

# HEALTHY PARKS HEALTHY PEOPLE



Apple  
Valley

**SUMMER 2012**

**CITY OF APPLE VALLEY PARKS & RECREATION**

## **GET OUT AND ENJOY YOUR SUMMER!**

- **Golf at Valleywood Golf Course on page 4**
- **Take a dive into the Apple Valley Family Aquatic Center or Redwood Pool on page 6**
- **Rule the tennis court at the Sports Arena on page 9**

**[www.cityofapplevalley.org](http://www.cityofapplevalley.org)  
952.953.2300**

# HEALTHYPARKS HEALTHYPEOPLE

## Table of Contents

General Information .....	2
Special Events .....	3
Valleywood Golf Course .....	4-5
Aquatics .....	6-8

## 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  
 Memorial Day (May 28) ..... 9:00am–10:00pm  
 July 4th (Wednesday) ..... 7:00am–12:00pm

### 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!

Tennis.....	9	Teen Activities.....	22-23
Playground Program.....	10-12	Family Activities.....	24-26
Mobile Puppet Theater.....	13	Adult Activities.....	27-31
Youth Activities.....	14-21	Parks and Facilities.....	31-33



## Music in Kelley Park – Summer Concert Series

Looking for Free Family Fun to kick off your summer weekends? Come to Kelley Park from 6:00-9:00pm on select Fridays in June, July and August, for an evening of fantastic music. You could win one of several fantastic prizes including bicycles, electronics, guitars, books and more! There will be great food and drink for sale (including adult beverages) including kids meals! Food and beverages will be provided by local restaurants. Bring the whole family! Kelley Park is located at 6855 Fortino Street. For more information visit "Music In Kelley Park" on Facebook or [www.applevalleyarts.org](http://www.applevalleyarts.org)

### Concert Schedule

<b>June 15:</b>	Four Degrees of Freedom	Acoustic Covers and Originals
<b>June 22:</b>	Ménage à Neuf	High Energy Funk!
<b>July 6:</b>	The Castaways	Classic Rock-Liar Liar #12 on Billboard Chart in 1965
<b>July 13:</b>	Harold Torrence Latin Vibe	Come Salsa Dance!
<b>July 20:</b>	Michael Monroe	Grammy Award Winning Artist
<b>July 27:</b>	An Evening with MacPhail Jazz	Jazz
<b>August 3:</b>	Steve Sullivan and the Factory	Blues

## Ride for the Greenways

**May 20, 2012**

Sunday 12:00 noon

Start & Finish at the Minnesota Zoo in Apple Valley

**Early Registration Fee (before 4:30 on May 13th)**

**\$9/Individual & \$15/Family**

**Day of Registration Fee (after 4:30 on May 13th)**

**\$12/Individual & \$20/Family**

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. Helmets required for all riders. Snacks provided at the start, finish and at the rest stop along the way. There will be both a family ride of 11 miles and a street ride for experienced riders of 30 miles. Ride with us!

## GPS Amazing Family Race

**Saturday, May 5**

9:00am pre-race meeting/12:00pm post-race party

\$25.00 per team

Race Headquarters: Rosemount Steeple Center, 14375 South Robert Trail

### REGISTRATION LIMITED

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 whirlwind 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.

## APPLE VALLEY FREEDOM DAYS

[www.avfreedomdays.com](http://www.avfreedomdays.com)

Check out Apple Valley Freedom Days on Facebook!

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

Planned activities include:

- Kids Fishing Derby
- Youth Tennis Tournament
- Adapted Teen Dance
- Music In the Park
- Carnival with Rides & Games
- Events at the Apple Valley American Legion
- Car Show
- Cub Foods Family Fun Night
- Johnny Holm Band at Bogart's

### Freedom Days Fun Run

**Wednesday, July 4**

8:00am Start

Hayes Park, 14603 Hayes Road

(See page 23 for registration and race details)

### Freedom Days Parade

**Wednesday, July 4**

1:00pm

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

### Apple Valley Freedom Days Fireworks

**Wednesday, July 4**

Noon: Carnival

6:00pm: Pre-Fireworks Entertainment

10:00pm: Fireworks

Johnny Cake Ridge Park-East

5800 140th Street West

**Fireworks Rain Date: July 5, 10:00pm**

# 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

Visit us at [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	\$35
9	\$24	\$21

#### Weekday Fees (Monday thru Friday)

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

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

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

#### Cart Fees

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

#### Driving Range Fees

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

#### Season Pass Fees

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

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

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

### Private Lessons

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

### Need a USGA Handicap?

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

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

### Practice Facility

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

## Golf League Opportunities

Visit us at [www.valleywoodgolf.net](http://www.valleywoodgolf.net) for further information.

### Junior 9 Hole League

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

### Ladies 9-Hole League

The 9-hole ladies play **Thursday**  
 tee times between 4:00 - 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, banquet, guest day and year-end prizes.

### 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, subscription to MGA magazine, league banquet and Men's Club Banquet.

### 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.

### 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 organizations. 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: 10:00am-11:00am

Age: 12-17

Cost: \$85

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

Time: 11:30-1:00pm

### 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

### 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**

**VALLEYWOOD GOLF COURSE** Purchase (1) Regular 18 Hole Green Fee and Rent (1) 18 Hole Riding  
**TWO FOR ONE GOLF COUPON** Car and YOUR PARTNER PLAYS FOR FREE! Not valid for league play or golf outings  
 Offer valid only with coupon from Parks & Recreation Brochure  
 Coupon may not be photocopied Offer expires August 1, 2012

# HEALTHYPARKS HEALTHYPEOPLE

## **PARENTS BE ADVISED:**

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

*Nothing can replace close parental supervision around the water!*

## **DATES OF OPERATION**

### **The Apple Valley**

#### **Family Aquatic Center**

14421 Johnny Cake Ridge Road

#### **Preview Weekend June 2 & 3**

Open for the Season Daily (Weather Permitting)

#### **Starting June 8 through August 26**

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

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

Saturday, June 2: 11:00am-6:00pm

Monday, July 4: 11:00am-6:00pm

DAILY ADMISSION

Individual \$8.50

"After 5:00pm" \$6.00

*Children under 12 months Free*

### **Redwood Community Pool**

311 150th Street West (County Road 42 at Elm Drive)

Open for the Season Daily (Weather Permitting)

#### **Starting June 8 through August 26**

CLOSED JULY 4

12:30pm to 4:00pm

DAILY ADMISSION

Individual \$3.50

*Children under 12 months Free*

### **Exclusive Use Group Rentals**

#### **AVAILABLE June 9 through August 25**

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

### **Apple Valley Family Aquatic Center**

AVAILABLE (Capacity 1200)

Monday - Friday: 8:30pm-10:30pm

Saturday & Sunday: 7:30pm-10:30pm

Fee per hour: \$500

### **Discount Entry Punch Cards**

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

### **Ten Entry Punch Cards**

Apple Valley Family Aquatic Center \$75.00 per ten entries.  
Redwood Community Pool \$32.00 per ten entries.

The Resident Multi-Pack is offered to Apple Valley residents who wish to purchase multiple punch cards. With each additional punch card up to four purchased, a substantial savings is made. If a fifth card is purchased, the pack rate will start over.

**NOTE: To receive the resident multi pack rate, all purchases must be made at the same time.**

### **Aquatic Center Multi-Pack**

First 10 punch card \$65.00

Second 10 punch card \$55.00

Third 10 punch card \$45.00

Fourth 10 punch card \$35.00

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

### **Redwood Multi-Pack**

First 10 punch card \$30.00

Second 10 punch card \$27.00

Third 10 punch card \$23.00

Fourth 10 punch card \$19.00

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

### **Redwood Community Pool**

Monday-Thursday

5:00pm-7:00pm

Monday-Thursday

7:30pm-9:30pm

Saturday & Sunday

10:00am-12:00 Noon

5:00pm-7:00pm

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

Fee for two hours:

\$130 for up to 50 swimmers

\$180 for 51-75 swimmers

\$230 for 76-100 swimmers

	Session One June 18 - 28			Session Two July 9-19			Session Three July 23-August 2			Session Four August 6-16		
9:00 – 9:40 AM	1	3	A	2	4	6	1	3	5	2	4	A
9:45 – 10:25 AM	1	2	4	1	3	5	1	2	4	1	3	5
10:30 – 11:10 AM	1	3	5	1	2	4	1	3	6	1	2	4
11:15 – 11:55 AM	2	4	6	1	3	A	2	4	A	1	2	3
12:00 – 12:25 PM	P/C	TS		P/C	TS		P/C	TS		P/C	TS	
4:30 – 4:55 PM	P/C	TS		P/C	TS		P/C	TS		P/C	TS	
5:00 – 5:40 PM	1	2	4	1	2	4	1	2	4	1	2	4
5:45 – 6:25 PM	1	5	6	1	5	6	1	5	6	1	5	6
6:30 – 7:10 PM	2	3	A	2	3	A	2	3	A	2	3	A

## Summer Swimming Lessons at Redwood Community Pool

### Class Schedule 2012

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

### What Level is best?

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

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

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

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

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

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

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

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

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

If you have further questions regarding what class to register your child for, contact Steve Skinner at the Apple Valley Parks and Recreation Department at 952-953-2314. or [sskinner@ci.applevalley.mn.us](mailto:sskinner@ci.applevalley.mn.us)

## Private Swimming Lessons at Redwood Pool

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

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

## Registration & Costs

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

Parent/Child and Tadpole Splash are \$39.00 per eight class session. Levels 1-6 are \$59.00 per eight class session. Payment must accompany registration. Registration for each session closes one week prior to session start. Please register for all sessions in which you would like to participate. We will transfer children to other skill levels if they are not correctly assigned only if space is available in the appropriate level and the child is currently registered in a class during the same session. Children are unlikely to advance from one level the next in a single eight class session. We recommend that they be registered in the same level each session unless you are advised otherwise by the child's instructor. **WE WILL GIVE PRIORITY TO CHILDREN ON THE WAITING LIST FOR EACH CLASS IF SPACE BECOMES AVAILABLE, SO WE STRONGLY ENCOURAGE WAITING LIST REGISTRATION FOR FULL CLASSES YOU WISH TO ENTER.**

**CANCELLATIONS:** The City of Apple Valley reserves the right to cancel any class for lack of registration no later than the Thursday prior to the session start date.

# HEALTHYPARKS HEALTHYPEOPLE

## Junior Lifeguard Training

Ages 10-14 years

**Monday - Friday; August 20 - 24;** 10:00am - Noon  
Redwood Community Center, 311 Elm Drive at Co. Road 42  
\$79 per person (includes materials and Pool entry for the afternoon)

**REGISTRATION DEADLINE: August 13**

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

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

**June 8 through August 26**

Mornings (Daily); 9:30am-10:30am

Evenings (Mon-Fri); 8:00pm-9:00pm

\*Weather Permitting

Cost \$3 per day.

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

## Group Reservations

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

### Apple Valley Family Aquatic Center

Groups of 25 to 250: 11:15am-closing (daily)

Groups of 250 to 1000: 5:00pm-closing only (daily)

### Redwood Community Pool

Groups of 10-100: 12:30pm-4:00pm (daily)

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



## 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

### 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 5:00pm..... **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**

## 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-8:30pm

\$45 per session



# HEALTHY PARKS HEALTHY PEOPLE

## Summer Playground Program

Ages 6-11

**Monday, Tuesday, Thursday, Friday; June 11-August 3**

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

**Week #1: June 11, 12, 14, 15**

**Week #2: June 18, 19, 21, 22**

**Week #3: June 25, 26, 28, 29**

**Week #4: July 2, 3**

**Week #5: July 16, 17, 19, 20**

**Week #6: July 23, 24, 26, 27**

**Week #7: July 30, 31, August 2, 3**

### MORNING PARK SITES

(9:00am-12:00pm)

Briar Oaks

Cedar Isle

Redwood\*

Tintah

Regatta

### AFTERNOON PARK SITES

(1:00pm-4:00pm)

Belmont

Hagemeister\*

Hayes\*

Huntington\*

Wildwood

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

## Inclusion Opportunities

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

## Rainy Day Policy

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

## MN TWINS GAME

Ages 6-11

**Wednesday, June 27**

12:10pm-approximately 3:45pm

\$28 per person

Min. 15 Max. 30

**REGISTRATION DEADLINE: June 4**

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

## Summer Kick Off Party

Ages 6-11

**Wednesday, June 13;** 10:30am-3:00pm

\$10 per person; Apple Valley Community Center  
Min. 20 Max. 50

**REGISTRATION DEADLINE: June 12**

Join us for our first outing of the summer. We are having a summer kick off party! We will spend the first few hours playing playground games and showing you what our playground program is like, then we will break for lunch (participants should bring a bag lunch). After lunch we will have a 2 hour super fun DANCE PARTY with games! We will dance, play games and have contests for prizes.

\*This event will be held at the Apple Valley Community Center, 14603 Hayes Road in Apple Valley. Participants should get dropped off and picked up from this location.

## Sky Zone

Ages 6-11

**Wednesday, June 20;** 10:15am-1:00pm

\$26 per person

Min. 15 Max. 30

**REGISTRATION DEADLINE: June 15**

We are going to Sky Zone Indoor Trampoline Park in Plymouth. Sky Zone is a huge indoor trampoline park where the floors and the walls are all trampolines – you can literally bounce off the walls! We will have 90 minutes of jump time, then we'll head over to McDonalds for lunch (a Happy Meal is included). This is the coolest place around; you cannot miss out on this adventure. Grab a friend and sign up today! Space is limited and taken on a first come, first served basis. Socks must be worn to participate in this event. A Sky Zone waiver must be signed and turned in to the Apple Valley Community Center prior to the trips departure.

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	9:30am	1:45pm

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	10:45am	approximately 4:30pm



## Day Trip to Cleary Lake

Ages 6-11

**Wednesday, July 11;** 10:00am–2:00pm

\$12 per person

Min. 20 Max. 50

**REGISTRATION DEADLINE: July 6**

We are taking a day trip to Cleary Lake in Prior Lake for some fun in the sun. Participants will have the opportunity to go canoeing, swim, play games and scooter around the lake. Participants may also choose to bring their golf clubs and an additional \$10.00 if they want to golf 9 holes at the golf course. We will have a fun filled day of outdoor play! Participants should pack a bag lunch and water bottle, wear sunscreen and bring along their scooter and/or golf clubs if they are interested.

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	9:30am	2:30pm

## Crystal Caves

Ages 6-11

**Wednesday, July 18;** 12:00pm-2:30pm

\$25 per person

Min. 20 Max. 50

**REGISTRATION DEADLINE: July 13**

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

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	10:30am	4:00pm

## Safety Camp

Ages 6-11

**Wednesday, July 25;** 8:30am–4:30pm

\$25.00 per person; Redwood Community Center

Min. 20 Max. 40

**REGISTRATION DEADLINE: August 3**

*\*Camp will be held at the Redwood Community Center, 311 150th street in Apple Valley. Participants should be dropped off and picked up from this location*

Safety Camp is back and better than ever! Join the Apple Valley Parks and Recreation Department, the Apple Valley Fire Department and the Apple Valley Police Department as we present the 2012 Safety Camp at the Redwood Community Center. Children will learn valuable lessons on how to act safely and responsibly in real life situations. Children will learn about internet safety, gun safety, bullying, fire safety, and first aid just to name a few. We will also work on team building and friendships too. An informational letter outlining our camp will be e-mailed to you approximately one week prior to camp.

## Bunker Beach Wave Pool

Ages 7-11

**Wednesday, August 1;** 11:30am–2:30pm

\$25 per person

Min. 20 Max. 50

**REGISTRATION DEADLINE: July 27**

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

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	10:30am	3:30pm

## Wild Mountain

Ages 7-12

**Wednesday, August 8;** 12:00pm–4:00pm

\$35 per person

Min. 20 Max. 50

**REGISTRATION DEADLINE: August 3**

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

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	10:30am	5:30pm

# HEALTHYPARKS HEALTHYPEOPLE

## Day Camp

Ages 6-11

**Monday-Friday, July 9-13;** 9:00am-3:00pm

\$75 per person

Min. 25 Max. 50

**REGISTRATION DEADLINE: July 2**

Our weeklong day camp is the greatest! Enjoy five days of swimming, games, crafts and more at Cleary Lake Regional Park in Prior Lake. Plan on having tons of fun this year, the leaders have an action packed week planned, it's one you don't want to miss. Day camp runs the entire week of July 9-13 from 9:00am-3:00pm. Our camp combines hands-on learning with recreational activities to make a perfect balance for all. Enjoy new activities this year along with some old favorites and an extra special surprise on Friday! Each day your child should bring the following items: swim attire, sun block, warm weather clothes, rain gear and a water bottle. Participants should bring a bag lunch and a snack Monday - Thursday, on Friday we will have a pizza party. Camp will be held rain or shine. An informational letter will be sent to you one week prior to camp with further details and a schedule. Space is limited and taken on a first come, first served basis

### Bus Schedule:

Location	Pick-up	Drop-off
AVCC	8:30am	3:30pm

## Sports and Games Camp

Ages 6-11

**Monday and Tuesday, August 6 & 7;** 10:00am-2:30pm

\$15 per person; Redwood Community Center

Min. 20 Max. 50

**REGISTRATION DEADLINE: August 1**

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

*\*Camp will be held at the Redwood Community Center, 311 150th street in Apple Valley. Participants should be dropped off and picked up from this location.*

## Manic Ceramic

Ages 6-11

**Thursday, August 9;** 10:30am-12:30pm

\$20 per person; Manic Ceramic

Min. 6 Max. 17

**REGISTRATION DEADLINE: August 3**

Join us for a few hours this summer to enjoy pottery and creativity at its best at Manic Ceramic in Lakeville. We will meet at Manic Ceramic and you will be able to choose just about any piece of pottery to paint! Paint your pottery and then leave it for the studio to glaze and fire, pieces are available for pick up 7 days after the class. We will have lunch at the studio, so bring along a bag lunch - we will provide the dessert! Space is limited and taken on a first come, first served basis.

*\*Class will be held at Manic Ceramic, 17685 Kenwood Trail in Lakeville. Participants should be dropped off and picked up from this location.*

## Sew Creative Craft Camp

7-12 year olds

**Session 1: Friday, August 10;** 9:30am-12:00pm

**Session 2: Friday, August 10;** 1:00pm-3:30pm

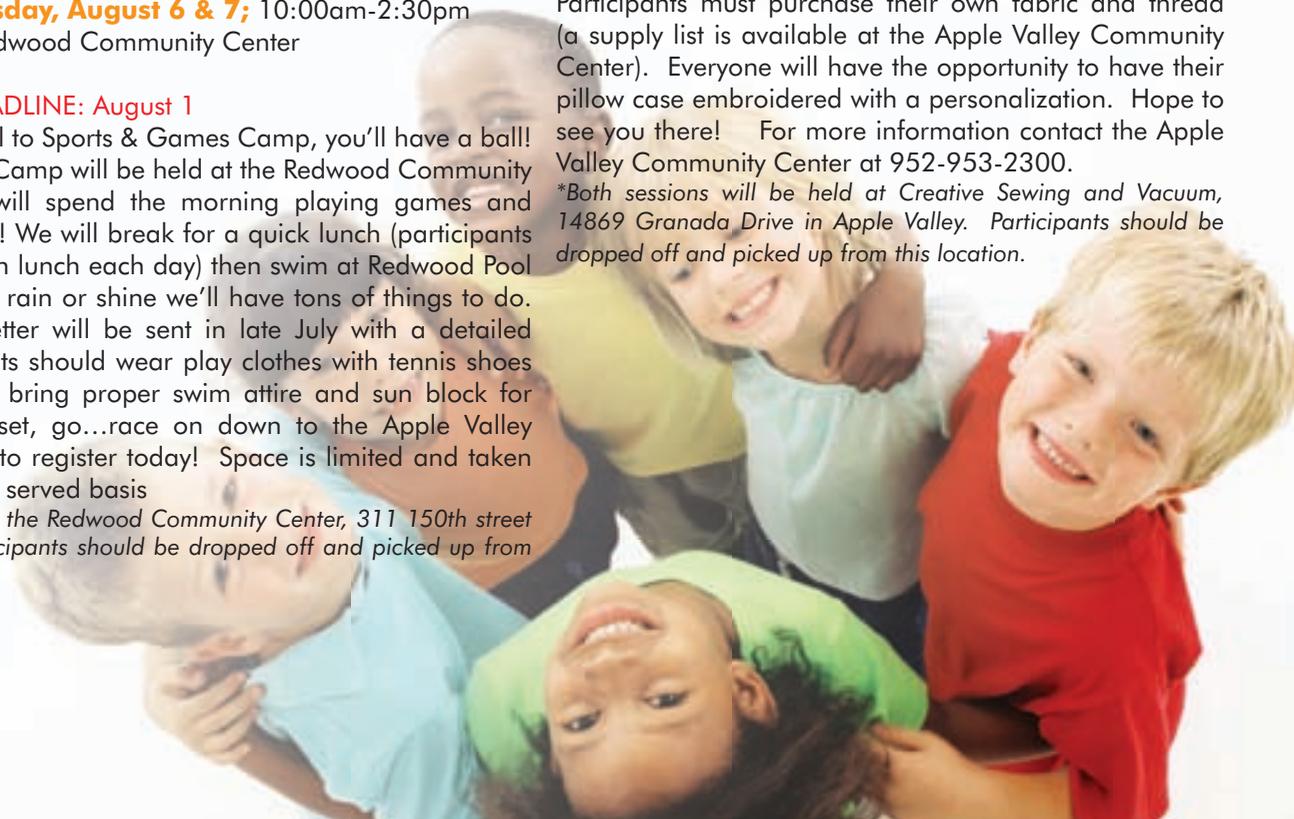
\$11.00 per person; Creative Sewing and Vacuum

Min. 3 Max. 10

**REGISTRATION DEADLINE: August 3**

We are offering a one day sewing camp for all of you crafting lovers! We will be making a pillow case. Participants must purchase their own fabric and thread (a supply list is available at the Apple Valley Community Center). Everyone will have the opportunity to have their pillow case embroidered with a personalization. Hope to see you there! For more information contact the Apple Valley Community Center at 952-953-2300.

*\*Both sessions will be held at Creative Sewing and Vacuum, 14869 Granada Drive in Apple Valley. Participants should be dropped off and picked up from this location.*



## Apple Valley Mobile Puppet Theater

“Official Goodwill Ambassador of Apple Valley”

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

### SHOWS RUN:

**June 11 - August 3, 2012**

(NO SHOWS on July 4th)

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

### Monday:

**11:15am**-Westview Elementary; 225 Garden View Drive (near parking lot)

**\*\*1:00pm**-Valley Middle Park; 1040 Baldwin Drive (near ball fields)

**\*\*1:45 pm**-Delaney Park; 4745 147th Street West (near playground)

**\*\*2:30pm**-Kelley Park; 6855 Fortino Street (near Splash Pad)

### Tuesday

**9:30am**-Longridge Park; 6830 160th Street West (near playground)

**10:15am**-Apple Ponds Park; 15834 Garrett Drive (off Garrett Path)

**\*\*11:00am**-Regatta Park; 15596 Finch Avenue (off Fjord Avenue)

**\*\*1:00pm**-Alimagnet Park; 211 Ridgeview Drive (near playground)

**\*\*1:45pm**-Cedar Knolls Park; 17094 127th Street West (near parking lot)

**2:30pm** -Palomino Park; 12765 Pennock Avenue (near trail)

### Wednesday

**\*\*9:30am**-Apple Grove Park; 14904 Hayes Road (Parking lot)

**\*\*10:15am**-Faith Park; 15539 Ferris Avenue (near ball field)

**\*\*11:00am** -Johnny Cake Ridge Pk-East; 5800 140th Street (South Parking Lot)

**1:00pm**-Cobblestone Park; 15601 Cobblestone Lake Pkwy (near Eagle Bay Drive)

**1:45pm** -Kelley Park; 6855 Fortino Street (near Splash Pad)

**2:30pm**-Pennock Park; 15445 Pennock Avenue (near playground)

FREE to those who watch the Puppet Wagon Show! Aroma’s Art is scheduled immediately after the Puppet Show ends.  
NOTE: Aroma’s Art will not be available if the Puppet Shows have been cancelled due to bad weather! There will be no make-ups scheduled.

### Thursday

**\*\*9:30am**-Farquar Park; 13266 Pilot Knob Road (near playground on Dominica Way)

**\*\*10:15am**-Tintah Park; 4839 142nd Street West (near playground)

**\*\*11:15am**-Redwood Park; 311 150th Street West (east of building)

**1:00pm**-Wildwood Park; 8266 137th Street West (near playground)

**1:45pm**-Hagemeister Park; 13000 Johnny Cake Ridge Road parking lot)

**2:30pm**-Huntington Park; 12960 Diamond Path (near playground)

### Friday

**\*\*9:30am**-Briar Oaks Park; 12275 Safari Path (near playground)

**\*\*10:15am**-Nordic Park; 13161 Foliage Avenue (near playground)

**\*\*11:00am**-Cedar Isle Park; 14400 Freeport Trail (near playground)

**12:45pm**-Fred J. Largen Park; 7368 142nd Street West (near ball field)

**1:30pm**-Belmont Park; 118 Belmont Road (off Belmont Rd.)

**2:15pm**-Apple Valley Comm. Center; 14603 Hayes Road (near playground)

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

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

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

### Aroma’s Art: “Traveling Puppet Wagon Craft”

Ages 2-6 & Parent

**Monday-Friday, June 11-August 3:**

#### Monday:

1:00pm; Valley Middle Park; Baldwin Drive & Gardenview Drive

1:45pm; Delaney Park; 4745 147th Street West

2:30pm; Kelley Park; Fortino St. & 152nd Street

#### Tuesday:

11:00am; Regatta Park; Finch Avenue & Fjord Avenue

1:00pm; Alimagnet Park; Ridgeview Drive & Walnut Lane

1:45pm; Cedar Knolls Park; 127th Street & Galaxie Avenue

#### Wednesday:

9:30am; Apple Grove Park; Hayes Rd. near Haven Drive

10:15am; Faith Park; 134th Street & Ferris Avenue

11:00am; Johnny Cake Ridge Park (East); Johnny Cake Ridge Road & 140th Street

#### Thursday:

9:30am; Farquar Park, Elkwood Dr., on Dominica Way

10:15am; Tintah Park, 142nd Street & Drexel Court

11:15am; Redwood Park, Co. Rd. 42 & Elm Drive

#### Friday:

9:30am; Briar Oaks Park; Gantry Lane & Safari Path

10:15am; Nordic Park; 132nd Street & Foliage Avenue

11:00am; Cedar Isle Park; Flora Way & Freeport Trail

# HEALTHYPARKS HEALTHYPEOPLE

## Youth Activities

### Summer's "Critters Club"

Ages 2 1/2-6

**Session 1: Tuesday & Thursday, June 5, 7, 12, 14, 10:00-11:30am**

**Session 2: Tuesday & Thursday, June 19, 21, 26, 28, 10:00-11:30am**

**Session 3: Tuesday & Thursday, July 10, 12, 17, 19, 10:00-11:30am**

**Session 4: Tuesday & Thursday, July 24, 26, 31; August 2, 10:00-11:30am**

**Session 5: Tuesday & Thursday, August 7, 9, 14, 16, 10:00-11:30am**

**Session 6: Tuesday & Thursday, August 21, 23, 28, 30, 10:00-11:30am**

\$17 per session; \$5 Drop in Fee Apple Valley Community Center

Min. 6 Max. 18 per session

#### REGISTRATION DEADLINES:

Please register at least one week prior to the start of the session.

Instructors: Apple Valley Parks and Recreation Staff

Our recreation program, just for TOTS! Our objective is to provide a fun, active and enjoyable program in an accepting atmosphere. Emphasis will be placed on ensuring each child's self-confidence and enjoyment. Songs, crafts, games, fun projects, snacks and stories will all be included in our sessions. Children must be potty-trained to participate. Parents do not stay. (NOTE: We will accept Drop-Ins for each date, for a fee of \$5 paid at the front desk of the AVCC, on the day of class only. Call for availability at 952-953-2300)

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

Ages 3-6

**Session 1A: Monday, June 4, 11, 18, 25; 9:00am-12:00pm**

**Session 1B: Tuesday, June 5, 12, 19, 26; 12:30-3:30pm**

**Session 1C: Wednesday; June 6, 13, 20, 27; 9:00am-12:00pm**

**Session 1D: Thursday, June 7, 14, 21, 28; 12:30-3:30pm**

**Session 2A: Monday, July 9, 16, 23, 30; 9:00am-12:00pm**

**Session 2B: Tuesday, July 10, 17, 24, 31; 12:30-3:30pm**

**Session 2C: Wednesday, July 11, 18, 25; August 1 9:00am-12:00pm**

**Session 2D: Thursday, July 12, 19, 26; August 2 12:30-3:30pm**

**Session 3A: Monday, August 6, 13, 20, 27; 9:00am-12:00pm**

**Session 3B: Tuesday, August 7, 14, 21, 28; 12:30-3:30pm**

**Session 3C: Wednesday, Aug. 8, 15, 22, 29; 9:00am-12:00pm**

**Session 3D: Thursday, August 9, 16, 23, 30; 12:30-3:30pm**

\$42 per session; \$12 drop-in fee (see info below on drop-in procedure)

Apple Valley Community Center

Min. 6 Max. 18 per session

#### REGISTRATION DEADLINES:

Sessions 1A-1B-1C-1D: May 28; Sessions 2A-2B-2C-2D: July 2; Sessions 3A-3B-3C-3D: July 30

Instructors: Apple Valley Parks and Recreation Staff

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 parents 'on the run', who need that little bit of extra time for errands, or just to relax! Our Instructors and assistants will lead activities throughout the 3-hours, keeping the tots busy with a myriad of activities—lots of fun for all tots! Parents do not stay for this class! Children MUST BE potty-trained to participate.

(NOTE: We will accept Drop-Ins for each date, for a fee of \$12 paid at the front desk of the AVCC, on the day of class only. Call for availability at 952-953-2300)

## Icky, Sticky, Slimey Fingers *New!*

Ages 3-6

**Session 1:** 1:00-2:15pm

**Monday & Wednesday, June 18, 20, 25, 27**

**Session 2:** 1:00-2:15pm

**Monday & Wednesday, July 9, 11, 16, 18**

**Session 3:** 1:00-2:15pm

**Monday & Wednesday, July 23, 25, 30; August 1**

**Session 4:** 1:00-2:15pm

**Monday & Wednesday, August 6, 8, 13, 15**

\$17 each per session; \$5 drop in fee; Apple Valley Community Center

Min. 6 Max. 12 per session

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

*Instructors: Apple Valley Parks and Recreation Staff*

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

## Little Chefs "Healthy Summer Treats" for Tots

Ages 3-6

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

**Session 2: Friday, July 20;** 11:00am-12:15pm

**Session 3: Friday, August 31;** 11:00am-12:15pm

\$7 per session; Apple Valley Community Center

Min. 6 Max. 12 per session

**REGISTRATION DEADLINES:** Please register 1 week prior to the session

*Instructors: Apple Valley Parks and Recreation Staff*

Fun tot's cooking classes featuring healthy foods and snacks for pre-schoolers! We will try new recipes each session! Each "Little Chef" will take home a recipe book of the recipes from that session. Parents do not stay for this class. Please indicate any food/ingredient allergies that your child has so we can adjust accordingly.

## Little Luau for Tots

Ages 3-6

**Friday, August 17;** 11:00am-12:15pm

\$7 each

Redwood Park Pavilion, 311 150th Street (Indoors if it's raining)

Min. 8 Max. 18

**REGISTRATION DEADLINE:** August 10

*Instructors: Apple Valley Parks and Recreation Staff*

A Luau and cookout, just for tots! We'll do the limbo, make cool crafts to wear, and have a tasty Luau Lunch at NOON! Wear your best Luau outfit today! Parents do not stay.

## Super Powers

Ages 3-6

**Friday, July 27;** 11:00am-12:30am

\$6 each; Apple Valley Community Center

Min. 5 Max. 10

**REGISTRATION DEADLINE:** July 20

*Instructor: Linda Runeborg*

Discover the power of air and water! Make and race simple boats that are powered by air and water. Help launch a "balloon rocket: that zooms along a string! And create a hovercraft that uses balloon power – lots of super-powerful fun!

**\*LATEX ALLERGY WARNING: We will be using balloons in this class.**

## Little Explorers Club

Ages 3-6

**Session 1: Friday, August 3;** 9:30-10:45am

**Session 2: Friday, August 3;** 11:00am-12:15pm

\$7 per session

Redwood Park Pavilion, 311 150th street (Indoors if it's raining)

Min. 8 Max. 18 per session

**REGISTRATION DEADLINE:** July 27

*Instructors: Apple Valley Parks and Recreation Staff*

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

## Leap Frog

Ages 3-6

**Friday, August 10;** 10:00am-11:15am

\$6 each; Redwood Community Center

Min. 5 Max. 10

**REGISTRATION DEADLINE:** August 3

*Instructor: Linda Runeborg*

Hop to this class to learn what frogs are saying, what they eat, where they live, and why they are important. Frog crafts, puppets, and actual recorded frog calls help us learn the lifestyle our amphibian friends.

# HEALTHYPARKS HEALTHYPEOPLE

## Dinosaur Adventure

Ages 3-6

**Friday, August 24**

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

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

\$6 each; Redwood Community Center

Min. 5 Max. 10

**REGISTRATION DEADLINE: August 17**

*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!

## Summer Barnyard Critters—with real live animals!

Ages 3-6

**Session 1: Friday, July 13;** 9:30am-10:30am

**Session 2: Friday, July 20;** 9:30am-10:30am

\$12 each per session; Apple Valley Community Center

Min. 7 Max. 14 per session

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

*Instructors: REACH Education Solutions Staff*

"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! Parents may stay, but are not required to do so.

## No-Bake Cooking Fun *New!*

Ages 3-6

**Session 1: Friday, July 27;** 9:30am-10:30am

**Session 2: Friday, August 3;** 9:30am-10:30am

\$8 each per session; Apple Valley Community Center

Min. 7 Max. 14 per session

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

*Instructors: REACH Education Solutions Staff*

Create exciting treats and projects while brushing up on your measuring and mixing skills, in this activity-filled class. Come hungry, to taste-test your creations afterwards! Parents do not stay.



## High Reach Prancers

Ages 3-6

**Wednesday, July 11, 18, 25; August 1:** 5:45-6:30pm

\$29 each; Apple Valley Community Center

Min. 8 Max. 14

**REGISTRATION DEADLINE: July 2**

*Instructor: Reach Education Solutions Staff*

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



# Science Explorers Classes for Tots

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

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

Min. 4 Max. 6 per class

Instructors: Science Explorer's Staff

## Camp Caterpillar

Ages 4-6

**Tuesday-Thursday, June 5, 6, 7;** 10:00am-12:00pm

\$60 each; Apple Valley Community Center

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

## Dynamite Dinosaurs

Ages 4-6

**Tuesday-Thursday, June 19, 20, 21;** 10:00am-12:00pm

\$65 each; Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

Journey back to a world where dinosaurs ruled the earth. Become a paleontologist to learn how enormous or small these amazing creatures were, plus participate in a "mini dino dig". Have a dynamite time with hands-on experiments, and studying fossils.



Art Camps for "Little Doodlers"

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

## Little Girl Art Camp *New!*

GIRLS Ages 3 1/2-6

**Monday & Tuesday, July 16 & 17;** 10:00am-12:00pm

\$52 each; Apple Valley Community Center

**REGISTRATION DEADLINE: July 9**

Min. 6 Max. 18 per class

Instructors: Abrakadoodle Staff

Celebrate all things pink and fancy in this girl's art camp! We'll read the book Pinkalicious and some fun Fancy Nancy stories. You'll make a girly treasure box. Then, water color some fancy birds, adding glitter, and much more! We'll even paint our nails. 2 days of LITTLE GIRL FUN! Bring a beverage and nut free snack each day.

## Construction Zone for Boys *New!*

BOYS Ages 3 1/2-6

**Wednesday & Thursday, July 18 & 19;** 10:00am-12:00pm

\$52 each; Apple Valley Community Center

**REGISTRATION DEADLINE: July 9**

Min. 6 Max. 18 per class

Instructors: Abrakadoodle Staff

Does your little boy love trucks and dirt and big machines? Then, this is the camp for him! We'll read some fun stories followed by fun little boy projects. We'll decorate hard hats; make tool belts, collage dump trucks and more! Bring a beverage and nut free snack each day.

# HEALTHYPARKS HEALTHYPEOPLE

## Music Together in the Valley Pre-School Music program for parents & children

Children, birth-Age 5 and a Parent

### Session 1:

**Tuesday, June 19, 26;** 9:30am-10:15am

**July (NO 7/3), 10, 17, 24, 31;** 9:30am-10:15am

**August 7, 14;** 9:30am-10:15am

### Session 2:

**Tuesday, June 19, 26;** 10:30am-11:15am

**July (NO 7/3), 10, 17, 24, 31;** 10:30am-11:15am

**August 7, 14;** 10:30am-11:15am

\$144 per Adult-Child Pair for the 8-week program

\$78 per additional sibling

FREE with a paid sibling: Siblings 8 months & younger (must be born after 10/20/11)

Apple Valley Community Center

Min. 6 Max. 12 per session

**REGISTRATION DEADLINE: June 11**

Instructors: "Music Together" Instructor, Laurie McFaul

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-age 5 and a Parent

**Session A: Tuesday, June 5;** 9:30am-10:15am

**Session B: Tuesday, June 12;** 10:30am-11:15am

FREE, but only 1 demo per family please!

Apple Valley Community Center

Min. 6 Max. 12 pairs per each demo

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

Experience the joy of making music. Space is limited so register soon! Register your child(ren) only, but parents still attend. Call 952-953-2300 with questions; or check our website: [www.cityofapplevalley.org](http://www.cityofapplevalley.org).

## Musical Safari Programs for Parents and Children

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

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

Min. 4 pairs Max. 6 pairs per each class/session

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

## Banana Babies

Children, birth to 17 months & a Parent

### Session 1:

**Monday-Friday, June 18, 19, 20, 21, 22;**

9:00-9:45am

### Session 2:

**Monday-Friday, August 6, 7, 8, 9, 10;** 9:00-9:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

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

A great way to introduce your child to music! Bond with your child through music, singing songs, dancing, doing finger plays and playing instruments.

## Twocans & Chimpanthrees

Children, 18 months to 3 years & a Parent

### Session 1:

**Monday-Friday, June 18, 19, 20, 21, 22**

10:00-10:45am

### Session 2:

**Monday-Friday, August 6, 7, 8, 9, 10**

10:00-10:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

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

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

## Family Safari

Children, birth to 5 years & a parent/grandparent

**Session 1: Monday-Friday, June 18, 19, 20, 21, 22;** 11:00-11:45am

**Session 2: Monday-Friday, August 6, 7, 8, 9, 10;** 11:00-11:45am

Falcon Ridge Middle School; 12900 Johnny Cake Ridge Road

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

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

## “Introduction to Martial Arts” Classes for tots and youth

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

### Little Ninjas Classes

Parents stay and observe the classes

Ages 4-6

#### Session 1:

**Monday, May 21 (NO 5/29);** 6:00pm-6:30pm

**June 4, 11, 18;** 6:00pm-6:30pm

#### Session 2:

**Thursday, May 24, 31;** 5:15pm-5:45pm

**June 7, 14;** 5:15pm-5:45pm

#### Session 3:

**Saturday, June 16, 23, 30;** 10:15am-10:45am

**July (NO 7/5), 12;** 10:15am-10:45am

#### Session 4:

**Monday, August 6, 13, 20, 27;** 6:00pm-6:30pm

\$25 per session, includes a uniform

Min. 6 Max. 20 per session

**REGISTRATION DEADLINES:** Please register at least one week prior to the start. Pre-registration required with Apple Valley Parks and Recreation

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

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

## Beginning Tae Kwon Do for Kids

Parents stay and observe the classes

Ages 7-12

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

**Monday, May 21 (NO 5/28); June 4, 11, 18**

**Session 2:** 10:15am-11:00am

**Saturday, June 16, 23, 30**

**July (NO 7/5), 12**

**Session 3:** 5:15pm-6:00pm

**Monday, July 9, 16, 23, 30**

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

**Saturday, August 4, 11, 18, 25**

\$25 per session, includes a uniform

Min. 6 Max. 20 per session

**REGISTRATION DEADLINES:** Please register at least one week prior to the start. Pre-registration required with Apple Valley Parks and Recreation

*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.

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

Pre-registration is required with the Apple Valley Parks & Recreation Department for all sessions!

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

## Wushu Martial Arts for Youth

Parents stay and observe the classes

Ages 8-13

**Session 1: Monday, May 21 (NO 5/28); June 4, 11, 18;** 6:00pm-7:00pm

**Session 2: Wednesday, June 6, 13, 20, 27;** 6:00pm-7:00pm

**Session 3: Wednesday, July 11, 18, 25; August 1;** 6:00pm-7:00pm

**Session 4: Monday, August 6, 13, 20, 27;** 6:00pm-7:00pm

\$25 each, includes uniform; Classes are held at MN Valley Martial Arts; 14050 Pilot Knob Road, #124; Call 952-423-5600 for directions

Min. 4 Max. 20 per session

**REGISTRATION DEADLINE:** Pre-Registration required at least one week prior to start date. Register with Apple Valley Parks & Recreation.

*Instructor: Scott Folke, Certified with the Korean Wushu Federation*

Looking for something fun, different, and exciting to get you into great shape while learning a Martial Art? Wushu is all of that and more. This Martial Art has a long traditional history and has been adapted to become the most popular sport all over Asia.

Wushu is finding it's following here in the US. Wushu develops dynamic leg and core strength along with giving you a great aerobic workout. This program is for the beginner to advanced levels. Come in enjoy a great workout!

# HEALTHY PARKS HEALTHY PEOPLE

## 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, and personalize it to fit your dad's sporting tastes. This clock will be the perfect gift for him, made by you with love. Join us!

## Taylor Swift Dance Party *New!*

Ages 5-10

**Friday, August 17;** 10:00-11:30am

\$20 each; Apple Valley Community Center

Min. 7 Max. 15

**REGISTRATION DEADLINE: August 10**

*Instructors: "Once Upon A Star" Staff*

SPEAK NOW & wear your sparkly fashion! This Once Upon A Star Party includes bling-tinsel hair strands for everyone! We'll bead a 'sparks fly' jewelry craft, receive a sugar-glitter "13" tattoo & dazzling eye jewels, and learn more about Taylor when we play ENCHANTED B-I-N-G-O & learn a choreographed dance to one of her fun hits! All Taylor Swift FEARLESS fans are invited to our party!



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

Min. 6 Max. 22 per class

*Instructors: Abrakadoodle Staff*

## 'Cool Girls' Art Camp *New!*

*Girls Ages 5-11*

**Monday & Tuesday, July 16 & 17**

12:30pm-2:30pm

\$52 each; Apple Valley Community Center

**REGISTRATION DEADLINE: July 9**

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

## More 'Star Wars' Art Adventures *New!*

*Ages 5-11*

**Wednesday & Thursday; July 18 & 19**

12:30pm-2:30pm

\$52 each; Apple Valley Community Center

**REGISTRATION DEADLINE: July 9**

If you loved our Star Wars Camp last summer, then this is the camp for you. You'll learn to draw, sculpt and paint some more of your favorite Star War characters, while exploring the galaxy. In this 2-day camp, you'll draw lots of your favorite Star Wars characters, including some clones. Make a clay mask of a Star wars character, draw asteroids, and of course, make light sabers, and lots more! May the force be with you! Bring a beverage and a nut free snack, and come dressed to paint and play!

### KIDCREATE STUDIO Art Camps

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

#### Mini Cake Creation Art Class *New!*

Ages 5-12

**Friday, July 13;** 9:30am-12:00pm  
\$29 each; Falcon Ridge Middle School  
Min. 5/Max. 10

**REGISTRATION DEADLINE:** July 6

*Instructors: Kidcreate Studio Staff*

Kids, this is your chance to become a cake designer! Instead of flour, butter and sugar, our ingredients will be model magic and air-dry clay. We'll sculpt delicious mini master-pieces. Yummy! Please pack a peanut free snack and drink for your child each day.

#### Scooby Dooby Doo Art Camp *New!*

Ages 5-12

**Monday-Thursday, July 23, 24, 25, 26**

9:00am-12:00pm  
\$109 each; Falcon Ridge Middle School  
Min. 5/Max. 10

**REGISTRATION DEADLINE:** July 16

*Instructors: Kidcreate Studio Staff*

Scooby Dooby Doo, where are you? Make everything Scooby loves like scooby snacks, a sandwich piled high with all his favorite ingredients, a spooky haunted house, and the mystery Machine! Get messy with clay, paint and more as we help Scooby catch the villain! Please pack a peanut free snack and drink for your child each day.

#### Zhu Zhu Pets Art Camp *New!*

Ages 5-12

**Thursday & Friday, August 9 & 10;** 1:00pm-4:00pm

\$59 each; Falcon Ridge Middle School  
Min. 5/Max. 10

**REGISTRATION DEADLINE:** August 1

*Instructors: Kidcreate Studio Staff*

Do you Zhu Zhu? We do! Come and create some awesome Zhu Zhu sized accessories for your hamster pals. Whether you have Winkie, Pipsqueak, Num Nums or Scuddles, your hamster will love the crafts you create for them. We'll make hamster carriers, exercise wheels, cute costumes, crazy cars and more. These projects are positively zhu-tastic! Please pack a peanut free snack and drink for your child each day.

### Young Rembrandt's "Summer Art Workshops" for Youth *New!*

No prior art class experience necessary. Young Rembrandt's Instructors provide a positive, nurturing environment for each child. Young Rembrandt's innovative, step-by-step drawing method can teach any child how to draw, regardless of artistic ability, giving them the skills to express their creativity that will last a lifetime. All materials are provided—happy, smiling faces guaranteed!

#### Young Rembrandts - Under the Ocean Adventure! *New!*

Ages 6-12

**Monday-Thursday, June 18, 19, 20, 21;**

10:00am-11:00am

\$35 each; Redwood Community Center; 311 150th Street  
Min. 6 Max. 20

*Instructors: Young Rembrandt's Staff*

Would you like explore the Ocean? Scuba dive? Learn how to draw the world beneath the waves of the ocean. Enroll your artist today!

#### Young Rembrandts - Animals, Two by Two! *New!*

Ages 6-12

**Monday-Thursday, July 23, 24, 25, 26;**

10:00am-11:00am

\$35 each; Redwood Community Center; 311 150th Street  
Min. 6 Max. 20

*Instructors: Young Rembrandt's Staff*

Do you like animals? Have you visited the zoo? Do you have a pet? Learn how to draw different animals, Two by Two. Enroll your artist today!

#### Young Rembrandts - Mouse in the House! *New!*

Ages 6-12

**Monday-Thursday, August 13,14, 15, 16;**

10:00am-11:00am

\$35 each; Redwood Community Center; 311 150th Street  
Min. 6 Max. 20

*Instructors: Young Rembrandt's Staff*

Have you ever had a mouse in your house? We'll draw some funny pictures in the class! Draw pictures with humor and improve your skills. Enroll your artist today!



# HEALTHYPARKS HEALTHYPEOPLE

## 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 Apple Valley Parks and Recreation Department.

### Hours: (May 1 through June 7)

<b>Monday-Thursday</b>	<b>2:30-8:00pm</b>
<b>Friday</b>	<b>2:30-10:00pm</b>
<b>Saturday</b>	<b>1:00-10:00pm</b>
<b>Sunday</b>	<b>1:00-6:00pm</b>
<b>Memorial Day (May 28)</b>	<b>1:00-8:00pm</b>

### Hours: (Beginning June 8)

<b>Monday-Thursday</b>	<b>1:00-9:00pm</b>
<b>Friday</b>	<b>1:00-10:00pm</b>
<b>Saturday</b>	<b>1:00-10:00pm</b>
<b>Sunday</b>	<b>1:00-7:00pm</b>
<b>Independence Day (July 4)</b>	<b>1:00-8:00pm</b>

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

- Guitar Hero • Birthday Parties • Food • Movies • Live Bands
  - PS3 • Xbox 360 • Wii • Ping Pong • Foosball • Air Hockey • Dances • Skateboard (April-October) • Basketball
- Other outdoor sports equipment available to be checked out.



### Have Your Party at the Teen Center!

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

### 5th Grade "OPEN HOUSES"

All current 5th Graders and Parents  
**Monday, May 14;** 4:00pm-7:00pm  
**Tuesday, May 22;** 4:00pm-7:00pm  
**Wednesday, May 30;** 4:00pm-7:00pm  
FREE!

Fifth grade students will soon be eligible to use the Apple Valley Teen Center. Parents are encouraged to stop by with their "soon-to-be-6th-grader" and take a tour of the facility, meet the Teen Center Staff, and ask questions! Refreshments will be available.

### 2nd Annual

### "School's Out for the Summer POOL PARTY"

All Youth entering grades 6-10 next Fall  
**Thursday, June 7;** 3:00pm-7:00pm

Apple Valley Family Aquatic Center  
\$7 per person in **registered by Monday, June 4**  
\$10 per person on the day of the event

**LIVE DJ!**

CONGRATULATIONS! You made it through another year of school and now, summer vacation is finally here! Celebrate your year of hard work and studying at the Apple Valley Family Aquatics Center. You do not have to be an Apple Valley Resident of ISD 196 student to participate. This event is exclusively for youth who will be entering grades 6, 7, 8, 9, 10 in the Fall of 2012. Bring a towel, sunscreen, lock for a locker, snacks, beverages (no glass containers), or money for concessions. Pre-register at the Apple Valley Community Center or on-line at [www.cityofapplevalley.org](http://www.cityofapplevalley.org), by June 4th and pay only \$7. The fee will be \$10 at the gate on June 7th.



## Teen Gardening Club *New!*

Ages 12-15

### Tuesdays, beginning May 15

3:00pm in May. Time TBD in June, July, August  
Free; Teen Center, 14255 Johnny Cake Ridge Road  
Min. 5 Max. 15

**REGISTRATION DEADLINE: May 7 (sign up at the Apple Valley Teen Center)**

*Instructor: Ellimae Kalinoksi*

Want to know where your food comes from? Want to learn how to use the land to make food? Join us at the Teen Center to help tend to the garden. Learn how to grow the fruits and vegetables you love to eat. The first five to register get to choose what we plant. At the end of the season, learn how to harvest and cook what you have grown with a professional chef.

## Youth Skateboarding Camp By Sports Unlimited

Ages 6-12

**Session 1:** 9:00am-12:00pm

**Monday-Thursday, June 18, 19, 20, 21**

**Session 2:** 9:00am-12:00pm

**Monday-Thursday, July 23, 24, 25, 26**

\$82 per session for 4 days; AV Teen Center Skate Park  
14255 Johnny Cake Ridge Rd.

Min. 8 Max. 24 per session

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

*Instructors: Sports Unlimited Staff*

The goal of our Youth Skateboarding Camp is to advance the skateboarding skills for youth ages 6-12, of all abilities, in a fun and safe environment. Skateboarding is one of the world's fastest growing sports. Whether you are just learning or ready to learn more advanced tricks, Sports Unlimited Skateboarding camp is for you. Make new friends, advance your skills and most importantly, HAVE FUN! Individual skills/tricks taught: balance, coordination, stopping, turning, ollie, nollie, heelflip and kickflips.

**Mandatory-Must Bring:** Helmet (a bike or snowboard helmet are allowed), water bottle, sunscreen and a great attitude!

**Recommended-Bring or Check Out On Site:** Knee pads, elbow pads and wrist guards. (Available at no charge if you do not have your own "recommended" gear. Staff to Camper Ratio = 10 to 1

## S.E.E.K.

### (Special Education Enrichment for Kids)

### Adapted Pool Party & Disability Resource Fair

*For School-aged youth with physical and/or development disabilities and their families.*

**Tuesday, August 21;** 6:00 - 8:00 pm

FREE and open to the public

Redwood Community Pool, 311 150th Street West at Elm Drive

**Pre-registration encouraged, but day of event walk-ins accepted.**

Come out to the S.E.E.K. & Find Pool Party and Resource Fair and enjoy socializing with other families who have a child with a physical and/or developmental disabilities. Visit with other parents and local disability service vendors. Find out what community resources are available in Dakota County for adapted enrichment programs and services. Enjoy complimentary pool admission, beverages and snacks, lifeguards will be on duty during event. Bring your swimsuit and towel. PCA's welcome. Locker room available for changing. Parents MUST accompany children in the water or children must be supervised by a parent or guardian.

*For more information on being a vendor or attending, please contact one of the collaborators listed below:*

*Apple Valley Parks & Recreation, (952) 952-2300 or Eagan Parks & Recreation, (651) 675-5500.*



# HEALTHYPARKS HEALTHYPEOPLE

## Family Activities

### Creative Card-Making Workshop

Teens & Adults

**Session 1: Wednesday, May 16;** 6:00pm-8:00pm

**Session 2: Saturday, May 26;** 1:00pm-3:00pm

**Session 3: Wednesday, June 13;** 6:00pm-8:00pm

**Session 4: Saturday, June 16;** 1:00pm-3:00pm

\$15 each per session; Apple Valley Community Center

Min. 5 Max. 10 per session

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

*Instructor: Ellimae Kalinoski*

Join us for our NEW Creative Card Making Workshop where you will create your own cards for the people in your life (or for yourself!). Learn basic structures of cards to create more on your own, while socializing with people from the area in a casual setting. All needed supplies provided, just come and create!

### Puppy Training *New!*

13 and older – Teens, Adults, Families are welcome

**Saturday, May 12, 19, 26 June 2, 9, 16, 23, 30**

5:00pm-6:00pm

\$15 per dog; Apple Valley Community Center Hockey Rink

Min. 5 Max. 10 dogs

**REGISTRATION DEADLINE:** May 5

*Instructor: Ellimae Kalinoski*

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



### Parent/Child Ceramics Class

Age 7 and older with a parent

**Session 1:** 3:00pm-5:00pm

**Saturday, July 14, 21, 28; August 4, 11, 18;**

**Session 2:** 6:00pm-8:00pm

**Thursday, July 12, 19, 26; August 2, 9, 16;**

\$45 per Parent/Child Pair for a 6-week session

Apple Valley Community Center

Min. 4 Max. 10 Parent/Child Pairs per session

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

*Instructor: Ellimae Kalinoski*

Summer is a great time for parents and children to spend time together and the arts can help with that. Join us for a series of classes geared toward parents with their children. During this eight week class, you will create ceramics pieces together that you can take home and enjoy for years to come. This class is recommended for ages 7 and up, and a parent must also attend with their child. We will be using self-hardening clay and acrylic paints.

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

All ages

**Wednesday, July 4**

8:00am SHARP start for both the 2 and 5-mile races

9:30-9:45am for the "½ Pint ½ Mile" race

\$7 Advance Fee (race only)

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

\$14 Day of event fee (race only)

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

½ Pint ½ Mile is FREE (Register on Race Day, prior to start Apple Valley Community Center; 14603 Hayes Road

**ADVANCE REGISTRATION DEADLINE:** June 25 at 7:00pm (Registrations after this deadline can only be done on 7/4/12)

**RACE DAY REGISTRATION:** July 4; 6:30-7:45am ONLY at Apple Valley Community Center

952-953-2300 or [www.cityofapplevalley.org](http://www.cityofapplevalley.org)

Our 2-mile and 5-mile races will be offered again in conjunction with the "FREEDOM DAYS" 4th of July Celebration; plus, in its 11th year, our FREE "½ Pint ½ Mile" for youth age 10 years & under. Awards will be presented afterwards in age and gender categories, to the top 5 finishers in the 2 & 5-mile races; all participants in the Youth "½ Pint ½ Mile" race will receive a participation ribbon.

NOTE: T-shirts are limited and will be available on a first-come-first-serve basis.

## 2012 Ground Pounders Grand Prix Series

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

### The following 7 races are scheduled this summer:

- Sat., May 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)
- Sat., June 2:** Burnsville: 5K Run  
952-895-4500 or [www.burnsville.org](http://www.burnsville.org)
- Sat., 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)
- Wed., July 4:** Apple Valley: 2 & 5 Mile Runs, Youth ½ Pint ½ Mile  
952-953-2300 or [www.cityofapplevalley.org](http://www.cityofapplevalley.org)
- Sat., July 7:** Lakeville: 1 & 4 Mile Runs, ½ Mile Fun Run  
952-985-4600 or [www.lakevillemn.gov](http://www.lakevillemn.gov)
- Sat, July 21:** Rosemount: 1 & 4 Mile Runs, 1 & 4 Mile Fitness Walks,  
½ Mile Youth Sprint; 651-322-6000 or [www.ci.rosemount.mn.us](http://www.ci.rosemount.mn.us)
- Sat., October 27:** Savage Halloween Fun Run: 4 Mile Run; ½ Mile Youth Run  
952-224-3420 or [www.cityofsavage.com](http://www.cityofsavage.com)



### Runner's Gate & S.O.R.R. Trail Run Series

Featuring an Off-road Trail Run and a Social *New!*  
All ages

**Tuesday, July 24;** Terrace Oaks Park in Burnsville  
**Tuesday, August 7;** Ritter Farm Park in Lakeville  
**Tuesday, August 21;** Terrace Oaks Park in Burnsville  
 11:00am start followed by a small social  
 \$10 per race; Register at a host city (see above)  
 S.O.R.R (South of the River Recreators) in collaboration with  
 Runner's Gate in Lakeville will be offering a new series of  
 off-road trail runs, approximately 3 miles in length over  
 natural terrain.

### Runner's Gate "Beginning Running Program"

Age 13 & older  
**Tuesday, June 5, 12, 19, 26;** 6:00pm-7:30pm  
 \$25 each; Runner's Gate, 7616 160th Street West; Lakeville  
 Min. 4 Max. 8

**REGISTRATION DEADLINE: May 29**

Instructors: Runner's Gate Staff

Whether you're already a recreational runner or just starting, Runner's Gate "Beginning Running Program" is for you. Runner's Gate Instructors will provide a gait analysis and establish an individual running program designed specifically for you. The 4-week training program will also give you great information on running techniques, footwear and gear, training schedules, and more. Dress to be active and meet at Runner's Gate.

# HEALTHYPARKS HEALTHYPEOPLE

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

*Family Trips-if children attend, they must be accompanied by an adult*

**BUS DEPARTURE FROM & RETURN TO:** Apple Valley Community Center, 14603 Hayes Road

It's summer, and time to enjoy outdoor TWINS BASEBALL at our awesome Outdoor Stadium TARGET FIELD! Join us for 1, 2, or all 3 trips to see our Minnesota Twins this summer. Just hop on the bus at the Apple Valley Community Center and leave the tickets, driving and parking to us! **SIGN UP SOON, SPACE IS LIMITED!**



**Wednesday, June 27;** 10:45am departure; 12:10pm game; return afterwards  
Minnesota Twins VS Chicago White Sox - Home Plate View Seating  
\$28 each includes admission, transportation, parking fee  
**REGISTRATION DEADLINE: June 4**  
Min. 50 Max. 70

**Thursday, July 19;** 10:45am departure time; 12:10pm game; return afterwards  
Minnesota Twins VS Baltimore Orioles – Family Section Seating  
\$31 each includes admission, transportation, parking fee  
**REGISTRATION DEADLINE: June 25**  
Min. 50 Max. 70

**Sunday, September 9;** 11:45am departure time; 1:10pm game; return afterwards  
Minnesota Twins VS Cleveland Indians – Skyline Deck Seating  
\$32 each includes admission, bus transportation, parking fee  
**REGISTRATION DEADLINE: August 15**  
Min. 50 Max. 70

## XCEL ENERGY CENTER TICKETS for an UPCOMING SCHEDULED EVENT:

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

### Batman Live!

All ages

**Thursday, September 13;** 7:30pm; \$40 per ticket (lower level, lower to middle rows)

**Friday, September 14;** 7:30pm; \$38 per ticket (lower level, middle rows)

**Sunday, September 16;** 5:00pm; \$38 per ticket (lower level middle rows)

Two and a half years in the making, BATMAN LIVE is a visually stunning, state-of-the-art production, which brings Batman, a host of iconic characters, and the settings from the famed world of DC comics, live and on stage for the very first time in North America. With a 42-member cast, BATMAN LIVE has a brand new, original storyline, and features Batman, his trusty counterpart Robin, tireless butler Alfred and a host of other favorite Batman characters. Additional favorites include villains such as The Joker, Catwoman, The Riddler, Harley Quinn, Poison Ivy and The Penguin. The action takes place in several settings from the famed stories, including Gotham City, Wayne Manor, the Batcave, and Arkham Asylum.

**REGISTRATION DEADLINE: Monday, August 13**

**TICKET PICK-UP: Beginning Monday, August 27**

## Adult Activities

### Fall Softball Leagues

The Parks & Recreation Department is offering evening softball leagues for men's and co-rec teams this fall. Leagues will begin the second or third week of August. Interested teams should contact the Parks & Recreation office at 952-953-2300 by June 24 for league information and registration materials. Note: Teams that participated in the 2011 Fall or 2012 Spring/Summer league will automatically receive this information.

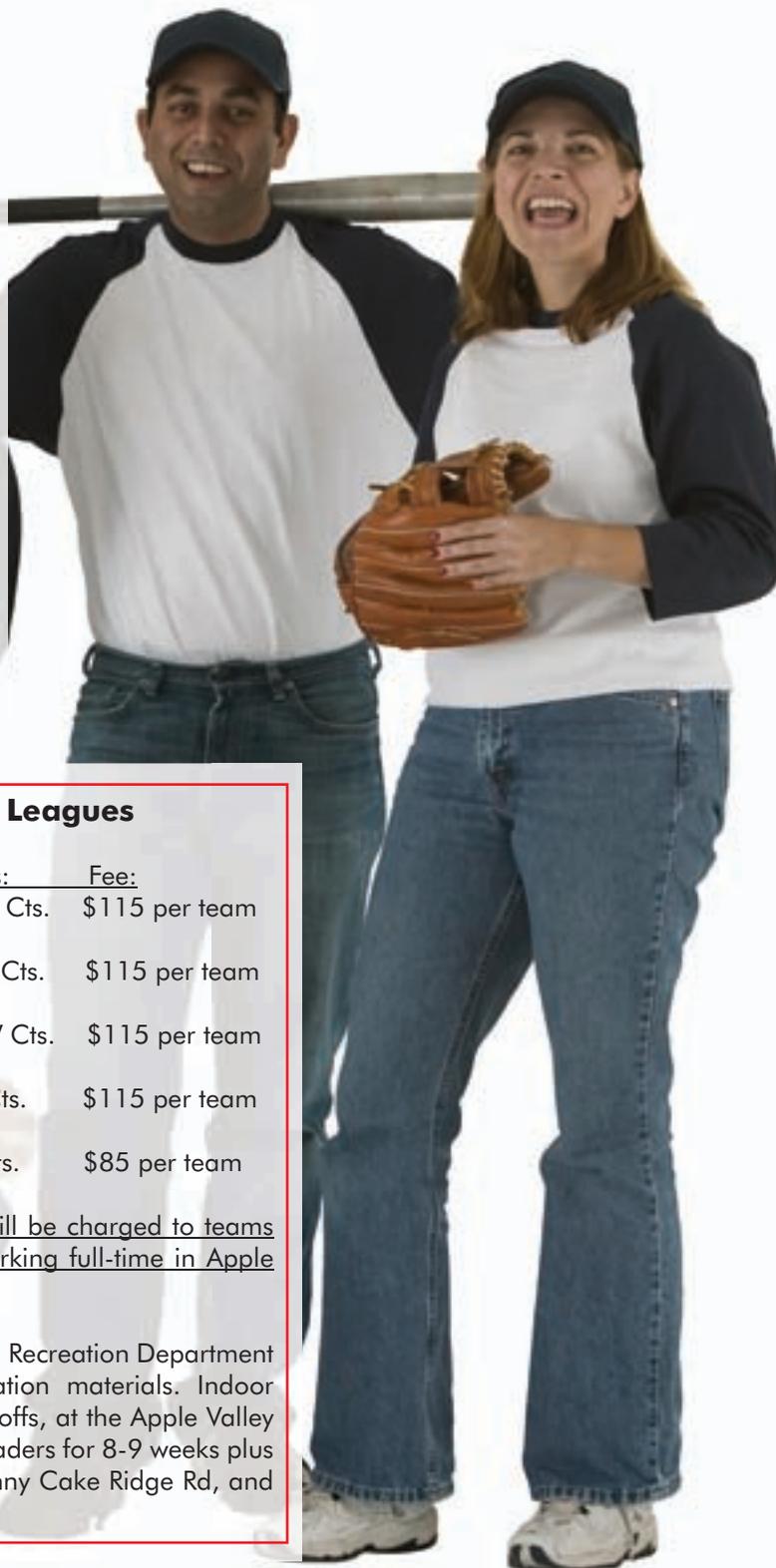
**REGISTRATION DEADLINE is 7:00pm on MONDAY, JULY 23.**

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

**Co-Rec Doubleheader Leagues: Friday**

### Adult Softball Tournaments

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



### Adult Summer Indoor & Outdoor Volleyball Leagues

Age 18 & Older

Leagues Offered:	Day:	Locations:	Fee:
Outdoor Co-Rec "A-B"; 6 person (double-headers)	Monday	JCRP/RW Cts.	\$115 per team (begins 6/4/12)
Outdoor Co-Rec "C-D"; 6-person (double-headers)	Tuesday	JCRP/RW Cts.	\$115 per team (begins 6/5/12)
Outdoor Co-Rec "C-D"; 6-person (double-headers)	Wednesday	JCRP/RW Cts.	\$115 per team (begins 6/6/12)
Outdoor Co-Rec "C-D"; 6-person (double-headers)	Thursday	JCRP/RW Cts.	\$115 per team (begins 6/7/12)
Indoor Women's Leagues; 6-person (A1, A2, B1, B2, C)	Thursday	AVCC Cts.	\$85 per team (begins 6/21/12)

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

**REGISTRATION DEADLINE: May 11; 7:00pm**

Interested teams should contact the Apple Valley Parks and Recreation Department at 952-953-2300 for league information and registration materials. Indoor leagues will play single matches for 8-9 weeks plus play-offs, at the Apple Valley Community Center. Outdoor leagues will play double-headers for 8-9 weeks plus play-offs at Johnny Cake Ridge Park, 140th Street & Johnny Cake Ridge Rd, and at Redwood Park, 311 Elm Drive

# HEALTHY PARKS HEALTHY PEOPLE

## S.O.R.R. Adult Co-Rec "Un-Officiated" Fall Kickball Leagues

Age 18 & Older

### Tuesday Evenings beginning July 24 or 31;

6:00-9:00pm games "B" League—"Recreational"  
at Savage-Community Park Fields

### Wednesday Evenings beginning July 25 OR August 1;

6:00-9:00pm games "A" League—"Competitive"  
at Apple Valley-JCRP Fields

### Thursday Evenings beginning July 26 OR August 2;

6:00-9:00pm games "B" League—"Recreational"  
at Apple Valley-JCRP Fields and Savage-Community Park Fields  
\$165 per team

**REGISTRATION DEADLINE: July 13 at 7:00pm**

**League Manager's Meeting: Monday, July 16; 6:00pm;**  
Apple Valley Community Center

Do you remember your Grade School Days on the playground and in the gym, playing everyone's favorite PE game - KICKBALL?! It's a game that nearly everyone has played and enjoyed at some point in their lives. We will offer a Fall season of opportunities for you to relive the days of kickball as you rediscover the fun you had as a youngster. The "A" League is for more competitive teams; the "B" Leagues are for more recreational teams. All leagues will not be UN-OFFICIATED. Individual players looking for a Kickball team can call the Apple Valley Parks & Recreation Office to be included on our "draft" list. KICKBALL is tons of fun-get your team together NOW! Includes 7-8 games plus play-offs, and awards. Registration information will be available beginning in May 2012 at the Apple Valley Parks & Recreation Department, or call for a registration packet at 952-953-2300; or check our website at: [www.cityofapplevalley.org](http://www.cityofapplevalley.org).

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

Age 23 & older

### Sunday afternoons beginning August 5 for 10-11 weeks

\$825 per team; Rosemount Soccer Fields TBD

**REGISTRATION DEADLINES: Returning team registration by Friday, July 20. Open team registration, July 27.**

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

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

Age 18 & older

### Thursday evenings beginning September 6

game times between 6:30pm-9:00pm

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

**REGISTRATION DEADLINES: Returning team registration, July 16-August 10. Open team registration, August 11-24**

Dodgeball, the game where you are the target! We are looking for teams of at least six male, female, or mixed players willing to take one on the chin for the team. Actually, no head shots will be allowed. The ball is soft foam and they claim it does not sting. Your team will play on eight regular season nights plus playoffs. For more information and to register a Dodgeball team, contact the Lakeville Parks and Recreation Department at 952-985-4615.



## “Introduction to Martial Arts” Classes for Adults:

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

### Cardio Kickboxing

Age 16 & Older

**Session 1: May 21-June 16**

**Session 2: July 9-August 4**

\$49 for the entire 4-weeks; Pre-registration is required with Apple Valley Parks & Recreation

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

Min. 4 Max. 20

Call 952-423-5600 for directions

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

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

This is no ordinary workout! If you are looking for a great workout with lots of variety, this is a fun and challenging class for you. Our 4 instructors offer a variety of different workouts, including aerobic, bags, core abdominals and strength training. This workout is all about you and your fitness needs. You choose the intensity level you want to workout at. Our main goal is to get you moving, burn calories, increase strength and have fun! Gloves are included. Work out up to 5 times a week: Monday-Thursday, 7:00-8:00pm, and Saturday, 8:00-9:00am, during your scheduled 4 weeks. You decide which days fit best into your schedule.

### Intro to Kettlebell Training

(Pre-requisite for Adult Kettlebell Classes)

Age 18 & Older

**Session 1: Saturday; June 2;** 12:00pm-2:00pm

**Session 2: Saturday; June 30;** 12:00pm-2:00pm

**Session 3: Saturday; July 28;** 12:00pm-2:00pm

\$50 per session, bring your own Kettlebell

Register in advance with Apple Valley Parks & Recreation Department

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

Min. 4 Max. 20

Call 952-423-5600 for directions

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

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

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

### Jeet Kune Do

Age 18 & Older

**Session 1:** 6:00pm-7:30pm

**Thursday, May 17, 24, 31; June 7**

**Session 2:** 6:00-7:30pm

**Thursday, July 12, 19, 26; August 2**

\$40 for the 4-weeks; Pre-registration is required with the Apple Valley Parks & Recreation

Classes are held at the MN Valley Martial Arts;

14050 Pilot Knob Road #124, (Call 952-423-5600) for directions  
Min. 4 Max. 20

**REGISTRATION DEADLINES: 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 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.



# HEALTHY PARKS HEALTHY PEOPLE

## APPLE VALLEY SENIORS

Join area seniors (55 or better) for social, educational and recreational activities at the Hayes Community and Senior Center, home of the Apple Valley Seniors. The 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.

## DRIVER IMPROVEMENT COURSE

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

### 8-hour Program

**Monday, May 7 & Tuesday, May 8;** 6:00-10:00pm  
**Monday, August 13 & Tuesday, August 14;** 6:00-10:00pm  
\$24

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

### 4-hour Refresher

**Tuesday, May 22;** 9:00am-1:00pm  
**Wednesday, June 13;** Noon-4:00pm  
**Friday, July 13;** 9:00am-1:00pm  
**Thursday, August 9;** 9:00am-1:00pm  
\$20

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

## Tuesday Bicycle Group

**Tuesdays,** 12:45pm

Hayes Community and Senior Center

The Tuesday bicycle group will meet before heading off for that day's ride. We will car pool and form a caravan to the location of that day's ride. We will leave the center at 1:00pm and hope to return home by 3:30pm. Join in on the fun. Remember to bring your helmet. If you would like to ride but Tuesday afternoon does not work for you, another group of bike riders are attempting to meet on Thursday mornings. So, join in either or both of these groups to do some fun bike rides.

## Thursday Bicycle Group

**Thursdays, May 3,** 10:30am (First Meeting)

Hayes Community and Senior Center

If biking on Tuesdays does not fit into your calendar, a Thursday bike group will be meeting on Thursday, May 3 at 10:30 a.m. At this meeting, a regular Thursday schedule will be set.

## Senior Law Project

**Wednesday, May 9;** 2:00-3:30pm

Hayes Community and Senior Center

Kathleen Eveslage from the Senior Law Project will be present to assist with legal issues involving Medical Assistance, low-income housing, food stamps, Supplemental Security Income (SSI) and Vulnerable Adults; however, The Senior Law Project does not draft wills. If you would like to set up a specific appointment time please call 651-224-7301 Monday through Friday.

## Gentle Yoga

**Wednesday May 9, 16, 23, 30, June 6 & 13**

9:45-10:45am

\$48 for members, \$53 for nonmembers, \$10 drop-in fee

**REGISTRATION DEADLINE: May 4**

Hayes Community and Senior Center

Yoga is practiced in chairs as well as floor work. Bring a yoga sticky mat and bottle of water. Wear comfortable clothing.

## Feed My Starving Children

**Tuesday, May 17, 11:30 a.m.**

Hayes Community and Senior Center

The group will meet at the Hayes Community and Senior Center and arrange a ride to the Feed My Starving Children facility in Eagan. The task at hand is packing a special mixture of food so that STARVING CHILDREN receive nutritious meals. This food is sent to mission schools, orphanages, clinics and hospitals in over 70 developing nations. If you cannot make the event, you may opt to make a financial contribution on their web site: [www.fmcs.org](http://www.fmcs.org). A gift of \$52.00 will cover 216 meals! Any gift would be appreciated. Join us and have fun doing something very worthwhile! Sign up in the coffee lounge so we can coordinate rides.

## Senior Story Slam

**Monday, May 21; 11:00am – Noon**

Hayes Community and Senior Center-Yellowstone Room  
Apple Valley Seniors have been writing some amazing reminiscences, poems, and other creative pieces. Come and let the authors share their words with you.

## Travel West - Informational Meeting

**May 21; 11:00am**

Hayes Community and Senior Center – Yosemite Room  
Apple Valley Parks & Recreation and Landmark Tours are proud to partner to offer quality, inclusive air/motor coach vacations for residents of Apple Valley and the surrounding communities. Join us this fall on an exciting journey to see some of the most spectacular scenery in the American West. Taking place September 4-13, this fully-escorted tour includes Yellowstone National Park, The Grand Tetons, The Bighorn Mountains, Mount Rushmore, Crazy Horse and more!

For more information or a brochure call (952) 953-2345.



## 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.



# HEALTHYPARKS HEALTHYPEOPLE

## Parks & Facilities

### Community Center Open Gym 14603 Hayes Road

#### Family Open Gym

Saturday, 8:30am–1:30pm

Sunday, 4:00pm–7:00pm

\*FREE\*

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

#### Youth Open Gym

Saturday, 2:00pm–7:00pm

Sunday, 12:00pm–3:30pm

Monday–Friday 12:30pm–5:30pm

\*FREE\*

Youth ages 10 to 18 (2012 high school graduates and younger) can come to play informal recreational basketball. The courts will be available for practice shooting or pick up games on your own. Team practice or play is not allowed. Children under age 10 must be supervised by a non-participating adult.

#### Pre-School Open Gym

Age 5 & under with accompanying adult(s)

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

\*FREE\*

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

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.

#### Family Open Volleyball

Parent(s) & Children, ages 10-17 recommended

Sundays, May 6–October 28 only; 6:15pm–7:15pm

\*FREE\*

Come to the Apple Valley Community Center on Sundays, beginning May 6, through October 28 ONLY, 6:15–7:15pm, and enjoy "Family Open Volleyball"! Whether you want to practice the fundamentals or you just want to get in some fun exercise, you'll enjoy this informal open volleyball program. All skill levels are welcome to participate; up to 3 nets will be set during this time. This is a Parent and Child program; unsupervised children without a parent will not be permitted in the gyms, and all unsupervised children under age 10 may not be brought to the Community Center. This is not a program for adults without children also playing with them.

#### Adult Open Pickleball

Tuesday, 9:30am–11:30am

Thursday, 9:30am–11:30am

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

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

(Beginning April 24)

Tuesday 6:30pm–9:00pm

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

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. 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

Saturdays & Sundays, 3:00pm–6:00pm; Mondays, 6:00pm–9:30pm (Year-Round)

\$3 per person payable each date (players & 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.

### Picnic Game Rentals

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

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

### 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!

### 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

### Outdoor Tennis Courts

#### School Sites

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

#### Outdoor Pickleball Courts

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

## 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>
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
Farquar Park Helpers.....	Jeff Christianson.....	Farquar Park
Midwest Special Services, Inc.....	Sherry Ginder.....	Farquar & Johnny Cake Ridge Park
River Valley Church.....	Lisa Engelking.....	Johnny Cake Ridge Park
Uponor, Inc.....	Daniel Perez.....	Johnny Cake Ridge Park
Shaver Group.....	Connie Shaver.....	Keller Park
Boy Scout Troop #293.....	Paul Chellsen.....	Long Lake, Moeller, & Hagemeister Parks
Minnesota Zoo Gifts.....	Laurel Wright.....	Long Lake, Moeller, Hagemeister, & Farquar Parks
Gracelyn Group.....	Joel Seguin.....	Moeller Park
Nordic Woods Neighborhood.....	John Santi.....	Nordic Park
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
Stael Family.....	Anthony Stael.....	Sunset Park
Apple Valley Lions Club.....	Hans Student.....	Valley Middle Park

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