

# Fun that's Right On Target!



Register at [www.prcommunityed.org](http://www.prcommunityed.org) or scan code



# Winter-Spring Program Highlights

This Winter-Spring, we have dozens of brand-new programs for youth, families and adults. It's never been easier to find a class you love AND find a time and location that works for you and your family. Ready to start your search? Browse this program guide, or scan a code below to see a list of programs near you!

SEARCH BY NEIGHBORHOOD



BABLER STATE PARK



BALLWIN/  
MANCHESTER



CHESTERFIELD/  
TOWN & COUNTRY



CREVE COEUR/  
MARYLAND HEIGHTS



ELLISVILLE



EUREKA/  
WILDWOOD



FENTON

SEARCH BY AGE



YOUTH



FAMILY



ADULT

ABOUT US

Parkway-Rockwood Community Ed is a partnership between the Parkway and Rockwood School Districts that provides high quality programs and services that enhance the quality of life for residents.

WHAT WE DO

Provide experiences for today, tomorrow and life.



Parkway-Rockwood  
**CommunityEd**  
*Where learning and fun meet!*


OUR PLEDGE TO THE COMMUNITY

We care about your experience. At Community Ed, we constantly strive to make programs more enriching, accessible and engaging so you have the best experience possible while learning and having fun.

# Winter-Spring Table of Contents

TEN YEARS OF LEARNING & FUN!

Throughout 2024, we're celebrating 10 years of the Community Ed partnership between the Parkway and Rockwood school districts that has allowed us to provide high-quality programs to enhance the quality of life for residents. With 10 years already under our belt, we have no plans of slowing down anytime soon. Keep a lookout on our website, social media pages and more for exciting updates, offers and more as we celebrate 10 years of learning and fun throughout 2024!



10 YEARS OF LEARNING & FUN  
2014-2024  
PARKWAY-ROCKWOOD  
COMMUNITY ED

SPRING VOLLEYBALL LEAGUE



We're serving up fun in our spring volleyball league for girls in grades 3-12 and boys in grades 5-8. Get your friends and form a team!

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SUMMER EXPO



Summer Expo

Plan your kids summer activities with 100+ local and regional program providers. Mark your calendar for February 4 at Parkway West High!

SEE BACK COVER

YOUTH PROGRAMS

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Please note: Program details are subject to change. For the most updated information visit [www.prcommunityed.org](http://www.prcommunityed.org) or call or text 636.891.6644 for more information.

Scan to Register!





# Youth Sports & Fitness

## Beginning Fencing

Learn basic footwork and blade work. Lessons culminate in a class tournament. Instructor: Parkway Fencing Club  
Ages 10-14 • Mondays • Jan. 22-March 11  
6:30-8:30p • Ellisville Elem • \$135

## New! Break Dancing

Touch on standing and ground Break dancing moves. These moves will be incorporated into choreography in the eight-week session. Instructor: St. Lou Dance Crew  
Ages 7-11 • Mondays • St. Lou Dance Crew  
Jan. 22-Feb 26 • 6-7:45p • \$109  
April 8-May 29 • 6-7:45p • \$135

## Intermediate Fencing

Improve your speed, strength, skill and strategic skills. Must take the Beginner's class prior to taking the intermediate session. Instructor: Parkway Fencing Club  
Ages 10-14 • Mondays • April 1-May 6  
6:30-8:30p • Ellisville Elem • \$165

## Cheer Clinic

Dancers will learn cheer and dance techniques, performance skills, how to use pom poms, and will have fun making creative cheer and dance moves. They will showcase their skills to friends and family in a performance on Sunday. Instructor: Totally Groomed Sports  
Gr. K-8 • Sundays • April 7-28 • 1-2p  
Parkway West Middle & Parkway South Middle • \$95

## Developmental Basketball

For those who have completed a 'Mighty Mites' session, this is an opportunity for players to develop more athletically, refine fundamental skills and enhance their offensive and defensive skills. Instructor: Totally Groomed Sports  
Gr. K-2 • April 4-May 9 • \$125  
Wednesdays • 6:15-7:15p or 7:15-8:15p • Eureka Early Childhood  
Thursdays • 6-7p or 7-8p • Parkway West Middle

## Developmental Soccer

Designed to help players from ages 2-10 transition into competitive soccer. All programs focus on individual ball skills, developing proper technique, and gaining club exposure. Instructor: St. Louis Scott Gallagher Soccer Club  
Ages 2-10 • 6:15-7:15p • \$89  
Tuesdays • April 2-May 7 • Henry Elem  
Wednesdays • April 3-May 15 • Kehrs Mill Elem  
Thursdays • April 4-May 9 • Wren Hollow Elem

## Developmental Flag Football

Players develop more athletically, refine fundamental flag football skills and enhance their skill set both offensively & defensively! Instructor: Totally Groomed Pros Sports  
Sundays • April 7-28 • 1-2p • \$95  
Gr. K-5 • Parkway West Middle  
Gr. 6-8 • Parkway South Middle

## Flag Football Clinic

A great introduction to the game! Players will develop skills, sportsmanship and teamwork while they learn throwing, catching and footwork techniques. Instructor: Totally Groomed Sports  
Gr. K-5 • Sundays • April 7-28 • 1-2p • Parkway West Middle  
Gr. 6-8 • Sundays • April 7-28 • 1-2p • Parkway South Middle  
\$95

## Golf Fundamentals

This program is designed to develop the all-around game of golf, putting, chipping, driving, mid-range irons, long-range irons, game management, rules and golf etiquette. Instructor: Totally Groomed Sports  
Gr. K-2 • Sundays • April 7-28 • 5-5:50p  
Gr. 3-6 • Sundays • April 7-28 • 6-6:50p  
Creve Coeur Municipal Golf Course • \$109

## Junior Golf Academy

An indoor clinic that covers golf fundamentals such as proper golf grip, posture, putting, chipping and full swing shots. Clubs provided, or bring your own. Instructor: The Golf Academy  
Ages 6-17 • Saturdays • Jan. 27-March 2 & April 6-May 11  
6-7p • The Golf Academy in Chesterfield • \$149

## New! Lacrosse Clinic

Give lacrosse a try without the big commitment. Kids will learn lacrosse basics through drills and gameplay. Boys and girls are welcome. Instructor: Totally Groomed Sports  
Gr. K-8 • Saturdays • April 6-May 11 • 10-11a  
Crestview Middle • \$95

## Mighty Mites Basketball

Young and beginning players will have a ball while learning fundamental skills and rules. They'll also show off those skills in engaging game-like situations while having FUN! Instructor: Totally Groomed Sports  
Gr. K-5 • Tuesdays • April 2-May 7 • 6-7p or 6:15-7:15p  
Parkway West Middle, Henry Elem, Eureka ECC • \$119

## Junior Indoor Tennis

Jr. Tennis Clinics are a perfect way to begin learning and loving a new sport! Vetta Racquets Sports' USPTA and USPTA pros focus on having fun, helping youth grow as a player and a person, while teaching the game of tennis. Instructor: Vetta Sports  
Ages 5-8 • Jan. 6-March 9 • 9:30-10:30a • Vetta Sunset  
Ages 8-10 • Jan. 6-March 9 • 11:30a-1p • Vetta Concord  
Ages 10-12 • Jan. 6-March 9 • 1-2:30p • Vetta Concord  
\$240 for Ages 5-8 • \$350 for Ages 8-10 & Ages 10-12

## St. Louis Golf Lessons Level 1

A five-session class for beginner golfers covering all of the basics from putting through full swing. Instructor: Maria Palozola  
April 27-May 25 • The Landings at Spirit Golf Club • \$125  
Gr. 6-8 • 9-10a  
Gr. 9-12 • 10-11a

## Tennis

Tennis anyone? No matter your skill level, you'll improve your game and have a great time learning the sport in a program designed in coordination with the United Tennis Association. Instructor: Vetta Sports  
Saturdays • April 6-May 11 • Location varies by location • \$109  
Ages 5-8 • 9-10a  
Ages 9-12 • 10-11a  
Ages 13-18 • 11a-12p

## Intro to Baton Twirling

Toss! Twirl! Whirl! Our intro twirling class introduces students to basic twirling skills in a high-energy, positive format. Students will explore this unique sport while building coordination, creativity, and timing. Instructor: Lisa Bartfeld  
Thursdays • Jan. 25-March 7 or April 11-May 23  
Gr. K-2 • 6:15-7p  
Gr. 3-6 • 7-7:45p  
Ellisville Elem • \$69

## Karate

Develop confidence, self-control and calmness while learning self-defense and having FUN! Stressed as a martial art rather than a competitive sport. Instructor: Arch Shidokan Karate  
Mondays & Tuesdays • Jan. 22-March 4 & April 11-May 6  
5-6p, 6-7p, 7-8p sessions • Tiny Tigers: Ages 4-6  
Kids Karate: Ages 7-13 • Advanced: Ages 7-13  
Northeast Middle, Selvidge Middle, & Crestview Middle • \$95

# Youth Sports & Fitness

Calling all coaches!



## Volunteer Coaches Needed!

Help impact the lives of youth by being a volunteer coach in our basketball and volleyball leagues. We're pretty sure you'll have more fun than the kids!

- No previous/game experience necessary
- All training provided
- Hours can be applied to student practicum

Email Cory Shovick, Community Ed Sports Supervisor, at [shovickcory@prcommunityed.org](mailto:shovickcory@prcommunityed.org) for more information

## PARKWAY ROCKWOOD FLAG FOOTBALL LEAGUE

Learn the skills of the game in this recreational, non-contact flag football league. Includes a six-game season followed by an optional postseason tournament. All participants receive an Under Armour team jersey. Gather your friends from school or the neighborhood and sign up by team or sign up individually and be placed on a team. Volunteer coaches needed.

Boys & Girls Gr. K-8  
Practices begin March 11th  
Games begin April 7th  
Parkway & Rockwood fields  
\$109 (\$129 after Jan. 31) • Registration closes March 4th.



Grab your friends and create a team in our Flag Football League. Games played on turf fields!

## Ultimate Ninjas: L'il Ninjas

Preschool Ninja Classes will focus on developing coordination and strength through skills such as balancing, hanging, jumping, climbing and running, while instilling self-confidence and teamwork in a safe and positive environment. Instructor: Ultimate Ninjas St. Louis  
Ages 3-5 • Sundays, Mondays & Fridays • January-May  
Times vary • Ultimate Ninjas St. Louis • \$119

## Ultimate Ninjas: Beginner

The Beginner Ninja class will focus on tackling the obstacles we've all seen on NBC's "American Ninja Warrior"! Ninjas are not required to have any prior experience with obstacles. Instructor: Ultimate Ninjas St. Louis.  
Ages 6-12 • Mondays, Thursdays & Sundays • January-May  
Morning & evening options • Ultimate Ninjas St. Louis  
\$119



Looking for a fun way to learn and play volleyball? Join our league to develop fundamental skills through practices and match competition. The league includes practices and a six-game schedule. Sign up by team or individually. Volunteer coaches are needed.

Girls: Gr. 3-8 & high school. Boys: Gr. 5-8. Practices begin March 11, Games begin April 6. Coaches Meeting is February 21. Registration closes March 4. \$109 early bird; \$129 after January 31.







## Hit the Court with Rockwood Thunder Volleyball!

Rockwood Thunder has been a premier select volleyball club focusing on developing and enhancing the lives of athletes and their families on and off the court since 1999. Open to individuals throughout the St. Louis area.

### Developmental Volleyball Program

Looking for a fun way to learn and play volleyball? Boys and girls will develop fundamental skills through skills training and scrimmages. Led by Rockwood Thunder coaches and players.

Gr. 5-6 • Wednesdays • Jan. 6 • 6:30-7:30p • Gr. 7-8 • 7:30-8:30p  
Parkway West Middle • \$110

### U8-U10 Spring Clinics

Learning to play the game the right way is important. Improve motor skill development and hand-eye technical skills while focusing on teamwork, gamesmanship and work ethic through drills and mini games. Led by Rockwood Thunder coaches.

Age 8-11 • Mondays & Wednesdays • April 3, 8, 10, 15, 17, & 22 • 4:45-6:15p  
Crestview Middle • \$125

### Dig-It Volleyball Camp

Whether you are learning to play or want to learn more about the game, this is the camp for you! Boys and girls welcome!

June 3-6 • Grades 3-6 • 5:00-6:30p • Grades 7-8 • 6:45-8:15p • Crestview Middle  
\$95

### Private Lessons

Private lessons provide more individualized skill and positional training for the player who wants to game an edge on the competition. Get indoor or sand training from Rockwood Thunder coaches. All coaches are highly trained in all individual positions and skills of volleyball. Individual and small group sessions available. Visit [www.rockwoodthundervbc.com](http://www.rockwoodthundervbc.com) to schedule lessons prior to making payment.

[www.rockwoodthundervbc.com](http://www.rockwoodthundervbc.com)



## Summer Expo

Plan your kids summer activities with  
100+ local & regional program providers

**February 4, 2024**  
**11am - 3pm**

Parkway West High  
14653 Clayton Rd, Ballwin, MO 63011

Admission is FREE and open to families  
throughout the St. Louis area



[summerexpostl.com](http://summerexpostl.com)



## For Current Parkway & Rockwood Elementary Students

Unleash your imagination while having a great time in E-Hour, our before/after school enrichment program. Learn a new hobby or skill without making a long-term commitment. Fun and educational programs include:

- Math Whiz in the Making
  - Balloonatics
  - STAGES Magical Musicals
  - En Passant Chess Club
  - LEGO Technic
- E-Hour classes meet one day per week for six weeks during the following sessions:

Session 3: Starts week of Jan. 22

Session 4: Starts week of April 1

Visit [www.prcommunityed.org](http://www.prcommunityed.org) for a list of classes at your child's school and to register.

### **New! Spring Break Week: Crayola® Artblazers - Famous Creators**

Use a variety of Crayola® art materials to experiment with their styles, and create the change that you want to see in the world! Instructor: Imagine Arts Academy of St. Louis  
Gr. K-5 • Monday-Friday • March 18-22 • 9a-12p  
Babler State Park • \$239

### **New! Spring Break Week: Crayola® Artblazers - Change-Makers**

Try out their techniques, and use Crayola® art materials to design different unique, artist-inspired masterpieces each day. Instructor: Imagine Arts Academy of St. Louis  
Gr. K-5 • Monday-Friday • March 18-22  
12:30-3:30p • Babler State Park • \$239

### **New! Ultimate Ninjas: Spring Break Camp (Full Day or Half Day)**

Looking for something AMAZING to offer your kids on Spring Break? Send them to Ultimate Ninjas Camp! Kids are grouped together by age and rotate through obstacles. Also includes crafts, board games, challenges, and much more! Instructor: Ultimate Ninjas Chesterfield  
Ages 4-14 • Monday-Friday • March 18-22 • 9a-3:30p  
Ultimate Ninjas Chesterfield • \$156

## KIDS NIGHT OUT PROGRAMS

Kick your weekend off with one of our popular Kids Night Out program options! Full descriptions available online.

### **Kids Night Out: Barbie Edition**

Bring your favorite doll for a day of fabulous fun and activities!

Gr. K-5 • Friday • March 8 • 6:30-8:30p  
Kehrs Mill Elem • \$29

### **Kids Night Out Animal Arts & Crafts**

Let's talk animal facts and crafts!

Gr. K-5 • Friday • Feb. 23 • 6:30-8:30p  
Hanna Woods Elem • \$29

### **Kids Night Out: Neon Glow**

Light up your Friday with this neon-filled night!

Gr. K-5 • Friday • April 26 • 6:30-8:30p  
Uthoff Valley • \$29

### **Kids Night Out: STEM Sports**

Enjoy a night of STEM-inspired activities and games.

K-5 • Fridays • 6:30-8:30p • \$39  
Feb. 9 • Highcroft Ridge • April 5 • Babler Elem

### **New! Kids Night Out: Movie Effects & Detective Science**

Learn how detectives do their jobs, and help crack a case!

Gr. K-5 • Friday • Feb. 9 • 6:30-8:30p • Claymont Elem • \$35

### **New! Kids Night Out: Bugs & MAD Machines**

Study our favorite bugs, then look at modern machines inspired by them!

Gr. K-5 • Friday • March 8 • 6:30-8:30p  
Wild Horse Elem • \$35

### **New! Kids Night Out: LEGO Technic Fun!**

An introductory-level class where children learn STEM topics and build replicas out of proprietary Bricks 4 Kidz kits. Instructor: Bricks 4 Kidz

Gr. K-5 • Friday • April 5 • 6:30-8:30p  
Green Pines Elem • \$25

### **New! Spring Break Week: Mario Brothers - Brick Building**

In this interactive building club, we will use LEGO® Bricks to build different characters from Mario Bros. games! Improve mathematical skills and 3D spatial understanding, all with LEGO bricks! Instructor: Bricks 4 Kidz

Gr. K-5 • Monday-Friday • March 18-22 • 9a-12p • Babler State Park • \$175  
Tuesdays • April 2-May 7 • 6:15-7:15p • Kehrs Mill Elem • \$105

### **Kids Night Out: Jr. Robotics - LEGO WeDo & Spike Prime**

Learn STEM topics and build moving motorized models (a.k.a. Amateur Robotics) with Technic LEGOs, gears, and motors, following proprietary Bricks 4 Kidz plans. All participants receive a custom-made mini-figure. Instructor: Bricks 4 Kidz  
Gr. K-5 • Friday • March 1 • 6:30-8:30p  
Selvidge Middle • \$29

### **New! Kids Night Out: Science of Toys & Walloping Weather**

Learn about favorite toys, and how similar gizmos help the pros measure weather!

Gr. K-5 • Friday • April 12 • 6:30-8:30p  
Lasalle Springs Middle • \$35

### **Kids Night Out: Ultimate Ninjas**

Ninjas learn how to tackle fan-favorite obstacles safely! Ages 3+ • Fridays • Jan. 5, Feb. 2, March 1, April 5, May 3  
6:30-8:30p • Ultimate Ninjas St. Louis • \$35

### **New! Kids Night Out: NERF Ninjas**

Kids experience a fun NERF night while playing on their favorite ninja course obstacles!

Ages 6-14 • Fridays • Jan. 19, Feb. 16, March 15, April 19, May 17 • 6:30-8:30p  
Ultimate Ninjas St. Louis • \$35

### **Kids Night Out: STEM Sports**

Pair strategic STEM-based activities with basic game-play and current hot topics across multiple sports.

Gr. K-5 • Fridays • 6:30-8:30p  
Feb 9 • Highcroft Elem  
April 5 • Babler Elem



## New! Itty Bitty Bakers

Calling all first-time bakers! This introductory baking class is designed with our youngest participants in mind to provide a safe and fun introduction to the kitchen. Learn basic baking skills like pouring and mixing, focus on safety and kitchen awareness, and engage in sensory play with baking ingredients. Instructor: CE Staff  
Gr. K-2 • Tuesdays • April 2-May 7 • 6-7p  
Parkway Central Middle • \$119

## New! Kid's Baking Club: Imposter Challenge

Is it a LEGO or a cookie? Mashed potatoes or icing? In this "Imposter Challenge" of Kid's Baking Club, participants will be prompted with a new theme each week where they will have to bake and create a dessert that is disguised as their favorite toy, a savory dinner item, or even a creepy crawly insect! Instructor: CE Staff  
Gr. 3-6 • Tuesdays • Jan. 23-Feb. 27 • 6-7p  
Crestview Middle • \$135

## New! LEGO Technic Fun!

An introductory-level class where children learn STEM topics and build replicas out of proprietary Bricks 4 Kidz kits. We will use motors that make the model move. Each participant takes home a custom-made mini figure. Instructor: Bricks 4 Kidz  
Gr. K-5 • Wednesdays • Jan. 24-Feb. 28 • 6:15-7:15p  
Craig Elem • \$105

## Making Moves: Chess Club

Checkmate! Let's make some moves and learn the game of chess. Practice your existing skills, learn something new, and play against your friends! Instructor: CE Staff  
Tuesdays • Jan. 23-March 5 • 6:15-7:15p • Mason Ridge Elem  
Thursdays • April 11-May 23 • 6:15-7:15p • Comm Ed Office  
Gr. K-5 • \$105

## New! Skyhawks: STEM Sports

Pair strategic STEM-based activities with basic game-play and current hot topics across multiple sports with modules centered around technology, science and innovation. Instructor: Skyhawks Sports Academy  
Gr. K-5 • Thursdays • Jan. 25-Feb. 29 • 6-15-7:30p  
Eureka Elem • \$129

## New! Lip Sync: Disney Edition

Dreaming of performing but vocally singing not your thing? Lip-sync your heart out while recreating your favorite Disney songs & performances, battle your friends and showcase the final product for friends/family on the last day of class. Instructor: Gabby Merz  
Gr. 3-6 • Wednesdays • April 3-May 15 • 6:15-7:15p  
Selvidge Middle • \$109

## Play with Clay: Youth Pottery

Learn to play with clay! Students will learn the art of hand-building to create their own pottery pieces from start to finish, including the final steps of glazing their masterpieces. Instructor: Linda Brattain  
Gr. 1-2 • Tuesdays • April 2-May 7  
Gr. 3-5 • Wednesdays • April 3-May 8  
6-7:30p • Parkway North High • \$109

## New! Youth Creative Writing

Do you have dragons living in your head? A fascinating life story you want to tell? A love of adventure? Join us for a series of Creative Writing fun to learn how to turn the stories inside your brain into books people want to read. Instructor: Sarahlynn Lester  
Gr. 6-8 • Wednesdays • Jan. 24-March 6 • 6:15-8:15p  
Selvidge Middle • \$109

## New! Youth Drawing: Portraits

Draw along with the art teacher as you create portrait drawings in pencil, sharpies and markers. Students will learn the basic rules of creating a person's portrait and also we will be creating portraits in the manner of famous artists, ex: Picasso, Klimt, da Vinci. Instructor: Joan Williams  
Saturdays • Jan. 27-March 2  
Gr. 2-5 • 10a-12p • Gr. 6-8 • 12:15-2:15p  
Parkway West Middle • \$85

## New! HUNTINGTON LEARNING CENTER - TUTORING

Needing help with a specific subject in school? Looking to better your most recent ACT score? Improve your test score and open the door to your college choices with tutoring sessions! In-person & virtual options.

## New! Tall & Small: Ballet/Jazz

Class will alternate weekly between Ballet & Jazz. Enjoy class with your "little" while learning basic Ballet & Jazz steps. This class is taught in collaboration with St. Lou Dance Crew  
Ages 6-8 + Parent • Thursdays • Jan. 4-25 • 4:30-5p • \$89  
Ages 4-6 + Parent • Tuesdays • Feb. 6-March 12  
5:45-6:15p • \$119  
Ages 9-12 + Parent • Thursdays • Feb. 15-March 7  
4:30-5p • \$89  
Ages 4-6 + Parent • Tuesdays • April 9-May 28  
5:45-6:15p • \$149  
Ages 7-10 + Parent • Tuesdays • April 11-May 30  
4:30-5p • \$149

## New! Tall & Small: Creative Movement & Tumble

This class will help develop physical skills, channel energy & introduce basic tumbling moves. Children will perform with their guardians. Instructor: St. Lou Dance Crew  
Ages 1.5-3.5 + Parent • Saturdays • Jan. 6-27  
10:50-11:20a • \$89  
Ages 3-6 + Parent • Tuesdays • Jan. 6-Feb. 6  
4:30-5p • \$89  
Ages 3-6 + Parent • Tuesdays • April 9-May 14  
4:30-5p • \$119

## Youth Drumming

Hand drumming is great for your mood, rhythm, body and soul. Develop group and teambuilding skills while having fun! Instructor: CE Staff  
Gr. K-5 • Thursday • 6:15-7p • \$19  
April 18 • Westridge Elem  
May 16 • Craig Elem

## EVENING DRIVER EDUCATION

Forget the stress of teaching your teen to drive and leave it to the pros. Students will get prepared for responsibilities of driving through online instruction and six hours of drive time. Students will receive a certificate for successful completion of this non-credit course. This is a full driver education program open to Parkway and Rockwood residents.

Age 15 by Jan. 22 • Tue & Thurs  
Jan. 23-Feb. 29 • 6-8p • \$385

## ROCKWOOD SWIM CLUB



Rockwood Swim Club is open to youth throughout the St. Louis area. Learn more about Rockwood Swim Club at [www.rockwoodswim.org](http://www.rockwoodswim.org).

Rockwood Swim Club has been a staple in St. Louis county for more than 40 years. We have introduced thousands of kids to the fun, exciting environment of competitive swimming. Swimmers of all ages and abilities have a home in the Rockwood Swim Club family. Open to all residents in the St. Louis area.



The 50-meter heated outdoor pool at Crestview Middle School pool is Rockwood Swim Club's training facility from April through October.

## SWIM SCHOOL



Love to swim and want to teach others? Join our Parkway-Rockwood Swim School Instructor Team! Immediate openings at Crestview Middle, Rockwood Summit & Kirkwood High! Text HIREME to 636-891-6644 to get started.

Parkway-Rockwood Swim School offers learn-to-swim class opportunities for children ages six months and older. Group lessons are taught in six stations, where new swimmers are evaluated and placed based on their skill level before advancing from station to station at their own pace. Instructors emphasize correct body position, stroke and kick, breathing, and timing of strokes while focusing on basic water safety, fitness and FUN!

**Parent/Child Classes** (ages 6 months-2 years)

**Preschool Classes** (ages 3-5years)

**Swim School Classes** (Ages 4-17)

**Private Lessons** (Ages 3 and up)

**Adaptive Lessons** (Ages 4 and up)

Designed for youth with cognitive, developmental and physical disabilities.

All classes meet one day per week on the same day each week.

## SWIM SCHOOL SCHEDULE

Sessions start week of:

- Feb. 5 - Rockwood Summit, Kirkwood, Lafayette, Eureka
- March 25 - Crestview, Rockwood Summit, Kirkwood
- April 29 - Crestview, Rockwood Summit, Kirkwood

## Infant Swimming Resource (ISR)

(ages 6 months-6 years)  
Your child will learn valuable skills and techniques to help them survive should they find themselves in the water alone. For more information, visit [info@gatewayisr.com](mailto:info@gatewayisr.com).

## Pre-Competitive Swim Team

Perfect for the swimmer who does not have the time to commit to a competitive program, but wants to learn more than lessons. Qualifications: 50 yards freestyle, 25 yards backstroke and have an idea of how to swim breaststroke and butterfly; or be in station 6 in Swim School.

Mondays & Wednesdays • March 25-May 22  
7:30-8:15p • Crestview Middle • \$270

Tuesdays & Thursdays • March 26-May 23  
7:30-8:15p • Crestview Middle • \$270

Saturdays • April 6-May 18 • 9:15-10:15a  
Rockwood Summit High • \$105

Tuesdays & Thursdays • March 26-May 23 • 7:30-8:15p  
Kirkwood High • \$270

## Summer League Prep

This six week program gets you ready for your summer swim team! Attend up to three practices a week and focus on stroke technique, racing strategy, starts and turns and more. Led by Rockwood Swim Club coaches.

Ages 5-18 • April 15-May 25  
Mondays & Wednesdays • 7:30-8:30p • Eureka High  
Saturdays • 12:15-1:15p • Eureka High  
\$199

Scan to Register!





## Before and After School Care

Fun and learning continues beyond the bell with Adventure Club, our school-age care program for elementary students. Built on a foundation of safety and supervision, Adventure Club has a child-centered focus where a kid can be a kid while continuing to develop, learn, socialize and have fun. Our low student-to-staff ratios allow caring, trained staff to connect and build relationships with each child.

- Available in all Parkway and Rockwood elementary schools
- Choose a schedule of 1-5 days per week before and/or after school
- Extended hours allow drop-off as early as 6:30 a.m. and pick-up until 6 p.m.

**MARCH**  
**15**

*Mark your calendars! Before/After Care registration for the 2024-25 school year opens for new families at 6 a.m. on March 15!*



My daughter loves Adventure Club. She is always coming out with a craft or piece of art that she did, and is always excited when they get to spend more time outside on the playground. The wonderful staff makes this after-school program a great place to be.

- Kenna M., Rockwood Adventure Club Parent

## Adventure Club

## Now Hiring

### Before & After School Positions at 37 Elementary Schools!



## Make a Difference, Be a Positive Role Model, & GET PAID!

Are you looking for a part-time job to earn some extra money?

Do you know a college student or adult looking for a job that will work around their schedule?

Check out all these benefits of working with Adventure Club!

- Flexible hours with no nights or weekends
- Split shift bonus pay
- Paid time off for holidays, sick time, and perfect attendance pay
- Positions available in Parkway and Rockwood
- Impact lives of children every day
- Free child-care while you work (restrictions apply)
- Fun while you work!

Text HIREME to 636-891-6644, call us at 636-891-6673 or email ACjobs@prcommunityed.org.

## PARKWAY EARLY CHILDHOOD

### Parents as Teachers (PAT)

Birth to Five Years

Give your child the best possible start with this program that includes: personal visits with a degreed and certified parent educator, annual screenings, family activity sessions, parent talks and connections to community resources. Free to Parkway residents. Call 314-415-6973.

### Partners In Play

Give your child the gift of music, art, movement and more with these affordable classes. Your little one will bring a lucky grown-up to enjoy classes together. Topics include yoga, healthy eating, science, math and other high-interest, fun subjects. There are morning, afternoon and evening classes and are open to anyone. Call 314-415-6955.

### Kids Morning Out Program

This is a fun and affordable preschool experience for children who turn two years old by July 31st. Parents drop off their children for this two-hour program that blends developmentally appropriate curriculum with opportunities for social growth. Classes taught by certified teacher and teacher assistant. Call 314-415-6955.

### Preschool Programs

Preschool is offered as a full-day or half-day program for students 3-5 years old. Our half-day preschool is three hours offered between 2-5 half days with morning or afternoon options. Our full-day preschool program has both before and aftercare options and is offered five full days. Both programs are serviced by certified preschool teachers. Children must be 3 by July 31st to enroll. The online lottery begins in early February. Call 314-415-6970 regarding current openings.

### Play-Base Screenings

For Parkway Residents Only - Free

This child-friendly approach to screening allows parents to learn about their child's development. Children ages 3-5 play in small groups. Hearing and vision are also screened. Call 314-415-6969.

### Special Education Classes

Classes and therapy are available for 3-5 year olds who qualify for special education services. Offered by St. Louis County Special School District in various locations. Free to Parkway Residents. Call 314-415-4983.

Visit [www.parkwayschools.net](http://www.parkwayschools.net) or call 314-415-6955 for more information.



## ROCKWOOD EARLY CHILDHOOD

### Parents as Teachers (PAT)

Prenatal to Five Years

Give your child the best possible start with this program that includes: personal home visits with a degreed and certified parent educator, annual health and developmental screenings, group connections and a resource network. Free to Rockwood residents. Call 636-891-6276.

### Screenings

Health, Hearing & Vision (Three Months-3 Years)

The 30-minute screening includes a vision and hearing assessment as well as a review of your child's overall health. Free for Rockwood residents. Call 636-891-6200.

### Mini Preschool

Mini Preschool offers a school opportunity for those children that are not yet age eligible for preschool. Short term classes focus on social development and interactive play. Classes are for children who turn 30 months by that start of each session. Check the early childhood website for online enrollment periods (May/November).

### Half-Day Preschool

Ages 3-5

This nine-month program provides a variety of options to parents looking for a three hour preschool. All teachers are certified by the state of Missouri. Class size is limited to 14 to promote more student/teacher interaction. Child must be at least 3 by July 31.

### Full-Day Preschool

Ages 3-5

The Full-Day Preschool combines preschool and childcare for families needing full day services. School year teachers are certified by the State of Missouri. Children must be at least 3 by July 31.

### Special Education Classes

Classes and therapy are available for children ages 3-5 years who qualify for special education and related services. Provided by Rockwood Special Education Teachers and Therapists. Free to Rockwood Residents

Visit [www.rsdmo.org/earlychildhood](http://www.rsdmo.org/earlychildhood) or call 636-891-6200 for more information.





Work With Us!  
There's An Opportunity for You!



Text HIREME to 636-891-6644

Want to share your talents with others while having a great time at work?

Want to positively impact the lives of others?

Want a part-time job that works around your busy schedule?

Want to gain some great experience that you can use for the future?

If you answered YES to any of these questions, then we've got a job for you!

Join our team! Text HIREME to 636-891-6644 or scan the QR code!

We're currently hiring for both school-year and summer positions.

Part-time openings include:

- Adventure Club activity assistants
- Swim School instructors and site supervisors
- Outdoor Ed instructors and counselors
- Enrichment and art instructors
- Sports and fitness instructors
- And More!



**NOTE: Program fees listed per person. Family programs are open to all ages unless otherwise stated.**

## New! Birdwatch with Me!

Join us for an introduction to birdwatching! Learn species and flight patterns, then test your skills on a hike. Instructor: CE Staff  
Saturday • May 4 • 9-11a • Babler State Park • \$12

## Family Archery

Learn the basics of this fun precision sport! Bows provided. Instructor: CE Staff  
Ages 10 and up • Babler State Park • \$9  
Friday • April 12 • 5:30-6:30p  
Saturday • May 4 • 9-10a

## Family Baking Night

Learn some new delicious recipes with your family. Encourage everyone to get involved while gaining some confidence in the kitchen. Instructor: Tori Newman  
Thursday • Feb. 8 • Rockwood South Middle  
Tuesday • April 23 • Crestview Middle  
6-8p • \$19

## Back for 2024! GPS Egg Hunt



An egg hunt like no other! Use a handheld GPS to find eggs hidden all over the Babler Outdoor Education Center. Exchange your eggs in for prizes at the end! Instructor: CE Staff

Saturdays • March 23 • 9a-12p & 1-4p  
Babler State Park • \$12

## Family Drumming

Hand drumming is great for all parts of your mood, rhythm, body and soul. Group and team building skills while having fun. No experience needed. Instructor: Rhythm N Ruach  
Saturday • Feb. 24 • 9-9:45a • Parkway West Middle  
\$15

## New! Family Nature Adventures

Explore the woods with your family and discover easy ways to reconnect with nature and each other through art and play. Please be sure to dress for the weather, as we will be outdoors. Instructor: April Anderson  
Saturdays • Jan. 13, Feb. 10, March 9, April 13  
10:15-11:15a • Babler State Park • \$6

## New! Mom and Me and Barbie Makes Three!

Grab your mom/aunt/grandma/sister and your Barbie and join us for a crafting party! We will make matching bracelets and tote bags for each of you and Barbie too! Do you have a favorite shirt that no longer fits? Bring it in to convert it into a reusable tote bag. Instructor: CE Staff  
Thursday • Feb. 29 • Blevins Elem  
Wednesday • April 24 • Chesterfield Elem  
6:15-7:45p • \$12

## New! Mom & Me: Valentine Class

Come create fun Valentine cards for your whole family! With samples of cards and all the materials at your fingertips, you can go cardmaking crazy! We will also enjoy some treats. Instructor: CE Staff  
Wednesday • Feb. 7 • 6:30-7:45p • Oak Brook Elem  
Monday • Feb. 12 • 6:30-7:45p • Rockwood South Middle  
\$12

## New! Parent/Child Fishing Program

Learn the basics of fishing and then teach your parent! All equipment provided. Instructor: CE Staff  
Saturday • May 4 • 10a-12p • Babler State Park • \$12

## New! Parent/Child Outdoor Cooking

Practice techniques from dutch ovens to solar ovens and have a blast learning to cook outdoors with family! Ages 7 and up • Saturday • April 13 • 10a-12p  
Babler State Park • \$19

## Parent/Child Pajama Jam

Take a load off at the end of the day, break out your favorite jammies, and enjoy some pizza and games with us! Instructor: CE Staff  
Fridays • 6:30-8:30p • \$15  
Feb. 2 • Eureka Elem  
April 5 • Uthoff Valley  
May 3 • Wren Hollow Elem

## New! Ready, Set, Puzzle!

Teams will compete to see who can complete a 500-piece puzzle the fastest. Medals will be awarded; participants take home puzzles.  
Saturday • Feb. 24 • 1:30-4:30p  
Parkway West Middle • \$12 per person

## New! Spring Parent & Me: Outdoor Ed Experience

Indulge in nature and experience a day outdoors with your little one as you engage in activities that will help you build your "outdoor toolbox", including a short hike/storybook walk. Instructor: CE Staff  
Ages 0-5 & Parents • Saturday • April 27 • 9-10a  
Babler State Park • \$5 per child

## Weeknight Meals ... Easy as 1, 2, 3!

Does your child like to cook? Each week will include a new, kid-friendly meal that you and your child will prepare together. Instructor: Tori Newman  
Thursday • May 9 • 6-8p • Crestview Middle • \$19

## New! Winter Parent & Me: Outdoor Ed Experience

Indulge in nature and experience a day outdoors with your little one as you engage in activities that will help you build your "outdoor toolbox". Enjoy a short hike/storybook walk and engage with your child and other families in new ways that you can adopt into your everyday leisure time. Instructor: CE staff  
Ages 0-5 & Parents • Saturday • Feb. 17 • 9-10a  
Babler State Park • \$5 per child

# Adult Sports & Fitness

## Adult Golf Lessons

A six-week long indoor clinics designed to get you excited about the game of golf. Covers golf fundamentals such as proper golf grip, posture, putting, chipping and full swing shots. Students will also learn golf rules and etiquette in a fun but educational environment. Clubs provided, or bring your own. Instructor: The Golf Academy  
Sundays • Jan. 28-March 3 & April 7-May 12 • 6-7p  
The Golf Academy • \$149

## Adult Volleyball Open Play

No team? No problem! Join us and meet new people while having fun playing volleyball. Register as an individual and get placed on a team each week. All skill levels welcome. Instructor: CE Staff  
Thursdays • Jan. 25-April 4 • 7-9p  
Parkway West Middle • \$55

## Adult Tennis

Tennis anyone? No matter your skill level, you'll improve your game and have a great time learning the sport in program designed in coordination with the United Tennis Association. Instructor: Vetta Sports  
Saturdays • April 6-May 11 • 11a-12p  
Location varies • \$109

## New! Baby Weights

Are you a new mom... or dad? Kickstart your journey to getting back into shape while using your baby as your weight! Spend time with baby while getting a quick workout in. Instructor: St. Lou Dance Crew  
Ages 2 months-1.5 years • Saturdays • Jan. 6-27  
10-10:45a • St. Lou Dance Crew • \$89

## Balance Barre

Balance Barre is a gentle dance-based fitness class designed for older adults. Class is done standing and seated and is great for those with Arthritis who are looking for a non-impact fitness class that's gentle, smooth, unique and fun. Instructor: Vitality Ballet  
Mondays • Jan. 22-Feb. 26 & April 8-May 20  
2:15-3:15 • Community Ed Office • \$105

## Beginning 1 Country Line Dancing

Learn Rockin' the Wagon Wheel, Back on Texas Time, Watermelon Crawl, Boot Scootin' Boogie, Honky Tonk Stomp, Knockin' Boots, No Problemo, Waltz Across Texas, Country Walkin', and more. Instructor: Beth Goyer  
Wednesdays • Jan. 24-April 3 • 6-7:30p  
Parkway West Middle • \$75 • Gold/Silver Card rates apply

## Beginning 2 Country Line Dancing

Bring your friends, get some exercise and get ready to have some fun. Bring shoes that allow you to slide (dance shoes, cowboy boots, etc.) recommended but not required. Instructor: Beth Goyer  
Mondays • Jan. 22-April 15 • 6-7:30p  
Parkway West Middle • \$75 • Gold/Silver card rates apply

## New! Dance Workout

Come dance the night away with us! We will incorporate aerobic warmups, yoga, pilates, stretching, ballet barre exercises and so much more! Instructor: St. Lou Dance Crew  
Thursdays • 6:30-7:15p • St. Lou Dance Crew  
Jan. 4-25, Feb. 8-29 • \$65  
April 11-May 30 • \$125

## New! Fit Hop

Put on your dancing shoes! You will work out every part of your body while learning a short dance combining basic Hip Hop & fitness moves. Instructor: St. Lou Dance Crew  
Tuesdays • Jan. 9-30 • 7-7:45p  
St. Lou Dance Crew • \$65

## New! Functional Fitness

Join our experienced instructor for this fun and engaging fitness class that focuses on movements such as pushing, pulling, bending, squatting and more to tone and strengthen the muscles you use in your everyday activities. Instructor: Vitality in Motion  
Tuesdays • Jan. 30-Feb. 27, April 9-May 14 • 6-7p  
Rockwood South Middle • \$105

## New! Line Dancing

You'll love the music and the steps are easy to learn building from week to week. No experience or dance partner needed. Instructor: Sandy Derickson  
Thursdays • Jan. 25-Feb. 29 & April 11-May 16 • 7-8p  
Rockwood Summit High • \$105

## Qigong Taichi 18

Qigong Taiji -18 has 18 simple movements for health and vitality. Practicing them can promote the body's natural healing energy, improve stress tolerance, and create a feeling of well-being. Instructor: Yan Xie  
Thursdays • Jan. 25-Feb. 29 • 6:15-7:15p  
Uthoff Valley Elem • \$75

## New! Rest, Stretch, Destress

Discover different ways to destress your life by learning various ways to rejuvenate your mind, body & soul. This is a light, stress-free class to end your day on a good note. Instructor: St. Lou Dance Crew  
Thursdays • Jan. 18-Feb. 8 • 7:45-8:30p  
St. Lou Dance Crew • \$65

## New! Tall & Small: Acro Trix

Learn fun, partner Acro tricks with your child and discover what you are capable of as well! You will need to be able to hold the weight of your child in different positions but will also learn more basic partner holds as well. Instructor: St. Lou Dance Crew  
Ages 7-12 +Parent • Tuesdays • Feb. 6-27 or  
April 9-May 28 • 7-7:30p • St. Lou Dance Crew  
Prices vary

## Stretching and Flexibility

This class will stretch every muscle from the top of your head to the tips of your toes. Increased flexibility can help with pain as well as make everyday activities easier. Instructor: Julie Williams  
Tuesdays • Jan. 23-April 2 • 6-7p • Hanna Woods Elem  
\$75 • Gold/Silver Card rates apply

## St. Louis Lessons Level 1 Golf Clinics

A five-session class for beginner golfers covering all of the basics from putting through full swing. Instructor: Maria Palozola  
Saturdays • April 27-May 25 • 11a-12p  
The Landings at Spirit Golf  
\$125/\$150 with club rental

## New! Tap

Tap into your inner dancer! This Rhythm Tap Dance class focuses on musicality and style. Instructor: St. Lou Dance Crew  
Tuesdays • 7:30-8:15p • St. Lou Dance Crew  
Feb. 20-March 12 • \$95  
April 9-May 28 • \$135

## Zumba

This fast Latin dancing class is for you. Learn new dance steps, get your heart rate up, dance to the music and have fun while exercising. Instructor: Julie Williams  
Tuesdays • Jan. 23-April 2 • 7-8p  
Hanna Woods Elem • \$75 • Gold/Silver Card rates apply

## Chair Yoga - ONLINE

Feel the benefits of yoga without having to get on the floor. You'll stretch the body, release tension, practice breathing, quiet the mind without having being on a yoga mat. Anyone can benefit from chair yoga especially if you have limited mobility or want to practice yoga at work! Instructor: Angela Jurgensen  
Mondays, Wednesdays, Thursdays  
Dates and session times vary  
\$59 • Gold/Silver Card rates apply

## Hatha Yoga

Hatha yoga means to balance the sun and moon energies in you. It tones your spine, improves flexibility, ravs up blood circulation, increases your immunity, relieves stress, helps with focus & concentration, balances the flow of energy, and makes you feel happy from within. Instructor: Neha Prathihar  
Tuesdays & Fridays • Jan. 16-March 5 • 6-7p • Westridge Elem  
\$119 • Gold/Silver Card rates apply

## Restorative Yoga - Hybrid

A healing experience that brings wonderful benefits to the body, mind and heart. Bring a yoga mat and blocks. Instructor: Angela Jurgensen  
Mondays • Jan. 22-Feb. 26, April 8-May 13 • 7-8p  
Ellisville Elem/Online • \$59 • Gold/Silver card rates apply

# Adult Sports & Fitness

## Root Yoga - Hybrid

Teaches yoga fundamentals. Grow your self-awareness while learning to move your body and link your breath into a creative flow. Instructor: Angela Jurgensen  
Mondays • Jan. 22-Feb. 26, April 8-May 13 • 6-7p  
Ellisville Elem/Online • \$59 • Gold/Silver Card Rates apply

## Vinyasa Yoga

Connect your mind, body and spirit as you target muscles leading to a dynamic and challenging flow from posture. Instructor: Angela Jurgensen  
Tuesdays • Jan. 23-Feb. 27, April 2-May 7 • 7-8p  
Thursdays • Jan. 25-Feb. 29, April 11-May 9 • 7-8p  
Ellisville Elem/Online • \$59 • Gold/Silver Card rates apply

## Yin Yoga - HYBRID

This slower-paced yoga targets the connective tissues such as ligaments, bones and joints. It's the perfect complement to the dynamic and muscular (yang) styles. Instructor: Angela Jurgensen  
Tuesdays • Jan. 23-Feb. 27, April 2-May 7 • 6-7p  
Ellisville Elem/Online • \$59 • Gold/Silver Card Rates apply

## New! Slide into Salsa and Bachata

Whether you are single or a couple, learn various styles of Latin dance. Each session will focus on a different style. These moves will be incorporated into choreography in the eight-week session. Instructor: St. Lou Dance Crew  
Ages 16+ • Mondays • April 8-May 29 • 6:45-7:30p  
St. Lou Dance Crew • \$89

## New! Slide into Salsa and Merengue

Whether you are single or a couple, learn various styles of Latin dance. Each session will focus on a different style. These moves will be incorporated into choreography in the eight-week session. Instructor: St. Lou Dance Crew  
Ages 16+ • Mondays • Feb. 5-26 • 6:45-7:30p  
St. Lou Dance Crew • \$89

## New! Slide into Salsa, Bachata and Merengue

Learn various styles of Latin dance. Each session will focus on a different style. These moves will be incorporated into choreography in the eight-week session. Instructor: St. Lou Dance Crew  
Ages 16+ • April 8, 15, 22 & May 6, 13, 20, 29  
6:45-7:30p • St. Lou Dance Crew • \$135

## UPCOMING PICKLEBALL CLASSES



### Introduction to Pickleball

Learn all the basics of pickleball and have some fun! Learn the game guidelines and how to play from our skilled instructors. No experience necessary! Instructor: Vetta Sports  
Saturdays • Jan. 13-Feb. 10, Feb. 17-March 16,  
March 23-April 20, April 27-May 25 • 11:30a-1p  
Vetta Sports Sunset • \$150

### Intermediate Pickleball League

Weekly doubles match play in a relaxed environment for players who already know how to play and want to gain further experience and advance their skills. This is a doubles league, but you do not need a partner to register. Instructor: Vetta Sports  
Sundays • 6-7:30p • Vetta Sports Sunset  
Jan. 14-March 17 • \$180  
March 24-May 19 • \$162

### Novice Pickleball League

Weekly doubles in a relaxed environment for players who know how to play and want to gain further experience and advance their skills. Instructor: Vetta Sports  
Sundays • 4:30-6p • Vetta Sports Sunset  
Jan. 14-March 17 • \$180  
March 24-May 19 • \$162



## New! Advanced Photography

Designed for amateur photographers with basic photography knowledge looking to grow their skills. Topics include advanced camera techniques, lighting, composition, equipment, flash techniques, portraits and backgrounds. Instructor: Dave Kuenzel  
Tuesdays • Jan. 23-Feb. 27 • 6-7:30p • Selvidge Middle  
\$75 • Gold/Silver Card rates apply

## Adult Drumming

Hand drumming is great for all parts of your mood, rhythm, body and soul. Enjoy group and team-building skills while having fun. No experience needed. Instructor: Rhythm N Ruach  
Tuesday • Feb. 6 • 6-6:45p • Crestview Middle • \$19

## New! Beginner Baking

Life is what you bake of it! Join us to create some basic baked recipes that you can take home with you! The two recipes that you will learn are a delicious Fruit Pizza with a Sugar Cookie Crust, and Homemade Crackers. Instructor: CE Staff  
Saturday • Feb. 10 • Rockwood South Middle  
11a-1p • \$35 • Gold/Silver Card rates apply

## Beginning Crafting with 2x4's

This class is designed to build confidence and teach the basic tools and woodworking skills needed to create useful items for home or gifting using 2x4's. All needed equipment is provided. Instructor: Dana Douthitt  
Tuesdays • March 14, April 8, May 14 • 6-8p  
LaSalle Springs Middle • \$59 • Gold/Silver card rates apply

## Collage Inspiration Board

What is a vision board? It's a simple yet powerful tool that manifests your dreams into reality. Spend the morning with us in a fun and relaxing environment cultivating your dreams and connecting with others. Instructor: Angela Jurgensen  
Fridays • March 8, April 12 • 10a-12p • CE Office  
\$25 • Gold/Silver Card rates apply

## Crash Course in Creative Writing

Always wanted to be a writer but don't know where to start? Class covers different styles of creative writing (stories, novels, memoirs, essays, poetry), how publishing works, and how to build a healthy writing practice. Instructor: Sarahlynn Lester  
Wednesdays • Feb. 7, April 10 • 6-8 p  
Selvidge Middle • \$29 • Gold/Silver Card rates apply

## New! Cooking Seasonal Soups

Come discover a simple yet delicious potato soup recipe that you can easily replicate at home. Perfect for anyone looking to learn a fun new recipe no matter your skill or experience in the kitchen! Come warm up with a tasty bowl of soup! Instructor: CE Staff  
Saturday • Jan. 6 • 12-2p • Crestview Middle  
\$29 • Gold/Silver Card rates apply

## Date Night Cooking

Get ready for a fun date night in the kitchen! Bring your partner and a big appetite, and enjoy working together to prepare a multi-course dinner. Ingredients provided. Instructor: CE Staff  
Friday • 6:30-8:30p  
Feb. 23 • Crestview Middle  
March 8 • Rockwood South Middle  
April 19 • LaSalle Springs Middle  
\$29 • Gold/Silver Card rates apply

## New! Doodling for Mindfulness

We start improving what's important: self-care! We will use positive affirmations to help put appreciation into words. Bring a journal. Instructor: Angela Jurgensen  
Friday • March 1 • 9:30-11a • CE Office  
\$25 • Gold/Silver Card rates apply

## Gameshow: Name that Tune

We will recreate the vintage radio and TV shows of the 50s and 60s! Your instructor is your game host and you are a contestant (solo or in teams). Instructor: Richard Losciale  
Thursdays • \$19 • Gold/Silver card Rates apply  
Feb. 8, April 4 • 1-3p • CE Office  
March 7 • 6-8p • Parkway North High

## Gameshow: Guess That Logo!

We will recreate the vintage radio and TV shows of the 50s and 60s! Your instructor is your game host and you are a contestant (solo or in teams). Snippets of songs will be played and then the guessing race is on! Instructor: Richard Losciale  
Wednesday • March 6 • 2-4p • Parkway Welcome Center  
Wednesday • May 8 • 1-3p • CE Office  
Friday • April 5 • LaSalle Springs Middle • 6-8p  
\$19 • Gold/Silver Card rates apply

## Golden Hibiscus

Students will learn about Georgia O'Keeffe, mother of American Modernism. Known for her depiction of flowers, we will paint her 'Golden Hibiscus' with acrylic paints on canvas. Instructor: Gayathri Seetharaman  
Wednesday • Feb. 7 • Parkway West Middle • 6-8 p  
\$35 • Gold/Silver Card rates apply

## New! Homebuyer 101

Ready for homeownership? Let's ensure you are well-equipped with the most up-to-date information and go through the steps of the home-buying process. Instructor: CE Staff  
Tuesdays • 6-7p  
March 5 • Rockwood South Middle  
April 9 • Crestview Middle  
\$19 • Gold/Silver card rates apply

## New! Kandinsky Circles

This class will look at Kandinsky, the Bauhaus artist, credited as one of the pioneers of abstract modernism, his color theory and recreate his most recognized work 'Squares with Concentric Circles'. Instructor: Gayathri Seetharaman  
Wednesday • March 13 • 6-8p • Parkway West Middle  
\$35 • Gold/Silver Card rates apply

## New! Landscaping & Gardening

Learn the do's and don'ts of creating and maintaining a garden, as well as how to tastefully decorate your lawn. Instructor: CE Staff  
Saturday • May 11 • 10a-12p • Crestview Middle  
\$19 • Gold/Silver Card rates apply



Enjoy the weather, stay active, and take time for yourself on our Mindfulness Walk.

## Mindfulness Walk

Practice being balanced, grounded and serene in nature. Each week features a different location and environment. Locations will be mailed out prior to class. Instructor: Angela Jurgensen  
Fridays • March 22-April 5 • 9:30-11a  
\$19 • Gold/Silver Card rates apply

## Podcasts for Entertainment & Education

Bring your phones or laptops, we've got an expert ready to show this world. Discover how to find free podcasts to listen to for fun, education, entertainment and news. Instructor: Richard Losciale  
Wednesdays • \$19 • Gold/Silver Card rates apply  
Jan. 24 • 12-2p • CE Office  
Feb. 28 • 6-8p • CE Office

## New! Preserving Family Memories

Do you have years of wisdom you'd like to pass on or memories you want to immortalize? Learn how to organize your memories into words that will touch your family for generations to come. Instructor: Sarahlynn Lester  
Thursdays • Feb. 1, April 11 • 6-8p • CE Office  
\$19 Gold/Silver Card rates apply



## New! Rock Lyrics as Poetry: A Musical Journey

A musical journey that begins with the basics of poetry defined then a memorable listening experience as we share some of the most poetic, impactful and beautiful songs of the rock era over the last 75 years. Instructor: Richard Losciale  
Monday • Feb. 12 • 1-3p • CE Office  
Friday • April 26 • 6-8p • Selvidge Middle  
\$19 • Gold/Silver Card rates apply

## Watercolor Painting

Explore the world of watercolor as we focus on the beginning fundamentals. We will discuss how to buy and use equipment such as stretching paper, the difference in grade of paper, books and paints. Instructor: CE Staff  
Wednesdays • 6-7p  
March 6 • Parkway West Middle  
April 10 • Parkway Northeast Middle  
\$35 • Gold/Silver Card Rates Apply

## Winning the Senior Dating Game

Topics include senior dating, marriage and increased longevity, community, club and church involvement, and sharing your journey. Protecting your online identity, hardening your passwords, scam awareness, therapeutic computing-what is it and what are its benefits, what never to do online. Instructor: Richard Losciale  
Friday • Jan. 26 • 6-8p • Crestview Middle  
Wednesday • March 27 • 2-4p • Parkway Welcome Center  
\$19 • Gold/Silver Card rates apply

## Wreath Making

Wreaths can be used for a variety of occasions: birthday parties, baby showers, weddings and just because. Make it a fun evening with friends as you become inspired by the fall/winter seasons and create the perfect decoration! Instructor: Diane Droege  
Saturdays • 1-2:30p • \$69  
March 2 • Parkway West Middle  
May 4 • Crestview Middle

## Adjusting to Retirement: 10 Tips & More

If you're in the early stages of retirement and feeling somewhat lost, you're not alone. Learning about these ten tips might help you adjust to retirement better so you can feel fulfilled and happy during this chapter of your life. Instructor: Richard Losciale  
Tuesday • Jan. 23 • 10a-12p • CE Office  
Thursday • March 28 • 5-7p • Wildwood Middle  
\$19 • Gold/Silver Card rates apply

## Part-Time Work Resources for Full-Time Retirees

This two-hour session will help you inventory your preferences for part-time work and how to search for and apply for your ideal part-time work opportunity. All attendees earn personalized letter of reference. Instructor: Richard Losciale  
Tuesday • Feb. 27 • 10a-12p • Parkway Welcome Center  
Monday • April 29 • 6-8p • Selvidge Middle  
\$19 • Gold/Silver Card rates apply

## Retirement and Volunteerism

Searching for additional purpose in your life after retirement? This program is designed to help you determine the volunteering experience you are seeking and the nearby opportunities available to you. Instructor: Richard Losciale  
Friday • Jan. 26 • 6-8p • Crestview Middle  
Thursday • March 14 • 12-2p • CE Office  
\$19 • Gold/Silver Card rates apply

### HEADS UP!

Community Ed staff have made every effort to assure that the information distributed in this program guide is as accurate as possible. However, circumstances may require that adjustments be made to programs, fees and schedules. Community Ed reserves the right to make these changes. Online registration pages for each class will be updated accordingly should changes be needed.



# Adult Art, Enrichment, & Outdoor Ed

## New! The Reading Brain and Your Struggling Reader

Are you a parent or educator of a child who struggles with reading? This course offers a user-friendly introduction to how the brain learns to read and how that knowledge can be used to effectively teach struggling readers. Instructor: CE Staff  
Tuesday • March 5 • 7-8:30p • Selvidge Middle  
\$25 • Gold/Silver Card rates apply

## New! Safe Landing

Safe Landing is a program designed to negate or minimize the damage of a slip, trip or fall. Gain the skills necessary to survive a fall, while never actually taking a tumble! Instructor: Dennis Moreland  
Saturday • April 27 • 10-11a • Selvidge Middle  
\$19 Gold/Silver Card rates apply

## LEARN TO BE AN INSTRUCTOR NIGHT



Find out what it takes to be a Community Ed instructor! Our staff will help you develop an idea and design the class you want to teach. Free to attend!

Wednesday • March 6 • 6:30p • Crestview Middle • Free

## Adult Beginning Archery

Discover a new challenge while learning this precision sport. Class is designed for beginners with minimal experience; all equipment provided. Instructor: Kim Schleuter  
Mondays • April 8-May 6 • 9-10a • Babler State Park  
\$59 • Gold/Silver Card rates apply

## New! Beautiful Bluebells Hike and Picnic

See one of the area's most stunning displays of bluebells as we hike along Swimming Deer Trail at St. Francois State Park. In addition to the blooming bluebells, we will hike along the bluffs of the Big River and enjoy a boxed lunch from Russell's Café and Bakery. Instructor: Aimee Gao  
Monday • April 15 • 11a-2p • St. Francois State Park  
\$39 • Gold/Silver Card rates apply

## New! First Day Hike

Kick off 2024 by hiking with us! We will reflect on our New Year's goals while hiking the beautiful trails of Kress Farm Garden Preserve in Hillsboro. At the end of the hike, we will toast to the new year with some sparkling juice and snacks. Instructor: Aimee Gao  
Monday • Jan. 1 • 10a-12p • Kress Farm Garden Preserve  
\$25 • Gold/Silver Card rates apply

## New! Gardening with Nature: Lunch & Learn

Enjoy the value (and challenges) related to gardening with nature as we explore sustainable approaches to landscaping that you can use wherever you live. Be sure to bring questions and lunch! Instructor: April Anderson  
Saturday • March 9 • 12-1p • Babler State Park  
\$19 • Gold/Silver Card Rates apply

## HEADS UP!

Community Ed staff have made every effort to assure that the information distributed in this program guide is as accurate as possible. However, circumstances may require that adjustments be made to programs, fees and schedules. Community Ed reserves the right to make these changes. Online registration pages for each class will be updated accordingly should changes be needed.



Whether you're looking to stay active, find your Zen, or unwind at the end of a long day, our in-person and hybrid yoga classes can help.

## New! Happy Hour Hiking Club: Spring Strolls

Start your weekend off right with your hiking boots and some new friends! Each month we will meet to socialize and hike a different trail. Charcuterie and seasonal mocktails will be provided. Instructor: Aimee Gao  
Fridays • March 1, April 5, May 3 • 5-7p  
Local parks/conservation areas  
\$35 • Gold/Silver Card rates apply

## New! Nature Photography: Principles, Practices & Post-Production

Learn the basics of both macro and landscape photography and then practice them in the field using your phone or DSLR camera. In the final class, you will get hands-on experience using Adobe software for post-production where you will learn to edit and clean up your photos. Instructor: Lisa Delorenzo  
Fridays • April 26-May 10 • 10a-12p • CE Office  
\$99 • Gold/Silver Card rates apply

## Wildflower Walks

Watch the woods come back to life as we visit glades, prairies, forests and other unique ecosystems to see the variety of native wildflowers blossom. Instructor: Aimee Gao  
Wednesdays • March 27-May 1 • 10:30a-12:30p  
Location varies • \$89 • Gold/Silver Card rates apply

# Adult Art, Enrichment, & Outdoor Ed

## New! The Nature Connection

Take off your watch, put away your phone, and join us for a rejuvenating morning in the woods grounded in Shinrin-yoku. We will not hike far, but find peaceful spaces for calm reflection and share our inspiration. Notebooks and writing implements are optional. Instructor: April Anderson  
Saturdays • Feb. 10 & April 13 • 8-9:30a  
Babler State Park • \$19 • Gold/Silver Card rates apply



Get out and explore nature with friends with our Women's Outdoor Club! Learn new skills, from canoeing to axe-throwing, all while having a blast.

## Women's Outdoor Club

Sign up by quarter and save: Learn the basics of a new outdoor skill on First Fridays! This year-round program offers different program topics each month lead by a variety of instructors. Programs include archery, firebuilding, hiking, geocaching, kayaking, and more! Instructor: CE Staff  
Fridays • Dec. 2023-Aug. 2024 • 10 a-12p  
Babler State Park • \$19 • Gold/Silver Card rates apply

Scan to Register!



## BRING YOUR GROUP TO THE BABLER OUTDOOR EDUCATION CENTER



The Babler Outdoor Education Center (OEC) is a 300-acre retreat located inside Dr. Edmund A. Babler State Park in Wildwood.

The Babler OEC is a fully accessible facility for people of all abilities and is available for day, overnight, weeklong, weekend and hourly use by organized groups including summer camps, school programs, scout groups, retreat groups and community organizations.

Whether you are looking to rent the facility and manage your own program or you are interested in working with our staff to create a customized program, the Babler OEC offers a convenient and affordable location for your camp, field trip, retreat, team building activity, meeting and more.

Have your child's birthday party at the Babler OEC for an experience everyone is sure to remember!

The Babler OEC is operated by Parkway-Rockwood Community Ed in partnership with Missouri State Parks.

Scan to learn more about the Babler OEC.



[www.bableroec.org](http://www.bableroec.org)



# Adult Aquatics

## Become a Gold Card Member and Save!

The Gold Card provides discounts on Community Education programs. Membership is FREE to all Parkway and Rockwood residents age 60 and older. Benefits include:

- Unlimited savings up to 50% on select Community Ed programs.
- Special email and gift from us during your birthday month.

How do I sign up?  
Email [info@prcommunityed.org](mailto:info@prcommunityed.org) or call or text 636-891-6644 to request a Gold Card.

## Don't Live In Parkway or Rockwood? You can now save with the new Silver Card!

The Silver Card program is FREE to individuals age 60 and older throughout the St. Louis metropolitan area living outside the Parkway and Rockwood School Districts boundaries. Benefits include:

- Unlimited discounts up to 15% off select Community Ed programs.
- Special email and gift from us during your birthday month.

Email [info@prcommunityed.org](mailto:info@prcommunityed.org) or call or text 636-891-6644 to request a Silver Card.



## Adult Master/Lap Fitness Swimming

Try our coached master swim program or do your own workout. All swimming abilities and fitness levels are welcome. Workouts will be given to help adults who still compete, former swimmers, or triathletes looking to improve.

Prepayment required

Sessions: January-April, Unlimited Swims  
Session: \$350 • Payable in full or in installments.  
Stamp Card Prices:

12 swims: \$96 • 6 swims: \$54 • 3 swims: \$30

Monday-Saturday • 5-6:30a • Marquette High  
Sundays • 7-8:30a • Marquette High

Monday-Friday • March 25-April 30 • 10:30a-12p  
Crestview Middle Indoor Pool only • \$103

## Adult Beginner Swim Lessons

This class is for the true beginner age 19 and up. Taught in a small group setting, you will learn to float, kick, swim and be safe in the water.

Sessions starting April 6 & May 11 • 8-8:40a  
Crestview Middle • Cost varies by session length

## Water Walking

Water walking takes place in, at, or around chest deep water; sometimes it may include shallow and deep water exposure. The class will be various workouts with a focus on aerobic activity, strength and flexibility. Range of motion and proper technique will be the foundation class. All levels and swimming experience welcome.

Tuesdays & Thursdays (2 days/week)  
8:45-9:30a • Crestview Middle

March 26-May 23 • \$136  
Gold/Silver Card rates apply

## Aqua Aerobics

This low impact workout challenges those who want to get in shape through low-impact cardio, muscle toning, strengthening and balance work. Deep water and shallow water classes meet two times per week.

Mondays & Wednesdays • Crestview Middle  
March 25-May 22 • \$144  
8-8:45a • Shallow Water  
8:45-9:30a • Deep Water

Tuesdays & Thursdays • Crestview Middle  
March 26-May 23 • \$136  
8-8:45a • Shallow Water

Fridays • Crestview Middle  
April 5-May 17 • \$56  
8-8:45a • Shallow Water

Gold/Silver Card rates apply.



Get moving in the water with aquatics programs at Crestview Middle School pool.

# Adult Online Programs

## Spanish for Medical Professionals

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. Instructor: LERN  
Feb. 5-March 29 or April 1-May 31 • \$290

## Introduction to Fiction Writing

Designed specifically for those with little to no fiction writing experience, find your pathway towards your fiction writing goals. Learn the basic building blocks of story: character, plot and setting. Then find out the different forms of fiction writing and some of the genres you might like to explore. Whether you've never written a word of fiction, or haven't written since high school or college, you will complete the course with the skills you need to get started. Instructor: LERN  
Feb. 5-March 1 or April 1-26 • \$195

## New! Introduction to Web Design

Online users say a website's design is the number one criterion for deciding whether a company is credible or not, according to recent research. Throughout the course, you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. Discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images. Instructor: LERN  
Feb. 5-March 1 or April 1-26 • \$245

## HEADS UP!

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Our online classes allow adults to learn new skills, software and programs all from the comfort of home and without worrying about any commute.

## Mastering Microsoft Excel

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Instructor: LERN  
Feb. 5-March 1 or April 1-26 • \$195

## Intermediate Excel

Have you ever wondered why Excel is one of the most powerful applications used today by many businesses? Find out how you can consolidate your data proficiently into readable rows and columns using different table designs and styles. Create a unique style for yourself to improve your spreadsheet appearance to make the content easier to understand for your target audience. Instructor: LERN  
March 4-24 or May 6-31 • \$195

## Beginning Conversational Spanish

Practice the basic building blocks of the language and common idiomatic expressions. You will know enough vocabulary and grammar for simple conversations, and you will learn how to ask and answer questions. Whether you speak some Spanish and need a refresher, or no Spanish, you will complete the course with the skills to communicate in Spanish.  
Feb. 5-March 29 or April 1-May 31 • \$290

## New! Speaker Session: Cherish Grief Support

Join Certified Child Life Specialist, Katie Noll, as she walks through the steps on how to start and facilitate a Grief Support Group with students of all ages. This presentation will focus on the steps required to initiate and facilitate a 6-week grief support group for students grieving a death.  
Wednesday • Jan. 31 • Free





## ADULT LEARNING CENTER

The Missouri Adult Education and Literacy (AEL) Program provides assistance to help Missouri adults get the basic skills they need to be productive workers, family members, and citizens. All teachers hold Missouri Adult Education certification.



## NEED A HIGH SCHOOL DIPLOMA? LOOKING FOR WAYS TO IMPROVE YOUR SKILLS?

The Parkway-Rockwood Community Ed Adult Learning Center offers a variety of free adult education services for individuals 17 and older. Classes are individualized. Students work at their own pace on the skills they need.

### In classes YOU will

- Improve basic reading, writing, and math skills
- Develop workforce skills
- Prepare for the Missouri High School Equivalency Tests (HSE/GED)
- Prepare for Postsecondary Education
- Prepare for the WorkKeys and Job Placement tests

### By attending classes YOU can

- Invest in your future
- Improve your skills
- Earn your HS diploma/credential
- Qualify for a better job
- Get into college or a technical school

## Class Schedule and Locations

Spring 2024 classes begin Wednesday, Jan. 3. All classes will be conducted in-person. Classes are ongoing and new students are added to classes every month. Students must attend a testing and/or orientation session before beginning classes. Once our office receives your application, a staff member will contact you regarding testing and/or orientation. Visit [www.prcommunityed.org](http://www.prcommunityed.org) for class times and locations to register for a class. For more information, call or text 314-415-4940.

## ACCELERATED HISET/GED PREP

The accelerated HiSET prep class is designed to offer assistance to individuals with strong reading skills who are motivated to take the HiSET exam. Includes individualized instruction and the opportunity to take official practice tests. To enroll, students need a qualifying score on a reading test. All classes are free. Scholarship opportunities to help offset the cost of the HiSET exam available.

Classes offered at the Community Learning Center, 13157 N. Olive Spur Rd. Call or text 314-415-4940 for more information on class start dates and times.



*Ready to get started? Spring 2024 classes begin Jan. 3!*

## Prepare for your High School Equivalency Online

The MOlearns online program offers FREE instruction in reading, math, and language. The program assists adults in preparing to take and pass the Missouri High School Equivalency Exam (previously GED). Complete your lessons online, 24/7 at home, when it is convenient for your schedule. You will be assigned an online instructor to help you achieve your goals. Classes are available for Missouri residents 17 years of age and older. Visit [www.molearns.com](http://www.molearns.com) or call 314-415-4935 for more information.

## ENGLISH AS A SECOND LANGUAGE

### Are YOU motivated to succeed in the United States?

You want to feel confident when you interview for a job, apply to a university, or communicate with your physician or your child's teacher. Conquer your fears of understanding and speaking English. Your success in the U.S. depends on your ability to communicate effectively with native American speakers. Register now for FREE English classes to develop and/or improve your English grammar, reading, writing and speaking skills.

## Class Schedule and Locations

Spring 2024 classes begin Monday, Jan. 3. Classes are ongoing and new students are added to classes weekly. Students must attend a testing and/or orientation session before beginning classes. Visit [www.prcommunityed.org](http://www.prcommunityed.org) for class times and locations to register for a class. For more information, call or text 314-415-4940.

**Please note: Program details are subject to change. For the most updated information visit [www.prcommunityed.org](http://www.prcommunityed.org) or call or text 314-415-4940 for more information.**



## Participation 1 Information

Participant 1 Name: \_\_\_\_\_  
 Birth Date: \_\_\_\_\_ Gender: ☐ Male ☐ Female  
 Email: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Gold Card/Golden Key Card Holder: ☐ Yes ☐ No

## Program Registration

Program Name: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Program Name: \_\_\_\_\_  
 Location: \_\_\_\_\_

## Payment Information

Total Fee: \$ \_\_\_\_\_  
 Payment Method: ☐ Cash ☐ Check (make payable to Parkway-Rockwood Community Ed) ☐ Credit Card (☐ Discover ☐ MasterCard ☐ Visa)  
 Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_ Three-Digit Security Code: \_\_\_\_\_

Mail form and payment to: Parkway-Rockwood Community Ed, 1401 Froesel Drive, Ellisville, MO 63011

## Participation Waiver

In exchange for the Parkway-Rockwood Community Education Program sanctioning the Program and providing district-paid staff members or other designees to supervise the Program, I hereby agree as follows:  
 1. I hereby acknowledge that I understand the nature of the Program, and believe that I am qualified and in proper physical condition to participate in the Program. I further agree that if at any time, I believe my participation in the Program is unsafe with respect to my physical condition, the equipment, or facilities, it shall be my responsibility to immediately discontinue my participation in the Program.  
 2. I further acknowledge that I am aware that participation in the Program involves the risk of illness, serious bodily injury (including the possibility of permanent disability, paralysis, or death), which may be caused by (a) my own actions or inactions, (b) the actions or inactions of others participating in the Program, (c) the condition of the equipment and/or facilities at which the Program is located, or (d) the actions or inactions of the entities and persons identified below; and I fully accept and freely assume all such risk and all responsibility for losses, costs, and damages I may incur as a result of my participation in the Program.  
 3. I acknowledge and agree that the Parkway-Rockwood Community Education Program may revise its procedures at any time in accordance with guidance and protocols issued by the Centers for Disease Control and Prevention, the Missouri Department of Health and Senior Services, the Missouri Department of Elementary and Secondary Education, and the St. Louis County Department of Public Health, due to a spread of a contagious or spreadable illness, including the participation restrictions set forth above, and further agree to comply with the Parkway-Rockwood Community Education Program's procedures at all times during my participation in the Program.  
 4. Accordingly, I hereby release and forever discharge, and waive the right to pursue any and all claims against the Parkway and Rockwood School Districts, together with their Boards of Education, officers, employees, volunteers, and agents (collectively, the "Releasees") of, from, and against all liability, claims, demands, losses, or damages for any death, illness, personal injury, or property damage arising out of or resulting from my participation in the Program, even if such death, illness, injuries, or property damage are alleged to be in whole or in part directly or indirectly the fault of or caused by the negligence or carelessness of the Releasees. I further agree that if, despite this release and waiver of liability agreement I, or anyone on behalf of myself, makes a claim released in this agreement, I will indemnify and hold harmless each Releasee from any and all litigation expenses, attorney fees, loss, liability, damage, or cost they may incur as the result of such claim.  
 5. I agree that in an emergency, any Parkway or Rockwood representative may transport or authorize the transportation of myself to a hospital/medical facility and I authorize any physician or other medical personnel to carry out any diagnostic procedures or emergency care deemed necessary. I understand that the cost of medical attention and ambulance are my responsibility.  
 6. I acknowledge I may be required to provide any pertinent information concerning myself (i.e. allergies, health conditions, disabilities, special needs, etc.). I acknowledge that without full disclosure of my needs, the Parkway-Rockwood Community Education Program may not be prepared to ensure my success and safety in the Program. I acknowledge that information about myself provided in this registration may be used by a Parkway or Rockwood representative or any individual or organization identified by the Parkway-Rockwood Community Education Program as needed in order to effectively execute the Program. I acknowledge that Parkway-Rockwood Community Education staff may obtain pertinent information (i.e. allergies, health conditions, disabilities, special needs, etc.) about myself from a Parkway or Rockwood representative or any individual or organization identified by Parkway-Rockwood Community Education as needed in order to effectively execute the Program. I acknowledge my registration in the Program may not be activated until all pertinent information has been submitted to Parkway-Rockwood Community Education.  
 7. I acknowledge and agree to the fees as outlined in this registration and that I am not accepted in the Program until I receive confirmation from Parkway-Rockwood Community Education.  
 8. I acknowledge that from time to time, a Parkway-Rockwood Community Education employee/designee may photograph or videotape myself while involved in a Parkway-Rockwood Community Education Program or activity. These photographs or videotapes will solely be used by Parkway and Rockwood for the promotion and marketing of programs and activities and will not be sold. I understand that it is my responsibility to notify the Parkway-Rockwood Community Education Program in writing if I do not wish to be photographed or videotaped.

I have read this agreement as well as all Parkway-Rockwood Community Education, Parkway and Rockwood School District regulations, policies, procedures and consequences, fully understand its terms, and have voluntarily entered into this agreement of my own free will based only upon the terms and conditions included herein.

Participant 1 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant 2 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please note: you cannot apply for Adventure club with this form. You must apply online.**



# Registration Information

## ONLINE REGISTRATION

### Online Registration is Quick & Easy


Online registration continues to be the most convenient way to register. Visit us at [www.prcommunityed.org](http://www.prcommunityed.org).

## CONNECT WITH US

Keeping up-to-date is just a like, follow or click away!

 [www.prcommunityed.org](http://www.prcommunityed.org)

 @Parkway-Rockwood Community Ed

 @PRComEd1 and @PRComEdDirector

 @PRComEd

 @Parkway-Rockwood Community Ed

 Sign up for our e-news via our website

 Call or text us at 636.891.6644

 Live chat with us at [www.prcommunityed.org](http://www.prcommunityed.org)

## Become a Gold Card Member and Save!

The Gold Card provides discounts on select Community Education programs. Membership is free to all Parkway and Rockwood residents age 60 and older and other benefits! See page 17 for more details.

## Don't Live In Parkway or Rockwood? You can now save with Silver Card!

The Silver Card program provides discounts on select Community Education programs and is FREE to individuals age 60 and older throughout the St. Louis metropolitan area living outside the Parkway and Rockwood School Districts. See page 17 for more details.

## Registration

Available online at [www.prcommunityed.org](http://www.prcommunityed.org).

Registration may also be submitted by mail.

Programs are filled on a first-come, first-serve basis.

An adult registration form is available on page 23.

## Fees and Cancellation Policy

Most Community Ed programs are fee-based programs, as we are self-supporting. Unless otherwise noted, all necessary materials and supplies are included in the registration fee. When possible, online registration is encouraged. If registering by mail, include fees with the registration form. Checks should be made payable to Parkway-Rockwood Community Ed. Returned payments will be handled in accordance with Rockwood School District finance procedures and applicable fees may apply.

Cancellation of classes/programs will be at the discretion of Community Ed. If a class/program is cancelled due to low enrollment, participants will be notified and receive a full refund. Customer-initiated cancellations made at least three business days prior to start of class or program may qualify for a refund minus a 5% processing fee. Customer-initiated cancellations made two or less business days prior to start of class/program or prior to second meeting of class/program with multiple meeting dates may qualify for a 50% refund. No refunds will be made following the second meeting of class/program. Adventure Club, Rockwood Thunder, Trek & Travel and Early Childhood programs may have separate cancellation policies.

## Nondiscrimination Policy

The Parkway and Rockwood School Districts have defined policies prohibiting discrimination against participants in programs and activities. To view the complete nondiscrimination policy of each district, visit [www.parkwayschools.net](http://www.parkwayschools.net) (Parkway) or [www.rsdmo.org](http://www.rsdmo.org) (Rockwood).

Individuals with disabilities who require accommodations should call 636-891-6644. Reasonable accommodations will be made if they do not fundamentally alter the nature of the program.

**Please note: Program details are subject to change. For the most updated information visit [www.prcommunityed.org](http://www.prcommunityed.org) or call or text 636-891-6644 for more information.**

# We're In Your Neighborhood

## FACILITY LOCATIONS

Babler Elementary.....60	Green Trails Elementary.....24	Parkway Northeast Middle.....38	Sorrento Springs Elementary.....11
Babler Outdoor Education Center.....61	Hanna Woods Elementary.....6	Parkway South High.....12	Stanton Elementary.....58
Ballwin Elementary.....1	Henry Elementary.....7	Parkway South Middle.....13	Uthoff Valley Elementary.....59
Barretts Elementary.....2	Highcroft Ridge Elementary.....25	Parkway Southwest Middle.....14	Vandover Early Childhood Center.....54
Bellerive Elementary.....33	Kehrs Mill Elementary.....26	Parkway West High.....15	Westridge Elementary.....16
Blevins Elementary.....48	Kellison Elementary.....55	Parkway West Middle.....31	Wild Horse Elementary.....32
Bowles Elementary.....53	Lafayette High.....64	Pierremont Elementary.....9	Wildwood Middle.....68
Carman Trails Elementary.....3	LaSalle Springs Middle.....65	Pond Elementary.....66	Woerther Elementary.....17
Center for Creative Learning.....41	Marquette High.....28	Ridge Meadows Elementary.....45	Wren Hollow Elementary.....18
Chesterfield Elementary.....22	Mason Ridge Elementary.....27	River Bend Elementary.....29	
Clarkson Valley Early Childhood Center.....23	McKelvey Elementary.....37	Rockwood Administrative Annex.....49	
Claymont Elementary.....4	Oak Brook Elementary.....8	Rockwood Administrative Center.....47	
Community Ed Admin Office.....42	Parkway Administrative Building.....19	Rockwood South Middle.....56	
Craig Elementary.....34	Parkway Central High.....20	Rockwood Summit High.....57	
Crestview Middle.....43	Parkway Central Middle.....21	Rockwood Valley Middle.....67	
Ellisville Elementary.....44	Parkway Early Childhood.....5	Ross Elementary.....40	
Eureka Early Childhood Center.....50	Parkway Instructional Services Center.....36	Selvidge Middle.....10	
Eureka Elementary.....52	Parkway North High.....39	Shenandoah Valley Elementary.....30	
Eureka High.....46			
Fairway Elementary.....62			
Fern Ridge High.....35			
Geggie Elementary.....51			
Green Pines Elementary.....63			





## Work With Us!

There's An Opportunity for You!



Text HIREME to 636.891.6644

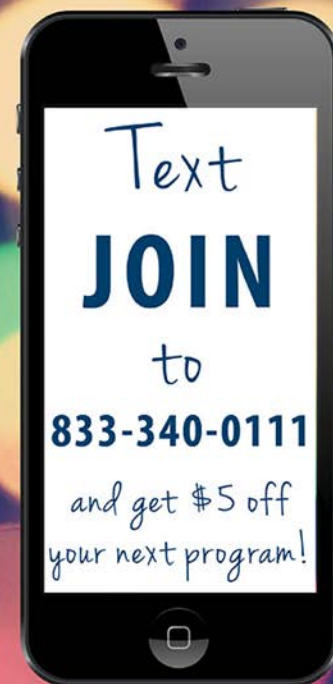
- Want to share your talents with others while having a great time at work?
- Want to positively impact the lives of others?
- Want a part-time job that works around your busy schedule?
- Want to gain some great experience that you can use for the future?

If you answered YES to any of these questions, then we've got a job for you!

Join our team! Text HIREME to 636-891-6644. We're currently hiring for both school-year and summer positions.

Part-time openings include:

- Adventure Club activity assistants
- Swim School instructors and site supervisors
- Enrichment and art instructors
- Sports and fitness instructors



Get great deals and the latest updates on Community Ed programs in the palm of your hand. Join our ALL NEW Text Club today!

Msg & Data rates may apply. Get up to 4 messages per month. Text STOP to stop. One \$5 discount per family account.

## SUMMER REGISTRATION OPENS FEBRUARY 4



Overwhelmed with the thought of planning your child's summer activities?

With 200+ full and half day summer camps and programs at convenient locations in Parkway and Rockwood, we've got everything you need!

 Make a splash

Learn to swim with SwimAmerica, take your swimming to the next level with Rockwood Parkway-Rockwood Swim Club or give SCUBA a try!

 Unleash your imagination

Explore the power of your mind and more as you build, discover and create in enrichment camps.

 Discover nature

Explore your adventurous side in the outdoors with BablerWILD full-day camps and half-day classes.

 Get out and play

You've got game, we've got sports. Try something new or improve your skills in sports camps and clinics.

 Express yourself

Find your inner artist, musician or actor as you express yourself in a visual or performing art experience.

 Go on new adventures

Fill your summer with field trips, hands-on crafts, games and more! Adventure Club's "SummerLink" and "On the Move" programs keep kids entertained with activities and trips all season long!



**Save 15% on Community Ed Summer Programs!**

Visit the Community Ed tables at Summer Expo to receive a special coupon to save 15% off many of our summer programs (some exclusions apply).

February 4, 2024 | 11a.m. - 3p.m. | Parkway West High School

See back cover for more information



Parkway-Rockwood Community Ed  
500 N. Central Avenue  
Eureka, MO 63025-1229

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ST. LOUIS, MO 63155



# SUMMER EXPO 2024

Plan your kids summer activities with  
100+ local & regional program providers

**February 4, 2024 | 11 a.m.-3 p.m.**

Parkway West High School

14653 Clayton Rd, Ballwin, MO 63011

Admission is FREE and open to families throughout the St. Louis area



[summerexpostl.com](http://summerexpostl.com)

Presented by:



Sponsored by:

