Winter/Spring 2017
Activity Guide

DES PERES
PARKS AND RECREATION

Improving our community's quality of life since 1971

more details on pages 16 –21

- PERSONAL TRAINING
- EXERCISE CLASSES
- FITNESS CENTER
- DIET / NUTRITION
- WEIGHT LOSS
- ATHLETIC PERFORMANCE

GET STAY FIT

150+ programs to keep you active January-April!

FOLLOW US ON twitter

LIKE US ON facebook

THE LODGE DES PERES
WHERE YOUR NEIGHBORS GATHER

REGISTRATION DATES
Resident & Member: November 28
Non-Resident: November 30

314.835.6150
www.TheLodgeDesPeres.com

Table of Contents

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

Index

Aquatics ..... 29 - 34
Camps - Spring Break 12
Community Programs ..... 10 - 15
Fitness & Wellness ..... 16 - 21
Group Exercise .....16 - 18, 34
The Lodge - Facility Services 5
The Lodge - Membership Information.....3 - 4
The Lodge - Rental Information .....6 - 8
Parks 9
Personal Training..... 19
Registration 35
Special Events..... 10 - 11
Sports ..... 22 - 28
Tennis..... 22 - 24

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)

Thanksgiving Day, November 24	CLOSED
Friday, November 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.
MLK JR Day, January 16	5:30 a.m. - 9:30 p.m.
President's Day, February 20	5:30 a.m. - 9:30 p.m.
Easter, April 16	CLOSED

Parks and Recreation Commission

Ward I	Ward II	Ward III
Margaret Amend (President)	Mary Duggan	Darlene Corley
Julie Foshage	Rob O'Blennis	Marie Ganninger
Duff Hufford	Andrew Theising	Bill Reeves (Vice President)

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

Des Peres Residents	Annual	Monthly
Youth, 3 - 17	$190	$15.83
Adult, 18 - 59	$300	$25.00
Senior, 60+	$245	$20.42
Family	$500	$41.67
Non-Residents	Annual	Monthly
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

Corporate Rate	Annual	Monthly
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 Resident ID	Non-Resident
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 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.

Reserve your spot in morning Tot Care. 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.

DAILY PASS: $2 per hour for the 1st child
$1 per hour for the 2nd child

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.thedbcafe.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.whichwich.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

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 400 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.

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 (no outside food or beverages allowed). 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.

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

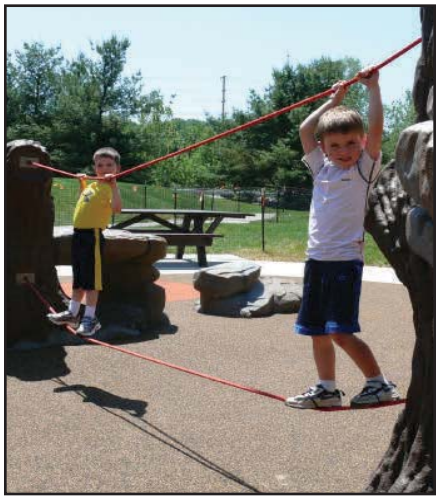
Amenities include: playground for 2 - 5 year olds, playground for 5 - 12 year olds, a small shelter (first-come, first-serve), and picnic tables. No parking available at park site.

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

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

Mother & Son Super Hero Date Night

Moms, ask your favorite Super Hero son to this date night at The Lodge. Couples will enjoy a special dinner, dancing, a photo opportunity and party favors. Don't miss this out-of-the-world evening with your favorite Super Hero! Costumes encouraged for all, but not required! Price is per person; two and younger are free (use coupon code FREE). **Registration deadline is January 23.** Minimum 50/Maximum 150

Ages: 3 - 10
Day: Saturday
Time: 5:30 - 8 p.m.
Session: **#2580** January 28
Location: The Lodge Meeting Rooms
Tickets: $28/Member; $29/Resident; $34/Non-Resident

NEW

Daddy Daughter Dinner Dance

Girls, ask your favorite Valentine (dad, grandfather, uncle, etc.) to this enchanted evening at The Lodge. Couples will enjoy a special dinner, dancing, a photo opportunity and party favors. A surprise guest from a kingdom far, far away will be visiting to entertain and pose for pictures. Don't miss this memorable evening with your Valentine! Price is per person; two and younger are free (use coupon code FREE). **Thank you to our sponsor, Manchester Dental Group! Registration deadline is January 30.** Minimum 50/Maximum 150.

Ages: 3 - 10
Day: Saturday
Time: 5:30 - 8 p.m.
Session: **#2577** February 4
Location: The Lodge Meeting Rooms
Cost: $28/Member; $29/Resident; $34/Non-Resident

2017 Healthy Resolutions Health Fair

Kick off the New Year with our Health Fair sponsored by Walgreens! Mark your calendars and join us for this FREE wellness event. Several vendors within the community will be available to educate on ways to lead a healthier lifestyle. If you are a Des Peres or local business interested in a booth in The Lodge Lobby for this event, or if there is a service you would like to see offered, please contact Sarah at 314.835.6168. Early discounted registration deadline for potential vendors is 11/23/16. Regular registration deadline for potential vendors is 12/18/16. We will notify all applicants via email by 12/23/16 if you have been accepted as a vendor for our 2017 event. For additional details, please visit our "Special Events" page at www.TheLodgeDesPeres.com.

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

Get Hopping Egg Hunt

Hop on over to Des Peres Park for our annual youth egg hunt! Children, ages 3-6 years old, will be able to participate in the big scramble. Our special guest will be the Easter Bunny, so be sure to stop by, rain or shine, with your basket in hand. Bring your camera to snap a picture with the Easter Bunny. This event is presented with the help of Boy Scout Troop 313. This event is free and reservations are not required.

Ages: 3 - 6
Day: Saturday
Time: 10 a.m. sharp!
Session: April 15
Location: Des Peres Park
12325 Manchester Road, 63131
Cost: FREE

Des Peres Cinema Series: Outdoor Movie at The Lodge

Join us for the first of three films in The Des Peres Parks & Recreation Cinema Series! Bring your family, friends and neighbors to The Lodge Outdoor Pool Parking Lot and enjoy a family movie in a lawn chair or spread out picnic style on a blanket. Bring your own food and drinks or buy concessions at the event (no glass please). Popcorn, candy and bottled/canned drinks will be available for purchase; cash only. Please check in at The Lodge Front Desk to obtain your tickets. Maximum 300

Ages: All
Days: Friday
Date: April 21
Time: 7 - 9:30 p.m.; Movie starts at 7:30pm
Movie: *Hop* (PG, 95 minutes)
Location: The Lodge Outdoor Pool Parking Lot
Cost: FREE/Member; $5/Resident; $10/Non-Resident

NEW

Summer Employment Opportunities

Are you interested in working at The Lodge Des Peres? The Lodge is hosting Recruitment Sessions for potential new employees. Most positions available will be for the summer season, however year-round positions will be included as openings become available. Anyone wishing to seek employment will be required to attend a recruitment session before receiving an application. The purpose of the session is to give expectations for potential employees to be sure that job requirements match employee expectations. Details about each position will be available including required availability, skills testing and a review of our Lodge Life Values. The Recruitment Sessions last approximately 30 minutes and will be held on the dates listed below – no appointments necessary. **There will be no admittance after the session has started.** After each session, applications will be handed out to participants. Attending the recruitment session gives you priority over other potential applicants. Applications will not be available to the general public starting December 21 through the final recruitment session on February 21 (if any positions are still open). There are many benefits that Lodge employees receive including a membership to The Lodge while employed and certification in CPR and First Aid. Be sure to come to an early session as positions fill quickly! If you have any additional questions, please contact Nikki at 314.835.6160 or nthole@desperesmo.org. All staff must be 16 or older at the start of employment.

Visit www.desperesmo.org/LodgeDesPeresEmployment for a list of current job openings.

Saturday, January 7, 1:30 p.m., The Lodge Activity Room
Sunday, January 8, 1:30 p.m., The Lodge Activity Room
Saturday, February 18, 12:30 p.m., The Lodge Activity Room
Sunday, February 19, 12:30 p.m., The Lodge Activity Room
Saturday, March 4, 12:30 p.m., The Lodge Activity Room
Sunday, March 5, 12:30 p.m., The Lodge Activity Room

CRITTERS SPRING BREAK CAMP

We'll have fun exploring the "Secret Life of Pets." Join Max, an adorable dog, and Snowball the rabbit, on this fun and furry adventure. In addition to imagining what pets do when left alone, build various critters, including motorized slithering snakes, jumping dolphins, animal mosaics and more. Show off your take-home handbook displaying all of the LEGO® brick critters you built at this exciting camp! **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: Grades K - 4
Days: Thursday AND Friday
Time: 8:30 – 11:30 a.m.
Session: **#2601** March 16 & 17
Instructor: Bricks 4 Kidz Staff
Location: The Lodge Activity Room
Cost: $75/Member; $78/Resident; $90/Non–Resident

POKEMON GO! SPRING BREAK CAMP

Get ready for an adventure in the world of Pokémon. Capture wild Pokémon creatures and train them for battle. Tap into your inner engineer as we build Dratini, Pikachu, Poke Ball and more. Do you have what it takes to become a Pokémon master? All campers take home a mini LEGO® Pikachu. **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: Grades K - 4
Days: Monday - Wednesday
Time: 8:30 – 11:30 a.m.
Session: **#2600** March 13 - 15
Instructor: Bricks 4 Kidz Staff
Location: The Lodge Activity Room
Cost: $115/Member; $120/Resident; $138/Non–Resident

MAD SCIENCE - SLEUTHS ON THE SCENE

Suspects, schematics and sleuths…oh my! Connect the dots using science to help solve a crime in this hands-on investigation of the science of sleuthing. Children will use the Scene Solver to reconstruct the scene of a crime. Using the Whodunit-Kit, they can practice their skills of recall and observation – matching character descriptions to reconstruct the face of the culprit. **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 20

Ages: 6 - 12
Day: Friday
Instructor: Mad Science
Time: 9 a.m. - 3 p.m.
Session: **#2595** February 17
Location: The Lodge Party Room
Cost: $52/Member; $54/Resident; $67/Non-Resident

LITTLE MEDICAL SCHOOL

Have fun learning about the exciting and inspiring world of medicine! Using interactive demonstrations, crafts and games, you will learn how the body and organs work, how to use instruments that real doctors use and even tie knots like a real surgeon. Take home an alphabet book that uses medical words and receive a diploma as a graduate of Little Medical School on your last day of class. Registration fee includes: alphabet book, worksheets and materials. Minimum 8/ Maximum 24

Day: Mondays
Time: **#2586** 5:30 - 6:30 p.m. (ages 4 – 6)
#2587 6:30 – 7:30 p.m. (ages 6 – 10)
Session: March 20 – April 24
Location: The Lodge Activity Room
Instructor: Instructors from Little Medical School
Cost: $125/Member; $131/Resident; $150/Non-Resident

LITTLE VETERINARIAN SCHOOL

Attention animal lovers! "Little Vets" will adopt **a** stuffed dog and discover how to evaluate, treat, vaccinate and care for their dog. Receive supplies to care for their dog and a Little Veterinarian School Diploma upon completion. Offered in partnership with Little Medical School. Minimum 8/Maximum 24

Day: Mondays
Time: **#2588** 5:30 - 6:30 p.m. (ages 4 – 6)
#2590 6:30 - 7:30 p.m. (ages 6 – 10)
Session: January 23 – March 6 *(No Class 2/20/17)*
Location: The Lodge Activity Room
Instructor: Instructors from Little Medical School
Cost: $125/Member; $131/Resident; $150/Non-Resident

LITTLE MEDICAL SCHOOL MLK JR DAY CAMP

Have fun learning about the exciting and inspiring world of medicine! Using interactive demonstrations, crafts, and games, you will learn how the body and organs work, how to use instruments that real doctors use, and learn about joints, Tommy John surgery and common issues with sports. Learn to use a real stethoscope, sphygmomanometer, make your own first aid kit and receive a diploma as a graduate of Little Medical School on your last day of class. 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 8/Maximum 24

Ages: 5 - 10
Day: Monday
Time: 8:30 a.m. – 4:30 p.m.
Session: **#2583** January 16
Location: The Lodge Activity Room
Instructor: Instructors from Little Medical School
Cost: $125/Member; $131/Resident; $150/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: **#2776** April 8
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: **#2775** February 11
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, 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.
Session: **#2401** February 12
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. Minimum 7/Maximum 14

NEW

Instructor: Hi-NRG Gymnastix Staff
Location: The Lodge Gymnasium, Court 2
Cost: $70/Member; $74/Resident; $84/Non-Resident

Mommy and Me Gymnastics

Ages: 2 - 3 years with a participating parent or guardian
Day: Tuesday
Time: 9:40 – 10:20 a.m.
Session: **#2596** January 17 – February 21
#2598 February 28 – April 11 *(no class 3/14)*

Preschool Gymnastics

Ages: 3 - 4 years
Day: Tuesday
Time: 10:30 - 11:10 a.m.
Session: **#2597** January 17 – February 21
#2599 February 28 – April 11 *(no class 3/14)*

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 6-week parent/child class. Price is per person. Minimum 6/Maximum 12

Ages: 6 - 12
Day: Wednesday
Time: 5:30 - 6:15 p.m.
Session: **#2581** February 1 – March 8
#2582 March 15 - April 26 *(no class 3/29)*
Location: The Lodge Activity Room
Instructor: Mary Niemann
Cost: $42/Member; $44/Resident; $50/Non-Resident

Make It and Take It - Gingerbread House

Children and their parents 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

register now

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 Programs

Intro to Ballroom Dancing

Learn how to dance on beat, body positioning & posture, balance, lead and follow, how to spin, plus lots of great tips and ideas geared especially for each individual. We will learn a Waltz, Tango and Fox Trot. Bring your own partner! **Price is per couple.**
Minimum 5 Couples/Maximum 15 Couples

Ages: Adult
Day: Fridays
Time: 8:15 - 9 p.m.
Session: **#2607** January 13 – February 17 Waltz, Tango, Fox Trot
#2608 February 24 – March 31 Rhumba, Cha Cha, Merengue
#2609 April 7 – May 12 East Coast Swing, Disco/Hustle, West Coast Swing
Instructor: Prestige Ballroom Dance staff
Location: The Lodge Group Ex Studio
Cost: $120/Member Couple; $126/Resident Couple; $144/Non-Resident Couple

Belly Dancing for Fun & Fitness

Come join this fun, natural form of dancing to keep you fit and tone your core. An 8-week course for women ages 17 and up. Dance attire (leotard and tights) or athletic wear required along with dance shoes (1-2" wide heel with an ankle strap). Minimum 4/Maximum 15

Ages: 17+
Day: Thursday
Time: 7:30 – 8:30 p.m.
Session: **#2611** February 2 – March 23
Location: The Lodge Group Exercise Studio
Instructor: Tina Paradowski
Cost: $80/Member; $84/Resident; $96/Non-Resident

Using Technology for Brain Fitness

Learn how to use technology to enhance brain fitness. Studies found that certain training tasks had a big effect on working memory, processing speed and brain function. In short, playing computer games for a few minutes a day can literally change your mind. Presented by St. Louis County Older Residents Program. Minimum 10/Maximum 40

Ages: 50+
Day: Thursday
Time: 10 – 11 a.m.
Session: **#2604** May 18
Location: The Lodge Activity Room
Instructor: St. Louis County Older Resident Program
Cost: FREE, but registration required.

Avoiding Scams & Swindles

Learn about the top 10 different types of scams and how to protect yourself and loved ones. Get valuable resources to identify and report scams and financial abuse. Presented by St. Louis County Older Residents Program. Minimum 10/Maximum 40

Ages: 50+
Day: Thursday
Time: 10 – 11 a.m.
Session: **#2602** March 23
Location: The Lodge Activity Room
Instructor: St. Louis County Older Resident Program
Cost: FREE, but registration required.

Using Technology for Travel Plans

Learn how to use technology to make plans for your next trip, including websites to utilize and avoid. Discuss gadgets, mobile devices, apps and more. Which tools are worth the trouble and actually enhance your travels. Presented by St. Louis County Older Residents Program. Minimum 10/Maximum 40

Ages: 50+
Day: Thursday
Time: 10 – 11 a.m.
Session: **#2603** April 20
Location: The Lodge Activity Room
Instructor: St Louis County Older Resident Program
Cost: FREE, but registration required.

Using Technology for Decluttering Your Life

Learn how to use technology to declutter your life and living space. Tips and tricks for buying and selling online will help you turn clutter into cash. Presented by St. Louis County Older Residents Program. Minimum 10/Maximum 40

Ages: 50+
Day: Thursday
Time: 10 – 11 a.m.
Session: **#2605** June 1
Location: The Lodge Activity Room
Instructor: St. Louis County Older Resident Program
Cost: FREE, but registration required.

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.

Educator: Monday: Maureen Bolain; Tuesday & Wednesday: Jeanne Magee **Location:** The Lodge Activity Room

Kindermusik® Village

Bring more rhythm and routine to your baby's day as well as develop lasting learning and language skills. 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 explore the world of nursery rhymes. (There are 2 optional 7-week Mini Sessions for $153 which includes tuition and materials for either the first 7 weeks or the last 7 weeks). Materials included in the cost: two sets of captivating music CDs, story books, exclusive baby-safe instruments, and coordinating wall banners. Curriculum: *Hickory, Dickory, Tickle and Bounce and The Rhythm of My Day*

Ages: Birth - 18 months with parent or caregiver **Cost:** $279

Time: Monday, 11:30 a.m. – 12:10 p.m., January 30 – May 15 *(no class 2/20, 3/13)*
Tuesday, 11:15 a.m. – 11:55 a.m., January 31 – May 9 *(no class 3/14)*
Wednesday, 11:00 a.m. - 11:40 a.m., February 1 – May 10 *(no class 3/15)*

Kindermusik® Our Time

Quack with the ducks, sing with the donkeys, run with the dogs, and hop with the bunnies! Animals reign supreme as we laugh, sing, move, dance, play instruments and listen to musical stories in this breakthrough program, combining 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: *Fiddle-dee-dee*

Ages: 18 months - 3 1/2 years with parent or caregiver **Cost:** $262

Days: Monday, 9:30 – 10:10 a.m., January 30 – May 15 *(no class 2/20, 3/13)*
Tuesday, 10:15 – 10:55 a.m., January 31 – May 9 *(no class 3/14)*
Wednesday, 10:00 – 10:40 a.m., February 1 – May 10 *(no class 3/15)*

Kindermusik® Our Time for the Family

Quack with the ducks, sing with the donkeys, run with the dogs, and hop with the bunnies! With older children ready to show the little ones how it's done and the younger ones eager to learn, Our Time for the Family becomes a multi-layered learning environment. Your children will strengthen their ties with each other and with you as you learn and explore music together through dance, movement, instrument play and song. Materials included in the cost: two CDs, two literature books, a family activity book, and a specially designed instrument and carry case. Curriculum: *Fiddle-dee-dee*

Ages: 6 months - 6 years with parent or caregiver

Days: Tuesday, 9:15 – 9:55 a.m., January 31 – May 9 *(no class 3/14)*
Wednesday, 9:00 – 9:40 a.m., February 1 – May 10 *(no class 3/15)*

Cost: $262 first child, $188 for each additional child

Kindermusik® Imagine That!

From the sidewalks to the skyscrapers, the city parks to the little shops, get to know all the people who call the city their home! 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 literature books, family activity book, instrument, backpack and board game. Curriculum: *Cities! Busy Places-Friendly Faces*

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

Days: Monday, 10:30 – 11:15 a.m., January 30 – May 15 *(no class 2/20, 3/13)*
Tuesday, 12:30 – 1:15 p.m., January 31 – May 9 *(no class 3/14)*
Wednesday, 12:30 - 1:15 p.m., February 1 – May 10 *(no class 3/15)*

Cost: $280

Kindermusik® Free Demo Class!

Children up to age 6 with an adult are invited to laugh, move, play percussion instruments and enjoy musical story time. Join us for a sampling of this educational and joyful music and movement program. This demo is intended for families who have not previously attended Kindermusik®. For more information, call the Community Music School of Webster University at 314.968.5939 or email cms@webster.edu. Please register online at www.webster.edu/kindermusik

Ages: Birth – 6 years
Day: Wednesday
Session: January 11
Time: 9:30 - 10:30 a.m.
Location: The Lodge Activity Room
Cost: FREE

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

THE LODGE DES PERES
FITNESS & WELLNESS

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 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. 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 into class when it is convenient. This option does not reserve the participant a spot in the class. 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 schristian@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 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 2: OCTOBER 17 – DECEMBER 17
9-Week Session - No regularly scheduled class November 24 & 25

MINI HOLIDAY: DECEMBER 19 – DECEMBER 30
2-Week Session - No regularly scheduled class December 24, 25, 26
No registration available; drop-in session only

WINTER: JANUARY 3 – MARCH 18
11-Week Session - No regularly scheduled class January 16, February 20
Registration begins on Monday, November 28 for Members and Residents and Wednesday, November 30, for Non-Residents

SPRING: MARCH 20 – MAY 27
10-Week Session
Registration begins on Monday, February 27, for Members and Residents and Wednesday, March 1, for Non-Residents

Group Exercise Special Holiday Classes

Burn off those extra calories with our special holiday group exercise classes! **Tot Care is 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.**

Ages: 16 and older
Location: The Lodge Group Exercise Studio

MLK JR Day Cycling
Minimum 4/Maximum 13
Day: Monday
Time: 9:30 – 10:30 a.m.
Session: January 16
Instructor: Denise M.

Presidents Day Yoga For EveryBody
Minimum 4/Maximum 20
Day: Monday
Time: 9:30 – 10:30 a.m.
Session: February 20
Instructor: Hal G.

Fitness Revolution

Join a Lodge Personal Trainer as he guides you through functional movement using unorthodox equipment. The training sessions will consist of strength and endurance exercises for the whole body primarily activating your core muscles. 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 not for beginners or individuals with limitations in their knees or back; no assessments will be done prior to class. *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
Days: Monday OR Wednesday
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)
$60/Member; $63/Resident; $73/Non-Resident (10 weeks)*
$66/Member; $69/Resident; $80/Non-Resident (11 weeks)**
Session: **Monday**
#2712 January 2 – March 13 *(No Class 1/2, 1/16 and 2/20)*
#2715 March 20 – May 22*
Wednesday
#2716 January 4 – March 15**
#2717 March 22 – May 24*

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)
$60/Member; $63/Resident; $73/Non-Resident (10 weeks)*
$66/Member; $69/Resident; $80/Non-Resident (11 weeks)**
Session: Monday, 7:15 - 8 a.m., Darrell Haynes
#2687 January 2 – March 13 *(no class 1/2, 1/16, 2/20)*
#2688 March 20 – May 22*
Monday, 7:15 - 8 p.m., Liz Johnson
#2689 January 2 – March 13 *(no class 1/2, 1/16, 2/20)*
#2690 March 20 – May 22*
Tuesday, 9:15 – 10 a.m., Liz Johnson
#2691 January 3 – March 14**
#2692 March 21 – May 23*
Wednesday, 7:15 - 8 p.m., Liz Johnson
#2693 January 4 – March 15**
#2694 March 22 – May 24*
Thursday, 9:15 – 10 a.m., Liz Johnson
#2695 January 5 – March 16**
#2696 March 23 – May 25*
Thursday, 6 - 6:45 p.m., Darrell Haynes
#2697 January 5 – March 16**
#2698 March 23 – May 25*
Saturday, 9:30-10:30 a.m., Liz Johnson
#2699 January 7 – March 18**
#2700 March 25 – May 27*

Essentrics® by Solefit LLC.

Release tight muscles, rebalance joints and restore your body. New to St. Louis, Essentrics® is a gentle age reversing workout that will restore movement in your joints, flexibility and strength in your muscles, relieve pain, and stimulate your cells to increase energy, vibrancy and your immune system. A slow-paced, full body workout using the Esmonde technique created by ballerina and fitness expert Miranda Esmonde-White, author of the *New York Times* bestseller, *Aging Backwards.*

NEW

Ages: 16+
Days: Wednesday
Time: 12 – 1 p.m.
Session: **#2778** January 4 – February 22
Instructor: Gay Herron
Location: Group Exercise Studio
Cost: $75/Member; $80/Resident; $96/Non-Resident

Wet-N-Sweat Punch Card Refer a Friend Program

NEW

Refer a friend to our Group Exercise program and receive one **FREE** punch to your Wet-N-Sweat card. It's simple! When your friend purchases their first-time Wet-N-Sweat punch card (at The Lodge front desk or online), they will be prompted to add a referral name at the time of registration. We will process referrals weekly and add your free punch to your active Wet-N-Sweat card. The more new referrals, the more free classes you get! There is NO LIMIT on how many punches you can earn. *This promotion is only for new Wet-N-Sweat clients who are referred by someone with an active Wet-N-Sweat punch card. This offer is for a limited time only.* Contact Sarah Christian for more information at 314.835.6168 or schristian@desperesmo.org.

Sunday Funday - Free Classes

Sunday Funday is a special day just before the start of each new group exercise session where The Lodge Fitness Team showcases some of their new exercise classes being offered for FREE! Classes are 30 minutes in length; come for one or all four! Four classes will be showcased for each Sunday Funday offered. First come, first served. *No Tot Care available.*

Ages: 16 and older
Days: Sunday
Time: 11 a.m. – 1:45 p.m.
Location: Lodge Group Exercise Studio
Cost: FREE
Session: January 15
11 - 11:30 a.m. - Yoga For EveryBody with Hal G.
11:45 a.m. - 12:15 p.m. - Cycling with Denise M.
12:30 – 1 p.m. - Zumba with Mariette B.
1:15 - 1:30 p.m. - Barre with Rebecca J.
March 12
11 - 11:30 a.m. - Yoga For EveryBody with Hal G.
11:45 a.m. - 12:15 p.m. - Barre with Rebecca J.
12:30 – 1 p.m. - Zumba with Mimi S.
1:15 - 1:30 p.m. - Group Strength with Katie S.

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 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).

Session: Tuesday, January 10: 7 a.m. – 2 p.m.
Sunday, April 2: 9 a.m. – 2 p.m.
Tuesday, May 9: 7 a.m. – 2 p.m.
Instructor: Laura Dobelman
Location: Lodge Parking Lot
Cost: $55/New Clients; $35/Retests

NEW - MAKE APPOINTMENTS ONLINE!

2017 Healthy Resolutions Health Fair

Kick off the New Year with our Health Fair sponsored by Walgreens! Mark your calendars and join us for this FREE wellness event. Several vendors within the community will be available to educate on ways to lead a healthier lifestyle. If you are a Des Peres or local business interested in a booth in The Lodge Lobby for this event, or if there is a service you would like to see offered, please contact Sarah at 314.835.6168. Early discounted registration deadline for potential vendors is 11/23/16. Regular registration deadline for potential vendors is 12/18/16. We will notify all applicants via email by 12/23/16 if you have been accepted as a vendor for our 2017 event. For additional details, please visit our "Special Events" page at www.TheLodgeDesPeres.com.

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

Walgreens

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.

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.

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

Liz Johnson, CPT
314.835.6183
Certified Through ACE

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 would like to welcome you to the Fitness Center. Complimentary Fitness Orientations are available free of charge for all new members. The orientation is conducted by our staff and will familiarize new members 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, 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. Orientations can be requested online at www.desperesmo.org/fitnessandwellness (select 'Fitness Orientations') or by calling the Fitness Supervisor at 314.835.6153.

DES PERES' GREATEST LOSER COMPETITION

Join us in the new year for our 8-week Des Peres' Greatest Loser Competition! This program is geared toward anyone interested in losing weight and becoming healthier. We welcome and encourage Lodge members and non-members to participate. The Lodge Fitness Staff will provide weigh-ins and weekly emails to keep you motivated. It will be your responsibility to lose the weight through healthy diet and exercise! Each participant will weigh in on January 9 and March 6 at The Lodge Fitness Center. Anyone participating in the optional mid program weigh-in on February 6 will get a free group exercise pass. The man and woman whom have lost the highest percentage of body weight at the end of challenge will be crowned the winners of the Des Peres' Greatest Loser Competition and awarded a $100 check and a Supplement Superstores Gift Basket! **Thank you to our sponsor, Supplement Superstores!**

Ages: 16 and older
Days: Monday
Session: **#2686** January 9 – March 6
Location: The Lodge Fitness Center
Cost: $12/Member; $13/Resident; $14/Non-Resident

Win Me!

Supplement Superstores™
Nutrition Fitness Weight Loss

COMPETITION RULES

1. HAVE FUN, eat healthy and exercise!
2. Our program will go by the percent of body weight loss. The calculation is made by taking your actual weight at the final weigh-in (AW) and subtracting it from your initial weight (IW). Then divide that number by your initial starting weight (IW). Take that number and multiply it by 100 to get your weight loss percentage.
   *[(IW-AW)/IW) * 100] = weight loss percentage*
   Example: If I start at 211, and I lose 5 lbs in a month and end up at 206. That's 211-206 (5 lbs.) Take 5 lbs. and divide it by my starting weight (211). 5/211 = .023697. Multiply that by 100 and you get 2.37%
3. For consistency, everyone who wants to participate in the program must weigh in on the same scale on the same day at The Lodge.
4. The first mandatory weigh-in will be on Monday, Jan. 9.
5. The optional mid program weigh-in will be Monday, February 6.
6. The final mandatory weigh-in will be on Monday, March 6.
7. Individual first place prize for both the Men's and Women's competition will be a $100 check!

GREATEST Des Peres' LOSER

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 City Studio with the option to move outdoors to Des Peres Park depending on the weather. For more information on the instructor, please visit www.arthurtaichi.com.

NEW

Ages: 16 and Older
Instructor: Master Arthur Du
Location: Des Peres Park/City Studio
12325 Manchester Road, 63131
Cost: $95/Member; $100/Resident; $119/Non-Resident
Session: Tuesday, 1 - 2 p.m.
#2679 January 3 – February 21
#2680 March 7 – April 25
Thursday, 7 - 8 p.m.
#2681 January 5 – February 23
#2682 March 9 – April 27

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 jump-start 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 January 2**. Minimum 4/Maximum 10.

Ages: 16 and older
Days: Monday - Friday for workout days!
Time: 6 - 6:55 a.m.
Session: **#2678** January 9 – April 2
Instructor: Personal Trainer, Stephen Wilkinson
Dietitian, Lori Richardson
Group Ex Instructors, Katie Sotiriou
Location: The Lodge Des Peres
Cost: $300/Member, $315/Resident, $360/Non-Resident

OVER $500 VALUE!

- 2, 30-minute assessments with a Certified Personal Trainer at start and end of program.
- 2 Get Tanked Body Fat Assessments at the start and end of the program (1/10 and 4/2)
- 23 group exercise classes on Tuesday and Thursday at 6 a.m. throughout program
- 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
- 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 jump-start 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!

"I got everything out of the program that I expected and more!! I made every attempt to attend each session throughout the week and it paid off handsomely in muscle creation, fat loss, body fat % drop and my clothes fitting better. BONUS!!!" -George K.

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: $40/Member; $42/Resident; $49/Non-Resident (5 weeks)
$48/Member; $50/Resident; $58/Non-Resident (6 weeks)*
$56/Member; $58/Resident; $68/Non-Resident (7 weeks)**
$64/Member; $66/Resident; $78/Non-Resident (8 weeks)***

Indoors at City Studio in Des Peres Park – 12325 Manchester Road, 63131

#2701	Monday	9:30 - 10:30 a.m.	January 2 - February 20 *(no class 1/2, 1/16, 2/20)*
#2702	Thursday	10 - 11 a.m.	January 5 - February 23***
#2703	Saturday	8:30 - 9:30 a.m.	January 7 - February 25***
#2704	Monday	9:30 - 10:30 a.m.	February 27 - April 3*
#2705	Thursday	10 - 11 a.m.	March 2 - April 6*
#2706	Saturday	8:30 - 9:30 a.m.	March 4 - April 8*
#2707	Saturday	8:30 - 9:30 a.m.	April 15 - May 27**

Outdoors at Des Peres Park – 12325 Manchester Road, 63131

#2708	Monday	9:30 - 10:30 a.m.	April 10 - May 22**
#2709	Monday	6:10 - 7:10 p.m.	April 10 - May 22**
#2710	Wednesday	6:10 - 7:10 p.m.	April 12 - May 24**
#2711	Thursday	9:30 - 10:30 a.m.	April 13 - May 25**

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.

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: **#2656** April 11 – May 16

Adult Intermediate Lessons

Days: Thursday
Time: 7 – 8 p.m.
Session: **#2657** April 13 – May 18

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: April 11 – April 27
#2660 4 – 4:30 p.m. (ages 4 – 6)
#2661 4:30 - 5 p.m. (ages 4 – 6)
#2662 5 – 5:50 p.m. (ages 7 – 10)
#2663 6 – 6:50 p.m. (ages 11 – 15)

May 2 – May 18
#2664 4 – 4:30 p.m. (ages 4 – 6)
#2665 4:30 - 5 p.m. (ages 4 – 6)
#2666 5 – 5:50 p.m. (ages 7 – 10)
#2667 6 – 6:50 p.m. (ages 11 – 15)

Play with a Pro Doubles Tennis

Come out and get ready for league play by participating in our Play with a Pro Doubles Tennis program. 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: **#2659** April 13 – May 18
Instructor: Des Peres Tennis Staff
Location: Des Peres Park, Tennis Courts 3 - 4
Cost: $50/Member; $53/Resident; $60/Non-Resident

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: **#2658** April 11 – May 16
Instructor: Des Peres Tennis Staff
Location: Des Peres Park, Tennis Courts 3 - 4
Cost: $50/Member; $53/Resident; $60/Non-Resident

Tennis Roundup

This event is designed to introduce people of all ages to the game of tennis! We will be opening the tennis season with activities to include youth group tennis lessons, adult group tennis lessons and Cardio Tennis. Tennis racquets and tennis balls will be provided. This is a great way to meet our Tennis Instructors! Come out and see what our youth and adult classes are all about. **Registration Deadline is April 8.**

Ages: 5 and older
Day: Sunday, April 10
Session: **#2668** Youth Tennis Lessons 1 - 1:30 p.m.
#2670 Adult Tennis Lessons 1:45 - 2:15 p.m.
#2671 Cardio Tennis Lessons 2:30 – 3 p.m.
Location: Des Peres Park Tennis Courts 3 & 4
Cost: FREE, but pre-registration is required by April 8!

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**

Des Peres Women's Tennis Association League

The DPWTA spring/summer doubles league is for resident and non-resident recreational players - beginners are welcome! Leagues are divided by skill level - no screenings, no tryouts! A Level is for USTA 3.5 players and up, B Level is for USTA 3.0 players, and C Level is for unranked, beginner players. Leagues are divided by skill level. Contact Toni for additional questions at 314.965.3997. Registration for this league is available online by visiting our website at www.TheLodgeDesPeres.com and clicking on the "Register Online" icon. **Past league participants must register by January 31 to ensure placement in the league. New players to the league can register beginning February 1. Registration deadline is March 31 or when the league is full.**

Ages: Adult
Days: Monday, Tuesday, Wednesday OR Thursday
Location: Des Peres Park Tennis Courts 2 - 6
Cost: $40/Member; $42/Resident; $48/Non-Resident
Session: May 1 – August 27

#2718 A1 3.5 Level Advanced (Matches on Tues at 6:45 a.m.)
#2719 A1 Substitutes

#2720 A2 3.5 Level Advanced (Matches on Thurs. at 6:45 a.m.)
#2721 A2 Substitutes

#2722 A3 3.5 Level Advanced (Matches on Monday at 7:45 a.m.)
#2723 A3 Substitutes

#2724 B1 3.0 Level Intermediate (Matches on Wed. at 6:45 a.m.)
#2725 B1 Substitutes

#2726 B2 3.0 Level Intermediate (Matches on Thurs. 8:30 a.m.)
#2727 B2 Substitutes

#2728 Senior 55+ Level (Matches on Wednesday at 8:30 a.m.)
#2729 Senior 55+ Substitutes

#2730 C1 Level Beginner (Matches on Tuesday at 8:30 a.m.)
#2731 C1 Substitutes

The Fencers Academy

Engarde! This 6-week class offers an excellent introduction to the Olympic sport of fencing and will be for both beginners and advanced fencers. 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
Time: 10 – 11 a.m.
Session: **#2642** March 25 – April 29
Instructor: Hossam Hassan
Location: The Lodge Gym, Court 2
Cost: $75/Member; $79/Resident; $90/Non–Resident

Balls-n-Strikes T-Ball Clinic

We are proud to announce that we have partnered with Balls-n-Strikes Ballwin to bring you the best instructors in the area! 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. Join us for this newly-formatted 6-week T-Ball program. Instructors will cover all of the basic fundamentals within the game of baseball/softball. The program will break down the game into smaller aspects for optimal learning. This will involve teaching hitting and throwing mechanics in a safe way that players will be able to carry on with them throughout their playing days. Participants will be exposed to drills that can be used on and off the field and will focus on having fun while learning this great game. In the event of rain, the clinic will be moved indoors to the Ballwin Balls-n-Strikes facility. Check out staff bios by visiting www.desperesmo.org/sports. Minimum 10/Maximum 30

Ages: 4 – 6
Days: Saturday
Session: **#2621** April 15 – May 20 (9 – 10 a.m.)
#2622 April 15 – May 20 (10 – 11 a.m.)
Instructor: Balls-n-Strikes Staff
Location: Sugar Creek Park Diamond
Cost: $55/Member; $57/Resident; $64/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 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. If you are interested in registering a team for this league, please contact Corey Newgent at cnewgent@desperesmo.org. **Registration deadline is January 12.** Minimum 4/Maximum 4

Ages: 18 and older
Day: Friday
Time: Games start at 7:15 OR 8:15 p.m.
Session: **#2675** January 20 – March 10
Location: Lodge Gymnasium, Court 2
Cost: $190/Member Team; $200/Resident Team; $228/Non-Resident Team

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: January 3 – February 21
#2644 Beginners: 5 – 6:30 p.m.
#2645 Advanced: 6:30 - 8 p.m.

February 28 – April 25 *(no class 3/14)*
#2646 Beginners: 5 – 6:30 p.m.
#2647 Advanced: 6:30 - 8 p.m.

May 2 – June 20
#2648 Beginners: 5 – 6:30 p.m.
#2649 Advanced: 6:30 - 8 p.m.

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. Minimum 10/Maximum 24

Ages: 6 - 14
Day: Wednesday
Time: 5:15 – 6:15 p.m.
Session: **#2672** January 18 – February 22
#2673 March 15 – April 19
Instructor: Sara Krafft, Sarah Stretch, Hilary Hightower
Location: The Lodge
Cost: $50/Member; $53/Resident; $60/Non-Resident

Pickleball Adult Doubles Play

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 3/9/17.** Minimum 4/Maximum 16

Ages: 16 - Adults
Days: Thursday (Beginner to Advanced)
Time: Match times will be 7 or 8 p.m.
Session: **#2653** March 16 – May 4
Location: The Lodge Gymnasium, Court #2
Cost: $50/Member; $53/Resident; $60/Non-Resident

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 at www.TheLodgeDesPeres.com or by contacting Corey Newgent at 314.835.6166. **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: $320/Member Team; $336/Resident Team; $384/Non-Resident Team

Days: Monday
Session: **#2627** February 27 – April 17
#2628 April 24 – June 19 *(no games 5/29)*

Days: Tuesday
Session: **#2629** February 28 – April 18
#2630 April 24 – June 13

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! 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

DES PERES
PARKS AND RECREATION

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 25

Ages: 5 - 14
Day: Thursday
Session: March 23 – April 27
#2623 5 – 6 p.m. (ages 5 – 8)
#2624 6 – 7 p.m. (ages 9 – 14)

May 18 – June 22
#2625 5 – 6 p.m. (ages 5 – 8)
#2626 6 – 7 p.m. (ages 9 – 14)
Instructor: Thad Strobach and Staff
Location: The Lodge Gymnasium
Cost: $50/Member; $53/Resident; $60/Non-Resident

Baseball Field Lottery Information

Beginning January 1, we will be accepting lottery applications for baseball/softball field season permits. The City of Des Peres will be assigning fields through a lottery system. The first lottery is for teams with 50% or more Des Peres residents. The second lottery is a priority allocation system for teams with less than 50% Des Peres residents. These lotteries will be held Tuesday, February 21, at 6 p.m., in the Oak Room at The Lodge Des Peres. Season permits will be available April 10 – July 30. For more information regarding the lottery details, deadlines, application and fees, please contact Corey Newgent at 314.835.6166 or cnewgent@desperesmo.org. After the lotteries are held, fields will be rented on a first come, first served basis. Call or visit www.desperesmo.org/sports for your application! **Application deadline February 12.**

Rental Fees

$300 Resident Team Season Permit
$500 Non-Resident Team Season Permit

$30 Resident 2-Hour Permit
$50 Non-Resident 2-Hour Permit

Challenger Sports British Soccer TinyTykes Program

TinyTykes (formerly 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 TinyTykes curriculum has been devised by soccer experts, child development professionals and experienced coaches. TinyTykes 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.challengersports.com.**

Instructor: Challenger Sports British Soccer Staff
Location: Des Peres Park Soccer Field #1
12325 Manchester Rd, 63131
Cost: $97

Day: Wednesday
Session: April 5 – May 17
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: April 8 – May 20
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)

Adult Co-Rec Kickball League

Let's go back to the playground! This co-rec kickball league will consist of a 10-game regular season and a post-season playoff game. Playoff game winners will receive T-shirts! Umpire, bases and balls provided. To qualify for the member or resident rate, 50% of your roster must be members of The Lodge or residents of Des Peres. If you are interested in registering a team for this league please contact Corey Newgent at cnewgent@desperesmo.org. Minimum 4 Teams/Maximum 8 Teams

Ages: 18 and older
Days: Tuesday
Time: Games start at 6 or 7 p.m.
Session: **#2643** April 11 – June 27
Location: Des Peres Park Ball Diamonds
Cost: $310/Member Team; $325/Resident Team; $372/Non-Resident Team

Adult Recreational Softball Leagues

Des Peres Parks and Recreation hosts women's and co-rec softball leagues. We are now offering Tuesday night Women's 11" and Thursday night Co-Rec 12" league. All leagues play a 10-game regular season. The top half of teams in each league will then go on to play in a post-season bracket tournament. Tournament winners will receive championship T-shirts! All rainouts will be added to the end of the schedule or will be added as a double-header. To qualify for the member or resident rate, 50% of your roster must be members of The Lodge or residents of Des Peres. If you are interested in registering at team for either league please contact Corey Newgent at cnewgent@desperesmo.org.

Ages: 18 and older
Time: Games start at 6 or 7 p.m.
Location: Des Peres Park Ball Diamonds 1 – 3
Cost: $320/Member Team; $336/Resident Team; $384/Non-Resident Team

Adult Women's League - 11"

Days: Tuesday
Session: **#2654** April 11 – June 27

Adult Co-rec League - 12"

Days: Thursday
Session: **#2655** April 13 – June 29

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 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

register now

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

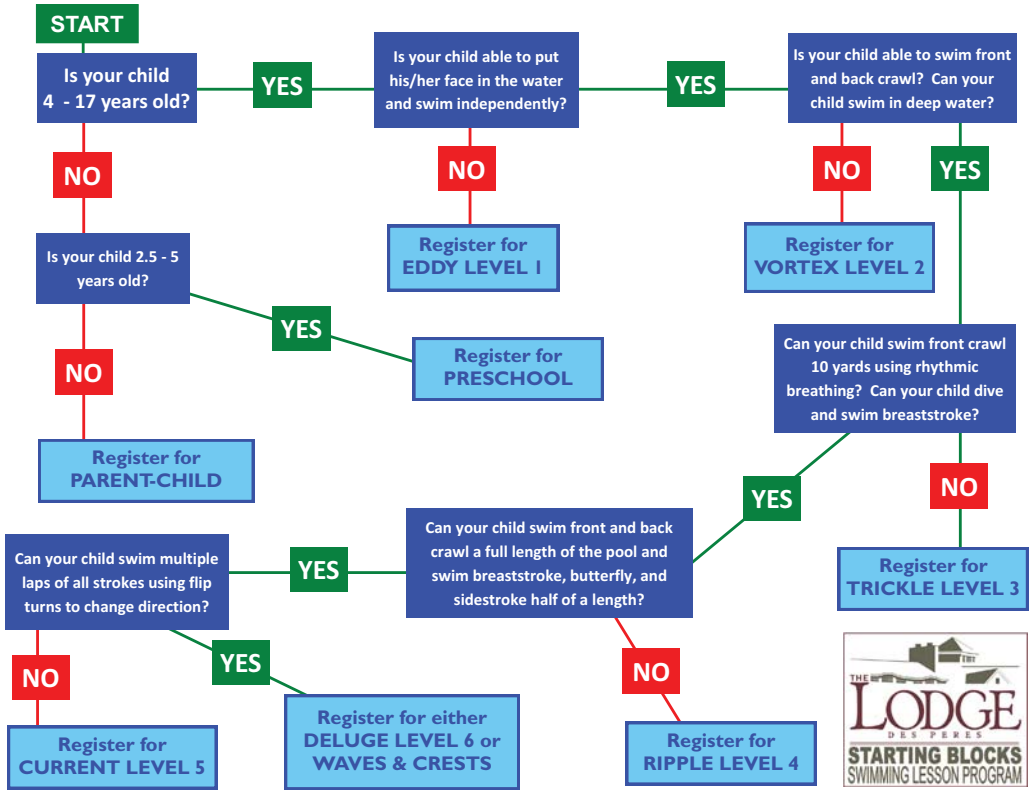
Starting Blocks is a swimming lesson program built especially for The Lodge. It is comprised of a parent-child level, a preschool level, six youth levels and a beginner adult level of instruction and the curriculum is based on a progressive approach. Classes are for all ages and abilities. Our goal is 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.



register now

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

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.
#2433 January 9 - February 6 *(no class 1/16)*
#2434 February 13 - March 13 *(no class 2/20)*
#2435 March 20 - April 12
#2436 April 17 - May 10
Friday, 10 - 10:30 a.m.
#2437 January 6 - February 24
#2438 March 3 - April 21
#2439 April 28 - June 16
Saturday, 8:30 - 9 a.m.
#2440 January 7 - February 25
#2442 March 4 - April 22
#2444 April 29 - June 17
Saturday, 10:30 - 11 a.m.
#2447 January 7 - February 25
#2449 March 4 - April 22
#2451 April 29 - June 17

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.
#2415 January 9 - February 6 *(no class 1/16)*
#2416 February 13 - March 13 *(no class 2/20)*
#2417 March 20 - April 12
#2418 April 17 - May 10
Friday, 10 - 10:30 a.m.
#2420 January 6 - February 24
#2421 March 3 - April 21
#2423 April 28 - June 16
Friday, 10:30 - 11 a.m.
#2424 January 6 - February 24
#2425 March 3 - April 21
#2426 April 28 - June 16
Saturday, 8:30 - 9 a.m.
#2427 January 7 - February 25
#2428 March 4 - April 22
#2429 April 29 - June 17
Saturday, 10:30 - 11 a.m.
#2430 January 7 - February 25
#2431 March 4 - April 22
#2432 April 29 - June 17

Instructor: Lodge Aquatic Staff
Location: The Lodge Indoor Pool
Cost: $60/Member; $63/Resident; $72/Non-Resident

Formal swimming lessons can reduce the risk of drowning by as much as 88% among young children aged 1 - 4 years, who are at greatest risk of drowning. - Center for Disease Control

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.
#2454 January 9 - February 6 *(no class 1/16)*
#2455 February 13 - March 13 *(no class 2/20)*
#2456 March 20 – April 12
#2457 April 17 - May 10
Friday, 11 - 11:45 a.m.
#2458 January 6 - February 24
#2459 March 3 - April 21
#2460 April 28 - June 16
Saturday, 9 - 9:45 a.m.
#2461 January 7 - February 25
#2462 March 4 - April 22
#2463 April 29 - June 17

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.
#2464 January 9 - February 6 *(no class 1/16)*
#2465 February 13 - March 13 *(no class 2/20)*
#2466 March 20 - April 12
#2467 April 17 - May 10
Friday, 11 - 11:45 a.m.
#2468 January 6 - February 24
#2469 March 3 - April 21
#2470 April 28 - June 16
Saturday, 9 - 9:45 a.m.
#2471 January 7 - February 25
#2472 March 4 - April 22
#2473 April 29 - June 17

Instructor: Lodge Aquatic Staff
Location: The Lodge Indoor Pool
Cost: $60/Member; $63/Resident; $72/Non-Resident

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.
#2474 January 9 - February 6 *(no class 1/16)*
#2475 February 13 - March 13 *(no class 2/20)*
#2476 March 20 - April 12
#2477 April 17 - May 10
Saturday, 9:45 - 10:30 a.m.
#2478 January 7 - February 25
#2479 March 4 - April 22
#2480 April 29 - June 17

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.
#2482 January 9 - February 6 *(no class 1/16)*
#2483 February 13 - March 13 *(no class 2/20)*
#2484 March 20 - April 12
#2485 April 17 - May 10
Saturday, 9:45 - 10:30 a.m.
#2486 January 7 - February 25
#2487 March 4 - April 22
#2488 April 29 - June 17

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.
#2489 January 9 - February 6 *(no class 1/16)*
#2490 February 13 - March 13 *(no class 2/20)*
#2491 March 20 – April 12
#2492 April 17 - May 10
Saturday, 9:30 - 10:15 a.m.
#2493 January 7 - February 25
#2494 March 4 - April 22
#2495 April 29 - June 17

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.
#2498 January 9 - February 6 *(no class 1/16)*
#2499 February 13 - March 13 *(no class 2/20)*
#2500 March 20 - April 12
#2501 April 17 - May 10
Saturday, 9:30 - 10:15 a.m.
#2502 January 7 - February 25
#2503 March 4 - April 22
#2504 April 29 - June 17

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: **#2505** January 9 - February 6 *(no class 1/16)*
#2506 February 13 - March 13 *(no class 2/20)*
#2507 March 20 - April 15
#2508 April 17 - May 13
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 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.
#2408 January 9 - February 6 *(no class 1/16)*
#2409 February 13 - March 13 *(no class 2/20)*
#2410 March 20 - April 12
#2411 April 17 - May 10
Saturday, 10:15 - 11 a.m.
#2412 January 7 - February 25
#2413 March 4 - April 22
#2414 April 29 - June 17

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: **#2390**
January 7, 8 (9 a.m. – 6 p.m.)
January 10, 11, 12 (5 – 9 p.m.)
#2392
March 11, 12 (9 a.m. – 6 p.m.)
March 14, 15, 16 (5 – 9 p.m.)
#2394
April 8, 9 (9 a.m. – 6 p.m.)
April 11, 12, 13 (5 – 9 p.m.)
#2396
April 22, 23 (9 a.m. – 6 p.m.)
April 25, 26, 27 (5 – 9 p.m.)
#2398
May 6, 7 (9 a.m. – 6 p.m.)
May 9, 10, 11 (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, 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.
Session: **#2401** February 12

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 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. 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 into class when it is convenient. This option does not reserve the participant a spot in the class. 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 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 2: OCTOBER 17 – DECEMBER 17
9-Week Session - No regularly scheduled class November 24 & 25

MINI HOLIDAY: DECEMBER 19 – DECEMBER 30
2-Week Session - No regularly scheduled class December 24, 25, 26
No registration available; drop-in session only

WINTER: JANUARY 3 – MARCH 18
11-Week Session - No regularly scheduled class January 16, February 20
Registration begins on Monday, November 28 for Members and Residents and Wednesday, November 30, for Non-Residents

SPRING: MARCH 20 – MAY 27
10-Week Session
Registration begins on Monday, February 27, for Members and Residents and Wednesday, March 1, for Non-Residents

Wet-N-Sweat Group Exercise Pass now available online 24/7! NEW

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: January 4 - May 26, 2017
Time: 10:30 a.m. - 12 p.m.
Location: Lodge Indoor Tot Pool
Cost: FREE/Parent or Guardian;
FREE/Member Child;
$5/Resident Child;
$7/Non-Resident Child

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.

REGISTRATION BEGINS

Residents & Members: November 28
Non-Residents: November 30

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

NEW

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 the 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.

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

DES PERES
PARKS AND RECREATION

Des Peres Parks and Recreation
1050 Des Peres Road
Des Peres, Missouri 63131

www.TheLodgeDesPeres.com

LIKE US ON facebook

FOLLOW US ON twitter

PRSRT STD
U.S. Postage
PAID
St. Louis, MO
Permit No. 495

Postmaster please deliver by November 14, 2016

Printed on recycled paper.

PLEASE RECYCLE: May 1, 2017

Calendar of Events

jump start
PERSONAL TRAINING
ONLY $119
Introductory, 3-Hour Personal Training Package
New Personal Training Clients Only
314.835.6153

FREE
Group Exercise Class
BRING A FRIEND PASS
The Lodge Des Peres
314.835.6150
One paid participant may bring one guest to one class on The Lodge Group Exercise Schedule. Paid participant and guest must check in together. Guest must be new customer to the group exercise program. Limited space available - first come, first serve. Offer Expires 1/31/2017

December 3 – Cookies with Claus (page 10)
December 3 – Claus and Paws (page 10)
January 14 – Health Fair (page 10)
January 15 – Sunday Funday FREE Exercise Classes (page 18)
January 16 – MLK JR Exercise Class: Cycling (page 16)
January 28 – Mother & Son Super Hero Date Night (page 10)
February 4 – Daddy Daughter Dance (page 10)
February 20 – President's Day Exercise Class: Yoga (page 16)
March 12 – Sunday Funday FREE Exercise Classes (page 18)
April 10 – Tennis Roundup FREE Classes (page 23)
April 15 – Get Hopping Egg Hunt (page 11)
April 21 – Outdoor Movie at The Lodge: *Hop* (page 11)