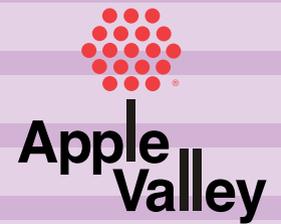


HEALTHY PARKS HEALTHY PEOPLE



SPRING 2014

CITY OF APPLE VALLEY PARKS & RECREATION

THERE'S A LOT GOING ON AT THE APPLE VALLEY SENIOR CENTER!



**LEARN MORE ABOUT THE APPLE VALLEY
SENIORS ORGANIZATION • PAGE 24-25**

**Parks & Recreation Department • 952-953-2300
www.cityofapplevalley.org**

HEALTHY PARKS HEALTHY PEOPLE

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

4851 McAndrews Road
Manager – P.G.A. Professional..... Jim Zinck
952.953.2320 • jzinck@ci.apple-valley.mn.us
Food, Beverage & Rental Coordinator
..... Krystal Sedwick
952.953.2335 • ksedwick@ci.apple-valley.mn.us
PRO SHOP PHONE: 952-953-2323 • FAX 952-953-2319

Parks & Recreation Department 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
Saturday..... 8:00am–7:30pm
Sunday..... 12:00pm–7:30pm
Easter (Sunday, April 20)..... **CLOSED**
Memorial Day (Monday, May 26)..... 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

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REGISTER ONLINE!

Visit www.cityofapplevalley.org

- On left side, click Online Services
- At Parks Program Registrations, click Online Registrations
This will take you to a different website to register.

User will need to set up an account their first time, which will be used for all future registrations. Each family member should be listed on the same account, although they can be easily added at a later date. Set up your account now!

OR BY PHONE:

Call - **952-953-2300**; Monday-Friday, 8:00am-4:30pm
Visa, MasterCard, Discover or American Express required at time of registration.



[Facebook.com/Apple Valley Parks and Recreation](https://www.facebook.com/AppleValleyParksandRecreation)

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
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

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.

HEALTHY PARKS HEALTHY PEOPLE

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

Krystal Sedwick,

Food, Beverage & Banquet Coordinator

CHAMPIONSHIP 18-HOLE GOLF COURSE

175 Seat Event Space

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

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

2014 FEE SCHEDULE

	Regular Rate	Patron Rate
Weekend Fees (Saturday and Sunday)		
18 Holes	\$38.00	\$35.00
9 Holes.....	\$24.00	\$21.00
Weekday Fees (Monday - Friday)		
18 Holes	\$30.00	\$27.00
9 Holes	\$20.00	\$17.00
18 Holes-Senior/Junior.....	\$24.00.....	\$21.00
9 Holes-Senior/Junior	\$18.00.....	\$15.00
Patron card.....	\$40.00	+ Tax
Senior Patron Card	\$30.00	+ Tax
Resident Patron Card	\$20.00	+ Tax

Senior: 55+ years of age

Junior: under 18 years of age

Cart Fees

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

Driving Range Fees

Large bucket (approx. 80 balls).....	\$7.00
Medium bucket (approx. 40 balls).....	\$5.00
Driving Range Card (10 large buckets of range balls).....	\$60.00

Season Pass Fees

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

Individual	\$895.00	+ Tax
Spouse (added to individual pass)..	\$450.00	+ Tax
Executive (Ages 18-29).....	\$600.00	+ Tax
Senior (55).....	\$750.00	+ Tax
Junior (Resident & Non-Resident)..	\$450.00	+ Tax

Included with your season pass

- \$2.00 discount on golf car rental.

Golf Outings/Tournaments

Valleywood is available for private golf outings. Call the Pro Shop at **952-953-2323** for more information. We welcome the opportunity to host local charities and Booster organizations.

GROUP GOLF LESSONS

With over a combined 50 years of PGA teaching experience your questions will be answered by one of Valleywood's PGA Professional staff. If you have never played, are a beginner or an intermediate player, golfers of all abilities will benefit from the PGA Professional instruction offered at Valleywood. We offer an extensive selection of group golf lessons aimed at increasing your playing ability and knowledge of the game. All classes will cover full swing and short game (putting, chipping and pitching). Classes will be geared towards the goals of the audience attending. You must pre – register in person, at the course or by phone with a credit card. All golf lesson registrations must be done through the golf course. If you need clubs they will be provided for you. Weather related cancellations will be done at least 1 hour prior to the start of lessons.

ADULT GROUP LESSONS

SESSION 1: Monday, Tuesday, May 12 & 13, 19 & 20

SESSION 2: Monday, Tuesday, June 9 & 10, 16 & 17

SESSION 3: Monday, Tuesday, July 14 & 15, 21 & 22

Cost is \$100 for four 1-hour lessons.

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

SENIOR GROUP LESSONS

SESSION 1: Monday, Tuesday, Wednesday, May 12, 13, 14

SESSION 2: Monday, Tuesday, Wednesday, May 19, 20, 21

SESSION 3: Monday, Tuesday, Wednesday, June 9, 10, 11

SESSION 4: Monday, Tuesday, Wednesday, June 23, 24, 25

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

WOMEN GROUP LESSONS

- SESSION 1 : Wednesdays, April 30, May 7, 14
- SESSION 2: Wednesdays, May 21, 28, June 4
- SESSION 3: Wednesdays, June 11, 18, 25
- SESSION 4: Wednesdays, July 16, 23, 30

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

PARENT/CHILD GROUP LESSONS

Learn the game together!

- SESSION 1: Saturday & Sunday, May 17, 18
- SESSION 2: Saturday & Sunday, June 21, 22
- SESSION 3: Saturdays & Sundays, July 19, 20

Cost is \$100 per parent/child group and includes vouchers for (2) 9 hole rounds of golf, per parent/child group. Child age bracket (8-15). 10 students per instructor. Weekend Classes will consist of (2) 1hr sessions. 10:00 – 11:00 am. Pitching, Putting & chipping will be covered on Saturday and the full swing on Sunday.

JUNIOR GOLF SCHOOL

- SESSION 1: 10:00-11:00am, 8-11 yrs old
- SESSION 1: 11:30-1:00pm, 12-17 yrs old
June 17, 18, 19 (Tue-Thur)
- SESSION 2: 10:00-11:00am, 8-11 yrs old
- SESSION 2: 11:30am-1:00pm, 12-17 yrs old
June 24, 25, 26 (Tue-Thur)
- SESSION 3: 10:00-11am, 8-11 yrs old
- SESSION 3: 11:30am-1:00pm, 12-17 yrs old
July 15, 16, 17 (Tue-Thur)

8 students/instructor
 Cost: 8 – 11 yrs old \$70.00;
 12 – 17 yrs old \$85.00
 Includes a (1) 9-hole voucher and a rules book.
 Register in person at the course or by phone with a credit card.

MIGHTY MITES JUNIOR PROGRAM

- SESSION 1: May 31: 9:00 – 9:45am
- SESSION 2: June 7: 9:00 – 9:45am
- SESSION 3: June 21: 9:00 - 9:45am
- SESSION 4: July 12: 9:00 – 9:45am
- SESSION 5: July 26: 9:00 - 9:45am
- SESSION 6: August 2: 9:00 – 9:45am

Introductory golf instruction for Ages 4-7 with a 10:1 student to teacher ratio. Parents are welcome to stay/watch. All classes are held on Saturdays from 9:00 – 9:45. Classes will focus on Basic Swing fundamentals. Cost \$16.00 per person, per session. Register in person at the course or by phone with a credit card.



HEALTHY PARKS HEALTHY PEOPLE

Tennis

TENNIS

APPLE VALLEY SPORTS ARENA

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

Four Indoor Sport Court Tennis Courts

Arena Office Phone: 952-953-2366

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

Just bring a racket, and be ready for instruction and games to improve your tennis game!

COURT FEES – Ball Machine Available for your use

Adults \$10 per hour

Juniors \$8 per hour

Reservations: 952 953 2366

PRIVATE LESSONS

\$40 an hour - \$20 for 30 minutes

LADIES DOUBLES LEAGUE

Wednesdays 7:00-9:00pm

April 2 – May 21

\$60 per person for 8 weeks

8 teams max

Women's 6.5 combined

WOMEN'S RECREATIONAL LEAGUE

Thursdays 7:00-9:00pm

April 3 – May 22

Women's 6.0 Combined

\$60 per person for 8 weeks

8 teams

SUMMER TENNIS 2014

JUNIOR SUMMER PROGRAM

MORNING JUNIOR TENNIS CLASSES

Registration is open ONLINE at

<http://www.vaasports.org/Registration/Register.php>

Four day sessions, \$48 per session

Monday-Thursdays starting on:

6/16, 6/23, 6/30, 7/7, 7/14, 7/28, 8/4, 8/11

Maximum student teacher ratio: 4

Ages 4-7 9:00-10:00am

Ages 8-10 10:00-11:00am

Ages 11+ 11:00am-Noon

EVENING JUNIOR TENNIS CLASSES

Registration opens February 17 ONLINE at

<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 16. End of the session tournament on Saturday, August 2nd!*

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 - 8:00pm**

Ages 10, 11 **Tuesday & Thursday • 5:30pm - 7:00pm**

Ages 12 **Tuesday & Thursday • 7:00pm - 8:30pm**

\$70 per session (No class July 21/22)

SESSION 2:

Classes meet four times a week for two weeks starting the week of August 4 and concluding August 14.

Ages 4 - 7 **Monday - Thursday • 5:00pm - 6:00pm**

Ages 8 - 10 **Monday - Thursday • 6:00pm - 7:00pm**

Ages 11+ **Monday - Thursday • 7:00pm - 8:30pm**

\$60 per session

USTA SUMMER JUNIOR TEAM TENNIS

VAA TRAVELING PROGRAM

Registration opens February 17 ONLINE at

<http://www.vaasports.org/Registration/Register.php>

Teams meet Monday through Thursday for 2 hours starting on June 16

\$170 for 7 Week Session

18 & Under

Matches Thursday 1:00pm

Practices 1:00pm

14 & Under

Matches Tuesday 1:00pm

Practices 3:00pm

12 & Under

Matches Wednesday 1:00pm

Practices 3:00pm

Areas Tournament:

July 21, 22

(Area Tournament Fee included in registration)

If qualify,

Sections Tournament:

July 28-August 1



PRE-SCHOOL & YOUTH PROGRAMS



HOLIDAY PARTIES FOR TOTS

Ages 2 ½ - 6

St. Pat's Hats Party:

Friday, March 14

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

Bunny Brunch Party:

Friday, April 18

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

\$7 per person, per session

Apple Valley Community Center

Min. 8 Max. 15 per session

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

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

CHUGGA CHUGGA CHOO CHOO

Ages 3-6

Friday, March 21; 11:00am-12:30pm

\$7 per person

Apple Valley Community Center

Min. 8 Max. 14

REGISTRATION DEADLINE: March 14

Instructor: Linda Runeborg

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

TOT'S DAY OF FUN

Ages 3-6

Mondays, 9:00am-12:00pm

Session 1: April 7, 14, 21, 28

Session 2: May 5, 12, 19, (No 26); June 2

Wednesdays, 12:15-3:15pm

Session 3: April 9, 16, 23, 30

Session 4: May 7, 14, 21, 28

\$42 per person, per session

\$12 per person, per each date of drop-in; fee payable at the AVCC on the date of class.

Apple Valley Community Center

Min. 4 Max. 8 per session

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

Instructors: Apple Valley Parks and Recreation Staff
Our 3-hour-long program for tots includes music, playtime, arts & crafts, story time, games, gym time, a snack, and even a short "quiet time". The activities are designed for your tots, the class is designed for parents 'on the run', who need more time for errands, or just to relax! Parents do not stay, and children must be potty-trained.

PRESTO CHANGO!

Ages 5-8

Thursday, March 27; 1:00-2:15pm

(DAY OFF SCHOOL!)

\$6 per person

Apple Valley Community Center

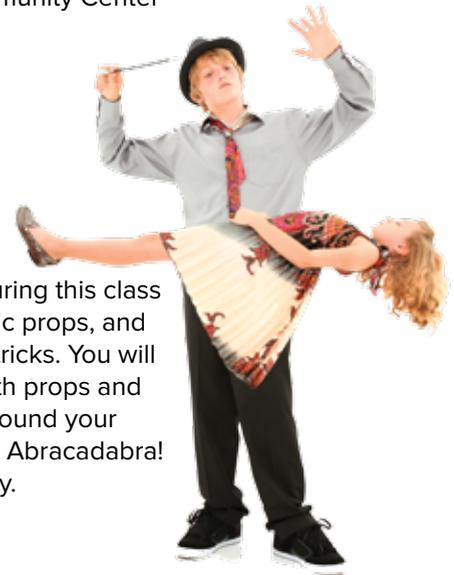
Min. 5 Max 10

REGISTRATION DEADLINE:

March 20

Instructor: Linda Runeborg

Learn the secrets of some 'amazing feats of magic!' During this class we will make magic props, and then practice our tricks. You will leave our class with props and magic tricks to astound your family and friends. Abracadabra! Parents do not stay.



HEALTHY PARKS HEALTHY PEOPLE

Youth Activities

'WHO DONE IT' JUNIOR DETECTIVES

The Case of the Oogy Blobs

Ages 5-7

Friday, March 28; 1:00-2:30pm (DAY OFF SCHOOL!)

\$6 per person

Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: March 21

Instructor: Linda Runeborg

Help solve the case of the oogy blobs! Learn how to analyze fingerprints, inks, footprints, and other clues to catch the person "who did it"! If you are successful in solving the crime, you will be awarded the JUNIOR DETECTIVE CERTIFICATE. When arriving to class, DO NOT cross the crime scene tape! Parents do not stay.

SAIL THE SEVEN SEAS

Ages 3-6

Friday, April 4; 10:00-11:30am

\$7 per person

Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE:

March 28

Instructor: Linda Runeborg

Shiver me timbers! Find out all about pirates: who they were, what they wore, and what their life was like. Navigate the seven seas searching for buried treasure with your spyglass and pirates hat that you make yourself! Experience what type of food the pirates may have eaten aboard their ship. A pirate's life – are you up for this challenge? Parents do not stay.



LITTLE CHEFS - HEALTHY COOKING AND CREATIVE EATS

Ages 3-6

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

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

\$7 per person, per session

Apple Valley Community Center

Min. 7 Max. 14

REGISTRATION DEADLINES: Session 1: April 4

Session 2: April 25

Instructors: Apple Valley Parks and Recreation Staff

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

SIGN UP FOR BACK-TO-BACK CLASSES ON TUESDAYS, AND HAVE FUN ALL MORNING LONG! OR, JUST PICK A FEW OF THE FUN SESSIONS LISTED BELOW!

(Note: Instructors will provide an activity on Tuesdays, 10:30-10:45am for those who take both classes.)

CRITTER'S CLUB

Ages 2 ½-6

Session 1: Mondays, April 14, 21, 28; May 5, 12, 19

1:00-2:30pm

Session 2: Tuesdays, April 15, 22, 29; May 6, 13, 20

9:00-10:30am

\$27 per person, per session

Apple Valley Community Center

Min. 5 Max. 10 per session

REGISTRATION DEADLINE: April 8

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 through songs, crafts, games, fun projects, snacks and stories. Parents do not stay, and participants must be potty trained.

OOEY GOOEY ARTISTS

Ages 3-6

Session 1: Tuesdays, April 15, 22, 29; 10:45am-12:00pm

Session 2: Tuesdays, May 6, 13, 20; 10:45am-12:00pm

\$15 per person, per session

Apple Valley Community Center

Min. 5 Max. 10 per session

REGISTRATION DEADLINES: Session 1: April 8

Session 2: April 29

Instructors: Apple Valley Parks and Department Staff

An opportunity for children to learn while getting messy, and parents do not need to clean up afterwards! Each day is a new "Ooey Gooey" Art Project, plus a sticky snack to eat. Send your child dressed to get messy! **Indicate any food/ingredient allergies that your child has so we can adjust accordingly.**

"Ooey Gooey Art" fun for everyone! Parents do not stay.

FOR THE BIRDS

Ages 3-6

Friday, April 25; 10:30-11:45am (DAY OFF SCHOOL!)

\$7 per person

Apple Valley Community Center

Min. 6 Max. 12

REGISTRATION DEADLINE: April 18

Instructors: Apple Valley Parks and Recreation Staff
Learn about birds, bird houses, bird feeders, and create some great projects for the birds in your backyard. Lots of activities and crafts for the birds, plus a fun snack for you! Parents do not stay.

PREPARE FOR TAKEOFF

Ages 5-7

Friday, April 25; 1:00-2:15pm (DAY OFF SCHOOL!)

\$6 per person

Apple Valley Community Center

Min. 5 Max. 10

REGISTRATION DEADLINE: April 18

Instructor: Linda Runeborg
Join us in “paper airplane flight school”, where you will learn the basic airplane parts and how they control the plane. Then, with your new knowledge, you will build different styles of paper airplanes, and after construction, we’ll fly them and even have the opportunity to work in the control tower. You will take home a flight manual and some paper airplanes from flight school. Parents do not stay.

SIGN UP FOR BACK-TO-BACK CLASSES ON FRIDAYS, AND HAVE FUN ALL MORNING LONG! OR, JUST PICK A FEW OF THE FUN CLASSES LISTED!

(Note: Instructors will provide an activity on Fridays, 10:30-10:45am for those who take both classes.)

DR. SEUSS ON THE LOOSE

Ages 3-6

Fridays, May 16, 23, 30; 9:30-10:30am

\$15 per person

Apple Valley Community Center

Min. 7 Max. 14

REGISTRATION DEADLINE: May 9

Instructors: Apple Valley Parks and Recreation Staff
Our Dr. Seuss Class featuring some favorite stories that were included in our previous classes, plus some new stories too! Everyone loves the stories by Dr. Seuss, and we will add related craft projects, activities and snacks. Parents do not stay.

TINY TEA PARTY FOR TOTS

Ages 3-6

Friday, May 16; 10:45am-12:15pm

\$7 per person

Apple Valley Community Center

Min. 7 Max. 14

REGISTRATION DEADLINE:
May 9

Instructors: Apple Valley Parks and Recreation Staff
All 3-6 year olds are invited to dress up and join us for our 13th Annual TINY TEA PARTY just for tots. Wear your prettiest spring outfit, and join us for spring-related games, stories, crafts, a fashion show, prizes, and of course, some “tea” and snacks. Parents may stay to watch, but please do not bring other siblings along if you stay!



LITTLE GARDENERS

Ages 3-6

Friday, May 23; 10:45am-12:15pm

\$8 per person

Apple Valley Community Center

Min. 7 Max. 14

REGISTRATION DEADLINE: May 16

Instructors: Apple Valley Parks and Recreation Staff
“How does your garden grow?” A class just for tots, featuring the planting of seeds to grow your own ‘little garden’ at home. Plus crafts and stories that relate to flowers, gardening and growing. Bring your own gardener’s gloves, or just get your hands a little dirty! Parents do not stay.

WEARABLE ART FOR TOTS

Ages 3-6

Friday, May 30; 10:45am-12:15pm

\$7 per person

Apple Valley Community Center

Min. 7 Max. 14

REGISTRATION DEADLINE: March 23

Instructors: Apple Valley Parks and Recreation Staff
Join us at our fun class and create “wearable art” just for you. Bring white socks and a white t-shirt to class, and we’ll help you to make them “wearable”! Also included, headbands or pony tail holders, bandanas, jewelry, hats and much more. Parents do not stay.

HEALTHY PARKS HEALTHY PEOPLE

MOTHER/DAUGHTER SPA DAY

Ages 3-6 & mother (who will attend on May 9)

Friday, May 9; 10:30-11:45am
(daughters only)

Saturday, May 10; 10:30-11:45am
(moms and daughters both)

\$20 per Mother/Daughter (Please register your child only)

Apple Valley Community Center

Min. 5 Max. 10 pairs

REGISTRATION DEADLINE: May 2

Instructors: Apple Valley Parks and Recreation Staff Mothers, are you ready to be pampered? Our new class will have your daughter preparing for a 'day of pampering' just for you! Daughters attend on May 9 to prepare for your "Spa Day", and then Mothers & Daughters both attend on May 10. It will be a pre-Mother's Day event that you will remember always!

PRESCHOOL PLAYGROUP

Ages 4-6

Session 1: Wednesday, March 12; 9:30-11:00am

Bugs, Bugs and more Bugs

Session 2: Wednesday, March 19; 9:30-11:00am

Painting 2.0

\$5 per child per session

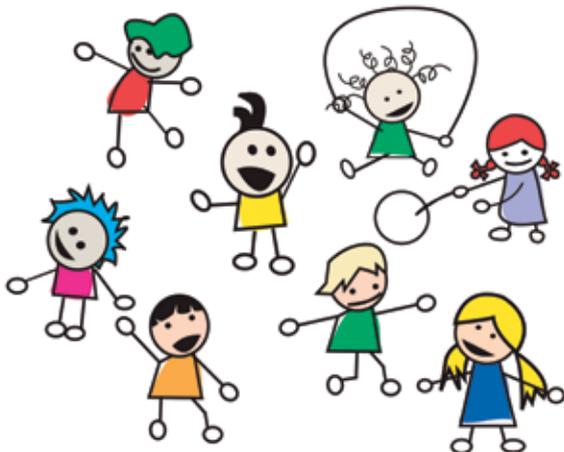
Apple Valley Community Center

Min. 4 Max. 12 per session

REGISTRATION DEADLINES: Session 1: March 5
Session 2: March 12

Instructor: Kristy Hemphill

Each session of Preschool Playgroup will have games, crafts, stories, snack, hands-on learning and much, much more. This is a nurturing, learning environment for your little ones. Parents do not stay.



TOP SECRET TRAVEL

Ages 4-6

Session 1:

Thursday, March 20

9:30-11:00am

Travel to Ireland

Session 2:

Thursday, April 10

9:30-11:00am

Travel to Thailand

Session 3:

Thursday, May 22

9:30-11:00am

Travel to New Zealand

\$7 per child per session

Apple Valley Community Center

Min. 4 Max. 12 per session

REGISTRATION DEADLINES: Please register one week prior to class

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 and play local games. Your little voyager won't want to miss out on any of these adventures! Parents do not stay.



POP CULTURE EXPLOSION

Ages 4-6

Session 1: Wednesday, April 16; 9:30-11:00am

Sesame Street

Session 2: Wednesday, May 21; 9:30-11:00am

Cloudy with a Chance of Meatballs

\$5 per child per session

Apple Valley Community Center

Min. 4 Max. 12 per session

REGISTRATION DEADLINES: Session 1: April 9

Session 2: May 14

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.

TEDDY BEAR PICNIC

Ages 3-6

Wednesday, April 23; 10:00-11:30am

\$8 per person

Apple Valley Community Center

REGISTRATION DEADLINE: April 16

Min. 5 Max. 10

Instructor: Kristy Hemphill

Bring in your favorite teddy bear we'll have a picnic! During our teddy bear picnic, we will play games and make a lemonade stand. We will get dressed up in party gear, pack our baskets and head off to our picnic. Your little one will have a great time at our teddy bear picnic! Parents do not stay.

CARNIVAL

Ages 3-6

Wednesday, May 14; 10:00-11:30am

\$7 per person

Apple Valley Community Center

REGISTRATION DEADLINE: May 7

Min. 5 Max 10

Instructor: Kristy Hemphill

Step right up folks, step right up and join us for a preschool carnival where we will play games to earn tickets for prizes, make clown crafts and snack on some carnival treats! A fun filled morning for everyone! Parents do not stay.

BREAKFAST WITH THE BUNNY & EGG HUNT

sponsored by McDonald's of Apple Valley

Ages 2-7 & Parent(s)

Saturday, April 19

Session 1: 8:30-9:30am

Session 2: 9:30-10:30am • Session 3: 10:30-11:30am

\$10 per person, per session; Parents attend for free!

Apple Valley Community Center

Min. 20 Max. 40 youth per session

REGISTRATION DEADLINE: April 7

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

All 2-7 year old children are invited to join the Easter Bunny on Saturday, April 19th for an Easter egg-stravaganza! Begin the morning with pictures with the Easter Bunny, and juice and snacks from McDonald's of Apple Valley. Next is an outdoor (weather permitting) egg hunt for candy and prizes, done by age groups (2, 3, 4, 5, 6, 7 years). Afterwards, participants enjoy a wide variety of activities including face painting/nail polishing, holiday games, and crafts!



EASTER BASKET DELIVERY

Ages 2-7

Session 1: Thursday, April 17

Delivery 9:30am-12:00pm

(NEW MORNING TIME!)

Session 2: Friday, April 18

Delivery 1:00-4:00pm

Session 3: Saturday, April

19

Delivery 1:00-4:00pm

\$9 per Easter Basket

delivered to your home

Max. 35 baskets delivered

each session only

REGISTRATION DEADLINE:

April 7

Instructors: Apple Valley

Parks and Recreation Staff & the Easter Bunny

The Easter Bunny will be hopping around Apple Valley

with baskets full of goodies. Order an Easter Basket, to be delivered to your child(ren) by our Easter Bunny.

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



FLASHLIGHT EGG HUNT, EASTER CRAFTS AND COLORING CONTEST

Ages 7-12

Tuesday, April 15; 7:30pm

(Alternate RAIN DATE is Thursday, April 17)

\$9 per person; Meet at the Redwood Community

Center, 311 County Road 42

Min. 20 Max. 40

REGISTRATION DEADLINE: April 7

Instructors: Apple Valley Parks and Recreation Staff

Meet in the Redwood Community Center at 7:30pm

(sunset is at 7:59pm) for an Easter craft and a coloring

contest, followed by an Egg Hunt with a bit of a

challenge when the sun sets, for youth 7-12 years old.

Bring your flashlight and a basket, the eggs will be

hidden in the DARK! Join us for this unique egg hunt

by moonlight and win some fun prizes too! Parents can

stay.

HEALTHY PARKS HEALTHY PEOPLE

Youth Activities



SNOW WHITE'S 'WHISTLE WHILE YOU PLAY' PARTY

Ages 3-7 & a parent

Saturday, May 31; 10:00-11:00am

\$19 per person (*parents attend but do not pay*)

Apple Valley Community Center

Min. 7, Max. 15

REGISTRATION DEADLINE: May 23

Instructors: "Once Upon A Star" Princess Staff
HEIGH-HO! IT'S OFF TO PLAY WE GO! "Once Upon A Star" invites you to Snow White's 'Whistle While You Play' Party! Snow White will lead the group with apple games, dwarf dancing, and a special craft. We'll keep the rhythm using 'broomstick' instruments & "Whistle While We Play". Parents, feel free to bring your cameras!



SPRING ARTS & CRAFTS FUN FOR LITTLE DOODLERS

Ages 2-5 with a parent

Saturdays, April 26; May 3, 10, 17; 9:30-10:15am

\$59 per 1st child; \$55 per additional child

Apple Valley Community Center

Min. 3 Max. 6

REGISTRATION DEADLINE: April 18

Instructors: Abrakadoodle Staff
Abrakadoodle is a special art program for children to develop their creativity and imagination, and it inspires kids to reach beyond and create unique art. In our "Spring Arts & Crafts" Session we will learn to paint spring chicks with koosh rings, make a colorful flower corsage, make some Minnesota birds in a nest, and more! Parents stay to assist their child.



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. They believe science sparks wonder and imagination in children and allows them to use their natural curiosity for discoveries. Science Explorers' activities challenge children by providing a different hands-on activity each week, and encouraging them to try different solutions. Science Explorers is dedicated to helping children learn about their world through science

ROCKIN' REPTILES

Ages 3 ½ - 6

Thursdays, April 10, 17, 24; May 1

10:00-11:30am

\$59 per person

Apple Valley Community Center

Min. 3 Max. 5

REGISTRATION DEADLINE: April 3

Instructors: Science Explorer's Staff

Do you wonder why reptiles have scales or if snakes really are slimy? What do reptiles in Minnesota do in order to survive our cold, harsh winters? Join Science Explorers as we answer these questions and more while investigating the remarkable reptile world. We will learn about the four reptile families including snakes, turtles, crocodiles, and a unique New Zealand reptile whose tongue glows in the dark.

CAMP CATERPILLAR

Ages 3 ½-6

Tuesday, Wednesday, Thursday, June 3, 4, 5

10:00am-12:00pm

\$59 per person

Apple Valley Community Center

Min. 3 Max. 5

REGISTRATION DEADLINE: May 26

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. You will investigate bugs, plants, and the weather with fun activities, projects, songs, stories and more.





MUSIC TOGETHER

Pre-School Music Program for parents & children Children, birth-Age 5 & a parent

Sundays; March 30; April 6, 13, (No 20th), 27

May 4, 11, 18; (No 25th); June 1

Session 1: 4:00-4:45pm • Session 2: 5:00-5:45pm

Mondays, March 31; April 7, 14, 21, 28; May 5, 12, 19

Session 3: 6:15-7:00pm

Wednesdays, April 2, 9, 16, 23, 30; May 7, 14, 21

Session 4: 10:15-11:00am • Session 5: 11:15am-12:00pm

Fridays, April 4, 11, 18, 25; May 2, 16, 23, 30

Session 6: 10:15-11:00am • Session 7: 11:15am-12:00pm

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

\$79 per additional sibling

NOTE: Siblings 8 months & younger are **FREE** with a paid sibling (must be born after 7/29/13)

Apple Valley Community Center; 14603 Hayes Road
Min. 3 Max. 6 per session

The Apple Valley Parks and Recreation Department and the District 196 Community Education Department each have six spaces out of the twelve spaces allotted for each class, so you can register with either agency; www.cityofapplevalley.org.

REGISTRATION DEADLINE: March 24

Instructor: Music Together Instructor, Laurie McFaul
Music Together is an award-winning, internationally acclaimed early childhood music and movement program for children from birth to kindergarten, and the grownups who love them. In class, you'll dance, sing, play rhythm instruments and share 45 minutes of pure fun with your child each week, for 8 weeks, while supporting your child or children's cognitive, verbal, physical, emotional, social, and music development. Receive an illustrated songbook and two CDs—one for home and one for on-the-go. All classes are mixed-age, so siblings can participate together. Register your child(ren) only. Infants under eight months on the first day of the session are free with a paying sibling.

FREE MUSIC TOGETHER "DEMO CLASSES"

Birth-Age 5 & a parent

Session A: Sunday, March 23; 4:00-4:45pm

Session B: Monday, March 24; 6:15-7:00pm

Session C: Wednesday, March 26; 10:15-11:00am

Session D: Friday, March 28; 10:15-11:00am

FREE, but only 1 demo per family please!

Apple Valley Community Center, 14603 Hayes Road
Min. 3 Max. 6 pairs per each demo

REGISTRATION DEADLINE: March 17

Experience the joy of making music. Space is limited so register soon! Register your child(ren) only, but parents still attend; at www.cityofapplevalley.org. These free classes are for those who are seriously considering registering for the 8-week session but would like to try a class with their child(ren) first. Only one **FREE** Demo per family please!

YOUNG REMBRANDT'S 'DAZZLING CARTOONS'

Ages 6-12

Tuesdays, April 8, 15, 22, (NO 29)

May 6, 13, 20

6:30-7:30pm

\$59 per person

Apple Valley Community Center

Min. 6 Max. 20

REGISTRATION DEADLINE: April 1

Instructor: Young Rembrandt's Staff

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE our Young Rembrandt's Cartoon class. We'll get the party started with our drawing of lively, party animals. Many of our lessons introduce students to drawing exciting, dynamic characters. Give your child the gift of learning and artistry. Enroll your student today, all new lessons every session! Parents do not stay.



Young Rembrandts

HEALTHY PARKS HEALTHY PEOPLE

Youth Activities

SPRINGTIME SAFARI WITH MUSICAL SAFARI

Parent/Child Music & Movement
Age 18 months-6 years & a parent
Tuesdays, April 1, 8, 15, 22, 29

Session 1: 10:00-10:45am • Session 2: 11:00-11:45am

\$59 per 1st child;
\$40 per additional sibling; parent attends for free
Apple Valley Community Center
Min. 3, Max. 6 pairs per session

REGISTRATION DEADLINE: March 25

Instructor: Jennifer Ackland of Musical Safari, Inc. Parents, go on a Springtime Safari with your child! Each class will focus on a different theme (*Earth Day, or animals, colors, letters, numbers, etc.*) 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!

KIDCREATE STUDIO

Art Classes & Camps for TOTS & YOUTH! 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.



LEGO STAR WARS ART CAMP (SPRING BREAK!)

Ages 4-9
Monday & Tuesday, March 24 & 25
9:00am-12:00pm

\$65 per person, for 2-day camp
Falcon Ridge Middle School
Min. 3 Max. 7

REGISTRATION DEADLINE: March 17

Instructors: Kidcreate Staff

Legos® and Star Wars® - what an amazing combination! We'll work as a team to paint a huge mural complete with stars, planets and far, far away galaxies. We'll build star fighters out of Legos, stage an intergalactic battle and make a Lego Darth Vader bobble head. We'll even make our own light saber. We'll work with Legos, paint, clay and other art supplies to create these masterpieces that your young Jedi will love! **Please pack a nut free snack and a drink for your child each day.**



MY DOLL'S BIG ADVENTURE ART CAMP

(SPRING BREAK!)

Ages 4-9
Wednesday & Thursday, March 26 & 27
9:00am-12:00pm

\$65 per person, for 2-day camp
Falcon Ridge Middle School
Min. 3 Max. 7

REGISTRATION DEADLINE: March 17

Instructors: Kidcreate Staff

Your child and her American Girl® doll (or any favorite doll) will love this art adventure! We'll make all the accessories the dolls need to travel around the world, creating jewels fit for a pharaoh, delicious pizza collages, African clay pots, colorful sombreros and more! We'll even make doll's passports and fill them up with stamps! **Please pack a nut free snack and a drink for your child each day.** The My Doll's Big Adventure program is not endorsed by, sponsored by, or affiliated with American Girl Brands, LLC.



EASTER BUNNY ART CLASS

18 months-6 years & a parent
Thursday, April 17; 9:30-10:30am

\$15 per child
Apple Valley Community Center
Min. 3 Max. 5

REGISTRATION DEADLINE: April 10

Instructors: Kidcreate Staff

Hop on over to class to create an Easter Bunny themed art project. Spring has sprung so our bunny will be surrounded by springtime flowers. Come and create right along with your child. Children must be accompanied by a caregiver.



PLAY DATE WITH MOM ART CLASS

18 months-6 years & a parent
Thursday, May 8; 9:30-10:30am

\$15 per child
Apple Valley Community Center
Min. 3 Max. 5

REGISTRATION DEADLINE: May 1

Instructors: Kidcreate Staff

In honor of Mother's Day, spend some creative time with your child and give them a chance to give mom a "helping hand" for Mother's Day! We will learn about and recreate Picasso's Hand with Bouquet painting. Come and create right along with your child. Children must be accompanied by a caregiver.



AMAZING TOTS PROGRAM

Age 20 months-3 years & a parent
 Thursdays, April 17, 24; May 1, 8, 15, 22; 9:20-9:50am
 \$52 per person
 Apple Valley Community Center
 Min. 3 Max. 5

REGISTRATION DEADLINE: April 10

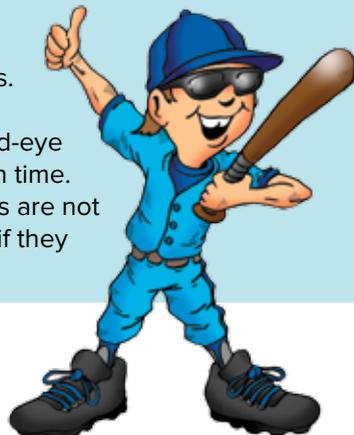
Instructor: Amazing Athletes of SW Metro Staff
 Discover sports that will get your toddler moving. Enjoy physical challenges and organized physical exploration activities that increase major motor development. Explore and learn four sports with your child.

AMAZING ATHLETES PROGRAM

Ages 3-6
 Thursdays, April 17, 24; May 1, 8, 15, 22; 10:00-10:45am
 \$59 per person
 Apple Valley Community Center
 Min. 3 Max. 5

REGISTRATION DEADLINE: April 10

Instructor: 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.



KID'S WATERCOLORS PAINTING CLASSES

Youth age 8 & older
 Session 1: Tuesday, April 8; 4:00-6:00pm
 Session 2: Tuesday, May 6; 4:00-6:00pm

\$21 per person, per session
 Apple Valley Community Center
 Min. 3 Max. 12 per session

REGISTRATION DEADLINES: Session 1: April 1
 Session 2: April 29

Instructor: Tina Sheppard
 Let your child get creative and enjoy the wonderful world of art in our new watercolors painting class for kids! They will learn about shading and hi-lighting, color mixing, and the proper use of materials. But most of all they will have fun in this informative but low key painting class. All levels of painters are welcome, and all supplies are included.

KID'S ACRYLICS PAINTING CLASSES

Youth age 8 & older
 Session 1: Tuesday, April 15; 4:00-6:00pm
 Session 2: Tuesday, May 13; 4:00-6:00pm

\$21 per person, per session
 Apple Valley Community Center
 Min. 3 Max. 12 per session

REGISTRATION DEADLINES: Session 1: April 8
 Session 2: May 6

Instructor: Tina Sheppard
 Let your child get creative and enjoy the wonderful world of art in our new acrylics painting class for kids! They will learn about shading and hi-lighting, color mixing, and the proper use of materials. But most of all they will have fun in this informative but low key painting class. All levels of painters are welcome, and all supplies are included.

HEALTHY PARKS HEALTHY PEOPLE



“INTRODUCTION TO MARTIAL ARTS” CLASSES FOR YOUTH

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!

LITTLE NINJAS

Introduction to Martial Arts for youngsters
Ages 4-6

Session 1: Mondays, March 24, 31; April 7, 14; 6:00-6:30pm

Session 2: Tuesdays, April 1, 8, 15, 22; 5:30-6:00pm

Session 3: Wednesdays, April 16, 23, 30; May 7; 6:00-6:30pm

Session 4: Thursdays, May 1, 8, 15, 22; 5:30-6:00pm

\$25 per person, per session, includes a uniform
Classes are held at MN Valley Martial Arts
14050 Pilot Knob Rd. #124
Min. 4 Max. 20 per session

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

Instructors: Lisa Brockman & MN Valley Martial Arts Staff

The objective of MN Valley Martial Arts is to provide a positive, exciting environment for preschoolers and grade school students. The Introduction to Martial Arts Classes will enhance the development of 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!



TAE KWON DO BEGINNERS CLASSES

Ages 7-12

**Session 1: Mondays, March 24, 31; April 7, 14
5:15-6:00pm**

**Session 2: Saturdays, April 5, 12, 19, 26
10:15-11:00am**

**Session 3: Wednesdays, April 16, 23, 30; May 7
5:15-6:00pm**

**Session 4: Saturdays, May 3, 10, 17, 24
10:15-11:00am**

\$25 per session, includes a uniform
Classes are held at the MN Valley Martial Arts
14050 Pilot Knob Rd. #124
Min. 4 Max. 20 per session

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

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

WUSHU MARTIAL ARTS FOR KIDS

Ages 7-15

**Session 1: Monday, March 24, 31; April 7, 14
6:00-7:00pm**

**Session 2: Wednesday, April 16, 23, 30; May 7
6:00-7:00pm**

\$25 per person, per session, includes a uniform
Classes are held at the MN Valley Martial Arts
14050 Pilot Knob Rd. #124
Min. 4 Max. 20 per session

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

Instructor: Scott Folke, Certified under Shifu Paul Fendos, Korean Wushu Federation

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

APPLE VALLEY TEEN CENTER

14255 Johnny Cake Ridge Road; 952-953-2385

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

HOURS - SCHOOL DAYS (March 1-June 11)

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

HOURS - SCHOOL HOLIDAY/VACATION DAYS

March 24, 25, 26, 27, 28	1:00-9:00pm
April 20 (Easter)	Closed
April 25	1:00-9:00pm
May 26	1:00-9:00pm

WHAT IS THERE TO DO AT THE TEEN CENTER?

Guitar Hero • Watch Movies • Birthdays Parties • PS3 • Xbox 360 Wii • Ping Pong • Foosball • Air Hockey • Dances • Crafts Gardening Pizza, Hot Pockets • Hot Chocolate • N64 • WiFi Skateboard Park (April-October) • PS2 • Basketball and other outdoor sports equipment available • Various 'Special Event Days'; and Arts Programs/Special Events

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. The fee is only \$25, plus a \$50 refundable deposit. Contact Marcie at 952-953-2312, for more information or to book your party!

EDIBLE GARDEN AT THE TEEN CENTER



Coming this Spring & Summer, an "Edible Garden" at the Teen Center. Check in with the Staff at the Teen Center and find out how you can be involved! Vegetables, herbs, fruits – help us grow our **NEW EDIBLE GARDEN**, and then – help us harvest and eat it!

DANCES FOR TEENS WITH DISABILITIES

Fridays, March 7, April 4 & May 2; 7:00-9:00pm

\$5 per person, per date, in advance / \$8 at the door Snacks provided. Join your friends and make new ones at these special Teen Center Dances. Parents and PCAs welcome.

FAMILY ACTIVITIES

Join us on Saturday, April 12th – register for one or both events listed below and be "egg-stra ready" for the holiday!

BAKING FOR THE BUNNY COOKIE BAKE & TAKE

Family event

Saturday, April 12

Session 1: 9:00am start; Session 2: 9:30am start
Session 3: 10:00am start Session 4: 10:30am start

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

Apple Valley Community Center

Min. 1 family Max. 2 families per session

REGISTRATION DEADLINE: April 5

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

EGG-CITING EGG-DYEING

Family Event

Saturday, April 12

Session 1: 10:30am start; Session 2: 11:00am start

\$12 per family per session (for 3 dozen decorated eggs)

Apple Valley Community Center

Min. 1 family Max. 2 families per session

REGISTRATION DEADLINE: April 5

Instructors: Apple Valley Parks and Recreation Staff
In this egg-stra special holiday art class, you'll create egg-citing decorated eggs to take home. We'll have all sorts of egg-citing ways to decorate your boiled eggs including many colors and different types of egg dye. But, why just dye when you can also glue, glitter, lace and paint too? Lots of creative egg-dyeing fun for families!

HEALTHY PARKS HEALTHY PEOPLE

SORR GPS AMAZING FAMILY RACE

Saturday, May 3

9:00am: pre-race meeting

12:00pm: post-race party

\$25 per team

Lakeville Heritage Center, 20110 Holyoke Avenue

REGISTRATION DEADLINE: April 30

Charge your portable hand held global positioning system (GPS) for our 9th 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.

ARCHERY FOR THE WHOLE FAMILY

BEGINNERS (Ages 9 to Adult)

Thursday, May 1; 6:00-8:00pm

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

Scott Park Archery Range, Galaxie Ave. & 140th St.

REGISTRATION DEADLINE: April 24

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**.



2014 GROUND POUNDERS GRAND PRIX RUNNING SERIES

The Ground Pounders "Grand Prix Running & Active Living Series" is a series of 6 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 3 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 year:

Saturday, June 7:

Burnsville: 5K Run

952-895-4500 or www.burnsville.org

Saturday, June 21:

Farmington: 1 & 4 Mile Runs, ½ Mile Junior Jog

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

Friday, July 4:

Apple Valley: 2 & 5 Mile Runs, Youth ½ Pint ½ Mile

952-953-2300 or www.cityofapplevalley.org

Saturday, July 12:

Lakeville: 1 & 4 Mile Runs, ½ Mile Fun Run

952-985-4600 or www.lakevillemn.gov

Saturday, July 19:

Rosemount: 1 & 4 Mile Runs, 1 & 4 Mile Fitness Walks;

½ mile Youth Sprint

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

Tuesday, July 29:

Runner's Gate 5K Trail Run: Rough Terrain 5K Run

Ritter Farm Park, 19300 Ritter Trail, Lakeville

952-985-4600 or www.lakeville.gov

Saturday, October 25:

Savage: Halloween Fun Run – 4 Mile Run;

½ mile Youth Run

952-224-3420 or www.cityofsavage.com

ADULT ACTIVITIES

WINE GLASS PAINTING CLASS

Age 21 & Older

Thursday, May 15; 6:00-8:00pm

\$24 per person, includes all painting supplies & wine

Redwood Community Center; 311 County Road 42
Min. 5 Max. 15

REGISTRATION DEADLINE: May 8

Instructor: Tina Sheppard

Join us and get creative, painting a wine glass to take home with you. Also included, wine tasting and snacks, as we relax and enjoy a night out! Great creative and relaxing fun for all!



WATERCOLORS PAINTING CLASSES

Adults

Session 1: Thursday, April 17; 6:00-8:00pm

Session 2: Thursday, May 1; 6:00-8:00pm

\$17 per person, per session

if bringing your own painting supplies

\$20 per person, per session

includes all painting supplies

Apple Valley Community Center

Min. 3 Max. 15 per session

REGISTRATION DEADLINES: Session 1: April 10

Session 2: April 24

Instructor: Tina Sheppard

Join us in a relaxed setting and learn how to paint with watercolors. Our classes are fun and enjoyable! Learn all about color mixing, shading and hi-lighting, and controlling your water and paint to create dynamic paintings. All levels of painters are welcome.

NOTE: *If bringing your own painting supplies, a list of needed supplies is available upon request*

@ 952-953-2300.



“WINE & ACRYLICS” PAINTING CLASS

Age 21 & Older

Thursday, May 22; 6:00-8:00pm

\$24 each per session

includes all painting supplies & wine/snacks
Redwood Community Center; 311 County Road 42

Min. 3 Max. 15 per session

REGISTRATION DEADLINE: May 15

Instructor: Tina Sheppard

Enjoy a relaxing, creative evening out with friends. Paint a lovely acrylics painting while sipping on a wonderful glass of wine. We will complete an 11” by 14” canvas painting that you can take home that evening. Tina is an experienced, easy going instructor, all levels of painters are welcome.

“WINE & WATERCOLORS” PAINTING CLASS

Age 21 & Older

Thursday, April 24;

6:00-8:00pm

\$24 each per session

includes all painting supplies & wine/snacks
Redwood Community

Center; 311 County Road 42

Min. 3 Max. 15 per session

REGISTRATION DEADLINE: April 17

Instructor: Tina Sheppard

Enjoy a relaxing, creative evening out with friends. Paint a lovely watercolors painting while sipping on a wonderful glass of wine. We will complete an 11” by 14” painting that you can take home that evening. Tina is an experienced, easy going instructor, so all levels of painters are welcome.



HEALTHY PARKS HEALTHY PEOPLE

CARDIO KICKBOXING

Classes Age 16 and Older

Session 1: April 1-28 • Session 2: May 1-31

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

\$49 per person, per session for the entire 4-weeks

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

Min. 4 Max. 20 per session

REGISTRATION DEADLINES: Session 1: March 25
Session 2: April 24

Instructors: Lisa Brockman & MN Valley Martial Arts Staff
Cardio Kickboxing is one of the best total body workouts! We work on balance, strength, flexibility, endurance and bag work to help relieve the stress of your day! We have five different instructors to offer a great variation of workouts. Gloves are included

JEET KUNE DO

Age 18 and older

Session 1: Tuesdays, April 1, 8, 15, 22; 6:00-7:30pm

Session 2: Thursdays, May 1, 8, 15, 22; 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

REGISTRATION DEADLINES: Session 1: March 25
Session 2: April 24

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.

KETTLEBELL

(Pre-Requisite: Beginner Seminar or Instructor approval)

Age 18 & Older

Mondays, Wednesdays, and Thursdays; 7:00-8:00pm Session 1: March 17, 19, 20, 24, 26, 27, 31

April 2, 3, 7, 9, 10

Session 2: April 14, 16, 17, 21, 23, 24, 28, 30;
May 1, 5, 7, 8

\$75 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: Session 1: March 10; Session 2: April 7

Instructor: Thanh Lo, MN 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 hand held 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.

FITNESS CHALLENGE

Age 18 and Older

Monday, March 10-Saturday, May 3

Class Days: Mon., Tues., Wed. & Thurs., 8:00pm
Fri., 6:00pm (optional day)

\$169 per person for all 8 weeks of classes

(40 total classes available to you!)

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

Min. 4 Max. 10

REGISTRATION DEADLINE: March 3

Instructors: Thanh Lo & MN Valley Martial Arts Staff
Come and be challenged in your workout routine. This motivating workout will push your limits of fitness and improve your body and self-esteem in 8 weeks. We use body weight calisthenics, high intensity interval training and non-conventional cardio and strength training. For the best results plan on attending as many classes as possible!

TARGET CENTER & XCEL ENERGY CENTER

Tickets for upcoming scheduled events

ATTENTION: APPLE VALLEY RESIDENTS

The Apple Valley Parks and Recreation Department is offering to residents the opportunity to purchase discounted tickets to events scheduled at Target Center & at 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.*

TARGET CENTER EVENTS

2014 NATIONAL COLLEGIATE HOCKEY

Conference Playoffs – Inaugural Season

Friday, March 21

\$27 per ticket – **INCLUDES 2 GAMES!**

Semi-Final Game 1 – 4:00pm

Semi-Final Game 2 – 7:30pm

Saturday, March 22

\$27 per ticket – **INCLUDES 2 GAMES!**

3rd Place Game – 3:30pm

Championship Game – 7:30pm

DEADLINE TO PAY: March 10

TICKET PICK-UP: Beginning March 17

A NEW ERA in hockey begins! The National Collegiate Hockey Conference will culminate its Inaugural 2013-14 season at the Target Center, with the Championship Tournament, as the best teams in college hockey play for the coveted NCHC League trophy and a berth into the NCAA Tournament.



HARLEM GLOBETROTTERS

2014 “Fans Rule” World Tour

Saturday, April 12; 1:00pm

\$32 per ticket; Section 129; Rows R-T

Saturday, April 12; 7:00pm;

\$32 per ticket; Section 129; Rows L-M

DEADLINE TO PAY: March 31

TICKET PICK-UP: Beginning April 7

The Globetrotter’s one-of-a-kind family show features mesmerizing ball handling, trick shots, high-flying dunks, all with an array of comedy guaranteed to entertain the young and the young at heart. at least 51% Apple Valley players.



XCEL ENERGY CENTER EVENT:

STARS ON ICE - 2014 TOUR

Sunday, May 4; 1:00pm

\$38 per ticket; Section 118; Rows 8-9

DEADLINE TO PAY: April 17

TICKET PICK-UP: Beginning April 25

America’s top Olympic medal contenders at the 2014 Winter Games in Sochi, Russia will headline this year’s nationwide tour of Stars on Ice! Witness some of America’s most creative and cherished champions performing together in both individual and ensemble routines.

HEALTHY PARKS HEALTHY PEOPLE

SLOW PITCH SOFTBALL LEAGUES

No matter what your team's competition level is, we have a league to match it. The Apple Valley softball leagues would like to see your team on the playing field. Several new leagues will be formed for the 2014 season. New this year will be a Men's Recreational Church league on Tuesday evenings a Co-rec Recreational league on Wednesdays and a 40 and over Recreational league on Wednesdays as well. All games are played at Johnny Cake Ridge Park which has 5 lit fields. The start date is Friday, April 25. For registration information contact Lyndell Frey (*Recreation Supervisor*) at Lfrey@cityofapplevalley.org or call him at **(952-953-2316)** or check out the City's website at [www.cityofapplevalley.org /Parks and Recreation/Adult leagues/Softball](http://www.cityofapplevalley.org/Parks%20and%20Recreation/Adult%20leagues/Softball).

MEN'S DOUBLEHEADER LEAGUES:

Sunday, Monday, Tuesday, Wednesday, Thursday evenings

Co-Rec Doubleheader Leagues:

Friday evenings

Team managers from 2013 summer and fall leagues were sent all necessary registration materials via email. New teams should contact the Recreation Department at **952-953-2316** to request the materials. Various levels of priority for acceptance into the leagues are utilized, such as, returning teams from 2013 leagues, and teams consisting of at least 51% Apple Valley players.

REGISTRATION DEADLINE: March 10 (or until full)
(returning teams and new Resident teams)

February 24

(returning 2013 Fall teams)

March 3 (or until filled)

(all other teams.)

Last year no teams were turned away.

SOFTBALL UMPIRE CLINIC

Saturday, April 12; 9:00am

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

SPRING RECREATIONAL VOLLEYBALL

LEAGUES WOMEN'S AND CO-REC LEAGUES

Age 18 and older

Women's (Thursday) evenings

April 10 – June 5

Women's Recreational Leagues: A1, A2, A3, B1, B2, C leagues available.

Co-Rec Recreational Leagues

Friday evenings: April 11- June 13

A1, A2, B1, B2, C1, C2, D leagues available.

\$100 per team

\$25 per team non-resident fee is charged for teams with less than 51% AV residents.

Apple Valley Community Center Gyms

REGISTRATION DEADLINE: March 8 (or until filled)

Our six-on-six, Self-officiated Volleyball Leagues will be played at the Apple Valley Community Center on a variety of levels to satisfy a wide range of skill levels (A, B, C & D leagues available). The leagues will consist of 9 league matches, and play-offs. Individual players looking for a team can call the Recreation Office at **952-953-2316** to be included on our "draft list" of players looking to add to a team or sub.

WOMEN'S OFFICIATED POWER VOLLEYBALL LEAGUE

(A and B leagues available)

Age 18 and older

Tuesdays, April 1 - May 27

\$180 per team

(plus a \$15 per team non-resident fee if there are less than 51% Apple Valley residents on your team)

REGISTRATION DEADLINE: March 6

Our six-on-six officiated Volleyball League for female players 18 years and older will be played at the Apple Valley Community Center, on Tuesday evenings. The leagues will consist of 9 league matches plus play-offs. Each team will play a minimum of two evenings of double-headers. Individual players looking for a team can call the Recreation Office at **952-953-2300** to be included on our "draft" list.



3 ON 3 HALF COURT OPEN BASKETBALL LEAGUE

Age 18 and older

Wednesdays, April 2 - May 21

\$50 per Resident Team & \$75 per Non-Resident Team
Apple Valley Community Center

REGISTRATION DEADLINE: March 13 (or until filled)

Games will be played starting no earlier than 6:15 pm. This will be a call your own, self-officiated league open to all adults. All teams will play double-headers each week.

ADULT TABLE TENNIS LEAGUE

Age 18 and older or 17 with High School Diploma

Wednesdays Starting March 12

6:00-9:00pm Game Times

\$15 per player

Apple Valley Community Center

REGISTRATION DEADLINE: March 5

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.

SORR ADULT CO-REC KICKBALL

Age 18 and older

Wednesday & Thursday Evenings

Community Park – Savage, MN

\$160 per team

REGISTRATION DEADLINE: April 11

SORR is offering opportunity for adults to relive their days on the playground playing everyone's favorite game.....**KICKBALL!!!** The SORR Communities (*Apple Valley, Burnsville, Eagan, Lakeville, Savage, Farmington, and Rosemount*) are offering this unique opportunity for all adults' ages 18 years and older to form Co-Rec teams. We will have both, competitive and recreational Co-Rec leagues which will tentatively last about 8 weeks with a single elimination tournament. Games will be played in Savage on Wednesday's and Thursday's nights. Season begins early May.

This league does not have umpires for the games.

For an informational packet, please contact the Savage Parks and Recreation Department at (952) 224-3420.

SORR BOCCE LEAGUE

Ages 18 and older

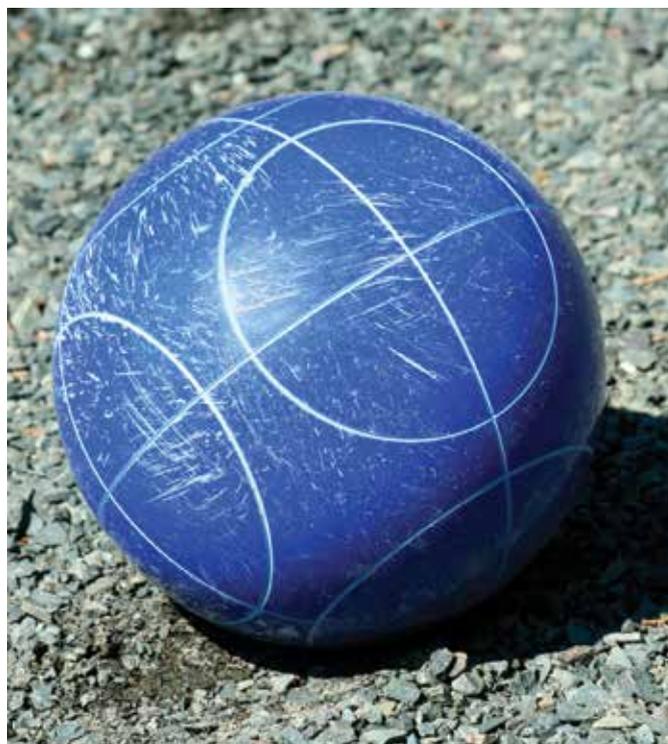
Monday/Wednesday/Thursday Evenings
Beginning Mid-May

\$40 per team

Community Park – Savage, MN

REGISTRATION DEADLINE: April 18

Grab a couple of your friends and join this new SORR Bocce League. Teams of 2 to 4 members will play two matches (6 total games) a night in Savage on their 100 feet x 13 feet bocce courts at Community Park. The season will last 7 weeks with an end of the season tournament. This self-officiated league will have 8 teams comprised of males and females or any gender combination. Players must be at least 18 years of age and must live within a SORR community. For more specific details and a bocce informational packet, please visit www.cityofsavage.com or call the Savage Parks and Recreation Office at **952-224-3420**.



HEALTHY PARKS HEALTHY PEOPLE

APPLE VALLEY SENIORS

APPLE VALLEY SENIOR CENTER

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

Join area adults age 55 and older for social, educational, recreational and service oriented activities, programs and events. The Apple Valley Senior Center is the home of the "Apple Valley Seniors" organization. Senior Center hours are Monday-Friday, from 9:00am-4:00pm. Please call **952-953-2345** if you would like to receive a complimentary newsletter or to arrange a tour of the facility. If you are in the neighborhood, please drop in!

Frequently Asked Questions:

- Q:** Do you have to be an Apple Valley Resident to use the center or participate in programs?
A: No, we have members from Apple Valley as well as over 20 other communities.
- Q:** Do I need to be a member to participate in programs or use the center?
A: Membership is highly encouraged due to the many positive benefits and affordability (\$10 per year), but is not mandatory. Membership is required for 2-Activities: Bingo & Donated Bread program.
- Q:** What are the benefits of an Apple Valley Seniors membership?
A: Reduced, activity, trip and special event fees.
- A monthly newsletter "The Gazette" mailed or e-mailed to you.
 - The opportunity to be amongst some talented, energetic and fun people.
 - The opportunity to serve in leadership roles such as a committee chair or a committee member.
 - Volunteer connections.
 - A Chance at becoming the next "**Senior of the Month**"

Snapshot of Offerings:

- Book Club
- Computer 101 Discussion Group
- Get Moving: Line Dancing, Tap Dancing, Morning Stretch, Zumba Gold, Yoga
- Games Etc.: Dominos, Mah Jongg, Card Games, Ping Pong, Pool Table, Bingo and Wii Bowling
- Hand Crafted Arts: Knitters, Crocheters, Quilting Bees, Recreated Cards, Hardangar, Painting
- Music: Gather Around Music & Velvet Tones
- Out and About: Trips, Tours, Bike Group, Feed My Starving Children
- Food & Fun: Monthly Catered Themed Lunches w/ Entertainment or an Activity
- Learn: Monthly Educational Topics with Speakers (*Medical, Fraud, Wellness, Authors and Historical*)
- On Site: Computer, Wi-Fi, Coffee, Hot Chocolate & Cappuccino, Library, Puzzles, Community Information

LET'S TALK ABOUT MEMORY LOSS: WHY ARE WE SO AFRAID?

Tuesday, March 11; 11:30am-1:30pm



FREE to attend

REGISTRATION DEADLINE: March 6

Register at the Apple Valley Senior Center or by calling **952-953-2345**.

Do you find yourself at a loss for words with friends who have memory loss? Do you worry when you forget things? This presentation will address the fear surrounding Alzheimer's disease and ways we can improve the lives for those it touches. Patty Crawford has worked in aging services for 37 years and presently manages Augustana Open Circle Adult Center in Apple Valley. Her presentation will focus on how our society views memory loss and present some strategies for coping with a diagnosis, along with ways to support friends and families who have memory loss. Patty weaves personal experience, scholarly research, and humor into her presentations.

*Food & Beverage provided by Augustana Care.

ROMANOV: LEGACY OF AN EMPIRE LOST RUSSIAN MUSEUM OF ART - MINNEAPOLIS

Thursday, March 13

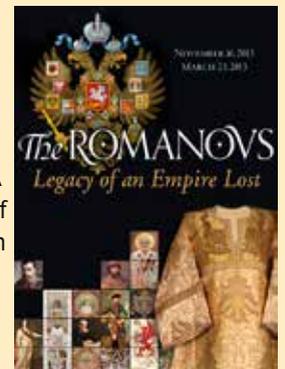
Depart AVSC: 9:30am

Return to AVSC: 12:30pm

\$16 per person

REGISTRATION DEADLINE: March 11

Join the Education and Service Committee on for a guided tour of the Romanovs Dynasty. From the birth of the dynasty in 1613 through the seventeenth, eighteenth, nineteenth and twentieth centuries including Peter the Great, Catherine the Great, and Alexander I, to the end of the dynasty with the family's murder in 1917. We will view artifacts from 25 institutional and private collections. Included in the over 200 objects, the vast majority which have never been on public display in an American museum, include some of Carl Faberge's creations, china from Imperial dining rooms, paintings, documents and more. A docent will guide the 2 hour tour of the museum. For more information or to register over the phone call **952-953-2345**.



THE CHURCH BASEMENT LADIES THE LAST (POTLUCK) SUPPER

Plymouth Playhouse

Wednesday, March 26

11:15am - Depart Senior Center

12:30pm - Theatre Doors Open

1:00pm - "Last (Potluck) Supper"

Performance

4:00pm - Return to Senior Center

\$38 per person

(Includes Ticket & Coach Bus transportation)

REGISTRATION DEADLINE: March 4

A meal is **not** included. Eat before you arrive. Bring a snack for the bus.

(Minneapolis, MN) Curt Wollan and Troupe America Inc., the producer of the national hit musical comedy series The Church Basement Ladies announce the ladies return to the Plymouth Playhouse in an all-new musical comedy The Last (Potluck) Supper. In the latest installment, The Last (Potluck) Supper, the year is 1979 the day of the church's Centennial Celebration, and past parishioners have gathered to share hotdish, bars and stories from the last 100 years. As the women work in the kitchen, these shared memories burst into life through a series of flashbacks. Once again, the ladies handle it all with grace, hilarity and more crazy antics, more great new songs and more lessons reluctantly learned.

MEDICARE FRAUD

Monday, May 19; 11:00am

Apple Valley Senior Center – Yosemite Room

Free

Apple Valley Senior Center -Yosemite Room

The Education & Service Committee invites you to a presentation/discussion on Medicare Fraud led by Mr. Thomas Neumann. Mr. Neumann has worked as an auditor and Chief Investigator at the Department of Human Services for 38 years. He also has taught at the Federal Medicaid Training Center in Columbia, South Carolina. Register in the coffee lounge or by calling **952-953-2345**.



DRIVER IMPROVEMENT COURSE

The Senior Center is partnering with Minnesota Highway Safety and Research Center / AAA to offer driver improvement courses for mature drivers. As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance. An eight-hour course is initially required, followed by a four-hour refresher class every three years. 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 Class

Friday, April 4; Noon-4:00pm

Friday, April 11; Noon-4:00pm

Thursday, April 17; 9:00am-1:00pm

Tuesday, May 13; 5:30-9:30pm

Thursday, May 15; 9:00am-1:00pm

Friday, May 16; 9:00am-1:00pm

\$20 per person; Apple Valley Senior Center

REGISTER: 1-888-234-1294

8-Hour Initial Class

Monday & Tuesday, March 10 & 11; 5:30-9:30pm

(2-part class. Must attend both days.)

Monday & Tuesday, April 7 & 8; 5:30-9:30pm

(2-part class. Must attend both days.)

Friday, May 9; 9:00am-5:00pm

\$24 per person held at the Apple Valley Senior Center

REGISTER: 1-888-234-1294

COMMUNITIES FOR A LIFETIME KEEPING

SENIORS IN THEIR HOMES

Wednesday, April 16; 11:30pm

Free

Apple Valley Senior Center -Yosemite Room

Have you thought about what you would do if your health changed and you could no longer climb the steps in your home or if you needed assistance with daily chores? Would you know how to make your home safe so you could remain living in your own home? Jess Luce is from the Dakota County Public Health Department. He will speak on 'Communities for a Lifetime (CFL) Initiative' which focuses on keeping seniors in their own homes even when changes in their health and lifestyle happens. Register in the coffee lounge or by calling **952-953-2345**.

HEALTHY PARKS HEALTHY PEOPLE

PARKS & FACILITIES

COMMUNITY CENTER OPEN GYM

14603 HAYES ROAD

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

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

2 & UNDER TOT TIME OPEN GYM

Age 2 & under with accompanying adult

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

Free

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.**

PRE-SCHOOL OPEN GYM

Age 5 & under with accompanying adult

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

Free

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

YOUTH OPEN GYM

Age 10 to 18

Saturday; 12:00-3:45pm • Sunday; 12:00-2:30pm

Monday-Friday; 2:30-4:30pm

Free

Youth ages 10 to 18 (high school seniors and younger) are invited to play informal recreational basketball. Courts will be available for practice shooting or pick-up games on your own. **Team practice or play is not allowed.** Children under age 10 must be supervised by a non-participating adult. **Participants must attend a District 196 school** and those who are 6th-12th grade must submit his/her current year school ID to enter the gym.

FAMILY OPEN GYM

Children age 17 and younger w/Parent

Saturday; 4:00-7:15pm

Sunday; 2:45-4:45pm

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 individuals are welcome (*adults with their children or spouse*); no individuals-only. Children 17 years of age or younger must be accompanied by a parent. The parent must actively participate on the court with the child.

FAMILY OPEN VOLLEYBALL

Children age 10-17 w/Parent

Sunday; 6:15-7:15pm

Free

This is a Parent and Child program; unsupervised children without a parent are not allowed in the gyms, and all unsupervised children under age 10 may not be brought to the Community Center.

FAMILY PICKLEBALL

Children age 17 and younger w/Parent

Sundays; 12:15-2:30pm

(*barring tournament use of the facility*)

\$3 per person

Call **952-953-2399** for the latest gym schedule. Six courts will be set up on for open play!

ADULT OPEN BADMINTON

Ages 18 and older

Wednesdays; 6:30-9:30pm

\$3 per person

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.

ADULT OPEN PICKLEBALL

Ages 18 and older

Monday - Friday; 9:00am-12:30pm

\$3 per person

Six courts with a variety of player levels means anyone from a beginner to an advanced player can find a game. Come on down and play Pickleball!

(Open Gym Cont.)

ADULT OPEN VOLLEYBALL

Age 18 & older

Saturday & Sunday, year-round; 3:00-6:00pm (3 courts available)

Monday, year-round; 6:30-9:30pm (6 courts available)

\$3 per person per date (players and spectators) –OR– \$30 for a Punch Card

Whether you want to practice the fundamentals or just want to get in some fun exercise, you'll enjoy our informal open volleyball program. All skill levels are welcome to participate. Courts will be shared equally between all participants in attendance. 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. **Saturday & Sunday: 63 player capacity at one time.**

NOTE: Participants are required to fill out a "Participant Registration Card", show ID pay the \$3 fee Prior to participation.

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, Parks Superintendent 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
A.V. American Legion Auxiliary, Unit 1776	Jan Lauby	Apple Grove Park
Apple Valley Guitar & Piano Academy	Lauren Markert	Apple Valley East
The Adventure Zone	Jim Nordberg	Belmont & Chaparral Parks
Catholic Order of Foresters Court 332	Alma Kremer	Cedar Knolls Park
Wings Financial CU	Cari Fougner	Cobblestone Lake Pathway
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 and Johnny Cake Ridge Parks
Southcross Community Church	Jennifer Largen	Fred J. Largen Park
Cub Scout Pack #290	Dan Klein	Galaxie Park
MOMS Club – Apple Valley North	Amanda Contino	Heritage Park
Girl Scout Troop #54077	Nancy Smoley	Huntington Park
Uponor, Inc.	Daniel Perez	Johnny Cake Ridge Park
Shaver Group	Connie Shaver	Keller Park
Minnesota Zoo Gifts	Laurel Wright	Long Lake, Moeller,
Minnesota Zoo Gifts		Hagemeister, & Farquar Parks
Boy Scout Troop #293	Paul Chellsen	Long Lake, Moeller, Greenleaf,
		Faith, Nordic and Hagemeister
Nordic Woods Neighborhood	John Santi	Nordic Park
Nordic Woods Neighborhood	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!

EARTH DAY CLEAN-UP AND CELEBRATION FOR ADOPT-A-PARK VOLUNTEERS

Saturday, April 19

Join other Adopt-A-Park volunteers of Apple Valley and let's clean up our neighborhood parks. Call Steve Skinner, Recreation Supervisor at **952-953-2314** to find out how you can volunteer for the Adopt-A-Park program.

HEALTHY PARKS HEALTHY PEOPLE

VALLEYWOOD BANQUET & EVENT SPACE

Valleywood Golf Course is an impressive course with a brand new clubhouse. Valleywood is able to host weddings, business meetings, tournaments & events. The astounding natural scenery of the course creates a unique atmosphere for events of all types. The banquet room boasts floor to ceiling windows and an audio visual system. Our professional staff customizes your event to ensure it is truly personalized & memorable.



WEDDING CEREMONIES & RECEPTIONS

From planning to the big day our professional event staff is with you every step of the way. Valleywood offers a gorgeous banquet room over-looking the 18th green and a professional event team to ensure your day is a success. Our wedding and special event packages are completely customized to each of our guests. While planning your event you will have multiple meetings with our event coordinator and one of our culinary team members to ensure your event will be how you imagined it.

“We received a number of compliments from our guests at how nice the reception was and how great their plated meal was.”



Banquet & Meeting Space

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

The Apple Valley Senior Center provides modern amenities and spacious areas for meetings and special events with seating for up to 224. It is the perfect venue for a company training, townhouse association meeting or a formal wedding. Wi-Fi and Audio-Visual equipment is available. Stop by for a tour or call 952-953-2345 for rental information, prices and availability.



HEALTHY PARKS HEALTHY PEOPLE

HAYES PARK ARENA

14595 Hayes Road, Apple Valley

Phone: 952-953-2366

ICE SKATING LESSONS *(Indoor)*

Monday: June 16 – August 4, 2014

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 levels. Instructors will follow the skill progressions outlined in our program manual. Skaters will be evaluated throughout the session to determine if they are ready to advance. Our program ration consists of a maximum 12:1 student/instructor ratio to ensure quality instruction, except for the Pre-Beginner level which is set at an 8:1 ratio.

REGISTRATION: Registration for our program is conducted on-line. Go to the City's website at www.cityofapplevalley.org. From the "Recreation" heading's drop-down lists, select "Recreation Programs" and then "Ice Skating Lessons". First-time users will need to set up an account to register. Each family member should be listed on the same account, and can be easily added at a later date.

COST: \$75.00 per skater which, includes eight half-hour lessons and eight half-hour practices.

REQUIREMENTS: We recommend children in the Pre-Beginner classes wear a helmet (bike helmets work well) 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. Double runner skates are not permitted. Skate rental is available at a cost of \$2.00 per pair per session; however, there is a limited supply of skates in each size. Skate sharpening is available for \$4.00 per pair of skates.

WHAT CLASS DOES MY SKATER SIGN UP FOR?

If your skater is 3 or 4 years old and has never skated before, you should sign up for the Pre-Beginners class. If you have previously skated in our program and not sure what class to register for, please contact the Skating Staff at ktesky@ci.apple-valley.mn.us.

Please Note: There is no age requirement for levels other than Pre-Beginner which is ages 3-4.

CLASS DESCRIPTIONS

PRE BEGINNERS: Designed for 3-4 year olds with little or no skating experience.

BEGINNERS: (Levels 1-4) Designed for 5 and older with little or no skating experience. Will work on forward/backward skating and stopping.

ADVANCED BEGINNERS A: (Levels 1-3)

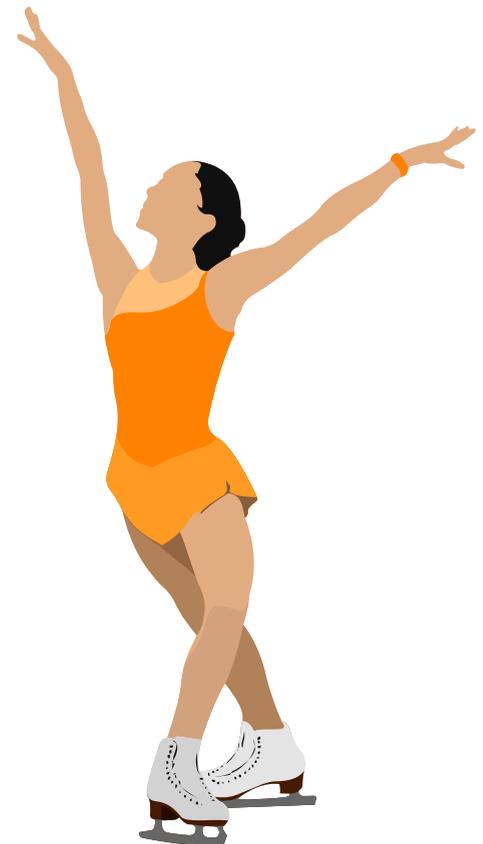
Designed for those who have passed Beginners or those with some skating experience. The curriculum helps the skater to become more proficient at performing basic elements of recreational figure skating, including jumps, spins, and crossovers.

ADVANCED BEGINNERS B: (Levels 4-6)

Designed for those who have passed Advanced Beginners 3 or equivalent skills. The 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 freestyle skating.

ADULTS: For all ability levels.





EASTVIEW
ATHLETIC ASSOCIATION

**Have fun
and play
with EVAA!**

Check out our In House and Traveling Programs:
Baseball Basketball Cross Country Running
Cross Country Skiing Football Soccer Softball Tennis
Track Volleyball Wrestling Dakota Rev Soccer

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

Registration Opens

	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



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

Register online at www.vaasports.org

VAA - volunteer-run since 1969!
** Please consider volunteering your talents this year **