FALL FUN
AT NORTHWEST COMO RECREATION CENTER

1550 N. Hamline Ave, 55108 651-298-5813 www.stpaul.gov/parks

Fall Activity Registration begins August 5, 2013

Sports: Tae Kwon Do Instructor: Elbert Batica
Our program provides education, discipline, confidence, and self-defense. New instructor Elbert Batica is qualified in a variety of martial art disciplines. Additional fee payable to instructor for uniform and skill testing.
DAY: Tue/Thur **TIME:** 4:30 - 5:30pm **AGES:** 6 & UP FEE: $ 50
DATE: Sept 3 **ACTIVITY #:** 5151
DATE: Oct 1 **ACTIVITY #:** 5152
DATE: Nov 5 **ACTIVITY #:** 5493
DATE: Dec 3 **ACTIVITY #**: 5516

Back to School Dance **Concessions will be available**. Activity #11077
DAY: Fri **DATE:** Sept 20 **TIME:** 7-9:30pm **FEE:** $5 **AGES:** 11-14 **SESSION:** 1

Sports: Archery ACTIVITY #: 5521 Instructors: Tim Lang & Tom Altman
Students will follow safety instructions while learning and practicing proper archery techniques. Equipment is provided and fee includes a t-shirt.
DAY: Mon/Thurs **DATE:** Oct 3 **TIME:** 3-4:30pm **FEE:** $60 **GRADES:** 4-7 **SESSIONS:** 10

Artist's Workshop Instructor: Barb McIntosh ACTIVITY #: 4711
For youth who have a strong interest in art. Using watercolors, oil pastels, soft pastels, and acrylic paint, youth will explore gesture drawing and contour drawing with emphasis on proportion. Youth will be introduced to the masters. Bring a snack for break time.
DAY: Wed **DATE:** Oct 2 **TIME:** 3-5pm **FEE:** $50 **Grades**: 2-6 **SESSION:** 6

Neighborhood Bonfire Activity #5523
Families will gather together and enjoy outdoor activities and a bonfire.
DAY: Fri **DATE:** Oct 4 **TIME:** 6-8pm **FEE:** Free **AGES:** All **SESSION:** 1

Babysitting Training –American Red Cross ACTIVITY #:4725
This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play and first aid. Students must be age 11 years or older. Please bring a lunch & beverage for class.
DAY: Fri **DATE:** Nov 15 **TIME:** 9am-4pm
FEE: $60 **AGES:** 11 & up **SESSION:** 1

Ballet/Creative Movement **Instructor:** Rachel Handern Activity #12955
The children will learn basic ballet and creative movement skills while incorporating them into dance.
Day: Wed Date: Oct 2 Time: 3-4pm Fee: $25 Ages: 3-5 Sessions: 6

Jazz/Ballet/Hip Hop Instructor: Rachel Handern Activity #12976
Day: Wed Date: Oct 2 Time: 4-5pm
Fee: $25 Ages: 6-10 Sessions: 6

Soccer Family Style Activity #13117
Northwest Como families gather to play low key pick up soccer games. Kids and parents together enjoy the game of soccer while gaining fun and exercise.
Day: Sun Date: Sept 8 Time: 3-4pm
Fee: Free Ages: All Sessions: 6

Funtastic Fridays **Instructor: Staff** Activity #12260
Each Friday the Northwest Como staff will lead the youth in fun, cooperative and team activities.
Day: Fri Date: Sept 6 – Oct 18 (Nothing Oct 4) Time: 3:15-4pm
Fee: Free Ages: 6-12 Session: 6

Sports: Basketball Clinic Instructor: Skyhawks Activity #11418
Sharpen your basketball skills during this one day clinic. Work on shooting, dribbling, passing and rebounding. Time will be spent on circuit training and scrimmaging. Participants should bring tennis shoes and water bottle.
Day: Thur Date: Oct 17 Time: 1-4pm
Fee: $25 Ages 8-12 Session: 1

Sports: Flag Football Clinic Instructor: Skyhawks Activity #13118
Are you ready for some football? Players will learn skills on both sides of the ball including the core components of passing, catching and de-flagging or defensive positioning all presented in a fun and positive environment. Participants should bring a water bottle and plan on playing outdoors.
Day: Fri Date: Oct 18 Time: 1-4
Fee: $25 Ages: 8-12 Session: 1

SENIOR Gamers **Activity #12763**
Enjoy your favorite tables such as Sequence, Phase 10 and Mexican Train.
DAY: Tue **DATE:** Sept 3 **TIME:** 1-3pm **FEE:** Free **AGES:** 55+ **SESSION:** On-going

Basketball Registration for ages 3-14 boys and girls begin Monday, October 7, 2013!

Halloween Party **Palace:** 651-298-5677
Activities include carnival games, craft project, jump castle, refreshments and more. Call if interested in volunteering.
Day: Sat **Date:** Oct 26 **Time:** 11am-1pm **Fee**: Free

Dinner with Santa & Mrs. Claus **Langford:** 651-298-5765
Join Santa and Mrs. Claus for a spaghetti dinner. Bring your camera to take pictures as they visit each table. Activities include dinner, decorate your own cookie, a craft and face painting.
Activity #: 11080 **Sessions:** 1 **Date:** Dec 6 **Ages:** All **Day:** Fri **Time:** 5:30-7pm
Cost: $5 per person/ $25 max per immediate family

Saint Paul Parks and Recreation

darcy.rivers@ci.stpaul.mn.us