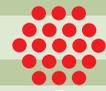


# HEALTHY PARKS HEALTHY PEOPLE



Apple  
Valley

SPRING 2012

CITY OF APPLE VALLEY PARKS & RECREATION



**HOLD YOUR WEDDING RECEPTION, PARTY  
OR BUSINESS MEETING AT THE HAYES  
COMMUNITY AND SENIOR CENTER  
PAGE 3**

[www.cityofapplevalley.org](http://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 - Seniors..... Bill Bird  
 Recreation Supervisor - Programs..... Marcie Padgett  
 Recreation Supervisor - Aquatics..... Steve Skinner  
 Department Assistant..... Dorene Perkins Monn  
 Clerical Assistant.....Eva Lageson  
 Clerical Assistant.....Doris Marona  
 Parks Maintenance Superintendent.....Tom Adamini

**PHONE: 952.953.2300 • FAX 952.953.2306**

### VALLEYWOOD GOLF COURSE AND PARK

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

**PHONE: 952.953.2323 • FAX 952.953.2319**

### SPORTS ARENA

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

**PHONE: 952.953.2366 • FAX 952.431.8246**

### HAYES PARK ARENA

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

**PHONE: 952.953.2365**

### TEEN CENTER

14255 Johnny Cake Ridge Road  
**PHONE: 952.953.2385**

*The Parks and Recreation Department Headquarters is located at:*

**Apple Valley Community Center  
 14603 Hayes Road • Apple Valley  
[www.cityofapplevalley.org](http://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  
 Easter (Sunday, April 8)..... CLOSED  
 Memorial Day (Monday, May 28)..... 9:00am-10:00pm

### Job Openings

For job openings, please see the Apple Valley website at [www.cityofapplevalley.org](http://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.

### Information/Weather Phone Hotline

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

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

## Apple Valley Parks and Recreation Mission Statement

Our purpose is to provide recreation and leisure opportunities which:

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

## Frequently Called Community Phone Numbers

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

## On-Line Registration

Register for parks & recreation programs, classes or lessons at any time! Go to : [www.cityofapplevalley.org](http://www.cityofapplevalley.org), and then select "Recreation Programs". Users will need to set up an account, which will be used for all future registrations. Each family member should be listed on the same account, and can be easily added at a later date. Set up your account now!

## Banquet Room Rentals



**Hayes Community and Senior Center, 14601 Hayes Road  
952-953-2345**

**Make Your Reservation Today!**

The Hayes Community and Senior Center provides modern amenities and spacious areas for meetings and special events with table seating for up to 224. This is the perfect site for a company training, townhouse association meeting or a formal wedding reception. Wi-Fi and Audio-Visual equipment are available.

Call 952-953-2345 for costs, availability and to arrange a tour.

### Community Ride for the Greenways

**Sunday, May 20: 12:00pm (Noon)**

Minnesota Zoo, 13000 Zoo Boulevard, Apple Valley

**Register by May 13:**

\$15 per person or \$25 per family with up to two adults.

**Register after May 13:**

\$20 per person or \$30 per family with up to two adults.

**Register at [www.valleybikeandski.com](http://www.valleybikeandski.com)**

Join Bike Friendly Apple Valley, Valley Bike & Ski, HaveFunBiking.com, The City of Rosemount, The Minnesota Zoo, Dakota County and The City of Apple Valley for a Community Ride with a purpose' to promote the development of Bike Greenways and Bike friendly sustainable communities we can all enjoy and share. Routes of 11 miles for less experienced and family riders and a challenging 30 mile route will be offered. Food and treats will be provided at rest stops throughout the ride. Helmets required for all riders. For further information contact Steve Skinner, Recreation Supervisor, at 952-953-2314 or at [sskinner@ci.apple-valley.mn.us](mailto:sskinner@ci.apple-valley.mn.us).

### Table of Contents

General Information.....	2
Special Events.....	3
Youth Activities.....	4-14
Family Activities.....	15-16
Adult Activities.....	17-21
Parks and Facilities.....	22-23
Tennis.....	24-25
Valleywood Golf Course.....	26-27

Apple Valley Family Aquatic Center and Redwood Outdoor Pool punch cards will be available at the Apple Valley Community Center Starting April 1.



# HEALTHYPARKS HEALTHYPEOPLE

## Youth Activities | Tot Programs

### Chugga Chugga Choo Choo *New!*

Ages 3-6

Session 1: **Friday, March 30**; 11:00am-12:30pm

Session 2: **Saturday, March 31**; 11:00am-12:30pm

\$6 per session

Apple Valley Community Center

Min. 8 Max. 14 per session

**REGISTRATION DEADLINE: March 23**

*Instructor: Linda Runeborg*

All aboard! Join our trip into the world of trains and find out how trains help us, how they run, and what types of cargo they carry. A Model Train Engineer will bring his trains to help us learn. Each participant will also make some 'train crafts' to take home, to remind them of this fun day! Parents do not stay!

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

Ages 3-6

Session 1:

**Monday, April 2, 9, 16, 23**; 9:30am-12:30pm

Session 2:

**Monday, April 30; May 7, 14, 21**; 9:30am-12:30pm

\$42 per child per session of 4 dates

\$12 per child per each date drop-in fee, payable day of class

Apple Valley Community Center

Min. 5 Max. 14 per session

**REGISTRATION DEADLINES:**

**Session 1: March 26; Session 2: April 23**

*Instructors: Apple Valley Parks and Recreation Department Staff*

Our 3-hour-long program for tots includes music, playtime, arts & crafts, story time, games, gym time, 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 more time for errands, or just to relax! Parents do not stay for this class! Children must be potty-trained to participate.

### Holiday Party for Tots – Bunny Brunch

Ages 2½-6

Session 1: **Friday, April 6**; 9:30am-10:45am

Session 2: **Friday, April 6**; 11:00am-12:15pm

\$6 per session

Apple Valley Community Center

Min. 8 Max. 20 per session

**REGISTRATION DEADLINE: March 30**

*Instructors: Apple Valley Parks and Recreation Department Staff*

Celebrate the upcoming Spring Holiday at our special parties just for TOTS! Games, crafts, stories, songs and treats related to the holiday will be featured at our party. Pre-registration by the deadline is required. Parents may stay, but it is not required—if parents stay, please DO NOT bring additional younger siblings along.

### Time for Story Art

Ages 3-6 with a Parent

**Wednesday, April 4**

9:30am-11:00am

\$4 per child

Apple Valley Community Center

Min. 3 Max. 8

**REGISTRATION DEADLINE: March 28**

*Instructor: Kristy Hemphill*

Head on down to the Apple Valley Community Center for SUPER stories and GREAT art projects, in our hands-on class that allows your children to bring books to life through art. We begin with an introductory craft/snack and talk a little about the book. After listening to the story, "The Important Book", there will be several crafts for you and your preschooler to complete. Share the wonder of books and creativity with your child at 'Time for Story Art'!

### Preschool Fun & Games

Ages 3-6

**Wednesday, April 11**

9:30am-11:00am

\$4 per child

Apple Valley Community Center

Min. 3 Max. 8

**REGISTRATION DEADLINE: April 4**

*Instructor: Kristy Hemphill*

Fun & Games is designed to enable little ones to enjoy themselves through organized play. We will have large and small group games that challenge the mind as well as the body, both indoors and outside (weather permitting). All participants must be potty trained, and bring a water bottle as we will work up a thirst! Parents do not stay.



### Theme Art Party

Ages 3-6 with a Parent  
**Wednesday, April 18**  
 9:30am-11:00am

\$4 per child  
 Apple Valley Community Center  
 Min. 3 Max. 8

**REGISTRATION DEADLINE: April 11**

*Instructor: Kristy Hemphill*

Theme Art is a fun and exciting art class where the theme changes each month. In April, we are having a "Yucky Bug Art Party"! Each child will complete several art projects and make a game to take home – how fun does that sound? Hope to see you there! Parents will work with their children to create the fun projects!

### Little Chefs

#### "Healthy Cooking and Creative Eats" for Tots

Ages 3-6  
**Friday, April 13**  
 11:15am-12:30pm

\$7 per person  
 Apple Valley Community Center  
 Min. 8 Max. 14

**REGISTRATION DEADLINE: April 6**

*Instructors: Apple Valley Parks and Recreation Department Staff*

A fun cooking class featuring healthy foods and snacks for preschoolers! We learn new recipes each class and each "Little Chef" will take home a recipe book of all recipes that they learned that day. Parents do not stay!

### Spring Critter's Club

Ages 2 1/2-6  
 Session 1:  
**Monday, April 16, 23, 30; May 7, 14, 21;** 1:00pm-2:30pm

Session 2:  
**Tuesday, April 17, 24; May 1, 8, 15, 22;** 10:00am-11:30am  
 \$26 per session

Apple Valley Community Center  
 Min. 6 Max. 14 per session

**REGISTRATION DEADLINE: April 9**

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

### Wearable Art for Tots

Ages 3-6  
**Friday, April 20**  
 11:15am-12:30pm

\$7 per person  
 Apple Valley Community Center  
 Min. 5 Max. 10

**REGISTRATION DEADLINE: April 13**

*Instructors: Apple Valley Parks and Recreation Staff*

Join us at our fun class and create "wearable art" just for you. Bring white socks and a white t-shirt to class, and we'll help you to make them "wearable"! Also included: headbands or pony tail holders, jewelry, hats and much more... Parents do not stay!

### For the Birds

Ages 3-6  
**Friday, April 27**  
 11:00am-12:30pm

\$7 per person  
 Apple Valley Community Center  
 Min. 6 Max. 14

**REGISTRATION DEADLINE: April 20**

*Instructors: Apple Valley Parks and Recreation Staff*

Learn about birds, bird houses and bird feeders, and create some great projects for the birds in your own back yard. Lots of activities and crafts for the birds, plus a fun snack for you! Parents do not stay for this class.



# HEALTHY PARKS HEALTHY PEOPLE

## Dr. Seuss on the Loose

Ages 3-6

**Friday, May 4, 11, 18**

9:30am-10:30am

\$15 per person includes all 3 dates

Apple Valley Community Center

Min. 5 Max. 18

**REGISTRATION DEADLINE: April 27**

*Instructors: Apple Valley Parks and Recreation Staff*

Our "Dr. Seuss" Class featuring some favorite stories that were included in our previous classes, plus some new stories too! Everyone loves the stories by Dr. Seuss, plus we will add related craft projects, activities and snacks. Parents do not stay for this class.



## Sail the Seven Seas *New!*

Ages 3-6

**Friday, May 18**

11:00am-12:30pm

\$5 per person

Apple Valley Community Center

Min. 6 Max. 14

**REGISTRATION DEADLINE: May 11**

*Instructor: Linda Runeborg*

Shiver me timbers! Find out all about pirates: who they were, what they wore, and what their life was like. Navigate the seven seas searching for buried treasure with your spyglass and pirates hat that you make yourself! Experience what type of food the pirates may have eaten aboard their ship. A pirate's life – are you up for this challenge?

## Tiny Tea Party for Tots

Ages 3-6

**Friday, May 4**

11:00am-12:30pm

\$7 per person

Apple Valley Community Center

Min. 10 Max. 20

**REGISTRATION DEADLINE: April 27**

*Instructors: Apple Valley Parks and Recreation Staff*

All 3-6 year olds are invited to dress up and join us for our 10th Annual TINY TEA PARTY just for tots. Wear your prettiest spring outfit, and join us for spring-related games, stories, crafts, a fashion show, prizes, and of course, some "tea" and snacks. Pre-registration is required; Parents may stay to watch, but please do not bring other siblings along if you stay!

## Little Gardeners

Ages 3-6

**Friday, May 11**

11:00am-12:30pm

\$7 per person

Apple Valley Community Center

Min. 6 Max. 20

**REGISTRATION DEADLINE: May 4**

*Instructors: Apple Valley Parks and Recreation Staff*

"How does your garden grow?" A class just for tots, featuring the planting of seeds to grow your own 'little garden' at home. Plus crafts and stories that relate to flowers, gardening and growing. Bring your own gardener's gloves, if you choose to, or just get your hands a little dirty! Parents do not stay for this class.



abrakadoodle®

## Mini Doodlers Art Fun "Spring Creations" for Tots

Ages 2-5 with a Parent

**Saturday, April 14, 21, 28; May 5**

9:30am-10:15am

\$59 for the 1st child for all 4 dates

\$49 per additional sibling

Greenleaf Elementary School

Min. 4 Max. 6

**REGISTRATION DEADLINE: April 6**

*Instructors: Abrakadoodle Staff*

Abrakadoodle is a special art program for children to develop their creativity and imagination. Experiment with all kinds of art materials and art techniques. Create a Dinosaur collage, decoupage a picture frame, and make a Sundoodle using model magic. Parents stay to assist their child(ren).



## U & Me, 2's & 3's *New!*

Ages 2-3

Session 1: **Tuesday, April 3, 10, 17, 24;** 9:30am-10:45am

Session 2: **Tuesday, April 3;** 9:30am-10:45am

Session 3: **Tuesday, April 10;** 9:30am-10:45am

Session 4: **Tuesday, April 17;** 9:30am-10:45am

Session 5: **Tuesday, April 24;** 9:30am-10:45am

\$29 per person for Session 1

\$8 per person for Session 2, 3, 4, or 5

Apple Valley Community Center

Min. 4 Max. 7 per each date

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

Instructors: REACH Education Solutions Staff

"Running...Jumping...Hopping...Climbing...Who says bigger kids have more fun? Join us and other little 2 & 3 year olds for loads of action-packed fun, and games that encourage and include language, movement, music and moving. Participants must be potty trained; parents do not stay!

## High Reach Prancers

Ages 3-6

**Wednesday, April 4, 11, 18, 25; May 2, 9**

5:45pm-6:30pm

\$40 per person for all 6 dates

Apple Valley Community Center

Min. 7 Max. 14

**REGISTRATION DEADLINE:** March 28

Instructor: REACH Education Solutions Staff

Grab your tutus and learn the basics of ballet! We will combine technique with fun music, and wrap it up with a performance! Great dancing fun! Participants must be potty trained, parents do not stay!

## Go Girl! Go!

Girls ages 2-4

**Friday, April 6, 13, 20 27**

9:30am-11:00am

\$24 per person for all 4 dates

Apple Valley Community Center

Min. 4 Max. 7

**REGISTRATION DEADLINE:** March 30

Instructors: REACH Education Solutions Staff

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

## Spring Barnyard Critters

Ages 3-6

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

Session 2: **Wednesday, April 25;** 9:30am-11:00am

\$15 per person per session

Apple Valley Community Center

Min. 4 Max. 7 per session

**REGISTRATION DEADLINES:**

Session 1: April 11; Session 2: April 18

Instructors: REACH Education Solutions Staff

"E-I-E-I-O! The Barnyard Critters are coming to town! CLUCK on over and join us as we meet and greet new animal friends! Together we'll read a fun animal story and make a great animal craft too! Different animals each session! Participants must be potty trained. Parents can stay, but are not required to do so.

## Rough & Tumble Busy Boys

Boys ages 2-4

**Friday, May 4, 11, 18, 25**

9:30am-11:00am

\$24 per person for all 4 dates

Apple Valley Community Center

Min. 4 Max. 7

**REGISTRATION DEADLINE:** April 27

Instructors: REACH Education Solutions Staff

"Jumping...Running...Climbing...are your little boys keeping you just a tad too busy? Why not let them burn off some steam with in "Rough and Tumble Busy Boys" Class?! Little ones will make friends as they participate in hands-on games and activities, including 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!

## Pre-Piano Workshop for Kids *New!*

Ages 4-7

**Saturday, May 5**

1:00pm-2:00pm

\$6 per person

Apple Valley Community Center

Min. 4 Max. 8

**REGISTRATION DEADLINE:** April 27

Instructor: Victoria Parker, Master Degree in Music and Pedagogy Certification

This new class, for kids ages 4-7, introduces the primary elements of Piano Instruction through games, coloring, songs and rhymes, all lead by our Instructor. A wonderful and easy way to begin discovering how to make music! Participants must be potty trained, parents do not stay!

# HEALTHY PARKS HEALTHY PEOPLE

## Princess Belle's "Tea for 2" *New!*

Ages 3-7 with a Parent

**Saturday, May 12**

10:00am-11:00am

\$19 per Parent/Child Pair

Apple Valley Community Center

Min. 7 Max. 15 Pairs

**REGISTRATION DEADLINE: May 4**

*Instructors: "Once Upon A Star" Staff*

Join "Once Upon a Star's" Princess Belle for a dress-up tea party, and bring your favorite adult. Learn manners and how to pour from a teapot at our magical event! Couples will enjoy a story time & share a snack, pour their "tea" from a teapot, and dance with Belle. Bring your camera along for a photo with Princess Belle!



## Breakfast with the Bunny & Egg Hunt, sponsored by McDonald's of Apple Valley

Ages 2-7 & Parent(s)

**Saturday, April 7**

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

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

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

\$9 per child per session (Parents attend free)

Apple Valley Community Center

Min. 25 Max. 50 youth per session

**REGISTRATION DEADLINE: March 26**

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

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



## Little Ninjas

### Introduction to Martial Arts for youngsters

Ages 4-6

Session 1: 6:00pm-6:30pm

**Monday, March 12, 19, 26; April 2;**

Session 2: 5:15pm-5:45pm

**Thursday, March 15, 22, 29; April 5;**

Session 3: 10:15am-10:45am

**Saturday, March 17, 24, 31; April 7;**

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

Classes are held at MN Valley Martial Arts; 14050 Pilot Knob Rd. #124; AV; 952-423-5600

Min. 4 Max. 20 per session

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

*Instructors: Lisa Brockman & MN Valley Martial Arts Staff*

The objective of MN Valley Martial Arts is to provide a positive, exciting environment for preschoolers and grade school students. The Introduction to Martial Arts Classes will enhance the development of good habits such as paying attention, following instructions, cooperating with others, 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 must stay and observe the classes.

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

## Easter Basket Delivery

Ages 2-7

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

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

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

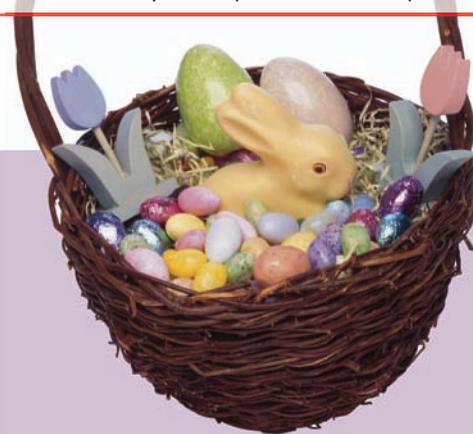
\$9 per Easter Basket delivered to your home

Max. 35 baskets delivered each session only

**REGISTRATION DEADLINE: March 26**

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

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



## “Music Together in the Valley”

### Pre-School Music program for parents & children

Children, birth-Age 5 and a Parent

Session 1: **Sunday; March 25; April 1, (NO 4/8), 15, 22, 29; May 6, 13, 20;** 4:00pm-4:45pm

Session 2: **Sunday; March 25; April 1, (NO 4/8), 15, 22, 29; May 6, 13, 20;** 5:00pm-5:45pm

Session 3: **Sunday; March 25; April 1, (NO 4/8), 15, 22, 29; May 6, 13, 20;** 6:00pm-6:45pm

Session 4: **Tuesday, March 27; April 3, 10, 17, 24; May 1, 8, 15;** 10:15am-11:00am

Session 5: **Tuesday, March 27; April 3, 10, 17, 24; May 1, 8, 15;** 11:15am-12:00pm

Session 6: **Wednesday, March 28; April 4, 11, 18, 25; May 2, 9, 16;** 10:15am-11:00am

Session 7: **Wednesday, March 28; April 4, 11, 18, 25; May 2, 9, 16;** 11:15am-12:00pm

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

\$74 per additional sibling

NOTE: Siblings 8 months & younger are FREE (with paid sibling)

Apple Valley Community Center

Min. 3 Max. 6 per session

The Apple Valley Parks and Recreation Department and the District 196 Community Education Department each have six spaces out of the twelve spaces allotted for each class, so you can register with either agency; [www.cityofapplevalley.org](http://www.cityofapplevalley.org). If the Parks and Recreation spots are full, there may be more spaces at <http://ce.district196.org/Perficio/online/events/search.aspx>.

**REGISTRATION DEADLINE: March 19**

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

Share the joy of making music! 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, and 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 is directed by Clarice Auluck-Wilson, Phd.

### Free Demo “Music Together” Classes

Birth-5 (and a Parent)

Session A: **Sunday, March 18;** 4:00pm-4:45pm

Session B: **Sunday, March 18;** 5:00pm-5:45pm

Session C: **Tuesday, March 20;** 10:15am-11:10am

Session D: **Wednesday, March 21;** 10:15am-11:00am

FREE, but only 1 demo per family please!

Apple Valley Community Center

Min. 2 Max. 6 pairs per each demo

**REGISTRATION DEADLINE: March 14**

Experience the joy of making music. Space is limited so register soon!  
Register your child(ren) only, but parents still attend.



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. We believe these skills will help children throughout their entire life. Science Explorers is dedicated to helping children learn about their world through science. All classes will be held at the Apple Valley Community Center. Parents do not stay for these classes.

## Amazing Me

Ages 3 1/2-6

**Thursday, April 12, 19, 26**

10:00am-11:30am

\$45 per person includes all 3 dates

Apple Valley Community Center

Min. 3 Max. 5

**REGISTRATION DEADLINE: April 6**

Without your body you wouldn't be able to run, jump, breathe or even think. Join "Amazing Me" as we use our cranium to learn how the heart is responsible for pumping blood all around our bodies, plus we'll investigate what happens to the food we eat and how our lungs are similar to a sponge. All this and more as we discover what really happens beneath our skin.

## Wheels, Wings, Sails and Rails

Ages 3 1/2-6

**Thursday, May 10, 17, 24**

10:00am-11:30am

\$45 per person includes all 3 dates

Apple Valley Community Center

Min. 3 Max. 5

**REGISTRATION DEADLINE: May 4**

Do you ever wonder how a plane flies or how a train is powered? Join Science Explorers as we discover how cars, planes and trains work and why they are important to our everyday lives. We will learn how boats can cruise over the water without sinking, how planes and rockets fly, and more amazing transportation wonders. Then, we will follow the tracks to learn about steam engines and train signals.

## Science Explorers Classes for Tots



### "B.A.S.I.C." Class:

#### Boosting Athletic Skills In Children (Sports Readiness)

Ages 4-6

Session 1:

**Thursdays, April 19, 26; May 3, 10, 17;** 6pm-6:45pm

Session 2:

**Saturdays, April 21, 28; May 5, 12, 19;** 9:00am-9:45am

\$48 per session for all 5 dates, includes a t-shirt

Apple Valley Community Center

Min. 6 Max. 20 per session

**REGISTRATION DEADLINE: April 13**

**Instructors: Christy Fink-Amador & Antonio Amador of TOPGUN VB CLUB**

The goal of this class is to improve hand-eye coordination, basic physical coordination, balance, and simple mechanics, in addition to creating an interest in physical activity. This class will also teach children basic skills that will benefit them in their future involvement in other activities such as baseball, basketball, football, lacrosse, soccer, softball, tennis, volleyball, etc. All of this is done through the use of games with the focus on creating a comfortable and FUN atmosphere!

## Youth Activities | School Age Programs

### Flashlight Egg Hunt & Easter Crafts/Coloring Contest

Ages 7-12

**Tuesday, April 3; 7:15pm**

(Alternate RAIN DATE is Thursday, April 5)

\$9 per person

Redwood Community Center

Elm Drive & Co. Rd. 42

Min. 20 Max. 50

**REGISTRATION DEADLINE: March 26**

**Instructors: Apple Valley Parks and Recreation Staff**

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

### Duct Tape Craft for Girls

Girls ages 9-12

**Saturday, April 28**

10:00am-11:30am

\$15 per person

Apple Valley Community Center

Min. 3 Max. 6

**REGISTRATION DEADLINE: April 18**

**Instructor: Kristy Hemphill**

Duct tape crafts are all the rage, join us for a super cute Duct Tape beach bag craft! There will be tons of colored and patterned Duct Tape to choose from. Each participant is asked to bring 1 roll of Duct Tape to share, the rest will be provided by us. You are sure to have a great time, share some laughs, and come home with a very cool project.

### Duct Tape Craft for Boys *New!*

Boys ages 8-11

**Thursday, May 3**

6:00pm-7:30pm

\$10 per person

Apple Valley Community Center

Min. 3 Max. 6

**REGISTRATION DEADLINE: April 24**

**Instructor: Kristy Hemphill**

Calling all boys! Duct Tape crafts are for you too! Join us as we make a Duct Tape checker board, complete with checkers and everything. We will start off making the checkerboard then we will make the checkers and finish it off by adding a carrying pouch for all the pieces. Don't miss it!

### Mother's Day Craft for Kids *New!*

Girls ages 7-11

**Thursday, May 10**

6:00pm-8:00pm

\$15 per person

Apple Valley Community Center

Min. 3 Max. 6

**REGISTRATION DEADLINE: May 1**

**Instructor: Kristy Hemphill**

Don't forget mom on Mother's Day, she's too important! Register today and you'll have a ton of fun making mom an apron and recipe cardholder. Each participant needs to bring in an old pair of adult sized jeans (any color is fine) and we will make it into a super cute apron for mom. Plus, you'll make a recipe cardholder too. Every mom will love this Mother's Day gift made by you.

### Father's Day Craft for Kids *New!*

Ages 7-11

**Monday, June 4**

6:00pm-7:30pm

\$20 per person

Apple Valley Community Center

Min. 3 Max. 6

**REGISTRATION DEADLINE: May 24**

**Instructor: Kristy Hemphill**

Hey all you kids, Father's Day is getting close! Sign up and make your dad a cool sports clock that he's sure to love! We'll begin with a clock mechanism and a piece of wood, and together we will build the clock and decorate it to fit your dad's sporting tastes. Maybe he likes the MN Twins or maybe he's a hockey fan or maybe he loves ALL sports. Anyway he likes it, this clock will be the perfect gift for him, made by you with love.



# HEALTHYPARKS HEALTHYPEOPLE

## Young Rembrandt's Spring 2012

### "Spectacular Cartoons"

Ages 6-12

Session 1: 6:30pm-7:30pm

**Tuesday, April 10, 17, 24, May 1, 8, 15**

Session 2: 10:00am-11:00am

**Saturday, April 14, 21, 28; May 5, 12, 19**

\$65 per session for all 6 dates

Apple Valley Community Center

Min. 6 Max. 20 per session

**REGISTRATION DEADLINE: April 3**

*Instructor: Young Rembrandt's Staff*

Tickle your funny bone as you share big laughs with humorous Young Rembrandts cartoons. Through Cartooning, students learn how to exaggerate facial features and expressions as they draw humorous situations. Draw multiple cartoons every week! At Young Rembrandts, we teach drawing, the fundamental skill of all visual arts. We believe that drawing is a skill that can and should be learned by all children. While Young Rembrandts classes are structured and educational, children learn best when they are entertained and engaged, as we combine the best of both worlds, foundational art skills in a fun, nurturing environment that gives your child the academic advantage. All new lessons every session! Parents do not stay for class.

### "Introduction to Martial Arts" Classes for youngsters

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

#### NOTE:

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

### Tae Kwon Do Beginners Classes

Ages 7-12

Session 1: 5:15pm-6:00pm

**Monday, March 12, 19, 26; April 2**

Session 2: 5:15pm-6:00pm

**Thursday, March 15, 22, 29; April 5**

Session 3: 10:15am-11:00am

**Saturday, March 17, 24; 31; April 7**

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

Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Rd. #124; 952-423-5600

Min. 4 Max. 20 per session

**REGISTRATION DEADLINE: March 9**

*Instructors: Lisa Brockman & MN Valley Martial Arts Staff*

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

### Wushu Martial Arts for Kids

Ages 7-15

Session 1: 6:00pm-7:00pm

**Monday, March 12, 19, 26; April 2**

Session 2: 6:00pm-7:00pm

**Thursday, March 15, 22, 29; April 5**

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

Classes are held at the MN Valley Martial Arts; 14050 Pilot Knob Rd. #124; 952-423-5600

Min. 4 Max. 20 per session

**REGISTRATION DEADLINE: March 9**

*Instructor: Scott Folke, Certified under Shifu Paul Fendos, 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, and is finding it's following here in the US. Wushu develops dynamic leg and core strength along with giving you a great aerobic workout. This program is for the beginner to advanced levels. Come in enjoy a great workout!

## TOP GUN VOLLEYBALL CLUB

is excited to offer the following Spring Programs.....

### Lil Libero's Volleyball Class: An Intro to Volleyball *New!*

Ages 6-8 & 8-10

**Saturdays, April 21, 28; May 5, 12, 19**

9:50am-10:35am

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

Apple Valley Community Center

Min. 6 Max. 30

**REGISTRATION DEADLINE: April 13**

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

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

### TOPGUN Training: Volleyball Instruction *New!*

Ages 10 & older

**Saturdays, April 21, 28; May 5, 12, 19**

10:45am-11:45am

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

Apple Valley Community Center

Min. 2 Max. 30 per date

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

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

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

### TOPGUN Volleyball Skills Camp *New!*

Ages 14-18

Session 1: **Saturdays, April 21, 28; May 5, 12; 11:45am-1:00pm**

Session 2: **Saturdays, April 21, 28; May 5, 12; 1:00pm-2:15pm**

\$80 per session for all 4 dates, includes a t-shirt

Apple Valley Community Center

Min. 10 Max. 30

**REGISTRATION DEADLINE: April 13**

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

We offer the following individual skills camps:

- Serving
- Setting
- Passing/Defense
- Attacking/Blocking

Complimentary camps will be run concurrently; i.e. Setting with Attacking/Blocking, Serving with Passing/Defense, Attacking/Blocking with Passing/Defense.

Please indicate which camp you are interested in when you register.

The goal of the camps is to improve each and every player's volleyball skills, knowledge, and confidence. We aim to instruct players on both physical and mental aspects of the game, and we hope above all else to keep the game challenging and enjoyable!



# HEALTHY PARKS HEALTHY PEOPLE

## "Birthday Bash" Party Central

Youth of all ages, with a Birthday

**Date/Time: To be determined by you**  
**Call to schedule a day/time.**

Cost: To be determined

Instructor: Kristy Hemphill, call for an appointment,  
952-953-2300/2313.

Thinking of having your child's SPRING 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! Parties will be available for up to 12 party goers. And by the way...**HAPPY BIRTHDAY!**

## Golf 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 skills will be introduced and practiced in a supportive social environment. Please contact Steve Skinner, Recreation Supervisor at 952-953-2314 for additional information.

## Introduction To Basic Golf Skills

School Age

**Monday April 23 and Tuesday April 24**

6:00-7:00pm

Valleywood Golf Course

\$15 for two lessons

Min 4 / Max 8

**REGISTRATION DEADLINE: April 19**

## Social Dances For Teens With Disabilities

Grades 6-12

**Fridays, March 2, April 6, May 4**

7:00 – 9:00 pm

Apple Valley Teen Center

\$5 in advance

Or \$8 at the door.

Parents and PCAs welcome. Refreshments and music provided.

Advanced registration is highly encouraged and will result in fewer potential dance cancellations.

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

## Teen Programs

### Apple Valley Teen Center

14255 Johnny Cake Ridge Rd.

952-953-2385 [www.cityofapplevalley.org](http://www.cityofapplevalley.org)

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

#### Hours:

**Monday-Thursday 2:30-7:00pm**

**Friday 2:30-9:00pm**

**Saturday 1:00-9:00pm**

**Sunday 1:00-6:00pm**

### What is there to do at the Teen Center?

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



### Have Your Party at the Teen Center!

Have your birthday party or other special celebration at the Teen Center. Invite your friends, bring a cake, order a pizza, bring in a DJ and create your own theme. Party invitees are to be in grades 6-12. Parties are for up to 20 guests and up to 3 hours in length which includes set up and clean up. The fee to have your party at the Teen Center is \$25. A \$50 (refundable) "Rules & Damage" deposit is required. Call Marcie at 952-953-2312 for more party and reservation information.

## Family Activities

### Disc Golf League

*This league is open to all ages.*

**Wednesdays May 2 through June 6**

6:00pm start time

\$25.00 per team of four players.

New this summer is Disc Golf! Going above and beyond just throwing a Frisbee back and forth, disc golf involves strategy, skill and a desire to have fun! Like regular golf, players tee off by throwing their discs toward the hole in an attempt to reach the end in as few throws as possible. League play will give you the opportunity to play on Burnsville's Red Oak disc golf course and the Alimagnet Disc Golf Course in Apple Valley, have fun with friends, and meet new ones each and every week!

Register on line at [www.burnsville.org](http://www.burnsville.org) or call 952-895-4500

### S.O.R.R. GPS Amazing Family Race

**Saturday, May 5**

**Pre Race Meeting: 9:00am & Post Race Party: Noon**

\$25 per team

Steeple Center, 14375 South Robert Trail, Rosemount

**REGISTRATION DEADLINE: April 27**

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

Charge your portable hand held global positioning system (GPS) for our 7th annual South Of The River Recreators (SORR) GPS Amazing Family Race. Family teams of 2 or more members will compete in an amazing race that will take you on a tour of SORR communities which encompasses Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount, and Savage. We'll start off with a pre-race informational meeting and wrap-up with a post-race party at race headquarters. Various checkpoints will have to be conquered. Be prepared to start your gps after the pre-race meeting because the race will begin! Family racers will need a hand held GPS, transportation and an open mind. Teams must consist of family/friends only and include at least one member 18 years of age or older. Explore SORR, take the challenge, embrace the family, register now for the SORR GPS amazing family race.

### Family Badminton Sundays *New!*

\$3 per person

**Sundays Noon- 2:30pm** (barring tournament use of the facility).

Call 952-953-2399 for the latest gym schedule.

Six courts will be set up on for open play! Teach your children your favorite game in the warmth of our sport court gym this spring.

### Stepping Stones

*Families of all ages*

**Saturday, April 28**

2:00-4:00pm

\$24 per family

Apple Valley Community Center

Min. 2 Max. 6 families

**REGISTRATION DEADLINE: April 21**

*Instructor: Kristy Hemphill*

In this class your family will have the opportunity to make their own plaster stepping stone. You can use it in your garden, as a patio block or as a welcome stone in your landscaping, whatever you choose. We will mix the plaster and pour a 10-12 inch block (a variety of shapes are available). You will have the freedom to decorate it as you choose, you may choose a colorful mosaic design or you may choose to follow a picture pattern. We will have a wide variety of glasses and stones to decorate with. Finish it off with a message made from letter stamps. You have 2 hours to complete your stone, which will remain at the Community Center for 10 days to cure. Projects will be available for pick up beginning May 8th.

### Cupcake Wars

*Families of all ages*

Session 1: **Saturday, April 14;** 10:00am-12:00pm

Session 2: **Saturday, April 14;** 1:00pm-3:00pm

\$25 per family per session

Scott Highlands Middle School FCS Room

Min. 2 Max. 3 families per session only

**REGISTRATION DEADLINE: April 6**

*Instructor: Kristy Hemphill*

It's on! Let the "cupcake wars" commence! Join us for a creative and fun family event filled with competition, baking and tasting. Meet in the FCS room at Scott Highlands Middle School for a baking bonanza. Choose from a variety of mixes, fillings, toppings and glazes to create your very own cupcake creation. Your family will be working on a timed schedule to design your cupcake flavors, frostings, fillings and design presentation. You will be under the clock to get the batter mixed and in the oven. And again, feel the pressure as you frost, fill, decorate and complete your cupcake masterpieces – plate them up for the judges – TIME'S UP! The judging panel will be made up from all the participants and a few "experts". Hope your family will join us for this exciting time in the kitchen. All supplies are included but feel free to bring any ingredients you like, to supplement ours.

# HEALTHY PARKS HEALTHY PEOPLE

## Explore the Cosmos

Parents & children age 5 and older

**Friday, March 16**

7:30pm-9:00pm

Make-up Date: March 23 (If overcast)

\$20 per family

Apple Valley Community Center

Min. 4 Max. 10 families

**REGISTRATION DEADLINE: March 9**

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

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

## TARGET CENTER TICKETS for upcoming Spring Events:

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

## Harlem Globetrotters--2012 Tour

**Friday, April 6; 7:00pm**

**Saturday, April 7; 2:00pm**

\$28 per ticket (both dates)

**REGISTRATION DEADLINE: March 19**

**TICKET PICK-UP: Beginning April 2**



## Family Field Trips

### 3 Family Field Trips to Minnesota "Twins" Baseball Games at Target Field

Parents and children--Family Field Trips

#### Bus Pick-Up/Drop-Off:

Apple Valley Community Center

For the past 2 summers, we took busloads of fans to 3 baseball games at Target Field, and everyone said

"DO IT AGAIN NEXT YEAR!" So, we will

be offering 3 Field Trips by bus to MN TWINS games again this summer;



**Wednesday, June 27** VS Chicago White Sox

12:10pm start; 10:45am bus departure

\$28 per ticket; Home Plate View Seats

Min. 50 Max. 70

**Thursday, July 19** VS Baltimore Orioles

12:10pm start; 10:45am bus departure

\$31 per ticket; Family Section Seating

Min. 50 Max. 70

**Sunday, September 9** VS Cleveland Indians

1:10pm start; 11:45am departure

\$32 per ticket; Skyline Deck Seating

Min. 50 Max. 70

Just hop on the bus at the Apple Valley Community Center and leave the driving and parking to us! Great prices, great seats, great baseball action, and hopefully - great summer weather!

## World Vision presents... "Come to the Well" Tour with Casting Crowns

**Saturday, April 21, 7:00pm**

\$28 per ticket-Lower Level Seating

\$18 per ticket-Upper Level Seating

**REGISTRATION DEADLINE: April 2**

**TICKET PICK-UP: Beginning April 16**

## Adult Activities

### Slow Pitch Softball Leagues

No matter what your team's competition level is, we have a league to match it. The Apple Valley softball leagues would like to see your team on the playing field. All games are played at Johnny Cake Ridge Park. **The start date is Friday, April 27.**

Men's Doubleheader Leagues:

**Sunday, Monday, Tuesday, Wednesday, Thursday**

Men's 40 & Over Doubleheader League: **Wednesday** *New!*

Co-Rec Doubleheader Leagues: **Tuesday** *New!* or **Friday**

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

Team managers from 2011 summer and fall leagues were sent all necessary registration materials via email. New teams should contact the Recreation Department at 952-953-2300 to request the materials. Various levels of priority for acceptance into the leagues are utilized, such as, returning teams from 2010 leagues, and teams consisting of at least 50% Apple Valley players.

**REGISTRATION DEADLINE: March 1 (returning Resident teams); March 8 (all other teams)**

### Softball Umpires Clinic

**Tuesday, April 10**

6:00pm

Are you ready to call a game? Now is the time to jump into the action, as umpires are being recruited to officiate adult softball leagues in Apple Valley, Burnsville, Eagan, Rosemount, and Savage. Join us for an Umpires Clinic in the Apple Valley Community Center, and get registered to umpire the great game of slow pitch softball. Information will include softball rules, game situations, preventive officiating, professional appearance, and other topics. Registrants will become sanctioned officials with the United States Specialty Sports Association (USSSA). Please contact Keith Wallace of Apple Valley Officials at 651-451-9615 or 651-353-6215 prior to the clinic.



### Spring Recreational Volleyball Leagues

Women's and Co-Rec

Age 18 and older

**Thursday evening: April 19 – May 31 (or June 7)**

Women's Recreational Leagues: A1, A2, B1, B2, C

**Friday evening: April 20 - June 8 (or June 15)**

Co-Rec Recreational Leagues: A1, A2, B1, B2, C1, C2, D  
\$65 per team; a \$25 per team non-resident fee is charged for less than 50% AV residents

Apple Valley Community Center Gyms

**REGISTRATION DEADLINE: March 16**

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). The leagues will consist of at least 7 matches, with no play-offs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft list" of players looking to add to a team or sub.

### 3 On 3 Half Court Open Basketball League

**Wednesdays starting April 4 for one full round**

Age 18 and older

\$49 per team.

Apple Valley Community Center

**REGISTRATION DEADLINE: March 29**

Games will be played starting no earlier than 6:30 pm. This will be a call your own, un-officiated league open to all adults.

### Adult Table Tennis League

**Wednesdays Starting April 4**

Age 18 and older or 17 with High School Diploma

\$15 per person

Apple Valley Community Center

**REGISTRATION DEADLINE: March 29**

Game start times will be no earlier than 6:00pm and no later than 9:00pm. Want to test your skill against other local table tennis players for a chance at calling yourself Apple Valley Champion? Here's your chance. We will play one full round, followed by Playoffs.

# HEALTHYPARKS HEALTHYPEOPLE

## S.O.R.R. Adult Co-Rec Officiated Soccer League

Age 23 and older

Sunday afternoons

**Beginning on April 17 for 10-11 weeks**

\$825 per team

Rosemount Soccer fields TBD

**REGISTRATION DEADLINES: April 6 for Returning Teams & April 13 for New Teams**

\*Register at Farmington Parks & Recreation Dept.; 430 3rd Street, Farmington.

Get ready for Co-Rec Soccer this spring/summer! The South of the River Recreators (S.O.R.R.) which consists of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage, sponsor this league. Participants must be at least 23 years of age. **NOTE:** 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 Department at 651-280-6854 or visit their website at [www.ci.farmington.mn.us](http://www.ci.farmington.mn.us).

## S.O.R.R. Adult Self-Officiated Bocce Leagues

Age 18 and older

**Monday, Tuesday, Wednesday & Thursday Evenings**

Beginning Mid-May for 7-weeks, plus Play-offs

\$30 per team

Community Park, 13550 Dakota Avenue, Savage

**REGISTRATION DEADLINE: April 20**

Grab a couple of your friends and join this new S.O.R.R. (South of the River Recreators) Bocce League. Teams of 2 to 4 members will play two matches (6 total games) per night in Savage, on their 100 feet x 13 feet bocce courts at Community Park. This self-officiated league will have 8 teams comprised of males and females or any gender combination. Players must be at least 18 years of age and live within one of the S.O.R.R. communities (Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount, and Savage). For additional information or to request a registration packet, please call Savage Parks & Recreation Department at 952-224-3420 or visit their website at [www.cityofsavage.com](http://www.cityofsavage.com).

## S.O.R.R. Co-Rec Self-Officiated Kickball Leagues

Age 18 and older

**Wednesday & Thursday Evenings;**

Competitive and Recreational Leagues offered

**May through late July**

\$165 per team

Community Park Fields, 13550 Dakota Avenue, Savage

**REGISTRATION DEADLINE: April 13**

S.O.R.R. is offering another opportunity for adults to relive their days on the playground playing everyone's favorite game.....KICKBALL! The S.O.R.R. Communities (Apple Valley, Burnsville, Eagan, Lakeville, Savage, Farmington, and Rosemount) are offering this unique opportunity for all adults' ages 18 years and older to form Co-Rec Kickball teams. We will offer both competitive and recreational Co-Rec leagues which will tentatively last about 8 weeks, plus a single elimination tournament. This league does not have umpires for the games. For additional information or to request a registration packet, please call Savage Parks & Recreation Department at 952-224-3420 or visit their website at [www.cityofsavage.com](http://www.cityofsavage.com).



## 2012 "GROUND POUNDERS GRAND PRIX" Running Series *All Ages!*

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/fall:

- Saturday, May 19:** Eagan: "5K Your Way Activity"-5K Run, Walk, Rollerblade or Bike!  
651-675-5500 or [www.cityofeagan.com/specialevents](http://www.cityofeagan.com/specialevents)
- Saturday, June 2:** Burnsville: 5K Run  
952-895-4500 or [www.burnsville.org](http://www.burnsville.org)
- Saturday, June 16:** Farmington: 1 & 4 Mile Runs, ½ Mile Junior Jog  
651-280-6850 or [www.ci.farmington.mn.us](http://www.ci.farmington.mn.us)
- Wednesday, July 4:** Apple Valley: 2 & 5 Mile Runs, Youth ½ Pint ½ Mile  
952-953-2300 or [www.cityofapplevalley.org](http://www.cityofapplevalley.org)
- Saturday, July 7:** Lakeville: 1 & 4 Mile Runs, ½ Mile Fun Run  
952-985-4600 or [www.lakevillemn.gov](http://www.lakevillemn.gov)
- Saturday, July 21:** Rosemount: 1 & 4 Mile Runs, 1 & 4 Mile Fitness Walks  
½ mile Youth Run ½ Mile Youth Sprint  
651-322-6000 or [www.ci.rosemount.mn.us](http://www.ci.rosemount.mn.us)
- Saturday, October 27:** Savage: Halloween Fun Run, 4 Mile Run; ½ mile Youth Run  
952-224-3420 or [www.cityofsavage.com](http://www.cityofsavage.com)



## Lace Up Those Walking Shoes

*All Ages*

### Simple Steps Begins April 1

Simple steps is a walking program that fits your lifestyle. Enjoy time walking with friends, family and co-workers while boosting energy, reducing stress and improving your health. Join the thousands of people living and working in Dakota County that have participated in simple steps since 2007. Learn about great new places to walk in Dakota County and be eligible to win prizes just by tracking the number of minutes walked. It's easy, simply grab a friend and start walking. The program is free. Register online anytime between March 15 and June 15 at [www.dakotacounty.us](http://www.dakotacounty.us) (search simple steps), or call 651-554-6100.

# HEALTHY PARKS HEALTHY PEOPLE

## Cardio Kickboxing

Age 16 and Older

Session 1: **Monday, March 26-Saturday, April 21** (time listed below)

Session 2: **Monday, May 7-Saturday, June 2** (time listed below)

\$49 per session for the entire 4-weeks

Classes are held at the MN Valley Martial Arts, 14050 Pilot Knob Road #124; 952-423-5600

Min. 4 Max. 20 per session

**REGISTRATION DEADLINES: Session 1: March 19; Session 2: April 30**

*Instructors: Lisa Brockman & MN Valley Martial Arts Staff*

Cardio Kickboxing is one of the best total body workouts! We work on balance, strength, flexibility, endurance and bag work to help relieve the stress of your day! We have five different instructors to offer a great variation of workouts. Gloves are included.

Work out up to 5 times a week: Monday through Thursday, 7:00pm-8:00pm, and Saturday, 8:00am-9:00am, during the scheduled dates. You decide which days fit into your schedule.

## Power Fitness Camp

Ages 18 and Older

**Monday, April 30-Saturday, June 23** (time listed below)

\$140 for the 8-weeks (40 total classes)

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

Min. 4 Max. 20

**REGISTRATION DEADLINE: April 23**

*Instructors: Lisa Brockman & MN Valley Martial Arts Staff*

This Training Camp will give you an intensive 1-hour workout, 5 times a week, to give you overall total body fitness. On Mondays, Wednesdays, and Saturdays, we focus on strength training circuits; and on Tuesdays and Thursdays, we focus on cardiovascular endurance. Come in and join a fun atmosphere gym of like-minded hardworking people.

NOTE: Monday through Thursday, 8:00pm-9:00pm; and Saturday, 9:00am-10:00am

## Jeet Kune Do

Age 18 and older

**Thursday, April 19, 26; May 3, 10**

6:00pm-7:30pm

\$40 per person

Classes are held at the MN Valley Martial Arts 14050 Pilot Knob, #124, 952-423-5600

Min. 4 Max. 20

**REGISTRATION DEADLINE: April 12**

*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.

## Intro to Kettlebell

**(Pre-requisite for Adult Kettlebell Classes)**

Age 18 & older

Session 1: **Saturday, April 7;** 12:00pm-2:00pm

Session 2: **Saturday, May 5;** 12:00pm-2:00pm

\$50 per session

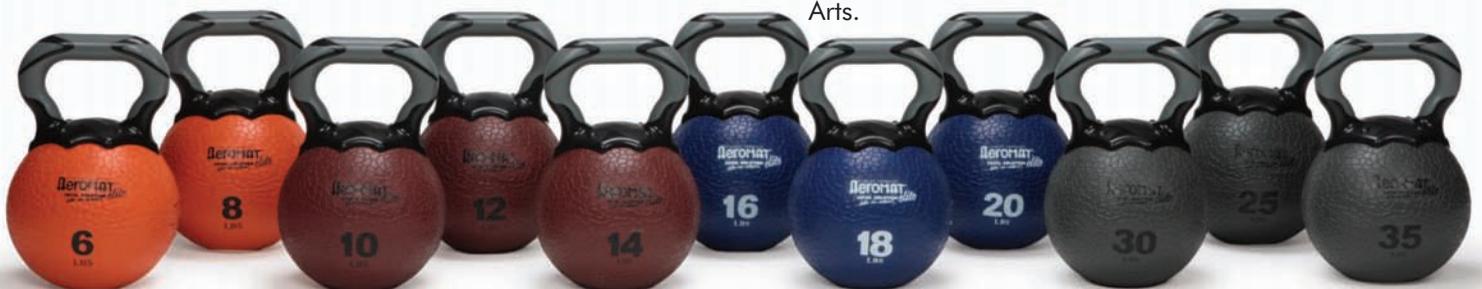
Classes are held at the MN Valley Martial Arts 14050 Pilot Knob Road #124; 952-423-5600

Min. 4 Max 20 per session

**REGISTRATION DEADLINES: March 30 (1) & April 27 (2)**

*Instructors: Lisa Brockman & MN Valley Martial Arts Staff*

In this 2-hour safe and informative Intro Class, you will learn the proper way to work with kettlebells. Kettlebell Training works on your core, cardio, and strength training, all in one efficient workout! This is a Pre-requisite for all other Adult Kettlebell Classes offered at MN Valley Martial Arts.



### Wine Glass Painting Class *New!*

Age 21 & older

Session 1: **Thursday, April 12;** 6:30pm-8:00pm

Session 2: **Thursday, May 17;** 6:30pm-8:00pm

\$24 per session

Redwood Community Center; 311 County Road 42

Min. 6 Max. 12 per session

**REGISTRATION DEADLINES: April 6 (1) & May 11 (2)**

*Instructor: Tina Sheppard*

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

### "Thrifty Wedding Planner" *New!*

Age 18 & older

**Saturday, April 7**

1:00pm-2:30pm

\$10 per person

Apple Valley Community Center

Min. 4 Max. 8

**REGISTRATION DEADLINE: March 30**

*Instructor: Victoria Parker*

It can be a challenge to create your "dream wedding" without causing a financial strain on a new marriage. The "Thrifty Wedding Planner" has some practical yet beautiful solutions for you. The "TOP 10 TOPICS" include: cakes, flowers, veils, centerpieces, formal wear, music, food, locations, amenities and ambience. Very informative!

### All Day Scrap

Ages 17 and older

**Saturday, May 5**

10:00am-7:00pm

\$15 per person

Apple Valley Community Center

Min. 5 Max. 40

**REGISTRATION DEADLINE: April 28**

*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 space and a table, plus light snacks. Chat and share ideas with others who share your passion for scrapping.

## Senior Programs

### 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 Hayes Community and Senior Center is located at 14601 Hayes Road. The facility is open Monday through Friday from 9:00am-4:00pm. We offer everything from Bingo to Computer Discussion; Book Club to Exercise classes. Call 952-953-2345 for further information and to receive a complimentary newsletter.



### Senior Showcase

**Friday, March 30**

11:00am-3:00pm

Hayes Community and Senior Center, 14601 Hayes Road

Come and see what activities are available for adults age 55 and older at the Hayes Community and Senior Center. Approximately 45 groups and activities will present information. The public is invited to attend this showcase. Sign up to become a member of the Apple Valley Seniors and become a participant in our many activities. Register for door prizes. Snacks and coffee will be provided.

### Velvet Tones

*Directed by Rich Clausen*

Join the 65 member senior adult choir. This is a non-audition choral group in its 15th year. Adults age 55 and older, perform over 30 yearly concerts featuring pop standards, show tunes, holiday and patriotic music for a variety of audiences. **Rehearsals are Wednesdays at 10 am, September to May,** at the Hayes Community and Senior Center, 14601 Hayes Road, Apple Valley. Annual membership dues are \$20 per person. For information call 952-432-1081 or email [velvettones@gmail.com](mailto:velvettones@gmail.com) Sponsored by Apple Valley Park and Recreation and District 196 Community Education.

# HEALTHYPARKS HEALTHYPEOPLE

## Parks & Facilities

### Community Center Open Gym 14603 Hayes Road

#### Family Open Gym

**Saturday 4:15–7:15pm; Sunday 2:00–4:00pm**

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 individuals are welcome (adults with their children or spouse); no individuals-only. 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 12:15–4:00pm; Sunday 12:00–2:00pm  
Monday–Friday 2:30–4:30pm**

Youth ages 10 to 18 (high school seniors and younger) are invited 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 current year school ID to enter the gym. \*FREE\*

#### Preschool Open Gym

**Monday, Wednesday & Friday 9:30am–11:00am**

Youth ages 5 and under can run off some energy, play with other kids, and develop motor skills and coordination. Tumbling mats, mini basketball hoops, various sizes of balls, and other fun stuff are available. All preschoolers must be accompanied and supervised by a parent or guardian. Please have your child wear sneakers while in the gym; no street shoes or bare feet. If snacks and/or drinks are brought, they must be consumed at the picnic table in the main lobby; no food or beverage in the gym. \*FREE\*

#### Home School Open Gym

**Wednesday & Friday 11:15am–1:00pm**

Indoor play equipment and basketball nets are available (volleyball net can be set up with one day advance notice). Deposit item needed to check out a basketball or volleyball. Adult supervision must be present for each student/child. \*FREE\*

#### Adult Open Badminton

\$3 per person

**Wednesdays 6:30 – 9:45pm**

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.

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

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

#### Adult Open Pickleball

**Tuesday 9:30-11:30am**

**Thursday 9:30-11:30am**

Age 18 and older

\$3 per person or \$30 for a 10 admission punch card

Apple Valley Community Center

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The court size is the same as badminton, however the net is lower than most racquet sports allowing for faster play. The game is played with a hard paddle and a whiffle ball. Free paddle and ball check out is available with a photo ID deposit.

#### Family & Adult Open Pickleball *New!* (Beginning April 24)

**Tuesday 6:30-9:00pm**

\$3 per person or \$30 for a 10 admission punch card

Apple Valley Community Center

Courts will be set aside for both adult only games as well as family play. Family Pickleball is designated for kids age 8-17 who are accompanied by a parent, grandparent or other responsible adult 18 years or older. This adult must actively participate on the court with the child. Free paddle and ball check out is available with a photo ID deposit.

#### Adult Open Volleyball

Age 18 & older

**Saturday & Sunday, year-round; 3:00pm-6:00pm**

**Monday, year-round; 6:00pm-9:30pm**

\$3 per person per date (players and spectators)

–OR– \$30 for a Punch Card (Buy Punch Card with 10 dates, get 1 day FREE!)

Apple Valley Community Center

Whether you want to practice the fundamentals or just want to get in some fun exercise, you'll enjoy our 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. NOTE: Participants will be required to fill out a "Participant Registration Card" and show an ID on their first day of attendance. Players must check in when paying their \$3 fee each date.

## 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:

<b>ORGANIZATION</b>	<b>LEADER</b>	<b>LOCATION</b>
Planet Earth Club.....	Connor George.....	Alimagnet Park Disc Golf Course
Family & Friends of Amy & Cindy.....	Bill Sonterre.....	Apple Grove Park
Hayne Family.....	Katie Knight.....	Apple Ponds Park
MRCI Worksource.....	Bill Schwartz.....	Apple Valley East and Cobblestone Lake
The Adventure Zone.....	Jim Nordberg.....	Belmont & Chaparral Parks
Catholic Order of Foresters Court 332.....	Alma Kremer.....	Cedar Knolls Park
South Metro ATV Club.....	Jay Peterson.....	Duchess Park
Cub Scout Pack 290 – Den 9.....	David DeSutter.....	Duchess Park
Farquar Park Helpers.....	Jeff Christianson.....	Farquar Park
Southcross Community Church.....	Jeannine Springer.....	Fred J. Largen Park
Ceglar Family.....	Traci Ceglar.....	Huntington Park
River Valley Church.....	Lisa Engelking.....	Johnny Cake Ridge Park
Uponor, Inc.....	Sue Schmidt.....	Johnny Cake Ridge Park
Shaver Group.....	Connie Shaver.....	Keller Park
Journey Montessori Academy.....	Valerie Miller.....	Keller Park
Boy Scout Troop #293.....	Paul Chellsen.....	Long Lake, Moeller, & Hagemeister Parks
Minnesota Zoo Gifts.....	Laurel Wright.....	Long Lake, Moeller, Hagemeister, & Farquar Parks
Daisy Troop 54088.....	Nicole Junker.....	Longridge Park
Gracelyn Group.....	Joel Seguin.....	Moeller Park
Nordic Woods Neighborhood.....	John Santi.....	Nordic Park
Corral Family.....	Anthony Corral.....	Palomino & Heritage Parks
South Metro Ultimate.....	David Nguyen.....	Quarry Point & Kelley Parks
The Evans Family.....	Jeanine Evans.....	Redwood Park
Rotary Club of Apple Valley.....	Tom Lawell.....	Redwood, Kelley & Legacy Parks
Girl Scout Troop 51282.....	Arlys Thompson.....	Robert L. Erickson Park
Paideia Academy.....	Ginie Klopp.....	Scott Park
Stael Family.....	Anthony Stael.....	Sunset Park
Apple Valley Lions Club.....	Hans Student.....	Valley Middle Park
Hansen Family.....	Bill and Julie Hansen.....	Wallace Park
The Wild Things of Wildwood.....	Shawnessy Schwartz.....	Wildwood Park

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

### **Earth Day Clean-Up And Celebration For Adopt-A-Park Volunteers**

**Saturday, April 21**

Join other Adopt-A-Park volunteers of Apple Valley and let's clean up our neighborhood parks. Call Steve Skinner, Recreation Supervisor at 952-953-2314 to find out how you can volunteer for the adopt-a-park program in the effort to keep our parks a great place to recreate and enjoy.

# HEALTHYPARKS HEALTHYPEOPLE

Tennis

## Apple Valley Sports Arena

Our well established tennis program for players of all abilities and ages takes place in the Apple Valley Sports Arena at the Apple Valley High School, which is located at 14452 Hayes Road, Apple Valley, MN.

Four Indoor Sport Court Tennis Courts

Arena Office Phone: 952 953 2366

Our goal is to provide a welcoming and safe learning environment that leads to fun and consequent success on the tennis court.

### Court Fees

Adults \$10 per hour

Juniors \$8 per hour

Reservations 952 953 2366

## Spring Tennis 2012

Administered by the City of Apple Valley

### Ladies Advanced Doubles League

Cost: \$60 per person for 8 weeks—8 teams max

Women's 3.5 - 4.0 League

**Wednesdays 7pm- 9pm**

**April 4 through May 23**

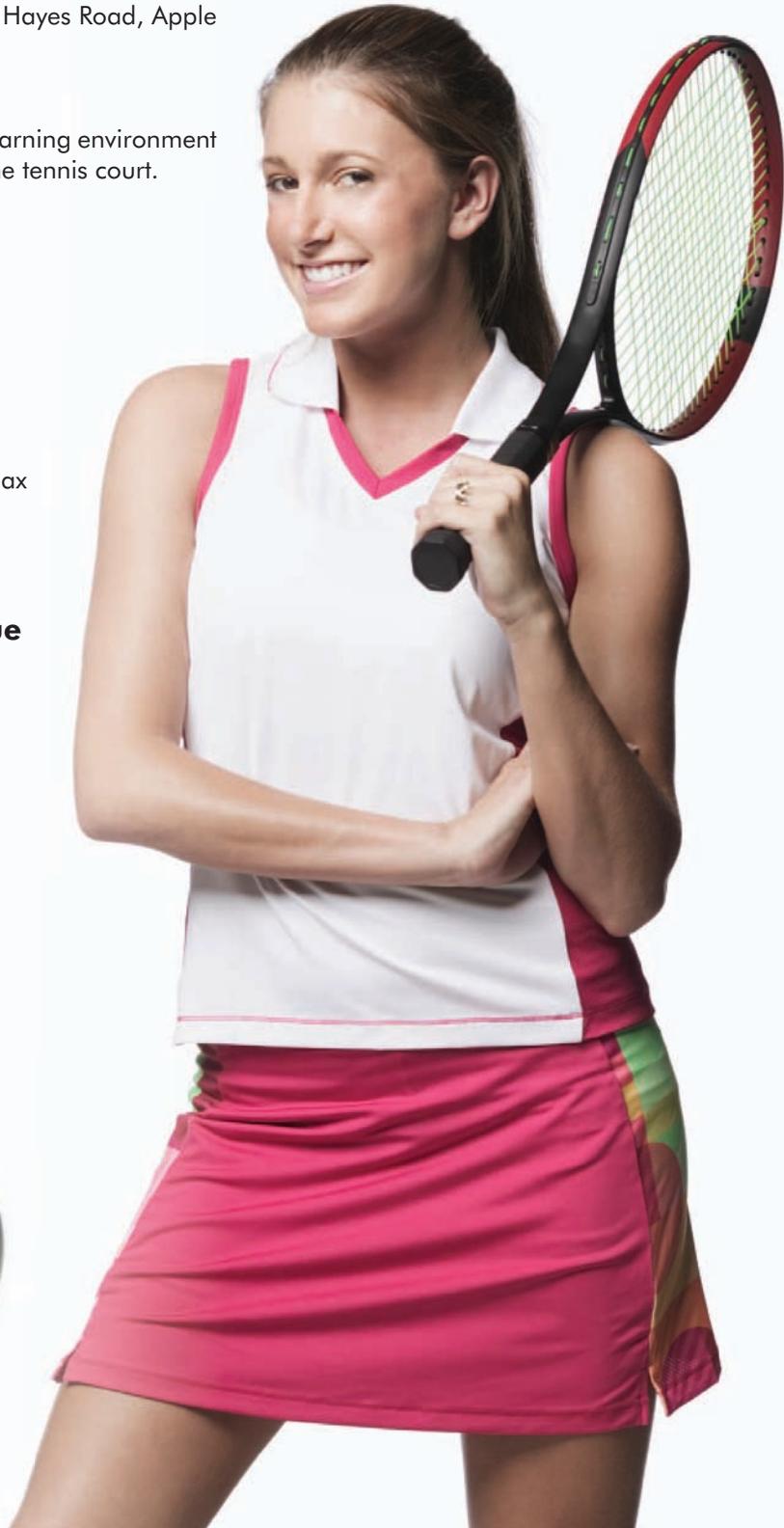
### Ladies Recreational Doubles League

Cost: \$60 per week

**Women's 2.5 - 3.0**

**Tuesdays 7pm- 9pm**

**April 3 through May 22**



## Summer Tennis 2012

**INSTRUCTIONAL STAFF:** MacKenzie Rayman, Varsity Player at the College of St. Benedict, Chris Steadman, Club Player at the University of MN, Tanner Rayman, Varsity Player at AVHS, Sam Hoyt, Varsity Player at AVHS.

### Morning Junior Tennis Classes

Register online at [www.vaasports.org/registration/register.php](http://www.vaasports.org/registration/register.php)

Four day sessions Cost \$48 per session

**Monday through Thursday starting on: 6/11, 6/18, 6/25, 7/2 (No class July 4 - Makeup July 6), 7/9, 7/23, 7/30, 8/6**

Students will be divided by ability in each class.

Maximum student teacher ratio: 4

Ages 4-7.....9:00am

Ages 8-10.....10:00am

Ages 11+.....11:00am

Make up lessons may be arranged

### Evening Junior Tennis Classes

Register online at [www.vaasports.org/registration/register/php](http://www.vaasports.org/registration/register/php)

Maximum student teacher ratio: 6

**SESSION 1: Classes meet twice a week for seven weeks starting the week of June 11. End of the session tournament on Saturday, July 28!**

Ages 4,5.....Monday & Wednesday...5:00pm-6:00pm

Ages 6,7.....Monday & Wednesday...6:00pm-7:00pm

Ages 8,9.....Monday & Wednesday...7:00pm to 8:00pm

Ages 10,11.....Tuesday & Thursday...5:30pm to 7:00pm

Ages 12+.....Tuesday & Thursday...7:00pm to 8:30pm

Cost: \$70 per session (No class July 4)

**SESSION 2: Classes meet twice a week for three weeks starting July 31. Classes conclude on August 16.**

Ages 4-7.....Tuesday and Thursday...5:00pm-6:00pm

Ages 8-10.....Tuesday and Thursday...6:00pm-7:00pm

Ages 11+.....Tuesday and Thursday...7:00pm to 8:30pm

\$45 per session

### Park Sites

- Belmont: 118 Belmont Rd
- Cedar Knolls: 7094 127th St W
- Delaney: 4745 147th St W
- Farquar: 13266 Pilot Knob Rd
- Greenleaf: 134th St W & 134th Ct W
- Hagemeister: 13000 Johnny Cake Ridge Rd (lights)
- Heritage: 12852 Hamlet Ave
- Pennock: 15445 Pennock Ave
- Redwood: 311 150th St W
- Scott: 14125 Galaxie Ave (lights & rally boards)
- Wildwood: 8266 137th St W

### USTA Summer Junior Team Tennis VAA Traveling Program

Register online at [www.vaasports.org/registration/register.php](http://www.vaasports.org/registration/register.php)

Teams meet Monday through Thursday for 2 hours

\$170 for the 7 Week Session (No practice/match July 4)

18 & Under

1:00pm to 3:00pm ..... **Matches Thursday** 1:00pm  
Practices 3:00pm

14 & Under

3:00 pm to 5:00pm..... **Matches Tuesday** 1:00pm  
Practices 3:00pm

12 & Under

3:00 pm to 5:00pm..... **Matches Wednesday** 1:00pm  
Practices 3:00pm

10 & Under

3:00 pm to 5:00..... **Matches Thursday** 3:30pm  
Practices 3:00pm

(10 & Under Traveling uses age-appropriate court size and equipment)

### Meet and Greet with players

**May 26** from 10:00am-Noon

Areas Tournament: **July 16, 17** (Area Tournament Fee included in registration)

If qualify, Sections Tournament: **July 22-26**

### Summer Adult Drop in Drill

3.0 and above \$15 a week

Monday 7:00pm to 8:30pm

**June 11 through August 16**

## Outdoor Tennis Courts

### School Sites

- Apple Valley High, 14450 Hayes Rd
- Eastview High 6200, 140th St W (rally boards)
- Scott Highlands, 14011 Pilot Knob Rd (rally boards)
- Valley Middle, 900 Garden View Dr
- Falcon Ridge Middle 13000 Johnny Cake Ridge Rd.

### Outdoor Pickleball Courts

- Pickleball lines have been marked on the tennis courts at Pennock and Hagemeister Parks

# HEALTHYPARKS HEALTHYPEOPLE

## Valleywood Golf Course

Information & Tee Times : [www.valleywoodgolf.net](http://www.valleywoodgolf.net)

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

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

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

Contact the golf shop or [www.valleywoodgolf.net](http://www.valleywoodgolf.net) about Twilight and Special Rates.

### 2012 FEE SCHEDULE

#### Weekend Fees (Saturday and Sunday)

# Holes	Regular Rate	Patron Rate
18	\$38.00	\$35.00
9	\$24.00	\$21.00

#### Weekday Fees (Monday thru Friday)

# Holes	Regular Rate	Patron Rate
18	\$30.00	\$27.00
9	\$20.00	\$17.00
18 (Sr./Jr.)	\$24.00	\$21.00
9 (Sr./Jr.)	\$18.00	\$15.00

Patron card . . . . . \$40.00 + Tax  
 Senior Patron Card . . . . . \$30.00 + Tax  
 Resident Patron Card . . . . . \$20.00 + Tax\*  
 \*(Includes one free cart rental, a \$17.00 value)

Senior: 55+ 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 (55+): \$750.00+ tax  
 Junior: \$450.00+ tax

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

## 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 beginners or intermediate players, 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 hours prior to the start of lessons, and will be re-scheduled with the instructor. Refunds will be issued if all lessons are cancelled.

**Register in person at the course or by phone with a credit card.**

#### Adult

Cost: \$100 for (4) 1-hour lessons  
 (Including a voucher for (1) 9 hole round of golf)  
 Time: 6:00 – 7:00pm.

Classes are limited to 8 students per class.

Monday - Tuesday

**April 30 & May 1, 7 & 8; June 18 & 19, 25 & 26;  
 July 9 & 10, 16 & 17**

#### Senior

Cost: \$50 for (3) 1 hour lessons  
 (Including a voucher for (1) 9 hole round of golf)  
 Time: 8:00-9:00am

Age: 50+

Classes are limited to 8 students per class.

Monday - Wednesday

**May 14-16 , May 21-23; June 4-6, June 18-20**

#### Women

Cost: \$90/person for (3) one hour 15 minute lessons  
 (Including a voucher for (1) 9 hole round of golf)

Time: 6:30 – 7:45pm

Classes are limited to 8 students

Wednesdays

**April 25, May 2 & 9; May 16, 23 & 30; June 13, 20, 27  
 July 18, 25 & Aug. 1**

### Tee Time Information

By internet or phone, up to fourteen days in advance. Credit Card required. [www.valleywoodgolf.net](http://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 organizationa. Call for discounted pricing.

### Junior Golf School

Junior Golf Camp is an opportunity for golfers ages 6-17 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.

#### Tuesday - Thursday

**June 19 - 21**

**June 26 - 28**

**July 17 - 19**

Age: 8-11

Cost: \$70 for (3) one hour lessons

(Including a voucher for (1) 9 hole round of golf)

Time: 10-11am

Age: 12-17

Cost: \$85

(Including a voucher for (1) 9 hole round of golf)

Time: 11:30-1pm

### Mighty Mites

**Saturday**

**June 2 & 23**

**July 14 & 21**

**August 4**

Ages: 4-7

Cost: \$16.00

Time: 9:00 – 9:45am

Classes are limited to 10 students

### Parent/Child Group Lessons

Learn the game together!

**Saturday/Sunday**

**May 5 & 6**

**June 30 & July 1**

Child Ages: 7-15

Cost: \$95 for (2) one hour and fifteen minute lessons

(Including vouchers for (2) 9 hole rounds of golf)

Time: 10:00am – 11:15am

Classes are limited to (4) parent/child groups

### Private Lessons

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

### Need a USGA Handicap?

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

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

### Practice Facility

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

### Golf League Opportunities

Register by phone 952-953-2323 or

[www.valleywoodgolf.net](http://www.valleywoodgolf.net)

#### Junior 9 Hole League

Junior League meets **Monday**

tee times between 7:30 – 9 a.m. **starting June 11th.**

#### Ladies 9-Hole League

The 9-hole ladies play **Thursday**

tee times between 4:15 - 6:15 p.m.

League membership includes USGA handicap service, weekly prizes, banquets and year-end door prizes.

#### Ladies 18-Hole League

The 18 hole ladies play **Tuesdays**

shotgun start at 8:00 or 9:00 a.m.

League membership includes USGA handicap service

#### Men's 9-Hole League

The Valleywood Men's Club offers league play on **Wednesday**

tee times between 3:15 - 5:45 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.

#### Senior 9 or 18 hole League

The senior league is an competitive or non-competitive (depending on your preference) league that plays

**Thursdays** tee times between 8am – 9:30am. It is open to any interested senior. Weekly games, entry fees and results will be administered by the league coordinator.