



city of
golden valley

www.goldenvalleymn.gov

PARKS & RECREATION
FALL 2018 ACTIVITIES GUIDE

Parks & Recreation
 316 Brookview Pkwy S
 Golden Valley, MN 55426
 Phone 763-512-2345
 Cancellations 763-512-2350



Golden Valley City Hall
 7800 Golden Valley Rd
 Golden Valley, MN 55427
 Phone 763-512-2345
 Fax 763-593-8109

City Offices Closed

Labor Day (Sept 3), Veteran's Day (Mon, Nov 12), Thanksgiving (Nov 22-23), Christmas (Dec 24-25)

Cover photo by Stan Waldhauser, Views of the Valley 2018 (Theodore Wirth Park)



Golden Valley Parks & Recreation

Building community through people, parks, and programs

Table Of Contents

<u>Adult 55+</u>	<u>24</u>	<u>Nature Programs</u>	<u>11</u>
<u>Adult</u>	<u>18</u>	<u>Registration</u>	<u>41</u>
<u>City Map</u>	<u>40</u>	<u>Community Events</u>	<u>4</u>
<u>Community Information</u>	<u>39</u>	<u>Tennis</u>	<u>32</u>
<u>Facilities</u>	<u>36</u>	<u>Ticket Events</u>	<u>17</u>
<u>Golf & Lawn Bowling</u>	<u>34</u>	<u>Youth</u>	<u>5</u>

BROOKVIEW

brookviewgoldenvalley.com

THREE
ONE
SIX
BAR + GRILL

763-512-2300

Fall Hours
 7 days a week
 8 am-10 pm

Events
 763-512-2345
 Mon-Fri | 8 am-4:30 pm

Guest Services
 763-512-2345
 Mon-Sat | 8 am-9 pm
 Sun | 9 am-5 pm

Golf and Lawn Bowling
 763-512-2300
 Tee Times | 763-512-2330
 Par 3 Course | 763-512-2333
 Cancellation Line 7 | 63-512-2300
 Mon-Fri | 8 am-4:30 pm
 Pro Shop Hours vary seasonally

backyard

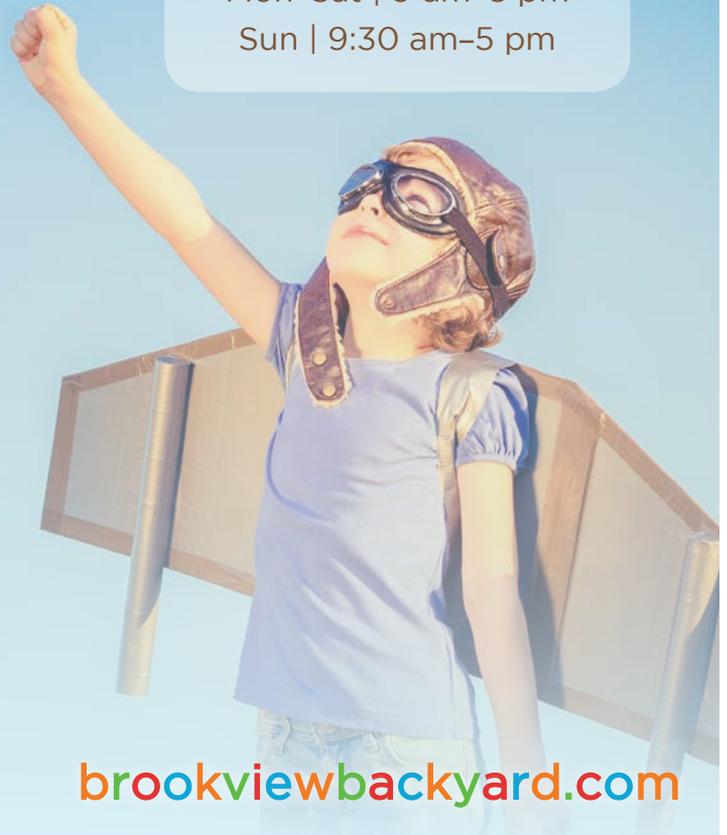
Information and Party Room Reservations
 763-512-2345

Mon-Sat | 9 am-8 pm
 Sun | 9:30 am-5 pm

Closed
 Sept 3
 Nov 22-23
 Dec 24-25

BROOKVIEW backyard indoor playground

Mon-Sat | 9 am-8 pm
Sun | 9:30 am-5 pm



A cool place to play!

Ages 2-12 (tot area for ages 2-5)



Halloween Day Special

All munchkins and goblins that come to the Backyard in costume, will get FREE Backyard admission October 31 from 9 am-8 pm. Join us on this spooktacular day!

brookviewbackyard.com



DECK + PATIO

- Great Views
- Dog Friendly
- Fire pit
- Music

HAPPY HOUR

Daily 3-6 pm

TRIVIA NIGHTS

Mondays at 7 pm

THREE
ONE
SIX
BAR + GRILL

FALL HOURS

8 am-10 pm

Serving, Breakfast,
Lunch, and Dinner

brookviewthreonesix.com

GOLDEN VALLEY
ARTS & MUSIC
FESTIVAL

Sat, Sept 15

9:30 am–10 pm **FREE!**

Golden Valley City Hall

UNDER
the
WATER
TOWER!

Featuring work by local artists,
live music, games, family activities,
local food trucks, beer, wine, and more!

Parade starts at 9:30 am and will run west along
Golden Valley Rd between Boone and Pennsylvania.

OPEN TO ALL AGES! BRING THE WHOLE FAMILY!

www.gvcfoundation.org

[Facebook.com/gvartsandmusic](https://www.facebook.com/gvartsandmusic)

Twitter @GVArtsMusic



2018
**GREAT FALL
CLEAN UP**

MIGHTY TIDY DAY

Sat, Oct 6 • 8 am–1 pm

Bring your junk and gently used
furniture & household goods!

(fees apply to all junk items except batteries,
clean metal, and paper shredding)

LEAF DROP-OFF

Sat, Oct 27
8 am–1 pm

Fri, Nov 2
8 am–3 pm

Sat, Nov 3
8 am–1 pm

Sat, Nov 10
7 am–1 pm

at BROOKVIEW PARK

South of Hwy 55 and west of Winnetka Ave on Brookview Parkway.
Enter site from Winnetka Ave or Harold Ave onto Brookview Parkway
and exit onto Western Ave (watch for signs).

www.goldenvalleymn.gov

Market in the Valley
Farmers Market
2018

Sundays / 9am - 1pm

through Oct 7

7800 Golden Valley Road
Behind City Hall under the Water Tower

Local Food & Community Spirit!

www.marketinthevalley.org

Grandparent And Me— Twinkle, Twinkle Art Class

Ages 1½–6 with an adult

Come and sing along with Kidcreate Studios as we create art inspired by this favorite nursery rhyme. A little Kidcreate magic (glow-in-the-dark paint!) will enable your young artist’s masterpiece to really come to life after dark. Children must be accompanied by an adult.

Brookview Wirth Lake Room
Wed, Sept 26
6–7 pm
\$15 resident, \$17 non-resident
F1409A
Register by Wed, Sept 19

Grandparent And Me— Gobble, Gobble Art Class

Ages 1½–6 with an adult

Join Kidcreate Studios to celebrate Thanksgiving by creating an adorable turkey that is sure to attract smiles. Children must be accompanied by an adult.

Brookview Wirth Lake Room
Wed, Nov 14
6–7 pm
\$15 resident, \$17 non-resident
F1410A
Register by Wed, Nov 7

Dance Together



Ages 1–4 with caregiver

We will introduce children to group learning environments while using movement games, stories, and songs to develop strong bonds with their caregivers and cooperatively work with others in the class. Children also develop large and fine motor skills in classes that emphasize observation, exploration, manipulation, imitation, and repetition.

Brookview Wirth Lake Room
Sat, Sept 22–Dec 8 (no class Oct 20, Nov 24)
9–9:45 am
\$109 resident, \$114 non-resident
F1310A
Register by Fri, Sept 14

Creative Movement



Ages 4–7

This class offers a space for exploration, improvisation, and expression through movement. Children will work to develop motor skills, coordination, rhythm, teamwork, and listening skills. Songs and games are used to develop an understanding of moving the body and facilitate learning movement patterns fundamental to human development.

Brookview Wirth Lake Room
Sat, Sept 22–Dec 8 (no class Oct 20, Nov 24)
10–10:45 am
\$109 resident, \$114 non-resident
F1311A
Register by Fri, Sept 14



A Special Thank You To Toni and Nicki...

Toni Nelson has worked with our community’s little dancers for the past 45 years and has been joined by her daughter, Nicki Cullen, for the past 20+. After all this time, it is difficult to say goodbye to these two, as they have informed us of their retirement. Golden Valley Parks and Recreation would like to extend our immense gratitude to Toni and Nicki for their passion and dedication to the Golden Valley Dance Program.

While this retirement heralds the end of an era, it also provides an opportunity to begin a new chapter in Golden Valley Dance. We are excited to announce our new partnership with Young Dance! Since 1987, Young Dance has been Transforming Lives Through Movement, teaching youth to build their body and spirit through the creative art of dance and providing an inclusive setting where creativity flourishes and all are encouraged to aspire to artistic professionalism.



Kids Club

Ages 3–5

Each Kids Club class is specifically designed for preschool aged children and filled with art projects, stories, music, and games for what promises to be a fun and positive learning experience. Children must be potty trained.

Kids Club Instructor Lisa London has taught the program for the past 20 years in Golden Valley. She has two Bachelor of Science degrees in Early Childhood Education and Music and has a huge passion for working with preschoolers.

Crystal Community Center
Tue/Thur, Sept 18–Dec 13
9:30–11:30 am

\$159 resident/\$164 non-resident
F1214E
Register by Fri, Sept 14

Nemo's World With KidCreate Studios

Ages 3–6

Join Kidcreate Studios to make a glow-in-the-dark underwater world that your little guppy will be excited to explore! The kids might recognize a few fish friends from Finding Nemo in the underwater world they create. This project even glows-in-the-dark!

Brookview Wirth Lake Room
Wed, Oct 10
6–7 pm
\$18 resident/\$20 non-resident
F1411A
Register by Wed, Oct 3

Mixing Up Madness With Grandparents

Ages 3½–6 with an adult

Join Science Explorers for a fun and exciting Saturday as we formulate mixtures through open exploration. Be sure to dress so you can get messy.

Brookview Clubhouse Room
Sat, Sept 22
9:30–11 am
\$20 resident couple, \$22 non-resident couple,
\$20 /add'l child
F1412A
Register by Sun, Sept 16

Dino Adventures

Ages 3–6 with an adult

This is prehistoric adventure you don't want to miss! Join Ranger Rachel, who will teach participants to move and stomp like dinosaurs, dance to classic dinosaur tunes, venture out on a fossil hunt, and enjoy dino shapes and colors while creating a dino dobber art project.

Crystal Community Center
Thur, Oct 18
10–10:45 am
\$17 resident, \$19 non-resident
F1232A
Register by Thur, Oct 11



Holiday Celebration With Sprinkles The Elf

Ages 3–6 with an adult

Start the holiday season with a special visit from Sprinkles the Elf, who shares her tales of helping keep children on the "Nice List." Enjoy a night by the Ol' Yule Log, where you will write letters to Santa, make a holiday craft, sing carols, ring the jingle bells, try on reindeer antlers, and of course, share Mrs Claus' famous cookies.

Brookview Valley Room
Tue, Dec 4
6:30–7:15 pm
\$17 resident, \$19 non-resident
F1510A
Register by Tue, Nov 27

**Science Explorers
Space Adventure**

Ages 3½–6

Blast off with Science Explorers for a fun-filled trip to the stars. Come and join us on our journey as we create art projects, play games, and more. Participants travel through space and learn about gravity and how it affects the earth, investigate the planets of our solar system and how they orbit the sun, and explore the stories of stars and constellations.

Crystal Community Center
Mon, Nov 5–26
9:30–11:30 am
\$51 resident, \$58 non-resident
F1238A
Register by Mon, Oct 29

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. Please arrive five minutes early so your child is ready to begin at the start of the class. Resident fee applies to Golden Valley, New Hope, and St Louis Park residents.

Davis Community Center
5:45–6:15 pm

Tue, Sept 11–Oct 23
(no class Sept 25, Oct 16)
\$53 resident, \$57 non-resident
F1120D
Register by Fri, Sept 7

Tue, Oct 30–Dec 18
(no class Nov 6, Dec 4, 11)
\$53 resident, \$57 non-resident
F1120E
Register by Fri, Oct 26

**Science Explorers
STEM Sampler**

Ages 3½–6

This fun and engaging STEM class is filled with hands-on activities and experiments. Participants will explore chemistry and all its silly, slimy, and gooey stuff, investigate magnets and their invisible force, and learn how sound travels with octaves experiments and making their own simple musical instrument.

New Hope Ice Arena
Mon, Oct 1–22
9:30–11:00 am
\$51 resident, \$58 non-resident
F1239A
Register by Mon, Sept 24

Tae Kwon Do

Ages 5+

This 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, New Hope, and St Louis Park residents.

Davis Community Center
6:15–7 pm

Tue, Sept 11–Oct 23
(no class Sept 25, Oct 16)
\$59 resident, \$63 non-resident
F1118C
Register by Fri, Sept 7

Tue, Oct 30–Dec 18
(no class Nov 6, Dec 4, 11)
\$59 resident, \$63 non-resident
F1118D
Register by Fri, Oct 26



Supper With Santa

All ages welcome

Santa's coming! You are cordially invited to join Santa for a special holiday celebration including dinner, music, activities, and a photo opportunity. All attendees must register.

Fri, Dec 7
6–7:15 pm
Brookview Bassett Creek Room
\$12 resident, \$15 non-resident, Kids under 2 are free
Register by Fri, Nov 30
F1506A

Parent/Child Yoga

Ages 4–8 with an adult

This introduction to yoga class is designed to provide children and parents (or adult caregiver) with a fun and relaxing bonding time. Participants will work on breathing, stretching, and moving together to strengthen muscles, coordination, and build body awareness. Each week will focus on building to complete a peak pose. Children will receive a T-shirt, and all participants will receive a yoga mat with registration. Instruction provided by Nexus Human Performance.



Brookview Wirth Lake Room
Mon, Oct 1–Nov 5

5:15–5:55 am
\$74 resident, \$78 non-resident

F1240A
Register by Mon, Sept 24

Tinkerbell's Fairy House With KidCreate Studios

Ages 4–9

With the help of Tinkerbell and Kidcreate Studios, your child is sure to experience the magic of art as they learn how to create an adorable fairy house out of Model Magic® Clay.

Brookview Wirth Lake Room
Wed, Oct 3

6–8 pm
\$27 resident, \$30 non-resident

F1413A
Register by Wed, Sept 26

Parent/Child Event Series

Several unique events throughout the year with something for all families. Designed specifically to create special memories together. Upcoming program details provided seasonally. Sponsored by the Cities of Crystal, Golden Valley, New Hope, and Robbinsdale.

Mother/Son Backyard Date Night

Ages 4–10 with Mom, Aunt, Grandma, or Special Friend

Couples are invited to the Backyard Indoor Playground for a night of super slides, twisty tubes, cargo climbs, bumper balls, log rollers, cave crawls, and more! Boys and their guest will experience a special evening together featuring a scavenger hunt, music, dinner, and lots of playground fun.

Brookview Backyard

Sun, Oct 7

5:30–7:30 pm

\$30 resident couple

\$33 non-resident couple

\$15/add'l child

F1511A

Register by Fri, Sept 28

**Daddy/Daughter Princess Ball**

Ages 4–8 with Dad, Uncle, Grandpa, or Special Friend

Join us for an enchanted evening with Once Upon A Star's Cinderella, Snow White, and Anna and Elena of Avalor. Princesses and their guest will enjoy an evening of dancing, making a jewelry craft, snack, and more royal fun. Each couple will have a photo taken, and the princess will receive a personalized princess tote bag and castle gift.

Brookview Bassett Creek Room

Fri, Nov 9

6:30–8 pm

\$30 resident couple, \$33 non-resident couple

F1502A

Register by Thur, Nov 1

Parent/Child Spooktacular Painting

Ages 6–14 with an adult

Impress your friends with a Halloween masterpiece. Merry, of Merry Time Arts, will guide participants step-by-step in creating a spooky storybook scene on a 16 x 20 canvas, using acrylic paints and other supplies.

Crystal Community Center

Sat, Oct 13

9:30–11:30 am

\$48 resident, \$51 non-resident

F1508A

Register by Thur, Oct 4



photo courtesy of Merry Time Arts

Flight Academy

Grades 1–5

Calling all aviators! Join Mad Science to explore the history of aviation and discover how aircraft fly. Build your own kite, stunt plane, paper airplanes, and model rocket. Participants will also get to ride on a hovercraft.

Brookview Valley Room

Sat, Oct 6 & 13

9:30 am–12:30 pm

\$79 resident, \$84 non-resident

F1241A

Register by Fri, Sept 28

Insane Slime With KidCreate Studios

Ages 5–12

It's silly, slimy, and insanely fun, and it's what we'll be doing all class long! Join Kidcreate Studios and get silly with silly putty, messy with muck, and so much more. This is going to be a messy one, so please dress your child appropriately.

Brookview Wirth Lake Room

Wed, Nov 21 **No School**

9:30–11:30 am

\$27 resident, \$30 non-resident

F1242A

Register by Wed, Nov 14

Musical Theater Camps

Mayer Arts will teach you how to put together a professional musical performance from start to finish. No experience necessary. Participants should wear comfortable clothing and lightweight tennis/dance shoes. Please bring a nut-free snack and beverage daily. A special performance for families will be held the final 20 minutes on Friday.

Crystal Community Center

Thur & Fri, Oct 18 & 19 **No School**

\$53 resident, \$60 non-resident

COCO

Ages 4–8

Learn how to properly speak lines, block a scene, sing songs, develop characters, and much more. We will also play fun creative games with scarves, animals, and parachutes.

9 am–noon

F1244A

Register by Thur, Oct 11

A WRINKLE IN TIME

Ages 7–11

Learn how to properly speak lines, block a scene, sing songs, dance, develop characters, and much more. We will also play fun creative games.

1–4 pm

F1243A

Register by Thur, Oct 11

Private Piano Lessons

Ages 7+

These 30-minute lessons are taught by qualified and experienced teachers. Learn basic and advanced keyboarding techniques, sight reading, music theory, and ensemble playing. Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, and Plymouth.

TO REGISTER: Call 763-509-5224 to establish a lesson time. You will then receive directions to register for the program.

Brookview Fossil Creek Room
Between 3–7 pm
\$274 resident
\$279 non-resident (includes recital)

Mon, Sept 10–Dec 10
(no class Oct 15, Nov 19)
Tentative recital Sat, Dec 15
F1210A

Wed, Sept 12–Dec 12
(no class Oct 31, Nov 21)
Tentative recital Sun, Dec 16
F1210B

String Instrument Lessons

Ages 7+

These 30-minute lessons feature qualified and experienced teachers who will provide instruction to help develop tone, rhythm, and reading skills. Beginner to intermediate students welcome. Students need their own instrument at home for practice. Instruments include classical violin, Suzuki violin, viola, cello, and bass. To register, call 763-509-5224 to establish a lesson time. You will then receive directions to register for the program. Recitals will be held on Sat, Dec 15 and Sun, Dec 16.

Brookview Fossil Creek Room
Thur, Sept 13–Dec 1
(no lesson Oct 18, Nov 22)
Between 3–7 pm
\$274 resident
\$279 non-resident
F1209A



Modern Dance

NEW

Ages 7–10

An introduction to Modern Dance, through improvisation and technique. Students will develop teamwork, listening, problem solving, perception and evaluation skills, through group activities. Class time will be spend improvising and developing personal choreography, expanding creativity, and further connecting the mind and body. Instruction provided by Young Dance

Brookview Wirth Lake Room
Sat, Sept 22–Dec 8 (no class Oct 20, Nov 24)
11 am–noon
\$145 resident, \$150 non-resident
F1312A
Register by Fri, Sept 14

Aerial Challenge Course At Trollhaugen

Ages 7–14

Adventure awaits! Join us as we explore a “floating” playground in the sky with an aerial challenge course. Participants should wear appropriate clothing and bring a bag lunch or money to purchase lunch.

Thur, Oct 18 **No School**
Depart Brookview at 9 am
Return to Brookview at 4 pm
\$59 resident, \$63 non-resident
F1245A
Register by Mon, Oct 8



Snow Tubing At Wild Mountain

Ages 7–14

Ready to play at a winter wonderland? This will be a fun-filled day of effortless snow tubing down the mountain. Participants should wear appropriate clothing and bring a bag lunch or money to purchase lunch.

Thur, Dec 27 **No School**
Depart Brookview at 9 am
Return to Brookview at 4 pm
\$39 resident, \$46 non-resident
W1246A
Register by Mon, Dec 17

When I'm In Charge

Ages 8+

This unique course is offered for boys and girls age 8 and older who are ever home alone. It will cover all the safety concerns parents have when their children are by themselves, including arriving home, responsibilities, phone and Internet safety, fire and gun safety, and more. Parents are welcome and encouraged to attend the last 30 minutes of class.

Brookview Valley Room

5:30–8:30 pm

\$55 resident, \$59 non-resident

Mon, Sept 17

F1221A

Mon, Dec 3

F1221B

Babysitting Training

Ages 11–15

Course includes fun activities, exciting videos, lively discussions, and real-life problem-solving situations. Participants must be 11 years old by the first day of class. Participants will learn Safety and Safe Play; Basic Care: Feeding and Diaper Changing; First Aid (what to do if an accident happens); Leadership (how to have fun with the kids but stay in control); and Professionalism (what you should ask during a babysitting interview). Participants provide own lunch and snack.

8 am–6 pm \$106 resident, \$111 non-resident

Sat, Sept 15

New Hope City Hall

F1215A

Sat, Oct 13

Brookview Valley Room

F1215B

Sat, Nov 10

Hew Hope City Hall

F1215C

Fri, Jan 4 **No School**

Brookview Valley Room

W1215A

<<< Nature Programs >>>

These nature programs are offered in cooperation with the City of Golden Valley and Three Rivers Park District, who have partnered to bring environmental education, outdoor recreation programs, and the opportunity to experience wilderness in the city.



Meet The Animals

All ages welcome

Toads, turtles, snakes, oh my! Meet some of Minnesota's reptiles and amphibians, and search for them in the park. Great opportunity for intergenerational exploring. Plan on being outdoors the entire time. Dress for the weather and for rustic conditions.

Sochacki Park

Sat, Sept 22

1–3 pm

Free, registration required

F1247A

Walk When The Moon Is Full

Ages 6+ with an adult

Adapt your senses and explore the natural world at night. Dress for the weather and walking on uneven, woodchip trails. Three Rivers Park District staff will guide the walk.

Sochacki Park

7:30–9 pm

Free, registration required

MOON OF BROWN LEAVES

Mon, Sept 24

F1237A

HUNTERS MOON: PREDATOR AND PREY

Wed, Oct 24

F1237B

Birding Hike

Ages 8+

Take a hike and learn to locate and identify birds, and discover tips and tricks from a naturalist while exploring the park. All equipment provided.

Sochacki Park Parking Lot

Sat, Oct 27

10 am–noon

Free, registration required

F1248A

Register by Wed, Oct 24

Football Stars

Ages 3–4

This exciting program is designed to provide 3- and 4-year-olds the opportunity to develop large motor skills and learn about football. We will focus on basic skill development, fundamentals, and sportsmanship. Children must be out of diapers to participate.

Davis Community Center
5:45–6:30 pm
\$29 resident, \$32 non-resident
Register by Fri, Sept 7

Wed, Sept 12–Oct 3 F1137A
Thur, Sept 13–Oct 4 F1137B

**Football Mites**

Ages 5–6

This fun program offers children an introductory football experience with a focus on basic skill development, teamwork, and sportsmanship.

Davis Community Center
6:45–7:45 pm
\$29 resident, \$32 non-resident
Register by Fri, Sept 7

Wed, Sept 12–Oct 3 F1142A
Thur, Sept 13–Oct 4 F1142B

Ninja Warrior Stars

Ages 3–4

This exciting program is designed to provide 3- and 4-year-olds the opportunity to develop large motor skills like running, jumping, and balance. We will focus on basic physical development, sportsmanship, and control. Children must be out of diapers to participate.

Davis Community Center
5:45–6:30 pm
\$29 resident, \$32 non-resident
Register by Fri, Oct 12

Wed, Oct 17–Nov 14 (no class Oct 31) F1149A
Thur, Oct 18–Nov 15 (no class Nov 1) F1149B

**Ninja Warrior Mites**

Ages 5–6

This fun program offers children an introduction to a ninja warrior experience designed to challenge participants and their running, jumping, and balance skills.

Davis Community Center
6:45–7:45 pm
\$29 resident, \$32 non-resident
Register by Fri, Oct 12

Wed, Oct 17–Nov 14 (no class Oct 31) F1150A
Thur, Oct 18–Nov 15 (no class Nov 1) F1150B

Basketball Stars

Ages 3–4

This exciting program is designed to provide 3- and 4-year-olds the opportunity to develop large motor skills and learn about basketball. We will focus on basic skill development, fundamentals, and sportsmanship. Children must be out of diapers to participate.

Davis Community Center
5:45–6:30 pm
\$29 resident, \$32 non-resident
Register by Wed, Nov 21

Wed, Nov 28–Dec 19 F1146A
Thur, Nov 29–Dec 20 F1146B

**Basketball Mites**

Ages 5–6

This fun program offers children an introductory basketball experience with a focus on basic skill development, teamwork, and sportsmanship.

Davis Community Center
6:45–7:45 pm
\$29 resident, \$32 non-resident
Register by Fri, Nov 21

Wed, Nov 28–Dec 19 F1147A
Thur, Nov 29–Dec 20 F1147B

Amazing Athletes

Ages 3–5

This is the perfect class to give every child an opportunity to get moving, develop sports skills, and learn the fundamentals of a different sport each week. Children will work on hand-eye coordination, gross motor skills, and cognitive development.

CRYSTAL COMM CENTER

\$50 resident, \$53 non-res

Thur, Sept 20–Oct 18

5:30–6:15 pm F1101A

6:30–7:15 pm F1101B

Register by Thur, Sept 13

DAVIS COMM CENTER

\$50 resident, \$53 non-res

Mon, Nov 26–Dec 17

5:45–6:30 pm F1101E

6:45–7:30 pm F1101F

Register by Mon, Nov 19

Thur, Oct 25–Nov 29

(no class Nov 22)

5:30–6:15 pm F1101C

6:30–7:15 pm F1101D

Register by Thur, Oct 18

Blacklight Dodgeball

Grades 2–6

Ready, set, dodgeball! We use glow-in-the-dark dodgeballs to add a twist to this playground favorite. Participants will play several games, enjoy a pizza snack, and listen to a DJ. Wear a white T-shirt that can be decorated with special blacklight markers. Co-sponsored by Hopkins Community Education and the City of Golden Valley.

Davis Community Center

Fri, Jan 11

6:30–8:30 pm

\$24 resident, \$26 non-resident

F1141A

Register by Fri, Jan 4

Youth Enrichment League Fencing

Grades 2–8

Participants wanted for the “sport of the intellectual athlete!” Olympic Fencing Coach Ro Sobalvarro’s curriculum shares an immense knowledge for the sport of fencing, with safety the top priority. New and experienced athletes welcome. Safety swords, protective masks, chest plates, and jackets provided.

Crystal Community Center

Thur, Oct 11–Nov 29 (no class Oct 18, Nov 22)

7:40–8:40 pm

\$77 resident, \$84 non-resident

F1110C

Register by Thur, Oct 4

Archery

Ages 8–14

Learn basic archery skills, including safe range practices and how to shoot. Intermediate/advanced students are welcome and will review the basics before learning advanced skills. All instruction and equipment provided by Orion Archery.

Robbinsdale Community Gym

6–7:30 pm

\$65 resident, \$69 non-resident

Tue, Oct 2–23

F1108C

Register by Tue, Sept 25

Tue, Nov 6–27

F1108D

Register by Tue, Oct 30



Do you have old hockey sticks and pucks looking for a new home?

Donate them to the Parks and Recreation Department!

Our goal is to have hockey sticks and pucks available for FREE use in each of the skating rink warming houses. If you have some old hockey sticks in the basement or the garage, please drop them off at Brookview and we will put them to good use this winter!

Youth Basketball Leagues

Grades 2–7

A recreational focused league designed to develop basketball skills, teamwork, and good sportsmanship. Teams are coached by volunteers, and players are allowed to play one grade level up. This program is co-sponsored with the City of Golden Valley, Robbinsdale, and St Louis Park and will include teams from all cities. Min 8, max 10 per session.

PRACTICES

Davis Community Center
Begin the week of Jan 7

GAMES

Davis and Crystal Community Centers
Sat, Jan 19–March 9
\$60 resident, \$64 non-resident
Register by Fri, Dec 14

BOYS GRADE 2

Mon Practice F1136A
Thur Practice F1136B

BOYS GRADE 3

Mon Practice F1136C
Thur Practice F1136D

BOYS GRADE 4–5

Tue Practice F1136E
Thur Practice F1136F

BOYS GRADE 6–7

Mon Practice F1136G
Tue Practice F1136H

GIRLS GRADE 2–3

Mon Practice F1136J
Thur Practice F1136K

GIRLS GRADE 4–6

Mon Practice F1136L
Tue Practice F1136M



WE NEED VOLUNTEER COACHES!

Our basketball program depends on volunteers to coach teams and lead activities. To show our appreciation for your time and commitment, a refund of the registration fee (one per household) will be issued at the end of the season. Max of two refunds per team. To become a volunteer coach, state at time of registration or email jstutzman@goldenvalleymn.gov.

Looking for **Mites Basketball?**
Find it in our Winter Catalog
coming out in December.

Hoopstars Basketball Camp

Grades K–1

Come hone your skills and learn some new ticks from experienced instructor Ron Behl in this FUNdamentals-based basketball camp.

Forest Elementary School, Crystal

Tue & Thur, Oct 2–18

6–7:30 pm

\$52 resident, \$56 non-resident

F1134C

Register by Tue, Sept 25



Basketball Winter Warm-Up

Grades 2–6

Boys and girls it's time to improve your skills and fundamentals before the Winter Basketball League starts. Offense, defense, dribbling, passing, shooting, and sportsmanship are all key elements to basketball, and experienced instructor Ron Behl will help you hone your skills.

GRADES 2–3

Robinsdale Community Gyms
Wed, Nov 7–Dec 19 (no class Nov 21)
6–7:30 pm
\$52 resident, \$56 non-resident
F1135A
Register by Thur, Nov 1

GRADES 4–6

Davis Community Center
Mon, Oct 29–Dec 3
6–7:30 pm
\$52 resident, \$56 non-resident
F1135B
Register by Tue, Oct 23



Volunteer Soccer Coaches Needed

Our soccer programs depend on volunteers to coach teams and lead activities. To show our appreciation for your time and commitment, refund of the registration fee (one per household) will be issued at the end of the season. Max of two refunds per team. To become a volunteer coach, state at time of registration or email jstutzman@goldenvalleymn.gov.

Mites Fall Soccer

Grades K-1 (2018-19 school year)

This program offers a fun introductory soccer experience focusing on developing fundamentals, good sportsmanship, and team building. Teams will be assigned, and volunteer coaches will lead 30 minutes of skill development and 30 minutes of game play each day. Participants must provide shin guards and a Golden Valley soccer jersey (purchase at the Recreation office). Min 24, max 64.

Hampshire Park

Sat, Sept 8-Oct 13

Games played at 9:30 & 10:30 am

\$40 resident

\$43 non-resident

\$14 shirt

S1127A

Register by Aug 28

Youth Co-Rec Fall Soccer

Grades 2-5 (2018-19 school year)

This program offers boys and girls a fun and encouraging recreational soccer experience. It will focus on skill development, good sportsmanship, and enjoying the game of soccer. Teams will be assigned, and volunteer coaches will lead practices and games.

PRACTICES

Begin the week of Aug 28 with day, time, and location determined by the volunteer coaches.

GAMES

Sat, Sept 8-Oct 13 at varying locations in Golden Valley, Crystal, and Robbinsdale. Times vary between 9 am-3 pm.

Participants must provide their own shin guards and a Golden Valley soccer jersey, which you purchase at Brookview.

\$40 resident

\$43 non-resident

\$14 shirt

Register by Aug 17

GRADES 2-3

Min 8/Max 12 per day

Mon Practice S1128A

Tue Practice S1128C

Thur Practice S1128D

GRADES 4-5

Min 10/Max 14 per day

Tue Practice S1128E

Thur Practice S1128F



Park And Recreation Challenge

An Outdoor Adventure For The Whole Family

Gather your family and start exploring Golden Valley's beautiful parks! As the colors change, what better time to discover our hidden gems and old favorites. During each park visit, take a photo of your family with the park identification sign. Once you have completed all 20 parks, submit all photos electronically by Friday, Oct 19. Challenge finishers will receive a Brookview prize pack valued at approximately \$50. Registration is required.

\$5 per family

F1509A

Youth Community Opportunities

These programs are offered by independent organizations not affiliated with the City of Golden Valley. This information is provided as a service to the residents of Golden Valley.



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

Ages 4–16

Davis Community Center

Tue, Oct 2–Dec 18

Ages 4–8: 6–6:45 pm

Ages 9–16: 7–7:45 pm

\$5 enrollment fee, plus \$7/night at door

Registration takes place Tue, Sept 18, 6:30–7:30 pm at Davis Community Center



Experience the ultimate in skiing, snowboarding, freestyle, and racing instruction for beginners to experts! Since 1958, Blizzard has provided skiing and snowboarding instruction and family fun with extras you only get with Blizzard. Blizzard features a wide array of age-appropriate programs for kids in grades K-12. Progress at your own pace with expert instruction from our adult staff on groomed runs and terrain parks. You provide your own food and gear (season-long discounts and rentals are available), we provide the rest. Each week, you'll be contacted to RSVP for the upcoming trip. Bus times are approximately 8 am–5:30 pm. When you attend, you'll pay a weekly trip fee of \$67 for your round-trip bus transportation, adult supervision, and lift ticket (no fee if you can't attend that week).

Ages 6–18 (Grades K–12)

11 Saturdays (Dec–Feb) and 8 Sundays (Jan–Feb)

Trips run approximately 8 am–5:30 pm

Pick-up at Leeann Chin (7650 Hwy 55, Golden Valley)

Course fees range from \$199–499 depending on grade

For more information, full list of pricing, and registration, please visit: www.blizzardmn.com (Mention code GVR18 when registering).

Youth Athletic Associations

Golden Valley Little League Baseball

Boys & Girls age 5–12
Pat Dale, 612-423-9345
GVLittleLeagueInfo@gmail.com
www.goldenvalleylittleleague.org

Armstrong Cooper Youth Hockey

Boys & Girls age 4+
Kim Nau, 612-802-3443
www.acyha.org

Armstrong Cooper Youth Baseball

Boys age 12–19
Brian Nelson, 612-720-9642
brian.nelsongv@gmail.com
www.acybaseball.com

Park Valley United FC Soccer Club

Boys & Girls age 5–18
612-405-2425
www.parkvalleyunitedfc.org

Golden Valley Girls Slowpitch Softball

Girls grade 3–12
Jeffrey Prottas
jeffrey.prottas@np360.org
www.gvgs.org

Cooper/Armstrong Girls Fastpitch Softball

Girls age 7–18
www.caheatfastpitch.org

Group Ticket Events

Save money and avoid service fees! Tickets must be picked up at Brookview upon notification. You supply your own transportation. Minimum of 25 tickets must be sold for group rate.

Cirque Du Soleil Corteo

CORTEO, which means "cortege" in Italian, is a joyous procession, a festive parade imagined by a clown. The show brings together the passion of the actor with the grace and power of the acrobat to plunge the audience into a theatrical world of fun, comedy and spontaneity situated in a mysterious space between heaven and earth. Children age 2 and older need a ticket.

Target Center (section 109) F4101A
 Sat, Nov 10 Register by Mon, Oct 22
 3:30 pm
 \$44/adult, \$37/child 12 and under

Disney On Ice: 100 Years Of Magic

Disney on Ice is celebrating 100 Years of Magic! Be charmed by a cast of more than 50, including Mickey Mouse, Minnie Mouse, Disney Princesses, and characters from Disney's Frozen as they bring 14 stories and 30 songs to life, leaving your whole family captivated with memories to last a lifetime. Children age 2 and older are required to have a ticket.

Xcel Energy Center (section 105) F4102A
 Sun, Dec 9 Register by Tue, Nov 20
 5 pm
 \$30/ticket

GOLDEN VALLEY GEAR

Show your Golden Valley pride!

New apparel is available at the Brookview front desk.



Unisex Stonewash Blue
 Youth \$9
 Small - Medium - Large
 Adult \$12
 Small - Medium - Large - XL -
 XXL - XXXL - XXXXL



Women's Dark Heather Gray
 Women's \$12
 Small - Medium - Large - XL -
 XXL - XXXL - XXXXL



Women's Lavender
 Women's \$12
 Small - Medium - Large - XL -
 XXL - XXXL - XXXXL



Unisex Heather Navy
 Youth \$12
 Small - Medium - Large
 Adult \$16
 Small - Medium - Large - XL -
 XXL - XXXL - XXXXL

Tai Chi Classes With Marie Mathay

For centuries, the Chinese have recognized the beneficial effects of Tai Chi to improve health, balance, and flexibility. Join Certified Instructor Marie Mathay in this gentle, slow-moving series of ancient Tai Chi exercises designed to enhance physical and mental well-being. Wear loose, comfortable clothing and flat shoes.

SPECIAL! Register for a second class in the same session for only \$37! Classes must be purchased together.

TAI CHI FOR HEALTH & ARTHRITIS – BASIC

This program, based on Sun style Tai Chi and endorsed by the Arthritis Foundation worldwide, is a series of gentle yet powerful movements that promote physical and mental well-being. Improve your balance, strength, and flexibility. Also great for joint pain relief and stress reduction. All ages and abilities welcome.

Brookview Wirth Lake Room
\$56 resident, \$60 non-resident

Tue, Sept 11–Oct 30 (no class Oct 9)
8:30–9:45 am
F2207A

Tue, Nov 6–Dec 18
8:30–9:45 am
F2207B



TAI CHI FOR HEALTH & ARTHRITIS 2 – MOVING ON

For students who have completed at least one Basic session, we continue our Tai Chi journey, learning and practicing the entire Sun style 41 form.

Brookview Wirth Lake Room
\$56 resident, \$60 non-resident

Tue, Sept 11–Oct 30 (no class Oct 9)
9:45–10:45 am
F2208A

Tue, Nov 6–Dec 18
9:45–10:45 am
F2208B

YANG STYLE TAI CHI PRACTICE GROUP

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s and has many variations. Join Marie in learning Chen Man Ching's 37 forms and deepening your practice. **Qualifies for special reduced rate pricing.*

Brookview Wirth Lake Room
Thur, Sept 13–Nov 15
9–10 am
\$48 resident, \$51 non-resident
F2209A

SHIBASHI QIGONG

Cultivate more energy and promote better health by practicing these 36 ancient Chinese exercises that coordinate moving with breathing and inner concentration. Meant for healing and enhancing health, these gentle follow-the-leader movements do not require memorizing choreography, yet still promote and strengthen the flow of chi, or energy, throughout the body. No experience necessary. All ages and abilities welcome. **Qualifies for special reduced rate pricing.*

Brookview Wirth Lake Room
10:15–11:15 am

Thur, Sept 13–Nov 1 (no class Oct 11)
\$56 resident, \$60 non-resident
F2210A

Thur, Nov 8–Dec 20 (no class Nov 22)
\$48 resident, \$51 non-resident
F2210B

Mixed Level Belly Dancing

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

Brookview Wirth Lake Room
7:15–8:45 pm

Mon, Sept 10–Oct 29
\$128 resident, \$33 non-resident
F2402A

Mon, Nov 5–26
\$64 resident, \$68 non-resident
F2402B

Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and 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.

Brookview Wirth Lake Room
11 am–noon

Tue, Sept 18–Nov 13 (no class Nov 6)
\$64 resident, \$67 non-resident
F2201A

Tue, Nov 27–Dec 18
\$32 resident, \$35 non-resident
F2201B

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 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. Annette is host of award-winning TV show (Channel 20 or Channel 859) *Yoga on the Go*.

Brookview Wirth Lake Room
6–7 pm

Mon, Sept 24–Nov 19 (no class Oct 29)
\$64 resident, \$67 non-resident
F2202A

Mon, Nov 26–Dec 17 (no class Oct 29)
\$32 resident, \$35 non-resident
F2202B

Hula Hoop Fun And Fitness

Get a great workout with hoops. The beloved childhood toy is all grown up! The specially designed 4-lb hoop targets your waistline and core area, plus it is a great cardiovascular exercise. Hoops may be purchased (optional) from instructor for \$15.

Brookview Wirth Lake Room
Sat, Sept 29
Noon–1 pm
\$15 resident, \$17 non-resident
F2211A



Park And Recreation Challenge

An Outdoor Adventure For The Whole Family

Gather your family and start exploring Golden Valley’s beautiful parks! As the colors change, what better time to discover our hidden gems and old favorites. During each park visit, take a photo of your family with the park identification sign. Once you have completed all 20 parks, submit all photos electronically by Friday, Oct 19. Challenge finishers will receive a Brookview prize pack valued at approximately \$50. Registration is required.

\$5 per family F1509A

Ballroom Dancing For Beginners

If you wish you knew how to dance so you could get on the floor with confidence, then this is the perfect course for you! Learn to dance real steps in sync with your partner to fun and familiar music heard at wedding dances and most social events. Couples dance with their own partner, and singles rotate with one another. Teens and adults of all ages welcome! Free make-up lessons if you need to miss class for any reason. For more information, visit www.constantinedance.com, or call Instructor Deanna Constantine at 612-240-8329. The Constantine family has been offering quality dance instruction in the Twin Cities for more than 50 years. Deanna offers simple instruction where everyone will have fun and be successful learning to dance!

Brookview Bassett Creek North Room

Sun, Sept 30–Oct 21

4–5:30 pm

\$59/person resident, \$63/person non-resident

F2403A

OULA Dance Fitness

OULA is a high-energy, easy-to-learn, calorie-burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! All fitness levels welcome. Instructor Valin is a certified OULA instructor.

Brookview Wirth Lake Room

Sat, Sept 15–Nov 3

2–3 pm

\$96 resident, \$101 non-resident

F2404A



Yoga Flow With Laura

This non-competitive flow style yoga focuses on your personal experience. Classes combine yoga postures, targeted core work, and breath/body awareness. All classes end with an optional guided relaxation that takes each practice to a deeper level. Appropriate for beginners to yoga as well as those who already practice. Benefits include increased strength, flexibility, body awareness, and mental clarity. Wear comfortable clothes and bring a yoga mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski. Maximum of 25 per class.

Brookview Wirth Lake Room

5:30–6:45 pm

Tue, Sept 4–Oct 23

\$88 resident, \$93 non-resident

F2206A

Thur, Sept 6–Oct 25

\$88 resident, \$93 non-resident

F2206B

Tue, Oct 30–Dec 18

(no class Nov 6)

\$77 resident, \$82 non-resident

F2206C

Thur, Nov 1–Dec 20

(no class Nov 22)

\$77 resident, \$82 non-resident

F2206D



Happy Hour Yoga On The Green

Start your evening with some yoga and a designated cocktail, on the lawn bowling green at Brookview. This class is for participants of all levels, but you must be at least 21 years old to participant. Instructor, Emily Brighton-Egart, has 10 years of teaching experience and over 500 hours of teacher training. All classes are held outside. In the event of bad weather, a make-up day may be held at the end of the session. This program is done in partnership with Nexus Human Performance to provide industry leading yoga.

Brookview Lawn Bowling Green

Mon, Aug 20–Sept 24 (no class Sept 3)

6–6:45 pm

\$88 resident, \$93 non-resident

F2214A

Create A Piece Of Art

Find your inner artist in this social and fun painting experience. Learn step-by-step techniques and paint your very own blue heron on a canvas board. All the tools, materials and instruction are included.



Brookview Wirth Lake Room
Wed, Oct 3
1-3 pm
\$28 resident, \$31 non-resident
F2305A
Register by Fri, Sept 28

Get Artsy

Acrylic Pouring is a style of painting in which mediums are added to acrylic paints to make them fluid so they can be poured directly on the canvas to create works of art. In this class, we will be learning how to mix our paints and different techniques of applying them to create a directed pour painting that resembles a beautiful fall scene.

Crystal Community Center
Fri, Oct 12
6:30-8:30 pm
\$28 resident, \$31 non-resident
F2306A
Register by Thur, Oct 4

Mandala Dot Painting

Want to let your creativity flow while discovering the beauty of mandalas? You will create a mini canvas while learning the methods and patterns of beautiful dot painted mandalas. No experience needed. Join us for this relaxed and casual class and leave with the knowledge and tools to paint beautiful mandalas on canvas, clay pots, Christmas ornaments, wine bottles and much more. The possibilities are endless. All materials for class are provided, and the class fee includes a take-home supply kit.

Crystal Community Center
Sat, Nov 3
9:30-11:30 am
\$28 resident, \$31 non-resident
F2307A
Register by Thur, Oct 25

Guided Autobiography: Writing Your Own Story, Two Pages At A Time

During the six-week class we will explore some themes of your life through writing, which will include turning points, family, health, and what you have considered to be your life's work. Guided activities will help enhance self-awareness, writing skills, and memories. You will have an opportunity to share aloud the stories you have written at home in the preceding week. No previous writing experience is required; this class is designed around what you write, not how you write it, and it's a great way to start your own memoir. Instructor Diane Nimmer has received extensive training through the University of Wisconsin in Life Review and Life Reminiscence and has a certification in Guided Autobiography. Maximum of 12.

Brookview Valley South Room
Tue, Sept 11-Oct 16
10 am-noon
\$125 resident, \$130 non-resident
F2308A

Three Rivers Park District Birding Hike **FREE**

Take a hike and learn to locate and identify birds and discover tips and tricks from a naturalist while exploring the park. All equipment provided. Run in cooperation with the City of Golden Valley and Three Rivers Park District.

Sochacki Park Parking Lot
Sat, Oct 27
10 am-noon
Free, registration required
F1248A
Register by Wed, Oct 24



**Looking for more nature programs?
See page 11.**



DAVIS OPEN GYMS

All levels welcome. Schedule subject to change due to low attendance. Fee is \$30/10-time punch pass or \$4/daily drop-in.

SEPT 5–DEC 31, 2018

Sunday	Family Open Gym	1–3 pm
Sunday	Pickleball Drop-In	3–5 pm
Tuesday	Volleyball 18+ (closed Sept 25, Oct 16, Nov 6, Dec 4, 11, 25)	8–10 pm
Thursday	Volleyball 18+ (closed Oct 11, Nov 22)	8–10 pm
Friday	Youth Open Basketball/Soccer (closed Nov 16, 23)	6–8 pm
Saturday	Open Basketball For All Ages (closed Oct 27)	8–10 am

Check the City website for updates at www.goldenvalleymn.gov.

ADAPTIVE RECREATION PROGRAMS

The adaptive recreation program is a cooperative effort of REACH for Resources and the Cities of Brooklyn Center, Brooklyn Park, Golden Valley, Plymouth, Maple Grove, Chanhassen, Chaska, and St Louis Park. REACH is an agency that serves individuals with developmental disabilities and their families in Western Hennepin County and Eastern Carver County. Services include adaptive recreation, independent living support, case management, and counseling.



9 5 2 - 2 0 0 - 3 0 3 0 • www.reachforresources.org

ALL AGES (5+)

- Yoga
- Tae Kwon Do
- Bowling

TEEN (13–21)

- Teen Explorers
- Social Seekers
- Zumba

ADULT

- Wednesday Night Social
- Empowerment Group
- On The Town

AND
MUCH
MORE!

INCLUSION SUPPORT IS ALSO AVAILABLE

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

Adult Athletic Leagues

Parks and Recreation offers a variety of adult leagues and programs throughout the year. General information for upcoming seasons is listed below. For detailed registration information, visit the City website at www.goldenvalleymn.gov/recreation/adults/leagues.php.

To help teams find the appropriate league for the upcoming season, the Parks and Recreation Department classifies adult athletic leagues with Gold, Silver, and Bronze league designations. NOTE: Softball teams will continue to be sanctioned with USSSA at C, D, and E levels.

GOLD Intended for teams seeking the most competitive athletic experience and who occasionally participate in tournaments.

SILVER Intended for recreational teams who desire a moderately competitive softball experience.

BRONZE A fun and recreational experience with a low level of competition.

Adult Co-Rec Soccer

Offering several co-rec soccer leagues this fall for a variety of abilities. Teams will play a six-week regular season, plus a single elimination playoff. The season begins Sept 7 with games played on both Friday nights and Sunday afternoons at Lions Park. Fee is \$500 per team. Silver and Bronze leagues are available.



Adult Fall Co-Rec Sand Volleyball

Enjoy a beautiful night in the park with sand under your toes in our recreational co-rec six-on-six volleyball league. Teams will play a six-week season starting Aug 22, with all games played at Brookview Park. Fee is \$140 per team. Silver and Bronze leagues are available.



Adult Indoor Co-Rec Volleyball

Join our recreational co-rec six-on-six indoor volleyball league. Teams will play a six-week season, plus a single elimination playoff starting Oct 24 (no games Nov 21), with all games played at Davis Community Center. Fee is \$160 per team. Silver and Bronze leagues are available.

Adult Fall Men's Softball

The 2018 fall softball season offers a variety of USSSA men's softball leagues. Teams will play a six-week regular season of doubleheaders. The season begins Aug 21, with all games played at Schaper Park. Fee is \$435 per team. Bronze (Tues), Silver (Wed), and Gold (Thur) are available.



Adult Fall Co-Rec Kickball

Grab your friends and join us for a blast from your gym class past with the all new summer kickball league! Co-rec teams will play a six-week season at Schaper Park. Games times at 6:15, 7:05, 7:55, 8:45, 9:35 pm.

Schaper Park

Mon, Aug 20–Oct 1

\$150/team





55+ Newsletter Subscription

Don't miss out on all the great 55+ happenings at Brookview.

Subscribe to our bi-monthly newsletter to stay in the know. Subscriptions run January–December and cost \$5 for residents of Golden Valley and \$8 for non-residents. That's six newsletters mailed right to your door! Subscriptions need to be renewed each year in December by mail, online, or walk-in at Brookview.

ADDED BONUS The ever-popular mini sticky calendars are back! Subscribe today to receive yours.



Mondays With Mary

Join Mary to make door decorations, greeting cards, placemats, 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, talent, and occasionally, a treat.

Brookview Valley Room
Mondays
9:30–11:30 am

Holiday Tea

Join us for a delightful afternoon with entertainment by Tim Patrick, followed by delicious finger foods and desserts. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun.

Brookview Bassett Creek Room
Mon, Dec 10
1–2:30 pm
\$9/person
F3301A
Register by Dec 7

Celebrate Oktoberfest At Brookview

Don't miss this celebration of good food and German-style fun. The Cities of Golden Valley, Brooklyn Center, Brooklyn Park, Crystal, New Hope, Plymouth, Robbinsdale, and Robbinsdale Area Schools Community Education will present an Oktoberfest senior lunch and dance featuring entertainer Wes "Squeezy" Miller. A seasoned accordion performer, "Squeezy" will be walk through the crowd to entertain and delight audiences with authentic polka and Oktoberfest tunes. Afterwards, dance or just sit back and listen to the Fridley City Polka band playing a variety of dance music, polkas, and old tyme classics. Fee includes entertainment and luncheon featuring authentic German-style soft pretzel sticks, bratwurst (beef/chicken), sauerkraut, traditional potato salad, apple strudel, water, coffee, and root beer. Beer also available on a cash bar basis.

Brookview Bassett Creek Room \$12/person
Thur, Oct 4 F3303A
11:30 am–1:30 pm
Register by Wed, Sept 26



Defensive Driving

Adults age 55+ can save up to 10 percent, get a three-year discount on car insurance premiums, and become better drivers 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.

Registration & Certificate of Completion

To guarantee a certificate at class completion, register at least seven days 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 credit card.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley North Room

Sat, Nov 3 & 10 (must attend both days)

9 am–1 pm

\$19/person

4-HOUR REFRESHER COURSES

Brookview Valley North Room

Thur, Aug 9, Sept 13, Oct 11, Nov 8, Dec 13

9 am–1 pm

\$18/person

Driver Improvement Programs

This is a Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program for those over age 55. Clases are taught by a certified instructor from the Minnesota Highway Safety Center. Minnesota State Law allows a 10 percent reduction in auto insurance premiums for three years upon completion of the course.

To register, visit the Minnesota Safety Center website at www.mnsafetycenter.org or call toll free at 1-888-234-1294. Fees collected day of class.

8-HOUR FIRST-TIMERS COURSE

Brookview Valley North Room

Wed & Thur, Sept 26 & 27

(must attend both days)

5:30–9:30 pm

\$26/person

4-HOUR REFRESHER COURSES

Brookview Valley North Room

Tue, Oct 2 5:30–9:30 pm

Wed, Nov 7 12:30–4:30 pm

Thur, Dec 13 12:30–4:30 pm

(only need to attend one day)

\$22/person



Pedal Pushers Daytime Biking Group

This longtime group bikes to and from various areas in the Twin Cities and usually stops for treats along the way. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides are on Tuesdays or Thursdays, with a couple rides each month. Fall ride dates are: Aug 28, Sept 11 and 20, and Oct 25. New this year: We require a \$5 registration fee to ride and to be put on the mailing list for ride information.

Rides begin at 9:30 am

\$5/person

S2215A



Pickleball

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. Find outdoor pickleball court locations in Golden Valley on page 37.

INDOOR PICKLEBALL

Equipment available on a limited basis. Gym shoes required.

Davis Gyms

Sundays beginning Sept 16

3–5 pm

\$4/at door, or

\$30/10-time punch pass

OUTDOOR PICKLEBALL

Wildwood Park

Mon, Wed, Fri, 8–10 am

Thur, 7–9 pm

Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the Parks and Recreation office at 763-512-2345 to register in advance so there are treats and coffee for all. **NOTE: No meetings in Nov and Dec.**

Brookview Valley North Room
9:45–11 am
\$2 payable at the door

WED, AUG 22

Golden Valley's Suburban Evolution

Jason Zimmerman, planning manager for the City of Golden Valley, will share what is in our 2040 Comprehensive Plan update and how Golden Valley is evolving to keep pace with changes in the Twin Cities area. He will touch on some of the more tangible goals and actions of the plan, including our new bike/pedestrian plan and various efforts to spur redevelopment in key locations. *Register by Aug 21.*

WED, SEPT 26

Adopting Senior Pets

Puppies and kittens may have a certain cuteness factor to them, but there is something extra special about senior pets. Animal Humane Society representative Zach Nugent will talk about the benefits of owning a senior animal and the booming industry of senior pet products. *Register by Sept 25.*

WED, OCT 24

“The Law And Legacy Of World War I In MN: How The ‘Great War’ Still Affects Us Today”

This presentation will review a number of legal cases in Minnesota that were impacted by the war and continue to affect our lives today. Presenter Marshall H. Tanick is an attorney with the law firm of Meyer, Njus, Tanick. He is a graduate of the University of Minnesota and Stanford Law School and is certified as a Senior Civil Trial Specialist by the Minnesota State Bar Association. In addition to his law practice, he is an avid historian and educator on Constitutional law and history. *Register by Oct 23.*

Living Wise And Well

FREE

It's a fact—people are living longer and healthier! Join us for this free program that offers monthly information for a happy, healthier, and smarter you. Refreshments provided by Calvary Center Cooperative. No pre-registration required. **NOTE: No meeting in Nov.**

Calvary Center Cooperative Prairie Room
2–3:15 pm

THUR, SEPT 6

How To Protect Your Photos Before Disaster Strikes

As we all know, disasters just do not happen during the spring and summer storm seasons. Most people do not have a disaster plan in place. However, it is a great time for a family to consider how to protect one of its most treasured assets—photos, photo albums, and digital images and files. Beth Gibson Lilja, a professional photo organizer and expert, will discuss the importance of having a plan in place before a disaster hits. Lilja will educate the group on how to get started organizing and protecting these precious family memories.

THUR, OCT 4

Dementia

Led by Racheal Von-Reuden, this discussion is informal and includes fun activities and interaction. You'll learn what dementia is and tips for communicating with people who have dementia. Everyone who attends is asked to consider a practical action that can help someone in their community. The action can be big or small—every action counts!

THUR, DEC 6

Holiday Decorating Made Easy

Frank is back with easy decorating ideas to make your space alive for the holidays. Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.

THUR, JAN 3

Foot Care

Dr Tom Silver, foot specialist from the Westwood Foot Clinic in Golden Valley Town Square, will give a practical presentation that will focus on basic foot care for seniors, along with prevention and treatment of foot problems. A question and answer period will follow.



Weekly Card & Game Groups

These 55+ adult card and game groups will resume the week of Dec 4 in the new Brookview. New players are always welcome. Please arrive at least 10 minutes before the scheduled start time to get set up. All groups meet at Brookview in the Valley Room. No pre-registration required. We look forward to seeing you there!

DAY	GROUP	TIME
Monday	Dominoes	1 pm
Tuesday	Cribbage	1 pm
Wednesday	500	1 pm
Thursday	Euchre	1 pm
	Poker	1 pm
Friday	Bridge	9 am

Money Matters **FREE**

Finances, investments, and things related to money are shared. Join us as we hear speakers from organizations working with finances, investments, and government present information important for today and tomorrow. No pre-registration required.

NOTE: No meeting in Nov.

Brookview Valley North Room 10–11:15 am

THUR, AUG 16

Wills, Trusts, And Other Estate Planning Tools

What is the difference between a will and a trust? Which tools are right for you given your goals and intentions for your estate? This class will review the key planning tools available to you, including wills, trusts, powers of attorney, and health care directives. Information will also be provided on probate avoidance and recent shifts in the laws that may impact your planning options and strategies.

THUR, SEPT 20

Advanced Health Planning

Have you ever heard the terms health care power of attorney, living will, health care directive, POLST, DNR/DNI? Do you know what the differences are and what you should have? Do you live in another state for part of the year and have you thought through whether your health care documents will be honored in that other state? Is it okay to name all three children as your health care agent? This session will answer all of these questions, and you will leave knowing what you need to ensure your health care and privacy preferences are documented correctly. The speaker, Mary Frances Price, is a local elder care attorney with extensive experience advising on health and privacy matters.

THUR, OCT 18

Discover St Louis Park And Golden Valley

You have probably seen the destination guide and other promotional materials, but do you know what Discover St Louis Park and Golden Valley does in our community? Find out the economic impact and benefits this organization provides from presenter Becky Bakken, president and CEO.

THUR, DEC 20

Elder Financial Abuse Prevention For Seniors And Their Families

Elder financial abuse, also known as financial exploitation, is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and acts of deception to gain control over a senior's money or property. Come and learn about common types of financial abuse, indicators and signs, and how to report and get help.



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! Trip registrations are taken on a first-come, space-available basis by mail, online, or in person at Brookview. Use the trip code and select meal choice (if offered) when registering. Pick-ups are available at Golden Valley City Hall or Calvary Center Cooperative (if five or more requests).

Fall Color Great River Road And National Eagle Center In Wabasha

At Pepin Heights Apple Orchard in Lake City, shop for apple products and specialized gifts. Evelyn Courtier, along with her husband Gil, planted the first orchard in 1949. Leave Pepin Heights and arrive at Bluffs at the Coffee Mill Golf Course Restaurant. Enjoy lunch overlooking the majestic Mississippi Valley with a wonderful panoramic view. After lunch, head for the National Eagle Center, a 15,000-square-foot building with plenty of exhibit space and a glassed-in observation deck for eagle watching. Look around the center and gift shop at your own pace, and spend time on the platform viewing interesting wildlife, including bald eagles (BRING BINOCULARS FOR BEST VIEWING). Enjoy a classroom presentation on Ambassador Eagles, and engage with the staff about these rehabilitated eagles that are used for educational programs. Learn how much an eagle weighs and the size of its wingspan. On the return trip, shop at the Nelson Cheese Factory. The founders of the Nelson Cheese Factory made cheese for more than 100 years. While they no longer make cheese, the offerings have been expanded to include cheese from Wisconsin and around the world as well as fine wines and a gourmet selection of food. Ice cream cones are a favorite with all visitors, along with a selection of fresh and delicious sandwiches, soups, and salads. Leave Nelson and travel home through the small riverside villages on the Wisconsin side of the Mississippi River.

Lunch Menu: Tossed salad, stuffed pork chop, mashed potatoes and gravy, vegetable, roll, dessert, coffee or tea.

Tue, Oct 16

\$68

7:35 am pick-up

6:25 pm approximate return

Register/cancel by Sept 24

Y3255A



"Evening With Groucho" At Sheldon Theater In Red Wing

After enjoying lunch at the St James Hotel, if time permits, shop in downtown Red Wing. Leave the St James Hotel for the B. Sheldon Theatre, founded in 1904. This "glittering jewel box," as it was called after its 1986 refurbishing, was the first city-owned theater in America. Today, the Sheldon offers year-round events ranging from theatre, music, dance, films, comedy, lectures, and more. Attend the matinee performance of "Evening With Groucho." Frank Ferrante recreates his PBS, New York, and London acclaimed portrayal of legendary comedian Groucho Marx in this fast paced 90 minutes of hilarity. The two-act comedy consists of the best Groucho one-liners, anecdotes, and songs, including "Hooray for Captain Spalding," and "Lydia, the Tattooed Lady." The audience literally becomes part of the show as Ferrante ad-libs his way throughout the performance in grand Groucho style.

Lunch Menu: Tuscan chicken (grilled chicken breast with sundried tomato and fresh basil), pesto cream sauce served with chef's choice of starch and vegetable, fresh roll, cookie, coffee.

Fri, Nov 9

\$87

9:05 am pick-up

5 pm approximate return

Register/cancel by Oct 1

Y3260A



FlyOver America At MOA

Arrive at the Mall of America for "FlyOver America," a must-see virtual flight attraction unlike anything Minnesota has ever seen. Riders are suspended in the air with feet dangling 10 to 40 feet above the ground and immersed in a giant half-spherical dome screen. Special effects, including wind, scents, and mist, make you feel like you're truly flying! After the ride, take time at the Mall of America to shop along the pedestrian walkways featuring hundreds of stores, including American Girl and The LEGO Store. You can also purchase tickets to Nickelodeon Universe and Sea Life Minnesota Aquarium. Meet at The Radisson Blu Fire Lake Grill House for a petite luncheon. Take some additional time after lunch to visit stores decked out in seasonal array.

NOTE: There is considerable walking at the Mall of America. A folding wheelchair, walker, or cane will fit under the motor coach.

Sample Lunch Menu: Chicken and mushroom wild rice soup, half club sandwich (roisserie chicken, roisserie turkey, pecan bacon, provolone, tomato), field greens, coffee, tea or soda, and a blueberry lemon white chocolate cookie.

Thur, Nov 15	9:20 am pick-up	Register/cancel by Nov 1
\$50	3:05 pm approximate return	Y3254A

A Grand Christmas Tour

Take a guided tour of the Alexander Ramsey House and experience the sights, sounds, and tastes of a Victorian Christmas. The Alexander Ramsey House offers visitors a chance to step back in time to the Christmas season of 1875. View original family ornaments and Christmas gifts. Discover how the Ramsey family and their friends, neighbors, and servants prepared for and celebrated the Christmas season. Shop in the Carriage House Gift Store, which features replica Victorian ornaments and other items. Arrive on popular Grand Avenue for lunch at Tavern on Grand in The Lake Room.

After lunch, take a guided tour* of the St Paul Cathedral, recognized as a historical landmark. The prominent building sits on Cathedral Hill overlooking downtown St Paul and features a distinctive copper-clad dome. It is the third largest completed church in the United States and the fourth tallest. It is dedicated to Paul the Apostle, who is also the namesake of the City of St Paul. The current building opened in 1915 as the fourth cathedral of the archdiocese to bear this name. The interior is illuminated by 24 stained glass windows featuring angelic choirs. The building was added to the National Register of Historic Places in 1974. The tour begins near the front pews and the center aisle of the Cathedral. After the tour, visit the space at your own pace, and stop by gift kiosks to purchase a memento of your visit. *NOTE: The Cathedral only offers tours at 1 pm, but because it is an active place of worship, it is possible that daily tours may be cancelled in deference to special liturgical events.

Lunch Menu (choose entree when registering): 1) Walleye basket—a walleye fillet, cut into pieces, battered, and deep-fried, served with seasoned tavern fries, cole slaw, beverage, and ice cream; or 2) Grilled chicken beast, seasoned tavern fries, cole slaw, beverage, and ice cream.

Wed, Dec 12	8:05 am pick-up	Register/cancel by Nov 19
\$67	3 pm approximate return	Y3257A



"Irving Berlin's Holiday Inn" At Chanhassen Theater

Begin with lunch, then enjoy the matinee performance of "Irving Berlin's Holiday Inn." Holiday Inn tells the story of Jim, who leaves the bright lights of Broadway—as well as his fiancé dance partner Lila—to settle down at an old farmhouse in Connecticut... but life just isn't the same without a bit of song and dance. Jim's luck takes a turn for the better when he meets Linda, a spirited schoolteacher with talent to spare. Together they turn the farmhouse into a seasonal inn with show-stopping performances to celebrate each holiday, from Thanksgiving to the Fourth of July. But when Jim's best friend, Ted, tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love? Songs include such Irving Berlin all-time classics as "Shaking the Blues Away," "Heat Wave," "Blue Skies," "Cheek to Cheek," "It's a Lovely Day Today," "Easter Parade," and, of course, "White Christmas."

Lunch Menu: Choose from a limited menu of entrées, which will include a salad, vegetable, bread, potato or rice, and beverage.

Wed, Jan 9	10:20 am pick-up	Register/cancel by Dec 3
\$80	4:45 pm approximate return	Y3261A

Happy Hour Yoga On The Green

Start your evening with some yoga and a designated cocktail, on the lawn bowling green at Brookview. This class is for participants of all levels, but you must be at least 21 years old to participant. Instructor, Emily Brighton-Egart, has 10 years of teaching experience and over 500 hours of teacher training. All classes are held outside. In the event of bad weather, a make-up day may be held at the end of the session. This program is done in partnership with Nexus Human Performance to provide industry leading yoga.

Brookview Lawn Bowling Green
Mon, Aug 20–Sept 24 (no class Sept 3)
6–6:45 pm
\$88 resident, \$93 non-resident
F2214A



Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and 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.

Brookview Wirth Lake Room
11 am–noon
Tue, Sept 18–Nov 13
(no class Nov 6)
\$64 resident, \$67 non-resident
F2201A
Tue, Nov 27–Dec 18
\$32 resident, \$35 non-resident
F2201B

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 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. Annette is host of award-winning TV show (Channel 20 or Channel 859) *Yoga on the Go*.

Brookview Wirth Lake Room
6–7 pm
Mon, Sept 24–Nov 19 (no class Oct 29)
\$64 resident, \$67 non-resident
F2202A
Mon, Nov 26–Dec 17 (no class Oct 29)
\$32 resident, \$35 non-resident
F2202B



Golden Valley Library Programs

Book Club 2nd Mon each month, 6:30 pm
Audiobook Club 4th Mon each month, 6:30 pm
Poetry Lovers Converge 1st Wed each month, 6:30 pm
Meditation For Beginners 3rd Wed each month, 6:30 pm
History Discussion Club 3rd Thur each month, 10 am

For more information, visit www.hclib.org or call 612-543-6375.

55+ Adult Community Services

Senior Community Services Caregiver Services **612-770-7005**

Senior Outreach and Caregiver Services provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved ones but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. Call today for more information!

Store To Door **651-642-1892**

Help At Your Door, formerly Store To Door, is a nonprofit organization that provides critical services to thousands of seniors, individuals with disabilities, and caregivers across the greater metro area of Minneapolis and St Paul. Their mission is to help seniors and individuals with disabilities maintain their independence and continue living in their homes. Services include: grocery assistance, home support (cleaning and repair), and transportation.

Helping You Through The Medicare Maze

Going to retire and need your Medicare questions answered? Wondering about your choices with supplemental coverage? Have questions about Part D? Worried about the details in filing a claim or appeal? Do you need help through the Medicare maze? Marsha will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms, or guide you through supplemental or Part D insurance. She would love to work with you. Appointments are required at least three days in advance by calling 763-512-2366.

Brookview Rice Lake Conference Room
Thur, Aug 9, Sept 13, Oct 18, Nov 8, Dec 5
Appointment times are 10 am, 11 am, 12 pm

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

H.O.M.E. stands for Household and Outside Maintenance for the Elderly. The mission of the H.O.M.E. Program is to assist those age 60+ with household chores to help promote independence. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. H.O.M.E. also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.

Each year H.O.M.E. receives a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, basement cleaning, and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. H.O.M.E. also places volunteers with individuals who need assistance with seasonal chores such as snow removal and lawn mowing. The volunteer opportunities are flexible and great for individuals as well as groups. Call or email us at HOME@seniorcommunity.org.

H.O.M.E can help with:

- housekeeping
- laundry
- minor maintenance repairs
- safety device installation
- interior/exterior painting
- snow shoveling
- lawn mowing seasonal
- yard work
- window washing

Senior Dining **763-531-1183**

Senior Dining provides a delicious noon meal at Crystal Community Center. A donation of \$4 is requested at the door, but no one will be denied a meal. Takeout meals are also available. Reserve your lunch by calling at least three days in advance between 9–11:30 am. Ask a friend to join you for a great meal at a reasonable cost.



TWIN CITY TENNIS CAMPS

MOVING TENNIS FROM A GAME OF SKILL TO A GAME FOR LIFE.

Junior & Senior Quick Start Camps

Beginner and Advanced Beginner Ages 4–16

Designed to give our new players an introduction while emphasizing athletic movement, motor skills, and balance coordination along with hand and eye coordination. We focus on cooperation and rally and racket skill development while campers begin to love the game of tennis for the first time. Campers will be divided by skill level and age at the courts.

Development Junior & Senior Camps

Advanced–Intermediate Beginners Ages 6–16

Participants will enjoy building stroke development and proper technique while focusing on scoring, serving, and team matches. Player/coach ratio 6:1. Campers will be divided by skill level and age at the courts.

Junior & Senior High Performance Camps

Intermediate–Advanced Ages 8–18

Designed for aspiring competitive tennis players. Practices will be intense, competitive, and demanding with an emphasis on match play and tournament performance. Player/coach ratio 6:1. Campers will be divided by skill level and age at the courts.

MIT Junior & Senior Academy Camps

Advanced–Elite Ages 8–18

Designed for USTA/high school competitive tennis players. Practices will be intense, competitive, and demanding with an emphasis on match play and tournament performance. Player/coach ratio 6:1. Campers will be divided by skill level and age at the courts.

Youth Camps are offered on the dates and times listed below:

SESSIONS AVAILABLE:

8-week session begins week of Aug 27

6-week session begins week of Sept 10

4-week session begins week of Sept 24

WESLEY PARK

Mon–Thur

4:30–6 pm, \$89/4 wk, \$109/6 wk, \$139/8 wk

BROOKVIEW PARK

Mon–Thur

6–7:30 pm, \$89/4 wk, \$109/6 wk, \$139/8 wk

Sat from Sept 1–Oct 20

9:30–11 am, \$89/4 wk, \$109/6 wk, \$139/8 wk

11 am–12:30 pm, \$89/4 wk, \$109/6 wk, \$139/8 wk

12:30–1:30 pm, \$69/4 wk, \$89/6 wk, \$119/8 wk

1:30–3:30 pm, \$99/4 wk, \$119/6 wk, \$159/8 wk

1:30–5 pm, \$139/4 wk, \$199/6 wk, \$279/8 wk

Sun from Sept 2–Oct 21

11 am–12:30 pm, \$89/4 wk, \$109/6 wk, \$139/8 wk

12:30–1:30 pm, \$69/4 wk, \$89/6 wk, \$119/8 wk

1:30–3:30 pm, \$99/4 wk, \$119/6 wk, \$159/8 wk

1:30–5 pm, \$139/4 wk, \$199/6 wk, \$279/8 wk



MEA Vacation Day Camp

Ages 6–18

Each day will incorporate daily fitness training, stretching, and other off-court activities.

BROOKVIEW PARK

Wed–Fri, Oct 17–19

11 am–4 pm, \$65

1–4 pm, \$50

REGISTER NOW!
www.twincitytenniscamps.com
612-600-2460



Warrior Drill/High Performance
(USTA Level 4.0-5.0)

Offered on Mondays

Advanced and elite league players and tournament players. Competitive rallies, serves, and returns. Doubles and singles strategy are emphasized.

Beginner/Advanced Beginner
(USTA Level 1.0-2.5)

Offered on Tuesdays

Advanced beginner and beginner lessons with an emphasis on strokes, rallying, and serving. Junior classes offered at same time.

Intermediate/Advanced Intermediate
(USTA Level 3.0-4.0)

Offered on Wednesdays

For players who want to compete and get an intense cardio fitness workout. Focus on fundamentals and match play. Junior classes offered at same time.

Advanced Beginner/Intermediate
(USTA Level 2.0-3.0)

Offered on Thursdays

Advanced beginner and beginner lessons with an emphasis on strokes, rallying, and serving. Junior classes offered at same time.

Adult programs are offered on the dates and times listed below:

SESSIONS AVAILABLE:

8-week session begins week of Aug 27

6-week session begins week of Sept 10

4-week session begins week of Sept 24

BROOKVIEW PARK

Mon-Thur

6-8 pm, \$99/4 wk, \$119/6 wk, \$159/8 wk

Sat or Sun, Sept 1-Oct 21

9:30-11 am, \$69/4 wk, \$99/6 wk, \$109/8 wk

11 am-12:30 pm, \$69/4 wk, \$99/6 wk, \$109/8 wk



Private And Semi-Private Tennis Lessons

Private lessons are one-on-one instruction with either a USPTA certified head professional or assistant professional. Semi-private lessons will be with two to four students per instructor. Call Dan Nabedrick today to set up your lessons!

PRIVATE	Head Pro	Asst Pro
1 hour	\$85	\$65
5 lesson	\$400	\$300
10 lessons	\$750	\$550
SEMI-PRIVATE		
1 hour	\$95	\$75
5 lessons	\$450	\$350
10 lessons	\$850	\$650

Twin City Tennis Camps is an independant contractor not affiliated with the City of Golden Valley.

BROOKVIEW

GOLF & LAWN BOWLING

Satisfy your need for year-round recreation, or indulge in a beverage on our deck.
The Brookview experience is spectacular any season!

763-512-2300 | www.brookviewgolf.com



Lawn Bowling Season Opener Night **FREE**

Friday, Aug 3 | 6-9 pm

Come out for the season opening of Brookview's Lawn Bowling green. After a long reconstruction process, we are excited to re-open! Play is free and on a first-come, first-served basis. Food and beverages will be available for purchase. This is a great opportunity to learn how to lawn bowl and visit the facilities. New lawn bowling league members are encouraged to attend this event before the first week of league play.



FALL RATES

Effective
Oct 1, 2018

REGULATION COURSE	PATRON	PUBLIC
18-Hole	\$24	\$31
9-Hole	\$15	\$18
Power Cart 18-Hole (per rider)	\$12	\$15
Power Cart 9-Hole (per rider)	\$7	\$9
Twilight (after 3:30 pm Fri, Sat, Sun, Holidays)	\$16	\$19
Twilight with Power Cart	\$23	\$28

Reservations may be made as follows: Patron Card holders seven days in advance, general public five days in advance.

PAR 3 COURSE

9-Hole	\$8.50	\$12
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JUNIORS

18-Hole (ages 10-17)	\$20	\$22
9-Hole (ages 10-17)	\$12	\$14
9-Hole Par 3 (ages 6-17)	\$8	\$9

60+ ADULTS

Mon-Fri before noon

18-Hole Senior	\$20	\$24
9-Hole Senior	\$13.50	\$15

Valid anytime, seven days a week

9-Hole Par 3 Senior	\$8	\$9
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Reservations must be made, and tee times are based on availability. Not valid on holidays, special events, or for league play.

DRIVING RANGE

Large Bucket	\$8
Large Patron Bucket	\$6
Small Bucket	\$6
Warm-up Bucket	\$4
10 Large Bucket Pass	\$67

LAWN BOWLING REOPENS WED, AUG 1

LAWN BOWLING RINK RENTAL

Golden Valley Resident or Brookview Patron	\$25/hour
Public	\$30/hour

LAWN BOWLING PRIVATE GROUP RENTAL

Private Rink Rental	\$30/hour
Half Green Rental (4 Rinks)	\$120/hour
Full Green Rental (8 Rinks)	\$240/hour
Game Official	\$30/hour

Coming Again This Winter...

WINTER RECREATION TRAILS & DISC GOLF

Stay Tuned For More Information!

www.brookviewgolf.com



BROOKVIEW
GOLF & LAWN BOWLING

COMEDY AT BROOKVIEW

Join us for a night of stand-up entertainment with Comedy at Brookview, featuring national headliners! Come for a catered buffet dinner before the show at 6:30 pm or attend just the show at 8 pm. All shows will be in the Bassett Creek banquet room, with full bar service (shows for age 18+).

Nov 17 | Dec 15 | Jan 19 | Feb 16
\$20 show | \$40 Dinner+Show



For more information, visit:
brookviewgoldenvalley.com/comedy.html

BROOKVIEW PARK PAVILIONS

Hosting a neighborhood, family, or company picnic? Rent a pavilion at Brookview Park, located in Golden Valley at the southwest corner of Hwy 55 and Winnetka Ave. Brookview Park pavilions are sure to be crowd pleasers, with great views of Brookview Golf Course and a maximum park capacity of 300.

Reservations

IN PERSON

Monday–Friday, 8 am–4:30 pm

Brookview

316 Brookview Pkwy

Golden Valley, MN 55426

ONLINE

<http://webtrac.goldenvalleymn.gov>

Music

Amplified music of any kind is **not permitted** at Brookview Park, except in conjunction with a City-sponsored event.

Reservation Time Frames

11 am–4 pm and/or 5 pm–dusk

Damage/Clean-Up/Noise Deposit

\$250 refundable deposit due at time of booking.

NOTE: Deposit refunds are processed one week after reservation. Due to processing procedures, deposits paid by check or cash could take up to four weeks to receive. Those paid by credit card will be processed immediately.

Beer & Wine Permit (Pavilions Only)

\$30 fee is due at time of booking.

You may purchase an alcohol permit to serve beer and/or wine at your event (only in conjunction with a pavilion reservation).

Small Pavilion

- 50 people at 10 tables
- 3 charcoal grills
- 2 water fountains
- 6 outlets

Resident **\$100**

Non-Res **\$115**



Large Pavilion

- 100 people at 15 tables
- Wood fireplace
- Sink • 3 charcoal grills
- 16 outlets • Restrooms

Resident **\$130**

Non-Res **\$150**



BROOKVIEW PARK GAZEBO



The Brookview Park Gazebo is available to rent for wedding ceremonies of up to 200 guests (only the ceremony area is covered). Rental of the gazebo is only available in conjunction with the rental of Brookview's Large Pavilion (see pavilion reservation times listed above). Guests are welcome to provide their own outdoor lawn chairs or use our exclusive chair rental service, American Affairs. Please contact them at 763-496-1357.

\$50/hour resident, plus Large Pavilion rental fees

\$75/hour non-resident, plus Large Pavilion rental fees

TENNIS & PICKLEBALL COURTS

Interested in playing tennis or pickleball but unsure where to play? If a court is being used due to a rental or lesson program, the schedule will be posted online. Find availability and court locations on the City website listed below. Pickleball is played on our tennis courts over the tennis net.

Court Etiquette

If a court is being used, simply hang your racquet or paddle in the designated area to show you are next for the court. The court will be released within one hour after racquet is placed in holder.

Lights

Courts with lights have push-button timers. If you would like to turn on the lights, simply push the button and the lights will stay on until 10 pm. Lights automatically go off at 10 pm.

Rental

Courts are available for rent. Please call the Parks and Recreation office at 763-512-2345 for availability and to reserve your court.

Per hour	Tournament (per day)
\$6 resident	\$40 resident
\$8 non-resident	\$50 non-resident



Locations	Address	TENNIS		PICKLEBALL
		Courts	Lighted	Courts
Brookview Park	200 Brookview Pkwy	6	4	-
Gearly Park	3101 Regent Ave N	1	1	-
Lions Park	151 Louisiana Ave N	2	-	-
Medley Park	2331 Ensign Ave N	3	3	3
Scheid Park	1856 Toledo Ave N	2	2	2
Seeman Park	1101 Florida Ave N	2	-	2
Wesley Park	8305 Wesley Dr	4	-	-
Wildwood Park	7401 Duluth St	-	-	6

www.goldenvalleymn.gov/parks/tennis

OPEN Pickleball

Bring your paddle and play pickleball with other enthusiasts. All courts are reserved for pickleball play during this time.

Outdoor
Wildwood Park
Mon, Wed & Fri, 8-10 am
Thur, 7-9 pm
FREE

Indoor
Davis Gyms
Sun beginning Sept 16
3-5 pm
\$4/person or
\$30/10-punch pass

GYM COURT RENTAL

Davis Gyms are attached to Meadowbrook Elementary School and located at 5430 Glenwood Ave. Its two courts are available for rent and can be used for basketball, volleyball, dance, indoor hockey, conditioning, birthday parties, and more. Court reservations can be made up to six months in advance and are based on availability. Call Golden Valley Parks and Recreation at 763-512-2345 for availability and reservations.

2-hour minimum
\$30/hr/court resident + tax, \$40/hr/court non-resident + tax

Looking for Open Gym times? See page 22.

EVENTS & CELEBRATIONS

Host your event at Golden Valley's
newest full-service venue

Centrally located with expansive golf course and sunset views, the Bassett Creek Room at Brookview will offer a modern, versatile indoor and outdoor space for all occasions.

Weddings
Birthdays

Meetings
Retreats

Graduations
Parties

and more!



BROOKVIEW

GOLDEN VALLEY

For more information, visit
brookviewgoldenvalley.com



Volunteers Make A Difference

Check out the volunteer opportunities listed below and contact the Parks and Recreation office today to lend a helping hand. Visit our website for more information and to complete the online application.

SPECIAL EVENTS

- Run The Valley (April)
- Penny Carnival (Aug)
- Bike Rodeo (May)
- Golden Valley Golf Classic (Sept)

COMMUNITY PROGRAMS

- Lawn Bowling Attendant (May–Oct)
- Photo Posse (varies)
- Summer Concert Series (June–Aug)
- Youth Holiday Programs (Dec)

OPEN SPACE & PARK IMPROVEMENTS

- Adopt-A-Park (April–Oct)
- Mighty Tidy Day (Oct)
- Storm Sewer Stenciling (seasonal)

YOUTH ATHLETICS

- Basketball Coach (Jan–March)
- Hockey Coach (Jan–Feb)
- Soccer Coach (Sept–Oct)
- Junior Golf League (June–July)



Contact us today to lend your helping hand!

VISIT: www.goldenvalleymn.gov/community/volunteers | E-MAIL: ParkandRec@goldenvalleymn.gov | CALL: 763-512-2345

5 REASONS TO PICK UP YOUR DOG'S POOP



- It shows courtesy to your community. No one wants to step in your dog's poop or have it in their yard, boulevard, or park.
- It reduces exposure to eggs and larvae of roundworms, hookworms, tapeworms, and other parasites.
- It keeps feces from washing into storm drains and local water systems, thereby preventing harmful pollutants to the ecosystem.
- It's easy.
- It's the law. Section 10.33, Subd 2 of the Golden Valley City Code prohibits you from allowing an animal to defecate on public or private property without immediately removing it and discarding it in a sanitary manner. The Code also requires you to have the proper disposal tools with you whenever you take your dog onto public property or other people's property.



Seasonal Off-Leash Pet Exercise Areas

Gearty & Medley Hockey Rinks

7 am–10 pm daily

Open spring until winter rink maintenance begins

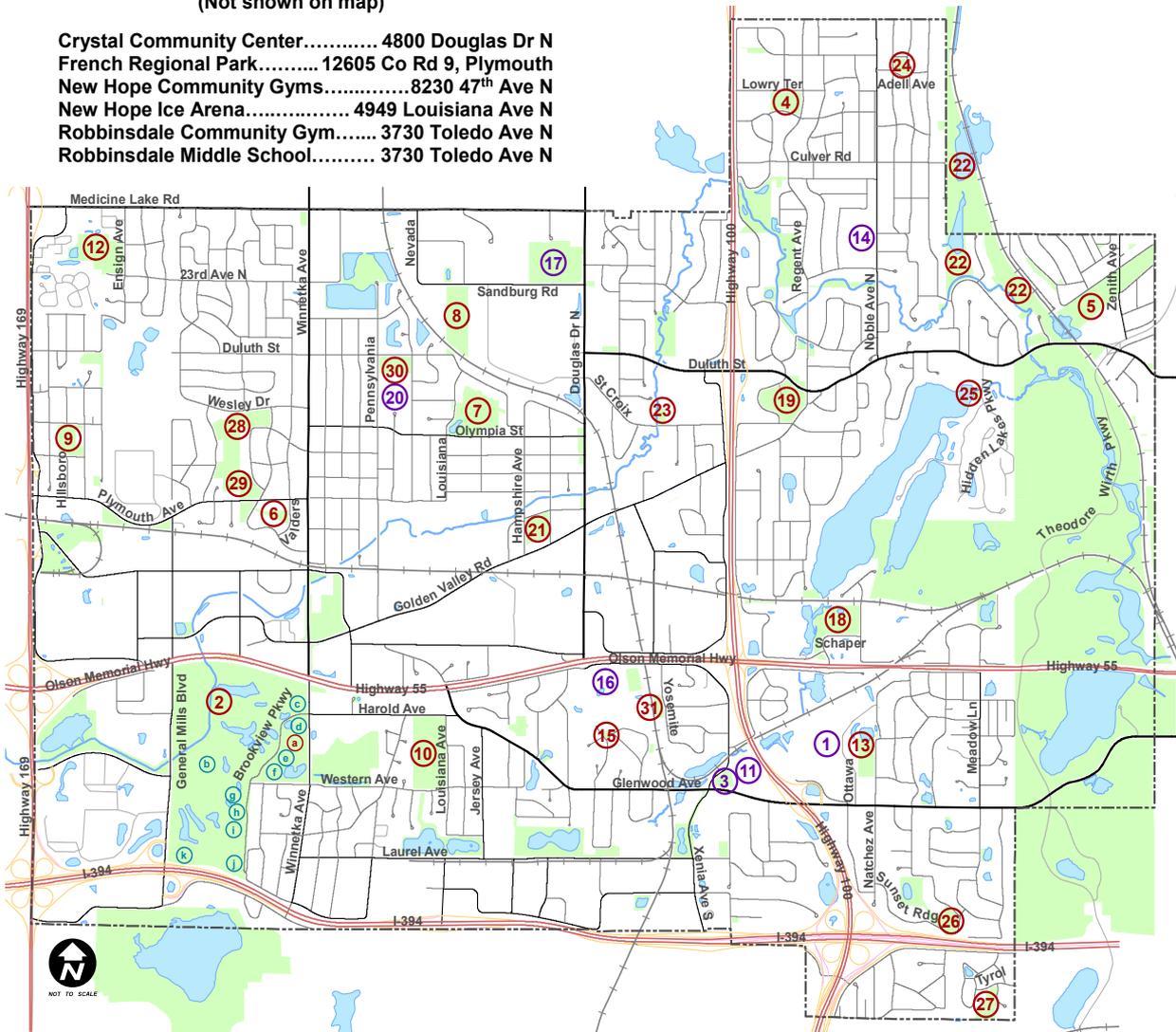
Visit the City website at www.goldenvalleymn.gov for complete rules and closure updates.



- 1) Breck School..... 123 Ottawa Ave N
- 2) Brookview..... 200 Brookview Pkwy N
 - a. Park
 - b. Regulation Golf Course
 - c. Tennis Courts
 - d. Small Picnic Shelter
 - e. Large Picnic Shelter
 - f. Gazebo
 - g. Par 3 Golf Course
 - h. Lawn Bowling Green
 - i. Golf Grill, Pro Shop, Community Center
 - j. Driving Range
 - k. 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) Natchez..... 201 Natchez Ave
- 14) Noble School..... 2601 Noble Ave N
- 15) Paisley Park..... 220 Paisley Ln
- 16) Perpich Center for the Arts..... 6125 Olson Mem Hwy
- 17) Sandburg Athletic Facility..... 2400 Sandburg Ln
- 18) Schaper..... 631 Ottawa Ave N
- 19) Scheid..... 1856 Toledo Ave N
- 20) SEA School..... 1751 Kelly Dr
- 21) Seeman..... 1101 Florida Ave N
- 22) Sochacki..... 3500 June Ave N
- 23) St. Croix..... 5850 St Croix Ave N
- 24) Stockman..... 3300 Major Ave N
- 25) Sweeney Lake..... 1805 Hidden Lakes Pkwy
- 26) Tyrol – North..... 900 Westwood Dr S
- 27) Tyrol – South..... 1510 Kaltern Ln
- 28) Wesley – North..... 8305 Wesley Dr
- 29) Wesley – South..... 8200 Plymouth Ave
- 30) Wildwood Park..... 7401 Duluth St
- 31) Yosemite..... 351 Yosemite Ave

Community Locations
(Not shown on map)

- Crystal Community Center..... 4800 Douglas Dr N
- French Regional Park..... 12605 Co Rd 9, Plymouth
- New Hope Community Gyms..... 8230 47th Ave N
- New Hope Ice Arena..... 4949 Louisiana Ave N
- Robbinsdale Community Gym..... 3730 Toledo Ave N
- Robbinsdale Middle School..... 3730 Toledo Ave N



Online

<https://webtrac.goldenvalleymn.gov>

Register online by creating your own account and login information. Available 24 hrs/day.

Mail

Brookview
316 Brookview Pkwy S
Golden Valley, Minnesota 55426

In Person

Walk-in registrations are accepted at Brookview. Registrations received after 4:30 pm may be processed the following business day.

Golden Valley accepts cash, checks payable to City of Golden Valley, and the following credit cards:



REGISTRATION CONFIRMATION

Receipts are available upon request. You will be contacted only if the program is full, canceled, or a program change is necessary.

CANCELLATION/REFUND POLICY

Full refunds will be issued if requests are made prior to the registration deadline for a program. If no deadline is advertised, refunds will be given prior to the day the program begins. Refund requests due to medical reasons, or after the registration deadline or start of the program, must be accompanied by a physician's note and will be considered on a case-by-case basis. Full refunds will be given if a program is cancelled by the Parks and Recreation Department.

ADULT LEAGUE CANCELLATION/REFUND POLICY

Full refunds will be processed if your league is cancelled by Parks and Recreation due to lack of teams. Teams will receive a full refund less a \$40 service charge if they withdraw at least three weeks before the start of play. Refunds will not be processed if your team withdraws less than three weeks before the start of play or is removed from the league due to disciplinary action.

SENIOR TRIP REFUND POLICY

No refunds will be issued after the registration deadline for trips involving advance purchase by the City for tickets, meals, or transportation. For extended trips, no refunds after the deposit deadline date.

FINANCIAL AID

Financial aid is available for residents of Golden Valley for Golden Valley Parks and Recreation sponsored programs, events, and classes. Please call the Parks and Recreation Department for more information.

INCLUSION REQUESTS

If you have a special needs requirement to participate in any of our programs or activities, please note at the time of registration. Inclusion services are available and provided by Reach for Resources. Please contact them at 952-200-3030.

PUBLIC ART DISPLAYS AT BROOKVIEW & CITY HALL

The City features public art in Brookview and City Hall to give local and regional artists the opportunity to display, and by the artist's choice, sell their artwork in a location visible to the community. Artwork is displayed in both buildings in rotating terms, generally three months each. The City sends RFAs to the art community and art facilitator groups twice a year. Art is selected in advance for each term of the next year.

Winter and Spring RFAs will be announced Aug 6, 2018
Submission deadline is Sept 28, 2018
Winter Display: Nov 29, 2018–Feb 27, 2019
Spring Display: Feb 28–May 29, 2019

For more information and to submit an application, visit the City of Golden Valley website at www.goldenvalleymn.gov.





ACTIVITY REGISTRATION FORM

PARKS & RECREATION DEPARTMENT
316 Brookview Pkwy S
Golden Valley, Minnesota 55426
763-512-2345
www.goldenvalleymn.gov

Parent/Guardian (if participant is under 18): _____ (REQUIRED)
D.O.B. _____

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	D.O.B (REQUIRED)	Activity Name	Activity Code	Location	FEE

55+ TRIP REGISTRATION

Participant's First & Last Name	D.O.B (REQUIRED)	Trip Name	Trip Code	Pick-up Location	Special Requests	FEE

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley and its partner cities or other governmental agencies (hereinafter collectively "City") 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 release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: _____ DATE: _____

Payment Information (please fill in)

<input type="checkbox"/> Cash	<input type="checkbox"/> Visa/MC/Amex/Disc # _____ Expire: _____	TOTAL DUE:
<input type="checkbox"/> Check # _____	Sec Code: _____ Sign for credit card: _____	

OFFICE USE ONLY - Date Processed: _____ By: _____

Adopt -A- PARK

Community Parks

Gearty 3101 Regent Ave N	Herb Purdy & Friends
Hampshire 1610 Louisiana Ave N	Brian Middleton
Lakeview 1521 Hillsboro Ave N	WorkAbilities, Inc
Lions 151 Louisiana Ave N	Kueny & Knippenberg Family
Schaper 631 Ottawa Ave N	SBG, Inc
Scheid 1856 Toledo Ave N	WSB & Associates, Inc
Wesley (North) 8305 Wesley Dr	Moore/Gasparini Families
Wesley (South) 8200 Plymouth Ave	Jack Stratton

Neighborhood Parks

Glenview 2351 Zenith Ave N	Super Trash Heroes
Golden Oaks 1141 Valdres Ave N	Kim Stroup
Natchez 201 Natchez Ave N	Dritsas & Hanscom Families
North Tyrol 900 Westwood Dr S	Marcie Schlaeger
Paisley Park 220 Paisley Ln	John & Pam Goranson & Barb Osborne
Seeman 1101 Florida Ave N	Northwest Suburban Optimist Club
South Tyrol 1510 Kaltern Ln	Tyrol Hills Youth
St Croix 5850 St. Croix Ave N	John & Pam Goranson & Barb Osborne
Stockman 3300 Major Ave N	WSB & Associates, Inc
Sweeney Lake	Hidden Lakes Association
Wildwood 7401 Duluth St	Kelly Drive Pumpkin Growers Association
Yosemite 351 Yosemite Ave N	Geving & Palkert Families

Nature Areas

Adeline 910 Adeline Ln	Mike McHugh – State Farm Insurance
Bassett Creek (north of Duluth) 2130 Zane Ave N	B.A. Raak
Bassett Creek (south of Duluth)	John & Pam Goranson & Barb Osborne
Bassett Creek (west of Wisconsin)	ATS&R Architects & Engineers
Briarwood 2600 Unity Ave	Girl Scout Troops 2316 & 1670
General Mills Nature Preserve 9201 Olson Mem Hwy	GM Grounds Crew
General Mills JFB Nature Area	The Gannons
Laurel Ave (east of Florida)	Golden Valley Lutheran Church
Laurel Ave (west of Florida to Jersey)	The Lieberman Family
Laurel Ave (west of Jersey to Pennsylvania)	Joan Monson
Sochacki Park (Mary Hills Area) 2190 Bonnie Ln	Smith Schafer & Assoc
Western Ave Marsh 7600 Western Ave	Ilo & Peggy Leppik

Adopt-A-Park is a public service program for volunteers to help Golden Valley keep its parks beautiful. To learn more about adopting a park, please call 763-512-2345.

Thank you, volunteers!



TREE & BENCH COMMEMORATIONS

DID YOU KNOW?

The Golden Valley Parks and Recreation Department offers a memorial and commemoration program for park benches and trees. These welcome donations provide amenities that grace our parks and public areas for decades while providing organizations, families, and individuals a unique opportunity to mark a notable event or honor a special person.

For more information, contact the Golden Valley Parks and Recreation Department at 763-512-2345.

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY

Fall Highlights



Golden Valley Arts & Music Festival

Featuring work by local artists, live music, games, family activities, local food trucks, beer, wine, and more!

(see page 4)

Parks & Recreation Challenge

Gather your family and start exploring Golden Valley's beautiful parks!

As the colors change, what better time to discover our hidden gems and old favorites.

(see pages 15 & 19)



Parent/Child Event Series

Enjoy several unique events throughout the year with something for all families and designed specifically to create special memories together.

(see page 8)

Aerial Challenge Course At Trollhaugen

Join us over MEA as we explore a "floating" playground in the sky with an aerial challenge course. Other schools-out programs are also available.

(see page 10)

