

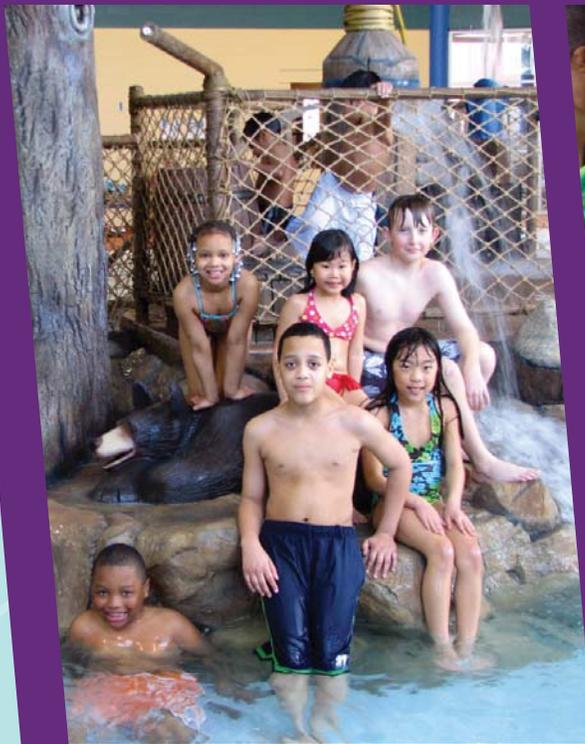
Oxford Community Center

Jimmy Lee Recreation Center • Great River Water Park

270 Lexington Parkway North • Saint Paul, MN 55104

Phone: 651-642-0650

2013 Winter / Spring 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, 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
January 21	MLK Day	11:00AM – 8:00PM
February 18	President's Day	11:00AM – 8:00PM
March 31	Easter Sunday	CLOSED
May 27	Memorial 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

Art: I Can Make It Myself

Instructor: Pat Morell

Art develops creativity and imagination. Participants will experience art through texture, color, smell and taste using a variety of mediums such as paint, clay and food. Dress for mess..

ACTIVITY #:	11294		
DAY:	Thur	DATE:	Feb 7
FEE:	\$15	AGES:	3-5
SESSIONS:	4		
ACTIVITY #:	11295		
DAY:	Thur	DATE:	Apr 4
FEE:	\$15	AGES:	3-5
SESSIONS:	4		

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 #:	6371		
DAY:	Sat	DATE:	Feb 2
FEE:	\$25	AGES:	3-5
SESSIONS:	6		
ACTIVITY #:	6372		
DAY:	Sat	DATE:	Apr 6
FEE:	\$25	AGES:	3-5
SESSIONS:	6		

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. Sessions: Sept through June.

DAY:	Mon/Thur	DATE:	Jan 7	TIME:	10-11:30am
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Tumbling I

Instructor: Sara Kelly

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

ACTIVITY #:	7701		
DAY:	Sat	DATE:	Feb 2
FEE:	\$30	AGES:	4-6
SESSIONS:	6		
ACTIVITY #:	7702		
DAY:	Sat	DATE:	Apr 6
FEE:	\$30	AGES:	4-6
SESSIONS:	6		



YOUTH

Dance: Hip Hop

Instructor: Pa Tag 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 #:	6366		
DAY:	Sat	DATE:	Feb 2
FEE:	\$35	AGES:	6-8
SESSIONS:	6		
ACTIVITY #:	6364		
DAY:	Sat	DATE:	Feb 2
FEE:	\$35	AGES:	9-12
SESSIONS:	6		
ACTIVITY #:	6365		
DAY:	Sat	DATE:	Apr 6
FEE:	\$35	AGES:	6-8
SESSIONS:	6		
ACTIVITY #:	6363		
DAY:	Sat	DATE:	Apr 6
FEE:	\$35	AGES:	9-12
SESSIONS:	6		

Tumbling

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

ACTIVITY #:	11472		
DAY:	Sat	DATE:	Feb 2
FEE:	\$30	AGES:	6-8
SESSIONS:	6		
ACTIVITY #:	11473		
DAY:	Sat	DATE:	Apr 6
FEE:	\$30	AGES:	6-8
SESSIONS:	6		



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.



Spring Sports Registration

FEBRUARY 4-15

Late registration will be taken if roster space is available

Floor Hockey: Ages 7-8, 9-10 & 11-12
(not offered at all sites)

Futsal Soccer: Ages: 9-10, 11-12 & 13-14

Volleyball: Ages: 9-10, 11-12, 13-14 & 15-18

Summer Sports Registration

APRIL 1-12

Late registration will be taken if roster space is available

Pre T-Ball: Ages 3-4

T-Ball: Ages 5-6

Nearball (Coach Pitch): Ages: 7-8

Machine Pitch Baseball: Ages: 8-12

Baseball: Ages: 9-10, 11-12, 13-14 & 15-18

Slow Pitch Softball: Ages: 9-10, 11-12, 13-14 & 15-18

Machine Fast Pitch Softball: Ages: 7-8

Fast Pitch Softball: Ages: 9-10, 11-12, 13-14 & 15-18



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

Rec Check



Rec Check is a free after school program. Youth in grades 1-6, check in with staff upon arriving at the center and check out when leaving. Parents can choose to be notified when their child does not check in. Youth participate in a variety of scheduled activities including arts & crafts, reading, homework help, and special events. To promote health & fitness, staff will engage youth daily in physical activities such as gym games, outdoor play and fitness fun. A daily snack is provided. Registration is required & space is limited. Rec Check is for youth who live or attend school in Saint Paul.

DAY: Mon-Fri **DATE:** Sept 10 **TIME:** 3-6pm*

FEE: Free **AGES:** 6-12 (Grades 1-6)

SESSIONS: All public school days including early release days. * Start times may vary according to school release.

SITES:

Arlington	651-298-5701
Conway	651-501-6343
Dayton's Bluff	651-793-3885
Duluth & Case	651-298-5709
El Rio Vista	651-789-2500
Hancock	651-298-4393
Hayden Heights	651-298-5716
Hazel Park	651-501-6350
Jimmy Lee	651-642-0650
McDonough	651-558-2171
MLK	651-290-8695
North Dale	651-558-2329
Rice	651-558-2392
Scheffer	651-298-5820
West Minnehaha	651-298-5823

After School Transportation for Rec Check & S'more Fun Programs

- The recreation center attended must be within the attendance area or transportation area of the school attended and must be over one mile walking distance from school.
- The child must attend the recreation center program each day school is in session. A child is not allowed to alternate between home and rec center locations.
- An application for childcare transportation must be completed if the student is attending a recreation center program that is over one mile from school but the student's residence is under one mile from school.
- Transportation to a Saint Paul Parks & Recreation Program must be arranged through the school the child attends. The application form is available from the school office or the Transportation Department website. www.transportation.spps.org/SPPSDaycareTransportation
- Transportation home from the Rec Check or S'more Fun Program is not provided.

No School Day Camps

@ Jimmy Lee 651-642-0650

January 22

Frosty Fun: Art & Swimming

Instructor: Mica Anders

ACTIVITY #: 7737 Full Day

DATE: Jan 22 **TIME:** 8am-5pm

FEE: \$25 **AGES:** 6-12

March 8

Grossology, Art & Swimming

Make slimy, slithery, yucky science experiments and pudding with "dirt and worms" for snack.

ACTIVITY #: 7738 Full Day

DATE: Mar 8 **TIME:** 8am-5pm

FEE: \$25 **AGES:** 6-12

March 22

Wiily Wonka's Candy Crafts & Swimming

Instructor: Mica Anders

Participants will create a mosaic and a mobile that is scumdidlyumptious! Candy, frosting and marshmallows will be used as art materials!

ACTIVITY #: 7740 Full Day

DATE: Mar 22 **TIME:** 8am-5pm

FEE: \$25 **AGES:** 6-12

May 10

Spring Has Sprung, Art & Swimming

Instructor: Mica Anders

Participants will make kites, pinwheels and other fun springtime art projects..

ACTIVITY #: 7716 Full Day

DATE: May 10 **TIME:** 8am-5pm

FEE: \$25 **AGES:** 6-12

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

Each day participant must bring a lunch and beverage. If swimming is included, bring swimsuit and towel.

TEEN

Open Gym

Open gym space is for all teens, ages 13-18, to participate in basketball, volleyball or dodge ball. Teens must show school ID to participate in the program. Free. Open gym begins the week of Jan 7.

DAY: Mon-Wed TIME: 5:30-8:30pm
DAY: Thur TIME: 5:30-8:30pm (Ladies Night)



Summit University Teen Center, Inc.

Winter & Spring 2013 Schedule

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.
ASK FOR FLYER

Life Skills & Career Development

This program will assist youth and teens in the importance of education, health, healthy life habits, post-secondary education, building competency skills, promotion confidence in academic achievement and career development.

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 (STIS/STD's), self-esteem, puberty and other teen related issues.

For more information please contact MICHAEL.
ASK FOR FLYER

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 and childcare, parenting education, snacks, shopping trips, gift cards and much more.

For more information please contact KIRSTEN.
ASK FOR FLYER

Homework / Tutoring

This is a program designed for youth and teens. In this program you will receive educational assistance, homework help and tutoring in the computer lab.

Monday – Thursday 3:30 – 6:30 p.m.

For more information please contact
MICHAEL or KIRSTEN.
ASK FOR FLYER

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 5:00-8:00 p.m.

The Loft / Jimmy Lee

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



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

**The Canvas uses the arts
to develop talent, build community
and improve the lives of youth.**

Interested in the arts?

Interested in developing your leadership skills?

Join the Canvas Youth Leadership Council. We're a youth group dedicated to make the Canvas Teen Art Center the greatest space it can be.

The Canvas Youth Leadership Council

- Meets every Wednesday at the Canvas October–May.
- Develops talent in areas such as photography, screen printing, graphic design & video making.
- Works with professionals to, for example, learn event promotion from advertising agencies and booking performers from popular Twin Cities music venues.
- Builds personal leadership skills.
- Helps plan, promote and participate in Canvas events.

For more information email canvas651@gmail.com
or check us out at www.canvas651.com

Teen Zone TEEN CENTER

1022 Marion St • 651-558-2391

Ages 13–18

The center features: a welcome area with high top cafe tables; a dance room with a stereo and mirrors, game room with a pool table, ping-pong table, and foosball table; a teaching kitchen with commons; computer lab; a lounge for social activities with games and entertainment center. Some programs we offer include: cooking classes, leadership groups, social theme movies, game tournaments, 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

FAMILY

FAMILY SPECIAL EVENTS

Kwanzaa Celebration

Martin Luther King 651-290-8695

Celebrate Kwanzaa with live performances. Light refreshments will be served. This celebration is presented in collaboration with the Ebony Phoenix Project.

ACTIVITY #: 6168

DAY: Thur

DATE: Dec 27

TIME: 3-6pm

FEE: Free

AGES: All



Ward One Winter Beach Party!

Saturday, December 22

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

Dance: Soul Line Dance

Instructor: Tina Jackson

Class is similar to country line dancing, 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.

DAY: Tue	DATE: Jan 8	TIME: 6:30-8pm
FEE: \$5/session		SESSIONS: Ongoing
DAY: Tue	DATE: Apr 2	TIME: 6:30-8pm
FEE: \$5/session		SESSIONS: Ongoing

Sports: Basketball – Men's 50+

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

DAY: Wed	DATE: Apr 3	TIME: 5:30-7:30pm
FEE: Free		SESSIONS: 8

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.



Fitness Package

SAINT PAUL
Getting Fit

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	✓		✓
Edgcumbe	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	✓	✓	✓

Fitness Room Open House

Thursday, January 3 • 5:30–7:30PM

Open House for adults and teens ages 18 & up.

Activities include:

- Learn what fitness equipment is available
- Free use of the walking track
- **Try a Yoga or Zumba class for free!**
Yoga: Power @ 5:30PM, Zumba @ 6:00PM, Yoga: Vinyasa @ 6:30PM, Yoga: Vinyasa Flow @ 7:00PM

For the public to participate in the activities, they must bring tennis shoes (no street shoes allowed in fitness rooms, walking tracks and gymnasiums).

ADULT / SENIOR FITNESS

Aerobics: Water

Great River Water Park 651-642-0650

See Aquatics Section for more information.

Aerobics: Zumba

Instructor: Prashanth SreekumaranNair

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

ACTIVITY #: 6112

DAY: Thur DATE: Jan 10 TIME: 6-7pm

FEE: \$55 or \$6/session SESSIONS: 11

ACTIVITY #: 6735

DAY: Thur DATE: Apr. 4 TIME: 6-7pm

FEE: \$49 or \$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, ages 65 and older. Members must present their UCare card in person at the center.

DAY: Tue/Thur DATE: Jan 3 TIME: 11am-Noon

FEE: \$1/session SESSIONS: Ongoing

Senior Walking

Seniors, ages 55 and up, can use the gym or walking tracks for free at the sites and times listed below.

(walking track)

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

Swim: Adult Lessons

Great River Water Park 651-642-0650

See Aquatics Section for more information regarding beginning, intermediate swim lessons, stroke clinics, and power water aerobics.

Sports: Badminton

DAY: Wed DATE: Jan 9 TIME: 9:30-11am

FEE: \$1/session SESSIONS: Ongoing

Yoga: Power

Instructor: Kelly Byrd

This dynamic yoga class combines classic Vinyasa flow with muscle sculpting for a unique mental and physical workout in a fun and relaxed environment. Designed to both challenge and calm, this class is open to all levels. The first two classes are focused on yoga foundations review, great for beginners and advanced practitioners. Bring a yoga mat, towel and water bottle.

ACTIVITY #: 6816

DAY: Wed DATE: Jan 2 TIME: 5:15-6:15pm

FEE: \$59, drop-in fee \$6/session SESSIONS: 12

ACTIVITY #: 6817

DAY: Wed DATE: Apr. 3 TIME: 5:15-6:15pm

FEE: \$49, drop-in fee \$6/session SESSIONS: 10



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 is will move at a slow and gentle pace.

ACTIVITY #: 6160

DAY: Mon. DATE: Jan 7 TIME: 9:30-10:30am

FEE: \$55, drop-in fee \$6/session SESSIONS: 11

ACTIVITY #: 6750

DAY: Mon. DATE: Apr 1 TIME: 9:30-10:30am

FEE: \$45, drop-in fee \$6/session SESSIONS: 9

No class May 27

Yoga: Vinyasa (Continuing)

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 #: 11476

DAY: Wed. DATE: Jan. 2 TIME: 10-11am

FEE: \$59, drop-in fee \$6/session SESSIONS: 12

ACTIVITY #: 11478

DAY: Wed. DATE: Apr. 3 TIME: 10-11am

FEE: \$49, drop-in fee \$6/session SESSIONS: 10

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 #: 11480

DAY: Mon DATE: Jan 7 TIME: 6-7pm

FEE: \$55 or drop-in fee: \$6/session SESSIONS: 11

ACTIVITY #: 11481

DAY: Mon DATE: Apr 1 TIME: 6-7pm

FEE: \$45 or drop-in fee: \$6/session SESSIONS: 9

No class May 27

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 Mon/Tue/Thur Tue/Thur Tue Wed Thur Fri	9am–Noon 9am–2pm 9:30–11:30am 12:30–3:30pm 1–3pm 9am–Noon 9–11:30am	Dice, Darts, Cards, Pickleball Pickleball Walking, Pickleball Cards, 500 Volleyball TOPS, Pickleball Pickleball
City Passport 55 E 5th St, Suite 203	651-232-1301	Mon–Fri	9am–4pm	Social time, cards, table games, classes, activities
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 Tue/Thur Mon–Fri Fri	1–3pm 9am–Noon 11:30am–1pm 9–10am 9–11am	Movies Bridge & Social Senior Exercise 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 Fri	10am–Noon 1–2:30pm	Senior Walking Pickleball (Jan 25–Mar 29)
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

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 winter and spring:

- Bowling Leagues
- Classes – crafts, fitness, dance, yoga, and more!
- Open Swim and Swim Lessons for people with cognitive disabilities and physical disabilities
- Pickin' & Grinnin', a music sing-along activity
- Sports – basketball, softball
- Special Events such as Spring Fling Dance, plays, bingo, 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 Programs, Activities, & Classes

1225 Estabrook Drive • Saint Paul, MN 55103

Open 365 days a year, Como Park Zoo & Conservatory engages people of all ages through fun, educational encounters featuring live plants and animals.

Como offers:

- 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 651-488-9675.

Oxford Community Center – Winter / Spring 2013

Rice/Arlington Batting Cages & Training Facility

1500 Rice St. • Saint Paul, MN 55117

651-558-2117

www.rabattincages.com

Winter / Spring Hours:

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

Batting Cage Tokens: Call the cages for pricing.

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. Not available on Saturday & Sunday during March, April, & May.

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

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

Hours good through
Jan. 1 – June 7, 2013

Features include:

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

Ward One Winter Beach Party! Saturday, December 22

Hosted by Councilmember Melvin Carter along with Saint Paul Parks and Recreation. Admission to the water park is free between 2pm – 6pm. Other scheduled activities will also be available at the Oxford Community Center; bring the whole family!

ADMISSION FEES

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 / WATER AEROBICS	\$5.00
NON-SWIMMING DECK FEE	\$2.00

Group rates, memberships, and punch cards available. Visit the Parks website @ www.stpaul.gov/parks for season pass pricing. Click on Oxford Community Center, then click on Great River Water Park, and then click on Memberships. Groups larger than 10, please call in advance.

No Checks accepted

LAP & AEROBICS SWIM CARD

Includes 10 daily passes. For lap swim & water aerobics only.

Adult / Senior \$ 45.00

Four Dollar 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. Through June 5, 2013.

Family Fun & Fitness Fridays

only \$2 / person on the following dates:
January 18, February 15,
March 15, April 19, May 17

WEEK AT A GLANCE – Great River Water Park – Winter & Spring 2013

ACTIVITY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim	11am-12:30pm ¹	6:30-9:30am & 5:30-7pm ³	7:00-9:30am & 6:30-7:30pm ⁴	6:30-9:30am & 5:30-7pm ³	7:00-9:30am & 5:30-7pm	6:30-9:30am & 5:30-7pm ³	11am-12:30pm
Water Aerobics		9:30-10:30am	5:30-6:30pm ⁴	9:30-10:30am	5:30-6:30pm	9:30-10:30am	10-11am ⁵
Swim Lessons			4:30pm, 5:30pm, & 6:30pm	9:30am			9am, 10am & 11am
Open Swim	12:30-5pm	10:30am-12:30pm & 4-8:30pm ²		10:30am-12:30pm & 4-8:30pm ²		10:30am-12:30pm & 4-8:30pm ²	12:30-7pm
Adaptive Rec					6:45-8:30pm		

- * **NOTE:**
1. Sunday during Lap Swim from 11am – 12:30pm, the Children's Activity Pool and Large Slides open.
 2. Children's Pool and Large Slides only between 4:00 p.m. – 6:30 p.m. Main pool is shared between 6:30 p.m. – 7:00p.m. with lap swim.
 3. Monday, Wednesday, & Friday between 6:30 – 7 p.m. the main pool is shared with lap and open swim.
 4. Tuesday evening during lap swim and water aerobics between 1/8 – 2/26 & 3/12 – 4/30 & 5/14 – 6/4 the pool will be shared with swim lessons.
 5. Saturday morning during water aerobics between 1/5 – 2/23 & 3/9 – 4/27 & 5/11 – 6/1 the main pool is shared with swim lessons.
 6. 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.

Extended Open Swim Hours

Winter Break

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 24	December 25	December 26 ^{1&2}	December 27 ²	December 28 ^{1&2}
CLOSED	CLOSED	10:30am–8:30pm	11am–5pm	10:30am–8:30pm
December 31	January 1	January 2 ^{1&2}		
Lap Swim: 11am–12:30pm Open Swim: 12:30–5pm No Water Aerobics or evening Lap Swim	Lap Swim: 11am–12:30pm Open Swim: 12:30–5pm No Water Aerobics or evening Lap Swim	10:30am–8:30pm		

No School Days

MONDAY
January 21
Lap Swim: 11am–12:30pm Open Swim: 12:30–8pm No Water Aerobics or evening Lap Swim

TUESDAY
January 22 ²
11am–5pm

FRIDAY
February 15 ^{1&2}
10:30am–8:30pm

MONDAY
February 18
Lap Swim: 11am–12:30pm Open Swim: 12:30–8pm No Water Aerobics or evening Lap Swim

FRIDAY
March 8 ^{1&2}
10:30am–8:30pm

FRIDAY
March 22 ^{1&2}
10:30am–8:30pm

Spring Break

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 25 ^{1&2}	March 26 ²	March 27 ^{1&2}	March 28 ²	March 29 ^{1&2}
10:30am–8:30pm	11am–4pm	10:30am–8:30pm	11am–4pm	10:30am–8:30pm

No School Days

FRIDAY
May 10 ^{1&2}
10:30am–8:30pm

MONDAY
May 27
Lap Swim: 11am–12:30pm Open Swim: 12:30–5pm No Water Aerobics or evening Lap Swim

* NOTE:

1. Children's Pool & Water Slides only: 5:30–6:30pm
2. Lap Swim & Water Aerobics times are the same unless otherwise noted.

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.

January: 12 (11AM), 16 (5:30PM), 28 (7-9AM)

February: 9 (11AM), 20 (5:30PM), 27 (7-9AM)

March: 9 (11AM), 18 (5:30PM), 20 (7-9AM)

April: 13 (11AM), 17 (5:30PM), 29 (7-9AM)

May: 11 (11AM), 20 (5:30PM), 29 (7-9AM)

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.

January: 2 (9:30AM), 17 (5:30PM), 28 (9:30AM)

February: 7 (5:30PM), 22 (9:30AM)

March: 2 (10AM), 5 (5:30PM), 6 (9:30AM), 18 (9:30AM)

April: 12 (9:30AM), 18 (5:30PM), 29 (9:30AM)

May: 4 (10AM), 7 (5:30PM), 8 (9:30AM), 17 (9:30AM)

Swim Lessons

Fee: \$55/session

WINTER

Saturday Morning

January 5 – February 23

- 9–9:50am All Levels + Adult Beginner & Intermed.
- 10–10:50am All Levels & Jr. Lifeguard
- 11–11:50am Fin Buddies – Sunfish

Tuesday Evening

January 8 – February 26

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

Wednesday Morning

January 9 – February 27

- 9:30–10:20am Fin Buddies – Moonfish

SPRING

Saturday Morning

March 9 – April 27

- 9–9:50am All Levels + Adult Beginner & Intermed.
- 10–10:50am All Levels & Jr. Lifeguard
- 11–11:50am Fin Buddies – Sunfish

Tuesday Evening

March 12 – April 30

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

Wednesday Morning

March 13 – May 1

- 9:30–10:20am Fin Buddies – Moonfish

SPRING Mini-Sessions

Cost: \$27.50/session

Saturday Morning

May 11 – June 1

- 9–9:50am All Levels + Adult Beginner & Intermed.
- 10–10:50am All Levels
- 11–11:50am Fin Buddies – Sunfish

Tuesday Evening

May 14 – June 4

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

Wednesday Morning

May 15 – June 5

- 9:30–10:20am Fin Buddies – Moonfish

SWIM LESSON SKILL LEVELS

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.

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.

Moonfish – Advanced Primary Skills

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

Catfish – Stroke Readiness

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

Parrotfish – Stroke Development

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

Rainbow Trout – Stroke Refinement

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

Tigerfish – Skill Proficiency

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

Junior Lifeguard

Participants will gain first hand experience and learn: To enforce pool rules and regulations, use of safety equipment, scanning, emergency action plans and facility cleanliness and operations. Saint Paul Residents: Free with 20 hours of volunteer service @ Great River Water Park. Non-residents or without volunteer hours; \$55.

To register for Aquatics Programs online:

1. Go to www.stpaul.gov/parks
2. Click on "Aquatics" along the left side
3. Click on "Swimming Lessons"
4. Create New Account or View Activities

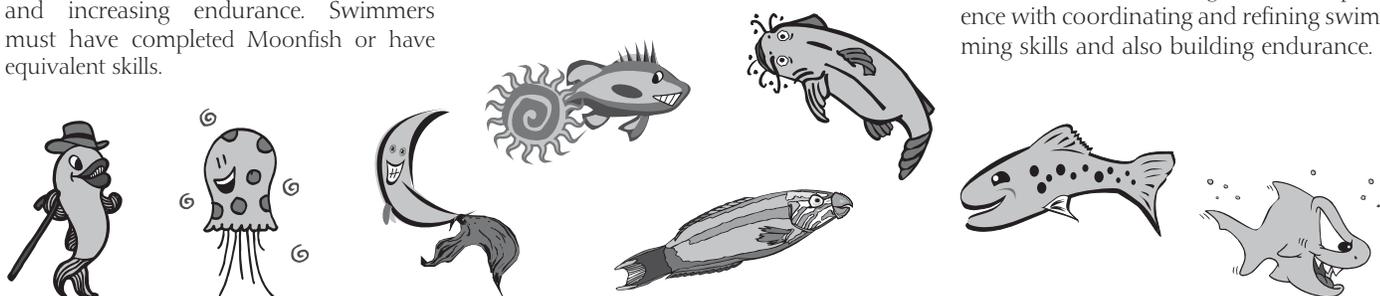
Adult / Teen Classes

Introductory Level:

This class is intended for adults / teens that have little to no experience in and around water. The objective is to introduce participants to basic fundamental skills and coordination essential for safe swimming.

Intermediate Level:

This level is for participants that have passed the Introductory Level or who are comfortable in and around water. Swimmers will work to gain more experience with coordinating and refining swimming skills and also building endurance.



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.



Lifeguard Training Opportunity – \$55 / session

The City of Saint Paul is offering a challenging and fun approach to professional lifeguard training. The International Lifeguard Program™ (ILTP™) offered by Ellis and Associates is a state-of-the-art training that teaches lifeguard rescue skills, First Aid, Cardio Pulmonary Resuscitation (CPR) for the Professional Rescuer, Emergency Oxygen Support, Automated External Defibrillation (AED) and so much more. Those who complete the training have the potential of being hired as a City of Saint Paul Lifeguard at one of the following facilities: Como Regional Park Pool, Great River Water Park, Highland Park Aquatic Center and Phalen Regional Park Beach. Registration fee covers ILTP™ Book, Completion Card and class time.

Please register for one of the sessions listed below at: <https://activenet6.active.com/saintpaul/> or call 651-642-0253 to speak with an Aquatics Supervisor.

Training Session	DAY	DATE	TIME
1	Saturday	February 2 - April 13	11am – 2pm
2	Mon – Thurs	March 25 – March 28	9am – 5pm
3	Mon & Wed	April 1 – May 1	6pm – 9pm

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. Sphagnum Moss treated water is better on your skin, hair, swim suit, and best of all your eyes. Come experience our 'great water' at Como Regional Park Pool, Great River Water Park, and Highland Park Aquatic Center to find out what everyone is talking about.

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: friendsofoxfordpool@gmail.com. You may also contact:



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

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: December 26 – 28

Session 2: March 25 – 29

Activities include:

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



ALSO SEE
No School Day Camps
ON PAGE 3