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MAYOR
ROBERT G. LOWERY, SR

COUNCIL MEMBERS
WARD 1 TIM LEE
WARD 2 JOHN GRIB
WARD 3 TOM SCHNEIDER
WARD 4 KEITH ENGLISH
WARD 5 KEITH SHILDROTH
WARD 6 ANDREW PODLESKI
WARD 7 KAREN MCKAY
WARD 8 MARK SCHMIDT
WARD 9 BEN HERNANDEZ

**PARKS & RECREATION
ADMINISTRATION STAFF**

**DIRECTOR OF PARKS &
RECREATION**
RON VEACH

SUPERINTENDENT OF RECREATION
TODD SCHMIDT

SUPERINTENDENT OF PARKS
BOB LARAMIE

CENTER DIRECTOR
HAROLD ERNST
JANICE STEIB

RECREATION SPECIALIST
BRENDAN KANE
STEVIE GROEBER

RANGER COMMANDER
JEFFREY ROEMER

ADMINISTRATIVE ASSISTANT
CHERYL ENTWISTLE

CLERK TYPIST
MARGARET KOZEMSKI
STACY ABBOTT
GERI MUCKLE

INCLUSION COORDINATOR
NICOLE OSHEROFF

Letter from the Mayor

Dear Friends,

After reviewing this wonderful and informative brochure, I am positive you will find an activity that interests you, but I always welcome and appreciate your ideas and suggestions so we may continue to offer you and your family the best services and activities.

With my kindest personal regards, I remain

Very truly yours,



Robert G. Lowery, Sr.
Mayor

Contact Information

Emergency 911 JJE Center 921-4466
Police Dispatch 831-7000 JFK Center 921-4250
City Hall 921-5700
Golf Club of Florissant 741-7444

WEB SITE: WWW.FLORISSANTMO.COM
E-MAIL: CITYMAIL@FLORISSANTMO.COM

Photography Policy

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

Americans with Disabilities Act

The Florissant Parks and Recreation Department welcomes people of all abilities to use any of our programs, facilities or services. We will make every effort to adapt our programs to incorporate your individual needs. If special accommodations are needed to participate in a program, please call our office at 839-7671 at least 48 hours in advance.

Florissant Resident Cards

A **current** resident card is required for the following:

- Admission to James J. Eagan Center , JFK Community Center, or any other recreational facility
- To obtain pavilion rental permits
- To receive resident rates at our pools, ice rink, classes, or room rentals

Cards must be renewed every even numbered year. To renew a card, proof of residency **must** be shown.

Passes

Individuals interested in purchasing a season pass (pool, fitness center, or ice rink) must provide proof of residency at the time of purchase. Passes valid for one year from date of purchase.

Proof of Residency Requirements

Individuals 18 years and older, must provide a valid photo I.D. and one of the following articles that have been mailed to your address: UNPAID utility bill received within the last 30 days or a monthly business statement bearing your name and Florissant address. Individuals under 18 must be accompanied by a parent or legal guardian. Assistance in determining other items which may be used for proof of residency is available by calling 921-4466 or 921-4250.

Business Owners

The owner of any business, along with immediate family members living in their household, located within the city, shall be deemed a resident and eligible to receive resident cards. If more than one person owns the business, then the individual who signs the business license application will be the one eligible to receive a resident card. To obtain a resident card, business owners must come to the James J. Eagan Center. You will only be issued a card upon verification of your business ownership through the city's Finance Department. It may take up to two business days to verify, after which, your card(s) will be mailed to you.

Replacement Cards

While your first resident card is free of charge, if a card is lost or stolen, a replacement card can be purchased during Photo ID Hours.

Current identification showing name and address must be presented.

1st 2nd 3rd or more

Replacement card fees \$2.00 \$3.00 \$5.00

Golden Age Pass (GAP) Cards

Anyone 60 years of age or older is qualified to receive a Florissant Golden Age Pass resident card. An acknowledgement on their Resident Card entitles the holder to receive a discounted rate on most programs and admission fees. It also allows them a special discount at various local businesses. For more information on the Senior programs available, contact the Senior Citizens Office in City Hall at 839-7604.

Photo ID Hours

Sun-Sat. 8:00 AM-8:30 PM

*Photo ID hours may vary depending on building activities/rentals

Hours of Operation

James J. Eagan Center (JJE):

1 James J. Eagan Dr. 921-4466

Florissant MO 63033

Gymnasium & Youth Lounge

Monday - Friday 8 AM-9 PM

Saturday/Sunday 8 AM-9 PM

Fitness Center

Monday-Friday 7 AM - 9 PM

Saturday & Sunday 8 AM - 9 PM

Parks & Recreation Office: 839-7671

Monday - Friday 8 AM - 5 PM

Saturday 9 AM - 1 PM

(Except on 3 day Holiday Weekends)

***Gym closed on Saturdays at 5PM in the event of a gym rental

John F. Kennedy Community Center

315 Howdershell Rd. 921-4250

Florissant MO 63031

Gymnasium & Youth Lounge

Monday - Friday 8 AM - 9 PM

Saturday & Sunday 8 PM - 9 PM

* Will close on Saturdays at 5PM in the event of a gym rental

Fitness Center

Monday - Friday 7 AM - 9 PM

Saturday & Sunday 8 Pa - 9 PM

*Will close at 5PM on the 3rd Friday of the month October-March for Youth Dance

JFK Office: 839-7675

Monday - Friday 8 AM - 5 PM

Racquetball Court

Come enjoy our racquetball court located at the JFK Community Center. Reservations can be made one week in advance. Only residents can reserve time. Non-Residents can play if accompanied by a resident with the purchase of a guest pass. Call 921-4250 for court availability.

Court Fee \$3 per hour

General Information

General Information

Registration Policy

Registration begins shortly after 8:00 AM on the date indicated and will continue on a space available basis.

The doors of the facility will be open at 7:45 AM on the first day of registration. Everyone here at that time will be given a lottery number. After the initial lottery numbers are given, line numbers will be given in sequential order. Line numbers will be called in sequential order and must be presented when registering.

Resident Cards must be presented in order to receive resident rates. Children under 6 years of age must have a parent's resident card.

Anyone may register members of their household and one member outside of their household. If registering a resident other than yourself, you must present their current resident card.

Age Requirement Policy

For children using the facility:

Children 8 years and younger must be accompanied by an adult at all times.

After 6 PM children under 12 years of age must be accompanied by an adult.

Guest Pass Policy

A Florissant resident may purchase a guest pass for a non-resident.

A resident must accompany their guest when the pass is purchased.

A resident must present their current resident card.

A resident is allowed one guest per day.

Resident must tell the service desk at the time of arrival if they will be having a guest if the guest is not present.

Non-residents must present a form of photo I.D.

	1 Day	2 Week
Guests 17 & under	\$2.00	\$10.00
Guests 18 & older	\$5.00	\$25.00

Class Cancellation

A program will be canceled the Friday prior to the class start date if the class minimum is not met. A 100% refund will be issued if the city cancels a class or program.

Insurance Statement

The Florissant Parks and Recreation Department does not provide insurance coverage for injuries suffered while participating in our programs or while using park facilities. Therefore, any cost related to such injuries should be presented to your personal hospitalization carrier.

Prime Time Hours

Monday-Thursday 5PM-9PM

Saturday-Sunday 1-7PM

During Prime Time hours, if crowded conditions exist, guest passes will not be issued and guest pass holders may be asked to leave the building. No refunds for guest passes will be issued.

****For both JFK & JJE gyms**

Refund Policy

Registrants canceling before a class begins will receive a full refund minus a \$5 processing charge. Participants canceling after a class begins will receive no more than a 50% refund. No refund will be given after the session is 1/2 complete or for classes that require less than a \$5 registration fee. No refunds will be given on pool or fitness center passes, summer playground, or pavilion rentals. All refund requests must be made at least 24 hours before the start of any program/class.

Full Court Basketball

Full court play will only be allowed on the following days and times.

Sunday, Monday & Wednesday

8:00-9:00 PM

Skateboard Park

Annual Pass Required

Residents—\$10

Non Residents—\$15

REQUIRED:

- Helmet
- Knee Pads
- Elbow Pads

Liability Release Form Required

Adults 18 years and over need to complete an adult liability release form

Youths 8—17 years must have a parent or legal guardian complete a Parental liability release form. The parent or legal guardian must be present and complete the form at the customer service desk when pass is purchased.

Golf Club of Florissant

Visit the Jewel of North County and enjoy 18 holes of great golf at incredible rates. The Golf Club of Florissant, located at 50 Country Club Lane, Florissant, Missouri, 63031, is a championship course with a full service bar and concession area. You will not find a better value on golf anywhere. You can reserve a tee time by calling ahead. Florissant residents, with a valid and current resident card will receive even lower rates. Please call the Golf Club of Florissant at 741-7444 or log on to golfclubofflorissant.com for more information. We hope to see you hacking away at the Golf Club of Florissant soon.

Gift Certificates

Do you have no clue what to get that special person that already has everything? Let us clue you in to a unique gift idea! The Parks and Recreation Department has gift certificates available. These certificates are redeemable towards the purchase of season passes, programs, admission and reservation fees, and much, much more. Gift Certificates may be purchased in any increment you choose at the James J. Eagan Center during normal office hours.

Fitness

Fitness Center Fees

	Resident	Non-Resident
Individual Pass	\$50.00	\$125.00
Family Pass	\$85.00	\$175.00
GAP Pass	\$35.00	N/A

Residents must show proof of residency to receive resident rates.

Daily Fee-Individual	\$3.00	\$3.00 & Guest Pass Fee (\$5)
Daily Fee-GAP	\$2.00	NA

****Passes will be valid for one year from the date of purchase.**

*****Non-Residents 18 & older** paying the daily fee must be accompanied by a resident and purchase a guest pass.

Fitness Center Policy

Liability Release Forms are required to be signed and are kept on file. Release forms are available at each community center. Please note Fitness Center Rules/Policies.

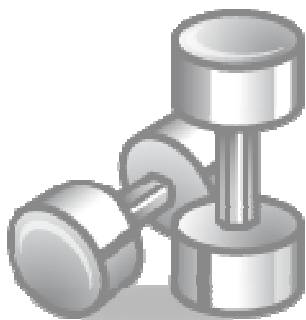
Requirements:

18 & older—Liability release form

16-17—Parental liability release form

13-15—Parental liability release form and must be accompanied by the parent or legal guardian during the fitness center visit.

No one under 13 allowed.



Fitness Center Rules

- Proper exercise attire is required.
- No blue jeans or slacks
- No cut-offs
- No sandals
- No work boots
- No belts
- A shirt is required at all times.
- Rubber soled shoes are required at all times.
- Children 12 & under not permitted in the Fitness Center.
- Children 13-15 must be accompanied by a parent or approved guardian.
- During crowded conditions, there is a 30-minute time limit on cardio equipment.
- Only sealable containers, such as water bottles are permitted for beverages.
- Food is not permitted.
- Personal radios allowed only with earphones.
- Be courteous to the next user by wiping equipment off when finished.
- Talking on your cell phone is not permitted

One On One
Fitness Training, LLC



One On One Fitness Training L.L.C. is an established presence in the Saint Louis area, with a winning track record in the fitness industry. We understand that quality of life is important to everyone of all ages and walks of life. We offer instruction, both private and in a group setting, in yoga, aerobic fitness, and weight training. Our certified instructors provide high energy and creative, personalized training. We strive to provide our clients with individual attention, motivation, and creative workouts. Our goal is to help you achieve your fitness goals.

One On One Fitness Training has partnered with **Champion 4 Fitness** in order to bring quick, easy online access to your fitness program! Log on to access your personalized information on line at any time!

Express Training (30 minutes)

3 Sessions \$75

6 Sessions \$150

45 Minute Training Sessions

Single: \$45

3 Sessions \$120

6 Sessions \$240

Partner Sessions (2 Clients) Prices are per person

Single \$35

3 Sessions \$90

6 Sessions \$190

Group Sessions (4 Clients) Prices are per person

Single \$25

3 sessions \$60

6 Sessions \$120

Physical Fitness Assessment \$50

A fitness assessment is a great way to evaluate your current fitness level. The assessment will be conducted by a certified fitness specialist for the purpose of evaluating your current health and fitness, discussing your health-related goals and interests, and developing an exercise program specific to your goals and interests. Please allow an hour for the evaluation, and dress for exercise. You will participate in a series of tests to determine your current fitness level. The tests that will be administered include measuring height and weight, resting heart rate and resting blood pressure, body composition, flexibility, cardio respiratory endurance, and muscular strength and endurance.

To schedule a consultation contact:

Andrew at 314-749-5854

e-mail address: Trainerstl@charter.net

www.1on1stl.com

Fitness & Personal Training

Adult Fitness

Pilates

Pilates is a low impact style of exercise that focuses on the core, or abdominal region of the body, with a secondary emphasis on the lower back and hip area. Pilates works deep in the muscle to create a longer, leaner look. The concept is to focus on control of the body during each movement of the exercise. This will create a higher intensity, and eliminate the need for endless repetitions.

1100 JFK

Instructor: Stacy Gerst

When: Monday/Wednesday

Time: 6:45PM-7:45PM

Session I - 2/22—4/7 Registration - R 2/8 NR 2/15

Session II - 4/12—5/26 Registration - R 3/29 NR 4/5

Price: R \$40 NR \$46 GAP \$30

Boot Camp

One on One Fitness will team with the James Eagan Community Center to bring you Boot Camp 2010. This fitness boot camp class is your chance to improve your fitness level. The classes are specifically designed to integrate tough work-outs with the support and motivation of a team. Each class format will be different and the activities will be challenging. Examples of class activities would include lunges, pushups, sprints, crunches, planks, and dips. We will include cardio days, lower body days, upper body days, and total body days. The activities will be held outdoors weather permitting. Competition is encouraged and trying your best is expected. The team work-outs push everyone on their own level. Join us to achieve your fitness and fat loss goals!!!

1900 JJE

When: Saturdays

Time: 8:00AM-9:00AM

Session I - 2/20—4/10

Registration - R 2/8 NR 2/15

Price: \$60

Step And Sculpt

Get your day off to an enthusiastic and energetic start with this great program. Step and Sculpt combines the cardiovascular bene-fits of step aerobics with the body toning benefits of strength training.

1800 JJE

Instructors: Karen Schmidt(AFAA) and Cathy Hargrove (AFAA)

When: Tuesday/Thursday

Time: 6:00AM-7:00AM

Session I - 2/23—4/8 Registration - R 2/8 NR 2/15

Session II - 4/13—5/27 Registration - R 3/29 NR 4/5

Price: R \$22 NR \$29 GAP \$16.50

Weight/Cardio Circuit

This class will provide a total body workout! Tuesday's class will concentrate more on weight training, while Thursday's class will focus more on cardio work. Overall, intervals of cardio will be mixed with intervals of weight training.

1600 JJE

Instructors: Vanessa Savoy and Cathy Hargrove (AFAA)

When: Tuesday/Thursday

Time: 7:30PM-8:30PM

Session I - 2/23—4/8 Registration - R 2/8 NR 2/15

Session II - 4/13—5/27 Registration - R 3/29 NR 4/5

Price: R \$22 NR \$29 GAP \$16.50

Slimnastics

Combination of stretching aerobics and floor exercises designed to help you slim down and increase flexibility. Weights are provided.

1400 JJE

Instructor Karen Schmidt (AFAA)

When: Monday/Wednesday/Friday

Time: A -8:30AM-9:30AM

B-9:40AM-10:40AM

Session I - 2/22—4/9 Registration - R 2/8 NR 2/15

Session II - 4/12—5/28 Registration - R 3/29 NR 4/5

Price: R \$34 NR \$44 GAP \$25.50

Yoga

Yoga is a mind and body connection. The practice of yoga will assist you in bringing together these elements, which make up life. Breathing is an important part of yoga practice. The common remedy for stress is to take a deep breath. In fact, supplying the brain with enough oxygen is the greatest tool in stress management.

1200 JJE

Instructor: Leslie Boyce (E-RYT)

When: Monday/Wednesday

Time: A -9:00AM-10:00AM

B-7:35PM-8:35PM

Session I - 2/22—4/7 Registration - R 2/8 NR 2/15

Session II - 4/12—5/26 Registration - R 3/29 NR 4/5

Price: R \$40 NR \$46 GAP \$30

Body Toning

This is an extensive work-out routine targeting those problem body areas: stomach, hips, waist and thighs. Mat work designed to tone and sculpt your way to a beautiful body. Mats are provided.

1300 JJE

Instructor: Martha Hessler

When: Monday/Wednesday

Time: 6:30PM-7:30PM

Session I - 2/22—4/7 Registration - R 2/8 NR 2/15

Session II - 4/12—5/26 Registration - R 3/29 NR 4/5

Price: R \$22 NR \$29 GAP \$16.50

Low Impact Aerobics

This class includes routines that help build your health, shape, and figure. Included will be a warm-up, extensive cardiovascular work, and cool-down.

1700 JJE

Instructor: Karen Schmidt (AFFA)

When: Tuesday/Thursday

Time: 7:15PM-8:15PM

Session I - 2/23—4/8

Registration - R 2/8 NR 2/15

Session II - 4/13—5/27

Registration - R 3/29 NR 4/5

Price: R \$22 NR \$29 GAP \$16.50

Zumba

Zumba is the fitness craze that is taking the world by storm. Dance your way to a tighter and fitter you. In this popular class, you will increase your level of fitness by dancing to exciting and unique Latin moves and rhythms. Register early and boogie down a few pant sizes.

1500 JJE

Instructor Sara Noland Payne

When: Tuesday/Thursday

Time: 6:15PM-7:15PM

Session I - 2/23—4/8

Registration - R 2/8 NR 2/15

Session II - 4/13—5/27

Registration - R 3/29 NR 4/5

Price: R \$40 NR \$46 GAP \$30

1500 JFK

Instructor Sara Noland Payne

When: Monday/Wednesday

Time: 6:30PM-7:30PM

Session I - 2/22—4/7

Registration - R 2/8 NR 2/15

Session II - 4/12—5/26

Registration - R 3/29 NR 4/5

Price: R \$40 NR \$46 GAP \$30

Zumba Gold

...takes the exciting Latin and International dance rhythms created in the original Zumba and brings them to the active older adult, the beginner participant, and those with physical limitations. It combines easy to follow steps to dance styles including the Merengue, Salsa, Cumbia, Belly Dance, Flamenco, Rock & Roll, and many others. Zumba Gold is the class to socialize, have fun, and be a "party animal" while exercising the mind, body and soul.

1500 JJE

When: Tuesday/Thursday

Time: 9:00AM-10:00AM

Session I - 2/23—4/8

Registration - R 2/8 NR 2/15

Session II - 4/13—5/27

Registration - R 3/29 NR 4/5

Price: R \$22 NR \$29 GAP \$16.50

Workshops

Core Yoga Workshop

Yoga asanas (poses) work from the inside out. Focusing on your center and using the abdomen and lower back as anchor or power centers, the rest of the body moves safely through a variety of poses. The benefits of yoga include improved posture, abdominal and back strength and flexibility. Yoga uses a series of movements engaging body, mind and breath. Muscles are elongated as they stretch. Twists flush blood through internal organs, acting as an internal detox system. In a core yoga workshop, we will concentrate on the muscles at the center of your body, and on breath. The class will form around Sun Salutations. As in all yoga, you honor your body, working from where you are. This is a yoga class focusing on building stamina and strength, but of course with the reward of Shavasana (relaxation) at the end of the class!

Instructor: Leslie Boyce
Day: Fridays
Time: 6:30PM - 8:00PM
Dates: 2/12/10
3/12/10
Fees: R \$20 NR \$30 GAP \$15

Location James J. Eagan Center
Registration: R 1/11/10 NR 1/18/10



Zumba Workshops

ZUMBATHON...this intense workout takes your basic Zumba class to the next level by expanding the workout from 60 min to 90 min. Those who enjoy Zumba will LOVE the additional time to include more Merengue, Salsa, Cha Cha, Samba, Reggaeton and many other dance rhythms. This cardio-based workout is designed to include fitness components that tone the entire body from top to bottom, and from the inside out. Are you ready to Zumba?

1501 JJE

Day: Saturday

Time: 9:00-10:30

Dates

A- February 13

B- March 13

Fee: R \$10/day NR \$15/day

Youth Basketball Workshop

Florissant presents a new youth basketball workshop focused on teaching the fundamentals of basketball: ball-handling, dribbling, passing, footwork and shooting form. Instruction will include: drills, game situations, scrimmages as well as fun skill building activities.

1550 JJE

Ages: 8—12 years

When: Saturday, March 6

Location: James J. Eagan Center

Time: 9:00AM-11:00AM

Price: R \$20 NR \$30

Registration: R 2/8 NR 2/15

Aquatic Fitness

Aquacize

Swimming ability is not required for this group exercise program. This program is ideal for limbering body joints and increasing cardiovascular fitness.

3000 JJE

When: Monday/Wednesday/Friday

Time: A -10:15AM-11:15AM

B-11:15AM-12:15PM

When: Tuesday/Thursday

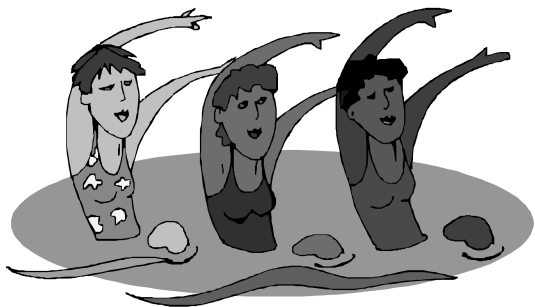
Time: C-6:00PM-7:00PM

D-7:00PM-8:00PM

Session I - 2/22—4/9 Registration - R 2/8 NR 2/15

Session II - 4/12—5/28 Registration - R 3/29 NR 4/5

Price: R \$42 NR \$53 GAP \$31.50



Swim & Stay Fit

Swimming ability is required for this great program. This class features continual end-to-end lap swimming for the average to advanced swimmer. This class is excellent for body toning and cardiovascular fitness.

3300 JJE

When: Monday/Wednesday/Friday

Time: A -8:30AM-9:15AM

B-9:15AM-10:00AM

Session I - 2/22—4/9 Registration - R 2/8 NR 2/15

Session II - 4/12—5/28 Registration - R 3/29 NR 4/5

Price: R \$28 NR \$35 GAP \$21

When: Tuesday/Thursday

Time: C -8:15-9:00PM

Session I - 2/23—4/8 Registration - R 2/8 NR 2/15

Session II - 4/13—5/27 Registration - R 3/29 NR 4/5

Price: R \$18 NR \$24 GAP \$13.50

Deep Water Aerobics

Swimming ability is required for this total body immersion work-out. This intense exercise program works the entire range of body parts and increases cardiovascular fitness. Buoyancy equipment provided.

3100 JJE

When: Monday/Wednesday/Friday

Time: A -10:15AM-11:15AM

B-11:15AM-12:15PM

Session I - 2/22—4/9 Registration - R 2/8 NR 2/15

Session II - 4/12—5/28 Registration - R 3/29 NR 4/5

Price: R \$42 NR \$53 GAP \$31.50

When: Tuesday/Thursday

Time: C -5:15PM-6:15PM

D-6:15PM-7:15PM

Session I - 2/23—4/8 Registration - R 2/8 NR 2/15

Session II - 4/13—5/27 Registration - R 3/29 NR 4/5

Price: R \$28 NR \$35 GAP \$21

Water Walking

This is a wonderful program for non-swimmers. This program incorporates various exploratory movements to help increase one's range of motion, endurance, and strength through water resistance.

3500 JJE

When: Tuesday/Thursday

Time: 5:15PM-6:00PM

Session I - 2/23—4/8 Registration - R 2/8 NR 2/15

Session II - 4/13—5/27 Registration - R 3/29 NR 4/5

Price: R \$18 NR \$24 GAP \$13.50

Water Aerobics

Swimming ability is not required for this group exercise program. This program is ideal for limbering body joints and increasing cardiovascular fitness.

3001 JJE

When: Tuesday/Thursday

Time: A -8:00AM-9:00AM C- 10:15AM-11:15AM

B-9:00AM-10:00AM D- 11:15AM-12:15PM

Session I - 2/23—4/8 Registration - R 2/8 NR 2/15

Session II - 4/13—5/27 Registration - R 3/29 NR 4/5

Price: R \$28 NR \$35 GAP \$21

Aquatics

Pool Passes Now Available!

INDOOR POOL PASSES

May be used for any public swimming session in lieu of the daily fee.

Passes valid for one year from date of purchase.

	Resident	Non-Resident
Youth (6-17)	\$50.00	\$100.00
Adult (18 & older)	\$75.00	\$150.00
Family	\$100.00	\$200.00

OUTDOOR POOL PASSES

	Resident	Non-Resident
Youth (6-17)	\$50.00	\$100.00
Adult (18 & older)	\$75.00	\$150.00
Family	\$100.00	\$200.00

INDOOR /OUTDOOR POOL PASSES

	Resident	Non-Resident
Youth (6-17)	\$75.00	\$150.00
Adult (18 & older)	\$100.00	\$200.00
Family	\$125.00	\$250.00

James J. Eagan Public Swimming

September 8– May 21

M/W/F/SAT/SUN 7:00-9:00 PM

SAT 2:30-4:30 PM

FEES	Resident	Non-Resident
Child (5 & under)	FREE*	FREE*
Youth (6-17)	\$1.50	\$3.00
Adult (18 & older)	\$2.25	\$4.00
Golden Age Pass (G.A.P)	\$1.75	n/a

*All children 8 years and younger must be accompanied by a paying adult who enters the water in proper swim attire.

***After 6:00 PM children 9-11 must be accompanied by an adult in the building before they can swim

Resident Family Night

Spend a family bonding evening at our pool for one low fee. Each family member over the age of 6 must show their own current resident card.

Wednesdays 7:00-9:00 \$3.00

Hot Tub Usage

Relax and soothe those sore, achy muscles in the James J. Eagan Center's comfortable hot tub!! It is open to individuals 16 years of age and older during public swimming sessions. For your safety, please consult your physician and OBEY POSTED RULES before using the hot tub.

O.A.R.S.

Older Adult Recreational Swimming is for adults 18 years and older. The pool is sectioned into lap lanes with deep and shallow areas for swimming or exercising.

M-F 12:30-1:30 PM
R \$1 NR \$2 GAP \$.75

Adult Lap Swim

This program allows swimmers to swim laps before the public session at no additional charge. Swimmers are charged their normal session fee and may stay for the remaining public swimming session.

AGES: 16 & OVER
M/W/F/SAT/SUN 6:15-7:00 PM

Youth Lap Swim

This program is for ages 18 and younger. Children 8 years and younger must be accompanied by a parent or designated "sitter". Parents may swim laps with their child or sit in the observation balcony. This lap swim program is for individuals that can swim continuous laps with minimal stopping.

Days: M/W/F
Times: 5:30-6:15 PM
Fees: \$.50 Residents
\$.75 Non-Residents

Youth Swimming Lessons

Taught under the guidelines of the American Red Cross "Learn to Swim" program the curriculum ranges from water exploration and primary skills to stroke development and refinement.

Must be at least 6 years of age.

3500 JJE
When: Saturdays
Time: A -8:00AM-8:45AM
B-8:50AM-9:35AM
Session I - 3/6—4/24 Registration - R 2/8 NR 2/15
Session II - 5/1—6/19 Registration - R 3/29 NR 4/5
Price: R \$20 NR \$33

Infant & Preschool Aquatics Program (IPAP)

This program is intended to develop a comfort level in and around water. IPAP will provide the necessary knowledge and skills to orient your child to water. This program is not designed to teach your child to become accomplished swimmers.

IPAP: INFANT (Ages 2-4yrs)

With an adult, infants can have fun in the water. Your instructor guides you and your child through this level emphasizing water adjustment and basic skill development.

*****ADULT PARTICIPATION IN THE WATER IS REQUIRED FOR EACH CLASS.**

IPAP: TODDLER (Ages 3-5yrs)

Your child will learn water adjustment, underwater exploration, front and back floats, and exploration of the pool.

*****ADULT PARTICIPATION IN THE WATER IS REQUIRED THE 1ST AND LAST CLASS DAYS.**

3600 JJE

When: Sundays
Time: A -Infant—4:00PM-4:45PM
B-Toddler—5:00PM-5:45PM

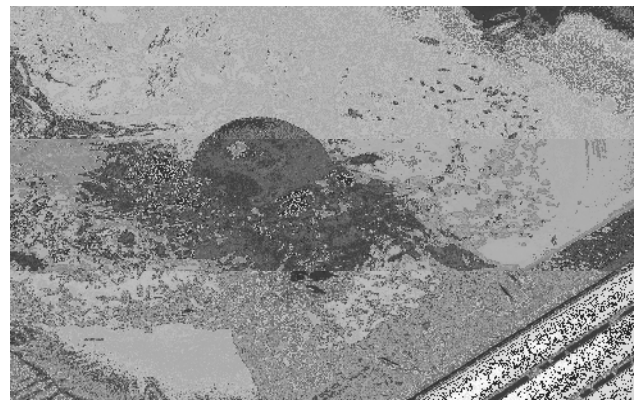
Session I - 3/7—4/25

Registration - R 2/8 NR 2/15

Session II - 5/2—6/20

Registration - R 3/29 NR 4/5

Price: R \$20 NR \$33



Leagues

Summer Softball Leagues

Day	League	Season	Game Length	Start Date
Mon.	Co-ed Intermediate	10 WEEKS	Double-header	April 26th
	Co-ed Recreational	10 WEEKS	Single	April 26th
	Women's	10 WEEKS	Single	April 26th
	Women's Church	10 WEEKS	Single	May 17th
Tues.	Men's Competitive	10 WEEKS	Double-header	April 27th
	Men's Recreational	10 WEEKS	Double-header	April 27th
Wed.	Women's	10 WEEKS	Single	April 28th
	Men's Competitive	10 WEEKS	Double-header	April 28th
	Men's Recreational A	10 WEEKS	Double-header	April 28th
	Men's Recreational B	10 WEEKS	Double-header	April 28th
Thur.	Men's Competitive	10 WEEKS	Double-header	April 29th
	Men's Recreational	RESERVED	Single	April 29th
Fri.	Men's Competitive	10 WEEKS	Double-header	April 23rd
	Coed Intermediate	10 WEEKS	Single	April 23rd
	Co-ed Recreational	10 WEEKS	Single	April 23rd
Sun.	Men's Competitive	10 WEEKS	Double-header	April 25th
	Men's Recreational	10 WEEKS	Double-header	April 25th

All league seasons include one week for playoff tournament.

League Fees:

Single Game - Res \$250 / Non Res \$300
 Double Header - Res \$500 / Non Res \$600

Thursday Men's Field #5 -

Season Fees (14 weeks + playoffs):

Single Game - Res \$400 / Non Res \$475

Registration begins March 1st

- ✦ Leagues are filled on a first come, first serve basis
 - ✦ Submit an application and \$100 deposit
 - ✦ Registration is done at the JFK or Eagan Center
- Final payments due **NO LATER** than May 14th (except Mon Women's Christian)

*To be considered a **resident team**, the team manager must be a Florissant resident with a **2010** resident card.*

Adult Coed Sand Volleyball

Location: St. Ferdinand Park
Session II: 9 Weeks (with playoffs)
Atmosphere: BYOB – No Bottles!

LEAGUES

Tuesday Coed Intermediate—begins May 4th
Tuesday Coed Recreational—begins May 4th

Thursday Coed Intermediate—begins May 6th
Thursday Coed Recreational – begins May 6th

Friday Coed Intermediate—begins April 30th
Friday Coed Recreational – begins April 30th

Team Fees:
Resident - \$150
Non-Resident - \$200

Registration (begins March 22nd):
\$50 deposit/application – Leagues filled first come, first serve

*To be considered a **resident team**, the team manager must be a Florissant resident with a 2010 resident card*



Information Hotline

921-4468

Receive up-to-the minute information on softball, baseball, and soccer field playability conditions.

Also, receive class and program cancellations due to bad weather, conditions for tennis courts, and ice conditions for the ice rink.

Softball & Volleyball League Information

All teams should contact Brendan Kane about entering a team in any adult league.
You may contact Brendan at 839-7669 x 7258 or bkane@florissantmo.com.

The team application/roster can be found online at www.florissantmo.com/Parks/leagues.shtml

Please mail or drop off the deposit and application to:
JFK Community Center
315 Howdershell
Florissant, Mo 63031
Attn: Brendan Kane

Pre School Programs

Playday & Weekend Playday

You and your child will have a blast in these fun, but unstructured activities. There will be mats, balls, music, and lots of toys provided. This program will help develop your child's social skills and you may make a new friend in the process.

Ages: 0-5 Years

Time: Weekday 11AM-12:30PM

Weekend 10:30-11:30AM

Fees: Resident- \$1 Non-Resident- \$2

Days: Weekday- 2nd & 4th Tuesdays of every month

Weekend- 1st & 3rd Saturday of every month

Gymnastics

For boys and girls 3-13 years old. This recreational structured program encourages fun, but also helps develop fitness, and coordination. Class levels are preschool and beginner/intermediate. The various learning and work stations include the parallel and uneven bars, the vault, rings, tumbling, and more! Prove that you are a "perfect ten" before this class tumbles away.

Tuesdays - 5-6pm Preschool, 3-5 year olds
6-7pm Beginner/Intermediate, 6-13 year olds

Thursdays - 5-6pm Preschool, 3-5 year olds
6-7pm Beginner/Intermediate, 6-13 year olds

Tuesdays - 3/2/10 thru 5/11/10 - No class on 3/16

Thursdays - 3/4/10 thru 5/13/10 - No class on 3/18
Registration—R- 2/1 NR - 2/15

Petite Dance

For children 4-6 years of age. A wonderful opportunity for a child to learn simple dance steps and routines, tap and ballet and various creative movements. Helps develop coordination, muscle control and rhythm. Parents are invited to attend the last class day to observe the children's dance routines and performance. A list of guidelines and recommended dress attire is available at JJE.

2100 JJE

Instructor: Diane Brown

When: Tuesday/Thursday

Time: A-9:45AM-10:45AM

B-10:45AM-11:45AM

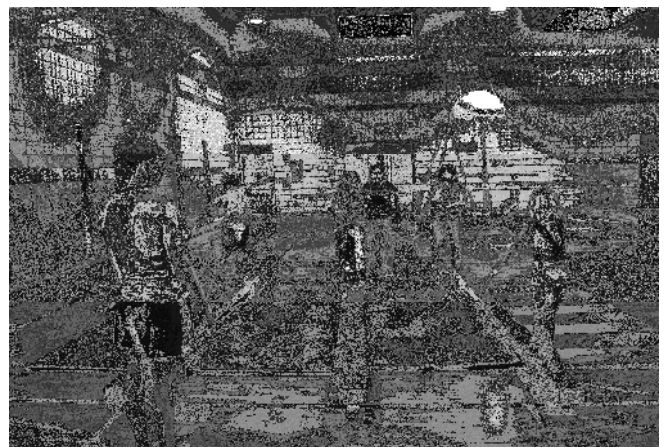
Session I - 2/27—4/10

Registration - R 2/8 NR 2/15

Session II - 4/17—5/29

Registration - R 3/29 NR 4/5

Price: R \$25 NR \$41



Youth Programs

Youth Dances

If you are in the 5th– the 8th grade, the place to be on the third Friday of every month is the JFK Center for our Youth Dances. You won't want to miss these fun-filled spectacles. There will be a D.J. to keep the party rolling, soda, pizza, and good times to be had. These dances will begin in October and run through the month of April. Make plans now, before its too late. The Youth Dances will be Lock-ins, meaning nobody will be allowed to leave before 10:00PM. No hats of any kind are allowed.

***Resident Card required for resident rates.

When: February 19 & April 16

Time: 7-10PM

Where: JFK Center

Ages: 5th-8th Grade

Cost: R \$3 NR \$5

Messy Play

Parents this is the perfect opportunity for you to get messy with your child, but not get your house a mess. Wear clothes that can get messy.

2004 JJE

When: Third Wed of each month

Time: 1:00PM-2:00PM

Fee: R \$5/day NR \$8/day

Pitch, Hit, & Run

Kids ages 7-14 (as of 7/13/2010) are invited to participate in the Pitch, Hit, & Run competition. Participants compete in 3 stations: pitching, hitting, and running with a chance to advance to Sectionals, Team Championships at a Cardinal's game, and Nationals at the 2010 All Star week in Anaheim, California! Metal Spikes are not allowed.

Date: Thursday, April 28th

Time: 6pm

Place: Koch Park field #2

This program is **free** but requires **pre-registration**. To register, call the JFK Community Center at 314-921-4250.



Youth Soccer Program

Kick Start 1 - Beginners learn important fundamental soccer techniques

Kick Start 2 - Children, past the KS – 1 level, learn advanced dribbling and defending techniques in 1v1 competitive practice learning environments.

EAGAN	Wed	2/24, 3/3, 3/10, 3/17, 3/24	KS-1	3 - 5 yrs.	6:00 - 7:00 pm	\$54	\$59
EAGAN	Wed	2/24, 3/3, 3/10, 3/17, 3/24	KS-2	6 - 10 yrs.	6:00 - 7:00 pm	\$54	\$59
JFK	Sat	2/27, 3/6, 3/13, 3/20, 3/27	KS-1	3 - 5 yrs	10:00 - 11:00 am	\$54	\$59
EAGAN	Wed	4/14, 4/21, 5/28, 5/5, 5/12	KS-1	3 - 5 yrs.	6:00 - 7:00 pm	\$54	\$59
EAGAN	Wed	4/14, 4/21, 5/28, 5/5, 5/12	KS-2	6 - 10 yrs.	6:00 - 7:00 pm	\$54	\$59
JFK	Sat	4/17, 4/24, 5/1, 5/8, 5/15	KS-1	3 - 5 yrs	10:00 - 11:00 am	\$54	\$59

Youth Programs

Florissant Fish Swim Team

This summer, the Florissant Fish will begin their eighth season as a swim team. This is a recreational program that involves competitive meets with other North County municipalities. Swimmers can register in the following age groups: 8 & under, 9-10, 11-12, 13-14 and 15-18.

Practice & Meet Location: Bangert Pool

Practice : M-F 7:45-10:00AM

Registration: In progress

Fee: \$50 Res. \$60 Non-Res.

Parent Meeting: May 18 at JJE



Stroke Clinic

The stroke clinic will be conducted at the JJE Center indoor pool by the Florissant Fish Municipal Swim Team coaches.

The clinic will involve five teaching/practice stations. Starts & Turns, Breaststroke, Freestyle, Backstroke, and Butterfly.

When: Sundays

Time:

A—Ages 11-18—1:30PM-2:30PM

B—Ages 10 & Under—2:35PM-3:35PM

Dates— 3/28—5/23 **No class 4/4, 5/2, & 5/9**

Registration - R 2/8 NR 2/15

Price: R \$23 NR \$29

**Family members of different age groups may register for same times.

Summer Playground

Days: Monday-Friday

Dates: June 14-July 23

Time: 9:00AM-3:00PM

Ages: 6-12

Sites: James J. Eagan Center & JFK Community Center

Fees:

Residents—1st Child: \$80 **2nd Child:** \$60 **Additional Children** \$60
Non-Resident \$200/child

Registration: Residents— 4/1 **Non-Resident** 6/1

• Registration is held at the James J. Eagan Center and the JFK Community Center .

• Applications are available online at www.florissantmo.com starting March 15, as well as at the Community Centers starting March 29.

ITEMS NEEDED TO REGISTER

- 1 Registration form & Emergency Medical Treatment Form
- 2 Payment in full (no discounts, refunds or pro-rating of fees)
- 3 The child's 2010 resident card must be presented when registering (all residents 6 and over must have their own resident card).
- 4 Children 6, 7 & 12 years old must present a birth certificate when registering.

Youth Junior Dance

For ages 8-16. An older child can sign up with a younger sibling in any of the youth dance classes.

Have fun and get lots of exercise while learning popular social and studio dances. A warmup and stretching segment is followed by such dance styles as Hip Hop, Jazz, Line and slide both country and Latin.

Instructor: Diane Brown

When: Saturday

Time: 12:30 - 1:30 pm

Location: James J. Eagan Center

Dates: 2/27—4/10

Registration : R 12/7 NR 12/19

Fee: R \$28 NR \$41

Safety Programs

American Red Cross

First Aid & CPR w/ AED

You never know when an emergency will happen. Be prepared to help a family member, friend, stranger, or yourself. Learn the basics of first aid, CPR, and Automated External Defibrillation. This one day class will be taught by the American red Cross.

Dates: Thursday, March 4 & Tuesday, June 1

Time: 8:30AM—4:00PM

Location: JJE

For registration call the American Red Cross at 516-2740.

American Heart

Association

CPR & AED Training

Be prepared for any situation with the training from the American Heart Association. You will learn CPR as well as how to use an Automated External Defibrillator in case of an emergency.

Date: Saturday, February 27

Time: 8:30AM-12:00

Location: JJE

Price: R \$ 25 NR \$30

Registration: R 2/8 NR 2/15

American Red Cross Lifeguarding Course

For those individuals 15 years and older who wish to become lifeguards.

Students must pass the following prerequisites the first class day.

1. Swim 300 yards continuously using the following strokes (no time limit):
 - 100 yards of front crawl, using rhythmic breathing and a stabilizing propellant kick.
 - 100 yards of breaststroke using a pull, breathe, kick, & glide.
 - 100 yards of either front crawl or breaststroke.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. The participant must hold the 10 pound object with both hands, placing the brick on his or her chest, and must keep his or her face above the water.

3700 JJE

Dates: 2/19-2/21, 2/27-2/28

Time: Friday—5:00PM-9:00PM, Saturdays & Sundays—8:00AM-5:00PM

Fee: R \$75 NR \$80

Dance

Friday Night Recreational Dance for Families

Have a fun filled Friday night with lots of exercise. All children must be accompanied by at least one parent. Come as a family. Children under 8 may observe the first hour, parents are asked to have something to keep them occupied, but they can free-style it with the rest of the family for the last half hour. Light stretching and a warm up starts it off, followed by a variety of popular dance styles including line and slide, country western and some Latin line. The last half hour is for practice or free style dance of your choice. The instructor is available for guidance throughout. Adults are also welcome to register as individuals.

Day: Fridays
Time: 7:00 - 8:30 pm
Session: 1/8/10-2/26/10 no class 2/12/10
Fees: Res Adult \$15 NR \$20
All Kids over 8 \$10
Location James J. Eagan Center
Registration: R 12/7/09 NR 12/14/09



Ballroom Dancing

Do you have what it takes to Dance with the Stars? Join us for this exciting, new class that is suited for those of all levels.

Beginning Hot and Spicy. Two left feet or no rhythm, you will still leave this class with confidence to take on the world.

Intermediate: For those with more dancing experience. Cha Cha, Samba, Swing, Rumba, Meringue, Mambo, Bolero.

100 JFK

When: Tuesdays

Times:

A –Swing—6:00PM-7:00PM—For those interested in a class concentrating in the Swing style of the Big Bands.

B—Intermediate Ballroom—7:00PM-8:00PM—For those with more experience, or have been to previous classes. Take the next step!

C—Beginners Ballroom—8:00PM-9:00PM—Hot, spicy, and super cool! Two left feet, no rhythm, you will still leave this class with the confidence to take on the world.

Session I - 1/19—3/9 Registration - In progress

Session II - 3/16—5/4 Registration - R 2/16 NR 2/22

Price: R \$40 NR \$50 GAP \$30

You may register as an individual or as a couple.

Special Events

Easter Egg Hunt & Snack with the Easter Bunny

Tickets are available beginning Monday, March 8th for the Snack with the Easter Bunny. This event will be held on **Saturday, March 27th** at the James J. Eagan Center from 9:30-11:30am. The event is free, however, a 2010 resident card must be presented to obtain tickets. Ticket locations are the James J. Eagan Center as well as the JFK Community Center. A light snack and drink will be provided while the children visit the Easter Bunny and his friends. After the snack, there will be an Easter egg hunt in the field outside of the Eagan Center. Parents, don't forget to bring a camera! Limit of 200 tickets will be made available.



Wellness & Disability Fair

Life can be difficult for any family, and even more so for families with special needs. As the St. Louis area continues to grow and change so does the over-whelming need for information on many subjects in regards to health care, new treatments, education, community support and nutrition.

The City of Florissant is holding the First Annual Wellness and Disability Fair, February 27, 2010, 10:00AM—4:00PM, at the James J. Eagan Center. Our mission is to bring to one place the best available therapeutic, educational, and medical services. Often families don't know where to start looking. The Wellness and Disability Fair will offer the opportunity for people to come to one place to gather this information, visit numerous vendors, and listen to free seminars of a variety of different topics. We would like to focus on a broad spectrum of needs of all ages, such as Autism, Obesity, Arthritis, Attention Deficit Disorder, Dementia, Multiple Sclerosis; just to name a few. This is a free event for all ages!

Florissant Garage Sale

On May 1, 2010, Florissant residents will haul down the clutter from their attics, drag out treasures from their garages and organize accumulations from their barns for the Florissant Garage Sale. The Garage Sale will be held at the James J Eagan ice rink area 9:00AM—2:00PM. All of the usual garage sale items can be found throughout the sale as well as some unusual items. There is sure to be a treasure with your name on it!

The Florissant Garage Sale is FREE to attend!

To reserve your spot to sell in the Florissant Garage Sale— Fill out an application by April 15, 2010. Applications will be available February 15 at JJE, JFK, and at www.florissantmo.com.

Fee—\$15

Facility Rentals

Behlmann Zykan Nature Lodge

Rental Facility	Weekdays Res/Non Res	Evenings/Weekends Res/Non Res	Rental Period Res/Non Res
Educational Room/Top Floor	\$200/\$400	\$250/\$500	4 Hours
Fireplace	\$75/\$250	\$100/\$300	4 Hours
Top Floor	\$350/\$500	\$400/\$700	5 Hours
Center Basement Room	\$150/\$250	\$175/\$275	3 Hours
Education Room Lower Level	\$200/\$400	\$250/\$500	4 Hours
Bottom Floor	\$350/\$650	\$425/\$775	5 Hours

Deposit—\$300

Deposit must be made in person at the time of booking in order to reserve the facility. All fees must be paid at least two weeks in advance. If fees are not paid at least two weeks in advance, your reservation may be cancelled.

Additional Hour

Weekdays—\$40/ hour
Weekends & Evenings—\$60/hour

Call the Parks & Recreation Office at 314-839-7671 for more information on facility rentals.

James J. Eagan Center & JFK Center

	Resident	Non Resident	Rental Period
GYMNASIUM (JFK MAXIMUM CAPACITY 400)			
*Catering Kitchen Available			
Up to 499 people	\$500.00	\$750.00	7 HOURS
**500-800 people	\$600.00	\$850.00	7 HOURS
Damage/Clean Up Deposit	\$150.00	\$200.00	
ARTS AND CRAFTS ROOM A OR B (JFK MAXIMUM CAPACITY 80)			
Seating capacity 75 each side	\$100.00	\$175.00	5 HOURS
Additional Hourly Rate	\$ 20.00	\$ 40.00	
Damage/Clean Up Deposit	\$100.00	\$150.00	
ARTS AND CRAFTS ROOM A & B			
Seating capacity 150	\$175.00	\$325.00	5 HOURS
Additional Hourly Rate	\$ 30.00	\$ 60.00	
Damage/Clean Up Deposit	\$100.00	\$150.00	
SMALL MEETING ROOMS (JFK MAXIMUM CAPACITY 40)			
Seating capacity 30	\$ 40.00	\$ 75.00	3 HOURS
Additional Hourly Rate	\$ 15.00	\$ 30.00	
Damage/Clean Up Deposit	\$100.00	\$150.00	

Party Packages

For one low fee, the city will provide a small party room and admission to a public swimming session or ice skating session at the James J. Eagan Center. You provide the decorations, food, beverages, and gifts!

Group Size	Res.	Non-Res
1-15	\$60	\$100
16-30 (Ice Rink Only)	\$80	\$120

(A refundable Deposit is Required)

Pool Package Times

1:30-6:00 Sat

6:00-10:30 Fri/Sat/Sun

Ice Rink Package Time

1:00-5:30 Sat/Sun

6:00-10:30 Fri/Sat/Sun

Does not include skate rental

Rental Information

- All rental applicants must be 21 years of age or older.
- A Refundable Damage Deposit is required to make a reservation. Room and date will not be held until the deposit is made. This is refunded 3-4 weeks after the event.
- Final payment is due at least 2 weeks before the event.
- Smoking is prohibited in the facility.
- Alcoholic Beverages are not allowed on Sundays.
- No live bands allowed.
- No music or DJs allowed without approval
- A two week notice is **REQUIRED** for all room rentals

Back Cover

Florissant Map