



DES PERES

PARKS AND RECREATION

Improving our community's quality of life since 1971



Online registration now available! Visit www.TheLodgeDesPeres.com and click on "Register Online"!



Des Peres Park and Recreation
The Lodge Des Peres
1050 Des Peres Road
Des Peres, Missouri 63131
www.TheLodgeDesPeres.com

Hours of Operation
Monday - Friday 5:30 a.m. - 9:30 p.m.
Saturday 7:00 a.m. - 8:00 p.m.
Sunday 9:00 a.m. - 6:00 p.m.
[Holiday Schedule](#)

Contact Us
314.835.6150 Phone
314.835.6151 Fax
314.835.6138 Weather Hotline
[Contact Us](#)

150+ programs to keep you active October-December!

REGISTRATION DATES
Resident & Member: August 29
Non-Resident: August 31



PLEASE RECYCLE: 1/2017

314.835.6150
www.TheLodgeDesPeres.com

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The Lodge Des Peres
 1050 Des Peres Road
 Des Peres, Missouri 63131
www.TheLodgeDesPeres.com



PARKS AND RECREATION DEPARTMENT

Director of Parks and Recreation

Brian Schaffer, C.P.R.P.

Parks Superintendent

Steve Braddock

Recreation Superintendent

Nikki Thole Buechler, C.P.R.P.

Facility Superintendent

Margaret Heidger, C.P.R.P.

Building Maintenance Supervisors

James "Woody" Lewis

Gerald Merlo

Aquatic Supervisor

Tracy Baer, C.P.R.P.

Fitness Supervisor

Daniel Boyle, M.A., A.C.S.M., H.F.S.

Marketing & Event Supervisor

Melissa Armstrong

Recreation Supervisor

Jayne Lundstrom, C.P.R.P.

Sports Supervisor

Corey Newgent, M.S., C.P.R.P.

Aquatic Specialist

Amy Springman, M.S. C.P.R.P.

Facility Specialist

Aaron Kaminski, C.P.R.P.

Fitness Specialist

Sarah Christian

Administrative Assistant

Kimberly Johnson

Coordinator of Inclusive Recreation

Terri Johnson, C.T.R.S., C.P.R.P.

IMPORTANT PHONE NUMBERS

Parks and Recreation / The Lodge 314.835.6150
 Weather Cancellation Hotline 314.835.6138
 Public Works 314.835.6130
 City Hall Administration 314.835.6100
 Public Safety 314.835.6200
 Relay Missouri 1.800.735.2966 TTY

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THE LODGE HOURS OF OPERATION

Monday - Friday	5:30 a.m. - 9:30 p.m.
Saturday	7 a.m. - 8 p.m.
Sunday	9 a.m. - 6 p.m.

HOLIDAY HOURS

(NO REGULAR PROGRAMS OR CLASSES)

Labor Day, September 5	7 a.m. - 8 p.m.
Thanksgiving, November 24	CLOSED
Day after Thanksgiving, Nov. 25	7 a.m. - 8 p.m.
Christmas Eve, December 24	7 a.m. - 2 p.m.
Christmas Day, December 25	CLOSED
Day after Christmas, December 26	7 a.m. - 8 p.m.
New Year's Eve, December 31	7 a.m. - 2 p.m.
New Year's Day, January 1	12 - 5 p.m.
Day after New Year's, January 2	7 a.m. - 8 p.m.

PARKS AND RECREATION COMMISSION

Ward I

Margaret Amend (Vice President)
 Duff Hufford (President)
 Julie Foshage

Ward II

Andrew Theising
 Mary Duggan
 Rob O'Blennis

Ward III

Marie Ganninger
 Bill Reeves
 Vacant

THE LODGE - MEMBERSHIP INFORMATION



BENEFITS OF THE LODGE MEMBERSHIP

Registering as a member of The Lodge is the best way to take advantage of all The Lodge has to offer. Members have access to all fitness equipment, the running/walking track, gymnasium, indoor and outdoor aquatic centers, locker room facilities, sauna and steam room and towel service. Upon joining, new members receive 5 complimentary flex passes to try out some of our phenomenal fitness classes or share The Lodge experience with friends or family members.

Members receive the lowest rate on room rentals at The Lodge, as well as a discount on Tennis Passes for Des Peres Park. Additionally, members receive the lowest price on most programs and activities offered at The Lodge. Members receive the weekly e-newsletter, *The Lodge Link*, with the inside scoop on upcoming events, member-only specials, and fitness and wellness tips. Don't miss out on these great benefits: sign up for The Lodge today!

DES PERES BUSINESS AND PROPERTY OWNERS

Des Peres business and property owners receive the Resident rate for memberships to The Lodge. To take advantage of this great deal, you must bring a business license or tax receipt for proof of ownership to The Lodge when signing up! In addition to Resident rates on membership, you will also receive the lowest rates on programs and room rentals. Book your next business meeting at The Lodge! See page 6-8 for more information about meeting room amenities and rental rates.

PROOF OF RESIDENCY

In order to prove Des Peres residency for a Lodge membership, all you need to do is bring in an unpaid utility bill along with your driver's license, fill out the Membership Application and speak with a staff member to complete the process with ID cards and payment. Each family member, age 16 and older, must present a driver's license listing the account resident address to get his/her membership card. A membership card will not be issued without a valid driver's license as proof of residency. Proof of residency is required at renewal.



ANNUAL MEMBERSHIPS

Your annual membership is good for one year from the date of purchase. As an Annual Member, you will receive all of the wonderful benefits mentioned earlier. This is the best way to take advantage of all The Lodge has to offer. You have the option of paying for your membership in full when you join, or you may take advantage of one of the monthly payment options listed below.

MEMBERSHIP FEES

<i>Des Peres Residents</i>	<u>Annual</u>	<u>Monthly</u>
Youth, 3 - 17	\$190	\$15.83
Adult, 18 - 59	\$300	\$25.00
Senior, 60+	\$245	\$20.42
Family	\$500	\$41.67
<i>Non-Residents</i>	<u>Annual</u>	<u>Monthly</u>
Youth, 3 - 17	\$310	\$25.83
Adult, 18 - 59	\$470	\$39.17
Senior, 60+	\$360	\$30.00
Family	\$800	\$66.67



MONTHLY PAYMENT OPTION

Members have an option to use a credit or debit card for **automatic monthly payments**. With this option, the City of Des Peres will automatically charge your card the monthly membership fee. **There is a 12-month commitment** with this option and we accept **MasterCard, Visa or Discover**. After one year, your Lodge membership and monthly payments will automatically continue until you notify us in writing that you wish to discontinue your membership. A \$60, one-time activation fee is applied to all monthly payment options. This fee is due when you register for your membership. If the credit card provided for monthly payments expires during the term of the membership, you will be sent notice of this and will need to update that information for your membership to continue.

THE LODGE - MEMBERSHIP INFORMATION

EMPLOYEES OF A DES PERES BUSINESS

If you work at a business located in the City of Des Peres, you are eligible for a discounted membership rate. Upon joining The Lodge, you will have to show a current paycheck stub with the Des Peres business address on it, along with a driver's license for proof of employment.

CORPORATE MEMBERSHIP FEES

<i>Corporate Rate</i>	<u>Annual</u>	<u>Monthly</u>
Youth, 3 - 17	\$260	\$21.66
Adult, 18 - 59	\$360	\$30.00
Senior, 60+	\$310	\$25.83
Family	\$695	\$57.91

NON-RESIDENT CORPORATE MEMBERSHIP OFFER

For employees of a Non-Resident business to receive the Corporate Membership rate (listed above), the business must pay a one-time fee of \$200. Payment must be arranged with the Facility Specialist. The primary contact from the business may provide payment over the phone with a credit card or bring payment to The Lodge. Please note that a minimum of 5 Non-Resident employees are required to register together for membership initially.

Businesses That Currently Participate:

Anchor Packaging
 The Bar Plan
 Cequel III/Suddenlink
 Charter Communications
 Covenant Theological Seminary
 DataServ
 Edward Jones
 Gateway Underwriters Agency
 Kirkwood School District*
 Parkway School District*
 Scottrade
 T.C. Jacoby & Company, Inc.
 Textron Financial
 West County Radiological Group
 Westward Financial Strategies, LLC

All employees must show a driver's license and recent pay stub when they register to receive the Corporate Membership rate. All employees must complete and sign The Lodge membership application as well.

For more information about the Non-Resident Corporate Membership program, contact Aaron Kaminski at akaminski@desperesmo.org.

**One-time non-resident corporate membership set-up fee of \$200 waived.*

DAILY ADMISSION

If you choose not to become a member of The Lodge, you may still enjoy the amenities of this great facility by paying the Daily Fee. The Daily Fee allows you entrance to the fitness center, indoor and outdoor aquatic centers, gymnasium, track, locker rooms, sauna and steam rooms, and towel service.

Resident with

	<u>Resident ID</u>	<u>Non-Resident</u>
2 and Younger	FREE	FREE
Youth, 3 - 17	\$6	\$8
Adult, 18 - 59	\$7	\$9
Senior, 60+	\$6	\$8
Family*	\$20	N/A
Military (active duty with ID)		\$6

*A Family is defined as two adults and the dependents who are permanent residents of the same household.

RESIDENT ID CARD

If you choose not to purchase a membership but would like to use The Lodge, Residents must purchase a Resident ID Card to receive the Resident daily rate. Without the ID Card, the Non-Resident rate will be assessed. To prove residency, an unpaid utility bill and driver's license must be presented. Proof of residency is required annually. The cost of the ID Card is \$5/person.

PARTNER PERKS

The Lodge and Des Peres Parks and Recreation are partnering with local businesses to provide Lodge members additional benefits to their membership. Visit our www.TheLodgeDesPeres.com for discount details!

Aurora Medical Spa 314.822.1060
 Big River Running Company 636.394.5500
 Complete Music 314.991.5656
 Damar Travel & Cruise 314.997.6100
 Juice Plus+ 314.579.1047
 Life in Balance Massage Therapy 314.630.6777
 Mad Science 314.991.8000
 Manchester Dental Group 636.527.0312
 Menchies Frozen Yogurt 314.384.8773
 Mid-America Spine and Rehab 314.966.8989
 Omni Physical Therapy 314.775.0183
 Pt Photographie 314.650.9968
 Reliv International 314.518.9336
 Select Physical Therapy 314.821.5300

If you are interested in partnering with us, please submit an application online or contact Melissa Armstrong at 314.835.6154 or marmstrong@desperesmo.org.



THE LODGE - FACILITY SERVICES

THE LODGE AGE REQUIREMENTS

Youth, 9 and older, can play at The Lodge without adult supervision. If not with a parent, youth under 9 must be accompanied by a member or paying patron age 15 or older.

Youth 14, and older, may utilize the track.

Youth, 16 and older, may utilize the Fitness Center. Please refer to the Fitness & Wellness section (page 18) for more opportunities for younger youth wishing to use the Fitness Center.

The Lodge strictly enforces the age requirement. Disciplinary action will be taken if rules are broken.

LOCKS AND LOCKERS

Lockers are available to Lodge patrons on a daily basis only. There are large lockers in the locker rooms as well as smaller lockers in the fitness center, gymnasium and outdoor pool entrance. You may choose to bring your own lock or rent one at the Front Desk. To rent a lock, just leave your membership or ID card at the Front Desk; upon return of the lock, you will receive your card back. Any lost, broken or unreturned lock will be charged to your Lodge account.

Locks may not be left on lockers overnight. Each night the locker room will be checked, and any locks remaining will be removed.

The City of Des Peres recommends leaving valuables at home. However, if items are brought to The Lodge, we recommend using a lock to store your items safely. Leaving valuables in your car is highly discouraged.

TOWEL SERVICE

Towels are available to Lodge patrons at the Front Desk and hand towels are available in the Fitness Center. Towels are for daily use only and should be returned after use.



PLACING CREDIT ON YOUR ACCOUNT

If you would prefer to leave your cash, credit cards and check book at home, consider placing credit on your account to use toward The Lodge Cafe purchases, guest admissions or Lodge merchandise - it's great for Tot Care and your morning coffee!

You can place credit on your account using cash or check on your next visit (we no longer accept credit cards for placing credit on your account).

Once the credit is on your account, you and your family can enjoy the convenience of direct deduction - no purses or wallets necessary!

Note: When signing up for a class, please let The Lodge staff know if you would like to leave any credit that you currently have on your Lodge account.

TOT CARE



Drop off your toddlers and young children in Tot Care while you exercise at The Lodge. Lodge staff will entertain and supervise your children in a controlled and fun environment.

Tot Care is for children ages 3 months - 8 years.

You must reserve your spot in morning Tot Care. Space is limited, so make your reservation early! If space is available, we accept daily visits on a first-come, first-serve basis. Payment is required at the time the reservation is made. Pay for Tot Care at The Lodge Front Desk. If you need to change your reservation, you must change it before the Tot Care room opens on the day of your reservation. There are no refunds for Tot Care visits.



Parents have the option of reserving a one or two hour visit in Tot Care. The cost is \$2/hour for the first child in the family; \$1/hour for the second child in the same family (maximum 2-hour visit). A late fee will be assessed if the visit is extended.



ANNUAL PASS: \$250 - One child in family
\$350 - Two children in family
\$450 - Three children in family

Parents must remain in the facility at all times while your child is in Tot Care. Tot Care Staff does not change diapers. Parents will be called to the Tot Care Room when needed.



TOT CARE HOURS

Monday - Saturday Mornings 8 a.m. - 12:30 p.m.

Monday - Thursday Evenings 4 - 8 p.m.

**Hours are subject to change, and all changes will be posted in the Tot Care Room.*



THE LODGE - RENTAL INFORMATION

THE LODGE - YOUR PLACE TO MEET!

The Lodge is the perfect place for your next business meeting or special event! With our Event Supervisor, Melissa Armstrong, we can customize your event especially for you!

FACILITY DESCRIPTION

The Lodge has three single meeting rooms: the Dogwood, Maple and Oak. Each room can accommodate approximately 50 people for parties or meetings. The rooms can be combined to create one large room, which accommodates a maximum of 225 people without a dance floor, or two rooms can be combined to accommodate approximately 100-150 people, depending on the room set up. Please call 314.835.6150 for more information or to receive an application to book your event.

ROOM AMENITIES

Each room has a recessed projection screen.

The Oak Room has a wood floor – great for dancing at your wedding reception or family reunion.

The Dogwood and Maple rooms are carpeted.

Each room is equipped with wireless high-speed internet.

Each room has natural lighting, as well as tasteful and updated finishes.

The Lodge has 5-foot round tables that seat 8, as well as 6-foot rectangular tables to meet your event needs.

MEETING ROOM RENTAL RATES

Minimum 2-hour rental

	Resident/Member	Non-Resident
Single Meeting Room	\$35/Hour	\$50/Hour
Two Meeting Rooms	\$70/Hour	\$100/Hour
All Meeting Rooms	\$105/Hour	\$145/Hour
Activity Classroom	\$25/Hour	\$35/Hour
After Hours Fee*	\$30/Hour	\$30/Hour

**If you rent outside of the regular hours of operation, a minimum \$30 per hour charge is added to the hourly room rental fee.*

Rental time must include room preparation and clean up.

A **Resident** is any person, organization or business residing within the city limits of Des Peres.

A **Non-Resident** is any person, organization or business residing outside the city limits of Des Peres.

PREFERRED CATERING LIST

Our preferred caterers were chosen for their quality and service, as well as the variety of choices in menu and pricing they provide. The Catering Kitchen may only be accessed by the caterers. Alcoholic beverages can only be served in The Lodge through one of our preferred caterers.

Bandanas Bar-B-Q
www.bandanasbbq.com
636.537.8200 x29

California Pizza Kitchen
www.cpk.com
314.909.0333

Callier's Catering
www.callierscatering.com
636.230.0019

Catering by The Christy
www.thechristy.com
314.352.0045

The Daily Bread
www.thedebcafe.com
314.909.0010

Farotto's Catering
catering@farottos.com
314.962.0048

Genesis
www.cateringbygenesis.com
314.894.7073

Gourmet FoodWorks
www.gourmetfoodworks.com
314.832.7391

Hendri's Catering
www.hendris.com
314.752.4084

Hollyberry Catering
www.hollyberrycatering.com
314.835.9977

Kohn's Kosher Catering
www.kohnskosher.com
314.569.0727

Mayuri India Restaurant
www.mayuri.com
314.576.7272

McAlister's Deli
www.mcalistersdeli.com
314.238.3354

Noodles & Company
www.noodles.com/catering
314.943.1399

The Pasta House Company
www.pastahouse.com
314.644.1400

Quintessential Catering
www.qcater.com
636.978.6210

Rib City
www.ribcitystlouis.com
314.965.RIBS

Russo's Gourmet Catering
www.russosgourmet.com
314.427.6771

Something Elegant
www.somethingelegantcatering.com
314.781.7722

Which Wich Superior Sandwiches
www.whicwich.com
314.394.0954



WEBSITE TIP

CHECK OUT THE RENTAL SECTION TO PRINT A RESERVATION FORM FOR MEETING ROOMS OR BIRTHDAY PARTIES!

THE LODGE - RENTAL INFORMATION

THE LODGE -

YOUR PLACE TO MEET AND PLAY!

Along with business meetings, we can also host your next special event and make it one you will never forget! We have great packages for Bar/Bat Mitzvahs, Wedding Receptions, Teen Birthday Parties, Pool Parties and Lock-ins. Our Event Supervisor, Melissa Armstrong, can customize your event to suit your wishes and make sure your guests are impressed. Call us today at 314.835.6150 for more information about The Lodge or to customize your upcoming special event.

LOCK-INS

The Lodge is the perfect place to host your graduation or class party! The Lodge can accommodate up to 500 people for a maximum of 8 hours. Lock-in rates start at \$1,500. Contact Melissa Armstrong at 314.835.6154 or marmstrong@desperesmo.org for additional information.

INDOOR POOL PARTIES

The Indoor Aquatic Center is the perfect place for your next school party, team party or customer appreciation day! The Indoor Aquatic Center offers a wave pool - an experience like no other in Saint Louis!

For more information on hosting your next party at the pool, please call Melissa at 314.835.6154 or marmstrong@desperesmo.org.



HELPFUL RENTAL INFORMATION

The first step in hosting your event at The Lodge is to complete the Facility Rental Application. Upon completion of the request, you will receive phone confirmation to discuss the details of your event. Invitations should not be sent out to your guests prior to this confirmation.

Facility Rental Applications are accepted on a first-come, first-served basis. It is recommended that they be submitted at least one month before the rental date to assure availability.

Payment is due in full at the time you complete the rental application, along with a credit card for a damage deposit.

All food and drink must be purchased from one of our Preferred Caterers or The Lodge Café. The renter may bring in cake/dessert only. Alcoholic beverages must be provided by a Preferred Caterer.

Programs and services of the City of Des Peres have priority with regard to facility usage.

The Lodge has limited audio equipment available for your next meeting or training seminar. Inquire for more details.

Phone reservations are not accepted.

NON-PREFERRED CATERING POLICY

A non-preferred catering company must be approved by the City of Des Peres when the event is booked.

The Lodge holds the right to deny approval to any catering company deemed unacceptable. Renters do not have access to the catering kitchen.

The catering company must comply with all of the rules of The Lodge. They must confirm that the company is fully insured and licensed in compliance with all applicable City of Des Peres, St. Louis County, State of Missouri and U.S. Government code requirements and regulations.

If alcohol is being served, the catering company must also provide a copy of the required liquor license.

A \$100 fee will be applied when using a non-preferred caterer and charged when the room is booked.

A \$500 damage deposit will be charged to the renter's credit card two weeks prior to the event. Immediately following the event, the deposit will be refunded assuming none of the rental conditions have been violated.

Please contact Melissa Armstrong, Marketing and Event Supervisor, at 314.835.6154 or marmstrong@desperesmo.org for additional information regarding rentals.

WEBSITE TIP

CHECK OUT THE RENTAL INFORMATION SECTION FOR MORE RENTAL DETAILS, RATES AND FORMS.

FACILITY INFORMATION

SWIM AND GYM BIRTHDAY PARTY

The Lodge has a Party Room perfect for your child's birthday! Stop by The Lodge for more information.

Available Party Times (Labor Day - Memorial Day):

Friday 3:30 - 5 p.m. or 6 - 7:30 p.m.

Saturday 12 - 1:30 p.m., 2:30 - 4 p.m. or 5 - 6:30 p.m.

Sunday 12 - 1:30 p.m. or 2:30 - 4 p.m.

PACKAGE A

1.5 hour in the Party Room

Admission for up to 30 people

Table covers, napkins, paper plates, cups & utensils

6 Large, one-topping pizzas

6 Pitchers of soda

\$225/Resident and Member; \$275/Non-Resident

PACKAGE B

1.5 hour in the Party Room

Admission for up to 30 people

Table covers, napkins, paper plates, cups & utensils

6 Pitchers of soda

\$165/Resident and Member; \$215/Non-Resident

A completed rental application with full payment is due at booking. Lodge staff will call you to confirm your rental request.

There is a limit of 30 people (adults and children).

Call 314.835.6150 for more birthday party details or visit www.TheLodgeDesPeres.com.

LOCKER ROOM GUIDELINES

Please remember when using the Locker Rooms, the following guidelines have been put in place to ensure that all members and guests are comfortable at The Lodge Des Peres.

- The Family Change Rooms are designated for children 8 and under who need assistance from an opposite sex caretaker or for people with disabilities with an opposite sex caretaker.
- Children with a same sex parent should use the gender appropriate Main Locker Rooms.
- Since space is limited, please use the Family Change Rooms as quickly as possible so more guests can have access.
- For health reasons, please do not change children in non-locker room areas.
- All members and guests are asked to exercise common sense and modesty to assist with maintaining a safe and comfortable environment in the Main Locker Rooms.

THE LODGE CAFÉ

Don't forget to stop by The Lodge Café to enjoy some goodies. There are a variety of items available, ranging from nachos and chicken tenders to fruit. For your convenience, you can place credit on your account at the Front Desk to use at The Lodge Café. Just present your membership card to the Café Staff to use the credit toward your purchase. The Lodge Café also accepts Visa, MasterCard and Discover.

THE LODGE INDOOR CAFÉ HOURS

(LABOR DAY - MEMORIAL DAY)

Friday 4 - 8 p.m.

Saturday 12 - 7 p.m.

Sunday 12 - 5 p.m.



PARKS

RESERVE A PARK PAVILION!

Looking for the perfect place to host your next family outing? Look to Des Peres parks! You can book your pavilion (April 1 to October 31) up to one year in advance.

HOW TO RESERVE

You can reserve a pavilion over the phone (314.835.6150) using a MasterCard, Visa or Discover or request a rental online at www.TheLodgeDesPeres.com. A credit card is required for the \$100 security deposit. Your card will not be charged unless there is damage to the pavilion or park rules are violated. **No refunds or changes on park reservations.**

PARK REMINDERS

- City Parks are open dawn to dusk.
- No person in a City Park shall drive in any area except parking lots. Public Safety will ticket offenders.
- People ages 16-64 should have a State of Missouri Fishing License to fish in the Des Peres Park Lake. The fishing is catch and release.
- Glass bottles, amplified music, inflatables, pony rides and petting zoos are not allowed in the parks. Call 314.835.6150 for a detailed copy of park rules.
- Play Fountains are on Memorial Day to Labor Day from 9 a.m. - 7 p.m.
- Des Peres Park, Pioneer Park and Sugar Creek Park restrooms are open year round.
- No projectile weapons. No firearms, slingshots, bows and arrows, or guns of any kind.
- Solicitation of any business or service in City Parks is prohibited. Call or visit our website for a detailed list of regulations.



PHANTOM FOREST - BITTERSWEET WOODS
24-acre urban wildlife park located at 2660 Barrett Station Road, 63021
Amenities include: Wood chip trail/nature area. Trail maps available. All vehicles including bicycles and ATVs are prohibited.



DES PERES PARK

42.5-acre park located at 12325 Manchester Road, 63131

Amenities include: 2-acre fishing lake with interpretive signs (Blue Gill, Bass and Catfish); picnic sites (first-come first-serve); 6 lighted tennis courts; 2 playgrounds; 3 baseball/softball fields (seasonal); nature area; 2 soccer fields (seasonal); multi-purpose court; rest rooms; park path (walking/jogging/bicycling); gazebo (see rates below); shuffleboard courts; play fountain (seasonal); and a picnic pavilion and gazebo that can be reserved (see rates below).

DES PERES PARK PAVILION RENTAL FEES (100 people maximum)

Group Classifications	Fee
Resident Family Group	\$50
Non-Resident Family Group	\$75
Resident Business/Organization	\$75
Non-Resident Business/Organization	\$150
Gazebo (Resident)	\$20
Gazebo (Non-Resident)	\$40



HARWOOD PARK

2.1-acre neighborhood park located at 1142 Harwood Road, 63131
Amenities include: playground for 2 - 5 year olds, playground for 5 - 12 year olds, a small shelter (first-come, first-serve), and picnic tables. No parking available at park site.



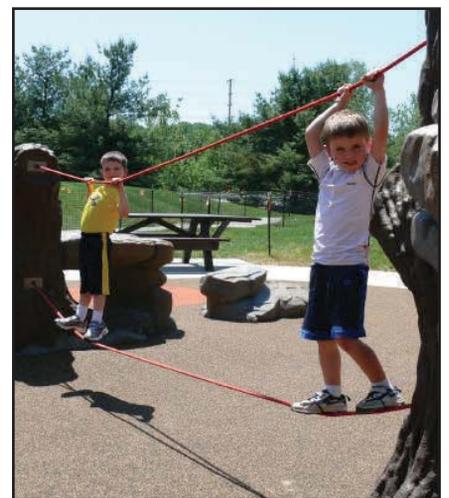
PIONEER PARK

7-acre park located at 970 Tallie Drive, 63131

Amenities include: 2 tennis courts with pickleball lines; playground; baseball/softball field (seasonal); picnic sites; soccer field (seasonal); rest rooms; play fountain (seasonal); and a picnic pavilion that can be reserved (see rates below).

PIONEER PARK PAVILION RENTAL FEES (35 people maximum; limited parking)

Group Classifications	Fee
Resident Family Group	\$30
Non-Resident Family Group	\$60
Resident Business/Organization	\$60
Non-Resident Business/Organization	\$110



SUGAR CREEK PARK

20.7-acre park, located at 435 Des Peres Road, 63131

Amenities include: baseball/softball field (seasonal), play fountain (seasonal), soccer field (seasonal), nature playground, nature area, rest rooms, park path (walking/jogging/bicycling) picnic shelter (first-come, first-serve).

COMMUNITY SPECIAL EVENTS

DOG DAYS OF SUMMER - DOG SWIM

Bring your doggie for a dip at The Lodge Outdoor Pool as we end our season! Watch your pooch paddle and play in the water, receive a tasty treat and make some frisky new friends! For the safety of everyone, owners must show current proof of the following vaccinations in order for their pups to participate: **Distemper, Parvo, Rabies. Dogs will not be allowed entry without written documentation of the above vaccines.** Owners may not swim with their pooches; this swim is for **DOGS ONLY!** Thank you to our dog treat sponsor, **Three Dog Bakery.** A portion of our proceeds will be donated to our partner, the **Animal Protective Association of Missouri, to help more animals find loving homes.** Maximum 150

Days: Tuesday
Date: September 6
Time: 5:30 – 7:30 p.m.
Session: No pre-registration required
Location: The Lodge Outdoor Pool
Cost: \$10 per dog



HALLOWEEN CANDY EXCHANGE

Trade sugar for activity! Be healthier this Halloween and bring one pound of candy to The Lodge in exchange for one youth admission to enjoy The Lodge pool or gymnasium at a later time! Candy will be donated to USO of Missouri for our troops overseas. Already a Lodge member? Use your youth pass to bring a friend in the future! Child must be accompanied by an adult for the candy exchange. Limit one pass per youth. **Thank you to our sponsor, Manchester Dental Group!** Passes must be used by 5/1/17.

Ages: 3 - 17
Day: Tuesday
Session: November 1
Time: 8 a.m. – 8 p.m.
Location: The Lodge Des Peres
Cost: 1 pound of candy



FALL FESTIVAL IN DES PERES PARK

Join us for a FREE, fabulous fall evening at the park with family and friends! Listen to live music by the Luke Queen Band. Bring your homemade Pumpkin Racer (see details below) to compete against your friends and family in our annual race. End the night watching a Disney family movie under the stars, *Zootopia* (rated PG). Bring your lawn chair and coolers with your favorite snacks and beverages (for safety, glass bottles are not permitted). We will have 3 local restaurants selling food at the park this year from 4 – 6:30 p.m. Which Wich Superior Sandwiches, Noodles & Company and Rib City. Our local Boy Scout Troop 313 will be selling non-alcoholic beverages. In case of inclement weather, please call 314.835.6138 after 12 p.m.

Day: Saturday
Time: 4 - 9 p.m.
Session: October 15
Location: Des Peres Park
 12325 Manchester Road, 63131
Cost: FREE



SCHEDULE OF EVENTS

4:00 - 4:30 p.m. Check-in for Pumpkin Race
 4:00 - 6:30 p.m. Local restaurants selling food
 4:30 p.m. Pumpkin Race Starts!
 4:30 - 6:30 p.m. Hayrides
 4:30 - 6:30 p.m. Live Music by Luke Queen Band
 7:00 - 8:45 p.m. Movie: *Zootopia* (rated PG; 102 min)



THE GREAT PUMPKIN RACE OFFICIAL RACE RULES

Rules are adapted from the official "World Famous Pumpkin Race" in Manhattan Beach, CA

- Contest entry is FREE, but please register your pumpkin by October 12. Call 314.835.6150 and reference registration #1566 or register online!
- Pumpkin Race Car may be from only a single pumpkin.
- Insert two independent axels through your pumpkin and attach wheels to the axles. The style of your racer is limited only by your imagination.
- You may not attach your pumpkin onto a pre-fabricated chassis of any kind (skateboard, stroller, Tonka Truck, etc.)
- No Explosives or Pyrotechnics
- No pushing or 'helping' your racer on the starting line.
- Pumpkins can be any size - please check in on the day of the event by small, medium or large pumpkin.
- Visit www.TheLodgeDesPeres.com for more information or to register for the race.

COMMUNITY SPECIAL EVENTS

FAMILY FITNESS NIGHT

Join us for a high-energy family event at The Lodge! Hi-NRG Gymnastix will have a Ninja Obstacle course in the gymnasium to test your child's agility and balance on the Quad Steps and the Spinning Log! Navigate Cannon Ball Alley, Cliff Hanger, Unstable Monkey Bars and the Cargo Net! All obstacles are designed with the young athlete in mind, and will challenge upper body strength, balance and coordination. Visit the group exercise studio to shake, wiggle and blast away energy in our Zumba® Kids and parent's class with our certified instructor. All ages can battle the waves in the indoor pool during our normal open swim time, 4 – 8 p.m. **All family members participating must pre-register online by 10/28/16 (parent attendance required).** Regular Lodge admission rates apply.

Date: #1771 Friday, November 4, 6:30 – 8:30 p.m.
Location: The Lodge Gymnasium & Group Exercise Studio
Cost: FREE/Youth Members; \$6/Youth Resident; \$8/Youth Non-Resident
 FREE/Adult Members; \$7/Adult Resident; \$9/Adult Non-Resident



ST. LOUIS NIGHT OUT

Des Peres' St. Louis Night Out will be on Tuesday, October 4, from 6 – 9 p.m. Des Peres Public Safety Officers, Commission Members and Des Peres Elected Officials, will visit as many block parties as possible. The goal of the event is to foster partnerships between citizens and our police/fire organizations and to acknowledge the many residents and neighborhoods taking an active role in promoting safe communities. For additional information or to register a St. Louis Night Out neighborhood gathering, please contact Community Services Officer Brandon Elzinga at 314.835.6286 or by email at relzinga@desperesmo.org.

COOKIES WITH CLAUS

Bring the family to The Lodge Des Peres for a special morning with Santa. Santa will accept wish lists and smile for pictures. Please bring your camera. All children will receive a special holiday cookie while they last. This event is free and registration is not required! **Thank you to our sponsor, Sam's Club!**

Day: Saturday
Date: December 3
Time: 9 a.m. - 12 p.m.
Location: The Lodge Lobby
Cost: FREE



CLAUS AND PAWS

Bring your favorite family-friendly pet for a picture with Santa outside in front of The Lodge. This event is free and registration is not required! Thank you to our sponsor, Three Dog Bakery for providing dog treats! **Bring your own camera. Pets must be on a leash.**

Day: Saturday
Session: December 3
Time: 1 - 3 p.m.
Instructor: Santa
Location: The Lodge
Cost: FREE



BONFIRE AND HAYRIDES IN DES PERES PARK

Spend a beautiful fall evening with your friends and family in Des Peres Park! Enjoy a half-hour hayride and a bonfire! Bring s'mores, hot chocolate or your favorite refreshments! Visit our website at www.TheLodgeDesPeres.com for more information and Frequently Asked Questions. **Hayride registration begins at 5:30 a.m. on Monday, August 29, for Des Peres Residents and Wednesday, August 31, for Non-Residents. THIS YEAR, RESERVATIONS WILL ONLY BE ACCEPTED ONLINE.** Please make sure your online login and password work prior to registration day. If you have not created an account, you can visit our website or call 314.835.6150 for instructions.

BONFIRE PACKAGE

The park staff will build your bonfire and transport your supplies. Marshmallow roasting sticks provided. Please bring your own flashlight. Maximum Capacity is 30 including children.

Hayride starts at 8:15 p.m.

Time: 6:30 – 11 p.m.
Location: Bonfire Pit North of the Des Peres Park Lake
Cost: \$140

Session: #1538 Saturday, October 1
 #1549 Friday, October 7
 #1550 Saturday, October 8
 #1552 Friday, October 14
 #1553 Friday, October 21
 #1554 Saturday, October 22
 #1556 Friday, October 28
 #1557 Saturday, October 29



PAVILION PACKAGE

Enjoy 10 picnic tables located under a pavilion in close proximity to restrooms, playground and parking lot. The park staff will build your bonfire and transport your supplies. Marshmallow roasting sticks provided. Please bring your own flashlight. Maximum Capacity is 30 including children. **Hayride starts at 7:30 p.m.**

Time: 6:30 - 11 p.m.
Location: Des Peres Park Pavilion
Cost: \$165

Session: #1558 Saturday, October 1
 #1559 Friday, October 7
 #1560 Saturday, October 8
 #1562 Friday, October 14
 #1563 Friday, October 21
 #1603 Saturday, October 22
 #1605 Friday, October 28
 #1608 Saturday, October 29

COMMUNITY PROGRAMS - WINTER BREAK CAMPS

ANGRY BIRDIE/BAD PIGLET - BRICKS 4 KIDZ CAMP

Angry Birds is a game about catapulting birds to knock over structures to earn points. Experience the thrill of Angry Birds by building different birds with LEGO® bricks in this fun camp! Kids will build the birds, launch them through the air, build racing karts for them and more! Students will face new challenges each day, building models and motor-powered machines for their creations. Program is for kids in kindergarten through 4th grade. Make it a full-day camp by adding another Lodge half-day camp and Lunch Bunch to your registration! **Due to additional camp forms required for your child's safety, registration will only be taken online at www.TheLodgeDesPeres.com** (click on 'Register Online'). Minimum 12/Maximum 25

Ages: 5 - 11 **Cost:** \$115/Member;
Day: Monday - Wednesday \$120/Resident;
Session: #1547 Dec. 19 - 21 \$138/Non-Resident
Time: 8:30 - 11:30 a.m.
Instructor: Bricks 4 Kidz Staff
Location: The Lodge Activity Room



AVENGERS' CHALLENGE - BRICKS 4 KIDZ CAMP

Join Bricks 4 Kidz for 2 days of action-packed building. Construct a LEGO® hulk puncher to stop evil in its tracks. Build Hawkeye's bow and arrow. Iron Man and Captain America will join in the LEGO® fun too as we save the world. This program is for kids in kindergarten through 4th grade. **Due to additional camp forms required for your child's safety, registration will only be taken online at www.TheLodgeDesPeres.com** (click on 'Register Online'). Minimum 12/Maximum 25

Ages: 5 - 11 **Cost:** \$75/Member;
Day: Tuesday & Wednesday \$79/Resident;
Time: 8:30 - 11:30 a.m. \$90/Non-Resident
Session: #1555 December 27 - 28
Instructor: Bricks 4 Kidz Staff
Location: The Lodge Activity Room



WINTER AQUA ADVENTURE CAMP

Join us at the indoor pool and add a little summer to your winter with Aqua Adventure Camp. Campers will be divided into smaller groups based on their swimming ability on the first day of camp. Our certified swim instructors will serve as counselors and lead the campers through aquatic themed days. Campers will participate in swimming lessons, age appropriate water games, crafts, some dry land games and free swim. Please have your camper eat lunch prior to camp; lunch is NOT provided. Pack a non-perishable snack and bring a full change of clothes with tennis shoes. Make it a full-day camp by adding another Lodge half-day camp and Lunch Bunch to your registration! **Due to additional camp forms required for your child's safety, registration will only be taken online at www.TheLodgeDesPeres.com** (click on 'Register Online'). Minimum 24/Maximum 40

Ages: 5 - 12 **Cost:** \$105/Member;
Day: Monday - Friday \$110/Resident;
Time: 12 - 4 p.m. \$126/Non-Resident
Session: #1414 Dec. 19 - 23
Instructor: Lodge Aquatic Staff
Location: Indoor Wave Pool



WIZARDS AND WANDS - BRICKS 4 KIDZ CAMP

Explore the wizarding world of Harry Potter with this all-new camp. Build a motorized LEGO® quidditch player, stir up your LEGO® cauldron or recreate Harry and his favorite owl. Muggles and wizards alike are welcome to join us for some magical LEGO® fun! This program is for kids in kindergarten through 4th grade. Make it a full-day camp by adding another Lodge half-day camp and Lunch Bunch to your registration! **Due to additional camp forms required for your child's safety, registration will only be taken online at www.TheLodgeDesPeres.com** (click on 'Register Online'). Minimum 12/Maximum 25

Ages: 5 - 11 years
Day: Thursday & Friday
Time: 8:30 - 11:30 a.m.
Session: #1551 December 22 - 23
Instructor: Bricks 4 Kidz Staff
Location: The Lodge Activity Room
Cost: \$75/Member; \$79/Resident; \$90/Non-Resident



AMUSEMENT PARK ROBOTICS - BRICKS 4 KIDZ CAMP

The Bricks 4 Kidz Robotics camps offer all the fun of building with LEGO® bricks, plus the challenge of computer programming. In this camp, students will build new motorized amusement park rides each day, and program them to flip, spin, and accelerate using drag-and-drop icon-based software. WeDo software provides an introduction into the world of computer programming. This fun, action-packed week combines real-life skills with real-kid fun! This program is for kids in kindergarten through 4th grade. **Due to additional camp forms required for your child's safety, registration will only be taken online at www.TheLodgeDesPeres.com** (click on 'Register Online'). Minimum 12/Maximum 25

Ages: 5 - 11
Day: Thursday & Friday
Time: 8:30 - 11:30 a.m.
Session: #1561 December 29 - 30
Instructor: Bricks 4 Kidz Staff
Location: The Lodge Activity Room
Cost: \$75/Member; \$79/Resident; \$90/Non-Resident



LODGE LUNCH BUNCH

For your convenience, your child can bring his/her lunch and eat with a counselor between camps at The Lodge. Sign up for a camp in the morning and another camp in the afternoon and stay all day at The Lodge. Counselors will collect campers from their morning camps, eat lunch together and then make sure they get to the next camp on time. Be sure to bring a sack lunch and drink. Cost listed if for the entire week. **This program is only offered to participants who sign up for both a morning camp and an afternoon camp located at The Lodge.** Pre-registration is required and only taken online. Minimum 1/Maximum 25

Days: Monday - Friday
Time: 11:30 a.m. - 12 p.m.
Session: #1570 December 19 - 23
Instructor: Lodge Aquatic Staff
Location: The Lodge Concession Area
Cost: \$7/Member; \$8/Resident; \$9/Non-Resident



COMMUNITY PROGRAMS

BABYSITTING BASICS

This interactive 3-hour program includes getting started, taking care of a baby, kids' ages and stages, entertaining the kids, keeping things safe and being prepared for emergencies and basic first aid. Please bring a regular size baby doll to practice baby care skills. Babysitting Booklet and light snack provided. Program taught by educators from Safety Basics, LLC.

Ages: 12 - 15
Day: Saturday
Time: 1 - 4 p.m.
Session: #1546 November 19
Instructor: Safety Basics, LLC
Location: The Lodge Activity Room
Cost: \$35/Member; \$37/Resident; \$42/Non-Resident



THE BASICS OF STAYING HOME ALONE

Help prepare your child, ages 9 to 11 years (3rd through 5th grade), to stay home alone before or after school or for other short periods of time in this interactive program. Topics covered include: entering and leaving the house, getting safely to and from school, what to do while home alone, safe snacks, storm and emergency preparedness, internet safety, and simple first aid. Home Alone Booklet and light snack provided. Program taught by educators from Safety Basics, LLC.

Ages: 9 - 11
Day: Saturday
Time: 1 - 3 p.m.
Session: #1564 October 22
Instructor: Safety Basics, LLC
Location: The Lodge Activity Room
Cost: \$28/Member; \$29/Resident; \$33/Non-Resident



COMMUNITY CPR/AED/FIRST AID TRAINING

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could save a life. With emphasis on hands on learning, this course gives you the skills to save a life. Participants are provided with the knowledge and skills necessary to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. Certification includes: First Aid, CPR/AED for adult and child and CPR for infants. **Attendance at all sessions is mandatory for certification.** Minimum 5/Maximum 20

Ages: 15+
Days: Sunday
Time: 9 a.m. - 5 p.m.
Sessions: #1424 October 16
Instructor: American Red Cross Instructor
Location: Lodge Meeting Room
Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



American Red Cross
Together, we can save a life

HI-NRG GYMNASTIX



The best way for your child to spend their day is to flip, jump, tumble and play in a Hi-NRG Gymnastix class at The Lodge. We provide a healthy, active and safe environment where they will exercise with friends and create happy memories. Whether your child has gymnastics experience or no experience at all, they will benefit by learning the fundamentals, building strength as well as flexibility, while maintaining a healthy lifestyle through exercise and being introduced to gymnastics skills.

Registration begins August 1. Minimum 7/Maximum 14

MOMMY AND ME GYMNASTICS

Ages: 2 - 3 years with a participating parent or guardian
Day: Thursday
Time: 9:40 - 10:20 a.m.
Session: #1398 September 8 - October 13
Session: #1567 October 20 - December 1 (No class 11/24)



PRESCHOOL GYMNASTICS

Ages: 3 - 4 years
Day: Thursday
Time: 10:30 - 11:10 a.m.
Session: #1750 September 8 - October 13
Session: #1751 October 20 - December 1 (No Class 11/24)
Instructor: Hi-NRG Gymnastix Staff
Location: The Lodge Gymnasium, Court 2
Cost: \$70/Member; \$72/Resident; \$86/Non-Resident



ZUMBA® - PARENT & CHILD

This Zumba® workout fuses hypnotic Latin rhythms and easy to follow moves for both parent and child. Come shake, wiggle and have a blast with your child in this fun parent/child class. **Price is per person.** Minimum 6/Maximum 12

Ages: 6 - 12
Day: Wednesday
Time: 6:30 - 7:15 p.m.
Session: #1400 September 28 - November 2
Session: #1401 November 9 - December 21 (no class 11/23)
Location: Activity Room
Instructor: Mary Niemann
Cost: \$36/Member; \$38/Resident; \$43/Non-Resident



MAKE IT AND TAKE IT - GINGERBREAD HOUSE

Children and their parent are invited to come to The Lodge and join our favorite chef, Jim Wallace, as we make a Holiday Gingerbread House. Jim will take you step by step through the process of building and decorating your own gingerbread house! **Cost is per child. Parents are free and required to attend.** Minimum 5/Maximum 18

Ages: Youth 5 and older
Day: Saturday
Time: 1 - 2:30 p.m.
Session: #1402 November 26
Instructor: Jim Wallace
Location: The Lodge Activity Room
Cost: \$36/Member Child;
 \$38/Resident Child;
 \$43/Non-Resident Child



COMMUNITY AND NATURE PROGRAMS

FISHED - AFTER SCHOOL YOUTH FISHING CLUB

Come learn to fish and practice your fishing techniques after school during September. Students will learn how to cast and catch fish! Equipment, instruction and supervision will be provided. Minimum 5/Maximum 15

Ages: 6 - 11

Day: Tuesdays

Time: 4:30 - 5:30 p.m.

Session: #22488 September 6 - 27

Location: Des Peres Park Lake Dock

Instructor: Des Peres Parks & Recreation Staff

Cost: \$25/Member; \$26/Resident; \$27/Non-Resident



FALL 'CREATURE GO' HIKE

Join us for our real life version of the new 'Pokemon Go' game as we search Phantom Forest and Bittersweet Woods Conservation areas for native creatures. Participants will collect creature cards hidden throughout the trails and then test their creature's survival skills in The Phantom Arena to see who will be King of the Conservation Area! All youth must be accompanied by a responsible adult. Minimum 3/Maximum 15

Ages: 5 and older

Time: 4:30 - 5:30 p.m.

Day: Tuesday

Session: #1544 October 18

Instructor: Aaron Kaminski - Certified Interpretive Guide

Location: Phantom Forest Conservation Area

Cost: FREE/Member; FREE/Resident; \$5/Non-Resident

DANCING DARLINGS - SCHOOL YEAR DANCE PROGRAM

Our 24-week youth dance program offers an entire school year of instruction in the fine art of dance. First semester emphasis is on rhythmic training, coordination, grace and posture for the young student at the barre. Second semester emphasis is on dance routines in preparation for the spring recital. The 24-week program is broken down into two, 12-week semesters: first semester, September – December, and second semester, January - April. Specific class dates are available and distributed the first day of class. **The Spring Dance Rehearsal is April 7 and Recital is April 8 at the West County YMCA Family Theater in Chesterfield.** Each student should wear a black leotard (no skirts please), pink tights, pink ballet shoes and black tap shoes. The program cost includes the costume fee for the spring dance recital. All students must be toilet-trained in order to participate. **Registration started on June 6, deadline is 11/1/16.**

Refund policy for Dance Classes: Due to the volume of students and skill level of the classes, make up classes are not available if a child misses their scheduled class. If a student drops within the month of September, a pro-rated refund is available. If your student drops within October, a 50% refund is available. Students dropping after November 1 will not receive a refund, but will receive the costume ordered for the recital. For information on payment options, please call Jayne at 314.835.6155. Minimum 6/Maximum 12

Instructor: Jacque Hanlon and Lindsay Platt

Location: The Lodge Activity Room

Cost: \$228/Member; \$239/Resident; \$274/Non-Resident

Day: Tuesday with Lindsay Platt

Session: Beginning September 20

Time: #22449 4:30 – 5:15 p.m. for 3 - 4 year old Beginner students

#22450 5:20 – 6:05 p.m. for 4 - 5 year old Intermediate students (one year experience required)

#22451 6:10 - 6:55 p.m. for 5 - 7 year old Advanced students (two years experience required)

#22478 7 – 7:45 p.m. Beginner Hip Hop ages 5+ years

Day: Thursday with Jacque Hanlon

Session: Beginning September 22

Time: #22473 4:30 – 5:15 p.m. for 5 - 7 year old Advanced students (two years experience required)

#22474 5:20 – 6:05 p.m. for 7 – 9 year old Advanced students (two years experience required)

#22475 6:10 - 6:55 p.m. for 6+ year old Tumbling

#22476 7 – 7:45 p.m. for 10+ Ballet and Tap

#22477 7:45 – 8:30 p.m. for 7+ Advanced Hip Hop

Day: Friday with Jacque Hanlon

Session: Beginning September 23

Time: #22452 10 – 10:45 a.m. for 3 - 4 year old Beginner students

#22453 10:50 – 11:35 a.m. for 3 - 5 year old Beginner students

#22454 11:40 – 12:25 p.m. for 4 - 6 year old Intermediate students (one year experience required)

Day: Saturday with Lindsay Platt

Session: Beginning September 24

Time: #22455 8:30 – 9:15 a.m. for 3 - 5 year old Beginner students

#22456 9:20 – 10:05 a.m. for 4 - 6 year old Beginner students

#22457 10:10 – 10:55 a.m. for 4 – 6 year old Intermediate students (one year experience required)

#22458 11 – 11:45 a.m. for 5 – 7 Intermediate to Advanced students



COMMUNITY PROGRAMS

KINDERMUSIK® ACADEMY

Through this nationally-recognized, award-winning educational program, activities go a step beyond other music programs with a blend of singing, movement, story-time and instrument play in weekly joyful classes. All activities promote musical skills, coordination, language development, problem solving and social interaction. A wide variety of music increases your child's musical repertoire. Registration cost includes tuition and all materials. **All registrations are taken through the Community Music School of Webster University, 314.968.5939 or cms@webster.edu. Ask about sibling/twin and early bird discounts! For additional information, visit our website at www.webster.edu/kindermusik.**

Educators: Monday: Maureen Bolain; Tuesday & Wednesday: Jeanne Magee

Location: The Lodge Activity Room



KINDERMUSIK® VILLAGE

Swish, vroom and clickety-clack! Cuddle, rock and sway. Kindermusik Village guides you through activities that nurture baby's rapid brain development through gentle music, play, dance, movement, sounds, instruments and touch. You will help unfold your baby's natural gifts with every song, whisper and peek-a-boo in this 14-week session as we travel the world through song. There is an optional 7-week Mini Session for \$153 that includes tuition and materials for first 7 weeks. Materials included in the cost: two sets of captivating music CDs, story books, exclusive baby-safe instruments and coordinating wall banners. Curriculum: *Zoom Buggy!* and *Dream Pillow*

Ages: Birth - 18 months with parent or caregiver

Time: #1384 Monday, 11:30 a.m. - 12:30 p.m., September 12 – December 12

#1385 Tuesday, 9:15 – 9:55 a.m., September 6 – December 13 (no class 11/22)

#1387 Wednesday, 11 - 11:40 a.m., September 7 – December 14 (no class 11/23)

Location: The Lodge Activity Room

Cost: \$279



KINDERMUSIK® OUR TIME

Engage your little helper in all the fun to be found doing everyday things around the house – from cleaning to cooking to gardening and more! Laugh, sing, move, dance, play instruments and listen to musical stories in this breakthrough program, which combines the very latest in research about how children learn with a joyful musical experience. Your child's cognitive development, self esteem, physical and social skills will flourish as we explore together. Materials included in the cost: two CDs, two literature books, a family activity book and a specially designed instrument and carry case. Curriculum: *Milk & Cookies*

Ages: 18 months - 3 1/2 years with parent or caregiver

Days: #1388 Monday, 9:30 – 10:10 a.m., September 12 – December 12

#1389 Tuesday, 10:15 – 10:55 a.m., September 6 – December 13 (no class 11/22)

#1390 Tuesday, 11:15 – 11:55 a.m., September 6 – December 13 (no class 11/22)

#1391 Wednesday, 9 – 9:40 a.m., September 7 – December 14 (no class 11/23)

#1392 Wednesday, 10 – 10:40 a.m., September 7 – December 14 (no class 11/23)

Location: The Lodge Activity Room

Cost: \$262



KINDERMUSIK® IMAGINE THAT!

Sunshine, rain, snow, thunderstorms and more in an imaginative and delightful weather-related musical adventure! Taking a giant step beyond other preschool music programs, Imagine That! captures your child's unique affinity to learn through pretend play. Activities using the child's own imagination are integrated with music, vocal development, drama, creative movement and instrument exploration as we use our play to make ourselves at home in the larger world. Materials included in the cost: two CDs, two books, family activity book, instrument, backpack and play set. Curriculum: *Hello Weather, Let's Play Together!*

Ages: For ages 3 - 5 years; adults and siblings attend last 15 minutes of class.

Days: #1393 Monday, 10:30 - 11:15 a.m., September 12 - December 12

#1394 Tuesday, 12:30 - 1:15 p.m., September 6 - December 13 (no class 11/22)

#1395 Wednesday, 12:30 - 1:15 p.m., September 7 - December 14 (no class 11/23)

Location: The Lodge Activity Room

Cost: \$280



FITNESS & WELLNESS

FITNESS CENTER FACTS

Phone Number: 314.835.6180
5400 Square Feet
49 Pieces of Cardiovascular Equipment
1/10 Mile Indoor Track
3 Strength Circuits
8 Personal Trainers



VISIT US ON THE WEB AT
WWW.THELODGEDESPERES.COM
AND CLICK ON
"FITNESS & WELLNESS"

WELCOME TO GROUP EXERCISE CLASSES AT THE LODGE

TO ACCOMMODATE YOUR BUSY LIFESTYLE, THERE ARE THREE WAYS TO TAKE GROUP EXERCISE CLASSES AT THE LODGE!

- 1) Register for a class.** Pick a class and register for that specific class. This will reserve you a spot in that class for the entire session. This is the most economical option plus you get a FREE make-up pass! Prices are found on the Group Exercise Schedule.
- 2) Purchase a Wet-N-Sweat card.** This card offers you flexibility! The card has 20 visits that allow participants to attend any land or water group exercise class listed on the Group Exercise schedule. Anyone listed on the membership may use a member Wet-N-Sweat Card. The card expires when the twenty visits are used or in one year, whichever comes first. This option does not reserve the participant a spot in the class, so it is advised that participants arrive early for classes. \$130/Member; \$135/Resident; \$160/Non-Resident
- 3) Daily Passes.** If space is available, participants may pay a daily fee to attend a class. This is a great option to try a class out, bring a friend to class, or drop in to class when it is convenient. This option does not reserve the participant a spot in the class, so it is advised that participants arrive early for class. \$7/Member; \$7/Resident; \$9/Non-Resident

GROUP EXERCISE SCHEDULE DISTRIBUTION

The Group Exercise schedule and class descriptions can be found online at www.TheLodgeDesPeres.com. The Group Exercise schedule is ALWAYS subject to change. If you have a class idea or suggestion, please feel free to submit it to the Fitness Specialist at 314.835.6168 or christian@desperesmo.org. The Group Exercise schedule will be posted at least two weeks prior to the beginning of the upcoming session.

How to Get A Group Exercise Schedule:

- 1) At The Lodge Des Peres in the Fitness Center, Group Exercise Studio or Front Desk
- 2) Online at www.TheLodgeDesPeres.com
- 3) By calling 314.835.6150 and we will be happy to mail you one.

USE YOUR SMART PHONE
AND SCAN THE QR CODE
TO THE RIGHT FOR THE
CURRENT SCHEDULE AND
CLASS DESCRIPTION!



FALL 1: AUGUST 15 – OCTOBER 15

9-Week Session - No regularly scheduled class September 5

Registration begins on Monday, July 25, for Members and Residents
and Wednesday, July 27, for Non-Residents

FALL 2: OCTOBER 17 – DECEMBER 17

9-Week Session - No regularly scheduled class November 24 & 25

Registration begins on Monday, October 3, for Members and Residents
and Wednesday, October 5, for Non-Residents

MINI HOLIDAY: DECEMBER 19 – DECEMBER 30

2-Week Session - No regularly scheduled class December 24, 25, 26

No registration available; drop-in session only



SPECIAL HOLIDAY GROUP EXERCISE CLASSES

Burn off those extra calories with our special holiday group exercise classes! **Tot Care is not available. Registration will not be taken. Normal drop-in group exercise rates apply or use your Wet-N-Sweat card. Participants must be age 16 or older.**

LABOR DAY: CYCLING

Minimum 4/Maximum 12

Day: Monday

Session: September 5

Location: The Lodge Group Exercise Studio

Instructor: Laura P.

Time: 9:30-10:30 a.m.

BLACK FRIDAY: GROUP STRENGTH

Minimum 5/Maximum 20

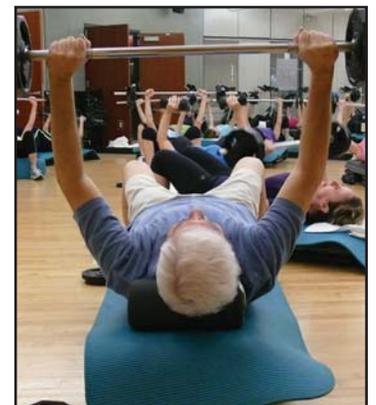
Day: Friday

Session: November 25

Location: The Lodge Group Exercise Studio

Instructor: Cynthia S.

Time: 10 - 11 a.m.



GROUP EXERCISE CLASSES AT THE LODGE DES PERES

FALL SESSION: AUGUST 15 - OCTOBER 15

(SUBJECT TO CHANGE - SEE WEBSITE FOR CURRENT AND/OR NEXT SCHEDULE)

*****NEW*****
Registration and
Wet-N-Sweat Sales
are now available
ONLINE



FITNESS & WELLNESS

LAND EXERCISE (6 - 11AM)					LAND EXERCISE (11AM - 8PM)					WATER EXERCISE (ALL DAY)							
MONDAY (8 weeks, No Class September 5)																	
5:45	6:40AM	#1643	Boot Camp	Emily W.	GX	11:00	11:55AM	#1650	Barre	Laura P.	GX	9:00	10:00AM	#1724	Forever Young	Cheryl M.	IP
7:00	7:55AM	#1644	Cycling	Emily W.	GX	12:00	12:55PM	#1651	Strength & Cycle	Laura P.	GX	10:00	11:00AM	#1731	Into the Deep	Cheryl M.	IP
8:00	8:55AM	#1645	Group Strength	Hal G.	GX	1:00	1:55PM	#1652	Yoga	Denise M.	GX	5:30	6:30PM	#1735	Into the Deep	Diane E.	IP
9:00	9:55AM	#1646	Zumba @	Amy D.	GX	5:30	6:25PM	#1653	Group Strength	Cynthia S.	GX						
9:15	10:10AM	#1647	Basic Training	Stephen W.	GM	7:00	7:55PM	#1654	Zumba @	Nicki H.	GX						
10:00	10:55AM	#1648	Body Toning	Cynthia S.	GX												
TUESDAY (9 weeks)																	
5:45	6:40AM	#1658	Cycling	Emily W.	GX	11:00	11:55AM	#1666	Power Pilates	Artie H.	GX	8:30	9:30AM	#1738	HydroTone	Sandy C./ Diane E.	IP
6:00	6:55AM	#1657	Boot Camp	Katie S.	GM	12:00	12:55PM	#1667	Cycling	Christy D.	GX	9:30	10:30AM	#1739	Aqua Motion	Diane D.	IP
6:45	7:40AM	#1660	Yoga	Michelle W.	AR	1:00	1:55PM	#1668	Fit For Life	Christy D.	GX	6:30	7:30PM	#1740	Water Combo Crazy	Mary N.	IP
7:00	7:55AM	#1662	Barre	Cathy G.	GX	5:30	6:25PM	#1671	Yoga for EveryBODY	Hal G.	GX						
8:00	8:55AM	#1663	Boot Camp	Cynthia S.	GM	6:30	7:25PM	#1672	Zumba @	Jenny W.	GX						
9:00	9:55AM	#1664	Kick & HIIT	Michelle M.	GX												
10:00	10:55AM	#1665	Group Strength	Katie S.	GX												
WEDNESDAY (9 weeks)																	
5:45	6:40AM	#1673	Boot Camp	Christy D.	GX	11:00	11:55AM	#1689	Barre	Laura P.	GX	9:00	10:00AM	#1725	Forever Young	Barbara D.	IP
7:00	7:55AM	#1674	Cycling	Christy D.	GX	5:30	6:25PM	#1690	Group Strength	Katie S.	GX	10:00	11:00AM	#1732	Into the Deep	Jen F.	IP
8:00	8:55AM	#1675	Group Strength	Hal G.	GX	7:00	7:55PM	#1691	Zumba @	Kathryn B.	GX	5:30	6:30PM	#1736	Into the Deep	Coco B.	IP
9:00	9:55AM	#1676	Yoga for EveryBODY	Hal G.	GX							7:30	8:30PM	#1743	Aqua Zumba	Mary N.	IP
9:15	10:10AM	#1677	Basic Training	Stephen W.	GM												
10:00	10:55AM	#1688	Group Strength	Laura P.	GX												
THURSDAY (9 weeks)																	
5:45	6:40AM	#1693	Cycling	Lezlie B.	GX	11:00	11:55AM	#1702	Power Pilates	Artie H.	GX	8:30	9:30AM	#1737	HydroTone	Sandy C./ Diane E.	IP
6:00	6:55AM	#1694	Boot Camp	Katie S.	GM	12:00	12:55PM	#1704	Cycling	Christy D.	GX	9:30	10:30AM	#1742	Aqua Motion	Carol B.	IP
6:45	7:40AM	#1695	Yoga	Michelle W.	GX	1:00	1:55PM	#1705	Fit For Life	Christy D.	GX	6:30	7:30PM	#1741	Water Combo Crazy	Mary N.	IP
8:00	8:55AM	#1697	Strength & Yoga	Denise M.	GX	5:30	6:25PM	#1707	Barre	Cathy G.	GX						
8:00	8:55AM	#1699	Boot Camp	Cynthia S.	GM	6:30	7:25PM	#1708	Zumba @	Jenny W.	GX						
9:00	9:55AM	#1700	Zumba @	Nicki H.	GX												
10:00	10:55AM	#1701	Balance & Strength	Debbie H.	GX												
FRIDAY (9 weeks)																	
7:00	7:55AM	#1709	Cycling	Emily W.	GX						9:00	10:00AM	#1726	Forever Young	Cheryl B.	IP	
8:00	8:55AM	#1710	Group Strength	Cynthia S.	GX						10:00	11:00AM	#1733	Into the Deep	Christi G.	IP	
8:00	8:55AM	#1711	Low Impact	Susan G.	AR												
9:00	9:55AM	#1712	Step Interval	Michelle M.	GX												
9:15	10:10AM	#1713	Basic Training	Stephen W.	GM												
SATURDAY (9 weeks)																	
8:00	8:55AM	#1714	Cycling	Joy K.	GX	11:00	11:55AM	#1717	Barre	Rebecca J.	GX	8:30	9:30AM	#1734	Into the Deep	Natalie O.	IP
9:00	9:55AM	#1715	Yoga for EveryBODY	Hal G.	GX												
10:00	10:55AM	#1716	Zumba @	Jenny/ Marianne B.	GX												

FITNESS & WELLNESS

GROUP EXERCISE HOLIDAY CHALLENGE

With the hustle and bustle of the holiday season, your exercise regimen and health can take a back seat. Enjoy the holidays and stay fit while participating in our Group Exercise Challenge. During the month of December, participate in any class listed on the Land or Water Group Exercise Schedule and add your name into a drawing to win 10 free group exercise passes good through 3/31/17. Please complete a drawing slip and drop it in the drawing box after each class you take in December.

CYBER MONDAY WET-N-SWEAT SALE

On November 28, 2016, only, buy a Wet-N-Sweat Group Exercise Pass **online** and get 22 punches for the price of 20! This offer is only available online by visiting www.TheLodgeDesPeres.com then click on "Register Online." Follow the directions on the 'Welcome' tab to access your account or create a new one. It is highly encouraged that you log in before the sale date to make sure you can access your current account (or create one) in order to receive the correct pricing for the sale and not duplicate your account. Call 314.835.6150 for online account issues.

SUNDAY FUNDAY

Sunday Funday is a special day when The Lodge Fitness Team showcases group exercise classes that we offer...for FREE! Classes are 30 minutes in length; come for one or all four! Four classes will be showcased for each date below. Please visit our website for a detailed schedule at www.desperesmo.org/fitnessandwellness. First come, first served. No tot care available.

Ages: 16 and older
Days: Sunday
Time: 11 - 11:30 a.m. – Boot Camp with Katie S.
11:45 a.m. - 12:15 p.m. – Barre with Rebecca J.
12:30 - 1:00 p.m. – Group Strength with Maureen S.
1:15 - 1:45 p.m. – Yoga for EveryBODY with Hal G.
Session: October 16
Location: The Lodge Group Exercise Studio
Cost: FREE



GET TANKED - HYDROSTATIC BODY FAT TESTING

Get a 4-page personalized body fat analysis that includes: body fat percentage, lean mass percentage, target body fat percentage for optimal health, resting metabolic rate, caloric expenditure by exercise and a detailed history of previous body fat testing! Get Tanked and get the most accurate measurement of your body fat percentage! We advise you not to eat two hours before the test, this may affect your results by up to 1.5%, but no more. You will be completely submerged in a heated water tank so please bring a swimsuit and towel. Register for an appointment online at www.TheLodgeDesPeres.com or call 314.835.6168 to reserve your appointment time at no cost. **Payment will be given to the instructor at the time of the appointment** (check, cash and credit cards accepted).

Day: Tuesday OR Sunday
Session: September 13, 7 a.m. – 6 p.m.
December 4, 9 a.m. – 2 p.m.
Instructor: Laura Dobelman
Location: Lodge Parking Lot
Cost: \$55/New Clients; \$35/Retests

NEW - MAKE
APPOINTMENTS
ONLINE!



HEALTHY RESOLUTIONS HEALTH FAIR

Kick off the New Year with our Healthy Resolutions Health Fair. We are partnering with community wellness vendors to learn about different ways to lead a healthier life locally. If you are a Des Peres business interested in a booth at The Lodge for this event, or if there is a service you would like to see offered, please contact Sarah Christian at 314.835.6168 or schristian@desperesmo.org.

Days: Saturday, January 14
Time: 9 a.m. – 12 p.m.
Location: The Lodge, Upper and Lower Lobbies
Cost: FREE

YOUTH FITNESS ORIENTATIONS - REQUIRED FOR YOUTH 12 - 15

The youth fitness orientation is designed to educate and instruct youth on the rules/regulations of the cardio and weight equipment in The Lodge Fitness Center. Investing in your child's safety, health and well being is one of our top priorities. This orientation is required for all youth, 12 – 15 years of age, prior to being granted use of the fitness center. Youth, 12 – 13 years of age, must attend the orientation with a parent/guardian. Once the orientation has been completed, parents must accompany their children to the fitness center until they turn 14 years of age. Youth, 14 – 15 years of age, are required to complete the orientation and are allowed to use the fitness center with or without parent/guardian supervision. All youth will be required to check in at the fitness center desk where they will receive a wristband confirming that they have completed the orientation. Youth fitness orientations are conducted by nationally certified Lodge Personal Trainers. 60-minute orientations cost \$50 and are scheduled at the convenience of the participant(s) and trainer (maximum 2 youth per orientation). Orientations can be purchased online at www.desperesmo.org/fitnessandwellness (select 'Fitness Orientations') or by calling the Fitness Supervisor at 314.835.6153.

FITNESS & WELLNESS

PERSONAL TRAINING AT THE LODGE - "EXPERIENCE THE DIFFERENCE"

WHY SHOULD I HIRE A PERSONAL TRAINER?

MOTIVATION! Personal Trainers wear many hats; serving not only as a coach, but also as an educator, confidant, role model and a major source of motivation and encouragement.

NEW



NICOLE CLARK, CPT
314.835.6182
Certified Through ACSM



MICHELLE DROCHELMAN, CPT
314.835.6184
Certified Through ACE



DARRELL HAYNES, CPT
314.835.6197
Certified Through ACE



KATE MOONEY, CPT
314.835.6186
Certified Through ACE

NEW



LIZ LEUTHER, CPT
314.835.6183
Certified Through ACE

NEW



MARY LOIDA, CPT
314.835.6188
Certified Through ACE



JOEY WALTERS, CPT
314.835.6185
Certified Through ACSM



STEPHEN WILKINSON, CPT
314.835.6187
Certified Through ACE



**PURCHASE TRAINING
PACKAGES ONLINE!**

HOW DO I GET STARTED? NEW CLIENT SPECIAL FOR ONLY \$119!

This option is available for all NEW clients to our personal training program. The new client special is 3 sessions with a personal trainer. The first session will be a fitness assessment with the remaining two appointments executing the exercise program that has been designed for you. This special is only available once to a new client. There are many other packages available. Please visit our website for details at www.TheLodgeDesPeres.com.

HOW DO I SCHEDULE AN APPOINTMENT OR CHOOSE A TRAINER ?

All of our trainers are phenomenal at what they do and each of them has their specialties. Personal Training is by appointment only. You can purchase or request a personal training package online at www.TheLodgeDesPeres.com (click on Fitness and Wellness) or visit the fitness desk at The Lodge. The Fitness Supervisor will then contact you to match you with the personal trainer who best fits your needs and availability and collect payment (if still needed). For additional questions, contact the Fitness Supervisor at 314.835.6153 or dboyle@desperesmo.org.

PERSONAL TRAINING CLIENT HEALTH HISTORY

Prior to beginning a physical fitness program, The Lodge recommends a physician's approval. Each client must fill out a medical history form in advance of your first training session at The Lodge. During the course of your training, if any changes in your health occur, please inform your trainer. Our personal trainers are highly trained professionals; however, they are not physicians. The trainer reserves the right to refuse service if a client possesses certain risk factors. In such cases, a release will be required from your physician, physical therapist or medical professional.

YOUTH PERSONAL TRAINING/SPEED AND AGILITY TRAINING

Does your child need to lose weight and be more active? Are you interested in getting your child an athletic edge over the competition? Then check into Lodge Personal Training. We have trainers that specialize in improving your child's overall health and can focus on speed, agility, power, endurance and body control that will translate into improvement in his or her sport or just better quality of life.



ADULT COMPLIMENTARY FITNESS ORIENTATIONS

The Lodge Fitness and Wellness Department wants to welcome you to The Lodge Fitness Center. Complimentary Fitness Orientations are available free of charge for all new members. The orientation is conducted by our staff and will familiarize the new member with the equipment in the fitness center as well as the policies and procedures. We encourage all new members to participate in this service to safely get started on their fitness routines. Current members, regardless whether they have been through an orientation in the past, are welcome to set up an orientation to review new equipment. Each orientation is approximately 60 minutes in length. Appointments can be requested online at www.desperesmo.org/fitnessandwellness (select 'Fitness Orientations') or calling the Fitness Supervisor at 314.835.6153.

FITNESS & WELLNESS

TEAM XFIT

What is Team XFIT? It is a high intensity blend of strength training, body weight exercises and cardio. Classes are led by high energy personal trainer, Stephen Wilkinson. Team XFIT is not just a class or a workout, it's a fitness program! Participants will be assessed at the beginning and at the end of each session so that their progress can be measured. This holds participants accountable and motivates them to improve. Join Stephen as he guides you through functional movement using unorthodox equipment. The class is perfect for individuals who want a great workout in an hour with a personal trainer in a group setting. This class is for all fitness levels! Speak to the instructor at the start of the session if you need modifications. *Showers are not available at City Studio but participants may use the locker rooms at The Lodge.* Minimum 5/Maximum 16

Ages: 16 and older

Days: Monday or Wednesdays

Time: 5:30 – 6:30 p.m.

Instructor: Stephen Wilkinson

Location: City Studio in Des Peres Park

Cost: \$48/Member; \$50/Resident; \$58/Non-Resident (8 weeks)*
\$54/Member; \$56/Resident; \$65/Non-Resident (9 weeks)

Session: **Monday**

#22325 August 15 – October 10 (no class 9/5)*

#1432 October 17 – December 12

Wednesday

#22324 August 17 – October 12

#1433 October 19 – December 14



NEW CARDIO EQUIPMENT COMING IN AUGUST TO YOUR FITNESS CENTER!

In August, we will be upgrading your current elliptical, cross trainers and bikes! We will also be freshening up the paint as well. In order to accomplish this, we will need to close your fitness center and track August 10 - 12. Have no fear - we will have everything up and running on Saturday, August 13! Thank you for your patience while we make these improvements to keep our equipment and fitness center in the best condition with the latest technology!



TAI CHI

Tai Chi combines moving Yoga, Qigong, meditation and traditional Chinese martial arts. Students will learn the basic form of Yang Style Tai Chi, the principle and philosophy of Tai Chi and some fundamentals of Chinese traditional medicine. Tai Chi exercise improves circulation, stability and overall health. Classes are held at Des Peres Park with the option to move indoors to City Studio in inclement weather. For more information on the instructor, please visit www.arthurtaichi.com.

Ages: 16 and Older

Instructor: Master Arthur Du

Location: Des Peres Park/City Studio
12325 Manchester Road, 63131

Session: Tuesday, 1 - 2 p.m.

#1450 Aug. 16 - Oct. 4 (8 wks)*

#1448 Oct. 11 - Nov. 29 (8 wks)*

Thursday, 7 - 8 p.m.

#1451 Aug. 18 - Oct. 6 (8 wks)*

#1453 Oct. 13 - Dec. 1 (7 wks)

Cost: **7 Week Cost**

\$83/Member; \$88/Resident;

\$104/Non-Resident

8 Week Cost

\$95/Member*; \$100/Resident*;

\$119/Non-Resident*

GOALBUSTERS WEIGHT LOSS CLASS

Join a Lodge Personal Trainer for this unique class designed for all fitness levels and ideal for those looking to lose weight. Fitness centers can be scary even for the most experienced exerciser. Don't be intimidated anymore - all participants will be working out with the same goals in a private setting with an experienced trainer! Classes are held at City Studio in the lower level of City Hall and will consist of cardio and strength. *Showers are not available at City Studio but participants may use the locker rooms at The Lodge.* Minimum 4/Maximum 16

Ages: 16 and older

Location: City Studio in Des Peres Park

Cost: \$48/Member; \$50/Resident; \$58/Non-Resident (8 weeks)*
\$54/Member; \$56/Resident; \$65/Non-Resident (9 weeks)

Session: Monday, 7:15 - 8 a.m., Darrell Haynes

#22301 August 15 – October 10 (No class 9/5)*

#1434 October 17 – December 12

Monday, 7:15 - 8 p.m., Liz Leuther

#22300 August 15 – October 10 (No class 9/5)*

#1435 October 17 – December 12

Tuesday, 9:15 – 10 a.m., Liz Leuther

#22302 August 16 – October 11

#1436 October 18 – December 13

Wednesday, 7:15 - 8 p.m., Liz Leuther

#22303 August 17 – October 12

#1437 October 19 – December 14

Thursday, 9:15 – 10 a.m., Liz Leuther

#22304 August 18 – October 13

#1438 October 20 – December 15 (No class 11/24)*

Thursday, 6 - 6:45 p.m., Darrell Haynes

#22305 August 18 – October 13

#1439 October 20 – December 15 (No class 11/24)*



PERSONAL TRAINING SALE

Take advantage of our holiday sale, December 1 – 31, 2016. Beginning on December 1, buy 9 personal training sessions and get the 10th session FREE! Give the gift of health to your loved ones this season with our Lodge Gift Cards!

FITNESS & WELLNESS

WAKE-UP & WORKOUT: 12-WEEK WELLNESS PROGRAM

Wake-Up & Workout is an easy to follow 12-week wellness program covering cardio, strength, flexibility and nutrition. All fitness sessions are Monday through Friday, beginning at 6 a.m. Wake-Up & Workout will jumpstart your day before other responsibilities get in the way! **Over a \$500 value!** Call 314.835.6150 for more information or to register! **Registration deadline is September 6.** Minimum 4/Maximum 10.

Ages: 16 and older
Days: Monday - Friday for workout days!
Time: 6 - 6:55 a.m.
Session: #22526 September 12 – December 4
Instructor: Personal Trainer, Stephen Wilkinson
 Dietitian, Lori Richardson
Location: The Lodge Des Peres



- Cost:** \$300/Member, \$315/Resident, \$360/Non-Resident
- 2, 30-minute assessments with a Certified Personal Trainer at start (9/12) and end of program (12/4)
 - 2 Get Tanked Body Fat Assessments at the start (9/13) and end of the program (12/4)
 - 23 group exercise classes on Tuesday and Thursday at 6 a.m. throughout program (No Class 11/24)
 - 25 visits to The Lodge Fitness Center on Monday and Wednesday at 6 a.m. throughout program
 - 11, 30-minute stretch workouts with a Certified Personal Trainer on Fridays (No Class 11/25, 7am Strength workout)
 - 1, 30-minute individual nutrition session with our Registered Dietitian
 - Weekly updates and tips via email from our Registered Dietitian
 - Workout with a new group of friends that share the same goals!
 - Optional park walk each Saturday to jumpstart a stress-free weekend!
 - Includes complimentary fitness orientation!
 - Expected results include: weight loss, improved flexibility, increased strength, increased endurance, increased energy, increased confidence in the fitness center and in classes!

"Wake-Up & Workout has made me feel so much more comfortable at The Lodge. I can walk into any group exercise class or the fitness center any time of day and feel like I know what I'm doing. I'm finally using my membership!" - S. L.

HOT MAMAS IN TRAINING – BOOT CAMP

Hot Mamas in training has created a boot camp to provide a safe and effective fitness program for moms in a supportive environment. This is more than just a stroll in the park! Our boot camp will give you a total body workout. Our activities will include strength, balance, flexibility, endurance and cardio. Classes are held at Des Peres Park or City Studio. Workout on your own or bring your child! For more information about the instructors and Hot Mamas, please call Karen at 314.276.6204. Minimum 10/Maximum 15

Instructor: Hot Mamas Staff
Location: Des Peres Park/City Studio
Cost: \$32/Member, \$34/Resident, \$38/Non Resident (4 weeks)
 \$40/Member, \$42/Resident, \$49/Non Resident (5 weeks)*
 \$64/Member; \$66/Resident; \$78/Non Resident (8 weeks)**
 \$72/Member; \$74/Resident; \$87/Non Resident (9 weeks)***



Session: **OUTDOORS AT DES PERES PARK – 12325 MANCHESTER ROAD, 63131**

#22600	Monday	9:30 - 10:30 a.m.	August 15 – October 10 (No class 9/5)**
#1504	Monday	9:30 - 10:30 a.m.	October 17 – November 7
#22596	Monday	6 - 7 p.m.	August 15 – October 10 (No class 9/5)**
#1505	Monday	6 - 7 p.m.	October 17 – November 7
#22597	Wednesday	6 - 7 p.m.	August 17 – October 12***
#1506	Wednesday	6 - 7 p.m.	October 19 – November 9
#22598	Thursday	9:30 - 10:30 a.m.	August 18 – October 13***
#1507	Thursday	9:30 - 10:30 a.m.	October 20 – November 10



INDOORS AT CITY STUDIO IN DES PERES PARK – 12325 MANCHESTER ROAD, 63131

#22595	Saturday	8:30 - 9:30 a.m.	August 20 – October 15***
#1511	Saturday	8:30 - 9:30 a.m.	October 22 – November 12
#1512	Saturday	8:30 - 9:30 a.m.	November 19 – December 17*
#1509	Monday	9:30 - 10:30 a.m.	November 14 – December 12*
#1510	Wednesday	9:30 - 10:30 a.m.	November 16 – December 12*

SPORTS



**NEW - SEASON PASSES
AVAILABLE ONLINE!**

TENNIS SEASON PASSES AT DES PERES PARK

Des Peres Parks and Recreation offers tennis passes to residents and non-residents for Des Peres Park tennis court use, April 1-October 31. A daily pass and a season pass are available to purchase at The Lodge beginning January 1. For tennis court priority, players must have a daily pass, season pass, or be currently participating in a Des Peres Parks and Recreation tennis program while the court monitor is on duty.

SEASON PASS TYPE	PASS FEE	PASS FEE WITH LODGE MEMBERSHIP
Individual Resident	\$ 35.00	\$ 25.00
Individual Non-Resident	\$ 50.00	\$ 40.00
Senior Resident	\$ 25.00	\$ 15.00
Senior Non-Resident	\$ 35.00	\$ 25.00
Family Resident	\$ 60.00	\$ 50.00
Family Non-Resident	\$ 75.00	\$ 65.00

The following rules and regulations shall apply to the use of the Des Peres Park tennis courts:

- Des Peres Park tennis courts (six courts) are open to the public year-round. Lights are in operation from dusk to 10 p.m., April 1 through October 31. Fees are applicable April 1 through October 31, for court priority when tennis court monitor is on duty.
- Tennis court monitors are on duty Monday-Friday 5-9 p.m., Saturday 9 a.m.-1 p.m. & 4-8 p.m., and on Sunday 3-9 p.m.
- Only City of Des Peres sponsored programs and pass holders will be allowed on the courts. Other groups wanting to use the courts must purchase a pass for priority; otherwise, the courts are taken on a first come basis.
- When participating in City of Des Peres sponsored programs, tennis passes are not needed during the time of the program. Any groups or organizations wanting to use the courts must purchase a pass at The Lodge.
- Proof of residency must be shown or non-resident pass fee will be assessed. One tennis court pass per court is required when the court monitor is on duty for court priority.
- Passes must be purchased at The Lodge; money will not be taken at the tennis courts.
- Daily passes are available for purchase at The Lodge; \$4/Resident; \$5/Non-Resident. Multiple passes may be purchased. There will be no refunds on daily passes once play has started. Rain checks will be provided if play is cancelled due to weather.
- Players may use the courts for one hour a day unless no one is waiting to play.
- A waitlist will be established when all courts are full, while the court monitor is on duty.
- All players must follow court and park rules as established by the Parks and Recreation Department, and posted at the tennis courts.
- Tennis Courts are for tennis use only. Bicycles, skateboards, roller blades, strollers, hockey and soccer play are prohibited.
- Des Peres Park and Recreation tennis instructor has permission and priority on court 3 to teach private lessons. No other private instruction or classes will be allowed unless sponsored by the City of Des Peres.
- Solicitation of any business or service in city parks is prohibited. No person, firm or corporation is permitted to offer or advertise merchandise or other goods for sale or hire in city parks. The maintaining of a concession or the use of any park facility, building, trail, road or other park property for commercial purposes is prohibited except upon recommendation of the Parks and Recreation Commission and approval of the Board of Aldermen. [Section 17-1 City of Des Peres Ordinances]
- Court reservations are not accepted.

SPORTS

ADULT TENNIS LESSONS

We offer both beginner and intermediate lessons. The beginner class will cover all the basics needed to start enjoying the great lifetime sport of tennis! Learn the fundamentals of tennis including grip, forehand, backhand, serve, scoring, positioning and court zones. The adult intermediate class will work on the correction of current strokes including forehands, backhands, volleys, serves and overheads. Building shot consistency will also be an area of focus as well as working on doubles and singles point strategy. Two instructors will be on hand to break each class up by skill levels. Make-up classes due to inclement weather will be added at the end of the schedule or Fridays at the same time. Minimum 4/Maximum 16

Ages: 16 and older

Instructor: Des Peres Tennis Staff

Location: Des Peres Park Tennis Courts 3 - 4

Cost: \$50/Member; \$53/Resident; \$60/Non-Resident

ADULT BEGINNER LESSONS

Days: Tuesday

Time: 7 – 8 p.m.

Session: #22260 September 6 – October 11

ADULT INTERMEDIATE LESSONS

Days: Thursday

Time: 7 – 8 p.m.

Session: #22262 September 8 – October 13



YOUTH TENNIS LESSONS

This class is designed for youth players of all skill levels. It will cover all the basics needed to start enjoying the great lifetime sport of tennis! Learn the fundamentals of tennis including grip, forehand, backhand, serve, scoring, positioning and court zones. Two instructors will be on hand to break the class up by skill levels and to allow for a progression of skills. Make-up classes due to inclement weather will be added on Wednesdays at the same time. Minimum 4/Maximum 16

Days: Tuesday AND Thursday

Instructor: Des Peres Tennis Staff

Location: Des Peres Park Tennis Courts 3 - 4

Cost: \$50/Member; \$53/Resident; \$60/Non-Resident

Session: September 6 - 22

#22287 4 – 4:30 p.m. (ages 4 – 6)

#22288 4:30 - 5 p.m. (ages 4 – 6)

#22289 5 – 5:50 p.m. (ages 7 – 10)

#22290 6 – 6:50 p.m. (ages 11 – 15)



PLAY WITH A PRO DOUBLES LEAGUE

Come out and get ready for league play by participating in our Play with a Pro Doubles League. This class will be designed as a developmental league where players partner up with one of our Tennis Pros. During the 6 weeks, pros will rotate through players to ensure that everyone receives plenty of tips and instruction. For more information, contact Corey Newgent at cnewgent@desperesmo.org. Minimum 4/Maximum 9

Ages: 16 and older

Days: Thursday

Time: 8 – 9 p.m.

Session: #22259 September 8 – October 13

Instructor: Des Peres Tennis Staff

Location: Des Peres Park Tennis Courts 3 - 4

Cost: \$50/Member; \$53/Resident; \$60/Non-Resident



DOUBLES TENNIS LEAGUE

We offer both men's and women's recreational, doubles tennis leagues. This league is recreational in nature, but scores will be kept and winning percentages will be calculated each week. Guaranteed 8 weeks of play for the session. Each league will welcome players of skill levels between 3.0 and 4.0. Registration will be taken individually. The league administrator will put together the rotation schedule for the session. **Registration deadline is one week prior to start of the league.** Rainouts will be added to the end of the schedule. Minimum 5/Maximum 10

Ages: 16 - Adults

Location: Des Peres Park,
Tennis Courts 5 & 6

Cost: \$40/Member;
\$42/Resident;
\$48/Non-Resident

MEN'S DOUBLES LEAGUE

Days: Monday

Time: 7 – 8:30 p.m.

Session: #22265 Aug. 29 – Oct. 24
(No Matches 9/5)

WOMEN'S DOUBLES LEAGUE

Days: Wednesday

Time: 7 – 8:30 p.m.

Session: #22266 Aug. 31 – Oct. 19

SPORTS

PRIVATE & SEMI-PRIVATE TENNIS LESSONS

Private tennis lessons are available for youth and adults with the Des Peres Tennis Instructor by request April 1 – October 31. If you are interested, please stop by The Lodge front desk to submit a request form or purchase your lesson package online at www.desperesmo.org/sports. Lessons must be paid for in advance of the first lesson. The instructor will then contact you to set up specific lesson times. Lessons are one-hour in length and packages of 1 lesson, 4 lessons or 8 lessons will be available. Lessons can accommodate one to four people. Prices below are based on one player. **Please add \$10 to the package price below for each additional player. Visit www.desperesmo.org/sports to view instructor profiles. Minimum 1/Maximum 4**

Ages:	All Ages		
Session:	Based on instructor and student availability		
Instructor:	Des Peres Tennis Staff		
Location:	Des Peres Park Tennis Court 3		
Cost:	# of Lessons	Member/Resident	Non-Resident
	1	\$45	\$50
	4	\$144	\$158
	8	\$270	\$297



CARDIO TENNIS

Cardio Tennis is a fun group activity featuring drills to give players of all abilities a high energy workout. Cardio Tennis includes warm-up, cardio workout and cool down phases. The drills and workouts are geared for players of all levels to get a great cardio workout while improving skills. Make-up classes due to inclement weather will be added on to the end of the schedule or on Fridays at the same time. Minimum 4/Maximum 16

Ages:	16 and Older
Days:	Tuesday
Time:	8 – 9 p.m.
Session:	#22261 September 6 – October 11
Instructor:	Des Peres Tennis Staff
Location:	Des Peres Park Tennis Courts 3 - 4
Cost:	\$50/Member; \$53/Resident; \$60/Non-Resident



THE FENCERS ACADEMY

Engarde! This 6-week class offers an excellent introduction to the Olympic sport of fencing. Often called “physical chess,” fencing is a safe and fun activity that hones both the body and the mind. Receive expert training from former National Egyptian Coach Hossam Hassan. He currently holds certifications from the International Olympic Committee and the French Fencing Federation. Training will include stretching, drills, supervised fencing bouts, games and other fun activities. Participants will learn footwork techniques, blade work, elements of distance and timing, and be introduced to the three weapons. Wear loose, comfortable clothes, long pants and athletic shoes. All other equipment will be provided. Minimum 4/Maximum 30

Ages:	5 - Adults
Days:	Saturday
Session:	September 10 – October 15
	#22234 Beginners: 1 – 2 p.m.
	#22235 Advanced: 2 – 3 p.m.
	Nov. 5 – Dec. 17 (No Class 11/26)
	#1171 Beginners: 1 – 2 p.m.
	#1172 Advanced: 2 – 3 p.m.



Instructor: Hossam Hassan
Location: The Lodge Gymnasium, Court 2
Cost: \$75/Member; \$79/Resident; \$90/Non-Resident

MARTIAL ARTS

This beginning martial arts class consists mostly of Tae Kwon Do, which teaches self-confidence, discipline, perseverance, concentration, agility and self-control. Classes include mental and physical strengthening, stretching, forms, timing exercises, target training, board breaking, tumbling and sparring. It is an excellent cardiovascular workout and appropriate for all ages. Advanced classes include Judo and Aikido training in addition to Tae Kwon Do. Martial Arts classes are available for men, women and children ages 5 and up. A uniform is required and available from the instructor (approximately \$45). Prior to purchasing the uniform, please wear comfortable, loose-fitting clothing. Registration for the advanced class requires the instructor's approval. If the classes have less than 10 participants, they may be combined. Minimum 10/Maximum 30

Ages:	5 - Adult
Days:	Tuesday
Instructor:	Thomas Le
Location:	Des Peres City Hall, City Studio
Cost:	\$60/Member; \$63/Resident; \$72/Non-Resident
Session:	September 13 – November 1
	#22241 Beginners: 5 – 6:30 p.m.
	#22242 Advanced: 6:30 - 8 p.m.
	November 8 – December 27
	#1173 Beginners: 5 – 6:30 p.m.
	#1174 Advanced: 6:30 - 8 p.m.



BALLS-N-STRIKES WINTER CAMP

This dynamic program will take players through teaching rotations each day including hitting, fielding, agility and cageball! Campers are grouped in 6 with 1 instructor. Each session runs over two hours per day for two consecutive days. Requests to be with groups, teammates and friends can be accommodated. Grab your gear and meet us for a fun-filled, action-packed program over the holiday break! Balls-n-Strikes thrives on providing the highest level of instruction possible, proven by their 126 Major League Baseball draft picks and over 700 players playing college baseball or minor league baseball. **For more information or to register, call 314.835.6150 or visit www.desperesmo.org/sports.**

Ages: 5 - 14

Session: December 27 - 28

Days: Tuesday & Wednesday

Session 1: #1193 8:30 – 10:45 a.m.

Session 2: #1194 11:15 a.m. – 1:30 p.m.

Session 3: #1195 2 – 4:15 p.m.

Session: December 29 - 30

Days: Thursday & Friday

Session 4: #1196 8:30 – 10:45 a.m.

Session 5: #1197 11:15 a.m. – 1:30 p.m.

Session 6: #1198 2 – 4:15 p.m.

Instructor: Balls-N-Strikes Staff

Location: Balls-N-Strikes Ballwin Facility; 203B Ramsey Lane Ballwin, MO 63021

Cost: \$85



CO-REC DOUBLES PICKLEBALL LEAGUE

Pickleball is a fun game that is played on a badminton size court with the net lowered to 34 inches at the center. It is played with a perforated plastic ball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can also develop into a quick, fast-paced, competitive game for experienced players. Equipment will be provided if needed. This newly formed co-rec league is recreational in nature but scores will be kept and winning percentages will be calculated each week. Guaranteed 8 weeks of play for the session. This league will welcome players of all skill levels. Registration will be taken individually. The league administrator will put together the rotation schedule for the session. **Registration deadline is one week prior to start of the league.** Minimum 4/Maximum 16

Ages: 16 - Adults

Location: The Lodge Gymnasium, Court #2

Cost: \$50/Member; \$53/Resident; \$60/Non-Resident

Days: Wednesday (Intermediate to Advanced)

Time: Match times will be 11 a.m. or 12 p.m.

Session: #22247 September 21 – November 9

Days: Thursday (Beginner to Advanced)

Time: Match times will be 7 or 8 p.m.

Session: #22244 September 22 – November 10



VOLLEYBALL CLINIC

The Lodge Volleyball clinic takes the energy and excitement of this great team sport and puts it all together into one fun-filled clinic! All aspects of the game are taught through drills and exercise that focus on passing, setting, hitting and serving. This co-rec program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and scrimmages aimed at developing the whole player. Each participant will receive a T-shirt! Minimum 10/Maximum 24

Ages: 6 - 14

Day: Wednesday

Time: 5:15 – 6:15 p.m.

Session: #1182 October 5 – November 9

Instructor: Sara Axmacher

Location: The Lodge

Cost: \$45/Member; \$47/Resident; \$54/Non-Resident



ADULT VOLLEYBALL CO-REC LEAGUE

This co-rec league will consist of a 7-game regular season and a post-season playoff game. The league will be played on Friday nights with games starting at 6:15, 7:15 or 8:15 p.m. All games will be played in the Lodge gymnasium. This recreational league plays with current USA Volleyball rules. Registration will be taken by team with each team being able to roster 12 players. To qualify for member or resident rate, 50% of your roster must be members of The Lodge or residents of Des Peres. Team rosters will be due by the first game and may be downloaded at www.desperesmo.org/sports. If you are an individual looking for a team, please contact Corey at 314.835.6166 or cnewgent@desperesmo.org and we will try to create a team of other interested individuals for you!

Registration deadline is September 30. Minimum 4/Maximum 6

Ages: 18 and older

Day: Friday

Time: Games start at 6:15, 7:15 or 8:15 p.m.

Session: #1191 October 7 – Dec. 2 (No matches 11/25)

Location: Lodge Gymnasium, Court 2

Cost: \$190/Member Team;
\$200/Resident Team;
\$228/Non-Resident Team

SPORTS

MEN'S 5 VS. 5 BASKETBALL LEAGUE

This men's recreational league will consist of a 7-game regular season and a post-season playoff game. Games will be played full court with referees, timers and game balls provided. Rosters may contain a maximum of 15 players. To qualify for the member or resident rate, 50% of your roster must be members of The Lodge or residents of Des Peres. Registrations and rosters are taken online only at www.desperesmo.org/sports. and our due by the first game. **Teams currently registered in the league have registration priority, but must register by the last day of the current session. The registration deadline for all sessions is one week prior to the first game.** Minimum 4/Maximum 6

Location: Lodge Gymnasium Court 2

Time: Games start at 6:15, 7:15 or 8:15 p.m.

Cost: \$310/Member Team; \$325/Resident Team; \$372/Non-Resident Team

Days: Monday

Session: #22227 August 15 – October 10 (No Games 9/5)

#1214 October 17 – December 5

#1216 December 12 – February 13
(No Games 12/26 & 1/2)

Days: Tuesday

Session: #22228 August 16 – October 4

#1215 October 18 – December 6

#1217 December 13 – Feb. 7 (No Games 12/27)



GYMNASIUM SCHEDULE

The Lodge Gymnasium is for volleyball, basketball and pickleball play. Open gym time will be available on the following days and times for pick-up games on Court 2. Basketball games are half court only. Schedule is subject to change; please check the gym schedule at www.desperesmo.org/sports.

ADULT BASKETBALL PICK-UP GAMES

Monday: 5:30 - 8 a.m. & 12 – 2 p.m.

Wednesday: 5:30 - 8 a.m.

Friday: 5:30 - 8 a.m. & 12 – 2 p.m.

Sunday: 4 - 6 p.m.

ADULT PICKLEBALL PICK-UP GAMES

Tuesday & Thursday

12 – 1:30 p.m. Advanced Play

1:30 – 3 p.m. Open Play

VOLLEYBALL PICK-UP GAMES

Wednesday: 2:30 – 5 p.m.

GYMNASIUM RENTALS AVAILABLE

The Lodge Court 2 is available to rent for basketball and volleyball practices during normal business hours. Contact Aaron Kaminski at 314.835.6152, akaminski@desperesmo.org or visit The Lodge Sports page at www.desperesmo.org/sports for details and an application!

RENTAL FEES

\$40/Member or Resident per hour

\$55/Non-Resident per hour

PRIVATE & SEMI-PRIVATE BASKETBALL LESSONS

Private basketball lessons are available for youth and adults with Thad Strobach. Thad is the former head coach of the St. Louis University Women's basketball team and has also coached at the high school level for many years. He has led teams to State Championships, District Championships and Final Four Appearances. If you are interested, please stop by The Lodge front desk to submit a request form or visit www.desperesmo.org/sports to purchase lesson packages online. Lessons must be paid for in advance of the first lesson. Once payment is received, the instructor will then contact you to set up specific lesson times. Lessons are one-hour in length and packages of 1 lesson, 4 lessons or 8 lessons will be available. Lessons can accommodate one to four people. Prices below are based on one player. Please add \$10 to the package price below for each additional player. Minimum 1/Maximum 4

Ages: All Ages

Session: Based on instructor and student availability.

Instructor: Thad Strobach

Location: The Lodge Gymnasium

Cost: # of Lessons Member/Resident Non-Resident

1 \$45 \$50

4 \$144 \$158

8 \$270 \$297



BASKETBALL CLINIC

This 6-week youth clinic is designed to help young players develop the critical skills of basketball, have fun and foster a love of the game! Thad is the former head coach of the St. Louis University Women's basketball team and has also coached at the high school level for many years. He has led both men's and women's teams to State Championships, District Championships and Final Four Appearances. He has created this clinic to provide a positive environment that supports the individual growth of each player. Curriculum for the clinic will cover fundamental skill development with an emphasis on footwork in the area of: ball handling, dribbling, passing, pivoting, moving without the ball and defense. Daily shooting instruction will include: form shooting, shooting off the catch, shooting off the dribble and proper shooting footwork. Staff profiles are available at www.desperesmo.org/sports. Minimum 8/Maximum 15

Ages: 5 - 12

Day: Tuesday

Instructor: Thad Strobach and Staff

Location: The Lodge Gymnasium

Cost: \$50/Member; \$53/Resident; \$60/Non-Resident

Session: August 16 – September 20

#22223 4:15 – 5:15 p.m. (Ages 9 – 12)

#22224 5:15 – 6:15 p.m. (Ages 5 – 8)

October 11 – November 15

#1169 4:15 – 5:15 p.m. (Ages 9 – 12)

#1170 5:15 – 6:15 p.m. (Ages 5 – 8)



CHALLENGER SPORTS BRITISH SOCCER LABOR DAY CAMP

Challenger Sports British Soccer Camps offer your child the chance to play soccer and learn new skills, moves and techniques in a fun, safe and rewarding environment. All of our coaches are from the U.K. and are experienced, qualified soccer coaches who will ensure your child has a great time! Join us for the one-day Labor Day Camp for an opportunity to keep your young player busy and build up their skills in a fun and relaxed environment that encourages development. Stay active during the holidays and join us for an action packed break from school!

Registration will only be taken at www.challengersports.com/camps. Registration deadline is September 1.

Ages: 6 - 13

Days: Monday

Time: 9 a.m. – 12 p.m.

Session: September 5

Instructor: Challenger Sports British Soccer Staff

Location: Des Peres Park Soccer Field 2

Cost: \$35



CHALLENGER SPORTS BRITISH SOCCER MINIKICKERS PROGRAM

MiniKickers is the first phase of the Challenger Soccer Academy philosophy. It is a new and exciting 7-week program that teaches basic soccer skills while developing strength, balance, coordination, listening skills and team work. Our professional, qualified British Coaches will ensure your child has a positive soccer experience. The MiniKickers curriculum has been devised by soccer experts, child development professionals and experienced coaches. MiniKickers provides an innovative approach to learning that allows children to learn and explore in a relaxed environment. The curriculum promotes social, physical and emotional development through the medium of soccer. This high energy program enhances motor skill development by introducing your child to speed, agility, balance and coordination as they learn more than just the game! Each participant will receive a jersey, shorts, ball and a certificate. Make-up dates for rainouts will be held on Fridays or at the end of the clinic. Make up times will be announced by instructors.

Registration will only be taken at www.minikickersoccer.com.

Instructor: Challenger Sports British Soccer Staff

Location: Des Peres Park Soccer Field #1
12325 Manchester Rd, 63131

Cost: \$87

Day: Wednesday

Session: September 7 – October 12

Time: 9 - 9:45 a.m. (ages 2 - 3)

10 - 10:45 a.m. (ages 2 - 3)

11 - 11:45 a.m. (ages 3 - 4)

Day: Saturday

Session: September 10 – October 15

Time: 9 - 9:45 a.m. (ages 2 - 3)

10 - 10:45 a.m. (ages 3 - 4)

11 - 11:45 a.m. (ages 2 - 3)

11 - 11:45 a.m. (ages 5 - 6)



SPORTS

CO-REC WINTER YOUTH BASKETBALL LEAGUE

This is an 8-week instructional basketball program for boys and girls in first and second grade. The basic fundamentals will be taught in a recreational environment; scores will not be kept. Teams will share courts during practice time. Individual and team registration will be taken. Players who sign up for the individual teams will practice on Thursdays at 5 p.m. Teams that are registering together will have practices on Monday, Tuesday, Thursday, Friday or Sunday evenings. Practices start the week of January 9; games start January 21. **Volunteer coaches needed! Coaches – your child registers for free!** If you would like to register a team, please contact Corey Newgent at 314.835.6166 or cnewgent@desperesmo.org. All team registrations must have a volunteer coach with a maximum of 12 players. All volunteer coaches will be required to attend a coach's meeting on Sunday, January 8, 10 a.m., and must clear a criminal background check. Team shirts provided to each participant! **The early bird registration cost (listed below) will end on November 20th. Registrations after that will increase by \$5. Registration deadline is December 11. **Because this is a large program, registration will only be taken online at www.TheLodgeDesPeres.com (click on 'Register Online').**** Minimum 4 Teams/Maximum 14 Teams

INDIVIDUAL PLAYER REGISTRATION

Ages: 5 – 8
Game Day: Saturday
Game Time: 8 a.m. – 6 p.m.
Session: #1218 January 21 – March 11 (1st Grade)
Session: #1219 January 21 – March 11 (2nd Grade)
Location: The Lodge Gymnasium, Court 2
Cost: \$50/Member;
 \$53/Resident;
 \$60/Non-Resident



NFL FLAG FOOTBALL LEAGUE

Play like the pros! This co-rec instructional 5 vs. 5 league will meet Saturday mornings. Games will be scheduled between 10 a.m. – 4 p.m. Registration fee includes a jersey (adult sizes) and a set of flags for each player to keep. A six-game regular season will be followed by a post-season playoff game to include all teams. Teams will be divided into three, co-rec age divisions (6-8, 9-11, 12-14) based on their age as of 1/14/17. Games will be rescheduled if temperature is below 20 degrees. **Make-up games will be added on Sundays or at the end of the schedule.** Player registration will be taken individually or by team. If you would like to register a team, please contact Corey Newgent at 314.835.6166 or cnewgent@desperesmo.org. All team registrations must have a volunteer coach with a maximum of 10 players. All volunteer coaches are required to attend a coach's meeting on January 8, 11 a.m., and must clear a criminal background check. **The early bird registration cost (listed below) will end on November 20th. Registrations after that will increase by \$5. Registration deadline is December 9. **Because this is a large program, registration will only be taken online at www.TheLodgeDesPeres.com (click on 'Register Online').****

INDIVIDUAL PLAYER REGISTRATION

Day: Saturday
Time: 10 a.m. – 4 p.m.
Session: #1200 January 16 – February 27 (ages 6 - 8)
 #1202 January 16 – February 27 (ages 9 - 11)
 #1203 January 16 – Feb. 27 (ages 12 - 14)

For Team Registration, please contact Corey Newgent – See above

Location: Des Peres Park, Flag Football Fields
 12325 Manchester Road; 63131

Cost per player: \$65/Member;
 \$69/Resident;
 \$78/Non-Resident



AQUATICS



WHEN TO SWIM SCHEDULE

The Aquatic Center strives to provide a balance between open swim time, lap swimming and programming. All swimmers must share the pool, as the Aquatic Center is a multi-use facility. The lap swimming schedule is subject to change each month, so please pick up a When to Swim schedule at the Front Desk or visit www.TheLodgeDesPeres.com for the most current information. Lap swimming times are designated for lap lane use only. During times when lap swimming is offered, a minimum of three lanes will be available. If you would like to come and play in the pool with your children, please see the Open Swim times. For questions regarding the When to Swim schedule or lane usage, please contact the Aquatic Supervisor at 314.835.6167 or tbaer@desperesmo.org.



LAP SWIMMING ETIQUETTE

Lane Designations - When choosing a lane, join with a swimmer who matches your speed, then notify the swimmer that you are joining them. Lodge staff may ask lap swimmers to change lanes as needed.

Ask Questions - Ask the lifeguard for help if you would like to know how long workouts have been in progress or what lane matches your workout level.

Treading Water - If you are treading water, please be mindful of other swimmers and choose a slow lane to tread in. You must be treading continuously back and forth.

Water Walking - Water walking is not allowed in the lap swimming lanes. Please use the shallow area outside of the lap lanes for water walking.

Sharing Lanes - Two swimmers: May each take one side of the lane. Three or more swimmers must circle swim.

Circle Swimming - Swim on the right side of the lane leaving the center of the lane open for passing. If you need to pass a fellow swimmer indicate this by tapping the person on their foot and then quickly pass in the middle of the lane, being cautious of oncoming swimmers.

Joining a Workout - If there is a workout set in progress, you may only join as part of the set.

Speed - Slower swimmers must yield to faster swimmers.

Passing - Pass on the left by gently tapping the swimmer on their foot.

Ages - Lap swimming is for all ages as long as you are continuously swimming.

SWIM DIAPER POLICY

Children: Any child not yet completely toilet-trained must wear an aquatic diaper in the pool. For your convenience, swim diapers are available for purchase at the front desk. Diaper changing stations are located in the restroom areas. For health reasons, please do not change your child's diaper on the pool deck.

All Persons: People who are diaper dependent must wear an aquatic diaper in the pool. Adult aquatic diapers are available for purchase from a variety of organizations.

OPEN SWIM SCHEDULE

"Open Swim" is defined as the time when our Aquatic Center is available for our members and guests to play in the pool(s). For additional information, check the When to Swim schedule at the Front Desk or online at www.TheLodgeDesPeres.com.

INDOOR POOL OPEN SWIM SCHEDULE

Additional Open Swim times offered during holidays and school breaks.

See Monthly When to Swim Schedule for details.

Thursday: 4 - 8 p.m. Open Swim No Waves

Friday: 4 - 8 p.m. Open Swim with Waves

Saturday: 12 - 7 p.m. Open Swim with Waves

Sunday 12 - 5 p.m. Open Swim with Waves

AQUATICS

STARTING BLOCKS SWIMMING LESSON PROGRAM

OUR MISSION

To effectively teach infants, children and adults how to swim in a safe and fun environment.

STARTING BLOCKS

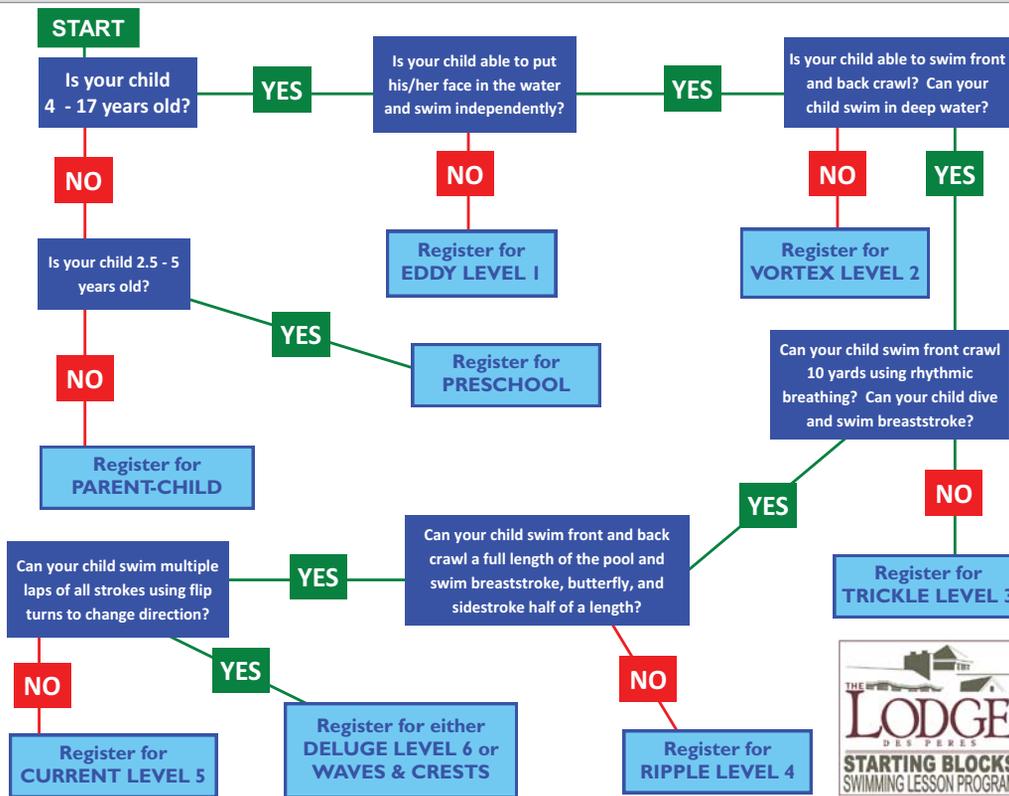
Starting Blocks is a swimming lesson program built especially for The Lodge. It is comprised of a parent-child level, a preschool level, six youth levels and a beginner adult level of instruction and the curriculum is based on a progressive approach. Classes are for all ages and abilities. Our goal is to provide a quality program where participants can continually build on skills and technique to become lifelong swimmers. According to the Center for Disease Control, formal swimming lessons can reduce the risk of drowning by as much as 88% among young children aged 1 to 4 years, who are at greatest risk of drowning.

INSTRUCTORS

Starting Block instructors are well trained and knowledgeable in the area of swimming. All instructors have prior experience and are passionate about water safety and teaching participants of all ages the importance of swimming skills and techniques.

WHICH CLASS IS RIGHT FOR MY CHILD?

Review the chart below to find out which class is right for your child. Visit www.TheLodgeDesPeres.com for details on each class.



WINTER AQUA ADVENTURE CAMP

Join us at the indoor pool and add a little summer to your winter with Aqua Adventure Camp. Campers will be divided into smaller groups based on their swimming ability on the first day of camp. Our certified swim instructors will serve as counselors and lead the campers through aquatic themed days. Campers will participate in swimming lessons, age appropriate water games, crafts, some dry land games and free swim. Please have your camper eat lunch prior to camp; lunch is NOT provided. Pack a non-perishable snack and bring a full change of clothes with tennis shoes. Make it a full-day camp by adding another Lodge half-day camp and Lunch Bunch to your registration! **Due to additional camp forms required for your child's safety, registration will only be taken online at www.TheLodgeDesPeres.com** (click on 'Register Online'). Minimum 24/Maximum 40

Age: 5 - 12
Day: Monday - Friday
Time: 12 - 4 p.m.
Session: #1414 December 19 - 23

Instructor: Lodge Aquatic Staff
Location: Indoor Wave Pool
Cost: \$105/Member; \$110/Resident; \$126/Non-Resident



AQUATICS

PARENT-CHILD SWIM LESSONS

This 8-class session is the beginning of the Starting Blocks program. Some of the skills include: front float, back float, flutter kicking on front and back, breath control and water safety all with a parent in the water. Perfect for your child's first time in the water. Remember that any person who wears a diaper must wear a swim diaper; please see our swim diaper policy.

Ages: 9 months - 2.5 years

Session: Monday AND Wednesday, 5 - 5:30 p.m.

#22415 August 15 – September 12 (*No class 9/5*)

#22422 September 19 – October 12

#1493 October 17 - November 9

#1494 November 14 - December 7

Friday, 10 - 10:30 a.m.

#22416 August 19 – October 7

#1498 October 14 - December 9 (*No class 11/25*)

Saturday, 8:30 - 9 a.m.

#22419 August 20 – October 8

#1497 October 15- December 3

Saturday, 10:30 - 11 a.m.

#22421 August 20 – October 8

#1496 October 15- December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



LEVEL 1: EDDY

This 8-class session covers basic water safety and elementary aquatic skills are learned in order to continue the development of good attitudes, good swimming habits and safe aquatic practices. The maximum ratio of instructor to participants is 1:5.

Ages: 4 - 17

Session: Monday AND Wednesday, 5:30 - 6:15 p.m.

#22373 August 15 – September 12 (*No class 9/5*)

#22411 September 19 – October 12

#1454 October 17 - November 9

#1455 November 14 - December 7

Friday, 11 - 11:45 a.m.

#22405 August 19 – October 7

#1469 October 14- December 9 (*No class 11/25*)

Saturday, 9 - 9:45 a.m.

#22404 August 20 – October 8

#1470 October 15- December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member;
\$63/Resident;
\$72/Non-Resident



PRE-SCHOOL SWIM LESSONS

This 8-class session is perfect for the beginning toddler just learning how to swim. Some of the skills include: front float, back float, flutter kicking on front and back, breath control and water safety. The maximum ratio of instructor to participants is 1:5.

Ages: 2.5 - 5 years

Session: Monday AND Wednesday, 5 - 5:30 p.m.

#22425 August 15 – September 12 (*No class 9/5*)

#22434 September 19 – October 12

#1486 October 17 - November 9

#1487 November 14 - December 7

Friday, 10 - 10:30 a.m.

#22428 August 19 – October 7

#1492 October 14 - December 9 (*No Class 11/25*)

Friday, 10:30 - 11 a.m.

#22429 August 19 – October 7

#1491 October 14 - December 9 (*No Class 11/25*)

Saturday, 8:30 - 9 a.m.

#22432 August 20 – October 8

#1489 October 15- December 3

Saturday, 10:30 - 11 a.m.

#22433 August 20 – October 8

#1490 October 15- December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



LEVEL 2: VORTEX

This 8-class session progresses swimmers toward swimming independently and introduces front crawl, back crawl and deeper water adjustment. We begin the development of independent locomotion. The maximum ratio of instructor to participants is 1:6.

Ages: 5 - 17

Session: Monday AND Wednesday, 5:30 - 6:15 p.m.

#22377 August 15 – September 12 (*No class 9/5*)

#22406 September 19 – October 12

#1472 October 17 - November 9

#1473 November 14 - December 7

Friday, 11 - 11:45 a.m.

#22399 August 19 – October 7

#1474 October 14- December 9 (*No class 11/25*)

Saturday, 9 - 9:45 a.m.

#22407 August 20 – October 8

#1464 October 15 - December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member;
\$63/Resident;
\$72/Non-Resident



AQUATICS

LEVEL 3: TRICKLE

This 8-class session teaches swimmers to practice more advanced skills, as well as begin to develop stroke technique. Skills covered include freestyle with rhythmic breathing, backstroke, treading water and an introduction to breaststroke and diving. Swimmers also begin to work on endurance. The maximum ratio of instructor to participants is 1:6.

Ages: 5 - 17

Session: Monday AND Wednesday, 6:15 - 7 p.m.

#22382 August 15 – September 12 (*No class 9/5*)

#22408 September 19 – October 12

#1461 October 17 - November 9

#1475 November 14 - December 7

Saturday, 9:45 - 10:30 a.m.

#22384 August 20- October 8

#1476 October 15 - December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



LEVEL 4: RIPPLE

This 8-class session emphasizes increasing endurance and more advanced locomotion. Students concentrate on refining freestyle, backstroke and breaststroke, while swimming longer distances. Butterfly and sidestroke are introduced. The maximum ratio of instructor to participants is 1:7.

Ages: 5 - 17

Session: Monday AND Wednesday, 6:15 - 7 p.m.

#22386 August 15 – September 12 (*No class 9/5*)

#22409 September 19 – October 12

#1478 October 17 - November 9

#1479 November 14 - December 7

Saturday, 9:45 - 10:30 a.m.

#22387 August 20 – October 8

#1477 October 15- December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



LEVEL 5: CURRENT

This 8-class session focuses on refining stroke technique. Endurance and fitness are emphasized while introducing competitive skills. The maximum ratio of instructor to participants is 1:7.

Ages: 5 - 17

Session: Monday AND Wednesday, 5:45 - 6:30 p.m.

#22389 August 15 – September 12 (*No class 9/5*)

#22410 September 19 – October 12

#1482 October 17 - November 9

#1483 November 14 - December 7

Saturday, 9:30 - 10:15 a.m.

#22391 August 20 – October 8

#1484 October 15- December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



LEVEL 6: DELUGE

This 8-class session focuses on complete stroke and skill proficiency for all skills previously learned. Swimmers will build on competitive skills and endurance training. This level prepares swimmers to move on to our Waves & Crests Program. The maximum ratio of instructor to participants is 1:7.

Ages: 5 - 17

Session: Monday AND Wednesday, 5:45 - 6:30 p.m.

#22393 August 15 – September 12 (*No class 9/5*)

#22412 September 19 – October 12

#1485 October 17 - November 9

#1467 November 14 - December 7

Saturday, 9:30 - 10:15 a.m.

#22395 August 20 – October 8

#1468 October 15- December 3

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



WAVES & CRESTS – COMPETITIVE SWIMMING SKILLS

This 12-class session is designed for the slightly advanced swimmer. Swimmers will learn more in-depth competitive swimming techniques along with stroke development. This is an excellent program for those wishing to advance their level of swimming year round without the commitment and demands of a competitive swim team. **Participants must be able to swim at least 50 yards continuously.** Minimum 8/Maximum 20

Ages: 7 – 17

Days: Monday AND Wednesday AND Saturday

Time: Monday and Wednesday, 6:30 - 7:30 p.m.

Saturday, 8:30 - 9:30 a.m.

Session: #22437 August 15 – September 12 (*No class 9/5*)

#22438 September 19 - October 15

#1406 October 17 - November 12

#1413 November 14 - December 7 (*11 class session)

Instructor: Lodge Aquatic Staff

Location: The Lodge Indoor Pool

Cost: \$90/Member; \$95/Resident; \$108/Non-Resident



PRIVATE SWIMMING LESSONS

Are you looking for one-on-one swim instruction for you or your child? Private swimming lessons are the answer! Our Private Swim Lesson Coordinator will make arrangements for a time that works best for you and your schedule. Please complete the Private Swimming Lesson Registration Form at the front desk or visit purchase packages online at www.TheLodgeDesPeres.com and our Coordinator will contact you. To cancel or reschedule a lesson, please contact our Private Lesson Coordinator at 314.835.6145 or psl@desperesmo.org. **Private Swim Lesson Policies:** Each swim lesson is 30 minutes. No more than two participants per lesson. Cancellations made 24 hours in advance will be rescheduled. Cancellations made less than 24 hours in advance will NOT be rescheduled. You may reschedule one session per 3-lesson package, 2 sessions per 6-lesson package and 3 sessions per 12-lesson package.

Ages: All Ages
Day/Time: Arrange with Private Lesson Coordinator
Instructor: Lodge Aquatic Staff
Location: The Lodge Indoor Pool

Member/Resident Rates

1 Lesson	\$30/1 person	\$48/2 person
3 Lessons	\$72/1 person	\$115/2 person
6 Lessons	\$135/1 person	\$216/2 person
12 Lessons	\$252/1 person	\$403/2 person

Non-Resident Rates

1 Lesson	\$36/1 person	\$58/2 person
3 Lessons	\$86/1 person	\$139/2 person
6 Lessons	\$162/1 person	\$261/2 person
12 Lessons	\$303/1 person	\$487/2 person



BEGINNER ADULT SWIM LESSONS

This 8-class session is designed for adults who are new to swim lessons. Swimmers will be evaluated on the first day of class to help determine their previous experience and goals for the course. Development goals may range from floating and learning strokes to improving technique on those already learned. Advanced adult swimmers looking for further instruction may benefit from Private Swim Lessons. Minimum 1 /Maximum 2

Ages: Adults 16+
Session: Monday AND Wednesday, 5 - 5:45 p.m.
#22369 August 15 – September 12 (No class 9/5)
#22372 September 19 – October 12
#1441 October 17 - November 9
#1442 November 14 - December 7
 Saturday, 10:15 - 11 a.m.
#22371 August 20 – October 8
#1443 October 15- December 3

Instructor: Lodge Aquatic Staff
Location: The Lodge Indoor Pool
Cost: \$80/Member; \$84/Resident; \$96/Non-Resident

WATERPARK LIFEGUARD TRAINING

This course teaches American Red Cross waterpark lifeguarding skills and how to respond and prevent emergency situations. Certification includes: Waterpark Lifeguarding, First Aid, CPR/AED for the Professional Rescuer and Bloodborne Pathogens Training. Saturday and Sunday's classes will include a break for lunch.

Attendance at all sessions is mandatory. *The Lodge is an American Red Cross Authorized Provider for training courses.

All courses are Pass/Fail and no exceptions can be made. If a participant does not pass the prerequisite course requirements, a full refund will be issued. If a participant continues in the course beyond the prerequisite and does not pass, no refund will be issued.* Prerequisite Course Requirements: Must swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Must tread water for 2 minutes using only the legs with hands placed under the armpits. Must complete a timed event within 1 minute, 40 seconds. Minimum 4/Maximum 16

Ages: 15+
Instructor: American Red Cross Instructor
Location: The Lodge Indoor Pool
Cost: \$220/Member;
 \$231/Resident;
 \$264/Non-Resident

Session: #22366
 Sept. 10, 11 (9 a.m. – 6 p.m.)
 Sept. 13, 14, 15 (5 – 9 p.m.)

#1418
 October 1, 2 (9 a.m. – 6 p.m.)
 October 4, 5, 6 (5 – 9 p.m.)

#1419
 December 3, 4 (9 a.m. – 6 p.m.)
 December 6, 7, 8 (5 – 9 p.m.)



COMMUNITY CPR/AED/FIRST AID TRAINING

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could save a life. With emphasis on hands on learning, this course gives you the skills to save a life. Participants are provided with the knowledge and skills necessary to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. Certification includes: First Aid, CPR/AED for adult and child and CPR for infants. **Attendance at all sessions is mandatory for certification.** Minimum 5/Maximum 20

Ages: 15+
Days: Sunday
Times: 9:00 a.m. – 5:00 p.m.
Sessions: #1424 October 16
Instructor: American Red Cross Instructor
Location: Lodge Meeting Room
Cost: \$60/Member; \$63/Resident; \$72/Non-Resident



AQUATICS

WELCOME TO AQUATIC GROUP EXERCISE CLASSES AT THE LODGE

TO ACCOMMODATE YOUR BUSY LIFESTYLE, THERE ARE THREE WAYS TO TAKE GROUP EXERCISE CLASSES AT THE LODGE!

- 1) Register for a class.** Pick a class and register for that specific class. This will reserve you a spot in that class for the entire session. This is the most economical option plus you get a FREE make-up pass! Prices are found on the Group Exercise schedule.
- 2) Purchase a Wet-N-Sweat card.** This card offers you flexibility! The card has 20 visits that allow participants to attend any land or water group exercise class listed on the Group Exercise schedule. Anyone listed on the membership may use a member Wet-N-Sweat Card. The card expires when the twenty visits are used or in one year, whichever comes first. This option does not reserve the participant a spot in the class, so it is advised that participants arrive early for classes. \$130/Member; \$135/Resident; \$160/Non-Resident
- 3) Daily Passes.** If space is available, participants may pay a daily fee to attend a class. This is a great option to try a class out, bring a friend to class, or drop in to class when it is convenient. This option does not reserve the participant a spot in the class, so it is advised that participants arrive early for class. \$7/Member; \$7/Resident; \$9/Non-Resident

GROUP EXERCISE SCHEDULE DISTRIBUTION

The Group Exercise schedule and class descriptions can be found online at www.TheLodgeDesPeres.com. The Group Exercise schedule is ALWAYS subject to change. If you have a class idea or suggestion, please feel free to submit it to the Aquatic Supervisor at 314.835.6167 or tbaer@desperesmo.org. The Group Exercise schedule will be posted at least two weeks prior to the beginning of the upcoming session.

How to Get A Group Exercise Schedule:

- 1) At The Lodge Des Peres in the Fitness Center, Group Exercise Studio or Front Desk
- 2) Online at www.TheLodgeDesPeres.com
- 3) By calling 314.835.6150 and we will be happy to mail you one.

FALL 1: AUGUST 15 – OCTOBER 15

9-Week Session - No regularly scheduled class September 5

Registration begins on Monday, July 25, for Members and Residents and Wednesday, July 27, for Non-Residents

FALL 2: OCTOBER 17 – DECEMBER 17

9-Week Session - No regularly scheduled class November 24 & 25

Registration begins on Monday, October 3, for Members and Residents and Wednesday, October 5, for Non-Residents

MINI HOLIDAY: DECEMBER 19 – DECEMBER 30

2-Week Session - No regularly scheduled class December 24, 25, 26

No registration available; drop-in session only



CHECK OUT THE SAMPLE GROUP EXERCISE SCHEDULE ON PAGE 17!

WET-N-SWEAT GROUP EXERCISE PASS NOW AVAILABLE ONLINE 24/7!

WATER WADDLERS

Enjoy a morning of fun at the indoor tot pool with your friends, neighbors and children. This program is designed for children, ages 6 and under, accompanied by a parent/guardian who is able to remain in the water with the child. Splash and play with your little ones in this great morning activity! No pre-registration required; this is a first come, first serve activity. Once we have reached 25 children, no additional children will be admitted. Cost is per child. **In the event of inclement weather, please call the Weather Hotline at 314.835.6138 or visit our website at www.TheLodgeDesPeres.com.**

- Ages:** 6 and under with parent/guardian
Days: Wednesday, Thursday and Friday
Dates: September 14 - December 30 (No program 11/24 & 11/25)
Time: 10:30 a.m. - 12 p.m.
Location: Lodge Indoor Tot Pool
Cost: FREE/Parent or Guardian;
FREE/Member Child;
\$5/Resident Child;
\$5/Non-Resident Child



REGISTRATION

HOW TO REGISTER?

Online www.TheLodgeDesPeres.com

**Walk-In
or
Mail-In** The Lodge Des Peres
1050 Des Peres Road
Des Peres, MO 63131

Phone-In {P} 314.835.6150

Fax-In {F} 314.835.6151

REFUND/CREDIT POLICY

Refunds/Credits are available under the following policy:

1. A program is cancelled by the Des Peres Parks and Recreation Department.
2. A registrant cannot participate due to a change in the program dates or times.
3. A registrant or pass holder cannot participate due to a documented medical issue. A doctor's note must be submitted with this form.
4. (1) If the participant withdraws from the program before the second class; (2) the participant does not put the program below the minimum requirement for course registration; AND (3) the credit is left on the participant's Lodge account. A \$5 processing fee will be charged if a refund is requested.
5. **Camp Refund Policy:** In order to receive a FULL refund, registrant must withdraw from camp by 12 p.m. the Friday prior to camp beginning or by the registration deadline listed in the camp description. Any withdrawals after Friday at 12 p.m. (or after the registration deadline listed in the camp description), will be charged a 75% cancellation fee.

INCLUSIVE RECREATION SERVICES - AMERICANS WITH DISABILITIES ACT (ADA)

Des Peres Parks and Recreation Department invites people of all abilities to participate in our programs and events. Please notify us when you register or at least three business days in advance of the program/event date if accommodations due to a disability are needed to facilitate your participation and/or if there are medications or allergies of which we should be aware. If an inclusion support person is needed to assist the program participant with a disability, it may take two weeks or more to provide this type of accommodation. If we are unable to meet your needs, there is a grievance procedure available for ADA concerns. For assistance in arranging accommodations for participation or to notify us of medical concerns, please contact Terri Johnson, CTRS/CPRP, Executive Director of Municipal Partners for Inclusive Recreation, at 314-835-6157 (V) or dial 711 to use Relay Missouri, or email her at tjohnson@desperesmo.org to discuss your participation.

Registration Form - Return to: Parks and Recreation Department, 1050 Des Peres Road., Des Peres, MO, 63131

Participant Name (Please Print)	Date of Birth	Day Phone	Evening Phone
Parent/Guardian Name (Please Print)	Date of Birth	E-Mail	
Address	City	Zip	
Course Name	Course Number		

Please list any accommodations needed to participate due to a disability:

Payment Type	Credit Card Number	Expiration Date	CVV Code	Amount Enclosed
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REGISTRATION BEGINS

Residents & Members: August 29

Non-Residents: August 31

REGISTRATION DEADLINE

If the minimum enrollment for a course is not reached five days prior to the first class or by the registration deadline listed, the course will be cancelled. Enroll early!

HOW TO REGISTER ONLINE

To register on-line, visit www.TheLodgeDesPeres.com and click on 'Register Online'. If you are a current member or a current participant in one of our programs, login in with your email address you provided at registration. Click the 'forgot password' link and a temporary password will be emailed to you. This will ensure you receive the correct rates on programs and avoid duplicating your account. New customers can create an account online immediately. Register online for programs, passes, private lessons and personal training with a MasterCard, Visa or Discover. For information about park locations or pavilion rentals, call 314.835.6150 or visit www.TheLodgeDesPeres.com.

REGISTRATION INFORMATION

- All classes require pre-registration, unless otherwise noted.
- All fees are required at the time of registration.
- Fees are calculated per session and will NOT be pro-rated.
- We accept, Cash, Check, MasterCard, Visa & Discover.

PHOTO POLICY

Des Peres Parks and Recreation staff occasionally takes photographs of participants in park programs, classes or events for marketing purposes. Please feel free to let our staff know if you do not want your photo or your child's photo taken and/or used for the purpose of marketing. Community members are also welcome to submit their own photos via our Facebook page or via email to nthole@desperesmo.org.



Des Peres Parks and Recreation
1050 Des Peres Road
Des Peres, Missouri 63131
www.TheLodgeDesPeres.com

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Calendar of Events

August 12 – *Contagious* FREE Concert in the Park (see website)

September 6 – Dog Days of Summer (page 10)

October 4 – St. Louis Night Out (page 11)

October 15 – Fall Festival (page 10)

October 16 – Sunday Funday FREE Group Exercise (page 18)

November 1 – Halloween Candy Exchange (page 10)

November 4 – Family Fitness Night (page 11)

December 3 – Cookies with Claus & Claus with Paws (page 11)

January 14 – Annual Lodge Health Fair (page 18)

