

Parks & Recreation Activity Guide

Fall 2020



Registration begins:
Aug. 10 for residents
Aug. 17 for non-residents



DISCOVER HAZELWOOD
PARKS AND RECREATION

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Contact Us

Phone: 314-731-0980

Website: www.hazelwoodmo.org

Address:

1186 Teson Road
Hazelwood, MO 63042

Email:

Superintendent

Doug Littlefield - dslittlefield@hazelwoodmo.org

Facility Managers

Jill Arnold - jkarnold@hazelwoodmo.org

Pam Reynolds - pfreynolds@hazelwoodmo.org

Recreation Supervisor

Laryn Brown - labrown@hazelwoodmo.org

Head Custodian

Larry Epifanio - 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.

Holiday Hours:

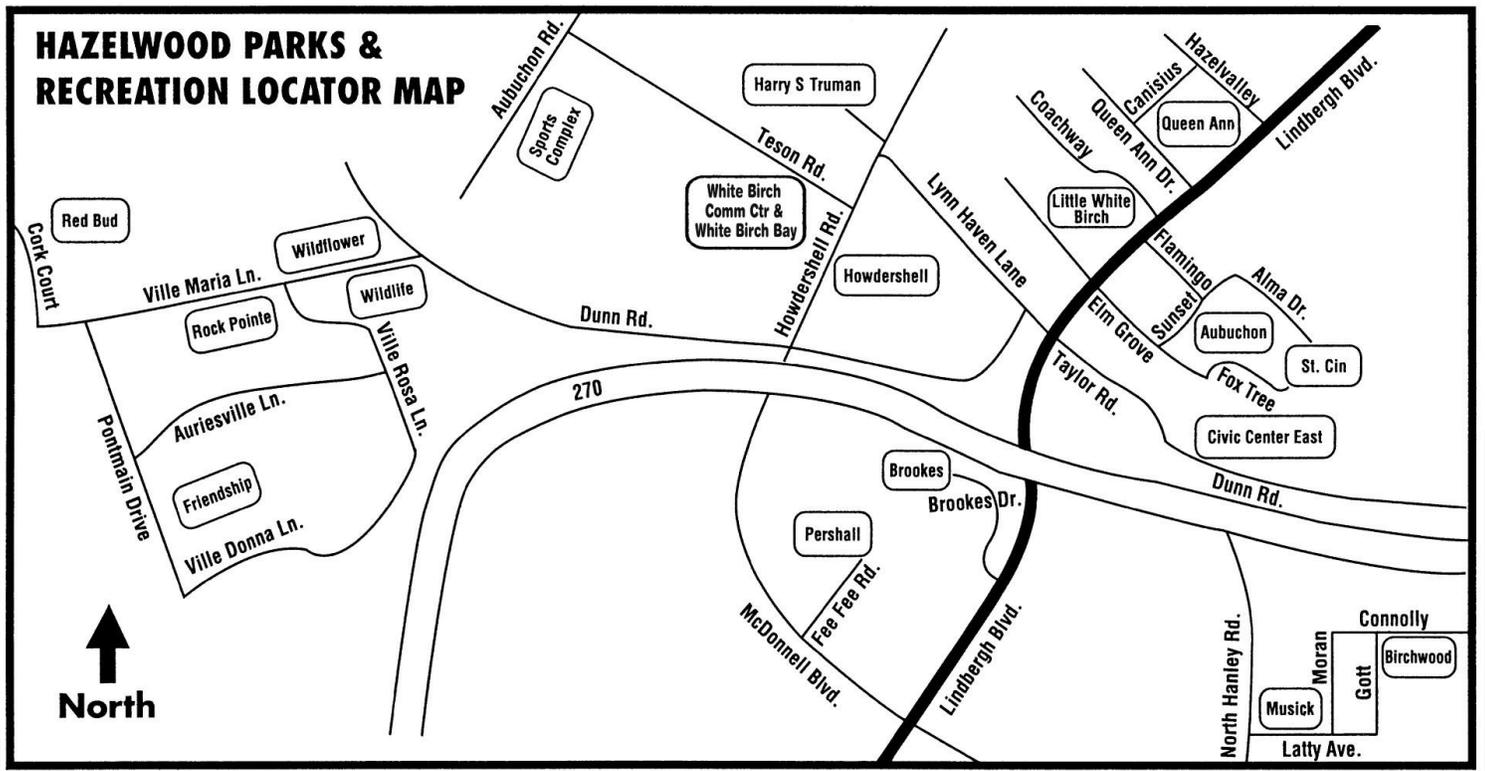
Sept. 7 | Labor Day | Closed
 Nov. 11 | Veteran's Day | Closed
 Nov. 26-27 | Thanksgiving | Closed
 Dec. 24 | Christmas Eve | 8 a.m. - Noon
 Dec. 25 | Christmas Day | Closed
 Dec. 31 | New Year's Eve | 8 a.m. - 5 p.m.

Abbreviation Key

SU = Sunday
 M = Monday
 TU = Tuesday
 W = Wednesday
 TH = Thursday
 F = Friday
 SA = Saturday

HCC = Hazelwood Community Center

CCE = Civic Center East



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.

Register at www.hazelwoodmo.org/ParksandRecRegister

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.

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.





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: 10/5 - 11/9 (11 classes)

Registration Deadline: 10/1
Fee: \$55 Resident | \$70 Non-Resident
Day: M/W | **Time:** 4:45 - 5:45 p.m. OR 6 - 7 p.m.

Session 2: 11/16 - 12/16 (10 classes)

Registration Deadline: 11/12
Fee: \$50 Resident | \$65 Non-Resident
Day: M/W | **Time:** 4:45 - 5:45 p.m. OR 6 - 7 p.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: 10/5 - 11/9 (11 classes)

Registration Deadline: 10/1
Fee: \$55 Resident | \$70 Non-Resident
Day: M/W | **Time:** 11:15 a.m. - 12:15 p.m.

Session 2: 11/16 - 12/16 (10 classes)

Registration Deadline: 11/12
Fee: \$50 Resident | \$65 Non-Resident
Day: M/W | **Time:** 11:15 a.m. - 12:15 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: 10/5 - 11/9 (11 classes)

Registration Deadline: 10/1
Fee: \$55 Resident | \$70 Non-Resident
Day: M/W | **Time:** 8:30 - 9:30 a.m. OR 10 - 11 a.m.

Session 2: 11/16 - 12/16 (10 classes)

Registration Deadline: 11/12
Fee: \$50 Resident | \$65 Non-Resident
Day: M/W | **Time:** 8:30 - 9:30 a.m. OR 10 - 11 a.m.



Register at www.hazelwoodmo.org/ParksandRecRegister

Other Wellness 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: 10/5 - 11/9
Registration Deadline: 10/1
Fee: \$220 Resident | \$250 Non-Resident
Day: M/W | **Time:** 7:15 - 8:15 p.m.

Session 2: 11/16 - 12/16
Registration Deadline: 11/12
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 Belt. 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



Session 1: 8/27 - 10/15
Registration Deadline: None - Join anytime
Fee: \$36 Resident | \$42 Non-Resident
Day: Th | **Time:** 6:30 - 8 p.m.

Session 2: 10/22 - 12/17
Registration Deadline: None - Join anytime
Fee: \$36 Resident | \$42 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 body-beautifying benefits.

Location: HCC
Age: 13 and over

Session 1: 9/14 - 10/28 (14 classes)
Registration Deadline: 9/12
Fee: \$50 Resident | \$60 Non-Resident
Day: M/W | **Time:** 7:15 - 8 p.m.

Session 2: 11/2 - 12/23 (14 classes)
Registration Deadline: 10/28
Fee: \$50 Resident | \$65 Non-Resident
Day: M/W | **Time:** 7:15 - 8 p.m.

Drop-In Pickleball

Some have called it 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.

Location: HCC
Age: 18 and over
Fee: \$4 per person, per date
Day: M | **Time:** 12:30 - 3:30 p.m.



Register at www.hazelwoodmo.org/ParksandRecRegister

Youth Sports

Youth sports instruction is provided by Totally Groomed Pros. Procedures for each class include:

- All equipment sanitized before use
- Wash hands
- No touching, high fives & hand shakes will be eliminated
- We will now implement each player uses their own ball in their own space for soccer
- Extend 6-12 feet apart (use cones to demonstrate) 2-4 steps/yards
- Mask & gloves will be provided for all coaches.
- Same Coach group stays together the duration of session, no switching groups.

Tennis

Quality Tennis Instructors experienced in working with tennis professionals will teach you the basic skills of the game including forehand, backhand, volley and serve. They will focus on respect and responsibility, creating an unforgettable experience for your young athlete. Equipment and game playing is included.

Session: 9/16 - 10/21 (6 sessions)

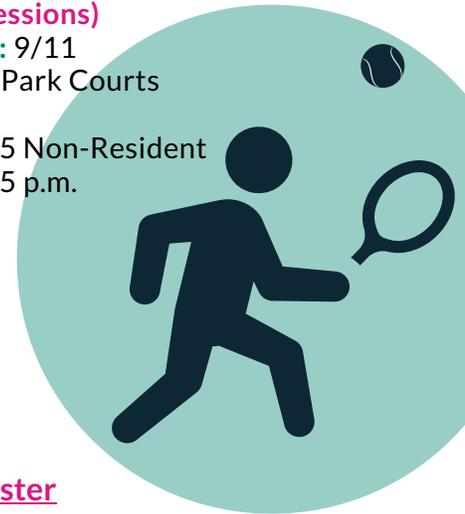
Registration Deadline: 9/11

Location: White Birch Park Courts

Age: 4 - 12 years

Fee: \$45 Resident | \$55 Non-Resident

Day: TH | Time: 6 - 6:45 p.m.



Soccer

Big kicks for little feet! Fundamental skills in kicking, passing, dribbling, and stopping will be emphasized in this introductory soccer class played outside at Howdershell Park.

Session: 9/10 - 10/15 (6 sessions)

Registration Deadline: 9/5

Location: Howdershell Park

Age: 4 - 6 years

Fee: \$45 Resident | \$55 Non-Resident

Day: TH | Time: 6 - 6:45 p.m.

Register at www.hazelwoodmo.org/ParksandRecRegister

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.

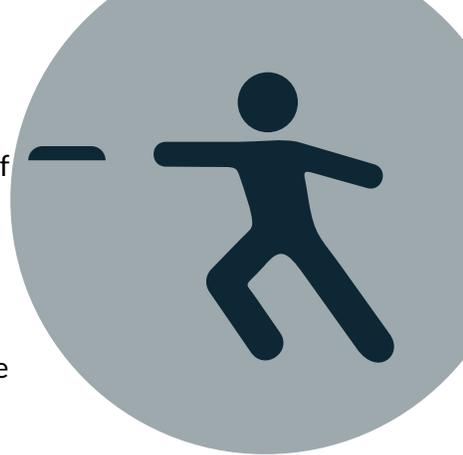
The Hazelwood Skate park is free to use. There is no attendant on duty. The risk of injury from this activity is significant, including the potential for permanent disability and death. No liability, either expressed or implied, will be incurred by the City, or its employees, for any injuries arising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

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.



2-Man Turkey Toss

Two-man teams will compete through 3 rounds of disc golf with a different format for each round. Best Disc, Alternate, and Best Score.

Divisions offered: OPEN, MASTERS, ADVANCED, and RECREATIONAL. Awards to the top three teams in each Division.

Date: Saturday, Nov. 21

Location: White Birch Park

Age: All ages

Fee: \$20 Resident | \$25 Non-Resident

Time: 10 a.m.

27th Annual White Birch Classic

The **27th Annual White Birch Classic Tournament**, postponed from the original August date, will feature six divisions: Open, Advanced, Recreational, Women's, Masters, and Grand Masters. Two rounds of disc golf with the top four players in each division qualifying for the championship round of 9 holes. Price includes lunch and a T-shirt for all participants.

Date: Saturday, Oct. 10

Location: White Birch Park

Age: All ages

Fee: \$20 Resident | \$25 Non-Resident

Time: 10 a.m.

Fall Disc League

Two man teams will compete through one round of Best Disc each week. Awards will be given to the top finishing teams in three different flights.

Dates: 9/10 - 10/15 (6 sessions)

Location: White Birch Park

Age: All ages

Fee: \$10 Resident | \$15 Non-Resident

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

Special Event: Brush Capades

Join us for an escapade-with paint and brushes! Through this one artist led session you will complete a 16" x 20" painting of "Sailing at Sunset" to brighten your home. All supplies are provided. Bring your friends, refreshments, and snacks to make it a night out! This will be a socially distanced activity.

Date: Friday, Nov. 6

Registration Deadline:

11/1

Location: HCC

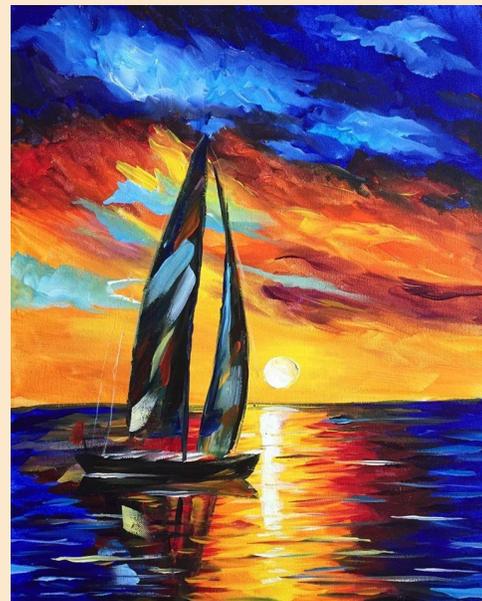
Age: 18 and over

Fee:

\$30 Resident

\$35 Non-Resident

Time: 7 p.m.



Register at 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.



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 pro-gram 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.