



Vestavia Hills Parks & Recreation Activity Guide



Summer 2024



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Holiday Closures

May 27

Memorial Day

July 4

Independence Day





Vestavia Hills
**CONCERT
SERIES**



FREE

APRIL 12 - JUNE 27

WALD PARK

(2521 Waldridge Road, 35216)



Visit <https://vhparksandrec.com/programs-camps/> for more details.

April 12

Spring Fling Family Day
with Harry Downes @ 6pm

April 21

Miles College Golden Voices Choir
at the Civic Center @ 3pm

May 10

Act of Congress with
Of Lion and Men @ 6:30pm

June 21

Telluride @ 7pm

June 27

I Love America Night
with Chevy 6 @ 7pm

Directory



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 Waldrige Road, 35216

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

Athletics



Summer Youth Football

Registration: 5/1-6/15, register at www.vhyf.com

Fees: Details at VHYF website

Summer Youth Girls Volleyball

Registration: 5/1-7/31

Fees: \$140 (VH residents) / \$190 (non-residents)

Summer Adult Volleyball

Registration: 4/22-5/22

Fees: \$350 per team

For instant alerts of field conditions, register at www.statusme.com.

Summer Camps & Tournaments

MLB Pitch, Hit, and Run, 5/5
Wald Park

USSSA Baseball Tournament, 5/11
Liberty Park Sports Complex and
Cahaba Heights Park

Summer Softball Camp, 6/10-6/12
Wald Park

USSSA Baseball Tournament, 6/15
Wald Park

USSSA Baseball Tournament, 6/22
Cahaba Heights Park

VH Summer Games, 6/28-6/30
(7U, 9U, 11U)
Wald Park

VH Summer Games, 7/5-7/7
(8U Kid Pitch, 10U, 12U)
Wald Park



Find Scores, Schedules, and Sports Registrations at TeamSideline!

Register for all athletics programs at

<https://teamsideline.com/sites/vhparcsandrec>.



Senior Programming



New Merkel House

Open Monday - Friday
9am-4:30pm

Looking for ways to stay active and healthy? Join us for exercise, games, lunch, occasional day trips, and special events. For more information, contact Melanie Perry at 205.967.5977 or mperry@vhal.org.

Active Adult Programs at the Civic Center

A variety of classes and lunch/activities programs are available through Vestavia Hills Parks and Recreation. Join us at the Civic Center for complimentary coffee, comfy seating, engaging programs and daily fellowship!

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, Wednesday, and 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!

Senior Luncheon – May 13, 12pm

Enjoy a delicious lunch at the Civic Center! The cost is \$8 per person. Celebrate Older Americans Month with special activities and games in the Dogwood Room.

Lunch Bunch & Trip: Florence, AL – May 16, 9am

Enjoy shopping, historic sights, and a tour of the Helen Keller Museum in Florence, AL. Meet at the Vestavia Hills Civic Center at 9am. Transportation provided.



To reserve your spot for any of these exciting events, call Parks and Rec at 205.978.0166.

Women's Health & Wellness – May 23, 10am

Participate in educational sessions focused on women's health and wellness. There will be guest speakers, activities, and snacks to go along with the theme.

Senior Luncheon – June 10, 12pm

Enjoy a cookout and games with the Vestavia Hills Police Department at the Civic Center! The cost is \$8 per person.

Lunch Bunch & Trip: Sylacauga, AL – June 20, 9am

Enjoy a tour of the Blue Bell Creamery in Sylacauga, AL. Meet at the Vestavia Hills Civic Center at 9am. Transportation provided.

Men's Health & Wellness – June 27, 10am

Participate in educational sessions focused on men's health and wellness. There will be guest speakers, activities, and snacks to go along with the theme.

Senior Luncheon – July 8, 12pm

Enjoy a delicious lunch at the Civic Center! The cost is \$8 per person. Bring your friends along for an afternoon of fun.

Lunch Bunch & Trip: Bud's Best Cookies – July 18, 10am

Enjoy a trip to the Bud's Best Cookies headquarters in Hoover, AL. Meet at the Vestavia Hills Civic Center at 10am. Transportation provided.



Active Adult Advisory Group

Vestavia Hills Parks & Rec is in the process of forming an advisory group to assist in the brainstorming and planning of ideas for Active Adult activities. If you want to join this group, please contact Sandi Wilson at swilson@vhal.org to get more information and submit an application.

Civic Center



Karate

Enroll your kids in our karate class to learn respect, responsibility, and build self-confidence.



Tai Chi

Tai Chi is a great class for members who want to improve their strength, endurance, flexibility, and balance. It exercises the body gently with low risk of injury.



Jazzercise

Are you ready to work up a sweat? Jazzercise offers a comprehensive full-body workout by combining dance, strength, and resistance training while playing popular music.

All of these classes and more are offered at the Civic Center this summer! Check our social media for a weekly schedule.

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!



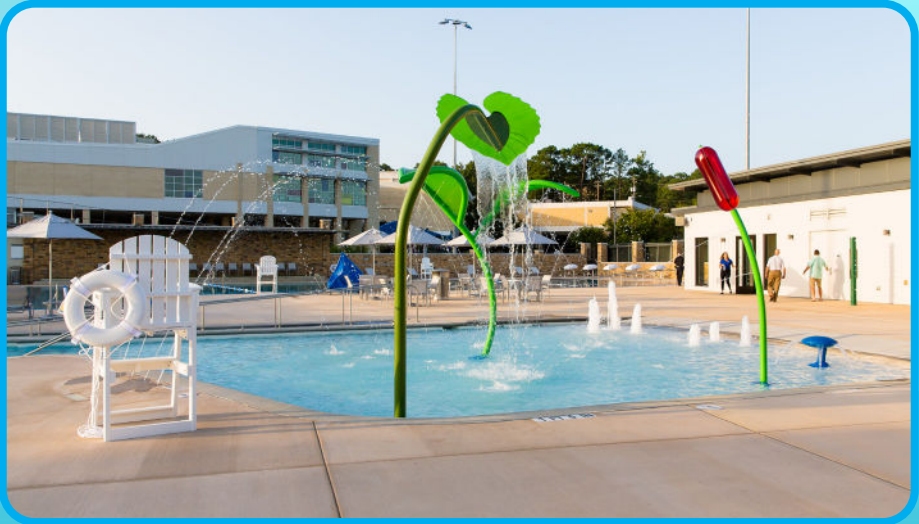
Membership Rates

Plan Options	Civic Center Only		Aquatic Complex/ Civic Center Combo
	Monthly	Annual	
Individual	\$15	\$135	\$210
Family	\$35	\$300	\$500
Active Adult (55+)	\$10	\$100	\$125
Track Pass*	N/A	\$25*	N/A

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



Aquatics



Vestavia Hills Aquatic Complex

Escape the heat this summer at the Vestavia Hills Aquatic Complex! With both a competition pool and a family-style leisure pool, you can enjoy the perfect oasis for all ages. Don't miss out on the ultimate summer fun.

720 Waldrige Road, 35216

Please visit <https://vhparksandrec.com/location/aquatic-complex/> for information on membership cost and hours!



Swim Lessons & VSA Swim & Dive Team

Register for these exciting programs at
<https://teamsideline.com/sites/vhparksandrec>
under the "Aquatics" tab!

Join the Vestavia Hills Aquatic Complex Today!

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



THE SPLASH PAD AT SHAC OPENS ON MAY 1!

Hours: 9am-7pm DAILY
4851 Sicard Hollow Road, 35242

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).

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 who enable us to continue this excellent service for our senior residents. Volunteers typically drive one day each month. For more information on becoming a rider or volunteer, call 205.978.0166 or email swilson@vhal.org.





summer CAMP

VESTAVIA HILLS
· PARKS & RECREATION ·

Registration is OPEN!

June 3-7	Science R Us Camp
June 17-21	Art Camp
June 24-28	Lunch Bunch Camp
July 15-16	Art Camp

It's never too early to start making summer plans! We have so many exciting camps this summer in Vestavia Hills. There's something for everybody, from Art Camp to Penmanship & Calligraphy Camp. Let's start making memories that will last a lifetime!

For more information, visit the link below:

https://vhrecreation.activityreg.com/selectactivity_t2.wcs



Contact Us

Hours of Operation

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



Contact Us!

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 Manager

Melinda Burnett, 205.978.0153, mburnett@vhal.org

Athletic Coordinators

Doug Rogers, drogers@vhal.org; Will Harrington, wharrington@vhal.org;
Bevia Robinson, brobinson@vhal.org; Robby Dellinger, rdellinger@vhal.org
& Mike Sullivan, msullivan@vhal.org; 205.978.0166

Get Social!

Visit Parks and Recreation online at vhparcsandrec.com
and follow us on social media:



VestaviaHillsParksandRecreation



@VHParks_Rec



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