

WHAT'S INSIDE
Mayor's Message1
City Council & Social Media2
Valley of Flowers3
Fall Festival4
Glow Run & Jurassic Park5
Police Department6
About Florissant
Hours7
Park and Recreation8
List of Parks9
Facility Rentals10
Aquatics11
Health & Fitness12
Athletics13-15
Disc Golf Tournament15
Ice Rink16
Speical Events17-18
Miracle on St. Francois Street 17
Senior Services19-20
Theatre21
Florissant Golf Course22





Upcoming Events:

- Fall Festival rue St. François
- 9-11 Ceremony VFW 4105
- National Night Out in October
- Veterans Day Parade
- Senior Town Hall Meeting



Message from the Mayor

Greetings Florissant residents,

Welcome to the Fall 2022 edition of the Florissant Spotlight magazine. What a wonderful lineup of upcoming events we have to share!

The 60th annual Valley of Flowers festival was a huge success and by far the best in a long time. The John Carney Show from Big 550 KTRS broadcasted from the James J. Eagan Center and Henke's Bar and Tavern hosted the 1st annual 0.01K Fun Run to help promote the Valley of Flowers festivities.

Thanks to everyone who helped in making this year's festival a tremendous success.

This past May we celebrated Wednesday Night Out & plaque dedications in honor of "Dick" Kellett, Albert & Mark Behlmann and "Bud" & Bernice Foley. This fall's dedications will honor the late "Tucker" Kohnen, "Bert" Heppermann and Cyril Niehoff. These individuals made a positive impact on our community and will be sorely missed. A big thanks to Florissant Old Town Partners for helping make these events happen.

In May the Fox 2 "In Your Neighborhood" show broadcasted live from Hendel's Café spotlighting upcoming events in our community. We discussed Fiesta in Florissant, plaque dedications, the success of the Valley of Flowers Festival and...

> Aug 19 & Oct 14 **Food Truck Knight**

> > **Duchesne Home Association Grounds**

September 11 911 Ceremony

VFW Post 4105

September 15 Mayor's Town Hall Meeting James J. Eagan Center

October 4 National Night Out

October 9 Fall Festival on St. Francois St.

> Veteran's Day Parade Miracle on St. Francois



November 6

November 26





In this issue you can read about the exciting upcoming activities our Parks and Recreation Department and Theatre has planned as well as on-line at www.florissantmo.com

With our large deck, banguet room and snack bar, our Florissant Golf Club can easily handle any size golf tournament or networking event. What a beautiful course we have right here in Florissant thanks to the continuous improvements being made by manager Sam Friehoff and superintendent Andy Sprunt. For a tee time or to book your next special golf event contact the Florissant Golf Club at 314.741.7444 or visit florissantgolfclub.com

As your Mayor, I promise to continue to put our city and the people of our wonderful community first. Please remember to support all our small and large businesses in Florissant: think local and shop local! Proud of our rich history and dedicated to building strong relationships going forward, we're on the path to keep our city vibrant and economically strong for years to come.

I hope you and your family continue to be safe and healthy. WE ARE FLORISSANT STRONG!



Follow us on Social Media!

For the most up to date information, be sure to like and follow the social media pages below from various departments withinthe City of Florissant



City of Florissant Main @florissant.mo.us

Florissant Parks & Recreation @florissantparkrec

Florissant Police Explorers @fpdexplores

Florissant Golf Club @florissantgolfclub

Florissant Police Department @florissantpd

Florissant Civic Center Theatre @fcctheatre



Florissant Senior Department @florissantseniors

> Florissant Parks & Recreation @florissantparkrec

Florissant Police Department @florissantpd

City of Florissant Main

@florissantmedia

Florissant Golf Club @florissantgolfclub



City of Florissant Main @florissantmedia

Florissant Parks & Recreation @florissantparkrec



City of Florissant Main @florissant.mo.us







City Council

Keith Schildroth President Ward 5



Joseph Eagan Council Vice President Ward 3



Andrew Harris Ward 1



Paul Manganelli Ward 2



Jeff Caputa Ward 4



Patrick Mulcahy Ward 6



Jackie Bond Pagano Ward 7

ward7@florissantmo.com



Robert Parson Jr. Ward 8

314.422.2050



Tommy Siam Ward 9



The Florissant City Council meets the 2nd and 4th Monday of the month at 7pm in the council chambers at Florissant City Hall. Council Meetings are broadcasted live on our Facebook page and on Spectrum 992 and AT&T 99

2022 Valley of Flowers





A special "Thank You" to the Florissant Police Department and Florissant Valley Fire Protection District for all their help, dedication and service!





100% of the net proceeds will go to CHADS Coalition and the Eastern Missouri Chapter of the American Foundation for Suicide Prevention

SATURDAY, SEPTEMBER 17 ST. FERDINAND PARK

Registration

5k or 1M: \$25 through AUG 29 \$30 after AUG 29

5:00 PM Food Vendors, Games, Raffles 7:15 PM Glow Run begins (5k, then 1 M)

T-shirt sizes cannot be guaranteed for registration after AUG 29

> **Register at Florissant Community Centers or** https://runsignup.com/Race/MO/Florissant/LightTheDarkness





Resident Camera Program

Do you currently utilize private video surveillance at your home or business? If you do, we'd like to hear from you.

Video surveillance is one of the best methods for apprehending criminals and convicting suspects who are caught in the act of committing a crime. Installing video surveillance is a great example of community-police partnerships and is something the Florissant Police Department values highly.

How Does it Work?

The Resident Camera Program allows residents and business owners to register locations and capabilities of their security camera systems with the Florissant Police Department. Using this information, when a crime occurs, the Florissant Police Department will know the locations of nearby video cameras and be able to collect video evidence and follow up on leads.

What are the Benefits of Registering your Camera?

Because they are caught in the act of committing the crime, video surveillance is one of the best methods to catch suspects and convict them. As crimes occur nearby, many residents and business owners are unaware that their camera systems may have captured information that could help solve a crime. Likewise, police are not always aware of who may have potentially vital video evidence.

By registering your camera with the Florissant Police Department, officers can quickly identify nearby cameras that may have captured criminal activity. After registering your camera, you will only be contacted by the Florissant Police Department if there is a criminal incident in the vicinity of your security camera and police personnel believe viewing your video footage will assist in the investigation.

Registration

If you would like to register your security camera system with the Florissant Police Department and allow officers to contact you should a crime occur in or near where your cameras are installed, please fill out the online form.

Terms and Conditions

The information you provide regarding your camera systems will be for official use only. Your personal information will remain confidential and not be distributed except as required by law or court order. This program is entirely voluntary and you can withdraw consent to view video footage from your camera system at any time by calling the Florissant Bureau of Investigation. If necessary, the Florissant Police Department will contact you directly, using the information provided by you at the time of registration, to request the appropriate video surveillance footage. Any footage containing or related to criminal activity collected by the Florissant Police Department may be used as evidence during any stage of a criminal proceeding. Under no circumstances shall the registrants construe that they are acting as an agent and/or employee of the City of Florissant and/or the Florissant Police Department through the program.

Have further questions? Contact the Florissant Bereau of Investigation at 314.831.7000

The Dangers of Leaving your Vehicle Running and Unattended

The Florissant Police Department is warning residents to be wary of thieves who are targeting unattended vehicles left running.

There have been a number of vehicles stolen in Florissant running or with the keys inside the vehicle.

"It's just not occurring during the winter months anymore; this is a crime of opportunity and absolutely preventable," said Chief Tim Fagan.

The Florissant Police would like to remind everyone that leaving your vehicle running unattended on the street is a violation of the Florissant Municipal Code.



38th Annual National Night Out October 4, 2022

National Night Out is designed to:

- · Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

Florissant residents are being encouraged to lock their doors, turn on outside lights, and spend the evening outside with their neighbors between the hours of 6:00 p.m. and 8:00 p.m. Activities such as block parties and cookouts are encouraged.

Residents are required to apply for a no cost "Block Party" permit. Permits may be obtained in person from the Mayor's Office at the Florissant City Hall, or by downloading a permit from the City of Florissant website at, www.florissantmo.com

For additional information contact **Officer Steve Michael at 314.830.6042**, or visit the police department's website. **www.florissantmo.com/police**





Florissant Police Officers are selling T-shirts to benefit the Missouri Special Olympics

Our goal is to raise a minimum of \$1000 for Missouri Special Olympics and we need your help.

The shirts are \$15 each, small-2XL. Get them while they last.

You can email Officer Michael at smichael@florissantmo.com or call 314.830.6042 to purchase a shirt or make a donation.

Parks & Recreation

James J. Eagan Community Center (JJE)

1 James J Eagan Dr., Florissant, MO 63033 314.921.4466

Parks and Recreation Office at JJE 314.839.7670

Monday - Friday 8am - 4:30pm

Rainout Line 314.266.7335

Hours of Operation

Monday – Friday								6am* – 8pm
Saturday								.8am – 5pm
Sunday								10am - 5pm

*6-8:00am hours at the JJJE Center are for those with a facility membership. Daily visits will not be sold during this time.

John F. Kennedy Community Center (JFK)

315 Howdershell Rd. Florissant MO 63031 314.921.4250

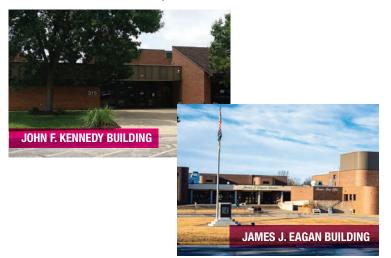
Parks and Recreation Office at JFK 314.921.4250

Monday – Friday 8am - 4:30pm

Hours of Operation

Monday – Friday								.8am – 8pm
Saturday								.8am – 5pm
Sunday								10am - 5pm

Children 12 years of age and younger must be accompanied by an adult (age 18 and older) at all times while in the City of Florissant facilities unless otherwise noted. Anyone 17 years of age and younger will not be allowed in the city facilities during normal school hours when area schools are in session. The centers will be closed on September 5 & November 24.



Daily Visits – JJE & JFK

	Resident	Nonresident
Youth 4-17	\$3	\$6
Adult 18-59	\$ 5	\$9
Senior 60+/Veterans	\$3	\$6

Annual Passes – JJE & JFK

	Resident 1yr/6mo	Nonresident 1yr/6mo
Youth 4-17	\$65/\$40	\$230/\$125
Adult 18-59	\$85/\$50	\$280/\$150
Senior 60+/Veterans	\$65/\$40	\$230/\$125
Family (up to 4)*	\$130/\$75	\$355/\$185

All children ages 0-3yrs may enter and use our facilities free of charge *Each additional member \$20/\$30

Family memberships include individuals living in the same household and listed on the Occupancy Permit if applicable. Additional eligible members may be added for \$20 per person for residents and \$30 per person for nonresidents. Individuals interested in purchasing a membership must provide proof of residency at time of purchase and occupancy permit will be checked. Passes are valid for one year (or 6 months) from date of purchase.

Register Early for Programs

All programs must meet minimum enrollment in order to be offered. If there are not enough registrants, a course will be canceled. Minimum enrollment must be met at least one week in advance of the start date of the class. Florissant Parks and Recreation reserves the right to cancel, postpone, combine classes or change instructors as needed. If a class is canceled due to lack of enrollment, registered participants will be notified of an alternate class or program if one is available, or offered a full refund or account credit for registration fee paid.

Registration Policy

Registration begins shortly after 8am on the date indicated and will continue on a space available basis. Current residents' cards must be presented at the time of registration in order to receive resident rates. Children under four years of age must have a parent's resident card. Phone registration begins at 9 am on the date indicated as the first day of registration.

Refund Policy

Registrants' cancelling before a class begins will receive a full refund minus \$5 processing charge. Participants canceling after a class begins will receive no more than a 50% refund. No refund will be given after the session is ½ complete or for classes that require less than a \$5 registration fee. No refund will be given on pool or facility memberships, summer day camp after the registration deadline or pavilions rentals. All refunds request must be made at least 24 hours before the start of any program or class. All refund request may take up to 14 business days to process.

Gymnasium Hours

Gymnasium hours vary. Please call 314.266.7335 and select extension 1 for JJE Center and extension 2 for JFK Center. You may also download the free app, Rainout Line, to see gymnasium hours. Hours are updated daily.

Gymnasium Capacity Policy

Once the gymnasium has hit capacity, we will use a one in, one out rule to keep the gymnasium at capacity. Those wishing to enter will need to sign a wait list and will be given access in the order they arrive as others leave. Fridays are reserved for residents. No nonresident passes will be issued on Fridays. Gymnasium capacities will still be enforced. Nonresidents may still use our other amenities on Friday.

Full Court Basketball

In order to maximize the space in our gymnasium and serve as many guests as possible, full court play will only be allowed during the final hour of the building in question on M/W/SU. Outside of these times, only half court games will be allowed.

Racquetball Court - JFK

Come enjoy our racquetball court at the JFK Center. Reservations can be made one week in advance by residents or day of for nonresidents. Individuals ages 13 and older may use the court, individuals 12 and under may use the court with adult supervision (adult 18+). Call 314.921.4250 for court availability or for reservations.

Use of the Racquetball Court is included in a Facility Membership or the Daily Facility Fees.



Parks & Recreation Administrative Staff

Cheryl Thompson-Stimage 314.839.7670

Director of Parks & Recreation

For the following staff please dial 314.839.7669 plus ext.

Chris Cholley - ext. 7258 Superintendent of Recreation Kevin Green - ext. 7226 Superintendent of Parks Dave Klaus - ext. 7228 Parks Foreman Kirstie Vitatoe - ext. 7259 Center Director (JJE) Center Director (JFK) Janice Steib - ext. 7261 Missy Wilkes - ext. 2094 Recreation Specialist – Sports Ryan Harrison - ext. 7263 Recreation Manager – Aquatics Sarah Skaggs - ext. 7224 Rec Specialist – Programs/Marketing Beth Goldstein - ext. 7264 Administrative Assistant Kati Gibilterra - ext. 7295 Clerk Typist (JJE) Monica Manganelli - ext. 7262 Clerk Typist (JKF)

Parks & Recreation Mission

To achieve our goal of inspiring community, creating memories, and fostering relationships, we will provide affordable, quality recreation programs and facilities for all to enjoy. It is our desire to empower you to be the best version of yourself.

Insurance Statement

The Florissant Parks and Recreation Department does not provide insurance coverage for injuries suffered while participating in our programs or while using parks or facilities. Any cost related to such injuries should be presented to your personal hospitalization carrier.

Photos and Videos

Photographs taken during programs and activities sponsored by the Florissant Parks and Recreation Department are the property of the City of Florissant and may be reproduced without consent of the participants. If you do not want yourself or your child photographed/filmed, please notify the Parks and Recreation Administration Office in writing prior to the program starting.

Accommodation Policy

The Florissant Parks and Recreation Department welcomes people of all abilities to use any of our programs, facilities, or services. We will make every effort to incorporate your individual needs. If special accommodations are needed to participate in a program, please call our office at 314-839-7670 at least 48 hours in advance of the start of the program.

Payment and Returned Checks

Full payment is required at the time of registration, unless otherwise noted. A \$20 charge will be applied for all returned checks.

Walk-In: Visit JJE Center or JFK Community Center to pay by cash, check, Visa,

MasterCard, American Express, or Discover card.

Phone: Call 314.921.4466 or 314.921.4250 to pay by Visa,

 ${\it MasterCard, American \ Express, or \ Discover \ card.}$

Online: Visit www.florissantparks.com to pay by Visa, MasterCard,

American Express, or Discover card. You will need to call to have your account

enabled before registering online for the first time.

Resident Card Information

A current Florissant resident card allows Florissant residents to do the following:

- Obtain a pavilion rental permit for one of our many parks.
- Register early for programs and classes (before nonresidents).
- Pay resident rates for admission to facilities, programs, and classes.

To Obtain or Renew a Florissant Resident Card

Everyone in the household, including all children receiving a card, MUST be listed on the occupancy permit. This will be checked by our staff when you come to get your card. Proof of residency includes an unpaid utility bill, bank statement, paycheck stub, monthly business statement (i.e. cell phone bill) mailed to the house. Proof of residency must have been mailed to the house, list your name and address, and be dated within the last 30 days.

15 yrs and Under

• Must be accompanied by a parent or legal guardian as proof of residency.

16-20 yrs

 May either be accompanied by a resident parent/legal guardian OR present a proof of residency item listed to the left in their own name

21+ yrs

- Utility bill showing service address that matches resident address. Electronic copies will be accepted. Must be dated within 30 days of current date.
- Paycheck stub (mailed or electronic stub), mailed bank statement. Must be dated within 30 days of current date.

Resident/nonresident cards are valid for two years from the date of purchase. If your card is lost during this time and you need a replacement, a \$5 fee for all ages will apply for each replacement card. Nonresidents wishing to purchase a daily facility pass must have a nonresident identification card which will be held at the reception or fitness desk and returned upon their departure from the facility. Nonresident card fees are the same a resident card fees. A photo ID or parent/guardian must be present (for minors under 18) in order to make a nonresident card.

All resident/nonresident cards are the property of the City of Florissant and must be shown or surrendered to city employees upon request. For safety and security of our staff and guests, cards will be kept at the desk during usage of the facility and returned upon their exit.

Florissant Business Owners

The owner of any business located within the city limits, along with immediate family members living in their household, shall be deemed a resident and therefore eligible to receive a resident card. This applies to the individual listed on the business license only. To obtain a resident card as a business owner in the city, you must visit the JJE Center or JFK Community Center with a photo ID. You will only be issued a card upon verification of your business ownership and current business license through the Finance Department. This verification can only be done Mon-Fri 8am-4:30pm. It may take up to two business days to verify.

Resident Card Fees

\$4

\$5

\$4

\$5

Youth (4-17vrs)

Adult (18-59yrs)

Seniors (60+)/Veterans

Replacement Card

Florissant Parks

Key

Restrooms



Pavilions



Gazebos



Playground



Ball Fields



Soccer Fields



Tennis Court



Sand Volleyball



Handball Court



Horseshoe Pits



Disc Golf



Golf Course



Archery Range



BBQ Pits



Lake



Trails



Aquatic Center



Splash Pad



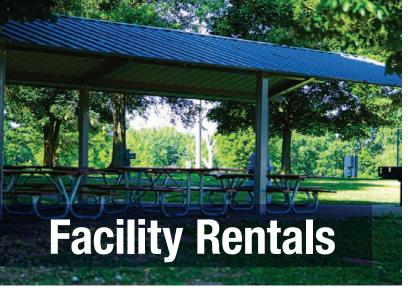
Pickleball Court



Gaga Ball



Bangert Park 275 S. New Florissant	
Behlmann Park 925 Loekes Dr	
Blackfoot Park 1001 Manresa	
Blanche's Spring Park 110 Aubuchon St	
Champlain-Florval 1570 Queens Dr	
Coldwater Commons 20 St. Denis St	
Davison Park St. Pierre & St. Catherine	
Duchesne Park 5 Brower Ln	
Dunegant Park 1930 Derhake Ln	
Florissant Golf Club 50 Country Club Ln	
Florissant Valley Park 900 Waterford Dr	
Koch Park 315 Howdershell Rd	
Little Woods Park 1100 Parker Rd	
Loretto Manor 1605 Patterson Rd	
Manion Park 15 Manion Park Dr	
Mullanphy Park 2497 Mullanphy Ln	
Spanish Land Grant 100 St. Ferdinand Park Dr	ÎAI
St. Ferdinand Park 25 St. Ferdinand Park Dr	
Sunset Park 2300 Sunset Park Dr	
Tower Court Park 1065 Washington	



JJE Center Rental Facilities

Room	Capacity	Time	Rate	Extra Time
Gymnasium	499	9 hours	\$600	\$80/hour
Arts & Crafts Room A or B	75	6 hours	\$175	\$35/hour
Arts & Crafts Room A and B	150	6 hours	\$300	\$60/hour
Small Meeting Room	30	6 hours	\$85	\$15/hour

JFK Center Rental Facilities

Room	Capacity	Time	Rate	Extra Time
Gymnasium	400	9 hours	\$600	\$80/hour
Arts & Crafts Room	80	6 hours	\$175	\$35/hour
Small Meeting Room	40	6 hours	\$85	\$15/hour

All rooms will carry a \$100 refundable damage deposit due at the time of booking. Gymnasium rentals will carry a refundable \$300 damage deposit due at the time of booking. Deposit refunds are processed 7-14 days after the rental. Time includes set-up, event and clean-up.

Nature Lodge at Sunset Park

Room	Capacity	Time	Rate	Extra Time
Top Floor Only	56	5 hours	\$250	\$75/hour
Bottom Floor Only	56	5 hours	\$200	\$75/hour
Entire Building	112	6 hours	\$375	\$75/hour

The Nature Lodge will carry a \$200 refundable damage deposit due at the time of booking. Call 314.921,4250 far availability and information regarding the JFK Center or Nature Lodge rental facilities. Time includes set-up, event and clean-up.

PLEASE NOTE:

All Fees are subject to change without advance notice.

Party Packages

Party Packages at JFK Youth Lounge

Package will include tables set up for \$30 people in the Youth Lounge where guest can play games such as pool, classic arcade table, popular PS games, air hockey and more

Call 314.921.4250 for more information.

Rate Extra Time 4 hours \$110 \$15/hour

\$100 deposit

James J. Eagan Party Packages

For one low fee, we will provide a small party room and admission to a public swimming session or ice skating session. Only for children 15 and under.

Group Size Pool 1-15 \$110 Rink 1-15 \$115 Rink 16-30 \$155

A refundable deposit of \$100 is required at the time of reservation

Pool Package Times Ice Rink Package Times 5:30-9:30pm Fri/Sat 6-10pm Fri Sat/Sun 12-4pm Sat/Sun 1-5pm

Park Pavilion Reservation

Florissant residents may reserve a pavilion at our parks for our season beginning April 1st and ending October 31st. An updated resident card will be required. A resident may call or come to either community centers to make a reservation during office hours. Ball field use with a pavilion requires a separate permit. Any special request such as bounce houses and pony rides must be made in writing at the time the reservation is made. NO DJS ALLOWED. All pavilion fees are non-refundable. A minimum of one week notice is required on all pavilion rentals. For information on which parks have pavilions and their additional amenities at each park, please see the chart. Call 314.839.7670 or 314.921.4250 for information on renting a pavilion. Pavilions will only be rented to Florissant residents with a valid resident card. View the pavilion availability calendar at wwwlflorissantparks.com then click on the Pavilions tab at the top of the page.

St. Ferdinand #1 (Veach)

•	Fri-Sun and Holidays	\$75/day
•	Mon-Thur	\$55/day

All other pavilions

 Fri-Sun and Holidays \$60/dav • Mon-Thur \$40/day

Security deposit of \$200 on all pavilion rentals.

Facility Rental Information and Policies

- All rental applicants must be 21 years of age or older.
- · A refundable damage deposit is required to make a reservation. Deposit must be paid in order to hold a room. This can now be paid over the phone. Please see above for specific deposit amounts that apply to each room. This is processed 7-14 days after the event.
- · A one week notice is REQUIRED for all room rentals. Thirty day notice is REQUIRED for all gymnasium and Nature Lodge rentals.
- · All rental fees must be paid 30 days before the rental date. Failure to pay the rental balance will result in room cancellation.
- · Cancellations of meeting rooms MUST be submitted in writing 30 days prior to event and will result in a \$10 cancellation fee. Cancellations less than 30 days prior result in forfeiture of rentals fees along with \$10 cancellation fee
- Cancellations for Gymnasium and Nature Lodge MUST be submitted in writing 6 weeks prior to event will result in a \$10 cancellation fee. Cancellations less than 30 days prior result in forfeiture of rental fees along with a \$10 processing fee.
- Music is only allowed under certain conditions. Please ask a staff member for more information. No live bands.
- DJ's or amplified music will not be allowed at any of the park pavilions under any circumstances
- · Pavilion rental does not guarantee field use or include entry into any facilities such as Bangert Pol. A separate fee applies for these activities.
- Renter must check in and out with a staff member and remain on premises during rental. They are also responsible for quest conduct.
- · At the Nature Lodge, nothing may be attached to the walls or ceiling in any way. Table decorations are welcome and must be removed at the conclusion of the rental.
- Birthday parties for ages 14-29 are prohibited. Parties for ages 13-15 will only be allowed if they are booked as a pool/ice rink party package.
- Any decorations that you will be bringing in that will be touching the floor will need to be requested and approved.
- · Renter will be able to choose between pre-determined room set-ups.



Registration for all programs listed in this booklet is open now unless otherwise specified!

JJE Center Indoor Pool Open Swim

Regular Hours

Mon/Fri 6:15 – 7:45pm Sat & Sun 12:15 – 3:15pm

Members are free

JJE Center Indoor Pool Lap Swim

Regular Hours

Mon/Wed/Fri 7:30 – 9:45am Mon & Fri 5 – 6pm Sat & Sun 10am – 12pm

Fee for lap swim:

Youth/Senior \$2 ● Adult \$4 or use a valid Facility Membership (see prices on p9).

Indoor Pool is located inside the JJE Center.

Children 12 and under must be accompanied by an adult in the building at all times. All children eight years and younger must be accompanied by a paying adult who enters the water in proper swim attire. No jeans, cut offs, gym shorts, basketball shorts, t-shirts, or any other clothing not specifically designed for water will be allowed in the pool.

0.A.R.S.

Older Adult Recreational Swimming is for adults 18 years and older. The pool is sectioned into lap lanes with deep and shallow areas for swimming or exercising

Mon-Fri Sept – Dec 12:15-1:15pm

\$1.50R/\$2.50NR/\$1GAP

Agua Zumba Aqua Zumba gives new meaning to the idea of an invigorating workout. This class takes

place in our indoor pool. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Agua Zumba shallow water class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Agua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

M/W/F I: 9/12-10/28 10-11am \$73 • \$84 • \$54.74 II: 10/31-12/16 10-11am \$70 • \$80 • \$52.50

Water Works

16 & un

Take the plunge and try this low-impact workout that builds muscle strength and boosts your endurance. Each class includes a warm-up, cardio and strength training exercises. and a cooldown. Expect exercises like water walking, bicep curls, leg lifts, and noodle moves. You won't be swimming, and these water workouts are done in the shallow end of the pool. The buoyancy of the water is easy on your joints which makes this class a good choice if you have joint problems, chronic pain, or are recovering from an injury.

M/W/F	I: 9/12-10/28	10-11am	\$73 • \$84 • \$54.75
	II: 10/31-12/16	10-11am	\$70 • \$80 • \$52.50
T/TH	I: 9/13-10/27	10-11am	\$24 • \$28 • \$18
	II: 11/1-12/15	10-11am	\$23 • \$26 • \$17.25

Deep Water Aerobics (No Instructor)

16 & up

As you submerge yourself into the deep end of a pool for a water fitness workout your body becomes nearly weightless, giving you a new kind of workout challenge. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system, improving your overall health and fitness, and aiding weight loss and maintenance. Swimming ability is recommended as this class is held in the deep end of the pool.

IVI/VV/F	1: 9/12-10/28	10-11am	\$37 • \$42 • \$27.75
	II: 10/31-12/16	10-11am	\$35 • \$40 • \$26.25
T/TH	I: 9/13-10/27	5:30-6:30pm	\$24 • \$28 • \$18
	II: 11/1-12/15	10-11am	\$23 • \$26 • \$17.25
	II: 11/1-12/15	5:30-6:30pm	\$23 • \$26 • \$17.25

Water Aerobics

Are you looking for a low impact shallow water workout? Our certified instructor uses their own creative style of teaching different movements. Programming can be modified to meet specific needs and goals. That means it's a great activity for people of different ages and athletic abilities. Not a strong swimmer? Don't worry, you'll be able to stand the whole time—the water is typically no more than chest high. So, grab your bathing cap, dip in a toe, and get ready to make a splash with this fun workout!

T/TH	I: 9/13-10/27	9-10am	\$49 • \$56 • \$36.75
	I: 9/13-10/27	10-11am	\$49 • \$56 • \$36.75
	I: 9/13-10/27	5:30-6:30pm (Yolanda)	\$49 • \$56 • \$36.75
	I: 9/13-10/27	6:30-7:30pm	\$49 • \$56 • \$36.75
	II: 11/1-12/15	8-9am	\$46 • \$52 • \$34.50
	II: 11/1-12/15	9-10am	\$46 • \$52 • \$34.50
	II: 11/1-12/15	10-11am	\$46 • \$52 • \$34.50
	II: 11/1-12/15	5:30-6:30pm	\$46 • \$52 • \$34.50
	II: 11/1-12/15	6:30-7:30pm	\$46 • \$52 • \$34.50
Sat	I: 9/17-10/29	9-10am	\$24 • \$28 • \$18
	II: 11/5-12/17	9-10am	\$24 • \$28 • \$18

Preschool Swim Lessons

Children in these classes will explore some basic movement and working towards being comfortable in the water so that further skills can be developed in the future. This class is a fun and engaging where children gain the confidence they need around water. towards slightly more advanced concepts and begin to lessen support to work towards independence. Class meets for 30 minutes.

JJE Pool

Wed 9/4-10/19 5:30-6pm • 6:15-6:45pm 10/26-12/14 5:30-6pm • 6:15-6:45pm

Price per session

Residents \$36 • Non-Residents \$42

Youth Swim Lessons

Want your child to learn how to swim? Children in this program will learn swimming skills based on their current abilities. They will be placed into groups with others at the same skill level, and taught the skills needed to progress from there. Class meets for

JJE Pool

Wed 9/14-10/19 5:30-6:10pm • 6:15-6:55pm 5:30-6:10pm • 6:15-6:55pm

Price per session

Residents \$36 • Non-Residents \$42



Fitness Center Rules & Policies

Liability release forms are required to be signed and are kept on file. Release forms are available at JJE Center and JFK Community Center. Please note fitness center rules/policies:

Dress Code

Exercise attire is required. Appropriate exercise attire includes comfortable, loose-fitting clothing, as defined below.

- Pants: Short or long exercise/warm-up pants are acceptable. Pants with belts, cut-off pants and/or jeans with metal rivets are dangerous and not allowed. Street clothing and/or business attire (suit & tie or skirt) compromises the safety of the wearer and reduces the acknowledged atmosphere and is not allowed
- Shirts: For hygiene purposes and to preserve a family environment, a shirt, which covers the torso, is required at all times. Cut-offs, sports bras, string tank tops, halter-tops or altered shirts of any kind that allow the full torso to show are not permitted. Altered shirts include any shirts that have cut-off sleeves, neckline or bottom. Shirts that are not altered but show the torso due to oversize armholes are also not acceptable.
- Shoes: For safety purposes, closed-toed athletic footwear is required in all areas except the pool, shower/locker rooms or during Yoga. In an effort to minimize damage to the wood & rubber floors and carpet, the following footwear is prohibited:
 - · dark-soled shoes which may damage or mark the wood floor/carpet;
 - · any shoe suspected of damaging or marking the wood floor/carpet;
 - · open-toed athletic footwear, sandals or flip-flops;
 - · muddy, dusty or dirty shoes;
 - spikeless golf shoes:
 - · Astroturf shoes, cleats or metal/rubber spiked shoes; running shoes.

2022 CLASS CALENDAR SCHEDULE

Session	Date Range	Registration Opens
Spring 2	April 11 – May 27	R: Mar 14 • NR: Mar 21
Summer (Aquatics)	June 6 – Aug 5	R: May 9 • NR: May 16
Summer 1	June 6 – July 15	R: May 9 • NR: May 16
Summer 2	July 18 – Aug 26	R: May 9 • NR: May 16

Strength & Cardio

12vrs & older

Rise and shine early birds! Strength and Cardio is our early morning class that combines the mix of cardio (HIIT, kickbox, interval training, BOSU and step) and strength training which uses both body weight and dumbbells. Early morning workouts have many benefits ranging from more energy throughout the day, a better mood, improved sleep, lower blood pressure, less stress, and more! Come on in and start your day off right! No class on Thanksgiving.

TU/TH	I: 9/13-10/27	6:05-7:05am	\$56/\$63/\$42
	II: 11/1-12/15	6:05-7:05am	\$52/\$58/\$39

This is an extensive workout routine targeting those problem body areas: stomach, hips, waist and thighs. You will do different workout routines with a mat that will be designed to tone and sculpt your way to the body of your dreams. Mats are provided. Toned muscles are important in supporting and protecting joints from incorrect movements and joints supported by strong, toned muscles can result in fewer injuries than a joint that is supported with weak muscles.

JJE

M/W	I: 9/12-10/26	6:30-7:30pm	\$56/\$63/\$42
	II: 10/31-12/14	6:30-7:30pm	\$56/\$63/\$42

Strong & Stable

This class is geared toward our active aging seniors who are looking for a mix of cardio, strength, and balance exercises to improve their health. This class will offer a low-impact workout that is easy on joints while offering an energy boosting format to leave you feeling strong and stable! Reduced rates are available for Silver Sneakers and Renew Active members. Please check with your insurance provider to see if you qualify for this membership! No class on Thanksgiving.

JJE TU/TH

I: 9/13-10/27 9-9:45am \$56/\$63/\$42/\$28 II: 11/1-12/15 6:30-7:30pm \$56/\$63/\$42/\$28

Yoga is a complete mind and body connection. It is an ancient art rooted in a harmonizing system of development for the body, mind, and spirit. The practice of yoga has many physical and mental benefits. For example, yoga can increase your flexibility, increase muscle strength and tone, improve energy, and maintain a balanced metabolism. Yoga can also help manage stress which can cause back or neck pain, sleeping problems, headaches and more but with the incorporation of meditation and breathing those issues can begin to decrease. Do not worry if you are a beginner as yoga is for everyone! Come and take that first step onto the mat or "yoganna" regret it!

M/W I: 9/12-10/26 9-10am \$56/\$63/\$42 II: 10/31-12/14 9-10am \$56/\$63/\$42

Zumba 12yrs & older

Zumba continues to be one of the most popular styles of dance workouts and lucky for you, we offer classes at the James J. Eagan Center! Dance your way to a tighter and fitter you. In this popular class, you will increase your level of fitness by dancing to exciting and unique Latin moves and rhythms. Zumba is a fun way to boost your heart health, relieve stress, and even improve coordination! Register early and boogie down a few pant sizes. We hope to see you there! No class on Thanksgiving.

JJE

T/TH I: 8/30-10/11 5:25-6:25pm \$56/\$63/\$42 II: 10/25-12/6 5:25-6:25pm \$52/\$58/\$39

MEET YOUR FITNESS GOALS WITH PERSONAL TRAINING

Personal trainers provide each participant with personalized attention and support in order to help them achieve their fitness and wellness goals. They provide quality personal training and motivation through certified fitness trainers. All clients will be provided with a comprehensive fitness assessment to evaluate fitness levels and set realistic goals.

Number of Sessions	1	3	6	12	24
Express Training (30 mins)	n/a	\$90	\$180	\$360	\$720
45 Minute Training	\$50	\$135	\$240	\$420	\$800
Partner (2) Price per person (45 mins)	\$35	\$90	\$180	\$360	\$720
Group (4) Price per person (45 mins)	\$25	\$65	\$120	\$230	\$440
Fitness Assessment	\$65				

FALL JUDO PRICING

One class per week:

\$100/\$120 (33% off second class) Two class per week:

Three class per week: \$120/\$144 (50% off second and third class)

Adult Judo

Judo is a martial art from Japan. Judo teaches how to redirect an opponent's strength to defeat him/ her. Judo is designed to be practiced by men, women, boys and girls of all ages. It is a great sport for families to practice together and a way to build physical and mental confidence. Students may choose to practice for recreation and/or for competition. No class on Thanksgiving.

TU	I: 9/13-10/25	6:15-7:45pm	See Chart
	II: 11/1-12/13	6:15-7:45pm	See Chart
TH	I: 9/15-10/27	6:15-7:45pm	See Chart
	II: 11/3-12/15	6:15-7:45pm	See Chart

Judo for Kids

Through Judo practice young students will learn discipline, listening skills, and respect for self and others. This class features a popular scholar athlete program which encourages students to perform their best both in judo and in their school.

JJE W

I: 9/14-10/26 See Chart 6-7pm II: 11/2-12/14 6-7pm See Chart

Kata Training All Ages

Kata training is for students who have completed at least one session of either Adult Judo or Judo for Kids. Kata is a prearranged Judo technique performed by a team of two judo players. Teams may practice simply for recreation or train to compete in local, national, or international Judo tournaments.

JJE Mon

I: 9/12-10/24 6:30-7:30pm See Chart II: 710/31-12/12 6:30-7:30pm See Chart florissantmo.com 12



2.0-3.5

6-9vrs

Athletic Game Field Rentals

All game fields including Koch Park Diamond 1, the James J. Eagan Soccer Field and various St. Ferdinand Diamonds are available to be reserved for a fee. Please email mwilkes@florissantmo.com for pricing and availability

- A \$100 security/clean up deposit is required to reserve athletic game fields
- Balance of the rental must be paid 2 weeks before the event
- · Renters must be on premises during rental and are responsible for the conduct of their guests.
- No glass bottles are allowed in the park
- Renters are responsible for gathering trash and disposing of in a trash can
- Renter may be required to provide additional portable restrooms for more crowded events. These units will be placed in areas approved by the Parks and Recreation Department
- Renters may be required to rent pavilions(s) to maximize available parking

Pickleball League

Pickleball is a fun, social sport that combines many elements of tennis, badminton and ping pong. Come join us for our doubles only leagues. League will be 6 weeks long and playoffs, no referee. Each league will have 2 divisions; A with the ratings of (3.5-4.5) and B with the ratings of (2.0-3.5). Evening leagues will begin at 6:30pm and morning league will start at 10:00am. Player are required to use Franklin Outdoor Balls.

St. Ferdnand Court

Women's Pickleball League

Tue	9/6	6pm	\$80		
TH	9/8	10am	\$80		
Women's Pickleball League					
TH	9/6	6pm	\$80		
TH	9/8	10am	\$80		
Mixed Doubles League					
Mon	9/12	6pm	\$80		

Soccer Training

This youth soccer program consists of light instruction in a fun and positive environment. Children will learn shooting, passing, dribbling and other fundamentals of the game, Participants should bring tennis shoes and age appropriate soccer ball.

JJE

Soccer Skills

Sat 9/10-10/15 9-9:45am \$50/\$60

This youth soccer program consists of skills and drills while in a fun and positive environment. Children will enhance different skills like shooting, passing, dribbling. Participants should bring tennis shoes and age appropriate soccer ball.

JJE

9/10-10/15 10:00-10:45am \$50/\$60 Sat



Volleyball League

The volleyball leagues are governed by house rules. Each team will play eight weeks along with a playoff tournament at the end of the season. The team with the best regular season record will receive championship t-shirts. The playoff champions will receive a trophy. *Games may begin as early as 6:30P but start times will vary. Teams may bring alcohol (no glass). Registration deadline will be two weeks before the start of the league or when the league is filled, whichever

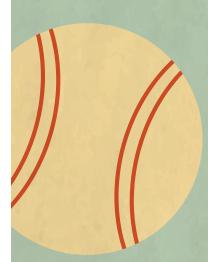
All Games played at JJE Women's Fall Indoor League

M	10/24	6:30pm	\$175	Registration 8/29
	1/9	6:30pm	\$175	Registration 11/4
Coed Recr	eational League			
TH	10/27	6:30pm	\$175	Registration 8/29
	1/5	6:30pm	\$175	Registration 11/4
Coed Inter	mediate League			-
TH	10/27	6:30pm	\$175	Registration 8/29
	1/5	6:30pm	\$175	Registration 11/4



SUICIDE PREVENHOR TOURNAMENT

100% OF NET PROCEEDS GO TO **SUICIDE PREVENTION**



SEPTEMBER 10

9:30AM-6PM

ST. FERDINAND \$125 PER TEAM

REGISTRATION OPENS JULY 5 UNTIL FULL. MEN'S AND CO-ED DIVISIONS AVAILABLE.



SUICIDE PREVENTION





SOFTBALL =

HOME-RUN DERBY

FRIDAY **SEPTEMBER 16** 7-10PM

GAME 2

ENTER GATE D

SECTION

ROW 16

SEAT 25

100% of the net proceeds go to local suicide prevention organizations funding local outreach programs and more. Registration July 5 until full. Men's and Women's divisions available.

Come hit some bombs under the lights at St. Ferdinand Park Softball fields. There will be a Dj, food truck and special prizes for various categories. Participants will go head to head in a bracket style tournament. Each participant will be guaranteed at least two at bats. Participants will have 2 minutes to see how many home runs they can hit. Players must supply their own pitcher and bats. Balls will be provided.









Ice Rink Opens October 26th

Phone number: 314.921.4470

Daily Visits

	Resident	Non-Resident
Youth 4-17	\$5	\$5
Adult 18-59	\$4	\$6
Senior 60+ & Veteran	\$3	\$5
Family Special*	\$4	N/A
Stick and Puck	\$4	\$5

Children 3 & Under are free of charge.

*Wednesdays and Sunday public skate sessions offer resident family specials. All members of the household, with valid resident cards may enter for a total of \$4.

Session Pass

	Resident	Non-Resident
Youth 4-17	\$25	\$40
Adult 18-59	\$35	\$55
Senior 60+ & Veteran	\$25	\$40
Family Special*	\$50	\$80
Stick and Puck	\$40	\$50

Family memberships include individuals living in the same household and listed on the occupancy permit if applicable. Price includes four family members. Additional eligible members may be added for a small fee. See recreation staff for details.

Special Services

Skate Rental \$2 (Hockey and Figure skates available) Skate Sharpening \$5

Locker Rental \$.25

Public Skate Times

The outdoor covered ice rink is located at the James J. Eagan Center. During open skate, individuals can enjoy use of the rink for all ages.

 Wed
 7-9pm

 Fri
 7-9pm

 Sat
 1:30-3:30pm

Children 12 and under must be accompanied by an adult in the facility at all times

*Ice Rink is closed 12/25 and 1/1

Holiday Public Skates

Join us on the holiday break for these special public skate sessions! All regular admission rates will apply.

11/25, 12/21-23, 12/26-30, 1/16, 2/20

2-4pm

Resident Appreciation Skate Sessions

Enjoy the holidays with FREE admission for all Florissant residents showing a valid resident card. Free popcorn and soda will be provided. Nonresidents are welcome to skate during these sessions but regular admission rates will apply. Gather the family and enjoy the afternoon at the rink! 2/31, 1/16, 2/20

2-4pm

Learn to Skate Kiddy Lessons

3-5yrs

Introduce your little one to the basics of skating in this introductory lesson. Our instructors will provide instructions on begging skate techniques

JEE

Sat	11/5-12/10	9:25-10:10am	\$20/\$25
	1/7-2/11	9:25-10:10am	\$20/\$25

Learn to Skate Beginner Lessons ______ 6yrs-older

Introduce your child to skating with us! Our instructors will provide instructions on beginning skating techniques.

JEE

Sat	11/5-12/10	10:20-11:05am	\$20/\$25
	1/7-2/11	10:20-11:05am	\$20/\$25

Stick and Puck 15yrs & older

Stick and Puck is open to the public specifically for those who would like to work on their puck-handling and passing skills. Players must wear a helmet with full face protection and gloves. Session is limited to 30 players. Goalies are free!

JEE

M 3:30-5pm 15yrs & Under Th 3:30-5pm 16yrs & Older Sat 11:30am-1pm 16yrs & Older

See fee charts for admission pricing information. Regular Season Passes will not be accepted. You may purchase a Stick and Puck season pass or pay daily Stick and Puck admission.

JOIN OUR TEAM!

The ice rink at the James J. Eagan Center is seeking seasonal team members for Rink Guard and Cashier positions. Positions run from October through March.

Apply online at www.florissantmo.com or contact Missy Wilkes, mwilkes@florissantmo.com.



Special Events

















Florissant Senior Office 621 rue St. Francois, Florissant, MO 63031

The Florissant Senior Citizen Department offers programs, events and services for senior citizens in this community. Please call the Senior Center at 314.839.7605 if you have questions regarding the events and programs listed on these pages.

City of Florissant Friday Lunch Program

Gather with friends or make new friends at our Senior Citizen Friday Lunch Program!

The Lunch Program is held at the Eagan Center in the A/B Room every Friday. Lunch is \$8.00 and is served at 12:00 noon. Lunches are catered by local Florissant Restaurants. The menu can be found on our website at www.florissantmo.com or by calling the Senior Center at 314-839-7605.

Bingo is played each day after lunch.

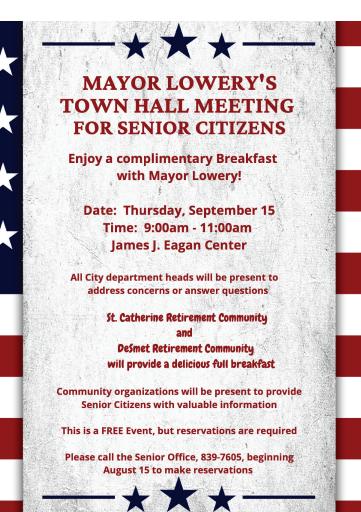




Please make reservations at least 2 days in advance by calling 314-839-7603.

Bus service is available if you are a Florissant Resident with a current resident card.







DOGS & **DOOZLES**

Meet Champs assistance dogs - Home Service Dogs, Home Therapy Dogs & Public Access Dogs.

We'll enjoy a presentation, a delicious catered lunch from Chili's Restaurant & then Doozles' Frozen Custard!

DATE: Tuesday, November 15, 2022

TIME: 10:30am - 1:30pm

PLACE: Sunset Park Nature Lodge

COST: \$10.00 residents; \$15.00 non-residents **TICKETS: Ticket sales begin on Monday, October 31** in the Senior Center for residents only. If there are tickets remaining, tickets will be sold to residents

& non- residents on Tuesday, November 1



Florissant is now offering a NEW exercise class just for Senior Citizens called STRONG & STABLE. Check out the Health and Fitness section of this booklet. You may also qualify for a reduced rate with your insurance company!

There's a Health Equipment Lending Program (St. Louis HELP) that is dedicated to securing and providing, free-of-charge, the health equipment necessary to help people in need. St. Louis HELP accepts donations of nearly every type of home medical equipment in good working condition - wheelchairs, walkers, crutches, canes, shower chairs, grab bars, electric hospital beds, lift chairs, grabbers, etc. If you are in need of any health equipment or if you have equipment to donate, call St. Louis HELP at 314-897-(HELP) 4357.

Area churches will join together to provide a FREE Thanksgiving Dinner on Thanksgiving Day, November 24, 2022. People from all faith traditions are welcome to come and give thanks for our blessings and share a holiday meal. This event is solely dependent on donations from local businesses and individuals. The dinner is served on Thanksgiving Day at St. Ferdinand Church at 1765 Charbonier Road in Florissant. Call St. Ferdinand, 314-837-3165, for more information.



SENIOR CITIZEN DAY TRIPS

Join your neighbors and friends as we visit many great sites in the St. Louis Area! Call the Senior Center, 839-7605, for more information or ticket availability. Listed below are the upcoming trips.

River City Casino

Experience a rush wih over 1900 slots, video poker & multi-game machines! We'll enjoy a delicious catered lunch at the casino - just for our group!

DATE: Thursday, November 3, 2022

TIME: 11:00am - 4:30pm

COST: \$42.00 residents; \$47.00 non-residents; Includes transportation & lunch

TICKETS: Ticket sales begin in the Senior Center on Monday, October 3 for residents only. If there are tickets remaining, tickets will be sold to residents & non-residents on Tuesday, October 4.

Mercy Holiday Celebration at Powell Hall & Favazza's on the Hill

Enjoy beautiful Powell Hall at Christmastime at this cherished holiday tradition - THE MERCY HOLIDAY CELEBRATION! Then experience a traditional Italian Dinner at the unforgettable dining landmark, Favazza's on the Hill!

DATE: Friday, December 16, 2022

TIME: 12:30 - 7:00pm

COST: \$72.00 residents; \$77.00 non-residents; includes transportation, Powell Hall Christmas Celebration and dinner at Favazza's

TICKETS: Ticket sales begin on Monday, October 17 in the Senior Center for residents only. If there are tickets remaining, tickets will be sold to residents & non-residents starting on Tuesday, October 18.



LET'S BOOGIE! at the City of Florissant Retro New Year's Eve Party! Listen to the beautiful music of the 12-piece orchestra the St. Charles Big Band! Noisemakers, Champagne, Wine, Beer, a Wonderful Dinner & Appetizers, Chances for a Pot of Gold & Great Attendance Prizes! Don't sit home on New Year's celebration!

SATURDAY, December 31 \$27.00 residents; \$32.00 Tickets: Ticket Sales

Civic Center Theatre

TO PURCHASE TICKETS

Visit florissantmo.com/theatre Call the Box Office at 314.921.5678 or Scan the QR Code



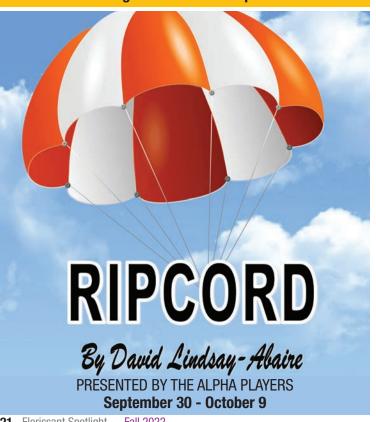
Grab your fringed vest and bell bottoms

and chill out while listening to

the groovy hits of 1972!

Why '72? Find out at this musical celebration!

August 19 & 20 • 7:30pm

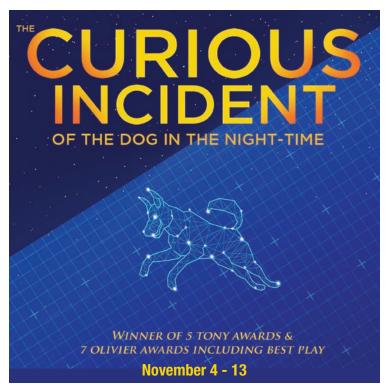


CELEBRATING

SEASONS

PRESENTED BY THE HAWTHORN PLAYERS

September 10





PRESENTED BY THE ALPHA PLAYERS

> December 1 & 2 7:30pm



PRESENTED BY THE HAWTHORNE PLAYERS

> December 10 2pm & 7pm

Florissant Golf Club

Golf Course Volunteers Wanted! Please contact sfreihoff@florissantmo.com or 314.741.7444

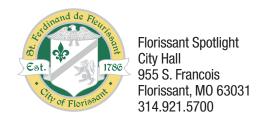
Check out our Website & Facebook for all upcoming events & information













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