

HEALTHY PARKS HEALTHY PEOPLE



Apple
Valley

FALL 2013

CITY OF APPLE VALLEY PARKS & RECREATION

**Learn to Skate
Improve Skating Skills
Drop-In for Open Skate
Pages 4 & 5**

**www.cityofapplevalley.org
952-953-2300**

HEALTHY PARKS HEALTHY PEOPLE

General Information

Apple Valley Parks & Recreation Staff

ADMINISTRATION

Parks and Recreation Director Barry Bernstein
952.953.2310 • bbernstein@ci.apple-valley.mn.us

Parks Superintendent Tom Adamini
952.953.2420 • tadamini@ci.apple-valley.mn.us

Recreation Superintendent..... Scott Breuer
952.953.2311 • sbreuer@ci.apple-valley.mn.us

Recreation Supervisor – Seniors..... Bill Bird
952.953.2341 • bbird@ci.apple-valley.mn.us

Recreation Supervisor – Athletics..... Lyndell Frey
952.953.2316 • lfrey@ci.apple-valley.mn.us

Recreation Supervisor – Programs Marcie Padgett
952.953.2312 • mpadgett@ci.apple-valley.mn.us

Recreation Supervisor – Aquatics Steve Skinner
952.953.2314 • sskinner@ci.apple-valley.mn.us

Department Assistant Dorene Perkins Monn
952.953.2304 • dperkins@ci.apple-valley.mn.us

Clerical Assistant Eva Lageson
952.953.2300 • elageson@ci.apple-valley.mn.us

Clerical Assistant Debby Shepard
952.953.2300 • dshepard@ci.apple-valley.mn.us

APPLE VALLEY COMMUNITY CENTER

14603 Hayes Road • Phone: 952-953-2300
Fax 952-953-2306

APPLE VALLEY SENIOR CENTER

14601 Hayes Road • Phone: 952-953-2345

HAYES PARK ARENA

(Adjacent to the Apple Valley Community Center)

Arena Manager..... Gary Pietig
952.953.2367 • gpietig@ci.apple-valley.mn.us
Phone: 952-953-2365

REDWOOD COMMUNITY CENTER

311 150th Street West • PHONE: 952-953-2300

SPORTS ARENA

(Attached to the south side of Apple Valley High School)

Arena Manager..... Gary Pietig
952.953.2367 • gpietig@ci.apple-valley.mn.us
Phone: 952-953-2366 • FAX 952-431-8246

TEEN CENTER

14255 Johnny Cake Ridge Road • Phone: 952-953-2385

VALLEYWOOD GOLF COURSE

Manager – P.G.A. Professional Jim Zinck
952.953.2320 • jzinck@ci.apple-valley.mn.us

P.G.A. Professional Matthew Bilek
952.953.2330 • mbilek@ci.apple-valley.mn.us
Pro Shop Phone: 952-953-2323 • Fax 952-953-2319

Parks & Recreation Administrative Office:

Apple Valley Community Center
14603 Hayes Road • 952-953-2300
www.cityofapplevalley.org

HOURS OF OPERATION

Administration: (weekdays)8:00am–4:30pm
Apple Valley Community Center:
Monday-Friday.....8:00am–10:00pm
Saturday8:00am–7:30pm
Sunday12:00pm–7:30pm
Labor Day (Sep. 2)9:00am–10:00pm
Veterans' Day (Nov. 11)9:00am–10:00pm
Thanksgiving Day (Nov. 28)CLOSED
Day after Thanksgiving (Nov. 29)9:00am–10:00pm

JOB OPENINGS

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

The City of Apple Valley is committed to the policy that all persons shall have equal access to its programs, facilities and employment without regard to race, creed, color, sex, national origin or handicap.

INFORMATION/WEATHER PHONE HOTLINE

To better serve our customers, the Parks and Recreation Department has an information/weather phone line.

Call **952-953-2399** at anytime for a recorded message regarding facility hours and various programs. In the event of inclement weather, facility closure and program cancellation information is also available.

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

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

FREQUENTLY CALLED COMMUNITY PHONE NUMBERS

Apple Valley Parks & Recreation Hotline	952-953-2399
Apple Valley Community Center	952-953-2300
Apple Valley Municipal Center	952-953-2500
Apple Valley Senior Center	952-953-2345
Apple Valley Teen Center	952-953-2385
Apple Valley Sports Arena	952-953-2366
Hayes Park 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





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(Cover Photo: Hole #15 Valleywood Golf Course)

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.



S.O.R.R. 23rd Annual Who Done It Hike

All ages welcome

Saturday, September 14.

Hike starts at 10 a.m. sharp, so be early!

Free and open to the public.

Registration at the event September 14, 9:30-9:50 a.m.

Ritter Farm Park, Lakeville, 19300 Ritter Trail
 Play Sherlock Holmes by collecting clues, gathering information and solving mysteries, while walking the trails at Ritter Farm Park. When the end is near and you think you have it solved, you'll have a chance to guess "who done it." For those who guessed correctly, there will be another mystery—who will be a winner in the prize drawing? Pack a picnic for your family to enjoy after the hike!



[Facebook.com/AppleValleyParksandRecreation](https://www.facebook.com/AppleValleyParksandRecreation)

HEALTHY PARKS HEALTHY PEOPLE

APPLE VALLEY SPORTS ARENA

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

ICE SKATING LESSONS

Indoor

Saturday Classes: October 26 – December 14

Monday Classes: October 28 – December 16

The Program: You will receive a program manual during the first week of classes. The program is geared toward the recreational skater of all ages and skill level. Instructors will follow the skill progressions outlined in our program manual. Skaters will be evaluated throughout the season to determine if they are ready to advance. Our program consists of a maximum 12:1 student/instructor ratio to insure quality instruction except for the Pre-Beginner level which is set at an 8:1 ratio.

REGISTRATION: Registration for our program is now conducted online. Go to the City website: www.cityofapplevalley.org, and then under the "Recreation" heading, select "On-Line Registration / Facilities".

Users will need to set up an account, which will be used for all future registrations and rentals. Each family member should be listed on the same account, and can be easily added at a later date.

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

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

What Class Does My Skater Sign Up For?

If your Skater is 3 or 4 years old and never skated before, you should sign up for the Pre-Beginners class. If you have previously skated in our program and are not sure what class to register for please email the Skating Director at tpatterson@ci.applevalley.mn.us. **Please Note:** There are no age requirements for levels except Pre-Beginners ages 3-4. No exceptions.

CLASS DESCRIPTIONS

PreBeginners:

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

Beginners: (Levels 1-4):

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

Advanced Beginners A: (Levels 1-3):

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

Advanced Beginners B: (Levels 4-6):

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

Freestyle:

This is the beginning of free style figure skating.

Pre-Hockey:

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

Advanced Pre-Hockey:

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

Adults:

For all ability levels

Power Edge:

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

Private Lessons (Beginners & Up):

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

SATURDAY MORNING CLASSES

OCTOBER 26 – DECEMBER 14, 2013

LEVEL

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

Lesson

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

Practice

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

MONDAY EVENING CLASSES

OCTOBER 28 – DECEMBER 16, 2013

Beginner
 Advanced Beginner A
 Advanced Beginner B
 Adults
 Freestyle
 Power Edge

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

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

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

APPLE VALLEY PUBLIC SKATING

Begins on Wednesday, October 30

Cost \$4.00 per person
 Apple Valley Sports Arena

Wednesday 7:15-8:45pm • Sunday 3:30-5:00pm

HEALTHY PARKS HEALTHY PEOPLE

Golf

VALLEYWOOD GOLF COURSE

Information & Tee Times

www.valleywoodgolf.net

4851-McAndrews Rd. • Apple Valley, MN

Phone: (952) 953-2323 for Tee Times

Jim Zinck, Manager/PGA Professional

Matthew Bilek, PGA Professional

Championship 18-Hole Golf Course

Bar & Grill (Food & Beverage Cart)

Driving Range & Practice Green

Golf Cart & Push Cart Rental

Pro Shop Merchandise • Club Rental

Golf Lessons (Group or Private)

Private Golf Tournaments and Facility Rentals

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



valleywoodgolf.net

2013 FEE SCHEDULE

	Regular	Patron
Weekday Fees (Monday thru Friday)	<u>Rate</u>	<u>Rate</u>
18 Holes	\$30	\$27
9 Holes	\$20	\$17
18 Holes (Sr./Jr.)	\$24	\$21
9 Holes (Sr./Jr.)	\$18	\$15
Weekend Fees (Saturday and Sunday)		
18 Holes	\$38	\$35
9 Holes	\$24	\$21
Patron card	\$40 + Tax	
Senior Patron Card	\$30 + Tax	
Resident Patron Card	\$20 + Tax	
<i>Save \$3 per/round any day/anytime with a Patron Card along with one free 18 hole cart rental (\$17 value)</i>		

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
<i>(10 large buckets of range balls)</i>	

Season Pass Fees

Available to residents of Apple Valley only

Valid anytime, any day

Individual:	\$895.00+ tax
Executive (Ages 18-29)	\$600.00+ 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)
- 10% discount on regularly priced pro shop merchandise
- \$2.00 discount on golf car rental.

Tee Time Information

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

GOLF OUTINGS/TOURNAMENTS

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

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

VALLEYWOOD GOLF COUPON

Family Sunday Special! Sundays after 1 p.m.

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

This does not include golf cart

Valid through the 2013 Season

YOUTH ACTIVITIES

-Preschool & Tot
-School Age
-Teen

Little Chefs “Healthy Cooking & Creative Eats”

Ages 3-6

Session 1: Friday, September 6; 11:15am-12:30pm

Session 2: Friday, October 4; 11:15am-12:30pm

Session 3: Friday, November 8; 11:15am-12:30pm

Session 4: Friday, December 13; 11:15am-12:30pm

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

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

Instructors: Apple Valley Parks & Recreation Department Staff

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



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

Ages 3-6

Session 1: Mondays, September 9, 16, 23, 30; 9:00am-12:00pm

Session 2: Mondays, October 7, 14, 21, 28; 9:00am-12:00pm

Session 3: Mondays, November 4, 11, 18, 25; 9:00am-12:00pm

Session 4: Mondays, December 2, 9, 16, 23; 9:00am-12:00pm

\$42 each per session

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

Apple Valley Community Center

Min. 5 Max. 14 per session

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

Instructors: Apple Valley Parks & Recreation Department Staff

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

SIGN UP FOR BACK-TO-BACK CLASSES on Tuesdays and have fun all morning long! (Note: Instructors will provide an extra activity for those who take both classes, Tuesdays only, 10:15am-10:45am)

Icky, Sticky, Slimy Fingers

Ages 2 ½ - 6

Session 1: Tuesdays, September 10, 17, 24; 9:00-10:15am

Session 2: Tuesdays, October 1, 8, 15; 9:00-10:15am

Session 3: Tuesdays, October 29; November 5, 12; 9:00-10:15am

Session 4: Tuesdays, November 19, 26; December 3; 9:00-10:15am

\$15 each per session; Apple Valley Community Center
Min. 6 Max. 12 per session

REGISTRATION DEADLINES: 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 \$6 paid at the front desk of the AVCC, on the day of class only. Call for availability at 952-953-2300)*

Critter’s Club

Ages 2 ½ - 6

Session 1: Mondays, September 9, 16, 23, 30; October 7, 14; 1:00-2:30pm

Session 2: Mondays, October 28; November 4, 11, 18, 25; December 2; 1:00-2:30pm

Session 3: Tuesdays, September 10, 17, 24; October 1, 8, 15; 10:45am-12:15pm

Session 4: Tuesdays, October 29; November 5, 12, 19, 26; December 3; 10:45am-12:15pm

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

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

Instructors: Apple Valley Parks & Recreation Department Staff

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

HEALTHY PARKS HEALTHY PEOPLE

Preschool Fun and Games

Ages 4-6

Session 1: Wednesday, September 11; 9:30–11:00am

Session 2: Wednesday, October 9; 9:30–11:00am

Session 3: Wednesday, November 6; 9:30–11:00am

Session 4: Wednesday, December 4; 9:30–11:00am

\$5 each per session; Apple Valley Community Center

Min. 4 Max. 12 per session

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

Instructor: Kristy Hemphill

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

Preschool Playgroup - NEW

Ages 4-6

Session 1: “Underwater Exploration”:

Wednesday, September 18; 9:30–11:00am

Blub, blub...we are under water, come explore with us. We will learn all about what lies in the deep, blue sea.

Session 2: “Fun on the Farm”:

Wednesday, October 23; 9:30–11:00am

Hee Haw all you cowboys and cowgirls, join us for a day at the farm. Dress up in your favorite cowboy gear and get ready to play!

Session 3: “Pizza Party”:

Wednesday, November 13; 9:30–11:00am

Momma Mia it's a pizza party! Our special today is homemade pizza!

Session 4: “Girl's Day”:

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

Calling all you girly girls! Pamper yourself with this girl's day out at the “spa”.

Session 5: “Boy's Day”:

Wednesday, December 18; 9:30-11:00am

Calling all you super hero's out there! Hey boys, come on out for a fast paced morning of crime fighting fun.

\$5 each per session; Apple Valley Community Center

Min. 4 Max. 12 per session

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

Instructor: Kristy Hemphill

Each session of Preschool Playgroup will have games, crafts, stories, snack, hands-on learning and much, much more. Hope to see you there! Parents do not stay.

Top Secret Travel - NEW

Ages 4-6

Session 1: Thursday, September 26; 9:30–11:00am (Australia)

Session 2: Thursday, October 10; 9:30–11:00am (Costa Rica)

Session 3: Thursday, November 21; 9:30–11:00am (Greece)

\$7 each per session; Apple Valley Community Center

Min. 4 Max. 12 per session

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

Instructor: Kristy Hemphill

Grab your passport and hop on board as we travel the world with Top Secret Travel! Each session we will visit a new land, learn about the country, explore its culture, sample its food, play local games and solve a mystery. Your little voyager won't want to miss out on any of these adventures! Parents do not stay.

Pop Culture Explosion - NEW

Ages 4-6

Session 1: “Angry Birds”:

Wednesday, September 25; 9:30-11:00am

Session 2: “Super Mario Bros”:

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

Session 3: “Jake and the Neverland Pirates”:

Wednesday, November 20; 9:30–11:00am

\$5 each per session; Apple Valley Community Center

Min. 4 Max. 12 per session

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

Instructor: Kristy Hemphill

What are your kids excited about these days? What HOT new games are they playing? What do they watch on TV? Pop Culture Explosion will explore all these topics and more! Each session will be a frenzy of games, projects, snacks and more. So...what is your child into? Parents do not stay.

Holiday Parties for Tots

Ages 2-6

Fall Festival Party: Friday, September 27

Session 1: 9:30-10:45am; Session 2: 11:00am-12:15pm

Haunted Halloween Party: Friday, October 25

Session 1: 9:30-10:45am; Session 2: 11:00am-12:15pm

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

Turkey Treats Party: Friday, November 22

Session 1: 9:30-10:45am; Session 2: 11:00am-12:15pm

Crafty Christmas Party: Friday, December 20

Session 1: 9:30-10:45am; Session 2: 11:00am-12:15pm

\$7 each per session; Apple Valley Community Center

Min. 8 Max. 18 per session

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

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



Rain, Rain – Go Away!

Ages 3-6

Friday, September 13; 10:30-11:45am

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

REGISTRATION DEADLINE: September 6

Instructor: Linda Runeborg

Where does rain come from? Once it hits the ground, where does it go? Find out the answers to these questions and more through group experiments and crafts. We'll create clouds, lightning, and find out what causes thunder. Join us for some rainy day fun! Parents do not stay.

Varoom.....Start Your Engine!

Ages 3-6

Friday, September 20; 10:30-11:45am

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

REGISTRATION DEADLINE: September 13

Instructor: Linda Runeborg

Have some fun with race cars! What does a pit crew do? What does a car need to run? We'll learn the answer to these and many other questions while racing little cars, making a craft, and looking at an actual car engine! Parents do not stay.

Build It – Junior Architecture – NEW

Ages 5-7

Friday, October 11; 1:00-2:30pm

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

REGISTRATION DEADLINE: October 4

Instructor: Linda Runeborg

Can you build a dome to sit under? No problem! Have fun while discovering the basics of building. Learn the secrets of which shapes make your structures stronger. Build a model structure from the 'ground up', using girders to build the framework, and ending with a finished building! You will have an opportunity to work on group projects, as well as take-home individual projects. Parents do not stay.

Bats! Bats! Bats!

Ages 3-6

Friday, October 18; 10:30-11:45am

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

REGISTRATION DEADLINE: October 11

Instructor: Linda Runeborg

Bats! Are they our friends or just plain scary? Find out about where bats live, how they sleep, what they eat, and their mysterious world of hearing. With the use of puppets, songs, and games, we will decide for ourselves – bats - friend or foe? Parents do not stay

Horse Camp - NEW

Ages 7-14

Thursday & Friday, October 17 & 18; 10:00am-3:00pm daily

\$112 per person; Meet at Lazy Star Horse Company; 10391 250th Street West; Lakeville
Min. 5 Max. 20

REGISTRATION DEADLINE: October 6

Instructors: Lazy Star Horse Company Staff

Lazy Star Horse Company is offering a 2-day MEA Kids Horse Camp! This Camp is 100% horse 100% of the time! Kids will learn about riding, taking care of a horse, horse jobs, horse psychology, horse games and crafts. Special guest speakers will be here to do demos and talk to the kids about their careers and experiences with horses. Making friends, loving horses and safety are our goals. All riding levels welcome; kids are broken up into small groups to maximize attention for each child. We have a photographer on staff and you are able to purchase a disc to remember your child's experience for a lifetime. Horses, helmets and fun provided! Parents do not stay.

Thomas the Tank Engine - NEW

Ages 3-6

Thursday, October 24; 9:30–11:00am

\$6 per person; Apple Valley Community Center
Min. 4 Max. 12

REGISTRATION DEADLINE: October 17

Instructor: Kristy Hemphill

TOOT, TOOT, All Aboard! Thomas is pulling into the station for a day of fun. Spend the morning in an open play session with Thomas and all his friends. We will have trains, tracks, bridges and more to build with. We will make a Thomas craft, read stories and have a snack. Don't miss the train, sign up today! Parents do not stay.

Invent! - Hare Today, Gone Tomorrow – NEW

Ages 5-7

Friday, November 8; 1:00-2:30pm

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

REGISTRATION DEADLINE: November 1

Instructor: Linda Runeborg

Inventions solve problems and make our lives easier. During this class, you will solve the problem of the 'pesky bunnies VS the shrubs' by creating an invention to eliminate this problem without harming our little furry friends. Our invention process will begin with brainstorming ideas, and then proceed to drawing up your ideas, building your inventions, and finally, trying them out! You will work in teams and will only be able to use the building materials provided. Do you have the solution? Give it a try! Parents do not stay.

HEALTHY PARKS HEALTHY PEOPLE

Robots!

Ages 3-6

Friday, November 15; 10:30-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: November 8

Instructor: Linda Runeborg

Robots are so cool! Discover how robots help us every day. Learn about famous robots and create your own simple robotic arm to take home with you! You'll even get a chance to operate two different robots! Lots of fun! Parents do not stay.

Critter's Crafts & Gifts – for Christmas! – NEW

Ages 4-7

Session 1: Tuesday, December 10; 9:30-11:30am

Session 2: Tuesday, December 17; 9:30-11:30am

\$8 each per session; Apple Valley Community Center

Min. 5 Max. 8 per session

REGISTRATION DEADLINES: Session 1: December 3;

Session 2: December 10

Instructors: Apple Valley Parks & Recreation Department Staff
Attention all last-minute Holiday Shoppers: Do you still have shopping & wrapping to do? We have an answer for you! Drop your tots off at our NEW 'Critter's Crafts & Gifts Class', and get it all done! Your tots will make holiday decorations, gifts for mom & dad, and holiday cards for the family while you finish your shopping and/or gift wrapping! Plus, enjoy a tasty holiday treat! Great fun! Parents do not stay.

"Fun in Fall" Musical Safari – Parent/Child Pre-School Music & Movement Classes

Age 18 months-6

Tuesdays, October 1, 8, 15, 22, 29;

Session 1: 10:00-10:45am

Session 2: 11:00-11:45am

\$50 per Parent/Child Pair;

\$30 per additional sibling,

for all 5 dates of the session

Apple Valley Community Center

Min. 3, Max. 6 pairs per session

REGISTRATION DEADLINE: September 24

Instructor: Jennifer Ackland of Musical Safari, Inc.

Parents, explore music and movement as you go on a "FUN IN FALL" Musical Safari with your child! Each class will focus on a different theme related to FALL!

During each 45 minute class, we will be singing songs, dancing, reading a book, doing finger plays and playing instruments! Discover the joy of learning through music!



Winnie the Pooh & Friends

Ages 3-6

Friday, December 6; 10:30-11:45am

\$6 per person; Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: November 29

Instructor: Linda Runeborg

Join Winnie the Pooh and his friends for a fun-filled storytime! We'll have tons of fun listening to Winnie the Pooh Stories, providing sound effects, working with puppets, and making a cool craft! Lots of fun for everyone! Parents do not stay.

KIDCREATE STUDIO ART CLASSES & CAMPS NEW TOTS & SIBLING CLASSES!

Kidcreate Studio launches children into the incredible world of art! Our energized classes offer an exciting format for art exploration. We focus on art creation and art education. Lesson plans, designed by an art education professional, are age appropriate and devised to inspire the individual child. Our Instructors provided a positive, fun, self-esteem building atmosphere where children learn to express themselves through the visual arts. Parents can be assured their child is being educated in a supportive environment where giggles and grins are encouraged. Parents do not stay.

Halloween Craft Party - NEW

Ages 4-9

Thursday; October 17;

9:30am-12:00pm

\$29 per person;

Apple Valley Community Center

Min. 4 Max. 7

REGISTRATION DEADLINE:

October 10

Instructor: Kidcreate Studio Staff

What's the best part about Halloween? The candy, of course! We'll create a spooky graveyard scene out of tons of "sweet" art supplies including some Halloween candy favorites like candy corn! Please pack a nut free snack and drink for your child.



Paint like Picasso – NEW

Ages 4-9

Friday; October 18; 9:30am-12:00pm

\$25 per person;

Apple Valley Community Center

Min. 4 Max. 7

REGISTRATION DEADLINE: October 11

Instructor: Kidcreate Studio Staff

This is your child's chance to paint on a real canvas, just like Picasso! We'll learn all about the Cubist style as we draw and paint our own self-portrait. Please pack a nut free snack and drink for your child.





ABRAKADOODLE ART CLASSES FOR TOTS

Ages 2-5 & a parent

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

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

Instructors: Abrakadoodle Staff

ONE-DAY CLASSES:

Pumpkin & Black Cats Art Class - NEW

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

\$20 per 1st child registered; \$18 per additional sibling;

Apple Valley Community Center

Min. 4 Max. 9

Discover Halloween Art! Become an artist as you create a funny black cat and paint a pumpkin picture. Plus, we'll read some spook-tacular Halloween stories. Great Halloween fun!

Gobble, Gobble Art Class

Wednesday, November 20; 9:30-11:00am

\$20 per 1st child registered; \$18 per additional sibling

Apple Valley Community Center

Min. 4 Max. 9

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

Wednesday Holiday Art for Little Doodlers - NEW

Wednesday, December 18; 9:30-11:00am

\$20 per 1st child registered; \$18 per additional sibling; Apple Valley Community Center

Min. 4 Max. 9

In our NEW Holiday Art Class, we'll make a reindeer picture, sculpt snowmen and ornaments, make holiday cards and read some holiday stories! Join us for lots of Holiday Art fun this winter!

SATURDAY ART CLASSES:

Autumn Art for Little Doodlers - NEW

Saturday, October 26; November 2, 9, 16; 9:30-10:15am

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

Greenleaf Elementary School

Min. 4 Max. 9

This fall, in our ALL-NEW Fun Fall Art Class, we'll sculpt some spiders with model magic, paint a lion like LeRoy Nieman, learn about shape, and create a geometric jumble and more! We'll use lots of paint and model magic to create some colorful masterpieces in our fall lessons!

Saturday Holiday Art for Little Doodlers - NEW

Saturdays, December 7, 14, 21; 9:30-10:15am

\$45 per 1st child registered; \$33 per additional sibling

Greenleaf Elementary School

Min. 4 Max. 9

In our NEW Holiday Art Class we'll paint a picture frame, and each date, we'll create some cool holiday projects for everyone to enjoy.

Young Rembrandt's Elementary "Dazzling Drawings" Art Classes

Ages 6-12

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

6:30-7:30pm

Session 2: Tuesday, October 29; November 5, 12, 19;

6:30-7:30pm

\$40 each per session; Apple Valley Community Center

Min. 6 Max. 20 per session

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

Instructor: Young Rembrandt's Staff

Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Organic forms and inorganic forms will be explored in our lessons. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. All this and more await your child in a Young Rembrandt's classroom! Parents do not stay.

HEALTHY PARKS HEALTHY PEOPLE

SCIENCE EXPLORERS CLASSES FOR TOTS

Ages 3 ½ - 6



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

Min. 3 Max. 5 per class

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

Instructors: Science Explorer's Staff

Magical Magnets

Thursday, September 19; 10:00-11:30am

\$15 per person; Apple Valley Community Center

Join Science Explorers for a morning of magical magnet fun. We will explore magnetic force with fun, hands-on experiments. We will use a variety of different shape and size magnets as we learn about attraction and repulsion, magnetic poles and the invisible magnetic force. Please join us as we also play games and make art projects to learn more about this mysterious force.

Silly Sloppy Slimes

Thursday, September 26; 10:00-11:30am

\$15 per person; Apple Valley Community Center

Are you ready for some gooey, sloppy experiments? Then slide right into this exciting, hands-on lab as we experiment with gooey, silly and slimy mixtures. Be sure to dress so you can get messy as we learn why mixtures act the way they do.

Fall into Science

Thursday, October 3, 10, (no 17), 24; 10:00-11:30am

\$45 per person; Apple Valley Community Center

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

Mixture Magic

Thursdays, November 7, 14, 21; 10:00-11:30am

\$45 per person; Apple Valley Community Center

Back by popular demand! Pour, mix, measure and stir. In Mixture Madness you will be exploring the world of chemistry by mixing together safe ingredients. You will create slime while learning about polymers, have fun with magical crystals while learning about absorption, plus formulate your own mixtures through open exploration. Be sure to dress so you can get messy as we explore these and other fascinating mixtures.

Dynamite Dinosaurs

Thursdays, December 5, 12, 19; 10:00-11:30am

\$45 per person; Apple Valley Community Center

Enter the Science Explorers' time machine and 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. You will have a dynamite time with hands-on experiments, studying fossils, and much more as we journey back in time.



MUSIC TOGETHER

Early Childhood Music for parents/caregivers & children

Children, birth-5 years with a parent or caregiver
Sunday; September 22, 29; October 6, 13, 20, 27;
November 3, 10

Session 1: 4:00-4:45pm

Session 2: 5:00-5:45pm

Session 3: 6:00-6:45pm

Monday; September 23, 30;

October 7, 14, 21, 28; November 4, 11;

Session 4: 6:15-7:00pm

Wednesday; September 25; October 2, 9, 16, 23, 30; November 6, 13;

Session 5: 10:15-11:00am

Session 6: 11:15am-12:00pm

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

Session 7: 10:15-11:00am

Session 8: 11:15am-12:00pm

\$149 per Adult-Child Pair for the 8-week program.

\$79 per additional child.

Siblings 8 months & younger are FREE with paid sibling (*free sibling must be born on or after 1/23/13*)

Apple Valley Community Center

Min. 3 max. 6 per each session

REGISTRATION DEADLINE: September 16

Instructor: Laurie McFaul, "Music Together" Instructor

Share the delight of making music in these joy-filled, research-based classes! Infants, toddlers and preschoolers participate at their own developmental level, sharing songs, instrument play, rhythmic rhymes and movement activities in a relaxed, playful, non-performance-oriented setting. Classes are mixed-age so siblings can participate together. 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. The Apple Valley Parks and Recreation Department and the District 196 Community Education Department each have 6 spaces out of the 12 spaces allotted for each class, so you can register with either agency; www.cityofapplevalley.org. If the Parks and Recreation spots are full, there may be more spaces at <http://ce.district196.org/Perficial/online/events/search.aspx>

Music Together **FREE** Demonstration Classes

Birth-5 years & a parent or care-giver

TRY A FREE DEMO "Music Together" CLASS, for those interested in checking out our music program! Call **952-953-2300** to register

All DEMOS are held at the Apple Valley Community Center

Session A: Sunday, September 15; 4:00-4:45pm

Session B: Sunday, September 15; 5:00-5:45pm

Session C: Monday, September 16; 6:15-7:00pm

Session D: Wednesday, September 18; 10:15-11:00am

Session E: Friday, September 20; 11:15am-12:00pm

Limits: 6 pairs per each FREE DEMO only



MINNESOTA VALLEY MARTIAL ARTS CLASSES FOR YOUTH

Classes are held at the MN Valley Martial Arts;
 14050 Pilot Knob Road, #124
 Min. 4 Max. 20 per session



REGISTRATION DEADLINE:

Please register at least 1 week prior to the start

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

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

Little Ninjas - Introduction to Martial Arts for Tots

Ages 4-6

Session 1: Saturdays, September 28; October 5, 12, 19
10:15-10:45am

Session 2: Tuesday, September 24; October 1, 8, 15
5:30-6:00pm

Session 3: Wednesday, October 2, 9, 16, 23; 6:00-6:30pm

\$25 per session, includes a uniform

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

Tae Kwon Do Beginners Class

Introduction to Martial Arts for youngsters

Ages 7-12

Session 1: Mondays, September 30;

October 7, 14, 21; 5:15-6:00pm

Session 2: Saturdays, October 5, 12, 19, 26; 10:15-11:00am

Session 3: Wednesdays,

October 16, 23, 30; November 6; 5:15-6:00pm

\$25 per session, includes a

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



HEALTHY PARKS HEALTHY PEOPLE



Amazing Tots Program - **NEW**

Age 20 months-3 years & a parent

Session 1: Thursdays, September 19, 26;

October 3, 10, 17, 24; 9:20-9:50am

Session 2: Thursdays, November 7, 14, 21, (NO 28);

December 5, 12, 19; 9:20-9:50am

\$52 each per session; Apple Valley Community Center

Min. 3 Max. 5 per session

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

Instructors: Amazing Athletes of SW Metro Staff

Discover sports that will get your toddler moving. Enjoy physical challenges and organized physical exploration activities that increase major motor development. Explore and learn 4 sports with your child.

Amazing Athletes Program - **NEW**

Ages 3-6

Session 1: Thursdays, September 19, 26;

October 3, 10, 17, 24;

10:00-10:45am

Session 2: Thursdays,

November 7, 14, 21, (NO 28);

December 5, 12, 19;

10:00-10:45am

\$59 each per session; Apple Valley Community Center

Min. 3 Max. 5 per session

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

Instructors: Amazing Athletes of SW Metro Staff

Engage in a developmental sports and fitness program that teaches the basic fundamentals and mechanics of nine different sports including: baseball, volleyball, lacrosse, football, soccer, golf, hockey, basketball and tennis! Build self-confidence, practice teamwork, and improve fine and large motor skills. Increase cardiovascular fitness, muscle tone, hand-eye coordination and reaction time. Lots of sports fun! Parents are not required to stay, but can if they choose.



APPLE VALLEY TEEN CENTER

14255 Johnny Cake Ridge Road;
952-953-2385

www.cityofapplevalley.org

Teens going into Grades 6-12 reign exclusively over this unique facility which is managed, programmed, and staffed by the Apple Valley Parks and Recreation Department.

Hours (Through September 2)

Monday-Thursday.....1:00-9:00pm

Friday.....1:00-10:00pm

Saturday1:00-10:00pm

Sunday1:00-7:00pm

Hours (Beginning September 3)

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

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

Saturday1:00-9:00pm

Sunday1:00-6:00pm

Thanksgiving Day; November 28 Closed

Christmas Eve & Day; December 24, 25..... Closed

December 23, 26, 27, 30, 31; January 1, 2, 3.....1:00-9:00pm

What is there to do at the Teen Center?

Guitar Hero • Birthdays Parties

Pizza, Hot Pockets, Ice Cream Treats • Watch Movies • PS3

N64 • Xbox 360 • Wii Ping Pong • Foosball • Air Hockey Dances

Skateboard Park (April-October)

Basketball and other outdoor sports equipment available

Have Your Party at the Teen Center!

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

Outdoor Skate Park

All Ages; FREE

Johnny Cake Ridge Park West,
14255 Johnny Cake Ridge Road

Come on out to our Outdoor Skate Park, located next to the Teen Center, open April through October! Participants are highly encouraged to wear a helmet and pads. Skate Park hours are the same as City Park hours, daily 7:00am-10:00pm.

Rap Battle & Poetry Jam
Saturday, September 28; 1:00-3:00pm
Apple Valley Teen Center



ACTIVITIES FOR TEENS WITH DISABILITIES

Dances For Teens With Disabilities

Friday September 6, October 4 & November 1; 7:00pm–9:00pm

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

Apple Valley Teen Center, 14255 Johnny Cake Ridge Road
Parents and PCAs Welcome. Refreshments and Music provided. A supportive social atmosphere for teens.

Skills Development for Children with Disabilities

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

Beginning Golf Skills

Tuesday, September 24 and Thursday, September 26;

6:00pm–7:30 pm

Valleywood Golf Course

\$15 per participant.

REGISTRATION DEADLINE: Thursday September 19

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

FAMILY ACTIVITIES

Archery For The Whole Family

Tuesday, September 17; 5:00-7:00pm

Beginners (Ages 9 to Adult)

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

REGISTRATION DEADLINE: Tuesday September 10

A great family activity. Learn it together. Archers ages 9 and up are encouraged to participate in this exciting program. This short course is designed to provide hands-on experience with learning how a bow works, how to select appropriate archery equipment, the basic techniques to accurately shoot the bow and an introduction to equipment care. Ages: 9 to adult, or with instructor permission (*younger children require an adult to participate with them*). Children under 18 require adult permission. No equipment required for this beginner course. Personal equipment can be used with instructor approval. For further information contact Steve Skinner, Recreation Supervisor at **952-953-2314**. Sessions will be held at the Apple Valley Parks Archery Range in Scott Park, Galaxie Ave. at 140th Street.

S.O.R.R. Mother-Son Morning of Fun Lil' Buccaneer Bash

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

Saturday, November 16; 10:00 am – 12:00 Noon

Rosemount Steeple Center, 14375 South Robert Trail, Rosemount 55068

REGISTRATION DEADLINE: Friday, November 8

(registration will close when all spaces are filled)

Ahoy me hearties! Hoist your anchors and set sail to the Mom and Son Morning of Fun Lil' Buccaneer Bash! If it's a swashbuckling fun time you're looking for, we've got lots of excitement in store for you! Captain Jack invites all pint-sized pirates and their mothers (or aunts, older sisters, grandmothers, caregivers, etc.) to set sail and charter a course for some swashbuckling fun, grub and grog. Our party will include upbeat music, dancing, X Marks the Spot treasure hunt, exciting games, projects, and more! A DJ will have everyone up and dancing to old and new favorites and each couple will receive a special keepsake photo taken by a professional photographer. A pizza feast fit for a crew of hungry pirates will also be served. We hope to see ye there....aarrgh!

This special event is being hosted by the SORR communities of Apple Valley, Burnsville, Eagan, Farmington, Lakeville, Rosemount and Savage. We have teamed up to offer a series of family-oriented dances and special events to celebrate togetherness and strengthen the special bond between family members. We'll have details in our winter brochure on the father/daughter event planned for February 2014.

Halloweenie Roast And Spookie Fun

by the Fire at Valleywood Golf Course

Monday, October 28: 6:00-7:30pm

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

REGISTRATION DEADLINE: Thursday, October 24

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

Treats, Not Tricks - Cookie Bake & Take

Family event

Saturday, October 19;

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

Session 3: 10:30am start • Session 4: 11:00am start

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

Apple Valley Community Center

Min. 1 family Max. 2 families per each session

REGISTRATION DEADLINE: October 11

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

HEALTHY PARKS HEALTHY PEOPLE

Halloween Costumes for Kids - **NEW**

Parent and a child

Thursday, October 17

Session 1: Magician, 9:00-10:00am

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

Session 3: Bag of Jelly Beans, 11:00am-12:00pm

Session 4: Jellyfish, 12:30-1:30pm

Session 5: Zeus, 1:30-2:30pm

Session 6: Hot Air Balloon Passenger, 2:30-3:30pm

\$15 per session; Apple Valley Community Center

Min. 2 Max. 6 per session

REGISTRATION DEADLINE: October 7

Instructor: Kristy Hemphill

Don't wear your average store bought costume for Halloween this year...make your own! Parents are invited to join us and we will help you make your child's costume this year. We will provide most of the materials (some costumes require you to bring in basic clothing in your child's size). Check us out online to see sample photos www.cityofapplevalley.org. Parents will be making the costume, but the child is welcome to attend for sizing and/or to help create. A materials list will be emailed to you prior to class. Most costumes are suitable for children ages 6 and up. Happy Halloween!

10th Annual "Halloween Hand-Me-Downs"

FREE PROGRAM!

All Ages

"Gently used" Costume Drop off:

Monday through Friday, October 14-18; 8:00am-4:00pm

Pick-up a "new costume" on Saturday, October 19;

10:00-11:30am

Apple Valley Community Center

Instructors: Apple Valley Parks and Recreation Department Staff
Avoid "frightful" prices on Halloween costumes this year by participating in our 10th Annual "Halloween Hand-Me-Downs" Costume Exchange at the Apple Valley Community Center. Drop off your "gently used" costumes at the AVCC, October 14-18; and then - pick-up a new costume on October 19! **NOTE:** Those who cannot find a "new" costume will receive a "Halloween Surprise Grab Bag" instead.

A Personalized "Letter from Santa Claus"

Ages 3-10

\$4 per letter mailed; Letters to be mailed by December 16

REGISTRATION DEADLINE: December 2

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

Breakfast with Santa Claus

Sponsored by McDonald's

of Apple Valley!

Ages 3-10 & parent(s)

Saturday, December 7

Session 1: 8:30-9:30am

Session 2: 9:30-10:30am

Session 3: 10:30-11:30am

\$10 per child per session

(parents can attend for FREE!)

Apple Valley Community Center

Min. 20 Max. 50 per session

REGISTRATION DEADLINE: November 29

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

All children 3-10 years old are invited to spend an hour with Santa Claus on Saturday, December 7th. Come to the Apple Valley Community Center where Santa will visit with you and your family while you enjoy special treats. Following breakfast, each child will take part in a variety of holiday activities, crafts, games, and have their picture taken with Santa.

Candy Covered Houses

Families of all ages

Sunday, December 8; 1:00-3:00pm

\$35 per family; Apple Valley Community Center

Min. 3 Max. 6 families

REGISTRATION DEADLINE: December 1

Instructor: Kristy Hemphill

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



TARGET CENTER & XCEL ENERGY CENTER

Tickets available for Upcoming Events...

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

NOTE: Transportation to and from the events is the responsibility of the purchaser.

TARGET CENTER EVENTS:

2013 Minneapolis Shrine Circus

Presenting the ultimate in exciting entertainment, with all new shows! Target Center roars to life with tantalizing tigers, enchanting elephants, and dramatic daredevils. Passionate performers from 15 countries will dazzle all circus fans with new amazing feats in the biggest and best Shrine Circus ever!



Friday, November 29; 1:30pm; \$16 (Lower Level Sides)
Saturday, November 30; 10:30am; \$16 (Lower Level Sides)
Sunday, December 1; 1:30pm; \$16 (Lower Level Sides)

DEADLINE TO PAY: November 11
TICKET PICK-UP: Beginning November 25

Sesame Street Live presents...

“Making Friends” No matter where you’re from or where you’ve been, everyone is special - so join in! Elmo, Grover, Abby Cadabby, and their Sesame Street friends welcome Chamki, Grover’s friend from India, to Sesame Street. Together, they explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies! Join the fun and make a memory with your friends and family!



Friday, January 24; 10:30am; \$10 per ticket (Lower Level Sides)
Saturday, January 25; 2:00pm; \$20 per ticket (Lower Level Sides)
Sunday, January 26; 1:00pm; \$20 per ticket (Lower Level Sides)

DEADLINE TO PAY: January 6
TICKET PICK-UP: Beginning January 20

XCEL ENERGY CENTER EVENTS:

“Disney Junior Live on tour! Pirate and Princess Adventure”

Grab your tiaras and doubloons and join us for “Disney Junior Live On Tour! Pirate & Princess Adventure”. Mickey and Minnie are taking their seats too at this never-before-seen live show featuring your favorite characters from Disney Junior’s hit series, Sofia the First, and Jake and the Never Land Pirates.



(Children 1 year and older are required to have a ticket)

Sunday, October 20; 1:00pm

\$26 per ticket – Section 111; Rows 7-9

\$22 per ticket – Section 107; Rows 13-14

\$18 per ticket – Section 113 – Rows 22-23

REGISTRATION DEADLINE: September 30

TICKET PICK-UP:
Beginning October 14



Disney on Ice presents: “Passport Adventure”

Embark on the ultimate sightseeing vacation with everyone’s favorite Disney characters in “Disney on Ice presents Passport to Adventure”, a wonderful show for all families/children!

Thursday, December 12; 7:00pm; \$14 per ticket
Section 104; Rows 6-7

Friday, December 13; 10:00am; \$12 per ticket
Section 111; Rows 7-9

Saturday, December 14; 3:00pm; \$24 per ticket
Section 106; Rows 6-8

Sunday, December 15; 1:00pm; \$24 per ticket
Section 108; Rows 7-9

REGISTRATION DEADLINE: November 18

TICKET PICK-UP: Beginning December 2

HEALTHY PARKS HEALTHY PEOPLE

ADULT ACTIVITIES

Recreational Volleyball Leagues Women's and Co-Rec

Age 18 and older

Thursday evenings for Women's A/B/C (September 12 start)

Friday evenings for Co-Rec A/B/C/D (September 13 start)

\$100 per team (plus a \$25 per team fee for non-resident teams - teams with less than 51% AV resident teams)

Apple Valley Community Center gyms; 14603 Hayes Road

REGISTRATION DEADLINES:

Returning Teams: Thursday, August 15

New Teams: Thursday, August 22

Our six-on-six, self-officiated Volleyball Leagues for adults 18 years and older will be played at the Apple Valley Community Center on Thursday (Women's) and Friday (Co-rec) evenings. A variety of levels are offered to satisfy a wide range of skill levels (A, B, C, D leagues). Play begins on September 12 & 13, with practices times available on September 5 & 6. The leagues will consist of 9 matches plus playoffs. League championship T-shirts and team gift cards will be awarded. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call 952-953-2316.

Women's Power Volleyball Leagues

Women age 18 and older

Tuesday evenings, for Women's A and Women's B/C beginning September 17; 6:30, 7:30, 8:30, 9:30 pm games

\$170 per team (plus a \$25 fee per team for non-resident teams - teams with less than 51% AV resident teams)

Apple Valley Community Center Gyms; 14603 Hayes Road

REGISTRATION DEADLINES:

Returning Teams: Thursday August 22

New Teams: Thursday, August 29

Our six-on-six officiated Volleyball Leagues for women 18 years and older will be played at the Apple Valley Community Center, on Tuesday evenings. Play begins on Tuesday, September 17, with practice times available on September 10. The leagues will consist of 9 matches plus playoffs. League championship T-shirts and team gift cards will be awarded. Individual players looking for a team can call the Recreation Office at **952-953-2300** to be included on our "draft" list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call **952-953-2316**.

Adult 3 on 3 Indoor Basketball Fall League (New for 2013)

3 Separate Divisions of Play:

Intermediate Division

Recreational Division

40 and Over Division

Tuesday evenings for Intermediate and 40 & Over Division (September 24 – October 29) – 6 weeks of play

Wednesday evenings for the Recreational Division (September 25 – October 30) - 6 weeks of play

Ages 18 and over

\$60 per team (teams without at least 51% of players either working full-time or living in Apple Valley must add a \$15 non-resident team fee)

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

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

Apple Valley Community Center gyms; 14603 Hayes Road

REGISTRATION DEADLINE: Thursday, September 12. Or until full.

Games each week will consist of two 25 minute halves. Roster limit is 8 players. Our new three-on-three, self-officiated Intermediate league for adults 18 and over and adult league for players 40 & Over will be played at the Apple Valley Community Center on Tuesday evenings. Our new three-on-three, self-officiated Recreational League for adults 18 years and older will be played at the Apple Valley Community Center on Wednesday evenings. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our "draft" list. League championship t-shirts awarded for 1st place in each division. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call 952-953-2316.



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

Tuesday evenings with 2 Separate Divisions of Play:

“C” Intermediate Division

“D” Recreational Division

Ages 18 and over

**Leagues start Tuesday, November 5th (Session I- 10 weeks)
and Tuesday February 4th (Session II-10 weeks)**

\$500 per resident team (more than 51% of players living or working full time in Apple Valley)

\$550 per non-resident team

**REGISTRATION DEADLINE: Thursday, October 17 (Session I)
and Thursday, January 16 (Session II)**

Our five-on-five, Officiated basketball games for those 18 years and older, will be played at the Apple Valley Community Center on Tuesday evenings. Game start times will be no earlier than 6:30 p.m. and no later than 9:30 p.m. The season will consist of 8 weeks of regular session play with up to two additional weeks of playoffs. Team gift certificates and league championship T-shirts will be awarded to both the 1st place team in league play as well as playoffs. Teams will also be eligible to participate in the MRPA State tournament. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our “draft” list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call 952-953-2316.

**Self-officiated Adult 5 on 5 Basketball Leagues:
(Full-Court)**

Wednesday evenings for 2 Separate Divisions of Play:

“D” Recreational Division

40 and Over Division

Ages 18 and over

**Session I: Wednesdays, November 6 – January 29
(10 weeks league play + 2 weeks of playoffs)**

**Session II: Wednesdays, February 5 – April 23
(10 weeks league play + 2 weeks of playoffs)**

\$250 per resident team (more than 51% of players living or working full time in Apple Valley)

\$275 per non-resident team

**REGISTRATION DEADLINE: Thursday, October 17 (Session I)
and Thursday, January 16 (Session II)**

Our five-on-five, Self-officiated basketball games for those 18 years and older, will be played at the Apple Valley Community Center on Wednesday evenings. Game start times will be no earlier than 6:30 p.m. and no later than 9:30 p.m. The season will consist of 10 weeks of regular session play with up to two additional weeks of playoffs. Team gift certificates and league championship t-shirts will be awarded to both the 1st place team in league play as well as playoffs. Individual players looking for a team can call the Recreation Office at 952-953-2300 to be included on our “draft” list. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call 952-953-2316.

Adult Table Tennis League

Wednesdays Starting September 11

Apple Valley Community Center

\$15 per player

REGISTRATION DEADLINE: Thursday September 5

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

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

Gentle Yoga for Adults – NEW

Adults

**Session 1: Tuesdays, September 3, 10, 17, 24;
9:30-10:30am (arrive at 9:15am on 9/3)**

**Session 2: Tuesdays, October 1, 8, 15, 22; 9:30-10:30am
(arrive at 9:15am on 10/1)**

**Session 3: Tuesdays, October 29; November 5, 12, 19;
9:30-10:30am (arrive at 9:15am on 10/29)**

**Session 4: Tuesdays, November 26; December 3, 10, 17;
9:30-10:30am (arrive at 9:15am on 11/26)**

\$32 each per session

\$10 per date drop-in fee, payable at the Front Desk on day of class
Apple Valley Community Center

Min. 4 Max. 15 per session

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

Instructor:

Jennifer Lafont,

Registered Yoga Teacher
Gentle Yoga features traditional hatha yoga poses that are modified to gently stretch and strengthen the body. Come enjoy this slow, meditative and relaxing class which is appropriate for beginners and experience yoga practitioners alike. Bring a yoga mat, a blanket and bottle of water.



HEALTHY PARKS HEALTHY PEOPLE

MINNESOTA VALLEY MARTIAL ARTS CLASSES FOR ADULTS:

Cardio Kickboxing

Age 16 and Older

Session 1: September 23 – October 19

Session 2: October 28 – November 23

\$49 each per session for the entire month!

Classes are held at the MN Valley Martial Arts;

14050 Pilot Knob Rd #124

Min. 4 Max. 20 per session

REGISTRATION DEADLINES: Session 1: September 16;
Session 2: October 21

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

This 'hour-long kick butt class' offers you a variety of workouts with 4 different Instructors, each bringing their own flavor of workout to the mix. We work on cardio, body weight and resistance band strength training, and core strengthening. Come and work at your own level and enjoy the benefits of working with our experienced Martial Arts Instructors! Gloves are included in the fee. Work out up to 5 times a week. Monday – Thursday, 7:00-8:00pm and Saturday, 8:00-9:00am, during your scheduled month. You decide which days fit best into your busy schedule!

Kettlebell – Beginner Seminar

Age 18 & Older

Session 1: Saturday, September 28; 12:00-2:00pm

Session 2: Saturday, October 26: 12:00-2:00pm

Session 3: Saturday, December 28: 12:00-2:00pm

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

Classes are held at the MN Valley Martial Arts;

14050 Pilot Knob Road, #124

Min. 4 Max. 20 per session

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

Instructor: Thanh Lo, Minnesota Valley Martial Arts

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



Body Bootcamp

Age 18 and Older

September 23-November 16

Class Days: Mon., Tues., Wed. & Thurs., 8:00pm; and Fri., 6:30pm (optional day); & Participants can also attend the Sat., 8:00am Kickboxing sessions

\$199 per person for all 8 weeks of classes

(50 total classes available to you!)

Classes are held at the MN Valley Martial Arts; 1

14050 Pilot Knob Road #124

Min. 4 Max. 20

REGISTRATION DEADLINE: September 16

Instructors: Thanh Lo & MN Valley Martial Arts Staff

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

Jeet Kune Do

Age 18 and older

Session 1: Tuesdays & Thursdays, September 17, 19, 24, 26;
6:00-7:30pm

Session 2: Tuesdays & Thursdays, October 8, 10, 15, 17;
6:00-7:30pm

Session 3: Tuesdays & Thursdays, November 12, 14, 19, 21;
6:00-7:30pm

\$40 per person per session

Classes are held at the MN Valley Martial Arts;

14050 Pilot Knob Road, #124

Min. 4 Max. 20 per session

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

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

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

Gorgeous Gourd Candles

Age 17 and up

Monday, November 11 and Thursday, November 14; 7:30-9:00pm

\$45 each for both days; Apple Valley Community Center

Min. 2 Max. 6

REGISTRATION DEADLINE: November 1

Instructor: Kristy Hemphill

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

Watercolors Painting Class

Adults, and youth age 8 & older

Session 1: Thursday, September 12; 6:00-8:00pm

Session 2: Thursday, October 10; 6:00-8:00pm

Session 3: Thursday, November 7; 6:00-8:00pm

\$20 each per session; Apple Valley Community Center

Min. 3 Max. 15

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

Instructor: Tina Sheppard

Join us in a relaxed setting and learn how to paint with watercolors. Our classes are fun and enjoyable as you learn about color mixing, shading and hi-lighting and controlling your water and paint to create dynamic paintings. All levels of painters are welcome. Bring your own supplies to class – a list is available upon request @ 952-953-2300.

'Wine & Watercolors' Painting Class

Age 21 & older

Thursday, October 17; 6:00-8:00pm

\$27 per person; Redwood Community Center; 311 150th Street W

Min. 3 Max. 15

REGISTRATION DEADLINE: October 11

Instructor: Tina Sheppard

Enjoy a relaxing, creative evening out with friends. Paint a lovely watercolor while sipping on a wonderful glass of wine. We will complete an 8" by 10" watercolor painting that you can take home that evening. Tina is an experienced, easy going instructor, so all levels of painters are welcome. Bring your own supplies to class – a list is available upon request @ 952-953-2300.

Wine Glass Painting Class

Age 21 & Older

Session 1: Thursday, September 19; 6:00-8:00pm

Session 2: Thursday, November 14; 6:00-8:00pm

\$24 each per session

Redwood Community Center; 311 150th Street W

Min. 5 Max. 15 per session

REGISTRATION DEADLINES: Session 1: September 12;

Session 2: November 7

Instructor: Tina Sheppard

A fun painting class offered again this Fall for adults! Join us and get creative, painting a wine glass to take home with you. Plus, enjoy a glass or two of wine as you relax and enjoy a night out! Great creative and relaxing fun! All supplies & a glass of wine will be provided.

APPLE VALLEY SENIORS

Join area seniors (55 or better) for social, educational and recreational activities at the Apple Valley Senior Center, home of the Apple Valley Seniors. The center, located at 14601 Hayes Road is open Monday through Friday from 9:00am-4:00pm Call **952-953-2345** for further information and to receive a complimentary newsletter.



Landmark
Tours

Travel Showcase

Coast to Coast Destinations Offered through the Apple Valley Senior Center & Landmark Tours

Thursday, September 19, 1:00pm

Yosemite Room-Apple Valley Senior Center

Are you ready for another long winter? We have just what you need to make it through to spring. Plan on joining us on Thursday, September 19th at 1:00PM where Landmark Tours will roll out a spring travel season showcasing trips that will cure the winter blues. Information and literature will be available on the following inclusive, air-motorcoach vacations:

Southeastern Treasures • Washington DC Cherry Blossoms

The Islands of Hawaii • The California Coast

The Canadian Rockies

For more information, contact Bill Bird at the Apple Valley Senior Center, **952-953-2341** or visit www.landmark-tours.com/APV.

Seniors continued on page 22

HEALTHY PARKS HEALTHY PEOPLE

APPLE VALLEY SENIORS



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. A limited number of walk-in registrations will be accepted at the discretion of the instructor. AAA members receive a \$2 discount at registration with the appropriate coupon.

4-hour Refresher

Friday, September 13, 9:00am-1:00pm
Tuesday, September 24, Noon-4:00pm
Tuesday, October 1, 9:00am-1:00pm
Tuesday, October 29, Noon-4:00pm
Thursday, November 7, Noon-4:00pm
Tuesday, November 26, 9:00am-1:00pm
Tuesday, December 3, Noon-4:00pm
Thursday, December 12, 9:00am-1:00pm
\$20 per person; Apple Valley Senior Center
REGISTER: 1-888-234-1294

8-Hour Initial Class

Monday & Tuesday, September 9 & 10, 6:00-10:00pm
(2-part class/must attend both)
Friday, November 8, 9:00am-5:00pm
\$24 per person; Apple Valley Senior Center
REGISTER: 1-888-234-1294



Segway Tour

Monday, September 9

Session 1: 11:00am

Session 2: 12:30pm

Lac Lavon Park, 15610 Highview Drive - Apple Valley
(Corner of Gardenview & Highview Drive)

\$27 per person

Registration Deadline: September 4

Wednesday, September 11

Session 3: 11:00am

Session 4: 12:30pm

Quarry Point Park, 15725 Pilot Knob Rd - Apple Valley
(Across the street from the new Target and immediately next to the new Transit Station)

\$27 per person

Registration Deadline: September 6

Have you always wanted to try and ride a Segway? This is a perfect opportunity that is both convenient and a value. Initially you will be trained how to operate a Segway, followed by a 1-hour trip, around Cobblestone or Lac Lavon lake and back to the starting point. Participants should wear tennis shoes, appropriate clothing for the weather and a bike helmet. If you do not have a helmet, All American Segway will provide you with one. For more information or to register over the phone please contact the Apple Valley Senior Center at 952-953-2345.

Gentle Yoga

Session 1: Wednesdays, August 28-October 2

Session 2: Wednesdays, October 9-November 13

9:45-10:45am

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

REGISTRATION DEADLINES: August 25 & October 7

Apple Valley Senior Center

Yoga is practiced in chairs as well as floor work. Bring a yoga sticky mat and bottle of water. Wear comfortable clothing. Register at the Apple Valley Senior Center or by phone at 952-953-2345.

COMMUNITY CENTER OPEN GYM

14603 HAYES ROAD

Please wear non-marking soled athletic shoes in the gymnasium. **NO BLACK SOLED SHOES**, street shoes or boots are permitted in the gymnasium. Call the Open Gym Hotline at **952-953-2399** (option 2) to verify the gym schedule, as tournaments are occasionally held at the Community Center.

2 & Under Tot Time – NEW

Age 2 & under with accompanying adult(s)

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

Beginning on May 1st, we've added an extra ½ hour for our very youngest participants in Pre-School Open Gym! The "2 & Under Tot Time" will allow the youngest tots time to enjoy the gym and equipment, with less participants, especially older tots who can be a bit intimidating to the age 2 & under tots! NOTE: Only tots that are 2 years & under can participate during this ½ hour; all tots 5 & under can join in the fun at 9:30am. ***FREE***

Pre-School Open Gym

Age 5 & under with accompanying adult(s)

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

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! ***FREE***

Youth Open Gym

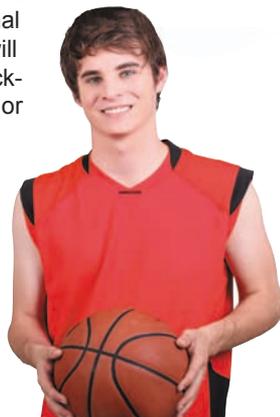
Ages 10-18

Saturday 12:00–3:45pm

Sunday 4:00–7:15pm

Monday–Friday 2:30–4:30pm

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



Family Open Gym

Saturday 4:00–7:15pm

Sunday 12:00–3:45pm

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

Adult Open Badminton - NEW BOUNDARY LINES !

Age 18 & Older

First & Third Sunday; Noon-2:30pm

\$3 per person

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

Family Open Badminton

First & Third Sunday; Noon-2:30pm

\$3 per person

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

Adult Open Volleyball

Age 18 & older

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

Mondays, 6:30-9:30pm; 6 Courts

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

The Apple Valley Community Center is "Volleyball Central" on Saturdays, Sundays, and Mondays. Whether you want to practice the fundamentals or just want to get in some fun exercise, you'll enjoy this informal open volleyball program. All skill levels are welcome to participate; at least three nets will be set up at all times. This is an adult program; children will not be permitted in the gyms, and unsupervised children under age 10 may not be brought to the Community Center. Participants will be required to fill out a "Participant Registration Card" and show an ID on their first day of attendance. And, each date, players must be checked in when paying their \$3 fee. For more information, contact Lyndell Frey, Recreation Supervisor, at lfrey@cityofapplevalley.org or call **952-953-2316**.

Open Table Tennis

Age 18 & Older

Tuesday & Thursday, September 3 to November 26

6:30-9:30pm

\$3 per person; All Purpose Room or Alternate

Open Pickleball

Age 18 & Older

Monday through Friday; 9:00am-Noon

\$3 per person; Sport Court Gymnasium

HEALTHY PARKS HEALTHY PEOPLE

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*). The course has 12 holes; the first seven have concrete tees and open fairways with lots of big mature trees, while the last five holes are more tightly wooded. Discs specially designed for disc golf or any regular Frisbee can be used to play the game. Come out and try the fun recreational game of Disc Golf! Please respect other park users.

Outdoor Tennis Courts

Park Sites	Address	# of Courts
Belmont	118 Belmont Rd	1
Cedar Knolls	7094 127th St W	2
Delaney	4745 147th St W	2
Farquar	13266 Pilot Knob Rd	2
Greenleaf	134th St W & 134th Ct W	2
Hagemeister	13000 Johnny Cake Ridge Rd (2 w/ lights)	4
Heritage	12852 Hamlet Ave	1
Pennock	15445 Pennock Ave	2
Redwood	311 150th St W	2
Scott	14125 Galaxie Ave (lights & rally boards)	2
Wildwood	8266 137th St W	2
School Sites		
Apple Valley High	14450 Hayes Rd	4
Eastview High	6200 140th St W (+ rally boards)	8
Scott Highlands Middle	14011 Pilot Knob Rd (+ rally boards)	4
Valley Middle	900 Garden View Dr	4
Falcon Ridge Middle	is at the same site as Hagemeister Park (2 Park / 2 School)	

Outdoor Pickleball Courts

Dedicated Pickleball courts have been constructed at Hayes Park (*middle hockey rink*). Pickleball lines have been also been marked on the tennis courts at Pennock and Hagemeister Parks.



Banquet & Meeting Space

Apple Valley Senior Center
14601 Hayes Road • 952-953-2345



The Apple Valley Senior Center provides modern amenities and spacious rooms for meetings and special events with seating for up to 224. This is an ideal location for celebrations such as wedding receptions, graduation parties, birthday parties and baby showers. Meeting and presentation rooms offer viable options for business trainings, association meetings, church and club events. Wi-Fi and Audio-Visual equipment is available. There are flexible catered and non-catered food options. Stop by for a tour or call 952-953-2345 for rental information, prices and availability.



ADOPT-A-PARK

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

If you would like to take part and help your community, please contact Tom Adamini, Superintendent of Park Maintenance at 952-953-2420.

The following groups have volunteered to adopt city parks:

ORGANIZATION	LEADER	LOCATION
Flight Club & AVDGL	Derek Lusk	Alimagnet Park
Geek Squad	Matthew Schultz	Alimagnet Park
The Adventure Zone	Jim Nordberg	Belmont & Chaparral Parks
Catholic Order of Foresters Court 332	Alma Kremer	Cedar Knolls Park
Girl Scout-Brownie Troop 55075	Nicole Bohlig	Delaney Park
South Metro ATV Club	Jay Peterson	Duchess Park
Farquar Park Helpers	Jeff Christianson	Farquar Park
Midwest Special Services, Inc.	Sherry Ginder	Farquar & Johnny Cake Ridge Parks
Southcross Community Church	Jennifer Largen	Fred J. Largen Park
Cub Scout Pack #290	Dan Klein	Galaxie Park
Girl Scout Troop #54077	Nancy Smoley	Huntington Park
MOMS Club-Apple Valley North	Amanda Contino	Heritage Park
Uponor, Inc.	Daniel Perez	Johnny Cake Ridge Park
Shaver Group	Connie Shaver	Keller Park
Minnesota Zoo Gifts	Laurel Wright	Long Lake, Moeller, Hagemeister, & Farquar Parks
Nordic Woods Neighborhood	John Santi	Nordic Park
.....	Mary Davis	Robert L. Erickson & Tintah Parks
Rotary Club of Apple Valley	Tom Lawell	Redwood & Kelley Parks
Garland Group	Michelle Markov	Scott Park
Stael Family	Anthony Stael	Sunset Park
Hansen Family	Bill and Julie Hansen	Wallace Park
The Wild Things of Wildwood	Shawnessy Schwartz	Wildwood Park

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

HEALTHY PARKS HEALTHY PEOPLE

Youth Sports

Love Sports? Have Fun And Play With EVAA!



In-House Programs:
 Baseball Basketball
 Cross Country Running
 Cross Country Skiing
 Football Soccer
 Softball Tennis
 Volleyball Wrestling

Traveling Programs:
 Baseball Basketball
 Football Soccer
 Softball Tennis
 Volleyball
 Dakota Rev Soccer
 Eastview Hockey Association

WWW.EVAASPORTS.ORG

evaa-admin@evaasports.org | P.O. Box 240392 Apple Valley, MN 55124

Sign Up, Register, Get Involved

Valley Athletic Association provides athletic and social development through sports

Sports offered

	Baseball	Community (Grades Pre K – 11) Traveling (Ages 9 – 15)	December
	Basketball	Community (Grades Pre K – 6) Traveling (Grades 4 – 6)	June
	Cross Country	Community (Grades 4 – 6)	June
	Football	Community (Grades 1 – 6) Traveling (Grades 7 – 8)	May
	Lacrosse	Community Spring (Grades K – 10) Community Summer (Grades 3 – 8)	January & March
	Soccer	Community, Summer (Grades Pre K – 12) Community, Fall (Grades Pre K – 7) Traveling, Summer (Ages U9 – U19) Traveling, Fall (Ages U9 – U14)	January & June
	Softball	Community (Grades K – 12) Traveling (Ages K – U14)	January
	Tennis	Community (Grades Pre K – 9) Traveling (Ages 8U – 18U)	January
	Track	Community (Grades K – 6)	January
	Volleyball	Community, Spring & Fall (Grades 2 – 12)	January & June
	Wrestling	Community (Grades K – 6)	December

Registration Opens



Valley Athletic Association
www.vaasports.org
admin@vaasports.org
 952-432-5618

Register online at www.vaasports.org

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