• Over 200 Programs for Preschool, Youth, Teen, Family & Adult

• Registration starts December 14
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Holiday Closings for Recreation Centers

Thursday, December 24 - Christmas Eve (centers close at 4pm)

Friday, December 25 - Christmas Day - CLOSED

Thursday, December 31 - New Year’s Eve (centers close at 6pm)

Friday, January 1 - New Year’s Day (some sites are open for skating, please call the recreation center for more information)

Monday, February 15 - President’s Day (some sites open, please call the recreation center for more information)

Monday, May 30 - Memorial Day - CLOSED

When to Register Registration will begin on December 14 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.

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Contact info

General information – 651-266-6400
Volunteer hotline – 651-266-6464

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

HOW TO USE THIS CATALOG

Activity Name — B A L L E T & T A P I

Activity Fee — Fee: $85.00 / Ages: 5-6

Activity Description — Students will learn both ballet and tap routines. Dress in leotard and both ballet and tap shoes required. Students will receive costumes, professional pictures taken, and be in a recital on stage in the spring! Costume fee is $45

Activity Number — 6307

Location — Battle Creek Recreation Center

Day Class is Held On — Mondays January 11, 2016 - May 9, 2016

Runs during no school day

R E G I S T R A T I O N  &  U S E
MESSEY FINGERS & TOES
Fee: $38.00 / Ages: 1-5
Parents & children will create art while getting hands and feet dirty with glitter, paint bombs, spray bottles and ink pads. Children will have the chance to explore different activities each week in a relaxed, open house environment with no emphasis on outcome. The best part is leaving the mess behind. Children must be accompanied by an adult who will assist their child. Dress for getting messy!

16200 Edgcumbe Recreation Center
10:15am to 11am
Wednesdays March 9, 2016 - April 20, 2016

12201 Dayton's Bluff Recreation Center
10am to 10:45am
Fridays January 15, 2016 - April 15, 2016

BARNYARD BUDDIES ART CLASS
Fee: $50.00 / Ages: 3-5
All your child’s favorite farm friends will come to life. We’ll create puppies, horses, cows and more using several simple artistic techniques. Come and create right along with your child with these hands on classes. Children must be accompanied by a caregiver.

13520 NorthwestComo Recreation Center
10:30am to 11:30am
Fridays April 15, 2016 - May 6, 2016

MOMMY & ME COLOR ENCOUNTER ART CLASS
Fee: $50.00 / Ages: 1.5-6
In this hands-on class, your child will enjoy learning about primary and secondary colors while getting messy with lots of ooey, gooey sensory play. Each class will involve a sensory encounter and an art project that is sure to lay the foundation for a lifelong love of art. All art materials used in this class are non-toxic. Come and create right along with your child in these hands on classes. Children must be accompanied by a caregiver.

17515 North Dale Recreation Center
10:30am to 11:30am
Thursdays February 11, 2016 - March 3, 2016

PLAY DATE WITH MOMMY ART CLASS
Fee: $20.00 / Ages: 3-5
How many times have you said “Love you to the moon and back?” In this class you and your young artist will create an adorable wall hanging inspired by this popular endearment. Children must be accompanied by a caregiver.

13521 Northwest Como Recreation Center
651-298-5813
10:30am to 11:30am
Friday February 12, 2016

MOMMY AND ME BIG AND MESSY ART CLASS
Fee: $45.00 / Ages: 1.5-6
Let your little artist explore the messier side of art in a big way! Your child will enjoy many sensory experiences as they create enormous works of art. They will paint, sculpt, scribble, and giggle their way to discovering a grander scale of art. These projects are way too big or way too messy to tackle at home! Come and create right along with your child in these hands on classes! This is a great class for siblings to take together! Children must be accompanied by a caregiver.

16159 Groveland Recreation Center
9:30am to 10:30am
Tuesdays February 2, 2016 - February 23, 2016
DOODLEBUGS & FLUTTERBY ART CLASS W/KIDCREATE

Fee: $45.00 / Ages: 1.5-6

Did you know that 95% of all species on Earth are insects? Learn cool facts about bugs while creating beautiful butterflies, lovely ladybugs, wiggly, giggly worm art and more. We'll learn about different creepy crawlies and have fun creating art inspired by the bug of the week. We'll explore several art methods as we create sculptures, paintings and more. Come and create right along with your child, children must be accompanied by a caregiver.

16160 Edgcumbe Recreation Center
9:30am to 10:30am
Wednesdays January 13, 2016 - February 3, 2016

EXPLORATOTS (PARENT/CHILD)

Fee: Free / Ages: 2-5

Join us on outdoor adventures with your child! We'll venture out on a hike, engage in hands-on activities, and enjoy stories and songs to connect to the natural world. Held second and fourth Wednesdays. Different themes offered each class. Please dress appropriately for the weather. Children must be supervised with an accompanying adult. Siblings welcome. Drop-ins welcome, but register if you want to receive email notifications. Legacy funded. Contact: Faith Krogstad, 651-632-2455.

13406 Phalen Lakeside Activity Center at Phalen Park
10am to 11:30am
2nd/4th Wednesdays
January 13, 2016 - May 25, 2016

PRESCHOOL STORY-TIME

Fee: Free / Ages: 0-5

Preschool Storytimes teach creative expression, social skills, listening comprehension, and the foundations of reading through number and letter recognition, and vocabulary building.

16261 Arlington Hills Community Center
10:30am to 11am
Tuesdays January 5, 2016 - May 24, 2016

ANIMAL FRIENDS

Fee: $20.00 / Ages: 3.5-5

Explore the animal kingdom and learn about animal adaptations, their tracks, and the different sounds they make. Examine feathers, fur, and fish scales up close. Children take home a fun animal mask.

17445 Langford Recreation Center
10:30am to 11:15am
Thursday March 17, 2016

GRANDPARENT MAD MIXTURES

Fee: $20.00 / Ages: 3-5 + Grandparent

Chemistry is a type of science that is all about mixing things together and observing cool reactions. Preschoolers love it! Join your grandchild and experiment by mixing a mini explosion, floating colors and mix Mad Science color gel to take home.

17497 North Dale Recreation Center
10am to 10:45am
Tuesday April 19, 2016

HUMAN BODY

Fee: $20.00 / Ages: 3.5-5

Have fun learning while assembling the Mr. Bones puzzle. Take part in fun, hands-on activities that help us learn about our internal organs. Listen to your heart muscle with a stethoscope. Take home an Organ Outfit.

17512 North Dale Recreation Center
9:30am to 10:15am
Wednesdays February 3, 2016

LIGHTS ON

Fee: $20.00 / Ages: 3.5-5

We use our eyes to see but we also need light. Explore different kinds of light, colors of light, and what shadows are. Children even catch a shadow with phosphorescent paper and take home a rainbow peephole.

17446 Langford Recreation Center
10:30am to 11:15am
Thursday January 28, 2016
TUMBLING

Fee: $42.00 / Ages: 3-5
This is a beginning class that focuses on introducing new motor skills and movements. This class will focus on jumps, leaps, rolls, handstands, cartwheels and other tumbling skills through lots of fun and games.

6338 Highland Park Community Center
9:30am to 10:15am
Fridays January 8, 2016 - February 12, 2016

6345 Highland Park Community Center
9:30am to 10:15am
Fridays February 26, 2016 - April 1, 2016

6710 Highland Park Community Center
9:30am to 10:15am
Fridays April 15, 2016 - May 20, 2016

TASTE & SMELL

Fee: $20.00 / Ages: 3.5-5
As a young scientist, experiment with how much of flavor is triggered by visual cues and smell. Test your tongue with the four basic tastes. Preschool Picassos take home scratch and sniff stickers.

16174 Northwest Como Recreation Center
10am to 10:45am
Friday March 11, 2016

WORLD OF WORMS

Fee: $20.00 / Ages: 3.5-5
Use magnifying glasses to explore the fascinating body of a worm. Learn about their eating habits and where they live. Practice eating like a worm and take home your very own worm picture.

17513 North Dale Recreation Center
9:30am to 10:15am
Monday March 7, 2016

KIDS CAN COOK I

Fee: $5.00 / Ages: 4-6
Participants will learn simple cooking ideas without using the stove.

17474 Hazel Park Recreation Center
6pm to 7pm
Tuesdays January 12, 2016 - January 19, 2016

TUMBLING PARENT AND CHILD

Fee: $42.00 / Ages: 2-3
This is a beginning class that focuses on introducing new motor skills and movements. This class will focus on jumps, leaps, rolls, handstands, cartwheels and other tumbling skills through lots of fun and games.

6321 Highland Park Community Center
10:30am to 11am
Wednesdays January 6, 2016 - February 10, 2016

6325 Highland Park Community Center
10:30am to 11am
Wednesdays February 24, 2016 - March 30, 2016

6700 Highland Park Community Center
10:30am to 11am
Wednesdays April 13, 2016 - May 18, 2016
PARENT & CHILD
CREATIVE MOVEMENT
Fee: $42.00 / Ages: 2-5
6 Week Sessions
Explore basic movement and dance concepts while increasing strength and coordination. Parent or guardian required.

6320 Highland Park Community Center
9:30am to 10:15am
Wednesdays January 6, 2016 - February 10, 2016

6324 Highland Park Community Center
9:30am to 10:15am
Wednesdays February 24, 2016 - March 30, 2016

6699 Highland Park Community Center
9:30am to 10:15am
Wednesdays April 13, 2016 - May 18, 2016

17579 Highland Park Community Center
11am to 11:45am
Wednesdays January 6, 2016 - February 10, 2016

17580 Highland Park Community Center
11am to 11:45am
Wednesdays February 24, 2016 - March 30, 2016

17581 Highland Park Community Center
11am to 11:45am
Wednesdays April 13, 2016 - May 18, 2016

16401 Highland Park Community Center
10:30am to 11:15am
Saturdays January 9, 2016 - February 13, 2016

6357 Highland Park Community Center
10:30am to 11:15am
Saturdays February 27, 2016 - April 2, 2016

6717 Highland Park Community Center
10:30am to 11:15am
Saturdays April 16, 2016 - May 21, 2016

17576 Highland Park Community Center
Noon to 12:45pm
Saturdays January 9, 2016 - February 13, 2016

17577 Highland Park Community Center
Noon to 12:45pm
Saturdays February 27, 2016 - April 2, 2016

17578 Highland Park Community Center
Noon to 12:45pm
Saturdays April 16, 2016 - May 21, 2016

TAE KWON DO JR
Fee: $50.00 / Ages: 4-5
Traditional Tae Kwon Do for children. More 1-on-1 training and class sizes imited to 10 students at a time.

16099 North Dale Recreation Center
5:30pm to 6pm
Mondays & Wednesdays
January 4, 2016 - January 27, 2016

16100 North Dale Recreation Center
5:30pm to 6pm
Mondays & Wednesdays
February 1, 2016 - February 29, 2016

16101 North Dale Recreation Center
5:30pm to 6pm
Mondays & Wednesdays
March 2, 2016 - March 30, 2016

16102 North Dale Recreation Center
5:30pm to 6pm
Mondays & Wednesdays
April 4, 2016 - Wednesday April 27, 2016

16103 North Dale Recreation Center
5:30pm to 6pm
Mondays & Wednesdays
May 2, 2016 - May 30, 2016

BIG BIRD ART CLASS
Fee: $24.00 / Ages: 3-5
“Can you tell me how to get, how to get to Sesame Street?”
We will create portraits of Big Bird using various art supplies.

17494 Langford Recreation Center
10:30am to Noon
Thursday, February 18, 2016
Studio, Kidcreate

17540 Linwood Recreation Center
9:30am to 11:30am
Saturday, February 20, 2016
Studio, Kidcreate

17549 El Rio Vista Recreation Center
9:30am to 11:30am
Saturday, March 5, 2016
Studio, Kidcreate

PRESCHOOL PROGRAMS
**Music Together**  
Fee: $172.00 / Ages: 0.5-5  
Music and movement classes for children birth-K, led by 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. Registration 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.

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<tr>
<td>17462</td>
<td>Highland Park Community Center</td>
<td>9:15am to 10am</td>
<td>Wednesdays</td>
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<td>January 6, 2016 - March 9, 2016</td>
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<tr>
<td>17463</td>
<td>Highland Park Community Center</td>
<td>10:15am to 11am</td>
<td>Wednesdays</td>
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<td>January 6, 2016 - March 9, 2016</td>
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<td>17464</td>
<td>Highland Park Community Center</td>
<td>10am to 10:45am</td>
<td>Thursdays</td>
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<td>January 7, 2016 - March 10, 2016</td>
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<tr>
<td>17465</td>
<td>Highland Park Community Center</td>
<td>9:30am to 10:15am</td>
<td>Fridays</td>
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<td>January 8, 2016 - March 11, 2016</td>
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<td>17466</td>
<td>Highland Park Community Center</td>
<td>10:15am to 11am</td>
<td>Saturdays</td>
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<td>January 9, 2016 - March 12, 2016</td>
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<tr>
<td>17625</td>
<td>Highland Park Community Center</td>
<td>9:15am to 10am</td>
<td>Wednesdays</td>
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<td>April 6, 2016 - June 8, 2016</td>
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<td>17626</td>
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<td>10:15am to 11am</td>
<td>Wednesdays</td>
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<td>April 6, 2016 - June 8, 2016</td>
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<tr>
<td>17627</td>
<td>Highland Park Community Center</td>
<td>10am to 10:45am</td>
<td>Thursdays</td>
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<td>April 7, 2016 - June 9, 2016</td>
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<td>17628</td>
<td>Highland Park Community Center</td>
<td>9:30am to 10:15am</td>
<td>Fridays</td>
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<td>April 8, 2016 - June 10, 2016</td>
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<tr>
<td>17629</td>
<td>Highland Park Community Center</td>
<td>10:15am to 11am</td>
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<td>April 2, 2016 - June 11, 2016</td>
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**Date with a Dino**  
Fee: $30.00 / Ages: 3-6  
This is their chance to have a play date with a dino and create a fantastic work of dinosaur art. This is a great class for siblings to attend together.

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<tbody>
<tr>
<td>17563</td>
<td>Palace Recreation Center</td>
<td>9:30am to 11:30am</td>
<td>Saturday</td>
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<td>February 6, 2016</td>
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<td>Studio, Kidcreate</td>
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**Tots Arts and Crafts**  
Fee: $1.00/session / Ages: 2-4  
Join us for educational arts and crafts. There will be different themes and activities each month. Please dress to get messy as art supplies will vary.

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<tr>
<th>Date</th>
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<th>Days</th>
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<tbody>
<tr>
<td>17585</td>
<td>Phalen Recreation Center</td>
<td>10:30am to 11:30am</td>
<td>Tuesdays</td>
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<td>January 19, 2016 - May 17, 2016</td>
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**Once Upon a Time Robotics**  
**Parent/Child**  
Fee: $99.00 / Ages: 3-6  
Our new class for young builders is based on developmentally appropriate practice. The program provides: a literature experience, fine motor skill development, and helps children learn by experiencing science through play.

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<tr>
<td>17428</td>
<td>Edgcumbe Recreation Center</td>
<td>10am to Noon</td>
<td>Tuesdays</td>
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<td>January 12, 2016 - February 9, 2016</td>
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<tr>
<td>17425</td>
<td>Highland Park Community Center</td>
<td>10am to Noon</td>
<td>Tuesdays</td>
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<td>March 1, 2016 - March 29, 2016</td>
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**Hip Hop Dance**  
Fee: $50.00 / Ages: 4-6  
A beginning class, with each session consisting of nine classes all leading up to performances on April 1st and June 10th. No prior dance instruction required!

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<th>Days</th>
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<tbody>
<tr>
<td>17505</td>
<td>Martin Luther King Recreation Center</td>
<td>5:30pm to 6pm</td>
<td>Wednesdays</td>
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<td>February 3, 2016 - March 30, 2016</td>
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<tr>
<td>17506</td>
<td>Martin Luther King Recreation Center</td>
<td>5:30pm to 6pm</td>
<td>Wednesdays</td>
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<td>April 13, 2016 - June 8, 2016</td>
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</table>
BABY BALLET
Fee: $50.00 / Ages: 3-5
Do you have a budding ballerina or dancer in your home? Then this is the class for them! Students will be introduced to the very basics of ballet and dance with fun steps.

7359 North Dale Recreation Center
Noon to 12:30pm
Friday March 4, 2016 - May 20, 2016
Wetz, Zachari

PRE-BALLET
Fee: $50.00 / Ages: 4-6
Do you have a budding ballerina or dancer in your home? Then this is the class for them! Students will be introduced to the very basics of ballet and dance with fun steps.

7360 North Dale Recreation Center
12:30pm to 1pm
Fridays March 4, 2016 - May 20, 2016
Wetz, Zachari

BALLET & TAP
Fee: $100.00
Children will learn basic ballet and tap techniques and will end with a recital in May. Costume fee payable when we order. Tap and ballet shoes are required. (No class April 7)

6394 Ages 3-4.5
Merriam Park Recreation Center
5:45pm to 6:30pm
Thursday January 14, 2016 - May 5, 2016
Handren, Rachel

6395 Ages 4.5-5.5
Merriam Park Recreation Center
6:20pm to 7:05pm
Thursday January 14, 2016 - May 5, 2016
Handren, Rachel

6396 Ages 5.5 & up
Merriam Park Recreation Center
7:10 pm to 7:55pm
Thursday January 14, 2016 - May 5, 2016

BALLET, TAP & CREATIVE MOVEMENT
Fee: $50.00 / Ages: 3-5
Do you have a budding ballerina or dancer in your home? Then this is the class for them! Students will be introduced to the very basics of ballet and dance with fun steps.

7359 North Dale Recreation Center
Noon to 12:30pm
Friday March 4, 2016 - May 20, 2016
Wetz, Zachari

6396 Ages 5.5 & up
Merriam Park Recreation Center
7:10 pm to 7:55pm
Thursday January 14, 2016 - May 5, 2016

RECITAL, TAP, BALLET & CREATIVE MOVEMENT
Fee: $80.00 / Ages: 3-4
Students will learn both ballet and dance routines. Students will receive costumes, professional pictures taken, and be in a recital on stage in the spring! Ballet and tap shoes are required. Costume fee is $45.00

6305 Battle Creek Recreation Center
5:30pm to 6pm
Monday January 11, 2016 - May 9, 2016
Hauser, Holly

6306 Battle Creek Recreation Center
5:30pm to 6pm
Tuesday January 12, 2016 - May 10, 2016
Hauser, Holly

BALLET/CREATIVE MOVEMENT
Fee: $70.00 / Ages: 3-5
Children will learn basic ballet and creative movement skills during this 10 week session. A dance recital will be held on on Wednesday, March 30, 2016 at 6pm. Costume fee included in price. Ballet shoes are required.

13402 Northwest Como Recreation Center
3:15pm to 4pm
Wednesdays January 20, 2016 - March 30, 2016
Handren, Rachel

RECITAL, TAP, BALLET & CREATIVE MOVEMENT
Fee: $175.00 / Ages: 3.5-4.5
Combination Dance Class: Tap, Creative Movement, and Ballet. Includes costume and recital. Payment must be made by first day of class before participant can begin.

6403 North Dale Recreation Center
9:15am to 10am
Saturdays January 9, 2016 - May 21, 2016
Ohman, Mindy

PRESCHOOL PROGRAMS
ARTIST’S WORKSHOP
Fee: $60.00 / Ages: 5-13
This class is perfect 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 of art. Bring a snack for break time or have school snack.

7331 Ages 7-13 / Northwest Como Recreation Center
3pm to 5pm
Wednesdays April 13, 2016 - May 18, 2016
McIntosh, Barb

6224 Ages 5-7 / Northwest Como Recreation Center
3pm to 5pm
Wednesdays January 13 - February 17, 2016
McIntosh, Barb

6223 Ages 8-13 / Northwest Como Recreation Center
3pm to 5pm
Mondays January 11, 2016 - February 29, 2016
McIntosh, Barb

MESSY ARTS
Fee: Free / Ages: 4-9
Structured arts and craft class focused on finger painting, coloring, plaster molds and other art activities. All youth should be expected to get a little messy.

16112 Duluth & Case Recreation Center
6pm to 6:30pm
Tuesdays February 2, 2016 - February 16, 2016

11407 Duluth & Case Recreation Center
6pm to 6:30pm
Mondays March 7, 2016 - March 28, 2016

CRAZY CRAFTS
Fee: $20.00 / Ages: 6-10
Participants will have fun making some crazy crafts out of a variety of materials such as paper, plastic, pipe cleaners and paint. Some of the projects will include marble art and use model magic.

11306 Hayden Heights Recreation Center
6pm to 7pm
Thursdays January 28, 2016 - February 25, 2016

MAKE YOUR OWN SET OF POTTERY
Fee: $65.00 / Ages: 6-11
Participants will create bowls, cups, and plates using hand-building techniques such as pinch, slab and coil. All work will be bisque fired and dip glazed on the last day of class. Fired work will be ready to pick up two weeks after the class ends.

13572 Edgcumbe Recreation Center
10am to Noon
Saturdays February 6, 2016 - February 27, 2016

MAKE YOUR OWN CERAMIC SCULPTURE
Fee: $65.00 / Ages: 6-12
Participants will build sculptures using hand-building techniques such as pinch, slab, scooped and coil. Students will choose from a variety of glaze and under-glaze finishes to complete their work. Fired work will be ready in two weeks for pick up.

13573 Edgcumbe Recreation Center
10am to Noon
Saturdays March 5, 2016 - March 26, 2016

SUPER-DUPER MESSY ART CLASS
Fee: $30.00 / Ages: 4-9
If you like to get messy, this class is for you! We'll use tissue paper to paper mache an adorable puppy dog onto a real canvas board.

17514 North Dale Recreation Center
9:30am to 11:30am
Friday, January 29, 2016
**ODE TO VAN GOGH ART CLASS**

Fee: $55.00 / Ages: 5-12

Swirls of color, starry night skies and brightly colored sunflowers are just a few things that will inspire your young artist during this class. We’ll learn about Vincent Van Gogh as we create starry night globes, sunflower “impasto” paintings and more. Please pack a nut free snack, lunch and drink for your child.

- **17640** Highland Park Community Center
  9:30am to 2:30pm
  Monday April 4, 2016
  F Studio, Kidcreate

- **17492** Langford Recreation Center
  9:30am to 2:30pm
  Friday March 25, 2016
  F Studio, Kidcreate

**PAINT LIKE PICASSO**

Fee: $30.00 / Ages: 5-12

This is your child’s chance to paint on a real canvas board, just like Picasso! They will learn all about the Cubist style as they draw and paint their own self-portrait.

- **17635** Edgcumbe Recreation Center
  9:30am to 11:30am
  Tuesday, December 29, 2015
  Studio, Kidcreate

- **17639** Groveland Recreation Center
  1:30pm to 3:30pm
  Wednesday, April 6, 2016
  Studio, Kidcreate

**STAYCATION ART CAMP**

Fee: $50.00 / Ages: 5-12

Are you vacationing at home this spring break? Grab your sunglasses! We’re going to the beach- sort of. Young artists will create a bunch of art projects with a beach theme. We’ll be getting messy with paint, clay and Model Magic as we create sand castles, palm trees, sea creature mobiles and more!

- **17641** Edgcumbe Recreation Center
  9:30am to 11:30am
  Mondays & Tuesdays
  April 4, 2016 - April 5, 2016

**S.T.E.M. ARTS**

Fee: Free / Ages: 8-11

Participants will use science, technology, engineering and math in creating a variety of art projects and doing fun activities. Each week explore interesting and creative inventions with us and our community partners Merrick Community Services.

- **17560** Hayden Heights Recreation Center
  3:30pm to 5pm
  Thursdays January 21, 2016 - March 24, 2016

- **17564** Hayden Heights Recreation Center
  3:30pm to 5pm
  Thursdays April 7, 2016 - June 2, 2016

**SCOOBY DOOBY DOO ART CAMP**

Fee: $50.00 / Ages: 4-9

In this groovy camp, we’ll make everything Scooby loves, such as Scooby snacks, a sandwich piled high with all of his favorite ingredients, and the Mystery Machine. We’ll get messy with clay, paint and more as we help Scooby catch the villain. Please pack a nut free snack and drink for your child each day.

- **16131** Northwest Como Recreation Center
  1pm to 3pm
  Mondays & Tuesdays
  April 4, 2016 - April 5, 2016
**PLAYDATE MOMMY ART CLASS**
Fee: $18.00 / Ages: 1.5-6
How many times have you said, Love you to the moon and back to your child? In this class you and your young artist will create an adorable wall hanging inspired by this popular endearment. What a great keepsake! Children must be accompanied by a caregiver.

**Groveland Recreation Center**
9:30am to 11:30am
Tuesday January 26, 2016

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**EASTER CARD MAKING**
Fee: $2.00 / Ages: 6-11
Participants will learn to make handmade cards. All supplies included.

**Duluth & Case Recreation Center**
4:30pm to 5:30pm
Thursdays March 24, 2016 - March 24, 2016

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**MOTHER’S DAY CARD MAKING**
Fee: $2.00 / Ages: 6-11
Participants will learn how to make handmade cards. All supplies are included.

**Duluth & Case Recreation Center**
4:30pm to 5:30pm
Thursdays May 5, 2016 - May 5, 2016

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**VALENTINE’S DAY CARD MAKING**
Fee: $2.00 / Ages: 6-11
Participants will learn how to make handmade cards. All supplies are included.

**Duluth & Case Recreation Center**
4:30pm to 5:30pm
Thursdays February 4, 2016

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**FROSTY FUN: ART & SWIMMING**
Fee: $25.00 / Ages: 6-12
Students will play and build in the snow, go snowshoeing, and make cookies with hot cocoa and marshmallows for snacks. Camp will include fun winter themed arts and crafts activities and swimming! Dress to play outside. Bring a swimsuit and towel. Please bring a swimsuit, towel, and lunch.

**Jimmy Lee Recreation Center**
8am to 5pm
Friday, January 29, 2016

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**WILLY WONKA’S CANDY CRAFTS & SWIMMING**
Fee: $25.00 / Ages: 6-12
Use candy, frosting and marshmallows as art materials to create a mosaic and a mobile that is scrumdiddlyumptious! Participants should bring a swimsuit, towel, and bag lunch.

**Jimmy Lee Recreation Center**
8am to 5pm
Friday March 18, 2016

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**BUILD A BIRDHOUSE**
Fee: Free / Ages: 8-13
Participants will plan, assemble, and design their own birdhouse. The class will also incorporate values such as community, family, nature and craftsmanship. All materials will be provided and participants will be able to take their project home with them.

**Duluth & Case Recreation Center**
7pm to 8pm
Mondays March 7, 2016 - March 28, 2016

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**GROSSOLOGY, ART & SWIMMING**
Fee: $25.00 / Ages: 6-12
Youth will swim at Great River Water Park, engage in slimy, slithery, yucky science experiments and make pudding with “dirt and worms” for a snack. Bring a swimsuit, towel and lunch.

**Jimmy Lee Recreation Center**
8am to 5pm
Friday, February 26, 2016
INFANT, CHILD & ADULT CPR-AED CERTIFICATION
Fee: $45.00 / Ages: 11 and up
Get Certified in Infant, Child and Adult CPR and AED use.

13539 El Rio Vista Recreation Center
10:30am to 1:30pm  
Saturday February 20, 2016

13540 El Rio Vista Recreation Center
5:30pm to 8:30pm
Thursday March 10, 2016

HOMEWORK HELP
Fee: Free / Ages: 6 and up
Students of all ages can drop in and work on their homework independently or with the help of volunteer tutors.

16264 Arlington Hills Community Center
4pm to 7pm  
Monday-Thursday  
January 4, 2016 - May 26, 2016

TAKE HOME CHEF
Fee: $10.00 / Ages: 6-11
Learn how to make simple healthy meals or snacks that you can also make at home.

11310 Hayden Heights Recreation Center
6pm to 7:15pm
Thursdays April 14, 2016 - May 12, 2016

COOKING AROUND THE WORLD
Fee: $20.00 / Ages: 9-12
Children will work with a variety of ethnic recipes from a variety of countries throughout the world. Asia to Mexico. 4 Sessions

13412 Phalen Recreation Center
5:30pm to 7pm
Tuesdays February 9, 2016 - March 1, 2016

13413 Phalen Recreation Center
10am to 11:15am
Saturdays March 12, 2016 - April 2, 2016

YORK’S KITCHEN
Fee: Free / Ages: 9-16
Learn how to make simple meals from our very own chef Joe York. Students will be able to take cooking materials home after each cooking session to cook on their own.

17558 El Rio Vista Recreation Center
7pm to 8pm
Fridays January 8, 2016 - February 12, 2016

BREAD BAKING
Fee: Free / Ages: 6 and up
Learn how to bake fresh homemade bread. Every participant will make bread dough to bring home to bake. Please bring a bowl for mixing. Recipes will be shared.

7344 Duluth & Case Recreation Center
6pm to 8pm
Thursday January 21, 2016

7345 Duluth & Case Recreation Center
6pm to 8pm
Thursday February 18, 2016

CHOPPING IT UP WITH MR. T
Fee: Free / Ages: 10-15
Chopping it up with Mr.T is a cooking class made fun and easy for participants. any group of young people. While learning helpful cooking tips, the participants enjoy conversations about nutrition and get to eat their work at the end with friends!

16728 Arlington Hills Community Center
4:30pm to 6:30pm
Thursday January 28, 2016

CHEMICAL ENGINEERING - MIX IT UP
Fee: $70.00 / Ages: 7-12
Students use the Engineering Design Process to design, create, test and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up an oil spill, synthesize their own rocket fuel and investigate the secrets behind color pigmentation.

17490 North Dale Recreation Center
6pm to 7:30pm
Tuesdays March 8, 2016 - March 29, 2016
MINECRAFT DIGITAL ANIMATION
Fee: $80.00 / Ages: 6-12
New backdrops & characters! Minecraft is the game phenomenon focused on creativity and building, allowing players to build environments out of textured cubes in a virtual 3D world. Students, working in pairs, will be introduced to Minecraft in real life with our customized Legos, and finally film a stop motion movie using Minecraft-inspired Lego creations. Students will take home an animated movie to show off their creations. Bring a USB drive to save your video.

Merriam Park Recreation Center
9am to Noon
Saturdays April 23, 2016 & April 30, 2016

ULTIMATE VIDEO GAME DESIGN
Fee: $80.00 / Ages: 7-12
Using Scratch 2.0 & a new game tutorial, students, working in pairs, will create an interactive 2D video game using their favorite characters. Choose characters from Justice League, Angry Birds, Star Wars, PokéMon Nintendo, Minecraft, Clash of Clans, Plants vs. Zombies, and Temple Run. The first class will be spent learning to use scratch, and on the final session, students will be walked through creating a working arcade style game, picking which character to use. Bring a USB drive to save your game.

Merriam Park Recreation Center
9am to Noon
Saturdays January 30, 2016 & February 6, 2016

LEGO MINECRAFT ART
Fee: $30.00 / Ages: 5-12
LEGO bricks and Minecraft- what an amazing combination! Kids will create multiple projects inspired by Creepers, the popular Minecraft characters. We will use air-dry clay, paint and LEGO bricks to create these explosive masterpieces.

El Rio Vista Recreation Center
9:30am to 11:30am
Saturday April 30, 2016
Studio, Kidcreate

Linwood Recreation Center
9:30am to 11:30am
Saturday March 12, 2016
Studio, Kidcreate

LEGO MINECRAFT ENGINEERING
Fee: $80.00 / Ages: 6-12
From the hit video game Minecraft, comes our awesome Lego and Papercrafts class. Student builders will be creating mob figures, custom blocks, torches, mosaics, custom biomes and terrains from the Minecraft video game! We will use both cardboard papercrafts and Legos to create our worlds. Builders will be challenged to bring their virtual designs from the game to life and get to take home a daily project. Most materials will be for class use only. Take-homes include: 2 papercrafts.

Merriam Park Recreation Center
9am to Noon
Saturdays March 5, 2016 & March 12, 2016

MINECRAFT GAME DESIGNER
Fee: $70.00 / Ages: 7-11
Turn Minecraft from a game into a visual learning tool. This class will reinforce problem solving skills and spatial cognition through learning to create in-game puzzles, mazes and obstacle courses. Student will learn basic game design skills while they collaborate to build Adventure maps, as well as some advanced features of Minecraft, such as Command Blocks. This class has a strong emphasis on creativity, exploration and cooperative learning experiences. Students will be able to take their custom worlds home on a flash drive, and will be able to continue to develop these worlds on their home computers.

Langford Recreation Center
6:30pm to 8pm
Mondays April 11, 2016 - May 2, 2016

INTRO TO CODING WITH SUPER HEROES
Fee: $70.00 / Ages: 5-8
Create your own video game!! Students as young as 5 years old can create their own platform video games in this cool class! Choose your storyline with popular super heroes, add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Bring a jump drive to class!

Linwood Recreation Center
9am to Noon
Saturday January 16, 2016 - January 23, 2016
Explorers, Computer
CIVIL ENGINEERING: BUILDING UP
Fee: $70.00 / Ages: 7-11
Students use the Engineering Design Process to design, create, test and refine a balsa wood bridge designed to withstand the greatest force. They examine several different types of bridge designs and discover how the forces of tension, compression, bending, torsion and shear are distributed throughout their structures.

17543 Linwood Recreation Center
4:30pm to 6:00pm
Thursdays January 7, 2016 - January 28, 2016

JUNIOR CIVIL ENGINEERING: FUN FOUNDATIONS
Fee: $70.00 / Ages: 7-11
Building a house to withstand the Big, Bad Wolf is where the fun begins. This class is centered on exploring the concepts of building and construction through hands-on exploration and design. Students explore the engineering behind skyscrapers, bridges, roads and more in this fun and engaging experience.

17541 Linwood Recreation Center
4:30pm to 6:00pm
Mondays March 7, 2016 - March 28, 2016
For Kids, Engineering

ROBOTICS: MISSION TO MARS
Fee: $70.00 / Ages: 7-11
Students design and program LEGO EV3 robots to explore an unknown planet, find safe shelter and collect soil samples from the planet. Students use LEGO Robotics and computers to learn principles of robotics, computer programming and teamwork.

17542 Linwood Recreation Center
4:30pm to 6:00pm
Thursdays February 4, 2016 - February 25, 2016
For Kids, Engineering

17567 Palace Recreation Center
4:30pm to 6:00pm
Wednesdays February 3, 2016 - February 24, 2016
For Kids, Engineering

CLAY ANIMATION
Fee: $70.00 / Ages: 6-10
Working in teams, students will create their own clay characters and props. Student groups’ final movies will be e-mailed to parents, or students may bring a USB jump drive the last day to take home their films immediately.

17562 Palace Recreation Center
9am to Noon
Saturdays March 5, 2016 - March 12, 2016
Explorers, Computer

CLAY ANIMATION
Fee: $70.00 / Ages: 7-11
Clay and digital Animation, what a perfect combination. Working in teams, students do it all. Students will create their own clay characters and props. As they learn the production process, they will animate, record, download, assemble and edit their own movie. Using the same tools used by today’s best known animators, this course will spark their imaginations and then give them the tools to bring their ideas to life. Final movies will be emailed to parents, or students may bring a USB jump drive the last day to take home their films. Student photography release must be signed for class.

17491 North Dale Recreation Center
9:30am to 12:30pm
Saturdays April 23, 2016 & April 30, 2016
For Kids, Engineering

3D VIDEO GAME DESIGN
Fee: $70.00 / Ages: 8-11
Learn to create 3D games and challenge your friends. Students can choose from 20 different game characters. Bring a USB drive to save your games on the last day or they can be e-mailed to parents.

17559 Palace Recreation Center
9am to Noon
Saturdays February 20, 2016 - February 27, 2016
Explorers, Computer
JR. MECHANICAL ENGINEERING: LET’S MAKE TOYS
Fee: $70.00 / Ages: 4-6
This class introduces our youngest engineers to fundamental concepts of energy, materials and movement. Participants explore and construct six different toys throughout this unit, including spinner, magical boomerang cans, wind-up whirligigs and more.

17565 Palace Recreation Center
4:30pm to 6:00pm
Tuesdays May 3, 2016 - May 24, 2016
For Kids, Engineering

ENVIRONMENTAL ENGINEERING-GO GREEN
Fee: $70.00 / Ages: 7-12
Students use the engineering Design Process to design, create, test, and refine basic solutions related to alternative energy and environmental issues. They will learn principles behind crafting efficient wind-powered machines and discover how those machines can be used to help reduce the use of fossil fuels. During the culminating project, students test different materials to discover which ones most effectively clean up after an oil spill.

17472 Northwest Como Recreation Center
1:30pm to 3:00pm
Monday-Thursday
April 4, 2016 - April 7, 2016

REC PLUS
Fee: Free / Ages: 7-10
Rec Plus is an after school activity for children in 2nd-5th grade. Activities will include games, homework time and arts & crafts. A nutritional snack will be provided.

17473 Northwest Como Recreation Center
3pm to 5pm
Monday-Friday
March 1, 2016 - April 29, 2016

SCHOOLHOUSE CHESS FOR SUCCESS
Fee: $80.00 / Ages: 6-12
Research shows that learning chess helps you develop self-confidence, critical thinking and creative problem solving skills. There are no mixed level classes in Schoolhouse Chess for Success. Your class is at your level. Continually learn something new on the road to becoming your family’s chess champion. Learn how the pieces move and capture, check and checkmate, casting, and material value.

17485 Langford Recreation Center
6:30pm to 7:30pm
Wednesdays February 24, 2016 - March 30, 2016

AEROSPACE ENGINEERING
Fee: $70.00 / Ages: 7-12
Students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight.

17478 Langford Recreation Center
6:30pm to 8pm
Wednesdays May 4, 2016 - May 25, 2016
17561 Palace Recreation Center
4:30pm to 6:00pm
Thursdays April 14, 2016 - May 5, 2016

LEGO ZIPLINES & BATTLER
Fee: $70.00 / Ages: 7-11
Make and experiment with different LEGO zip lines. Build LEGO contraptions that travel up and down a zip line, climb across a tightrope, and more. Experiment to make your LEGOs zip faster and slower, then get them back to the top of the line. We will also create battle spinner tops, speedors and more.

16142 Northwest Como Recreation Center
3:15pm to 5:15pm
Thursdays March 17, 2016 - March 31, 2016
17546 Linwood Recreation Center
9am to Noon
Saturdays April 16, 2016 - April 23, 2016
**MINERAL MANIA**
Fee: $20.00 / Ages: 6-12
Watch as rocks and minerals glow under an ultraviolet light. Learn about mineral formation and how to identify different types of minerals. Search for minerals in class and start your own mineral collection with what you find!

[17471] Northwest Como Recreation Center
3:30pm to 4:30pm
Monday May 9, 2016

**RADICAL ROBOTS**
Fee: $20.00 / Ages: 6-12
Operate different robots that use a variety of sensory devices, such as infrared, sound or light detection. Operate a robot with six legs or one with wheels and command a robot to play soccer. Try out a robot arm and build your own MechanoHand to take home.

[17498] North Dale Recreation Center
6pm to 7pm
Wednesday February 17, 2016

**ROBOTICS AND ROCKETS**
Fee: Free / Ages: 7-13
Join us with our partner Merrick Community Services and its Explorer’s Club to dive into the wonders of rocketry, robotics and food science.

[17588] Duluth & Case Recreation Center
4:30pm to 5:30pm
Monday & Wednesday
March 21, 2016 - June 1, 2016

[17589] Duluth & Case Recreation Center
4:30pm to 5:30pm
Monday & Wednesday
January 4, 2016 - March 16, 2016

**ROBOTICS CAMP**
Fee: $120.00 / Ages: 8-15
This camp will teach the basics of S.T.E.M (Science, Technology, Engineering and Mathematics) using robots. This camp allows participants to progress at their own speed and learn new skills with every robot built. Students will be able to purchase a robot kit after class if interested.

[17432] Edgcumbe Recreation Center
10am to 12:30pm
Monday-Friday
April 4, 2016 - April 8, 2016

[17434] Groveland Recreation Center
1:30pm to 4pm
Monday-Friday
April 4, 2016 - April 8, 2016

**KIDS BATTLE ROBOTS**
Fee: $110.00 / Ages: 10-17
Participants will use a robot kit to build their own robot to battle against other participants. These kits allow participants to progress at their own speed. Kits will be available for purchase at the end of class.

[17424] Highland Park Community Center
10am to 3pm
Monday December 28 - Wednesday December 30
CREATIVE MOVEMENT I
Fee: $42.00 / Ages: 3-5
Explore basic movement and ballet dance concepts while increasing strength and coordination.

6380 Linwood Recreation Center
11:15am to Noon
Mondays January 4, 2016 - February 8, 2016

6383 Linwood Recreation Center
11:15am to Noon

7380 Linwood Recreation Center
11:15am to Noon
Mondays April 11, 2016 - May 16, 2016

TUMBLING I
This beginning class that focuses on introducing new motor skills and movements. This class will focus on jumps, leaps, rolls, handstands, cartwheels and other tumbling skills through lots of fun and games.
Fee: $42.00 / Ages: 3-5

6392 Linwood Recreation Center
Noon to 12:45pm
Mondays January 4, 2016 - February 8, 2016

6393 Linwood Recreation Center
Noon to 12:45pm

12738 Linwood Recreation Center
Noon to 12:45pm
Mondays April 11, 2016 - May 16, 2016

Fee: $30.00- $35.00 / Ages: 5-6

17521 North Dale Recreation Center
10am to 10:45am
Tuesdays March 22, 2016 - May 3, 2016

17520 North Dale Recreation Center
10am to 10:45am
Tuesdays February 2, 2016 - March 8, 2016

PARENT & CHILD
CREATIVE MOVEMENT
Fee: $42.00 / Ages: 2-5
6 Week Sessions
Explore basic movement and dance concepts while increasing strength and coordination. Parent required.

6320 Highland Park Community Center
9:30am to 10:15am
Wednesdays January 6, 2016 - February 10, 2016

6324 Highland Park Community Center
9:30am to 10:15am
Wednesdays February 24, 2016 - March 30, 2016

6699 Highland Park Community Center
9:30am to 10:15am
Wednesdays April 13, 2016 - May 18, 2016

17579 Highland Park Community Center
11am to 11:45am
Wednesdays January 6, 2016 - February 10, 2016

17580 Highland Park Community Center
11am to 11:45am
Wednesdays February 24, 2016 - March 30, 2016

17581 Highland Park Community Center
11am to 11:45am
Wednesdays April 13, 2016 - May 18, 2016

16401 Highland Park Community Center
10:30am to 11:15am
Saturdays January 9, 2016 - February 13, 2016

6357 Highland Park Community Center
10:30am to 11:15am
Saturdays February 27, 2016 - April 2, 2016

6717 Highland Park Community Center
10:30am to 11:15am
Saturdays April 16, 2016 - May 21, 2016

17576 Highland Park Community Center
Noon to 12:45pm
Saturdays January 9, 2016 - February 13, 2016

17577 Highland Park Community Center
Noon to 12:45pm
Saturdays February 27, 2016 - April 2, 2016

17578 Highland Park Community Center
Noon to 12:45pm
Saturdays April 16, 2016 - May 21, 2016
CREATIVE MOVEMENT
Fee: $42.00 / Ages: 3-5
6 Week Sessions
Explore basic movement and dance concepts while increasing strength and coordination.

6322 Highland Park Community Center
11:45am to 12:30pm
**Wednesdays** January 6, 2016 - February 10, 2016

6326 Highland Park Community Center
11:45am to 12:30pm
**Wednesdays** February 24, 2016 - March 30, 2016

6701 Highland Park Community Center
11:45am to 12:30pm
**Wednesdays** April 13, 2016 - May 18, 2016

6328 Highland Park Community Center
5pm to 5:45pm
**Thursdays** January 7, 2016 - February 11, 2016

6333 Highland Park Community Center
5pm to 5:45pm
**Thursdays** February 25, 2016 - March 31, 2016

6703 Highland Park Community Center
5pm to 5:45pm
**Thursdays** April 14, 2016 - May 19, 2016

6341 Highland Park Community Center
10:15am to 11am
**Fridays** January 8, 2016 - February 12, 2016

6348 Highland Park Community Center
10:15am to 11am
**Fridays** February 26, 2016 - April 1, 2016

6713 Highland Park Community Center
10:15am to 11am
**Fridays** April 15, 2016 - May 20, 2016

BALLET I
Fee: $42.00 / Ages: 5-11
6 Week Sessions
Students will learn ballet skills and techniques. No special attire needed.

6374 Linwood Recreation Center
5:30pm to 6:15pm
**Mondays** January 4, 2016 - February 8, 2016

6375 Linwood Recreation Center
5:30pm to 6:15pm
**Mondays** February 22, 2016 - March 28, 2016

7368 Linwood Recreation Center
5:30pm to 6:15pm
**Mondays** April 11, 2016 - May 16, 2016

6376 Linwood Recreation Center
4:30pm to 5:15pm
**Wednesdays** January 6, 2016 - February 10, 2016

6377 Linwood Recreation Center
4:30pm to 5:15pm
**Wednesdays** February 24, 2016 - March 30, 2016

7369 Linwood Recreation Center
4:30pm to 5:15pm
**Wednesdays** April 13, 2016 - May 18, 2016

6331 Highland Park Community Center
5:45pm to 6:30pm
**Thursdays** January 7, 2016 - February 11, 2016

6336 Highland Park Community Center
5:45pm to 6:30pm
**Thursdays** February 25, 2016 - March 31, 2016

6706 Highland Park Community Center
5:45pm to 6:30pm
**Thursdays** April 14, 2016 - May 19, 2016

CREATIVE MOVEMENT & BEGINNING BALLET
Fee: $42.00 / Ages: 4-6
Explore basic movement and ballet dance concepts while increasing strength and coordination.

6353 Highland Park Community Center
11:15am to Noon
**Saturdays** January 9, 2016 - February 13, 2016

6358 Highland Park Community Center
11:15am to Noon
**Saturdays** February 27, 2016 - April 2, 2016

6718 Highland Park Community Center
11:15am to Noon
**Saturdays** April 16, 2016 - May 21, 2016

BALLET II
Fee: $42.00 / Ages: 6-13
6 Week Session
Student will learn ballet techniques.

7376 Linwood Recreation Center
7pm to 8pm
**Wednesdays** January 6, 2016 - February 10, 2016

7377 Linwood Recreation Center
7pm to 8pm
**Wednesdays** February 24, 2016 - March 30, 2016

7378 Linwood Recreation Center
7pm to 8pm
**Wednesdays** April 13, 2016 - May 18, 2016

YOUTH PROGRAMS
BALLET & TAP I
Fee: $42.00 / Ages: 5-11
6 Week Sessions
Learn the basic Tap & Ballet steps. No special attire needed. Tap shoes are recommended.

7383 Linwood Recreation Center
4:30pm to 5:30pm
Mondays January 4, 2016 - February 8, 2016

7385 Linwood Recreation Center
4:30pm to 5:30pm

7386 Linwood Recreation Center
4:30pm to 5:30pm
Mondays April 11, 2016 - May 16, 2016

11740 Linwood Recreation Center
5:15pm to 6:15pM
Wednesdays January 6, 2016 - February 10, 2016

12455 Linwood Recreation Center
5:15pm to 6:15pm
Wednesdays February 24, 2016 - March 30, 2016

12739 Linwood Recreation Center
5:15pm to 6:15pm
Wednesdays April 13, 2016 - May 18, 2016

BALLET & TAP I
Fee: $42.00 / Ages: 5-8
6 Week Sessions
Participants will learn Ballet. No special attire needed, tap shoes are recommended.

6355 Highland Park Community Center
1:30pm to 2:30pm
Saturdays January 9, 2016 - February 13, 2016

6360 Highland Park Community Center
1:30pm to 2:30pm
Saturdays February 27, 2016 - April 2, 2016

6720 Highland Park Community Center
1:30pm to 2:30pm
Saturdays April 16, 2016 - May 21, 2016

BALLET & TAP II
Fee: $42.00 / Ages: 7-12
6 Week Sessions
Participants will learn Ballet & Tap. No special attire needed, tap shoes are recommended.

6332 Highland Park Community Center
6:30pm to 7:30pm
Thursdays January 7, 2016 - February 11, 2016

6337 Highland Park Community Center
6:30pm to 7:30pm
Thursdays February 25, 2016 - March 31, 2016

6707 Highland Park Community Center
6:30pm to 7:30pm
Thursdays April 14, 2016 - May 19, 2016

HIP HOP DANCE
Fee: $50.00 / Ages: 7-11
This class will introduce popular hip hop dance moves to prepare participants for a performance at the end of the session. This is a beginning class, so no prior dance experience is required. Final performances will be held on April 1 (session 1) and June 10 (session 2).

17507 Martin Luther King Recreation Center
6:15pm to 7pm
Wednesdays February 3, 2016 - March 30, 2016

17508 Martin Luther King Recreation Center
6:15pm to 7pm
Wednesdays April 13, 2016 - June 8, 2016

ADVANCED CREATIVE MOVEMENT
Fee: $42.00 / Ages: 3-5
Explore basic movement and dance concepts while increasing strength and coordination.

6342 Highland Park Community Center
11am to 11:45am
Fridays January 8, 2016 - February 12, 2016

6349 Highland Park Community Center
11am to 11:45am
Fridays February 26, 2016 - April 1, 2016

6714 Highland Park Community Center
11am to 11:45am
Fridays April 15, 2016 - May 20, 2016
CREATIVE MOVEMENT & BEGINNING BALLET
Fee: $42.00 / Ages: 4-6
6 Week Sessions
Explore basic movement and ballet dance concepts while increasing strength and coordination.

6353 Highland Park Community Center
11:15am to Noon
Saturdays January 9, 2016 - February 13, 2016

6358 Highland Park Community Center
12:45pm to 1:30pm
Saturdays February 27, 2016 - April 2, 2016

6718 Highland Park Community Center
12:45pm to 1:30pm
Saturdays April 16, 2016 - May 21, 2016

CREATIVE MOVEMENT & BALLET II
Fee: $42.00 / Ages: 5-8
6 Week Sessions
Explore basic movement and ballet dance concepts while increasing strength and coordination.

6354 Highland Park Community Center
12:45pm to 1:30pm
Saturdays January 9, 2016 - February 13, 2016

6359 Highland Park Community Center
12:45pm to 1:30pm
Saturdays February 27, 2016 - April 2, 2016

6719 Highland Park Community Center
12:45pm to 1:30pm
Saturdays April 16, 2016 - May 21, 2016

RECITAL, TAP, BALLET & CREATIVE MOVEMENT
Fee: $175.00 / Ages: 5-6
Combination Dance Class: Tap, Creative Movement, and Ballet. Includes costume and recital.*

6404 North Dale Recreation Center
10am to 10:45am
Saturdays January 9, 2016 - May 21, 2016

YOUTH PROGRAMS
23
JAZZ / BALLET / HIP HOP
Fee: $70.00 / Ages: 6-10
An introduction to various dance styles during this 10 week class. Youth will incorporate their new skills into a dance recital on March 30, 2016 at 6pm. Costume included in price. Ballet shoes required.
[11413] Northwest Como Recreation Center
4pm to 5pm
Wednesdays January 20, 2016 - March 30, 2016
Handren, Rachel

HIP HOP FOR BOYS
Fee: $60.00 / Ages: 6 and up
Guys will be exploring dance skills and work combos during this 10 week class. A dance recital is held on March 30, 2016 at 6pm at NW Como. Costume fee included in price.
[13574] Northwest Como Recreation Center
5pm to 6pm
Wednesdays January 20, 2016 - March 30, 2016
Handren, Rachel

AZTEC DANCE
Fee: Free / Ages: 6 and up
Danza Mexica Cuzuhtemoc is a community of people dedicated to the preservation and promotion of the Mexica/Azteca culture, ceremonies, dance and traditions. It is an open (dance) circle, meaning everyone is welcome to come and learn. There are no fees to learn, join or practice with us.
[6162] El Rio Vista Recreation Center
6:30pm to 8:30pm
Wednesdays December 30, 2015 - May 25, 2016

BALLET & TAP I
Fee: $85.00 / Ages: 9-13
Students will learn the basic ballet and tap techniques. There will be a recital at the end of all classes in May. Costume fee is $45.00. Tap and Ballet shoes are required.
[6309] Battle Creek Recreation Center
7:15pm to 8pm
Tuesdays January 26, 2016 - May 3, 2016
Hauser, Holly

LIVING LIFE THROUGH MUSIC: READY OR NOT
Fee: $50.00 / Ages: 5-10
Ready or Not is a dance group that focuses on the heart and soul of music by dancing. This session we will be focus on the artist formerly known as “Prince” a Minnesota legend, but that won’t be all. The dancing will illustrate Hop Hip, R&B, Soul and Street Dancing. The dancing will help youth focus on life, motivation and as having fun as they learn. All students will be given a shirt to wear when entering for practice on the first day and all students must wear loose jogging pants. All students must also purchase the recital attire (youth costume) a month before the recital. All students will get that information the who’s, when, where once class begins.
[17536] Jimmy Lee Recreation Center
5pm to 8pm
Monday February 8, 2016 - Weds April 27, 2016

RECITAL, BALLET, TAP & JAZZ
Fee: $175.00
Combination Dance Class: Tap, Jazz, and Ballet. Includes costume and recital." Payment must be made by first day of class before participant can begin.
Ages: 7-9
[14092] North Dale Recreation Center
5:30pm to 6:30pm
Thursdays January 7, 2016 - May 19, 2016
Ohman, Mindy
Ages: 10-12
[13865] North Dale Recreation Center
6:30pm to 7:30pm
Thursdays January 7, 2016 - May 19, 2016
Ohman, Mindy

BALLET & TAP I
Fee: $85.00 / Ages: 5-6
Students will learn both ballet and tap routines. Dress in leotard and both ballet and tap shoes required. Students will receive costumes, professional pictures taken, and be in a recital on stage in the spring! Costume fee is $45.00.
[6307] Battle Creek Recreation Center
6:15pm to 7pm
Mondays January 11, 2016 - May 9, 2016
Hauser, Holly
[6310] Battle Creek Recreation Center
Tuesday January 12, 2016 - May 10, 2016
Hauser, Holly
**Ballet & Tap II**

Fee: $85.00 / Ages: 7-8

Students will learn both ballet and tap routines. Dress in leotard and both ballet and tap shoes required. Students will receive costumes, professional pictures taken, and be in a recital on stage in the spring! Costume fee is $45.00.

6308 - Battle Creek Recreation Center
7:15pm to 8pm
- Mondays January 11, 2016 - May 9, 2016
  - Hauser, Holly

**Ballet & Tap**

Fee: $100.00

Students will learn basic ballet and tap techniques. There will be a recital in May. Costumes fee payable when we order. Tap and ballet shoes must be worn at class.

Ages: 4.5-5.5

6395 - Merriam Park Recreation Center
6:20pm to 7:05pm
- Thursdays January 14, 2016 - May 5, 2016

Ages: 5.5-10

6396 - Merriam Park Recreation Center
7:10pm to 7:55pm
- Thursdays January 14, 2016 - May 5, 2016

**Floor Hockey**

Fee: $25.00 / Ages: 7-12

An in house, instructional, intramural floor hockey program lead by the Northwest Como Staff.

16138 - Northwest Como Recreation Center
4pm to 4:45pm
- Mondays March 7, 2016 - April 18, 2016
  - Staff, Rec Center

**Multi-Sports Sampler**

Fee: $5.00 / Ages: 7-11

All participants will be introduced to a variety of sports. Program will focus on having fun and learning new skills. Sports can include but are not limited to soccer, floor hockey, t-ball, gym games, and basketball.

11300 - Duluth & Case Recreation Center
6pm to 7pm
- Mondays February 1, 2016 - February 29, 2016

17587 - Duluth & Case Recreation Center
6pm to 7pm
- Tuesdays March 8, 2016 - March 29, 2016

**Beginning Skateboarding**

Fee: $55.00 / Ages: 7-12

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

6293 - Merriam Park Recreation Center
6pm to 7pm
- Mondays April 18, 2016 - May 9, 2016

**Intermediate Skateboarding**

Fee: $55.00 / Ages: 8-13

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

6292 - Merriam Park Recreation Center
7pm to 8pm
- Mondays April 18, 2016 - May 9, 2016

**Multi-Sport Gym Games**

Fee: $40.00 (Winter Sessions)
$80.00 (Spring Break session) / Ages: 6-12

Spend your spring break playing some of your favorite sports including flag football, soccer and basketball. Also included in this camp will be games like kickball, capture the flag and dodgeball. Your young athlete will learn strategy in addition to the rules of the games while we incorporate sportsmanship and teamwork into this action packed camp. Bring your friends or come and make new ones in this unique and fast-paced program. Participants should bring appropriate clothing, running shoes, and a water bottle. Edgcumbe will supply a snack.

7726 - Edgcumbe Recreation Center
9:30am to Noon
- Monday & Tuesday
  - December 28 - December 29

11823 - Edgcumbe Recreation Center
9:30am to Noon
- Monday-Friday
  - April 4, 2016 - April 8, 2016

**Youth Programs**
FITNESS POWER UP
Fee: Free / Ages: 6-17
Walking for miles is the name of the game. Each child will get a pedometer and walk or do physical activities in the gym or outside, each Fri so dress appropriately. We will log their miles and see how far they travel. Kids will get a school snack after Power Up. On the final day we will recognize everyone's accomplishment.

13883  Northwest Como Recreation Center
3:15pm to 3:45pm
Fridays January 15, 2016 - February 26, 2016

SOFTWARE/BASEBALL SKILLS CLINIC
Fee: $20.00 / Ages: 8-11
Participants will be able to increase their skills while working on the basic fundamentals of softball and baseball.

7756  Dayton’s Bluff Recreation Center
6pm to 7:30pm
Wednesdays February 24, 2016 - March 16, 2016

BASEBALL/SOFTBALL SKILLS CLINIC
Fee: $20.00 / Ages: 8-12
We will be focusing on the basic fundamentals to become a well-rounded player. Each week we will be focusing on a different skill including: hitting, throwing and fielding. Clinics are open to both boys and girls.

7603  Edgcumbe Recreation Center
6pm to 7pm
Wednesdays February 17, 2016 - March 9, 2016

LEARN TO SKATE
Fee: $30.00 / 4 Week Session
Learn the fundamentals of skating including forward and backwards skating, stopping and falling safely. Skating lessons will be held Saturday mornings on January 23, 30 and February 6, 13. Participants must have skates and helmet during lessons. Classes may be canceled due to extreme temps. Participants will be notified by email or phone.
Ages: 3-6
17435  Edgcumbe Recreation Center
10am to 10:45am
Saturdays January 23, 2016 - February 13, 2016

Ages: 7-9
17436  Edgcumbe Recreation Center
11am to 11:45am
Saturdays January 23, 2016 - February 13, 2016

ICE SKATING LESSONS
4 Week Sessions
Learn the fundamentals of skating including forward and backwards skating, stopping and falling safely. Skating lessons will be held Saturday afternoons on January 9, 16, 23, 30. Classes will be canceled if weather is too cold. You will be notified by email or phone call.
Fee: $35.00 / Ages: 3-6
7114  Groveland Recreation Center
2pm to 2:30pm
Saturdays January 9, 2016 - January 30, 2016

7614  Northwest Como Recreation Center
1pm to 1:30pm
Saturdays January 9, 2016 - January 30, 2016
Krueger, Becky

Fee: $35.00 / Ages: 5-8
7608  Langford Recreation Center
Noon to 12:30pm
Saturdays January 16, 2016 - February 6, 2016
Krueger, Becky

Fee: $20.00 / Ages: 5-8
7829  North Dale Recreation Center
10am to 11am
Saturdays January 23, 2016 - February 13, 2016
Jorgensen, Eric

Fee: $35.00 / Ages: 7-12
17427  Groveland Recreation Center
2:30pm to 3pm
Saturdays January 9, 2016 - January 30, 2016
**WINTER YOUTH CLASSES**

Session I: January 9th - February 13th  
Session II: February 20th - March 26th  
Location: Groveland Rec Center Gymnasium

**Munchkin Tennis (Ages 4-6)**  
We’ll work on basic athletic skills needed for tennis with a focus on developing agility, balance and coordination. Kids will also work on sending and receiving skills through a variety of racquet and ball activities.  
Cost is $30 for 6 weeks / 9:15am - 9:55am

**Tennis 101 (Ages 7-10)**  
In this class, kids new to tennis will learn the basic rules and work on being able to rally the ball with a partner. We will focus on footwork, tracking, sending and receiving skills to develop consistency with forehand and backhand ground strokes.  
Cost is $50 for 6 weeks / 10:00am - 10:55am

**Tennis 201 (Ages 8-11)**  
This class is for kids with prior tennis experience. Students should be able to maintain a ground stroke rally over the mini-net so the focus will be on developing a more complete game with attention to the volley and serve.  
Cost is $50 for 6 weeks / 11:00am - 11:55am

**SPRING YOUTH CLASSES**

All Urban Tennis Lessons incorporate the Play First, then Play Better philosophy into instruction. We use age appropriate equipment (racquets provided as needed) so that your children are successful, and then teach them the skills needed to improve as players. In addition, our inclusion of life skills training provides important lessons for success off the court. We value and teach the SPUT SPIRIT – (S) service, (P) perseverance, (I) integrity, (R) responsibility, (I) imagination, and (T) teamwork.

**Spring Break Tennis Clinics**  
Fee: $15 / April 4-8 at  
Northwest Como Recreation Center  
13455 Ages: 7-11 1:30-2:30pm  
17522 Ages: 4-6 2:30-3:15pm

**Tuesdays At Orchard Tennis Courts**  
Fee: $30  
April 12 – May 17  
Ages 7-10, 5:00pm – 6:00pm

**Saturdays At Central High Courts**  
April 16 - May 21  
Ages 4-6 (PreK-grade 1) 8:15 am-9:00 am $30  
Ages 7-8 (grades 2-3) 9:10 am-10:00 am $30  
Ages 9-10 (grades 4-5) 10:15 am-11:15 am $45  
Ages 11-13 (grades 6-8) 11:30 am-1:00 pm $60

All classes take place in a gym using portable mini-nets and age appropriate balls. Financial assistance available. Racquets provided for use in class.

Register at [www.stpaulurbantennis.org](http://www.stpaulurbantennis.org)

**SPRING ADULT CLASSES**

**Tennis Express**  
Beginning to advanced beginner lessons that teach basic stroke production, scoring, and strategy so that you are able to hit the courts and be successful. If you want to improve your technique, this is the class for you!

**Cardio Tennis**  
This high energy fitness class combines tennis drills with cardiovascular exercise, delivering a full body, calorie burning workout. This class is for all levels.

**Sets in the City**  
For adults looking for a fun way to be active and connect with other recreational tennis players in the area. Players will be matched up according to ability for doubles and/or singles play and mix and split after a designated time period. A coach will also run a court of group drills and games. This class is recommended for intermediate to advanced players (NTRP 3.0+).

**Mondays At Edgcumbe Park**  
April 11 - May 16  
5:30pm–6:30pm Tennis Express $60  
6:30pm – 7:30pm Cardio Tennis $60

**Tuesdays At Orchard Tennis Courts**  
April 12 – May 17  
6:00pm – 7:00pm Cardio Tennis $60  
6:30pm – 8:00pm Sets in the City $75

**Thursdays At Mlk Tennis Courts**  
April 14 - May 19  
5:30 – 6:30pm Tennis Express $60  
6:30pm – 8:00pm Sets in the City $75

**Saturdays At Central High School**  
April 16 – May 21  
9:00am – 10:00am Cardio Tennis $60 or $15/class (walk-up)  
10:15am – 11:15am Tennis Express $60  
11:30am – 1:00pm Sets in the City $75
GROUP DRUMMING FOR BEGINNERS

Fee: $30.00 / Ages: 8-12

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

17495 North Dale Recreation Center
5pm to 5:30pm
Synhavsky, John

GUITAR LESSONS BY ACOUSTIC WALLS

Fee: $60.00 / Ages: 10 and up

Lessons for acoustic and electric guitar will cover chords, scales, rock, folk, metal, jazz, songwriting, theory and re-stringing and maintenance of your guitar. Participants need to bring their own guitar and tuner to class.

16165 Linwood Recreation Center
5:30pm to 6:30pm
Thursdays January 7, 2016 - February 25, 2016
Walls, Joseph

16166 Linwood Recreation Center
5:30pm to 6:30pm
Thursdays March 3, 2016 - April 21, 2016
Walls, Joseph

16167 Linwood Recreation Center
5:30pm to 6:30pm
Thursdays April 28, 2016 - June 16, 2016
Walls, Joseph

SELF DEFENSE

Fee: $6/week / Ages: 5-13

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

13558 Dayton’s Bluff Recreation Center
6pm to 8pm
Wednesdays February 10, 2016 - April 20, 2016
**TAE KWON DO**

Fee: $50.00 / Ages: 6-12

Gain confidence, discipline and skills through this ancient martial art. Registration taken monthly. Uniforms not included. Purchase through the instructor. Ages 6-12 Classes held M/W/F. Payment must be made by first day of class before participant can begin.

11744 North Dale Recreation Center 4:30pm to 5:30pm  
**Mondays, Wednesdays & Fridays**  
January 4, 2016 - January 29, 2016

12496 North Dale Recreation Center 4:30pm to 5:30pm  
**Mondays, Wednesdays & Fridays**  
February 1, 2016 - February 29, 2016

8752 North Dale Recreation Center 4:30pm to 5:30pm  
**Mondays, Wednesdays & Fridays**  
March 2, 2016 - March 30, 2016

8753 North Dale Recreation Center 4:30pm to 5:30pm  
**Mondays, Wednesdays & Fridays**  
April 1, 2016 - April 29, 2016

8758 North Dale Recreation Center 4:30pm to 5:30pm  
**Mondays, Wednesdays & Fridays**  
May 2, 2016 - May 30, 2016

**JUDO**

Fee: $12.00/month / Ages: 6-13

This class will include basic grappling, safe falling and safe throwing along with training and conditioning.

7415 Rice Recreation Center 6pm to 8pm  
**Wednesdays**  
January 6, 2016 - January 26, 2016

**SOO BAHK DO**

Fee: $85.00 / Ages: 5-12

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

6201 Highland Catholic School 6pm to 7pm  
**Wednesdays** January 6, 2016 - March 16, 2016

**TAE KWON DO FOR BEGINNERS**

Fee: $70.00 / Ages: 6 and up

Tae Kwon Do… The way of the hands and feet, the art of kicking and punching. Learn Olympic style Tae Kwon Do. Courtesy, Integrity, Perseverance, Self-control and Indomitable spirit. It develops balance and coordination. One of the few sports that family members can participate. Master Myung Rosas and master Noble Ram are under the guidance of Master Wes Grieme and Grandmaster Yong Chin Pak.

6255 Martin Luther King Recreation Center 5:30pm to 6:30pm  
**Tuesdays & Thursdays** April 12 - June 30, 2016

**TAE KWON DO**

Fee: $50.00 / Ages: 6-17

Gain confidence, discipline and skills through this ancient martial art. Registration taken monthly. One time fee for uniform payable to instructor. Testing fees are additional.

7744 Northwest Como Recreation Center 4:30pm to 5:30pm  
**Tuesdays & Thursdays**  
January 5, 2016 - January 28, 2016

7745 Northwest Como Recreation Center 4:30pm to 5:30pm  
**Tuesdays & Thursdays**  
February 2, 2016 - February 25, 2016

7746 Northwest Como Recreation Center 4:30pm to 5:30pm  
**Tuesdays & Thursdays**  
March 1, 2016 - March 31, 2016

7747 Northwest Como Recreation Center 4:30pm to 5:30pm  
**Tuesdays & Thursdays**  
April 5, 2016 - April 28, 2016

7748 Northwest Como Recreation Center 4:30pm to 5:30pm  
**Tuesdays & Thursdays**  
May 3, 2016 - May 31, 2016

**YOUTH PROGRAMS**
SOO BAHK DO

A traditional Martial Art emphasizing: discipline, concentration, self confidence, personal development, self defense and conditioning. There will be an additional fee for karate outfit, payable to instructor.

Fee: $35.00 / Ages: 5-10

14073 Phalen Recreation Center
10am to 11am
Saturdays January 2, 2016 - January 23, 2016

12219 Phalen Recreation Center
10am to 11am
Saturdays February 6, 2016 - February 27, 2016

12220 Phalen Recreation Center
10am to 11am
Saturdays March 5, 2016 - March 26, 2016

12221 Phalen Recreation Center
10am to 11am
Saturdays April 2, 2016 - April 23, 2016

14075 Phalen Recreation Center
10am to 11am
Saturdays May 7, 2016 - May 28, 2016

Fee: $35.00 / Ages: 11 and up

14086 Phalen Recreation Center
11am to 12:15pm
Saturdays January 2, 2016 - January 23, 2016

14087 Phalen Recreation Center
11am to 12:15pm
Saturdays February 6, 2016 - February 27, 2016

14088 Phalen Recreation Center
11am to 12:15pm
Saturdays March 5, 2016 - March 26, 2016

14089 Phalen Recreation Center
11am to 12:15pm
Saturdays April 2, 2016 - April 23, 2016

14090 Phalen Recreation Center
11am to 12:15pm
Saturdays May 7, 2016 - May 28, 2016

SOO BAHK DO & KARATE

Fee: $45.00 / Ages: 5 and up
4 Week Sessions

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.

7444 Langford Recreation Center
5:30pm to 7pm
Thursdays January 7, 2016 - January 28, 2016
Eichhorst, Christine

12300 Langford Recreation Center
5:30pm to 7pm
Thursdays, February 4, 2016 - February 25, 2016
Eichhorst, Christine

5121 Langford Recreation Center
5:30pm to 7pm
Thursdays March 3, 2016 - March 24, 2016
Eichhorst, Christine

10248 Langford Recreation Center
5:30pm to 7pm
Thursdays April 7, 2016 - April 28, 2016
Eichhorst, Christine

12302 Langford Recreation Center
5:30pm to 7pm
Thursdays May 5, 2016 - May 26, 2016
Eichhorst, Christine

JIU JITSU

Fee: $12.00/month / Ages: 9-14

Learn the basics of this fast-growing martial Arts activity. This is an on-going class, enrollment welcome at anytime.

26 Week Session: Instructor - Todd Begalke
17439 Edgcumbe Recreation Center
5:30pm to 6:30pm
Tuesdays December 1, 2015 - Sat May 21, 2016

17 Week Session: Instructor - Todd Begalke
17568 Palace Recreation Center
5:30pm to 6:30pm
Thursdays February 4, 2016 - May 26, 2016
KUNG FU
Fee: $5.00/session / Ages: 10-17
Kung Fu class teaches traditional Chinese martial arts with initial emphasis on conditioning, flexibility and self defense skills.

Battle Creek Recreation Center
6:30pm to 8pm
Mondays and Wednesdays
December 7, 2015 - Wednesday March 16, 2016

KARATE
Fee: $24.00/month / Ages: 6 and up
This class will include basic grappling, safe falling and safe throwing along with training and conditioning.

Rice Recreation Center
6pm to 8pm
Tuesdays January 5, 2016 - June 20, 2016

Advanced Course
Rice Recreation Center
6pm to 8pm
Thursdays January 7, 2016 - June 30, 2016

TAE KWON DO
Fee: $6/person or family of three for $15 / Ages: 5 and up
Affordable Martial Arts Training for the individual or whole family. Master Jose' Flores Martinez Black Belt International is poised to instruct all levels of Tae Kwon Do. Classes are on a pay as you go basis. Individuals: $5/ session  Family: $10 (up to 3 members) $5 each additional

Arlington Hills Community Center
6:30pm to 7:30pm
Thursdays January 7 22, 2015 - June 9, 2016
**ARMS & CRAFTS**
Fee: Free / Ages: 13-17
Participate and choose an art project you want to create such as Graffiti art, paint, Tie Dye etc.

13670 Teen Zone (Rice)
4:30pm to 6:30pm
**Tuesdays** January 12, 2016 - March 8, 2016

**OPEN ART STUDIO**
Fee: Free / Ages: 13-18
Hancock Recreation Center and the Canvas Teen Art Center host an open studio on Thursdays, from 4 pm until 8 pm. We have various paints, visual arts supplies, a sewing machine, and more! Stop by to say hello, and do something creative!

16147 Hancock Recreation Center
4pm to 8pm
**Thursdays** January 7, 2016 - May 19, 2016
Does not meet last Thursday of the month.

**COMICS/CARTOON DRAWING**
Fee: Free / Ages: 9-15
Basic drawing taught by Austin focusing on comic book & cartoon characters.

16139 Northwest Como Recreation Center
3:30pm to 4:30pm
**Thursdays** April 21, 2016 - May 26, 2016
Lynch, Austin

**DRAWING WITH SEE**
Fee: Free / Ages: 13-18
Join us to learn and or improve upon your drawing skills. Learn various techniques and utilize different mediums to produce awesome personal works of art.

16381 Arlington Hills Community Center
4pm to 8pm
**Mondays** January 4, 2016 - May 2, 2016

**HENNA BODY ART**
Fee: $25.00 / Ages: 11 to Adult
Amy Leinen is an experienced henna artist offering a two hour workshop teaching the basics of henna and the art of Mehndi. Amy will teach the history and science of henna and provides demonstrations on paste making and cone rolling. The remaining time is utilized by the class for applying henna on themselves while learning tips and tricks. A henna cone will be provided for use in class, and one will be sent home.

16114 North Dale Recreation Center
10am to Noon
**Saturday** March 5, 2016
Leinen, Amy

17511 Langford Recreation Center
6pm to 8pm
**Friday** April 22, 2016
Leinen, Amy

**TEEN LEADERSHIP GROUP**
Fee: $10.00 / Ages: 13-18
Want to be a leader? Explore and learn different leadership skills, learn and help to plan youth events and team building activities.

12548 Rice Recreation Center (Teen Zone)
4:30pm to 6pm
**Fridays** February 26, 2016 - May 13, 2016
TEEN NIGHTS
Fee: Free / Ages: 14-19
If you are bored you can come to SAHFFT! SAHFFT is an open place to chill and hang out with friends. The group comes up with weird/fun things to do like cook, play games, have bad movie nights, and competitions. Our leadership group (SCUM) meets every week to decide on what activities should happen the following week. This night is run by and for 7th-12th grade neighborhood teens.

16143 Hancock Recreation Center
6:30pm to 8:30pm
Thursdays January 7, 2016 - May 19, 2016

VIDEO CREATION WITH SPNN
Fee: Free / Ages: 13-18
Come and learn how to record and edit both Video and Audio with our partners from SPNN.

16176 Arlington Hills Community Center
4pm to 6pm
Tuesdays January 12, 2016 - May 17, 2016

YOUNG BOYS CLUB
Fee: Free / Ages: 13-15
This is a weekly session for young men to get together and discuss issues in their lives and community.

13675 Rice Teen Zone
4:30pm to 5:30pm
Mondays January 11, 2016 - March 21, 2016

DIY DAYS
Fee: Free / Ages: 13-18
DIY (Do-It-Yourself) projects are fun and affordable, so come on in to learn a few yourself. DIY days also always include a clothes swap so make sure to bring anything you no longer wear. Leave space in your bag because you will be going home with something you made and probably some new clothes as well!

16146 Hancock - The Canvas
4:30pm to 7pm
Thursday December 10, 2015

BABYSITTING TRAINING
Fee: $60.00 / Ages: 11 and up
This training will help participants develop skills in leadership, professionalism, basic care, safety, safe play and first aid. Participants must be age 11 or older. Please bring a bag lunch and beverage for full day classes.

6226 North Dale Recreation Center
9am to 4pm
Saturday May 14, 2016

6227 Northwest Como Recreation Center
10am to 5pm
Friday February 26, 2016

7336 Langford Recreation Center
9am to 12:30pm
Thursday & Friday
April 7, 2016 - April 8, 2016

SAFE KIDS 101
Fee: $24.00 / Ages: 7-14
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.

17548 El Rio Vista Recreation Center
10:30am to 1:30pm
Saturday March 12, 2016

ADVANCE MINECRAFTING: EXPLORING MODS
Fee: $70.00 / Ages: 10-15
This class is for Intermediate and Advanced Minecrafters. Students will learn how to expand their world's abilities using popular game-enhancing mods. Participate in group building challenges, mini-games, and take a look at some of the latest mods, and mod packs to be released. Student will be sent home with a link to download mods used in class, with installation instructions.

7533 Northwest Como Recreation Center
9am to Noon
Saturdays January 30, 2016 - February 6, 2016
**TEEN ZONE TABLE**

Fee: $10.00 / Ages: 12-18

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

**12551** Rice Recreation Center (Teen Zone)
5pm to 6pm
**Fridays** April 1, 2016 - June 3, 2016

**13428** Rice Recreation Center (Teen Zone)
5pm to 6pm
**Fridays** January 8, 2016 - March 25, 2016

**INFANT, CHILD & ADULT CPR - AED CERTIFICATION**

Fee: $45.00 / Ages: 11 and up

Get Certified in Infant, Child and Adult CPR and AED use.

**13539** El Rio Vista Recreation Center
10:30am to 1:30pm
**Saturday** February 20, 2016

**13540** El Rio Vista Recreation Center
5:30pm to 8:30pm
**Thursday** March 10, 2016

**WRITING CIRCLE**

Fee: Free / Ages: 13-18

Writing Circle is hosted on Tuesdays from 5:30PM to 7PM by Christopher Gibson and Tony Fulford, local spoken word poets and emcees. Bring in any writing, from bars to essays to poetry to jokes, and get dope feedback. Also, we have really cool ciphers.

**16148** Hancock Recreation Center (The Canvas)
5:30pm to 7pm
**Tuesdays** January 5, 2016 - May 24, 2016

**YOUNG MEN'S 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.

**16201** Hazel Park Recreation Center
6:30pm to 7:30pm
**Wednesdays** January 6, 2016 - April 13, 2016

**MAKING WITH MAVIS**

Fee: Free / Ages: 13-18

On an alternating weekly basis participants will be engaged by Mavis to create great projects in a fun-filled atmosphere!

**16180** Arlington Hills Community Center
4pm to 7pm
**Wednesdays** January 6, 2016 - May 25, 2016

**OPEN MIC NIGHT**

Fee: Free / Ages: 13-18

Open Mics at the Canvas provide an opportunity for young people to express themselves and share their work. All artists are welcome to 5 minutes of stage time to show their stuff. Come at 5:30PM on the last Thursday of any month and you will find a welcoming community of dancers, spoken word artists, musicians, poets, and more.

**16144** Hancock Recreation Center (The Canvas)
6pm to 8pm
**Thursdays** January 28, 2016 - May 26, 2016

**BABYSITTING TRAINING - AMERICAN RED CROSS**

Fee: $60.00 / Ages: 11-18

This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play and first aid. Please bring a bag lunch & beverage for full day classes.

**11409** Edgcumbe Recreation Center
9:30am to 3:30pm
**Wednesday** December 30, 2015

**6225** Highland Park Community Center
9:30am to 3:30pm
**Monday** February 15, 2016
GIRLS TEEN CLUB
Fee: Free / Ages: 11-16
Girls will meet and discuss issues that are relevant to them. Girls will learn they are not alone and they can empower each other by sharing experiences, goals, hopes and dreams. Other fun activities may include nail art, arts & crafts, beauty & make-up tips, and video and pizza night.

Hayden Heights Recreation Center
6pm to 7pm
Mondays February 1, 2016 - April 18, 2016

GIRLS NIGHT
Fee: Free / Ages: 12-17
This new teen program for girls will meet the 2nd Tuesday and 4th Tuesday of each month. Participants will help plan out activities. Activities will include Henna tattoo art, bracelet making, phone case design and decorating, video night and more.

Phalen Recreation Center
6pm to 8pm
Tuesdays January 5, 2016 - May 24, 2016

GIRLS GROUP
Fee: $10.00 / Ages: 12-18
Girls will meet and discuss issues that are relevant to them, share common concerns and issues. Girls will learn they are not alone and they can empower each other by sharing experiences, goals, hopes and dreams.

Rice (Teen Zone)
4:30pm to 6pm
Fridays February 26, 2016 - May 13, 2016

VIDEO CREATION WITH SPNN
Fee: Free / Ages: 13-18
Come learn to record and edit both video and audio with our partners from SPNN.

Arlington Hills Community Center
4pm to 6pm
Tuesdays January 5, 2016 - May 24, 2016

TAE KWON DO
Fee: $49.00 - $50.00 / Ages: 6-17
Gain confidence, discipline and skills through this ancient martial art. Registration taken monthly. One time fee for uniform payable to instructor. Testing fees are additional.

Northwest Como Recreation Center
4:30pm to 5:30pm
Tuesdays & Thursdays January 5-28, 2016

Northwest Como Recreation Center
4:30pm to 5:30pm
Tuesdays & Thursdays February 2-25, 2016

Northwest Como Recreation Center
4:30pm to 5:30pm
Tuesdays & Thursdays March 1-31, 2016

Northwest Como Recreation Center
4:30pm to 5:30pm
Tuesdays & Thursdays April 5-28, 2016

Northwest Como Recreation Center
4:30pm to 5:30pm
Tuesdays & Thursdays May 3-31, 2016

TAE KWON DO
Fee: $50.00 / Ages: 13 to Adult
Gain confidence, discipline and skills through this ancient martial art. Registration taken monthly. Uniforms not included - purchase through the instructor. Ages 13 & up. Classes are held M, W, & Fri. Payment must be made by first day of class before participant can begin.

North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays January 4, 2016 - Friday January 29, 2016

North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays February 1, 2016 - February 29, 2016

North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays March 2, 2016 - March 30, 2016

North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays April 1, 2016 - April 29, 2016

North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays May 2, 2016 - May 30, 2016

TEEN PROGRAMS
YORK’S KITCHEN
Fee: Free / Ages: 9-16
Learn how to make simple meals from our very own chef Joe York. Students will be able to take cooking materials home after each cooking session to cook on their own.

**17558** El Rio Vista Recreation Center
7pm to 8pm
**Fridays** January 8, 2016 - February 12, 2016

ROBOTICS CAMP
Fee: $120.00 / Ages: 8-15
This camp will teach the basics of S.T.E.M (Science, Technology, Engineering and Mathematics) using robots. This camp allows participants to progress at their own speed and learn new skills with every robot built. Students will be able to purchase a robot kit after class if interested.

**17432** Edgcumbe Recreation Center
10am to 12:30pm
**Monday-Friday**
April 4, 2016 - April 8, 2016

**17434** Groveland Recreation Center
1:30pm to 4pm
**Monday-Friday**
April 4, 2016 - April 8, 2016

JAZZ DANCE CLASS
Fee: $50.00 / Ages: 11-15
Dancers will learn the fundamentals of Jazz techniques through fun, upbeat movements. Youth will enjoy moving and grooving to their favorite songs. Participants may need to provide their own dance shoes. Instructor will advise at first dance session.

**17553** El Rio Vista Recreation Center
6pm to 7pm
**Tuesdays** January 12, 2016 - February 16, 2016

GIRL SCOUTS CONNECTZ
Fee: Free / Ages: 11-15
Empower yourself and other girls by doing hands-on experiments, creating your identity, and gaining lifelong skills all while making new friends. Meetings will be bi-weekly.

**17551** El Rio Vista Recreation Center
6pm to 7pm
**Tuesdays** December 15, 2015 - May 24, 2016

KIDS BATTLE ROBOTS
Fee: $110.00 / Ages: 10-17
Participants will use a robot kit to build their own robot to battle against other participants. These kits allow participants to progress at their own speed. Kits will be available for purchase at the end of class.

**17424** Highland Park Community Center
10am to 3pm
**Monday-Wednesday**
December 28 - December 30

KAREN HOMEWORK HELP
Fee: Free / Ages: 10-17
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.

**16679** Arlington Hills Community Center
1:30pm to 3:30pm
**Saturdays** February 13, 2016 - May 28, 2016

TEENS IN COMMUNITY
Fee: Free / Ages: 12-15
This program is to prevent adolescent teen problems by helping Tweens and Teens, develop healthy behaviors, life skills, and a sense of purpose. We will focus on Community Service projects, Conflict Resolution, Problems in School, Skills Training, and more.

**17501** Battle Creek Recreation Center
3pm to 6pm
**Tuesdays & Wednesdays**
March 22, 2016 - May 11, 2016

MADE (MAKING A DIFFERENCE EVERYDAY)
Fee: Free / Ages: 11-15
Girls will empower each other and focus on making a difference in their community.

**17538** Dayton’s Bluff Recreation Center
6pm to 7pm
**Wednesdays** January 6, 2016 - May 18, 2016
**URBAN DANCE**
Fee: Free / Ages: 11-15
Come learn a combination of Hip Hop and Majorette dance.

**DAYTON'S BLUFF RECREATION CENTER**
6pm to 8pm
**WEDNESDAYS** January 6, 2016 - May 18, 2016

**LIVING LIFE THROUGH MUSIC: READY OR NOT**
Fee: $50.00 / Ages: 11-17
Ready or Not is a dance group that focuses on the heart and soul of music through dance. This session will focus on the artist formerly known as “Prince” a Minnesota legend. The dancing will illustrate Hop Hip, R&B, Soul and Street Dancing. The dancing will help youth focus on life, motivation and having fun as they learn. Participants will be given a shirt to wear when entering for practice on the first day. All must wear loose jogging pants. Participants must also purchase recital attire a month before the recital.

**JIMMY LEE RECREATION CENTER**
5pm to 8pm
**MONDAYS & WEDNESDAYS** February 8, 2016 - April 27, 2016

**HIP HOP DANCE**
Fee: $50.00 / Ages: 12-17
This class will be geared toward teenagers and the need to stay current with all the new dance trends. They will enjoy learning new choreography while staying fit and meeting new peers. Also at the end of each session the teens will showcase their hard work in a recital. $50 per session each session equals nine classes.

**MARTIN LUTHER KING RECREATION CENTER**
7:15pm to 8pm
**WEDNESDAYS** February 3, 2016 - March 30, 2016

**ARCHERY**
Fee: $60.00 / Ages: 9-14
Third graders and older will follow safety instructions while learning and practicing proper archery techniques. Equipment provided and fee includes a t-shirt. No class Feb 15.

**NORTHWEST COMO RECREATION CENTER**
3pm to 4:30pm
**MONDAYS** January 25, 2016 - February 29, 2016

**KUNG FU**
Fee: $5.00/session / Ages: 10-17
Kung Fu class teaches traditional Chinese martial arts with initial emphasis on conditioning, flexibility and self defense skills.

**BATTLE CREEK RECREATION CENTER**
6:30pm to 8pm
**MONDAYS & WEDNESDAYS** December 7, 2015 - March 16, 2016
BASKETBALL 3-ON-3 TOURNAMENT

Fee: Free / Ages: 12-18
Participants will create their own teams of 3. If needed, staff will put individuals into teams. Teams will be put into a double elimination bracket within their age division competing for gift cards. Ages 12-15 April 7th. Ages 16-18 April 8th

13475 Battle Creek Recreation Center
1pm to 4pm
Thursdays April 7, 2016 - April 7, 2016

13476 Battle Creek Recreation Center
1pm to 4pm
Fridays April 8, 2016 - April 8, 2016

ZUMBA

Fee: $5.00 / Ages: 12 and up
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.

16249 Arlington Hills Community Center
3pm to 4pm
Sundays January 3, 2015 - June 5, 2016

TEEN END OF SCHOOL DANCE

Fee: $5.00 / Ages: 10-13
Wind the school year with your friends dancing to your favorite music. Ages 10-13 from 6:30-8:30pm. Concessions will be sold. Entrance fee paid at the door $5.00

7641 Northwest Como Recreation Center
6:30pm to 8:30pm
Fridays June 10, 2016

VALENTINE’S DAY TEEN DANCE

Fee: $5.00 / Ages: 11-13
Teen Valentine Dance for youths in grades 6-8th. Students must provide school ID. Concessions will be available. Special appearance by the Murray Rock Band Class.

7672 Langford Recreation Center
6:30pm to 8:30pm
Fridays February 12, 2016

BALLET & TAP II & III

Fee: $85.00 / Ages: 9-15
Students will learn both ballet and tap routines. Dress in leotard and both ballet and tap shoes required. Students will receive costumes, professional pictures taken, and be in a recital on stage in the spring! Costume fee is $ 45.00

6312 Battle Creek Recreation Center
6:30pm to 8pm
Thursdays January 14, 2016 - May 12, 2016
Hausser, Holly

OKINAWAN SHURI-TE KARATE

Fee: $40.00 / Ages: 13 and up
This method of self defense will help you gain self-confidence, and increase your lung capacity, flexibility and awareness.

6131 Merriam Park Recreation Center
6:30pm to 7:30pm
Mondays & Wednesdays
January 11, 2016 - March 9, 2016

6483 Merriam Park Recreation Center
6:30pm to 7:30pm
Mondays & Wednesdays
March 21, 2016 - May 11, 2016
AFTER SCHOOL PROGRAMS

REC CHECK

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

Day: Mon-Fri  Date: Sept 8 - 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
Hazell 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

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.

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

AFTER SCHOOL TRANSPORTATION

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.
**FAMILY AGED CLASSES**

**VALENTINE’S DAY CARD MAKING**
Fee: Free / Ages: 6 and up
Participants will make and take home Valentine's arts and crafts. All supplies will be included.

16127 Wilder Recreation Center
4:30pm to 6pm
**Thursday** February 11, 2016

**BREAD BAKING**
Fee: Free / Ages: 6 and up
Learn how to bake fresh homemade bread. Every participant will make bread dough to bring home to bake. Please bring a bowl for mixing. Recipes will be shared.

7344 Duluth & Case Recreation Center
6pm to 8pm
**Thursday** January 21, 2016

7345 Duluth & Case Recreation Center
6pm to 8pm
**Thursday** February 18, 2016

7856 Duluth & Case Recreation Center
6pm to 8pm
**Thursday** March 17, 2016

7857 Duluth & Case Recreation Center
6pm to 8pm
**Thursday** April 21, 2016

**AFRICAN AMERICAN STORYTIME**
Fee: Free / Ages: 1w and up
Join us as we explore great books, stories, and songs!

16262 Arlington Hills Community Center
6:30pm to 7:30pm
**Wednesdays** January 6, 2016 - May 25, 2016

**OPEN COMPUTER LAB**
Fee: Free / Ages: 5 and up
Open Lab times are for people who are working on learning to use computers, writing resumes and job search related activities. Staff will be available for assistance.

16263 Arlington Hills Community Center
Noon to 4pm
**Mondays, Tuesdays, Wednesdays & Thursdays**
January 4, 2016 - May 26, 2016

**CHILDREN’S GARDENS**
Fee: Free / Ages: 5 and up
Participants will plan the garden by understanding soil health, choosing seeds, starting seedlings, and clearing the garden of winter cover. They will also volunteer to water the seedlings growing at the recreation center.

16118 Duluth & Case Recreation Center
6pm to 7pm
**Thursdays** May 5, 2016 - May 26, 2016

**INFANT, CHILD & ADULT CPR-AED CERTIFICATION**
Fee: $45.00 / Ages: 11 and up
Get Certified in Infant, Child and Adult CPR and AED use.

13539 El Rio Vista Recreation Center
10:30am to 1:30pm
**Saturday** February 20, 2016

13540 El Rio Vista Recreation Center
5:30pm to 8:30pm
**Thursday** March 10, 2016
**Geocaching on Snowshoes**

Fee: Free / Ages: 7 and up

Go on a treasure hunt through the snow! Join Saint Paul Parks and Recreation and the National Park Service at Crosby Farm Regional Park for a morning of snowshoeing and geocaching. Park staff will provide snowshoes and GPS units and show you how to use the equipment to find geocaches. Meet at the picnic shelter. Registration required. Contact: Faith Krogstad, 651-632-2455.

*Crosby Farm Regional Park*
10am to Noon
**Saturday February 27, 2016**

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**Green Time**

Fee: Free / Ages: 1 and up

Swap some screen time for green time! Meet up with other families for unstructured nature play. Discover the benefits of outdoor time for children's development, academic performance, and emotional well-being. Pre-registration not required, register if you want to receive email notifications. Meet at the Phalen Lakeside Activity Center. Please dress for the weather; indoor space available for warming up. Contact: Faith Krogstad, 651-632-2455.

*Phalen Regional Park*
6pm to 7:30pm **First Thursdays**
10am to 11:30am **Third Thursdays**
January 7, 2016 - May 19, 2016

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**Owl Moon Snowshoe Hike**

Fee: $5.00 / Ages: 1 and up

Hike by the light of the full moon to listen for the calls of our nocturnal neighbors, the owls! The Owl Moon coincides with the start of the nesting season for Great Horned Owls and other owl species. We will learn about owls around a warm fire, then head out to hike along the Mississippi River. Snowshoes provided. Meet at the picnic shelter. Pre-registration required. Contact: Faith Krogstad, 651-632-2455. Legacy funded.

*Crosby Farm Regional Park*
6:30pm to 8pm
**Saturday January 23, 2016**

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**Cookie Decorating**

Fee: Free / Ages: 6 and up

All supplies will be provided. Cost is free. Snacks will be provided. All children must be accompanied by an adult and both must be registered together.

*Wilder Recreation Center*
6pm to 7:30pm
**Tuesday May 3, 2016**

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**Family Arts and Crafts**

Fee: Free / Ages: 6 and up

All supplies will be provided. Children must be accompanied by an adult and both must be registered together.

*Wilder Recreation Center*
6pm to 7:30pm
**Tuesday May 10, 2016**

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**Family Board Game Night**

Fee: Free / Ages: 6 and up

All supplies will be provided. Cost is free. Snacks will be provided. This is a class for 6 year-olds and up. All children must be accompanied by an adult and both must be registered together. Please contact Wilder Recreation Center at 651-298-5727 for complete details.

*Wilder Recreation Center*
6pm to 7:30pm
**Tuesday May 17, 2016**

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**Skating with the Gov’s**

Fee: Free / Ages: 1 and up

Bring your own skates and skate with the Johnson High School Hockey Team. Hot beverages and popcorn will be provided.

*Phalen Recreation Center*
5:30pm to 7:30pm
**Sunday January 17, 2016**
FAMILY SKATING PARTY
Fee: Free / Ages: 3+
Have fun skating, playing board games and coloring. Hot cocoa and cookies will be served. Ice skates will be available in limited sizes.

7459 Hayden Heights Recreation Center
6pm to 7:30pm
Friday January 22, 2016

14070 Phalen Recreation Center
6pm to 7:30pm
Friday February 19, 2016

MITE HOCKEY JAMBOREE
Fee: Free / Ages: 1 and up
Join us and cheer on your favorite team. Johnson/Como Hockey Association is sponsoring its annual outdoor mite hockey tournament. Please call Phalen for a detailed game schedule.

7516 Phalen Recreation Center
Monday January 11, 2016

CHICAGO STYLE STEPPING
Fee: $5.00/session / Ages: 18+
Chicago Style Stepping Class for beginning and intermediate dancers.

17525 Arlington Hills Community Center
6pm to 8pm
Wednesdays Nov. 11, 2015 - April 27, 2016

WINTER WONDERLAND
Fee: $5.00 / Ages: 4-13
Parents, do you need some extra time to do some last minute shopping or maybe wrap your presents? Then bring your kids to Battle Creek for our Winter Wonderland!!! We will be doing a holiday themed craft, cookie decorating and showing the movie Minions on the big screen in the gym. Popcorn and lemonade will be served during the movie.

17481 Battle Creek Recreation Center
5:30pm to 8pm
Tuesday December 22 - Tuesday Dec 22

CIRQUE DE EDGE
Fee: $5.00 / Ages: 5 - 12
Parents need time to do some last minute shopping, or wrap your presents? Bring your kids to Edgcumbe’s Cirque De Edge event! We will be doing circus themed crafts, learning how to juggle and other circus acts, and showing the movie “Big Top Pee Wee” on the big screen in the gym. Popcorn & lemonade will be served during the movie.

13439 Edgcumbe Recreation Center
5pm to 8pm
Friday December 18, 2015

BREAD BAKING
Fee: $5.00 / Ages: 7 and up
Looking for something to do with your children, grandchildren, or friends? Come and bake traditional breads from around the world. Breads include: Challah, Chapati, Lefse, Pao de queijo, and Naan.

17528 Martin Luther King Recreation Center
10am to 3pm
Saturday March 5, 2016

TABLETOP GAME NIGHT
Fee: Free / Ages: 5 and up
Come down to Phalen for a neighborhood tabletop board game night. Bring your favorite game or use one of ours.

17584 Phalen Recreation Center
6:30pm to 8pm
Thursdays January 6, 2016 - May 26, 2016

WINTER LOCK OUT
Fee: Free / Ages: 3+
This family fun event is full of outdoor activities for all ages to enjoy! Come out and try snowshoeing, ice skating, cross country skiing, and sledding. Limited hockey and figure skate sizes available to use. Please bring your own sled. Coffee and hot chocolate will be provided.

13482 Battle Creek Recreation Center
6pm to 8pm
Saturdays February 6, 2016
TAKE YOUR KID ICE FISHING

Fee: Free / Ages: 1+

Rods, bait, lures and hot cocoa will be provided. Registration is required due to limited equipment. Please meet at Phalen Lakeside Center.

Phalen Regional Park
Noon to 3pm
Sunday January 24th, 2016

PHALEN FREEZE FEST
Puppet-Making Workshops

Fee: Free / All Ages

Help make giant puppets for Phalen Freeze Fest's telling of the Ojibwe legend of Shingebiss

Phalen Recreation Center
16275 6pm-8pm
Mondays January 25, 2016 - February 15, 2016

PHALEN FREEZE FEST

Fee: Free / All Ages

Join us around the fire to hear the Ojibwe legend of Shingebiss, dramatized by giant puppets, and enjoy winter activities like ice fishing, boot hockey, flashlight geocaching, and more!

Phalen Lakeside Activity Center (Phalen Regional Park)
13506 4pm-7pm
Saturday February 20, 2016

EXPLORATOTS

Fee: Free / Ages: 2-5 (Parent/Child)

Preschool nature class, siblings welcome!

Phalen Lakeside Activity Center (Phalen Regional Park)
13406 10am-11:30am
Second/Fourth Wednesdays
January 13- May 25, 2016
HIKING CLUB
Fee: $8.00 / Ages: 50 and up
This activity takes place at parks and neighborhoods around the metro area. The Hiking Club meets year-round. A complete schedule will be published online. For more information, contact Belinda at 651-292-6508.

7572 Various Locations
9:30am to 10:30am
Wednesdays January 6, 2016 - December 28, 2016

SENIOR GAMERS
Fee: Free / Ages: 50 and up
Enjoy your favorite table games such as Sequence, Phase 10 and Mexican Train.

11537 Northwest Como Recreation Center
1pm to 3pm
Tuesdays January 5, 2016 - May 31, 2016

HIKING CLUB
WINTER TREK
Fee: $3.00 / Ages: 50 and up
This event will take place at Phalen Recreation Center, 1000 E. Wheelock Parkway. Join Hiking Club members for a winter walk (indoors) and potluck. Please bring a dish to share. Following lunch, the group will plan the locations for the summer walks. For more information, contact Belinda at 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us.

7576 Phalen Recreation Center
10am to 1pm
Wednesday February 24, 2016

MINNESOTA SUMMER PICNIC
Fee: $22.00
Join us for our 17th annual picnic at a exciting new location, Newell Park! There will be entertainment and fun. Contact Belinda at 651-292-6508 for more information. Transportation $5 Sites: Edgcumbe, 375 Jackson, Conway, Arbor Point

13690 Newell Park
11am to 4:30pm
Tuesday June 7, 2016

ADULT SOCCER
Fee: $3.00/session / Ages: 18+
Come get your kicks through Short-sided Soccer Game Format. This low key mostly self-organized activity is geared for in a fun and friendly atmosphere.

16185 Arlington Hills Community Center
Noon to 1pm
Sundays January 3, 2016 - May 29, 2016

ADULT BADMINTON
Fee: $3/session / Ages: 18+
Adults please join us for some friendly badminton games. Pay $3 each week when you come in. No need to pre-register. Bring your own racquets if you have them.

13676 Langford Recreation Center
6pm to 7:45pm
Fridays January 8, 2016 - May 27, 2016

8736 West Minnehaha Recreation Center
6pm to 9pm
Mondays & Thursdays
December 28, 2015 - June 9, 2016

WINTER ADVENTURES
Fee: Free / All Ages
Join us for Langford Park’s Winter Adventures. Activities include: snow shoes, cross country skis, ice skating, medallion hunt, flag football in the snow and dodgeball on the tennis courts. Pedometers will be available to track your steps to wellness. Activities will be outdoors only so dress accordingly. Hot chocolate will be available.

7460 Langford Recreation Center
1pm to 4pm
Saturday February 20, 2016
**ADULT VOLLEYBALL**
Fee: $3.00/session / Ages: 18+
Join us and get your Serve, Bump, Set and Spike on! We will have two courts in play as we attempt to get in as many games as possible.

**PELLA IOWA TULIP FESTIVAL**
Fee: $189 (triple occupancy), $199 (double occupancy), $249 (single occupancy)
Ages: 50 and up
Pella, Iowa is beautiful and unique all year long, but at Tulip Time it comes alive with tulips, Dutch attire, parades, food, fun and more. Thousands of residents wear Dutch attire and celebrate their heritage. Three days each spring, Pella becomes Holland to residents and visitors alike. Travel back in time to a European village full of windmills, tulips and excitement. We will have a guided city tour and enjoy the parade from our reserved seats. You will have time for shopping and tasting. At Meskwaki Casino you’ll have more than 1,300 machines to choose from, including classic reel machines to the hottest new slots, video poker, bingo, and keno. The hotel has an indoor pool, spa and exercise room. You will receive $60 on your player’s card and 3-$5 food coupons at the casino. Give us your player card number if you have one and birth date so your card can be preloaded for you. You will receive your pick up time and itinerary in the mail. Contact Belinda at 651-292-6508. Casino card number and birthdate required at registration. Pick up locations: Edgcumbe, 375 Jackson, Conway, Arbor Pointe

**PLYMOUTH PLAYHOUSE COUNTRY ROADS: JOHN DENVER**
Fee: $32.00 / Ages: 50 and up
A musical tribute to everyone's favorite country boy, John Denver. Join us for this Plymouth Playhouse debut featuring the greatest hits of America's favorite folk singer, headlined by Dennis Curley and an incomparable six-piece band. Featuring songs like “Take Me Home, Country Roads,” “Thank God I’m a Country Boy,” and “Rocky Mountain High,” these sweet, simple, nostalgic tunes are sure to fill up your senses and have you singing along. You won’t want to miss Country Roads: The Music of John Denver. For more information, please call Belinda at 651-292-6508. Pickup Locations: Edgcumbe, 375 Jackson, Conway, Arbor Pointe

**TOUR OF BACHMAN’S GREEN HOUSE**
Fee: $18.00 / Ages: 50 and up
You can go behind the scenes at Bachman's flagship store on Lyndale Avenue in South Minneapolis, on the original site of the Bachman family farm. This floral, home, and garden center has over 200,000 square feet of retail space and features a dramatic gift and home décor shop, exquisite fresh flowers, a wonderful array of green and blooming plants, seasonal and holiday accents, garden plants, trees and shrubs, and lawn and garden products. During your tour of Bachman's on Lyndale, you’ll learn about the local history and how we process approximately 400 incoming orders every day, and up to 800 orders on busy days! You’ll also visit the design areas where our talented floral and plant designers create bouquets, centerpieces, and designer plant baskets for sale in the store or for delivery in our signature purple trucks. Other sights include our floral coolers, the delivery garage and order processing center, the indoor and outdoor greenhouses, and our gift and home décor areas. Enjoy lunch on your own enjoy lunch or delicious desserts at Patrick’s Bakery & Café, a delightful European-style cafe located inside Bachman’s on Lyndale. For more information please contact Belinda at 651-292-6508. Pick up locations: Edgcumbe, 375 Jackson, Conway, Arbor Pointe

**ADULT PROGRAMS**
ST. CROIX TURTLE LAKE CASINO
Fee: $5.00 / Ages: 50 and up
Enjoy the great scenic route to the casino. There are a variety of slots, live roulette, baccarat, black jack and a great buffet. Participants will receive a $5 credit on their player card or more when you swipe your card. Give us your player card number and birth date so your card can be preloaded for you. We will be at the casino for four hours after our arrival time. For more information, contact Belinda, 651-292-6508 or belinda.bergstrom@ci.stpaul.mn.us. Motorcoach pick up sites and times:
- Conway, 2090 Conway: 8:15 a.m.
- Arbor Pointe Apartments, 635 W Maryland: 8:30 a.m.
- Edgcumbe, 320 S Griggs

17731 Turtle Lake
8am to 7pm
Monday January 25, 2016

YOGA
Fee: $5.00/session / Ages: 18 and up
This is an All Levels Vinyasa class. Students should bring their own mats, water and yoga props. Activities are also provided for the children of yoga participants – while you work out we will keep the children busy.

17534 Merriam Park Recreation Center
7:00pm - 8:00pm
Tuesdays March 15 - May 10th.

BIKE BASICS FOR BOOMERS
Fee: $5.00 / Ages: 55 and up
Learn basic skills to prepare you to get back on your bike and get comfortable. This introductory classroom course covers the basic rules of the road and best practices to being safe and comfortable on the road and trail, potential barriers to riding for seniors and a discussion of strategies to overcome these barriers. Basic maintenance will be covered including ABC Quick Check.

17482 North Dale Recreation Center
10:30am to 11:30am
Tuesday May 3, 2016

SOUL LINE DANCE
Fee: $5/session / Ages: 18 and up
Class is similar to country line dancing, but you will dance to R&B music, adding a lot more “soul” to your dance steps! A fun way to get a workout! For beginning and intermediate dancers. Class is year round and drop-in only. $5 per session. Registration is not required.

Jimmy Lee Recreation Center
6:30pm to 8pm
Tuesdays April 5, 2016 - May 17, 2016

55+ FITNESS
Fee: $5/session, $54/12 sessions, $80/20 sessions.
Ages: 55 and up
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.

16280 Linwood Recreation Center
9:15am to 10:15am
Tuesdays & Thursdays
January 5, 2016 - May 26, 2016

COMPLETE FITNESS CHALLENGE
Fee: $5/session, $54/12 sessions, $80/20 sessions.
Ages: 18 and up
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
Linwood Recreation Center
10:30am to 11:30am
Tuesdays January 5, 2016 - May 24, 2016
9:30am to 10:30am
Fridays January 8, 2016 - May 27, 2016
9:00 to 10:00am
Saturdays January 9, 2016 - May 28, 2016
PILATES: MIND, BODY & STRENGTH

Fee: $5/session, $54/12 sessions, $80/20 sessions.
Ages: 18 and up

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 and modern Pilates exercises to target the waistline, abs, oblique, lower back and glutes. Welcome to limited abilities, occupational and ex athletes.

16277 Linwood Recreation Center
6:15pm to 7:15pm
Tuesdays & Thursdays
January 5, - May 26, 2016

CLASSIC YOGA

Fee: $65.00 or $8/class / Ages: 18 and up
Experience meditation of movement between postures and calm stillness within each pose as you explore the Ashtanga primary series. This class is strongly Ashtanga influenced and focuses on the primary sequence practiced in India, taught by K. Pattabhi Jois. The emphasis is on alignment, breath, and meditation within movement. Open to all levels.

13544 Jimmy Lee Recreation Center
6:30pm to 7:30pm
Mondays January 4, 2016 - March 21, 2016

YOGA

Fee: $5.00/session / Ages: 18 and up
This yoga class is designed for beginner to intermediate drop in yoga participants.

16231 North Dale Recreation Center
7:15pm to 8:15pm
Mondays & Wednesdays
January 4, 2016 - May 25, 2016

INTERMEDIATE PILATES

Fee: $73.00 . Fee for 55+: $71.00. / Ages: 18 and up
Pilate is a progressive series of controlled exercises that works to create strength, stability and suppleness in the spine.

Beginner

6122 Langford Recreation Center
12:15pm to 1:15pm
Thursdays January 7, 2016 - March 10, 2016
Ouellette, Fran

7562 Langford Recreation Center
12:15pm to 1:15pm
Thursdays March 17, 2016 - May 19, 2016
Ouellette, Fran

Intermediate

6124 Langford Recreation Center
11am to Noon
Thursdays January 7, 2016 - March 10, 2016
Ouellette, Fran

7565 Langford Recreation Center
11am to Noon
Thursdays March 17, 2016 - May 19, 2016
Ouellette, Fran

LAUGHTER YOGA

Fee: Free (donations accepted) / Ages: 18 and up
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. There are no other dues or fees to participate. Wear comfortable clothing and plan to have fun!

16229 North Dale Recreation Center
Noon to 12:45pm
Thursdays January 7, 2016 - May 5, 2016

ADULT PROGRAMS
EARTH MOON YOGA
Fee: $5/session, $54/12 sessions, $80/20 sessions.
Ages: 18 and up
Come and wake up the mind and body. Expand, Explore, Energize and Ground. This class begins with gentle yoga poses and is designed to open 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.

Drop-in class, no registration required
Linwood Recreation Center
9:15am to 10:15am
Wednesdays January 6, 2016 - May 25, 2016
7:45pm to 8:45pm
Wednesdays January 6, 2016 - May 25, 2016
12pm to 1pm
Fridays January 8, 2016-Fri. May 27, 2016
1:15pm to 2:15 pm (seniors only)
Fridays January 8, 2016-Fri. May 27, 2016
North Dale Recreation Center
Tuesdays 7:40-8:40pm & Saturdays 11am-Noon
January 5, 2016 - May 30, 2016

YOGA FOR THE BODY & MIND
Fee: $3.00/class / Ages: 17 +
Yoga for the Body & Mind is a weekly drop in class.

Jimmy Lee Recreation Center
9am to 10am
Tuesdays & Thursdays
October 27, 2015 - April 28, 2016

YOGA: CLASSIC
Fee: $65.00 / Ages: 18 and up
Experience meditation of movement between postures and calm stillness within each pose as you explore the Ashtanga primary series. This class is strongly Ashtanga influenced and focuses on the primary sequence practiced in India, taught by K. Pattabhi Jois. The emphasis is on alignment, breath, and meditation within movement. Open to all levels

Jimmy Lee Recreation Center
6:30pm to 7:30pm
Mondays April 4, 2016 - June 6, 2016
Byrd, Kelly

YOGA
Fee: $49.00 - $56.00 / Ages: 18 and up
This Hatha based Yoga class is for anyone new to Yoga. Yoga creates balance in body and mind through gentle movements, breath awareness and guided relaxation to develop strength and flexibility. Each person is encouraged to move at his or her own pace.

Highland Park Community Center
5pm to 6pm
Mondays January 4, 2016 - February 22, 2016

Highland Park Community Center
6:15pm to 7:15pm
Mondays January 4, 2016 - February 22, 2016

Highland Park Community Center
7:30pm to 8:30pm
Mondays January 4, 2016 - February 22, 2016

Highland Park Community Center
5pm to 6pm
Mondays February 29, 2016 - April 18, 2016

Highland Park Community Center
6:15pm to 7:15pm
Mondays February 29, 2016 - April 18, 2016

Highland Park Community Center
7:30pm to 8:30pm
Mondays February 29, 2016 - April 18, 2016

Highland Park Community Center
7:30pm to 8:30pm
Thursdays March 3, 2016 - April 21, 2016

Highland Park Community Center
5pm to 6pm
Mondays April 25, 2016 - June 13, 2016

Highland Park Community Center
6:15pm to 7:15pm
Mondays April 25, 2016 - June 13, 2016

Highland Park Community Center
7:30pm to 8:30pm
Mondays April 25, 2016 - June 13, 2016

Highland Park Community Center
7:30pm to 8:30pm
Thursdays April 28, 2016 - June 16, 2016
**YOGA: VINYASA**

Ages: 18 and up

Vinyasa yoga is a style which focuses on core strength, balance and flow to build a solid practice based on strength and spirit. Vinyasa Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance and intention. $72 Session or $8 drop in fee

[13877] Fee: $88.00  
Jimmy Lee Recreation Center  
9:30am to 10:30am  
**Wednesdays** January 13, 2016 - March 23, 2016

[13878] Fee: $72.00  
Jimmy Lee Recreation Center  
9:30am to 10:30am  
**Wednesdays** April 13, 2016 - June 8, 2016

**YOGA: POWER**

Ages: 18 and up

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

[6816] $70.00 / $8 drop in  
Jimmy Lee Dance Studio  
5:15pm to 6:15pm  
**Wednesdays** January 6, 2016 - March 23, 2016

[6817] $65.00 / $8 drop in  
Jimmy Lee Dance Studio  
5:15pm to 6:15pm  
**Wednesdays** April 6, 2016 - June 8, 2016

**ADULT TABLE TENNIS & BADMINTON**

Fee: $2.00 / Ages: 18 and up  
Adults are welcome to come and play table tennis and badminton in the gym. No pre-registration required.

[17484]  
Langford Recreation Center  
1pm to 3pm  
**Saturdays** January 16, 2016 - February 27, 2016

**COOKING FOR ONE: NOURISHING YOU**

Fee: $5.00 / Ages: 55 and up  
Instructor: Jennifer Grilliot, Homemaker for Como Park/ Falcon Heights Living-at-Home Block Nurse Program Eating well at home is important for good health and happiness. In this delicious class, you’ll discover new tips and recipes focused on cooking for one. Light lunch provided.

[7348] North Dale Recreation Center  
11am to 12:30pm  
**Monday** April 11, 2016

**ADULT BALLET & JAZZ**

Fee: $42.00 / Ages: 18 and up  
6 Week Sessions  
Students will learn basic ballet and jazz techniques.

[7679] Linwood Recreation Center 651-298-5660  
6:15pm to 7:15pm  
**Mondays** January 4, 2016 - February 8, 2016

[7680] Linwood Recreation Center 651-298-5660  
7pm to 8pm  
**Mondays** February 22, 2016 - March 28, 2016

[7681] Linwood Recreation Center 651-298-5660  
6:15pm to 7:15pm  
**Mondays** April 11, 2016 - May 16, 2016

**ADULT CORE REC VOLLEYBALL**

Fee: $2.00/session / Ages: 18 and up  
Drop-in volleyball for adults.

[16224] Hayden Heights  
7pm to 8:20pm  
**Wednesdays** January 6, 2016 - May 25, 2016
Express Fitness is a new, low-cost fitness program available at select Saint Paul Parks and Recreation Centers.

Participants are encouraged to work at their own pace and will receive one-on-one and group consultation. Each class is designed to educate individuals about health and fitness and how to make the necessary lifestyle changes to remain healthy without straining your wallet. Each class fosters an environment of judgment free support for each member.

Classes include yoga, Zumba, senior chair yoga, Total Body Fitness and more. Express Fitness is available for ages 13+.

**Locations**
Arlington Hills Recreation Center*
El Rio Vista Recreation Center
Oxford Community Center

**Rates**
- $3 per session
- $30 for 12 passes
- $50 for 20 passes

*All senior classes at Arlington Hills location are free

**Need More Information?**
Gregory L. Dodd, Health & Fitness Coordinator
Email: Gregory.Dodd@ci.stpaul.mn.us
Phone: 651-280-0704

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### Express Fitness

#### Arlington Hills Recreation Center

<table>
<thead>
<tr>
<th>DAY</th>
<th>ACTIVITY</th>
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<th>INSTRUCTOR</th>
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<tr>
<td>MON</td>
<td>Senior Strong</td>
<td>10:00am – 11:00am</td>
<td>Tou Tong</td>
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<td>Total Body Fitness</td>
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<td>TUE</td>
<td>Chair Yoga</td>
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<td>Zumba</td>
<td>12:00pm – 1:00pm</td>
<td>Hayley Kilbride-Pierce</td>
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<td>Total Body Fitness</td>
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<td>Adult Fitness</td>
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#### El Rio Vista Recreation Center

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<tr>
<td>MON</td>
<td>Total Body Fitness</td>
<td>6:00am – 7:00am</td>
<td>Gregory Dodd</td>
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<td>Total Body Fitness</td>
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<td>BodyWorx</td>
<td>12:00pm – 1:00pm</td>
<td>Drina Escobar</td>
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<td>Drina Escobar</td>
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<td>Clace Oceloti</td>
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<td>Felipe Espinoza</td>
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<td>Zumba</td>
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<td>Basketball</td>
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<td>Volleyball</td>
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#### Oxford Community Center

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<tr>
<td>MON</td>
<td>Total Body Fitness</td>
<td>6:00pm – 7:00pm</td>
<td>Jermaine Nelson</td>
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<tr>
<td>TUE</td>
<td>Yoga for Body &amp; Mind</td>
<td>9:00am – 10:00am</td>
<td>Jermaine Nelson</td>
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BODY CONDITIONING THROUGH DANCE
Fee: $42.00 / Ages: 18 and up
6 Week Sessions
Get in shape while learning dance moves.

6113 Highland Park Community Center
7:30pm to 8:30pm
Thursdays January 7, 2016 - February 11, 2016

6114 Highland Park Community Center
7:30pm to 8:30pm
Thursdays February 25, 2016 - March 31, 2016

6708 Highland Park Community Center
7:30pm to 8:30pm
Thursdays April 14, 2016 - May 19, 2016

ZUMBA
Fee: $75.00 or $6/class / Ages: 18 and up
Zumba is an aerobic program that fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. No dance experience necessary.

6112 Jimmy Lee Recreation Center
7pm to 8pm
Tuesdays January 5, 2016 - April 12, 2016

6735 Jimmy Lee Recreation Center
7pm to 8pm
Tuesdays May 3, 2016 - August 9, 2016

17516 Dayton's Bluff Recreation Center
7pm to 8pm
Thursdays January 21, 2016 - April 14, 2016

CARDIO FITNESS WORKOUT: DAYSpring WITH THE FITTEST
Fee: $5/session, $54/12 sessions, $80/20 sessions.
Ages: 18 and up
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!

11288 Linwood Recreation Center
6:15am to 7:15am
Tuesdays & Thursdays
January 5, 2016 - May 26, 2016

55+ EXPRESS FITNESS
Fee: Free / Ages: 55 and up
Certified Instructor Tou Khang is on-hand to increase Balance and Stability for participants taking part in these FREE drop-in sessions geared towards the needs of the active, older adult. Move through a variety of exercises designed to benefit all parts of the body. Exercises performed in these sessions can be and are encouraged to be performed at home. No registration is necessary; participants can show up when available.

16878 Arlington Hills Community Center
10am to 11am
Monday January 4, 2016

SENIOR REC
Fee: Free / Ages: 55 and up
This group meets every third Friday of each month. If you are interested in visiting the group please call West Minnehaha Recreation Center at 651-298-5823.

16246 West Minnehaha Recreation Center
Fridays January 8, 2016 - May 27, 2016

KIDS 101 - BIKING FOR PARENTS
Fee: $5.00 / Ages: 18 and up
This course is designed for parents. Instructors explain how to teach a child to ride a bike. Topics covered include how to perform a bicycle safety check, helmet fitting and bike sizing. The class includes 10 minute “Kids Eye View” video and a brochure for parents.

17483 Langford Recreation Center
6:30pm to 7:30pm
Monday May 9, 2016
Instructor: Bicycle Alliance of MN

MEN’S INDOOR SOCCER
Fee: $5.00/week / Ages: 18+
Weekly pick-up games of men’s soccer ages 18 and older in the gym. $5/each week. No soccer February 7th. Registration in person only.

11533 Northwest Como Recreation Center
5pm to 6:30pm
Sundays January 3, 2016 - March 27, 2016
RUSSIAN KETTLEBELLS
Fee: $125.00 - $165.00 / Ages: 18 and up
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.

6119 Martin Luther King Recreation Center
6:30pm to 7:30pm
Mondays January 4, 2016 - February 29, 2016

6120 Martin Luther King Recreation Center
6:30pm to 7:30pm
Mondays March 7, 2016 - April 25, 2016

6472 Martin Luther King Recreation Center
6:30pm to 7:30pm
Mondays April 25, 2016 - June 20, 2016

WOMEN’S BASKETBALL
Fee: $4.00/session / Ages: 30+
Pick up basketball games for women ages 30 and over come and play basketball. No basketball February 7th. No pre-registration needed.

11534 Northwest Como Recreation Center
6:30pm to 7:30pm
Sundays January 3, 2016 - March 27, 2016

ADULT BASKETBALL
Fee: $2.00/session / Ages: 18+
Join us for some adult fun. Games have structure and time limits. The goal is to get as many games played with an emphasis on friendly competition.

16183 Arlington Hills Community Center
6pm to 8:30pm (Tues), 1pm to 3:30pm (Sat)
Tuesdays & Saturdays
January 5, 2016 - May 24, 2016

MEN’S 35+ LOW KEY BASKETBALL
Fee: $26.00 / Ages: 35 and up
It’s time to get a little exercise. This non-competitive program is for men ages 35 and older to play basketball. We will do a 6 week format. Teams will be formed at Northwest Como, North Dale and Langford Recreation Centers with 8 players on each team. Players will officiate themselves, a schedule will be made and play will be 5 on 5, 2 halves of 20 minutes running time with 5 minutes half time. T-shirts for each recreation center will be provided.

17442 NW Como Gym
Noon to 3pm
Sundays February 14, 2016 - March 20, 2016

17443 Langford Recreation Center
Noon to 3pm
Sundays February 14, 2016 - March 20, 2016

17444 North Dale Gym
Noon to 3pm
Sundays February 14, 2016 - March 20, 2016

TAE KWON DO
Fee: $50.00 / Ages: 13 to Adult
Gain confidence, discipline and skills through this ancient martial art. Registration taken monthly. Uniforms not included - purchase through the instructor. Payment must be made by first day of class before participant can begin.

8749 North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays
January 4, 2016 - January 29, 2016

14095 North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays
February 1, 2016 - February 29, 2016

14096 North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays
March 2, 2016 - March 30, 2016

14097 North Dale Recreation Center
6pm to 7pm
Mondays, Wednesdays
April 1, 2016 - April 29, 2016

14098 North Dale Recreation Center
6pm to 7pm
Mondays & Wednesdays
May 2, 2016 - May 30, 2016
**FITNESS: PARKINSON’S WELLNESS RECOVERY**

Fee: $8/session

PWR! is an evidence based program to improve posture, mobility, agility, endurance, strength, and function in adults. The class is appropriate for ANY adult who is able to get on/off the floor without assistance. It specifically addresses movement issues common to people with Parkinson Disease. You will be challenged to push yourself, but exercises are adapted to meet your needs. Bring a yoga mat to class.

16370 Arlington Hills Community Center
9:15am to 10:15am
**Mondays & Wednesdays**
April 11, 2016 - May 25, 2016
Gjerde, PT, Kristine

**CHALLENGE SQUARE DANCING**

Fee: $7.00/class / Ages: 18 and up

A partner is not required to attend 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. Must have completed Mainstream, Plus & Advanced level classes to attend. This is a drop in class - reg. is not required. Fee is $7/weekly.

North Dale Recreation Center
6:30pm to 9pm
**Mondays** January 4, 2016 - May 30, 2016

**CHICAGO STYLE STEPPIN’**

Fee: $8.00 / Ages: 18 and up

For people who want to learn some basic steppin’ moves but cannot commit to a whole session or if you just need a dance studio to work on your steppin’ moves.

16266 Martin Luther King Recreation Center
6pm to 8pm
**Wednesdays** January 6, 2016 - May 25, 2016

6110 West Minnehaha Recreation Center
6:30pm to 9pm
**Wednesdays** January 6, 2016 - April 20, 2016

**SOUL LINE DANCE**

Fee: $5/class / Ages: 18 and up

Class is similar to country line dancing, but you will dance to R&B music, adding a lot more “soul” to your dance steps! A fun way to get a workout! For beginning and intermediate dancers. Class is year round and drop-in only! $5 per session!

Jimmy Lee Recreation Center
6:30pm to 8:30pm
**Tuesdays** January 5, 2016 - March 29, 2016

**RESETTING YOUR AGE CLOCK**

Fee: $40.00 / Ages: 50 and up

Enhance your strength, balance, muscular endurance and movement skills using body weight and resistance exercises.

17621 Edgcumbe Recreation Center
1pm to 2pm
**Tuesdays** January 12, 2016 - March 1, 2016

**TAP LEVEL 1**

Fee: $25.00 / Ages: 18+

Learn beginner level tap steps while burning calories and having fun. No dance experience needed. Dress in comfortable clothing and tap shoes are required.

17486 Battle Creek Recreation Center
7:15pm to 8pm
**Wednesdays** January 27 - February 24, 2016
Hauser, Holly

**SUSHI 101**

Fee: $100.00 / Ages: 18 and up

Everyone loves sushi. Learn how to make simple sushi and other dishes. Registration fee will include cooking supplies.

17554 El Rio Vista Recreation Center
7pm to 8:30pm
**Tuesdays** January 12, 2016 - February 16, 2016
MINDFUL AND INTUITIVE EATING
Fee: $90.00 / Ages: 18 and up
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 6-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.

17426 Highland Park Community Center
7pm to 8:30pm
Tuesdays January 19, 2016 - March 8, 2016

LINE DANCING WITH A TWIST
Fee: Free / Ages: 18+
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. No class March 2.

16732 Arlington Hills Community Center
12:30pm to 1:30pm
Wednesdays January 27, 2016 - March 16, 2016

FITNESS OPEN HOUSE
Fee: Free / Ages: 18 and up
Teens ages 18 and up. Activities include; learn about fitness membership and what equipment is available, find out what fitness classes are being offered, free use of the walking track, try a water aerobics or zumba class for free!

17531 Jimmy Lee Recreation Center
3pm to 6pm
Saturday January 9, 2016

PICKLEBALL
Fee: $2.00 / Ages: 55 and up
Pickleball combines the best of tennis, badminton and ping pong. Played with a paddle and whiffle ball, this game is easy to learn. All ability levels are welcome. $2 drop in fee with games held from 10am-Noon.

17599 Jimmy Lee Recreation Center
10am to Noon
Fridays January 8, 2016 - April 15, 2016

17573 Hazel Park
11am to 2pm
Monday, Tuesdays & Thursdays
January 4, 2016 - April 28, 2016

16227 Merriam Park Recreation Center
6pm to 8pm
Fridays January 8, 2016 - May 27, 2016

JACK POT JUNCTION CASINO
Fee: $59.00
Enjoy the scenic ride a motor coach bus. Casino hosts variety of slots, live poker room, black jack and bingo. Participants will receive a $50 credit on their player card. Great rooms and pool! Casino card number and birthdate required at registration. Pick up Locations: Edgcumbe, 375 Jackson, Conway, Arbor Point

17742 Wednesday & Thursday March 23-24
8am – 7pm

SENIOR FITNESS
Fee: $1.00 / Ages: 50 and up
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.

17489 North Dale Recreation Center
9:30am to 10:30am
Tuesdays & Thursdays
January 7, 2016 - May 31, 2016
Kipples, Jody

ADULT PROGRAMS
For information or to register for these programs, call 651-645-7424.

**Fit & Fabulous**  Mon, Wed, Fri, 10:30 – 11:45.  Fee: $10/month or Silver & Fit In.

**Line Dance: Intermediate - Advanced**  Mon, 1-2:30pm  Fee: $6/week.

**Indoor Walking**  - Sept  – May, Mon-Fri, 11:15 am-12noon. Fee: Free.

**Matter of Balance Class**  - 8 Week session  Feb & Mar  Call for dates, time and fee.

**Health Insurance Counseling**  – 3rd Thur.  Call for appt. Fee: Free.

**Blood Pressure Check**  – A Blood pressure station is available with staff assistance Mon-Fri.  Fee: Free

**Footcare**  – 1st Mon of the month  Fee: $20 for a 30-minute appt.

**Bridge**  – Thur, 12:30pm.  Fee: 25 cents - Intermediate & Advanced

**Brush Up Bridge for Fun**  – Thur, 10am. Fee: Free.

**Bridge Lessons for Beginners**  Thur, 10:30am – Noon  Feb 18- Mar 17 Fee: $5

**Cribbage**  – Tue, 12:30-3 pm.  Fee: 25 cents

**Scrabble**  – Fri 10:45am-noon.  Fee: Free.

**Mexican Train Dominos**  – 2 & 4 Tue, 1-2:30pm.  Fee: 25 cents

**Keystone Krafters**  – Tue, 1-3pm. Bring your own art projects. Fee: Free

**Smart Driver Courses**  – Tue, Feb. 9, 11:30am – 3:30pm  Tue, Mar 15, 10am- 2pm  Wed, Apr 20,  9:30am – 1:30pm  Mon, May 23, 9:30 – 1:30  Fee: $18

**Pickleball**  - Tue & Thur, 9:30-11:00am Fee: $2

**Pickleball**  - Fri Sept 6 ongoing  6-8:30pm.  Fee: $2

**Arthritis Foundation Exercise**  - 8 week session Fee: $8 or drop in or $1/time Tue and Thus  11am – Noon

**Yoga**  – 6 Week session  Wed April 13  12 – 1pm  Fee: $15

**Hair Sculpting Class (ladies!!)**  Tips on hair care, setting & styling, etc. Wed, Mar 9 11:15am – 12:15pm  Fee: Free Bring your combs and brushes.

**Learn Hand and Arm Massage**  Mon. Feb 8  11:15am – Noon  Fee: Donation

**Breathing Exercise and Meditation for Everyone**  Mon, Mar 21, 11:15am – Noon  Fee: Donation

**Valentine’s Party**  – Fri, Feb 12, 12:15pm – 1:45pm Fee: $8

**St. Patrick’s Day Party**  - Wed Mar 16 11:30am – 1:15pm  Fee: $7

**AARP FREE TAX ASSISTANCE**  Mon and Wed Feb 8  9am – 2pm ½ appointments MUST CALL 651-645-7424
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, a computer lab, 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.

Information: Contact City Passport at 651-232-1301
Location: 55 E. 5th Street, Suite 203
Hours: 9 a.m.–4 p.m.
Open on occasional evenings and weekends for special events.
GOLDEN MELODY MAKERS CHORUS
Fee: Free / Ages: 50 and up
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

7571 City Passport
10:15am to 11:15am
Thursday January 7, 2015 - Ongoing

FEED MY STARVING CHILDREN
Fee: $10.00 / Ages: 18 and up
Volunteer packing food for the less fortunate children of the world. For additional information please contact Belinda at 651-292-6508.

17738 City Passport
8am to 3pm
Tuesday May 24, 2016

VALENTINE’S DAY
Fee: Free / Ages: 50 and up
A heart filled afternoon of games, snacks and socializing.

17736 City Passport
1pm to 3pm
Monday February 15, 2016

WOMEN’S DAY– “FINAL FRIDAY”
Fee: Free / Ages: 50 and up
City Passport will be open on the last Friday of the month for Ladies’ only. Each month we will have various activities available, or you can come and enjoy the conversation with other women. Bring a friend. This activity is lead by members, volunteer to help! Each Friday is totally different.

17737 City Passport
9am to 3pm
Fridays January 29, 2016 - May 27, 2016

CRAFTS
Fee: $3.00 / Ages: 50 and up
We will experiment with multiple medias creating great home decor, greeting cards and more. Samples of monthly craft projects will be displayed. Class will meet on the 3rd Tues of each month.

City Passport
11am to 12:30pm
Tuesdays January 19, 2016 - May 17, 2016

MEDICAL INSURANCE COUNSELING
Fee: Free / Ages: 50 and up
Free unbiased education and individual counseling about Medicare, supplemental plans, prescription drugs, Medicare Advantage plans, long term care, appeals and more. Appointments are required

City Passport
10am to Noon
Tuesdays January 21, 2016 - May 19, 2016

MEN’S SOCIAL
Fee: Free / Ages: 50 and up
Each month we will have various activities available, or you can come and enjoy the conversation with other men. Bring a friend.

City Passport
10am to 11am
Tuesdays January 26, 2016 - May 24, 2016

BOWLING
Fee: Free / Ages: 50 and up
Strike! Spare! This activity will be just like bowling at the alley. Monthly prize for high score.

City Passport
1pm to 2pm
Thursdays January 21, 2016 - April 21, 2016
KWANZAA CELEBRATION
Fee: Free / Ages: 1 and up
Celebrate Kwanzaa with live performances. Light refreshments will be served. This celebration is presented in collaboration with the Ebony Phoenix.

Martin Luther King Recreation Center
3pm to 6pm
Monday December 28

SAINT PAUL WINTER CLASSIC
Fee: Free / Ages: 1 and up
Come and cheer the Reunion Hockey Players from Como High School and St. Bernard’s as they play for bragging rights. Concessions will be available for purchase and fire pits to keep you warm.

North Dale Recreation Center
11am to 5pm
Saturday January 16, 2016
Jorgensen, Eric

FAMILY SKATING PARTY & BONFIRE
Fee: Free / Ages: 1 and up
Bring your own skates to enjoy the ice rink. We will have snow shoes and cross country ski’s for people to use on the snow. Kids will be able to paint in the snow. A small parent/child boot hockey game will take place on the ice. Warm up around the bonfire while sipping your hot chocolate and munching on popcorn.

Northwest Como Recreation Center
6pm to 8pm
Friday January 22, 2016

FROST FEST
Fee: Free / Ages: 1 and up
Hosted by Macalester-Groveland Community Council, this event at Groveland Recreation Center’s warming house and ice rink features free hot chocolate and treats, music provided by DJ Stevie Ray and skating on the general rink (skates available to use).

Groveland Recreation Center
1pm to 3pm
Saturday January 30, 2016

PHALEN FREEZE FEST
Fee: Free / Ages: 1 and up
Join us outside around the fire to hear the Ojibwe legend of Shingebiss, dramatized by giant puppets. This is the story of the determined duck who refused to be defeated by the Winter Maker. Inspired by this plucky duck, we’ll fish through the ice, build snow caves, and cook our food over the fire. Try out flashlight geocaching, hockey, and more! All equipment provided. Legacy funded. Contact: Faith Krogstad, 651-632-2455.

Phalen Lakeside Activity Center at Phalen Park
5pm to 8pm
Saturday February 20, 2016

LUNCH WITH THE BUNNY
Fee: $3.00 / Ages: 1 and up
Have a hoppin’ good time at this fun family event! There will be games, food, activities and more. Bring your cameras or charge your cell phones so you can take plenty of pictures with our special guest "The Bunny"!

Arlington Hills Community Center
11am to 1pm
Saturday March 19, 2016

LUNCH WITH THE BUNNY
Fee: $2/per participant or $5/immediate family. Ages: 1 and up
Children will have an opportunity to visit with the Bunny as it moves around to visit everyone while eating your lunch. Activities include a craft project, egg hunt, and much more! $2 individual cost, $5 immediate family cost. Children 10 & under must be accompanied by an adult.

North Dale Recreation Center
11:30am to 1:30pm
Saturday March 19, 2016
EGG HUNT
Fee: Free / Ages: 5-12
Celebrate spring with an egg hunt! Participants will meet in gymnasium at 6pm and will be called out by ages to hunt. (5-8yrs) (9-12yrs)

West Minnehaha Recreation Center
6pm to 7pm
Friday April 1, 2016

S P R I N G C E L E B R A T I O N
Fee: Free / Ages: 1 and up
Join us to celebrate spring by making May baskets for family and friends. Other activities will include a jump castle, face painting and craft project.

Linwood Recreation Center
11:30am to 1:30pm
Saturday April 30, 2016

S P R I N G C A R N I V A L
Fee: Free / Ages: 1 and up
It’s the end of a great school year for Chelsea Heights Elementary School and the Northwest Como neighborhood. Family, friends and community members are invited to have some fun and welcome the summer. Fantastic food, carnival games, jump castle and more! Cost for food and carnival activities.

Northwest Como Recreation Center
5pm to 8pm
Friday May 20, 2016

V A L E N T I N E S’ D A N C E
Fee: $5.00 / Ages: 9-11
Dance and listen to your favorite songs. Concessions will be sold. Admission at the door is $5 or only $4 with a food shelf donation.

Groveland Recreation Center
6pm to 8:30pm
Friday February 5, 2016

S P R I N G P A R T Y
Fee: Free / Ages: 4 and up
Get into the spring time early by enjoying carnival games, jump castle, egg basket and crafts. Bring your camera to take pictures with the bunny. Call if interested in volunteering.

Highland Park Community Center
11am to 1pm
Saturday April 2, 2016

S P R I N G C R A F T B A Z A A R
Fee: Free / Ages: All
Buy gifts from over 25 crafters. Concessions will be available. Please call 651-695-3711 for vendor information.

Edgcumbe Recreation Center
9am to 3pm
Saturday March 19, 2016

W A T E R F E S T 2 0 1 6
Celebrate our lakes. Enjoy the beauty and fun of nature and science, art and games. Learn what you can do to help keep our water clean. Free activities for all ages. No pre-registration required. Concessions will be available. In partnership with the Ramsey-Washington Metro Watershed District.

- Fishing Lessons & Contest
- Canoeing, Kayaking & Voyageur Canoes
- Water Games & Crafts
- Geocaching
- Swimming
- Climbing Tower
- Music & Dance Performances
- Live Animals
- Demonstrations & Exhibits

Phalen Lake Regional Park
11am - 4pm
Saturday June 4
Great River Water Park

2016 Winter & Spring Admission Fees, Hours and Programming

Hours and prices effective January 1st- June 10, 2016

Features:
- Children’s Activity Pool with age appropriate feature
- Two 1 story water slides
- 25 yard 8 lane lap pool with a diving board & floats
- Sauna, concessions pools side, and men’s, women’s and family locker rooms (locks available for rent)
- Open Swim, Lap Swim, Water Aerobics & Swim Lessons

Admission Fees (No Checks Accepted)
Under 48" $5.00
Over 48" $6.00
Family $20.00
5 Members / $4.00 ea. add. person
Non-swimming Deck Fee $3.00

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

Promotional Days
½ Price Mondays & Wednesdays
All Monday and Wednesday are half price to Great River Water Park. Open Swim Only.

$2 Family Fun and Fitness Fridays
Only $2 / person on the following dates:
January 15, February 19, March 18, April 15, May 20

Four Dollar Sundays
$4 / person for open swim on Sundays at Great River Water Park

WEEK AT A GLANCE

| SUN    | Lap Swim | 11am – 12:30pm¹ |
| Lap Swim | 9:30am – 10:30am |
| Water Aerobics | 11am – 5:00pm¹ |
| Open Swim |  |

| MON    | Lap Swim | 6:30am – 9:30am |
| Lap Swim | 5:30pm – 7:00pm¹ |
| Water Aerobics | 9:30am – 10:30am |
| Open Swim | 10:30am – 12:30pm |
| 4:00pm – 8:30pm²³ |

| TUES   | Lap Swim | 7:00am – 9:30am |
| Lap Swim | 9:30am – 10:30am³ |
| Water Aerobics | 5:30pm – 6:30pm |
| Swim Lessons | 4:30, 5:30 & 6:30pm |

| WED    | Lap Swim | 6:30am – 9:30am |
| Lap Swim | 5:30pm – 7:00pm¹ |
| Water Aerobics | 9:30am – 10:30am |
| Swim Lessons | 9:30am |
| Open Swim | 10:30am – 12:30pm |
| 4:00pm – 8:30pm²³ |

| THUR   | Lap Swim | 7:00am – 9:30am |
| Lap Swim | 5:30pm – 7:00pm¹ |
| Water Aerobics | 9:30am – 10:30am³ |
| Adaptive Rec | 5:30pm – 6:30pm |
| 6:45pm – 8:30pm |

| FRI    | Lap Swim | 6:30am – 9:30am |
| Lap Swim | 5:30pm – 7:00pm¹ |
| Water Aerobics | 9:30am – 10:30am |
| Open Swim | 10:30am – 12:30pm |
| 4:00pm – 8:30pm²³ |

| SAT    | Lap Swim | 11am – 12:30pm¹ |
| Lap Swim | 8:00am – 9:00am |
| Water Aerobics | 9:00, 10:00 & 11:00am |
| Swim Lessons |  |
| Open Swim | 12:30pm – 7:00pm |

Notes
1. Sunday during Lap Swim from 11 a.m. – 12:30 p.m., the Children’s Activity Pool and Large Slides open; the main pool will have Open Swim beginning at 12:30 p.m.
2. Children’s Pool and Large Slides only between 4:00 p.m. – 6:30 p.m.
3. Monday, Wednesday, & Friday between 6:30 – 7 p.m. the main pool is shared with lap and open swim.
4. Sunday, Tuesday and Thursday morning Water Aerobics is a Deep Water Conditioning class, drop ins welcome. See next page for more details.

Note: Two (2) lap lanes are usually available during open swim times except between 4p – 5:30p Monday, Wednesday, and Friday; please call in advance for availability.
Stroke Clinics $6
Stroke Clinics are offered for swimmers that can swim laps and want to improve their strokes and endurance. We offer the clinics during regular lap swim hours and are a first come first served basis on the dates listed below. Perfect for triathlon training or anyone looking to improve their swimming technique.
January: 2(11a), 15(5:30p), 28(7a – 9a)
February: 6(11a), 19(5:30p), 25(7a – 9a)
March: 5(11a), 18(5:30p), 24(7a – 9a)
April: 2(11a), 15(5:30p), 21(7a – 9a)
May: 7(11a), 20(5:30p), 26(7a-9a).

Power Water Aerobics $6
Participants will have the opportunity to work with multiple instructors that will introduce different techniques. These classes are offered as a drop in during our regular water aerobic times on the dates listed below. Come join us for a fun, intense and great workout.
January: 7(5:30p), 16(8a), 29(9:30a)
February: 4(5:30p), 20(8a), 26(9:30a)
March: 3(5:30p), 19(8a), 25(9:30a)
April: 7(5:30p), 16(8a), 29(9:30)
May: 5 (5:30p), 21(8am), 27(9:30a).

Deep Water Conditioning $6 daily/$25 w/registration
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. Drop ins welcome, $6. Limited equipment and space.

Lifeguard Training Opportunity $60/session
The City of Saint Paul is offering a fun and challenging approach to lifeguard training. The International Lifeguard Training ProgramTM (ILTPTM) offered by Ellis and Associates is a state-of-the-art training that teaches lifeguard rescue skills, First Aid, Cardio Pulmonary Resuscitation (CPR) for the Professional Rescuer, Emergency Oxygen Support, Automated External Defibrillation (AED) and so much more. Those who complete the training have the potential of being hired as a City of Saint Paul lifeguard. Registration fee covers the ILTPTM Completion Card, ILTPTM Book, and class time. Please register for one of the sessions listed below at: https://apm.activecommunities.com/saintpaul/Home or call 651-642-0253 to speak with an Aquatics Supervisor.

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>1/17-3/28</td>
<td>11a-2p</td>
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<td>2</td>
<td>Mon &amp; Wed</td>
<td>3/23-4/27</td>
<td>6p-9p</td>
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<td>3</td>
<td>Mon – Fri</td>
<td>3/30-4/3</td>
<td>9a-4:30p</td>
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*Lap Swim and Water Aerobics are the same unless otherwise noted.*
**Winter Swim Lessons**

$60/Session

Saturday Mornings  
January 9 – February 27  
9:00am to 9:50am  
(Fin Buddies – Tigerfish; Adult Intro. Level & Adult Intermediate Level)  
10:00am to 10:50am  
(Fin Buddies – Tigerfish; Jr. Lifeguard)  
11:00am to 11:50am  
(Fin Buddies, Jellyfish, & Sunfish)

Tuesday Evenings  
January 5 – February 23  
4:30pm – 5:20pm  
(Fin Buddies, Jellyfish & Sunfish)  
5:30pm - 6:20pm  
(Fin Buddies – Tigerfish)  
6:30pm - 7:20pm  
(Fin Buddies -Tigerfish)

Wednesday Mornings  
January 6 – February 24  
9:30 – 10:20am  
(Beginner Levels only: Fin Buddies - Moonfish)

**Spring Swim Lessons**

$60/Session

Saturday Mornings  
March 5 – April 23  
9:00am to 9:50am  
(Fin Buddies – Tigerfish; Adult Intro. Level & Adult Intermediate Level)  
10:00am to 10:50am  
(Fin Buddies – Tigerfish; Jr. Lifeguard)  
11:00am to 11:50am  
(Fin Buddies, Jellyfish, & Sunfish)

Tuesday Evenings  
March 1 – April 19  
4:30pm – 5:20pm  
(Fin Buddies, Jellyfish & Sunfish)  
5:30pm - 6:20pm  
(Fin Buddies – Tigerfish)  
6:30pm - 7:20pm  
(Fin Buddies -Tigerfish)

Wednesday Mornings  
March 2 – April 20  
9:30 – 10:20am  
(Beginner Levels only: Fin Buddies - Moonfish)

**Spring Mini Swim Lessons**

$30.00/Session

Saturday Mornings  
April 30 – May 21  
9:00am to 9:50am  
(Fin Buddies – Tigerfish; Adult Intro. Level & Adult Intermediate Level)  
10:00am to 10:50am  
(Fin Buddies – Tigerfish; Jr. Lifeguard)  
11:00am to 11:50am  
(Fin Buddies, Jellyfish, & Sunfish)

Tuesday Evenings  
April 26 – May 17  
4:30pm – 5:20pm  
(Fin Buddies, Jellyfish & Sunfish)  
5:30pm - 6:20pm  
(Fin Buddies – Tigerfish)  
6:30pm - 7:20pm  
(Fin Buddies -Tigerfish)

Wednesday Mornings  
April 27 – May 18  
9:30 – 10:20am  
(Beginner Levels only: Fin Buddies - Moonfish)

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**AQUATICS**

**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**

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

**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**

For adults / teens is intended for those that 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.
OUTDOOR ICE SKATING

The refrigerated rinks will provide up to an additional six weeks of quality ice skating during the season. Call location for warming room hours. Volunteers willing to help with flooding the rinks are needed. Inquire at any of the recreation centers where rinks are located or call Parks & Recreation at 651-266-6400.

<table>
<thead>
<tr>
<th>Rink Name</th>
<th>Address</th>
<th>Phone</th>
<th>Rink type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aldine</td>
<td>1717 Iglehart Ave.</td>
<td>651-632-5111</td>
<td>1G</td>
</tr>
<tr>
<td>Battle Creek</td>
<td>75 Winthrop St. S.</td>
<td>651-501-6347</td>
<td>1G, 1H</td>
</tr>
<tr>
<td>Desnoyer</td>
<td>525 Pelham Blvd</td>
<td>651-632-5111</td>
<td>1H 1G</td>
</tr>
<tr>
<td>Edgcumbe</td>
<td>320 Griggs St. S.</td>
<td>651-695-3711</td>
<td>1G 1H</td>
</tr>
<tr>
<td>Griggs</td>
<td>1188 Hubbard Ave</td>
<td>651-632-5111</td>
<td>1G</td>
</tr>
<tr>
<td>Groveland</td>
<td>2021 St. Clair Ave</td>
<td>651-695-3714</td>
<td>2H, 1G, 1O</td>
</tr>
<tr>
<td>Hayden Heights</td>
<td>1965 E. Hoyt Landmark Ave.</td>
<td>651-298-5716</td>
<td>1G</td>
</tr>
<tr>
<td>Wells Fargo Winterskate</td>
<td>5 5th St</td>
<td>651-803-9047</td>
<td>1RG/RH</td>
</tr>
<tr>
<td>Langford</td>
<td>30 Langford Park</td>
<td>651-298-5765</td>
<td>2H, 1G</td>
</tr>
<tr>
<td>Linwood</td>
<td>860 St. Clair Ave</td>
<td>651-298-5660</td>
<td>1G</td>
</tr>
<tr>
<td>Nathan Hale</td>
<td>401 Summit Ave</td>
<td>651-632-5111</td>
<td>1G</td>
</tr>
<tr>
<td>Center</td>
<td>1414 St. Albans St. N.</td>
<td>651-558-2329</td>
<td>1H 1RH 1G</td>
</tr>
<tr>
<td>Como</td>
<td>1550 N Hamline</td>
<td>651-298-5813</td>
<td>1G</td>
</tr>
<tr>
<td>Palace</td>
<td>781 Palace Ave.</td>
<td>651-298-5677</td>
<td>1RH 1G</td>
</tr>
<tr>
<td>Phalen</td>
<td>1000 E Wheelock Parkway</td>
<td>651-793-6600</td>
<td>1H 1RH 1G</td>
</tr>
</tbody>
</table>

H=Hockey  G=General Skate  O=Oval  RH=Refrigerated Hockey  RG=Refrigerated General
* Rink hours, conditions, and open/closed status subject to change without notice.