



ACTIVITY GUIDE

FALL 2016

- Over 200 Programs for Preschool, Youth, Teen, Family & Adult
- Registration starts August 22

The logo for Saint Paul Parks and Recreation features the text "saint paul Parks and Recreation" in a mix of lowercase and uppercase fonts. A stylized leaf graphic is positioned above the word "and". The entire logo is framed by a horizontal line with a wavy bottom edge.





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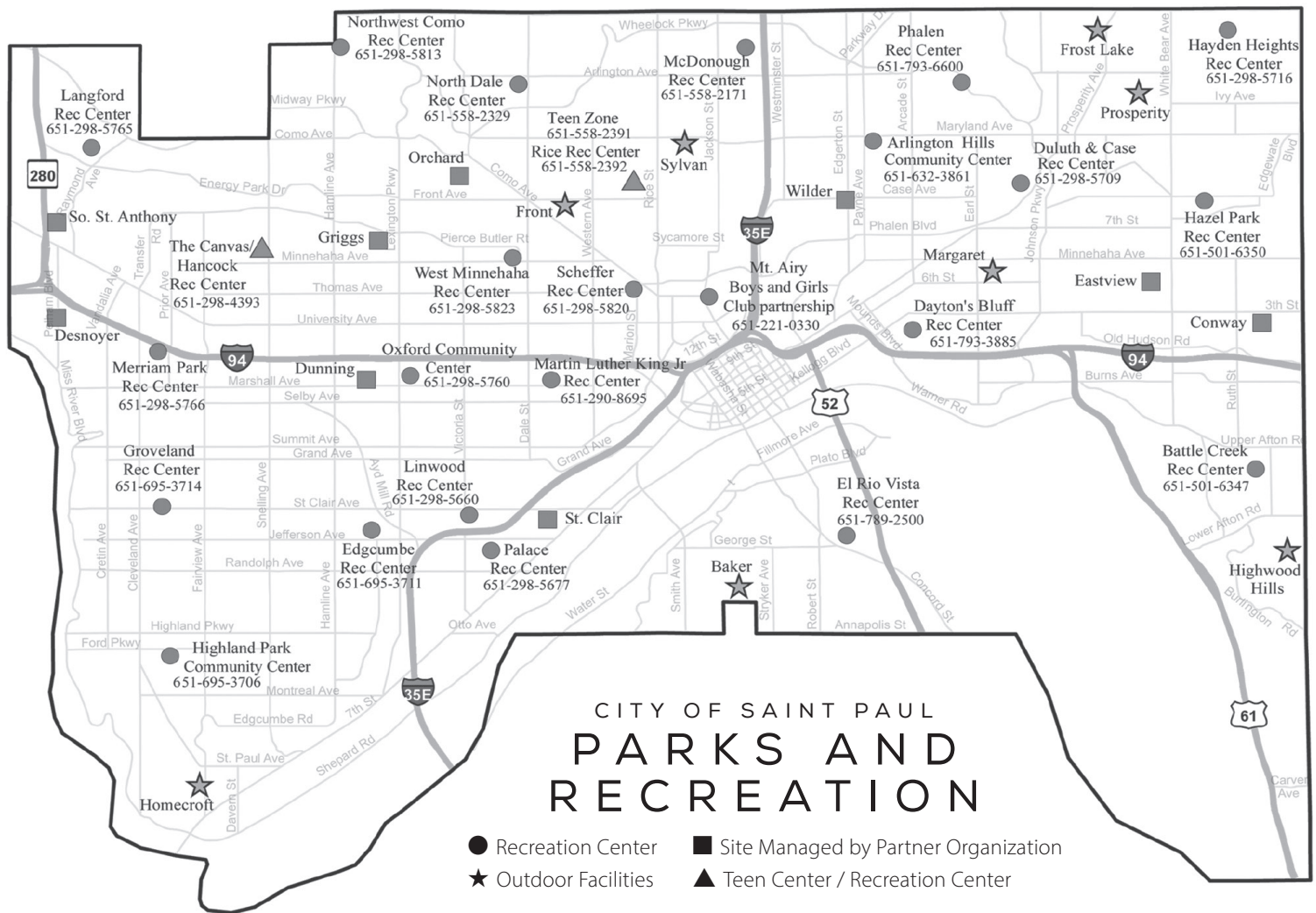
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Rec Center	Address	Zip	Phone #	Rec Center	Address	Zip	Phone #
Arlington	1200 Payne Ave	551306	651-632-3861	Linwood	860 St. Clair Ave	55105	651-298-5660
Battle Creek	75 S. Winthrop	55119	651-501-6347	Martin Luther King	271 Mackubin St	55102	651-290-8695
Canvas – Teen Art	1610 W Hubbard Ave	55104	651-298-4393	McDonough	1544 Timberlake Rd	55117	651-558-2171
Dayton's Bluff	800 Conway St	55106	651-793-3885	Merriam Park	2000 St. Anthony	55104	651-298-5766
Duluth & Case	1020 Duluth St	55106	651-298-5709	North Dale	1414 N. St. Albans	55117	651-558-2329
Edgcumbe	320 S. Griggs St	55105	651-695-3711	Northwest Como	1550 N. Hamline	55108	651-298-5813
El Rio Vista	179 E. Robie St	55107	651-789-2500	Palace	781 Palace Ave	55102	651-298-5677
Groveland	2021 St. Clair Ave	55105	651-695-3714	Phalen	1000 E. Wheelock	55106	651-793-6600
Hancock	1610 Hubbard Ave	55104	651-298-4393	Rice	1021 Marion St	55117	651-558-2392
Hayden Heights	1965 E. Hoyt Ave	55119	651-298-5716	Rice Teen Zone	1022 Marion St.	55117	651-558-2391
Hazel Park	945 N. Hazel Ave	55119	651-501-6350	Scheffer	237 Thomas Ave	55103	651-298-5820
Highland Park	1978 Ford Pkwy	55116	651-695-3706	West Minnehaha	685 W. Minnehaha	55104	651-298-5823
Jimmy Lee	270 N. Lexington Pkwy	55104	651-642-0650	Wilder	958 Jessie St.	55101	651-298-5727
Langford	30 Langford Park	55108	651-298-5765				

Site	Address	Managed By	Phone
Conway	2090 Conway St 55119	Sanneh Soccer Foundation	651-501-6343
Desnoyer	525 Pelham Blvd. N 55104	KidsPark	651-603-0144
Dunning	1221 Marshall Ave 55104	ArtsUs!	651-528-6871
Eastview	1675 E 5th St	Brunette Boxing	651-276-4437
Griggs	1188 Hubbard Ave 55104	Saint Paul Urban Tennis	651-222-2879
Orchard	875 Orchard 55103	Blackhawks Soccer	651-489-8117
St. Clair	265 Oneida 55102	West 7th Comm Center	651-298-5493
So. St. Anthony	890 Cromwell Ave 55114	Joy of the People Soccer Club	651-298-5770

REGISTRATION BEGINS AUGUST 22

Ways to Register

-  **Online** Visit stpaul.gov/activityregistration
-  **In Person** Cash or credit cards accepted at any recreation center
-  **Phone** Registration is accepted via credit card by calling any recreation center

When to Register Registration will begin on August 15 at 8am. Registration is required for most programs.

Photo Policy Saint Paul Parks and Recreation uses photography and video recordings to document and promote activities. Participation in a recreation activity serves as your consent to use such photographs or recordings unless you indicate otherwise to program staff.

Cancellations When a class minimum is not reached, we reserve the right to cancel the program.

Refunds All refunds are subject to a \$10.00 administrative fee unless the program is cancelled. To request a refund, contact the recreation center or program staff.

ADA 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. Please register at least three weeks in advance of the class/activity/sport 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.

Data Privacy 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.

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.

Fee Assistance The City of St. 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 St. Paul, be 18 years old or younger and qualify for free or reduced lunch. Parents/guardians may request Fee Assistance from the recreation center during the registration process. Proof of residency can be verified with a current driver's license or a current utility bill.

Inclement Weather If an activity is cancelled due to inclement weather, we will attempt to provide advance notice and schedule a make-up date.

Holiday Closings for Recreation Centers

Monday, September 5 - Labor Day

Thursday, November 24 - Thanksgiving

Contact info

General information— 651-266-6400

Volunteer hotline— 651-266-6464

Director: Michael Hahm, CPRP

Deputy Director: Kathy Korum, CPRP

Manager of Recreation Services: Gwen Peterson



HOW TO USE THIS BROCHURE

Activity Name — **BALLET & TAP**

Runs during no school day 

Activity Fee — Fee: \$100.00 / Ages: 3-4.5 _____ Ages

Activity Description — Students will learn basic ballet and tap techniques. There will be a recital in May. Costume fee payable when we order. Tap and ballet shoes will be needed for the class.

Activity Number — 6307 Battle Creek Recreation Center _____ Location

6:15pm to 7pm _____ Start & End Times

Day Class is Held On _____ **Mondays** January 11, 2016 - May 9, 2016 _____ Start and end dates

PRESCHOOL

AGED CLASSES

FAMILY TOT TIME

Open for toddlers and their family or daycare providers to run around. Miscellaneous toys will be provided, such as tumbling mats, balls, rockers, trucks, & more. Children must be supervised by an adult.



Arlington Hills Community Center
10:30 am – 12:00 pm
Tuesday & Thursday Sept 6 – December 29
Fee: Free / Ages: 0-6

Battle Creek Recreation Center
10:00 am – 12:00 pm
Tue Wed Thur August 30 – May 30
Fee: Free / Ages: 3-6

Duluth & Case Recreation Center
10:00 am to 12:00 pm
Fridays September 9 – December 16
Fee: Free / Ages: 3-6

Edgcumbe Recreation Center
10:00 am to 12:00 pm
M, W, F Sept 6 – June 30
Fee: Free / Ages: 3-5

Hayden Heights Recreation Center
651-298-5716
10:00 am to 12:00 pm
Tuesdays and Thursdays
September 6 – December 15
Fee: Free / Ages: 3-5

Highland Park Community Center
10:00 am to 11:30 am
Tue Thur September 6 – December 29
Fee: Free / Ages: 2-5

Langford Recreation Center
9:00 am to 10:30am
Thursdays October 6 – December 29
Fee: Free / Ages: 1-5

Jimmy Lee Recreation Center
10:00 am to 11:30 am
Thursdays & Fridays September 8 - December 16
Fee: Free / Ages: 3-5

Merriam Park Recreation Center
1:00 pm to 3:00 pm
Fridays September 2 – December 23
Fee: Free / Ages: 1-5

West Minnehaha Recreation Center
10 am to 12 pm
Wednesday & Friday September 7 - June 2
Fee: Free / Ages: 1 - 5

North Dale Recreation Center
9:00 am to 12:00 pm
Mon Wed Thur October 3-December 29
Fee: Free / Ages: 3-5

Phalen Recreation Center
10:00 am to 12:00 pm
Wednesdays September 7 – December 21
Fee: Free / Ages: 1-5

Phalen Recreation Center
1:00 pm to 2:30 pm
Fridays September 9 – December 16
Fee: Free / Ages: 1-5

MOMMY AND ME - SESAME STREET ART CLASS

Fee: \$46.00 / Ages: 1.5-5

Can you tell me how to get, how to get to Sesame Street?? Come laugh, learn and get messy with your favorite Sesame Street friends. We will make cookies with Cookie Monster, visit Oscar in his garbage can and count with the Count. We will paint, sculpt and draw as we create all your child's favorite Muppets including: Elmo, Cookie Monster, Mr. Snuffleupagus, and more. Come and create right along with your child in these hands on classes! Children must be accompanied by a caregiver.

18528 Dayton's Bluff Recreation Center
10:00 am to 11:00 am
Thursdays September 22 –October 13

PARENT AND CHILD SOCCER

Fee: \$20.00 / Ages: 3-5

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

11140 Hancock Recreation Center
6:00 pm to 6:45 pm
Mondays September 12 - October 17

HALLOWEEN CRAFT PARTY WITH KIDCREATE STUDIO

Fee: \$12.00 / Ages: 6 and under

Park your broom at the door, and come on in! Together, you and your child will create an adorable picture of a haunted house, complete with spooky ghosts. This project even glows-in-the-dark! The kids are welcome to wear costumes to class. Children must be accompanied by a caregiver.

18375 Hazel Park Recreation Center
10:45 am to 11:45 am
Monday October 24

PARENT AND CHILD - SESAME STREET FRIENDS ART CLASS

Fee: \$46.00 / Ages: 6 and under

"Can you tell me how to get-- how to get to Sesame Street?" Come to laugh, learn and get messy with your favorite Sesame Street friends. We will make cookies with Cookie Monster, visit Oscar in his garbage can and count with the Count. We will paint, sculpt and draw as we create all your child's favorite characters, including: Elmo, Cookie Monster, Mr. Snuffleupagus, and more. Come and create right along with your child in these hands on classes! Children must be accompanied by a caregiver.

18377 Hazel Park Recreation Center
10:45 am to 11:45 am
Mondays November 7 – November 28

MESSY PLAY

Fee: Free / Ages: 3-6

Children will experience a variety of arts and crafts.

18408 Merriam Park Recreation Center
6:00 pm to 7:00 pm
Wednesdays September 25 – October 19

TODDLER GYM TIME - "WEE WEDNESDAYS"

Fee: Free / Ages: 1-5

Gym will be open for toddlers and their families to run around. Miscellaneous toys will be provided, such as tumbling mats, balls, rockers, trucks & more. Children must be supervised.

15183 Merriam Park Recreation Center
3:00 pm to 5:00 pm
Wednesdays September 7 – November 16

SPORTIES FOR SHORTIES

Fee: \$15.00 / Ages: 3-5

Bring your shorties to learn the basic skills of sports! Jumping, throwing, running, and more! Great opportunity for your little ones to learn, socialize, and play!

18419 Merriam Park Recreation Center
5:00 pm – 6:00 pm
Mondays September 19 – October 17

BALLET & TAP

Fee: \$50.00 / Ages: 3-4

Students will learn the basics of ballet and tap for 8 weeks.

4850 Merriam Park Recreation Center
5:30 pm to 6:15 pm
Thursdays September 22 – November 17

FUN WITH MUSIC

Fee: \$50.00 / Ages: 3.5-6

18406 Merriam Park Recreation Center
5:00 pm to 6:00 pm
Wednesdays September 15 – October 6

MESSY MAYHEM

Fee: \$15.00 / Ages: 3-5

Youth will be able to experience messy crafts that you don't want to do at home, such as homemade play dough, sand, shaving cream and more!

18511 Martin Luther King Recreation Center
5:15 pm to 6:15 pm
Thursdays September 22 – November 17

MUSIC TOGETHER

Fee: \$175.00 / Ages: 1 month-6 years

Music & Movement classes for children birth-K with ensemble music. In our engaging classes you will move, laugh, sing, play rhythm instruments and share 45 minutes of pure fun each week. The research-based curriculum not only develops music skills, it nurtures creativity, self-expression and confidence while also supporting social, emotional, cognitive and physical development. Tuition includes an illustrated songbook filled with music ideas, a CD and a digital download of the CD. Classes are mixed (birth-K) so siblings can participate together. If you have multiple children please call 651-558-2329 to register so we can apply a multi-child discount. **FREE** Class on Monday, Sept 19th from 6:15-7pm.

18558 North Dale Recreation Center
6:15 pm to 7:00 pm
Mondays September 26-December 5

TAEKWONDO JR

Fee: \$50.00 / Ages: 4-5

Please join us as we discover and explore WTF style Taekwondo taught by Master Maurice Minefee. Classes are dynamic, fun and challenging. As you develop your knowledge of this Korean martial art, you will gain skills and confidence. Monthly Registration is \$50 due before participation begins. Uniforms can be purchased through the instructor.

15230 North Dale Recreation Center
5:30 pm to 6:00 pm
Mon Wed September 7 - September 28
Maurice Minefee

16089 North Dale Recreation Center
5:30 pm to 6:00 pm
Mon Wed October 3 - October 26
Maurice Minefee

16090 North Dale Recreation Center
5:30 pm to 6:00 pm
Mon Wed November 2 - November 30
Maurice Minefee

16091 North Dale Recreation Center
5:30 pm to 6:00 pm
Mon Wed December 5 - December 21
Maurice Minefee

ADVENTURES WITH RAGGEDY ANN AND ANDY

Fee: \$15.00 / Ages: 3-5

Come act out the mischievous antics and adventures of Raggedy Ann and Andy, the dolls that come to life when no humans are present. When the lights go out in Marcella's bedroom, Raggedy Ann & Andy and their delightful band of stuffed animal friends set off for the magical world of Raggedyland. Each exciting adventure brings them face-to-face with fabulous new creatures like Perriwonks, Pirates, and Mabbits. Participants experience will include warmup games, theatre exercises and movement. Instructor: *Homeward Bound Theatre*.

18498 North Dale Recreation Center
9:30 am to 10:15 am
Saturday November 12

DR. SEUSS AND ME

Fee: \$15.00/session / Ages: 3-5

Act out favorite Dr. Seuss stories like "The Cat in the Hat" or "Green Eggs and Ham", recreated for family and friends! Participants experience will include wDaytarm-up games, theatre exercises and movement. Instructor: Homeward Bound Theatre.

18497 North Dale Recreation Center
9:30 am to 10:15 am
Saturday November 19

MOTHER GOOSE TALES

Fee: \$15.00 / Ages: 3-5

Favorite tales from long ago are brought back to life in this whimsical class. We will take turns acting out treasured tales of a time gone by. Participants experience will include warm-up games, theatre exercises and movement. Instructor: *Homeward Bound Theatre.*

18496 North Dale Recreation Center
9:30 am to 10:15 am
Saturday November 5

TUMBLING

Fee: \$40.00 / Ages: 3-5

This class focuses on introducing new motor skills and movements like jumps, leaps, rolls, handstands, cartwheels and other tumbling skills through lots of fun and games.

17231 North Dale Recreation Center
6:00 pm to 6:45 pm
Tuesdays September 27-November 15

BALLET/CREATIVE MOVEMENT

Fee: \$40.00 / Ages: 3-5

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Ballet/Creative Movement during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

12955 Northwest Como Recreation Center
3:15 pm to 4:00 pm
Wednesdays November 2 - December 14
Rachel Handren



TUMBLING - PARENT AND CHILD

Fee: \$56.00 / Ages: 2-3

Children will learn the basics of tumbling and motor development and parents will help them.

18442 Highland Park Community Center
9:15 am to 10:00 am
Wednesdays September 14 – November 2

5341 Highland Park Community Center
10:15 am to 11:00 am
Wednesdays September 14 – November 2

MUNCHKIN TENNIS CLINIC

Fee: \$8.00 / Ages: 3-4

Give tennis a try! This clinic will focus on general athletic skill development (agility, balance, coordination) using tennis equipment. To register, please visit <http://stpaulurbantennis.org>.

13078 Groveland Recreation Center
9:15 am to 10:00 am
Thursday and Friday October 20-21

PARENTS' NIGHT OUT

Fee: \$10.00 / Ages: 3-6

Parents' Night Out (PNO) is a new event. We will play a variety of gym games and crafts. Dinner included! Participants must be toilet trained, NO Pull-Ups.

- 18552** Groveland Recreation Center
5:00 pm to 8:00 pm
Friday September 16
- 18545** Edgumbe Recreation Center
5:00 pm to 8:00 pm
Friday October 16
- 18543** Highland Park Community Center
5:00 pm to 8:00 pm
Friday November 4

TUMBLING

Fee: \$56.00 (8 weeks) / Ages: 3-5

Learn the basics of tumbling and motor development.

- 15192** Linwood Recreation Center
12:00 pm to 12:45 pm
Mondays September 12 – October 31
- 18444** Highland Park Community Center
11:15 am to 12:00 pm
Wednesdays September 14 – November 2
- 18444** Highland Park Community Center
9:30 am to 10:15 am
Fridays September 16 – November 4

Fee: \$42.00 (6 weeks)

- 18407** Edgumbe Recreation Center
9:15 am to 10:00 am
Thursdays September 8 – October 13

FAIRY FRIENDS ART CAMP

Fee: \$50.00 / Ages: 4-9

Butterflies and more mystical creatures will inspire us at this magical camp. Your child will dream of swimming with mermaids, flying on the back of Pegasus, fighting a fire breathing dragon and more! Model Magic, air-dry clay, paint, glitter, and other magical materials will help bring their dreams to life.

- 17203** Edgumbe Recreation Center
1:30 pm to 3:30 pm
Thursday and Friday October 20-21
Kidcreate Studio

MESSY MONSTER ART

Fee: \$25.00 / Ages: 3-5

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!

- 17204** Highland Park Community Center
9:30 am to 11:30 am
Tuesday October 11
Kidcreate Studio



MOMMY AND ME CLASSES

Fee: \$50.00 / Ages: 1½ - 6

"Can you tell me how to get, how to get to SeSatme Street?" Come laugh, learn and get messy with your favorite SeSatme Street Friends. We will make cookies with Cookie Monster, visit Oscar in his garbage can and count with the Count. We will paint, sculpt and draw as we create all of your child's favorite Muppets including: Elmo, Cookie Monster, Mr. Snuffleupagus, and more. Come and create right along with your child in these hands on classes! Children must be accompanied by a caregiver.

17202 Edgcumbe Recreation Center
9:30 am to 10:30 am
Tuesdays September 20 – October 11
Kidcreate Studio

SUPER DUPER MESSY TUESDAY'S

Fee: \$50.00 / Ages: 1½ - 6

Let your little artist explore the messier side of art in this hands-on class. Your child will enjoy many super-duper messy experiences as they create fantastic works of art. They will paint, sculpt, scribble, and giggle their way to discovering mess making at its best. These are not projects to tackle at home. We will be maximizing the mess to make this art class the best! Come and create right along with your child! Children must be accompanied by a caregiver.

17201 Edgcumbe Recreation Center
9:30 am to 10:30 am
Tuesdays October 25 – November 15
Kidcreate Studio

WISHING UPON A FALLING STAR ART CLASS

Fee: \$28.00 / Ages: 3 - 5

When you wish upon a star will your wish come true? Your child will find out in this adorable star themed art class. These projects even glow-in-the-dark! This is a great class for siblings to attend together.

17206 Highland Park Community Center
9:30 am to 11:30 am
Tuesday September 20
Kidcreate Studio

PARENT-CHILD CREATIVE MOVEMENT

Fee: \$56.00 / Ages: 2 - 3

Explore basic movement and dance concepts while increasing strength and coordination. Parent required.

5456 Highland Park Community Center
10:15 am to 11:00 am
Saturdays September 17 – November 5

4888 Highland Park Community Center
12:15 pm - 1:00 pm
Saturdays September 17 – November 5

CREATIVE MOVEMENT

Fee: \$56.00 / Ages: 3 - 5

Explore basic movement and dance concepts while increasing strength and coordination.

15191 Linwood Recreation Center
11:15 am to 12:00 pm
Mondays September 12 – October 31

5599 Highland Park Community Center
5:00 pm to 5:45 pm
Wednesdays September 14 – November 2

4901 Highland Park Community Center
10:30 am to 11:15 am
Fridays September 16 – November 4

FUN FOR THE FAMILY

FAMILY GYM NIGHT

Fee: Free / Ages: 1 and up

Families are welcome to come and engage in a variety of activities, such as basketball, volleyball, dodgeball, and much more! Note: Must be accompanied by an Adult.

18527 Dayton's Bluff Recreation Center
6:00 pm to 7:30 pm
Thursdays September 22 – November 3

STORYTIME IN KAREN

Fee: Free / Ages: 3+

Join us for stories and songs in Karen! This program is free and registration is not required.

18466 Arlington Hills Community Center
12:00 pm to 1:00 pm
Saturday September 3 – December 31

MUSIC TOGETHER

Fee: \$198.00 / Ages: 1 m - 5 y

Music & movement classes for children, birth-K, with Ensemble Music. In our engaging classes, you'll move, laugh, sing, play rhythm instruments and share 45 minutes of pure fun each week. Our research-based curriculum not only develops music skills, it nurtures creativity, self-expression and confidence while also supporting social, emotional, cognitive and physical development. If you have multiple children please call 651-695-3706 to register so we can apply a multi-child discount. Tuition includes an illustrated songbook filled with music ideas, a CD and a digital download of the CD. Classes are mixed-age (birth-K) so siblings can participate together. If you have multiple children please call the Rec Center directly to register so we can apply a multi-child discount.

- 18357** Highland Park Community Center
9:30 am to 10:15 am
Wednesdays September 14 – December 7
Ensemble Music
- 18358** Highland Park Community Center
10:30 am to 11:15 am
Wednesdays September 14 – December 7
Ensemble Music
- 18359** Highland Park Community Center
10:00 am to 10:45 am
Thursdays September 15 – December 8
Ensemble Music
- 18360** Highland Park Community Center
9:30 am to 10:15 am
Fridays September 9 – December 2
Ensemble Music
- 18361** Highland Park Community Center
10:30 am to 11:15 am
Fridays September 9 – December 2
Ensemble Music
- 18362** Highland Park Community Center
10:15 am to 11:00 am
Saturdays September 10 – December 3
Ensemble Music



DR. SEUSS AND ME

Fee: \$35.00 / Ages: 3 - 5

Act out favorite Dr. Seuss stories like "The Cat in the Hat" or "Green Eggs and Ham", recreated for family and friends! Participants' experiences will include warm-up games, theater exercises and movement.

- 18410** Highland Park Community Center
9:30 am to 10:15 am
Mondays September 12 – September 26
Homeward Bound Theatre Company

IMAGINATION STATION

Fee: \$35.00 / Ages: 3 - 5

Do you like acting and pretending to be someone else by changing your voice, facial expression or the way you walk? Join us for some fun theater exercises and games. Have fun using your imagination while expanding your favorite story.

- 18411** Highland Park Community Center
9:30 am to 10:15 am
Mondays October 3 – October 17
Homeward Bound Theatre Company

LAND OF FAIRY TALES

Fee: \$40.00 / Ages: 3 - 5

Traveling is a land with a character of a favorite story is a child's dream come true. Come with us as we explore the land of Aesop's Fables with stories like "The Town Mouse and the Country Mouse", "The Hare and the Tortoise", and "The Goose with the Golden Eggs".

- 18415** Edgumbe Recreation Center
9:30 am to 10:15 am
Thursdays September 15 - September 29
Homeward Bound Theatre Company

FUN WITH MUSIC

Fee: \$50.00 / Ages: 3-5

Move, sing, dance and play! This is an active program that includes moving to rhythms we create together, dancing our beats, playing many different drum and percussion instruments and learning songs & rhymes to go along with our movement. Instructor: *Drum Superior*

18559 Langford Recreation Center
10:30 am to 6:30 pm
Thursdays October 27 – November 10

BALLET/TAP

Fee: \$45.00 / Ages: 3-4

Participants will learn the basic Ballet and Tap steps.

18512 Phalen Recreation Center
6:00 pm to 6:45 pm
Tuesdays September 27 – October 11

BEGINNING BALLET

Fee: \$56.00 / Ages: 4-6

Explore basic movement and ballet dance concepts while increasing strength and coordination.

4949 Highland Park Community Center
11:15 am to 12:00 pm
Saturdays September 17 – November 5



YOUTH

AGED CLASSES

KAREN HOMEWORK HELP

Fee: Free / Ages: 6-12

This partnership with the Karen Youth & Education Network is designed to assist in the academic achievement of Karen students. Questions can be answered in Karen by calling Lucas at 651-210-8791. Questions can be answered in English by calling 651-632-3861.

18405 Arlington Hills Community Center
1:30 pm to 3:30 pm
Saturdays September 10 – December 17

SOUL LINE DANCE

Fee: \$5.00 / Ages: 10+

Join Tina Jackson as she leads us into a “dancing good time”. Participants will learn the newest and older style of Line Dancing. This is a family-friendly activity so children who can keep up are able to attend as well. Fee shown is per session.

16585 Arlington Hills Community Center
6:30 pm to 8:30 pm
Mondays September 5 – December 26

ARTISTS IN COMMUNITY

Fee: \$15.00 / Ages: At least 12 but less than 16
Type: Activity / 6 Week Session

Calling all Teen Artists! Come explore Art in your Community, participants, will explore a variety of Art venues, such as painting, drawing, clay, visual arts and more! Teens will go out in the Community and experience the Art amongst us! Come and Share your talents!

18485 Battle Creek Recreation Center
4:00 pm to 5:30 pm
Tuesdays September 20 – October 25

3 ON 3 BASKETBALL TOURNY

Fee: Free / Ages: 12-14

Are you a basketball player looking for new and fun ways to participate in basketball? Grab a few friends and sign up for a 3 on 3 basketball Tournament. These are opportunities for boys and girls ages 12-14 and 15-17.

16232 Battle Creek Recreation Center
1:00 pm to 5:00 pm
Thursday October 20

16233 Battle Creek Recreation Center
1:00 pm to 5:00 pm
Friday October 21

COOKING IN THE CITY

Fee: \$15.00 / Ages: 6-11

Come explore the great food of St. Paul. Participants will learn about the diverse communities which make up our great city, and the great food they have to offer! Participants will learn to make a variety of foods from different cultures!

18487 Battle Creek Recreation Center
6:00 pm to 7:00 pm
Wednesdays September 21 – October 26

MARTIAL ARTS: KUNG FU

Fee: Free / Ages: At least 10 but less than 18
Type: Activity / 9 Week Session

Please join us for Kung Fu

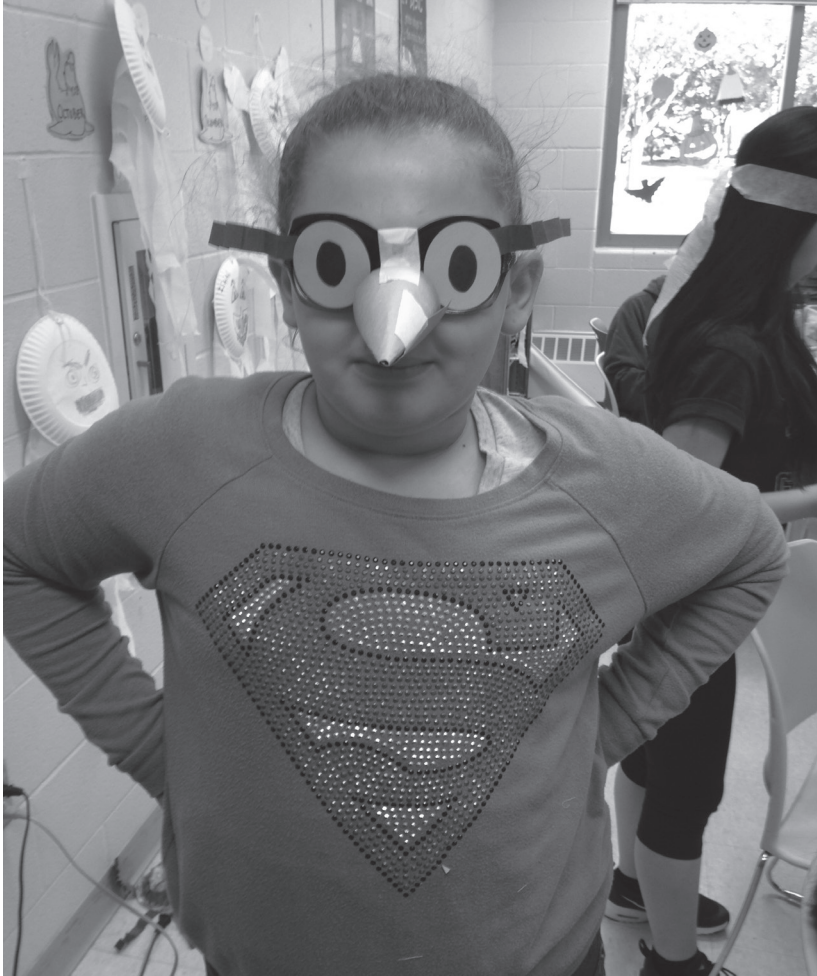
13060 Battle Creek Recreation Center
6:30 pm to 8:30 pm
Wednesdays August 31 – October 26

HALLOWEEN PARTY

Fee: Free / Ages: 1 and up
Type: Activity

Halloween Party! Fun games and crafts.

17329 Battle Creek Recreation Center
6:00 pm to 8:00 pm
Friday October 21



JUDO

Fee: 40 / Ages: 5-16

Explore Judo and build your confidence, while learning discipline and skill.

18526 Dayton's Bluff Recreation Center
6:00 pm to 8:00 pm
Mondays September 12 –December 19

HOLIDAY COOKIES AND ART

Fee: \$2.00 / Ages: 8-13

Class includes both baking and art activities.

10814 Duluth & Case Recreation Center
6:00 pm to 7:30 pm
Wednesday December 14

10812 Duluth & Case Recreation Center
6:00 pm to 7:30 pm
Tuesday October 18

10813 Duluth & Case Recreation Center
6:00 pm to 7:30 pm
Tuesday November 15

GEAR UP FOR HOOPS

Fee: \$Free / Ages: 10-13

Gear Up for Hoops, is a basketball readiness class, in which youth will work on ball Handling, shooting, offensive moves, defensive moves, and More!

18488 Battle Creek Recreation Center
5:30 pm to 7:00 pm
Thursdays, September 22 – October 27

BEGINNING ACTING

Fee: \$40.00 / Ages: 8-11

No need to worry about the "How To" of theater. The adventure of character dynamics, costuming, basic acting, and auditioning will be shared through authentic theatre games and exercises. We'll perform a small play at the end of the class session.

18526 Dayton's Bluff Recreation Center
6:00 pm to 7:30 pm
Wednesdays September 21 –October 12

SIR BOXING WITH YOUTH

Fee: \$30.00 / Ages: 8-16

Develop self confidence and self-esteem while learning pugilistic skills and self-defense.

18580 Hancock Recreation Center
6:00 pm to 7:00 pm
Tuesdays September 13 – October 11

BADMINTON FOR TEENS

Fee: Free / Ages: 13-17

Badminton is a growing sport and getting more popular. This is a great way to meet new friends. Come join us each week on Wednesday evenings.

18491 Hayden Heights Recreation Center
6:30 pm to 8:00 pm
Wednesdays, September 14 – October 12

GIRLS TEEN CLUB

Fee: Free / Ages: 13-18

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 participate in teen opportunities.

15186 Hayden Heights Recreation Center
6:00 pm to 7:00 pm
Mondays September 19 – December 12

HOLIDAY COOKIES & CRAFTS

Fee: \$10.00 / Ages: 8-11

Youth will split their time doing both holiday baking and art.

10880 Hayden Heights Recreation Center
6:00 pm – 7:00 pm
Mondays December 5 – December 12

HOLIDAY CRAFTS & BAKING

Fee: \$2.00 / Ages: 5-11

All participants will bake and make a holiday craft.
Note: Pre-registration is required.

18459 Hazel Park Recreation Center
6:00 pm to 7:15 pm
Monday December 19

BACKYARD GAMES

Fee: Free / Ages: 6-11

Participants will have fun playing outdoor games. Games include; capture the flag, kickball, relay races, tag, and more.

18456 Hazel Park Recreation Center
6:15 pm to 7:15 pm
Fridays September 19 - Mon, October 3



CANVAS AND CLAY

Fee: \$60.00 / Ages: 5-11

Creating with Clay and painting on canvas- it just doesn't get any better than that! In this one-day camp, your child will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. They will make 3D bears, owls that glow-in-the-dark, a scratch board painting of a cat and so much more! What a great way for your child to explore the incredible world of art! Please pack a nut free snack, lunch and drink of your child.

17208 Edgcumbe Recreation Center
10:00 am to 3:00 pm
Thursday October 20
Kidcreate Studio

BABYSITTING TRAINING - ASHI

Fee: \$60.00 / Ages: 11 and up

This comprehensive babysitting course covers the business aspect of babysitting Safety of the child and sitter, leadership, playtime activities and basic first aid.

Deb Gutzman has 30 years of health care experience and has been teaching this course for over fourteen years. Please bring a bag lunch and a beverage.

15239 El Rio Vista Recreation Center
10:30 am to 3:30 pm
Saturday October 22
Deb Gutzman

15240 El Rio Vista Recreation Center
10:30 am to 3:30 pm
Saturday December 3
Deb Gutzman

BABYSITTING TRAINING

Fee: \$60.00 / Ages: 11-17

Youth will develop skills in leadership, professionalism, basic care, Safety, Safe play and first aid. Participants must age 11 or older. Please bring a bag lunch and beverage.

5388 Edgcumbe Recreation Center
9:30 am to 3:30 pm
Thursday October 20
Jane Veitch

4721 Highland Park Community Center
9:00 am to 4:00 pm
Saturday November 5

CHEER XTREME

Fee: \$6.00 / Ages: 5-15

Choreographed dance routines are designed to improve coordination, fitness and flexibility. Scholarships are available for youth on public assistance. Registration TBA in sept.

17634 Groveland Recreation Center
6:00 pm to 7:00 pm
Mondays October 3 – December 12

MINECRAFT MOVIE MAKING

Fee: \$60.00 / Ages: 7-11

New Backdrops & characters! Minecraft is the game phenomenon focused on creativity. Student groups will experience Minecraft in real life using customized Minecraft-inspired Legos and characters. And then film a stop motion movie, with titles and background music. Students will take home an animated movie to show off their creations.

18447 Palace Recreation Center
4:30 pm to 6:00 pm
Mondays September 12 – September 26
Computer Explorers

VIDEO GAME CODING: SUPER MARIO

Fee: \$60.00 / Ages: 8-13

This course will give you hands-on experience developing your own games using Scratch 2, a visual coding platform. Students will learn how to think like a programmer, and learn coding concepts while creating a two dimensional arcade-style Super Mario Brother's themed game. The first part of the class will be

instructor led; with the time remaining students having the opportunity to customize their games. Games created in class will be available on-line, or students can bring in a USB drive for immediate access.

18446 Palace Recreation Center
4:30 pm to 6:00 pm
Thursdays September 15 – September 29
Computer Explorers

BALLET I

Fee: \$56.00 / Ages: 5-10

Participants will learn Ballet. No special attire needed.

11060 Linwood Recreation Center
5:30 pm to 6:15 pm
Mondays September 12 – October 31

5409 Highland Park Community Center
6:00 pm to 6:45 pm
Wednesdays September 14 – November 2

15197 Linwood Recreation Center
4:30pm to 5:15pm
Wednesdays September 14 – November 2

BALLET & TAP I

Fee: \$56.00 / Ages: 5-10

Student will learn basic Ballet and Tap techniques.

11265 Linwood Recreation Center
4:30 pm to 5:30 pm
Mondays September 12 – October 31

CREATIVE MOVEMENT & BEGINNING BALLET

Fee: \$56.00 / Ages: 4-6

Explore basic movement and ballet dance concepts while increasing strength and coordination.

4949 Highland Park Community Center
11:15 am to 12:00 pm
Saturdays September 17 – November 5

LGBTQ+ TEEN GROUP

Fee: Free / Ages: 12-18

In this empowering program, LGBTQ+ teens will have an opportunity to meet and interact with other LGBTQ+ youth and their allies while participating in a variety of activities designed to promote individualism, self-respect, and boost self-confidence in a Safe space.

- 18417** Edgcumbe Recreation Center
6:30 pm to 8:30 pm
Mondays, September 12 – December 19
- 18579** Highland Park Community Center
3:00 pm to 4:30 pm
Fridays, September 9 – December 16

JIU JITSU

Fee: \$12.00 / Ages: 9-14

Learn the basics of this fast-growing martial Arts activity. This is an on-going class. Registration is welcome at any time.

- 18581** Edgcumbe Recreation Center
5:30 pm to 6:30 pm
Tuesdays September 20 – October 11
- 18582** Edgcumbe Recreation Center
5:30 pm to 6:30 pm
Tuesdays October 18 – November 8
- 18448** Palace Recreation Center
6:00 pm to 7:00 pm
Thursdays September 8 – September 29
- 18585** Edgcumbe Recreation Center
11:00 am to 12:00 pm
Saturdays September 24 – October 15

MUSIC THEORY ON PIANO

Fee: Free / Ages: 11-18

Participate in a piano keyboarding program that provides the following: keyboarding skills, leadership and character development and social skills. The class is taught by *Jalil Shabazz* who has taught over 20 music/music theory programs for all ages in Minnesota.

- 18535** El Rio Vista Recreation Center
4:30 pm to 5:45 pm
Mondays, Wednesdays, Fridays
September 26 – December 21
Jalil Shabazz

PARENTS' NIGHT OUT

Fee: \$10.00 / Ages: At least 6 but less than 13

Parents' Night Out (PNO) is a new event. We will play a variety of gym games such as ping pong, big base, dodgeball, and Line-tag. There will be button making and the jump castle. Includes dinner.

- 18551** Groveland Recreation Center
5:00 pm to 8:00 pm
Friday September 16
- 18547** Edgcumbe Recreation Center
5:00 pm to 8:00 pm
Friday October 14
- 18544** Highland Park Community Center
5:00 pm to 8:00 pm
Friday November 4

SAFE KIDS 101

Fee: \$24.00 / Ages: 6-12

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.

- 15242** El Rio Vista Recreation Center
1:00 pm to 4:00 pm
Saturday September 10



SOO BAHK DO

Fee: \$85.00 / ongoing / Ages: 6-18

A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning. Classes are held at Highland Catholic School. Ask for introductory and family specials. For further information please call Jack at 612.822.5450

5104 Highland Catholic School
6:00 pm to 8:00 pm
Jack Kelly

RED BALL - STAGE ONE TENNIS CLINIC

Fee: \$10.00 / Ages: 6-7

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.

13079 Groveland Recreation Center
10:00 am to 11:00 am
Thursday and Friday October 13-14

RED BALL - STAGE TWO TENNIS CLINIC

Fee: \$10.00 / Ages: 6-8

Give tennis a try! Two days of lessons are offered. 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 skills. All registration done through Urban Tennis.

13080 Groveland Recreation Center
11:00 am to 12:00 pm
Thursday and Friday October 20-21

BEGINNING ACTING

Fee: \$45.00 / Ages: 8-12

No need to worry about the "How To" of theatre. The adventure of character dynamics, costuming, basic acting, and auditioning will be shared through authentic theatre games and exercises. We'll perform a small play at the end of the class session.

18413 Highland Park Community Center
1:00 pm to 3:00 pm
Saturday September 17, 24, October 1
Homeward Bound Theatre Company

READERS' THEATRE

Fee: \$45.00 / Ages: 8-12

Everyone gets a part! Everybody has a good time! No memorizing, costumes or makeup! Learn to communicate powerfully with your voice, to have fun with a great writer or two, to develop the skills needed to go on to true stardom, or just to improve your speaking, reading and public presence.

18412 Highland Park Community Center
6:00 pm to 7:30 pm
Mondays September 12 – October 16
Homeward Bound Theatre Company

YOUNG ACTORS CLINIC

Fee: \$40.00 / Ages: 8-12

Learn theatre skills in techniques, projection, staging, characterization and role-playing. Children who like to put on plays, be a star or those who need to build self-esteem and self-confidence will enjoy this energizing experience.

18414 Edgcumbe Recreation Center
10:00 am to 11:30 am
Saturdays September 10 – September 24
Homeward Bound Theatre Company

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 20 & 21
WINTER BLASTS: DECEMBER 28-30

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

YOUNG AMERICANS SELF-DEFENSE

Fee: \$5.00 / Ages: 6-16

Registration will be on Oct 20 6pm-7pm at Groveland

17205 Groveland Recreation Center
5:30 pm to 7:00 pm
Thursdays October 27 – December 15

BEGINNER'S RACQUETBALL CLINIC

Fee: \$25.00 / Ages: 5 and up

Racquetball Clinic for beginners.

18381 Edgumbe Recreation Center
9:00 am to 10:00 am
Saturday October 15

18384 Edgumbe Recreation Center
9:00 am to 10:00 am
Saturday October 22

18379 Edgumbe Recreation Center
9:00 am to 10:00 am
Saturday November 12

ADVANCED RACQUETBALL CLINIC

Fee: \$25.00 / Ages: 5 and up

Racquetball Clinic for advanced players.

18382 Edgumbe Recreation Center
10:30 am to 11:30 am
Saturday October 15

18383 Edgumbe Recreation Center
10:30 am to 11:30 am
Saturday October 22

18380 Edgumbe Recreation Center
10:30 am to 11:30 am
Saturday November 12

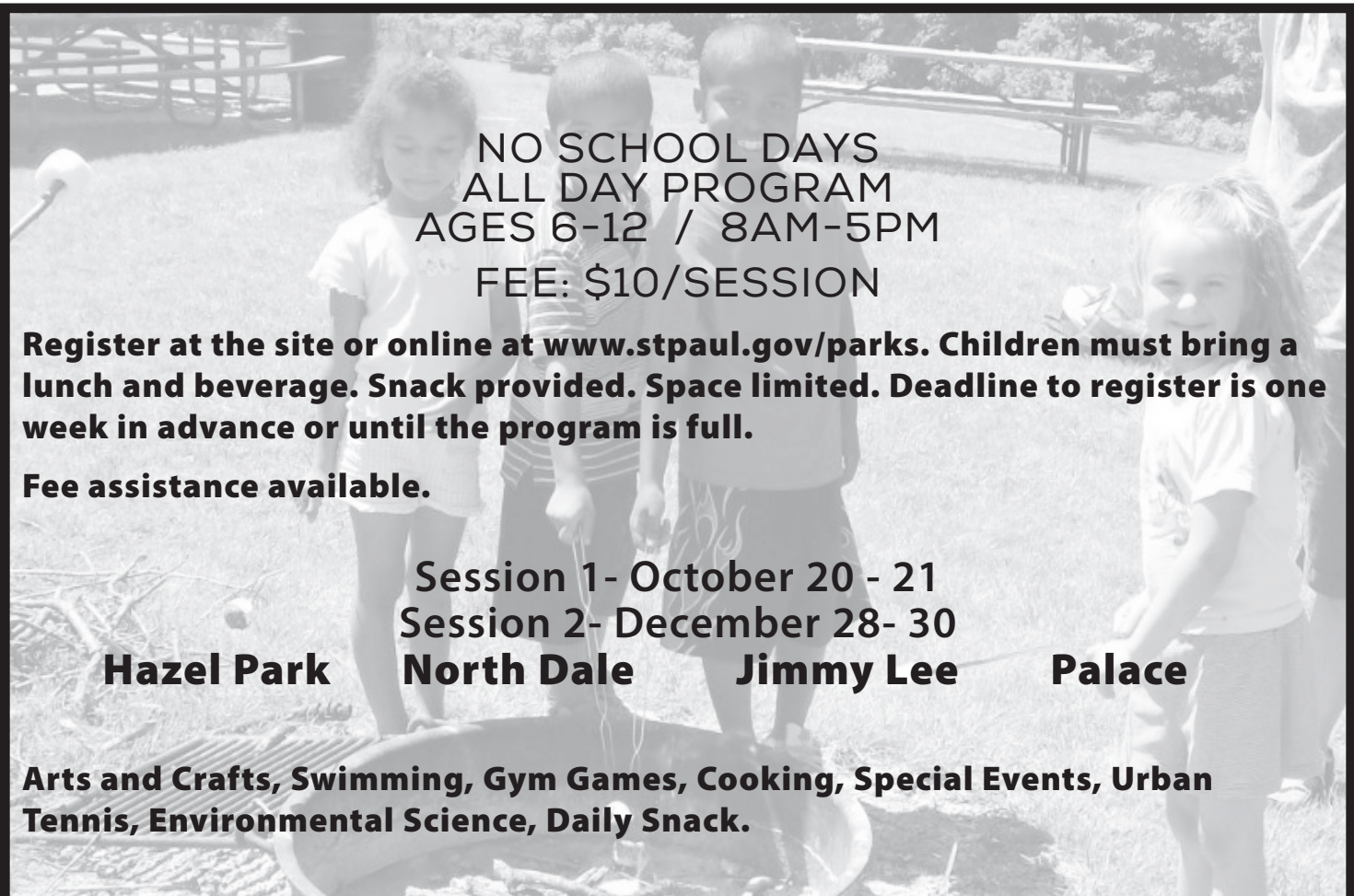
BASKETBALL SKILLS

Fee: Free

Type: Activity / Age: At least 6 but less than 14

Youth will learn skills in dribbling, shooting, passing and defense.

5576 Dayton's Bluff Recreation Center
6:30 pm to 7:30 pm
Tuesdays September 13 – November 8



**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 20 - 21
Session 2- December 28- 30**

Hazel Park North Dale Jimmy Lee Palace

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

YOUNG AMERICANS SELF-DEFENSE

Fee: \$24.00 / Ages: 5-17

Type: Activity / 9 Week Session

Instructor is from Young Americans Schools of Self-Defense.

10848 Dayton's Bluff Recreation Center
6:00 pm to 8:00 pm
Wednesdays October 19 – December 14

BUZY B.I.N.G.O

Fee: Free / Ages: At least 7 but less than 12

Participants will play BINGO for special prizes. Classes are the second Friday of each month.

12977 Duluth and Case Recreation Center
4:00 pm to 5:00 pm
Fridays September 9 – December 9

MASK MAKING

Fee: \$16.00 / 7-13

Youth will use a variety of materials to create masks.

10832 Hayden Heights Recreation Center
6:00 pm to 7:00 pm
Thursdays September 22 – October 13

BASKETBALL SKILLS

Fee: \$5.00 / Ages: 8-10

Youth will learn skills in dribbling, shooting, passing and defense.

17192 Jimmy Lee Recreation Center
6:30 pm to 7:30 pm
Mondays September 12 – November 7

ART DAY

Fee: Free / Ages: 6-12

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

17314 Jimmy Lee Recreation Center
6:00 pm to 7:00 pm
Thursdays October 20 – December 1

A DAY WITH MONET

Fee: \$60.00 / Ages: 5-12

See the world through the eyes of Claude Monet. Beautiful bridges, water lilies and birch trees are just a few of the things that will inspire your young artist during this one-day camp. We'll learn about Claude Monet and the style of art he helped make famous as we create reproductions of Monet's masterpieces. Please pack a nut free snack, lunch and drink for your child.

18425 Langford Recreation Center
10:00 am to 3:00 pm
Friday October 28
Kidcreate Studio

CANVAS AND CLAY

Fee: \$60.00 / Ages: 5-12

Creating with clay and painting on canvas - it just doesn't get any better than that! In this one-day camp, your child will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. They will make 3D bears, owls that glow-in-the-dark, a scratch board painting of a cat and so much more! Please pack a nut free snack, lunch and drink for your child.

18434 Langford Recreation Center
10:00 am to 3:00 pm
Friday November 18
Kidcreate Studio

SOO BAHK DO/KARATE

Fee: \$120.00 / Ages: 6 and up

A traditional Korean martial art emphasizing discipline, concentration, self-confidence and self-defense. Uniform is provided with first 3 month membership. This class does not have a test fee but the student must be a member of the US Soo Bahk Do Federation in order to test and be promoted.

17440 Langford Recreation Center
5:30 pm to 6:30 pm
Thursday October 6 – December 29
Christine Eichhorst

SOO BAHK DO/KARATE

Fee: \$45.00 / Ages: 5 and up

A traditional Korean martial art emphasizing discipline, concentration, self-confidence and self-defense. Class is open for beginner through advanced, ages 5 to adult. Class fee: \$45/month or \$120/3 months. Uniform is provided with first 3 month membership. This class does not have a test fee but the student must be a member of the US Soo Bahk Do Federation in order to test and be promoted. Beginners are from 5:30-6:30pm and Advanced is 5:30-7:00 pm.

5879 Langford Recreation Center
5:30 pm to 6:30 pm
Thursdays September 1 – September 29
Christine Eichhorst

5914 Langford Recreation Center
5:30 pm to 6:30 pm
Thursdays October 6 – October 27
Christine Eichhorst

6738 Langford Recreation Center
5:30 pm to 6:30 pm
Thursdays November 3 – November 17
Christine Eichhorst

17761 Langford Recreation Center
5:30 pm to 6:30 pm
Thursdays December 1 – December 22
Christine Eichhorst

URBAN TENNIS

Fee: \$60.00 / Ages: 7-10

Kids will learn basic rules and work on being able to rally the ball with a partner. Focus will be on footwork and sending and receiving skills to help players develop consistency with forehand and backhand ground strokes. Kids will learn and practice serve and volley through a variety of racquet and ball activities. To register for this class go to www.urbantennis.org*Financial assistance available. Racquets provided for use in class. *Players should wear tennis shoes and bring a water bottle to each lesson.

18426 Langford Recreation Center
4:00 pm to 5:00 pm
Thursdays September 15 – October 20
Tennis, Urban

HIP HOP

Fee: \$45.00 / Ages: 6-11

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Hip Hop during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

17124 Northwest Como Recreation Center
5:00 pm to 6:00 pm
Wednesdays November 2 – December 14
Rachel Handren

SKILLS & DRILLS

Fee: Free / Ages: 7-12

Join staff and coaches for a chance to brush up on your skills before the season kicks off. Youth will have an opportunity to work on basic skills as well as participate in basketball themed relays and games.

18516 Phalen Recreation Center
6:00 pm to 7:00 pm
Wednesdays October 5 & 12

ROBOTICS 101

Fee: \$60.00 / Ages: 7-12

Students will learn the basics of designing, programming and controlling a fully functional robot. Using LEGO MINDSTORMS, mathematical concepts and engineering principles students will brainstorm, plan, test and modify sequences of instructions to accomplish a given task.

18556 Langford Recreation Center
6:00 pm to 7:30 pm
Mondays November 7 – November 21

3D ARCHITECTURAL & STRUCTURAL DESIGN

Fee: \$70.00 / Ages: 5-10

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, students will construct buildings, structures, towers, castles and more. Students 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.

15412 Merriam Park Rec Center 651-298-5766
1:00 pm to 3:00 pm
Thursday & Friday October 20-21

ROBOTIC BUILDERS - SPORTS & ADVENTURE

Fee: \$68.00 / Ages: 6-11

The LEGO® Education WeDo? Robotics Builder allows students 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. Students will build LEGO models featuring motors, tilt sensors, motion detectors, & USB Robotics Hub.

15409 Merriam Park Rec Center
6:00 pm to 8:00 pm
Tuesdays October 4 – 18

BALLET & TAP

Fee: \$50.00 / Ages: 5-6.5

Students will learn the basic techniques of ballet and tap.

4868 Merriam Park Recreation Center
6:20 pm to 7:05 pm
Thursdays September 22 – November 17

BALLET & TAP

Fee: \$50.00 / Ages: 7-9

Students will learn the basic techniques of ballet and tap.

4869 Merriam Park Recreation Center
7:10 pm to 7:55 pm
Thursdays September 22 – November 17

BEGINNER SKATEBOARDING

Fee: \$55.00 / Ages: 7-12

Learn the basics of skateboarding from the fun & talented staff of 3rd Lair Skate Park. Safety equipment must be worn.

5302 Merriam Park Recreation Center
6:00 pm to 7:00 pm
Thursdays September 12 – October 3

BALLET & TAP AGES

Fee: \$50.00 / Ages: 7-10

Students will build confidence and boost self-esteem as they learn multiple styles of tap and ballet. Dress in Leotard and both ballet and tap shoes are required. This is a Level I Class.

17328 Martin Luther King Recreation Center
7:10 pm to 8:05 pm
Wednesdays September 14 – November 9
Holly Hauser

ADVANCED TAEKWONDO

Fee: \$70.00 / Ages: 6 and up

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

5480 Martin Luther King Recreation Center
6:30 pm to 6:30 pm
Tuesdays & Thursdays
September 6 – November 22

BEGINNING TAEKWONDO

Fee: \$70.00 / Ages: 5 and up

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

5481 Martin Luther King Recreation Center
5:30 pm to 6:30 pm
Tuesdays & Thursdays
September 27 – December 22

WHERE THE WILD THINGS ARE

Fee: \$45.00 / Ages: 6-8

Creative dramatics and movement with fun and focus; theatre games; and pantomime. Learn elements of theatre. Develop individual imagination and group cooperation acting out of children's literature. "Caps for Sale", "Three Billy Goats Gruff", "Goldilocks and the Three Bears", "The Three Little Pigs" and Maurice Sendak's "Where the Wild Things Are". Instructor: *Homeward Bound Theatre*.

18500 North Dale Recreation Center
10:30am to 12:00pm
Saturdays November 5 – November 19

SHARK ATTACK (ELECTRONIC GAME DESIGN)

Fee: \$70.00 / Ages: 7-12

Students will use Multifusion 2 to create their own video game. They build a complete video game from start to finish. They program characters to survive shark attacks in order to reach the next level. At the end of the class, students take home a copy of the game they created.

18501 North Dale Recreation Center
10:00 am to 12:00 pm
Saturday November 5 – November 19
Engineering for Kids

CHEER XTREME AGES 3-9

Fee: \$120.00 / Ages: 3-9

Students leave with a better understanding of team unity and community spirit, while learning respect for others and building their own self confidence. Fee is \$10/weekly or \$120/12 sessions. Cheer Xtreme will take registration on Tuesday, Sept 6th and the first day of class Sept 13 from 5-6pm at North Dale. For scholarships bring EBT card to registration for special pricing. All registration goes through Cheer Xtreme.

18489 North Dale Recreation Center
500 pm to 6:00 pm
Tuesdays September 12 – November 29

ARTIST'S WORKSHOP

Fee: \$60.00 / Ages: 7-12

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.

4709 Northwest Como Recreation Center
3:00 pm to 5:00 pm
Tuesdays October 11 – November 15
Barb McIntosh

CHRISTMAS COOKIE MAKING PARTY

Fee: \$30.00 / Ages: 4-9

Kids love decorating Christmas cookies. Moms hate it-what a mess! Kidcreate to the rescue! We will work on multiple cookie-themed projects, including decorating real cookies.

17145 Northwest Como Recreation Center
1:00 pm to 3:00 pm
Thursday, December 29
Kidcreate Studio

KNITTING FOR YOUTH OR PARENT & CHILD

Fee: \$10.00 / Ages: 7 and up

Learn the basics of knitting and make a winter headband. Parents are welcome to sign up with their child.

18399 Northwest Como Recreation Center
6:15 pm to 7:15 pm
Wednesdays September 21 – October 26

CRAZY ACTION CONTRACTIONS

Fee: \$50.00 / Ages: 6-12

Unleash your imagination as you journey through the wide-ranging world of LEGO building. Students working in pairs will build models and discuss the engineering science behind each. This fun, hand-on class shows students how engineering can be fun and silly, yet still educational. Students will then be challenged to improve the model and customize their creations. Possible models include Never Look Back Machine, Skittletops, Do-Nothing Machine, Coat Hanger Daredevil, Trapdoor Cable Car Parachute Machine, Rubberband Racer, Balloon Powered Car and other Crazy Action Contraptions.

18392 Northwest Como Recreation Center
3:30 pm to 5:00 pm
Mondays November 7 – November 21
Computer Explorers

INTRO TO YOGA & MINDFULNESS

Fee: \$30.00 / Ages: 6-10

Students learn yoga poses while developing strength, flexibility, focus and balance. They will engage in group games and activities that teach cooperation and concentration while learning how to act mindfully towards self and others. Students will practice breath awareness and relaxation techniques learning how to calm themselves and manage stress in a healthy and effective way. Bring a mat if you have one.

18440 Northwest Como Recreation Center
3:15 pm to 4:00 pm
Tuesdays September 27 – November 1
Katie Gillard

JAZZ/BALLET

Fee: \$45.00 / Ages: 6-10

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Jazz/Ballet during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

12976 Northwest Como Recreation Center
4:00 pm to 5:00 pm
Wednesdays November 2 – December 14
Rachel Handren

SLIME TIME

Fee: \$20.00 / Ages: 5-12

Ooze into a gooey hour of sliming around! Learn about polymers and their unusual properties while taking part in a series of slimy experiments. Create your own concoction of Mad Science Slime to take home.

18486 Northwest Como Recreation Center
3:30 pm to 4:30 pm
Friday November 11
Mad Science

URBAN TENNIS

Fee: \$60.00 / Ages: 7-10

Classes are held at Orchard Recreation Center. Tennis 101 (Ages 7-10): Kids will learn basic rules and work on being able to rally the ball with a partner. Focus will be on footwork and sending and receiving skills to help players develop consistency with forehand and backhand ground strokes. Kids will learn and practice serve and volley through a variety of racquet and ball activities. To register for this class go to www.urbantennis.org*Financial assistance available. Racquets provided for use in class. *Players should wear tennis shoes and bring a water bottle to each lesson.

18427 Orchard Park
4:00 pm to 5:00 pm
Tuesdays September 13 – October 18
Urban Tennis

BALLET/TAP

Fee: \$45.00 for General / Ages: 5-8

Participants will learn the basic Ballet and Tap steps.

18513 Phalen Recreation Center
7:00 pm to 7:45 pm
Tuesdays September 27 – November 8

SOO BAHK DO

Fee: \$35.00 / Ages: 5-10

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

13433 Phalen Recreation Center
10:00 am to 11:00 am
Saturdays December 2 – December 24

13431 Phalen Recreation Center
10:00 am to 11:00 am
Saturdays November 5 – November 26

13430 Phalen Recreation Center
10:00 am to 11:00 am
Saturdays October 1 – October 22

KWANZAA CELEBRATION

Fee: Free / Ages: 3+

Celebrate Kwanzaa with Wilder Recreation Center. Celebration will include crafts, snacks and games.

17357 Wilder Recreation Center
3:00 pm to 5:00 pm
Thursday December 27

WILDER REC. YOUTH BASKETBALL CAMP

Fee: Free / Ages: 5-8

During this camp, youth will get a chance to learn and practice important basketball skills with other kids their age. The fundamentals of basketball will be taught and kids will get a chance to practice dribbling, passing, shooting, etc. The camp is open to both boys and girls. It is open to all skill levels.

16388 Wilder Recreation Center
4:00 pm to 6:00 pm
Monday November 21

16389 Wilder Recreation Center
4:00 pm to 6:00 pm
Monday November 28

16390 Wilder Recreation Center
4:00 pm to 6:00 pm
Monday December 5



FALL YOUTH CLASSES

2016 Fall Youth Tennis Classes
 Register at www.urbantennis.org
 Questions? Call 651-222-2879

Red Ball Tennis (Ages 4-6):

Children will work on basic athletic skills needed for tennis with a focus on developing agility, balance and coordination. Kids will learn and practice forehand and backhand skills and receive an introduction to serve and volley through a variety of racquet and ball activities.

Tennis 101(Ages 7-10)

Kids will learn basic rules and work on being able to rally the ball with a partner. Focus will be on footwork and sending and receiving skills to help players develop consistency with forehand and backhand ground strokes. Kids will learn and practice serve and volley through a variety of racquet and ball activities.

Tennis 201 (Ages 11-14)

This class is for kids with prior sports experience who are getting ready to enter age appropriate competition. Players should be able to maintain a ground stroke rally over the net. Focus will be on developing a more complete game with attention to the volley and serve.
**Financial assistance available. Racquets provided for use in class.
 Players should wear tennis shoes and bring a water bottle to each lesson.

Central High School Tennis Courts:

6 Weeks, Saturdays, September 17 - October 22

Red Ball Tennis (Ages 4-6): Time: 9:15am - 9:55am
 Cost: \$50 for 6 weeks

Tennis 101 (Ages 7-10): Time: 10:00am -10:55am
 Cost: \$60 for 6 weeks

Tennis 201 (Ages 11-14): Time: 11:00am - 11:55am
 Cost: \$54 for 6 weeks

Edgcumbe Park:

6 Weeks, Mondays, September 13 – Oct. 18

Tennis 101 (Ages 7-10): Time: 3:30 to 4:30pm
 Cost: \$54 for 6 weeks

Orchard Park:

6 Weeks, Tuesdays, September 13 – Oct. 18

Tennis 101 (Ages 7-10): Time: 4:30pm to 5:25pm
 Cost: \$54 for 6 weeks

Tennis 201 (Ages 11-14): Time: 5:00pm to 6:00pm
 Cost: \$54 for 6 weeks

Langford Rec Center:

6 Weeks, Thursdays, September 15 – Oct. 20

Tennis 101 (Ages 7-10): Time: 4:00pm to 5:00pm
 Cost: \$54 for 6 weeks

Tennis 201 (Ages 11-14): Time: 5:00pm to 6:00pm

Cost: \$54 for 6 weeks



SAINT PAUL
URBAN TENNIS
 LAUNCHING LEADERS

Register at www.urbantennis.org
 Questions? Call 651-222-2879

FALL ADULT CLASSES

Tennis Express (Beginner Tennis Lessons): Learn basic stroke production, scoring and strategy so that you are able to hit the tennis courts and be successful.

Tennis Express II (Beginner Tennis Lessons): Now that you know the basics, this next class helps to fine tune all the strokes and strategies you learned from Tennis Express I.
Prerequisite: Tennis Express I or previous tennis experience

Cardio Tennis: This high energy fitness class combines tennis drills with cardiovascular exercise, delivering a full body, calorie burning workout!

Beginner classes are for people who have little or no tennis experience, are just getting into physical activity or generally want to begin playing or exercising at a little bit slower pace. **Intermediate** classes are for people who have taken the class before, are currently playing tennis at a higher level or are exercising regularly and want to add to their routine.

Mondays At Edgcumbe Park Sept 12-Oct. 17

5:30 pm – 6:30 pm, Tennis Express I, \$75

6:30 pm – 7:30 pm, Cardio Tennis \$75

Tuesdays At Orchard Tennis Courts Sept 13-Oct. 18

6:05 pm – 7:05 pm Cardio Tennis \$75 or \$15/class (walk-up)

Thursdays At Central High School Sept 15-Oct. 20

5:30 pm – 6:30 pm Tennis Express I \$75

6:30 pm – 7:30 pm Tennis Express II \$75

Saturdays At Central High School Sept 17-Oct. 22

9:00 am – 9:55 am Cardio Tennis \$75 or \$15/class (walk-up)

10:00 am – 10:55 am Tennis Express I \$75

11:00am – 11:55 pm Tennis Express II \$75

TEEN

AGED CLASSES

JUDO

Fee: \$12.00 / Ages: 6+

This class will teach practical Self-Defense skills that can benefit you throughout your life. Families and youth as young as 5 years of age are eligible to participate. Fee: \$12 per month. First session is free.

17354 Arlington Hills Community Center
10:00 am to 12:00 pm
Saturdays September 3 – December 31

CHEER AMERICA

Fee: \$6.00 / Ages: 5-16

Choreographed dance routines are designed to improve coordination, fitness and flexibility. Scholarships are available for youth on public assistance. For more information or to register call 952-997-7732.

11091 Dayton's Bluff Recreation Center
6:00 pm to 7:00 pm
Mondays October 17 – December 12

MADE-GIRLS GROUP (MAKING A DIFFERENCE EVERYDAY)

Fee: Free / Ages: 11-14

Girls will empower each other and focus on making a difference in their community.

11091 Dayton's Bluff Recreation Center
6:00 pm to 7:00 pm
Mondays September 12 – October 31

URBAN DANCE

Fee: Free / Ages: 10-14

Come join us every Tues, Wed, Thurs and learn Hip Hop. If you can already dance learn to improve your skills. Note: No Class November 24.

11091 Dayton's Bluff Recreation Center
6:00 pm to 8:00 pm
Tuesdays September 13 – December 13

FUSE BEADS

Fee: \$2.00 / Ages: 11-16

If you can dream it, you can make it! Participants will use beads to make art designs that will melt into the project/shape of their choice.

13675 Duluth & Case Recreation Center
6:30 pm to 7:30 pm
Mondays October 24 – November 21



BREAD BAKING

Fee: Free / Ages: 8-17

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.

10878 Duluth and Case Recreation Center
6:00 pm to 8:00 pm

Wednesday November 30

5567 Duluth and Case Recreation Center
6:00 pm to 8:00 pm

Wednesday October 26

10879 Duluth and Case Recreation Center
6:00 pm to 8:00 pm

Wednesday September 28

10820 Duluth and Case Recreation Center
6:00 pm to 8:00 pm

Wednesday December 28

YOUNG ACTORS CLINIC

Fee: \$45.00 / Ages: 13-15

Learn theatre skills in techniques, projection, staging, characterization and role-playing. Children who like to put on plays, be a star or those who need to build self-esteem and self-confidence will enjoy this energizing experience.

18598 Edgcumbe Recreation Center
12:30 pm to 2:30 pm

Saturdays September 10 – 24

HAITIAN DANCE

Please Call for Fee Information / Ages: 5 and up

Let the rhythm move you! Join this new class offering. You will learn the basics of storytelling through the style of Haitian Dance.

18437 Hancock Recreation Center
5:30 pm to 6:30 pm

Wednesdays September 14 – November 30

BABYSITTING TRAINING

Fee: \$60.00 / Ages: 11-17

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

10863 Hayden Heights Recreation Center
9:00 am to 4:15 pm

Friday October 21

TEEN GAME NIGHT

Fee: Free / Ages: 12-15

Teens will have fun playing different games and activities.

18462 Hazel Park Recreation Center
6:00 pm to 8:00 pm

Monday October 10

TEEN GROUP

Fee: Free / Ages: 14-17

This group will involve young men ages of 14 to 17. The purpose of this group is to develop leadership skills with the young men, discuss different issues that are relevant to their age: such as building relationships and academic career.

17153 Hazel Park Recreation Center
5:30 pm to 6:30 pm

Tuesdays August 30 – March 21

HARVEST DINNER

Fee: Free / Ages: 1 and up

This will be a great opportunity to get to know you community and share some current events that may be happening. We will use vegetables grown from our own garden. Note: Pre-registration is required.

18458 Hazel Park Recreation Center
6:00 pm to 7:30 pm

Wednesday September 28

HOLIDAY COOKIES

Fee: Std. Charge: \$1.00 / Ages: At least 8 but less than 14

Participants will bake and decorate holiday cookies.

18458 Hazel Park Recreation Center
6:00 pm to 7:30 pm

Thursday December 15

BASKETBALL 3 PT CONTEST

Fee: Free / Ages: 10-13

Participants will be challenged in a 3 point contest against others.

18457 Hazel Park Recreation Center
6:15 pm to 7:30 pm

Thursday October 6

TOURNAMENT NBA2K16

Fee: Free / Ages: 10-13

Participants will play against other participants. Prizes will be awarded.

18463 Hazel Park Recreation Center
6pm to 7pm
Wednesdays November 9 – November 16

TEEN DINNER AND A MOVIE NIGHT

Fee: Free / Ages: 12-15

Teens will help prepare the meal and watch a movie.

18461 Hazel Park Recreation Center
5:00 pm to 8:30 pm
Friday September 30

TEEN ACTIVITIES

Fee: Free / Ages: 12-17

Everyday hang out with other teens for different daily activities. Open gym time will be available each afternoon. 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. These activities are free.

17306 Highland Park Community Center
2:00 pm to 6:30 pm
Monday-Friday September 6 – December 30

WINTER OUTDOOR ADVENTURES

Fee: \$100.00 / Ages: 6-14

The camp will be held at the Como Ski Chalet. Activities include downhill skiing or snowboarding lesson and skiing, outdoor cooking, nature hikes, crafts, ice fishing, snowshoeing, and cross country skiing. If the weather is not suitable for skiing, activities will include swimming, bowling and outdoor activities.

5755 Como Ski Chalet
8:00 am to 5:00 pm
Monday-Wednesday December 27-29

HIP HOP LIVE

Fee: Free / Ages: 13-17

Come explore Hip Hop from its roots all the way through modern music with young artist in the scene right now. Bring materials for song writing and/or break dancing. A studio will be made available to those who participate.

18563 Jimmy Lee Recreation Center
6:30 pm to 7:30pm
Thursdays September 29 – December 15

CHEERLEADING

Fee: \$50.00 / Ages: 6-13

This program is for boys and girls.

10979 Jimmy Lee Recreation Center
6:00 pm to 8:00 pm
Wednesdays & Fridays August 3 – October 28

BABYSITTING TRAINING

Fee: \$60.00 / Ages: 11-18

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

17191 Jimmy Lee Recreation Center
9:00 am to 4:00 pm
Saturday October 15

HALLOWEEN COOKIES

Fee: \$2.00 / Ages: 6-13

Youth will split their time doing both baking and art.

17266 Jimmy Lee Recreation Center
6:30 pm to 7:30 pm
Wednesday October 26

FRANKENSTEIN'S LAB / SWIM

Fee: \$50.00 / Ages: 6-13up

Please bring a bag lunch and swim suit and towel.

18561 Jimmy Lee Recreation Center
8:00 am to 4:00 pm
Thursday & Friday October 20 & 21



ROCK BAND JAM

Fee: Free / Ages: 12-15

Middle School rockers bring your instrument and come to Langford each Friday to Jam with your friends.

18431 Langford Recreation Center
6:00 pm to 7:30 pm
Fridays October 7 – December 16
Staff, Rec Center

URBAN TENNIS

Fee: \$60.00 / Ages: 11-14

This class is for kids with prior sports experience who are getting ready to enter age appropriate competition. Players should be able to maintain a ground stroke rally over the net. Focus will be on developing a more complete game with attention to the volley and serve. *Financial assistance available. Racquets provided for use in class. *Players should wear tennis shoes and bring a water bottle to each lesson. To register for this class go to www.urbantennis.org

18428 Langford Recreation Center
5:00 pm to 6:00 pm
Thursdays September 15 – October 20
Tennis, Urban

ULTIMATE FRISBEE CAMP

Fee: Free / Ages: 8-14

Ultimate Frisbee is a rising fun, fast paced team game that can be picked up at any age. Two Frisbee downfield to the other team's and zone. As a sport with NO referees it is the responsibility of the player to respect the rules of the game and each other. During the four sessions youth will be introduced into the basics forms of throwing, catching, and just how to be a good teammate. Ultimate Frisbee, as a sport for physical and mental growth.

18566 Jimmy Lee Recreation Center
5:00 pm to 6:00 pm
Fridays September 30 – October 21

SOO BAHK DO

Fee: \$35.00 / Ages: 11+

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

13436 Phalen Recreation Center
10:00 am to 11:00 pm
Saturdays December 3 – 24

13435 Phalen Recreation Center
10:00 am to 11:00 pm
Saturdays November 5 – 26

13434 Phalen Recreation Center
10:00 am to 11:00 pm
Saturdays October 1 – 29

NXT ROBOTIC ENGINEERING

Fee: \$70.00 / Ages: 7-13

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

15411 Merriam Park Recreation Center
9:00 am to 12:00 pm
Thursday & Friday October 13 & 14

STAR WARS JEDI MOVIE MAKING

Fee: \$70.00 / Ages: 6-13

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 students through the entire digital film making process from start to finish using Frames Software. Student groups' final projects will be emailed to parents, or students may bring a USB jump drive the last day to take home their films.

15410 Merriam Park Recreation Center
6:00 pm to 8:00 pm
Tuesdays November 1 – 15

INTERMEDIATE SKATEBOARDING

Fee: \$55.00 / Ages: 8-14

Learn the basics of skateboarding from the fun & talented staff of 3rd Lair Skate Park. Safety equipment must be worn.

5301 Merriam Park Recreation Center
7:00 pm to 8:00 pm
Thursdays September 12 – October 3

HALLOWEEN BASH BUILD-UP!

Fee: Free / Ages: 13 and up

Teens will work together to create a haunted house from top to bottom. Youth will have the opportunity to stage the scene, make costumes and act during the event. They will show off their creation Friday, October 28th from 5-9pm.

18432 Merriam Park Recreation Center
12:00 pm to 5:00 pm
Thursday & Friday October 20 & 21



HAUNTED HOUSE

Fee: Free / Ages: 13 and up

Teens will work together to create a haunted house from top to bottom. Youth will have the opportunity to stage the scene, make costumes and act during the event. They will show off their creation Friday, October 28th from 5-9pm.

17395 Martin Luther King Recreation Center
7:00 pm to 12:00 AM
Thursday & Friday October 27 & 28

BABYSITTING TRAINING

Fee: \$60.00 / Ages: 11-17

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

4724 North Dale Recreation Center
9:00 am to 4:00 pm
Friday November 18
Jane Veitch

TAEKWONDO YOUTH/TEEN

Fee: \$50.00 / Ages: 6-17

Please join us as we discover and explore WTF style Taekwondo taught by Master Maurice Minefee. Classes are dynamic, fun and challenging. As you develop your knowledge of this Korean martial art, you will gain skills and confidence. Monthly Registration is \$50 due before participation begins. Uniforms can be purchased through the instructor.

5135 North Dale Recreation Center
4:30 pm to 5:30 pm
M W F September 2 – September 30
Master Minefee

11516 North Dale Recreation Center
4:30 pm to 5:30 pm
M W F October 3 – October 28
Master Minefee

11517 North Dale Recreation Center
4:30 pm to 5:30 pm
M W F November 2 – November 30
Master Minefee

11518 North Dale Recreation Center
4:30 pm to 5:30 pm
M W F December 2 – December 23
Master Minefee

STORYTELLING & ACTING

Fee: \$45.00 / Ages: 15-18

Learn how to mesmerize family and friends with a way of telling stories that bring the characters and happenings to life. You and your listeners will live the adventure as you tell it. Instructor: *Homeward Bound Theatre*

18502 North Dale Recreation Center
3:00 pm to 4:30 pm
Thursday October 27 – November 10

YOUR ON STAGE

Fee: \$45.00 / Ages: 13-16

Focus will be on using ones body movement, facial expressions and voice to build character development and portrayal. Budding actors will play with and explore their imaginations to learn how to reach their hidden talents with these scene staging and acting techniques. Instructor: *Homeward Bound Theatre*

18501 North Dale Recreation Center
5:30 pm to 7:00 pm
Thursday October 27 – November 10

HALLOWEEN HANG OUT

Fee: Free / Ages: 13-17

Teens ages 13-17 come and hang out at the North Dale Lounge while participating in a few Halloween activities. No registration necessary just show up and hang out.

18483 North Dale Recreation Center
6:00 pm to 8:00 pm
Monday October 31

KNITTING FOR YOUTH OR PARENT & CHILD

Fee: \$10.00 / Ages: 7 and up

Learn the basics of knitting and make a winter headband. Parents are welcome to sign up with their child.

18399 Northwest Como Recreation Center
6:15 pm to 7:15 pm
Wednesdays September 21 – October 26

GIRLS ARE POWERFUL, "I AM" WORKSHOP

Fee: \$25.00 / Ages: 7-14

A lively two-hour session consisting of group discussion, role-playing, art projects, and other related activities. This Girls Are Powerful workshop is designed to help girls identify and celebrate their personal power. Covering everything from peer pressure and confidence to self-awareness and self-perception, girls are introduced to six power principles and memorable affirmations that they take with them and use for inspiration even after the workshops.

18368 Northwest Como Recreation Center
1:30 pm to 3:30 pm
Friday October 21

TAE KWON DO

Fee: \$50.00 / Ages: 6-17

Please join us as we discover and explore WTF style Taekwondo taught by Master Maurice Minefee. Classes are dynamic, fun and challenging. As you develop your knowledge of this Korean martial art, you will gain skills and confidence. Monthly Registration is \$50 due before participation begins. Uniforms can be purchased through the instructor. *Master Minefee*

- 5151** Northwest Como Recreation Center
4:30 pm to 5:30 pm
Tuesday & Thursday September 1 – 29
- 5152** Northwest Como Recreation Center
4:30 pm to 5:30 pm
Tuesday & Thursday October 4 – 27
- 5493** Northwest Como Recreation Center
4:30 pm to 5:30 pm
Tuesday & Thursday November 1 – 29
- 5516** Northwest Como Recreation Center
4:30 pm to 5:30 pm
Tuesday & Thursday December 1 – 22

HIP HOP

Fee: \$45.00 / Ages: 12-17

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Hip Hop during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

- 18430** Northwest Como Recreation Center
6:00 pm to 7:00 pm
Wednesdays November 2 – December 14
Rachel Handren

LET'S SING TOGETHER

Fee: \$44.00 / Ages: 10-13

Join us for a chance to sing and have fun learning to sing in harmony, rounds, improve tone production and solo singing. Class is for participants ages 10-13. Lead by your favorite music instructor Wendy Flinner. On Dec 13th we will sing at the Underground Music Cafe© at 4pm. Tell your family and friends to come.

- 18391** Northwest Como Recreation Center
3:30 pm to 4:30 pm
Tuesdays November 1 – December 13
Wendy Flinner

TEEN DANCE

Fee: \$5.00 / Ages: 10-13

Come and dance the night with your friends. Concessions will be sold.

- 11077** Northwest Como Recreation Center
6:30 pm to 8:30 pm
Friday September 16

ARCHERY

Fee: \$60.00 / Ages: 9-14

Students ages 9-14 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.

- 5521** Northwest Como Recreation Center
3:00 pm to 4:30 pm
Mondays & Thursdays September 26 – November 3
Tim Lang

URBAN TENNIS

Fee: \$60.00 / Ages: 11-14

Classes held at Orchard Recreation Center. Tennis 201 (Ages 11-14): This class is for kids with prior sports experience who are getting ready to enter age appropriate competition. Players should be able to maintain a ground stroke rally over the net. Focus will be on developing a more complete game with attention to the volley and serve. *Financial assistance available. Racquets provided for use in class. *Players should wear tennis shoes and bring a water bottle to each lesson. To register for this class go to www.urbantennis.org

- 18429** Orchard Park
5:00 pm to 6:00 pm
Tuesdays September 26 – November 3
Urban Tennis

FISHING WITH EUGENE

Fee: Free / Ages: 8-15

Join Phalen staff for a chance to catch some fish at Lake Phalen. Participants will meet at the Lakeside Activities Center.

- 18517** Phalen Recreation Center
5:30 pm to 6:30 pm
Wednesdays September 14 & 21

HOLIDAY COOKIES AND TREATS

Fee: \$15.00 / Ages: 8-14

Participants will bake and decorate holiday cookies and treats. 4 sessions.

12966 Phalen Recreation Center
6:00 pm to 7:00 pm
Mondays November 21 – December 12

RECIPES FROM AROUND THE WORLD

Fee: \$15.00 / Ages: 8-15

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

12974 Phalen Recreation Center
6:00 pm to 7:15 pm
Mondays September 26 – October 17

TEEN FIRST

Fee: Free / Ages: 13-16

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

17356 West Minnehaha Recreation Center
3:00 pm to 7:00 pm
Monday - Thursday September 12 – April 6



LOVING THE SKIN I'M IN

Fee: Free / Ages: 8-18

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

17356 Wilder Recreation Center
5:30 pm to 7:00 pm
Tuesdays September 6 – December 27

POETRY/SPOKEN WORD

Fee: Free / Ages: 12-18

This activity is a 3-session, slam poetry audit. Participants will learn about, listen to, and write their own poetry/spoken word pieces as well as give a small performance at the last session.

16077 Wilder Recreation Center
6:00 pm to 8:00 pm
Mondays October 10 – October 24

TEACH US TO FISH

Fee: Free / Ages: 12-18

If you give a man a fish, he will eat for a day. If you teach a man to fish, he will eat for a lifetime. In this three session course, young people ages 12 and up will get the chance to plan a meal, actually go grocery shopping for that meal, and then prepare and serve that meal to their fellow rec go-ers. They will learn to budget and how to actually cook!

16190 Wilder Recreation Center
6:30 pm to 7:30 pm
Monday - Wednesday October 17-19

16191 Wilder Recreation Center
6:30 pm to 7:30 pm
Monday - Wednesday October 24-26

16192 Wilder Recreation Center
6:30 pm to 7:30 pm
Monday - Wednesday November 7-9

16193 Wilder Recreation Center
6:30 pm to 7:30 pm
Monday - Wednesday December 5-7

WILDER BOYS GROUP

Fee: Free / Ages: 10-18

This group focuses on issues that go on in the daily lives of the participants. Boys are expected to have consistent attendance and to contribute to group discussions and to any sort of community service projects that may arise.

16074 Wilder Recreation Center
4:00 pm to 6:00 pm
Tues & Thurs September 6 – December 15

TWEEN GAME NIGHT

Fee: Free / Ages: 9-14

Game night for youth between the ages of 9-14. Badminton, ping-pong, floor hockey, and video games are available to play.

18467 Wilder Recreation Center
6:00 pm to 8:00 pm
Wednesdays September 7 – December 28

VOLLEYBALL

Fee: \$2.00 / Ages: 14+

Bring a team or join up when you arrive. Court and volleyball provided.

18469 Wilder Recreation Center
7:00 pm to 8:30 pm
Tuesdays September 13 – December 20

BABYSITTING TRAINING

Fee: \$60.00 / Ages: 11-17

Youth will develop skills in leadership, professionalism, basic care, Safety, Safe play and first aid. Participants must age 11 or older. Please bring a bag lunch and beverage.

5388 Edgcumbe Recreation Center
9:30 am to 3:30 pm
Thursday October 20
Jane Veitch

4721 Highland Park Community Center
9:00 am to 4:00 pm
Saturday November 5

TEEN ACTIVITIES

Fee: Free / Ages: 12-17

Everyday hang out with other teens for different daily activities. Open gym time will be available each afternoon. 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. These activities are free.

17306 Highland Park Community Center
2:00 pm to 6:30 pm
Monday-Friday September 6 – December 30

LGBTQ+ TEEN GROUP

Fee: Free / Ages: 12-18

In this empowering program, LGBTQ+ teens will have an opportunity to meet and interact with other LGBTQ+ youth and their allies while participating in a variety of activities designed to promote individualism, self-respect, and boost self-confidence in a Safe space.

18417 Edgcumbe Recreation Center
6:30 pm to 8:30 pm
Mondays, September 12 – December 19

18579 Highland Park Community Center
3:00 pm to 4:30 pm
Fridays, September 9 – December 16

JIU JITSU

Fee: \$12.00 / Ages: 9-14

Learn the basics of this fast-growing martial Arts activity. This is an on-going class. Registration is welcome at any time.

18581 Edgcumbe Recreation Center
5:30 pm to 6:30 pm
Tuesdays September 20 – October 11

18582 Edgcumbe Recreation Center
5:30 pm to 6:30 pm
Tuesdays October 18 – November 8

18448 Palace Recreation Center
6:00 pm to 7:00 pm
Thursdays September 8 – September 29

18585 Edgcumbe Recreation Center
11:00 am to 12:00 pm
Saturdays September 24 – October 15

MUSIC THEORY ON PIANO

Fee: Free / Ages: 11-18

Participate in a piano keyboarding program that provides the following: keyboarding skills, leadership and character development and social skills. The class is taught by *Jalil Shabazz* who has taught over 20 music/music theory programs for all ages in Minnesota.

18535 El Rio Vista Recreation Center
4:30 pm to 5:45 pm
Mondays, Wednesdays, Fridays
September 26 – December 21
Jalil Shabazz

CRUMBLE AND DRIZZLE

Fee: \$20.00 / Ages: 7-13

Teaching youth how to cook simple, easy and healthy meals.

18609 El Rio Vista Recreation Center
6:15 pm to 8:00 pm
Fridays September 23 – November 18

CREATIVE PLASTER MOLDS AND PAINTING

Fee: Free / Ages: 8-12

Teaching youths how to make creative plastic molds and paint them.

18605 El Rio Vista Recreation Center
6:30 pm to 7:45 pm
Thursdays September 22 – October 27

HOLIDAY ORNAMENT MAKING

Fee: Free / Ages: 10-14

Teaching youths how to make and decorate holiday ornaments. Two sessions only!

18606 El Rio Vista Recreation Center
6:30 pm to 7:45 pm
Thursdays December 1 – December 8

WEST SIDE TEEN NIGHT

Fee: Free / Ages: 13-18

Teen Night includes basketball, dance studio, movie and cooking.

18607 El Rio Vista Recreation Center
6:00 pm to 9:30 pm
Friday December 16

MAKE YOUR OWN MUSIC!

Fee: Free / Ages: 12-17

Making and recording your own music or songs.

18608 El Rio Vista Recreation Center
7:00 pm to 8:30 pm
Fridays October 14 – November 18

BADMINTON FOR TEENS

Fee: Free / Ages: 13-17

Badminton is a growing sport and getting more popular. This is a great way to meet new friends. Come join us each week on Wednesday evenings.

18491 Hayden Heights Recreation Center
6:30 pm to 8:00 pm
Wednesdays, September 14 – October 12

GIRLS TEEN CLUB

Fee: Free / Ages: 13-18

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 participate in teen opportunities.

15186 Hayden Heights Recreation Center
6:00 pm to 7:00 pm
Mondays September 19 – December 12

BREAKDANCE

Fee: Free / Ages: 13-17

For youth ages 13-17. Open breakdance for all skills.

16061 McDonough Recreation Center
6:00 pm to 9:00 pm
Tuesdays September 27 – December 20

TEEN MUSIC PROGRAM

Fee: \$150.00 / Ages: 13-17

Youth will learn to create and record songs. Collaboration with High School for recording art.

15243 Mcdonough Recreation Center
6:00 pm to 8:00 pm
Mondays September 12 – December 5

TEEN SOCCER

Fee: Free / Ages: 13-17

Ongoing Tuesday open soccer for ages 13-18.

16062 Mcdonough Recreation Center
4:00 pm to 6:00 pm
Tuesdays October 25 – February 21





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

Day: Mon-Fri **Date:** September 12-June 9

Time: 3-6pm* **Fee:** Free 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
Palace.....	651-298-5677
Rice	651-558-2392
Scheffer	651-298-5820
West Minnehaha	651-298-5823
Wilder.....	651-298-4624

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/SPPSDaycareTransportation>
- 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. (Grades 1-5) 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. Monday – Friday For fee information, please call site listed.

Battle Creek S'More Fun

Before School 6:30–9am

After School 3–6pm

For more information please call 651-501-6388

Groveland S'More Fun

Before School 7:15–9:15am

After School 4–6pm

For more information please call 651-695-3715

Northwest Como S'More Fun

Before School 7–8:25am

After School 3–6pm

For more information please call 651-487-5626

ADULT

AGED CLASSES

HIKING CLUB - ANNUAL HOLIDAY PARTY

Fee: \$16.00 / Ages: 50 and up

Join the celebration with friends for our annual Holiday Party. We will be going to Gulden's. Lunch will be buffet including: fried chicken, BBQ ribs, deep fried shrimp, mashed potatoes and gravy, roll/ butter, coffee/tea or milk. Signup deadline: November 21. For more information please contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us

12779 Gulden's Restaurant

10 am to 2:30 pm

Wednesday December 7, 2016

GOLDEN MELODY MAKERS CHORUS

Fee: Free / Ages: 50 and up

12 Week Session

This activity takes place at City Passport, 55 E. 5th Street, Suite 203. The chorus sings a variety of songs in 4-part harmony. They rehearse once a week except during the weeks that they have a performance. The chorus performs at care centers, assisted living facilities, senior groups, schools and other locations once or twice a month. For more information, contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us

18791 City Passport

10:15 am to 11:15 am

Thursdays September 8 – December 1

JACKPOT JUNCTION (OVERNIGHT)

Fee: \$59.00/person double or

\$79.00 for single room / Ages: 50 and up

1 Week Session

Jackpot Junction Casino and Hotel is in Morton, MN. There are a variety of slots, live poker room, black jack and bingo. Participants will receive a \$50 credit on their player card. Great rooms and pool! Signup Deadline August 29. Motor Coach pickup at Edgcumbe and Conway Recreation Centers. For more information please contact Belinda at 651-282-6508 or belinda.bergstrom@ci.stpaul.mn.us.

18789 Morton, Minnesota

8:00 am to 7:00 pm

Tuesday - Wednesday September 13-14, 2016

TOUR: TURTLE LAKE CASINO

Fee: \$5.00 / Ages: 21 and up

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 player card number or birth date so your card can be preloaded. Motor coach pick-up sites and times: 8:00am Edgcumbe Rec Center 8:15am Arbor Point 8:30am 375 Jackson 8:45am Conway Center. For more information, contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us.

13054 Turtle Lake Casino, WI

8:00 am to 4:00 pm

Monday September 19, 2016

TOUR: PINE TREE APPLE ORCHARD

Fee: \$21 / Ages: 50 and up

Pine Tree Apple Orchard was started in 1904 when the first apple trees were planted on the shore of Pine Tree Lake. The original orchard was 25 acres and now is over 300 acres planted in apple trees, strawberries, pumpkins and corn for their fall maze. We will have a picnic box lunch from Nelson's Cheese. Box Lunch: All lunches will include Deli salad, cookie and a bottle of water. Town Nelson: Thinly sliced turkey breast, baked ham, Baby Swiss and Monterey Jack on Caraway Rye with lettuce tomato, onion and mayo. Old Fashion: Lean roast beef, thinly sliced turkey breast, Monterey Jack, on Wild Rice bread with lettuce tomato, onion and mayo. Hero: Baked Virginia Ham, Hard Salami, Provolone Cheese piled on a French Roll with lettuce tomato, onion, green pepper, special sauce and Italian dressing. Signup Deadline: October 6. For more information please contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us

18790 White Bear Lake

10:30 am to 3:30 pm

Thursday October 20, 2016

TOUR: HOLIDAY BOUTIQUE SHOPPING

Fee: \$10.00 / Ages 50 and up

Enjoy lunch at a local restaurant (lunch on your own) and afternoon of shopping at one of our local boutiques. Seasonal and everyday items with over 150 juried vendors. For more information please contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us

10:30 am – 3:30 pm

Wednesday November 16

TOUR: ALBERTVILLE OUTLET MALL

Fee: \$15.00 / Ages 50 and up

The world's finest outlet shopping. Save 25%-65% everyday on designer and name brands including Coach, Bath and Body, Columbia, Old Navy and more. Lunch on your own. For more information please contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us.

9:30 am – 4:00 pm
Wednesday November 2

CRAFTS: BASKETRY

Create a fiber coil basket. These coil baskets are a cinch to make. Coiling is not a form of weaving. It is a procedure combining the wrapping of a core material and sewing procedure. Class will be held at City Passport Senior Center. For more information please contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us.

10:00am - Noon
Tues September 20, October 4 and October 18

TOUR: PONTOON EXCURSION

Join us for a 2-hour pontoon cruise on the St Croix River. Box picnic lunch will be served.

Box Lunch: All lunches will include Deli salad, cookie and a bottled of water.

Town Nelson: Thinly slice turkey breast, baked ham, Baby Swiss and Monterey Jack on Caraway Rye with lettuce tomato, onion and mayo.

Old Fashion: Lean roasted beef thinly slice turkey breast, Monterey Jack, on Wild Rice bread with lettuce tomato, onion and mayo.

Hero: Bake Virginia Ham, Hard Salami, Provolone Cheese piled on a French Roll with lettuce tomato, onion, green pepper, special sauce and Italian dressing.

For more information please contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us.

TOUR: POLKA FEST (OVERNIGHT)

Fee: \$79 double room per person and single is \$99

Let's go polka with Johnny Ray Gomez at Prairies Edge Casino in the ballroom. Casino is located in Granite Falls so hopefully we will have some fall color started. Tour includes \$50.00 on your players card and show/polka. Motor coach pick-up sites: Edgcumbe and Conway

Location Granite Falls
Sunday and Monday October 9 and 10
Pickup about 8am Return about 7pm

HALLOWEEN BONFIRE - GRANDPARENTS, GRANDCHILDREN AND FAMILY

Fee: Free Donations will be accepted

Bring the family and friends to our City Wide Halloween Extravaganza. We will have games, jump castle, climbing wall and bonfire to sit and socialize around. Hot dogs and S'mores will be served. Registration is required for food count. For more information please call the City Wide Team or Belinsa at 651-292-6508.

5:30pm – 8:00pm
Thursday October 27

HIKING CLUB

Fee: \$8.00 / Ages: 50 and up
13 Week Session

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/ belinda.bergstrom@ci.stpaul.mn.us

12775 Various locations
Contact: Belinda, 651-292-6508
9:30 am to 10:30 am
Wednesdays September 7 – November 30

GOLDEN MELODY MAKERS CHORUS - PERFORMANCES

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 having group perform please call Belinda at 651-292-6508.

ADULT BASKETBALL

Fee: \$2.00 / Ages: 18+

Join us for adult basketball pick up games. Everyone needs to bring ID and wear appropriate gym attire. Black soled shoes and/or boots are not permitted on the gym floor. \$2.00 per session

- 17441** Arlington Hills Community Center
1:30 pm to 3:30 pm
Tues & Sat September 13 – December 31
- 17441** Arlington Hills Community Center
6:00 pm to 8:00 pm
Tues & Sat September 13 – December 31

SENIOR EXPRESS FITNESS

Fee: Free / Ages: 55+

All activities are FREE for Seniors ages 55+ Monday - Senior Strong, Tuesday - Chair Yoga, Wednesday - Senior Strong, Thursday - Chair Yoga and Friday - Senior Strong

- 17423** Arlington Hills Community Center
10:00 am to 11:00 am
M-F September 12 – December 30
- 17423** Arlington Hills Community Center
11:00 am to 12:00 pm
M-F September 12 – December 30

PAINTING & PASTRIES

Fee: \$20.00 / Ages: 16+

Arlington Hills Community Center offers a fun and engaging painting class for adults and seniors. Enjoy great pastries while learning artistic skills and meeting new people.

- 18473** Arlington Hills Community Center
12:00 pm – 1:00 pm
Sunday October 16
- 18474** Arlington Hills Community Center
10:00 am to 11:00 am
Wednesday October 19
- 18475** Arlington Hills Community Center
12:00 pm to 1:00 pm
Sunday October 23
- 18476** Arlington Hills Community Center
12:00 pm to 1:00 pm
Sunday November 6
- 18477** Arlington Hills Community Center
12:00 pm to 1:00 pm
Sunday November 13

- 18478** Arlington Hills Community Center
12:00 pm to 1:00 pm
Sunday November 27
- 18479** Arlington Hills Community Center
10:00 am to 11:00 am
Wednesday October 26
- 18480** Arlington Hills Community Center
10:00 am to 11:00 am
Wednesday November 9
- 18481** Arlington Hills Community Center
10:00 am to 11:00 am
Wednesday November 16
- 18482** Arlington Hills Community Center
10:00 am to 11:00 am
Wednesday November 30

ALL AROUND FITNESS

Fee: Free / Ages: 18+

All Around Fitness is for everyone. Sessions feature exercise techniques for older adults, including strength training and cardiovascular conditioning. Work at your own pace and receive personal attention from a trained instructor. To register contact Community Education at 651-744-3072

- 15814** Arlington Hills Community Center
9:15 am to 10:15 am
Tuesday & Thursday September 20 – December 1

LINE DANCE WITH A TWIST

Fee: Please Call for Fee Information / Ages: 55+

Whether your interest is pop, country or anything in between, you will gain confidence in the basic steps to line dances. Dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. To register contact Saint Paul Community Education at 651-744-3072

- 15797** Arlington Hills Community Center
9:15 am to 10:15 am
Wednesday September 21 – October 26
- 18472** Arlington Hills Community Center
9:15 am to 10:15 am
Wednesday November 2 – December 14

ZUMBA

Fee: \$3.00 per session / Ages: 13+

Get ready to party yourself into shape! This exhilarating, easy to follow, Latin inspired, calorie burning dance fitness party will move you!!!

18454 Arlington Hills Community Center
7:00 pm to 8:00 pm
Thursdays October 6 – December 29

POETRY & CREATIVE WRITING

Fee: Free / Ages: 55+

Margaret Hasse, poet and teacher, will lead a poetry writing workshop. She'll offer writing suggestions, inspirational examples, and helpful feedback. Beginning to more experienced writers are welcome. Margaret believes in what Brenda Ueland wrote in *If You Want To Write*: Everyone is important and has something to say.

18465 Arlington Hills Community Center
12:30 pm to 2:30 pm
Tuesdays September 6 – November 15

INTERMEDIATE RACQUETBALL LEAGUE -

Fee: \$30.00 / Ages: 16+

Weekly Racquetball League at Edgumbe

18387 Edgumbe Recreation Center
5:30 pm to 7:30 pm
Mondays October 10 – November 14

RESETTING YOUR AGE CLOCK

Fee: \$45.00 / Ages: 55+

Resetting Your Age Clock will be taught by a certified personal trainer. Enhance your strength, balance, muscular endurance and movement skills using body weight and resistance exercises.

17401 Edgumbe Recreation Center
1:00 pm to 2:00 pm
Thursdays September 13 – November 1

18403 Highland Park Community Center
12:30 pm to 1:30 pm
Thursdays September 13 – November 3



OPEN BASKETBALL

Fee: \$2.00 / Ages: 18+

Play a pickup game of basketball in our gym with friends or meet some new friends and just shoot around to practice your skills.

18537 Edgcumbe Recreation Center
6:00 pm to 8:30 pm
Thursdays September 8 – December 22

OPEN FUTSAL (INDOOR SOCCER)

Fee: \$2.00 / Ages: 18+

Play a pickup game of Indoor Futsal (Soccer) in our gym with friends or meet some new friends.

18536 Edgcumbe Recreation Center
6:00 pm to 8:30 pm
Wednesdays September 7 – December 28

CHICAGO STYLE 8-COUNT STEPPING

Fee: \$5.00 / Ages: 18+

Instructor Vernon Dright brings the famous 8-count Style Stepping to the Upper Midwest. This award-winning dancer will teach you how to groove with the best of them, building confidence, and endure in a fun environment with great music.

18435 Hancock Recreation Center
6:30 pm to 9:00 pm
Mondays September 12 – December 26

ADULT VOLLEYBALL

Fee: \$2.00 / Ages: 18+

Adult volleyball (drop-in)...\$2.00-/session Wednesday nights.

17178 Hayden Heights Recreation Center
7:00 pm to 8:30 pm
Wednesdays October 19 – December 28

VISUAL ART

Fee: Free / Ages: 55+

The Moving Line - Developing a Meaningful Drawing Practice
Learn how to draw or refresh your drawing skills with Lara Hanson, artist, art educator and owner of Moving Line Studio. Lara's belief is that anyone can learn to draw; it's just a matter of attitude and practice. She provides an atmosphere that is relaxed but focused and encourages students to find meaning in their drawing process as well as in the product. The class will give students the opportunity to explore both abstract and realistic approaches to drawing. Suggested donation to East Side Arts Council is \$25, but not required if not able to pay.

18464 Highland Park Community Center
12:00 pm to 1:30 pm
Mondays August 29 – October 24

PICKLEBALL

Fee: \$2.00 / Ages: 18+

Pickleball is a paddle sport which uses elements of tennis, badminton, and ping-pong. At Highland we currently play on courts set up in our gymnasium. The sport is played on a badminton sized court with a modified tennis net. The game is played with a paddle and plastic balls. Pickleball is available on Monday and Friday mornings, from 9:00 am to 12:30 pm. There is a \$2 per day drop-in fee. Cards are also available 10 sessions/\$20 or 20 sessions/\$40.

17305 Highland Park Community Center
9:00 am to 12:30 pm
Monday-Friday Ongoing

18402 Edgcumbe Recreation Center
6:00 pm to 8:30 pm
Mondays Ongoing

Edgcumbe Recreation Center
9:00am to 12:00pm
TuesdaysOngoing

Edgcumbe Recreation Center
10:00 am to 1:00 pm
Thursdays Ongoing

17150 Hazel Park Recreation Center
11:00 am to 2:00 pm
Tuesdays & Thursdays Ongoing

18520 Arlington Hills Community Center
11:00 am – 1:00 pm
Fridays Ongoing

15182 Merriam Park Rec Center
6:00 pm – 8:00 pm
FridaysOngoing

18424 North Dale Recreation Center
10:30 am to 12:30 pm
Tuesdays Ongoing

MINDFUL AND INTUITIVE EATING

Fee: \$120.00 / Ages: 18+

Mindful eating is a practice of paying attention to the appetites of the body and how to satisfy hunger in a pleasing way. For someone who has long struggled with food or their body perception, intuitive eating can help heal that relationship. It can teach you to choose and savor food confidently, learn to listen to and appreciate your body, and to discover your own recipes to nourish your mind, body, and spirit in a positive, healthy way. In this 8-week course, we'll introduce the practice of mindful and intuitive eating, learning techniques to gain insight, awareness and appreciation of your body and the food you eat. These skills can give you the momentum you need to move toward a healthier and happier you. Nicole Eikenberry is a Registered Dietitian and Licensed Nutritionist who lives in St. Paul's Highland Park. She has long had an interest in people's motivations to eat and food choices, and is an enthusiastic grower, cooker and eater of wholesome and tasty food. There will be no class on Nov 8th.

17368 Highland Park Community Center
7:00 pm to 8:30 pm
Thursdays September 20 – November 15
Nicole Eikenberry

RAISING AN INTUITIVE EATER

Fee: \$30.00 / Ages: 18+

We are all born with the innate ability to hear our body say it is hungry or has had enough. Too often that skill erodes when external messages (from media, culture, well-meaning care-givers) make kids question if they can trust the information from their own bodies. This class will share info and tips for parents that can help avoid the "food fights" so kids can confidently and skillfully learn how to feed themselves.

18395 Highland Park Community Center
1:00 pm to 3:30 pm
Saturday September 17
Nicole Eikenberry

MINDFUL EATING - SATURDAY SERIES

Fee: \$30.00 / Ages: 16+

"Mindfulness" is about deliberately paying attention to the present moment with a kind and curious awareness free of criticism. When applied to food and eating, it is an effective approach to enhance the eating experience for anybody and everybody. Learn to slow down and appreciate your food and get more pleasure (instead of guilt) out of eating.

18397 Highland Park Community Center
1:00 pm to 3:30 pm
Saturday November 19
Nicole Eikenberry

MINDFUL EATING - SATURDAY SERIES

Fee: \$30.00 / Ages: 16+

Do holiday parties, potlucks, and buffets make you cringe? Do you dread eating meals with your extended family? Do you let yourself "lose control" in December with the plan to "make up for it" in January? Learn strategies to relax around the holiday food table and to honor your body as you celebrate the season.

18398 Highland Park Community Center
1:00 pm to 3:30 pm
Saturday December 17
Nicole Eikenberry

CULTIVATING A HEALTHY GUT

Fee: \$30.00 / Ages: 16+

The state of one's "gut microbiome" (the name for the trillions of bacteria living and working in our digestive tract) is a fascinating topic gaining a lot of attention in the nutrition world. Learn ways to support the "good bugs" and diminish the "bad bugs" to make an impact on your gut function as well as your overall health and happiness.

18396 Highland Park Community Center
1:00 pm to 3:30 pm
Saturday October 15
Nicole Eikenberry

YOGA - HATHA

Fee: \$49.00 / Ages: 18+

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.

5437 Highland Park Community Center
5:00 pm to 6:00 pm
Mondays September 12 – October 24
Teresa Davenport

5438 Highland Park Community Center
6:15 pm to 7:15 pm
Mondays September 12 – October 24
Teresa Davenport

5439 Highland Park Community Center
7:30 pm to 8:30 pm
Mondays September 12 – October 24
Teresa Davenport

5442 Highland Park Community Center
5:00 pm to 6:00 pm
Mondays October 31 – December 12
Teresa Davenport

5443 Highland Park Community Center
6:15 pm to 7:15 pm
Mondays October 31 – December 12
Teresa Davenport

5444 Highland Park Community Center
7:30 pm to 8:30 pm
Mondays October 31 – December 12
Teresa Davenport

SOUL LINE DANCE

Fee: \$5.00 / Ages: 18+

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.

10868 Jimmy Lee Recreation Center
6:30 pm to 8:30 pm
Tuesdays August 30 – June 20

ADULT VOLLEYBALL

Fee: \$2.00 / Ages: 18+

Drop-in Adult Volleyball

17348 Jimmy Lee Recreation Center
6:00 pm to 8:30 pm
Wednesdays September 14 – December 14

ZUMBA

Fee: \$75.00 / Ages: 17+

Zumba is an aerobic program that fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. *No dance experience necessary. \$75 or \$6/session drop-in.

15807 Jimmy Lee Recreation Center
7:00 pm to 8:00 pm
Tuesdays September 6 – December 13

YOGA: VINYASA

Fee: \$80 / Ages: 18+

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. Fee: \$80 or drop-in fee \$10/session.

5626 Jimmy Lee Recreation Center
9:30 am to 10:30 am
Wednesdays September 14 – November 16

YOGA POWER

Fee: \$65.00 / Ages: 18+

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 28th. Fee: \$65 or drop-in fee \$6/session.

5527 Jimmy Lee Recreation Center
5:15 pm to 6:15 pm
Wednesdays September 14 – December 17

YOGA: POWER

Fee: \$65.00 / Ages: 18+

This unique and dynamic class combines Vinyasa flow yoga with muscle sculpting, customized to counter the typical damaging habits of our culture, like looking down at your cell phone, or sitting at a desk. Each hour long class starts with a gentle warm up, sun salutations, and core strengthening to prepare you for flowing postures of strength, balance, and active stretching, ending with a gentle cool down and guided deep relaxation. The first two weeks are focused on yoga foundations, essential for those newer to the practice or returning from a break. Expect to be challenged and rewarded, leaving each class with a renewed wellspring of energy and calm tranquility. Open to all levels. Bring a yoga mat, towel and water bottle. New students - 1st class is free. All students - bring a friend and receive one free class.

6818 Jimmy Lee Recreation Center
5:15 pm to 6:15 pm
Mondays September 5 – December 5

PILATES - BEGINNER

Fee: \$73.00 / Registration Fee (Senior): \$71.00/ Ages: 18+

Pilates is a progressive series of controlled exercise that creates strength and stability.

5506 Langford Recreation Center
12:15 pm to 1:15 pm
Thursdays September 8 – November 10
Fran Ouellette

PILATES BEGINNER - INTERIM

Fee: \$29.00 / Ages: 18+

Pilates is a progressive series of controlled exercise that creates strength and stability. Instructor: Fran Ouellette
No class Nov 24, Dec 22 & 29.

11540 Langford Recreation Center
12:15 pm to 1:15 pm
Thursdays November 17 – December 15
Fran Ouellette

PILATES INTERMEDIATE

Fee: \$73.00 / Registration Fee (Senior): \$71.00 / Ages: 18+

Pilates is a progressive series of controlled exercise that creates strength and stability.

5507 Langford Recreation Center
11:00 am to 12:00 pm
Thursdays September 8 – November 10
Fran Ouellette

PILATES INTERMEDIATE INTERIM

Fee: \$29.00 / Ages: 18+

Pilates is a progressive series of controlled exercise that creates strength and stability. Instructor: Fran Ouellette
No class Nov 24, Dec 22 & 29.

11541 Langford Recreation Center
11:00 am to 12:00 pm
Thursdays November 17 – December 15
Fran Ouellette

ADULT/SENIOR WALKING

Fee: Free / Ages: 19+

Come and use the Langford gym for your walking exercise.

18400 Langford Recreation Center
1:00 pm to 2:00 pm
Fridays October 7 – March 31

BEGINNING ARABIC

Fee: \$75.00 / Ages: 18+

“ Marhaban! Immerse yourself in the Arabic language and culture. This class will teach you the Arabic alphabet letters and their pronunciation, vocabulary, greetings, sentence construction and the basics of Arabic grammar. You will learn beginning level of writing, reading and speaking classical Arabic language. We will use the book “Easy Arabic Grammar” by Jane Wightwick and Mahmoud Gaafar, Mc Graw-Hill first edition, 2005. The book is available on Amazon.com.” Supplies: Everyone must have his/her notebook and a pencil.

18492 Langford Recreation Center
6:30 pm to 8:00 pm
Tuesdays September 6 – November 8
Abeer Yakout

ZUMBA

Fee: \$50.00 / Ages: 18+

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

18441 Langford Recreation Center
8:00 pm to 9:00 pm
Thursdays October 27 – December 8

HORSESHOES

Fee: Free / Ages: 18+

Come together to toss a few games of Horseshoes with neighbors and friends.

18433 Langford Recreation Center
5:30 pm to 6:30 pm
Wednesdays September 7 – October 19

BADMINTON

Fee: \$4.00 / Ages: 18+

Adults please join us for some friendly badminton games. Pay each week \$4 when you come in. No need to pre-register. Bring your own rackets if you have them.

18433 Langford Recreation Center
6:00 pm to 7:45 pm
Fridays September 9 – December 16

BOWLING / DARTS

Fee: Free / Ages: 50+

Join other adults ages 50 & older in gym bowling and darts each Friday at Langford Recreation Center.

18433 Langford Recreation Center
9:30 am to 10:30 am
Fridays September 2 – December 16
Rec Center Staff

CARDIO FITNESS WORKOUT: DAYSPRING WITH THE FITTEST

Fee: \$5.00 / Ages: 18+

An exercise class held in the early morning hours to help awaken and rejuvenate your body for the rest of the day. A perfect blend of dance, body weight exercises, cardio, functional movement and stretches. Start your day off with the energy and revitalization. Replace or enjoy your warm cup of tea/coffee!!! No registration required. \$5/session, \$54/12 sessions, \$80/20 sessions.

18532 Linwood Recreation Center
6:15 am to 7:15 am
Tues & Thurs September 6 – December 29
Cliff Swyningan

COMPLETE FITNESS CHALLENGE

Fee: \$5.00 / Ages: 18+

This low impact, high intensity class will improve strength, flexibility and endurance. Steps, exercise balls, hand weights, yoga poses and cardio kickboxing moves are used to get a complete workout. Go at your own pace. Drop-in class, no registration required. \$5/session, \$54/12 sessions, \$80/20 sessions.

18533 Linwood Recreation Center
10:30 am to 11:30 am
Tuesdays September 6 – December 27
Coleen Tusa

Linwood Recreation Center
9:30 am to 10:30 am
Fridays September 9 – December 30
Coleen Tusa

Linwood Recreation Center
10:30 am to 11:30 am
Saturdays September 10 – December 31 s
Coleen Tusa

55+ WORKOUT

Fee: \$5.00 / Ages: 55+

This workout includes cardio, flexibility and upper body strength with exercises using hand-held weights, elastic tubing with handles ending with abdominal work and relaxation. Drop-in class, no registration required. \$5/session, \$54/12 sessions, \$80/20 sessions.

18531 Linwood Recreation Center
9:15 am to 10:15 am
Mon, Tue, Th September 6 – December 29
Davenport, Teresa

EARTH MOON YOGA

Fee: \$5.00 / Ages: 18+

This low impact, high intensity class will improve strength, flexibility and endurance. Steps, exercise balls, hand weights, yoga poses and cardio kickboxing moves are used to get a complete workout. Go at your own pace. Drop-in class, no registration required. \$5/session, \$54/12 sessions, \$80/20 sessions.

18534 Linwood Recreation Center
9:15 am to 10:15 am
Wednesdays September 7 – December 28
Teresa Davenport

Linwood Recreation Center
7:45 am to 8:45 am
Wednesdays September 7 – December 28
Teresa Davenport

Linwood Recreation Center
12:00 pm to 1:00 pm
Saturdays September 9 – December 30
Teresa Davenport

PILATES - MIND/BODY/ STRENGTH

Fee: \$5.00 / Ages: 18+

Standing and mat workout influenced on techniques developed by Joseph Pilates enhanced with fluctuating pace. Gentle enough for those beginning a fitness program with progressions to accommodate participants aspirations of an advanced level. Use Weights, Kettlebells, BOSU & Resistance bands with some exercises to increase intensity. Use foam roller with modern Pilates exercises to target the waistline, abs, oblique, lower back and glutes. Welcome to limited abilities occupational and ex athlete as well. \$5/session, \$54/12 sessions, \$80/20 sessions.

18530 Linwood Recreation Center
6:15 pm to 7:15 pm
Tu, Thur September 6 – December 29
Cliff Swyningan

RUSSIAN KETTLEBELLS

Fee: \$145.00 / Ages: 18+

The kettlebell looks like a cannonball with a handle. The offset weight offers full range of motion and dynamic lifts that creates an incredible cardio/ 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.

5043 Martin Luther King Recreation Center
6:30 pm to 7:30 pm
Mondays September 26 – November 7

MEN'S INDOOR SOCCER

Fee: \$5.00 / Ages: 18+

Weekly pickup games of men's soccer ages 18 and older in the gym. \$5/each week. No pre-registration required.

15797 Northwest Como Recreation Center
5:00 pm to 6:30 pm
Sundays December 4 – March 26

WOMEN 35+ BASKETBALL

Fee: \$4.00 / Ages: 35+

No pre-registration needed. \$4/each week. Low intensity, friendly, laid-back and non-competitive pickup games for individual women ages 35 & over.

5527 Northwest Como Recreation Center
6:30 pm to 7:30 pm
Sundays December 4 – March 26

SENIOR GAMERS

Fee: Free / Ages: 50+

This group meets on Tuesdays, 1 - 3 p.m. at Northwest Como Recreation Center, 1550 N. Hamline Ave. Enjoy your favorite table games such as Sequence, Phase 10 and Mexican Train. For more information contact Northwest Recreation Center staff at 651-298-5813.No registration needed.

12776 Northwest Como Recreation Center
1:00 pm to 3:00 pm
Tuesdays September 6 – December 27

ARTIST WORKSHOP WITH WINE AND CHEESE FOR ADULTS

Fee: \$50.00 / Ages: 18+

Relax with a glass of wine and learn how to create Expressionism (expressing yourself in color) using Gouache, an opaque watercolor. You will need to have a strong interest in art but skill is not required. Barb will teach the techniques and then you have time to practice. You will leave with a portfolio of practice pieces. This adult class will include one glass of wine or two specialty coffees or unlimited drip coffee or sodas along with cheese and crackers. Class meets at Underground Music Café. Come early to order your beverage and find your work area, class will start at 7pm.

18372 Northwest Como Recreation Center
7:00 pm to 9:00 pm
Monday December 5

MENTAL HEALTH CRISIS PLANNING FOR FAMILIES

Fee: \$50.00 / Ages: 18+

Presented by the National Association on Mental Illness (NAMI) Having a child with challenging behaviors or a mental illness can be stressful and at times families need help. Learn the role of county crisis teams, de-escalation techniques and how to create effective crisis plans.

18369 Northwest Como Recreation Center
6:30 pm to 8:30 pm
Tuesday October 25

SIGN WITH YOUR BABY

Fee: \$100.00 / Ages: 1 month – 24 months

Is your baby or toddler ready to communicate more? Are they frustrated because they can't get their message across? This class is meant to be attended by your child (ages birth to 2 years) and you. Children who sign at an early age have accelerated verbal language development, show less frustration, have a closer connection with their caregivers, and have an increased IQ, according to the research. American Sign Language is also a helpful tool to use with older children who have language delays or for children with special needs. This four-session class will teach you over 160 signs that are relevant to use with little ones. Signs will be taught through songs, games, books and lessons. You will receive handouts each session to help you remember the signs that you have learned.

18367 North Dale Recreation Center
6:30 pm to 7:15 pm
Wednesdays November 9 – December 7
Dana Johnson

SENIOR FITNESS

Fee: Free / Ages: 18+

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. This program is \$1.00 for each class and is an ongoing class on Tuesday and Thursdays. No registration is required.

17197 North Dale Recreation Center
9:30 am to 10:30 am
Tu, Thur September 1 – December 29
Jody Kipples

LAUGHTER YOGA

Fee: Free / Ages: 18+

First Thursday of the month. Come 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 of fee to participate. Wear comfortable clothing and plan to have fun!

17212 North Dale Recreation Center
9:30 am to 10:30 am
Thursdays September 1 – December 1
Diane Hansen

EARTH MOON YOGA

Fee: \$5.00 / Ages: 18+

Come wake up that mind and body... Expand, Explore, Energize and Ground. This class begins with gentle yoga poses designed to open up the body and release tension. Moving into postures: Seated, Standing, Balance and Lying Down to deepen the experience. Ending with deep relaxation and meditation. Props and mats provided. \$5/ weekly fee or \$54/12 sessions or \$80/20 sessions.

17233 North Dale Recreation Center
11:00 am to 12:00 am
Tuesdays September 6 – December 20
Teresa Davenport

North Dale Recreation Center
7:40 pm to 8:40 pm
Saturdays September 3 – December 24
Teresa Davenport

PILATES/MIND/BODY/ STRENGTH

Fee: \$5.00 / Ages: 18+

Standing and mat workout influenced on techniques developed by Joseph Pilates enhanced with fluctuating pace. Gentle enough for those beginning a fitness program with progressions to accommodate participants aspirations of an advanced level. Use Weights, Kettlebells, BOSU & Resistance bands with some exercises to increase intensity. Use foam roller with modern Pilates exercises to target the waistline, abs, oblique, lower back and glutes. Welcome to limited abilities occupational and ex athlete as well. \$5/weekly fee or \$54/12 sessions or \$80/20 sessions.

17235 North Dale Recreation Center
7:15 pm to 8:15 pm
Mon, Wed September 7 – December 21
Cliff Swyningan

ARTIST WORKSHOP FOR ADULTS

Fee: \$30.00 / Ages: 19+

Bring out your creative side and learn to express yourself in color. We will experiment with the styles of famous artists and not so famous. You will experiment with different mediums including torn paper, gauche and cut paper. Barb will teach you techniques and let you experiment with color, space and design. You need to have a strong interest in art but skill is not required.

18371 North Dale Recreation Center
9:00 am to 11:00 am
Tuesdays September 20 – October 4
Barb McIntosh

CRIBBAGE NIGHT

Fee: Free / Ages: 19+

Every Thursday night North Dale will have cribbage for adults. Relax and enjoy the evening playing cribbage with your neighbors. No cribbage Nov 24 & Dec 8.

18366 North Dale Recreation Center
6:30 pm to 8:30 pm
Thursday September 22 – December 29

GETTING TO KNOW NAMI

Fee: Free / Ages: 16+

Learn how The National Association on Mental Illness (NAMI) can directly affect the lives of children and adults with mental illnesses and their families. Learn about education and support programs.

18370 North Dale Recreation Center
10:00 am to 11:00 am
Saturday September 17

NUTRITION 101

Fee: \$30.00 / Ages: 18+

This workshop will inspire you to permanently change your perspective on weight and overall health. You'll discover why diets don't work and the problems associated with common weight loss. We'll discuss the importance of adding more of certain foods to your diet rather than taking foods away. Come with a notebook and be ready to participate in this jam-packed workshop. Lori Kampa Kearney is a Certified Integrative Nutrition Health Coach from the Institute of Integrative Nutrition.

18401 North Dale Recreation Center
1:15 pm to 2:45 pm
Saturday October 8

ACTING IS FUN

Fee: \$60.00 / Ages: 18+

Beginning course for fun and personal growth. Re-experience the exhilarating freedom you haven't felt since you were a child! Imagination games and acting exercises will help you discover parts of your personality you rarely explore.

18495 North Dale Recreation Center
1:15 pm to 2:45 pm
Thursdays October 27 – November 10

CHALLENGE SQUARE DANCING

Fee: \$7.00 / Ages: 18+

A partner is not required to register but coming with a partner is encouraged. Dance to a variety of music while learning patterned steps in a square formation with 7 other people. Wear comfortable shoes and clothing. Children under 16 are \$3.00 a session and must be accompanied by an adult. Must have completed Mainstream & Plus level classes to attend. This is a drop in class - registration is not required. Fee is \$7/weekly.

17199 North Dale Recreation Center
6:30 pm to 9:00 pm
Mondays September 12 – December 19
Dan Sahlstrom

ADULT BASKETBALL

Fee: \$2.00 / Ages: 19+

Come together and enjoy some friendship and exercise time playing basketball.

18421 North Dale Recreation Center
1:00 pm to 3:00 pm
Wednesdays October 5 – November 30

ADULT VOLLEYBALL

Fee: \$2.00 / Ages: 19+

Come together and enjoy some friendship and exercise time playing volleyball. Weekly fee \$2 paid when you come.

17199 North Dale Recreation Center
1:00 pm to 3:00 pm
Mondays October 3 – November 28

CAREGIVING, RELAXATION AND FLORAL ARRANGING

Fee: \$20.00 / Ages: 18+

For past or present caregivers! Caregiving can be equal parts rewarding and stressful. Breathing and flowers can be equal parts calming and engaging. The Como Park Falcon Heights Living at Home Block Nurse Program is hosting this class as a space for past or present caregivers to take a break and give back to themselves. The class will introduce you to some relaxation techniques for the first half and then move into education and the creation of your own floral arrangement. You take home the bouquet you design. Give yourself a break and smell the flowers. Duration: 2 hour, one day only. Cost: \$20 includes flowers and vase. Please bring garden gloves and flower shears if you'd like. Register through Como Block Nurse program at www.comobnp.org under store button or call 651-642-1127.

18592 North Dale Recreation Center
9:30 am to 11:30 am
Saturday October 15

LIFE-ENRICHMENT COURSE: ARTWORK, EXERCISE AND REL

Fee: \$50.00 / Ages: 55+

One may wonder how all of these aspects are tied together. Well, technically they are not, but in this life-enrichment course provided by the Como Park Falcon Height Living at Home Block Nurse program, you'll get a little bit of it all. Over the course of 6 weeks, each class will focus on a different aspect of your well-being and the aging process. Two classes focus on relaxation techniques, two on artwork using drawing and painting techniques, and two on exercises based on programming created by the Arthritis Foundation. You will receive materials to reference and for application outside of class in your daily living. Hopefully you will instill some creativity and enduring patterns for your golden years. This class is best suited for those 55 years and better. Duration: each class is 1.25 hours. Cost: \$50 for entire course. Register through Como Block Nurse program at www.comobnp.org under store button or call 651-642-1127..

18593 North Dale Recreation Center
10:00 am to 11:30 am
Wednesdays September 21 – October 26
Como Block Nurse

ADULT SOCCER

Fee: Free / Ages: 18+

Adult soccer will be held on Fridays. Only \$3/night.

18560 Mcdonough Recreation Center
6:00 pm to 9:00 pm
Fridays October 21 – December 16

ADULT VOLLEYBALL / BADMINTON

Fee: Free / Ages: 18+

Recreational volleyball and or badminton will be played on Thursdays. Fee is \$2/night.

18562 Mcdonough Recreation Center
6:00 pm to 9:00 pm
Thursday October 20 – December 22

ADULT TRAKOW

Fee: Free / Ages: 18+

Come on down and play Trakow with others. Cost is \$3/night.

18557 Mcdonough Recreation Center
6:00 pm to 9:00 pm
Fridays October 18 – December 20

ADULT OPEN BADMINTON

Fee: Free / Ages: 18+

Open Adult Badminton. Geared towards more advanced players. \$3 per session

18611 El Rio Vista Recreation Center
6:00 pm to 8:45 pm
Fridays September 16 – December 16

ADULT OPEN VOLLEYBALL

Fee: \$3.00 / Ages: 18+

Open Adult Volleyball for all levels of play.

18610 El Rio Vista Recreation Center
5:45 pm to 8:45 pm
Fridays September 16 – December 16

ZUMBA

Fee: \$5.00 / Ages: 12+

This Latin Dance based fitness activity is still all the rage. Join in on the fun and the fitness will come. This is a family friendly activity so children who can keep up may also attend. Fee: \$5/session (drop-in), Discount Membership Cards also available - \$54/12 sessions, \$80/20 sessions.

18453 Palace Recreation Center
6:00 pm to 7:00 pm
Tuesdays Ongoing

Palace Recreation Center
9:00 am to 10:00 am
Saturdays Ongoing

YOGA - HATHA

Fee: \$5.00 / Ages: 18+

This Hatha based Yoga class is for anyone new to or with experience in yoga. Modifications will be provided for all experience levels. Yoga creates balance in body and mind through gentle movement, breath awareness and guided relaxation to develop strength and flexibility. Participants are able to move at their own pace. Fee: \$5/session (drop-in), Discount Membership Cards also available - \$54/12 sessions, \$80/20 sessions.

18452 Palace Recreation Center
6:00 pm to 7:00 pm
Wednesdays Ongoing

YOGA - HATHA

Fee: \$48.00/ Ages: 18+

This class infuses Yoga with Pilates strengthening sensibilities and current fitness trends for a motivating mind-body workout. Yoga flow, sun salutations and poses focus on conditioning, endurance, balance, core strength, flexibility, and relaxing breath awareness, all with inspiring music.

18514 Phalen Recreation Center
6:00 pm to 7:00 pm
Mondays September 19 – October 31

18515 Phalen Recreation Center
6:00 pm to 7:00 pm
Mondays November 7 – December 19



Express Fitness programs are designed using the following criteria: age, health condition, experience (beginner, intermediate and expert) and activity interest. Once these are evaluated, they are broken down into subcategories: youth, adult, senior and physically challenged (i.e. health issues from obesity-related illnesses). The programs are then developed based on commonalities, nutritional guidelines, and interest. As this is small group training, our goal is to evaluate each participant's progress individually while creating a team/community/family support structure to assist in meeting the goal of a permanent healthy life style.

Express Fitness Programs consist of :

- **Total Body Fitness**
- **Fitness on the Go**
- **Fitness in the Parks**

Express Fitness Locations:

(All classes drop in, no need to sign up)

- Arlington Community Center
- Oxford/Jimmy Lee Community Center
- El Rio Vista Community Center
- North Dale Community Center
- Highland Park Community Center
- Battle Creek Community Center
- West Minnehaha Community Center
- Palace Community Center

Classes start Monday, October 3rd through May 31st

For class dates, times, and descriptions please check out the online website :
<https://www.stpaul.gov/departments/parks-recreation/recreation-centers/programs/fitness-classes>

Or

Contact:
 Gregory Dodd
Gregory.dodd@ci.stpaul.mn.us
 Office: 651-789-3691
 Cell: 651-280-0704

Merriam Park Community Center
2000 St. Anthony Ave. St. Paul MN. 55104,

Questions or to register Please call 651-645-7424

Upcoming Speakers & Events

Poetry and Writing: Finding Home

4 session class
Beginning Wed., September 21
12:30 pm – 2:15 pm

Get Your Flu Shot

October 5
10:30 am – Noon
Fee: \$35-\$40 if not covered by insurance.

Learn how to eat healthy on a budget!

6 session class
Beginning Thursday October 6
Noon – 1 pm.
Fee: \$5 with a sliding fee.

Reminiscence Group: The 'Times of Your Life

3 sessions
Beginning Monday, November 7
11:30 am – 12:30 pm

Janes Button Collection

Wednesday, October 26
11:15 am – Noon, Free Must Register

Andy Julits – Yoga and Author

Wednesday, November 9
11:15 am – Noon
following fit and fabulous Free

COPD and Lung Disease

Monday, December 19
11:15 am – 12:15 pm
Free

AARP Smart Driver Program

Tuesday, October 11
9:30 am – 1:30 pm
Fee: \$20

Wednesday, November 16
11:30 am – 3:30 pm
Fee: \$20

Exercise Programs

Fit and fabulous

Monday – Wednesday, Fridays
10:30 am – 11:30 am
Fee: \$10/month for silver & fit members \$25/year – ongoing

Pickleball

Tuesday & Thursday
Beginning Tuesday September 6
9:00 am – 11:00 am
Fee: \$3 per session

Line Dancing

Advanced Beginners
Mondays 1:00 am – 2:30 pm
Fee: \$6 per session

Stick Walking

Thursdays
10:00 am – 11:00 am
Fee: FREE

Ongoing Services

Produce Distributions

Wednesday September 14
Noon – 3:00 pm

Meals on Wheels

call 651-645-7424

Health Insurance/Medicare Counseling

Thursday, September 15
Noon – 1:00 pm
By appointment only.

Blood Pressure station is available

Monday – Friday
8:00 am – 4:00 pm

Ongoing Activities

Mexican train

2nd and 4th Tuesday of each month
1:00 pm – 2:30 pm

Scrabble – Fridays 11:30am

Bridge:

Beginners Bridge

5 sessions
Beginning Thursday October 13
10:30 – Noon
Fee: \$5

Brush up play

Thursdays
10:00 am – Noon

Intermediate play

Thursdays
12:30 – 3:00 pm

Cribbage:

Beginners cribbage

3 sessions
Beginning Tuesday October 4
11:00 am – Noon
Fee: Free

Tuesdays
12:30 am – 3:00 pm

Keystone Krafters/Artists

Bring your supplies.
Tuesdays, 1:00 pm – 3:00 pm

Special

Halloween Party

Friday October 28
12:15 pm – 1:45 pm
Fee: \$8

Holiday Christmas Party

Monday December 5
Noon – 2:00 pm
Fee: \$9

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 5 – Labor Day,

Fri. Nov. 11 – Veteran’s Day, Thur & Fri, Nov 24 & 25 – Thanksgiving,

Mon. Dec. 5 Holiday Decorating Day, Mon. Dec. 25 – Christmas Day &

Mon, Jan. 1 – New Year’s Day.

Conveniently located in downtown Saint Paul, City Passport provides a place for those over 50 to socialize, learn, and engage with the community. The center contains a classroom, a private conference room, and a drop-in area complete with reading materials and a television. View ongoing City Passport events in the activity brochure. Collaborating with the HealthEast Passport Program, City Passport encourages those over the age of 50 to stop by for health screenings, health and safety seminars, stimulating arts and crafts programs, and more.

City Passport is a free service, although some special activities do require a participation fee to support individual programs. City Passport visitors will automatically receive a free HealthEast Passport Program membership card that must be presented upon entrance to City Passport.



For a calendar of activities being held at City Passport, please visit us our website at www.healtheast.org/passport, stop in or call and be added to our monthly mailing.

How to get to City Passport

Between 5th & 6th, Cedar & Minnesota

Entrance is near the security desk on the skyway level.

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.

GOLDEN MELODY MAKERS

Fee: Free / Ages: 50 and up

10:15am to 11:15am • Thursdays on going

The chorus sings a variety of songs in 4-part harmony. They rehearse once a week except during the weeks that they have a performance. The chorus performs at care centers, assisted living facilities, senior groups, schools and other locations once or twice a month. Feel free to stop in and check out the group if you are interested. For more information, contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us

ONGOING ACTIVITIES

Bingo
 Book Club Clubs
 Bowling
 Cinema Therapy - Movie Day
 Coffee Club
 Crafts – Project different each month
 Crafts – Basket Making
 Games Galore - Table Games
 “Get Up and Go” – New exercise program
 Golden Melody makers – Chorus group
 Health Connections
 Health Screenings: Blood Pressure Checks
 Medical Insurance Counseling
 “Piece Makers”- Quilting Group
 Readers’ Theater
 “Stichers” - Surgical Caps
 Texas Hold ‘em
 “Yarniacs” – Baby Hats

UPCOMING SPECIAL EVENTS/CLASSES

Football Kickoff – Sept 13
 Halloween Party - Oct 31 Time: 1-3pm
 Turkey Event - Nov 15 Time: 1-3pm
 Holiday Decorating Day - Dec 5 Time:10am
 Holiday Chorus Performance - Dec 13
 Holiday Performance by the “Readers Theater” – Dec 16
 City of Saint Paul Wind Ensemble Holiday Performance - TBA

GOLDEN MELODY MAKERS CHORUS - PERFORMANCES

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 the group for a performance, please call Belinda 651-292-6508.

SPECIAL

EVENTS

ARLINGTON HILLS COMMUNITY CENTER OPEN HOUSE

Fee: Free / Ages: All

Join us at Arlington Hills and see what we have to offer. Staff and class instructors will be on-hand to provide information for our current classes.

18541 Arlington Hills Community Center
4:00 pm to 6:00 pm
Wednesday September 7

HARVEST FESTIVAL

Fee: Free / Ages: All

Join Arlington Hills Community Center for Harvest Fest! Family fun-filled event at AHCC following the parade. The parade begins on Payne Avenue at 12 noon. Jump castle, games, raffles and full of family fun! Activities at Arlington will be held from 1:00 to 3:00 pm.

18471 Arlington Hills Community Center
1:00 pm to 3:00 pm
Saturday September 17

TOSHOCON

Fee: Free / Ages: 3+

Calling all anime fans, pop culture geeks, and gamers! Mark your calendars for ToshonCon, a FREE one-day convention held at the Arlington Hills Community Center. Join us for a cosplay contest, tournaments, movie lounge, and more.

18538 Arlington Hills Community Center
10:00 am to 5:00 pm
Saturday October 15

ARLINGTON HALLOWEEN BASH

Fee: Free / Ages: All

Come join the ghouls at Arlington Hills! We will have a costume contest, games galore, a spooky house, and jump castle. Light refreshments will be served. All are welcome.

18490 Arlington Hills: Gym
6:00 pm to 8:00 pm
Monday October 31

HALLOWEEN PARTY

Fee: Free / Ages: 1 and up

Halloween Party! Fun games and crafts.

17329 Battle Creek Recreation
6:00 pm to 8:00 pm
Friday October 28

DINNER WITH SANTA

Fee: Free / Ages: 1 and up

Spaghetti Dinner provided for registered families.

10867 Dayton's Bluff Recreation Center
6:00 pm to 7:30 pm
Tuesday December 13

EAST SIDE PRIDE

Fee: Free / Ages: 1 and up

Summer event outside with various activities.

18518 Dayton's Bluff Recreation Center
12:00 pm to 4:00 pm
Saturday September 17

DINNER WITH SANTA

Fee: Free / Ages: All

Families will enjoy food, crafts, and a visit from Santa. Sponsored by the Duluth & Case Booster Club.

10805 Duluth & Case Recreation Center
6:00 pm to 7:30 pm
Thursday December 8



HOLIDAY CRAFT BAZAAR

Fee: Free / Ages: 3 and up

Get your holiday shopping done early! Buy gifts from over 40 vendors selling a variety of items such as jewelry, candles, and more. Concessions will be available. Please call Edgcumbe Rec Center 651-695-3711 for vendor information.

15404 Edgcumbe Recreation Center
10:00 am to 3:00 pm
Saturday November 19

HALLOWEEN PARTY

Fee: Free / Ages: 1 and up

Halloween Party! Fun, games and crafts.

5543 El Rio Vista Recreation Center
6:30 pm to 8:30 pm
Friday October 21

HALLOWEEN PARTY

Fee: \$5.00 / Ages: 1 and up

This is a family friendly event with unlimited spooky games, spooky treats, and fun!! Haunted House, Jump Castle, and more!! Wear your costume!! Children under the age of 2 are Free.

15214 Groveland Recreation Center
6:30 pm to 8:30 pm
Friday October 14

SANTA'S WORKSHOP

Fee: Free / Ages: 1-18

Kids will be able to come shopping for their family members. No items will be over \$2.00. Participants will be able to spend up to \$10.00. All gifts will be wrapped. No adults will be allowed in the room, so make a list who to buy for.

18460 Hazel Park Recreation Center
6:00 pm to 8:00 pm
Tuesday December 13

HALLOWEEN PARTY

Fee Assistance Scholarship : \$150.00 / Ages: 1 and up
1 Week Session

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

17148 Hazel Park Recreation Center
5:30 pm to 7:00 pm
Tuesday October 25

DINNER WITH MR. & MRS. CLAUS

Fee: \$5.00 / Ages: 1 and up

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 \$25.00. Children under the age of 2 are FREE.

11080 Langford Recreation Center
5:30 pm to 7:00 pm
Friday December 2

LINWOOD FALL BONFIRE

Fee: Free / Ages: 1 and up

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

15204 Linwood Recreation Center
5:00 pm to 9:00 pm
Saturday October 8

MJM HALLOWEEN BASH

Fee: Free / Ages: 3 and up

Come Join The MJM (Merriam Park, Jimmy Lee, MLK) Campus while we celebrate Halloween! There will be a petting zoo, Jump Castle, Haunted House, and MORE! Don't be scared, come party and wear your best costume for the costume contest!

18443 Merriam Park Recreation Center
5:00 pm to 8:00 pm
Friday October 28

WELCOME BONFIRE

Fee: Free / Ages: 1 and up

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

17260 Merriam Park Recreation Center
6:00 pm to 8:00 pm
Friday October 7

SPRING PARTY

KWANZAA CELEBRATION

Fee: Free / Ages: All Ages

Celebrate Kwanzaa activities for all. Light refreshments will be served.

5479 Martin Luther King Recreation Center
12:00 pm to 2:00 pm
Friday December 30

WELCOME BONFIRE

Fee: Free / Ages: 1 and up

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

5523 Northwest Como Recreation Center
6:30 pm to 8:30 pm
Friday September 30

FAMILY FALL BONFIRE

Fee: Free / Ages: 3+

Celebrate the end of the fall sports season with neighbors at a family friendly bonfire. We will have roasting sticks, pie irons and hot apple cider. Bring your own roastable snacks. Outdoor youth athletic equipment will be available to use.

18519 Phalen Recreation Center
6:00 pm – 8:00 pm
Wednesday October 19

CRAFT FAIR

Fee: Free / Ages: 1 and up

Get a head start on your holiday shopping at the Craft Fair. Concessions will be available. Please call 651-558-2329 for vendor information.

18484 North Dale Recreation Center
10:00 am to 4:00 pm
Saturday October 22

HALLOW FEST

Fee: Free / Ages: 1 and up

Hallow Fest is fun Halloween activities for youth under the age of 12. Come in costume!

17198 North Dale Recreation Center
5:00 pm to 7:00 pm
Friday October 28

WINTER WONDERLAND

Fee: Free / Ages: 1 and up

Open your imagination to a wonderland of activities with a special visit from Santa. Activities geared for youth under the age of 12.

7627 North Dale Recreation Center
5:30 pm to 7:30 pm
Thursday December 8

Great River Water Park

270 N Lexington Parkway

651-642-0650

Fall Hours Begin September 6

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 16, October 21, November 18, December 16

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

ADMISSION FEES

UNDER 48"	\$6.00
OVER 48"	\$7.00
FAMILY (UP TO 5 MEMBERS)	\$24.00
EACH ADD'L MEMBER	\$4.00
NON-SWIMMING DECK FEE	\$4.00

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	Friday	Friday	Friday	Thursday	Friday
October 20	October 21	October 28	November 18	November 24	November 25
Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Water Aerobics 5:30-6:30pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Closed	Open Swim 11am-5pm; Lap Swim 9:00-11:00 am No Water Aerobics
Thursday	Friday	Saturday	Sunday	Monday	Tuesday
December 22	December 23	December 24	December 25	December 26	December 27
Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Water Aerobics 5:30-6:30pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Closed	Closed	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Water Aerobics 5:30-6:30pm
Wednesday	Thursday	Friday	Saturday	Sunday	Monday
December 28	December 29	December 30	December 31	January 1	January 2
Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Water Aerobics 5:30-6:30pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm	Open Swim 11am-5pm No Water Aerobics (Children's Pool and Water Slides only from 11am-12:30pm); Lap Swim 11am-12:30pm	Open Swim 11am-5pm (Children's Pool and Water Slides only from 11am-12:30pm); Lap Swim 11am-12:30pm	Open Swim 10:30am-8pm (Children's Pool and Water Slides only from 5:30pm-7pm); Lap Swim 5:30-7:00pm

SWIM LESSON SCHEDULE

FALL SESSION \$60 / SESSION

Tuesday Evening

September 20 – November 8

4:30–5:20 pm Fin Buddies – Sunfish

5:30–6:20 pm Fin Buddies – Tigerfish

6:30–7:20 pm Fin Buddies – Tigerfish

Wednesday Morning

September 21 – November 9

9:30–10:20 am Fin Buddies – Moonfish

Saturday Morning

September 24 – November 12

9–9:50 am All Levels & Adult Classes

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

11–11:50 am Fin Buddies – Sunfish

MINI SESSION \$30 / SESSION

Tuesday Evening

November 22 – December 13

4:30–5:20 pm Fin Buddies – Sunfish

5:30–6:20 pm Fin Buddies – Tigerfish

6:30–7:20 pm Fin Buddies – Tigerfish

Wednesday Morning

November 23 – December 14

9:30–10:20 am Fin Buddies – Moonfish

Saturday Morning

November 26 – December 17

9–9:50 am All Levels & Adult Classes

10–10:50 am Fin Buddies – Tigerfish

11–11:50 am 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 sidestroke. Swimmers must have completed Catfish or have equivalent skills.

Rainbow Trout – Stroke Refinement

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

Tigerfish – Skill Proficiency

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

Junior 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: \$7

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), 19 (5:30pm), 21 (7am)

November: 7 (7am), 16 (7am), 20 (11am)

October: 10 (7am), 16 (11am), 28 (5:30pm)

December: 2 (5:30pm), 11 (11am), 21 (7am)

Power Water Aerobics: \$7

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: 20 (5:30-6:30pm), 30 (9:30-10:30am)

November: 1 (5:30-6:30pm), 26 (8:00-9:00am)

October: 13 (5:30-6:30pm), 22 (8:00-9:00am)

December: 1 (5:30-6:30 pm), 17 (8:00-9:00am), 27 (5:30-6:30pm)

NEW! Deep Water Conditioning: \$7 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.



Saint Paul Parks and Recreation

25 W. Fourth Street

400 CHA

Saint Paul, MN. 55102