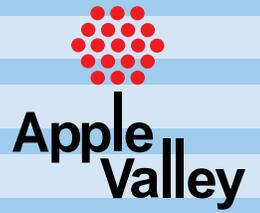


HEALTHY PARKS HEALTHY PEOPLE



WINTER 2012

CITY OF APPLE VALLEY PARKS & RECREATION



**NEW ON-LINE REGISTRATION
NOW OPEN
PAGE 2**

**www.cityofapplevalley.org
952.953.2300**

HEALTHYPARKS HEALTHYPEOPLE

General Information

Apple Valley Parks & Recreation Staff

ADMINISTRATION

Parks and Recreation Director Randy Johnson
 Recreation Superintendent Scott Breuer
 Recreation Supervisor Bill Bird
 Recreation Supervisor Marcie Padgett
 Recreation Supervisor Steve Skinner
 Department Assistant Dorene Perkins Monn
 Clerical Assistant Eva Lageson
 Clerical Assistant Doris Marona
 Parks Maintenance Superintendent Tom Adamini

PHONE: 952.953.2300 • FAX 952.953.2306

VALLEYWOOD GOLF COURSE AND PARK

Manager – P.G.A. Professional Jim Zinck
 Recreation Supervisor – P.G.A. Professional Matthew Bilek

PHONE: 952.953.2323 • FAX 952.953.2319

SPORTS ARENA

(Attached to the south side of Apple Valley High School)

Arena Manager Gary Pietig

PHONE: 952.953.2366 • FAX 952.431.8246

HAYES PARK ARENA

(Adjacent to the Apple Valley Community Center)

Arena Manager Gary Pietig

PHONE: 952.953.2365

TEEN CENTER

14255 Johnny Cake Ridge Road

PHONE: 952.953.2385

The Parks and Recreation Department Headquarters is located at:

**Apple Valley Community Center
 14603 Hayes Road • Apple Valley
www.cityofapplevalley.org**

HOURS OF OPERATION

Administration: (weekdays) 8:00am– 4:30pm

Apple Valley Community Center:

Monday - Friday 8:00am–10:00pm

Saturday 8:00am– 7:30pm

Sunday 12 noon– 7:30pm

*Note: the Community Center will be open until 9:00pm on

Saturdays from December 17 through February 18.

Holidays:

Saturday, December 24 8:00am–2:00pm

Sunday, December 25 CLOSED

Monday, December 26 9:00am–10:00pm

Saturday, December 31 8:00am–7:30pm

Sunday, January 1 12:00pm–7:30pm

Monday, January 16 9:00am–10:00pm

Monday, February 20 9:00am–10:00pm

Information/Weather Phone Hotline

To better serve our customers, the Parks and Recreation Department has an information/weather phone line. Call **952-953-2399** at anytime for a recorded message regarding facility hours and various programs. In the event of inclement weather, facility closure and program cancellation information is also available.

Apple Valley Parks and Recreation Mission Statement

Our purpose is to provide recreation and leisure opportunities which:

- Promote positive growth of individuals and communities.
- Contribute to the social, physical, educational, mental, emotional, cultural, and general well-being of the community and its people.
- Help people achieve fuller, happier, and more harmonious and effective lives.
- Promote family units and develop understanding and positive interaction among people.
- To provide adequate physical facilities and program opportunities, which encourage people of the community to become more self-sustaining in their leisure.
- To preserve and hold for the future our natural environment to assure freedom of choice in recreational experiences.

Frequently Called Community Phone Numbers

Apple Valley Parks & Recreation Hotline ... 952-953-2399
 Apple Valley Community Center 952-953-2300
 Apple Valley Municipal Center 952-953-2500
 Hayes Community and Senior Center 952-953-2345
 Apple Valley Teen Center 952-953-2385
 Apple Valley Sports Arena 952-953-2366
 Apple Valley Hayes Arena 952-953-2365
 Dakota County Parks Info Line 952-891-7000
 VAA (Valley Athletic Association) 952-432-5618
 EVAA (Eastview Athletic Association) 952-985-3830
 ISD 196 Community Education 651-423-7722

Now Featuring On-Line Registration

You can now register for a parks & recreation program, class or lesson at any time! Go to the City website: www.cityofapplevalley.org, and then under the "Recreation" heading, select "Recreation Programs". Users will need to set up an account, which will be used for all future registrations. Each family member should be listed on the same account, and can be easily added at a later date. Set up your account now!

Press 1: Weather Line
 Press 2: AVCC Open Gym Schedule
 Press 3: Aquatic Programs
 Press 4: Adult Athletics
 Press 5: Arena Programs
 Press 6: Seasonal Programs & Special Event

2012 Mid-Winter Fest

February 4-5, 2012

The 35th Annual Apple Valley Mid-Winter Fest is on its way! Last year's celebration offered over 50 fun-filled activities in which over 2,000 residents participated. The 2012 Mid-Winter Fest promises to be even better! Don't forget to buy your official button, available starting January 15th at the following: Apple Valley Community Center, Ice Arenas, Liquor stores and Teen Center. Buttons are \$1.00 in advance or \$2.00 during the celebration. 2012 Mid-Winter Fest buttons will be required for admission to most events. Call (952) 953-2300 for more information.

Tentatively, the following activities will be held:

Throughout the Celebration –

- Medallion Hunt
- Contest Prizes
- Refreshments
- Food Shelf Donations
- Open Ice Skating

Saturday, February 4 –

- Snow Softball Tournament*
- Face Painting Artist
- Games of Chance & Skill
- Bingo
- LARPing Activities & Demonstrations
- Adult Boot Hockey Tournament
- Indoor Mini Golf
- Inflatable Jumpers
- Chicken Wing Eating Contest
- Pie Eating Contest
- Wii Bowling Contest
- Musical Performance By Michael Monroe
- DJ Dance Party at Teen Center (Gr. 6-9)

Sunday, February 5 –

- Dog Sledding
- Women's Indoor Volleyball Tournament*
- Co-Rec Indoor Volleyball Tournament*
- Cross Country Skiing (equipment and lessons provided)
- Snowshoeing (equipment and lessons provided)
- Cribbage Tournament
- Indoor Ice Skating Party
- Horse Drawn Hay ride
- Hot Dog & S'more Roast
- Open Snow Tubing
- Super Bowl Party at Teen Center
- And a whole lot more!

*Registration details at www.cityofapplevalley.org

**Mid-Winter Fest 2012 Youth Button Design Contest
For Children in grades K-12.
Call 952-953-2300 for information.**

The city of Apple Valley is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

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The Frozen Apple Winter Concert Series

Presented by: Apple Valley Arts Foundation and Apple Valley Parks & Recreation

**Apple Valley Community Center,
14603 Hayes Road**

Show times: 6-9pm

Saturday, January 21: Harold Torrence Latin Vibe

Saturday, February 4: Michael Monroe

Saturday, March 3: Ménage à Neuf

No admission fee or cover charge

Food & Beverage items available for purchase from local businesses

INFORMATION:

www.facebook.com/MusicKelleyPark

HEALTHYPARKS HEALTHYPEOPLE

Pre-School/Tots

Critter's Club

Ages 2 1/2-6

Tuesdays; 10:00-11:30am

Session 1- January 10, 17, 24, 31; February 7, 14

Session 2-February 21, 28; March 6, 13, 20, 27

\$26 per session; Apple Valley Community Center

Min. 6 Max. 14 per session

REGISTRATION DEADLINES: Please register at least one week prior to the start.

Instructors: Apple Valley Parks and Recreation Department Staff
Our recreation program, just for TOTS! Our objective is to provide a fun, active and enjoyable program in an accepting atmosphere. Emphasis will be placed on ensuring each child's self-confidence and enjoyment. Songs, crafts, games, fun projects, snacks and stories will all be included in our sessions. Parents do not stay for this class and participants must be potty trained to sign up for this program!

"Tot's Day of Fun" for Mom's on the Run!

Ages 3-6

Monday, 9:30am-12:30pm

Session 1 - January 9, 16, 23, 30

Session 2 - February 6, 13, 20, 27

Session 3 - March 5, 12, 19, 26

Wednesday, 12:15-3:15pm

Session 4 - January 11, 18, 25; February 1

Session 5 - February 8, 15, 22, 29

Session 6 - March 7, 14, 21, 28

\$42 per child per session of 4 dates;

Apple Valley Community Center

\$12 per child per each date drop in fee payable at the AVCC on the date of class, call 952-953-2300 for availability per date. (Priority will be given to those who register for the entire session)

Min. 5 Max. 14 per session and date

REGISTRATION DEADLINES: Please register at least one week prior to the start.

Instructors: Apple Valley Parks and Recreation Department Staff
Our 3-hour-long program for tots includes music, playtime, arts & crafts, story time, games, gym time, movies, a snack, and even a short "quiet time". The activities are designed for your tots, the class is designed for parent's 'on the run', who need that little bit of extra time for errands, or just to relax! Our Instructors will lead activities throughout the 3-hours, keeping the tots busy with a myriad of activities - lots of fun for all tots! Parents do not stay for this class! Children must be potty-trained to participate.

Little Chefs "Healthy Cooking and Creative Eats" for Tots

Ages 3-6

Session 1: Friday, January 13; 11:15am-12:30pm

Session 2: Friday, February 17; 11:15am-12:30pm

Session 3: Friday, March 9; 11:15am-12:30pm

Session 4: Friday, April 13; 11:15am-12:30pm

\$7 per session; Apple Valley Community Center

Min. 8 Max. 14 per session

REGISTRATION DEADLINES: Please register at least one week prior to the start

Instructors: Apple Valley Parks and Recreation Department Staff
Fun cooking classes featuring healthy foods and snacks for preschoolers! We will learn new recipes each session! Each "Little Chef" will take home a recipe book of all recipes that they have learned that session. Parents do not stay!

Holiday Parties for Tots

Ages 2 1/2-6

"Crafty Christmas" Party: Friday, December 16

Session 1: 9:30-10:45am

Session 2: 11:00am-12:15pm

"Happy Hearts" Party: Friday, February 10

Session 1: 9:30-10:45am

Session 2: 11:00am-12:15pm

"St. Pat's Hats" Party: Friday, March 16

Session 1: 9:30-10:45am

Session 2: 11:00am-12:15pm

"Bunny Brunch" Party: Friday, April 6

Session 1: 9:30-10:45am

Session 2: 11:00am-12:15pm

\$6 per session; Apple Valley Community Center

Min. 8 Max. 20 per session

REGISTRATION DEADLINES: Please register at least one week prior to the start

Instructors: Apple Valley Parks and Recreation Department Staff
Celebrate the upcoming Winter & Spring Holidays at our special parties just for TOTS! Games, crafts, stories, songs and treats related to the holiday will be featured at our parties. Be a part of the holiday happenings! Pre-registration by the deadline is required. Parents can stay, but it is not required - if parents do stay, please DO NOT bring additional younger siblings along.

Sounds of Winter *New!*

Ages 3-5 & an adult

Friday; 11:15am-12:30pm

Session 1: January 20; Winter Weather

Session 2: January 27; Winter Fun

Session 3: February 3; Winter Friends

Session 4: January 20, 27, February 3;

\$8 per each session OR \$21.00 for all sessions 3 dates (Session 4)

Apple Valley Community Center

Min. 3 pair Max. 8 pair per session

REGISTRATION DEADLINES: Please register at least one week prior to the start

Instructor: Linda Runeborg

KIDS...Bring your favorite grown-up to our new class, and enjoy the winter season, through music! Sing songs about winter animals, enjoy some winter poems, listen to the voices of our "animal friends", take imaginative winter walks together, play some simple musical instruments, and more! AND - share a different "special winter beverage" at each session. Join us for 1, 2, or all 3 "Sounds of Winter" adventures!

Animals in Winter

Ages 3-6

Friday, February 24; 11:15am-12:30pm

\$5 each; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: Please register at least one week prior to the start.

Instructor: Linda Runeborg

Brrrrr.....it's cold! What do our animals friends do during the winter? Find out in this class - using experiments, crafts, and even cookies! Learn how to track stuffed animals back to their hibernaculum. Discover the secret of frog blood! Please bring to class a small to medium stuffed bear who needs to hibernate! Parents do not stay.

Feathered Friends

Ages 3-6

Friday, March 23; 10:30-11:45am
\$5 each; Apple Valley Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Please register at least one week prior to the start

Instructor: Linda Runeborg

Who are these birds that come into our yard? Find out the 3 secrets to luring the birds to your yard. Through games, songs and actual bird call recordings, learn the names of Minnesota birds, where they live and what they eat. Each participant will make a bird ID booklet to take home. Parents do not stay.

Rough & Tumble Busy Boys

Boys ages 2-4

Session 1: Friday, January 6, 13, 20, 27; 9:30-11:00am
Session 2: Friday, March 2, 9, 16, 23; 9:30-11:00am

\$24 per session; Apple Valley Community Center

Min. 7 Max. 14 per session

REGISTRATION DEADLINE: Please register at least one week prior to the start

Instructors: REACH Education Solutions Staff

"Jumping...Running...Climbing...are your little boys keeping you just a tad too busy? Well, have a seat and let them burn off some steam in our "Rough and Tumble Busy Boys" Class! Little ones will make new friends as they spend their time participating in hands-on games and activities, such as tumbling, ball play, basic sports, and obstacle courses! If you need a break before your little boy breaks you, sign him up for "Rough and Tumble Busy Boys". Participants must be potty trained; parents do not stay.

Kid N' Play

Ages 2 1/2-5

Tuesday, Wednesday, Thursday; 9:30am-12:00pm
\$89 for all 12 dates

Session 1: January 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26

Session 2: January 31; February 1, 2, 7, 8, 9, 14, 15, 16, 21, 22, 23

Session 3: February 28, 29; March 1, 6, 7, 8, 13, 14, 15, 20, 21, 22

Tuesday only; 9:30am-12:00pm; \$36 for all 4 days

Session 4: January 3, 10, 17, 24

Session 5: January 31; February 7, 14, 21

Session 6: February 28; March 6, 13, 20

Wednesday only; 9:30am-12:00pm; \$36 for all 4 days

Session 7: January 4, 11, 18, 25

Session 8: February 1, 8, 15, 22

Session 9: February 29, March 7, 14, 21

Thursday only; 9:30am-12:00pm; \$36 for all 4 days

Session 10: January 5, 12, 19, 26

Session 11: February 2, 9, 16, 23

Session 12: March 1, 8, 15, 22

Apple Valley Community Center

Min. 5 Max. 15 per Sessions 1, 2, 3; Max 5 per Sessions 4, 5, 6, 7, 8, 9, 10, 11, 12

REGISTRATION DEADLINES: Please register at least one week prior to the start

Instructors: REACH Education Solutions Staff

Introducing an affordable active program for even the littlest tots to interact through sporting games, cool crafts, musical activities, and LOADS of gym fun! With a kindergarten readiness curriculum designed to develop motor skills, balance, and social skills, this program is a sure winner!

High Reach Prancers

Ages 3-6

Wednesday, February 1, 8, 15, 22, 29; March 7; 5:45-6:30pm

\$40 for all 6 dates; Apple Valley Community Center
8 Min. 14 Max.

REGISTRATION DEADLINE: Please register at least one week prior to the start.

Instructor: Reach Education Solutions Staff

Grab your tutus and learn the basics of ballet! We will combine technique and fun music and wrap it up in a performance for all to see! Parents do not stay.

Little Ninjas Introductory Classes "Intro to Martial Arts" for Youngsters

Ages 4-6

Session 1: Monday, January 16, 23, 30; Feb. 6

6:00-6:30pm

Session 2: Thursday, January 19, 26; February 2, 9

5:15-5:45pm

Session 3: Saturday, January 21, 28; February 4, 11

10:15-10:45am

\$21 per session for the 4 dates, includes a uniform

Classes are held at MN Valley Martial Arts; 14050 Pilot Knob Rd, #124 (across from Scott Highlands MS; 952-423-5600)

4 min. 20 max. per session

REGISTRATION DEADLINES: Please register at least 1 week prior to the start.

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

The Little Ninja program will enhance the development of basic good habits such as paying attention, following instructions, cooperating with others, and practicing self-discipline and control. Each class will begin with fun physical warm ups and basic martial arts moves, and will also include fun and engaging games. Parents are able to stay and observe the classes. This is an introductory offer, continuing classes will be offer through MN Valley Martial Arts

NOTE – Our classes are set up as "ONE-TIME Introductory Classes", which will allow the child to experience one 4-week series of Martial Arts Classes without a huge commitment, to see if he/she enjoys the classes. After the 1st Introductory Class, additional classes can be scheduled at the MN Valley Martial Arts Studio – **ONLY ONE** Introductory class per each child please!

Go Girl! Go!

Girls ages 2-4

Friday, February 3, 10, 17, 24; 9:30-11:00am

\$24; Apple Valley Community Center

Min. 7 Max. 14

REGISTRATION DEADLINE: Please register at least one week prior to the start

Instructors: REACH Education Solutions Staff

Running! Jumping! Climbing! Moving! It's not just boys that are busy, busy, busy! We'll keep 'em moving with high energy games, activities and musical fun that will be sure to get even that clingiest child off of your leg! Ready, set, GO GIRL! GO!

HEALTHYPARKS HEALTHYPEOPLE

Music Together Early Childhood Music Program

Parents/Caregivers & Children up to 5 years

Sunday; January 22, 29; February 5, 12, 19, 26; March 4, 11

Session 1: 4:00-4:45pm

Session 2: 5:00-5:45pm

Session 3: 6:00-6:45pm

Tuesday; January 24, 31; February 7, 14, 21, 28; March 6, 13

Session 4: 10:15-11:00am

Session 5: 11:15am-12:00pm

Wednesday; January 25; February 1, 8, 15, 22, 29; March 7, 14

Session 6: 10:15-11:00am

Session 7: 11:15am-12:00pm

\$140 per Adult-Child Pair for the 8-week session

\$74 per additional child; siblings 8 months & younger are FREE with paid sibling (free sibling must be born 5/23/11 or after

Min. 3 Max. 6 per each session

Register with Apple Valley Parks & Recreation www.cityofapplevalley.org or District 196 Community Education <http://ce.district196.org/Perficio/online/events/search.aspx> (Youth Enrichment Music)

REGISTRATION DEADLINE: Monday, January 16

"Music Together" Instructors: Sarah Hardy, Tues. & Wed. Sessions; Laurie McFaul, Sun. Sessions

Infants, toddlers and preschoolers participate at their own developmental level, sharing songs, instrument play, rhythmic rhymes and movement activities in a relaxed, playful, non-performance-oriented setting. Music Together classes are based on the recognition that all children are musical. They can learn to sing in tune, keep a beat and participate with confidence, provided that their early environment supports such learning. This curriculum supports children's overall development—their cognitive, social, physical, verbal and music development. Receive an illustrated songbook filled with music-making ideas and two new CD's - one for home and one for on-the-go. Music Together in the Valley, directed by Clarice Auluck-Wilson, Ph.D.; visit www.musictogetherclasses.com

Music Together Demonstrations (Parents and children birth-5 years)

*****TRY A FREE DEMO "Music Together" CLASS.*****

Experience the joy of making music! Only 1 DEMO class per family; register your child(ren) only. This DEMO Class is for those interested in checking out this new music program! Call 952-953-2300 to register.

All DEMOS are held at the Apple Valley Community Center; 14603 Hayes Road.

Space is limited, so register soon.

Session A: Sunday, January 8; 6:00-6:45pm

Session B: Tuesday, January 10; 10:15-11:00am

Session C: Wednesday, January 11; 10:15-11:00am

Session D: Sunday, January 15; 5:00-5:45pm

Session E: Tuesday, January 17; 11:15am-12:00pm

Session F: Wednesday, January 18; 11:15am-12:00pm

Max. 6 pairs per each FREE DEMO only!



Little Doodler's Winter Art Camps

New!

Ages 2-5 and a parent or adult

Abrakadoodle is a special art program developed for children age 2-5. Children will develop their creativity through imaginative lessons in our unique classes. Each lesson introduces children to new techniques and artist's styles. Children will create unique masterpieces using tempera paints, markers, oil pastels, clay and other art materials. Most projects are framed.

Min. 4 Max. 8 per session

REGISTRATION DEADLINES: One week prior to start date.

Instructors: Abrakadoodle Art Enrichment Staff

Little Doodlers Winter Art Camp 1

Session 1: Saturday, January 28; February 4, 11, 18;
9:30-10:15am

\$59 for 1st child for all 4 dates; \$49 for an additional child; Greenleaf Elementary

In Winter Art Camp 1, kids will use torn papers to make a picture, learn how to mix secondary colors while making a colorful ice cream cone, create a mouse collage, and much more.

Little Doodlers Winter Art Camp 2

Session 2: Saturday, March 3, 10, 17, 24;
9:30-10:15am

\$59 for 1st child for all 4 dates; \$49 for an additional child; Greenleaf Elementary

Winter Art Camp 2 will include a special oil pastel lesson, sculpting coil baskets or pots, painting flower pots with clay flowers and more. Come join us for some art-rageous fun.



Science Explorers Classes for Tots!

Ages 3 ½ - 6

Science Explorers is a unique program designed to provide children with hands-on fun while learning about science and the world around them. They believe science sparks wonder and imagination in children and allows them to use their natural curiosity for discoveries. Science Explorers' activities challenge children by providing a different hands-on activity each week, and encouraging them to try different solutions. Science Explorers is dedicated to helping children learn about their world through science

Min. 4 Max. 5 per class

Registration Deadlines: Please register at least one week prior to the start.

Instructors: Science Explorer's Staff



Smokey's Forest Friends

Thursday, February 2, 9, 16;

10:00-11:30am

\$45 includes all 3 dates;

Apple Valley Community Center

Smokey, everyone's favorite bear, will be our mascot and guide us as we travel through a forest habitat. We will discover cute, cuddly, scary, misunderstood, and slithery animals. Next we'll explore trees and plants, and learn why they are an important part of a forest ecosystem. Join us as we journey through the forest to meet Smokey's forest friends.



Stars, Planets and Stories

Thursday, March 1, 8, 15; 10:00-11:30am

\$45 includes all 3 dates; Apple Valley Community Center

Blast off with Science Explorers for a fun filled trip to the stars. Upon our departure, we'll learn about gravity and how the earth's rotation affects our everyday lives. As we soar past the moon, we will explore it's phases and stop to investigate the planets of our solar system, and how they orbit the sun. As we reach the end of our trip, we'll look to the constellations and learn their stories. Come and join us on our journey, plus create art projects, play games, and much more!

Preschool Fun & Games

Ages 3-6

Session 1: Wednesday, January 18; 9:30-11:00am

Session 2: Wednesday, February 22; 9:30-11:00am

Session 3: Wednesday, March 14; 9:30-11:00am

\$4 per child per class; Apple Valley Community Center

Max. 20 children per session

REGISTRATION DEADLINES: Please register at least one week prior to the start.

Instructor: Kristy Hemphill

Fun & Games is designed for little ones to enjoy themselves through organized games. We will have large and small group games that challenge the mind as well as the body, both indoors and outside (weather permitting). All participants must be potty trained, and bring a water bottle as we will work up a thirst! Hope to see you there!

Preschool Open Art

Preschool age children and a parent

Saturday; 9:30am-12:00pm

Session 1: January 21

Session 2: February 25

Session 3: March 10

\$4 per child paid on the day of the class;

Apple Valley Community Center

Max. 10 children per session

No pre-registration needed

Instructor: Kristy Hemphill

Preschool Open Art is a drop in arts and crafts program open to preschool age children and their parents. Open Art is offered one Saturday per month from 9:30am-12:00pm at the A.V.C.C. No pre-registration is needed, you may come and go any time during class hours, and participate as your time permits. Children will have a variety of craft projects to choose from, do one of each or choose a few favorites, the choice is all yours. Each month will bring holiday and theme based projects for you and your little ones to choose from. January will boast colors & dinosaur crafts; in February we will have fun with paints & cows; and in March we will focus on Easter and snake crafts. Mark your calendars now for our Open Art Days!



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Breakfast with Santa Claus, sponsored by McDonald's of Apple Valley

Ages 3-10 & parent(s)

Saturday, December 3:

Session 1 - 8:30-9:30am

Session 2 - 9:30-10:30am

Session 3 - 10:30-11:30am

\$9 per child per session;

Apple Valley Community Center

Min. 20 Max. 50 youth per session only

REGISTRATION DEADLINE: Call for availability!!!!

(952-953-2300)

Instructors: Apple Valley Parks and Recreation Department Staff & Santa Claus

All children 3-10 years old are invited to spend an hour with Santa Claus on Saturday, December 3rd. Come to the Apple Valley Community Center where Santa will visit with you and your family while you enjoy special treats, sponsored by McDonald's of Apple Valley. Following breakfast, each child will take part in a variety of holiday activities, crafts, games, and have their picture taken with Santa. Parents: Don't forget to bring your camera to take extra pictures.

Time for Story Art

Ages 3-6 and a parent

Session 1: Wednesday, January 11; 9:30-11:00am

Session 2: Wednesday, February 15; 9:30-11:00am

Session 3: Wednesday, March 7; 9:30-11:00am

\$4 per child per class; Apple Valley Community Center

Min. 3 Max. 8 children per session

REGISTRATION DEADLINES: Please register at least one week prior to the start.

Instructor: Kristy Hemphill

Time for Story Art is a class designed to help your little ones bring the joy of books to life! The Instructor will read a story, and the children will then participate in art activities related to the book, using their creativity to bring their favorite parts of the stories into tangible reality. Parents are required to stay and help their child explore and create. They will make 5 story crafts, plus will help create their own theme-based snack. Stories this session include: Brown Bear What Do You See, Moses Goes to the Circus, and Our Class Took a Trip to the Zoo. Hope to see you there—it'll be a blast!



Breakfast with the Bunny & Egg Hunt Sponsored by McDonald's of Apple Valley

Ages 2-7 & parent(s)

Saturday, April 7:

Session 1: 8:30-9:30am

Session 2: 9:30-10:30am

Session 3: 10:30-11:30am

\$9 per child, per session

Apple Valley Community Center

Min. 25 Max. 50 youth per session only

REGISTRATION DEADLINE: Monday, March 26

Instructors: Apple Valley Parks and Recreation Department Staff & Easter Bunny

All 2-7 year old children are invited to join the Easter Bunny on Saturday, April 7th for an Easter egg-stravaganza! We'll begin the morning with pictures with the Easter Bunny, and juice and snacks from McDonald's of Apple Valley. Next is an outdoor (weather permitting) egg hunt for candy and prizes, done by age groups (2-3, 4-5, 6-7 years old). Afterwards, participants can enjoy a wide variety of activities including face painting/nail polishing, games, open gym, and craft projects. Register early!

Easter Basket Delivery

Ages 2-7

Session 1: Thursday, April 5; delivery 12:30-3:30pm

Session 2: Friday, April 6; delivery 1:00-4:00pm

Session 3: Saturday, April 7; delivery 1:00-4:00pm

\$9 per Easter Basket delivered to your home

Max. 35 baskets delivered per session only!

REGISTRATION DEADLINE: Monday, March 26

Instructors: Apple Valley Parks and Recreation Department Staff & Easter Bunny

The Easter Bunny will be hopping around Apple Valley with baskets full of goodies. Order an Easter Basket, to be delivered to your child(ren) by our Easter Bunny. This program is recommended for children ages 2-7, but additional baskets can be ordered for their older siblings as well. Please indicate your child(ren)'s name, age, gender, address (must be a 55124 zip code), phone number, and directions to your house if it is difficult to find. NOTE: Your Easter Basket(s) will be delivered sometime during the scheduled time. Exact times cannot be promised!

Theme Art Party

Ages 3-6 and a parent

Session 1: Wednesday, January 25; 9:30-11:00am

Session 2: Wednesday, February 29; 9:30-11:00am

Session 3: Wednesday, March 21; 9:30-11:00am

\$4 per child per class; Apple Valley Community Center

Min. 3 Max. 8 children per session

REGISTRATION DEADLINES: Please register at least one week prior to the start.

Instructor: Kristy Hemphill

Theme Art is a fun and exciting art class where the theme changes each month. A class is held once per month on Wednesday mornings. The Winter Session is scheduled as follows: January-Monster Art Party; February-Happy hearts party; March-Easter Art Party. Parents will work with their children to create fun projects! Sign up early!



Daddy & Daughter Little Sweetheart Ballerina Princess Ball

Girls Ages 3 - 12 & adult

Once upon a time there was a little girl who dreamed of pink tutus, ballet shoes, pirouettes and dancing the night away. Your little girl will remember this special night with her dad, grandpa or male in her life as they make her dreams a reality at this year's Ballerina Princess Ball. Enjoy an evening of music, dancing, activities and a special ballet showcase by real ballerinas. Girls typically wear their favorite "fancy" dress or ballerina costume and men a coat or shirt and tie. Don't forget your cameras for photos to remember the evening. This event fills up very quickly so please don't wait to register if you are interested in attending. Each year the theme and location changes so the event is always a new experience.

This event is hosted by S.O.R.R. (South of the River Recreators) consisting of the parks and recreation cities of Eagan, Rosemount, Farmington, Lakeville, Apple Valley, Burnsville & Savage.

Friday, February 10

5:30 - 8:00pm (Photos taken from 5:15-6:30pm)

Eagan Community Center - Oaks Banquet Room

1501 Central Parkway, Eagan

\$30 per couple (adult & one girl)

\$10 per additional child

REGISTRATION DEADLINE: February 1 (Register early as this dance typically fills quickly)

Cost of the Ball includes:

- Ballerina themed invitation mailed to the adult to give to their girl one week prior to the Ball
- A photograph keepsake (additional photos available to order for an additional fee at the event)
- DJ and dancing to kid friendly tunes
- Decorating a valentine cookie snack
- Valentine craft activity
- Take home favor bag
- Light refreshment snacks & lemonade (we recommend eating dinner before coming)

HEALTHYPARKS HEALTHYPEOPLE

School Age Activities

Young Rembrandt's Winter 2012 "Spectacular Drawings" Class

Ages 6-12

Session 1: Saturday, February 4, 11, 18, 25; March 3, 10;
10:00-11:00am

Session 2: Tuesday, February 7, 14, 21, 28; March 6, 13;
6:30-7:30pm

\$65 per session; Apple Valley Community Center

6 min. 20 max. per session

REGISTRATION DEADLINE: Friday, January 27

Instructor: Young Rembrandt's Staff

Draw with a "see-touch-do" method that all kids can succeed with, learn from, and love! Gain a solid foundation that will take your drawings from doodles to masterpieces. During weekly classes, create new pieces and have a powerful kind of fun! At Young Rembrandts, we teach drawing, the fundamental skill of all visual arts. We believe that drawing is a skill that can, and should be learned by all children. While Young Rembrandts classes are structured and educational, children learn best when they are entertained and engaged. Young Rembrandts combines the best of both worlds: foundational art skills in a fun, nurturing environment, that gives your child the academic advantage. All new lessons every session! Parents do not stay for class.

Free Preview of Winter Spectacular Drawings by Young Rembrandts!

Discover a new drawing skill in our free class by Young Rembrandts on **Saturday, January 28**, 10:00-11:00am at the Apple Valley Community Center!

AND, register for a winter class by January 28 and receive \$5 off the fee!

CALL 952-953-2300 to register – 12 maximum!

(Ages 6-12 years of age only)

Duct Tape Crafts for Girls *New!*

Ages 8-12

Tuesday, February 7, 21; March 6, 20; 5:30-7:00pm

\$20 each for the 4 dates; Apple Valley Community Center
3 Min. 10 Max.

REGISTRATION DEADLINE: Tuesday, January 31

Instructor: Kristy Hemphill

Duct tape crafts are all the rage-join us for 4 classes of duct tape fun! We will be making tons of crafts: a purse, wallet, beach bag, pictures frames, flowers, bows, a cell phone/IPOD case and more. Each participant is asked to bring in 4 rolls of duct tape to share, the rest is provided by us. We are sure to have a great time, share some laughs and come home with some very cool projects. Registration is limited, so sign up today!

Flashlight Egg Hunt & Easter Crafts/Coloring Contest

Ages 7-12

Tuesday, April 3; 7:15pm

(Alternate RAIN DATE is Thursday, April 5)

\$9 each; Meet at the Redwood Community Center,
Elm Drive & Co. Rd. 42

Min. 20 Max. 50

REGISTRATION DEADLINE: Monday, March 26

Instructors: Apple Valley Parks and Recreation Staff

Meet in the Redwood Community Center at 7:15pm (sunset is at 7:42pm) for some Easter crafts and a coloring contest, followed by an Egg Hunt with a bit of a challenge when the sun sets, for youth 7-12 years old. Bring your flashlight and a basket, the eggs will be hidden in the DARK! Join us for this unique egg hunt by moonlight and win some fun prizes too! Parents can stay to assist their child, as needed.

Card Club for Girls

Ages 7-11

Saturday, 2:00 - 4:00pm

Session 1: January 21

Session 2: February 25

Session 3: March 10

\$6 each per session; Apple Valley Community Center

Min. 3 Max. 8 per session

REGISTRATION DEADLINE: Please register at least one week prior to the start.

Instructor: Kristy Hemphill

Card Club for Girls is a fun class designed for girls who are interested in card making and rubber stamping. Each month we will learn new techniques in card making. Sign up for one class, or come back each month and let your card making abilities and knowledge grow. Each participant will walk away with several cards each session.



“Introduction to Martial Arts” Classes for youngsters

The objective of MN Valley Martial Arts is to provide a positive, exciting environment for our school-age students. The Introduction to Martial Arts Classes will enhance the development of basic good habits such as paying attention, following instructions, cooperating with others, and practicing self-discipline and control. Each class will begin with fun physical warm ups and basic martial arts moves, and will also include fun and engaging games! Parents stay and observe the classes.

NOTE – Our classes are set up as “ONE-TIME Introductory Classes”, which will allow the child to experience one 4-week series of Martial Arts Classes without a huge commitment, to see if he/she enjoys the classes. After the 1st Introductory Class, additional classes can be scheduled at the MN Valley Martial Arts Studio – ONLY ONE Introductory class per each child please!

TAE KWON DO Beginners Class

Ages 7-15

Session 1: Monday, January 16, 23, 30; February 6;

5:15-6:00pm

Session 2: Thursday, January 19, 26; February 2, 9;

5:15-6:00pm

Session 3: Saturday, January 21, 28; February 4, 11;

10:15-11:00am

\$21 per session for the 4 dates, includes a uniform

Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Road #124

(Call 952-423-5600 for directions)

Min. 4 Max. 20 per session

REGISTRATION DEADLINES: Please register at least 1 week prior to the start.

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

Tae Kwon Do is not only a good physical workout, but you will enjoy other benefits of the discipline including respect, focus, self-control and more. The studio supplies the uniform and children receive a White belt upon course completion. Continuing classes are available through the studio. Come enjoy a family-friendly atmosphere.

WUSHU MARTIAL ARTS for Kids

Ages 7-15

Session 1: Monday, January 16, 23, 30; February 6;

6:00-7:00pm

Session 2: Wednesday, January 18, 25; February 1, 8;

6:00-7:00pm

\$21 per session for the 4 dates, includes a uniform.

Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Road #124 (Call 952-423-5600 for directions)

Min. 4 Max. 20 per session

REGISTRATION DEADLINES: Please register at least 1 week prior to the start.

Instructor: Scott Folke, Certified under Shifu Paul Fendos with the Korean Wushu Federation.

Looking for something fun, different, and exciting to get you into great shape while learning a Martial Art? Wushu is all of that and more. This Martial Art has a long traditional history and has been adapted to become the most popular sport all over Asia. Wushu is finding it's following here in the US. Wushu develops dynamic leg and core strength along with giving you a great aerobic workout. This program is for the beginner to advanced levels. Come in enjoy a great workout!

Active Solutions Winter Adventure Camps

If your child enjoys an adventure and the great Minnesota outdoors they are sure to enjoy these camps. Both camps are perfect for the child who needs more movement in their lives. No experience is needed. www.activesolutionsforkids.com

Snow Shoe & Cross Country Ski

Ages 7-12

Thursday, February 9

1:00-4:00pm

\$39; Alimagnet Park, 211 Ridgeview Drive

Min. 10 Max. 30

REGISTRATION DEADLINE: February 5

We will make cross country ski and snowshoe tracks throughout the woods and open spaces in beautiful Alimagnet Park. All equipment will be supplied by Active Solutions. Please dress for the weather, bring a big snack and a water bottle. This course is instructed by Pat Caldwell of Active Solutions.

Contact Bill at 952-953-2316 for more information.

Programs are subject to cancellation due to weather extremes and unsafe ice conditions.

Ice Fish Apple Valley

Ages 7-12

Friday, February 10

1:00-3:00pm

\$26 per person; LacLavon Park, 15610 Highview Drive

Min. 10 Max. 30

REGISTRATION DEADLINE: February 5

While ice fishing, students will learn about: ice safety, proper identification and use of fishing equipment, baiting hooks (not required), removing fish from hooks (not required), presentation of bait and fish identification. We will practice catch and release techniques, use barbless hooks and practice fishing etiquette. Reels, poles, tackle and bait will be provided. Please dress for the weather, bring a large snack and a bottle of water. This course is instructed by Pat Caldwell of Active Solutions.

For more information call Bill at 952-953-2316.

Babysitters Training Course

Ages 11-17

Saturday, February 11 & 18

(2-part class, must attend both dates)

9:00am-12:30pm

\$56; Apple Valley Community Center

Min. 7 Max. 10

REGISTRATION DEADLINE: February 4

Instructed by an American Red Cross Certified Instructor

Students will learn the following:

- Interviewing skills
- Overall safety
- Selecting the appropriate toys and games
- Handling emergencies
- Treating illnesses
- Basic first aid
- Diapering, feeding and dressing babies
- Bed time procedures

You must be 11 years old by the end of course in order to become officially certified. The course fee includes instruction, a work book, dvd, and a take home kit.

HEALTHYPARKS HEALTHYPEOPLE

Apple Valley Teen Center

14255 Johnny Cake Ridge Rd.

952-953-2385; www.cityofapplevalley.org

Teens in grades 6-12 reign exclusively over this unique facility, which is managed by Parks and Recreation Department.

Hours

Monday-Thursday.....2:30-7:00pm (*2:30-9:00pm)
 Friday.....2:30-9:00pm
 Saturday.....1:00-9:00pm
 Sunday.....1:00-6:00pm (*1:00-7:00pm)
 *Hours when warming house is open.

School Holiday Hours

Thursday, November 24..... Closed
 Friday, December 2.....1:00-9:00pm
 Saturday, December 24 & Sunday, December 25.....Closed
 Monday, December 26-Friday, December 30....1:00-9:00pm
 Sunday, January 1.....1:00-7:00pm
 Monday, January 2.....1:00-9:00pm
 Monday, January 16.....1:00-9:00pm
 Friday, January 27.....1:00-9:00pm
 Thursday, February 9 & Friday, February 10.....1:00-9:00pm
 Monday, February 20.....1:00-9:00pm
 Friday, March 9.....1:00-9:00pm

What is there to do at the Teen Center?

- Guitar Hero • Birthday Parties • Pizza • Movies • Live Bands • PS3 • Xbox 360 • Wii • Ping Pong & Foosball • Dances • Skateboard (April-October) • Hockey/Figure Skate (December-February) • Day Trips • Basketball and other outdoor sports equipment available to be checked out.

SCHOOL ID'S REQUIRED TO CHECK OUT TEEN CENTER EQUIPMENT

Have Your Party at the Teen Center!

Have your birthday party or other special celebration at the Teen Center. Invite your friends, bring a cake, order a pizza, bring in a DJ and create your own theme. Party invitees are to be in grades 6-12. Parties are for up to 20 guests and up to 3 hours in length which includes set up and clean up. The fee to have your party at the Teen Center is \$25. A \$50 refundable deposit is required. Call Bill at 952-953-2316 for more information or to reserve your party.

Decorate the Teen Center

Grades 6-12

Saturday, December 3; 2:00-6:00 p.m.

Drop in and help decorate the Teen Center for the Holidays. Hot chocolate and snacks will be available.

Holiday Cookie Bake and Take

Grades 5-8

Sunday, December 18; 1:00-4:00pm

\$18 per person; Apple Valley **Community** Center

Register by December 12

Min. 6 Max.12

Delight your family with homemade holiday treats. Three "from scratch" recipes will be used and bakers will take home approximately five dozen treats. Bring two cookie sheets and containers to put your cookies into.

Snowed-In Dance Party

Grades 6-9

Saturday, February 4; 7-10pm

\$5 if you pre-register on-line by Noon on February 3

Register at: www.cityofapplevalley.org

\$8 at the door on the night of the event

DJ – Dance Contests – Food & Drink – Prizes

Super Bowl Party

Grades 6-12

Sunday, February 5; 5:00pm-End of Game (approx. 9:30pm)

Free Admission / Optional \$3 snack-pack

Spend Super Bowl Day at the Teen Center

Watch, Cheer, Eat & Win!

Social Dances for Teens With Disabilities

Grades 6-12

Friday, December 2; 7:00-9:00pm

Friday, January 6; 7:00-9:00pm

Friday, February 3; 7:00-9:00pm

\$5 per teen if you pre-register by Noon on dance days. Pre-register at www.cityofapplevalley.org

\$8 at the door on the night of the dance

Parents and PCA's welcome! Refreshments and music provided.



Family Activities

Explore the Cosmos

Family Event; Parents & children 5 and older

Friday, March 16; 7:30-9:00pm

(Make-up Date, if it's cloudy: **Friday, March 23**)

\$20 per family; Apple Valley Community Center
Min. 4 Max. 10

REGISTRATION DEADLINE: Friday, March 9

Instructor: Stephen Engel, educational background in physics, astronomy and computer science, with a lifelong interest in space exploration and astronomy.

Yes, the weather is still cool, but the view is tremendous! Catch a glimpse of Jupiter as it leaves the winter sky. Taurus the Bull, Leo the Lion, Orion the Hunter and Pegasus the winged steed, all shine brightly. Explore the Pleiades Cluster, the Great Orion Nebula and the Andromeda Galaxy as it looked 2 million years ago. At least one 13" telescope will be provided for viewing. This is a fun, educational family opportunity; the class meets outdoors, so dress accordingly. The A.V.C.C. will be open for everyone to warm up periodically. Class will meet regardless of the weather. In the event of cloudy weather, indoor activities are planned, with the outside observing with telescopes then moved to March 23rd.

Candy Creations

Families of all ages

Saturday, February 11; 1:00-3:00pm

\$30 per family; Scott Highlands Middle School, FACS Room
Max. 3 Families

REGISTRATION DEADLINE: Saturday, February 4

Instructor: Kristy Hemphill

Valentine's Day is such a sweet holiday, so much love, so much candy! Join me at Scott Highlands Middle School to make a bundle of sweet treats. Together we will make candy coated pretzels, molded candies, chocolate dipped peanut brittle and cookies. Everything will get wrapped up and ready to give as gifts (or keep it all for yourself), either way your family will have a great time!! Hope to see you there.

Letters From Santa Claus

Ages 3-10

\$4 per letter mailed;

Letters to be mailed by **Friday, December 9**

REGISTRATION DEADLINE: Friday, December 2

Children love to receive mail - especially from Santa Claus! To add your child's name to Santa's list, register with the Apple Valley Parks & Recreation Department at the Apple Valley Community Center. To assist Santa in composing his letter, a special registration form will need to be filled out. The following information will be requested: Child's full name and nickname; child's age; boy or girl; city that he/she will be in on Christmas morning; address to send the letter to; names of other family member; items that the child will definitely be receiving from Santa; child's favorite activities/hobbies; others who Santa should say "Hi" to; and any special messages that you would like added.

Skate with Santa Claus

All ages welcome!

Sunday, December 18; 3:30-5:00pm

\$4 per person payable at the door

Apple Valley Sports Arena; 14452 Hayes Rd (AV High School)
Your chance to spend some time skating at the Apple Valley Sports Arena, with everyone's favorite person, especially in December, Santa Claus! Skate with Santa during our regular scheduled Open Skating time. There is no need to pre-register. Free apple cider and treats, Christmas music, and Christmas face painting will also be featured. Make this a 'family event' and bring everyone!

"Birthday Bash" Party Central

Anyone (youth) with a Birthday!

Thinking of having your child's winter birthday party at an outdoor ice skating rink? Maybe an indoor gym party? Or an arts & crafts party? Or possibly all 3 ideas in 1 cool party? We can coordinate it for you. We take the headache out of "birthday bash" planning. There are several options to choose from, you can pick one of our pre-planned parties or do more of an ala carte party plan and put together your favorite party parts. We will do as much or as little as you need. We can run the whole party at the Apple Valley Community Center, complete with games, crafts, goody bags and party leaders... or maybe you just need party ideas that you can lead yourself. Either way we are here to help! Call for an appointment with our party coordinator to determine your needs and budget. Parties will be available for up to 12 party goers. Call the Apple Valley Community Center today to get in touch with our "Party Coordinator", Kristy Hemphill, 952-953-2300/2312. And by the way...HAPPY BIRTHDAY!



HEALTHYPARKS HEALTHYPEOPLE

Adult Activities

All Day Scrap

Age 17 and Older

Saturday, 10:00am-7:00pm

Session 1: Saturday, January 7

Session 2: Saturday, March 3

\$15 per person per session; Apple Valley Community Center
Max. 40 per session

REGISTRATION DEADLINE: Please register at least one week prior to the start.

Instructor: Kristy Hemphill

Sign up today and get a 5 foot table all to yourself! Spread your scrapbooking supplies out and get caught up on your scrapbooking (come on I know you're behind). Scrapbooking sessions are open from 10am-7pm, come for as long as you'd like. We will provide the table and the space and some light snacks. Chat and share ideas with others who share your passion in scrapbooking. At dinner time you can go your own way or we can get together and order in (at your own expense). Let's get scrappin'!



Zumba

Age 18 and older

Monday & Wednesday Morning

8:30-9:30am

Pre-Session "Try Zumba!": December 12

Session I: Dec. 14, 19, 21, 26, 28, Jan. 2, 4

Session II: Jan. 9, 11, 16, 18, 23, 25, 30, Feb. 1

Course Fees:

Try Zumba!: Special 1 day/1 hour trial for \$5

Session I: \$56 (7 classes)

Session II: \$64 (8 classes)

Min. 6 Max. 30

REGISTRATION DEADLINES:

Try Zumba!: December 10

Session I: December 12

Session II: January 7

Apple Valley Community Center, 14603 Hayes Road

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Taught by certified instructor Shilan Delshad. For more information, please contact Bill at 952-953-2316.



Cardio Kickboxing

Age 16 and Older

Session 1: Monday, January 16–Saturday, February 11

Session 2: Monday, February 20–Saturday, March 17

\$49 per session for the entire 4-weeks (Includes Gloves)

MN Valley Martial Arts, 14050 Pilot Knob Rd. #124

(Call 952-423-5600 for directions)

Min. 4 Max. 20 per session

REGISTRATION DEADLINES: One week prior to start date

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

Cardio Kickboxing is one of the best total body workouts!

We work on balance, strength, flexibility, endurance and bag work to help relieve the stress of your day! We have five different instructors to offer a great variation of workouts.

Work out up to 5 times a week. Monday through Thursday, 7:00-8:00pm, and Saturday, 8:00-9:00am, during the scheduled dates.

A.M. Body Weight Training Class

Age 18 and older

Tuesday and Friday; 6:00-7:00am

January 24-February 24

\$40- 1 Month INTRO SESSION; \$60 following months

MN Valley Martial Arts, 14050 Pilot Knob Rd. #124

REGISTRATION DEADLINE: One week prior to start date

Instructor: James Nedinger, MN Valley Martial Arts

Do you want to:

- Build Lean Functional Muscle?
- Increase Performance In Any Endeavor
- Build World-Class Endurance
- Become Stress-Proof
- Supercharge Your Brain & Body
- Become A Super Efficient Fat Burning Machine
- Restore And Gain Full Body Mobility
- Overcome Restrictions
- Achieve Balance In Body & Mind
- Discover The Secrets Of The Elite Performers
- Become Effortlessly Powerful
- Gain Better Balance
- Build Graceful Powerful Movement Skills
- Reduce Healthcare Costs

Join James at the MN Valley Martial Arts Studio for a fantastic morning class that will give you more than enough energy to make it through the day and help you build a foundation of functional strength and health. This class will teach you how to use your own body weight and Indian Clubs to build fluid graceful movement, increase your mobility and flexibility, develop true core strength and stability, increase your physical coordination and dexterity, and keep your brain sharp and healthy - all this while burning calories and having a dedicated Instructor watching out for you! Super charge your nervous system with Z-Health, Curative Gymnastics, and calisthenics to give you a full body and mind workout that will have you feeling and thinking better after each session.



Power Fitness Camp

New!

Age 18 and Older

Session 1: Monday, January 9-Saturday, March 3

Session 2: Monday, March 5-Saturday, April 28

\$140 per session for the 8-weeks

MN Valley Martial Arts, 14050 Pilot Knob Rd. #124

(Call 952-423-5600 for directions)

Min. 4 Max. 20 per session

REGISTRATION DEADLINES: One week prior to start date

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

This Training Camp will give you an intensive 1-hour workout, 5 times a week, to give you an overall total body fitness. On Mondays, Wednesdays, and Saturdays, we focus on strength training circuits; and on Tuesdays and Thursdays, we focus on cardiovascular endurance. Come in and join a fun atmosphere gym of like-minded hardworking people. Work out up to 5 times a week, Monday through Thursday, 8:00-9:00pm & Saturday, 9:00-10:00am. Each session is 8 weeks long (up to 40 total classes)

Jeet Kune Do

Age 18 and older

Tuesday, January 24, 31; February 7, 14; 6:00-7:30pm

\$40 each; Pre-registration is required

MN Valley Martial Arts, 14050 Pilot Knob Rd. #124

Min. 4 Max. 12

REGISTRATION DEADLINE: One week prior to start date

Instructor: SiFu Michael O'Melia is a certified instructor under Dan Inosanto of Los Angeles, CA and has over 25 years of martial arts experience.

The Cornerstone Mixed Martial Arts Program presents a wellrounded program for the beginner or the experienced martial artist. Bruce Lee's Jeet Kune Do emphasizes all ranges of emptyhand combat from kickboxing to hand-trapping and groundfighting. Cornerstone's Filipino Martial Arts are weapons-based systems that teach mobility and sophisticated timing. Areas of training include stick, double stick, dagger and flexible weapons as well as empty hands. Using injury-free training methods, the student will develop flexibility, endurance and overall physical conditioning. Arts we teach include but are not limited to Jeet Kune Do, Filipino Martial Arts (Kali), Thai Kickboxing, ground fighting including Ju Jitsu, shoot wrestling and JKD Grappling.

Adult Athletics

Women's Officiated Power Volleyball League

Adults 18 and Older

Our six-on-six officiated Volleyball League for female players 18 years and older will be played at the Apple Valley Community Center, on Tuesday evenings. Teams can register until Monday, December 5; play begins on Tuesday, January 3; Practice time available on Tuesday, December 27. The leagues will consist of 8-9 matches plus play-offs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list.

LEAGUE: Tuesday evenings for Women's Power League

FEE: \$155 per team (plus a \$25 per team non-resident fee if there are less than 50% Apple Valley residents on your team) NOTE – personal checks are no longer accepted!

REGISTRATION DEADLINES:

New and Returning Resident Teams: **Monday, November 28**

New and Returning Non-Resident Teams: **Monday, December 5**

Recreational Volleyball Leagues

Women's and Co-Rec Recreational Teams

Adults 18 and Older

LEAGUES:

Thursday evenings for Women's A1, A2, B1, B2, or C Leagues
Friday evenings for Co-Rec A1, A2, B1, B2, C1, C2/D Leagues
FEE: \$85 per team (plus a \$25 per team non-resident fee if there are less than 50% Apple Valley residents on your team)
NOTE – personal checks are no longer accepted!

REGISTRATION DEADLINES:

New and Returning Resident Teams: **Monday, November 28**

New and Returning Non-Resident Teams: **Monday, December 5**

Our six-on-six, unofficiated Volleyball Leagues for adults 18 years and older will be played at the Apple Valley Community Center on Thursday (Women's Leagues) and Friday (Co-Rec Leagues) evenings. A variety of levels are offered to satisfy a wide range of skill levels (A, B, C, D leagues). Teams can register until Monday, December 5; play begins on January 5 & 6; Practice time available on Thursday, December 29 and Friday, December 30. The leagues will consist of 8-9 matches plus play-offs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list.

Adult Wiffleball League

Adults 18 and older

Sunday, February 12-April; 5:15pm & 6:15pm games

\$55 per team; Apple Valley Community Center

Min. 4 Max. 8 teams

REGISTRATION DEADLINE: **Friday, February 3**

MANAGER'S MEETING for registered teams:

Sunday, February 12; 4:00pm; AVCC

Another blast from the past—WIFFLE BALL! Get your team together for an evening of one of your favorite games as a youngster. Games will be played at the Apple Valley Community Center gyms, on Sunday evenings, for approximately 5-6 weeks plus playoffs. Leagues are scheduled to begin on February 12 ending in April, with playoffs. Equipment will be provided. Teams will consist of 5 players per team and the game is similar to softball except you do not have to run the bases. Try a new sport! NOTE – personal checks are no longer accepted.

Officiated Adult 5 on 5

Adults 18 and older

(Full Court) Basketball Leagues

Tuesday evening for "A" and "B" teams starts **January 10**

Wednesday evenings for "B" Division 1 & 2 teams starts **January 11**

FEE: \$449 per team

Teams without at least 50% of players either working full time or living in Apple Valley must add the \$50.00 non-resident team fee.

REGISTRATION DEADLINE: **Monday January 2 by 10pm**

Our five-on-five, officiated Basketball Leagues for adults 18 years and older will be played at the Apple Valley Community Center on Tuesday and Wednesday evenings. Game start times will be no earlier than 6:30pm and no later than 9:30pm The Leagues will consist of 8 games or one full round, whichever is greater, plus play-offs.

Unofficiated Adult 5 on 5 Over 35

(Full Court) Basketball League

Wednesday evenings starting January 11

FEE: \$249 per team

Teams without at least 50% of players either working full time or living in Apple Valley must add the \$50.00 non-resident team fee. Returning Over 30 Age Group Teams Please Note: If your team has been participating in the Over 30 Age Group League, you will be allowed to register for this League.

REGISTRATION DEADLINE: **Monday January 2 by 10pm**

Our five-on-five, un-officiated Basketball League for adults 35 years and older will be played at the Apple Valley Community Center on Wednesday evenings. Game start times will be no earlier than 6:30pm and no later than 9:30pm The Leagues will consist of 8 games or one full round, whichever is greater, plus play-offs.

Individual players note:

Those of you looking for a basketball team, please call the Recreation Office at 952-953-2300 to be included on our "draft" list.

Adult Sports by "SORR"

The South of the River Recreators (S.O.R.R.) Group, which consists of the cities of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage sponsors the following league.

Winter Dodgeball

Adults 18 and older

Dodgeball, the game where you are the target! We are looking for teams of at least six male, female, or mixed players willing to take one on the chin for the team. Actually, no head shots will be allowed. The ball is soft foam and they claim it does not sting. The league plays on Thursday evenings at Century Middle School in Lakeville. Your team will play on eight regular season dates plus playoffs. The league starts on Friday, January 5. Game start times are between 6:30-9:00pm. The Dodgeball League is self-officiated. Cost per team is \$114. Team registration dates are as follows: Returning team registration is November 8-30. Open team registration is December 1-15. For more information or to register a dodgeball team, please call the Lakeville Parks and Recreation Department at 952-985-4615.

Broomball

Adults 18 and older

Teams interested in playing in Co-Rec Broomball can visit www.cityofeagan.com/adultsports for detailed information. Leagues have varying eligibility and age requirements. In order to register a team, you must complete a registration/roster form and submit full payment to Eagan Parks & Recreation during the appropriate registration dates.

League offering:

Friday starting January 6, 2012

Co-Rec Broomball

6 games

\$210/team

Burnsville Recreation & Facilities

(952) 895-4500

Eagan Parks & Recreation

(651) 675-5500

Registration Dates:

Returning Teams: November 7 – 9, 2011

New Teams: November 14 – 18, 2011

Chess League

Adults 18 and older

Wednesday Starting January 11

Apple Valley Community Center

\$15 per player

Minimum of 6 Players.

REGISTRATION DEADLINE: January 3

Open to all adults ages 18 and up (17 with High School Diploma).

Test your skill against other local chess players for a chance at calling yourself Apple Valley Champion. Game start times will be no earlier than 6:00 pm and no later than 9:00 pm. All players will be assigned to the same league for the first full round. The playoff round will be divided into more than one division to promote balanced play.



HEALTHY PARKS HEALTHY PEOPLE

APPLE VALLEY SENIORS



Join area seniors (55 or better) for social, educational and recreational activities at the Hayes Community and Senior Center, home of the Apple Valley Seniors. The center, located next to the Community Center, at 14601 Hayes Road is open Monday through Friday from 9:00am-4:00pm. We offer everything from Bingo to Computer Discussion; Book Club to Exercise classes. Call 952-953-2345 for further information and to receive a complimentary newsletter.

Driver Improvement Course

The Senior Center is partnering with Minnesota Highway Safety and Research Center / AAA to offer driver improvement courses for mature drivers. As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance. An eight-hour course is initially required, followed by a four-hour refresher class every three years. To register for these classes, call the MHSRC at 1-888-234-1294. A limited number of walk-in registrations will be accepted at the discretion of the instructor. AAA members receive a \$3 discount at registration with the appropriate coupon. All classes are held at the Hayes Community and Senior Center.

8-hour Program

January 18 & 19, 1:00-5:00pm

FEE: \$24

This eight-hour program offers a learning experience for participants by providing instruction from a certified professional who uses the most up-to-date research in the field. Topics covered include but are not limited to: visual scanning techniques, steering techniques, antilock brake systems, airbag safety and new vehicle technology.

4-hour Refresher

December 12, Noon – 4:00pm

January 10, 9:00am - 1:00pm

February 9, Noon – 4:00pm

March 16, 9:00am – 1:00pm

April 18, Noon – 4:00pm

FEE: \$20

This four-hour program is open to anyone who has taken an eight-hour course within the last three years. Participants of any eight-hour class are welcome. This course has demonstrated a reduction in accidents and traffic violations and is designed to meet the needs of the mature driver. Topics reviewed include but are not limited to: visual scanning techniques, antilock brake systems, airbag safety and new vehicle technology.

Extended Tours

Join us next spring as we partner with Landmark Tours on two great trips. Scheduled for **March 18-27**, **Southern Splendor** is a tour to warmer weather, shining sun and a colorful trail of springtime flowers. Fly to New Orleans for a two night stay and then pay visits to the Gulf Coast, Mobile, Montgomery and Chattanooga. The Grand Ole Opry in Nashville and Graceland in Memphis are included. Stop in Natchez during the Spring Pilgrimage. **Washington DC** is the second trip, scheduled from **April 2-6**. Visit our Nation's Capital during one of the most beautiful times of the year with the potential of thousands of cherry blossoms blooming in the background. This 5 day, 4 night tour will visit all the sites on The National Mall as well as Arlington National Cemetery, Mount Vernon and much more. Pick up brochures for either of these tours plus **California Coast** and the **Canadian Rockies** at the Hayes Community and Senior Center or call 952-953-2345 for more information.

Gentle Yoga

The Hayes Community and Senior Center offers Gentle Yoga on **Monday afternoons** and **Wednesday mornings**. Exercise is important for people to maintain good health and independence as they age. Improve strength, flexibility and balance with Yoga. Yoga increases stamina, increases metabolism for weight control and regulates blood sugar levels. Stretch and balance work will prevent and assist in recovery from injuries and prevent falls that often lead to other disabilities and loss of independence. We will be practicing Yoga in chairs as well as floor work. Call 952-953-2345 for more information and to find out when a new session begins.



Target Center & Xcel Energy Center Tickets to Upcoming Scheduled Events

ATTENTION: APPLE VALLEY RESIDENTS: The Apple Valley Parks and Recreation Department is offering to residents of Apple Valley, the opportunity to purchase discounted tickets to events scheduled at the Target Center & at the Xcel Energy Center! Save yourself the handling fees, phone calls and hassles. Buy your tickets locally, the seats have already been reserved, and get better seats at better prices! Simply pay the fee(s) due for the tickets to the event(s) of your choice, by the set deadline. Your tickets can be picked up at the Apple Valley Community Center beginning on the date indicated. (NOTE: Transportation to and from the events is the responsibility of the purchaser.)

Target Center Events:

Sesame Street Live presents... "Elmo Makes Music"

Friday, January 13; 10:30am; \$10 per ticket
Saturday, January 14; 2:00pm; \$16 per ticket
Sunday, January 15; 1:00pm; \$16 per ticket
 (ALL Lower Level Reserved Seating)
DEADLINE TO PAY: Tuesday, December 27
TICKET PICK-UP: Beginning Monday, January 9

Arena Motocross Series, includes a "Free Track Party Pass"

Saturday, February 25; 7:00pm;
 (Track Party Pass: 5:00-6:00pm)
 \$19 per ticket - Adult; \$13 per ticket - Youth 12 & Under
DEADLINE TO PAY: Monday, February 6
TICKET PICK-UP: Beginning Monday, February 20

Disney on Ice Presents... "100 Years of Magic"

Thursday, March 1; 10:30am; \$12 per ticket (lower level)
Saturday, March 3; 7:00pm; \$15 per ticket
Sunday, March 4; 5:00pm; \$15 per ticket
DEADLINE TO PAY: Monday, February 13
TICKET PICK-UP: Beginning Monday, February 27

Michael Jackson "The Immortal World Tour" by Cirque Du Soleil

Wednesday, March 28; 7:00pm; \$75 per ticket
 (upper level sides)
DEADLINE TO PAY: Monday, January 23
TICKET PICK-UP: Beginning Monday, February 13

Harlem Globetrotters – 2012 Tour

Friday, April 6; 7:00pm; \$28 per ticket
Saturday, April 7; 2:00pm; \$28 per ticket
 (Lower Level Reserved Seating in Corners or Ends)
DEADLINE TO PAY: Monday, March 19
TICKET PICK-UP: Beginning Monday, April 2

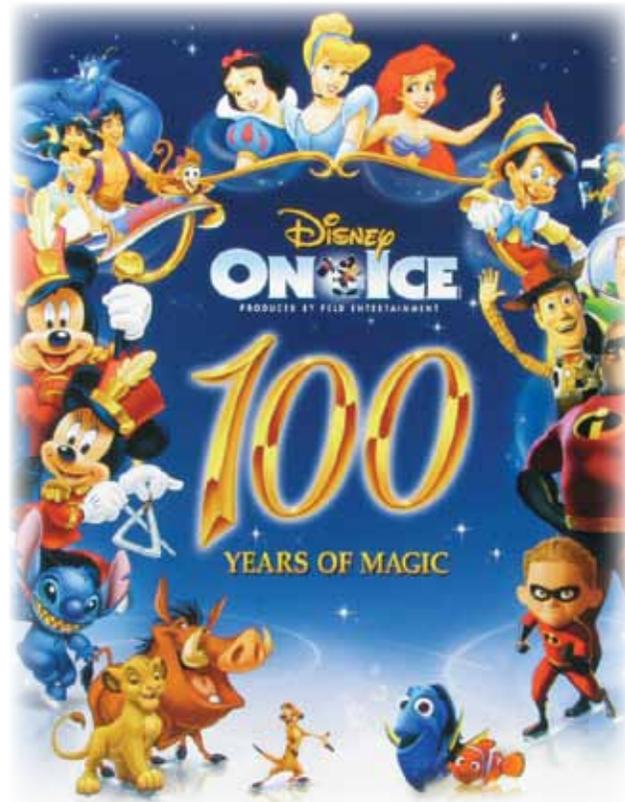
Xcel Energy Center Events:

World's Toughest Rodeo

plus a FREE Concert after the Rodeo!
Saturday, February 4; 7:30pm
 \$43 for Adults/\$25 for Youth 12 & Under; Sect. 117 \$18 for Adults/\$13 for Youth 12 & Under; Sect. 113
DEADLINE TO PAY: Monday, January 16
TICKET PICK-UP: Beginning Monday, January 30

WCHA Men's Hockey – "Final Five" Championship Game

Saturday, March 17; 7:00pm;
 \$44 per ticket; Lower Level corners/ends – lower rows
DEADLINE TO PAY: Monday, February 27
TICKET PICK-UP: Beginning Monday, March 12



Target/Xcel Energy Center
Event Tickets

HEALTHYPARKS HEALTHYPEOPLE

Parks & Facilities

14603 HAYES ROAD

Please wear non-marking soled athletic shoes in the gymnasium. NO BLACK SOLED SHOES, street shoes or boots are permitted in the gymnasium.

Call the Open Gym Hotline at 952-953-2399 (option 2) to verify the gym schedule, as tournaments are occasionally held at the Community Center.

*Weekend Open Gym is reserved for the 1st & 3rd weekends; these programs will be offered if there is not a tournament or gym rental on the 2nd, 4th, or 5th weekends (call the hotline!).

Community Center Open Gym

Family Open Gym

***Saturday** 4:00pm–7:15pm

***Sunday** 12:00pm–3:45pm

The whole family can participate in informal recreational basketball, or can just use the gym to run around! The courts will be available for practice shooting or games on your own. Team practice or play is not allowed. Families of two or more are welcome (adults with their children or spouse); no individuals. Children 17 years of age or younger must be accompanied by a parent. The parent must actively participate on the court with the child. *FREE*

Youth Open Gym

***Saturday** 12:00pm–3:45pm

***Sunday** 4:00pm–7:15pm

Tuesday & Thursday 2:30pm–4:30pm

Youth ages 10 to 18 (high school seniors and younger) can come to play informal recreational basketball. The courts will be available for practice shooting or pick up games on your own. Team practice or play is not allowed. Children under age 10 must be supervised by a non-participating adult. Participants must attend a District 196 school and must submit a current school ID to enter the gym. *FREE*

Pre-School Open Gym

Pre-schoolers age 5 & under with accompanying adult

Monday, Wednesday & Friday; 9:30-11:00am; FREE

Here's a great place for parents to meet other parents. Youth ages 5 & under can "run-off" some energy, play with other kids, develop motor skills and coordination, and it's all free! All pre-schoolers must be accompanied by a parent or guardian. Supervision of this program is the responsibility of the parent or guardian. All participants are asked to wear tennis shoes in the gym; please no street shoes. Note: This program is year-round and is for pre-school aged children only. Please do not bring snacks and drinks into the gym!

Open LARPing

Ages 18 & Older

Sunday, December 18; 9:00am-1:00pm

Saturday, January 7 & 21; 9:00am-1:00pm

Sunday, February 19; 9:00am-1:00pm

Saturday, March 10; 9:00am-1:00pm

\$3 per person, per session

LARP stands for Live Action Role Play. Live Action Role Play is gaming with a real-time, physical acting out of a role/character with a set of rules. LARPing is much more active than other role-playing games where you only say/roll/click/type what your character would do. For more information, contact Bill at 952-953-2316.

Don't miss the LARPing activities and demonstrations which take place on Saturday, February 4, in the Apple Valley Community Center (Mid-Winter Fest).

Adult Open Volleyball

Age 18 & older

Saturday & Sunday, 3:00-6:00pm;

Monday, 6:00-9:30pm

\$3 per person (players and spectators)

The Apple Valley Community Center is "Volleyball Central" on Saturdays, Sundays, and Mondays. Whether you want to practice the fundamentals or just want to get in some fun exercise, you'll enjoy this informal open volleyball program. All skill levels are welcome to participate; at least three nets will be set up at all times. This is an adult program; children will not be permitted in the gyms, and unsupervised children under age 10 may not be brought to the Community Center.

Participants will be required to fill out a "Participant Registration Card" and show an ID on their first day of attendance. And, each date, players must be checked in when paying their \$3 fee.

Open Pickleball

Age 18 & Older

Tuesday

9:30am-11:30am

Thursday

9:30am-11:30am

Apple Valley Community Center

\$3 per person/per session

10 Admission punch cards available for \$30.00

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a badminton court. The net is lower than most other racquet sports allowing for faster play. The game is played with a hard paddle and a wiffle ball, making the technique required for pickleball different than other sports. For more information, call 952-953-2300.

Adult Open Badminton

\$3 per person

Wednesday 6:30–9:45pm

Now at the Apple Valley Community Center, Badminton. Six courts will be set up on Wednesday nights for open play! This is an adult program; children will not be permitted in the gym, and unsupervised children under age 10 may not be brought to the Community Center.

Family Badminton Sundays

\$3 per person

First and Third Sunday of each Month 12:00 p.m. to 2:30 p.m.

New at the Apple Valley Community Center, Family Badminton. Six courts will be set up for open play! Teach your children this family friendly game in the warmth of our sport court gym this winter.

HEALTHYPARKS HEALTHYPEOPLE

ADOPT-A-PARK

The Parks and Recreation Department is actively seeking community oriented groups to join the ADOPT-A-PARK program. This program fits nicely with groups looking for a community service project. We require a minimum of three clean up visits to a park in a one-year period. In return, we will publish your group's name in our quarterly brochure.

If you would like to take part and help your community, please contact Tom Adamini, Superintendent of Park Maintenance at 952-953-2420. The following groups have volunteered to adopt city parks:

| ORGANIZATION | LEADER | LOCATION |
|---------------------------------------|-----------------------|--|
| Planet Earth Club | Connor George | Alimagnet Park Disc Golf Course |
| Family & Friends of Amy & Cindy | Bill Sonterre | Apple Grove Park |
| Hayne Family | Katie Knight | Apple Ponds Park |
| MRCI Worksource | Bill Schwartz | Apple Valley East and Cobblestone Lake |
| The Adventure Zone | Jim Nordberg | Belmont & Chaparral Parks |
| Catholic Order of Foresters Court 332 | Alma Kremer | Cedar Knolls Park |
| South Metro ATV Club | Jay Peterson | Duchess Park |
| Cub Scout Pack 290 – Den 9 | David DeSutter | Duchess Park |
| Farquar Park Helpers | Jeff Christianson | Farquar Park |
| Southcross Community Church | Jeannine Springer | Fred J. Largen Park |
| Ceglar Family | Traci Ceglar | Huntington Park |
| River Valley Church | Lisa Engelking | Johnny Cake Ridge Park |
| Uponsor, Inc. | Sue Schmidt | Johnny Cake Ridge Park |
| Shaver Group | Connie Shaver | Keller Park |
| The Gerdis Family | Lyn Gerdis | Lac Lavon Park |
| Boy Scout Troop #293 | Paul Chellsen | Long Lake, Moeller, & Hagemeister Parks |
| Minnesota Zoo Gifts | Laurel Wright | Long Lake, Moeller, Hagemeister, & Farquar Parks |
| Daisy Troop 54088 | Nicole Junker | Longridge Park |
| Gracelyn Group | Joel Seguin | Moeller Park |
| Nordic Woods Neighborhood | John Santi | Nordic Park |
| Corral Family | Anthony Corral | Palomino & Heritage Parks |
| The Evans Family | Jeanine Evans | Redwood Park |
| Rotary Club of Apple Valley | Tom Lawell | Redwood, Kelley & Legacy Parks |
| Paideia Academy | Ginie Klopp | Scott Park |
| Stael Family | Anthony Stael | Sunset Park |
| Apple Valley Lions Club | Hans Student | Valley Middle Park |
| Hansen Family | Bill and Julie Hansen | Wallace Park |
| The Wild Things of Wildwood | Shawnessy Schwartz | Wildwood Park |

If you know any of these folks, thank them for helping keep your park system looking good!

Banquet Room Rentals Hayes Community and Senior Center 952-953-2345

Make Your Reservation Today!

The Hayes Community and Senior Center is an exciting addition to the City of Apple Valley Parks and Recreation Department. It provides modern amenities and spacious areas for meetings and special events with seating for up to 224. We have the perfect spot for a company training, townhouse association meeting or a formal wedding. Wireless internet and Audio-Visual equipment is available. Call 952-953-2345 for rental information, prices and availability.



Indoor Sports Arena

Apple Valley High School
14452 Hayes Road, Apple Valley, Phone: (952) 953-2366

Indoor Ice Skating Lessons

Saturday Classes: January 7 - February 25
Monday Classes: January 9 - February 27

The Program: You will receive a program manual upon registration. The program is geared toward the recreational skater of all ages and skill level. Instructors will follow the skill progressions outlined in our program manual. Skaters will be evaluated throughout the season to determine if they are ready to advance. Our program consists of a maximum 12:1 student/instructor ratio to insure quality instruction except for the Pre-Beginner level which is set at an 8:1 ratio.

Costs: Unless otherwise noted, each level will be \$75 per skater which includes eight half-hour lesson/practices.

Requirements: We STRONGLY recommend that all skaters in the Pre-Beginners classes wear helmets; gloves and snow pants are required for Pre-Beginners. Freestyle skaters should wear form-fitting clothes or skating attire so instructors can view the proper movement of required elements. All skaters must wear gloves and double runner skates are not permitted.

What Class Does My Skater Sign Up For?

If your Skater is 3 or 4 years old and has never skated before, you should sign up for the Pre-Beginners class. If you have previously skated in our program and are not sure what class to register for, inquire by e-mail at tpatterson@ci.applevalley.mn.us

Please Note: There are no age requirements for levels except Pre-Beginners ages 3-4. No exceptions.



Apple Valley Learn to Skate Program Levels

PreBeginners

Designed for ages 3-4 years old with little or no skating experience.

Beginners:

(Levels 1-4):

Designed for ages 5 and older with little or no skating experience. We will work on forward and backward skating and stopping.

Advanced Beginners A

(Levels 1-3):

Designed for those who have passed Beginners or those with some skating experience. This curriculum helps the skater to become more proficient at performing basic elements of recreational figure skating, including: jumps, spins and crossovers.

Advanced Beginners B

(Levels 4-6):

Designed for those who have passed the Advanced Beginners 3 or equivalent skills. This curriculum helps the skater to become more proficient at performing basic elements of recreational figure skating, including: jumps, spins, and crossovers.

Freestyle:

This is the beginning of free style figure skating.

Pre-Hockey:

Designed for the beginning hockey player who needs to develop skating skills before playing hockey and to help with the skating skills at the Mite level.

Advanced Pre-Hockey:

Designed for the hockey player with skating experience to better develop skills for the game. This class is skating skills only, no hockey will be played.

Adults: For all ability levels

Power Edge

This class is designed for the figure skaters to build strength and power while learning the proper edge technique and skating form.

Private Lessons (Beginners & Up):

Individual skater instruction. Skaters will have a 15 minute private one-on-one lesson and a 45 minute practice each week. Cost for private lessons is: \$110.

Saturday Morning Classes

Apple Valley Sports Arena

January 7 - February 25, 2012

| LEVEL | LESSON | PRACTICE |
|---------------------|---------------|----------|
| Private Lessons | 8:00-8:30am | 8:30am |
| Advanced Beginner B | 8:00-8:30am | 8:30am |
| Pre-Beginner | 8:30-9:00am | 8:00am |
| Beginners | 8:30-9:00am | 8:00am |
| Advanced Beginner A | 8:30-9:00am | 8:00am |
| Pre-Beginner | 9:15-9:45am | 9:45am |
| Beginner | 9:15-9:45am | 9:45am |
| Pre-Beginner | 9:45-10:15am | 9:15am |
| Beginner | 9:45-10:15am | 9:15am |
| Advanced Beginner A | 9:45-10:15am | 9:15am |
| Pre-Beginner | 10:30-11:00am | 10:00am |
| Beginner | 10:30-11:00am | 10:00am |
| Pre-Hockey | 10:30-11:00am | 10:00am |
| Advanced Pre-Hockey | 10:30-11:00am | 10:00am |
| Pre-Beginner | 11:00-11:30am | 10:30am |
| Beginner | 11:00-11:30am | 10:30am |
| Advanced Beginner A | 11:00-11:30am | 10:30am |

Apple Valley Public Skating:

Apple Valley Sports Arena

Wednesday: 7:15-8:45pm • Sunday: 3:30-5:00pm

Cost: \$4 per person

SKATE SHARPENING: \$4

SKATE RENTAL: \$2

SKATING LESSONS: \$75 per session

Outdoor Skating Rinks

Warming House Operation Hours

Weather Permitting, rinks will open Saturday, December 17, 2011. Rinks close Monday, February 20, 2012.

REGULAR HOURS

Apple Valley Community Center, Huntington, Galaxie, Teen Center:

Monday – Friday.....4:00pm – 9:00pm

Saturday.....10:30am – 9:00pm

Sunday.....Noon – 7:00pm

Apple Valley East, Delaney, Hagemeister, Valley Middle

Monday – Friday.....4:00pm – 8:00pm

Saturday.....10:30am – 9:00pm

Sunday.....Noon – 7:00pm

HOLIDAY/SPECIAL HOURS

(If not listed, normal hours apply)

Christmas Eve, December 24.....9:00am – 2:00pm

Christmas Day, December 25.....CLOSED

School Break – December 23, 26-30.....10:30am – 9:00pm

New Year's Eve, December 31.....Noon – 7:00pm

New Year's Day, January 1.....Noon – 7:00pm

Martin Luther King Day, Jan 16.....10:30am – 9:00pm

Conferences, Jan. 28, Feb 10-11.....10:30am – 9:00pm

President's Day, February 20.....10:30am – 9:00pm

Are the Rinks Open? - Weather Related Questions

For up-to-date information on closings due to weather, call the Recreation Department Information/Weather phone line at (952) 953-2399 or www.cityofapplevalley.org.

Monday Evening Classes

Apple Valley Sports Arena

January 9 - February 27, 2012

| LEVEL | LESSON | PRACTICE |
|---------------------|-------------|----------|
| Beginner | 7:15-7:45pm | 7:45pm |
| Advanced Beginner A | 7:45-8:15pm | 7:15pm |
| Advanced Beginner B | 7:45-8:15pm | 7:15pm |
| Adults | 7:45-8:15pm | 7:15pm |
| Freestyle | 8:15-8:45pm | 7:45pm |
| Power Edge | 8:45-9:15pm | |

NOTE: Based on the skater's ability, the class and practice times may switch within the same hour (i.e. practice first then lesson or lesson first then practice.)



Rink Closing Due to Inclement Weather

While the guidelines below are generally the criteria which will be followed to determine outdoor rink closures, we reserve the right to close rinks whenever we feel it is in the best interest and safety of the community.

- Rinks may be closed if warm temperatures soften the ice.
- Rinks may be closed if the wind chill temperature reaches -20° or colder.
- Rinks may not be open if more than 1" of snow accumulates on the surface and maintenance crews are not available to clear them.

Outdoor Skating Rinks Sites

*Key: H = Hockey / P = Pleasure Skate; (warminghouse)
Apple Valley Community Center; 14603 Hayes Road; 3H, 1P (Yes)

Apple Valley East; 15335 Dodd Boulevard; 1H, 1P (Yes)

Apple Valley Teen Center 14255 Johnny Cake Ridge Road;

2H, 1P (Yes)

Belmont; 118 Belmont Road; 1P (No)

Briar Oaks; 12275 Safari Pass; 1P (No)

Delaney; 4745 – 147th Street West; 1H, 1P (Yes)

Faith; 15539 Ferris Avenue; 1P (No)

Galaxie; 13900 Galaxie Avenue; 1H, 1P (Yes)

Hagemeister; 13000 Johnny Cake Ridge Road; 1H, 1P (Yes)

Huntington; 12960 Diamond Path; 1H, 1P (Yes)

Heritage; 12852 Hamlet Avenue; 1P (No)

Pennock; 15445 Pennock Avenue; 1P (No)

Valley Middle; 900 Garden View Drive; 1H, 1P (Yes)

NO HOCKEY PLAY ALLOWED ON PLEASURE RINKS!