



The Beacon

Winter/Spring 2020

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

**Fenton Parks
and Recreation**

IMPORTANT INFORMATION



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



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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 23 through September 5**

RiverChase Holiday Hours

Dec 24 - Christmas Eve	8:00 a.m. - 12:00 p.m.	
Dec 25 - Christmas Day	Closed	
Dec 31 - New Years Eve	8:00 a.m. - 12:00 p.m.	
Jan 1 - New Years Day	12:00 p.m. - 5:00 p.m.	
	Open Swim	12:00 p.m. - 4:00 p.m.
Jan 20 - MLK Day	5:30 a.m. - 9:00 p.m.	
	Open Swim	12:00 p.m. - 8:00 p.m.
Feb 17 - Presidents' Day	5:30 a.m. - 9:00 p.m.	
	Open Swim	12:00 p.m. - 8:00 p.m.
April 12 - Easter	Closed	
May 25 - Memorial Day	8:00 a.m. - 6:00 p.m.	
	Open Swim	11:00 a.m. - 5:30 p.m.

Registration Opens:

Members & Residents
 December 16, 2019

Non-Members & Non-Residents
 December 23, 2019

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

***Closed for our afternoon/evening hours December 31 and May 25. Open 12:00 p.m. - 4:00 p.m. on January 1.**

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 <small>(only 1 age 55+)</small>	\$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

Value Cards

	*Resident	*Regular
Youth (3-15)	\$40 - 12 Visit	\$70 - 12 Visit
Adult (16-54)	\$50 - 12 Visit	\$80 - 12 Visit
Senior (55+)	\$40 - 12 Visit	\$70 - 12 Visit

Value Cards are a discounted day fee. Value Cards may be used for guest admissions if card holder is present. Value Cards expire 1 year from the purchase date.

Daily Facility Fees

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

MUST SHOW PROOF OF RESIDENCY

*Everyone gets the Resident Rate after 4:00 p.m.

SilverSneakers, Renew Active, 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

To reserve shelters, meeting rooms and birthday parties, please fill out the application at: www.fentonmo.org by clicking on application for events/rentals under Parks & Recreation, or pick up a rental application in person at RiverChase. Applications are accepted on a first-come, first-serve basis & must be completed to begin the process.

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 & Bud Weil Park. All other parks are available to Fenton Residents only. Shelters are available for rental from **April 1-October 31**.

Residents/Members may begin to reserve shelters for 2020 on January 6. All others may begin to reserve shelters for 2020 on March 2. *rental applications will only be accepted starting on the dates stated above.

Fee: Fenton Resident/RC Member	\$40/day/shelter
Fenton Businesses	\$50/day/shelter
All Others	\$75/day/shelter

Field Rentals

A completed field request form is required. Please read field guidelines online 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 parksandrec@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 \$25/hour/room fee applies.

Gymnasium - Limited times available.

Pool - Nights and weekends available.

Lock-Ins - Ideal for proms, graduations, church groups and more. Lock-Ins include the entire facility minus the fitness center.

Contact parksandrec@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
- 40 Capri Suns
- 1.5 hours in the party room
- Admission wristbands for 25 people
- Unlimited swimming (until pool closes)
- Tablecloths, plates, napkins, forks (for 25 people)
- T-shirt for the guest of honor

Premium Splash Bash

\$200 - Residents/Members
\$210 - Non-Members

- 4 large, one-topping pizzas
- 25 Capri Suns
- 1.5 hours in the party room
- Admission wristbands for 25 people
- Unlimited swimming (until pool closes)
- Tablecloths, plates, napkins, forks (for 25 people)
- T-shirt for the guest of honor

Basic Splash Bash

\$160 - Residents/Members
\$170 - Non-Members

- 1.5 hours in the party room
- 25 Capri Suns
- Admission wristbands for 25 people
- Unlimited swimming (until pool closes)
- T-shirt for the guest of honor
- **Bring your own decorations and party supplies** (table covers, napkins, etc.)
- **NO OTHER OUTSIDE FOOD PERMITTED BESIDES DESSERT**

Party Times for Rooms

Splash Room

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

Jungle Room

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

Shark Tank Area

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

Over 25 people - additional \$5 per adult & \$4 per child for all parties

Add on entertainment - \$40: Forrest the Fox visit/paw-ty print autograph & souvenir for each child (25)
**must be scheduled a month in advance*

After School Explorer's Club (ages 5+)

Kids, 5 years and up, join us this January, March and May for our NEW after school explorer's club! Our nature expert, Jill Wider will provide a hands-on approach to learning about nature and the world around us through STEM activities, crafts, and more! Pre-registration is **REQUIRED** by the Tuesday before each Club meeting date. Club meets at 6pm on the dates below. **Parents must remain on site.*

January 22, March 11 & May 13

Fee: \$10 per child

Superhero Supper

This is an event you can let your imagination fly! Come dressed as your favorite super hero. What is better than power packed pizza slices, punch and dessert? We will have a fun craft, superhero training area, and a visit from super heroes & our own city's mascot Forrest the Fox will help save the day! Bring your camera to capture your hero in a photo opportunity! Every super hero will go home with a superhero souvenir!

Friday, January 17, 6:30 - 8:30 p.m.

Fee: \$10 - Residents/Members
\$12 - Non-Members

Daddy Daughter Dance

Enter a whole new world at our Daddy Daughter Dance. Fathers, grandpas or uncles are welcome to attend. The event includes dinner, live DJ, dancing, craft, and a keepsake for each girl. We will also capture a photo of this special time. The dance is suitable for girls age 3 and older. Don't miss this opportunity to create beautiful memories with your little girl! There will also be a special visit/performance by Princess Jasmine.

Friday, February 7, 6:30 - 8:30 p.m.

Fee per person: \$15 - Residents/Members
\$18 - Non-Members



Fenton Community & Farmers' Market

Interested in becoming a vendor and learning more about the market? Attend our informational meeting for new vendors on February 13, 6:00-7:00p.m. at RiverChase. New vendors are encouraged to come to learn more about our season! Visit our website www.fentonmo.org/parks to download a vendor application. The market, located at 200 Gravois Rd., will be open **every Saturday, May 16 through September 26**. Like our Facebook page **Fenton Farmers Market** to stay informed with events and opening day! Please email parksandrec@fentonmo.org for information.

Fairytale Friday

Preschoolers, join us for a morning of adventure as we enter the world of fairytales! We will have a special visit from a favorite voyager princess, snack, craft, activities, and of course, fairytales!

Friday, February 28, 10:00 a.m.

Fee: \$10 per child (adults free)



Community Indoor Garage Sale

Calling all bargain hunters and collectors! This sale of 20-30 vendors is held 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 29, 8:00 a.m. - 12:00 p.m.

Fee: \$30 per table - Residents/Members
\$35 per table - Non-Members
\$5 discount for bringing own table

SPECIAL EVENTS

Fenton Pokerfest 5K Run/Walk (Ages 21+)

This 5K Pokerfest Run/Walk is a fun, non-competitive run. Each participant will receive one playing card at check in, at each mile, 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 place 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 19 to be guaranteed a race t-shirt. All registration closes on March 4.

Register online at www.fleetfeetstlouis.com

Saturday, March 7 at Fenton City Park

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

Race starts at 10:00 a.m.

Fee: \$25 per person



Scout Programs

Calling all scouts! If you're looking for badge work, our nature expert, Jill Wider, is here to help! Everything from hiking, letter boxing, bugs, birds, pollination, STEM programs, outdoor cooking, fire building, and more. If you have a suggestion, Jill will have a program for your scout troop! For more information contact parksandrec@fentonmo.org.

2020 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 parksandrec@fentonmo.org for more details.

Breakfast with the Bunny

Spring is here! Hop on over to RiverChase with the family for an egg hunt followed by a hot breakfast from Chris' Cakes. Don't forget to bring your camera! Each child will have the opportunity to visit with the Bunny. Space is limited, and pre-registration is required for all adults and children planning to attend the breakfast & egg hunt. Other activities include: crafts, balloons, face painting and live rabbits from the Missouri House Rabbit Society.

Saturday, April 11, 9:00 a.m.

Fee: \$12 per person (adults & children)
Ages 1 and under are free, but still require registration



Earth Day Celebration

Preschoolers, join us for a morning as we learn how to recycle, reuse, and reduce to help keep our planet healthy and happy! Jill Wider will provide a fun and creative learning environment with hands on activities, as well as a snack!

Friday, April 17, 10:00 a.m.

Fee: \$10 per child (adults free)

Flea Market at Olde Towne Fenton Pavilion

Don't trash all of your spring cleaning, bring it to our Flea Market on May 2nd. Turn that trash into treasures! Shop from vendors selling jewelry, antiques, home goods, crafts, clothing, and toys at our 1st outdoor flea market under the covered Olde Town Pavilion in Olde Towne Fenton. Vendor space is available for \$25 (each stall is 10 X 10). Vendors must bring their own tables and chairs.

Saturday, May 2, 8:00 a.m. - 12:00 p.m.

Vendor Fee: \$25

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

For Everyone's Safety:

- #1: All toddlers must wear a swim diaper along with a swim suit.
- #2: Swimmers must wear proper swim wear. Only swimsuits with liners! No gym/basketball shorts, cutoffs, sports bras, etc. will be allowed.
- #3: Swimwear having zippers, rivets or buckles will not be permitted to use the slides for safety purposes.
- #4: Children must be at least 48 inches tall to use the large slides.
- #5: Watches, necklaces and other jewelry cannot be worn in the pool areas.
- #6: No outside food, beverages or coolers allowed.

Inclement Weather Policy

If all pools are closed continuously for longer than 30 minutes, 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. **NO REFUNDS WILL BE GIVEN.**

Winter/Spring Pool Hours

Monday - Friday

Lap Swimming/Spa 5:30 a.m. - 8:00 p.m.
Open Swim 4:00 p.m. - 8:00 p.m.

Saturday

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

Sunday

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

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, and prices vary by instructor.

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



Playtime in the Pool

Bring your little one to RiverChase on Tuesday and Thursday mornings until May 21 for Playtime in the Pool. The indoor pool kids' area will be available for parents and little ones to play (the big slide will not be open).

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

Fee: \$4.00 per child, Adults are FREE

**Not included with membership*

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 be open at Noon on the following days to provide lots of fun and excitement. Day fees apply to those without a membership.

January 2, 3, 17, 20

February 14, 17

March 13, 16-20

April 9, 10

May 7, 21

Competitive Stroke Clinic

Are you looking to improve your stroke technique and racing skills during the off season? This clinic is designed to focus on technique and stroke definition. The clinic is designed for competitive swimmers, ages 8-18, who have been on a swim team before. NOTE: this is not a substitute for swim lessons.

Saturdays, 11:15 a.m. - 12:00 p.m.

Session I January 11 - February 15

Session II February 29 - April 4

Session III April 18 - May 23

Fee: \$63 - Residents and Members
\$68 - Non-Members

AQUATICS

Fenton Swim Team

The Fenton Swim 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 and basic skills, but most of all we like to have fun! **2020 Swim Team registration dates will be posted early January.** We look forward to having another great summer! If you have any additional questions, please contact parksandrec@fentonmo.org.



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: \$55 - Residents and Members / \$60 - Non-Members
 16 Punch Flex Pass: \$100 - Residents and Members / \$110 - Non-Members
 32 Punch Flex Pass: \$185 - Residents and Members / \$200 - 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	
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		7:00 - 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

T-Ball League (ages 3-5)

Our t-ball league will be held on Saturday mornings/afternoons at the City of Fenton's t-ball fields. This six-game coed league is recreational and will help participants develop their skills through weekly practices and games. Practices will be held once a week, Monday-Friday, between 5:00 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 (1) one free Cardinals ticket with the opportunity to walk the field at Busch Stadium*. All league information will be emailed via Head Coach in late April.

**All players must be accompanied by an adult to participate. Additional Cardinals ticket/ticket(s) must be purchased. Cardinal's game will be in May/June.*

Start Date May 9

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

Registration Deadline: April 12

**Parent coaches 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, between 5:00 p.m. and 6:30 p.m. The day and time are dependent upon the coach. Participants will receive a numbered uniform shirt, hat, award at the end of the season, and (1) one free Cardinals ticket with the opportunity to walk the field at Busch Stadium*. All league information will be emailed via Head Coach in late April.

**All players must be accompanied by an adult to participate. Additional Cardinals ticket/ticket(s) must be purchased. Cardinal's game will be in May/June*

Start Date May 9

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

Registration Deadline: April 12

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

In the event of inclement weather, please call the hotline at 636-349-2223, extension 5.



Beginner's Baseball I (ages 3-5)

This 3-week instructional program will include techniques including hitting, fielding and running the bases. Each participant must bring a glove, and parent/guardian participation required. This program is designed to help players with or without experience. In case of inclement weather, please call the sports hotline at 636-349-2223 Extension 5, by 8am. Rain out make-up date if needed will be April 25th. *Fenton City Park softball diamond #7*

April 4, 11, & 18, 10:00 - 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. In case of inclement weather, please call the hotline at 636-349-2223 Extension 5, by 8 a.m. Rain out make-up date if needed will be April 25th. *Fenton City Park softball diamond #7*

April 4, 11, & 18, 11:00 - 11:45 a.m.

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

Kid Fitness Orientation Class

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

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

January 13 February 10 March 9 April 13

Fee: \$13 - Residents and Members
\$15 - Non-Members

YOUTH PROGRAMS

Tumbling Fun 101

Fenton Parks and Recreation offers 5 levels within our Tumbling Fun 101 program on **Wednesdays**. Classes are set up to introduce children to the fundamentals of gymnastics and help them find interest in the sport. We recommend a leotard, but they are not required.

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)

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, 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, as well as glide swing, forward roll out, and casting on the bars, and more.

Advanced Beginner/Intermediate (based on skill)

7:00 - 7:30 p.m.

For the student who has mastered the beginner skills, or is ready to introduce/perform the following skills: Floor: handstand forward roll, handstand hold for two seconds, round-off on the floor, left and right cartwheel, as well as back extension roll; vault: dive rolls; bars: pullover, back-hip circle, stride circle; beam: jumps on the beam, forward roll, cartwheel, and handstand.

Session I January 8 - February 12

Session II February 26 - April 1

Session III April 15 - May 20

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

Spring Break Camp

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

March 16 - March 20, 9:00 a.m. - 3:00 p.m.

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

Pre and post camp care is available at additional cost:

Pre-Camp: 7:00 a.m. - 9:00 a.m.

\$25 Residents & Members / \$30 Non-Members

Post-Camp: 3:00 p.m. - 5:30 p.m.

\$30 Residents & Members / \$35 Non-Members

Also a 5 visit punch card available for \$35

Registration & Camper Information Form

Deadline is March 11 at 9 p.m.

*\$20 late registration fee applies after March 11

2020 Summer Camps

The 2020 Summer Camp brochure will be available by mid-February! Whether its your first summer or we are welcoming you back, our campers are sure to have another great summer! Registration opens up **March 1st**. And what's even better? We are bringing back our early bird and sibling discount for the entire month of March!

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 size is limited.

Saturdays, January 11 - April 18

Dance Rehearsal: April 24

Dance Recital: April 25

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

11:00 a.m. - 11:45 a.m. or 1:15 p.m. - 2:00 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)

2:00 p.m. - 2:45 p.m.

Fee: \$68 Residents and Members
\$74 Non-Members



Adult Coed Volleyball

Volleyball leagues are played at RiverChase on hardwood floors in the gymnasium. League nights offered are Monday, Tuesday, and Thursdays. Leagues are 7 games, plus playoffs (for the top 4 regular season teams). Registration period for Session II is January 1st - January 12th, or until the league is full. Space is limited, so get signed up early! Must be 18 years or older to play.

Monday Session II Start - January 20
Tuesday Session II Start - January 21
Thursday Session II Start - January 22

Fee: \$150 per team, per session

Adult Softball

Fenton Parks and Recreation offers Men's and Coed softball leagues for ages 18 years old and up. Men's leagues are offered Monday, Tuesday, Wednesday, Thursday, Friday and Sunday. Coed leagues are offered on Tuesday and Thursday. Game times for Men's league are 6:30, 7:30, 8:30 and 9:30pm (5, 6, 7, and 8 o'clock on Sundays). Coed game times are 6:00 and 7:00. All leagues are double headers with playoffs, weather permitting. League games will begin in April. Teams may sign up as Competitive, Intermediate, or Recreational. Teams will be placed in divisions according to skill level, and number of teams that register. While requests are considered, they cannot be guaranteed. Teams must be willing to play in their assigned league. There will be no refunds, other than for games not played due to weather. League information including session start dates and fees can be found on our website at www.fentonmo.org/1107/Adult-Softball

Like our Facebook page City of Fenton Softball to stay up-to-date on all things Fenton Softball.



Drop In Pickleball (D.I.P.)

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 are provided, but are limited. Open play is Monday-Thursday, and Saturday in the west gym on 3 courts. We ask that participants stay within their selected time frame during busy time periods.

End Date April 25
Time: **Monday-Thursday:**
 6:00 - 10:00 a.m.
 10:00 a.m. - 2:00 p.m.
Saturday:
 2:00 - 6:00 p.m.



Next Time, Register Online!

Customers have the option to register online for programs, sports, classes, and more! If you do not already have one, create an account by going to www.fentonmo.org and click on the "Register Online" button to sign your family up for online registration!



QR Code to our Facebook Page



QR Code to our Online Registration Page

Scan the QR Codes above to be taken directly to the pages listed above!

OLDER ACTIVE ADULTS

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 & Wednesdays, 10:30 - 11:30 a.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.

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

SilverSneakers Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Fridays, 10:30 - 11:30 a.m.

Senior Exercise

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

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

**As of 1/2/20, located in Community Development Building (clock tower building by Fenton City Hall)*

Senior Indoor Track Walking

FREE to seniors who are ages 55+ on **Tuesdays and Thursdays ONLY, from 9:00 a.m. - 12:00 p.m.** All walkers must check in at the front desk. (Fitness center not available to walkers).

Senior Volleyball (ages 55+)

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

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

January 3- April 24

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

Drop-In Fee: \$3 per Friday

Senior Lunch and Bingo (ages 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. Begins at **10:30 a.m.** every month.

January 8	Meatloaf
February 12	Breakfast for Lunch
March 11	Corned Beef & Cabbage
April 8	Sloppy Joe's
May 13	Chicken Salad Sandwiches

Fee: \$7.00 per person

Senior Spring Social

Spring is in Bloom! Enjoy a special night of music, dancing and dinner. Grab your friends or a special loved one for a special night! The STL band Trilogy will be coming to RiverChase for the 1st time and we are excited! Trilogy is a six piece band and will be performing your favorites and a wide variety of songs/genres! The best part is you don't have to travel far to have a great evening of entertainment!

Friday, May 1, 6:00 - 8:00 p.m.

Fee: \$20 per person (includes dinner)

Menu: beef stroganoff, salad, garlic bread, cherry cobbler, punch, tea, coffee, BYOB (*no glass*)

Senior Trips

Join us as we hit the top destinations in St. Louis! (transport bus holds 14 passengers) Make friends, learn new things and have fun! Trips fill up fast and must have a minimum of 8 people to go. The Senior Trip newsletter can be found at RiverChase or online at www.fentonmo.org/parks

Personal Training

Let one of RiverChase’s Personal Trainers assist you in meeting your health and fitness goals. Sessions are 30-minutes and by appointment only (*times vary per trainer*).

NESTA Personal Trainer - Georgette Rickard
ACE Personal Trainer - Milli Matronia

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 \$69.
(first time appointments is a fitness assessment)

Packages

- 1 Session \$30 (*returning clients only*)
- 3 Pack \$88
- 6 Pack \$158
- 12 Pack \$299
- 20 Pack \$445 (*best value*)

Small Group Training

Groups of 2-4 people. **Each group member pays the package price.*

Packages

- 1 Session \$25 (*returning clients only*)
- 3 Pack \$75
- 6 Pack \$145
- 12 Pack \$280
- 20 Pack \$440 (*best value*)

Group Fitness Punch Card

RiverChase is now offering a 20 class punch card that allows you to attend any of the classes listed below. Used up all your punches? Punch cards can be purchased at any time throughout the year. Class size may be limited due to equipment and space requirements. Instructors may deny access to the class if the class is full. RiverChase reserves the right to cancel any class on the basis of low enrollment. Punch card expires a year from purchase date.

20 Punch Card Fee: \$100 - Residents and Members / \$120 - Non-Members
Single Class Fee: \$8

Group Fitness Schedule: January 6th - April 24th

Monday	5:35-6:30am Get Up & Go (AS)	8:00-8:55am Circuit Training (AS)	5:30-6:25pm PiiT28 (AS)			
Tuesday	11:45-12:15pm Lunchtime Express (AS)	5:00-5:55pm Slow Flow & Restorative Yoga (AS)	6:00-6:55pm Zumba Gold (C)	6:00-6:55pm Group Cycling (MP)	6:30-7:00pm Barre (AS)	7:00-7:55pm Pound (AS)
Wednesday	5:35-6:30am Get Up & Go (AS)	8:00-8:55am Circuit Training (AS)	5:30-6:25pm Buti Yoga (AS)	6:30-7:25pm PiiT28 (AS)		
Thursday	11:45-12:15pm Lunchtime Express (AS)	6:00-6:55pm Chair Yoga (MR)	6:00-6:55pm Group Cycling (MP)	6:30-7:25pm Basic & Beyond Yoga (AS)	7:30-8:25pm Zumba Fit (AS)	
Friday	5:35-6:30am Get Up & Go (AS)	8:00-8:55am Circuit Training (AS)				

(AS) Aerobic Studio: Lower Level, (C) Community Room: Upper Level, (MP) Multi-Purpose Room: Upper Level, (MR) Meramec Room: Upper Level

SEE FULL CLASS DESCRIPTIONS ON FOLLOWING PAGE

GROUP FITNESS CLASSES

Barre

Ballet-inspired workout focusing on core strength and overall body toning. Classic ballet moves combining cardio and strength exercises set to modern music. Some work with light weights, yoga mats, or other props (provided) may be included. This class is for all fitness levels. Please bring your own yoga mat. Soft-soled ballet shoes recommended but not required.

Basics and Beyond **bring your own mat*

This yoga class is designed to support all levels of practitioners, from first time beginners to seasoned yogis. Together we will explore the foundations of yoga, experiencing grounding meditation, standing postures, energizing flow, and mindful stretching. Variations will be offered throughout the class, allowing each individual to customize their yoga experience. Invite yourself to grow and refine your yoga practice. All abilities welcome.

Buti Yoga **bring your own mat*

A movement practice that fuses power yoga, tribal dance and plyometrics into a high-intensity workout that transforms the body, training the core using the Spiral Structure Technique.

Chair Yoga

Movement through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finishing with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

Circuit Training

A muscular strength and cardiovascular endurance circuit. Muscle groups will be alternated so little or no rest is needed in between stations.

Get up & Go

Cross up your fitness with cardio, weights & interval training. Get an early start to your day & boost your metabolism.

Group Cycling

This is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Lunchtime Express

Thirty minutes of high intensity and high energy. This class is designed to promote strength and cardiovascular endurance resulting in more lean muscle and less excess fat.

PiiT28

Combines Pilates moves with cardio moves. The magic is in the intervals. When you go hard then lighter then hard again, your body is constantly changing to adapt and this burns more calories.

Pound®

Full-body cardio jam session, combining light resistance with constant simulated drumming. Through continual upper body motion using lightly weighted drumsticks, Ripstix®, you'll turn into a calorie torching drummer, POUNDing off pounds with each song!

Slow Flow and Restorative Yoga **bring your own mat*

Ease into the evening with gentle movement and restful postures. During this relaxing yoga class we will explore basic shapes, mindfully flowing at a slow and deliberate pace. Following our slow flow we will ease into a restorative practice where passive postures are held longer, allowing the body and mind to fully release. This class is for all abilities and skill levels.

Zumba Fit

Is 55 minutes of Latin rhythms and international dance steps that result in a vigorous and very popular workout. No dance experience necessary.

Zumba Gold

Is a lower-intensity version of the typical Zumba class with lower intensity, designed for older active adults or people who may be limited physically.

Adult Ki Aikido (ages 16+)

Explore relaxation and movement through a Japanese Martial Art. Class meets three days/week. www.fentonkiakido.com

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

Session I January 6 - February 1
Session II February 3 - February 29
Session III March 2 - March 28
Session IV March 30 - April 25
Session V April 27 - May 23

Fee: \$44 - Residents and Members
 \$48 - Non-Members



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 7 - January 30
Session II February 4 - February 27
Session III March 3 - March 26
Session IV March 31 - April 23
Session V April 28 - May 21

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 Martial Arts Class (ages 16+)

Class consists of self defense, boxing, kickboxing and traditional Tae Kwon Do. No experience needed. A uniform is required. Please visit www.stltk.com for more information.

Tuesdays and Thursdays, 7:30 - 8:45 p.m.

Session I January 7 - January 30
Session II February 4 - February 27
Session III March 3 - March 26
Session IV March 31 - April 23
Session V April 28 - May 21

Fee: \$43 - Residents and Members
 \$47 - Non-Members

STL Elite Fitness

High intensity workout consisting of free weights, body weight movement and plyometric exercises.

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

Session I January 11 - February 1
Session II February 8 - February 29
Session III March 7 - March 28
Session IV April 4 - April 25
Session V May 2 - May 23

Fee: \$26 - Residents and Members
 \$29 - 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 7 - February 1
Session II February 4 - February 29
Session III March 3 - March 28
Session IV March 31 - April 25
Session V April 28 - May 23

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



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

Payment and Refund Policy

Full payment is required at time of registration of programs or reservation of rooms/shelters. Refund policy varies. For our full Payment and Refund Policy, please visit our website www.fentonmo.org

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 parksandrec@fentonmo.org



IMPORTANT REGISTRATION DATES

For All Classes, Programs and Events, Registration Opens:

Residents/Members

December 16, 2019

Non-Residents/Non-Members

December 23, 2019

2020 Shelter Rental Applications will be Accepted Starting:

Residents/Members

January 6, 2020

Non-Residents/Non-Members

March 2, 2020

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.

Residents are now able to sign up for Nixle Alerts! Nixle will allow the City to quickly and effectively communicate with residents in the event of an emergency, such as a road closure, flood, etc. To sign up, just text FENTONMO to 888777, or visit www.nixle.com and click "Sign Up Now". You may also sign up by visiting our website at www.fentonmo.org

Keep Up With Us Online

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



www.fentonmo.org/parks



QR Code to our
Facebook Page