



Between the LIONS

U City Community Update

August 29, 2025



University City City Hall CLOSED 9/1/2025 for Labor Day

PUBLIC HEARING TO DISCUSS CALOP FUNDS

During their meeting on **Monday, September 8, 2025**, the Mayor and Council will receive public comments on the use of the remaining Committee For Access and Local Origination Programming (CALOP) funds. The remaining funds total to approximately \$154,000. The Council Meeting will start at



6:30 p.m., in the Council Chambers here at City Hall. Please take this opportunity to share your thoughts on this important matter.

Human Resources News

University City is looking for dedicated professionals to join our team! Current openings include:

Mechanic I and II – Fleet

Heavy Equipment Operator – Sanitation

Planner – Planning and Zoning

Police Officer

If you're ready to make a difference in your community and build a rewarding career with the City, we encourage you to apply.

Apply Here: [UNIVERSITY CITY JOBS](#)



Fitness & Fun Spotlight: Centennial Commons Recreation Center

Ongoing and upcoming events hosted by Centennial Commons Rec Center.



Holiday Hours
Monday
September 1, 2025
5:30 am - 9:00 pm

**Will not be
available for
Puppy Pool Party**



HEMAN PARK POOL



**Due to necessary pump repairs and
to ensure safety,
Heman Park Baby Pool
will be closed for the
remainder of Summer 2025.**

**We hope you have enjoyed your summer at the
pool and look forward to welcoming you back
for the opening of the 93rd season of
Heman Park Swimming Pool.**

**Thank you for your understanding and
continued support**

2025 FITNESS CLASSES FALL SESSION

September 8th - November 1st

Total Body & Tone

Mondays & Wednesdays

9:00 AM - 10:00 AM

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

Min: 10, Max: 20

Zumba

Mondays

6:30 PM - 7:30 PM

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

Min: 8, Max: 20

Silver Sneakers

Move & Groove

Tuesdays

11:00 AM - 12:00 PM

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

Free: Eligible Silver Sneakers

Members

Min: 10, Max: 20

Beginners Tai Chi

Thursdays

10:00 AM - 11:00 AM

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

Min: 10, Max: 20

Intermediate Tai Chi

Wednesdays

10:30 AM - 11:30 AM

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

Min: 10, Max: 20

Slide & Line Dancing

Wednesdays: 4:30 PM - 5:30 PM

Saturdays: 11:00 AM - 12:00 PM

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

Min: 8, Max: 20

September 15th - November 8th

Beginners Yoga

Tuesdays

6:00 PM - 7:00 PM

M: \$55, R: \$60, NR: \$65

Min: 12, Max: 20

Chair Yoga

Saturdays

11:00 AM - 12:00 PM

M: \$55, R: \$60, NR: \$65

Min: 12, Max: 15

October 7th - November 25th

Ageless Action Boot Camp

Tuesdays & Thursdays

9:00 AM - 10:00 AM

M: \$55, R: \$60, NR: \$65

Min: 8, Max: 20

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

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

In order to receive resident rates, you must present your occupancy permit.

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 FALL SESSION

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

In order to receive resident rates you must present your occupancy permit

September 8th - November 1st

September 15th - November 8th

TOTAL BODY & TONE

MONDAYS & WEDNESDAYS, 9-10 A.M.

FEES: Member \$60, Res. \$65, NonRes \$70
Participants: min. 10/ 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. 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.

BEGINNERS YOGA

TUESDAYS, 6-7 P.M.

FEES: Member \$55, Res. \$60, NonRes \$65
Participants: min. 12/ max. 20

Designed for a first time student. Poses in this class will focus on building a strong, safe foundation of basic teachings and yoga postures. The meaning of the importance of matching breath to movement as a basic tenant of yoga will be taught.

SILVER SNEAKERS MOVE & GROOVE

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

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

Combination of low-impact cardio and strength-building moves. Improve flexibility & balance. A complete workout for all fitness levels!

**Eligible Silver Sneakers
Members: class is FREE!**

BEGINNERS 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. It is a form of 'moving meditation' that can be practiced, studied, and enjoyed by anyone at any age.

CHAIR YOGA

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

FEES: Member \$55, Res. \$60, NonRes \$65
Participants: min. 12/ max. 15

A modified form of yoga that uses a chair for support and balance, making it accessible for various fitness levels and physical conditions. It incorporates traditional yoga elements like poses and breathwork, but adapted to be gentle, slow, and safe allowing participants to increase flexibility and strength without putting stress on their bodies.

INTERMEDIATE TAI CHI

WEDNESDAYS, 10:30-11:30 AM

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

An opportunity for students who have complete the Beginner's class to continue their studies in the art of tai chi.

SLIDE & LINE DANCING

WEDNESDAYS, 4:30-5:30 PM

SATURDAYS, 11:00 AM-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.

October 7th - November 25th

AGELESS ACTION BOOT CAMP

TUESDAYS & THURSDAYS, 9-10 A.M.

FEES: Member \$55, Res. \$60, NonRes \$65
Participants: min. 8/ max. 20

Designed for the active aging population who wish to maintain or rejuvenate their vitality with fun, energetic, full body bootcamp style exercises. Participants MUST have the ability to get down on the floor and back up! Open to all levels. Just bring a towel, water and a smile!



UCITYMO.ORG / 314.505.8625



**SENIORS 60+
JOIN US FOR**

**LAUGHTER,
LUNCH AND
BINGO**



**THURSDAY
SEPTEMBER
25, 2025**

11:00 AM – 2:00 PM
HEMAN PARK COMMUNITY CENTER,
975 PENNSYLVANIA

***EVENT FEE: \$5 PER PERSON**
MIN: 25 MAX: 100

Doors Open – 10:45 am

Lunch Served – 11:00 am Bingo Begins at 12:00 pm

**Get ready to laugh, lunch, shout "BINGO!" and win some prizes at this
"come and have some fun" event wearing your FAVORITE ST. LOUIS**

CARDINAL ATTIRE. Phone registration REQUIRED

BINGO BOARDS AVAILABLE (no personal boards allowed)

REGISTRATION BEGINS Tuesday , September 2nd

**FOR PHONE REGISTRATION OR MORE INFORMATION,
CONTACT CENTENNIAL COMMONS 314.505.8625**



NOW HIRING **SILVER SNEAKERS INSTRUCTOR**

QUALIFICATIONS:

- Instructor leads group classes in a safe, enjoyable and positive environment that welcomes people of all skill and fitness levels. Effectively builds community within the class and provides options as needed to meet varied health and abilities
- First Aid, CPR and AED Certification
- Certification in areas of expertise - classic, circuit, yoga etc.

**FOR MORE INFO OR TO APPLY CONTACT LESLIE EUTZ AT
LEUTZ@UCITYMO.ORG OR CALL 314.505.8525**



NOW HIRING GROUP EXERCISE INSTRUCTOR

QUALIFICATIONS:

- **Current Group Fitness Certification through ACE, AFAA/NASM,ACSM, NETA, NCCPT or other NCAA-accredited specialty class cert. required**
- **Group Exercise Certification**
- **First Aid, CPR and AED Certification**

**FOR MORE INFO OR TO APPLY CONTACT LESLIE EUTZ AT
LEUTZ@UCITYMO.ORG OR CALL 314.505.8525**



OPERATION PLAY - FALL 2025/SPRING 2026 September 2 - May 22



Fall 2025/Spring 2026 Hours:

Monday-Friday 5:30 a.m. - 9:00 p.m.
Saturday 8:00 a.m. - 8:00 p.m.
Sunday 10:00 a.m. - 6:00 p.m.

Admission

Admission is limited to any individual (age 3+) with a Centennial Commons membership or a resident or non-resident recreation ID card. Memberships and ID cards may be purchased at the Centennial Commons Control Desk (**Photo ID required**) and are available to both residents and non-residents. Visit www.uctymo.org/RecreationFacilities for more information about facility use rates.

To access the facility at resident rates, individuals will need to obtain a membership or resident recreation ID card and pay the daily admission fee. To obtain either one, residents must present their University City issued occupancy permit as proof of residency (fee: \$5.00) - NO EXCEPTIONS. Occupancy permits are available at City Hall, located at 6801 Delmar, on the 4th floor Monday through Friday from 8:00 a.m. to 4:30 p.m. **Note:** Please ensure your University City occupancy permit has been updated to include **all immediate family members** who reside in your home.

To access the facility, non-residents will be required to have a non-resident recreation ID card and pay the daily admission fee or hold a membership. Individuals who cannot provide proof of residency via a University City occupancy permit may purchase a non-resident recreation ID card, which costs \$7.00 or membership. To access the facility, non-residents must show their card and pay the daily admission fee or swipe their membership card.

REMINDER: Parents must initially apply for youth 17 and under and Youth age 10 and under MUST be accompanied by a parent/authorized guardian/caregiver who is 18 years or older and remains with the youth throughout the entire facility visit.

Recreation ID/Memberships Fees:

Resident	Daily *	1 Month	3 Month	Annual
Youth (17 and under)	\$4.00	\$17.00	\$50.00	\$125.00
Adult	\$5.00	\$32.00	\$96.00	\$240.00
Senior (60+)	\$4.00	\$20.00	\$60.00	\$150.00
Senior Couple**		\$34.00	\$100.00	\$250.00
Family		\$54.00	\$160.00	\$400.00

Non-Resident	Daily *	1 Month	3 Month	Annual
Youth (17 and under)	\$7.00	\$27.00	\$80.00	\$200.00
Adult	\$7.00	\$47.00	\$140.00	\$350.00
Senior (60+)	\$7.00	\$34.00	\$100.00	\$250.00
Senior Couple**		\$47.00	\$140.00	\$350.00
Family		\$64.00	\$190.00	\$475.00

*Must purchase recreation ID card/
 Resident - \$5.00;
 Nonresident - \$7.00
 (good one year from purchase)
 **Both individuals must be
 60 or older
 Guest Admission
 Must be accompanied by current
 member, up to 4 individuals
 \$5/person

NOTE: Memberships include unlimited entry to Heman Park Swimming Pool - Summer 2026 season, member rates for programs/classes and resident rates at Ruth Park Golf Course

REMINDER: Centennial Commons Recreation Facility participates in both SilverSneakers and RenewActive programs. Check with your insurance provider to see if you qualify for this "no cost" membership.

Facility Availability:



Centennial Commons Gymnasium

Court A - Open Gym
 Monday - Friday
 11:00 a.m. - 6:45 pm
 Saturday
 8:00 a.m. - 7:45 pm
 Sunday
 12:45 p.m. - 7:45 a.m.

Court B - Open Gym
 (when Programs/Rentals
 not scheduled)



Centennial Commons Gymnasium

Pickleball Hours
Court A
 Monday - Friday
 6:00 am - 11:00 am
 Sunday
 10:30 a.m. - 12:30 p.m.

Court B
 Monday - Friday
 5:00 pm - 6:45 pm



Centennial Commons Indoor Soccer
 Facility - Open
 (when Programs/Rentals
 not scheduled)



Centennial Commons Lower Level
 Weight Area



Centennial Commons Cardio Area



Centennial Commons Indoor
 Elevated Track



Centennial Commons Century Room
 Reservations

For detailed information, contact Centennial Commons, 314.505.8625



2025

COMMUNITY YARD SALE

SATURDAY, SEPTEMBER 6, 2025

8 AM - 2 PM

NEW LOCATION

HEMAN PARK . MIDLAND/SHAFTESBURY
ENTRANCE



\$25 / TWO 10X10 TENT SPACES

REGISTER: AUGUST 18TH THROUGH SEPTEMBER 5TH

CENTENNIAL COMMONS, 7210 OLIVE BLVD

FIRST COME-FIRST SERVED

NO HOLDS, WAITLIST OR PHONE REGISTRATIONS

For More Information :



314.505.8625

For detailed information, please see the back of this flyer.

2025 Puppy Pool Party



Saturday, September 6th . Noon-3:00 pm
Heman Park Pool . 7210 Olive Blvd.



Pre-Registration:
August 18 - September 5
9:00 am - 6:00 pm
Centennial Commons,
7210 Olive Blvd.
Discounted Fee:
\$8.00 per dog
Limit 2 dogs per owner

Day of Event
Registration:
Fee: \$10.00 per dog
Limit 2 dogs per owner

PLEASE NOTE: For the safety of everyone, owners **must** provide copy of current proof of Rabies, Bordetella and DHPP vaccinations at time of pre or day of event registration. **NO EXCEPTIONS!**

For questions, please contact
Recreation Supervisor,
Merric Meehan 505.8625 or
mmeehan@ucitymo.org



UPCOMING EVENTS



Stormwater Commission Meeting
Tue., Sep. 2 @ 3:30 p.m.

STAY ALERT!



 **CodeRED**™

**BE PREPARED
SIGN UP NOW**



UCITYMO.ORG/CODERED

Traffic Court

Wed., Sep. 3 @ 6:00 p.m.

TEFRA Notice (Parkview Place 2025)

Thu., Sep. 4 @ 3:30 p.m.

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

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!

AUGUST 11TH

UNIVERSITY CITY
CITY HALL-COUNCIL CHAMBERS
5TH FLOOR
6:30 P.M.



CITY COUNCIL MEETING

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us your stories!*

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