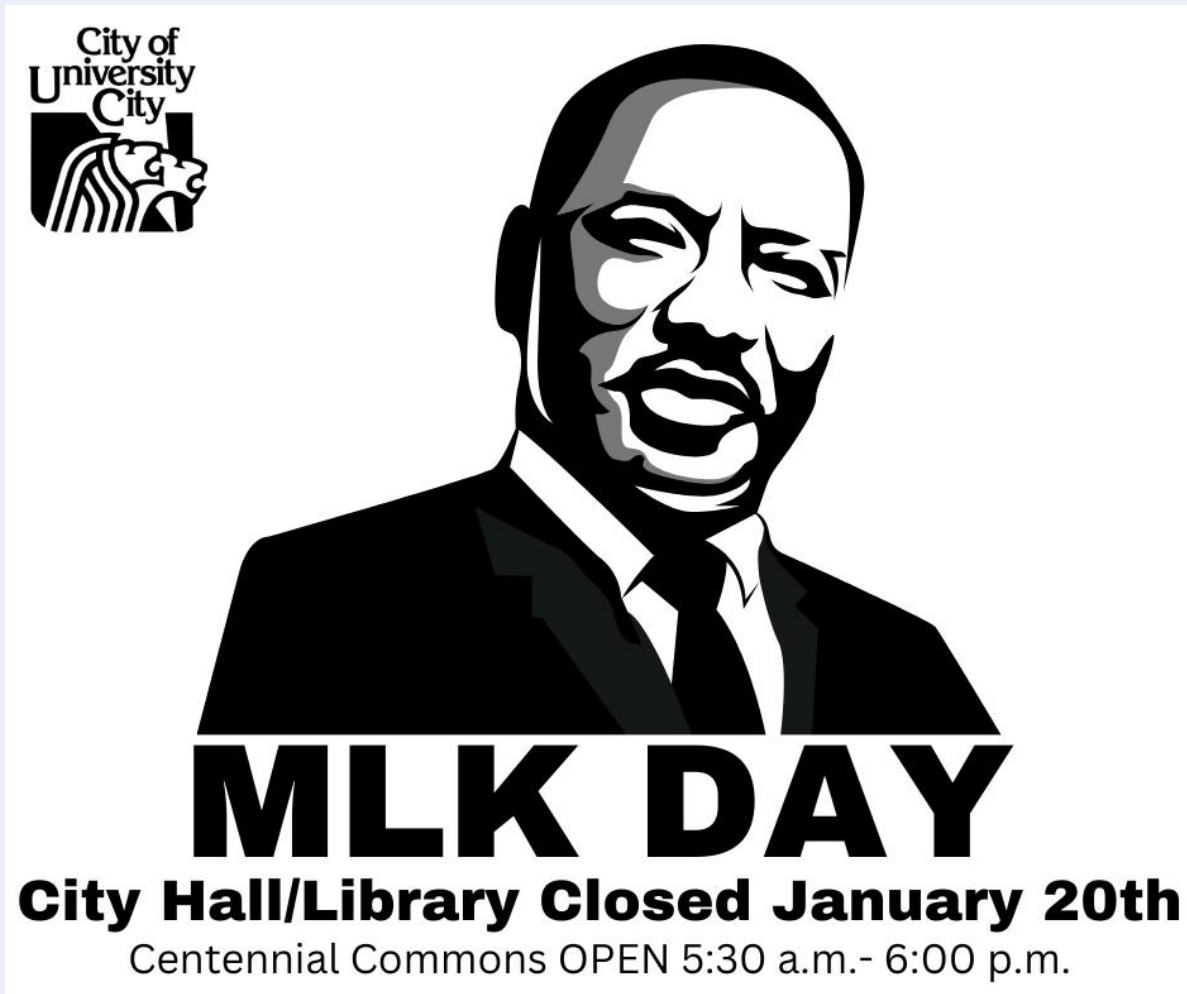




January 17, 2025



**City Hall and Library Closed for MLK Day; Adjusted Hours for
Centennial Commons and Collection Services**

In observance of Martin Luther King Jr. Day on Monday, January 20th, City Hall and the University City Public Library will be closed. Centennial Commons, however, will remain open to the public from 5:30 a.m. to 6:00 p.m. for fitness and recreation needs.

Additionally, waste collection services will operate on a modified schedule, with all pickups delayed by one day during the holiday week. Friday's collection will take place on Saturday.



University City Dog Park

GENERAL INFORMATION

The University City Dog Park is located at the corner of Vernon and Pennsylvania. The dog park offers separate areas for large and small dogs (members only) and gives dogs the opportunity to explore the great outdoors, while running and playing with their friends. The dog park is open to residents and non-residents alike and each dog must wear their own dog tag. To register your dog(s) for membership, you will need to provide valid documentation that the dog(s) has been spayed or neutered and submit a paper copy of all valid vaccination records (Rabies, Bordetella, Canine Hepatitis, Distemper, and Parvovirus). For more information: [Rules and Regulations](#)

MEMBERSHIP

Memberships are given on an annual basis which are good from January 1st through December 31st. Applicants will need to complete a [membership registration form and signed Release of Liability Form](#) annually, as well as provide a copy of valid vaccination documentation upon renewal.

REGISTRATION

City Hall, 6801 Delmar Blvd., 1st Floor, 314-505-8544, Monday-Friday, 8:00am -

5:00pm, or mail in your Registration Application, Release of Liability Form, and proof of residency. You can include a check or money order with your paperwork. If you are paying by credit card, when the Finance Department Staff has entered your application, they will call you for payment. Your dog tag and approved membership paperwork will be mailed to you. The new key code will be emailed to all registered members.

Please be prepared to provide the following when registering:

- Payment in accordance with the fee schedule. University City residents must provide proof of residency (valid occupancy permit or valid driver's license with University City address).
- Paper Copy of current/valid vaccination records and proof of spay/neuter.
- Registration application and Release of Liability Form. \

ANNUAL MEMBERSHIP FEE SCHEDULE

Resident:\$40.00 for one (1) dog \$60.00 for two (2) dogs

Non-Resident:\$60.00 for one (1) dog \$90.00 for two (2) dogs

A maximum of two (2) Dog Park memberships are available per household.

Human Resources News

• • • • •

WE ARE HIRING

JOB POSITION

- **Streets Supervisor**
- **Heavy Equipment Operator**
- **Mechanic**
- **Recreation Supervisor**
- **Senior Services Coordinator (Part-Time)**

APPLY TODAY!

• •

WWW.UCITYMO.ORG

• • • • •





2025 FITNESS CLASSES



Start your 2025 off right with one of our fitness classes!

January 6 - March 1

Drop in fees for all classes: M: \$7, R: \$8, NR: \$9

Total Body & Tone

Mondays & Wednesdays

9:00 AM - 10:00 AM

M: \$60, R: \$65, NR: \$70

Min: 12, Max: 20

Stretch and Strengthen

Tuesdays

9:30 AM - 10:30 AM

M: \$50, R: \$55, NR: \$60

Min: 10, Max: 20

Senior Move & Groove

Fridays

11:00 AM - 12:00 PM

M: \$50, R: \$55, NR: \$60

Min: 10, Max: 20

Zumba

Mondays

6:30 PM - 7:30 PM

M: \$45, R: \$50, NR: \$55

Min: 8, Max: 20

Tai Chi

Thursdays

10:00 AM - 11:00 PM

M: \$45, R: \$50, NR: \$55

Min: 10, Max: 20

Slow Flow Yoga

Saturdays

9:30 AM - 10:30 AM

M: \$60, R: \$65, NR: \$70

Min: 8, Max: 20

Slide & Line Dancing

Saturdays

11:00 AM - 12:00 PM

M: \$35, R: \$40, NR: \$45

Min: 8, Max: 20



All classes will be held at Centennial Commons, 7210 Olive Blvd. To register, visit us during our business hours.

M-F: 5:30 AM - 9:00 PM

SAT: 8:00 AM - 8:00 PM

SUN: 10:00 AM - 6:00 PM

For more information: 314.505.8625



2025 FITNESS CLASSES WINTER SESSION

Drop in fees for all classes: M: \$7, R: \$8, NR: \$9

TOTAL BODY & TONE

MONDAYS & WEDNESDAYS, 9 - 10 A.M.

FEES: Member \$60; Res. \$65, NonRes \$70
Participants: min. 12 / max. 20

Build and tone muscle while using a variety of fitness equipment. This is a full body workout aiming to improve balance, resistance, speed and endurance. The structure of the class will change from week to week to keep your workout fresh and fun. All fitness levels welcome.

ZUMBA

MONDAYS, 6:30 - 7:30 P.M.

FEES: Member \$45; Res. \$50, NonRes \$55
Participants: min. 8 / max. 20

Zumba is a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. The classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance while shaking off the stress and stirring up the fun! Levels are from beginning to advanced.

STRETCH & STRENGTHEN WITH ESSENTRICS

TUESDAYS, 9:30 - 10:30 A.M.

FEES: Member \$50; Res. \$55, NonRes \$60
Participants: min. 10 / max. 20

This low impact, full body workout improves flexibility, mobility, balance and posture while increasing core strength. Essentrics is suitable for all ages and fitness levels and includes both standing movements and floor work. The Essentrics fitness program will unlock what is tight, strengthen what is weak and tone what needs shaping!

TAI CHI

THURSDAYS, 10 - 11 A.M.

FEES: Member \$45; Res. \$50, NonRes \$55
Participants: min. 10 / max. 20

Tai Chi is a low-impact form of exercise that consists of slow, relaxed, continuous movements. When practiced consistently and mindfully, tai chi can improve health, balance, strength, and suppleness, while relaxing the mind and reducing stress. It is a form of "moving meditation" that can be practiced, studied, and enjoyed by anyone at any age.

SENIOR MOVE & GROOVE

FRIDAYS, 11:00 A.M. - 12:00 P.M.

FEES: Member \$50; Res. \$55, NonRes \$60
Participants: min. 10 / max. 20

Enjoy a fun, low-impact fitness class that combines gentle cardio, strength exercises, and stretching to keep you active and feeling great. A complete workout for all fitness levels. Whether you're looking to improve flexibility, build balance, or just get your body moving to some great tunes, this class is for you! Join us for a supportive, energizing environment where you can move at your own pace and groove to the rhythm.

SLOW FLOW YOGA

SATURDAYS, 9:30 - 10:30 A.M.

FEES: Member \$60; Res. \$65, NonRes \$70
Participants: min. 8 / max. 20

Slowly move in and out of the poses, take time to look inward and fully experience being present. Verbal instructions and modifications are offered to encourage the student to work at their own level. Whether you are a beginner student or a seasoned yogi, if you want to slow down your pace, this class is for you.

SLIDE & LINE DANCING

SATURDAYS, 11:00 A.M. - 12:00 P.M.

FEES: Member \$35; Res. \$40, NonRes \$45
Participants: min. 8 / max. 20

We will have you out on the dance floor in no time! You'll get a great low impact aerobic workout. Learn both new and old dances.

314.505.8625

JANUARY 6 - MARCH 1

UCITYMO.ORG



2025 FITNESS CLASSES WINTER SESSION

Drop in fees for all classes: M: \$7, R: \$8, NR: \$9

MONDAY

9 - 10 A.M.
TOTAL BODY &
TONE

6:30 - 7:30 P.M.
ZUMBA

TUESDAY

9:30 - 10:30 A.M.
STRETCH &
STRENGTHEN
WITH
ESSENTRICS

WEDNESDAY

9 - 10 A.M.
TOTAL BODY &
TONE

THURSDAY

10 - 11 A.M.
TAI CHI

FRIDAY

11A.M. - 12:00
P.M..
SENIOR MOVE &
GROOVE

SATURDAY

9:30-10:30 A.M.
SLOW FLOW
YOGA

11A.M. - 12:00 P.M.
SLIDE &
LINEDANCING

**JANUARY 6 -
MARCH 1**

314.505.8625
UCITYMO.ORG

UPCOMING EVENTS

GO RED FOR WOMEN LUNCHEON

We are excited to announce our upcoming event dedicated to raising awareness about heart disease in women as part of the "Go Red for Women" campaign. To make this event impactful, we are on the lookout for local organizations, nonprofits, and community groups to participate in our event by setting up informational tables. This is a fantastic opportunity to showcase your work, engage with the community, and provide valuable information to our attendees. We are seeking informational tables who:

- Have expertise in women's heart health and cardiovascular diseases & can provide informative information
- Is passionate about the "Go Red for Women" campaign.
- Is available on Friday February 7, 2025 to join us.



FOR MORE INFORMATION:
314.505.8613
MMEEHAN@UCITYMO.ORG



GO RED FOR WOMEN LUNCHEON

Ladies (and guys too!) wear red on National Wear Red Day to stand with women in the fight against their number one killer: heart disease. University City Recreation Division and ArchWell Health will be providing a lunch, speaker, and a variety of Community Information Tables for this event.

WHERE:

Heman Park Community Center
975 Pennsylvania Ave

WHEN:

Fri., February 7, 2025
10:30 AM-1:00 PM

COST: FREE

REGISTRATION: Jan 13 - Jan 31
MIN: 50 MAX: 75

REGISTER IN PERSON OR PHONE: 314.505.8625
CENTENNIAL COMMONS- 7210 OLVE BLVD

M-F: 5:30 AM - 9:00 PM

SAT: 8:00 AM - 8:00 PM

SUN: 10:00 AM - 6:00 PM



FOR MORE INFORMATION:

314.505.8613

MMEEHAN@UCITYMO.ORG



UPCOMING EVENTS



Last Day to Submit Applications for
Ward 1 Council Seat



How to Sign Up

- Visit the City of University City's website.
- Click the Emergency Notifications button to access CodeRED enrollment information.
- Fill in your contact details and select your notification preferences.
- Download the CodeRED app for enhanced location-based notifications.

Emergencies can happen at any time, and staying informed can save lives. By enrolling in CodeRED, you'll receive real-time alerts to help protect you, your loved ones, and your property.

Stay safe, stay informed, stay connected with CodeRED!

TODAY @ 5:00 p.m.

Martin Luther King Jr. Day-City Hall/Library Closed, Centennial Commons OPEN 5:30 a.m.- 6:00 p.m.
Mon., Jan 20

Senior Commission Meeting
Tue., Jan 21 @ 6:00 p.m.

Housing and Third Ward Revitalization Task Force
Tue., Jan 21 @ 6:30 p.m.

Parks Commission Meeting
Tue., Jan 21 @ 6:30 p.m.

[View the full listing of U City events here](#)

[More U City News](#)

[Explore U City](#)

[U City Schools Peachjar Flyers](#)

Do you have news you want to share? Send us your stories!

[SEND US YOUR IDEAS](#)

Get Connected!





City of University City | 6801 Delmar Blvd. | University City, MO 63130 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!