



# The Art of Fun!

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





# The Art of Fun!

This Winter-Spring, you can draw inspiration with our vibrant lineup of youth, family and adult programs! Paint the town with creativity, sketch out some fun, and color your world with new experiences. Find a convenient class at a time and location that's a perfect masterpiece. It's all about adding color to your life this winter and spring. Frame your future with Parkway-Rockwood Community Ed by scanning 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		ADULT		FAMILY
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## WE'RE HIRING!

LOCAL • FLEXIBLE • FUN!

Great jobs for high school students, college students, parents, retirees or anyone looking to make extra money while having fun and making a difference!

### CURRENT PART-TIME OPENINGS INCLUDE:

- Adventure Club activity assistants (age 16+) | \$15/hr
- Adventure Club assistant facilitator (age 18+) | \$17/hr
- Art/enrichment/outdoor ed/sports/fitness instructors (age 18+) | \$21/hr
- Gym/field supervisors (age 18+) | \$21/hr
- Swim School instructors (age 14+) | \$15/hr
- Swim Club assistant group coach (18+) | \$15/hr
- Theater technicians (age 16+) | \$15/hr
- Theater managers (age 18+) | \$25/hr



Text HIREME to 636-891-6644  
or scan this code to get started!



# Winter-Spring Table of Contents

## SUMMER EXPO



Plan your child's summer activities with local and regional summer camp providers. Mark your calendar for this FREE event on February 2 at Marquette High School!

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## SPRING VOLLEYBALL LEAGUE



We're serving up fun in our spring volleyball league for girls in grades 3-9 and boys in grades 5-8. Get your friends and form a team!

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## New! BABY BONANZA



Sell, save, share and shop all things baby, toddler and maternity at the ALL NEW Baby Bonanza! Save the date: April 5 at Parkway West High.

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## 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.

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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.

## ABOUT US

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



## WHAT WE DO

Provide experiences for today, tomorrow and life.

## 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.



# Youth Sports & Fitness

## Developmental Soccer

Dribble, pass, shoot and score! Learn the game of soccer with St. Louis Scott Gallagher Juniors Camps. This program is designed to help players, ages 2-10, transition to competitive soccer. All programs focus on individual ball skills, developing proper technique and gaining exposure to SLSG curriculum and staff. Instructor: Scott Gallagher Soccer Club

Ages 2-10 • 6-7p • \$89  
Tuesdays • April 1-May 6 • Wren Hollow Elem  
Thursdays • April 3-May 15 • Henry Elem  
Thursdays • April 3-May 8 • Kellison Elem  
Wednesdays • April 9-May 14 • Westridge Elem

## Beginner Fencing

Improve speed, strength, skill and strategy with a sport like fencing! In this class, learn basic footwork and blade work. The course will culminate with a class tournament. Instructor: Parkway Fencing Club

Ages 10-14 • Mondays • Jan. 27-March 10 • 6:30-8p  
Crestview Middle • \$145

## Intermediate Fencing

Strengthen your speed, skill and strategy. In this class, learn advanced footwork and blade work. The course will culminate with a class tournament. Must take the beginner's class prior to taking the intermediate session. Instructor: Parkway Fencing Club

Ages 10-14 • Mondays • March 24-April 28 • 6:30-8:30p  
Crestview Middle • \$165

## Kids Karate

Develop confidence, self-control and a sense of calm while learning self-defense! A Black Belt instructor encourages students with positive reinforcement, rather than using intimidation. This course teaches hand/foot techniques, including breaking free from an attacker or bully. Focused on martial arts rather than competitive sport. Instructor: The Arch Shidokan Karate

Tiny Tigers • Ages 4-6 • 5-6p  
Kids Karate • Ages 7-13 • 6-7p  
Advanced • Ages 7-13 • 7-8p  
Tuesdays • Jan. 21-March 4 or March 11-April 24  
Crestview Middle • \$95  
Mondays • Jan. 27-March 10 or March 24-April 28  
Parkway Northeast Middle • \$95

## New! Girls' Self-Defense

Develop confidence, self-control and peace while learning self-defense. A Black Belt instructor encourages rather than intimidates and teaches hand/foot techniques, including breaking free from an attacker or bully. Instructor: The Arch Shidokan Karate

Grades 6-8 • 6-8p • \$45  
Friday • January 31 • Parkway Southwest Middle  
Thursday • April 17 • Parkway Northeast Middle

## Tennis

Focused on fun, coaches teach the rules of tennis, develop stroke fundamentals, improve hand/eye coordination and more. Proper rallying and serving is explored while learning game rules. Instructor: Vetta Sports

Ages 5-8 • 9-10a  
Ages 9-12 • 10-11a  
Ages 13-18 • 11a-12p  
Saturdays • April 5-May 17 • Lafayette High • \$109  
Saturdays • April 5-May 10 • Parkway South High • \$109

## Junior Indoor Tennis

Junior tennis clinics are a perfect way to begin learning and loving a new sport! Led by Vetta Racquet Sports' USPTA and USPTR pros, the focus is on having fun while helping youth grow as both players and individuals. Participants will learn the game of tennis in a supportive environment. Instructor: Vetta Sports

Ages 5-8 • 9:30-10:30a • Vetta Sunset • \$249  
Ages 9-10 • 11:30a-1p • Vetta Concord • \$349  
Ages 11-12 • 1-2:30p • Vetta Concord • \$349  
Ages 13-18 • 1-2:30p • Vetta Concord • \$349  
Saturdays • Jan. 25-March 29

## New! Intro to Volleyball (Boys and Girls)

Designed for beginners who are looking to learn the basic skills of volleyball. No experience is needed; participants will learn the rules of volleyball throughout the 4-week program. Instructor: Community Ed Staff

Tuesdays • March 4-April 8 or April 15-May 6  
Grades 1-2 • 5:30-6:30p  
Grades 3-5 • 6:45-7:45p  
Rockwood South Middle or Parkway West Middle • \$59

## Intro to Baton Twirling

Experience the fun and excitement of baton twirling! This introductory class teaches students basic twirling skills in a high-energy, positive environment. Participants will explore this unique sport while building coordination, creativity and timing. Properly fitted batons are available for purchase on the first night of class. Instructor: Lisa Bartfield

Grades K-2 • 6:15-7p  
Grades 3-6 • 7-7:45p  
Thursdays • Jan. 23-March 6 or March 13-May 8  
Ellisville Elem • \$69

## Developmental Basketball

Looking to try out for the team for the first time or want to improve your game? Our enthusiastic pro instructor will teach skill-building drills and team play strategies. Instructor: Totally Groomed Pros Sports

Grades 6-8 • Wednesdays • Jan. 15-March 12 or  
March 26-April 30 • 6:30-8p  
Parkway South Middle • \$125

## Mighty Mites Basketball

Young and beginning players will have a ball while learning fundamental skills and the rules of the game. Instructor: Totally Groomed Pros Sports

Grades K-5 • Thursdays • Jan. 23-March 6 or March 13-April 24  
6:15-7:15p • Henry Elem • \$125

## Flag Football Clinic

Introduction to the game, focusing on flag pulling techniques, offensive and defensive strategies and team sportsmanship. Develop skills in throwing, catching and footwork. Instructor: Totally Groomed Pros Sports

Sundays • April 6-May 4 • 1-2:15p • \$125  
Grades K-5 • Parkway South Middle  
Grades 6-8 • Parkway West Middle

## New! Multi-SportTots (Soccer + Baseball)

This program offers a fun introduction to soccer and baseball through age-appropriate activities that enhance balance, coordination and fitness. The engaging format promotes teamwork and learning. Parent participation is required for children aged 3 and younger. Instructor: Skyhawks Sports Academy

Wednesdays • April 2-May 7 • Rockwood South Middle • \$109  
Ages 2-3 • 5-5:45p  
Ages 4-5 • 6-6:45p

## New! Multi-SportTots (Basketball + Football)

This program introduces a variety of sports (basketball and football) through fun, age-appropriate activities that enhance balance, coordination and fitness. It's an engaging introduction to multiple sports, packed with learning and teamwork! Parent participation is required with children 3 years and younger. Instructor: Skyhawks Sports Academy

Wednesdays • April 2-May 7 • Ellisville Elem • \$109  
Ages 2-3 • 5-5:45p  
Ages 4-5 • 6-6:45p

# Youth Sports & Fitness



## 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

## Get Started!

Scan code for more information.



## PARKWAY ROCKWOOD FLAG FOOTBALL LEAGUE

Learn all the skills of the game in this recreational, non-contact flag football league. The league is divided by grade level (depending on registrations, grade levels may be combined). It includes a 6-game season followed by a postseason playoff at the end of the season. Sign up individually or by team. All participants receive a jersey. Volunteer coaches needed.

Gr. K-8  
Practices begin March 10th • Games begin April 6  
Various Parkway and Rockwood Schools  
\$109 early bird / \$129 after Jan. 31



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

## Skyhawks Cheerleading

Young athletes are introduced to the essential skills for leading the crowd and supporting the home team! Participants will learn cheers, proper hand and body movements and jumping techniques. The program focuses on fun, teamwork and leadership—without any stunting. The program concludes with a final cheer performance for friends and family! Instructor: Skyhawks Sports Academy

Tuesdays • Jan. 21-Feb. 11 or March 25-April 15  
Grades K-5 • 6-7p  
Grades 6-8 • 7:15-8:15p  
Parkway Central Middle or Selvidge Middle • \$85

## Skyhawks Track and Field

Dash, jump and throw with Skyhawks Track & Field! This program teaches young athletes track and field essentials, from body positioning and stride to stretching and cool-downs. Each session builds skills, discipline and sportsmanship. Join us for athletic and personal growth! Instructor: Skyhawks Sports Academy

Wednesdays • April 2-23  
Grades K-5 • 5:30-6:15p  
Grades 6-8 • 6:30-7:15p  
LaSalle Springs Middle or Crestview Middle • \$85

## Skyhawks Lacrosse

Athletes will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. All equipment is provided, but participants are welcome to bring their own lacrosse stick. Our staff ensures non-checking, non-contact play. Instructor: Skyhawks Sports Academy

Mondays • April 7-28 • Parkway South Middle • \$85  
Grades K-5 • 5-6p  
Grades 6-8 • 6:15-7:15p



Join our league to develop fundamental skills through practice and competition. The league includes practice slots and a 6-game season. Sign up as a team or individually. We are always looking for new volunteer coaches—please contact us if you are interested.

Girls • Grades 3-9 • Boys • Grades 5-8 • Practices begin March 10 • Games begin April 5  
Parkway and Rockwood Schools • \$109 early bird / \$129 after Jan. 31





## Youth, Junior and Adult Golf: Beginner and Intermediate

Want to learn the game of golf or simply improve your skills? This 5-session class for beginner golfers covers all basics from putting to full swings. Instructor: Maria Palozola

Saturdays • April 5-May 3  
Youth Beginner • Grades 1-6 • 9-10a  
Intermediate • Grades 1-6 • 11a-12p  
Junior/Adult • Ages 13+ • 10-11a  
The Landings at Spirit Golf  
\$155 class only/\$180 with club rental

## Youth Golf Clinics

Designed to develop the all-around game of golf, including putting, chipping, driving, mid-range irons, long-range irons, game management, rules and golf etiquette. Instructor: Totally Groomed Pros Sports

Sundays • April 6-27  
Grades K-2 • 5-5:50p  
Grades 3-6 • 6-6:50p  
Family Golf Learning Center • \$125

## Saturday/Sunday Junior Golf Clinic

Join the Saturday/Sunday junior indoor golf clinic designed to get new golfers excited about the game. Our instructors will use the indoor driving range, putting green and 11 indoor simulators to teach everything a beginner youth golfer needs in a safe, fun and family-friendly environment. From grip, stance and posture to that 300-yard drive every young golfer dreams of. Instructor: Golf Academy Plus

Grades K-5 • Saturdays • Jan. 25-March 1 or March 8-April 12 • 5-6p  
Grades 6-8 • Sundays • Jan. 26-March 2 or March 9-April 13 • 5-6p  
Next Level Golf • \$159

## Youth Baton Twirling

Practice flat spin, side spin, elbow roll, marching and more. Class even includes a baton! Instructor: St. Lou Dance Crew

Ages 7-12 • Mondays • 6-6:45p • St. Lou Dance Crew Studio  
Jan. 6-Feb. 10 • 6 classes • \$135  
Feb. 17-March 10 • 4 classes • \$105  
April 7-June 2 • 8 classes • \$155

## Dance Workout

Incorporating aerobic warm-ups, yoga and Pilates stretches and ballet barre exercises, this dance workout class strengthens your core, posture and artistry. Instructor: St. Lou Dance Crew

Teen/Adult • Thursdays • Jan. 30-March 6 or April 3-May 8 • 7-7:45p  
St. Lou Dance Crew • \$105

## Ballet/Jazz

Combination dance class including both ballet and jazz instruction. Instructor: St. Lou Dance Crew

Ages 6-8 • Thursdays • January 9-30 • 4:45-5:30p  
St. Lou Dance Crew • \$135

## Creative Movement & Tumble

A unique way for students to explore movement through music and dance. This class will help develop physical skills, channel energy, stimulate imagination, improve self-confidence and much more! Instructor: St. Lou Dance Crew

Ages 3-4 • Thursdays • January 9-30 • 4-4:45p  
St. Lou Dance Crew • \$135

## Creative Movement/Tumble/Hip Hop

Combination dance class incorporating imagination, singing, acting, dance and tumble. Instructor: St. Lou Dance Crew

Ages 5-6 • Thursdays • January 9-30 • 4:45-5:30p  
St. Lou Dance Crew • \$135

## Modeling For Fun

Practice hand positions, mock interviews and walk styles down the "runway". Class will also include makeup, skincare and hairstyle advice.

Ages 8-14 • Mondays • Jan. 6-Feb. 10 or March 31-May 5 • 5:15-6p  
St. Lou Dance Crew • \$155

## Middle School Yoga

Middle school students will love this yoga class where they will learn poses, breathing techniques and meditation. Instructor: Pam Grigsby

Grades 6-8 • Saturdays • Jan. 25-March 8 • 10-11a  
LaSalle Springs Middle • \$55

## New! Bite-Sized Wellness: Kids on the Move!

This course welcomes your child into a fun, physically-engaging environment. Fitness is at the heart of each class, teaching children to enjoy movement and play! Using engaging strategies, your child will run, jump, throw, balance, practice coordination, push, pull, climb and lift. The course is a combination of structured and unstructured movement allowing them to get creative! Kids will improve their physical skills, make new friends, and learn foundational habits for making movement and play a part of their life. Instructor: Bite-Sized Wellness

Saturdays • April 5-May 3 • Wildwood Middle • \$85  
Ages 3-5 • 12-1p  
Ages 6-10 • 1:15-2:15p

Please note: dates and locations 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!



## 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. Instructor: Rockwood Thunder coaches and players

Grades 5-6 • Wednesdays • Jan. 15-Feb. 19 • 6:30-7:30p  
Grades 7-8 • Wednesdays • Jan. 15-Feb. 19 • 7:30-8:30p  
Parkway West Middle • \$125

## U8-U10 Spring Clinics

Learn to play the game the right way! This program focuses on improving motor skills, hand-eye coordination and technical abilities, while also emphasizing the importance of teamwork, gamesmanship and a strong work ethic. Through engaging drills and fun mini-games, participants will build a solid foundation under the guidance of experienced Rockwood Thunder Coaches. Whether you're honing existing skills or just starting out, this is the perfect environment to grow as a player and teammate.

Grades 2-4 • Mondays & Wednesdays • March 31, April 2, 7, 9, 14, 16 • 4:45-6:15p  
Crestview Middle • \$130

## Dig-It Volleyball Camp

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

Grades 3-6 • Monday-Thursday • June 2-5 • 5-6:30p  
Grades 7-8 • Monday-Thursday • June 2-5 • 6:45-8:15p  
Parkway West Middle • \$125

## Volley Totz

A six-class introductory program for boys and girls that focuses on fun, basic volleyball technique, hand-eye coordination and more. Instructor: Rockwood Thunder coach

Grades K-1 • Wednesdays • Jan. 8, 15, 22, 29, Feb. 5 & 12 • 5-6:15p  
Parkway West Middle • \$99

## Private Lessons

Private lessons provide more individualized skill and positional training for the player who wishes to gain a competitive edge. 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.

## LOOKING TO COACH?

We are hiring passionate youth workers (ages 16+) to coach volleyball! Help athletes in grades K-5 develop their skills, teamwork and confidence in a fun and supportive environment. Whether you're experienced or new to coaching, your guidance can inspire the next generation. Sign up today at [bit.ly/prcommedjobs](http://bit.ly/prcommedjobs) and make a difference!

## Summer Expo

Plan your child's summer activities with local and regional summer camp providers!

# February 2, 2025

## 11 a.m.-2 p.m.

Marquette High School  
2351 Clarkson Road, Chesterfield, MO 63017

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

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







## For Current Parkway & Rockwood Elementary Students

Engage your imagination or discover a new skill in our e-hour before- and after-school programs! Choose from a variety of enriching 6-week courses available to students in grades K-5. Sign up today for:

- LEGO Motorized Building
- STAGES Stars
- Chess Club & Beyond
- Crayola® Legends and Lore
- Basketball, volleyball, soccer and more!

E-hour classes meet one day per week for six weeks during the following sessions:

Session 3: Starts week of January 20  
Session 4: Starts week of March 31

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



E-Hour programs are offered at every elementary school in Parkway and Rockwood.

## ARTISTIC ADVENTURE

### New! Drawing: Portraits

Capture the arch of an eyebrow and learn how to draw the bend of an elbow. Discover the basics of drawing portraits. Instructor: Vesper Alonso

Grades 6-8 • 6-7p • \$125  
Wednesdays • Jan. 22-Feb. 26 • Selvidge Middle  
Thursdays • April 3-May 8 • Parkway Southwest Middle

### New! Drawing: Still Life

Explore the fundamentals of light, depth, shape and line as you apply these concepts to create a drawing that will come to life. Instructor: Vesper Alonso

Grades 6-8 • Mondays • 6-7p • \$125  
Jan. 27-March 10 • Parkway West High  
March 31-May 5 • Crestview Middle

### New! Acrylic Basics: Springtime Flowers

Bloom and grow into acrylics and create a masterpiece for the springtime season ahead. Whether you are a beginner or have painting experience, this class provides the tools and techniques to create vibrant and realistic flower pieces that you will be proud to take home. Instructor: Community Ed Staff

Grades 6-8 • Wednesday • April 9 • 6:30-8p  
Crestview Middle • \$35

### New! Creative Clayworks

Play with clay! Participants will be introduced to various clay techniques such as molding, shaping and texturing while exploring the fundamentals of 3-D design. From crafting miniature creatures to decorative pottery, students will express their creativity and experiment with form and structure. Instructor: Community Ed Staff

Grades K-5 • 6:30-8p • \$29  
Monday • March 3 • Mason Ridge Elem  
Thursday • May 8 • Geggie Elem

### New! Clay Creations: Jewelry

Master the art of texture, details and fashion in this clay-based class. Bring your jewelry dreams to life! Explore different styles and designs of necklaces, bracelets, earrings and jewelry holders. Instructor: Community Ed Staff

Grades 6-8 • Wednesdays • April 23-May 14 • 6:30-8p  
Community Ed Office • \$79

### New! Clay Creations: Miniature Masters

Craft miniature masterpieces in this hands-on clay class! Using air-dry clay, students create figurines, intricate fantasy lands, or their favorite things in miniature scale! Each week, students will create additions to their mini masterpieces, make final touches and take home their final product. Instructor: Community Ed Staff

Grades 6-8 • Thursdays • Feb. 13-March 6 • 6:30-8p  
Parkway Northeast Middle • \$79

### New! Drawing Superheroes: Superman & Spider-Man

Designed for children and teens ages 9 to 17, this class uses basic geometric shapes and simple construction techniques to draw iconic Marvel characters. Step-by-step, build and sketch famous superheroes. Feel inspired and joyful as characters come to life on paper. Add vibrant colors with acrylic paints! Instructor: Oksana Mescheryakova

Grades 6-8 • Saturdays • Jan. 25-March 8 • 10a-12p  
LaSalle Springs Middle • \$125

### New! Watercolor Basics: Under The Sea

Dive into watercolors to create a masterpiece that will transport you to the underwater world! Whether you're a beginner or experienced, this class provides the tools and techniques to create vibrant and realistic marine-life pieces to take home. Instructor: Community Ed Staff

Grades 6-8 • Tuesday • March 4 • 6:30-8p  
Parkway West Middle • \$35

### New! Painter's Palace

Painter's Palace is a vibrant and inspiring art class where students unleash their inner artist and explore the world of painting. In this creative space, participants experiment with different painting techniques and styles to create an art piece of their own. Instructor: Community Ed Staff

Grades K-5 • Mondays • Jan. 27-Feb. 24 • 6:30-8p  
Westridge Elem • \$79

### New! Chess Club

Beginner or seasoned player, Chess Club is a welcoming and inclusive space for players of all skill levels to enjoy the intellectual challenge of chess. Our club is student-led, providing a platform for members to learn, practice and compete against their peers in a supportive and friendly environment. Engage in matches, learn from your peers and discover the strategic world of chess. Instructor: Community Ed Staff

Grades 6-8 • Tuesday • February 18 • 6:30-8p  
Parkway West Middle • \$25

### New! Duck, Dash & Blast!

Join us for an evening of non-stop fun from dodgeball to NERF blasters. You'll spend the evening jumping, ducking, dodging and playing all sorts of games! All equipment is provided. Bring a water bottle and be ready to play! Instructor: Community Ed Staff

Grades 1-5 • Thursday • March 13 • 6:30-8p  
Community Ed Office • \$19

### New! Dungeons & Dragons Club

Join a vibrant and imaginative community where students gather to explore the world's most popular role-playing game! Our student-led club allows members to create their own characters, embark on thrilling adventures and develop their storytelling skills. No experience necessary! Instructor: Community Ed Staff

Grades 6-8 • Tuesday • April 22 • 6:30-8p  
Selvidge Middle • \$25

### New! Imposter Baking Challenge

Is it a cookie? A hot dog? Mashed potatoes or icing? Bakers will be challenged each week to create sweet treats disguised as their favorite toy, savory dinner item, or even a creepy, crawly insect! Instructor: Community Ed Staff

Grades 6-8 • Mondays • March 31-April 21 • 6:30-8p  
Crestview Middle • \$79

### LEGO Masters

Join fellow LEGO lovers in this creative class and unleash your imagination to build incredible LEGO creations! This student-led experience allows participants to share their passion for LEGOs, collaborate on group projects and participate in friendly competitions. Instructor: Community Ed Staff

Grades 6-8 • Monday • March 10 • 6:30-8p  
LaSalle Springs Middle • \$25

### New! Craft Masters

Designed for young crafters who love to use various materials such as paper, clay, paint and more, participants will bring their visions to life! Instructor: Community Ed Staff

Grades K-5 • 6:30-8p • \$29  
Wednesday • February 26 • Uthoff Valley Elem  
Friday • February 28 • Kehrs Mill Elem

### New! Disney Dreamer's Trivia

Journey through an enchanting world to test your knowledge of all things Disney! Compete as a team to answer questions covering iconic movie quotes, beloved characters, fairy tales and more. Play, dream and win magical prizes in this fun-filled trivia experience! Instructor: Community Ed Staff

Grades K-5 • Thursday • February 6 • 6:30-8p  
Claymont Elem • \$25

### Eras Tour: Sing-a-long

Back by popular demand! Whether you're a diehard Swiftie or discovering Taylor's catchy tunes for the first time, kids will explore music from her country roots to her chart-topping pop anthems! ... Ready for it? Sing along to favorites and have fun with friends! Instructor: Community Ed Staff

Grades K-5 • Tuesday • January 28 • 6:30-8p  
Hanna Woods Elem • \$25

### New! Galentine's Craft & Play

Grab your gal pals and enjoy Valentine's-themed FUN! Participants will make personalized Galentine's crafts, handmade cards, friendship bracelets and decorative keepsakes. Play games, make new connections and enjoy a fun night with your besties! Instructor: Community Ed Staff

Grades K-5 • Wednesday • February 12 • 6:30-8p  
Chesterfield Elem • \$29

### New! Invent It! STEAM/STEM Challenge

Do you love to invent, explore and build? Participants will engage in a series of inventive challenges to encourage collaboration, innovation and the design of STEM/STEAM (science, technology, engineering, arts, math) activities. Instructor: Community Ed Staff

Grades K-5 • 6:30-8p • \$19  
Tuesday • February 4 • Green Pines Elem  
Wednesday • February 5 • Eureka Elem

### New! Kids Baking Club: Colors of the Rainbow

Kids Baking Club is a place to try new recipes, challenges and creations that will brighten up your plate! Instructor: Community Ed Staff  
Week 1: Rainbow Sugar Cookies  
Week 2: Unicorn Grilled Cheese  
Week 3: Tie Dye Pizza  
Week 4: Rainbow Pancakes

Grades K-5 • Mondays • March 3-31 • 6:30-8p  
Parkway Northeast Middle • \$79

### New! LEGO Lab

Engage in hands-on activities to explore the world of building, engineering and design using everyone's favorite building blocks, LEGO! Participants will think critically, solve problems and express their imagination as they construct simple structures and complex LEGO masterpieces. Instructor: Community Ed Staff

Grades K-5 • 6:30-8p • \$19  
Thursday • February 20 • Bowles Elem  
Friday • April 11 • Green Trails Elem



# Youth Art & Enrichment

## NERF Blaster Battle

Team up with friends and test your NERF skills while parents enjoy a night off! Note: Darts, safety glasses and some blasters will be provided, but participants may bring their own equipment. Instructor: Community Ed Staff

Grades K-5 • Wednesday • April 2 • 6:30-8p  
Babler Elem • \$19

## New! Swiftie Trivia Takeover

Put your T. Swift knowledge to the test! This interactive and high-energy trivia event is packed with questions about Taylor's iconic lyrics, albums, music videos and memorable moments from her career. Participants will team up for different rounds of Swift-themed trivia, ranging from her earliest hits to her latest albums, with fun facts about the iconic pop star throughout. With exciting challenges and bonus rounds, this class will test even the most dedicated Swifties, offering prizes and bragging rights to the top contenders. Instructor: Community Ed Staff

Grades K-5 • Thursday • March 27 • 6:30-8p  
Green Trails Elem • \$25

## New! Theatre Games

Foster creativity, teamwork and self-expression through a variety of theatrical exercises and games. No matter your experience level, this class offers a welcoming and supportive environment to explore your imagination and unleash the artist within. Instructor: Community Ed Staff

Grades K-5 • 6:30-8p • \$25  
Tuesday • February 18 • Green Pines Elem  
Friday • May 9 • Blevins Elem

## New! Things that Zoom

Create a marble roller coaster, build a catapult and so much more! Get creative and spend the evening building amazing things that ZOOM!  
Instructor: Community Ed Staff

Grades K-5 • Thursday • February 13 • 6:30-8p  
Kellison Elem • \$19

## New! Coping with Big Feelings

Feelings are important and how we deal with them is essential! Participants engage in activities that explore different emotions, understand why they feel them and learn coping strategies to work through them. Instructor: Chloe Burcke, Inclusion & Recreation Supervisor

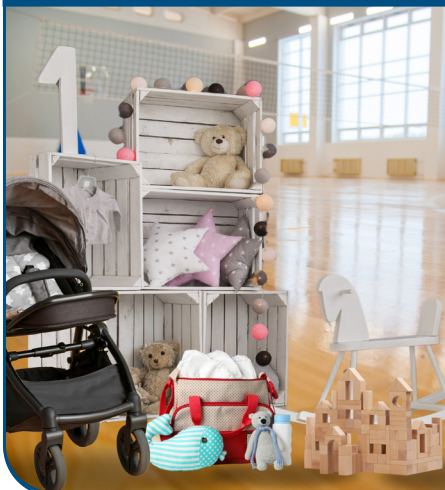
Grades K-5 • Tuesday • May 13 • 6:30-7:30p  
Chesterfield Elem • \$19

## BIRTHDAY PARTIES AT BABLER



Looking for a unique way to celebrate your child's birthday? Give your child and their friends an outdoor birthday experience they won't soon forget! Kids, ages 5-12, will enjoy archery, geocaching, NERF, survival skills and more. Along with the experience, a dedicated space is reserved for cake and presents. For more information, please visit [bableroec.org](http://bableroec.org).

## New! BABY BONANZA



Save, share and shop all things baby, toddler and maternity! Join us for this FREE event where local families buy and sell their gently-used baby, toddler and maternity items at great prices. Interested in selling your stuff? Register to reserve your spot, approximately 20'x20', at [prcommunityed.org](http://prcommunityed.org).

Looking to shop and want to make sure you get the very best of what's available? Purchase an early bird ticket to gain access to the event before it opens to the public!

FREE admission: 9a-12p  
Saturday, April 5  
Parkway West High

## 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 at six stations, where new swimmers are evaluated and placed based on their skill level. Students advance 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 3-4 years)

**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:  
January 2, February 3, March 24 and April 28  
Crestview Middle, Kirkwood High  
and Rockwood Summit High

## 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.

## Session 2:

Mondays & Wednesdays • Jan. 6-March 12

Grades 1-5 • 7-7:45p

Grades 6-12 • 7:50-8:35p

Crestview Middle • \$288

Tuesdays & Thursdays • Jan. 2-March 13 • \$336

Grades 1-5 • 7-7:45p • Crestview Middle

Grades 6-12 • 7:50-8:35p • Crestview Middle

Grades 1-12: 7:30-8:15p • Kirkwood High

Saturdays • Jan. 4-March 1

Grades 1-12 • 9:15-10a

Rockwood Summit High • \$128

## Session 3:

Mondays and Wednesdays • March 24-May 21

Grades 1-5 • 7-7:45p

Grades 6-12 • 7:50-8:35p

Crestview Middle • \$288

Tuesdays and Thursdays • March 25-May 22 • \$288

Grades 1-5 • 7-7:45p • Crestview Middle

Grades 6-12 • 7:50-8:35p • Crestview Middle.

Grades 1-12 • 7:30-8:15p • Kirkwood High

Saturdays • March 29-May 17

Grades 1-12 • 9:15-10a

Rockwood Summit High • \$112

Please note: dates and locations 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.

# Youth Aquatics

## SWIM CLUBS



*Take your swimming to the next level! Community Ed offers two competitive swim programs. Both programs are open to all residents of the Parkway and Rockwood School Districts and beyond.*

## PARKWAY SWIM CLUB

Through training and guidance, the Parkway Swim Club aims to develop a swimmer's skills in a supportive and enthusiastic environment. For more information, please visit [www.pkwy.org](http://www.pkwy.org).



## ROCKWOOD SWIM CLUB

Rockwood Swim Club strives to give swimmers the personal attention required for continued improvement and success in the pool and life. Please visit [www.rockwoodswim.org](http://www.rockwoodswim.org) for more information.

*Beginning in August of 2025, the Parkway and Rockwood Swim Clubs will combine and operate as the Parkway-Rockwood Swim Club.*

Scan to Register!





# Youth School-Age Care

**MARCH**  
**11**

Mark your calendars! Before/After Care registration for the 2025-26 school year opens for new families at 6 a.m. on March 11.



Join the fun before and after school with Adventure Club!

## Before and After School Care

Fun and learning continue beyond the bell with Adventure Club! Adventure Club is the before- and after-care in Parkway and Rockwood elementary schools where caring staff emphasize play, socialization, and safety.

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

“My kids have so much fun in Adventure Club! They come home with stories of their activities and their relationships. The vibe is that of a big, happy family having loads of fun together. I trust Adventure Club staff implicitly with my children.”

—Barretts Elementary parent

## WE'RE HIRING!

LOCAL • FLEXIBLE • FUN!

Great jobs for high school students, college students, parents, retirees or anyone looking to make extra money while having fun and making a difference!

### CURRENT PART-TIME OPENINGS INCLUDE:

- Adventure Club activity assistants (age 16+) | \$15/hr
- Adventure Club assistant facilitator (age 18+) | \$17/hr
- Art/enrichment/outdoor ed/sports/fitness instructors (age 18+) | \$21/hr
- Gym/field supervisors (age 18+) | \$21/hr
- Swim School instructors (age 14+) | \$15/hr
- Swim Club assistant group coach (18+) | \$15/hr
- Theater technicians (age 16+) | \$15/hr
- Theater managers (age 18+) | \$25/hr



Text HIREME to 636-891-6644 or scan this code to get started!



# Youth Early Childhood

## PARKWAY EARLY CHILDHOOD

### Parents as Teachers (PAT)

Prenatal–Age 5

Give your child the best possible start with our Early Childhood program which includes a degreed and certified parent educator, personal visits with a parent educator, parent workshops, family activity sessions to enjoy with your child and screenings to check your child's development. 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 be accompanied by a lucky grown-up to enjoy classes together. Topics include yoga, science, math and other high interest, fun subjects. There are morning, afternoon and evening options available which are open to anyone. Call 314-415-6954.

### Kids Morning Out Program

This is a fun and budget-friendly preschool experience for children who turn two years old by July 31. Parents drop off their children for this two-hour and fifteen-minute program that blends developmentally appropriate curriculum with opportunities for social growth. Classes taught by certified teacher and teacher's assistant. Call 314-415-6954. Online lottery begins in mid-February.

### 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–Age 5

Our Early Childhood program gives your child the best possible start including 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 (3 Months–3 Years)

Review of overall health plus vision/hearing assessment.

Developmental screening (3 Years–Pre-K)

Assesses: motor, concepts and language plus hearing/vision. Free to Rockwood residents. Call 636-891-6200.

### Mini Preschool

Mini Preschool is a tuition-based preschool program for children who turn 30 months between August 1, 2024 and July 31, 2025. Short-term classes focus on social development and interactive play. Check the early childhood website for online enrollment patriots (May/November). Call 636-891-6260.

### Half-Day Preschool

Ages 3-5

This school term tuition-based program provides a variety of options for families looking for a three-hour preschool. All teachers are certified by the State of Missouri. Class size is limited to 14 to promote student/teacher interaction. Children must be at least 3 by August 1, 2024. Online enrollment. Call 636-891-6260.

### Full-Day Preschool

Ages 3-5

The tuition-based 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 August 1, 2024. Online enrollment. Call 636-891-6260.

### Special Education Classes

Ages 3-5

Classes and therapy are available for 3-5 year olds who qualify for special education services. Call 636-891-6200.

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



# Family Programs & Events

## BIRTHDAY PARTIES AT BABLER STATE PARK



Tired of the same old birthday parties? Looking for something unique? Give your child and their friends an outdoor birthday EXPERIENCE they won't soon forget! Kids, ages 5-12, will enjoy archery, geocaching, NERF, survival skills and more. Along with the experience, a dedicated space is reserved for cake and presents. For more information, please visit [bableroec.org](http://bableroec.org).

## Performance Dance

In this class, learn a full dance routine and be invited to perform at the "Honoring Our Heroes" variety show in July. "Honoring Our Heroes" is a non-profit group that supports first responders and healthcare workers. Kids are welcome to come alone or register with a parent for twice the fun. Instructor: Julie Williams

Grades 6-8 • Mondays • April 21-June 2 • 6:15-7:15p  
Parkway Southwest Middle • \$55

## New! Mom & Me Pop Rocks

Kids and their guardians combine jazz and modern moves to create mini dance combos. Instructor: St. Lou Dance Crew

Ages 6-10 • Wednesdays • Jan. 8-29 • 5:15-5:45p  
St. Lou Dance Crew • \$135/family

## New! Dad & Me Hip Hop

Kids and their dads (or father figures) team up to learn hip hop dance! Instructor: St. Lou Dance Crew

Ages 6-10 • Wednesdays • Feb. 5-26 • 5:15-5:45p  
St. Lou Dance Crew • \$135/family

## New! BABY BONANZA



Sell, save, share and shop all things baby, toddler, and maternity! Join us for this FREE event where local families buy and sell their gently-used baby, toddler and maternity items at great prices! Interested in selling your stuff? Register to reserve your spot. Looking to shop and a jumpstart on the crowds? Purchase an early bird ticket to gain access to the event before it opens to the public!

FREE admission: 9a-12p

Early bird access: 8-9a

Saturday • April 5 • 9a-12p • Parkway West High

## Baby Weights

Are you a new mom? Use your baby as a "weight" to kickstart your journey to getting back into shape. This course is for moms with babies, ages 4 weeks to 2 years old. Must be cleared by a doctor to participate. Instructor: St. Lou Dance Crew

Parent and child (up to 15 lbs.) • Tuesdays • April 1-May 6  
9:30-10:15a • St. Lou Dance Crew • \$115/pair

## New! Rhythm and Moves

Kids can learn action songs, dance and rhythm. This class is perfect for older siblings who cannot participate in Baby Weights. Take both classes for a discounted price. Instructor: St. Lou Dance Crew

Ages 18 mos.-3 years • Thursdays • April 3-May 8  
9:30-10:15a • St. Lou Dance Crew • \$115/pair

## Family Yoga

Yoga fitness class that specializes in Vinyasa, Hatha, Gentle Flow and Yin. Instructor: Community Ed Staff

All ages • Wednesdays • Jan. 22-April 2 • 6-7p  
Wren Hollow Elem • \$59/family

## New! Introduction to Meditation

Experience a calming and easy way to let go of stress. Enjoy a relaxing body scan and release tension. Instructor: Community Ed Staff

All ages • Saturday • February 8 • 10-11a  
Parkway Southwest Middle • \$59 • Gold/Silver rates apply

## New! Micro T-Ball (Parent-Led)

Working one-on-one with a parent, Micro T-Ball prepares your child for baseball/softball in a fun setting. Children will learn a variety of skills including throwing, catching, batting and running. This program prepares children (ages 4-5) for organized baseball/softball in a fun, non-threatening environment. Instructor: Community Ed Staff

Ages 4-5 • 6-6:45p • \$79  
Tuesdays • April 1-May 6 • Ellisville Elem  
Thursdays • April 3-May 8 • Kellison Elem

## New! Bite-Sized Kids Cooking

Step into the kitchen as a family and learn lifelong skills of choosing and exploring healthy and whole foods. Using your senses, taste, touch, see and smell new foods. Get hands-on cooking experience. Learn about kitchen safety, peeling, measuring, chopping, mixing and so much more while making memories with family. Older kids will build on basics, recognize kitchen tools and appliances, read recipes and labels, make shopping lists and learn basic knife skills. Instructor: Bite Sized Wellness

Saturdays • March 1-29 • Parkway Southwest Middle  
\$85/pair

Family (Kids ages 3-6) • 9-10a

Family (Kids ages 7-11) • 10:15-11:15a

## Adult & Me: Canvas Collaboration

Kids! Pick a favorite adult painting partner and prepare to create! Adults and kiddos will be provided with one canvas, all necessary materials and step-by-step instructions to create one amazing masterpiece to take home. Instructor: Community Ed Staff

All ages • Wednesday • March 5 • 6:30-8:30p  
Babler Elem • \$19/person

## Adult & Me: Cookie Challenge

Baking skills will be put to the test as you encounter some sweet competition! Adult and child duos will be given a cookie challenge of their own to complete, presenting their final product to the class. Instructor: Community Ed Staff

All ages • Monday • February 3 • 6:30-8:30p  
Crestview Middle • \$19/person

## Adult & Me: Mother's Day Tea Party

Kids can celebrate Mother's Day with the special adult in their life! Enjoy memorable crafts, exciting games and of course, tea and sweets! Instructor: Community Ed Staff

All ages • Saturday • May 3 • 10-11:30a  
Rockwood South Middle • \$19/person

## Family Bingo & Pizza Night

Round up the family for an evening of BINGO fun! Play the classic game, engage with friends, meet new families and be the next to yell "BINGO!" \*Note: Cheese & pepperoni pizza will be served along with lemonade and water. Please feel free to bring additional snacks (allergy-friendly-no peanuts/tree nuts) and drinks (non-alcoholic). Instructor: Community Ed Staff

All ages • Friday • April 25 • 6:30-8:30p  
Chesterfield Elem • \$19/person

## Family Trivia & Pizza Night

Enjoy an unforgettable night of family fun and friendly competition! Grab a slice and team up with family and friends to tackle trivia topics covering pop culture, movies, songs, sports and more. \*Note: Cheese and pepperoni pizza will be served along with lemonade and water. Please feel free to bring additional snacks (allergy-friendly-no peanuts/tree nuts) and drinks (non-alcoholic). Instructor: Community Ed Staff

All ages • Friday • February 21 • 6:30-8:30p  
Uthoff Valley Elem • \$19/person

## Middle School Yoga with Parent

Middle school students and their parents/guardians will love this yoga class where they will learn poses, breathing techniques and meditation. Instructor: Pam Grigsby

Grades 6-8 • Saturdays • March 29-May 17 • 10-11a  
LaSalle Springs Middle • \$55/pair

# Family Programs & Events

## STARRY NIGHT



Step out into the night air and experience the sky like never before! Learn to read the night sky and discover constellations, planets and the moon. Dates subject to change due to weather. Instructor: Kevin Roenecker

All ages • Thursday • Feb. 27, March 6 or April 10  
7:30-8:30p • Babler Outdoor Education Center • \$9

## Family Archery

Ready, aim, fire! Families are invited to learn the basic archery skills that they can take to ranges across St. Louis County. All equipment is provided. Bows are the appropriate weight/height for youth ages 10+ through adult. Instructor: Community Ed Staff

Ages 10+ • Friday • March 7, April 11, or May 9  
5-7p • Babler Outdoor Education Center • \$19/person

## Family Fishing

Learn to fish as a family! Once you're "hooked", recreate the experience at one of the many stocked lakes and ponds throughout the St. Louis area! All equipment is provided. Instructor: Community Ed Staff

All ages • Saturday • March 22, April 26 or May 17  
11a-12:30p • Babler Outdoor Education Center • \$19

## Egg-cellent Scavenger Hunt

Experience an egg hunt like no other. Use a handheld GPS to find hidden eggs all over the Babler Outdoor Education Center. Exchange your eggs for prizes! Instructor: Community Ed Staff

All ages • Saturday • March 29 • 9a-12p or 1-4p  
Babler Outdoor Education Center • \$12/person

## New! Earth Day Academy

The month of April is a time when we celebrate Earth Day, Arbor Day, National Gardening Day, International Day for Biodiversity, National Park Week and more earth-centered days. Join us for presentations on the principles of "Leave No Trace", America's National Parks and make your own earthly sweet treat! Instructors: Community Ed Staff

All ages • Saturday • April 12 • 10:30a-12:30p  
Babler Outdoor Education Center • \$12

## New! Fundamentals of Fly Fishing

Bring your own fly rod, reel and line to learn about types of flies, how to cast them effectively and how to catch fish you'll be proud to brag about! Instructor: Mike Dowell

All ages • Saturday • February 22 • 1-2:30p  
Community Ed Office • \$19

## New! Backpacking Basics

Learn the ABCs of backpacking from how to pack to what to bring and why. Once you know the fundamentals of backpacking, you are sure to be safe and comfortable on overnight or multi-day trips into nature. Instructor: Mike Dowell

Ages 14+ • Thursday • February 6 • 6-7:30p  
Community Ed Office • \$19 • Gold/Silver rates apply

## Little Explorers: Garden Exploration

Along with an adult, Little Explorers are immersed in hands-on gardening, plants and outdoor exploration. Kids connect with nature and experience growth and discovery. Instructor: Community Ed Staff

Parent & Child (Ages 2-5) • Wednesday • May 7  
9-10a or 10-11a • Babler Outdoor Education Center  
\$29/pair

## Little Explorers: Music & Movement

Accompanied by an adult, Little Explorers embark on an adventure of self-discovery and exploration through lively music and engaging movement to promote physical coordination, cognitive development and social interaction. Instructor: Community Ed Staff

Parent & Child (Ages 2-5) • Wednesday • March 12  
9-10a or 10-11a • Community Ed Office • \$29/pair



# Adult Sports & Fitness

## Adult Coed Volleyball Open Play

Don't have a team? No problem! 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: David West

Adults 18+ • 7-9p • \$55  
Thursdays • Jan. 23-April 3 • Parkway West Middle  
Fridays • Feb. 21-May 23 • Selvidge Middle

## Adult Golf Clinic

Designed to develop the all-around game of golf, including putting, chipping, driving, mid-range irons, long-range irons, game management, rules and golf etiquette. Instructor: Totally Groomed Pros

Adults 18+ • Thursdays • April 3-24 • 6-7p or 7-8p  
Family Golf Learning Center • \$125

## New! Winter Fun Golf League

Join the indoor 9-hole league with a no-pressure atmosphere. Each week, play a 4-person scramble on a different golf course. This 10-week league is designed for ALL golfers. Instruction and tips will be available while playing. Come hang out, play golf, learn new skills and meet new and exciting people! Instructor: Golf Academy Plus

Adults 18+ • Saturdays • Jan. 25-March 29 • 6-8p  
Next Level Golf • \$249

## New! Sunday Adult Golf Clinic

Join the Sunday adult indoor golf clinic designed to get new golfers excited about the game. Our instructors will use the indoor driving range, putting green and 11 indoor simulators to teach everything a beginner golfer needs, from grip, stance and posture to that 300-yard drive every golfer dreams of. Instructor: Golf Academy Plus

Adults 18+ • Sundays • Jan. 26-March 2 or March 9-April 13  
6-7p • Next Level Golf • \$159

## Adult Golf: Beginner and Intermediate

Want to learn the game of golf or simply improve your skills? This 5-session class for beginner golfers covers all basics from putting to full swings. Instructor: Maria Palozola

Saturdays • April 5-May 3 • Ages 13+ • 10-11a  
The Landings at Spirit Golf • \$155 class only/\$180 with club rental

## Intro to Pickleball

Learn the basics of pickleball and have fun! Our awesome instructors will teach you how to play. No experience necessary. Instructor: Vetta Sports

Adults 18+ • Saturdays • 12:30-2p • Vetta Sports Sunset  
Jan. 11-Feb. 22 • 7 classes • \$200  
March 1-April 12 • 7 classes • \$200  
April 19-May 24 • 6 classes • \$175

## Novice Pickleball League

Join weekly doubles match play in a relaxed environment designed for seasoned players who wish to gain further experience and advance their skills. This is a doubles league, but you do not need a partner to register. Our round-robin format is designed to improve your learning experience and expose you to a variety of styles of play. Vetta pickleball instructors will organize play and offer coaching and tips when appropriate. Instructor: Vetta Sports

Adults 18+ • Sundays • 4:30-6p • Vetta Sports Sunset  
Jan. 12-Feb. 23 • 7 classes • \$145  
March 2-April 13 • 7 classes • \$145  
April 27-May 25 • 5 classes • \$105

## Intermediate Pickleball League

Obsessed with pickleball? Join doubles match play to gain more experience and advance your skills. This is a doubles league, but you do not need a partner to register. The round-robin format is designed to improve the learning experience. Coaching and tips offered where appropriate. Instructor: Vetta Sports

Adults 18+ • Sundays • 6-7:30p • Vetta Sports Sunset  
Jan. 12-Feb. 23 • 7 classes • \$145  
March 2-April 13 • 7 classes • \$145  
April 27-May 25 • 5 classes • \$105

## Novice Pickleball Clinic

This clinic is designed for the player who is relatively comfortable with the rules and has a bit of playing experience. This clinic will teach you the beginnings of pickleball strategy and build on your experience. Are you a current or former tennis player? This is a good place to jump in, use the racquet skills you already possess and modify them for pickleball. Instructor: Vetta Sports

Adults 18+ • Tuesdays • 7:30-9p • Vetta Sports Sunset  
Jan. 17-Feb. 18 • 7 classes • \$200  
Feb. 25-April 8 • 7 classes • \$200  
April 15-May 20 • 6 classes • \$175

## Adult Tennis

Tennis anyone? No matter your skill level, improve your game and learn the sport in a program designed in coordination with the United Tennis Association. This class offers a supportive environment for players to enhance their skills and enjoy the game. Instructor: Vetta Sports

Adults 18+ • Saturdays • 11a-12p • \$109  
April 5-May 17 • Lafayette High School  
April 5-May 10 • Parkway South High

## New! Women's Self-Defense

Develop confidence, self-control and peace while learning self-defense. A Black Belt instructor encourages rather than intimidates and teaches hand/foot techniques, including breaking free from an attacker or bully. Instructor: The Arch Shidokan Karate

Adults 18+ • 6-8p • \$45  
Thursday • January 30 • Parkway Southwest Middle  
Friday • April 18 • Parkway Northeast Middle

## TAI CHI



### Chen Style Tai Chi 18 Essential Form

Improve balance, cardiovascular health and lower stress to promote harmony and health in your mind, body and spirit. This form contains 18 different movements, starting with basic skills and fundamental movements of Chen Style Tai Chi. Difficult movements are omitted, yet key components are well-emphasized. Class is open to all Tai Chi levels. Wear comfortable clothing and flat shoes (no sandals). Instructor: Yan Xie

Adults 18+ • Thursdays • Jan. 23-April 17 • 6:15-7:45p  
Uthoff Valley Elem • \$75 • Gold/Silver rates apply

### Qigong Tai Chi 18

Qigong Tai Chi 18 teaches eighteen simple movements that are proven to be a highly effective exercise for health and vitality. Promote the body's natural healing energy, improve stress tolerance and create a feeling of well-being. Everyone is welcome. Wear comfortable clothing and flat shoes (no sandals). Instructor: Yan Xie

Adults 18+ • Thursdays • April 24-May 29 • 6:15-7:45p  
Uthoff Valley Elem • \$55 • Gold/Silver rates apply

# Adult Sports & Fitness

## Beginner 1 Country Line Dancing

Gather friends for fun and exercise learning basic line dances from easy to almost "Beginner 2". Bring shoes that allow you to slide (dance shoes, bowling shoes, cowboy boots, etc.). Shoes are recommended, but not required. Instructor: Beth Goyer

Adults 18+ • Mondays • Jan. 27-April 21 • 6-7:30p  
Parkway West Middle • \$75 • Gold/Silver rates apply

## Beginner 2 Country Line Dancing

Love to country line dance and already took the Beginner 1 class? This is for you! Learn Rockin' the Wagon Wheel, Back on Texas Time, Watermelon Crawl, Boot Scootin' Boogie, Honky Tonk Stomp, Knockin' Boots, No Problem, Waltz Across Texas, Country Walkin' and more. Shoes that allow you to slide (dance shoes, cowboy boots, bowling shoes, etc.) are recommended but not required. Instructor: Beth Goyer

Adult 18+ • Wednesdays • Jan. 22-April 9 • 6-7:30p  
Parkway West Middle • \$75 • Gold/Silver rates apply

## Zumba

Zumba burns calories, tones muscles and guarantees a great time. Using Latin steps, no prior dance experience is required. Men and women are welcome. Instructor: Julie Williams

Adults 18+ • Tuesdays • Jan. 21-April 1 • 7:15-8:15p  
Hanna Woods Elem • \$75 • Gold/Silver rates apply

## Adult Fit Hop

Cardio workout class guaranteed to make you sweat. Work every part of your body while learning a Hip Hop dance routine using basic steps in combination with fitness. Instructor: St. Lou Dance Crew

Adults 18+ • Wednesdays • Feb. 26-March 19 or May 7-28  
5:45-6:30p • St. Lou Dance Crew • \$85

## Adult Baton Twirling

Miss twirling or always wanted to try? Join us as we march, twirl and roll! Meet new friends and reach your fitness goals. Instructor: St. Lou Dance Crew

Adults 18+ • Mondays • 7:30-8:15p • St. Lou Dance Crew  
Jan. 27-Feb. 17 • \$95  
March 3-24 • \$95  
April 7-June 2 • \$155

## New! Dancing Through the Decades

This class is like a dance party in New York City, but for adult non-dancers. No coordination or rhythm required! This class infuses gentle dance moves, steps and stretches, moving in unison. The moves feel good on the body, creating a cohesive feel and working every muscle head to toe, including the brain. This uptempo, energizing and vibrant class is set to music hits from the 60s, 70s and 80s. Dress comfortably. No dance experience needed! Instructor: Vitality in Motion

Adults 18+ • Tuesdays • 6-7p • \$95  
Jan. 21-Feb. 25 • Community Ed Office  
March 4-April 22 • Parkway Central Middle

## New! Gentle Ballet 55+

Improve your balance, flexibility and confidence through this unique ballet class geared for mature adults. This class consists of gentle combinations of barre exercises and stretches performed to music. Low-impact and easy on the body, it's perfect for adults looking for an engaging and inspiring way to stay active through dance. You will discover muscles you haven't felt in years! Each combination works key muscle groups, focusing on posture, flexibility, coordination and strength, all helping to improve balance. Dress comfortably. Socks or slippers with grippy bottoms or ballet shoes are recommended. EveryBODY can dance! Instructor: Vitality in Motion

Adults 18+ • Fridays • Jan. 24-March 28 or April 4-May 30  
6-7p • Ellisville Elem • \$95

## Adult Wall-ates

Use the wall and your body weight to add resistance in this variation of a Pilates class. Feel good after you lengthen, tone and stretch. Instructor: St. Lou Dance Crew

Adults 18+ • Wednesdays • Jan. 29-Feb. 19 or April 2-23  
5:45-6:30p • St. Lou Dance Crew • \$85

## New! Cardio Dance Jam

Sweat, smile and have a blast with Cardio Dance Jam! The perfect way to get your heart pumping, body moving and spirits soaring! This high-energy program is designed for all fitness levels and welcomes anyone who loves to move to the music. Instructor: Community Ed Staff

Adults 18+ • Wednesdays • April 9-30 • 6:15-7:15p  
Eureka Elem • \$75 • Gold/Silver rates apply

**Rainout Line**

Customize the way you want to receive cancellation and up-to-date information by visiting our RainoutLine homepage at [www.bit.ly/CErainout](http://www.bit.ly/CErainout).

Scan to Register!



# Adult Sports & Fitness

## Dance Workout

Incorporating aerobic warm-ups, yoga and Pilates stretches and ballet barre exercises, this dance workout class strengthens your core, posture and artistry. Instructor: St. Lou Dance Crew

Teen/Adult • Thursdays • Jan. 30-March 6 and April 3-May 8 7-7:45 • St. Lou Dance Crew • \$105

## New! Hula Hoop Fitness

Unleash your inner dancer with Hula Hoop Fitness! Have a blast and get fit at the same time. Perfect for all experience levels, from beginners to seasoned hoopers. Instructor: Community Ed Staff

Adults 18+ • Wednesday • 7-8p • \$59 • Gold/Silver rates apply  
March 26-April 30 • Crestview Middle  
Jan. 22-Feb. 26 • Ellisville Elem

## Stretching and Flexibility

Looking for a fitness class that features easy movements but still provides a workout? 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

Adults 18+ • Tuesdays • Jan. 21-April 1 • 6:15-7:15p  
Hanna Woods Elem • \$75 • Gold/Silver rates apply

## New! Mindful Chair Yoga

This class provides a relaxing and mindful traditional yoga experience from a chair and standing with the chair. Taught by a certified yoga instructor, the class offers a unique yoga experience that doesn't involve a mat or getting onto the floor. Yoga is great for focusing on mindfulness, breathing, flexibility, range of motion, stretching and stability. This class will leave you feeling alert, energized, relaxed and loosened up. Instructor: Vitality in Motion

Adults 18+ • Thursdays • Jan. 23-March 6 or March 13-May 8 6-7p • Ellisville Elem • \$95

## New! Adult Yoga

Yoga fitness class that specializes in Vinyasa, Hatha, Gentle Flow and Yin. Instructor: Community Ed Staff

Adults 18+ • Tuesdays • Jan. 28-April 15 • 6-7p  
Parkway Southwest Middle • \$59  
Gold/Silver rates apply

## Accessible Yoga

Feel the benefits of yoga without having to get on the floor. Stretch the body, release tension, practice breathing and quiet the mind from the comfort of your chair. Everyone can benefit from accessible yoga, which can be practiced at any time. Instructor: Community Ed Staff

Adults 18+ • Mondays • Jan. 27-March 10 or  
March 24-April 28 • 10-11a  
Community Ed Office • \$59 • Gold/Silver rates apply

## Yin Yoga

Yin yoga is a slow-paced, meditative style where stretching poses are held anywhere from 1 to 6 minutes at a time. Props such as blocks, blankets and bolsters are used to support the body, allowing the muscles to relax during practice. Be prepared to calm your mind, stretch your body and leave feeling relaxed and renewed. All levels are welcome! Please bring a yoga mat and water. Some props will be provided; however, feel free to bring anything that could help support your body during practice (e.g., blocks, blankets, bolsters, pillows, etc.). Instructor: Ashton Clote

Adults 18+ • Tuesdays • Jan. 21-Feb. 25 • 6-7p  
Rockwood South Middle • \$59 • Gold/Silver rates apply

## New! Slow Flow Yoga

Based on Baptiste Power Yoga, this slow flow class will work your body and mind with both challenging and relaxing poses. Be prepared to build strength, drip sweat, calm your mind and leave with a smile. All levels of yoga experience are welcome! Instructor: Ashton Clote

Adults 18+ • Thursdays • Jan. 23-Feb. 27 • 10-11a  
Community Ed Office • \$75 • Gold/Silver rates apply

## New! Introduction to Meditation

Experience a calming and easy way to let go of stress. Enjoy a relaxing body scan and release tension. Instructor: Community Ed Staff

Adults 18+ • Thursday • April 17 • 6:30-7:30p  
Westridge Elem • \$59 • Gold/Silver rates apply

## 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 50 and older and other benefits! See page 23 for more details.



## Don't Live In Parkway or Rockwood?

You can now save with a Silver Card membership!

The Silver Card program provides discounts on select Community Education programs and is FREE to individuals age 50 and older throughout the Saint Louis metropolitan area. See page 23 for more information.

Scan  
to  
Register!



## Acrylic Basics

Learn about paints, brushes, priming the canvas and finishing techniques and tips. Try your hand at painting the "Missouri Hawthorn". Instructor: Gayathri Seetharaman

Adults 18+ • Tuesday • 6:30-8:30p • \$35 • Gold/Silver rates apply  
March 4 • Selvidge Middle  
May 13 • Crestview Middle

## ACRYLIC PAINTING: GOLDEN HIBISCUS



Become acquainted with Georgia O'Keeffe, the mother of American Modernism. Recreate her "Golden Hibiscus" with acrylic paints on canvas. Instructor: Gayathri Seetharaman

Adults 18+ • 6:30-8:30p • \$35 • Gold/Silver rates apply  
Monday • January 27 • Parkway West Middle  
Tuesday • April 22 • Crestview Middle

## Acrylic Painting: Irises

Get to know Dutch artist Vincent van Gogh, one of the greatest post-impressionist painters. Recreate his famous "Irises" on canvas with acrylic paints. Instructor: Gayathri Seetharaman

Adults 18+ • 6:30-8:30p • \$35 • Gold/Silver rates apply  
Tuesday • February 11 • Crestview Middle  
Wednesday • April 2 • Parkway Central Middle

## New! Acrylic Painting: Koi Abstract

Paint waves, curves and a splash of the colorful Koi with acrylic paints on canvas. Instructor: Gayathri Seetharaman

Adults 18+ • 10a-12p • Community Ed Office  
\$35 • Gold/Silver rates apply  
Monday • March 10  
Wednesday • May 14

# Adult Art & Enrichment

## New! Black Canvas Painting

Scrap the traditional white canvas. Explore the vibrant contrast and colors that truly pop when paired with a black canvas as your template. Beginner level and up. Instructor: Donna Molinet

Adults 18+ • Monday • February 24 • 10a-12p  
Community Ed Office • \$35 • Gold/Silver rates apply

## Canasta Club

Participants of all skill levels are welcome to connect, socialize and play the game in this open play format! Instructor: Community Ed Staff

Adults 18+ • Thursday • February 6 • 10a-12p  
Community Ed Office • \$5

## New! Card Club

Do you love to play card games? Enjoy an afternoon of card games chosen by the group. Instructor: Community Ed Staff

Adults 18+ • Community Ed Office • \$5  
Tuesday • March 11 • 10a-12p  
Monday • May 12 • 1-3p

## New! Bring the Outside In: Build Your Own Terrarium

Create an enclosed woodland terrarium to enjoy nature year-round using a variety of shapes, textures and colors. Instructor: Nancy Riehl

Adults 18+ • \$29 • Gold/Silver rates apply  
Saturday • April 12 • 10-11:30a • Selvidge Middle  
Tuesday • May 13 • 6-7:30p • Parkway Central Middle

## New! Celebrate Spring! Hand-Crafted Masterpiece

Create a masterpiece with a spring theme. Learn the Iris paper folding technique and finish your work of art to frame or mail as a greeting card. Instructor: Nancy Riehl

Adults 18+ • Tuesday • April 8 • 1-3p  
Community Ed Office • \$29 • Gold/Silver rates apply

## New! Community Choir: Drop-In

This experience offers a casual, joyful and inclusive environment to sing with others. Experienced vocalist or just starting out, join us for a night of music, friendship and fun. Instructor: Community Ed Staff

Adults 18+ • 6:30-8p • \$29  
Wednesday • February 26 • Parkway Northeast Middle  
Tuesday • April 15 • LaSalle Springs Middle

## New! Community Jam Band

It's time to jam out! Meet fellow musicians, improvise and exchange musical ideas. Build on each other's melodies and rhythms while playing your favorite tunes or composing your own. Use the music provided or freestyle in this all-inclusive space. Participants must provide their instrument. Instructor: Community Ed Staff

Adults 18+ • \$29 • 6:30-8p  
Monday • February 24 • LaSalle Springs Middle  
Thursday • May 15 • Selvidge Middle

## New! Create Your 2025 Vision Board

Begin the year with a clear vision of your dreams and goals. Create a vision board for all aspects of your life: physical, educational, professional, financial, social, family and spiritual goals. Manifest a great year! Instructor: Nancy Riehl

Adults 18+ • Monday • February 3 • 1-2:30p  
Community Ed Office • \$29 • Gold/Silver rates apply

## New! Date Night Acrylic Painting: Dolphins

Grab your partner, colleague, or friend and paint opposite sides of a combined painting... two canvases become one! Instructor: Gayathri Seetharaman

Adults 18+ • 6:30-8:30p • \$35 • Gold/Silver rates apply  
Tuesday • February 25 • Community Ed Office  
Friday • May 9 • Parkway Southwest Middle

## New! Date Night Cook-Off: Soups & Stews

Challenge your cooking abilities with a partner and compete against other couples. Teams of two will compete to create the most delicious and innovative soup or stew recipe. Prizes will be awarded for the best overall dish, most creative presentation and best taste. Participants will be provided with ingredients to create their soup or stew. Instructor: Community Ed Staff

Adults 18+ • Friday • March 7 • 6:30-8:30p  
Crestview Middle • \$29

## New! Date Night Cooking: A Trip to New Orleans

Spice up your date night with a culinary adventure to the "Big Easy"! This class is designed to provide the ingredients to create authentic New Orleans dishes. Instructor: Community Ed Staff

Adults 18+ • Thursday • April 10 • 6:30-8:30p  
Parkway Central Middle • \$29



# Adult Art & Enrichment

## Discover the Golden Years of Old Time Radio

Remember Fibber McGee and Molly, Sherlock Holmes, The Shadow, The Saint, Jack Benny and Gunsmoke? Embark on a listening journey to the Golden Years of Radio (1940-1960). Bring your cell phone to access free Old Time Radio shows to curate your own library. Instructor: Richard Losciale

Adults 18+ • Thursday • Community Ed Office  
\$29 • Gold/Silver rates apply  
February 20 • 2-4p  
May 15 • 10a-12p

## Drawing: Favorite Treats

Draw delicious foods and learn the basics of form and construction, beginning with an apple. Draw snacks and beverages like pizza, lemonade, fried eggs and cake! Instructor: Community Ed Staff

Adults 18+ • Wednesdays • Feb. 5-March 26 • 6-8p  
Rockwood South Middle  
\$125 • Gold/Silver rates apply

## Forest Bathing: The Healing Powers of Nature

Find solace and healing by immersing yourself in the natural embrace of trees. Slow down, stroll through nature, breathe deeply and feel the gentle power of the forest. Instructor: Nancy Riehl

Adults 18+ • Saturday • May 17 • 1-3p  
Babler Outdoor Education Center  
\$29 • Gold/Silver rates apply

## Gardening Club: Indoor Herbs & Spices

Cultivate your green thumb and spice up your kitchen by creating your own indoor herb and spice garden. This class will equip you with the knowledge, skills and a starter kit to create a thriving indoor garden. Instructor: Community Ed Staff

Adults 18+ • Friday • April 25 • 1-3p  
Community Ed Office • \$29 • Gold/Silver rates apply

## Gardening Club: Seed Swap

Garden lovers exchange seeds and knowledge and fostering a sense of community. This is a great opportunity to expand your seed collection and discover new varieties. NOTE: Please bring any seeds you're willing to share with others. Instructor: Community Ed Staff

Adults 18+ • Tuesday • Feb. 18 • 1-3p  
Community Ed Office • \$29 • Gold/Silver rates apply

## Guess that Logo!

Bring your friends or play solo as we guess the logos, slogans, taglines and origin stories of some of America's most popular consumer products. Earn points and amaze yourself! Instructor: Community Ed Staff

Adults 18+ • Wednesday • Community Ed Office  
\$29 • Gold/Silver rates apply  
March 5 • 2-4p  
April 23 • 10a-12p

## Hand-Crafted Cards: Valentine's Day

Show someone you care with a hand-crafted masterpiece! Iris paper folding technique is as simple as folding strips of paper and ribbons and layering them in a spiral pattern. Instructor: Nancy Riehl

Adults 18+ • Monday • Feb. 10 • 6-8p  
Selvidge Middle • \$29 • Gold/Silver rates apply

## Mindful Art for Relaxation: Free Form

Enjoy a meditative and relaxing art technique that involves drawing free-form lines while listening to calming music. This neurographic technique makes connections between thoughts and feelings through drawings, resulting in a true expression of you. Instructor: Nancy Riehl

Adults 18+ • \$29 • Gold/Silver rates apply  
Wednesday • March 12 • 1-2:30p • Community Ed Office  
Thursday • May 1 • 6-7:30p • Crestview Middle

## Name That Tune!

Gather friends to form a team or play solo as we listen to song snippets and view lyrical clues to Name That Tune! Discover how well you really know the soundtracks of your lives! Instructor: Community Ed Staff

Adults 18+ • Wednesday • Community Ed Office  
\$29 • Gold/Silver rates apply  
February 12 • 10a-12p  
May 7 • 2-4p

## Paint your Mate for Valentine's Celebration

Capture your partner's essence on canvas! Deepen your love connection and bond during this unique painting class. Take home a truly special masterpiece and memories of a fun night! Instructor: Nancy Riehl

Adults 18+ • Friday • February 7 • 6-8p  
Parkway West Middle  
\$29/person • Gold/Silver rates apply

## New! Painting: Beautiful Sunsets

Everyone loves a beautiful sunset! Recreate that same beauty with acrylics in this step-by-step instructional class. Instructor: Oksana Mescheryakova

Adults 18+ • Thursday • April 24 • 10a-12p  
Community Ed Office • \$35 • Gold/Silver rates apply

## New! Painting: Magical Landscapes

Paint a series of stunning landscapes, from a moonlit night to a vibrant rainbow or a blooming flower field. Capture beautiful scenes in your paintings while relaxing and enjoying the creative process. Instructor: Oksana Mescheryakova

Adults 18+ • Mondays • March 31-May 5 • 6-8p  
Parkway Northeast Middle  
\$125 • Gold/Silver rates apply

## New! Podcasts for Enjoyment and Entertainment

Discover the wonderful world of podcasts! Find, listen to, enjoy and curate your own podcast favorites. Bring your smartphone and transform your entertainment experience forever. Instructor: Richard Losciale

Adults 18+ • Thursday • January 30 or April 3 • 1-3p  
Community Ed Office • \$29 • Gold/Silver rates apply

## New! Relaxing Zentangle: Meditative Doodling

Practice meditative doodling as a creative medium! Use this art technique to create beautiful designs with just paper and a pen. Let your creativity guide you through this calming art form, where there are no mistakes and designs are limitless. Instructor: Nancy Riehl

Adults 18+ • Thursday • February 27 • 6-7:30p  
Parkway Southwest Middle  
\$29 • Gold/Silver rates apply

## New! Rock Lyrics as Poetry: The Harlem Renaissance to Today

Be captivated by this listening experience featuring a curated collection of songs—some familiar, some new—all highlighting poetic lyrics from artists like Billie Holiday, The Beatles, Bob Dylan, Simon and Garfunkel and more! Instructor: Richard Losciale

Adults 18+ • Wednesday • \$29 • Gold/Silver rates apply  
February 5 • 2-4p • Community Ed Office  
April 9 • 6-8p • Selvidge Middle

## New! Rock-Pebble-Stone Painting

Have you ever wanted to try "rock painting"? In this class, create your family portrait using rocks, pebbles and stones. Instructor: Gayathri Seetharaman

Adults 18+ • Friday • February 7 or May 2 • 10a-12p  
Community Ed Office • \$35 • Gold/Silver rates apply

## New! Sip & Paint: Winter Wonderland

Cozy up with a winter-inspired mocktail and paint your very own landscape that embraces the beauty of the season. Instructor: Donna Molinet

Adults 18+ • Thursday • February 13 • 10a-12p  
Community Ed Office • \$35 • Gold/Silver rates apply

## New! Sip & Paint: Spring Flowers

Spring into the world of art and enjoy a refreshing mocktail while you create a springtime flower masterpiece. Your creativity will be in full bloom! Instructor: Community Ed Staff

Adults 18+ • Friday • May 16 • 6-8p  
Parkway West Middle • \$35 • Gold/Silver rates apply

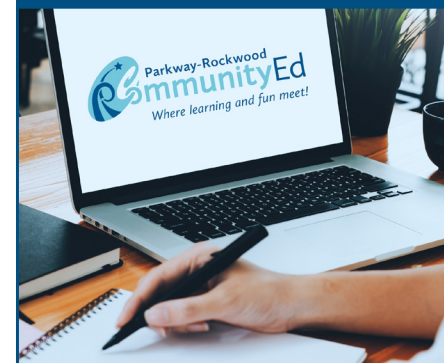
## New! Sourdough for Starters

Discover the art of sourdough in this beginner class! Learn the steps of sourdough bread making, from creating your own sourdough starter to shaping and baking the perfect loaf. Gain the knowledge and skills to produce delicious, artisanal bread right in your own kitchen! Instructor: Community Ed Staff

Adults 18+ • 10a-12p • Community Ed Office  
\$35 • Gold/Silver rates apply  
Tuesday • February 4  
Monday • April 28

# Adult Art & Enrichment

## ADULT ONLINE CLASSES



## New! Introduction to ChatGPT

Adults 18+ • February 3-28 • Online • \$195

## New! Intermediate AI

Adults 18+ • March 3-28 • Online • \$195

## New! AI Planning & Strategies

Adults 18+ • April 7-May 2 • Online • \$195

## New! Mastering Microsoft Excel

Adults 18+ • February 3-28 • Online • \$195

## New! Spanish for Medical Professionals

Adults 18+ • February 3-March 28 • Online • \$290

## New! Adobe Photoshop Essentials

Adults 18+ • March 3-28 or May 5-30 • Online • \$225

Scan  
to  
Register!



Please note: dates and locations 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.



# Adult Outdoor Ed

## Happy Hour Hiking Club

Start your weekend off right with your hiking boots! Each month, meet to socialize and hike a different trail. Charcuterie and seasonal mocktails will be provided; participants can bring their own beverages as well. All hiking levels are welcome. Sign up for one hike or all three! Instructor: Aimee Gao

Adults 18+ • Fridays • 5:30-7:30p  
\$35/hike or \$105/bundle • Gold/Silver rates apply  
March 28 • Simpson Park  
April 25 • Bee Tree County Park  
May 16 • Castlewood State Park

## Wildflower Walks

Watch the woods come back to life as we visit glades, prairies, forests and other unique ecosystems. See the variety of native wildflowers blossom. This series will be held on a different trail each week. Hiking locations will be released each week prior to the hike and will include state parks and conservation areas in the St. Louis region (within an hour drive of West County). All trails will be marked "easy" to "moderate" and will average 2-3 miles in length. Instructor: Aimee Gao

Adults 18+ • Wednesdays • April 2-May 7  
10:30a-12:30p or 1:30-3:30p  
Local parks and conservation areas  
\$89 • Gold/Silver rates apply

## Women's Archery

Ready, aim, fire! Women are invited to learn basic archery skills to take to ranges across St. Louis County. All equipment is provided. Instructor: Community Ed Staff

Adults 18+ • Thursday • March 6, April 10 or May 8  
10a-12p • Babler Outdoor Education Center  
\$19 • Gold/Silver rates apply

## Adult Beginner Archery

Aim to discover a new precision sport! This course is for beginners with minimal experience. All equipment is provided. Instructor: Community Ed Staff

Adults 18+ • Wednesdays • April 2-30 • 9-10a  
Babler Outdoor Education Center  
\$59 • Gold/Silver rates apply

## Women's Fishing

Learn to fish and once you're "hooked", take your own rod and tackle to a variety of stocked lakes and ponds throughout the St. Louis area! All equipment is provided. Instructor: Community Ed Staff

Adults 18+ • Saturday • March 22, April 26 or May 17  
9-10:30a • Babler Outdoor Education Center • \$19

## New! Backpacking Basics

Learn the ABCs of backpacking from how to pack to what to bring and why. Once you know the fundamentals of backpacking, you are sure to be safe and comfortable on overnight or multi-day trips into nature. Instructor: Mike Dowell

Ages 14+ • Thursday • February 6 • 6-7:30p  
Community Ed Office • \$19 • Gold/Silver rates apply

Scan  
to  
Register!



## BABLER OUTDOOR EDUCATION CENTER RENTALS & PROGRAMS

Nestled in the valley of Babler State Park in west St. Louis County, the Babler Outdoor Education Center (O.E.C.) is a 300-acre retreat offering groups the perfect place to connect with nature and each other.

- close to nature; close to home
- daily or overnight facility rentals
- cabins, dining hall, pond, archery range, swimming pool
- work with our staff to customize your program
- convenient and affordable location for field trips, retreats, teambuilding activities, meetings and more
- summer camps, place-based education, scout programs, birthday parties



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

# Adult Aquatics

## Adult Master/Lap Fitness Swimming

Try our coached master swim program or customize 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. Pre-registration required.

Ages 18+  
Sessions: Jan. 2-April 30, Unlimited Swims  
Session: \$350 • Payable in full or installments

Punch Card Prices  
12 Swims: \$96 • 6 swims: \$54 • 3 swims: \$30  
Monday-Saturday • 5-6:30a • Marquette High  
Sunday • 7-8:30a • Marquette High  
Monday-Friday • 10:30a-12p • Crestview Middle

## Adult Beginner Swim Lessons

This class is for the true beginner age 18 and up. Taught in a small group setting, you will learn to float, kick, swim and be safe in the water.

Saturdays • Sessions Start: Jan. 4, Feb. 8, March 29 and May 3 • 8-8:40a  
Crestview Middle • Cost varies by session length

Please note: dates and locations 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.



## Water Walking

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



There are a variety of aquatics programs for adults at Crestview Middle School.

Tuesday & Thursday • 8:45-9:30a • Crestview Middle • Gold/Silver rates may apply  
Session 2: Jan. 7-March 13 • \$180  
Session 3: March 25-May 22 • \$162

## Aqua Aerobics

This low impact workout challenges those who want to get in shape through low-impact cardio, muscle toning, strengthening and balance work.

Crestview Middle • Gold/Silver Card rates apply

Monday & Wednesday • Jan. 6-March 12 or March 24-May 21 • \$162  
8-8:45a • Shallow water  
8:45-9:30a • Deep water

Tuesday & Thursday • 8-8:45a • Shallow water  
Jan. 2-March 13 • \$180  
March 25-May 22 • \$162

Fridays • 8-8:45a • Shallow water  
Jan. 10-March 14 • \$90  
March 25-May 22 • \$72

## Become a Gold or Silver Card Member & Save! Now Open to Adults 50 and Up!

Gold and Silver Card members receive discounts on select Community Education programs. Gold Card membership is FREE to all Parkway or Rockwood residents, age 50 and older. Silver Card membership is FREE to individuals age 50 and older throughout the St. Louis metropolitan area, living outside the Parkway and Rockwood district boundaries.

Benefits include:

- Unlimited savings up to 50% for Gold Card and 15% for Silver Card on select Community Ed programs.
- Special email and gift from us during your birthday month.

Scan code below, visit [www.prcommunityed.org](http://www.prcommunityed.org) or call/text 636-891-6644.

Gold Card:



Silver Card:





**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.



**HIGH SCHOOL EQUIVALENCY PREPARATION CLASSES & ADULT BASIC EDUCATION**

**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.

- |  |  |
|--|--|
| <b>In classes YOU will:</b>  | <b>By attending classes YOU can:</b>     |
| • Improve basic reading, writing, and math skills                    | • Invest in your future                  |
| • Develop workforce skills   | • Improve your skills                    |
| • Prepare for the Missouri High School Equivalency Tests (HiSET/GED) | • Earn your HS diploma/credential        |
| • Prepare for Postsecondary Education                                | • Qualify for a better job               |
| • Prepare for the WorkKeys and Job Placement tests                   | • Get into college or a technical school |

**Class Schedule and Locations**

Spring 2025 classes begin Monday, January 6. Classes are ongoing and new students are added to classes every other month. Students must attend a testing and/or orientation session before beginning classes. Once our office reviews your application, a staff member will contact you regarding testing and/or orientation. For information about locations, class times and registration, visit [prcommunityed.org](http://prcommunityed.org) or call/text 314-415-4940.

**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 (HiSET or 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 2025 classes begin Monday, January 6. Classes are ongoing and new students are added to classes weekly. Students must attend a testing and/or orientation session before beginning classes. Once our office reviews your application, a staff member will contact you regarding testing and/or orientation. For information about locations, class times and registration, visit [prcommunityed.org](http://prcommunityed.org) or call/text 314-415-4940.



Learn more about the benefits of our free English as a Second Language classes at [www.prcommunityed.org](http://www.prcommunityed.org)

**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 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 [www.prcommunityed.org](http://www.prcommunityed.org) or scan this code to register.



## CONNECT WITH US

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



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



@PRCommEd1



@Parkway-Rockwood Community Ed



@PRComEd



@PRCommEd



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 50 and older and other benefits! See page 23 for more details.

## Don't Live In Parkway or Rockwood?

You can now save with a Silver Card membership!

The Silver Card program provides discounts on select Community Education programs and is FREE to individuals age 50 and older throughout the Saint Louis metropolitan area. See page 23 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 25.

## 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 or late payments are subject to additional fees as determined by Community Ed and can result in removal from the program.

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, Smoky Mountains Adventure and Early Childhood 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.rsdm.org](http://www.rsdm.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

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





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

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## Summer Expo 2025

Plan your child's summer activities with local and regional summer camp providers.

**February 2, 2025 11 a.m.-2 p.m.**

Marquette High School  
2351 Clarkson Road | Chesterfield, MO 63017



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

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