

The Beacon

Winter/Spring
2017

**Your guide
to all things
swimming, sports,
events, & more
in Fenton!**



**Fenton Parks
and Recreation**

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 Holiday Hours

Dec 24th - Christmas Eve	8:00 a.m. - 12:00 p.m.
Dec 25th - Christmas Day	CLOSED
Dec 31st - New Years Eve	8:00 a.m. - 12:00 p.m.
Jan 1st - New Years Day	12:00 p.m. - 5:00 p.m.
Open Swim	12:00 p.m.-4:30 p.m.
Jan 16th - MLK Day	5:30 a.m. - 9:00 p.m.
Open Swim	12:00 p.m. - 8:00 p.m.
Feb 20th - President's Day	5:30 a.m. - 9:00 p.m.
Open Swim	12:00 p.m. - 8:00 p.m.
April 16th - Easter	CLOSED

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.

Hours

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

Accessibility



We welcome people of all abilities to participate in our programs. If you or someone you know needs assistance in order to successfully participate, please let us know at the time of registration or at least 2 weeks prior to the activity starting. If you have any questions, please email Mary C. Furfaro, our Coordinator of Inclusive Services, at mfurfaro@fentonmo.org

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Registration Opens

Members & Residents
December 12, 2016

Non-Members & Non-Residents
December 19, 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
Sr. 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, 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

Fenton Residents and RiverChase Members may begin reserving shelters for 2017 on January 2. All others on March 6.

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

* *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 - Residents/Members

\$250 - Non-Members

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

Premium Splash Bash

\$200 - Residents/Members

\$210 - Non-Members

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

Basic Splash Bash

\$160 - Residents/Members

\$170 - Non-Members

- 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.

Jungle Room

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

Shark Tank Room

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

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

***Full payment is due at the time of reservation**

Grand Adventure in the 100-Acre Woods

Preschoolers, ages 3-5, join us for a “beary” special celebration of our favorite hunny-loving bear! Today is Winnie the Pooh Bear’s Day, and we will be celebrating with a snack, craft, story time and more! Pre-registration is required.

Wednesday, January 18, 10:30 a.m.

Fee: \$10 per child (adults are free)

Daddy Daughter Dance

Create memories that will last a lifetime. Dads (and father figures) and their daughters are invited to put on their dancing shoes! This special night will include a DJ, dancing, photos, crafts, appetizers and more. There will also be a special visit from a princess!

Friday, February 3, 6:30 - 8:30 p.m.

Fee: \$25 per couple
\$14 per additional child

Fairytale Friday

Preschoolers, ages 3-5, join us for an evening of adventure as we enter the world of fairytales! We will have a snack, craft, activities, and of course, fairytales! We may even have a special visit from some of our favorite fairytale characters!

Friday, February 17, 6:00 p.m.

Fee: \$10 per child (adults are free)

Community Indoor Garage Sale

Calling all bargain hunters and collectors! Register to be a part of the largest sale of the year at RiverChase! Reserve a 6ft x 3ft table and sell anything from toys to crafts. Reserve more than one table and sell more! This event is FREE and open to the public to attend. Food items will not be permitted. **RiverChase reserves the right to refuse any item deemed inappropriate for sale.*

Saturday, February 25, 9:00 a.m. - 1 p.m.

Fee: \$19 per table - Residents/Members
\$22 per table - Non-Members

Fenton Pokerfest 5K Run/Walk

This 5K Pokerfest Run/Walk, sponsored by Sport Clips and Seibert Agency LTD, is a fun, non-competitive event. Each participant will receive one playing card at check in, at each “K”, and at the finish line to complete a full poker hand (no trading cards). The participant with the best poker hand will be the grand prize winner. **Winner will receive a one night stay at River City Casino along with a \$50 voucher to use at any River City Casino Restaurant.** 1st, 2nd, and 3rd overall male and female finishers will be recognized but there will be no official timing. Snacks and drinks will be available after the race.

You must be registered by February 10th to be guaranteed a race t-shirt. All registration closes on February 16th.

Register online at www.fleetfeetstlouis.com

Saturday, February 18

Check-In starts at 9:00 a.m.
Race starts at 10:00 a.m.

Fee: \$25 per person



SPECIAL EVENTS

Spring Fling Craft Fair

Reserve a table for our first ever Spring Craft Fair! If you are not looking to be a vendor, come out and see all of the wonderful items our vendors will be selling. Admission is free!

Saturday, March 18, 9:00 a.m. - 4:00 p.m.

Fee: 6ft x 3ft table - \$25 Residents/Members
\$30 - Non-Members

Easter Egg Hunt

Head out for a HOPPIN' good time with the Easter Bunny and his furry friends at our annual Easter Egg Hunt at Fenton City Park! Kids will be divided into age groups. Participants will get to enjoy a petting zoo, crafts, music, face painting, and free popcorn and refreshments. Tickets are required and can be purchased at RiverChase or the day of the event. But, if you purchase in advance at RiverChase, you get a discounted price! Don't miss out on the eggciting event!

Saturday, April 15, 11:00 a.m.

TICKET SALES STOP AT 10:45 A.M. THE DAY OF THE EVENT

Fee: In-Advance: \$5 - Residents/Members
\$6 - Non-Members

Day of Event: \$7 - Everyone

(Adults and children 2 and under are free)



Here's to Planet Earth!

Preschoolers, ages 3 to 5 years old, join us as we learn what it means to have a green thumb this year on Earth Day! Activities, crafts, reading, and a snack will all be provided while we learn about taking care of our planet.

Friday, April 21, 10:30 a.m.

Fee: \$10 per child (adults are free)

Olde Towne Fenton Farmers Market

Become a vendor for the 2017 season! Visit our Facebook page, **Olde Towne Fenton Farmers Market**, or our website www.fentonmo.org/parks to download a vendor application. Please email Kate Buemi at kbuemi@fentonmo.org for more information.

The market will be open from May 6 - October 21



Lending Library

We have started a lending library! Whether you have books to donate or are looking to lend a book, we need your help! For further details, email Angie at ameyer@fentonmo.org

2017 Sponsorship Opportunities Available

Would you like to become more involved in Fenton Parks and Recreation and our local community? We have many opportunities for you to get involved with special events and programs. Please email Kate Buemi at kbuemi@fentonmo.org for more details.



Scan this QR code to go to our Facebook page and find more details on our upcoming events and to stay up-to-date with the latest Fenton news!

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.
- 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.

Regular Pool Hours

Monday / Wednesday / Friday

Lap Swimming 5:30 a.m. - 8:00 p.m.
Open Swim 3:30 p.m. - 8:00 p.m.

Tuesday / Thursday

Lap Swimming 5:30 a.m. - 8:00 p.m.
Open Swim 6:00 p.m. - 8:00 p.m.

Saturday

Lap Swimming 8:00 a.m. - 6:30 p.m.
Open Swim 12:00 p.m. - 6:30 p.m.

Sunday

Lap Swimming 10:00 a.m. - 5:30 p.m.
Open Swim 12:00 p.m. - 5:30 p.m.

Fenton Swim & Dive Team

The Fenton Swim & Dive Team, for ages 6 to 18 years old, is getting ready to splash into our summer league. This league is recreational and competes for fun against other local municipalities, Our goal is to develop sportsmanship & basic skills, but most of all we like to have fun. **2017 Swim & Dive Team Registration Information will be posted early January.** We look forward to having another great summer. If you have any additional questions, please contact Katie Kearbey at kkearbey@fentonmo.org



Playtime in the Pool

Bring your little ones to RiverChase on Tuesday and Thursday mornings until **May 25** for Playtime in the Pool, where the indoor kids' area will be available for parents and tots to play (the big slide will not be open).

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

Fee: \$4 per child (Residents, Members, & Non-Members)
Adults are FREE

School's Out Open Swim

January 2, 3, 13, 16
February 17, 20
March 10, 13-17
April 13, 14
May 4, 25, 26

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

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 their crawl stroke and backstroke, continue their instruction on the breaststroke and learn the butterfly.

Tuesday Evenings (6 weeks)

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

Session I January 3 - February 7

Session II February 21 - March 28

Session III April 11 - May 16

Thursday Evenings (6 weeks)

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

Session I January 5 - February 9

Session II February 23 - March 30

Session III April 13 - May 18

Saturday Mornings (6 weeks)

9:30 a.m. / 10:00 a.m. / 10:30 a.m.

Session I January 7 - February 11

Session II February 25 - April 1

Session III April 15 - May 20

Fee: \$50 - Residents and Members

\$54 - 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.

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

Parent/Tot Swim Classes

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

Saturday Mornings (6 weeks)

11:00 a.m. - 11:30 a.m.

Session I January 7 - February 11

Session II February 25 - April 1

Session III April 15 - May 20

Fee: \$50 - Residents and Members

\$54 - 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 - 6:45 a.m.

Session I January 20 - February 24

Session II March 3 - April 7

Session III April 14 - May 19

Fee: \$30 - Residents and Members

\$35 - Non-Members

\$6 - Daily drop in pass

Competitive Stroke Clinic

Are you looking to improve your stroke technique and racing skills during the off season? This class is designed to focus on technique and stroke definition. The clinic is designed for competitive swimmers, ages 8 to 18, who have been on a swim team before.

NOTE: This is not a substitute for swim lessons

Wednesday Evenings

6:00 p.m. - 6:45 p.m.

Session I January 4 - February 8

Session II February 22 - March 29

Session III April 12 - May 17

Saturday Afternoons

11:00 a.m. - 11:45 a.m.

Session I January 7 - February 11

Session II February 25 - April 1

Session III April 15 - May 20

Fee: \$56 - Residents & Members / \$60 Non-Members

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 regimen 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

T-Ball (ages 3-5)

Have a little one just starting out? Bring them out to our t-ball league on Saturday mornings/afternoons at Fenton City Park. The league is recreational and coed, and will consist of a six-game schedule. Practices will be held once a week, Monday – Friday, between 5:30 p.m. and 6:30 p.m. The day and time is dependent upon the coach. Participants will receive a numbered uniform shirt, hat, award at the end of the season, and one free Cardinals ticket and walk the field at Busch Stadium.

Additional Cardinals tickets may be purchased. All players must be accompanied by an adult in order to participate. Game night will be on a Friday in May

Session I May 6 - July 8
(2 rain out dates included)

Fee: \$65 - Residents and Members
\$75 - Non-Members

Registration Deadline: April 8th

*Parent coaches are needed and will receive a FREE registration credit at the end of the season.

Coach Pitch (ages 6-8)

This recreational, coed league will consist of a six-game schedule held at Fenton City Park on Saturday mornings/afternoons. Practices will be held once a week, Monday - Friday on the coaches desired day and time, between 5:30 p.m. and 6:30 p.m. Participants will receive a numbered uniform shirt, hat, award, one free Cardinals ticket and walk the field at Busch Stadium, and instruction from Ozzie Smith Sports Academy on April 29th at Fenton City Park.

Additional Cardinals tickets may be purchased. All players must be accompanied by an adult in order to participate. Game night will be on a Friday in May

Session I May 6 - July 8
(2 rain out dates included)

Fee: \$70 - Residents and Members
\$80 - Non-Members

Registration Deadline: April 8th

*Parent coaches are needed and will receive a FREE registration credit at the end of the season.

Beginner's Baseball I (ages 3-5)

This 3 week instructional program will include techniques on hitting, fielding and running the bases. Each participant must bring a glove and parent/guardian participation required. This program takes place at Fenton City Park.

April 1st, April 8th, and April 15th

10:00 a.m. - 10:45 a.m.

Fee: \$45 - Residents and Members
\$50 - Non-Members

Beginner's Baseball II (ages 6-8)

This 3 week instructional program will include techniques on hitting, fielding and running the bases. This program is designed to help participants adjust from t-ball to coach pitch. Each participant must bring a glove. This program takes place at Fenton City Park.

April 1st, April 8th, and April 15th

11:00 a.m. - 11:45 a.m.

Fee: \$45 - Residents and Members
\$50 - Non-Members

Girls Volleyball (ages 8-10)

This 5 week league will be held at RiverChase gymnasium on Sunday afternoons. Games will start at 1 p.m. This is a recreational/beginner league and no standings will be kept. This is a game only league with no practices. All participants will receive a uniform shirt.

If you are interested in signing up to be a coach, please contact 636-343-0067. Coaches are always needed and will receive a **free** registration credit at the end of the session.

Registration Deadline: February 11th
League Start: February 25th

Fee: \$40 - Residents and Members
\$45 - 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 - 7:00 p.m.

January 9 February 13 March 13 April 10

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

Tumbling Fun 101

Fenton Parks and Recreation offers 5 levels within our 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. Class will be on Wednesdays.

Introduction (*suggested ages 3-4*)

5:30 - 6:00 p.m.

For students who have never taken a tumbling class before. Listening, following directions, basic body positioning and mechanics are stressed for the floor, vault, beam, and bars.

Beginner I (*suggested ages 4-5*)

6:00 - 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 - 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, tuck jump, and bridge on the floor, hurdle and forward roll on the vault, moving low beam skills of forward/backward walk, sideways walk to the high beam, glide swing, forward roll out and casting on the bars and more.

Advanced Beginner (*based on skill level*)

7:00 - 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 - 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 January 4 - February 8

Session II February 22 - March 29

Session III April 12 - May 17

Fee: \$48 - Residents and Members
 \$53 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 space is limited.

Saturdays, January 14 - April 15

Dance Rehearsal April 28

Dance Recital April 29

Pre-School Dance - Ballet & Tap (ages 3-5)

11:00 a.m. - 11:45 a.m.

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 Residents and Members
 \$74 Non-Members

Spring Break Camp

A week of fun with games, activities, craft time, swimming, and more EVERY day! Limited space.

March 13 - March 17

Fee: \$110 Residents and Members
 \$125 Non-Members

Registration & Camper Information Form

Deadline is March 8th at 9 p.m.

*\$20 late registration fee applies after March 8

Pre and post camp care is available

2017 Summer Camps

The 2017 Summer Camp Brochure will be available by the middle of February! Whether this is your first summer or we are welcoming you back for another year, your camper is sure to be entertained! Registration opens up **Wednesday, March 1st**. And what's even better? We are bringing back our early bird discount month for the entire month of March!

ADULT SPORTS

Adult Softball

Fenton Parks and Recreation offers Men's, Coed and Women's Adult Softball Leagues. Men's and Coed Leagues are offered on Monday, Tuesday, Wednesday, Thursday, Friday and Saturday. Women's League is offered on Wednesday only. League information including dates and fees will be updated on our website at www.fentonmo.org/parks.

All leagues will begin in April

Drop in Pickleball

Take advantage of this \$3 drop in rate to play one of the fastest growing sports in the United States! Pickleball is a sport that is easy to learn and fun to play! Drop in fee does not include use of other RiverChase amenities. Paddles and balls will be provided but are limited. Open play is Monday - Thursday in the west gym until May 1st.

Time: 8:00 a.m. - 10:00 a.m. (Beginner)
10:00 a.m. - 2:00 p.m. (Advanced)



Monday Adult Women's Volleyball

Our volleyball leagues are played at RiverChase on hardwood floors in the east and west gymnasiums. League is on Monday nights and is 7 games plus playoffs. The top 4 teams make the playoffs. Space is limited, get signed up early! Must be 18 years or older to play.

Registration Deadline: January 23
League Start: January 30

Fee: \$150 per team

All Sports Rainout Hotline - 636-349-2223 ext. 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 - 7:30 p.m.

Session I January 5 - February 9

Session II February 23 - March 30

Session III April 13 - May 18

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, 6:15 - 6:45 p.m.

Session I January 3 - February 7

Session II February 21 - March 28

Session III April 11 - May 16

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

Zumba and Zumba Gold

Zumba is 55-minutes of Latin rhythms and International dance steps that result in a vigorous popular workout. Zumba Gold is a similar class with lower intensity.

Zumba Instructors: Ordonez-Webb

Zumba Gold Instructor: Gonzales

Zumba Gold (Tues/Thurs) 6:00 - 6:55 p.m.

Zumba (Thurs) 7:30 - 8:25 p.m.

	<u>Tuesday</u>	<u>Thursday</u>
Session I	Jan 3 - Feb 21	Jan 5 - Feb 23
Session II	March 7 - April 25	March 9 - April 27

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

Strength and Conditioning Boot Camp

Each class has a focus on the following areas: strength, endurance, nutrition education, flexibility and cardiovascular fitness. "Gym equipment" is not utilized, instead exercises use items such as body weight, resistance bands and more.

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

Session I March 4- April 8

Session II April 22 - June 3 (*no class 5/27*)

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

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

Tuesdays, 7:00 - 7:55 p.m.

Session I January 3- February 21

Session II March 7 - April 25

Fee: \$36 - Residents and Members
\$43 - Non-Members

Group Cycling

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

Instructors: Matronia, Byrne, and Ell

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

Session I January 2 - February 6

Session II February 20 - March 27

Session III April 10 - May 15

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

Session I January 4 - February 8

Session II February 22 - March 29

Session III April 12 - May 17

Thursdays, 6:00 - 6:45 p.m.

Session I January 5 - February 9

Session II February 23 - March 30

Session III April 13 - May 18

Fee: \$39 - Residents and Members
\$47 - Non-Members

Land Aerobics

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

Session Card Dates January 2 - April 21

*All session cards expire April 28

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 - 8:55 a.m.

Core and Stretch - T/Th, 7:00 - 7:55 a.m.

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

Step and Sculpt - Th, 5:00 - 5:55 p.m.

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

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)*

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 session for \$66
(first time appointments will be a fitness assessment)

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>

Small Group Training

Groups of 2-4 people. **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>

Tae Kwon Do (ages 6+)

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

Session I	January 3 - January 26
Session II	January 31 - February 23
Session III	February 28 - March 23
Session IV	March 28 - April 20
Session V	April 25 - May 18

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

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

Advanced Combat Fitness

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

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

Session I	January 7 - January 28
Session II	February 4 - February 25
Session III	March 4 - March 25
Session IV	April 1 - April 22
Session V	April 29 - May 20

Fee: \$26 - Residents and Members
\$29 - Non-Members

Adult Ki Aikido (ages 16+)

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

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

Session I	January 2 - January 28
Session II	January 30 - February 25
Session III	February 27 - March 25
Session IV	March 27 - April 22
Session V	April 24 - May 20

Fee: \$42 - Residents and Members
\$46 - 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 - 8:45 p.m.
Saturdays, 9:00 - 10:00 a.m.

Session I	January 3 - January 28
Session II	January 31 - February 25
Session III	February 28 - March 25
Session IV	March 28 - April 22
Session V	April 25 - May 18

Fee: \$59 - Residents and Members
\$65 - Non-Members

Active Lifestyle Fair (seniors 50+)

Come celebrate National Senior Health and Fitness Day at RiverChase! The common goal for this day is to help keep older Americans healthy and fit. This fair will connect you with non-profit organizations, agencies and businesses with the info, services, opportunities and products that seniors want/need. This event is FREE and open to the public.

Highlights:

- Complimentary breakfast items (*while supplies last*)
- Basket raffle
- Free give-a-ways

Interested in being an Active Lifestyle Fair vendor or sponsor? Please contact Andy or Kate at 636-343-0067 or email at either areichert@fentonmo.org or kbuemi@fentonmo.org

Wednesday, May 24, 8:00 a.m. - 12:00 p.m.

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

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.

January 11	10:30 a.m.	Sheppard's Pie
February 8	10:30 a.m.	Breakfast for Lunch
March 8	10:30 a.m.	Corned Beef & Cabbage
April 12	10:30 a.m.	Meatloaf
May 10	10:30 a.m.	Chicken Salad Sandwich

Fee: \$6.50 per person

Senior Spring Social

Kick off the Spring season with the Backstreet Cruisers and a night of music, food, dancing, and fun!

Friday, April 28, 6:00 p.m. - 8:00 p.m.

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 - 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.

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 check in at the front desk and a staff member will issue a ticket for you to give to the instructor.

Tuesdays and Thursdays, 10:30 - 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.

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 I January 7 - April 28

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

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

RIVERCHASE

OF
F E N T O N



FENTON
CITY OF PARKS

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

IMPORTANT REGISTRATION DATES

Residents/Members

Registration Opens - December 12, 2016

Non-Residents/Non-Members

Registration Opens - December 19, 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,

It is hard to imagine as we approach the holiday season that we are also approaching the first anniversary of the historic flood that devastated areas of our great city during Christmas week and into the first days of 2016.

It was a long, difficult process, but the City of Fenton is extremely fortunate that the buildings and green spaces that were impacted have all been restored. What a great time to take a brisk fall walk through the various trails around Fenton City Park and see the restorations. Our City Workers had hard tasks in front of them; but, as usual, they rose to the occasion.

The park and all of our outdoor facilities are up and running to meet your needs and your health goals made with your New Year's Resolutions. Come and join in the Fenton Pokerfest 5K Run/Walk on Saturday, February 18; or the Easter Egg Hunt at Fenton City Park on Saturday, April 15. And you can always organize a team and participate in one of our sports leagues!

If you prefer the indoors, there are numerous classes and programs available inside RiverChase.

For the kids in the family, 2017 offers your favorite preschoolers special events, including meeting their favorite fairytale characters, meeting one certain bear who loves honey, and that very special annual event in which Daddy takes his own little honey to the Daddy Daughter Dance.

RiverChase will have its second Holiday Craft Fair on Saturday, December 17. Come shop for those last minute, unique items for those left on your list – or for yourself. Also, at that time, you can give the gift of fun and health by purchasing individual and/or family memberships at the holiday price of thirteen months for the price of twelve!

There are many other special events and programs lined up for the winter and early spring at RiverChase. I hope you keep this copy of **The Beacon** handy to start planning your own healthy and happy 2017!

Best Wishes,

Mayor Mike