

The Beacon

Fall/Winter 2016

Program Guide for Fenton
Parks & Recreation



RiverChase of Fenton
990 Horan Dr.
Fenton, MO 63026

636-343-0067

www.fentonmo.org/parks



IMPORTANT INFORMATION



FENTON
CITY OF PARKS

990 Horan Dr.
Fenton, Missouri 63026
Phone: 636-343-0067
Fax: 636-343-7635
www.fentonmo.org/parks



RiverChase Hours

Monday - Friday	5:30 a.m. - 9:00 p.m.
Saturday	8:00 a.m. - 7:00 p.m.
Sunday	10:00 a.m. - 6:00 p.m.

***RiverChase will close at 8:00 p.m. on Saturdays
May 28 through September 3.**

RiverChase Holiday Hours

Sept 5 - Labor Day	8:00 a.m. - 6:00 p.m.
Oct 31 - Halloween	8:00 a.m. - 5:30 p.m.
Nov 24 - Thanksgiving	Closed
Nov 25 - Day After Thanksgiving	8:00 a.m. - 9:00 p.m.
Dec 24 - Christmas Eve	8:00 a.m. - 12:00 p.m.
Dec 25 - Christmas Day	Closed
Dec 31 - New Year's Eve	8:00 a.m. - 12:00 p.m.
Jan 1 - New Year's Day	12:00 p.m. - 5:00 p.m.

Stay and Play (Ages 3 months - 12 years)

Children can stay and play while parents utilize the facilities (*\$3 per child per visit or free with membership*). **90 minute maximum stay**, no food or drink allowed. At least one parent must remain at RiverChase while their children are in Stay and Play. Children are not bottle fed & parents are responsible for changing diapers.

Hours

Monday - Thursday	8:00 a.m. - 12:00 p.m. & 4:00 p.m.- 8:30 p.m.
Friday	8:00 a.m. - 12:00 p.m. & 4:00 p.m.- 8:00 p.m.
Saturday	8:00 a.m. - 12:00 p.m.
Sunday	Closed

Payment and Refund Policy

FULL PAYMENT is required at the time of registration or reservation of rooms/shelters. Cash, check and major credit cards accepted. Cancellations require a minimum two weeks notice for a full refund less a \$5 administration fee (*\$20 for league cancellations*). There are no refunds on memberships or value cards.

Inclusion Services

Mary Furfaro is the Coordinator of Inclusion Services for the City of Fenton and the Parks and Recreation Department. She is responsible for facilitating the inclusion of individuals of all abilities in our programs. If assistance is needed to participate or if you are unsure if assistance is needed, please contact Mary at mfurfaro@fentonmo.org or call 636-343-0067 ext. 1376.

"All Honor To Their Names"

Leave your mark in history. There are hundreds of engraved brick pavers at the Heroes Memorial in Fenton City Park honoring the heroes involved in the lives of our community. Contact Jackie at jreinsmith@fentonmo.org or call 636-343-0067 for more information or to order yours today.

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Registration Opens

Members & Residents

August 22, 2016

Non-Members & Non-Residents

August 29, 2016

MEMBERSHIPS/FEEES

Memberships

	*Resident		*Community		*Regular	
	Annual	Direct Debit	Annual	Direct Debit	Annual	Direct Debit
Youth (3-15)	\$175	\$17.50	\$207	\$20.70	\$240	\$24.00
Adult (16-54)	\$245	\$24.50	\$289	\$28.90	\$330	\$33.00
Household	\$410	\$41.00	\$485	\$48.50	\$555	\$55.50
Senior (55+)	\$175	\$17.50	\$207	\$20.70	\$240	\$24.00
Senior Couples (only one age 55+)	\$350	\$35.00	\$414	\$41.40	\$480	\$48.00
One + One	\$380	\$38.00	\$450	\$45.00	\$517	\$51.70
Single Parent Household	\$350	\$35.00	\$414	\$41.40	\$480	\$48.00

***Resident** - Those who live within Fenton City limits

***Community** - Those who live outside Fenton City limits but IN 63026 zip code

***Regular** - Those who live outside Fenton City limits AND outside 63026 zip code

A MEMBERSHIP HAS ITS BENEFITS!

- Free childcare at Stay and Play
- Lower rates on classes and programs
- Early enrollment for classes, programs, and leagues
 - Access to the entire facility
 - Free locks available to use

Value Cards

	*Resident	*Community	*Regular
Youth (3-15)	\$70 - 20 Visit \$105 - 30 Visit	\$85 - 20 Visit \$123 - 30 Visit	\$120 - 20 Visit \$180 - 30 Visit
Adult (16-54)	\$85 - 20 Visit \$129 - 30 Visit	\$102 - 20 Visit \$150 - 30 Visit	\$140 - 20 Visit \$210 - 30 Visit
Senior (55+)	\$70 - 20 Visit \$105 - 30 Visit	\$85 - 20 Visit \$123 - 30 Visit	\$120 - 20 Visit \$180 - 30 Visit

Value Cards are a discounted day fee. Value Cards may be used for guest admissions if card holder is present.

Daily Facility Fees

	Resident	Regular
Youth (3-15)	\$4	\$7
Adult (16-54)	\$5	\$8
Senior (55+)	\$4	\$7
Household of 4	\$15	\$25

SilverSneakers, Silver & Fit and BCBSM Fitness Programs

RiverChase is participating with these insurance reimbursement programs. Ask our front desk staff for more information.



RENTALS & PARTY PACKAGES

Fenton Parks

Shelter Rentals

Reserve a shelter for your next family reunion or group outing. Shelters of varying sizes and options are available. For more detailed information visit our website at www.fentonmo.org/parks. Non-residents may only reserve shelters in Fenton City Park. All other parks are available to Fenton Residents only.

Fee:	Fenton Resident/RC Member	\$30/day/shelter
	Fenton Businesses	\$40/day/shelter
	All Others	\$65/day/shelter

Field Rentals

A completed field request form is required. Please read field guidelines for pricing and details before completing form. Forms are available online at www.fentonmo.org/parks. Completed forms may be mailed to RiverChase or emailed to abode@fentonmo.org.

RiverChase

Meeting Rooms - Wi-Fi accessible; bright, clean and spacious rooms; capacity 10-160; versatile set-up options; commercial kitchen. Room rentals have a two-hour minimum. One to three rooms available.

Fee:	Fenton Resident/63026 zip code	\$30/hour/room (<i>Fenton businesses qualify for resident rate</i>)
	All Others	\$45/hour/room
	Cleaning Fee	\$25/room when food or beverage served

* Full payment + 50% damage deposit due at the time of rental.

* NOTE: After RiverChase business hours, an additional \$20/hour/room fee applies.

Gymnasium - Limited times available. Please contact abode@fentonmo.org for more information.

Pool - Nights and weekends available. For more information and rates contact kkearbey@fentonmo.org.

Lock-Ins - Ideal for proms, graduations, church groups and more. Lock-Ins include the entire facility minus the fitness center. Contact kbuemi@fentonmo.org for additional information and rates.

Children's Birthday Party Packages

Ultimate Splash Bash - \$240

- 8 large, one-topping pizzas
- 4 (2 liter) bottles of soft drinks

Premium Splash Bash - \$200

- 4 large, one-topping pizzas
- 2 (2 liter) bottles of soft drinks

Basic Splash Bash - \$160

- 2 (2 liter) bottles of soft drinks

All Splash Bash Parties Include the Following:

- 1.5 hours in the party room
 - Admission wristbands for up to 25 people (*children and adults*)
 - Unlimited swimming until pool closing
 - Tablecloth, plates, napkins, forks, soft drinks and cups (*for 25 people*)
 - One t-shirt for the Guest of Honor
- *Over 25 people - Additional \$5 per adult and \$4 per child*

Party Times for Rooms

Wet Room

Monday/Wednesday/Friday	5:30 p.m.
Saturday	12:00 p.m. / 2:30 p.m.
Sunday	12:00 p.m. / 2:30 p.m.

Shark Tank Room

Monday/Wednesday/Friday	5:30 p.m.
Saturday	12:30 p.m. / 3:00 p.m.
Sunday	12:00 p.m. / 2:30 p.m.

Jungle Room

Saturday	1:00 p.m. or 3:30 p.m.
Sunday	1:00 p.m.

For Basic Party Packages
No outside food or beverage allowed, other than cake.

To check availability please stop by RiverChase or call 636-343-0067.
Full payment is due at the time of reservation.

Olde Towne Fenton Farmers Market

Now in its 4th year, Olde Towne Fenton Farmers Market, presented by SSM Health St. Clare Hospital, Renewal by Andersen, Alliance Credit Union and Neighbors Credit Union, will feature vendors showcasing items such as fresh produce, prepared food, arts/crafts and more! The Market, located at 200 Gravois Rd., will be open **every Saturday through October 22, 8:00 a.m. - 1:00 p.m.**

Teddy Bear Sleep Over (Ages 3-5)

Preschoolers, join us for an evening with your favorite special friend as we celebrate National Teddy Bear Day! Bring your special friend and come in your pajamas, as we have a snack, read a teddy bear story, and have some fun. Your special friend will get to spend the night, and we will take pictures of all the mischievous fun they have that will go in your very own story book! Your special friend will be ready for pick up after 4:00 p.m. on Saturday. Pre-registration required. **Registration deadline, Tuesday, September 6th.**

Friday, September 9th, 6:00 p.m

Fee: \$10 per teddy bear/participant



9/11 Observance

Please join us for this special ceremony at the Heroes Memorial in Fenton City Park to ensure "We Shall Never Forget" this day in history. * Lawn chairs recommended

Sunday, September 11, 1:00 p.m.



Girls Night Out/Date Night

Need a FREE, laid back girls night, date night or movie night with the family? Join us for *Pitch Perfect 2* on the BIG SCREEN **outside on the lawn at RiverChase**. Bring your own refreshments but please no glass bottles. Bring your own lawn chairs and blankets. Admission is FREE and **the movie will start at approximately 8:00 p.m.**

Saturday, September 17

Fenton Family Bike Fest

We are celebrating National Health and Family Fitness Day with a family bike ride. Join in on the fun and enjoy a leisure ride around Fenton City Park and along the Meramec River. Two bike routes will be available: 3 or 8 mile rides. Ride solo or bring family and friends! There will also be community vendors: Olde Towne Fenton Cyclery, Great Rivers Greenway, SSM Cardinal Glennon Sports Care, Menchie's Frozen Yogurt and more! Music and free giveaways to the first 75 people registered. Start and finish at Olde Towne Fenton Pavilion (200 Gravois Rd.). This is a free event but registration is required. *Helmets are required. Sponsored by: Renewal By Andersen and Neighbors Credit Union.

Sunday, September 25, 12:00 p.m - 3:00 p.m.



Harvest Jam

Celebrate October with German cuisine, dancing and music! The Backstreet Cruisers are back for the night of good old Rock 'n Roll from the 50's & 60's! Featuring excellent cover songs of such musical greats as Chuck Berry, Buddy Holly, and many more. This feel good music is guaranteed to put a smile on your face. Pre-registration required. Sponsored by: Delmar Gardens of Meramec Valley.

Friday, October 21, 5:30 p.m. - 8:30 p.m.

Held in the River Rooms at RiverChase

Fee: \$15.00 per person

Techno Trunk or Treat

Come Trick or Treat with us at our 4th annual Trunk or Treat! The Techno Bubble Bus will light up the night with glowing black light bubbles. Treats will be provided by community businesses. Kids will be able to interact with favorite trucks such as fire, police and ambulance. Enjoy music, Sammy J. Balloon Creations, food trucks and more! Sponsored by SSM Health St. Clare Health Center, Alliance Credit Union, Neighbors Credit Union and Renewal by Andersen.

Businesses are encouraged to participate by decorating a trunk and handing out treats. Please contact Kate Buemi at (636) 343-0076 to register your vehicle. Event held at **Fenton City Park- Main Pavilion**.

Saturday, October 22, 6:30 p.m. - 8:30 p.m.

Fee: \$4 per ticket. Adults free.

SPECIAL EVENTS

Holiday Craft Fair/Boutique

'Tis the season to be merry. Vendors have specialized, handcrafted and unique gifts. Purchase that special gift or treat yourself this holiday season.

Saturday, November 12, 10:00 am. - 4:00 p.m.
Saturday, December 17, 10:00 a.m. - 4:00 p.m.

Fee: 6X3 table- \$25.00-Resident and Members
\$30.00 Non-Members

Supper with Santa

Join us for an evening with your favorite man in the red suit! Come in your pajamas, bring your wish list, and take a picture with Santa after dinner! We will have pizza, refreshments, and more! Parents remember to bring your cameras so you can capture this keepsake memory! Space is limited, and pre-registration is required! **Registration deadline December 6th!!**

Friday, December 9, 6:00 p.m. - 7:30 p.m.

Fee: \$5.00 per registrant
Kids 1 year and under are free



Santa Letters

Pick up a blank "Letter to Santa" sheet from the front desk starting November 7, or make sure to include your Christmas List in your own letter. Santa will send a personalized letter back, but make sure to include your return address! Please send letters between November 28 and December 14 so that Santa has enough time to write back. You can drop off your letter at our Santa mailbox, or mail them to:

Santa Claus
C/O Riverchase
990 Horan
Fenton, MO
63026



Noon Year's Eve (Ages 3-5)

Preschoolers, midnight is just too late for us to stay up, so join us for our very own Noon Year's Eve party! We will have story time, snacks, make our own party kit, and even have our own countdown! We will celebrate the new year early, but it will be just as fun!

Saturday, December 31, 11:00 a.m.

Fee: \$10.00 per child (Parents free)

"Thank You To Our Special Event Sponsors"

SSM Health St. Clare Hospital, Renewal by Andersen and Neighbors Credit Union, Alliance Credit Union, Delmar Gardens of Meramec Valley.



About Our Pools

RiverChase has three swimming pools, two seasonal outdoor and one indoor, which allows us to offer aquatic programming throughout the year. There are large slides and smaller water playgrounds for children at both the indoor and outdoor pools. Certified lifeguards are always on duty.

Important Pool Reminders

- Children must be at least 48 inches tall to use the large slides.
- Swimwear having zippers, rivets or buckles will not be permitted to use the slides. They damage the slide.
- FOR YOUR SAFETY - Watches, necklaces and other jewelry cannot be worn in the pool areas.
- No outside food, beverages or coolers allowed
- FOR THE HEALTH OF ALL SWIMMERS - ALL toddlers must wear a swim diaper along with a swim suit.

SWIMMERS MUST WEAR PROPER SWIMWEAR. ONLY SWIMSUITS WITH LINERS! NO GYM/BASKETBALL SHORTS, CUTOFFS, SPORTS BRAS, ETC. WILL BE ALLOWED

Inclement Weather Policy

If all pools are closed continuously for at least one hour, for any reason, within two hours of your arrival time, you may exchange your wristband for a rain check. Rain checks must be used within 30 calendar days.

Fall/Winter Open Swim Hours

Monday / Wednesday / Friday	3:30 p.m.-8:00 p.m.
Tuesday/Thursday	6:00 p.m.-8:00 p.m.
Saturday	12:00 p.m.-6:30 p.m.
Sunday	12:00 p.m.-5:30 p.m.

Fall/Winter Lap Swim Hours

(At least one lap lane will be open at these times)

Monday- Friday	5:30 a.m.-8:00 p.m.
Saturday	8:00 a.m.-6:30 p.m.
Sunday	10:00 a.m.-5:30 p.m.

Fall/Winter Spa Hours

Monday- Friday	5:30 a.m.-8:00 p.m.
Saturday	8:00 a.m.-6:30 p.m.
Sunday	10:00 a.m.-5:30 p.m.

Aquatics Special Events

Fourth Annual Doggie Dunk

Join RiverChase as we have a night of fun with our furry friends at the 4th Annual Doggie Dunk! Enjoy an evening of swimming and entertainment. **Proof of updated vaccinations, DHLPP and rabies required before entering the pool.** This year's event is sponsored by Olde Towne Fenton Pet Hospital and is held rain or shine (thunder/lightning cause of cancel).

Tuesday, September 6, 4:00-5:45 p.m OR 6:15-8:00 p.m.
(You will not be able to enter until designated times)

Fee: \$10 per dog and handler
\$7 for a second dog
\$3 per additional human



School's Out Open Swim

Are you looking for something fun to do on early dismissal days and days off from school? The indoor pool will open at Noon on the following days to provide lots of fun and excitement. Day fees apply to those without a membership.

September 15
October 13, 31
November 8, 17, 23, 25
December 8, 22, 23, 26-30

Playtime in the Pool

September 6 through May 25, bring your little one to RiverChase on Tuesday and Thursday mornings for Playtime in the Pool, where the indoor kid's area will be available for parents and little ones to play (the big slide will not be open)

Tuesdays and Thursdays, 10:00 a.m. - 12:00 p.m.

Fee: \$4.00 per child (Resident, Members & Non Members) - Adults are FREE

AQUATICS

Swim Lessons

Level I: Introduction to Water Skills (ages 3-5)
Students become comfortable in the water, getting their faces wet and jumping in with assistance, as well as basic safety rules.

Level II: Swimming Fundamentals (ages 4-8)
Students learn the fundamentals of floating, basic arm and leg movements for the crawl stroke and jumping in unassisted.

Level III: Stroke Development
Students build on the skills of Level 2 while learning to combine arm, leg and rotary breathing of the crawl as well as the arm and leg movements of the backstroke.

Level IV: Stroke Improvement
Students work to improve their endurance using the crawl stroke, backstroke and treading water as well as an intro to the breaststroke.

Level V: Stroke Refinement
Students refine the crawl stroke and backstroke, continue instruction on the breaststroke and learn the butterfly.

Tuesday Evenings (5 weeks)
5:00 p.m. / 5:30 p.m. / 6:00 p.m.

Session I August 30 - September 27
Session II October 11 - November 8
Session III November 22 - December 20

Thursday Evenings (5 weeks)
5:00 p.m. / 5:30 p.m. / 6:00 p.m.
Session I September 1 - September 29
Session II October 13 - November 10
Session III *December 1 - December 22 (4 weeks)

Saturday Mornings (5 weeks)
9:30 a.m. / 10:00 a.m. / 10:30 a.m.
Session I September 3 - October 1
Session II October 15 - November 12
Session III *November 26 -December 17
(4 week session)
Fee: \$40 / *\$32 - Residents and Members
\$45 / *\$37 - Non-Members

Private Swim Lessons

Private and semi-private lessons are available. Times and instructors can be scheduled to fit your needs. By appointment only. Lessons are 30 minutes. Prices vary by instructor.

Parent/Tot Swim Classes

This is an interactive swim class between parent and child ages six months to two years.

Saturday Mornings (5 weeks)
11:00 a.m. - 11:30 a.m.
Session I September 3- October 1
Session II October 15- November 12
Session III * November 26- December 17
(4 week session)
Fee: \$40/*\$32 - Residents and Members
\$45/*\$37 - Non-Members

Competitive Stroke Clinic

This 45 minute class focuses on technique and stroke definition for competitive swimmers.

Wednesdays (5 weeks)
6:00 p.m. - 6:45 p.m.
Session I August 31- September 28
Session II October 12- November 9
Session III November 23- December 21

Saturdays (5 weeks)
11:00 a.m. - 11:45 a.m.
Session I September 3- October 1
Session II October 15- November 12
Session III * November 26- December 17 (4 weeks)
Fee: \$45/*\$37 - Residents and Members
\$50/*\$27 - Non-Members

Tri Swim Class

Coach Sally Drake will take swimmers through drills and an interval workout. Classes will focus on endurance, speed and efficiency. This class is appropriate for fitness swimmers, triathletes and master swimmers.

Friday Mornings, 5:45 a.m. - 6:45 a.m.
Session I September 16- October 21
Session II October 28 - December 2 (no class 11/25)
Session III December 9- January 13
Fee: \$30 /*\$25 - Residents and Members
\$35/*\$30 - Non-Members
\$6- Daily drop in pass

*** Classes missed due to personal conflicts cannot be made up.**

Water Aerobics

To participate in any Water Aerobics Class, a Flex Pass or Daily Water Aerobics pass must be purchased (even if you are a Member or Value Card Holder).

8 Punch Flex Pass: \$50.96 - Residents and Members / \$56 - Non-Members

16 Punch Flex Pass: \$89.92 - Residents and Members / \$100 - Non-Members

32 Punch Flex Pass: \$174.72 - Residents and Members / \$189.76 - Non-Members

Daily Pass: \$8

All Flex Passes expire 120 days from purchase date

*Schedule is subject to change without notice at the Supervisor's discretion.

Water Aerobics Class Schedule				
Monday	9:00 - 9:55 a.m. Aquacise	10:00 - 10:55 a.m. Aquacise	11:00 - 11:55 a.m. Water Pilates	7:10 - 7:55 p.m. Aqua Zumba
Tuesday				6:00 - 7:00 p.m. Total Body Workout
Wednesday	9:00 - 9:55 a.m. Aquacise	10:00 - 10:55 a.m. Aquacise		7:10 - 7:55 p.m. Aqua Zumba
Thursday				6:00 - 7:00 p.m. Total Body Workout
Friday	9:00 - 9:55 a.m. Aquacise	10:00 - 10:55 a.m. Aquacise	11:00 - 11:55 a.m. Water Pilates	
Saturday	8:30 - 9:25 a.m. Total Body Workout			

Water Pilates

Pilates is a mind/body fitness regiment addressing core muscles of the body. Focus is on posture, flexibility, breathing improvement, energy enhancement and a sense of well-being.

Aquacise

Join us for this moderate level water exercise class that will focus on cardiovascular fitness and muscle conditioning using noodles and water weights.

Total Body Workout

Looking for a fun workout that doesn't put strain on your body? Join us as we pump through a moderate to fast paced workout to improve your cardiovascular strength and muscle tone.

Aqua Zumba

Ditch the machines and steps. Participate in this popular, 45-minute Caribbean water workout. Water shoes are recommended.

YOUTH PROGRAMS

Jump Start Basketball (3-5 Years Old)

Young athletes will learn basic skills to help develop coordination and other skills necessary to play basketball. This class heavily relies on parental involvement & a parent or other adult is required to attend. Will meet Saturday mornings for 45 minutes.

December 3, 10, 17
9:00 a.m. - 9:45 a.m.

Fee: \$20 - Residents and Members
\$30 - Non-Members



Beginner's Basketball (6-10 Years Old)

This clinic is designed for beginners entering our 2016 Basketball League. This class will teach participants the fundamentals that will help them progress through our league. Will meet Saturday mornings for 45 minutes.

December 3, 10, 17
10:00 a.m. - 10:45 a.m.

Fee: \$20 - Residents and Members
\$30 - Non-Members

Youth Basketball League

This (6) six game recreational league is designed to teach participants the fundamentals of the game of basketball. Participants will receive a numbered uniform and trophy. Practices will be held on Friday evenings and Sunday afternoons at RiverChase.

League begins January 7
Deadline to register is December 23

Fee: \$50 - Residents and Members
\$60 - Non-Members

Youth Dance (ages 3-9)

Get out the tutu, it's time for Sandy Book's Dance Class! Classes teach a variety of techniques. Sign up early, class is limited.

Saturdays - September 17 - December 17

Pre-school Dance - Ballet & Tap (ages 3-5)
11:00 a.m. - 11:45 a.m. or 2:00 p.m. - 2:45 p.m.

Ballet, Tap and Jazz (ages 4-5)
11-45 a.m.- 12:30 p.m.

Ballet, Tap and Jazz (ages 6-7)
12:30 p.m.-1:15 p.m.

Ballet, Tap and Jazz (ages 8 & 9)
1:15 p.m.- 2:00 p.m.

Fee: \$68.00 Residents and Member
\$74.00 Non-Members



Tumbling Fun 101

Five levels are offered within the Tumbling Fun 101 Program. Our tumbling classes are set up to help introduce children to the fundamentals of gymnastics and help them discover their interest in the sport. We recommend a leotard, but they are not required.

Wednesdays

Introduction (*suggested ages 3-4*)

5:30 p.m. - 6:00 p.m.

For students who have never taken a tumbling class before. Listening, following directions, basic body positioning, running and jumping mechanics on the vault are stressed.

Beginner I (*suggested ages 4-5*)

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

For those students who have taken our Introduction class or a prior tumbling class. Learn some of the basic skills such as forward/backward roll on the floor, basic swings on the bars and front/back/side walk on the beam while also building on skills learned in "Introduction."

Beginner 2 (*based on skill level*)

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

Designed for older students who have never taken a tumbling class or have not taken one for six months. Students will work on mastering skills such as the forward/backward roll on the floor, tuck jump, bridge, hurdle and forward roll on the vault, moving low beam skills of forward/backward walk, sideways walk to the high beam, glide swing bar, forward roll out and casting on the bars and more.

Advanced Beginner (*based on skill level*)

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

For the student who has mastered the Beginner skills. Students build on progressive moves taught in Beginner 2. New skills such as handstand forward roll, round-off on the floor, dive rolls on the vault, jumps on the beam and back-hip circle on the bars will be introduced.

Intermediate (*based on skill level*)

7:30 p.m. - 8:00 p.m.

For the student who can perform the following:
 Floor: handstand hold for two seconds, cartwheel left and right, plus back extension roll.
 Bars: pullover, back-hip circle, stride circle.
 Beam: forward roll, cartwheel and handstand.

Session I September 14 - October 26

Session II November 2- December 14

Fee: \$50 - Residents and Members
 \$55 - Non-Members

Holi-Day Camp

Join us for two separate weeks of Holiday fun this winter break. Campers will participate in all things holiday with crafts, games, and activities throughout the day. Campers will even get to swim in our indoor pool in the afternoons! Spots are limited.

Registration deadline is 9:00 p.m., the Wednesday prior to each week. All registrations after will be charged a late fee of \$20.00.

Week 1: December 19 - December 23

Week 2: December 26 - December 30

Fee: \$110.00 Residents or Members
 \$125 Non-Members
 (prices per week only)

Pre and Post Camp: Before and after camp care is available. Pricing is per week only.

Pre Camp

7:00 a.m. to 9:00 a.m.

Fee: \$25.00 Residents and Members
 \$30.00 Non-Members

Post Camp

3:00 p.m. to 5:30 p.m.

Fee: \$29.00 Residents and Members
 \$33.00 Non-Members



ADULT SPORTS

Mens and Coed Softball

Come join us for our last session of softball leagues played at Fenton City Park. Please e-mail Adam Bode at abode@fentonmo.org for tentative start dates of the fall leagues. All rules and fees can be found online at www.fentonmo.org. We offer competitive and recreational leagues. Must be 18 years or older to participate in leagues.



Drop In Pickleball

Come play one of the fastest sports in America at RiverChase! Open play is Monday-Thursday in the west gym. Drop in fee is \$3.00 per day. Paddles and balls will be provided but are limited.

Start date: Week of October 19th

End date: May 1st

Time: 8 a.m.-10 a.m. (Beginner)
10 a.m.- 2p.m. (Advanced)



Adult Coed Volleyball

Our volleyball leagues are played at RiverChase on hard wood floors in the east and west gymnasiums. Recreational leagues are Monday, Tuesday and Friday. Competitive league will be played on Thursdays. League is (7) seven games plus playoffs. Top (4) four teams make the playoffs. Space is limited, get signed up early!

Session I Week of October 5

Session II Week of December 14

Fee: \$150 per team, per session



All Sports Rainout Hotline - 636-349-2223 x 5

Beginners Fitness Yoga

Flexibility, strength, balance and body awareness are all areas of fitness that can be improved by adopting a regular yoga routine. Please bring your own mat.
Instructor: Matronia

Thursdays, 6:30 p.m. - 7:30 p.m.

Session I September 8 - October 13

Session II October 27- December 8

(no class Nov. 24)

Fee: \$34 - Residents and Members
\$41- Non-Members

High Intensity Circuit Training

Complete your cardio and strength training in just 30-minutes. Class utilizes 30-45 second interval stations. *Instructor: Matronia*

Tuesdays, 6:30 p.m. - 7:00 p.m.

Session I September 6 - October 11

Session II October 25 - December 13 (8 weeks)

Fee: Session I \$25 - Residents and Members
\$30 - Non-Members

Fee: SessionII \$33 - Residents and Members
\$40 - Non-Members

Zumba and Zumba Gold

Zumba is 55-minutes of Latin rhythms and international dance steps that result in a vigorous and popular workout. Zumba Gold is a similar class with lower intensity. *Zumba Gold Instructor: Gonzales*
Zumba Instructor: Sanderlin & Ordonez-Webb

Tuesdays or Thursdays

Zumba Gold 6:00 p.m. - 6:55 p.m.

Zumba 7:30 p.m. - 8:25 p.m.

Tuesday

Thursday

Session I Sept 13 - Nov. 1 Sept 15 - Nov 3

Session II Nov. 15- Dec 20 *Nov. 17 - Dec. 22

Fee: Session I \$40 - Residents and Members
\$43 - Non-Members

Fee: Session II \$30, *\$25 Residents and Members
\$32, *\$27 - Non-Members

Strength and Conditioning Boot Camp

Each class has a focus on the following areas: strength, endurance, nutrition education, flexibility and cardiovascular fitness. *Instructor: Ell*

Saturdays, 9:30 - 10:30 a.m.

Session I September 17-October 22

Session II November 5 - December 17

(no class 11/26)

Fee: \$32- Residents and Members
\$38 - Non-Members

Kid Fitness Orientation Class

This is a mandatory class for youth, ages 12-15, who want to use the fitness center. All participants must have one parent/guardian attend.

Mondays, 6:00 p.m. - 7:00 p.m.

Sept. 12 Oct. 10 Nov. 14 Dec. 12

Fee: \$12 - Residents and Members
\$14 - Non-Members

Group Cycling

This is a cardiovascular training activity on stationary bikes using visualization and variable intensity.

Instructors: Matronia and Ell

Mondays, 9:00 a.m. - 9:45 a.m.

Session I Sept. 5 - Oct. 10 (6 weeks)

Session II Oct. 24 - Dec 12 (8 weeks)

Wednesdays, 9:00 a.m. - 9:45 a.m.

Session I September 7- Oct.12 (6 weeks)

Session II October 26 - Dec. 14 (8 weeks)

Fee: Session I \$39 - Residents and members
\$47 - Non-Members

Fee: Session II \$52- Residents and Members
\$63 - Non-Members

(No class 9/5, class will be made up)

Land Aerobics

To participate in Land Aerobics classes a Session Card or Daily Aerobics Pass must be purchased.

Session Card Dates August 29-December 16

*All session cards expire December 23

Fee: \$100 - Residents and Members
\$125 - Non-Members

Classes offered:

Cardio, Contour & More - M/W/F, 5:35 - 6:30 a.m.

Circuit Training - M/W/F, 8:00 a.m. - 8:55 a.m.

Core and Stretch - T, TH 8:00 a.m. - 8:55 a.m.

Cardio Circuit - M, 6:00 p.m. - 6:55 p.m.

Step and Sculpt - T, TH 5:30 p.m. - 6:25 p.m.

Please pick up Land Aerobics flyer at RiverChase or visit www.fentonmo.org/parks for class descriptions.

Pound

Full body, cardio jam session, combining light resistance with constant simulated drumming, through continual upper body motion using lightly weighted drumsticks, Ripstix. *Instructor: Ordonez-Webb*

Wednesdays, 7:00 p.m.-7:45 p.m.

Session I: September 14- November 2

Session II: * November 9- December 21 (7 weeks)

Fee: Session I \$36, *\$30 Residents and Members
\$43, *\$36 Non-Members

FITNESS

Personal Training

Let one of RiverChases' Personal Trainers assist you in meeting your health and fitness goals. Sessions are 30-minutes and by appointment only (*times vary per trainer*). First time appointments will be a fitness assessment.

Milli Matronia - ACE Personal Trainer
Shanika Ell - NCCPT Personal Trainer

Intro to Personal Training

This is a one-hour introduction to personal training and how to use the fitness equipment. RiverChase Personal Trainers will help you feel more comfortable in the fitness area (*must be 16+ years old*).

Fee: **\$40 - Single person / \$60 - Two people**

Single Client Packages

First time client package of 3 sessions for \$66

Packages

1 Session	\$28 (<i>returning clients only</i>)
3 Pack	\$84
6 Pack	\$150
12 Pack	\$285
20 Pack	\$425 (<i>best value</i>)

Tae Kwon Do

Class meets on **Tuesdays and Thursdays**. A uniform is required. Please visit www.stltkd.com for more information.

Session I	Sept. 13 - Oct. 6
Session II	Oct. 11- Nov. 3
Session III	*Nov. 8 - Dec. 1st (no class 11/8 & 11/24)
Session IV	Dec. 6 - Dec. 29

Beginner (white/yellow belts) **6:00 - 6:45 p.m.**
Intermediate/Advanced (green+) **6:45 - 7:30 p.m.**
Fee: \$32 / *\$24 Residents and Members
\$35 / *\$26 - Non- Members

Adult (over 15 years old) **7:30 - 8:45 p.m.**
Fee: \$43 / *\$35 - Residents and Members
\$47 / *\$35 - Non-Members

Advanced Combat Fitness

Class consists of a high energy workout combining cardio, strength training and flexibility.

Saturdays, 9:00 a.m. - 10:00 a.m.

Session I	Sept. 17- Oct. 8
Session II	Oct. 15 - Nov. 5
Session III	Nov 12- Dec. 3
Session IV	*Dec. 10 - Dec.17 (no class 12/24 & 12/31)

Fee: \$26 / *\$13 - Residents and Members
\$29 / *\$15 - Non-Members

Small Group Training (groups of 2-4 people)

First time client package of 3 sessions for \$61
*Each group member pays the package price.

Packages

1 Session	\$24 (<i>returning clients only</i>)
3 Pack	\$71
6 Pack	\$138
12 Pack	\$268
20 Pack	\$420 (<i>best value</i>)

Adult Ki Aikido

Focus is on the unification of mind and body. Class meets three times per week.

Mondays and Thursdays, 6:30 p.m. - 8:00 p.m.
Saturdays, 10:30 a.m. - 12:00 p.m.

Session I	Sept. 12 - Oct. 8
Session II	*Oct. 10- Nov. 5 (<i>no class 10/31</i>)
Session III	*Nov. 7 - Dec. 3 (<i>no class 11/24</i>)
Session IV	**Dec. 5 - Dec. 24 (<i>no class on 12/24</i>)

Fee: \$42 / *\$38 / **\$28 - Residents and Members
\$46 / *\$42 / ** \$31 - Non-Members

Advanced Tae Kwon Do Package

Class encompasses both Tae Kwon Do and Advanced Combat Fitness. This is an advanced class which requires at least a red belt to enroll. Class meets three times per week.

Tuesdays and Thursdays, 7:30 p.m. - 8:45 p.m.
Saturdays, 9:00 a.m. - 10:00 a.m.

Session I	Sept. 13 - Oct. 8
Session II	Oct. 11 - Nov. 5
Session III	*Nov. 8 - Dec. 3 (<i>no class 11/8 & 11/24</i>)
Session IV	**Dec. 6 - Dec. 31 (<i>no class 12/24, 12/31</i>)

Fee: \$59 / *\$45 / **\$46 - Residents and Members
\$65 / *\$54 / **\$56 - Non-Members

Harvest Jam

Celebrate October with German cuisine, dancing and music! The Backstreet Cruisers are back for a night of good old Rock 'n Roll from the 50's and 60's! Featuring excellent cover songs of such musical greats as Chuck Berry, Buddy Holly, Johnny Cash, The Beatles, Elvis and many more of your favorites! This is feel-good music that is guaranteed to put a smile on your face and make you feel like a teenager again no matter what your age.

Friday, October 21, 5:30 p.m. - 8:30 p.m.
 Fee: \$15 per person



Senior Trips

Join us as we hit the top destinations in St. Louis! Make friends, learn new things and have fun! The Senior Trip newsletter can be found at RiverChase or online at www.fentonmo.org/parks. Please contact Kate Buemi at 636-343-0067 for more information.

Senior Lunch and Bingo (Age 55+)

On the **2nd Wednesday of each month**, seniors are invited to join us for bingo followed by lunch, prepared and served by RiverChase staff. Special thanks to our sponsor, Delmar Gardens of Meramec Valley. **You must register by the Sunday prior to the scheduled dates.** No cancellations or refunds after that Sunday.

Oct. 12	10:30 a.m.	Polish Sausage/Kraut
Nov. 9	10:30 a.m.	Turkey w/Fixings
Dec. 14	10:30 a.m.	Ham

Fee: \$6.50 per person

Senior Exercise

This is a FREE, low impact exercise class that helps you stay healthy and active. Instructed by a group of volunteer seniors. Exercises consist of using chairs, dowel rods and extra large rubber bands.

Tuesdays and Thursdays, 10:30 a.m.- 11:30 a.m.

Senior Indoor Track Walking

FREE to seniors who are ages 55+. All walkers must check in at the front desk. The fitness center is not available to walkers.

Tuesdays and Thursdays, 9:00 a.m. - 12:00 p.m.

Senior Volleyball

This is a recreational volleyball league (*no referees*) that runs for 17 weeks at RiverChase.

Fridays, 10:00 a.m. - 12:00 p.m.

Session 1 Sept. 2 to Dec. 23

Fee: \$20 - Residents and Members
 \$25 - Non-Members

**Prices are per session. We cannot prorate prices.*

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and SilverSneakers exercise balls are offered for resistance. SilverSneakers members need to swipe their card at the front desk and a staff member will issue a ticket for you to give to the instructor.

Tuesdays and Thursdays, 10:30 a.m.- 11:30 a.m.

SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Mondays, 10:30 a.m.- 11:30 a.m.
Starts September 12



Fenton Parks and Recreation
RiverChase of Fenton
990 Horan Drive
Fenton, Missouri 63026

IMPORTANT REGISTRATION DATES

Residents/Members

Registration Opens - August 22, 2016

Non-Residents/Non-Members

Registration Opens - August 29, 2016

All Fenton Parks and Recreation programs require pre-registration. You may register in person at RiverChase or by calling 636-343-0067. All registrations require full payment. Cash, check and Visa, Mastercard or Discover accepted.

Keep Up With Us Online

Get the latest Parks and Recreation/RiverChase updates, cancellations, program information and photos. Use **#FentonParks** to share your pictures with us.



www.fentonmo.org/parks

Dear Friends and Neighbors,

It is hard to believe that we are entering the last quarter of the year. That means it has already been nearly a year since the historic flood. The good news is that the flood's dramatic damage to our parks and trails has been cleared, and the restoration is nearly complete. They will all be restored to pre-flood condition or better!

What a great time, then, to take a fall stroll down one (or more) of our many Fenton Trails! It is a beautiful walk any time of the year, but especially during the fall as the leaves change.

Also, please remember that the Olde Towne Fenton Farmers Market, now in its fourth year, will be open every Saturday (rain or shine) through Saturday, October 22. The market is open 8 a.m. through 1 p.m. each Saturday. It is a great place to get a variety of local food and other items. It is located at the Olde Towne Pavilion, 200 Gravois Road (at the corner of Gravois and Old 141).

As the weather chills and Daylight Savings Time leaves again on Sunday, November 6, most will be looking indoors to continue their fitness and health-driven pursuits. My advice? Keep your newly delivered copy of *The Beacon* handy! Fenton Parks and Recreation and RiverChase have many fun classes and programs this fall for individuals and families.

Consider a gift of membership to RiverChase for family and friends for the holiday season. There are many categories (resident/community/regular as well as age groups) and also one time payment and direct debit options. Membership includes many perks including free childcare, lower rates and early enrollment to classes and programs, and others! See the Membership/Fees page in this issue for additional information.

Proud to represent Fenton,

Mayor Mike