



# Saint Paul Parks and Recreation

[www.stpaul.gov/parks](http://www.stpaul.gov/parks)



Fall 2015

## RECREATION | BROCHURE

REGISTRATION BEGINS **AUGUST 10<sup>TH</sup>**

- **Preschool Age Classes**
- **Youth Classes**
- **Teen Classes**
- **Family Activities**
- **Special Events**
- **Adult /Senior Classes**
- **Athletics**
- **Adaptive Classes**
- **Aquatics**
- **After-School Programs**
- **No School Day Programs**
- **Ski Program**
- **Fitness Classes**



# Online Registration

To register online, click on the activity number. **For best results when browsing activities, download the brochure to your computer or mobile device before clicking on activity numbers.** This will prevent the need to reload the brochure each time an activity number is clicked.

For questions regarding programming or for help with online registration, please call your local recreation center:

REC CENTER	ADDRESS	ZIP	PHONE #
<i>Arlington Hills</i>	1200 Payne Avenue	55106	651-632-3861
<i>Battle Creek</i>	75 S. Winthrop	55119	651-501-6347
<i>Canvas – Teen Art</i>	1610 W Hubbard Ave	55104	651-298-4393
<i>Dayton's Bluff</i>	800 Conway St	55106	651-793-3885
<i>Duluth &amp; Case</i>	1020 Duluth St	55106	651-298-5709
<i>Edgumbe</i>	320 S. Griggs St	55105	651-695-3711
<i>El Rio Vista</i>	179 E. Robie St	55107	651-789-2500
<i>Groveland</i>	2021 St. Clair Ave	55105	651-695-3714
<i>Hancock</i>	1610 Hubbard Ave	55104	651-298-4393
<i>Hayden Heights</i>	1965 E. Hoyt Ave	55119	651-298-5716
<i>Hazel Park</i>	945 N. Hazel Ave	55119	651-501-6350
<i>Highland Park</i>	1978 Ford Pkwy	55116	651-695-3706
<i>Jimmy Lee</i>	270 N. Lexington Pkwy	55104	651-642-0650
<i>Langford</i>	30 Langford Park	55108	651-298-5765
<i>Linwood</i>	860 St. Clair Ave	55105	651-298-5660
<i>Martin Luther King</i>	271 Mackubin St	55102	651-290-8695
<i>McDonough</i>	1544 Timberlake Rd	55117	651-558-2171
<i>Merriam Park</i>	2000 St. Anthony	55104	651-298-5766
<i>North Dale</i>	1414 N. St. Albans	55117	651-558-2329
<i>Northwest Como</i>	1550 N. Hamline	55108	651-298-5813
<i>Palace*</i>	781 Palace Ave	55102	651-298-5677
<i>Phalen</i>	1000 E. Wheelock	55106	651-793-6600
<i>Rice</i>	1021 Marion St	55117	651-558-2392
<i>Scheffer</i>	237 Thomas Ave	55103	651-298-5820
<i>Teen Zone</i>	1022 Marion St.	55117	651-558-2391
<i>West Minnehaha</i>	685 W. Minnehaha	55104	651-298-5823
<i>Wilder</i>	958 Jessie St.	55101	651-298-5727
*Palace Recreation	Center is currently under construction.		

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## Fee Assistance

The City of Saint Paul operates a special program that helps families pay for Parks & Recreation youth classes and activities. Fee Assistance can be requested by families who meet program requirements when registering for youth activities. To be eligible for the program, youth must live in Saint Paul, be 18 years old or younger and qualify for free and reduced lunches. Parents/guardians may request Fee Assistance from the recreation center during the registration process. Proof of residency must be demonstrated prior to final registration confirmation. Proof of residency can be verified with a current driver's license or with a current utility bill. The name on the document must match the name of the individual applying for the assistance. Participants may be enrolled in the activity pending information verification.

REGISTRATION BEGINS AUGUST 10

REGISTRATION INFORMATION

## Refunds

All refunds are subject to a \$10 administration charge unless the program is canceled or filled. To request a refund, contact the Recreation Center or program staff conducting the activity.

## No Confirmations

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

## Youth Sports Registration

Registrations are taken at the recreation centers or online at [www.stpaul.gov/athletics](http://www.stpaul.gov/athletics)

## For Individuals with Special Needs

Individuals with special needs or disabilities are invited to participate in all recreation center programs. If the disability requires special services, please call the center where you wish to register for more information. Register at least three weeks in advance of the class/activity/sport program to allow for arrangements of accommodations. Individuals who are deaf/hearing impaired may contact any of the recreation centers through the 711 voice-relay system.

## 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.



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

General Information	651-266-6400
Parkwatch	651-646-3535
Volunteer Hotline	651-266-6464

## Administration

Director:	Michael Hahm, CPRP
Deputy Director:	Kathy Korum
Manager of Recreation Services:	Gwen Peterson

## Holiday Closings for Recreation Centers

Monday, September 7 – **Labor Day**  
 Thursday, November 26 – **Thanksgiving Day**  
 Friday, November 27 – **Thanksgiving Holiday**  
 (some sites open call for info)  
 Thursday, December 24 – **Christmas Eve** (centers close at 4pm)  
 Friday, December 25 – **Christmas Day**  
 Thursday, December 31 – **New Year's Eve** (centers close at 6pm)  
 Friday, January 1 – **New Year's Day**  
 (some sites open for skating - call for info)  
 ..... New Year's Holiday Closings for  
 ..... Recreation Centers

## Photography & Video Recordings

Saint Paul Parks & Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity serves 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 & Recreation is never shared with the public. It is only given to the staff and volunteers who need the information to perform their duties.

## Ways to Register

**On-Line** – Register at [www.stpaul.gov/parks](http://www.stpaul.gov/parks) with a valid credit card. Click on "Register for Programs" under Quick Links. Visa, MasterCard, Discover, and American Express cards are accepted.

**In Person** – Cash or credit card accepted at all recreation centers.

**Phone In** – Registrations are accepted with a valid credit card. Call any of the Recreation Centers or program phone numbers to register.

**Mail** – A registration form for adult programs is on page 41.



# PRESCHOOL AGED CLASSES



## ART: COLOR ENCOUNTER (PARENT & CHILD)

Participants will learn about primary and secondary colors while getting messy with lots of ooey, gooey sensory play. Each class will involve a sensory encounter and an art project that is sure to lay the foundation for a lifelong love of art. All art materials used in this class are non-toxic. Children must be accompanied by a caregiver.

**Battle Creek:** 651-501-6347 **Instructor:** Kidcreate Studio  
**Activity #:** 17160 **Day:** Tue **Date:** Sept 15  
**Time:** 9:30-10:30am **Fee:** \$56 **Sessions:** 4 **Ages:** 2-6

## ART: DATE WITH A DINO

Tyrannosaurus Rex, Triceratops and Diplodocus- is your child dazzled by dinosaurs? This is their chance to have a play date with a dino and create a fantastic work of dinosaur art.

**Highland Park:** 651-695-3706  
**Activity #:** 17206 **Day:** Thur **Date:** Oct 15  
**Time:** 9:30-11:30am **Fee:** \$25 **Sessions:** 1 **Ages:** 3-5

## ART: HALLOWEEN CRAFT (PARENT & CHILD)

Together you and your child will create an adorable picture of a haunted house, complete with spooky handprint ghosts. The kids are welcome to wear costumes to class. Children must be accompanied by a caregiver.

**Langford:** 651-298-5765 **Instructor:** Kidcreate Studio  
**Activity #:** 17142 **Day:** Thur **Date:** Oct 29  
**Time:** 10:30-11:30am **Fee:** \$18 **Sessions:** 1 **Ages:** 2-4

## ART: HOLIDAY ORNAMENT MAKING

We will set up 4 stations, each with a different ornament project. These ornaments will make great keepsakes or holiday gifts. Children must be accompanied by a caregiver.

**Langford:** 651-298-5765 **Instructor:** Kidcreate Studio  
**Activity #:** 17143 **Day:** Thur **Date:** Dec 17  
**Time:** 10:30-11:30am **Fee:** \$18 **Sessions:** 1 **Ages:** 2-4

## ART: HOW THE GRINCH STOLE CHRISTMAS

Sign your child up for a Grinchy good time. Dr. Seuss's classic Christmas tale "How the Grinch Stole Christmas" will be our inspiration. This art master piece is sure to help the Grinch's heart grow three sizes bigger!

**Northwest Como:** 651-298-5813 **Instructor:** Kidcreate Studio  
**Activity #:** 17145 **Day:** Wed **Date:** Dec 23  
**Time:** 1:30-3:30pm **Fee:** \$26 **Sessions:** 1 **Ages:** 4-9

## ART: MARVELOUS MESSY MONSTER (PARENT & CHILD)

We'll use plaster, paint and more simply sloppy supplies to make a project that's way too messy to do at home! We'll become masters at making a mess, learn some pretty cool stuff-and have lots of fun as we create these messy monsters on a canvas board! Children must be accompanied by a caregiver.

**Battle Creek:** 651-501-6347 **Instructor:** Kidcreate Studio  
**Activity #:** 17161 **Day:** Thur **Date:** Oct 8  
**Time:** 9:30-10:30am **Fee:** \$12 **Sessions:** 1  
**Ages:** 1.5-6

**Edgcumbe:** 651-695-3711 **Instructor:** Kidcreate Studio  
**Activity #:** 17201 **Day:** Fri **Date:** Oct 16

**Time:** 9:30-10:30am **Fee:** \$15 **Sessions:** 1  
**Ages:** 1.5-6

## ART: MESSY FINGERS AND TOES (PARENT & CHILD)

Join us for messy art activities including finger paints, play dough, shaving cream marbling and paint bombs. The best part is leaving the mess behind. Children must be accompanied by an adult who will assist their child. Dress for getting messy!

**Dayton's Bluff:** 651-793-3885 **Instructor:** Holly Windingstad  
**Activity #:** 4684 **Day:** Fri **Date:** Sept 18  
**Time:** 10-10:45am **Fee:** \$38 **Sessions:** 6 **Ages:** 1-4  
**No Class Oct 16**

**Edgcumbe:** 651-695-3711 **Instructor:** Holly Windingstad  
**Activity #:** 4686 **Day:** Wed **Date:** Sept 23  
**Time:** 10:15-11am **Fee:** \$38 **Sessions:** 6 **Ages:** 1-4  
**Activity #:** 15400 **Day:** Wed **Date:** Nov 11  
**Time:** 10:15-11am **Fee:** \$38 **Sessions:** 6 **Ages:** 1-4

**Groveland:** 651-695-3714 **Instructor:** Holly Windingstad  
**Activity #:** 15220 **Day:** Tue **Date:** Sept 22  
**Time:** 10:15-11am **Fee:** \$38 **Sessions:** 6 **Ages:** 1-4

**Highland Park:** 651-695-3706 **Instructor:** Holly Windingstad  
**Activity #:** 17155 **Day:** Mon **Date:** Sept 21  
**Time:** 10:15-11am **Fee:** \$38 **Sessions:** 6 **Ages:** 1-4  
**Activity #:** 4689 **Day:** Mon **Date:** Nov 9  
**Time:** 10:15-11am **Fee:** \$38 **Sessions:** 6 **Ages:** 1-4

## ART: MOMMY AND ME (PARENT & CHILD)

Let your little artist explore the messier side of art in a big way! Your child will enjoy many sensory experiences as they create enormous works of art. They will paint, sculpt, scribble, and giggle their way to discovering a grander scale of art. These projects are way too big or way too messy to tackle at home! Come and create right along with your child in these hands on classes! Children must be accompanied by a caregiver.

**Arlington Hills:** 651-632-3861 **Instructor:** Kidcreate Studio  
**Activity #:** 17138 **Day:** Wed **Date:** Sept 9  
**Time:** 9:30-10:30am **Fee:** \$40 **Sessions:** 4  
**Ages:** 1.5-6

**Activity #:** 17240 **Day:** Wed **Date:** Oct 14  
**Time:** 9:30-10:30am **Fee:** \$40 **Sessions:** 4  
**Ages:** 1.5-6

**Battle Creek:** 651-501-6347 **Instructor:** Kidcreate Studio  
**Activity #:** 17158 **Day:** Mon **Date:** Sept 14  
**Time:** 9:30-10:30am **Fee:** \$56 **Sessions:** 4  
**Ages:** 1.5-6

**Edgcumbe:** 651-695-3711 **Instructor:** Kidcreate Studio  
**Activity #:** 17202 **Day:** Tue **Date:** Sept 22  
**Time:** 9:30-10:30am **Fee:** \$50 **Sessions:** 5  
**Ages:** 1.5-6

**ART: THE VERY HUNGRY CATERPILLAR  
(PARENT & CHILD)**

The children will learn how Eric Carle creates his amazing images in *The Very Hungry Caterpillar*. They will paint, cut, tear, paste, collage and sculpt, as they create their own masterpieces. Come and create right along with your child in these hands-on classes! Children must be accompanied by a caregiver.

**Highland Park:** 651-695-3706 **Instructor:** Kidcreate Studio  
**Activity #:** 17203 **Day:** Tue **Date:** Sept 15  
**Time:** 9:30-10:30am **Fee:** \$50 **Sessions:** 5 **Ages:** 2-4  
**Northwest Como:** 651-298-5813 **Instructor:** Kidcreate Studio  
**Activity #:** 17144 **Day:** Tue **Date:** Oct 6  
**Time:** 6:15-7:15pm **Fee:** \$44 **Sessions:** 4 **Ages:** 3-4

**COOKING: HOLIDAY COOKIE DECORATING  
(PARENT & CHILD)**

Rich and buttery cookies with thick gooey frosting are always a treat over the holidays. Decorate sugar cookies with rich colorful icings, candies and sprinkles. Pack up your treasures, sample a few and leave the mess behind. Each child must be accompanied by an adult who will assist them.

**Dayton's Bluff:** 651-793-3885 **Instructor:** Holly Windingstad  
**Activity #:** 17180 **Day:** Fri **Date:** Dec 11  
**Time:** 10am-Noon **Fee:** \$15 **Sessions:** 1  
**Ages:** 1.5-5  
**Activity #:** 17181 **Day:** Fri **Date:** Dec 18  
**Time:** 10am-Noon **Fee:** \$15 **Sessions:** 1  
**Ages:** 1.5-5

**DANCE: BALLET I**

Previously *Baby Ballet*, budding dancers learn ballet basics in this class tailored for the youngest dancers. Classes include stretches, basic steps, and fun dances to practice what they have learned, as well as ballet stories when time allows. Girls should wear a solid color leotard, pink dance tights and pink ballet shoes, and have hair pulled back in a bun or pony tail. Boys should wear a solid color t-shirt, black dance pants or shorts, black socks and black ballet shoes.

**North Dale:** 651-558-2329 **Instructor:** Zachari Wetz  
**Activity #:** 4794 **Day:** Fri **Date:** Sept 11  
**Time:** Noon-12:30pm **Fee:** \$50 **Sessions:** 10 **Ages:** 3-4



**DANCE: BALLET & TAP**

**Martin Luther King:** 651-290-8695  
**Activity #:** 17285 **Day:** Wed **Date:** Sept 16  
**Time:** 5:30-6:15pm **Fee:** \$50 **Sessions:** 9 **Ages:** 3-4  
**Activity #:** 17287 **Day:** Wed **Date:** Sept 16  
**Time:** 6:20-7:05pm **Fee:** \$50 **Sessions:** 9 **Ages:** 5-6  
**Merriam Park:** 651-298-5766  
**Activity #:** 4850 **Day:** Thur **Date:** Sept 17  
**Time:** 5:30-6:15pm **Fee:** \$50 **Sessions:** 9 **Ages:** 3-4  
**Activity #:** 4868 **Day:** Thur **Date:** Sept 17  
**Time:** 6:20-7:05pm **Fee:** \$50 **Sessions:** 9 **Ages:** 5-6

**DANCE: BALLET, TAP & CREATIVE MOVEMENT**

*Dress in leotard and both ballet and tap shoes are required.*

**Battle Creek:** 651-501-6347 **Instructor:** Holly Hauser  
**Activity #:** 4848 **Day:** Mon **Date:** Sept 21  
**Time:** 5:30-6pm **Fee:** \$40 **Sessions:** 8 **Ages:** 3-4  
**Activity #:** 4849 **Day:** Tue **Date:** Sept 22  
**Time:** 5:30-6pm **Fee:** \$40 **Sessions:** 8 **Ages:** 3-4  
**North Dale:** 651-558-2329 **Instructor:** Mindy Ohman  
**Activity #:** 5859 **Day:** Sat **Date:** Sept 12  
**Time:** 9:15-10am **Fee:** \$50 **Sessions:** 6  
**Ages:** 3.5-4  
**Activity #:** 15593 **Day:** Sat **Date:** Nov 7  
**Time:** 9:15-10am **Fee:** \$50 **Sessions:** 6  
**Ages:** 3.5-4

**DANCE: CREATIVE MOVEMENT I**

**Highland Park:** 651-695-3706 **Instructor:** Amy Lee  
**Activity #:** 5599 **Day:** Wed **Date:** Sept 9  
**Time:** 11:45-12:30pm **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 5601 **Day:** Wed **Date:** Oct 28  
**Time:** 11:45-12:30pm **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 4900 **Day:** Thur **Date:** Sept 10  
**Time:** 5-5:45pm **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 4903 **Day:** Thur **Date:** Oct 29  
**Time:** 5-5:45pm **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 4901 **Day:** Fri **Date:** Sept 11  
**Time:** 10:15-11am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 4904 **Day:** Fri **Date:** Oct 30  
**Time:** 10:15-11am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5

**Linwood:** 651-298-5660 **Instructor:** Amy Lee  
**Activity #:** 15191 **Day:** Mon **Date:** Sept 14  
**Time:** 11:15am-Noon **Fee:** \$35 **Sessions:** 5 **Ages:** 3-5  
**Activity #:** 4828 **Day:** Mon **Date:** Oct 26  
**Time:** 11:15am-Noon **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
*No classes will be held Thanksgiving week at Highland Park & Linwood.*

**DANCE: CREATIVE MOVEMENT II**

**Linwood:** 651-298-5660 **Instructor:** Amy Lee  
**Activity #:** 4928 **Day:** Mon **Date:** Sept 14  
**Time:** 10:30-11:15am **Fee:** \$35 **Sessions:** 5 **Ages:** 3-5  
**Activity #:** 4931 **Day:** Mon **Date:** Oct 26  
**Time:** 10:30-11:15am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
*No classes will be held Thanksgiving week.*

**DANCE: CREATIVE MOVEMENT-ADVANCED**

**Highland Park:** 651-695-3706 **Instructor:** Amy Lee  
**Activity #:** 4922 **Day:** Fri **Date:** Sept 11  
**Time:** 11-11:45am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 4940 **Day:** Fri **Date:** Oct 30  
**Time:** 11-11:45am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
*No classes will be held Thanksgiving week.*

## DANCE: CREATIVE MOVEMENT- PARENT & CHILD

**Highland Park:** 651-695-3706  
**Activity #:** 4889 **Day:** Wed  
**Time:** 9:30-10:15am **Fee:** \$42  
**Activity #:** 5457 **Day:** Wed  
**Time:** 11-11:45am **Fee:** \$42  
**Activity #:** 4891 **Day:** Wed  
**Time:** 9:30-10:15am **Fee:** \$42  
**Activity #:** 5458 **Day:** Wed  
**Time:** 11-11:45am **Fee:** \$42  
**Activity #:** 5456 **Day:** Sat  
**Time:** 10:30-11:15am **Fee:** \$42  
**Activity #:** 4888 **Day:** Sat  
**Time:** Noon-12:45pm **Fee:** \$42  
**Activity #:** 4890 **Day:** Sat  
**Time:** 10:30-11:15am **Fee:** \$42  
**Activity #:** 5455 **Day:** Sat  
**Time:** Noon-12:45pm **Fee:** \$42  
*No classes will be held Thanksgiving week.*

**Instructor:** Amy Lee  
**Date:** Sept 9  
**Sessions:** 6 **Ages:** 2-4  
**Date:** Sept 9  
**Sessions:** 6 **Ages:** 2-3  
**Date:** Oct 28  
**Sessions:** 6 **Ages:** 2-4  
**Date:** Oct 28  
**Sessions:** 6 **Ages:** 2-3  
**Date:** Sept 12  
**Sessions:** 6 **Ages:** 2-4  
**Date:** Sept 12  
**Sessions:** 6 **Ages:** 2-4  
**Date:** Oct 31  
**Sessions:** 6 **Ages:** 2-4  
**Date:** Oct 31  
**Sessions:** 6 **Ages:** 2-4

## DANCE: CREATIVE MOVEMENT & BEGINNING BALLET

**Highland Park:** 651-695-3706  
**Activity #:** 4949 **Day:** Sat  
**Time:** 11:15am-Noon **Fee:** \$42  
**Activity #:** 4950 **Day:** Sat  
**Time:** 11:15am-Noon **Fee:** \$42  
*No classes will be held Thanksgiving week.*

**Instructor:** Amy Lee  
**Date:** Sept 12  
**Sessions:** 6 **Ages:** 4-6  
**Date:** Oct 31  
**Sessions:** 6 **Ages:** 4-6

**Northwest Como:** 651-298-5813  
**Activity #:** 12955 **Day:** Wed  
**Time:** 3:15-4pm **Fee:** \$35

**Instructor:** Rachel Handren  
**Date:** Nov 4  
**Sessions:** 6 **Ages:** 3-5

## MARTIAL ARTS: TAE KWON DO JR

*Traditional Taekwondo. More 1-on-1 training and smaller class sizes.*

**North Dale:** 651-558-2329  
**Activity #:** 15230 **Day:** Mon/Wed  
**Time:** 5:30-6pm **Fee:** \$50  
**Activity #:** 16089 **Day:** Mon/Wed  
**Time:** 5:30-6pm **Fee:** \$50  
**Activity #:** 16090 **Day:** Mon/Wed  
**Time:** 5:30-6pm **Fee:** \$50  
**Activity #:** 16091 **Day:** Mon/Wed  
**Time:** 5:30-6pm **Fee:** \$50

**Instructor:** Elbert Batica  
**Date:** Sept 2  
**Sessions:** 8 **Ages:** 4-5  
**Date:** Oct 5  
**Sessions:** 8 **Ages:** 4-5  
**Date:** Nov 2  
**Sessions:** 9 **Ages:** 4-5  
**Date:** Dec 2  
**Sessions:** 5 **Ages:** 4-5

## MUSIC: GROWING WITH MUSIC

*This class emphasizes development through singing, movement and activities with musical instruments. Each quarterly session will have different activities.*

**Highland Park:** 651-695-3706  
**Activity #:** 5419 **Day:** Wed  
**Time:** 10:30-11am **Fee:** \$60  
**Ages:** Walking-5 yrs  
**Activity #:** 6462 **Day:** Wed  
**Time:** 11:05-11:35am **Fee:** \$60  
**Ages:** Walking-5 yrs  
**Activity #:** 5156 **Day:** Wed  
**Time:** 10:30-11am **Fee:** \$60  
**Ages:** Walking-5 yrs  
**Activity #:** 5160 **Day:** Wed  
**Time:** 11:05-11:35am **Fee:** \$60  
**Ages:** Walking-5 yrs

**Date:** Sept 2  
**Sessions:** 8  
**Date:** Sept 2  
**Sessions:** 8  
**Date:** Oct 28  
**Sessions:** 8  
**Date:** Oct 28  
**Sessions:** 8

**Jimmy Lee:** 651-642-0650  
**Activity #:** 17279 **Day:** Wed  
**Time:** 9:15-9:45am **Fee:** \$60  
**Ages:** Walking-5 yrs

**Date:** Sept 2  
**Sessions:** 8

**North Dale:** 651-558-2329  
**Activity #:** 5158 **Day:** Mon  
**Time:** 10:40-11:10am **Fee:** \$60  
**Ages:** Walking-5 yrs  
**Activity #:** 17232 **Day:** Mon  
**Time:** 10:40-11:10am **Fee:** \$54  
**Ages:** Walking-5 yrs

**Date:** Sept 14  
**Sessions:** 8  
**Date:** Nov 9  
**Sessions:** 7

## OUTDOORS: EXPLORATOTS-PARENT CHILD

*Join us on outdoor adventures with a different theme each month! We'll search for clues that animals have left behind, enjoy hands-on activities and story times, and get up-close looks at treasures from our naturalist's backpack. It's a great way to get outside with your child, meet other families and learn about the natural world. Bring home ideas for outdoor play. Children must be supervised with an accompanying adult. Held second and fourth Wednesdays at Phalen; locations vary by time of year. No programs Nov 25, Dec 9 & 23.*

**Contact:** Faith Krogstad for more information- 651-632-2455

**Location:** Phalen Lakeside Activity Center  
**Activity #:** 12958 **Day:** Wed  
**Date:** Sept 9 & 23, Oct 14 & 28, Nov 11

**Time:** 10-11:30am **Fee:** Free **Sessions:** 5 **Ages:** 2-5

## 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 are Sept. through June.*

**Arlington Hills:** 651-632-3861  
**Activity #:** 17239 **Day:** Tue/Thur  
**Time:** 9:15am-Noon **Fee:** Free  
**Ages:** 3-5

**Date:** Sept 8  
**Sessions:** 13

**Battle Creek:** 651-501-6347  
**Activity #:** 11089 **Day:** Tue/Wed/Thur  
**Time:** 10am-Noon **Fee:** Free  
**Ages:** 3-5

**Date:** Sept 1  
**Sessions:** Ongoing

**Duluth & Case:** 651-298-5709  
**Activity #:** 13120 **Day:** Fri  
**Time:** 10am-Noon **Fee:** Free  
**Ages:** 3-5

**Date:** Sept 11  
**Sessions:** Ongoing

**Hayden Heights:** 651-298-5716  
**Activity #:** 15185 **Day:** Tue/Thur  
**Time:** 10am-Noon **Fee:** Free  
**Ages:** 3-5

**Date:** Sept 8  
**Sessions:** Ongoing

**Hazel Park:** 651-501-6350  
**Activity #:** 17149 **Day:** Fri  
**Time:** 10-11:30am **Fee:** Free  
**Ages:** 3-5

**Date:** Sept 11  
**Sessions:** Ongoing

**Highland Park:** 651-695-3706  
**Activity #:** 17230 **Day:** Mon/Wed  
**Time:** 11am-1pm **Fee:** Free  
**Ages:** 3-5

**Date:** Sept 9  
**Sessions:** 13

**Jimmy Lee:** 651-642-0650  
**Activity #:** 17280 **Day:** Thur/Fri **Date:** Sept 10  
**Time:** 10-11:30am **Fee:** Free **Sessions:** Ongoing  
**Ages:** 3-5

**Langford:** 651-298-5765  
**Activity #:** 17125 **Day:** Thur **Date:** Oct 1  
**Time:** 9-10:30am **Fee:** Free **Sessions:** 13  
**Ages:** 1-5

**Merriam Park:** 651-298-5766  
**Activity #:** 15183 **Day:** Wed **Date:** Sept 2  
**Time:** 5:30-7:30pm **Fee:** Free **Sessions:** 10  
**Ages:** 1-5  
**Activity #:** 15181 **Day:** Fri **Date:** Sept 4  
**Time:** 1-3pm **Fee:** Free **Sessions:** 17  
**Ages:** 1-5

**North Dale:** 651-558-2329  
*Weekly cash donation will be accepted at the desk.*  
**Activity #:** 17196 **Day:** Mon/Wed/Thur **Date:** Oct 1  
**Time:** 9am-Noon **Fee:** Free **Sessions:** 14  
**Ages:** 3-5

**Phalen:** 651-793-6600  
**Activity #:** 15189 **Day:** Tue **Date:** Sept 8  
**Time:** 10am-Noon **Fee:** Free **Sessions:** Ongoing  
**Ages:** 3-5  
**Activity #:** 15190 **Day:** Fri **Date:** Sept 11  
**Time:** 2-4pm **Fee:** Free **Sessions:** Ongoing  
**Ages:** 3-5

**West Minnehaha:** 651-298-5823  
**Activity #:** 17182 **Day:** Wed/Fri **Date:** Sept 9  
**Time:** 10am-Noon **Sessions:** Ongoing **Ages:** 3-5

## RECREATION FOR PRE-SCHOOLERS

*Specialized activities offered for each age group provide a natural progression through early learning years and readiness for kindergarten.*

**Battle Creek:** 651-501-6388

**Instructor:** Courtney Gage  
**Day:** Tue/Thur **Date:** Sept 15 **Time:** 9:30-11:30am  
**Fee:** \$100/mo **Sessions:** Sept-May  
**Ages:** 3 (by 9/1/15)  
**Day:** Mon/Wed/Fri **Date:** Sept 14 **Time:** 9:30-11:30am  
**Fee:** \$120/mo **Sessions:** Sept-May  
**Ages:** 4 (by 9/1/15)

**Edgumbe:** 651-695-3734

**Instructor:** Katie Dandrea  
**Day:** Tue/Thur **Date:** Sept 15 **Time:** 9:15-11:45am  
**Fee:** \$100/mo **Sessions:** Sept-May  
**Ages:** 33 mo (by 9/1/15)  
**Day:** Mon/Wed/Fri **Date:** Sept 14 **Time:** 9:15-11:45am  
**Fee:** \$150/mo **Sessions:** Sept-May  
**Ages:** 3 (by 9/1/15)  
**Day:** Mon-Thur **Date:** Sept 14 **Time:** 12:45-3:45pm  
**Fee:** \$175/mo **Sessions:** Sept-May  
**Ages:** 4-5 (by 9/1/15)

**Highland Park:** 651-695-3706

**Instructors:** Barb Biagi & Keeley Hanson  
*There is a \$35 registration fee.*  
**Day:** Mon/Tue/Wed **Date:** Sept 12 **Time:** 12:15-2:45pm  
**Fee:** \$120/mo **Sessions:** Sept-May  
**Ages:** 4 (by 9/1/15)  
**Day:** Tue/Thur **Date:** Sept 12 **Time:** 9:30-11:30am  
**Fee:** \$100/mo **Sessions:** Sept-May  
**Ages:** 2.5 (by 9/1/15)

**Day:** Mon/Wed/Fri **Date:** Sept 9 **Time:** 9-11:15am  
**Fee:** \$110/mo **Sessions:** Sept-May  
**Ages:** 3 (by 9/1/15)

**Linwood:** 651-298-5660

**Instructor:** Bobbi Jo Solberg & Susanna Hartogh  
*There is a \$35 registration fee.*  
**Day:** Tue/Thur **Date:** Sept 8 **Time:** 9-11am  
**Fee:** \$110/mo **Sessions:** Sept-May  
**Ages:** 2 (by 9/1/15)  
**Day:** Tue/Thur **Date:** Sept 8 **Time:** 11:30am-1:30pm  
**Fee:** \$110/mo **Sessions:** Sept-May  
**Ages:** 2 (by 9/1/15)  
**Day:** Mon/Wed/Fri **Date:** Sept 9 **Time:** 9:15-11:30am  
**Fee:** \$135/mo **Sessions:** Sept-May  
**Ages:** 3-4 (by 9/1/15)  
**Day:** Mon/Wed/Fri **Date:** Sept 9 **Time:** Noon-2:15pm  
**Fee:** \$135/mo **Sessions:** Sept-May  
**Ages:** 3-4 (by 9/1/15)

## SPORTS: SOCCER-PARENT/CHILD

*Parents and children will work with staff to practice basic soccer skills and have a short scrimmage.*

**Hancock:** 651-298-4393

**Activity #:** 11140 **Day:** Mon **Date:** Sept 14  
**Time:** 6-6:45pm **Fee:** \$20 **Sessions:** 6 **Ages:** 3-5

## SPORTS: SPORTIES FOR SHORTIES

*This program offers youth the opportunity to participate in a wide variety of fun, active games.*

**Hazel Park:** 651-501-6350

**Activity #:** 17151 **Day:** Mon **Date:** Sept 14  
**Time:** 6-6:45pm **Fee:** \$5 **Sessions:** 3 **Ages:** 3-5

## TUMBLING: PARENT & CHILD

**Highland Park:** 651-695-3706 **Instructor:** Amy Lee  
**Activity #:** 5341 **Day:** Wed **Date:** Sept 9  
**Time:** 10:15-11am **Fee:** \$42 **Sessions:** 6 **Ages:** 2-3  
**Activity #:** 5342 **Day:** Wed **Date:** Oct 28  
**Time:** 10:15-11am **Fee:** \$42 **Sessions:** 6 **Ages:** 2-3  
*No classes will be held Thanksgiving week.*

## TUMBLING I

**Highland Park:** 651-695-3706 **Instructor:** Amy Lee  
**Activity #:** 5358 **Day:** Fri **Date:** Sept 11  
**Time:** 9:30-10:15am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Activity #:** 5360 **Day:** Fri **Date:** Oct 30  
**Time:** 9:30-10:15am **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Linwood:** 651-298-5660 **Instructor:** Amy Lee  
**Activity #:** 15192 **Day:** Mon **Date:** Sept 14  
**Time:** Noon-12:45pm **Fee:** \$35 **Sessions:** 5 **Ages:** 3-5  
**Activity #:** 5353 **Day:** Mon **Date:** Oct 26  
**Time:** Noon-12:45pm **Fee:** \$42 **Sessions:** 6 **Ages:** 3-5  
**Jimmy Lee:** 651-642-0650  
**Activity #:** 10885 **Day:** Sat **Date:** Sept 19  
**Time:** 9-9:55am **Fee:** \$30 **Sessions:** 6 **Ages:** 4-6  
**Activity #:** 15149 **Day:** Sat **Date:** Nov 7  
**Time:** 9-9:55am **Fee:** \$30 **Sessions:** 6 **Ages:** 4-6  
*No class Nov 28.*

**North Dale:** 651-558-2329 **Instructor:** Dawn Thielen  
**Activity #:** 17231 **Day:** Tue **Date:** Oct 6  
**Time:** 9:30-10am **Fee:** \$30 **Sessions:** 6 **Ages:** 3-5  
*No classes will be held Thanksgiving week at Highland or Linwood.*



### ART: ART DAY

Participants will create a variety of art. All supplies are included.

**Duluth & Case:** 651-298-5709

**Activity #:** 15158 **Day:** Tue **Date:** Sept 15  
**Time:** 5:30-6:30pm **Fee:** Free **Sessions:** 3 **Ages:** 6-11

**Jimmy Lee:** 651-642-0650

**Activity #:** 17314 **Day:** Thur **Instructor:** Holly Overton  
**Time:** 6-7pm **Fee:** Free **Date:** Oct 22  
**Sessions:** 6 **Ages:** 6-12

### ART: ARTIST'S WORKSHOP

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 or have the rec center snack.

**Northwest Como:** 651-298-5813

**Activity #:** 4709 **Day:** Wed **Instructor:** Barb McIntosh  
**Time:** 3-5pm **Fee:** \$60 **Date:** Oct 7  
**Sessions:** 6 **Ages:** 7-13

### ART: FUSE BEADS

Participants will use beads to make art designs that will melt into the project/shape of their choice.

**Duluth & Case:** 651-298-5709

**Activity #:** 10864 **Day:** Mon **Date:** Nov 2  
**Time:** 6:30-7:30pm **Fee:** \$2 **Sessions:** 4 **Ages:** 11-15

### ART: LEGO MINECRAFT

Youth will create multiple projects inspired by Creepers, the popular Minecraft characters using air-dry clay, paint and Lego bricks.

**Highland Park:** 651-695-3706

**Activity #:** 17204 **Day:** Fri **Instructor:** Kidcreate Studio  
**Time:** 1:30-3:30pm **Fee:** \$30 **Date:** Nov 20  
**Sessions:** 1 **Ages:** 5-12

**North Dale:** 651-558-2329

**Activity #:** 17146 **Day:** Wed **Instructor:** Kidcreate Studio  
**Time:** 1:30-3:30pm **Fee:** \$25 **Date:** Dec 23  
**Sessions:** 1 **Ages:** 5-12

### ART: MASK MAKING

Youth will use a variety of materials to create masks.

**Hayden Heights:** 651-298-5716

**Activity #:** 10832 **Day:** Thur **Date:** Sept 24  
**Time:** 6-7pm **Fee:** \$20 **Sessions:** 5 **Ages:** 7-12

### ART: SEASONAL YOUTH CRAFTS

Every other Monday we will create crafts based on the season or holiday: 10/26 Halloween, 11/9 Fall, 11/23 Thanksgiving, 12/7 Winter, 12/21 Christmas.

**Merriam Park:** 651-298-5766

**Activity #:** 15184 **Day:** Mon **Date:** Oct 26  
**Time:** 6:15-7:30pm **Fee:** \$15 or \$4 drop-in **Sessions:** 5  
**Ages:** 4-11

### ART: STAR WARS-R2D2

Youth will construct a mini R2D2 out of model magic clay.

**Groveland:** 651-695-3714

**Activity #:** 17207 **Day:** Thur **Date:** Oct 15  
**Time:** 1:30-3:30pm **Fee:** \$25 **Sessions:** 1 **Ages:** 5-8

### ART & COOKING: FRANKENSTEIN'S LAB

A week of Halloween Fun. Spooky Science, monster mayhem, caldron cooking and costume creating. Snack will be served daily. Ending with a Halloween party on Friday.

**Martin Luther King:** 651-290-8695

**Activity #:** 17189 **Day:** Mon-Fri **Date:** Oct 26  
**Time:** 4-5pm **Fee:** \$15 **Sessions:** 5 **Ages:** 5-10

### BABYSITTING TRAINING

Youth will develop skills in leadership, professionalism, basic care, safety, safe play and first aid. Participants must be age 11 years or older. Please bring a bag lunch & beverage for full day class.

**Groveland:** 651-695-3714

**Activity #:** 5388 **Day:** Sat **Date:** Oct 24  
**Time:** 9am-4pm **Fee:** \$60 **Sessions:** 1 **Ages:** 11+

**Hayden Heights:** 651-298-5716

**Activity #:** 10863 **Day:** Thur **Date:** Oct 15  
**Time:** 9am-4:15pm **Fee:** \$60 **Sessions:** 1 **Ages:** 11+

**Highland Park:** 651-695-3706

**Activity #:** 4721 **Day:** Sat **Date:** Nov 7  
**Time:** 9am-4pm **Fee:** \$60 **Sessions:** 1 **Ages:** 11+

**Jimmy Lee:** 651-642-0650

**Activity #:** 17191 **Day:** Sat **Date:** Oct 17  
**Time:** 9am-4pm **Fee:** \$60 **Sessions:** 1 **Ages:** 11+

**Langford:** 651-298-5765

**Activity #:** 17141 **Day:** Wed **Instructor:** Melissa Madigan  
**Time:** 8am-3pm **Fee:** \$60 **Date:** Dec 23  
**Sessions:** 1 **Ages:** 11+

**North Dale:** 651-558-2329

**Activity #:** 4724 **Day:** Sat **Instructor:** Melissa Madigan  
**Time:** 9am-4pm **Fee:** \$60 **Date:** Nov 14  
**Sessions:** 1 **Ages:** 11+

**Northwest Como:** 651-298-5813

**Activity #:** 4725 **Day:** Sat **Instructor:** Melissa Madigan  
**Time:** 9am-4pm **Fee:** \$60 **Date:** Sept 26  
**Sessions:** 1 **Ages:** 11+

### BABYSITTING TRAINING – ASHI

This comprehensive babysitting course that covers the business aspect of babysitting safety of the child and sitter, leadership, playtime activities and basic first aid.. Please bring a bag lunch and a beverage.

**El Rio Vista:** 651-789-2500

**Activity #:** 15239 **Day:** Sat **Instructor:** Deb Gutzman  
**Time:** 10am-3pm **Fee:** \$60 **Date:** Oct 24  
**Sessions:** 1 **Ages:** 6-12

**Activity #:** 15240 **Day:** Sat **Date:** Dec 19  
**Time:** 10am-3pm **Fee:** \$60 **Sessions:** 1 **Ages:** 6-12

### COMPUTER: CLAY ANIMATION

Participants will create clay characters and props. As they learn the production process, they will animate, record, download, assemble and edit their own movie. Participants final movie will be emailed to parents or they may bring a USB jump drive the last day to take home their films immediately.

**Edgcombe:** 651-695-3711

**Activity #:** 17210 **Day:** Sat **Instructor:** Computer Explorers  
**Time:** 9am-Noon **Fee:** \$70 **Date:** Nov 7  
**Sessions:** 2 **Ages:** 6-11



## COMPUTER: INTRO TO CODING WITH SUPER HEROES

Create your own video game. Choose your storyline with popular super heroes, add challenges and levels of difficulty, then share by email or post on web to challenge family and friends. Bring a jump drive to class.

**Highland Park:** 651-695-3706 **Instructor:** Computer Explorers  
**Activity #:** 5476 **Day:** Sat **Date:** Sept 19  
**Time:** 9am-Noon **Fee:** \$70 **Sessions:** 2 **Ages:** 5-7

## COMPUTER: LEGO MINECRAFT ENGINEERING

Participant builders will be creating mob figures, custom block, torches, mosaics, custom biomes and terrains from the Minecraft Video Games! Participants will use both cardboard papercrafts and Legos to create our worlds. Builders will be challenged to bring their virtual designs from the game to life and get to take home a daily project which includes two papercrafts.

**Groveland:** 651-695-3714 **Instructor:** Computer Explorers  
**Activity #:** 17209 **Day:** Sat **Date:** Oct 3  
**Time:** 9am-Noon **Fee:** \$70 **Sessions:** 2 **Ages:** 6-11

## COOKING – BAKING/ASIAN

We will be cooking some generic Asian food/dessert/bakery from Chinese Culture to Hmong Culture. You will also learn a little history of where the food was originally from.

**Hazel Park:** 651-501-6350  
**Activity #:** 17147 **Day:** Thur **Date:** Sept 3  
**Time:** 6-7pm **Fee:** \$2 **Sessions:** 6 **Ages:** 8-14

## COOKING: BREAD MAKING

Learn how to bake fresh homemade bread. Every student will make bread dough to bring home and bake. Please bring a bowl for mixing. Recipes will be shared.

**Duluth & Case:** 651-298-5709  
**Activity #:** 10879 **Day:** Thur **Date:** Sept 17  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** 8-17  
**Activity #:** 5567 **Day:** Thur **Date:** Oct 15  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** 8-17  
**Activity #:** 10878 **Day:** Thur **Date:** Nov 19  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** 8-17  
**Activity #:** 10820 **Day:** Thur **Date:** Dec 17  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** 8-17

## COOKING: HOLIDAY COOKIES

Youth will split their time doing both baking and art.

**Duluth & Case:** 651-298-5709  
**Activity #:** 10812 **Day:** Tue **Date:** Oct 20  
**Time:** 6-7:30pm **Fee:** \$2 **Sessions:** 1 **Ages:** 8-13  
**Activity #:** 10813 **Day:** Tue **Date:** Nov 17  
**Time:** 6-7:30pm **Fee:** \$2 **Sessions:** 1 **Ages:** 8-13  
**Activity #:** 10814 **Day:** Wed **Date:** Dec 16  
**Time:** 6-7:30pm **Fee:** \$2 **Sessions:** 1 **Ages:** 8-13

**Hayden Heights:** 651-298-5716  
**Activity #:** 10880 **Day:** Mon **Date:** Dec 7  
**Time:** 6-7pm **Fee:** \$10 **Sessions:** 2 **Ages:** 8-11

**Hazel Park:** 651-501-6350  
**Activity #:** 12968 **Day:** Thur **Date:** Dec 17  
**Time:** 6-7:30pm **Fee:** \$1 **Sessions:** 1 **Ages:** 8-13

**Jimmy Lee:** 651-642-0650 **Instructor:** Holly Overton  
**Activity #:** 17266 **Day:** Wed **Date:** Oct 28  
**Time:** 6-7:30pm **Fee:** \$15 **Sessions:** 1 **Ages:** 6-12

**Activity #:** 17265 **Day:** Tue **Date:** Dec 22  
**Time:** 6-7:30pm **Fee:** \$15 **Sessions:** 1 **Ages:** 6-12

**Phalen:** 651-793-6600  
**Activity #:** 12966 **Day:** Fri **Date:** Nov 20  
**Time:** 6-7pm **Fee:** \$15 **Sessions:** 4 **Ages:** 8-13

## COOKING: TAKE HOME CHEF

Learn how to make simple healthy snacks or meals that you can take home or make at home.

**Dayton's Bluff:** 651-793-3885  
**Activity #:** 4753 **Day:** Tue **Date:** Oct 6  
**Time:** 6-7:30pm **Fee:** \$10 **Sessions:** 8 **Ages:** 8-14

**Jimmy Lee:** 651-642-0650 **Instructor:** Holly Overton  
**Activity #:** 17264 **Day:** Tue **Date:** Sept 15  
**Time:** 6-7pm **Fee:** \$10 **Sessions:** 8 **Ages:** 6-12

**Langford:** 651-298-5765 **Instructor:** Staff  
**Activity #:** 10881 **Day:** Tue **Date:** Nov 3  
**Time:** 6-7:30pm **Fee:** \$10 **Sessions:** 4 **Ages:** 8-14

## COOKING: RECIPES FROM AROUND THE WORLD

Each week participants will learn how to cook a simple appetizers, soups or desserts from different countries around the world.

**Phalen:** 651-793-6600  
**Activity #:** 12974 **Day:** Fri **Date:** Oct 2  
**Time:** 4:30-6pm **Fee:** \$15 **Sessions:** 4 **Ages:** 8-15

## DANCE: BALLET I

**Highland Park:** 651-695-3706 **Instructor:** Amy Lee  
**Activity #:** 5409 **Day:** Thur **Date:** Sept 10  
**Time:** 5:45-6:30pm **Fee:** \$42 **Sessions:** 6 **Ages:** 5-8  
**Activity #:** 5414 **Day:** Thur **Date:** Oct 29  
**Time:** 5:45-6:30pm **Fee:** \$42 **Sessions:** 6 **Ages:** 5-8

**Linwood:** 651-298-5660 **Instructor:** Amy Lee  
**Activity #:** 11060 **Day:** Mon **Date:** Sept 14  
**Time:** 5:30-6:15pm **Fee:** \$35 **Sessions:** 5 **Ages:** 5-10  
**Activity #:** 5558 **Day:** Mon **Date:** Oct 26  
**Time:** 5:30-6:15pm **Fee:** \$42 **Sessions:** 6 **Ages:** 5-10  
**Activity #:** 15197 **Day:** Wed **Date:** Sept 9  
**Time:** 4:30-5:15pm **Fee:** \$42 **Sessions:** 6 **Ages:** 5-10  
**Activity #:** 11064 **Day:** Wed **Date:** Oct 28  
**Time:** 4:30-5:15pm **Fee:** \$42 **Sessions:** 6 **Ages:** 5-10

**North Dale:** 651-558-2329 **Instructor:** Zachari Wetz  
*Formally Pre-Ballet.*

**Activity #:** 7357 **Day:** Fri **Date:** Sept 11  
**Time:** 12:30-1pm **Fee:** \$50 **Sessions:** 10 **Ages:** 5-7  
*No classes will be held Thanksgiving week at Highland Park or Linwood.*

## DANCE: BALLET II

**Linwood:** 651-298-5660 **Instructor:** Amy Lee  
**Activity #:** 15195 **Day:** Wed **Date:** Sept 9  
**Time:** 6:15-7:15pm **Fee:** \$42 **Sessions:** 6 **Ages:** 6-12  
**Activity #:** 5554 **Day:** Wed **Date:** Oct 28  
**Time:** 6:15-7:15pm **Fee:** \$42 **Sessions:** 6 **Ages:** 6-12

*No classes will be held the week of Thanksgiving.*

## DANCE: BALLET & TAP I

**Battle Creek:** 651-501-6347

**Activity #:** 5740 **Day:** Mon

**Time:** 6:15-7pm **Fee:** \$45

**Activity #:** 5758 **Day:** Tue

**Time:** 6:15-7pm **Fee:** \$45

**Highland Park:** 651-695-3706

**Activity #:** 5411 **Day:** Sat

**Time:** 1:30-2:15pm **Fee:** \$42

**Activity #:** 5416 **Day:** Sat

**Time:** 1:30-2:15pm **Fee:** \$42

**Linwood:** 651-298-5660

**Activity #:** 11265 **Day:** Mon

**Time:** 4:30-5:30pm **Fee:** \$35

**Activity #:** 13151 **Day:** Mon

**Time:** 4:30-5:30pm **Fee:** \$42

**Activity #:** 13150 **Day:** Wed

**Time:** 5:15-6:15pm **Fee:** \$42

**Activity #:** 11065 **Day:** Wed

**Time:** 5:15-6:15pm **Fee:** \$42

**Martin Luther King:** 651-290-8695

**Activity #:** 17328 **Day:** Wed

**Time:** 7:10-7:55pm **Fee:** \$50

*No class Oct 23*

**Merriam Park:** 651-298-5766

**Activity #:** 4869 **Day:** Thur

**Time:** 7:10-7:55pm **Fee:** \$50

*No classes held Thanksgiving week at Highland Park,*

*Linwood, Martin Luther King and Merriam Park.*

## DANCE: BALLET & TAP II

**Battle Creek:** 651-501-6347

**Activity #:** 5747 **Day:** Tue

**Time:** 6:15-7pm **Fee:** \$45

**Activity #:** 5750 **Day:** Tue

**Time:** 7:15-8pm **Fee:** \$45

**Highland Park:** 651-695-3706

**Activity #:** 5410 **Day:** Thur

**Time:** 6:30-7:30pm **Fee:** \$42

**Activity #:** 5415 **Day:** Thur

**Time:** 6:30-7:30pm **Fee:** \$42

*No classes will be held Thanksgiving week at Highland.*

## DANCE: BALLET & TAP II & III

**Battle Creek:** 651-501-6347

**Activity #:** 5761 **Day:** Thur

**Time:** 7:15-8pm **Fee:** \$50

**Instructor:** Holly Hauser

**Date:** Sept 21

**Sessions:** 8 **Ages:** 5-6

**Date:** Sept 1

**Sessions:** 9 **Ages:** 7-8

**Instructor:** Amy Lee

**Date:** Sept 12

**Sessions:** 6 **Ages:** 5-6

**Date:** Oct 31

**Sessions:** 6 **Ages:** 5-7

**Instructor:** Amy Lee

**Date:** Sept 14

**Sessions:** 5 **Ages:** 5-10

**Date:** Oct 26

**Sessions:** 6 **Ages:** 5-10

**Date:** Sept 9

**Sessions:** 6 **Ages:** 5-10

**Date:** Oct 28

**Sessions:** 6 **Ages:** 5-10

**Date:** Sept 16

**Sessions:** 9 **Ages:** 7-9

**Date:** Sept 17

**Sessions:** 9 **Ages:** 7-9

## DANCE: BALLET, TAP & CREATIVE MOVEMENT

*Dress in leotard and both ballet and tap shoes are required.*

**North Dale:** 651-558-2329

**Activity #:** 17213 **Day:** Sat

**Time:** 10-10:45am **Fee:** \$50

**Instructor:** Mindy Ohman

**Date:** Sept 12

**Sessions:** 6 **Ages:** 5-6

## DANCE: CREATIVE MOVEMENT II

**Linwood:** 651-298-5660

**Activity #:** 15194 **Day:** Wed

**Time:** 3:45-4:30pm **Fee:** \$42

**Activity #:** 4929 **Day:** Mon

**Time:** 3:45-4:30pm **Fee:** \$35

**Activity #:** 5552 **Day:** Mon

**Time:** 3:45-4:30pm **Fee:** \$42

**Activity #:** 4933 **Day:** Wed

**Time:** 3:45-4:30pm **Fee:** \$42

*No classes will be held Thanksgiving week.*

**Instructor:** Amy Lee

**Date:** Sept 9

**Sessions:** 6 **Ages:** 5-7

**Date:** Sept 14

**Sessions:** 5 **Ages:** 5-7

**Date:** Oct 26

**Sessions:** 6 **Ages:** 5-7

**Date:** Oct 28

**Sessions:** 6 **Ages:** 5-7

## DANCE: CREATIVE MOVEMENT & BALLET II

**Highland Park:** 651-695-3706

**Activity #:** 4957 **Day:** Sat

**Time:** 12:45-1:30pm **Fee:** \$42

**Activity #:** 4958 **Day:** Sat

**Time:** 12:45-1:30pm **Fee:** \$42

*No classes will be held Thanksgiving week at Highland.*

**Instructor:** Amy Lee

**Date:** Sept 12

**Sessions:** 6 **Ages:** 5-8

**Date:** Oct 31

**Sessions:** 6 **Ages:** 5-8

## DANCE: HIP HOP FOR BOYS

**Northwest Como:** 651-298-5813

**Activity #:** 17124 **Day:** Wed

**Time:** 5-6pm **Fee:** \$40

**Instructor:** Rachel Handren

**Date:** Nov 4

**Sessions:** 6 **Ages:** 6-12

## DANCE: JAZZ/BALLET/HIP-HOP

*An introduction to various dance styles. Youth will incorporate their new dance styles into a recital on the last day.*

**Northwest Como:** 651-298-5813

**Activity #:** 12976 **Day:** Wed

**Time:** 4-5pm **Fee:** \$40

**Instructor:** Rachel Handren

**Date:** Nov 4

**Sessions:** 6 **Ages:** 6-10

## DANCE: KING OF POP-MOONWALKERS

*Are you interested in learning how to dance like Michael Jackson? If so, this class is just what you're looking for. Join the dancers of LEGACY, the only live Michael Jackson impersonation show based out of the Twin Cities! The LEGACY dancers will walk you step-by-step through some of your favorite Michael Jackson songs off all time. No dance experience is necessary.*

**Jimmy Lee:** 651-642-0650

**Activity #:** 5494 **Day:** Sat

**Time:** 10-11am **Fee:** \$49

**Date:** Oct 10

**Sessions:** 9 **Ages:** 6-14

*No class Nov 28.*

## DANCE: TAP, JAZZ & BALLET

*This class is for them! Your child will learn basic Ballet, Tap, Jazz, Hip Hop and some tumbling!*

**North Dale:** 651-558-2329

**Activity #:** 4980 **Day:** Thur

**Time:** 5:30-6:30pm **Fee:** \$50

**Activity #:** 16092 **Day:** Thur

**Time:** 5:30-6:30pm **Fee:** \$50

**Instructor:** Mindy Ohman

**Date:** Sept 10

**Sessions:** 6 **Ages:** 7-12

**Date:** Nov 5

**Sessions:** 6 **Ages:** 7-12

## FUNTASTIC FRIDAY

*For seven Fridays the Northwest Como staff will lead the youth in fun, cooperative and team activities. No Funtastic Friday on Friday, Oct 2nd.*

**Northwest Como:** 651-298-5813

**Activity #:** 13119 **Day:** Fri

**Time:** 3:30-4:30pm **Fee:** Free

**Date:** Oct 9

**Sessions:** 7 **Ages:** 6-12

## GAMES: BUZY B.I.N.G.O

*Participants will play BINGO for special prizes. Classes are the second Friday of each month. Sept 11, Oct 9, Nov 13, and Dec 11.*

**Duluth & Case:** 651-298-5709

**Activity #:** 12977 **Day:** Fri

**Time:** 4-5pm **Fee:** Free

**Date:** Sept 11

**Sessions:** 4 **Ages:** 7-11

## MARTIAL ARTS: JUDO

Class includes basic grappling, safe falling and throwing, training and conditioning.

Rice: 651-558-2392

<b>Activity #:</b> 5065	<b>Day:</b> Wed	<b>Date:</b> Sept 9	
<b>Time:</b> 6-8pm	<b>Fee:</b> \$12	<b>Sessions:</b> 4	<b>Ages:</b> 6+
<b>Activity #:</b> 11281	<b>Day:</b> Wed	<b>Date:</b> Oct 7	
<b>Time:</b> 6-8pm	<b>Fee:</b> \$12	<b>Sessions:</b> 4	<b>Ages:</b> 6+
<b>Activity #:</b> 11282	<b>Day:</b> Wed	<b>Date:</b> Nov 4	
<b>Time:</b> 6-8pm	<b>Fee:</b> \$12	<b>Sessions:</b> 4	<b>Ages:</b> 6+
<b>Activity #:</b> 11290	<b>Day:</b> Wed	<b>Date:</b> Dec 2	
<b>Time:</b> 6-8pm	<b>Fee:</b> \$12	<b>Sessions:</b> 4	<b>Ages:</b> 6+

## MARTIAL ARTS: KARATE BEGINNER

Rice: 651-558-2392

<b>Activity #:</b> 11270	<b>Day:</b> Tue/Thur	<b>Date:</b> Sept 1	
<b>Time:</b> 6-7pm	<b>Fee:</b> \$24	<b>Sessions:</b> 8	<b>Ages:</b> All
<b>Activity #:</b> 11271	<b>Day:</b> Tue/Thur	<b>Date:</b> Oct 1	
<b>Time:</b> 6-7pm	<b>Fee:</b> \$24	<b>Sessions:</b> 8	<b>Ages:</b> All
<b>Activity #:</b> 11272	<b>Day:</b> Tue/Thur	<b>Date:</b> Nov 3	
<b>Time:</b> 6-7pm	<b>Fee:</b> \$24	<b>Sessions:</b> 8	<b>Ages:</b> All
<b>Activity #:</b> 11273	<b>Day:</b> Tue/Thur	<b>Date:</b> Dec 1	
<b>Time:</b> 6-7pm	<b>Fee:</b> \$18	<b>Sessions:</b> 6	<b>Ages:</b> All

## ADVANCED

Rice: 651-558-2392

<b>Activity #:</b> 11274	<b>Day:</b> Tue/Thur	<b>Date:</b> Sept 1	
<b>Time:</b> 7-8pm	<b>Fee:</b> \$24	<b>Sessions:</b> 8	<b>Ages:</b> All
<b>Activity #:</b> 11275	<b>Day:</b> Tue/Thur	<b>Date:</b> Oct 1	
<b>Time:</b> 7-8pm	<b>Fee:</b> \$24	<b>Sessions:</b> 8	<b>Ages:</b> All
<b>Activity #:</b> 11276	<b>Day:</b> Tue/Thur	<b>Date:</b> Nov 3	
<b>Time:</b> 6-8pm	<b>Fee:</b> \$24	<b>Sessions:</b> 8	<b>Ages:</b> All
<b>Activity #:</b> 11277	<b>Day:</b> Tue/Thur	<b>Date:</b> Dec 1	
<b>Time:</b> 7-8pm	<b>Fee:</b> \$18	<b>Sessions:</b> 6	<b>Ages:</b> All

## MARTIAL ARTS: KUNG FU

Battle Creek: 651-501-6347

<b>Activity #:</b> 13060	<b>Day:</b> Wed	<b>Date:</b> Sept 2	
<b>Time:</b> 6:30-7:30pm	<b>Fee:</b> Free	<b>Sessions:</b> 9	<b>Ages:</b> 10-17

## MARTIAL ARTS: MIXED MARTIAL ARTS

Battle Creek: 651-501-6347

		<b>Instructor:</b> David Egan	
<b>Activity #:</b> 16042	<b>Day:</b> Sat	<b>Date:</b> Sept 19	
<b>Time:</b> 1-2pm	<b>Fee:</b> \$20	<b>Sessions:</b> 8	<b>Ages:</b> 5-9
<b>Activity #:</b> 16041	<b>Day:</b> Sat	<b>Date:</b> Sept 19	
<b>Time:</b> 2-3pm	<b>Fee:</b> \$20	<b>Sessions:</b> 8	<b>Ages:</b> 10-16

## MARTIAL ARTS: SELF DEFENSE

This program promotes personal improvement, physical fitness and confidence. The program mission is to promote child safety by instructing children in self-defense techniques and safety awareness.

**Dayton's Bluff:** 651-793-3885 **Instructor:** Young Americans  
Scholarships are available for youth on public assistance.  
For more information call 952-997-7732. Register at first class at Dayton's Bluff.

<b>Activity #:</b> 10848	<b>Day:</b> Wed	<b>Date:</b> Oct 21	
<b>Time:</b> 6-8pm	<b>Fee:</b> \$7/session	<b>Sessions:</b> 9	<b>Ages:</b> 5-16

El Rio Vista: 651-789-2500

<b>Activity #:</b> 5130	<b>Day:</b> Mon/Wed/Fri	<b>Date:</b> Sept 2	
<b>Time:</b> 4:30-5:45pm	<b>Fee:</b> \$49/mo	<b>Sessions:</b> Ongoing	
<b>Ages:</b> 9+			



Groveland: 651-695-3714

Registration will be on Oct 22 from 6-7pm at Groveland

<b>Activity #:</b> 17205	<b>Day:</b> Thur	<b>Date:</b> Oct 29	
<b>Time:</b> 6-6:45pm	<b>Fee:</b> \$7/session	<b>Sessions:</b> 8	<b>Ages:</b> 5-16
<b>Merriam Park:</b> 651-298-5766		<b>Instructor:</b> Dean Lillie	
<b>Activity #:</b> 17351	<b>Day:</b> Thur	<b>Date:</b> Sept 3	
<b>Time:</b> 6:30-7pm	<b>Fee:</b> \$10	<b>Sessions:</b> 8	<b>Ages:</b> 6-8
<b>Activity #:</b> 17352	<b>Day:</b> Thur	<b>Date:</b> Sept 3	
<b>Time:</b> 7-8pm	<b>Fee:</b> \$40	<b>Sessions:</b> 8	<b>Ages:</b> 9-11

## MARTIAL ARTS: SOO BAHK DO

A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning.

Highland Park: 651-695-3706

<b>Activity #:</b> 5104	<b>Day:</b> Wed	<b>Date:</b> Sept 2	
<b>Time:</b> 6-7pm	<b>Fee:</b> \$85	<b>Sessions:</b> 17	<b>Ages:</b> 6+

Langford: 651-298-5765

**Instructor:** Christine Eichhorst

A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning. Additional costs: Testing, Federation Membership Uniform is free with first 3 month payment.

## BEGINNER (White-orange Belts)

<b>Activity #:</b> 5879	<b>Day:</b> Thur	<b>Date:</b> Sept 3	
<b>Time:</b> 5:30-6:30pm	<b>Fee:</b> \$45	<b>Sessions:</b> 4	<b>Ages:</b> 5+
<b>Activity #:</b> 5914	<b>Day:</b> Thur	<b>Date:</b> Oct 1	
<b>Time:</b> 5:30-6:30pm	<b>Fee:</b> \$45	<b>Sessions:</b> 5	<b>Ages:</b> 5+
<b>Activity #:</b> 6738	<b>Day:</b> Thur	<b>Date:</b> Nov 5	
<b>Time:</b> 5:30-6:30pm	<b>Fee:</b> \$45	<b>Sessions:</b> 3	<b>Ages:</b> 5+

## ADVANCED (Red & Green Belts)

<b>Activity #:</b> 5823	<b>Day:</b> Thur	<b>Date:</b> Sept 3	
<b>Time:</b> 6:30-7:40pm	<b>Fee:</b> \$55	<b>Sessions:</b> 4	
<b>Ages:</b> 5+			
<b>Activity #:</b> 5915	<b>Day:</b> Thur	<b>Date:</b> Oct 1	
<b>Time:</b> 6:30-7:40pm	<b>Fee:</b> \$55	<b>Sessions:</b> 5	<b>Ages:</b> 5+
<b>Activity #:</b> 6737	<b>Day:</b> Thur	<b>Date:</b> Nov 5	
<b>Time:</b> 6:30-7:40pm	<b>Fee:</b> \$55	<b>Sessions:</b> 3	<b>Ages:</b> 5+

Phalen: 651-793-6600

For further information call Instructor Christine Eichhorst at 651-489-8343.

<b>Activity #:</b> 10855	<b>Day:</b> Sat	<b>Date:</b> Sept 5	
<b>Time:</b> 10-11am	<b>Fee:</b> \$35	<b>Sessions:</b> 4	<b>Ages:</b> 5-10
<b>Activity #:</b> 13430	<b>Day:</b> Sat	<b>Date:</b> Oct 3	
<b>Time:</b> 10-11am	<b>Fee:</b> \$35	<b>Sessions:</b> 4	<b>Ages:</b> 5-10
<b>Activity #:</b> 13431	<b>Day:</b> Sat	<b>Date:</b> Nov 7	
<b>Time:</b> 10-11am	<b>Fee:</b> \$35	<b>Sessions:</b> 4	<b>Ages:</b> 5-10
<b>Activity #:</b> 13433	<b>Day:</b> Sat	<b>Date:</b> Dec 5	
<b>Time:</b> 10-11am	<b>Fee:</b> \$35	<b>Sessions:</b> 4	<b>Ages:</b> 5-10

Linwood: 651-298-5660

**Instructor:** Mike Kelly,  
Certified Master Instructor

For more information, contact Mike Kelly at 651-214-1485 or mike@kellyrenewals.com. Please contact Linwood at 651-298-5660 for registration. Introductory classes for new students (includes uniform).

<b>Day:</b> Sat	<b>Date:</b> Sept 12	
<b>Time:</b> 9-9:45am	<b>Fee:</b> \$75 for 2 months	<b>Sessions:</b> Ongoing
<b>Ages:</b> 6+		

### LINWOOD ONGOING CLASSES FOR RETURNING STUDENTS

<b>Day:</b> Tue/Sat	<b>Date:</b> Sept 1
<b>Time:</b> Tue: 4:30-5:30pm, Sat: 9:45-10:45am	
<b>Fee:</b> \$45/month or \$105/3 Months	<b>Sessions:</b> Ongoing
<b>Ages:</b> 6+	

### MARTIAL ARTS: TAE KWON DO

This method of self-defense will help you gain self-confidence and increase your lung capacity, flexibility and awareness.

#### BEGINNER

Arlington Hills: 651-632-3861

**Instructor:** Master Jose Flores Martinez,  
Black Belt International

<b>Activity #:</b> 17211	<b>Day:</b> Thur	<b>Date:</b> Sept 10	
<b>Time:</b> 7-8pm	<b>Fee:</b> \$6/session	<b>Sessions:</b> 15	<b>Ages:</b> 6+

Martin Luther King: 651-290-8695

<b>Activity #:</b> 5385	<b>Day:</b> Tue/Thur	<b>Date:</b> Sept 29	
<b>Time:</b> 5:30-6:30pm	<b>Fee:</b> \$70	<b>Sessions:</b> 13	<b>Ages:</b> 8-17

#### ADVANCED

Martin Luther King: 651-290-8695

<b>Activity #:</b> 5384	<b>Day:</b> Tue/Thur	<b>Date:</b> Sept 29	
<b>Time:</b> 6:30-7:30pm	<b>Fee:</b> \$70	<b>Sessions:</b> 13	<b>Ages:</b> 8-17

#### BEGINNER/ADVANCED

North Dale: 651-558-2329

**Instructor:** Elbert Batica

<b>Activity #:</b> 5135	<b>Day:</b> Mon/Wed/Fri	<b>Date:</b> Sept 2	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 12	<b>Ages:</b> 6-12

<b>Activity #:</b> 11516	<b>Day:</b> Mon/Wed/Fri	<b>Date:</b> Oct 2	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 13	<b>Ages:</b> 6-12

<b>Activity #:</b> 11517	<b>Day:</b> Mon/Wed/Fri	<b>Date:</b> Nov 2	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 12	<b>Ages:</b> 6-12

<b>Activity #:</b> 11518	<b>Day:</b> Mon/Wed/Fri	<b>Date:</b> Dec 2	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 8	<b>Ages:</b> 6-12

#### BEGINNER/ADVANCED

Northwest Como: 651-298-5813

**Instructor:** Elbert Batica

<b>Activity #:</b> 5151	<b>Day:</b> Tue/Thur	<b>Date:</b> Sept 1	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 9	<b>Ages:</b> 6-17

<b>Activity #:</b> 5152	<b>Day:</b> Tue/Thur	<b>Date:</b> Oct 1	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 9	<b>Ages:</b> 6-17

<b>Activity #:</b> 5493	<b>Day:</b> Tue/Thur	<b>Date:</b> Nov 3	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 7	<b>Ages:</b> 6-17
<b>Activity #:</b> 5516	<b>Day:</b> Tue/Thur	<b>Date:</b> Dec 1	
<b>Time:</b> 4:30-5:30pm	<b>Fee:</b> \$50	<b>Sessions:</b> 6	<b>Ages:</b> 6-17

### MUSIC: DRUMMING GROUP CLASS

In this group class, participants will explore rhythms from around the world through a wide variety of percussion instruments (hand drums, shakers, buckets, and cowbells). Instruments are provided by the instructor and all participants receive a free pair of drum sticks. Beginner class is geared towards those who have little or no prior drumming experience. Intermediate class is targeted at those who have some musical background.

North Dale: 651-558-2329

**Instructor:** John Synhavsky

#### BEGINNING

<b>Activity #:</b> 17246	<b>Day:</b> Thur	<b>Date:</b> Sept 24	
<b>Time:</b> 5-5:30pm	<b>Fee:</b> \$30	<b>Sessions:</b> 6	<b>Ages:</b> 8-12

#### INTERMEDIATE

<b>Activity #:</b> 17247	<b>Day:</b> Thur	<b>Date:</b> Sept 24	
<b>Time:</b> 5:45-6:30pm	<b>Fee:</b> \$40	<b>Sessions:</b> 6	
<b>Ages:</b> 10-Adult			



**BOYS & GIRLS CLUBS**  
OF THE TWIN CITIES

## Mt. Airy Boys and Girls Club

**651-221-0330**  
**690 Jackson Street**

Saint Paul Parks & Recreation and the Boys and Girls Clubs of the Twin Cities have joined efforts to provide youth programming. The Club is open to youth only, ages 6-18.

### SAINT PAUL COMMUNITY EDUCATION

Saint Paul Community Education offers a variety of enrichment activities for youth, adults, families and seniors. For a complete listing of all activities offered watch for the Community Education Catalogue which is mailed to all Saint Paul residents.

[www.commed.spps.org](http://www.commed.spps.org)  
651-767-8179



**Saint Paul**  
**PUBLIC SCHOOLS**  
A World of Opportunities



## MUSIC: GUITAR LESSONS

Lessons for acoustic and electric guitar with cover: chords, scales, rock, folk, metal, jazz, song writing, theory and restringing and maintenance of your guitar. Participants need to bring their own guitar and tuner to class.

**Linwood:** 651 298-5660      **Instructor:** Joseph Walls  
**Activity #:** 17237    **Day:** Tue      **Date:** Sept 8  
**Time:** 5:30-6:30pm    **Fee:** \$60      **Sessions:** 8      **Ages:** 10+

## SAFETY: SAFE KIDS 101

Preparing kids to stay safe at home and in the community. This program will cover topics related to a child's personal safety. Topics include: answering the door and phone, first aid, fire safety rules, internet safety and more.

**El Rio Vista:** 651-789-2500  
**Activity #:** 1524    **Day:** Wed      **Date:** Sept 9  
**Time:** 5:30-8:30pm    **Fee:** Free      **Sessions:** 1      **Ages:** 6-12

## SCIENCE: ROBOTIC BUILDERS – SPORTS & ADVENTURE

The LEGO® Education WeDo™ Robotics Builder allows participants to explore different Robotic Themes. Learn basic programming skills, simple engineering concepts and how to use robot components. Models may include soccer players, goal keeper, helicopter and racer. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs. Participants will build LEGO models featuring motors, tilt sensors, motion detectors, & USB Robotics Hub.

**Merriam Park:** 651-298-5766      **Instructor:** Computer Explorers  
**Activity #:** 15409    **Day:** Tue      **Date:** Oct 6  
**Time:** 6-8pm      **Fee:** \$68      **Sessions:** 3      **Ages:** 6-10

## SCIENCE: STAR WARS JEDI MOVIE MAKING

In a galaxy far, far away, Star Wars comes to life! Work on a stop motion animated Lego Star Wars Movie. Pick your characters to star in your own mini-movie ...the possibilities are endless. Star Wars action figures, Legos, backdrops will be available for filming in class. Handle all of the technical details including using a digital movie camera, filming scenes, stop-motion animation, downloading footage to the computer, digital editing and adding finishing special effects and transitions to the movie. In this exciting hands-on learning class, instructors will take participants through the entire digital film making steps from start to finish using Frames Software. Participant groups' final projects will be emailed to parents, or participants may bring a USB jump drive the last day to take home their films.

**Merriam Park:** 651-298-5766      **Instructor:** Computer Explorers  
**Activity #:** 15410    **Day:** Tue      **Date:** Nov 3  
**Time:** 6-8pm      **Fee:** \$68      **Sessions:** 3      **Ages:** 6-12

## TUMBLING I

**Jimmy Lee:** 651-642-0650  
**Activity #:** 10885    **Day:** Sat      **Date:** Sept 19  
**Time:** 9-9:55am    **Fee:** \$30      **Sessions:** 6      **Ages:** 4-6  
**Activity #:** 15149    **Day:** Sat      **Date:** Nov 7  
**Time:** 9-9:55am    **Fee:** \$30      **Sessions:** 6      **Ages:** 4-6  
**North Dale:** 651-558-2329      **Instructor:** Dawn Thielen  
**Activity #:** 17248    **Day:** Tue      **Date:** Oct 6  
**Time:** 10-10:45am    **Fee:** \$40      **Sessions:** 6      **Ages:** 5-6





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.

### EARLY BIRD SPECIAL

The Early Bird gets the discounts. Register online during one of the first 5 days registration is open and you automatically receive a discount. The earlier you register the bigger the discount, but act fast, these discounts are only good for the first 5 days of each registration period.

#### Registration Discounts

- Day 1 = 25 percent      Day 4 = 10 percent
- Day 2 = 20 percent      Day 5 = 10 percent
- Day 3 = 10 percent

Example: Register for Basketball on September 1 and take 25% off the program fee. Register for Basketball on September 3 and take 10% off.

### 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/athletics](http://www.stpaul.gov/athletics)
- 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.

### Youth Athletic Policy:

*Players playing on more than one team or in a higher division.*

- Players participating in the Saint Paul Parks and Recreation's youth sports programs may be eligible to play on more than one team in a particular sport if the following guidelines are met:
- Players may not play on more than one team within the same age group in SPPR leagues.
- Players may play on more than one SPPR league team if they are in a different age group, and if the

person is eligible by age in both. He or she must also meet the following criteria:

1. Players may play up one division if there are not enough players in the older division to field a team in that division and those players would not have the opportunity to play without the younger players moving up.
  2. Permission must be granted to a Saint Paul Parks and Recreation Staff and the Parent of the player/s.
- A player/s, in the opinion of the Saint Paul Parks and Recreation Staff, Coaches, and Parent/s, has the skills and physical ability to compete in the older division and will not displace a player that is in the appropriate division.
  - If a player plays in more than one age group, they can only play in one age group during the playoff tournament.

### Refunds

- All refunds are subject to a \$10 administration charge unless the program is canceled or filled.
- No refunds granted after the first season game has begun.

## CITYWIDE YOUTH SPORTS REGISTRATION FALL SPORTS

..... June 1-30 .....

Late registration will be taken if roster space is available

**Flag Football:** Ages 7-8, 9-10 & 11-12

**Tackle Football:** Ages 9, 10, 11, 12, 13-14

**Soccer:** Ages 5-6, 7-8, 9-10, 11-12 & 13-14

**Instructional Soccer:** Ages 3-4, 5-6 & 7-8

**Lacrosse:** Ages 6-7, 8-9 & 10-11

## CITYWIDE YOUTH SPORTS REGISTRATION WINTER SPORTS

..... September 1-30 .....

Late registration will be taken if roster space is available

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

## SPORTS: ARCHERY

Participants will follow safety instructions while learning and practicing proper archery techniques. Equipment is provided and fee includes t-shirt. Co-sponsored by Northwest Como Recreation Center and Chelsea Heights School. Grades 3+.

**Northwest Como:** 651-298-5813

**Instructors:** Tom Altman

**Activity #:** 5521    **Day:** Mon/Thur    **Date:** Sept 28  
**Time:** 3-4:30pm    **Fee:** \$60    **Sessions:** 10    **Ages:** 9-14

## SPORTS: BASKETBALL SKILLS

This group will learn fundamental skills (dribbling, shooting, passing and defense) and rules through basketball drills and conditioning. Open to both boys and girls. It is open to all skill levels.

**Dayton's Bluff:** 651-793-3885

**Activity #:** 5576    **Day:** Thur    **Date:** Sept 17  
**Time:** 6-7:30pm    **Fee:** Free    **Sessions:** 9    **Ages:** 6-13

**Jimmy Lee:** 651-642-0650

**Activity #:** 17192    **Day:** Mon    **Date:** Sept 14  
**Time:** 6:30-7:30pm    **Fee:** \$5    **Sessions:** 8    **Ages:** 8-10

## SPORTS: BASKETBALL WARM-UP

Time for boys and girls who will be playing basketball at Langford to warm up their game. Gym time set aside for youth to practice on their own before the season begins.

**Langford:** 651-298-5765

**Activity #:** 17157    **Day:** Tue    **Instructor:** Coach Led  
**Time:** 7:15-8:30pm    **Fee:** Free    **Date:** Sept 1  
**Sessions:** 5    **Ages:** 9-14

## SPORTS: CHEERLEADING

**Dayton's Bluff:** 651-793-3885    **Instructor:** Cheer America

Choreographed dance routines are designed to improve coordination, fitness and flexibility. Scholarships are available for youth on public assistance. For more information call 952-997-7732. Register on first day of class at Dayton's Bluff.

**Activity #:** 11091    **Day:** Mon    **Date:** Oct 19  
**Time:** 6-7pm    **Fee:** \$6/session    **Sessions:** 9    **Ages:** 5+

**Groveland:** 651-695-3714

Registration on Oct 19 from 6-7pm at Groveland.

**Activity #:** 17200    **Day:** Mon    **Date:** Oct 26  
**Time:** 6-6:45pm    **Fee:** \$6/session    **Sessions:** 9    **Ages:** 5+

**Jimmy Lee:** 651-642-0650

This program is for boys and girls.

**Activity #:** 10979    **Day:** Wed/Fri    **Date:** Aug 5  
**Time:** 6-8pm    **Fee:** \$40    **Sessions:** 22    **Ages:** 6-13



## SPORTS: SKATEBOARDING

Learn the basics of skateboarding from the fun & talented staff of 3rd Lair Skate Park. Safety equipment must be worn. Bring your own skateboard. Helmet is required.

**Merriam Park:** 651-298-5766

**Instructor:** 3rd Lair

### BEGINNER

**Activity #:** 5302    **Day:** Mon    **Date:** Sept 7  
**Time:** 6-7pm    **Fee:** \$55    **Sessions:** 4    **Ages:** 7-11

### INTERMEDIATE

**Activity #:** 5301    **Day:** Mon    **Date:** Sept 7  
**Time:** 7-8pm    **Fee:** \$55    **Sessions:** 4    **Ages:** 8-14

## SPORTS: VARIETY SPORTS

Participants will participate in different sports indoor and outdoor.

**Duluth & Case:** 651-298-5709

**Activity #:** 15161    **Day:** Tue    **Date:** Nov 3  
**Time:** 4:30-5:30pm    **Fee:** Free    **Sessions:** 3    **Ages:** 6-12



## VOLUNTEER COACHES NEEDED!

Saint Paul Parks & Recreation offers a variety of coaching opportunities in youth athletics. All coaches must complete a city background check, complete an on-line concussion training, complete an on-line coaches training and attend a pre-season meeting. If interested, contact your local recreation center or call the volunteer hotline at 651-266-6464.



# NO SCHOOL DAYS



## ALL DAY PROGRAM

AGES 6-12 | 8AM-5PM  
FEE: \$10/SESSION

Register at the site or online at [www.stpaul.gov/parks](http://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.  
Fee assistance available.

**Activities Include:**

Arts and Crafts, Swimming, Gym Games, Cooking, Special Events, Urban Tennis, Environmental Science, Daily Snack

**Session 1 –  
October 15 & 16**

- Edgcumbe
- Hazel Park
- Jimmy Lee
- North Dale

**Session 2 –  
December 28 – 30**

- Jimmy Lee
- North Dale

## Fall & Winter Blast

Pre-register in person or call site.

AGES 6-12 | 1-4PM | FEE: FREE

Register at the site or online at [www.stpaul.gov/parks](http://www.stpaul.gov/parks). **Snack provided.** Space limited. Deadline to register is one week in advance or until the program is full.

**FALL BLAST: OCTOBER 15 & 16 | WINTER BLASTS: DECEMBER 28 – 30**

- |                  |                            |                      |                      |
|------------------|----------------------------|----------------------|----------------------|
| • Arlington      | • Hancock                  | • Martin Luther King | • Phalen (Fall Only) |
| • Dayton's Bluff | • Hazel Park (Winter Only) | • McDonough          | • Rice               |
| • Duluth & Case  | • Langford                 | • Merriam Park       | • Scheffer           |
| • El Rio Vista   | • Linwood                  | • Palace             | • West Minnehaha     |

## NO SCHOOL DAY CAMPS

**OCTOBER 15 & 16**

**ART: FROZEN ART**

Come for fun "frozen" art activities! Come experience the magic of winter in a whole new way! This highly anticipated camp inspired by the Disney movie Frozen will entertain and delight your child. They will love creating snow globes, clay sculptures, sparkly castle scenes and more all featuring their favorite characters from the movie. The youth will get to work with a variety of different art supplies as they create masterpieces fit for royalty! Bring a nut-free snack and a drink for your child

**Groveland:** 651-695-3714  
**Activity #:** 15215 **Day:** Thur-Fri  
**Time:** 10am-Noon **Fee:** \$50

**Instructor:** Kidcreate Studio  
**Date:** Oct 15 & 16  
**Sessions:** 2 **Ages:** 4-8

**ART: STAR WARS-R2D2**

Youth will construct a mini R2D2 out of model magic clay.

**Groveland:** 651-695-3714  
**Activity #:** 17207 **Day:** Thur  
**Time:** 1:30-3:30pm **Fee:** \$25

**Date:** Oct 15  
**Sessions:** 1 **Ages:** 5-8

**MEA WEEK**

Activities include board games, arts and crafts, movies and Wii games. Friday will be a 3 on 3 Basketball Tournament. Win a \$10.00 gift card!

**Battle Creek:** 651-501-6347  
**Activity #:** 15212 **Day:** Thur-Fri  
**Time:** 1-4pm **Fee:** Free

**Date:** Oct 15 & 16  
**Sessions:** 2 **Ages:** 12-15



## SCIENCE: ENGINEERING – 3D ARCHITECTURAL & STRUCTURAL DESIGN

Become a master bricklayer and use our special architectural Lego kits to build your creations. Be an architect as you learn the principles of construction. The main goal of the course is to introduce the concept of 3 Dimension and its role in designing. Working in teams, participants will construct buildings, structures, towers, castles and more. Participants learn principles of construction and use math skills as they experiment with scale and size, staggering vs. stacking and more. In a hands-on class using LEGO® materials, we'll build houses with removable roofs, castles with turrets and towers of strength! It just may be impossible to exhaust the creative potential of LEGO bricks. With an active imagination as your guide, there are endless possibilities.

**Merriam Park:** 651-298-5766    **Instructor:** Computer Explorers  
**Activity #:** 15412    **Day:** Thur-Fri    **Date:** Oct 15 & 16  
**Time:** 1-4pm    **Fee:** \$64    **Sessions:** 2    **Ages:** 5-9

## SCIENCE: NXT ROBOTIC ENGINEERING

Using the NXT Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch and light sensors, and specialized Lego technic engineering components, participants will build robots, program them to accomplish tasks, respond to external stimuli, and overcome challenges. Participants working in small teams will control the robot with the NXT programs. Participants will then be challenged to morph their projects into better, stronger or faster robots.

**Merriam Park:** 651-298-5766    **Instructor:** Computer Explorers  
**Activity #:** 15411    **Day:** Thur-Fri    **Date:** Oct 15 & 16  
**Time:** 9am-Noon    **Fee:** \$68    **Sessions:** 1    **Ages:** 7-12

## SPORTS: TENNIS CLINICS

**Groveland:** 651-695-3714

**To register: visit Urban Tennis at [www.urbantennis.org](http://www.urbantennis.org) or call 651-222-2879.**

### Munchkin Clinic

Give tennis a try! This clinic will focus on general athletic skill development (agility, balance, coordination) using tennis equipment.

**Activity #:** 13078    **Day:** Thur-Fri    **Date:** Oct 15 & 16  
**Time:** 9:15-10:15am    **Fee:** \$8    **Sessions:** 2    **Ages:** 3-4

### Red Ball – Stage One Tennis Clinic

Give tennis a try! Two days of lessons are offered for beginners. This clinic is designed for kids with previous tennis experience, whether through SPUT summer tennis or elsewhere. Kids will play a variety of team games to practice and reinforce previously learned rally.

**Activity #:** 13079    **Day:** Thur-Fri    **Date:** Oct 15 & 16  
**Time:** 10-11am    **Fee:** \$10    **Sessions:** 2    **Ages:** 6-7

### Red Ball – Stage Two Tennis Clinic

Give tennis a try! Two days of lessons are offered for beginners. This clinic is designed for kids who have zero to little tennis experience. The clinic will focus on building sending and receiving skills, using age appropriate equipment to get kids rallying quickly.

**Activity #:** 13080    **Day:** Thur-Fri    **Date:** Oct 15 & 16  
**Time:** 11am-Noon    **Fee:** \$10    **Sessions:** 2    **Ages:** 6-8

## NOVEMBER 20

### FALL CRAFTS AND SWIMMING

Participants will create leather crafts, fall crafts and swim.

**Jimmy Lee:** 651-642-0650    **Instructor:** Mica Anders  
**Activity #:** 16038    **Day:** Fri    **Date:** Nov 20  
**Time:** 8am-5pm    **Fee:** \$25    **Sessions:** 1    **Ages:** 6-12

## DECEMBER 23-30

Youth will create multiple projects inspired by Creepers, the popular Minecraft characters using air-dry clay, paint and Lego bricks.

### ART: LEGO MINECRAFT

**North Dale:** 651-558-2329    **Instructor:** Kidcreate Studio  
**Activity #:** 17146    **Day:** Wed    **Date:** Dec 23  
**Time:** 1:30-3:30pm    **Fee:** \$25    **Sessions:** 1    **Ages:** 5-12

### BABYSITTING TRAINING

#### AMERICAN RED CROSS

**Instructor:** Melissa Madigan

Youth will develop skills in leadership, professionalism basic care, safety, safe play and first aid. Participants must be age 11 years or older. Please bring a bag lunch & beverage for full day class.

**Langford:** 651-298-5765

**Activity #:** 17141    **Day:** Wed    **Date:** Dec 23  
**Time:** 8am-3pm    **Fee:** \$60    **Sessions:** 1    **Ages:** 11+

### WINTER NATURE ADVENTURES

Activities include outdoor cooking, nature hikes, crafts, ice fishing, snowshoeing, cross country skiing, downhill ski or snowboarding lesson and skiing.

**To register call Jimmy Lee:** 651-642-0650

#### Como Ski Chalet

**Activity #:** 5755    **Day:** Mon-Wed    **Date:** Dec 28-30  
**Time:** 8am-5pm    **Fee:** \$100    **Sessions:** 3    **Ages:** 6-12





# TEEN CLASSES & ACTIVITIES

## ART: FUSE BEADS

Participants will use beads to make art designs that will melt into the project/shape of their choice.

**Duluth & Case:** 651-298-5709

**Activity #:** 10864 **Day:** Mon **Date:** Nov 2  
**Time:** 6:30-7:30pm **Fee:** \$2 **Sessions:** 4 **Ages:** 11-15

## CANVAS: OPEN MIC

Sign up @ 5:30, Show starts @ 6:00. Open Mics take place every last Thursday of the month. Show off your talent in a safe and welcoming space. Come early to jam with fellow musicians. Sign up to perform at the event.

**Hancock/Canvas:** 651-298-4393

**Activity #:** 15207 **Day:** Thur **Date:** Aug 27  
**Time:** 4:30-8pm **Fee:** Free **Sessions:** 1 **Ages:** 12-20  
**Activity #:** 15213 **Day:** Thur **Date:** Sept 24  
**Time:** 4:30-8pm **Fee:** Free **Sessions:** 1 **Ages:** 12-20  
**Activity #:** 15216 **Day:** Thur **Date:** Oct 29  
**Time:** 4:30-8pm **Fee:** Free **Sessions:** 1 **Ages:** 12-20  
**Activity #:** 15217 **Day:** Thur **Date:** Nov 19  
**Time:** 4:30-8pm **Fee:** Free **Sessions:** 1 **Ages:** 12-20  
**Activity #:** 15218 **Day:** Thur **Date:** Dec 17  
**Time:** 4:30-8pm **Fee:** Free **Sessions:** 1 **Ages:** 12-20

## CANVAS: WRITING CIRCLE

Poets, rappers, slam poets, songwriters or writers of any type: bring a poem, a song, a short story or whatever and get some feedback. An informal, fun way to become a better writer.

**Hancock/Canvas:** 651-298-4393

**Activity #:** 6076 **Day:** Tue **Date:** Sept 8  
**Time:** 5:30-7pm **Fee:** Free **Sessions:** Ongoing  
**Ages:** 14-20

## COOKING: HALLOWEEN COOKIE BOUQUET

Join in the fun and make a fun Halloween themed cookie bouquet to take home. Each participant will learn how to decorate eight cookies and arrange them in a cookie bouquet.

**North Dale:** 651-558-2329

**Activity #:** 17236 **Day:** Mon **Date:** Oct 26  
**Time:** 6-8pm **Fee:** \$30 **Sessions:** 1 **Ages:** 12-Adult

## COOKING: RECIPES FROM AROUND THE WORLD

Each week participants will learn how to cook simple appetizers, soups or desserts from different countries around the world.

**Phalen:** 651-793-6600

**Activity #:** 12974 **Day:** Fri **Date:** Oct 2  
**Time:** 4:30-6pm **Fee:** \$15 **Sessions:** 4 **Ages:** 8-15

## COOKING: TEACH US TO FISH

Participants will plan a meal, grocery shop, prepare and serve the meal to center participants.

**Wilder:** 651-298-5727

**Activity #:** 16190 **Day:** Mon-Wed **Date:** Oct 19  
**Time:** 6:30-7:30pm **Fee:** Free **Sessions:** 3 **Ages:** 12-17

**Activity #:** 16191 **Day:** Mon-Wed **Date:** Oct 26  
**Time:** 6:30-7:30pm **Fee:** Free **Sessions:** 3 **Ages:** 12-17  
**Activity #:** 16192 **Day:** Mon-Wed **Date:** Nov 9  
**Time:** 6:30-7:30pm **Fee:** Free **Sessions:** 3 **Ages:** 12-17  
**Activity #:** 16193 **Day:** Mon-Wed **Date:** Dec 7  
**Time:** 6:30-7:30pm **Fee:** Free **Sessions:** 3 **Ages:** 12-17

## COOKING: TEEN ZONE TABLE

Want to know how to cook and how to prepare healthy food? Join the hands-on teaching course at the Teen Zone kitchen to learn about different ingredients, how to create a meal and, of course, taste the food.

**Teen Zone:** 651-558-2391

**Activity #:** 13427 **Day:** Fri **Date:** Sept 11  
**Time:** 4-6pm **Fee:** \$30 **Sessions:** 11 **Ages:** 12-18

## DANCE: B-BOY CLASS

Join us to learn Break Dancing Moves in a relaxing open environment.

**Teen Zone:** 651-558-2391

**Activity #:** 13503 **Day:** Thur **Date:** Sept 10  
**Time:** 4-6pm **Fee:** \$60 **Sessions:** 11 **Ages:** 12-18

## DANCE: BREAKDANCE

All skills welcome. Open breakdance. Learn from others in attendance.

**McDonough:** 651-558-2171

**Activity #:** 16061 **Day:** Tue **Date:** Sept 29  
**Time:** 6-9pm **Fee:** Free **Sessions:** Ongoing  
**Ages:** 13-17

## DANCE: JAZZ/HIP-HOP

Dancers will learn the fundamentals of Jazz and Hip-Hop techniques through fun, upbeat movements. Youth will enjoy moving and grooving to their favorite songs. At the end of the sessions, a performance will be held for family members. Fee includes costume fee.

**El Rio Vista:** 651-789-2500

**Activity #:** 17238 **Day:** Tue/Thur **Date:** Oct 13  
**Time:** 6-7pm **Fee:** \$100 **Sessions:** 12 **Ages:** 12-15

## DANCE: K-POP MUSIC VIDEO CHOREOGRAPHY

Participants will learn a wide variety of K-pop music video dance choreography as well as develop their own.

**Phalen:** 651-793-6600

**Activity #:** 16073 **Day:** Sat **Date:** Oct 10  
**Time:** 12:30-1:30pm **Fee:** \$30 **Sessions:** 10 **Ages:** 13-18

## FRIDAY NITE LOUNGE

Hang out at McDonough on Fridays and play games, cook, watch a movie, etc.

**McDonough:** 651-558-2171

**Activity #:** 15244 **Day:** Thur **Date:** Sept 17  
**Time:** 6-8pm **Sessions:** Ongoing **Ages:** 14-17

## GROUPS: ART

The Teen Zone offers a variety of drop-in arts and craft projects such as graffiti, painting, tie dye and more!

**Teen Zone:** 651-558-2391

**Activity #:** 13559 **Day:** Mon **Date:** Sept 7  
**Time:** 4-5:30pm **Fee:** \$30 **Sessions:** 11 **Ages:** 12-18

## GROUPS: GIRLS TEEN CLUB

Make a difference in your neighborhood. The teen club helps out at holiday parties and special events, sells concessions at events, plans fun activities and participates in teen opportunities.

**Hayden Heights:** 651-298-5716

**Activity #:** 15186 **Day:** Mon **Date:** Sept 21  
**Time:** 6-7pm **Fee:** Free **Sessions:** Ongoing  
**Ages:** 13-18

## GROUPS: GLOBAL PERSPECTIVES

The group will focus on team building activities, organizing and developing ideas.

**Teen Zone:** 651-558-2391

**Activity #:** 13557 **Day:** Fri **Date:** Sept 11  
**Time:** 4-5:30pm **Fee:** \$30 **Sessions:** 11 **Ages:** 12-18

## GROUPS: HPCC TEEN ACTIVITIES

Everyday hang out with other teens for different daily activities. Open gym time will be available each afternoon. On Fridays, there will be organized gym games and tournaments. Other activities on different days include: Createch (various craft activities), Creative Expression (like poetry, music, spoken word and Open Mic), Video Games, or a movie.

**Highland Park:** 651-695-3706

**Activity #:** 17306 **Day:** Mon-Fri **Date:** Sept 8  
**Time:** 2-6:30pm **Fee:** Free **Sessions:** Ongoing **Ages:** 12-18

## GROUPS: K-POP TEEN CLUB

Phalen Rec's K-Pop Teen Club is a teen social club that meets every Tuesday evening to learn and discuss about Korean Pop Culture. Fridays club officers meet to volunteer, fundraise, and organize their agenda and responsibilities.

**Phalen:** 651-793-6600

**Activity #:** 13555 **Day:** Fri **Date:** Oct 9  
**Time:** 5-7:30pm **Fee:** Free **Sessions:** 11 **Ages:** 13-18

## GROUPS: LOVING THE SKIN I'M IN

This is a group for girls ages 8-17 that involves self-esteem building.

**Wilder:** 651-298-5727

**Activity #:** 16078 **Day:** Tue **Date:** Sept 8  
**Time:** 5:30-7pm **Fee:** Free **Sessions:** 17 **Ages:** 8-17

## GROUPS: MUSIC STUDIO

Participants will meet local hip hop artists from different genres. Together with their mentors they will learn to work in a recording studio, create produce and record their own music

**Teen Zone:** 651-558-2391

**Activity #:** 13561 **Day:** Thur **Date:** Sept 10  
**Time:** 4-6pm **Fee:** \$30 **Sessions:** 11 **Ages:** 13-18

## GROUPS: TEEN FIRST

Designed to help teens with self-esteem issues, academic obstacles and learn the importance of community/responsibility.

**West Minnehaha:** 651-298-5823

**Activity #:** 17356 **Day:** Mon-Thur **Date:** Ongoing  
**Time:** 3-7pm **Fee:** Free **Sessions:** Ongoing  
**Ages:** 13-19

## GROUPS: YOUNG MEN'S CLUB

The purpose of this group is to develop leadership skills, discuss different issues that are relevant to their age: such as building relationships and academic career.

**Hazel Park:** 651-501-6350

**Activity #:** 17153 **Day:** Tue **Date:** Sept 1  
**Time:** 5:30-6:30pm **Fee:** Free **Sessions:** 18 **Ages:** 14-17

## GROUPS: YOUNG WOMEN'S CLUB

This focuses on building relationships with each other, building trust in one another and participating in activities that are team building, arts and crafts and field trips.

**Teen Zone:** 651-558-2391

**Activity #:** 13565 **Day:** Wed **Date:** Sept 9  
**Time:** 4-5:30pm **Fee:** \$30 **Sessions:** 11 **Ages:** 12-18

## MARTIAL ARTS: KARATE-OKINAWAN SHURI-TE

**Merriam Park:** 651-298-5766

**Activity #:** 5131 **Day:** Mon/Wed **Date:** Sept 21  
**Time:** 6:30-8pm **Fee:** \$40 **Sessions:** 16 **Ages:** 12+

## MARTIAL ARTS: KUNG FU

**Battle Creek:** 651-501-6347

**Activity #:** 13060 **Day:** Mon/Wed **Date:** Sept 2  
**Time:** 6:30-8pm **Fee:** Free **Sessions:** 9 **Ages:** 10-17

## MARTIAL ARTS: SELF DEFENSE

Learn practical self-defense skills such as: Recognition and avoidance of potential threats, interrupting and stopping potential assaults. Practical and effective hand-to-hand defensive techniques for boys and girls.

**El Rio Vista:** 651 789-2500

**Activity #:** 5130 **Day:** Mon/Wed/Fri **Date:** Sept 2  
**Time:** 4:30-5:45pm **Fee:** \$49/mo **Sessions:** Ongoing  
**Ages:** 12-18

**Activity #:** 5137 **Day:** Mon/Wed/Fri **Date:** Oct 2  
**Time:** 4:30-5:45pm **Fee:** \$49/mo **Sessions:** Ongoing  
**Ages:** 12-18

**Activity #:** 5139 **Day:** Mon/Wed/Fri **Date:** Nov 2  
**Time:** 4:30-5:45pm **Fee:** \$49/mo **Sessions:** Ongoing  
**Ages:** 12-18

**Activity #:** 5133 **Day:** Mon/Wed/Fri **Date:** Dec 2  
**Time:** 4:30-5:45pm **Fee:** \$49/mo **Sessions:** Ongoing  
**Ages:** 12-18

## MARTIAL ARTS: SOO BAHK DO

A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning.

**Phalen:** 651-793-6600

**Activity #:** 17350 **Day:** Sat **Date:** Sept 5  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+

**Activity #:** 13434 **Day:** Sat **Date:** Oct 3  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+

**Activity #:** 13435 **Day:** Sat **Date:** Nov 7  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+

**Activity #:** 13436 **Day:** Sat **Date:** Dec 5  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+



### DANCE: BACK TO SCHOOL DANCE

Enjoy your favorite dancing music with your friends.

Northwest Como: 651-298-5813

Activity #: 11077 Day: Fri Date: Sept 18

Time: 7-9:30pm Fee: \$5 Sessions: 1 Ages: 11-14

### MEA WEEK

Activities include board games, arts and crafts, movies and Wii games. Friday will be a 3 on 3 Basketball Tournament. Win a \$10.00 gift card!

Battle Creek: 651-501-6347

Activity #: 15212 Day: Thur-Fri Date: Oct 15 & 16

Time: 1-4pm Fee: Free Sessions: 2 Ages: 12-15

### SPORTS: MEA BASKETBALL TOURNAMENT

Battle Creek: 651-501-6347

3 on 3 tournaments. Please contact rec center for more details.

Activity #: 16232 Day: Thur Date: Oct 15

Time: 1-5pm Fee: Free Sessions: 1 Ages: 12-14

Activity #: 16233 Day: Fri Date: Oct 16

Time: 1-5pm Fee: Free Sessions: 1 Ages: 16-18

Phalen: 651-793-6600

Phalen is hosting a two day 5 v 5 basketball tournament this MEA for students in high school. Teams can have up to 6 youth and MUST have at least one player from each grade (9th, 10th, 11th, and 12th). Games will be officiated by referees. 1st place winners will receive shirts and medals, 2nd place will receive shirts. Participants must bring a valid school ID.

Activity #: 17136 Day: Thur/Fri Date: Oct 15 & 16

Time: 1-5pm Fee: \$5 per player Sessions: 1 Ages: 15-18



### MARTIAL ARTS: TAE KWON DO

Martin Luther King: 651-290-8695

#### BEGINNER

Activity #: 5385 Day: Tue/Thur Date: Sept 29  
Time: 5:30-6:30pm Fee: \$70 Sessions: 13 Ages: 8-17

#### ADVANCED

Activity #: 5384 Day: Tue/Thur Date: Sept 29  
Time: 6:30-7:30pm Fee: \$70 Sessions: 13 Ages: 8-17

North Dale: 651-558-2329

Activity #: 15231 Day: Mon/Wed Date: Sept 2  
Time: 6-7pm Fee: \$50 Sessions: 9 Ages: 13+

Activity #: 17214 Day: Mon/Wed Date: Oct 5  
Time: 6-7pm Fee: \$50 Sessions: 8 Ages: 13+

Activity #: 17215 Day: Mon/Wed Date: Nov 2  
Time: 6-7pm Fee: \$50 Sessions: 9 Ages: 13+

Activity #: 17216 Day: Mon/Wed Date: Dec 2  
Time: 6-7pm Fee: \$50 Sessions: 5 Ages: 13+

Northwest Como: 651-298-5813 Instructor: Elbert Batica

Activity #: 5151 Day: Tue/Thur Date: Sept 1  
Time: 4:30-5:30pm Fee: \$50 Sessions: 9 Ages: 6-17

Activity #: 5152 Day: Tue/Thur Date: Oct 1  
Time: 4:30-5:30pm Fee: \$50 Sessions: 9 Ages: 6-17

Activity #: 5493 Day: Tue/Thur Date: Nov 3  
Time: 4:30-5:30pm Fee: \$50 Sessions: 7 Ages: 6-17

Activity #: 5516 Day: Tue/Thur Date: Dec 1  
Time: 4:30-5:30pm Fee: \$50 Sessions: 6 Ages: 6-17

### SPORTS: BASKETBALL WARM-UP

Time for boys and girls who will be playing basketball at Langford to warm up their game. Gym time set aside for youth to practice on their own before the season begins.

Langford: 651-298-5765 Instructor: Coach Led  
Activity #: 17157 Day: Tue Date: Sept 1  
Time: 7:15-8:30pm Fee: \$5 Sessions: 5 Ages: 9-14

### SPORTS: SKATEBOARDING

Learn the basics of skateboarding from the fun and talented staff of 3rd Lair Skate Park. Safety equipment must be worn. Bring your own skateboard. Helmet is required.

Merriam Park: 651-298-5766 Instructor: 3rd Lair  
Activity #: 5301 Day: Mon Date: Sept 7  
Time: 7-8pm Fee: \$55 Sessions: 4 Ages: 8-14

### SPORTS: SOCCER

Open soccer for ages 13-18.

McDonough: 651-558-2171  
Activity #: 16062 Day: Tue Date: Sept 15  
Time: 4-6pm Fee: Free Sessions: Ongoing Ages: 13-17





# 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**

# THE Loft

## TEEN CENTER Oxford Community Center

270 N. Lexington Parkway  
Saint Paul, Minnesota 55104  
651-644-3311

**Open:**

**Monday–Thursday 5:30–8:30pm &  
Friday 2–6pm.**

The Game room has pool tables, video games and a jukebox. The Lounge features a wide screen TV. Snacks and hot food are available in the Snack Bar.



## HANCOCK REC CENTER

1610 W. Hubbard Ave • 651-298-4393

Committed to youth leadership, engaging arts programs and community-building, the Canvas offers FREE arts opportunities for youth ages 13–19. The Canvas hosts a Teen Open Mic the last Thursday of every month from 6 - 8pm and has a dance room available to youth for practice space.

The Canvas is a youth-run space and is looking for youth to serve on the Canvas Youth Leadership Council (CYLC) for the 2015-2016 school year. For more information about Canvas fall programs and the CYLC:

**Call:** 651-298-4393 | **email:** [canvas651@gmail.com](mailto:canvas651@gmail.com)

Visit our Facebook page for the most up-to-date information on events, workshops and more: [www.facebook.com/canvas](http://www.facebook.com/canvas)

**OPEN STUDIO Monday–Thursday, 3–8:30pm Use our supplies for free.**



# FAMILY CLASSES & ACTIVITIES

## GEOCACHING FUN

Try out the high tech treasure hunt game that has swept the globe! Park staff will hide geocaches for you to find throughout the park. All equipment provided. Legacy funded.

**Contact:** Faith Krogstad, 651-632-2455.

**Bruce Vento Nature Sanctuary**

**Activity #:** 15202 **Day:** Sat **Date:** Nov 7  
**Time:** 10am-Noon **Fee:** Free **Sessions:** 1 **Ages:** 7+

## GREEN TIME

Swap some screen time for green time! Meet up with other families monthly this fall for unstructured nature play. Discover the benefits of outdoor time for children's development, academic performance, and emotional well-being. Drop-ins welcome. Held first and third Thursdays, no program Dec 17.

**Contact:** Faith Krogstad, 651-632-2455 for information

**Phalen Lakeside Activity Center**

**Activity #:** 17133 **Day:** Thur **Date:** Sept 3; Oct 1; Nov 5; Dec 3  
**Time:** 6-7:30pm **Fee:** Free **Sessions:** 4 **Ages:** All  
**Activity #:** 17257 **Day:** Thur **Date:** Sept 17; Oct 15; Nov 19  
**Time:** 10-11:30am **Fee:** Free **Sessions:** 3 **Ages:** All

## NATIONAL PUBLIC LANDS DAY CELEBRATION

Celebrate our parks on National Public Lands Day by finding new ways to enjoy them. Cook food over a fire, see live native fish, try geocaching, scale the climbing wall, and more. Brought to you by Saint Paul Natural Resources and the Minnesota Department of Natural Resources.

**Contact:** Faith Krogstad 651-632-2455 for information.

**Hidden Falls Regional Park – North Gate**

**Activity #:** 17258 **Day:** Sat **Date:** Sept 26  
**Time:** 11am-2pm **Fee:** Free **Sessions:** 1 **Ages:** All



## PARKS AFTER DARK: NIGHT HIKE

Take a hike with us to find out what animals are active at night at Crosby Farm Regional Park. We'll use some special tools to check for nocturnal animals like bats, owls, and insects. Bring a flashlight. Legacy funded.

**Contact:** Faith Krogstad, 651-632-2455 for information.

**Crosby Farm Park Shelter**

**Activity #:** 15203 **Day:** Fri **Date:** Sept 11  
**Time:** 8:30-10:30pm **Fee:** \$5 **Sessions:** 1 **Ages:** 7+

## PARKS AFTER DARK: OWL PROWL

Did you know that some owls live in the city? Learn how your nocturnal neighbors hunt for prey, digest their food, and communicate with each other. Dissect an owl pellet, learn how to call owls, and go outside for fun owl activities. Legacy funded.

**Contact:** Faith Krogstad 651-632-2455 for information.

**Como Park Street Car Station**

**Activity #:** 15201 **Day:** Tue **Date:** Oct 27  
**Time:** 7-8:30pm **Fee:** \$5 **Sessions:** 1 **Ages:** 5+


## STORYWALK

Walk. Read. Learn. Fun! Enjoy a book posted page by page along this beautiful river bluff path. Partner program with Saint Paul Public Library. Legacy funded.

**Contact:** Faith Krogstad 651-632-2455 for information.

**Summit Monument (Summit Ave & Mississippi River Blvd)**

**Activity #:** 15199 **Day:** Sun **Date:** Sept 6  
**Time:** 1-3pm **Fee:** Free **Sessions:** 1 **Ages:** All



Various Saint Paul Parks and Recreation outdoor youth, family and adult activities are funded by the Parks and Trails Fund of the Clean Water, Land and Legacy Amendment.



# FAMILY SPECIAL EVENTS

## FALL BONFIRE

Join us at our annual bonfire to warm up from that chilly autumn air. Activities include a Jump Castle, food, refreshments, and entertainment

**Linwood:** 651-298-5660  
**Activity #:** 15204 **Day:** Sat **Date:** Oct 10  
**Time:** 5-9pm **Fee:** Free **Sessions:** 1 **Ages:** All

## HALLOW FEST

Hallow Fest is an evening of Halloween fun accompanied with a bonfire.

**North Dale:** 651-558-2329  
**Activity #:** 17198 **Day:** Fri **Date:** Oct 23  
**Time:** 5:30-7:30pm **Fee:** Free **Sessions:** 1 **Ages:** All

## WELCOME BONFIRE

Everyone is welcome to gather together and enjoy outdoor activities, DJ and a bonfire. A fun low key social event. Concessions will be sold.

**Northwest Como:** 651-298-5813  
**Activity #:** 5523 **Day:** Fri **Date:** Oct 2  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** All

**Merriam Park:** 651-298-5766  
**Activity #:** 17260 **Day:** Fri **Date:** Oct 9  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** All




# HALLOWEEN EVENTS

## HALLOWEEN BONFIRE

Join us for a family bonfire. Activities include treats, beverages and snacks.

**Rice:** 651-558-2392  
**Activity #:** 17358 **Day:** Fri **Date:** Oct 30  
**Time:** 6-8pm **Fee:** Free **Sessions:** 1 **Ages:** All

## HALLOWEEN PARTY

**Battle Creek:** 651-501-6347  
 This is a family friendly event with fun spooky games, spooky treats, and fun!! Haunted trail, and more!

**Activity #:** 17329 **Day:** Fri **Date:** Oct 23  
**Time:** 6:30-8:30pm **Fee:** \$1 **Sessions:** 1 **Ages:** All

**El Rio Vista:** 651-789-2500

Fun games and crafts.

**Activity #:** 5543 **Day:** Fri **Date:** Oct 23  
**Time:** 6:30-8:30pm **Fee:** Free **Sessions:** 1 **Ages:** All

**Groveland:** 651-695-3714

This is a family friendly event with spooky games, spooky treats, and fun!! Haunted house, jump castle and more!

**Activity #:** 15214 **Day:** Fri **Date:** Oct 16  
**Time:** 6:30-8:30pm **Fee:** \$5 **Sessions:** 1 **Ages:** All

**Hazel Park:** 651-501-6350

Families will enjoy carnival games, jump castle, arts and crafts, face painting and more. Bring your camera to take photos at our photo booth.

**Activity #:** 17148 **Day:** Tue **Date:** Oct 27  
**Time:** 5:30-7pm **Fee:** Free **Sessions:** 1 **Ages:** All

## WIGGLE YOUR WAY TO BARK & REC DAY

### Harriet Island Regional Park

A fun, family event for dogs and the people who love them. 5K Race and walk 9-10:30am, demonstrations, entertainment, canine fashion show, off leash area, vendors, concessions, contests, climbing wall, jump castle, paw printing, face painting and much more! Call 651-292-6508 for more information.

Partnered event with MARS-Midwest Animal Rescue & Services.

**Sessions:** 1 **Date:** Sept 20  
**Ages:** All **Day:** Sun  
**Fee:** Free **Time:** 10am-2pm



**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.spl.org](http://www.spl.org).





# WINTER HOLIDAY EVENTS

## DINNER WITH MR. & MRS. CLAUS

Join Mr. and Mrs. Claus for a spaghetti dinner. Bring your camera to take pictures as they roam from table to table. Activities include dinner, craft, decorate your own cookie and face painting. Note: Maximum cost per family is \$25. Children under the age of 2 are FREE.

**Langford:** 651-298-5765  
**Activity #:** 11080 **Day:** Fri **Date:** Dec 4  
**Time:** 5:30-7pm **Fee:** \$5/person **Sessions:** 1 **Ages:** All

## DINNER WITH SANTA

**Dayton's Bluff:** 651-793-3885  
 Spaghetti Dinner provided for registered families.

**Activity #:** 10867 **Day:** Tue **Date:** Dec 8  
**Time:** 6-7:30pm **Fee:** Free **Sessions:** 1 **Ages:** All

**Duluth and Case:** 651-298-5709  
 Families will enjoy food, crafts, and a visit from Santa.  
 Sponsored by Duluth & Case Booster Club.

**Activity #:** 10805 **Day:** Thur **Date:** Dec 10  
**Time:** 6-7:30pm **Fee:** Free **Sessions:** 1 **Ages:** All

## HO HO HO DOWN

Celebrate a country/western holiday party. There will be food, square dancing and other activities including a visit with Santa.

**North Dale:** 651-558-2329  
**Activity #:** 7627 **Day:** Thur **Date:** Dec 10  
**Time:** 5:30-7:30pm **Fee:** Free **Sessions:** 1 **Ages:** All

## HOLIDAY CRAFT BAZAAR

Buy gifts from over 25 crafters. Concessions will be available. Please call for vendor information.

**Edgcombe:** 651-695-3711  
**Activity #:** 15404 **Day:** Sat **Date:** Nov 21  
**Time:** 9am-3pm **Fee:** Free **Sessions:** 1 **Ages:** All


## KWANZAA CELEBRATION

**Martin Luther King:** 651-290-8695  
 Celebrate Kwanzaa with activities for all. Light refreshments will be served.

**Activity #:** 5479 **Day:** Mon **Date:** Dec 28  
**Time:** 3-6pm **Fee:** Free **Sessions:** 1 **Ages:** All

**Wildor:** 651-298-5727  
 Celebration includes craft, snacks and games.

**Activity #:** 17357 **Day:** Tue **Date:** Dec 29  
**Time:** 3-5pm **Fee:** Free **Sessions:** 1 **Ages:** All



# ICE SKATING

General skating rinks and hockey rinks are typically ready in early January, weather permitting. Please call 651-266-6400 for rink location and times.

The three refrigerated rinks will be ready mid-November, weather permitting, and will be open seven days a week for hockey, general skating and skating lessons.

Please call the centers listed below for schedule and times.

North Dale 651-558-2329  
 Palace 651-298-5677  
 Phalen 651-793-6600

# CITY OF SAINT PAUL AQUATICS FALL 2015



## Great River Water Park

270 N Lexington Parkway

651-642-0650

Fall Hours Begin September 8

Children's Activity Pool with age appropriate features.

Two 1 story water slides.

25 yard 8-lane lap pool with diving board & floats.

Concessions pool side for your convenience.

Men's, Women's, and Family locker rooms. Locks available for rent.

Sauna

Open Swim, Lap Swim, Water Aerobics, & Swim Lessons

### Half Price Days

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

WEEK AT A GLANCE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b>	11am - 12:30pm	6:30 - 9:30am 5:30 - 7pm <sup>2</sup>	7 - 9:30am	6:30 - 9:30am 5:30 - 7pm <sup>2</sup>	7 - 9:30am 5:30 - 7pm	6:30 - 9:30am 5:30 - 7pm <sup>2</sup>	11am - 12:30pm
<b>Water Aerobics</b>	9:30 - 10:30am <sup>3</sup>	9:30 - 10:30am	9:30 - 10:30am <sup>3</sup> 5:30 - 6:30pm	9:30 - 10:30am	9:30 - 10:30am <sup>3</sup> 5:30 - 6:30pm	9:30 - 10:30am	8-9am
<b>Swim Lessons</b>			4:30 - 7:20pm	9:30 - 10:20am			9am-12pm
<b>Open Swim</b>	11am - 5pm <sup>1</sup>	10:30am - 12:30pm 4 - 8:30pm <sup>2</sup>		10:30am - 12:30pm 4 - 8:30pm <sup>2</sup>		10:30am - 12:30pm 4 - 8:30pm <sup>2</sup>	12:30 - 7pm
<b>Adaptive Rec</b>					7:00 - 8:30pm		

**1** Sunday during Lap Swim from 11 a.m. - 12:30 pm, the Children's Activity Pool and Large Slides open; the main pool will have Open Swim beginning at 12:30 pm.

**2** Children's Pool and Large Slides only between 4:00 p.m. - 6:30 p.m. Main pool is shared between 6:30 pm - 7pm with lap swim.

**3** Sunday, Thursday morning Water Aerobics is a Deep Water class, drop ins welcome. See page 25.

**Note:** 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.

### Family Fun & Fitness Fridays

Great River Water Park is only \$2 / person on the following dates:  
September 18, October 16, November 20, December 18

Four Dollar Sundays  
\$4 / person for open swim on Sundays

### ADMISSION FEES

UNDER 48"	\$5.00
OVER 48"	\$6.00
FAMILY (UP TO 5 MEMBERS)	\$20.00
EACH ADD'L MEMBER	\$4.00
NON-SWIMMING DECK FEE	\$3.00

Group rates, memberships, and punch cards available. Groups larger than 10, please call in advance. *No Checks accepted*

## HOLIDAYS, NO SCHOOL DAYS & EXTENDED HOURS

<b>Thursday</b> October 15	<b>Friday</b> October 16 and October 30	<b>Friday</b> November 20	<b>Thursday</b> November 26	<b>Friday</b> November 27
Open Swim: 10:30am - 7:00pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)	Open Swim: 10:30am - 8:30pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)	Open Swim: 10:30am - 7:00pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)	Closed	Open Swim: 10:30am - 8:30pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)
<b>Wednesday</b> December 23	<b>Thursday</b> December 24	<b>Friday</b> December 25	<b>Monday</b> December 28	<b>Tuesday</b> December 29
Open Swim: 10:30am - 8:30pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)	CLOSED	CLOSED	Open Swim: 10:30am - 8:30pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)	Open Swim: 10:30am - 8:30pm (Children's Pool & Water Slides only: 5:30 - 6:30pm)
<b>December 30</b>	<b>December 31</b>	<b>January 1</b>		
Open Swim: 10:30am - 8:30pm (Children's Pool & Water Slides only: 5:30 - 7:00pm)	Open Swim: 11:00am - 5:00pm (Children's Pool & Water Slides only: 11:00am - 12:30pm) Lap Swim: 11am - 12:30pm	Open Swim: 11:00am - 5:00pm (Children's Pool & Water Slides only: 11:00am - 12:30pm) Lap Swim: 11am - 12:30pm		

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



# SWIM LESSON SCHEDULE

## FALL SESSION \$60/SESSION

### Tuesday Evening

September 22 – November 10

4:30–5:20pm Fin Buddies–Sunfish

5:30–6:20pm Fin Buddies–Tigerfish

6:30–7:20pm Fin Buddies - Tigerfish

### Wednesday Morning

September 23 - November 11

9:30–10:20am Fin Buddies–Moonfish

### Saturday Morning

September 26 – November 14

9–9:50am All Levels & Adult Classes

10–10:50am Fin Buddies - Jr. Lifeguard

11–11:50am Fin Buddies - Sunfish

## MINI SESSION \$30/SESSION

### Tuesday Evening

November 24 - December 15

4:30–5:20pm Fin Buddies–Sunfish

5:30–6:20pm Fin Buddies–Tigerfish

6:30–7:20pm Fin Buddies - Tigerfish

### Wednesday Morning

November 25 - December 16

9:30–10:20am Fin Buddies–Moonfish

### Saturday Morning

November 28 - December 19

9–9:50am All Levels & Adult Classes

10–10:50am Fin Buddies–Tigerfish

11–11:50am Fin Buddies–Sunfish



To register for Aquatics Programs online:

1. Go to [www.stpaul.gov/parks](http://www.stpaul.gov/parks)
2. Click on "Oxford Community Center" along the left hand side
3. Click on "Great River Water Park"
4. Click on "Swimming Lessons"

## SKILL LEVEL DESCRIPTIONS

### Fin Buddies (6 months up to 3 years)

An adult must accompany each 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 side-stroke. 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 Life Guard – Skill Proficiency

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 operation. Cost: \$55/. Saint Paul Residents: Cost will be reimbursed when the participant has completed 20 hours of volunteer service for Great River Water Park. Non-Residents and/or no volunteer hours: Participants will not be reimbursed.

### Adult Introductory Level – 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.

**Adult Intermediate Level** – Included for adults/teens who 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.

### Stroke Clinics: \$6

Stroke Clinics are offered for swimmers that can swim laps 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: 12** (11am), **17** (5:30pm), **21** (7am)    **November: 6** (7am), **17** (7am), **21** (11am)  
**October: 9** (7am), **18** (11am), **26** (5:30pm)    **December: 2** (5:30pm), **13**(11am), **25** (7am)

### Power Water Aerobics: \$6

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.

**September: 9** (9:30am), **17** (5:30pm), **26**(8am)    **November: 2** (9:30am), **19** (5:30pm), **28** (8am)  
**October: 6** (5:30pm), **19** (9:30am), **25** (8am)    **December: 10** (5:30pm), **16** (9:30am), **26** (8am)

### NEW! Deep Water Conditioning: \$6 daily

We apologize for the inconvenience but participation is not included with aquatic memberships. Drop-ins welcome. Limited equipment and space. All the great moves we do in the shallow end are now being brought to the deep end. Use equipment to build strength and endurance.



# ADULT/SENIOR CLASSES

## CARDS: CRIBBAGE & 500

Enjoy weekly social and recreational cards with your neighbors.

**Hayden Heights:** 651-298-5716

**Activity #:** 12981 **Day:** Thur **Date:** Sept 24  
**Time:** 10am-Noon **Fee:** Free **Sessions:** 9

## COOKING: HALLOWEEN COOKIE BOUQUET

Join in the fun and make a fun Halloween themed cookie bouquet to take home. Each participant will learn how to decorate eight cookies and arrange them in a cookie bouquet for Halloween.

**North Dale:** 651-558-2329 **Instructor:** Diana Hirte  
**Activity #:** 17236 **Day:** Mon **Date:** Oct 26  
**Time:** 6-8pm **Fee:** \$30 **Sessions:** 1

## DANCE: BALLET & JAZZ

**Linwood:** 651-298-5660

**Activity #:** 15208 **Day:** Mon **Date:** Oct 26  
**Time:** 6:15-7:15pm **Fee:** \$42 **Sessions:** 6  
**Activity #:** 4768 **Day:** Mon **Date:** Sept 14  
**Time:** 6:15-7:15pm **Fee:** \$35 **Sessions:** 5

No classes will be held Thanksgiving week.

## DANCE: BALLET & TAP

**Linwood:** 651-298-5660

**Activity #:** 11063 **Day:** Mon **Instructor:** Amy Lee  
**Time:** 7:15-8:15pm **Date:** Oct 26  
**Fee:** \$42 **Sessions:** 6  
**Activity #:** 4764 **Day:** Mon **Date:** Sept 14  
**Time:** 7:15-8:15pm **Fee:** \$35 **Sessions:** 5

No classes will be held Thanksgiving week at Linwood.

## DANCE: CHICAGO STYLE STEPPIN' OPEN STUDIO

The dance classes are structured with step patterns designed to teach individuals how to step, especially for the non-steppers.

**West Minnehaha:** 651-298-5823

**Activity #:** 4767 **Day:** Wed **Date:** Sept 9  
**Time:** 6-8:30pm **Fee:** \$8/session **Sessions:** Ongoing

## DANCE: KING OF POP-MOONWALKERS

Are you interested in learning how to dance like Michael Jackson? If so, this class is just what you're looking for. Join the dancers of LEGACY, the only live Michael Jackson impersonation show based out of the Twin Cities! The LEGACY dancers will walk you step-by-step through some of your favorite Michael Jackson songs of all time. No dance experience necessary. No class Nov 28.

**Jimmy Lee:** 651-642-0650

**Activity #:** 4977 **Day:** Sat **Date:** Oct 10  
**Time:** 11am-Noon **Fee:** \$49 **Sessions:** 9

## DANCE: SOUL LINE

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. Registration not required.

**Arlington Hills:** 651-632-3861

**Activity #:** 16585 **Day:** Mon **Date:** Sept 14  
**Time:** 6:30-8:30pm **Fee:** \$5/session **Sessions:** 13

**Jimmy Lee:** 651-642-0650

**Activity #:** 10868 **Day:** Tue **Date:** Sept 1  
**Time:** 6:30-8:30pm **Fee:** \$5/session **Sessions:** Ongoing

## DANCE: SQUARE DANCING

Challenge level, modern square dance, previous experience required.

**North Dale:** 651-558-2329

**Activity #:** 17199 **Day:** Mon **Instructor:** Dan Sahlstrom  
**Time:** 6:30-10pm **Date:** Sept 14  
**Fee:** \$7/session **Sessions:** Ongoing

## DANCE: TAP I

**Battle Creek:** 651-501-6347

**Activity #:** 17121 **Day:** Mon **Date:** Nov 23  
**Time:** 7:15-8pm **Fee:** \$25 **Sessions:** 4

## DRIVE SAFETY REFRESHER COURSE-A.A.R.P.

This is a 4-hour class for those who have already completed the 8-hour Driver Safety Course. Certificates will be issued to those completing the course. No refreshments available. Bring snack/beverage if you wish. Conducted by the AARP Driver Safety Program. For more information and or to register contact Saint Paul Community Education at 651-744-3072.

**Arlington Hills:** 651-632-3861

**Day:** Tue **Date:** Jan 12  
**Time:** Noon-4pm **Fee:** \$20 **Sessions:** 1 **Ages:** 55+

## MARTIAL ARTS: KARATE

**Dayton's Bluff:** 651-793-3885

**Activity #:** 10848 **Day:** Wed **Date:** Oct 21  
**Time:** 6-8pm **Fee:** \$24 **Sessions:** Ongoing

## MARTIAL ARTS: OKINAWAN SHURI-TE KARATE

This method of self-defense will help you gain self-confidence, and increase your lung capacity, flexibility and awareness.

**Merriam Park:** 651-298-5766

**Activity #:** 5131 **Day:** Mon/Wed **Date:** Sept 21  
**Time:** 6:30-8pm **Fee:** \$40 **Sessions:** 8 **Ages:** 12+

## MARTIAL ARTS: SOO BAHK DO

A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning.

**Highland Park:** 651-695-3706

**Highland Catholic School**

Classes are held at Highland Catholic School. Ask for introductory and family specials. For further information please call Jack at 612.822.5450

**Activity #:** 5433 **Day:** Mon/Wed **Date:** Sept 2  
**Time:** 7-8:30pm **Fee:** \$145 **Sessions:** 32 **Ages:** 18+

**Langford:** 651-298-5765

**Instructor:** Christine Eichorst  
A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning. Open for age 5-Adult, Green and Red Belts. Additional costs: Testing, Federation Membership. Uniform is free with first 3 month payment.

## BEGINNER (White-orange Belts)

**Activity #:** 5879 **Day:** Thur **Date:** Sept 3  
**Time:** 5:30-6:30pm **Fee:** \$45 **Sessions:** 4 **Ages:** 5+

**Activity #:** 5914 **Day:** Thur **Date:** Oct 1  
**Time:** 5:30-6:30pm **Fee:** \$45 **Sessions:** 5 **Ages:** 5+  
**Activity #:** 6738 **Day:** Thur **Date:** Nov 5  
**Time:** 5:30-6:30pm **Fee:** \$45 **Sessions:** 3 **Ages:** 5+  
**ADVANCED**  
**Activity #:** 5823 **Day:** Thur **Date:** Sept 3  
**Time:** 6:30-7:40pm **Fee:** \$55 **Sessions:** 4 **Ages:** 5+  
**Activity #:** 5915 **Day:** Thur **Date:** Oct 1  
**Time:** 6:30-7:40pm **Fee:** \$55 **Sessions:** 5 **Ages:** 5+  
**Activity #:** 6737 **Day:** Thur **Date:** Nov 5  
**Time:** 6:30-7:40pm **Fee:** \$55 **Sessions:** 3 **Ages:** 5+  
**Phalen:** 651-793-6600

For further information call Christine at 651-489-8343.

**Activity #:** 17350 **Day:** Sat **Date:** Sept 5  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+  
**Activity #:** 13434 **Day:** Sat **Date:** Oct 3  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+  
**Activity #:** 13435 **Day:** Sat **Date:** Nov 7  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+  
**Activity #:** 13436 **Day:** Sat **Date:** Dec 5  
**Time:** 11am-12:15pm **Fee:** \$35 **Sessions:** 4 **Ages:** 11+

### MARTIAL ARTS: TAE KWON DO

Gain confidence, discipline and skills through this ancient martial art.

**Martin Luther King:** 651-290-8695

#### BEGINNING

**Activity #:** 5481 **Day:** Tue/Thur **Date:** Sept 29  
**Time:** 5:30-6:30pm **Fee:** \$70 **Sessions:** 13

#### ADVANCED

**Activity #:** 5480 **Day:** Tue/Thur **Date:** Sept 29  
**Time:** 6:30-7:30pm **Fee:** \$70 **Sessions:** 13

**North Dale:** 651-558-2329

**Instructor:** Elbert Batica

**Activity #:** 15231 **Day:** Mon/Wed **Date:** Sept 2

**Time:** 6-7pm **Fee:** \$50 **Sessions:** 8

**Activity #:** 17214 **Day:** Mon/Wed **Date:** Oct 5

**Time:** 6-7pm **Fee:** \$50 **Sessions:** 8

**Activity #:** 17215 **Day:** Mon/Wed **Date:** Nov 2

**Time:** 6-7pm **Fee:** \$50 **Sessions:** 9

**Activity #:** 17216 **Day:** Mon/Wed **Date:** Dec 2

**Time:** 6-7pm **Fee:** \$50 **Sessions:** 5

### MUSIC: DRUMMING GROUP CLASS

In this group class, we'll explore rhythms from around the world through a wide variety of percussion instruments (hand drums, shakers, buckets, and cowbells). Instruments are provided by the instructor and all participants receive a free pair of drum sticks. Intermediate class is targeted at those who have some musical background

**North Dale:** 651-558-2329

**Instructor:** John Synhavsky

#### INTERMEDIATE

**Activity #:** 17247 **Day:** Thur **Date:** Sept 24

**Time:** 5:45-6:30pm **Fee:** \$40 **Sessions:** 6

**Ages:** 10-Adult

### SENIOR GAMERS

Enjoy your favorite table games such as Sequence, Phase 10 and Mexican Train. .No registration needed.

**Northwest Como:** 651-298-5813

**Activity #:** 12776 **Day:** Tue **Date:** Sep 1

**Time:** 1-3pm **Fee:** Free **Sessions:** 18

### SPORTS: BADMINTON

Spirited play for novices and veteran players!

**Jimmy Lee:** 651-642-0650

**Activity #:** 17263 **Day:** Wed **Date:** Sept 9  
**Time:** 10am-Noon **Fee:** \$2/week **Sessions:** Ongoing

**Langford:** 651-298-5765

**Activity #:** 17128 **Day:** Fri **Date:** Sept 11  
**Time:** 6-7:45pm **Fee:** \$3/week **Sessions:** Ongoing

**West Minnehaha:** 651-298-5823

**Activity #:** 3727 **Day:** Mon/Thur **Date:** Sept 5  
**Time:** 6-8:30pm **Fee:** \$3/session or \$30/12 sessions  
**Sessions:** Ongoing

### SPORTS: BASKETBALL – WOMEN 35+

No pre-registration needed. Pick-up games for individual women ages 35 & over.

**Northwest Como:** 651-298-5813

**Activity #:** 5527 **Day:** Sun **Date:** Dec 6  
**Time:** 6:30-7:30pm **Fee:** \$4/session **Sessions:** Ongoing

### SPORTS: DODGEBALL CO-ED

Relive your glory days with this classic gym game. Teams of 6-12 dodge, duck, dip and dive weekly with a playoff to cap the season. The championship team gets free entry into next season's league.

**Edgumbe:** 651-695-3711

**Activity #:** 13517 **Day:** Fri **Date:** Sept 11

**Time:** 6-9pm **Fee:** \$125 **Sessions:** 8

**Activity #:** 13028 **Day:** Fri **Date:** Jan 8

**Time:** 6-9pm **Fee:** \$125 **Sessions:** 10

### SPORTS: LACROSSE -REC DROP-IN LACROSSE (OVER 30)

A new opportunity for men and women, aged 30 and older, to play lacrosse in a recreational setting without the pressure of a competitive league. The playing field is synthetic turf. Players pay per week. Must show picture ID. For more information call Municipal Athletics 651-558-2255. No league play Sept 6.

**Jimmy Lee:** 651-642-0650

**Activity #:** 16711 **Day:** Sun **Date:** Aug 9

**Time:** 2:30-4:30pm **Fee:** \$4/wk/St. Paul residents,

\$5/ wk/ non St. Paul residents

**Sessions:** 7

### SPORTS: PICKLEBALL

Pickle-ball combines the best of tennis, badminton and ping pong. Played with a paddle and a whiffle ball, this game is easy to learn. All ability levels are welcome.

**Hazel Park:** 651-501-6350

**Activity#:** 17150 **Day:** Tue/Thur **Date:** Sept 8

**Time:** 11am-2pm **Fee:** \$2/session **Sessions:**

#### Golden Melody Makers

The Golden Memory Makers is a singing group sponsored by the City of St. Paul. They meet most Thursdays at 10am for rehearsal. This group of men and women go to nursing homes, hospitals and other facilities to bring music and joy to people who are not able to go to live music performances. If you are interested in joining or scheduling a performance please call: Belinda at 651-292-6508



**Highland Park:** 651-695-3706

**Activity#:**17305 **Day:** Fri

**Time:** 9am-Noon **Fee:** \$2

**Date:** Sept 11

**Sessions:** Ongoing

**Jimmy Lee:** 651-642-0650

**Activity#:** 17262 **Day:** Fri

**Time:** 10am-Noon **Fee:** \$2/week

**Date:** Sept 11

**Sessions:** Ongoing

**Merriam Park:** 651-298-5766

**Activity #:** 15182 **Day:** Fri

**Time:** 6-8pm **Fee:** \$2

**Date:** Sept 4

**Sessions:** 9

### SPORTS: SOCCER – MENS INDOOR

Weekly pick-up games of men's soccer ages 18 and older in the gym. No pre-registration required.

**Northwest Como:** 651-298-5813

**Activity #:** 5528 **Day:** Sun **Date:** Dec 6

**Time:** 5-6:30pm **Fee:** \$5/session **Sessions:** Ongoing

### SPORTS: VOLLEYBALL-ADULT

**Hayden Heights:** 651-298-5716

**Activity #:** 17178 **Day:** Wed

**Time:** 7-8:30pm **Fee:** \$2/session

**Date:** Sept 16

**Sessions:** Ongoing

**Hazel Park:** 651-501-6350

**Activity #:** 17348 **Day:** Mon/Wed

**Time:** 6-8:30pm **Fee:** \$2/session

**Date:** Ongoing

**Sessions:** Ongoing

**Phalen:** 651-793-6600

**Activity #:** 17327 **Day:** Fri

**Time:** 6-8pm **Fee:** \$2/session

**Date:** Oct 16

**Sessions:** Ongoing

**Activity #:** 17179 **Day:** Sat

**Time:** 10am-Noon **Fee:** \$2/session

**Date:** Sept 5

**Sessions:** Ongoing

### SPORTS: VOLLEYBALL CO-REC LEAGUE

Adult Co-Rec & Women's Volleyball league offered for B & D levels. Games will be played at various recreation centers in St. Paul. Thursday night games, beginning Sept. 10. 8 weeks plus end of season tournament on Sat., Nov. 7.

**Municipal Athletics:** 651-558-2255

#### CO-REC B

**Activity #:** 10929 **Day:** Thur

**Time:** 6-9pm

**Date:** Sept 10

**Fee:** \$270 (Non-Resident fee \$320) **Sessions:** 8

#### CO-REC D

**Activity #:** 10950 **Day:** Thur

**Time:** 6-9pm

**Date:** Sept 10

**Fee:** \$270 (Non-Resident fee \$320) **Sessions:** 8

#### WOMEN'S B

**Activity #:** 10927 **Day:** Thur

**Time:** 6-9pm

**Date:** Sept 10

**Fee:** \$270 (Non-Resident fee \$320) **Sessions:** 8

#### WOMEN'S D

**Activity #:** 10949 **Day:** Thur

**Time:** 6-9pm

**Date:** Sept 10

**Fee:** \$270 (Non-Resident fee \$320) **Sessions:** 8



## Keystone Senior Program

2000 St. Anthony Ave. | Saint Paul, MN 55104 | 651-645-7424

For information, to register for these programs or to have a copy of Keystone Senior Hi-Lites sent to you, call Keystone Senior Program at Merriam Park Community Center, 651-645-7424.

### Health

- Meals on Wheels – Daily hot, unheated meals or frozen 5 or 7 packs
- Health Insurance Counseling - 1st Thur / month, call for appointment, free
- Foot Care Clinic – 1st Mon / month, \$20 for a 30-minute app, call for appointment
- Blood Pressure station is available Mon-Fri, 8am-3pm
- Flu Shots – Wed, Oct 7, 10:30am-12Noon at St. Mary's Episcopal Church, 1895 Laurel Ave

### ACTIVITIES

- Keystone Crafters – Tue 1-3pm, bring your project and work with other crafters
- Movies – Wed 1x/month, call for dates. \$.25 for popcorn
- Monthly speakers – call for future topics and dates
- Halloween Party – Fri, Oct 30, 12:15-1:45pm, \$7
- Holiday Christmas Party, Mon, Dec 7, 12Noon-2pm, \$8

### REFRESHER COURSES & HELP

- Drivers Refreshers Course – “Smart Driver Program” Mon, Sept 14, Noon-4pm, Tue, Oct 20, 9:30am-1:30pm, Wed, Nov 18, 9:30am-1:30pm, Thur, Jan 21, 10am-2pm \$18
- AARP Initial 8 Hour “Smart Driver Program” Mon, Apr 20 & 27, 9:30-1:30
- AARP FREE TAX ASSISTANCE – Mon & Wed, beginning Feb 9, 9am-1:30pm Appointment needed.

### FITNESS

- Fit and Fabulous Live Exercise – Mon, Wed & Fri, 10:30 –11:30am, monthly fee
- Line Dance - Intermediate-Advanced - Mon, 1–2:30pm, \$6 per class
- Zumba Gold – All levels on Fridays 12:30-1:30pm through Oct 23, \$2 per day
- Pickleball – Advanced Beginners & Intermediate Play – Tue, Wed & Thur, 9-11am – \$2 per day
- Matter of Balance – 8 weeks – Call for dates & time
- Walk with Ease Classes – 8 weeks beginning in September. Call for details
- Arthritis Exercise – Tue & Thur. Sessions I-Sept 15-Nov 5, 11-12Noon. Session II – begins Nov 10, 11-12Noon.

### CARDS & GAMES

- Bridge – Intermediate-Advanced - Thur, 12:30 – 3pm, \$.25
- Bridge for Fun – Brush Up Thur, 10am, free
- Bridge – Beginning Class, Thur, 10:45-12:15, begins Feb 5, 4 sessions, must register.
- Cribbage – Tue, 12:30 – 3pm, \$.25
- Scrabble – Fri, 10:45am – Noon, free
- Mexican Train Dominos – 2nd & 4th Tue / month, 1 – 2:30pm, \$.25

### CLASSES

- Clue Class – Learn the game of Clue – Thur, Sept 17, 4 weeks, 11-12Noon. Free
- Jewelry Making Beginners Class – Tue, Nov 3 & 10, 1-2:15pm, \$15 per class. Materials included.
- Beginning Bridge – Thur, Oct 8-Nov 19, 10:30-Noon \$5





At some of the recreation centers, participants can pay a daily fee for the fitness classes or purchase a discounted punch card. Cards are valid for one year and cannot be used for the exercise/weight room.

**AEROBICS: ZUMBA**

Zumba is an aerobic program that fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

\*No dance experience necessary.

**Arlington Hills:** 651-632-3861  
**Activity #:** 17346 **Day:** Sat **Date:** Sept 12  
**Time:** 11:30am-12:30pm **Fee:** \$6/session **Sessions:** 15

**Battle Creek:** 651-501-6347  
**Activity #:** 13518 **Day:** Mon **Date:** Sept 7  
**Time:** 6:30-7:30pm **Fee:** \$5/session **Sessions:** 9 **Ages:** 17+

**Jimmy Lee:** 651-642-0650 **Instructor:** Jordan Erickson  
**Activity #:** 15807 **Day:** Tue **Date:** Sept 8  
**Time:** 7-8pm **Fee:** \$75 or \$6/session **Sessions:** 15 **Ages:** 17+

**CARDIO FITNESS WORKOUT: EARLY BIRD**

Class begins with a warm-up and 20-30 minutes of cardio workout with strengthening for target areas and stretching for all major muscle groups.

**Linwood:** 651-298-5660 **Instructor:** Cliff Swyningan  
**Day:** Tue/Thur **Date:** Ongoing **Time:** 6:15-7:15am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**COMPLETE FITNESS CHALLENGE**

This low impact, high intensity class will improve strength, flexibility and endurance. Steps, exercise balls, hand weights, yoga poses and cardio kick boxing moves are used to get a complete workout. Students are able to move at their own pace.

**Linwood:** 651-298-5660 **Instructor:** Colleen Tusa  
**Day:** Tue **Date:** Ongoing **Time:** 10:30-11:30am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**Day:** Fri **Date:** Ongoing **Time:** 9:30-10:30am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**Day:** Sat **Date:** Ongoing **Time:** 9-10am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**DANCE: BODY CONDITIONING**

Get in shape while learning dance moves.

**Highland Park:** 651-695-3706  
**Activity #:** 4773 **Day:** Thur **Date:** Sept 10  
**Time:** 7:30-8:30pm **Fee:** \$42 **Sessions:** 6  
**Activity #:** 4774 **Day:** Thur **Date:** Oct 29  
**Time:** 7:30-8:30pm **Fee:** \$42 **Sessions:** 6

No class will be held Thanksgiving Day.

**FITNESS: 55+ FITNESS**

This class is geared to the needs of the active older adult. Move through a variety of exercises while standing to increase range of motion, muscular strength, balance and coordination. Hand weights, balls, and resistance bands are provided.

**Linwood:** 651-298-5660 **Instructor:** Teresa Davenport  
**Day:** Tue/Thur **Date:** Ongoing **Time:** 9:15-10:15am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**FITNESS: FOREVER FIT**

This class is geared to the needs of the active older adult. Move through a variety of exercises while standing to increase range of motion, muscular strength, balance and coordination. Hand weights, balls, and resistance bands are provided.

**Linwood:** 651-298-5660 **Instructor:** Teresa Davenport  
**Day:** Mon **Date:** Ongoing **Time:** 9:15-10:15am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**FITNESS: HIKING CLUB**

The Saint Paul Parks and Recreation Hiking Club is a fun group that meets every Wednesday at 9:30am, April-November. Hikers of all abilities are welcome. We walk for one hour. Hikers go at a pace and distance that suits their ability. Come and join this fun social and recreational group. Locations and directions for the hikes are available by contacting Belinda at 651-292-6508.

**Activity #:** 12775 **Day:** Wed **Date:** Sept 9  
**Time:** 9:30-10:30pm **Fee:** \$5/session **Sessions:** Ongoing  
**Ages:** 50+

**FITNESS: PARKINSON'S WELLNESS RECOVERY (PWR!)**

We are excited to offer the PWR! an evidence based program designed to improve posture, mobility, agility, endurance, strength, and function. This program is appropriate for ANY adult who is able to get on/off the floor without assistance. Individuals will be challenged to push their physical abilities, but exercises may be adapted as needed. Bring a yoga mat to class.

**Arlington Hills:** 651-632-3861  
**Activity #:** 17325 **Day:** Mon/Wed **Date:** Sept 9  
**Time:** 9:30-10:30am **Fee:** \$84/session or \$8/drop-in **Sessions:** 12  
**Activity #:** 17347 **Day:** Mon/Wed **Date:** Nov 9  
**Time:** 9:30-10:30am **Fee:** \$84/session or \$8/drop-in **Sessions:** 12  
 No classes Thanksgiving week.

**FITNESS: PILATES**

**Langford:** 651-298-5765 **Instructor:** Fran Ouellette  
**BEGINNER**

**Activity #:** 5506 **Day:** Thur **Date:** Sept 10  
**Time:** 12:15-1:15pm **Fee:** \$73 **Sessions:** 10  
**Activity #:** 11540 **Day:** Thur **Date:** Nov 19  
**Time:** 12:15-1:15pm **Fee:** \$29 **Sessions:** 4  
 No class November 27.

**INTERMEDIATE**

**Activity #:** 5507 **Day:** Thur **Date:** Sept 10  
**Time:** 11am-Noon **Fee:** \$73 **Sessions:** 10  
**Activity #:** 11541 **Day:** Thur **Date:** Nov 19  
**Time:** 11am-Noon **Fee:** \$29 **Sessions:** 4

**Linwood:** 651-298-5660 **Instructor:** Cliff Swyningan  
**Day:** Tue/Thur **Date:** Ongoing **Time:** 6:15-7:15pm  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Sessions:** Ongoing

**North Dale:** 651-558-2329 **Instructor:** Cliff Swyningan  
**Activity #:** 17235 **Day:** Mon/Wed **Date:** Sept 2  
**Time:** 7:15-8:15pm **Fee:** \$4/session **Sessions:** Ongoing

## FITNESS: RUSSIAN KETTLEBELLS

The kettlebell looks like a cannonball with a handle. The offset weight offers full range of motion and dynamic lifts that creates an incredible fat-burning workout along with full body functional strength training. You get maximum results in less time. Kettlebells come in many different sizes enabling everyone to work out at their fitness level.

**Martin Luther King:** 651-290-8695

**Activity #:** 5043 **Day:** Mon **Date:** Sept 28  
**Time:** 6:30-7:30pm **Fee:** \$145 **Sessions:** 7  
**Activity #:** 5382 **Day:** Mon **Date:** Nov 16  
**Time:** 6:30-7:30pm **Fee:** \$145 **Sessions:** 7

## FITNESS: SENIOR FITNESS

Senior fitness 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.

**North Dale:** 651-558-2329

**Instructor:** Jody Kippels

**Activity #:** 17197 **Day:** Tue/Thur **Date:** Sept 1  
**Time:** 9:30-10:30am **Fee:** \$1/session **Sessions:** Ongoing

## FITNESS: T'AI CHI CHIH

Tai Chi Chih is a moving meditation based on the Chinese philosophy of promoting vitality, longevity, health, stress relief and heightened mind-body awareness. Class will review movements and allow participants to practice these low, gentle movements that tone muscles and improve circulation with no impact or strain on joints or ligaments. Wear comfortable clothing and flat, soft-soled shoes or heavy socks.

**Linwood:** 651-298-5660

**Instructor:** Sandra Skach

### BEGINNER

**Activity #:** 15228 **Day:** Tue **Date:** Sept 22  
**Time:** 2:15-3:30pm **Fee:** \$40 **Sessions:** 8 **Ages:** 18+

### INTERMEDIATE

**Activity #:** 15229 **Day:** Tue **Date:** Sept 22  
**Time:** 1-2pm **Fee:** \$35 **Sessions:** 8

## FITNESS: WALKING

Adults age 55 and up can use the gym or walking tracks for free at sites and times below:

**Phalen:** 651-793-6600

**Day:** Fri **Date:** Sept 4 **Time:** 2-4pm  
**Fee:** Free **Sessions:** Ongoing

## YOGA-HATHA

This Hatha based Yoga class is for anyone new to Yoga. Yoga creates balance in body and mind through gentle movements, breath awareness and guided relaxation to

develop strength and flexibility. Each person is encouraged to move at his or her own pace.

**Highland Park:** 651-695-3706

**Activity #:** 5437 **Day:** Mon  
**Time:** 5-6pm **Fee:** \$49  
**Activity #:** 5442 **Day:** Mon  
**Time:** 5-6pm **Fee:** \$49  
**Activity #:** 5438 **Day:** Mon  
**Time:** 6:15-7:15pm **Fee:** \$49  
**Activity #:** 5443 **Day:** Mon  
**Time:** 6:15-7:15pm **Fee:** \$49  
**Activity #:** 5439 **Day:** Mon  
**Time:** 7:30-8:30pm **Fee:** \$49  
**Activity #:** 5444 **Day:** Mon  
**Time:** 7:30-8:30pm **Fee:** \$49  
**Activity #:** 5441 **Day:** Thur  
**Time:** 7:30-8:30pm **Fee:** \$56  
**Activity #:** 5447 **Day:** Thur  
**Time:** 7:30-8:30pm **Fee:** \$42

**Instructor:** Teresa Davenport

**Date:** Sept 14  
**Sessions:** 7  
**Date:** Nov 2  
**Sessions:** 7  
**Date:** Sept 14  
**Sessions:** 7  
**Date:** Nov 2  
**Sessions:** 7  
**Date:** Sept 14  
**Sessions:** 7  
**Date:** Nov 2  
**Sessions:** 7  
**Date:** Sept 10  
**Sessions:** 8  
**Date:** Nov 5  
**Sessions:** 6

No Class will be held Thanksgiving Day.

**Linwood:** 651-298-5660

**Instructor:** Teresa Davenport

**Day:** Wed **Date:** Ongoing **Time:** 9:15-10:15am  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Day:** Wed **Date:** Ongoing **Time:** 7:45-8:45pm  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Day:** Fri **Date:** Ongoing **Time:** Noon-1pm  
**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions  
**Day:** Fri **Date:** Ongoing **Time:** 1:15-2:15

(Seniors Only)

**Fee:** \$5/session, \$54/12 sessions, \$80/20 sessions

**North Dale:** 651-558-2329

**Instructor:** Teresa Davenport

**Activity #:** 17233 **Day:** Tue **Date:** Ongoing  
**Time:** 7:40-8:40pm **Fee:** \$4/session **Sessions:** Ongoing  
**Activity #:** 17249 **Day:** Sat **Date:** Ongoing  
**Time:** 11am-Noon **Fee:** \$4/session **Sessions:** Ongoing

## YOGA: LAUGHTER

Explore the art of laughter to invite more joy, play and well-being into your life! Because of the deep breathing exercises, this form of practice is called Laughter Yoga, but it does not include any physical yoga poses and can be practiced by people of all ages who are willing to be a little bit silly. All are welcome regardless of gender, age, physical ability or socioeconomic background. Participants will be invited to donate as able to the North Dale Recreation Center for use of the room, and to share laughter respectfully with others. There are no other dues or fee to participate. Wear comfortable clothing and plan to have fun!

**North Dale:** 651-558-2329

**Instructor:** Dianne Hansen

**Activity #:** 17212 **Day:** 1st & 3rd Thur **Date:** Sept 3  
**Time:** Noon-12:45pm **Fee:** Donation Accepted  
**Sessions:** Ongoing



## Racquetball and Walleyball

Edgcombe Recreation Center has two racquetball courts available for rent during regular building hours. Fee is \$7/hr. Walleyball is also available for \$10/hr. Reservations are on the hour. To reserve a court, call 651-695-3711. Equipment is available.



**YOGA: POWER**

This dynamic yoga class combines classic Vinyasa flow with muscle sculpting for unique mental and physical workout. Designed to both challenge and calm, this class is open to all levels. The first two classes focus on yoga foundations review, great for beginners and advanced practitioners. Bring a yoga mat, towel and water bottle. Open to all levels. \* No class November 25.

**Jimmy Lee:** 651-642-0650      **Instructor:** Kelly Byrd  
**Activity #:** 6818    **Day:** Wed      **Date:** Sept 16  
**Time:** 5:15-6:15pm    **Fee:** \$65 or drop-in fee \$6/session  
**Sessions:** 13

**YOGA: VINYASA**

Vinyasa is a style of yoga which focuses on core strength and spirit. Vinyasa Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement and balance.

This class is for the beginner and advanced student. No class November 25.

**Jimmy Lee:** 651-642-0650      **Instructor:** Susan Schwartz  
**Activity #:** 5626    **Day:** Wed      **Date:** Sept 9  
**Time:** 10-11am    **Fee:** \$120 or drop-in \$10/session  
**Sessions:** 15

**YOGA: VINYASA (CLASSIC)**

Experience the meditation of movement within and between postures in the classic Vinyasa yoga series. Pure challenge and practical risk will result in moments of peace and serenity as we explore multiple styles of yoga, with an emphasis on alignment, breath, and energy. Bring a yoga mat, towel and water bottle. Open to all levels. Fee: \$70, drop-in \$6. \*No class November 25.

**Jimmy Lee:** 651-642-0650      **Instructor:** Kelly Byrd  
**Activity #:** 10871    **Day:** Mon      **Date:** Sept 14  
**Time:** 6:30-7:30pm    **Fee:** \$70, or drop-in \$6/session  
**Sessions:** 14      **Ages:** 18 & up



A yearly membership is 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**

# FITNESS PACKAGE

Center	Phone #	Fitness Room	Indoor Track	Showers
Arlington Hills	651-632-3861	✓	✓	✓
Battle Creek	651-501-6347	✓		✓
Conway	651-501-6343	✓		✓
Dayton's Bluff	651-793-3885	✓		
Edgcumbe	651-695-3711	✓		✓
Highland Park	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	✓	✓	✓
West Minnehaha	651-298-5823	✓		



**El Rio Vista Recreation Center**

All classes are \$3/session or \$30.00 for 12 passes or \$50 for 20 passes. Ages 13+

Day	Activity	Time	Instructor
<b>MONDAY</b>	Total Body Fitness	6:00am-7:00am	TBD
	Total Body Fitness	11:30am-1:00pm	Tou Tong
	Total Body Fitness	4:30pm-6:00pm	Tou Tong
<b>TUESDAY</b>	Total Body Fitness	6:00am-7:00am	TBA
	Total Body Fitness	11:30pm-1:00pm	TBD
	Total Body Fitness	4:30pm-6:00pm	Tou Tong
<b>WEDNESDAY</b>	Total Body Fitness	6:00am-7:00am	TBD
	Total Body Fitness	11:30am-1:00pm	Tou Tong
	Total Body Fitness	4:30pm-6:00pm	Tou Tong
<b>THURSDAY</b>	Total Body Fitness	6:00am-7:00am	TBD
	Total Body Fitness	11:30pm-1:00pm	TBD
	Zumba	5:00pm-6:00pm	TBD
<b>FRIDAY</b>	Total Body Fitness	6:00am-7:00am	TBD
	Total Body Fitness	11:30am-1:00pm	Tou Tong
	Total Body Fitness	4:30pm-6:00pm	Tou Tong
<b>SUNDAY</b>	Adult Fitness	12:00—4:30	All fitness classes, Badminton, basketball, soccer, kato, volleyball

Every Sunday, all fitness classes, gym activities, walking track and weight room are included in your pass. The classes we will provide are basic exercise, yoga, Zumba, Pilates and intro classes to new fitness activities. Fitness assessments, blood pressure check, and one on one fitness consultations are available when scheduled in advanced.





# TRIPS, TOURS & SPECIAL EVENTS

If a group of 10 or more register for an activity, contact Belinda at 651-292-6508 for possible transportation from your site.

## PICK UP LOCATIONS:

**Arbor Pointe Apts:** 635 Maryland Ave W. Parking available in complex lot  
**Downtown:** 375 Jackson St

**Edgcumbe Rec Ctr:** 320 Griggs St

**Conway Center:** 2090 Conway St  
**North Dale Rec Ctr:** 1414 N St Albans

## CASINO: TURTLE LAKE CASINOS

Enjoy playing slots, blackjack, roulette, craps or poker. Participants will receive \$5, or if you're lucky, more when you swipe your card. We will be at the casino for four hours from arrival time. Make sure you give us your playing card number or birth date so your card can be preloaded.

**Call Belinda to register:** 651-292-6508

### Motor coach pick-up sites & times:

**8:00am:** Edgcumbe

**8:15am** Arbor Pointe Apts

**8:30am** 375 Jackson

**8:45am** Conway Center

**Activity #:** 13054 **Day:** Mon **Date:** Sept 21

**Time:** 8am-4pm **Fee:** \$5 **Sessions:** 1

**Deadline:** Sept 1

**Activity #:** 17349 **Day:** Mon **Date:** Nov 16

**Time:** 8am-4pm **Fee:** \$5 **Sessions:** 1

**Deadline:** Nov 2

## TOUR/TRIP: CHEAPSKATES' DELIGHT MYSTERY TOUR

Check out a variety of thrift shops and try to find those hidden treasures. We will stop at a fast food or bargain lunch location. The cost of lunch is on your own.

**Call Belinda to register:** 651-292-6508

### Transportation sites:

**9:30am** Arbor Pointe Apts

**9:45am** Edgcumbe

**10:15am** Conway Center

**Activity #:** 13097 **Day:** Wed **Date:** Oct 14

**Time:** 9:30-5pm **Fee:** \$24 **Sessions:** 1

**Deadline:** Sept 30

## TOUR/TRIP: OLD LOG THEATRE-"THE WEDDING SINGER"

The Wedding Singer takes us back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. Based on the hit Adam Sandler movie, The Wedding Singer's sparkling new score does for the '80's what Hairspray did for the '60's. Just say yes to the most romantic musical in 20 years. It's 1985 and rock wannabe Robbie Hart is New Jersey's favorite wedding singer. He's the life of the party, until his own fiancé leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. Enter Julia, a winsome waitress who wins his affection. As luck would have it, Julia is about to be married to a Wall Street shark, and unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever. To cut cost, lunch is not included. You may bring a bag lunch to enjoy as we travel to the theatre.

**Call Belinda to register:** 651-292-6508

### Transportation pick-sites below & times TBD:

**Conway Center**

**375 Jackson**

**Edgcumbe**

**Activity #:** 12790 **Day:** Wed **Date:** Nov 18

**Time:** 11am-4pm **Fee:** \$38 **Sessions:** 1

**Deadline:** Oct 28

## SPECIAL EVENTS

### SPECIAL EVENT: HOLIDAY PARTY

Saint Paul Community Education Senior Program and Saint Paul Parks and Recreation are presenting their annual joint holiday party. This year's theme is "Blue Hawaiian". Enjoy lunch and entertainment. Doors will open at 11am. To register for this activity, contact the Community Education office at 651-744-3072.

**Pick-up locations:** Times to be determined.

**Conway**

**Edgcumbe**

**North Dale**

**Downtown**

**Day:** Tue **Date:** Dec 8 **Time:** 11am-1:30pm

**Fee:** \$20/\$25 with transportation **Sessions:** 1

**Deadline:** Nov 24

### SPECIAL EVENT: SENIOR LEGAL FAIR

Southern Minnesota Regional Legal Services is very proud to present the 8th Annual Senior Legal Fair. Thanks to another generous donation from UCare, SMRLS will host the 2015 Senior Legal Fair at the Saint Paul RiverCentre. This event has addressed the most critical legal needs of both English and non-English speaking seniors in Ramsey, Dakota, Washington, Scott and Carver counties. Explore legal issues related to technology and empowering seniors to maintain independence. Free lunch, T-shirt and 3M gift bag to the first 500 to register. Free but you must register. Contact Jenae Harris 651-788-8451.

**Location:** St Paul RiverCentre

**Activity #:** 12789 **Day:** Wed **Date:** Sept 9

**Time:** 8:30am-2pm **Fee:** Free **Sessions:** 1



# City Passport a Place for People 50 and Better

is a partnership between HealthEast Care System and Saint Paul Parks and Recreation.

Located in the Alliance Bank Building, 55 E. 5th St., Suite 203, 55101

Mezzanine Level – enter elevator/stairs from skyway level across from food court, near security desk.

**651-232-1301**

**Hours are Monday through Friday 9am to 4pm  
Center will be closed on Mon, Sept 7 – Labor Day.**

For a calendar of activities being held at City Passport, please visit our website at [www.healtheast.org/passport](http://www.healtheast.org/passport), stop in or call and be added to our monthly mailing.

## ONGOING ACTIVITIES

### BINGO

Enjoy a morning with friends and City passport members playing Bingo.

**Day:** 2nd & 4th Wed/month      **Date:** Ongoing  
**Time:** 10am      **Fee:** Free

### BOOK CLUB CLUBS

Wondering what book to read next? Join us. Whether you enjoy fiction or non-fiction, these books will bring your passion to light. Both groups offer a comfortable reading pace and lively discussion. Books are supplied by the St. Paul Public Library.

#### BOOK CLUB I: FICTION

**Day:** 1st & 3rd Mon/month      **Date:** Ongoing  
**Time:** 10am      **Fee:** Free

#### BOOK CLUB II: HISTORY/BIOGRAPHY

**Day:** 2nd & 4th Mon/month      **Date:** Ongoing  
**Time:** 10am      **Fee:** Free

### COFFEE CLUB

This is a member led group. Enjoy talking about current events and enjoy a cup of fresh gourmet coffee.

**Day:** Fri      **Date:** Ongoing  
**Time:** 10:15am      **Fee:** Free

### CRAFTS – PAPER

Create a new unbelievable project each time you come. Greeting cards, bookmarkers, and more!

**Day:** 1st & 3rd Fri/month      **Date:** Ongoing  
**Time:** 1:30pm      **Fee:** Free

### THE GOLDEN MELODY MAKERS

This singing group sponsored by the City of Saint Paul visits local nursing homes, hospitals, and other facilities to bring music and joy to people. Directed by Mary Livingston. If you are interested in joining, please call Belinda 651-292-6508.

**Day:** Thur      **Date:** Ongoing  
**Time:** 10:15am      **Fee:** Free

### “FAST FORWARD” – MOVIE

Movies are back at City Passport! We invite you to join us for popcorn and a movie. A schedule of movies being shown can be found on City Passport's monthly calendar.

**Day:** Wed      **Date:** Ongoing  
**Time:** 1pm      **Fee:** Free

### “PIECE MAKERS”- QUILTING GROUP

Join us in making hand-crafted quilts. Our group donates their time to design, construct, and sew quilts to be donated to local charities such as refugee services, battered women's and children's shelters. A thank you card received from a young boy stated "I love the quilt. It looks good on my bed." To many who receive our quilts, this is their only possession. All materials and equipment are provided. Donations of 3-ply baby yarn greatly appreciated.

**Day:** Mon      **Date:** Ongoing  
**Time:** 9am      **Fee:** Free

### READERS' THEATER

Come and explore the art of acting. No experience is necessary. Whether you've been interested in acting or have dabbled in it for many years, this group is a great way to have fun! Perform without the need for memorizing lines! Our experienced facilitator will guide the group in staged theater, script writing, improvisation and much more.

**Day:** 2nd & 4th Fri/month      **Time:** 12:30pm      **Fee:** Free

### "REWIND": THURSDAY – MOVIE

Did you miss Wednesday's movie? Join us on Thursday for popcorn and a replay of the Wednesday movie. A schedule of movies being shown can be found on City Passport's monthly calendar.

**Day:** Thur      **Date:** Ongoing  
**Time:** 1pm      **Fee:** Free

### SPORTS GAME DAY

Watch the game with members and friends. Enjoy a snack and cheer on your favorite team. Days, dates, and time will be posted at center or on the calendar.

### “STICHERS” – SURGICAL CAPS

Want to make an impact on a child's life? Children's Hospital has asked us to help in making surgical caps for their patients. By offering these caps, created in a variety of fabrics, children are able to take the focus off of their procedure for a short time. One patient was quoted as stating, "It kept me safe when I fell asleep." Surgical caps are simple to make, and the pattern is available for those wanting to donate their time from home or at City Passport.



# City Passport a Place for People 50 and Better

is a partnership between HealthEast Care System and Saint Paul Parks and Recreation.

Located in the Alliance Bank Building, 55 E. 5th St., Suite 203, 55101

Mezzanine Level – enter elevator/stairs from skyway level across from food court, near security desk.

**651-232-1301**

**Hours are Monday through Friday 9am to 4pm  
Center will be closed on Mon, Sept 7 – Labor Day.**

For a calendar of activities being held at City Passport, please visit our website at [www.healtheast.org/passport](http://www.healtheast.org/passport), stop in or call and be added to our monthly mailing.

## TABLE GAMES

Explored a variety of tables games with members.

**Day:** Mon & Tue    **Date:** Ongoing    **Time:** 1:30pm

## TEXAS HOLD-EM

This group plays for fun, but don't let that fool you. The winner at the end of the month will receive a small prize.

**Day:** Wed & Fri    **Date:** Ongoing  
**Time:** 1pm    **Fee:** Free

## “YARNIACS” – BABY HATS

Whether you knit, crochet, or loom knit, all are welcome. In the past year, our club has crafted over 1,000 newborn hats as a welcome gift to babies delivered at the HealthEast Care System hospitals. All levels of experience are welcome, right down to the beginners. Our members are willing to teach those interested in learning. Donation of 3-ply baby yarn is greatly needed.

**Day:** Thur    **Date:** Ongoing  
**Time:** 1pm    **Fee:** Free

## Wii GAMES

Whether you love to play Wii bowling or are looking to enjoy a round of golf, stop up here for some fun and comradery.

**Day:** Mon & Thur    **Date:** Ongoing when space is available  
**Time:** Open    **Fee:** Free

## WHAT DO YOU THINK?

Discuss current local, national, and international events in this welcoming group. Give your opinion and hear others in a forum where various views and beliefs are respected. This is a great chance to meet people and get to know fellow members.

**Day:** 1st & 3rd Wed/month    **Date:** Ongoing  
**Time:** 11am    **Fee:** Free

## HEALTH CONNECTIONS

Join us as an experienced speaker delivers informative health related presentations. For our upcoming schedule on speakers, please call 651-232-2273.

**Day:** 2nd Tue/month    **Date:** Ongoing  
**Time:** 11am    **Fee:** Free

# UPCOMING SPECIAL EVENTS/CLASSES

## “FINAL FRIDAY” LADIES’ ONLY DAY

City Passport will be open on the last Friday of the month for Ladies’ only. Each month we will have various activities available, or you can come and enjoy the conversation with other women. Bring a friend.

**Day:** 1st & Last Fri/month    **Date:** Ongoing  
**Time:** 9am-4pm    **Fee:** Free. Addition fee/s may be charge if lunch or tour is scheduled.

## HALLOWEEN PARTY

Join us for a fun-filled Halloween Party. Dress in costume if you dare. Halloween refreshments will be served.

**Day:** Fri    **Date:** Oct 30  
**Time:** 1-3pm    **Fee:** \$3

## TURKEY DAY

Join us for a fun-filled Thanksgiving theme party. Exciting turkey race with prizes. Refreshments will be served.

**Day:** Thur    **Date:** Nov 19  
**Time:** 1-3pm    **Fee:** \$3

## HOW TO GET TO CITY PASSPORT

Between 5th & 6th, Cedar & Minnesota

Entrance is near the security desk on the skyway level. Just ask one of the security folks

There are meters on Minnesota and on 6th. Enter on 6th near Hunan Garden and walk down the hall to the elevators. Take elevator to Skyway. When you come out of the elevator area, go uphill to the main skyway intersection in the Alliance Bank Building. The security desk is on the other side of the escalators.

Or

If you enter from Cedar Street or from 5th, take escalator to skyway, turn right and stop at the security desk.



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Located in the Alliance Bank Building, 55 E. 5th St., Suite 203, 55101

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For a calendar of activities being held at City Passport, please visit our website at [www.healtheast.org/passport](http://www.healtheast.org/passport), stop in or call and be added to our monthly mailing.

## ONGOING MEDICAL/SELF IMPROVEMENT

### HEALTH CONNECTIONS

Join us as an experienced speaker delivers informative health related presentations. For our upcoming schedule on speakers, please call 651-232-2273.

**Day:** 2nd Tue/month

**Date:** Ongoing

**Time:** 11am

**Fee:** Free

### HEALTH SCREENINGS: BLOOD PRESSURE CHECKS

Learn more about what you can do to enjoy optimal health and well-being. Our nurse can answer many questions about the connections between healthy lifestyle choices and improved overall health. Walk-in, no appointment required, sign in when you arrive.

**Day:** Tue

**Date:** Ongoing

**Time:** 9am-4pm

**Fee:** Free

### MEDICAL INSURANCE COUNSELING

Free unbiased education and individual counseling about Medicare, supplemental plans, prescription drugs, Medicare Advantage plans, long term care, appeals and more. Appointments are required.

**Day:** 3rd Thur/month

**Date:** Ongoing

**Time:** 10am-Noon

**Fee:** Free

### SKYWAY WALKERS

Meet at City Passport and then enjoy an invigorating walk at a comfortable pace with new and old friends in the comfort of the skyway. No need to know the St. Paul skyway, this program allows you to visit and enjoy the sites while we do all the navigating.

**Day:** Tue & Thur

**Date:** Ongoing

**Time:** 9:30am

**Fee:** Free



## Adult 55+ Programs & Services

Enriching lives for over 40 years

### PROGRAMS & SERVICES:

- Driver Safety Class
- Annual Aging Well Expo (October)
- Ask the Lawyer
- Block Nurse Services
- Book Club
- Cards
- Care Management
- Caregiving Support Program
- Counseling (Medicare, Veterans Benefits, Pension Rights, Legal)
- Educational Seminars
- Evening Presentations
- Exercise Class
- Fare for All Food Program
- Foot Care Clinic
- Hearing Loss Education
- Homemaking (Cleaning, Meal Prep, Laundry)
- Intergenerational Program
- Knitting & Crocheting Group
- Lunch Bunch
- Lunch N' Bingo
- Massage
- Meals on Wheels
- Parties
- Plant Sale (May)
- Square Dancing
- Tax Help



- Third Age Yoga
- Volunteer Opportunities
- Weekly Dance
- Wellness Talks



265 Oneida Street, Saint Paul, MN 55102  
651-298-5493 • [www.west7th.org](http://www.west7th.org)

**West 7th Branch Library also provides programming and is located in our building. Come and try out one exercise class for free!**





# WEEKLY SENIOR GROUPS

AT YOUR NEIGHBORHOOD RECREATION CENTER

*There may be a fee for some activities.*

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

RECREATION CENTER	PHONE	DAY	TIMES	ACTIVITIES OFFERED
Arlington Hills 1200 Payne Ave	651-632-3861	Mon, Thurs	9:30am-12:30pm Days and times can be added as needed/planned by group	Cards, Cribbage, and more... Get together to discuss ideas and plan activities
Battle Creek 75 S Winthrop	651-501-6347	Mon/Wed Wed Thur	9am-Noon 1-3pm 9am-Noon	Dice, Darts, Cards, Pickleball Badminton TOPS
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
Highland Park 1978 Ford Parkway	651-695-3706	Mon Tue Mon-Fri Fri	1-3pm 9am-Noon 9-10am 9am-Noon	Movies Bridge & Social Walking Track Pickleball
Jimmy Lee 270 N Lexington Pkwy	651-642-0650	Wed Wed Mon/Wed/Fri	10-11:30am 9am-Noon 9am-1pm	Badminton Chicken foot, Activities, Special Events Walking Track
Langford Park 30 Langford Pk Dr	651-298-5765	Fri	9-11am	Gym Bowling, Darts & Cards
Linwood 860 St Clair	651-298-5660	Mon/Fri Tue/Thur Fri	7-9am 9:15-10:15am 1:15pm	Walking 55+ Fitness Class Yoga
Martin Luther King 271 Mackubin	651-290-8695	Third 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)
Keystone Senior Program Merriam Park 2000 St. Anthony	651-645-0349	Mon-Thur Fri	8am-5pm 8am-4pm	Fitness, Health, Line Dance, Bridge, Crib- bage, Scrabble, Chess, Movies, Crafts, Footcare & More
North Dale 1414 N St Albans	651-558-2329	Mon-Thur Tue/Thur Thur Fri	8-11am 9:30-10:30am 10am-3pm Noon-3pm	Walking Track Senior Fitness® Cards, Greedy Competitive 500
Northwest Como 1550 N Hamline	651-298-5813	Tue	1-3pm	Table Games: Sequence, Phase 10, Mexican Train
Phalen 1000 E Wheelock Parkway	651-793-6600	Fri	10am-12pm 2-4pm	Walking(Gym)
St Clair 265 Oneida	651-298-5493			Call West 7th Community Center
West Minnehaha 685 W Minnehaha	651-298-5823	Mon-Fri 3 <sup>rd</sup> Fri/mo	10am-Noon 11am-2:30pm	Board Games, Cards, etc. Frogtown Seniors, Bring a dish, have lunch and play Bingo

# 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](http://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 2015-2016 Skiing Programs brochure at [www.stpaul.gov/parks](http://www.stpaul.gov/parks) - click on Winter Activities. The Como Park Ski Center and Chalet open Saturday, December 26, weather permitting. For more information call 651-488-9763.

## Rice/Arlington Batting Cages & Training Facility

1500 Rice St. • Saint Paul, MN 55117

651-558-2117

[www.rabattincages.com](http://www.rabattincages.com)

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

Batting Cage Tokens: 1 Token (22 pitches) = \$2 each  
*Other increments of tokens/pitches are available.*

### Student Special

1 token = \$1 with a valid Saint Paul School Photo ID during the school year.

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

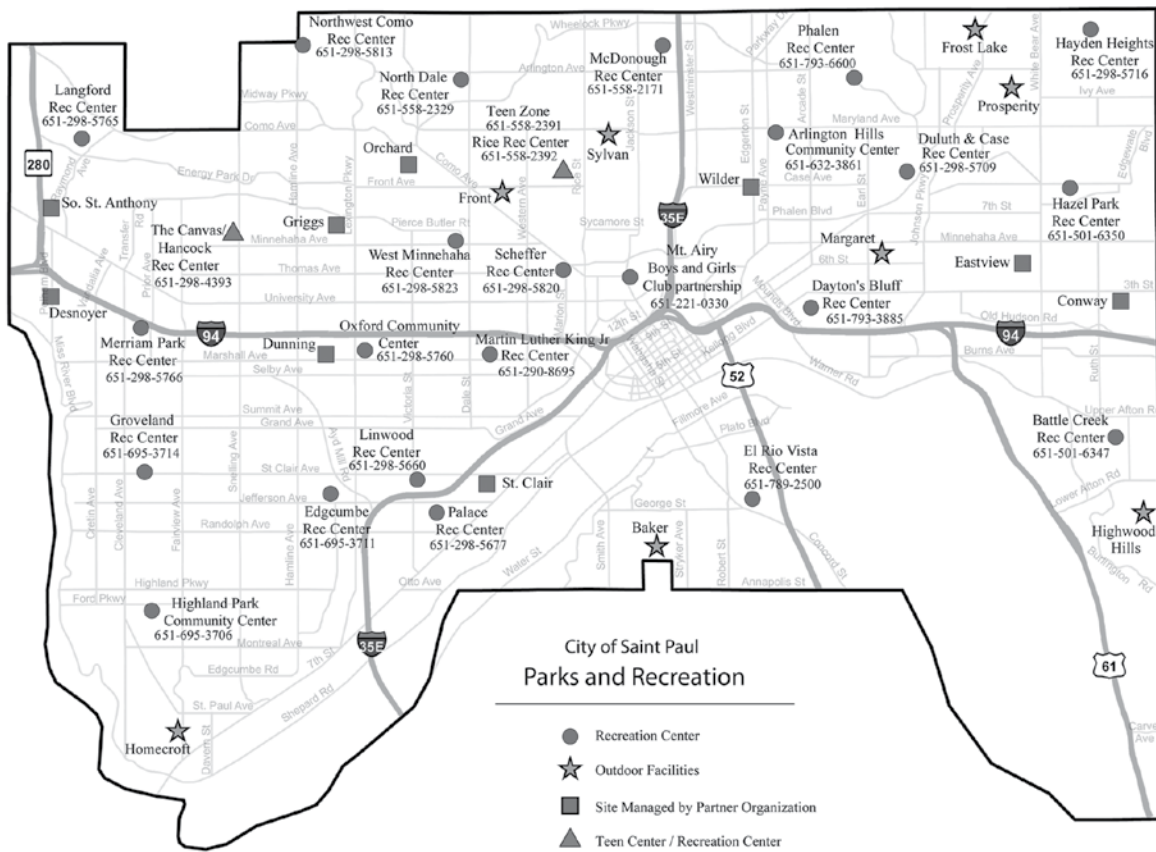
## Municipal Athletics

1500 Rice St. • Saint Paul, MN 55117

651-558-2255

[muni@ci.stpaul.mn.us](mailto: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/athletics](http://www.stpaul.gov/athletics).



REC CENTER	ADDRESS	ZIP	PHONE #
<i>Arlington Hills</i>	1200 Payne Avenue	55106	651-632-3861
<i>Battle Creek</i>	75 S. Winthrop	55119	651-501-6347
<i>Canvas – Teen Art</i>	1610 W Hubbard Ave	55104	651-298-4393
<i>Dayton's Bluff</i>	800 Conway St	55106	651-793-3885
<i>Duluth &amp; Case</i>	1020 Duluth St	55106	651-298-5709
<i>Edgcombe</i>	320 S. Griggs St	55105	651-695-3711
<i>El Rio Vista</i>	179 E. Robie St	55107	651-789-2500
<i>Groveland</i>	2021 St. Clair Ave	55105	651-695-3714
<i>Hancock</i>	1610 Hubbard Ave	55104	651-298-4393
<i>Hayden Heights</i>	1965 E. Hoyt Ave	55119	651-298-5716
<i>Hazel Park</i>	945 N. Hazel Ave	55119	651-501-6350
<i>Highland Park</i>	1978 Ford Pkwy	55116	651-695-3706
<i>Jimmy Lee</i>	270 N. Lexington Pkwy	55104	651-642-0650
<i>Langford</i>	30 Langford Park	55108	651-298-5765

REC CENTER	ADDRESS	ZIP	PHONE #
<i>Linwood</i>	860 St. Clair Ave	55105	651-298-5660
<i>Martin Luther King</i>	271 Mackubin St	55102	651-290-8695
<i>McDonough</i>	1544 Timberlake Rd	55117	651-558-2171
<i>Merriam Park</i>	2000 St. Anthony	55104	651-298-5766
<i>North Dale</i>	1414 N. St. Albans	55117	651-558-2329
<i>Northwest Como</i>	1550 N. Hamline	55108	651-298-5813
<i>Palace*</i>	781 Palace Ave	55102	651-298-5677
<i>Phalen</i>	1000 E. Wheelock	55106	651-793-6600
<i>Rice</i>	1021 Marion St	55117	651-558-2392
<i>Scheffer</i>	237 Thomas Ave	55103	651-298-5820
<i>Teen Zone</i>	1022 Marion St.	55117	651-558-2391
<i>West Minnehaha</i>	685 W. Minnehaha	55104	651-298-5823
<i>Wilder</i>	958 Jessie St.	55101	651-298-5727
<i>*Palace Recreation Center is currently under construction.</i>			

**Partner Sites:**

SITE	ADDRESS	MANAGED BY	PHONE
<i>Baker</i>	209 W. Page 55107	Saint Paul Public Schools	651-209-3519
<i>Conway</i>	2090 Conway St 55119	Sanneh Soccer Foundation	651-501-6343
<i>Desnoyer</i>	525 Pelham Blvd. N 55104	KidsPark	651-603-0144
<i>Dunning</i>	1221 Marshall Ave 55104	ArtsUs!	651-528-6871
<i>Eastview</i>	1675 E 5th St	Brunette Boxing	651-276-4437
<i>Griggs</i>	1188 Hubbard Ave 55104	Urban Tennis	651-298-5755
<i>Orchard</i>	875 Orchard 55103	Blackhawk Soccer	651-489-8117
<i>St. Clair</i>	265 Oneida 55102	West 7th Comm Center	651-298-5493
<i>So. St. Anthony</i>	890 Cromwell Ave 55114	Joy of the People Soccer Club	651-298-5770
<i>Mt. Airy</i>	958 Jessie St. 55101	City Academy	651-298-4624

# 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                      DATE: Sept 14              TIME: 3-6pm\*  
 FEE: Free                      AGES: 6-12 (Grades 1-5)  
 SESSIONS: All public school days  
 \* Start times may vary according to school release.

**SITES:**

Arlington	-----	651-632-3861
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
Langford	-----	651-298-5765
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
Wilder	-----	651-298-5727

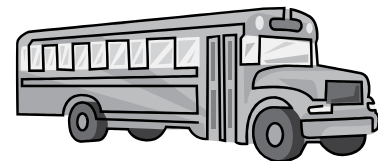
## After School Transportation for Rec Check & S'more Fun Programs

651-292-6508

A change in Minnesota law now allows the Saint Paul Public Schools to transport your child to Saint Paul Parks & Recreation's Rec Check Program or S'more Fun Program.

**Important Points** • • • • •

- 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. <http://www.transportation.spps.org/SPPS-DaycareTransportation>
- Transportation home from the Rec Check or S'more Fun Program is not provided.



## S'MORE FUN CHILDCARE

S'more Fun is a childcare/recreation program for school-aged children in kindergarten through sixth grade. (Ages 6-12) We offer recreational, cultural, social and educational activities. Our goal is for children to pursue their own interests, develop friendships, gain confidence and build independence in a safe, comfortable, trusting and FUN atmosphere. Registration open year round. Space limited. Program also offered on No School Days.

DAY: Monday-Friday      For fee information, please call site listed.

**Battle Creek S'more Fun**

Sept 8-June 10

Before School    6:30-9am  
 After School      3-6pm

For more information  
 please call 651-501-6388

**Groveland S'more Fun**

Sept 8-June 10

Before School    7:15-9:15am  
 After School      4-6pm

For more information  
 please call 651-695-3715

**Northwest Como S'more Fun**

Sept 8-June 10

Before School    7-8:25am  
 After School      3-6pm

For more information  
 please call 651-487-5626