



August 29, 2025



## 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 8<sup>th</sup> - November 1<sup>st</sup>

## 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 15<sup>th</sup> - November 8<sup>th</sup>

## 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 7<sup>th</sup> - November 25<sup>th</sup>

## 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 8<sup>th</sup> - November 1<sup>st</sup>

September 15<sup>th</sup> - November 8<sup>th</sup>

## 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 completed 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.

## 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](mailto: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](mailto: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](http://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	\$98.00	\$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. - 8:45 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)



Pickleball Hours  
**Court A**  
 Monday - Friday  
 8:30 am - 11:00 am  
 Sunday  
 10:30 a.m. - 12:30 p.m.  
**Court B**  
 Monday - Friday  
 5:00 pm - 8:45 pm



Facility - Open  
 (when Programs/Rentals  
 not scheduled)



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  
[m meeahan@ucitymo.org](mailto:m meeahan@ucitymo.org)



## UPCOMING EVENTS



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



## 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!

## 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](#)

# AUGUST 11TH

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



## CITY COUNCIL MEETING

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