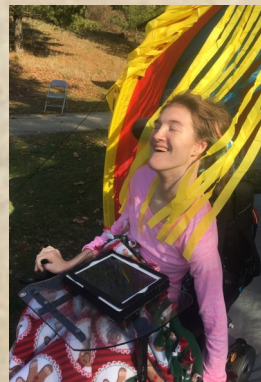




R & R

35 YEARS

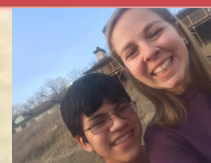


Registration deadline
September 4, 2018



Leisure Times

Fall 2018



Celebrating an Incredible 35 Years of R&R!!



R&R Camp is proud to be celebrating its 35th anniversary this camp season! Since its beginning in 1983, R&R Camp has been proud to serve many individuals and families in St. Louis County. R&R provides a fun and exciting outdoor adventure for people of all ages and the parents and caregivers get a weekend of respite. R&R is a great way for campers to meet new friends, engage in fun activities, and gain independence skills. R&R is currently held at Wyman Center in Eureka, MO. This wonderful location provides us with a beautiful lake for fishing and canoeing, numerous scenic hiking trails, comfortable cabins, and an inviting dining hall complete with an indoor fireplace.



R&R Camp was initially held in Imperial, MO at Lions Den Outdoor Learning Center in 1983, then we moved to Wildwood, MO at Babler State Park Outdoor Education Center in 1995. We were there for seven seasons and then moved to Rolla, MO at Bear River Ranch from 2002 to 2008. In the 2009 season the St. Louis Arc moved back to Imperial, MO at Living Well Village (formerly Lion’s Den) from 2009 – 2010 and has been at Wyman Center from 2011 until the present.

R&R camp has grown from 25 campers to serving sixty-nine campers per years. As always the people may change but the activities remain the same. Last season campers participated in an array of programming which included: Fishing, scavenger hunts, canoeing, parachute games, throwing snowballs, kickball, impromptu bridal shower, decoding secret messages, Friday night s’mores, Ugly Sweater competition, laser maze, talent shows, karaoke, dance parties, music, yoga, carnivals and theme-based crafts.



It has been a wonderful 35 years of programming and the St. Louis Arc would like to thank all of the campers, families, staff and volunteers who have supported and contributed to the St. Louis Arc’s R&R camp weekends. We are truly grateful for all of you!



A Huge Thank You to Tim, Ron and Will Gregerson!

Tim, Will, Ron Gregerson and Schaeffer Oil sponsored the 2018 Mini Arc Basketball tournament. In memoriam of their mother, they donated a banner and traveling trophy. Jacqueline Gregerson was a dynamic woman and a dedicated supporter of the St. Louis Arc and the leisure programs. The Gregerson family has been an agency supporter for many years. They have spent timeless hours volunteering for Softball and Basketball, attending fundraising events and generously donating funds to Leisure Services and the St. Louis Arc. We are truly grateful for the Gregerson family!



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CHILDREN'S SIBSHOPS (ages 6 -15)

Being the brother or sister of a person with a developmental/intellectual disability can be a good thing, sometimes a not-so-good thing, and many times somewhere in between. SibShops offers an opportunity for brothers and sisters of children with developmental/intellectual disabilities to get peer support and education within a recreation context. The program will include a fun mix of games, activities, friends, and discussion. Children will be split into age appropriate groupings. For more information, contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.



Dates: 3rd Wednesday of the month;

October 17, 2018 - May 15, 2019 (No program Nov. 21)

Program Fee: \$75.00

Times: 6:00 p.m. - 8:00 p.m.

Location: St. Louis Arc Family Center,
1177 N. Warson Rd.,
Creve Coeur, MO 63132

TEEN MEET UP (ages 13-19)

Enjoy the company of teens while engaging in social and recreational activities. Activities may include crafts, karaoke, board games, and Wii. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.



Dates: 2nd to last Friday; Monthly; September 21, 2018 - August 23, 2019

Times: 6:00 p.m. - 8:00 p.m.

(no program 11/23/2018, 12/21/2018, 4/19/2019, 6/21/2019 & 7/19/2019)

Location: St. Louis Arc Family Center, 1177 N Warson Rd., St. Louis MO 63132

Program Fee: \$35.00 plus \$15.00 at the door

MUSIC MOVES (ages 13-20)

Music Moves is a class filled with fun and high energy. You will learn popular dance moves, the art of singing, and musical skills. This well-balanced program allows you to develop within a supportive and empowering environment, stimulating your imagination while building confidence. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.



Dates: Mondays, September 17 - October 22, 2018

Program Fee: \$75.00

Times: 5:30 p.m. - 6:15 p.m.

Location: St. Louis Arc Family Center
1177 N. Warson Road
Creve Coeur, MO 63132

TEEN BOWLING (ages 13-20)

Grab your bowling ball and shoes, and let's hit the lanes for some bowling. For more information, contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.

Dates: 1st & 3rd Saturday of each month;

September 15, 2018 - May 18, 2019 (No program 4/20/2019)

Program Fee: \$35.00 plus \$10.00 pay-at-door fee each time attending

OR Pre-pay 144.00 (If Pre Paying only \$9.00 per Saturday)

Time: 9:00 a.m.

Location: Sunset Lanes,
7777 Watson Rd.,
St. Louis, MO 63119

THE ARTIST IN YOU (ages 18 & older)

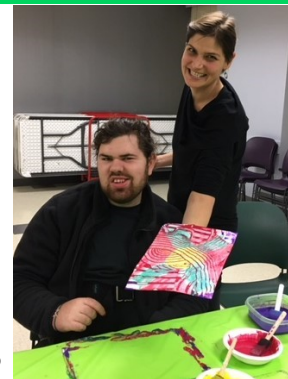
Explore your hidden artistic talents! Join our exciting art class which offers basic instruction in drawing, painting, and multimedia art. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Session I: Dates: Mondays, September 10 - October 15, 2018 **Times:** 6:30 p.m. - 8:30 p.m.

Session II: Dates: Mondays, October 29 - December 3, 2018 **Location:** Living Arts

Program Fee: \$85.00 (includes supplies)

2814 Sutton Blvd.
Maplewood, MO 63143



ADULT MUSIC (ages 21 & older)

These music classes are designed to provide a fun and supportive outlet for expressing yourself through music. We will maximize the benefits of music for people with communication and sensory challenges by providing smaller group sizes and more hands-on support. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates: Mondays, September 17 - December 3, 2018

Time: 6:30 p.m. - 7:15 p.m.

Dates: Thursdays, September 13 - December 6, 2018 (No class 11/22)

Time: 10:00 a.m. - 10:45 a.m.

11:00 a.m. - 11:45 a.m. (small group)

Program Fees: \$110.00 per session

Location: St. Louis Arc Family Center
1177 N. Warson Rd.
Creve Coeur, MO 63132



ST. LOUIS SCENE MEET UP (ages 18 & older)

St. Louis Scene Meet Up offers a variety of recreation and leisure opportunities for adults to explore their community. Individuals receive a calendar of events every two months. Staff and volunteers will meet at fun and exciting locations in the St. Louis metro area on the weekends. For more information, contact Bre Ward at bward@slarc.org or 314-817-2226.

Dates: September 2018 - August 2019

Program Fee: \$35.00, plus event fees

Time: Varies with event

Location: Varies with event



AWAKE, AWARE, & ALIVE (ages 18 & older)

Join us for an experience you won't forget! Awake, Aware, & Alive educates participants about the elements of a balanced life, including mind, body, and spirit. This class will help individuals explore new strategies to manage stress and to improve overall wellbeing. It will also give participants a chance to explore new recreational experiences such as Yoga, meditation and mindfulness. For more information, contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.

Dates: Tuesdays, October 2– November 6

Program Fee: \$75.00

Time: 5:30 p.m. - 6:30 p.m.

Location: St. Louis Arc Family Center
1177 N. Warson Rd.
Creve Coeur, MO 63132

COOKING FOR COMFORT (ages 18 & older)

Enjoy a hands-on experience, led by an experienced cooking instructor. This course allows participants to learn how to prepare easy and delicious meals.

For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.



Dates: Wednesdays, Sept. 5-Sept. 19	Dates: Wednesdays, October 3 - 17	Location: St. Louis Arc Family Center 1177 N. Warson Rd. St Louis, MO 63132
Topic: Seasons	Topic: How to Grill	
Time: 4:30 pm - 6:30 p.m.	Time: 4:30 p.m. - 6:30 p.m.	
Topic: The Independent Chef	Topic: The Independent Chef	Program Fee: \$50.00 per session
Time: 6:30p.m. - 8:30 p.m.	Time: 6:30 p.m. - 8:30 p.m.	

COOKIE EXTRAVAGANZA (ages 18 & older)

Come learn to make different kinds of cookies. At the end of the class we will have a cookie exchange. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Dates: Wednesday, December 12, 2018	Location: St. Louis Arc Family Center 1177 N. Warson Rd., Creve Coeur, MO 63132
Time: 5:00 p.m. - 8:00 p.m.	Cost: \$25.00

BOWLING LEAGUES (ages 18 & older)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. For more information, contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.

Program Fee: \$35.00 plus \$10.00 pay-at-door fee each time attending **OR** Pre-pay option for each league. If you pre-pay, you do not pay the \$35, just \$9.00 per Saturday; a savings of \$40 - \$65 depending on bowling alley.

SUNSET/WATSON BOWL 9:00 a.m. 1st & 3rd Saturday September 15 - May 18, 2019 (No program 1/19, 4/20/2019) Sunset Lanes 7777 Watson Rd. St. Louis, MO 63119 PRE PAY: \$135.00	BRUNSWICK BOWL 9:00 a.m. Every Saturday September 15 - May 18, 2019 (No program 11/24, 12/22, 12/29/2018, 1/19, 4/20/2019) Brunswick Zone 176 Four Seasons Chesterfield, MO 63017 PRE PAY: \$279.00	OLIVETTE BOWL 10:00 a.m. Every Saturday September 15 - May 18, 2019 (No program 11/24, 12/22, 12/29/2018, 1/19, 4/20/2019) Olivette Lanes 9520 Olive Blvd. Olivette, MO 63132 PRE PAY: \$279.00	OLIVETTE BOWL - DAY 10:30 a.m. Wednesdays, September 19 - May 15, 2019 (no program 11/21, 11/28, 12/19, 12/26/2018, 1/2, 1/9/2019) Olivette Lanes 9520 Olive Blvd. Olivette, MO 63132 PRE PAY: \$261.00	SUNSET BOWL 3:00 p.m. 2nd, 4th & 5th Saturday September 22 - May 11, 2019 (no program 11/24, 12/22, 12/29/2018) Sunset Lanes 7777 Watson Rd. St. Louis, MO 63119 Pre Pay: \$144.00
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20 SOMETHING'S MEET UP (ages 20-29)

Join other people in their 20's at a monthly social activity. This club will provide a comfortable environment to make friends, enhance social skills, and have fun in a safe and supportive area. Monthly events can now be found in the St Louis Scene calendar. For more information, contact Bre Ward at bward@slarc.org or 314-817-2226.



Dates: September - August 2019	Times: 6:00 p.m. - 8:00 p.m.
Program Fee: \$35.00 plus \$15.00 at the door; plus event cost	Location: Varies with event

*When you register for 20 Something's Meet Ups, you are automatically registered for St. Louis Scene Meet Up group and will be eligible to attend any of the events offered through that program as well.

Arc ESCAPES (ages 18 & older)

Individual trips are planned throughout the year to provide participants the opportunity to explore and travel to various Midwest locations. During this exploration, participants will have the opportunity to explore various sites, relax, try new and different cuisine, make new friends and learn how to travel. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.



WALKING CLUB (ages 18 & older)

Get moving and join us for walks at local parks. Walking is a great way to exercise, stay healthy, socialize, and support your community. You can choose to participate in park walks at one or two park locations. The St. Louis Arc will provide pedometers every week to track your miles. We will accommodate the novice, as well as the fast paced walker. Family members and friends are encouraged to register as well. For more information, contact Dan Correll at 314-817-2227 or dcorrell@slarc.org.



Dates: Thursdays, September 13 - October 18, 2018 **Program Fees:** \$55.00 per person (6 week session - 2 parks) OR
Time: 5:30 p.m. - 7:00 p.m. \$30.00 per person (3 week session - 1 park)

Locations: Longview Park: September 13 - 27;
Des Peres Park: Oct 4 - 18

SOCCER (ages 18 & older)

Grab your ball and cleats and head to the field to learn the basics, or develop your soccer skills on the field. For more information, contact Dan Correll at dcorell@slarc.org or 314-817-2227.



Dates: Saturdays, September 22 - November 3, 2018

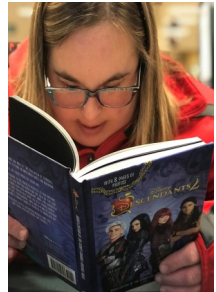
Program Fee: \$55.00

Time: 10:00 a.m. - 12:00 p.m. (Noon)

Locations: Sugar Creek Park and Beirne Park

BOOK CLUB (ages 18 & older)

Book Club meets weekly at local bookstores and cafes. It gives adults the opportunity to learn to read, talk about books, and make friends in a fun community setting. Participants range from those who read well, to those who do not read at all. For more information, contact Meghan Murphy at memurphy@slarc.org or 314-817-2250.



Dates: Thursdays, September 20 - December 13, 2018

LOCATIONS:

Time: 6:00 p.m. - 7:00 p.m.
(Ladue Only)

Chesterfield: Barnes & Noble, 1600 Clarkson

Des Peres: Barnes & Noble, 113 West County Center

Crestwood: St. Louis Bread Co., 1074 Sunset Hills Plaza

Ladue: Barnes & Noble, Ladue Crossing Shopping Center

Time: 7:00 p.m. - 8:00 p.m.
(All locations)

Program Fee: \$20.00 per session

DANCE CLUBS (ages 18 & older)

Get your dancing shoes ready and join in on the fun at two different locations. Come enjoy Club South at St. Lucas Church (South City), where you will enjoy the sounds of a great band playing today's hits and yesterday's favorites. Or join us at Club 1177, in Creve Coeur, where a DJ spins the current hits, old favorites and any requests. Be with friends, meet new people, and enjoy refreshments. For more information, contact Clinton Hall at 314-817-2293 or chall@slarc.org.

Program Fee: \$35.00 plus \$15.00 pay at the door or pre pay option.

Club 1177

September 2018 - August 2019 (No dance 1/19, 4/20/2019)
3rd Saturday of month, 7:00 p.m. - 9:30 p.m.
St. Louis Arc Family Center
1177 N. Warson Rd., Creve Coeur, MO 63132
Pre Pay: \$135.00

Club South

September 2018 - August 2019 (No dance 12/21, 1/18, 4/19/2019)
3rd Friday of month, 7:30 p.m. - 10:00 p.m.
Sept. - May: St. Lucas Church Gym, 7100 Morganford, MO 63116
June 2019 - August 2019: TBD
Pre Pay: \$120.00

COOKING WITH FAMILY AND FRIENDS

Families and friends will enjoy four weeks of entertaining, educational, and delicious recipes that you can take home and prepare together. The last class will consist of a cooking competition. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Dates: Wednesdays, October 24 - November 28, 2018
(No class 10/31, 11/21)

Program Fee: \$100.00 per family

Time: 5:00 p.m. - 7:30 p.m.

Location: St. Louis Arc Family Center
1177 N. Warson Rd.
Creve Coeur, MO 63132

FAMILY FUN NIGHTS

Come join your family and friends for BINGO nights. Family Fun Nights are free family-friendly nights for families of all ages and abilities to get together. To RSVP, contact Bre Ward at bward@slarc.org or 314-817-2226.

Dates: Quarterly; last Friday of the month;
October 26, 2018
January 25, 2019
April 26, 2019
July 26, 2019

Program Fee: \$0

Time: 6:00 p.m. - 8:00 p.m.

Location: St. Louis Arc Family Center
1177 N. Warson Rd.
Creve Coeur, MO 63132

Registration Deadline: September 4, 2018

Program Registration

- Completely fill out both sides of the enclosed registration form. **Program fee(s) must accompany your registration.**
- Programs are filled on a first-come, first-served basis. Only paid registrants will be accepted. Confirmation is sent before programs begin.

Weather Cancellation Procedures

- In the event of inclement weather, the Leisure Services Department will make decisions about the program status **two hours prior to program starting time.**
- Weather cancellations may include programs cancelled due to a heat index of 97° or above, or when temperatures dip below 10° for an extended period of time.
- Participants, families, and volunteers should call the **RECREATION HOTLINE at 314-817-2244**, or view our Facebook or Twitter, to check the status of the program.

Financial Assistance

For financial assistance with program fees, please go to our website and download a financial assistance form **prior to registering** for a program and email the form to Rhonda Hembree at rhembree@slarc.org.

Refund Policy

Cancellation by the participant must be made two weeks prior to the start of program to receive a full refund. No refunds will be made after that time.

Additional Information

- Rules of acceptance and participation in our programs are the same for everyone, without regard to race, color, gender, national origin, age, or ability.
- If you need accommodations to participate fully, please indicate this on the registration form.
- The participant acknowledges that she/he is in good health and able to participate in all activities of the program.
- The St. Louis Arc reserves the right to cancel programs.
- Participants are responsible for any medical expenses incurred during recreation/leisure programs.
- All participants and spectators are expected to be respectful of themselves and others. Violence and/or abusive language or behaviors will not be tolerated. Any participant or spectator may be excluded at any time during the program by the Leisure Services Staff, if it is judged that the participant or spectator has hampered the safety, welfare, or enjoyment of other participants.

Networking Socials & Support Groups

Whether a sibling, a parent, a family member, or a friend, you can gather with others who understand the unique challenges of having a loved one with a disability.

Our new monthly **Family-to-Family** Meetups provide a place to share stories, resources, and get the tools you need to plan for a great life! For the next Meetup dates and to RSVP, join our Meetup group at: <http://www.meetup.com/St-Louis-Arc-Community-Connections/>



For more information on the Family to Family Meetups, contact Sharon Spurlock, Director of Family Supports at sspurlock@slarc.org or 314-817-2222.

Dads' Group:



Dates and locations vary. For dads who understand the unique challenges of having a family member with a disability. Check www.slarc.org for regular updates.

For more information, contact Mark A. Keeley at mkeeley@slarc.org or 314-817-2280.

JOIN THE TEAM WITH A GIFT TO LEISURE!

Join in on the fun to support Leisure participants! A gift to Leisure helps ensure that our participants have access to places to play, sports equipment, musical instruments, art supplies, and books. St Louis Arc's inclusive leisure programs are activities geared to help people make friends, learn new skills, increase confidence, and have tons of fun.

CHOOSE SOMETHING MEANINGFUL TO YOU:

- ◇ The Leisure Endowment Fund - to make a permanent difference
- ◇ Sports Sponsorships - to help make the crowds go wild
- ◇ Summer Employment Programs - to prepare youth for the future
- ◇ General Leisure Programs - to support the greatest need
- ◇ Camp Sponsorships - to ensure memories with friends and family
- ◇ Life Skills and Education - to support personal growth and success



If you would like to designate your gift to one of the choices or another preference, please include in the memo line of your check or note section if making an online contribution.

For more information, contact Jennifer Adams at 314-817-2296 or jadams@slarc.org.

Leisure Services Contact Information

Dan Correll
Coordinator
314-817-2227
dcorrell@slarc.org

Clinton Hall
Coordinator
314-817-2293
chall@slarc.org

Meghan Murphy
Coordinator
314-817-2250
memurphy@slarc.org

Chelsea Snorton
Coordinator
314-817-2249
csnorton@slarc.org

Breanne Ward
Coordinator/
Administrative Manager
314-817-2226
bward@slarc.org

Rhonda Hembree
Director
314-817-2245
rhembree@slarc.org

Arc TTY
314-569-2021
MO TTY Relay:
1-800-735-2966



Visit Our Website www.slarc.org



VIP Funders: The St. Louis Arc services are funded in part by the fees you pay and by the United Way of Greater St. Louis, the Productive Living Board for St. Louis County, Citizens with Developmental Disabilities, and private donations.



St. Louis Arc Participant Profile

Please complete both sides of this registration form.

Participant Name _____	Date of Birth _____	Social Security Number (print legibly—confirm by viewing card or appropriate documentation as necessary) _____
Home phone _____	Cell phone _____	E-mail Address _____
Street Address _____	City _____	State _____ Zip Code _____
Participant's Employer _____		

1	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Are you a resident of: <input type="checkbox"/> St. Louis City <input type="checkbox"/> St. Louis County <input type="checkbox"/> St. Charles County <input type="checkbox"/> Jefferson County	Marital Status: <input type="checkbox"/> Single <input type="checkbox"/> Married No. of Dependents: _____
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2	Participant Lives: <input type="checkbox"/> w/Family <input type="checkbox"/> Specialized Facility <input type="checkbox"/> Foster Home <input type="checkbox"/> Independently <input type="checkbox"/> Nursing Home <input type="checkbox"/> Group Home <input type="checkbox"/> Individual Supported Living <input type="checkbox"/> Habilitation Center <input type="checkbox"/> Other _____		
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3	When did disability manifest itself? <input type="checkbox"/> Prior to age 19 <input type="checkbox"/> Prior to age 22 Participant's Diagnosis: <input type="checkbox"/> Intellectual Disability <input type="checkbox"/> Learning Disability <input type="checkbox"/> Autism Spectrum Disorder <input type="checkbox"/> Traumatic Brain Injury <input type="checkbox"/> Seizure Disorder <input type="checkbox"/> Other _____ <input type="checkbox"/> Cerebral Palsy If "Other" diagnosis or "Learning Disability" is checked, select the substantial functional limitations in two or more of the following areas of major life activities: <input type="checkbox"/> Receptive-Expressive Language <input type="checkbox"/> Learning <input type="checkbox"/> Capacity for Independent Living <input type="checkbox"/> Self Care <input type="checkbox"/> Self Direction or Economic Self Sufficiency <input type="checkbox"/> Mobility	4	Participant's Race: <input type="checkbox"/> Asian <input type="checkbox"/> Caucasian <input type="checkbox"/> African-American <input type="checkbox"/> Native American <input type="checkbox"/> Bi-Racial <input type="checkbox"/> Hispanic <input type="checkbox"/> Other _____
5	Are you an active St. Louis Regional Office client? <input type="checkbox"/> Yes <input type="checkbox"/> No Regional Office Service Coordinator Name: _____ Service Coordinator Phone: DMH ID# _____		

6	Do you receive Medicaid Waiver Funds? <input type="checkbox"/> Yes <input type="checkbox"/> No Type of Waiver Funding: <input type="checkbox"/> Comprehensive Waiver <input type="checkbox"/> Community Waiver <input type="checkbox"/> Sarah Lopez Waiver <input type="checkbox"/> Partnership for Hope Waiver		
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7	Medical/Dietary Concerns OR Accommodation Needed: <input type="checkbox"/> Epi Pen <input type="checkbox"/> Gluten Free		
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8	1st Emergency Contact: Guardian? <input type="checkbox"/> Yes <input type="checkbox"/> No Check here if address same as above: <input type="checkbox"/> Emergency Contact: 1 2		
Name _____		Relationship _____	(Area Code) Home Phone Number _____
Address _____		City _____ State _____ ZIP _____	(Area Code) Work Phone Number _____
Employer _____		(Area Code) Cell Phone Number _____	
E-mail _____			
2nd Emergency Contact: Guardian? <input type="checkbox"/> Yes <input type="checkbox"/> No Check here if address same as above: <input type="checkbox"/> Emergency Contact: 1 2			
Name _____		Relationship _____	(Area Code) Home Phone Number _____
Address _____		City _____ State _____ ZIP _____	(Area Code) Work Phone Number _____
Employer _____		(Area Code) Cell Phone Number _____	
E-mail _____			

Release and Agreement Statement

I hereby give permission to the physician selected by the program director to hospitalize, secure proper treatment for, and to order injection, anesthesia or surgery for the participant as named on this form at my expense. By signing, I give permission to the St. Louis Arc to release my personal information to the program leader. I do hereby indemnify said Association, its agents and employees, and agree to hold it and them harmless from any and all liability arising out of any injury, illness, or accident that might happen to the participant and from any damage the participant might cause to any person(s) or property while in the care of the Association or its agents of employees.

I have read the above, which I understand and agree to abide by.

Signature of Participant _____ Date _____ Signature of Parent or Guardian _____ Date _____

I hereby authorize the use of my name, photographs and/or videotape for newspaper, radio, website, advertisement or publication by the St. Louis Arc. Please initial here if you agree to this statement. _____

Participant's Name: _____

T-Shirt Size (please circle size)
 S M L XL XXL XXXL



Teen Programs

PROGRAM FEES

___ CHILDREN SIBSHOPS	Fee: \$75.00
___ TEEN MEET UP	Fee: \$35.00
___ MUSIC MOVES	Fee: \$75.00
___ TEEN BOWLING	Fee: \$35.00 OR Pre-Pay: \$144.00

Adult Programs

ARTIST IN YOU	Fee: \$85.00 per session
___ Session I	___ Session II
___ ADULT MUSIC	Fee \$110.00
Mon. 6:30 - 7:15 p.m.	
ADULT MUSIC	Fee: \$110.00 per session
Thursday	
___ 10:00 a.m. -10:45 a.m.	___ 11:00 a.m. -11:45 a.m.
___ ST. LOUIS SCENE MEET UP	Fee: \$35.00
___ AWAKE, AWARE, ALIVE	Fee: \$75.00

COOKING FOR COMFORT	Fee: \$50.00 per session
Session I: 4:30 p.m.	Session II: 4:30 p.m.
___ Seasons	___ How to Grill
Session 1: 6:30 p.m.	Session 2: 6:30 p.m.
___ The Independent Chef	___ The Independent Chef

___ COOKIE EXTRAVAGANZA	Fee: \$25.00
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BOWLING	Pre-Pay Option
___ Brunswick Bowl	\$279.00
___ Sunset/Watson (a.m.)	\$135.00
___ Sunset Bowl (p.m.)	\$144.00
___ Olivette Bowl (Sat.)	\$279.00
___ Olivette Bowl (Wed.)	\$261.00
Program Fee \$35.00 OR Pre-Pay Option (amount above)	

Total fee from Column 1:

Adult Programs

___ 20 SOMETHINGS MEET UP	Fee: \$35.00
___ Arc ESCAPES	Check to receive brochure
WALKING CLUB:	
___ All Parks (10 week session)	Fee: \$55.00
	Fee: \$30 per session/park
___ Longview Park only	
___ Des Peres Park only	

SOCCER	Fee: \$55.00
___ Bierne Park	___ Sugar Creek Park

NEXT CHAPTER BOOK CLUB	
	Fee: \$20.00 per session
Session I: 6:00 - 7:00 pm	Session II: 7:00 - 8:00 p.m.
___ Ladue	___ Chesterfield ___ Ladue
	___ Des Peres ___ Crestwood

DANCE CLUB	Pre-Pay Option:
___ Club 1177	\$135.00
___ Club South	\$120.00
Program fee \$35.00 or prepay option (shown above)	

Family Programs

___ COOKING WITH FAMILY & FRIENDS	Fee: \$100.00
___ # attending	+ \$10 per additional member over 4

___ FAMILY FUN NIGHT	Fee: \$0
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Total fee from Column 2:

Total fee from Column 1:

GRAND TOTAL:

METHOD OF PAYMENT

PLEASE RETURN FORM AND FEES TO:
 St. Louis Arc/Leisure Services
 Attention: Accounts Receivable
 1177 N. Warson Rd.
 St. Louis, MO 63132

St. Louis Arc Resident ONLY—Payment from Escrow

For Office Use Only
 Amt 1 coded to _____ Amt 2 coded to _____
 Payment Amount _____ Date Received _____ Payment Method _____

Check Enclosed (Payable to St. Louis Arc/Leisure Services)
 Please charge my credit card
 Visa MasterCard Discover

Credit Card number:

Expiration Date:

Name on Card: _____
 (Required—Please Print)

Registration Deadline: September 4, 2018