City of Maryland Heights Guide to Parks & Recreation

Summer 2023



CHECK OUT OUR LINE-UP

Live music is back with our Summer Concert Series! • Page 23

PROGRAMS & EVENTS

WORLDFEST RETURNS

Celebrate cultural diversity through food, music, and performances. • Page 22

AQUAPORT REOPENS MAY 27

Stay cool at the pool! • Page 9

SEND THEM TO SUMMER CAMP

Lots of opportunities for kids ages 3-11 • Pages 20-21

City Of Maryland Heights Parks & Recreation

Location and Hours

Maryland Heights Community Center
2300 McKelvey Road, Maryland Heights, MO 63043
Monday-Friday: 5:30 a.m.-8:00 p.m.
Saturday-Sunday: 9:00 a.m.-5:00 p.m.
(Hours are subject to change)
Phone: (314) 738-2599 • Fax: (314) 738-2598
www.marylandheights.com/mhcc

Meet the Staff

Director of Parks & Recreation
Amy Hays, CPRP
Superintendent of Facilities
Shawn Corcoran
Superintendent of Parks
Charlie Milligan
Superintendent of Recreation Facilities
Josh Hoppe, CPRP
Superintendent of Recreation Programs
Jennifer Van Dyke, CPRP

Aquatics Supervisor
Kate Fischer
Communications/Marketing Specialist
Emily Wilson
Recreation Specialists
Steve Clark, CPRP • Ashley Giebe, CPRP • Kira Harvey • Liz Renaud, CPRP • Quinton White
Customer Relations Supervisor
Jennifer Shalk-Bensing
Customer Relations Specialists
Journee Bond • Kyle Brandel • Laura Fosdick • Drew Johnson • Sami Sacco

Inclusion Coordinator
Sarah Croy
(314) 963-5623 • croys@webstergrovesmo.gov

Parks and Recreation Advisory Commission

Chair: Jennie Shane
Vice Chair: Lori Sommer
Secretary: Stacy Pfeiffer
Members: Cathy Dirck • Laura Horton
Ray Knoche • Mickey McAllister • Steve Sims
Becky Wells

Programs are subject to change.
See page 5 on the best ways to stay up to date.

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Facilities, Parks & Trails









Programs & Activities



















ON THE COVER: Residents enjoy live music at Parkwood Park. See the 2023 Summer Concert Series Lineup on page 23.

What's New With Maryland Heights Parks & Recreation

Hello everyone! The spring and summer seasons are upon us, and the Maryland Heights Parks and Recreation Department has some exciting projects and programs to share with you.

This is the time of year to be outside! Whether you're getting in a little fitness, playing outside, or simply enjoying the weather, now is the perfect time! We've been hard at work to make the outdoors even better at our parks. You may have noticed at Parkwood Park there has been some construction, with new fitness stations being installed around the walking path. While Parkwood has always been a great place for people of all ages to play outdoors, this makes it even more accommodating to adults looking for a public space where they can get some extra physical activity! We are also working on the installation of the small playground at Vago Park, which adds even more options for children and families to enjoy at the park. Both of these projects were funded through the Municipal Park Grant Commission, and will be great enhancements to our parks. As a part of the grant, the community provided input on the project - seeing it become a reality has been incredibly exciting!

While many members of our staff have been working on projects such as these to improve our already excellent parks and facilities, that's far from all Parks and Rec has planned. This spring and summer, we have a number of programs for people of all ages to participate in. Come join us for the following great programs, just a few of the events we'll be offering in the near future:

- Worldfest **(page 22)**
- Summer Concert Series **(page 23)**
- Fun in the Park **(page 25)**
- Summer Camp **(page 20)**

Another great way to cool off this summer is by visiting us at Aquaport. We're working hard to offer the best year yet at our water park. Season passes are available now for purchase – check out **page 9** for more info.

We look forward to seeing you this spring and summer!

- Amy Hays, Director of Parks and Recreation

Registration Information

Unless otherwise stated, registration opens Monday, April 3 at 8:30 a.m. Throughout this brochure most programs and activities are listed with a URL on where to register. For more information on program registration, visit www.marylandheights.com/signup.

Common abbreviations used for fees:
M: Get Fit/Community Center Members
R: Maryland Heights Privilege Card Holders
NR: Non-residents
SP: Aquaport Season Pass Holders

Age guidelines:
Youth: 4-15 • Adult: 16-61 • Senior: 62+

Registration Deadlines, Refunds and Program Cancellations

Unless otherwise stated in the description, registration will remain open until the day before the program begins. All programs have a minimum and maximum enrollment. If the program meets its maximum enrollment, no other patrons will be able to sign up. It is important to register early if you are interested!

If a program does not meet its minimum enrollment requirement, it may be cancelled. Patrons that have signed up for a program that is cancelled due to low enrollment will receive a refund. To view our full payment and refund policy, visit www.marylandheights.com/signup.

Occasionally, programs/events are cancelled due to weather. Depending on the program, a Recreation Specialist will contact you or it will be posted on our social media pages, the City's website and via the MHparks mobile app. See page 5 for the best ways to stay up to date with the Parks & Recreation Department.





Where to Register

Program & Class Registration

Registration for most of our programs is available online at www.marylandheights.com/webtrac. Before you are able to register online, you must set up an account with the Parks & Recreation Department. Residents of Maryland Heights and those who are employed by a business within the city must bring proof of residency to the Community Center in order to receive resident rates. Non-residents of Maryland Heights or those who do not wish to receive resident rates can call the Community Center at (314) 738-2599 to setup an account. Once your account has been established, you will be able to register online. The first time you log in, your username is your phone number (including area code, no dashes or spaces) and your password is your last name. The system will prompt you to set up a new password during your first login.

MindBody

The Parks & Recreation Department also utilizes MindBody for group exercise classes, group training, personal training, massages and private swim lesson registration. For more information, visit www.marylandheights.com/MindBody.

Adult Baskebtall Leagues

Sports Monster STL and Maryland Heights Parks & Recreation are teaming up to bring men's, women's and coed adult recreational basketball leagues to the metro area. Register at www.stlouis.sportsmonster.net.

Stay Connected

To stay up to date on everything going on with the department, including changes to programs, find us on social media, check our website, download the MHparks mobile app or sign up for our emailed newsletter.

Social Media

Follow us on social media and receive updates on program registration, facility closures and more.

Maryland Heights Parks & Recreation

Maryland Heights Community Center

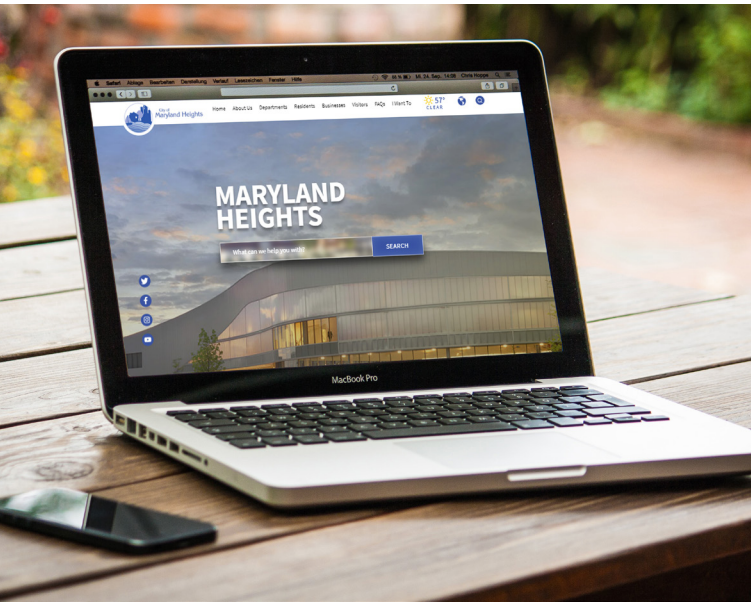
Aquaport

Centene Community Ice Center

City of Maryland Heights Government

The City's Website

The City of Maryland Heights' website, www.marylandheights.com, posts updates on events and changes to facility operations as they become available. These changes are posted on the homepage of the website under "Recent City News" for news items, as well as "What's happening in Maryland Heights?" for events.



MHparks Mobile App



The free MHparks mobile app is available for download on the App Store and Google Play. Some features of the app include:

- Receive push notifications about facility closures/ weather delays at the Community Center and Aquaport, info on program cancellations and more.
- Use the digital key fob for easier check-in at the Community Center and Aquaport.
- View the Group Exercise Schedule, Gym Schedule and Indoor Aquatic Center Schedule.
- Send a message directly to the Parks & Recreation Department.
- Find more information about our facilities, parks and trails.
- See the latest news from our social media channels.
- Browse the current Parks & Recreation Brochure and find links for program registration.

Search MHparks in the App Store or Google Play

Available on the App Store

GET IT ON Google Play

Email Newsletter

Another great way to stay up to date is to sign up to receive the monthly Parks & Recreation email newsletter. We will send updates on programs, activities and more directly to your inbox. Other email newsletters available with Maryland Heights include the monthly City Newsletter, biweekly City Planner's Report and bimonthly Mature Matters.

Learn more or sign up by visiting www.marylandheights.com/mhlife.



Maryland Heights Privilege Card

Residents of Maryland Heights and those who are employed by a business within the city are eligible to receive special perks and discounts on programs, activities, memberships, rentals and more with a Maryland Heights Privilege Card.

In order to receive these perks, you must first bring in proof of residential/corporate residency or guardianship for individuals 4-17 years old to the Community Center for each person living within the same household. To ease this process, one adult member of the family may bring in the information for everyone in their household. Once your account has been establish you will receive your Maryland Heights Privilege Card(s).

All Privilege Cards are valid for one year from the date of purchase and must be renewed annually. The cost to replace a lost or damaged card is $5. A Privilege Card is included in the price of 6 and 12 month memberships at the Community Center and/or Aquaport season passes for residential and corporate residents of Maryland Heights.

What a resident needs to bring to the Community Center to buy/renew a Privilege Card:
Your photo ID, $5 (cash, check, Visa or Mastercard accepted) and proof of residency including one of the following: Utility bill, current bank statement, voter ID card or an occupancy permit.

What are the benefits of a Privilege Card?

- Discounted rates on select programs, birthday parties, pavilion and room rentals.
- Discounted rates on daily admission and memberships at the Community Center.
- Discounted rates on daily admission and season passes at Aquaport.
- Use of FlowRider included in admission at Aquaport.
- Exclusive hours of entry at Aquaport.
- Dedicated VIP entry at Aquaport.

What a corporate resident needs to bring to the Community Center to buy/renew a Privilege Card:
Your photo ID, $5 (cash, check, Visa or Mastercard accepted) and proof of business residency including one of the following: paycheck stub dated 30 days or less or an official note on company letterhead dated within 30 days that states you are a current employee at a location within Maryland Heights.

What you need to bring to the Community Center when purchasing/renewing a Privilege Card for an individual 4-17 years old:
Your photo ID, $5 (cash, check, Visa or Mastercard accepted) and proof of guardianship including one of the following: report card, birth certificate, passport, insurance card or social security card.

Accessibility

The City of Maryland Heights welcomes individuals of all abilities to enjoy our programs, parks and facilities. The City of Maryland Heights participates in the Mid-County Inclusion Partnership to provide inclusion services to our community. If you or someone you know require accommodations or assistance to participate in recreational programs or city services, please notify us at registration and contact Sarah Croy, (contact info below). Please provide us as much advanced notice as possible. The City of Maryland Heights also has a Sound Mate Hearing Assist System for those patrons that may need assistance in hearing during a meeting or presentation. These individual assist units are available by contacting the Welcome Desk. Individuals with hearing disabilities may also call Relay Missouri at (800) 735-2966.
We strive to comply with the Americans with Disabilities Act (ADA) and welcome comments. If you have a concern in regards to the ADA, please contact Sarah at (314) 963-5623 or croys@webstergrovesmo.gov

Code of Conduct Policy

Patrons participating in any program or utilizing any facility or service offered by the City of Maryland Heights are expected to conduct themselves in a respectful and appropriate manner. Any patron violating this expectation subjects themselves to membership suspension, membership termination, discontinuation of service or program or will be asked to leave the facility. Staff reserves the right to address any witnessed or reported concerns related to conduct or disruptive behavior. Prohibited general conduct includes:

- Conduct which is obscene or indecent.
- The use of abusive or profane language.
- Disrupting or obstructing a program or patrons utilizing the facilities or services.
- Harassing any patron or staff during a program, in our facilities or utilizing our services through unwanted conduct that causes reasonable fear or safety, such as stalking, or is sufficiently severe, pervasive and persistent that it interferes with the person's services or facilities.
- Threatening physical abuse, intimidation, coercion or conduct which threatens the health or safety of others is prohibited.

Employment Opportunities

View current job openings with the City of Maryland Heights at www.marylandheights.com/jobs. Or, if you have an idea for a program or activity, contact Jennifer at (314) 738-2542 or jvandyke@marylandheights.com.

Inter-City Exchange

Maryland Heights Privilege Card holders receive resident rates at Berry Hill Golf Course from March 1-December 22. Cardholders also receive resident rates at the Creve Coeur Golf Course from May 15-September 15 and the Creve Coeur Ice Rink year round. Please bring the receipt from your Privilege Card purchase to take advantage of this offer.

Lost and Found Policy

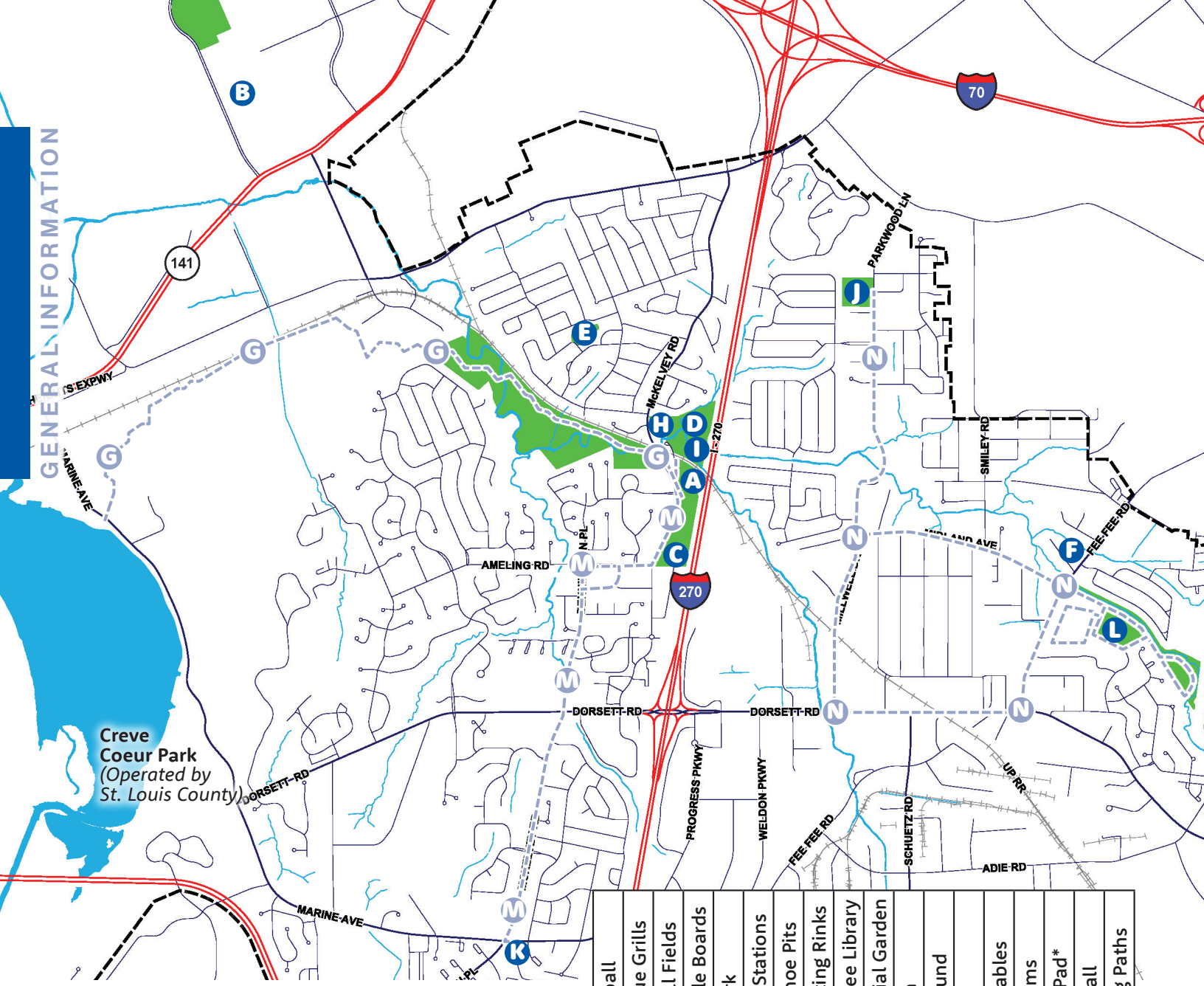
Maryland Heights Parks and Recreation is not responsible for lost or stolen articles. Facility users are encouraged to keep all valuables in a locker. Maryland Heights Parks and Recreation Staff are not permitted to hold equipment, valuables or bags for facility users. Please ask for our lost and found policy for more information.

Photo Policy

Our staff reserves the right to take photographs of you and/or your child participating in classes, events, programs, using our facilities, properties or during any event sponsored by the Maryland Heights Parks and Recreation Department. Photographs may be used in print and/or electronic publicity without any obligation to provide compensation to those photographed. Attendance at our programs and events constitutes consent to be photographed. If you do not want to be photographed or for us to use a photo of you and/or your child, please inform the photographer or the staff member coordinating the event before the program begins. A photography release form may be required when participating in certain classes, events, leagues or programs.

Scholarships

The Maryland Heights Parks and Recreation scholarship program provides youth with access to the recreation and leisure activities of their choice, regardless of ability to pay. Those 17 and younger living within the Maryland Heights' city limits may qualify through the established guidelines of Division of Family Services. Children who do not meet these guidelines may still qualify and are encouraged to apply if assistance is needed. Children may receive assistance with one program per brochure, with a maximum of three per year. Please call (314) 738-2599 for more information.



Facilities, Parks & Trails in Maryland Heights

		Basketball	Barbecue Grills	Baseball Fields	Cornhole Boards	Dog Park	Fitness Stations	Horseshoe Pits	Ice Skating Rinks	Little Free Library	Memorial Garden	Pavilion	Playground	Pool	Picnic Tables	Restrooms	Splash Pad*	Volleyball	Walking Paths
A	Aquaport													•	•	•			
B	Centene Community Ice Center								•							•			
C	Community Center	•					•							•		•		•	
D	Dogport					•									•	•			
E	Eise Park	•	•		•					•		•	•		•	•	•		•
F	Fee Fee Ballfields			•															
G	Fee Fee Greenway														•				•
H	McKelvey Woods Nature Park														•				•
I	McKelvey Woods Park											•	•		•	•			
J	Parkwood Park		•		•		•			•		•	•		•	•			•
K	Quiet Hollow Park						•								•				•
L	Vago Park	•	•	•	•		•	•			•	•	•		•	•	•	•	•
M	Walking Path, McKelvey Woods to Quiet Hollow																		•
N	Walking Path, Parkwood to Vago																		•

** The splash pads at Vago and Eise Park are open May 1-September 30, weather permitting.*



2344 McKelvey Road • Open Saturday, May 27-Monday, September 4

(Closed Monday-Friday, August 21-September 1 following Pattonville School schedule)

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

Maryland Heights' outdoor water park, Aquaport opened in 1998 and has since become a regional attraction boasting multiple water slides, a lazy river, kids' area and more. Upgrades completed in 2021 include a new entrance, new concessions stand, new filtration system and the new FlowRider surfing simulator.

Visiting Aquaport

Aquaport season pass and Maryland Heights Privilege Card holders and their guests can purchase tickets at the door. Due to capacity limits, a limited number of non-residents will be admitted per day. There will be general admission ticket sales at the door for non-residents. The City will no longer be requiring pre-purchasing of Aquaport Admission Tickets for the 2023 season.

	Resident	Non-Resident
Daily Admission		
Adult	**$5**	**$15**
Youth or Senior	**$4**	**$10**
Ages 3 & Under	**Free**	**Free**
Add FlowRider	**Free**	**$3**
Season Pass		
Adult	**$100**	**$160**
Youth or Senior	**$75**	**$120**
Family*	**$160**	**$260**

**A family season pass includes two adults and any dependents, ages 4-17, that reside in the same household. You must provide proof of residency/guardianship for all members of the household.*

Guest Pass Policy

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

Specials and Discounts

- **Half-Off Admission:** Guests visiting after 5 p.m. receive 50% off of the designated gate price (excludes FlowRider).
- **Military Discounts:** Active military members receive FREE admission on Memorial Day and Fourth of July with a military ID. Active military and their immediate families receive resident rates everyday with a military ID.

Group Rates

Group rates are available for organized groups (such as Boy/Girl Scouts, youth groups, athletic teams, day camps) of 15 or more people on weekdays only. The number of groups allowed in a day is limited. Reservations can be made beginning January 1 by visiting www.marylandheights.com/applications. Applications must be submitted a minimum of three weeks in advance.

Birthday Parties

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

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

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



Birthday Party Times*

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

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

Fee: R/SP: $190 • NR: $250

For more information including rules and regulations, visit: www.marylandheights.com/aquaport

Secure Your Summer Job!



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

Why work with Parks and Recreation?

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

We are hiring for the following positions at Aquaport:

- Aquaport Pool Manager
- Lifeguards
- Head Lifeguards
- Slide Attendants
- Concession Workers
- Front Gate Cashier

Visit www.marylandheights.com/jobs to apply!

Other Parks and Recreation positions available: Camp Counselors • Inclusion Assistants • Preschool Leaders • Parks Maintenance Aides



750 Casino Center Drive • Visit www.centenecommunityicecenter.com for hours

The official practice home of the NHL's St. Louis Blues, this 277,000 square foot facility features three NHL sized indoor ice rinks, as well as one covered outdoor rink that transitions into an amphitheater in the warmer months for community events such as concerts and festivals. The ice center also features a strength and conditioning center, skill development areas and can host special events for a multitude of occasions.

Resident Discounts



Maryland Heights residents receive a discount on public skating and Learn to Skate Programs at the ice center. To receive this discount, residents must obtain a free Centene Community Ice Center Resident Card, which can only be provided by the Department of Parks and Recreation at the Maryland Heights Community Center. This is a separate card from the Maryland Heights Privilege Card for Parks and Recreation programming.

To receive an ice center Resident Card, you need to bring these two items to the Community Center:
1. Your photo ID and **2.** Proof of residency including an unpaid utility bill, current bank statement, voter ID card or an occupancy permit

When registering your child, you need to bring these two items to the Community Center:
1. Your photo ID and **2.** Proof of guardianship including a report card, birth certificate, passport, insurance card or social security card.

Learn to Skate

Tuesdays, May 9-June 27 • Saturdays, May 13-July 8
Tuesdays, July 11-September 5
Saturdays, July 15-September 2

(Ages 3-Adult) The Ice Center offers classes for figure skating, hockey and just for fun. No experience is required. All classes are 30 minutes. The all-inclusive price includes skate rental during class, eight public skating passes, and a Learn to Skate USA membership, which includes a welcome packet, secondary sport accident insurance, and more. Registration is required at least two days before the start date.

Fee (per session): R: $115 • NR: $145

Register at www.marylandheights.com/sports or call (314) 738-2599. Direct questions to learntoskate@marylandheights.com and staff will respond.

Public Skating

Public skating is available seven days a week (excluding select dates for special events) for skaters and families looking for a fun day out or a new way to exercise. Visit www.centenecommunityicecenter.com to view the current public skating calendar.

Fee: R: $5 admission
NR: $12 admission
Skate Rental: $5



2300 McKelvey Road • Monday-Friday: 5:30 a.m.-8 p.m. • Saturday-Sunday: 9 a.m.-5 p.m.
Pool closes 30 minutes prior to facility closing.

In the spring of 2017, the state of the art Maryland Heights Community Center officially opened to the public. Home to the Department of Parks & Recreation, the 92,000 square foot facility includes an expansive Fitness Center, an Indoor Aquatic Center, Gymnasium, Senior Lounge, Play Center, preschool and multiple rooms to rent for meetings, programs or events. Members, Maryland Heights residents, as well as non-residents are welcome to use the Community Center. For a complete list of procedures, policies and guidelines, visit www.marylandheights.com/mhcc.

Age Guidelines

Individuals 9 and younger must be accompanied to and from programs/activities and in the lobby/areas with public access by an individual 16 or older.

Individuals 11 and younger are not allowed in the fitness area which includes access to the cardio equipment, weight machines and free weights. Individuals 12-13 are welcome to use the Fitness Center with a supervising adult once they have completed an equipment orientation session. Individuals who are 14 may use the Fitness Center unaccompanied once they have completed an equipment orientation session.

Individuals 10 and older may use the Indoor Track. Individuals 9 and younger may use track if accompanied by an adult.

Fitness Center Features

- Assortment of weight training stations.
- 30 pieces of cardio equipment including interactive ellipticals, treadmills, bikes and step mills that connect to the internet.
- Indoor track
- We partner with Active and Fit, Silver and Fit, Renew Active and Silver Sneakers.

Gymnasium Features

- Two full courts that includes twelve basketball hoops, two drop down volleyball nets, divider curtains and lines to play basketball, volleyball, pickleball and badminton.
- Reservations can be made for instructional/ recreational youth programs and adult sport programs.
- No strollers or wagons are allowed inside the gym.

Indoor Aquatic Center Features

- Three lap lanes, zip-line, current channel, drop slide, climbing walls and kids' area.
- Aqua aerobics classes, swim lessons and designated open swim times.
- Locker rooms for men, women and families have direct access to the pool.

Senior Lounge

The Senior Lounge is open to everyone ages 55 or older at no cost, except when scheduled programs are occurring. Prior to going to the lounge, we ask that you check in at the Welcome Desk or sign the sheet in the lounge. The lounge is equipped with a high definition television, lounge furniture, card tables, public computer station and coffee to enjoy. While you are there, check out the display board for upcoming programs and events tailored to active adults.

Community Center Memberships

Your membership to the Community Center includes:

- Use of the Fitness Center, Indoor Aquatic Center and Gymnasium
- Free Privilege Card that grants you discounted rates on select programs (12 & 6 month memberships only)
- Unlimited Group Exercise Classes (Get Fit only)

	Resident	Non-Resident
Get Fit Membership*		
Adult	**$450/annually $68/month**	**$490/annually $74/month**
Senior	**$400/annually $60/month**	**$430/annually $65/month**
Adult Plus One	**$350/annually $58/month**	**$370/annually $64/month**
Senior Plus One	**$300/annually $50/month**	**$330/annually $55/month**
Basic Membership*		
Adult	**$200/annually $30/month**	**$240/annually $36/month**
Youth or Senior	**$150/annually $23/month**	**$180/annually $27/month**
Family (2 adults/2 children)	**$450/annually $68/month**	**$540/annually $81/month**
Additional Child (ages 4-24)	**$50/annually $8/month**	**$60/annually $9/month**
Plus One	**$100/annually $15/month**	**$120/annually $18/month**

*Memberships are also available for 3 and 6 month. Visit www.marylandheights.com/memberships for pricing.

Guest Policy

Every Community Center member or Privilege Card holder may bring up to 2 guests per day at the resident daily rate. Members must enter with their guest. All guests age 16 years and older must show a photo ID.

Group Exercise Classes

Numerous Group Exercise classes are offered at the Community Center for different skill levels and intensities. Classes include Zumba, cycling, circuit training, stretch, yoga, water aerobics and more. To view our full class schedule or to register visit, www.marylandheights.com/mindbody.

Daily Usage, 20 Visit Value Card & Get Fit Pass*

Those who do not wish to commit to a membership may pay the daily usage fee to use the Community Center. You can also pay the daily usage fee to try any class on the Group Exercise if space allows. 20 Visit Value Cards are available for those whose schedule is a little more sporadic. Value cards are good for 20 visits and expire one year from the date of purchase.

Get Fit Passes allow you access to any group exercise class on the schedule. This pass expires six months from purchase date.

	Resident	Non-Resident
Daily Usage		
Adult	**$8**	**$10**
Youth or Senior	**$6**	**$8**
20 Visit Value Card		
Adult, Youth or Senior	**$100**	**$140**

	Member	Non-Member
Get Fit Pass*		
8 Classes	**$48**	**$68**
16 Classes	**$80**	**$112**
24 Classes	**$96**	**$144**

Purchase at marylandheights.com/mindbody

Play Center

Monday-Thursday: 3:30-7:30 p.m.
Saturday's: 9:00 a.m.-1:00 p.m.
Closed Friday and Sunday
(Hours are subject to change)

(Ages 6 months-9 years) Drop off your child at the Play Center for up to two hours of playing and socializing while you work out or participate in a program at the Community Center. You must remain inside the Community Center at all times.

Fee: Drop in rate: $3/child, per visit (Child must be listed in our system as being in your household)
Monthly Membership: $20/month for up to 2 children (Must have a 6 month or annual membership to the Community Center)
Six Month Membership: $120

Room Rentals

Six rooms are available to rent and can be the perfect space for birthday parties, baby showers, meetings and much more. Microphones, projectors and dance floor are available for an extra fee. Room rentals can be made up to one year in advance with a minimum of three weeks before the event date. All room rentals require a refundable $75 damage deposit per room. Full payment and damage deposit are due at the time of reservation. To request a room rental packet, please contact Jennifer Shalk-Bensing at jschlak-bensing@marylandheights.com or visit www.marylandheights.com/mhcc for pricing information.

- **Celebration Room:** This room is connected to the Aquatic Center and is used for birthday parties.
- **Infinity Room:** This room is located on the upper level and has an adjoining kitchen.
- **Meeting Room:** A small conference room that will accommodate up to 16 people located on the main level, just off of the lobby. This room includes a wall-mounted TV.
- **Millennium Rooms A, B and C:** The Millennium Rooms can be reserved individually or as one large space. Depending on the setup, these rooms can accommodate anywhere between 40-360 people. There is a kitchen attached to Millennium Room A and has a serving window. All Millennium rooms have access to a private courtyard.

Gym Rentals

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



Personal Training

(Ages 14+) Certified fitness professionals will design your exercise routine and guide you towards achieving your fitness goals. Investing in a personal trainer is for individuals who are:

- Beginners who need to learn a safe and effective routine.
- Those hitting a plateau and have a desire to reach new goals.
- Those who are continuing physical therapy or recovering from an injury.
- Anyone who desires expert motivation!

Register at www.marylandheights.com/mindbody.

Group Training Options

Transformers

(Ages 16+) People tend to work harder within a team than they do on their own. That's why Transformers Group Training will challenge you. This six week program can aid in weight loss, improve muscular strength, endurance, flexibility and cardio output. It can also decrease body fat, lower resting heart rate and blood pressure. Each week includes fun fitness/nutrition challenges. At the end of the session, we reassess to see how far you have come and set new goals for the next session! Register at www.marylandheights.com/mindbody.

Level UP Youth Training

(Ages 12-16) This six week, youth group training program is designed to develop and enhance overall athletic performance and confidence through strength training and cardiovascular exercises. Participating in this group strength and conditioning program will teach your child how regular exercise and proper strength training leads to a healthy lifestyle. Making fitness and proper strength training a priority as a teenager will build a foundation to promote a lifelong commitment to exercise and health. Register at www.marylandheights.com/mindbody.

Private Swim Lessons

(Ages 6 months and older, including adults) During private swim lessons, students go at their own pace to achieve individual goals. Private lessons are offered at specific times and each lesson is thirty minutes long. To check availability or to register for a private lesson, visit www.marylandheights.com/mindbody.



Group Swim Lessons

Baby Shark, Octopus, and Stingray
Tuesdays/Thursdays • 5:30 p.m. - 6:10 p.m.
or Saturdays • 9:30 a.m. - 10:10 a.m.

Starfish, Sea Turtle, and Dolphin
Tuesdays/Thursdays • 6:20 p.m. - 7:00 p.m.
or Saturdays • 10:20 a.m. - 11:00 a.m.

May 2 - May 25 (Tuesday/Thursday)
June 3 - July 22 (Saturday)
June 6 - June 29 (Tuesday/Thursday)
July 6 - July 27 (Tuesday/Thursday)*
August 1 - August 24 (Tuesday/Thursday)
August 5 - September 30 (Saturday)

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

For a description of all classes and to register, please visit www.marylandheights.com/swim.
Fee/per session: M: $50 • R: $55 • NR: $60

*The July 6 - July 27 session is shorter due to the holiday. Fees are prorated.
Fee: M: $43.12 • R: $48.12 • NR: $52.50

Blue Birds Pre-K Program

A.M. Program (Ages 4-5): Monday - Friday
August 28 - May 17
9:00 a.m.-12:00 p.m.

P.M. Program (Ages 3-5): Monday, Wednesday & Friday, Tuesday/Thursday, or all five days.
August 28 - May 17 • 1:00 p.m.-4:00 p.m.

Children that attend Blue Birds learn how to share, cooperate, problem solve, gain independence, learn self-awareness, and more in a structured, school-like environment. We also focus on kindergarten readiness skills to make sure your child is prepared for the following school year. Daily activities include arts and crafts, storytelling, outdoor play, supervised exploration, snack time, and more.

REGISTRATION INFORMATION: Contracts must be filled out at the time of registration and will be accepted on a first-come, first-served basis, in person, on April 10 from 9:00 a.m.-11:00 a.m. If you cannot make this time frame, you will need to schedule an appointment with Recreation Specialist Kira Harvey to get registered. Appointments will NOT be made until after the registration window on April 10.

Your child must be the age listed by July 31, 2023. NO EXCEPTIONS will be made. A birth certificate or passport must be shown to verify age. Physicals and vaccination history will be required within 30 days of enrollment for every child. Proof of residency and guardianship is required. This includes a valid photo ID and a current utility bill, voter ID card or current bank statement. Accepted proof of guardianship consists of a birth certificate, passport, insurance card with child's name, or Social Security Card. For more information, contact Kira Harvey at kharvey@marylandheights.com or (314) 738-2547.



Fee: A.M. Program (Ages 4-5):
R/M: $2,835 ($315/Month)
NR: $3,771 ($419/Month)

Fee: P.M. Program (Ages 3-5) Monday, Wednesday & Friday:
R/M: $1,674 ($186/Month) • NR: $2,232 ($248/Month)
Tuesday/Thursday: R/M: $1170 ($130/Month) • NR: $1557 ($173/Month)

Dogport

2490 McKelvey Woods Ct.

Many of the dog lovers in Maryland Heights have been asking about the status of Dogport after the flash flooding that closed the facility last July. Since its closure, The City has been hard at work on bringing Dogport back! However, the process of repair is a complicated one, and we have not been able to finalize plans for reopening yet.

We intend to make the most fiscally responsible decisions when it comes to your tax dollars, and this extends to how we are approaching the restoration of Dogport. To this end, we are attempting to utilize FEMA funding where possible. The process has been lengthy and is more involved than a simple clean-up would be, as work on Dogport is only one portion of the broader restoration work the City is doing. We currently continue to work with Federal and State Emergency Management Agencies to improve the park, and to limit the risk of future flooding both at Dogport and across Maryland Heights at large.

We thank you for your patience, and we look forward to getting the park open as soon as possible. Please continue to watch your email inbox, view our social media pages and website for additional updates. If you have questions, please reach out to Ashley Giebe at agiebe@marylandheights.com.



Eise Memorial Park

12103 Bourbon St.

Gerald A. Eise Memorial Park, a neighborhood park, is located in the David Meadows Subdivision. Parking is limited to less than ten vehicles. No pavilion reservations are accepted at Eise Park.

Amenities: Basketball (half court), cornhole boards, Little Free Library, one pavilion that seats approximately 25 people, picnic tables with barbecue grills, playground, restrooms, splash pad and walking path.



Fee Fee Greenway

Trailheads at Aquaport and Creve Coeur Park

The 2.73 mile Fee Fee Greenway, formerly McKelvey Woods Trail, is the first public off-road trail that Maryland Heights has been a part of creating. Completed via collaboration with Great Rivers Greenway and securing federal funding through grants, the trail takes users from Aquaport all the way to Creve Coeur Lake and its many recreational opportunities including a link to the Katy Trail.

Fee Fee Ballfields

2719 Fee Fee Rd.

In 2019, Maryland Heights acquired over 10 acres of property, north of the Midland Ave. and Fee Fee Rd. intersection, currently consisting of four baseball fields. Over the next few years and as part of the Capital Improvement Plan, the City will turn this land into a multi-sport complex with at least three functional fields for play. Improvements have already begun on field one, closest to Fee Fee Rd., and is now available to rent. When not rented, residents may use this field for pickup games, skills development and more. Contact Liz Renaud at lrenaud@marylandheights.com or (314) 738-2551 for reservations.

Fee: R: $15/hour • NR: $25/hour

McKelvey Woods Nature Park

2530 McKelvey Rd.

A short walking trail ends with a peaceful location to bird watch, observe nature or to simply enjoy the outdoors.

Amenities: Walking trail and picnic tables.

McKelvey Woods Park

2480 McKelvey Woods Ct. (in front of Dogport)

McKelvey Woods Park provides a great location to begin or end your journey on the nearby Fee Fee Greenway with restrooms and picnic tables to stop and take a quick break. This park also features a playground.

Amenities: Playground, pavilion with picnic tables and restrooms.



Parkwood Park

3145 Parkwood Lane

Located next to Parkwood Elementary School and near Holy Spirit Catholic Church, Parkwood Park features a 0.7 walking path with fitness stations to keep you active, as well as a playground among other features.

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

Quiet Hollow Park

12469 McKelvey Rd.

Quiet Hollow is home to the state-of-the-art Fitness Court, an outdoor bodyweight gym facility that features 30 individual pieces of equipment, shock-resistant sports flooring and exercise stations that allow for up to 28 individuals to workout at the same time. You can download the free app, available on Apple or view videos on YouTube and learn about the different stations, be led through workouts and enter into challenges. For those looking for more of a leisure activity, this park also has a walking trail, park benches and picnic tables. There is limited parking and there are no restroom facilities at Quiet Hollow.

Amenities: Fitness stations, picnic tables, public art and walking path (there are no restrooms at this park) .

Vago Park

2700 Fee Fee Rd. (Midland Ave. and Fee Fee Rd.)

Vago Park spans 20-acres and includes numerous amenities including a baseball field, pavilions and sand volleyball court that are available for rent.

Amenities: Baseball field with lights, cornhole boards fitness course, five horseshoe pits, Judy Barnett Memorial Scented Garden, multi-purpose court with basketball goals, three pavilions available for rent, picnic sites with barbecue grills, public art, three playgrounds including handicap accessible play structures, restrooms, sand volleyball court, splash pad and walking/jogging track.

Pavilion Rentals:

The American Legion Pavilion (120 people), Kiwanis Pavilion (100 people) and Maryland Heights Pavilion (100 people) are available for reservations any day of the week, April through October. Reservations must be done in person. No reservations will be taken over the phone.
Fee: R: $40/date • NR: $65/date • Non-profit: $20/date*
*(Must have 501C3 with a Maryland Heights address.)

Baseball Field and Sand Volleyball Court Rental:

A minimum of two weeks notice is required for booking the baseball field or sand volleyball court. For pricing, regulations, and to request rental space, please visit www.marylandheights.com/apply to fill out a rental request form. For questions, contact Liz Renaud at lrenaud@marylandheights.com. **Fee: R: $15/hour • NR: $25/hour**



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

Monday Meet and Greet

First Monday of the Month
10:30-11:30 a.m. • Community Center

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

Fee: Free



Monthly Luncheon & Bingo

Third Monday of the Month
10:30 a.m.-2:45 p.m. • Community Center

(Ages 55+) Join us on the third Monday of each month for entertainment at 10:30 a.m. followed by a hot, catered meal at 11:30 a.m. No food substitutions can be made. Menu and entertainment are advertised through Mature Matters. Reservations must be made by the Wednesday of the week prior. Refunds will only be issued for cancellations received prior to the deadline. Stay after lunch for bingo beginning at approximately 12:45 p.m. with attendance prizes and other practical prizes available to win.

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

Afternoon Flicks

Thursday, April 13: Mrs. Harris Goes to Paris
Thursday, April 20: Belfast
Thursday, April 27: See How They Run
2:00 p.m. • Community Center

(Ages 55+) Afternoon Flicks are back this spring! Watch great films with friends at the Community Center. Popcorn and water will be provided.

Fee: Free

Senior Learning Institute

Second Thursday of the Month
10:00 a.m. – 11:30 a.m.
Community Center

(Ages 55+) Founded by Ted Gottlieb, Certified Senior Advisor, The Senior Learning Institute provides FREE advocacy, resources, and education on a variety of topics. In addition to the live sessions, seniors will also have access to free consultations. There is no registration needed and it is free to attend. More in-depth descriptions of each seminar will be published in Mature Matters. Please note that there are no sessions in July and August.

- **May 11: Ask the Healthcare Professional**
- **June 8: Tips to Living Longer**
- **September 14: The Perfect Gift**
- **October 12: Aging in the Right Place**
- **November 9: The Truth About Senior Living**
- **December 14: I'm With the Government & Here to Help**

Mature Matters Newsletter


Mature Matters
A Publication for Maryland Heights Seniors
March-April 2023
City Of Maryland Heights Parks & Recreation
Steve's Scoop
What's Inside
Page 2:
Upcoming Trips
April Ballot Issues
Page 3:
Senior Learning Institute
Afternoon Flicks
Mammography Van Screening
Murder Mystery Dinner
Page 4:
First Monday Meet & Greet
Monthly Luncheons & Bingo
Paper Shredding
Volunteer Service Day - April 22nd

(Ages 55+) Stay in the know with the free bi-monthly newsletter written just for the older residents of Maryland Heights. Stay up to date on upcoming programs, luncheon entertainment schedules, Monday Meet and Greet topics and upcoming trips. Plus, keep up to date on other important information relevant to older adults in our community. To sign up to receive a printed copy of Mature Matters, contact Steve at (314) 738-2552 or sclark@marylandheights.com.

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



Bridge

Wednesdays, Ongoing • 9:00 a.m.-12:00 p.m.
Fridays, Ongoing • 12:00 p.m.-3:00 pm.
Community Center

(Ages 55+) Multiple rounds are played every week in this non-competitive bridge group. Training is not available and basic experience is necessary.

Fee: Free

Canasta

Wednesdays, Ongoing • 10:30 a.m.– 2:30 p.m.
Community Center

(Ages 55+) Join friends and make new ones while playing this classic rummy game.

Fee: Free

Mahjong

Thursdays, Ongoing • 11:00 a.m. – 2:00 p.m.
Fridays, Ongoing • 10:00 a.m. - 12:30 p.m.
Community Center

(Ages 55+) This unique game originated in China but has become popular worldwide. Training is not available during these times and some experience is necessary. All skills levels are welcome to join.

Fee: Free



Pinochle

Tuesdays, Ongoing • 9:30 a.m.-12:00 p.m.
Community Center

(Ages 55+) Engage in this fun card game and meet new friends. Snack are allowed and new players are welcome.

Fee: Free

Grief and Loss Support Group

Third Tuesday of the Month
11:30 a.m.-12:30 p.m. • Community Center

This support group can help individuals navigate emotions experienced from grief and loss. Support groups can offer companionship, support and understanding in a safe and confidential environment. Trained and experienced facilitators help guide discussion and can offer further resources to help you or a loved one through your grief journey. Reservations are not required. For more information call (314) 738-2552.

Fee: Free

Cover to Cover Book Club

Second Monday of the Month
9:30 a.m. – 10:30 a.m.
Community Center

(Ages 55+) Avid reading into old age has been shown to reduce memory decline by more than 30 percent — so keep reading through your golden years! Join one of our book clubs to help you discover and discuss new books. Upcoming months books are advertised through Mature Matters. For more information, contact Steve at sclark@marylandheights.com or (314) 738-2552.

Fee: Free

VanGo

Runs Monday-Thursday • 9:00 a.m.-3:30 p.m.

VanGo gets you where you need to go. For a one-time yearly fee, riders receive curb-to-curb service to a variety of places in a set area for medical appointments, essential shopping, errands and Community Center activities. All VanGo memberships expire on December 31 of each year. For more information on policies and schedule or to request a VanGo packet, call **(314) 738-2599**.

Fee: $30 ($20 Beginning July 1)

Sculpture on the Move

Currently on display:

- "A Novel Idea" by CR Gray at Parkwood Park.
- "Agitated Avians" by Craig Snyder at Quiet Hollow Park (Leaving Spring of 2023)
- "Bench, Please!" by Ben Pierce at the back of Vago Park (Leaving Spring of 2023)
- "Blue Sails," "Moons," and "Sticks" by Jessie Cargas at the Maryland Heights Community Center
- "Dandelions Puffballs" by Joe Maleski at Vago Park
- "Retro Floral Renovation" by Glory Hartsfield (Coming soon to Quiet Hallow)
- "Gorgonia" by Nick Willett (Coming soon to Vago Park)

Sponsored by the Creative Communities Alliance, of which Maryland Heights is a founding member, the regional Sculpture on the Move Program is designed to foster relationships between communities and artists. This program makes it as easy as possible to install high-quality, original artwork in communities, as well as enhance public spaces with minimal cost on a short-term commitment. The Beautification Commission plays a crucial role in helping select the works of art that are put on display throughout the City.

Visual Art Series

Visit the Community Center and the Government Center lobbies during business hours to view professional works from an artist in your own community, free of charge. If you'd like to be considered or someone you know would like to have their art displayed, complete the form at www.marylandheights.com/arts.



Kids Night Out

April 14 • May 12 • 6:00 p.m.-9:00 p.m.
Community Center

(Ages 6-12) Drop your kids off for a night of fun at the Community Center! They'll play games and participate in various activities including crafts while parents enjoy a night out! Finding a sitter for date night has never been this easy!

Fee: M: $12 • R: $15 • NR: $20

Maryland Heights Summer Camp

Weekly Monday-Friday, June 5-August 4
9:00 a.m.-4:00 p.m. • Vago Park & Community Center

(Ages 6-11) Register for the award winning Maryland Heights Summer Camp! Camp will meet at Vago Park on Mondays, Wednesdays, and Fridays. On Tuesdays and Thursdays, campers will meet at the Community Center and will spend the afternoon swimming at Aquaport! AM and PM extended care is available at an additional cost. The deadline to register is the Wednesday prior at 12:00 p.m. No exceptions.

Fee (per week): M: $150 • R: $165 • NR: $220

Register at www.marylandheights.com/camps.

During the week of July 4th, campers will meet at the Community Center Wednesday - Friday and receive swim time every day. There will be no camp on Monday or Tuesday. All fees are pro-rated.

Extended Care

Weekly Monday-Friday, June 5-August 4
7:30-9:00 a.m. and/or 4:00-5:30 p.m.
Vago Park & Community Center

Extended care program is available for Summer Camp and is a great way for kids to relax before or after a day of camp. This is a non-structured program where kids play games, craft or enjoy open play time. Fees must be paid in full at the time of registration and will not be pro-rated on day-to-day needs. Registrations can be made until the Sunday before each week of camp.

Fee (per week): A.M. Care: $25/child
P.M. Care: $25/child

Busy Bees Camp

Weekly Monday-Friday, June 5 - July 28
(No camp on July 3 and July 4)
9:00 a.m. - 12:00 p.m. • Community Center

(Ages 3-5) Introduce your child to summer camp at the Maryland Heights Community Center! Each week will have a new theme for a summer of fun. We will play outside, have water days, do arts and crafts, and much more. *(Children must be potty trained to attend this camp and physicals and vaccination reports must be on file.)*

Fee (per week): M: $80 • R: $88 • NR: $117

Register at www.marylandheights.com/camps.



Safety Town

Monday-Friday, June 12-23
9:00 a.m. - 12:00 p.m. or 1:00 - 4:00 p.m.
Community Center

(Ages 4-5) Kids learn the importance of signals and signs, proper seatbelt use, the dangers of home poisons, using caution with animals, dealing with strangers, home fire safety and much more. Officer Bob from the Maryland Heights Police Department will conduct each session. Please register your child(ren) for ONE session ONLY.

Fee: M/R: $45 • NR: $50

Register at www.marylandheights.com/camps.

Play it Safe

Monday-Friday, July 10-July 14 • July 17- July 21
9:00 a.m.-12:00 p.m.
Community Center

(Ages 6-8) Play it Safe offers an extension of Safety Town for older kids! Instructed by Officer Bob, each day will focus on a different topic including fire safety, animal safety, bike safety and water safety (taught at Aquaport). Children will need to bring a water bottle and a swimsuit/towel (on water safety day only). A snack will be provided.

Fee: M/R: $30 • NR: $35

Register at www.marylandheights.com/camps.

Volunteer Service Day

Saturday, April 22
Saturday, November 4
8:30 a.m.-12:00 p.m.

To register yourself, group or family visit
www.marylandheights.com/volunteer

(Ages 8+) Make a difference in our community by participating in Volunteer Service Day! You will spend the morning assisting elderly and disabled residents with yard work. Tasks primarily include raking/bagging leaves and may include some weeding or minor shrub trimming. Leaf bags are provided. Volunteers must be 8 years of age or older and are encouraged to bring a rake and work gloves. This is a great opportunity for Scout Troops, civic organizations, church groups, those needing volunteer hours or those just wanting to help! Those eligible for assistance can fill out an application on our website or at the Welcome Desk.

MURDER -IN- MAAAYBURY

A MURDER MYSTERY DINNER

FRIDAY, APRIL 28
6:30 – 9:30 P.M.
COMMUNITY CENTER

(Ages 21+) Welcome to the first annual Maybury garden party thrown by Aunt Dee to raise money to buy fertilizer. Unfortunately, someone has tried to sabotage the garden spot! Earnest D. Sass shows up to cause trouble and someone stops him "cold." Who could it be? Expect lots of mayhem at this murder mystery dinner. Participate a lot, a little, or sit back and enjoy the show! Buffet dinner (subject to change) will include chaminade chicken, mashed potatoes, glazed carrots, Italian salad, and peach cobbler. Register online or at the Welcome Desk. **$55/Person**

SUNDAY, MAY 7 11:00 A.M. 5:00 P.M.
SAINT LOUIS MUSIC PARK

(ALL AGES) CELEBRATE DIVERSITY AND DISCOVER THE VARIOUS CULTURES THAT MAKE MARYLAND HEIGHTS A UNIQUE COMMUNITY THROUGH FOOD, MUSIC AND PERFORMANCES. CULTURES REPRESENTED AT THIS YEAR'S FEST INCLUDE:

AFRICA · AUSTRIA · BULGARIA · CHINA · IRELAND · JAPAN · MIDDLE EAST · SPAIN

FREE TO ATTEND

WORLD FEST 2023

WORLDFEST IS SPONSORED BY:

Missouri Arts Council The State of the Arts · City Of Maryland Heights Parks & Recreation · St. Louis County Library

FREE TO ATTEND

MARYLAND HEIGHTS SUMMER CONCERT SERIES 2023

Live music is back at Vago and Parkwood Parks once again for the Maryland Heights Summer Concert Series! All concerts are free and all ages are welcome.

STEVE EWING BAND
Eclectic mix of originals, Urge songs, and covers
May 19 • Vago

POWER PLAY
R&B, Soul, Top 40, and Motown
June 16 • Parkwood

SAMBA BOM
Variety of Brazilian music styles. Bossa Nova, Olodum's music, Brazilian Jazz, Instrumental music, and Batucada
July 21 • Vago

ROCKIN CHAIR
Crosby, Stills and Nash, Neil Young, Linda Ronstadt, Joni Mitchell, Jackson Browne, Poco, Loggins and Messina, and the Eagles
August 18 • Parkwood

HUBB & THE HEAVY HEARTS
New Orleans funk, smooth jazz, roadhouse country, and everything in between.
September 15 • Vago

SHOWS ARE 7:00-9:00 P.M.

Missouri Arts Council

AQUAPORT
MARYLAND HEIGHTS, MO

VIP NIGHT

Friday, May 26
6:00-8:00 p.m.
FREE for Privilege Card & season pass holders!

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

SUPERHERO ACADEMY

Saturday, June 3
10:00 a.m. - 12:00 p.m.
Community Center



(Ages 5-7) The City of Maryland Heights needs its bravest heroes for this super event! We will start by gearing up in our masks and capes, then we will train for our toughest challenges. At the end of the day we will show off our new skills to parents by completing our superhero obstacle course! Parents, you can drop your little superheroes off at 10:00 and return for the obstacle course presentation at 11:45.

Fees: M:$18 • R:$20 • NR:$27

Kids' FISHING DERBY

FREE TO ATTEND

Saturday, June 10 • 9:45-11:00 a.m.
Hellebusch Park, 11408 Oak St. Bridgeton

(Ages 4-12) Maryland Heights Parks & Recreation, the Kiwanis Club of Bridgeton and Bridgeton Parks & Recreation Department are once again hosting the FREE Kids' Fishing Derby with prizes awarded for tagged fish. Children must be accompanied by an adult. Bait will be provided but kids need to bring their own rod and reel. Hot dogs and drinks will be provided for all participants. Contact the Kiwanis Club of Bridgeton at **(314) 739-1553** for more information.

Movie Nights by the Lake

at Westport Plaza

May 12: Hotel Transylvania 4
June 9: Lightyear
July 14: Sing 2

All shows start at dusk (Roughly by 8:00 P.M.!)

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

City Of Maryland Heights Parks & Recreation

WESTPORT PLAZA

FREE TO ATTEND



MARYLAND HEIGHTS

POP-UP MARKET

HANDMADE · HOMEMADE · HOMEGROWN

JUNE 7 · JULY 5 · AUGUST 2 · SEPTEMBER 6

4:00–8:00 P.M. · COMMUNITY CENTER

(All ages) Join us at the Community Center the first Wednesday of the month June-September for the Maryland Heights Pop-Up Market! Shop from a wide variety of handmade, homemade and homegrown vendors. This family-friendly event also features live entertainment.

TO BECOME A VENDOR, FILL OUT AN APPLICATION AT WWW.MARYLANDHEIGHTS.COM/POPUPMARKET.

FREE TO ATTEND

SPECIAL EVENTS

FUN IN THE PARK

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

June 21 • Eise Park

DIY Lightning Bug Catchers and Nature Journals

July 19 • Vago Park

Family Yard Games - Hot Diggity Dog

Free hot dogs, chips and drinks while supplies last!

August 23 • Parkwood Park

GaGa Ball

All events are 5:30-6:30 p.m.

ZUMBA® PARTY

SATURDAY, JUNE 24 • 7:00 P.M. - 8:30 P.M.

(DOORS OPEN AT 6:45 P.M.)

COMMUNITY CENTER

(Ages 10+) Dress in a rainbow-inspired outfit and show your pride at our Zumba Party! Don't forget to wear comfortable shoes and to bring a sweat towel! There will also be attendance prizes and a theme contest. Be sure to invite your family and friends and get ready to show who you are on the dance floor! Those 10-13 must be accompanied by an adult attendee.

FEE: $13/PERSON

Register online at

www.marylandheights.com/mindbody

*Zumba® and the Zumba Fitness logos are trademarks of Zumba Fitness, LLC, used under license.

FAMILY BINGO

(All ages) Bring the whole family out for a night of fun as we play summer themed bingo! There will be prizes geared towards kids, dinner, and refreshments.



THURSDAY, JUNE 29

5:30 P.M. – 7:30 P.M.

COMMUNITY CENTER

M: $8 • R: $9

NR: $12

Jingle Jangle in July



FREE TO ATTEND

It may be the middle of summer but the Ice Center has transformed into a winter wonderland! This event will take place in the covered outdoor space and features a vendor area so you can get your holiday shopping done early! Purchase a $10 wristband for the kids' area and get pictures taken with Santa, access the bounce house/inflatables, arts and crafts, balloon twisting and Christmas airbrushing!

Saturday, July 22 • 1:00-5:00 p.m.
Centene Community Ice Center

Apply to be a vendor at
www.marylandheights.com/Applications.



LUAU PARTY AT AQUAPORT

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

FRIDAY, AUGUST 11
7:30–9:30 P.M.
SP: FREE · GENERAL ADMISSION: $5

Dog Days of Summer



Friday, September 8
5:00-8:00 p.m. • Aquaport

M/R: $10 • NR: $15 • $5/Additional Dog

Well-mannered dogs, ages 6 months or older, and their humans are invited to close out Aquaport's season for a fun evening of swimming. All dogs are required to have current vaccination records for rabies and distemper. Dogs will need to be recently bathed and on a leash unless swimming. The Kid's Area will be available for small dogs. An adult must accompany children under the age of 18. No other animals are allowed.

MARYLAND HEIGHTS CITY WIDE SALE!

SAVE THE DATE: SATURDAY, SEPTEMBER 23

COMMUNITY CENTER & HOUSES IN MARYLAND HEIGHTS

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

Applications available June 1 at www.marylandheights.com/CityWideSale.

CHALK THE LOT

Saturday, September 23

$5 RESERVES YOUR SPACE

BEGINS AT 10:00 A.M.

JUDGING @ 2:00 P.M.

Participants must bring their own chalk.

Some chalk will be on hand in case someone runs out or needs extra.

All ages and abilities welcome. Awards and prizes for Most Creative, Best Overall, Best Use of Color and more!

FREE TO ATTEND



TONS OF TRUCKS

SAVE THE DATE: Saturday, October 7

Hollywood Casino Amphitheater Parking Lot

We are looking for vehicles of all shapes and sizes to display at Tons of Trucks! If you are interested in participating, please contact Kira at kharvey@marylandheights.com.

FREE TO ATTEND

Maryland Heights

CRAFT & VENDOR FAIR

November 10 & 11

Community Center

We have combined the Arts & Crafts Market and Sip & Shop into one vendor event over two days! Booths must contain homebased business items (Pampered Chef, Norwex, Mary Kay, etc.), handmade craft items or original artwork. For homebased businesses, we will only accept one applicant of each type.

Apply to be a vendor at www.marylandheights.com/Applications.

Hip Hop

Wednesdays, June 14 - August 16
6:30-7:20 p.m.
Community Center

(Ages 6-10) This class introduces the high-energy style of hip hop and pop dynamics with an emphasis on body movement and rhythm. Students work on body isolations and movement in a fun and relaxed atmosphere. Participants have the opportunity to choreograph moves and incorporate their own style. Age appropriate music is played.

Fee: M: $54 • R: $60 • NR: $80
Register at www.marylandheigths.com/dance.

Tap & Ballet

Wednesdays, June 14 - August 16
5:30-6:20 p.m.
Community Center

(Ages 4-6) Students learn basic tap sounds and steps, and combine them into rhythmic dance phrases. They also learn the five ballet positions, short barre sequences, across the floor progressions and mini center-floor combinations. Children are given time to explore movement and express themselves through dance. Tap shoes and ballet slippers are required.

Fee: M: $54 • R: $60 • NR: $80
Register at www.marylandheigths.com/dance.

Youth Soccer Training

Saturdays, June 3 - June 24
Saturdays, July 8 - July 29
Saturdays, August 5 - August 26
Community Center - Gymnasium

Playtime • Ages 2-3
9:15 a.m. - 10:00 a.m.

This parent and child program focuses on motor skill development, fun interactive games, sportsmanship, team concepts, and basic soccer skills.

Fee: M: $37 • R: $47 • NR: $60

First Touch • Ages 4-5
9:15 a.m. - 10:10 a.m.

This introductory class focuses on balance and coordination with 1-v-1 moves, passing, receiving, dribbling and finishing games played.

Fee: M: $37 • R: $47 • NR: $60

Ball Skills • Ages 6-18
10:15 a.m. - 11:10 a.m.

This class focuses on technical player development and includes ball mastery/dribbling, passing/receiving, attacking/defending, striking/finishing, and group/game.

Fee: M: $37 • R: $47 • NR: $60

Goalkeeper Skills • Ages 6-18
10:15 a.m. - 11:10 a.m.

This class focuses on technical goalkeeper development and includes footwork/balance, ball handling/boxing, diving/breakaways, shot stopping/crosses, and angles/distribution.

Fee: M: $37 • R: $47 • NR: $60





Adult Basketball League

Leagues play Thursdays, Saturdays or Sundays
Community Center

(Ages 19+) Sports Monster STL and Maryland Heights Parks and Recreation are teaming up to bring men's recreational and intermediate basketball leagues to the metro area. Leagues consist of six regular season games and a single elimination playoff. Fees vary, visit www.stlouis.sportsmonster.net for more information or to register.

Youth Basketball Training

Basic Skills Training • Thursdays • 7:45 - 8:45 p.m.
Advanced Skills Training • Thursdays • 8:45 - 9:45 p.m.
Group Skills Training • Sundays • 5:30 - 7:30 p.m.
Community Center

These semi-private and group lessons are instructed by Influence Basketball Academy owner and personal trainer, Andrew Erby and Golden Fitness owner, Coach Ryan Franks, they look to develop passionate and persistent athletes and influence others through the game while instilling life lessons and values such as teamwork, sportsmanship, discipline, respect for others and developing a positive attitude. Register online at www.marylandheights.com/mindbody.

Fee: $25/Thursday Session • $35/Sunday Session

Ladies Night Out Volleyball

Ongoing
7:00 - 9:00 p.m. • Remington Gym

(Ages 18+) Calling all ladies! Leave everyone else at home (no kids, please) and come enjoy an evening with other ladies who love to play volleyball. No referee will be provided. The last day will be May 23 for summer break and then returning on September 5.

Fee: Free

Adult Pickleball Classes

Session One: June 5 - July 7
(No class on July 3)
Session Two: July 24 -August 28
Session Three: September 11 - October 16
Session Four: October 30 - December 4
Mondays • 5:00-6:15 p.m. or 6:30-7:45 p.m.
Community Center

(Ages 16+) Learn the game of pickleball and improve your skills through this class designed for beginners and intermediate players. Lessons are taught by US Pickleball Ambassador Gary Stocker, who will instruct and design all classes through interactive play. Participants wanting to enroll in the intermediate class should know how to "feed" the ball and be able to exhibit continuous gameplay with others. Sessions 1 and 3 are only offering beginner classes while sessions 2 and 4 offer both beginner and intermediate.

Fee (per session): M: $60 • R: $66 • NR: $88
Register at www.marylandheights.com/sports.



Kendo

Saturdays, May 6 - June 24
Saturdays, July 1 - August 19
2:30-4:30 p.m. • Community Center

(Ages 8+) Derived from the fighting methods of ancient samurai, kendo is a modern Japanese martial art that uses two-handed bamboo swords as well as protective armor. Classes are suitable for both beginners and experienced kendōka. Skills taught in this class include control, technique and finesse.

Fee (per session): M/R/NR: $50
Drop in fee (per class): $10
Register at www.marylandheights.com/sports.

Rugby Camp

Monday - Friday, June 12 - June 16
5:30 - 6:15 p.m. or 6:30 - 7:15 p.m.
Vago Park

(Ages 9-13) Learn the rules and fundamental skills of rugby. This camp is taught by USA-certified Rugby Coach and Pattonville PE Teacher, Kyle Schaper. This camp will take place outside at Vago Ballfield.

Fee: M: $55 • R: $60 • NR: $80

Trip Activity Level Guide

- **Level 1 ★ Easy:** Minimal walking. Terrain is typically flat, no stairs or incline.
- **Level 2 ★★ Moderate:** Light walking. Occasional incline and/or stairs and possible uneven terrain.
- **Level 3 ★★★ Active:** Moderate walking. Frequent incline and/or stairs and possible uneven terrain.

National Great Rivers Museum/ Lock and Dam Tour

Thursday, May 4 • 8:00 a.m. - 3:00 p.m.
Activity Level 2 ★★

(Ages 21+) Every year, millions of people travel to the Mississippi River to learn about its history and the impact on our nation. The National Great Rivers Museum located at Melvin Price Locks and Dam, is dedicated to telling the story of the Mississippi. After the Lock and Dam tour and a visit to the museum, we'll head to Bluff City Grill in Alton for a delicious lunch, then we'll do some shopping on Broadway Street. Cost includes: motorcoach transportation, all admissions, lunch, and gratuity.

Fee: M/R: $70 • NR: $84



Historic Ste. Genevieve and Audubon's Hotel

Thursday, May 18 • 8:00 a.m. - 3:30 p.m.
Activity Level 2 ★★

(Ages 21+) Join us as a National Park Service tour guide shows us some of the oldest properties in the area. Next, we'll enjoy a delicious lunch and learn the rich history at Audubon's Hotel and Restaurant. Finally, we'll have some time to peruse the shops of downtown Ste. Genevieve. Cost includes: motorcoach transportation, tours, lunch, and gratuity.

Fee: M/R: $75 • NR: $90

Kimmswick Strawberry Festival

Saturday, June 3 • 9:00 a.m. - 3:00 p.m.
Activity Level 2 ★★

During the first weekend in June, Kimmswick overflows with strawberries. If it is made with strawberries you will find it at this festival. Everything from Fresh Strawberries, Strawberry Shortcake, Chocolate Covered Strawberries, and Strawberry Cheesecake, to Strawberry Iced Tea and Strawberry Wine. Craft and food vendors line the streets as live entertainers perform at several areas throughout town. Lunch is on your own so don't forget to bring some cash for food and other vendor items. Cost includes motorcoach transportation and gratuity.

Fee: M/R: $40 • NR: $53

Arrow Rock Lyceum Theatre

Tuesday, July 25 • 8:00 a.m. - 7:00 p.m.
Activity Level 2 ★★

In 1961, in an historic old church, this theatre began entertaining audiences. Now, over a half a century later, the Lyceum continues to entertain audiences in a beautiful, historic setting. You will enjoy the musical "State Fair" by Rodgers and Hammerstein. Prior to the show we'll have a lunch of fried chicken, sweet corn, mashed potatoes and brown gravy, and a cinnamon roll with cream cheese frosting at the historic J. Huston Tavern. Cost includes motorcoach transportation, tickets, lunch and gratuities.

Fee: M/R: $109 • NR: $145

Mystery Trip

Monday, August 14 • 7:00 a.m. - 2:00 p.m.
Activity Level 1 ★

Bring your appetite as we head to a mystery restaurant and enjoy a delicious breakfast. After breakfast we'll head to a surprise destination then end the trip with another mystery that is sure to satisfy your sweet tooth. Cost includes motorcoach transportation, all admissions, breakfast, dessert, and gratuity.

Fee: M/R: $75 • NR: $100



Cardinals vs. Brewers

Thursday, September 21 • 10:30 a.m. - 5:00 p.m.
Activity Level 2 ★★

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

Fee: M/R: $62 • NR: $83

STAGES St. Louis Presents "Million Dollar Quartet"

Wednesday, September 27 • 10:30 a.m. - 5:00 p.m.
Activity Level 1 ★

Travel with us to STAGES St. Louis in Kirkwood for this musical. It all started by chance when Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins came together for an impromptu 1956 recording session at Sun Records in Memphis. This one-time legendary session became known as the Million Dollar Quartet. You'll hear classic favorites like "Hound Dog," "Blue Suede Shoes," "I Walk the Line," "Great Balls of Fire" and more. It's sure to have you dancing at your seat! Before the show we'll have a great lunch at PJ's Tavern in Kirkwood. Cost includes ticket to the show, lunch, motorcoach transportation and all gratuities.

Fee: M/R: $107 • NR: $142

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Maryland Heights Parks & Recreation

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