



**Registration Begins
Thursday, March 12th**

Golden Valley

Park & Recreation Department

www.ci.golden-valley.mn.us



S p r i n g & S u m m e r A c t i v i t i e s 2 0 0 9

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**Registration begins
Thursday, March 12th**

**See page 43 for
registration procedures.**

Park & Recreation Office

200 Brookview Parkway
Golden Valley, Minnesota 55426
Phone: 763-512-2345
Fax: 763-512-2344
Activity Cancellations: 763-512-2350

Office Hours

Monday-Friday, 8:00 a.m.-5:00 p.m.

Brookview Golf Course

Phone: 763-512-2300
Fax: 763-512-2311
Tee Times: 763-512-2330
Par 3 Course: 763-512-2333
Cancellation Line: 763-512-2300

Main City Offices

7800 Golden Valley Road
Golden Valley, Minnesota 55427
Phone: 763-593-8000

City Offices Closed

Monday, May 25 - Memorial Day
Friday, July 3 - Independence Day
Monday, September 7 - Labor Day

Vision Statement

The City of Golden Valley shall nurture places, events and associations that maintain recreation as a focal point of family and community life.

Mission Statement

The mission of the Golden Valley Park and Recreation Department is to build community through people, parks and programs.

Golden Valley has been designated a Governor's Fit City

The Governor's Fit City Program recognizes Minnesota cities that are committed to creating and maintaining a city environment supportive of active living. A Minnesota city making this commitment is providing opportunities for physical activity to people who live, work and play within the city.



This document is available in alternate formats upon a 72-hour request. Please call 763-593-8006 (TTY: 763-593-3968) to make a request. Examples of alternate formats may include large print, electronic, Braille, audiocassette, etc.

Brookview Park Picnic Shelters

Brookview Recreation Complex is located at the southwest corner of Highway 55 and Winnetka Avenue. Plan a neighborhood, family or company picnic at Brookview Park! Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during business hours.

Times Available

11:00 a.m. - 4:00 p.m. or 5:00 p.m. - Dusk



Large Shelter

Resident - \$85

Non-Resident - \$95

Holds up to 100 people.
Fireplace, sink and counter,
water fountain, 3 charcoal grills,
15 tables, 16 outlets, restrooms.



Small Shelter

Resident - \$70

Non-Resident - \$80

Holds up to 50 people.
Water fountain, 3 charcoal grills,
10 tables, 6 outlets, restrooms
are short walking distance.

Beer/Wine Permit

A fee of \$10 is due and payable at the time of reservation.
A permit is required to consume beer or wine only at Brookview Park.

Play Equipment Kits

\$15/kit, plus a \$30 refundable deposit

Kits include: volleyball, basketball, softball bats (1 adult, 2 youth) and 2 softballs, soccer ball 2 playground balls and throw-down bases.

Extras available for an additional \$10/items: tug of war rope, horseshoes (no stakes) and bocce ball set.



Concerts in the Park

Brookview Park 7:00 p.m.



Monday, June 15th

Golden Valley Orchestra

Thursday, June 18th

Robbinsdale City Band



Monday, June 22nd

Jeff Brooks

Monday, June 29th

Stompin' Dixie



Monday, July 6th

Medicine Show Music Co.

Monday, July 13th

Calhoun Isles Community Band

Monday, July 20th

Tubby Esquire

Envision Ice Cream Social

Monday, July 27th

Nuance Plus



Monday, August 3rd

Tricia & The Toonies

Monday, August 10th

Gypsy Mania Quartet

Monday, August 17th

Celebration Brass

Special Events

2009 Safety Camp

NEW REGISTRATION PROCEDURES!

1st Week of Registration (March 12-18)

Open to Golden Valley Residents only, who are NEW camp participants.

2nd Week of Registration (March 19-25)

Open to all Golden Valley Residents.

After March 25

Open to all.



Golden Valley JUNIOR Safety Camp *Ages 4-6*

Tuesday, June 30th

Brookview Park - 8:30 a.m.-4:00 p.m.

\$15/child - Code: 9720

Interactive programs during the day will include fire safety, bike safety, safety in the home, personal safety, first aid and much more. Camp counselors include personnel from the Police and Fire Departments. Fee includes snacks, lunch, supervision, a Safety Camp t-shirt and a pin. Transportation to and from Brookview needs to be provided by a parent/guardian. Camp will be held rain or shine. We encourage early registration—program is limited to 80. For questions regarding the camp, call the Golden Valley Police Department at 763-593-8079.

Golden Valley Safety Camp *Ages 7-10*

Wednesday, July 1st

Brookview Park - 8:00 a.m.-4:30 p.m.

\$25/child - Code: 9721

While safety education will serve as the primary focus, fun, friends, and feeling good will also be highlighted. Camp counselors (Police and Fire Department personnel) will oversee interactive programs and activities throughout the day and awards will be presented to all youth who complete the Camp. Fee includes snacks, lunch, supervision and a Safety Camp t-shirt. Transportation to and from Brookview needs to be provided by a parent/guardian. Camp will be held rain or shine. We encourage early registration—program is limited to 100. For questions regarding the camp, call the Golden Valley Police Department at 763-593-8079.

2009 Bike Rodeo

Wednesday, May 6th

New Hope City Hall - 6:00-8:00 p.m.

The Bike Rodeo will be co-sponsored with Golden Valley VFW Post 7051, and the cities of Crystal and New Hope. Bring your bicycle for a free safety check and take a riding skills test. Register at the event to win prizes! No pre-registration required.



The Golden Valley Puppet Wagon



Tue & Thu, June 9-July 23
1:30-3:00 p.m.

Each week the puppet show wagon will stop by the parks with a new puppet show. In case of inclement weather, shows will be canceled. Watch for puppet show schedules at the park shelters.

Tuesdays

1:30 - Scheid

2:00 - Gearty

2:30 - Hampshire

3:00 - Wesley

3:30 - Lions

Thursdays

1:30 - Lakeview

2:00 - Medley

2:30 - Lions

3:00 - Scheid

3:30 - Hampshire



Picnic & Music in the Park



Tuesday, July 28th

Brookview Park

11:15 a.m.-12:00 p.m.

Pack a picnic lunch, bring a blanket, and enjoy a show by The Flyers. Tell your friends, parents, grandparents - it's for everyone! Drink and popcorn will be provided. In case of inclement weather, event will be held in the large shelter.

Water Days

Ages 6-14

Friday, June 19th & July 10th
Scheid Park - 12:30-2:15 p.m.

Join the park crew and the summer Park and Recreation staff for a wet and wild day. We will operate three water slides down the big hill at Scheid Park, have a DJ playing music and puppet shows. Drink will be provided at the shelter building. **NOTE:** Organizations bringing a group by bus must make arrangements in advance to avoid over-crowding. Please call the Recreation office at 763-512-2345 to book your group.



Penny Carnival

Friday, July 24th
Brookview Park - 10:30 a.m.-12:30 p.m.

Enjoy carnival games, balloons, dunk tank, puppet shows, hay rides, popcorn, and more. Remember, just bring pennies! All activities are just two to five cents! Parents will need to provide transportation to and from the park. **NOTE:** Organizations bringing a group by bus must make arrangements in advance. Please call the Recreation office at 763-512-2345.

Youth Activities

Family Gym Time *Youth of all ages with Adult*

Grab a ball, play a game or just hang out with other parents and their children. No instruction provided. Fee includes parents and children. Purchase family punch passes at the Recreation office at Brookview. No team practices allowed.

Site: Davis Community Center

Fee: \$30/8-time family punch pass or \$5/family daily, pay at door

Available Times:

Date: Sat, Apr 18-May 16 **Time:** 10:00-12:00 a.m.

Date: Sun, Apr 19-May 17 **Time:** 1:00-3:00 p.m.

Music, Mom/Dad & Me *Ages 2-3 with Adult*

With Instructor, Ellie Borkon, your child's favorite nursery rhymes come to life with circle games, expressive movement, appealing melodies and simple instruments designed for this age group. Parents come with their children to learn music resources for continued use at home. *Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Community Center

Time: 9:30-10:15 a.m.

Fee: \$45/Res \$51/Non-Res

Date: Tue, Apr 14-May 19

Code: 9586

Date: Tue, Jun 23-Jul 28

Code: 9486



Catch, Kick & Throw

Ages 3-4

The athletic instructors will organize a positive learning environment for boys and girls using special equipment, simple athletic tasks and positive feedback. Program meets at parks listed below. Fee includes a t-shirt.

Tuesday

Date: Tue, Jun 9-Jul 21

Fee: \$30/Res, \$33/Non-Res

Site: Wesley Park

Time: 1:15-2:15 p.m. **Code:** 9487

Site: Hampshire Park

Time: 3:00-4:00 p.m. **Code:** 9488

Thursday

Date: Thu, Jun 11-Jul 23

Fee: \$30/Res, \$33/Non-Res

Site: Gearty Park

Time: 1:15-2:15 p.m. **Code:** 9489

Site: Lions Park

Time: 3:00-4:00 p.m. **Code:** 9490

Preschool Playtime

Ages 1-5 with an adult

Come run, jump, crawl, and have a great time indoors at Brookview Community Center. Adult participation with your child at the different play areas is required. No instruction provided. Pay at the door.



Site: Brookview Community Center

Date: Fridays, through April 24

Time: 9:30-11:00 a.m.

Fee: \$3/child or 10-time punch pass, \$25/Res, \$28/Non-Res

Little Tikes *Ages 3-4*

Activities include art projects, crafts, playground fun, games, music, puppet shows, storytelling and more. All participants must be toilet trained. Staff participant ratio is 1:7. Fee includes a t-shirt.

Date: Mon & Wed, Jun 8-Jul 15

Time: 10:50-11:50 a.m.

Fee: \$35/Res, \$38/Non-Res

Site: Lions Park **Code:** 9491

Site: Scheid Park **Code:** 9492

Youth Activities continued...

Kids' Club *Ages 3-5*

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts/crafts.

Site: Brookview Community Center

Time: 9:30-11:00 a.m.

Fee: \$36/Res, \$39/Non-Res

Date: Mon & Wed, Apr 6-May 20 (No Apr 27 & 29)

Date: Tue & Thu, Mar 31-May 14 (No Apr 28 & 30)

Code: 9493

Code: 9494



About the Instructor... *Lisa London*

Lisa has a BS degree with a double major in Music/Elementary Education, including pre-school and kindergarten. She has been teaching the Kids' Club for over 11 years.

Pre-School Mini Music Camp *Ages 3-5*

Students will sing along with a piano or tape accompaniment, do finger plays, play various types of rhythm instruments, and be introduced to musical instruments. The program will nurture a lasting appreciation of music that can lead to lifetime enjoyment. This class is part of the Music For Everyone program consortium. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope, and Plymouth residents.*

Site: Brookview Comm Center

Time: 9:00-10:30 a.m.

Code: 9498

Date: Mon-Thu, Jul 13-16

Time: 10:45 a.m.-12:15 p.m.

Code: 9587

Fee: \$50/Res*, \$56/Non-Res



Parent & Tot Chess Club *Ages 3-6 with an adult*

This tot-friendly environment will have plenty of teachable moments. Each Chess Club meeting will have a short, fun, and easy chess activity, then lots of chess playing opportunities. The Chess Coach, Ms. Daa, has over 25 years of chess experience. Come hang out with us and play chess! **Resident fee applies to New Hope, Golden Valley and Robbinsdale. Deadline to register is April 14th.*

Site: New Hope Ice Arena
(4949 Louisiana Ave N)

Time: 10:00-11:00 a.m.

Fee: \$26/Res*, \$32/Non-Res

Date: Wed, Apr 22-May 27

Code: 9497



Happy Birthday Party *Ages 3 & up*

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer. She will present a themed program filled with stories, games, music and magic. Parents will provide the food, favors, decorations and supervision. Fee of \$150 includes a 2-hour block of time at Brookview for twelve children, including the birthday

child. Annette is host/producer of the popular cable Television show "The Magic Book Nook" on Channel 19. For more information, call 763-512-2347.

Science Explorers

Ages 4-6

Join your friends for the fun of discovery with Science Explorers. Designed for preschool and kindergarten students to learn science and art in a fun, hands-on environment. Dress so you can get messy! Instructed by Deanne Kordovsky.

Site: Brookview Comm Center

Time: 9:30-11:30 a.m.

Fee: \$61/Res, \$64/Non-Res

Camp Caterpillar

Mon-Thu, Jun 1-4 **Code:** 9604

Each day in camp you will be exploring the earth from the sky to the ground. As a caterpillar camper you will begin a new exploration each day. You will be discovering and learning about bugs, weather, animals and plants with fun activities, projects, songs, stories and more during your first day camp adventure.

Dynamite Dinosaurs

Mon-Thu, Jun 29-Jul 2

Code: 9605

Learn about big and small dinosaurs, as well as other animals that roamed the earth long before people. We'll study fossils, participate in hands-on experiments, create art projects, play games, and much more as we journey back in time.

Kitchen Science

Mon-Thu, Jul 6-9 **Code:** 9881

Our kitchens can be an amazing science lab. Join Science Explorers as we experiment with things you can find in your kitchen. We will experiment mixtures that fizzle, pop and stretch all while we learn about solids, liquids and gases.

Camp KinderSprouts

Mon-Thu, Aug 3-6 **Code:** 9882

Exclusively for children entering kindergarten. We'll discover the world around us while brushing up on the skills for kindergarten. Explore outer space, dinosaurs and the ocean through experiments, projects, songs and more.

Art Skool Classes *Ages 3-6*

Learn all about drawing with shapes, painting with color, and collaging paper to experience fun art making. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Community Center

Time: 1:30-2:30 p.m.

Fee: \$28/Res, \$31/Non-Res



All About Birds & Nests

Friday, Apr 17 & 24

Code: 9370

Learn about the nature artist, Charley Harper, who uses lines and shapes to paint birds and nature. Draw and paint to create an original Bird Book. Learn to make a little bird nest using grass, yarn, and found materials.

Garden Art

Friday, May 15 & 22

Code: 9371

Paint a clay flower pot and a little stone for your garden. Create garden art using vegetables to print. Draw with a brush and twigs to make a garden book.

Dora and Diego Art Making

Friday, June 12 & 19

Code: 9495

Draw, paint, color/cut/paste, the adventures of Dora and Diego as they find a pirate treasure chest, save a dinosaur, snow princess, and a mermaid kingdom. Make a Dora/Diego picture book, draw a map, and use a magnifying glass to draw lines and shapes in nature—sea shells, tree bark, flower petals, etc.

Shrek Adventures

Friday, July 10 & 17

Code: 9496

Ride the onion carriage to far away lands. Make a picture of Shrek and His Fairy Tale Friends. Learn to mix/blend paint, make vegetable/leaf prints, draw to illustrate Shrek's adventures. Fold paper to make a golden castle.

Thomas & Friends Art Making

Friday, Aug 14 & 21

Code: 9500

Draw, paint, color/cut/paste paper and sponge paint to illustrate the trains, places, and many adventures of Thomas & Friends. Make a Thomas Picture Book, sculpt clay to make a hedgehog and little engine. Fold paper to make a treasure box.

About the Instructor... *Gin Weidenfeller*

Gin is an artist educator with extensive experience guiding children in the creative arts.

Art Making for Parent/Child *Ages 3-6 with an adult*

Use a variety of art methods and materials to explore fun art making activities with your pre-schooler. All materials provided. Instructed by Gin Weidenfeller.

Site: Brookview Comm Center **Fee:** \$16/Res, \$19/Non-Res

Time: 6:30-7:30 p.m.

All About Gardens

Thursday, May 21

Code: 9377

Create fun garden art. We'll paint a clay flower pot and a little stone for the garden. Draw, paint, or collage paper to make a colorful garden banner or flag.

Hopkins Public Schools Early Childhood

Family Education (ECFE) *Adults & Children Birth to Pre-K Age*

ECFE is for you and your young children, birth to pre-k age. Join us for parent or guardian/child sessions, workshops, special family events, and many other fun activities. ECFE holds classes at two locations: Harley Hopkins Family Center, 125 Monroe Ave. S. in Hopkins, and Davis Community Center, 5430 Glenwood Ave. in Golden Valley. For more information, call 952-988-5000.

Kid's Korner

Ages 4-5

Beginning Ball Skills

A fun, low-key beginning ball skills program for boys and girls using nerf soccer balls, mini basketballs, and koosh t-ball equipment. Two weeks will be spent on each sport: soccer, basketball and koosh t-ball.

Monday

Date: Mon, Jun 8-Jul 13

Time: 9:10-10:10 a.m.

Fee: \$28/Res, \$31/Non-Res

Site: Medley Park

Code: 9501

Site: Scheid Park

Code: 9502

Wednesday

Date: Wed, Jun 10-Jul 15

Time: 9:10-10:10 a.m.

Fee: \$28/Res, \$31/Non-Res

Site: Hampshire Park

Code: 9503

Site: Lions Park

Code: 9504

Monday & Wednesday

Date: Mon & Wed, Jul 27-Aug 12

Time: 9:15-10:15 a.m.

Fee: \$28/Res, \$31/Non-Res

Site: Hampshire Park

Code: 9505

Mini-Masters Golf Event

Ages 4-7

You are cordially invited to an elite golfing event at Bassett Creek Park where you'll enjoy a 9-hole course that will be set-up especially for young golfers. Golfers will use a special 3-club plastic golf set and sponge golf balls (provided) while their parent/guardian caddies. Check in at the picnic shelter "Club House" 10 minutes before your tee time. Fee includes use of equipment and goodie bag.

Please note: For safety reasons, only the registrant and their adult caddy are allowed on the course. Hosted by the cities of New Hope, Crystal, Golden Valley & Robbinsdale. *Resident fee applies to these cities.

Register by calling New Hope Recreation at 763-531-5151.

Registration begins April 13th.

Register by July 27th. Rain date for this program is Wed, August 5th.

Site: Bassett Creek Park in Crystal

Date: Mon, Aug 3

Tee Times: Between 4:00-6:30 p.m.

Fee: \$5/Res*, \$7/Non-Res

Youth Activities continued...

Cheer America *Ages 4-16*

Cheer America is a non-profit corporation that offers cheer leading and dance programs to youth. Students will learn popular junior high and high school cheers, chants, choreographed pom/dance routines, parade marching techniques and other performance skills required for cheerleading tryouts. This program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the conclusion of the twelve weeks, students will perform a group recital. Each student receives a certificate and medal.

*Registration held at Brookview Community Center on
Tuesday, June 2nd at the times listed below.*

Registration Date: Tue, Jun 2
Site: Brookview Community Center
Dates: Tue, Jun 9-Aug 11

Time: 6:00-6:45 p.m. - Ages 4-8
7:00-7:45 p.m. - Ages 9-16
Fee: \$4 Enrollment fee, plus
\$6 per night at door

Tae Kwon Do *Ages 5+*

This self-defense program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape.

Site: Beacon Academy
(12325 Hwy 55, Plymouth)
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$59/Non-Res
Date: Tue, Apr 7-May 12 **Code:** 9506
Date: Tue, May 19-Jun 23 **Code:** 9507
Date: Tue, Jun 30-Aug 4 **Code:** 9509

About the Instructor...

Tom Malone

Tom is a former martial arts state champion with over 15 years experience in the martial arts. He was inducted to the Martial Arts World Hall of Fame in 2008.



Little Critters *Ages 5-6*

Activities include crafts, art projects, stories, songs, games, and puppet shows. Parks may be combined if registration warrants. T-shirts provided.

Date: Tue & Thu, Jun 9-Jul 16
Time: 10:30-11:45 a.m.
Fee: \$35/Res, \$38/Non-Res
Site: Lions Park **Code:** 9512
Site: Scheid Park **Code:** 9513

Spring Break Youth Open Gym *Ages 5-12*

Join your friends during the Hopkins School spring break at the Davis Community Center. Play kick ball, nerf soccer, basketball and a lot of other fun active gym games. Pre-registration is required. Maximum of 30 participants. Register early—these fill fast! Instruction provided.

Site: Davis Community Center **Time:** 9:00a.m.-12:00 p.m. **Code:** 9527
Date: Mon-Fri, Apr 6-10 **Time:** 1:00-4:00 p.m. **Code:** 9528
Fee: \$25/session

Indoor Nerf Soccer

Ages 5-7

This program for boys and girls is an indoor gym, open format. Emphasis is placed on recreational experience, not skill development. Volunteer coaches instruct and officiate games. The first night consists of rule review, practice, skills and a short game. Following nights will be recreational games. Schedules and team information are mailed to participants one week prior to first game. T-shirts provided.

Site: Davis Community Center
Date: Thu, Apr 16-May 21
(Depending on game schedule)
Time: 6:00 or 7:00 p.m.
Fee: \$25
Code: 9425

T-Ball *Ages 5-6*

This program teaches basic skills and rules of baseball/softball. Each participant will play the entire game fielding and batting. Teams are coached by summer athletic staff with games and practices at various parks in Golden Valley. The final week of games will be played at the Honeywell and/or Seaman ball fields. Parents need to provide transportation to the various parks for games. Parks may be combined if necessary.

Monday & Wednesday Mornings

There will be one evening game, either Monday or Wednesday the week of July 13th.

Date: Jun 8-Jul 22
Time: 10:30-11:45 a.m.
Fee: \$32/Res, \$35/Non-Res
Site: Hampshire Park **Code:** 9518
Site: Lions Park **Code:** 9519
Site: Scheid Park **Code:** 9521
Site: Wesley Park **Code:** 9522

Tuesday & Thursday Evenings

Limited to eight teams, with team limit listed by each park.

Date: Jun 9-Jul 23
Time: 6:00-7:15 p.m.
Fee: \$32/Res, \$35/Non-Res
Site: Hampshire Pk (4) **Code:** 9515
Site: Lakeview Pk (2) **Code:** 9516
Site: Scheid Pk (2) **Code:** 9514

Hoopstars Basketball

Grades K-1st

Youth will learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl.

Spring Session

Site: Davis Community Center
Date: Mon & Wed, Mar 30-Apr 15
Time: 6:00-7:30 p.m.
Fee: \$45/Res, \$48/Non-Res
Code: 9524

Summer Session

Site: Crystal Community Center
Date: Tue & Thu, Jun 2-18
Time: 6:00-7:30 p.m.
Fee: \$45/Res, \$48/Non-Res
Code: 9526

Jump Rope *Ages 6-10*

One rope or two, we'll teach you what to do! Join us for six weeks of jump roping fun. Ropes will be provided.

Site: Hampshire Park
Time: 10:30-11:30 a.m.
Fee: \$16/Res, \$19/Non-Res

Date: Mon, Jun 8-Jul 13
Code: 9529

Date: Wed, Jun 10-Jul 15
Code: 9530



Chess Club *Ages 6-14*

This is a great way to learn the game of Chess, engage in match play and share your knowledge about the game. Bring your own Chess set or use ours.

Site: Scheid Park
Date: Mon & Wed, Jun 8-Jul 15
Time: 3:15-4:25 p.m.
Fee: \$26/Res, \$29/Non-Res
Code: 9534

Art Expo Classes *Ages 6-12*

Explore a variety of art materials and 'how to' methods to motivate creativity. Selected authors and artists will be used for inspiration. All materials provided. Select one or both sessions. Instructed by Gin Weidenfeller.



Site: Brookview Comm Center
Time: 1:30-3:00 p.m.

Amazing Pets

Thu, Mar 26 **Fee:** \$18/Res, \$21/Non-Res **Code:** 9369
Picasso, Paul Klee, and many artists delight in painting/drawing pet animals. Have fun drawing, painting, or collaging paper to create a collection of fantastic pets.

Still Life Art Form

Thu, Apr 16 **Fee:** \$18/Res, \$21/Non-Res **Code:** 9380
Matisse, Morandi, and other artists explored new art styles to create drawings and paintings of various subjects (flowers, bottles/clay pots, fruit/vegetable, etc.) We'll paint and draw to create imaginative or realistic Still Life Art.

Drawing Bonanza

Tue & Thu, Jul 28 & 30 **Fee:** \$36/Res, \$39/Non-Res **Code:** 9531
Use a variety of art materials and methods to create fantastic drawings. Draw with a brush/ink and a variety of marking tools to create realistic insect, botanical/flora, stones, or other scientific, realistic drawings. Use ellipses, spheres, cones, and cubes to build 3-D drawings of architecture, cartoon/super heroes, manga style and nature drawings. Learn and apply basics concepts in perspective, shading, symmetry, geometric & optical pattern making to spark your drawings.

Star Wars Universe & Clone Wars Series

Tue & Thu, Aug 4 & 6 **Fee:** \$36/Res, \$39/Non-Res **Code:** 9532
Illustrate the characters, creatures and action scenes from episodes 1 through 6. Experience a variety of art material/methods such as drawing, painting, and highlighting with watercolor wash. Sculpt modeling clay to create 3D figures, action scenes. We'll also illustrate scenes from the Clone War Series in cartoon or manga style.

Lacrosse for Boys & Girls *Ages 6-15*

This program will give you the instruction you need to catch, throw, scoop, and cradle through non-contact lacrosse, also known as "Soft Lacrosse." Staff will teach the fundamental skills of lacrosse using small group activities (based on age and skill level), scrimmages and fun games. Stick/ball provided. Players provide own equipment (call for list).

Mon-Fri, Jun 15-19 **Forest Elementary, Crystal**
Ages 6-8 - 8:30-10:25 a.m. **\$56/Res, \$61/Non-Res**
Ages 9-10 - 10:35 a.m.-12:30 p.m.

BOBBLEHEAD - Full Gear Lacrosse Camp for Boys *Ages 6-10*

This camp is designed for boy's who want to learn boy's lacrosse in a fun and safe environment. Full gear but NO body checking allowed. Players will be divided by age/skill level. Players provide own equipment (call for list). Stick/ball provided. Staff ratio 1-10.

Mon-Thu, Aug 3-6 **Lions Valley Place, Crystal**
1:00-4:00 p.m. **\$67/Res, \$72/Non-Res**

Register for these programs with the Crystal Recreation Department by calling 763-531-0052 at least one week before class is scheduled to start.

Youth Activities continued...

Summer Survivor Ages 6-14

A fun, kid-friendly version of the popular television show. Kids will participate in various challenges that will test their mind and body. At the end of the summer, participants will come together at tribal council and vote for the 2009 Summer Survivor.

Site: Lions Park

Time: 3:15-4:25 p.m.

Code: 9535

Date: Mon & Wed, Jun 8-Jul 15

Fee: \$29/Res, \$32/Non-Res

Morning Playground Program Ages 6-14

South Tyrol Park

Monday-Thursday, June 8-July 23

9:30-11:30 a.m.

Youth can participate in this drop-in program where park staff coordinate activities that will include games, crafts, athletics, story time, puppet shows and more. Pick-up a weekly schedule on opening day. *Program is cancelled during inclement weather.*



Afternoon Playground Program Ages 6-14

Gearty, Hampshire, Lakeview, Lions, Medley, Scheid or Wesley

Monday-Thursday, June 8-July 23

1:00-4:30 p.m.

Each supervised playground will offer games, crafts, special events, field trips and more. This drop-in program is offered at the seven regional parks. Shelter buildings will be closed on Fridays due to scheduled events and field trips.



Playground Arts & Crafts

Gearty, Hampshire, Lakeview, Lions, Medley, Scheid or Wesley

Wednesday, June 10-July 22

2:00 p.m.

\$2/project (pay at park), \$10/craft card for all crafts

A different craft project will be offered weekly at the seven regional parks. Pick-up a flyer at the park shelter buildings which lists all the projects. Pre-register for a craft card and save \$4. Craft card will be given to all pre-registered participants which can then be used each week.

Pens, Pencils, Markers & More

Ages 6-14

Do you like to draw or want to learn? We will use pens, pencils, markers and other items to create different types of art. All supplies provided.

Site: Hampshire Park

Fee: \$22/Res, \$25/Non-Res

Date: Tue & Thu, Jun 9-Jul 16

Code: 9533

Time: 9:00-10:15 a.m.

Skateboarding Camp at



Ages 6-16

All levels are invited to try skateboarding at The 3rd Lair Skatepark! Camps are taught by the 3rd Lair Demo Team and staff of experienced instructors. The ollie, kickflip, heel flip, ramp riding and much more will be taught! For the beginner, the basics are taught, like balance, pushing, dropping in, and skatepark safety and etiquette. All campers will receive a t-shirt, 3rd Lair photo I.D. card and Certificate of Completion. Fee includes afternoon open skate.

Equipment needed: Skateboard and helmet, knee pads, elbow pads and wrist guards.

Site: 3rd Lair Skatepark
(850 Florida Ave)

Days: Monday-Friday

Time: 9:00 a.m.-12:00 p.m.

Fee: \$160/Res, \$163/Non-Res

Date: Mar 23-27 **Code:** 9593

Date: Mar 30-Apr 3 **Code:** 9594

Date: Apr 6-10 **Code:** 9595

Date: Jun 8-12 **Code:** 9596

Date: Jun 15-19 **Code:** 9597

Date: Jun 22-26 **Code:** 9598

Date: Jul 6-10 **Code:** 9599

Date: Jul 13-17 **Code:** 9600

Date: Jul 20-24 **Code:** 9601

Date: Jul 27-31 **Code:** 9602

Date: Aug 3-7 **Code:** 9603

3rd Lair Skate Park Partnership

The City of Golden Valley has a partnership with 3rd Lair Skate Park (850 Florida Ave S) to provide outdoor skating opportunities at no charge to Golden Valley youth 16 and under. Use of the indoor park will require the regular fee. Initial one-time registration requires users to provide proof of age and Golden Valley residency, a \$5 fee, and have a parent present to sign a waiver. For more information, call 763-797-5283 or visit us on the web at: www.3rdlair.com



Playground Field Trips

Ages 7 & up

Our summer staff supervises the children on these trips. Advance registration with the fee is required. Bus transportation is provided from the parks listed below. You must specify a park pick-up location when registering.

Pick-up locations are:
WESLEY - HAMPSHIRE
SCHEID - LIONS

Brunswick Bowl

Join us for an afternoon of bowling, arcade games and pizza. Trip includes one hour of bowling, \$3 game card for the arcade and pizza and soda for lunch. Please bring extra money for additional games and food.

Date: Friday, June 12
Fee: \$19/Res, \$22/Non-Res
Approx Bus Pick-up: 10:00 a.m.
Approximate Return: 2:30 p.m.
Code: 9588

Cascade Bay Water Park

Shoot down Twin Falls or brave the Typhoon and Hurricane Slides. Float down the Lazy River, take a dip through Rocky Rapids or enjoy sunning at Lookout Point. Bring a bag lunch or money for concessions.

Date: Friday, June 26
Fee: \$22/Res, \$25/Non-Res
Approx Bus Pick-up: 9:45 a.m.
Approximate Return: 4:00 p.m.
Code: 9589

Bunker Beach Water Park

Bunker Beach has a 25,000 square foot wave pool, water slides and a zero depth pool with interactive play area. Tubes can be rented for \$2.50. Guests must be 48" tall to ride the waterslides. Bring a bag lunch or money for concessions.

Date: Friday, July 17
Fee: \$22/Res, \$25/Non-Res
Approx Bus Pick-up: 9:45 a.m.
Approximate Return: 4:00 p.m.
Code: 9590

Pitch by Coach *Ages 7-9*

Instructional practice/game format where the coach pitches underhand to the batters. Participants will play various defensive positions and learn sportsmanship, correct mechanics and rules. Games will be played at various parks in Golden Valley. Final week of games will be played at Honeywell and/or Seeman ballfields, with various game times. Parents need to provide transportation to the parks for games.

Tuesday & Thursday Mornings

Date: Jun 9-Jul 23
Time: 10:30-11:50 a.m.
Fee: \$32/Res, \$35/Non-Res
Site: Hampshire Park **Code:** 9537
Site: Lions Park **Code:** 9538
Site: Scheid Park **Code:** 9540
Site: Wesley Park **Code:** 9541



Wednesday Evenings

Date: Jun 10-Jul 22 **Fee:** \$22/Res, \$25/Non-Res
Time: 6:00-7:15 p.m. **Site:** Hampshire Park **Code:** 9606



Kick Ball *Ages 7-10*

Kick ball is back! Learn the rules of the game and kick off some hot summer steam. Participants must wear tennis shoes. T-shirts will be provided.

Site: Lions Park
Date: Tue & Thu, Jun 9-Jul 16
Time: 9:10-10:10 a.m.
Fee: \$26/Res, \$29/Non-Res **Code:** 9542

Soccer Skills Camp *Ages 7-12*

This soccer camp is for boys and girls and will concentrate on skills, positioning, ball control, sportsmanship and rules. Instructional scrimmage games will be held each day. T-shirt will be provided.

Site: MN Arts School **Time:** 9:10-10:10 a.m. **Code:** 9543
Date: Mon, Jun 8-Jul 13 **Fee:** \$28/Res, \$31/Non-Res

Registration begins
Thursday,
March 12th

Registrations received
prior to the registration
start date do not get opened
or processed any earlier.
They will be processed
randomly as time allows.

Flag Football *Ages 7-14*

This program is for boys and girls and is an all-game format. All equipment is provided and the athletic staff will form teams and officiate games. T-shirts will be provided.

Site: Hampshire Park
Time: 9:10-10:10 a.m.
Fee: \$28/Res, \$31/Non-Res

Ages 7-10

Date: Tue & Thu, Jun 9-Jul 16
Code: 9544

Ages 11-14

Date: Mon & Wed, Jun 8-Jul 15
Code: 9545

Youth Activities continued...

Drama Club *Ages 7-14*

Develop performance sketches as well as work on acting techniques, music, costumes and make-up. Class will produce a show to be performed. All participants must be able to participate in the final performance on Thursday, July 23rd at 7:00 p.m. Fee includes a trip to the Old Log Theater to see *Treasure Island*.

Site: Noble Elementary School
Date: Tue & Thu, Jun 9-Jul 23
Fee: \$57/Res, \$60/Non-Res

Time: 9:00-10:15 a.m. **Code:** 9554
Time: 10:30-11:45 a.m. **Code:** 9555

Music For Everyone

Ages 7+

Music For Everyone offers music lessons and group activities for students of all ages. The cities of Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth, coordinate this program. Resident fee applies to all residing in these cities. Call Anna Shmidov at 763-531-5198 to establish a lesson time.

Private Piano Lessons

Course includes seven 30-minute lessons taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing.

Site: Brookview Comm Center

Fee: \$140/Res, \$152/Non-Res

Instructed by Ella Gerbuz

Date: Begins Tue, Apr 14
Time: Between 6:00-8:30 p.m.
Code: ♦9546

Instructed by Mila Maron

Date: Begins Wed, Apr 15
Time: Between 3:30-8:30 p.m.
Code: ♦9547

About the Instructors...

Ella Gerbuz

Ella has a Bachelor's Degree in Music from the University of Minnesota. She is a music teacher in the Minneapolis Public School District and has been teaching piano for MFE for 14 years.

Mila Maron

Mila has a Bachelor's Degree in Music and a Master's Degree in Arts with an emphasis on Piano. She is a member of MMTA and has been teaching piano for MFE for 15 years.



Guitar Lessons *Ages 8+*

Have fun while learning to play the guitar with Instructor Ellie Borkon. Learn chords and melodies. All levels are welcome. Each course runs 4 weeks, ½ hour per meeting. Lesson day, time and site need to be arranged with the instructor before registering. Call the Recreation office for instructor's phone number.

Fee: \$65/session

Month: April
Code: ♦9609

Month: May
Code: ♦9610

Month: June
Code: ♦9611

Month: July
Code: ♦9608

Month: August
Code: ♦9612

Registration begins Thursday, March 12th

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows.

Jewelry Making *Ages 7-12*

Hey boys and girls... have you seen some of the cool jewelry that can be made from different materials? Well, now you can learn to make them yourself! You will work with various items to create cool necklaces, bracelets and rings. All materials will be provided.

Site: Hampshire Park
Date: Mon & Wed, Jun 8-Jul 15
Time: 9:00-10:15 a.m.
Fee: \$30/Res, \$33/Non-Res
Code: 9548

Explorers Hiking & Biking Club *Ages 8-12*

Join the park staff at Lions Park for hiking and biking trips to the Golden Valley Public Safety Building, Westwood Hills Nature Center, Animal Humane Society, and other sites. Dress for the weather and bring a snack and/or beverage to enjoy. Explorers will hike on the first outing and receive a schedule for the remaining weeks.

Site: Begin and end at Lions Park
Date: Wed, Jun 10-Jul 15
Time: 9:30-11:30 a.m.
Fee: \$31/Res, \$34/Non-Res
Code: 9550



Magic & More *Ages 8+*

Along with the basic principles of magic, the secrets of illusion and misdirection will be taught. It's all easy and fun! Fee includes materials which are provided by the instructor, Annette Fragale.

Site: Brookview Community Center
Date: Mon & Tue, Aug 10 & 11
Time: 1:00-3:00 p.m.
Fee: \$24/Res, \$27/Non-Res
Code: 9552

Balloon Workshop *Ages 8+*

Even if you are all thumbs, you can transform ordinary balloons into animals, hats, flowers and more! It's all easy and fun! Fee includes materials which are provided by the instructor, Annette Fragale.

Site: Brookview Community Center

Date: Wed, Aug 12

Time: 1:00-3:00 p.m.

Fee: \$15/Res, \$18/Non-Res

Code: 9553



Fishing Club *Ages 8-14*

Come join us as we check out some fishing hot spots in and near Golden Valley. We'll provide the bait and take your pole/tackle to the fishing location for you. All trips will begin and end at Lions Park. Participants will bike to and from fishing locations. Lakes will include Wirth, Medicine and Cedar Lakes. **Participants must provide:** Fishing pole and tackle, bike and helmet.

Site: Begin and end at Lions Park

Date: Mon, Jun 8-Jul 13

Time: 9:00 a.m.-12:00 p.m.

Fee: \$26/Res, \$29/Non-Res

Code: 9551

3-in-1 Camp *Ages 9-12*

Experience three different sports in one camp. Participants will focus on football, basketball and baseball. Sport of focus will change every two weeks. Come fine-tune your skills for your other recreation activities.

Site: Hampshire Park

Date: Tue & Thu, Jun 9-Jul 16

Time: 10:30-11:45 a.m.

Fee: \$30/Res, \$33/Non-Res

Code: 9607

Park Baseball *Ages 9-12*

This program, for boys and girls, will work on correct mechanics, sportsmanship, skill development and rule interpretation through games and practices. Each team will have one or two coaches to instruct, pitch, officiate and insure that participants have equal playing time. A pitching machine will be used for games at sites where available. The final week will be held at the Honeywell and/or Seeman ballfields with morning and/or afternoon game times. Games will also be played at various parks in Golden Valley and Plymouth. Parks may be combined if registration warrants. Parents must provide transportation. Teams are formed at the parks listed below.



Date: Mon & Wed, Jun 8-Jul 22

Time: 1:15-3:00 p.m.

Fee: \$32/Res, \$35/Non-Res

Site: Hampshire Park **Code:** 9561

Site: Lions Park **Code:** 9562

Site: Medley Park **Code:** 9560

Site: Scheid Park **Code:** 9557

Slowpitch Softball for Boys & Girls *Ages 9-12*

Recreational softball league where all players play equal times on the field with a continuous batting order and no standings kept. The focus is on skill development, sportsmanship and fun! Run in cooperation with the City of Plymouth with teams organized in both cities. All practices will be at Medley Park. Games will be played at Medley, as well as Zachary and Plymouth Creek Parks in Plymouth. A t-shirt is provided. Parents must provide transportation.

Site: Medley Park

Date: Tue & Thu, Jun 9-Jul 30

Time: 1:15-3:00 p.m.

Fee: \$32/Res, \$35/Non-Res

Code: 9564

Ultimate Frisbee Camp *Ages 9-13*

Learn and play this exciting game with participants from a nationally ranked team. Participants will learn how to play the game, rules and skills and play a few games. Participants should bring a bag lunch, bottle for water and snack.

Site: Lions Park

Date: Mon-Fri, Aug 10-14

Time: 9:00 a.m.-3:00 p.m.

Fee: \$62/Res, \$65/Non-Res

Code: 9567



Hershey's Track & Field

Ages 9-14

All boys and girls are invited to compete at the Hershey Track & Field meet. Participants can compete in three events (2 field/1 track or 1 field/2 track). First and second place winners may advance to the state competition in July. Selected state winners will advance to nationals (all expenses paid) in Hershey, Pennsylvania. Call the Minnesota Recreation & Park Association at 763-571-1305 for dates and locations.

Youth Activities continued...

Bike Rangers *Ages 10-14*

Grab your bike and helmet for 12 summer afternoons of fun and adventure! Boys and girls will pedal their way around the West Metro. All treks begin and end at Lions Park. Participants **MUST ALWAYS** ride with the group leaders. Most rides are 12-20 miles round trip. **Participants must provide:** Bike, helmet, lock, water and appropriate clothing.

Site: Begin and end at Lions Park **Fee:** \$32/Res, \$35/Non-Res
Date: Tue & Thu, Jun 9-Jul 16 **Code:** 9568
Time: 1:00-4:15 p.m.

American Red Cross Babysitting Training Course

Ages 11-15

Course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Must be 11 years old by day of class. Participants will learn: **Safety and Safe Play; Basic Care:** Feeding and diaper changing; **First Aid:** Every babysitter needs to know what to do if an accident happens; **Leadership:** How do you have fun with the kids, but stay in control; **Professionalism:** What should you ask during a babysitting interview? **Please bring a lunch.**



Site: Brookview Community Center **Date:** Sat, Mar 28 **Code:** 9569
Time: 8:00 a.m.-4:00 p.m. **Date:** Sat, Apr 4 **Code:** 9570
Fee: \$65/Res, \$68/Non-Res **Date:** Sat, Apr 18 **Code:** 9571



Sand Volleyball *Ages 11-15*

Youth volleyball is one of the fastest growing youth sports in the U.S. We have two great sand volleyball courts at Brookview Park, and we're forming a league. Participants develop skills and play games. Program format will depend on number of registrants.

Site: Brookview Park **Fee:** \$27/Res, \$30/Non-Res
Date: Tue & Thu, Jun 9-Jul 16 **Code:** 9613
Time: 9:10-10:15 a.m.

Registration begins Thursday, March 12th

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows.

Aquatics in Neighboring Communities

Residents of Golden Valley may purchase a season pass to the outdoor family aquatic center in St. Louis Park at the St. Louis Park resident rate. The aquatic center, located at 5005 W. 36th St., includes a 300' water slide, a 275' inner tube ride, six lane lap pool, 2 drop slides, 1 meter diving board, large shallow water play area with zero depth entry, water playground featuring geysers, tot water slide, etc., a wet sand play area, outdoor beach volleyball courts, concession area and locker rooms. Call St. Louis Park at 952-924-2540 for more information.

Learn To Swim Programs are available through the neighboring communities of Crystal, call 763-531-0052 and New Hope, call 763-531-5100, and through Community Education Programs in Hopkins, call 952-988-4066, Robbinsdale, call 763-504-4910 and St. Louis Park, call 952-924-2540.

Hurricanes Swim Club

Ages 5-18

The Hurricanes Swim Club

provides year-round instruction, training and competition for swimmers ages 5-18. We have an enthusiastic coaching staff with many years of experience. We emphasize swim techniques to improve swimmer results in a fun and healthful environment. Practices are offered 3-6 times per week at Hopkins West Junior High, North Junior High and Eisenhower Community Education Center. We are a U.S.A. sanctioned swim club offering members the opportunity to swim at sanctioned meets ranging from novice to state level competition. Join for the sport; stay for the fun! Join our club for two free sessions. We're sure you'll like it. Contact Coach Bob Petersen at 612.621.5495 or email: Petersen@visi.com or visit www.hopkinshurricanes.com



Youth Fall Soccer

**Soccer
Registration Deadline
Is August 7th**

Junior Fall Soccer *Grades K-1*

Participants are organized on randomly selected teams of 12. Program is played on soccer fields at Hampshire Park, which are 20' x 40' with very small goals. Each meeting is one hour with 15 minutes of skills and drills and 45 minutes of game play. There may be one pre-season practice scheduled. Volunteer coaches organize the skills and drills and officiate the games. All participants play equal amounts of time and standings are not kept. Game and practice schedules will be distributed at the first practice. Each team requires two volunteer coaches.

Equipment Needed: Players need to wear the reversible Golden Valley soccer jersey available for purchase at the Recreation office. Shin guards are required and provided by the participant.

Site: Hampshire Park
Date: Sat, Sep 12-Oct 31
Time: TBD by volunteer coach

Fee: \$31/Res, \$34/Non-Res
Shirt: \$12 (if needed)
Code: 9572

VOLUNTEER COACHES NEEDED

for the success of the Youth Soccer programs.
Anyone interested in coaching or refereeing,
please contact the Recreation office at 763-512-2345

Co-Rec Youth Fall Soccer *Grades 2-5*

Fall soccer is designed to promote basic soccer skills, player positioning and rule interpretation. For 2nd grade teams, games and practices are played on soccer fields in Golden Valley. For 3rd-5th grade teams, games will be played in Golden Valley, Robbinsdale and Crystal with practices held in Golden Valley. **Players must sign up for the grade they will be in beginning Fall 2009. Participants may play up one level if their ability merits this move.** Teams are formed randomly. Requests for friends or coaches are not accepted. Coaches will be assigned with his/her child(ren). Each team requires two volunteer coaches. Coaches are parents, college and high school students. If a volunteer coach is not found for a team, refunds will be issued.

Equipment Needed: Players must wear the two-color reversible Golden Valley soccer jersey available for purchase at the Recreation office. Those who purchased a soccer t-shirt in the past may use the shirt again. Shin guards are required and are provided by the participant.

Practices: Begin the week of August 24th. Day and time to be determined by the volunteer coach. Participants will be contacted by their coach after August 21st with details.

Games: Saturdays, September 12th-October 31st, with possible weekday evening games. Schedules distributed at practice.

Fee: \$31/Res, \$34/Non-Res **Shirt:** \$12 (if needed)

Grade 2 (Golden Valley only) - Code: 9573
Grade 3-5 (Joint with Crystal/Robbinsdale) - Code: 9574



Northwest Suburban Fall Soccer *Grades 6-8*

This fall league is sponsored by the cities of Golden Valley, Crystal, New Hope, Robbinsdale and Maple Grove. Practices are held in the home community. **NOTE:** If either division doesn't have at least 60 participants, the format will change from a full size field program to a 6 vs. 6 junior field program with 7 to 10 participants per team.

Practices: Begin the week of August 24th with location, day and time TBD by the volunteer coach.

Games: Saturdays, beginning September 12th with a possible weeknight game later in the season. Games held in all participating communities.

Fee: \$31/Res, \$34/Non-Res

Boys - Code: 9575
Girls - Code: 9576



Skyhawks Youth Activities



Skyhawks provides safe, positive athletic programs that emphasize critical lessons in sports and life, such as sportsmanship, teamwork, winning and losing. Skyhawks continues to build on its foundation of providing healthy and active lifestyle choices while helping develop and build the skills and confidence of young athletes.

Mini Hawk Camp

Ages 4-7

Participants explore soccer, baseball and basketball. There is no pressure, just lots of fun, while these young athletes participate in all three sports through unique Skyhawks games. Coaching staff is trained to meet the special needs of young children. Participant/coach ratio is approximately 8:1. **Participants must bring:** Shin guards, t-shirts/shorts/sweats/socks (i.e. appropriate clothing), two snacks, water, tennis shoes, sunscreen.

Site: Lions Park

Time: 9:00 a.m.-12:00 p.m.

Fee: \$103

Date: Mon-Fri, Jun 8-12

Code: 9577

Date: Mon-Fri, Jul 27-31

Code: 9578

SNAG Golf Camp

Ages 5-8

SNAG Golf builds the confidence of new players by teaching technique and etiquette. Skyhawks utilizes the SNAG Coaching System and equipment (clubs and balls) Golfers will experience success by using a plastic golf club with an over-sized ceramic head. Participants receive a t-shirt and merit award. Participant/coach ratio is approximately 8:1. **Participants must bring:** T-shirt/shorts/sweats/socks (i.e., appropriate clothing), two snacks, water, tennis shoes and sunscreen.

Site: Lions Park

Date: Mon-Fri, Aug 3-7

Time: 9:00 a.m.-12:00 p.m.

Fee: \$108

Code: 9579

Basketball Camp

Ages 6-14

Designed for beginning and intermediate basketball players. Learn new skills while building upon the fundamentals. Refine your passing, shooting and dribbling skills. Participants will put their skills to the test at an end of the week tournament. Participants receive a t-shirt and merit award. Participant/coach ratio is approximately 10:1. **Participants must bring:** T-shirt/shorts/sweats/socks (i.e., appropriate clothing), lunch, snack, water and tennis shoes.

Site: Davis Community Center

Date: Mon-Fri, Jul 6-10

Ages 6-8

Time: 9:00 a.m.-12:00 p.m.

Fee: \$103 **Code:** 9580

Ages 9-14

Time: 9:00 a.m.-3:00 p.m.

Fee: \$131 **Code:** 9581

Soccer Camp

Ages 7-14

Participants will learn the fundamentals of soccer through fun games and exercises. After, participants will get a chance to test their new expertise with interactive group activities, games and scrimmages. Participants receive a t-shirt and merit award. Participant/coach ratio is approximately 14:1. **Participants must bring:** Shin guards, t-shirt/shorts/sweats/socks (i.e., appropriate clothing), lunch, snack, water, tennis shoes and sunscreen.

Site: MN Arts School Soccer Field

Date: Mon-Fri, Jul 13-17

Time: 9:00 a.m.-12:00 p.m.

Fee: \$103

Code: 9582

Flag Football Camp

Ages 7-14

Flag Football is a great way to introduce your child to a sport rich in tradition. Because it is flag football, the introduction is both safe and fun. Players learn catching, passing and de-flagging as well as the rules and the strategies of offense and defense. Participants receive a merit award. Participant/coach ratio is approximately 14:1. **Participants must bring:** Shin guards, t-shirt/shorts/sweats/socks (i.e., appropriate clothing), two snacks, water, tennis shoes and sunscreen.

Site: MN Arts School Soccer Field

Date: Mon-Fri, Aug 17-21

Time: 9:00 a.m.-12:00 p.m.

Fee: \$103

Code: 9583

Volleyball Camp

Ages 7-14

This program takes the fun and excitement of a great team sport and delivers it in an appealing and engaging way. All the aspects of the game are developed in a series of drills and exercises focusing on passing, setting, hitting and serving. This co-ed program helps develop the fundamental skills of the game through game-speed drills and scrimmages. Participants receive a t-shirt and merit award. Participant/coach ratio is approximately 12:1. **Participants must bring:** T-shirt, shorts, two snacks, water and tennis shoes.

Site: Davis Community Center

Date: Mon-Fri, Jul 27-31

Time: 1:00-4:00 p.m.

Fee: \$103

Code: 9584

Target Center Events



The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for upcoming events at the Target Center. All tickets are lower level reserved seating.

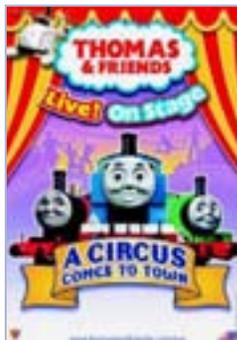
Participants provide their own transportation and will be notified when tickets are available for pick-up at the Recreation office.

Please arrive at least ½ hour early to each event.

Thomas & Friends: A Circus Comes To Town

Saturday, May 2 - 10:30 a.m.

Percy, James, Gordon – and, of course, Thomas – are headed your way! Join these engine friends, Sir Topham Hatt and the townspeople of Sodor for the engaging story of how all engines on the Island of Sodor must work together to prepare for the exciting event under the Big Top. Problems arise along the way, and Thomas has to prove he's a really useful engine once again. The story emphasizes the importance of friendship and cooperation as it gets young children dancing and singing along, creating lifelong memories for them and their families. Ages 1+ need a ticket.



Fee: \$22

Deadline: Apr 9 (or until spaces fill)

Code: 9585

Golden Valley Library Events

Along with these great programs, we also have Plus Read to Win, book clubs, storytimes, Paws to Read, gaming and more! For complete details, please call the Golden Valley Library at 952-847-5475 or log on to our web site, www.hclib.org.



Tuesday, June 16 - 2:00 p.m.
Minnesota Raptors

Wednesday, June 24 - 10:30 a.m.
Spanish Stories & Fun

Thursday, June 25 - 1:30 p.m.
Make Your Own Animal Mask

Tuesday, June 30 - 10:30 a.m.
Golden Valley Puppet Wagon

Wednesdays, July 1-22 - 10:30 a.m.
Wheels That Work

Thursday, July 2 - 2:00 p.m.
Schiffelly Puppets

Monday, July 13 - 2:00 p.m.
Bead-A-Bracelet

Tuesday, July 21 - 2:00 p.m.
Hip Hop Workshop

Thursday, July 23 - 1:00 p.m.
Game Design Studio for Kids

Tuesday, July 28 - 2:00 p.m.
Art Zoo

Wednesday, July 29 - 10:30 a.m.
Story Theater

Tuesday, August 4 - 2:00 p.m.
Lego® Mania

Youth Athletic Associations

Golden Valley Phoenix Soccer Club

Boys and Girls age 9-18

For more information and contact names and numbers, visit the website at www.gvphoenixsoccer.org

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9-18

Contact: Julie McGrath
Phone: 763-537-1020
E-mail: softballmom67@hotmail.com
www.cooperarmstrongfastpitch.org

Girls Slowpitch Softball Girls in Grades 3-12

Contact: Jim Acker
E-mail: rekcaj@aol.com
www.gvgs.org

Robbinsdale Area Youth Baseball (RAYBA)

Boys age 12-19

Contact: Craig Beers
Phone: 763-529-5838
E-mail: president@raybaseball.com
www.raybaseball.com

Golden Valley Little League Baseball

Boys and Girls age 7-12

Contact: Peter Birkeland
Phone: 612-749-3694
E-mail: pbirkeland@comcast.net
www.goldenvalleylittleleague.org

Armstrong Cooper Youth Hockey Association

Inquiries to: Kristen Harnett
Phone: 763-551-1640
www.armstrongcooperhockey.org



Twin City Tennis Camps staff has the experience, skill and a family oriented foundation. Our partnership with United States Tennis Association means we have all the necessary resources. Most importantly, we are dedicated to moving tennis beyond a game of skill into a game for life. We believe our tennis programs will provide the atmosphere and ingredients for a healthy and enjoyable experience while meeting potential lifelong friends. For more information, call TCTC Brookview Director of Tennis, Tim Klein at 612-600-2460 or e-mail to: info@twincitytenniscamps.com.

Twin City Tennis Camps offers programs at both Brookview Tennis Center and Scheid Park in Golden Valley.

Programs include:

- Private & Semi-Private lessons
- Youth Tennis, ages 3-5 & 6-8
- Full & Half-day camps, ages 6-14
- Junior High & High School camps & leagues
- Adult lessons & leagues



Brookview Tennis Center

Located at Winnetka Avenue and Brookview Parkway.

Amenities include:

- On-site tennis shop (designated hrs.)
- 6 Hard Courts with windscreens
- 4 Courts Lighted for evening play
- USPTA Certified Instruction
- Schedule of play

Scheid Park Tennis Courts

Located at 1856 Toledo Ave. N.

Amenities include:

- 2 Courts Lighted for evening play
- USPTA Certified Instruction
- Schedule of play

Private & Semi-Private Tennis Lessons

Private lessons are one-on-one instruction with a USPTA Certified Coach and semi-private lessons are 2, 3 or 4 students per instructor. All private lessons will be scheduled at Brookview Tennis Courts or another location if available. To arrange for lessons in advance, call Twin City Tennis Camps at 612-600-2460 or stop by the tennis shop to make an appointment.

Private Lessons

One hour..... \$55
 Five lessons..... \$250
 Ten lessons \$450

Semi-Private Lessons

One hour..... \$60
 Five lessons..... \$275
 Ten lessons \$500

High School Training Tennis Camp at Brookview Ages 12-18

This camp is for Junior Varsity and Junior High level players. Players will have the opportunity to improve their tennis skills and to gain confidence in match play situations. Emphasis will be placed on singles and doubles strategy, as well as complete technical development.

Site: Brookview Tennis Courts **Time:** 4:00-6:00 p.m.



**Non-Golden Valley Residents add \$3 to fees listed below.*

Week(s)	Date	Fee*	Code
Weeks 1-11 (entire Summer)	Mon-Thu, Jun 8-Aug 20	\$549	9614
Week 1	Mon-Thu, Jun 8-11	\$95	9615
Week 2	Mon-Thu, Jun 15-18	\$95	9616
Week 3	Mon-Thu, Jun 22-25	\$95	9617
Week 4	Mon-Thu, Jun 29-Jul 2	\$95	9618
Week 5	Mon-Thu, Jul 6-9	\$95	9619
Week 6	Mon-Thu, Jul 13-16	\$95	9620
Week 7	Mon-Thu, Jul 20-23	\$95	9621
Week 8	Mon-Thu, Jul 27-30	\$95	9622
Week 9	Mon-Thu, Aug 3-6	\$95	9623
Week 10	Mon-Thu, Aug 10-13	\$95	9624
Week 11	Mon-Thu, Aug 17-20	\$95	9661

Youth USTA Spring, Summer & Fall Saturday Camps

Sign-up for desired dates and participants will be divided into their appropriate age group on the first day of camp. Camper/coach ratio is 6:1. All Saturday camps are offered at Brookview only.

Quick Start USTA Future Champs - Ages 3-5

This camp is for our smallest hitters. Our goal is to provide a safe, exciting, fun environment for young children to begin enjoying this fantastic game while making new friends and enjoying their coaches.

Quick Start USTA Junior Champs - Ages 6-8

This camp is for our beginning younger players. Junior Champs gives children a variety of exciting opportunities to develop their basic skills and participate in a fun, active introductory atmosphere.

Junior Challenger Team Tennis USTA Tennis Camp - Ages 9-11

For advanced-beginner and intermediate level players, giving them Opportunities to further develop skills and increase knowledge of scoring and playing the game. Campers will also play matches with their teammates and other teams.

Junior Advanced Team Tennis USTA Competition Camp - Ages 12-14

For intermediate/advanced level players. Continue developing fundamentals, practice technical skills, play fun tennis games, compete in house tournaments, and participate in local league matches. Players provide their own rides to away matches.



**Non-Golden Valley Residents add \$3 to fees listed below.*

Session	Day	Dates	Time	Fee*	Location	Code
Ages 3-5 Futures & Ages 6-8 Juniors Camps						
Spring Session (5 weeks)	Sat	May 2-Jun 6 (No May 23)	9:00-11:00 a.m.	\$110	Brookview	9722
Summer Session I (5 weeks)	Sat	Jun 13-July 18 (No Jul 4)	9:00-11:00 a.m.	\$110	Brookview	9723
Summer Session II (5 weeks)	Sat	Jul 25-Aug 22	9:00-11:00 a.m.	\$110	Brookview	9724
Fall Session (5 weeks)	Sat	Aug 29-Oct 10 (No Sep 5 & 19)	9:00-11:00 a.m.	\$110	Brookview	9725
Ages 9-11 Challengers & Ages 12-14 Competitive Camps						
Spring Session (5 weeks)	Sat	May 2-Jun 6 (No May 23)	12:00-2:00 p.m.	\$110	Brookview	9726
Summer Session I (5 weeks)	Sat	Jun 13-July 18 (No Jul 4)	12:00-2:00 p.m.	\$110	Brookview	9727
Summer Session II (5 weeks)	Sat	Jul 25-Aug 22	12:00-2:00 p.m.	\$110	Brookview	9728
Fall Session (5 weeks)	Sat	Aug 29-Oct 10 (No Sep 5 & 19)	12:00-2:00 p.m.	\$110	Brookview	9729

USTA Junior Team Tennis League

Ages 12-18

This 10-week league will emphasize teamwork and fun through skill development, match play for players of all levels of ability, and a year end Golden Valley City Tournament. Match play will be with teams from Crystal, New Hope, Plymouth, St. Louis Park and Robbinsdale. Participants need to provide their own transportation. Home matches will be at Medley Park. Schedules will be given at the start of the program.

Site: Brookview & Medley and other participating cities
Day: Mon & Wed, June 8-Aug 19
Time: 1:00-3:00 p.m.
Fee: \$125/Res, \$128/Non-Res
Code: 9625

Golden Valley Youth Tennis League *Ages 9-14*

This is a recreational tennis league which will emphasize teamwork and fun through skill development to improve confidence in match play situations. Practices held on Tuesday and Thursday evenings with matches on Saturday afternoon. Teams will be formed at parks listed below. **Sign up for desired practice location.**

Fee: \$55/Res, \$58/Non-Res

Practices:

Date: Tue & Thu, May 5-Jul 23

Time: 6:00-7:30 p.m.

Sites: Lions **Code:** 9730

Sites: Medley **Code:** 9731

Sites: Scheid

Sites: Wesley

Sites: Wildwood

Code: 9732

Code: 9733

Code: 9734



Matches:

Date: Sat, May 30-Jul 25 (No Jul 4)

Time: Saturday afternoons (schedule determined by number of teams)

Youth USTA Summer Camps

Sign-up for desired dates and participants will be divided into their appropriate age group on the first day of camp. Camper/coach ratio is 6:1. Camps are offered at either Brookview or Scheid.

Quick Start USTA Future Champs - Ages 3-5

This camp is for our smallest hitters. Our goal is to provide a safe, exciting, fun environment for young children to begin enjoying this fantastic game while making new friends and enjoying their coaches.

Quick Start USTA Junior Champs - Ages 6-8

This camp is for our beginning younger players. Junior Champs gives children a variety of exciting opportunities to develop their basic skills and participate in a fun, active introductory atmosphere.



**Non-Golden Valley Residents add \$3 to fees listed below.*

Session/Week	Day	Date	Time	Fee*	Brookview	Scheid
					Code	
Summer Weeks 1-11 (entire summer)	Mon-Fri	Jun 8-Aug 21	9:00-11:00 a.m.	\$549	9735	9736
Summer Session 1 (all 3 weeks 1-3)	Mon-Fri	Jun 8-26	9:00-11:00 a.m.	\$235	9662	9664
	Week 1	Mon-Fri	Jun 8-12	\$95	9665	9666
	Week 2	Mon-Fri	Jun 15-19	\$95	9667	9668
	Week 3	Mon-Fri	Jun 22-26	\$95	9669	9663
Summer Session 2 (all 3 weeks 4-6)	Mon-Fri	Jun 29-Jul 17	9:00-11:00 a.m.	\$235	9677	9678
	Week 4	Mon-Fri	Jun 29-Jul 3	\$95	9679	9680
	Week 5	Mon-Fri	Jul 6-10	\$95	9681	9682
	Week 6	Mon-Fri	Jul 13-17	\$95	9683	9684
Summer Session 3 (all 3 weeks 7-9)	Mon-Fri	Jul 20-Aug 7	9:00-11:00 a.m.	\$235	9685	9686
	Week 7	Mon-Fri	Jul 20-24	\$95	9687	9670
	Week 8	Mon-Fri	Jul 27-31	\$95	9671	9672
	Week 9	Mon-Fri	Aug 3-7	\$95	9673	9674
	Week 10	Mon-Fri	Aug 10-14	\$95	9675	9676
	Week 11	Mon-Fri	Aug 17-21	\$95	9689	9688

Adult Tennis During Kids Morning Tennis

Adult cardio tennis drills taking place at the same time as morning youth tennis. Meets twice per week during youth tennis offered above. All abilities are welcome. Class is focused on getting a great workout!

Site: Brookview Tennis Courts

Time: 9:00-11:00 a.m.

Fee: \$110/Res, \$113/Non-Res



Date	Mon/Wed	Tue/Thu
Jun 8-26	9737	9738
Jul 6-24	9739	9740
Jul 27-Aug 14	9741	9742

Weather appear questionable?

Call the
Activity Cancellation Line
at 763-512-2350
1/2 hour prior
to the start of your activity
to check cancellations.

Youth USTA Summer Full & Half Day Tennis Camps

These camps are offered at Brookview or Scheid. Sign-up for desired week/session. Participants will then be divided into their appropriate age group on the first day of camp. Camper/coach ratio is 6:1. **Campers attending full-day camps should bring a lunch and snack each day.**

Junior Champs Quick Start USTA Tennis-n-Fun Camp - Ages 6-9

For beginner and intermediate players, giving them a variety of exciting opportunities to develop skills and participate in an enjoyable tennis atmosphere.

Junior Challenger Team Tennis USTA Tennis Camp - Ages 9-11

For advanced-beginner and intermediate level players, giving them Opportunities to further develop skills and increase knowledge of scoring and playing the game. Campers will also play matches with their teammates and other teams.

Junior Advanced Team Tennis USTA Competition Camp - Ages 12-14

For intermediate/advanced level players. Continue developing fundamentals, practice technical skills, play fun tennis games, compete in house tournaments, and participate in local league matches. Players provide their own rides to away matches.



***Non-Golden Valley Residents add \$3 to fees listed below.**

Session/Week	Dates	Brookview Park								Scheid Park			
		Full-Day		Half-Day				Half-Day					
		9:00-4:00		9:00-12:00		11:00-4:00		1:00-4:00		9:00-12:00		1:00-4:00	
		Fee*	Code	Fee*	Code	Fee*	Code	Fee*	Code	Fee*	Code	Fee*	Code
Weeks 1-11 (entire summer)	Mon-Fri, Jun 8-Aug 21	\$999	9743	\$399	9758	\$699	9773	\$399	9788	\$399	9803	\$399	9818
Summer Session 1 (all 3 weeks 1-3)	Mon-Fri, Jun 8-26	\$420	9744	\$260	9759	\$350	9774	\$260	9789	\$260	9804	\$260	9819
	Week 1 Mon-Fri, Jun 8-12	\$190	9745	\$110	9760	\$160	9775	\$110	9790	\$110	9805	\$110	9820
	Week 2 Mon-Fri, Jun 15-19	\$190	9746	\$110	9761	\$160	9776	\$110	9791	\$110	9806	\$110	9821
	Week 3 Mon-Fri, Jun 22-26	\$190	9747	\$110	9762	\$160	9777	\$110	9792	\$110	9807	\$110	9822
Summer Session 2 (all 3 weeks 4-6)	Mon-Fri, Jun 29-Jul 17	\$420	9748	\$260	9763	\$350	9778	\$260	9793	\$260	9808	\$260	9823
	Week 4 Mon-Fri, Jun 29-Jul 3	\$190	9749	\$110	9764	\$160	9779	\$110	9794	\$110	9809	\$110	9824
	Week 5 Mon-Fri, Jul 6-10	\$190	9750	\$110	9765	\$160	9780	\$110	9795	\$110	9810	\$110	9825
	Week 6 Mon-Fri, Jul 13-17	\$190	9751	\$110	9766	\$160	9781	\$110	9796	\$110	9811	\$110	9826
Summer Session 3 (all 3 weeks 7-9)	Mon-Fri, Jul 20-Aug 7	\$420	9752	\$260	9767	\$350	9782	\$260	9797	\$260	9812	\$260	9827
	Week 7 Mon-Fri, Jul 20-24	\$190	9753	\$110	9768	\$160	9783	\$110	9798	\$110	9813	\$110	9828
	Week 8 Mon-Fri, Jul 27-31	\$190	9754	\$110	9769	\$160	9784	\$110	9799	\$110	9814	\$110	9829
	Week 9 Mon-Fri, Aug 3-7	\$190	9755	\$110	9770	\$160	9785	\$110	9800	\$110	9815	\$110	9830
	Week 10 Mon-Fri, Aug 10-14	\$190	9756	\$110	9771	\$160	9786	\$110	9801	\$110	9816	\$110	9831
	Week 11 Mon-Fri, Aug 17-21	\$190	9757	\$110	9772	\$160	9787	\$110	9802	\$110	9817	\$110	9832

Adult Tennis

Adult Evening Tennis at Brookview

Lessons are offered for beginner to intermediate/advanced level players at Brookview tennis courts. Participants will be divided into their requested skill level on the first day of class. You must designate level choice when registering. Class ratio 6:1 player/coach. Maximum 12 people per time frame.

Level 1 - Beginner 1.0-2.5 NTRP Lessons

Level 2 - Intermediate 2.5-3.5 Cardio Tennis Drills

Level 3 - Intermediate/Advanced 3.0-4.0 Drill-n-Play



***Non-Golden Valley Residents add \$3 to fees listed below.**

When registering, you must designate skill level choice			
Date	Fee	4:00-6:00	6:00-8:00
		Code	
Mon, May 4-Jun 8 (No May 25)	\$110	9635	9646
Tues, May 5-Jun 2	\$110	9636	9647
Wed, May 6-Jun 3	\$110	9637	9649
Thu, May 7-Jun 4	\$110	9638	9650
Mon, Jun 15-Jul 13	\$110	9626	9651
Tue, Jun 9-Jul 7	\$110	9627	9652
Wed, Jun 10-Jul 8	\$110	9628	9653
Thu, Jun 11-Jul 9	\$110	9629	9654
Mon, Jul 20-Aug 17	\$110	9639	9655
Tue, Jul 14-Aug 11	\$110	9640	9656
Wed, Jul 15-Aug 12	\$110	9641	9630
Thu, Jul 16-Aug 13	\$110	9642	9631
Mon, Aug 24-Oct 5 (No Sep 7)	\$110	9643	9632
Tue, Aug 18- Sep 15	\$110	9644	9633
Wed, Aug 19-Sep 16	\$110	9645	9634
Thu, Aug 20-Sep 17	\$110	9658	9657

Adult Tennis Leagues

The communities of Golden Valley, Crystal, Brooklyn Center, New Hope, and Robbinsdale are offering adult tennis leagues for intermediate and advanced levels. Court sites will be assigned in the above listed communities. All leagues will receive a schedule for matches. **Leagues are tentatively scheduled to start the week of June 8th and play 8-10 matches. Deadline to register is May 22nd.**

Women's Singles on Tuesdays

Time: 6:00-9:00 p.m.

Fee: \$20/Res, \$23/Non-Res

Code: 9833

Men's Singles on Thursdays

Time: 6:00-9:00 p.m.

Fee: \$20/Res, \$23/Non-Res

Code: 9836

Mixed Doubles on Wednesdays

Time: 6:00-9:00 p.m.

Fee: \$26/Res couple, \$29/Non-Res

Code: 9834

Women's Doubles on Thursdays

Time: 6:00-9:00 p.m.

Fee: \$26/Res couple, \$29/Non-Res

Code: 9835

Public Tennis Courts

Locations	# of Courts	# with Lights
Brookview <i>Hwy 55 & Winnetka</i>	6	4
Gearty <i>Regent & Triton</i>	1	1
Glenview <i>Zenith & Major</i>	2	2
Lions <i>Harold & Louisiana</i>	2	0
Medley <i>Ensign & 23rd</i>	3	3
Scheid <i>Duluth & Toledo</i>	2	2
Seeman <i>Hampshire & Phoenix</i>	2	0
Wesley <i>Wesley Dr & Orkla</i>	3	3
Wildwood <i>Duluth & Louisiana</i>	2	0



**Registration begins
Thursday,
March 12th**

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows.

Adult Activities

Tuning Forks-What Are They?

They are another form of vibrational healing using sound waves of your ears, bones, tissues and cells. They combine science and sound. They can be used for many things such as increased focus, stress relief and balancing of body, mind & spirit. You will gain an understanding of how, when and for what to use them. There will be forks available for purchase along with handouts. Instructed by Amy Zilka.



Site: Brookview Community Center **Time:** 6:30-7:30 p.m. **Code:** 9660
Date: Mon, Apr 20 **Fee:** \$16/Res, \$19/Non-Res

Emotional Freedom Technique (EFT)

Instructed by Amy Zilka, this simple, easy to learn technique can help eliminate any and all FEARS, PHOBIAS, ANGER, PAIN, FOOD CRAVINGS, etc. Please bring with you any fear, phobias, etc. as this class requires group and individual participation. You will walk away with handouts and the ability to remove any undesirable feeling that might be blocking you from getting what you want.

Site: Brookview Community Center **Time:** 6:30-7:30 p.m. **Code:** 9690
Date: Mon, Apr 27 **Fee:** \$20/Res, \$23/Non-Res



Nutrition—A Way of Life

In this class, we will discuss what it means to “live, think and feel in balance” when it comes to foods, diets, supplements and lifestyle. We will also discuss what makes us eat, the difference between physical and emotional hunger and find your balance between emotions and food. Instructed by Amy Zilka.

Site: Brookview Community Center **Time:** 6:30-7:30 p.m. **Code:** 9691
Date: Mon, May 11 **Fee:** \$18/Res, \$21/Non-Res

About the Instructor... Amy Zilka

Amy has her M.A. in Psychology/Psychotherapy and is a Certified Regression Hypnotherapist, Acupuncturist, Herbalist, Reiki I & II Practitioner, Nutritionist, Flower Essence's, Homeopathy and Tuning Forks Practitioner.

No-Stress Basic Chess Club for Adults

This once-a-week, no stress environment will have plenty of teachable moments to help you improve. Each Chess Club meeting will have a short, fun, and easy chess activity, then lots of chess playing opportunities. The Chess Coach, Ms. Daa, also teaches the No Stress Basic Chess for Adults series of classes and has over 25 years of chess experience. Come hang out with us and play chess! Resident fee applies to New Hope, Golden Valley and Robbinsdale. *Deadline to register is April 14th.*

Site: New Hope Ice Arena **Fee:** \$26/Res, \$32/Non-Res
(4949 Louisiana Ave N) **Code:** 9692
Date: Wed, Apr 22-May 27
Time: 11:30 a.m.-12:30 p.m.



Line Dancing

Join Instructor Annette Fragale for this fun, fast moving, foot tapping line dance class for the whole family. Dance to country western music and learn the hottest new dances. Easy to learn and great exercise.

Site: Brookview Community Center
Date: Wed, Apr 8-May 20
Time: 6:30-8:00 p.m.
Fee: \$56/Res, \$59/Non-Res
Code: 9694

About the Instructor...

Annette Fragale

Annette has taught line dancing over ten years. She is a member of the National Teachers Association and Country Western Line Dance Association. She teaches Yoga and Pilates and is certified with NDEITA, ACE, Stott Pilates and more.

Pilates - Inspired Workout

This beginner friendly Pilates class, taught by Annette Fragale, is a workout that will lengthen your muscles, relax your joints, build better posture and strengthen your entire body. Selected Yoga poses will also be used to maximize comfort and safety. Please bring a small pillow/towel and a mat.

Site: Brookview Community Center
Date: Mon, Apr 6-May 18
Time: 6:30-7:30 p.m.
Fee: \$48/Res, \$51/Non-Res
Code: 9695

Yoga

A gentle, non-religious approach to Yoga taught by Annette Fragale. Includes stretching, strengthening and balance for the body. Wear comfortable clothes and bring a mat.

Site: Brookview Community Center
Date: Tue, Apr 7-May 19
Time: 11:00 a.m.-12:00 p.m.
Fee: \$48/Res, \$51/Non-Res
Code: 9696

Adult Activities continued...

Zumba

Zumba® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Instructed by Judy Victor.

Site: Brookview Community Center
Date: Thu, Mar 26-May 14 (No Apr 9)
Time: 6:00-7:00 p.m.
Fee: \$54/Res, \$57/Non-Res
Code: 9706

About the Instructor... *Judy Victor*

Judy Victor has a passion for music and dance. Her easy going nature and zest for life will allow you to let your hair down and feel the music. She got hooked on Zumba®: Now it's your turn!

Yoga & Pilates with Laura Lazowski

Yoga is a time to pause, feel and tune in...taking a revitalizing break from our hurried lives and finding our inner power. This 70-minute yoga class, with a sprinkling of pilates, creates flexibility, strength, and healthy posture through a combination of breathing awareness, yoga postures and guided relaxation. Appropriate for beginners to yoga, as well as those who already practice. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.



Site: Brookview Community Center
Time: 5:30-6:40 p.m.

Date: Tue, Apr 14-May 26
Fee: \$63/Res, \$66/Non-Res
Code: 9699

Date: Tue, Jun 2-Jul 7
Fee: \$54/Res, \$57/Non-Res
Code: 9700

Date: Tue, Jul 14-Aug 18
Fee: \$54/Res, \$57/Non-Res
Code: 9701

Power Yoga & Pilates with Laura Lazowski

A natural extension of the Yoga & Pilates class, also instructed by Laura Lazowski. This class focuses on creating and nurturing body alignment and strength, and includes more challenging poses within a longer practice time. Work on breathing awareness, yoga poses, pilates work, light weight work, and a guided relaxation. Previous experience with yoga is helpful, however beginners are welcome! Bring a yoga "sticky" mat, light hand weights of 1-5 lbs (optional), and a small pillow and blanket for relaxation (optional).

Site: Brookview Comm Center
Time: 6:45-8:15 p.m.

Date: Tue, Apr 14-May 26
Fee: \$77/Res, \$80/Non-Res
Code: 9702

Date: Tue, Jun 2-Jul 7
Fee: \$66/Res, \$69/Non-Res
Code: 9704

About the Instructor... *Laura Lazowski*

Laura is a certified yoga instructor and teaches in the hatha yoga style. She has practiced yoga for over 25 years.

Date: Tue, Jul 14-Aug 18
Fee: \$66/Res, \$69/Non-Res
Code: 9705

About the Instructor...

Tom Malone

Tom is a former martial arts state champion with over 15 years experience in the martial arts. He was inducted to the Martial Arts World Hall of Fame in 2008.

Cardio Kickboxing

A fun, exciting workout for men and women that provides overall physical conditioning and toning. Increase your balance, endurance, strength and flexibility through this non-contact, high-intensity cardiovascular workout. Wear loose, comfortable clothing that allows you to move easily.

Site: 147 Hamel Rd, Hamel 55428
Time: 7:30-8:15 p.m.
Fee: \$56/Res, \$59/Non-Res

Date: Mon, Apr 6-May 11
Code: 9707

Date: Mon, May 18-Jun 29
(No May 25)

Code: 9708

Date: Mon, Jul 6-Aug 10
Code: 9711

Tae Kwon Do

A self-defense program for all ages that gives discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. ***BONUS:** Sign-up for all three sessions and receive a FREE uniform and white belt test. Limit 2 uniforms per family, uniforms distributed at class.

Site: Beacon Academy
(12325 Hwy 55, Plymouth)
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$59/Non-Res

Date: Tue, Apr 7-May 12
Code: 9506

Date: Tue, May 19-Jun 23
Code: 9507

Date: Tue, Jun 30-Aug 4
Code: 9509

Belly Dancing—Level I

Come to explore the beautiful and ancient art of belly dance/Middle Eastern dance with instructor Tatyana. Whatever your goals are - exercise, dancing, body muscle strengthening, fixing lower back problems - it combines all. Wear loose and comfortable clothing. No hip scarf required but they are fun to wear. No previous dance experience required. Zills (finger cymbals) will be provided in class to practice.

Site: Brookview Comm Center

Date: Thu, Apr 2-May 21

Code: 9712

Time: 7:00-8:30 p.m.

Date: Thu, Jun 25-Aug 13

Code: 9713

Fee: \$64/Res, \$67/Non-Res



Belly Dancing—Level II

Come to expand your skills in belly dance/Middle Eastern dance with instructor Tatyana. Wear loose and comfortable clothing. Previous belly dance experience required.

Site: Brookview Community Center

Time: 10:30 a.m.-12:00 p.m.

Fee: \$64/Res, \$67/Non-Res

Date: Sat, Apr 4-May 23

Code: 9714

Date: Sat, Jun 27-Aug 15

Code: 9715

About the Instructor... *Tatyana Butkova*

Tatyana has been studying the art of belly dancing since 2002. In January 2004, she began studying at Cassandra School of Belly Dance and in 2006 joined Jawaahir Dance Company. In spring 2007, Tatyana started her teaching career by teaching classes at Cassandra School.

Swing & Social Ballroom Dance for Beginners

Instructed by the Twin Cities' leading dance instructor Dean Constantine and his daughter Deanne. They will give you an introduction to Social Ballroom, 50's Lindy Swing, Latin, Salsa and Polka. Walk-ins welcome. Free repeat lessons for two months. Have questions or are interested in intermediate dance lessons? Call Dean at 952-938-8583 or 952-476-4044.

Site: Brookview Comm Center

Fee: \$50/person

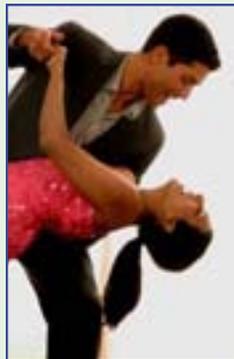
Date: Sun, Mar 15-Apr 5

Code: 9454

Time: 7:30-9:00 p.m.

About the Instructor... *Dean Constantine*

Dean has been teaching Swing & Social Ballroom Dance for over 30 years. He is the Twin Cities leading dance instructor! In 2006, Dean was awarded the USA Dance Minnesota Lifetime Achievement Award.



Registration begins Thursday, March 12th

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows.

Walk Program



Walking is one of the best forms of exercise and can be done indoors at Crystal Community Center or Sandburg School. For Crystal, call 763-531-0052 and for Sandburg call 763-512-2345 to receive an information packet and schedule. Black soled shoes not allowed at Crystal.

Crystal Community Center

Monday-Friday, 10:00 a.m.-2:00 p.m.

Sandburg School

Monday-Thursday, 5:30-8:30 p.m.



Adult Co-Rec Soccer League

The season runs early September through late October. Half the games are on Friday evenings, and half on Sunday afternoons. For more information and/or team registration materials, call the Park and Recreation office at 763-512-2345.

Adult Softball Leagues

The Park and Recreation Department operates adult softball leagues for teams in the following categories: men's corporate, recreational, and men's church and Co-Rec 11"/12". If you were not in the softball league this past year and have a team that would like to participate this summer or fall, call 763-512-2345 to have information sent to you or visit our website at:
www.ci.golden-valley.mn.us.

Adult Activities continued...

Co-Rec Open Volleyball

Pick-up volleyball with no game schedule or officials. Equipment provided. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at the times listed below. All participants must be ages 18+.

Site: Davis Community Center **Fee:** \$20/10-time punch pass
\$3/daily drop-in, pay at door

Available Times:

Date: Sun, Apr 5-May 17 **Date:** Tue, Apr 7-Aug 25 **Date:** Thu, Apr 2-Aug 27
(No Apr 12) **Time:** 8:00-10:00 p.m. **Time:** 8:00-10:00 p.m.
Time: 3:00-5:00 p.m.

Adult Open Basketball

All participants must be at least 18 years old. All levels are welcome. Basketballs provided. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at the times listed below.

Site: Davis Community Center
Fee: \$20/10-time punch pass or
\$3/pp daily, pay at door

Available Times:

Date: Wed, Apr 1-Aug 26 **Date:** Sat, Apr 4-May 16
Time: 8:00-10:00 p.m. **Time:** 8:00-10:00 a.m.



Over 40 Open Basketball

All participants must be 40 years of age or older. All levels are welcome. Basketballs provided. Punch passes can be purchased at Davis or Brookview Community Centers.

Site: Davis Community Center **Fee:** \$20/10-time punch pass
Date: Mon, Apr 6-Aug 31 (No May 25) \$3/daily drop-in, pay at door
Time: 8:00-10:00 p.m.

Family Gym Time

Grab a ball, play a game or just hang out with other parents and their children. No instruction provided. Fee includes parents and children. Purchase family punch passes at the Recreation office at Brookview. No team practices allowed.

Site: Davis Community Center
Fee: \$30/8-time family punch pass or \$5/family daily, pay at door

Available Times:

Date: Sat, Apr 18-May 16 **Time:** 10:00-12:00 a.m.
Date: Sun, Apr 19-May 17 **Time:** 1:00-3:00 p.m.



Register at:
www.steptoit.org

*Do you have a competitive spirit?
Do you want a fun and easy way to
get in shape again this spring? Then
the four-week Step To It Challenge
is for you!*

Show your pride, with friends at your side!

The challenge is a fun, lighthearted way to connect with family, friends, and neighbors and get moving again after a long winter. Twelve cities will compete to see which one has the most active residents. Hennepin County and the Minnesota Twins will honor the winning city and the 10 most active residents from each participating city at a Twins home game during the 2009 season.

How does it work?

As a Step To It participant, you will keep a running total of the steps you take during the challenge using a pedometer or an activity conversion chart. Other activities such as biking, skateboarding, Tai Chi, or even just mowing the lawn can also count toward overall steps. A Web site will allow you to record your steps online, or your step total can be called in or faxed. Best of all, it's FREE!

Challenge cities

If you live or work in one of the participating cities listed below, you're eligible to participate: Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, Hopkins, Maple Grove, Minnetonka, New Hope, Plymouth, Osseo, Robbinsdale and St. Louis Park.

Register after April 1

Register at the Golden Valley Days Arts and Music Festival or by going to the Step To It Challenge Web site at:
www.steptoit.org.

Adaptive Programs



For information and registration procedures, call 952-988-4177

REACH is an agency which serves individuals with developmental disabilities and their families. REACH is a cooperative effort of the cities of Brooklyn Park, Brooklyn Center, Crystal, Golden Valley, Maple Grove, New Hope, Plymouth, Robbinsdale and REACH for Resources. Services include information, referral, advocacy and counseling. NOTE: Those not living in one of the above communities are considered non-resident.

Youth Programs (Ages 5-12)

Kid-Fu

Thu, Apr 2-May 21, 6:00-6:45 p.m., Bass Lake Shelter, 5450 Northwest Blvd., Plymouth. \$56/Res, \$64/Non-Res.

Family Yoga

Call for specific dates. 5:30-6:30 p.m., St. Louis Park Recreation Center, 3700 Monterey Dr. \$50/Res parent/child pair, \$55/Non-Res parent/child pair, \$20/each add'l family member.

INCLUSIONS

REACH provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registrations for these programs is done through your Park and Recreation Department. After registering, contact REACH to discuss the needs/accommodations for yourself or your child. Minimum two weeks notice for a successful inclusion.

Teen Programs (Ages 13-21)

Active Adventures

Thu evenings, Apr 2-May 21, various NW metro locations, \$40/Res, \$48/Non-Res.

Girls Club

Designed for girls who are independent in their personal cares and who want to have fun! One Saturday per month at various locations. \$40/Res, \$45/Non-Res.

Social Fun-joyment

This is a program for teens with Asperger's Syndrome. We meet once a week for fun and social interaction. Please call Tara for more information at 952-988-4176.

Adult Programs (Ages 18+)

Wednesday Night Social

Wed, Apr 1-May 20, 6:30-8:30p.m., Crystal Comm Center, \$40/Res, \$48/Non-Res.

Yoga

Call for specific dates. 6:45-7:45 p.m. at St. Louis Park Recreation Center, 3700 Monterey Dr. \$40/Res, \$45/Non-Res.

Walking Club

Mon, Apr 13-May 18, 6:30-8:00 p.m., various locations, \$25/Res, \$30/Non-Res.

On The Town

Ages 18-25, e/o Fri begins Apr 3rd.
Ages 26+, e/o Sat begins Apr 4th.
\$20, plus additional fee for activities.

Bowling

Open To All

Fun, non-competitive, open bowling.
Sat, Mar 28-May 16, 12:00-2:00 p.m.,
Doyle's Bowling Lanes, Crystal.
Fee: \$35/Res, \$43/Non-Res, plus \$3
each week.

Adult Bowling

Sat, Mar 28-May 16, 3:00-5:00 p.m.,
Earle Brown Bowl, Brooklyn Center.
Fee: \$35/Res, \$40/Non-Res, plus \$4
each week.

Special Events

CANOE THE CHAIN OF LAKES

Learn the basic skills needed to canoe,
and then spend the afternoon paddling
on the Lake of the Isles. Appropriate
for all ability levels. Instruction,
guides, and adaptive equipment
provided by Wilderness Inquiry.
Sun, May 17, 12:00-4:00 p.m. \$40/person.
Registration deadline is May 6th.

WEEKEND VENTURES (Ages 14-23)

Participants are dropped off Friday
evening, and spend the whole
weekend having fun with caring
supervision of experienced staff.

Mall of America Weekend

Stay at a hotel in Bloomington. Spend
Saturday at Mall of America.
Ages 14-25, Mar 20-22, and
ages 26+, Mar 27-29. \$350.

Valley Fair Weekend

Stay at a hotel in Chaska. Spend Sat-
urday at Valley Fair. Ages 14-25, Jun
12-14, and ages 26+, Jun 26-28. \$350.

DANCES FOR ALL!

7:00-9:00 p.m., \$5/person.
Apr 17th, May 15th and Jun 19th at
St. Louis Park High School. May 1st
location TBD.

17th ANNUAL BOWL-A-THON

Join us for our annual FUNdraiser!!
Collect pledges, then join us for two
games of bowling, pizza, and prizes!
***Don't miss this great opportunity to help
support Reach for Resources!!!***

Golden Valley Senior Citizen Program

Open to all residents of Golden Valley, 55 years and over
Senior Office: 763-512-2339

Senior Center

The Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, volunteer for the senior program, and register for events, trips and other activities. All programs are held at Brookview Community Center unless noted.

Other locations include:

Calvary Center Cooperative.....	7600 Golden Valley Road
Calvary Lutheran Church.....	7520 Golden Valley Road
Country Villa Assisted Living.....	7475 Country Club Drive
Dover Hills Midrise.....	2400 Rhode Island Avenue North

Annual Membership Donation

Golden Valley Senior events are open to individuals age 55 and older. Your donation is good for the year and will allow you to receive the bi-monthly Senior Newsletter. It also helps to support the senior program and offset some of the cost for producing and mailing the newsletter to your home.

Date: January 1-December 31, 2009
Fee: \$5 per person
Code: 9359



Thanks for your support!

Senior Special Programs



Happy Feet Foot Care Clinic

Happy Feet are now available to you! The foot care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment from 9:00 a.m.-1:00 p.m. *If you need to cancel*

your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.

Site: Brookview Community Center
Date: Tue, Mar 17, Apr 21, May 19, Jun 16, Jul 21, Aug 18
Time: 9:00 a.m.-1:00 p.m.
Fee: \$30 (Payable to Happy Feet Footcare, Inc. and due at time of service)

Getting You Through the Medicare & Medigap Maze



Going to retire and need Medicare questions answered? Have forms that need filling out? Make an appointment with George to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Call the Senior office to schedule an appointment.

Site: Brookview Community Center
Date: Tue, Mar 10, Apr 14, May 12 & Jun 9
Time: Appointments scheduled at 9:00, 10:00 or 11:00 a.m.

Blood Pressure Screening



This FREE service is provided by Jane and the Ambassador Good Samaritan Home Health Nurses.

Site: Brookview Comm Center
Time: 11:00-11:30 a.m.
Date: Wed, Mar 25, Apr 22, May 27, Jun 24, Jul 22 & Aug 26

Tax Assistance 2009

Help with filling out income tax forms is offered free on a first-come, first-served basis to seniors with uncomplicated income taxes.

Please bring all information needed to file your taxes. Service provided by volunteers from AARP & RSVP programs. Volunteers attend training but are not professional tax accountants. Registrations taken at the door the day of the service starting at 8:15 a.m.



Site: Brookview Community Center
Date: Thu, Mar 5, 19, 26 & Apr 2
Time: 9:00 a.m.-12:00 p.m.

Senior Special Events

Pedal Pushers Kick-off

Wednesday, April 8th - 10:00 a.m. - Brookview Community Center

Join Nancy, our fearless leader, as we plan our 2009 Pedal Pushers season. Nancy will show breathtaking slides of her and Keith's 2008 travel adventures. Refreshments served. Donations accepted. Register by calling the Senior office at 763-512-2339 by April 7th.



Bowling Tournament

Tuesday, May 12th - 12:30 p.m.

Texa-Tonka Lanes

(8200 Minnetonka Blvd, St. Louis Park)

Fee: \$4 - payable to Texa-Tonka

It's our annual fun-filled bowling tournament hosted by Texa-Tonka Lanes. Fee includes three games, shoes, ball, coffee, cookies and prizes. No registration necessary.

Senior Classes

2009 Senior Spring Forum

Wednesday, April 29th - 8:30 a.m.-12:00 p.m.

Brooklyn Park Community Center (5600-85th Ave N)

Hear presentations about diabetes, reverse mortgages and easy chair exercises. Visit over 45 informational booths, including the Golden Valley Seniors booth. Refreshments served. Sponsored by Northwest Hennepin Human Services Council and Senior Leadership Committee. Call 763-503-2520 to register by April 24th.

Senior Golf Leagues

Come learn about the different senior golf leagues and meet the committee members. No pre-registration required for these events.

Par 3 League Kick-off

Thursday, April 30th - 9:30 a.m.

Brookview Community Center

Kick-off the 2009 golf season with Ben Disch, Brookview's new Golf Manager. Learn about the league and meet the committee members. League registration will also be taken that day.



Brookview Senior Patron Golf League Kick-off

Tuesday, May 5th - 9:30 a.m.

Brookview Community Center

This senior golf league will play the 18-hole course at Brookview. Learn about this new league and meet the committee members. A \$25 league registration fee will also be taken that day. NOTE: You must be a valid Brookview Senior Patron card holder to register/play. First day of play is Tuesday, May 19th.



Let's Play Euchre

Learn the fastest game in town in less than 30 minutes!

If you have played 500, Iola guarantees you can learn the game of Euchre in 15 minutes. Take the FREE lesson and then stay and play the game.

Site: Brookview Community Center

Date: Thu, May 28

Time: 12:30-1:00 p.m.

Intermediate Bridge Class with Dick Welander

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes instructed by Dick Welander.

Site: Brookview Community Center

Time: 9:00-10:30 a.m.

Fee: \$29/Res, \$32/Non-Res

Date: Fri, Apr 3-May 22

Code: 9718

Date: Fri, Jun 5-Jul 31 (No Jul 3)

Code: 9719

Senior Classes continued...

Painting - Oils & Acrylics with Judy

Instructor Judy Baron will guide you to paint with oils or acrylics. Classes are small to allow for individual help. Students need to bring all supplies. Class meets continuously on Mondays through December 7, 2009. Purchase your 6-time punch pass at Brookview Community Center. Call for a supply list.

Site: Brookview Community Center

Time: 9:30-11:30 a.m.

Date: Begins Mon, May 4 (No May 25, Sep 7)

Fee: \$38/6-time Punch Pass

Defensive Driving

Adults age 55 or older, save up to 10% with a 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These courses are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests given but attendance is required to receive your certificate. *Register in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Please call the Minnesota Safety Council at 651-291-9150 for more information about these courses.*



8-Hour First Timers Course

Site: Brookview Community Center

Time: 6:00-10:00 p.m.

Date: Tue, Apr 14 & 21

Fee: \$18/person

4-Hour Refresher Course

For those that have already taken the 8-hour First Timers Course.

Site: Brookview Community Center

Fee: \$17/person

Date: Thu, Apr 9, May 14, Jun 11, Jul 9, Aug 13

Time: 9:00 a.m.-1:00 p.m.

Date: Tue, May 19

Time: 6:00-10:00 p.m.

Senior Special Interest Groups

Mondays with Mary

Join Mary on Mondays at 9:30 a.m. to make door decorations, greeting cards, party favors, stuff envelopes and more. Work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee—you bring your time and talent. See the senior newsletter for meeting dates.



Armchair Travelers

Explore new lands without leaving the comfort of your neighborhood. New travelers welcome! Refreshments will be served. Register at least one day in advance by calling the Golden Valley Seniors office.

Site: Country Villa Assisted Living

Time: 2:00 p.m.

Date/Topic: Thu, Mar 19 - Norway

Thu, May 21 - Iceland

Thu, Apr 16 - Galapagos Islands

Thu, Jun 18 - Madagascar

Card & Game Groups

New players always welcome!

Bridge

Women's Advanced

1st & 3rd Tuesdays at 12:00 p.m.

Open Bridge

Thursdays at 6:30 p.m.

Fridays at 9:00 a.m.

Cribbage

Tuesdays at 1:00 p.m.

Dominoes

Mondays at 1:00 p.m.

Euchre

Thursdays at 1:00 p.m.

500

Wednesdays at 1:00 p.m.

Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Hear speakers from companies dealing with finances and investments present information for today's investor. No registration required.



Site: Brookview Community Center

Time: 10:00-11:00 a.m.

Thursday, April 16

Aging and the Law: Protecting Finances and Medical Preferences

Presented by Elizabeth Michaelis from Guardian Law.

Thursday, May 21

Retirement Planning in Turbulent Times

Presented by Jonathan Pyne from Evergreen Financial Group.

Thursday, June 18

How an estate plan can provide comfort for today and the future

Presented by Jeannine Strand from Ameriprise Financial.

Thursday, July 16

New Mortgage Options

Presented by Kevin Sayre, BNC Bank.

Thursday, August 20

Group discussion.

Coffee Talk

Join us for juice, sweet rolls, donuts, informative programs and, of course, coffee! Call the Senior office to register in advance. See topics listed below.

Site: Brookview Community Center

Time: 9:45 a.m. **Fee:** \$2 (payable at the door)



Wednesday, April 22 - It's More Than Just Books

Have you been to your local library lately? Wii games, computer classes, and home delivered books are some of the “other” things the library has to offer.

With forty-one libraries, more than 5 million books, CDs and DVDs in 40 world languages, and 1,600 public computers, the library is committed to serving as Hennepin County’s partner in lifelong learning with programs for all ages. See what the library can do for you with Librarian, Jeanne Stephens. Register by April 20th.

Wednesday, May 27 - Legacy Letters

Diane Nimmer, Life Coach, will introduce you to the importance of your own life story and a method for passing on the life lessons that you have taken pride in learning for future generations to enjoy and appreciate. Creating this will of values to accompany your will of valuables is a gift from you to your family. Register by May 26th.

Wednesday, June 24 - The Courage to Be

Do you think of yourself as a role model? You should! “The Courage to Be” affirms the attributes of older people as role models while emphasizing the need to celebrate Being rather than Doing. Hear author and national speaker, Chuck Tindell explain why it’s not the wrinkles on the outside we have to worry about, but rather, the ones on the inside. Books will be available for purchase. Register by June 22nd.

Wednesday, July 22 - Buttons, Buttons, and More Buttons

Buttons have played an important role since the 14th Century. Our speaker, Carol Kwiecien, will bring her extensive button collection and share the history of buttons from the 14th Century to today. You’re encouraged to bring an old button to share. Register by July 20th.

Wednesday, August 26 - Historical Chinese Personnel and their Stories

We welcome back Xuefeng Yu who will share the stories of several Chinese legends. She will try to cover the great scholar Confucius, the heroic general Yue Fei, the legendary heroine Mulan, the greatest poet Li Bai, the first Emperor Qin and the Great Wall, as time permits. Register by August 24th.



Pedal Pushers Bicycle Group

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 a.m. and then bike 6-12 miles, stopping along the way for short breaks to enjoy the scenery and each other. All riding levels are welcome! Helmets are required, water bottles and snacks strongly recommended. All the senior office to receive maps and meeting locations.

Remember When?.... with Jan

We all have special memories and we usually start by saying “Remember when?...” Let’s go back and enjoy that time in our life with our friends. No need to register, just come and enjoy!

Site: Dover Hill Midrise

Time: 1:00 p.m.



Thursday, March 26

Remembering Door-to-Door Salesmen

Thursday, April 23

Remembering the Fabulous 40’s

Thursday, May 28

Remembering Gardens

Thursday, June 25

Remembering Picnics & Picnic Food

Thursday, July 23

Remembering Pets

Thursday, August 27

Remembering Craft Projects:
Sewing, Knitting, Quilting



Living Wise and Well

It’s a fact—people are living longer, healthier lives. This FREE program offers information each month for a happy, healthier you.

Site: Calvary Cooperative Center

Time: 1:00 p.m.

Thursday, April 2

The How, What & Why of Clinical Research



Thursday, May 7 - No meeting

Thursday, June 4

What you need to know when looking for short-term care and rehab.

Thursday, July 2

Skin Cancer and Sun Safety

Thursday, August 6

Home Health Care—What is it?

Senior Special Interest Groups continued...

Senior Par 3 Golf League

Men and Women, age 55 and older, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season will be from May 7-September 17. League fee is collected at the kick-off meeting on April 30th. Green fees are \$9/time and power carts are \$15/time payable at tee time.

Senior Patron 18-hole Regulation Golf League

This senior golf league will play the 18-hole course at Brookview. \$25 league registration will also be taken at the kick-off on May 5. Note: You must be a valid Brookview Senior Patron card holder to register and play. First day of play is Tuesday, May 19. Green fee is \$23/Green fee with power cart is \$35. Call 763-512-2314 for information.

The “Mary Wanderers” Trip Program

The “Mary Wanderers” trip program includes one-to-three day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations are taken with Visa or MasterCard only. Please use the trip code number and designate your pick-up location when registering.

PICK-UP LOCATIONS:

You must designate a pick-up location when registering for one-day trips.

Calvary Co-op/Apts -OR- Golden Valley City Hall

Golden Strings at the Lafayette Club

Wednesday, April 22

“The Grand Old Lady of the Lake” is set on a hilltop overlooking Lafayette Bay. The original building with over 1,000 rooms was an elaborate creation of James J. Hill and served as a center of social life. Take a few minutes to look around before being seated for lunch. Lunch will be served in the Ballroom. Menu: Lafayette House Salad, Assorted Rolls and Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings is a name known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group of musicians play music ranging from the classic to pops, from romance to jazz. An afternoon you won’t want to miss.

Code: ♦9396

Fee: \$59 (lunch, concert, motor coach and escort)

Register or Cancel By: Mar 23

Pick-ups Begin: 10:00 a.m.

Approx Return: 3:15 p.m.



Exploring Jordan

Friday, May 29

Today we’re exploring the village of Jordan. Our costumed guide will inform us of the historic buildings with a stop and tour at Brewery Antiques, housed in the historic Schutz & Hilgers Brewery built in 1867. Stroll down Water Street to browse and shop several antique stores including Gramma’s Attic. Lunch will be “the special of the day” plus beverage and dessert at The Feed Mill Restaurant. After lunch, we will tour the Nicolin Mansion and Maureen Carlson’s Center for the Creative Arts. Before leaving we have to stop at Pekarna’s Meat Market, an asset to the village for over 100 years. Bring a cooler if you think you may purchase their excellent homemade products.

Code: ♦9464

Fee: \$47 (lunch, motor coach, escort)

Pick-ups Begin: 9:00 a.m.

Approx Return: 4:15 p.m.

Register or Cancel By: May 11

Granite and Gardens

Thursday, June 25

St. Cloud is called “Granite City” and recognized worldwide. We’ll tour the “Stone Crafters” facility with a chance to visit and purchase items in the showroom. A buffet lunch will be at the Coyote Moon Grill overlooking the Territory Golf Club. After lunch we will stop at the Munsinger and Clemens Gardens (wear comfortable walking shoes) and tour the Stearns County History Museum before heading home.

Code: ♦9465

Fee: \$53 (lunch, tours, motor coach and escort)

Pick-ups Begin: 8:30 a.m.

Approx Return: 5:30 p.m.

Register or Cancel By: Jun 8

Lunch Cruise & U of M Centennial Showboat

Tuesday, July 21

We'll shove off from Harriet Island for a one-hour narrated lunch cruise on the Harriet Bishop. The buffet menu is: Grilled Chicken Breast, mixed greens salad, roasted garlic potato puree, vegetable sauté, rolls/butter, cheesecake, coffee/iced tea. After lunch we'll walk one-block to the Centennial Showboat for a performance of the comedy "Is There A Doctor in the House?" performed by the U of M Showboat Players. The play is a comedy of misdirection, mistaken identities, and misdiagnosis with music and olios for a healthy dose of ol' fashioned fun.



Code: ♦9473

Fee: \$77 (lunch, cruise, motor coach and escort)

Register or Cancel By: Jun 22

Pick-ups Begin: 11:15 a.m.

Approx Return: 5:45 p.m.

Resorting Past

Wednesday, August 5

A quick coffee stop before visiting the Preserve the Tradition Museum, filled with fishing, hunting and natural history items. Off to lunch at the Ten Mile Lake Resort family owned and operated since 1906. Menu: Broasted Chicken, potato salad, vegetable, roll/butter, dessert bar and beverage. We're not done yet! We'll also tour the new Minnesota Lakes Maritime Museum in Alexandria, featured "On the Road with Jason Davis" before heading home.



Code: ♦9474

Fee: \$59 (lunch, tours, motor coach and escort)

Register or Cancel By: Jul 20

Pick-ups Begin: 8:00 a.m.

Approx Return: 5:30 p.m.

Bayfield & the Apostle Islands

August 19 & 20, 2009

Day 1: Leave early and stop for coffee and rolls. In Bayfield, Wisconsin have a special three-course lunch at the Old Rittenhouse Inn. Lodging is at the Hotel Chequamegon in Ashland, featuring Victorian charm and elegance. The lakefront hotel has a restaurant, indoor swimming pool and is near shopping. Tonight enjoy a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua. (C,L)

Day 2: Take the Ferry from Bayfield to the picturesque town of LaPointe on Madeline Island, the largest of the Apostle Islands. Meet a local guide for a historical tour of the island. Have an early lunch at the Pub Restaurant, and visit the Historical Museum. Make a stop for supper and return to Golden Valley at approximately 8:00 p.m. (L,D)

Cancellation: If you cancel after 7/1/09, payments are non-refundable because of prepaid reservations.

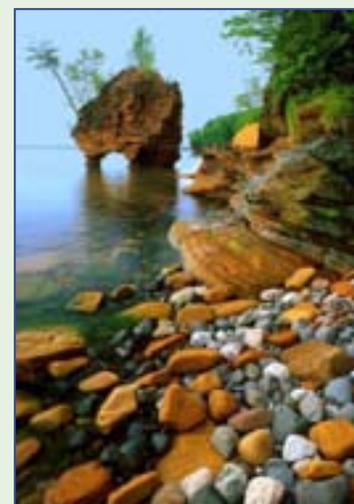
Code: ♦9475

Fee: \$385/person (2 per room), \$465/person (single room)

Deposit: \$100, due by Wed, Jul 1

Final Payment Due: Wed, Jul 15

Insurance: Cancellation insurance for this trip costs \$30/person



Lanesboro and the Commonwealth Theater

Friday, September 18

Begin in the tiny village of Lanesboro with lunch at the Pedal Pusher's Café. Menu: Roast Pork Loin, mashed potatoes/gravy, vegetable, roll/butter, dessert, coffee/tea/milk. After lunch, shop the stores along main

street before seeing the performance at the Commonwealth Theater, "The Rainmaker," a play about faith, reality, trust and transformation. Quick stop on the way home.

Code: ♦9476

Fee: \$65 (lunch, show, motor coach and escort)

Register or Cancel By: Mon, Aug 10

Pick-ups Begin: 8:00 a.m.

Approx Return: 6:30 p.m.

“Mary Wanderers” Trip Program *continued...*

Albuquerque Balloon Festival October 1-5, 2009

Day 1: Super Shuttle will pick you up at your address and take you to the airport. Fly from MSP to Albuquerque, NM. The Albuquerque International Balloon Fiesta® is the world’s largest hot air balloon festival. At lift off there are more than 700 balloons in the sky. This magical hot air balloon festival is considered to be the most photographed event in the world. Historically the clear blue morning skies, calm winds and mild temperatures make this a perfect place to fly hot air balloons. Transfer to the Hotel Albuquerque Marriott for 4 nights lodging, a 3-diamond AAA hotel. Located near restaurants and shopping, overlooking the Sandia Mountains. This evening there is a welcome reception at the hotel.



Day 2: This morning, an Albuquerque sightseeing tour includes a visit to Old Town Albuquerque and the International Balloon Museum. Also visit the Indian Pueblo Cultural Center, a fascinating museum and crafts market collectively run by the 19 New Mexico pueblos. Later today take the world’s longest tramway to Sandia Peak. (B)

Day 3: Get up very early to be at the pre-dawn world-famous Albuquerque Balloon Fiesta! Experience the Opening Ceremonies and the unforgettable Mass Ascension where hundreds of hot air balloons take off and turn the sky into a virtual rainbow of colors. Conditions are right during early morning hours for this weather dependent event. After returning to the hotel, you may want to catch a nap or venture out to enjoy personal activities. Considerations include visiting area gardens, artistic galleries, jeep tours, therapeutic spa treatments, shopping, or golfing. Join together for a group dinner this evening. (B,D)

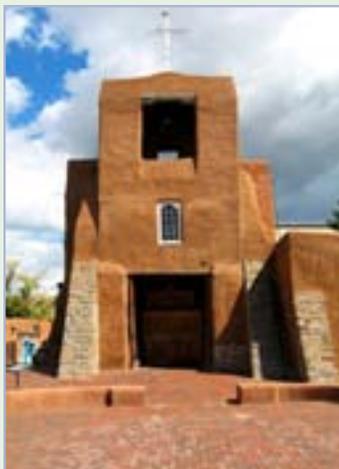
Day 4: Journey north through dramatic landscapes to Santa Fe, the oldest seat of government in the United States. Experience this city up-close as you embark on a guided walking tour that includes the San Miguel Mission, the Palace of the Governors, the State Capitol, and Loretto Chapel’s “*Miracle Stairway*.” Enjoy lunch before returning to Albuquerque and the Balloon Fiesta to catch the popular Balloon Glow and After-Glow Fireworks Show. (B,L)

Day 5: After breakfast transfer to the airport and fly back to the Twin Cities. Super Shuttle will return you to your pick-up address. (B)

Code: ♦9466

Fee: \$2,250/person for double room, \$2,705/single

Deposit: \$250 non-refundable deposit due by Wed, May 27. Final payment due by July 20. Fee includes secondary travel insurance.



Holiday Showtime in Wisconsin

December 3-4, 2009

Day 1: Stop for coffee and rolls en route to Wisconsin. Have lunch before arriving in Madison, WI. to visit the Governor’s Mansion decorated for the Christmas season. Continue to Ft. Atkinson for lodging at the Holiday Inn Express. Spend the evening at The Fireside Dinner Theater. Enjoy the Thursday Evening Signature Buffet with a fabulous array of entrées, salads and desserts. The performance is the *Miracle on 34th Street Musical - Here’s Love*, by Meredith Wilson, a musical version of *Miracle on 34th Street*. (C,L,D)

Day 2: Have a light breakfast at the hotel then travel to Prairie Du Chien. Discover life on the Victorian Country Estate - Villa Louis, where December heralds the annual Christmas Holidays celebration. Holiday tours showcase seasonal decorations, traditions and treasures from the Villa Louis collections. Villa Louis exudes an ambience of time past – of leisure, elegance and style. Have lunch after the tour and return to the Twin Cities at 7:00 p.m. (C,L)

Cancellation: If you cancel after 10/19/09, payments are non-refundable because of prepaid reservations and admissions.

Code: ♦9479

Cost: \$375/person (2 per room), \$450/person (single room)

Deposit: \$100 due by Oct 19

Final Payment: Mon, Nov 2

Insurance: Cancellation insurance is available for \$30/person

Meandering with Mary Outings



Register at least one week before the outing date. Registration taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations are taken with Visa or MasterCard only.

PICK-UP LOCATIONS:

You must designate a pick-up location when registering for these trips.
Calvary Co-op/Apts -OR- Golden Valley City Hall

Join Mary as we explore areas of the Twin Cities by mini-coach. The day usually involves a coffee stop, tour/exploration of an area, lunch and treat stop. (All costs are on your own). When you are Meandering with Mary, it's always an adventure.

Cost: \$6 per outing (mini-coach transportation and escort)

Outing Dates:

Friday, April 3 - Code: 9452

Friday, June 19 - Code: 9481

Friday, May 1 - Code: 9453

Friday, July 17 - Code: 9482

Five Cities Transportation Senior Special Destination Trips

Registrations are taken through the Five Cities office by calling 763-531-1259. Bus pick-ups available in each city. All costs are on your own. The Five Cities fare for the Special Destination trips are \$7 cash or two punches from a pass card. Pass cards are available from the drivers for the cost of \$14/4 ride pass and \$28/8 ride pass. Join us for these special trips!

Vivace! Afternoon Concert Series

Join us for a concert at a local venue. Following the concert, we will dine at a local restaurant (cost on your own). Bus leaves Golden Valley City Hall at 9:30 a.m. and returns at 2:30 p.m.

Friday, May 15 - St. Paul Chamber Orchestra at Wooddale Church, followed by lunch at Good Day Café

Register with New Hope Recreation by Friday, May 1st.

Upon arrival at Wooddale, enjoy complimentary coffee and donut holes followed by the 10:30 a.m. concert, Mendelssohn's Octet. The nineteenth-century masters Schumann, Mendelssohn and Brahms share all the charms and joys of the Romantic period in a program of absolute music. Concertmaster Steven Copes takes the orchestra on an exploration of the colorful harmonies, thrilling counterpoint and sparkling virtuosity in three works by these composers. After the concert we will stop at Good Day Café (on your own). Special Fee of \$10/person for the concert is payable to New Hope Recreation. Call New Hope at 763-531-5151 or mail your payment to: 4401 Xylon Ave N, New Hope, 55428.



Forum & the Fork

Register with Five Cities.

Westminster Presbyterian Church hosts the forums with speakers and topics of current interest. Light buffet will be served at the Church after the forum. Donation accepted for the buffet. More dates coming—Check the senior newsletter for information! Bus leaves Golden Valley City Hall at 11:00 a.m.

Thursday, April 16

Politics & Race in the Age of Obama

Presented by Gwen Ifill, PBS Washington Week.

Thursday, May 7

Interfaith Leadership in a Time of Religious Crisis

Presented by Eboo Patel, Executive Director of Interfaith Youth Core.

Nature of Things

Friday, June 5

Minnesota Landscape Arboretum

Register with Five Cities by Friday, May 29th. The Arboretum features more than 1,000 acres of magnificent gardens, model landscapes, and natural areas, with extensive collections of northern-hardy plants. Lunch is on your own at the Oswald Visitor Center Restaurant. Once we've boarded the bus for the trip home, we'll enjoy a trip around the 3 mile driving loop. Special Fee of \$5/person for admission is payable to the escort upon loading the bus. Bus leaves Golden Valley City Hall at 9:35 a.m. and returns at 1:45 p.m.

Friday, August 7

Como Conservatory and Zoo

Register with Five Cities by Friday, July 31st. Come explore the Como Conservatory and Zoo to see a variety of exhibits from indoor orchid and bonsai galleries to the Aquatic Animal Building to outdoor Japanese gardens and Water Lilies to the Primate House. Lunch at the Zobota Café is on your own (they do not accept checks). Special Fee of \$2/person for Zoo/Conservatory donation is payable to the escort upon loading the bus. Bus leaves Golden Valley City Hall at 9:35 a.m. and returns at 1:40 p.m.

Five Cities Senior Trip Program continued...

Seniors in Mind

Hosted by the Minnesota History Center. If you wish to tour the exhibits after the program, admission is \$8. Lunch at Café Minnesota following the program (cost on your own). Bus leaves Golden Valley City Hall at 9:35 a.m. and returns at 2:30 p.m. Special destination fare applies.



Tuesday, May 12 - The Songs She Sang Back Home

Register with Five Cities by Wednesday, May 6th.

Vocalists Andrea Leap and Patty Nieman with pianist Jerry Rubino perform popular American music of the 1940s by such breakthrough artists as Harry James, Johnny Mercer, and Frank Loesser. These composers made their mark in the history of music with witty lyrics, innovative melodies and the uncanny ability to capture and reflect the cultural changes in America.

Tuesday, July 14 - Tales of the Road

Register with Five Cities by Tuesday, July 7th.

Broadcast journalist Cathy Wurzer unearths fascinating stories about the places she visited along the 440-mile Minnesota Highway 61 as part of a project for a public television documentary and a companion book. She spotlights famous and infamous locations and will screen a portion of the documentary.

Senior Community Information



PRISM Express

763-529-1252

PRISM Express provides curb-to-curb transportation service to residents of Golden Valley. Donation of \$5 per round trip is suggested. Call for information or to schedule a ride at least three working days in advance. Office hours are Monday-Friday, 9:00 a.m.-3:00 p.m.

Five Cities Transportation Program

763-531-1259

Provides rides from your home or apartment to grocery stores, Target, Wal-Mart, social outings, and senior events. Call to have a bi-monthly schedule mailed to you. Make your reservation at least 24 hours in advance. If you need assistance boarding or exiting or need to use the lift, let the driver know. For more information, call the Five Cities office Monday-Friday, 8:00 a.m.-3:00 p.m.

FARE: The suggested fare is \$4 cash or one punch from the pass card (\$3.50) except for Special Destination trips. Fare for Special Destination trips is \$7 cash or two punches from the pass card. Passes may be purchased from the driver for \$14 (4 rides) or \$28 (8 rides) with cash or a check made payable to Laidlaw Bus Company.

Senior Dining

763-545-5659

Senior Dining provides delicious noon meals at Calvary Church for seniors age 60 and older. The meals are tasty and eating with friends is what makes this a great program. A donation of \$3.25 is requested, but no one will be denied a meal. Call from 8:30-11:30 a.m. for reservations.

Dinner At Your Door

763-531-1183

Volunteer drivers deliver delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 8:30-11:30 a.m. for information and menu.

HOME Northwest

763-450-4311

Household chore and maintenance services are provided for residents age 60 and older. The program matches skilled workers (paid and volunteer) with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs.

North Memorial Lunch Group for Widowed

763-520-4834

The first Monday of every month North Memorial, through its hospice program, offers a lunch gathering for those who have been widowed two years or less. Call for more information or to make a reservation.





Brookview golf complex includes an 18-hole Regulation Course, a 9-hole Par 3 course, Driving Range, Golf Shop and Grill. The course will open when weather permits in the spring.

BROOKVIEW'S 40th Anniversary

Brookview has been owned and operated by the City of Golden Valley for 40 years. Watch the website for more information on Special Events and a Tournament to celebrate Brookview's 40 years of Golf!



Patron cards holders are entitled to the following benefits:

- Discount on green fees
- Advance reservation privileges
- Driving Range Discount - Pay \$5 for a Large Bucket (save \$2)
- Merchandise Discount - Receive 10% off merchandise over \$10 in the Golf Shop. (Not valid on sale merchandise.)

Patron cards may be purchased by residents or non-residents. Patron card applications may be picked up at Brookview Golf Course. Proof of age and residency is required.

Senior patron card holders receive all patron privileges, plus the benefits of the senior golf program.

2009 Patron Card Fees

	Before 4/1/09	After 4/1/09
Resident Patron	\$70	\$75
Non-Resident	\$110	\$115
Resident Senior (62+)	\$40	\$45
Non-Res Senior (62+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40

Regulation Course 763-512-2330

Regulation Course Reservations

Number of days reservations may be made in advance are as follows:

4 Patron Card Holders	7 days
1-3 Patron Card Holders	6 days
General Public	5 days

Regulation Course Fees

18-Hole Patron	\$28
18-Hole Non-Patron	\$35
9-Hole Patron	\$16
9-Hole Non-Patron	\$19
18-Hole Power Cart	\$29
9-Hole Power Cart	\$19

Twilight Fees (After 3:30 p.m. on Fri, Sat, Sun & Holidays)

Patron	\$16
Non-Patron	\$19

Par 3 Course 763-512-2333

9-Hole Patron	\$9
9-Hole Non-Patron	\$12.50

Driving Range 763-512-2323

The driving range allows irons only.

Large Bucket	\$7
Large Patron Bucket *NEW*	\$5
Small Bucket	\$5
Warm-up Bucket	\$3
10 Bucket Pass	\$57

62+ Senior Golf Program

All seniors may play the regulation or Par 3 course for a reduced green fee at designated times. Reservations must be made and tee times are based on availability. Not valid on holidays, special events or league play.

Monday-Friday before 10:00 a.m.

18-Hole Senior Non-Patron	\$28
9-Hole Senior Non-Patron	\$16
9-Hole Par 3 Senior Non-Patron	\$9

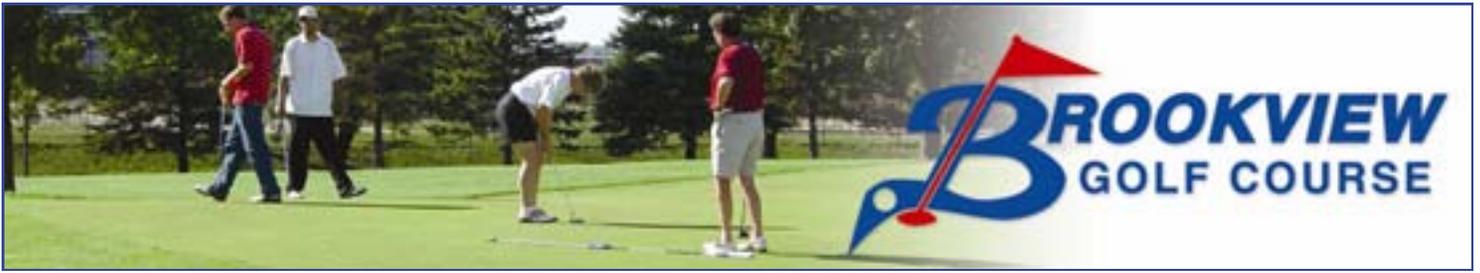
Wednesday-Friday before 10:00 a.m.

18-Hole Senior Patron	\$25
9-Hole Senior Patron	\$14.50
9-Hole Par 3 Senior Patron	\$8.50

Senior Patron Special

Monday & Tuesday before 1:00 p.m. (Not valid on Holidays)

18-Hole Green Fee	\$23
9-Hole Green Fee	\$14
Par 3 Green Fee	\$8.50
18-Hole Power Cart	\$24
9-Hole Power Cart	\$16



Welcome to Golf Adult Group Lessons

These group lessons are for the beginner adult. Lessons will cover the following: overview of the game of golf, including rules and etiquette, putting, chipping and pitching and full swing irons and woods. Class meets for four 60-minute lessons, plus a 5th class included at the Par 3 course to provide a real golf course experience. Clubs and balls are provided.

NOTE: Those registered for the 5:45 p.m. class; the 5th class at the Par 3 will take place at 7:00 p.m. on the last night of class.

Site: Brookview Lesson Tee
Fee: \$95 **Min:** 6 **Max:** 10

Monday & Wednesday

Date: Apr 27-May 11
Time: 5:45 p.m. **Code:** 9837
Time: 7:00 p.m. **Code:** 9838

Date: May 18-Jun 3 (No May 25)
Time: 7:00 p.m. **Code:** 9839

Date: Jul 6-20
Time: 5:45 p.m. **Code:** 9840

Tuesday & Thursday

Date: Apr 28-May 12
Time: 5:45 p.m. **Code:** 9841
Time: 7:00 p.m. **Code:** 9842

Date: May 19-Jun 2
Time: 5:45 p.m. **Code:** 9843
Time: 7:00 p.m. **Code:** 9844

Date: Jul 14-28
Time: 5:45 p.m. **Code:** 9845



Next Step Adult Group Golf Lessons

These four 60-minute lessons are a continuation of the beginning class covering basic drills and swing instruction to compliment and incorporate what was covered in the beginning class. Clubs and balls provided.

Site: Brookview Lesson Tee
Fee: \$80 **Min:** 6 **Max:** 10

Monday & Wednesday

Date: May 18-Jun 1 (No May 25)
Time: 5:45 p.m. **Code:** 9846

Date: Jun 8-17
Time: 5:45 p.m. **Code:** 9847

Tuesday & Thursday

Date: Jun 9-18
Time: 5:45 p.m. **Code:** 9848



About the Golf Pro...

Matt Just,
Assistant Golf Professional

Mission Statement

Through development and implementation of the PGA of America's teaching philosophies and business principles, provide an exceptional learning atmosphere for students of all abilities.

Teaching Philosophy

Each student is an individual with unique abilities to learn and progress. Matt's emphasis is on understanding the student and assisting with the learning of their distinctive swing shape, which compliments their body type. To analyze individual's swing preferences, Matt uses "TPI" assessments, a club fitting chart and video swing analysis.

Teaching Approach

Teach each player an efficient golf swing by adapting to each student's learning style. Students will receive clear and thorough feedback and a roadmap to reach goals.

About the Golf Pro...

Michael Turnbull,
PGA Professional & Coach

Michael Turnbull has been teaching golf since 1977. A three-time winner of the Minnesota PGA Junior Golf Leader award, he also served as the PGA Head Professional at Balboa Park GC in San Diego and at Baker National GC in Medina, Minnesota. He's been at Brookview since 2003.

Mindful Golf Lessons - Michael emphasizes learning by doing, rather than thinking about doing. He teaches you to treat every shot you take like a lesson. You won't have to memorize a series of movements or a lot of instructions. Students will have many choices about how they *want* to swing a golf club, instead of trying hard to swing the "right" way. The goal of Mindful Golf is to give you more confidence as a learner and performer, so you can play golf with more freedom and creativity.

Play Golf With the Pro

This class is perfect for beginning adult golfers with some prior golf instruction. The first session is a 60-minute instructional lesson at the lesson tee followed by two, 90-minute sessions on the Par 3 course with your Pro. These on-course lessons provide a practical easy way to learn basic golf rules and etiquette. Includes instructional handouts, golf balls and a tee packet. Golf clubs provided.

Site: Lesson Tee - 1st class
Par 3 - 2nd & 3rd class
Time: 7:30-8:30 p.m. - Class 1
7:30-9:00 p.m. - Class 2 & 3
Fee: \$95 **Min:** 4 **Max:** 6

Monday & Wednesday

Date: Jun 8, 10, 15 **Code:** 9849
Date: Jul 6, 8, 13 **Code:** 9850

Tuesday & Thursday

Date: Jun 9, 11, 16 **Code:** 9851
Date: Jul 7, 9, 14 **Code:** 9852

About the Golf Pro... Kyle Fett, Assistant Golf Professional

Teaching Philosophy - Successful golf starts with a successful short game. Most players will head out to the driving range and hit 60 balls with a driver. But when we actually think about it, they are only hitting a driver an average of 12 times on the course. The rest is left up to your short game. So why don't we practice our short game? We all want to see the instant distance that a driver offers. But if you come see me I will show you how practicing your short game and focusing on controlling the ball can offer you a much lower score and a more enjoyable golf game.

Adult Golf Clinics with Michael Turnbull

Join Michael to learn new and interesting things about golf! A wide variety of golf topics are offered. See descriptions and dates listed below, then decide which one best fits you and your schedule.

Site: Brookview Lesson Tee **Fee:** \$20/Clinic **Min:** 5 **Max:** 10

Mindful Golf Woods Clinic

Trying too hard? It doesn't have to be that way. This clinic presents a relaxed way for beginners and intermediates to learn more about your golf swing and how to improve your woods. Discover your sources of power and consistency with both your driver and fairway woods.

Date: Sat, May 2 **Time:** 10:30-11:30 a.m. **Code:** 9853
Date: Thu, Jun 4 **Time:** 5:45-6:45 p.m. **Code:** 9854
Date: Mon, Jun 22 **Time:** 5:45-6:45 p.m. **Code:** 9855

Mindful Golf Irons Clinic

This clinic presents a relaxed method to discover what matters most when hitting approach shots. Learn games and exercises to improve your practice and awareness. Discover your sources of accuracy and consistency with your irons.

Date: Wed, May 13 **Time:** 5:45-6:45 p.m.
Code: 9856



Mindful Golf Pitching Clinic

Partial swings can be golf's most difficult shots. They also are important scoring shots. Students will learn to use clubs from different lies and learn different types of shots to improve their score.

Date: Thu, May 14 **Time:** 5:45-6:45 p.m. **Code:** 9857
Date: Wed, Jun 24 **Time:** 5:45-6:45 p.m. **Code:** 9858

Mindful Golf Short Game

Students will learn short game fundamentals and techniques. The ability to use a variety of clubs will add creativity to your game and lower your score.

Date: Sat, May 16 **Time:** 10:30-11:30 a.m. **Code:** 9859

Mindful Golf Driving the Ball

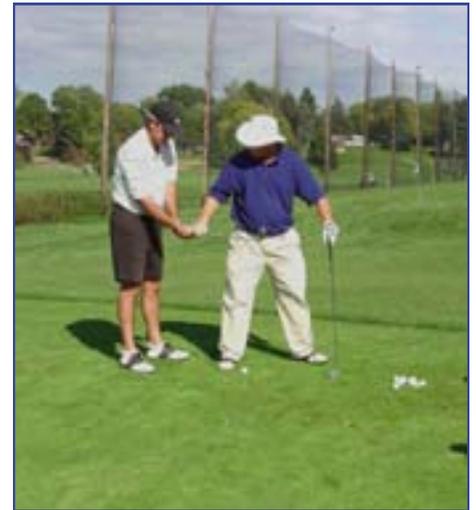
Students will learn the fundamentals of hitting the tee ball with a variety of clubs and how the shot influences your golf course management.

Date: Sat, Jun 6 **Time:** 10:30-11:30 a.m. **Code:** 9860
Date: Wed, Jul 15 **Time:** 5:45-6:45 p.m. **Code:** 9861

Mindful Golf Putting Clinic

The goal in golf is to put the ball into the hole. The fundamentals of putting will be explored in this clinic as well as different techniques. Students will also learn about what to look for when purchasing a putter.

Date: Thu, Jun 18 **Time:** 7:00-8:00 p.m. **Code:** 9862



Private Golf Lessons

Private golf lessons will be available when the course opens in the spring and are taught by professional golf instructors. Questions, registration information or appointments for lessons can be made in the golf shop, or call 763-512-2300 after April 1st.

Golf Tournaments

The Brookview Golf course invites groups of all sizes for tournaments on the 18-hole Regulation Course or the 9-hole Par 3. Whether it's a formal tournament or a casual outing, Brookview staff will help make your event a success. Brookview's banquet area, deck, gazebo, and patio provide a great setting for food and fun either before or after golf. Call 763-512-2305 to plan your outing today!

2009 Group Outing Fees

18-hole Regulation
Tournament Green Fee..... \$35

9-hole Regulation
Tournament Green Fee..... \$20

9-hole Par 3
Tournament Green Fee..... \$12.50

18-hole Tournament Cart \$36

9-hole Tournament Cart \$21



Junior Golf League

The Junior Golf League begins mid-June with a year-end tournament on July 27th. League fees include Orientation/Fun Day, tee prize, weekly golf event, prizes, club championship, and refreshments. All weekly green fees are included in the registration fee. It is important that each participant registers for their specific age group.

Date: Mon, Jun 15-Jul 27

Time: 6:30 a.m. (Tee times begin)



Par 3 League *Ages 6-17*

Ages 6-17 who score more than 42 are required to play on the Par 3 course. Maximum of 150 participants.

Site: Brookview Par 3 Course

Fee: \$75

Code: 9878

Regulation 9-Hole League *Ages 13-17*

Ages 13-17 who score less than 42 on the Par 3 course may play 9-holes off the back nine. Maximum of 44 participants.

Site: Brookview Regulation Course

Fee: \$95

Code: 9879

Regulation 18-Hole League *Ages 15-17*

Ages 15-17 who score less than 42 on the Par 3 course may play 18-holes. Maximum of 44 participants.

Site: Brookview Regulation Course

Fee: \$120

Code: 9880

Junior Golf League Orientation/Fun Day

Monday, June 15 - 8:30-11:30 a.m.

Brookview Community Center

Participants of the Junior Golf Program will start their season with an orientation where they will hear about rules and etiquette. Following orientation, juniors will participate in clinics at the driving range and putting green. Juniors will also receive their gift, refreshments and sign up for their tee time for the following week of play. Juniors may play 9-holes FREE on the Par 3 course before 2:00 p.m. that day. **It is mandatory that all new participants attend this session and is highly recommended for all participants.** *NOTE: Those who do not attend the orientation session will not receive their gift and will not be able to sign up for their tee times for June 22nd until after the orientation session is complete.*

2009 Juniors Rates

Monday-Thursday all-day and Friday-Sunday after 3:30 p.m.

18-Hole Non-Patron\$20.50
9-Hole Non-Patron\$11.50

Punch Card

Par 3 - 10 Rounds\$80

Monday-Sunday all-day

18-Hole Patron \$20.50
9-Hole Patron..... \$11.50
9-Hole Par 3 Patron
& Non-Patron \$8

Juniors Lessons

Welcome to Golf 2009

Age 8-17

These four 60-minute group lessons for Junior golfers will include an overview of the game of golf, including rules and etiquette, putting, chipping and pitching, and full swing irons and woods. Golf clubs and balls will be provided.

Site: Brookview Lesson Tee

Fee: \$60

Min: 8 **Max:** 12

Mon-Thu, Jun 15-18

Time: 2:00 p.m.

Code: 9874

Mon-Thu, Jun 22-25

Time: 9:45 a.m.

Code: 9870

Time: 11:00 a.m.

Code: 9871

Time: 2:00 p.m.

Code: 9875

Mon-Thu, Jun 29-Jul 2

Time: 9:45 a.m.

Code: 9868

Time: 11:00 a.m.

Code: 9872

Time: 2:00 p.m.

Code: 9876

Mon-Thu, Jul 6-9

Time: 9:45 a.m.

Code: 9869

Time: 11:00 a.m.

Code: 9873

Time: 2:00 p.m.

Code: 9877

Little Birdies Clinics

Age 6-10

These one hour clinics are great for the beginner golfer. You will learn the basics of golf, including rules and etiquette, putting, chipping, and full swing. Golf Clubs and Balls will be provided.

Site: Brookview Lesson Tee

Date: Sat, Jun 13 **Code:** 9863

Date: Sat, Jun 20 **Code:** 9864

Date: Sat, Jun 27 **Code:** 9865

Date: Sat, Jul 11 **Code:** 9866

Date: Sat, Jul 18 **Code:** 9867

Time: 10:30-11:30 a.m.

Fee: \$20

Min: 5 **Max:** 10

Golf Associations & Leagues

Brookview Men's Golf Association

Past members and interested guests are invited to attend this year's spring meeting. The meeting agenda includes events for the 2009 season with free refreshments being served. All BMGA members must purchase a patron card and handicap service. Maximum membership is 225. Membership deadline is April 1, 2009. For more information, call Josh Mueller at 612-743-2108 or visit us on the web at www.bmga.org.

Annual Spring Meeting

Site: Brookview Comm Center

Date: Fri, Mar 20 **Time:** 6:30 p.m.



Brookview Women's Golf Association

18-Hole League

Opening day is May 5, 2009. The league which plays on Tuesday mornings from 7:00-9:00 a.m. has openings. If you have a handicap of 45 or less or average scores of 125 or less and want to join, call Susan Wisely at 952-922-2863.

Membership Meeting

Site: Brookview Comm Center

Date: Tue, Apr 21

Time: 7:00 p.m.

9-Hole League

Opening day will be May 7, 2009. The league plays on Thursday mornings and there are openings for new members. A score on a regulation course is required and it must be less than 75 or a USGA handicap of 38 or less. Golden Valley residents and past members have first priority until April 9th. Pick up an application at the Brookview Golf Course Clubhouse after March 2, 2009. Contact Nancy Spannaus at 612-926-9763 if interested.

New Membership Meeting

Site: Brookview Grill

Date: Thu, Apr 9

Time: 10:00 a.m.



Par 3 Putters Women's League

The Par 3 Putters is a golf league for women who play 9-holes on the Brookview Par 3 course late on Thursday afternoons. It's a fun time and perfect for working women after a day at the office. Tee times are from 4:00-6:32 p.m. and the league can accommodate up to 80 players. Priority is given to last years members. If you are interested, please call Brookview at 763-512-2305.

62+ Senior Patron 18-Hole Golf League

This NEW league will play on Tuesday mornings starting May 19th. Tee times range from 8:27-9:57 a.m. Registration deadline to join the league is Tuesday, May 12th. Attend the informational meeting for all the details. Bring registration forms and fees to the meeting or to Brookview by May 12th.

Informational Meeting

Site: Brookview Senior Room

Date: Tue, May 5

Time: 9:30 a.m.

Par 3 Chippers Golf League



The NEW Par 3 Chippers will play on Wednesday nights from 5:36-6:32. The league can hold up to 32 players, with priority given to the 2008 Par 3 Putters league members. For more information on this league, please contact Brookview at 763-512-2305.

Couples Golf League



There will be two new couples leagues which will play on Sunday nights starting after 5:00 p.m. on the Par 3 course and 9-holes on the Regulation Course. You must sign up as a two-some and for either the Par 3 or Regulation League. The league will start on Sunday, June 14th and play every other Sunday for a total of six playing weeks, ending on August 23rd. For more information, please contact Brookview at 763-512-2305.

Golf Course Specials

Par 3 Family Sundays

Come play the Brookview Par 3 course on Sundays with your family. Pay for one adult at \$12.50, then pay just \$5 for each



additional green fee. Play with your Junior (age 6-17) or in a group up to four. There must be at least one adult and one junior in each group, and no more than two adults. Save over \$20. Offer good all day Sunday throughout the 2009 golf season. *No Rain checks. No Fivesomes.

Sunrise/Sunset Special

Play the back 9-holes for just \$15 (save \$4), Monday-Friday, 6:30-8:00 a.m. or play all the holes you can before dusk for \$15, Monday-Sunday, 6:30 p.m.-Dusk. Don't miss out on this special savings!

General Information

Important City Phone Numbers

Park & Recreation.....	763-512-2345
Park & Recreation Fax.....	763-512-2344
Park & Recreation Activity Cancellation Line	763-512-2350
Senior Citizen Office	763-512-2339
Brookview Community Center	763-512-2345
Golf Operations.....	763-512-2300
Golf League & Lesson Cancellation Line	763-512-2300
Par 3 Building	763-512-2333
City Forester	763-593-8046
Park Maintenance.....	763-593-8045
Street Maintenance.....	763-593-3981
City Hall.....	763-593-8000
TTY	763-593-3968
Recycling	763-593-8119

Facilities used for Recreation Programs

Brookview Community Center, Crystal Community Center, Sandburg Middle School, Noble Elementary, Meadowbrook Elementary/Davis Community Center, Doyles Bowling Alley, MN Center for Arts Education. These facilities are handicap accessible. Every effort will be made to accommodate interpretive services if requests are made at time of registration. Requests for interpretive services or printed information can be made by calling 763-512-2345 or TTY 763-593-3968.



Golden Valley Orchestra

The Golden Valley Orchestra provides the opportunity for adults and students to play quality music in an enthusiastic community orchestra. There are openings in all sections: strings, woodwinds, brass and percussion. The setting is non-intimidating and there are no auditions. Rehearsals are held Monday evenings at 7:00 p.m. at the Brookview Community Center, 200 Brookview Parkway. For more information, call Margaret at 763-541-9251.

Adopt-A-Park

Adopt-A-Park is a public service program for volunteers to assist the City in keeping parks beautiful. Adopt-A-Park is open to community groups, civic organizations, churches and individuals for a minimum of two years. For information, please call Park and Recreation at 763-512-2345.

Special thanks to our many faithful volunteers!

THANK YOU

To the many Volunteers for their valuable services!

Youth Basketball Coaches

Dave Andraschko, Troy Auth, Joe Binish, Tim Branson, Ali Brauch, Jeff Christensen, Paul Corcoron, Scott Coykendall, Jim Crofoot, Carolyn Grygar, Scott Frasier, Dave Gustafson, Carson Hoeft, Tracy Ihle, Bart Inneger, Randy Isaak, Greg Kronzer, Jim Landry, Jim Mandler, Jim Norkosky, Greg Peterson, Stuart Pimsler, Bill Porwoll, Joe Pupel, Scott Rauser, Chris Staples, Marshall Tanick, Joanne Trangle and Steve Warren.

HELP WANTED

For more information on these employment opportunities, please call the Park and Recreation office at 763-512-2345.

Summer Employment

The Golden Valley Park and Recreation Department will continue to accept applications for summer positions until all positions are filled. Employment areas are recreation leaders, coaches, field attendants, park maintenance workers and golf operations (cashiers, maintenance and grill).

Instructors Wanted

The Park & Recreation Department is always willing to talk to anyone interested in leading a class. The primary qualification is the desire to share a hobby, knowledge, skill or art/craft with others.



City Launches Improved E-Mail Subscription Service

The City of Golden Valley has launched an improved version of *GV DirectConnect*, its Web site email subscription service. The improved *DirectConnect* will provide more timely information about City activities, programs and services. Sign up to get email updates about City meetings, recreation programs, snow emergencies and street construction, crime prevention, Brookview Golf programs, City events, and much more.

The fully-automated, on-demand email subscription system is powered by *GovDelivery*, the world's leading provider of government-to-citizen communication solutions.

For more information, go to the city's website: www.ci.golden-valley.mn.us.

Brookview Community Center

Host Your Next Special Gathering at Brookview

Nestled in the tranquil setting of Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people. Rental facilities include a large tiled-floor banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen with refrigerator, freezer, microwave oven and stove. Weather permitting, the patio and deck may be used as well.

Hours Available for Use

The Community Center is available until 10:30 p.m. Sunday thru Thursday and 12:30 a.m. Friday and Saturday.

Food and Beverage

All food must be provided by a licensed caterer or food establishment. Alcohol beverages must be provided by our beverage service, Complete Beverage.

Party/Social Event Rental Fees

Parties/social events with under 75 people may rent the facility at an hourly rate, for a maximum of 5 hours. Residents pay \$25/hour, plus a \$25 set-up/takedown fee. Non-residents pay \$35/hour, plus a \$35 set-up/takedown fee.

In addition to the hourly rental charge, a \$60 clean-up fee is also charged for both residents and non-residents. Groups with more than 75 people will be charged a flat rate which allows up to 12 hours of use. Residents fee is \$550 and Non-residents fee is \$635. For all parties/social events, we require a \$500 refundable damage and policy compliance deposit.

Meeting Rental Fees

Brookview may also be used for hosting meetings for private industry, commercial businesses, civic organizations and non-profit agencies. Resident businesses rate is \$45/hour, plus a \$45 set-up/takedown fee. The non-resident business rate is \$55/hour, plus a \$55 set-up/take down fee. Golden Valley non-profit agencies (must have the words "Golden Valley" incorporated in your name) may use the facility free of charge Monday-Friday, 8:00 a.m.-5:00 p.m. Outside of business hours the rate is \$25/hour, plus a \$25 set-up/takedown fee. Non-Golden Valley non-profit agencies are charged \$35/hour, plus a \$35 set-up/takedown fee.



To make a reservation, you must submit an application along with a \$200 deposit.

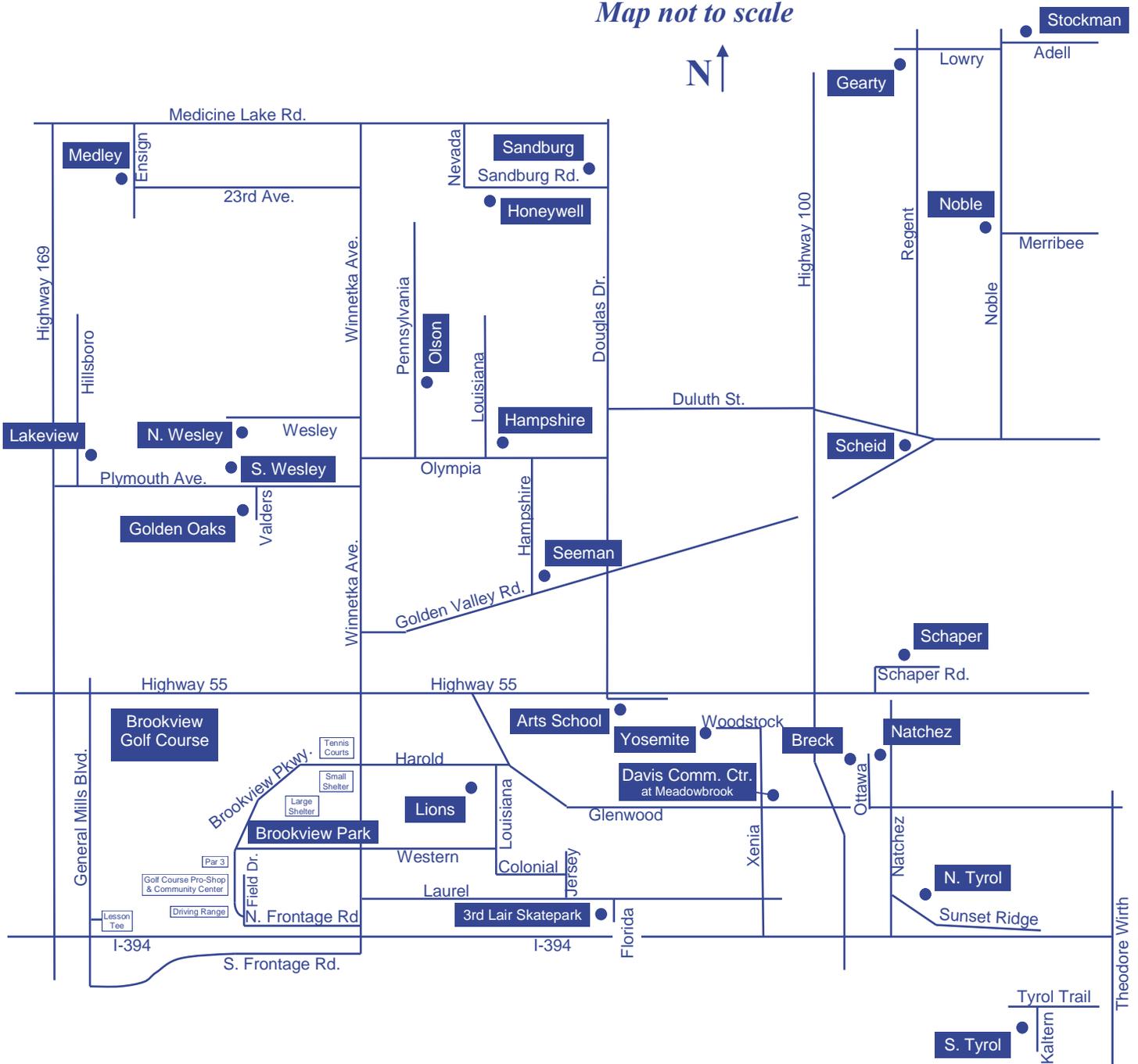
For a complete rental packet, visit our website at www.ci.golden-valley.mn.us or call Sheila at 763-512-2347.

Golden Valley Park & Activity Locations

3rd Lair Skatepark	850 Florida Ave S
Breck School	123 Ottawa Ave N
Brookview	200 Brookview Pkwy N
Davis Community Center	5430 Glenwood Ave
Gearty	3100 Regent Ave N
Golden Oaks	1141 Valders Ave N
Hampshire	1610 Louisiana Ave N
Honeywell	7101 Sandburg Rd
Lakeview	1521 Hillsboro Ave N
Lions	151 Louisiana Ave N
Meadowbrook School	5430 Glenwood Ave
Medley	2331 Ensign Ave N
Minnesota Arts School	6125 Olson Memorial Hwy

Natchez	201 Natchez Ave
Noble School	2601 Noble Ave N
North Tyrol	4300 Sunset Ridge
Olson School	Duluth St. & Pennsylvania Ave.
Sandburg Middle School	2400 Sandburg Ln
Schaper	631 Ottawa Ave N
Scheid	1856 Toledo Ave N
Seeman	1101 Florida Ave N
South Tyrol	1510 Kaltern Ln
Stockman	3300 Major Ave N
Wesley (North)	8305 Wesley Dr
Wesley (South)	Plymouth Ave & Orkla Dr
Yosemite	351 Yosemite Ave

Map not to scale



Registration Information

**Registration begins
Thursday, March 12th**

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows after the registration start date.

Registrations are taken at Brookview Community Center

200 Brookview Parkway
Golden Valley, MN 55426



On-line

www.ci.golden-valley.mn.us

Using your VISA or MasterCard and your household PIN and Barcode numbers.



In Person

Registrations are accepted in person at Brookview Community Center during business hours.



Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, MN 55426



Fax

763-512-2344

Available only for VISA or MasterCard payments. Fax registrations 24 hours a day.



Phone

763-512-2345

Available for VISA or MasterCard payments during business hours. Please have your credit card ready when calling.

Registration Priority

Registrations received prior to the registration start date do not get opened or processed any earlier. They will be processed randomly as time allows after the registration start date.

Confirmation of Registration

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

Cancellations

Refunds will be issued for registrations cancelled prior to the start of the class. Classes may be cancelled or combined if minimum numbers are not met.

Trip Refunds

No refunds will be issued after the registration deadline for any trips involving the advance purchase by the city for tickets and transportation.

Inclusion Requests

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

Make checks payable to “City of Golden Valley”



REGISTER ONLINE!

www.ci.golden-valley.mn.us

IT'S EASY!

Stop into Brookview Community Center or call us today to get your household Barcode and PIN numbers to take advantage of the 24/7 convenience of registering online for all your favorite classes.

GV
RecConnect



ACTIVITY REGISTRATION FORM

200 Brookview Parkway • Golden Valley • Minnesota • 55426
 Phone: 763-512-2345 • Fax: 763-512-2344 • TTY: 763-593-3968
 www.ci.golden-valley.mn.us

Park & Recreation Department

If Participant(s) are under 18,
 Parent/Guardian First & Last Name: _____

Address: _____ Home Phone: _____

City: _____ State: _____ Zip: _____ Work Phone: _____

E-mail: _____ Cell Phone: _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

ACTIVITY REGISTRATION

Participant's First & Last Name	M/F	D.O.B	Grade	Activity Name	Activity Code	Date(s)	Time	Site	FEE

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Site	Special Requests	Travel Companion/ Roommate Name	FEE

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY
 In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:
 Cash Check # _____
 VISA MasterCard

Card #: _____
 Expiration Date: _____
 Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____
 GC \$ _____
 Fee Paid: _____
 Date: _____
 Rec'd By: _____

Adopt-A-Park

Community Parks

Brookview 200 Brookview Pkwy N
Mom's Club

Gearty 3101 Regent Ave N
Retired Volunteers

Hampshire 1610 Louisiana Ave N
AVAILABLE

Lakeview 1521 Hillsboro Ave N
John & Pam Goranson
& Barb Osborne

Lions 151 Louisiana Ave N
Jan Motari

Medley 2331 Ensign Ave N
Golden Valley Federated
Women's Club

Schaper 631 Ottawa Ave N
Golden Valley Police Reserves

Scheid 1856 Toledo Ave N
Cub Scout Pack 350

Wesley (north) 8305 Wesley Dr
Moore/Gasparini Families

Wesley (south) Plymouth Ave & Orkla
Jack Stratton

Neighborhood Parks

Glenview 2351 Zenith Ave N
Elephant Park Book Group

Golden Oaks 1141 Valders Ave N
Kim Stroup, Bursch/Mackey Families

Natchez 201 Natchez Ave N
Hanscom & Draitsas Families

North Tyrol 900 Westwood Dr S
WSB & Associates Inc.

Seeman 1101 Florida Ave N
Northwest Suburban Optimist Club

South Tyrol 1501 Kaltern Ln
Allianz

St. Croix 5850 St. Croix Ave N
Covenant Village

Stockman 3300 Major Ave N
Thompson Family

Sweeney Lake
Hidden Lakes Association

Wildwood 7401 Duluth St
Robertson Family

Yosemite 351 Yosemite Ave N
Geving & Palkert Families

Special Use Facilities

Brookview Golf Course
200 Brookview Parkway

Honeywell Little League Area
7101 Sandburg Rd

Nature Areas

Adeline (south end of Adeline Ln)
Mike McHugh - State Farm Insurance

Bassett Creek (north of Duluth)
2130 Zane Ave N
AVAILABLE

Bassett Creek (south of Duluth)
Covenant Village

Bassett Creek (west of Wisconsin)
ATS&R Architects & Engineers

Briarwood 2500 Unity Ave
Girl Scout Troops 2316 & 1670

**General Mills Headquarters
Nature Preserve**
9201 Olson Memorial Hwy
GMI Grounds Crew

General Mills Research Nature Area
The Gannon's

Laurel Ave (east of Florida)
Laurel & Jersey
AVAILABLE

Laurel Ave (west of Florida to Jersey)
John & Pam Goranson
& Barb Osborne

**Laurel Ave
(west of Jersey to Pennsylvania)**
Jerry & Joan Monson

Mary Hills
Golden Valley Rd & Bonnie Ln
John & Pam Goranson
& Barb Osborne

Pennsylvania Woods
2301 Rhode Island Ave N
Green Party of Senate District 44/45

Rice Lake 4120 Bassett Creek Dr
AVAILABLE

Western Ave Western & Winnetka
Ilo & Peggy Leppik



City Information

Golden Valley City Hall

Mayor Linda Loomis
City Manager Tom Burt

Council Members: Mike Freiberg,
Paula Pentel, DeDe Scanlon and
Bob Shaffer.

Council meets the 1st and 3rd Tuesday of
each month at 6:30 p.m. at the Golden
Valley Civic Center.

Open Space & Recreation Commission

Chair Jerry Sandler
Vice-Chair Jim Vaughan

Members: Roger Bergman,
Ken Graves, Jim Johnson,
Kelly Kuebelbeck, Bob Mattison,
and Anne Saffert.

Commission meets the 4th Monday of
each month at 7:00 p.m. at Brookview
Community Center.

Parks & Recreation Staff

Rick Jacobson
Director of Parks & Recreation

Sue Cook
Recreation Supervisor

Brian Erickson
Recreation Supervisor

Jeanne Fackler
Senior Citizens Coordinator

Sheila Van Sloun
Administrative Assistant

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Ron Hammer
Park Maintenance Supervisor

Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent

Concerts in the Park Brookview at 7:00 p.m.



Mon, Jun 15 Golden Valley Orchestra

Thu, Jun 18 Robbinsdale City Band

Mon, Jun 22 Jeff Brooks

Mon, Jun 29 Stompin' Dixie

Mon, Jul 6 Medicine Show Music Co.

Mon, Jul 13 Calhoun Isles Comm. Band

Mon, Jul 20 Tubby Esquire
Envision Ice Cream Social

Mon, Jul 27 Nuance Plus

Mon, Aug 3 Tricia & The Toonies

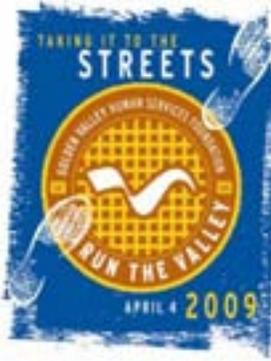
Mon, Aug 10 Gypsy Mania Quartet

Mon, Aug 17 Celebration Brass

Bring your lawn chair!

TENNIS

See pages 16-20



The Golden Valley Human Services Foundation's annual Run the Valley Race/Walk, is a successful fundraiser for organizations that benefit the community. For more information, call 763-512-2345.

Site: Davis Community Center, 5430 Glenwood Ave

Time: 7:15 a.m. Check-in Begins

8:30 a.m. 5K Run

8:40 a.m. 10K Run/5K Walk

Fee: Includes a shirt - No refunds

\$20 - Before March 1st, \$25 - March 1st - April 3rd

\$35 - Day of Race



PLAYGROUND FIELD TRIPS

See page 9



GOLDEN
VALLEY
DAYS
art & music festival

May 15 & 16, 2009

www.goldenvalleyfund.org

Golden Valley Park & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426-1364
763-512-2345

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