

FLORISSANT

# PARKS & PROGRAMS

## Guide



FLORISSANT  
PARKS & RECREATION



FALL 2019



## Letter From the Mayor

The City of Florissant is proud to provide you with this exciting brochure full of enjoyable recreational services and activities for you and your family. Thanks to the ideas and suggestions of residents like you and the great work of our dedicated Parks and Recreation Staff and Maintenance Personnel, we are able to provide quality outdoor and indoor facilities for residents of all ages to find fun opportunities to play and stay physically, emotionally and mentally fit.



*Timothy J. Lowery*  
**Mayor of Florissant**

### City Council Members

|                   |        |
|-------------------|--------|
| Andrew Harris     | Ward 1 |
| Tim Jones         | Ward 2 |
| Joseph Eagan      | Ward 3 |
| Jeff Caputa       | Ward 4 |
| Keith Shildroth   | Ward 5 |
| Gerard Henke      | Ward 6 |
| Jackie Pagano     | Ward 7 |
| Robert Parson Jr. | Ward 8 |
| Tommy Siam        | Ward 9 |



### Parks & Recreation Administrative Staff

|                 |                                |
|-----------------|--------------------------------|
| Cheryl Thompson | Director of Parks & Recreation |
| Kim Hedgpeth    | Superintendent of Recreation   |
| Kevin Green     | Superintendent of Parks        |
| Janice Steib    | Center Director of JJE         |
| Beth Carr       | Center Director of JFK         |
| Lisa Welch      | Recreation Specialist          |
| Evan Stoll      | Recreation Specialist          |
| Beth Goldstein  | Administrative Assistant       |
| Bridget Goodwin | Clerk Typist (JJE)             |
| Geri Muckle     | Clerk Typist (JJE)             |
| Sarah Skaggs    | Clerk Typist (JFK)             |
| Jeff Roemer     | Senior Park Ranger             |

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Explore all our new classes marked with  
There is something for everyone!



## FLORISSANT PARKS & RECREATION DEPARTMENT MISSION



To achieve our goal of inspiring community, creating memories, and fostering relationships, we will provide affordable, quality recreation programs and facilities for all to enjoy. It is our desire to empower you to be the best version of yourself.



## Resident and Nonresident Definitions

A Florissant resident is one living within the defined city limits of the City of Florissant. City limits and Post Office boundaries are not the same, so it is possible to have a Florissant mailing address yet live outside the city. Check with the Recreation Staff to see if your address qualifies for resident status. See information below on obtaining a resident card. Family passes consist of four individuals living in the same household and listed on the occupancy permit if applicable. Additional members may be added if they are eligible for \$20 per person for residents and \$30 per person for nonresidents. Anyone wishing to use the facility must have a resident or nonresident identification card which will be kept at the reception desk during their use.

## Resident Card Information

A current Florissant resident card allows Florissant residents to do the following:

- Receive free admission to the gymnasium and game room at the JJE Center & JFK Community Center.
- Obtain a pavilion rental permit for one of our many parks.
- Register early for programs and classes (before nonresidents).
- Pay resident rates for admission to facilities, programs and classes.

## To Obtain or Renew a Florissant Resident Card

Everyone in the household, including all children receiving a card, must be listed on the occupancy permit. This will be looked up in our system by recreation staff. Paper copies of the occupancy permit will be accepted for 60 days from the date of original issue only. In addition, residents who rent their home must bring a photo ID and proof of residency. Residents who own their home and are listed on the occupancy as the owner and occupant only need to bring a photo ID. See below for proof of residency requirements:

## Under 17 YRS

Must be accompanied by a parent or legal guardian as proof of residency.

### 21+ YRS

Utility bill showing service address that matches resident address. Electronic copies will be accepted. Must be dated within 30 days of current date.

Paycheck stub - mailed or electronic.  
Mailed bank statement, monthly business statement (cell phone, credit card, etc).  
Must be dated within 30 days of current date.

### 18-20 YRS

May either be accompanied by a resident parent/legal guardian OR present a proof of residency item listed to the left in their own name.

### Resident Card Fees

|                  |     |
|------------------|-----|
| Youth (4-17YRS)  | \$2 |
| Adult (18-59YRS) | \$3 |
| Senior (60+YRS)  | \$2 |

Resident/nonresident cards are valid for two years from the date of purchase. If your card is lost during this time and you need a replacement, a \$5 fee for all ages will apply for each replacement card. Nonresidents wishing to purchase a daily facility pass must have a nonresident identification card which will be held at the reception or fitness desk and returned upon their departure from the facility. Nonresident card fees are the same as resident card fees. A photo ID or parent/guardian must be present (for minors under 18) in order to make a nonresident card.

**All resident/nonresident cards are the property of the City of Florissant and must be shown or surrendered to city employees upon request.**

## Golden Age Pass (GAP)

Florissant residents ages 60 and older are qualified to receive a Senior resident card or Golden Age Pass (GAP). The resident receives discounted rates on most programs and fees. It also allows them a special discount at various local businesses. For more information contact the Senior Office at 314-839-7605.

## Florissant Business Owners

The owner of any business located within the city limits, along with immediate family members living in their household, shall be deemed a resident and therefore eligible to receive a resident card. This applies to the individual listed on the business license only. To obtain a resident card as a business owner in the city, you must visit the JJE Center or JFK Community Center with a photo ID. You will only be issued a card upon verification of your business ownership and current business license through the Finance Department. This verification can only be done M - F 8:00A - 5:00P. It may take up to two business days to verify.

## Insurance Statement

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

## Register Early for Programs

All programs must meet minimum enrollment in order to be offered. If there are not enough registrants, a course must be cancelled. Minimum enrollment must be met at least one week in advance of the start date of the class. Florissant Parks and Recreation reserves the right to cancel, postpone, combine classes or change instructors as needed. If a class is cancelled due to lack of enrollment, registered participants will be notified of an alternate class or program if one is available, or offered a full refund or account credit for registration fees paid.

## Photos & Videos

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. If you do not want yourself or your child photographed/filmed, please notify the Parks and Recreation Administration Office in writing prior to the program starting.

## Accommodation Policy

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 314-839-7670 at least 48 hours in advance of the start of the program.

## Registration Policy

Registration begins shortly after 8:00AM on the date indicated and will continue on a space-available basis. Current resident cards must be presented at the time of registration in order to receive resident rates. Children under 4 years of age must have a parent's resident card. Phone registration begins at 9:00AM on the date indicated as the first day of registration. Online registration begins at 8:00AM on the first day of registration.

## Payment and Returned Checks

Full payment is required at the time of registration, unless otherwise noted. A \$25 charge will be applied for all returned checks.

|                 |   |
|-----------------|---|
| <b>Walk-In:</b> | Visit JJE Center or JFK Community Center to pay by cash, check, Visa, MasterCard, American Express, or Discover card.   |
| <b>Phone:</b>   | Call 314-921-4466 or 314-921-4250 to pay by Visa, MasterCard, American Express, or Discover card.   |
| <b>Online:</b>  | Visit <a href="http://www.florissantparks.com">www.florissantparks.com</a> to pay by Visa, MasterCard, American Express, or Discover card. You will need to call to have your account enabled before registering online for the first time. |

## 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 refund will be given on pool or facility membership, summer day camp (after June 1st), or pavilion rentals. All refund requests must be made at least 24 hours before the start of any program class. All refunds may take up to 14 business days to process.

## Photo ID Hours

### Regular Hours

#### Labor Day-Memorial Day

|     |                |
|-----|----------------|
| M-F | 8:00A - 8:30P  |
| SA  | 8:00A - 6:30P  |
| SU  | 10:00A - 5:30P |

### Summer Hours

#### Memorial Day-Labor Day

|     |                |
|-----|----------------|
| M-F | 8:00A - 7:30P  |
| SA  | 8:00A - 4:30P  |
| SU  | 10:00A - 4:30P |

**Please note: Hours may vary due to activities, rentals, programs and holidays.**

## James J. Eagan Community Center (JJE)

Front Desk: 314-921-4466

1 James J. Eagan Dr., Florissant, MO 63033

### Parks & Recreation Office at JJE

314-839-7670

M-F 8:00AM - 5:00PM

SA 8:00AM - 12:00PM Except holiday weekends

To book a room M - F, please go to the office at the location that you wish to book between 8:00A and 5:00P. The Nature Lodge should be booked at the JFK Center Office. The JJE Center Office will take bookings for all locations on Saturdays only between 8:00A and 12:00P (Except holiday weekends).

## John F. Kennedy Community Center (JFK)

314-921-4250

315 Howdershell Rd. Florissant MO 63031

### Parks & Recreation Office at JFK

314-921-4250

M-F 8:00AM-5:00PM

SA JFK Office Closed, Visit JJE Office to book all locations

To book a room M - F, please go to the office at the location that you wish to book between 8:00A and 5:00P. The Nature Lodge should be booked at the JFK Center Office. The JJE Center Office will take bookings for all locations on Saturdays only between 8:00A and 12:00P (Except holiday weekends).

| RECREATION CENTERS | REGULAR HOURS |       | SUMMER (MAY 25-SEP 1) |       |
|--------------------|---------------|-------|-----------------------|-------|
|                    | Open          | Close | Open                  | Close |
| M-F                | 8:00A*        | 9:00P | 8:00A*                | 8:00P |
| SA                 | 8:00A         | 7:00P | 8:00A                 | 5:00P |
| SU                 | 10:00A        | 6:00P | 10:00A                | 5:00P |

\*Fitness Center opens to those with Facility Memberships at 6:00AM M-F at both centers.

Buildings will be closed 9/2, 11/28, 12/24, 12/25 & 1/1.

Buildings will close at 5:00P 12/7 & 12/31

Children 12 years and younger must be accompanied by an adult (age 18 and older) at all times while in City of Florissant facilities unless otherwise noted. Anyone 17 years and younger will not be allowed in the city facilities during normal school hours when area schools are in session.

| Annual Passes | JJE & JFK Centers |                     | Bangert Pool |             | Centers & Bangert Pool |             |
|---------------|-------------------|---------------------|--------------|-------------|------------------------|-------------|
|               | Resident 1yr/6mo  | Nonresident 1yr/6mo | Resident     | Nonresident | Resident               | Nonresident |
| Youth 4-17    | \$60/\$35         | \$225/\$118         | \$60         | \$140       | \$90                   | \$295       |
| Adult 18-59   | \$80/\$45         | \$275/\$143         | \$85         | \$200       | \$120                  | \$375       |
| Senior 60+    | \$60/\$35         | \$225/\$118         | \$60         | \$140       | \$90                   | \$295       |
| Family*       | \$125/\$68        | \$350/\$180         | \$120        | \$275       | \$185                  | \$488       |

### All children ages 0-3YRS may enter and use our facilities free of charge

\*Family memberships include individuals living in the same household and listed on the occupancy permit if applicable. Price includes 4 family members. Additional eligible members may be added for \$20 per person for residents and \$30 per person for nonresidents. Individuals interested in purchasing a membership must provide proof of residency at the time of purchase and occupancy permit will be rechecked. Passes are valid for one year (or 6 months if applicable) from date of purchase.

| Daily Visits | JJE & JFK Centers |             | Bangert Pool |             |
|--------------|-------------------|-------------|--------------|-------------|
|              | Resident          | Nonresident | Resident     | Nonresident |
| Youth 4-17   | \$2**             | \$5         | \$3          | \$8         |
| Adult 18-59  | \$4**             | \$8         | \$4          | \$10        |
| Senior 60+   | \$2**             | \$5         | \$3          | \$8         |

\*\*Residents with a valid resident card may use the gymnasium & game room free of charge. A valid resident card must be present upon entry to receive resident rates.

### Gymnasium Hours

Gymnasium hours vary. Please call 314-266-7335 and select extension 1 for JJE Center gymnasium and extension 2 for JFK Center gymnasium. You may also download the free app, Rainout Line, to see gymnasium hours. Hours are updated daily.



### Gymnasium Capacity Policy

Once the gymnasium has hit capacity, we will use a one in, one out rule to keep the gymnasium at capacity. Those wishing to enter will need to sign a waitlist and will be given access in the order they arrive as others leave.

Fridays are reserved for residents. No nonresident passes will be issued on Fridays. Gymnasium capacities will still be enforced. Nonresidents may still use our other amenities on Fridays.

### Racquetball Court

Come enjoy our racquetball court located at the JFK Community Center!

Reservations can be made one week in advance by residents or day of for non-residents. Individuals ages 13 and older may use the court. Individuals ages 12 and under may use the court with adult supervision (adult ages 18 and older). Call 314-921-4250 for court availability or reservations.

**Use of the Racquetball Court is included in a Facility Membership or the Daily Facility Fee.**

### Full Court Basketball

In order to maximize the space in our gymnasium and serve as many guests as possible, full court play will only be allowed during the final hour of building operation on M/W/SU. Outside these times half court games will be allowed.



# Facility Rentals

**For information on renting the JFK community Center or Nature Lodge call 314-921-4250.  
For information on renting the JJE Center or Ice Rink call 314-839-7670.**

## JJE Center Rental Facilities

| Room                          | Capacity | Time    | Rate  | Extra Time |
|-------------------------------|----------|---------|-------|------------|
| Gymnasium                     | 499      | 7 hours | \$600 | \$80/hour  |
| Arts & Crafts Room<br>A OR B  | 75       | 5 hours | \$175 | \$35/hour  |
| Arts & Crafts Room<br>A AND B | 150      | 5 hours | \$300 | \$60/hour  |
| Small Meeting Room            | 30       | 5 hours | \$75  | \$15/hour  |

## JJE Center Party Packages

For one low fee, we will provide a small party room and admission to a public swimming session at the JJE Center. Packages are only for children 15 and under. Party packages will be given passes to attend the public swim sessions. The room can be booked at any time during building hours, but attendees may only use the pool during public swim times. Pool packages include 15 pool passes. Party packages are for individuals ages 15 YRS & under.

| Room                                   | Time            | Rate  | Extra Time |
|--|-----------------|-------|------------|
| Small Meeting Room +<br>15 swim passes | 5 hours in room | \$100 | \$15/hour  |

## JFK Center Rental Facilities

| Room               | Capacity | Time    | Rate  | Extra Time |
|--------------------|----------|---------|-------|------------|
| Gymnasium          | 400      | 7 hours | \$600 | \$80/hour  |
| Arts & Crafts Room | 80       | 5 hours | \$175 | \$35/hour  |
| Small Meeting Room | 40       | 5 hours | \$75  | \$15/hour  |

All rooms will carry a \$100 refundable damage deposit due at the time of booking. Gymnasium rentals will carry a refundable \$300 damage deposit due at the time of booking. Deposit refunds are processed 7-14 days after the rental takes place

## Nature Lodge at Sunset Park

| Room              | Capacity | Time    | Rate  | Extra Time |
|-------------------|----------|---------|-------|------------|
| Top Floor Only    | 56       | 4 hours | \$225 | \$50/hour  |
| Bottom Floor Only | 56       | 4 hours | \$175 | \$50/hour  |
| Entire Building   | 112      | 5 hours | \$350 | \$50/hour  |

The Nature Lodge will carry a \$200 refundable damage deposit due at the time of booking. The Nature Lodge is available for viewing by appointment only. Appointments are typically Monday-Friday from 10:00A - 2:00P. Call 314-921-4250 for Nature Lodge information.

## Park Pavilion Reservation

Florissant residents may reserve a pavilion at our parks for our season ending OCT 31, 2019. An updated resident card will be required. See page 2 for information on obtaining/updating your Florissant resident card. A resident may call or come to either community center to make a reservation during office hours (see page 3). Ball field use with a pavilion requires a separate permit. Any special requests such as moon bounce and pony-rides must be made at the time the reservation is made. NO DJ'S ALLOWED. All pavilion fees are non-refundable. A minimum of one week notice is required on all pavilion rentals. For information on which parks have pavilions and their additional amenities at each park, please see the chart on page 25. Call 314-839-7670 or 314-921-4250 for information on renting a pavilion. **Pavilions will only be rented to Florissant residents with a valid resident card. 2020 Pavilion rentals will open JAN 2.**

M-TH: \$35/DAY

F-SU & HOLIDAYS: \$50/DAY

## JJE Ice Rink Private Rentals

The JJE Ice Rink is available on a rental basis for private skating parties or ice hockey. The ice rink season runs from late October to early March. The rink is available to rent M-F 6:00A - 11:00P when regular programming is not taking place. The city reserves the right to accept/reject any rental request.

| Room                    | Time            | Rate       |
|-------------------------|-----------------|------------|
| Ice Rink Prime Time     | After 3:00P     | \$175/Hour |
| Ice Rink Non Prime Time | M-F Until 3:00P | \$115/Hour |

All ice rink rentals will require a \$150 damage deposit paid at the time of booking. Rentals may be divided into quarters with a minimum of 1 hour rental time required.

On AUG 5, we will begin taking ice rentals from previous renters first. We will take these on a first come, first served basis. On AUG 19, we will open ice rentals up to everyone. On AUG 5 and on AUG 19, renters should come into the JJE in person and fill out the Request for Ice Rental Application. We will enter your request into our reservation system and set up a payment schedule for you. We will not accept any applications before AUG 5th - in person or by email. We will begin receiving them at 8:00A. If you are unable to be here at 8:00A, you may send your request by email, however, we will service people that are physically here first. Email requests will be handled in order of receipt after all of those present to reserve have been taken care of. No submissions before 8:00A please.



## Facility Rental Information and Policies

- All rental applicants must be 21 years of age or older.
- A refundable damage deposit is required to make a reservation. Deposit must be paid in order to hold a room. This is processed 7-14 days after the event.
- Music is only allowed under certain conditions. Please ask a staff member for more information. No live bands.
- A one week notice is REQUIRED for all room rentals. Thirty day notice is REQUIRED for all gymnasium and Nature Lodge rentals.
- Birthday parties for ages 15-29 are prohibited. Ages 13-15 MUST be a pool/ice rink package
- Cancellations MUST be submitted in writing 30 days prior to event and will result in a \$10 cancellation fee. Cancellations less than 30 days prior result in forfeiture of rentals fees along with \$10 cancellation fee
- All rental fees must be paid 30 days before the rental date. Failure to pay the rental balance will result in room cancellation.
- Renter must check in and out with a staff member and remain on premises during rental. They are also responsible for guest conduct.

# FLORISSANT CITY PARKS



## Bangert Park

275 S. New Florissant



Outdoor  
Pickleball

## Behlmann Park

925 Loekes Dr



## Blackfoot Park

1001 Manresa



## Blanche's Spring Park

110 Aubuchon St

## Champlain-Florval

1570 Queens Dr



## Coldwater Commons

20 St. Dennis St



## Davison Park

St. Pierre & St. Catherine



## Duchesne Park

5 Brower Ln



Dog Park (Membership Required)

## Dunegant Park

1930 Derhake Ln



18 holes

## Florissant Golf Club

50 Country Club Ln



18 holes

## Florissant Valley Park

900 Waterford Dr



0.25mi

James J. Eagan Community Center

## Koch Park

315 Howdershell Rd



## Little Woods Park

1100 Parker Rd



## Loretto Manor

1605 Patterson Rd



## Manion Park

15 Manion Park Dr



## Mullanphy Park

2497 Mullanphy Ln



## Spanish Land Grant

100 St. Ferdinand Park Dr



## St. Ferdinand Park

25 St. Ferdinand Park Dr



## Sunset Park

2300 Sunset Park Dr



1 & 3 mile

## Tower Court Park

1065 Washington



Restrooms



Pavilions



Gazebos



Playgrounds



Ball Fields



Soccer Fields



Tennis Courts



Sand Volleyball



Handball Court



Horseshoe Pits



Disc Golf Course



Golf Course



Archery Range



BBQ Pits



Lake



Trails



Aquatic Center



Splash Pad





# Saint Ferdinand Lake

## REOPENED FOR CATCH & RELEASE FISHING



We invite you to visit the lake at Saint Ferdinand Park and enjoy some of the renovations that took place recently including new lighted fountains! While the lake is being restocked with fish, there will be a "Catch and Release Program" in effect to help repopulate the lake so please abide by this to help us grow our fish population. Please enjoy the new environment at our beautiful lake.

# *Music Under the Stars* **SUMMER CONCERT SERIES**

Music Under the Stars is a free summer concert series that is put on annually by the City of Florissant. Each Saturday at 7:00P a band will perform on the bandstand near the lake. Grab your blankets, lawn chairs, coolers and friends and head to St. Ferdinand Park for a beautiful evening of free music outdoors!

**AUG 3 ABBEY ROAD WARRIORS**

**AUG 10 BILLY PEEK**

**AUG 17 BUTCH WAX & THE HOLLYWOODS**

**AUG 24 SOUTH SIDE JOHNNY BAND**

**AUG 31 ROCKIN CHAIR**

**SEP 21 FANFARE FT. KITTIE MOLLER**

**5:30P IN CONJUNCTION WITH SUICIDE PREVENTION FUNDRAISER**

**OCT 13 BOB KUBAN**

**FALL FESTIVAL IN OLD TOWN 1:00 & 3:00P**

**CONCERTS TAKE PLACE AT SAINT FERDINAND PARK AT 7PM UNLESS OTHERWISE NOTED.  
DATES AND SHOWS ARE SUBJECT TO CHANGE.**



# BANGERT POOL

**275 S. New Florissant Rd**

**314-839-7673**

## Hours of Operation

M-F\* 12:30-7:30P  
SAT/SUN 11:30A-7:30P  
HOLIDAYS 12:30-5:00P

- **\*Bangert will be open weekends only beginning 8/5.**
- **The final day of operation will be Monday, SEPT 2 12:30 - 5:00P**

Please note: The pool hours are subject to change due to local school schedules, inclement weather, and other unforeseen circumstances.

## Daily Entry Rates

|          | Resident | Nonresident |
|----------|----------|-------------|
| 0-3 YRS  | FREE     | FREE        |
| 4-17 YRS | \$3      | \$8         |
| 18+ YRS  | \$4      | \$10        |
| 60+ YRS  | \$3      | \$8         |

A valid Florissant resident card must be presented for each guest in order to pay for the resident rate. Guests without a valid resident must pay the nonresident rate.

**OPEN DAILY THROUGH AUG 4  
WEEKENDS ONLY AUG 5 - SEPT 2**

Annual  
**POOCH  
PLUNGE**  
DOG SWIM

**\$10**

**Per dog and one owner**

**\$3**

**Per each additional guest**

Join us  
**TUES SEPT 3  
6:00 - 8:00P  
Bangert Pool**

- All dogs must wear an ID tag and be on a leash unless swimming.
- All current vaccination records, including DHLPP and rabies are required to swim. Owner must bring a printed copy of the records.
- All humans must sign a waiver
- Owners must clean up after their dogs.

Proceeds benefit the Dog Park of Florissant located at Duchesne Park.

*11th Annual*

# SUICIDE PREVENTION SOFTBALL TOURNAMENT

SAT  
SEPT

14

SAINT FERDINAND PARK

MEN'S & COED DIVISIONS  
AGES 18+YRS

\$125 PER TEAM

REGISTRATION OPEN  
UNTIL FULL

100% NET PROCEEDS GO TO LOCAL  
SUICIDE PREVENTION ORGANIZATIONS  
FUNDING LOCAL OUTREACH PROGRAMS & MORE.





100% of the net proceeds will go to  
CHADS Coalition and the Eastern Missouri  
Chapter of the American Foundation for  
Suicide Prevention!



# Saturday SEPT 21 ♦ Saint Ferdinand Park

- ♦ 5:00P Food Trucks, Games, Raffles
- ♦ 5:30P Concert begins at Bandstand
- ♦ 7:15P Glow Run begins (5K, then 1 Mile)

## Pre Race Festivities

- Concert by Fanfare FT. Kittie Moller
- Food Trucks & Food Vendors
- Games & Activities for the family
- Raffles, 50/50, Glow Item Sales

## Cost

5K or 1 Mile: \$25 through SEPT 1  
\$30 after SEPT 1

Race day registration available,  
tshirt sizes cannot be guaranteed for  
registrations after SEPT 1

Register now at Florissant Community Centers or:

<https://runsignup.com/Race/MO/Florissant/LightTheDarkness> 10

# Ice Rink

**OPENS OCTOBER 21!**

| Daily Visit     | Ice Rink |             |
|-----------------|----------|-------------|
|                 | Resident | Nonresident |
| Youth 4-17      | \$2      | \$4         |
| Adult 18-59     | \$3      | \$5         |
| Senior 60+      | \$2      | \$4         |
| Family Special* | \$4      | n/a         |
| Stick & Puck    | \$4      | \$5         |

**Children 3 & Under are free of charge.**

\*Wednesdays and Sunday public skate sessions offer resident family specials. All members of the household, with valid resident cards may enter for a total of \$4.

| Season Pass     | Ice Rink |             |
|-----------------|----------|-------------|
|                 | Resident | Nonresident |
| Youth 4-17      | \$20     | \$35        |
| Adult 18-59     | \$30     | \$50        |
| Senior 60+      | \$20     | \$35        |
| Family Special* | \$40     | \$70        |
| Stick & Puck    | \$40     | \$50        |

Family memberships include individuals living in the same household and listed on the occupancy permit if applicable. Price includes 4 family members. Additional eligible members may be added for a small fee. See recreation staff for details.

## Learn To Skate Kiddy Lessons (Ages 3 - 5YRS)

Introduce your little one to the basics of skating in this introductory lesson. Our instructors will provide instructions on beginning skating techniques.

| Day(s) | Session      | Time         | Place    | R/NR      |
|--------|--------------|--------------|----------|-----------|
| TH - M | 12/26 -12/30 | 8:30 - 9:15A | JJE Rink | \$20/\$25 |
| SA     | 1/4 - 2/1    | 8:30 - 9:15A | JJE Rink | \$20/\$25 |

## Learn To Skate Beginner Lessons (Ages 6+YRS)

Introduce your child to skating with us! Our instructors will provide instructions on beginning skating techniques.

| Day(s) | Session      | Time          | Place    | R/NR      |
|--------|--------------|---------------|----------|-----------|
| TH - M | 12/26 -12/30 | 9:25 - 10:10A | JJE Rink | \$20/\$25 |
| SA     | 1/4 - 2/1    | 9:25 - 10:10A | JJE Rink | \$20/\$25 |

## Learn To Skate Advanced Beginner Lessons (Ages 6+YRS)

This class is for students with previous instruction in skating. While skills will still be fundamental, they will be slightly more advanced for those with some experience on the ice.

| Day(s) | Session      | Time           | Place    | R/NR      |
|--------|--------------|----------------|----------|-----------|
| TH - M | 12/26 -12/30 | 10:20 - 11:05A | JJE Rink | \$20/\$25 |
| SA     | 1/4 - 2/1    | 10:20 - 11:05A | JJE Rink | \$20/\$25 |

### Special Services

|                                  |        |                  |        |
|----------------------------------|--------|------------------|--------|
| Skate Rental                     | \$2.00 | Skate Sharpening | \$5.00 |
| Hockey & Figure Skates Available |        | Locker Rental    | \$0.25 |

**See page 4 for information on private ice rink rentals!**

**Phone Number: 314-921-4470**

## JJE Ice Rink Public Skate

The outdoor covered ice rink is located inside the JJE Center. During open skate, individuals can enjoy use of the rink for all ages.

|          |              |           |                             |
|----------|--------------|-----------|-----------------------------|
| <b>W</b> | 7:00 - 9:00P | <b>SA</b> | 1:30 - 3:30P & 7:00 - 9:00P |
| <b>F</b> | 7:00 - 9:00P | <b>SU</b> | 2:00 - 4:00P                |

\*Ice Rink is closed 12/25 & 1/1

Children 12 & under must be accompanied by an adult in the facility at all times.

## Holiday Public Skate Sessions

Join us on the holiday break for these special public skate sessions! All regular admission rates will apply

|                    |              |                |              |
|--------------------|--------------|----------------|--------------|
| <b>NOV 22</b>      | 2:00 - 4:00P | <b>DEC 31*</b> | 2:00 - 4:00P |
| <b>DEC 23</b>      | 2:00 - 4:00P | <b>JAN 20*</b> | 2:00 - 4:00P |
| <b>DEC 26 - 27</b> | 2:00 - 4:00P | <b>FEB 17*</b> | 2:00 - 4:00P |
| <b>DEC 30</b>      | 2:00 - 4:00P |                |              |
| <b>JAN 2 - 3</b>   | 2:00 - 4:00P |                |              |

## \*Resident Appreciation Skate Sessions

Enjoy the holidays with FREE admission for all Florissant residents showing a valid resident card. Free popcorn and soda will be provided. Nonresidents are welcome to skate during these sessions but regular admission rates will apply. Gather the family and enjoy an afternoon at the rink! Resident Appreciation Skate Sessions will be DEC 31, JAN 20 and FEB 17 from 2:00 - 4:00P.

## Stick and Puck

Stick and puck is open to the public specifically for those who would like to work on their puck-handling and passing skills. Players must wear a helmet with full face protection and gloves. Session is limited to 30 players. Goalies are free!

|           |                |  |
|-----------|----------------|--|
| <b>M</b>  | 3:30 - 5:00P   | 15YRS & UNDER                          |
| <b>TH</b> | 3:30 - 5:00P   | 16YRS & OLDER - Pick up hockey allowed |
| <b>SA</b> | 11:30A - 1:00P | 16YRS & OLDER - Pick up hockey allowed |

See fee charts for admission pricing information.

# Halloween SKATE

Join us at the JJE Ice Rink for a special Public Skate Session just for Halloween on Thursday, OCT 31 from 6:00 - 8:00P! Staff in various areas of the building will be handing out candy as well. Regular public skate rates apply. Costumes are allowed but should not interfere with safely skating. No masks allowed. Also join us for our 2nd Annual Family Boo Bash on OCT 26. Information is on page 21.







FLORISSANT PARKS & RECREATION'S

# WINTER BREAK CAMP

FOR AGES 6 - 10

SIGN-UP  
BY  
DEC 20

DEC 23, 26, 27, 30 &  
JAN 1, 2  
7:30A - 5:30P  
AT JAMES J. EAGAN CENTER

GAME ROOM - ARTS & CRAFTS - CUPCAKE DECORATING - SWIMMING -  
ICE SKATING - AND A TON OF FUN ACTIVITIES

**\$60**  
RESIDENT

**\$120**  
NONRESIDENT

Don't just sit around on your winter break, join us for  
Winter Break Camp! We will go swimming, ice skate,  
play pool, ping pong, air hockey and so much more!  
Have fun with us this Winter Break!

REGISTRATION OPENS R 10/7 NR 10/14

Call 314-921-4466 or 314-921-4250 for more information.

**SIGN UP EARLY!**  
**LIMITED SPACE**  
**AVAILABLE!**

# Aquatics

Session I registration opens R 8/12, NR 8/19

## JJE Center Indoor Pool Open Swim

The indoor pool is located inside the JJE Center. During open swim, individuals can enjoy use of the hot tub (ages 16+), diving board, waterslide (temperature must reach 32 degrees) and other open swimming areas. This is a great time for families and individuals to come and enjoy recreational swimming time!

### Summer schedule ends 9/1\* Regular schedule starts 9/3

|             |              |       |              |
|-------------|--------------|-------|--------------|
| M/W/F/SA/SU | 2:30 - 4:30P | M/W/F | 7:00 - 9:00P |
| F           | 6:00 - 8:00P | SA    | 2:30 - 5:30P |
|             |              | SU    | 2:30 - 4:30P |

### \*JJE pool closed for annual maintenance 7/22-8/11.

Pool closed 7/22-8/11, 9/2, 11/28, 12/25

Children 12 & under must be accompanied by an adult in the building at all times. All children 8 years and younger must be accompanied by a paying adult who enters the water in proper swim attire. No jeans, cut offs, gym shorts, basketball shorts, t-shirts, or any other clothing not specifically designed for water will be allowed in the pool.

## Resident Family Swimming

Take the family out for some quality bonding time and a fun-filled evening. Join us in our indoor pool at the JJE for a low fee. Each family member age 4 and older must show their own current resident card. Family swimming nights are SU 2:30 - 4:30P until SEPT 1 and switch to W 7:00 - 9:00P starting SEPT 4. Admission is \$4 for the family. The price includes members living in a single household and listed on the occupancy permit ONLY. Non-resident families may attend but regular pricing applies. Pool capacity is 65 and will be enforced. If capacity is reached, new guests must wait for available space.

## Toddler Swim Lessons (Ages 12 - 35 MONTHS)

Children in these classes will explore some basic movements and working towards being comfortable in the water so that further skills can be developed in the future. This class is a fun, engaging environment where parents can help their young children gain the confidence they need around water. Much of this is done through games and song as this helps facilitate learning and confidence. Classes will focus on more basic skills with a lot of support and assistance and will work towards slightly more advanced concepts and begin to lessen support to work towards independence. Adult participation is required.

| Day(s) | Session         | Time   | Place | R/NR      |
|--------|-----------------|--------|-------|-----------|
| SA     | I: 9/14-10/26   | 11:05A | JJE   | \$28/\$32 |
| SU     | I: 9/15-10/27   | 4:45P  | JJE   | \$28/\$32 |
| SA     | II: 11/9-12/21  | 11:05A | JJE   | \$28/\$32 |
| SU     | II: 11/10-12/22 | 4:45P  | JJE   | \$28/\$32 |

## Preschool Swim Lessons (Ages 3 - 4 YRS)

Children can expect to gain confidence in and around water and build their independence. Children at this level will still most likely not be learning to swim completely on their own, but they will increase their independence over time. Preschool lessons will lay a foundation and build on basic swimming skills that will be needed to succeed in higher levels of swimming. Children will participate independently of a parent with experienced swim instructors.

| Day(s) | Session         | Time   | Place | R/NR      |
|--------|-----------------|--------|-------|-----------|
| W      | I: 9/4-10/28    | 5:30P  | JJE   | \$35/\$39 |
| SA     | I: 9/7-10/26    | 10:30A | JJE   | \$35/\$39 |
| SU     | I: 9/8-10/27    | 5:20P  | JJE   | \$35/\$39 |
| W      | II: 11/6-12/18  | 5:30P  | JJE   | \$35/\$39 |
| SA     | II: 11/9-12/21  | 10:30A | JJE   | \$35/\$39 |
| SU     | II: 11/10-12/22 | 5:20P  | JJE   | \$35/\$39 |

Session II registration opens R 10/7, NR 10/14

## JJE Center Indoor Pool Lap Swim

Are you looking for a great way to get in shape that won't cause impact on your body and joints? Aquatic workouts are a great way to accomplish this! Lap swim times are available at the indoor pool at JJE. The pool will be divided into three large lanes for participants to enjoy end to end swimming. This is not a guided workout but makes the pool available to those who wish to swim laps. The hot tub will be available during this time as well to individuals ages 16YRS+.

### \*The JJE pool will be closed for annual maintenance 7/22 - 8/11.

Pool closed 7/22-8/11, 9/2, 11/28, 12/25

### Summer schedule ends 9/1 Regular schedule starts 9/3

|       |               |       |               |
|-------|---------------|-------|---------------|
| M/W/F | 7:30 - 10:00A | M/W/F | 7:30 - 10:00A |
| M/W   | 7:00 - 8:00P  | M/F   | 5:30 - 7:00P  |
| T/TH  | 4:00 - 5:00P  | T/TH  | 8:15 - 9:00P  |
| F     | 5:00 - 6:00P  | SA    | 6:00 - 7:00P  |
| SA/SU | 1:00 - 2:15P  |       |               |

### Fee for lap swim:

Youth \$2 Adult \$4 or use a valid Facility Membership (see prices on page 4).

## 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.

| Day(s) | Time            | Dates        | R/NR/GAP          |
|--------|-----------------|--------------|-------------------|
| M/T/TH | 11:30A - 12:30P | 7/22 - 8/8   | \$1.50/\$2.50/\$1 |
| M-F    | 12:30 - 1:30P   | Resumes 8/12 | \$1.50/\$2.50/\$1 |

## Adult Swim Lessons (Ages 16 + YRS)

This class is for adult swimmers of all abilities. Whether you have little to no experience in the water or you are looking to improve technique and learn new strokes, our instructors can help you work towards your swimming goals!

| Day(s) | Session         | Time  | Place | R/NR/GAP          |
|--------|-----------------|-------|-------|-------------------|
| SU     | I: 9/15-10/27   | 6:00P | JJE   | \$42/\$46/\$31.50 |
| SU     | II: 11/10-12/22 | 6:00P | JJE   | \$42/\$46/\$31.50 |

## Youth Swim Lessons (Ages 5 - 15 YRS)

Does your child want to learn to swim? Children in this program will learn swimming skills based on their current abilities. They will be placed into groups with others at the same skill level, and taught the skills needed to progress from there.

| Day(s) | Session        | Time  | Place    | R/NR      |
|--------|----------------|-------|----------|-----------|
| W      | I: 9/11-10/23  | 6:05P | JJE Pool | \$42/\$46 |
| SA     | I: 9/14-10/26  | 8:45A | JJE Pool | \$42/\$46 |
| SA     | I: 9/14-10/26  | 9:35A | JJE Pool | \$42/\$46 |
| W      | II: 11/6-12/18 | 6:05P | JJE Pool | \$42/\$46 |
| SA     | II: 11/9-12/21 | 8:45A | JJE Pool | \$42/\$46 |
| SA     | II: 11/9-12/21 | 9:35A | JJE Pool | \$42/\$46 |





### Aquacize

Aquacize is a challenging water workout, fit for everyone, especially those with joint ailments or injuries. The class begins with a gentle warm-up in the pool. From there, you'll ease into the exercises using your own body weight, water resistance dumbbells, and noodles. This cardio and resistance training class will have you splashing your way to improved strength and overall refreshment. No swimming experience? No problem! This class is held in the shallow end of the pool.

| Days  | Dates           | Time           | Place    | R/NR/GAP          |
|-------|-----------------|----------------|----------|-------------------|
| M/W/F | MINI: 8/12-8/30 | 10:15 - 11:15A | JJE Pool | \$30/\$34/\$22.50 |
| M/W/F | I: 9/4-10/25    | 10:15 - 11:15A | JJE Pool | \$68/\$79/\$51    |
| M/W/F | II: 10/28-12/20 | 10:15 - 11:15A | JJE Pool | \$78/\$90/\$58.75 |

### Water Works!

Take the plunge and try this low-impact workout that builds muscle strength and boosts your endurance. Each class includes a warm-up, cardio and strength-training exercises, and a cooldown. Expect exercises like water walking, bicep curls, leg lifts, and noodle moves. You won't be swimming, and these water workouts are done in the shallow end of the pool. The buoyancy of the water is easy on your joints. That makes water aerobics a good choice if you have joint problems, chronic pain, or are recovering from injury. Don't miss out!

| Days  | Dates           | Time           | Place    | R/NR/GAP          |
|-------|-----------------|----------------|----------|-------------------|
| M/W/F | MINI: 8/12-8/30 | 11:15A - 12:15 | JJE Pool | \$30/\$34/\$22.50 |
| M/W/F | I: 9/4-10/25    | 11:15A - 12:15 | JJE Pool | \$68/\$79/\$51    |
| M/W/F | II: 10/28-12/20 | 11:15A - 12:15 | JJE Pool | \$78/\$90/\$58.75 |

### Deep Water Aerobics

As you submerge yourself into the deep end of a pool for a water fitness workout your body becomes nearly weightless, giving you a new kind of workout challenge. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system, improving your overall health and fitness and aiding weight loss and maintenance. You may wear a flotation belt for support in the deep water, or rely on your own ability to float as you perform deep water aerobics routines. Swimming ability is recommended as this class is held in the deep end of the pool.

| Days | Dates           | Time            | Place    | R/NR/GAP          |
|------|-----------------|-----------------|----------|-------------------|
| T/TH | MINI 8/13-8/29  | 10:00A - 11:00A | JJE Pool | \$18/\$21/\$13.50 |
| T/TH | MINI 8/13-8/29  | 5:30P - 6:30P   | JJE Pool | \$18/\$21/\$13.50 |
| T/TH | I: 9/3-10/24    | 10:00A - 11:00A | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 5:15P - 6:15P   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 6:15P - 7:15P   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12/19 | 10:00A - 11:00A | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12/19 | 5:15P - 6:15P   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12-19 | 6:15P - 7:15P   | JJE Pool | \$45/\$52/\$33.75 |

### Water Aerobics

Are you looking for a low impact shallow water workout? Our certified instructor uses their own creative style of teaching different movements. Programming can be modified to meet specific needs and goals. That means it's a great activity for people of different ages and athletic abilities. Not a strong swimmer? Don't worry, you'll be able to stand the whole time—the water is typically no more than chest high. So, grab your bathing cap, dip in a toe, and get ready to make a splash with this fun workout!

| Days | Dates           | Time           | Place    | R/NR/GAP          |
|------|-----------------|----------------|----------|-------------------|
| T/TH | MINI 8/13-8/29  | 8:00 - 9:00A   | JJE Pool | \$18/\$21/\$13.50 |
| T/TH | MINI 8/13-8/29  | 9:00 - 10:00A  | JJE Pool | \$18/\$21/\$13.50 |
| T/TH | MINI 8/13-8/29  | 10:00 - 11:00A | JJE Pool | \$18/\$21/\$13.50 |
| T/TH | MINI 8/13-8/29  | 5:30 - 6:30P   | JJE Pool | \$18/\$21/\$13.50 |
| T/TH | I: 9/3-10/24    | 8:00 - 9:00A   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 9:00 - 10:00A  | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 10:00 - 11:00A | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 5:15 - 6:15P   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 6:15 - 7:15P   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12/19 | 8:00 - 9:00A   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12/19 | 9:00 - 10:00A  | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12-19 | 10:00 - 11:00A | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12-19 | 5:15 - 6:15P   | JJE Pool | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12-19 | 6:15 - 7:15P   | JJE Pool | \$45/\$52/\$33.75 |

### Aqua Zumba

Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes place in our indoor pool. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba shallow water class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

| Days | Dates           | Time           | Place | R/NR/GAP          |
|------|-----------------|----------------|-------|-------------------|
| T/TH | MINI 8/13-8/29  | 11:00 - 11:45A | JJE   | \$18/\$21/\$13.50 |
| T/TH | MINI 8/13-8/29  | 6:45 - 7:30P   | JJE   | \$18/\$21/\$13.50 |
| T/TH | I: 9/3-10/24    | 11:00 - 11:45A | JJE   | \$45/\$52/\$33.75 |
| T/TH | I: 9/3-10/24    | 7:15 - 8:00P   | JJE   | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12/19 | 11:00 - 11:45A | JJE   | \$45/\$52/\$33.75 |
| T/TH | II: 10/29-12/19 | 7:15 - 8:00P   | JJE   | \$45/\$52/\$33.75 |

# Halloween SWIM

Join us at the JJE Indoor Pool for a special Public Swim Session just for Halloween on Thursday, OCT 31 from 6:00 - 8:00P! Staff in various areas of the building will be handing out candy as well. Regular public swim rates apply. No costumes allowed in the swimming pool.

Also join us for our 2nd Annual Family Boo Bash on OCT 26. Information is on page 21.



# Health & Fitness

## Fitness Center Rules & Policies

Liability release forms are required to be signed and are kept on file. Release forms are available at JJE Center and JFK 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 is allowed in the fitness centers.
- Proper exercise attire is required. No blue jeans or slacks, cut-offs, sandals, work boots or belts. A shirt & rubber soled shoes required at all times.
- Children 12 & under are not permitted. Children 13-15 must be accompanied by a parent or approved guardian.
- There is a 30-minute time limit on cardio equipment during crowded conditions.
- Only sealable containers, such as water bottles are permitted for beverages. Food is not permitted.
- Be courteous to the next user by wiping equipment off when done.
- Please be respectful of others when using cell phone and music players.

## Personal Training

Personal trainers provide each participant with personalized attention and support in order to help them achieve their fitness and wellness goals. They provide quality personal training and motivation through certified fitness trainers. All clients will be provided with a comprehensive fitness assessment to evaluate fitness levels and set realistic goals.

| Number of Sessions                                | 1    | 3     | 6     | 12    | 24    |
|---|------|-------|-------|-------|-------|
| Express Training (30 minutes)                     | n/a  | \$90  | \$180 | \$360 | \$720 |
| 45 Minute Training                                | \$50 | \$135 | \$240 | \$420 | \$800 |
| Partner (2 Clients) Price per person (45 minutes) | \$35 | \$90  | \$180 | \$360 | \$720 |
| Group (4 Clients) Price per person (45 minutes)   | \$25 | \$65  | \$120 | \$230 | \$440 |
| Fitness Assessment                                | \$65 |       |       |       |       |

## FREE FITNESS CLASS TRIALS!

In order to introduce some of our brand new fitness classes at the JFK Community Center, we are offering free trial classes to the community. These are open to anyone to drop in and give them a try with no fee. If you like the class and register at the free trial, we will offer 10% off your session registration! See below for free trial options.

|  |   |        |              |     |
|--|---|--------|--------------|-----|
| Cardio Boxing with<br>Champion International Fitness | M | AUG 5  | 7:30 - 8:30A | JFK |
| Butts & Guts with<br>Champion International Fitness  | W | AUG 7  | 7:30 - 8:30A | JFK |
| POUND Fitness with Eileen Stevich                    | M | AUG 19 | 5:30 - 6:15P | JFK |
| POUND Fitness with Eileen Stevich                    | M | AUG 26 | 5:30 - 6:15P | JFK |

## Join experienced POUND Pro Eileen Stevich!

Eileen has been a POUND Pro since 2016. She has an extensive dance background and has been involved in the fitness industry for 25+ years. We are excited to have Eileen join our fitness team to provide this exciting, unique and most of all FUN fitness opportunity to our community. See the class information, including pricing and sessions below and get ready to ROCK!

## POUND Rockout Workout (Ages 13YRS+)

Become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. POUND is designed for all fitness levels as it can be easily modified to fit any abilities. Join us for FREE trial classes on 8/19 & 8/26!

| Day(s) | Session           | Time         | Place | R/NR/GAP          |
|--------|-------------------|--------------|-------|-------------------|
| M      | I: 9/9 - 10/21    | 5:30 - 6:15P | JFK   | \$30/\$35/\$22.50 |
| M      | II: 10/28 - 12/16 | 5:30 - 6:15P | JFK   | \$34/\$38/\$25.50 |

## Champion International Fitness classes starting soon!

Alia McCain is a Military Veteran who's been a fitness trainer for almost five years. Her company, Champion International Fitness, has been providing fitness training for medical professionals, military personnel, athletes, local television and movie personalities for the St. Louis area for the last 4 years. She will be offering a variety of new group fitness options at the JFK Community Center starting this AUG. See below for some of the opportunities!

## Cardio Boxing (Ages 13YRS+)

Cardio Boxing is a energetic workout but can be done at the individual's own pace. It's a total body exercise that's sure to get your heart rate up, burn calories and will have you feeling great in the end!

| Day(s) | Session           | Time         | Place | R/NR/GAP          |
|--------|-------------------|--------------|-------|-------------------|
| M      | I: 9/9 - 10/21    | 7:30 - 8:30A | JFK   | \$30/\$35/\$22.50 |
| M      | II: 10/28 - 12/16 | 7:30 - 8:30A | JFK   | \$34/\$38/\$25.50 |

## Butts & Guts (Ages 13YRS+)

Butts & Guts is definitely a conditioning and toning class. It focusses on the individual's abdominal and glute area. However, there is a great cardio warm up and stretch based cool down to help target all needed areas resulting in a great workout!

| Day(s) | Session           | Time         | Place | R/NR/GAP          |
|--------|-------------------|--------------|-------|-------------------|
| W      | I: 9/4 - 10/23    | 7:30 - 8:30A | JFK   | \$30/\$35/\$22.50 |
| W      | II: 10/30 - 12/18 | 7:30 - 8:30A | JFK   | \$34/\$38/\$25.50 |

## TRY BEFORE YOU BUY! NEW FITNESS DROP IN RATES AVAILABLE IN AUG!

Are you looking at a fitness class, but unsure if it is for you? Give it a try before committing to a session! We are introducing drop in rates for select offered fitness classes! Come a little early and pay to try the class. If you like it, you can register for the full session! The drop in rate will apply to any classes which have sufficient session registration to run and are not filled to capacity with full session registrants. In addition, we are offering a few drop in classes below to introduce them to our line up!

|  |   |                            |              |     |
|--|---|----------------------------|--------------|-----|
| Cardio Boxing with<br>Champion International Fitness | M | AUG 12<br>AUG 19<br>AUG 26 | 7:30 - 8:30A | JFK |
| Butts & Guts with<br>Champion International Fitness  | W | AUG 14<br>AUG 21<br>AUG 28 | 7:30 - 8:30A | JFK |

**Drop In Rates: R \$6 NR \$7**



**Yoga (Ages 13YRS+)**

Yoga is a complete mind and body connection. It is an ancient art rooted in a harmonizing system of development for the body, mind, and spirit. The practice of yoga has many physical and mental benefits. For example, yoga can increase your flexibility, increase muscle strength and tone, improve energy, and maintain a balanced metabolism. Yoga can also help manage stress which can cause back or neck pain, sleeping problems, headaches and more but with the incorporation of meditation and breathing those issues can begin to decrease. Do not worry if you are a beginner as yoga is for everyone! Come and take that first step onto the mat or "yoganna" regret it!

| Day(s) | Session           | Time          | Place | R/NR/GAP       |
|--------|-------------------|---------------|-------|----------------|
| M/W    | I: 9/4 - 10/23    | 9:00 - 10:00A | JJE   | \$52/\$60/\$39 |
| M/W    | I: 9/4 - 10/23    | 7:35 - 8:35P  | JJE   | \$52/\$60/\$39 |
| TU     | I: 9/3 - 10/22    | 7:00 - 8:00P  | JJE   | \$28/\$32/\$21 |
| M/W    | II: 10/28 - 12/18 | 9:00 - 10:00A | JJE   | \$52/\$60/\$39 |
| M/W    | II: 10/28 - 12/18 | 7:35 - 8:35P  | JJE   | \$52/\$60/\$39 |
| TU     | II: 10/29 - 12/17 | 7:00 - 8:00P  | JJE   | \$28/\$32/\$21 |

**Body Toning (Ages 13YRS+)**

This is an extensive workout routine targeting those problem body areas: stomach, hips, waist and thighs. You will do different workout routines with a mat that will be designed to tone and sculpt your way to the body of your dreams. Mats are provided. Toned muscles are important in supporting and protecting joints from incorrect movements and joints supported by strong, toned muscles can result in fewer injuries than a joint that is supported with weak muscles.

| Day(s) | Session           | Time         | Place | R/NR/GAP          |
|--------|-------------------|--------------|-------|-------------------|
| M/W    | I: 9/4 - 10/23    | 6:30 - 7:30P | JJE   | \$45/\$52/\$33.75 |
| M/W    | II: 10/28 - 12/18 | 6:30 - 7:30P | JJE   | \$45/\$52/\$33.75 |

**Aikido for Adults (14YRS+)**

Aikido can be practiced by people of all ages with varying levels of athletic ability as its emphasis is not on "winning" or overpowering one's partner. It's techniques are powerful yet focus on protecting the attacker from injury. Participants will gain strength, balance and body coordination as well as learn focus, respect and discipline. This class is for adults ages 14YRS+.

| Day(s) | Session          | Time           | Place | R/NR/GAP       |
|--------|------------------|----------------|-------|----------------|
| SA     | I: 9/7 - 10/26   | 8:45A - 10:00A | JJE   | \$44/\$48/\$33 |
| SA     | II: 11/2 - 12/21 | 8:45A - 10:00A | JJE   | \$44/\$48/\$33 |

**Aikido for Youth (6-13YRS)**

See description above. This class is for youth ages 6-13 YRS.

| Day(s) | Session          | Time            | Place | R/NR      |
|--------|------------------|-----------------|-------|-----------|
| SA     | I: 9/7 - 10/26   | 10:00A - 11:00A | JJE   | \$44/\$48 |
| SA     | II: 11/2 - 12/21 | 10:00A - 11:00A | JJE   | \$44/\$48 |

**Aikido Playgroup (3-6YRS)**

Learn Aikido concepts as well as develop focus and coordination through fun-filled games and exercises. Physical benefits include strength, flexibility and coordination. Mental benefits are greater confidence and empathy practiced through patience, cooperation and thoughtful communication. This program is for children ages 3-6YRS.

| Day(s) | Session          | Time           | Place | R/NR      |
|--------|------------------|----------------|-------|-----------|
| SA     | I: 9/7 - 10/26   | 11:00 - 11:30A | JJE   | \$20/\$24 |
| SA     | II: 11/2 - 12/21 | 11:00 - 11:30A | JJE   | \$20/\$24 |

**Strength & Cardio (Ages 13YRS+)**

Rise and shine early birds! Strength and cardio is our early morning class that combines the cardiovascular benefits of step aerobics with the body toning benefits of strength training. Early morning workouts have many benefits ranging from more energy throughout the day, a better mood, improved sleep, lower blood pressure, less stress and more! Come on in and start your day off right!

| Day(s) | Dates             | Time         | Place | R/NR/GAP          |
|--------|-------------------|--------------|-------|-------------------|
| TU/TH  | I: 9/3 - 10/24    | 6:05 - 7:05A | JJE   | \$45/\$52/\$33.75 |
| TU/TH  | II: 10/29 - 12/19 | 6:05 - 7:05A | JJE   | \$45/\$52/\$33.75 |

**Zumba (Ages 13YRS+)**

Zumba continues to be one of the most popular styles of dance workouts and lucky for you, we offer classes at the James J. Eagan Center! 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. Zumba is a fun way to boost your heart health, relieve stress, and even improve coordination! Register early and boogie down a few pant sizes. We hope to see you there!

| Day(s) | Dates            | Time         | Place | R/NR/GAP          |
|--------|------------------|--------------|-------|-------------------|
| TU/TH  | I: 9/10 - 10/24  | 5:25 - 6:25P | JJE   | \$45/\$52/\$33.75 |
| TU/TH  | II: 11/5 - 12/19 | 5:25 - 6:25P | JJE   | \$45/\$52/\$33.75 |

**Mixed Fit/Zumba Combo (Ages 13YRS+)**

Mixed Fit is a people-inspired dance fitness program that incorporates explosive movements and boot camp toning. Music selections range from Top 40, Pop, R&B, Hip Hop, Rock, and Reggae. Exercise releases endorphins which trigger positive emotions. If you're stuck on a plateau in your traditional dance fitness class, this might be the answer! Come on in and dance yourself to a better you! Don't forget that this class is held at our JFK community center.

| Day(s) | Session           | Time          | Place | R/NR/GAP          |
|--------|-------------------|---------------|-------|-------------------|
| M/W    | I: 9/4 - 10/23    | 7:00P - 8:00P | JFK   | \$45/\$52/\$33.75 |
| M/W    | II: 10/28 - 12/18 | 7:00P - 8:00P | JFK   | \$45/\$52/\$33.75 |

**Adult Judo (13YRS +)**

Judo is much more than simply learning and applying techniques; it is also a state of mind that is shaped by judo principles such as maximum efficiency with minimal effort, balance between mind and body, safety, and mutual support to bring prosperity for yourself and others, while also keeping you in good shape. Judo is meant to use technique and timing rather than brute strength. It emphasizes safety and uses soft mats for the practice area. Judo develops self-discipline, respect for oneself and others, self-confidence, concentration, physical coordination, strength, and flexibility.

| Days | Dates             | Time         | Place | R/NR/GAP        |
|------|-------------------|--------------|-------|-----------------|
| TU   | I: 9/3 - 10/22    | 7:10 - 8:30P | JJE   | See Chart Below |
| TH   | I: 9/5 - 10/24    | 7:10 - 8:30P | JJE   | See Chart Below |
| TU   | II: 10/29 - 12/17 | 7:10 - 8:30P | JJE   | See Chart Below |
| TH   | II: 10/31 - 12/19 | 7:10 - 8:30P | JJE   | See Chart Below |

**Judo for Kids (5-12YRS)**

| Days | Dates             | Time         | Place | R/NR/GAP        |
|------|-------------------|--------------|-------|-----------------|
| W    | I: 9/4 - 10/23    | 6:30 - 7:30P | JJE   | See Chart Below |
| W    | II: 10/30 - 12/18 | 6:30 - 7:30P | JJE   | See Chart Below |

**Kata Training (All Ages)**

| Days | Dates             | Time         | Place | R/NR/GAP        |
|------|-------------------|--------------|-------|-----------------|
| W    | I: 9/4 - 10/23    | 7:30 - 8:30P | JJE   | See Chart Below |
| W    | II: 10/30 - 12/18 | 7:30 - 8:30P | JJE   | See Chart Below |

|                         |             |
|-------------------------|-------------|
| One class per week:     | \$60/\$70   |
| Two classes per week:   | \$93/\$104  |
| Three classes per week: | \$112/\$122 |
| Daily drop-in rate:     | \$11/\$18   |

# Athletics

## Women's Volleyball League (18+YRS)

This is a Monday-night league for all skill levels. The league is governed by house rules. Each team will play 8 weeks along with a playoff tournament at the end of the season. The team with best regular season record will receive championship t-shirts. The playoff champions will receive a trophy. \*Games may begin as early as 6:30P but start times will vary. Teams may bring alcohol. Registration deadline will be 2 weeks before the start of the league or when the league is filled, whichever comes first.

| Day(s) | Session         | Time   | Place | Team Fee | Registration |
|--------|-----------------|--------|-------|----------|--------------|
| M      | 10/14 (8 weeks) | 6:30P* | JJE   | \$175    | 8/19         |
| M      | 1/13 (8 weeks)  | 6:30P* | JJE   | \$175    | 12/9         |

## Coed Recreational Volleyball League (18+YRS)

This is a Thursday-night recreational level indoor volleyball league. The league is governed by house rules. Each team will play 8 weeks along with a playoff tournament at the end of the season. The team with best regular season record will receive championship t-shirts. The playoff champions will receive a trophy. \*Games may begin as early as 6:30P but start times will vary. Teams may bring alcohol. Registration deadline will be 2 weeks before the start of the league or when the league is filled, whichever comes first.

| Day(s) | Session         | Time   | Place | Team Fee | Registration |
|--------|-----------------|--------|-------|----------|--------------|
| TH     | 10/17 (8 weeks) | 6:30P* | JJE   | \$175    | 8/19         |
| TH     | 1/16 (8 weeks)  | 6:30P* | JJE   | \$175    | 12/9         |

## Coed Intermediate Volleyball League (18+YRS)

This is a Thursday-night intermediate level indoor volleyball league. The league is governed by house rules. Each team will play 8 weeks along with a playoff tournament at the end of the season. The team with best regular season record will receive championship t-shirts. The playoff champions will receive a trophy. \*Games may begin as early as 6:30P but start times will vary. Teams may bring alcohol. Registration deadline will be 2 weeks before the start of the league or when the league is filled, whichever comes first.

| Day(s) | Session         | Time   | Place | Team Fee | Registration |
|--------|-----------------|--------|-------|----------|--------------|
| TH     | 10/17 (8 weeks) | 6:30P* | JJE   | \$175    | 8/19         |
| TH     | 1/16 (8 weeks)  | 6:30P* | JJE   | \$175    | 12/9         |

## Kickstarters Soccer Training (3 -7YRS)

This youth soccer program consists of light instruction in a fun and positive environment. Children will learn shooting, passing, dribbling, defense, and other fundamentals of the game. Participants should bring tennis shoes and an age appropriate soccer ball.

| Day(s) | Session         | Time                    | Place | R/NR      |
|--------|-----------------|-------------------------|-------|-----------|
| SA     | I: 9/14 - 10/19 | 3 - 4YRS 9:00 - 9:45A   | JJE   | \$50/\$60 |
| SA     | I: 9/14 - 10/19 | 5 - 7YRS 10:00 - 10:45A | JJE   | \$50/\$60 |

See page 9 for information on our 11th Annual Suicide Prevention Awareness Fundraiser Softball Tournament taking place on SA SEP 14 at St. Ferdinand Park!



## OPEN PLAY PICKLEBALL

**TUES & THURS**  
9:00A - 12:00P

**SUN**  
10:30A - 1230P

### JJE Center Gymnasium

Drop-in \$2 resident/\$3 non-resident on T/TH and \$1 resident/\$2 non-resident on SU. A limited number of paddles and balls are provided but you are welcome to bring your own equipment. Open to ages 18+YRS.

We also welcome you to visit our outdoor pickleball court for free at Bangert Park during park hours (8:00A - 11:00P daily).

Occasionally, there may be a program or event in the gymnasium and we must cancel or change the schedule for Open Play Pickleball. Cancellations and schedule changes will be communicated through our Rainout Line. This can be accessed by downloading the free app and searching City of Florissant, calling 314-266-7335 ext 16, or visiting [www.rainoutline.com](http://www.rainoutline.com). You can also subscribe to text/email notifications when the pickleball extension is updated.

## PICKLEBALL TOURNAMENT

**SAT NOV 9**   
9:00AM Start

JJE Center Gymnasium

\$20/player

Register at JJE or JFK Centers

Registration opens SEP 2. Spaces are limited.

Format:

- Random draw mixed doubles
- 1 day tournament, Round Robin Playoffs

T-Shirt provided! (request size at registration)



# 7th Annual City of Florissant Dunegant Dash Disc Golf Tournament Saturday Oct 5, 2019 Dunegant Park

8:30A Registration/Check In  
9:00A Player's Meeting  
9:30A Tournament Start  
Card shuffle break with  
final 9 to follow

**27 Hole Tournament**

**\$15 registration fee includes  
a custom stamped Dunegant  
Park disc.**

**Tournament Divisions:**  
Open  
Advanced  
Intermediate  
Recreational

**1st place trophies & payout  
to top 40% in all divisions!**



# Creative Arts

## Fall Youth Art Series

Beginning this fall, join us once a month for youth art classes! Directed by Miss Sarah Bogaski, art teacher of Sacred Heart, students will learn the basics of printmaking, weaving and other artistic skills. All classes will take place at the JFK Community Center.

### Step by Step Painting (Ages 14 - 18) NEW

Participants in this program will create a beautiful painting with step by step instruction and assistance. This is perfect for individuals of all abilities. Join us for an evening where you can create a masterpiece of your own!

| Day(s) | Session | Time         | Place | R/NR      |
|--------|---------|--------------|-------|-----------|
| M      | 9/9     | 6:00 - 7:15P | JFK   | \$25/\$30 |

### Printmaking (Ages 10 - 15) NEW

Printmaking is the process of making multiple images from one block, simply making a sort of stamp. Join us to learn this process and make your own prints to take home and share!

| Day(s) | Session | Time         | Place | R/NR      |
|--------|---------|--------------|-------|-----------|
| M      | 10/7    | 6:00 - 7:15P | JFK   | \$25/\$30 |

### Weaving (Ages 10 - 15) NEW

Weaving is a textile production where the artist uses a loom to interlock two pieces of yarn to make a cloth. This cloth can become many different forms, but students will be making their own wall tapestries in this class.

| Day(s) | Session | Time         | Place | R/NR      |
|--------|---------|--------------|-------|-----------|
| M      | 11/4    | 6:00 - 7:15P | JFK   | \$25/\$30 |

## DIY Signs & More with Mommys deSIGN Farm

Mommy's deSIGN farm (MDF) specializes in DIY Workshops, where YOU can create fun, functional and unique wood home decor. Their studio is local, right here in Florissant! For these workshops, you can choose from thousands of designs on their website and create your very own masterpiece to display proudly in your home. All workshops will take place at the beautiful Nature Lodge at Sunset Park.

### Ladies Night Out DIY Designs (Ages 21+) NEW

Ladies, this evening is for you! Leave the spouses and kids at home and enjoy an evening of crafting with your girlfriends! Each participant can select from thousands of projects to make and Mommy's deSIGN Farm will bring everything you need to make it and teach you how! Alcohol and food is allowed but will not be provided.

| Day(s) | Session | Time         | Place                       | Price                              |
|--------|---------|--------------|-----------------------------|------------------------------------|
| W      | 10/9    | 6:00 - 8:30P | Nature Lodge<br>Sunset Park | Varies based on<br>project chosen* |

### Family Creations (All Ages) NEW

DIY signs is not just for adults! In this workshop, kids can join in too and create their own project along side their favorite adults. Each participant can select from thousands of projects to make and Mommy's deSIGN Farm will bring everything you need to make it and teach you how! Children under 13 must be accompanied by an adult. The adult is not required to sign up for their own project.

| Day(s) | Session | Time         | Place        | Price                              |
|--------|---------|--------------|--------------|------------------------------------|
| W      | 11/19   | 6:00 - 8:30P | Nature Lodge | Varies based on<br>project chosen* |

\*Sign up for DIY Signs and more by going to <https://bit.ly/2J1kh4D>. Here you can see the gallery of project options and prices. For host name select FLORISSANT Nature Lodge and the date you wish to participate. Prices will vary.

## CIRCUS HARMONY: DEFY GRAVITY 101

In this beginner circus arts class, students will be introduced to an array of circus skills including tumbling, juggling, rolling globe, clowning, and partner acrobatics. They will also develop their strength, flexibility, coordination, and stage presence. While students learn to flip, fly, and fling, they will also learn important life skills like focus, persistence, and teamwork! The class will culminate in the show that the whole family is invited to see!

| Day(s) | Session     | Time         | Place | R/NR  |
|--------|-------------|--------------|-------|-------|
| TU     | 9/3 - 12/10 | 6:00 - 7:30P | JFK   | FREE* |

\*The workshop is free but preregistration is required and space is limited. Sign up by going to the follow link.

<https://www.hisawyer.com/circus-harmony/schedules/activity-set/84504>



**FRIDAY  
NIGHT**

# **NERF WARS**

**With Florissant Parks & Recreation**

**FRIDAY, OCT 4 • 7-8:30P**

Bring your nerf gun and your friends to this brand new youth event at the JFK Community Center in Florissant. We will provide the darts, eye protection, pizza, drinks and a ton of fun Nerf activities! Battle it out in games like Capture the Flag, Tin Can Alley, Protect the King, Frozen Out, Nerf Hide and Seek and traditional Nerf Battles. Space is limited to sign up early to guarantee your spot! This will be a night you do not want to miss. Open to children ages 7-13.

**R \$15  
NR \$18  
AGES 7-13**

Preregistration required.  
Registration opens to Florissant residents on 8/12 and nonresidents on 8/19.  
The limited spots will be filled on a first come, first served basis.





Florissant Parks and Recreation presents



# Family BOO BASH

CITY OF FLORISSANT ALONG WITH  
LOCAL BUSINESSES & ORGANIZATIONS

**26**  
October

**FOOD  
TRUCKS**

**TRICK OR  
TREATING**

**KIDS  
ACTIVITIES**

**12 -  
2PM**

FREE & OPEN TO ALL!

1 JAMES J. EAGAN DR 63033

ANNUAL

2019

# HALLOWEEN

## DANCE & COSTUME PARTY

### FRIDAY, OCTOBER 18TH 6:30 - 9:00PM

### DJ . FOOD . PRIZES & MORE!

### 5TH - 8TH GRADERS

### JFK Community Center

This event is cosponsored by the Florissant Parks & Recreation Department and DARE. Join us for a night of fun and dancing. Pizza and soda are provided along with a DJ, candy, games and more. Costumes are strongly encouraged. A ticket is required upon entry. Tickets must be purchased in advance. Tickets can be purchased at the JFK and JJE Community Centers.

Tickets:  
R \$6 NR \$8

Ticket sales begin:  
R 9/30 NR 10/7







ATTENTION SUPERHEROS, BIG AND SMALL!  
JOIN US FOR

# ***SUPERHERO DATE NIGHT***

**FRIDAY, NOV 8 ★ 6:30-8:30P**

**Registration Opens R 9/23 NR 9/30**

**JFK Center \$15 per person**

Put on your capes and shine your shields! Superheroes Captain America and Captain Marvel are taking a break from fighting the evil forces of the universe and flying in to join us for an evening of activities, food and fun at the JFK Community Center! Families will enjoy a catered meal along with superhero themed crafts and a superhero training and photos with our guests of honor. Skip the night out for dinner and make us a part of date night for this new event. Spaces are limited so sign up early! Kids must participate with an adult.



# Soldier's Wishlist



Join the City of Florissant and A Soldier's Wishlist in showing our support for our Combat Troops that are serving and protecting our country all over the world and cannot be home for Christmas. We are collecting items that will be sent to active duty American Troops overseas. See below for a list of recommended items. All items must be received by us by OCT 20 to be shipped in time for Christmas! Items can be dropped off at any of the following locations:

JFK & JJE Community Centers  
Florissant City Hall  
Florissant Police Station  
Florissant Senior Dining Center

## PERSONAL HYGIENE ITEMS:

Disposable razors & replacement blades, Gel  
shaving cream, travel size shampoo, conditioner,  
foot powder, deoderant, sanitizers and hand  
creams, Toothbrushes Toothpaste & Mouthwash.

## CLOTHING AND BEDDING:

White, green and brown men's and womens' crew  
socks (size 9-11), Flannel sheets, twin bed  
sheets, twin size blankets (all dark colors).

## ENTERTAINMENT ITEMS:

CD Players, CD's (Christian, Rap, Country, Rock,  
Jazz), Board Games, AA and AAA batteries, New  
DVD movies, XBOX and PSP games (slightly  
used acceptable), DVD players

## FOOD AND SNACKS:

Microwave meals, Popcorn, Gourmet coffee,  
Flavored drink powders for water, Granola bars,  
Seeds & Snack Nuts, Cookies, Pringle chips,  
Licorice, Red Vines

**Collection begins SEP 23.  
Items must be received by  
OCT 20.**

**From: Your Troops**





# VISIT WITH SANTA

Santa Claus is coming to town! Drop by the Nature Lodge at Sunset Park for a Christmas craft, light refreshments and the opportunity to visit and take a photo with Santa! A ticket is required upon entry and will not be sold at the door. Tickets can be purchased in advance at the JFK and JJE Community Centers.

**SATURDAY, DEC 14TH**  
**10:00 - 11:30A**  
**SUNSET NATURE LODGE**

**Tickets will go on sale to Florissant residents on 11/18 and to nonresidents on 12/2.**

**Ticket Prices: R \$2 NR \$4**

## House Decorating Contest

Do you think you have the best decorated house in town? String up your lights and set out your decorations for our annual House Decorating Contest! Our Youth Advisory Commission will come out and judge. Temporary yard signs acknowledging the 1st, 2nd and 3rd place winners will be placed in yards and prizes from the Florissant Parks and Recreation Department will be awarded. Applications are FREE to Florissant Residents and will be available beginning MON, NOV 18 at the JJE Community Center, JFK Community Center and Florissant City Hall. The deadline to apply is MON, DEC 13 at 5:00P. Judging will take place TU DEC 17 at 6:00P.

## Sharing & Caring Food Drive

Join us in the City of Florissant's Annual Sharing & Caring Food Drive. From NOV 12 - DEC 15, a barrel for the Sharing and Caring Food Drive will be placed at the James J. Eagan Center, the JFK Community Center and City Hall. We encourage all residents to donate non-perishable and canned food items. These donations will be given to organizations and food pantries within the city limits of Florissant.

Please help bring holiday cheer to those families who may not be as fortunate as some.



## Snowman Building Contest

We're out to find the best snowman in Florissant! Build the biggest, have a theme and make it cute then enter our contest. From NOV 1 through MAR 15, anytime it snows build a snowman and take a picture of yourself and the snowman and send it in. The Florissant Youth

Advisory Commission will vote on their favorite and prizes will be awarded to the winners! Must be a Florissant Resident to enter.

Build your most creative and unique snowman and send us a photo!  
Send Pictures to  
[jsteib@florissantmo.com](mailto:jsteib@florissantmo.com).  
Include photo, child's name, address, phone number and age.





# PROJECT LIFT OFF

Join the Florissant Parks & Recreation Department and Florissant Police D.A.R.E program for our annual drug, tobacco and alcohol free holiday party. Activities will include swimming, ice skating, DJ music and more! Tickets will also include pizza and drinks and an opportunity for door prizes. Event is for 5th - 8th graders only. Tickets will be for sale at the JJE and JFK Community Centers.

**SATURDAY, DEC 7 6:30-9:00P**  
**JAMES J. EAGAN CENTER**

**\$6 IN ADVANCE      \$8 DAY OF (IF AVAILABLE)**  
**TICKETS SALES BEGIN NOV 11 WHILE SUPPLIES LAST**



# Senior Programs

## Senior Citizen Department Staff

|   |              |
|---|--------------|
| Peggy Hogan, Senior Citizen Coordinator | 314-839-7604 |
| Carol Henke, Senior Office Clerk        | 314-839-7605 |
| Carole Webb, Senior Office Staff        | 314-839-7602 |
| Debbie Rupp, Senior Office Staff        | 314-839-7603 |

## The Mayor's Town Hall Meeting for Senior Citizens (60+YRS)

Have breakfast with the Mayor! All City Department Heads will be present at this event to answer any questions or address your concerns. Senior Citizen focused organizations will also be present to give out valuable information. A full breakfast will be provided by the outstanding retirement community in Old Town Florissant - DeSmet Retirement Community. Meeting will be held at the James J. Eagan Community Center.

| Day | Date | Time          | Location              | R Only |
|-----|------|---------------|-----------------------|--------|
| TH  | 9/12 | 9:00 - 11:00A | James J. Eagan Center | Free*  |

\*This is a FREE event for Florissant Residents only, but you must call the Senior Office at 314-839-7605 starting AUG 19 to make reservations for the breakfast.

## TEAM Community Day at the Senior Center

Let's help make a child's Christmas Vacation a little more fun by making snack bags for TEAM Food Pantry! Please bring a bag/box of individually wrapped snacks. The Senior Office will provide the bags and we'll all participate in filling them with our snacks. Suggested snacks include: granola bars, chips, cookies, fruit, snack packs of cereal, raisins, rice krispy treats, juice boxes, muffins or donuts. Many hands make light work! After making the bags, for those that are interested, we'll play BINGO for TEAM for \$1.00 a card with all proceeds going to TEAM. Light refreshments will be served. Come and make a difference!

| Day | Date | Time       | Location      | R Only |
|-----|------|------------|---------------|--------|
| TH  | 12/5 | 1:00-3:00P | Senior Center | Free*  |

\*No tickets or reservations required.  
Just come to the Dining Center with your snack & money for Bingo (if interested)



## Dance: The 18th Annual Senior Citizen North County Gala! (60+YRS)

The Cities of Florissant, St. Ann, Hazelwood, Bridgeton and Maryland Heights plan this wonderful dress-up event for North County Senior Citizens - THE NORTH COUNTY GALA. This year the event will be held in the City of St. Ann. Tickets can be purchased in the Senior Office at Florissant City Hall as well as all the sponsoring cities. The outstanding 18-piece Sentimental Journey Band will perform, fantastic attendance prizes will be given away, delicious hors d'oeuvres will be served, and dance angels will be available.

| Day | Date | Time          | Ticket Sales Begin* | R/NR |
|-----|------|---------------|---------------------|------|
| F   | 8/16 | 7:00 - 10:00P | On Sale Now!        | \$15 |

Tickets can be purchased at any of the participating cities as well as the Florissant Senior Office through AUG 14 The City of Florissant will offer bus transportation for 25 guests - first come, first served! **This event will be held at the St. Ann Community Center, #1 Community Center Dr, St. Ann, MO 63074**

## Dance: Fall Dinner Dance (60+YRS)

Outstanding performers Scott Laytham and Karl Holmes will perform at the City of Florissant Fall Dance on Friday, October 4, 2019. Watch this incredible performance or dance the night away. Dinner will be served at 5:30P.

| Day | Date | Time         | Ticket Sales Begin* | R/NR      |
|-----|------|--------------|---------------------|-----------|
| F   | 10/4 | 5:00 - 9:00P | SEP 9               | \$12/\$15 |

Ticket includes admission, dinner, performance & snacks. Beer, wine and soda will be available for purchase. Ticket sales begin in the Senior Center on SEP 9 for residents and non-residents.

## Party: Calling all Ghosts & Goblins (60+YRS)

Come in your Halloween attire or dress in costume to participate in the Costume Contest at the Halloween Party & Bingo! Jazz & Swing Singer MISS JUBILEE will give us an energetic performance of Hot Jazz, Hokum & Low-down Blues from the 20's & 30's. A delicious lunch will be served, attendance prizes will be given away, chances for a Pot of Gold and Gift Baskets will be sold and of course we will play Bingo! This event takes place at the James J. Eagan Center.

| Day | Date  | Time           | Ticket Sales Begin* | R/NR      |
|-----|-------|----------------|---------------------|-----------|
| TH  | 10/24 | 10:00A - 2:00P | SEP 30              | \$12/\$15 |

Ticket includes admission, lunch, entertainment & Bingo. Tickets will be sold to Florissant Residents only with a current resident card in the Senior Center starting SEP 30. If there are tickets remaining, on OCT 14 tickets will be sold to residents and non-residents through OCT 21.

# THE SPECTACULAR NEW YEAR'S EVE PARTY

Don't miss the grandest party of the year. A wonderful dinner will be served, the decorations will be fantastic and the outstanding 12-piece St. Charles Big Band will play your favorite music! Do NOT sit home this New Year's Eve - Celebrate 2019 and ring in 2020! Come to our Daytime New Year's Eve Party with the Countdown to the New Year at Noon!

| Day | Date  | Time           | Ticket Sales Begin* | Location | R/NR      |
|-----|-------|----------------|---------------------|----------|-----------|
| TH  | 12/31 | 10:00A - 2:00P | 11/18               | JJE      | \$17/\$22 |

\*Ticket includes dinner, drinks, appetizers, dancing & attendance prizes. Tickets will be sold to Florissant Residents only with a current resident card in the Senior Center at 621 St. Francois starting NOV 18. If there are tickets remaining, on DEC 16 through DEC 23 tickets will be sold to residents and non-residents.



### St. Louis Oasis Health & Fitness Classes

St. Louis Oasis promotes healthy aging through lifelong learning, active lifestyles and volunteer engagement. The City of Florissant has partnered with Oasis to offer Oasis classes at the Florissant Senior Center at 621 rue St. Francois. Listed below are the upcoming programs/classes.

#### Living a Healthy Life with Chronic Conditions (60YRS+)

This six-session, interactive workshop is designed to empower adults who are living with chronic conditions like heart disease, arthritis, diabetes, depression, emphysema and other health conditions. Participants will discover strategies to improve their quality of life while managing the symptoms of their conditions. All participants will receive a free informational book and CD. Light refreshments will be provided.

| Day(s) | Session         | Time            | Place         | Price |
|--------|-----------------|-----------------|---------------|-------|
| TU     | I: 9/17 - 10/29 | 10:00A - 12:30P | Senior Center | FREE* |

\*The class is free, but preregistration is required and spaces are limited. Call 314-747-9355 for more information or to register for this class.

#### Exerstart (60YRS+)

ExerStart is a low-intensity exercise class for people who are looking to add more activity to their lives using resistance bands while standing or seated. This class encourages adults 50+ to be active so they can do the things they want and need to do.

| Day(s) | Session        | Time          | Place         | Price |
|--------|----------------|---------------|---------------|-------|
| M/W    | I: 9/9 - 12/11 | 9:30 - 10:30A | Senior Center | \$25  |

Call Oasis at 314-862-4859 EXT 24 for more information or to register for this class. Spaces are limited. There will be no class on 10/9, 11/13, & 12/11.

#### Tai Chi for Arthritis & Fall Prevention (60YRS+)

Reduce stress, relieve pain and decrease fall risk while improving balance, muscular strength, coordination, confidence and mood.

| Day(s) | Session           | Time          | Place         | Price |
|--------|-------------------|---------------|---------------|-------|
| M/W    | I: 9/4 - 10/23    | 1:00 - 2:00PM | Senior Center | \$60  |
| M/W    | II: 10/28 - 12/11 | 1:00 - 2:00PM | Senior Center | \$56  |

Call Oasis at 314-862-4859 EXT 24 for more information or to register for this class. Spaces are limited.

#### Health & Wellness Classes (60YRS+)

The City of Florissant offers Health & Wellness Classes to the Florissant Senior Citizen Community. These classes are sponsored by Christian Hospital and SSM Health – both leaders in Healthcare in this community. Free lunch is provided at these events. Topics will be announced. All classes are held at the Florissant Senior Center at 621 rue St. Francois. Call the Senior Office, 839-7605, for topic information and to make reservations.

| Day(s) | Date   | Time           | Place         | Price |
|--------|--------|----------------|---------------|-------|
| TH     | SEP 19 | 11:00A - 1:30P | Senior Center | Free  |

**Registration begins SEP 9. Sponsored by Christian Hospital.**

|    |        |                |               |      |
|----|--------|----------------|---------------|------|
| TH | OCT 10 | 11:00A - 1:30P | Senior Center | Free |
|----|--------|----------------|---------------|------|

**Registration begins SEP 30. Sponsored by Christian Hospital.**

|    |       |                |               |      |
|----|-------|----------------|---------------|------|
| TH | NOV 7 | 11:00A - 1:30P | Senior Center | Free |
|----|-------|----------------|---------------|------|

**Registration begins OCT 28. Sponsored by SSM Healthcare.**

#### Get Fit for Free with Silver Sneakers & Renew Active!

Silver Sneakers and Renew Active are both fitness membership reimbursement plans offered through various health insurance providers. Both of the Florissant Parks and Recreation Community Centers participate in these programs to offer eligible individuals a Facility Membership free of charge. Visit [www.silversneakers.com](http://www.silversneakers.com) or [www.myrenewactive.com](http://www.myrenewactive.com) or call your health insurance provider to check eligibility. Memberships can be processed at the JJE Center or JFK Center in Florissant and are valid at both locations. Classes, outdoor pool and ice rink are not included. Call 314-921-4466 or 314-921-4250 for information.



#### Day Trip: Spirit of Peoria and Pere Marquette Lodge

We'll take a trip back in time on the Authentic Paddlewheel Boat, The Spirit of Peoria, as we cruise the Mississippi/Illinois Rivers. After docking in Grafton, we'll take the scenic River Road to Pere Marquette Lodge where we'll enjoy their signature dish, Fried Chicken.

| Day | Date | Time          | Ticket Sales Begin* | R/NR      |
|-----|------|---------------|---------------------|-----------|
| W   | 9/25 | 8:00A - 2:00P | 8/20                | \$46/\$48 |

\*Tickets include transportation, a paddlewheel cruise and lunch. Ticket Sales begin on Tuesday, AUG 20 in the Senior Office to residents with a current resident card. If there are tickets remaining, on Wednesday, AUG 21, tickets will be sold to residents and nonresidents.

#### Day Trip: Kimmswick Apple Butter Festival

The Kimmswick Historical Society will be making and selling their famous Apple Butter at the Apple Butter Pavilion on Market Street. 100 Vendor booths will fill the City Park and line the streets of Kimmswick selling a variety of crafts and food items. Live entertainment will be provided by the City of Kimmswick and the Kimmswick Merchants. Lunch will be at your own expense at the quaint Blue Owl Restaurant or any of the vendors in town. Please be advised, this trip will involve a significant amount of walking.

| Day | Date  | Time          | Ticket Sales Begin* | R/NR    |
|-----|-------|---------------|---------------------|---------|
| SA  | 10/26 | 9:00A - 4:00P | 9/5                 | \$7/\$9 |

\*Ticket includes transportation only. Lunch is at your own expense. This is a Silver Words Trip. Ticket will be sold at the Silver Words Club Meeting on SEP 5 to Silver Words Club Members only. If there are tickets remaining, tickets will be sold to residents and non-residents in the Senior Office starting SEP 6.

#### Day Trip: The Audubon Center at Riverlands and Moonlight Inn

Trumpeter Swans, Water Fowl, and Eagles are birds that typically visit the Riverlands Migratory Bird Sanctuary in November. Tour this fascinating sanctuary with an educator/naturalist narrating, watch a presentation about the Audubon Center and meander around the exhibits and look for birds in the high-powered spotting scopes. Top off the day with a delicious buffet lunch at Castelli's Moonlight Inn, famous for their Fried Chicken.

| Day | Date  | Time          | Ticket Sales Begin* | R/NR      |
|-----|-------|---------------|---------------------|-----------|
| TU  | 11/12 | 9:00A - 2:30P | 10/8                | \$32/\$34 |

\*Ticket includes transportation, tour and lunch. Ticket sales begin on OCT 8 in the Senior Center for residents only with a current resident card. If there are tickets remaining on OCT 9, tickets will be sold to residents and non-residents

#### Day Trip: The Vienna Boys Choir at the Cathedral Basilica & Favazza's on the Hill

Enjoy an authentic Italian Lunch at Favazza's on the Hill – the Little Italy of St. Louis. Then experience the Cathedral's Audience Favorite – the Vienna Boys Choir. These talented and charming young performers represent over 500 years of choral tradition. Come experience them in the Heavenly Cathedral Basilica!

| Day | Date  | Time           | Ticket Sales Begin* | R/NR      |
|-----|-------|----------------|---------------------|-----------|
| F   | 11/29 | 11:00A - 5:00P | 10/22               | \$54/\$56 |

\*Ticket includes transportation, lunch at Favazza's, and a performance at Cathedral. Ticket sales begin OCT 22 in the Senior Center for residents only. If there are tickets remaining on OCT 23, tickets go on sale for residents and non-residents.

#### Day Trip: The MUNY KIDS Christmas Show at the Conservatory, Tony's on Main Street and the Celebration of Lights

Celebrate the Magic of the Season! Start your Christmas Evening with a delicious Italian Dinner at TONY'S ON MAIN STREET. Then continue down Main Street to the Private Botanical Garden set amidst the rich vintage charm of the Historic District of St. Charles - THE CONSERVATORY ON MAIN STREET. The MUNY KIDS will perform their wonderful Holiday Program in this beautiful Christmas venue. We'll top off the evening with a drive through the Holiday Light Display, THE CELEBRATION OF LIGHTS, in Fort Zumwalt Park.

| Day | Date  | Time         | Ticket Sales Begin* | R/NR      |
|-----|-------|--------------|---------------------|-----------|
| TH  | 12/12 | 3:45 - 9:30P | 11/14               | \$44/\$46 |

\*Ticket includes transportation, dinner, concert & light display. Tickets will be sold to Silver Word Club Members only at the Silver Words Club Meeting on NOV 14. If there are tickets remaining, tickets will be sold to residents and non-residents on NOV 15 at the Senior Center





**314-741-7444**

**florissantgolfclub.com**

## Florissant Golf Club

**50 Country Club Ln,  
Florissant MO 63033**

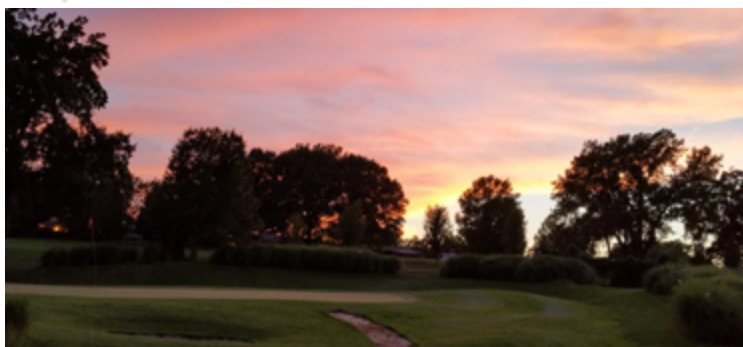
Seniors Play for **\$29**  
7 Days a Week

- 18 Hole Course for All Skill Levels
- Full Service Restaurant & Snack Bar
- Beautiful Patio Overlooking the 18th Hole
- Resident Discounts & Loyalty Program**
- Fully Stocked Pro Shop
- Professional Quality Greens
- Senior Scramble every Thursday

**Watch for Winter pricing coming NOV 1!**

### New Scoring App Coming Soon!

We are proud to announce our partnership with Golf Genius for this coming season. This new software will allow us to bring new levels of service to our golfers and the community. Keep an eye out for more exciting updates!



### Golf Course Loyalty Card

Did you know that you can now get a Loyalty Card for the Golf Course? The next time you come into play just give us your e-mail address and we will give you a card. The card gets you one round of golf FREE after playing 5 times. Stop in the Club House and ask us for more details.



**Golfer Loyalty Card**







# Discount Tickets

## VISIT YOUR LOCAL PARKS & RECREATION DEPT.

**Discounted tickets made possible through the Missouri Parks and Recreation Association.**

Purchase a one day pass or season pass to Six Flags St. Louis through our Parks and Recreation Department for a discounted price. We also have one day passes to Silver Dollar City available at a discounted rate. Tickets may only be purchased during office hours at the Parks and Recreation Administration Office. This is M-F 8:00A-5:00P and SA 8:00A-12:00P (except holiday weekends). Call 314-839-7670 for ticket availability. Six Flags and Silver Dollar City tickets will be sold until NOV 1 or until sold out. **No refunds will be given on amusement park ticket purchases.**

**The Florissant Parks and Recreation Department is offering discounted tickets to Six Flags St. Louis and Silver Dollar City Amusement Parks. Please call the Parks and Recreation Administration Office M - F 8:00A - 5:00P at 314-839-7670 for pricing and availability. Tickets can be purchased at the JJE Center only.**





**Visit the newly renovated  
lake at St. Ferdinand  
Park!**

[WWW.FLORISSANTMO.COM](http://WWW.FLORISSANTMO.COM)

FACEBOOK: FLORISSANT PARKS AND RECREATION