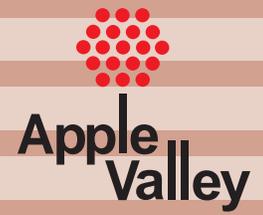


HEALTHY PARKS HEALTHY PEOPLE



FALL 2011

CITY OF APPLE VALLEY PARKS & RECREATION

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

**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

Holidays:

Labor Day (Monday, Sept. 5) 9:00am–10:00pm

Veteran's Day (Friday, Nov. 11) 9:00am–10:00pm

Thanksgiving Day, Nov. 24 CLOSED

Day after Thanksgiving (Nov. 25) 9:00am–10:00pm

Now Featuring On-Line Registration and Facility Rental

You can now register for a parks & recreation program, class or lesson at any time! In addition, park facilities (picnic shelters, meeting rooms, gymnasiums, banquet rooms, etc.) and equipment can be reserved. Go to the City website: www.cityofapplevalley.org, and then under the "Recreation" heading, select either "Recreation Programs" or "Rentals & Reservations". Users will need to set up an account, which will be used for all future registrations and rentals. Each family member should be listed on the same account, and can be easily added at a later date. Set up your account now!

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 952-891-7000
- VAA (Valley Athletic Association) 952-432-5618
- EVAA (Eastview Athletic Association) 952-985-3830
- ISD 196 Community Education 651-423-7722

Youth Activities

Critters Club

Ages 2 ½ - 5

Session 1: Tuesday, September 13, 20, 27;
October 4, 11, 18; 10:00-11:30am

Session 2: Tuesday, November 1, 8, 15, 22, 29;
December 6; 10:00-11:30am

\$26 per session; Apple Valley Community Center
Min. 6 Max. 14 per session

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

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

Holiday Parties for Tots

Ages 2-6

"Haunted Halloween" Party: Friday, October 28

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

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

"Turkey Treats" Party: Friday, November 18

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

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

"Crafty Christmas" Party: Friday, December 16

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

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

\$6 each per session; Apple Valley Community Center
Min. 8 Max. 20 per session

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

Celebrate the upcoming Autumn and Winter Holidays at our special parties just for TOTS! Games, crafts, stories, songs and treats related to the holiday will be featured at our parties. Be a part of the holiday happenings! Parents do not stay.

Little Chefs—"Healthy Cooking and Creative Eats"

Ages 3-6

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

Session 2: Friday, October 14; 11:15am-12:30pm

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

Session 4: Friday, December 9; 11:15am-12:30pm

\$7 each per session; Apple Valley Community Center
Min 8. Max. 14 per session

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

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

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Fall Festival For Tots

Ages 3-6

Friday, September 23; 11:15am-12:30pm

\$6 each; Apple Valley Community Center
Min. 8 Max. 20

REGISTRATION DEADLINE: Friday, September 16

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

Tot's Day of Fun – For Moms "on the Run"

Ages 3-6

Monday, 9:30am-12:30pm

Session 1: September 12, 19, 26; October 3.

Session 2: October 10, 17, 24, 31.

Session 3: November 7, 14, 21, 28.

Wednesday, 12:15-3:15pm

Session 4: September 7, 14, 21, 28.

Session 5: October 5, 12, 19, 26.

Session 6: November 2, 9, 16, 23.

Session 7: November 30; December 7, 14, 21.

\$42 per child per session

\$12 per child drop in fee; Apple Valley Community Center

Min. 5 Max. 14 per session

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

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

HEALTHYPARKS HEALTHYPEOPLE



"Fairy Tale Night" With Cinderella, Ariel and Jasmine *New!*

Ages 3-8 & a parent

Friday, October 7; 6:15-7:45pm

\$29 per child & parent pair; Apple Valley Community Center
Min. 25 pair, Max. 50 pair

REGISTRATION DEADLINE: Friday, September 23

INSTRUCTORS: Kim Maxwell and "Once Upon A Star" Staff
Join ONCE UPON A STAR'S Cinderella, Ariel & Jasmine for an enchanted evening with your special adult-date! You'll enjoy a princess necklace beading craft, princess pinwheel snack creation, dancing the crazy "tooty ta" and more princess fun! Each princess will receive her very own personalized princess tote bag, jewelry craft project, and royal wand to take home. All "couples" will have their photo taken with next-day proof access. Please bring your own camera for memorable photo opportunities, including a group-princess photo with your little princess!

Preschool "Fun & Games" Class *New!*

Ages 3-6

Wednesdays, September 21; October 12;

November 9; December 14; 9:30-11:00am

\$4 each per date; Apple Valley Community Center
Max. 20 per date

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

INSTRUCTOR: Kristy Hemphill

Fun and Games is designed for little ones to enjoy themselves through organized games. We will have large and small group games that challenge the mind as well as the body, both indoors and outdoors. All participants must be "potty trained". Bring a water bottle as we will work up a thirst! Hope to see you there. Parents do not stay.

High Reach Prancers

Ages 3-6

Thursday, September 22, 29; October 6, 13, (no 20), 27; November 3; 5:45-6:30pm

\$45 each; Apple Valley Community Center
Min. 8 Max. 14

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

INSTRUCTOR: "Reach Education Solutions" Staff

Grab your tutus and learn the basics of ballet! We'll combine technique and fun music and wrap it up in a performance for all to see on the last day of class!

Go Girl Go!

Girls ages 2-4

New!

Friday, September 9, 16, 23; 9:30-11:00am

\$23 each; Apple Valley Community Center
Min. 7 Max. 14

REGISTRATION DEADLINE: Friday, September 2

INSTRUCTOR: REACH Education Solutions Staff

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



Rough & Tumble Busy Boys

Boys ages 2-4

Friday, September 30; October 7, 14; 9:30-11:00am

\$23 each; Apple Valley Community Center
Min. 7 Max. 14

REGISTRATION DEADLINE: Friday, September 23

INSTRUCTOR: 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"! Parents do not stay.

Kid n' Play

Ages 2 ½ - 5

Tuesdays, Wednesday, Thursdays; 9:30am-12:00pm;

Session 1: September 20, 21, 22, 27, 28, 29;

October 4, 5, 6, 11, 12, 13;

\$79 for all 12 dates; AVCC

Session 2: October 25, 26, 27;

November 1, 2, 3, 8, 9, 10, 15, 16, 17;

\$79 for all 12 dates; AVCC

Session 3: November 29, 30;

December 1, 6, 7, 8, 13, 14, 15;

\$60 for all 9 dates; AVCC

Thursdays; 12:00-2:30pm

"Extended Play" Dates;

Session 4: September 22, 29; October 6, 13;

\$20 for all 4 dates; AVCC

Session 5: October 27; November 3, 10, 17;

\$20 for all 4 dates; AVCC

Session 6: December 1, 8, 15;

\$15 for all 3 dates; AVCC

Tuesday evenings; 5:45-7:45pm

Session 7: September 20, 27; October 4, 11;

\$39 for all 4 dates; AVCC

Session 8: October 25; November 1, 8, 15;

\$39 for all 4 dates; AVCC

Session 9: November 29; December 6, 13;

\$30 for all 3 dates; AVCC

7 min. 20 max. per session

REGISTRATION DEADLINE: Please register at least 1 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, this program is a sure winner! Please bring a nut-free snack each date for your child. Parents do not stay!



Yoga Twists – Family Style

Ages 3-6 & a parent

Thursday, September 22, 29; October 6, 13, (no 20), 27;

November 3; 6:30-7:00pm

\$40 per parent/child pair; Apple Valley Community Center

Min. 6 Max. 12 pairs

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

INSTRUCTOR: "Reach Education Solutions" Staff

Are you ready to twist and shout? Join us as we learn the basics of yoga in this introductory class for preschoolers & parents. Together we'll bend, twist and shout to cool tunes!

Little Ninjas Classes - Introduction to Martial Arts for tots

Ages 4-6

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

Session 1: Saturday, September 24; October 1, 8, 15;

10:15-10:45am

Session 2: Wednesday, October 5, 12, 19, 26;

6:00-6:30pm

Session 3: Saturday, November 5, 12, 19, (NO 26);

December 3; 10:15-10:45am

Session 4: Monday, November 7, 14, 21, 28;

5:15-5:45pm

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

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

Min. 4 Max. 12 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start, registration is required in advance at the AVCC.

Instructor: Lisa Brockman & MN Valley Martial Arts Staff

This "kid friendly" Martial Arts class helps your child develop the essential skills to help them in a classroom environment. We work on basic skills of listening and paying attention, being respectful and cooperating with others, body control and self discipline. Each class will begin with fun physical warm ups and basic martial arts moves, and will also include fun and engaging games! Parents stay and observe the class.

HEALTHYPARKS HEALTHYPEOPLE



Abrakadoodle Art Classes for Tots

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

Min. 3 Max. 9 per each class

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

INSTRUCTOR: Abrakadoodle Staff

Bats and Broomsticks Art

Ages 2-5 & a parent

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

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

Apple Valley Community Center

Join us for a special Fall Art Class! We'll paint fall trees on canvas board, make a bat collage, read a story, plus have a candy treat! Each child will leave the class with 2 beautiful pieces of art.

Gobble, Gobble, Art!

Ages 2-5 & a parent

Wednesday, November 16; 9:30-11:00am

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

Apple Valley Community Center

Little artists – join us for an art adventure! Create a Pilgrim hat, paint a Thanksgiving picture on canvas board, plus read some stories too!

Snowman Art Class

Ages 2-5 & a parent

Wednesday, December 14; 9:30-11:00am

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

Apple Valley Community Center

A day for creating some special projects to celebrate winter! Make some holiday cards and some model magic holiday ornaments, plus wonderful winter stories and holiday songs to sing.

Little Doodler's "I Love Art" Class" for

Tots!

Ages 2-5 & a parent to assist

Saturday, September 24; October 1, 8, 15;
9:30-10:15am

\$59 per 1st child registered; \$49 per additional sibling;
Greenleaf Elementary School

Min. 3 Max. 6

Experiment with all kinds of art materials and art techniques in this class. Make a collage featuring the Steinlan cat, and paint a Batik design. Use model magic to make snails, worms and much more...

Abrakadoodle is a special art program for children to develop their creativity and imagination. Discover different art materials and create unique masterpieces using tempera paints, markers, oil pastels, clay and other art materials. Each lesson interested different artists or art techniques. Parents or helpers are asked to stay and assist their little doodler!



Science Explorers Classes for Tots!

Ages 3 1/2 - 6

Science Explorers is a unique program designed to provide children with hands-on fun while learning about science and the world around them. Children are naturally drawn to science because of its almost magical qualities. We believe science sparks wonder and imagination in children and allows them to use their natural curiosity for discoveries. The curriculum has been designed to help children develop problem solving and creative thinking skills. Science Explorers' activities challenge children by providing a different hands-on activity each week and encouraging them to try different solutions. Parents do not stay for these classes.

Min. 3 Max. 5 per class

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

INSTRUCTOR: Science Explorer's Staff

Silly Slime

New!

Thursday, September 22; 10:00-11:30am

\$15 each; Apple Valley Community Center

Calling all boys and girls who like things that are gooey and sloppy. This is your chance to create and experiment with gooey, silly and slimy mixtures up to your elbows while learning why mixtures act the way they do. Be sure to dress so you can get messy!



Fall Into Science

Thursday, October 6, 13, (no 20), 27;

10:00-11:30am

\$45 each; Apple Valley Community Center

Join Science Explorers as we discover this wonderful time of year. As fall comes to Minnesota, we will learn how nature responds to the changes happening all around us through migration and hibernation. Topics will also include the weather, animals in the fall, along with other changes that take place during this very special time of year.

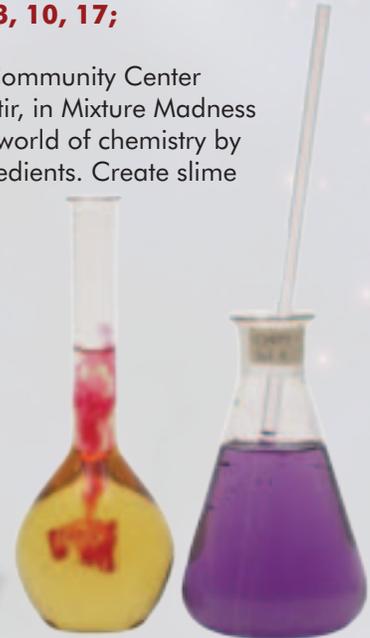
Mixture Madness

Thursday, November 3, 10, 17;

10:00-11:30am

\$45 each; Apple Valley Community Center

Pour, mix, measure and stir, in Mixture Madness you will be exploring the world of chemistry by mixing together safe ingredients. Create slime while learning about polymers, combine primary colors to create secondary colors, and have fun with magical crystals while learning about absorption. Be sure to dress so you can get messy as we explore these and other fascinating mixtures.



Mysteries of Motion

New!

Thursday, December

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

\$45 each; Apple Valley Community Center

Whirling, twirling, and jumping; a preschooler's world is all about movement. In Mysteries of Motion, children will use their natural curiosity to explore physics, the science of motion. And, we will experiment with force, friction, simple machines, gravity and much more. Join us for this fun, hands-on class as we investigate the mysteries of motion!

HEALTHYPARKS HEALTHYPEOPLE

Music Together Early Childhood Music program for parents/caregivers & children

Children, birth-5 years with a parent or caregiver

Sunday; September 25; October 2, 9, 16, 23, 30; November 6, 13; A.V.C.C.

SESSION 1: 4:00-4:45pm

SESSION 2: 5:00-5:45pm

Tuesday; September 27; October 4, 11, 18, 25;

November 1, 8, 15; A.V.C.C.

SESSION 3: 10:15-11:00am

SESSION 4: 11:15am-12:00pm

SESSION 5: 1:00-1:45pm

Wednesday; September 28; October 5, 12, 19, 26;

November 2, 9, 16; A.V.C.C.

SESSION 6: 10:15-11:00am

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

SESSION 8: 1:00-1:45pm

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

\$74 per additional child; siblings under 8 months are FREE with paid sibling

(free sibling must be born on or after 1/26/11)

Min. 3 max. 6 per each session

REGISTRATION DEADLINE: Monday, September 19

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

Try a Music Together 'Free Demonstration'!

parents and children birth-5 years

***TRY A FREE DEMO "Music Together" CLASS, for those interested in checking out this new music program! Call 952-953-2300 to register (advance registration required) Space is limited, so register soon. All DEMOS are held at the Apple Valley Community Center; 14603 Hayes Road.

SESSION A: Sunday, September 11; 4:00-4:45pm

SESSION B: Tuesday, September 13; 10:15-11:00am

SESSION C: Wednesday, September 14; 11:15-12:00pm

SESSION D: Wednesday, September 14; 1:00-1:45pm;

SESSION E: Sunday, September 18; 5:00-5:45pm

SESSION F: Tuesday, September 20; 11:15am-12:00pm

SESSION G: Tuesday, September 20; 1:00-1:45pm

SESSION H: Wednesday, September 21; 10:15-11:00am

Limit - 6 pairs per each FREE DEMO only!

"Birthday Bash" Party Central

Anyone with a Birthday!

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

Pre-School Open Art

Pre-school age children and a parent

Saturdays, September 24; October 8; November 19; December 17; 9:30am-12:00pm

\$4 per child per class at the door; Apple Valley Community Center Max. 10 per date

No pre-registration required

INSTRUCTOR: Kristy Hemphill

Preschool Open Art is a drop in arts and crafts program open to preschool age children and their parents. Open art is offered one Saturday per month from 9:30am-12:00pm at the Apple Valley Community Center. No pre-registration is needed, you may come and go any time during class hours - participate as your time permits. Children will have a variety of craft projects to choose from, do one of each or choose a few favorites, the choice is all yours. Each month will bring holiday and theme based projects for you and your little ones to choose from. In September we will work on Fall and animal crafts, in October we will create some Halloween and face projects, November will bring us Thanksgiving and beaded projects, and in December we will focus on Christmas and snow projects.

Time for Story Art

Preschool age children and a parent

Wednesdays, September 14, October 5, November 2, December 7; 9:30 - 11:00am

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

REGISTRATION DEADLINE: Please register one week prior to class Max. 10 per date

Head on down to the Apple Valley Community Center for GREAT stories and SUPER art projects. Story Art is open to preschool age children and their parents, pre registration is required. We begin the class with a book talk and a snack that is related to the story. After listening to the story there will be several crafts for you and your preschooler to complete together. Here are the stories being offered this quarter: September: The Letters are Lost; October: The Pumpkin Fair; November: Looks Like Spilt Milk and in December: Chicka Chicka Boom Boom. Share the wonder of books and art with your child at Story Art!

INSTRUCTOR: Kristy Hemphill

Preschool Art Party

New!

Pre-school age children and a parent

Wednesday, September 28; October 26; November 16; December 21; 9:30-11:00am

\$4 per child per date; Apple Valley Community Center
Max. 10 per date

REGISTRATION DEADLINE: Please register one week prior to the start

INSTRUCTOR: Kristy Hemphill

Preschool Art Party is a new, fun and exciting class with a new theme party each month! Class is held one Wednesday per month in the mornings. The art parties consist of a variety of art projects to complete and we will make a game for each child to take home enjoy. The themes for this quarter are: September: Fall Art Party, October: Halloween Art Party, November: Feast your Eyes Art Party and in December: Winter Art Party. See you there!

Varoom.....Start Your Engine!

New!

Ages 3-6

Friday, September 9; 11:15am-12:30pm

\$6 each; Apple Valley Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, September 2

INSTRUCTOR: Linda Runeborg

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

Dinosaur Adventure

Ages 3-6

Friday, September 16; 11:15am-12:30pm

\$6 each; Apple Valley Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, September 2

INSTRUCTOR: Linda Runeborg

Search for dinosaur bones, create a dinosaur egg, and create a dinosaur fossil to take home! Join us and experience an adventure, back in time!



Winnie the Pooh & Friends

New!

Ages 3-6

Friday, October 7; 11:15am-12:30pm

\$6 each; Apple Valley Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, September 30

INSTRUCTOR: Linda Runeborg

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

Bats! Bats! Bats!

Ages 3-6

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

\$6 each; Apple Valley Community Center
Min. 5 Max. 10

REGISTRATION DEADLINE: Friday, October 14

INSTRUCTOR: Linda Runeborg

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



HEALTHYPARKS HEALTHYPEOPLE

Wushu Martial Arts for Kids

Ages 9-12

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

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

Session 1: Mondays October 3, 10, 17, 24;

6:00-6:45pm

Session 2: Wednesday, October 12, 19, 26;

November 2; 6:00-6:45pm

Session 3: Monday, November 7, 14, 21, 28;

6:00-6:45pm

Session 4: Wednesday, November 9, 16, 23, 30;

6:00-6:45pm

\$21 per session, includes a uniform.

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

Min. 4 max. 12 per session

REGISTRATION DEADLINE:

Please register at least 1 week prior to the start; pre-registration required at the AVCC

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



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

Ages 7-12

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

Session 1: Saturday, September 24; October 1, 8, 15;
10:15-11:00am

Session 2: Wednesday, October 5, 12, 19, 26;

5:15-6:00pm

**Session 3: Saturday, November 5, 12, 19, (NO 26);
December 3;** 10:15-11:00am

Session 4: Monday, November 7, 14, 21, 28;

5:15-6:00pm

\$21 per session for the 4 dates, includes a uniform
Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Rd #124

Min. 4 Max. 12 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start, pre-registration required at the AVCC

INSTRUCTOR: Lisa Brockman & MN Valley Martial Arts Staff
Tae Kwon Do is a good cardio workout that includes working on flexibility and strength. We work on the basic skills of listening and paying attention, being respectful and cooperating with others, body control and self discipline. The studio supplies the uniform and children receive a White belt upon course completion. Continuing classes are available through the studio. Come enjoy a family-friendly atmosphere. Each class will begin with fun physical warm ups and basic martial arts moves, and will also include fun and engaging games! Parents stay and observe the classes.

Young Rembrandt's Elementary "Spectacular Drawings" Art Classes

Ages 6-12

Session 1: Saturday, September 24;

October 1, 8, 15, 22, 29; 10:00-11:00am

Session 2: Saturday, November 5, 12, 19, (no 26);

Dec. 3, 10, 17; 10:00-11:00am

\$65 per session; Apple Valley Community Center

Min. 10 Max. 20 per session

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

INSTRUCTOR: Young Rembrandt's Staff

Explore, learn, and have a blast in the Young Rembrandt's world of drawing, with creative lessons that are fun, fresh and engaging! Draw a new masterpiece every week, and watch as that new found confidence and "I can do it" attitude soars!

FREE PREVIEW CLASS – offered by Young Rembrandt's!

"FREE" CLASS plus get \$5 off a class registration fee if you register for the session too!

Saturday, September 17; 10:00-11:00am; Apple Valley Community Center

Call 952-953-2300 to sign up for this "one-time" FREE CLASS!

PRE-REGISTRATION IS REQUIRED

LIMITED to 15 Participants

Preview the Fall Sessions of Young Rembrandt's SPECTACULAR DRAWING classes and discover a new drawing skill – BLENDING COLORS - in this fun, FREE Class! AND, if you register for a fall session plus the FREE PREVIEW CLASS, on or before September 18, you will receive \$5.00 off the registration fee!

Card Club for Girls

New!

Girls ages 7-11

Saturdays, September 24; October 8; November 19;

December 17; 2:00-4:00pm

\$10 each per date; Apple Valley Community Center

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

Max. 8 per date

INSTRUCTOR: Kristy Hemphill

Card Club for Girls is a new class designed for girls who are interested in card making and rubber stamping. Each month we will learn new techniques in card making. Sign up for one class or come back each month and let your card making abilities and knowledge grow. Each participant will walk away with several cards each session. Be on the lookout for special projects only available to girls in the card club (sign up for at least one card club session to be eligible)!

Babysitters Training Course

(ages 11-17 years)

Saturdays, December 3 & 10

(2-part class, must attend both dates)

9:00am-12:30pm

\$53; Apple Valley Community Center

Min. 7 Max. 10

REGISTRATION DEADLINE: November 25

Instructed by an American Red Cross Certified Instructor

Students will learn the following:

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

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

Skills Development for Children with Disabilities

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

Beginning Golf Skills

Tuesday September 27

6:00-7:00pm

Valleywood Golf Course

\$15 per participant

REGISTRATION DEADLINE: September 20

Beginning Badminton Skills

Tuesday December 13

6:00-7:00pm

Apple Valley Community Center

\$5 per participant

REGISTRATION DEADLINE: December 1



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 September 5)

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

Hours (Beginning September 6)

Monday-Thursday..... 2:30-7:00 pm
Friday..... 2:30-9:00 pm
Saturday..... 1:00-9:00 pm
Sunday..... 1:00-6:00 pm

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.

Have Your Party at the Teen Center!

Have your birthday party or other special celebration at the Teen Center. Invite your friends, bring a cake, order a pizza, bring in a DJ and create your own theme. These are just some ideas that have worked well. 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. This is for up to 20 guests for up to 3 hours. Call Bill at 952-953-2316 for more information or to reserve your party.

Halloween Dance Party

Grades 6-8

Friday, October 28; 7:00-10:00pm

\$5 if you pre-register & \$8 at the door

There will be a DJ cranking out the tunes. Wear a costume and enter our costume contest. Snacks and drinks will be provided.



Vertical Endeavors Rock Climbing Trip

Grades 6-12

Monday August 22; 1:00pm-6:00pm

Vertical Endeavors-St. Paul

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

Min. 10 Max. 10

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 Wednesday, August 17 at the Apple Valley Community Center or by calling 952-953-2300.

Bands & Open Mic

Bands are invited to practice and perform at the Apple Valley Teen Center. Our microphone and PA system is also available for teens to do an "Open Mic" event or performance. For more information ask a Teen Center supervisor or call 952-953-2385.

Social Dances for Teens with Disabilities

Friday September 9, October 7 & November 4

7:00-9:00pm

Apple Valley Teen Center behind Eastview High School

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

Parents and PCAs Welcome. Refreshments and Music provided.

Middle School Pool Party

Swimming & "Kids Dance" DJ

Saturday, August 20

7:30-10:30pm

Apple Valley Family Aquatic Center

14421 Johnny Cake Ridge Road

\$7 per person if you register by Thursday, August 18

\$10 per person day of event

A perfect opportunity to get together with friends before school starts! The DJ will not only be playing some great music, but will be holding contests and giving away prizes. You do not have to be an Apple Valley Resident or ISD 196 student to participate. 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.

Family Activities

Give Pickleball A Shot

All Ages

Saturday, September 24

9:30am-Noon

Free Event

Apple Valley Community Center

A combination of table tennis, tennis and other racket sports, Pickleball is a unique game that is easy to pick up, fun for all ages and a good source of exercise. Stop by, pick up a paddle and play!

For more information call 952-953-2300.

Outdoor Pickleball

All Ages

Available during Apple Valley

Community Center days and

hours or operation Check out a

net, paddles and balls inside the

Apple Valley Community Center.

Courts have been painted on

the paved hockey rink behind

the community center. A current

driver's license is required as a

deposit. For community center

hours of operation see page 2 or

call the Parks & Recreation Department at

952-953-2300.

Archery for the Whole Family

Beginners - Ages 9 to Adult)

Time: 6:00-7:00 pm

Tuesday September 13 & Thursday September 15

REGISTRATION DEADLINE: September 1

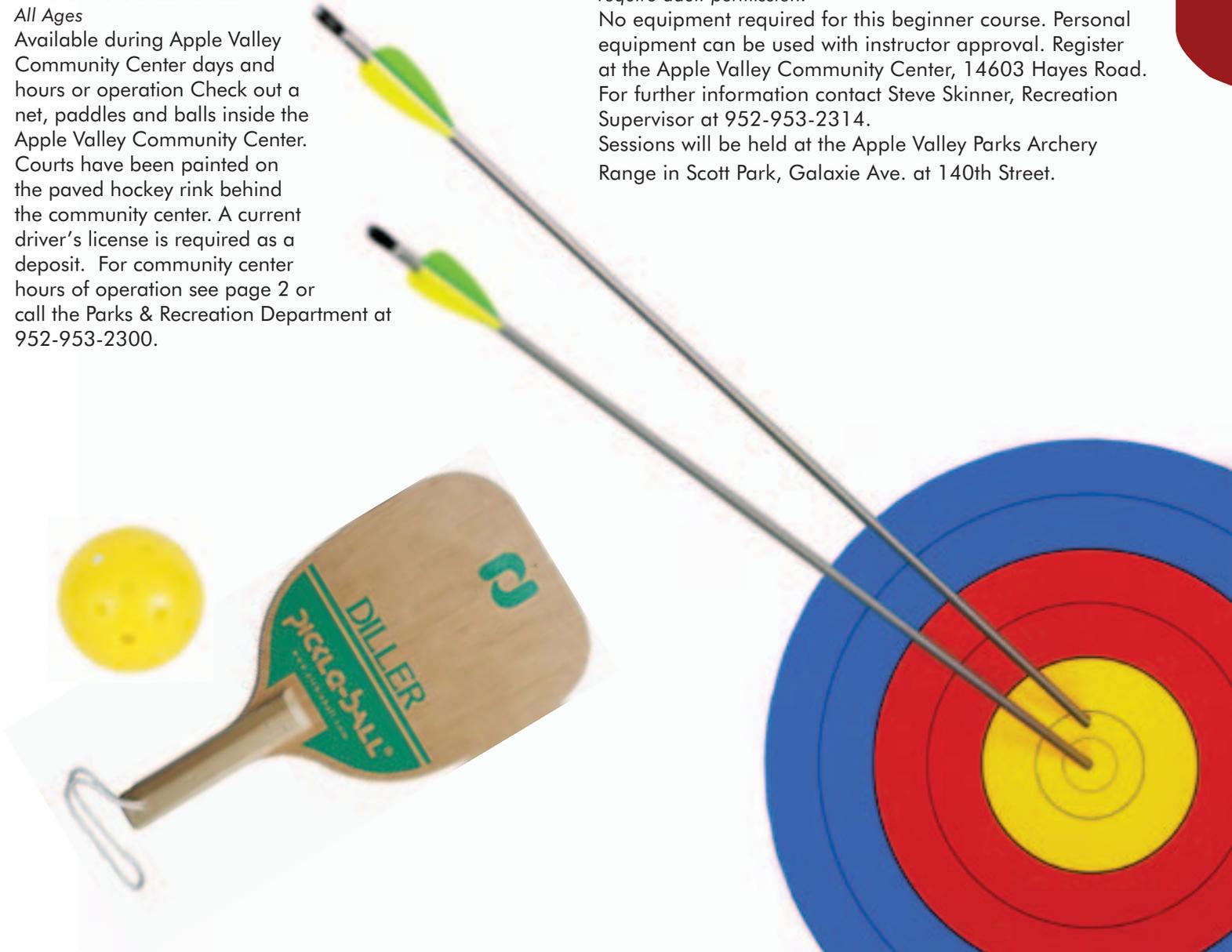
\$35 per participant

A great family activity. Learn it together. Archers ages 9 and up are encouraged to participate in this exciting program. This short course is designed to provide hands-on experience with learning how a bow works, how to select appropriate archery equipment, the basic techniques to accurately shoot the bow and an introduction to equipment care.

Ages: 9 to adult, or with instructor permission (younger children require an adult to participate with them). Children under 18 require adult permission.

No equipment required for this beginner course. Personal equipment can be used with instructor approval. Register at the Apple Valley Community Center, 14603 Hayes Road. For further information contact Steve Skinner, Recreation Supervisor at 952-953-2314.

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



HEALTHYPARKS HEALTHYPEOPLE

Halloweenie Roast and Spookie Fun by the Fire at Valleywood Golf Course

Thursday October 27

5:00–7:00pm

REGISTRATION DEADLINE: Thursday, October 20

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

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

“Treats, Not Tricks” Cookie Bake and Take

Family event

Saturday, October 22;

Session 1: 9:30am start;

Session 2: 10:00am start;

Session 3: 10:30am start;

Session 4: 11:00am start;

Session 5: 11:30am start;

Session 6: 12:00pm start

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

Apple Valley Community Center

Min. 1 family Max. 2 families per each session

REGISTRATION DEADLINE: Friday, October 14

Spend some time on Saturday decorating cookies with your children for the upcoming Halloween holiday!

Leave the fuss, muss and mess to us, and take home approximately 3-4 dozen beautifully decorated Halloween cookies. Please bring something to carry your cookies home in, a cookie sheet, and a rolling pin. All other supplies/ingredients provided.

“8th Annual Halloween Hand-Me-Downs” – Free Program!

All Ages

“Gently used” Costume Drop off: Thursday & Friday,

October 20-21; 10:00am-3:00pm

Pick-up a “new costume” on Saturday, October 22;

10:00-11:30 am

Apple Valley Community Center

Avoid “frightful” prices on Halloween costumes this year by participating in our 5th Annual “Halloween Hand-Me-Downs” Costume Exchange at the Apple Valley Community Center. Drop off your “gently used” costumes on October 20 & 21; and pick-up a new costume on October 22.

NOTE: Those who cannot find a “new” costume will receive a “Halloween Surprise Grab Bag” instead.

Ghosts in the Graveyard

Families of all ages

Tuesdays, October 11 & 18; 6:00-7:30pm

\$15 per family; Apple Valley Community Center

Max. 6 families

REGISTRATION DEADLINE: Friday, September 30

INSTRUCTOR: Kristy Hemphill

Come make some SPOOKY ghosts to decorate your home on the scariest night of the year – Halloween! In this two night class you will be able to make several free standing ghosts using cheesecloth and liquid starch. Let your imagination run free and see what scary poses you can get your ghosts to strike. The first class will be for making the ghosts, they will dry and on the second night you can pick them up and make a graveyard for them to roam in. Each family will need to bring several different height plastic bottles to use as ghost forms, ex. dish soap, water bottles, ketchup bottles... Adults and children of all ages will have a ghost-ly good time in this class!



Beginning Wood Carving Class *New!*

Parents and children ages 10 and older

Tuesday, September 27; October 4, 11, 18, 25;

6:00-7:30pm

\$49/adult-child pair; \$20/Additional Child;

Falcon Ridge Middle School

Min. 3 Max. 5 pairs

REGISTRATION DEADLINE: Monday, September 19

INSTRUCTOR: Dennis Schuster, Viking Wood Carvers president, ten year wood carver.

Discover the age-old art of whittling and chip carving. Develop life-long skills that provide a sense of accomplishment. Learn safe carving techniques and develop skills to complete a small project. Learn how to maintain your knife with a sharpening stroop. An additional fee of \$40 per pair is payable to the Instructor at the first class for a whittling knife, a leather sharpening strap, honing compound and wood (\$10-\$24 for a knife for additional child). Tools are available for use for parents. With proper care, these tools will last a lifetime.

A Personalized Letter From Santa

Ages 3-10

\$4 per letter mailed;

Letters to be mailed by Friday, December 9

REGISTRATION DEADLINE: Friday, December 2

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

Breakfast With Santa Claus

Ages 3-10 & parent(s)

Saturday, December 3;

Session 1: 8:30-9:30am

Session 2: 9:30-10:30am

Session 3: 10:30-11:30am

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

Apple Valley Community Center

Min. 20 Max. 50 per session

REGISTRATION DEADLINE: Monday, November 28

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



Glamorous Gingerbread Houses

Families of all ages

Saturday, December 10; 2:00-5:00pm

\$30 per family; Apple Valley Community Center

Max. 6 families

REGISTRATION DEADLINE: Saturday, November 26

INSTRUCTOR: Kristy Hemphill

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



HEALTHYPARKS HEALTHYPEOPLE

Target Center & Xcel Energy Center Tickets To Upcoming Events:

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

Target Center Events

2011 Minneapolis Zuhrah Shrine Circus

DATES/TIMES/COSTS: **Friday, October 21;** 10:30am; \$9 (Lower Level Sides)

Saturday, October 22; 10:30am; \$16

Sunday, Oct. 23; 1:30pm; \$16

DEADLINE TO PAY: Monday, October 3

TICKET PICK-UP: Beginning Monday, October 17

Sesame Street Live "Elmo Makes Music"

DATES/TIMES/COSTS:

Friday, January 13; 10:30am; \$10

(Lower Level Reserved Seating)

Saturday, January 14; 2:00pm; \$16.00

Sunday, January 15; 1:00pm; \$16.00

DEADLINE TO PAY: Tuesday, December 27

TICKET PICK-UP: Beginning Monday, January 9

COMING IN MARCH 2012: Disney On Ice presents: "Mickey & Minnie's Magical Journey"

Xcel Energy Center Event:

Disney Live! "Phineas & Ferb Live! On Tour..."

DATE/TIME/COST: **Sunday, October 23;** 1:00pm; \$18 per ticket - Lower Level seats

DEADLINE TO PAY: Monday, October 3

TICKET PICK-UP: Beginning Monday, October 17

"Mom! Phineas and Ferb are going on a LIVE tour!!!"

School's out for summer and anything is possible as Phineas and Ferb create their biggest invention yet - Disney's Phineas and Ferb LIVE! On Tour. Phineas, Ferb, and the whole tri-state area gang embark on a bold escape jumping out from behind your TV and onto the stage in a live action adventure! It's the ultimate end to summer vacation, so seize the day 'cause Phineas and Ferb are gonna do it all!

Disney on Ice "Treasure Trove!"

Featuring Rapunzel, Incredibles, Lion King, Alice in Wonderland, Peter Pan, and many more Disney favorites...

DATES/TIMES/COSTS:

Friday, December 9; 10:00am;

\$13 per ticket; Lower Level-Sect. 108

Saturday, December 10; 7:00pm;

\$16 per ticket; Lower Level-Sect. 113

Sunday, December 11; 5:00pm;

\$16 per ticket; Lower Level-Sect. 113

DEADLINE TO PAY: Monday, November 21

TICKET PICK-UP: Beginning Monday, December 5

Discover endless riches when Disney On Ice presents Treasure Trove comes to your hometown! Disney On Ice sets the gold standard with its newest skating spectacular. Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses -Tiana, Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook & his pirate pals on an adventure beyond Neverland! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice & the Madhatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see this show full of memories guaranteed to last a lifetime.

***AND, coming this winter: World's Toughest Rodeo- Feb. 3 & 4... (See your Winter Brochure for more info on this event, and others!)**



Adult Activities

Brain Gym® Introduction

(Adults age 18 and older)

Saturday, October 22; 9:00-10:30am

REGISTRATION DEADLINE: October 27

\$21 per person; Apple Valley Community Center

Min. 6 Max. 12

Keep your brain sharp. Reduce your stress. Optimize your health. Brain Gym is great for learners of all ages who want to deal with life's daily challenges with ease and a positive attitude. Discover how YOU shut down under stress and how that impacts your ability to learn, function, perform and be healthy. Learn the four easy movements of PACE that reduce stress and open your system for increased health. It's easy and fun and appropriate for everyone—children to seniors. It only takes minutes to use! Dress comfortably and bring a water bottle. Brain Gym®, created by Paul Dennison, Ph.D., is a registered trademark of the Educational Kinesiology Foundation, Ventura, CA. For more information www.braingym.org.

Brain Gym® Movement Class

(Adults age 18 and older)

2 Part Class Saturday, November 5 & 12;

9:00-11:00am

REGISTRATION DEADLINE: November 5

\$53 per person for both 2 hour sessions;

Apple Valley Community Center

Min. 6 Max. 12

Learn the 26 Brain Gym® movements that can be used every day to keep your mind sharp. The movements are quick, simple and designed to improve: focus and attention, self esteem, memory, reading and comprehension skills, math skills and business and athletic performance, to name a few. Participants receive an Easy Reference Chart linking the movements to the enhancement of specific skills for learning, functioning and performing. Pre-requisite: Intro to Brain Gym®. Dress comfortably and bring a water bottle. Instructor: Joni Polehna is a Certified Therapeutic Recreation Specialist with 30+ years experience in adolescent and adult mental health. She is a Licensed Brain Gym® Educator/Consultant and owner of Mind Body Spirit Integration where she facilitates individual and group/team goal attainment, personal growth and health promotion through mind/body re-education.

For more information www.mindbodyspiritint.com.

Cardio Kickboxing for Strength

Age 16 and Older

Session 1: September 26 – October 22

Session 2: November 7 – December 10

(skip 11/24, 25, 26)

\$49.00 per session for the entire month!

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

Min. 4 Max. 12 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start; pre-registration is required at the AVCC.

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 5 instructors offer a variety of different workouts, including aerobic, bags, core abdominals and strength training. This workout is all about you and your fitness needs. You choose the intensity level you want to work out at. Our main goal is to get you moving, burn calories, increase strength and have fun! Gloves are included in the fee. Work out up to 5 times a week. Monday – Thursday, 7:00-8:00pm and Saturday, 8:00-9:00am, during your scheduled month. You decide which days fit best into your busy schedule!

Intro To Kettlebells - Get Strong, Stay Strong!

Age 18 & older

Session 1: Saturday, September 3; 11:00am-2:00pm

Session 2: Saturday, October 1; 11:00am-2:00pm

Session 3: Saturday, December 3; 11:00am-2:00pm

\$100 for the 3-hour workshop and also, the 1st week of Kettlebell Classes on Tuesday & Thursday evenings, 8:00pm is included; (Punch Cards will be sold at MVMA for additional Kettlebell Classes)

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

Min. 3 Max. 12 per session

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

INSTRUCTOR: James Nedinger, Minnesota Valley Martial Arts

Turn Fat to Fit - Turn Back the Clock - Turn Some Heads!
Learn the basics of Kettlebell Lifting in one 3-hour Saturday workshop - You will learn:

- The simplest, most realistic and sustainable method of weight management that science can deliver.
- The basics of kettlebell lifting-safe and effective means of transforming your body and health.
- Simple Dynamic Joint Mobility and a proven method of making sure your exercise is delivering the results you want without over working or complex programs.

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

HEALTHYPARKS HEALTHYPEOPLE

Cardio Interval Training

Age 18 and older

New!

Monday-Thursday, 8:00-9:00pm

Session 1: October 3-27

**Session 2: November 7- December 8
(NO November 26 & 27)**

\$59 per session; Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Road, #124

Min. 4 Max. 12 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start; Pre-registration required at the A.V.C.C.

INSTRUCTOR: Lisa Brockman & MN Valley Martial Arts Staff
Looking for a new challenge in your workout. This class will bring it! We use water weight bagwork, plyometric, strength training and stretching to take you to a new level in your physical fitness. Come in and join this fast paced workout and enjoy a change in the same old routine.

Body Fit - A.M. Body Weight Training Class

Age 18 and older

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

Session 1: October 4-27

**Session 2: November 1-December 1
(NO November 24)**

New!

\$40 for 1 INTRO SESSION (your 1st month); thereafter, \$60 per month

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

Min. 4 Max. 12 per session

REGISTRATION DEADLINE: Please register at least 1 week prior to the start; Pre-registration required at the A.V.C.C.

INSTRUCTOR: James Nedinger, MN Valley Martial Arts

Do you want to:

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

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

Jeet Kune Do

Age 18 and older

Thursday, October 6, 13, 20, 27; 6:00-7:00pm

\$40 each; Pre-registration is required at the A.V.C.C.

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

Min. 4 Max. 12

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

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

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





Gorgeous Gourd Candles

Age 16 and older

Tuesday and Thursday, November 15 & 17;
6:00-7:30pm

\$40 per person/Apple Valley Community Center
Max. 6

REGISTRATION DEADLINE: Monday, October 31

INSTRUCTOR: Kristy Hemphill

Join me for a short time in November to make two beautiful gourd candles. Taken straight from Martha Stewart, these amazingly detailed candles will embellish your dining decor this Thanksgiving. On the first night you will select your gourds, mix the rubber compound and pour the molds, then on day two you will remove your gourds from the mold, color the bees wax, set the wick and pour your candles. When you release your mold you will be truly amazed at your perfectly replicated gourd candle. You will be learning a technique that you can take with you to use over and over again in the future. For a sneak peek visit www.marthastewart.com and type gourd candles into the search box. Hope to see you there!

All Day Scrap

Age 17 and older

New!

Saturdays, September 17 & November 12;

10:00am-7:00pm

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

REGISTRATION DEADLINE: Please register one week prior to the start

INSTRUCTOR: Kristy Hemphill

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

Community Outdoor Garage Sale

Saturday, September 17

9:00am-2:00pm

Apple Valley Municipal Center
7100 West 147th Street

\$19 per stall

Bring it out and sell it. Stall size will be approximately 10 x 10 feet. Set-up will start at 7 AM and everything including trash must be out of the parking lot by 3 PM. Call Steve Skinner, Recreation Supervisor at 952-953-2314 for more information.

Recreational Volleyball Leagues – Women's and Co-Rec

Age 18 and older

Thursday evenings for Women's A/B/C
(September 8 start)

Friday evenings for Co-Rec A/B/C/D
(September 9 start)

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

Apple Valley Community Center gyms; 14603 Hayes Road
REGISTRATION DEADLINES:

Returning Teams: Friday, August 12

New Teams: Friday, August 19

Our six-on-six, unofficiated Volleyball Leagues for adults 18 years and older will be played at the Apple Valley Community Center on Thursday and Friday evenings. A variety of levels are offered to satisfy a wide range of skill levels (A, B, C, D leagues). Play begins on September 8 & 9, with practices times available on September 1 & 2. The leagues will consist of 9 matches plus play-offs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list.

Women's Power Volleyball Leagues

Women age 18 and older

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

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

Apple Valley Community Center Gyms; 14603 Hayes Road
REGISTRATION DEADLINES:

Returning Teams: Friday, August 12

New Teams: Friday, August 19

Our six-on-six officiated Volleyball Leagues for women 18 years and older will be played at the Apple Valley Community Center, on Tuesday evenings. Play begins on Tuesday, September 6, with practice times available on August 30th. The leagues will consist of 9 matches plus play-offs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list.



HEALTHYPARKS HEALTHYPEOPLE

Un-officiated Adult 5 on 5 (Full-Court)

Basketball Leagues:

Tuesday evenings for "A" and "B" teams starts September 6

Wednesday evenings for "B" & "Over 35" teams starts September 7

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

\$275 per non-resident team.

REGISTRATION DEADLINE: Monday August 29

Our five-on-five, un-officiated Basketball Leagues for those 18 years and older, will be played at the Apple Valley Community Center on Tuesday and Wednesday evenings.

The Leagues will consist of at least one full round of games plus play-offs.

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

Tuesday evenings for "A" and "B" teams starts September 6

\$435 per team

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

REGISTRATION DEADLINE: Monday August 29

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

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

Mixed Doubles Pickleball League

Adults ages 18 and older

Wednesdays, September 14 - October 26

9:30am-11:30am

\$35 per team; Apple Valley Community Center

Min. 6 teams Max. 20

Join a recreational pickleball league! An eight week league. Weekly matches will consist of 2 games (3 if time permits). For more information or if you would like to assist with organizing the league, please contact Bill at 952-953-2316.

Pickleball Doubles Tournament

Ages 55 and up

Saturday, October 1

9:00am Start Time

\$25 per doubles pair

Apple Valley Community Center

Min. 8 teams Max. 16 teams

REGISTRATION DEADLINE: 10:00pm, Monday, September 26

Pickleball is peaking in the south metro! Sign your team up for the Inaugural S.O.R.R. (South of the River Recreators) Pickleball Tournament. A "Recreational" & "Competitive" bracket will be offered. Final bracketing and tournament type will be dictated by registration numbers. Register at the Apple Valley Community Center or over the phone at 952-953-2300. S.O.R.R.

Communities include Savage, Eagan, Lakeville, Farmington, Burnsville, Apple Valley and Rosemount. You do not have to be a resident of these communities to participate. For more information or to assist with organizing the tournament, contact Bill at Apple Valley Parks & Recreation, 952-953-2316.

Bag Toss League

(age 18 and older)

Thursdays, August 25-September 29; 6:30-9:00pm

\$25 per team (2-4 people per team)

Johnny Cake Ridge Park-East

5800 140th Street West

Min. 6 teams Max. 10 teams

REGISTRATION DEADLINE: August 17

Join Apple Valley Park & Recreation's "Bag League"! The league will consist of 5 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. Register at the Apple Valley Community Center or by calling 952-953-2300.

A pre-season informational meeting will be held prior to the season. Sponsored by Apple Valley Parks & Recreation and S.O.R.R. (South of the River Recreators)

For more information, contact Bill at 952-953-2316.

Adult Table Tennis League

Wednesday Starting September 14

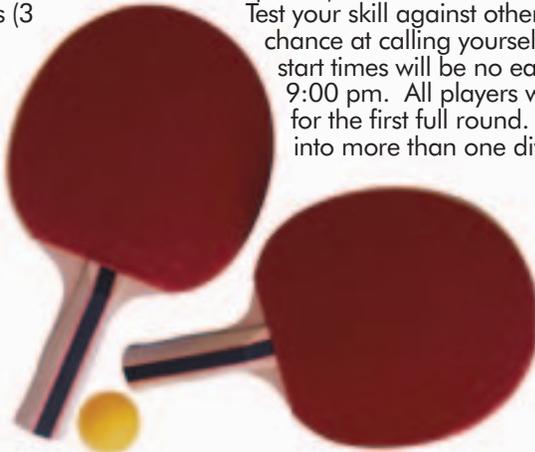
Apple Valley Community Center

\$15 per player

REGISTRATION DEADLINE: September 7

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

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



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 (option 2) to verify the gym schedule, as tournaments are occasionally held at the Community Center.

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

Family Open Gym

***Saturday** 4:00pm–7:15pm

***Sunday** 12pm–3:45pm

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

Youth Open Gym

***Saturday** 12:00pm–3:45pm

***Sunday** 4:00pm–7:15pm

Monday–Friday 2:30pm–4:30pm

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

Disc Golf Course

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

Pre-School Open Gym

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

Adult Open Volleyball

Age 18 & older

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

Mondays, 6:00-9:30pm

\$3 per person (players and spectators)

The Apple Valley Community Center is "Volleyball Central" on Saturdays, Sundays, and Mondays. Whether you want to practice the fundamentals or just want to get in some fun exercise, you'll enjoy this informal open volleyball program. All skill levels are welcome to participate; at least three nets will be set up at all times. This is an adult program; children will not be permitted in the gyms, and unsupervised children under age 10 may not be brought to the Community Center. Participants will be required to fill out a "Participant Registration Card" and show an ID on their first day of attendance. And, each date, players must be checked in when paying their \$3 fee.

Open Pickleball

(Ages 18 and up)

Tuesdays

9:30am-11:30am

6:30-9:00pm (**Evening session ends on August 30**)

Thursdays

9:30am-11:30am

Apple Valley Community Center

\$3 per person/per session

10 Admission punch cards available for \$30.00

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

Adult Open Badminton

\$3 per person

Wednesdays 6:30–9:45pm

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

Family Badminton Sundays

\$3 per person

First and Third Sunday of each Month 12:00 p.m. to 2:30 p.m. New at the Apple Valley Community Center, Family Badminton. Six courts will be set up for open play! Teach your children this family friendly game in the warmth of our sport court gym this winter.

HEALTHYPARKS HEALTHYPEOPLE

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

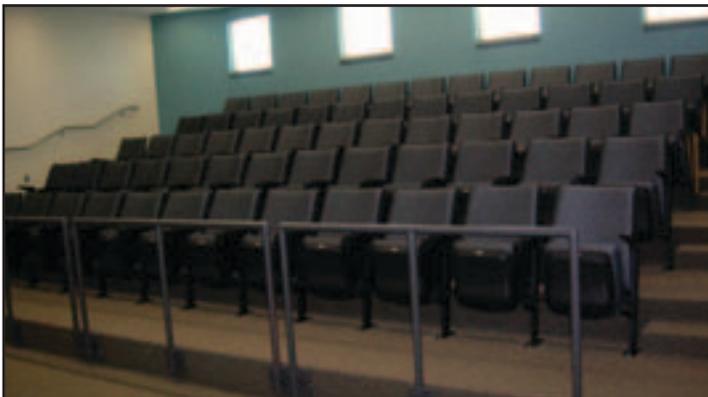


Apple Valley Seniors Hayes Community and Senior Center

952-953-2345

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.



ADOPT-A-PARK

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

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

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

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



311 – 150th Street



211 Ridgeview Drive



13266 Pilot Knob Road

HEALTHYPARKS HEALTHYPEOPLE

Apple Valley Sports Arena

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

ICE SKATING LESSONS

Indoor

Saturday Classes: October 22-December 10

Monday Classes: October 24-December 12

The Program: You will receive a program manual upon registration. The program is geared toward the recreational skater of all ages and skill level. Instructors will follow the skill progressions outlined in our program manual. Skaters will be evaluated throughout the season to determine if they are ready to advance. Our program consists of a maximum 12:1 student/instructor ratio to insure quality instruction except for the Pre-Beginner level which is set at an 8:1 ratio. **REGISTRATION: Thursday September 15, 2011, 6:00- 8:00 p.m., at the Apple Valley Sports Arena. Registration will continue until classes are filled.**

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

Requirements: Children in the Pre-Beginner classes must wear a helmet (bike helmets work nice), gloves and snow pants. Freestyle skaters should wear form-fitting clothes or skating attire so instructors can view the proper movement of required elements. All skaters must wear gloves and double runner skates are not permitted.

What Class Does My Skater Sign Up For?

If your Skater is 3 or 4 years old and has never skated before, you should sign up for the Pre-Beginners class. If you have previously skated in our program and are not sure what class to register for- please leave a message on the Directors voice mail at 952-953-7191 or at learntoskate@charter.net. You may also leave a message for the director with any questions you may have.

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

Apple Valley Learn to Skate Program Levels

PreBeginners

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

Beginners:

(Levels 1-4):

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

Advanced Beginners A

(Levels 1-3):

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

Advanced Beginners B

(Levels 4-6):

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

Freestyle:

This is the beginning of free style figure skating.

Pre-Hockey:

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

Advanced Pre-Hockey:

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

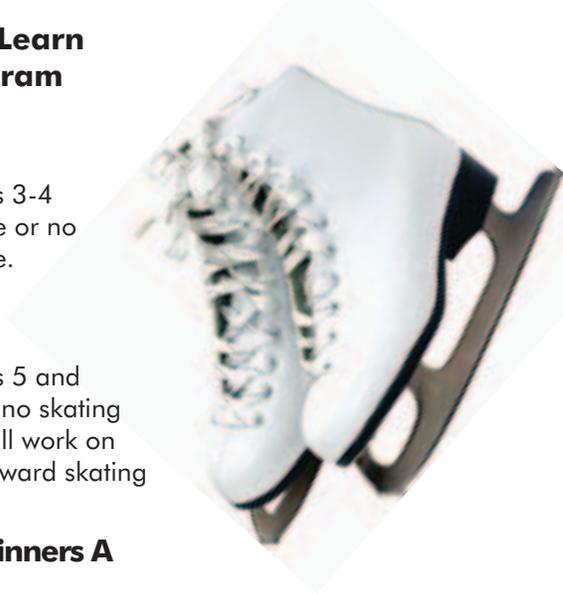
Adults: For all ability levels

Power Edge

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

Private Lessons (Beginners & Up):

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



SATURDAY MORNING CLASSES

OCTOBER 22 - DECEMBER 12, 2011

Level	Lesson	Practice
Private Lesson (15 minute lesson).....	8:00-8:30 a.m.....	8:30 a.m.
Advanced Beginner B.....	8:00-8:30 a.m.....	8:30 a.m.
Pre-Beginner.....	8:30-9:00 a.m.....	8:00 a.m.
Beginner.....	8:30-9:00 a.m.....	8:00 a.m.
Advanced Beginner A.....	8:30-9:00 a.m.....	8:00 a.m.
Pre-Beginner.....	9:15-9:45 a.m.....	9:45 a.m.
Beginner.....	9:15-9:45 a.m.....	9:45 a.m.
Pre-Beginner.....	9:45-10:15 a.m.....	9:15 a.m.
Beginner.....	9:45-10:15 a.m.....	9:15 a.m.
Advanced Beginner A.....	9:45-10:15 a.m.....	9:15 a.m.
Pre-Beginner.....	10:30-11:00 a.m.....	10:00 a.m.
Beginner.....	10:30-11:00 a.m.....	10:00 a.m.
Pre-Hockey Beginner.....	10:30-11:00 a.m.....	10:00 a.m.
Pre-Hockey Advanced.....	10:30-11:00 a.m.....	10:00 a.m.
Pre-Beginner.....	11:00-11:30 a.m.....	10:30 a.m.
Beginner.....	11:00-11:30 a.m.....	10:30 a.m.
Advanced Beginner A.....	11:00-11:30 a.m.....	10:30 a.m.

MONDAY EVENING CLASSES

OCTOBER 24 - DECEMBER 12, 2012

Beginner.....	7:15-7:45 p.m.....	7:45 p.m.
Advanced Beginner A.....	7:45-8:15 p.m.....	7:15 p.m.
Advanced Beginner B.....	7:45-8:15 p.m.....	7:15 p.m.
Adults.....	7:45-8:15 p.m.....	7:15 p.m.
Freestyle.....	8:15-8:45 p.m.....	7:45 p.m.
Power Edge.....	8:45-9:15 p.m.	

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

APPLE VALLEY PUBLIC SKATING

(Cost- \$4.00 per person)

Apple Valley Sports Arena

Wednesday 7:15- 8:15pm

Sunday 3:30- 5:30pm

Begins on Wednesday, October 27



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.

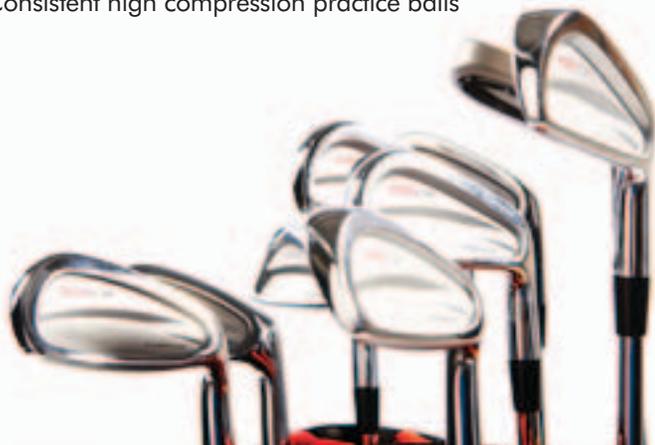
Need a USGA Handicap?

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



VALLEYWOOD GOLF COUPON

Family Sunday Special!

Sundays after 1 p.m.

1 Junior (ages 17 and under)
Green Fee Free
with one paid adult
This does not include golf cart

**ON-LINE REGISTRATION IS NOW AVAILABLE
SEE PAGE 2**

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!