

PARKS & RECREATION

Spring & Summer 2013

city of
golden
valley

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MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.

VISION STATEMENT

THE CITY OF GOLDEN VALLEY SHALL NURTURE PLACES, EVENTS, AND ASSOCIATIONS THAT MAINTAIN RECREATION AS A FOCAL POINT OF FAMILY AND COMMUNITY LIFE.

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 27
Memorial Day

Thursday, July 4
Independence Day

Monday, September 2
Labor Day



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



Golden Valley Lilac Planting Project

Maintenance Day - Saturday, May 25

Lilac Planting - Saturday, September 28

Mark your calendars and save the dates. Join your friends, neighbors or community group in the annual Lilac Planting Project. Planting occurs in the morning and is capped by a celebration lunch. Come Spring and Summer enjoy the results of your labor as the plants flower along the Highway 55 corridor. This year there will be a maintenance component to insure continued prospering of the plants. This activity is sponsored by the Golden Valley Bridge builders. For more information contact Bridge Builder Dwight Townes at 763-377-8469 or city of Golden Valley Volunteer Coordinator, Sandy Werts at 763-541-2341 or swerts@goldenvalleymn.gov.



Concerts In The Park

Brookview Park - 7:00 PM

June 10 • June 13 • June 17 • June 24
July 8 • July 15 • July 22

<http://gvcfoundation.org>

GOLDEN
VALLEY
DAYS
art & music festival

Saturday, May 18

ART FAIR • COMMUNITY FAIR • PARADE • VINTAGE CAR SHOW • AND MORE



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.

Time Frames Available:

11:00 AM-4:00 PM
5:00 PM-Dusk

Serving Beer or Wine?

Beer or wine only can be served after the \$25 permit has been purchased.

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.

Play Equipment Kits

Kits Include: Basketball, Soccer ball, Volleyball, Playground ball, Mini-soccer ball, 4 throw-down bases, 2 softballs and 2 bats (1/child, 1/adult). **\$15 rental, plus \$30 refundable deposit**

Other Items: Bocce Ball Set or Tug-of-War Rope. **\$10 rental, plus \$10 refundable deposit**

Holds up to 50 people

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

Resident - \$90

Non-Resident - \$105



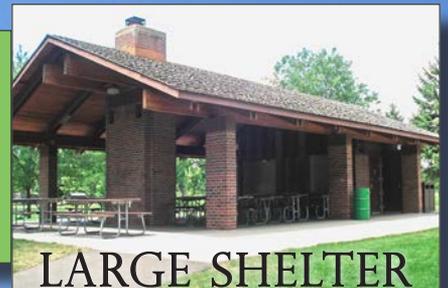
SMALL SHELTER

Holds up to 100 people

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

Resident - \$105

Non-Resident - \$125



LARGE SHELTER



Run the Valley

10k Race & 5k Race/Walk

SATURDAY, APRIL 13, 2013

Start/End at Brookview Community Center

10k Race 8:00 AM 5k Race 8:10 AM 5k Walk 8:15 AM

REGISTRATION BEGINS JANUARY 2

In person, mail or phone at Brookview Community Center
Online at www.zapevent.com or www.active.com

\$25 - thru February 28

\$30 - March 1-April 15 by 3:00 PM

\$40 - Race day from 7:00-7:45 AM

\$15 - Children 12 & under accompanied by an adult
(fee includes t-shirt and number only.)

For more information, visit www.goldenvalleymn.gov or call the Golden Valley Recreation office at 763-512-2345.



Water stops and post-race complimentary snacks donated by area businesses. 100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need. *NOTE: The 5K and 10K race will be chip-timed.*

Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley, sponsored by the Golden Valley Human Services Fund.



May 1-29, 2013

The Step To It Challenge is a fun way to get moving again after a long winter. Twenty-three cities will compete to see which one has the most active residents. Awards, celebration events, and free Twins tickets will go to individuals who log the most steps. Make it a family event by having kids join in the fun too!

How does it work?

Participants record the number of steps they walk each week on the Step To It Web site (www.steptoit.org). You don't even need a pedometer. You can use the convenient conversation chart on the Web site for logging time spent doing activities such as biking, skateboarding, Tai Chi, or even just mowing the lawn. Best of all, it's FREE!

Challenge cities

If you live or work in Hennepin County, you're eligible to participate. Registration begins April 1, 2013.

For more information or to register, visit: www.steptoit.org

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.

2013 Bike Rodeo

Wednesday, May 1 ♦ 6:00-8:00 PM

Golden Valley City Hall

7800 Golden Valley Rd

FREE!





Come & make a splash at WATER DAYS

Ages 6-14 with an Adult



**12:30-2:15 PM
SCHEID PARK**

**Friday, June 21
AND
Friday, July 12**

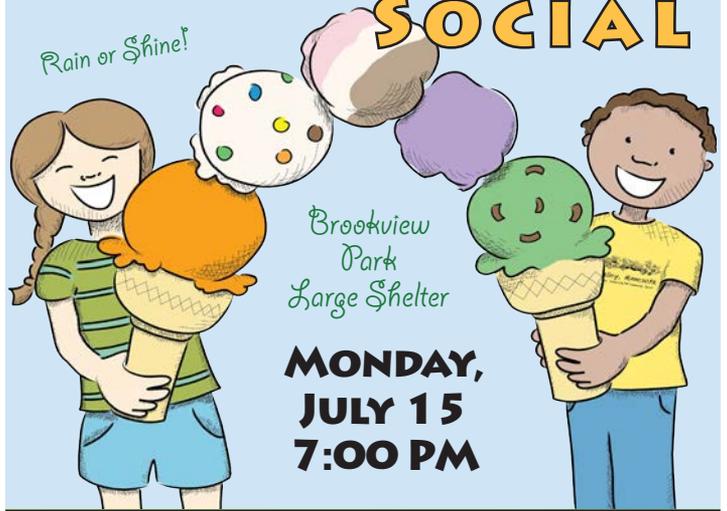
Join the park crew and summer Park and Recreation staff for a two wet and wild days. We will operate three water slides down the big hill at Scheid Park, have a DJ playing music and puppet shows. Drink will be provided at the shelter building. **FREE!**

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.

7TH ANNUAL GOLDEN VALLEY ICE CREAM SOCIAL

FREE

Rain or Shine!



Brookview
Park
Large Shelter

**MONDAY,
JULY 15
7:00 PM**

JOHN PHILLIPS SOUSA BAND CONCERT FOLLOWED BY
ICE CREAM SOCIAL WITH SEBASTIAN JOES.
BRING YOUR FAMILY, A CHAIR OR BLANKET AND YOUR
LOVE OF ICE CREAM AND JOIN IN THE CELEBRATION!

Sponsored by the Golden Valley Envision Connection Board
and the Golden Valley Bridge Builders.

penny carnival

All activities are
just 3-5¢!
Just bring pennies!

Enjoy carnival games, balloons,
dunk tank, puppet shows, hay
rides, popcorn, and more. Parents
will need to provide transportation
to and from the park.

**friday, july 26
10:30 AM-12:30 PM
brookview park
ages 4+**

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



**Wednesday, August 7
11:15 AM-12:00 PM**

Pack a picnic lunch, bring a blanket,
and enjoy a show by The Flyers.
Drink and popcorn will be provided.
In case of inclement weather,
this event will be held
in the large shelter.



*Tell your friends,
parents, grandparents
- it's for everyone!*



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. Children must be potty trained.

Site: Brookview Community Center **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Mon/Wed	April 15-May 22	9:30-11:00 AM	11863
Tue/Thu	April 16-May 23	9:30-11:00 AM	11864

THE GOLDEN VALLEY PUPPET WAGON



June 11-July 25 (No July 4)
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

Pre-School 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
Date: Fridays through March 22
Time: 10:00-11:30 AM
Fee: \$3/child/day, 10-visit pass \$25



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. Fee includes a t-shirt.

Fee: \$39, Resident \$34

Site	Day	Date	Time	Code
Wesley	Tue	June 11-July 23	1:15-2:15 PM	11957
Hampshire	Tue	June 11-July 23	3:00-4:00 PM	11958
Gearty	Thu	June 13-Aug 1 (No class July 4)	1:15-2:15 PM	11959
Lions	Thu	June 13-Aug 1 (No class July 4)	3:00-4:00 PM	11960

Pre-School 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: \$44, Resident \$39



Site	Day	Date	Time	Code
Lions	Mon/Wed	June 10-July 22	10:45-11:45 AM	11961
Scheid	Tue/Thu	June 11-July 30	10:45-11:45 AM	11962
(No class July 4)				

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: \$37, Resident \$32

Site	Day	Date	Time	Code
Medley	Mon	June 10-July 15	9:15-10:15 AM	11963
Scheid	Mon	June 10-July 15	9:15-10:15 AM	11964
Hampshire	Wed	June 12-July 17	9:15-10:15 AM	11965
Lions	Wed	June 12-July 17	9:15-10:15 AM	11966



HAPPY BIRTHDAY PARTY

Ages 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the award winning cable show, "The Magic Book Nook." She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 3-hour block of time at Brookview.

Call 763-512-2345 for information.

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 residents.

Site: Davis Community Center
Fee: \$54, *Resident \$49

Day	Date	Time	Code
Tue	April 2-May 7	5:45-6:15 PM	11865
Tue	May 14-June 25	5:45-6:15 PM	11866
(No class May 21)			
Tue	July 9-Aug 13	5:45-6:15 PM	11867

About the Instructor...

Tom Malone

Tom Malone is a former martial arts state champion with over 17 years experience in martial arts.

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: \$69, Resident \$64

BEGINNER

Day	Date	Time	Code
Tue	April 2-May 7	6:15-7:00 PM	11868
Tue	May 14-June 25	6:15-7:00 PM	11870
(No class May 21)			
Tue	July 9-Aug 13	6:15-7:00 PM	11872

ADVANCED

Day	Date	Time	Code
Tue	April 2-May 7	7:00-7:45 PM	11869
Tue	May 14-June 25	7:00-7:45 PM	11871
(No class May 21)			
Tue	July 9-Aug 13	7:00-7:45 PM	11873

Kids Yoga & Mindful Movement

Ages 4-8

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive on time and have participants wear clothing suitable for movement. Class taught by Cindy Margolis.

Site: Brookview Community Center
Date: Sat, April 6-May 11
Time: 10:00-10:45 AM
Fee: \$60, Resident \$55
Code: 11968



About the Instructor... Cindy Margolis

Cindy is a Certified YogaKids Teacher. She has a Master's Degree in Early Childhood Special Education from University of St. Thomas. She has been teaching preschool for 12 years. She started teaching yoga for kids in 2010 and has been practicing yoga for 10 years.

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 Isaacson Park. Teams are coached by summer athletic staff. Parents need to provide transportation to the parks for games. Parks may be combined if necessary.



NOTE: The Monday/Wednesday morning program will have one evening game, either Monday or Wednesday the week of July 15.

Fee: \$41 Resident \$36

Site	Day	Date	Time	Code
Gearty	Mon/Wed	June 10-July 24	10:30-11:45 AM	11976
Hampshire	Mon/Wed	June 10-July 24	10:30-11:45 AM	11972
Hampshire	Tue/Thu	June 11-July 25	6:00-7:15 PM	11970
(No class July 4)				
Lakeview	Tue/Thu	June 11-July 25	6:00-7:15 PM	11971
(No class July 4)				
Lions	Mon/Wed	June 10-July 24	10:30-11:45 AM	11973
Scheid	Mon/Wed	June 10-July 24	10:30-11:45 AM	11974
Scheid	Tue/Thu	June 11-July 25	6:00-7:15 PM	11969
(No class July 4)				
Wesley	Mon/Wed	June 10-July 24	10:30-11:45 AM	11975



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 Ron Behl. *Resident fee applies to Golden Valley and Crystal.

SPRING SESSION

Site: Davis Community Center **Fee:** \$52, *Resident \$45

Day	Date	Time	Register By	Code
Mon/Wed	March 25-April 15	6:00-7:30 PM	March 19	11852
(No class April 8)				

SUMMER SESSION

Site: Crystal Community Center **Fee:** \$52, *Resident \$45

Day	Date	Time	Register By	Code
Tue/Thu	June 4-20	6:00-7:30 PM	May 29	11853

North Metro Flag Football

Grades 1-2

This program teaches kids football skills through various drills. They will also play very low-key games. This six week program is offered cooperatively by the New Hope, Crystal, Golden Valley, Robbinsdale, and St. Louis Park recreation departments. No special equipment needed. All participants will receive a t-shirt. *Resident fee applies to all participating cities.

Site: Robbinsdale Middle School Turf
 Fee: \$66, *Resident \$59

Day	Date	Time	Code
Sun	Sept 8-Oct 13	4:00-5:00 PM	11874
Sun	Sept 8-Oct 13	5:15-6:15 PM	11875

Rain make-up October 20 if needed.

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. T-shirts provided.

Site: Davis Community Center
 Fee: \$40, Resident \$35

Day	Date	Time	Code
Thu	April 11-May16	7:00-7:45 PM	11811

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: \$25, Resident \$20



Day	Date	Time	Code
Mon	June 10-July 15	10:30-11:30 AM	11977
Wed	June 12-July 17	10:30-11:30 PM	11978

Playground Programs

Ages 6-12



Morning Playgrounds

Monday-Thursday, June 10-July 25 (No July 4)
 9:30-11:30 AM

Offered at: South Tyrol Park

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



Afternoon Playgrounds

Monday-Thursday, June 10-July 25 (No July 4)
 1:00-4:30 PM

Offered at: Gearty, Hampshire, Lakeview, Lions, Medley, Scheid & Wesley

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 & field trips.

Playground Arts & Crafts

Wednesday, June 12-July 24
 2:00 PM

Offered at: Gearty, Hampshire, Lakeview, Lions, Medley, Scheid & Wesley

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

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 and are good for 7 crafts.



Drama Skills & Techniques

Ages 6-17

This program will focus on building the techniques and skills for young actors for theatre and film. Class will focus on vocality, characterization, scene development, staging, blocking, costumes and make-up. Instructors have extensive training in theatre, film and advertising.

Site: Brookview Community Center
 Fee: \$51, Resident \$46

Ages	Day	Date	Time	Code
6-12	Mon	April 8-May 20	5:30-6:45 PM	11979
13-17	Mon	April 8-May 20	7:00-8:15 PM	11980

Drama Club

Ages 6-17

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 (June 11-July 25) will include a trip to the Old Log Theater to see a performance.

SPRING SESSION

Site: Noble School Fee: \$69, Resident \$64

Ages	Day	Date	Time	Code
6-12	T/Th	April 9-May 23	6:00-7:15 PM	11981
13-17	T/Th	April 9-May 23	7:15-8:30 PM	11982

SUMMER SESSION

Site: Noble School Fee: \$66, Resident \$61

Ages	Day	Date	Time	Code
6-12	T/Th	June 11-July 25	9:00-10:15 AM	12012
6-12	T/Th	June 11-July 25	10:30-11:45 AM	12011



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: \$33, Resident \$28

Day	Date	Time	Code
Mon/Wed	June 10-July 17	3:15-4:25 PM	11983



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.

Fee: \$41, Resident \$36

Fee (Wed* only): \$31, Resident \$26

Site	Day	Date	Time	Code
Gearty	T/Th	June 11-July 25	10:30-11:50 AM	11989
		<i>(No class July 4)</i>		
Hampshire	T/Th	June 11-July 25	10:30-11:50 AM	11985
		<i>(No class July 4)</i>		
Hampshire	Wed*	June 12-July 24	6:00-7:15 PM	11984
Lions	T/Th	June 11-July 25	10:30-11:50 AM	11986
		<i>(No class July 4)</i>		
Scheid	T/Th	June 11-July 25	10:30-11:50 AM	11987
		<i>(No class July 4)</i>		
Wesley	T/Th	June 11-July 25	10:30-11:50 AM	11988
		<i>(No class July 4)</i>		

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: \$36, Resident \$31

Day	Date	Time	Code
Tue/Thu	June 11-July 25	9:10-10:10 AM	11990
		<i>(No class July 4)</i>	

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: \$37, Resident \$32

Day	Date	Time	Code
Mon	June 10-July 15	9:00-10:00 AM	11999

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: \$37, Resident \$32

Ages	Day	Date	Time	Code
7-10	Tue/Thu	June 11-July 30 (No class July 4)	9:15-10:15 AM	12001
11-14	Mon/Wed	June 10-July 24	9:15-10:15 AM	12002

Ultimate Frisbee

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: \$73, Resident \$68

Ages	Day	Date	Time	Code
7-12	Mon-Fri	July 29-Aug 2	9:00 AM-3:00 PM	12008
10-16	Mon-Fri	August 5-9	9:00 AM-3:00 PM	12009

Field Trips Ages 7+

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

NOTE: 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.

Pick-up Locations:

WESLEY • HAMPSHIRE • SCHEID • LIONS

Brunswick Bowl

Friday, June 14

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: \$28, Resident \$23 Approx. Pick-up: 10:15 AM
 Code: 12003 Approx. Return: 2:00 PM

Cascade Bay Water Park

Friday, June 28

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: \$29, Resident \$24 Approx. Pick-up: 10:00 AM
 Code: 12004 Approx. Return: 4:00 PM

Bunker Beach Water Park

Friday, July 19

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: \$29, Resident \$24 Approx. Pick-up: 10:00 AM
 Code: 12005 Approx. Return: 4:00 PM



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. Explorers will hike on the first outing and receive a schedule for the remaining weeks.

Participants must provide: Appropriate dress for the weather, sunscreen, and a snack and/or beverage to enjoy.

Site: Begins & ends at Lions Park **Fee:** \$39, Resident \$34

Day	Date	Time	Code
Wed	June 12-July 24	9:30-11:30 AM	12006

Bike Rangers *Ages 10-14*

We are looking for boys and girls ages 10-14 who are well experienced bikers to join us for 11 summer afternoons of fun and adventure! Most rides are approximately 20-25 miles round trip to different West Metro locations. All treks begin and end at Lions Park. **Participants MUST ALWAYS ride with their group leaders.**

Participants must provide: Properly working bike, helmet, lock, water, sunscreen and appropriate clothing and shoes.

Site: Begins & ends at Lions Park **Fee:** \$41, Resident \$36

Day	Date	Time	Code
Tue/Thu	June 11-July 18	1:00-4:15 PM	12007
<i>(No class July 4)</i>			

Saturday Morning Biking *Ages 12+ with an Adult*

Begin your Saturday morning with a bike ride on local trails. All rides will begin and end at Lions Park. Youth riders must have experience biking longer treks at moderate intensity. The group will be led on treks using paved biking trails with some street riding. Rides will last between 1-1.5 hours. Treats provided after some rides. Rides cancelled due to inclement weather will not be rescheduled.

Participants must provide: Properly working bike, helmet, lock, water, sunscreen and appropriate clothing and shoes.

Site: Begin & End at Lions Park

Individual Fee: \$21, Resident \$18

Family of 4 Fee: \$46, Resident \$40, each add'l \$10

Day	Date	Time	Code
Sat	May 11-June 29	8:30-10:00 AM	12013
<i>(No ride May 25 & June 22)</i>			



Fishing Club *Ages 8-14*

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. **NOTE: First class will meet at Wirth Lake Fishing Pier for clinic. Participants must provide: Fishing pole and tackle, bike and helmet.**



Site: Begins & ends at Lions Park **Fee:** \$34, Resident \$29

Day	Date	Time	Code
Tue	June 11-July 16	9:00 AM-12:00 PM	11991

Basketball Skills Camp *Ages 9-12*

Basketball Skills Camp is held at Wesley Park and will focus on basic and intermediate basketball fundamentals. Through skill development and practice, participants should gain more confidence on the basketball court.

Site: Wesley Park **Fee:** \$37, Resident \$32

Day	Date	Time	Code
Wed	June 12-July 17	9:00-10:15 AM	11993

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:** \$35, Resident \$30

Day	Date	Time	Code
Tue/Thu	June 11-July 18	9:10-10:15 AM	11992
<i>(No class July 4)</i>			

LaCrosse Camp *Ages 9-12*

Ages 9-12

This program is for those who are new or have some experience with Lacrosse. Participants will work on how to cradle, scoop, pass, catch and shoot the ball. With enough participants, these skills will be used in a relaxed game atmosphere. **Participants will need goggles, mouth guard and Lacrosse Stick.**



Site: Lions Park **Fee:** \$41, Resident \$36

Day	Date	Time	Code
Tue/Thu	June 11-July 25	9:00-10:15 AM	12014
<i>(No class July 4)</i>			

Balloon Workshop

Ages 8-Adult

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

Site: Brookview Community Center
Fee: \$20, Resident \$15



Day	Date	Time	Code
Wed	August 7	1:00-3:00 PM	11880

Magic & More

Ages 8+

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

Site: Brookview Community Center **Fee:** \$29, Resident \$24

Day	Date	Time	Code
Mon-Tue	August 5-6	1:00-3:00 PM	11879

American Red Cross Babysitting Training

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. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview? **Participants must provide a lunch and snack.**

Site: Brookview Community Center
Fee: \$82, Resident \$77



Day	Date	Time	Code
Sat	May 11	8:00 AM-4:30 PM	11855
Sat	June 22	8:00 AM-4:30 PM	11856

SUPERVISED BATTING PRACTICE

Ages 7-13

Spend the afternoon improving your baseball hitting and fielding. Join the athletic coaching staff, while using the pitching machine to work on skills, throughout the summer. We provide the bats and balls and you supply the glove.

Site: Lions Park
Fee: \$32, Resident \$27

Day	Date	Time	Code
Mon/Wed	June 10-July 17	3:15-4:15 PM	12000

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. The final week will be held at the Honeywell 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. At parks with multiple teams, those teams will be formed randomly. Two players may request to be together.

Time: 1:15-2:45 PM
Fee: \$41, Resident \$36

Site	Day	Date	Code
Gearty	Mon/Wed	June 10-July 24	11998
Hampshire	Mon/Wed	June 10-July 24	11996
Lions	Mon/Wed	June 10-July 24	11997
Medley	Mon/Wed	June 10-July 24	11995
Scheid	Mon/Wed	June 10-July 24	11994



Youth Art Classes Ages 3-12

**Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents.*

P.J. Party Art Class

Ages 3-6

Mom, you deserve a break! Let your child express their creativity while you enjoy your morning. Come to class in your jammies?!?! That's right; we'll be doing art in our pajamas! Why? Because we believe everyone is more creative while wearing their slippers. We will be making an ice cream sundae collage with "chocolate syrup." **Register by April 12.**

Site: Crystal Comm Center **Fee:** \$29, *Resident \$22
Date: Sat, April 20 **Code:** 11896
Time: 9:30 AM-12:00 PM



Dinomania Art Camp Ages 3-6

Is your child crazy about dinosaurs? Tyrannosaurus Rex, Triceratops and Diplodocus - they love them all! Kids will learn cool facts about our extinct friends and be inspired to create fantastic works of dino art. We'll create fossils, dino eggs, dioramas and more! A variety of different art materials such as paper mache, clay and paint will be used as we explore these enormous creatures. **Register by August 16.**

Site: Crystal Comm Center **Fee:** \$43, *Resident \$36
Date: Mon-Tue, Aug 26-27 **Code:** 11898
Time: 10:00 AM-12:00 PM

Rapunzel's Beauty Party

Ages 3-7 with an Adult

Rapunzel will lead us in Tangled activities including a flannel-board castle game and royal dancing. All children receive a braided hair extension which Rapunzel will clip-in. Kids will decorate (and take-home) their very own beauty mirror! Come dressed like royalty and make sure you bring a camera for a photo with RAPUNZEL & PASCAL! **Register by July 16.**

Site: Crystal Comm Center **Fee:** \$22, *Resident \$15
Date: Wed, July 24 **Code:** 11895
Time: 10:00-11:00 AM

My Doll's Big Adventure Art Camp

Ages 5-9

Youth and their American Girl® doll (or another favorite doll) will love this art adventure! We'll make all the accessories the dolls need to travel around the world. We'll create jewels fit for a pharaoh, delicious pizza collages, African clay pots, colorful sombreros and more! We'll even make the dolls passports and fill them up with stamps! This is a new camp with all new projects! **Register by August 16.**

Site: Crystal Comm Center **Fee:** \$46, *Resident \$39
Date: Mon-Tue, Aug 26-27 **Code:** 11904
Time: 1:00-3:00 PM

Disney® Princess Dress-Up Art Camp Ages 3-6

This fun filled camp will give your young artist a chance to transform themselves into their favorite princesses and fairies like Tinkerbell, Cinderella, and Rapunzel. Each day, we will create projects the kids can wear home! We'll make gowns, crowns, jewelry, masks and more. This is art your child can play dress-up in! **Register by June 5.**

Site: Crystal Comm Center
Date: Thu-Fri, June 13-14
Time: 10:00 AM-12:00 PM
Fee: \$46, *Resident \$39
Code: 11897

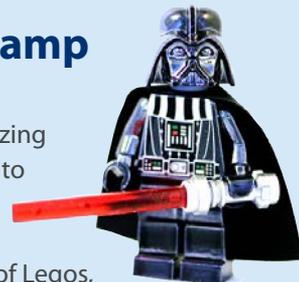


Lego Star Wars Art Camp

Ages 5-9

Legos® and Star Wars® - what an amazing combination! We will work as a team to paint a huge mural complete with stars, planets and far, far away galaxies. We'll build star fighters out of Legos, stage an intergalactic battle and make a Lego Darth Vader bobble head. We'll even make our own light saber. We'll work with Legos, paint, clay and other art supplies to create these masterpieces that your young Jedi will love! **Register by July 30.**

Site: Crystal Community Center **Fee:** \$46, *Resident \$39
Date: Wed-Thu, Aug 7-8 **Code:** 11902
Time: 10:00 AM-12:00 PM



Sparkles & Bling Art Class

Ages 5-9

Clay, sequins and glitter—it just doesn't get any better than that! We will craft a colorful flower shaped bowl accessorized with all the bling you can pile on. The bowl will be a great place for the kids to keep their treasures. **Register by April 12.**

Site: Crystal Comm Center **Fee:** \$29, *Resident \$22
Date: Sat, April 20 **Code:** 11899
Time: 1:00-3:30 PM



Angry Birds & More Art Camp

Ages 5-12

"Slingshot" your young artist into the incredible world of art at this fun camp! Your child will learn about the artistry of top grossing app games as they are inspired by their favorite games like Angry Birds®, Doodle Jump®, Plants vs. Zombies® and Fruit Ninja®. We'll work with air-dry clay, Model Magic® and paint to create these masterpieces! **Register by June 5.**

Site: Crystal Comm Center **Fee:** \$46, *Resident \$39
Date: Thu-Fri, June 13-14 **Code:** 11900
Time: 1:00-3:00 PM

Sweet Summer Candy Craft Class

Ages 5-12

Join us as we create art out of candy. Our art materials will be frosting, gumdrops, marshmallows, and other candy treats. We will create a summer time beach scene made out of all things edible. This art is soooo sweet! **Register by July 1.**

Site: Crystal Community Center
Date: Tue, July 9
Time: 9:30-11:30 AM
Fee: \$35, *Resident \$28
Code: 11901



I "Heart" Art Camp

Ages 5-12

Does your child love art? Painting, drawing, clay-it's all awesome! We will experiment with many techniques, materials and styles as we make 3D owls, stylized self-portraits, clay coil creations and more. Put on your apron and come create with us. **Register by July 30.**

Site: Crystal Comm Center **Fee:** \$46, *Resident \$39
Date: Wed-Thu, Aug 7-8 **Code:** 11903
Time: 1:00-3:00 PM

SCIENCE EXPLORERS

Camp Caterpillar

Ages 3½-6

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, projects, songs, stories and more.

Site: Brookview Community Center **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	May 28-30	9:30-11:30 AM	11890

Under the Sea

Ages 3½-6

Dolphins, whales, coral, starfish and more. Join us as we explore the ocean and pretend to swim under the sea. We'll discover the differences between fish and mammals, learn how large whales really are and journey into the world that exists under the sea.

Site: Brookview Community Center **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	July 16-18	9:30-11:30 AM	11892

Dynamite Dinosaurs

Ages 3½-6

Enter the Science Explorers' time machine and journey back to a world where dinosaurs ruled the earth. Become a paleontologist to learn how enormous or small these amazing creatures were, plus participate in a "mini" dino dig. You will have a dynamite time with hands-on experiments, studying fossils, and much more as we journey back in time.

Site: Brookview Community Center **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	June 18-20	9:30-11:30 AM	11891

Camp KinderSprouts

Ages 5-6

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

Site: Brookview Community Center **Fee:** \$61, Resident \$56

Day	Date	Time	Code
Tue-Thu	August 13-15	9:30-11:30 AM	11893

Music Programs



Private Piano Lessons

Ages 7+

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

TO REGISTER: Contact the Music For Everyone Coordinator at 763-509-5224 to establish a lesson time. After you establish a lesson, call the Recreation office to register over the phone with Visa or MasterCard.

Site: Brookview Community Center
Times Available: Between 3:30-7:30 PM

INSTRUCTED BY JULIE PRUSE

Day	Date	Fee	Code
Tue	April 9-May 28 (8 classes)	\$188, *Res \$178	11877
Tue	June 11-Aug 20 (10 classes)	\$220, *Res \$210	11876
<i>(No class July 2)</i>			

INSTRUCTED BY MILA MARON

Day	Date	Fee	Code
Wed	April 10-May 29 (8 classes)	\$188, *Res \$178	11878

First Steps in Musicland *Ages 18 months-5 years with an Adult*

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. Instructed by Julie Pruse. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Community Center
Fee: \$54, *Resident \$49

Day	Date	Time	Code
Mon	April 15-May 20	9:00-9:45 AM	11857
Mon	June 3-July 15	9:00-9:45 AM	11858
Mon	July 22-Aug 26	9:00-9:45 AM	11859

About the Instructor... Julie Pruse

Julie is a warm, engaging, and energetic teacher with more than 20 years of teaching experience in both private and group lessons. She provides music instruction for ages 18 months- adult using a wide variety of methodology that suits each individual learning style. She teaches a vast repertoire of curriculum including Classical, Jazz, early-childhood, composition, and music theory. Sight-playing and ear-training are also implemented into each lesson. Julie has been active in several local and national music organizations including: Minnesota Music Teacher Association, Minneapolis Music Teachers Forum, West Suburban Music Teachers Association, and American College of Musicians National Guild of Piano Teachers. In addition to her teaching career, Julie also enjoys spending time with her two children ages 8 and 12, Long-distance running, reading, song-writing, and playing the guitar.

About the Instructor... Mila Maron

Mila has a Bachelor's Degree in Music and a Master's Degree in Arts with an emphasis on Piano. She is a member of MMTA and has been teaching piano for MFE for over 16 years.

Keyboard Camp for Little Mozarts

Ages 4-6

Young students get a jump start on piano skills with the popular "Music for Little Mozarts" series. Each lesson includes music facts, movements, singing, percussion instruments and time on the keyboard. Learn about classical music of Mozart, Beethoven, and other composers. The first piano book will be available for purchase for \$8 at the first class. Limit 2 students.

Site: Brookview Community Center
Fee: \$80, Resident \$72

Day	Date	Time	Code
Mon	April 15-May 20	9:50-10:20 AM	11860
Mon	June 3-July 15	9:50-10:20 AM	11861
Mon	July 22-Aug 26	9:50-10:20 AM	11862





*THE LEADER IN YOUTH
SPORTS SINCE 1979*

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 for further details. All participants receive a t-shirt and merit award!

***Participants must bring:
Two snacks, sunscreen, appropriate clothing and water bottle.***

Mini Hawk Camp *Ages 4-7*

This multi-sport program gives children ages 4-7 a positive first step into athletics. T-ball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. All participants receive a t-shirt, soccer ball and merit award.

Site: Lions Park Fee: \$109

Day	Date	Time	Code
Mon-Fri	July 22-26	9:00 AM-12:00 PM	12016

Beginning Golf with SNAG *Ages 5-8*

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. We keep the instructor-to-camper ratio for this program very low, resulting in limited availability. All participants receive a t-shirt and merit award.

Site: Lions Park Fee: \$109

Day	Date	Time	Code
Mon-Fri	July 29-Aug 2	9:00 AM-12:00 PM	12017

Basketball Camp *Ages 6-12*

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progression curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. The participant-to-coach ratio is approximately 10:1. Participants should bring appropriate clothing, two snacks, a water bottle, and gym shoes. All participants receive a t-shirt, basketball and player evaluation.

Site: Davis Community Center Fee: \$109

Day	Date	Time	Code
Mon-Fri	July 15-19	1:00-4:00 PM	12019

Flag Football *Ages 6-12*

Skyhawks Flag Football is the perfect introduction to America's Game or a great refresher those who want to brush up on their skills preparing for league play. Through our skill of the day exercises, campers will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning, all presented in a fun and positive environment. The week ends with the Skyhawks Sports Super Bowl, giving participants a chance to showcase their skills on the gridiron! All participants receive a t-shirt, football and a player evaluation.

Site: Lions Park Fee: \$109

Day	Date	Time	Code
Mon-Fri	August 12-16	9:00 AM-12:00 PM	12020

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 Comm Ed 952-988-4066
 Robbinsdale Comm Ed 763-504-4910



Youth Fall Soccer



Grades K-1 Junior Fall Soccer

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.

Participants must provide required equipment: Shin guards and the reversible Golden Valley soccer jersey (available for purchase at the Recreation office).

Site: Hampshire Park
Date: Sat, Sept 7-Oct 26
Time: 12:00 or 1:00 PM
(vary each week depending on schedule)

Fee: \$40, Resident \$35, Shirt \$14
Code: 12217

Registration Deadline: August 2

Grades 2-5 Youth Co-Rec Fall Soccer

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 2013. 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.

Participants must provide required equipment: Shin guards and the reversible Golden Valley soccer jersey (available for purchase at the Recreation office).

PRACTICES Weeknight evening practices begin the week of August 26. Day/time determined by the volunteer coach, whom will contact the participants with the information after August 22.

GAMES Held on Saturday late mornings and/or early afternoons, with possible weeknight games. Schedules distributed at the first practice.

Game Locations:
 Grade 2 - Golden Valley
 Grade 3-5 - Golden Valley, Robbinsdale, Crystal
Game Dates: Sat, Sept 7-Oct 26
Game Times: Late morning and/or early afternoon
Fee: \$40, Resident \$35, Shirt \$14
Code Grade 2: 12220 **Code Grade 3-5:** 12221

VOLUNTEER COACHES ARE NEEDED FOR THE SUCCESS OF OUR SOCCER PROGRAMS!

If a coach is not found for a team, the program will be cancelled and refunds will be issued. Please call today to be a volunteer coach!

YOUTH SOCCER REFEREES ALSO NEEDED!
Must be 15 years old. Call for more information.

To be a volunteer coach or referee, please call the Recreation office today at 763-512-2345.

Grades 6-8 Northwest Suburban Fall Soccer

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

PRACTICES Begin the week of August 26 and are held in the home community. Location, day and time determined by the volunteer coach.

GAMES Held on Saturdays, beginning September 7 with a possible weeknight game later in the season. Games will be held in all participating communities.

Site: Golden Valley, Crystal, New Hope, Robbinsdale, Maple Grove
Game Dates: Sat, Sept 7-Mid October
Game Times: Late morning and/or early afternoon
Fee: \$40, Resident \$35 **Code BOYS:** 12218 **Code GIRLS:** 12219



Target Center Events

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for these events. This is for children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation. Children age 2 and older need a ticket.

TICKET PICK-UP: Participants will be notified when tickets are available for pickup at the Recreation office.

Harlem Globetrotter's at Target Center

Friday, April 12 • 7:00 PM • \$21 (lower level reserved)
Code: 11854

Circle your calendar, the Harlem Globetrotters are back! Join us for a game that features the best dunkers, ball handlers, and shooters. Come see T-Time Brawler, a ball handling wiz from Dominican University of California and one of only 11 females to ever play for the Harlem Globetrotters in the team's 87 year history. Join us for this must see event of the year! Register by March 25.



Golden Valley Library Summer Reading Events

- Summer Reading Kick-off..... June 12, 10 AM
- Bill the Juggler..... June 17, 1:30 PM
- Puppet Wagon..... June 19, 10:30 AM
- Story Theater..... June 26, 10:30 AM
- Wilderness Survival Skills for Kids..... June 27, 1:30 PM
- Wheels That Work..... July 10-31, 10:30 AM
- Puppet Wagon..... July 16, 10:30 AM
- Lego Mania..... July 20, 10:30 AM
- Beading with Dulcey..... July 23, 1:30 PM
- Yoga for Kids..... August 1, 1:30 PM

Plus, Guys Read, Teens & Girls Only Book Clubs, Art out of the Box, storytimes, music and more!

Call 612-543-6375 or visit www.hclib.org for more information.



Youth Athletic Associations

Golden Valley Little League Baseball

BOYS AND GIRLS AGE 6-12
Pate Dale, 763-593-9077
gvdales@comcast.net
www.goldenvalleylittleleague.org

Golden Valley Phoenix Soccer Club

BOYS AND GIRLS AGE 6-18
763-544-9829
www.gvphoenixsoccer.org

Girls Slowpitch Softball

GIRLS IN GRADES 3-12
Tommy Thompson, 763-544-9829
tthompson@premiersalons.com
www.gvgs.org

Armstrong-Cooper Youth Baseball

BOYS AGES 12-19
Pat Backen, 763-439-6454
pat.backen@gmail.com
www.raybaseball.com

Cooper/Armstrong Girls Fastpitch Softball

GIRLS AGES 9-12
cooperarmstrongfastpitch@gmail.com
www.cooperarmstrongfastpitch.org



Adaptive Recreation Programs

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. Services include information, referral, advocacy and counseling. NOTE: For persons not living in one of the above communities, you are considered a "Non-Resident."



952-988-4177 www.reachforresources.org

ALL AGES

BOWLING Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Jan 19-Mar 9 from 12:00-2:00 or 2:30-4:30 PM. \$35/Res, \$43/Non-Res, plus \$3.50/week.

INCLUSIONS Reach For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your park and Recreation Department. After registering, contact Reach For Resources to discuss the needs/accommodations for yourself or your child. We request a minimum of two weeks notice for a successful inclusion.

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!! Held August 12-16 from 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 Wed, June 19-July 31 from 6:30-7:30 PM. \$35/Res, \$43/Non-Res.

CHALLENGER BASEBALL Sponsored by Hopkins Little League. Players are paired up with buddies to play the game of baseball. Games are played May-June in Hopkins. Please call Danielle at 952-988-4176 for more information.

TEEN PROGRAMS *AGES 13-21*

TEEN EXPLORERS Get to know new friends while trying new activities! Movies, dinners out, games, crafts, and so many more activities! Held at various locations on Tuesdays from 6:30-8:30 PM. Spring: March 19-May 7. Summer: June 11-Aug 6. \$40/Res, \$48/Non-Res - per session.

TEEN SOFTBALL A fun non-competitive softball league for teens! Improve your skills, make new friends, and HAVE FUN!! Held at Burne's Park on Fridays, June 7-Aug 16 from 6:30-8:00 PM. \$30/Res, \$38/Non-Res.

SOCIAL SEEKERS This is a program for teens with Asperger's Syndrome. We meet once a week for fun and social interaction. Groups are available for varying age groups and at various locations. Intake is required for all new participants. Call Danielle at 952-988-4176 for information.

ADULT PROGRAMS *AGES 18+*

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, and so much more! Held at various community locations on Wed, Mar 20-May 8 and June 12-Aug 7 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

YOGA Relax, get in shape, increase muscle tone, improve focus, and enhance flexibility! Held at St. Louis Park Rec Center on Tue, Mar 26-April 30 from 7:00-8:00 PM. \$40/Res, \$48/Non-Res.

NON-COMPETITIVE SOFTBALL A fun non-competitive softball league for adults that focuses on teamwork, improving skills, and having fun! Held at Harley Hopkins Fields on Thu, June 6-Aug 15 from 6:30-8:00 PM. \$30/Res, \$38/Non-Res. Competitive League also available Monday evenings - call Molly at 952-582-8264 for information.

WALKING FOR HEALTH Keep that body moving and enjoy the community! We will walk at various indoor and outdoor locations on Mon, Mar 18-April 22 from 6:30 -8:00 PM. \$25/Res, \$33/Non-Res.

THE HEALTH CLUB Take some time to take care of you! Each week we will focus on a different aspect of healthy living - yoga, hiking, making healthy meals, and MORE! Learn important skills and have fun! Held at various locations on Thu, Mar 28-May 2 from 6:30-8:00 PM. \$40/Res, \$48/Non-Res.

ON THE TOWN Social program for adults who can explore their community with minimal supervision. Held at various locations. Ages 18-30 meet e/o Friday and Ages 31+ meet e/o Saturday. Spring session begins in March and summer session begins mid-June. \$20/Res, \$28/Non-Res, plus additional fees depending on activities.

SPECIAL EVENTS

FRIDAY NIGHT DANCES

Join your friends and groove to all the latest hits! 7:00-9:00 PM, \$5 at the door.

March 15	St Louis Park High School
April 19	St Louis Park High School
May 10	Brooklyn Park Community Center
May 17	St Louis Park High School
May 31	Maple Grove Junior High School
June 21	St Louis Park High School
July 19	St Louis Park High School
August 16	St Louis Park High School



**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.

Tennis Information Night

Wednesday, April 10
Thursday, April 18

Parents and children remember to come visit us and sign up for Adult and Junior Tennis at the Tennis Information Night on Wednesday, April 10 or Thursday, April 18 at Brookview Community Center. Staff from Twin City Tennis Camps will be on hand to answer any questions you may have about the programs.



Quick Start USTA Tennis Camps

Introductory and Beginner Skill Levels

Our goal is to have everyone rallying across the net, learning the tennis scoring system, participating in fun tennis and athletic movement games play within their first week at tennis camp. We emphasize learning basic stroke mechanics through coach supervised and child led self stroking techniques. No more standing in lines and waiting for one ball from the coach, our USTA Quick Start Coaching formula engages every child continuously in every lesson activity or game play situation. We will encourage children to take gradual steps towards improving fundamental skill building. Our courts will be modified for players as well as using our grass areas with Quickstart nets to develop rallying skills. Campers will be divided by skill level and age at the courts. **There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.**

Weekday Camps (Monday-Friday) - Ages 5-10 9:00 AM-12:00 PM (No Class July 4)

Sessions	Fee	Location
12 Weeks	\$995	Lions Park
4 Weeks	\$405	Lions Park
Weekly	\$135	Lions Park

Session	Date	Code
Full Summer (12 weeks)	June 10-Aug 30	12028
Session 1 (4 weeks)	June 10-July 5	12029
Week 1	June 10-June 14	12030
Week 2	June 17-June 21	12031
Week 3	June 24-June 28	12032
Week 4	July 1-July 5	12033
Session 2 (4 weeks)	July 8-Aug 2	12034
Week 5	July 8-July 12	12035
Week 6	July 15-July 19	12036
Week 7	July 22-July 26	12037
Week 8	July 29-Aug 2	12038
Session 3 (4 weeks)	Aug 5-Aug 30	12039
Week 9	Aug 5-Aug 9	12040
Week 10	Aug 12-Aug 16	12041
Week 11	Aug 19-Aug 23	12042
Week 12	Aug 26-Aug 30	12043

Saturday Camps - Ages 4-10 10:00 AM-12:00 PM (No Class May 25, July 6)

Sessions	Fee	Location
Spring Session (6 Weeks)	\$135	Brookview Park
Summer Session (5 Weeks)	\$110	Brookview Park
Entire Summer (10 weeks)	\$185	Brookview Park
Spring & Summer (16 wks)	\$265	Brookview Park

Session	Date	Code
Spring Session (6 Weeks)	April 27-June 8 (No Class May 25)	12044
Summer Session 1 (5 weeks)	June 15-July 20 (No Class July 6)	12045
Summer Session 2 (5 weeks)	July 27-Aug 24	12046
Entire Summer (10 weeks)	June 15-Aug 24	12047
Spring & Summer (16 weeks)	April 27-Aug 24	12048



Junior USTA Development Tennis Camps

Advanced Beginner thru Intermediate Skill Levels Ages 5-16

Our goal is to have every child rallying across the net, learning the tennis scoring system, and participating in cooperative or competitive match play within their first week at tennis camp. We emphasize learning and improving all of the major technical tennis strokes. Each day will focus on one specific stroke. Our courts will be modified for players 10 years old and under as well as using our grass areas with Quickstart nets to develop rallying skills. Participants will have time to experience off court activities including sand volleyball, water games and more. Child to Coach ratio is 6:1. Players will be divided at the courts based on age and skill level.

All participants are encouraged to bring a tennis racket, snack and lunch, water bottle and sunscreen

There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.



Spring Weekday Camps (6 weeks)
No Class May 27

Location: Lions Park

Time: 3:30-6:00 PM

Session	Date	1 Day Per Week		2 Days Per Week		3 Days Per Week		4 Days Per Week	
		Fee	Code	Fee	Code	Fee	Code	Fee	Code
Mon - Fri	April 29-June 7	\$155	12113	\$225	12113	\$315	12113	\$405	12113

Spring Weekend Camps (4 weeks)

Location: Brookview Park

Time: 1:00-5:00 PM

No Class May 4,5,18,19. Players may sign up to participate on these dates for a USTA Junior Tournament at no additional charge.

Session	Date	Saturday		Sunday		Sat & Sun	
		Fee	Code	Fee	Code	Fee	Code
Weekends	April 27-June 9	\$160	12114	\$160	12114	\$275	12114

Summer Weekday Camps (Monday-Friday)

Location: Brookview Park

No Class July 4

Session	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 PM-4:00 PM	
		Fee	Code	Fee	Code	Fee	Code	Fee	Code
Full Summer (12 weeks)	June 10-Aug 30	\$1695	12061	\$1495	12063	\$995	12064	\$995	12065
Session 1 (4 weeks)	June 10-July 5	\$690	12067	\$600	12052	\$405	12049	\$405	12075
Week 1	June 10-June 14	\$230	12068	\$200	12053	\$135	12050	\$135	12066
Week 2	June 17-June 21	\$230	12077	\$200	12054	\$135	12056	\$135	12058
Week 3	June 24-June 28	\$230	12051	\$200	12055	\$135	12057	\$135	12059
Week 4	July 1-July 5	\$230	12079	\$200	12080	\$135	12081	\$135	12082
Session 2 (4 weeks)	July 8-Aug 2	\$690	12060	\$600	12069	\$405	12072	\$405	12073
Week 5	July 8-July 12	\$230	12083	\$200	12070	\$135	12097	\$135	12105
Week 6	July 15-July 19	\$230	12084	\$200	12091	\$135	12098	\$135	12106
Week 7	July 22-July 26	\$230	12085	\$200	12071	\$135	12099	\$135	12107
Week 8	July 29-Aug 2	\$230	12086	\$200	12092	\$135	12100	\$135	12108
Session 3 (4 weeks)	Aug 5-Aug 30	\$690	12062	\$600	12074	\$405	12075	\$405	12076
Week 9	Aug 5-Aug 9	\$230	12087	\$200	12093	\$135	12101	\$135	12109
Week 10	Aug 12-Aug 16	\$230	12088	\$200	12094	\$135	12102	\$135	12110
Week 11	Aug 19-Aug 23	\$230	12089	\$200	12095	\$135	12103	\$135	12111
Week 12	Aug 26-Aug 30	\$230	12090	\$200	12096	\$135	12104	\$135	12112

High Performance Tennis Training Camps

Intermediate thru Advanced Skill Levels Ages 10-18

Our goal is to have every player competing in singles and doubles match play, while improving strategy and execution, building character and mental toughness, increasing agility, power and speed through physical fitness conditioning and technical development. Participants will also focus on stroke repetition and consistency, learn the fundamentals of court positioning and strategy for both singles and doubles competition. Each day will incorporate daily fitness training and yoga stretching along with other off court activities. 6:1 player to coach ratio. Players will be divided into two facilities based on skill levels and age appropriate practice partners. **There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.**

Intermediate Level Camp (Wesley Park) For intermediate USTA level 7 tournament players and junior varsity players.

Advanced Level Camp (Brookview Park) For advanced USTA level 5-6 tournament players and varsity players.

Spring Weekday Camps (6 weeks)

Location: Wesley Park South

Time: 3:30-6:00 PM

No Class May 27

Session	Date	1 Day Per Week		2 Days Per Week		3 Days Per Week		4 Days Per Week	
		Fee	Code	Fee	Code	Fee	Code	Fee	Code
Mon - Fri	April 29-June 7	\$155	12115	\$225	12115	\$315	12115	\$405	12115

Spring Weekend Camps (4 weeks)

Location: Brookview Park

Time: 1:00-5:00 PM

No Class May 4,5,18,19. Players may sign up to participate on these dates for a USTA Junior Tournament at no additional charge.

Session	Date	Saturday		Sunday		Sat & Sun	
		Fee	Code	Fee	Code	Fee	Code
Spring	April 27-June 9	\$160	12116	\$160	12116	\$275	12116

Summer Weekday Camps (Monday-Friday)

Location: Brookview (Advanced Camp) and Wesley Park (Intermediate Camp)

No Class July 4

Session	Date	8:00 AM-6:00 PM		8:00 AM-12:00 PM			3:00 PM-6:00 PM	
		Fee	Code Brookview	Fee	Code Brookview	Code Wesley	Fee	Code Brookview
Full Summer (12 weeks)	June 10-Aug 30	\$1775	12117	\$1295	12133	12149	\$995	12165
Session 1 (4 weeks)	June 10-July 5	\$720	12118	\$525	12134	12150	\$405	12166
Week 1	June 10-June 14	\$225	12119	\$175	12135	12151	\$135	12167
Week 2	June 17-June 21	\$225	12120	\$175	12136	12152	\$135	12168
Week 3	June 24-June 28	\$225	12121	\$175	12137	12153	\$135	12169
Week 4	July 1-July 5	\$225	12122	\$175	12138	12154	\$135	12170
Session 2 (4 weeks)	July 8-Aug 2	\$675	12123	\$525	12139	12155	\$405	12171
Week 5	July 8-July 12	\$225	12124	\$175	12140	12156	\$135	12172
Week 6	July 15-July 19	\$225	12125	\$175	12141	12157	\$135	12173
Week 7	July 22-July 26	\$225	12126	\$175	12142	12158	\$135	12174
Week 8	July 29-Aug 2	\$225	12127	\$175	12143	12159	\$135	12175
Session 3 (4 weeks)	Aug 5-Aug 30	\$675	12128	\$525	12144	12160	\$405	12176
Week 9	Aug 5-Aug 9	\$225	12129	\$175	12145	12161	\$135	12177
Week 10	Aug 12-Aug 16	\$225	12130	\$175	12146	12162	\$135	12178
Week 11	Aug 19-Aug 23	\$225	12131	\$175	12147	12163	\$135	12179
Week 12	Aug 26-Aug 30	\$225	12132	\$175	12148	12164	\$135	12180

Junior Team Tennis League - Recreational

Advanced Beginner & Intermediate Skill Levels - Ages 12-18

This 12-week league will emphasize teamwork and fun through skills development and match play. Match play will be with teams from surrounding communities during the months of June and July. Matches will be held on Monday and Wednesday with Friday designated for practice. Participants need to provide their own transportation. Home matches will be at Wesley Park. Player/coach ratio 12:1.

Fee: \$205/Res, \$210/Non-Res

Wesley Park

Day	Date	Time	Code
Mon/Wed/Fri	June 10-Aug 30	1:00 PM-3:00 PM	12181

Private & Semi-Private Tennis Lessons

All private and semi-private lessons are with a U.S.P.T.A. Certified Tennis Professional Instructor. Lessons will be need to be arranged in advance. Please call Twin City Tennis Camps at 612-600-2460 or contact Director of Tennis, Daniel Nabedrick directly at 612-730-8280 to make a lesson appointment. **There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.**

Private Lessons

One-on-one instruction

Code: 12182

Code: 12183

Head Professional	
One Lesson	\$75
Five Lesson	\$350
Ten Lessons	\$650

Assistant Professional	
One Lesson	\$50
Five Lesson	\$225
Ten Lessons	\$450

Semi-Private Lessons

Up to a 4:1 ratio with a private instructor

Code: 12184

Code: 12185

Head Professional	
One Lesson	\$85
Five Lesson	\$400
Ten Lessons	\$750

Assistant Professional	
One Lesson	\$60
Five Lesson	\$275
Ten Lessons	\$500

Public Tennis Courts

Locations	Courts	Lighted Courts
Brookview Hwy 55 & Winnetka	6	4
Gearly Regent & Triton	1	1
Glenview Park Zenith & Major	2	2
Lions Park Harold & Louisiana	2	-
Medley Park Ensign & 23rd	3	3
Scheid Park Duluth & Toledo	2	2
Seeman Park Hampshire & Phoenix	2	-
Wesley Park Wesley Dr. & Orkla	3	3
Wildwood Park Duluth & Louisiana	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 3rd and play 8-10 matches.

Women's Singles

Day	Time	Fee	Code
Tue	6:00-9:00 PM	\$20	12212

Men's Singles

Day	Time	Fee	Code
Thu	6:00-9:00 PM	\$20	12214

Mixed Doubles

Day	Time	Fee	Code
Wed	6:00-9:00 PM	\$26	12213

Women's Doubles

Day	Time	Fee	Code
Thu	6:00-9:00 PM	\$26	12215



Adult Tennis Drills and Clinics

Adult tennis clinics are offered for all skill levels. Please indicate which day(s) you are registering for at the time of registration. There is a \$5 Non-resident fee applied to all registrations if you do not live in Golden Valley.

Basics & Beyond *USTA Level 1.0-3.0*

For beginners and intermediate level player's with an emphasis on strokes, rallying and serving. Please specify which day you are registering for.

Site: Lions Park

Tues & Thurs - 1:00-3:00 PM - No Class July 4

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	April 30-June 6	\$205	\$125	12186
Summer (6 Weeks)	June 11-July 18	\$205	\$125	12187
Summer (6 Weeks)	July 23-Aug 29	\$205	\$125	12188
Full Summer	June 11-Aug 29	\$375	\$225	12189
All 3 Sessions	April 30-Aug 29	\$565	\$315	12190

Skills & Strategy Drill *USTA Level 3.0-4.0*

For Intermediate and advanced players looking to develop skills and strategy for competitive play. Please specify which day you are registering for.

Site: Lions Park

Weds & Fri - 1:00-3:00 PM

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	May 1-June 7	\$205	\$125	12191
Summer (6 Weeks)	June 12-July 19	\$205	\$125	12192
Summer (6 Weeks)	July 24-Aug 30	\$205	\$125	12193
Full Summer	June 12-Aug 30	\$375	\$225	12194
All 3 Sessions	May 1-Aug 30	\$565	\$315	12195

Competitive Drills & Play

USTA Level 3.5-4.5

For intermidate and advanced players with an emphasis on on stroke production and strategy development.

Site: Brookview Park

Saturday - 8:00 - 10:00 AM - No Class May 25, July 6

Session	Date	Fee	Code
Spring (6 weeks)	April 27-June 8	\$125	12196
Summer (5 Weeks)	June 15-July 20	\$105	12197
Summer (5 Weeks)	July 27-Aug 24	\$105	12198
Full Summer	June 15-Aug 24	\$195	12199
All 3 Sessions	April 27-Aug 24	\$295	12200

Advanced Warrior Workout Drills

USTA Level 4.0-5.0

USTA league players working on advanced strokes, doubles strategy and technique.

Site: Brookview Park

Monday - 6:00-8:00 PM - No Class May 27

Session	Date	Fee	Code
Spring (6 weeks)	April 29-June 3	\$125	12201
Summer (6 Weeks)	June 10-July 15	\$125	12202
Summer (6 Weeks)	July 22-Aug 26	\$125	12203
Full Summer	June 10-Aug 26	\$225	12204
All 3 Sessions	April 29-Aug 26	\$315	12205

Skills and Cardio Tennis *USTA Level 2.0-3.5*

Beginner & intermediate players practice stroke development and cardio fitness. Please specify which day you are registering for.

Site: Brookview Park

Tues, Weds & Thurs - 6:00-8:00 PM - No Class July 4

Session	Date	Fee 2 Days	Fee 1 Day	Code
Spring (6 weeks)	April 30-June 6	\$205	\$125	12206
Summer (6 Weeks)	June 11-July 18	\$205	\$125	12207
Summer (6 Weeks)	July 23-Aug 29	\$205	\$125	12208
Full Summer	June 11-Aug 29	\$375	\$225	12209
All 3 Sessions	April 30-Aug 29	\$565	\$315	12210

Match Play and Strategy

USTA Level 3.5-4.5

For intermidate and advanced players with an emphasis on match play and competition.

Site: Brookview Park

Date: May 1-Sept 25

Wednesday - 6:00-8:00 PM

Packages	Fee	Code
6 Classes	\$90	12211
12 Classes	\$155	12211
18 Classes	\$195	12211



About the Instructor...

Annette Fragale

Annette has received her yoga and pilates training in several different styles which she combines into her classes. Annette brings humor and sensitivity to her teachings and proves that age is only a number.

Saturday Morning BIKING

Ages 12+ with an Adult

Begin your Saturday morning with a bike ride on local trails. All rides will begin and end at Lions Park. Youth riders must have experience biking longer treks at moderate intensity. The group will be led on treks using paved biking trails with some street riding. Rides will last between 1-1.5 hours. Treats provided after some rides. Rides cancelled due to inclement weather will not be rescheduled.



Participants must provide: Properly working bike, helmet, lock, water, sunscreen, appropriate clothing & shoes.

Site: Begin & End at Lions Park

Date: Sat, May 11-June 29
(No ride May 25 & June 22)

Time: 8:30-10:00 AM

Individual Fee: \$21, Resident \$18

Family of 4 Fee: \$46, Resident \$40, each add'l family member \$10

Code: 12013

Pilates - Inspired Workout with Annette

When was the last time you found yourself with an amazing set of abs? 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 Community Center

Fee: \$61, Resident \$56

Date: Mon, April 1-May 20

Code: 11885

Time: 6:00-7:00 PM

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. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Site: Brookview Community Center

Fee: \$61, Resident \$56

Date: Tue, April 2-May 21

Code: 11886

Time: 11:00 AM-12:00 PM



Nordic Walking for Fun & Fitness

Enjoy the out-of-doors and walking by adding Nordic Walking to your routine. Meet twice for Nordic walking, which combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body workout that expends more calories without having to work harder. Wear comfortable clothing and good walking shoes. Program held indoors if inclement weather. Limit of 15.

Site: Davis Community Center

Fee: \$18 (includes pole rental)

Day	Date	Time	Code
Mon	May 6 & 13	6:00-7:15 PM	12021
Mon	June 3 & 10	6:00-7:15 PM	12022

Nordic Walking DEMO



Monday, July 22 • 6:00-6:45 PM • Brookview Park - Large Shelter

Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15 % more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Try this for free before the concert. Then sign up for a class in the fall. Poles are provided.

COME AND SEE WHAT IT'S ALL ABOUT!

Landscape For Life

Are you looking for an economical but beautiful plan to add landscaping to your yard? In this class, you will learn how to use easy to find plants to landscape for yourself and future generations. Bring a photo of your site and/or the area dimensions and go home ready to plant! Class starts with a PowerPoint presentation on how to attract wildlife to your yard, a presentation on native planting and green gardens, question and answer session, and time to work individually on flower bed plans. **Resident fee applies to Golden Valley, New Hope and Robbinsdale. Register by April 10.*

Site: New Hope City Hall **Fee:** \$19, *Resident \$12
Date: Wed, April 17 **Code:** 11851
Time: 7:00-9:00 PM



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:** \$69, Resident \$64

BEGINNER

Day	Date	Time	Code
Tue	April 2-May 7	6:15-7:00 PM	11868
Tue	May 14-June 25	6:15-7:00 PM	11870
	<i>(No class May 21)</i>		
Tue	July 9-Aug 13	6:15-7:00 PM	11872

ADVANCED

Day	Date	Time	Code
Tue	April 2-May 7	7:00-7:45 PM	11869
Tue	May 14-June 25	7:00-7:45 PM	11871
	<i>(No class May 21)</i>		
Tue	July 9-Aug 13	7:00-7:45 PM	11873

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: \$69, Resident \$64

Day	Date	Time	Code
Thu	Mar 14-May 2	7:00-8:30 PM	11739

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: \$85, Resident \$80

Day	Date	Time	Code
Mon	Mar 11-April 29	7:15-8:45 PM	11741

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 loose comfortable clothing. Hip scarfs are not required, but they are fun to wear. Instructed by Tatyana Butkova.

Site: Brookview Community Center
Date: Mon, June 3-July 22
Time: 7:15-8:45 PM
Fee: \$85, Resident \$80
Code: 11883



About the Instructor... Tatyana Butkova

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

Yoga Flow with Laura

Get ready to connect with the feeling and power of your body 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 2-May 14	\$75, Resident \$70	11743
Tue	May 21-June 18	\$55, Resident \$50	11744
Tue	July 9-Aug 27	\$85, Resident \$80	11745
Thu	April 4-June 13	\$115, Resident \$110	11746

About the Instructor... Laura Lazowski

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

Power Yoga Flow with Laura

Power Flow is similar to Yoga Flow (above), with some added intensity. The class includes a few more intermediate poses, however, beginners are welcome to do modified poses to accommodate their comfort level. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work, and a guided relaxation. Benefits include: increased strength, flexibility, body awareness and mental clarity. 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 2-May 14	\$89, Resident \$84	11748
Tue	May 21-June 18	\$65, Resident \$60	11749
Tue	July 9-Aug 27	\$101, Resident \$96	11750



American Red Cross® CPR/AED Course

The Adult CPR/AED course incorporates the latest science and teaches students how to respond to breathing and cardiac emergencies for victims 12 years and older. Students who successfully complete this course will receive a certificate from the Red Cross for Adult CPR/AED valid for two years. **Registration deadline is one week prior to the start of each session.**

Site: New Hope City Hall (4401 Xylon Ave N)

Fee: \$79, Residents of Golden Valley & New Hope \$72

Day	Date	Time	Code
Wed	April 24	6:00-8:45 PM	11887
Tue	June 25	6:00-8:45 PM	11888

Introduction to Drawing

Through guided exercises this course will help beginners to see and draw accurately and those with experience to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive and negative space, perspective, and proportions of objects related to nature, landscape and people. Instructed by Carolyn Papke, an artist and retired teacher.

Participants should bring: An inexpensive 9x12 spiral bound sketch book, two pencils 2B and HB, and one Pigma Micron black pen #03 or #05.

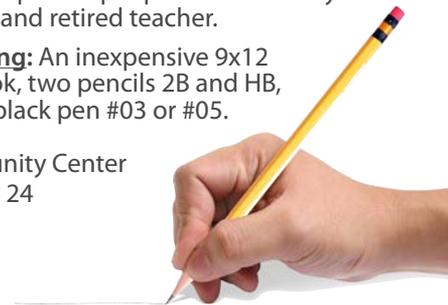
Site: Brookview Community Center

Date: Wed, Mar 20-April 24

Time: 6:30-8:30 PM

Fee: \$55, Resident \$50

Code: 11881



Watercolor Basics

A class for beginners and people who want to renew their watercolor skills. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is a retired teacher and artist.

Site: Brookview Community Center

Fee: \$55, Resident \$50

Day	Date	Time	Code
Wed	May 1-June 5	6:30-8:30 PM	11882

GOLDEN VALLEY SENIORS PROGRAM

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

Golden Valley Senior Program Office
 200 Brookview Parkway, Golden Valley, Minnesota 55426
 Phone: 763-512-2339
 Fax: 763-512-2344
 TTY: 763-593-3968
www.goldenvalleymn.gov/recreation/seniors



Weekly Card & Game Groups

New players are always welcome to these card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there!

All groups meet at 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
Bridge	Thursdays	6:30 PM
Bridge	Fridays	9:00 AM



STAY INFORMED with your 2013 Annual Membership Donation

Subscribe to the Senior Newsletter, the center's bi-monthly newsletter, by paying an annual membership donation. Your donation is good for January-December 2013 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset some of the costs for the senior program. Support your senior program by donating to the Golden Valley Seniors today!

Donation: \$8, Resident \$5
Code: 11758

Thanks For Your Support!

Blood Pressure Screening

4th Wednesday of the month
 Brookview Community Center
 11:00-11:30 AM



No appointment needed. Provided by staff from the Ambassador Good Samaritan Care Center.



Senior Special Events

Library Laboratory: Sugar & Spice

Monday, March 25 • 6:30-8:00 PM

Golden Valley Library (830 Winnetka Ave N)



From barbeque ribs to Moroccan harissa, spice blends add flavor to whatever you're cooking, from steaks to casseroles to dessert. Mix up a collection of sweet and savory blends to take home and learn the secrets to making your own signature blend. Presented by Mary Jo Rasmussen from Urban Relish. Register beginning February 25 by calling 952-543-6390 or online at: www.hclib.org/pub/events/. Limit of 20.

Senior Par 3 Golf League Kick-off

Thursday, April 18 • 10:30 AM

Brookview Community Center

Kick-off the 2013 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 play in the league, the league fee may be dropped off in the golf office.

Minnesota State Band Concert

Wednesday, May 1 • 7:30 PM

Crystal Community Center
(4800 Douglas Dr N)



The Minnesota State Band is the Official Band of the State of Minnesota and has been in existence for 115 years (since 1898). The 50+ member band is the only remaining State Band in the United States. While at one time the band received funding from the State of Minnesota, the band is now operated as a non-profit organization with an all-volunteer membership. The Band has represented the State of Minnesota on six International Goodwill Tours since 1986. Donations welcome!

Bowling Tournament

Tuesday, May 14 • 12:30 PM

Texa-Tonka Lanes (8200 Minnetonka Blvd)

\$5 (payable at the door)

It's our annual bowling tournament hosted by Texa-Tonka Lanes in St. Louis Park. Fee includes three games, shoes, ball, coffee, cookies and prizes. Come join the fun! No pre-registration necessary.

2013 Senior Spring Forum

Wednesday, April 17 • 8:30 AM-12:00 PM

Brooklyn Park Community Center (5600 85th Ave N)

The 2013 theme is "Here's To Your Health and Happiness", focusing on fitness health and wellness. Visit over 70 informational booths on aging with Belinda Jensen speaking at 11 AM. Coffee and treats provided. FREE! Preregister by emailing info@nwhhsc.org or calling 763-503-2520. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.

Pedal Pusher's Kick-off

Tuesday, April 23 • 10:00 AM

Brookview Community Center

Join Nancy, our fearless leader, as we plan our 2013 Pedal Pusher bicycle group season. Nancy will show slides of her and Keith's trip to the Albuquerque Balloon Festival. The "Pedal Pushers" t-shirt will be available for purchase. Donations will be accepted for refreshments. **Register with the senior office by April 22.**

Navigating Medicare

Monday, May 13 • 6:30-8:30 PM

Brookview Community Center

\$10 - Code: 12216

Thinking of or getting ready to retire? Are you a family member or a caregiver to someone that has Medicare coverage? Already have Medicare and just want to know what is going on with Medicare? This is a chance for you to learn about the Medicare Adventure. We will discuss Medicare Parts A, B and D coverages. The class is an educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Fee includes instructor, class materials and refreshments. Min 6/Max 30. **NOTE: Couples may share materials and pay only one fee. Register with the senior office by May 6.**



Senior Programs

Getting Through the Medicare & Medgap Maze

2nd Thursday of the month
Brookview Community Center



Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00, 10:00 or 11:00 AM. Call the senior office today to make your appointment.

Happy Feet Foot Care Clinic

2nd & 3rd Tuesday of the month
Brookview Community Center

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. Fee of \$34 is payable to Happy Feet Footcare, Inc. and due at time of service.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel, you must call Happy Feet at least 24 hours in advance or you may be charged a fee.

Tax Assistance 2013

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with **uncomplicated** income taxes. Please bring all information needed including your labeled tax forms, property tax information and direct deposit information (if applicable). Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants.

NOTE: No tax assistance available at Brookview Community Center.

Site: Golden Valley Library
Time: 10:30 AM-1:30 PM
Registration begins at 10:00 AM at the door.

Dates: Thursday, February 7, 14, 21, 28
Thursday, March 7, 14, 21, 28
Thursday, April 4, 11



Senior Special Interest Groups

Mondays with Mary

Every Monday • 9:30 AM
Brookview Community Center

Join Mary on Monday mornings 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".

No meeting May 27, July 1 & Sept 2.



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.



Senior Special Interest Groups



Senior Golf Leagues

SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview. \$15 league registration is due before your first week of play. Note: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, April 30-August 27. See information in the golf section for green and cart fees. Call 763-512-2305 for information.

SENIOR PAR 3 LEAGUE

Men and Women, age 55 and older, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 AM with weekly sign-up. The season will be from May 2-September 12. \$5 league fee is collected at the kick-off meeting on April 18. See information in the golf section for green and cart fees.

Summer Housing Series

Brookview Community Center
10:00-11:00 AM

Join us for a series on the housing market. Presented by experts in this field. Participate in one session or come for all 3!

THURSDAY, JUNE 20
Housing Market Update
Presented by Chris Gemlo,
Counselor Realty.

THURSDAY, JULY 18
Getting the Best Value
for Your Home
Presented by Bruce Blumenthal,
Home Inspector.

THURSDAY, AUGUST 15
Comparing Co-ops, Condo's
and Apartment Rentals
Presented by
Mike Samz,
Calvary Center
Cooperative.



PICKLEBALL for 55+

Mondays & Thursdays • 10:00 AM-12:00 PM
Crystal Community Center • \$2/person at the door
(4800 Douglas Dr N)



Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league... come when you can....just drop in. Equipment available on a limited basis. Gym shoes required. Participants MUST CHECK-IN at front desk.

Money Matters



3rd Thursday of the month
10:00-11:00 AM • Brookview Community Center

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 required. Refreshments provided by Golden Valley Rehab and Care Center.

THURSDAY, APRIL 18
Five Deadly Mistakes IRA Owners Make and How They May Cost You

You will learn how to avoid 5 mistakes that can wreck the most important investment you'll ever make – your retirement account. Why you may be over-paying the government on taxes and court expenses, the easy way to make sure your retirement accounts match your financial needs and how to avoid letting past employers “steal” your retirement savings. Presented by Jim Bear, J. Allen Financial.

THURSDAY, MAY 16
Larry Klick (topic TBD)

Larry Klick, Money Matters member, will speak on a topic of current interest.





Living Well & Wise



1st Thursday of each month • 1:00-2:30 PM
Calvary Center Cooperative

It's a fact! People are living longer and healthier. Join us for this program that offers information each month for a happy, healthier you. No pre-registration required. Co-sponsored with Calvary Center Cooperative. No meeting in May or July.

THURSDAY, APRIL 4

Falling Got You Down?

Have you been diagnosed with Macular? Do you have concerns about falling? This program is for you if you are concerned about falls, want to start improving balance, flexibility and strength, if you have fallen in the past, or if you have restricted activities because of falling concerns. Carol will help you view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercises to increase strength and balance. Presented by Carol Hagberg, Visiting Angels, Inc.

THURSDAY, JUNE 6

Diabetes 101

25.8 million children and adults in the United States, 8.3% of the population, have diabetes. 10.9 million, or 26.9% of all people, age 65 and older, have diabetes. Learn the risk factors, symptoms, treatment and management of diabetes. Presented by Karen Palmer, RD, LD, CDE, North Memorial Hospital.

THURSDAY, AUGUST 1

The Changing Role of a Pharmacist and Safe Disposal of Medications

Pharmacists are healthcare professionals who practice in the field of health sciences focusing on safe and effective medication use. How did the role shift from the classical "lick, stick, and pour" dispensary role (that is, "lick & stick the labels, count the pills & pour liquids") to being an integrated member of the health care team directly involved in patient care? Also addressed is how to dispose of old prescriptions and medications. Presented by Michael Reiff, Pharm D, Walgreen's of Golden Valley.

Remember When?...

WITH JAN

4th Thursday of each month
1:00 PM • Dover Hill Apartments

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.

- Thursday, March 28 Remembering Low Food Prices
- Thursday, April 25 Remembering Early Airplane Trips
- Thursday, May 24 Remembering My First Bicycle
- Thursday, June 27 Remembering Learning to Swim
- Thursday, July 26 Remembering Homemade Ice Cream



COFFEE TALK

4th Wednesday of the month
9:45-11:15 AM
Brookview Comm Center
\$2 at the door



Join us for informative programs, juice, donuts, and of course, coffee! Call the Senior office to register in advance so there are treats and coffee for everyone!

WEDNESDAY, APRIL 24

Dakota War of 1862

Throughout the late 1850s, treaty violations by the U.S. and late or unfair annuity payments by Indian agents caused increasing hunger and hardship among the Dakota Indians. The Dakota War of 1862, also known as the Sioux Uprising, was an armed conflict between the U.S. and several bands of the Eastern Dakota Sioux in Minnesota. It began on August 17, 1862, along the Minnesota River in southwest Minnesota and ended with a mass execution of 38 Dakota men on December 26, 1862, in Mankato. In April 1863 the Dakota were expelled from Minnesota to Nebraska and South Dakota. The program will end by looking at what happened after 1863 to the Dakota Indians. The Indian War never really ended until the Wounded Knee Massacre at Wound Knee Creek, South Dakota in 1890. Presented by WD Hart, historian. **Register by April 22.**

WEDNESDAY, MAY 22

Costumes of China

Phenix is back! Always delightful, this time she will be talking about and showing costumes from China. With China's long history, vast land and 56 nationalities, there are many different cultures, customs and costumes. One of the most popular clothing is "Qipao" in modern China. There are so many beautiful designs, styles, ornaments, decorations even flower pot shoes. Presented by Phenix Yu. **Register by May 20.**

WEDNESDAY, JUNE 26

Keeping the Conversation Going

You've noticed a difference in your friend or companion when you're talking to them. Maybe they are getting forgetful? Or repeating the same story over and over? Not remembering that you went out for lunch last week? You want to keep the friendship going but how do you talk to them without getting frustrated? Susan Farmer and Orlette Tatley, volunteers for The Gathering, will give you information and tips to keep the conversation going. **Register by June 24.**

WEDNESDAY, JULY 24

One Container Recycling

If your city has single container recycling, this program is for you! Golden Valley Recycling Coordinator, Mark Ray, will be talking about curbside recycling, special collection events, and other recycling resources. Attendees will leave with a basic understanding of recycling, what does "no food waste" really mean, and how successful recycling programs have been. **Register by July 22.**

Senior Classes

Enhance Fitness

EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. EnhanceFitness classes develop endurance, coordination, and promote mental sharpness and social connections. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

Site: Brookview Community Center
Fee: \$35, Resident \$30, FREE to UCare Members (ID required)

Day	Date	Time	Code
Mon/Wed	Feb 27-April 17 <i>(No class April 1 & 3)</i>	11:40 AM-12:40 PM	11780
Mon/Wed	April 22-June 3 <i>(No class May 27)</i>	11:40 AM-12:40 PM	11778
Mon/Wed	June 5-July 17 <i>(No class July 3)</i>	11:40 AM-12:40 PM	11779
Mon/Wed	July 22-Aug 28	11:40 AM-12:40 PM	11849



DEFENSIVE DRIVING

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 651-291-9150 to register with Visa or MasterCard.

8-HOUR FIRST TIMERS COURSE

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

Day	Date	Time
Sat	April 27	9:00 AM-5:00 PM

4-HOUR REFRESHER COURSE

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

Day	Dates	Time
Thu	April 11	9:00 AM-1:00 PM
Thu	May 9	9:00 AM-1:00 PM
Thu	June 13	9:00 AM-1:00 PM
Thu	July 11	9:00 AM-1:00 PM
Thu	August 8	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: \$37, Resident \$32

Day	Date	Time	Code
Fri	Mar 15-May 3	9:00-10:30 AM	11776
Fri	June 7-Aug 2 <i>(No class July 5)</i>	9:00-10:30 AM	11777

Monday Morning Painting

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class. Punch cards may be purchased at the Recreation office.

Site: Brookview Community Center
Day: Mondays, starting January 28
(No class Feb 18, May 27, July 1, Sept 2)
Time: 9:30-11:30 AM
Punch Pass Fee: \$45, Resident \$40



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. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Site: Brookview Community Center
Fee: \$61, Resident \$56

Day	Date	Time	Code
Tue	Apr 2-May 21	11:00 AM-12:00 PM	11886



Elders CLIMBing

In a series of four 40-minute sessions, Actor-Educators from CLIMB Theatre will lead you in a series of creative activities. Together, you and the CLIMBers will explore old stories and invent new stories and characters that grow from the theatre activities. A portion of the final workshop session includes an open sharing of some of the created scenes, stories and characters. Max of 20 per session.

CLIMB Theatre is a 2013 recipient of an Arts Access grant from the Minnesota State Arts Board. This activity is funded, in part, by the arts and cultural heritage fund as appropriated by the Minnesota State Legislature with money from the Legacy Amendment vote of the people of Minnesota on November 4, 2008.

Site: Brookview Community Center
Fee: \$8, Resident \$5

Day	Date	Time	Code
Wed	April 3-24	9:00-9:45 AM	11845
Wed	April 3-24	10:00-10:45 AM	11846

Nordic Walking for Fun & Fitness

Enjoy the out of doors and walking by adding Nordic Walking to your routine. Meet twice for Nordic walking, which combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout that expends more calories without having to walk faster or work harder. Wear comfortable clothing and good walking shoes. Program held indoors if inclement weather. Limit of 15.



Site: Davis Community Center
Fee: \$18 (includes pole rental)

Day	Date	Time	Code
Mon	May 6 & 13	6:00-7:15 PM	12021
Mon	June 3 & 10	6:00-7:15 PM	12022

A Matter of Balance

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. A Matter of Balance, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class.

Site: Brookview Community Center
Fee: \$20

Day	Date	Time	Code
Wed	June 5-July 31	10:00 AM-12:00 PM	11850
(No class July 3)			

TAI CHI

for Health & Arthritis

TAI CHI - BASIC CLASS

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 Community Center **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Tue	Feb 26-April 9	8:30-9:40 AM	11762
Tue	April 16-May 28	8:30-9:40 AM	11763

TAI CHI - MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our journey, endorsed by the Arthritis Foundation. Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Community Center **Fee:** \$50, Resident \$45

Day	Date	Time	Code
Tue	Feb 26-April 9	9:45-10:45 AM	11768
Tue	April 16-May 28	9:45-10:45 AM	11769
Tue	June 18-Aug 27	9:00-10:00 AM	11770

TAI CHI - ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. **NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.**

Site: Brookview Community Center **Fee:** \$40, Resident \$35

Day	Date	Time	Code
Thu	Feb 28-April 11	9:00-10:00 AM	11774
Thu	April 18-May 30	9:00-10:00 AM	11848





The Mary Wanderer's Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides and Mary as our escort, our trips are planned with you in mind! 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. **NOTE: A \$5 administrative fee will be applied to all cancellations/refunds. No refunds issued after the deadline date.**

About your Trip Escort... Mary Odell

Mary has been with the Golden Valley Senior Program for over 24 years. She started as the Hiking Club Leader. Mary has been escorting senior trips for over 20 years and also coordinates the Mondays with Mary group. Ask her about her grandkids!

PICK-UP LOCATIONS:

Calvary Co-op & Apts • Golden Valley City Hall

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

"Mary Poppins" at the Orpheum Theater

Thursday, April 25

Mary Poppins is bringing its own brand of Broadway magic to Minneapolis. The New York Daily News calls it "a roof-raising, toe-tapping, high-flying extravaganza!" Featuring an irresistible story and unforgettable songs from one of the most popular Disney films of all time plus breathtaking dance numbers and spectacular stage-craft, Mary Poppins is everything you could ever want in a hit Broadway show. So get swept up in the fun of this high-flying musical that the New York Post gives four out of four stars and calls "a certifiable super hit!" Fee includes reserved main floor (rows W, X, U) seating, transportation and escort.

Bus Pick-up: 6:30 PM
Approx. Return: 11:00 PM
Fee: \$68
Code: 11583
Register or cancel by: March 8

Mason City Architecture Wednesday, May 15

Make a morning stop for coffee and rolls in in Albert Lea. Arrive in Mason City, IA to tour the Historic Park Inn, designed by American architect Frank Lloyd Wright and built in 1910. The design greatly influenced architecture in Europe and is as striking today as it ever was. The Park Inn Hotel is the last Wright designed hotel in the world, and a complete renovation, including restoration of the distinctive brick and terra-cotta façade as well as art glass windows has restored the Prairie School building to a functional hotel. Have lunch at the historic Decker Home B & B, built in the 1890's, occupied by one of Mason City's signature families. Menu: Chicken Salad Croissant, Wild Rice Soup, Beverage, Dessert. Arrive at the Architectural Interpretive Center to tour The Stockman House. Learn about the history, visionaries, and the architects responsible for the Prairie School presence in Mason City. Dr. G.C. Stockman commissioned Frank Lloyd Wright to design a residential home for his family, which was completed in 1908. The Frank Lloyd Wright Stockman House was Wright's first and only Prairie School style house designed in Iowa. Leave Mason City and make a stop at the Trails Travel Center for snack (on own).



Day	Date	Bus Pick-up	Approx Return	Fee	Code
Wed	May 5	7:10 AM	6:15 PM	\$69	11577

Register or cancel by: May 3

St. Cloud Thursday, May 2

Start the morning with coffee and rolls at Nelson's Bakery before arriving at the Whitney Senior Center. Enjoy a performance by the "Golden Tones", Golden Valley's Senior Chorus, while dining. Menu: Entrée, vegetable, salad, bread, dessert and beverage. After lunch, we will tour the Stearns History Museum where two floors of exhibits provide an entertaining learning experience. Take some time to shop the Museum Store and enjoy a root beer float before heading home.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	May 2	8:45 AM	4:00 PM	\$50	11559

Register or cancel by: April 15

Green Lake Cruise

Tuesday, June 11

Arrive at the Oak Restaurant near Willmar, nestled between two lakes on Eagle Creek Golf Course. Menu: Fabulous Fast Lane Buffet with Soup and Salad, Two Entrees, Vegetable, Potato, Bread, Dessert and Beverage. Arrive on Green Lake in Spicer to board Green Lake Cruises Houseboat. Take a relaxing cruise in the climate controlled cabin. Have some cookies and lemonade and enjoy the gentle breezes of autumn, joyful sounds of wildlife and watch the brilliant changes of the sky across the lake as the houseboat glides through the water.

NOTE: There are only a dozen seats in the main cabin. Access to the deck for remaining passengers is a ladder-type stairs.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	June 11	8:55 AM	4:45 PM	\$69	11589

Register or cancel by: May 17

Duluth Glensheen Mansion & The "Parade of Sails"

Thursday, July 25

A quick rest stop before arriving at Glensheen Mansion in Duluth. Enjoy a casual "buffet style" luncheon. Menu: Assorted Sandwiches, Cold Pasta Salad, Vegetables, Beverage and Dessert Bars. After lunch, spend time in the Museum Gift Store or walk through the manicured grounds. Take a docent-led tour of the family living and work spaces showcasing original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts & Crafts. Stories of the Congdon family and others who lived and worked at Glensheen bring this magnificent mansion to life. Tour includes the basement, first floor, and second floor. Tour the Carriage House and the beautifully landscaped grounds at your leisure. After the tour, search the horizon across Lake Superior for a glimpse of the 2013 Tall Ship "Parade of Sails" that is scheduled to arrive into the Duluth Harbor this afternoon. Bring your binoculars.

About a dozen ships are expected to participate. These large traditionally rigged sailing vessels including topsail schooners, brigantines, brigs and barques. The term tall ship has come into widespread use in the mid-20th century with the advent of The Tall Ships' Races. Note: Exact schedule of arrival will be determined by weather, ship traffic and the 2013 Tall Ships officials. We will have a short time in downtown Duluth before leaving and making a fast food stop (on own).

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Thu	July 25	8:40 AM	7:00 PM	\$71	11586

Register or cancel by: June 17



Grape Escape

Friday, August 9

The day starts at the Millner Heritage Vineyard and Winery near Kingston, MN. This nine-acre European style winery was designed, built and is operated by the Millner family. Board the trolley and ride through the vineyard for an up close experience with the eight varieties of grapes while the family guide explains the process of developing and caring for a vineyard. On the winery tour, hear and see the art of wine making from fresh grapes to completed wine in the bottle. Stroll through the winery before tasting the wine while staff descriptions help you understand and appreciate each wine. Be seated in the dining room for lunch. Menu: Grilled Chicken Breast with Butter Cream Sauce, Rice Pilaf, Green Bean Almondine, Garden Salad, Dinner Roll, Beverage and Cookie. We'll leave the Millner's and make a short stop at Mackenthun Sausage and Deli, known for their handmade smoked meats and many other outstanding products, before coming home.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Fri	Aug 9	9:10 AM	5:30 PM	\$58	11578

Register or cancel by: July 15



Harvest Samples

Tuesday, September 10

Start the day at the Yellowstone Cheese Factory and Store. They offer over 40 varieties of cheese made with milk from the farm next door. Hear about the process and taste samples. Off to Cabin Ridge Rides in Cadott, WI to board a horse drawn wagon. Enjoy the beautiful fall colors and listen to the calming sounds of nature. Upon reaching the cabin you will be treated to a delicious meal in the gas lit lodge of Cabin Ridge. Menu: Baked Chicken Breast, Assorted Breads, Lettuce, Baked Beans, Beverage & Dessert. Listen as Judy Giles relates over 200 years of family history along the Creek. Arrive at John McIlquham Orchard and Autumn Harvest Winery. The owner will meet us and talk about the history of the orchard and winery before sampling a variety of products including wines and apples. Our last stop is the Leinie Lodge Hospitality Center to sample handcrafted beer and shop (no tour) before heading home.

Day	Date	Bus Pick-up	Approx Return	Fee	Code
Tue	Sept 10	7:55 AM	5:30 PM	\$56	11579

Register or cancel by: August 20

Mary Wanderer's Extended Trips

Join Mary Odell for a fun-filled extended trip! Call the senior office for a detailed brochure. Travel Insurance is also available. Listed fee includes (unless noted): Transportation, lodging for designated nights, meals and gratuities on included meals, attractions, local guides and escort.

Beautiful Southwestern Wisconsin June 18-20, 2013

DAY 1: Leave Golden Valley at 7:15AM. Stop for **coffee and rolls**. In North Freedom, WI, have a **box lunch** and board the **Mid-Continent Railway** for a memorable seven-mile train ride in restored steel coaches built in 1915. At the historic wooden depot, built in 1894, walk through the Coach Shed filled with restored wooden passenger cars, freight cars and displays from the turn of the century. Next, tour The **National Mustard Museum**, the world's largest collection of prepared mustards and mustard memorabilia. Travel to New Glarus and check into the **Chalet Landaus Inn** for two nights. Experience the Swiss hospitality and old world charm of "**Little Switzerland**," a perfect blend of modern convenience and old-fashioned Swiss décor. Enjoy **dinner** at the Landaus Inn. [C,L,D]

DAY 2: Enjoy **breakfast** at the hotel. In Monroe, tour the chalet-style plant, known for their Swiss and specialty cheeses, at **Alp and Dell Store and Emmi Roth USA**. Tour the **Minhas Craft Brewery**, the second oldest brewery in the nation. The museum features hundreds of brewery advertising artifacts. Take time for lunch (on own) at **Monroe's historic Courthouse Square** with unique stores, eclectic restaurants and more. Return to New Glarus for a guided tour of the village (can you find all 15 cows?) Take time to shop, sightsee or relax. Tonight enjoy a **Swiss Dinner** and hear **Swiss Entertainment** at the historic New Glarus Hotel. [B,D]

DAY 3: Have **breakfast** at the Inn. Travel to Baraboo to tour the **International Crane Center**, the only place in the world where you can see all fifteen crane species. ICF has gained acclaim as one of the world's leaders in the conservation of endangered species. Have **lunch at The Loose Moose**. Make a mid-afternoon rest stop (on own) and return to the Twin Cities at approximately 6:15 PM. [B,L]

FEE INCLUDES: Deluxe motor coach transportation, Lodging for 2 nights, Attractions as outlined, Tour Director, Mary Odell, Gratuities on attractions and included meals as indicated: C-Coffee and rolls, B-Breakfast, L-Lunch, D-Dinner.

Fee	Deposit	Final Pay	Code
\$515/person (Double)	\$75 by May 3	May 17	11782
\$595/person (Single)			

After May 3, 2013 payments are NOT refundable.

Fall in Door County Wisconsin Sept 30-Oct 3, 2013

DAY 1: Enjoy a **coffee break** and **lunch** before entering "THE DOOR" area. In Sturgeon Bay, tour the **Door County Maritime Museum**. The museum covers 150 years of boat and shipbuilding. On to Rowley's Bay and check into **Rowley's Bay Resort** for three nights. Enjoy a relaxing **dinner** in the resort dining room. [C,L,D]

DAY 2: Have **breakfast** at the resort. Drive to Northport and board the **Washington Island Ferry**. Tour **Washington Island** aboard the **Cherry Train Tram**. The **narrated tour** highlights the history of the island. Make stops at sights on the route and conclude with a traditional Washington Island luncheon. Ferry back and tour the **Eagle Bluff Lighthouse**. Hear the personal stories of the keepers who manned the light from 1868 to 1926. Return to Rowley's Resort for a **traditional Door County Fish Boil and Swedish Smorgasbord**. A **storyteller** will provide an entertaining look at the folklore of this Door County tradition. [B,L,D]

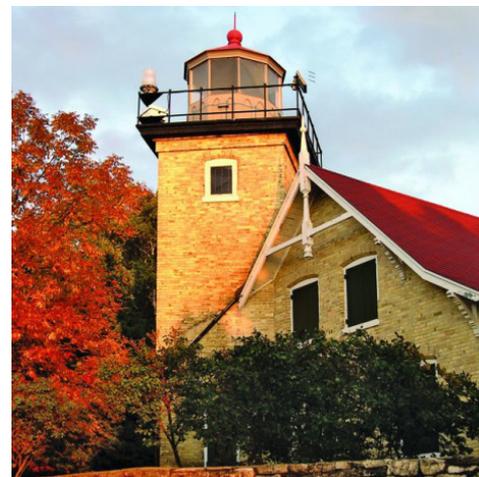
DAY 3: Have **breakfast** at the resort. See the **sights of Door County with a local guide**. Tour the **hand-carved Bjorklunden Chapel**. Have **lunch at Al Johnson's Restaurant**. This complex of buildings from Sweden invites exploration. The sod roof is kept well trimmed by goats! After lunch, wander through quaint villages with shops, working artist studios, cafes and galleries. Look for products from the abundant cherry harvest and apple orchards. Enjoy **entertainment by pianist Dan Meunier**. [B,L,D]

DAY 4: Have **breakfast** at the resort. Tour **Lambeau Field Stadium**, the Packers' history-rich facility first-hand and see several behind-the-scenes areas. Have **lunch**, and make a cheese stop enroute. Return at 6:30 p.m. [B,L]

Fee	Deposit	Final Pay	Code
\$725/person (Double)	\$200 by June 1	August 1	11588
\$595/person (Single)			

After June 1, 2013 payments are NOT refundable.

FEE INCLUDES: Deluxe coach transportation, 3 nights lodging, Attractions as outlined, Tour Director, Mary Odell, Gratuities on attractions and included meals as indicated: C-Coffee and rolls, B-Breakfast, L-Lunch, D-Dinner.



Senior 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. Registrations are taken through the Five Cities office with bus pick-ups in each city. All additional costs are on your own. Bus fares and punch pass fees are listed below. www.5citiesmn.org.

BUS FARES

Regular: \$5 cash or 1 punch from pass

Special Destination: \$8 cash or two punches from pass

PUNCH PASSES

Available for purchase from the drivers with check or cash. Checks made payable to PRISM.

4/round-trip pass: \$16 **8/round-trip pass:** \$32

Register by calling • 763-531-1259 *unless otherwise noted

Macy's Flower Show

Spring is in bloom! Experience Macy's FREE flower show on a self-guided tour. Step into Towers of Flowers and discover a magical world of soaring floral architecture, magnificent rolling landscapes and specialty gardens bursting with color, fragrance and imagination. Enjoy an elegant traditional dining experience at the Oak Grill Restaurant on the 12th floor or at the 12th Floor Skyroom food court that offers deli soups, sandwiches, pasta, Mexican food and a world famous salad bar! Lunch cost and any purchases are on your own. If you are unable to attend after making a reservation, please call to cancel so someone from the wait list can take your place.

Thursday, March 28

**Special Destination bus fare applies.*

Bus Leaves: 9:45 AM - GV City Hall **Bus Returns:** 1:00 PM

Register/cancel by: March 21

Art In Bloom at Minneapolis Institute of Arts

Don't miss the 30th year of Art in Bloom, a four-day festival of fresh floral arrangements and fine art, presented by the Friends of the Institute at the Minneapolis Institute of Arts. This splendid spring celebration highlights the talents of more than 150 floral artists, whose work will be on view next to the works of art that inspired them. You're invited to experience the floral fragrance throughout the museum, a docent tour, and browse in the Art in Bloom Shop. Wear comfortable shoes for the walking tour. Following the MIA, we will have lunch at McCoy's Public House, St. Louis Park (on your own).

Thursday, April 25

**Special Destination bus fare applies.*

Bus Leaves: 9:30 AM - GV City Hall **Bus Returns:** 2:45 PM

Register/cancel by: April 18

Minnesota Landscape Arboretum

Join us for an afternoon at the beautiful Arboretum in Chaska. Upon arrival, we'll enjoy a narrated tram tour along the scenic 3 mile loop featuring 1,137 acres of public gardens and over 5,000 plant species. The stunning display of Minnesota's natural environment provides a kinetic wellspring of education, research, inspiration, and relaxation. After the tour, we'll have time for lunch at the Oswald Visitor Center Restaurant and time to explore on your own. All purchases including lunch on your own.

Register with New Hope Parks & Recreation by phone with a credit card at 763-531-5151, by mail or walk-in. Refunds allowed up to deadline date and are subject to a \$5 service fee.

Friday, June 7

**Special Destination bus fare applies.*

Fee: \$16 (tour, tram ride, escort)

Bus Leaves: 11:00 AM - GV City Hall **Bus Returns:** 3:00 PM

Register/cancel by: May 29

Minnesota Pops Concert

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. After the FREE concert, we will stop at a local restaurant for lunch. Order off the menu with cost on your own. Limited apartment pick-ups available.

Wednesday, July 17

**Special Destination bus fare applies.*

Bus Leaves: 9:30 AM - GV City Hall **Bus Returns:** 1:45 PM

Register/cancel by: July 10

Senior Community Information

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

Five Cities Transportation 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. A bi-monthly schedule will be mailed to you. Find your day and trip on the schedule and make a 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. For more information, call the Five Cities office Monday-Friday from 8:00 AM-3:00 PM.

BUS FARES & PUNCH PASSES

Suggested fare for regular trips is \$4 cash or one punch from the pass card and for Special Destination trips is \$7 cash or two punches from the pass card. Passes may be purchased from the driver for \$14/4 rounds trips or \$28/8 round trips with cash or a check made payable to "PRISM."

NOTE: Fares will be increasing in January 2013 to \$5 cash for regular trips and \$8 cash for special destination trips. Punch passes will increase to \$16/4 trip and \$32/8 trip.

PRISM Express **763-529-1252**

A curb-to-curb transportation service provided to residents of Golden Valley for medical appointments, personal shopping, banking, nursing home visits, etc. PRISM Express has moved to a cost share policy with a sliding fee schedule. Fares range from \$3.50 each way to \$10.98 each way, based on your monthly income. NOTE: If you can't afford the ride due to the new payment schedule, no one will be denied service due to inability to pay. Contribute what you can afford. 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 atrium (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. Chore Service **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. Other activities are planned throughout the month. Meet other men and women who understand your loss. New people are always welcome!

Senior Leadership Committee

Northwest Hennepin Human Services Council is currently accepting applications for membership on the Senior Leadership Committee. There are openings for residents of the following member cities: Brooklyn Center, Crystal, Corcoran, Golden Valley, Hanover, and Maple Grove and New Hope. The Senior Leadership Committee meets to identify and educate themselves and the community about issues that are affecting seniors. They work to build and strengthen relationships with seniors and to connect seniors to available resources.

ACTIVITIES

The role of the Senior Leadership Committee member is to represent human services needs of senior residents residing in his or her city to NWHHSC. The Senior Leadership Committee member is a partner with NWHHSC staff supporting the mission of NWHHSC. The Senior Leadership Committee's mission is to:

- Identify human services needs of seniors through citizens' input and Senior Leadership Committee representation.
- Provide citizen input, upon request, to NWHHSC on ways to address and meet those identified needs.
- Organize an area-wide Senior Forum each year that focuses on timely topics of special interest to seniors.

MEMBERS

If you are a senior in Northwest Hennepin County and would like to serve on the committee, please download the Senior Leadership Committee Application and submit it to NWHHSC.



FREQUENTLY ASKED QUESTIONS...

• What time does Brookview Community Center close?

Sunday thru Thursday, the facility closes no later than 10:30 PM Friday and Saturday the facility closes no later than 12:30 AM.

• 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 PM and you have been serving alcohol at any time during your event, you are required to have security. Security arrives at 10:30 PM and stays until the end of your contracted time. There is a \$120 fee and Brookview staff makes the arrangements.

HOST YOUR NEXT SPECIAL GATHERING AT **BROOKVIEW** Community Center

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

- *Birthdays 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!

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

763-512-2345

www.goldenvalleymn.gov





YOUR FRIENDLY, FULL-SERVICE,
NEIGHBORHOOD GOLF COURSE

Phone Numbers

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

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 five holes.

2013 Patron Program

Purchase a patron card from Brookview Golf Course for 2013 and save on golf all year! Patron card applications can be picked up at Brookview Golf Course or found online at brookviewgolf.com, starting February 1st. Patron card holder benefits include:

- Discounted green fees & cart rentals.
- Advance reservation privileges.
- Driving Range Discount
- Merchandise Discount
- Coupons
- Reciprocity with Braemar Golf Course and Baker National Golf Course.

2013 Patron Card Fees

Card Type	Before 4/1/13	After 4/1/13
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (60+)	\$40	\$45
Non-Res Senior (60+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$30	\$30

Regulation Course Fees

	Patron	Public
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:

Patron Card Holders	7 days
General Public	5 days

Par 3 Course Fees

	Patron	Public
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

	Patron	Public
18-Hole (Ages 10-17)	\$20.50	\$22.50
9-Hole (Ages 10-17)	\$11.50	\$13.50
9-Hole Par 3 (Ages 6-17)	\$8	\$9.50

60+ 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.

	Patron	Public
Monday-Friday before 12:00 PM		
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



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	\$29	\$34
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 2013 season with free refreshments being served. All BMGA members must purchase a patron card and handicap. Membership deadline is April 1, 2013. For information, call Matt Krasen at 651-894-2885 or visit www.bmga.org.

ANNUAL SPRING MEETING

Wednesday, March 13 • 6:30 PM • Brookview Community Center

Brookview Women's 9-Hole League

Opening day will be May 2, 2013. The league plays on Thursday mornings and there are openings for new members. Pick up an application at the Brookview Golf Course Clubhouse after March 6, 2013. For information, call Nancy Spannaus at 612-849-9888.

MEMBERSHIP MEETING

Thursday, April 4 • 10:00 AM • Brookview Golf Course Grill

Brookview Women's 18-Hole League

Opening day will be April 30, 2013. The league plays on Tuesday mornings from 7:00-9:00 AM. For more information, call Sue Laxdal at 763-593-0624.

MEMBERSHIP MEETING

Tuesday, April 16 • 6:00 PM • Brookview Community Center

60+ Senior Patron 18-Hole League

This league plays on Tuesday mornings starting April 30. Tee times range from 8:30-9:57 AM. Bring registration forms and fees to Brookview before the first week of play. For more information, please call Brookview at 763-512-2305.

Couples Golf League

The Brookview couples league plays Sunday nights starting at 4:15 PM on the Regulation Course. You must sign up as a two-some. For more information, please contact Brookview at 763-512-2305.

Par 3 Putters Women's League

The Par 3 Putters is a golf league for women who play 9-holes on the Brookview Par 3 course 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. For information, call Brookview at 763-512-2305.

Par 3 Chippers League

The Par 3 Chippers will play on Wednesday nights from 5:28-6:32 PM. This league can hold up to 36 players, with priority given to the 2012 Par 3 Chippers league members. For information, please contact Brookview at 763-512-2305.





Adult Group Golf Lessons

HOW TO REGISTER: Registration for adult group lessons will be taken through the Brookview Pro Shop. Register in person, over the phone at 763-512-2305 or online at brookviewgolf.com or by mail.

101-The Basics with Michael Turnbull

Golf is hard, right? Well, it's not true. Swinging a golf club is a relatively simple task no matter what you've heard. These group lessons are for the beginner adult golfer and are taught by PGA Teaching Professional Michael Turnbull, who specializes in helping beginners become more confident and enjoy this great game. Lessons will cover an 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 fifth class at the Par 3 to provide real golf course experience. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$99 Min: 6 Max: 10

Classes will take place as follows:

Day	Date	Time	Code
Day 1	The Grip, Short Game (Putting)	Mon/Wed April 29-May 13	5:45-6:45 PM* 11905
Day 2	The Grip, Posture, Short Game (Chipping), Rhythm & Balance	Mon/Wed April 29-May 13	7:00-8:00 PM 11906
		Tue/Thu April 30-May 14	5:45-6:45 PM* 11907
Day 3	The Grip, Posture, Pitching & Full Swing Irons, Feeling Rhythm & Balance	Mon/Wed May 20-June 5	5:45-6:45 PM* 11908
		(No class May 27)	
		Mon/Wed May 20-June 5	7:00-8:00 PM 11909
		(No class May 27)	
Day 4	The Grip, Posture, Full Swing Woods, Feeling Rhythm & Balance	Tue/Thu May 21-June 4	5:45-6:45 PM* 11910
Day 5	Playing the Par-3 Course, Rules & Etiquette	Mon/Wed July 8-22	5:45-6:45 PM* 11911
		Mon/Wed Aug 5-19	5:45-6:45 PM* 11912

**NOTE: Day 5 of the 5:45 PM class will take place at 7:00 PM on the Par 3.*

201-Play Golf with the Pro with Michael Turnbull

This class is perfect for beginning adult golfers with some prior golf instruction or for frustrated intermediate players. 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 how to PLAY golf as well as basic rules and etiquette. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$99 Min: 3 Max: 6

Classes will take place as follows:

Day	Date	Date	Time	Code
Day 1	The Grip, The Full Swing Motion, Rhythm & Balance	Mon/Wed June 10, 12, 17	10 7:30-8:30 PM	11913
			12, 17 7:30-9:00 PM	
Day 2	Play the Par-3 Course with Michael, Learn New Shots, Distances, Rules & Etiquette	Tue/Thu June 11, 13, 18	11 7:30-8:30 PM	11914
			13, 18 7:30-9:00 PM	
		Mon/Wed July 8, 10, 15	8 7:30-8:30 PM	11915
			10, 15 7:30-9:00 PM	
Day 3	Play the Par-3 Course with Michael, Bunker Shots, Uneven Lies, Rules & Etiquette	Tue/Thu July 9, 11, 16	9 7:30-8:30 PM	11916
			11, 16 7:30-9:00 PM	

About the Instructor... Michael Turnbull

Michael has been teaching golf since 1977 and this is his eighth 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. You will learn from each and every shot you hit. You won't have to memorize a series of movements, remember a lot of instructions, or try really hard to do anything "right". Students will be able to feel the difference between swings that work and swings that don't. Isn't it time that golf felt natural?



Adult Group Golf Clinics with Michael Turnbull

Trying too hard? It doesn't have to be that way. These clinics present a relaxed and simple way for beginners and intermediates to learn new and interesting things about a variety of golf topics, and they're great fun! Students will learn how to feel the difference between swings that work and swings that don't. Clubs and balls provided.

Site: Brookview Lesson Tee
Fee: \$25/Clinic Min: 6 Max: 10

Mindful Golf Woods Clinic

Students will learn to feel what is important when swinging the long clubs. Discover your sources of consistency and distance with both your driver and fairway woods.

Day	Date	Time	Code
Sat	April 27	10:00-11:00 AM	11917
Sat	June 1	10:00-11:00 AM	11918
Sat	July 13	10:00-11:00 AM	11919

Mindful Golf Pitching Clinic

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

Day	Date	Time	Code
Sat	May 4	10:00-11:00 AM	11920
Sat	June 29	10:00-11:00 AM	11921

Mindful Golf Short Game Clinic

Students will learn simple short game techniques and methods to increase consistency and confidence. The ability to use a variety of clubs will add creativity to your game and lower your scores.

Day	Date	Time	Code
Sat	May 11	10:00-11:00 AM	11922
Sat	June 22	10:00-11:00 AM	11923

Mindful Golf Irons/Hybrid Clinic

Topping the ball? That's not much fun. Golf is mostly played from the ground, not off a tee. This clinic presents a simple and relaxed way to feel the difference between a swing that rolls the ball on the ground and one which launches it in the air. Discover what matters most when hitting approach shots and develop some confidence with your irons/hybrids.

Day	Date	Time	Code
Sat	May 18	10:00-11:00 AM	11924
Sat	June 8	10:00-11:00 AM	11925

About the Instructor... Dee Forsberg McCullagh

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.

Ladies Par 3 Golf Clinics with Dee Forsberg McCullagh

These clinics are open to women ages 16+, with all types of golf experience. It is a great way to get the girls together during the afternoon and improve your skills on the course. Come learn to play golf in a no pressure atmosphere where you will feel at ease in improving your game. Each session will highlight a specific skill. Clinics include 30 minutes of instruction followed by 30 minutes of golf on the Par 3 course. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$25/Clinic Min: 6 Max: 12

Date	Clinic	Time	Code
Wed, May 8	On the Green	12:00-1:00 PM	11930
Wed, May 29	Approaching the Green	12:00-1:00 PM	11931
Wed, June 26	Bunkers & Trees	12:00-1:00 PM	11932
Wed, July 24	Tee Shots	12:00-1:00 PM	11933

Seniors 60+ Par 3 Golf Clinics with Dee Forsberg McCullagh

Senior can attend these one hour clinics which include 30 minutes of instruction followed by 30 minutes of play on the Par 3 course. Clinics are designed to help sharpen your skills in an on the course experience. Each session will highlight a specific skill. Clubs and balls provided.

Site: Brookview Lesson Tee Fee: \$25/Clinic Min: 6 Max: 12

Date	Clinic	Time	Code
Wed, May 1	On the Green	12:00-1:00 PM	11926
Wed, May 22	Approaching the Green	12:00-1:00 PM	11927
Wed, June 19	Bunkers & Trees	12:00-1:00 PM	11928
Wed, July 17	Tee Shots	12:00-1:00 PM	11929



Junior Golf Leagues *Ages 6-17*

The Junior Golf League plays on Monday mornings and begins June 17 with a year-end tournament on July 22. 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.

TEE TIMES: To sign up for you tee time for the first week of play, call 763-512-2330 or stop in the Golf Shop starting Monday, June 10, at 8:00 AM. Each week you will sign up for the following week's tee time. On the first day of league play, please arrive for your tee time at least 15 minutes early.



Par 3 League *Ages 6-17*

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

Date: Mon, June 17-July 22
Tee Times Begin: 6:30 AM
Fee: \$75
Code: 11954

Regulation 9-Hole League *Ages 13-17*

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

Date: Mon, June 17-July 22
Tee Times Begin: 6:30 AM
Fee: \$95
Code: 11955

Regulation 18-Hole League *Ages 15-17*

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

Date: Mon, June 17-July 22
Tee Times Begin: 6:30 AM
Fee: \$120
Code: 11956

Junior Golf Lessons & Camps



Little Linksters Golf Lessons *Ages 3-7*

Discover and explore golf with fun activities and games that capture their imagination and develop critical thinking skills. The Little Linksters program uses modified equipment and they will learn the fundamental skills and etiquette with simple kid friendly language and hands on activities. Children are encouraged to repeat this program several times to acquire the basic skills and to feel comfortable with the rules and etiquette on the golf course.

Site: Brookview Lessons Tee **Fee:** \$75/Camp **Min:** 5 **Max:** 10

Age	Day	Date	Time	Code
3-5	Sat	April 27-May 18	8:00-8:45 AM	11934
3-5	Sat	June 1-22	8:00-8:45 AM	11935
3-5	Sat	July 13-Aug 3	8:00-8:45 AM	11936
6-7	Sat	April 27-May 18	9:00-9:45 AM	11937
6-7	Sat	June 1-22	9:00-9:45 AM	11938
6-7	Sat	July 13-Aug 3	9:00-9:45 AM	11939

Linksters Golf Lessons

Ages 8-15

Build strong foundations and develop key swing and scoring skills with the grip, aim, stance and swing for all shots from short to long. Each class will integrate fun games and exercises to keep the sessions lively and engaging.

Site: Brookview Lessons Tee Fee: \$99 Min: 5 Max: 10

Linksters - Level I

The FUNdamentals are stressed in Level I with an emphasis on grip, aim, stance, and swing. Specific skills that will be developed are putting, chipping, pitching, and full swing. Kids will have an opportunity for play with a fun on course activity at the end of the class.

Day	Date	Time	Code
Sat	April 27-May 18	12:00-1:00 PM	11940
Sat	June 1-22	12:00-1:00 PM	11941
Sat	July 13-Aug 3	12:00-1:00 PM	11942

Linksters - Level II

Juniors will continue the fundamentals and learn more about golf. Level II will improve their golf skills to better enjoy playing golf on the course with family and friends.

Day	Date	Time	Code
Sat	April 27-May 18	1:00-2:00 PM	11943
Sat	June 1-22	1:00-2:00 PM	11944
Sat	July 13-Aug 3	1:00-2:00 PM	11945

Linksters - Level III

Let their skills soar with Level III and prepare them for competition in junior tournaments and school golf teams.

Day	Date	Time	Code
Sat	June 1-22	2:00-3:00 PM	11946
Sat	July 13-Aug 3	2:00-3:00 PM	11947



Junior Golf Camps with Dee Forsberg McCullagh

Ages 6-17

At the Brookview Junior Golf Academy we will focus on the skills and fundamentals required for youth to be great golfers! Each camp session will cover everything from putting and chipping to driving and playing lessons on the golf course. Youth will take part in a "warm-up" exercise session at the beginning of the class followed by numerous golf skills exercises to improve weight-shift, alignment, posture, and swing. Each day we will focus on a different area of the game. Golf clubs and balls are provided. All classes will be taught by PGA Professional Dee Forsberg. With over 25 years of experience teaching juniors you will be amazed at how fast your child will pick up the game!

Classes will take place as follows:

Day 1 On the Green

Get a historical overview of the game, plus how-to's including appropriate attire and etiquette. Learn the purpose of each club, and receive an introduction to basic fundamentals including grip, alignment, posture, putting, and distance control.

Day 2 Hit it Close

An introduction to the short game features chipping, pitching, and green-side bunker play. Plus, learn about the different areas of the golf course, including fairways, rough, greens, fescue grasses, hazards, and out-of-bound areas.

Day 3 The Turn and Driving School

Learn the importance of physical fitness and golf course care, including filling divots and fixing pitch-marks. Get an intro to the full swing with an iron as well. For the second hour juniors will get an introduction to drivers, fairways, and hybrids.

Day 4 Take your Swing to the Course

Learn how to put it all together, play, and keep score! The final test is playing a few holes on the Par 3 course.

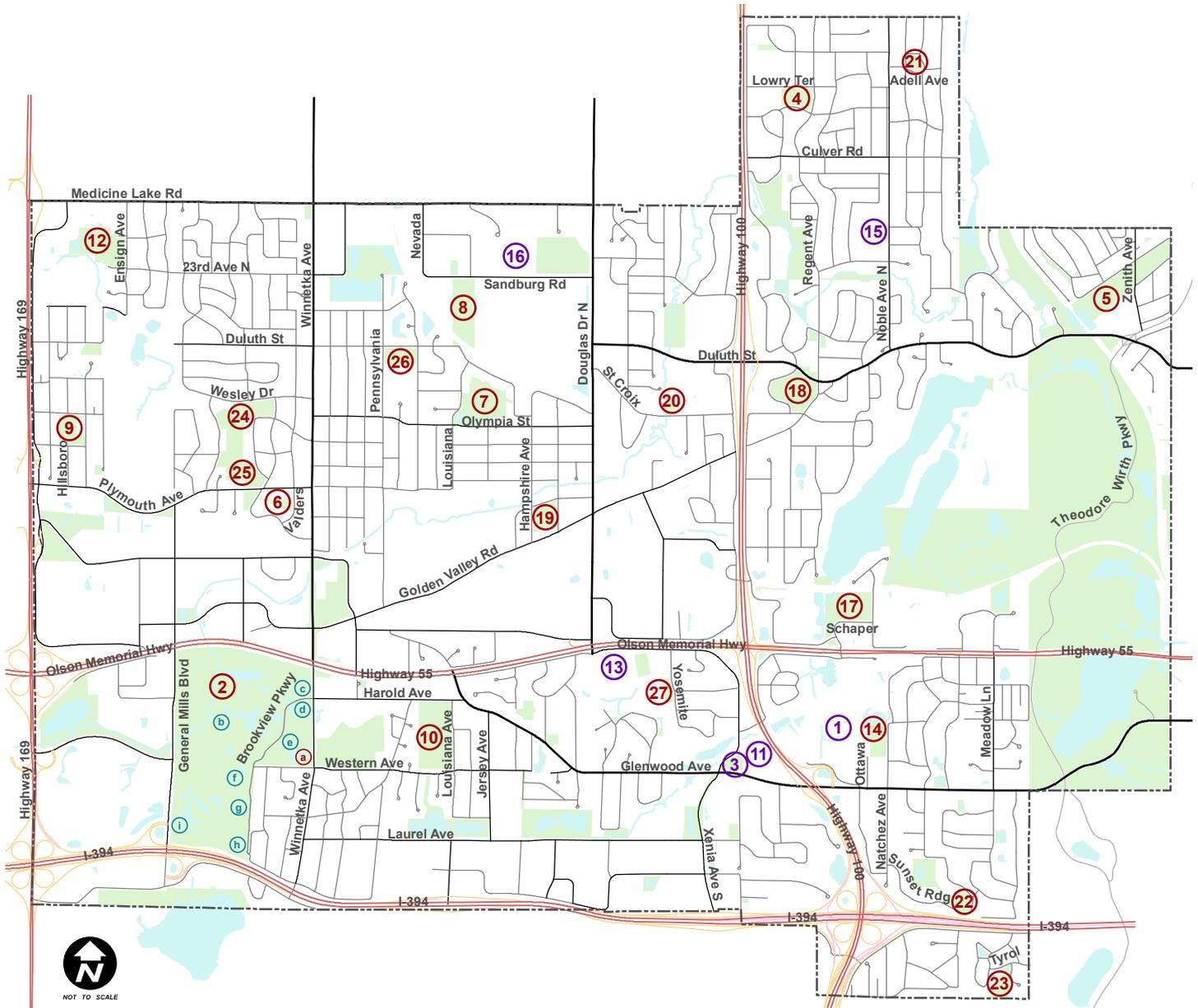
Site: Brookview Lesson Tee
Fee: \$175 Min: 6 Max: 14

Day	Date	Time	Code
Mon-Thu	June 10-13	8:00-10:00 AM	11948
		11:00 AM-1:00 PM	11949
Mon-Thu	July 8-11	8:00-10:00 AM	11950
		11:00 AM-1:00 PM	11951
Mon-Thu	Aug 5-8	8:00-10:00 AM	11952
		11:00 AM-1:00 PM	11953



- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
 - a. Park
 - b. Golf Course
 - c. Tennis Courts
 - d. Small Shelter
 - e. Large Shelter
 - f. Par 3
 - g. Golf Course Pro-Shop & Community Center
 - h. Driving Range
 - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood Ave
- 4) Gearty.....3101 Regent Ave N
- 5) Glenview Terrace.....2351 Zenith Ave N
- 6) Golden Oaks.....1141 Valders Ave N
- 7) Hampshire.....1610 Louisiana Ave N
- 8) Isaacson Park.....7101 Sandburg Rd
- 9) Lakeview.....1521 Hillsboro Ave N

- 10) Lions.....151 Louisiana Ave N
- 11) Meadowbrook School.....5430 Glenwood Ave
- 12) Medley.....2331 Ensign Ave N
- 13) Minnesota Arts School.....6125 Olson Mem Hwy
- 14) Natchez.....201 Natchez Ave
- 15) Noble School.....2601 Noble Ave N
- 16) Sandburg Middle School.....2400 Sandburg Ln
- 17) Schaper.....631 Ottawa Ave N
- 18) Scheid.....1856 Toledo Ave N
- 19) Seeman.....1101 Florida Ave N
- 20) St. Croix.....5850 St Croix Ave N
- 21) Stockman.....3300 Major Ave N
- 22) Tyrol – North.....900 Westwood Dr S
- 23) Tyrol – South.....1510 Kaltern Ln
- 24) Wesley – North.....8305 Wesley Dr
- 25) Wesley – South.....8200 Plymouth Ave
- 26) Wildwood Park.....7401 Duluth St
- 27) Yosemite.....351 Yosemite Ave



ADOPT A PARK

TAKE PRIDE IN YOUR PARKS



Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>Girl Scout Troop 13342</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>Krouss Family</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny & Knippenberg Family</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>Golden Valley Federated Women's Club</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>Golden Valley Police Reserves</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB & Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>Elephant Park Book Group</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom & Dritsas Families</u>
<u>North Tyrol - 900 Westwood Dr S</u>	<u>Marcie Schlaeger</u>
<u>Seeman - 1101 Florida Ave N</u>	<u>Northwest Suburban Optimist Club</u>
<u>South Tyrol - 1510 Kaltern Ln</u>	<u>Allianz</u>
<u>St. Croix - 5850 St. Croix Ave N</u>	<u>Covenant Village</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB & Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>Robertson Family</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving & Palkert Families</u>

Nature Areas

<u>Adeline 910 Adeline Ln</u>	<u>Mike McHugh - State Farm Insurance</u>
<u>Bassett Creek (N of Duluth) - 2130 Zane Ave N</u>	<u>Benjamin Raak</u>
<u>Bassett Creek (S of Duluth)</u>	<u>Covenant Village</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&R Architects & Engineers</u>
<u>Briarwood- 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 & 1670</u>
<u>General Mills - 9201 Olson Memorial Hwy</u>	<u>GMI Grounds Crew</u>
<u>General Mills Research Nature Area</u>	<u>The Gannon's</u>
<u>Laurel Ave (east of Florida)</u>	<u>Golden Valley Lutheran Church</u>
<u>Laurel Ave (west of Florida to Jersey)</u>	<u>The Lieberman Family</u>
<u>Laurel Ave (west of Jersey to Pennsylvania)</u>	<u>Jerry & Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>John & Pam Goranson & Barb Osborne</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John & Pam Goranson</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo & Peggy Leppik</u>

Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S
Honeywell Little League Area 7101 Sandburg Rd

Thank you to all the volunteers that help keep our parks and nature areas beautiful.

Golden Valley City Council

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

Mayor: Shep Harris

City Manager: Tom Burt

Council Members:

Joanie Clausen, Paula Pentel, DeDe Scanlon and Steve Schmidgall

Open Space & Recreation Commission

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

Chair: Jerry Sandler

Members: Roger Bergman, John Cornelius, Brad Kadue, Kelly Kuebelbeck, Bob Mattison, 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

Al Lundstrom
Park Maintenance Supervisor

Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Truckenmiller
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent



ACTIVITY REGISTRATION FORM

Park & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426-1364
763-512-2345 Fax: 763-512-2344
www.goldenvalleymn.gov

Parent/Guardian First Name: _____
(if Participant(s) are under 18)

Address: _____ Primary Phone: _____

City: _____ State: _____ Zip: _____ Secondary Phone: _____

Email: _____

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	Birthdate	Activity Name	Activity Code	Location	Fee

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Location	Special Requests	Fee

TOTAL DUE:

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: _____



REGISTRATION INFORMATION

Make checks payable to:
City of Golden Valley

ONLINE

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, Minnesota 55426

IN PERSON

Walk-in registration are accepted at Brookview Community Center during business hours.

FAX 763-512-2344

Available on for VISA or MasterCard payments. You may fax registration 24/hours 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.

CANCELLATION/REFUND POLICY

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

SENIOR TRIP REFUND POLICY

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



Volunteer Opportunities

Volunteer and make a difference!

Look for this column each season for opportunities to volunteer with the City of Golden Valley. For more information or to volunteer, contact Volunteer Coordinator Sandy Werts at 763-512-2341 or swerts@goldenvalleymn.gov.

Run the Valley 2013

The success of this event, which raises money to support the Golden Valley Human Services Fund, depends on numerous volunteers. If you want to help raise funds for residents in need – this is your event! Opportunities include: Greeters, Registration, Course Helpers, Finish Line Helpers, Timing Assistants, Refreshments and Clean-up. Event is on Saturday, April 13 with opportunities from 6:30-10 AM at Brookview Community Center.

Golden Valley Golf Classic

This Golf Classic raises money to support the Golden Valley Human Services Fund, which helps residents in need. Your help is needed to insure the success of the event. Opportunities include: Greeter and Registration, Attester, Tournament Scorer, Refreshment Table, Photographer and Lunch Servers and Clean-up. Event is on Friday, July 12 at Brookview Golf Club.

Group Opportunities

Opportunities for area businesses, churches, scout troops, etc. to participate are also available. Typically groups will do a one-day-only litter clean-up, lilac planting maintenance or storm sewer stenciling. On-going adopt a street or lilac bed maintenance is also available. Contact Sandy Werts at the number or email listed above.

Playground Special Skill Volunteers

Naturalist or Photographer - Add a special dimension to Golden Valley's Playground Program by bringing a nature or photography program to the seven playgrounds this summer. Program runs seven weeks from June 10-July 22. Commitment would consist of one afternoon a week for nature and two afternoons a week for photography during that time.

Fishing Club - Do you have a passion for fishing? Then share it with kids ages 12-14 in the Fishing Club. Assist the leader of the fishing club in teaching kids how to bait hooks, cast, hook a fish, identify fish, etc. The club meets Tuesday, June 11-July 16 from 9 AM-Noon.

Photographer or Videographer for Recreation Programs

Share your talent for photography by photographing or videotaping recreation programs, events and facilities to document programs and events to use in city publications, slide shows and on the city website.





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

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BIKE RODEO



CONCERTS IN THE PARK



ENVISION ICE CREAM SOCIAL



RUN THE VALLEY 5K & 10K



WATER DAYS