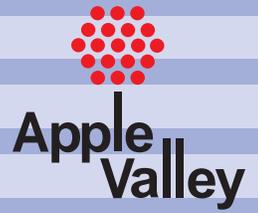


HEALTHY PARKS HEALTHY PEOPLE



SUMMER 2011

CITY OF APPLE VALLEY PARKS & RECREATION

**SWIMMING LESSONS
PAGES 27 & 28**



**PLAYGROUND PROGRAM,
TRIPS AND CAMPS**

**PUPPET WAGON
PAGES 7 & 8**

**www.cityofapplevalley.org
952.953.2300**

HEALTHYPARKS HEALTHYPEOPLE

Apple Valley Parks & Recreation Staff

ADMINISTRATION

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

PHONE: 952.953.2300 • FAX 952.953.2306

VALLEYWOOD GOLF COURSE AND PARK

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

PHONE: 952.953.2323 • FAX 952.953.2319

SPORTS ARENA

(Attached to the south side of Apple Valley High School)
 Arena Manager Gary Pietig

PHONE: 952.953.2366 • FAX 952.431.8246

HAYES PARK ARENA

(Adjacent to the Apple Valley Community Center)
 Arena Manager Gary Pietig

PHONE: 952.953.2365

TEEN CENTER

14255 Johnny Cake Ridge Road
PHONE: 952.953.2385

The Parks and Recreation Department Headquarters is located at:
Apple Valley Community Center
14603 Hayes Road • Apple Valley
www.cityofapplevalley.org

HOURS OF OPERATION

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

Apple Valley Community Center:

Monday - Friday 8:00am–10:00pm
 Saturday 8:00am– 7:30pm
 Sunday 12 noon– 7:30pm
 Memorial Day (May 30) 9:00am–10:00pm
 July 4th (Monday) 7:00am–12:00pm

JOB OPENINGS

For job openings, please see the Apple Valley website at
www.cityofapplevalley.org

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.

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.

Stay informed – call our Hotline at 952-953-2399

- 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

Frequently Called Community Phone Numbers

Apple Valley Parks & Recreation Hotline ... 952-953-2399
 Apple Valley Community Center 952-953-2300
 Apple Valley Municipal Center 952-953-2500
 Hayes Community and Senior Center 952-953-2345
 Apple Valley Teen Center 952-953-2385
 Apple Valley Sports Arena 952-953-2366
 Apple Valley Hayes Arena 952-953-2365
 Dakota County Parks Info Line 651-438-4636
 VAA (Valley Athletic Association) 952-432-5618
 EVAA (Eastview Athletic Association) 952-985-3830
 ISD 196 Community Education 651-423-7722

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Summer Playground Program

Ages 6-11

June 13-August 5

Run, jump and play with us this summer! Children ages 6-11 are invited to participate in our FREE playground program. This three hour program runs at selected sites throughout the city of Apple Valley. All you have to do is register your child at the park of your choice. You will be given a program event calendar, an emergency/medical form and a behavioral contract to be reviewed and signed by the parent and child. The summer playground program is offered for seven weeks this summer as follows:

Week #1.....	June 13, 14, 16, 17
Week #2.....	June 20, 21, 23, 24
Week #3.....	June 27, 28, 30 July 1
Week #4.....	July 7, 8
Week #5.....	July 18, 19, 21, 22
Week #6.....	July 25, 26, 28, 29
Week #7.....	August 1, 2, 4, 5

Morning Park Sites

(9:00am-12:00pm)

Briar Oaks
Cedar Isle
Redwood*
Tintah
Valley Middle*

Afternoon Park Sites

(1:00pm-4:00pm)

Belmont
Hagemeister*
Hayes*
Huntington*
Wildwood

* Denotes a park site with a shelter or building. These park sites are subject to change.

Inclusion Opportunities

The playground program offers recreational opportunities to individuals with disabilities. Anyone who wishes to utilize this service can fill out an Inclusion Application Form available at the Apple Valley Community Center and will be assigned an Inclusion Specialist who will work with them at one of our playground sites. Please contact the Apple Valley Parks and Recreation Department at 952-953-2300 for more information.

Rainy Day Policy

If it begins to rain while the children are at the park, the park leaders will send the children home for the day. In case of foreseeable severe weather, parents should be on-call and available to pick their children up from the park or make other safety arrangements for them.

Playground Preview Day

Curious about our FREE playground program? Want to see what it's all about? Join us at the Apple Valley Community Center on Saturday, June 11 from 10:00am-Noon to find out. We will offer a variety of games and walk you through a typical day in the program. This is also an opportunity to meet the playground leaders, fill out your emergency information and gather all the details of the program. Hope to see you there!



HEALTHYPARKS HEALTHYPEOPLE

Summer Trips

Join the Apple Valley Playground Program as we take you on several youth trips this summer. Participants must register for each trip individually. Registrations are taken at the Apple Valley Community Center front desk, by mail-in registration or over the phone with a credit card at 952-953-2300. Registration is limited and is taken on a first-come, first-served basis. Trips and camps fill quickly, so early registration is suggested. Refunds will be granted with a written request that is received 24 hours prior to the trip's departure. "No shows" will not be refunded. Bus schedule pick up site labeled AVCC refers to the Apple Valley Community Center located at 14603 Hayes Road in Apple Valley. Refer to the bottom of each trip description for bus schedules.

Grand Slam

Ages 6-11

Wednesday, June 15

11:00am-2:00pm

\$25 per person

Min. 25 Max. 60

REGISTRATION DEADLINE: Tuesday, June 14

Join us on our first playground trip of the summer! We are headed to Grand Slam in Burnsville for tons of fun. Participants will enjoy unlimited mini golf, batting cages, Crazy Kars, laser tag and play zone. Participants will also receive 4 game tokens, a hot dog and a drink. Grab a friend and sign up today. Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	10:30am	2:30pm

Nickelodeon Universe

Ages 7-11

Wednesday, June 22

10:00am-3:00pm

\$30 per person

Min. 28 Max. 50

REGISTRATION DEADLINE: Saturday, June 18

Beat the heat this summer at our very own Nickelodeon Universe in the Mall of America. Your child will enjoy a 5 hour ride wristband and entrance to the Flying Dutchman ropes course! The park boasts thrilling coasters and rides that spin, as well as the milder rides for the young ones. There will be fun for everyone! Participants need to bring a bag lunch and a back pack to carry it in. Space is limited and taken on a first come, first served basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	9:40am	3:30pm

Old Log Theatre

Ages 6-11

Wednesday, June 29

10:00am-12:30pm

\$25 per person

Min. 27 Max. 50

REGISTRATION DEADLINE: Wednesday, June 22

We're heading out to Excelsior to the Old Log Theater. This historic theatre is showing The Reluctant Dragon, a story about a charming boy and his funny dragon friend, mixed together with musical whimsy. We will be seeing the 10:00 am show, followed by a picnic style lunch, games and a craft. Participants need to bring a bag lunch. Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	9:00am	1:30pm

MN Twins Game VS Tampa Bay Rays

Ages 6-11

Wednesday, July 6

12:10pm-approximately 3:00pm

\$27 per person

Min. 25 Max. 40

REGISTRATION DEADLINE: Monday, June 13

Join us as we head to the Twins new outdoor stadium, Target Field in Minneapolis. We will see the MN Twins take on the Rays in a 12:10pm game. Our seats are located in the grandstand. Feel free to bring a bag lunch (a sealed bottle of water is the only drink allowed into the park) and a back pack to carry it in or bring some money to buy food. Make sure to wear your sun block and your shades. We will have a great time watching America's favorite past time! Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	11:15am	approx. 3:45pm

Shoreview Community Center

Ages 6-11

Wednesday, July 13

11:00am-3:00pm

\$25 per person

Min. 28 Max. 50

REGISTRATION DEADLINE: Wednesday, July 6

Shoreview Pool is one of the coolest indoor activity centers around. Come with us as we take a journey to Shoreview for some wet and dry fun! We will begin our day at the Tropical Adventure Indoor Play Zone (socks are needed to enter this area). Crawl through caves, swing through the jungle and slip down the slides of the gigantic indoor play zone. We will then have a nice lunch at the picnic area, then into the pool! Tropics Indoor Water Park boasts a waterslide, boat slide, water walk, giant floating water toys, water basketball, water volleyball and much, much more. No matter what the weather outside, we'll be having a great time inside! Feel free to bring a bag lunch or a few bucks to spend at the snack bar. Lockers are available for \$.25 otherwise cubby holes are available for free. Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	10:00am	4:00pm

Crystal Caves

Ages 6-11

Wednesday, July 20

12:00pm-2:30pm

\$20 per person

Min. 26 Max. 50

REGISTRATION DEADLINE: Wednesday, July 13

We will begin our day with a bus trip all the way to Spring Valley, Wisconsin. We will eat lunch right away (participants need to bring a bag lunch) then we will tour the caves and pan for gems in the water trap. As we take our tour of the caves, we'll wind around the path, going lower and lower under ground. We will see bats and underwater lakes, the walls are dripping wet, it's cold and dark...all the while hearing the eerie tale of the caves origin. Participants must wear shoes and socks and sweatshirts are suggested as it is chilly in the cave. If you would like to bring a few extra dollars we can check out the gift shop too. Hope to see you there! Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	10:30am	4:00pm

Bunker Beach Wave Pool

Ages 8-12

Wednesday, July 27

11:00am-2:30pm

\$27 per person

Min. 27 Max. 50

REGISTRATION DEADLINE: Wednesday, July 20

Do you like to swim? Spend time in the sun? Have tons of fun with your friends? Then Bunker Beach is the place for you! Bunker Beach Pool in Coon Rapids now features six towering waterslides, a 900' lazy river, leisure pool with climbing wall, a zero-entry pool with a water play structure, a creative sand play area, and as always, Minnesota's largest outdoor wave pool - 1,000,001 gallons of fun. Participants will receive entrance into the pool as well as a box lunch which includes: a hot dog, corn dog or hamburger, chips, pop and a cookie. You don't want to miss this trip. Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	10:00am	3:30pm

Wild Mountain

Ages 7-12

Wednesday, August 3

12:00pm-4:00pm

\$35 per person

Min. 28 Max. 50

REGISTRATION DEADLINE: Wednesday, July 27

Join us for our big end of the program hurrah at Wild Mountain in Taylors Falls. We've planned a big day: four fun filled hours of Alpine Slides, go-carting and swimming. Wild Mountain has a swimming pool with a lazy river, several radical water slides, and newly installed cargo climbing nets, canyons, bubblers, drop slides and more, no wonder they call it Wild Adventure Island. Our day pass will allow you to go on any ride (wet or dry) at any time as many times as you'd like, WOW! Participants can bring a bag lunch or money to spend at the snack bar. Participants should bring proper swim attire if they are going to go into the water. NOTE: participants must be over 54" tall or taller to participate in this trip, no exceptions. Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	10:30am	5:30pm

Sky Zone Trampoline Park

Ages 8-12

Wednesday, August 10

10:40am-1:00pm

\$25 per person

Min. 25 Max. 50

REGISTRATION DEADLINE: Wednesday, August 3

OMG! You have got to check out this trip. We are going to Sky Zone Indoor Trampoline Park in Plymouth. Sky Zone is a huge indoor trampoline park where the floors and walls are all trampolines – you can literally bounce off the walls! We will have 60 minutes of jump time, then we'll head over to McDonalds for lunch (Happy Meal is included in the price). This is the coolest place around, you cannot miss out on this adventure. Grab a friend and sign up today! Space is limited and taken on a first come, first served basis. Socks must be worn to participate in this event. A Sky Zone waiver must be signed by a parent/guardian and turned in to the Apple Valley Community Center prior to the trips departure.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	9:50am	1:45pm

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Day Camp

Ages 6-11

Monday-Friday, July 11-15

9:00am-3:00pm

\$75 per person

Min. 30 Max. 50

REGISTRATION DEADLINE: Tuesday, July 5

Our weeklong Day Camp is the greatest! Enjoy five days of swimming, games, crafts and more at Cleary Lake Regional Park in Prior Lake. Plan on having tons of fun this year, the leaders have an action packed week planned, it's one you don't want to miss. Our camp combines hands-on learning with recreational activities to make a perfect balance for all. Enjoy new activities this year along with some old favorites and an extra special surprise on Thursday! Each day your child should bring the following items: swim attire, sun block, warm weather clothes, rain gear and a water bottle. Participants should bring a bag lunch and a snack Monday – Thursday, on Friday we will have a pizza party. Camp will be held rain or shine. An informational letter will be e-mailed to you one week prior to camp with further details and a schedule. Space is limited and taken on a first come, first serve basis.

Bus Schedule:	<u>Location</u>	<u>Pick-up</u>	<u>Drop-off</u>
	AVCC	8:30am	3:30pm

Sports and Games Camp

Ages 6-11

Monday & Tuesday, August 8 & 9

10:00am-2:30pm

Redwood Community Center

\$15 per person

Min. 25 Max. 50

REGISTRATION DEADLINE: Monday, August 1

Come one, come all to Sports & Games Camp, you'll have a ball! Sports and Games Camp will be held at the Redwood Community Center where we will spend the morning playing games and having a great time! We'll break for a quick lunch (participants must bring their own lunch each day) and then swim at Redwood Pool until 2:30. Rain or shine, we'll have tons of things to do. An informational letter will be e-mailed in late July with a detailed schedule. Participants should wear play clothes with tennis shoes for the games and bring proper swim attire and sun block for swimming. Ready, set, go...race on down to the Apple Valley Community Center to register today! Space is limited and taken on a first come, first serve basis.

*Participants should be dropped off and later picked up, at the Redwood Community Center, 311 150th Street West.

Drop off time: 10:00am / Pick up time: 2:30pm

Sew Creative Craft Camp

Ages 7-12

Thursday, August 11

Creative Sewing and Vacuum

\$10 includes chaperones, instructors and sewing machine use

REGISTRATION DEADLINE: August 1

We are offering a one day sewing camp for all you crafting lovers! For more information contact the Apple Valley Community Center at 952-953-2300.

*All classes held at Creative Sewing and Vacuum, 14869 Granada Drive

Arts and Crafts Camp

Ages 6-11

Friday, August 12

10:00am-2:00pm

Apple Valley Community Center

\$20 per person

Min. 15 Max. 45

REGISTRATION DEADLINE: Monday, August 1

Join us for a few hours this summer to enjoy creativity at its best at our Art Camp. We will spend our time creating projects of all sorts; from beading to sewing to metal work and paper making and lots in between. The kids will have a blast! Space is limited and taken on a first come, first serve basis. Participants need to bring a bag lunch.

Chess Wizards Camp Grades 1-5

Monday-Friday, August 8-12

9:00am-12:00pm

Apple Valley Community Center

\$160 per person

Learn how to play and master chess techniques from the Chess Wizards staff. You will learn chess openings, mid games with all the pins, double attacks, end games and much more. Camp sport activities will also take place throughout the day. Campers will compete in a tournament and receive a trophy, chess board, work folder containing all the puzzles they completed in camp, Chess Wizards t-shirt and certificate of achievement. All levels are welcome; campers will be divided into appropriate levels. Snacks will be provided. Register by July 24 at the Apple Valley Community Center or by phone 952-953-2300.

Apple Valley Mobile Puppet Theater

“Official Goodwill Ambassador of Apple Valley”

Come out and enjoy the FUN this summer as the Apple Valley Mobile Puppet Theater brings eight weeks of new shows to a park in your neighborhood. Check the schedule below to see when the puppet theater will be in your neighborhood. FREE SHOWS! SHOWS RUN: JUNE 13 - AUGUST 5, 2011

Watch for the puppets in Apple Valley’s 4th of July Parade. For additional information call the Apple Valley Parks and Recreation Department; 952-953-2300.

DAY/TIME	SITE	LOCATION
Monday		
11:15am	Westview Elementary	225 Garden View Drive (near parking lot)
**1:00pm	Valley Middle Park	1040 Baldwin Drive (near ball fields)
**1:45 pm	Delaney Park	4745 147th Street West (near playground)
**2:30pm	Kelley Park	6855 Fortino Street (near Splash Pad)
Tuesday		
9:30am	Longridge Park	6830 160th Street West (near playground)
10:15am	Apple Ponds Park	15834 Garrett Drive (off Garrett Path)
11:00am	Regatta Park	15596 Finch Avenue (off Fjord Avenue)
**1:00pm	Alimagnet Park	211 Ridgeview Drive (near playground)
**1:45pm	Cedar Knolls Park	17094 127th Street West (near parking lot)
2:30pm	Palomino Park	12765 Pennock Avenue (near trail)
Wednesday		
**9:30am	Apple Grove Park	14904 Hayes Road (Parking lot)
**10:15am	Faith Park	15539 Ferris Avenue (near ball field)
**11:00am	Johnny Cake Ridge Park-East	5800 140th Street (South Parking Lot)
1:00pm	Cobblestone Park	15601 Cobblestone Lake Pkwy (near Eagle Bay Drive)
1:45pm	Kelley Park	6855 Fortino Street (near Splash Pad)
**2:30pm	Pennock Park	15445 Pennock Avenue (near playground)
Thursday		
**9:30am	Farquar Park	13266 Pilot Knob Road (near playground on Dominica Way)
**10:15am	Tintah Park	4839 142nd Street West (near playground)
**11:15am	Redwood Park North	311 150th Street West (east of building)
1:00pm	Wildwood Park	8266 137th Street West (near playground)
1:45pm	Hagemeister Park	13000 Johnny Cake Ridge Road parking lot)
2:30pm	Huntington Park	12960 Diamond Path (near playground)
Friday		
**9:30am	Briar Oaks Park	12275 Safari Path (near playground)
**10:15am	Nordic Park	13161 Foliage Avenue (near playground)
**11:00am	Cedar Isle Park	14400 Freeport Trail (near playground)
12:45pm	Fred J. Largen Park	7368 142nd Street West (near ball field)
1:30pm	Belmont Park	118 Belmont Road (off Belmont Rd.)
2:15pm	Apple Valley Comm. Center	14603 Hayes Road (near playground)

NOTE: Shows will be cancelled in the event of rain and will not be rescheduled.

For cancellation information call 952-953-2399, Option #1, then #6.

**=Aroma’s Art Sites—stay after the show for a FREE Aroma’s Art Project!

(See page 8 for more information on Aroma’s Art!)

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Aroma's Art: "Traveling Puppet Wagon Craft"

Ages 2-6 & Parent

June 13-August 5, 2011:

Mondays

1:00pm; Valley Middle Park; 1040 Baldwin Drive
1:45pm; Delaney Park; 4745 147th Street West
2:30pm; Kelley Park; 6855 Fortino Street

Tuesdays

1:00pm; Alimagnet Park; 211 Ridgeview Drive
1:45pm; Cedar Knolls Park; 17094 127th Street West
2:30pm; Palomino Park; 12765 Pennock Ave.

Wednesdays

9:30am; Apple Grove Park; 14904 Hayes Road
10:15am; Faith Park; 15539 Ferris Avenue
11:00am; Johnny Cake Ridge Park (East); 5800 140th St. West

Thursdays

9:30am; Farquar Park; 13266 Pilot Knob Road
10:15am; Tintah Park; 142nd Street
11:15am; 311 150th Street West

Fridays

9:30am; Briar Oaks Park; 12275 Safari Path
10:15am; Nordic Park; 13161 Foliage Avenue
11:00am; Cedar Isle Park; 14400 Freeport Trail

FREE to those who watch the Puppet Wagon Show! Aroma's Art is scheduled immediately after the Puppet Show ends.

NOTE: Aroma's Art will not be available if the Puppet Shows have been cancelled due to bad weather! There will be no make-ups scheduled...

Come out and watch our adorable puppets this summer, and at the parks listed above, we will have a special program, now in its 7th year—AROMA'S ART! Our traveling Puppet Show Craft Staff will be there after the Puppet Show with a craft project related to that week's show. Crafts will be available all 8 weeks of the scheduled puppet shows.

Mini-Mozarts and Pint-Size Picassos

Ages 3-5

Monday-Friday

June 27, 28, 29, 30; July 1; 1:00-2:30pm

\$69 each; Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

Min. 4 Max. 8

REGISTRATION DEADLINE: Monday, June 20

INSTRUCTORS: Jennifer Ackland, owner of Musical Safari, Inc., and Board Certified Music Therapist; Veronica Browning, owner of Veronica B Design, A.A.S. Graphic Design degree, photographer, craft and art hobbyist. Little bee, little bee, what do you see? Explore the colorful world of Eric Carle, World-renowned author/illustrator. Enjoy a variety of art and music activities that compliment his books! Create your own masterpieces and compile your very own version of an Eric Carle book to take home with you! Fee includes all class supplies. Parents are welcome, but not required to attend.

Summer's "Critters Club"

Ages 2 1/2-6

Tuesday & Thursday, 10:00-11:30am

Session 1: June 7, 9, 14, 16

Session 2: June 21, 23, 28, 30

Session 3: July 5, 7, 12, 14

Session 4: July 19, 21, 26, 28

Session 5: August 2, 4, 9, 11

Session 6: August 16, 18, 23, 25

Monday & Wednesday, 1:00-2:30pm

Session 7: June 20, 22, 27, 29

Session 8: July 11, 13, 18, 20

Session 9: July 25, 27; August 1, 3

Session 10: August 8, 10, 15, 17

\$16 per session; Apple Valley Community Center
Min. 7 Max. 21 per session

REGISTRATION DEADLINES: Please register at least one week prior to the start of the session. **HURRY, spaces are limited!**

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

Little Explorers Club

Ages 3-6

Session 1: Friday, August 5; 9:30-10:45am

Session 2: Friday, August 5; 11:00am-12:15pm

\$6 per session; Redwood Park Pavilion (Indoors if raining)
Min. 6 Max. 18 per session

REGISTRATION DEADLINE: Friday, July 29

INSTRUCTORS: Apple Valley Parks and Recreation Staff
A wonderful program for all little ones, age 3-6 years, who want to be little explorers! Meet at the Redwood Community Center, under the pavilion where we will explore the park, and create some wonderful nature masterpieces. Lots of fun for tots who love flowers, bugs, leaves, rocks, sand, and everything in nature! Dora the Explorer stories will be read and we will end with a tasty treat. Parents do not stay for class.

Leap Frog

Ages 3-6

Friday, August 12; 9:30-10:45am

\$5 each; Redwood Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, August 5

INSTRUCTOR: Linda Runeborg
Hop to this class to learn what frogs are saying, what they eat, where they live, and why they are important. Frog games, songs, puppets, and actual recorded frog calls help us learn the lifestyle of our amphibian friends. Parents do not stay.



“Tot’s Day of Fun” for Mom’s on the run!

Ages 3-6

Session 1A:

Monday, June 6, 13, 20, 27; 9:00am-12:00pm;

Session 1B:

Tuesday, June 7, 14, 21, 28; 12:30-3:30pm;

Session 1C:

Wednesday, June 8, 15, 22, 29; 9:00am-12:00pm;

Session 1D:

Thursday, June 9, 16, 23, 30; 12:30-3:30pm;

Session 2A:

Monday, July 11, 18, 25, August 1; 9:00am-12:00pm;

Session 2B:

Tuesday, July 12, 19, 26, August 2; 12:30-3:30pm;

Session 2C:

Wednesday, July 6, 13, 20, 27; 9:00am-12:00pm;

Session 2D:

Thursday, July 7, 14, 21, 28; 12:30-3:30pm;

Session 3A:

Monday, August 8, 15, 22, 29; 9:00am-12:00pm;

Session 3B:

Tuesday, August 9, 16, 23, 30; 12:30-3:30pm;

Session 3C:

Wednesday, Aug. 3, 10, 17, 24; 9:00am-12:00pm;

Session 3D:

Thursday, August 4, 11, 18, 25; 12:30-3:30pm;

\$40 per session; \$12 per child per individual date
Apple Valley Community Center
Min. 8 Max. 18 per date

REGISTRATION DEADLINES:

Sessions 1A-1B-1C-1D: **Monday, May 30**

Sessions 2A-2B-2C-2D: **Friday, July 1**

Sessions 3A-3B-3C-3D: **Monday, July 25**

Individual Dates: **At least one week in advance**

INSTRUCTORS: Apple Valley Parks and Recreation Staff
Our 3-hour-long program for tots, including music, playtime, arts & crafts, story time, games, gym time, movies, a snack, and even a short “quiet time”. The activities are designed for your tots, the class is designed for parents ‘on the run’, who need that little bit of extra time for errands, or just to relax! Our Instructors and Assistants will lead activities throughout the 3-hours, keeping the tots busy with a myriad of activities—lots of fun for all tots! Parents do not stay for this class! Children **MUST** BE potty-trained to participate. **NOTE**-Priority will be given to those who register for the entire session; we will fill in with ‘individual date’ registrations, as needed. We must have 8 children registered per date to hold the class on that date.

Little Luau for Tots

Ages 3-6

Friday, August 19; 11:00am-12:15pm

\$6 each; Redwood Park Pavilion (Indoors if raining)

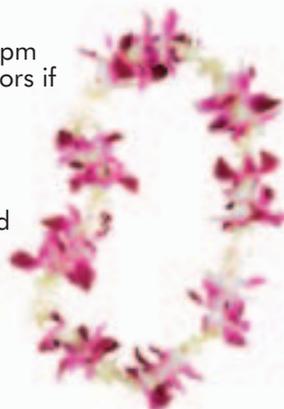
Min. 6 Max. 18

REGISTRATION DEADLINE: Friday,

August 12

INSTRUCTORS: Apple Valley Parks and Recreation Staff

A Luau and cookout, just for tots! We’ll do the limbo, make a cool craft to wear, and have a tasty Luau lunch! Wear your best Luau outfit today! Parents do not stay.



Little Chefs “Healthy Summer Treats” For Tots

Ages 3-6

Session 1: Friday, June 17; 11:00am-12:15pm

Session 2: Friday, July 8; 11:00am-12:15pm

Session 3: Friday, August 26; 11:00am-12:15pm

\$6 per session; Apple Valley Community Center
Min. 6 Max. 12 per session

REGISTRATION DEADLINES: Please register 1 week prior to the session

INSTRUCTORS: Apple Valley Parks and Recreation Staff
Our fun tot’s cooking classes feature healthy foods and snacks for pre-schoolers! We will try new recipes each session! Each “Little Chef” will take home a recipe book of the recipes from that session. Parents do not stay for this class. Please indicate any food/ingredient allergies that your child has on the registration form.

Dinosaur Adventure

New!

Ages 3-6

Friday, August 19; 9:30-10:45am

\$5 each; Redwood Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, August 12

Instructor: Linda Runeborg

Search for dinosaur bones, create a dinosaur egg, and walk like a dinosaur with huge “dino feet”. Join us and experience an adventure, back in time! Parents do not stay.

What Goes Up, Must Come Down

Ages 3-6

Friday, August 26; 9:30-10:45am

\$5 each; Apple Valley Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, August 19

INSTRUCTOR: Linda Runeborg

Discover gravity through the use of parachutes, car races, and a gravity song. Learn the trick to help a little clown, that you cutout and color, balance on a tightrope!

Rough & Tumble Busy Boys

Boys, Ages 2-4

Session 1: Mondays, July 11, 18, 25;

5:45-7:15pm

Session 2: Fridays, July 15, 22, 29;

11:00 am-12:30pm

Session 3: Mondays, August 1, 8, 15;

5:45-7:15pm

Session 4: Fridays, August 5, 12, 19;

11am-12:30pm

\$19 per session; Apple Valley Community Center
Min. 7 Max. 14 per session

REGISTRATION DEADLINES: Sessions 1 & 2: Tuesday, July 5

Sessions 3 & 4: Monday, July 25

INSTRUCTORS: REACH Education Solutions Staff

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

HEALTHYPARKS HEALTHYPEOPLE

Tot Activities

High Reach Prancers

Ages 3-6

Wednesday, July 13, 20, 27; August 3, 10, 17

5:45-6:30pm

\$40 each; Apple Valley Community Center

Min. 8 Max. 14

REGISTRATION DEADLINE: Wednesday, July 6

INSTRUCTOR: Reach Education Solutions Staff

Grab your tutus and learn the basics of ballet! We will combine technique and fun music and wrap it all up with a "fun showcase" for all to see on last day of the session!

Kid N' Play

Ages 2 1/2-5

Session 1: Tuesday, July 12, 19, 26; 5:45-7:45pm

\$25 each; Apple Valley Community Center

Session 2: Thursday, July 14, 21, 28; 5:45-7:45pm

\$25 each; Apple Valley Community Center

**Session 3: Tuesday, Wednesday, Thursday
July 26, 27, 28;** 9:30am-12:00pm

\$39 each; Falcon Ridge Middle School

12900 Johnny Cake Ridge Road

Session 4: Tuesday, Wednesday, Thursday;

August 10, 11, 16, 17, 18, 23, 24, 25; 9:30am-12:00pm

\$55 each; Hagemeister Park Shelter

Session 5: Tuesday, August 2, 9, 16; 5:45-7:45pm

\$25 each; Apple Valley Community Center

Session 6: Thursday, August 4, 11, 18;

5:45-7:45pm

\$25 each; Apple Valley Community Center

Min. 7 Max. 14 per session

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

INSTRUCTORS: REACH Education Solutions 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, our program is a sure winner! You bring the KID and we'll bring the PLAY! Please send a healthy peanut free snack for your child each day. Parents do not stay. Children must be potty-trained.

Kid N' Play Dates

Ages 2 1/2-5

Session 1: Friday, July 15, 22, 29; 9:30-11:00am

Session 2: Friday, August 5, 12, 19; 9:30-11:00am

\$18 per session; Apple Valley Community Center

Min. 7 Max. 14 per session

REGISTRATION DEADLINES: Please register 1 week prior to the start of the session

INSTRUCTORS: REACH Education Solutions Staff

Come join in the fun as we bring tots together for LOADS of fun through sporting games, musical activities and "good ol' fashioned playing"! This high-energy, interaction-filled class is sure to keep preschoolers busy. Don't miss out-come meet and greet us for "Kid N' Play Dates" this summer! Parents do not stay.



Abrakadoodle Art Camps For "Little Doodlers"

Abrakadoodle Art Enrichment is a program that strives to inspire creativity in every child through imaginative lessons, and fun ART CAMPS! Parents do not stay.

Min. 6 Max. 18 per class

Instructors: Abrakadoodle Staff

'Pretty in Pink' Art Camp *New!*

Girls Ages 3 1/2-6

Monday & Tuesday, July 25 & 26;

9:30-11:30am

\$53 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, July 18

Celebrate all things pink and fancy in this girl's art camp! We'll read the book Pinkalicious, and then make pink cupcakes out of clay, mix up some magenta and fuchsia to decorate a gigantic heart, decoupage a picture frame with pink and pastel tissue paper and add some glitter too, and more! We'll even paint our nails. Bring a beverage and nut free snack each day.

'Dinosaurs & Dragons' Art Camp *New!*

Boys Ages 3 1/2-6

Wednesday & Thursday, July 27 & 28;

9:30-11:30am

\$53 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, July 18

In this fun 2-day camp we'll make 4 projects in 2 days. Day one is Dinosaur Day- we'll create a dinosaur collage and learn how to draw dinosaurs. Day two is all about Dragons - we'll sculpt a dragon and create a shield. We'll also read some fun stories about Dinosaurs and Dragons. Bring a beverage and nut free snack, and your favorite CD!

'Princess, Fairies and Butterflies' Art Camp

Girls Ages 3 1/2-6

Monday & Tuesday, August 8 & 9;

9:30-11:30am

\$53 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, August 1

Calling all princesses & fairies, and lovers of frogs! We are offering this favorite little girl camp with a new twist, and lots of new projects. You will celebrate all things magical! We'll decorate tiaras, create wands, make model magic fairies, watercolor butterflies, paint wooden jewelry boxes and more! Along the way, we'll listen to our favorite music, play girl games and read stories about princesses and fairies, and we'll even paint our nails! Bring a beverage and nut free snack, and your favorite CD!

SCIENCE EXPLORERS CLASSES for tots!

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 day and encouraging them to try different solutions. We believe these skills will help children throughout their entire life. Science Explorers is dedicated to helping children learn about their world through science. Parents do not stay!

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

Min. 4 Max. 6 per class

Instructors: Science Explorer's Staff

Camp Caterpillar

Ages 4-6

Tuesday-Thursday, June 28, 29, 30

10:00am-12:00pm

\$60 each; Falcon Ridge Middle School
12900 Johnny Cake Ridge Road

Our Earth is a wonderful adventure just waiting for you! As a caterpillar camper, you will begin a new exploration each day as we learn about our planet. Investigate bugs, plants, animals, and the weather through activities, projects, songs, stories and more.



Kitchen Science

Ages 4-6

Tuesday-Thursday, July 19, 20, 21

10:00am-12:00pm

\$60 each; Falcon Ridge Middle School
12900 Johnny Cake Ridge Road

Our kitchens can be amazing science labs. Join Science Explorers as we experiment with ingredients found in your kitchens. We'll experiment with mixtures that fizzle, pop and stretch while we learn about solids, liquids and gases. Be sure to dress so you can get messy! NOTE: Corn, wheat, and dairy products may be used in this class, but are not consumed.

Amazing Animals

Ages 4-6

New!

Tuesday-Thursday, July 26, 27, 28

10:00am-12:00pm

\$60 each; Falcon Ridge Middle School
12900 Johnny Cake Ridge Road

Join Science Explorers as we travel the world, visiting all seven continents, plus taking "a dip" into the surrounding oceans, as we discover their most amazing and unique animals. Our adventure will have you hopping along, climbing steep cliffs, ducking for cover, and more through stories, games and art projects.

Camp Kindersprouts

Children entering Kindergarten this Fall

Tuesday-Thursday, August 2, 3, 4

10:00am-12:00pm

\$60 each; Falcon Ridge Middle School
12900 Johnny Cake Ridge Road

Exclusively for children who will enter Kindergarten in the Fall of 2011. Join Science Explorers as we discover the world around us while brushing up on skills needed for Kindergarten. Explore outer space, dinosaurs and the ocean while learning science, math, reading, writing, and geography. Students explore through experiments, projects, songs and more in our fun, hands-on camp setting.

HEALTHYPARKS HEALTHYPEOPLE

TOTS & YOUTH Martial Arts CLASSES

“Introduction To Martial Arts” Classes for youngsters

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

ALL Classes are held at the Minnesota Valley Martial Arts Studio; 14050 Pilot Knob Road #124;
Call 952-423-5600 for directions.

Pre-registration is required at the AVCC for all sessions!!!

NOTE: Our classes are set up as “ONE-TIME Introductory Classes”, which will allow you to experience Martial Arts Classes without a huge commitment, to see if you enjoy the classes. After the 1st Introductory Session, additional classes can be scheduled at the Minnesota Valley Martial Arts Studio—ONLY ONE Introductory class each please!

Little Ninjas Classes

Parents stay and observe the classes
Ages 4-6

Session 1: Monday, June 20, 27;

July (NO class July 4), 11, 18; 6:00-6:30pm

Session 2: Tuesday, June 21, 28;

July (NO class July 5), 12, 19; 5:15-5:45pm

\$29 per session, includes a uniform

Min. 6 Max. 12 per session

REGISTRATION DEADLINE: Monday, June 13

Pre-registration required at the AVCC

INSTRUCTORS: Lisa Brockman & MN Valley Martial Arts Staff
Our objective is to provide a positive, exciting environment for pre-school, kindergarten/1st grade students. The Little Ninjas Program will enhance the development of basic good habits such as paying attention, following instructions, cooperating with others, and practicing self-discipline and control. Each class will begin with fun physical warm ups and basic martial arts moves, and will also include fun and engaging games!
Parents stay and observe the classes.

Beginning Tae Kwon Do Kids Classes

Parents stay and observe the classes

Ages 7-12

Session 1: Monday, June 20, 27;

July (NO class July 4), 11, 18; 5:15-6:00pm

Session 2: Wednesday, July 20, 27;

August 3, 10; 5:15-6:00pm

\$29 per session, includes a uniform

Min. 6 Max. 12 per session

REGISTRATION DEADLINES: Session 1: Monday, June 13;

Session 2: Monday, July 11

Pre-registration required at the AVCC

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

Wushu Martial Arts For Youth

Ages 8-13

Wednesday, July 13, 20, 27; August 3; 6:00-7:00pm

\$29 each; Classes are held at MN Valley Martial Arts; 14050

Pilot Knob Road, #124;

Call 952-423-5600 for directions

Min. 4 Max. 12

REGISTRATION DEADLINE: Wednesday, July 6;

Pre-registration required at the AVCC

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





Abrakadoodle Art Camps For Youth

Abrakadoodle Art Enrichment is a program that strives to inspire creativity in every child through imaginative lessons, and fun ART CAMPS!

Parents do not stay.

Min. 6 Max. 22 per class

Instructors: Abrakadoodle Staff

'Chicks With Paint Sticks' Art Camp

Girls Ages 6-11

Monday & Tuesday, July 25 & 26 *New!*

12:30-2:30pm

\$53 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, July 18

Does your daughter love paint, glitter and rhinestones? If so, this is the camp for her! In this fun camp we'll paint birdhouses, create masterpieces on canvas board, and sculpt horses or unicorns using model magic, and then, watercolor some cartoon animals! Along the way we'll listen to some music, paint our nails and have lots of fun! Please bring a beverage, nut free snack and your favorite girly CD.

'Star Wars Jedi' Art Camp *New!*

Ages 5-11

Wednesday & Thursday; July 27 & 28

12:30-2:30pm

\$53 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, July 18

If you love Star Wars, then this is the camp for you. You'll learn to draw, sculpt and paint some of your favorite Star War characters. You'll be sculpting R2D2 and then, create a picture of the home of Luke Skywalker with some unusual art materials! Our art projects will include everyone from R2D2 to Darth Vader to Chewbacca. You will also make your very own light saber! May the force be with you! Bring a beverage and a nut free snack, and come dressed to paint and play!

'How to Make a Dragon' Art Camp

Ages 6-11

Wednesday & Thursday

August 10 & 11 *New!*

9:30-11:30am

\$53 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, August 1

Do you love Dragons? In this fun art camp you'll create an origami dragon, you'll paint shields and even learn to draw and sculpt some of your favorite dragons. Next, we'll read cool stories such as Dogzilla, and finally, play some fun games and make goodie! Everyone will have a wildly great time at this fabulously fun camp! Please bring a beverage and a nut free snack.

Young Rembrandt's "Summer Art Classes & Workshops" For Youth

No prior art class experience necessary. Young Rembrandt's Instructors provide a positive, nurturing environment for each child. Young Rembrandt's innovative, step-by-step drawing method can teach any child how to draw, regardless of artistic ability, giving them the skills to express their creativity that will last a lifetime. All materials are provided—happy, smiling faces guaranteed! Parents do not stay.

Min. 6 Max. 20

Instructors: Young Rembrandt's Staff

"Comic Book Camp—ACTION!" *New!*

Ages 6-12

Monday-Thursday, June 20, 21, 22, 23;

10:00am-12:00pm

\$75 each; Apple Valley Community Center

REGISTRATION DEADLINE: Monday, June 13

From the nationally-recognized art program, create a sequence of comic book drawings in this unique new camp offered by Young Rembrandts! Students will explore action and movement in comic book cartoons that challenge young artists. This camp is a must for any student wanting to learn more about the world of cartoon drawing.

"Animals With An Attitude" CLASSES

Ages 6-12

Tuesday;

June 28; July (NO Class July 5), 12, 19, 26;

5:45-6:45pm

\$40 each/Apple Valley Community Center

REGISTRATION DEADLINE: Monday, June 20

Celebrate the diversity of our planet's animal life with Young Rembrandts. As always, Young Rembrandts provides a fun and creative environment where your child will learn how to draw and explore his or her artistic skills. Your child will learn proper coloring technique as they illustrate a warm and cuddly panda. Our lesson featuring big cats will give your child the opportunity to draw a mother tiger with her cub. Our drawing featuring a cartoon-inspired fox that is ready to enjoy the summer will delight your child. And we'll finish off the session with an elegant drawing of a colorful peacock. Open up your child's eyes to the artistic side of animal life. Enroll your artist today!

HEALTHYPARKS HEALTHYPEOPLE



Mom & Me Spa Party!

Ages 9-15 years & an Adult, if you choose

Saturday, May 14; 10:00am-12:00pm

\$29 for the 1st child; \$15 per parent or each additional child
Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road
Min. 8 Max. 10

REGISTRATION DEADLINE: Friday, May 6

Instructors: "Once Upon A Star" Staff

Your "Once Upon A Star" pampering includes: Paraffin Hand Wax, Express Manicure, Express Pedicure, Face Cleanse, Mask & Conditioning! We'll discuss the importance of great skin care and stress relief. Guests will also be treated to a soft hair up-do (with tips for doing it at home) & a take-home spa treasure!

Bieber-Fever Rock Out!

Ages 5-13

Friday, July 1; 10:00-11:30am

\$19 each; Falcon Ridge Middle School
12900 Johnny Cake
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, June 24

INSTRUCTORS: "Once Upon A Star" Staff

Come dressed in your Bieber fashion! Your "Once Upon A Star" Bieber-Fever make-over will include: a streaked & shimmery piggy-tail-hair-do, eye jewels and a dazzling tattoo. You will create a sparkly JB hat & jewelry craft ... and we'll learn some dance choreography for one of Justin Bieber's biggest hits. Come and catch the BIEBER-FEVER at this party!

New!

Mad Hatter's Dinner Party for Youngsters

Ages 6-8

New!

Monday-Thursday; 10:00am-12:00pm

Session 1: July 11, 12, 13, 14

Session 2: August 8, 9, 10, 11

\$69 per session; Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

Min. 4 Max. 6 per session

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

Instructors: REACH Education Solutions Staff

Venture down the rabbit hole for an "upside down" good time as we host our very own "Mad Hatter's Dinner Party"! Learn how to make a fun and simple 3-course meal – with an "Alice in Wonderland" twist! The Cheshire cat would smile at our fun and crazy place settings, invitations and colorful food. Hurry, don't be late for this very important date at the Mad Hatter's Dinner Party! Fee includes all supplies; please note any food allergies when registering.



Mad Hatter's Dinner Party for Kids

Ages 8-12

New!

Monday-Thursday; 1:00-4:00pm

Session 1: July 11, 12, 13, 14

Session 2: August 8, 9, 10, 11

\$89 per session; Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

Min. 4 Max. 8 per session

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

Instructors: REACH Education Solutions Staff

Venture down the rabbit hole for an "upside down" good time as we host our very own "Mad Hatter's Dinner Party"! Learn how to make a fun and simple 4-course meal – with an "Alice in Wonderland" twist! The Cheshire cat would smile at our fun and crazy place settings, invitations and colorful food. Hurry, don't be late for this very important date at the Mad Hatter's Dinner Party! Fee includes all supplies; please note any food allergies when registering.

Kids Indoor Garage Sale

Ages 7-15

Held Rain Or Shine!

Saturday, May 14

10:00am-4:00pm

Apple Valley Community Center

\$10 for a 6' Table & \$15 for a 10' Table

Is your bedroom piling up with old toys, video games, sports equipment, and books? Everyone is invited to shop, but only kids between the ages of 7-15 are eligible to sell. Kids age 7-10 years old must be accompanied by an adult during the entire sale. You may rent more than one table if you feel you need the extra space. Set up begins at 8:30 a.m. Nothing is to be dropped off early and nothing is to be left behind. Selling food/drink items and live animals are not permitted. Register by May 9 at the Apple Valley Community Center, 14603 Hayes Road or by phone at (952) 953-2300.

Park N' Play

Ages 6-10

New!

Tuesdays, Wednesday, Thursday; 1:00-4:00pm

Session 1:

August 9, 10, 11; "Park N' Play Camping Craze"

Session 2:

August 16, 17, 18; "Park N' Play Jungle Fun"

Session 3:

August 23, 24, 25; "Park N' Play Water Games"

\$19 each session; Hagemeister Park Shelter

Min. 7 Max. 14 per session

REGISTRATION DEADLINES: Please register 1 week prior to the start of the session

INSTRUCTORS: REACH Education Solutions Staff

Sandcastles...playgrounds...kickball...what happened to the REAL FUN that kids used to have?! It's time to get BACK TO THE BASICS and show kids how to have an awesome time together! Join us as we have a BLAST with games, outdoor activities, and cool treats while kids make new friends at PARK N' PLAY!

Skateboard Camp By Sports Camps Unlimited

Ages 6-12

June 20-23

9:00am-12:00pm

Johnny Cake Ridge Park-West

14255 Johnny Cake Ridge Road

(Next to the Apple Valley Teen Center)

\$98 per person

SPORTS CAMPS UNLIMITED's goal is to advance the skateboarding skills for kids of all abilities in a fun and safe environment. Skateboarding is one of the world's fastest growing sports. Whether you are just learning, ready to learn more advanced tricks, Sports Unlimited Skateboarding camp is for you. Make new friends; advance your skills and most importantly, HAVE FUN!! Individual skills/tricks taught: balance, coordination, stopping, turning, ollie, nollie, heelflip and kickflips. Required: Skateboard and helmet (bike, snowboard, are ok) Knee pads, elbow pads and wrist guards recommended (all recommended gear available at no charge if you don't have your own). Please bring water bottle, snack, sunscreen and a great attitude! Participant to staff ratio is 10-1. Included in the registration fee is a t-shirt, water bottle and sportsmanship medal. Register by June 13 at the Apple Valley Community Center or by calling 952-953-2300. Sports Camps Unlimited information: www.sportscampsunlimited.com



HEALTHYPARKS HEALTHYPEOPLE

Apple Valley Teen Center

14255 Johnny Cake Ridge Rd.,
952-953-2385; www.cityofapplevalley.org

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



Hours (Through June 8)

Monday-Thursday	2:30-8:00 pm
Friday	2:30-10:00 pm
Saturday	1:00-10:00 pm
Sunday	1:00-6:00 pm

Hours (Beginning June 9)

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

Memorial Day

May 30	1:00-8:00 pm
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What is there to do at the Teen Center?

- Guitar Hero
- Birthday Parties
- Pizza
- Movies
- Live Bands
- PS3
- Xbox 360
- Wii
- Ping Pong & Foosball
- Dances
- Skateboard (April-October)
- Day Trips
- Basketball and other outdoor sports equipment

Have Your Party at the Teen Center!

Hold your birthday party or other special celebration at the Teen Center. Invite your friends, bring a cake, order a pizza, bring in a DJ and create your own theme. These are just some ideas that have been successful. As with all Teen Center functions, the party invitees are to be in 6-12 grade. The fee to have your party at the Teen Center is \$25, plus a \$50 refundable deposit. Parties may have up to 20 guests. There is a 3 hour maximum party time. Call Bill at 952-953-2316 for more information and to book your party.

5th Grade Open House

Thursday May 20 & 27

4:00pm-8:00pm

No Fee

Fifth grade students will soon be eligible to use the Apple Valley Teen Center. Parents are encouraged to stop by with their soon to be sixth-grader and take a tour of the facility and to meet the Teen Center staff. Refreshments will be available.

School's Out for the Summer-Pool Party

Going Into Grades 6-10

Swimming – Rock Climbing Wall – D.J.

Thursday, June 9

3:00pm-7:00pm

Apple Valley Family Aquatic Center

14421 Johnny Cake Ridge Road

\$7 per person if you register by Monday, June 6

\$10 per person day of event

Congratulations, you made it through another school year! Celebrate your year of hard work at the Apple Valley Family Aquatic Center. You do not have to be an Apple Valley Resident or ISD 196 student to participate. This event is for kids who will be going into 6th, 7th, 8th, 9th & 10th grades in fall of 2011. Bring a towel, sunscreen, lock for a locker, snacks, beverages (no glass containers) and money for concessions. Pre-registration takes place at the Apple Valley Community Center or over the phone 952-953-2300.

Social Dance for Teens with Disabilities

Friday, June 24

7:00 - 9:00pm

\$5 in advance per Teen Participant, \$8 at the door Apple Valley Teen Center behind Eastview High School
Advance Registration Deadlines: The Monday prior to each dance. Parents and PCAs welcome. Refreshments and music provided. Start your summer with this great social opportunity!

Battle of the Bands *Grades 9-12*

Wednesday, July 6

5:30pm-8:00pm

Central Park in Eagan, 1501 Central Parkway

\$32 per band

Registration Deadline: June 29

All types of music are welcome. Cash prizes awarded to battle winners. Band members must be in high school or a 2011 graduate. The winner will move on to compete at the Dakota County Fair and possibly the Minnesota State Fair. Register with Eagan Parks & Recreation, 651-675-5500. For information, call Loudi at 651-675-5515 or Bill at 952-953-2316.

Vertical Endeavors Rock Climbing Trip

Grades 6-12

Monday August 22; 1pm-6:00pm

Vertical Endeavors-St. Paul, MN

\$24 per person; (Includes admission, instruction/orientation and harness)

Vertical Endeavors is one of the country's largest indoor climbing facilities. Participants of all ages and abilities can climb routes of all skill levels and improve your balance, coordination and flexibility. This is a great workout both

physically and mentally. The facility offers top rope climbs, numerous auto belays, two bouldering caves, several cracks and two huge overhanging arches with a variety of lead lines. Bring or purchase food and beverages in order to maintain your energy level and hydration. Climbing shoes, chalk and other items are available for additional fees at Vertical Endeavors. This trip departs from and returns to the Apple Valley Teen Center.

Register by **Sunday, August 14** at the Apple Valley Community Center or by calling 952-953-2300.

Family Activities

Freedom Days 2 & 5 Mile Fun Runs & Half-Pint Half-Mile

All ages

Monday, July 4; 8:00am SHARP start for both the 2 and 5-mile races

Approximately 9:30am the "1/2 Pint 1/2 Mile" will begin Apple Valley Community Center

2 & 5-mile races: \$7 Advance Fee (race only)

\$15 Advance Fee (race plus a t-shirt)

\$14 Day of event fee (race only)

\$22 Day of event Fee (race plus a t-shirt)

1/2 Pint 1/2 Mile - FREE!

(Register on Race Day, prior to start of the race)

ADVANCE REGISTRATION DEADLINE:

Ends Monday, June 27 at 10:00pm

(Registrations after this deadline can only be done on 7/4/11)

RACE DAY REGISTRATION:

July 4; 6:30-7:45am ONLY at A.V.C.C.

FOR MORE INFORMATION:

Call 952-953-2300

-or- www.cityofapplevalley.com

Our 2-mile and 5-mile races will

be offered again in conjunction

with the "FREEDOM DAYS" 4th

of July Celebration; plus, in

its 10th year-our FREE

"1/2 Pint 1/2 Mile" for youth age

10 years & under. Awards will

be presented afterwards in

age and gender categories, to

the top 5 finishers in the 2 &

5-mile races; all participants

in the Youth "1/2 Pint 1/2 Mile"

race will receive a participation

ribbon. NOTE: T-shirts are

limited and will be available on

a first-come-first-serve basis.



2011 Ground Pounders Grand Prix Series

The Ground Pounders "Grand Prix Running & Active Living Series" is a series of 7 prestigious events sponsored by the South of the River (S.O.R.R.) Communities of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage. Runners may participate in as many of the races as they choose. Participate in 4 or more of the events listed below and you will be eligible for a drawing for grand prizes from Runner's Gate, and other sponsors, at the end of the season. Open to all ages...

The following 7 races are scheduled this summer:

Sat., May 21: Eagan:

"5K Your Way Activity"-5K Run, Walk, Rollerblade or Bike!

651-675-5500 or www.cityofeagan.com/specialevents

Sat., June 11: Burnsville: 5K Run

952-895-4500 or www.burnsville.org

Sat., June 18: Farmington:

1 & 4 Mile Runs, 1/2 Mile Junior Jog

651-280-6850 or www.ci.farmington.mn.us

Mon., July 4: Apple Valley:

2 & 5 Mile Runs, Youth 1/2 Pint 1/2 Mile

952-953-2300 or www.cityofapplevalley.org

Sat., July 9: Lakeville: 1 & 4 Mile Runs, 1/2 Mile Fun Run

952-985-4600 or www.lakevillemn.gov

Sat., July 23: Rosemount: 1 & 4 Mile Runs, 1 & 4 Mile

Fitness Walks, 1/2 Mile Youth Sprint;

651-322-6000 or www.ci.rosemount.mn.us

Sat., August 13: Savage: 4 Mile Run; 1/2 Mile Youth Run

952-224-3420 or www.cityofsavage.com

Runner's Gate "Beginning Running Program"

Age 13 & older

TUESDAY, JUNE 14, 21, 28; JULY 5; 6:00-7:30pm

\$25 each; Runner's Gate, 7616 160th Street West; Lakeville Min. 4 Max. 6

REGISTRATION DEADLINE: Monday, June 8

Instructors: Runner's Gate Staff

Whether you're already a recreational runner or just starting, Runner's Gate "Beginning Running Program" is for you.

Runner's Gate Instructors will provide a gait analysis and establish an individual running program designed specifically for you. The 4-week training program will also give you great information on running techniques, footwear and gear, training schedules, and more. Dress to be active and meet at Runner's Gate.

HEALTHYPARKS HEALTHYPEOPLE

3 Family Field Trips to MN Twins Baseball Games at Target Field

Family Trips-if children attend, they must be accompanied by an adult
BUS DEPARTURE FROM & RETURN TO:

Apple Valley Community Center

It's summer, and time to enjoy outdoor TWINS BASEBALL at our awesome Outdoor Stadium TARGET FIELD! Join us for a trip to see our Minnesota Twins this summer, just hop on the bus at the Apple Valley Community Center and leave the driving and parking to us! SIGN UP SOON, SPACE IS LIMITED!

Thursday, June 16; 10:45am departure;

12:10pm game; return afterwards

MINNESOTA Twins VS CHICAGO White Sox

-Grandstand Seating

\$27.00 includes admission, transportation, parking fee.

REGISTRATION DEADLINE: Monday, May 23

Limit: Max. 50

Wednesday, July 6; 10:45am departure time;

12:10pm game; return afterwards

MINNESOTA Twins VS TAMPA BAY Rays

-Grand Stand Seating

\$27.00 includes admission, transportation, parking fee.

REGISTRATION DEADLINE: Monday, June 13

Limit: Max. 40

Sunday, August 21; 11:30am departure time;

1:10pm game; return afterwards

MINNESOTA Twins VS NEW YORK Yankees

-Right Field Bleacher Seating

\$29.00 includes admission, transportation, parking fee.

REGISTRATION DEADLINE: Monday, July 25

Limits: Min. 40 Max. 80

Xcel Energy Center Event Tickets:

ATTENTION: APPLE VALLEY RESIDENTS: The Apple Valley Parks and Recreation Department is offering to residents of Apple Valley, the opportunity to purchase discounted tickets to events scheduled at the Target Center & the Xcel Energy Center! 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.)

2011 VISA GYMNASTICS CHAMPIONSHIPS:

August 17-20

4-Day Packages:

\$130.00 (lower sides/upper rows)

\$205.00 (lower sides/lower rows)

Call for information on individual Date Prices

DEADLINE TO PAY: Monday, August 1st

TICKET PICK-UP: Beginning Monday, August 8

Musical Safari Programs *for Parents and Children*

Parents and children, join our resoundingly popular music series and go on a Musical Safari, designed specially for little music makers and their parents. Each session explores a different seasonal theme! Children with special needs are welcome to participate. The fee is for one child and one parent; additional adults are FREE.

REGISTRATION DEADLINES: Register at least 1 week prior to the start of the session

Limits: Min. 4 pairs Max. 6 pairs per class/session

INSTRUCTOR: Jennifer Ackland of Musical Safari, Inc, Board Certified Music Therapist

Banana Babies

Children, birth to 17 months & a Parent

Session 1: Monday-Friday, June 27, 28, 29, 30; July 1;
9:00-9:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Rd.

Session 2: Monday-Friday, August 1, 2, 3, 4, 5;

9:00-9:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Rd.

\$50 per adult-child pair; \$30 per additional child, per session

This is a great way to introduce your child to music! Enjoy this opportunity to bond with your child through music. Sing songs, dance, do finger plays and play instruments.

Twocans/Chimpanthrees

Children, 18 months to 3 years & a Parent

Session 1: Monday-Friday, June 27, 28, 29, 30; July 1;
10:00-10:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

Session 2: Monday-Friday, August 1, 2, 3, 4, 5;

10:00-10:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

\$50 per adult-child pair; \$30 per additional child, per session

This is a great way to introduce your child to music! Begin to work on songs that require your child to follow simple directions such as fast/slow and start/stop.

Family Safari

Children, birth to 5 years & a parent/grandparent

Session 1: Monday-Friday, June 27, 28, 29, 30; July 1;
11:00-11:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

Session 2: Monday-Friday, August 1, 2, 3, 4, 5;

11:00-11:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

\$50 per adult-child pair; \$30 per additional child, per session

Sing, dance and play instruments together. Bring all of your children to one class! All participants (including parent or grandparent) need to be registered for the class.



Adult Activities

Fall Softball Leagues

The Parks & Recreation Department is offering evening softball leagues for men's and co-rec teams this fall. Leagues will begin the second or third week of August. Interested teams should contact the Parks & Recreation office at 952-953-2300 by June 24 for league information and registration materials. Note: Teams that participated in the 2010 Fall or 2011 Spring/Summer league will automatically receive this information.

REGISTRATION DEADLINE: 10:00pm on Wednesday, July 20

Men's Doubleheader Leagues: **Sunday through Thursday**

Co-Rec Doubleheader Leagues: **Friday**

Co-Rec Single Game League: **Friday**

Adult Softball Tournaments

Is your team or organization looking for a fundraising opportunity? The Johnny Cake Ridge Park softball complex is available to rent for weekend softball tournaments during the months of May through September. Contact the Parks & Recreation office at 952-953-2300 for available dates and rental information.

Adult Summer Indoor & Outdoor Volleyball Leagues

Age 18 & Older

The Apple Valley Parks and Recreation Department will be offering the following Adult Volleyball Leagues this summer:

LEAGUE	DAY	LOCATION	FEE
Outdoor Co-Rec "A-B"; 6 person (double-headers)	Monday (begins 6/6/11)	JCRP/VW	\$115 per team
Outdoor Co-Rec "C-D"; 6-person (double-headers)	Tuesday (begins 6/7/11)	JCRP/VW	\$115 per team
Outdoor Co-Rec "C-D"; 6-person (double-headers)	Wednesday (begins 6/8/11)	JCRP/VW	\$115 per team
Indoor Women's Leagues; 6-person (A1, A2, B1, B2, C)	Thursday (begins 6/9/11)	AVCC	\$85 per team

NOTE: An additional \$25 per team Non-Resident Fee will be charged to teams with less than 50% of their rostered players living or working full-time in Apple Valley.

REGISTRATION DEADLINE: Friday, May 13, 10pm

Interested teams should contact the Apple Valley Parks and Recreation Department at 952-953-2300 for league information and registration materials. Indoor leagues will play single matches for 8-9 weeks plus play-offs, at the Apple Valley Community Center. Outdoor leagues will play double-headers for 8-9 weeks plus play-offs at Valleywood Golf Course & Park, 4851 125th Street West and at Johnny Cake Ridge Park, 140th Street & Johnny Cake Ridge Road.

Bag Toss League

(age 18 and older)

Thursday, May 5-June 23

7:00pm-9:00pm

Johnny Cake Ridge Park West Hockey Rinks

14255 Johnny Cake Ridge Road

\$30 per team (2-4 people per team)

Join Apple Valley Park & Recreation's inaugural "Bag League"! The league will consist of 7 weeks of league play and an end of season tournament. Teams may consist of 2 to 4 men and/or women. Participants must be 18 years old or older. Boards and bags will be provided. You may use your own bags. A pre-season informational meeting will be held prior to the season. Register by April 24 at the Apple Valley Community Center or by calling 952-953-2300.



HEALTHYPARKS HEALTHYPEOPLE

S.O.R.R. Adult Co-Rec Fall Soccer League

Age 23 & older

Sunday Afternoons

Beginning August 7 For 10-11 Weeks

\$800 per team; Rosemount Soccer Fields TBD

REGISTRATION DEADLINES: Returning team registration by Friday, July 22

Open team registration, July 23-29.

Get ready for Co-Rec Soccer this fall! The South of the River Recreators (S.O.R.R.), which consists of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage, all sponsor this league. Each team must have a minimum of 2 female players and a maximum of 5 players per team are allowed who do not live or work in one of the 7 S.O.R.R. communities. For additional information or to request a registration packet, please call Farmington Parks & Recreation at 651-280-6854 or visit their website at www.ci.farmington.mn.us.



S.O.R.R. Adult Fall Dodgeball League

Age 18 & older

Thursday Evenings Beginning September 8;

Game Times Between 6:30-9:00pm

\$114 per Team-Self-Officiated League; Century Middle School, Lakeville

REGISTRATION DEADLINES: Returning team registration, July 18–August 11

Open team registration, August 12–26

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 nights plus playoffs. For more information and to register a Dodgeball team, contact the Lakeville Parks and Recreation Department at 952-985-4615.

S.O.R.R. Adult Co-Rec “Un-Officiated” Fall Kickball League

Age 18 & Older

Tuesday Evenings beginning July 26 OR August 2

“B” League–“Recreational” at Savage–Community Park Fields

Wednesday Evenings beginning July 27 OR August 3

“A” League–“Competitive” at Apple Valley–JCRP Fields

Thursday Evenings beginning July 28 OR August 4

“B” League–“Recreational” Apple Valley–JCRP Fields and

Savage–Community Park Fields

\$160 per team

REGISTRATION DEADLINE: Friday, July 15 at 10:00pm

League Manager’s Meeting: Tuesday, July 19; 6:00 PM;

Apple Valley Community Center

Do you remember your Grade School Days on the playground and in the gym, playing everyone’s favorite PE game - KICKBALL?! It’s a game that nearly everyone has played and enjoyed at some point in their lives. We will offer a Fall season of opportunities for you to relive the days of kickball as you rediscover the fun you had as a youngster. The “A” League is for more competitive teams; the “B” Leagues are for more recreational teams. All leagues will be UN-OFFICIATED. Individual players looking for a Kickball team can call the Apple Valley Parks & Recreation Office to be included on our “draft” list. KICKBALL is tons of fun-get your team together NOW! Includes 7-8 games plus play-offs, and awards. Registration information will be available beginning in March 2011 at the Apple Valley, Parks & Recreation Department, or call for a registration packet at 952-953-2300; or check our website at: www.cityofapplevalley.org.



Adult Martial Arts

“Introduction to Martial Arts” Classes for Adults:

NOTE – Our classes are set up as “ONE-TIME Introductory Classes”, which will allow you to experience Martial Arts Classes without a huge commitment, to see if you enjoy the classes. After the 1st Introductory Session, additional classes can be scheduled at the Minnesota Valley Martial Arts Studio—ONLY ONE Introductory class each please!

Cardio Kickboxing

Age 16 & Older

July 11-August 6

\$49 for the entire 4-weeks; Pre-registration is required at the Apple Valley Community Center
Classes are held at the MN Valley Martial Arts;
14050 Pilot Knob Road, #124
Call 952-423-5600 for directions
Min. 4 Max. 12

REGISTRATION DEADLINE: Friday, July 1

INSTRUCTOR: 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 4 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 workout at. Our main goal is to get you moving, burn calories, increase strength and have fun! Gloves are included. Work out up to 5 times a week: Monday-Thursday, 7:00-8:00pm, and Saturday, 8:00-9:00am, during your scheduled 4 weeks. You decide which days fit best into your schedule.

Jeet Kune Do

Age 18 & Older

Tuesday & Thursday

July 19, 21, 26, 28; August 2, 4, 9, 11;

6:00-7:00pm

\$80 each; Pre-registration is required at the Apple Valley Community Center
Classes are held at the MN Valley Martial Arts;
14050 Pilot Knob Road #124
Call 952-423-5600 for directions
Min. 4 Max. 12

REGISTRATION DEADLINE: Monday, July 11

INSTRUCTOR: SiFu Michael O’Melia is a certified instructor under Dan Inosanto of Los Angeles, CA and has over 25 years of martial arts experience.
The Cornerstone Mixed Martial Arts Program presents a well-rounded program for the beginner or the experienced martial artist. Bruce Lee’s Jeet Kune Do emphasizes all ranges of empty-hand combat from kickboxing to hand-trapping and ground-fighting. Cornerstone’s Filipino Martial Arts are weapons-based systems that teach mobility and sophisticated timing. Areas of training include stick, double stick, dagger and flexible weapons as well as empty hands. Using injury-free training methods, the student will develop flexibility, endurance and overall physical conditioning. Arts we teach include but are not limited to Jeet Kune Do, Filipino Martial Arts (Kali), Thai Kickboxing, ground fighting including Ju Jitsu, shoot wrestling and JKD Grappling.

A.M. Body Weight Training

Age 18 & Older

Tuesday & Thursday

July 19, 21, 26, 28; August 2, 4, 9, 11;

6:00-7:00am

\$40 for the 8 dates; Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Road, #124
Call 952-423-5600 for directions
Min. 4 Max. 12

REGISTRATION DEADLINE: Monday, July 11

Pre-registration is required at the Apple Valley Community Center
INSTRUCTOR: James Neidlinger, MN Valley Martial Arts & 5 Rings Fitness
LOSE WEIGHT • BUILD MUSCLE • INCREASE PERFORMANCE
• BUILD WORLD-CLASS ENDURANCE • RESTORE AND GAIN MOBILITY • OVERCOME RESTRICTIONS

Do you want to cut down on healthcare costs? Do you want to do all of this without killing yourself at a big box gym where no one knows you, and no one really cares? Being physically fit is one of the first steps you can take to cutting the costs of healthcare. Join us at MN Valley Martial Arts and get a fantastic workout that will give you the energy you need to make it through the day and will help you build a foundation of functional strength and health. This class will teach you how to use your own body weight, kettlebells and Indian Clubs to increase your mobility and flexibility, develop core strength, and increase your physical coordination and dexterity. All the while burning calories and having a dedicated instructor watching out for you. You can get your workout done early and be off to work all fired up for your day!

Intro To Kettlebell Training

Age 18 & Older

\$99 each; Bring your own Kettlebell

Saturdays; July 16, 23, 30; 11:00am-12:00pm

Classes are held at the MN Valley Martial Arts;
14050 Pilot Knob Road #124
Call 952-423-5600 for directions
Min. 4 Max. 12

REGISTRATION DEADLINE: Friday, July 8

INSTRUCTOR: James Neidlinger, MN Valley Martial Arts & 5 Rings Fitness

Want to learn a great workout that builds lean muscle, core strength and increases mobility? Kettlebell Training can help you achieve these goals. These introductory classes will teach you the basics of working out with kettlebells and how to build an effective workout that will keep you challenged and not bored. Kettlebell Training is accessible to all ages and ability levels. Whether you want to quickly burn fat, sculpt a body like a Greek statue, have a heart built of spring steel, or just be fit enough to make it through your day. James teaches a style of kettlebell lifting that is a blend of developing powerful, functional strength, and fluid, efficient movement. You only have to experience the joys of being physically fit to know that this will deliver more than any gym membership ever could.

HEALTHYPARKS HEALTHYPEOPLE

PARKS & FACILITIES

Community Center Open Gym

14603 HAYES ROAD

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

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

Pre-School Open Gym

Preschoolers Age 5 & Under with accompanying adult

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

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!

Adult Open Volleyball

Age 18 & older

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

Mondays, 6:00-9:30pm

\$3 per person payable at the gym (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.

Family Open Gym

Saturday 8:30am-1:30pm

Sunday 12:00pm-2:30pm & 6:15pm-7:15pm

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 2:00pm-7:00pm

Sunday 12:00pm-7:00pm

Monday-Friday 12:30pm-5:30pm

FREE

Youth ages 10 to 18 (2011 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.

Adult Open Badminton

\$3 per person

Wednesdays 6:30 - 9:45 p.m.

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

Family Badminton Sundays

\$3 per person

First and Third Sunday of each Month

12:00 p.m. to 2:30 p.m.

New at the Apple Valley Community Center, Family Badminton. Six courts will be set up on for open play! Teach your children your favorite game and spend time as a family doing something everyone will enjoy.



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. Course hours correspond with city park hours. Come out and try the fun recreational game of Disc Golf!

Outdoor Skate Park

(All Ages)
Johnny Cake Ridge Park
14255 Johnny Cake Ridge Road
No Fee

Located next to the Apple Valley Teen Center in the outdoor hockey rink. Participants are highly encouraged to wear a helmet and pads. Skate Park hours correspond with city park hours. For more information call 952-953-2300.

Outdoor Pickleball

All Ages
Available during Apple Valley Community Center Days & Hours of Operation

Check out a net, paddles and balls inside the Apple Valley Community Center. Courts have been laid out on the paved hockey rink behind the community center. For community center hours of operation see page 2 or call the Parks & Recreation Department at 952-953-2300.

Open Pickleball

(Ages 18 and up)
Tuesdays
9:30am-11:30am & 6:30-9:00pm
Thursdays
9:30am-11:30am

Apple Valley Community Center
\$3 per person/per session
Apple Valley Community Center
Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a badminton court. The net is lower than most other racquet sports allowing for faster play. The game is played with a hard paddle and a wiffle ball, making the technique required for pickleball different than other sports. For more information, call 952-953-2300.



ADOPT-A-PARK

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

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

ORGANIZATION	LEADER	LOCATION
Planet Earth Club.....	Connor George.....	Alimagnet Park Disc Golf Course
Family & Friends of Amy & Cindy.....	Bill Sonterre.....	Apple Grove Park
The Adventure Zone.....	Jim Nordberg.....	Belmont & Chaparral Parks
Kerndt Family.....	Clark Kerndt.....	Carrollwood Park
Catholic Order of Foresters Court 332.....	Alma Kremer.....	Cedar Knolls Park
Friends of Diamond Path Park.....	Chris Elvrum.....	Diamond Path Park
South Metro ATV Club.....	Jay Peterson.....	Duchess Park
Cub Scout Pack 290 – Den 9.....	David DeSutter.....	Duchess Park
Southcross Community Church.....	Jeannine Springer.....	Fred J. Largen Park
Flint Lane Families.....	Scott Breuer.....	Greenleaf Park
Ceglar Family.....	Traci Ceglar.....	Huntington Park
River Valley Church.....	Lisa Engelking.....	Johnny Cake Ridge Park
Uponsor, Inc.....	Sue Schmidt.....	Johnny Cake Ridge Park
Shaver Group.....	Connie Shaver.....	Keller Park
The Gerdis Family.....	Lyn Gerdis.....	Lac Lavon Park
Boy Scout Troop #293.....	Mark Brunsvold.....	Long Lake, Moeller, & Hagemeister Parks
Minnesota Zoo Gifts.....	Laurel Wright.....	Long Lake, Moeller, Hagemeister, & Farquar Parks
Daisy Troop 54088.....	Nicole Junker.....	Longridge Park
Nordic Woods Neighborhood.....	John Santi.....	Nordic Park
Corral Family.....	Anthony Corral.....	Palomino & Heritage Parks
The Evans Family.....	Jeanine Evans.....	Redwood Park
Rotary Club of Apple Valley.....	Tom Lawell.....	Redwood, Kelley & Legacy Parks
Stael Family.....	Anthony Stael.....	Sunset Park
Barbie's House.....	Barb Byler.....	Tintah Park
Apple Valley Lions Club.....	Hans Student.....	Valley Middle Park
Hansen Family.....	Bill and Julie Hansen.....	Wallace Park

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

HEALTHYPARKS HEALTHYPEOPLE

Park Facilities



211 Ridgeview Drive

Alimagnet Park is an 85 acre wooded park with lake frontage and nature trails. Amenities include an open air shelter, washroom facilities, volleyball court, playground equipment, picnic tables, and a barbecue grill. Note: Alimagnet lake was named by two surveyors after three twelve-year-old neighborhood girls: Alice McQuillen, Margaret Davis, Nettie Judd.



13266 Pilot Knob Road

Farquar Park is an 11 acre park located on the east side of Pilot Knob Road, approx. 1 ½ miles north of County Road 42. Park amenities include 3 open air shelters, washroom facilities, volleyball court, horseshoe pits, playground equipment, picnic tables, barbecue grills, and tennis courts.



311 – 150th Street

Redwood Park is a 12 acre park located in the northwest corner of County Road 42 and Elm Drive. The outdoor swimming pool season runs from early June through late August. Other park amenities include two open air shelters, volleyball courts, softball field, tennis courts, basketball playpad, horseshoe pits, barbecue grills, picnic tables, and playground equipment.

Most of the parks in Apple Valley are equipped with picnic tables and small barbecue grills to accommodate small picnic groups. These facilities are available on a first come-first serve basis, unless they are reserved. If you are interested in reserving a park shelter for your larger groups, contact the Parks and Recreation Department at 952 / 953-2300. The rental rates for these facilities vary from \$35 to \$60 per day. Some facilities require a \$50 damage deposit, in addition to the rental fee.

Large Chuckwagon Barbecue

Cook up to 100 hamburgers at one time on the 24" x 72" cooking surface of the Parks and Recreation portable barbecue grill. Available for rent on a first come-first serve basis within any City of Apple Valley park for your family/group picnic. The rental fee is just \$20 per day plus a \$25 damage deposit. Call 952 / 953-2300 for more information and reservations.

Picnic Game Rental

A variety of picnic games are available for rent through the Parks and Recreation Department. Equipment can be reserved on a first come-first serve basis by calling 952 / 953-2300. Resident rates are \$5 per day per game, and non-resident rates are \$10 per day per game. \$25 damage deposit required.

- GUNNY SACKS (set of 6)
- VOLLEYBALL SET (standards, net and ball)
- HORSESHOE SET (stakes and shoes)
- LADDER GOLF SET
- BAG TOSS
- BOCCE BALL SET
- SOFTBALL SET (12" ball, bat and bases)
- TUG-O-WAR ROPE
- CROQUET SET

Banquet Room Rentals Hayes Community and Senior Center

14601 Hayes Road
952-953-2345

Banquet Room Rentals

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



Apple Valley Seniors Hayes Community and Senior Center

952-953-2345

Driver Improvement Course

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

8-hour Program

August 16 & 17, 6:00pm-10:00pm
\$24 per person

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

4-hour Refresher

June 20, 12:30pm-4:30pm
July 20, 9:00am-1:00pm
August 22, 6:00pm-10:00pm
September 20, 12:30pm-4:30pm
\$20 per person

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

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 a.m. to 4 p.m. We offer everything from Bingo to Computer Discussion; Book Club to Exercise classes. Call 952-953-2345 for further information and to receive a complimentary newsletter.

HEALTHYPARKS HEALTHYPEOPLE

APPLE VALLEY FREEDOM DAYS

www.avfreedomdays.com

The week leading up to the Fourth of July is a festive time in Apple Valley!

Planned activities include:

- Kids Fishing Derby
- Juniors Tennis Tournament
- Adapted Teen Dance
- Music In the Park
- Carnival with Rides & Games
- Events at the Apple Valley American Legion

Dancin' & Cruisin

Featuring G.B. Leighton and a Classic Car Show

Friday, June 24

5:00pm-Midnight

Bogart's Night Club

Freedom Days Parade

Monday, July 4

1:00pm

Parade Route: Pennock Avenue at Fireside Drive north, left on 145th Street and right onto Hayes Road ending at Apple Valley High School

Apple Valley Freedom Days

Fireworks

Monday, July 4

Noon: Carnival

6:00pm: Pre-Fireworks Entertainment

10:00pm: Fireworks

Johnny Cake Ridge Park-East

5800 140th Street West

Fireworks Rain Date: July 5, 10:00pm

Visit www.avfreedomdays.com for more information. In mid-June, look for a Apple Valley Freedom Days insert in This Week newspapers.

Aquatics

PARENTS BE ADVISED: In case of inclement weather, parents are strongly encouraged to pick up their children from outdoor facilities. The children will be allowed to stay at the facility until picked up, however there is only limited shelter space. CALL THE WEATHER HOTLINE FOR THE LATEST INFORMATION ON WEATHER RELATED FACILITY CLOSINGS AT 952-953-2399.

Nothing can replace close parental supervision around the water!

DATES OF OPERATION

THE APPLE VALLEY FAMILY AQUATIC CENTER

14421 Johnny Cake Ridge Road

Preview Weekend June 4 & 5

Open Daily June 10 - August 28 (Weather Permitting)

Monday through Friday..... 11:00am-8:00pm

Saturday and Sunday..... 11:00am-7:00pm

Saturday, June 4 & Monday, July 4... 11:00am-6:00pm

DAILY ADMISSION

Individual \$8.50

"After 5:00 p.m." \$6.00

Children under 12 months **Free**

REDWOOD COMMUNITY POOL

311 150th Street West (County Road 42)

Open for the Season Daily June 10 - August 28

(Weather Permitting)

Starting June 10 through August 28

12:30-4:00 p.m.

CLOSED JULY 4

DAILY ADMISSION

Individual \$3.50

Children under 12 months Free

DISCOUNT ENTRY PUNCH CARDS

Purchase your punch cards in advance at the Apple Valley Community Center, 14603 Hayes Road, and at the pools during the season. Call 952-953-2300 for more information.

Non-Resident Ten Entry Punch Cards

Apple Valley Family Aquatic Center \$75.00 per ten entries.

Redwood Community Pool \$32.00 per ten entries.

The Resident Multi-Pack is offered to **Apple Valley residents** who wish to purchase multiple punch cards. With each additional punch card up to four purchased, a substantial savings is made. If a fifth card is purchased, the pack rate will start over. **NOTE:** To receive the resident multi pack rate, all purchases must be made at the same time.

Aquatic Center Multi-Pack

First 10 punch card \$65.00

Second 10 punch card. \$55.00

Third 10 punch card \$45.00

Fourth 10 punch card \$35.00

Purchase the entire resident Multi Pack (four punch cards) and the average price is \$5.00 per visit.

Redwood Multi-Pack

First 10 punch card \$30.00

Second 10 punch card. \$27.00

Third 10 punch card \$23.00

Fourth 10 punch card \$19.00

Purchase the entire resident Multi Pack (four punch cards) and the average price is \$2.48 per visit.

GROUP RESERVATIONS

If you would like to bring your group during our regular operating hours, you can make a reservation that will insure your entry to the facility even on the busiest days. You will need to purchase your admission at the time the reservation is made.

Apple Valley Family Aquatic Center

Groups of 25 to 250 11:15am to closing (daily)
 Groups of 250 to 1000 5:00pm to closing only (daily)
 Redwood Community Pool
 Groups of 10-100 12:30pm-4:00pm (daily)

Table Reservations at the Apple Valley Family Aquatic Center

Picnic Tables can be rented for three hour time blocks throughout the day. Each table has a capacity of ten persons. To rent the entire grove for larger groups, just rent all four tables in the grove of your choice. Tables are \$25 each. To insure that you have a table for your party or group, reserve it in advance with Steve Skinner at 952-953-2314.

EXCLUSIVE USE GROUP RENTALS

AVAILABLE June 11 through August 28

If you want the whole place to yourselves, this is a great option. Groups can arrange an after-hours rental of the entire pool for a great summer gathering all season long. Whether it's slides and water play fun at the Family Aquatic Center or a quieter poolside gathering at Redwood, we can help make it a special evening for all.

Apple Valley Family Aquatic Center

(Capacity 1200)
 Monday - Friday 8:30pm-10:30pm
 Saturday & Sunday 7:30pm-10:30pm
 Fee per hour \$500

Redwood Community Pool

Monday through Thursday (on non-lesson nights only)
 5:00pm-7:00pm

Monday through Thursday

7:30pm-9:30pm

Saturday & Sunday

10:00am-12:00 Noon, 5:00pm-7:00pm

& 7:30pm-9:30pm throughout the summer.

Fee for two hours

\$130 for up to 50 swimmers, \$180 for 51-75 swimmers,

\$230 for 76-100 swimmers.



SUMMER SWIMMING LESSONS AT REDWOOD COMMUNITY POOL Class Schedule 2011

All classes are Monday through Thursday for two weeks. Classes postponed due to poor weather will be made up on the Friday of that week. There are no make-up lessons for individuals who miss a class. You can only attend the class and session for which you are registered. Call the Weather Hotline for the latest information on weather related facility closings at 952-953-2399.



	Session One June 20 – June 30			Session Two July 11 - 21			Session Three July 25 – August 4			Session Four August 8 - 18		
9:00 – 9:40 AM	1	3	AI	2	4	6	1	3	5	2	4	AB
9:45 – 10:25 AM	1	2	4	1	3	5	1	2	4	1	3	5
10:30 – 11:10 AM	1	3	5	1	2	4	1	3	6	1	2	4
11:15 – 11:55 AM	2	4	6	1	3	AB	2	4	AI	1	3	
12:00 – 12:25 PM	P/C	TS		P/C	TS		P/C	TS		P/C	TS	
4:30 – 4:55 PM	P/C	TS		P/C	TS		P/C	TS		P/C	TS	
5:00 – 5:40 PM	1	2	4	1	2	4	1	2	4	1	2	4
5:45 – 6:25 PM	1	5	6	1	5	6	1	5	6	1	5	6
6:30 – 7:10 PM	2	AB	3	2	AI	3	2	AB	3	2	AI	3

See next page (28) for Swimming Lesson information.

HEALTHYPARKS HEALTHYPEOPLE

Swimming Lessons

What Level is best?

Parent/Child (P/C): For infants and toddlers ages six months to three years accompanied by parent.

Tadpole Splash (TS): For the young or fearful child. Children must be 3 or 4 years old.

Level 1: For the child who has not yet learned to float.

Level 2: Ready to attempt floating on the front and back unsupported.

Level 3: Can swim the width of the pool using basic crawl and winging. Diving is introduced.

Level 4: Swimming widths using the front and elementary back strokes.

Level 5: Can swim the width of the pool using front crawl, back crawl, butterfly, breaststroke and elementary backstroke.

Level 6: Ready to swim laps using all strokes previously introduced.

ADULT BEGINNER (AB): For adults who wish to begin learning to swim.

ADULT INTERMEDIATE (AI): For adults wishing to learn basic strokes and to begin lap swimming.

If you have further questions regarding what class to register your child for, contact Steve Skinner at the Apple Valley Parks and Recreation Department at 952-953-2314.

Registration & Costs

Parent/Child and Tadpole Splash are \$39.00 per eight class session. Levels 1-6 are \$59.00 per eight class session. Payment must accompany registration. Certified checks or credit card payments only please (make all certified checks payable to City of Apple Valley). Priority registration is given to Apple Valley residents only through May 15. Registrations from Apple Valley residents will continue to be accepted and added to available class spaces along with non-resident registrations. Non-resident of Apple Valley registrations will be accepted but will not be processed until May 16. Registration for each session closes one week prior to session start. Please register for all sessions in which you would like to participate. We will transfer children to other skill levels if they are not correctly assigned only if space is available in the appropriate level and the child is currently registered in a class during the same session. Children are unlikely to advance from one level the next in a single eight class session. We recommend that they be registered in the same level each session unless you are advised otherwise by the child's instructor.

MAIL IN REGISTRATION: All swimming registration forms can be mailed to the Parks & Recreation Department, Swimming Lesson Registration, 7100 West 147th Street, Apple Valley, MN 55124.

DROP OFF REGISTRATION: All swimming registration forms can be dropped off at the Parks & Recreation Department (located in the Apple Valley Community Center), marked Swimming Lesson Registration, 14603 Hayes Road, Apple Valley. This is not a mailing address. Credit card payments can be made at the front desk or by phone.

CANCELLATIONS: The City of Apple Valley reserves the right to cancel any class for lack of registration no later than the Thursday prior to the session start date. See page 32 for further information on cancellations and refunds.

PLEASE NOTE: Each child and each class that you are registering for will need a separate registration form. Extra forms can be obtained at the Apple Valley Community Center. Registration forms are also found on page 32 of this brochure. Feel free to duplicate the necessary forms, if you need more.

When registering, be sure to indicate the class name, skill level, session, time and child's name. Please list your second and third choices.

Confirmation letters WILL NOT be sent out confirming your registration. Please feel free to call to confirm your registration at 952-953-2300 after May 31. You will be notified by May 31 if you were UNABLE to get into any class(es). If you would like a written confirmation of your registration, please include a self-addressed stamped envelope.

Private Swimming Lessons at Redwood Pool

Having a hard time fitting swimming lessons into your summer schedule? Why not try private instruction by appointment with one of our Red Cross trained swimming instructors. Form your own class of up to three swimmers of similar ability or work one on one with one of our Red Cross trained Water Safety Instructors. Contact Steve Skinner, Recreation Supervisor for details at 952-953-2314.

Junior Lifeguard Training

(Ages 10-14 years)

Monday - Friday; August 22 - 26; 10:00am - Noon

Redwood Community Center, 311 Elm Drive at Co. Road 42
\$79 per person (includes materials and Pool entry for the afternoon)

REGISTRATION DEADLINE: August 15

The American Red Cross Water Safety Program in association with Apple Valley Parks and Recreation present Junior Lifeguard Training. If your young swimmer would like to become an American Red Cross Lifeguard soon (minimum age 15 for Lifeguard Training Certification through the ARC), then here is a chance to get started. For children and teens ages 10 - 14 this program is appropriate for any young person living near water, as well as those interested in becoming a Lifeguard or Camp Counselor. This program will include GuardStart, the American Red Cross introduction to living and working safely around the water. This is a fun filled program covering a wide variety of topics relating to water safety and the physical conditioning necessary to be a top notch Lifeguard. Materials include a workbook and a passport to water safety as a record of achievement. Participants should be ready to enter the water at all class sessions. Option: Bring sunscreen and a bag lunch for afternoon open swim, where your Junior Lifeguard can partner with and shadow an American Red Cross Lifeguard. Questions? Call Steve Skinner, Recreation Supervisor at 952-953-2314.

Water Walking and Lap Swimming in the Apple Valley Family Aquatic Center

June 10 through August 28, 2011 Daily

(Weather Permitting)

9:30 to 10:30am

Cost \$3 per day.

Would you like to find a cool, low impact way to stay strong this summer? Try Water Walking in the Lazy River at the Apple Valley Family Aquatic Center. Appropriate for all adults, walking against the current will improve strength without the pounding of weight bearing exercise. Lap swimming will also be available during this time.

For further information or to register, please call 952-953-2300.



Apple Valley Sports Arena Summer Tennis 2011

Registration for All Arena Junior Summer Programs administered by Valley Athletic Association. OPEN and **ONLINE at <http://www.valleyathletic.org/Tennis/>** Summer USTA Junior Team Tennis Afternoon Program or "VAA Traveling Tennis", "VAA Community Morning Program" and "Summer VAA Community Evening Program"

Junior Summer Program

Administered by Valley Athletic Association
Registration is open for all Junior Summer Programs is **ONLINE at <http://www.valleyathletic.org/Tennis/>**

Morning Junior Tennis Classes

Registration is open ONLINE at **<http://www.valleyathletic.org/Tennis/Community/>**
Four day sessions Cost \$48 per session
Monday through Thursday starting on: 6/13, 6/20, 6/27, 7/5 (Tues through Fri), 7/11, 7/25, 8/1 and 8/8/2011.

Students will be divided by ability in each class.
Maximum student teacher ratio 4

4 ,5, 6 & 7 year olds.....	9:00am
8 ,9, 10 & 11 year olds.....	10:00am
12, 13 & 14 year olds.....	11:00am

Make up lessons may be arranged

Evening Junior VAA Program

Registration is open ONLINE at <http://www.valleyathletic.org/Tennis/Community/>
Classes meet twice a week for seven weeks starting the week of June 13 2011. Tournament July 30th

4 & 5 years
Tuesday & Thursday.....5:00pm-6:00pm

6 & 7 years
Tuesday & Thursday.....5:00pm-6:00pm

8 & 9 years
Tuesday & Thursday.....6:00pm-7:00pm

10 & 11 years
Tues. & Thurs.....7:00pm-8:30pm

12, 13 & 14 years
Monday & Wednesday.....5:30pm-7:00pm
Cost: \$70 (No class July 4)

USTA Summer Junior Team Tennis VAA Traveling Program

Registration is open ONLINE at **<http://www.valleyathletic.org/Tennis/Traveling/>**
LATE FEE will be charged after MAY 15th
Teams meet Monday through Thursday for 2 hours
Cost: \$160 for the 7 Week Season (No Class July 4)

18 & Under
1:00pm-3:00pm..... Matches Thursday 1:00pm
Practices 1:00pm

14 & Under
1:00pm-3:00pm..... Matches Tuesday 1:00pm
Practices 1:00pm

12 & Under
3:00pm-5:00pm..... Matches Wednesday 1:00pm
Practices 3:00pm

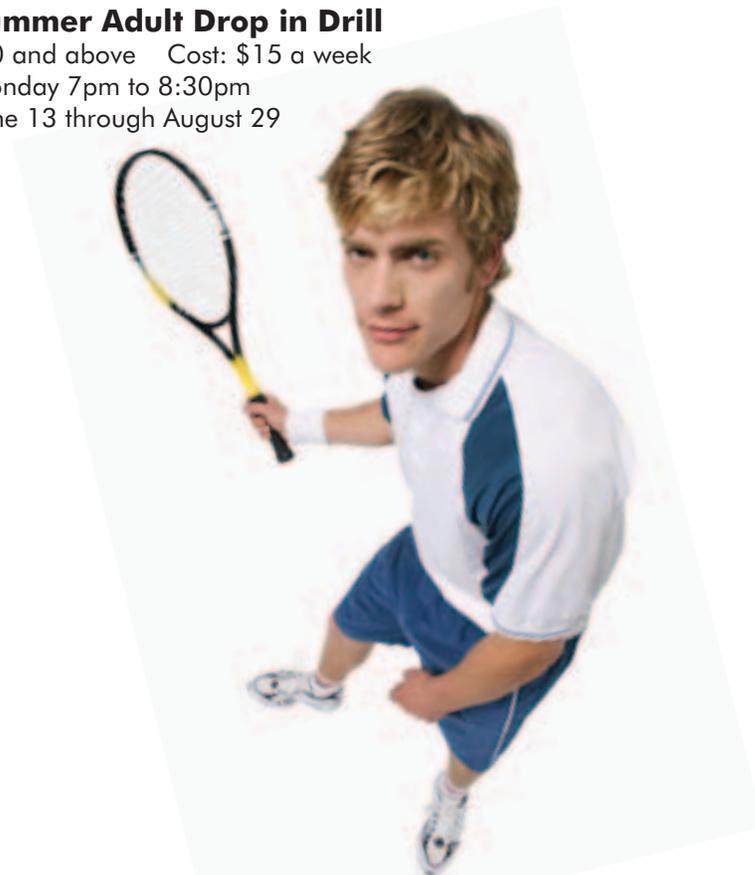
USTA 10 and Under Format—Smaller Court 10 & Under

3:00pm-5:00pm..... Matches Thursday 3:30pm
Practices 3:00pm

8 & Under
3:00pm-5:00pm..... Matches Thursday 3:30pm
Practices 3:00pm

Summer Adult Drop in Drill

3.0 and above Cost: \$15 a week
Monday 7pm to 8:30pm
June 13 through August 29



HEALTHYPARKS HEALTHYPEOPLE

Valleywood Golf Course

Information & Tee Times : www.valleywoodgolf.net

4851 - McAndrews Road • Apple Valley, MN • Phone: (952) 953-2323 for Tee Times

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

- Championship 18-Hole Golf Course
- Golf Cart & Pull Cart Rental
- Golf Lessons (Group or Private)
- Bar & Grill (Food & Beverage Cart)
- Quality Pro Shop Merchandise
- Available for Private Outings
- Driving Range & Practice Green
- Club Rental

Contact the golf shop or www.valleywoodgolf.net about Twilight and Special Rates.

2011 FEE SCHEDULE

Regular Rate Patron Rate

Weekend Fees (Saturday and Sunday)

18 Holes	\$38.00	\$35.00
9 Holes	\$24.00	\$21.00

Weekday Fees (Monday thru Friday)

18 Holes	\$30.00	\$27.00
9 Holes	\$20.00	\$17.00
18 Holes-Senior/Junior	\$24.00	\$21.00
9 Holes-Senior/Junior	\$18.00	\$15.00

Patron card	\$40.00 + Tax
Senior Patron Card	\$30.00 + Tax
Resident Patron Card	\$15.00 + Tax*

*(Includes one free cart rental, a \$17.00 value)

Senior: 62+ years of age
Junior: under 18 years of age

Cart Fees

Pull Cart	\$5.00
18 Hole Power Cart	\$34.00
9 Hole Power Cart	\$20.00

Driving Range Fees

Large bucket (approx. 80 balls) . .	\$7.00
Medium bucket (approx. 40 balls). .	\$5.00
Driving Range Card	\$60.00

(10 large buckets of range balls)

Season Pass Fees

Available to residents of Apple Valley only
Valid anytime, anyday

Individual	\$950.00+ tax
Spouse (added to individual pass).	\$450.00+ tax
Senior (62+).	\$800.00+ tax
Junior	\$450.00+ tax

New For 2011

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.

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 groups. Call for Special Pricing.

Group Golf Lessons

With over a combined 60 years of PGA teaching experience your questions will be answered by one of Valleywood's PGA Professional staff. If you have never played, are a beginner or an intermediate player, golfers of all abilities will benefit from the PGA Professional instruction offered at Valleywood. We offer an extensive selection of group golf lessons aimed at increasing your playing ability and knowledge of the game. All classes will cover full swing and short game (putting, chipping and pitching). Classes will be geared towards the goals of the audience attending. You must pre-register in person, at the course or by phone with a credit card. All golf course registration must be done through the golf course. If you need clubs they will be provided for you. Weather related cancellations will be done 2 hrs prior to the start of lessons, and will be re-scheduled with the instructor. Refunds will be issued if all lessons are cancelled.

Adult Group Lessons

Cost is \$100 for four 1-hour lessons. Fee also includes (1) voucher for a 9-hole round of golf per registrant. Classes are limited to 8 students per class. All Classes will meet between 6:00 – 7:00pm. Register in person at the course or by phone with a credit card.

SESSION I:

Monday, Tuesday, May 2 & 3, 9 & 10
Monday, Tuesday, June 20 & 21, 27 & 28
Monday, Tuesday, July 11 & 12, 18 & 19

Senior Group Lessons

All Classes will meet between 8:00-9:00am, on consecutive days: Monday, Tuesday and Wednesday. Seniors classes (age 50+ only), 8:1 Students to teacher Ratio. Classes will consist of (3) 1 hour sessions. Lessons will cover putting & chipping on Monday and full swings Tuesday/Wednesday. Cost is \$50 per/person and includes voucher for (1) 9 hole round of golf. Register in person at the course or by phone with a credit card.

Class 1 – May 2-4

Class 4 – June 6-8

Class 2 – May 9-11

Class 5 – June 20-22

Class 3 – May 23-25

Women Group Lessons

All classes will be held on Wednesdays between 6:30 – 7:45pm and will cover fundamentals of the short game on day one and full swing instruction and analysis the second and third day. The basics of on course knowledge will be taught throughout the lesson. Lessons will consist of (3) one hour 15 minute sessions. Classes are limited to 8 students. Cost is \$90/person and includes (1) voucher for a 9 hole round of golf. Register in person at the golf course or by phone with a credit card.

Wednesdays

April 27, May 4 & 11

May 18, 25 & June 1

June 15, 22, 29

July 20, 27 & Aug. 3

Valleywood Junior League

9 hole Junior Golf League

Consecutive Mondays, June 13-August 22

To register, call or stop by Valleywood pro-shop 952-953-2323. Download a registration form at www.valleywoodgolf.net

Junior Golf School

Junior Golf Camp is an opportunity for golfers ages 8-17 to learn the fundamentals of the golf game. Topics covered are putting, chipping, irons, woods, strategy, rules and etiquette. Cost is \$85.00 per class. Each student receives a USGA rules book, and one voucher for a nine hole round of golf. Lessons are appropriate for Beginner and Intermediate golfers. 8 students/instructor
Cost \$85

June 14 - 16 (Tue-Thur)

Class I: 9:30-11am, 8-11 yrs old
Class II: 11:30-1pm, 12-17 yrs old

June 28 - 30 (Tue-Thur)

Class I: 9:30am-11am, 8-11 yrs old
Class II: 11:30-1pm, 12-17 yrs old

July 12 - 14 (Tue-Thur)

Class I: 9:30am-11am, 8-11 yrs old
Class II: 11:30-1pm, 12-17 yrs old

Mighty Mites Junior Program

Introductory golf instruction for Ages 4-7
All classes are held on Saturdays
Classes will focus on Basic Swing Fundamentals
Cost Excellent Value \$16.00 per/person
Register in person at the course or by phone with credit card.
10:1 students to teacher ratio

June 4:	9:00am - 9:45am
June 11:	9:00am - 9:45am
June 18:	9:00am - 9:45am
June 25:	9:00am - 9:45am
July 9:	9:00am - 9:45am
July 16:	9:00am - 9:45am
July 23:	9:00am - 9:45am
August 6:	9:00am - 9:45am

Parent/Child Group Lessons

Learn the game together!
Child age bracket (7-15). (5) Parent/Child Groups per instructor. Parent/Child Classes are 1 hr. 15 minutes each. Pitching, Putting & chipping will be covered on Saturday and the full swing on Sunday.
Cost is \$95 per parent/child group and includes vouchers for (2) 9 hole rounds of golf, per parent/child group. Register in person at the course or by phone with a credit card.

Saturday & Sunday

May 21 & 22:	10:00am - 11:15am
June 18 & 19:	10:00am - 11:15am
June 4 & 5:	10:00am - 11:15am
June 18 & 19:	11:45am - 1:00pm

Private Lessons

Please contact the golf shop at 952-953-2323.

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

Golf League Opportunities

Download registration forms at www.valleywoodgolf.net

Senior League - the senior league is an informal league that plays Thursday mornings. It is open to any interested senior. Weekly games, entry fees and results will be administered by the league coordinator.

Men's Club - The Valleywood Men's Club offers **league play on Wednesday afternoons (tee times 3:30 - 6:00 p.m.)** for their members. The club membership includes USGA handicap service and subscription to MGA magazine. All men's club members are eligible to participate in their monthly tournaments. Men's Club Championship is scheduled for August 7 & 8, 2010.

Ladies 9-Hole League - The 9-hole ladies play Thursday afternoons (tee times 4:15 - 6:15 p.m.). League membership includes USGA handicap service, weekly prizes, steak and chicken night and year-end door prizes.

Ladies 18-Hole League - The 18 hole ladies play Tuesday mornings (shotgun start at 8:00 or 9:00 a.m.). League membership includes USGA handicap service. Ladies Club Championship is scheduled for July 31, 2010.

Each of the adult leagues is run by independent committees; please contact the pro shop for more information on how to contact the league directors.

Juniors: Valleywood offers an extensive junior golf program. The program includes clinics, instruction and league play. The junior league will play on Mondays from mid-June to mid-August. For complete junior program information please contact the pro shop or stop in and pick up a brochure.

VALLEYWOOD GOLF COUPON

TWO FOR ONE!

Purchase (1) Regular 18 Hole Green Fee and Rent (1) 18 Hole Riding Car and
YOUR PARTNER PLAYS FOR FREE!

Not valid for league play or golf outings
Offer valid only with coupon from
Parks & Recreation Brochure
Coupon may not be photocopied
Offer expires August 31, 2011

HEALTHYPARKS HEALTHYPEOPLE

Refunds

We want you to try our programs... risk free! If you are not completely satisfied with one of our programs, please contact our administrative offices at (952) 953-2300 to arrange for a refund or credit for your next class. We want you to be happy with our service. Due to circumstances beyond our control, there will be no refunds for certain pre-registered programs. Some examples include athletic leagues and certain trips.

Confirmation Letters

Letters **WILL NOT** be sent out confirming your registration. You should assume you are in a course and attend as scheduled unless notified otherwise.

Class/Outing Cancellation

We reserve the right to cancel an activity if registration is not sufficient. If an activity is cancelled you will be notified. Please understand that we are trying to offer the best programs at the most reasonable prices possible. As such, we must enforce minimums on our classes just as we do maximums.

Deadlines

All activities have registration deadlines: check them carefully so you do not miss the course you want. Be sure to register early to reserve a space. All activities have limited enrollment and registration is accepted on a first-come, first-served basis (excluding athletic leagues).

Liability Waiver

As lawful consideration for being permitted to participate in the City of Apple Valley Parks and Recreation Department program(s) listed below, I agree that the City of Apple Valley shall be held harmless and will not be liable for any injury or disability which I/ my minor child named below may incur as the result of participation in the program/activity listed below, due to the passive or active negligence of the City, its agents or employees. This release of liability of the City of Apple Valley does not include any injuries I/ my minor child name below incur as the result of willful, wanton or intentional misconduct by the City of Apple Valley, its agents or employees. This agreement is specifically binding upon my spouse, heirs and assigns, and the spouses, heirs, assigns and both parents, of the participant of the program.

REGISTRATION FORM

Date _____ Participant Signature _____

Phone (Home) _____ (Work) _____ (Cell) _____

Address _____ City _____ Zip Code _____

Email Address _____

Name of the participant's parent or legal guardian (if under 18 years old) _____

Signature of parent or legal guardian _____

Participant Name	Sex (M/F)	Date of Birth	Program/Activity	Session/Class	Fee

Special Needs Requests _____ Total Enclosed _____

Sorry, we no longer accept checks.

Credit Card _____ - _____ - _____ - _____

Exp Date _____ Card (circle one): VISA MASTERCARD DISCOVER

OFFICE USE	Date Received _____
	Cash _____
Receipt #	VISA/MASTERCARD/DISCOVER
Date	Staff Initials

Thank you for registering for City of Apple Valley Parks & Recreation programs!