## WINTER 2022

\* Leisure Times



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Leisure News Teens & Adult Programs Adult & Special Programs Registration & Program Information Networking & Support Groups

Registration Deadline: December 20, 2021

## LEISURE PROGRAM UPDATES



Happy Holidays! Winter 2022, Leisure Programs are now available! We are so pleased to announce that with additional Covid-19 safety precautions, we are able to resume all of our bowling leagues this winter! In addition, we will continue to offer in-person Adult Music, The Artist in You, Next Chapter Book Club, Cooking for Comfort, as well as Yoga and Meditation. Unfortunately, we are not able to offer Basketball, Family Fun Night, or in-person Dances this winter season. Dance Club will continue in a virtual format.

As we continue to focus on FUN for 2022, we also want to keep our participants safe by implementing a few new safety precautions. Effective winter 2022, all bowling participants must be fully vaccinated or show proof of a negative Covid-19 test 48 hours before attending the program each week. In addition, we will be limiting the number of participants for all in-person programs, so please remember to get your registrations in as soon as possible! All Covid-19 safety protocols and guidelines will be distributed prior to the start of winter 2022 programs.

As we move towards winter 2022 programs, we will continue to monitor the pandemic conditions in the St. Louis area. If conditions have worsened, we may find it necessary to change in-person programming to a virtual format.

We thank each of you for your continued patience and support during this time and look forward to seeing you this winter.

Rhonda Hembree

Director of Leisure Services

## VACCINE SURVEY RESULTS

Thank you for your feedback on our recent Covid-19 vaccination survey! We are happy to report that 98% of all respondents have been vaccinated. Your feedback on this survey enabled the Leisure Management team to make decisions about in-person programs and to determine safety protocols and procedures for those programs.

Your input on our surveys lead to better quality programs!

## A HUGE THANK YOU TO ALL OF OUR FUNDERS & DONORS!

## BLUEPRINT 4 Summer STD

The St. Louis Arc is honored to have received renewed support from BluePrint4Summer STL. The needed funding provided scholarship assistance to allow youth with limited financial ability to participate in our Neighborhood Experiences summer project.

Founded in 2015, Blueprint4SummerSTL is committed to helping youth succeed by connecting them to opportunities that develop their creativity, expand their education, and prepare them for career success.

#### A Big Thank You To Our Donors!

We couldn't do it without you! As we look forward to 2022, the St. Louis Arc would like to take this moment to thank you for your generous and continued support through the tough times in 2021. Your contributions enabled us to offer new virtual programs, provide a few in-person programs safely in the community and stay whole as a department. We cannot thank you enough for the emotional and financial support you gave the Leisure Department and most importantly the people we support. You definitely made a difference in all of our lives!

## PROGRAM REGISTATION REMINDER



Just a reminder to take advantage of our secure, online registration method to register for your winter 2022 programs. This option is not only the fastest way to register, it is also easy. All you need is internet access! We accept credit cards, and echeck payments. Please use the following link to complete your online registration.

https://slarc.formstack.com/forms/winterformstack

Due to safety reasons, we ask that no credit card or checking account information is sent to us via email.

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#### **TEEN & ADULT PROGRAMS**

## PLUG IN (ages 16 & older)

PLUG IN is an ESports video gaming league where you will compete against another player each week. All are welcome to play in the league, including your family and friends! The featured video game is Rocket League. To participate, you will need a PlayStation 4, Nintendo Switch, or an Xbox 1, and the ability to connect to the internet. You will get to participate in a tournament and the 1st place team will win a \$50 gift card. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Dates:Thursdays, March 3 - April 14, 2022Time:6:00 p.m. - 8:00 p.m.Location:A Zoom link and instructions will be sent to you prior to the start of the program.

PLAYING 1 V 1 COMPETITIVE ROCKET LEAGUE

Program Fee: \$60.00

### TEEN BOWLING (ages 13 & 20)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. The pay-at-the door fee covers warm up rounds, 2 bowling games, and shoes. Games can last anywhere from 1-1/2 hours to 2 hours depending on the speed of bowlers at each lane. This program requires all individuals to be vaccinated with the Covid-19 vaccination or show proof of negative test 48 hours prior to attending each weekend. For more information, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

Dates:	1st & 3rd Saturday of each month (February 5 - May 7, 2022)
Time:	9:00 a.m.
Location:	Sunset Lanes, 7777 Watson Rd. St. Louis, MO 63119
<b>Program Fee:</b>	\$35.00 plus \$10.00 pay-at-the door fee

## UKULELE CLUB (ages 16 & older)

Do you enjoy music? Do you have the desire to learn how to play an instrument? Join us for Ukulele Club! The Ukulele Club provides a great leisure opportunity while promoting social and fine motor skills. The club is led by a board certified music therapist. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates:Wednesdays, March 16 - May 4, 2022Times:Beginner Class - 5:30 p.m. - 6:15 p.m.Times:Advanced Class - 6:30 p.m. - 7:15 p.m.Location:St. Louis Arc, 1177 N. Warson Rd. St. Louis, MO 63132Program Fee:\$100.00



## VIRTUAL WEEKDAY FUN DAY (ages 16 & older)

Please join us for a night of fun during the week! We are excited to offer all kinds of fun from BINGO to virtual tours, movies, crafts, and even some cooking. All activities will be held virtually, so sit back and relax while you enjoy Weekday Fun Day with us! We are excited to have one of our favorite former staff, Kory Wagner to help lead our Fun Day events. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Dates:	Tuesdays, March 1 - April 5, 2022
Time:	7:00 p.m end times vary
Location:	A Zoom link and instructions will be sent prior to the start of the program
<b>Program Fee:</b>	\$35.00

St. Louis Arc Leisure Department 314-569-2211

## ADULT MUSIC (ages 18 & older)

Music classes are designed to provide a fun and supportive outlet for expressing yourself. To maximize the benefits of music for people of all abilities, we will provide smaller group sizes and more hands-on support. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Date:	Mondays, January 10 - April 4, 2022
	(No class on 1/17 due to MLK Day)
Time:	6:30 p.m 7:15 p.m.
Date:	Thursdays, January 13 - March 31, 2022
Time:	10:00 a.m 10:45 a.m.
	11:00 a.m 11:45 a.m. (Virtual option \$65.00)
Location:	St. Louis Arc Family Center, 1177 N. Warson Rd. St. Louis, MO 63132
	A Zoom link and instructions will be sent out prior to the start of the program for the virtual option.
<b>Program Fee:</b>	\$110.00 (In-person) or \$65.00 (Virtual)

## THE ARTIST IN YOU - In-person (ages 18 & older)

Explore your hidden artistic talents! Join our exciting art class which offers basic instruction in drawing, painting, and multimedia art. To maximize the benefits of the Artist in You program, we will provide smaller group sizes and more hands-on support. Program fee covers the cost of all art supplies. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Section 1.	Mondaya January 24 Fahryary 28 2022
Session 1:	Mondays, January 24 - February 28, 2022
Session 2:	Mondays, March 14 - April 18
Times:	6:30 p.m 8:30 p.m.
Location:	The Clayton Center, 50 Gay Avenue Clayton, MO 63105
<b>Program Fee:</b>	\$85.00 per session

## THE ARTIST IN YOU - Virtual (ages 18 & older)

Come join us for the virtual version of Artist in You! Program fee covers the cost of all art supplies. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Session 1: Wednesdays, January 26 - March 2, 2022 Session 2: Wednesdays, March 16 - April 20, 2022 6:30 p.m. - 7:15 p.m. Times: Location: A Zoom link and instructions will be sent prior to start of the virtual option. Program Fee: \$50.00

## **COOKING FOR COMFORT** (ages 18 & older)

Cooking for Comfort teaches participants how to prepare easy, delicious meals. Enjoy hands-on experiences, lead by an experienced cooking instructor. For more information, contact Dan Correll at dcorrell@slarc.org or 314-817-2227.

Location: St. Louis Arc Family Center, 1177 N. Warson Rd. Creve Coeur, MO 63132. A Zoom link will be sent out prior to the start of the program for the virtual option. **Program Fee:** \$50.00 per session (In-person) or \$35.00 (Virtual)

Session	I	Session	II	Session III	
Dates:	Mondays	Dates:	Mondays	Dates: Mondays	
	Jan. 24 - Feb 7, 2022		Feb. 21 - March.7, 2022	March 21 - April 4, 2022	
Time:	4:30 p.m 6:15 p.m. Or	Time:	4:30 p.m 6:15 p.m. Or	<b>Time:</b> 4:30 p.m 6:15 p.m. (In-person or Virtual) Or	
Time:	6:30 p.m 8:15 p.m.	Time:	6:30 p.m 8:15 p.m.	<b>Time:</b> 6:30 p.m 8:15 p.m.	
St. L	St. Louis Arc Leisure Department 314-569-2211 Page 4 Recreation Hotline 314-817-2244				







#### **ADULT PROGRAMS**

### YOGA & MEDITATION (ages 18 & older)

This Yoga class is designed to teach participants Yoga poses. Benefits of this class include increased flexibility and muscle strength, weight reduction, improved respiration, energy, vitality and an overall better quality of life. This class will be lead by a certified Yoga instructor. For more information, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

Dates:Tuesdays, February 1 - March 8, 2022Time:6:00 p.m. - 7:00 p.m.Location:St. Louis Arc Family Center, 1177 N. Warson Rd. St. Louis, MO 63132.<br/>A Zoom link will be sent out prior to the start of the program for the virtual option.Program Fee:\$75.00 per session (In-person) & \$50.00 (Virtual)

### 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.

## NEXT CHAPTER BOOK CLUB (ages 18 & older)

Book Club gives adults the opportunity to learn to read, talk about books, and make friends. Participants range from those who read well, to those who do not read at all. For more information, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

Dates:Thursdays, January 13 - April 14, 2022Times:6:00 p.m. - 7:00 p.m.Location:St. Louis Arc Family Center - 1177 N. Warson Rd. St. Louis, MO 63132Program Fee:\$25.00

## BOWLING LEAGUES (ages 18 & older)

Grab your bowling ball and shoes and let's hit the lanes for some bowling. Pay at the door fee covers warm up rounds, 2 bowling games, and shoes. Games can last anywhere from 1 1/2 hours to 2 hours depending on the speed of bowlers at each lane. This program requires that all individuals are vaccinated with the Covid-19 vaccination or show proof of negative test 48 hours prior to attending each weekend.

For more information on Saturday bowling leagues, contact Bri Reyes at 314-817-2250 or breyes@slarc.org. For more information on Wednesday bowling league, contact Dan Correll at 314-817-2227 or dcorrell@slarc.org.

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

BOWLERO	OLIVETTE LANES	SUNSET LANES	SUNSET LANES	OLIVETTE LANES
Saturday - 12:00 p.m.	Saturday - 10:00 a.m.	Saturday - 9:00 a.m.	Saturday- 3:00 p.m.	Wednesday- 10:00 a.m.
Jan. 29- May 14, 2022 (no program 4/16)	Jan. 29 - May 14, 2022 (no program 4/16)	1st & 3rd Saturday Feb. 5 - May 7, 2022 (no program 4/16)	2nd, 4th & 5th Saturday Jan. 29 - May 14, 2022	Jan. 26 - May 11, 2022
Bowlero	Olivette Lanes	Sunset Lanes	Sunset Lanes	Olivette Lanes
176 Four Seasons	9520 Olive Blvd.	7777 Watson Rd.	7777 Watson Rd.	9520 Olive Blvd.
Chesterfield, MO 63017	Olivette, MO 63132	St. Louis, MO 63119	St. Louis, MO 63119	Olivette, MO 63132

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Recreation Hotline 314-817-2244





## VIRTUAL DANCE CLUB (ages 18 & older)

Do you like to dance or socialize with friends? Join us virtually where you will enjoy the sounds of a great DJ as they spin the current hits, old favorites, and any requests. Be with friends, meet new people, and enjoy light refreshments. For more information, contact Clinton Hall at chall@slarc.org or 314-817-2293.

Dates:Saturdays, January 15, February 19, March 19, April 16, 2022Time:7:30 p.m. - 8:30 p.m.Locations:A Zoom link with instructions will be sent prior to<br/>the start of the program.

Program Fee: \$35.00



## ST. LOUIS SCENE (18 & older)

St. Louis Scene Meet Up offers a variety of recreational and leisure opportunities for adults to explore their community. Individuals receive a calendar of events every two months. Individuals will be joined by staff and volunteers who will meet at each fun and exciting event. For more information, contact Bri Reyes at breyes@slarc.org or 314-817-2250.

Dates:January - August 2022Time:Varies with eventLocation:Various locations in the Greater St. Louis Metro Area. For virtual events, a<br/>Zoom link will be sent out prior to the start of the program.Program Fee:\$35.00, plus event fees

#### SPECIAL PROGRAMS

## CREATIVE MUSIC MAKING (ages 18 & older)

Join members of the St. Louis Symphony Hall Orchestra and Maryville University's Music Therapy department for an amazing three day journey to create and perform an original piece of music.

Rehearsal Dates: Tentative - April 11 & 12, 2022

Performance Date: Tentative - April 13, 2022

For more information please contact Brianne Smith at bsmith@slarc.org or 314-817-2216.











## **Registration Deadline: December 20, 2021**

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Recreation Hotline 314-817-2244

#### **ADULT PROGRAMS**

### **REGISTRATION AND PROGRAM INFORMATION**

#### **Program Registration**

• Completely fill out both sides of the enclosed registration form. **Program fee(s) must accompany your registration.** Or you may use our online registration process to securely register and pay for programs by going to the click provided below

#### https://slarc.formstack.com/forms/winterformstack

• 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 start 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 page 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 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.

#### **St. Louis Arc Statement Regarding Virtual Zoom Programs**

When participating in virtual Zoom programs and using the Zoom link, you agree to hold harmless the St. Louis Arc and it's representatives, directors, agents, and employees from any and all claims, liability, damages and/or costs in connection with participating in this activity/service. You also agree to follow St. Louis Arc and program policies and procedures. If the host feels any conduct does not follow these standards, they have the right to mute or remove participants from the meeting.

#### **Additional Information**

- Rules of acceptance and participation in our programs are the same for everyone, without regard to race, color, gender, gender identity, sexual orientation, national origin, religion age, or ability.
- If you need accommodations to participate fully, please indicate your specific accommodations 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.
- All bowling participants must now be fully vaccinated with the Covid-19 vaccination or show proof of negative test 48 hours prior to attending each week.
- We are enforcing a mask mandate and social distancing for all in-person programming.



## **Networking Socials & Support Groups**

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! 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.



For the next meet up dates and to RSVP, join our Meetup group at: http://www.meetup.com/St-Louis-Arc-Community-Connections/

#### **Dads' Group:**

KEEP CALM Have a Dad's 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 Night Out! 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:

- $\Diamond$ The Leisure Endowment Fund - to make a permanent difference
- $\Diamond$ Sports Sponsorships - to help make the crowds go wild
- Summer Employment Programs to prepare youth for the future  $\Diamond$
- $\Diamond$ General Leisure Programs - to support the greatest need
- Camp Sponsorships to ensure memories with friends and family  $\Diamond$
- $\Diamond$ 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 John Taylor at 314-817-2240 or jtaylor@slarc.org.



#### Leisure Services Contact Information

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

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

Kara Huffman Coordinator 314-817-2249 khuffman@slarc.org

**Bri Reyes** Coordinator 314-817-2250 breyes@slarc.org

Jeanine Springer Leisure & Information Coordinator 314-817-2226 jspringer@slarc.org

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

**Stephanie Scott** Vice President sdscott@slarc.org

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



## Visit Our Website www.slarc.org



**VIP Funders** Leisure Services is funded partially by program fees, United Way United of Greater St. Louis, Productive Living Board, Developmental Disability Resources and private donations.



**Greater St. Louis** 

Follow us on Instagram & twitter

St. Louis Arc Leisure Department 314-569-2211 Page 8 Like us on Facebook



## **St. Louis Arc Participant Profile**

Please complete both sides of this registration form.

Participa	nt Name			Date of I	Birth		Social Sec	urity Nun	nber	
Street A	ddress		City				State	Zip	Code	
Preferre	d phone	Phone type	Preferred 2nd phone	Ph	ione type	Please lis Primary:	st all email addresses to rea			
Participa	nt's legal guardian					Secondar	ry:			
Participa	nt's Employer					Additiona	ıl.			
	Gender		Are you a residen	t of:		, luuriona			<u>.</u>	
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	Other		St. Charles Coun		Jefferson Co		No. of Depen	dents:		_
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2	Independen	ntlv	Nursing Home				ip Home			
_		Supported Living	Habilitation Center							
			Trabilitation Ochici				er			
	When did disab	ility manifest itself?	Prior to age 19	Prior to	age 22		Participant's Race:			
	Participant's Dia	agnosis:					Asian		Cauca	asian
	Intellectual	Disability	Learning Disability			4	Black		Native	e American
	Autism Spe	ctrum Disorder	Traumatic Brain Injury			-	<b>Bi-Racial</b>		Hispa	nic
	Seizure Dis	order	Other				Other			
3	Cerebral Pa	alsy					Please complete the fol			
U	If "Other" diagno functional limitat	osis or "Learning Disab tions in two or more of	ility" is checked, select th the following areas of ma	ne substai ajor life ac	ntial ctivities:		client of the Departmen			r you are a
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	Address		City	State	ZIP					
2	Employer					(	(Area Code) Work Phone N	umper		
							(Area Code) Cell Phone N	umber		
5	E-mail		Pal	acco and	Agreement	Statamont				
St Louis JRE	or its agents of emp	that might happen to the	elected by the program dir at my expense. By signing tion, its agents and employ participant and from any dar	ector to ho g, I give p ees, and a	ospitalize, se ermission to agree to holo	ecure prope the St. Lo tit and ther	r treatment for, and to orcous Arc to release my per m harmless from any and o any person(s) or property	while in t	on, anesthes formation to y arising out the care of th are an Arc re	e Association
	Signature of Par	rticipant	Date ographs and/or videotape fo	0	of Parent or er, radio, we		Date	have a	signed rele nent record,	ase in your
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#### Participant's Name

Participant's Name:		
Teen & Adult	Programs	PROGRAM FEES
PLUG IN	Program Fee: \$60.00	
TEEN BOWLING	Program Fee: \$35.00	ר
UKULELE	Program Fee: \$100.00	
Beginner 5:30 p.m.	Advanced 6:30 p.m.	
	Program Fee: \$35.00	
Adult Pro	grans	
Program For ADULT MUSIC - Mond (6:30 p.m 7:15 p.m.)	ee Per Session: \$110.00 ays (In-person)	
-	ion: \$110.00 (In-person) \$65.00 (Virtual)	
ADULT MUSIC - Thursdays		-
10:00 a.m. (In-person)	11:00 a.m. (Virtual)	
Program I THE ARTIST IN YOU (In-pe	Fee Per Session: \$85.00 rson)	
Session I	Session II	
Program	Fee Per Session: \$50.00	
THE ARTIST IN YOU (Virtu	al)	
Session I	Session II	
Program Fee Per S	ession: \$50.00 In-Person \$35.00 Virtual	
Session I		
4:30 p.m. (In-Person)	6:30 p.m. (In-Person)	
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4:30 p.m. (In-Person)	6:30 p.m. (In-Person)	<u></u>
Session III		
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	6:30 p.m. (In-Person)	,.
ONLINE PAY	<b>MENT PROCESS:</b> for programs, click the I	ink below:
https://slarc.formstack.		
	JRN FORM AND FEES	
	/	

St. Louis Arc/Leisure Services Attention: Accounts Receivable 1177 N.Warson Rd. St. Louis, MO 63132

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



Adult Pi	rograms	PROGRA FEES
Program fee: \$7	5.00 In-Person \$50.00	Virtual
YOGA & MEDITATION		
In-Person	Virtual	
BOOK CLUB	Program Fee:	\$25.00
BOWLING LEAGUES - Sa	Program Fee: turdav	\$35.00
Sunset Bowl AM	Olivette Lanes A	
	Bowlero AM	
Sunset Bowl PM		\$25.00
	Program Fee:	<b>\$33.00</b>
BOWLING LEAGUE	- Wednesdays	
Olivette Lanes		
VIRTUAL DANCE	Program Fee:	\$35.00
If you registered & paid in need to register at this time		
ST. LOUIS SCENE September - August	Program Fee:	\$35.00
If you registered & paid in S need to register at this time		
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For	Office Use Only	
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## **Registration Deadline: December 20, 2021**