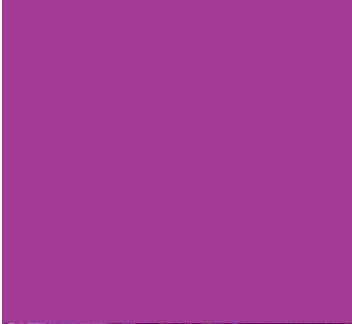




Activity Guide

Summer 2025



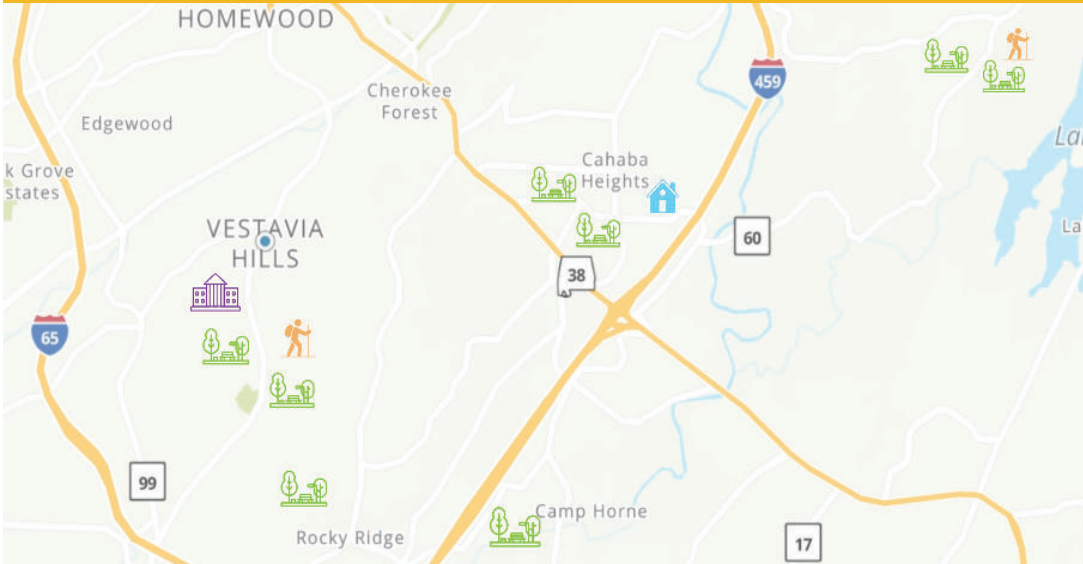


Exciting New Additions at Altadena Valley Park!

Altadena Valley Park has truly blossomed into a beloved community treasure since the Nall family generously donated it to the City of Vestavia Hills in 2015. Once home to the Altadena Valley Country Club, this stunning 77-acre park along the Cahaba River is being transformed into a vibrant green space for everyone to enjoy.

We're excited to share that a brand-new playground and outdoor fitness station have just been added, thanks to the support of Innovate Alabama, the Jefferson County Commission, and Representative Mike Shaw. Looking ahead, we have some fantastic plans in the works, including a canoe launch, expanded trails, an archery range, and a disc golf course! The City of Vestavia Hills is teaming up with various organizations to bring these ideas to life, ensuring that Altadena Valley Park remains a peaceful and welcoming spot for residents and visitors to enjoy for years to come.





Civic Center



New Merkel
House



Public Park



Walking Trails

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!

Youth & Adult Recreation

Register, check scores and review schedules online at
<https://teamsideline.com/sites/vhparksandrec>



Youth Recreation

Flag Football

Registration: 5/1-7/25

Fees: TBD

Volleyball

Registration: 5/1-7/25

Fees: \$140 residents/\$190 non-residents

Football

Registration: 4/1-5/16

Fees: \$350-\$375 per player

Flag Football

Registration: 8/12-9/3

Fees: \$460

Miracle League

Registration: 7/22-8/23

Fees: \$30 per player

Soccer

Registration: 7/23-8/7

Fees: \$1600 per team

Softball

Registration: 7/28-8/24

Fees: TBD

Softball

Registration: 7/13-8/3

Fees: \$350

Volleyball

Registration: 5/6-5/28

Fees: \$350

Civic Center Programs

Fit & Fun

Fit & Fun is a low-impact workout combines gentle movements, stretching, and light cardio to improve flexibility, balance, and overall fitness.

Free for VHCC members.

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.

Summer Camps & Tournaments

Youth Softball Camp

6/9-6/11

Wald Park

Braves Country Baseball All-Star State Tournament

6/12-6/14

Liberty Park



**Call 205.978.0166 to sign up for
Vestavia Hills Civic Center programs TODAY!**

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, Tuesday & 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!

MahJong Open Free Play – EVERY Wednesday, 9am-12pm

Show off your MahJong skills every Wednesday morning from 9am-12pm at the Vestavia Hills Civic Center! Grab your friends and join us for a fun and engaging game. We can't wait to see you there!

Senior Luncheon – May 12, 12pm

Enjoy a delicious lunch at the Civic Center with entertainment by the Seasoned Performers! The cost is \$8 per person.

Barons Game Trip – May 14, 10am

Let us take you out to the ballgame to see the Barons vs Chattanooga Lookouts! \$14 per person. Transportation provided; meet at the Civic Center at 10am.

ASO Coffee Concert: Tchaikovsky – May 16, 9am

Join us for a trip to the Alys Stephens Center to see the Alabama Symphony Orchestra perform Tchaikovsky's Symphony No. 5! Lunch at the Paw Paw Patch after the concert. Transportation is provided. Meet at the Civic Center at 9am.



Lunch Bunch & Trip: Cullman, AL – May 29, 8:30am

Enjoy a trip to the Ave Maria Grotto in Cullman, AL. \$7 per person. Meet at the Vestavia Hills Civic Center at 8:30am. Transportation provided. Must register by Friday, May 16!

Senior Luncheon – June 9, 12pm

Enjoy our indoor picnic at the Civic Center with entertainment by the Kool Kats! The cost is \$8 per person. Bring your friends for an afternoon of fun!

Lunch Bunch & Trip: Fort Payne– June 19, 8am

Enjoy a trip to the Alabama Fan Club & Museum and Little River Canyon Center with lunch at Vintage 1889. Meet at the Vestavia Hills Civic Center at 8am. Transportation provided.

Senior Luncheon – July 14, 12pm

Enjoy a delicious lunch at the Civic Center and then beat the heat with an afternoon of summer-themed games and treats! The cost is \$8 per person.

Lunch Bunch & Trip: Tuscumbia – July 17, 8am

Enjoy a visit to the Alabama Music Hall of Fame and lunch at the historic Rattlesnake Saloon. \$12 per person. Meet at the Vestavia Hills Civic Center at 8am. Transportation provided.

Senior Luncheon – August 11, 12pm

You'll be buzzing with excitement over this fascinating guest speaker! Enjoy a delicious lunch at the Civic Center with entertainment and LIVE demonstrations by local bee keeper, Jeff Lisenby! The cost is \$8 per person.

National Senior Day Celebration – August 21, 4-7pm

Join us on Thursday, August 21, to celebrate National Senior Day! This special event will feature live music by Razz Ma Tazz, inspiring guest speaker Bobby Humphrey, delicious hors d'oeuvres, and a chance to connect with both old and new friends. Explore vendor booths showcasing local services and products designed for seniors. We can't wait to celebrate with you!

Fit & Fun – EVERY Monday & Wednesday, 7:15am

Fit & Fun is perfect for seniors and beginners! This low-impact workout combines gentle movements, stretching, and light cardio to improve flexibility, balance, and overall fitness. All fitness levels are welcome! Located in the Liberty Room at the Civic Center! Free for VHCC members!

Senior Programming



District Masters Games Happening this Summer!

The Masters Games of Alabama is an organization that offers competitive events for Alabama residents aged 50 and older. As a non-profit organization, it is dedicated to promoting healthy lifestyles through social, mental, and physical activities.

Previous years have featured a variety of activities, including Nerfball, Frisbee Throw, Rook, Dominoes, Table Tennis, Cornhole, and much more! While the games create an Olympic-like atmosphere, the emphasis is on fun and fellowship rather than competition.

Each year, between 600 to 800 participants from across the state take part in the State Games, which will be held October 6-9. The qualifying District Masters Games will take place July 8-9. Be sure to follow our social media for updates on the dates and locations of the District Games and learn how you can participate!



Bingocize

Bingocize is a new 10-week program at New Merkel House that combines exercise and health information with the familiar game of Bingo. Each session usually lasts 45-60 minutes.

Dates:

April 17, 21, 24

May 8, 15, 29

June 2, 5





2025

Swim Season

at the 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!



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!



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 to register and secure your membership today!

Membership Rates

Plan Options	Civic Center Only Annual Membership	Aquatic Complex/ Civic Center Combo
Individual	\$135	\$220
Family	\$300	\$530
Active Adult (55+)	\$100	\$135
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 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.

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

Superintendent I - Seniors & Programming

Sandi Wilson, 205.978.0163, swilson@vhal.org

Civic Center Events Manager

Melinda Burnett, 205.978.0153, mburnett@vhal.org

New Merkel House Senior Center Manager

Melanie Perry, 205.967.5977, mperry@vhal.org

Athletic Coordinators

All Athletic Coordinators can be reached at 205.978.0166.

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

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://www.instagram.com/VHParks_Rec)



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