

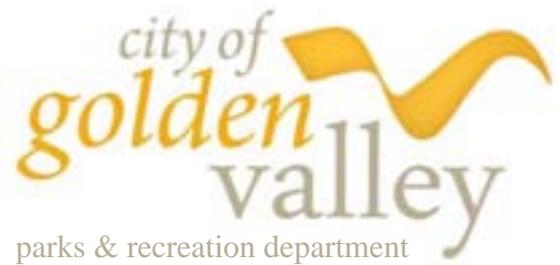
# Parks & Recreation

city of  
**golden**  
valley

SPRING & SUMMER 2011

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## 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.*

## Parks & Recreation Office

200 Brookview Parkway, Golden Valley, Minnesota 55426

**Hours:** Monday-Friday, 8:00 AM-4:30 PM

**Phone:** 763-512-2345

**Fax:** 763-512-2344

**Activity Cancellation Line:** 763-512-2350

## 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

## City Hall

7800 Golden Valley Road, Golden Valley, Minnesota 55427

**Hours:** Monday-Friday, 8:00 AM-4:30 PM

**Phone:** 763-593-8000

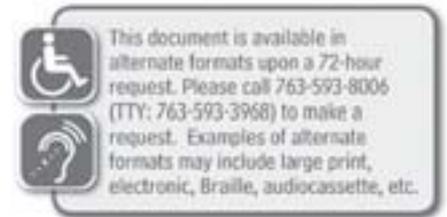
**Fax:** 763-593-8109

## City Offices Closed

Monday, May 30 - Memorial Day

Monday, July 4 - Independence Day

Monday, September 5 - Labor Day



**Saturday, May 21, 2011**

**GOLDEN VALLEY DAYS**

art & music festival

[www.goldenvalleyfund.org](http://www.goldenvalleyfund.org)

Join the 4th Annual

## **GOLDEN VALLEY LILAC PLANTING PROJECT**

**Saturday, October 1**

Planting occurs in the morning and is capped by a celebration lunch. Invite your friends, neighbors, groups and organizations to join in a morning of planting; then enjoy watching your plants grow along Hwy 55. Volunteer for October 1 or help on the planning team. Contact Dwight Townes at 763-377-8469 or Sandy Werts at 763-512-2341 or [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov).



# GOLDEN VALLEY'S 125TH ANNIVERSARY



## **Celebrate National Library Week: A Photo Tour of Minnesota's Libraries**

**Saturday, April 16 - 1:00-2:00 PM**

### **Golden Valley Library**

Doug Ohman, Midwest photographer of historic architecture, will present highlights from his newest book, "Minnesota Libraries." The book features many historical libraries in Minnesota. Golden Valley Library which celebrates its 40th anniversary this year will be included in the discussion. Free and open to all.

## **Native American History in Golden Valley**

**Thursday, May 12 - 7:00 PM**

### **GV Historical Society Museum**

Roxanne Gould and Jim Rock, educators at Wayzata High School and Augsburg College will speak about Native Americans in Golden Valley in the 1800's. Free and open to all.

## **Golden Valley History Tour**

**Saturday, May 21 - 2:00 PM**

Step onto a 1950's vintage transit bus and take a trip back in time to sites and buildings important to Golden Valley's history. Pick-up points are Golden Valley City Hall and Brookview Community Center. Fee: \$10. Advanced registration is required. Tour limit is 50 people.

## **1st Annual**

## **Valley Volunteer Day**

**Saturday, October 1**

Circle the date on your calendar for the 1st annual Valley Volunteer Day – where individuals, families and groups can get involved in a one-day or afternoon project for the benefit of the community, a school or a group. To become involved contact, Jennifer Lara, chair of the Valley Volunteer Day project, [jene4lara@gmail.com](mailto:jene4lara@gmail.com) or 612-850-8928 or Sandy Werts, City of Golden Valley Volunteer Coordinator at 763-512-2341 or [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov).



Golden Valley will be celebrating its 125th Anniversary in December 2011. Activities will occur throughout the entire year. To find out what is going on, please check the Golden Valley CityNews and the city website at: <http://www.goldenvalleymn.gov/events/125/index.php>.

You can also get on a list to receive periodic updates of events by going to [www.goldenvalleymn.gov/newssubscribe](http://www.goldenvalleymn.gov/newssubscribe). After you sign in, the "Golden Valley's 125th Anniversary" option is near the top, under the subhead "News and information."

*If you are interested in helping plan activities for Golden Valley's Anniversary, contact Sandy Werts at [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov) or contact her at 763-512-2341 to get on the planning team.*

## **Golden Valley's 125th Anniversary Ice Cream Social**

**Monday, July 18 • 7:00 PM • Brookview Park**

In Celebration of Golden Valley's 125th Anniversary, the Fifth Annual Ice Cream Social, sponsored by the Golden Valley Bridge Builders, will feature the First John Philip Sousa Memorial Band and FREE Sebastian Joe's ice cream. The First John Philip Sousa Band captures the spirit of bands at the turn of the twentieth century through music that was played and performed in the early part of the twentieth century as well as some newer music. Bring your family, a chair or blanket and your love of ice cream and join the celebration!

## **125th Anniversary Time Capsule**

One of the projects of the 125th Anniversary Planning Team is the creation of a Time Capsule, which will contain artifacts from Golden Valley of today to be opened by Golden Valley residents at a future date. You have an opportunity today to help determine the contents. Be a part of tomorrow, today! Golden Valley residents are asked to suggest items or categories of materials to be included in the Time Capsule. Suggestions can be sent to: Volunteer Coordinator, Sandy Werts at Brookview Community Center, 200 Brookview Parkway, Golden Valley, MN 55426; by e-mail at: [SWerts@goldenvalleymn.gov](mailto:SWerts@goldenvalleymn.gov); or by calling her at 763-512-2341. Those submitting ideas should include their name, address, telephone number and e-mail address. Submit ideas by April 11.

## **Essay Contest for 5th & 6th Grade Students**

**Sponsored by the 125th Anniversary Planning Team**

Golden Valley's 125th Anniversary Planning Team is sponsoring an essay contest for students in 5th and 6th grades. Students may choose any topic that relates to Golden Valley's history. They need to be in 5th or 6th grade during the 2011-2012 academic year and reside or go to school in Golden Valley. Home schooled students in comparable grades are also eligible. One entry per person and work should be done independently. Winners will have their essays posted on the Golden Valley website and receive \$50 for first prize and \$25 for second prize. Contest information is available at Golden Valley City Hall, the Golden Valley Library, Brookview Community Center or on the city's website at: [www.goldenvalleymn.gov/events/125/index.php](http://www.goldenvalleymn.gov/events/125/index.php). Essays due by October 28.

## BROOKVIEW PARK PICNIC SHELTERS

Brookview Park is located at the southwest corner of Highway 55 and Winnetka Avenue. Plan a neighborhood, family or company picnic. 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 AM-4:00 PM and/or 5:00 PM-Dusk

### LARGE SHELTER

(Holds up to 100 people)

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

**Resident - \$100**  
**Non-Resident - \$120**



### SMALL SHELTER

(Holds up to 50 people)

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

**Resident - \$85**  
**Non-Resident - \$100**

### 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 and those paid by credit card will be processed immediately.

### Serving Beer or Wine?

Beer or wine only can be served after the permit has been purchased.

**Beer/Wine Permit - \$20**

### Play Equipment Kits

Rent one of our play equipment kits for added fun at your outdoor event!

#### Kits Include:

- Basketball • Soccer ball • Volleyball
- Playground ball • Mini-soccer ball
- 4 throw-down bases • 2 softballs
- 2 bats (1/child, 1/adult)

**\$15 rental,**  
**plus \$30 refundable deposit**

#### Additional Items:

- Bocce Ball Set • Tug-of-War Rope

**\$10 rental,**  
**plus \$10 refundable deposit**

## Concerts in the Park

**7:00 PM**  
**Brookview Park**

**June 13**  
Golden Valley Orchestra

**June 16**  
Robbinsdale City Band

**June 20**  
Celebration Brass

**June 27**  
Stompin' Dixie

**July 11**  
Gypsy Mania

**July 18**  
John Philip Sousa Band

**July 25**  
Tubby Esquire



**Bring your lawn chair or blanket and come enjoy the music!**

## 2011 GOLDEN VALLEY SAFETY CAMP

Ages 7-10

This program is designed to give 7-10 year olds safety education in a fun setting. Camp Counselors (Golden Valley Police and Fire personnel) will oversee interactive programs and activities that include: fire safety, bike safety, first aid, safety in the home, and much more! Awards will be presented to all youth who complete the Camp. Fee includes snacks, lunch, supervision, and a Safety Camp t-shirt. Transportation to and from Brookview needs to be provided by a parent/guardian. Camp will be held rain or shine. For further information, contact the Golden Valley Police Department at 763-593-8079. Scholarships are available.



Registration will be taken as follows:

**1st Week of Registration (March 17-24)**

Open to NEW Golden Valley resident participants.

**2nd Week of Registration (March 25-31)**

Open to all Golden Valley residents.

**After April 1**

Open to all.

Day	Date	Time	Code
Tue	June 21	8:00 AM-4:00 PM	10921

Site: Brookview Park Fee: \$25/child



## 2011 Bike Rodeo

Wednesday, May 4 • 6:00-8:00 PM

Crystal Community Center (4800 Douglas Dr)

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.



## Summer Fun With Betsy Ross & Her Flag

All ages welcome!

Tuesday, June 14 • 1:00-2:00 PM

Brookview Community Center

\$5/family - Code: 10685

It's Flag Day! Celebrate the story of the US flag through magic and music with Annette Fragale as Betsy Ross and her puppet, Uncle Sam. We will learn about our great country as we laugh and play. There will be balloons and lots of surprises for everyone.

## The Golden Valley Puppet Wagon

Tuesday & Thursday, June 14-July 28

1:30-3:30 PM



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 schedule at the park shelters.

**Tuesdays**

- 1:30 - Scheid
- 2:00 - Gearty
- 2:30 - Hampshire
- 3:00 - Wesley
- 3:30 - Lions

**Thursdays**

- 1:30 - Lakeview
- 2:00 - Medley
- 2:30 - Lions
- 3:00 - Scheid
- 3:30 - Hampshire

## Water Days

Ages 6-14

Friday, June 24 & July 15

12:30-2:15 PM

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.



## Penny Carnival

Friday, July 29 • 10:30 AM-12:30 PM

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.

## Picnic & Music at Brookview Park

Tuesday, August 2

11:15 AM-12:00 PM

Brookview Park



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. A variety of play areas will be set up for your child ages 1-5. Adult participation required. No instruction provided. No fee for parents and children under age 1. Pay at the door or a punch pass can be purchased at Brookview Community Center.

**Site:** Brookview Community Center

**Fee:** \$3 per child or \$25 for a 10 visit punch pass

Day	Date	Time
Fridays	Through April 22	10:00-11:30 AM

## First Steps in Musicland

*Ages 2-3 with an Adult*

Students will sing along with a piano or tape accompaniment. Basic musical concepts through a variety of fun activities. Parents and children will dance, sing and play while learning rhythm and fine and gross motor coordination. \*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope, and Plymouth residents.

**Site:** Brookview Community Center

**Fee:** \$45/Res\*, \$50/Non-Res

Day	Date	Time	Code
Thu	June 9-July 21	11:15 AM-12:00 PM	10674
(No class July 14)			



## Preschool 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 Community Center

**Fee:** \$50/Res\*, \$55/Non-Res

Day	Date	Time	Code
Mon-Thu	July 11-14	9:00-10:30 AM	10676
Mon-Thu	July 11-14	10:45 AM-12:15 PM	10677

## 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.

**Fee:** \$32/Res, \$37/Non-Res

### GEARTY PARK

Day	Date	Time	Code
Thu	June 16-July 28	1:15-2:15 PM	10733

### HAMPSHIRE PARK

Day	Date	Time	Code
Tue	June 14-July 26	3:00-4:00 PM	10732

### LIONS PARK

Day	Date	Time	Code
Thu	June 16-July 28	3:00-4:00 PM	10734

### WESLEY PARK

Day	Date	Time	Code
Tue	June 14-July 26	1:15-2:15 PM	10731



## 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.

**Fee:** \$37/Res, \$42/Non-Res

### LIONS PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 20	10:45-11:45 AM	10737

### SCHEID PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 21	10:45-11:45 AM	10736

## 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 and crafts.



**Site:** Brookview Comm Center  
**Fee:** \$43/Res, \$48/Non-Res

Day	Date	Time	Code
Mon/Wed	April 4-May 18	9:30-11:00 AM	10686
	<i>(No class April 18, 20)</i>		
Tue/Thu	April 5-May 19	9:30-11:00 AM	10687
	<i>(No class April 19, 21)</i>		

### ABOUT THE INSTRUCTOR...

**Lisa London** 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.

## 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.



**Fee:** \$30/Res, \$35/Non-Res

### HAMPSHIRE PARK

Day	Date	Time	Code
Wed	June 15-July 20	9:15-10:15 AM	10780
Mon/Wed	Aug 1-17	9:15-10:15 AM	10782

### LIONS PARK

Day	Date	Time	Code
Wed	June 15-July 20	9:15-10:15 AM	10781

### MEDLEY PARK

Day	Date	Time	Code
Mon	June 13-July 25	9:15-10:15 AM	10778
	<i>(No Class July 4)</i>		

### SCHEID PARK

Day	Date	Time	Code
Mon	June 13-July 25	9:15-10:15 AM	10779
	<i>(No Class July 4)</i>		

## Little Tigers Self Defense

*Ages 3-5*

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future. No uniform is required or provided for this program. Please arrive 5 minutes early so that your child is ready to begin at the start of the class. *\*Resident fee applies to Golden Valley and St. Louis Park.*

**Site:** Davis Community Center  
**Fee:** \$49/Res\*, \$54/Non-Res

Day	Date	Time	Code
Tue	April 12-May 24	5:45-6:15 AM	10708
	<i>(No class May 10)</i>		
Tue	May 31-July 12	5:45-6:15 PM	10709
	<i>(No class July 5)</i>		
Tue	July 19-Aug 30	5:45-6:15 PM	10710
	<i>(No class Aug 9)</i>		

## 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. *\*Resident fee applies to Golden Valley and St. Louis Park.*



**Site:** Davis Community Center  
**Fee:** \$59/Res\*, \$64/Non-Res

Day	Date	Time	Code
Tue	April 12-May 24	6:15-7:00 PM	10711
	<i>(No class May 10)</i>		
Tue	May 31-July 12	6:15-7:00 PM	10712
	<i>(No class July 5)</i>		
Tue	July 19-Aug 30	6:15-7:00 PM	10713
	<i>(No class Aug 9)</i>		

## Happy Birthday Party

*Ages 3+*

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.





## 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 Street. Call St. Louis Park at 952-924-2540 for more information.

### Learn To Swim Programs are available through:

City of Crystal .....	763-531-0052
City of New Hope .....	763-531-5100
City of St. Louis Park.....	952-924-2540
Hopkins Community Education .....	952-988-4066
Robbinsdale Community Education.....	763-504-4910

## SCIENCE EXPLORERS' CLASSES

### 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 insects, plants, animals and the weather with fun activities, songs, stories and more.

**Site:** Brookview Community Center  
**Fee:** \$66/Res, \$71/Non-Res

Day	Date	Time	Code
Mon-Thu	June 6-9	9:30-11:30 AM	10704

### Buggy for Bugs *Ages 4-6*

Beautiful butterflies, lovely ladybird beetles, and bees are just a small part of the insect world. Join Science Explorers as we learn about insects and bugs as we explore how they are different from each other. We will investigate the life cycles of these amazing creatures as we learn about metamorphosis. We also create beautiful "bug art", play games, and much more.

**Site:** Brookview Community Center  
**Fee:** \$66/Res, \$71/Non-Res

Day	Date	Time	Code
Mon-Thu	June 27-30	9:30-11:30 AM	10705

### Mummies, Mysteries and More *Ages 4-6*

The Egyptian civilization was one of the richest cultures of the ancient world. Join Science Explorers as we uncover this fascinating time in history as we learn about mummification and dig for artifacts. Then have fun building and learning about pyramids and their mysterious curses. Come prepared to dig in and explore the past through archaeology.

**Site:** Brookview Community Center    **Fee:** \$48/Res, \$53/Non-Res

### Kitchen Science *Ages 4-6*

Our kitchens can be an amazing science lab. Join Science Explorers as we experiment with ingredients you can find in your kitchen. We will experiment with mixtures that fizzle, pop and stretch all while we learn about solids, liquids and gases. Be sure to dress so you can get messy. **Note: Corn, wheat and dairy may be used in this class, but not consumed.**

**Site:** Brookview Community Center  
**Fee:** \$66/Res, \$71/Non-Res

Day	Date	Time	Code
Mon-Thu	July 18-21	9:30-11:30 AM	10706

### Camp KinderSprouts *Ages 4-6*

Exclusively for children entering kindergarten. Join Science Explorers 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.

**Site:** Brookview Community Center  
**Fee:** \$66/Res, \$71/Non-Res

Day	Date	Time	Code
Mon-Thu	Aug 1-4	9:30-11:30 AM	10707

Day	Date	Time	Code
Mon-Thu	Aug 8-11	9:30-11:30 AM	10730
(No class Aug 9)			

## T-Ball *Ages 5-6*

Children will learn basic skills and rules of baseball/softball. Each participant will play the entire game fielding and batting. Practices are held at your registered park. Games are played at your registered park, as well as other Golden Valley parks. Final week of games will be played at the Honeywell ballfields. Teams are coached by summer athletic staff. Parents need to provide transportation to the parks for games. Parks may be combined if necessary. The Gearty Park team will include kids from Noble School's Adventure Club.



**NOTE:** The Monday/Wednesday morning program will have one evening game, either Monday or Wednesday the week of July 18.

Fee: \$34/Res, \$39/Non-Res

### GEARTY PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	10:30-11:45 AM	10787
	<i>(No Class July 4)</i>		

### HAMPSHIRE PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	10:30-11:45 AM	10783
	<i>(No Class July 4)</i>		
Tue/Thu	June 14-July 28	6:00-7:15 PM	10789

### LAKEVIEW PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 28	6:00-7:15 PM	10790

### LIONS PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	10:30-11:45 AM	10784
	<i>(No Class July 4)</i>		

### SCHEID PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	10:30-11:45 AM	10785
	<i>(No Class July 4)</i>		
Tue/Thu	June 14-July 28	6:00-7:15 PM	10788

### WESLEY PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	10:30-11:45 AM	10786
	<i>(No Class July 4)</i>		

## Indoor Nerf Soccer *Ages 5-7*

Open, indoor gym format with an emphasis on recreational experience, not skill development. Youth are placed on teams with coaches instructing and officiating. First night consists of rule review, practice, skills and a short game. Schedules and team information will be mailed one week prior to start. Times determined by number of teams formed. T-shirts provided.

Site: Davis Community Center  
 Fee: \$33/Res, \$38/Non-Res

Day	Date	Time	Code
Thu	April 7-May 12	6:00 or 7:00 PM	10657

## Hoopstars Basketball

*Grades K-1*

Youth in kindergarten and first grade learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl. \*Resident fee applies to Golden Valley and Crystal.



### SPRING SESSION

Site: Davis Community Center  
 Fee: \$45/Res\*, \$50/Non-Res

Day	Date	Time	Code
Mon/Wed	March 28-April 13	6:00-7:30 PM	10668

### SUMMER SESSION

Site: Crystal Community Center  
 Fee: \$45/Res\*, \$51/Non-Res

Day	Date	Time	Code
Tue/Thu	June 7-23	6:00-7:30 PM	10703

## 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  
 Fee: \$18/Res, \$23/Non-Res

Day	Date	Time	Code
Mon	June 13-July 25	10:30-11:30 AM	10791
	<i>(No class July 4)</i>		
Wed	June 15-July 20	10:30-11:30 AM	10792

## ART EXPO CLASSES

### Abstract Nature Art

*Ages 6-12*

Learn about the nature artist and naturalist, Charley Harper, who uses geometric shapes, line and shape patterns, and mechanical drawing tools to draw and paint nature and wildlife. Create abstract drawings of plants, animals and birds. Also explore a variety of paper and mechanical drawing tools, i.e., templates, ruler, compass, etc.

**Site:** Brookview Community Center

**Fee:** \$36/Res, \$41/Non-Res

Day	Date	Time	Code
Tue	May 10	6:30-8:00 PM	10717



### The Art of Drawing

*Ages 6-12*

Activities explore a variety of materials and methods to draw in free form, realistic, abstract, or expressionistic style. Learn to apply perspective to create 3-D drawings of objects, architecture, city and landscapes. Experience line, shape/value to draw nature, characters, animals and

your favorite subjects. Explore drawing with found objects, brush drawing and mono printing also.

**Site:** Brookview Community Center

**Fee:** \$54/Res, \$59/Non-Res

Day	Date	Time	Code
Tue-Thu	June 21-23	3:00-4:30 PM	10718

### Star Wars Universe & Clone War Series

*Ages 6-12*

Explore a variety of materials and 'special effects' art methods to draw favorite characters, creatures, events from episodes 1-6. Sculpt clay into 3-D figure or action scenes. Also illustrate scenes from the Clone Wars Series in cartoon and manga style. Make still life drawings from Lego miniature models.

**Site:** Brookview Community Center

**Fee:** \$54/Res, \$59/Non-Res

Day	Date	Time	Code
Tue-Thu	July 19-21	3:00-4:30 PM	10719

### Imagination & Mixed Media Art

*Ages 6-12*

Explore and combine a variety of media and subject. Draw, paint, print, sculpt clay, collage, origami fold and marble paper to portray 2/3 dimensional art. Create a portfolio of realistic and imaginative mythological beings, dinosaurs, dragons, heroes, villains, exotic wild life and environments. Refer to major artists and authors like Avatar, Percy Jackson, etc. for inspiration.

**Site:** Brookview Community Center

**Fee:** \$54/Res, \$59/Non-Res

Day	Date	Time	Code
Tue-Thu	July 26-28	3:00-4:30 PM	10720

### Paint & Draw With Color

*Ages 6-12*

Learn to mix, blend, layer and glaze color to create unusual color patterns and textures to spark your drawings and paintings. Learn a variety of watercolor and gouache painting methods, pen and ink wash, oil pastel, chalk and colored pencil application to create colorful nature subjects, still life, landscapes, figures and portrait art work. Paint a ceramic tile with acrylic paints.

**Site:** Brookview Community Center

**Fee:** \$54/Res, \$59/Non-Res

Day	Date	Time	Code
Tue-Thu	Aug 2-4	3:00-4:30 PM	10721



**Register NOW for Youth Fall Soccer**  
See page 17 for details!

## PLAYGROUND PROGRAMS

### Morning Playgrounds

Ages 6-14

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



Day	Date	Time
Mon-Thu	June 13-July 28	9:30-11:30 AM
(No class July 4)		

### Afternoon Playgrounds

Ages 6-14

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

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



Day	Date	Time
Mon-Thu	June 13-July 28	1:00-4:30 PM
(No class July 4)		



### Playground Arts & Crafts

Ages 6-14

A different craft project will be offered weekly at the seven community parks. Pick-up a flyer at the park shelter buildings which lists all the projects. Also, you can purchase a craft punch card

and save \$4! Craft cards can be purchased at Brookview Community Center for \$10 and are good for 7 crafts.

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

Fee: \$2/craft or 7 craft punch card for \$10

Day	Date	Time	Code
Wed	June 15-July 27	2:00 PM	10761

### 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 2011 Summer Survivor.

Site: Lions Park Fee: \$31/Res, \$36/Non-Res

Day	Date	Time	Code
Mon/Wed	June 13-July 20	3:15-4:25 PM	10771
(No class July 4)			

### 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 Fee: \$28/Res, \$33/Non-Res

Day	Date	Time	Code
Mon/Wed	June 13-July 20	3:15-4:25 PM	10770
(No class July 4)			

### 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 Fee: \$29/Res, \$34/Non-Res

Day	Date	Time	Code
Tue/Thu	June 14-July 21	9:10-10:10 AM	10762

### 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 Fee: \$32/Res, \$37/Non-Res

Day	Date	Time	Code
Mon/Wed	June 13-July 20	9:00-10:15 AM	10764
(No Class July 4)			

## 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 ballfield, with various game times. Parents need to provide transportation to the parks for games.

**NOTE: Gearty Park team will include kids from Noble School's Adventure Club.**

Fee: \$34/Res, \$39/Non-Res \*Fee: \$24/Res, \$29/Non-Res  
(Wed evening class only)

### GEARTY PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 28	10:30-11:50 AM	10776

### HAMPSHIRE PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 28	10:30-11:50 AM	10772
*Wed	June 15-27	6:00-7:15 PM	10777

### LIONS PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 28	10:30-11:50 AM	10773

### SCHEID PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 28	10:30-11:50 AM	10774

### WESLEY PARK

Day	Date	Time	Code
Tue/Thu	June 14-July 28	10:30-11:50 AM	10775



## 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: Minnesota Arts School Fee: \$30/Res, \$35/Non-Res

Day	Date	Time	Code
Mon	June 13-July 25	9:00-10:00 AM	10763
(No Class July 4)			

## 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 PM. All participants must be able to participate in the final performance. Summer session will include a trip to the Old Log Theater.

### SPRING SESSION

Site: Sandburg School  
Fee: \$65/Res, \$70/Non-Res

Day	Date	Time	Code
Tue/Thu	April 12-May 19	6:15-7:30 PM	10765

### SUMMER SESSION

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

Site: Noble Elementary School  
Fee: \$59/Res, \$64/Non-Res

Day	Date	Time	Code
Tue/Thu	June 14-July 28	9:00-10:15 AM	10767
Tue/Thu	June 14-July 28	10:30-11:45 AM	10766



## 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 Fee: \$30/Res, \$35/Non-Res

### AGES 7-10

Day	Date	Time	Code
Tue/Thu	June 14-July 21	9:15-10:15 AM	10768

### AGES 11-14

Day	Date	Time	Code
Mon/Wed	June 13-July 20	9:15-10:15 AM	10769

## Ultimate Frisbee Camp *Ages 7-16*

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 Fee: \$66/Res, \$71/Non-Res

### AGES 7-13

Day	Date	Time	Code
Mon-Fri	August 1-5	9:00 AM-3:00 PM	10757

### AGES 10-16

Day	Date	Time	Code
Mon-Fri	August 8-12	9:00 AM-3:00 PM	10922

## SUMMER FIELD TRIPS

Ages 7+

Our summer staff supervises the children on these trips. Advances registration with payment is required. Bus transportation is provided from the parks listed below.

**\*NOTE:** Bus pick-ups will begin at Wesley Park and proceed in the order listed below.

When the bus returns, drop-offs begin at Lions Park and proceed in reverse order, ending at Wesley Park.

### PICK-UP LOCATIONS:

WESLEY • HAMPSHIRE • SCHEID • LIONS



### Brunswick Bowl

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

Fee: \$22/Res, \$27/Non-Res

Day	Date	*Approx. Pick-up	*Approx. Return	Code
Fri	June 17	10:15 AM	2:30 PM	10793

### Cascade Bay Water Park

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

Fee: \$23/Res, \$28/Non-Res

Day	Date	*Approx. Pick-up	*Approx. Return	Code
Fri	July 8	10:00 AM	4:00 PM	10794

### Bunker Beach Water Park

Bunker Beach has a 25,000 square foot wave pool, water slides and a zero depth pool with interactive play area. Tubes can be rented for \$3. Guests must be 48" tall to ride the waterslides. Bring a bag lunch or money for concessions.



Fee: \$23/Res, \$28/Non-Res

Day	Date	*Approx. Pick-up	*Approx. Return	Code
Fri	July 22	10:00 AM	4:00 PM	10795

### Private Piano Lessons

Ages 7+

These lessons are offered through the Music For Everyone program, which offers music lessons and activities for all ages. Courses includes 30-minute lessons taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing.



**TO REGISTER** - Call Anna Shmidov at 763-531-5198 to establish a lesson time. After you establish a lesson, call the Recreation office to register and pay. *\*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

### SPRING SESSIONS

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

Instructed By: Ella Gerbuz

Day	Date	Time	Code
Tue	April 12-May 31	Between 5:30-9:00 PM	10727

Instructed By: Mila Maron

Day	Date	Time	Code
Wed	April 13-June 1	Between 3:30-9:00 PM	10726

### SUMMER SESSIONS

Site: Brookview Comm Center Fee: \$140/Res, \$150/Non-Res

Instructed By: Ella Gerbuz

Day	Date	Time	Code
Tue	June 14-July 19	Between 5:30-9:00 PM	10728

Instructed By: Mila Maron

Day	Date	Time	Code
Wed	June 15-July 20	Between 3:30-9:00 PM	10729

### ABOUT THE INSTRUCTORS...

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

**Mila Maron** 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.

### Beginning Keyboarding 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. *\*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Comm Center Fee: \$40/Res\*, \$45/Non-Res

Day	Date	Time	Code
Mon-Thu	July 11-14	12:30-1:30 PM	10678

## 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 Comm Center    **Fee:** \$24/Res, \$29/Non-Res

Day	Date	Time	Code
Wed-Thu	Aug 10-11	1:00-3:00 PM	10684

## 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 Comm Center    **Fee:** \$15/Res, \$20/Non-Res

Day	Date	Time	Code
Mon	Aug 8	1:00-3:00 PM	10683



## Book Club *Ages 8-12*

Hungry for some summer reading? Join us during the lunch hour at Lions Park for four Wednesdays of book reading and discussion. Participants will be provided with a book list before the club begins and those books will be available at the Golden Valley Library. **Please bring a lunch.**



**Site:** Lions Park    **Fee:** \$10/Res, \$15/Non-Res

Day	Date	Time	Code
Wed	June 15, 29, July 13, 27	12:00-1:00 PM	10919

## Explorers Hiking & Biking

*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:** Begins & ends at Lions Park  
**Fee:** \$32/Res, \$38/Non-Res

Day	Date	Time	Code
Wed	June 15-July 20	9:30-11:30 AM	10796



## 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 approximately 12-20 miles round trip. **Participants must provide:** Properly working bike, helmet, lock, water and appropriate clothing.

**Site:** Begins & ends at Lions Park  
**Fee:** \$34/Res, \$39/Non-Res

Day	Date	Time	Code
Tue/Thu	June 14-July 21	1:00-4:15 PM	10758

## 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.



**NOTE:** First class will meet at Wirth Lake Fishing Pier for clinic.

**Site:** Begins & ends at Lions Park    **Fee:** \$27/Res, \$32/Non-Res

Day	Date	Time	Code
Tue	June 14-July 19	9:00 AM-12:00 PM	10760



## 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.



## 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. The Gearty Park team will include kids from Noble School's Adventure club.

Fee: \$34/Res, \$39/Non-Res

### GEARTY PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	1:15-3:00 PM	10756

### HAMPSHIRE PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	1:15-3:00 PM	10754

### LIONS PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	1:15-3:00 PM	10755

### MEDLEY PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	1:15-3:00 PM	10753

### SCHEID PARK

Day	Date	Time	Code
Mon/Wed	June 13-July 27	1:15-3:00 PM	10752

## Sand Volleyball

*Ages 9-12*

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. Format will depend on number of registrants.



Site: Brookview Park Fee: \$29/Res, \$34/Non-Res

Day	Date	Time	Code
Tue/Thu	June 14-July 21	9:10-10:15 AM	10759



## American Red Cross Babysitting Training Class

*Ages 11-15*

This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of the class and 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? Fee includes a safety and first aid kit, which includes a zippered nylon bag, first aid supplies pack, compact flashlight, fill-in-the-blanks notepad for emergency and safety information and the babysitter's handbook. **Participants must bring a lunch and snack.**

Site: Brookview Comm Center Fee: \$74/Res, \$79/Non-Res

Day	Date	Time	Code
Sat	April 16	8:00 AM-4:30 PM	10723
Sat	May 7	8:00 AM-4:30 PM	10724
Sat	June 11	8:00 AM-4:30 PM	10725

# Youth Fall Soccer

Is advertised in this brochure! REGISTER NOW!

See page 17 for details.



*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 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. Please visit our website at [www.skyhawks.com](http://www.skyhawks.com) for further details. All participants receive a t-shirt and merit award!*

## Mini Hawk Camp *Ages 4-8*

This multi-sport program gives children a positive first step into athletics. T-ball, basketball and soccer are taught. Games and activities are designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. **Please bring: two snacks, sunscreen, appropriate clothing and water bottle.**

Site: Lions Park      Fee: \$105

Age	Day	Date	Time	Code
4-6	Mon-Fri	July 25-29	9:00 AM-12:00 PM	10740
6-8	Mon-Fri	June 27-July 1	9:00 AM-12:00 PM	10739

## Basketball Camp *Ages 6-12*

This fun, skill-intensive program is designed for the beginning to intermediate player. Our 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. **Please bring: two snacks, sunscreen, appropriate clothing and water bottle.**

Site: Davis Community Center      Fee: \$85

Age	Day	Date	Time	Code
6-8	Tue-Fri	July 5-8	9:00 AM-12:00 PM	10742
9-12	Tue-Fri	July 5-8	1:00-4:00 PM	10743

## 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. **Please bring: two snacks, sunscreen and water bottle.**

Site: Lions Park      Fee: \$105

Day	Date	Time	Code
Mon-Fri	August 1-5	9:00 AM-12:00 PM	10741

## Flag Football Camp *Ages 7-12*

This class is the perfect introduction to the game or a great refresher for those who want to brush up on their skills. 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! **Please bring: two snacks, sunscreen, appropriate clothing and water bottle.**

Site: Lions Park      Fee: \$105

Day	Date	Time	Code
Mon-Fri	August 15-19	9:00 AM-12:00 PM	10744

## Soccer Camp *Ages 7-12*

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. **Please bring: two snacks, sunscreen, appropriate clothing and water bottle.**

Site: Minnesota Arts School      Fee: \$105

Day	Date	Time	Code
Mon-Fri	July 11-15	9:00 AM-12:00 PM	10745

## YOUTH ATHLETIC ASSOCIATIONS

**Golden Valley Little League Baseball**  
Boys and Girls age 7-12  
Contact: Peter Birkeland  
763-591-7795  
pbirkeland@comcast.net  
www.goldenvalleylittleleague.org

**Armstrong Cooper Youth Baseball**  
Boys age 12-19  
Contact: Pat Backen  
763-439-6454  
president@raybaseball.com  
www.raybaseball.com

**Cooper/Armstrong Girls Fastpitch Softball**  
Girls age 9-18  
cooperarmstrongfastpitch@gmail.com  
www.cooperarmstrongfastpitch.org

**Girls Slowpitch Softball**  
Girls in grades 3-12  
Contact: Brian Nelson  
idealbus@comcast.net  
www.gvgs.org

**Golden Valley Phoenix Soccer Club**  
Boys and Girls age 9-18  
763-544-9829      www.gvphoenixsoccer.org



# YOUTH FALL SOCCER

## VOLUNTEER COACHES ARE NEEDED

for the success of the Youth Soccer programs.

Anyone interested, please contact the Recreation office at 763-512-2345.

**\* Soccer Registration Deadline: August 5th \***



## 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. 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

**Fee:** \$33/Res, \$38/Non-Res, \$12/shirt (if needed)

Day	Date	Time	Code
Sat	Sep 10-Oct 29	12:00 or 1:00 PM	10746
<i>(times vary each Saturday)</i>			



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 29. Day/time to be determined by the volunteer coach. Participants will be contacted by their coach after August 24.

**GAMES:** Saturdays, September 10-October 29, with possible weekday evening games. Schedules distributed at practice.

**Sites:** Grade 2 - Golden Valley

Grade 3-5 - Golden Valley, Robbinsdale & Crystal

**Fee:** \$33/Res, \$38/Non-Res, \$12/shirt (if needed)

Day	Game Dates	Game Times	Grade 2 Code	Grade 3-5 Code
Sat	Sep 10-Oct 29	Late morning and/or early afternoon	10748	10749

## 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:** Practices will be held in the home community beginning the week of August 29 with location, day and time determined by the volunteer coach.

**GAMES:** Saturdays, beginning September 10 with a possible weeknight game later in the season. Games will be held in all participating communities.

**Sites:** Golden Valley, Crystal, New Hope, Robbinsdale & Maple Grove

**Fee:** \$33/Res, \$38/Non-Res

Day	Game Dates	Game Times	Boys Code	Girls Code
Sat	Sep 10-Mid Oct	Late morning and/or early afternoon	10750	10751

## 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 2011.

# Tennis Programs



## Twin City Tennis Camps

*Moving Tennis From a Game of Skill to a Game for Life*



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.

### 2011 TCTC Brookview Tennis Center Staff

Director of Tennis: *Bryan Hoff*

Assistant Director: *Steve Ellis*

Junior Camp Coordinator: *Bryan Valley*

## Adult Tennis Drills

### *Beginner, Intermediate & Advanced*

TCTC Adult lessons are for beginners, intermediate or advanced level players. Participants will be divided into three separate groups based on their skill levels on the first day of class. Offered once or twice per week to accommodate your schedule. All classes are held at the Brookview Tennis Center. Class ratio 6:1 player/coach. Maximum 18 people with three coaches. Head Coach: Bryan Hoff.

**NOTE:** You must designate level choice when registering.

Site: Brookview Park

### *2 Lessons Per Week*

Days	Date	Time	Fee	Code
Tue/Thu	May 17-June 9	6:00-8:00 PM	\$139	10901
Tue/Thu	June 14-July 7	6:00-8:00 PM	\$139	10902
Tue/Thu	July 12-Aug 4	6:00-8:00 PM	\$139	10903
Tue/Thu	Aug 9-30	6:00-8:00 PM	\$139	10904
Tue/Thu	May 17-Aug 30 (All 4 Sessions)	6:00-8:00 PM	\$419	10909

### *1 Lesson Per Week*

Day	Date	Time	Fee	Code
Wed	May 18-June 8	6:00-8:00 PM	\$79	10905
Wed	June 15-July 6	6:00-8:00 PM	\$79	10906
Wed	July 13-Aug 3	6:00-8:00 PM	\$79	10907
Wed	Aug 10-31	6:00-8:00 PM	\$79	10908
Wed	May 18-Aug 31 (All 4 sessions)	6:00-8:00 PM	\$239	10910

## Private & Semi-Private Tennis Lessons

### Private Lessons

*One-on-one instruction*

**One hour** \$55

**Five lessons** \$250

**Ten lessons** \$450

### Semi-Private Lessons

*2-4 students per class*

**One hour** \$60

**Five lessons** \$275

**Ten lessons** \$500



All private and semi-private lessons are with a U.S.P.T.A. Certified Coach. Lessons will be scheduled at Brookview Tennis Courts and need to be arranged in advance. Please call Twin City Tennis Camp at 612-600-2460 or stop by the Brookview Tennis Center to make an appointment with our Director of Tennis, Bryan Hoff.



## QUICK START U.S.T.A TENNIS CAMPS *Ages 3-8*

TCTC Quick Start Camps are offered Monday-Friday or Saturday at Brookview Park. Participants sign-up for their desired dates and will be divided into their appropriate age group on the first day of camp. Camper/coach ratio is 6:1.

### Future Champs *Ages 3-5*

**Head Coach:** Justin Moe

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.

### Junior Champs *Ages 6-8*

**Head Coach:** Steve Ellis

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.

Sessions	Fee	Location
Mon-Fri <i>Weekly</i>	\$99 (1 week)	Brookview Park
Mon-Fri <i>4-Week Session</i>	\$299 (4 weeks)	Brookview Park
Mon-Fri <i>12-Week Session</i>	\$699 (12 weeks)	Brookview Park
Saturday <i>4-Week Session</i>	\$99 (4 weeks)	Brookview Park
Saturday <i>5-Week Session</i>	\$124 (5 weeks)	Brookview Park

### Monday-Friday Sessions

Session	Days	Date	Time	Code
Full Summer (12 weeks)	Mon-Fri	June 13-Sept 2	9:00-11:00 AM	10814
Session 1 (4 Weeks)	Mon-Fri	June 13-July 8	9:00-11:00 AM	10799
Week 1	Mon-Fri	June 13-17	9:00-11:00 AM	10800
Week 2	Mon-Fri	June 20-24	9:00-11:00 AM	10801
Week 3	Mon-Fri	June 27-July 1	9:00-11:00 AM	10802
Week 4	Mon-Fri	July 5-8	9:00-11:00 AM	10803
Session 2 (4 Weeks)	Mon-Fri	July 11-Aug 5	9:00-11:00 AM	10804
Week 5	Mon-Fri	July 11-15	9:00-11:00 AM	10805
Week 6	Mon-Fri	July 18-22	9:00-11:00 AM	10806
Week 7	Mon-Fri	July 25-29	9:00-11:00 AM	10807
Week 8	Mon-Fri	Aug 1-5	9:00-11:00 AM	10808
Session 3 (4 Weeks)	Mon-Fri	Aug 8-Sept 2	9:00-11:00 AM	10809
Week 9	Mon-Fri	Aug 8-12	9:00-11:00 AM	10810
Week 10	Mon-Fri	Aug 15-19	9:00-11:00 AM	10811
Week 11	Mon-Fri	Aug 22-26	9:00-11:00 AM	10812
Week 12	Mon-Fri	Aug 29-Sept 2	9:00-11:00 AM	10813

### Saturday Sessions

Session	Day	Date	Time	Code
Spring Session (4 Weeks)	Sat	May 7-June 4 (No May 28)	9:30-11:30 AM	10814
Summer Session 1 (5 Weeks)	Sat	June 11-July 16 (No July 2)	9:30-11:30 AM	10799
Summer Session 2 (5 Weeks)	Sat	July 23-Aug 20	9:30-11:30 AM	10800
Fall Session (4 Weeks)	Sat	Sept 10-Oct 1 (No Class Sept 3)	9:30-11:30 AM	10801



## JUNIOR U.S.T.A DEVELOPMENTAL TENNIS CAMPS

Ages 6-14

TCTC Junior Camps are offered Monday-Friday at Brookview Tennis Center. Sign-up for desired week/session and participants will be divided into their appropriate age group on the first day of camp. Camper/coach ratio is 6:1.

### Beginner Tennis Camp *Ages 6-8*

**Head Coach:** Steve Ellis

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

### Intermediate Tennis Camp *Ages 9-12*

**Head Coach:** Justin Moe

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 Tennis Camp *Ages 12-14*

**Head Coach:** Bryan Valley

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.



**NOTE:** Campers attending full-day camps should bring a lunch, snack, sunscreen and water each day.

Session	Days	Date	Full Day 9:00 AM-4:00 PM		Half Day 11:00 AM-4:00 PM		Morning 9:00 AM-12:00 PM		Afternoon 1:00-4:00 PM	
			Fee	Code	Fee	Code	Fee	Code	Fee	Code
Full Summer (12 weeks)	Mon-Fri	June 13-Sept 2	\$1399	10834	\$1199	10850	\$799	10866	\$799	10882
Session 1 (4 Weeks)	Mon-Fri	June 13-July 8	\$599	10819	\$499	10835	\$359	10851	\$359	10867
Week 1	Mon-Fri	June 13-17	\$199	10820	\$169	10836	\$119	10852	\$119	10868
Week 2	Mon-Fri	June 20-24	\$199	10821	\$169	10837	\$119	10853	\$119	10869
Week 3	Mon-Fri	June 27-July 1	\$199	10822	\$169	10838	\$119	10854	\$119	10870
Week 4	Mon-Fri	July 5-8	\$199	10823	\$169	10839	\$119	10855	\$119	10871
Session 2 (4 Weeks)	Mon-Fri	July 11-Aug 5	\$599	10824	\$499	10840	\$359	10856	\$359	10872
Week 5	Mon-Fri	July 11-15	\$199	10825	\$169	10841	\$119	10857	\$119	10873
Week 6	Mon-Fri	July 18-22	\$199	10826	\$169	10842	\$119	10858	\$119	10874
Week 7	Mon-Fri	July 25-29	\$199	10827	\$169	10843	\$119	10859	\$119	10875
Week 8	Mon-Fri	Aug 1-5	\$199	10828	\$169	10844	\$119	10860	\$119	10876
Session 3 (4 Weeks)	Mon-Fri	Aug 8-Sept 2	\$599	10829	\$499	10845	\$359	10861	\$359	10877
Week 9	Mon-Fri	Aug 8-12	\$199	10830	\$169	10846	\$119	10862	\$119	10878
Week 10	Mon-Fri	Aug 15-19	\$199	10831	\$169	10847	\$119	10863	\$119	10879
Week 11	Mon-Fri	Aug 22-26	\$199	10832	\$169	10848	\$119	10864	\$119	10880
Week 12	Mon-Fri	Aug 29-Sept 2	\$199	10833	\$169	10849	\$119	10865	\$119	10881

## Varsity and Junior Varsity Camps *Ages 12-14*

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, court positioning, balance and organization of player's complete game as well as complete technical development and stroke production in all areas. TCTC Varsity and Junior Varsity Camps are for Varsity, Junior Varsity and Junior High School level players.

Session	Time	Fee	Location
Weekly Session	3:00 PM-6:00 PM	\$109	Brookview Park
4-Week Session	3:00 PM-6:00 PM	\$329	Brookview Park
12-Week Session	3:00 PM-6:00 PM	\$759	Brookview Park

Session	Days	Date	Code
Full Summer (12 weeks)	Mon-Thu	June 13-Sept 1	10883
Session 1 (4 Weeks)	Mon-Thu	June 13-July 7	10884
Week 1	Mon-Thu	June 13-16	10885
Week 2	Mon-Thu	June 20-23	10886
Week 3	Mon-Thu	June 27-30	10887
Week 4	Tue-Fri	July 5-8	10888
Session 2 (4 Weeks)	Mon-Thu	July 11-Aug 4	10889
Week 5	Mon-Thu	July 11-14	10890
Week 6	Mon-Thu	July 18-21	10891
Week 7	Mon-Thu	July 25-28	10892
Week 8	Mon-Thu	Aug 1-4	10893
Session 3 (4 Weeks)	Mon-Thu	Aug 8-Sept 1	10894
Week 9	Mon-Thu	Aug 8-11	10895
Week 10	Mon-Thu	Aug 15-18	10896
Week 11	Mon-Thu	Aug 22-25	10897
Week 12	Mon-Thu	Aug 29-Sept 1	10898

## U.S.T.A. Varsity and Junior Varsity Tennis League

*Ages 12-14*

This 12-week league will emphasize teamwork and fun through skilled development, match play for players of all levels of ability, and a year-end Golden Valley City Tournament. Match play will be with teams from surrounding communities. Participants need to provide their own transportation. Home matches will be at Wesley Park. Fee includes U.S.T.A. Junior membership and entry fees for all league and tournament play. Player/coach ratio 12:1.

**Site:** Wesley Park  
**Fee:** \$189/Res, \$194/Non-Res



### Junior Varsity League *Ages 14-16*

Day	Date	Time	Code
Mon/Wed/Fri	June 13-Sept 1	11:00 AM-3:00 PM	10900

### Varsity League *Ages 16-18*

Day	Date	Time	Code
Mon/Wed/Fri	June 13-Sept 1	1:00-3:00 PM	10899

## Public Tennis Courts

Locations	Courts	Lighted Courts
<b>Brookview</b> <i>Hwy 55 &amp; Winnetka</i>	6	4
<b>Gearty</b> <i>Regent &amp; Triton</i>	1	1
<b>Glenview Park</b> <i>Zenith &amp; Major</i>	2	2
<b>Lions Park</b> <i>Harold &amp; Louisiana</i>	2	-
<b>Medley Park</b> <i>Ensign &amp; 23rd</i>	3	3
<b>Scheid Park</b> <i>Duluth &amp; Toledo</i>	2	2
<b>Seeman Park</b> <i>Hampshire &amp; Phoenix</i>	2	-
<b>Wesley Park</b> <i>Wesley Dr. &amp; Orkla</i>	3	3
<b>Wildwood Park</b> <i>Duluth &amp; Louisiana</i>	2	-

## 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

Day	Time	Fee	Code
Tue	6:00-9:00 PM	\$20	10911

### Mixed Doubles

Day	Time	Fee	Code
Wed	6:00-9:00 PM	\$26	10912

### Men's Singles

Day	Time	Fee	Code
Thu	6:00-9:00 PM	\$20	10913

### Women's Doubles

Day	Time	Fee	Code
Thu	6:00-9:00 PM	\$26	10914

## Hula Hoop - Fun and Fitness

Get a great workout while trimming your waist, thighs, and belly with hoops, the beloved childhood toy that is all grown up! The specially designed exercise hoop targets your waistline and core area and is a great cardiovascular exercise too. This fun class includes balance, strength and flexibility exercises using the hoop. All ages are welcome. Annette's oldest student is 91. Hoops are available for purchase for \$15. Instructed by Annette Fragale.



**Site:** Davis Community Center      **Fee:** \$12/Res, \$17/Non-Res

Day	Date	Time	Code
Thu	May 5	6:00-7:30 PM	10682

### ABOUT THE INSTRUCTOR...

**Annette Fragale** 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. Annette is also Host/Producer of the popular cable TV show "Yoga on the Go!"

## Pilates - Inspired Workout with Annette

Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance and posture and to maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Many elements of yoga are included. Please bring an exercise mat.

**Site:** Brookview Comm Center      **Fee:** \$56/Res, \$61/Non-Res

Day	Date	Time	Code
Mon	April 4-May 23	6:00-7:00 PM	10680

## Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Instructor Annette Fragale's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

**Site:** Brookview Community Center  
**Fee:** \$56/Res, \$61/Non-Res

Day	Date	Time	Code
Tue	April 5-May 24	11:00 AM-12:00 PM	10681



## 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. \*Resident fee applies to Golden Valley and St. Louis Park.

**Site:** Davis Community Center

**Fee:** \$59/Res\*, \$64/Non-Res

Day	Date	Time	Code
Tue	April 12-May 24	6:15-7:00 PM	10711
(No class May 10)			
Tue	May 31-July 12	6:15-7:00 PM	10712
(No class July 5)			
Tue	July 19-Aug 30	6:15-7:00 PM	10713
(No class Aug 9)			

## Pickleball League Mixed Doubles Adults 45+

This summer we will offer a 45 and over pickleball league for mixed doubles. This exciting mini-tennis game is a combination of ping-pong, tennis and badminton and can be played with two or four players. It is played on a court the size of a badminton court, which is smaller than a tennis court, using tennis rules and a smaller racquet/paddle and a whiffle ball. Lessons or previous playing experience are not required to join in the fun, so sign up today!

**Site:** Hidden Valley Park (32nd & Boone Aves, New Hope)

**Fee:** \$20/pair

Day	Date	Time	Code
Thu	June 9-July 14	6:00-10:00 PM	10944

## Exploring Color with Painting & Pencils

Explore mixing, blending, layering, glazing and color schemes and theory to spark your drawings and paintings. Learn a variety of watercolor and gouache painting methods, pen and ink wash, oil pastel, and water soluble and color pencil application to create colorful nature subjects, still life, landscapes, etc. View works from major artists and colorists for inspiration. Art materials furnished for classroom work.

**Site:** Brookview Community Center

**Fee:** \$36/Res, \$41/Non-Res

Day	Date	Time	Code
Thu	May 5 & 12	1:30-3:00 PM	10722



## ABOUT THE INSTRUCTOR...

### Tatyana Butkova

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.



## Belly Dancing - Level 1

Come to explore the beautiful and ancient art of belly dance/Middle Eastern dance. Whatever your goals are – exercise, dancing, body and muscle strengthening, fixing lower back problems – this class covers them all. Wear loose and comfortable clothing. No hip scarf is required but they are fun to wear. No previous dance experience required. Instructed by Tatyana Butkova.

**Site:** Brookview Community Center  
**Fee:** \$64/Res, \$69/Non-Res

Day	Date	Time	Code
Thu	March 17-May 5	7:00-8:30 PM	10698

## Belly Dancing - Level 2

Instructor Tatyana Butkova will expand on the basics for more challenge and fun! Wear loose and comfortable clothing. Previous belly dance experience required.

**Site:** Brookview Community Center  
**Fee:** \$80/Res, \$85/Non-Res

Day	Date	Time	Code
Mon	March 14-May 2	7:15-8:45 PM	10699

## Belly Dancing - Mixed Levels

Whether you want to try belly dance or want to expand your experience come to mixed level belly dance class. We will be learning and reviewing movements and putting them into combinations. Wear comfortable clothing. Hip scarfs are not required, but are fun to wear. Instructed by Tatyana Butkova.

**Site:** Brookview Community Center  
**Fee:** \$80/Res, \$85/Non-Res

Day	Date	Time	Code
Mon	June 6-July 11	7:15-8:45 PM	10700
	(No class July 4)		

## Yoga Flow with Laura

Get ready to uncover your natural power through flow yoga... This 70-minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. Appropriate for beginners to yoga, as well as those who already practice. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

**Site:** Brookview Community Center      **Time:** 5:30-6:40 PM

Day	Date	Fee	Code
Tue	April 5-May 10	\$60/Res, \$65/Non-Res	10688
Tue	May 17-June 21	\$60/Res, \$65/Non-Res	10689
Tue	July 12-Aug 2	\$40/Res, \$45/Non-Res	10690
Tue	Aug 16-30	\$30/Res, \$35/Non-Res	10691
Thu	April 7-May 12	\$60/Res, \$65/Non-Res	10692
Thu	May 19-June 16	\$50/Res, \$55/Non-Res	10693



## Power Yoga Flow with Laura

Similar to the Yoga Flow class, above, with focus on creating and nurturing body alignment, flexibility, strength and calming the mind. This class includes a few more intermediate poses, but modifications for beginners can always be made. This 90-minute non-competitive class consists of breath awareness, yoga poses, 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) and a small blanket and pillow for relaxation (optional). Instructed by Laura Lazowski.

**Site:** Brookview Community Center      **Time:** 6:45-8:15 PM

Day	Date	Fee	Code
Tue	April 5-May 10	\$72/Res, \$77/Non-Res	10694
Tue	May 17-June 21	\$72/Res, \$77/Non-Res	10695
Tue	July 12-Aug 2	\$48/Res, \$53/Non-Res	10696
Tue	Aug 16-30	\$30/Res, \$35/Non-Res	10697

## ABOUT THE INSTRUCTOR...

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

## ADAPTIVE PROGRAMS through



The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, 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. Resident fee applies to the communities listed above. For information and registration procedures, call Becca at 952-988-4177.

### Youth Programs *Ages 5-12*

**AUGUST ACTION** Join us for a week of fun filled afternoons! Each afternoon we will meet at a different location to explore our communities and enjoy summer!! August 15-19, 1:00-3:00 PM. \$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 see what sports you may like. Held at Chanhassen Rec Center on June 22-July 27, 6:30-7:30 PM. \$35/Res, \$43/Non-Res.

**COMMUNITY CONNECTIONS** NEW program for kids and their parents! This group will provide an opportunity for kids with disabilities to have fun, make new friends, and try new activities. Parents attend the program with their kids, providing an opportunity to network with other families. Each week will have a different activity; theme days, games, sports, crafts and more! Saturday afternoons, beginning in March. Call Becca at 952-988-4176 for more information.

**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 Drive, St. Louis Park on Tuesday, April 5-May 17, 5:45-6:45 PM. \$50 per parent/child pair (\$20 for each additional 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! Spring session runs mid-April through mid-June, and summer session runs mid-July through mid-September. Held at various locations. \$30/Res, \$38/Non-Res each session.

**TEEN SOFTBALL** A fun competitive softball league for teens! Improve your skills, make new friends, and HAVE FUN!! For more information, call Stephen at 952-988-5321. Held at Sabes Jewish Community Center in St. Louis Park on Thursdays, June 9-August 11 from 6:30-8:00 PM. \$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, Monday-Friday, August 1-September 2 from 9:00 AM-3:30 PM. \$350 per week.

### Adult Programs

**YOGA** Relax, get in shape, increase muscle tone, improve focus, and enhance flexibility! Held at St. Louis Park Rec Center, 3700 Monterey Drive, St. Louis Park on Tuesday, April 5-May 10 from 7:00-8:00 PM. \$40/Res, \$48/Non-Res.

**WEDNESDAY NIGHT SOCIAL** Meet new friends while enjoying games, dances, movies, bingo, and so much more! Held at Brookview Community Center in Golden Valley and other various community locations. Spring session runs March 30-May 18 and summer session runs June 15-August 10. Held on Wednesdays from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

### Bowling for All

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

#### Doyle's Bowling Lane, Crystal

Saturdays, April 2-May 21  
12:00-2:00 PM

Tuesdays, June 14-August 9  
6:30-8:30 PM

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

#### Earle Brown Lanes, Brooklyn Center

Saturdays, April 2-May 21  
3:00-5:00 PM

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

### 20th Annual Bowl-A-Thon

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

Park Tavern Lanes, St. Louis Park

Saturday April 23  
9:30 AM-1:00 PM

\$40 minimum in pledges to bowl, \$15 donation for spectators (includes lunch)

### Dances for All

Join your friends and groove to all the latest hits! Dances are from 7:00-9:00 PM and cost \$5 at the door (unless otherwise noted). Call 952-988-4177 for more information.

**March 18** – St. Louis Park High School

**April 6** – Carver County Funfest – Chaska Community Center (6:30-8:30 PM)

**April 15** – St. Louis Park High School

**May 13** – Brooklyn Park Comm Center

**May 20** – St. Louis Park High School

**June 17** – St. Louis Park High School

**July 15** – St. Louis Park High School

**August 10** – Beat the Heat Dance – Brooklyn Park Community Center

**August 19** – St. Louis Park High School

## GOLDEN VALLEY SENIOR CENTER

The Golden Valley Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, volunteer for the senior program, and register for events, trips and other activities.

All programs are held at Brookview unless otherwise 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

Your donation is good for the year and will allow you to receive the bi-monthly Senior Newsletter right at your door. It helps offset some costs of the senior program. Support your senior program by donating to the Golden Valley Seniors today!

**Donation:** \$5/Res, \$8/Non-Res  
**Code:** 10609

*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. 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

**Time:** Appointments begin at 9:00 AM

**Fee:** \$32 - payable to Happy Feet Footcare, Inc. and due at time of service.

**Day**   **Dates**

Tue   Mar 8, 15 • April 12, 19 • May 10, 17 • June 14, 21 • July 12, 19 • Aug 9, 16



### Blood Pressure Screening

This free service is provided by staff from the Ambassador Good Samaritan Care Center.

**Site:** Brookview Community Center

**Time:** 11:00-11:30 AM

**Day**   **Dates**

Wed   March 23 • April 27 • May 25 • June 22 • July 27 • August 24



### Tax Assistance 2011

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 taken at the door the day of the service starting at 8:15 a.m.*



**Site:** Brookview Community Center

Day	Dates	Time
Thu	March 3, 17, 31	9:00 AM-12:00 PM
Thu	April 7, 14	9:00 AM-12:00 PM

## SENIOR SPECIAL EVENTS

### Tai Chi for Health & Arthritis - Demo

*Tuesday, March 29 • 9:45-10:45 AM*

*Brookview Community Center*

*\$2 - payable at the door*

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance and flexibility. This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Join Certified Instructor Marie Mathay for a demo class. Wear comfy clothes. Register in advance by calling the senior office.

### 2011 Senior Spring Forum



*Wednesday, April 13*

*8:30 AM-12:00 PM*

*Brooklyn Park Community Center  
(5600-85th Avenue North)*

Hear presentations about living with grace, purpose and joy. Visit over 75 informational booths on aging. Coffee and treats provided. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee. Call 763-503-2520 to register by April 6.

## SENIOR SPECIAL EVENTS



### Senior Par 3 Golf League Kick-off

**Thursday, April 28 • 9:30 AM**  
**Brookview Community Center**

Kick-off the 2011 golf season with Ben Disch, Brookview's Golf Manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to participate in the league, the league fee may be dropped off in the golf office.

### Bowling Tournament

**Tuesday, May 10 • 12:30 PM**  
**Texa-Tonka Bowling Lanes (8200 Minnetonka Blvd, St. Louis Park)**  
**\$4 - payable at Texa-Tonka Lane**

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

### Pedal Pushers Kick-off

**Thursday, May 12**  
**10:00 AM**  
**Brookview Community Center**



Join Nancy, our fearless leader, as we plan our 2011 Pedal Pusher season. Nancy will show slides of her and Keith's 2010 travel adventures. The "Pedal Pushers" t-shirt will be available for purchase. Donations will be accepted for refreshments. Register by calling the senior office at 763-512-2339 by May 10.

### Stories of the Constellations

**Wednesday, July 27**  
**6:30 PM - Check-In/Refreshments • 7:00 PM - Speaker**  
**Golden Valley Library (830 Winnetka Ave N)**

Just who was Orion? Why is he never in the sky at the same time as the Scorpion? Which constellations tell a love story with a happy ending, which is unusual in ancient mythology? Many constellations are near each other in the sky for a reason. We'll dig into the history and mythology behind the patterns and find some sense in their placement. This is for kids of all ages-kids and grandkids are welcome to attend. Presented by William Arden, MS, Augsburg College of the Third Age. Register in advance starting June 15 by calling the Golden Valley Library at 952-847-5475 or visit [www.hclib.org](http://www.hclib.org).

### Full Circle Superior

**Thursday, July 28 • 7:00 PM**  
**Calvary Center Cooperative (7600 Golden Valley Rd)**

Kate Crowley and Mike Link, husband and wife, trekked 1,550 miles around Lake Superior in 2010. The 5-month expedition stretched across 3 states and a Canadian province. The combination of biological, physical, and cultural research with the adventure of walking around the largest lake in the world was a dramatic experience that Mike and Kate will share through photos and stories. Register by July 22 with Lara at Calvary Center Cooperative by calling 763-544-1090 or e-mail her at [Lhoma1@fairview.org](mailto:Lhoma1@fairview.org).

### Senior Surf Days

**Thursday, May 12 • 9:00-11:00 AM**  
**Golden Valley Library (830 Winnetka Ave N)**

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®. Register in advance by calling the Golden Valley Library at 952-847-5475 or visit [www.hclib.org](http://www.hclib.org).



## SENIOR CLASSES

### Defensive Driving Courses

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

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. Call the Minnesota Safety Council at 651-291-9150 for more information.



### 8-HOUR FIRST TIMERS COURSE

**Site:** Brookview Community Center **Fee:** \$18/person

Day	Dates	Time
Tue	April 19 & 26	6:00-10:00 PM

### 4-HOUR REFRESHER COURSE

**Site:** Brookview Community Center **Fee:** \$17/person

Day	Dates	Time
Thu	April 14	9:00 AM-1:00 PM
Thu	May 12	9:00 AM-1:00 PM
Thu	June 9	9:00 AM-1:00 PM
Thu	July 14	9:00 AM-1:00 PM
Thu	August 11	9:00 AM-1:00 PM

## Intermediate Bridge Class

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



**Site:** Brookview Community Center  
**Fee:** \$31/Res, \$36/Non-Res

Day	Date	Time	Code
Fri	April 1-May 20	9:00-10:30 AM	10652
Fri	June 3-July 22	9:00-10:30 AM	10715



## Let's Play Euchre

Learn the fastest game in town in less than 30 minutes! If you have played 500, we guarantee you can learn the game of Euchre in 15 minutes. Take the FREE lesson and then stay and play the game.

**Site:** Brookview Community Center

Day	Date	Time
Thu	April 7-August 25	12:30-1:00 PM

## Tai Chi for Health & Arthritis

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance, and flexibility. This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

**Site:** Brookview Comm Center    **Fee:** \$42/Res, \$47/Non-Res

Day	Date	Time	Code
Tue	April 5-May 10	9:45-10:45 AM	10673
Tue	May 17-June 28	9:45-10:45 AM	10714
<i>(No class June 21)</i>			

## 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 cards can be purchased at the Recreation office.



**Site:** Brookview Community Center  
**Fee:** 6-time punch card - \$39/Res, \$44/Non-Res

Day	Date	Time
Mon	May 2-Nov 28	9:30-11:30 AM
<i>(No class May 30, July 4, Sep 5)</i>		

# SENIOR SPECIAL INTEREST GROUPS

## Mondays with Mary

Join Mary on Mondays at 9:30 AM to make door decorations, greeting cards, party favors and more. We 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. As we say, "The more the Mary-ier". *Group will not meet on May 30, July 4, September 5.*



## Card & Game Groups

New players are always welcome to these card and game groups at Brookview Community Center. Please arrive 10 minutes before scheduled start time.

**Site:** Brookview Community Center

Group	Day	Time
Dominoes	Mondays	1:00 PM
Cribbage	Tuesdays	1:00 PM
500	Wednesdays	1:00 PM
Euchre	Thursdays	1:00 PM
Contract Bridge	Thursdays	6:30 PM
	Fridays	9:00 AM

## 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 to receive meeting locations. **Ride dates:** June 7 & 21, July 12 & 21, August 9 & 30, September 13 & 27 and October 18.

**YOUR SENIOR MEMBERSHIP  
 DONATION IS  
 GREATLY APPRECIATED!**

## SENIOR SPECIAL INTEREST GROUPS



### Coffee Talk

Join us for informative programs, juice, donuts, and of course, coffee! Call the Senior office at 763-512-2339 to register so there are treats and coffee for everyone.

**Site:** Brookview Community Center

**Time:** 9:45 AM

**Fee:** \$2 - payable at the door

### Wednesday, April 27

#### **Gumption, lessons on old age, loneliness, and a hotdish**

Gumption is about the social support network of some old guys in rural Minnesota 1986-1996, a true story. Golden Valley resident, Faye Berger, heard the stories from her dad who started the group, eventually known in the area as "The Gang". Limited to the six that fit in a car, "The Gang" traveled to restaurants, toured the countryside, and even ventured on a cruise, all in their 80s and 90s. Faye has taken the stories and written a book. Be ready to be entertained and inspired. *Register by April 25.*

### Wednesday, May 25

#### **Modern Chinese History, 1911-Present**

Phenix is back with her enthusiasm and willingness to share her love of China. Today we'll hear about the Chinese Revolution and China's role in today's world. *Register by May 23.*

### Wednesday, June 22

#### **Your Life - Your Story - Your Legacy**

Your life story and those of your ancestors shape the lives of your children and succeeding generations. These precious memories need to be preserved. Inspirational and informative, Mr. Baker will provide practical ways to select, organize, and preserve your life stories, photos, family history and heirloom documents. Mr. Baker learned the rich value of legacy and began promoting storytelling in the 1990's while he and his wife served as missionaries in Ethiopia, a culture steeped in oral communication and family bonds. Presented by Jeff Baker, SagisLegacy. *Register by June 20.*

### Wednesday, July 27

#### **Mail Fraud and Postal Scams**

Did you know that most frauds and scams share many common traits? Today learn tips to gain a better understanding of how to spot the most common scams. Arm yourself with this knowledge and avoid becoming a victim. Presented by Jeff Long, US Postal Service. *Register by July 25.*

### Wednesday, August 24

#### **Freighter Odyssey**

Dale Stenseth took a four and a half month trip around the world trip on a working freighter. Come and hear about his experiences and the ports he visited. *Register by August 22.*



## Living Well & Wise

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

**Site:** Calvary Center Cooperative (7600 Golden Valley Road) **Time:** 1:00 PM

### Thursday, April 7

**What to Expect and/or Prepare for Joint Replacement**  
Presented by Golden Valley Rehab and Care Center.

**Thursday, May 5** No meeting

### Thursday, June 2

**All You Need to Know about Hearing Health Care**  
Presented by Hearing Solutions Group.

### Thursday, July 7

**OTC Drugs, Generic Prescriptions and Drug Disposal**  
Presented by Michael Reiff, Pharmacist from GV Walgreen's.

### Thursday, August 4

**Easy Indoor Container Gardening**  
Bring an empty 4-6" pot and the Golden Valley Evening Garden Club will provide the rest. Presented by GV Garden Club.

### Thursday, September 1

**Laughter IS the Best Medicine**  
Presented by Deanna Soukup, Fairview Homecare & Hospice.



## Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. No pre-registration necessary. Donations for refreshments will be accepted.

**Site:** Brookview Community Center  
**Time:** 10:00 AM

### Thursday, April 21

**What You've Always Wanted to Know about Banks**  
Presented by Maggie Slaker and Brenda Hayle, Central Bank.

### Thursday, May 19

**What to Do if Interest Rates Rise, Getting Ready for Expansion and Maybe it is Time to Invest for Dividends**  
Presented by Larry Klick, Money Matter member.

### Thursday, June 16

**Be Wise-Be Informed-Be Empowered**  
Presented by Gary Johnson, Better Business Bureau of Minnesota and North Dakota.

### Thursday, July 21

**Right and Wrong Ways to Leave Property to Your Children**  
Presented by The Molever Law Firm.

### Thursday, August 18

**Energy Conservation for Your Home**  
Presented by CenterPoint Energy Speakers Bureau.

## 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.

**Site:** Dover Hill Apartments    **Time:** 1:00 PM

**Thursday, March 24** *Remembering Your First or Favorite Car*

**Thursday, April 28** *Remembering Work Life*

**Thursday, May 26** *Remembering Storms*

**Thursday, June 23** *Remembering Front Porches*

**Thursday, July 28** *Remembering Gardens*

**Thursday, August 25** *Remembering Barns and Silos*

## Senior Golf Leagues

### Senior Par 3 League

Men and Women ages 55+ are invited to play at the Brookview Par 3 Course on Thursday mornings, May 5-September 15. Tee times start at 7:30 AM with weekly sign-up. League fee of \$5 is collected at the kick-off meeting on April 28. See information in the golf section for green and cart fees.

### Senior Patron 18-Hole Regulation League

This senior golf league will play the 18-hole course at Brookview. League plays on Tuesdays, May 17-August 23. League registration of \$25 is due May 11. See information in the golf section for green and cart fees. Call 763-512-2314 for league information. **NOTE:** You must be a valid Brookview Senior Patron card holder to register and play.



## SPECIAL DESTINATION TRIPS WITH FIVE 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. All costs are on your own.

**Register for these trips by calling Five Cities at 763-531-1259, unless otherwise noted.**

### ROUND-TRIP PUNCH PASSES

Available for purchase from the drivers with check or cash.

**4/round-trip pass:** \$14    **8/round-trip pass:** \$28

### SUGGESTED ROUND TRIP BUS FARES

**Regular:** \$4 cash or \$3.50 with a punch pass.

**Special Destination:** \$7 cash or two punches from punch pass.

### Thursday, May 5 Forum at Westminster Presbyterian Church - *Frederic Luskin, The Power of Forgiveness*

Frederic Luskin, Ph.D., is the Director of the Stanford University Forgiveness Project and serves as co-chair of the Garden of Forgiveness Project at Ground Zero in Manhattan. His extensive research on forgiveness therapy has demonstrated the power of forgiveness to affect physical and emotional change in individuals and organizations. Forum held at Westminster Presbyterian Church. A "Breads and Spreads" reception follows the forum at the Church.

*\*Special Destination bus fare applies.*

*\*Register with Five Cities by: April 28*

Day	Date	Bus Pick-up	Bus Return
Thu	May 5	11:00 AM	2:00 PM
at City Hall			

### Friday, May 6 The Raptor Center

We will be introduced to three raptors, view a video, visit the outdoor housing area (has stairs with no railings) and finally learn about The Raptor Center and its important role in protecting raptors and the world we share. Following our tour, we will have lunch at Eddington's, which specializes in fresh breadsticks and 8 varieties of soup. Lunch cost and any purchases are on your own.

*\*Special Destination bus fare applies, plus \$6 for Raptor Center.*

*\*Register by April 27 with New Hope Park & Recreation, 4401 Xylon Ave N, 55427 or call 763-531-5151.*

Day	Date	Bus Pick-up	Bus Return
Fri	May 6	9:30 AM	1:15 PM
at City Hall			

### Thursday, July 28

#### Minneapolis Pops Concert at Nicollet Island Pavilion

The concert will be held at the Nicollet Island Pavilion, by St. Anthony Falls. The concert is indoors, the building is air-conditioned and wheelchair accessible. Free goodies before the concert. After the concert, we will stop at Kieran's Irish Pub for lunch. Order off the menu with cost on your own. Limited apartment pick-ups available.

*\*Special Destination bus fare applies.*

*\*Register with Five Cities by: July 21*

Day	Date	Bus Pick-up	Bus Return
Thu	July 28	9:30 AM	1:45 PM
at City Hall			

## THE MARY WANDERER'S TRIP PROGRAM

The "Mary Wanderers" trip program includes one-four 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 taken with Visa or MasterCard. Minimum of 6 needed for bus to stop.

### 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

"The Grand Old Lady of the Lake" was an elaborate creation of James J. Hill. Take a few minutes to look around before being seated for lunch in the ballroom. Menu: House Salad, Assorted Rolls/Butter, Breast of Chicken Florentine, Fresh Vegetable, Whipped Potatoes, Heavy Coffee, Iced Tea, Gold Brick Sundae. The Golden Strings are known literally to a million people in the upper Midwest. Founded and lead by virtuoso violinist Clifford Brunzell, this unique group plays music ranging from the classic to pops, from romance to jazz. An afternoon you won't want to miss.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Tue	April 12	10:00 AM	3:15 PM	\$60	10482

*Register or cancel by: March 14*



### Fairbault, Minnesota

We arrive in Fairbault to visit Donahues Greenhouses where the colors and fragrances will amaze you. Their specialty is Clematis vines and they raise over 130 varieties. Next stop is the Ivan Whillock Wood Carving Studio, whose artwork is found in churches, businesses and private collections around the world. Lunch will be at Monte's Steakhouse followed by a tour of The Paradise Center for the Arts. Originally the Fairbault Opera House, built in 1929, it has been transformed into a comprehensive center for the arts. Before leaving, it's a "must stop" at The Cheese Cave, a store that offers dozens of different cheeses, as well as pastas, sauces, cheese making kits and high end foods. They are well known for their cave-aged blue cheese. Yummy!

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Wed	May 18	9:00 AM	4:20 PM	\$47	10478

*Register or cancel by: May 2*

### Target Field Tour & Lunch

Experience the magnificence of Target Field on a unique guided behind-the-scenes look at one of MLB's best and newest ballparks. Learn about the history of the Twins and baseball in Minnesota, the unique attributes and background of the Target Field site and how eco-friendly Target Field will be for generations to come. Walk over two miles through exciting spaces. Viewing areas are subject to change but may include the Twins dugout, Metropolitan Club, Event Suites and Delta SKY360 Legends Club. Visit the Champions Club where our World Series trophies reside. Walk along Target Plaza to see the flag pole from Met Stadium. Stand in the Press Box to take in the breathtaking views of Target Field and the Minneapolis skyline. Experience the sweeping views from the Terrace Level and enjoy the Budweiser Roof Deck and Twins Pub. Conclude the tour at the Majestic Pro Shop where you will have a few minutes to shop. (Viewing areas are subject to change due to other events scheduled in the ballpark. No video photography allowed.)

Lunch will be at Jax Cafe, a landmark established in 1933 by Stan Kozlak, who left Poland as a teenager and established a restaurant business that would support three generations after him. Menu: Chicken and Dumplings luncheon served with cranberry sauce, house salad, bread/butter, coffee, tea or milk.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Tue	June 7	10:15 AM	3:15 PM	\$57	10497

*Register or cancel by: May 24*





## Minnesota Twins vs. LA Dodgers

Help cheer the Twins to victory at Target Field as they play the LA Dodgers in this 12:10 game. Our confirmed seats are in the Field Box section. Dress for the weather, as seats may be in the open. Game is played rain or shine. Target Field offers plenty of concessions, sit down dining and stores throughout the stadium. Target Field does allow guests to bring food into the stadium. Containers must be soft-sided and fit under the seat. Sealed, bottled water 32oz. or less, juice boxes and liquids required for legitimate medicinal purposes are also permitted. **NOTE: Buses are required to park in designated spaces 2-3 blocks from the entrance. Guests will return to the bus after the game. If needed, bring your portable wheel chair. It will fit in the baggage area of the motorcoach.**

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Wed	June 29	10:45 AM	3:15 PM	\$59	10480

Register or cancel by: June 28

## Lunch Cruise on Lake Minnetonka

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.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Mon	July 11	10:00 AM	2:15 PM	\$34	10495

Register or cancel by: June 28

## Owatonna, Minnesota

Arrive at the Owatonna Arts Center for coffee and donuts. From 1888-1942, the Minnesota State School for Dependent and Neglected Children served as the temporary home for thousands of children including Harvey Ronglien. Mr. Ronglien was a ward of the state and spent most of his childhood at the orphanage and will share his story with us. We will tour the State School Orphanage Museum and see the historical restoration of the property, now a historical site. The Orphan's memorial, a project of Mr. Ronglien, was placed on the grounds in 1993. Our next stop is the Gainey Conference Center, an 180 acre estate. The French Norman-style home of the late Daniel C Gainey, CEO of Jostens and well-known breeder of Arabian horses, was bequeathed to the University of St. Thomas for graduate programs. Lunch will be served at the Center. Our last stop is Cabella's, the world's foremost outfitter of hunting, fishing and outdoor gear that also sells unique gift items including homemade fudge.



Day	Date	Pick-up Begin	Approx Return	Fee	Code
Fri	July 15	7:45 AM	4:30 PM	\$60	10486

Register or cancel by: June 27

## On Golden Pond at the Old Log Theater

Our afternoon begins with lunch at the Old Log. Then into the theater to see the play "On Golden Pond". This funny, touching and warmly perceptive play centers around lovable curmudgeon, Norman Thayer, Jr., and his spirited wife, Ethel, who make their 48th annual trip to their summer home on Golden Pond in Maine. They are soon visited by their daughter and her fiancé, who, en route to a European vacation, leave behind his teenage son for the summer. The boy quickly becomes the "grandchild" the elderly couple have longed for, and as Norman revels in taking his ward fishing and thrusting good books at him, he also learns some lessons about modern teenage awareness - and slang- in return. Special treat after the performance - a backstage tour with Don Stoltz, longtime Old Log favorite and resident historian.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Wed	July 20	11:00 AM	5:10 PM	\$52	10494

Register or cancel by: July 8



## Lunch Cruise and Minnesota Centennial Showboat

We'll shove off from Harriet Island for a one-hour narrated lunch cruise on the Harriet Bishop. The buffet menu is: Sunburst salad, sautéed chicken breast, roasted garlic potato puree, vegetable sauté, rolls/butter, cheesecake, and coffee. After lunch we'll walk three blocks to the Centennial Showboat for a performance of the melodrama "Demon Barber on Fleet Street" performed by the U of M Showboat Players. The play tells the tale of a barber who seeks revenge for the crimes committed against him by polishing off those who wronged him as they sit in his barber's chair. Peter Moore and Vern Sutton join forces to bring this tale to life with turn-of-the-century staging and fun-filled Vaudeville-style musical interludes.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Tue	Aug 16	11:15 AM	5:45 PM	\$77	10487

Register or cancel by: July 25

## Northstar Rail and Wobegon Trail

Arrive at the campus of St. Benedict's for a Chicken Dinner at the Gorecki Center. After lunch, we will venture along the Lake Wobegon Trail to explore two historic churches with volunteer guides before arriving at the Big Lake Northstar Corridor Rail Station. Sit back and enjoy this new commuter rail operated by Metro Transit from Big Lake to Minneapolis.

Day	Date	Pick-up Begin	Approx Return	Fee	Code
Thu	Sep 8	11:00 AM	6:30 PM	\$54	10484

Register or cancel by: August 15

## MARY WANDERER'S EXTENDED TRIPS

Join escort Mary Odell for these fabulous trips.



### Dubuque, Iowa, Galena and Springfield, Illinois

Tuesday-Friday, June 21-24

**DAY 1:** Stop for coffee in Albert Lea. Have a light lunch before touring the National Mississippi River Museum & Aquarium in Dubuque, Iowa. Experience six dynamic aquariums, historical exhibits, tour the William M. Black steamboat and watch as a boat is launched into the Mississippi River. Stay at the Best Western Midway Hotel. Enjoy a Progressive Victorian Dinner amidst the restored elegance of the 1800's.

**DAY 2:** After breakfast travel to Galena. Meet a step-on-guide to visit a bygone era where steam boating and lead mining once ruled the day. Tour the former home of Ulysses S. Grant, the Civil War General and 18th President of the U.S. Have lunch at the historic DeSoto House Hotel. Leave Galena and travel to Springfield, IL. Check into the Hilton Inn for two nights lodging.



**DAY 3:** Breakfast at the hotel. Tour the Abraham Lincoln Presidential Library and Museum which features hi-tech exhibits, interactive displays and multimedia programs. Have a light lunch at the Museum Restaurant before touring the Lincoln Home historic site built in 1839. Next we travel to the Old State Capitol historic site for a tour. Leave the Capitol for the Lincoln-Herndon Law Offices. Conclude the day at the Lincoln Tomb, final resting place of Abraham Lincoln, his wife Mary, and three of their four sons. Have dinner at the Chesapeake Restaurant.



**DAY 4:** Breakfast before we board the bus. Lunch stop at historic Quivey's Grove Restaurant near Madison, WI. We will make a short stop (on your own) before returning to the Twin Cities at approximately 7:30 PM.

Fee	Deposit	Final Pay	Code
\$615/person Double	\$200 by May 5	May 19	10654
\$765/person Single			

### Train to Milwaukee

Tuesday-Friday, September 20-23

**DAY 1:** Leave about 6:00 AM for the Amtrak Station. Board Amtrak Train # 28 for coach class rail service to Milwaukee. By mid-afternoon the train will arrive at the Milwaukee Depot. Tour the Harley-Davidson Museum®. Have dinner at Mader's German Restaurant. Check into the Country Inn & Suites for two nights.

**DAY 2:** Light breakfast at the hotel. Tour the Jelly Belly Center/Factory. Next, tour the Civil War Museum which is dedicated to the Midwest's role in the War. After a box lunch leave for the Danish Kringle Bakery to sample treats and make purchases. This afternoon meet Fred Hermes and see one of the largest organs ever built by Wurlitzer. Be entertained with some great musical selections and learn about the history and equipment used in theaters. Later, take time to shop in Greendale at the Reiman Visitor Center and the Taste of Home Outlet Store. Dinner at The Harmony House Restaurant.

**DAY 3:** Light breakfast at the hotel. Tour the Villa Terrace and the Renaissance Gardens, overlooking Lake Michigan. Stop at the Milwaukee Art Center to see the wings close and reopen. Have lunch at Watts Tea Room. A local guide will give a tour of downtown Milwaukee. Travel to Ft. Atkinson and check into the Holiday Inn Express. Have dinner and enjoy the evening performance "Seven Brides for Seven Brothers" at the Fireside Theater.



**DAY 4:** Light breakfast at the hotel and board the bus. Make a brief stop in New Glarus, and drive past the trolls in Mt. Horeb. In Mazomanie have lunch at the Old Feed Mill Restaurant. The estimated return time to the Twin Cities is 6:30 p.m.

Fee	Deposit	Final Pay	Code
\$755/person Double	\$200 by August 1	August 12	10655
\$895/person Single			

## SENIOR COMMUNITY INFORMATION



### **Five Cities Transportation** 763-531-1259

Five cities provides rides from your home or apartment to grocery stores, Target, Wal-Mart, Brunch Bunch, and senior events. To get started, call the Five Cities office and request a bi-monthly schedule be mailed to you. Find your day and trip on the schedule and make your reservation at least 24 hours in advance. On trip day, be ready for the bus at the scheduled time. If you want assistance boarding or exiting the bus or need to use the lift, please ask the driver to help you. The vehicles are lift equipped for persons in wheelchairs or those who have difficulty negotiating steps. Call the Five Cities Transportation office Monday-Friday from 8:00 AM-3:00 PM.

#### **Round Trip Punch Passes**

Available for purchase from the drivers with check or cash.

**4-trip punch pass:** \$14, **8-trip punch pass:** \$28

#### **Suggested Round Trip Bus Fares**

**Regular:** \$4 cash or \$3.50 with a punch pass

**Special Destination:** \$7 cash or two punches from punch pass

### **PRISM Express** 763-529-1252

Is a curb-to-curb transportation service provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. within PRISM's service area. A donation of \$6 per round trip is suggested. Call PRISM for information or to schedule a ride at least three working days in advance. Office is open Monday-Friday from 9:00 AM-3:00 PM.

### **Senior Dining** 612-269-8462

Provides a delicious noon meal at Calvary Church, 7520 Golden Valley Road, in the lower level (north entrance). A donation of \$3.50 is requested, but no one will be denied a meal. Take out meals are also available. Call from 8:30-11:30 AM for reservations and questions. Menus are available in the kitchen.

### **Dinner at Your Door** 763-531-1183

Friendly 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 AM for more information and a menu.

### **H.O.M.E. Northwest** 952-746-4046

Household chore and maintenance services are provided for residents age 60+. The program matches skilled workers with those who need help with yard clean-up, cleaning windows, house cleaning and minor home repairs. Service costs are based on monthly income using a sliding contribution scale. Call for more information or to put in a request for assistance.

### **Senior Community Services Outreach Program**

952-746-4028

Senior Outreach helps seniors and their families connect with community resources to enable seniors to live as independently as possible. The outreach coordinator provides information and guides seniors as they make decisions on in-home services, housing options, financial assistance and caregiving. Practical and emotional concerns are addressed as well. Call for information or to make an in-home appointment.

### **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 item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

### **Widowed Support Group**

Meets every Saturday at the New Hope Country Kitchen, 42nd & Winnetka, at 2:00 PM and the first Thursday of the month at Evans Nordby Funeral Home on 60th and Brooklyn Boulevard at 1:30 PM. New people are always welcome!

### **Ballroom Dancing**

Join the crowd that loves to ballroom dance to Dick Macko's Band. It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary. Held on Thursdays (continuous) from 1:00-3:30 PM in the gym at Lenox Community Center, 6715 Minnetonka Blvd, St. Louis Park. Fee: \$7 at the door, includes refreshments.

### **Golden Valley Library Events**

*These programs are offered at the Golden Valley Library located at 830 Winnetka Ave N.*

#### **Celebrate National Library Week (April 10-16)**

**Saturday, April 16 - 1:00 PM**

#### **A Photo Tour of Minnesota's Libraries**

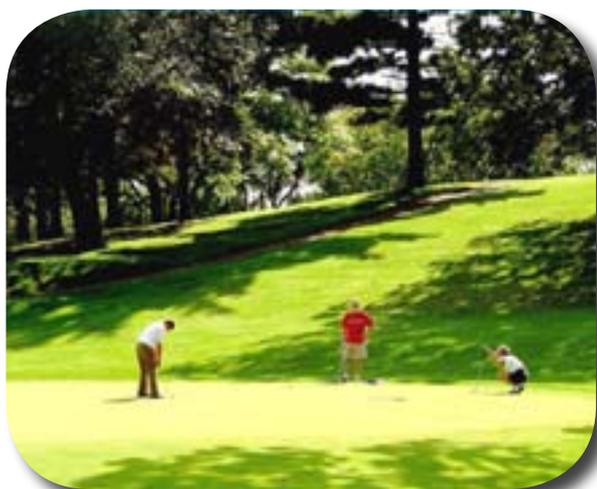
Doug Ohman, Midwest photographer of historic architecture, will present highlights from his newest book, "Minnesota Libraries." Books from his "Minnesota Byways" series (Barns, Churches, Schoolhouses, Cabins, etc.), will be available for purchase and signing. Sponsored by the Friends of the Golden Valley Library.

#### **First Pages: The Parent Trap - Finding Time to Write**

**Saturday, May 7 - 1:00 PM**

Even if it is for five minutes a day or five minutes a week, writers must write. In this class, you will learn ways to make writing a habit even within the busiest parent's schedule. Presented in collaboration with the Loft Literary Center.

# Brookview Golf Course



YOUR FRIENDLY, FULL-SERVICE,  
NEIGHBORHOOD GOLF COURSE

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, 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 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



## 2011 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 and power carts.
- 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.)

## PATRON CARD FEES

Card Type	Before 4/1/11	After 4/1/11
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (62+)	\$40	\$45
Non-Res Senior (62+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
<b>NEW!</b> Par 3	\$25	\$25

## Regulation Course Fees

	Patron	Non-Patron
18-Hole Course	\$28	\$35
9-Hole Course	\$16	\$19
Power Cart - 18-Hole	\$24	\$30
Power Cart - 9-Hole	\$16	\$20
Twilight (After 3:30 PM Friday, Saturday, Sunday & Holidays)	\$16	\$20
Twilight with Power Cart	\$24	\$30

### Number of days reservation 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

	Patron	Non-Patron
9-Hole Course	\$9	\$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

## Junior Rates for Ages 6-17

	Patron	Non-Patron
18-Hole	\$20.50	\$22.50
9-Hole	\$11.50	\$13.50
9-Hole Par 3	\$8	\$9.50

## 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 12:00 PM

	Patron	Non-Patron
18-Hole Senior	\$24	\$28
9-Hole Senior	\$14.50	\$16

### Valid anytime, 7 days a week

9-Hole Par 3 Senior	\$8	\$9.50
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## GOLF TOURNAMENTS

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 before or after golf. Call 763-512-2305 to plan your outing today!

	Package A	Package B
18-Hole Green Fee	\$35	\$40
18-Hole Green Fee & Power Cart	\$50	\$55
9-Hole Green Fee	\$19	\$24
9-Hole Green Fee & Power Cart	\$28.50	\$33.50
Par 3 Green Fee	\$12.50	\$17.50

### Package B Details

The group will receive 10% 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.

## 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 2011 season with free refreshments being served. All BMGA members must purchase a patron card

and handicap. Membership deadline is April 1, 2011. For more information, call Nick Schultz at 612-964-4289 or visit us on the web at [www.bmga.org](http://www.bmga.org).

#### ANNUAL SPRING MEETING

Wed, March 16 • 6:30 PM • Brookview Community Center

### Par 3 Putters Women's Golf League

The Par 3 Putters is a golf league for women who play 9-holes on the Brookview Par 3 course 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 PM 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.

### Par 3 Chippers Golf League

The Par 3 Chippers will play on Wednesday nights from 5:36-6:32 PM. This league can hold up to 32 players, with priority given to the 2010 Par 3 Chippers league members. For more information on this league, please contact Brookview at 763-512-2305.

## Brookview Women's Golf Association

### ◆ Women's 18-Hole League

Opening day is May 3, 2011. The league which plays on Tuesday mornings from 7:00-9:00 AM 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 19 • 7:00 PM • Brookview Community Center

### ◆ Women's 9-Hole League

Opening day will be May 5, 2011. 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 7. Pick up an application at the Brookview Golf Course Clubhouse after March 2, 2011. Contact Nancy Spannaus at 612-926-9763 if interested.

#### MEMBERSHIP MEETING

Tuesday, April 7 • 10:00 AM • Brookview Golf Course Grill



## 62+ Senior Patron 18-Hole Golf League

This league plays on Tuesday mornings starting May 3. Tee times range from 9:03-9:57 AM. Registration deadline to join the league is Tuesday, April 26. Bring registration forms and fees to Brookview by April 26. For more information, please call Brookview at 763-512-2305.

## Couples Golf League

The Brookview couples league plays Sunday nights starting at 5:00 PM on the Regulation Course. You must sign up as a two-some. For more information, please contact Brookview at 763-512-2305.



## 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. For more information, please contact Brookview at 763-512-2305.

### CLINIC FEES

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

## ADULT GOLF LESSONS AND CLINICS

Register for all golf lessons and clinics through the Brookview Golf Pro Shop. Registrations are taken in person or by phone by calling 763-512-2305.



### 101-The Basics with Michael

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 at the Par 3 course to provide a real golf course experience. Clubs and balls provided.

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

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

Day	Date	Time	Code
Mon/Wed	April 25-May 9	5:45 PM*	1001
		7:00 PM	1002
Mon/Wed	May 16-June 1	5:45 PM*	1003
	(No May 30)	7:00 PM	1004
Mon/Wed	July 11-25	5:45 PM*	1005

### Play Golf with the Pro with Michael

For the beginning adult golfers with some prior golf instruction. You start with a 60-minute instructional session at the Lesson Tee, followed by two 90-minute sessions at the Par 3 Course. These on the course lessons offer a practical, easy way to learn basic golf rules and etiquette. Clubs and balls provided.

Site: Brookview Lesson Tee - 1st class Fee: \$95  
Par 3 - 2nd & 3rd Class Min: 3 Max: 6

Day	Date	Time	Code
Mon/Wed	June 13, 15, 20	13 - 7:30-8:30 PM 15, 20 - 7:30-9:00 PM	2001
Mon/Wed	July 11, 13, 18	11 - 7:30-8:30 PM 13, 18 - 7:30-9:00 PM	2003
Tue/Thu	June 14, 16, 21	14 - 7:30-8:30 PM 16, 21 - 7:30-9:00 PM	2002
Tue/Thu	July 12, 14, 19	12 - 7:30-8:30 PM 14, 19 - 7:30-9:00 PM	2004

### Adult Golf Clinics with Michael

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: \$25/Clinic Min: 6 Max: 10

#### Mindful Golf Woods Clinic

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

Day	Date	Time	Code
Sat	April 30	10:00-11:00 AM	3001
Sat	May 28	10:00-11:00 AM	3003

#### Mindful Golf Pitching Clinic

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

Day	Date	Time	Code
Sat	May 14	10:00-11:00 AM	3002

#### Mindful Golf Short Game

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

Day	Date	Time	Code
Sat	June 4	10:00-11:00 AM	3004

**PRIVATE GOLF LESSONS** will be available 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.



### Michael Turnbull

Michael Turnbull has been teaching golf since 1977 and this is his sixth year at Brookview. 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. Michael emphasizes learning by doing, rather than thinking about doing. Learn from each and every shot you hit. You won't have to memorize a series of movements and a lot of instructions, or try really hard to do anything right. Students will have many choices on how they want to swing a golf club, instead of trying so hard to swing the "right" way. During the golf season, Michael co-hosts the TeeMaster Golf Show on AM1500 KSTP radio and appears regularly on the most-watched local golf TV show in Minnesota, Golf Bound on KARE11.

## Matt Just



Matt Just has proudly worked in the golf industry, crossing all parts of the United States, for over 10 years. Starting as an assistant golf professional at the TPC of Scottsdale in Arizona in 2000, Just assisted with over 40 adult and junior golf clinics with the Nicklaus/Flick golf schools. Before leaving Arizona, he also helped the First Tee of Phoenix develop itself from attracting three junior golfers to over 1000 students. In 2005, Just was recruited to teach with ESPN Golf Schools. In 2008, he also became the Head PGA Professional for the Life Time Golf Club in St. Louis Park, an indoor facility for Life Time Fitness. Just will be entering his third season as a teaching professional for Brookview Golf Course. He is quickly gaining the reputation as an up-and-coming top teaching professional in the Twin Cities.

## 101-The Basics with Matt

A class for true beginners or golfers that have been away from the game for a long time. All golf basics and fundamentals are covered, from putting to short swings to full swings. Class meets for five 60-minute lessons. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$95 Min: 5 Max: 10

Day	Date	Time	Code
Tue/Thu	April 26-May 10	5:30 PM	4001
Tue/Thu	May 12-May 26	5:30 PM	4002
Tue/Thu	June 7-21	5:30 PM	4003
Tue/Thu	July 12-26	5:30 PM	4004

## 201-Breaking 100 with Matt

Double Bogie Blues? Sign up for this class and learn how to take your game to the next level. Class fee includes five 60-minute lessons and a Nike wedge you will receive at the first lesson (please specify right or left handed when registering). Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$175 Min: 5 Max: 10

Day	Date	Time	Code
Tue/Thu	June 7-21	6:30 PM	5001
Tue/Thu	July 12-26	6:30 PM	5002

## Intro to Golf Fitness with Matt

Do you get tired after 15 holes, or is your back sore the day after you play? Special guest trainer Nick Ovenden and PGA Pro Matt Just will show you exercises to improve core stability. All this while working on your golf swing at the range. Class meets for five 60-minute lessons. Clubs and balls are provided.

Site: Brookview Lesson Tee Fee: \$195 Min: 5 Max: 10

Day	Date	Time	Code
Tue/Thu	August 9-23	7:00 PM	6001

## 101-The Basics with Dee

Dee offers classic golf instruction on the fundamentals from tee to green. It is perfect for the new golfer getting ready to play or the experienced golfer who has never had instruction. Learning the fundamentals will develop your abilities for putting, chipping, and hitting your irons and woods.

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

Day	Date	Time	Code
Sat	April 30-May 21	1:00-2:00 PM	7001
Sat	June 4-25	1:00-2:00 PM	7002
Sat	July 9-30	1:00-2:00 PM	7003
Sat	August 6-27	1:00-2:00 PM	7004

## 201-Breaking 100 with Dee

Breaking 100 will give you the confidence to achieve your scoring goals on the course. This is the perfect class to expand upon the basic skills and improve your all-around performance. Learn to tame your slice, get out of a bunker, improve your wedge play on to the green, and sink more putts.

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

Day	Date	Time	Code
Sat	April 30-May 21	2:00-3:00 PM	8001
Sat	June 4-25	2:00-3:00 PM	8002
Sat	July 9-30	2:00-3:00 PM	8003
Sat	August 6-27	2:00-3:00 PM	8004

## Dee Forsberg



As the recipient of the 2009 Minnesota Section PGA Teacher of the year, Dee is looking forward to her second year at Brookview Golf Course. With 20 years of experience teaching golfers of all abilities she is confident she can help you hit it straighter and farther on the golf course. Dee uses high speed video in her lessons to both assess your golf swing and provide you with the proper visual images that are necessary for improvement. In addition to teaching golf, Dee covers the local golf scene, golf travel, and provides tips to help your game in her blog Tee It Up!, published weekly for Twin Cities Business Magazine in the Living Well Section. A former Gopher, Dee played both collegiate and professional golf before joining the PGA of America. Highlights of her competitive days include 2 State Championship titles, 2 collegiate medalist honors, and a professional career that included play on the European Women's Tour.

## Mastering the Short Game with Dee

Imagine the strokes you can shave from your score by getting up and down from 50 yards from the green. This class will focus on the skills and drills to turn your game around.

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

Day	Date	Time	Code
Sat	April 30-May 21	3:00-4:00 PM	9001
Sat	June 4-25	3:00-4:00 PM	9002
Sat	July 9-30	3:00-4:00 PM	9003
Sat	August 6-27	3:00-4:00 PM	9004

## JUNIOR GOLF LEAGUES

Ages 6-17

The Junior Golf League plays on Monday mornings and begins June 20 with a year-end tournament on August 1. League fees include tee prize, weekly golf events, 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. Please call 763-512-2305 for more information.



### Par 3 Junior Golf League

Ages 6-17

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

Day	Date	Tee Times Begin	Fee	Code
Mon	June 20-Aug 1	6:30 AM	\$75	10923

### Regulation 9-Hole Junior Golf 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.

Day	Date	Tee Times Begin	Fee	Code
Mon	June 20-Aug 1	6:30 AM	\$95	10924

### Regulation 18-Hole Junior Golf League

Ages 15-17

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

Day	Date	Tee Times Begin	Fee	Code
Mon	June 20-Aug 1	6:30 AM	\$120	10925

### Brookview Junior Girls Club

Ages 8-14



The Brookview Girls Club is a six-week golf program for girls to have fun, make new friends, and improve their golf skills. Each week we will cover the skills necessary to play the game as well as incorporate basic rules, etiquette, and golf terminology to enable the Brookview Girls to become confident golfers.

Site: Brookview Lesson Tee Fee: \$115 Max: 8 girls

Day	Date	Time	Code
Wed	June 22-July 27	9:00-10:00 AM	10940



### Junior 101 - Beginner Level

Ages 6-16

These lessons offer a fun and engaging curriculum centered on the fundamentals for both the full swing and short game, and sportsmanship and simple rules. Students will receive individual time with their PGA golf professional, and creative tips and drills to help with skill building. Golfers will be grouped by age and ability. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$75 Min: 6 Max: 14

AGE	Day	Date	Time	Code
6-16	Mon-Thu	June 13-16	8:00-9:00 AM	10930
6-16	Mon-Thu	June 13-16	9:15-10:15 AM	10931
6-16	Mon-Thu	June 13-16	10:30-11:30 AM	10932
6-16	Mon-Thu	June 13-16	12:30-1:30 PM	10933

AGE	Day	Date	Time	Code
6-10	Tuesday	June 21-July 12	8:00-9:00 AM	10926
6-10	Tuesday	July 19-Aug 9	8:00-9:00 AM	10927
6-10	Thursday	June 23-July 14	8:00-9:00 AM	10928
6-10	Thursday	July 21-Aug 11	8:00-9:00 AM	10929

AGES	Day	Date	Time	Code
11-16	Tuesday	June 21-July 12	9:15-10:15 AM	10934
11-16	Tuesday	July 19-Aug 9	9:15-10:15 AM	10935
11-16	Thursday	June 23-July 14	9:15-10:15 AM	10936
11-16	Thursday	July 21-Aug 11	9:15-10:15 AM	10937

### Junior 201 - Advanced Beginner Level

Ages 6-16

These lessons offer flexible lesson plans that will allow your budding golfer to improve upon their golf skills. Class will focus on moving from skill development to skill mastery through creative drills and training techniques. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$75 Min: 6 Max: 14

Day	Date	Time	Code
Tuesday	June 21-July 12	10:30-11:30 AM	10938
Tuesday	July 19-August 9	10:30-11:30 AM	10941
Thursday	June 23-July 14	10:30-11:30 AM	10942
Thursday	July 21-August 11	10:30-11:30 AM	10943



### Brookview Junior Players Club



This is a co-ed lesson program for junior varsity and varsity level high school golfers committed to improving their game. Focus is placed on playing skills, practice drills, tournament preparation, goal setting and confidence building. Video analysis and lesson notes are included. Limited to 8 JV/Varsity level golfers.

Site: Brookview Lesson Tee Fee: \$200

Day	Date	Time	Code
Wed	June 22-July 27	2:00-4:00 PM	10939



HOST YOUR NEXT SPECIAL GATHERING AT



Nestled in the tranquil setting of Brookview Golf Course, the Brookview Community Center offers space year-round for gatherings of up to 200 people for:

- *Birthday Parties*
- *Weddings and Receptions*
- *Graduations*
- *Retirement Parties*
- *Religious Celebrations*
- *and many other celebrations!*

Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and a patio, deck and gazebo that provide expansive golf course views.

Contact us today to make Brookview the venue for your next special gathering!



## FREQUENTLY ASKED QUESTIONS...

- **What time does Brookview Community Center close?**

*Sunday thru Thursday, the facility closes no later than 10:30 p.m. Friday and Saturday the facility closes no later than 12:30 a.m.*

- **Can I bring in my own homemade food?**

*No. You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90-days prior to your event.*

- **Can I bring in my own alcoholic beverages?**

*No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750.*

*However, you may provide your own non-alcoholic beverages.*

- **Do I need security if I serve alcohol at my event?**

*Yes. If you are scheduled to be in our facility past 10:30 p.m. and you have been serving alcohol at any time during your event, you are required to have security. Security arrives at 10:30 p.m. and stays until the end of your contracted time. There is a \$120 fee and Brookview staff makes the arrangements.*

- **What is your capacity inside and on the deck?**

*Our entire facility has a maximum capacity of 200 people. If you are hosting a wedding on the deck, our maximum deck capacity is 120 people.*

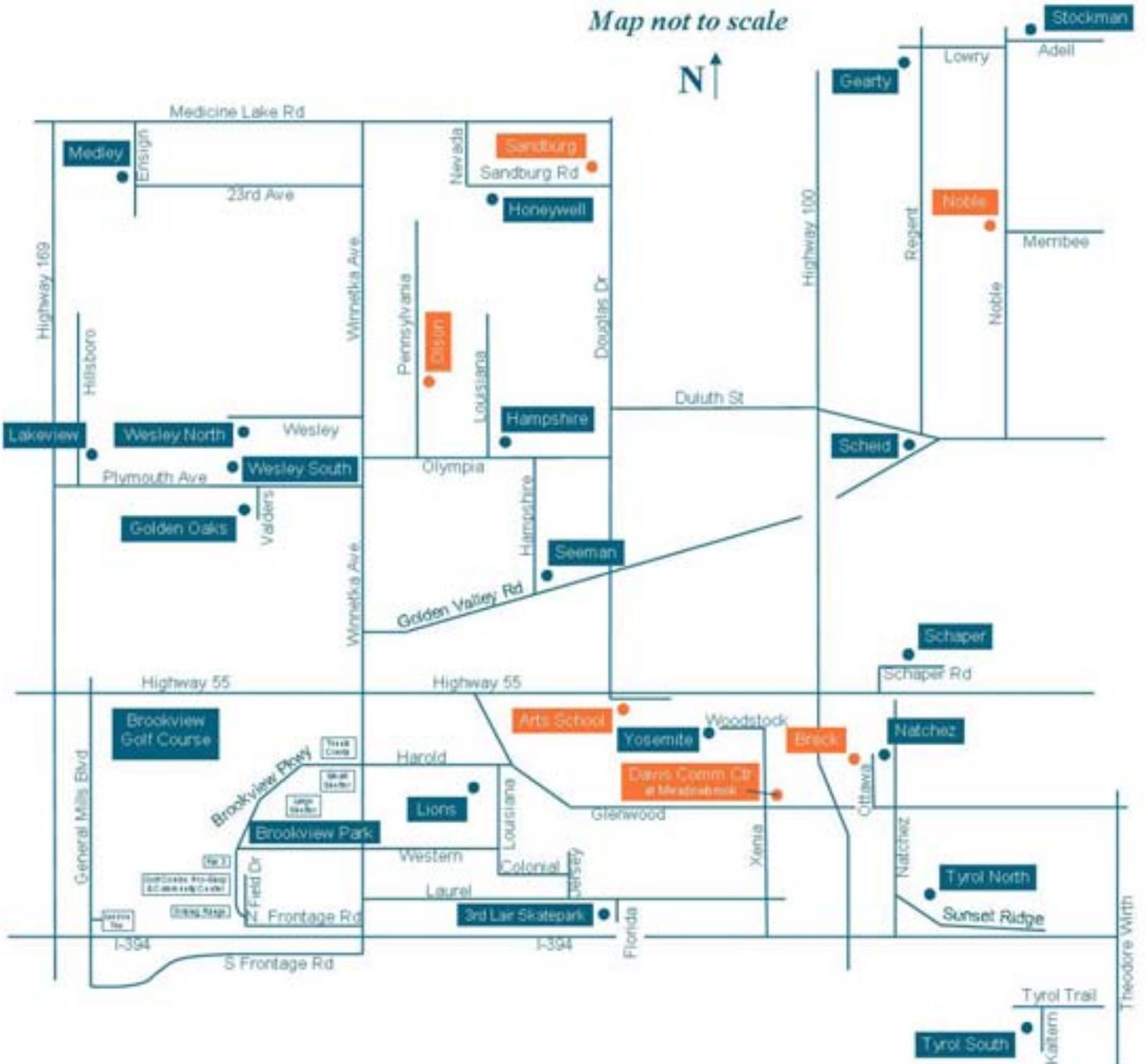
CONTACT BROOKVIEW OR VISIT OUR WEBSITE FOR A COMPLETE RENTAL PACKET.

# City Map

3rd Lair Skatepark	850 Florida Ave S
Breck School	123 Ottaws Ave N
Brookview	200 Brookview Pkwy N
Davis Community Center	5430 Glenwood Ave
Gearty	3101 Regent Ave N
Golden Oaks	1141 Valders Ave N
Hampshire	1610 Louisiana Ave N
Honeywell	7101 Sandburg Rd
Lakeview	1521 Hillsboro Ave N
Lions	151 Louisiana Ave N
Meadowbrook School	5430 Glenwood Ave
Medley	2331 Ensign Ave N
Minnesota Arts School	6125 Olson Memorial Hwy

Natchez	201 Natchez Ave
Noble School	2601 Noble Ave N
Olson School	Duluth St & Pennsylvania Ave
Sandburg Middle School	2400 Sandburg Ln
Schaper	631 Ottawa Ave N
Scheid	1856 Toledo Ave N
Seeman	1101 Florida Ave N
Stockman	3300 Major Ave N
Tyrol - North	900 Westwood Dr S
Tyrol - South	1510 Kaitern Ln
Wesley - North	8305 Wesley Dr
Wesley - South	8200 Plymouth Ave
Yosemite	351 Yosemite Ave

Map not to scale



## 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 PM at Brookview Community Center, 200 Brookview Parkway. For more information, call Beth at 612-239-4267.



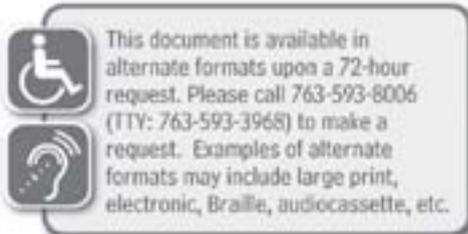
**Saturday, May 21, 2011**

**GOLDEN VALLEY DAYS**  
art & music festival

[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

## Handicap Accessibility in Facilities Used For Recreation Programs

Brookview Community Center, Crystal Community Center, Sandburg Middle School, Noble Elementary, Meadowbrook Elementary/Davis Community Center, Doyles Bowling Alley, Minnesota 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.



## Registrations are taken at Brookview Community Center

200 Brookview Parkway  
Golden Valley, Minnesota 55426  
763-512-2345

### Online

[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line registration is available 24/hrs a day.

### Mail

Brookview Community Center  
200 Brookview Parkway  
Golden Valley, MN 55426

### In Person

Accepted at Brookview Community Center during business hours.

### Fax

763-512-2344

Available only for VISA or MasterCard payments. You may fax registrations 24/hrs a day.

### Phone

763-512-2345

With VISA or MasterCard during business hours. Please have your card ready.

### Registration Confirmation

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.

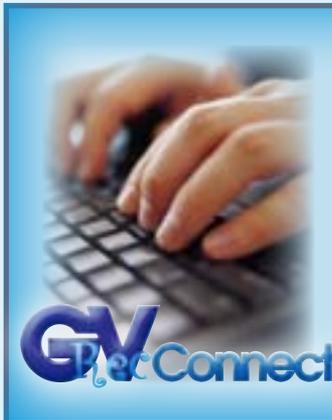
**Make checks payable to:**

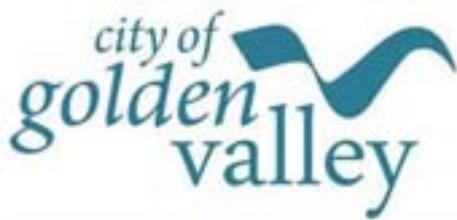
*City of Golden Valley*

## REGISTER ONLINE!

[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

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





**PARKS & RECREATION DEPARTMENT**  
 200 Brookview Parkway, Golden Valley, Minnesota 55426  
 Phone: 763-512-2345 Fax: 763-512-2344 TTY: 763-593-3968  
 www.goldenvalleymn.gov

### ACTIVITY REGISTRATION FORM

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**  
 FAS \_\_\_\_\_  
 GCS \_\_\_\_\_  
 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  
AVAILABLE

**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  
AVAILABLE

**Wesley (north)** 8305 Wesley Dr  
Moore/Gasparini Families

**Wesley (south)** 8200 Plymouth Ave  
Jack Stratton

## Neighborhood Parks

**Glenview** 2351 Zenith Ave N  
Elephant Park Book Group

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

**Natchez** 201 Natchez Ave N  
Hanscom & Dritsas Families

**North Tyrol** 900 Westwood Dr S  
WSB & Associates Inc.

**Seeman** 1101 Florida Ave N  
Northwest Suburban Optimist Club

**South Tyrol** 1510 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 S

**Honeywell Little League Area**  
7101 Sandburg Rd

## Nature Areas

**Adeline** 910 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** 2600 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)  
AVAILABLE

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

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

**Mary Hills** 2190 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** 7600 Western Ave  
Ilo & Peggy Leppik

## Golden Valley City Council

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

**Mayor:** Linda Loomis

**City Manager:** Tom Burt

**Council Members:**

Mike Freiberg, Paula Pentel,  
DeDe Scanlon and Bob Shaffer.

## Open Space & Recreation Commission

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

**Chair:** Jerry Sandler

**Vice-Chair:** Bob Mattison

**Members:** Roger Bergman,  
Brad Kadue, Kelly Kuebelbeck,  
Emily Piper, Anne Saffert and  
Daniel Steinberg.

## Park & 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*

**Sandy Werts**  
*Volunteer Coordinator*

**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!**



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

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Mpls., MN

\*\*\*\*\*ECRWSS\*\*  
POSTAL CUSTOMER

DATED MATERIAL  
PLEASE DELIVER PROMPTLY

A soccer ball is centered in the image, surrounded by a green and yellow sunburst pattern. The words "GOLDEN VALLEY" are written in a white, bold, sans-serif font, arched over the top of the soccer ball.

GOLDEN VALLEY

# FALL SOCCER

A photograph of two soccer players on a green field. One player is in the foreground, wearing a white jersey and white shorts, with their legs and feet visible. Another player is behind them, wearing a green jersey and dark shorts, also with legs and feet visible. A soccer ball is on the ground between them.

Register today for  
Junior and Youth Fall Soccer.  
See Page 17 for more information.

**REGISTRATION DEADLINE: AUGUST 5**