Hour of Power  Fitness Kickboxing

Leverage real-life self-defense techniques, executed on innocent upright padded assailants, at 150 beats per minute! You’ll be fitter tomorrow than you are today! Class includes nutrition consultation, fitness goal setting and progress tracking. Wear loose fitting clothing and bring a water bottle to class. Mix and Match days!

**18+ yrs**  
Instructor: LDA staff  
12 wks  
*Attend Two Classes Each Week*  
9/26-12/24*  
Mon 9:00 am-10:00 am and 12:30 pm-1:30 pm  
Tues 11:30 am-12:30 pm and 8:30 pm-9:30 pm  
Wed 11:30 am-12:30 pm  
Thurs 11:30 am-12:30 pm and 7:30 pm-8:30 pm  
Fri 11:30 am-12:30 pm  
Sat 9:00 am-10:00 am  
$224 (24 classes) prorated if joining mid-session*  
*No classes 10/1-10/9

Street Smart Self Defense

Gain a proactive, threat avoidance mentality through learning situational awareness, anomaly recognition, and defensive responses to various real-world threats. Public places and public transportation scenarios for individuals and families will be covered. Make yourself, your friends, and your family safer. Wear loose fitting clothing and bring a water bottle to class.

**18+ yrs**  
Instructor: LDA Staff  
12 wks  
M/Th 8:30-9:30 pm  
9/26-12/22  
$224 (24 classes) prorated if joining mid-session*  
*No classes 10/3-10/6

NIA Classic

A heart-opening, body-mind-spirit fitness class set to world music! Nia blends martial arts, dance and healing arts into a non-impact, cardiovascular workout. No previous dance experience is necessary! An aerobic workout that will leave you smiling and sweating! Easy to learn, easy to follow; it’s a great way to have fun & be fit! Wear loose fitting clothing to class and bring a water bottle. A yoga mat is optional.

**12+ yrs**  
Instructor: Debbie Barstow  
8 wks  
Wed 5:30-6:30 pm  
10/12-12/8  
$69 Residents  
$79 All Others  
or $10 drop-in fee per class

Tai Chi for Health

Tai Chi is a mindful, internal martial art that flows in slow whole body movements. It promotes health, balance, flexibility, strength and clarity. Class begins with a gentle warm-up and meditative breathing before moving into the Form: slow, graceful movement patterns. Class concludes with walking meditation and application of the energy generated by the practice. Wear loose fitting clothing to class.

**18+ yrs**  
Instructor: Roisin Halfar  
5 wks  
10:00-11:00 am  
10/18-11/15  
$49 Residents  
$59 All Others  

Register at TeamSideLine.com/OlivetteMo  
Classes meet at the Olivette Community Center

LDA: Leadership Development Academy

“We build better experiences...because Every experience matters.”® combining a world class sport foundation with martial arts instruction and leadership development, LDA builds self-assurance. LDA offers fitness, martial arts, self-defense, life coaching, and personal development services at the Olivette Community Center and their headquarters at 9614 Olive Blvd., Olivette.
HEALTH & WELLNESS

Yoga for Beginners
An introduction to the foundation yoga poses in a supportive environment. Learn movements and postures safely, developing strength and flexibility without injury or undue physical stress. You don’t need to be able to touch your toes to begin yoga; Give it a try and discover what all the excitement is about! Wear clothing that does not restrict movement and bring a yoga sticky mat and beach/bath towel to class.

18+ yrs  Instructor: Heidi Johnson
8 wks  Mon  6:00 - 7:00 pm  10/17-12/12*
$89 residents  $99 All others
*No class 11/21

Yoga Advanced Beginner/Intermediate
Come learn, play and feel energized as you grow stronger and uncover your body’s innate abilities. This class includes sustained pose holding to build strength and flexibility with attention to alignment and core strength. As class progresses, postures will be combined into classical vinyassa sequences including Sun Salutations. Bring a yoga sticky mat and beach/bath towel to class.

18+ yrs  Instructor: Heidi Johnson
8 wks  Mon  7:15 - 8:15 pm  10/17-12/12*
$89 residents  $99 All others
*No class 11/21

Yoga Beginner/Advanced Beginner
Experience a sense of ease and physical confidence as you move through the foundational poses of yoga in a supportive environment. Increase strength and flexibility while you learn, play and feel energized uncovering your body’s innate abilities. Bring a yoga sticky mat and beach/bath towel to class.

18+ yrs  Instructor: Heidi Johnson
7 wks  Sat  9:00-10:00 am  10/22-12/10*
$79 residents  $89 All others
*No class 11/19

Senior Exercise
Light cardio & muscle toning workouts. Easy to follow standing and sitting exercises, with music. Focusing on muscle and aerobic endurance, balance, posture and stretching. Wear comfortable clothing that and bring a water bottle and exercise mat. Three options each week; drop-in anytime, no obligation.

65+ yrs  Instructor: Charlie P-Harre
Ongoing Drop-In  Mon  9:30-10:30 am
Ongoing Drop-In  Wed  10:00-11:00 am
Ongoing Drop-In  Fri  10:30-11:30 am
$3 per class; Drop-in fee paid to instructor

Yoga Open Level & Community
As it sounds: it’s open to everyone! During this class, the most important classic yoga postures are practiced with emphasis on alignment and options for modifications. This class is appropriate for people just beginning yoga as well as those who have been practicing for some time. Wear clothing that does not restrict movement and bring a yoga mat to class.

18+ yrs  Instructor: Jaime Sanchez
Open Level Class
5 wks  Tues  6:00 - 7:00 pm  9/27-10/25
5 wks  Tues  6:00 - 7:00 pm  11/1-11/29
$49 full session or $12 drop-in fee per class
3 wks  Tues  6:00 - 7:00 pm  12/6-12/20
$29 full session or $12 drop-in fee per class
Community Class
6 wks  Sat  10:00-11:00 am  10/1-11/5
6 wks  Sat  10:00-11:00 am  11/12-12/24*
$59 full session or $12 drop-in fee per class
*No class 11/26

Register at TeamSideLine.com/OlivetteMo
Classes meet at the Olivette Community Center

OlivetteParksandRec.com Fall 2016  314.991.1249
HEALTH & WELLNESS

Strength, Tone & Fitness
Increase your strength, build muscle tone and develop your overall fitness through low impact exercise in a supportive environment. STF is a strength workout addressing all major muscle groups including abdominal core and back. Exercises include free weights and bands. Wear comfortable clothing that and bring a water bottle and exercise mat. Join any class in session; mix and max days!

Olivette Community Center
18+ yrs MORNING Instructor: Sharon Skirvan
6 wks T & F 9:00-10:00 am 10/7-11/18
$29 once a week/$59 twice a week
4.5 wks T & F 9:00-10:00 am 11/22-12/23*
$19 once a week/$44 twice a week
*No class 11/11 & 11/25

Register at the Olivette Community Center

MEN’S & WOMEN’S
3V3 BASKETBALL
Two Tournaments: Jan 29 & Feb 26, 6 players per team; Championship Shirts
Spoede Elementary School
16+ years $60 per team/$15 individuals

18+ yrs EVENINGS Instructor: Kathy Hofmeister
6 wks M & Th 5:45-6:45 pm 10/10-11/17
$29 once a week/$59 twice a week
4.5 wks M & Th 5:45-6:45 pm 11/21-12/22*
$19 once a week/$44 twice a week
*No class 11/24

COED OPEN GYM
Sundays: 1/8-2/26 2:00-4:00 pm
Spoede Elementary School
18+ yrs $5 Drop-In Fee

TeamSideLine.com/OlivetteMo

YOUTH BASKETBALL LEAGUE Pre K-2nd Grade
A development league for leaning the basics, building friendships and having fun! A preseason skills clinic and uniform shirt included. Volunteer coaches head each team and determine the practice schedule for 1-4 grades. Pre-K & K teams practice prior to each game.

DIVISIONS:
• Pre-K COED • Kindergarten COED
• 1-2 Grade COED • 3-4 Grade Girls and Boys

Old Bonhomme & Spoede Elementary Schools
8 wks Games Sa/Su Jan-Mar 2017
$99 until Nov 13; $124 Nov 14-20

Register at TeamSideLine.com/OlivetteMo

Discounts Head Coach & First Assistant Coach. Financial Aid Scholarships available for residents
For more information, please email opr@olivettemo.com.
Mommy & Me in the Kitchen
Create fun and exciting food creations with your child as Sous Chef! Easy, no-cook recipes will introduce your child to new foods and try familiar foods in new ways. Adult must attend each class with student. A $14 material fee is due the first day of class.
3-6 yrs  Instructor: Alana Minoff
6 wks  Thurs  10:00-11:00 am  9/29-11/3
$59 Residents $69 All Others
5 wks  Thurs  10:00-11:00 am  11/17-12/22
$49 Residents $59 All Others

Keep Calm & Bake Challah!
Learn basic challah recipes, creative design and braiding techniques in a fun and supportive class! Discover why challah is such an important bread and create special designs and add ingredients following the seasons and holidays. A month’s supply will be completed in each class and brought home to bake. Bring a flat baking pan to each class. A $30 material fee is due the first day of class.

18+ yrs  Instructor: Alana Minoff
3 mtgs  Th  7:00-9:00 pm  9/29, 10/27 & 12/1
$29 Residents $39 All Others

Deep Dish!
Pie Master Class
Fall is the perfect time to perfect an apple pie! Discover how easy it is to create pie crust and fresh fruit pies. A pie will be completed in each class and brought home to bake. Bring two pie pans to each class. A $14 material fee is due the first day of class.

18+ yrs  Instructor: Alana Minoff
2 wks  Mon  7:00-9:00pm  11/14 & 11/21
$19 Residents $29 All Others

Adventures in Chocolate
Truffles Master Class
Chocoholics rejoice! Create delicious (and slightly decadent) truffles for holiday gifts or to simply enjoy yourself. Learn the basics of melting and shaping and how easy it is to add different ingredients for a variety of flavors and textures. Bring a large, reseal-able glass or plastic container to class. A $14 material fee is due the first day of class.

18+ yrs  Instructor: Alana Minoff
2 wks  Mon  7:00-9:00pm  12/5 & 12/12
$19 Residents $29 All Others
Heartsaver® CPR/AED

This a video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants. Course completion card is issued following satisfactory course completion.

- **16+ yrs**
  - Instructor: Olivette Fire Dept
  - 4 hrs Sat 8:00 am-12:00 pm 10/8
  - 4 hrs Sat 8:00 am-12:00 pm 11/19
  - Free for Residents $24 All Others

Family & Friends CPR

Learn lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. This course is ideal for students, new parents, grandparents, babysitters and others interested in learning how to save a life. No course completion card is issued.

- **13+ yrs**
  - Instructor: Olivette Fire Dept
  - 1.5 hrs Sat 1:30 pm-3:30 pm 10/8
  - 1.5 hrs Sat 1:30 pm-3:30 pm 11/19
  - Free for Residents $14 All Others

Register at TeamSideLine.com/OlivetteMo
Classes meet at the Olivette Community Center

Saving You Everything!

Couponing for Saving Money the Easy Way

How often have you cut out a great savings coupon and then found it weeks or months later in your purse or car? Learn to locate valuable coupons both in-print and online AND how to organize them for storing and using! Class includes a special focus on mastering local store policies and how to build a stock-pile of grocery items at low and sometimes even no cost. A $5 material fee is due the first day of class.

- **18+ yrs**
  - Instructor: Katie MacLean
  - 1.5 hrs Sat 9:30 am-11:00 am 10/15
  - 1.5 hrs Sat 9:30 am-11:00 am 11/12
  - 1.5 hrs Sat 9:30 am-11:00 am 12/10
  - $9 Residents $19 All Others

International Folk Dance

Have fun! Get exercise! Lively ongoing class for inexperienced and experienced dancers ages 13-100. No partner needed. Most dances are from the Middle East & Europe and are taught with one-on-one help. Happy to have you teach us more! Wear comfortable clothes and shoes.

- **13+ yrs**
  - Zeke Leventhal-Arnold
  - Ongoing Mon 7:00 pm-8:30 pm 9/26-12/19
  - $3 per class; Drop-in fee paid each class
Decorating Workshop
Personalize your bedroom just the way you like it! Customize a photo frame, waste paper basket and throw pillow in class to match your personal style. A $9 material fee is payable in class.

6-8 yrs  Instructor: Lorrice Edwards
1.5 hrs  Sat 10:00 am-12:00 pm  11/19
9-12 yrs
1.5 hrs  Sat 1:00 pm-3:00pm  11/19
$19 Residents $29 All Others

Holiday Gift Workshop
Create special gifts for holiday giving or to keep for yourself. Create a keepsake box, hair barrette and key chain in class. A $9 material fee is payable in class.

6-8 yrs  Instructor: Lorrice Edwards
1.5 hrs  Sat 10:00 am-12:00 pm  12/3
9-12 yrs
1.5 hrs  Sat 1:00 pm-3:00pm  12/3
$19 Residents $29 All Others

Register at TeamSideLine.com/OlivetteMo
Classes meet at the Olivette Community Center

Our Lively Lobby
Every weekday morning, the Community Center Lobby opens at 8:00 am with free coffee & WiFi, comfortable chairs, periodicals, drop-in activities, and friends. We look forward to seeing you. The coffee’s on us!

Kennelwood
Dog Obedience
As far as we can tell, dogs and people speak different languages! Our training programs teach Pet Parents the knowledge and skills to effectively communicate with their pets—managing issues such as jumping up, barking uncontrollably, pulling on the leash, getting on the furniture or not obeying obedience commands. Preregistration for Group Classes required; call 314.446.1025 to preregister. Dogs must meet vaccination minimums.

Olivette Community Center

16+ yrs  Instructor: Sue Schulze
Adv Group  W 6:30-7:30 pm  3 mos membership
Basic Group W 7:30-8:30 pm  3 mos membership

Register directly with Kennelwood Pet Resorts
T: 314.446.1025  Kennelwood.com

OlivetteParksandRec.com  Fall 2016  314.991.1249
Meet new friends and connect with old friends during a morning in an Olivette park! No experience required!

Olivette has over 120 acres of parks and open space! Caring for this treasure requires lots of love and time. Volunteers clear invasives, plant new plants, assist with prairie seeding and learn from each other—all while having a great time outdoors!

The City provides plant materials and some tools; volunteers should dress in layers and wear sturdy close-toed shoes and gloves. If you have a favorite weeding tool or loppers, bring them along.

Each work session is two hours; park locations and start times vary. Sign-up for the email alerts at: OlivetteParksandRec.com/weed-warriors.html or call 314.991.1249.

Weed Warriors
Second Saturday of the Month: November - May

Olivette Community Center
9723 Grandview Drive, Olivette
Monday - Thursday 8:00 am - 9:00 pm
Friday 8:00 am - 5:00 pm

Community Opening Reception
Meet the artist & enjoy light refreshments
Friday, December 9
5:30-7:30 pm
Free
Twinkling Tutus
An introduction to ballet, tap and creative movement through fun props and basic dance instruction. Class activities are designed to increase motor skills, balance and coordination in a supportive environment. A free, informal recital for parents and family members is included at the end of each session.*
Required Attire: Girls: pink ballet leotards and tights; Boys white t-shirt and black pants or shorts. Both bring soft ballet shoes and tap shoes (without ties) to each class. A $5 material fee is due the first day of class.
3-5 yrs  Instructor: Anne Scott
7 wks  Thurs 9:00-10:15 am  10/20-12/7
$59 Residents  All Others $69

*Free Informal Recital
Sunday, December 11 2:00 pm Olivette Community Center

Enchanting Ballerinas
Learn the foundations of ballet and tap through beginner steps and creative movement. Class will introduce terminology and proper ballet etiquette in a fun and supportive environment. A free, informal recital for parents and family members is included at the end of each session.*
Required Attire: Girls: pink ballet leotards and tights; Boys white t-shirt and black pants or shorts. Both bring soft ballet shoes and tap shoes (without ties) to each class. A $5 material fee is due the first day of class.
4-6 yrs  Instructor: Anne Scott
7 wks  Thurs 10:15-11:30 am  10/20-12/7
$59 Residents  All Others $69

Register online at TeamSideLine.com/OlivetteMo
Classes meet at the Olivette Community Center

Once Upon A Mattress
A princessly-royal musical-comedy!
If you thought you knew the story of “The Princess and The Pea”, you may be in for a walloping surprise! Carried on a wave of wonderful songs, by turns hilarious and raucous, romantic and melodic, this rollicking spin on the familiar classic of royal courtship and comeuppance provides for some side-splitting shenanigans. You may never look at fairy tales quite the same way again!

PERFORMANCES:
October 7, 8, 14, 15  8:00 pm
October 9 & 16  2:00 pm
Olivette Community Center
Advance Tickets: $15
At the Door:  General $18  Seniors & Students $16
Purchase tickets online: OverDueTheatreCompany.com

UPCOMING AUDITIONS!
Spring Musical Auditions
Sunday, January 15; 2:00-6:00 pm at the Olivette Community Center
Rehearsals will be Sunday afternoons and Tuesday & Thursday evenings at the Community Center. Performances: March 31 & April 1, 2, 7, 8, 9, 2017
More information online at OverDueTheatreCompany.com
PRESCHOOL STORY TIME
Begins October 4
Every Tuesday 10:00-11:00 am
In the Community Center  FREE!
Stories selected for ages 3-5 years
Hear lively stories read aloud. Follow the seasons, learn about animals, discover new concepts and share in adventures! Children must be accompanied by an adult. Free drop-in: no advance registration necessary.

LADIES’ AFTERNOON TEAS
Celebrate the seasons at a festive tea; wear your best hat and enjoy tasty small bites, activities and lively conversation.

Harvest Tea
Thursday, November 10
2:00 - 4:00 pm  $12 per person
Create a Thanksgiving decoration for home

Holiday Tea
Thursday, December 8
2:00 - 4:00 pm  $12 per person
Create a holiday decoration for home

Olivette Community Center

Sign-up for Afternoon Teas in advance by calling 314-991-1249 or visit the office in person.

BOOKMOBILE IN OLIVETTE!
Alternate Thursdays
11:30-Noon
Olivette Community Center
9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15, 12/29, 1/12, 1/26, 2/9, 2/23, 3/9, 23, 4/6 etc...
For more information, visit SLCL.org
EVENTS & ACTIVITIES

BOO BASH!

Saturday, October 22
5:00 - 8:00 pm • Warson Park
Ages 2-12 years $6 each  Adults $3 each
Games! Costume Contest (youth & adults!)
Dinner, Face Painting, Performers! Tons of fun!
Register at TeamSideLine.com/OlivetteMo

BULB-A-Palooza!

Saturday, October 15: 9:00am - Noon
and Sunday, October 16: 1:00 - 4:00 pm
Stacy Park  FREE!
Join in the fun and community spirit for one day or two as we plant thousands of spring bulbs! The City will provide all plants and materials. No experience necessary! Please bring your own gloves and a small hand trowel if you have one. Light refreshments will be provided! Children welcome, but must be accompanied by an adult. RSVP’s encouraged: email opr@olivettemo.com

Third Annual
TURKEY TROT!
5K Run/Walk
Thursday, November 24
Stacy Park  8:00 am start
• Long sleeve race shirts!  • Top 3 Male/Female Awards!
• Timing Chips!  • Age Division Awards
Early Bird Registration Fee: Adults $20; Kids $12
After November 11: Adults $25; Kids $15
All proceeds benefit the Harvey Kornblum Jewish Food Pantry. Canned Food Donations Welcome!
Register at OlivetteMo.com
Local Postal Customer

FREE!

PARTY IN THE PARK! 2.0

6:00 pm
Thril Zone!
- Zipline!
- Bungee Drop!
- Climbing Wall!
- Mechanical Bull!
- Inflatables!
- and more…!

7:00 pm
DJ Reggie
Dance Party!
Dinner & drinks available for purchase

Warson Park
9723 Grandview Dr

SEPTEMBER 23
• WARSON PARK

6:00 pm
Thrill Zone!
- Zipline!
- Bungee Drop!
- Climbing Wall!
- Mechanical Bull!
- Inflatables!
- and more…!

7:00 pm
DJ Reggie
Dance Party!
Dinner & drinks available for purchase

Warson Park
9723 Grandview Dr

BOO!
SAT OCT 22
5:00 PM TO 8:00 PM
WARSON PARK

details on page 11