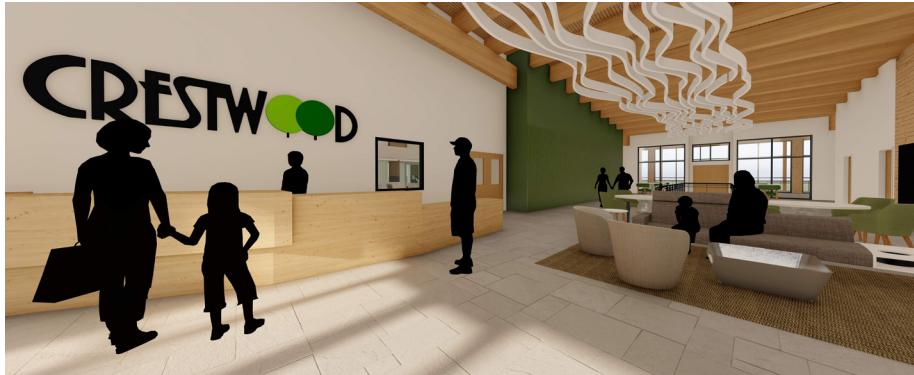


# CRESTWOOD NEWSLETTER

JANUARY-FEBRUARY 2024



## RESIDENTS TO VOTE ON APRIL 2 BOND ISSUE FOR NEW COMMUNITY CENTER

Crestwood residents will be asked to weigh in on a \$33 million bond issue on the April 2, 2024 General Municipal Election ballot, which, if approved, would allow the City to make the most significant park improvements in decades.

"Our parks and recreation facilities help make Crestwood a great place to live. However, some aspects are aging, and others need to be updated to meet the needs of our community now and in the future," said Mayor Scott Shipley.

"This marks Crestwood's most ambitious parks improvement effort since the 1970s."

The Board of Aldermen approved the following projects to be included in the bond issue:

- Constructing a new community center on the ballfield at Whitecliff Park
- Transforming the existing community center into a pickleball/family games complex
- Replacing the Crestwood Park playground
- Adding a nature play area and walking trail loop to Whitecliff Park

• Adding a pedestrian bridge to connect Whitecliff Park to the Lodgepole neighborhood

These projects were identified as major priorities in the City's 2023 Parks Master Plan. That plan was developed with significant resident input, including multiple town halls and public outreach events, as well as a community survey.

The largest project will be the construction of a new, modern community center designed to address resident needs. It will feature a larger multi-use gymnasium, an elevated indoor walking and jogging track, attractive event meeting spaces with a cozy fireplace and outdoor balcony overlooking the park, a larger fitness area with additional and improved equipment, and improved spaces for dance, yoga, cardio classes, and more.

The guiding principle during this conceptual design process has been to address the needs identified by our community with spaces for residents of all ages and abilities.

(continued on page 2)



## CHANGES TO TRASH SERVICE ON MARCH 1

Carts MUST be **WITHIN** three (3) ft. of the curb and **MUST** be at least three (3) ft. away from any standing object (this includes mailboxes, vehicles, and other waste containers).



Waste Connections will be continuing its current relationship with Crestwood residents for the next several years, after the Board of Aldermen approved an extension of their current contract.

The new contract increases rates just \$1 to \$21.67 per month for trash, recycling, and yard waste. "We are thrilled with the minimal rate increase," said Mayor Scott Shipley. "Some communities have seen their rates soar to over \$40 per month as a result of increasing costs and inflation. To achieve this small increase is great news for Crestwood residents."

When the new contract begins on March 1, ALL Waste Connections services will be fully automated. This will mean that only the contents within the carts will be collected (no materials left outside the cart will be picked up). An appropriate distance is also required for all cans along the curb line.

Waste Connections will assist residents to make sure their trash carts are compatible with automated pick-up. New trash, recycling, and yard waste carts are included in the contract at no charge for those who need them. The carts will be dropped off by the vendor before March 1.

For more information about the changes to trash service, to learn about their senior discount program, or for assistance with your trash cart, please contact Waste Connections directly at 636-321-2100.

# NEWS BLURBS

## MUNICIPAL ELECTION, APRIL 2

The City of Crestwood's General Municipal Election will be held on Tuesday, April 2, 2024. Voters will elect four aldermen, one from each of the four wards to serve until April 2027.

For any questions about how to vote in April's election, please contact the St. Louis County Board of Elections at 314-615-1800.

## PARKS MASTER PLAN

The Parks and Recreation Master Plan, approved by the Board of Aldermen, will guide the City as it makes improvements to all seven Crestwood parks over the next 10-15 years. For more details on the Parks Master Plan, please visit the City's website at [www.cityofcrestwood.org/parksmasterplan](http://www.cityofcrestwood.org/parksmasterplan) or by scanning this QR code



## ELECTION JUDGES NEEDED

For the upcoming April 2 General Municipal Election, the St. Louis County Election Board is in great need of more election judges and student election judges to serve the public. Election judges are awarded a stipend of at least \$250 for their service, while students have the option to receive 16 community service hours or \$170 in pay for their work.

To learn more about being an election judge, please contact Jim McHugh at the Board of Elections by email at [jmchugh@stlouiscountymo.gov](mailto:jmchugh@stlouiscountymo.gov) or by phone at 314-615-1858.

## CRESTWOOD PD TIP411 APP

The Police Department is still looking for residents and members of the business community to download the "Crestwood MO PD" app from the Google Play and Apple App Stores. Developed by tip411, the application helps connect residents with the police to find out more information, to view alerts, and to submit anonymous tips from their smartphone.

## BOND ISSUE TO INCLUDE PARKS IMPROVEMENTS

(continued from page 1)

"During the master planning process last year, residents stated that our current community center was outdated, did not offer enough of the things they wanted to do, and that they would utilize it more often if it were up to date," said Parks and Recreation Director Eilien Ramirez.

"We evaluated renovating and expanding the current building, but it would cost nearly as much as new construction and would impact large natural areas of the park. In addition, renovation would fall short of what the residents were requesting in the Master Plan. Together we determined new construction on the ballfield is the best option."

The existing community center, completed in 1978, will be transformed to better serve one of the fastest growing sports in the country - pickleball. A large portion of the center will be torn down, with outdoor pickleball courts added in its place. The current gymnasium will remain and continue to host indoor pickleball games. The facility will also include a beverage and food service area, as well as a cornhole, shuffleboard, and bocce ball area, to create a fun gathering place.

"The focus for the entire project is to create a place that brings our community together – a place for everyone," added Mayor Shipley.

### Bond Issuance

To fund these improvements, the City will be asking voters in April's General Municipal Election – April 2, 2024 – to give the City authority to issue bonds for this project. The bond issue requires 57.14% of votes in favor for the issuance to be approved.

If approved, construction on the new community center would start in 2025, with a completion date in 2026. The pickleball and family games complex would follow, with an estimated 18 month construction timeline.

The City is planning several town halls this spring so residents can learn more about the project and provide their feedback. The first of these gatherings is scheduled for January 18 from 6:00-8:00 P.M. at the Community Center.

The City has launched a dedicated webpage for this project at [www.cityofcrestwood.org/communitycenter](http://www.cityofcrestwood.org/communitycenter) (or scan the QR code) where you can view conceptual building plans, town-hall dates, ask questions, and provide feedback.

For any questions about the community center plans, please visit our website, call us directly at 314-729-4864, discuss with your elected officials, or stop by the Crestwood Community Center or Government Center to see the plans in person.

*Please note: This newsletter is paid for by the City of Crestwood.*

## TOWN HALL EVENT SCHEDULED ON JANUARY 18

The City of Crestwood is hosting a town hall event on Thursday, January 18 at the Whitecliff Community Center.

The open house event, which runs from 6:00-8:00 P.M., will allow for residents to meet with elected officials and City staff to learn more about what is going on within the Crestwood community.

There will be tables setup to aid in answering questions on the community center bond issue, assist with Board of

Aldermen goal setting, asking questions about various projects and topics out and about town, support the City with being able to better communicate with residents, and much more.

There is no registration required and treats and giveaways will be on hand for those attending.

For any questions about this event, please visit the City of Crestwood website or contact your elected officials.

# CRESTWOOD FY24 BUDGET SNAPSHOT

With the calendar now squarely into January, the City would like to share a snapshot into our Fiscal Year 2024 (January 1-December 31, 2024) budget.

In November, the Board of Aldermen gave approval to a nearly \$20.4 million budget in total expenditures. The City is projecting nearly \$19.2 million in total revenue.

## General Fund

The general fund budget for FY24 is greater than \$14 million and is the primary funding source used by the police, fire, public works, and general administration departments. Some of the most noteworthy budget items that are funded within the general fund include:

- Final payment and acceptance of the new Crestwood Fire Truck
- Completion of the median project on Watson Road, around the new Crestwood Crossing
- Traffic calming measures
- Whitecliff Park Bridge construction

## Parks and Stormwater Fund

Within this fund, the City has budgeted nearly \$3.5 million in expenditures. In addition to day-to-day operational costs, the City has budgeted for a few large-scale projects such as the addition of a restroom at the Whitecliff Park Quarry and repairs to the Aquatic Center.

## Capital Improvement Fund

Within this fund, the FY24 budget will include around \$2.2 million in expenditures including nearly \$850,000 for Citywide street repairs, the addition of a gabion wall along Pardee Road, and future sidewalk projects.

Please note: in the FY24 budget, the general fund has an estimated fund balance reserve of more than 50 percent, a sign of a healthy overall budget.

# PARKS AND RECREATION CORNER

## SUMMER CAMP REGISTRATION INFO

Register in person OR online starting at 8am on 1/16 (Resident) or 1/23 (Non-Resident)!

Space fills FAST! Register early before it's too late!

SCAN THE QR TO REGISTER ONLINE!



QUESTIONS OR PHONE REGISTRATIONS CAN BE MADE BY CALLING (314) 729-4860



## SWIM and DIVE TEAM Registration

Register in person Starting March 25th!

### RESIDENT FEES

1ST CHILD SWIM OR DIVE- \$140	NON-RESIDENT FEES
1ST CHILD SWIM & DIVE- \$170	1ST CHILD SWIM OR DIVE- \$168
2ND CHILD \$5 DISCOUNT	1ST CHILD SWIM & DIVE- \$184
3RD OR MORE CHILD \$10 DISCOUNT/CHILD	2ND CHILD \$5 DISCOUNT
	3RD OR MORE CHILD \$10 DISCOUNT/CHILD

QUESTIONS OR PHONE REGISTRATIONS CAN BE MADE BY CALLING (314) 729-4860



SCAN THE QR FOR MORE INFORMATION!

## HISTORIC SAPPINGTON HOUSE 2024 EVENTS

As spring arrives, the Historic Sappington House will play host to several various events including a trivia night and the ninth annual craft festival.

On Friday, March 8, the Sappington House Foundation will be hosting a fundraising trivia night for the 1816 Joseph Sappington log cabin, starting at 7:00 P.M. The pop culture trivia night will be held at the Crestwood Community Center, and will be \$20 per person for tables of eight.

On April 27-28, the Historic Sappington

House grounds will be alive from 9:00 A.M.-3:00 P.M. with those attending the Ninth Annual Country Craft Festival.

Enjoyed by those who attend each year, the festival will feature antiques, handmade arts and crafts, garden and home decor, live music, delicious food, animals to pet, and a kids zone at the Young'uns Outpost. Admission is free for all who attend.

For more information on any upcoming events, please contact the Sappington House directly at 314-822-8171.



## INSIDE THIS ISSUE

## UPCOMING EVENTS

Please check the City website at [www.cityofcrestwood.org](http://www.cityofcrestwood.org) for any updates and cancellations.

### CITY OFFICES CLOSED

All Day, JAN 1, 15; FEB 19

### BOARD OF ALDERMEN MEETINGS

7 P.M., JAN 9, 23; FEB 13, 27

### NIGHT OF MAGICAL MAYHEM

7:00 P.M., JAN 26

### SWEETHEART DANCE

5:30 P.M., FEB 18

### SWIFTIE SOIREE

2:00 P.M., FEB 25

## CONTACT INFORMATION

### GOVERNMENT CENTER

314-729-4700

### MUNICIPAL COURT

314-729-4776

### WARD 2:

Michael Balles

[mballes@cityofcrestwood.org](mailto:mballes@cityofcrestwood.org)

Justin Charboneau

[jcharboneau@cityofcrestwood.org](mailto:jcharboneau@cityofcrestwood.org)

### WARD 3:

Greg Hall

[ghall@cityofcrestwood.org](mailto:ghall@cityofcrestwood.org)

Grant Mabie

[gmabie@cityofcrestwood.org](mailto:gmabie@cityofcrestwood.org)

### POLICE

#### Non Emergency:

314-729-4800

### CITY ADMINISTRATOR

Kris Simpson, ICMA-CM

[ksimpson@cityofcrestwood.org](mailto:ksimpson@cityofcrestwood.org)

### FIRE

#### Non Emergency:

314-729-4740

### MAYOR

Scott Shipley

[sshipley@cityofcrestwood.org](mailto:sshipley@cityofcrestwood.org)

### PUBLIC WORKS

314-729-4720

### BOARD OF ALDERMEN

#### WARD 1:

Jesse Morrison

[jmorrison@cityofcrestwood.org](mailto:jmorrison@cityofcrestwood.org)

### WARD 4:

Tony Kennedy

[tkennedy@cityofcrestwood.org](mailto:tkennedy@cityofcrestwood.org)

John Sebben

[jsebben@cityofcrestwood.org](mailto:jsebben@cityofcrestwood.org)

### COMMUNITY CENTER

314-729-4860

[cityofcrestwood.org/parks](http://cityofcrestwood.org/parks)

**CITYOFCRESTWOOD.ORG**

 CityofCrestwood |  CrestwoodParksandRec |  TheCrestwoodPoliceDepartment



# SPRING 2024

## REC CONNECT

### ACTIVITY GUIDE

# GENERAL INFORMATION

## PARKS & RECREATION STAFF

### DIRECTOR OF PARKS AND RECREATION

Eilien Ramirez, CPRP

eramirez@cityofcrestwood.org

(314)729-4861

### RECREATION MANAGER

Phil Lanio, CPSI

planio@cityofcrestwood.org

(314)729-4863

### RECREATION SPECIALIST- AQUATICS

Megan Reininger, CPO

mreininger@cityofcrestwood.org

(314)729-4864

### RECREATION SPECIALIST- SPORTS, FITNESS AND FACILITIES

Jacob Sheets

jsheets@cityofcrestwood.org

(314)729-4865

### RECREATION SPECIALIST- SPECIAL EVENTS AND CAMPS

Tracey Whitaker, CPRP

twhitaker@cityofcrestwood.org

(314) 729-4862

### INCLUSION COORDINATOR

Terri Johnson, CTRS, CPRP

tjohnson@desperesmo.org

(314)835-6157

## PARK BOARD MEMBERS

Debra Hewing, Chair

Laquita Ogle, Vice-Chair

Dan Krewson, Secretary

Brian Koscielski

Rebecca Now

Timothy O'Neil

Joseph Seastrom

John Sebben,

Aldermanic Representative

James Zavist,

Aldermanic Representative



Crestwood Community Center  
9245 Whitecliff Park Lane ~ Crestwood, MO 63126  
(314)729-4860 ~ [www.cityofcrestwood.org](http://www.cityofcrestwood.org)

### INCLUSIVE RECREATION SERVICES - AMERICANS WITH DISABILITIES ACT (ADA)

Crestwood Parks and Recreation Department invites people with and without disabilities to participate in our programs and events. Please notify us when you register, or at least three days in advance of the program/event date, if modifications due to a disability are needed to facilitate your participation and/or if there are medications or allergies in which we should be aware. If an inclusion support person is needed to assist the program participant with a disability, it may take up to two weeks or more to provide this type of modification. If we are unable to meet your needs, there is a grievance procedure available for ADA concerns. For assistance in arranging modifications for your participation or to notify us of medical concerns, please contact Terri Johnson, TRS/ CPRP, Executive Director of Municipal Partners for Inclusive Recreation at (314)835-6157, use Relay Missouri 711 or email her at [tjohnson@desperesmo.org](mailto:tjohnson@desperesmo.org) to discuss your participation.

### PROGRAM REFUND POLICY

The Crestwood Parks and Recreation Department strives to provide quality recreation programs for you and your family. If you register for a program and are not able to attend the class, contact the Parks and Recreation Department, a minimum of five days in advance of the program start date, to receive a refund. Once a class starts no refunds will be given. If you are unable to participate in a recreation program due to a health reason, present a physician's statement as proof of illness and/or injury and a refund will be issued. If the program is in progress the fee will be prorated based on remaining classes. If we cancel a program or change the program dates or times not allowing you to participate, a full refund will be issued. Refunds for registrations made with cash or check will be sent by mail to the address on file. Refunds for registrations made with credit card will be credited back to your account. This can take up to 10 days. Trips, camps and special events are exempt from this policy.



Facebook

City of Crestwood Parks and Recreation

Instagram

@crestwoodparksandrecreation



# MEMBERSHIPS

Pass Types	Resident	Lindbergh Resident Business	Non-Resident
All-Facility Individual Pass	\$138	\$220	\$248
All-Facility Family Pass	\$330	\$495	\$550
*Additional Person	\$50	\$50	\$50
Recreation Individual Pass	\$115	\$125	\$144
Recreation Family Pass	\$175	\$238	\$256
*Additional Person	\$20	\$20	\$20
Tennis Pass	\$50	\$65	\$70
ID Card	\$5	\$10	\$10
Recreation 10 Visit Pass	\$25	\$50	\$50

## PROOF OF RESIDENCY - ID CARD

Two forms of identification that include your name and address must be provided. One item must be a current photo ID. To qualify for Lindbergh School District rates, Lindbergh residents will need to verify two forms of current residency. Business Membership categories are available to anybody employed by a business located within the appropriate boundaries, with proof of current employment such as current pay stub.

## SENIOR MEMBERSHIPS

A 10% discount is extended to all seniors age 62 or over. \*Does not apply to ID card or daily admission fees\*

## INCLEMENT WEATHER POLICY

When the Lindbergh School District cancels school for the day, or if they delay start of the day due to inclement weather, all morning programs and activities at the Crestwood Community Center will be canceled and the center will not open until 10 am. This policy also applies if Lindbergh School District changes to virtual learning for the day due to inclement weather. We will make a decision on all afternoon and evening classes by 11 am. Please watch or listen to our local media for school closures. We will also have the most up to date information on the City of Crestwood Parks and Recreation Facebook and Instagram pages. **The Community Center staff will NOT call program participants to notify them of cancellations covered under this policy.**

## KITUN DOG PARK

The 2 acre dog park is located at 12343 Eddie and Park Road. The park has separate areas for small and large dogs. Crestwood residents receive resident rates for annual memberships. Tags are available at the Sunset Hills Community Center 3915 South Lindbergh, Sunset Hills, MO 63127. Membership valid Jan 1-Nov 30, 2023.

**Park Hours: Dawn to Dusk**

**Annual Fee: \$50R/\$65NR; \$10/additional dog**

## COMMUNITY CENTER HOURS OF OPERATION

Monday-Thursday	8:00am-9:00pm
Friday	8:00am-6:00pm
Saturday	8:00am-4:00pm
Sunday	Closed

## SPECIAL HOURS

April 7	8:00am-12:00pm
May 29	10:00am-3:00pm
July 4	10:00am-3:00pm
Sept 4	Closed

## COMMUNITY CENTER DAILY FEES

**\$3/ Resident\***      **\$6/ Non-Resident**

\*Residents are required to have a current ID Card to receive resident rates on daily fees and facility reservations.



## ALL FACILITY PASS

Includes Recreation and Aquatic Pass privileges.

## RECREATION PASS

Access to Fitness Center, Gymnasium, Racquetball Courts and same privileges as Tennis Pass. It will serve as ID for Aquatic Center, allowing residents to pay resident rates.

## TENNIS PASS

Allows passholder to make tennis reservations a maximum of one week in advance.

## FAMILY STATUS

A Family is defined as no more than two adults and two dependent children under the age of 23 residing at the same address. Anyone over the age of 16 being included on the pass will need to show proof of residency by the use of a photo ID and/or any other record of residency.

## \*ADDITIONAL PERSON

This can be added to the Family Passes. Must follow the rules of family status.

## FITNESS CENTER

The fitness room is open during normal operating hours of the Community Center. A guardian must accompany youth ages 12 to 14. Individuals 15 to 17 years old must have a parent release form on file at the Community Center to use the facility on their own. No one under the age of 12 will be allowed in the fitness room.

## RACQUETBALL COURT USE

All-Facility or Recreation Pass holders may make one racquetball court reservation per day, up to one week in advance. Non-members may play on a walk in basis only. Community Center daily fees apply.

# FACILITY RENTALS

## PAVILION RESERVATIONS

Pavilion rental dates are Apr 1-Oct 31.

Restrooms are winterized and closed annually Nov 1-Mar 31

All pavilions can accommodate up to 75 people. Reservations may be made up to one year in advance. Only residents may reserve Whitecliff Park Pavilion #2 or Crestwood Park Lower Pavilion more than 60 days in advance. All reservations must be made in person at the Community Center during operating hours. Reservations cannot be made less than 72 hours prior to the desired date. There are no refunds or rescheduling of reservations due to inclement weather. All pavilions have electrical service. A Special Use Permit is required if you are using a city park and will have: inflatables, tents or other structures, live music, charge a fee or sell anything, or are having a special event. Contact the Community Center to see if this applies to your reservation.

### Resident Rate

\$60/day

Quarry, Rotary &  
Whitecliff Pavilions

\$120/day

\$60/day

Crestwood Upper & Lower  
Pavilion

\$120/day

\$30/hour

Ballfield with lights

\$40/hour

\$15/hour

Ballfield without lights

\$20/hour

\$6/hour

Whitecliff Sand Volleyball

\$10/hour

### Non-Resident Rate

### **Park Hours**

Whitecliff Park is open all year from 5:30am-11:00pm

All other Crestwood Parks are open:

**September-April**  
6:00am-9:00pm

**May-August**  
6:00am-10:00pm

\*Restrooms Reopen April 1st\*



Scan to learn more about Ballfield and Tennis Court rentals.

**Must have valid Resident ID Card or membership to receive resident rates**

## ROOM RENTALS

Community Center Hourly Rental Fees	Resident Open Hourly Rate	Resident Closed Hourly Rate	Non-Resident Open Hourly Rate	Non-Resident Closed Hourly Rate
1 Meeting Room	\$30	\$55	\$45	\$70
2 Meeting Rooms	\$40	\$65	\$55	\$80
3 Meeting Rooms	\$55	\$80	\$75	\$100
Multi-purpose	\$70	\$95	\$85	\$120
Athletic (1 court)	\$30	NA	\$35	NA
Athletic (2 courts)	\$60	\$85	\$70	\$105

The Community Center has small meeting rooms, the multipurpose room and lounge that are available for rentals. Rooms 106 and 107 can be rented together to make one large room. Rentals can be made up to one year in advance and must be booked at least two weeks prior to the event.

## AQUATIC CENTER PASS FEES

The Aquatic Center is a Membership only pool. Residents and Non-Residents must have a current ID card pass or Membership Pass to gain entry to the Aquatics Center. Below are all the pass types:

Pass Type	Fee
Resident Individual Pass	\$85
Lindbergh & Res Business Individual Pass	\$135
Non-Resident Individual Pass	\$155
Resident Family Pass	\$225
Lindbergh Family Pass	\$360
Non-Resident Family Pass	\$410
ID Card Pass (mandatory)	\$5
Additional Family Pass Person	\$30
Nanny/ Babysitter Pass	\$30

## HOURS OF OPERATION

May 25 - August 18

Monday-Thursday	11:30am-7:00pm
Friday & Saturday	11:00am-8:00pm
Sunday	11:00am-7:00pm
Memorial Day	11:00am-6:00pm
July 4th	11:00am-6:00pm



Scan the QR code for class schedules and descriptions



## ADMISSION-MEMBERSHIP & ID CARDS PASSES

The Aquatic Center is a Membership ONLY pool. Residents and Non-Residents must have a current ID card pass or Membership Pass to gain entry to the Aquatics Center. Those wanting to pay the daily admission MUST have a current ID Card Pass. No other identification will be accepted.

## FAMILY STATUS

A Family is defined as no more than two adults and two dependent children under the age of 23 residing at the same address. Anyone over the age of 16 being included on the pass will need to show proof of residency by the use of a photo ID and/or any other record of residency.

## AQUATIC CENTER PASS GUESTS

All Season Pass holders may bring up to four paid guests daily to the Crestwood Aquatic Center per pass holder.

## NANNY/BABYSITTER PASS

Available to Family, All Facility, or Family Aquatic Center Passes. Pass holder must apply with the family that is employing them and provide proof of employment. Pass can only be used when the holder is with a family member. Pass holder must be age 16 or older. Nanny must be with child/children. Not to be used for Fitness Center usage.

# Aqua Fitness

**Aqua Motion**  
Monday/Wednesday/Friday-AM

**Total Body H2O**  
Tuesday/Thursday-AM

**Shallow & Deep Water Work**  
Monday/Wednesday-PM

**River Walking**  
Monday-Thursday-PM  
Tuesday-AM  
Saturday & Sunday-AM

**Early Morning Lap Swim**

# AQUATICS

## SWIM & DIVE TEAM

### Ages 5-18

The Crestwood Swim and Dive Team is a recreational team with an emphasis on developing basic competitive skills. Swimmers and divers ages 5-18 are welcome to participate, however, the swimmer must be able to swim 25 yards (one pool length) continuously to be able to participate. Practice begins **Tuesday, May 28** on weekday mornings between 7:00-10:00am, depending on the swimmer's age and skill level:

7:00am Ages 11 and over

8:00am Ages 10 and under who are legal in all four strokes

9:00am Ages 10 and under who are not legal in all four strokes

Dive practice will be either 8:00am or 9:00am depending on your availability.

Registrations are to be made in-person at the Crestwood Community Center. Two \$75 volunteer deposit checks are required at registration. Parents/guardians are required to sign up to volunteer for two swim or dive meets AND Prelims/Finals during the season. Checks will be shredded at the end of the season given completion of volunteer shifts. Meet schedule, breakdown of practice times, and other additional information will be provided in the "Welcome" packet that will be available at time of registration. Registration begins March 25th

Parent Information/Meet the Coaches event will be **Tuesday, May 14 at 6:30pm at Rotary Pavilion in Whitecliff Park.**

### Resident Fees

1st child swim or dive \$140

1st child swim & dive \$170

2nd child \$5 discount

3rd or more child \$10 discount/child

### Non-Resident Fees

1st child swim or dive \$168

1st child swim & dive \$184

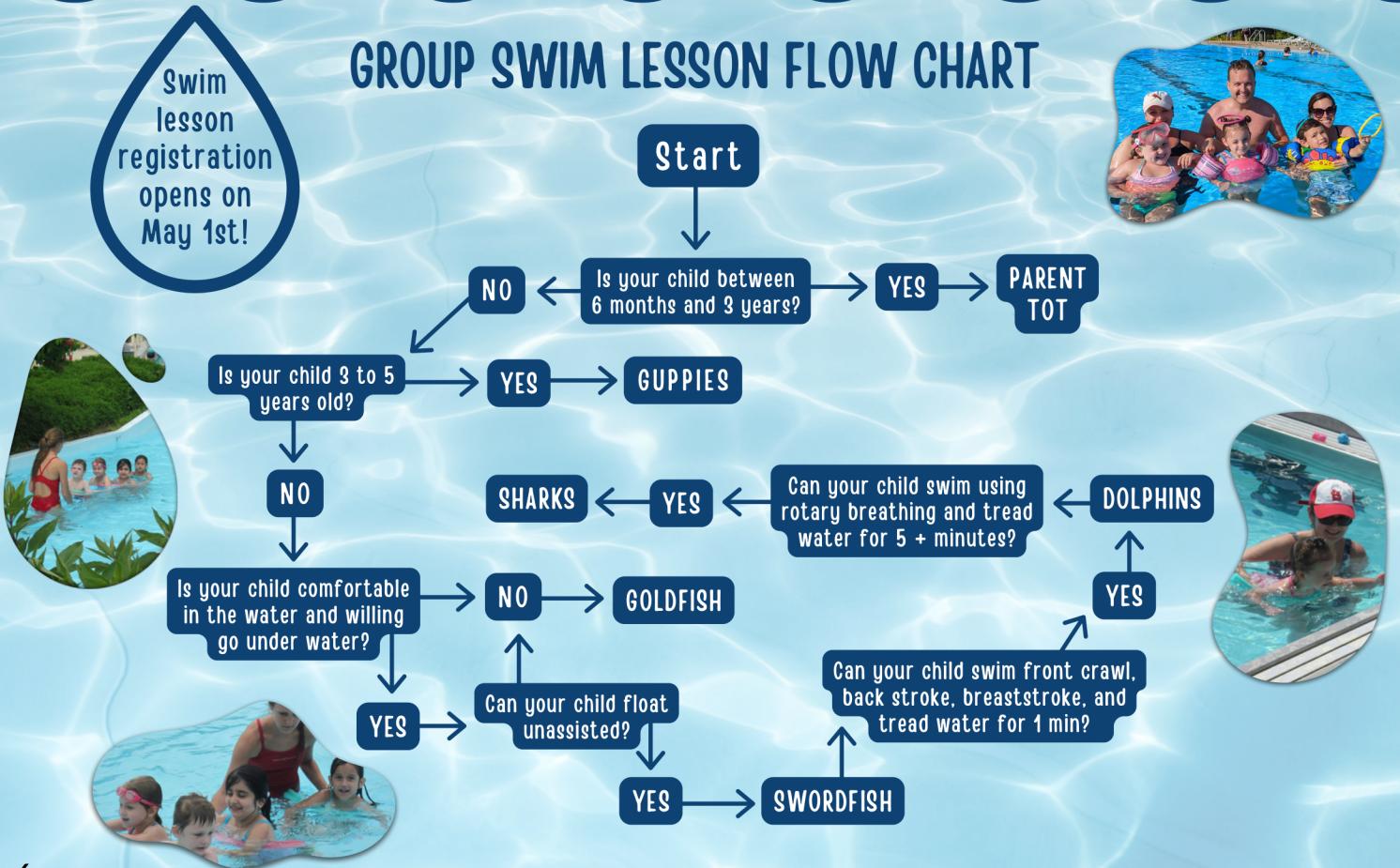
2nd child \$5 discount

3rd or more child \$10 discount/child



Scan the QR code for more Swim & Dive information

## GROUP SWIM LESSON FLOW CHART



# SUMMER CAMP GUIDE

# CAMP CRESTWOOD

### **Children entering grades 1-6**

Register in person or online starting at 8am  
on 1/16 (Resident) or 1/23 (Non-Resident)!

Get your swimsuits and hiking boots ready because we're counting down the days to the 2024 Camp season! Adventure is just around the corner with tons of outdoor activities, games, and nature exploration with your new buddies. Best of all, we've got the Crestwood Aquatic Center on speed dial to cool off when the sun gets too sizzling! We'll mostly be having a blast in Whitecliff Park, but don't fret, we've got access to indoor spaces in case the weather gets wild. Plus, we'll venture out on epic field trips twice a session! This camp is for all the awesome kiddos from 1st through 6th grade (*no exceptions!*) and runs from 9:00am to 3:00pm in Whitecliff Park. So, pack your munchies and H2O, and let's make some unforgettable summer memories! We'll be taking a break to celebrate July 4th, but don't worry, we'll be back for more fun the next day. Remember, no pro-rating for any circumstances, so don't be tardy to the party!

## BEFORE & AFTER CLUB

Before and After Club provides recreation opportunities in the morning from 7:30-9:00am and in the afternoon from 3:00-5:30pm for children in Camp Crestwood. There will be no pro-rating for any circumstances.

<u>Session 1</u> 20 Days	June 3-June 28 \$350/R; \$400/NR	<u>Session 2</u> 19 Days	July 1-July 26 \$393/R; \$380/NR
-----------------------------	-------------------------------------	-----------------------------	-------------------------------------

<u>Session 1</u>	<u>Session 2</u>
Before	\$170R/\$200NR
After	\$180R/\$210NR
Both	\$270R/\$300NR
Before	\$161R/\$190NR
After	\$170R/\$199NR
Both	\$256R/\$285NR

## JUNIOR COUNSELOR PROGRAM

**Session 1**  
June 3-June 28  
\$280/R; \$336/NR

**Session 2**  
**July 1-July 26**  
**R\$266/R: \$319/NR**

This program allows young adults ages 14 & 15 the opportunity to develop skills as they assist camp staff in daily operations of camp. Junior Counselors must enjoy working with children, have a good attitude, want to learn and practice leadership skills under staff supervision, and be a good role model for campers. Please contact Tracey Whitaker at [twhitaker@cityofcrestwood.org](mailto:twhitaker@cityofcrestwood.org). **If your child will not be 14 by the first day of camp, they will need to wait until the following summer.**

# HOGWARTS CAMP

## **Children entering grades 1-6**

Rejoice, dear seeker of magic! Hogwarts, the renowned school of sorcery, has opened its enchanted gates within the ethereal realm of Whitecliff Park. All are welcome to join this mystical gathering, where the Sorting Hat awaits to unveil the house of your destiny. From Potions to Transfiguration, Care of Magical Creatures to Defense against the Dark Arts, house prefects shall impart their wisdom upon thee. The magic shall not be contained within the walls of the castle, for games of Harry Potter's realm shall be played, and quidditch tournaments shall unfold. And what is more, you shall craft your own wand, an emblem of your enchanting prowess! Campers should bring a lunch, 2 snacks, and a water bottle each day. No Before or After Care will be provided.

**July 29-August 2** **9:00am-3:00pm**  
**\$180R/\$215NR**



Scan here  
for Camp  
registration!

# POKÉMON GO CAMP

### **Children entering grades 1-6**

Yo, kiddos! Get ready to level up your game as we dive into the ultimate showdown of trading card games - Pokémon! But wait, there's more! We've got a whole load of fun-tastic activities up our sleeves to make your summer a blast: Pokémon arts and crafts, catching 'em all in Pokémon GO at Whitecliff Park, munching on tasty Pokémon-themed snacks, busting out some LIVE action Pokémon battles, and so much more! Don't miss out - sign up today and let the Pokémon party begin! But be quick, the spots are limited! Campers should bring a lunch, 2 snacks, and a water bottle each day. *No Before or After Care will be provided.*

July 29-August 2  
\$175R/\$210NR

9:00am-3:00pm

## AQUATICS CAMP

### Children entering grades 1-6

Come and join us for a week's worth of water exploration! Swim-Venture Camp will consist of arts & crafts, open swim time, games, and more! Pre-registration is required by July 20. Register online or at the Crestwood Community Center. Swim-Venture Aquatic Camp is open for those entering 1st grade through those entering 6th grade this fall. Space is limited to 40 campers. A "Welcome Letter" will be emailed to participants the week before the first day for fun-themed days. **July 29-August 2** **9:00am-3:00pm** **\$180R/ \$215NR**

will be emailed to participants the week before  
9:00am-3:00pm \$180R / \$215NR

# CAMPS, CLUBS & CLINICS



Scan here for  
full Camp  
information!

## Little Doctor School

### Spring Break Camp

March 18-22

9:00am-12:00pm

\$210 Resident  
\$235 Non-Resident



## Wilderness Medicine

### Summer Camp

June 24-28

9:00am-12:00pm

\$210 Resident  
\$235 Non-Resident

## Wheels Up Mountain Biking Camp

June 10-14

### Games & More

9:00am-12:00pm

\$196 Resident  
\$212 Non-Resident



\*Full day options available  
for a higher price

### Mountain Biking

OR

12:30pm-3:30pm

\$221 Resident  
\$240 Non-Resident

## Basketball Camp

July 22-26

9:00am-12:00pm  
(Ages 8-9)  
1:00pm-4:00pm  
(Ages 10-12)

\$172 Resident  
\$186 Non-Resident

## Flag Football Camp

Aug 12-16

9:00am-12:00pm  
(Ages 7-9)  
1:00pm-4:00pm  
(Ages 10-12)

\$172 Resident  
\$186 Non-Resident

## Secret Agent Lab Camp

June 17-21

9:00am-3:00pm  
\$300 Resident  
\$315 Non-Resident



## Rocketry Camp

July 15-19

9:00am-3:00pm  
\$300 Resident  
\$315 Non-Resident

## Crayola Arts Camp

July 8-12

9:00am-3:00pm  
\$300 Resident  
\$315 Non-Resident



Teaching People How To Have Fun.



ADULT & YOUTH CLINICS



Scan here for detailed Youth and Adult  
Skills Clinic dates, times and prices.

Wheels Up offers Youth and Adult Specific Skills Clinics in an age specific manner and method. We acknowledge that there is a price discrepancy to help give more youth riders the opportunities to attend these events. They are the next generation of riders and have been our focus since day one of Wheels Up! "To get more kids on bikes and give them as many different opportunities to fall in love with cycling!" Thank you for your support in creating the most Progressive and Premier Destination to learn how to ride a mountain bike the way you want to! *Clinics will be held at Whitecliff Park. Scan the QR above for detailed clinic information!*

## FORTNITE NERF WARS

Let the battle begin! Grab your favorite Nerf gun and your family and friends for an evening of fun! Safety glasses are required. Glasses and Nerf darts are provided. No automatic weapons. *Registration is required no later than January 11.*

Jan 12  
\$15/per person

F

6:30-8:00pm

## POKEMON CLUB (S.T.E.A.M. BASED) Ages 8+

Calling all aspiring Pokémon Trainers who dream of becoming the very best! Step into our captivating Pokémon Trading Card Game Club and embark on an exhilarating journey like no other. Prepare to unlock your full potential as you receive an incredible 60-card booster deck and a Gameplay Mat. Immerse yourself in the art of Pokémon battles as you master the game, refine your math skills through interactive play, and ignite your competitive spirit to compete for valuable prize cards. Join us and let the adventure begin!

Mar 25- Apr 29  
\$178R/\$193NR

M

4:30-6:00pm

## DRONE RACING 101 (S.T.E.A.M. BASED) Ages 8+

Who's ready to be a drone pilot? In this epic club, participants will learn how to fly a DWI Quad Rotor Drone, design creative courses to race each other through, learn about the many uses of drones, practice working together to accomplish flight-based tasks and more! This club has a minimum of 6 and maximum of 12 kids.

Feb 5-Mar 18  
(No class 2/19)  
\$148R/\$160NR

M

4:30-6:00pm

Pre-registration is required for all programs due to planning & staffing purposes. If the minimum amount of participants is not met by 24-48 hrs. prior to a program, it will be subject to cancellation.

# PROGRAMS

## FAMILY BINGO

February 8, March 14, April 11

6:00-7:30pm \$10/per person

Gather up your family and join us at the Crestwood Community Center for an evening of Bingo! This program is family friendly and all ages are welcome. Pizza and refreshments will be served. 8 rounds of Bingo will be played with a prize for each round winner. Pizza sponsored by GuardEx STL. *Pre-registration is required.*



Register no later than 48 hrs. prior to each Family Bingo!



## BABYSITTING 101

Ages 10-15

Take the right steps to become an educated, qualified babysitter! Participants will learn about age-appropriate activities and care including basic first aid, the Heimlich Maneuver, CPR, use of EpiPens, and medication safety. We will also help students get started on creating a business plan. Participants will take home a laminated informational sheet, meal planning sheet guide, business plan, and graduation certificate. Light refreshments will be provided.

April 13 S 10:00am-12:00pm



## YOUTH CPR/FIRST AID CERTIFICATION

Ages 10-15

Once you complete Babysitting 101, or are just looking to add to your babysitting resume, make sure to secure a spot in our 2-hour American Heart Association Youth CPR/First Aid Certification course, instructed by the Crestwood Fire Department. This valuable certification will compliment the Babysitting 101 course making your child the most popular babysitter on the block! Certification class will be held at the Crestwood Fire House.

April 27 S 9:00am-11:00am



## HOMESCHOOL PE PROGRAM

Age: School Age

Are you searching for a place where your homeschooled can get some physical education? Look no further! Our program offers 30 minutes of instruction and drills, followed by 60 minutes of open play or game time. This program is tailored for school-aged kids.

February 26: Football M 10:15am to 11:45pm

March 25: Soccer M 10:15am to 11:45pm

April 22: Volleyball M 10:15am to 11:45pm

\$6/daily; \$15/all dates

Pre-registration is required for all programs due to planning & staffing purposes. If the minimum amount of participants is not met by 24-48 hrs. prior to a program, it may be subject to cancellation.

## TRAIL TIME

Ages 2-8

Get ready for some nature-packed fun with your little ones at Trail Time! This one-of-a-kind program is all about exploring the great outdoors, meeting new buddies, and learning cool nature facts through outdoor games and trail walks. Join other families in a sing-along, play games, and soak up the beauty of Whitecliff Park.

May 4 S 10:00am - 12:00pm  
\$7R/\$9NR

## Pint Size Party

Join our festivities! Come and experience a world of themed arts, crafts and treats that are sure to delight you. Whether you prefer games or free play, we have something for everyone. Please note that pre-registration is required, and parental guidance is essential. Registration closes at 5:00pm the Friday prior to the event.

### ST. PATRICK'S DAY

MARCH 19 T 10:00-11:00AM

### SPRING FLING TEA PARTY

APRIL 13 S 10:00-11:00AM

Ages 2-5 ~ \$5R/\$7NR



Pre-registration is required for all programs due to planning & staffing purposes. If the minimum amount of participants is not met by 24-48 hrs. prior to a program, it may be subject to cancellation.

## INSTRUCTIONAL T-BALL

What's up, sluggers! Could the next Babe Ruth be hiding in plain sight? Let's find out at Whitecliff Park! In just 4 weeks, we'll get you up to speed with the basics of baseball, from catching to throwing to hitting it out of the park! Just remember to bring your glove and your game face. Ages 4-6

May 11-June 8 S 10:00am-11:00am

No Instructional May 25

\$25 R / \$35 NR

## INSTRUCTIONAL YOUTH SOCCER

Hey, kiddos! Get those soccer cleats shining, because it's time to become the next superstar! Our explosive soccer instructional is waiting for you on Saturday morning, where girls and boys ages 4-6 will score some serious tricks and skills. Don't miss out on the fun!

Scan here for detailed Instructional Youth Soccer dates, times and prices.





# FINE ARTS



## GYMNASICS

### TUMBLING TOTS GYMNASTICS

This class will encourage gross motor coordination through the use of gymnastics equipment and skill development. Your little one will start learning the beginner stages of tumbling and experience all of the different gymnastics apparatus like balance beam, along with many different gross motor activities. Instructor: Just This, LLC

### LEVEL 1 GYMNASTICS

This program will introduce your child to the sport of gymnastics. Each student will learn skills on the balance beam, uneven bars, and vault, Instructor: Just This, LLC

### LEVEL 1 & 2 GYMNASTICS

This program is for students with previous gymnastics experience. Must have previously taken Level 1 and have coaches recommendation. Instructor: Just This, LLC

**\$60R/\$70NR**



Scan for detailed information and schedules for Gymnastics & Dance

## DANCE

Let's Dance! Join our community program for kids. Whether you're just starting out or an experienced dancer, our community-based dance program has something for everyone. With six classes, children will have the opportunity to learn and enjoy different dance styles. Please note the following attire requirements: Ladies are required to wear leotards and tights, with pink ballet shoes and black tap shoes for all classes. Gentlemen are required to wear black pants and a white shirt with black or nude ballet and tap shoes. The recital is scheduled for the afternoon of Saturday, April 20th, with the rehearsal on Friday, April 19th. Our instructor, Sandy Book, is eagerly waiting to see you on the dance floor!

**\$100 R / \$120 NR**

## WHITECLIFF SUMMER PLAYHOUSE

Produced in joint cooperation by the Crestwood Parks and Recreation Department and Playhouse Productions Inc. The award winning Whitecliff Summer Playhouse provides live musical theatre for the entire family on the outdoor stage in Whitecliff Park.

### AUDITIONS

Call (314)729-4860 starting April 1 to schedule an audition time for the summer season. Auditions consist of singing and learning a short dance combination. Auditionees should bring a prepared song with sheet music or a karaoke track (with no backing vocals) and a recent picture. All shows will be cast age appropriately. Auditions will be held hourly.

**Saturday, April 13 All 3 shows**

**Saturday, May 11 Only the 2nd & 3rd Shows  
10:00am, 11:00am, 12:00pm or 1:00pm**



Grab some friends and join us for an evening of fun as we paint Spring Flowers! Included in your registration is the painting supplies, as well as light snacks & finger sandwiches. This is a BYOB event if you would like to add even more fun to your experience. All artistic abilities are welcome. The class will be led by a Painting on the Rocks instructor. Rest assured you will leave with a canvas you can be proud of, and the memory of a great evening! Registration Deadline: Friday before class.



**Tuesday, February 20**

**6:00-9:00pm ~ \$50R/\$58NR per class**



### PERFORMANCES

All Whitecliff Summer Playhouse performances take place outdoors on the Whitecliff stage. **Tickets go on sale starting at 6:30pm before each performance.** Bring your own lawn chair or blanket to enjoy the summer stock musical theatre at its best. Concessions are available or bring your own food and drinks (no glass containers).

**Shows will be announced via Facebook**

**Show 1 - TBA Show 2 - TBA Show 3 - TBA**

**June 13-16 June 27-30 July 18-21**

A \$55 Playhouse Membership is required for each production. Members will receive tickets to each performance. Fee is required for those cast and **MUST be paid per show**

# A Night of Magical Mayhem

Friday, January 26  
7-10pm  
\$30/person

Calling all Witches and Wizards! Join us for a night of mischief and magic at Whitecliff's School of Witchcraft and Wizardry. Walk into the experience at the Platform 9 ¾, where you will be greeted by our Headmistress to be sorted and guided to your first lesson. We will have magical trivia, boozy potions class, trolley treats, table quidditch, and other marvelous and mystical adventures throughout the school! Grab your wand and register today- Call the Community Center at 314-729-4862 to reserve your spot for this magical evening!



# SWIFTIE SOIREE

Sunday, February 25  
2:00-4:00pm  
\$10/person

Hey there, fellow Swifties! Let's shake it off and jam to Taylor's greatest hits, whip up some Swiftie bracelets to show off, and indulge in some sassy snacks! This shindig is for everyone, no matter if you're young or young at heart—because who says you can't be a Swiftie at any age?

Scan here to  
register online



Whitecliff Community Center  
9245 Whitecliff Park Lane  
Crestwood, MO 63126  
(314) 729-4860

# Sweetheart Dance

Sunday, February 18  
4:30 - 7:00 pm

\$35/couple; \$15/additional child

Bring your little sweetheart out to the Crestwood Community Center for a very special evening! The night will be filled with music, food, fun and dancing. Tickets will be on sale January 2 to February 12 (or until they sell out).



Proceeds benefit  
Whitecliff Summer Playhouse



Register today with QR code or  
call the Crestwood Community  
Center at (314)729-4860

# Mom Prom

Saturday, March 16

9245 Whitecliff Park Lane  
Crestwood, MO 63126

**\$30 per ticket**  
**7:00-10:00pm (doors open 6:30)**

Calling all ladies...Leave the fellas at home, grab your gal pals, put on a fancy dress, and come dance the night away! Winners will be awarded for the Tackiest Dress, Best Dancer, and a Prom Queen will even be crowned. The evening will feature a DJ, drinks/appetizers, contests, and photo opportunities.

In addition to ticket purchases, we ask that a donation be brought for the Crestwood Animal Shelter which can be dropped at the door. Tickets can be purchased by calling 314.729.4860 or by scanning the QR code below.

CONTESTS FOR  
TACKIEST DRESS  
BEST DANCER  
PROM QUEEN



Scan here to  
register online

# Easter Egg Scramble

SATURDAY, MARCH 23  
10:00AM SHARP  
\$5/TICKET



SCAN HERE  
FOR TICKETS

HOP ON DOWN TO WHITECLIFF PARK AND JOIN IN THE EASTER EGG SCRAMBLE! KIDS AGES 2-10 CAN HUNT FOR EGGS FILLED WITH SWEET TREATS AND SECRET TREASURES IN ONE OF 3 SPECIFIC AGE AREAS. GET A CHANCE TO MEET AND TAKE A QUICK PIC WITH THE FAMOUS PETER COTTONTAIL HIMSELF! IF RAIN TRIES TO SPOIL THE FUN, WE'LL JUST MOVE THE PARTY INSIDE THE COMMUNITY CENTER. HURRY UP AND GRAB YOUR TICKETS WHILE THEY ARE AVAILABLE BEFORE MARCH 22 @ 5 PM, OR YOU MIGHT MISS ALL THE EGG-CITING ACTION!



# Bunco Night

Friday, April 26  
7:00pm (doors open @ 6:30)  
\$20/person

Are you an Experienced Bunco player or a Bunco Beginner? No matter your skill level, this will be a night you don't want to miss!

A review of rules & a practice lesson for new players will take place before the FUN begins.

Entry fee will cover wine, soft drinks, and appetizers! Pre-registration is required by 8pm on Thursday, April 25.

Prizes will be awarded to Most Buncos, Most Mini Buncos, Most Wins, Equal Wins/Losses, Most Losses, and Attendance Prizes!

**CRESTWOOD**  
Parks and Recreation

Scan to register or call  
us at 314-729-4860!



# The Haunted Hunter Murder Mystery Dinner

Friday, April 12th ~ Doors open at 6:30pm  
\$45 Res/\$54 Non-Res

Welcome to the most haunted place in America. The rumor is true! Word on the street? This place is haunted! That's right! ...and lots of famous sleuths, detectives and ghost hunters from around the world will be there to catch a glimpse of our famous, and elusive ghost "Billy". Gee, if someone gets "Whacked", we'll have plenty of detectives to solve the crime, won't we?!? Everyone plays a part- You could be "Sherlock Homes", "Miss Garble", or even "The Hardly Boys". A buffet dinner and non-alcoholic refreshments will be served (attendees may bring their own alcohol).

Please advise of any food allergies at the time of registration. Dinner menu will be available March 29th.

Doors open at 6:30 and the mystery will begin promptly at 7pm. Dinner will be served following the first act at roughly 7:45pm



Scan here to register online

# Star Party

Friday, May 17  
7:00-9:00pm  
FREE

Meet the St. Louis Astrological Society on the Crestwood Park softball fields, bring chairs and blankets while taking turns exploring the sky above. The equipment will be provided and available for everyone. Coolers, snacks and drinks are welcome, but no glass. No registration necessary.



# SENIOR WELLNESS

## 50+ FITNESS

This class is designed for people in the prime of their life who want to maintain their fitness level. Class consists of stretching and toning exercises to an audio tape. Please bring a large towel or mat. (Included in SilverSneakers, Renew Active, OnePass, and Prime membership. Please scan pass before each class.) (29 classes)

**Feb 12-April 22**

**May 13-July 22**

(no class on 2/19 and 5/27)

**9:00-9:50am**

**M/W/F**

**\$17/R; \$23/NR**

## PINOCHLE CLUB

Every Monday afternoon friends meet from 11:00 am-3:00 pm to play the wonderful card game of pinochle. All skill levels are welcome. You can choose to pay annually or per visit.

**Ongoing M 11:00am-3:00pm**

**Annual option: \$18/R \$25/NR**

**Per visit option: \$1 per visit/R & NR**

## LUNCH AND BINGO

Lunch and Bingo is held the first Thursday of the month. Meet for two hours of bingo, socializing, and lunch. Advance registration is required. **All lunch and bingos are held at Webster Groves Recreation Complex, 33 E. Glendale Rd.** To register by phone, call (314) 963-5600.

**1st Thursday of the Month**

**11:30am-1:30pm**

**Fee: \$10 (advance registration required)**

**Registration Deadline: Monday prior to date**

## WHAT IS INCLUDED WITH MY INSURANCE BASED PASS?

**Fitness Center**

**Pickleball**

**Racquetball**

**50+ Fitness Class**

**Early Bird Lap Swim  
(seasonal)**

**Open Gym**

**TO REGISTER AT OUR LOCATION,  
PLEASE BRING YOUR INSURANCE  
CARD AND A VALID PHOTO ID.**

## TAI CHI FOR PARKINSON'S DISEASE & REHAB

Research confirms that Tai Chi has significant health benefits for people, including those with Parkinson's Disease and those recovering from an injury. Students will learn how to use Tai Chi to control tremors and rigidity while improving balance and posture. Experienced Senior Trainer, Craig Miller, will instruct this class specifically designed for people recovering from an injury and with Parkinson's Disease. Caregivers are encouraged to register as well. *To register please visit on [st-louis.oasisnet.org](http://st-louis.oasisnet.org) or call 314-687-1137.*

**Jan 9-Feb 27 T 2:00-3:00pm**  
**Mar 5-Apr 30 T 2:00-3:00pm**  
**\$51 R&NR**



## MAH JONGG CLUB

Come join us on Wednesdays from **Noon-3:00pm** to play Mah Jongg. Our group plays American Mah Jongg (using the annual National Mah Jongg League card and jokers). If you don't know how to play and have been wanting to learn, this is your chance! We will be happy to teach anyone who is just getting started and we would also be happy to learn Asian or any other style of Mah Jongg if you are willing to teach us! If you have your own Mah Jongg set, bring it along with you. You can choose to pay annually or per visit.

**Ongoing W Noon-3:00pm**

**Annual option: \$18/R \$25/NR**

**Per visit option: \$1 per visit/R & NR**

## SILVER SNEAKERS ®

The Crestwood Community Center is a partner with the Silver Sneakers® fitness program. Silver Sneakers® is a benefit for seniors that comes FREE with qualifying Medicare health plans, giving members unlimited access to fitness locations across the country.

## RENEW ACTIVE ®

Renew Active® is a program for seniors to take greater control of their health. By participating, seniors will be able to become a Crestwood Community Center member for FREE. This FREE fitness membership is offered in partnership with United Healthcare plans.

## PRIME FITNESS ®

Prime® Fitness is a commercial fitness program and is available to individuals in the 18 to 64 age group, inspiring participants to take charge of their own health and fitness, stay motivated and active. Prime Fitness is available to members of participating health plans and employer groups.

# PICKLEBALL

## OPEN PLAY

Get hooked on the Pickleball buzz! This awesome paddle sport was cooked up to delight players of all ages and abilities. Part tennis, part badminton, and a dash of ping pong, Pickleball is a blast to play. It's quick, it's snappy, and it's a breeze to pick up the basics. Sign-up for our Pickleball email updates to stay in the loop on all the latest and greatest, schedule changes, and game cancellations. Everyone's welcome to join in on the fun!

## PICKLEBALL LEAGUE

AGES 18+

We offer 2v2 Coed, for Intermediate Players and above. League plays two matches per night & will play 3 of 3 sets. Each set is to 11 points. Subs may be used during regular season play, however, only your roster players may participate in the playoff portion. Participants are expected to bring their own paddles. Balls will be provided.

## BEGINNERS PICKLEBALL INSTRUCTION AGES 18+

Ready to ace the sport of the year, Pickleball? Grab your paddle and join us! We'll teach you all the ins and outs, from the quirky lingo to the rules of the game. Get ready to master equipment essentials, scorekeeping, court positioning, and the fundamentals of serve, return, and volley.

M/W  
W (Beg. only)  
T/TH  
\$3/R&NR

12:00am-3:00am  
10:00am-12:00pm  
8:30am-11:30am

Spring Session- Sundays  
Mar 10 -Apr 14 5:30pm-7:30pm  
(no league on 3/31)  
\$80R/\$100NR per team

Spring Session-  
Check back with us in late January for  
finalized dates, prices and registration  
info!

## PICKLEBALL TOURNAMENT

February 3 ~ 9:00am - 1:00pm

**\$40R/\$60NR per team**

Ready for some frosty fun? Crestwood Polar Bear doubles tournament is here! Men's, Women's, and Mixed teams will go head-to-head in an epic round-robin battle. Don't forget to BYOP (Bring Your Own Paddle), and let the games begin!





# WELLNESS



## REV&FLOW

REV + Flow focuses on increasing overall strength, power, flexibility, coordination, balance, and mobility. This one-of-a-kind fitness format is kind to your joints without compromising the intensity of your workout. The movements will challenge you in an inspirational and motivational way. Instructor: Marie Valentine-Elam (9-10 classes)

Jan 9-Mar 12	T	5:30pm-6:30pm
\$60R/\$70NR		
Mar 26-May 21	T	5:30pm-6:30pm
\$54R/\$63NR		

## BALANCE & FLEXIBILITY

**AGES 50+**

Falls are a major concern for older adults. Our course is designed to help you avoid this risk. Through ten carefully structured classes, you'll learn exercises that promote balance and core strength, helping you stay steady on your feet.

Feb 23-May 3	F	10:00-10:50am
(No class 3/29)		

## TAI CHI GUNG

Tai Chi Gung is a gentle exercise developed in China designed for healing and prevention for many centuries. It involves whole-body movement, mind focus, and deep breathing that opens body energy pathways, promotes smoothing energy flow, and restores organ harmony. This self-cultivation practice produces powerful healing results. Tai Chi Gung is also called "Moving Meditation," which benefits body, mind, and spirit. Taught by Angela Carron (14 classes).

Jan 23- Mar 7	T/TH	6:30-7:30pm	
Mar 26 - May 9	T/TH	6:30-7:30pm	

\$70 R /\$85 for NR

## TAEKWONDO

Taekwondo is a highly disciplined martial art that emphasizes physical conditioning, stretching, and kicking techniques. It's an exceptional program suitable for the entire family and an excellent means of cultivating self-confidence. As the program involves rigorous physical activity, participants are required to wear a uniform, which typically costs around \$40. The instructor, Grant Meenach, is an accomplished 6th Degree Black Belt practitioner.

Apr 2-June 13 (ages 6-12)	T/TH	6:00-7:00pm
Apr 2-June 13 (Adult 13+)	T/TH	7:00-8:00pm

**AGES 6+**

## St. Patrick's Day Pickleball Party

Get ready for a shamrockin' good time at our potluck lunch on March 14th, and it's totally FREE! Just pre-register at Crestwood Community Center, and don't forget to wear your green. Open Play will take place from 8:30- 11:30am and Beginners open play from 12:30-2:30pm.

Reserve your spot with the front desk today!



## HATHA YOGA

**AGES 16+**

Improve your strength, flexibility, balance, and peace at any age and any level. Yoga encourages the mind and body to be both energized and relaxed. It is a beautiful combination. Instructor: Beronica Mead, ACE, AFAA. (28 classes)

Jan 8-April 17	M/W	5:30-6:20pm
(No class on 1/15 or 2/19)		
May 6-Aug 12	M/W	5:30-6:20pm

(No Class on 5/27)



## WOMEN'S TENNIS LEAGUE

The Crestwood Women's Tennis League is always looking for more players! Registration for all sessions will be held at the Crestwood Community Center from Feb 12- Feb 23. All leagues are filled on a first-come, first-served basis so sign-up early! A portion of the fee is used for prizes at the end-of-the-year banquet.

Morning leagues are available Mon-Fri at 8:00 or 9:30 am. Evening leagues are available on Mon at 6:00 pm & 8:00pm or Wed at 5:30 pm & 7:10 pm.

**Session 1- April 1-May 24**

**Sessions 2 & 3 dates will be posted in the Summer brochure.**

**\$52R/\$62NR**

**Pre-registration is required for all programs due to planning & staffing purposes. If the minimum amount of participants is not met by 24-48 hrs. prior to a program, it will be subject to cancellation.**

# SAPPINGTON HOUSE

## SAPPINGTON HOUSE MUSEUM TOURS

Explore the historic 1808 two and a half-story brick Thomas Sappington house. Group tours may be arranged through the Site Manager, Sally Cakouros, at (314) 822-8171. A 19-minute DVD of the tour is also available for viewing in the **Library of Americana and Decorative Arts** for individuals unable to tour the home. Visit the **Loft Gift Shop** to discover home and garden décor.

**\$5 Adult/\$1 Child      W-F & 3rd S      11:00am-2:00pm**

## THE BARN

Catering for Special Events: The Barn restaurant offers a charming venue for catered events: showers, rehearsals dinners, receptions, brunches, luncheons and cocktail parties. Whether you choose a sit-down dinner or an hors d'oeuvres reception, proprietor Brad Krueger and his professional staff will assure your event's success. Find out more at [www.crestwoodbarn.com](http://www.crestwoodbarn.com)

**Open for Breakfast and Lunch**  
W-F                    8:00am-1:30pm  
S-SU                7:00am-1:30pm  
Carryout available:  
(314) 966-8387



## TRIVIA NIGHT AT CRESTWOOD COMMUNITY CENTER

John Sebben, city alderman and officer of the St. Louis Classic Rock Preservation Society, will emcee a pop-culture evening of fun. This fundraiser will be held at the Crestwood Community Center, 9245 Whitecliff Park Lane, St. Louis, MO 63126, starting at 7 p.m. on Friday, March 8, 2024. All proceeds will support the soon-to-be rebuilt 1816 Joseph Sappington LOG House at Sappington Park. Cash prizes of \$250 for first place and \$100 for second, 50/50, silent auctions, mulligans & more will be part of the trivia fun. But before Trivia Night, take a few minutes to learn about Historic Sappington House at <http://historicsappingtonhouse.org/> Some of those Saga of Sappington House facts might come in handy! Registration is highly recommended and you can do so in-person at the Loft Gift Shop above The Barn restaurant, or via e-mail at [info@historicsappingtonhouse.org](mailto:info@historicsappingtonhouse.org). For more details or to register and/or charge by phone, call 314-578-3329 or 314-920-6651.

**March 8                    F                    7:00-10:00pm**  
**\$20/person or \$140/8-person table**



## Ninth Annual Country Craft Festival

Discover a cache of treasures from the silly to sublime at our open-air fair featuring antiques, arts and crafts, books, garden and home décor, jewelry and things that resist categorizing – originals handmade by talented vendors. See old-time artisans ply their historic skills. Enjoy live music and delicious food and animals to pet. Kids will have fun at the Young'uns Outpost, with a costumed passport program for craft activities. Free admission and parking across the street at Crestwood Elementary School and south of the pond in the overflow lot off Reco Avenue. Phone 314-822-8171 for more information.

**Vendors and Historic Demonstrators- Contact Dyann Dierkes if interested in participating at (314) 605-5895 or [dyannd@historicsappingtonhouse.org](mailto:dyannd@historicsappingtonhouse.org).**

**April 27 & 28                S/SU                9:00am-3:00pm**

