

Park & Recreation

City of Golden Valley



Spring & Summer Activities 2010

Photo by: Janice Laulainen



Registration Begins Thursday, March 18

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PARK & RECREATION OFFICE

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

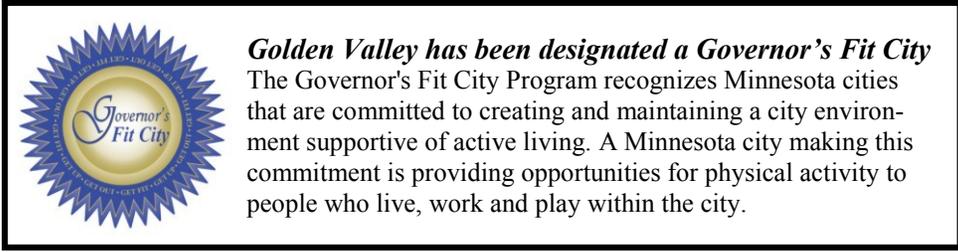
7800 Golden Valley Road, Golden Valley, Minnesota 55427
 Phone: 763-593-8000

CITY OFFICES CLOSED

Monday, May 31 - Memorial Day
 Monday, July 5 - Independence Day
 Monday, September 6 - Labor Day

MISSION STATEMENT

The mission of the Golden Valley Park and Recreation Department shall be to provide and maintain sufficient, attractive parks and scenic areas for the beauty and leisure time activities of the community, and to provide wholesome recreation for the entire family. Consistent with this mission, every opportunity shall be afforded, with financial limits, to plan, procure, develop and maintain parks and recreation resources.



Brookview 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. and/or 5:00 p.m.-Dusk

LARGE SHELTER

Holds up to 100 people

Fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

Resident \$95
Non-Resident \$105



SMALL SHELTER

Holds up to 50 people

Two water fountains, 10 tables, 6 outlets, restrooms short distance.

Resident \$80
Non-Resident..... \$90

SERVING BEER OR WINE?

You must purchase a permit to serve beer or wine.
Fee is due and payable at time of reservation.

Beer/Wine Permit - \$20

NEW

SHELTER DAMAGE/CLEAN-UP DEPOSIT

A \$100 refundable deposit is due and payable at time of reservation.

- Deposits will be refunded the week following your reservation.
- Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive. Deposits paid by credit card will be processed immediately.

PLAY EQUIPMENT KITS

KITS INCLUDE: 1 Basketball, 1 Soccer Ball, 1 Mini Soccer Ball, 1 Playground Ball, 4 Throw down Bases, 2 Softballs, 1 Child Softball Bat, and 1 Adult Softball bat.

Play Equipment Kit.....\$15 rental, plus \$30 refundable deposit

Additional Items:

Bocce Ball Set\$10 rental, plus \$10 refundable deposit
Tug-of-War Rope.....\$10 rental, plus \$10 refundable deposit

Concerts in the Park

JUNE 14

Golden Valley Orchestra

JUNE 17

Robbinsdale City Band

JUNE 21

Cathy DeCheine

JUNE 28

Gypsy Mania Quartet

JULY 12

Stompin' Dixie



JULY 19

Tubby Esquire
Envision Ice Cream Social

JULY 26

Celebration Brass

AUGUST 2

Lehto & Wright

AUGUST 9

Blue Drifters

AUGUST 16

Big Walter Smith



Bring your lawn chair!

7:00 PM
Brookview Park

Community Special Events

2010 Safety Camp

Our Safety Camps are run by personnel from the Golden Valley Police and Fire Departments and are designed for the specific ages groups. 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. For questions regarding the camps, call the Golden Valley Police Department at 763-593-8079. Scholarships are available.



- **1st Week of Registration (March 18-25)**
Open to Golden Valley Residents only, who are NEW camp participants.
- **2nd Week of Registration (March 26-April 2)**
Open to all Golden Valley Residents.
- **After April 2** - Open to all.

GOLDEN VALLEY JUNIOR SAFETY CAMP Ages 4-6

Interactive programs designed for youth ages 4-6 include fire safety, bike safety, safety in the home, personal safety, first aid and much more. We encourage early registration—program is limited to 80.

Site: Brookview Park
Date: Tue, Jun 29
Time: 8:00 a.m.-4:00 p.m.

Fee: \$25/child
Code: 10144

GOLDEN VALLEY SAFETY CAMP Ages 7-10

While safety education will serve as the primary focus, fun, friends, and feeling good will also be highlighted. Camp counselors will oversee interactive programs and activities throughout the day and awards will be presented to all youth who complete the Camp. We encourage early registration—program is limited to 100.

Site: Brookview Park
Date: Wed, Jun 30
Time: 8:00 a.m.-4:30 p.m.

Fee: \$25/child
Code: 10143



2010 BIKE RODEO

Wednesday, May 5 • 6:00-8:00 p.m. • Golden Valley City Hall

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.

PENNY CARNIVAL

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

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.



THE GOLDEN VALLEY PUPPET WAGON

**Tuesday & Thursday,
June 15-July 29
1:30-3:00 p.m.**



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

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



WATER DAYS

 Ages 6-14

**Friday, June 25 & July 16
12:30-2:15 p.m. • Scheid Park**



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.

PICNIC & MUSIC AT BROOKVIEW PARK

**Tuesday, August 3
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.



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 23

Time: 10:00-11:30 a.m.

Fee: \$3/child or 10-time punch pass, \$25/Res, \$29/Non-Res

MUSIC, MOM/DAD & ME Ages 2-3 with Adult

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

Date: Wed, Jun 23-Jul 28

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

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

Code: 10145



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

Date: Mon-Thu, Jul 12-15

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

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

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

Code: 10156

Code: 10157

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 12 years.

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: \$38/Res, \$42/Non-Res

Date: Mon & Wed, Apr 5-May 12 **Code:** 10154

Date: Tue & Thu, Apr 6-May 13 **Code:** 10155



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 15-Jul 27

Fee: \$31/Res, \$35/Non-Res

Site: Wesley Park

Time: 1:15-2:15 p.m. **Code:** 10150

Site: Hampshire Park

Time: 3:00-4:00 p.m. **Code:** 10151

Thursday

Date: Thu, Jun 17-Jul 29

Fee: \$31/Res, \$35/Non-Res

Site: Gearty Park

Time: 1:15-2:15 p.m. **Code:** 10152

Site: Lions Park

Time: 3:00-4:00 p.m. **Code:** 10153

PRESCHOOL PLAYERS

Ages 3-5

Activities include art projects, 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.

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

Fee: \$36/Res, \$40/Non-Res

Monday & Wednesday

Date: Mon, Jun 14-Jul 21

Site: Lions Park **Code:** 10148

Site: Scheid Park **Code:** 10149

Tuesday & Thursday

Date: Tue, Jun 15-Jul 22

Site: Lions Park **Code:** 10146

Site: Scheid Park **Code:** 10147

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.

**ALL CLASSES HELD AT
BROOKVIEW COMMUNITY CENTER.**
Fee per Class: \$28/Res, \$32/Non-Res



CARTOON CHARACTER FRIENDS

Be a Cartoon Artist. Draw, paint, collage and fold paper to create your favorite Characters: Sponge Bob, Patrick, Scooby Doo, Alvin & the Chipmunks, Puss-n-Boots, Donkey, etc. Create an imaginary cartoon friend also.

Date: Fri, Apr 16 & 23
Time: 11:45 a.m.-12:45 p.m. **Code:** 10167

TINKERBELL, PIXIE HOLLOW & NATURE

Meet the Fairy Artists who create magic in nature. Be a Fairy Artist as we paint flowers and rainbows, draw fuzzy, feathered creatures, sculpt clay animals, make nature art in the Tinkers' workshop and much more.

Date: Fri, May 14 & 21 **Time:** 11:45 a.m.-12:45 p.m. **Code:** 10168

WHERE THE WILD THINGS ARE

Draw and paint Max's adventures with wild creature friends and imaginary new lands. Make a picture book. Fold paper for a mask or puppet. Use marble paper with Japanese inks to make awesome collages.

Date: Fri, Jun 18 & 25 **Time:** 1:00-2:00 p.m. **Code:** 10164

THE PRINCESS & THE FROG

Learn about New Orleans and the Bayou Swamp as we draw, paint, print and collage the wonderful characters and environment (i.e., Mardi Gras, Princess Tiana, evil magician, fireflies, crocodile and Mama Odie). Make a picture book and a shadow puppet.

Date: Fri, Aug 6 & 13 **Time:** 10:30 a.m.-11:30 a.m. **Code:** 10165

DORA & DIEGO ADVENTURES

Make a Dora and Diego Picture book. We'll draw/paint/collage Diego's animal rescue of dinosaurs and polar bears. Join Dora as she meets pirates and saves the snow princess. Sculpt a clay dinosaur also.

Date: Fri, Aug 20 & 27 **Time:** 1:00-2:00 p.m. **Code:** 10166



HAPPY BIRTHDAY PARTY Ages 3 & up

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer. She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 2-hours at Brookview. Call 763-512-2345 for information.

MINI-MASTERS GOLF EVENT

Ages 4-7



Hosted by the cities of New Hope, Crystal, Golden Valley and Robbinsdale. Enjoy this nine-hole course that will be laid out especially for younger golfers. Golfers will use a special three-club plastic golf set and sponge golf balls (which will be supplied) while their parent or guardian caddies. Check in at the picnic shelter "Club House" 10 minutes before your tee time. For safety reasons, only the registered participant and their adult caddy are allowed to be on the course. *Resident fee applies to those residing in New Hope, Crystal, Golden Valley and Robbinsdale.*

**Register with New Hope Recreation
by calling 763-531-5151
beginning April 14 through July 26.**

Site: Bassett Creek Park
(6601 32nd Ave N, Crystal)
Date: Monday, August 2
Tee Times: Between 4:00-6:30 p.m.
Fee: \$6/Res, \$9/Non-Res
Rain Date: Wednesday, August 4



FAMILY GYM TIME

Youth of all ages with Adult

Grab a ball, play a game, or just hang out with other parents and kids. No instruction provided. Fee includes parent and child. 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 17-May 15
Time: 10:00 a.m.-12:00 p.m.

Date: Sun, Apr 18-May 16
Time: 1:00-3:00 p.m.

HOPKINS PUBLIC SCHOOLS EARLY CHILDHOOD & FAMILY EDUCATION (ECFE)

Adults & Children Birth to Pre-K

ECFE is for you and your young children, birth to pre-k. 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.

STARWATCH PARTY WITH WCCO'S MIKE LYNCH

Ages 6+

(Ages 6-15 must be accompanied by an adult)

Come out and make the stars your old friends! Catch the amazing family friendly celestial show in the skies over greater New Hope. Get to know the constellations like The Big Bear, Cassiopeia the Queen, Cygnus the Swan, Sagittarius the Archer, and many of the great stories about how they made it up in the heavens. We'll use large reflecting telescopes, including a giant 20" reflector, one of the biggest mobile telescopes in the upper Midwest for close up views of star clusters, nebulae, galaxies and other wonders in our skies. We'll also use a brand new state of the art astronomical camera telescope system for extra special views of our universe. You'll get a great handout package with user-friendly star maps and constellation charts, websites, a telescope-buying guide, and more! Mike Lynch's Minnesota Starwatch books and glow in the dark "Galaxy on a Gut" shirts will be available for purchase at the StarWatch Party. Feel free to bring a lawn chair!

Site: New Hope Outdoor Theater
(4401 Xylon Ave N, New Hope)

Date: Friday, August 13

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

Fee: \$10/person

Code: 10163

Register By: Friday, August 6

Science Explorers

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



**ALL CLASSES HELD AT
BROOKVIEW COMMUNITY CENTER.**

CAMP CATERPILLAR *Ages 4-6*

Our earth is a wonderful adventure just waiting for you! As a caterpillar camper, you will begin a new exploration each day as we learn about our planet. You will investigate bugs, plants, animals with fun activities, projects, songs, and more.

Date: Mon-Thu, Jun 7-10

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

Fee: \$65/Res, \$69/Non-Res

Code: 10158

MIXTURE MADNESS *Ages 4-6*

Pour, mix, measure and stir as we explore the world of chemistry by mixing together safe ingredients. You will create slime while learning about polymers, combine primary colors to create secondary colors, and have fun with magical crystals while learning about absorptions.

Date: Tue-Thu, Jul 6-8

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

Fee: \$65/Res, \$69/Non-Res

Code: 10159

PLANETS, STARS & STORIES *Ages 4-6*

Blast off with us for a fun filled trip to the stars. Upon our departure, we will learn about gravity and how the earth's rotation affects our everyday lives. As we soar past the moon, we will explore its phases and stop to investigate the planets of our solar system and how they orbit the sun. As we reach the end of our trip, we will look to the constellations and learn their stories.

Date: Mon-Thu, Jul 19-22

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

Fee: \$65/Res, \$69/Non-Res

Code: 10160

CAMP KINDERSPROUTS *Youth Entering Kindergarten in Fall 2010*

Exclusively for children entering kindergarten. Join us as we discover the world around us while brushing up on the skills needed for kindergarten. Explore outer space, dinosaurs and the ocean while learning science, math, reading, writing and geography. Students will explore these topics through experiments, projects, songs and more in this fun, hands-on camp setting.

Date: Mon-Thu, Aug 2-5

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

Fee: \$65/Res, \$69/Non-Res

Code: 10161

CHEMICAL CONCOCTIONS *Grades 1-5*

Calling all junior chemists and other curious explorers! Join us as we discover the fascinating world of chemistry. We'll get messy learning about solids, liquids and gases. We'll also create cool chemical reactions, explore density, make polymers, and use cabbage juice as an indicator to identify acids, bases and neutrals. This class is more than hands-on, it's hands-in with safe experiments!

Date: Mon-Thu, Aug 2-5

Time: 12:30-2:30 p.m.

Fee: \$62/Res, \$66/Non-Res

Code: 10162

Youth Activities

KID'S KORNER BEGINNING BALL SKILLS Ages 4-5

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.

Time: 9:15-10:15 a.m. **Fee:** \$29/Res, \$33/Non-Res

Monday

Date: Mon, Jun 14-Jul 19
Site: Medley Park **Code:** 10169
Site: Scheid Park **Code:** 10170

Wednesday

Date: Wed, Jun 16-Jul 21
Site: Hampshire Park **Code:** 10171
Site: Lions Park **Code:** 10172

Monday & Wednesday

Date: Mon & Wed, Aug 2-18
Site: Hampshire Park **Code:** 10173



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: Brookview Community Center
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$60/Non-Res

Date: Tue, Apr 6-May 11 **Code:** 10174
Date: Tue, May 18-Jun 22 **Code:** 10175
Date: Tue, Jun 29-Aug 3 **Code:** 10176

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 rules 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 **Time:** 6:00 or 7:00 p.m. (depending on game schedule)
Date: Thu, Apr 8-May 13 **Fee:** \$30/Res, \$34/Non-Res **Code:** 10073



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. Practices are held at your registered location. Games will be played at your registered park and at other locations in Golden Valley. The final week of games will be played at the Honeywell and/or Seeman ball fields. Parents need to

provide transportation to the parks for games. Parks may be combined if necessary.

Monday & Wednesday Mornings

There will be one evening game, either Mon or Wed the week of July 19.

Date: Jun 14-Jul 28
Time: 10:30-11:45 a.m.
Fee: \$33/Res, \$37/Non-Res
Site: Hampshire Park **Code:** 10177
Site: Lions Park **Code:** 10178
Site: Scheid Park **Code:** 10179
Site: Wesley Park **Code:** 10180

Tuesday & Thursday Evenings

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

Date: Jun 15-Jul 29
Time: 6:00-7:15 p.m.
Fee: \$33/Res, \$37/Non-Res
Site: Hampshire Pk **Code:** 10182
Site: Lakeview Pk **Code:** 10183
Site: Scheid Pk **Code:** 10181

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. Camps will be led by our own basketball guru, Ron Behl.

Spring Session

Site: Davis Community Center
Date: Mon & Wed, Mar 29-Apr 14
Time: 6:00-7:30 p.m.
Fee: \$45/Res, \$49/Non-Res
Code: 10225

Summer Session

Site: Crystal Community Center
Date: Tue & Thu, Jun 1-17
Time: 6:00-7:30 p.m.
Fee: \$45/Res, \$49/Non-Res
Code: 10226

SPRING BREAK

YOUTH OPEN GYM Ages 5-12

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

Site: Davis Community Center
Date: Mon-Fri, Mar 29-Apr 2
Fee: \$25/session

Time: 9:00 a.m.-12:00 p.m.
Code: 10223

Time: 1:00-4:00 p.m.
Code: 10224

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: \$17/Res, \$21/Non-Res

Date: Mon, Jun 14-Jul 19
Code: 10184

Date: Wed, Jun 16-Jul 21
Code: 10185

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! We're sure you'll like it! Get more information by visiting: www.hopkinshurricanes.com.

LACROSSE FOR BOYS AND GIRLS

Ages 6-10

Lacrosse has become a very popular sport over the last five years, and has been implemented as a boys and girls varsity sport at the High School level. 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 and ball provided. Players are asked to bring a large water bottle, sunscreen, snack, and a great attitude! Register at least one week before class is scheduled to start. **NOTE:** Rain outs will be made up if needed.

Register with Crystal Recreation by calling 763-531-0052.

AGES 6-8

Mon-Fri, Jun 14-18
8:30-10:25 a.m.

Forest Elementary in Crystal
Fee: \$56/Res, \$61/Non-Res

AGES 9-10

Mon-Fri, Jun 14-18
10:35 a.m.-12:30 p.m.

Forest Elementary in Crystal
Fee: \$56/Res, \$61/Non-Res



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 14-Jul 21

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

Fee: \$27/Res, \$31/Non-Res

Code: 10186

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 2010 Summer Survivor.

Site: Lions Park

Date: Mon & Wed, Jun 14-Jul 21

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

Fee: \$30/Res, \$34/Non-Res

Code: 10192

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

Date: Tue & Thu, Jun 15-Jul 22

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

Fee: \$23/Res, \$27/Non-Res

Code: 10193



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. Practices are held at the location you registered. Games will be played at your registered park and at other locations 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 15-Jul 29

Time: 10:30-11:50 a.m.

Fee: \$33/Res, \$37/Non-Res

Site: Hampshire Park **Code:** 10197

Site: Lions Park **Code:** 10198

Site: Scheid Park **Code:** 10199

Site: Wesley Park **Code:** 10200

Wednesday Evenings

Date: Jun 16-Jul 28

Time: 6:00-7:15 p.m.

Fee: \$23/Res, \$27/Non-Res

Site: Hampshire Park **Code:** 10201



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. Instructed by Gin Weidenfeller.

ALL CLASSES HELD AT BROOKVIEW COMMUNITY CENTER.

ART LAB - MULTI-MEDIA PORTFOLIO

Explore a wide variety of methods and art media to nurture your art making skills. We'll paint and texture paper with paste, marble paper with Japanese inks, do wax rubbings on Japanese paper, use ink and watercolor to create batik paintings, create 3-D origami, paper construction and clay sculpture, sun painting, monoprint, collage, etc.

Date: Tue-Thu, Jun 29-Jul 1
Time: 5:30-7:00 p.m.
Fee: \$54/Res, \$59/Non-Res
Code: 10187



STAR WARS UNIVERSE & CLONE WARS SERIES

Experience a variety of art materials and methods to illustrate the characters, creatures and action scenes from episode one through six. Paperfold sleek air craft, sculpt 3-D clay figures and action scenes. Illustrate scenes from Clone Wars in cartoon and manga style. Make Still Life drawings from Lego miniature models.

Date: Wed-Fri, Jun 9-11
Time: 1:30-3:00 p.m.
Fee: \$54/Res, \$59/Non-Res
Code: 10188

AVATAR ART

Learn some 'special effects' art methods to illustrate the colorful imagery found on Pandora. Draw, paint, collage, print and sculpt clay to portray the creatures, Blue Na'vi humanoids, Hometree Rain Forest, floating mountains, etc. Illustrate the Solar Colony, paperfold sleek air craft and create a Pandora sketchbook.

Date: Tue-Thu, Jul 27-29
Time: 1:30-3:00 p.m.
Fee: \$54/Res, \$59/Non-Res
Code: 10189

LANDSCAPE & PORTRAIT PORTFOLIO

Learn to create depth in space, apply perspective and mix/blend color to paint realistic or imaginary landscapes. Explore a variety of tools and styles to create fun faces and cartoons of people and animals. Learn about composition to create Still Lifes. View examples from Cezanne and Picasso for inspiration.

Date: Thu-Fri, Aug 12-13
Time: 1:30-3:00 p.m.
Fee: \$36/Res, \$40/Non-Res
Code: 10190

DRAWING - ART/SCIENCE JOURNAL

Learn contour, gestural, sketching, and other drawing methods. Use pencil, Bamboo, pen, ink and a variety of art materials to illustrate nature subjects. Make a leaf or sun print, paint a botanical floral watercolor, and use field guides to draw birds, mammals, insects, etc. Fill a sketchbook drawing what you see.

Date: Thu-Fri, Aug 12-13
Time: 3:30-5:00 p.m.
Fee: \$36/Res, \$40/Non-Res
Code: 10191

SKATEBOARDING CAMP AT



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, \$164/Non-Res
Date: Mar 22-26 **Code:** 10371
Date: Mar 29-Apr 2 **Code:** 10372
Date: Apr 5-9 **Code:** 10373
Date: Jun 7-11 **Code:** 10374
Date: Jun 14-18 **Code:** 10375
Date: Jun 21-25 **Code:** 10376
Date: Jul 5-9 **Code:** 10377
Date: Jul 12-16 **Code:** 10378
Date: Jul 19-23 **Code:** 10379
Date: Jul 26-30 **Code:** 10380
Date: Aug 2-6 **Code:** 10381



Playground Programs Ages 6-14



MORNING PLAYGROUNDS

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.*

Site: South Tyrol Park
Date: Mon-Thu, Jun 14-Jul 29
Time: 9:30-11:30 a.m.



AFTERNOON PLAYGROUNDS

Each supervised playground will offer games, crafts, special events, walking 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.

Sites: Gearty, Hampshire, Lakeview, Lions, Medley, Scheid or Wesley
Date: Mon-Thu, Jun 14-Jul 29
Time: 1:00-4:30 p.m.

PLAYGROUND ARTS & 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 cards will be given to all pre-registered participants which can then be used each week.

Sites: Gearty, Hampshire, Lakeview, Lions, Medley, Scheid or Wesley
Date: Wed, Jun 16-Jul 28
Time: 2:00 p.m.

KICK BALL Ages 7-10

Kick ball is back! Come play with us and kick off some hot summer steam. Participants must wear tennis shoes. T-shirts will be provided.

Site: Lions Park
Date: Tue & Thu, Jun 15-Jul 22
Time: 9:10-10:10 a.m.
Fee: \$28/Res, \$32/Non-Res **Code:** 10202



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:** 10203
Date: Mon, Jun 14-Jul 19 **Fee:** \$29/Res, \$33/Non-Res

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 14-Jul 21
Time: 9:00-10:15 a.m.
Fee: \$31/Res, \$35/Non-Res
Code: 10216

DRAMA CLUB Ages 7-14

Our Drama Club will continue its long history of exciting productions! We'll develop performance sketches, and work on acting techniques and music. We'll produce a show to be performed on the last day of class at 7:00 p.m. All participants must be able to participate in the final performance.

Spring Session

Site: Robbinsdale Spanish Immersion School (8808 Medicine Lake Rd)
Date: Mon & Wed, Apr 12-May 19
Time: 6:15-7:30 p.m.
Fee: \$52/Res, \$56/Non-Res
Code: 10370

Summer Session

Includes a trip to the Old Log Theater to see a performance.

Site: Noble Elementary School
Date: Tue & Thu, Jun 15-Jul 29
Time: 9:00-10:15 a.m. **Code:** 10206
Time: 10:30-11:45 a.m. **Code:** 10207
Fee: \$58/Res, \$62/Non-Res

FLAG FOOTBALL Ages 7-14

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

Site: Hampshire Park
Time: 9:10-10:10 a.m.
Fee: \$29/Res, \$33/Non-Res

Ages 7-10

Date: Tue & Thu, Jun 15-Jul 22
Code: 10204

Ages 11-14

Date: Mon & Wed, Jun 14-Jul 21
Code: 10205

Playground Field Trips Ages 7+

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.



PICK-UP LOCATIONS:

WESLEY • HAMPSHIRE • SCHEID • LIONS

You must specify a park pick-up location when registering.

BRUNSWICK BOWL

Friday, June 18

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.

Fee: \$21/Res, \$25/Non-Res
Code: 10195

Approx Bus Pick-up: 10:00 a.m.
Approx Return: 2:30 p.m.

CASCADE BAY WATER PARK

Friday, July 9

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.

Fee: \$22/Res, \$26/Non-Res
Code: 10196

Approx Bus Pick-up: 10:00 a.m.
Approx Return: 4:00 p.m.

BUNKER BEACH WATER PARK

Friday, July 23

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 \$3. Guests must be 48" tall to ride the waterslides. Bring a bag lunch or money for concessions.

Fee: \$22/Res, \$26/Non-Res
Code: 10194

Approx Bus Pick-up: 10:00 a.m.
Approx Return: 4:00 p.m.

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 fun 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 16-Jul 21
Time: 9:30-11:30 a.m.
Fee: \$32/Res, \$36/Non-Res
Code: 10217



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: Wed-Thu, Aug 11-12
Time: 1:00-3:00 p.m.
Fee: \$24/Res, \$28/Non-Res
Code: 10218

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: Mon, Aug 9
Time: 1:00-3:00 p.m.
Fee: \$15/Res, \$19/Non-Res
Code: 10219

MOM & ME SPA DAY

Ages 9-15

You and your mom will enjoy this special spa experience! Your Once Upon A Star pampering includes: Paraffin Hand Wax, Express Manicure, Express Pedicure, Face Cleanse, Mask and Conditioning! We'll discuss the importance of great skin care and stress relief. Guests will also be treated to a soft hair up do (with tips for doing at home) and a take-home spa treasure! Resident fee applies to Crystal and Golden Valley.



Site: Crystal Community Center
Date: Sat, May 1
Time: 1:15-3:15 p.m.
Fee: \$36/Res pair, \$42/Non-Res pair
Code: 10227

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 Ages 7+

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. Fee includes a recital.

Site: Brookview Community Center **Fee:** \$170/Res, \$180/Non-Res

Instructed by Ella Gerbuz

Date: Begins Tue, Apr 13
Time: Between 6:00-8:30 p.m.
Code: 10210

Instructed by Mila Maron

Date: Begins Wed, Apr 14
Time: Between 3:30-8:30 p.m.
Code: 10209



BEGINNING KEYBOARD CAMP Ages 7-12

This introduction to portable keyboard is an easy and fun way to learn to play familiar melodies. This method uses both easy-play chording and traditional note reading on the grand staff. You will need to provide your own keyboard and bring it to class.

Site: Brookview Community Center **Fee:** \$40/Res, \$45/Non-Res
Date: Mon-Thu, Jul 12-15 **Code:** 10369
Time: 12:30-1:30 p.m.

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: \$80/4-week session

Month: April **Month:** May **Month:** June **Month:** July **Month:** August
Code: 10211 **Code:** 10212 **Code:** 10213 **Code:** 10214 **Code:** 10215

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. Fishing is catch and release.

Participants must bring: Fishing pole and tackle, bike and helmet.

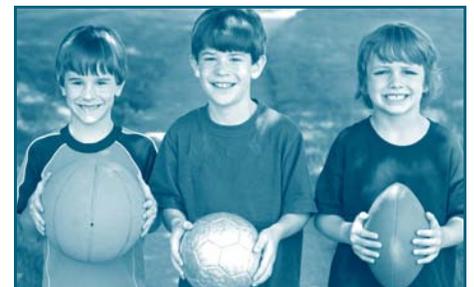
Site: Begin and end at Lions Park
Date: Tue, Jun 15-Jul 20
Time: 9:00 a.m.-12:00 p.m.
Fee: \$27/Res, \$31/Non-Res
Code: 10382



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 15-Jul 29
Time: 10:30-11:45 a.m.
Fee: \$31/Res, \$35/Non-Res
Code: 10383



Youth Activities

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 14-Jul 28
Time: 1:15-3:00 p.m.
Fee: \$33/Res, \$37/Non-Res

Site: Hampshire Park **Code:** 10387
Site: Lions Park **Code:** 10388
Site: Medley Park **Code:** 10386
Site: Scheid Park **Code:** 10385



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 2-6
Time: 9:00 a.m.-3:00 p.m.

Fee: \$65/Res, \$69/Non-Res
Code: 10384

HERSHEY'S TRACK & FIELD Ages 9-14

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. 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.

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:** Properly working bike, helmet, lock, water and appropriate clothing.

Site: Begin and end at Lions Park
Date: Tue & Thu, Jun 15-Jul 22
Time: 1:00-4:15 p.m.

Fee: \$33/Res, \$37/Non-Res
Code: 10389



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 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, \$31/Non-Res
Date: Tue & Thu, Jun 15-Jul 22 **Code:** 10390
Time: 9:10-10:15 a.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 and snack.**

Site: Brookview Community Center
Date: Sat, April 17 **Code:** 10220
Date: Sat, May 22 **Code:** 10221
Date: Sat, Jun 12 **Code:** 10222
Time: 8:00 a.m.-4:00 p.m.
Fee: \$65/Res, \$69/Non-Res



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 is located at 5005 W. 36th St. 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.

Fall Soccer

**Soccer
Registration
Deadline is
August 6th**

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. Games and practices cancelled due to inclement weather will not be rescheduled.

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 11-Oct 30
(No games/practices on Sep 18)
Time: TBD by volunteer coach
Fee: \$32/Res, \$36/Non-Res
Shirt: \$12 (if needed)
Code: 10391



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 2010. 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 30th. Day/time to be determined by the volunteer coach. Participants will be contacted by their coach after August 23rd.

Games: Saturdays, September 11-October 30 *(No games/practices on Sep 18)* with possible weekday evening games. Schedules distributed at practice.

Fees: \$32/Res, \$36/Non-Res, \$12 Shirt (if needed)
Code: 10392 - Grade 2 (Golden Valley only)
 10393 - Grade 3-5 (Joint with Crystal/Robbinsdale)

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.

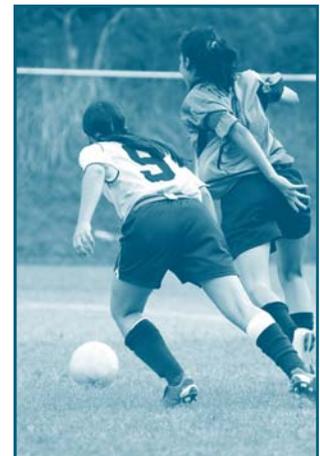
Practices: Begin the week of August 30 with location, day and time determined by the volunteer coach.

Games: Saturdays, beginning September 11 with a possible weeknight game later in the season. Games held in all participating communities.

Fee: \$32/Res, \$36/Non-Res
Code: 10394 - Boys
 10395 - Girls

Volunteer Coaches Needed

for the success of the
Youth Soccer programs.
Anyone interested please
contact the Recreation office
at 763-512-2345.



Skyhawks Programs Ages 4-12



Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979 Skyhawks has taught over one million boys and girls life lessons through sports. Please view our website at www.skyhawks.com for further details.

MINI HAWK CAMP Ages 4-7

This multi-sport program gives children a positive first step into athletics. T-ball, basketball and soccer are taught. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt and merit award. **Please bring:** Two snacks, sunscreen, appropriate clothing and water bottle.

Site: Lions Park

Date: Mon-Fri, Jun 28-Jul 2 **Code:** 10396

Date: Mon-Fri, Jul 26-30 **Code:** 10397

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

Fee: \$105

FLAG FOOTBALL CAMP Ages 7-12

Skyhawks Flag Football is the perfect introduction to "America's Game" or a great refresher for those who want to brush up on their skills preparing for league play. Through our "skill of the day" exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills! All participants receive a t-shirt and merit award. **Please bring:** Two snacks, sunscreen, appropriate clothing and water bottle.

Site: Lions Park

Fee: \$105

Date: Mon-Fri, Aug 16-20

Code: 10401

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

SNAG GOLF CAMP Ages 5-8

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. All participants receive a t-shirt and merit award.

Please bring: Two snacks, sunscreen and water bottle.

Site: Lions Park

Fee: \$105

Date: Mon-Fri, Aug 2-6

Code: 10398

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

SOCCER CAMP Ages 7-12

Skyhawks was founded as a soccer club in 1979. Thirty years later, we are still the number one choice for parents introducing their children to the fundamentals of soccer. Using our progression curriculum, your child will gain the technical skills and sport knowledge required for the next step into soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting, and ball control. All participants receive a t-shirt and merit award. **Please bring:** Two snacks, sunscreen, appropriate clothing and water bottle.

Site: MN Arts School

Fee: \$105

Date: Mon-Fri, Jul 12-16

Code: 10402

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

BASKETBALL CAMP Ages 6-12

This fun, skill-intensive program is designed for the beginning to intermediate player. Our basketball staff focuses on the whole player, teaching your child the skills to be a better athlete. Each day will start with a "skill of the day" and progress into drills and games. All participants receive a t-shirt and merit award. **Please bring:** Two snacks, sunscreen, appropriate clothing and water bottle. Full day campers (ages 9-12) must also bring a lunch.

Site: Davis Community Center

Date: Tue-Fri, Jul 6-9

Ages 6-8

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

Fee: \$85

Code: 10399

Ages 9-12

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

Fee: \$115

Code: 10400

VOLLEYBALL CAMP Ages 7-12

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Our volleyball staff will assist each athlete in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. All participants receive a t-shirt and merit award. **Please bring:** Two snacks, knee pads, appropriate clothing and water bottle.

Site: Davis Community Center

Fee: \$105

Date: Mon-Fri, Jul 26-30

Code: 10403

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

Target Center Event

Get tickets for great events! The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great deals for upcoming events. Events are open to children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation. **TICKET PICK-UP:** Participants will be notified when tickets are available for pickup at the Recreation office.

CIRQUE DU SOLEIL ALEGRIA

Saturday, June 26 • 7:30 p.m.

ALEGRIA, which takes its name from the Spanish word for joy and jubilation, is a baroque and operatic production featuring flamboyant costumes, extraordinary lighting and an elaborate set. It is an impressive mix of skill, strength and speed combined with elegant, almost ethereal performances. This international cast of 55 acrobats, musicians, singers, clowns and characters will captivate you with their two-hour spectacle of breathtaking acrobatics. Age 2+ need a ticket.

Fee: \$64 (lower level reserved)

Deadline: Fri, May 28 or until spaces fill

Code: 10404



Youth Athletic Associations

GOLDEN VALLEY

PHOENIX SOCCER CLUB

Boys and Girls age 9-18

Info Line: 763-544-9829

Web: www.gvphoenixsoccer.org

COOPER/ARMSTRONG

GIRLS FASTPITCH SOFTBALL

Girls age 9-18

Contact: Julie McGrath

Phone: 763-537-2120

E-mail: softballmom67@hotmail.com

Web: www.cooperarmstrongfastpitch.org

GIRLS SLOWPITCH SOFTBALL

Girls in Grades 3-12

Contact: Brian Nelson

E-mail: idealbus@comcast.net

Web: www.gvgs.org

ROBBINSDALE AREA

YOUTH BASEBALL (RAYBA)

Boys age 12-19

Contact: Pat Backen

Phone: 763-439-6454

E-mail: president@raybaseball.com

Web: www.raybaseball.com

GOLDEN VALLEY

LITTLE LEAGUE BASEBALL

Boys and Girls age 7-12

Contact: Peter Birkeland

Phone: 763-591-7795

E-mail: pbirkeland@comcast.net

Web: www.goldenvalleylittleleague.org

GOLDEN VALLEY LIBRARY READING PROGRAMS



Along with these great programs, we also have Plus the Puppet Wagon, Guys Read, Girls, Kids and Teens Only book clubs, storytelling, gaming and more! For complete details, please call the Golden Valley Library at 952-847-5475 or log on to our web site at www.hclib.org.

Dazzling Dave, the Yo-Yo Man

Tuesday, June 15, 2:00 p.m.

The Okeedokee Brothers

Thursday, June 24, 2:00 p.m.

Story Theater

Wednesday, June 30, 10:30 a.m.

Wheels That Work

July 7-28, 10:30 a.m.

Beading With Dulcey

Monday, July 12, 1:30 a.m.

Bill the Juggler

Thursday, July 15, 2:00 p.m.

Yoga for Youth

Thursday, July 22, 1:30 p.m.

Scratch Gaming Studio

Wednesday, August 4, 1:30-4:30 p.m.

Super Summer Science - Static!

Thursday, August 12, 2:00 p.m.



Tennis Programs



Twin City Tennis Camp 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 Tim Klein at 612-600-2460 or e-mail to: info@twincitytenniscamp.com.

TENNIS PROGRAMS OFFERED:

- Youth Morning Camps, Ages 3-5 & 6-8
- Junior Full/Half Day Camps, Ages 6-14
- Youth Weekend Spring and Fall Camps
- High School Afternoon Training Camp
- High School Inter City League Play
- Adult Evening Group Lessons
- Adult Evening Leagues
- Private and Semi Private Lessons

TENNIS PROGRAM LOCATIONS:

Brookview Tennis Center

Located at Winnetka Avenue and Brookview Parkway. Amenities include:

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

Scheid Park Tennis Courts

Located at Duluth Street and Toledo Avenue. Amenities include:

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

USTA JUNIOR DEVELOPMENTAL INTER-CITY 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 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 Brookview. Schedules will be given at the start of the program.

Site: Brookview and other cities **Fee:** \$125/Res, \$129/Non-Res
Day: Mon & Wed, June 7-Aug 7 **Code:**
Time: 1:00-3:00 p.m.



HIGH SCHOOL TENNIS TRAINING CAMP Ages 14-18

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

Week	Date	Time	Fee	Code
Entire summer weeks 1-11	Mon-Thu, Jun7-Aug 19	4:00-6:00	\$599	10359
Week 1	Mon-Thu, Jun 7-10	4:00-6:00	\$99	10358
Week 2	Mon-Thu, Jun 14-17	4:00-6:00	\$99	10359
Week 3	Mon-Thu, Jun 21-24	4:00-6:00	\$99	10360
Week 4	Mon-Thu, Jun 28-Jul 1	4:00-6:00	\$99	10361
Week 5	Mon-Thu, Jul 5-8	4:00-6:00	\$99	10362
Week 6	Mon-Thu, Jul 12-15	4:00-6:00	\$99	10363
Week 7	Mon-Thu, Jul 19-22	4:00-6:00	\$99	10364
Week 8	Mon-Thu, Jul 26-29	4:00-6:00	\$99	10365
Week 9	Mon-Thu, Aug 2-5	4:00-6:00	\$99	10366
Week 10	Mon-Thu, Aug 9-12	4:00-6:00	\$99	10367
Week 11	Mon-Thu, Aug 16-19	4:00-6:00	\$99	10368

Quick Start USTA Morning Camps Ages 3-8

These camps are offered Monday-Friday at Brookview or Scheid Park during the summer months and on Saturday's in the spring and fall at Brookview. Sign-up for your desired dates and participants will be divided into their appropriate age group on the first day of camp.

FUTURE CHAMPS Ages 3-5

For our smallest hitters. Our goal is to provide a safe, exciting, and fun tennis environment for young children to begin enjoying the fantastic game of tennis while making lots of new friends and enjoying their great coaches. Camper/coach ratio is 6:1.

JUNIOR CHAMPS Ages 6-8

For our beginning younger players. Junior Champs gives children a variety of exciting opportunities to develop their basic tennis skills and participate in a fun introductory atmosphere while making new friends and learning from great coaches. Camper/coach ratio is 6:1.



NON-RESIDENTS ADD \$4 TO LISTED FEE.

Session	Week	Date	Time	Fee	BROOKVIEW	SCHEID
					Code	
Spring Session		Sat, May 8-Jun 5 <i>(No May 29)</i>	9:30-11:30 a.m.	\$85	10324	10325
Entire Summer (weeks 1-11)		Mon-Fri, Jun 7-Aug 20	9:00-11:00 a.m.	\$599	10326	10327
Session 1 (weeks 1-3)		Mon-Fri, Jun 7-25	9:00-11:00 a.m.	\$245	10328	10329
	Week 1	Mon-Fri, Jun 7-11	9:00-11:00 a.m.	\$99	10330	10344
	Week 2	Mon-Fri, Jun 14-18	9:00-11:00 a.m.	\$99	10331	10345
	Week 3	Mon-Fri, Jun 21-25	9:00-11:00 a.m.	\$99	0332	10346
Session 2 (weeks 4-6)		Mon-Fri, June 28-Jul 16	9:00-11:00 a.m.	\$245	10333	10347
	Week 4	Mon-Fri, June 28-Jul 2	9:00-11:00 a.m.	\$99	10334	10348
	Week 5	Mon-Fri, Jul 5-9	9:00-11:00 a.m.	\$99	10335	10349
	Week 6	Mon-Fri, Jul 12-16	9:00-11:00 a.m.	\$99	10336	10350
Session 3 (weeks 7-9)		Mon-Fri, Jul 19-Aug 6	9:00-11:00 a.m.	\$245	10337	10352
	Week 7	Mon-Fri, Jul 19-23	9:00-11:00 a.m.	\$99	10338	10351
	Week 8	Mon-Fri, July-26-30	9:00-11:00 a.m.	\$99	10339	10353
	Week 9	Mon-Fri, Aug 2-6	9:00-11:00 a.m.	\$99	10340	10354
	Week 10	Mon-Fri, Aug 9-13	9:00-11:00 a.m.	\$99	10341	10355
	Week 11	Mon-Fri, Aug 16-20	9:00-11:00 a.m.	\$99	10342	10356
Fall Session		Sat, Aug 28-Oct 2 <i>(No Sep 4 or 18)</i>	9:30-11:30 a.m.	\$85	10343	

Tennis Programs

Junior Developmental USTA Full & Half Day Camps Ages 6-14

Offered Monday-Friday at Brookview Tennis Center or Scheid Park. Sign-up for desired week/session and participants will be divided into their appropriate age group on the first day of camp. *Campers attending full-day camps should bring a lunch, snack, sunscreen and water jug each day. Camper/Coach ratio is 6:1

CHAMPS TENNIS-N-FUN DAY CAMP Ages 6-8

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

CHALLENGER TEAM TENNIS CAMP Ages 9-12

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.

ADVANCED TEAM TENNIS 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-RESIDENTS ADD \$4 TO LISTED FEE.		BROOKVIEW								SCHEID			
		*Full-Day 9:00-4:00		Half-Day 11:00-4:00		Morning 9:00-12:00		Afternoon 1:00-4:00		Morning 9:00-12:00		Afternoon 1:00-4:00	
		Fee	Code	Fee	Code	Fee	Code	Fee	Code	Fee	Code	Fee	Code
Entire Summer (weeks 1-11)	Jun 7-Aug 20	\$1099	10323	\$799	10419	\$499	10420	\$499	10421	\$499	10422	\$499	10423
Session 1 (weeks 1-3)	Jun 7-25	\$435	10238	\$365	10252	\$275	10294	\$275	10309	\$275	10264	\$275	10280
	Week 1 Jun 7-11	\$195	10239	\$165	10253	\$115	10296	\$115	10310	\$115	10265	\$115	10281
	Week 2 Jun 14-18	\$195	10240	\$165	10254	\$115	10297	\$115	10311	\$115	10266	\$115	10282
	Week 3 Jun 21-25	\$195	10241	\$165	10255	\$115	1098	\$115	10312	\$115	10267	\$115	10283
Session 2 (weeks 4-6)	Jun 28-Jul 16	\$435	10424	\$365	10256	\$275	10299	\$275	10313	\$275	10268	\$275	10284
	Week 4 Jun 28-Jul 2	\$195	10243	\$165	10257	\$115	10300	\$115	10314	\$115	10269	\$115	10285
	Week 5 Jul 5-9	\$195	10244	\$165	10258	\$115	10301	\$115	10315	\$115	10270	\$115	10286
	Week 6 Jul 12-16	\$195	10245	\$165	10259	\$115	10302	\$115	10316	\$115	10271	\$115	10287
Session 3 (weeks 7-9)	Jul 19-Aug 6	\$435	10246	\$365	10260	\$275	10303	\$275	10317	\$275	10272	\$275	10288
	Week 7 Jul 19-23	\$195	10247	\$165	10261	\$115	10304	\$115	10318	\$115	10273	\$115	10289
	Week 8 Jul 26-30	\$195	10248	\$165	10262	\$115	10305	\$115	10319	\$115	10274	\$115	10290
	Week 9 Aug 2-6	\$195	10249	\$165	10263	\$115	10306	\$115	10320	\$115	10275	\$115	10291
Session 4 (wks 10-11)	Aug 9-20	\$285	10424	\$285	10425	\$150	10426	\$150	10427	\$150	10428	\$150	10429
	Week 10 Aug 9-13	\$195	10250	\$165	10277	\$115	10307	\$115	10321	\$115	10276	\$115	10292
	Week 11 Aug 16-20	\$195	10251	\$165	10278	\$115	10308	\$115	10322	\$115	10279	\$115	10293

ADULT CARDIO USTA TENNIS PROGRAMS

This program is offered Tuesday through Thursday afternoon or evening at Brookview Tennis Center. Attend one, two or three days a week. All lessons are for beginner to intermediate/advanced level players. All ability levels are welcome. Participants will be divided into their requested skill level on the first day of class. Class ratio 6:1 player/coach. Maximum 12 people per time frame.

Site: Brookview Tennis Center

Fee: One lesson per week \$85/Res, \$89/Non-Res
 Two lessons per week \$150/Res, \$154/Non-Res
 Three lessons per week \$195/Res, \$199/Non-Res

WHEN REGISTERING, YOU MUST DESIGNATE DAY(S) ATTENDING AND SKILL LEVEL CHOICE.

Level 1 - Beginner 1.0-2.5

Exercise, Movement, Skills and Fun.

Level 2 - Intermediate 2.5-3.5

High Energy, Skills and Fun.

Level 3 - Advanced 3.0-4.0

Tennis & Play - Intense Drilling, Technique and Fun.

OFFERED TUESDAY, WEDNESDAY OR THURSDAY			
Session	Date	Time	Code
Session 1	May 4-27	4:00 p.m.	10408
		6:00 p.m.	10410
Session 2	June 1-24	4:00 p.m.	10411
		6:00 p.m.	10412
Session 3	June 29-Jul 22	4:00 p.m.	10413
		6:00 p.m.	10414
Session 4	July 27-Aug 19	4:00 p.m.	10415
		6:00 p.m.	10416
Session 5	Aug 24-Sep 16	4:00 p.m.	10417
		6:00 p.m.	10418

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 4th and play 8-10 matches.



WOMEN'S SINGLES ON TUESDAYS

Time: 6:00-9:00 p.m.
Fee: \$20
Code: 10405

MIXED DOUBLES ON WEDNESDAYS

Time: 6:00-9:00 p.m.
Fee: \$26/couple
Code: 10406

MEN'S SINGLES ON THURSDAYS

Time: 6:00-9:00 p.m.
Fee: \$20
Code: 10407

WOMEN'S DOUBLES ON THURSDAYS

Time: 6:00-9:00 p.m.
Fee: \$26/couple
Code: 10409

PRIVATE & SEMI-PRIVATE TENNIS LESSONS

Private lessons are one-on-one instruction with a U.S.P.T.A. Certified Coach/semi-private lessons are 2, 3 or 4 students/instructor. All private lessons will be scheduled at Brookview Tennis Courts. To arrange for private lessons in advance, call Twin City Tennis Camp at 612-600-2460 or stop by the tennis pro 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 lesson \$500

PUBLIC TENNIS COURTS

Brookview Hwy 55 & Winnetka
 Courts 6
 With Lights 4

Gearty Regent & Triton
 Courts 1
 With lights 1

Glenview Zenith & Major
 Courts 2
 With lights 2

Lions Harold & Louisiana
 Courts 2
 With lights 0

Medley Ensign & 23rd
 Courts 3
 With lights 3

Scheid Duluth & Toledo
 Courts 2
 With lights 2

Seeman Hampshire & Phoenix
 Courts 2
 With lights 0

Wesley Wesley Dr & Orkla
 Courts 3
 With lights 3

Wildwood Duluth & Louisiana
 Courts 2
 With lights 0

Belly Dancing with Tatyana

CLASSES HELD AT BROOKVIEW COMMUNITY CENTER

Fee per Class: \$64/Res, \$68/Non-Res

BELLY DANCING—LEVEL I

Come to explore the beautiful and ancient art of belly dance/Middle Eastern dance. 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.

Date: Thu, Mar 4-Apr 29
(No Mar 25) **Time:** 7:00-8:30 p.m. **Code:** 10228

BELLY DANCING—LEVEL II

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

Date: Mon, Mar 8-May 3
(No Mar 22) **Time:** 8:00-9:30 p.m. **Code:** 10237

MIXED LEVEL BELLY DANCE

Whether you want to try what belly dance is or want to expand you experience in belly dance come to the mixed level belly dance class. We will be learning and reviewing basic steps and movements, and put them into combinations. Advanced level students will be challenged with layering movements. Wear loose comfortable clothing. Hip scarves are not required but they are fun to wear.

Date: Thu, Jun 3-Jul 22 **Time:** 7:00-8:30 p.m. **Code:** 10229

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.

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.

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 14-May 26
Time: 6:30-8:00 p.m.
Fee: \$56/Res, \$60/Non-Res
Code: 10230

YOGA WITH ANNETTE

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 6-May 25 (No May 4)
Time: 11:00 a.m.-12:00 p.m.
Fee: \$56/Res, \$60/Non-Res
Code: 10231

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.

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. No black soled shoes at Crystal.



Crystal Community Center
Monday-Friday - 10:00 a.m.-2:00 p.m.

Sandburg Middle School
Monday-Thursday - 6:00-8:30 p.m.

PILATES-INSPIRED WORKOUT WITH ANNETTE

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 12-May 24
Time: 6:30-7:30 p.m.
Fee: \$48/Res, \$52/Non-Res
Code: 10232

Yoga & Pilates with Laura

CLASSES HELD AT BROOKVIEW COMMUNITY CENTER.

YOGA & PILATES

Strengthen your body and calm your mind....give yourself a revitalizing break, while uncovering your natural power. This 70-minute class, with a sprinkling of pilates, creates flexibility, strength, and healthy posture. 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.

Date: Tue, May 4-Jun 15
Time: 5:30-6:40 p.m.
Fee: \$70/Res, \$74/Non-Res
Code: 10233

Date: Tue, Jul 6-Aug 31 (No Aug 10)
Time: 5:30-6:40 p.m.
Fee: \$80/Res, \$84/Non-Res
Code: 10234

POWER YOGA & PILATES

A natural extension of the Yoga and Pilates class (above), this class focuses on creating and nurturing body alignment, flexibility and strength. Includes some more challenging poses in a longer class format. This 90-minute class consists of breath awareness, yoga poses, pilates core exercises, light weight work, and a guided relaxation. Previous experience with yoga is helpful, however, beginners are welcome! Bring a sticky mat, 1-5 lb. hand weights (optional), a small blanket and pillow for relaxation (optional.)



Date: Tue, May 4-Jun 15
Time: 6:45-8:15 p.m.
Fee: \$84/Res, \$88/Non-Res
Code: 10235

Date: Tue, Jul 6-Aug 31 (No Aug 10)
Time: 6:45-8:15 p.m.
Fee: \$96/Res, \$100/Non-Res
Code: 10236

About the Instructor... *Laura Lazowski*

Laura is a certified yoga instructor and facilitates hatha yoga in a flow style. She has been practicing yoga for over 25 years.

TAE KWON DO

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: Brookview Community Center
Time: 6:00-6:45 p.m.
Fee: \$56/Res, \$60/Non-Res
Date: Tue, Apr 6-May 11 **Code:** 10174
Date: Tue, May 18-Jun 22 **Code:** 10175
Date: Tue, Jun 29-Aug 3 **Code:** 10176

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.



ADULT OPEN GYMS AT DAVIS COMMUNITY CENTER

All levels are welcome to participate. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at any of the times listed below. Basketballs and volleyballs are provided.

Fee: \$28/10-time punch pass or \$4/pp daily, pay at door

Adult (18+) Open Basketball

Date: Wed, Mar 31-May 26
Time: 8:00-10:00 p.m.

Date: Sat, Apr 3-May 2
Time: 8:00-10:00 a.m.

Over 40 Open Basketball

Date: Mon, Apr 5-May 31 (No May 24)
Time: 8:00-10:00 p.m.

Adult (18+) Open Volleyball

Date: Tue, Apr 6-May 25
Time: 8:00-10:00 p.m.

Date: Thu, Apr 1-May 27
Time: 8:00-10:00 p.m.

Date: Sun, Apr 4-May 23
Time: 3:00-5:00 p.m.



Adaptive Programs



REACH is an adaptive recreation program run in cooperation with the cities of Brooklyn Center, Brooklyn Park, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area. Services include information, referral, advocacy and counseling. For information and registration procedures, call Becca at 952-988-4177 or go www.reachforresources.org.

YOUTH PROGRAMS (Ages 5-12)

AUGUST ACTION Join us for a week of fun filled afternoons! We will meet at a different locations in the Northern Suburbs to explore our communities and enjoy summer!! Aug 23-27 from approx. 1-3 p.m. \$75/Res, \$83/Non-Res, plus occasional activity fees.

SPORTS SAMPLER Try out a variety of sports in this fun summer sampler! Each week we will learn the basics of a different sport. A fun, non-competitive way to try-out sports you may like. Held at Brooklyn Park Community Activity Center on Jun 21-Jul 26 from 6:30-7:30 p.m. \$35/Res, \$43/Non-Res.

FAMILY YOGA Increase attention span, focus, muscle tone, and flexibility. This class is designed for children with disabilities and their parents to learn yoga together. Siblings are welcome too! All children must be accompanied by at least one adult. Held at St. Louis Park Rec Center (3700 Monterey Dr) on Tue, Mar 30-May 4 from 5:30-6:30 p.m. \$50/parent and child pair, \$55/Non-Res (\$20/addl family member).

TEEN PROGRAMS (Ages 13-21)

GIRLS CLUB Designed for girls who are independent in their personal cares and who want to have fun!! We meet one Saturday each month for a variety of fun activities! Held at various locations. \$30/Res, \$38/Non-Res per session. Spring session runs Apr 17, May 15 & Jun 19. Summer session runs Jul 17, Aug 21 & Sep 18.

TEEN SOFTBALL Improve your skills, make new friends, and HAVE FUN in this competitive softball league for teens. Held at Burne's Park in Hopkins on Fri, Jun 4-Aug 13 from 6:30-8:00 p.m. \$30/Res, \$38/Non-Res.

TAKE 5 RESPITE Do you need something fun to do during your summer break? Come to Take 5 respite! This is an all day program for teens that is full of fun – field trips, crafts, games, sports, movies, and more!! Held at Elim Lutheran Church in Robbinsdale on Mon-Fri, Aug 2-27 from 9:00 a.m.-3:30 p.m. \$350 per week.

ADULT (Ages 18+)

YOGA Relax, get in shape, increase muscle tone, improve focus, and enhance flexibility! Held at St. Louis Park Rec Center (3700 Monterey Dr) on Tue Mar 30-May 4 from 6:45-7:45 p.m. \$40/Res, \$48/Non-Res.

NON-COMPETITIVE SOFTBALL A fun non-competitive softball league for adults that focuses on teamwork, improving skills, and having fun! Held at Harley Hopkins Fields on Thu, Jun 3-Aug 12 from 6:30-8:00 p.m. \$30/Res, \$38/Non-Res. *Competitive League also available Monday evenings - call Molly at 952-582-8264 for information.*

BOWLING

Join us for fun, non-competitive bowling. You will bowl 2 games each week at either:

Doyle's Bowling Lane, Crystal

Sat, Mar 27-May 15, 12-2 p.m.

Tue, Jun 15-Aug 10, 6:30-8:30 p.m.

\$35/Res, \$43/Non-Res, plus \$3/week

Earle Brown Bowl, Brooklyn Center

Sat, Mar 27-May 15, 3-5 p.m.

\$35/Res, \$40/Non-Res, plus \$4/week

SPECIAL EVENTS

DANCES FOR ALL

Join your friends and groove to all the latest hits! All dances are from 7:00pm - 9:00pm and cost \$5 at the door. Call 952-988-4177 for more information.

April 16 – St. Louis Park High School

May 7 – Winnetka Learning Center

May 21 – St. Louis Park High School

June 18 – St. Louis Park High School

July 16 – St. Louis Park High School

August 11 – Location to be determined

August 12 – St. Louis Park High School

19th ANNUAL BOWL-A-THON

Join us for our annual FUNdraiser!! Collect pledges and then join us for two games of bowling, pizza, and prizes! Held on Sat, April 24 from 9:30 a.m.-1:00 p.m. at Park Tavern Lanes in St. Louis Park. \$40 minimum in pledges to bowl, \$15 donation for spectators (includes lunch). **Don't miss this great opportunity to help support Reach for Resources!!!**

**For more
information
on these and
other adaptive
recreation
options,
call Becca
at 952-988-4176**

Golden Valley Senior Center

The Golden Valley Senior Center is located in the Evergreen Room at Brookview Community Center. Join us for scheduled activities and program,. Come in 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 Rd
- Calvary Lutheran Church
7520 Golden Valley Rd
- Country Villa Assisted Living
7475 Country Club Dr
- Dover Hills Apartments
2400 Rhode Island Ave N



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: Jan 1-Dec 31, 2010
Fee: \$5/Res, \$8/Non-Res
Code: 10052

Thanks for your support!



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 between 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 may be charged to you.

Site: Brookview Community Center
Date: Tue, Mar 16, Apr 20, May 18, Jun 15, Jul 20, Aug 17
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. Appointment times are 9:00, 10:00 or 11:00 a.m. He'd love to work with you!

Site: Brookview Community Center **Dates:** Tue, Mar 9, Apr 13, May 11 & Jun 8



BLOOD PRESSURE SCREENING



This FREE service is provided by the staff of Ambassador Good Samaritan Home Health Nurses.

Site: Brookview Community Center
Time: 11:00-11:30 a.m.
Date: Wed, Mar 24, Apr 21, May 26, Jun 23, Jul 21 & Aug 25



TAX ASSISTANCE 2010

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. The volunteers attend training but are not professional tax accountants. Registration is taken at the door the day of the service beginning at 8:15 a.m.



Site: Brookview Community Center
Date: Thu, Mar 4, 11, 18, 25 & Apr 1, 8, 15
Time: 9:00 a.m.-12:00 p.m.

MASTERS SAFETY SEMINAR: SAFEGUARD YOUR GOLDEN YEARS



Approaching your golden years? Already there? Or maybe you just want an adult-level safety refresher. Join the Golden Valley Police and Fire Departments for a masters seminar about safety issues that most often affect adults and elders. Learn from professionals and take home valuable lessons on how to keep you and your loved ones safe. Get the latest information about: •Crime Prevention Basics, •Fire Prevention and Safety, •Avoiding Identity Theft and Frauds, •Emergency Medical Concerns, •Resources For Golden-Agers, and more! Free seminar includes dinner & giveaways.

Call the Golden Valley Police Dept. at 763-593-8079 to register.

Site: Golden Valley Public Safety
Date: Tue, Apr 19
Time: 6:00-9:00 p.m.

Senior Activities

PEDAL PUSHERS KICK-OFF

Tuesday, April 6 • 10:00 a.m. • Brookview Community Center

Join Nancy, our fearless leader, as we plan our 2010 Pedal Pusher season. Nancy will show breathtaking slides of her and Keith's 2009 travel adventures to Indochina. The new "Pedal Pushers" t-shirt will be available for purchase. Refreshments served and donations will be accepted. Register by calling the Senior office by April 2.

2010 SENIOR SPRING FORUM

Wednesday, April 14 • 8:30 a.m.-12:00 p.m.
Brooklyn Park Community Center (5600 - 85th Ave N)



Hear presentations about topics that affect seniors on a daily basis. Visit over 45 informational booths. Coffee and treats provided. Call 763-503-2520 to register by April 7. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.

SENIOR GOLF PAR 3 LEAGUE KICK-OFF

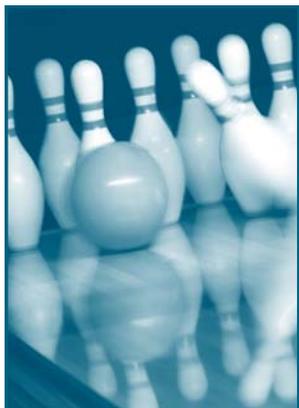
Thursday, April 29 • 9:30 a.m. • Brookview Community Center

Kick-off the 2010 golf season with Ben Disch, Brookview's Golf Manager. Learn about the Senior Golf League and meet the committee members. A \$5 league registration will also be taken that day. No pre-registration required.

TODAY'S NEW MEDIA: WHO CAN WE TRUST?

Wednesday, May 5 • 6:00 p.m.
Golden Valley Library (830 Winnetka Ave)

It can be so confusing and frustrating. It's no longer just commercial TV and radio, the daily newspaper, news magazines and public broadcasting it's also cable TV, the Internet and its bloggers, unending talk, radio, specialty publications, and your cell phone that insist on keeping you "informed" and "in touch." How do we sort out what is important, what we need, what to believe? What is the truth? Who decides what we see and hear? Presented by Frank Wright, former Associate Editor, Washington Bureau Chief, Managing Editor & Foreign Correspondent, Star Tribune through the Augsburg College of the Third Age program. Call the Senior office to register by April 30.



BOWLING TOURNAMENT

Tuesday, May 11 • 12:30 p.m.
Texa-Tonka Lanes
(8200 Minnetonka Blvd. St. Louis Park)

It's our annual fun-filled bowling tournament hosted by Texa-Tonka Lanes. A \$4 fee (payable to Texa-Tonka) includes three games, shoes, ball, coffee, cookies and prizes. No pre-registration required.

SENIOR SURF DAYS

Thursday, May 13 & July 29
9:00- 11:00 a.m.

Golden Valley Library
(830 Winnetka Ave)

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®. Registration is required by calling 952-847-5475 or visit: www.hclib.org.



SPECIAL SPEAKER: AUTHOR ANN KERR

Saturday, July 24 - 1:00 p.m.
Golden Valley Library (830 Winnetka Ave)

Kerr will share stories and photographs from her book; a memoir of her experiences as a Northwest Airlines stewardess in the 1950s. She'll revisit the golden age of commercial aviation before deregulation, bankruptcies, mergers and screening, when passengers dressed up for their flights and enjoyed live organ music while sipping champagne. Winner of the 2009 Minnesota Aviation Hall of Fame Writer's Award. Books will be available for purchase and signing. Sponsored by the Friends of the Golden Valley Library.

INTERMEDIATE BRIDGE WITH DICK WELANDER

Made for the player who has basic knowledge of the game, sharpen your skills with these classes. Dick is a Life Master Player and Certified Instructor from American Contract Bridge League.



Site: Brookview Community Center
Date: Fri, Apr 9-May 28 **Code:** 10430
Date: Fri, Jun 4-Jul 23 **Code:** 10431
Time: 9:00-10:30 a.m.
Fee: \$30/Res, \$34/Non-Res

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
Date: Wed, Apr 14 & 21

Time: 6:00-10:00 p.m.
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 8, May 13, Jun 10, Jul 8, Aug 12
Date: Wed, May 19

Time: 9:00 a.m.-1:00 p.m.
Time: 6:00-10:00 p.m.

OILS & ACRYLICS WITH JUDY

Looking for a creative outlet? Instructor Judith Baron will teach you to paint pictures in acrylics or oil. Classes are small to allow for individual help. If new to the class, leave your name and number and Judy will call you about the supplies to bring to class. Punch passes can be purchased at the Recreation office.

Site: Brookview Community Center
Date: Mondays, beginning May 3-Dec 6
(No class May 31, Jul 5, Sep 6)

Time: 9:30-11:30 a.m.
Fee: \$39/6-time punch pass

CARD & GAME GROUPS

These card and game groups meet on a regular basis at Brookview Community Center as listed below. New players are always welcome!

Bridge
Women's Advanced
1st & 3rd Tuesday 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.



ARMCHAIR TRAVELERS

Explore new lands without leaving the comfort of your neighborhood. New travelers welcome! Refreshments served. Dates have not been determined. See the Senior Newsletter for more information.

Site: Country Villa Assisted Living (7475 Country Club Dr) **Time:** 2:00 p.m.

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. "The more the Mary-ier!" See the Senior Newsletter for meeting dates.



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 15
Reading Stock Charts For Buy and Sell Signals. Presented by Larry Klick, Money Matters member.

Thursday, May 20
Probate: Understand It; Avoid It! Presented by Elizabeth Michaelis, Guardian Law.

Thursday, June 17
End-of-Life Decision Making: preparing yourself and your loved ones for a difficult time. Presented by Elizabeth Michaelis, Guardian Law.

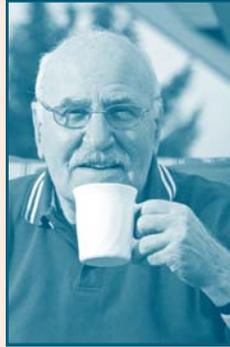
Thursday, July 15
What to Do When Someone Dies. Presented by Elizabeth Michaelis, Guardian Law.

Thursday, August 19
The When, Where and Why of Buying a Car. Presented by Sam Bell, BellMobile.

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.

BROOKVIEW COMMUNITY CENTER • 9:45 A.M.
Fee: \$2 (payable at the door)



ZOEY'S STORY Wednesday, April 28

Zoey's Story is a collection of actual events in her life as "told" by her through her owner, Larry. Follow this Black Lab's adventures through dog obedience and therapy training. Share her humorous, tender and sad moments with her friends and adopted family. This story will remind pet lovers that their animals have stories to tell, if you listen carefully. Books available for purchase. Register by April 26.

WHY DO WE SAY SUCH THINGS? Wednesday, May 26

Many words and phrases we use today either don't make sense or have changed meanings and are no longer used the same way. You'll be surprised and entertained by this look at our changing language. Words and phrases have stories and learning those stories is called Etymology. Presented by Conrad Posz, Ph.D. and Covenant Village resident. Register by May 24.

FROM START TO FINISH, IT REALLY IS A GLOBAL ECONOMY Wednesday, June 23

You see the finished product on the shelf – Department 56, Hallmark ornaments, snow globes – but did you know it takes creativity and manpower on both sides of the ocean to make that happen? Meet Cheryl Wold, a free-lance designer, who will take us through the fascinating process "from start to finish" from Minnesota to Taiwan, China and back. Register by June 21.

THE FIRST EIGHTY-NINE YEARS Wednesday, July 28

In *The First Eighty-Nine Years*, Golden Valley resident and first-time author, Harriet Fleming, takes readers from her childhood growing up on a daily farm in a small southeastern town in Minnesota, to her travels as a military wife. She reveals the heartbreak of divorce, the loneliness of widowhood and the pain of losing a daughter. Books available for purchase. Register by July 26.

MY PURSE/WALLET WAS STOLEN! WHAT DO I DO NOW? Wednesday, August 25

Having your purse and/or wallet stolen can be a frustrating and sometimes frightening experience. The Council on Crime and Justice can help. This non-profit organization provides guidance and more for victims of crime. Learn what to do if your purse/wallet is stolen and other services this agency provides. Presented by Ellen Longfellow, Council on Crime and Justice. Register by August 23.



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. Call the senior office to be placed on the mailing list.

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 25

Remembering Favorite Radio & Television Shows

Thursday, April 22

Remembering Catalogs

Thursday, May 27

Remembering "Made in the USA"

Thursday, June 24

Remembering 4th of July Celebrations

Thursday, July 22

Remembering Soda Fountains & Ice Cream Parlors

Thursday, August 26

Remembering County & State Fairs



LIVING WISE & WELL

It's a fact! People are living longer and healthier lives. Join us for this free program that offers information each month for a happy, healthier you. No pre-registration necessary.

Site: Calvary Cooperative Center
Time: 1:00 p.m.

Thursday, April 1

Are Your Feet Happy?

Thursday, May 6

No meeting

Thursday, June 3

What are Labels Really Telling You?

Thursday, July 1

Being Social—It's Good For You!

Thursday, August 5

Let's Make a Deal



Senior Golf Leagues

SENIOR PAR 3 LEAGUE

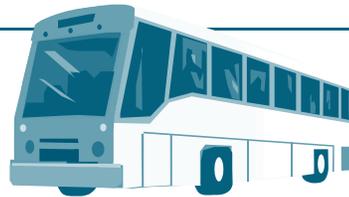
Adults 55+ are invited to play the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 a.m. with weekly sign-up. The season runs May 7-September 17. \$5 league fee is collected at the kick-off meeting on April 29. Green fees are \$9/week and power carts are \$15/time payable at tee time.

SENIOR PATRON 18 HOLE REGULATION LEAGUE

Join us on the 18 hole course at Brookview on Tuesdays, May 19-August 24. \$25 league registration is due May 11. Green fees are \$23/week, power carts are \$35/time payable at tee time. Call 763-512-2314 for information. **NOTE:** You must be a valid Brookview Senior Patron card holder to register and play.



Mary Wanderer's 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.

PICK-UP LOCATIONS:

Calvary Co-op/Apts • Golden Valley City Hall

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

GOLDEN STRINGS AT THE LAFAYETTE CLUB

Wednesday, April 21

"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. Lunch in the Ballroom consists of: Lafayette House Salad, rolls/butter, breast of chicken florentine, vegetable, potatoes, coffee, iced tea, and dessert. The Golden Strings is founded and lead by virtuoso violinist Clifford Brunzell. This unique group plays music ranging from the classic to pops, from romance to jazz. Don't miss out!

Code: 10039

Fee: \$59

Register or Cancel By: March 22

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

Approx Return: 3:15 p.m.

RED WING Thursday, May 6

We're traveling to Red Wing to hear the history of the First Methodist Church – its building and congregation and then enjoy a performance of the Golden Valley Golden Tones and the Red Wing Silver Tones. A box lunch will be served at the church before stopping at the NEW Red Wing Shoe Company's Museum and Retail Store. The new building opened on August 3, 2009 and measures 17,800 sq. ft. It houses the world's largest boot – size 638½ D standing 16 feet tall.

Code: 10038

Fee: \$41

Register or Cancel By: April 19

Pick-ups Begin: 9:30 a.m.

Approx Return: 4:00 p.m.

BEHIND THE SCENES

Wednesday, June 9

We meet Paul Nolan, a jockey with over 1,000 victories, giving us a tour of the Canterbury stables. We then tour the Canterbury building and learn the history of the track. A roast chicken lunch will be served at Dangerfield's. On to Rahr Malting Company, for a tour of this malting business. We're not done yet! We'll tour the historic Brewery House, built in 1856 by Herman Strunk, one of the first brewers in MN. The home has been restored with beautiful antiques and gardens. Our final stop is at the Savage Library to meet members of the Dan Patch Society where we will see memorabilia and hear about the famous harness horse.

Code: 10044

Fee: \$57

Pick-ups Begin: 8:40 a.m.

Approx Return: 4:15 p.m.

Register or Cancel By: May 17

LUNCH CRUISE ON LAKE MINNETONKA

Monday, July 12

We'll shove off from Al and Alma's for a 1½ hour lunch cruise on Lake Minnetonka. The main cabin area is climate controlled with seating, large windows for viewing and restrooms. If you'd rather be outside, there is also an upper deck. A plated lunch of salad, sandwich, chips, dessert, coffee/water will be served. Bar service is available (on your own). The boat is not "legally handicapped accessible" but the crew is available to assist you with the steps.

Code: 10046

Fee: \$32

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

Approx Return: 2:15 p.m.

Register or Cancel By: June 28





TALL SHIPS FESTIVAL

Friday, July 30

Breakfast at Tobie's starts the day as we head north to Duluth. Enjoy the beautiful view of the harbor along Skyline Drive before arriving at the Harbor Drive Docking Area to view the Tall Ships, a large traditionally rigged sailing vessel. You can view from a distance or wait in line to enter the vessels. Lunch is on your own and Canal Park is a short walk away, along the waterfront. We will make a short stop before returning home (on your own).

Code: 10048

Fee: \$63

Pick-ups Begin: 7:55 a.m.

Approx Return: 6:00 p.m.

Register or Cancel By: June 21

MORA TOUR OF GARDENS

Saturday, July 31

Our morning begins at the Kanabec History Center for brunch. The menu has not been set, but Mary guarantees it will be fabulous! Time to shop the gift store and antique shop before leaving the Center. This afternoon the Mora Town and Garden Club will present private gardens for your enjoyment. Walk through unique and diverse landscapes with artists stationed throughout the tour with items for sale.

Code: 10033

Fee: \$49

Pick-ups Begin: 9:25 a.m.

Approx Return: 5:30 p.m.

Register or Cancel By: July 6

HOW TO TALK MINNESOTAN Thursday, August 12

Minnesota's favorite "homegrown musical" is back by popular demand! Let the Humde family and friends at the Lost Walleye Lodge teach you the fine art of talkin' Minnesotan. Learn the positive power of the negative, accepting food on the third offer and the basic lessons - "you bet," "whatever," and "that's different." A fun way to spend the afternoon "don't cha know". A chicken buffet lunch will take place prior to the show at the Plymouth Playhouse.

Code: 10041

Fee: \$50

Register or Cancel By: July 26

Pick-ups Begin: 11:00 a.m.

Approx Return: 3:30 p.m.

SWEET WISCONSIN DISCOVERIES Wednesday, August 18

We're heading east. First stop is the outlet store of Best Maid Cookies, made with all natural ingredients. Yum! Next we'll enjoy a delicious buffet lunch at the Westwind Restaurant with two hot entrees, salad bar, potato, vegetables, bread and beverage. Save room for dessert at the UW-River Falls Agriculture store for fresh ice cream made on campus. Last stop before home is the award-winning River Chocolate Company which specializes in truffles, using local, organic creams and butters.

Code: 10051

Fee: \$46

Register or Cancel By: August 2

Pick-ups Begin: 9:10 a.m.

Approx Return: 3:15 p.m.

GUNFLINT TRAIL/GRAND MARAIS Tue-Thu, June 15-17

Day 1: Leave Golden Valley, coffee and rolls at Tobies, lunch at the Rustic Inn Restaurant, tour of the Grand Portage Heritage Center. Check into the Best Western Superior Inn, Grand Marais. Dinner (on own) in downtown Grand Marais. **Day 2:** Have breakfast at the hotel, travel up the Gunflint Trail, lunch at the Gunflint Lodge. After lunch a member of the Historical Society will take group to see the historic Chick-Wauk Lodge building which will become a museum for the historical society scheduled to open July 4, 2010, return to the Superior Inn, dinner at the Birch Terrace Restaurant. **Day 3:** Breakfast at the hotel, guided tour of Split Rock Lighthouse with box lunch, stop at Gooseberry Falls Visitors Center/view the falls, dinner at the New Scenic Café in Duluth, return to Golden Valley.

Fee: \$480/person (2 per room), \$525/person (1 per room).

Deposit: \$130 by April 30 **Final Payment:** Due May 10

Cancellation: After April 30, payments are not refundable

Code: 10129

MACKINAC ISLAND

Tue-Fri, August 31-September 3

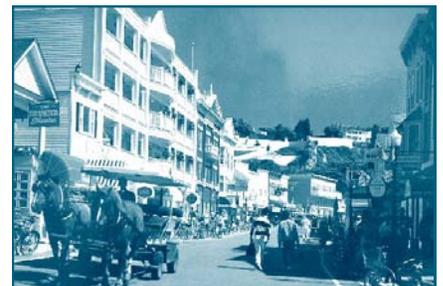
Day 1: Leave Golden Valley, stop for coffee and lunch, arrive Super 8 Motel in Escanaba, Michigan, dinner at The Terrace Bay Inn. **Day 2:** Travel to St. Ignace, cross by sightseeing ferry to Mackinac Island, luncheon buffet at the Grand Hotel, time to explore the island, lodging at the Island House Hotel on Mackinac Island. **Day 3:** Breakfast, Horse Drawn Carriage History Tour of the Island, leisure time on the island, ferry back to the mainland. See the Mackinac Bridge, travel along Lake Michigan to Escanaba for lodging at the Super 8 Motel, dinner at the Stonehouse Restaurant. **Day 4:** Leave Escanaba, stop for lunch, return to Golden Valley.

Day 4: Leave Escanaba, stop for lunch, return to Golden Valley.

Fee: \$625/person (2 per room), \$790/person (1 per room).

Deposit: \$200 by June 28 **Final Payment:** Due July 26

Cancellation: After June 28, payments are not refundable **Code:** 10130



DUTCH CHRISTMAS IN PELLA, IOWA Fri-Sat, December 3-4

Day 1: Leave Golden Valley, rolls and coffee, lunch, the Christmas Tour of Homes/Festival of Trees, lodging at the Royal Amsterdam Hotel, dinner (on own), Theater Show, Country Christmas Lights Display. **Day 2:** Breakfast, Historical Village Christmas Walk, Vermeer Windmill, Scholte House, Christmas Boutique in the Scholte Church, Dutch theme luncheon, supper (on own), return to Golden Valley

Fee: \$325/person (2 per room)\$415/person (1 per room)

Deposit: \$75 by October 18 **Final Payment:** Due November 1

Cancellation: After October 18, payments are not refundable

Code: 10132



MEANDERING WITH MARY OUTINGS

For Golden Valley Senior members, our 28 passenger bus takes us to wonderful local places, all favorites of Mary and Jeanne. You'll eat, learn, laugh and eat again! 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. When you are Meandering with Mary, it's always an adventure. You must specify a pick-up location when registering. Register at least one week before outing. Lunch and treat costs are on your own. For trip details, see the Senior Newsletter.

Fee: \$6.50 per trip (includes bus transportation and escort)

Bus Pick-ups: 9:25 a.m.-Calvary Co-op/Apts, 9:30 a.m.-GV City Hall (by water tower)

Dates: April 16 **Code:** 10047

May 14 **Code:** 10037

August 6 **Code:** 10036

Special Destination Trips with 5 Cities Transportation

The cities of Golden Valley, Brooklyn Center, Crystal, New Hope, and Robbinsdale are working together to give you educational, entertaining, low-cost program opportunities. Registrations are taken through the Five Cities office, 763-531-1259, with bus pick-ups in each city. All costs are on your own. The 5 Cities fare for the Special Destination trips is \$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.



FORUM & THE FORK

Westminster Presbyterian Church hosts the forums with speakers and topics of current interest. A "Breads and Spreads" reception follows the forum at the Church. Donation accepted for reception. Bus leaves Golden Valley City Hall at 11:00 a.m.

Thursday, May 6 - "Challenges to Peace in the Middle East"

Hanan Ashrawi is founder and secretary-general of Miftah - The Palestinian Initiative for the Promotion of Global Dialogue.

NATURE OF THINGS

June - TBD - Noerenberg Gardens

Noerenberg Memorial Gardens is known for its tranquility and spectacular beauty. Situated along the shore of Crystal Bay on Lake Minnetonka, Noerenberg is widely regarded as one of the finest formal gardens in Minnesota.

Bus Leaves: 9:35 a.m. - GV City Hall

Bus Returns: 1:45 p.m.



SENIORS IN MIND

Hosted by the Minnesota History Center. If you wish to tour the History Center exhibits after the program, admission is \$8/person. Lunch at Café Minnesota following the lecture is on your own.

Bus Leaves: 9:35 a.m. - GV City Hall

Bus Returns: 2:30 p.m.

Tuesday, July 13

Strike Up the Band: A Musical Salute to Minnesota's Greatest Generation.

A rousing concert by the 50-member Minnesota State Band. Established in 1898, it is the only remaining entity of its kind in the United States. The program, narrated by Stan Turner, explores music associated with the years 1917 through 1945. You will be treated to marches, service songs, concert music and popular tunes that buoyed the nation. Register by July 6, space permitting.



Senior Community Information

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.

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.



SENIOR DINING

612-269-8462

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. Menus are available upon request.

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.

SENIOR COMMUNITY SERVICES OUTREACH PROGRAM

952-746-4028

Senior Outreach provides in-home counseling and case management to individuals and their families to help older people remain independent.

FARE FOR ALL

763-450-3880

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat items. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.



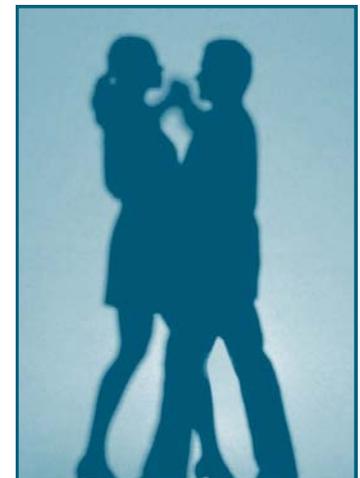
WIDOWED

SUPPORT GROUP

Widowed Support Group meets every Saturday at the New Hope Country Kitchen, 42nd and Winnetka, at 2:00 p.m. and the first Thursday of the month at Evans Norby Funeral Home on 60th and Brooklyn Boulevard at 1:30 p.m. New people are always welcome!

BALLROOM DANCING

Join the crowd that love to ballroom dance to Dick Macko's Band! It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary. Meets on Thursday at 3:30 p.m. at Lenox Community Center, 6715 Minnetonka Blvd, St. Louis Park. Fee is \$5 at the door and includes refreshments.





YOUR FRIENDLY, FULL-SERVICE, NEIGHBORHOOD GOLF COURSE

Brookview Golf Course offers an 18-Hole Regulation Course and a 9-Hole Par 3, a driving range and teaching area, and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree-lined fairways, 28 moderate bunkers, and an abundance of water hazards. Bassett Creek flows through the course, crossing six holes.

PHONE NUMBERS

Regulation Course 763-512-2330
 Par 3 Course..... 763-512-2333
 Driving Range 763-512-2323

2010 PATRON PROGRAM

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. Patron card 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 \$20 in the Golf Shop. (Not valid on sale merchandise.)*
- *Junior Patrons receive FREE handicap.*

2010 PATRON CARD FEES

Card Type	Before 4/1/10	After 4/1/10
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 FEES

18 Hole..... \$28/Patron \$35/Non-Patron
 9 Hole \$16/Patron \$19/Non-Patron
 Power Cart..... \$30/18 Hole \$19/9 Hole

Twilight - After 3:30 p.m. Friday, Saturday, Sunday & Holidays

Patron \$16
 Non-Patron \$20

Number of days reservations may be made in advance:

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

PAR 3 COURSE FEES

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

DRIVING RANGE

The driving range allows irons only.

Large Bucket.....\$7
 Large Patron Bucket.....\$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

Brookview Golf Course

GOLF TOURNAMENT PACKAGES

We invite 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, we 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!



	Package A	Package B	Package C
18 Hole Green Fee.....	\$35.....	\$40.....	\$45
18 Hole Green Fee and power cart.....	\$50.....	\$55.....	\$60
9 Hole Green Fee	\$19.....	\$24.....	\$29
9 Hole Green Fee and power cart.....	\$28.50.....	\$33.50.....	\$38.50
Par 3 Green Fee	\$12.50.....	\$17.50.....	\$22.50

Package B

Everyone in your group will receive 10% off Golf Shop merchandise, one beverage (non-alcoholic) and a Driving Range warm-up bucket. *Valid on date of outing only.*

Package C

Everyone in your group will receive 15% off Golf Shop merchandise, one beverage (non-alcoholic), a Driving Range warm-up bucket, sleeve of golf balls, and package of tees, divot repair tool, and ball marker. *Discount, beverage, and bucket valid on date of outing only.*

Meet 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.

ADULT GROUP LESSON REGISTRATION

Registration will be taken through
the Brookview Golf Shop.

In Person at 200 Brookview Parkway, or
By Phone at 763-512-2305.



NEW GOLFER 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

Instructed by Michael Turnbull

Date: Apr 26-May 10
Time: 5:45 p.m. **Code:** 1001
Time: 7:00 p.m. **Code:** 1002

Date: May 17-Jun 2 (No May 31)
Time: 5:45 p.m. **Code:** 1003
Time: 7:00 p.m. **Code:** 1004

Date: Jul 12-26
Time: 5:45 p.m. **Code:** 1005

Tuesday & Thursday

Instructed by Matt Just

Date: Apr 27-May 11
Time: 5:45 p.m. **Code:** 1006
Time: 7:00 p.m. **Code:** 1007

Date: May 18-Jun 1
Time: 5:45 p.m. **Code:** 1008
Time: 7:00 p.m. **Code:** 1009

Date: Jul 13-27
Time: 5:45 p.m. **Code:** 1010

INTERMEDIATE ADULT GROUP 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
Time: 5:45 p.m.
Fee: \$80 **Min:** 6 **Max:** 10

Tuesday & Thursday

Instructed by Matt Just

Date: Jun 8-17 **Code:** 2001
Date: Jun 29-Jul 8 **Code:** 2002
Date: Jul 13-22 **Code:** 2003



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

Instructed by Michael Turnbull

Date: Jun 14, 16, 21 **Code:** 3001
Date: Jul 5, 7, 12 **Code:** 3002

Tuesday & Thursday

Instructed by Michael Turnbull

Date: Jun 15, 17, 22 **Code:** 3003
Date: Jul 6, 8, 13 **Code:** 3004

Meet 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.

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
Time: 10:30-11:30 a.m. **Min:** 5 **Max:** 10

MINDFUL GOLF WOODS CLINIC

Saturday, May 1 **Code:** 4001
Saturday, June 19 **Code:** 4002

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.



MINDFUL GOLF IRONS CLINIC

Saturday, May 8 **Code:** 4003 **Saturday, July 10** **Code:** 4004

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.

MINDFUL GOLF PITCHING CLINIC

Saturday, May 15 **Code:** 4005 **Saturday, June 26** **Code:** 4006

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.

MINDFUL GOLF DRIVING THE BALL

Saturday, May 22 **Code:** 4007 **Saturday, July 17** **Code:** 4008

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

MINDFUL GOLF SHORT GAME

Saturday, June 5 **Code:** 4009

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.



MINDFUL GOLF PUTTING CLINIC

Saturday, June 12 **Code:** 4010

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.

Junior Golf League Ages 6-17

The Junior Golf League begins mid-June with a year-end tournament on July 26. 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.

MONDAY, JUNE 14-JULY 26 • TEE TIMES BEGIN AT 6:30 A.M.

PAR 3 LEAGUE

Ages 6-17

Youth who score more than 42 are required to play on the Par 3 course. Maximum of 150.

Fee: \$75 Code: 10456

REGULATION 9 HOLE LEAGUE

Ages 13-17

Youth who score less than 42 on the Par 3 course may play 9-holes off the back 9. Maximum of 44.

Fee: \$95 Code: 10457

REGULATION 18 HOLE LEAGUE

Ages 15-17

Youth who score less than 42 on the Par 3 course may play 18-holes. Maximum of 44.

Fee: \$120 Code: 10458



JUNIOR GOLF LEAGUE ORIENTATION/FUN DAY

Monday, June 14 • 8:30-11:00 a.m. • Brookview Community Center

Junior League Orientation will begin with registration and participants will sign up for the following weeks tee times. There will then be a brief introduction to the league and rules of golf. Participants will then head to the par 3 course in small groups where they will go through a series of clinics learning about the golf course. Following the orientation each participant will receive a gift and may play the Par 3 course for FREE until 2:00 p.m. **It is highly recommended that all junior league participants attend the orientation. NOTE: Those who do not attend the orientation will not receive their gift and may not sign up for their following week tee time until after the orientation is complete.**



2010 JUNIOR RATES

18 Hole Patron.....	\$20.50
18 Hole Non-Patron.....	\$22.50
9 Hole Patron.....	\$11.50
9 Hole Non-Patron.....	\$13.50
9 Hole Par 3 Patron.....	\$8
9 Hole Par 3 Non-Patron.....	\$9
Par 3 - 10 rounds Punch Card.....	\$80



Junior Patrons receive a FREE MGA Handicap through Brookview.

BEGINNER JUNIOR GOLF LESSONS 2010

Age 6-17

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 14-17

Time: 12:30 p.m.

Code: 10452

Time: 2:00 p.m.

Code: 10448

Mon-Thu, Jun 21-24

Time: 9:45 a.m.

Code: 10442

Time: 11:00 a.m.

Code: 10445

Time: 2:00 p.m.

Code: 10449

Mon-Thu, Jun 28-Jul 1

Time: 9:45 a.m.

Code: 10443

Time: 11:00 a.m.

Code: 10446

Time: 2:00 p.m.

Code: 10450

Mon-Thu, Jul 5-8

Time: 9:45 a.m.

Code: 10444

Time: 11:00 a.m.

Code: 10447

Time: 2:00 p.m.

Code: 10451



ADVANCED JUNIOR GOLF LESSONS

Age 6-17

These four 60-minute lessons are a continuation of the Beginner Group Lessons. Skills learned in the beginner courses will be reviewed and further enhanced in this series. The last lesson will be held at the Par 3 Course for an on the course lesson. Golf clubs and balls will be provided.

Site: Brookview Lesson Tee

Final Day will meet at Par 3

Fee: \$60

Min: 8 Max: 12

Mon-Thu, Jul 12-15

Time: 9:45 a.m.

Code: 10453

Time: 11:00 a.m.

Code: 10454

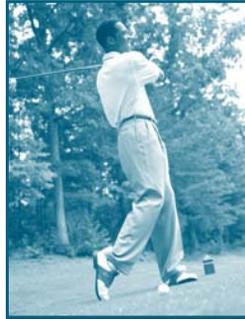
Time: 2:00 p.m.

Code: 10455

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 2010 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, 2010. For more information, call Phil Iskierka at 952-270-8844 or visit us on the web at www.bmga.org.



ANNUAL SPRING MEETING

Wednesday, Mar 10 • 6:30 p.m. • Brookview Community Center

BROOKVIEW WOMEN'S GOLF ASSOCIATION

18 HOLE LEAGUE

Opening day is May 4, 2010. 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 Paula Monson at 763-553-0931.

MEMBERSHIP MEETING

Tuesday, April 20 • 7:00 p.m. • Brookview Community Center

9 HOLE LEAGUE

Opening day will be May 6, 2010. 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 8. Pick up an application at the Brookview Golf Course Clubhouse after March 2, 2010. Contact Nancy Spannaus at 612-926-9763 if interested.

NEW MEMBERSHIP MEETING

Thursday, April 8 • 10:00 a.m. • Brookview Grill



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 league will play on Tuesday mornings starting May 18. Tee times range from 8:27-9:57 a.m. Registration deadline to join the league is Tuesday, May 11. Bring registration forms and fees to Brookview by May 11. For more information, please call Brookview at 763-512-2305.

PAR 3 CHIPPERS GOLF LEAGUE

The Par 3 Chippers will play on Wednesday nights from 5:36-6:32. This league can hold up to 32 players, with priority given to the 2009 Par 3 Chippers league members. For more information on this league, please contact Brookview at 763-512-2305.

COUPLES GOLF LEAGUE

There will be two 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. For more information, please contact Brookview at 763-512-2305.

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 April 1.

CORPORATE GOLF CLINICS

Golf lessons customized for your group of employees, clients, or associates. Ninety minutes of instruction with a golf professional. A great experience for players of all levels, working with each individuals needs, covering full swing and short game techniques. An ideal fit for incentive programs.

FEES

8 or less people \$250
9-24 people \$500

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

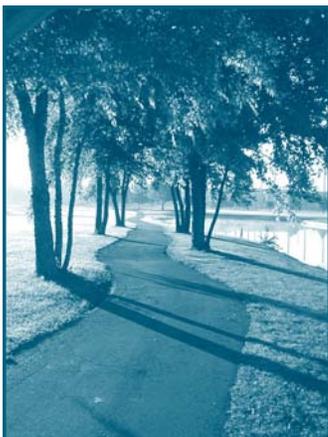
GOLDEN VALLEY ORCHESTRA

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.



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.



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!

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.

THANK YOU

TO THE MANY VOLUNTEERS FOR THEIR VALUABLE SERVICES!

Youth Basketball Coaches

Peter Birkeland, John Condon, Eric Egstad, Josh Hanson, Steve Harper, Chris Johnson, Tom Murphy, Cory Tell, Tom Hansen, Carson Hoeft, Jim Landry, Jamin Luebke, Greg Peterson, Chuck Segelbaum, Tim Branson, Jeff Christenson, Dave Madsen, Rowan Browyles, Chris Haskett, Randy Isaak, Craig Kronzer, Jim Mandler, Chris Rahill, Mary Twitte, Roxie Bozicevich, Jim Crofoot, Tonia Galonska, and Dave Gustafson.



STEP TO IT CHALLENGE

May 17–June 13, 2010

Register after April 1 at:
www.steptoit.org

Do you have a competitive spirit?

*Do you want a fun and easy way to
get in shape this spring?*

*Then the 4-week Step To It
Challenge is for you!*

Get active with your community!

The Step To It Challenge is a fun, lighthearted way to connect with family and friends and get moving again after a long winter. Sixteen cities will compete to see which one has the most active residents. Participants from each city will have a chance to be honored by Hennepin County and the Minnesota Twins at a home game during the 2010 season.

How does it work?

As a Step To It participant, you will keep an ongoing total of the steps you take during the challenge. Using an activity conversion chart other activities such as biking, skateboarding, Tai Chi, or even mowing the lawn can also count toward your 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, Champlin, Crystal, Eden Prairie, Excelsior, Golden Valley, Hopkins, Maple Grove, Maple Plain, Minnetonka, New Hope, Plymouth, Osseo, Robbinsdale & St. Louis Park.

Host Your Next Special Gathering at Brookview Community Center

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 through 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 exclusive beverage service, Complete Beverage.

PARTY/SOCIAL EVENT RENTAL FEES

Groups with fewer than 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, we also charge a \$60 clean-up fee.

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.

Businesses

Resident business rate is \$45/hour, plus a \$45 set-up/takedown fee. Non-resident business rate is \$55/hour, plus a \$55 set-up/take down fee.

Non-Profit Agencies

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 a.m.-5 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 763-512-2345.*

**REGISTRATIONS ARE TAKEN AT
BROOKVIEW COMMUNITY CENTER**
200 Brookview Parkway
Golden Valley, Minnesota 55426

**REGISTRATION BEGINS
THURSDAY, MARCH 18**

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.



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.

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.

REFUNDS & 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 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

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.





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 Program

COMMUNITY PARKS

Brookview 200 Brookview Pkwy N
Mom's Club

Gearty 3101 Regent Ave N
Retired Volunteers

Hampshire 1610 Louisiana Ave N
OptumHealth

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 Valdars Ave N
Kim Stroup, Bursch/Mackey Families

Natchez 201 Natchez Ave N
Hanscom & Dritsas 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
AJASA Technologies, Inc.

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
Golden Valley Lutheran Church

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
Blair Tremere

Western Ave Western & Winnetka
Ilo & Peggy Leppik

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, Kelly Kuebelbeck,
Bob Mattison, Emily Piper,
Anne Saffert and Daniel Steinberg.

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

Brian Erickson
Recreation Supervisor

Andy Soltvedt
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

A Special Thanks
to our friends
of the Parks!

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY

Concerts in the Park

- June 14 Golden Valley Orchestra
- June 17 Robbinsdale City Band
- June 21 Cathy DeCheine
- June 28 Gypsy Mania Quartet
- July 12 Stompin' Dixie
- July 19 Tubby Esquire
Envision Ice Cream Social
- July 26 Celebration Brass
- August 2 Lehto & Wright
- August 9 Blue Drifters
- August 16 Big Walter Smith

Bring your lawn chair!

7:00 PM
Brookview Park

GOLDEN
VALLEY
DAYS
art & music festival
May 21-23, 2010

www.goldenvalleyfund.org



APRIL 10 ★ 2010



16TH ANNUAL
RUN THE VALLEY
5k/10k
RUN & WALK

GOLDEN VALLEY HUMAN SERVICES FOUNDATION

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.

DAVIS COMMUNITY CENTER
(5430 Glenwood Ave)

- 7:15 a.m. Check-in Begins
- 8:30 a.m. 5K Run
- 8:40 a.m. 10K Run
- 8:45 a.m. 5K Walk

\$20 Before March 1
\$25 March 1- April 8
\$35 Day of Race
(Fee includes a shirt - No refunds)

