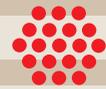


HEALTHY PARKS HEALTHY PEOPLE



Apple
Valley

FALL 2012

CITY OF APPLE VALLEY PARKS & RECREATION



SKATING LESSONS AND ARENA INFO
pages 7-8

www.cityofapplevalley.org
952.953.2300

HEALTHYPARKS HEALTHYPEOPLE

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General Information

Special Events

Valleywood Golf Course

Sports Arena/Skating Lessons

Apple Valley Parks & Recreation Staff

ADMINISTRATION

Parks and Recreation Director Vacant
 Recreation Superintendent Scott Breuer
 Recreation Supervisor - Seniors Bill Bird
 Recreation Supervisor - Programs Marcie Padgett
 Recreation Supervisor - Aquatics Steve Skinner
 Recreation Supervisor - Athletics Lyndell Frey
 Department Assistant Dorene Perkins Monn
 Clerical Assistant Eva Lageson
 Parks 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

Holidays

Labor Day (Monday, Sept. 3) 9:00am-10:00pm

Veteran's Day (Monday, Nov. 12) 9:00am-10:00pm

Thanksgiving Day, Nov. 22 **CLOSED**

Day after Thanksgiving (Nov. 23) 9:00am-10:00pm

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.

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
Apple Valley 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

On-Line Registration

Register for parks & recreation programs, classes or lessons at any time! Go to : www.cityofapplevalley.org, and then select the "Recreation" heading and select "Online Registration." 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!

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.

- 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

2	Youth Activities	9-20
3-5	Teen Activities	21-22
6	Family Activities	22-24
7-8	Adult Activities	25-27
	Parks & Facilities	28-29



The South of the River Recreators (SORR) group consisting of the cities of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage have teamed up to offer special programs, events and athletic leagues to south of the river communities.

SORR "Who Done It Hike" 22nd Annual Family Event

All ages welcome!

Saturday, September 15

Register 9:30am-9:50am; Hike begins at 10:00am sharp!
FREE!

Ritter Farm Park, 19300 Ritter Trail in Lakeville

Play Sherlock Holmes by collecting clues, gathering information and solving mysteries, while walking the trails at Ritter Farm Park. When the end is near and you think you have it solved, you'll have a chance to guess "who done it." For those who guessed correctly, there will be another mystery—who will be a winner in the prize drawing? Pack a picnic for your family to enjoy after the hike!

For further information about the event and registration contact Apple Valley Parks & Recreation at 952-953-2300.

S.O.R.R. Mother-Son Afternoon of Fun Super Hero Theme

Saturday, November 10

4:00-6:00pm

Rosemount Steeple Center

14375 South Robert Trail, Rosemount 55068

\$30 per couple; \$10 per additional child

REGISTRATION DEADLINE: November 2 (registration will close when spaces are filled)

Super Heroes and their mothers (or aunts, older sisters, grandmothers, caregivers, etc.) are cordially invited to attend a fun filled afternoon together. Our afternoon will include music, dancing, games, projects, and more! A DJ will have everyone up and dancing to old and new favorites. Each couple will receive a special photo taken by a professional photographer and snacks will be served. Our upcoming Mother-Son event will have a Super Hero theme. Kids attending are asked to dress in their favorite Super Hero costume. Moms, you will receive a special costume accessory to match your little hero at the event!

This special event is being hosted by the SORR communities of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage. We are teaming up to offer a series of family-oriented dances and special events to celebrate togetherness and strengthen the special bond between family members. We'll have details in our winter brochure on the father/daughter event planned for February.

SORR Fall Dodgeball

Thursdays-Beginning September 6

Ages 18 and older

Game times between 6:30-9:00pm

\$114 per team

Century Middle School, 18610 Ipava Avenue (Lakeville)

REGISTRATION DEADLINES:

Through August 9 for returning teams & August 10-24 for new teams

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. Your team will play on eight regular season dates plus playoffs. The Dodgeball League is self-officiated. For more information and to register a dodgeball team call the Lakeville Parks and Recreation Department at (952) 985-4615.

2012 SORR Groundpounders Running

Series Event:

Savage Halloween Fun Run/Fall Party

All Ages

Saturday, October 27

Calling all goblins, ghosts, witches, and monsters!! This Halloween race is all for you! This 7th leg of the SORR Ground Pounders Running Series is a 4-mile fun run around Community Park and the surrounding area. In addition, we will have a free youth 1/2-mile fun run around the ball fields. Awards will be presented to the top four finishers of the 4-mile run in the following categories: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over. We will also have awards for best costume as well as other prizes so please come dressed for the occasion. Following the awards ceremony, stick around for the Fall Party which will include horse drawn wagon rides, games, crafts, and much more. Please register separately for this program. For more information, please call 952-224-3420.

HEALTHYPARKS HEALTHYPEOPLE

Target Center, XCEL Energy Center & HHH Metrodome:

Tickets to Upcoming Events at all 3 venues...

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, Xcel Energy Center, and the HHH Metrodome! Save yourself the handling fees, phone calls and hassles. Buy your tickets locally - the seats have already been reserved - 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:

Cirque Du Soleil – Dralion

Fusing the 3,000 year-old tradition of Chinese acrobatic arts with the multidisciplinary approach of Cirque du Soleil, Dralion draws its inspiration from eastern philosophy and its never-ending quest for harmony between humans and nature.

Friday, September 21; 7:30pm; \$59 each (Lower Level Ends – Middle Rows)

Sunday, September 23; 1:00pm; \$48 each (Lower Level Ends – Upper Rows)

Sunday, September 23; 5:00pm; \$59 each (Lower Level Ends – Middle Rows)

DEADLINE TO PAY: September 4

TICKET PICK-UP: Beginning September 17

Kellogg's "Tour of Gymnastics Champions 2012"

See gymnastics like you have never seen before and celebrate the success of Olympic Gymnasts as they make their triumphant return to the U.S., with a stop in Minneapolis!

Thursday, October 11; 7:00pm; \$68 each - Silver Medal Seats (Lower Level Sides)\$43 each

Bronze Medal Seats (Lower level Ends)**DEADLINE TO PAY:** September 17. **TICKET PICK-UP:** Beginning October 1



2012 Minneapolis Zuhrah Shrine Circus

Friday, November 23; 2:30pm; \$17 (Lower Level Sides)

Saturday, November 24; 10:30am; \$17 (Lower Level Sides)

Sunday, November 25; 2:00pm; \$17 (Lower Level Sides)

DEADLINE TO PAY: November 5

TICKET PICK-UP: Beginning November 19

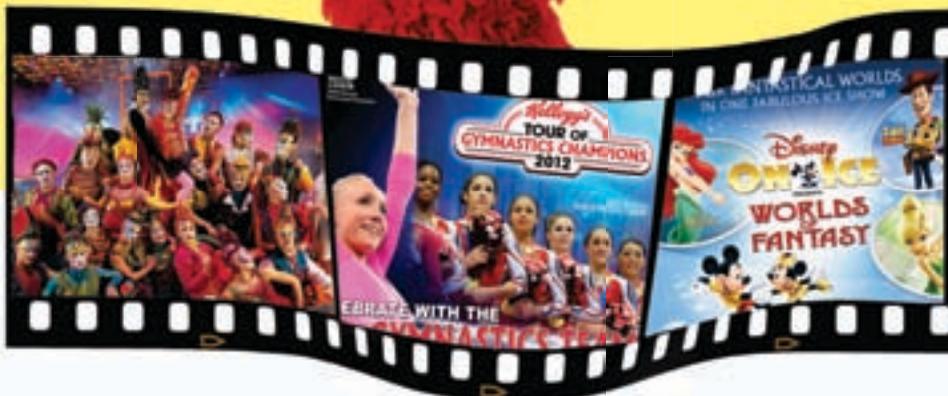
Sesame Street Live presents...

"Can't Stop Singing" – coming January 11-13, 2013

Disney on Ice presents...

"Worlds of Fantasy" ALL NEW SHOW –coming March 1-3, 2013

Watch for more info on these 2 events in the 2013 Winter Recreation Program Brochure



XCEL ENERGY CENTER Events:

Batman Live! @ Xcel Energy Center

Batman Live is a visually stunning, state-of-the-art production, which brings Batman, a host of iconic characters, and the settings from the famed World of DC comics (including Gotham City, Wayne Manor, The Batcave, and Arkham Asylum) live and on stage for the very first time in North America!

Thursday, September 13; 7:30pm; \$40 per ticket (Section 111; Rows 6-9)

Friday, September 14; 7:30pm; \$38 per ticket (Section 113; Rows 18-19)

Sunday, September 16; 5:00pm; \$38 per ticket (Section 113; Rows 18-19)

REGISTRATION DEADLINE: Monday, August 13

TICKET PICK-UP: Beginning Monday, August 27

Disney's Live! Phineas & Ferb: The Best LIVE Tour Ever!

Sunday, October 21; 1:00pm; \$26 per ticket (Section 108; Rows 10-12)

Sunday, October 21; 4:00pm; \$22 per ticket (Section 109; Rows 15-17)

REGISTRATION DEADLINE: October 5

TICKET PICK-UP: Beginning October 15



Disney on Ice presents: "100 Years of Magic"

Friday, December 7; 10:00am; \$12 per ticket (Section 115; Rows 14-15)

Saturday, December 8; 7:00pm; \$16 per ticket (Section 103; Rows 4-6)

Sunday, December 9; 5:00pm; \$16 per ticket (Section 103; Rows 6-8)

REGISTRATION DEADLINE: November 19

TICKET PICK-UP: Beginning December 3



World's Toughest Rodeo – coming February 1 & 2, 2013
Watch for more info on this Event in the 2013 Winter Recreation Program Brochure!



HHH METRODOME Events:

Monster Jam

Saturday, December 1; 7:00pm; \$19 per ticket, Adults; \$10 per ticket. Youth 12 & Under (Section 209; Rows 3-4)

REGISTRATION DEADLINE: November 12

TICKET PICK-UP: Beginning November 26

Saturday, January 19; 7:00pm; \$19 per ticket, Adults; \$10 per ticket. Youth 12 & Under (Section 111; Rows 3-4)

REGISTRATION DEADLINE:

December 31

TICKET PICK-UP:

Beginning January 14

MN Twins Baseball Game at Target Field

Family Trip

If children attend, they must be accompanied by an adult

BUS DEPARTURE FROM & RETURN TO:

Apple Valley Community Center

It's summer/fall, and time to enjoy outdoor TWINS BASEBALL at our awesome Outdoor Stadium TARGET FIELD! Just hop on the bus at the Apple Valley Community Center and leave the tickets, driving and parking to us! SIGN UP SOON, SPACE IS LIMITED!

Sunday, September 9 VS Cleveland Indians

11:45am departure time; 1:10pm game; return afterwards

\$32 per ticket includes admissions, transportation and parking

Skyline Deck Seating

Min. 50 Max. 70

HEALTHYPARKS HEALTHYPEOPLE

Valleywood Golf Course

Information & Tee Times : www.valleywoodgolf.net
4851-McAndrews Rd. • Apple Valley, MN • Phone: (952) 953-2323 for Tee Times

Jim Zinck, Manager/PGA Professional • Matthew Bilek, PGA Professional

- Championship 18-Hole Golf Course
- Bar & Grill (Food & Beverage Cart)
- Driving Range & Practice Green
- Golf Cart & Push Cart Rental
- Pro Shop Merchandise
- Club Rental
- Golf Lessons (Group or Private)
- Private Golf Tournaments and Facility Rentals

Visit us at www.valleywoodgolf.net about Twilight and Special Rates.

2012 FEE SCHEDULE Weekend Fees (Saturday and Sunday)

# Holes	Regular Rate	Patron Rate
18	\$38	\$35
9	\$24	\$21

Weekday Fees (Monday thru Friday)

# Holes	Regular Rate	Patron Rate
18	\$30	\$27
9	\$20	\$17
18 (Sr./Jr.)	\$24	\$21
9 (Sr./Jr.)	\$18	\$15

Patron card \$40 + Tax
Senior Patron Card \$30 + Tax
Resident Patron Card \$20 + Tax*
*All Patron cards include one free cart rental, a \$17 value

Senior: 55+ years of age
Junior: under 18 years of age

Cart Fees

Pull Cart \$5
18 Hole Power Cart \$34
9 Hole Power Cart \$20

Driving Range Fees

Large bucket (approx. 80 balls) \$7
Medium bucket (approx. 40 balls) . . . \$5
Driving Range Card \$60
(10 large buckets of range balls)

Season Pass Fees

Available to residents of Apple Valley only
Valid anytime, any day

Individual: \$950.00+ tax
Spouse (added to individual pass): \$450.00+ tax
Senior (55+): \$750.00+ tax
Junior: \$450.00+ tax

Included with your season pass-10% discount on clubhouse food and beverage purchases (does not include beverage cart sales), regularly priced pro shop merchandise and a \$2.00 discount on golf car rental.

Private Lessons

Please contact the golf shop at 952-953-2330.

Need a USGA Handicap?

Valleywood offers an 18-hole handicap service through the pro shop. The service includes two updated handicap cards per month, a 12 month subscription to Minnesota Golfer magazine, and eligibility to play in sanctioned events. The fee is \$40 for the season (April 1-October 31).

NOTE: Five 18-hole scores are required to establish a handicap.

Practice Facility

- 35 hitting stations
- Distance graduated targets for precision practice
- Accessible teaching professionals, for the player seeking to improve their game
- On site PGA Professionals
- Consistent high compression practice balls

Tee Time Information

By internet or phone, up to fourteen days in advance. Credit Card required. www.valleywoodgolf.net

Golf Outings/Tournaments

Valleywood is available for private golf outings. Call the Pro Shop at 952-953-2330 for more information. We welcome the opportunity to support local charities and Booster organizations. Call for discounted pricing.

VALLEYWOOD GOLF COUPON

Family Sunday Special!

Sundays after 1 p.m.

1 Junior (ages 17 and under)
Green Fee Free
with one paid adult

This does not include golf cart
Valid through the 2012 Season

Apple Valley Sports Arena

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

ICE SKATING LESSONS

Indoor

Saturday Classes: October 20 – December 8

Monday Classes: October 22 – December 10

The Program: You will receive a program manual during the first week of classes. 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.

REGISTRATION: Registration for our program is now conducted online. Go to the City website: www.cityofapplevalley.org, and then under the "Recreation" heading, select "On-Line Registration / Facilities". Users will need to set up an account, which will be used for all future registrations and rentals. Each family member should be listed on the same account, and can be easily added at a later date.

Costs: Unless otherwise noted, each level will be \$70.00 per skater which included eight half-hour practices. We will have lessons the weekend of Thanksgiving.

Requirements: We recommend that children in the Pre-Beginner classes wear a helmet (bike helmets work nice), gloves and snow pants. 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 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 please email the Skating Director at tpatterson@ci.apple-valley.mn.us, voice mail at 952-953-7191 or at learntoskate@charter.net. You may also leave a message for the director with any questions you may have.

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

Class Descriptions...

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. The 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 lesson is \$110.

SEE NEXT PAGE FOR SKATING LESSONS

HEALTHYPARKS HEALTHYPEOPLE

APPLE VALLEY PUBLIC SKATING

Begins on Wednesday, October 27

(Cost \$4.00 per person)

Apple Valley Sports Arena

Wednesday 7:15-8:45pm

Sunday 3:30-5:00pm

SATURDAY MORNING CLASSES

OCTOBER 20 – DECEMBER 8, 2012

LEVEL

Private Lesson (15 minute lesson)
Advanced Beginners B
Pre-Beginners
Beginner
Advanced Beginner A
Pre-Beginner
Beginner
Pre-Beginner
Beginner
Advanced Beginner A
Pre-Beginner
Beginner
Pre-Hockey Beginner
Pre-Hockey Advanced
Pre-Beginner
Beginner
Advanced Beginner A

Lesson

8:00-8:30 a.m.
8:00-8:30 a.m.
8:30-9:00 a.m.
8:30-9:00 a.m.
8:30-9:00 a.m.
9:15-9:45 a.m.
9:15-9:45 a.m.
9:45-10:15 a.m.
9:45-10:15 a.m.
9:45-10:15 a.m.
10:30-11:00 a.m.
10:30-11:00 a.m.
10:30-11:00 a.m.
10:30-11:00 a.m.
11:00-11:30 a.m.
11:00-11:30 a.m.
11:00-11:30 a.m.

Practice

8:30 a.m.
8:30 a.m.
8:00 a.m.
8:00 a.m.
8:00 a.m.
9:45 a.m.
9:45 a.m.
9:15 a.m.
9:15 a.m.
9:15 a.m.
10:00 a.m.
10:00 a.m.
10:00 a.m.
10:00 a.m.
10:00 a.m.
10:30 a.m.
10:30 a.m.
10:30 a.m.

MONDAY EVENING CLASSES

OCTOBER 22 – DECEMBER 10, 2012

Beginner
Advanced Beginner A
Advanced Beginner B
Adults
Freestyle
Power Edge

7:15-7:45 p.m.
7:45-8:15 p.m.
7:45-8:15 p.m.
7:45-8:15 p.m.
8:15-8:45 p.m.
8:45-9:15 p.m.

7:45 p.m.
7:15 p.m.
7:15 p.m.
7:15 p.m.
7:45 p.m.

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).

Youth Activities

Little Chefs “Healthy Cooking and Creative Eats”

Ages 3-6

Session 1: **Friday, September 7;** 11:15am-12:30pm

Session 2: **Friday, October 12;** 11:15am-12:30pm

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

Session 4: **Friday, December 7;** 11:15am-12:30pm

\$7 per session; Apple Valley Community Center

Min. 8 Max. 14 per session

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

Instructors: Apple Valley Parks & Recreation Department Staff

Fun cooking classes featuring healthy foods and snacks for pre-schoolers! You’ll learn new recipes each session and each “Little Chef” will take home a recipe book of the recipes that they have learned that session. Parents do not stay.

Tot’s Day of Fun, for Moms “on the Run”

Ages 3-6

9:00am-12:00pm for all sessions.

Session 1: **Monday, September 10, 17, 24; October 1**

Session 2: **Monday, October 8, 15, 22, 29**

Session 3: **Monday, November 5, 12, 19, 26**

\$42 per session; Apple Valley Community Center

\$12 per child drop in fee, per day; register at the AVCC front desk, on the date of class only

Min. 5 Max. 14 per session

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

Instructors: Apple Valley Parks & Recreation Department Staff

Our 3-hour-long program for tots, including music, playtime, arts & crafts, story time, games, gym or playground time, a snack, and even a short “quiet time”. The activities are designed for your tots, the class is designed for parents ‘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. Children must be potty-trained.

Holiday Parties for Tots

Ages 2-6

“Haunted Halloween” Party: Friday, October 26

Session 1: 9:30am-10:45am

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

(Participants can wear a costume, if they choose to)

“Turkey Treats” Party: Friday, November 16

Session 1: 9:30am-10:45am

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

“Crafty Christmas” Party: Friday, December 14

Session 1: 9:30am-10:45am

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

\$7 per session; Apple Valley Community Center

Min. 4 Max. 18 per session

REGISTRATION DEADLINES: Please register at least one week prior to each session

Instructors: Apple Valley Parks & Recreation Department Staff

Celebrate the upcoming Autumn and Winter 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! Parents do not stay.



HEALTHYPARKS HEALTHYPEOPLE

SIGN UP FOR BACK-TO-BACK CLASSES on Tuesdays and have fun all morning long!

(Note: Instructors will provide an extra activity for those who take both classes, 10:15am-10:30am)

Icky, Sticky, Slimy Fingers

Ages 2 ½ - 6

9:00am-10:15am for all sessions.

Session 1: **Tuesday, September 11, 18, 25**

Session 2: **Tuesday, October 2, 9, 16**

Session 3: **Tuesday, November 6, 13, 20**

Session 4: **Tuesday, November 27; December 4, 11**

\$15 per session

Apple Valley Community Center

Min. 6 Max. 12 per session

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

Instructors: Apple Valley Parks and Recreation Staff

Let's get messy! A chance for children to learn while getting messy, and parents do not need to clean up afterwards! Each day is a new ooey goeey activity plus a sticky treat to eat. Please send your child dressed to get messy! Please indicate any food/ingredient allergies that your child has so we can adjust accordingly. Sticky fun for everyone! Parents do not stay. (NOTE: We will accept Drop-Ins for each date, for a fee of \$5 paid at the front desk of the AVCC, on the day of class only. Call for availability at 952-953-2300)

Critters Club

Ages 2 ½ - 6

10:30am-12:00pm for both sessions.

Session 1:

Tuesday, September 11, 18, 25; October 2, 9, 16

Session 2:

Tuesday, November 6, 13, 20, 27; December 4, 11

\$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 & 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, play time, snacks and stories will all be included in our sessions. Participants must be "potty trained"! Parents do not stay.

Varoom.....Start Your Engine!

Ages 3-6

Friday, September 14; 10:30am-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: September 7

Instructor: Linda Runeborg

Have some fun with race cars! What does a pit crew do? What does a car need to run? We'll learn the answer to these and many other questions while racing little cars, making a craft, and looking at an actual car engine!

Magnet Fun - Explore the North & South Poles! *New!*

Ages 3-6

Friday, September 21; 10:30am-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: September 14

Instructor: Linda Runeborg

Experiment with magnets and find out what materials are actually attracted to magnets. Discover why magnets sometimes repel each other at other times are attracted to each other. Move a small toy truck using magnet power! Create a magnetic craft to take home. Join us for these magnetic activities and more as we explore the world of magnets!

Time for Story Art

Ages 3-6 and a parent

9:30am-11:00am for all sessions.

Session 1: **Wednesday, September 12**

Session 2: **Wednesday, October 3**

Session 3: **Wednesday, November 14**

Session 4: **Wednesday, December 5**

\$4 per person; 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

Head on down to the Apple Valley Community Center for GREAT stories and SUPER art projects. Story Art is open to preschool age children and their parents. Pre-registration is required. We begin the class with a book talk and a snack. After listening to the story there will be several crafts for you and your preschooler to complete together. Share the wonder of books and art with your child at Story Art!

Preschool Fun and Games

Ages 3-6

9:30am-11:00am for all sessions.

Session 1: **Wednesday, September 19**

Session 2: **Wednesday, October 10**

Session 3: **Wednesday, November 7**

Session 4: **Wednesday, December 12**

\$4 per person; Apple Valley Community Center

Min. 4 Max. 12 per session

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

Instructor: Kristy Hemphill

Fun and 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. All participants must be potty trained. Bring a water bottle as we will work up a thirst! Hope to see you there.

Apples, Apples, Apples *New!*

Ages 3-6

Wednesday, September 26; 9:30am-11:00am

\$5 per person; Apple Valley Community Center

Min. 4 Max. 10

REGISTRATION DEADLINE: September 19

Instructor: Kristy Hemphill

Fall is here and the apples are in full bloom. In this class your little one will be making apple crafts and snacks... playing apple games and reading apple books... learning apple facts and having apple fun! Hope to see you there.

Fall Festival for Tots

Ages 3-6

Friday, September 28; 11:15am-12:30pm

\$6 per person; Apple Valley Community Center

Min. 8 Max. 20

REGISTRATION DEADLINE: September 21

Instructors: Apple Valley Parks & Recreation Department Staff

Fall is here so let's celebrate the season! Fall crafts, games, stories, a tasty treat, and more have all been included in our Fall Festival for tots! Parents do not stay.

Rain, Rain - Go Away! *New!*

Ages 3-6

Friday, October 5; 10:30am-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: September 28

Instructor: Linda Runeborg

Where does rain come from? Once it hits the ground, where does it go? Find out the answers to these questions and more through group experiments and crafts. We'll create clouds, lightning, and find out what causes thunder. Join us for some rainy day fun!

Bats! Bats! Bats!

Ages 3-6

Friday, October 19; 10:30am-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: October 12

Instructor: Linda Runeborg

Bats! Are they our friends or just plain scary? Find out about where bats live, how they sleep, what they eat, and their mysterious world of hearing. With the use of puppets, songs, and games, we will decide for ourselves - bats - friend or foe?

Star Wars Adventure *New!*

Ages 3-6

Wednesday, October 24; 9:30am-11:00am

\$5 per person; Apple Valley Community Center

Min. 4 Max. 10

REGISTRATION DEADLINE: October 17

Instructor: Kristy Hemphill

Join us for a fun filled day of Star Wars adventures. We'll make Millennium Falcon ships, light sabers and Droids. And then, we'll complete a Jedi Training course and feast on Jedi snacks. May the force be with you..always!

"Under the Sea" with Ariel, the Little Mermaid!

Ages 3-8 & a parent

Saturday, October 27; 12:30pm-1:30pm

\$19 per child; Apple Valley Community Center

Min. 6, Max. 15

REGISTRATION DEADLINE: October 19

Instructors: Kim Maxwell and "Once Upon A Star" Staff

Ariel, from Once Upon A Star, invites you to a beach party! Bring your favorite adult to this fun event and wear your best beach attire. Ariel will lead the group with sea life games, 'under-the-sea' dancing & a special ocean craft. Bring a camera - you'll have your photo taken with Ariel & her stuffed sea-life friends.



HEALTHYPARKS HEALTHYPEOPLE

Hocus Pocus *New!*

Ages 3-6

Wednesday, November 28; 9:30am-11:00am

\$5 per person; Apple Valley Community Center

Min. 4 Max. 10

REGISTRATION DEADLINE: November 21

Instructor: Kristy Hemphill

Abracadabra! Join us for a mystical, magical morning filled with fun. We'll be making magic hats and wands, learning magic tricks, and putting on a magic show. Plus, we'll also create a magic potion (snack). See you there!

Robots! *New!*

Ages 3-6

Friday, November 30; 10:30am-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: November 23

Instructor: Linda Runeborg

Robots are so cool! Discover how robots help us every day. Learn about famous robots and create your own simple robotic arm to take home with you! You'll even get a chance to operate two different robots! Lots of fun!

Let's Make Music *New!*

Ages 3-6

Wednesday, December 19; 9:30am-11:00am

\$5 per person; Apple Valley Community Center

Min. 4 Max. 10

REGISTRATION DEADLINE: December 12

Instructor: Kristy Hemphill

Bing-Bang-BOOM! We are planning on making some noise! Enjoy a day of making and playing instruments. We will listen to a variety of music and make our own junk band. Your little one is sure to have a great time...making music!

Winnie the Pooh & Friends

Ages 3-6

Friday, December 21; 10:30 am-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: December 14

Instructor: Linda Runeborg

Join Winnie the Pooh and his friends for a fun-filled storytime! We'll have tons of fun listening to Winnie the Pooh Stories, providing sound effects, working with puppets, and making a cool craft! Lots of fun for everyone!

Kid N' Play

Ages 2 1/2 - 6

Session 1: Mon., Wed., Fri.; 9:30am-12:00pm

**September 10, 12, 14, 17, 19, 21, 24, 26, 28,
October 1, 3, 5**

\$79 for all 12 dates

"REACH With Me" Center; 15322 Galaxie Ave. #112
(952-435-6266)

Session 2: Mon., Wed., Fri.; 9:30am-12:00pm

**October 8, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31;
November 2**

\$79 for all 12 dates

"REACH With Me" Center; 15322 Galaxie Ave. #112
(952-435-6266)

Session 3: Mon., Wed., Fri.; 9:30am-12:00pm

**November 5, 7, 9, 12, 14, 16, 19, 21, (NO 23), 26,
28, 30**

\$75 for all 11 dates

"REACH With Me" Center; 15322 Galaxie Ave. #112
(952-435-6266)

Session 4: Thursday; 5:45pm-7:45pm

September 6, 13, 20, 27

\$29 for all 4 dates

Apple Valley Community Center; 14603 Hayes Road

Session 5: Thursday; 5:45pm-7:45pm

October 4, 11, 18, 25

\$29 for all 4 dates

Apple Valley Community Center; 14603 Hayes Road

Session 6: Thursday; 5:45pm-7:45pm

November 1, 8, 15, (NO 22), 29

\$29 for all 4 dates

Apple Valley Community Center; 14603 Hayes Road

7 min. 14 max. per session

**REGISTRATION DEADLINE: Please register at least 1 week
prior to the start**

Instructors: REACH WITH ME Staff

Parents, do you have an appointment? KID N' PLAY!
Errands to run? KID N' PLAY! Introducing an affordable
active program for even the littlest tots to interact through
sporting games, musical activities, and LOADS of gym
fun! With a curriculum designed to develop motor skills,
balance, and social skills, this program is a sure winner!
Please bring a nut-free snack each date for your child.
Parents do not stay!

Zumba TOTS - Zumba for Kids! *New!*

Ages 3-6
 6:00pm-6:30pm for all sessions
 Session 1: **Thursday, September 6, 13, 20, 27**
 Session 2: **Thursday, October 4, 11, 18, 25**
 Session 3: **Thursday, November 1, 8, 15, (NO 22), 29**
 \$19 per session
 "REACH With Me" Center
 15322 Galaxie Ave. #112 (952-435-6266)
 7 min. 14 max. per session

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

Instructors: REACH WITH ME Staff

A Zumba class just for kids! It incorporates especially choreographed, kid-friendly routines to music kids love. It has the added benefits of increasing focus and self-confidence while enhancing their coordination. Come join this high energy dance party for kids!

Variety Pack

(bring your ZumbaTOTS here while parents take Zumba for Adults!)

Ages 3-6
Thursday, September 6, 13, 20, 27; October 4, 11, 18, 25; November 1, 8, 15, (NO 22), 29.

6:45pm-7:45pm (while their parent is in the Zumba for Adults Class)

\$5 each per date
 "REACH With Me" Center
 15322 Galaxie Ave. #112 (952-435-6266)
 7 min. 14 max. per session

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

Instructors: REACH WITH ME Staff

Join us for LOADS of crafts, games, and cool activities that are sure to keep even the slowest bee BUSY, BUSY, BUSY, while your parent attends their Zumba for Adults Class!

You & Me, 2's & 3's

Ages 2-3
 9:30am-10:45am for sessions 1-3
 Session 1: **Thursday, September 6, 13, 20, 27**
 Session 2: **Thursday, October 4, 11, 18, 25**
 Session 3: **Thursday, November 1, 8, 15, (NO 22), 29**
 \$24 per session
 "REACH With Me" Center, 15322 Galaxie Avenue, Suite #112 (952-435-6266)

5:30pm-6:45pm for sessions 4-6
 Session 4: **Tuesday, September 11, 18, 25; October 2**
 Session 5: **Tuesday, October 9, 16, 23, 30**
 Session 6: **Tuesday, November 6, 13, 20, 27**
 \$24 per session

Apple Valley Community Center; 14603 Hayes Road
 Min. 7 Max. 14 per session

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

Instructors: REACH WITH ME Staff

"Running...Jumping...Hopping...Climbing.....Who says bigger kids have more fun? Join us and other little 2 & 3 year olds for loads of action-packed fun, and games that encourage and include language, movement, music and moving. Parents are not required to stay.

High Reach Prancers

Ages 3-6
Monday, October 1, 8, 15, 22, 29; November 5
 5:45pm-6:30pm
 \$40 per person; Apple Valley Community Center
 Min. 7 Max. 14

REGISTRATION DEADLINE: September 24

Instructor: REACH WITH ME Staff

Grab your tutus and learn the basics of ballet! We will combine technique with fun music, and wrap it up in a performance for all to see and the end of the session! Great dancing fun!



HEALTHYPARKS HEALTHYPEOPLE



Art Classes for Tots
Ages 2-5 & a parent

Abrakadoodle is a special art program developed for children. Through imaginative lessons, children develop creativity. Each lesson introduces children to a different material and a different artist or art technique. Create unique masterpieces using tempera paints, markers, oil pastels, clay and other art materials. Most projects are framed.

Min. 4 Max. 10 per each class

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

Instructors: Abrakadoodle Staff

Bats and Broomsticks Art Class

Wednesday, October 31; 9:30am-11:00am

\$20 per person; \$18 per additional sibling

Apple Valley Community Center

Join us for a special Halloween Art Class! We'll read "Where the Wild Things Are", and create our own wild thing! Plus, we'll sculpt model magic ghosts, bats, pumpkins and more.

Gobble, Gobble, Art Class

Wednesday, November 21; 9:30am-11:00am

\$20 per person; \$18 per additional sibling

Apple Valley Community Center

Join us for a special Thanksgiving class. We'll paint a Fall picture, sculpt turkeys, read stories, and much more, in this fun art class!

Snowman Art Class

Wednesday, December 12; 9:30am-11:00am

\$20 per person; \$18 per additional sibling

Apple Valley Community Center

In this class, we'll create a special snowman, sculpt gingerbread men and create candy canes, make holiday cards, plus read a holiday story! Join us for lots of holiday fun!

Little Doodler's "Messy Art Class" for Tots

Saturday, October 27; November 3, 10, 17

9:30am-10:15am

\$59 per 1st child registered; \$49 for additional sibling;

Greenleaf Elementary School

Min. 3 Max. 6 per class

REGISTRATION DEADLINE: October 19

Instructors: Abrakadoodle Staff

Abrakadoodle introduces children to a wide variety of art materials and art techniques, and inspires kids to reach beyond and create unique art! This Fall is "Messy Art" for the Little Doodlers, making a collage featuring hoot owl, painting pussy willows, and using model magic to make some Thanksgiving turkeys, and more. Parents/helpers are asked to stay and assist their little doodler!



KIDCREATE STUDIO Art Classes & Camps

Kidcreate Studio launches children into the incredible world of art! Our energized classes offer an exciting format for art exploration. We focus on art creation and art education. Lesson plans, designed by an art education professional, are age appropriate and devised to inspire the individual child. Our Instructors provided a positive, fun, self-esteem building atmosphere where children learn to express themselves through the visual arts. Parents can be assured their child is being educated in a supportive environment where giggles and grins are encouraged.

Nursery Rhyme Time *New!*

Ages 18 months-3 years & a parent/caregiver

Monday; October 1, 8, 15, 22, 29; November 5; 9:30am-10:15am

\$59 per child/adult pair

Apple Valley Community Center

Min. 3/Max. 5

REGISTRATION DEADLINE: September 24

Instructors: Kidcreate Studio Staff

Young artists just can't wait to rhyme and paint with Kidcreate! In this class we'll read the beloved nursery rhymes of Mother Goose as we imagine the fantastic! Have you ever seen a mouse run up a clock, or a dish run away with a spoon? Have you ever taken your lamb to school? We'll experience these whimsical stories as we create with a variety of kid-friendly art materials. Children must be accompanied by a caregiver.

Princess and Fairy Dress Up Camp *New!*

Ages 3-6

Thursday & Friday, October 18 & 19

9:00am-12:00pm

\$55 per person; Apple Valley Community Center

Min. 3/Max. 5

REGISTRATION DEADLINE: October 11

Instructors: Kidcreate Studio Staff

This fun-filled camp will give your young artist a chance to transform themselves into their favorite princesses and fairies such as Tinkerbell, Cinderella and Rapunzel. Each day, we'll create projects the kids can wear home! We'll make gowns, crowns, jewelry, masks and more. This is art your child can play dress-up in! Please pack a peanut free snack and drink for your child each day.

Totally Toys Art Camp *New!*

Ages 5-12

Thursday & Friday, December 27 & 28; 1:00pm-4:00pm

\$55 per person; Apple Valley Community Center

Min. 3/Max. 10

REGISTRATION DEADLINE: December 20

Instructors: Kidcreate Studio Staff

What if your child could design their own toys? They would have a blast! In this camp, children become toy designers as they design and create toys they can actually play with. They'll experience working with different materials such as Model Magic Clay, air-dry clay, watercolor paints and more. Projects include a bobblehead, a mini bowling game, a bean bag toss, and a giant paper airplane. Please pack a peanut free snack and drink for your child each day.



HEALTHYPARKS HEALTHYPEOPLE

Science Explorers Classes for Tots

Ages 3 1/2 - 6

Science Explorers is a unique program designed to provide children with hands-on fun while learning about science and the world around them. Children are naturally drawn to science because of its almost magical qualities.

We believe science sparks wonder and imagination in children and allows them to use their natural curiosity for discoveries. The curriculum has been designed to help children develop problem solving and creative thinking skills. Science Explorers' activities challenge children by providing a different hands-on activity each week and encouraging them to try different solutions. Parents do not stay for these classes.

Min. 3 Max. 5 per class

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

Instructors: Science Explorer's Staff

Silly Sloppy Slimes

Thursday, September 20; 10:00am-11:30am

\$15 per person

Apple Valley Community Center

Are you ready for some gooey, sloppy experiments? Then slide right in to this exciting, hands-in lab as we formulate a variety of slimes, some of which you will even get to take home. Be sure to dress so you can get messy.

Creepy, Spooky Science

Thursday, October 4, 11, (no 18), 25; 10:00am-11:30am

\$45 per person

Apple Valley Community Center

It's a little spooky, a little creepy, and a lot of science! Chase away the darkness and explore shadows while learning about bats and other night creatures. Discover a desert full of slithering snakes and Komodo dragons. Creep along with itsy bitsy and great big spiders. You'll have a creepy good time when you join us at Science Explorer's Creepy, Spooky Science!

Exploring Light and Sound

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

\$45 per person

Apple Valley Community Center

Join Science Explorers as we investigate the spellbinding world of light and sound. In exploring light, we will use colored filters, prisms, and wheels that bend light as we learn where light comes from and how it travels. Then we will use exotic instruments, tuning forks, even slinky to engage all our senses in learning about sounds and how it travels. We will create musical instruments, primary and secondary colors and more in this fascinating world of light and sound.

Rainforest Journey

Thursday, November 29; December 6, 13

10:00am-11:30am

\$45 per person

Apple Valley Community Center

Travel along with Science Explorers as we investigate an environment where it's always warm, the trees are always green, and the animals are very unique. You will learn about the elements of the rainforest as well as some special animals that live there. You will create art projects, play games, and use your imagination, as you become a world traveler on our rainforest journey.



“Music Together” Early Childhood Music for parents/caregivers & children

Children, birth-5 years with a parent or caregiver

Sunday; September 23, 30; October 7, 14, 21, 28; November 4, 11

Session 1: 4:00pm-4:45pm

Session 2: 5:00pm-5:45pm

Session 3: 6:00pm-6:45pm

Wednesday; September 26; October 3, 10, 17, 24, 31; November 7, 14

Session 4: 10:15am-11:00am

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

Thursday; September 27; October 4, 11, 18, 25; November 1, 8, 15

Session 6: 10:15am-11:00am

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

\$144 per Adult-Child Pair for the 8-week program; Apple Valley Community Center

\$78 per additional child; siblings 8 months & younger are FREE with paid sibling (free sibling must be born on or after 1/24/12)

Min. 6 max. 12- Sessions 1, 3, 5, 6, 7

Min. 3 Max. 6- Sessions 2, 4

REGISTRATION DEADLINE: September 17

Instructor: Laurie McFaul, “Music Together” Instructor

Share the delight of making music in these joy-filled, research-based classes! 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. Classes are mixed-age so siblings can participate together. 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



NOTE: We partner with Community Education to offer Music Together (Sessions 2 & 4 only) and we each take registrations for six out of the twelve adult/child pairs that we have space for in each class. If our registration system lists these classes as full, there may well be additional space available with Community Education. To register online through Community Education Department, go to: <http://ce.district196.org/Perficio/online/events/search.aspx> and scroll down to “Youth Enrichment: Music.”

Music Together FREE Demonstrations

Birth-5 years & a parent or care-giver

TRY A FREE DEMO “Music Together” CLASS, for those interested in checking out our music program! Call 952-953-2300 to register (advance registration required). If our demo spots are full, check with the Community Education Department which may have additional space available for demo classes. Space is limited, so register soon.

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

Session A: **Sunday, September 9;** 4:00pm-4:45pm

Session B: **Sunday, September 16;** 5:00pm-5:45pm

Session C: **Wednesday, September 12;** 10:15am-11:00am

Session D: **Wednesday, September 19;** 11:15am-12:00pm

Session E: **Thursday, September 13;** 11:15am-12:00pm

Session F: **Thursday, September 20;** 10:15am-11:00am

Limits: 6 pairs per each FREE DEMO only! -Sessions B, C; 12 pairs for Sessions A,D,E,F

HEALTHYPARKS HEALTHYPEOPLE

Minnesota Valley Martial Arts Classes for Youth

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

Min. 4 Max. 20 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start; Registration is required in advance with AV Parks & Rec. Dept.

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

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!

Little Ninjas - Introduction to Martial Arts for Tots

Ages 4-6

Session 1: **Wednesday, September 19, 26; October 3, 10;** 6:00pm-6:30pm

Session 2: **Tuesday, September 25; October 2, 9, 16;** 5:15-5:45pm

Session 3: **Monday, October 1, 8, 15, 22;** 6:00pm-6:30pm

Session 4: **Thursday, November 1, 8, 15, (NO 22), 29;** 5:15pm-5:45pm

\$24 per session for the 4 dates, includes a uniform.

This “kid friendly” Martial Arts class helps your child develop the essential skills to help them in a classroom environment. We work on basic skills of listening and paying attention, being respectful and cooperating with others, body control and self discipline. 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 class.

Wushu Martial Arts for Kids

Ages 9-12

Session 1: **Wednesday, September 26; October 3, 10, 17**

6:00pm-6:45pm

Session 2: **Monday, October 8, 15, 22, 29;** 6:00pm-6:45pm

Session 3: **Wednesday, November 7, 14, (NO 21), 28;**
December 5; 6:00pm-6:45pm

\$24 per session, includes a uniform.

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

Focus, discipline, character building and fun. Wu Shu Kung Fu will help your child achieve all of this and more. This very popular traditional Martial Art was developed into a sport in Asia and has found it's way here to America.

Tae Kwon Do Beginners Class - Introduction to Martial Arts for youngsters

Ages 7-12

Session 1: **Monday, September 17, 24; October 1, 8;** 5:15pm-6:00pm

Session 2: **Wednesday, October 3, 10, 17, 24;** 5:15pm-6:00pm

Session 3: **Saturday, October 20, 27; November 3, 10;** 10:15am-11:00am

\$24 per session for the 4 dates, includes a uniform

Instructors: Lisa Brockman & MN Valley Martial Arts Staff.

Tae Kwon Do is a good cardio workout that includes working on flexibility and strength. We work on the basic skills of listening and paying attention, being respectful and cooperating with others, body control and self discipline. 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. 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.



Young Rembrandt's Elementary "Magnificent Drawings" *New!* Art Classes

Ages 6-12

6:30pm-7:30pm for both sessions.

Session 1: **Tuesday, September 25; October 2, 9, 16**

Session 2: **Tuesday, October 23, 30; November 6, 13**

\$40 per session; Apple Valley Community Center

Min. 10 Max. 20 per session

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

Instructor: Young Rembrandt's Staff

Enroll your Elementary Student in one of our Young Rembrandt's Drawing Classes this fall! Our bountiful selection of drawings will introduce students to a fascinating world of color, pattern, and design. All this and more await your child in a Young Rembrandt's classroom Sign up today!

"Gift Making Camp"

Ages 4-9

Saturday, December 15; 9:00am-12:00pm

\$45 per 1st child registered; \$40 for additional sibling

Greenleaf Elementary

Min. 3 Max. 10

REGISTRATION DEADLINE: December 7

Instructors: Abrakadoodle Staff

Do you want to make some fun gifts for the holidays, and get a jump start on your holiday gift making? In this fun camp, we will decoupage a flower vase, paint a colorful canvas, and make holiday ornaments, perfect gifts for those on your list! Plus, we'll make gift wrap and gift boxes for your gifts. This camp gives your mom and dad a chance to drop off the kids and do some holiday shopping and preparation of their own.

Super Siblings *New!*

Ages 5-7 and a sibling, ages 10-12

Friday, November 2; 10:00am-2:00pm

\$10 per sibling pair; \$5 per additional sibling

Apple Valley Community Center

Min. 4 Max. 10 pairs

REGISTRATION DEADLINE: October 22

Instructor: Kristy Hemphill

School is out and your kids are bored, I get it. Here's a day of fun where older and younger siblings can spend some time together. At least one older sibling (ages 10-12) and no more than 2 younger siblings (ages 5-7) can sign up to attend this NEW class together. The older siblings will be helping the younger ones complete crafts and play games. Then, they'll make a meal together, and eat together while enjoying a movie. Quality time at it's very best!

TOPGUN VOLLEYBALL CLUB is excited to offer the following **FALL Programs.....**

Lil Libero's Volleyball Class: An Intro to Volleyball

Ages 6-8 & 8-10

Saturdays, September 8, 15, 22, 29; October 6
10:30-11:15am

\$55 for all 5 dates, includes a t-shirt

Apple Valley Community Center

Min. 6 Max. 30

REGISTRATION DEADLINE: September 1

Instructors: Christy Fink-Amador & Antonio Amador of TOPGUN VBC

The goal of this class is to introduce your child to volleyball in a fun, friendly, age-appropriate way. Basic skills will be learned and practiced using games, toys, and drills. This program has been developed with the goal of arousing interest in physical activity, engaging in social activities with age-mates, and having fun! (Please note that this is a volleyball class focused on fun, but resulting in skill building. The participants will not be playing actual volleyball matches.)

TOPGUN Training: Volleyball Instruction

Ages 10 & older

Saturdays, September 8, 15, 22, 29; October 6
11:20am-12:20pm

\$75 for all 5 dates; \$68 for 4, \$57 for 3, \$46 for 2, or \$35 for 1, includes a t-shirt

Apple Valley Community Center

Min. 2 Max. 30 per date

Registration Deadline: Please register at least 1 week prior to the start date

Instructors: Christy Fink-Amador & Antonio Amador of TOPGUN VBC

This is a flexible program aimed at providing private or group instruction to anyone wanting to learn the game of volleyball, those wanting to refine their volleyball skills, or those looking for an advanced instruction class. Classes will cover skill development (physical and mental), strategy, drills, and game-playing. Participants will be grouped based on their goals and ability.

HEALTHYPARKS HEALTHYPEOPLE

Knitter Critters *New!*

Ages 9-12

1:00pm-2:00pm for all sessions.

Session 1: **Saturday; September 8, 15, 22, 29**

Session 2: **Saturday; October 6, 13, 20, 27**

Session 3: **Saturday; November 3, 10, 17 (NO 24), December 1**

\$19 per session

REACH With Me" Center; 15322 Galaxie Ave. #112

(952-435-6266)

7 min. 14 max. per session

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

Instructors: REACH WITH ME Staff

Come join me as we venture into the popular world of knitting! Together we'll learn the basics of this amazing lifetime skill and make some awesome projects, such as a scarf, hat, and even a blanket! Get your fingers ready, because here we come! See you for "Knitter Critters"!

High Five Guys Group *New!*

Boys Ages 9-12

2:00pm-3:00pm for all sessions.

Session 1: **Saturday; September 8, 15, 22, 29**

Session 2: **Saturday; October 6, 13, 20, 27**

Session 3: **Saturday; November 3, 10, 17 (NO 24), December 1**

7 min. 14 max. per session

\$19 per session

"REACH With Me" Center; 15322 Galaxie Ave. #112

(952-435-6266)

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

Instructors: REACH WITH ME Staff

36...24...52...HUT! Wait, there's more to being a great guy than just football. Join the action-packed Guys Group - make healthy snacks, break a move in hip hop, play games, meet new friends and tackle some big issues, like bullying, making good choices, and stresses in school. Be a part of the only cool "guys group" in town!

School Age Activities For Children with Disabilities

BEGINNING GOLF SKILLS

Ages 7-12

Thursday September 13

6:00pm-7:30pm

Valleywood Golf Course

\$15 per participant.

REGISTRATION DEADLINE: September 7

This program is most appropriate for children ages seven to twelve with diagnosis of a mental disability, but children with all types of disabilities are encouraged to participate. Basic skills will be introduced and practiced in a supportive social environment. Please contact Steve Skinner, Recreation Supervisor at 952-953-2314 for additional information.

Give your child a chance to try golf with skilled instructors at a very modest price (thank you to the Golf Pros at Valleywood Golf Course). We will use the driving range and the practice green to develop basic golf skills in a supportive environment. Call Steve Skinner, Recreation Supervisor if you have questions. 952-953-2314

Two Steps Girls Group *New!*

Girls Ages 9-12

2:00pm-3:00pm for all sessions

Session 1: **Saturday; September 8, 15, 22, 29**

Session 2: **Saturday; October 6, 13, 20, 27**

Session 3: **Saturday; November 2, 9, 16, (NO 23), 30**

7 min. 14 max. per session

\$19 per session

"REACH With Me" Center; 15322 Galaxie Ave. #112

(952-435-6266)

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

Instructors: REACH WITH ME Staff

Gosh! Time flies - our little girls are growing up! No need to worry - we're "Two Steps" ahead with this amazing girls group. Together, girls will focus on important topics such as body image, social skills, and health/nutrition. Group members will also explore how to make positive choices and good friends, all through a variety of activities such as cooking, crafts, dancing, community service projects and so much more! Join us as we send our girls off with more than just their backpacks and help them stay "Two Steps" ahead of the game.

"Tween Center" *New!*

Ages 9-12

Saturday, 3:00pm-6:00pm - Cooking Fun

Monday-Friday, 4:00pm-7:00pm - Crafts & Games

FREE

"REACH With Me" Center; 15322 Galaxie Ave. #112

(952-435-6266)

Instructors: REACH WITH ME Staff

If you're not quite old enough to go to the TEEN CENTER yet, who says you can't have fun? Come hang out at the 'REACH With Me Tween Center' on weekdays and Saturdays. Bring your friends and watch movies, play games, and make fun treats! No cost-it's free!

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, that is managed by Apple Valley Parks and Recreation Department.

Hours: (through September 3)

Monday-Thursday	1:00pm-9:00pm
Friday	1:00pm-10:00pm
Saturday	1:00pm-10:00pm
Sunday	1:00pm-7:00pm

Hours: (Beginning September 4)

Monday-Thursday	2:30pm-7:00pm
Friday	2:30pm-9:00pm
Saturday	1:00-9:00pm
Sunday	1:00-6:00pm
Thanksgiving; Nov. 22	CLOSED
Christmas Eve Dec. 24	CLOSED
Christmas Day Dec. 25	CLOSED
Dec. 26, 27, 28, 31; Jan. 1	1:00pm-9:00pm

What is there to do at the Teen Center?

- Guitar Hero • Birthday Parties • Pizza, Hot Pockets, Ice Cream Treats • Watch Movies • PS3 • Xbox 360 • Wii • Ping Pong • Foosball • Air Hockey • Dances • Skateboard (April-October) • Basketball and other outdoor sports equipment available

Have Your Party at the Teen Center!

Hold your birthday or other special celebration at the Teen Center. Invite your friends, bring a cake, order a pizza, bring in a DJ, or create your own theme! These are just a few ideas that have been successful and fun! As with all Teen Center functions, the party invitees must be entering grades 6-12 only; you can have up to 20 guests, and the maximum time is 3 hours. Contact Marcie at mpadgett@ci.apple-valley.mn.us OR 952-953-2312 for more information and to book your party!

Outdoor Skate Park

All Ages
 FREE

Johnny Cake Ridge Park West; 14255 Johnny Cake Ridge Road
 Come on out to our Outdoor Skate Park, located next to the Teen Center, open April through October! Participants are highly encouraged to wear a helmet and pads. Skate Park hours are the same as City Park hours, daily 7am-10pm.

Survival Skills Challenge

Grades 6 – 10

Learn the survival skills needed for challenges both now and in the future. Apply your skills first in each activity and then in the combined challenge. Will you be one of those who will finish the course? Find out in the Survival Skills Challenge.

Wednesday, September 12, October 17, November 14, December 12

5:00pm-7:00pm

\$10 per activity

Location Varies –Participants will be contacted with the September 12 location. Further activity information and locations distributed at the activities.

We all need to test ourselves and young people especially benefit from challenges that build confidence. Join us and see what you can achieve. Skills for 2012-13 include: Archery, Self Defense, physical conditioning through physical challenges and Navigation without GPS. Challenge events in the future will require these skills for successful completion. Additional practice times will be available prior to the combined challenge in 2013.

Activities for Teens with Disabilities

Creative Christmas Gifts For Your Family & Friends

Age 13 and older

Saturday, December 8, 9:00am-12:00pm

\$15 per person

Apple Valley Community Center; 14603 Hayes Road
 Min. 5 Max. 10

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

Instructors: Ellimae Kalinoski and Linda Runeborg

Don't know what to give family and friends as holiday gifts? Take this opportunity to make your own truly personalized gifts. You will make three projects which can be given to the people you care about for Christmas. Have fun while you create great gifts for others! All gifts will be wrapped, and home-made cards made for each gift.



HEALTHY PARKS HEALTHY PEOPLE

Activities for Teens with Disabilities

Dances For Teens With Disabilities

Friday, September 7, October 5, November 2

7:00pm–9:00pm

Apple Valley Teen Center behind Eastview High School

\$5 per Teen Participant in advance/ \$8 at the door.

Parents and PCAs Welcome. Refreshments and Music provided. A supportive social atmosphere for teens.

Pickle Bucket Drum Circle

Age 13 & older

Session 1: **Wednesday, August 29**, 6:45pm-8:00pm

Session 2: **Saturday, September 8**, 10:00am-11:15am

\$5 per session; Teen Center; 14255 Johnny Cake Ridge Road

Min. 5 Max. 20 per session

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

Instructors: Ellimae Kalinoski and Linda Runeborg

Aren't familiar with 'pickle bucket drumming'? It's lots of fun! Check it out on YouTube, see how much fun it really is, and join us for a session or 2 of drumming at the Teen Center. Each session, we will practice rhythms, play as an ensemble, and at the end of class, we'll have a 'freestyle drum jam'. We will also have cowbells, tambourines, and other rhythm instruments available. And, for those who love to dance – there will be an opportunity to dance to the beat of the drums in the middle of the drum circle, if you wish! Pickle bucket drumming works up a thirst so we will take a refreshment break halfway through the session. Join us for an awesome experience! All instruments will be provided.

Movie Night & A Snack

Teens

Session 1: **Sunday, September 16**; 5:00pm-8:00pm

Session 2: **Sunday, October 21**; 5:00pm-8:00pm

Session 3: **Sunday, November 18**; 5:00pm-8:00pm

Session 4: **Sunday, December 16**; 5:00pm-8:00pm

\$5 per session; Teen Center, 14255 Johnny Cake Ridge Road

Min. 5 Max. 15 per session

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

Instructors: Ellimae Kalinoski and Linda Runeborg

Come on out to the Teen Center on the 3rd Sunday of each month for our "Movie Night & a Snack". Each session, you will prepare a different fun snack to enjoy while you sit with your friends and watch a cool movie of your choice.

"Autumn Chefs" Cooking & Baking Class

Age 15 & older

Saturday, September 29; 10:30am-12:00pm

\$7 per person

Redwood Community Center, 311 150th Street West
(County Road 42 & Elm Drive)

Min. 4 Max. 8

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

Instructors: Ellimae Kalinoski and Linda Runeborg

Celebrate autumn with our new fun cooking & baking class! We'll prepare a variety of fall favorites featuring APPLES, including caramel apples, apple crisp, and apple pie. Our apple slicing and coring chore will be made easy and fun using an apple slicer/corer machine. Sampling of our creations afterwards is the best part of this class!

"No Carving" Pumpkin Decorating & Painting

Age 15 and older

Saturday, October 27; 11:00am-12:00pm

\$7 per person

Apple Valley Community Center; 14603 Hayes Road

Min. 5 Max. 10

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

Instructors: Ellimae Kalinoski and Linda Runeborg

It's pumpkin harvest time! We'll use a variety of techniques to decorate our pumpkins. Whether you want your pumpkin creation to be scary, happy, or just simply decorated for fall, it's all up to you. Each participant will get a pumpkin to decorate and take home. All decorating and painting supplies will be provided.

Ceramics Class (2-Day Class)

Age 15 and older

Wednesday, November 14; 6:30pm-8:30pm **and**

Thursday, November 15, 6:30pm-7:30pm

\$7 per person for both days

Apple Valley Community Center; 14603 Hayes Road

Min. 4 Max. 8

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

Instructors: Ellimae Kalinoski and Linda Runeborg

Get your hands dirty! Make your own masterpiece out of clay! On the first day, we will learn how to work with clay and create our pieces. They will be baked for us outside of class and will be ready to paint on the second day. Join us and unleash your creativity!

Family Activities

“Treats, Not Tricks” Cookie Bake & Take

Family event

Saturday, October 20;

Session 1: 9:30am start; Session 2: 10:00am start

Session 3: 10:30am start

Session 4: 11:00am start; Session 5: 11:30am start

Session 6: 12:00pm start.

\$14 per family per session (for approximately 3-4 dozen cookies)

Apple Valley Community Center

Min. 1 family Max. 2 families per each session

REGISTRATION DEADLINE: October 12

Instructors: Apple Valley Parks and Recreation Department Staff

Spend some time on Saturday decorating cookies with your children for the upcoming Halloween holiday! Leave the fuss, muss and mess to us, and take home approximately 3-4 dozen beautifully decorated Halloween cookies. Please bring something to carry your cookies home in, a cookie sheet, and a rolling pin. All other supplies/ingredients provided.

9th Annual “Halloween Hand-Me-Downs” – FREE PROGRAM!

All Ages

“Gently used” Costume Drop off:

Monday through Friday, October 15-19; 8:00am-4:00pm

Pick-up a “new costume”:

Saturday, October 20; 10:00am-11:30am

Apple Valley Community Center

Instructors: Apple Valley Parks and Recreation Department Staff

Avoid “frightful” prices on Halloween costumes this year by participating in our 9th Annual “Halloween Hand-Me-Downs” Costume Exchange at the Apple Valley Community Center. Drop off your “gently used” costumes at the AVCC, October 15-19; and then - pick-up a new costume on October 20! NOTE: Those who cannot find a “new” costume will receive a “Halloween Surprise Grab Bag” instead.

Disc Golf Course

In addition to being a great location for a group picnic or a walk through the woods, Alimagnet Park is also a great location to play disc golf (aka Frisbee golf). Discs specially designed for disc golf may be rented at the Apple Valley Community Center; a set contains a driver, mid-range, and putter. If you don’t want to rent discs, any regular Frisbee can be used. Come out and try the fun recreational game of Disc Golf

Breakfast with Santa Claus – sponsored by McDonald’s of Apple Valley!

Ages 3-10 & parent(s)

Saturday, December 1

Session 1: 8:30am-9:30am

Session 2: 9:30am-10:30am

Session 3: 10:30am-11:30am.

\$10 per child per session (parents can attend for FREE!);

Apple Valley Community Center

Min. 20 Max. 50 per session

REGISTRATION DEADLINE: November 26

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

All children 3-10 years old are invited to spend an hour with Santa Claus on Saturday, December 1st. Come to the Apple Valley Community Center where Santa will visit with you and your family while you enjoy special treats. Following breakfast, each child will take part in a variety of holiday activities, crafts, games, and have their picture taken with Santa.

Glamorous Gingerbread Houses

Families of all ages

Friday, November 30; 10:00am-1:00pm

\$35 per family

Apple Valley Community Center

Min. 3 families Max. 6 families

REGISTRATION DEADLINE: November 20

Instructor: Kristy Hemphill

Join us as we make gorgeous gingerbread houses to celebrate the season. We will begin by cutting out and assembling the cardboard house. Then spend the next few hours decorating your house and lawn with frosting, pretzels, gum drops, marshmallows, candy canes, M&M’s, coconut...you name it, we got it. You can make it as simple or as extravagant as you like, from a basic house in a snowy yard to a bejeweled house in a yard with a fence, trees, snowmen, pond and walking path, it’s all up to you. You will be truly amazed at how beautiful your gingerbread house looks! Register today as spaces are limited, you do not want to miss out on this wholesome family activity. Feel free to bring a snack as your little ones may get hungry just looking at all the CANDY! All supplies are included in the cost; finished house is approximately 18 in. x 18 in. x 24 in. Hope to see you there!

HEALTHY PARKS HEALTHY PEOPLE

A Personalized "Letter from Santa Claus"

Ages 3-10

\$4 per letter mailed; Letters to be mailed by **December 14**

REGISTRATION DEADLINE: December 3

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 and 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.

Parent/Child 'Flame Painted Copper Jewelry' Class *New!*

Youth 8 and Older plus a Parent

Session 1: **Monday, October 8**; 6:00pm-7:30pm

Scott Highlands Middle School

Session 2: **Monday, October 22**; 6:00pm-7:30pm

Apple Valley Community Center

\$34 per pair per session, for 1 Pendant Necklace each

Min. 2 Max. 4 per session

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

Instructor: Lynn Moore

In this new jewelry class, you will flame paint pieces of sheet copper with small butane torches, which creates very pretty colors! Next, we turn the edges and pound them over, decorate with little pieces of sheet or wire, which we then make into a beautiful pendant necklace. The piece is then lacquered and made ready to wear! This is a wonderful class for parents and children to work together to create their own beautiful jewelry pieces to wear home! (NOTE: Additional pieces can be made at each session, if you choose, Additional charges for these supplies can be paid directly to the Instructor - \$12 per additional pendant necklace and/or \$8 per pair of earrings made.)

Halloweenie Roast and Spooky Fun

by the Fire at Valleywood Golf Course

Thursday October 25

5:00pm-7:00pm

REGISTRATION DEADLINE: October 21

\$4 per person or \$12 for the whole family

Spooky fun in the wilds of Valleywood. Join us for creepy stories, games, crafts and fun by the fire. Weenie roast and s'mores too! Dress for the weather and bring a flashlight. The activities will be age appropriate for children ages 5 to 9, but the whole family is welcome to attend.

Puppy Training

13 and older - Teens, Adults, Families are welcome

5:00pm-6:00pm for both sessions.

Session 1: **Saturday, September 8, 15, 22, 29**

Session 2: **Saturday, October 6, 13, 20 27**

\$15 per dog per session; Apple Valley Community Center, Hockey Rink behind building

Min. 4 Max. 10 dogs

REGISTRATION DEADLINE:

Session 1: **August 31**

Session 2: **September 28**

Instructor: Ellimae Kalinoski

New puppy? Old puppy that needs a refresher course? This is the perfect class for you and your four legged friend. Learn gentle tactics to train your dog to listen better and stay safe. Also, a great way to socialize your dog with other dogs and humans. Families are strongly encouraged to attend together. The first class will be an introduction and overview of the class, and a social meeting of all the dogs.

Archery For The Whole Family

Beginners- Ages 9 and older

Saturday, September 22

1:00pm-3:00pm

REGISTRATION DEADLINE: September 7

\$35 first family member/\$20 each additional family member.

A great family activity. Learn it together. Archers ages 9 and up are encouraged to participate in this exciting program. This short course is designed to provide hands-on experience with learning how a bow works, how to select appropriate archery equipment, the basic techniques to accurately shoot the bow and an introduction to equipment care. Ages: 9 to adult, or with instructor permission (younger children require an adult to participate with them). Children under 18 require adult permission.

No equipment required for this beginner course. Personal equipment can be used with instructor approval. For further information contact Steve Skinner, Recreation Supervisor at 952-953-2314.

Sessions will be held at the Apple Valley Parks Archery Range in Scott Park, Galaxie Ave. at 140th Street.

Adult Activities

Cardio Kickboxing for Strength

Age 16 and Older

Session 1: **September 24 – October 20**

Session 2: **November 5 – December 1**

\$49 per session for the entire month!

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

Min. 4 Max. 20 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start; Pre-registration is required with Apple Valley Parks & Rec. Dept..

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

This is no ordinary workout! If you are looking for a great workout with lots of variety, this is a fun and challenging class for you. Our 5 instructors offer a variety of different workouts, including aerobic, bags, core abdominals and strength training. This workout is all about you and your fitness needs. You choose the intensity level you want to work out at. Our main goal is to get you moving, burn calories, increase strength and have fun! Gloves are included in the fee. Work out up to 5 times a week. Monday – Thursday, 7:00-8:00pm and Saturday, 8:00-9:00am, during your scheduled month. You decide which days fit best into your busy schedule.

Kettlebell – Beginner Seminar

Age 18 & Older

Session 1: **Saturday, October 6;** 12:00pm-2:00pm

Session 2: **Saturday, November 10;** 12:00pm-2:00pm

\$50 per session, for the 2-hour workshop

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

Min. 4 Max. 20 per session

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

Instructor: Thanh Lo, Minnesota Valley Martial Arts

Learn the nuances, and the safe and effect way to work out with kettlebells. The kettlebell looks like a cannon ball with a handle and is possibly one of the best fitness tools ever used. This ancient tool is like a handheld gym, you only need one kettlebell, a few simple exercises, and a little space to transform your body and take back your fitness. Learn to Swing, Press, Squat and Get Up with Thanh, and never have to pay for a gym membership again.



Body Bootcamp

Age 18 and Older

September 5-November 1

Class Days:

Mon., Tues., Wed. & Thurs., 8:00pm; and Fri., 6:30pm (optional day)

Participants can also attend the Sat., 8:00am Kickboxing sessions.

\$199 for all 8 weeks of classes (50 total classes available to you!)

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

Min. 4 Max. 20

REGISTRATION DEADLINE: Please register at least 1 week prior to the start; Pre-registration is required with Apple Valley Parks & Rec. Dept..

Instructors: Thanh Lo & MN Valley Martial Arts Staff

Want to see a significant difference in your body? This body sculpting class will get you in the best shape of your life. The mix of both cardio, weight/resistance training, with flowing Yoga work will do the trick. We will offer diet suggestions for the best results. Work at your fitness level, and with the help of the instructors, learn to challenge yourself for great results. Change your life, change your body, change your lifestyle!

Gorgeous Gourd Candles

Age 17 and Older

Monday, November 5; 6:00pm-7:00pm

Thursday, November 8; 6:00pm-7:30pm

\$45 per person; Apple Valley Community Center

Min. 2 Max. 3

REGISTRATION DEADLINE: October 29

Instructor: Kristy Hemphill

Join me for a short time in November to make beautiful "gourd" candles. Taken straight from Martha Stewart, these amazingly detailed candles will embellish your dining decor this Thanksgiving. On the first night you will select your gourd(s), mix the rubber compound and pour the molds, then on day two you will remove your gourds from the mold, color the bees wax, set the wick and pour your candles. When you release your mold you will be truly amazed at your perfectly replicated "gourd" candle (mold release date is the evening of Monday, November 12th; time to be scheduled with Instructor at November 8th class). You can choose to make 2 candles or make 1 candle and take your mold home to make more. You will be learning a technique that you can take with you to use over and over again in the future. For a sneak peak, visit www.marthastewart.com and search - gourd candles into the search box. Hope to see you there!

HEALTHY PARKS HEALTHY PEOPLE

Wine Glass Painting Class

Age 21 & Older

Session 1: **Thursday, October 11**; 6:30pm-8:00pm

Session 2: **Thursday, November 8**; 6:30pm-8:00pm

\$24 per session

Redwood Community Center; 311 County Road 42

Min. 6 Max. 16 per session

REGISTRATION DEADLINES: Session 1: October 5

Session 2: November 2

Instructor: Tina Sheppard

A fun painting class offered this Fall for adults! Join us and get creative, painting a wine glass to take home with you. Plus, wine tasting afterwards as we relax and enjoy a night out! Great creative and relaxing fun for all! All supplies are provided.

Zumba for Adults

Age 18 and Older

Saturdays, 9:00-10:00am

Session 1A: September 8, 15, 22, 29

Session 2A: October 6, 13, 20, 27

Session 3A: November 3, 10, 17, 24

Thursdays, 6:45-7:45pm

Session 1B: September 6, 13, 20, 27

Session 2B: October 4, 11, 18, 25

Session 3B: November 1, 8, 15, (NO 22), 29

\$29 all sessions / 4 classes

4 min. 7 max. per session

REGISTRATION DEADLINE: 1 week prior to start

Instructors: REACH WITH ME Staff

Join the Party! A latin-inspired dance-fitness class that teaches dance moves to merengue, salsa, cumbia and reggaeton music while improving your cardio health. It's a fast-paced dance party that lets you forget that you are actually working out!

Knit Unwind *New!*

Adults

7:00pm-8:30pm for all sessions

Session 1: **Monday, September 10, 17, 24; October 1**

Session 2: **Monday, October 8, 15, 22, 29**

Session 3: **Monday, November 5, 12, 19, 26**

\$29 per session includes Instruction, knitting needles and yarn

"REACH With Me" Center; 15322 Galaxie Ave. #112

(952-435-6266)

7 min. 14 max. per session

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

Instructors: REACH WITH ME Staff

Come relax and unwind with us as we meet, eat, and knit together! Whether you are an avid knitter, or want to learn to knit, join us and we'll have a "stitch" TOGETHER!

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 Yoga classes. Call 952-953-2345 for further information and to receive a complimentary newsletter.

ADULT SPORTS LEAGUES

Recreational Volleyball Leagues

Women's and Co-Rec

Age 18 and older

Thursday evenings for Women's A/B/C (September 6 start)

Friday evenings for Co-Rec A/B/C/D (September 7 start)

\$85 per team (plus a \$25 per team fee for non-resident teams)

Apple Valley Community Center gyms; 14603 Hayes Road

REGISTRATION DEADLINES: Returning Teams: Friday,

August 10; New Teams: Friday, August 17

Our six-on-six, unofficiated Volleyball Leagues for adults 18 years and older will be played at the Apple Valley Community Center on Thursday and Friday evenings. A variety of levels are offered to satisfy a wide range of skill levels (A, B, C, D leagues). Play begins on September 6 & 7, with practices times available on August 30 & 31. The leagues will consist of 9 matches plus playoffs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

Women's Power Volleyball Leagues

Women age 18 and older

Tuesday evenings, beginning September 4; 6:30, 7:30, 8:30pm games

\$155 per team (plus a \$25 fee per team for non-resident teams)

Apple Valley Community Center Gyms; 14603 Hayes Road

REGISTRATION DEADLINES: Returning Teams: Friday,

August 10; New Teams: Friday, August 17

Our six-on-six officiated Volleyball Leagues for women 18 years and older will be played at the Apple Valley Community Center, on Tuesday evenings. Play begins on Tuesday, September 4, with practice times available on August 28th. The leagues will consist of 9 matches plus playoffs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

Adult 3 on 3 Indoor Basketball Fall League (New for 2012)

Ages 18 and over

3 Separate Divisions of Play:

- Intermediate Division
- Recreational Division
- 35 and Over Division

Tuesday evenings for Intermediate and Recreational Divisions (September 18 – October 23)

Wednesday evenings for 35 and Over Recreational Division (September 19 – October 24)

\$50 per team (teams without at least 50% of players either working full-time or living in Apple Valley must add a \$25 non-resident team fee)

Game Start Times: 6:15pm, 7:10pm, 8:05pm, 9:00pm

League Minimum 5 teams per division, League Maximum 10 teams per division

Apple Valley Community Center; 14603 Hayes Road

REGISTRATION DEADLINE: Friday, September 7

Games each week will consist of two 25 minute halves. Each team will play 2 games per night. Roster limit is 8 players. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

Unofficial Adult 5 on 5 (Full-Court) Basketball Leagues

Ages 18 and over

Wednesday evenings for 3 Separate Divisions of Play:

- "C" Intermediate Division
- "D" Recreational Division
- 35 and Over Division

Leagues start Wednesday, November 7th (Session I) and Wednesday February 6th (Session II)

\$225 per resident team (more than 50% of players living or working full time in Apple Valley)

\$275 per non-resident team

REGISTRATION DEADLINE: Friday, October 19 (Session I) and Friday, January 18 (Session II)

Game start times will be no earlier than 6:30 p.m. and no later than 9:30 p.m. The season will consist of 8 weeks of regular session play with up to two additional weeks of playoffs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

Officiated Adult 5 on 5 (Full-Court) Basketball Leagues

Ages 18 and over

Tuesday evenings for 3 Separate Divisions of Play:

- "C" Intermediate Division
- "D" Recreational Division
- 35 and Over Division

Session I: Tuesdays, November 6 – January 29 (8 weeks + 2 weeks of playoffs)

Session II: Tuesdays, February 5 – April 23 (8 weeks + 2 weeks of playoffs)

\$435 per resident team (more than 50% of players living or working full time in Apple Valley)

\$485 per non-resident team

REGISTRATION DEADLINE: Friday, October 19 (Session I) and Friday, January 18 (Session II)

Game start times will be no earlier than 6:30 p.m. and no later than 9:30 p.m. The season will consist of 8 weeks of regular session play with up to two additional weeks of playoffs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

Adult Table Tennis League

Wednesday Starting September 12

Apple Valley Community Center

\$15 per player

REGISTRATION DEADLINE: September 5

Adults Ages 18+ (or 17 with High School Diploma)

Test your skill against other local table tennis 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.

Bag Toss League

(age 18 and older)

Thursdays, August 23 – September 27;

6:30 – 9:00pm

\$25 per team (2 people per team; roster limit 6 players)

Johnny Cake Ridge Park-East, 5800 140th Street West

Min. 6 teams Max. 10 teams

REGISTRATION DEADLINE: Friday, August 17

5 weeks of league play and an end of the season tournament. Boards and bags will be provided. You may use your own bags. Register at the Apple Valley Community Center or by calling 952-953-2300. A pre-season informational meeting will be held prior to the season. Sponsored by Apple Valley Parks & Recreation and S.O.R.R. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

HEALTHYPARKS HEALTHYPEOPLE

Parks & Facilities

Community Center Open Gym 14603 Hayes Road

Family Open Gym

Saturday, 4:00pm-7:15pm

Sunday, 12:00pm-3:45pm

FREE

The whole family can participate in 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. 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.

Youth Open Gym

Saturday, 12:00pm-3:45pm

Sunday, 4:00pm-7:15pm

Monday-Friday 2:30pm-4:30pm

FREE

Youth ages 10 to 18 (2012 high school graduates 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 his/her school ID to enter the gym.

Pre-School Open Gym

Age 5 & under with accompanying adult(s)

Mondays, Wednesdays, Fridays; 9:30am-11:00am

FREE; Apple Valley Community Center

Here's a great place for parents to meet other parents. Youth age 5 & under can "run-off" some energy, play with other kids, develop motor skills and coordination, and it's all free! All preschoolers 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!

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 to verify the gym schedule, as tournaments are occasionally held at the Community Center.

Adult Open Volleyball

Age 18 & older

Saturdays & Sundays, 3:00-6:00pm;

Mondays, 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. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@ci.apple-valley.mn.us or call 952-953-2316.

Adult Open Badminton

Wednesdays 6:30-9:45 pm

\$3 per person

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 Open Badminton

First and Third Sunday of each Month 1

2:00pm-2:30pm.

\$3 per person

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.

Open Table Tennis- New This Year!

Tuesday, September 11 through December 6

6:30pm-9:30pm

\$3 per person

All Purpose Room or alternate facility.

Two tables will be set up for open play!

Open Pickleball

Monday, Wednesday and Thursday

9:00am-Noon (no game start after 11:45am)

\$3 per day

Six courts will be designated for Beginner/Intermediate and Advanced players three mornings a week. Come inside this fall and play this fast growing and popular game. Beginners welcome.

Youth Sports Opportunities

A wide variety of sports are offered by the Apple Valley youth athletic associations that serve the youth in ISD 196. Many of the sports have both traveling and in-house opportunities. These associations use city facilities (gyms, fields, ice) but are separate entities from the City of Apple Valley. Please contact the desired association directly for additional information.

Valley Athletic Association

www.vaasports.org; 952-432-5618

Sports offered: baseball, basketball, cross country running, football, lacrosse, soccer, softball, tennis, track, volleyball, wrestling

Eastview Athletic Association

www.evaasports.org; 952-985-3830

Sports offered: baseball, basketball, cross country running, cross country skiing, football, lacrosse, soccer, softball, tennis, track, volleyball, wrestling

Apple Valley Hockey Association

www.applevalleyhockey.com

Sport offered: hockey

Eastview Hockey Association

www.eastviewhockey.net

Sport offered: hockey

Hayes Community & Senior Center

14601 Hayes Road
952-953-2345

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 200. 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.



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:

Geek Squad	Matt Schultz	Alimagnet Park
Flight Club & AVDGL	Derek Lusk	Alignment Park
MRCI Worksource	Bill Schwartz	Apple Valley East & Cobblestone Lake Parks
The Adventure Zone	Jim Nordberg	Belmont & Chaparral Parks
Catholic Order of Foresters Court 332	Alma Kremer	Cedar Knolls Park
Girl Scout-Brownie Troop 55075	Nicole Bohlig	Delaney Park
South Metro ATV Club	Jay Peterson	Duchess Park
Farquar Park Helpers	Jeff Christianson	Farquar Park
Midwest Special Services, Inc.	Sherry Ginder	Farquar and Johnny Cake Ridge Parks
Southcross Community Church	Jennifer Largen	Fred J. Largen Park
.....	William Block	Greenleaf & Wildwood Parks
Girl Scout Troop #54077	Nancy Smoley	Huntington Park
River Valley Church	Lisa Engelking	Johnny Cake Ridge Park
Uponor, Inc.	Daniel Perez	Johnny Cake Ridge Park
Shaver Group	Connie Shaver	Keller Park
Boy Scout Troop #293	Paul Chellsen	Long Lake, Moeller, & Hagemeister Parks
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Minnesota Zoo Gifts	Laurel Wright	Long Lake, Moeller, Hagemeister & Farquar Parks
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Gracelyn Group	Joel Seguin	Moeller Park
Nordic Woods Neighborhood	John Santi	Nordic Park
South Metro Ultimate	David Nguyen	Quarry Point and Kelley Parks
The Evans Family	Jeanine Evans	Redwood Park
Rotary Club of Apple Valley	Tom Lawell	Redwood & Kelley Parks
Stael Family	Anthony Stael	Sunset Park
Apple Valley Lions Club	Hans Student	Valley Middle 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!