



# Activity Guide

Winter/Spring 2024



## Holiday Closures

January 1  
New Year's Day

January 20  
MLK Jr Day

April 18  
Good Friday

April 20  
Easter

## Vestavia Hills DOGWOOD FESTIVAL

March 1 – April 30

At Parks and Leisure Services, we are excited about the activities planned for 2025! In the coming months, we will host games and competitions in baseball, youth and adult basketball, lacrosse, Miracle League baseball, youth and adult soccer, and youth and senior softball. Registration for swimming and diving will also begin soon.

Our Active Adult (55+) programs are expanding as we offer more activities at New Merkel House and the Vestavia Hills Civic Center. We provide a variety of classes and events, including yoga, tai chi, Silver Sneakers exercise classes, luncheons, parties, day trips, extended trips and special events. Every month, we send out a postcard listing activities for senior adults in the community. If you are not currently receiving this postcard and would like to be



added to our mailing list, contact our Parks and Recreation at 205.978.0166.

We are always open to new ideas and welcome any suggestions you may have. Feel free to call, send me a note or stop by for a chat—I would love to hear from you!

- Sandi Wilson  
Superintendent I - Seniors & Programming  
swilson@vhal.org, 205.978.0163



## ALTADENA VALLEY PARK

2501 Lakeland Trail, 35243

## MCCALLUM PARK

3332 Rosemary Lane, 35216

## BCBS WALKING TRAIL

4851 Sicard Hollow Road, 35242

## MEADOWLAWN PARK

4041 Dolly Ridge Road, 35243

## BOULDER CANYON NATURE TRAIL

1289 Montgomery Highway, 35216

## NEW MERKEL HOUSE

2150 Hollis Crossings, 35243

## BYRD PARK

2109 Tyson Drive, 35216

## SICARD HOLLOW ATHLETIC COMPLEX (SHAC)

4851 Sicard Hollow Road, 35242

## CIVIC CENTER

1090 Montgomery Highway, 35216

## WALD PARK

2521 Waldrige Road, 35216

## CAHABA HEIGHTS PARK

4401 Dolly Ridge Road, 35243

## LIBERTY PARK

## SPORTS COMPLEX

4700 Sicard Hollow Road, 35242

Visit [vhparcsandrec.com](http://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 Recreation

### Baseball

Registration: 12/13-1/12

Fees: \$230-\$675, depending on age

### Miracle League

Registration: 12/16-1/19

Fees: \$30 per player

### Softball

Registration: 12/1-1/19

Fees: TBD

## Adult Recreation

### Soccer

Registration: 1/16-2/6

Fees: \$1600 per team (competitive)

\$900 per team (recreational)

### Basketball

Registration: 1/22-2/13

Fees: \$550 per team

## Civic Center Programs

### Karate

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

### Tai Chi

Tai Chi is low-impact exercise for the whole body!

### Jazzercise

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

Call 205.978.0166 to sign up VHCC programs.

# Tennis Program

## for Adults and Youths

### The Red Ball Program (Ages 5-8)

A fun introduction to tennis for children ages 5 to 8. This class will focus on developing hand-eye coordination, agility and the fundamental skills of tennis.

### The Orange/Green Ball Program (Ages 8-10)

Designed for children under the age of 10 who have had an introduction to tennis. This class teaches competitive tennis by continuing to develop fundamental skills while introducing match play.

### The Futures Clinic (Ages 11-18)

Designed for beginning juniors ages 11 to 18. This class is ideal for those with limited match experience. The program emphasizes technique and strategy through engaging drills and match play. Participants will be grouped based on their skill levels.

### Adult Program

This adult tennis program is designed to provide instruction for players at all skill levels, from beginners to advanced players.



All tennis programs are presented by the **Birmingham Tennis Academy** and will be taught at the **Wald Park Tennis Courts**.

Additional information on <https://teamsideline.com/sites/vhparcsandrec>.



# 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

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

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## **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 – January 13, 12pm**

Enjoy a delicious lunch at the Civic Center with entertainment by magician Brandon Herring! The cost is \$8 per person. Bring your friends for a “magical” afternoon of fun.

## **Lunch Bunch & Trip: Silver Star Casino – January 16, 7:30am**

Enjoy a trip to the Silver Star Casino in Philadelphia, MS. Meet at the Vestavia

Hills Civic Center at 7:30am. Transportation provided. Must register by Friday, January 10!

## **UAB Eye Clinic Exams – January 23, 9:30am**

Visit New Merkel House for a free eye exam conducted by UAB Eye Clinic Staff.

## **Guest Speaker Lunch: Senior Care Authority – January 30, 11am**

Join us at New Merkel House for an informative lunch with a special guest speaker from Senior Care Authority.

## **Senior Luncheon – February 10, 12pm**

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

## **Valentine’s Day Party – February 14, 10am**

Love is in the air at New Merkel House! Come celebrate Valentine’s Day with us and enjoy holiday themed treats and crafts.

### **Stone Soup Lunch – February 17, 10am**

Join us at New Merkel House for a delightful lunch that you help create! Bring your favorite soup ingredients, and make “stone soup” while watching a classic episode of Little House on the Prairie.

### **ASO Coffee Concert: Shostakovich – February 21, 9am**

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform Shostakovich’s Symphony No. 10! Lunch at the Irondale Cafe after the concert. Transportation is provided. Meet at the Civic Center at 9am.

### **Lunch Bunch & Trip: Talladega – February 25, 9am**

Enjoy a trip to the Talladega Speedway and Museum and then eat lunch at The Ark. Bonus stop at Buccee’s for snacks. Meet at the Vestavia Hills Civic Center at 9am. Transportation provided.

### **Fat Tuesday Eve Party – March 3, 10:30am**

Join us at New Merkel House to celebrate the Mardi Gras season! We will be making masks and umbrellas for our big Mardi Gras-themed Senior Luncheon on March 10.

### **Senior Luncheon – March 10, 12pm**

Enjoy a festive afternoon filled with lively jazz music, delicious Cajun-inspired cuisine, and colorful decorations. Don your beads and masks as we “let the good times roll” with a parade and the crowning of our own Mardi Gras King and Queen! Entertainment and line dancing instruction by Jackie Tally. The cost is \$8 per person.

### **St. Patrick’s Day Party – March 17, 10am**

Celebrate the luck of the Irish at New Merkel House! Enjoy St. Patrick’s Day-themed treats and crafts with us and win fun prizes.

### **Lunch Bunch & Trip: Prattville – March 20, 9am**

Enjoy antiquing at Prattville Pickers and lunch at Cindy’s Cafe. Bonus stop at Peach Park for a sweet treat! Meet at the Vestavia Hills Civic Center at 9am. Transportation provided.

### **ASO Coffee Concert: Barber + Rachmaninoff – April 11, 9am**

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform Barber’s “Second Essay for Orchestra,” and Rachmaninoff’s “Symphonic Dances.” Lunch at Niki’s West after the concert. Transportation is provided. Meet at the Civic Center at 9am.

# Senior Programming

## Senior Luncheon – April 14, 12pm

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

## Earth Day Celebration – April 21, 10am

Celebrate Earth Day at New Merkel House by connecting with nature and the community! Let's honor Earth together!

## Lunch Bunch & Trip: Auburn – April 22, 7:30am

Enjoy a trip to Auburn University's Raptor Center for a presentation, followed by lunch and shopping at Angel's Antiques and Flea Mall. Meet at the Vestavia Hills Civic Center at 7:30am. Transportation provided.

## Senior Trip: Boston, Salem & Cape Ann – June 17-25

Travel with Diamond Tours to scenic Massachusetts! Deposit of \$75 due by January 30. Total cost of the trip is \$1195 per person when sharing a double room. Price includes lodging, admission to activities, and some meals. Contact Sandi Wilson at [swilson@vhal.org](mailto:swilson@vhal.org) for more details.



**ACTIVE ADULTS**  
Vestavia Hills



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





A vibrant outdoor aquatic complex with a large green slide structure on the left and a pool with a water feature in the foreground. The background shows a building and trees under a clear blue sky.

# 2025 Swim Season

at the Vestavia Hills Aquatic Complex

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Submit an Application for  
Lifeguard and Pool Attendent Positions

Starting January 6

on [www.vestaviahills.jobquest.org](http://www.vestaviahills.jobquest.org)

Swim Lesson Registration

Opens April 1

Swim Team Registration

Opens April 1

2025 Aquatic Complex Memberships

Opens April 1

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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.**



## VESTAVIA HILLS CIVIC CENTER



### 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	\$210
Family	\$300	\$500
Active Adult (55+)	\$100	\$125
Track Pass*	\$25*	N/A

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

# summer CAMP

**VESTAVIA HILLS**  
• PARKS & RECREATION •

## **Art Camp Week 1**

June 9-13

Cost: \$175

## **Art Camp Week 2**

June 23-27

Cost: \$175

## **Art Camp Week 3**

July 14-18

Cost: \$175

Contact Melinda Burnett for more details  
at [mburnett@vhal.org](mailto: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 Sandi Wilson at [swilson@vhal.org](mailto:swilson@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](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)

### Superintendent I - Seniors & Programming

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

### Civic Center Events Manager

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

### New Merkel House Senior Center Manager

Melanie Perry, 205.967.5977, [mperry@vhal.org](mailto:mperry@vhal.org)

### Athletic Coordinators

All Athletic Coordinators can be reached at 205.978.0166.

Doug Rogers, [drogers@vhal.org](mailto:drogers@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)

## Get Social

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



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



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