

# Parks & Recreation Activity Guide

*Summer 2021*

*Updated June 15, 2021*



Registration begins:  
Apr. 5 | residents  
Apr. 12 | non-residents



**DISCOVER HAZELWOOD**  
PARKS AND RECREATION

# Table of Contents

Operating Hours/New Membership Programs.....	3
Registration Information.....	4
Special Events.....	5-6
White Birch Bay	
Hours/Admissions.....	7
Party Rentals.....	8
Swim Lessons.....	9
Special Events.....	10
Water Exercise Programs.....	11
Wellness Programs.....	12
Yoga.....	13
Disc Golf.....	14
Senior Transportation Services.....	15
Skate Park/Park Reservations.....	16
Park Policies/Park Map.....	17

## Contact Us

**Phone:** 314-731-0980

**Website:** [www.hazelwoodmo.org](http://www.hazelwoodmo.org)

**Address:**

1186 Teson Road  
Hazelwood, MO 63042

**Email:**

Superintendent

Doug Littlefield - [dslittlefield@hazelwoodmo.org](mailto:dslittlefield@hazelwoodmo.org)

Facility Managers

Jill Arnold- [jkarnold@hazelwoodmo.org](mailto:jkarnold@hazelwoodmo.org)

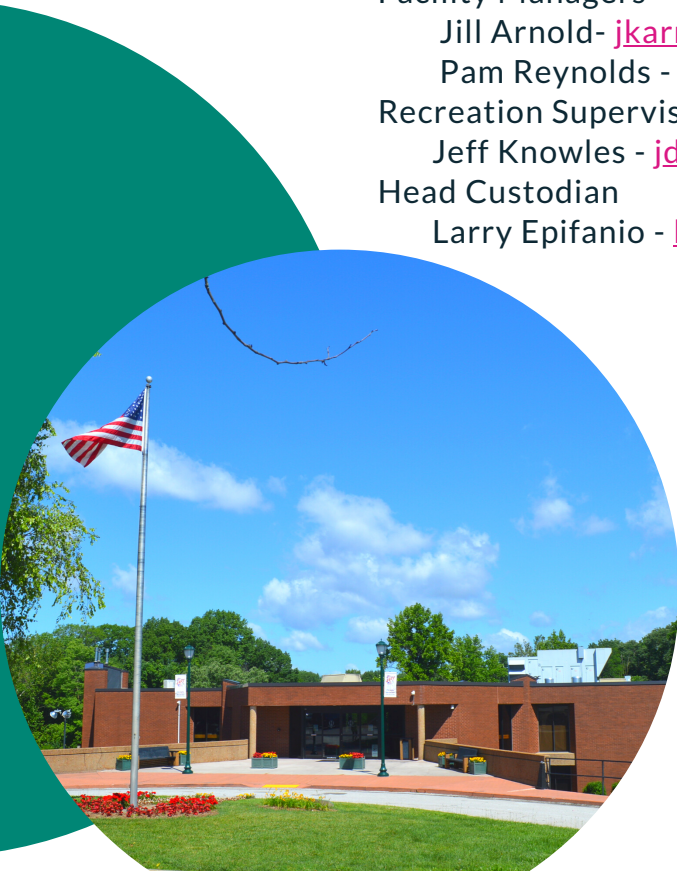
Pam Reynolds - [pfreynolds@hazelwoodmo.org](mailto:pfreynolds@hazelwoodmo.org)

Recreation Supervisor

Jeff Knowles - [jdknowles@hazelwoodmo.org](mailto:jdknowles@hazelwoodmo.org)

Head Custodian

Larry Epifanio - [lvepifanio@hazelwoodmo.org](mailto:lvepifanio@hazelwoodmo.org)



# Operating Hours

## Recreation Facilities:

Monday - Thursday | 8 a.m. - 9 p.m.

Friday - Saturday | 8 a.m. - 5 p.m.

Sunday | 1 - 9 p.m.

**Civic Center East is closed indefinitely but available for rentals.**

## Holiday Hours:

Apr. 4 | Easter | Closed

May 31 | Memorial Day | Closed

Jul. 4 | Independence Day | Closed

Jul. 5 | Independence Day Observed | Closed

Sept. 6 | Labor Day | Closed

# Abbreviation Key

**SU** = Sunday

**M** = Monday

**TU** = Tuesday

**W** = Wednesday

**TH** = Thursday

**F** = Friday

**SA** = Saturday

**HCC** = Hazelwood Community Center

**CCE** = Civic Center East

# New Membership Programs

**Get a Premier Pass Membership to the Hazelwood Community Center at no cost to you!**

## 65 Years and Older

If you are 65 or older, you may qualify for **Renew Active by United Healthcare** or **SilverSneakers by Tivity Health**. Check with your health insurance carrier to see if you qualify.

**Renew**  
**Active**<sup>™</sup>  
by UnitedHealthcare



**SilverSneakers**<sup>®</sup>  
by Tivity Health

## 18 - 64 Years

For those age 18 – 64, we are now participating in the **Prime program**. Check with your insurance carrier to verify your eligibility.





# Registration

## Registration Policies

1. Registrations are on a first-come, first served basis and will continue until the classes are filled.
2. Resident cards must be current and presented at the time of registration to qualify for resident rates.
3. You may register for any class session. Registration in the first session does not guarantee a place in continuing classes.
4. Participants must reach the designated age by the first class.
5. Fees are calculated per session unless otherwise indicated.
6. Pre-registration is required for all programs unless otherwise indicated.

## Senior Citizen Rates

Residents, age 55 years and over, are entitled to a 50% discount for most CLASS registrations. A CLASS consists of any recreation offering which meets on a continuing weekly basis during a 4 week or greater session. This discount is not available for all programs and will be noted in the class description.

## Transfers

Should you find it necessary to transfer session or class times, this may be done prior to the start of the session or class for which you are registered if an opening exists.

## Returned Checks

Returned checks are assessed all bank fees charged to the City.

## Cancellations and Refunds

The City of Hazelwood Parks and Recreation reserves the right to cancel or postpone any program due to insufficient enrollment or other valid reason. A full refund will be issued if a class is cancelled. If an individual cannot attend a class or program for any reason, refunds will be issued upon written request for classes as follows:

1. For activities with a fee of \$5 or less, a written request must be submitted before the program or first class meeting or NO REFUND will be given.
2. For activities with a fee of \$6 or more, a written request must be submitted within the first two class periods in order to receive a refund or transfer to another class. A \$5 service charge will be made for withdrawals after the first class meeting.
3. All trips and tours have registration deadlines. In order to receive a refund, a written request must be received prior to that deadline. After that, refunds will be given only if a replacement is found.

## Minimum/Maximum

All program/class fees are calculated on a minimum number of participants. If the set minimum is not met for any given class, the class will be cancelled and refunds will be made to those registered. It is recommended that you register a minimum of five days before the start of a program.

Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)

# Insurance Information

The City of Hazelwood Parks and Recreation Division assumes no liability for injuries that may be incurred by participants in programs or use of facilities. Users are urged to provide adequate medical insurance coverage and be aware that expenses incurred for medical treatment or care are to be borne by the individual participant. Please make sure you are in good condition for those activities which require physical exertion.





# Special Events

## Food Truck Nights

**Location:** Howdershell Park

**Time:** 5 - 8 p.m.

It's time for beautiful evenings in Howdershell Park, enjoying great food, great music, and great community! Local food trucks will serve up their unique and delicious cuisine while the Gateway Blues Band fills the air with a mix of fantastic music. T.E.A.M. Food Pantry will be collecting non-perishable food donations.

### Tuesday, Jun. 15

Just1Taste  
StLouisianaQ  
Homestyle Grill  
Tuk Tuk Thai  
St. Louis Kettle Corn

### Tuesday, Jul. 20

The Crooked Boot  
Speedway Eatery  
Blues Fired Pizza  
Tuk Tuk Thai  
Scoops N More

### Tuesday, Aug. 17

Tastebudz  
Wing Nut  
Savor the Southwest  
Wok and Roll Stl  
Destination Desserts



## Plein Art Paint and Sip - "Blossoms"



Join us in this "plein" or "fresh" air painting session and walk away with a completed 16" x 20" painting. Step by step instructions will be given by a Brushcapades St. Louis Artist instructor. All supplies are provided. Bring your friends, snacks, refreshments, and your creativity!

**Saturday, Jun. 5**

**Registration Deadline:** 5/28

**Location:** Howdershell Park

**Inclement Weather Location:** HCC

**Age:** 16 years and over

**Fee:** \$30 Resident | \$35 Non-resident

**Time:** 10 a.m.

*BrushCapades*  
ST LOUIS



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)

# Crayola Artist's Passport Camp: Traveling the World Through Art

Embark on a worldly adventure into the cultures and people from around the globe. From the Americas, across Europe, to Australia, and more, you will learn about the people and their ways of life through art projects related to each destination. All supplies will be provided for you to create a different masterpiece each day. You will also be able to take Crayola art supplies home to build on your in-camp projects. Artists should bring a sack lunch, snack, and water bottle. Instructed by St. Louis Imagine Arts Academy.

**Monday - Friday, Jul. 19 - 23**

**Registration Deadline:** 7/12

**Location:** HCC

**Age:** 5 - 12

**Fee:** \$235 Resident | \$250 Non-resident

**Time:** 9 a.m. - 3 p.m.



## Mad Science: Gross Out Camp

Miss Manners, Grandma, and your Mom might not approve, but your friends will. Gross Out Camp is a week long investigation into our gross, stinky, and gooey bodily functions! Study burps, farts, boogers, spit - plus some we won't mention here. You will make and play with boogers, exploding tooth-paste, and take home some edible "Excrement" - WHAT!!! You will even solve your own crime and enjoy some homemade ice cream. Experimental supplies are provided. Scientists should bring a sack lunch, snack, and water bottle. Instructed by Mad Science St. Louis.



**Monday - Friday, Jul. 12 - 16**

**Registration Deadline:** 7/7

**Location:** HCC

**Age:** 5 - 12

**Fee:** \$235 Resident | \$250 Non-resident

**Time:** 9 a.m. - 3 p.m.



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)

## North County SCAVENGER HUNT: A Hunt Through Our Parks

I ♥ PARKS!

I ♥ PARKS!

**May 17 - 24**

Join us for a scavenger hunt throughout North County in celebration of National Scavenger Hunt Day! We are joining Ferguson, Florissant, Bridgeton, St. Ann, Jennings, Bellefontaine, and Dellwood to hide secret items in one of our parks.

### Here is how it works:

Download **Actionbound** in the Apple or Google Play Store on your phone. Once the app is downloaded, search "North County Scavenger Hunt" to begin playing! There will be 8 items you must find and snap a photo with to be entered into a drawing for a prize. The app is available for download beginning May 17! Be sure to check out our social media for updates on the scavenger hunt.

Winners will be announced on **May 25 — National Scavenger Hunt Day** via social media. Winners will also be sent a email with instructions on how to claim there prize. Eight prizes will be awarded.

Love your photos and want to share them on social media?!? Share them using **#NCScavengerHunt**

Watch the City's Facebook pages for the initial clues to get you started:

- City's page: <https://www.facebook.com/CityofHazelwood>
- Hazelwood Community Center's page: <https://www.facebook.com/HazelwoodCommunityCenter>

# Pool Time

## White Birch Bay opens Saturday, May 29

Closes for the season on Monday, Sept. 6 at 5 p.m.

### Hours of Operation

Call **314-731-0980** for updated Aquatic Center information.  
**Operating Hours: Friday - Sunday**  
Noon - 6 p.m.

- For pools to open, the temperature must reach 75 degrees before noon.
- After 4 p.m., the pools will close if the temperature drops below 75 degrees.
- While Hazelwood Schools are in session, White Birch Bay will ONLY be open on the weekends (Saturday and Sunday).

Individuals must be 12 years of age to enter the Aquatic Center without direct supervision.  
Individuals 11 & under must be accompanied by a responsible individual age 16 or over.



### Daily Admission

#### Child, 4 - 15 years

\$5 - Resident | \$10 - Non-Resident

#### Senior Citizens, 55 years & older

\$5 - Resident | \$12 - Non-Resident

#### Adult, 16 - 54 years

\$6 - Resident | \$12 - Non-Resident

### Adult Swim Time

#### Monday - Friday

**Dates:** 6/28 - 7/16 | 7/19 - 8/6 | 8/9 - 8/27

**Fee:** \$30 per session - Resident | \$40 per session - Non-Resident

**Time:** 12:15 - 1:45 p.m.



# Host your summer celebration at White Birch Bay!



White Birch Bay is available for private celebrations such as small children's birthdays, anniversaries, employee appreciation, etc. **Teen parties are prohibited.** All aquatic center reservations require a \$75 damage deposit to secure a date. The remaining balance is due 10 days prior to the reservation date. If reservations are cancelled more than 10 days in advance, 50% of the damage deposit will be retained and all paid rental fees refunded. If a cancellation is made less than 10 days in advance, the entire damage deposit and 50% of the paid rental fees will be retained. Packages include water park admission with time slots available while the park is open to the public and for after hour use Friday through Sunday. Parties may bring in a cake if they wish. For information on renting the water park, contact the recreation office at **314-731-0980**. A \$75 Damage Deposit is required at the time of reservation for all pool reservations. **In the event of cancellation due to bad weather, any refundable fees will be returned by check to the renter per the City's refund policies. NO REFUNDS will be given on the day of the cancelled rental.**

## Indoor Room Rental

- Food is not included in the rental but concessions are available. Outside food and drinks may be taken to the room but will NOT be permitted outside of the room.
- Aquatic Center admission is not included in the room rental and must be paid upon entry. **All guests** will pay for entry to the facility, whether they plan to enter the water or not.
- An additional \$75.00 damage deposit is required.
- **Maximum capacity:** 50 people.
- **Available time slot:** 12:30 - 6:30 p.m.
- **Fee:** \$100 - Resident | \$175 - Non-Resident

## Under the Pergola

- Package includes park admission, use of pergola shaded area, four (4) hours of food, and drinks.
- After the party, guests may continue to enjoy the park amenities, but must depart from the pergola.
- An additional \$75.00 damage deposit is required.
- **Maximum capacity:** 50 people.
- **Available time slot:** 12:30 - 6:30 p.m.
- **Group Packages:**
  - **1-15 Guests:** \$225 - Resident | \$275 - Non-Resident
  - **16-30 Guests:** \$325 - Resident | \$375 - Non-Resident
  - **31-50 Guests:** \$450 - Resident | \$500 - Non-Resident

## Private Parties!

- Rent the entire water park complex for an after-hours party. Package includes the use of the pergola and the entire water park complex.
- An additional \$75.00 damage deposit is required.
- **Maximum capacity:** 50 people.
- **Time:** Rentals from 6:30 p.m. and a minimum 2 hour rental is required.
- **Packages:**
  - **2 Hour Rental:** \$680 - Resident | \$780 - Non-Resident
  - **Each Additional Hour:** \$100 - Resident | \$150 - Non-Resident

## White Birch Bay Pavilion

- Food is not included in the rental but concessions are available. Outside food and drinks may be taken to the pavilion area but will NOT be permitted in the Aquatic Center.
- Aquatic Center admission is not included in the pavilion rental and must be paid upon entry. **All guests** will pay \$5 for entry to the facility, whether they plan to enjoy the water or not.
- **Maximum capacity:** 50 people.
- **Available Time Slot:** Friday - Sunday, 12:30 - 6 p.m.
- **Fee:** \$90 - Resident | \$150 - Non-Resident

# Group Swim Lessons - 16 and under

Swim lessons for all swim levels are available this summer at White Birch Bay. Four weekday sessions are offered as well as one Saturday morning session. Choose session of desired dates and time slot for the appropriate age group.

- Each session has 8 lessons.
- **Fee:** \$32 - Resident | \$36 - Non-Resident

## Morning Sessions - 2 weeks each

	Session 1 M-TH 6/14-6/24	Session 2 M-TH, TU-F 6/28-7/9 No class 7/5	Session 3 M-TH 7/12-7/22	Session 4 M-TH 7/26-8/5	Session 5 Saturdays 6/12-8/7, No class 7/3
Group A 10:05-10:35 a.m.	Youth Lessons 6 - 16 years	Youth Lessons 6 - 16 years			
Group B 10:40-11:10 a.m.					
Group C 11:15-11:45 a.m.					

## Evening Sessions

**NEW TIMES & DATES!**

	Session 6 M/W 6/28-7/22	Session 7 M/W 7/26-8/19
Group D 5:30-6 p.m.	Aqua Tots Preschool (3-5 years)	Aqua Tots Preschool (3-5 years)
Group E 6:05-6:35 p.m.	Youth Lessons 6 - 16 years	Youth Lessons 6 - 16 years
Group F 6:40 -7:10 p.m.	Youth Lessons 6 - 16 years	Youth Lessons 6 - 16 years

## Sharks Swim Team

The Hazelwood Sharks Swim Team will have 3 age groups. There will be 4 swim meets for the Sharks Swim Team and those will be based off of the meet schedule set by the Swim League.

**Days:** Mondays, Wednesdays, Fridays

**Times:**

Ages 14 - 18 | 7 - 8 a.m.

Ages 10-13 | 8 - 8:45 a.m.

Ages 9 and under | 8:45 - 9:15 a.m.



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)

# Aquatic Special Events

## The Worlds Largest Swimming Lesson

**Swim lessons save lives!**

This event helps provide kids and parents exposure to life-saving water safety skills and build awareness about the vital importance of teaching children to swim and to prevent drowning. Hazelwood is joining TEAM WLSL™ in their mission to spread the message *Swimming Lessons Save Lives™* to kids and adults to help prevent drowning, the leading cause of accidental death for kids 1-4 in the U.S.

**Thursday, Jun. 17**

- One free 30-minute swim lesson will be offered during each morning lesson time slot: 10:05 a.m., 10:40 a.m., and 11:15 a.m.
- One free 30-minute evening lesson at 6:30 p.m.
- Must have appropriate swimwear. Children must be accompanied by an adult.
- Come see what our location can do for your family through swim lessons.



## Bash at the Bay Teen Night

**Allegro Entertainment** will provide the music. Refreshments will be available to purchase at the concession stand. No outside food or drink allowed. Purchase your ticket in advance to guarantee your spot and bypass the line. Clear plastic bags only allowed in facility. No re-entries.

**Friday, Jun. 25**

**Location:** White Birch Bay

**Age:** 13 - 17 years

**Fee:** \$15 - purchase your ticket at the HCC until 4 p.m. on Jun. 25 or until the event is sold out. Tickets will be sold at the door **ONLY** if available.

**Time:** 7:30 - 10:30 p.m.

## Hot Summer Night Adult Swim

A DJ will liven up the night and food and refreshments will be available to purchase. You can bring your own beverages - **no glass containers**. No outside food allowed. Clear plastic bags only allowed in facility. No re-entries.

**Friday, Jul. 9**

**Location:** White Birch Bay

**Age:** 21 and over

**Fee:** \$15 - purchase your ticket at the HCC until 4 p.m. on Jul. 9 or until the event is sold out. Tickets will be sold at the door **ONLY** if available.

**Time:** 7 - 10 p.m.

## Family Splash Night

All attractions and amenities offered throughout the regular operating hours will be offered. Refreshments will be available to purchase at the concession stand. No outside food or drink allowed.

**Friday, Jul. 30**

**Location:** White Birch Bay

**Fee:** \$4 per person, age 4 and older

**Time:** 7 - 10 p.m.





## Dive-In Movie Night: Shark Tale

Celebrate Shark Week and watch DreamWorks's animated film "Shark Tale." All attractions and amenities offered throughout the regular operating hours will be available until the movie starts. Some water features must be turned off during the movie. Refreshments will be available to purchase at the concession stand. No outside food or drink allowed.



**Friday, Aug. 13**

**Location:** White Birch Bay

**Fee:** \$4 per person

**Time:** 7 - 10 p.m.

## Dog's Day at the Pool

All dogs must be well mannered, recently bathed, have records of all current vaccinations including DHLLP and Rabies, wear an I.D. tag, be on a leash when not in the water, and be accompanied by a human adult. Humans are admitted free with a paid dog admission.

**Tuesday, Sept. 7**

**Location:** White Birch Bay

**Fee:** \$5 per dog

**Time:** 5 - 8 p.m.



## Aquatic Fitness Programs

### River Walking

Join the many others who enjoy the benefits of a great cardiovascular workout without the wear and tear on your body. Walk, jog, skip and move. Come to class prepared to have fun, socialize and work out. No swimming skills required. You will not be in water higher than your waist. No Senior Discount. No Instructor. Move at your own pace.

**Location:** White Birch Bay Lazy River

**Age:** 16 and over

**Session 1: 6/14 - 7/14 (10 sessions)**

**Registration Deadline:** 6/10

**Fee:** \$22 Resident | \$27 Non-Resident

**Day:** M/W | **Time:** 6:15 - 7 p.m.

**Session 2: 7/19 - 8/18 (10 sessions)**

**Registration Deadline:** 7/15

**Fee:** \$22 Resident | \$27 Non-Resident

**Day:** M/W | **Time:** 6:15 - 7 p.m.

### Aqua Boot Camp

This class is full of fun and energizing activities designed to help you reach your fitness goals! Water exercises are performed in chest-deep water - no swimming skills are needed. Regardless of your age, size, or fitness level, you can achieve noticeable results. Come experience an awesome total body workout with stretching, toning, and cardio - both on land and in the pool. No senior discount.

**Location:** White Birch Bay

**Age:** 14 and over

**Session 1: 6/14 - 7/14 (10 sessions)**

**Registration Deadline:** 6/7

**Fee:** \$32 Resident | \$37 Non-Resident

**Day:** M/W | **Time:** 7:15 - 8 p.m.

**Session 2: 7/19 - 8/18 (10 sessions)**

**Registration Deadline:** 7/15

**Fee:** \$32 Resident | \$37 Non-Resident

**Day:** M/W | **Time:** 7:15 - 8 p.m.

Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)

# Adult Fitness Programs

## Personal Fitness Training

A personal fitness trainer is costly, averaging between \$80 and \$100 per hour. We can lower the cost to you through a small group class taught by Carrie Chamberlain, Hazelwood's veteran Yoga Instructor. She has trained with Bob Kessen, a former professional soccer player with the Dallas Tornados, a fitness trainer and instructor in his unique training program. Carrie uses training methods based on scientific research from the National Academy of Sports Medicine (NASM). In this program you will work on core stabilization, strength, balance, and cardio. Space is limited. No senior discount.

**Location:** HCC

**Age:** 18 and over

**Session 1: 5/12 - 6/23 (12 classes - no class 5/31)**

**Registration Deadline:** 5/7

**Fee:** \$240 Resident | \$275 Non-Resident

**Day:** M/W | **Time:** 7:15 - 8:15 p.m.

**Session 2: 7/7 - 8/9 (10 classes)**

**Registration Deadline:** 7/2

**Fee:** \$200 Resident | \$225 Non-Resident

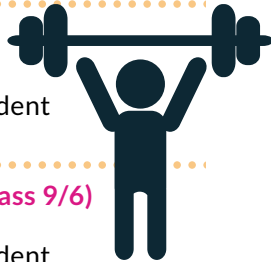
**Day:** M/W | **Time:** 7:15 - 8:15 p.m.

**Session 3: 8/11 - 9/15 (10 classes - no class 9/6)**

**Registration Deadline:** 8/6

**Fee:** \$200 Resident | \$225 Non-Resident

**Day:** M/W | **Time:** 7:15 - 8:15 p.m.



## Adult Karate

Learn several Martial Arts skills, including Judo, Jiu Jitsu, and Karate with an emphasis on Tae Kwon Do in this class taught by USMA Certified Black Belts. All skill levels welcome. Advance in rank through regular participation. You can wear comfortable clothes to class. The instructor will provide optional karate uniform information the first night.

**Location:** HCC

**Age:** 16 and over, under 16 requires instructor's approval

**Session: 6/10 - 8/26 (12 classes)**

**Registration Deadline:** 6/5

**Fee:** \$55 Resident | \$65 Non-Resident

**Day:** Th | **Time:** 6:30 - 8 p.m.



## Zumba



Zumba is a fitness program and dance party in one! This low impact cardio workout burns calories and tones bodies - and it is great for all ability levels! It combines Latin dance rhythms with the principles of interval training, body-sculpting movements, dance, and kickboxing to create a fun and easy cardio routine. Let the infectious music take control as you move through easy-to-follow dance steps and reap the benefits.

**Location:** HCC

**Age:** 13 and over

**Session 1: 6/7 - 7/14 (11 classes, no class 7/5)**

**Registration Deadline:** 6/1

**Fee:** \$41 Resident | \$51 Non-Resident

**Day:** M/W | **Time:** 7:15 - 8 p.m.

**Session 2: 7/26 - 9/1 (12 classes)**

**Registration Deadline:** 7/20

**Fee:** \$44 Resident | \$54 Non-Resident

**Day:** M/W | **Time:** 7:15 - 8 p.m.

## Pickleball

Ping Pong on steroids! This is a fun racket sport that incorporates elements of badminton and tennis. Two to four players use small wooden paddles to hit a perforated plastic ball over the net. It's an easy-to-learn game that is played on a court similar to a tennis court but is one-fourth the size.

Pickleball is fun for players of all ages and activity levels. Beginners can start slow and advanced players can pick up the pace. Drop in and play, meet some new people, learn a new sport, and get fit! Bring your own paddles.

**Session: 6/5 - 8/30 (no session 7/5)**

**Location:** HCC

**Age:** 18 and over

**Fee:** \$4 per person, per date

**Day:** M | **Time:** 11:30 a.m. - 2:30 p.m.



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)



# Yoga Programs

## with Carrie Chamberlain

### Yoga

Can't touch your toes? Muscles tight? Then this is for you! You'll start with warm-ups, move to holding positions that slowly stretch your muscles, and end with a relaxation period balancing out your mind, body, and spirit. Tools are provided to allow you to modify poses according to your personal needs. No senior discount.

**Location:** HCC  
**Age:** 16 and over

#### Session 1: 5/12 - 6/23 (12 classes - no class 5/31)

**Registration Deadline:** 5/7

**Fee:** \$60 Resident | \$75 Non-Resident

**Day:** M/W | **Time:** 4:45 - 5:45 p.m. OR 6 - 7 p.m.

#### Session 2: 7/7 - 8/9 (10 classes)

**Registration Deadline:** 7/2

**Fee:** \$50 Resident | \$65 Non-Resident

**Day:** M/W | **Time:** 4:45 - 5:45 p.m. OR 6 - 7 p.m.

#### Session 3: 8/11 - 9/15 (10 classes - no class 9/6)

**Registration Deadline:** 8/6

**Fee:** \$50 Resident | \$65 Non-Resident

**Day:** M/W | **Time:** 4:45 - 5:45 p.m. OR 6 - 7 p.m.

### Senior Yoga

So, you've heard about the life enhancing effects of yoga: increased vitality, strength and flexibility, but are intimidated by the thought of pretzel poses? Fear no more, Senior Yoga is for you. Experience how easy it can be to build strength and flexibility and to support a more balanced life. No senior discount.

**Location:** HCC  
**Age:** 55 and over

#### Session 1: 5/12 - 6/23 (12 classes - no class 5/31)

**Registration Deadline:** 5/7

**Fee:** \$60 Resident | \$75 Non-Resident

**Day:** M/W | **Time:** 8:30 - 9:30 a.m. OR 10 - 11 a.m.

#### Session 2: 7/7 - 8/9 (10 classes)

**Registration Deadline:** 7/2

**Fee:** \$50 Resident | \$65 Non-Resident

**Day:** M/W | **Time:** 8:30 - 9:30 a.m. OR 10 - 11 a.m.

#### Session 3: 8/11 - 9/15 (10 classes = no class 9/6)

**Registration Deadline:** 8/6

**Fee:** \$50 Resident | \$65 Non-Resident

**Day:** M/W | **Time:** 8:30 - 9:30 a.m. OR 10 - 11 a.m.

### Chair Yoga

If you have a hard time getting down to the floor, feel uncomfortable with your balance, or want to be more flexible, then join us for Chair Yoga. This class consists of warm-ups, organized stretching, and relaxation. Tools will be provided for modifications. Class size is limited for more one-on-one assistance. No senior discount.

**Location:** HCC  
**Age:** 16 and over

#### Session 1: 5/12 - 6/23 (12 classes - no class 5/31)

**Registration Deadline:** 5/7

**Fee:** \$60 Resident | \$75 Non-Resident

**Day:** M/W | **Time:** 11:15 a.m. - 12:15 p.m.

#### Session 2: 7/7 - 8/9 (10 classes)

**Registration Deadline:** 7/2

**Fee:** \$50 Resident | \$65 Non-Resident

**Day:** M/W | **Time:** 11:15 a.m. - 12:15 p.m.

#### Session 3: 8/11 - 9/15 (10 classes)

**Registration Deadline:** 8/6

**Fee:** \$50 Resident | \$65 Non-Resident

**Day:** M/W | **Time:** 11:15 a.m. - 12:15 p.m.



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)



# Disc Golf

Disc Golf combines a favorite American pastime of throwing flying discs with one of the world's greatest sports – golf. Players count how many “strokes” (throws) it takes to get from the tee to the basket using aerodynamically designed golf discs. This fun and inexpensive sport is played throughout the U.S., Europe, Japan, and as far away as Australia. Hazelwood's White Birch Park is home to an 18 hole course that challenges you to negotiate many tree obstacles and a winding creek. We invite you to try this popular sport on our course. Admission is free. We have a wide variety of reasonably priced golf discs, bags, and towels for sale in the Recreation Office.

## Summer Disc Golf League - 2 person

Two person teams compete in this summer league. The league will consist of 10 weeks of Mixed Format, a different format every week. The league will be split into 3 different flights after 4 weeks. Awards to the top teams in each flight.

**Dates:** 6/3 - 8/5 (10 weeks)

**Location:** White Birch Park Disc Golf Course

**Age:** All ages

**Fee:** \$27 Resident | \$32 Non-Resident

**Day:** TH | **Time:** 6 p.m.



## Truman Park Disc Golf Challenge

Individual competition through 18 holes of disc golf - 2 rounds of 9. Cash prizes to the top finishers. Registration is limited. Held in Truman Park, presenting never-before-experienced challenges, including closest to the pin. Bring your own refreshments and snacks.

**Date:** Saturday, Jun. 26

**Location:** Truman Park (Howdershell Rd, behind the Dollar General Plaza)

**Age:** All ages

**Fee:** \$12 Resident | \$15 Non-Resident

**Time:** 10 a.m.

## National Disc Golf Day & The 28th Annual White Birch Classic

It is National Disc Golf Day and the 28th Annual White Birch Classic Tournament! Featuring 6 divisions, Open, Advanced, Recreational, Women's, and Master's and Grand Master's, participants will play two rounds of golf with the top 4 players in each division qualifying for the championship round of 9 holes. Price includes lunch and a T-shirt for all competitors preregistered by 7/27.

**Date:** Saturday, Aug. 7

**Location:** White Birch Park

**Age:** All ages

**Fee:** \$25 Resident | \$30 Non-Resident

**Time:** 10 a.m.



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)

# Senior Transportation Services

Hazelwood Parks and Recreation provides free curbside bus transportation to qualified City residents for personal business such as doctor appointments, hair appointments, grocery shopping and banking. To qualify for this service you must:

- Be a City of Hazelwood resident.
- Be 55 years of age or older or disabled with medical verification.
- Complete and sign an application for service and submit it to the Recreation Office. Applications are available at the Recreation Offices at the Community Center.
- Applicant must not have any condition that requires special medical attention which might adversely affect the health of other participants riding the bus.
- Accommodations that may be needed are the responsibility of the rider: service animal, oxygen, personal assistance, walker, etc.

## Making a Reservation

To make a reservation, call **314-731-0980**, Monday through Friday, 9 a.m. - 2 p.m. Riders must call 48 hours in advance.

- Reservations will be made in 30 minute increments.
- Riders should be ready 30 minutes prior to their designated pick-up time. Be patient with the drivers who may be delayed at times due to traffic or other reasons.
- Appointments will be accepted up to one month in advance.
- Calls for service less than 48 hours in advance will be accommodated based on priorities and availability.
- Riders are limited to one trip per day and two per week. Riders are accommodated according to the below Priority Rating Scale:
  1. Medical
  2. Grocery Shopping
  3. Financial Business, Post Office
  4. Shopping, Recreational, etc.

Cancellations should be made 24 hours in advance when possible. Cancellations on shorter notice should still be called in to the recreation office at **314-731-0980**.

## Days and Times of Service

**Monday, Tuesday, Thursday, Friday:**  
8:30 a.m.-3 p.m.

Wednesdays are devoted to special trips as scheduled by the Parks and Recreation Division and Hazelnut transportation for monthly meetings.

## Area of Service

Transportation services are available for riders anywhere within Hazelwood City limits.

The boundaries outside the City are: Howdershell Road/Shackelford to Mullanphy; Highway 270 to West Florissant; North on Lindbergh Blvd. to 2341 No. Hwy 67; De Paul and Christian Medical Centers.

Our bus transportation service is free to all eligible riders.



# Skate/BMX Park Operating Schedule

The Skate Park will be open daily, **WEATHER PERMITTING**. The park will be closed on those holidays when the Recreation Center is closed. The park will be opened upon request. The surface must be **DRY** for the Skate Park to open.

Sunday-Thursday: Park closes at 8:30 p.m.  
Friday-Saturday: Park closes at 4:30 p.m.

The Hazelwood Skate park is free to use. There is no attendant on duty. The risk of injury from this activity is significant, including the potential for permanent disability and death. No liability, either expressed or implied, will be incurred by the City, or its employees, for any injuries arising out of the use of the facility. It is recommended to use the facility with a companion or group.

Helmets may be rented from the Recreation Office for \$1.00. The Recreation Office also has several accessory items for purchase such as helmets, pads, tubes, etc.



## Park Pavilion Reservations

- Hazelwood Residents may reserve a park pavilion for the 2021 season through the Recreation Office. Reservations begin Jan. 2 and a 2021 Resident card is required.
- Resident businesses wishing to reserve a park pavilion must submit a written request to the Superintendent of Parks and Recreation.
- Pavilions may be reserved from 11 a.m.-9 p.m.
- ELECTRIC POWER IS NOT AVAILABLE.
- Alcohol by permit ONLY. NO GLASS.
- **A \$55 reservation fee is required for all resident park pavilion reservations.**
- St. Louis County residents may reserve Howdershell and Musick Park pavilions ONLY. Reservations may be made no more than 30 days in advance of the requested date, depending on pavilion availability.
- **A \$75 reservation fee is required for these non-resident park pavilion reservations.**
- Picnic kits are available at the Community Center in conjunction with park permits. A \$75 check deposit is required.



Register at [www.hazelwoodmo.org/ParksandRecRegister](http://www.hazelwoodmo.org/ParksandRecRegister)



# Parks and Rec Polices

## Special Recreation Needs

The City of Hazelwood strives to make recreation programs accessible to everyone. If you have a special need, in order to participate in a program, please inform office staff at the time of registration or call 731-0980 or by TDD 1-711 two weeks in advance between 8 a.m. and 8:30 p.m. Every effort will be made to adapt the program to incorporate your individual need.

## Acceptance of Participation

Rules of acceptance and participation in the following programs are the same for everyone without regard to race, color, national origin, age and disability.

## Photograph Policy

Photographs taken during programs and activities sponsored by the Hazelwood Parks and Recreation Division are the property of the City of Hazelwood and may be reproduced without consent of the participants.

## Program Registration

Registrations are on a first-come, first-served basis and are accepted until the enrollment is filled. It is recommended that you register a minimum of five days prior to the start of the program to ensure your spot in the class.

## Termination of Participation

Any park user, program participant, or spectator who strikes, attempts to strike, verbally threatens, or attempts to intimidate a Parks and Recreation employee or cause such employee or another park patron to be apprehensive about his/her personal safety; or who persists in the use of vulgar and inappropriate language in addressing an employee or at a Recreation program or facility; or who fails to heed the request of an on-site supervisor to vacate park property is subject to prosecution for violation of the City of Hazelwood trespassing ordinance and suspension from attendance at Recreation programs or facilities for a period to be determined by the Superintendent of Parks and Recreation.

## Bleeding Policy

In any Parks and Recreation program, a participant who is bleeding or who has blood on his/her clothing shall be prohibited from participating further in the activity until appropriate treatment has been administered. Appropriate treatment may include bandaging as necessary to prevent recurrence.

