



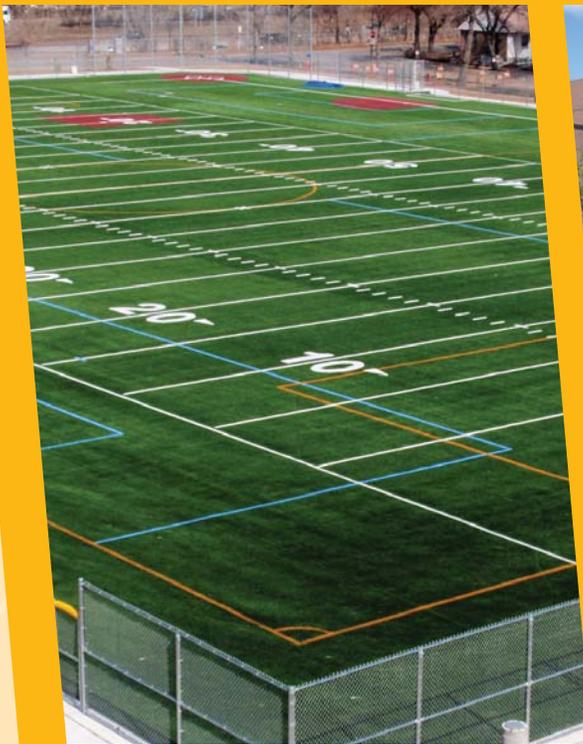
Oxford Community Center

Jimmy Lee Recreation Center • Great River Water Park

270 Lexington Parkway North • Saint Paul, MN 55104

Phone: 651-642-0650

2012 Fall Program



Building Hours:

Mondays–Fridays	6:30 a.m. – 9:00 p.m.
Saturdays	7:00 a.m. – 7:00 p.m.
Sundays	11:00 a.m. – 5:00 p.m.

See inside cover for Holiday Hours & Closings



www.stpaul.gov/parks



facebook.com/stpaulparks



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



check in to Saint Paul Parks
on foursquare

Welcome to Oxford Community Center

Helping to Make Saint Paul the Most Livable City in America

Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



www.stpaul.gov/parks

This program is subject to change due to citywide or local special events.

General Parks and Recreation Information	651-266-6400
Parkwatch	651-646-3535
Seasonal & Part-time Employment	651-266-6466
Volunteer Hotline	651-266-6464
Environmental Program Volunteer Hotline	651-266-6458

An Affirmative Action Equal Opportunity Employer

Administration

Director:	Mike Hahm, CPRP
Deputy Director:	Kathy Korum
Manager of Recreation Services:	Gwen Peterson
Central Area Coordinator:	Ron Hauth
Oxford Community Center Facility Manager:	Dan Berchem, CPRP
Jimmy Lee Recreation Center Recreation Director:	Victor Mister
Great River Water Park Aquatics Facility Supervisor:	Adam Zirzow

Holiday Hours – Oxford Community Center

Monday, September 3	Labor Day	CLOSED
Thursday, November 22	Thanksgiving Day	CLOSED
Friday, November 23	Thanksgiving Holiday	11:00AM – 5:00PM
Monday, December 24	Christmas Eve	CLOSED
Tuesday, December 25	Christmas Day	CLOSED
Monday, December 31	New Year's Eve	11:00AM – 5:00PM
Tuesday, January 1	New Year's Day	11:00AM – 5:00PM

Thank You to Our Volunteers

A special thanks to all of the volunteers who coached sports or assisted with one of the many special events. Without volunteers like you, our programs would not be possible.

Volunteers Needed

Share your time and interests with Saint Paul Parks & Recreation as a volunteer. Opportunities for coaching, teaching classes or assisting with special events are available. For more information on volunteering, contact your local recreation center. Thank you in advance for your interest.

Registration Information

Most activities and special events have limited space and are filled on a first-come, first-served basis. Individuals with special needs or disabilities are invited to participate in all recreation center programs. If the disability requires special services, please call for more information. Please register at least three weeks in advance of the class to allow for arrangements of accommodations. Individuals who are deaf/hearing impaired may contact any of the area recreation centers through the 711 voice-relay system.

Ways to Register

• Online Registration

Register at www.stpaul.gov/parks with a valid credit card. Click on "Register for Programs" under Quick Links. Visa, MasterCard, Discover, & American Express cards are accepted.

• In Person

Walk-in registration is accepted during building hours. Cash or credit card accepted.

• Phone In

Registrations are accepted with a valid credit card. Call any of the Recreation Centers to register.

No Confirmations

Assume the activity will be held at the time and place indicated unless you are notified otherwise.

Fees & Refunds

Cash and credit cards (VISA, Mastercard, Discover, & American Express) are accepted. All refunds are subject to a \$10 administration charge unless the program is cancelled. To request a refund, contact the Recreation Center Staff.

Registration is complete when the fee is paid.

Facility Rental Opportunities

Do you need space for a birthday party, anniversary, group meeting or work gathering? Saint Paul Parks and Recreation has a wide variety of spaces available for rent. Spaces such as multi-purpose rooms, gymnasiums, kitchens, softball fields, and more are all available at reasonable rates. Contact any Recreation Center for more information.

Photography & Video Recordings

Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the facility staff.

Minnesota Data Privacy Act

In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you, the Parks and Recreation staff, and volunteers who need the information to perform their duties – not the public.

PRESCHOOL AGE

YOUTH

Dance: Hip Hop – Creative Expression

Instructor: Patag Xiong

This class will introduce participants to the elements of Hip Hop dance through the use of various creative movement activities.

ACTIVITY #: 4966

DAY: Sat DATE: Sept 29 TIME: 11:15-Noon
 FEE: \$25 AGES: 3-5 SESSIONS: 5

ACTIVITY #: 5494

DAY: Sat DATE: Nov 3 TIME: 11:15-Noon
 FEE: \$25 AGES: 3-5 SESSIONS: 5

No class will be held Nov 24

Parent & Tot Play Time

This unstructured drop-in time is for parents or day-care providers and their children to play in the gym. Tumbling mats, small slides, small wheeled bikes, scooters and balls will be available. Equipment varies from site to site. Children must be 5 years or younger and supervised by an adult at all times. This program is free at all sites unless otherwise indicated. Session: Sept. through June.

DAY: Mon/Thur DATE: Sept 10 TIME: 10-11:30am

Tumbling I

Instructor: Sara Kelly

Basic tumbling skills will be taught including forward and backward rolls, bridges, cartwheels, headstands, flexibility and balance.

ACTIVITY #: 10885

DAY: Sat DATE: Sept 29 TIME: 9-9:45am
 FEE: \$25 AGES: 3-5 SESSIONS: 5

ACTIVITY #: 10886

DAY: Sat DATE: Nov 3 TIME: 9-9:45am
 FEE: \$25 AGES: 3-5 SESSIONS: 5



Computer: Video Game Creation – Nintendo Characters

Instructor: Computer Explorers

Create your own customized video game using Nintendo characters. Program your characters to move and interact with one another. Participants will learn to change backgrounds, add audio effects, create a pong game and other games. Working in pairs, participants will create a dynamic video animation game using Scratch, the innovative programming language created just for students by the MIT Media Lab. Participants will be able to use different Nintendo characters such as: Pokémon, Super Mario Brother, Lego Star Wars, Sonic the Hedgehog to create their video game animations. Games will be available online or participants can bring in a USB drive on the last day.

ACTIVITY #: 5661

DAY: Fri DATE: Nov 2 TIME: 9am-Noon
 FEE: \$35 AGES: 6-11 SESSIONS: 1

Dance: Hip Hop

Instructor: PaTag Xiong

Students will learn basic dance moves in the styles of break dancing, popping, and ground work moves. You will also learn how to choreograph dance steps. This will be a high energy, fun class!

ACTIVITY #: 4976

DAY: Sat DATE: Sept 29 TIME: Noon-1pm
 FEE: \$35 AGES: 6-8 SESSIONS: 5

ACTIVITY #: 4978

DAY: Sat DATE: Sept 29 TIME: 1-2pm
 FEE: \$35 AGES: 9-12 SESSIONS: 5

ACTIVITY #: 5659

DAY: Sat DATE: Sept 29 TIME: 2-3pm
 FEE: \$35 AGES: 12-15 SESSIONS: 5

ACTIVITY #: 4977

DAY: Sat DATE: Nov 3 TIME: Noon-1pm
 FEE: \$35 AGES: 6-8 SESSIONS: 5

ACTIVITY #: 4979

DAY: Sat DATE: Nov 3 TIME: 1-2pm
 FEE: \$35 AGES: 9-12 SESSIONS: 5

ACTIVITY #: 5660

DAY: Sat DATE: Nov 3 TIME: 2-3pm
 FEE: \$35 AGES: 12-15 SESSIONS: 5

Tumbling

Instructor: Sara Kelly

Basic tumbling skills will be taught including forward and backward rolls, bridges, cartwheels, headstands, flexibility and balance.

ACTIVITY #: 4967

DAY: Sat DATE: Sept 29 TIME: 10-11am
 FEE: \$30 AGES: 6-8 SESSIONS: 5

ACTIVITY #: 4968

DAY: Sat DATE: Nov 3 TIME: 10-11am
 FEE: \$30 AGES: 6-8 SESSIONS: 5

Youth Sports

Parks & Recreation is committed to providing quality athletic programming for youth of all ages and abilities. Our program is built on the principles of fair play, good sportsmanship and respect for one's self and one's opponent.

To Register: All participants must either live in Saint Paul or attend a public, private or charter school in Saint Paul.

- Registrations are taken at the recreation centers or online at www.stpaul.gov/parks
- Participants must provide a copy of a birth certificate or proof-of-age document at the time of registration
- Non-residents must show proof of enrollment in a Saint Paul school for the current school year
- All participants must comply with all other requirements such as age guidelines
- Fee is due at the time of registration
- Late registrations may be charged a late fee
- Call your local recreation center for more information

Registering for a sport at a center, does not guarantee a child will play at that center. When a center does not have enough players to make a team, every effort is made to place players at the closest center with a team. Also, due to limited field space and/or gym space there are times when teams must travel to another site to practice.

Winter Sports Registration

• • • • • **OCTOBER 8-19** • • • • •

Late registration will be taken if roster space is available

Basketball: Ages 5-6, 7-8, 9-10, 11-12, 13-14 & 15-18





SPROCKETS

Find out what moves you

Saint Paul's Out-Of-School Time Network

Need something to do after school?

Sprockets can help!

Get connected to fun activities near your home or school by searching our website:

www.sprocketssaintpaul.org

READ READ READ READ READ READ READ READ READ



**SAINT PAUL
PUBLIC
LIBRARY**

When it's time to go back to school or back to work, the Saint Paul Public Library is here for you. The library has books, computers, job counselors and staff ready to connect you with homework help, as well as job, career and small business resources. Call 651-266-7000 today to learn more or visit us online at www.sppl.org.

READ READ READ READ READ READ READ READ READ

TEEN

Open Gym

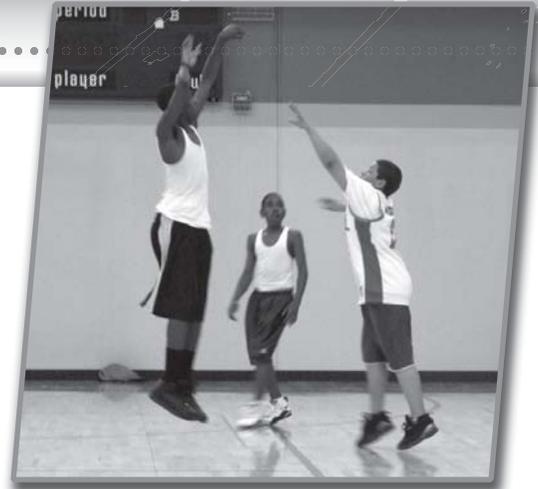
Open gym space for all teens, ages 13-18, to participate in basketball, volleyball or dodge ball. Must show school ID to participate in program. Free. Starts the week of Sept 10.

DAY: Mon-Fri

TIME: 2:30-8pm (LOFT)

DAY: Thur

TIME: 5:30-8:30pm (Ladies Night) (LOFT)



THE CANVAS

Hancock Rec Center
1610 W. Hubbard Ave, 55104
651-298-4393

Committed to youth leadership, engaging arts programs and community-building, the Canvas offers FREE workshops, open mic nights, materials and support for young writers, dancers, visual artists, photography, spoken word, performers and artists of all kinds. The Canvas is a youth-run space that provides art workshops and opportunities for young adults (ages 13-19).

Call 651-298-4393, email canvas651@gmail.com or visit www.canvas651.com for summer art opportunities.

Visit our Facebook page for the most up-to-date information on events, workshops and other opportunities at the Canvas: www.facebook.com/canvas651

OPEN
Monday-Thursday, 3:30-8pm

Teen Zone Teen Center

1022 Marion St • 651-558-2391

Ages 13-18

The Teen Zone is a dedicated space for teens to come and hang out. The center features a welcome area with high top cafe tables; dance room equipped with stereo and mirrors, game room with billiards, ping-pong and foosball table; a kitchen and commons area; 2 computer labs and a lounge for social activities with games and entertainment center. We offer a variety of activities such as: cooking classes, leadership groups, game tournaments, open gym time, pick-up games of team sports, homework help and opportunities for youth to fulfill community service requirements.

A great place to meet with your friends or meet new friends.

OPEN
Monday - Friday 3-8pm
&
Saturday 1-6pm
(1st & 3rd Sat of the month)

TEEN

TEEN

TEEN

TEEN

Summit University Teen Center, Inc.'s

Fall Schedule 2012

*If you are between the ages of 13-19 ...
Come join us, you can have the
opportunity to learn new things &
earn money \$\$\$ at the same time!!!*



Youth Leadership Training Program:

Learn about self-esteem, relationship building, leadership styles, career development, personal hygiene, & much more.

For more information please contact MICHAEL.

Adolescent Pregnancy Prevention Program (A.P.P):

In this program you will learn about abstinence, birth control methods, sexually transmitted diseases, (STI's/STD's), self-esteem, puberty, & other teen related issues.

For more information please contact OUR STAFF.

Teens Choosing Healthy Options Program & Services (T.C.-HOPS):

This is a program that was designed for African American Teen Parents or expecting parents. In this program you will receive the opportunity to be involved in activities for you and your child(ren), free transportation & childcare, parenting education, snacks, shopping trips, gift cards, and much more.

For more information please contact KIRSTEN.

Youth Employment Program:

You will receive on-the-job-training while working with teens your age and learning job seeking and keeping skills. You will learn how to properly fill out a job application, create your own resume and much, much more!!!

For more information please contact OUR STAFF.

Teen Nite Basketball:

(Will run continuously year round)

Come prepared to play, please have your sweats/shorts and an extra pair of gym shoes (required, no street shoes on the floor) and come and get your hoop on!!!

Boys:

Monday, Tuesday, & Wednesday 5:00-8:30 p.m.

Girls: Thursday 5:00-8:30 p.m.

The Loft / Jimmy Lee

1063 Iglehart Avenue • Saint Paul, MN 55104
651-644-3311

FAMILY

FAMILY SPECIAL EVENTS

Ward One Winter Beach Party!

Join us on Saturday, December 22, from 2:00-6:00 p.m. for the fourth annual Ward 1 Winter Beach Party. This event is being hosted by Councilmember Melvin Carter, in conjunction with Saint Paul Parks & Recreation and other community partners. The event will include free admission to the Great River Water Park, various activities and demonstrations, community resource information, food and prizes!

ADULT SPORTS

Municipal Athletics offers a wide variety of adult intramural athletic leagues for men & women including:

- Fall Softball
- Touch Football
- Fall Volleyball
- Basketball
- Boot Hockey
- Broomball
- Spring/Summer Softball
- Men's Amateur Baseball

For more information, contact Municipal Athletics at 651-558-2255 or visit their website at www.stpaul.gov/parks. Then click on Athletics.

TEEN

TEEN

FAMILY

FAMILY

ADULT

Dance: Soul Line Dance

Instructor: Tina Jackson

This class is similar to country line dance, but you will dance to R & B music, adding a lot more "soul" to your dance steps! A fun way to get a workout! This class is for beginning and intermediate level dancers.

ACTIVITY #: 10868

DAY: Tue DATE: Sept 4 TIME: 6:30-8:30pm
FEE: \$5/session SESSIONS: Ongoing

Open Gym: Adults

25 years plus ID required

DAY: Mon DATE: Sept 10 TIME: 6-8pm
FEE: Free SESSIONS: 8

40 years plus ID required

DAY: Tue DATE: Sept 11 TIME: 6-8pm
FEE: Free SESSIONS: 9

50 years plus ID required

DAY: Wed DATE: Sept 12 TIME: 5:30-7:30pm
FEE: Free SESSIONS: 9

Sports: Pickleball – Open

Pickleball is a game played by all ages on a badminton court with net lowered to 34" at the center. It is played with a ball similar to a wiffle ball and wood or composite paddles. It's easy for beginners to learn and can develop into a fast paced, addictive game! www.usapa.org

DAY: Wed DATE: Sept 12 TIME: 11am-1pm
FEE: \$2/session SESSIONS: Ongoing

Sports: Volleyball

DAY: Thur DATE: Sept 13 TIME: 7-8:45pm
FEE: \$2/session SESSIONS: 8

ADULTS 50+

Fitness: Kickball

Instructor: Laina Stensvold

Whether you're rediscovering a favorite pastime or stepping onto the field for the first time, you'll enjoy this classic play-ground game. Kick, run, and have fun! Groups, individuals, men, women, experts and novices are all welcome!

ACTIVITY #: 10982

DAY: Thurs DATE: Sept 13 TIME: 10-11:30am
FEE: \$12, drop-in fee: \$3/session SESSIONS: 6

Sports: Badminton

Bring your own racquet or use one of ours.

DAY: Wed DATE: Sept 12 TIME: 9:30 – 11am
FEE: \$1 SESSIONS: Ongoing

Sports: Basketball Open Gym

This is scheduled open gym time to play pick up, shoot around or create a league if there is enough interest.

DAY: Wed DATE: Sept 5 TIME: 5:30-7:30pm
FEE: Free SESSIONS: 8



Fitness Package

A yearly membership is being offered to Saint Paul residents and adults who work in Saint Paul. This package will give you access to Recreation Center Fitness Rooms and Walking Tracks.

FEE: \$30/year or
\$3/day for fitness room
\$1/day for walking track

Register in person at any of the centers listed (see table) to purchase your Fitness Center & Walking Track annual membership (includes a Photo ID).

Non-city residents must verify their employer and employment address at registration.

**Non-City Residents
Fitness Package: \$60/year**

Center	Phone #	Fitness Room	Walking Track (indoor)	Showers
Battle Creek	651-501-6347	✓		✓
Conway	651-501-6343	✓		✓
Dayton's Bluff	651-793-3885	✓		
Edgumbe	651-695-3711	✓		✓
Hillcrest	651-695-3706	✓	✓	✓
Oxford / Jimmy Lee	651-642-0650	✓	✓	✓
Linwood	651-298-5660	✓		✓
Martin Luther King	651-290-8695	✓		✓
North Dale	651-558-2329	✓	✓	
Wellstone / El Rio Vista	651-789-2500	✓	✓	✓

ADULT / SENIOR FITNESS

Aerobics: Water

Great River Water Park 651-642-0650

See Aquatics Section for more information.

Aerobics: Zumba

Instructor: Prashanth Sreekumaran Nair

Zumba is an aerobic program that fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. No dance experience necessary. No class Nov 22.

ACTIVITY #: 5667

DAY: Thur

DATE: Sept 6

TIME: 6-7pm

FEE: \$70, drop-in fee: \$6/session

SESSIONS: 14

Dance:

Belly Dance/Latin Rhythms

Instructor: Berymar Peroza de Funk

Indulge yourself in the mystic experience of Belly Dance combined with Latin Rhythms. You will learn the basic steps of Belly Dance. By the end of the session you will be able to perform an easy choreography along with your peers! This class offers a good cardio workout and is a fantastic way to exercise, lose weight and have fun! No previous experience necessary.

ACTIVITY #: 11053

DAY: Mon

DATE: Sept 10

TIME: 6-7 pm

FEE: \$48 or drop-in fee: \$6/session

SESSIONS: 10

EnhanceFitness®

Instructor: Melissa Philibert

EnhanceFitness® is lively, interactive and fun. Designed for older adults, this class features cardiovascular conditioning, strength training, and balance routines that help improve flexibility, bone density and stability. Participants work at their own pace. This program is free for UCare members, aged 65 and older. Members must present their UCare card in person at the center.

DAY: Tue/Thur

DATE: Sept 4

TIME: 11am-Noon

FEE: \$1/session

SESSIONS: Ongoing

Senior Walking

Seniors, ages 55 and up, can use the gym or walking track for free.

DAY: Mon/Wed/Fri TIME: 9am-1pm

Yoga: No Fear

Instructor: Michelle Bradley

This class will demystify this fun and healthy exercise practice. Using the Vinyasa flow style of yoga, this class combines moving meditation with core strength and balance to build a solid practice that can last a lifetime. You will move within your own comfort zone, building strength with each class. You will learn poses, increase flexibility and gain confidence in a supportive, fun environment.

ACTIVITY #: 5623

DAY: Tue

DATE: Sept 11

TIME: 6:30-7:30pm

FEE: \$70 or drop-in fee: \$6/session

SESSIONS: 14



Yoga: Power

Instructor: Kelly Byrd

This dynamic class combines Vinyasa flow yoga with muscle sculpting for a unique and fun workout. This vigorous, challenging and centering class incorporates sun salutations, balancing, muscle strengthening, hip-opening, as well as core and spine strengthening postures. Open to all levels. Bring a yoga mat, towel and water bottle. * No class Nov. 21

ACTIVITY #: 6818

DAY: Wed

DATE: Sept 12

TIME: 5:15-6:15p

FEE: \$65 or drop-in fee: \$6/session

SESSIONS: 13

Yoga: Vinyasa (Beginning)

Instructor: Susan Schwartz

Vinyasa Yoga is a style of yoga which focuses on core strength, balance and flow to build a solid practice based on strength and spirit. Vinyasa Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance and intention. This class will move at a slow and gentle pace.

ACTIVITY #: 10870

DAY: Mon

DATE: Sept 10

TIME: 9-10am

FEE: \$75 or drop-in fee: \$6/session

SESSIONS: 15

Yoga: Vinyasa (Continuing)

Instructor: Susan Schwartz

Same class description as the Vinyasa beginning class, however, this will be taught at the continuing level. Although you may join the class without any prior yoga experience, this class will be taught at a faster pace and a more challenging style. Modifications will be offered as needed in a relaxed, supportive and non-competitive environment. Effort will be made to connect breath with movement to create a moving meditation which quiets the mind and soothes the soul.

ACTIVITY #: 5626

DAY: Wed

DATE: Sept 5

TIME: 10-11am

FEE: \$79 or \$6/session

SESSIONS: 16

Yoga: Vinyasa Flow

Instructor: Melissa Schoeller

This class will focus on alignment, breathing and vinyasas as well as covering yoga poses and their variations in detail. Participants will explore longer holds and flowing sequences to increase overall strength, balance and flexibility. Open to all levels.

ACTIVITY #: 10871

DAY: Mon

DATE: Sept 10

TIME: 7-8pm

FEE: \$70 or drop-in fee: \$6/session

SESSIONS: 14

Weekly Senior Groups

There may be a fee for some activities.

For further information about any of these programs, call the number listed for the recreation center.

RECREATION CENTER	PHONE	DAY	TIMES	ACTIVITIES OFFERED
Battle Creek 75 S. Winthrop	651-501-6347	Mon/Wed Tue/Thur Tue Wed Thur Fri	9am–Noon 9:30–11:30am 12:30–3:30pm 1–3pm 9am–Noon 9:30–11:30am	Dice, Darts, Cards, Pickleball Walking, Pickleball Cards, 500 Volleyball TOPS, Pickleball Pickleball
Conway 2090 Conway				Call Harding Community Ed 651-293-8733
Dayton's Bluff 800 Conway	651-793-3885	Fri	Noon–4pm	Cards, 500
El Rio Vista 179 E. Robie	651-789-2500	Tue Mon–Fri	9am–Noon 9:30–11am	Cards, Gym Activities, Special Events Walking Track
Hancock 1610 Hubbard	651-298-4393	Thur	1–4pm	Cards & Snacks
Hillcrest 1978 Ford Parkway	651-695-3706	Mon Tue Mon–Fri Fri	1–3pm 9am–Noon 9–10am 9–11am	Movies Bridge & Social Walking Track Pickleball
Jimmy Lee 270 N. Lexington Pkwy	651-642-0650	Wed Mon/Wed/Fri	9am–Noon 9am–1pm	Computer Lab, Chicken Foot, Gym Activities, Special Events Walking Track
Linwood 860 St. Clair	651-298-5660	Mon–Fri Mon/Thur Tue/Thur Fri	7–9am Noon–3pm 9:15–10:15am 1:15pm	Walking Cards 55+ Fitness Class Yoga
Martin Luther King 271 Mackubin	651-290-8695	3rd Thur	10am–1pm	Health Topics, Free Healthy Lunch Served
McDonough 1544 Timberlake Rd	651-558-2171	Thur	10am–Noon	Exercise, games, & field trips (in Hmong)
Merriam Park 2000 St. Anthony	651-645-0349	Mon–Thur Fri	8am–5pm 8am–4pm	Call Keystone Senior Programs 651-645-0349
North Dale 1414 N. St. Albans	651-558-2329	Mon Mon–Thur Tue/Thur/Sat Wed Wed Thur Fri	12:15–1:15pm 8–11am 9–10am 10am–12:30pm Noon–3pm 10am–3pm 11:30am–3:30pm	Exercise Walking Track EnhanceFitness® 500 Canasta – Hand & Foot Cards, Greedy, Cribbage Competitive 500
Northwest Como 1550 N. Hamline	651-298-5813	Tue	1–3pm	Table Games: Sequence, Phase 10, Mexican Train
Phalen 1000 E. Wheelock Blvd	651-793-6600	Tue/Fri Mon/Fri	10am–Noon 1–2:30pm	Senior Walking Pickleball
St. Clair 265 Oneida				Call West 7th Comm Center 651-298-5493
South St. Anthony 890 Cromwell	651-298-5770	Fri	9–11am	Gym Bowling, Darts & Cards
West Minnehaha 685 W. Minnehaha	651-298-5823	3rd Fri Fri	11am–2:30pm Noon–2pm	Bingo & Potluck Badminton

WEEKLY SENIOR GROUPS

WEEKLY SENIOR GROUPS

MORE PARKS & RECREATION PROGRAMS

Adaptive Recreation Programs

1000 E. Wheelock Parkway • Saint Paul, MN 55106

The Adaptive Recreation Program provides leisure services to individuals who have a cognitive and/or physical disability. Recreational, educational and cultural activities are offered at various locations throughout Saint Paul. Listed below are some of the activities that will be offered this fall:

- Bowling Leagues for people with cognitive disabilities and an adapted league for individuals with physical disabilities
- Classes – crafts, fitness, dance, acting and swim lessons
- Open swim and swim lessons for people with cognitive disabilities and physical disabilities
- Pickin' 'n' Grinnin', a music sing-along activity
- Sports: futsal (indoor soccer) basketball
- Special events such as an autumn camping trip, Halloween dance, bingo, cookie bake and take and more!



These and other activities are advertised in a quarterly newsletter called the ARCH (Adaptive Recreation Community Happenings). For more information about the scheduled activities or to be put on the newsletter mailing list, call 651-793-6635. Deaf and Hard of Hearing callers please use a relay service or dial 711.

Como Park Zoo & Conservatory Education Programs

1225 Estabrook Drive • Saint Paul, MN 55103

Como Park Zoo and Conservatory engages students (ages 3 and older) through educational encounters with live plants and animals.

Classes/activities include:

- Day Camps
- Birthday Parties & overnights
- Youth, Family, & Adult Classes
- Parent & Child Classes
- Homeschool Classes
- Scout Programs
- Teacher Workshops



COMO PARK
ZOO & CONSERVATORY

For more information on classes, call 651-487-8272, or visit us online at www.comozooconservatory.org. Click on Education.

Downhill Skiing/Snowboarding & Cross Country Skiing Programs

1431 N. Lexington Parkway • Saint Paul, MN 55103

Como Park Ski Center is a convenient in-town ski area featuring:

- Lighted tow ropes
- Snow making
- Chalet with food service
- Cross country & downhill ski/snowboard rental shop
- Affordable lessons taught by professional instructors

Register for lessons or view the 2012-2013 Skiing Programs brochure at www.stpaul.gov/parks – click on Winter Activities. The Como Park Ski Center and Chalet open Wednesday, December 26, weather permitting. For more information call 651-488-9763.

Oxford Community Center – Fall 2012

Rice/Arlington Batting Cages & Training Facility

1500 Rice St. • Saint Paul, MN 55117
651-558-2117

www.rabattingscages.com

Fall Hours:	Mon–Thur	Noon–8pm
	Fri	Noon–6pm
	Sat	10am–6pm
	Sun	11:30am–5:30pm

Batting Cage Tokens: 1 Token (20 pitches) = \$1.50

Other increments of tokens/pitches are available.

Student Special

1 token = \$1 with a valid St. Paul School Photo ID.

Batting Cage Rentals

Cage Rentals must be reserved at least 24 hours in advance.

Skills Clinics

Baseball and softball clinics are available January–May. Please call 651-558-2117 to find out about upcoming clinics.

Private Lessons

Private baseball and softball training is available by appointment, year round. Our experienced instructors can customize training based on a player's personal goals and abilities. Fees vary by instructor.

Facility Rentals

Call for information and rental rates for

- Turf Field at Rice/Arlington
- Turf Room at Rice/Arlington
- Dunning Stadium
- Baseball Fields at McMurray
- Turf Soccer Fields at McMurray
- Grass Soccer Field at Arlington/Arkwright
- Softball Fields at McMurray, Dunning, Rice/Arlington, & Arlington/Arkwright

Municipal Athletics

1500 Rice St. • Saint Paul, MN 55117
651-558-2255

muni@ci.stpaul.mn.us

Municipal Athletics offers a variety of athletic opportunities for all ages including league play, tournaments and group and private skills clinics. Muni also hires and trains sports officials for all youth and adult leagues. Visit us online at www.stpaul.gov/parks. Click on Athletics.

Great River Water Park

Features include:

- Children's Activity Pool with age-appropriate features
- Two large water slides that twist and turn outside and return back inside
- 25 yard 8-lane lap pool, diving board & floats
- Concessions pool side for your convenience
- Men's, Women's, and Family locker rooms

Admission

Daily Pass

YOUTH (Under 48")	\$ 4.50
YOUTH (16 & under)	\$ 5.00
ADULT	\$ 6.50
ADULT (62+)	\$ 6.00
FAMILY (Up to 5 Members)	\$16.00
<i>Additional family member</i>	\$ 3.00
LAP SWIM	\$ 5.00
WATER AEROBICS	\$ 5.00
NON-SWIMMING DECK FEE	\$ 2.00

Daily Group Rate (10+ people)*

YOUTH (Under 48")	\$ 4.00
YOUTH (Under 16 years old)	\$ 4.50
ADULT	\$ 6.00
ADULT (62+)	\$ 5.50

* Groups of 25+ must have a reservation



Lap & Aerobics Swim Card

Includes 10 daily passes.

For lap swim & water aerobics only.

Adult / Senior \$ 45.00

Family Fun & Fitness Fridays

only \$2 / person on the following dates:
September 21, October 19,
November 16, & December 21

\$4 Sundays

\$4 / person for Open Swim
on Sundays at
Great River Water Park

Half Price Days

All Mondays & Wednesdays
are *half price* admission
to Great River Water Park.
Applies to Open Swim only.

Swim Schedule – WEEK AT A GLANCE • Fall 2012

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim	11am-12:30pm ¹	6:30-9:30am & 5:30-7pm ²	7-9:30am & 6:30-7:30pm ⁴	6:30-9:30am & 5:30-7pm ²	7-9:30am & 5:30-7pm	6:30-9:30am & 5:30-7pm ²	11am-12:30pm ¹
Water Aerobics		9:30-10:30am	5:30-6:30pm	9:30-10:30am	5:30-6:30pm	9:30-10:30am	10-11am
Swim Lessons			4:30pm, 5:30pm, & 6:30pm	9:30am			9am & 10am
Open Swim	12:30-5pm ⁵	10:30am-12:30pm ⁵ & 4-8:30pm ^{2,3,5}		10:30am-12:30pm ⁵ & 4-8:30pm ^{2,3,5}		10:30am-12:30pm ⁵ & 4-8:30pm ^{2,3,5}	12:30-7pm ⁵
Adaptive Rec					6:30-8:30pm		

- * NOTE: 1. Saturday & Sunday during Lap Swim from 11am – 12:30pm, the Children's Activity Pool opens.
2. Monday, Wednesday, & Friday between 6:30 – 7:00pm the main pool is shared with lap and open swim.
3. Children's Pool & Large Slides only between 4:00pm – 6:30pm. Main pool is shared between 6:30pm – 7:00pm with lap swim.
4. Tuesday evening during lap swim between 9/25 – 11/13 & 11/27 – 12/18 the pool will be shared with swim lessons.
5. Two (2) lap lanes are usually available during open swim times except between 4pm – 5:30pm Monday, Wednesday, and Friday; please call in advance for availability.

**Fall Hours begin
September 4, 2012**

Holidays, No School Days, & Extended Hours

THURSDAY	FRIDAY
October 18	October 19
10:30am–5pm*	10:30am–8:30pm*

WEDNESDAY
November 21
10:30am–8:30pm*

FRIDAY
November 23
Lap Swim: 11am–12:30pm Open Swim: 12:30–5pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 24	December 25	December 26	December 27	December 28
CLOSED	CLOSED	10:30am–8:30pm	10:30am–5pm*	10:30am–8:30pm*
December 31	January 1	January 2		
Lap Swim: 11am–12:30pm Open Swim: 12:30–5pm	Lap Swim: 11am–12:30pm Open Swim: 12:30–5pm	10:30am–8:30pm*		

* NOTE: Lap Swim and Water Aerobics times are the same unless otherwise noted.

Friends of Oxford Pool

Friends of Oxford Pool funds swim lessons for children in Saint Paul whose families are financially unable to enroll their child in lessons. We believe these activities give children important water safety skills and lots of healthy fun!



If you are interested in assistance with lesson fees, would like to make a donation or become involved with Friends of Oxford Pool activities, please fill out the form located at the Oxford Community Center reception desk or e-mail: swimming.fun@gmail.com. You may also contact:

Friends of Oxford Pool
270 N. Lexington Pkwy
Saint Paul, MN 55104

Sphagnum Moss Creates the Greatest Water

In the summer of 2009, the City of Saint Paul partnered with Creative Water Solutions, LLC, to introduce a new filtration enhancement technique using Sphagnum Moss. In the summer of 2011 the City of Saint Paul was awarded the Governors Award for Pollution Prevention for reducing the amount of chemicals commonly used to condition swimming pools. The Sphagnum Moss treated water is better on your skin, hair, swim suit, and best of all your eyes. Come experience our 'great water' at the Como Regional Park Pool, Great River Water Park, and Highland Park Aquatic Center to find out what everyone is talking about.

Pool Parties & Pool Rentals:

Great River Water Park is available for private birthday parties, family gatherings, church events, corporate events and more! Our pool side Party Room is also available for reservation during normal open swim hours. For more information please call 651-642-0650.

Great River Water Park *Did you know?*

- Admission fees and wristbands are required for anyone entering the pool area.
- Children that are not toilet trained must wear swim diapers (waterproof diapers) that can be purchased at the reception desk or bring plastic pants.
- Our lifeguards are highly trained and qualified. Please adhere to their instructions at all times.
- Flotation devices are allowed in our wading pools if approved by the lifeguard.
- Properly fitting, U.S. Coast Guard approved life jackets are allowed at all pools (in shallow water only). Life jackets are available in the aquatics office for you to use, please ask an aquatics staff person. Children must be accompanied by an adult at all times.
- Lockers are available at Great River Water Park. Guests may bring their own lock or rent a lock at the reception desk for \$1.00 (\$5 deposit). Please leave all valuables at home. Patrons must remove all contents of their locker by the end of the day. Personal locks left overnight are subject to removal.
- Outside food and glass is not allowed in the water park area. There are concessions located inside the park.
- Street shoes and high heeled shoes are not allowed on the pool deck.

Swim Lesson Schedule

FEE: \$55 / SESSION

FALL SESSION

Tuesday Evening

September 25 – November 13

- 4:30–5:20pm Fin Buddies – Sunfish
- 5:30–6:20pm Fin Buddies – Tigerfish
- 6:30–7:20pm Jellyfish – Tigerfish

Wednesday Morning

September 26 – November 14

- 9:30–10:20am Fin Buddies – Tigerfish

Saturday Morning

September 29 – November 17

- 9–9:50am All Levels & Adult Classes
- 10–10:50am Fin Buddies – Tigerfish

MINI SESSION

Tuesday Evening

November 27 – December 18

- 4:30–5:20pm Fin Buddies – Sunfish
- 5:30–6:20pm Fin Buddies – Tigerfish
- 6:30–7:20pm Jellyfish – Tigerfish

Wednesday Morning

November 28 – December 19

- 9:30–10:20am Fin Buddies – Tigerfish

Saturday Morning

December 1 – December 22

- 9–9:50am All Levels & Adult Classes
- 10–10:50am Fin Buddies – Tigerfish

On-line Registration

Fast and Convenient
at www.stpaul.gov/parks

To register for Aquatics Programs online:

1. Go to www.stpaul.gov/parks
2. Click on “Aquatics” along the left side
3. Click on “Great River Water Park”
4. Click on “Swimming Lessons”
5. For swim lessons, select season & year for programs you want to view



Adult / Teen Classes

Introductory Level:

This class is for adults/teens that have little to no experience in and around water. The objective is to introduce basic fundamental skills essential for safe swimming including front and back floats, introducing front/back crawl and elementary back stroke, recovering submerged objects and basic first aid and safety.

Intermediate Level:

The intermediate level for adults/teens is intended for those that have passed the Introductory Level or that have some experience in and around water but are still uncomfortable with their swimming skills. Participants will learn to build on endurance and refine strokes such as the front/back crawl, elementary back stroke and will introduce sidestroke, breaststroke, and treading water.

Stroke Clinics: \$5

Stroke Clinics are offered for swimmers that are comfortable in the water and want to improve their strokes and endurance. We offer the clinics during regular lap swim hours and are a first come first served basis on the dates listed below. Perfect for triathlon training or anyone looking to improve their swimming technique.

September: 15 (11AM), 20 (5:30PM)

October: 12 (7AM), 21 (11AM), 29 (5:30PM)

November: 9 (7AM), 20 (6:30PM), 24 (11AM)

December: 5 (5:30PM), 16 (11AM), 28 (7AM)

Power Water Aerobics: \$5

Participants will have the opportunity to work with multiple instructors that will introduce different techniques. These classes are offered as a drop in during our regular water aerobic times on the dates listed below. Come join us for a fun, intense, and great workout experience.

September: 18 (5:30PM), 22 (10AM)

October: 4 (5:30PM), 19 (9:30AM)

November: 2 (9:30AM), 20 (5:30PM), 24 (10AM)

December: 6 (5:30PM), 17 (9:30AM), 29 (10AM)

www.stpaul.gov/parks

Skill Level Descriptions

Fin Buddies (6 months up to 3 years)

An adult must accompany the child. Adults and instructors work together to develop the child's comfort in the water. Adults learn basic safety practices for working with children in and around water. Adults and children will learn water adjustment and basic skills.



Jellyfish – Water Exploration (Ages 3 - 5)

Offers swimmers the first opportunity to learn basic water exploration skills without a parent. Swimmers will learn:

- To feel comfortable in the water and enjoy the water
- Basic water safety skills
- Supported float on front/back
- Water adjustment
- Supported kicking on the front/back
- Fully submerge face 3 seconds



Sunfish – Primary Skills

The objective is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water without a parent and have completed Jellyfish or have equivalent skills. Swimmers will learn:

- Supported floats on front/back
- Float and glide on front/back
- Introduction to front & back crawl
- Supported deep water orientation
- Supported combined stroke on front/back using kicks and alternating arm action, 5 yards
- To retrieve objects under water



Moonfish – Advanced Primary Skills

Give swimmers more success with fundamental skills learned from Sunfish Level.

- Rhythmic breathing skills
- Supported deep water orientation
- Unsupported floats on front/back
- Elementary backstroke introduced
- Unsupported combined stroke on front/back using kicks and alternating arm action, 5 yards

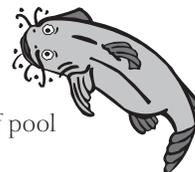


NOTE: In an ongoing effort to provide a safe and enjoyable pool experience for our guests, Saint Paul Parks & Recreation utilizes training exercises to improve our lifeguards' skills and vigilance. These exercises will occur during normal operating hours and may consist of the following: submersible water mannequin, the use of video surveillance equipment, internal and external audits, and active water rescues and or first aid scenarios.

Catfish – Stroke Readiness

Builds on skills by coordinating strokes and increasing endurance. Swimmers must have completed Moonfish or have equivalent skills. Swimmers will learn:

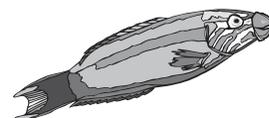
- Coordinate front crawl, 15 yards
- Coordinate back crawl, 15 yards
- Elementary backstroke, 10 yards
- Introduction to diving from side of pool
- Treading water, 30 seconds
- Whip kick introduced



Parrotfish – Stroke Development

Develops endurance in strokes learned and introduces the breaststroke and sidestroke. Swimmers must have completed Catfish or have equivalent skills. Swimmers will learn:

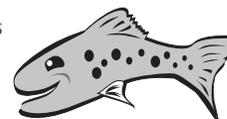
- Front/back crawl, 50 yards
- Elementary backstroke, 25 yards
- Breaststroke introduction
- Sidestroke introduction
- Breaststroke kick, 25 yards
- Scissors kick, 10 yards
- Treading water, 90 seconds



Rainbow Trout – Stroke Refinement

Refines coordination and increases endurance of key strokes. Butterfly is introduced. Swimmers must have completed Parrotfish or have equivalent skills. Swimmers will learn:

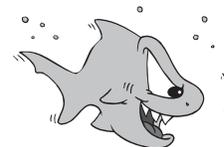
- Front/back crawl, 75 yards
- Breaststroke, 50 yards
- Treading water, 3 minutes
- Elementary backstroke, 50 yards
- Butterfly introduced
- Sidestroke, 25 yards
- Beginning diving from board



Tigerfish – Skill Proficiency

Polish strokes so swimmers swim them with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn:

- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 75 yards
- Sidestroke, 50 yards
- Tread water, 5 minutes
- Recover 10 lb. brick from deep end



Celebrate your birthday @ Great River Water Park!

★ Swim, Cake & Ice Cream Package

Includes: Single day Water Park admission, personalized birthday cake, ice cream, three (3) pitchers of beverage of your choice, cups, paper plates, plastic ware, napkins, 1 hour party time (in decorated Party Room to open gifts, eat, & socialize), card for the birthday child which includes a ticket for free single day Water Park youth admission.*

Rate \$11 per person

★ Swim & Meal Deal

This package includes everything in the Swim, Cake & Ice Cream package, plus your choice of pizza slice & snack or hot dog & chips.

Rate \$15 per person

No outside food or beverage allowed in Party Room.
Minimum of six (6) paid party attendees to reserve Party Room.

Reservations must be approved 7 days in advance of the date to be used.

* Adult swim fees are not included in party package prices.

Great River Water Park is also available for private parties, please contact center directly.

Book a party today!

Call 651.642.0650



No School Days @ Jimmy Lee

All Day Programs [ages 6-12]

8 AM – 5 PM

FEE: \$10/session

Register at the site or online at www.stpaul.gov/parks. Children must bring a lunch and beverage. Snack provided. Space limited. Deadline to register is one week in advance or until the program is full.

Session 1: October 18 & 19

Session 2: December 26 – 28

Activities include:

- Arts & Crafts
- Swimming
- Gym Games
- Cooking
- Special Events
- Urban Tennis
- Environmental
- Daily Snack

Camps

November 2

Fall Crafts & Swimming

Instructor: Mica Anders

Participants will create leather crafts, fall crafts & go swimming.

ACTIVITY #: 5665 Full Day
TIME: 8am-5pm
FEE: \$25 AGES: 6-12

Computer: Video Game Creation – Nintendo Characters

See page 1 for class description.

ACTIVITY #: 5661 Half Day
TIME: 9am-Noon
FEE: \$35 AGES: 6-11

Please register at least one week in advance for No School Day Camps.

Each full day participant must bring a lunch and beverage.

If swimming is included, bring swimsuit and towel.

Dress for the weather if going outdoors.