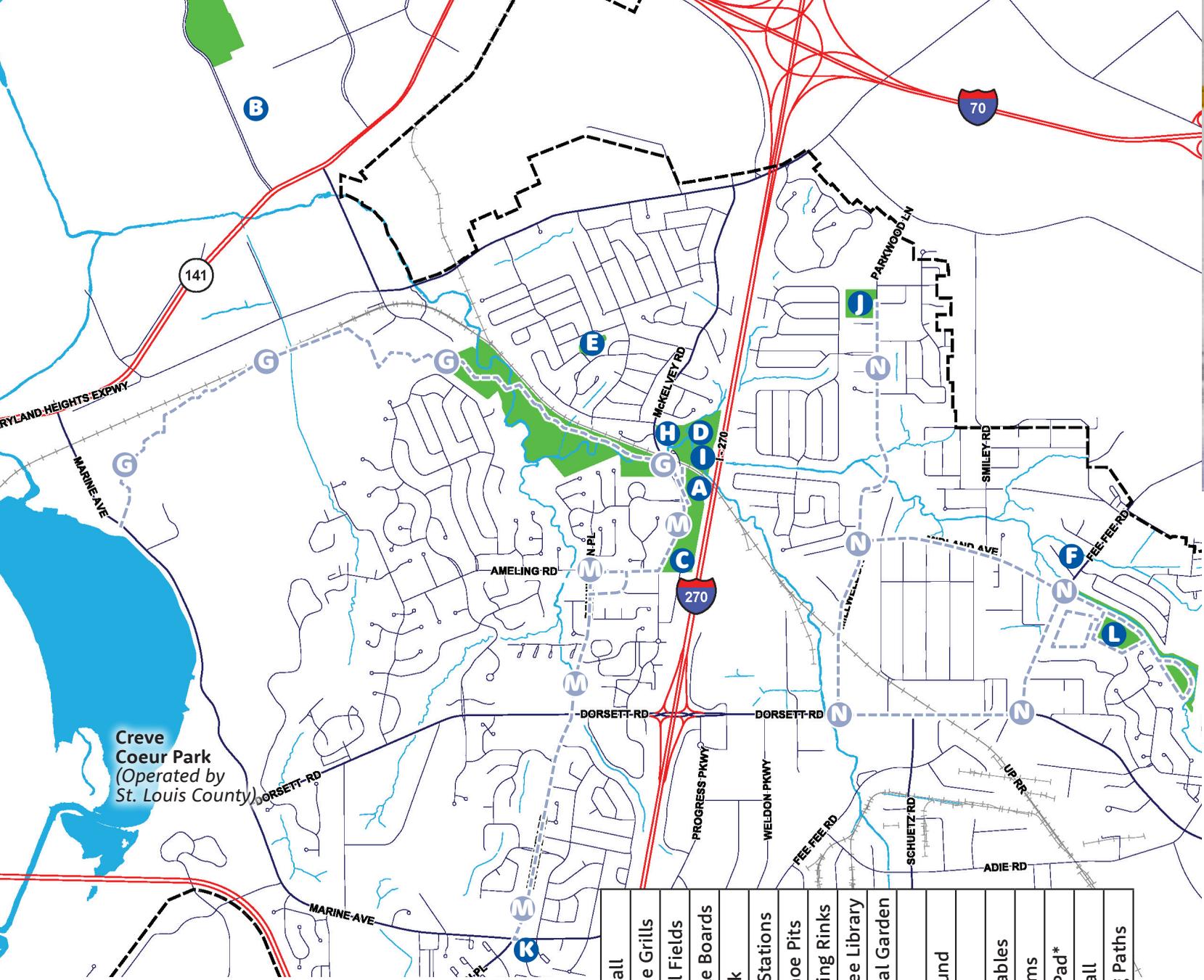
## Code of Conduct Policy

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 [www.marylandheights.com/jobs](http://www.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).



## 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													•	•	•			
<b>B</b>	Centene Community Ice Center								•							•			
<b>C</b>	Community Center	•					•									•		•	
<b>D</b>	Dogport					•													
<b>E</b>	Eise Park	•	•							•		•	•		•	•	•		•
<b>F</b>	Fee Fee Ballfields			•															
<b>G</b>	Fee Fee Greenway														•				•
<b>H</b>	McKelvey Woods Nature Park														•				•
<b>I</b>	McKelvey Woods Park		•									•	•		•	•			
<b>J</b>	Parkwood Park		•		•		•			•		•	•		•	•			•
<b>K</b>	Quiet Hollow Park						•												•
<b>L</b>	Vago Park	•	•	•	•		•	•			•	•	•		•	•	•	•	•
<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.

# CENTENE

COMMUNITY ICE CENTER



BAUER



CENTENE COMMUNITY ICE CENTER

## **Centene Community Ice Center**

750 Casino Center Drive • Visit [www.centenecommunityicecenter.com](http://www.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.

### **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 [www.centenecommunityicecenter.com](http://www.centenecommunityicecenter.com) to view the current public skating calendar.

**Fee: R: \$5 admission • NR: \$12 • Skate rental: \$5**

### **Learn to Skate**

**Session 1: Tuesdays, April 9 - May 14**

**Saturdays, April 13 - May 18**

**Session 2: Tuesdays, May 28 - July 9**

**Saturdays, June 1 - July 13**

**Session 3: Tuesdays, July 16 - August 20**

**Saturdays, July 20 - August 24**

(Ages 3-Adult) The City of Maryland Heights operates Learn to Skate Classes at Centene Community Ice Center. Every 6 weeks, new classes are offered for figure skating, hockey, and just for fun starting at age 3. Adult classes are also available. No experience is required. The all-inclusive price includes 30 minutes of instruction time by a Learn to Skate coach, skate rental during class, a Learn to Skate USA membership, which includes a welcome packet, secondary sports accident insurance, and more. Registration is required at least two days before the start date. Register at [www.marylandheights.com/icecenter](http://www.marylandheights.com/icecenter) or call (314) 738-2599. Direct questions to [learntoskate@marylandheights.com](mailto:learntoskate@marylandheights.com) and staff will respond.

**Fee (per session): M/R: \$90 • NR: \$120**

*\*Based on enrollment some classes may be pushed up or back by 30 minutes. If there is a change in your class time, you will be notified via email.*



2344 McKelvey Road • Open Saturday, May 25-Monday, September 2

*(Closed Monday-Friday, August 19-30 following Pattonville School schedule)*

**Open 12:00-6:00 p.m. daily. Season pass and Privilege Card holders can enter at 11:00 a.m. daily.**

Aquaport, Maryland Heights' outdoor water park, 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, concessions stand, filtration system and the FlowRider surfing simulator.

### Visiting Aquaport

Aquaport season pass and Maryland Heights Privilege Card holders and their guests can purchase tickets at the door. Due to capacity limits, a limited number of non-residents will be admitted per day. There will be general admission ticket sales at the door for non-residents. The City will no longer be requiring pre-purchasing of Aquaport Admission Tickets for the 2024 season. All season passes and privilege cards must be purchased at the Community Center.

	Resident	Non-Resident
<b>Daily Admission</b>		
Adult	\$7	\$17
Youth or Senior	\$6	\$12
Ages 3 & Under	Free	Free
FlowRider	Free	\$3
<b>Season Pass</b>		
Adult	\$125	\$185
Youth or Senior	\$99	\$149
Family*	\$185	\$285

\*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.

### Guest Pass Policy

Patrons with a current Maryland Heights Privilege Card may bring two guests per day, per card holder, at the resident daily rate. Season Pass Holders of Aquaport can bring four guests per day, per card holder at the resident rate.

### Specials and Discounts

- **Half-Off Admission:** Guests visiting from 4:00-6:00 p.m. Monday-Thursday will receive 50% off of the designated gate price (excludes FlowRider).
- **Military Discounts:** Active military members receive FREE admission on Memorial Day and Fourth of July with a military ID. Active military and their immediate families receive resident rates everyday with a military ID.

### 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 by visiting [www.marylandheights.com/grouprates](http://www.marylandheights.com/grouprates). Applications must be submitted a minimum of three weeks in advance.

## Birthday Parties

The Birthday Party Package at Aquaport is for children ages 1-15. The package includes wristbands for 20 guests (adult and child). Everyone at your birthday party will need a wristband, including the birthday child. No additional wristbands may be purchased. The package also includes 20 ice cream cups, 6 pitchers of soda, and a reserved party table for 60 minutes.

Full payment is required at the time of your reservation. Reservations must be requested a minimum of one week in advance. A cake, cupcakes, or cookies may be brought in on the day of your party. You must bring your own plates and forks for your desserts. Refrigeration is not available. No other outside food, drink, balloons, streamers, or banners are allowed in Aquaport.

You can book your birthday party by visiting the Welcome Desk at the Community Center or by calling (314) 738-2599.

### Birthday Party Times\*

Monday-Friday: 3:00-4:00 p.m. or 4:30-5:30 p.m.

Saturday & Sunday: 12:00-1:00 p.m., 1:30-2:30 p.m., 3:00-4:00 p.m., or 4:30-5:30 p.m.

*\*Times listed are for your table reservation. Guests may enter Aquaport at any time during regular operating hours.*

*\*Birthday parties will not be offered on Memorial Day weekend, Labor Day weekend, or July 4.*

**Fee: R/SP: \$220 • NR: \$280**

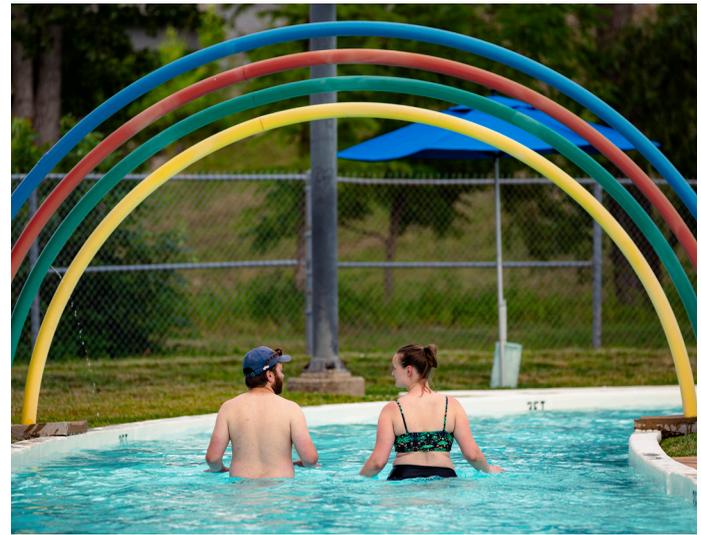


## River Walking

**Monday-Thursday, June 3-August 15 • 6:15 - 7:30 p.m.**

(Ages 14+) Walk against the current of the Lazy River for a workout without the sweat! There is no instructor for this program. Participants will walk at their own pace. The fee is drop-in only.

**Fee: SP: Free • R: \$6 • NR: \$7**



## Little Splashers

**Fridays, June 7-August 16 • 10:00 - 11:00 a.m.**

(Ages 6 months-5 years) During this private swim time, kids up to five years old and their guardians will have exclusive use of the Kid's area at Aquaport before it opens to the public. All guests will have to exit the facility and re-enter at 11:00 a.m. Pass holders may leave their items and return at regular opening if they wish. Anyone wanting to use the facility all day must pay full admission at 11:00 a.m. Cost is per child and adults are free.

**Fee: SP/R: Free • NR: \$7**

## Family Swim Nights

**Friday, June 14 & July 12 • 7:00 - 9:00 p.m.**

Join us this summer for our new Family Swim Nights! For two nights only, we are extending our swim times so you can enjoy the night swimming under the stars! Refreshments and snacks will be available for purchase at the concession stand.

**Fee: SP: Free • General Admission: \$7**

**For more information including rules and regulations, visit: [www.marylandheights.com/aquaport](http://www.marylandheights.com/aquaport)**



## Maryland Heights Community Center

2300 McKelvey Road • Monday-Friday: 5:30 a.m.-8:30 p.m. • Saturday: 7:00 a.m.-5:00 p.m.

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.

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

### 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.

### Daily Usage & Daily Group Ex Bundles

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.

Daily Group Ex Bundles 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	\$10	\$12
Youth or Senior	\$8	\$10

	Member	Non-Member
<b>Daily Group Ex Bundles</b>		
8 Classes	\$60	\$85
16 Classes	\$100	\$140
24 Classes	\$120	\$180

### 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 know someone who would like to have their art displayed, complete the form at [www.marylandheights.com/arts](http://www.marylandheights.com/arts).

## 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)
- One free Personal Training Session (12 & 6 month memberships only)

	Resident	Non-Resident
<b>Basic Membership*</b>		
Adult	\$270/annually \$41/month	\$324/annually \$49/month
Youth or Senior	\$203/annually \$31/month	\$243/annually \$36/month
Family (2 adults/2 children)	\$608/annually \$92/month	\$729/annually \$109/month
Additional Child (ages 4-24)	\$50/annually \$8/month	\$60/annually \$9/month
Plus One	\$135/annually \$20/month	\$162/annually \$24/month

\*Installment memberships are also available. Visit [www.marylandheights.com/memberships](http://www.marylandheights.com/memberships) for more information and pricing.

\*These fees will go into affect on Wednesday, May 1.

## Group Exercise Classes & Training

- **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 [www.marylandheights.com/mindbody](http://www.marylandheights.com/mindbody) to view the class schedule or to register.
- **Group Training:** People tend to work harder with a team than they do on their own. That's why we offer Group Training (ages 16+) classes! 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. Check out all of our personal trainers on the next page! Register at [www.marylandheights.com/mindbody](http://www.marylandheights.com/mindbody).

## Play Center

**Monday-Thursday: 3:30-7:30 p.m.**

**Saturdays: 9:00 a.m.-1:00 p.m.**

**Closed Friday and Sunday**

**(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.

**Fee: Drop in rate:** \$3/child, per visit (Child must be listed in our system as being in your household)

**Monthly Membership:** \$20/month for up to 2 children (Must have a 6 month or annual membership to 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 include 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.



## Meet The Personal Trainers



### David Smith

David is an exercise science graduate from Truman State University and is a NSCA certified personal trainer with an extensive background in strength training and sports performance. Specializing in resistance training, his approach to fitness is to build strength from the ground up, leaving no weak links in between. Whether your fitness goals focus on building strength and muscle, losing weight, or improving your quality of life, David can help you accomplish them, no matter your current fitness level.



### Rachel Schwartz

Rachel is an ACSM certified personal trainer, certified yoga instructor, and assistant weightlifting coach at Lindenwood. She is passionate about health and fitness and has a deep understanding of strength training programming and technique. She is currently continuing her education with a certification in pre/post natal coaching so she can help empower women during and after pregnancy as they discover their strongest self. Rachel loves working with people and wants to help you achieve all of your training goals!



### Georgette Rickard

Georgette is a NESTA certified personal trainer and is also certified to lead a variety of fitness programs including Silver Sneakers, TRX and Pilates. Her diverse background enables her to work with a variety of clients of all fitness levels. She specializes in core and balance which allows her to work with individuals with a broad range of goals such as weight loss and rehab. Georgette believes the mind and body have a strong connection and focuses on a balance of weight training, cardio and flexibility with her clients.



### Anna Mason

Anna is an ASCM Certified Exercise Physiologist. She is passionate about fitness and nutrition and loves helping people achieve their health goals. She graduated from Truman State University in December 2022 with a degree in Exercise Science and is excited to be joining the team at Maryland Heights.

## Room Rentals

Six rooms are available to rent and can be the perfect space for birthday parties, baby showers, meetings and much more. Microphones, projectors and a dance floor are available for an extra fee. Room rentals can be made up to one year in advance with a minimum of three weeks before the event date. All room rentals require a refundable \$100 damage deposit per room. Full payment and damage deposit are due at the time of reservation.

Visit [www.marylandheights.com/roomrentals](http://www.marylandheights.com/roomrentals) to submit a rental request form.

- **Celebration Room:** This room is connected to the Aquatic Center and is used for birthday parties. Can accommodate up to 25 people.
- **Infinity Room:** This room is located on the upper level and has an adjoining kitchen. Can accommodate up to 80 people
- **Meeting Room:** A small conference room that will accommodate up to 16 people located on the main level, just off of the lobby. This room includes a wall-mounted TV.
- **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 between 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.

## Gym Rentals

The gymnasium is also available to rent. For pricing, regulations, and to request rental space, please visit [www.marylandheights.com/apply](http://www.marylandheights.com/apply) to fill out a gym rental request form. Any questions can be sent to Liz at [lrenaud@marylandheights.com](mailto:lrenaud@marylandheights.com).





## 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, zipline, accessibility lift and kids' area. Aqua aerobics classes, swim lessons and designated open swim times are scheduled throughout the day. Visit [www.marylandheights.com/mhcc](http://www.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.

### 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. To register, go to [www.marylandheights.com/mindbody](http://www.marylandheights.com/mindbody).

### 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.**

May 7 - May 30 (Tuesday/Thursday)  
 June 1 - July 20 (Saturday)\*  
 June 4 - June 27 (Tuesday/Thursday)  
 July 9 - August 1 (Tuesday/Thursday)  
 August 3 - September 21 (Saturday)  
 August 6 - August 29 (Tuesday/Thursday)  
 September 3 - September 26 (Tuesday/Thursday)

### Birthday Parties

The Community Center offers unique spot for your child's (ages 1-15) next birthday party. The package includes wristbands for 24 guests, including adults and youth, the Celebration Room for one hour and access to the indoor pool for swimming, fun and play. No additional wristbands may be purchased. Call the Community Center at (314) 738-2599 to check availability or request a party form to start your reservation.

**Fee: R/SP: \$220 • NR: \$280**

Classes range from ages 6 months-3 years for the Baby Shark class or 3 and up for all other levels. If enrolled in the Baby Shark class, a guardian will need to be in the water with the child and have proper swim attire. Swimmers should be enrolled in a class specified by their current skill level.

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

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

## Dogport

2490 McKelvey Woods Ct.

Dogport has been reopened and now has a slightly different look. The outdated pink granules have been replaced with lush sod, offering a more natural and comfortable surface for canines to play on. New shade structures provide shelter from the sun. Concrete paths have been strategically laid, promoting easy navigation within the park with ADA accessibility. Another addition is the dual-purpose water fountain catering to both humans and their furry friends, located in a shared area between the two entrances.

Memberships are now available for purchase at the Community Center. These memberships, valid until December 31, 2024, grant access to the park and its amenities via a key fob system. The implementation of a key fob system not only ensures a secure entry but also aids parks maintenance crews by tracking the most frequented times, allowing them to efficiently maintain the park's greenery.

For questions or concerns, contact the Community Center during regular business hours at (314) 738-2599 or email [mhlife@marylandheights.com](mailto:mhlife@marylandheights.com) outside of those hours.

**January 1-June 30: R: \$40 • NR: \$70**

**July 1-December 31: R: \$20 • NR: \$35**

**Additional Dog: R: \$10/dog • NR: \$15/dog**

**Lost Key Fob: \$10**



## 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.

## 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.

## 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, barbecue grill, and restrooms.

## 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.

## 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) .

## 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 newly renovated fitness stations to keep you active, as well as a playground among other features.

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

## 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. The playground for Pre-K children was recently renovated in 2023.

**Amenities:** Baseball field with lights, cornhole boards fitness course, five horseshoe pits, Judy Barnett Memorial Scented Garden, multi-purpose court with basketball goals, three pavilions available for rent, picnic sites with barbecue grills, public art, four playgrounds including handicap accessible play structures, a new playground for children aged 2-5, 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 any day of the week, **April through October**. Reservations must be done in person. No reservations will be taken over the phone\*.

**Fee: R: \$80/date • NR: \$130/date • Non-profit: \$40/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. For pricing, regulations, and to request rental space, please visit [www.marylandheights.com/field](http://www.marylandheights.com/field) to fill out a rental request form. For questions, contact Liz Renaud at [lrenaud@marylandheights.com](mailto:lrenaud@marylandheights.com). **Fee: R: \$15/hour • NR: \$25/hour**

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

## 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. For pricing, regulations, and to request rental space, please visit [www.marylandheights.com/field](http://www.marylandheights.com/field) to fill out a rental request form. For questions, contact Liz Renaud at [lrenaud@marylandheights.com](mailto:lrenaud@marylandheights.com).

**Fee: R: \$15/hour • NR: \$25/hour**



## Sculpture on the Move

### Currently on display:

- “A Novel Idea” by CR Gray at Parkwood Park (Leaving Spring of 2024)
- “Blue Sails,” “Moons,” and “Sticks” by Jessie Cargas at the Maryland Heights Community Center
- “Dandelions Puffballs” by Joe Maleski at Vago Park (Leaving Spring of 2024)
- “Retro Floral Renovation” by Glory Hartsfield at Quiet Hallow
- “Gorgonia” by Nick Willett 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.

## Blue Birds - Preschool

August 26 - May 17 • Community Center

A.M. Program (Ages 3-5): Monday-Friday • 9:00 a.m.-12:00 p.m.

P.M. Program (Ages 3-5): Monday, Wednesday & Friday, Tuesday/Thursday, or all five days • 1:00 p.m.-4:00 p.m.

Applications open on April 22, 2024

Children that attend Blue Birds learn how to share, cooperate, problem solve, gain independence, learn self-awareness, and more in a structured, school-like environment. We also focus on kindergarten readiness skills to make sure your child is prepared for the following school year. Daily activities include arts and crafts, storytelling, outdoor play, supervised exploration, snack time, and more. Applications open on April 22, 2024. For more information and to apply, go to [www.marylandheights.com/earlychildhood](http://www.marylandheights.com/earlychildhood).

**Fee: A.M. Program (Ages 3-5):**

**R/M: \$330/Month**

**NR: \$438/Month**

**Fee: P.M. Program (Ages 3-5) Monday, Wednesday & Friday:**

**R/M: \$195/Month • NR: \$259/Month**

**Tuesday/Thursday: R/M: \$135/Month • NR: \$179/Month**

**Monday-Friday: R/M: \$330/Month • NR: \$438/Month**

## Tap & Ballet

Wednesdays, June 5 - August 7

5:30-6:20 p.m. • Community Center

Registration open now

(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.

**Fee: M: \$54 • R: \$60 • NR: \$80**

## Hip Hop

Wednesdays, June 5 - August 7

6:30-7:20 p.m. • Community Center

Registration open now

(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.

**Fee: M: \$54 • R: \$60 • NR: \$80**

## Teddy Bear Picnic

Saturday, May 11

10:00-11:00 a.m. • Eise Park

(Ages 2-10) Get ready for a beary great time at our first-ever Teddy Bear Picnic! Grab your fluffiest friend and your picnic essentials and join us at Eise Park! Enjoy your lunch or a snack with your bear by your side as we listen to fun and exciting teddy bear stories. Afterward, we will do a teddy bear craft and make a yummy treat for you to take home. All children must be accompanied by an adult during this event. Register in person or online at [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac).

**Fee: \$5/child**



## Play it Safe

July 8 - July 12

9:00 a.m. - 12:00 p.m. • Community Center

(Ages 6-8) Play it Safe offers an extension of Safety Town for older kids! Instructed by Officer Bob, each day will focus on a different safety topic. Register in person at the Community Center or online at [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac).

**Fee: M/R: \$35 • NR: \$47**

## Safety Town

June 10 - June 21

9:00 a.m. - 12:00 p.m. • Community Center

(Ages 3-5) Officer Bob from the Maryland Heights Police Department will be teaching about safety in this fun, hands on class! Register in person at the Community Center or online at [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac).

**Fee: M/R: \$50 • NR: \$67**

## Maryland Heights Summer Camp

**Weekly • Monday - Friday • June 10 - August 2**  
**9:00 a.m. - 4:00 p.m. • Vago Park & Community Center**

(Ages 6-11) Register for the award winning Maryland Heights Summer Camp! 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. The deadline to register is the Wednesday prior by 12:00 p.m., no exceptions.

**Fee (per week): M: \$175 • R: \$190 • NR: \$252**

**Week of July 4: M: \$105 • R: \$114 • NR: \$151**

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

## Counselor in Training

**Weekly • Monday - Friday • June 10 - August 2 • 9:00 a.m. - 4:00 p.m. • Vago Park & Community Center**

(Ages 12-15) Interested in becoming a camp counselor in the future? Apply to become a Counselor in Training! During camp, CITs will work alongside camp staff to implement recreational activities, arts and crafts, and plan camp games and songs. They will also swim with campers. CITs must be positive, energetic and cooperative. This is a great way to get volunteer hours for school, and to begin building work experience! To apply, contact Ashley at [agiebe@marylandheights.com](mailto:agiebe@marylandheights.com) or go to [www.marylandheights.com/volunteer](http://www.marylandheights.com/volunteer).

Applicants will be selected by April 15.

**Fee (per week): \$50**

## Busy Bees

**Weekly • Monday - Friday • June 3 - August 2\* 9:00 a.m. - 12:00 p.m. • Community Center**  
**\*No camp on the week of July 1**

(Ages 3-5) Introduce your child to summer camp at the Maryland Heights Community Center! Each week will have a new theme for a summer of fun. Register in person or online at [www.marylandheights.com/earlychildhood](http://www.marylandheights.com/earlychildhood). The deadline to register is the Wednesday prior by 12:00 p.m., no exceptions.

**Fee (per week): M: \$81 • R: \$90 • NR: \$119**

## Summer Camp Extended Care

**Weekly Monday - Friday, June 10 - August 2**  
**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. Extended Care is only for children who are attending the Maryland Heights Summer Camp.

**Fee (per week): A.M. Care: \$30/child**  
**P.M. Care: \$30/child**



## Eco Camp

**August 5 - August 9 • 9:00 a.m. - 3:00 p.m.**  
**Vago Park, Community Center, and Other Locations**

(Ages 6-14) If your child has a love for nature and our environment they will love this camp! We will spend time learning from guest speakers about plants, animals, and our role in keeping the earth healthy. This camp will spend time outside journaling, meditating, and helping to keep our environment clean. We will play games, do crafts, and even spend an afternoon at Aquaport. This camp will be split into two groups, one for ages 6-10 and the other for ages 11-14. Make sure your child wears comfortable shoes and is prepared to spend time outside and doing a lot of walking. Extended Care will not be available for this camp.

**Fee: M: \$175 • R: \$190 • NR: \$252**

## Monday Meet and Greet

First Monday of the Month

10:30-11:30 a.m. • Community Center

(Ages 55+) Join others for fellowship and great discussion on various topics at the Community Center on the first Monday of each month at 10:30 a.m. Donuts and coffee are served. All are welcome at no cost and no RSVP is required.

Upcoming topics are advertised through Mature Matters.

**There will be no Meet and Greet in September.**

**Fee: Free**



## Monthly Luncheon & Bingo

Third Monday of the Month

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. Stay after lunch for bingo beginning at approximately 12:45 p.m. with attendance prizes and other practical prizes available to win.

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

## Grief and Loss Support Group

Third Tuesday of the Month

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

This support group 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 curbside 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: \$40 (\$30 Beginning July 1)**

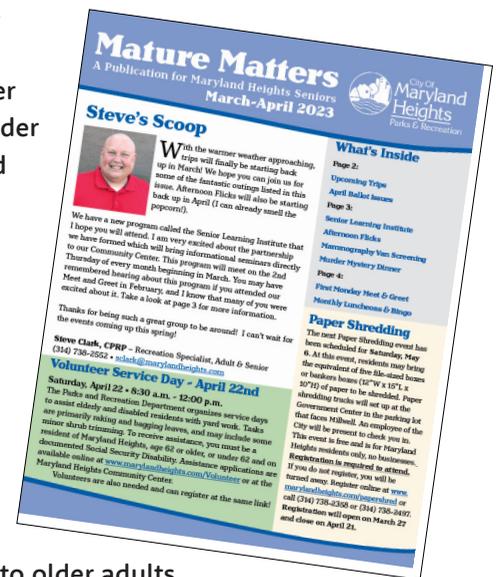
## Senior Lounge

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.

## 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 (314) 738-2552 or [sclark@marylandheights.com](mailto:sclark@marylandheights.com).

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



## Pinochle

Tuesdays, Ongoing • 9:30-11:30 a.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**

## Mahjong

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

Fridays, Ongoing • 10:00 a.m. - 12:30 p.m. & 12:30 - 3:00 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**

## Mammography Van Screening

Friday, August 23

8:45 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.

## Senior Learning Institute

Second Thursday of the Month

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; De-cluttering & 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 are advertised through Mature Matters.

For more information, visit [www.StlSli.com](http://www.StlSli.com).

**Fee: Free**

## Cover to Cover Book Club

Second Monday of the Month

9:30–10:30 a.m.

## Such Great Heights Book Club

Second Monday of the Month

6:45– 8:00 p.m.

Community Center

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. All upcoming books will be advertised through Mature Matters. For more information contact Steve at [sclark@marylandheights.com](mailto:sclark@marylandheights.com) or (314) 738-2552.

**Fee: Free**

## National Senior Health and Fitness Day

Wednesday, May 29 • 8:30 a.m. – 1:00 p.m.

Community Center

Maryland Heights' Fitness and Senior Services Specialists have teamed up to celebrate our first annual National Senior Health and Fitness Day. Join us for a day of speakers, information booths, healthy snacks, giveaways, a fitness class demo and much more! Free coffee will also be available while you enjoy guest speakers presenting a variety of topics from city services, osteoporosis and general health and wellness. Please check your May/June issue of Mature Matters or pick up a flyer at the Community Center for a list of speakers and times of their presentations. No RSVP required.

**Fee: Free**

## Fine Art Fair & Winefest

Saturday, May 18 • 11:00 a.m. - 4:00 p.m.

Activity Level 2 ★★

(Ages 21+) Come with us to Washington, MO for this unique festival in the heart of Missouri Wine Country. It offers tastings from area wineries, an art fair, delicious food, and live music. There will be many local wineries on site along with food trucks. Cost includes motorcoach transportation and gratuity. Lunch and wine tasting are on your own.

Fee: M/R: \$43 • NR: \$57

## Big Things/Small Town

Wednesday, June 5 • 8:00 a.m. - 4:00 p.m.

Activity Level 2 ★★

Travel with us to Casey, Illinois to see some of the world's largest items. We'll have a step-on tour guide who will give us a history lesson of Casey and show us all of the big things such as the world's largest golf tee, mailbox and many other items. After the tour you will have time to eat lunch (on your own) at one of the many hometown restaurants and shop at some unique stores all within walking distance. Cost includes motorcoach transportation, step-on tour guide and all gratuities.

Fee: M/R: \$65 • NR: \$87



## Fabulous Fox Theater Tour

Tuesday, July 30 • 10:30 a.m. - 3:30 p.m.

Activity Level 2 ★★

This tour throughout the awe-inspiring, palace-movie house lasts 90 minutes with stops along the way to learn the history of the opening, closing and re-opening of the theater. Guests will see the two majestic lions with blinking yellow eyes; and the lavish decor of Moorish, Far Eastern, Egyptian, Babylonian and Indian cultures which combine in an unimaginable harmony of opulence that dazzles! After the tour, we will head to the City Foundry for lunch (on your own). Pick from 17 restaurants to eat then browse one or more of the 13 stores. Cost includes motorcoach transportation, tour, and all gratuities. Lunch is on your own, so bring your cash or credit card.

Fee: M/R: \$45 • NR: \$59

## Mystery Trip

Tuesday, August 27 • 10:30 a.m. - 3:30 p.m.

Activity Level 2 ★★

Bring your appetite as we head to a mystery restaurant and enjoy a lunch buffet. After lunch we'll head to a mystery destination for an interesting display of yesteryear. Cost includes motorcoach transportation, all admissions, lunch, and gratuity.

Fee: M/R: \$59 • NR: \$78



## Cardinals vs. Reds

Thursday, September 12 • 10:30 a.m. - 5:00 p.m.

Activity Level 2 ★★

Take me out to the ballgame! First pitch is set for 12:15 p.m. vs. the division rival Cincinnati Reds at Busch Stadium. Seats are located in the shade of section 132. Buy me some peanuts and Cracker Jacks...Ok, will do! You'll also get a bag of peanuts and a box of Cracker Jacks to take into the game with you. You may also bring in your own food but note that bags, purses, etc. must be 10" x 8" x 10" or they will not be allowed through the gate. So leave your bulky purses and bags at home, wear comfortable shoes and get ready for a Cardinals victory! Cost includes motorcoach transportation, game ticket, peanuts, Cracker Jacks, taxes and gratuity.

Fee: M/R: \$62 • NR: \$83

## STAGES St. Louis Presents

### "Ragtime"

Thursday, October 3 • 1:00 - 5:00 p.m.

Activity Level 1 ★

Travel with us to STAGES St. Louis in Kirkwood for this musical that portrays early twentieth-century America. Ragtime tells the story of three families united by courage, compassion and a belief in the American dream and the promise of tomorrow. After the show we'll go to Andy's Frozen Custard for a sweet treat. Cost includes ticket to the show, ice cream, motorcoach transportation and all gratuities.

Fee: M/R: \$89 • NR: \$109



## Adult Men's Basketball League

League begins the week of June 16

### Community Center

(Ages 18+) Maryland Heights Parks and Recreation offers men's recreational, intermediate, and competitive basketball leagues to the metro area. Those interested in participating can sign up to be a captain for a full team (10 roster spots), or individually and will be placed on a team with similar skill levels. Leagues consist of six regular season games and single elimination playoffs (all teams will be in the playoffs). Scorekeepers and MSHSAA officials are provided.

Visit [www.marylandheights.com/leagues](http://www.marylandheights.com/leagues) for more information or to register.

**Registration Fee: \$700/team**

**Early Bird Fee: \$625/team\***

**\*Sign up before June 3 to receive the Early Bird pricing.**

## Pickleball Court Rentals

### Ongoing

#### After Hours • Community Center Gymnasium

The Maryland Heights Parks and Recreation Department is excited to announce that we will be offering after-hour pickleball court rentals beginning April 27! Each court rental can hold up to 4 players and will last 55 minutes. You must be 18 or older to reserve a court. If you are bringing an individual under 18, they must be counted as a player. No paddles or balls will be provided, you must bring your own. Spots are limited. To view all available dates and times and to reserve a court, go to

[www.marylandheights.com/sports](http://www.marylandheights.com/sports).

**Fee: M/R: \$25 • NR: \$30**

## Adult Pickleball Clinics

**Session 1: Mondays, April 15 - May 20**

**Intermediate • 5:00 - 6:15 p.m.**

**Beginner • 6:30 - 7:45 p.m.**

**Session 2: Mondays, June 3 - July 8**

**Beginner • 5:00 - 6:15 p.m.**

**Intermediate • 6:30 - 7:45 p.m.**

**Session 3: Mondays, July 22 - August 26**

**Beginner • 5:00 - 6:15 p.m. or 6:30 - 7:45 p.m.**

### Community Center

(Ages 16+) Learn the game of pickleball and improve your skills with these classes designed for beginners and intermediate players. Class instruction is designed and taught through interactive play. Participants wanting to enroll in the intermediate clinic should know how to "feed" the ball and be able to exhibit continuous game play with others. Equipment for clinics will be provided. However, if you have your own paddle, you may bring it.

Register online at [www.marylandheights.com/sports](http://www.marylandheights.com/sports).

**Fee: M: \$60 • R: \$66 • NR: \$88**



## Womens Self Defense Class

Wednesday, July 24 • 6:00 - 8:00 p.m.

Community Center

(Ages 14+) This two-hour class will leave you confident and calm going into the world knowing you have the tools to keep yourself safe. With the help of our Tae Kwon Do instructor, Miss Kennedy, you will find your voice and learn your boundaries in confrontation. You will be striking a target and practicing defenses against commonly used attacks. This class is informative, skill-building, and fun, all wrapped up in one! Register online at [www.marylandheights.com/sports](http://www.marylandheights.com/sports).

Fee: M/R: \$25 • NR: \$30



## Learn to Skate

Are you interested in learning how to skate? Check out page 9 for more information on our Learn to Skate program at Centene Community Ice Center!

## Kendo

Session 1: Saturdays, May 4 - June 22

Session 2: Saturdays, July 6- August 24

Session 2: Saturdays, September 7 - October 26  
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

## 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. The last day before summer break will be Tuesday, May 21. It will start up again on Tuesday, September 4.

Fee: Free

## Kids Fishing Derby

Saturday, June 8

9:45 - 11:00 a.m.

Hellebusch Park

(Ages 4-12) Maryland Heights Parks & Recreation, the Kiwanis Club of Bridgeton and Bridgeton Parks & Recreation Department are once again hosting the FREE

Kids' Fishing Derby with prizes awarded for tagged fish. Children must be accompanied by an adult. Bait will be provided but kids need to bring their own rod and reel. Hot dogs and drinks will be provided for all participants. Contact the Kiwanis Club of Bridgeton at (314) 739-1553 for more information.



## Youth Soccer Training

Saturdays, May 4 - May 25

Saturdays, June 1 - June 22

Saturdays, June 29 - July 27\*

Saturdays, August 3 - August 24

\*No class on July 20

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: \$37 • R: \$47 • NR: \$60**

**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: \$37 • R: \$47 • NR: \$60**

*\*Based on enrollment some classes may be moved to 9:15 a.m. If there is a change in your class time, you will be notified via email.*



**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: \$37 • R: \$47 • NR: \$60**

**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: \$37 • R: \$47 • NR: \$60**

## Tae Kwon Do

Tuesdays/Thursdays

Ages 5-12: 5:00-5:45 p.m.

Ages 10-Adult: 6:00 - 7:00 p.m.

Community Center

(Ages 5+) Blue Wave Foundation is a Martial Arts program that practices traditional Korean style Tae Kwon Do. They are affiliated with the Chung Do Association. Classes are for anyone ages 5 to 105! We focus on fundamentals and hard work, bringing alive the indomitable spirit of the original martial arts masters. Join us to train your mind, body, and spirit. Classes are led by 2nd degree black belt, Miss Kennedy. Participants ages 5-12 will have class from 5:00-5:45pm, and participants ages 10-adult will have class 6:00-7:00pm. Children ages of 10-12 can choose which class they want to take. If you would like time to warm up, arrive 10 to 15 minutes before your class.

Register online at [www.marylandheights.com/sports](http://www.marylandheights.com/sports).

**Fee: M/R: \$70 • NR: \$80**

*\*The fee is for a monthly membership. You can attend as many classes as you would like during that month.*

Want to try it out before purchasing a membership? Join us for a free class on the first Tuesday of each month!



# Volunteer Service Day

**Saturday, April 20**  
**8:30 a.m.-12:00 p.m.**

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

(Ages 8+) Make a difference in our community by participating in Volunteer Service Day! You will spend the morning 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 are provided. Volunteers must be 8 years of age or older and are encouraged to bring a rake and work gloves. This is a great opportunity for Scout Troops, civic organizations, church groups, those needing volunteer hours or those just wanting to help!

**SUNDAY, APRIL 28 • 12:00 – 5:00 P.M.**

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

750 Casino Center Drive

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



**INTERNATIONAL STAGE**

- 12:00 P.M. OPENING CEREMONY WITH DAYSPRING
- 12:30 P.M. ST. LOUIS CHINESE LANGUAGE SCHOOL LION DANCE TEAM
- 1:15 P.M. DANCES OF INDIA
- 2:00 P.M. ZYDECO CRAWDADDYS
- 2:45 P.M. GRUPO FOLKLORICO PANAMEÑO IN STL MO
- 3:30 P.M. ST. LOUIS OSUWA TAIKO
- 4:25 P.M. MEGHAN TORNO SCHOOL OF IRISH DANCE

**UNITY STAGE**

- 1:00 & 1:45 P.M. EMERSON MAGANA
- 2:30 & 3:15 P.M. WORLD MUSICIAN
- 4:00 P.M. BELLY DANCE WITH NISSA

WORLD FEST IS SPONSORED BY:



# MOVIE Nights at WESTPORT

Movies begin at sunset!

All screenings are free to attend, but please bring your own food, drinks, and seating!

- May 10 - Super Mario**
- June 14 - Live Action Little Mermaid**
- July 12 - Trolls Band Together**
- August 9 - Moana**

# MARYLAND HEIGHTS SUMMER CONCERT SERIES 2024

Live music is back at Vago and Parkwood Parks for the Maryland Heights Summer Concert Series! All concerts are free and all ages are welcome. Bands will play from 7:00-9:00 p.m.

**May 17 • Vago**

**Lindley Creek: Modern Bluegrass**

 **June 21 • Parkwood** 

**Soul Cracker: Classic Rock**

 **July 12 • Vago** 

**Lone Wonders: One Hit Wonders**

**August 16 • Parkwood**

**Breakdown Shake Down: Top 40**

**September 20 • Vago**

**Retro Nerds: 80's Tribute Band**



**Pop-Up Markets (This icon notes a featured pop-up)**

Pop-Up Markets are making their first ever appearance during select summer concerts! Browse the different vendors before and during the concerts from 6:30-8:30 p.m.

SPECIAL EVENTS



**Friday, May 24**  
**6:00-8:00 P.M.**

Celebrate the beginning of summer at Aquaport with a special VIP night before we open to the public. This event is for Maryland Heights residents with a current Privilege Card and Aquaport season pass holders only. The concession stand will be open and Diddy the Dolphin will make a special appearance!



**FREE for Privilege Card and Season Pass holders.**

FREE TO ATTEND

Explore the parks in Maryland Heights this summer with the Parks & Recreation staff. We will visit Eise, Vago and Parkwood Parks with activities and snacks at each event.

**FUN IN THE PARK**

**June 19 • Eise Park**  
**Rock Painting**

**July 17 • Vago Park**  
**Bubble Party - Hot Diggity Dog Free hot dogs, chips and drinks while supplies last!**

**August 16 • Parkwood Park**  
**GaGa Ball - Before Summer Concert**  
**All events are 5:30-6:30 p.m.**

**SUMMER FAMILY BINGO**

**Thursday, June 27**  
**6:00-7:30 P.M.**  
**Community Center**

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

**COST: \$10/person**

Register in-person or online at [www.marylandheights.com/webtrac](http://www.marylandheights.com/webtrac)

# Jingle Jangle in July



Saturday, July 20 • 1:00-5:00 p.m.  
Maryland Heights Community Center

It may be the middle of summer but the Community Center has transformed into a winter wonderland! This event features a Pop-Up Market so you can get your holiday shopping done early! Purchase a \$10 wristband for the kids' area and get pictures taken with Santa, access the bounce house/inflatables, arts and crafts, balloon twisting and Christmas airbrushing! After 3:00, all children who have a wristband can enter Aquaport for free!

SPECIAL EVENTS



Apply to be a vendor at [www.marylandheights.com/vendors](http://www.marylandheights.com/vendors).



## LUAU PARTY AT AQUAPORT

WE'RE STAYING OPEN AFTER HOURS FOR A FAMILY FRIENDLY PARTY INCLUDING SWIMMING UNDER THE STARS, GAMES, GIVEAWAYS AND MORE. REFRESHMENTS AND SNACKS WILL BE AVAILABLE FOR PURCHASE AT THE CONCESSION STAND.

FRIDAY, AUGUST 9  
7:00-9:00 P.M.  
SP: FREE • GENERAL ADMISSION: \$7  
DAY-OF TICKET SALES ONLY

## Dog Days of Summer

Friday, September 6  
5:00-8:00 p.m. • Aquaport  
M/R: \$15 • NR: \$20 • \$10/Additional Dog



Well-mannered dogs, ages 6 months or older, and their humans are invited to close out Aquaport's season for a fun evening of swimming. All dogs are required to have current vaccination records for rabies and distemper. Dogs will need to be recently bathed and on a leash unless swimming. The Kid's Area will be available for small dogs. An adult must accompany children under the age of 18. No other animals are allowed. Humans are not allowed in the pool to swim.

SPECIAL EVENTS

# MARYLAND HEIGHTS CITY WIDE SALE!

SAVE THE DATE:  
SATURDAY, SEPTEMBER 14  
COMMUNITY CENTER &  
HOUSES IN MARYLAND HEIGHTS

The City Wide Sale is returning for the fourth year, so get ready to clean out your closets, basements and turn your trash into someone else's treasure. Host your sale from home and be included on the official City Wide Sale map or reserve a space at the Community Center.

Applications available May 1 at [www.marylandheights.com/CityWideSale](http://www.marylandheights.com/CityWideSale).

# TONS OF TRUCKS

SAVE THE DATE: Saturday, October 5  
Hollywood Casino Amphitheater Parking Lot

We are looking for vehicles of all shapes and sizes to display at Tons of Trucks! If you are interested in participating, go to [www.marylandheights.com/trucks](http://www.marylandheights.com/trucks) to apply!



## Friday, November 15 and Saturday, November 16

The two day Craft & Vendor Fair at the Community Center is the perfect opportunity to showcase your business! Booths will consist of homebased businesses (Pampered Chef, Norwex, Mary Kay, etc.), handmade craft items, original artwork and more. For home based businesses, we will only accept one applicant of each type.

Applications available May 1 at [www.marylandheights.com/craft&vndor](http://www.marylandheights.com/craft&vndor)



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# Secure Your Summer Job!

Get outside, soak in some sun and stay active while earning extra cash this summer!

## Why work with Parks and Recreation?

- No experience needed! We will train you!
- Competitive pay
- Flexible schedules
- Free certifications *(when applicable)*
- All gear included *(when applicable)*
- Memberships to the Community Center/Aquaport *(Dependent on the number of hours worked weekly)*
- Resume builder



For a full list of available positions, more information, and links to apply go to [www.marylandheights.com/summerjobs](http://www.marylandheights.com/summerjobs)

