

Civic Center Hours

Sunday	1-5pm
Monday-Thursday	7am-9pm
Friday	7am-5pm
Saturday	8am-5pm

New Merkel House Hours

Sunday	Closed
Monday-Friday	9am-4pm
Saturday	Closed

Reach Out

Director of Parks and Leisure Services

Jamie Lee, 205.978.0168, jlee@vhal.org

Seniors & Programming

Sandi Wilson, 205.978.0163, swilson@vhal.org - Civic Center

Melanie Perry, 205.967.5977, mperry@vhal.org - New Merkel House

Civic Center Events Managers

Melinda Burnett, 205.978.0153, mburnett@vhal.org

Kira Brown, 205.978.0166, kbrown@vhal.org

Athletic Coordinators

All Athletic Coordinators can be reached at 205.978.0166:

Bevia Robinson, brobinson@vhal.org - Girl's Flag Football, Miracle League, Softball

Mike Sullivan, msullivan@vhal.org - Baseball, Boy's & Girl's Basketball, Volleyball

Robby Dellinger, rdellinger@vhal.org - Aquatics

William Laatsch, wlaatsch@vhal.org - Adult Sports, Boy's Flag Football, Pickleball, Soccer, Tackle Football, Tennis

Get Social

Visit Parks and Recreation online at vhparksandrec.com

and be sure to follow us on social media:



VestaviaHillsParksandRecreation



VestaviaHillsParksandRec

Activity Guide

Fall/Winter 2026



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Holiday Closures

September 7
Labor Day

November 11
Veterans Day

November 25
Early Close at 5pm

November 26-27
Thanksgiving Day

December 23
Early Close at 5pm

December 24
Christmas Eve

December 25
Christmas Day

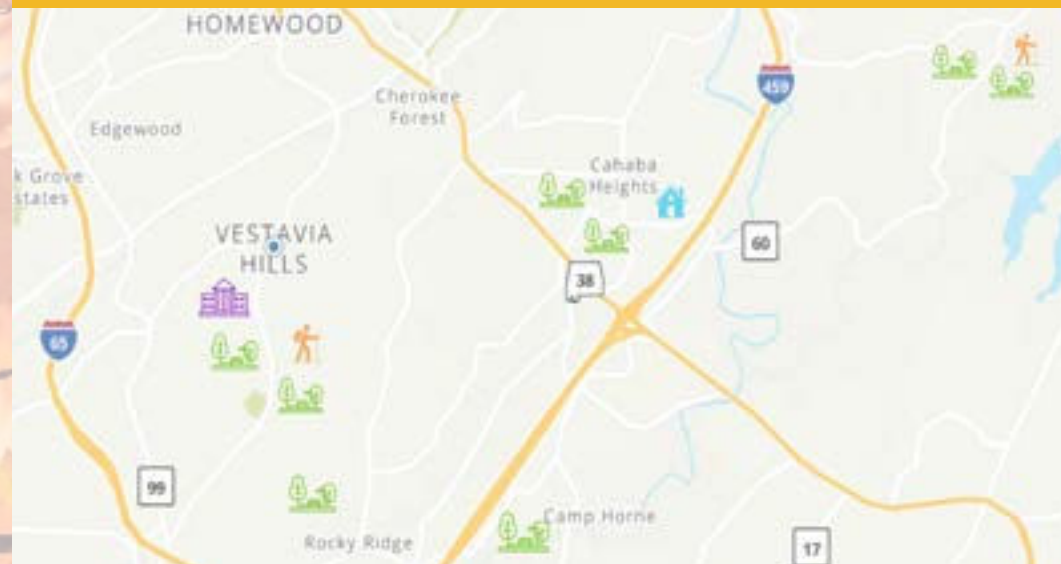
December 26
Early Close at 5pm

December 27
Early Close at 5pm

December 30
Early Close at 5pm

December 31
New Year's Eve

January 1
New Year's Day



Civic Center



New Merkel
House



Public Park



Walking Trails

ALTADENA VALLEY PARK

2501 Lakeland Trail, 35243

BCBS WALKING TRAIL

4851 Sicard Hollow Road, 35242

BOULDER CANYON NATURE TRAIL

1289 Montgomery Highway, 35216

BYRD PARK

2109 Tyson Drive, 35216

CIVIC CENTER

1090 Montgomery Highway, 35216

CAHABA HEIGHTS PARK

4401 Dolly Ridge Road, 35243

LIBERTY PARK

SPORTS COMPLEX

4700 Sicard Hollow Road, 35242

MCCALLUM PARK

3332 Rosemary Lane, 35216

MEADOWLAWN PARK

4041 Dolly Ridge Road, 35243

NEW MERKEL HOUSE

2150 Hollis Crossings, 35243

SICARD HOLLOW ATHLETIC COMPLEX (SHAC)

4851 Sicard Hollow Road, 35242

WALD PARK

2521 Walldridge Road, 35216

Visit vhparksandrec.com
for more information
on these local parks, trails
and facilities!



Swim Every Season!

Beginning in the Fall of 2026, the Vestavia Hills Aquatic Complex will officially be open year-round! Thanks to a newly installed pool heater, the water will stay at a relaxing 82 degrees, even when the weather outside starts to get chilly. Whether you enjoy swimming laps, participating in aquatic programs, or simply making a splash, there will be more opportunities than ever to enjoy the pool!

Join the Vestavia Hills Aquatic Complex Today!

Scan the QR code or visit https://vhrecreation.activityreg.com/clientpage_t2.wcs to register and secure your membership today!



Aquatic Complex Membership Rates

Type	Cost	Conditions
Individual (0-54yrs)	\$85/season or \$25/monthly	Must be a VH Resident
Senior Adult (55+)	\$40/season or \$10/monthly	Must be a VH Resident
Guest Pass	\$10	Guest must be with a member, one guest per member
Day Pass	\$15	Must be a VH Resident

Fall 2026 Swim Season

September 8 - December 31

The calendar may be changing, but the fun doesn't have to end when summer does! We can't wait to welcome you to a longer, warmer, year-round swim season at the Vestavia Hills Aquatic Complex.

Hours of Operation

Monday

CLOSED

Tuesday - Friday

8-10am (Lap Swim & Programming)

1-5pm (Open Swim)

Saturday

10am-5pm (Open Swim)

Sunday

1-5pm (Open Swim)

Weather Notice

During the colder months, the pool will not open on days when the wind chill is below 40 degrees Fahrenheit.

Make a Splash This Fall, Become a Lifeguard!

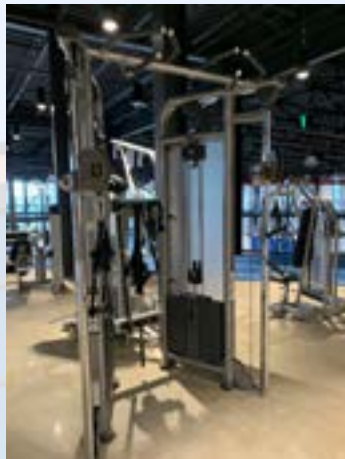
The VHAC is looking for lifeguards for the Fall Swim Season! Applicants must be at least 15 years old and certified by the American Red Cross or able to become certified through the Vestavia Hills Aquatic Complex. Lifeguards earn \$16.25 per hour! Full-time and part-time positions available. Contact Robby Dellinger at rdellinger@vhal.org to apply.



Keep an eye on our social media pages for additional information and sign up links.

Recreational Amenities

- **Gymnasium:** 2 full-size courts striped for basketball, volleyball and pickleball
- **Walking Track:** 3 lanes; 1/10 of a mile
- **Workout Equipment:** Fitness area features weight training machines, as well as fitness and cardio equipment
- **Multipurpose Spaces:** Plenty of space for dance, exercise and fitness classes
- **Locker Rooms:** Separate dressing spaces for men and women
- **Must be a member of the Civic Center to use gym equipment and track.**



Join the Civic Center Today!

Scan the QR code or visit https://bit.ly/pr_sportsman to register and secure your membership today!

Civic Center Membership Rates

Plan Options	Civic Center Only Annual Membership	Conditions
Individual	\$135	Must be a VH Resident
Family	\$300	Must be a VH Resident
Active Adult (55+)	\$100	Must be a VH Resident
Track Pass*	\$24*	Must be a VH Resident

*Annual Track Pass for Active Adults (55+) = \$12

Adult Classes

Cardio & Balance

Age 55+

This new exercise class focuses on gentle cardio and balance exercises to improve strength and stability. Free for VHCC members.

Fit & Fun

Age 18+

Fit & Fun is a low-impact workout combines gentle movements, stretching, and light cardio to improve flexibility, balance, and overall fitness. Free for VHCC members.

FLOW MVMT

Age 18+

FLOW MVMT offers inclusive movement and exercise experiences for everyone. This new class is for all skill levels, and encourages individuals to enjoy movement!

Jazzercise

Age 18+

Jazzercise offers a comprehensive full-body workout by combining dance, strength and resistance training while playing popular music.

Line Dancing

Age 55+

Have fun learning the basics of line dancing!

Pyramid Fitness

Age 18+

This program has everything: cardio, personal training, group fitness, and diet and nutrition advice. Learn from instructor Tura Stephens how to transform your life. Class costs \$30 per week with free consultations.

Tai Chi

Age 18+

Tai Chi is a great class for members who want to improve their strength, endurance, flexibility and balance. It is low-impact exercise for the whole body!

Youth Classes

Karate

Ages 8-12

Karate teaches children respect and responsibility and builds self-confidence.



Private lessons are not permitted at the Vestavia Hills Civic Center unless proper steps are taken and written permission is granted by the City. This policy applies to activities including, but not limited to, basketball, baton, dance, fitness training, and pickleball. For questions or more information about obtaining approval, please contact 205.978.0166.

Register, check scores and review schedules online at
<https://teamsideline.com/sites/vhparcsandrec>

Youth Sports

Boys Basketball

Registration: 9/7-10/18
 Fees: \$160 (resident)/\$210 (non-resident)

Girls Basketball

Registration: 9/7-10/18
 Fees: TBD

High School Basketball

Registration: 9/7-10/18
 Fees: TBD

Lacrosse

Registration: 10/15-12/15
 Fees: TBD



Pickleball 101: Beginner Pickleball Clinic

September 15, 22, & 29, 9am
 VHCC Gym

Ready to learn the basics of one of the fastest-growing sports around? Join our Beginner Pickleball Clinic for adults ages 18 and up! Learn the fundamentals of the game in a fun and welcoming environment. Lessons are \$25 for the full series or \$10 per class. Classes will be held in the Civic Center gym, so they'll run rain or shine. You can bring your own equipment, but it's not required. Please wear tennis or gym shoes! Sign up online or at the Front Desk.



A variety of classes and programming is available through Vestavia Hills Parks and Recreation. Join us at the Civic Center or New Merkel House for complimentary coffee, comfy seating, engaging programs and daily fellowship! To reserve your spot for any of these exciting events, call Parks and Rec at 205.978.0166.

Location: **Civic Center** or **New Merkel House**

Fit & Fun – EVERY Monday & Wednesday, 7:15am

Fit & Fun is perfect for seniors and beginners! This low-impact workout combines gentle movements, stretching, and light cardio to improve flexibility, balance, and overall fitness. All fitness levels are welcome! Located in the Liberty Room at the Civic Center! Free for VHCC members!

Monday Night Dance – EVERY Monday, 6pm

Join us every Monday night from 6-9pm at the Vestavia Hills Civic Center to show off your dance moves! This is a fun opportunity for seniors to let loose and enjoy dancing with others.

Silver Sneakers Exercise Class – EVERY Monday, Tuesday & Friday, 11:15am

The Vestavia Hills Civic Center is home to Silver Sneakers classes starting with a Cardio and Strength class taught by Kristin Long!

Mahjong Open Free Play – EVERY Wednesday, 9am-12pm

Show off your Mahjong skills every Wednesday morning from 9am-12pm at the Vestavia Hills Civic Center! Grab your friends and join us for a fun and engaging game. We can't wait to see you there!

Getting to Know You Lunch – Every Wednesday, 12pm

Fifth graders from Vestavia Elementary School in Cahaba Heights visit the New Merkel House to share lunch and conversation with its members.

Line Dancing Class – EVERY Wednesday, 1:30pm

Have fun learning the basics of line dancing in this new class at the Civic Center. This class is free for members.

Cardio & Balance – EVERY Thursday, 9am

This new exercise class for adults 55+ focuses on gentle cardio and balance exercises to improve strength and stability.

Yoga – Every Friday, 10:30am

Participants will enjoy guided stretching, breathing exercises, and simple poses that promote flexibility, balance, and relaxation in a supportive, welcoming environment.

Masters Games Practice Sessions – 8:30am (Tues) & 10am (Thurs)

Come join our practice sessions to get ready for the Masters Games in October. Try out Masters Games activities, build your confidence, and enjoy some friendly competition in a welcoming setting. Practice sessions end on September 29.

Crochet Nook– September 3 & 17, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. All skill levels are welcome, from beginners to advanced crocheters.

Tailgate Party at New Merkel House – September 4, 10am

Kick off football season with us at a tailgate party at New Merkel House on Friday, September 4, starting at 10am. Show your team spirit by wearing your team's colors or a fun football-themed costume for a chance to win a special prize.

Bingocize – September 10, 15, 24, 10:30am

Bingocize is a 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session lasts 45-60 minutes.

Senior Luncheon – September 14, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by Brad Ryan! Bring your friends for an afternoon of fun. **Must register by Tuesday, September 8, to attend.** Call 205.978.0166 to reserve your spot.

Mahjong Camp – September 14, 16, 18, 10am

Join us on Monday, Wednesday, and Friday to learn mahjong rules, strategies, and techniques in a fun, welcoming environment. Whether you're new or need a refresher, you'll leave ready to play! The camp costs \$150. **Reservations must be made by September 4.**

Trip to Hank Williams Sr & Harper Lee Museums – September 17, 7: 30am

Join us for a full day of fun and travel! We will begin by visiting Hank Williams Sr.'s childhood home in Georgiana, AL, then visit the Harper Lee Museum in Monroeville, AL. We will leave from the Civic Center at 7:30am. **To save your spot, please call the Front Desk at 205.978.0166 and pay the \$20 museum fee by Friday, September 4.**

Reading with Grandpals – September 21, 10:50-11:20am

Students from Vestavia Elementary School in Cahaba Heights visit the New Merkel House to practice their reading skills with their "grandpals."

Birthday & Bingo with Special Guest – September 28, 10:30am

Join us for a lively celebration honoring all September birthdays, with special guest La Toya Morris from "Saved by Grace" Home Health! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Bingocize – October 1, 6, 15, 22, 27, 10:30am

Bingocize is a 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session lasts 45-60 minutes.

Crochet Nook– October 1, 15, 29, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. All skill levels are welcome, from beginners to advanced crocheters.

ASO Coffee Concert: Thief, Poet & Songs – October 2, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform "Thief, Poet & Songs," followed by lunch at Niki's West. Transportation is provided. Meet at the Civic Center at 9am. Call the Front Desk at 205.978.0166 to reserve your spot!

Senior Luncheon – October 12, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by Bob Barker & Company! Bring your friends for an afternoon of fun. **Must register by Monday, October 5, to attend.** Call 205.978.0166 to reserve your spot.

Trip to Scottsboro, AL – October 15, 7:30am

Join us for a full day of fun in Scottsboro, AL! We will start with a shopping trip to the famous "Unclaimed Baggage" store, followed by lunch at a local restaurant and exploring downtown Scottsboro. Please bring funds for lunch and shopping. We will depart from the Civic Center at 7:30am. To reserve your spot, please call the Front Desk at 205.978.0166.

Mahjong Camp – October 19, 21, 23, 10am

Join us on Monday, Wednesday, and Friday to learn mahjong rules, strategies, and techniques in a fun, welcoming environment. Whether you're new or need a refresher, you'll leave ready to play! The camp costs \$150. **Reservations must be made no later than May 26.**

Reading with Grandpals – October 20, 10:50-11:20am

Students from Vestavia Elementary School in Cahaba Heights visit the New Merkel House to practice their reading skills with their "grandpals."

Birthday & Bingo – October 26, 10:30am

Join us for a lively celebration honoring all October birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Fall Festival at New Merkel House – October 30, 10:30am

Join us at New Merkel House for a festive day of fall-themed games, hayrides, and snacks. Remember to dress up in your best costume and learn more about NMH while you're here! The event starts at 10:30am.

Bingocize – November 5, 12, 17, 10:30am

Bingocize is a 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session lasts 45-60 minutes.

Crochet Nook– November 5 & 19, 10:30am

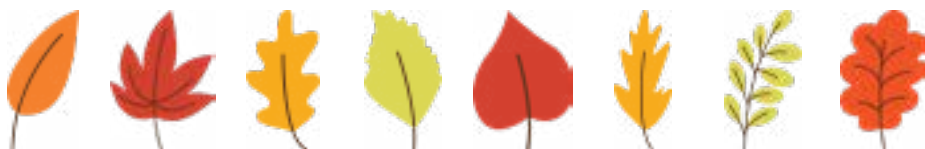
Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. All skill levels are welcome, from beginners to advanced crocheters.

ASO Coffee Concert: Levity – November 6, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform "Brahms' Symphony No. 2," followed by lunch at Irondale Cafe. Transportation is provided. Meet at the Civic Center at 9am. Call the Front Desk at 205.978.0166 to reserve your spot!

Salute to Veterans Day Celebration – November 9, 9am

Mayor Ashley Curry and the City of Vestavia Hills will host a Veterans Day celebration at the Civic Center honoring veterans from all service branches. Enjoy entertainment and programming with a patriotic theme.



Senior Programming

Veterans Benefits & Resource Event – November 9, 10am-5pm

In partnership with the Central Alabama Veterans Collaborative, the Civic Center is hosting a veterans resource and career fair in the upstairs ballroom. Booths will feature information and services for veterans and more.

Senior Luncheon – November 9, 12pm

Enjoy a delicious lunch at the Civic Center and give a special thanks to our veterans! This luncheon will take place after the Mayor's Salute to Veterans program at 9am. Must register by Monday, November 2, to attend. Call 205.978.0166 to reserve your spot.

Veterans Celebration at New Merkel House – November 10, 11am

Enjoy an hour-long program celebrating veterans followed by refreshments at New Merkel House.

Reading with Grandpals – November 19, 10:50-11:20am

Students from Vestavia Elementary School in Cahaba Heights visit the New Merkel House to practice their reading skills with their "grandpals."

Thanksgiving Lunch at New Merkel House – November 25, 10:30am

Join us at New Merkel House to celebrate Thanksgiving! Enjoy a family-style lunch at a festively decorated table, where we can share good food, laughter, and gratitude.

Birthday & Bingo – November 30, 10:30am

Join us for a lively celebration honoring all November birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Crochet Nook– December 3, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. All skill levels are welcome, from beginners to advanced crocheters.

Reading with Grandpals – December 11, 10:50-11:20am

Students from Vestavia Elementary School in Cahaba Heights visit the New Merkel House to practice their reading skills with their "grandpals."

Senior Luncheon – December 14, 12pm

Enjoy a delicious holiday lunch at the Civic Center with entertainment by Carol Downey and a three-piece band! Must register by Monday, December 7, to attend. Call 205.978.0166 to reserve your spot.

Christmas Lights Tour of Vestavia Hills – December 17, 5:30pm

Join us for a festive tour of local Christmas light displays followed by hot chocolate at New Merkel House. Transportation is provided with pickup at the Civic Center at 5:30pm.

Christmas Party at New Merkel House – December 18, 10:30am

Wear your best Christmas outfit and join us for a festive day filled with holiday-themed games and snacks.

Birthday & Bingo – December 21, 10:30am

Join us for a lively celebration honoring all December birthdays! Enjoy delicious cake, warm company, and plenty of fun with spirited bingo games.

Salute to Veterans

Honoring Those Who Served

Monday, November 9, 2026
Vestavia Hills Civic Center
1090 Montgomery Highway • Vestavia Hills, AL 35216

Join us for a full day honoring the brave men and women of our armed forces at the annual Salute to Veterans Day Celebration!

9am-10am
Salute to Veterans Program
Magnolia Room

10am-5pm
Veterans Benefits & Resources Event
Upstairs Ballroom

12-1pm
Senior Luncheon
Dogwood Room
RSVP at 205.978.0166



SHARE YOUR PHOTOS!

We would love to include veteran photos of you or a family member in our event video. To participate, email a scanned photo of yourself, family members or friends who have served or are currently serving in any branch of the military to cmcculley@vhal.org. Please include: (1) service member's first & last name; (2) military rank; (3) branch of service; (4) military conflict/theater of operation; and (5) dates of military service (if available). *If you previously submitted a photo, no need to resubmit.*

HOLIDAY FUN AT THE CIVIC CENTER!

Christmas Craft Day Camp

December 21
8:30am-12pm
Cost: \$45

Christmas Craft Day Camp

December 22
8:30am-12pm
Cost: \$45

Contact Melinda Burnett for more details at mburnett@vhal.org or 205.978.0153.

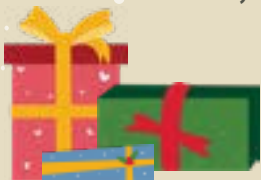


HOLIDAY *in the* HILLS

Vestavia Hills

It's the holiday season in Vestavia Hills!

Holiday in the Hills is a festive series of community events throughout November and December designed to bring friends, families, and neighbors together to celebrate the season. From the Tree Lighting at the Civic Center and Light Up Vestavia Hills to the Holiday Parade in Liberty Park, there's something for everyone! Scan the QR code below for more information about these fun, family-friendly events.



WE ARE HIRING



JOIN OUR TEAM

APPLY NOW!



Join Our Team

Facility Monitors

Facility Monitors are responsible for overseeing practice/game operations within our gymnasium and recreation facilities. This position ensures that all participants follow facility rules, assists patrons when needed, and helps maintain a safe and enjoyable environment for youth and adults participating in recreational activities.

Qualifications:

- Must be at least 16 years old.
- Reliable, responsible, and punctual.
- Strong communication and customer service skills.
- Ability to work independently with minimal supervision.
- Comfortable interacting with children, teens, and adults.

Pay: \$16.25/hr

Contact: Bevia Robinson at brobinson@vhal.org for more information.