



Activity Guide

Fall 2024



Holiday Closures

September 2
Labor Day

November 11
Veterans Day

November 27
Early Close at 5pm

November 28-29
Thanksgiving

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



**The Splash Pad
Closes on
September 30!**

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

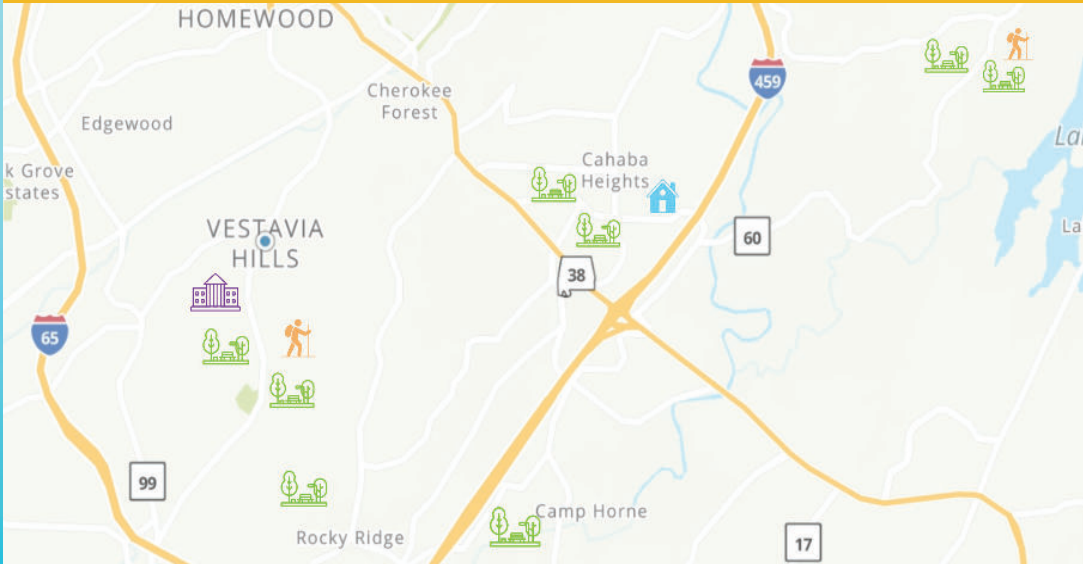


*Thank You
for a Wonderful
Swim Season!*

We hope you've enjoyed making
a **SPLASH**
at the pool this summer!

Opening Memorial Day weekend
2025! Hope to see you next
summer!





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 vhparcsandrec.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 Lacrosse

Registration: 8/14-12/31

Fees: \$100-125, depending on age

Girls Basketball

Registration: 9/3-10/3

Fees: TBD

Boys Basketball

Registration: 9/3-10/18

Fees: \$160 (resident)/\$210 (non-resident)

Adult Kickball

Registration: 9/9-9/23

Fees: \$400 per team

Civic Center Programs

Tai Chi

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

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.

Civic Center Programs

Karate

Karate teaches children respect and responsibility and builds self-confidence. It also helps children learn to avoid or diffuse tense situations.

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.

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

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 & 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 – September 9, 12pm

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

Lunch Bunch & Trip: Ethridge, TN – September 19, 8am

Enjoy a trip to Ethridge, TN where we will take an Amish Wagon Tour and browse the Amish Welcome Center store. Meet at the Vestavia Hills Civic Center at 8am. Transportation provided.

Health Fair and Wellness Expo – October 2, 9am-12pm

Join us for the Vestavia Hills Health and Wellness Fair at the Civic Center! From 9am-12pm, you can get free flu shots from Publix and speak

with Medicare Advisors and local vendors. The Vestavia Hills Police Department will provide safety information, and the Fire Department will check your blood pressure.

Emergency Preparedness Workshop – October 9, 10:30am

Guest speakers will discuss making an emergency plan and building a complete emergency preparedness kit. Lunch will be provided at noon.

Senior Luncheon – October 14, 12pm

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

Lunch Bunch & Trip: Lake Guntersville – October 17, 8am

Enjoy a trip to Lake Guntersville where we will tour and shop in the area and then eat lunch at Pinecrest Dining Room. Meet at the Vestavia Hills Civic Center at 8am. Transportation provided.

Fall Festival – October 31, 10am

Join us for Halloween-themed games and snacks. Dress up in your best costume and learn more about New Merkel House while you're here!

Senior Programming

Salute to Veterans Celebration – November 7, 1pm

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 including booths featuring information and services for veterans, antique military vehicles and more.

Veterans Day Celebration – November 8, 10am

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

Senior Luncheon & Christmas Party – December 9, 12pm

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

Christmas Lights & Dessert Tour – December 17, 4:30pm

Join us for a festive tour of local Christmas light displays followed by hot chocolate and dessert at New Merkel House. Transportation is provided, with pickup at the Civic Center at 4:30pm and New Merkel House at 5pm.

New Merkel House Christmas Party – December 20, 10am

Join us for a jolly day of holiday-themed games and snacks. Dress up in your best Christmas attire and learn more about New Merkel House while you're here!



Active Adult Advisory Group

Vestavia Hills Parks and Recreation is forming an advisory group to brainstorm and plan Active Adult activities.

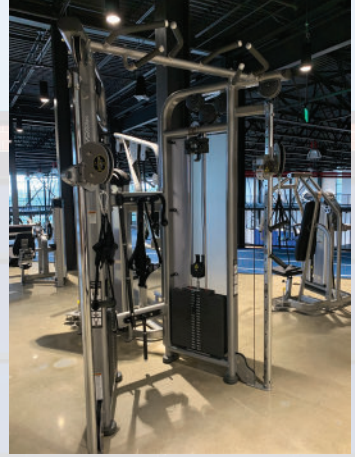
To join this group or for more information, contact

Sandi Wilson
at swilson@vhal.org.



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 CIVIC CENTER



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 Annual Membership	Aquatic Complex/ Civic Center Combo
Individual	\$135	\$210
Family	\$300	\$500
Active Adult (55+)	\$100	\$125
Track Pass*	\$25*	N/A

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

Fitness Classes



We hope you all enjoyed the summer preview program for fitness classes at the Civic Center.

Beginning September 1, paid registration will be required to attend. The new classes include yoga, Zumba, bootcamp and barre!

For more information, including the list of classes and the latest schedule, visit www.vhparcsandrec.com and be sure to follow us on social media for frequent updates!

Monthly Class Rates

Classes	Civic Center Members	Non-Members	Date/Time
Barre	\$50	\$80	Tu & Th / 9:45am
Bootcamp	\$50	\$80	Tu & Th / 11:30am
Yoga	\$50	\$80	Tu & Th / 5:15pm
Zumba	\$50	\$80	M / 4:30 & 5:30pm
Unlimited	\$100	\$180	

Single class rates cover all classes of that type for the month.
Unlimited class rate covers all available classes for the month.

Health Fair & Wellness Expo

Wednesday, October 2
9am-1pm
Vestavia Hills Civic Center

Don't miss this year's Health Fair and Wellness Expo featuring:

- FREE flu shots from Publix
 - Medicare Advisors
- VHPD safety information
- VHFD blood pressure checks
 - Awesome door prizes
- Local vendors and more!





HOLIDAY *in the* HILLS

Vestavia Hills

Mark your calendar for this year's Holiday in the Hills events!

For more information, visit <https://vhal.org/community/city-events>.

Saturday, November 16

Deck the Heights

2-7pm

The Heights Village,
3162 Heights Village

Saturday, December 14

Breakfast with Santa

7:30-10am

Civic Center,
1090 Montgomery Highway

Tuesday, December 3

Tree Lighting Festival

6pm

City Hall Complex,
1032 Montgomery Highway

Date to come ...

Menorah Lighting

5:30pm

City Hall,
1032 Montgomery Highway

Sunday, December 8

Holiday Parade & Party in the Park

2pm

Liberty Park
Rain Date: December 15





HOLIDAY FUN AT THE CIVIC CENTER!

Make Your Own Gingerbread House

December 7, 10am-12pm

Cost: \$25-35

Cookie Cutter Calligraphy

December 10, 6-8pm

Cost: TBD

Gingerbread Jam Competition

December 14, 8am-1pm

Register @
gingerbreadjam.swell.gives

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

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 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.

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

Seniors & Programming

Sandi Wilson, 205.978.0163, swilson@vhal.org

Civic Center Events 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

All Athletic Coordinators can be reached at 205.978.0166

Get Social

Visit Parks and Recreation online at vhparksandrec.com
and be sure to follow us on social media:



[VestaviaHillsParksandRecreation](https://www.facebook.com/VestaviaHillsParksandRecreation)



[@VHParks_Rec](https://twitter.com/VHParks_Rec)



[VestaviaHillsParksandRec](https://www.instagram.com/VestaviaHillsParksandRec)