

Saint Paul Parks and Recreation

OXFORD COMMUNITY CENTER

Jimmy Lee Recreation Center • Great River Water Park
270 Lexington Parkway North • Saint Paul, MN 55104
Phone: 651-642-0650

2015 FALL PROGRAM



PLUS!
What's the plus?
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BUILDING HOURS:

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

See inside cover for
Holiday Hours & Closings



VISIT US ON THE WEB www.stpaul.gov/parks

**REGISTRATION BEGINS
AUGUST 10**

REGISTRATION INFORMATION

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.

General Parks & Recreation Information 651-266-6400

Parkwatch	651-646-3535
Seasonal & Part-time Employment	651-266-6466
Volunteer Hotline	651-266-6464
Environmental Program Volunteer Hotline	651-266-6458



An Affirmative Act/An Equal Opportunity Employer

Administration

Director: Mike Hahm, CPRP
Deputy Director: Kathy Korum
Manager of Recreation Services: Gwen Peterson
Manager of Special Services: Susie Odegard
South Area Coordinator: Andy Rodriguez

Oxford Community Center

Facility Manager: Dan Berchem, CPRP

Jimmy Lee Recreation Center

Community Recreation Director: Patti Schwartz
Community Recreation Specialist: Jonell Lofton

Great River Water Park

Aquatics Facility Supervisor: Camolly Williams

HOLIDAY HOURS – OXFORD COMMUNITY CENTER

Monday, September 7	Labor Day	CLOSED
Thursday, November 26	Thanksgiving Day	CLOSED
Friday, November 27	Thanksgiving Holiday	11:00 am – 5:00 pm
Thursday, December 24	Christmas Eve	9:00 am – 4:00 pm
Friday, December 25	Christmas Day	CLOSED
Thursday, December 31	New Year's Eve	11:00 am – 5:00 pm
Friday, January 1	New Year's Day	11:00 am – 5:00 pm

THANK YOU TO OUR VOLUNTEERS

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

FEE ASSISTANCE

The Fee Assistance Program through Saint Paul Parks and Recreation offers financial assistance towards registration fees for parents/guardians of youth ages 18 and under.

Fee Assistance can be used towards most recreational sports and activities offered by Saint Paul Parks and Recreation. To qualify for Fee Assistance, children must live in Saint Paul. Please contact the recreation center or facility offering the activity to complete a Fee Assistance Form. The approval process can take up to (2) business days to process. You will be notified once the process is completed. Cash and credit card payments will only be taken after the (2) day approval process for partial scholarship requests.

REGISTRATION INFORMATION

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

Youth Sports Registration

Registrations are taken at the recreation centers or online at 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 you wish to register at 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.

REGISTRATION BEGINS
MONDAY, AUGUST 10

Ways to Register

On-Line – Register at 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.

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

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

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

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

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

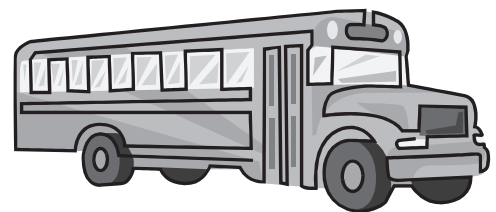
for Rec Check & S'more Fun Programs

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.



PRESCHOOL AGE

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.



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



MUSIC: GROWING WITH MUSIC

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

Jimmy Lee: 651-642-0650

Activity #: 17279 **Day:** Wed **Date:** Sept 2

Time: 9:15-9:45am **Fee:** \$60 **Sessions:** 8

Ages: Walking-5 yrs



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.

Jimmy Lee: 651-642-0650

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

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



TUMBLING I

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

Jimmy Lee: 651-642-0650

Activity #: 10885 **Day:** Sat

Time: 9-9:55am **Fee:** \$30

Activity #: 15149 **Day:** Sat

Time: 9-9:55am **Fee:** \$30

No class Nov 28.

Instructor: Megan Hoover

Date: Sept 19

Sessions: 6 **Ages:** 4-6

Date: Nov 7

Sessions: 6 **Ages:** 4-6



ART: ART DAY

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

Jimmy Lee: 651-642-0650 **Instructor:** Holly Overton
Activity #: 17314 **Day:** Thur **Date:** Oct 22
Time: 6-7pm **Fee:** Free **Sessions:** 6 **Ages:** 6-12

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 & COOKING: FRANKENSTEIN'S LAB

A week of Halloween Fun. Spooky Science, monster mayhem, cauldron 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.

Jimmy Lee: 651-642-0650
Activity #: 17191 **Day:** Sat **Date:** Oct 17
Time: 9am-4pm **Fee:** \$60 **Sessions:** 1 **Ages:** 11+

COOKING: HOLIDAY COOKIES

Youth will split their time doing both baking and art.

Jimmy Lee: 651-642-0650 **Instructor:** Holly Overton
Activity #: 17266 **Day:** Wed **Date:** Oct 28
Time: 6-7:30pm **Fee:** \$2 **Sessions:** 1 **Ages:** 6-12

Jimmy Lee: 651-642-0650 **Instructor:** Holly Overton
Activity #: 17265 **Day:** Tues **Date:** Dec 22
Time: 6-7:30pm **Fee:** \$2 **Sessions:** 1 **Ages:** 6-12

COOKING: TAKE HOME CHEF

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

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

DANCE: BALLET & TAP I

Martin Luther King: 651-290-8695
Activity #: 17328 **Day:** Wed **Date:** Sept 16
Time: 7:10-7:55pm **Fee:** \$50 **Sessions:** 9 **Ages:** 7-9
No class Oct 23

Merriam Park: 651-298-5766
Activity #: 4869 **Day:** Thur **Date:** Sept 17
Time: 7:10-7:55pm **Fee:** \$50 **Sessions:** 9 **Ages:** 7-9
No classes held Thanksgiving week at Highland Park, Linwood, Martin Luther King and Merriam Park.

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 **Instructor:** Marques Matthias
Activity #: 5494 **Day:** Sat **Date:** Oct 10
Time: 10-11am **Fee:** \$49 **Sessions:** 9 **Ages:** 6-14
No class Nov 28.

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.

Merriam Park: 651-298-5766 **Instructor:** Dean Lillie
Activity #: 17351 **Day:** Thur **Date:** Sept 3
Time: 6:30-7pm **Fee:** \$10 **Sessions:** 8 **Ages:** 6-8
Activity #: 17352 **Day:** Thur **Date:** Sept 3
Time: 7-8pm **Fee:** \$40 **Sessions:** 8 **Ages:** 9-11

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

Martin Luther King: 651-290-8695
Activity #: 5385 **Day:** Tue/Thur **Date:** Sept 29
Time: 5:30-6:30pm **Fee:** \$70 **Sessions:** 13 **Ages:** 8-17

ADVANCED

Martin Luther King: 651-290-8695
Activity #: 5384 **Day:** Tue/Thur **Date:** Sept 29
Time: 6:30-7:30pm **Fee:** \$70 **Sessions:** 13 **Ages:** 8-17

YOUTH PROGRAMS

DANCE: BALLET & TAP I

Martin Luther King: 651-290-8695

Activity #: 17328 **Day:** Wed **Date:** Sept 16
Time: 7:10-7:55pm **Fee:** \$50 **Sessions:** 9 **Ages:** 7-9
No class Oct 23

Merriam Park: 651-298-5766

Activity #: 4869 **Day:** Thur **Date:** Sept 17
Time: 7:10-7:55pm **Fee:** \$50 **Sessions:** 9 **Ages:** 7-9
No classes held Thanksgiving week at Highland Park, Linwood, Martin Luther King and Merriam Park.

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

See class description on page 4.

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



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
- 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

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

YOUTH SPORTS

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.

Jimmy Lee: 651-642-0650
Activity #: 17192 **Day:** Mon
Time: 6:30-7:30pm **Fee:** \$5

Instructor: Dusty Horton
Date: Sept 14
Sessions: 8 **Ages:** 8-10

SPORTS: CHEERLEADING

Jimmy Lee: 651-642-0650
 This program is for boys and girls.

Activity #: 10979 **Day:** Wed/Fri
Time: 6-8pm **Fee:** \$40

Date: Aug 5
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
BEGINNER

Activity #: 5302 **Day:** Mon
Time: 6-7pm **Fee:** \$55

Instructor: 3rd Lair

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

INTERMEDIATE

Activity #: 5301 **Day:** Mon
Time: 7-8pm **Fee:** \$55

Date: Sept 7
Sessions: 4 **Ages:** 8-14

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. 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.

Session 1 – October 15 & 16

- Edgumbe
- Hazel Park
- Jimmy Lee
- North Dale

Session 2 – December 28 – 30

- Jimmy Lee
- North Dale

Activities Include:

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

Fall & Winter Blast

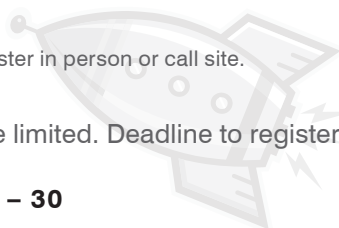
Pre-register in person or call site.

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

Register at the site or online at www.stpaul.gov/parks. **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

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

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

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 PROGRAMS



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+

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

KNOCKERBALL

Come out and try Knocker Soccer! KnockerBall-Twin Cities will be hosting open play for Teens and adults at Jimmy Lee recreation center. This is your chance to get in the ball, knock your friends around and have a blast doing it without having to join a league or rent the balls. This is a great time to let kids go out and do something fun and safe, with their friends. This is a way for adults to get great exercise while letting out some built up stress! This is the next big thing in sports recreation, it is the best time you've ever had! Rain or shine. What is Knockerball? Check out the video link below and get in the game!

<http://www.bing.com/videos/search?q=knockerball&FORM=HDRSC3#view=detail&mid=D0B3117F05B9CEFBFC47D0B3117F05B9CEFBFC47>

Open House Night Try it for FREE, just show up and play
 Teen night – Monday Sept. 14 7:00-8:30pm
 Adult Night - Friday Sept. 18 7:30-9pm

OPEN PLAY NIGHTS

Teen Night (Ages 13-18) – Mon., Sept. 21
 7-8:30pm \$5/session sessions 6
Adults (Ages 19+) – Fri., Sept. 25
 7:30-9p \$9/session sessions 6

FAMILY

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.

Merriam Park: 651-298-5766

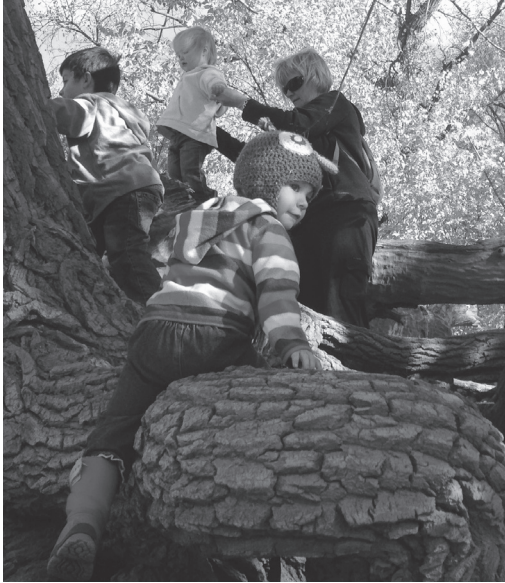
Activity #: 17260 **Day:** Fri

Date: Oct 9

Time: 6-8pm **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



WINTER HOLIDAY EVENTS

Family Special Event Winter Beach Party!

Join us on Saturday, December 19, from 1:00-5:00 p.m. for our Winter Beach Party. This event is being hosted by Saint Paul Parks & Recreation. The event will include \$2 admission to the Great River Water Park, along with various water and gym activities and demonstrations. This will be a day of fun for the whole family!

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

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
Lap Swim	11am - 12:30pm	6:30 - 9:30am 5:30 - 7pm ²	7 - 9:30am	6:30 - 9:30am 5:30 - 7pm ²	7 - 9:30am 5:30 - 7pm	6:30 - 9:30am 5:30 - 7pm ²	11am - 12:30pm
Water Aerobics	9:30 - 10:30am ³	9:30 - 10:30am	9:30 - 10:30am ³ 5:30 - 6:30pm	9:30 - 10:30am	9:30 - 10:30am ³ 5:30 - 6:30pm	9:30 - 10:30am	8-9am
Swim Lessons			4:30 - 7:20pm	9:30 - 10:20am			9am-12pm
Open Swim	11am - 5pm ¹	10:30am - 12:30pm 4 - 8:30pm ²		10:30am - 12:30pm 4 - 8:30pm ²		10:30am - 12:30pm 4 - 8:30pm ²	12:30 - 7pm
Adaptive Rec					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

Thursday October 15	Friday October 16 and October 30	Friday November 20	Thursday November 26	Friday 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)
Wednesday December 23	Thursday December 24	Friday December 25	Monday December 28	Tuesday 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)
December 30	December 31	January 1		
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
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)

October: 9 (7am), **18** (11am), **26** (5:30pm)

November: 6 (7am), **17** (7am), **21** (11am)

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.

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 **Instructor:** Marques Matthias
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.

Jimmy Lee: 651-642-0650 **Instructor:** Tina Jackson
Activity #: 10868 **Day:** Tue **Date:** Sept 1
Time: 6:30-8:30pm **Fee:** \$5/session **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: 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

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

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.

Jimmy Lee: 651-642-0650

Activity#: 17262 **Day:** Fri **Date:** Sept 11
Time: 10am-Noon **Fee:** \$2/week **Sessions:** Ongoing

Merriam Park: 651-298-5766

Activity #: 15182 **Day:** Fri **Date:** Sept 4
Time: 6-8pm **Fee:** \$2 **Sessions:** 9



KNOCKERBALL

Come out and try Knocker Soccer! KnockerBall-Twin Cities will be hosting open play for Teens and adults at Jimmy Lee recreation center. This is your chance to get in the ball, knock your friends around and have a blast doing it without having to join a league or rent the balls. This is a great time to let kids go out and do something fun and safe, with their friends. This is a way for adults to get great exercise while letting out some built up stress! This is the next big thing in sports recreation, it is the best time you've ever had! Rain or shine. What is Knockerball? Check out the video link below and get in the game!

<http://www.bing.com/videos/search?q=knockerball&FORM-HDRSC3#view=detail&mid=D0B3117F05B9CEFBFC47D0B3117F05B9CEFBFC47>

Open House Night Try it for FREE, just show up and play
 Teen night – Monday Sept. 14 7:00-8:30pm
 Adult Night - Friday Sept. 18 7:30-9pm

OPEN PLAY NIGHTS

Teen Night (Ages 13-18) – Mon., Sept. 21

7-8:30pm \$5/session sessions 6

Adults (Ages 19+) – Fri., Sept. 25

7:30-9p \$9/session sessions 6

ADULT FITNESS

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.

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+

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

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



**SAINT PAUL
PUBLIC
LIBRARY**

READ READ READ READ READ READ READ READ READ READ READ READ

When it's time to go back to school or back to work, the Saint Paul Public Library is here for you. The library has books, computers, job counselors and staff ready to connect you with homework help, as well as job, career and small business resources.

**Call 651-266-7000 today to learn more
or visit us online at www.sppl.org.**

READ READ READ READ READ READ READ READ READ READ READ READ

SAINT PAUL
Getting Fit



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.

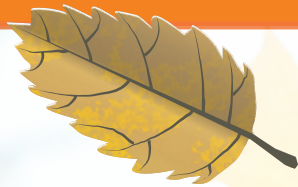
FEE: \$30/year or
\$3/day for fitness room
\$1/day for walking track

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
<i>Arlington Hills</i>	651-632-3861	✓	✓	✓
<i>Battle Creek</i>	651-501-6347	✓		✓
<i>Conway</i>	651-501-6343	✓		✓
<i>Dayton's Bluff</i>	651-793-3885	✓		
<i>Edgcumbe</i>	651-695-3711	✓		✓
<i>Highland Park</i>	651-695-3706	✓	✓	✓
<i>Oxford / Jimmy Lee</i>	651-642-0650	✓	✓	✓
<i>Linwood</i>	651-298-5660	✓		✓
<i>Martin Luther King</i>	651-290-8695	✓		✓
<i>North Dale</i>	651-558-2329	✓	✓	
<i>Wellstone / El Rio Vista</i>	651-789-2500	✓	✓	✓
<i>West Minnehaha</i>	651-298-5823	✓		



WHAT'S THE PLUS?

In addition to programs being offered at Oxford Community Center, you will now see program offerings at Martin Luther King Recreation Center and Merriam Park Recreation Center.

This is our new programming campus and moving forward our brochure will include programs and events from all three locations. We hope you will find this new program format useful!



Martin Luther King Recreation Center

Community Recreation Specialist – Ashley Dubai
271 Mackubin St. 651-290-8695

Merriam Park Recreation Center – Community Recreation

Specialist – Danielle Fleming
2000 St. Anthony 651-298-5766



Celebrate your birthday @ Great River Water Park!



Swim, Cake & Ice Cream Package

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

Rate \$11 per person



Swim & Meal Deal

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

Rate \$15 per person

No outside food or beverage allowed in Party Room.

Minimum of six (6) paid party attendees to reserve Party Room.

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

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