

Parks & Recreation
Department

It's summer time.

2015



Parks & Recreation
Department

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Golden Valley City Hall

7800 Golden Valley Road
Golden Valley, Minnesota 55427
Monday–Friday, 8 am–4:30 pm
Phone: 763-593-8000
Fax: 763-593-8109

Parks & Recreation Department

200 Brookview Parkway
Golden Valley, Minnesota 55426
Monday–Friday, 8 am–4:30 pm
Phone: 763-512-2345
Fax: 763-512-2344
Activity Cancel Line: 763-512-2350

Brookview Golf Course & Lawn Bowling

200 Brookview Parkway
Golden Valley, Minnesota 55426
Phone: 763-512-2300
Fax: 763-512-2311
Tee Times: 763-512-2330
Par 3 Course: 763-512-2333
Cancellation Line: 763-512-2300

MISSION STATEMENT

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

VISION STATEMENT

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

CITY OFFICES CLOSED

- Mon, May 25 Memorial Day
- Fri, July 3 Independence Day
- Mon, Sept 7 Labor Day



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



Special Events

April 11 Run the Valley 10K Run & 5K Run/Walk

Sponsored by the Golden Valley Human Services Fund, 100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need. The 10K race and 5K run and walk start and end at Brookview Community Center with water stops and post-race complimentary snacks donated by area businesses.

Fee includes t-shirt, race number and chip timing (NOTE: The 5K and 10K race are chip-timed). Chip timing is not included in youth fee. To be eligible for medal, chip timing must be used. T-shirt sizes for all participants guaranteed if registered by March 1. NEW FOR 2015 – Moisture Wick performance t-shirts in royal blue!

Registrations are taken in person and by mail with check, cash or VISA/MasterCard at the Golden Valley Parks and Recreation office; online at www.zapevent.com or www.active.com (additional fee charged); and race day from 7–7:45 am at Brookview Community Center. Sorry, phone registrations cannot be accepted.

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

8 am – 10K Run

8:10 am – 5K Run

8:15 am – 5K Walk

Begin/end at Brookview Community Center

\$30 by Feb 28, \$35 Mar 1–April 10 (by 2 pm), \$40 Race day

\$20 youth 12 and under with an adult



April 11 Kid's "Fun" Run the Valley

Join us for the 2nd annual Fun Run for Kids! The course begins in the Driving Range parking lot and follows Field Drive to the Brookview parking lot for a total of .2 miles. The event is aimed at kid's age 2-8. Fee includes fun run number and participation ribbon. Parents may accompany little ones for free. Registrations are taken in person and by mail with check, cash or VISA/MasterCard at the Golden Valley Parks and Recreation office. Sorry, phone registrations are not accepted.

Ages 2–8

7:45 am

Brookview Community Center & Park

\$5/child, parents free

New & Improved

New & Improved

Golden Valley has
a **NEW** registration system!

Registration Begins March 30!

GV
RecConnect
www.goldenvalleymn.gov

- Create your own account online
- Choose your own log-in information and make your own account changes
- Simple and easy to use and navigate
- 24/7 Access to your account
- Book your own facilities (coming soon)

NOTE: Our old registration system will not be accessible after March 30.

Special Events

May
03
thru
30

Step To It Challenge

Do you have a competitive spirit? Do you want a fun and easy way to get in shape this spring? Then the four-week Step To It Challenge from May 3–May 30, 2015 is for you!

GET ACTIVE WITH YOUR COMMUNITY!

The Step To It Challenge is a fun, lighthearted way to connect with family, friends, and neighbors, and get moving again after a long winter. Twenty-three communities will compete to see which one has the most active residents. Participants from each city will have a chance to be honored by Hennepin County and the Minnesota Twins at a Twins home game during the 2015 season.

HOW DOES IT WORK?

As a Step To It participant, you will keep an ongoing total of the steps you take during the challenge. Using an activity conversion chart at www.steptoit.org, other activities such as biking, skateboarding, Tai Chi, or even just mowing the lawn can count toward overall steps. Our web site will allow you to record your steps online, or your step total can be called in or faxed. Best of all, it's FREE!

Registration begins April 1. Visit the Step To It Challenge website at: www.steptoit.org.



May
06

2015 Bike Rodeo

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

Ages 12 & under with an adult
FREE

Crystal Community Center
6–8 pm

May
16

Vehicle Fair

Families are invited to the Crystal Community Center parking lot to come and see “up close” some of the vehicles that come and go through your neighborhood. A wide variety of trucks and cars will be on display for you and your child to explore. Don't miss this great photo opportunity; bring your camera! A free-will donation of a non-perishable food for the local food shelf will be accepted at this event. If weather is questionable, call the Crystal Program Cancellation Line at 763-531-1173, after 9:30 am. Sponsored by the cities of Golden Valley, Crystal, New Hope, and Robbinsdale.

All ages welcome
FREE

Crystal Community Center
10 am–noon



June
19

Water Day I

Join the parks crew and summer Parks and Recreation staff for a wet and wild day. We will operate three water slides down the hill at Scheid Park, have a DJ playing music and puppet shows. Drinks will be provided at the shelter building.

Ages 6-14 with an adult
FREE

Scheid Park
12:30–2:15 pm

July
10

Water Day II

Join the parks crew and summer Parks and Recreation staff for a wet and wild day. We will operate three water slides down the hill at Scheid Park, have a DJ playing music and puppet shows. Drinks will be provided at the shelter building.

Ages 6-14 with an adult
FREE

Scheid Park
12:30–2:15 pm

July
13

Ice Cream Social

Bring your family, a chair or blanket and your love of ice cream and join us for the 9th Annual Golden Valley Ice Cream Social. Enjoy a concert by the John Phillips Sousa Band followed by and ice cream social with Sebastian Joes. Event is held rain or shine.

All ages welcome
FREE

Brookview Park Large Shelter
7 pm

July
24

Penny Carnival

Enjoy carnival games, a dunk tank, puppet shows, hay rides, popcorn, and more. Parents will need to provide transportation to and from the park. JUST BRING PENNIES!

Ages 4+ with an adult
3-5 cents per activity

Brookview Park
10:30 am–12:30 pm



Concerts in the Park

FREE!

7:00 PM

BROOKVIEW PARK

Bring a lawn chair or blanket and come enjoy the summer concert series. Concerts are FREE and open to all. In case of inclement weather, concert may be canceled or relocated. Please call the Activity Cancellation Line at 763-512-2350 for concert status.

JUN
8

GOLDEN VALLEY ORCHESTRA
Music of stage and screen comes to Brookview Park! The GVO plays hits of opera, Broadway, and movies you love.

JUN
11

ROBBINSDALE CITY BAND
Experience one of the longest continuously active community bands in Minnesota.

JUN
15

ST. LOUIS PARK COMMUNITY BAND
The St Louis Park Community Band is dedicated to making beautiful concert band music accessible to all.

JUN
22

PLYMOUTH CONCERT BAND
Be delighted with marches, show tunes, and classical music.

JUN
29

**GYMPY MANIA
HOT CLUB QUARTET**
Gypsy Mania features spontaneous, vivid performances by some of Minnesota's most stellar gypsy-jazz artists played in the Django Reinhardt French swing tradition of the 1930s.

JUL
6

WENDINGER BAND
Representing the rich, musical heritage of New Ulm, MN, the Wendinger Band will get your toes tapping with polkas, waltzes, two-step, and ethnic tunes as they entertain you with their gift of MUSIC—the universal language!

JUL
13

JOHN PHILIP SOUSA BAND
Enjoy a summertime favorite during the 9th annual Ice Cream Social.

JUL
20

THE BANJO BOYS VARIETY BAND
Four guys with eight instruments play classic jazz, banjo songs, swing, blues, classic ballads, waltzes, polkas, and country with syncopated ragtime interludes.

JUL
27

MINNESOTA STATE BAND
Come out and hear the Minnesota State Band—Minnesota's musical tradition since 1898.

AUG
3

WENDY'S WIGGLE, JIGGLE & JAM!
Fun lyrics and great music will get everyone rocking and singing. Bubbles, puppets, and instruments keep everyone moving and dancing for the entire show. A perfect fit for children 3–10 years old.

AUG
10

CHOO CHOO BOB SHOW
Experience your favorite children's TV Show Live! Join Bob as he has fun performing skits and original, train-inspired songs that will get the whole family moving.

Sponsored by:



AUG
17

ON THE AIR
Rock music from the 60s, 70s, and 80s! On The Air is a teen band performing covers from ZZ Top, Van Halen, Bon Jovi, U2, and Jimmy Hendrix.

MOVIES IN THE PARK

We had so much fun last year with our Movie in the Park, this year we are making it a series of three!

Bring your friends and family and a blanket while you kick back and enjoy a beautiful Minnesota summer night watching a family-friendly movie in one of our parks.

Movies will be shown on a GIANT 16' x 9' inflatable screen. Feel free to bring your own snacks. Each movie will begin at dusk (see estimated start times for each movie). *Movie titles announced in June. Check the city website for more information.



MOVIE ON THE GREEN

Friday, July 31

8:45 pm

Brookview Lawn Bowling Green

Movie will begin around 8:45 pm. Brookview Grill will be open with full food and beverage menu, including \$1 hotdogs and 25 cent popcorn specials! NOTE: No chairs or heeled shoes allowed on the green, blankets only.

MOVIE IN THE PARK

Thursday, August 13

8:30 pm

Brookview Park

Sponsored by:



MOVIE IN THE PARK

Thursday, August 20

8:15 pm

Scheid Park

Sponsored by:



YOUTH SPECIAL EVENTS

Free

Golden Valley Puppet Wagon

June 8–July 23

All ages welcome

Each week the puppet wagon will stop by the parks with a new show. In case of inclement weather, shows will be cancelled. Watch for puppet show schedule at the park shelters. No shows July 1 & 2.

MON & WED

10:30 am North Wesley
11 am Gearty
11:30 am Lions

TUE & THU

1:30 pm Lions
2 pm Hampshire
2:30 pm Scheid
3 pm Medley

Picnic & Music in the Park

Wed, July 29

11:15 am–noon

Brookview Park - Large Shelter

All ages welcome

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

Wendy's Wiggle, Jiggle & Jam!

Mon, Aug 3

7 pm

Brookview Park - Large Shelter

All ages welcome

Fun lyrics and great music will get everyone rocking and singing. Bubbles, puppets and instruments, keep everyone moving and dancing for the entire show. A perfect fit for children ages 3–10 years old.

Choo Choo Bob Show

Mon, Aug 10

7 pm

Brookview Park - Large Shelter

All ages welcome

Choo Choo Bob Show – Experience your favorite children's TV Show Live! Join Bob as he has fun performing skits and original, train-inspiring songs that will get the whole family moving.

Sponsored by:



Magic & Fun Show with Annette

Thu, Aug 5

1:30–2:30 pm

Brookview Community Center

Ages 3+ with Adult

Come join in the laughter and fun as Annette Fragale and friends perform magic tricks that are sure to amaze you! Sing silly songs and interact with zany puppets and guests in the audience. You will meet the Big Red Dog who swallows a pizza, sing along with the Big Bug Show, be amazed as flowers appear from hats, ducks pop out of pans and many more surprises. Balloons and treats for everyone! Annette is the host of the award winning TV show, "The Magic Book Nook" on channel 19. She appears at county fairs, libraries, schools, churches, lots of civic centers and many more!

Golden Valley Library Events

Hey Kids! – Join the Golden Valley Library for these fun, FREE summer events! We've got magic, music and more! For more information and a complete list of events, go to www.hclib.org, or call us at 612-543-6375.

All events held at the Golden Valley Library.

PUPPET WAGON

Tue, June 16

10:30 am

MACPHAIL MUSIC SHOW

Wed July 1

10:30 am

BRODINI MAGIC SHOW

Wed, June 17

10:30 am

PUPPET WAGON

Tue, July 7

10:30 am

STORY THEATER

Wed, June 24

10:30 am

WATER BOTTLE ROCKETS

Tue, Aug 4

1:30 pm



Youth Enrichment & Learning

Kids' Club

AGES 3–5

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

Brookview Community Center

9:30–11 am

\$48, Resident \$45

MON/WED

April 13–May 20

Code: S1214A

TUE/THU

April 14–May 21

Code: S1214B

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 5 minutes early so that 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

\$52, *Resident \$49

Tue, May 19–June 16

Code: S1120A

Tue, July 7–Aug 11 (No Aug 4)

Code: S1120B

Princess Belle's Tea for 3

AGES 3–7

Princesses age 3-7 are invited to join Princess Belle for a dress up tea party! Bring your favorite adult and doll, and dress fancy. Learn manners and how to pour from a tea pot at this fun event. Enjoy story time, share a snack, and end with a fancy dance for all.

Brookview Community Center

Sat, May 16

1:15–2:15 pm

\$18/pair

Code: S1501A

Register by May 8

Cheer America

AGES 4–16

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 get to participate in clinics, competitions, special performances, and march in parades throughout the state. At the end of the program, students will perform a group recital. Students receive a certificate and medal.

NOTE: Registration takes place at Davis Community Center on Tuesday, June 2 from 6:30–7:30 pm.

Davis Community Center

\$4 Enrollment Fee, plus \$6/night at door

AGES 4–8

Tue, June 9–Aug 18 (No Aug 4)

6-6:45 pm

AGES 9–16

Tue, June 9–Aug 18 (No Aug 4)

7-7:45 pm

"Happy Birthday" Party!

AGES 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the award winning cable show, "The Magic Book Nook." She'll present a program filled with stories, games, music, and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 3-hour block of time at Brookview. Call 763-512-2345 for more information.



Youth Enrichment & Learning

Playground Programs

FREE
AGES 6–12

Youth can participate in this drop-in program where park staff coordinate activities that include games, crafts, athletics, puppet shows, and more. Select from the list of parks below when registering.

NEW THIS YEAR! The playground programs will remain FREE, but registration is required for participation.

Mon–Thu, June 8–July 23 (No July 1–2)
Code: S1228A

9 AM–NOON

Gearty North Wesley

1–4 PM

Hampshire Medley
Lions Scheid

Playground Arts & Crafts

AGES 6–12

A different craft project will be offered weekly at the times and locations listed below. Pick-up a flyer at the park shelter buildings listing all of the projects. Also, you can purchase a craft punch card and save \$4! Craft cards can be purchased at Brookview Community Center and are good for 6 crafts.

Wed, June 10–July 22 (No July 1)
\$2/craft at park or \$8/6-time craft card

10 AM

Gearty North Wesley

2 PM

Hampshire Medley
Lions Scheid

Playground Field Trips **AGES 7+**

Our summer staff supervises the children on these trips. Advanced registration with payment is required. Bus transportation provided for parks listed below. **NOTE:** Pick-ups will begin at Wesley Park and proceed in the order listed below. When the bus returns, drop-offs begin at Lions Park and proceed in reverse order, ending at Wesley. Times are approximate.

Pick-up Locations:

WESLEY • HAMPSHIRE • SCHEID • LIONS

CASCADE BAY WATER PARK

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

Fri, June 26 \$26, Resident \$24
10 am Pick-up Code: S1601A
4 pm Return

BUNKER BEACH WATER PARK

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

Fri, July 17 \$26, Resident \$24
10 am Pick-up Code: S1603A
4 pm Return

BIKE TO THE BALL PARK

Join the recreation staff as we bike to Target Field and watch the Minnesota Twins play the Texas Rangers. Ride will begin and end at Lions Park. Bikers must have working bike, lock, and helmet. Bikers must also be able to bike 7-8 miles using trails and sidewalks. Parents and other adults welcome. Please bring spending money for food. Tickets may be available for purchase if you want to attend the game on your own and not bike. Game start time is 12:10 pm. Seats are in section 312.

Thu, Aug 13 \$26, Resident \$24
10:45 am Departure Code: S1602A
4:30 pm Return



FYI . . .

Lakeview Park and South Tyrol Park will not be available this year for Summer Playground programs due to scheduled construction projects. Sorry for any inconvenience.

**Mobile Playgrounds****AGES 6–14**

The Parks and Recreation staff is coming to you! Introducing Mobile Playgrounds. Mobile Playgrounds will come to select parks in Golden Valley and will come stocked full of games, crafts and activities to keep kids busy and engaged in our parks.

NOTE: This is a **FREE** program, but registration is required for participation.

Mon & Wed, June 8–July 22 (No July 1) **FREE**
Code: S1228A

Seeman Park
10:15–11:15 am

Yosemite Park
12–1 pm

North Tyrol Park
1:30–2:30 pm

Stockman Park
3–4 pm

**Robotic Builders****AGES 5–9**

Yes, We CAN learn about Robotics! With the LEGO™ WeDo Robotics System, children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! The LEGO® Education WeDo™ Robotics Builder allows students to explore different robotic themes. Possible models may include: Dancing Birds, Hungry Alligator Robot, Goal Kicker Robot, Rescue Plane, and a Smart Spinner Robot. Students, working in teams, work with simple machines, program models they design and create, measure time and distance, write, and much more! Your students will build LEGO models featuring working motors, tilt sensors, motion detectors, and Lego USB Robotics Hub. Please bring a peanut free snack and drink daily.

Crystal Community Center
Mon–Thu, Aug 3–6
1–4 pm
\$98

Code: S1227A
Register by July 27

MineCraft Movie Making**AGES 6–12**

Minecraft is the game phenomenon focused on creativity and building, allowing players to build environments out of textured cubes in a virtual 3D world. Working in groups, students will be introduced to Minecraft in real life with our customized Legos, and finally film a stop motion movie using Minecraft-inspired Lego creations. The focus will be on creating Minecraft-inspired Lego worlds, and filming. Students will take home 2 Lego Microfigs, and an animated movie to show off their creations. Please bring a peanut free snack and drink daily.

Crystal Community Center
Mon–Thu, June 8–11
1–4 pm
\$98

Code: S1225A
Register by May 29

Youth Enrichment & Learning

Lego Amusement Park Ticket to Ride! (Bricks 4 Kidz)

AGES 6–12

Get your ticket to ride at Bricks 4 Kidz® very own amusement park! Campers will build a new ride each day, learning how to make things spin, roll, turn and rock. Then they will take what they have learned to design their own thrills and challenges. Motorized models maximize the action and the fun. Each camp day includes carnival-themed games, group challenges, model-building and more.

Crystal Community Center

Mon–Thu, July 27–30

9 am–noon

\$124

Code: S1224A

Register by July 17



Drama Camp

School's Out!

AGES 7–12

Spend your spring break indulging in drama! Kids will learn to create characters, voices, and scripts through a variety of fun improv and acting games. We will work together to come up with a final skit and show off our newly found talents. Instructor Eric Olson has been teaching drama for 6 years and has been acting in the twin cities for 16 years (you might have seen him in a variety of commercials). He holds a degree in Communications and Film from the University of Minnesota.

NOTE: Bring a lunch each day.

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

Brookview Community Center

Mon–Tue, March 30–31

9 am–3 pm

\$53, *Resident \$50

Code: S1209A

Chess Club

AGES 6–14

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

Scheid Park

Mon/Wed, June 8–July 22 (No July 1)

3:15–4:25 pm

\$33, Resident \$30

Code: S1207A



Drama Club

AGES 6–18

Come act with us! Hone your acting chops through fun activities, music, and a final performance.

Invite your family and friends to join us for our final performance on the last day of class at 7 pm. All participants must be able to participate in the final performance. Summer session (June 9–July 23) will include a trip to the Old Log Theater to see a performance. Instructors have extensive training in theatre, film and advertising.

AGES 6–12

Noble School

Tue/Thu, April 7–May 28

6–7:15 pm

\$68, Resident \$64

Code: S1208C

Noble School

Tue/Thu, June 9–July 23 (No July 2)

\$66, Resident \$62

9–10:15 am Code: S1208A

10:30–11:45 am Code: S1208B

AGES 13–18

Noble School

Tue/Thu, April 7–May 28

7:15–8:30 pm

\$68, Resident \$64

Code: S1208D

Noble School

Tue/Thu, June 9–July 23 (No July 2)

Noon–1:30 pm

\$66, Resident \$62

Code: S1208E

Magic & Balloon Camp

AGES 8+

Dazzle your friends and family by learning magic and how to make balloon animals. Even if you are all thumbs, you can transform balloons into animals, hats, flowers and more. Plus, learn the secrets of illusion and the basic principles of magic and leave your friends puzzled. Fee includes all materials. Instructor: Annette Fragale has been entertaining throughout the US for 25 years and also host of Award winning TV show, The Magic Book Nook. *Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.

Brookview Community Center

Mon–Wed, Aug 3–5

1–3 pm

\$38, *Resident \$35

Code: S1211A

When I'm In Charge

AGES 8+

This unique course offered by the American Red Cross is for all boys and girls, 8 and older, who are ever home alone. The course addresses all the safety concerns parents have when their children are by themselves. They will cover areas such as arriving home, responsibilities, phone and Internet safety, fire and gun safety and many others. Book included in the price of the class and a certificate will be issued upon completion. Parents are welcome to attend the last 30 minutes of class!

Brookview Community Center

Mon, June 8

6–9 pm

\$52

Code: S1221A

Robotic Engineering with Lego EV3

AGES 10-14

Unleash the creative powers of the new LEGO MINDSTORMS EV3 set to create and command robots that walk, talk, think, and do anything you can imagine. Working in small teams, students will learn how to use gears, beams, motors, sensors, and programming blocks to create sophisticated robots that can avoid obstacles, walk on two legs, and even demonstrate autonomous behavior. We will teach students math, engineering, and robotic concepts by working through step-by-step building projects and example programs to create amazing robots. Please bring a peanut free snack and drink daily.

Crystal Community Center

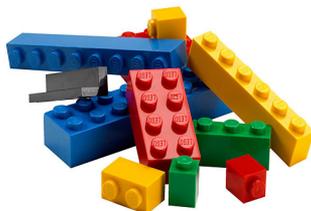
Mon–Thu, Aug 3–6

9 am–noon

\$98

Code: S1226A

Register by July 27



Fishing Club

AGES 8–14

Come join us as we check out some fishing hot spots in and near Golden Valley. We'll provide the bait and take your pole/tackle to the fishing location for you. All trips will begin and end at Lions Park. Participants will bike to and from fishing locations, which will be Wirth and Cedar Lakes. Fishing is catch and release. **Participants must provide:** Fishing pole and tackle, bike and helmet. **NOTE:** First class will meet at Wirth Lake Fishing Pier for clinic.

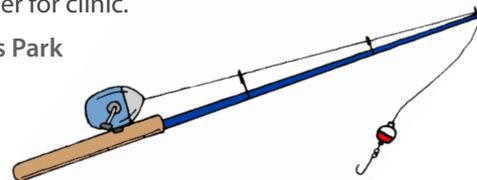
Begin & end at Lions Park

Tue, June 9–July 14

9 am–noon

\$35, Resident \$32

Code: S1212A



American Red Cross Babysitting Training

AGES 11–15

This course will include fun activities, videos, and lively discussions and real-life problem solving situations. Participants must be age 11 by the start date. Participants will learn: safety and safe play; basic care; feeding and diaper changing. Also, first aid: every babysitter needs to know what to do if an accident happens; leadership: how do you have fun with the kids, but stay in control; professionalism: what should you ask during a babysitting interview? Participants provide own lunch and snack. *Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale.

Brookview Community Center

8 am–4:30 pm

\$82, *Resident \$77

Sat, April 25 Code: S1215A

Sat, June 6 Code: S1215B

Sat, July 18 Code: S1215C

Private Piano Lessons

AGES 7+

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. Spring session includes your May 30-31 recital fee. *Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.

TO REGISTER: Contact the Coordinator at 763-509-5224 to establish a lesson time, then register with your own city to receive the resident rate.

Brookview Community Center

Between 3:30–9 pm

Spring Fee: \$167, *Res \$157 (includes recital)

Summer Fee: \$178, *Res \$168

INSTRUCTED BY JULIE PRUSE

Tue, April 7–May 19 Code: S1210A

Thu, April 9–May 21 Code: S1210C

Tue, June 16–Aug 11 (No June 30) Code: S1210D

Thu, June 18–Aug 13 (No July 2) Code: S1210E

INSTRUCTED BY MILA MARON

Wed, April 8–May 20 Code: S1210B

SCIENCE EXPLORERS PROGRAMS

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

Fascinating Physics

AGES 3½–6

Preschoolers will use their natural curiosity to explore physics in this Jr. STEM class! Using Lego and K'NEX building systems, we will investigate force, friction, gravity, simple machines and more!

New Hope Ice Arena

Wed, April 15–29

9:30–11 am

\$43, *Resident \$36

Code: S1202A

Register by April 8

Zany Zoo!

AGES 3½–6

Preschoolers-do you love animals? Hop on board the Science Explorers' Monorail for a journey through our Zany Zoo! Exciting stops include Zoo Keeping 101, the aquarium, and the aviary. We'll explore unusual animals and their habitats. Hop, skip, jump or gallop on board for this imaginary zany zoo adventure...see you at the zoo!

New Hope Ice Arena

Wed, May 6–20

9:30–11 am

\$43, *Resident \$36

Code: S1203A

Register by April 29

Mixture Madness

AGES 3½–6

Kids will explore the world of chemistry by mixing together safe ingredients. Learn about absorption and polymers while we have fun with magical crystals, create slime, and formulate mixtures through open exploration. Dress so you can get messy!

Brookview Community Center

Mon–Wed, June 29–July 1

9:30–11:30 am

\$54, *Resident \$47

Code: S1201A

Register by June 22



Shocking Electrical Science

GRADES 2–6

Are you ready for hair raising hands-on fun? Use batteries, wires, motors, buzzers, and lemons to build electrical circuits. Learn about electron flow and investigate which liquid solutions conduct electricity. Finally, we'll build battery powered gadgets including an electromagnet to take home!

Brookview Community Center

Mon–Wed, June 29–July 1

12:30–2:30 pm

\$53, *Resident \$46

Code: S1204A

Register by June 22



Register for both August classes (below) and get a \$5 discount on each class! Bring a bag lunch and supervision will be provided between classes!

Crazy Chemistry

GRADES 1–5

Become a crazy chemist! Investigate the periodic table and learn about its families with exciting experiments. Break some chemical bonds, get messy with polymers, launch an Alka Seltzer rocket, and more! Dress so you can get messy!

Northwood Park (38th & Boone Ave, New Hope)

Mon–Thu, Aug 24–27

9:30–11:30 am

\$67, *Resident \$60

Code: S1205A

Register by August 17



CSI: Examine the Evidence

GRADES 1–5

Join Science Explorers and find out how crime science investigators help solve crimes! Explore the fun and fascinating field of forensic science as we collect and examine blood splatters, latent prints, tool marks, and more. Test your investigative and scientific skills using your own CSI take home kit to crack the case of "Whodunit."

Northwood Park (38th & Boone Ave, New Hope)

Mon–Thu, Aug 24–27

12:30–2:30 pm

\$67, *Resident \$60

Code: S1206A

Register by August 17

Youth Arts & Crafts

Goo Factory

AGES 2–6 WITH AN ADULT

Let your preschooler discover the messier side of art. We will mix up a batch of finger paint, silly putty and other homemade messy concoctions. Come ready to get messy with your child. Adult must accompany child.

Crystal Community Center
Thu, April 23
9:30–10:30 am
\$14 per child/parent pair
Code: S1402A
Register by April 16

How to Train Your Dragon

AGES 5–10

The movie How to Train Your Dragon 2 inspires the project for this class. Hiccup and all his dragon-training friends would love this! Youth ages 5-10, we will learn a new art term and then use Model Magic clay to sculpt our own pet dragon.

Crystal Community Center
Wed, July 1
9–11:30 am
\$25
Code: S1406A
Register by June 24

Lego Star Wars Art Camp

AGES 5–10

Legos® and Star Wars® what an amazing combination! Youth ages 5-10, we'll work as a team to paint a huge mural complete with stars, planets, and far, far away galaxies. We'll build star fighters out of Legos, stage an intergalactic battle and make a Lego Darth Vader bobble head. We'll even make our own light saber. We'll work with Legos, paint, clay, and other art supplies to create these masterpieces that your young Jedi will love!

Brookview Community Center
Mon–Tue, June 8–9
10 am–noon
\$41
Code: S1401A
Register by June 1

Princess Power

AGES 3–6

Come and enjoy the power of the princess! We will draw portraits of ourselves as princesses. Then to finish our masterpieces, we will add all the royal accessories every princess needs like crowns and jewelry.

Crystal Community Center
Mon, July 13
1–2:30 pm
\$25
Code: S1403A
Register by July 6

Friendship Bracelets

AGES 5–12

Have fun creating friendship bracelets for all your BFFs! They will learn how to create glitter beads out of polymer clay, assemble bracelets and even craft decorative packaging so they can give the bracelets away as gifts.

Crystal Community Center
Sat, May 2
9–11:30 am
\$25
Code: S1404A
Register by April 24

Mischievous Minions

AGES 5–10

Those Minions are mischievous, marvelous and just silly. In this class, youth ages 5-10 will create a throwing game inspired by the Minions from the movie Despicable Me.

Crystal Community Center
Wed, June 10
9–11:30 am
\$25
Code: S1405A
Register by June 3

Art Academy

AGES 6–12

Does your child love art? Painting, drawing, and clay- it's all awesome! Youth will experiment with many techniques, materials and styles as we make snow globes, paint on canvas, create clay characters, and more.

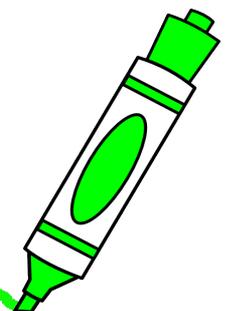
Crystal Community Center
Mon–Tue, Aug 17–18
10 am–noon
\$41
Code: S1407A
Register by August 10

Star Wars Camp II

AGES 6–12

Back by popular demand! All new projects! The galaxy was divided by war and only the efforts of the Jedi generals could save the republic! Star Wars has inspired an out of this world camp. Your young Jedi will sculpt Jabba the Hutt, create a universe inside a snow globe, draw Star Wars characters, and more. This is the coolest art camp in the galaxy!

Crystal Community Center
Mon–Tue, Aug 17–18
1–3 pm
\$41
Code: S1408A
Register by August 10



WESTWOOD HILLS NATURE CENTER

Westwood Hills Nature Center is a 160-acre natural area in St. Louis Park, located just south of I-394 and east of Hwy 169. Parking and admission are free. It features marsh, woods, and restored prairie. Wood chipped, boardwalks, and hard surface accessible trails are open from dawn to dusk year-round. Naturalists conduct year-round programs to educate their visitors of our natural world.

Build a Bug House

AGES 2+ WITH A PAID ADULT

Welcome insects to your yard or garden! Why? Some insects are important because they pollinate flowers, some help out by eating other insects that are pests, and some are just amazing to watch and observe. By building a bug house you'll provide a variety of holes, nooks, and materials for various insects that will make your outdoor space more welcoming. But these bug houses will not only be practical, they will also look good and be fun to make. Westwood will provide all of the materials.

Westwood Hills Nature Center
Sun, April 26
3–4:30 pm
\$7/person, Resident \$5/person
Code: S1216A

Campfire Cookout Crawl

AGES 2+ WITH A PAID ADULT

It's hard to beat a meal that's cooked over a campfire, especially when it includes dessert! Bring your friends and family to the Nature Center to feast on (and cook) a three-course meal over an open fire. Hike from fire to fire as you cook an appetizer, main course, and dessert. The helpful staff and volunteers at Westwood will offer cooking tips and recommendation for other tasty backcountry meals. Arrive anytime between 5:30-6 pm to ensure you have enough time to make the rounds to the different fires to cook all three courses.

Westwood Hills Nature Center
Fri, May 15
5:30–7:30 pm
\$14/person, Resident \$12/person
Code: S1217A

Family Canoeing

AGES 10+ WITH AN ADULT

Explore the marsh by canoe! Paddling is a terrific way to see wildlife and experience a different side of Westwood. Meet at the Nature Center and enjoy a hike with the naturalist to our canoe launch on the north side of the lake. Instruction in basic canoeing strokes and boating safety will be included. Canoes, paddles, and life jackets provided. 1-2 adults with 1-2 children max per canoe.

Westwood Hills Nature Center
Sun, May 31
2:30–4:30 pm
\$22/canoe, Resident \$18/canoe
Code: S1219A

Evening Canoeing for Adults

AGES 18+

As evening settles in, enjoy a paddle on Westwood Lake. We will paddle to the dock below the nature center and hike up to the building for desserts, tea and coffee. End the evening with a paddle back at twilight. Space is limited to 18 people so register early. This program meets at the General Mills Blvd. Park and Ride lot. Call for directions to the Park and Ride lot if needed.

Westwood Hills Nature Center
Fri, June 5
6:30–9 pm
\$13/person, Resident \$10/person
Code: S2301A

Honey Harvest

AGES 5–9

Have you ever wondered how a beekeeper extracts honey from a hive or why honey bees are so good at making honey? Team up with a naturalist at Westwood and use traditional beekeeper's equipment to collect honey from a comb. We will hike in search of different pollinators and end the day with a tasty treat.

Westwood Hills Nature Center
Thu, Aug 27
1–3 pm
\$7, Resident \$5
Code: S1220A

Youth Athletics

Preschool Players

AGES 3–5

Activities include art projects, games, playground fun, music, puppet shows, storytelling, and more. Child must be toilet trained. Staff/participant ratio 1:7.

\$42, Resident \$39
9–10 am

LIONS

Mon/Wed, June 8–July 22 (No July 1)
Code: S1222A

SCHEID

Tue/Thu, June 9–July 23 (No July 2)
Code: S1222B

Amazing Athletes

AGES 3–6

This is a perfect class to get moving and learn new sports and skills. This class will give every child the chance to learn the fundamentals of many different sports along with hand-eye coordination, gross motor skills, and cognitive development. These sampler classes will include: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis. **NOTE:** Rain location is the Robbinsdale Community Gyms.

Robbinsdale Middle School Turf
\$49

Mon–Thu, July 27–30
12:30–1:15 pm
Code: S1101A
Register by July 20

Thu, Aug 6–27
6–6:45 pm
Code: S1101B
Register by July 30

Kid's Korner Beginning Ball Skills

AGES 4–5

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

\$35, Resident \$32
9:15–10:15 am

MEDLEY

Mon, June 8–July 13
Code: S1223A

SCHEID

Wed, June 10–July 22 (No July 1)
Code: S1223B

Indoor Soccer

AGES 3–4

Begin to gain the basic understanding of soccer and play fun games. This is a recreational program, where fun is emphasized. Parents may be asked to participate in some activities.

Davis Community Center
Thu, April 16–May 14
5:45–6:15 pm
\$36, Resident \$33
Code: S1102A

AGES 5–7

This is an indoor gym format with an emphasis on the recreational experience, not skill development. Players will be placed on teams with coaches instructing and officiating.

Davis Community Center
Thu, April 16–May 14
6:30–7:15 pm
\$36, Resident \$33
Code: S1102B

T-Ball

AGES 5–6

Children will learn the basic skills and rules of baseball and softball. Each participant will play the entire game fielding and batting. Practices are held at your registered park. Games are played at your registered park, as well as other Golden Valley parks. Final week of games will be played at the Isaacson Park. Teams are coached by the summer athletic staff. Parents need to provide transportation to parks for games. Parks may be combined if necessary.

NOTE: The Monday/Wednesday morning program will have one evening game, either Monday or Wednesday the week of July 13. No t-ball July 1 & 2.

HAMPSHIRE

Mon/Wed, June 8–July 22
10:30–11:45 am
\$39, Resident \$36
Code: S1103A

Tue/Thu, June 9–July 23
6–7:15 pm
\$39, Resident \$36
Code: S1103B

LIONS

Mon/Wed, June 8–July 22
10:30–11:45 am
\$39, Resident \$36
Code: S1103C

SCHEID

Mon/Wed, June 8–July 22
10:30–11:45 am
\$39, Resident \$36
Code: S1103D

Tue/Thu, June 9–July 23
6–7:15 pm
\$39, Resident \$36
Code: S1103E

WESLEY

Mon/Wed, June 8–July 22
10:30–11:45 am
\$39, Resident \$36
Code: S1103F



Youth Athletics

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 and St. Louis Park residents.

Davis Community Center
\$63, *Resident \$59

BEGINNER

6:15–7 pm

Tue, May 19–June 16
Code: S1118A

Tue, July 7–Aug 11 (No Aug 4)
Code: S1118B

ADVANCED

7–7:45 pm

Tue, May 19–June 16
Code: S1119A

Tue, July 7–Aug 11 (No Aug 4)
Code: S1119B

Jump Rope

AGES 6–10

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

Hampshire Park
10:30–11:30 am
\$22, Resident \$20

Mon, June 8–July 13
Code: S1111A

Wed, June 10–July 22 (No July 1)
Code: S1111B



Fencing

AGES 6–12

Minnesota Sword Play teaches the sport of Olympic Fencing. Fundamentals will be taught in a fun and active environment with focus on fitness, confidence, positive body awareness, concentration, and friendships. All equipment provided. *Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.

New Hope Community Gyms
Mon, April 13–May 18
6–7 pm
\$70, *Resident \$63
Code: S1110A
Register by April 6

New Hope Community Gyms
Mon–Fri, July 20–24
10:30–11:30 am
\$70, *Resident \$63
Code: S1109A
Register by July 13

Golf & Lawn Bowling



AGES 6–14

Roll over to Brookview Golf Course for a golf lesson, plus a round of golf and lawn bowling. Participants will spend time with the golf pro to work on their game. Following the lesson, you will play the nine hole golf course, have lunch and end the day with lawn bowling. Lunch is provided, with golf clubs and golf balls for those who need them. *Resident fee applies to Golden Valley, Crystal and Robbinsdale residents.

Brookview Golf Course

Tue, May 26
9 am–2:30 pm
\$26, *Resident \$24
Code: S1121A



Lawn Bowling Program

AGES 8–14

Take part in the first summer season of lawn bowling and join a league. The league begins on Tuesday, June 9 with six weeks of league play. Equipment is provided. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. Clinic is held the first day. Flat-bottom shoes only on the green. Register individually or as a team of 4 players. Minimum of 4 teams, Maximum of 16.

Brookview Lawn Bowling Court

Tue, June 9–July 21
10–11 am
\$26/person
Code: S1132A



Pitch By Coach

AGES 7–9

Instructional practice/game format where the coach pitches underhand to the batters. Participants will play various defensive positions and learn sportsmanship, correct mechanics and rules. Practices are held at the location you registered. Games will be played at your registered park and at other locations in Golden Valley. Final week of games will be played at Isaacson ball fields, with various game times. Parents need to provide transportation to the parks for games.

HAMPSHIRE PARK

Tue/Thu, June 9–July 23 (No July 2)

10:30–11:45 am

\$39, Resident \$36

Code: S1104A

Wed, June 10–July 22 (No July 1)

6–7:15 pm

\$24, Resident \$22

Code: S1104B

LIONS PARK

Tue/Thu, June 9–July 23 (No July 2)

10:30–11:45 am

\$39, Resident \$36

Code: S1104C

SCHEID PARK

Tue/Thu, June 9–July 23 (No July 2)

10:30–11:45 am

\$39, Resident \$36

Code: S1104D

Soccer Skills Camp

AGES 7–12

This soccer camp will concentrate on skills, positioning, ball control, sportsmanship, and rules. Instructional scrimmage games will be held each day.

Minnesota Arts School

Tue/Thu, June 9–July 16 (No July 2)

10:30–11:45 am

\$35, Resident \$32

Code: S1105A

Flag Football

AGES 7–14

This program is an all-game format. Athletic staff will form teams and officiate the games. All equipment is provided.

Hampshire Park

\$35, Resident \$32

AGES 7–10

Tue/Thu, June 9–July 23 (No July 2)

9–10 am

Code: S1106A

AGES 11–14

Mon/Wed, June 8–July 22 (No July 1)

3–4 pm

Code: S1106B



Ultimate Frisbee Camp

AGES 7–16

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

Lions Park

9 am–3 pm

\$72, Resident \$68

AGES 7–12

Mon–Fri, July 27–31

Code: S1112A

AGES 10–16

Mon–Fri, Aug 3–7

Code: S1112B

Spring Archery

AGES 8–14

Youth ages 8–14 have the opportunity to learn range safety and proper shooting techniques for shooting compound and traditional bows in this class. Will also learn some history and traditions surrounding archery. Youth will have individualized instruction based on their skills.

Robbinsdale Community Gym

Tue, April 14–May 5

6–7:30 pm

\$65 (by 4/10), \$72 (after 4/10)

Code: S1107A

Summer Archery

AGES 8–14

Youth ages 8–14 have the opportunity to learn range safety and proper shooting techniques for shooting compound and traditional bows in this class. Will also learn some history and traditions surrounding archery. Youth will have individualized instruction based on their skills. Bring your own peanut free snack. May include an option to meet at a target range in a nearby regional park, details will be discussed at first class.

Robbinsdale Community Gym

9–11 am

Fri, June 5–26

\$65 (by 5/20), \$72 (after 5/20)

Code: S1108A

Register by May 30

Fri, July 10–31

\$65 (by 5/20), \$72 (after 5/20)

Code: S1108B

Register by July 3

HEY KIDS! LIKE GOLF?

Check out the MINI U.S. OPEN
on page 50!

Youth Athletics

Basketball Skills Camp

AGES 9–12

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

Wesley Park

Mon/Wed, June 8–July 15 (No July 1)

9–10:15 am

\$35, Resident \$32

Code: S1114A

Lacrosse Camp

AGES 9–12

This program is for those who are new or have some experience with lacrosse. Work on how to cradle, scoop, pass, catch, and shoot the ball. With enough participants, these skills will be used in a casual game atmosphere.

Participants must bring: Goggles, mouth guard, and L\ lacrosse stick.

Lions Park

Tue/Thu, June 9–July 16 (No July 2)

9–10:15 am

\$45, Resident \$42

Code: S1116A

Hopkins Football Summer Camp

AGES 8–14



Learn the fundamentals of offense, defense, and special teams to make you a better player. QB, RB, WR and Lineman specific training. Camp designed to improve a child's beginner, intermediate, or advanced skill level. Campers will be divided by age to maximize instruction. Camp will be led by Anthony Johnson (9th Grade Head Coach), John DenHartog (Varsity Head Coach), and the Varsity Staff. Helmets and shoulder pads supplied by coaching staff. All campers will receive a free t-shirt. Camp tuition assistance is available.

Participants must bring: Shorts, mouth piece, football shoes, and lunch/beverage if attending both camps.

STANDARD CAMP

Campers will receive comprehensive instruction and will learn the techniques and fundamentals necessary for a solid football foundation. This camp gives campers the opportunity to work on both their offensive and defensive skills. Hopkins High School coaches and guest coaches from around the area will provide hands on instruction throughout the morning. Our goal is to make every camper a more knowledgeable and confident football player. **NOTE:** Sign-in begins at 8:30 am on July 20. Meet at the Football Shed to be fitted with helmet and pads.

Hopkins Varsity Turf Field

\$99/person

Mon–Thu, July 20–23

Code: S1113A

9 am–noon

Sand Volleyball

AGES 9–12

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

Brookview Park

Tue/Thu, June 9–July 16 (No July 2)

9–10 am

\$35, Resident \$32

Code: S1115A



Teen Sand Volleyball



AGES 13–18

We reserved a space just for teens on Thursday evenings! Sand volleyballs will be provided. Teens are responsible for forming teams each week. This program is implemented with the help of the Golden Valley Teen Committee.

Brookview Park

Thu, June 4–Aug 27

FREE

6–7 pm



POSITION SPECIFIC CAMP

NOTE: To attend Position Specific Camp, you must register for the Standard Camp.

This camp is for the athletes who want to maximize their knowledge for specific skill positions on Offense and Defense. This camp is to perfect the athlete's craft/technique, as well as to be evaluated. The players will be put through individual drills, group drills and competition drills where they will be taught technique and how to compete!

Hopkins Varsity Turf Field

\$49/person

Mon–Thu, July 20–23

Code: S1113B

1–4 pm

Explorers Hiking & Biking

AGES 8–12

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

Begin & end at Lions Park
Wed, June 10–July 22 (No July 1)
9–11:30 am
\$37, Resident \$34
Code: S1213A

Bike Rangers

AGES 10–15

We are looking for youth ages 10-15 who are experienced bikers to join us for 11 summer afternoons of fun and adventure! Most rides are approximately 20-25 miles round trip to different West Metro locations. All treks begin and end at Lions Park. **Participants MUST ALWAYS ride with their leaders. Participants must provide:** Properly working bike, helmet, lock, water, sunscreen, and appropriate clothing and shoes.

Begin & end at Lions Park
Tue/Thu, June 9–July 16 (No July 2)
1–4:15 pm
\$39, Resident \$36
Code: S1122A



Park Baseball

AGES 9–16

Boys and girls will work on correct mechanics, sportsmanship, skill development and rule interpretation through games and practices. Each team will have one or two coaches to instruct, pitch, officiate, and ensure that participants have equal playing time. The final week will be held at Isaacson Park with morning and/or afternoon games. Games will also be played at various parks in Golden Valley and Plymouth if there are enough teams. Parks may be combined if registration warrants. Parents must provide transportation. **NOTE:** At parks with multiple teams, those teams will be formed by a random drawing of names on the first day.

AGES 9–12

Mon/Wed, June 8–July 22 (No July 1)
1:15–2:45 pm
\$39, Resident \$36
Medley Park Code: S1117A
Lions Park Code: S1117B
Scheid Park Code: S1117C

AGES 13–16

Tue/Thu, June 9–July 23 (No July 2)
1:15–2:45 pm
\$39, Resident \$36
Lions Park Code: S1117D
Scheid Park Code: S1117E

Outdoor Skills & Thrills!

AGES 9–14

Gain some skills and have a range of thrills! Be prepared to be outside for most of the program. Instructional staff is provided by Three Rivers Park District. Must provide own transportation to and from parks listed. Additional waivers will be needed to participate in the paddle boarding and kayaking. Registrants will receive waiver in advance. REGISTER EARLY! Minimums required for each class.

TRIBUTE TRAINING

Just like the Tributes of Hunger Games, you'll learn some survival techniques. Participants will also learn shelter building and at-atl throwing in this course.

French Regional Park - Visitors Center \$10 (by 5/18), \$17 (after 5/18)
Tue, June 9 Code: S1218A
9–11 am

KAYAKING

Join us as we kayak while learning proper paddling strokes including how to steer, go straight, and get in and out of a kayak. **NOTE:** If it's too windy, make up date will be Fri, Aug 21.

Fish Lake Regional Park - Pavilion \$12 (by 7/17), \$19 (after 7/17)
Tue, Aug 11 Code: S1130A
9–11 am

STAND UP PADDLE BOARDING

Stand Up Paddleboarding (SUP) is a cross between surfing and paddling. Participants will head out on the water to explore our parks and learn paddling basics. **NOTE:** If it's too windy, make up date will be Fri, Aug 21.

Fish Lake Regional Park - Pavilion \$18 (by 7/17), \$25 (after 7/17)
Fri, Aug 14 Code: S1131A
9–11 am



Youth Athletics

Junior Fall Soccer GRADES K-1

Participants are organized on randomly selected teams of 12. Program is played on soccer fields at Hampshire Park, which are 20' x 40' with very small goals. Each meeting is one hour with 15 minutes of skills and drills and 45 minutes of game play. Volunteer coaches organize the skills and drills and officiate the games. All participants play equal amounts of time and standings are not kept. Game and practice schedules will be distributed at the first practice. Each team requires two volunteer coaches. Games and practices cancelled due to inclement weather will not be rescheduled. **Participants must provide required equipment:** shin guards and the reversible Golden Valley soccer jersey (purchase at the Recreation office).

Hampshire Park

Sat, Sept 12–Oct 17

Noon or 1 pm (Start times depends on the number of teams)

\$40, *Resident \$37, Shirt \$14

Code: S1127A

Register by July 31

VOLUNTEER SOCCER COACHES NEEDED!

In appreciation of our volunteer coaches, a refund for their child's participation fee will be given at the end of the season. Max 2 refunds per team. Please call 763-512-2345 today to be a coach!

Youth Co-Rec Fall Soccer GRADES 2-5

This program provides a positive sports experience for all participants. Focus will be on skill development, sportsmanship, team concept, parent involvement, and most importantly, fun for all participants. Games will be played in Golden Valley, Crystal, and Robbinsdale. Players must sign-up for the grade they will be in Fall 2015. Teams are formed randomly. Requests for friends or coaches are not accepted. Coaches will be assigned with his/her child. Each team requires at least one volunteer coach. **Participants must provide required equipment:** shin guards and the reversible Golden Valley soccer jersey (purchase at the Recreation office). *Resident fee applies to Golden Valley, Crystal and Robbinsdale.

PRACTICES Weeknight evening practices begin the week of August 17. Day/time determined by the volunteer coach.

GAMES Held on Saturday mornings and/or early afternoons, with possible weeknight games, and are played in Golden Valley, Crystal, and Robbinsdale. Schedules distributed at the first practice.

Games held in Golden Valley, Crystal, and Robbinsdale

Sat, Sept 12–Oct 17

Morning and/or early afternoon

Fee: \$40, *Resident \$37, Shirt \$14

Code Grade 2-3: S1128A

Code Grade 4-5: S1128B

Register by July 31

Northwest Suburban Fall Soccer

GRADES 6-8

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

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

PRACTICES Begin the week of August 24 and are held in the home community. Location, day and time determined by the volunteer coach.

GAMES Held on Saturdays, beginning September 6 with a possible weeknight game later in the season. Games will be held in all participating communities.

Games held in Golden Valley, Crystal, New Hope, Robbinsdale, Maple Grove Sat, Sept 12–Mid Oct

Late morning and/or early afternoon \$40, Resident \$37

Code Boys: S1129A

Code Girls: S1129B

Register by July 31



FRIDAY NIGHT FREE SOCCER PLAY

ALL AGES WELCOME WITH AN ADULT

Come out and play soccer on Friday nights this summer, hosted by Park Valley United FC. Play soccer, get in a workout, and meet other local soccer players and fans. Soccer begins at 6 pm and goes until dark.

Concessions will be available.

Friday Night Free Play is run and organized by Park Valley United FC coaches and staff.

Louisiana Oaks Park

(3500 Louisiana Ave, St. Louis Park)

Fri, June 12–July 24 (No July 3)
6 pm–Dusk



SKYHAWKS YOUTH SPORTS PROGRAMS

Skyhawks provides a wide variety of fun, safe, and positive programs that emphasize critical lessons in sports and life, such as teamwork, respect, and sportsmanship. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. All participants receive a t-shirt and merit award! Visit our website at www.skyhawks.com for more details.

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

Multi-Sport Camp

AGES 4–7

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

Lions Park
Mon–Fri, July 20–24
9 am–noon
\$115
Code: S1123A

Golf Camp

AGES 5–8

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. This camp will focus on the fundamentals of form, chipping, putting, driving and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment is provided. We keep the instructor-to-camper ratio for this program very low, resulting in limited availability.

Lions Park
Mon–Fri, June 22–26
9 am–noon
\$115
Code: S1125A

Flag Football Camp

AGES 6–12

Flag football is the perfect introduction to “America’s game.” Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks super bowl, giving participants a chance to showcase their skills on the gridiron!

Lions Park
Mon–Fri, Aug 10–14
9 am–noon
\$115
Code: S1124A

Basketball Camp

AGES 6–12

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff will also focus on respect, teamwork, and responsibility.

Davis Community Center
Mon–Fri, July 13–17
1–4 pm
\$115
Code: S1126A



TWIN CITY TENNIS CAMPS

Moving Tennis from A Game of Skill to A Game for Life



REGISTER NOW!

www.twincitytenniscamps.com

612-600-2460



Quick Start

AGES 4–12

Learn basic stroke mechanics through coach-supervised and child-led techniques. No more standing in line waiting for a ball from the coach. Our coaching formula engages every child continuously in every activity. We will encourage children to take gradual steps towards improving fundamental skills.

SPRING CAMPS

Brookview Park

Sat, April 25–June 6 \$149/6wks
10 am–noon

Wed, April 29–June 3 \$149/6wks
6–8 pm

Tue–Sun, April 28–June 7 \$899/6wk
Tue–Fri 4–6 pm, Sat–Sun 1–5 pm

SUMMER CAMPS

Brookview Park

Mon–Fri, June 8–Sept 4

9 am–noon or 1–4 pm
\$159/wk, \$559/4wk, \$1099/12wk

9 am–4 pm
\$279/wk, \$949/4wk, \$1899/12wk

11 am–4 pm
\$239/wk, \$839/4wk, \$1799/12wk

Wed, June 10–Sept 2

6–8 pm
\$139/6 classes, \$249/12 classes

Sat, June 13–Aug 29

10 am–noon
\$139/6 classes, \$249/12 classes

\$439/24 classes
(Wed/Sat combined)

Junior Development

AGES 5–15

Our goal is to have every child rallying across the net, learning the scoring system, and participating in cooperative or competitive match play within their first week at camp. We emphasize learning and improving all of the major technical tennis strokes. Participants will have also time to experience off-court activities like volleyball, water games, and more.

SPRING CAMPS

Brookview Park

Sat, April 25–June 6 \$149/6wks
10 am–noon

Wed, April 29–June 3 \$149/6wks
6–8 pm

Tue–Sun, April 28–June 7 \$899/6wk
Tue–Fri 4–6 pm, Sat–Sun 1–5 pm

Sat–Sun, April 25–June 7 1-day \$239
1–5 pm 2-day \$499

Wesley Park 1-day \$159
Tue–Fri, April 28–June 5 2-day \$279
4–6 pm 3-day \$389
4-day \$499

SUMMER CAMPS

Brookview Park

Mon–Fri, June 8–Sept 4
8:30 am–noon or 1–4 pm
\$159/wk, \$559/4wk, \$1099/12wk

8:30 am–4 pm
\$279/wk, \$949/4wk, \$1899/12wk

11 am–4 pm
\$239/wk, \$839/4wk, \$1799/12wk

Wed, June 10–Sept 2

6–8 pm
\$139/6 classes, \$249/12 classes

Sat, June 13–Aug 29

10 am–noon
\$139/6 classes, \$249/12 classes
\$439/24 classes (Wed/Sat combined)

High Performance

AGES 10–18

This camp will have every player competing in singles and doubles match play while improving strategy and execution, building character and mental toughness, and increasing agility, power, and speed through physical fitness conditioning and technical development. Focus is on stroke consistency, court positioning, and strategy for competitions. Each day will incorporate daily fitness training and stretching and other off-court activities.

SPRING CAMPS

Brookview Park

Tue–Sun, April 28–June 7 \$899/6wk
Tue–Fri 4–6 pm, Sat–Sun 1–5 pm

Sat–Sun, April 25–June 7 1-day \$239
1–5 pm 2-day \$499

Wesley Park 1-day \$159
Tue–Fri, April 28–June 5 2-day \$279
4–6 pm 3-day \$389
4-day \$499

SUMMER CAMPS

Lions, Wesley or Brookview

Mon–Fri, June 8–Sept 4

8 am–noon
\$209/wk, \$735/4wk, \$1499/12wk

8 am–6 pm
\$279/wk, \$999/4wk, \$1999/12wk

1–6 pm
\$239/wk, \$839/4wk, \$1799/12wk

3–6 pm
\$159/wk, \$499/4wk, \$999/12wk

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



Junior Team Tennis Leagues

AGES 5-18

USTA TEAM TENNIS LEAGUE

For High Performance, Intermediate, and Advanced players. Teams: 10U Int, 12U Int/Adv, 14U Int/Adv, and 18U Int/Adv.

2 days/wk, June 15-Aug 1

1:30-3:30 pm Wesley Park \$200

NOVICE TENNIS LEAGUE

For Junior Development and Junior High and Junior Varsity players.

2 days/wk, June 15-Aug 14

1:30-3:30 pm Wesley Park \$200

Private & 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	\$80	\$60
5 lessons	\$375	\$275
10 lessons	\$725	\$525

SEMI-PRIVATE

1 hour	\$90	\$70
5 lessons	\$424	\$325
10 lessons	\$825	\$625

ADULT TENNIS PROGRAMS

Basics & Beyond USTA LEVEL 1.0-2.5

For the beginner-intermediate level player. Emphasis will be on strokes, rallying and serving.

SPRING

Brookview Park

Wed, April 30-June 3

6-8 pm

\$139

SUMMER

Wed, June 10-July 15

Wed, July 22-Aug 26

6-8 pm

\$139/1 session, \$259/both sessions

Skills & Cardio Tennis USTA LEVEL 2.5-4.0

For intermediate level players. Practice stroke development, competitive rally play and cardio fitness.

SPRING

Brookview Park

Tue/Thu, April 28-June 4

6-8 pm

1-day \$139

2-days \$259

SUMMER

Brookview Park

Tue/Thu, June 9-July 14

6-8 pm

1-day \$139

2-days \$259

Tue & Thu, July 21-Aug 27

6-8 pm

\$479/24 classes

Advanced Warrior Workout Drills

USTA LEVEL 4.0-5.0

For advanced level and USTA league players. Focus on advanced strokes, competition, singles and doubles strategy, and fine tuning technique skills.

SPRING

Brookview Park

Mon, April 27-June 1

6-8 pm

\$139

SUMMER

Brookview Park

Mon, June 8-July 13

Mon, July 30-Aug 25

6-8 pm

\$139/1 session, \$259/both sessions

REGISTER NOW!

NOTE: All prices listed include the early bird discount. After the early bird date, prices increase by 10 percent.

ONLINE: www.twincitytenniscamps.com

PHONE: 612-600-2460

Early Bird Deadlines:
Spring Sessions - April 1
Summer Sessions - April 15



Ticket Events

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for these events. A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation.

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

“Hello Kitty’s Supercute Friendship Festival” at Target Center

Join Hello Kitty and her supercute friends including Dear Daniel, My Melody, Badtz-Maru, Keroppi, Chococat, and Pompom Purin in a unique celebration of fun, festivities, and surprises! This exhibit style festival includes an interactive musical, DJ-driven dancing with dance group KRU HK, art, fashion, and photo opportunities! Under age 2 free.

Sun, May 31

Noon

\$17 Youth (Ages 3-12), \$26 (Adult)

Code: S4102A

Register by May 15

Minnesota Swarm Lacrosse Game at Xcel Energy Center

Catch the buzz! Join your family, friends or lacrosse team and watch your Minnesota Swarm play the Rochester New York Knighthawks. The game is held at the Xcel Energy Center, voted the best arena experience in professional lacrosse! Under age 2 free.

Sat, May 2

7 pm

\$21 (lower level reserved)

Code: S4101A

Register by April 15



Youth Athletic Associations

**Golden Valley
Little League Baseball
Boys & Girls age 6–12**
Pat Dale, 763-593-9077
gvdales@comcast.net
www.goldenvalleylittleleague.org

**Armstrong Cooper
Youth Hockey Association
Boys & Girls age 4+**
Dawn Speltz, 612-987-4599
www.acyha.org

**Armstrong Cooper
Youth Baseball Association
Boys age 12–19**
Dale Bierke, 763-614-9821
www.acybaseball.com

**Cooper/Armstrong Girls
Fastpitch Softball
Girls age 9–12**
www.caheatfastpitch.org

**Girls Slowpitch Softball
Girls grade 3–12**
Keith Hiljus
keithhiljus@yahoo.com
www.gvgs.org

**Park Valley United FC
Soccer Club
Boys & Girls age 5–17**
www.parkvalleyunitedfc.org

Adaptive Recreation

The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area.

952-988-4177 www.reachforresources.org



All Ages

BOWLING

Join us for fun, non-competitive bowling. Bowl two games each week at Doyle's Lanes (5000 West Broadway Ave, Crystal) on Sat, March 28–May 23 from 12–2 pm or 2–4 pm. \$40 Res, \$48 Non-res (plus \$3.50 each week).

FAMILY YOGA

Increase attention span, focus, muscle tone, and flexibility. This is a combination class for kids and adults with disabilities. Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult. Held at St. Louis Park Recreation Center on Tue, March 24–May 5 from 7–8 pm. Adult \$42 Res, \$50 Non-res. Resident Family \$52 parent/child pair (\$20/each additional family member), Non-res Family, \$60 parent/child pair (\$28/each additional family member).

CHALLENGER LEAGUE

Take me out to the ball game.... Play baseball in this great league that uses a buddy system to help youth with disabilities learn the sport of baseball. Sponsored by Hopkins Area Little League.

INCLUSION SUPPORT

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

Teens

TEEN EXPLORERS

Get to know new friends while trying new activities! Movies, dinners out, games, crafts, and much more! Held at various metro locations on Tue, March 24–May 19 from 6:30–8:30 pm. \$45 Res, \$53 Non-res.

SOCIAL SEEKERS

This is a program for teens and young adults with Asperger's Syndrome. We meet once a week for fun and social interaction. Groups are available for varying age groups (12–14, 15–18, and 19–30) and at various locations. Intake is required for all new participants.

Adults

ZUMBA

Have fun while learning the popular dance moves! Join the sensation! Held at St. Louis Park Recreation Center on Mon, March 23–May 11 from 6:30–7:30 pm. \$55 Res, \$63 Non-res. Also held at Cedar Island Elementary (6777 Hemlock Ln N, Maple Grove) on Thu, March 26–May 14 from 6:30–7:30 pm. \$55 Res, \$63 Non-res.

REACH IN MOTION

Keep that body moving! We will walk and try new fitness activities at various indoor and outdoor locations. Held on Mon, March 23–April 27 from 6:30–8 pm at various locations. \$25 Res, \$33 Non-res.

THE HEALTH CLUB

Take some time to take care of you! Each week we will focus on a different aspect of healthy living – yoga, hiking, making healthy meals, and MORE! Learn important skills and have fun! Held at various locations on Thu, March 26–April 30 from 6:30–8 pm. \$40 Res, \$48 Non-res.

Special Events

FRIDAY NIGHT DANCES

Join your friends and groove to all the latest hits! Held from 7–9 pm. \$5 at the door. No pre-registration required.
April 3 - Waconia Safari Island
April 17 - St. Louis Park High School
May 15 - St. Louis Park High School
May 22 - Maple Grove Junior High School

BINGO NIGHT!

Join us for a night of fun and prizes! Held at Brooklyn Park Community Activity Center on May 1 from 6:30–8 pm. \$7 pre-registration required.

22ND ANNUAL BOWL-A-THON

Join us for our annual FUNdraiser!! Collect pledges and then join us for two games of bowling, pizza, and prizes! Don't miss this great opportunity to help support Reach for Resources! Held at Park Tavern Lanes in St. Louis Park on Sat, April 18 from 9:30 am–1 pm. \$40 minimum in pledges to bowl, \$15 donation for spectators (includes lunch).

Adult Fitness & Wellness

Daytime Yoga with Annette

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

Brookview Community Center

Tue, April 7–May 26

11 am–noon

\$68, Resident \$64

Code: S2201A

Pilates - Inspired Workout with Annette

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

Brookview Community Center

Mon, April 6–May 18

6–7 pm

\$60, Resident \$56

Code: S2202A

Yoga Flow with Laura

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

Brookview Community Center

5:30–6:40 pm

Tue, June 2–July 14

\$53, Resident \$50

Code: S2206A

Tue, July 21–Aug 25

\$64, Resident \$60

Code: S2206B



Southern Praying Mantis Kung Fu

Learn a traditional Chinese martial art that is primarily used for close quarters self protection. You will train with an emphasis on timing and feeling, developing power, and practical skills. All levels of fitness and coordination are welcome in this class. There is a great mix of two person exercises and solo work covered. You will train hard, develop proficiency of theory and technique, and progress accordingly. There are no ranks other than teacher and student. Everyone works with everyone. Taught by 6th Generation Disciple, Casey Fryer.

Brookview Community Center

7–8 pm

\$74, Resident \$70

Thu, April 2–May 7

Code: S2205A

Thu, May 14–June 18

Code: S2205B

Thu, June 25–Aug 6 (No July 2)

Code: S2205C

Thu, Aug 13–Sept 17

Code: S2205D



Cardio Kickboxing

Cardio kickboxing classes are a great way to add something fun and get a great energetic workout at the same time. Using speed, agility, and power, Cardio Kickboxing combines the punches, upper cuts, and hooks of boxing with various powerful kicks used in martial arts. By training as a kickboxer, a student gains greater confidence, improved cardiovascular fitness, increased muscular endurance, and greater flexibility. Kickboxing is a complete, full body workout and an excellent form of exercise for effective weight loss when training on a regular basis. Because it requires a higher level of intensity than many other aerobic exercises, kickboxing may also promote greater gains in balance, stability, and strength. Burn 700 to 1000 calories in one hour with cardio kickboxing!

Davis Community Center

6:30–7:30 pm

\$38, Resident \$35

Wed, April 8–June 10

Code: S2203A

Wed, June 17–Aug 26 (No Aug 5)

Code: S2203B

Tae Kwon Do

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 and St. Louis Park residents.

Davis Community Center
\$63, *Resident \$59

BEGINNER

6:15–7 pm

Tue, May 19–June 16

Code: S1118A

Tue, July 7–Aug 11 (No Aug 4)

Code: S1118B

ADVANCED

7–7:45 pm

Tue, May 19–June 16

Code: S1119A

Tue, July 7–Aug 11 (No Aug 4)

Code: S1119B

Boot Camp

Come ready to burn calories, build endurance, and have a great time while at it. Boot Camp is a combination of strength, cardio, muscle endurance, flexibility, and core, with a mix of functional movement patterns. You get EVERYTHING you need in less than an hour! We get you in and get you out! We keep you moving and burning fat from the first minute to the very last second. This is a challenging and effective hour of training. Instructor Shannon Burton is a certified in fitness, nutrition, and FMS (functional movement) with over 20 years in the fitness field.

Davis Community Center
6:30–7:30 pm
\$38, Resident \$35

Mon, April 6–June 15 (No May 25)

Code: S2204A

Mon, June 22–Aug 24 (No Aug 3)

Code: S2204B

Tai Chi Classes with Marie Mathay

These Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes for these classes.

TAI CHI FOR HEALTH & ARTHRITIS - BASIC

This program is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

Brookview Community Center

8:30–9:30 am

\$48, Resident \$45

Tue, April 14–May 26

Code: S2207A

SUMMER SPECIAL - 8 for price of 7!

Tue, June 16–Aug 11 (No June 30)

Code: S2207B

TAI CHI FOR HEALTH & ARTHRITIS - MOVING ON

For persons who have completed at least one session of Tai Chi and want to continue on their Tai Chi journey.

Brookview Community Center

9:40–10:40 am

\$48, Resident \$45

Tue, April 14–May 26

Code: S2208A

SUMMER SPECIAL - 8 for price of 7!

Tue, June 16–Aug 11 (No June 30)

Code: S2208B

BEGINNING YANG STYLE TAI CHI

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Join Marie in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. *Qualifies for Reduced Rate Pricing if purchased with another Tai Chi class in this session.

Brookview Community Center

Thu, April 16–May 28

9–10 am

\$48, Resident \$45

Code: S2209A

INTRO TO SHIBASHI QIGONG

Cultivate more energy and balance through this series of ancient, gentle breathing and moving exercises called Shibashi Qigong. An easy "follow the leader" style of 18 movements meant for healing and restoring health. Suitable for all ages and abilities. *Qualifies for Reduced Rate Pricing if purchased with another Tai Chi class in this session.

Brookview Community Center

Thu, April 16–May 28

10–11 am

\$48, Resident \$45

Code: S2210A

***NEW!* Reduced Rate Pricing!**

Register for a 2nd Tai Chi class in the same session and pay only \$30 for your second class! Classes must be purchased together.



Adult Fitness & Wellness

Beginning Belly Dancing

Beginner classes are structured to benefit participants with no previous dance experience and focuses on core muscle toning, body coordination, and overall body muscle strengthening while learning dance steps and movements that are broken down to simple steps and techniques. We learn to play finger cymbals too! Class taught by Tatyana Butkova.

Brookview Community Center
Wed, April 8–May 27
7–8:30 pm
\$68, Resident \$64
Code: S2401A

Intermediate Belly Dancing

Intermediate class teaches to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscle strengthening, coordination, and overall body improvement and dance refinement! Class taught by Tatyana Butkova.

Brookview Community Center
Mon, April 6–June 1 (No May 25)
7:15–8:45 pm
\$85, Resident \$80
Code: S2402A

Adult Enrichment & Learning

Defensive Driving

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

Registration & Certificate of Completion:

To guarantee certificate at class completion, register at least 7 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 Visa or MasterCard.

8-HOUR FIRST TIMERS COURSE

Brookview Community Center
Sat, Oct 24
9 am–5 pm
\$18/person

4-HOUR REFRESHER COURSES

Brookview Community Center
Thu, April 9, May 14, June 11, July 9 or Aug 13
9 am–1 pm
\$17/person

Open Painting Studio

NEW

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics, and oil. She is here to guide you through your project. Bring your favorite medium and project to class as we prepare for our Art Display at the Golden Valley Library in May.

Brookview Community Center
Mon, ongoing (No May 25, June 29, Sept 7)
9–11 am
\$1/week



Adult Athletics

Adult Co-Rec Sand Volleyball Leagues

Enjoy Minnesota summer and fall evenings at Brookview Park with sand under your toes in our recreational co-rec volleyball leagues. Teams of 6 will be scheduled to play at 6:15 and 7:15 pm. Fee includes sand volleyball and one official. Teams may have up to 12 players on a roster. Limit of 8 teams total. Resident team: Anyone who lives or works full time in Golden Valley. Non-resident team: 5 or more non-residents on the roster. For rules and registration information, please visit the city website at www.goldenvalleymn.gov or call the Park and Recreation office at 763-512-2345.

SUMMER LEAGUE

Brookview Park
Tue, June 2–Aug 11
11 game guarantee
\$220 Resident
\$240 Non-resident
Code: SSVBALL

FALL LEAGUE NEW

Brookview Park
Tue, Aug 18–Sept 15
5 game guarantee
\$100 Resident
\$110 Non-resident
Code: FSVBALL
Register by July 31

Adult Fall Softball Leagues

This 5 week, double header season extends play into the fall and begins August 9 (teams will be notified if summer season goes late). No play-offs, guaranteed 10 games. League follows USSSA bat and ball guidelines. Resident team: Anyone who lives or works full time in Golden Valley. Non-resident team: 5 or more non-residents on the roster. Visit the city website at www.goldenvalleymn.gov for a registration packet. **REGISTRATION OPENS JULY 1!**

\$335 Resident Team
\$455 Non-resident Team

MEN'S CLASS D

Monday Code: FSBALLM
Tuesday Code: FSBALLT
Wednesday Code: FSBALLW
Thursday Code: FSBALLH

CO-REC 11/12"

Sunday Code: FSBALLC

Lawn Bowling Clinic NEW

It's your chance to learn the game of lawn bowling. It's an easy game to learn and even easier to play! Lawn bowling, or "bowling on the green," is an outdoor game that has fascinated both young and old for centuries. You will find that bowls increases your eye-hand coordination, strengthens your legs, back, and arms, and helps with your focus and concentration. It is an excellent sport for young people as well as adults, teaching coordination and mental focus. The sportsmanship and camaraderie is a plus as well.

Taught by lawn bowling officials, you will learn the rules of the game, vocabulary that is unique to bowls, the proper way to hold and deliver your bowls, and the etiquette that governs behavior on the greens. This is a hands-on clinic, so wear comfortable clothing, flat soled shoes, sunscreen, and a sun visor or hat. At the time of the clinic, you can sign up for a league to be played at Brookview. We hope to have inter league play with Edina this summer.

Brookview Lawn Bowling Courts

Tue, June 9
10–11 am
\$3/person
Code: S2101A

Adult Co-Rec Soccer League

This Co-Rec League has three skill divisions, A, B and C. All games are played at Lions Park, with those games played Friday evenings and Sunday afternoons. The season begins the weekend of September 11, with games scheduled until the end of October. Resident team: Anyone who lives or works full time in Golden Valley. Non-resident team: 5 or more non-residents on the roster. Visit the city website at www.goldenvalleymn.gov for a registration packet. **REGISTRATION OPENS JULY 1!**

\$470 Resident Team
\$620 Non-resident Team

A League Code: FSOCCA
B League Code: FSOCCB
C League Code: FSOCCC



Davis Community Center

Open Gyms

All levels are welcome to participate. Purchase a punch pass at Davis or Brookview Community Centers and use it at any of the times listed below. Basketballs and volleyballs provided.

NOTE: Schedule is subject to change due to low attendance. Please check the City website for changes.

\$28/10-time punch pass or \$4/daily drop-in

SPRING SCHEDULE

Mar 15–May 23

Day	Activity	Time
Sun	Family Gym Time/Shoot Buckets	1-3 pm
Sun	Pickleball Drop-in	3-5 pm
Mon	Basketball 35+	8-10 pm
Tue	Volleyball 18+	8-10 pm
Thu	Volleyball 18+	8-10 pm
Sat	Basketball 18+	8-10 am

SUMMER SCHEDULE

May 23–Aug 31 (Closed Aug 3-7)

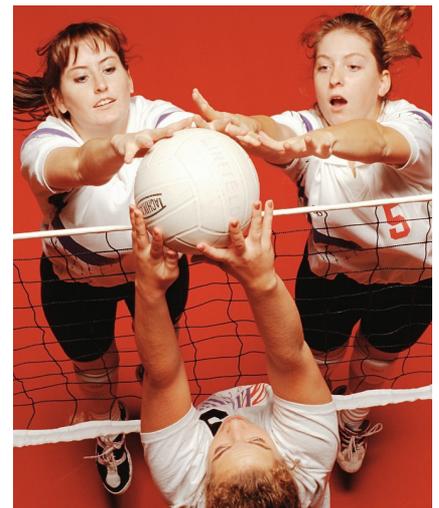
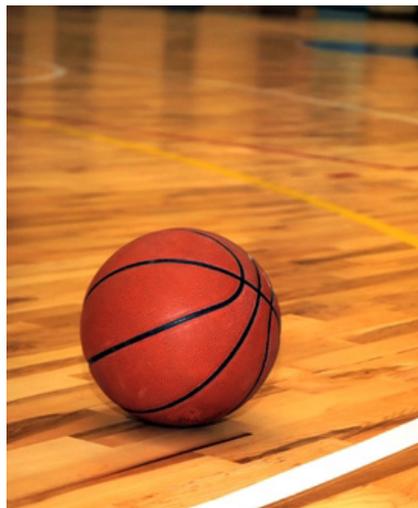
Day	Activity	Time
Tue	Volleyball 18+	8-10 pm
Thu	Volleyball 18+	8-10 pm
Sat	Basketball 18+	8-10 am
Sat	Family Gym Time/Shoot Buckets	10 am-noon

Davis Community Center Gym Rental

Davis Community Center, located at 5430 Glenwood Avenue in Golden Valley, has two courts available for rent. Courts can be used for basketball, volleyball, dance, indoor hockey, conditioning, birthday parties and more. Court reservations can be made up to 6 months in advance and are based on availability. Please call the Golden Valley Park and Recreation office at 763-512-2345 for availability and reservations.

2015 Rental Fee:

\$25/hour per court – minimum of 2 hours



Athletic Courts

Tennis Courts

Interested in playing tennis but unsure where to play? Check out the city website at www.goldenvalleymn.gov for tennis court locations as well as court availability. If a court is being used due to a rental or lesson program, the schedule will be posted on the website.

TENNIS COURT 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.

Locations	Address	TENNIS		PICKLEBALL
		Courts	Lighted	Courts
Brookview Park	200 Brookview Pkwy	6	4	
Gearty Park	3101 Regent Ave N	1	1	
Glenview Park	2351 Zenith Ave N	2	2	
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	-	
Wesley Park	8305 Wesley Dr	3	3	
Wildwood Park	7401 Duluth St	2	-	coming summer 2015

Pickleball Courts

Pickleball can be played on our tennis courts over the tennis net (nets can be lowered for optimal play). The parks and recreation department will no longer be supplying portable pickleball nets or equipment to the parks.

Tennis & Pickleball Etiquette

If a tennis court is being used, simply hang your tennis racquet 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.

Court Rental

Courts are available for rent for \$6/hour or \$40/day for tournament play. Please call the Recreation office at 763-512-2345 to reserve your court.



Aquatics in Neighboring Communities

Residents of Golden Valley may purchase a season pass to the outdoor family aquatic center in St. Louis Park at the St. Louis Park resident rate. The aquatic center is located at 5005 W. 36th Street. Call St. Louis Park at 952-924-2540 for more information.

Learn To Swim Programs are available through:

City of Crystal 763-531-0052
 City of New Hope 763-531-5100
 City of St. Louis Park 952-924-2540

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



GOLDEN VALLEY SENIOR CENTER

PHONE: 763-512-2339

FAX: 763-512-2344

WWW.GOLDENVALLEYMN.GOV/RECREATION/SENIORS



Located in the Evergreen Room at the Brookview Community Center.

Join scheduled activities, register for events, trips and classes.

All programs are held at Brookview unless otherwise noted.



2015 Annual Membership Donation

Subscribe to the bi-monthly senior newsletter by paying an annual membership donation. Your donation is good for January-December 2015 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset costs for the senior program. Support your senior program by donating today!

\$8, Resident \$5

Code: 12997 *Thanks for your support!*

Blood Pressure Screening **FREE**

Service provided by a licensed nurse from the Ambassador Good Samaritan Center.

Brookview Community Center

Wed, April 22, May 27, June 24, July 22, Aug 26

11-11:30 am

Helping You Through the Medicare Maze

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make a free appointment with Marsha to answer your Medicare insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. She'd love to work with you!

Brookview Community Center

Thu, April 9, May 14, June 11, July 9, Aug 13

Appointment times are 9, 10, & 11 am

Happy Feet Foot Care Clinic

This foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails, and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.

Brookview Community Center

1-2:30 pm

Every Friday

\$34, payable day of service

Other Senior Activity Locations

Calvary Center Cooperative

7600 Golden Valley Rd

Covenant Village

5800 St. Croix Ave

Crystal Community Center

4800 Douglas Dr N

Dover Hills

2400 Rhode Island Ave N

Golden Valley City Hall

7800 Golden Valley Rd

Golden Valley Library

830 Winnetka Ave N

Senior Programs

The Shifting Tides of Global Terrorism

Wed, April 8 • 1 pm

Covenant Village of Golden Valley

FREE

Join Jarret Brachman at Covenant Village (5800 St. Croix Ave N) to learn about the current state of Al-Qaida and how some of its members are using social media to wage a war amongst one another. Jarret Brachman, Ph.D. is an internationally recognized specialist on counterterrorism and violent extremist movements. Described as an "information warrior" by the Associated Press and "a laptop James Bond" by Esquire, he began his career as a graduate fellow at the CIA's Counterterrorism Center.

2015 Senior Spring Forum

Wed, April 15 • 8:30 am–noon

Brooklyn Park Community Center

FREE

Come to the Brooklyn Park Community Center (5600 - 85th Ave N) to hear keynote speaker, Jack Farrell from Haskell's, and visit over 70 informational booths on aging. Coffee and treats provided. This FREE, helpful and informative event is for Adults 55+ and family members. Doors open at 8 am. Pre-registration is recommended. To pre-register, call: 763-503-2520 or email.info@nwwhsc.org. Sponsored by NW Hennepin Human Services Council and Senior Leadership Committee.

Senior Par 3 Golf League Kick-off

Thu, April 23 • 10 am

Brookview Grill

FREE

Kick-off the 2015 golf season with Ben Disch, Brookview's Golf Manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$5 league registration also taken that day. If you are unable to attend the kick-off, but want to play in the league, the league fee may be dropped off in the golf office before May 7.



Bowling Tournament

Tue, May 12 • 12:30 pm

Texa-Tonka Lanes

It's our annual bowling tournament hosted by Texa-Tonka Lanes (8200 Minnetonka Blvd, St. Louis Park). \$5 fee payable to Texa-Tonka Lanes includes: three games, shoes, ball, coffee, cookies, and prizes. No pre-registration necessary. See you there!

Minnesota State Band Concert

Wed, May 13 • 7:30 pm

Crystal Community Center

FREE

Join us at the Crystal Community Center (4800 Douglas Dr N) to hear the Minnesota State Band, the official band of the State of Minnesota, which has been in existence for 115 years (since 1898). The 50+ member band is the only remaining State Band in the United States. The band operates as a non-profit organization with an all-volunteer membership and has represented the State of Minnesota on six International Goodwill Tours since 1986. Donations welcome!

Tax Assistance 2015

Golden Valley Library

Thursdays through April 9

9:30 am–1:30 pm

Help with filling out income tax forms is offered free on a first-come, first-serve basis to people with uncomplicated income taxes. Trained volunteer tax counselors will help seniors and individuals with low- to moderate-income with routine forms. Tax forms are filed electronically. Service provided by volunteers from AARP programs. Taxpayers with unusual or complex tax questions should seek help from the IRS or paid preparers. Registration taken day of service on a first-come, first-served basis starting at 9:00 AM.

Please bring the following records and information:

- New 2014 tax form booklets
- Copy of 2013 tax returns and claim for property tax refund
- All documents and information concerning 2013 income, adjustments, deductions, credits and payments
- 2014 property tax statement or Certificate of Rent Paid Card with mailing label, if you received one from either the Minnesota Department of Revenue or IRS

Senior Programs

Curtain Call

FREE

Wed, June 10 • 1–3 pm

Covenant Village of Golden Valley

Find your Inner Actor as we explore a little bit of many different theater styles at Covenant Village (5800 St. Croix Ave N). We will read some scripts from Radio Drama, do some improvisation exercises and theater games. We will make up characters and situations, and above all, have some good laughs with each other. Class is taught by Rhonda Lund, who has 28 years of experience teaching to a variety of ages, kindergarten to senior. She has acted and directed frequently in the Twin Cities and is the Artistic Director and theater teacher of Theater Nest, a South Minneapolis Children's theater company. This program is offered through COMPAS – Community Programs in the Arts.

To register, call Victoria Kendall, Church and Community Relations Director at Covenant Village of Golden Valley at 763-732-1525.

Chillin' with BandanAhh!

Let's celebrate National Ice Cream Day with ice cream and toppings galore to make your own sundae or root beer float. Then enjoy your ice cream while listening to the music of BandanAhhh! From crooning love songs to rock-n-roll, BandanAhhh! entertains, gets hearts reminiscing, voices singing, faces smiling, toes tapping, hips shaking and bodies moving. Fee includes entertainment, ice cream, toppings, cookies, and coffee/iced tea.

Mon, July 20

1 pm

Brookview Community Center

\$5/person

Code: S3301A

Register by July 15



Ballroom Dancing

Join the crowd that loves to ballroom dance to Dick Macko's Band at Lenox Community Center (6715 Minnetonka Blvd, St. Louis Park). It's a great way to fight the winter blahs. Everyone is welcome. No partner necessary.

Lenox Community Center Gym

Every Thursday

1–3:30 pm

\$7/person at the door

Mondays with Mary

Join Mary on Mondays at 9:30 am to make door decorations, greeting cards, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time and talent. As we say, "The more the Mary-ier". No meeting on May 25 & Sept 7.

Weekly Card & Game Groups

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

DAY	GROUP	TIME
Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
	Hand & Foot	1 pm
	500	6:30 pm
Wed	500	1 pm
Thu	Euchre	1 pm
	Bridge	6:30 pm
Fri	Bridge	9 am

Remember When...? with Jan

FREE

We all have special memories and we usually start by saying "remember when?...." Let's go back and enjoy that time in our life with our friends.

Dover Hill Apartments

1–2:30 pm

DATES/TOPICS

Thu, Mar 26

Remembering Hobbies

Thur, April 23

Remembering Restaurant Prices in the "Old Days"

Thu, May 28

Remembering Trains & Train Trips

Thu, June 25

Remembering Picnics & Picnic Foods

Thu, July 23

Remembering Front Porches

Thu, Aug 27

Remembering a Prized Possession

Senior Lawn Bowling League



Take part in the first summer season of lawn bowling and join a league. The league begins on Tuesday, June 16 with six weeks of league play. Game equipment is provided and an official is present during league play. No special clothing is required, however teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. No heeled shoes, flat-bottom shoes only on the court. Register individually or as a team of 4-8 players. Minimum of 4 and maximum of 16 teams. Fee includes 6 weeks of league play, game equipment, prizes, and official.

Brookview Lawn Bowling Courts
Tue, June 16–July 21

10–11 am

\$5 league fee, plus \$3/week

Code: S3302A

Register by June 11



Senior Golf Leagues

SENIOR PAR 3 LEAGUE

Men and women, age 55 and older, are invited to play at the Brookview Par 3 Course on Thursday mornings. Tee times start at 7:30 am with weekly sign-up. The season will be from May 7–September 10. \$5 league fee is collected at the kick-off meeting in April. See information in the golf section for green and cart fees.

SENIOR PATRON 18-HOLE REGULATION LEAGUE

This senior golf league will play the 18-hole course at Brookview. \$15 league registration is due before your first week of play.

NOTE: You must be a valid Brookview Senior Patron card holder to register and play. League plays on Tuesdays, April 28–August 25. See information in the golf section for green and cart fees. Call 763-512-2305 for information.

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. You come when you can. Just drop in! Equipment available on a limited basis. Gym shoes required. **NOTE:** The gyms are being refurbished this summer and will be closed part of July and August. Call 763-531-0052 for exact dates.

Crystal Community Center (4800 Douglas Dr N)

Mon & Thu

9 am–1 pm

\$2/visit or \$15 for 10-visit punch pass



Coffee Talk

Join us for juice, treats, informative programs, and of course, coffee! Call the senior office to register in advance so there are treats and coffee for all.

Brookview Community Center

9:45–11:15 am

\$2, pay at door

WED, APRIL 22

Conserving Migratory Songbirds

What is the state of our migratory songbirds in the Midwest? Learn how we can enhance our own back yards through the use of plantings, feeders and nest boxes to provide food and cover for songbirds. Presented by Jan Welsh, Minnesota Department of Natural Resources. Register by April 20.

WED, MAY 27

The Most Popular Historical Figures and Their Stories in China

Phenix is back! Join us as she takes us on a historical journey of her beloved China and tells us the stories of: the Famous Four Ancient Beauties and their Historical Effects; Qin ShiHuang---the First Chinese Emperor's Great Deeds and Misdeeds, the Great Wall, and Lady Meng Jiangnu; Hua Mulan---Heroine in Northern Wei Dynasty; The Great Navigator, Zheng He, who created the Sea Silk Road in Ming Dynasty(Before Columbus). Presented by Phenix Yu. Register by May 26.

WED, JUNE 24

Loss of Privacy

Current technology enables others to collect information and know a lot about us. Learn about some precautions you can take to keep your life private. Presented by Dale Stenseth, Money Matters member and public speaker. Register by June 22.

WED, JULY 22

What is Tech Dump?

Tech Dump opened in Golden Valley in 2013 and recycles anything with a cable, cord, or battery (except large home appliances). Tech Dump is an electronics recycling social enterprise, using the proceeds from recycling and refurbishing electronics to create jobs for adults with barriers to employment. Learn about this safe way to reduce, reuse and recycle. Presented by Amanda LaGrange, Director of Marketing. Register by July 20.

Senior Programs

Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Join us as speakers from companies dealing with finances and investments present information important to today's investor. Refreshments provided by Golden Valley Rehab and Care Center. Donations accepted for refreshments.

Brookview Community Center
10–11:15 am

THU, APRIL 16

Medical Assistance 101

Learn the law and other sources relating to Medical Assistance including the general eligibility requirements. Presented by Kyle R. Bailey, Esq.

THU, MAY 21

Adjusting Your Portfolio to Profit in Today's Market

Find out where we are in this economy and how to adjust your portfolio to reflect the best investment options. Presented by Larry Klick, Money Matters member.

THU, JUNE 18

Smart Charitable Giving

Determining which organizations should receive your monetary donation is a very personal decision. But how do you make sure the organization is truly deserving of your money? Learn the tools to insure your donation is allocated per your wishes. Presented by Skip Johnson, Great Waters Financial.

THU, JULY 16

Reverse Mortgages

Are reverse mortgages really as good as they advertise on TV? Join us to learn more about what reverse mortgages really are, their advantages and disadvantages, how much cash they might give access to, how much they cost, and how they impact your home equity. Anyone who wants to get a reverse mortgage has to go through a counseling session. Find out what that consists of and why it is so essential. And the best part is... you will become a savvy consumer in the process. Presented by Joy Gordon, Jewish Family and Children's Service of Minneapolis.

THU, AUG 20

Corporate Taxes

Minnesota is the home base for several national and international companies. We hear that companies are moving their offices and staff out of state or out of the country because of Minnesota's tax rate, yet some companies are moving operations to Minnesota. What are the tax advantages and/or disadvantages for companies in Minnesota and how does that affect us as taxpayers? Presented by Pam Ricker, C.P.A., Ricker and Associates.

Living Wise & Well

FREE

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative. No meeting in May.

Calvary Center Cooperative
1–2:30 pm

THU, APRIL 2

How to Remain Safe at Home and Age in Place

Common injuries can be prevented. Learn some simple tips on keeping you safe and reducing injuries so you can stay in your home until you decide to move. Presented by On Call Clinicians.

THU, JUNE 4

If the Shoe Fits, Wear It!

Learn about basic foot anatomy, foot biomechanics, common foot ailments, and how a proper fitting shoe can alleviate, prevent, or accommodate foot ailments. Our presenter will also have several samples of shoes and assorted accessories that can be utilized to accommodate and often prevent problems with feet before they occur, as well as help with common foot issues. Presented by Steve La Fond, Board Certified Podiatrist, Schuler Shoes.

THU, JULY 2

"Heads Up" - Achieving Perfect Posture & Greater Flexibility

Our posture impacts not only how we look, but how we feel. Simple changes in how we sit and stand can effect positive changes in our quality of life. Observe or join in as we learn easy exercises for improving posture, balance, and flexibility. These exercises will be demonstrated from a standing or seated position, you will not be asked to get down to the floor. Presented by Nancy Danielson, Active Older Adults Coordinator, YMCA-New Hope.

THU, AUG 6

Meditation Made Simple

Learn about what meditation is and what it is not. Join us for an hour of learning, doing and fun! You'll leave with a solid understanding of meditation, and will have the opportunity to partake in a meditation (or not!). Presented by Laura Lazowski, certified yoga instructor and meditation coach.

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!



**At time of registration, you must indicate a Bus Pick-up Location:
Golden Valley City Hall (or) Calvary Center Cooperative**

Gangsters and Grand

Tue, April 21

Our costumed guide will take us through the streets of St. Paul. Go back to the 1920's and 1930's when crime and corruption ruled. See sites where the infamous lived, socialized, and committed crimes. Drive past the Landmark Center where some of the FBI's most notorious criminals were tried and brought to justice, including John Dillenger. Lunch will be at the M St. Café in the St. Paul Hotel. Menu: french onion dip-shaved roast beef, gruyere, and provolone on soft baguette with onion soup for dipping, mixed greens with balsamic vinaigrette, coffee, soft drink or iced tea. Board the bus for a drive and walk along Grand Avenue, stopping at The Grand Old Creamery for a treat (on your own). Pick up a guide at members businesses. Fee includes tour guide, lunch, motorcoach transportation, and escort.

\$60

Bus pick-up: 8:25 am

Approx return: 2:45 pm

Register/cancel by Fri, April 10

Code: 13016

All Aboard (for Brunch)

Thu, May 21

All aboard the Osceola and St. Croix Railway, a colorful trip back in time. Enjoy a champagne brunch with smoked ham slices, cheesy scrambled eggs, herbed american fries, toast with jam, champagne, and coffee. The 2-hour ride takes you on the bluffs and the woodlands in the backwaters. On our return, we'll stop at Eichten's Cheese Shop and Deli where you can purchase treats (on your own). Don't forget to bring a cooler to keep your purchases fresh for the trip home.

Fee includes brunch, train ride, stops, motorcoach transportation, and escort.

\$67

Bus pick-up: 9:25 am

Approx return: 3 pm

Register/cancel by Fri, April 24

Code: 13017



Till the Cows Come Home

Fri, June 19

We arrive at the family-owned Tutti Frutti Market Farm which features fruit, vegetables, eggs, jams, dressings, honey, and maple syrup. A home-cooked luncheon buffet on the farm will delight your taste buds. Then off to the Redhead Creamery Farmstead. Our tour of the 180-milking cow farm includes viewing the dairy calves and heifers, the milking cows, milking parlor, and milk holding room before ending in the cheese plant. Here we will learn about their unique cheese making process. Added bonus—you can purchase fresh out of the vat cheese curds, or, if you prefer, aged Cheddar at the on-farm store. Fee includes lunch, tour, motorcoach transportation, and escort.

\$58

Bus pick-up: 8:55 am

Approx return: 4:30 pm

Register/cancel by Fri, June 5

Code: 13040



MARY WANDERER'S TRIP PROGRAM

"The Best Little Whorehouse in Texas" at the Old Log Theater

Wed, July 8

This happy go lucky view of small town vice and statewide political side-stepping recounts both the good times and the demise of the Chicken Ranch, known since the 1850s as one of the better pleasure palaces in all of Texas. Governors, senators, mayors, and even victorious college football teams frequent Miss Mona's cozy bordello until that puritan nemesis, Watchdog, focuses his television cameras and his righteous indignation on the institution. Made popular by the Dolly Parton and Burt Reynolds movie, the play is a nostalgic look at a delicate subject, but there's nothing dirty going on! Lunch will be enjoyed before the show in the Old Log Dining Room. Fee includes lunch, theater ticket, transportation and escort.

State your menu choice when registering:

1) Braised short rib, 2) Tilapia, 3) Vegetarian pasta with white wine/butter, or 4) French cut chicken. All meals include: seasonal vegetable, potato (excludes pasta), dinner rolls, dessert, and beverage.

\$64

Bus Pick-up: 11 am

Approx return: 4:30 pm

Register/cancel by Fri, June 12

Code: S3205A



Magical Gardens

Wed, July 15

Our magical day begins in Wisconsin at the Mosaic Sculpture Garden where folk artist, Riana De Raad, will reveal images of her unique talent. Immerse yourself in the seasonal perennials, shade trees, interesting figures, quiet sitting areas, planters, bird houses, and mystical life-size concrete mosaic statues in the tradition of American outdoor folk art. Lunch will be at the Westwind Restaurant. Enjoy their buffet luncheon of salad bar, two hot entrees, potato, vegetables, bread, dessert and beverage. Before leaving the area, we will stop at Earthworks Nursery, established in 1976 and in its second generation of family ownership. They have a selection of plants that will brighten your patio or garden. There is plenty of room in the luggage bay of the motorcoach if something catches your eye. Fee includes lunch, garden entrance, transportation, and escort.

\$56

Bus pick-up: 8:55 am

Approx return: 3:15 pm

Register/cancel by Wed, July 1

Code: S3204A



"Mary Poppins" at the Chanhasen Dinner Theater

Wed, Aug 5

Arrive at the Chanhasen to enjoy lunch from the matinee menu prior to the show. Sit back and enjoy "Mary Poppins the Broadway Musical". Based on the iconic Disney film, Mary Poppins is a family musical featuring breathtaking dance numbers and unforgettable songs including: "Chim Chim Cher-ee," "A Spoonful of Sugar," and "Let's Go Fly A Kite." What could be more jolly? Winner of 44 major theater awards, this enchanting musical is practically perfect in every way! Fee includes lunch, theater ticket, transportation, and escort.

Fee: \$75

Bus pick-up: 10:25 am

Approx return: 4:45 pm

Register/cancel by Wed, July 1

Code: S3201A



At time of registration, you must indicate a Bus Pick-up Location:
Golden Valley City Hall (or) Calvary Center Cooperative

Heirlooms in Hutch

Thu, Aug 13

Arrive at Clay Coyote Pottery for a behind the scenes look inside the studio of Tom Wirt and Betsy Price on a farm near Hutchinson. Together they create stoneware that is beautiful and functional. Tom does all the throwing, trimming and finishing while Betsy does all the glazing and firing. Delight in the finished products at their gallery. Let's slow down the pace. Heirlooms Tea Room has beautiful gardens with cobblestone paths. Enter the Powder Room to select from vintage hats and other attire to wear while enjoying your Classic Afternoon Tea. Known for pampering their guests, the Tea Service, served in the Parlor and Dining Room, is presented in three courses. First Course: three finger sandwiches; Second Course: classic cream scone and flavored scone of the month with clotted cream and preserves; Third Course: three petite sweets. A different pot of tea will complement each course. Back to reality as we load the bus and stop at Bongards' Creameries Retail Store with a full, fresh selection of your favorite Bongards' cheeses. Bongards' was started in 1908 with the promise to produce the freshest, most wholesome and flavorful dairy products available. If you wish to make a purchase, bring a thermal cooler bag to keep your items cool and fresh. Fee includes lunch, entrance fee, transportation, and escort.

\$60

Bus pick-up: 8:35 am

Approx return: 5 pm

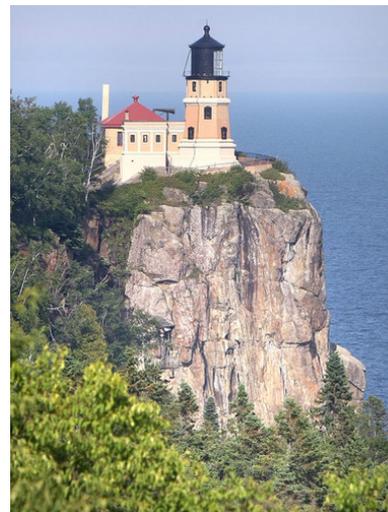
Register/cancel by Mon, July 20

Code: S3202A

North Shore Fall Colors Tour

Tue–Thu, Sept 29–Oct 1

DAY 1 - Coffee and rolls at Tobies. Stop at **Thompson Hill Visitors Center** for a stunning fall color view of Lake Superior. Arrive at **Lutsen Mountain** and board the Midwest's only **gondola** for a gentle ride at treetop level over the Poplar River Valley. Have **lunch at the mountaintop Summit Chalet**, the best vantage point to view the Sawtooth Mountains. Next, visit **Michael Monroe's Log Cabin** in the woods and enjoy a **personal concert**. His music and home has been featured on "On the Road with Jason Davis". Continue to Grand Marais and check into the **Best Western Superior Inn**, a three-diamond property located on the shores of Lake Superior, within walking distance of the shops and restaurants in the charming village of Grand Marais. Have **dinner at the Birch Terrace Restaurant**, a former fur trading post converted into a restaurant in a restored 1898 home.



DAY 2 - Have breakfast at the hotel before a **tour of the North House Folk School Campus**. Learn about the student projects and discover the story, magic, and history that make up the inspirational school. Travel up the North Shore to have **lunch at Naniboujou Lodge**, listed on the National Register of Historic Places. This afternoon take time to enjoy the small town flavor of **Grand Marais**. Shop or stroll along the waterfront. Enjoy dinner on your own.

DAY 3 - Have breakfast at the hotel. Take a **guided tour of the Split Rock Lighthouse**. Stop at the **Gooseberry Falls Visitors Center** to view the falls. Have **lunch at the New Scenic Café** in Duluth overlooking Lake Superior before heading home.

FEE INCLUDES: Lodging for two nights, meals (as listed), tours and attractions, deluxe motorcoach transportation, and tour escort Mary Odell.

\$580/person (Double)

\$745/person (single)

\$150 deposit due by Mon, June 29

Final payment due Mon, July 20

Code: 13014

Payments are non-refundable after June 29



MARY WANDERER'S TRIP PROGRAM

At time of registration, you must indicate a Bus Pick-up Location:
Golden Valley City Hall (or) Calvary Center Cooperative

Cruising the St. Croix

Thu, Sept 17

We're traveling to Stillwater to board one of the modern vessels from the St. Croix Boat and Packet Company fleet, climate controlled and fully accessible for our 2-hour cruise. Table seating is available on the first floor. Relax and enjoy the sights (hopefully beautiful fall colors) of the St. Croix River. A deli luncheon is served buffet style during the cruise. Enjoy a variety of meats, cheeses, salads, and dessert bars. Coffee and soft drinks included. As we leave Stillwater we'll make a short stop at Pine Tree Apple Orchard. The orchard has hundreds of acres with many apple varieties and a bakery! Homemade pies, donuts, rollovers, caramel apples and more-YUM! Fee includes lunch, boat ticket, transportation, and escort.

\$54

Bus pick-up: 9:55 am

Approx return: 3:30 pm

Register/cancel by Mon, Aug 24

Code: S3203A



Holly & Ivy Christmas Tour in Des Moines, Iowa

Fri-Sat, Dec 4-5

DAY 1 – Leave Golden Valley. Have coffee and rolls at **Trumbles Restaurant**. Arrive at the Des Moines Botanical Gardens to enjoy a light lunch. Visit the Poinsettia display and the conservatory with tropical plantings, desert blossoms, and a tumbling waterfall. Tour **Terrace Hill**, a National Historic Landmark and the Governor's Residence, decorated for Christmas. The Gift Shop, located in the original icehouse, features Iowa related merchandise. Begin the Holly & Ivy Holiday Home Tour sponsored by the **Salisbury House**. The finest local decorators adorn spectacular mansions, private estates, elegant residences, and distinctive historic houses. First, take a self-guided tour through the historic Salisbury House. This magnificent mansion, the family home of cosmetic magnate Carl Weeks, was completed in 1928, was modeled after the King's House in Salisbury England and is filled with the family's original furnishings and collections. Check into the County Inn & Suites hotel. Have dinner at the **Machine Shed Restaurant**. After dinner, enjoy the drive through Des Moines' Water Works Park to view the **Jolly Holiday Lights Display**, a 3.5 mile riding tour of magical lights. Don't forget to get your picture taken with Santa (\$10) and enjoy a cookie and cocoa at Santa's Wish Shop! The gift shop, located at the end of the route, has snacks, Santa, and small gift items with proceeds benefiting Make-A-Wish Iowa. [C,L,D]



DAY 2 – Have breakfast and see homes decorated in grand Christmas style on the **Holly & Ivy tour**. Each year private homes are selected to feature unique architecture, exquisite design and seasonal traditions. Conclude the tour at the **Central Presbyterian Christmas Market**. Enjoy a bowl of homemade soup and visit the craft sale. Say good-bye to Des Moines as we travel to **Trumble's for dinner**. Estimated return time to Golden Valley is 7:30 PM. [B,L,D]

NOTE: Private homes and public estates on this tour will require guests to walk and stand for over thirty minutes at each stop. Very limited or no seating options are available. Some homes are decorated on more than one level.

\$335/person (Double)

\$390/person (single)

\$75 deposit due Oct 12

Final payment due Mon, Nov 2

Payments are non-refundable after Oct 12

Code: S3206A



Senior Community Information

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

Do you or a loved one need a little help around the house? Senior Community Services' Household and Outside Maintenance for Elderly (HOME) program may be able to provide you with relief. The HOME program provides affordable housekeeping and handyman services for seniors 60 and older. Their network of skilled workers are pre-screened to ensure that you feel safe and confident about the services you receive.

HOME can help with:

- Housekeeping
- Laundry
- Minor maintenance repairs
- Snow shoveling
- Lawn mowing
- Seasonal yard work
- Safety device installation
- Interior and exterior painting
- Window washing

Older adults contribute to the cost of these services based on their monthly income and ability to pay – making HOME the only program serving all of suburban Hennepin County that provides these services on a sliding fee scale. HOME also accepts some insurance payments, as well as the Elderly Waiver and the Alternative Care Grant. Senior Community Services is a non-profit organization with five programs serving seniors in Golden Valley. Their goal is to enhance the quality of life of older adults and support their caregivers so seniors can remain in their homes and communities as they age.

Widowed Support Group

Meets every Saturday at the New Hope Country Kitchen (42nd & Winnetka Ave) at 2 pm and the first Thursday of the month at Evans Nordby Funeral Home (60th & Brooklyn Blvd) at 1:30 pm. New people are always welcome!

Senior Community Services Outreach Program 952-746-4028

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

Dinner at Your Door 763-531-1183

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9–11:30 am for information and menu.

Fare For All 763-450-3880

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

Golden Valley Library Programs For Seniors

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

USED BOOK SALE

Bargain hunters and book lovers take note: The Friends of the Golden Valley Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback. Most books are withdrawn from the Hennepin County Library system or donated by the public. Funds raised will benefit the library. Bag sale on Sunday!

Special Pre-Sale for Friends Members: Friday, April 24 from 10 am–5 pm. You may join at the door.

Sat, April 25: 9 am–5 pm

Sun, April 26: Noon–3 pm

POETRY LOVERS CONVERGE

Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors. Bring your friends!

1st Wed of every month

6:30 pm

COMPUTER HELP

Volunteers are available to provide one-on-one help with basic computer skills. No appointment necessary. Please call ahead to be sure a volunteer is available.

Mon & Thu: 9 am–noon

Tue & Wed: 11 am–2 pm

BROOKVIEW GOLF COURSE & LAWN BOWLING

YOUR YEAR ROUND RECREATION DESTINATION



763-512-2300
www.brookviewgolf.com

2015 Patron Program

Patron card applications can be picked up at Brookview Golf Course or found online at www.brookviewgolf.com, starting February 1.



Card holder benefits include: discounted green fees and power cart rental, advance reservation privileges, Driving Range & merchandise discounts and coupons.



PATRON CARD TYPE	Before 4/1/15	After 4/1/15
Resident Patron	\$70	\$75
Non-resident Patron	\$110	\$115
Resident Senior (60+)	\$40	\$45
Non-res Senior (60+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-res Junior (<18)	\$35	\$40
Par 3 Patron	\$30	\$30

2015 Brookview Golf Course Flower Sponsorships

Organizations and businesses are invited to sponsor one of Brookview's beautiful 18 golf holes with a \$500 flower garden, which will be maintained throughout the 2015 golf season. All Sponsors will have signage on their specific hole, as well as recognition in the 2015 Brookview Golf brochure and on the Brookview Golf Course website for the entire 2015 season. Join us as we improve the Brookview experience for our over 45,000 golfers annually.

To sponsor a hole at Brookview, please contact Brett Johnson at 763-512-2300. Only 18 regulation holes available, so reserve your favorite today!

Golf Bikes

The Golf Bike is rolling into Brookview this season – first golf course in Minnesota to offer the new amenity! It's a great alternative to walking or golf carts, play fast and get a workout! If you like a little adventure, the Golf Bike is for you!

18-Hole Rental \$15
9-Hole Rental \$10





Golf Course Fees

REGULATION COURSE FEES	PATRON	PUBLIC
18-Hole Course	\$30	\$37
9-Hole Course	\$17	\$20
Power Cart 18-Hole	\$24	\$30
Power Cart 9-Hole	\$16	\$20
Twilight*	\$17	\$21
Twilight* with Power Cart	\$25	\$31

*After 3:30 pm on Friday, Saturday, Sunday & Holidays.

*Patron Card Holders may make reservation 7 days in advance.
General Public may make reservations 5 days in advance.*

PAR 3 COURSE FEES

9-Hole Course	\$9	\$12.50
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JUNIOR RATES

18-Hole (Ages 10-17)	\$22.50	\$24.50
9-Hole (Ages 10-17)	\$12.50	\$14.50
9-Hole Par 3 (Ages 6-17)	\$8	\$9.50

60+ SENIOR GOLF PROGRAM

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

Mon-Fri before noon

18-Hole Senior	\$26	\$30
9-Hole Senior	\$15.50	\$17

Valid anytime, 7 days a week

9-Hole Par 3 Senior	\$8	\$9.50
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DRIVING RANGE (IRONS ONLY)

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

Brookview Golf Leagues

WOMEN'S 9-HOLE LEAGUE

Opening day will be May 7, 2015. The league plays on Thursday mornings and there are openings for new members. Pick up an application at the Brookview Golf Course Clubhouse after March 5, 2015. For information, call Nancy Spannaus at 612-849-9888, or join us at the membership meeting on Thursday, April 2 at 10 am in the Brookview Golf Course Grill.

WOMEN'S 18-HOLE LEAGUE

Opening day will be April 28, 2015. The league plays on Tuesday mornings from 7–9 am. For more information, call Beth Rubin at 612-325-4511.

MEN'S GOLF ASSOCIATION

Past members and interested guests are invited to attend this year's spring meeting. The meeting agenda includes events for the 2015 season with free refreshments being served. All BMGA members must purchase a patron card and handicap. Membership deadline is March 20, 2015. Visit www.bmga.org. Join us at the annual spring meeting on Wednesday, March 18 at 6 pm at Brookview Community Center.

WOMEN'S PAR 3 PUTTERS

The Par 3 Putters league plays 9-holes on Thursday afternoons. It's perfect for the working women after a day at the office. Tee times are from 4–6:32 pm and the league accommodates up to 80 players. Priority is given to last years members.

WOMEN'S PAR 3 CHIPPERS

The Par 3 Chippers will play on Wednesday nights from 5:28–6:32 pm. This league can hold up to 36 players, with priority given to the 2014 Par 3 Chippers league members. Contact Brookview for more information.

COUPLES LEAGUE

The Brookview couples league plays Sunday nights starting at 4:15 pm on the Regulation Course. You must sign up as a two-some. Contact Brookview for more information.

60+ SENIOR PATRON 18-HOLE LEAGUE

This league plays on Tuesday mornings starting April 28. Tee times range from 8:09–9:57 am. Bring registration forms and fees to Brookview before the first week of play. Contact Brookview for more information.

Lawn Bowling

Lawn Bowling Rates

RINK RENTAL (PER HOUR)

Public	\$25
Golden Valley Resident or Brookview Patron	\$20

PRIVATE GROUP RENTAL (PER HOUR)

Private Rink Rental	\$25
Half Green Rental (4 Rinks)	\$100
Full Green Rental (8 Rinks)	\$200
Game Official	\$25
Deck Rental (up to 4 hours)	\$100

Lawn Bowling Tournaments

Lawn Bowling events are great for corporate groups, networking events, reunions, parties and much more. Groups of all sizes, ages, and abilities enjoy lawn bowling. Brookview's banquet facilities, deck, patio, and lawn bowling green are a great setting for food and fun at your event. Call 763-512-2305 to schedule your lawn bowling event today!

Lawn Bowling Leagues

League play begins on Tuesday, June 2 and Thursday, June 4 and continues for 7 weeks. Each team can roster up to 10 players, only 4 compete each match. Rostered players must be 16+ with non-rostered substitutes being 12+. All equipment is provided. There will be 8 teams per league. Game times rotate each week. Call Brookview today for more information.

Tue or Thu beginning June 2 or 4
6, 7:15, or 8:30 pm
\$350 per team
Registration due by Fri, May 15

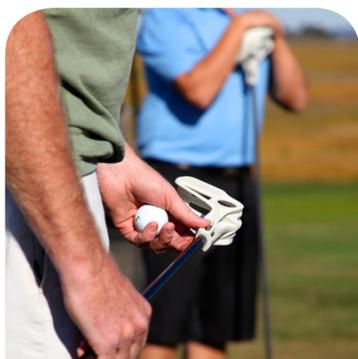
LEAGUE OPTIONS

TUESDAY

Castle Stuart
 Royal Troon
 Vale of Leven

THURSDAY

Friar's Head
 Birkshire Red
 Walton Heath



Welcome to FlingGolf!

NEW

FlingGolf will be offered on the Par 3 Golf Course in 2015. FlingGolf is to golf what snowboarding is to skiing. A natural, cool, athletic alternative. You can play on the Par 3 golf course, right alongside golfers. Instead of striking a golf ball with a golf club, fling a golf ball with a FlingStick. It's fun, inexpensive, and easy to learn. Even those who have a love for golf will be enticed to try the fun of FlingGolf. FlingSticks can be rented for \$2 with the purchase of a green fee. For more information call 763-512-2300.

Adult Golf Lessons & Clinics

101-The Basics

with Michael Turnbull

Golf is hard, right? Well, it's not true. Swinging a golf club is a relatively simple task no matter what you've heard. These group lessons are for the beginner adult golfer and are taught by PGA Teaching Professional Michael Turnbull, who specializes in helping beginners become more confident and enjoy this great game. Lessons will cover an overview of the game of golf, including rules and etiquette, putting, chipping and pitching, and full swing irons and woods. Class meets for four 60-minute lessons, plus a fifth class at the Par 3 to provide real course experience. Golf clubs and balls are provided.

Brookview Lesson Tee

\$99/session

Min 6, Max 10

Classes will take place as follows:

- Day 1 The Grip, Short Game (Putting)
- Day 2 The Grip, Posture, Short Game (Chipping), Rhythm & Balance
- Day 3 The Grip, Posture, Pitching & Full Swing Irons, Feeling Rhythm & Balance
- Day 4 The Grip, Posture, Full Swing Woods, Feeling Rhythm & Balance
- Day 5 Playing the Par 3 Course, Rules & Etiquette

MON/WED

April 27–May 11

5:45–6:45 pm* Code: S5101A

7–8 pm Code: S5101B

May 18–June 3 (No May 25)

5:45–6:45 pm* Code: S5101C

7–8 pm Code: S5101D

TUE/THU

April 28–May 12

5:45–6:45 pm* Code: S5101E

*NOTE: Final class meets at the Par 3 Course at 7 pm.

Adult Group Golf Clinics

with Michael Turnbull

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

Brookview Lesson Tee

10–11 am

\$25/clinic

Min 6, Max 10

WOODS CLINIC

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

Sat, May 2

Code: S5103A

SHORT SWINGS CLINIC

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

Sat, May 16

Code: S5103C

IRONS/HYBRID CLINIC

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

Sat, June 6

Code: S5103D

PITCHING CLINIC

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

Sat, June 20

Code: S5103B



Adult Golf Lessons & Clinics

Wine (or Beer), Women (Men too), and Mindful Golf Clinics

with Michael Turnbull

Trying too hard? Thinking too much? It doesn't have to be that way. If you're the type of golfer who wants to escape the checklists and technical jargon, these clinics are for you. Join PGA Professional and Mindful Golf Pro Michael Turnbull to learn some very simple methods to swing a golf club and increase your confidence on the course, not to mention enjoy a glass of wine while you learn.

Brookview Lesson Tee

6–7 pm

\$30/clinic

Min 6, Max 10



MINDFUL PUTTING CLINIC

The goal of this clinic is to have fun, work on your putting, and have a glass of wine all at the same time. Putting is a rather simple swing which has a huge effect on your score. This clinic will help you focus on what matters most when facing those elusive putts. And enjoy a glass of wine while you do it!

Fri, May 8
Code: S5102A

MINDFUL FULL SWING CLINIC - WOODS

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

Fri, May 22
Code: S5102B

MINDFUL FULL SWING CLINIC - IRONS

Topping the ball? The goal of this clinic is to have fun, work on your approach shots, and have a glass of wine all at the same time. This clinic presents a simple and relaxed way to feel the difference between a swing that rolls the ball on the ground and one that launches it in the air. Discover what matters most when hitting approach shots and develop some confidence with your irons/hybrids.

Fri, June 12
Code: S5102D

MINDFUL SHORT SWING CLINIC

What better way to work on your short game than with a glass of wine? The goal of this clinic is to have fun, work on your chip shots, and enjoy a glass of wine all at the same time. Students will learn simple short game techniques and methods to increase consistency and confidence. The ability to use a variety of clubs will add creativity to your game and lower your scores.

Fri, June 26
Code: S5102F

MINDFUL FULL SWING CLINIC - WOODS

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

Fri, July 10
Code: S5102C

MINDFUL FULL SWING CLINIC - IRONS

Topping the ball? The goal of this clinic is to have fun, work on your approach shots, and have a glass of wine all at the same time. This clinic presents a simple and relaxed way to feel the difference between a swing that rolls the ball on the ground and one that launches it in the air. Discover what matters most when hitting approach shots and develop some confidence with your irons/hybrids.

Fri, July 24
Code: S5102E

Meet the Instructor... Michael Turnbull

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

Michael emphasizes learning by doing, rather than thinking about doing. You will learn from each and every shot you hit. You won't have to memorize a series of movements, remember a lot of instructions, or try really hard to do anything "right". Students will be able to feel the difference between swings that work and swings that don't. Isn't it time that golf felt natural?

Monday Night Lesson League

with Michael Turnbull

This league is designed to provide new players with an opportunity to meet other new players and experience golf in a relaxed and enjoyable atmosphere. The Lesson League is designed for golfers with 2 years or less of playing experience and for those who have completed some form of instruction program prior to this league. Michael will organize the league and provide on-course oversight each night to answer any questions. The first night we will meet at the Par 3 course for an introduction to the league and a Mindful Golf Lesson. The second night consists of a Mindful Golf lesson and time on the course. In weeks three through seven players will play the Par 3 course accompanied by Michael.

Brookview Par 3 Course

6:30–8:30 pm

\$125/session

Min 12, Max 24

Mon, June 8–July 20

Code: S5104A

Mon, Aug 3–Sept 21 (No Sept 7)

Code: S5104B

Wine & Women Golf Clinics

with Dee Forsberg McCullagh

NEW

Wine and Women is a beginner program developed to introduce women to the game of golf. The goal of the program is to overcome many of the barriers that women run into as beginners or occasional golfers. The program will focus on basic fundamentals in a fun and social atmosphere.

Classes will take place as follows:

- Week 1** Queen of the Green: games and skill challenges specific to putting that will get you excited to practice your form.
- Week 2** Chip and Sip: learn the art of hitting the short shots to the green.
- Week 3** Driving Club: discover how to send your drives further up the fairway.

Brookview Lesson Tee

5:30–7 pm

\$99/session

Min 6, Max 10

Tue, May 12–26

Code: S5105A

Tue, June 9–23

Code: S5105B

Tue, July 7–21

Code: S5105C

Tue, Aug 4–18

Code: S5105D

Meet the Instructor... *Dee Forsberg McCullagh*

Dee Forsberg has been providing golfers with great results for 26 years. She has coached young players from high school to college, mentored fellow golf professionals, and helped recreational golfers break personal scoring goals of 100, 90, and 80.

You will not be required to memorize technical jargon that deals with the physics of ball flight or create core movement patterns better suited to an Olympic gymnast. You will improve with practical advice that is easy to apply and meets the real-world needs of the everyday golfer. Dee Forsberg is a member of the PGA of America and has been teaching golf for 26 years.

She has worked almost exclusively in the metro area of Minneapolis and St Paul.

Golf Tournaments

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

	Package A	Package B
18-Hole Green Fee	\$37	\$42
18-Hole Green Fee & Power Cart	\$52	\$57
9-Hole Green Fee	\$20	\$25
9-Hole Green Fee & Power Cart	\$30	\$35
Par 3 Green Fee	\$12.50	\$17.50

Package B Details

The group will receive a Driving Range warm-up bucket, sleeve of golf balls, and package of tees, divot repair tool, and ball marker. Range bucket must be used on date of outing only.

Junior Golf Programs

Little Linksters

with Dee Forsberg McCullagh

AGES 3–7

New young golfers will discover and explore golf with age appropriate games and activities using modified equipment. Emphasis is placed on self-discovery and creating the framework for children to forge their athletic skills and develop eye hand coordination. Children are encouraged to repeat this program several times to acquire the basic skills and to feel comfortable with the rules and etiquette on the golf course.

Brookview Lesson Tee	Sat, May 9–30 (No May 23)	Code: S5108A
9–9:45 am	Sat, June 13–27	Code: S5108B
\$65	Sat, July 11–25	Code: S5108C
Min 5, Max 10		



Junior Lessons

with Dee Forsberg McCullagh

AGES 6–17

At the Brookview Junior Golf Academy, it is our goal to ignite a child's passion to become a lifelong golfer by offering a lively and engaging lesson curriculum. Juniors will learn the fundamentals in a safe, fun way through the use of skill based educational games and traditional instruction. Each camp will cover everything from putting and chipping to iron play and driving. The last session will be at the Brookview Par 3 where kids will have the chance to put it all together, play, and keep score! Classes taught by Dee Forsberg. Clubs and balls provided.

Brookview Lesson Tee	Mon-Thu, June 15–18	Code: S5109A
Noon–2 pm	Mon-Thu, July 6–9	Code: S5109B
\$175		
Min 6, Max 14		



Mini U.S. Open



AGES 3–12 WITH AN ADULT

NEW THIS YEAR!! Kids Mini U.S. Open on the Par 3 Course at Brookview! Kids play and the adults caddie! Brookview will be installing special Mini U.S. Open flags and Big Cups on the 9-hole Par 3 golf course, in addition to the regulation cups. Participants can bring their own clubs, use youth clubs and golf balls from Brookview, or for the young golfer, special plastic golf club sets with sponge golf balls are available. At the conclusion of your round, take a picture with the Champions Cup next to the leaderboard. Schedule tee times starting at 11:00 AM by calling 763-512-2345. Please check in at the Brookview Par 3 building 10 minutes prior to your tee time. All golfers must pre-register. No fee for supervising adult. This new opportunity is a partnership program with Brookview Golf Course, and the Golden Valley and St. Louis Park Parks and Recreation Departments. *Resident fee applies to Golden Valley and St. Louis Park residents.

Sun, June 14
 Brookview Golf Course
 \$14 per golfer, \$12 Resident
 Code: S5110A
 Register by June 2

Junior League Small Group Lessons

with Dee Forsberg McCullagh

AGES 6–17

For junior golfers seeking advanced instruction the Junior League Small Group Lessons will help kids go beyond the basics. Each student will receive video swing analysis, skills assessment, course management training, practice drills, and much more. Each week juniors will focus on a different area of the game.

Classes will take place as follows:

Week 1 Short Game Skills - putting and chipping

Week 2 Short Game Skills - pitching and bunkers

Week 3 Full Swing Skills - driving and iron accuracy

Week 4 Full Swing Skills - power hitting with the driver and hybrids

Week 5 Power Practice - short game and full swing review

Week 6 Skill games and challenges

Brookview Lesson Tee

\$125

Min 6, Max 10

BEGINNER (Par 3 League)

Thu, June 11–July 23 (No July 2)

5:30–6:30 pm

Code: S5106A

ADVANCED (9-Hole League)

Thu, June 11–July 23 (No July 2)

6:30–7:30 pm

Code: S5107A

Learn & Play Junior Golf League

AGES 6–17

League days will begin with an hour of instruction at the driving range followed by a shotgun start on the par 3 course or 9 holes on the regulation course. Junior League will begin on Monday, June 15 and end on Monday, July 20 with a Championship Tournament. On the first day of league play please arrive at least 15 minutes early. Each class is taught by Dee Forsberg, who is both a PGA golf professional and a certified US Kids Golf Instructor. She specializes in teaching junior golfers the fundamentals with a lively and engaging curriculum that uses skill based educational games. With over 25 years of experience teaching juniors you will be amazed at how fast your child will improve this summer.

PAR 3 LEAGUE

AGES 6–17

Monday, June 15–July 20

Instruction from 8–9 am at Driving Range

League Play Shotgun begins at 9:30 am

\$90/person Max: 60

Code: S5201A

9 HOLE LEAGUE

AGES 13–17

Monday, June 15–July 20

Instruction from 6:30–7:30 am at Driving Range

League Play Shotgun begins at 8 am

\$110/person Max: 36

Code: S5201B



Brookview Picnic Shelters

Hosting a neighborhood, family or company picnic?

Rent a picnic shelter at Brookview Park, located in Golden Valley at the southwest corner of Highway 55 and Winnetka Avenue. Brookview Park picnic shelters are sure to be a crowd pleaser with great views of Brookview Golf Course, a maximum park capacity of 300, and conveniently located restrooms at the large shelter and the tennis court building across the parkway from the small shelter. Both are available to all users of the park.

Making a Reservation

Reservations can be made in person at Brookview Community Center during business hours, Monday–Friday from 8 am–4:30 pm.

Reservable Hours

11 am–4 pm or 5 pm–Dusk

Beer & Wine Permit

Beer and wine can be served after purchasing the \$25 permit and only in conjunction with a shelter reservation.

Damage/Clean-up Deposit

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

PLEASE NOTE: Deposit refunds are processed one week after reservation.

Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive and those paid by credit card will be processed immediately.



Large Shelter

Holds up to 100 people, fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.

Resident \$125
Non-res \$145



Small Shelter

Holds up to 50 people, 2 water fountains, 10 tables, 6 outlets, restrooms are a short distance at large shelter.

Resident \$95
Non-res \$110

For more information, please call 763-512-2345 or visit www.goldenvalleymn.gov.

.....Brookview Community Center.....

Looking for space in Golden Valley to host up to 200 people for your wedding reception, party or meeting? Then, come check out Brookview Community Center.

Our venue is nestled in the tranquil setting overlooking the beautiful rolling greens of Brookview Golf Course. Facilities include: a large banquet room with neutral décor and windows overlooking the golf course, a caterer's kitchen, and a patio, deck and gazebo with expansive golf course views.

Host your next event at Brookview!

Golf Tournament

Lawn Bowling Tournament

Birthday Party

Wedding Reception

Graduation

Retirement Party

Religious Celebration

Business Conference

Business Meeting



For more information, call 763-512-2345
or visit www.goldenvalleymn.gov.



2015 Summer Concert & Movie Series Sponsorship

SPONSOR A SUMMER CONCERT OR MOVIE AT BROOKVIEW PARK THIS YEAR!

The Parks and Recreation Department is working to create connectivity between programs and events offered through the Parks and Recreation Department and local organizations and businesses. A sponsorship program has been created for businesses and organizations to sponsor concerts and movies for the 2015 season. Sponsorship commitments will be partnered with city funds for the summer concert and movie series to improve and expand the events for the community. Sponsorships are \$500 each. Please contact the Park and Recreation office at 763-512-2345.



NEW

For more information on sponsoring a 2015 summer concert or movie, please contact Carrie Anderson at 763-512-2367.

SKATE with US!

Ice Skating Lessons at the St. Louis Park Rec Center

St. Louis Park
MINNESOTA

Experience LIFE in the Park

From hockey to competitive figure skating, there is a class for you!

- Skating lessons for the entire family
- Caring certified coaches
- All ages and levels welcome
- Free skate rental and practice ice with class

Visit our website or call
www.stlouispark.org
(952) 924-2540



St. Louis Park Rec Center
3700 Monterey Drive
St. Louis Park, MN 55416





We Volunteer
Be a part of our team
goldenvalleymn.gov/community

Volunteers Make a Difference!

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

SPECIAL EVENTS

Step-To-It Challenge
Run The Valley
Rake-A-Thon
Penny Carnival
Bike Rodeo
Fire Department Open House
Golden Valley Golf Classic
Make-A-Difference Day

YOUTH ATHLETICS

Basketball Coach
Hockey Coach
Soccer Coach
Junior Golf League

COMMUNITY PROGRAMS

Kids Fishing Club
Photo Posse
Summer Concert Series
Tap & Ballet Show
Youth Holiday Programs

OPEN SPACE & PARK IMPROVEMENT

Adopt-A-Park
Annual Clean-up Day
Mighty Tidy Day
Storm Sewer Stenciling
Buckthorn Removal
Lilac Project/Maintenance



For more information on these volunteer opportunities,

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

JOIN THE TEEN COMMITTEE!

The Teen Committee meets monthly on the 4th Monday of each month at 6:00 pm at Brookview Community Center. The Teen Committee helps promote teen perspectives on issues and activities for the city and advice on matters referred by the Open Space and Recreation Commission or the City Council.

APPLY BY JULY 1ST for the
Sept 2015–April 2016 term.
Fill out the online
application at:
www.goldenvalleymn.gov,
visit the Boards and
Commissions page.

JOIN US!
We need your
thoughts and ideas!



Registration Information

Online

www.goldenvalleymn.gov



VISIT OUR NEW ON-LINE REGISTRATION SYSTEM!

Visit the city's website for access to the new online registration system. You can now create your own account and log-in information. Online is available 24/hrs a day. **NOTE: Your old pin and barcode numbers will no longer work for the new system. You will be required to create a new account.**

In Person

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

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426

Fax

763-512-2344

Available with a credit card payment, 24/hours a day. Registrations received after 4:30 pm will be processed the following business day.

E-mail

parkandrec@goldenvalleymn.gov

You may scan and email your registration with a credit card payment, 24/hours a day. Registrations received after 4:30 pm will be processed the following business day.

PLEASE NOTE: As of January 1, 2015, we no longer accept phone-in registrations.

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



REGISTRATION CONFIRMATION

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

CANCELLATION/REFUND POLICY

Full refunds will be given when a program is cancelled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

SENIOR TRIP REFUND POLICY

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

INCLUSION REQUESTS

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

New & Improved **New & Improved** **NEW**

Golden Valley has
a **NEW** registration system!

GV
RecConnect

www.goldenvalleymn.gov

Registration Begins March 30!

- Create your own account online
- Choose your own log-in information and make your own account changes
- Simple and easy to use and navigate
- 24/7 Access to your account
- Book your own facilities (coming soon)

NOTE: Our old registration system will not be accessible after March 30.



ACTIVITY REGISTRATION FORM

PARKS & RECREATION DEPARTMENT
200 Brookview Parkway
Golden Valley, Minnesota 55426
P: 763-512-2345 F: 763-512-2344
www.goldenvalleymn.gov

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

Address: _____ Primary Phone: _____

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

Email: _____

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

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

Participant's First & Last Name	M/F	DOB	Activity Name	Activity Code	Location	FEE

55+ SENIOR TRIP REGISTRATION

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

Cash Visa or MasterCard # _____ Expire: _____
 Check # _____ Sign for credit card: _____

TOTAL DUE:

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley 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:** _____

Activity Locations

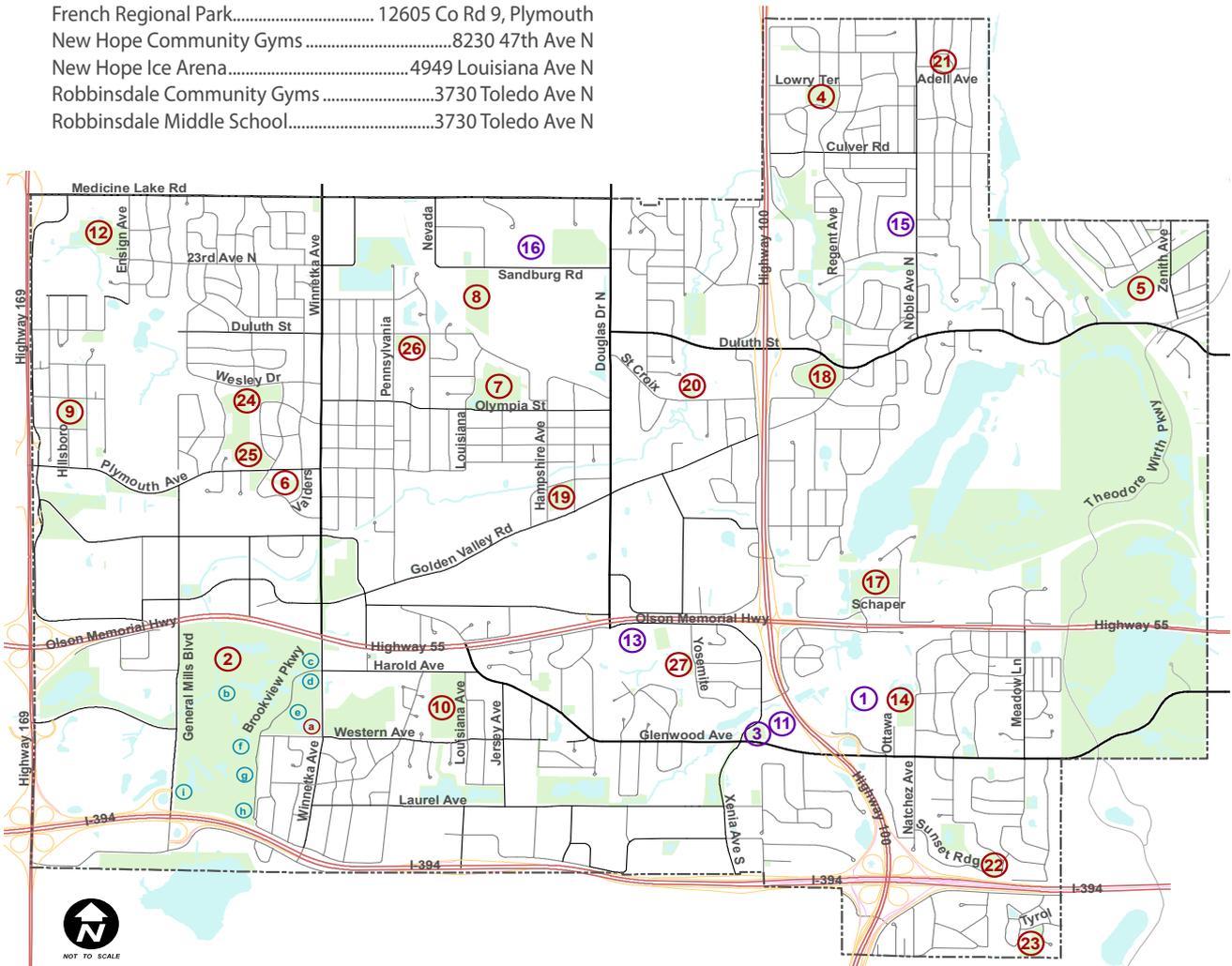
- 1) Breck School.....123 Ottawa Ave N
- 2) Brookview.....200 Brookview Pkwy N
 - a. Park
 - b. Golf Course
 - c. Tennis Courts
 - d. Small Shelter
 - e. Large Shelter
 - f. Par 3
 - g. Golf Course Pro-Shop & Community Center
 - h. Driving Range
 - i. Lesson Tee
- 3) Davis Community Center.....5430 Glenwood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

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

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 Gyms.....3730 Toledo Ave N
- Robbinsdale Middle School.....3730 Toledo Ave N



ADOPT-A-PARK



Take Pride in Your Parks

COMMUNITY PARKS

Brookview 200 Brookview Pkwy N	The Andress Family
Gearty 3101 Regent Ave N	Herb Purdy
Hampshire 1610 Louisiana Ave N	Brian Middleton
Lakeview 1521 Hillsboro Ave N	WorkAbilities
Lions 151 Louisiana Ave N	Kueny & Knippenberg Family & Golden Valley Girls Softball
Medley 2331 Ensign Ave N	Golden Valley Women's Club
Schaper 631 Ottawa Ave N	SBG, Inc
Scheid 1856 Toledo Ave N	WSB & Associates
Wesley (North) 8305 Wesley Dr	Moore/Gasparini Families
Wesley (South) 8200 Plymouth Ave	Jack Stratton

NEIGHBORHOOD PARKS

Glenview 2351 Zenith Ave N	Robbinsdale Transition Center
Golden Oaks 1141 Valders Ave N	Kim Stroup
Natchez 201 Natchez Ave N	Hanscom & Dritsas Families
North Tyrol 900 Westwood Dr S	Marcie Schlaeger
Seeman 1101 Florida Ave N	Northwest Suburban Optimist Club
South Tyrol 1510 Kaltern Ln	Allianz
St. Croix 5850 St. Croix Ave N	John & Pam Goranson & Barb Osborne
Stockman 3300 Major Ave N	WSB & Associates
Sweeney Lake	Hidden Lakes Association
Wildwood 7401 Duluth St	AVAILABLE
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 9201 Olson Memorial Hwy	GMI Grounds Crew
General Mills Research Nature Area	The Gannon's
Laurel Ave (East of Florida)	Golden Valley Lutheran Church
Laurel Ave (West of Florida to Jersey)	The Liberman Family
Laurel Ave (West of Jersey to Pennsylvania)	Jerry & Joan Monson
Mary Hills 2190 Bonnie Ln	AVAILABLE
Pennsylvania Woods 2301 Rhode Island Ave N	John & Pam Goranson & Barb Osborne
Rice Lake 4120 Bassett Creek Dr	Tremere Family
Western Ave 7600 Western Ave	Ilo & Peggy Leppik

Adopt-A-Park is a public service program for volunteers to help Golden Valley keep its parks beautiful. Although the main focus is picking up litter, assistance is also needed to identify safety hazards and communicate other issues associated with each park. To learn more about adopting a park, please call 763-512-2345.

THANK YOU TO ALL THE VOLUNTEERS THAT HELP KEEP
OUR PARKS AND NATURE AREAS BEAUTIFUL.



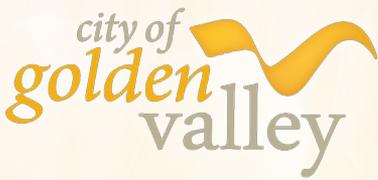
TREE & BENCH MEMORIALS



DID YOU KNOW?

The Golden Valley Parks and Recreation Department offers a memorial and commemoration program for park benches and trees. These donations are welcome and 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.



Parks & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426

Prsrt Std
US Postage Paid
Permit No. 1659
Twin Cities, MN

*****ECRWSS**
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DATED MATERIAL
PLEASE DELIVER PROMPTLY

Golden Valley City Council

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

Mayor: Shep Harris

City Manager: Tom Burt

Council Members:

Joanie Clausen, Larry Fonnest, Steve Schmidgall, and Andy Snope

Open Space & Recreation Commission

Commission meets the 4th Monday of each month at 7 pm at Brookview Community Center.

Chair: Bob Mattison

Vice-Chair: Gillian Rosenquist

Members: Roger Bergman, John Cornelius, Kelly Kuebelbeck, Anne Saffert, Jerry Sandler, Dawn Speltz, and Daniel Steinberg

Parks & Recreation Staff

Rick Birno
Director of Parks & Recreation

Carrie Anderson
Recreation Supervisor

Brian Erickson
Recreation Supervisor

Jeanne Fackler
Recreation Supervisor

Sheila Van Sloun
Administrative Assistant

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Al Lundstrom
Park Maintenance Supervisor

Brookview Golf & Lawn Bowling Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent

