

Vestavia Hills Parks & Recreation

# Activity Guide

Winter/Spring 2026



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## Holiday Closures

January 1  
New Year's Day

January 19  
MLK Jr. Day

April 3  
Good Friday



## Vestavia Hills **DOGWOOD FESTIVAL**

*Mark Your Calendar!*

The Vestavia Hills Dogwood Festival – held annually throughout the months of March and April – celebrates all of the incredible things Vestavia Hills has to offer!

**THERE IS SOMETHING FOR EVERYONE DURING THE DOGWOOD FESTIVAL!**

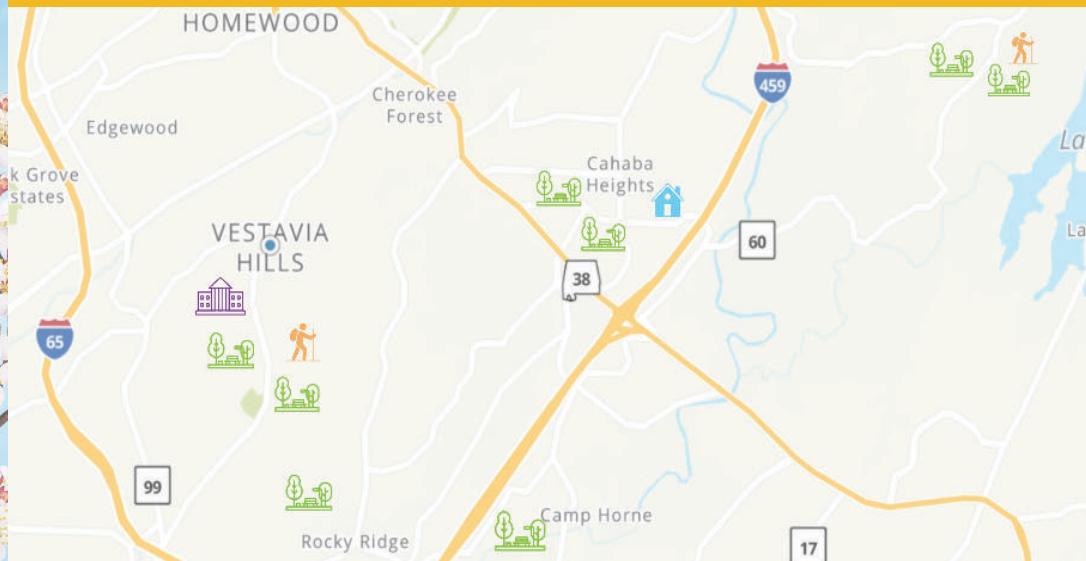


SCAN FOR DETAILED EVENT INFO  
or visit  
[https://bit.ly/Dogwood\\_Fest](https://bit.ly/Dogwood_Fest)

Connect on social!



# Amenities



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 Waldridge Road, 35216

Visit [vhparksandrec.com](http://vhparksandrec.com)  
for more information  
on these local parks, trails  
and facilities!

# Youth & Adult Recreation

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

## Youth Sports

### Baseball

Registration: 12/15-1/31

Fees: \$230 per player / \$675 per team

### Miracle League

Registration: 12/17-1/18

Fees: \$30

### Softball

Registration: 11/30-1/18

Fees: \$200 (resident)/\$275 (non-resident)

## Adult Sports

### Rec & Competitive

#### Basketball

Registration: 1/5-2/11

Fees: \$600 per team

#### Soccer

Registration: 1/5-2/11

Fees: \$2000 per team



# *Senior Programming*

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.

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

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## **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. This program fosters connections between generations, creating meaningful bonds for all involved.

## **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 and begins on February 4.

## **Cardio & Balance – EVERY Thursday, 9am**

This new exercise class for adults 55+ focuses on gentle cardio and balance exercises to improve strength and stability. This class is free for members and begins January 22.

## **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.

## **Bingocize – January 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 usually lasts 45-60 minutes.

# Senior Programming

## Senior Luncheon – January 12, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by the Trussville T-Squares! Bring your friends for an afternoon of fun.

## Lunch Bunch & Trip: Alabama Jazz Hall of Fame – January 15, 9am

Enjoy a fun day out with a visit to the Alabama Jazz Hall of Fame, followed by lunch at The Fish Market Downtown. Meet at the Civic Center at 9am, transportation will be provided.

## Crochet Nook– January 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.

## Line Dance Social – January 23, 1pm

Join us for a fun afternoon of line dancing and socializing at the Hoover Senior Center! Tickets are \$5 each, and space is limited—so be sure to sign up ASAP.

## Birthday & Bingo – January 26, 10:30am

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

## ASO Coffee Concert: Epic Melodies – January 30, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform “Epic Melodies: Tchaikovsky & Brahms,” followed by lunch at the Paw Paw Patch after the concert. Transportation is provided. Meet at the Civic Center at 9am.

## Bingocize – February 5, 12, 26, 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 usually lasts 45-60 minutes.

## Mahjong Camp – February 9, 11, 13, 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.

## Senior Luncheon – February 9, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by the Tradewind Band! Bring your friends for an afternoon of fun.

## Lunch Bunch & Trip: Montgomery – February 10, 7am

Tour the state capital, followed by lunch at Panny George’s Kitchen. Meet at the Civic Center at 7am, transportation will be provided.

## Mardi Gras Masters Games Celebration – February 17, 10am

Celebrate Fat Tuesday with us while learning about the upcoming Masters Games! Enjoy games, prizes, lunch, and music with DJ Russ.



# Senior Programming

## Crochet Nook – February 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: Echoes of a Nation – February 20, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform “Echoes of a Nation,” followed by lunch at Niki’s West. Transportation is provided. Meet at the Civic Center at 9am.

## Birthday & Bingo – February 23, 10:30am

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

## Bingocize – March 5, 10, 17, 31, 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 usually lasts 45-60 minutes.

## Crochet Nook – March 5 & 19, 10:30am

Do you love fiber arts? Bring your current projects or come for inspiration from our volunteer instructor, Ms. Myra. This class is a great opportunity to share stories and enjoy the company of fellow crafters. All skill levels are welcome, from beginners to advanced crocheters.

## Senior Luncheon – March 9, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by the Kool Kats! Bring your friends for an afternoon of fun.

## St. Patrick's Day Party – March 17, 10:30am

Join us for a festive party featuring fun games, themed snacks, and plenty of Irish-inspired cheer. Don’t forget to wear green and get ready for some fun!

## ASO Coffee Concert: A Farewell to London – March 20, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform “A Farewell to London,” followed by lunch at Irondale Cafe. Transportation is provided. Meet at the Civic Center at 9am.

## Trip to World of Coca-Cola & Georgia Aquarium – March 24, 7am

Get ready for an exciting day in Atlanta! Enjoy a guided tour of the World of Coca-Cola, grab lunch at Coastline Café, then explore the Georgia Aquarium. Cost is \$85 per person (lunch not included). Reservations and payment are due no later than February 23, so don’t miss out!

## Birthday & Bingo – March 30, 10:30am

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



# Senior Programming

## Crochet Nook – April 2, 16, 30, 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.

## Trip to Southeastern Indian Festival – April 2, 10am

Join us for a memorable overnight getaway to Atmore, Alabama. We will stay at the Wind Creek Hotel & Casino and enjoy a visit to the vibrant Southeastern Indian Festival, featuring rich cultural traditions, music, crafts, and food. Departure from the Civic Center is at 10am. Reservation and deposit are due by February 23.

## Bingocize – April 9, 16, 21, 30, 10:30am

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

## Trip to the Marble Festival – April 9, 7:30am

Join us for a fun day trip to Sylacauga, Alabama where we will visit the Magic of Marble Festival! Discover the history and artistry of marble through a variety of on-site tours and viewing opportunities throughout the day. Departure from the Civic Center is at 7:30am. A full itinerary and additional details will be shared once they are published. Don't miss this unique chance to experience one of Alabama's most celebrated traditions!

## Senior Luncheon – April 13, 12pm

Enjoy a delicious lunch at the Civic Center! Bring your friends for an afternoon of fun.

## Earth Day Celebration – April 22, 10am

Celebrate Earth Day at the New Merkel House Senior Center with a fun and meaningful gathering focused on caring for our planet! Enjoy light activities, themed treats, and simple ways we can all make a positive impact on the environment—right here in our community.

## Birthday & Bingo – April 27, 10:30am

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



# Senior Programming



## District Masters Games Happening this Summer!

The Masters Games of Alabama is an organization that offers competitive events for Alabama residents aged 50 and older. As a non-profit organization, it is dedicated to promoting healthy lifestyles through social, mental, and physical activities.

Previous years have featured a variety of activities, including Nerfball, Frisbee Throw, Rook, Dominoes, Table Tennis, Cornhole, and much more! While the games create an Olympic-like atmosphere, the emphasis is on fun and fellowship rather than competition.

Each year, between 600 to 800 participants from across the state take part in the State Games, which will be held October 5-8. The qualifying District Masters Games will take place July 7-9. Be sure to follow our social media for updates on the dates and locations of the District Games and learn how you can participate!



Contact Sandi Wilson at [swilson@vhal.org](mailto:swilson@vhal.org) if you are interested in participating in the District Games this summer!



# summer **CAMP**

**VESTAVIA HILLS**  
• PARKS & RECREATION •

**Art Camp  
Week 1**

June 8-12

Cost: \$185

**Art Camp  
Week 2**

June 15-19

Cost: \$185

**Art Camp  
Week 3**

July 6-10

Cost: \$185

**Art Camp  
Week 4**

July 13-17

Cost: \$185

Summer 2026 is all about creativity! Join our Art-Themed Summer Camps and let your imagination soar! Perfect for kids who love to paint, draw, craft, and explore their inner artist.

- For campers ages 6-12
- All camps hosted at the Civic Center
- All weeks will have the same curriculum

**Sign Up Today: [bit.ly/4qL0kT3](https://bit.ly/4qL0kT3)**

# 2026 Swim Season

at the Vestavia Hills Aquatic Complex

Apply for 2026 Lifeguard and Pool Attendant Positions by emailing Robby Dellinger at [rdellinger@vhal.org](mailto:rdellinger@vhal.org) or through <https://www.vestaviahills.jobsquest.org/>.

Swim Lesson Registration

Opens April 1

Swim Team Registration

Opens April 1

2026 Aquatic Complex Memberships

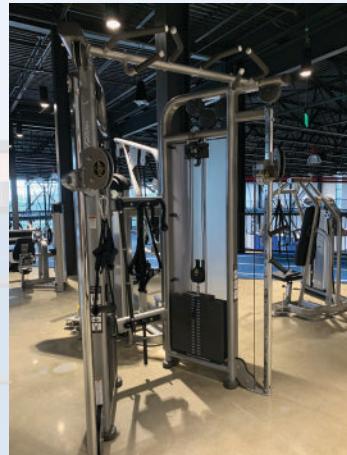
Opens April 1

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

# Civic Center

## 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.**



VESTAVIA HILLS



### Join the Civic Center Today!

Scan the QR code or visit [https://bit.ly/pr\\_sportsman](https://bit.ly/pr_sportsman) to register and secure your membership today!

### Membership Rates

Plan Options	Civic Center Only Annual Membership	Aquatic Complex/ Civic Center Combo
Individual	\$135	\$220
Family	\$300	\$530
Active Adult (55+)	\$100	\$135
Track Pass*	\$25*	N/A

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

## **Adult Classes**

### **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.

### **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!

### **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 in this new class at the Civic Center. This class is free for members and begins on February 4.

## **Cardio & Balance**

Age 55+

This new exercise class focuses on gentle cardio and balance exercises to improve strength and stability. It is free for members and begins January 22.

## **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.

# Mahjong Madness

at the Civic Center!

## Mahjong Free Play

Every Wednesday  
9am-12pm  
Free

## Mahjong Camp

February 9, 11, 13  
10am-12pm  
\$150 per player

## Mahjong in the Hills

February 26  
9am-12:30pm  
\$50 per player/\$175 for table of 4



Mahjong Camp



Mahjong in the Hills



## Join Our Team

### Facility Monitors

Facility Monitors Responsibilities include: working with coaches, user groups, parents and athletes to ensure the safety and security of Parks and Recreation facilities and program participants; opening/closing fields and facilities; and preparing facilities for use. For more information or to apply, contact Bevia Robinson ([brobinson@vhal.org](mailto:brobinson@vhal.org)).

### Volunteers

Our Senior Transportation program has been in operation for 25+ years, and many of our volunteers have served well over a decade. We are excited to welcome new volunteers to continue this excellent service for our senior residents. Volunteers typically drive one day each month. For more information on becoming a volunteer, call 205.978.0166 or email [swilson@vhal.org](mailto:swilson@vhal.org).

# Contact Us

## 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](mailto:jlee@vhal.org)

### Seniors & Programming

Sandi Wilson, 205.978.0163, [swilson@vhal.org](mailto:swilson@vhal.org) - Civic Center

Melanie Perry, 205.967.5977, [mperry@vhal.org](mailto:mperry@vhal.org) - New Merkel House

### Civic Center Events Managers

Melinda Burnett, 205.978.0153, [mburnett@vhal.org](mailto:mburnett@vhal.org)

Kira Brown, 205.978.0166, [kbrown@vhal.org](mailto:kbrown@vhal.org)

### Athletic Coordinators

William Laatsch, [wlaatsch@vhal.org](mailto:wlaatsch@vhal.org); Will Harrington, [wharrington@vhal.org](mailto:wharrington@vhal.org); Bevia Robinson, [brobinson@vhal.org](mailto:brobinson@vhal.org); Robby Dellinger, [rdellinger@vhal.org](mailto:rdellinger@vhal.org); Mike Sullivan, [msullivan@vhal.org](mailto:msullivan@vhal.org) - All Athletic Coordinators can be reached at 205.978.0166

## Get Social

Visit Parks and Recreation online at [vhparksandrec.com](http://vhparksandrec.com) and be sure to follow us on social media:



VestaviaHillsParksandRecreation



@VHParks\_Rec



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