



# Parks & Recreation

Spring & Summer Activities  
2016



Parks & Recreation Department

**Table of Contents**

Adaptive Programs	16
Adopt-A-Park	59
Adult	25
Brookview Community Center	53
Community Events	35
Community Opportunities	54
Concerts In The Park	6
Facilities	52
Golf & Lawn Bowling	44
Locations	58
Movies In The Park	7
Nature Programs	14
Picnic Shelter	53
Registration	56
Seniors	32
Special Events	3
Ticket Events	23
Youth	8
Youth Athletic Associations	23

**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 Cancellation 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

**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

**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 30	Memorial Day
Mon, July 4	Independence Day
Mon, Sept 5	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 16 Run The Valley

Plan now to join friends and neighbors for one of Golden Valley's most popular events, the annual Run the Valley, sponsored by the Golden Valley Human Services Fund. All proceeds are allocated to non-profit organizations that serve Golden Valley residents in need.

The race starts and ends at Brookview Community Center, and the certified course runs through residential Golden Valley. Water stops and post-race complimentary snacks are donated by area businesses.



Photo by J Star Inspirations

Fee includes a T-shirt and race number. NOTE: 5K and 10K race will be chip-timed. Chip timing is not included in youth fee or walk. To be eligible for a medal, chip timing must be used.

Register in person or by mail through April 15 with check, cash, or credit card at Brookview Community Center, 200 Brookview Parkway, Golden Valley 55426. Register online through April 14 at [www.goldenvalleymn.gov/events/runthevalley/index.php](http://www.goldenvalleymn.gov/events/runthevalley/index.php). Race day registrations will be taken from 7–7:45 am at Brookview Community Center.

For more information, visit [www.goldenvalleymn.gov/events/runthevalley/index.php](http://www.goldenvalleymn.gov/events/runthevalley/index.php) or call the Golden Valley Parks and Recreation office at 763-512-2345.

8 am: 10K Run (Y2501B)      10K/5K Run: \$35 through April 15; \$40 April 16  
 8:10 am: 5K Run (Y2501A)      5K Walk: \$25  
 8:15 am: 5K Walk (Y2501E)      \$20 youth 12 and under with an adult (Y2501C)  
 Begin/End at Brookview Community Center

### April 16 Kids "Fun" Run The Valley

Join us for the 3rd annual Fun Run for Kids! The course begins in the Brookview Driving Range parking lot and follows Field Drive to the Brookview Community Center parking lot for a total of .2 miles. The event is aimed at kids ages 2–7. Sponsored by Bassett Creek Dental. Fee includes fun run number and participation ribbon (Parents may accompany little ones for free).

7:45 am      Brookview Community Center  
 Ages 2–7 (with an adult)      \$5 per child (Y2501D)

### April 16 Youth Tap & Ballet Recital

You are invited to attend and support our young dancers at the annual Tap and Ballet Recital. The dancers will be dressed up and have been practicing for this big show. They love loud applause and can't wait to see you in the audience! Doors open at 12:30 pm. Sponsored by the Golden Valley Parks and Recreation Tap and Ballet program.

1–3 pm      Breck School Theater  
 Open to all ages      FREE



**T-shirt Sale**



We are clearing out the closets! This is your chance to stock up for summer on some cool old Golden Valley Parks and Recreation T-shirts for \$1 each. There will be a variety of colors, designs, and sizes for all.

**HOURS:**  
 Mon–Fri, 9 am–4 pm  
 Mon–Thu, 5–9:00 pm  
 Sat, 8 am–noon

Mon, March 21–Sat, April 2 • Brookview Community Center

## Special Events



May  
**01**  
thru  
**28**

### 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 1–28, 2016 is for you.

#### GET ACTIVE WITH YOUR COMMUNITY

The long winter has kept many of us inside and caused a case or two of cabin fever. But spring is just around the corner, so it's time to break free from winter and get active! This fun, free, four-week challenge encourages all residents to be physically active as local communities engage in a friendly competition. Bragging rights will go to the three communities that are the most active. Individual participants also have a chance to win Twins tickets and Step To It T-shirts. Individuals (including the over 65 crowd) with the most steps from each of the 24 participating communities will also have the opportunity to be on the field before a Twins home game during the 2016 season.

#### HOW DOES IT WORK?

Step To It participants will keep an ongoing total of the steps they take during the challenge using an activity conversion chart at [www.steptoit.org](http://www.steptoit.org). Other activities, such as biking, skateboarding, Tai Chi, or even just mowing the lawn, can count toward overall steps. If you don't record your steps online, you can call or fax in the totals. Best of all, it's FREE!

#### REGISTRATION BEGINS APRIL 1!

To register, visit the Step To It Challenge website at [www.steptoit.org](http://www.steptoit.org).

June  
**04**

### Family Bike Ride

Join Golden Valley Police Sergeants Dave Kuhnly and Dave Born for a family bike along. Everyone will bike across Golden Valley, learning about the city and bike safety along the way. We will make a few stops to stretch our legs and have snacks (provided). Everyone is welcome, but we ask that only kids 10 and older ride their own bikes (younger kids are welcome if pulled in a trailer). Don't forget your helmet! This program is free, but registration is required.

Open to all ages      Meet at Golden Valley Police Department  
Free admission      9 am–noon  
S4104A



July  
**11**

### Ice Cream Social & Brookview Gazebo Grand Opening

Bring your family, a chair or blanket, and your love of ice cream and join us for the 10th Annual Golden Valley Ice Cream Social. In addition, we will also celebrate the new Brookview Gazebo with an official grand opening. Enjoy a concert by John Philip Sousa Band followed by an ice cream social with Sebastian Joes. Event is held rain or shine.

Open to all ages      Brookview Park  
Free admission      7 pm



Photo by Stan Waldhauser

# Youth & Teen Special Events

## 2016 Bike Rodeo

Ages 12 & under with an adult

FREE

Bring your bicycle for a free safety check and take a riding skills test. Register to win prizes! The Bike Rodeo is co-sponsored with Golden Valley VFW Post 7051 and the Cities of Crystal and New Hope.

Sonnensyn Elementary is located at 3421 Boone Ave N, New Hope.

Sonnensyn Elementary School

Wed, May 4

6–8 pm



## Vehicle Fair

All ages welcome

FREE

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 to explore. Non-perishable food items for the local food shelf will be accepted at this event. If weather is questionable, call the Crystal Cancellation Line (763-531-1173) after 9:30 am. Sponsored by the Cities of Golden Valley, Crystal, New Hope, and Robbinsdale.

Crystal Community Center

Sat, May 14

10 am–Noon

## Rockin' & Rollin' On The Green

Ages 13–18



Come rock and roll with us on the green, where we'll be "rockin'" to great music and "rollin'" lawn bowls! Fee includes choice of hot dog or burger, chips, drink, and lawn bowling. So, grab your grub from the grill and kick back by the fireplace with your friends.

Brookview Lawn Bowling Green

Fri, June 17

6–8 pm

\$6/person at door

## Water Day 1

Ages 6–14 with an adult

Join the parks crew and summer recreation staff for a wet and wild day featuring three water slides down the hill at Scheid Park. We'll also have a DJ playing music and puppet shows. Drinks provided at the park shelter.

Scheid Park

Fri, June 24

12:30–2:15 pm

FREE



## Water Day 2

Ages 6–14 with an adult

FREE

Join the parks crew and summer recreation staff for a wet and wild day featuring three water slides down the hill at Scheid Park. We'll also have a DJ playing music and puppet shows. Drinks provided at the park shelter.

Scheid Park

Fri, July 15

12:30–2:15 pm

## Penny Carnival

Ages 4+ with an adult

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!

Brookview Park

Fri, July 29

10:30 am–12:30 pm

3–5 cents per activity



## Picnic & Music In The Park

All ages welcome

FREE

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, event will be held in the large shelter. Tell your friends, parents, grandparents—it's for everyone!

Brookview Park, Large Shelter

Tue, Aug 9

11:15 am–noon

## Magic & Fun Show With Annette

Ages 3+

Come join 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.

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 much more.

Brookview Community Center

Fri, Aug 12

1:30–2:30 pm

FREE

# Concerts in the Park

FREE!

FREE!

## Brookview Park

7 pm

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

**JUN 13** | **MINNESOTA STATE BAND**  
Performing current and popular music as well as period pieces, marches, showtunes, and patriotic music.

**JUN 20** | **BANJO BOYS VARIETY BAND**  
Four guys, eight instruments—a crowd favorite!  Sponsored by:

**JUN 23** | **ROBBINSDALE CITY BAND**  
Experience one of the longest continuously active community bands in Minnesota.

**JUN 27** | **GRAVEL ROADS**  
Traditional country band invites you to dance, sing along, or sit back and enjoy.

**JUL 11** | **JOHN PHILIP SOUSA BAND & ANNUAL ICE CREAM SOCIAL**  
Enjoy a summertime favorite during the 10th annual Ice Cream Social.

**JUL 18** | **MU DAIKO**  
Mu Daiko performs a variety of traditional and contemporary taiko repertoire, with an emphasis on original compositions. Not a performance to miss!

Sponsored by:



**JUL 25** | **ST PETER STREET STOMPERS**  
Traditional New Orleans jazz from the 1920s-40s.

**AUG 1** | **PRIOR LAKE WINDJAMMERS**  
Playing a variety of concert band music, from patriotic to show tunes.

**AUG 8** | **STOMPIN' DIXIE**  
Creating the razzmatazz style of bass walking, guitar chunking, and horns riffing.

# MOVIES IN THE PARK



Bring your friends and family, a blanket and snacks, and 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.

Join us for trivia before the movie!

Each movie will begin at dusk, but we estimated start times below.

Movie titles will be announced in June.

**Thur, Aug 4**

Wesley Park

Movie begins at 8:30 pm

**Thur, Aug 11**

Scheid Park

Movie begins at 8:30 pm

Sponsored by:



Sponsorship available.  
Please call 763-512-2367  
for more information.

## Youth Enrichment & Learning

### Preschool Playtime

AGES 1–5 WITH AN ADULT

Come run, jump, crawl, and roll indoors at Brookview Community Center. A variety of play areas will be set up for your child. Adult participant required. No instruction provided. Pay at the door or purchase a punch pass. Children age 1 and under are free.

Brookview Community Center  
Fridays through March 25  
10–11:30 am  
\$2/child, 10-visit pass \$15

### Preschool Imagination Movers

AGES 3–5

Calling all boys and girls ages 3–5 who love to move! This class is taught through playful, structured activities that help children develop body awareness, build movement vocabulary, and practice interacting in a group setting. Each class focuses on a different element of dance based on the principles of time, space, and energy. Individual creativity is encouraged. Props, percussion instruments, and a wide variety of music are all part of the fun. Children must wear clothes that allow for action.

Crystal Community Center  
Tue, April 5–May 24  
10–10:45 am  
\$65/child  
S1230A

### Kids Club

AGES 3–5

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

Brookview Community Center  
9:30–11 am  
\$46 resident/\$49 non-resident

Mon/Wed, April 4–May 18 (no class April 25 & 27)  
S1214A

Tue/Thur, April 5–May 19 (no class April 26 & 28)  
S1214B

### Little Tigers Self Defense

AGES 3–5

Master Tom Malone will teach your child basic self-defense and martial arts skills while developing coordination and flexibility. Participants will learn basic kicks, punches, and strikes through a variety of exercises and fun games. This program promotes focus, discipline, and respect—great personal tools to carry into the future. Please arrive five minutes early so your child is ready to begin at the start of the class. Resident fee applies to Golden Valley, New Hope, and St Louis Park residents.

Davis Community Center  
5:45–6:15 pm  
\$64 resident/\$68 non-resident

Tue, April 12–May 24 (no class April 26 & May 10)  
S1120A

Tue, June 14–July 19 (no class July 5)  
S1120B



### Tae Kwon Do

AGES 5+

This program will teach discipline, focus, endurance, and flexibility. Master Tom Malone will help you achieve awesome kicks, punches, and strikes while getting in shape. Resident fee applies to Golden Valley, New Hope, and St Louis Park residents.

Davis Community Center  
6:15–7 pm  
\$69 resident/\$73 non-resident

Tue, April 12–May 24 (no class April 26 & May 10)  
S1118A

Tue, June 14–July 19 (no class July 5)  
S1118B



## Don't Bug Me! Art Class

AGES 3–6

This Kidcreate Studio class is back by popular demand! Did you know that 95 percent of all species on earth are insects? Learn cool facts about bugs while creating a bug-filled snow globe. Please pack a nut free snack and a drink for your child.

Brookview Community Center

Fri, June 10

9:30–11:30 am

\$24 resident/\$26 non-resident  
S1410A

## Spectacular Splatter Painting Class

AGES 5–12

Battle summer slip with this educational art class by Kidcreate Studio. We will learn about and be inspired by Jackson Pollock and his super-duper messy painting technique called splatter painting.

Brookview Community Center

Mon, Aug 1

9:30–11:30 am

\$24 resident/\$26 non-resident  
S1410B



## Clay Creations

AGES 8–14

Northern Clay Center is coming to us! Participants will get a hands-on-introduction to the rewards of working with clay. Learn basic hand building and glazing techniques. During this class, you'll use your imagination as we create droid themed projects. Projects will be fired and participants will be notified when to pick them up. All instruction and supplies are provided.

Crystal Community Center

Sat, May 14

12:30–2:30 pm

\$33

S1409A

## 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 three-hour block of time at Brookview. Call 763-512-2345 for more information.

## Golden Valley Fire & Police At Your Park

FREE

Meet representatives from the Golden Valley Police and Fire Departments in your neighborhood park. Learn some valuable safety information and be prepared to get wet.

Thur, June 16	11 am	Gearty
Thur, June 23	11 am	Wesley
Thur, July 7	2:30 pm	Lions
Tue, July 14	2:30 pm	Medley
Tue, July 21	2:30 pm	Scheid
Thur, July 28	2:30 pm	Hampshire



## Golden Valley Puppet Wagon

June 13–July 28

All ages welcome

FREE

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 the puppet show schedule at the park shelters. No shows held July 4–5.

### MON & WED

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

### TUE & THUR

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



## Youth Enrichment & Learning

### Lego Star Wars Art Camp

AGES 6–10

Back by popular demand! LEGO bricks and Star Wars®—what an amazing combination! Youth will work as a team to paint a huge mural complete with stars, planets, and far, far away galaxies. We'll build star fighters out of LEGO bricks, stage an intergalactic battle, and make a Darth Vader bobblehead. We'll even make our own lightsaber. We'll work with LEGO bricks, paint, clay, and other art supplies to create masterpieces your young Jedi will love!

Crystal Community Center

Wed–Thur, Aug 3–4

1:30–4 pm

\$48

S1408A

Register by July 26



### Lego Space Camp

AGES 6–12

Come join us on an adventurous journey through space! Build the Redstone Rocket to blast through the atmosphere into a realm that is truly out of this world. Travel back in time to build NASA's Gemini Capsule. Trust your astronaut's building skills to pilot a spacecraft that will bring you back to earth safely. We'll build motorized models that represent spacecraft from your favorite popular space movie. Come experience this stellar journey to a galaxy far away!

Brookview Community Center

Mon–Thur, June 13–16

9 am–12 pm

\$99

S1401A

Register by June 3



### Lego Engineering Camp

AGES 6–12

Participants will build a variety of theme-based, fun-filled motorized models using LEGO® Bricks and Technic® elements with themes such as space exploration, cranium contraptions, amazing animals, interesting inventions, construction, transportation, energy is everywhere, exploring the everglades, natural science, and factory fun. All activities are designed to enhance a child's self-esteem while triggering their imagination and building their self-confidence.

Crystal Community Center

Mon–Thur, Aug 15–18

9 am–12 pm

\$99

S1224A

Register by Aug 5



### 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 performance on the last day of class at 7 pm. All participants must be able to participate in the final performance. Instructors have extensive training in theatre, film, and advertising.

AGES 6–12

Meadowbrook School

Tue/Thur, April 5–June 2

6–7:15 pm

\$99 resident/\$104 non-resident

S1208A

Noble School

Tue/Thur, June 14–July 21 (no class July 5)

6–7:15 pm

\$62 resident/\$65 non-resident

S1208B

AGES 13–18

Meadowbrook School

Tue/Thur, April 5–June 2

7:15–8:30 pm

\$99 resident/\$104 non-resident

S1208C

Noble School

Tue/Thur, June 14–July 21 (no class July 5)

7:15–8:30 pm

\$62 resident/\$65 non-resident

S1208D



## 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.

Lions Park

Mon/Wed, June 13–July 27 (no July 4)

3:15–4:25 pm

\$30 resident/\$33 non-resident  
S1207A

## Try Juggling

AGES 8–13

Join us for some juggling in this fun class! Juggling is a unique activity that can be creative and rewarding. Learn the skills to get started and the basic three ball pattern called “the cascade.” Equipment is provided.

Brookview Community Center

Wed, Aug 3

6–7 pm

\$15

S1233A

Register by July 27

## Magic And 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 is also the host of award winning TV show "The Magic Book Nook." Resident fee applies to Crystal, Robbinsdale, New Hope, and Golden Valley.

Brookview Community Center

Tue–Thur, Aug 9–11

1–3 pm

\$35 resident/\$38 non-resident  
S1211A



## Private Piano Lessons

AGES 7+

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

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

Brookview Community Center Between 3–9 pm

### SPRING

Instructed by TBD

\$142 resident (includes recital fee)

\$147 non-resident (includes recital fee)

Tue, April 12–May 17 S1210A

Thur, April 14–May 19 S1210C

Instructed by Mila Maron

Wed, April 13–May 18 S1210B

### SUMMER

Instructed by TBD

\$198 resident

\$203 non-resident

Tue, June 14–Aug 16

(no class June 28) S1210D

Thur, June 16–Aug 18

(no class June 30) S1210E

## Golden Valley Library Events For Kids

**Hey kids, don't forget the Golden Valley library this summer!**

We've got magic, music shows, story times, and more! Plus, reading in the tent! Get a free library card and win a book of your choice with Read Write Draw. Reading prevents the “summer slide,” where kids lose the reading gains they've made over the school year. We've got all kinds of books, including e-books, magazines, comics, and more.

**Check out some of our summer events below. All programs are free of charge. For more information and a complete list of events, go to [www.hclib.org](http://www.hclib.org) or call us at 612-543-6375.**

Summer Reading Kick-Off Wed, June 15, 9:30–11:30 am

Star Wars Origami Thur, June 16, 1:30–3:00 pm

Wiggle Jiggle and Jam Wed, June 22, 10:30 am

Magician Matt Dun Tue, June 28, 1:30 pm

Puppet Wagon Wed, June 29 & Tue, July 12, 10:30 am

Lego® Lab Sat, July 16, 10:30–noon

Wheels That Work Wed, July 6–27, 10:30 am

Yoga For Youth Mon, July 25, 1:30 pm



## Youth Enrichment & Learning

### When I'm In Charge

AGES 8+

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

Brookview Community Center

Mon, April 18 S1221A

Wed, June 1 S1221B

5:30–8:30 pm

\$52/class

### American Red Cross Babysitting Training

AGES 11–15

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

Brookview Community Center

Sat, May 7 S1215A

Sat, June 4 S1215B

8 am–4:30 pm

\$77 resident/\$82 non-resident

### 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. The playground programs are FREE, but registration is required to participate.

Mon–Thur, June 13–July 28 (no program July 4–5)  
S1228A

9 AM–NOON

Gearty

North Wesley

1–4 PM

Hampshire

Lions

Medley

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 listing all of the projects at the park shelter buildings. Also, you can purchase a craft punch card and save \$4! Craft cards can be purchased at Brookview Community Center and are good for seven crafts.

Wed, June 15–July 27

\$2/craft at park or \$10/7-time craft card

10 AM

Gearty

North Wesley

2 PM

Hampshire

Lions

Medley

Scheid



## Mobile Playgrounds

AGES 6–14

FREE

The Parks and Recreation staff is coming to you! Mobile Playgrounds will come to select parks in Golden Valley stocked full of games, crafts, and activities to keep kids busy and engaged. **NOTE: This is a FREE program, but registration is required for participation.**

Mon & Wed, June 13–July 27 (no July 4)  
S1229A

Seeman Park  
10:15–11:15 am

Yosemite Park  
Noon–1 pm

North Tyrol Park  
1:30–2:30 pm

Stockman Park  
3–4 pm

## 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, July 8

10 am pick-up

4 pm return

\$24 resident, \$26 non-resident  
S1601A

### 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 22

10 am pick-up

4 pm return

\$24 resident, \$26 non-resident  
S1603A

### 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.

Thur, Aug 11

10:30 am departure

4:30 pm return

\$22 resident, \$24 non-resident  
S1602A



## Youth Nature Programs

### Three Rivers Explorer Camps

Here's your chance to explore our local parks in a new way! Thanks to our partnership with Three Rivers Park District, these camps provide outdoor, nature focused experiences for school-aged children in an affordable, local, and always fun way. Instruction and all equipment supplied by Three Rivers Park District. Camps may include activities related to birds, bugs, archery, trees, survival, biking, climbing wall, pond study, animal signs, biking, Native American games, and more. Additional waivers may be needed. Dress appropriately for the weather. Registration deadline is two weeks before the start of each camp. Limited scholarships are available. **Please bring a bag lunch, water bottle, sunscreen, and bug spray each day.**

#### Ages 9–12

##### Sochacki Park

(3500 June Ave N, Robbinsdale)

Mon–Thur, June 13–16

9 am–3 pm

\$80

S1234A

#### Ages 8–12

##### Hidden Valley Park

(32nd & Boone Ave, New Hope)

Tue–Fri, July 5–8

9 am–3 pm

\$80

S1234B

#### Ages 10–14

##### Northwoods Park

(38th & Boone Ave, New Hope)

Mon–Thur, Aug 8–11

9 am–3 pm

\$80

S1234C

#### Ages 9–12

##### Sochacki Park

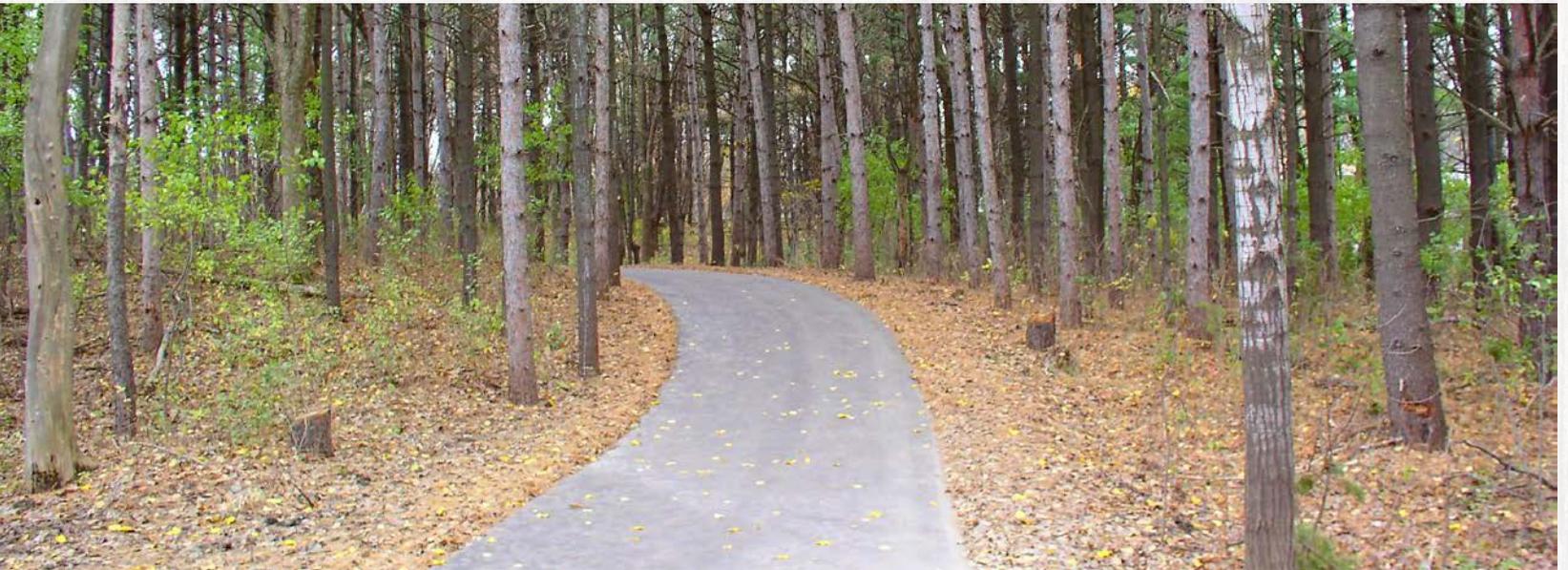
(3500 June Ave N, Robbinsdale)

Mon–Thur, Aug 22–25

9 am–3 pm

\$80

S1234D



### Small Mammal Exploration

AGES 5+ WITH A PAID ADULT

Come learn about the small mammals that are active during the winter. Study their adaptations, follow the signs they leave behind, and explore their winter survival techniques. Instructional staff is provided by Three Rivers Park District. Dress to be outdoors the entire time. Rustic restrooms available.

Sochacki Park (3500 June Ave N, Robbinsdale)

Sat, March 26

10 am–noon

\$7/person

S1235A

Register by March 24

### Beginning Birding

AGES 5+ WITH A PAID ADULT

Using binoculars and field guides, learn to locate and identify some of spring's new arrivals. Learn tips and tricks from a naturalist while exploring the park for birds. Instructional staff is provided by Three Rivers Park District. All equipment provided. Dress to be outdoors the entire time. Rustic restrooms available.

Sochacki Park (3500 June Ave N, Robbinsdale)

Sat, May 7

10 am–noon

\$7/person

S1237A

Register by May 2

**Sochacki Park** is a nature-based recreational area managed and operated as a partnership between the City of Golden Valley, Three Rivers Park District, and the City of Robbinsdale. Environmental education, outdoor recreation programs, and destination amenities that are respectful and integrated into the natural settings within the park will offer the opportunity to experience wilderness in the city. The programs listed on page 14 are run in cooperation with the City of Golden Valley and Three Rivers Park District.



## Puppet Escapades

AGES 3-6 WITH AN ADULT

Enjoy a special show by the River and Baby Animal puppets. After, enjoy a special activity and a short hike around this unique Three River Park District Park and Interpretive Center. Must provide own transportation to the Coon Rapids Dam Regional Park-West.

Kroening Interpretive Center, N Mississippi Regional Park (4900 Mississippi Court, Minneapolis)

Mon, May 16

10-11 am

\$9/child & parent pair (\$5/each additional child)

S1238A

Register by May 1

## Family Archery

AGES 8+

Learn the basics of shooting safely and accurately with skilled instructors from Three Rivers Park District. Shoot at stationary targets. Dress to be outdoors the entire time. Equipment provided. Rustic restrooms available.

Sochacki Park (3500 June Ave N, Robbinsdale)

Sun, April 24

10 am-noon

\$10

S1236A

Register by April 18

## Kayaking

AGES 9-14

Join us as we kayak across Fish Lake while learning proper paddling strokes, including how to steer, go straight, and get in and out of a kayak. Dress for the weather and be prepared to be outside and possibly get wet. Instructional staff is provided by Three Rivers Park District. Additional waivers will be needed to participate. Must provide own transportation to Fish Lake.

Fish Lake Regional Park - meet at the Pavilion  
(14900 Bass Lake Road, Maple Grove)

Fri, July 29

1-3 pm

\$18

S1130A

Register by July 14

## Stand Up Paddle Boarding

AGES 9-14

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. Dress for the weather and be prepared to be outside and possibly get wet. Instructional staff is provided by Three Rivers Park District. Additional waivers will be needed to participate. Must provide own transportation to Fish Lake.

Fish Lake Regional Park Pavilion  
(14900 Bass Lake Rd, Maple Grove)

Fri, Aug 19

9-11 am

12-2 pm

S1131A

S1131B

\$18/session

Register by Aug 4



## Adaptive Recreation

The adaptive recreation program is a cooperative effort of REACH for Resources and the Cities of Golden Valley, Brooklyn Center, Brooklyn Park, Plymouth, Maple Grove, Chanhassen, Chaska, Waconia, and St Louis Park. REACH serves individuals with developmental disabilities and their families in Western Hennepin County. Services include adaptive recreation, independent living support, and counseling. For more information, call 952-200-3030 or go to [www.reachforresources.org](http://www.reachforresources.org).



### ALL AGES (5+)

- Yoga
- Tae Kwon Do
- Bowling

### TEEN (13–21)

- Teen Explorers
- Social Seekers

### ADULT

- Zumba Fitness (ages 16+)
- Wednesday Night Social
- Mind-Body Wellness Sampler (ages 16+)
- Music Therapy (ages 16+)
- On The Town

### SPECIAL EVENTS

- Bingo Night – April 1
- Bowl-A-Thon – April 16
- Karaoke Night – April 29
- Friday Night Dances For All (March 18, April 15, May 20, June 17)
- Weekend Ventures – March and June

### INCLUSION SUPPORT IS ALSO AVAILABLE

REACH For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their City 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.

**Call 952-200-3030 or visit us online at [www.reachforresources.org](http://www.reachforresources.org).**

## Youth Athletics

### 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 14–May 12

5:45–6:30 pm

\$36 resident/\$39 non-resident  
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 14–May 12

6:45–7:30 pm

\$36 resident/\$39 non-resident  
S1102B

### 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.

\$40 resident/\$43 non-resident  
9–10 am

#### LIONS

Mon/Wed, June 13–July 27

(no class July 4)

S1222A

#### SCHEID

Tue/Thu, June 14–July 28

(no class July 5)

S1222B

### Amazing Athletes

#### AGES 3-6

This is a perfect class to get moving and learn new sports and skills. Amazing Athletes gives every child the chance to learn the fundamentals of many different sports along with hand-eye coordination, gross motor skills, and cognitive development. Classes will include the following sports rotating every week: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis.

Davis Community Center

Thur, April 7–May 5 (5 classes)

5:45–6:30 pm S1101A

6:45–7:30 pm S1101B

\$49/session

Register by March 24

Robbinsdale Middle School Turf Field

Mon-Thu, July 25-28 (4 classes)

12:30–1:15 pm S1101C

\$40

Register by July 14

Robbinsdale Middle School Turf Field

Thur, Aug 4-25 (4 classes)

5:30–6:15 pm S1101D

6:30–7:15 pm S1101E

\$49/session

Register by July 27

### Hoopstars Basketball Camp

#### GRADES K-1

Youth in kindergarten and first grade earn and develop new skills and advance their games in this FUN-damentals based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl.

Davis Community Center

Mon/Wed, April 11–May 2

(no class April 25)

6–7:30 pm

\$50

S1134A

Crystal Community

Center

Tue/Thu, June 7–23

6–7:30 pm

\$50

S1134B

### 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.

\$33 resident/\$36 non-resident

9:15–10:15 am

#### MEDLEY

Mon, June 13–July 25 (no class July 4)

S1223A

#### SCHEID

Wed, June 15–July 20

S1223B



## Youth Athletics

### 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 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.

#### HAMPSHIRE

Mon/Wed, June 13–July 27 (no class July 4)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1103A

Tue/Thur, June 14–July 28 (no class July 5)  
6–7:15 pm  
\$37 resident/\$40 non-resident  
S1103B

#### LIONS

Mon/Wed, June 13–July 27 (no class July 4)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1103C

#### SCHEID

Mon/Wed, June 13–July 27 (no class July 4)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1103D

Tue/Thur, June 14–July 28 (no class July 5)  
6–7:15 pm  
\$37 resident/\$40 non-resident  
S1103E

#### WESLEY

Mon/Wed, June 13–July 27 (no class July 4)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1103F

### Fencing Programs

#### AGES 6–12

Youth will learn the fundamentals of fencing, including warm up/cool down exercises, guard fencing positioning, and how to advance and retreat. This class will have individual and group instruction. Instruction is provided by Minnesota Sword Play. All equipment is provided. Registration deadline is one week before the start of each session. Resident fee applies to Golden Valley, Crystal, New Hope, and Robbinsdale.

**New Hope Community Gyms**  
(8230 47th Ave N)  
Mon, April 4–May 9  
6–7 pm  
\$63 resident/\$70 non-resident  
S1110A

**New Hope Community Gyms**  
(8230 47th Ave N)  
Mon–Fri, July 18–22  
10–11 am  
\$63 resident/\$70 non-resident  
S1109A

**New Hope Community Gyms**  
(8230 47th Ave N)  
Mon, June 6–27  
6–7 pm  
\$43 resident/\$60 non-resident  
S1110B



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

**LIONS PARK**  
Tue/Thur, June 14–July 28  
(no class July 5)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1104C

**HAMPSHIRE PARK**  
Tue/Thur, June 14–July 28  
(no class July 5)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1104A

**SCHEID PARK**  
Tue/Thur, June 14–July 28  
(no class July 5)  
10:30–11:45 am  
\$37 resident/\$40 non-resident  
S1104D

Wed, June 15–July 27  
6–7:15 pm  
\$23 resident/\$25 non-resident  
S1104B

## 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

Mon, June 13–July 25 (no class July 4)

9–10:15 am

\$23 resident/\$25 non-resident

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

9–10:15 am

\$33 resident/\$36 non-resident

AGES 7–10

Tue/Thur, June 14–July 28 (no class July 5)

S1106A

AGES 11–14

Mon/Wed, June 13–July 27 (no class July 4)

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. Bring a bag lunch, bottle for water, and snack.

Lions Park

9 am–3 pm

\$69 resident/\$73 non-resident

AGES 7–12

Mon–Fri, Aug 1–5

S1112A

AGES 10–16

Mon–Fri, Aug 8–12

S1112B



## Flinbolt Camp

AGES 8–12

Here it is, the first ever three-day Flinbolt Camp! Let the games begin—ball golf, lawn bowling, and fling golf at Brookview. Program instruction and supervision provided by local educator and long-time Parks & Recreation instructor. Each camp day, participants will play two of the three activities and enjoy lunch at the Brookview Grill. Fee includes lunch and all activities. All equipment is provided if needed. Participants are welcome to bring their own golf clubs. Camp participation is limited, so please register early. Max of 16 per camp.

Brookview Community Center

11 am–2 pm

\$70/camp

Tue–Thur, June 28–30 S1136A

Tue–Thur, Aug 9–11 S1136B

Tue–Thur, Aug 23–25 S1136C

## 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 at 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 and end at Lions Park

Tue, June 14–July 19

9 am–noon

\$32 resident/\$35 non-resident

S1212A

## Spring Archery

AGES 8–14

Youth will have the opportunity to learn range safety and proper shooting techniques for shooting compound and traditional bows in this class. We'll also learn some history and traditions surrounding archery. This class will have individualized instruction based on skill levels.

Robbinsdale Community Gyms

(enter door 18)

Tue, April 12–May 3

6–7:30 pm

\$65

S1108A



## Summer Archery

AGES 8–14

Youth will have the opportunity to learn range safety and proper shooting techniques for shooting compound and traditional bows in this class. We'll 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 Gyms

(enter door 18)

9–10 am

\$76/session

Fri, June 10–July 1

S1108B

Register by May 31

Fri, July 8–29

S1108C

Register by July 3

## Youth Athletics



### Lawn Bowling Program

AGES 8–14

Take part in the second summer season of lawn bowling and join a league. The league begins on Tuesday, June 14 with six weeks of play. Equipment is provided. No special clothing is required; however, teams with all members competing in white top and white or khaki bottoms receive one 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 four players. Minimum of four teams, maximum of 16.

Brookview Lawn Bowling Court  
Tue, June 14–July 26 (no class July 5)  
\$26/person  
10–11 am  
S1132A



### Basketball Skills Camp

AGES 9–12

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

Wesley Park  
Tue/Thur, June 14–July 21 (no class July 5)  
10:30–11:30 am  
\$33 resident/\$36 non-resident  
S1114A

### Sand Volleyball

AGES 9–12

Youth volleyball is one of the fastest growing youth sports in the US. 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/Thur, June 14–July 21 (no class July 5)  
9–10 am  
\$33 resident/\$36 non-resident  
S1115A

### Park Baseball

AGES 9–12

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.

Mon/Wed, June 13–July 27 (no class July 4) 1:15–2:45 pm \$37 resident/\$40 non-resident	Medley Park Lions Park Scheid Park	S1117A S1117B S1117C
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### 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 15–July 20  
9–11:30 am  
\$35 resident/\$38 non-resident  
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/Thur, June 14–July 21 (no class July 5)  
1–4:15 pm  
\$37 resident/\$40 non-resident  
S1122A

## 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

S1127A

Sat, Sept 10–Oct 15

Register by Aug 12

Noon or 1 pm

\$38 resident/\$41 non-resident, \$14 shirt

*(Times depends on number of teams)*



## 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 two 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 2016. Teams are formed randomly. Requests for friends or coaches are not accepted. Coaches will be assigned with their children. 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 Aug 29. 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 10–Oct 8 (with one weekday evening game)

Morning and/or early afternoon

\$38 resident/\$41 non-resident, \$14 shirt

Grade 2-3 S1128A

Grade 4-5 S1128B

Register by Aug 12

## 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-sized field program to a 6 vs. 6 junior field program with seven to 10 participants per team. \*Resident fee applies to Golden Valley, Crystal, New Hope, Robbinsdale, and Maple Grove.

**PRACTICES** Begin the week of Aug 29 and are held in the home community. Location, day and time determined by the volunteer coach.

**GAMES** Held on Saturdays, beginning Sept 10 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 10–Mid Oct

Late morning and/or early afternoon

\$38 resident/\$41 non-resident

Boys S1129A

Girls S1129B

Register by Aug 12



## 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](http://www.skyhawks.com) for more details.

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

### Mini Hawk Camp

AGES 4–7

This t-ball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. For all half-day camps, participants receive a T-shirt, ball, and merit award.

Lions Park  
Mon–Fri, July 25–29  
9 am–noon  
\$115  
S1135A

### Beginning Golf Camp

AGES 5–8

We believe children learn most effectively when having fun at any age. Skyhawks will use the SNAG (Starting New at Golf) system, which builds on the fundamentals of putting, chipping, pitching, and full swing to develop playing ability quickly and effectively. SNAG incorporates developmentally appropriate equipment and simplifies instruction so young players can make an effective transition onto the golf course. All equipment is provided for this camp. All participants receive a T-shirt and merit award.

Lions Park  
Mon–Fri, June 27–July 1  
9 am–noon  
\$119  
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! Participants receive a T-shirt, football, and merit award.

Lions Park  
Mon–Fri, Aug 15–19  
9 am–noon  
\$115  
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. Participants receive a T-shirt, basketball, and merit award.

Davis Community Center  
Mon–Fri, July 18–22  
1–4 pm  
\$119  
S1126A



## Ticket Events

Join us for these great events at Target Field, Xcel Center, and Target Center. Tickets are available for all ages. You can pick up your tickets at the Parks and Recreation office about one week before the event. We will notify you when your tickets are in. NOTE: You must supply your own transportation.

### Marvel Universe Show At Target Center

Watch your favorite Marvel Super Heroes, including Spider-Man and the Avengers (Iron Man, Black Widow, Hulk, and more) and threatening villains come to life in this action packed arena extravaganza! Feel the energy with cutting edge special effects, pyrotechnics, aerial stunts, martial arts, motorcycles, and more. Join Marvel fans of all ages for this once-in-a-lifetime performance. The fate of the universe depends on it! Children under age 2 are free.

Fri, April 8  
7 pm  
\$25/person

W4103A  
Register by March 23

### Minnesota Twins Game At Target Field

Take your Dad to a weekend day game at Target Field! Cheer on your Minnesota Twins as they take on the New York Yankees. Enjoy the breathtaking views and dazzling amenities of Target Field, the world class home of Twins Territory. Children over 30" tall need a ticket.

Sun, June 19  
1:10 pm  
\$25/person (field view seats)  
S4103A  
Register by May 25



## Youth Athletic Associations

### Golden Valley Little League Baseball

Boys & Girls age 6-12  
Pat Dale, 763-593-9077  
[www.goldenvalleylittleleague.org](http://www.goldenvalleylittleleague.org)

### Armstrong Cooper Youth Hockey Association

Boys & Girls ages 4+  
Dawn Speltz, 612-987-4599  
[www.acyha.org](http://www.acyha.org)

### Armstrong Cooper Youth Baseball Association

Boys ages 12-19  
Brian Nelson, 612-720-9642  
[www.acybaseball.com](http://www.acybaseball.com)

### Cooper/Armstrong Girls Fastpitch Softball

Girls ages 9-12  
[www.caheatfastpitch.org](http://www.caheatfastpitch.org)

### Girls Slowpitch Softball

Girls grades 3-12  
Keith Hiljus  
[keithhiljus@yahoo.com](mailto:keithhiljus@yahoo.com)  
[www.gvgs.org](http://www.gvgs.org)

### Park Valley United FC Soccer Club

Boys & Girls ages 5-17  
[www.parkvalleyunitedfc.org](http://www.parkvalleyunitedfc.org)

## Other Community Youth Opportunities

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



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

**Registration takes place at Davis Community Center Tue, June 14, 6:30–7:30 pm.**

Ages 4–16  
Davis Community Center  
Tue, June 14–Aug 23 (no class July 5 & Aug 8)  
Ages 4–8, 6–6:45 pm  
Ages 9–16, 7–7:45 pm  
\$5 enrollment fee, plus \$7/night at the door

### Gymnastics

New Hope Parks and Recreation will again be offering gymnastics classes to kids of all skill levels this spring. The program will help participants develop better physical fitness, coordination, and gymnastics skills, all while having a great time! Classes are held at Sandburg Learning Center in Golden Valley. For more information or to register, call 763-531-5151.

### Hopkins Football Summer Camp

Grades 3–8

Learn the fundamentals of offense, defense, and special teams to make you a better player. Camp is designed to improve a child's beginner, intermediate, or advanced skill level. Campers will be divided by age to maximize instruction. Camp is led by Anthony Johnson (9th grade head coach), varsity staff members, and former and current players. Helmets and shoulder pads provided. All campers will receive a free T-shirt. Tuition assistance is available. **Participants must bring:** Shorts, mouth piece, football shoes, water bottle, and lunch/beverage if attending both camps.

**Mon–Thur, July 18–21**  
**Hopkins Varsity Stadium**

**NOTE:** Monday, July 18 at 8:30 am – Campers will meet at the football shed to check-in and be fitted with helmet and pads.

#### MORNING CAMP SESSION

9 am–Noon \$99

Campers will receive comprehensive instruction and will learn the techniques and fundamentals necessary for a solid football foundation. Campers will have the opportunity to work on both their offensive and defensive skills. The goal is to make every camper a more knowledgeable and confident football player.

#### ALL DAY CAMP WITH EMPHASIS ON SPECIFIC POSITION

9 am–4 pm \$149

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

**For more information or to register  
for these football camps,  
please visit:  
[www.hopkinsfb.com](http://www.hopkinsfb.com)**

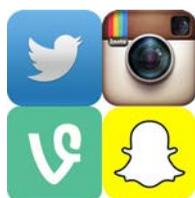


## Adult Enrichment & Learning

### Social Media Basics For Active Adults

Learn social media basics, including Facebook, Twitter, and Instagram, to help you stay connected with friends and family near and far. We will cover security and privacy settings, publishing content, responding appropriately, and how to participate and contribute to social networking sites. This course is a great introduction and will help you easily understand in greater detail all the positive aspects of the social landscape you might have been missing. Bring your laptop or tablet (optional).

Brookview Community Center  
Wed, April 6  
1–2:45 pm  
\$6 resident/\$7 non-resident  
W3101B  
Register by April 1



### Broadway Bound



Do you have a love for the arts and like to perform? Want to improve your memory, speech, and agility while having a great time? Work alongside your fellow peers as you enrich your creative side through theater! Through this theater program, you will focus on acting and performance. Additionally, you will have an opportunity to work on creating characters, music, and developing improv skills, which will be showcased in a final performance open to your family and friends.

*Instructed by Eric Olson, who has more than seven years of directing experience and holds a degree from the University of Minnesota in Communications and Film.*

Brookview Community Center  
Tue/Thur, April 5–May 26  
4–5:15 pm  
\$40 resident/\$43 non-resident  
S3103A  
Register by March 31

### Joy Of Painting® The Bob Ross® Method

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours you will bring home a summer scene ready to frame. Finished paintings are on display in the senior room. Taught by certified instructor Kittie Swanson. Fee covers all materials. Minimum 5, maximum 15.

Brookview Community Center  
Sat, May 14  
1–4:30 pm  
\$60 resident/\$65 non-residents  
S3101A  
Register or cancel by May 9



### Friday Open Painting Studio *NEW DAY!*

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.

Brookview Community Center  
Weekly on Fridays  
9–11:30 am  
\$1/week payable at the front desk

## Adult Fitness & Wellness

### Daytime Yoga With Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, and improving balance, posture, circulation, and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Please bring an exercise mat. Annette is the host of award winning Channel 18 TV show *Yoga on the Go*.

**Brookview Community Center**  
**Tue, April 5–May 24 (8 sessions)**  
**11 am–noon**  
**\$64 resident/\$68 non-resident**  
**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 maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating, and fun. Many elements of yoga are included. Please bring an exercise mat. Annette is host of award winning Channel 18 TV show *Yoga on the Go*.

**Brookview Community Center**  
**Mon, April 4–May 23 (8 sessions)**  
**5:55–6:55 pm**  
**\$57 resident/\$61 non-resident**  
**S2202A**

### Line Dancing

Start your morning off with a smile. Line dancing is recommended as a moderate aerobic exercise that works to improve balance and strengthen heart and bones. This fun class will make you feel confident with any dance line, whether country, Latin, or American. Instructor Annette Fragale is certified by NTA and CWLDA. She has taught for 30 years.

**Brookview Community Center**  
**Tue, June 7–28**  
**11 am–noon**  
**\$25 resident/\$27 non-resident**  
**S2404A**

### Yoga Flow With Laura

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

**Brookview Community Center**  
**5:30–6:45 pm**  
**Tue, May 3–June 14 (7 sessions)**  
**\$70 resident/\$74 non-resident**  
**S2206A**

**Thur, May 5–June 16 (7 sessions)**  
**\$70 resident/\$74 non-resident**  
**S2206B**

**Tue, June 21–July 19 (5 sessions)**  
**\$50 resident/\$53 non-resident**  
**S2206C**

**Tue, July 26–Aug 30 (5 sessions - no class Aug 9)**  
**\$50 resident/\$55 non-resident**  
**S2206D**



## Bootcamp

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 more than 20 years in the fitness field.

Davis Community Center  
6–7 pm

Mon, April 18–June 13  
(no class April 25, May 23, May 30, June 6)  
\$25 resident/\$27 non-resident  
S2204A

Mon, June 20–Aug 15 (no class July 4)  
\$40 resident/\$43 non-resident  
S2204B

## Baby Boomers And Beyond Body And Balance Workouts

Nancy Stoneberg, certified personal trainer and Twin Cities Live fitness consultant, has dedicated much of her time to training and educating the 55+ crowd and helping them realize it's never too late to make a positive difference in strength, balance, and overall wellness. Get a great workout, with professional supervision. The classes are for all levels and abilities. Nancy's motto is "YES, YOU CAN!" Register for one month or more. Make-ups allowed.

Robbinsdale Police/Fire Building Community Room  
(41st & Hubbard Ave N, Robbinsdale)  
9–9:45 am  
\$24/class

March 4–25    April 1–29    May 6–27  
W3102C    S3102A    S3102B

June 3–24    July 1–29    Aug 5–26  
S3102C    S3102D    S3102E



## Tai Chi Classes With Marie Mathay

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

Brookview Community Center  
\$45 resident/\$48 non-resident

### TAI CHI FOR HEALTH & ARTHRITIS – BASIC

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

Tue, April 19–May 31  
8:30–9:30 am  
W2207C

Tue, June 21–Aug 9  
8:30–9:30 am  
S2207A

### TAI CHI FOR HEALTH & ARTHRITIS 2 – MOVING ON

For persons who have completed at least one session of Tai Chi, we continue on our Tai Chi journey, endorsed by the Arthritis Foundation.

Tue, April 19–May 31  
9:40–10:40 am  
W2208C

Tue, June 21–Aug 9  
9:40–10:40 am  
S2208A

### BEGINNING YANG STYLE TAI CHI

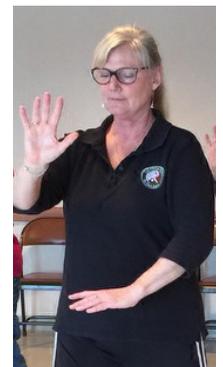
One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800s and has many variations. Join Marie in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Qualifies for reduced rate pricing.

Thur, April 21–June 2  
9–10 am  
W2209C

### INTRODUCTION TO SHIBASHI QIGONG

Cultivate more energy and balance through this series of ancient gentle breathing and moving exercises called Shibashi Qigong, including 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.

Thur, April 21–June 2  
10–11 am  
W2210C



**TAI CHI SPECIAL!**  
Register for a second class in the same session and pay only \$30 for your second class. Classes must be purchased together.

## Adult Fitness & Wellness

### 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, New Hope, and St Louis Park residents.

#### Davis Community Center

6:15–7 pm

\$69 resident/\$73 non-resident

Tue, April 12–May 24 (no class April 26 & May 10)  
S1118A

Tue, June 14–July 19 (no class July 5)  
S1118B

### Kung Fu – Southern Praying Mantis

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. A great mix of two-person exercises and solo work is 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

7:15–8:15 pm

\$70 resident/\$74 non-resident (7 sessions)

Thur, April 7–May 19  
S2205A

Thur, May 26–July 14 (no class June 23)  
S2205B

Thur, July 21–Sept 1  
S2205C

### Evening Canoeing for Adults

Want to explore the lake at twilight enjoying an evening canoeing on Westwood Lake? We will take a refreshment break inside the Interpretive Center before we end the evening paddling back to the canoe dock. Two people will be assigned to a canoe at the start of the program.

#### Westwood Hills Nature Center

Fri, June 17

6:30–9 pm

\$15/person

S2301A



## Adult Athletics

### Adult Co-Rec Sand Volleyball League

Enjoy Minnesota summer evenings in the park with sand between your toes in our recreational co-rec volleyball league. Teams of six will be scheduled to play at 6:15 and 7:15 pm. Fee includes sand volleyball court and one official. Teams may have up to 12 players on a roster. Roster forms will be sent after registration. Rules available on the City website. Limit eight teams.

#### SUMMER SEASON

Brookview Park  
Tue, June 7–Aug 16  
\$250 per team (guaranteed 10 games)  
S2214A  
Register by May 13



#### FALL SEASON

Brookview Park  
Tue, Aug 23–Sept 20  
\$125 per team (guaranteed five games)  
S2214B  
Register by Aug 5

### Open Gyms At Davis Community Center

All levels are welcome to participate in open gyms. Purchase a punch pass at Davis or Brookview Community Centers and use at any of the times listed below. Basketballs, volleyballs, and pickleball equipment provided. Schedule subject to change due to low attendance. Check the City website for updates.

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

#### March 6–May 28

(closed April 25, 26, May 10, 14, 30)

Day	Activity	Time
Sunday	Family Gym Time/Shoot Buckets	1–3 pm
Sunday	Pickleball Drop-in	3–5 pm
Monday	Basketball 35+	8–10 pm
Tuesday	Volleyball 18+	8–10 pm
Thursday	Volleyball 18+	8–10 pm
Saturday	Open Basketball (All Ages)	8–10 am

#### May 29–Sept 5

(closed Sundays & June 6–12, July 4, Aug 9)

Day	Activity	Time
Tuesday	Volleyball 18+	8–10 pm
Thursday	Volleyball 18+	8–10 pm
Saturday	Open Basketball (All Ages)	8–10 am
Saturday	Family Open Gym	10 am–12 pm

### Fall Men's Softball Leagues

This five-week, double header season extends summer play into the fall. No playoffs; guaranteed 10 games. League follows USSSA bat and ball guidelines.

Fall season begins the week of Aug 15. Teams will be notified if the summer season goes late.

Registration opens July 1. Visit the City website for a registration packet.



\$415 per team

#### Leagues Available

Men's Monday Class E      Men's Wednesday Class D  
Men's Tuesday Class D      Men's Thursday Class D

### Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can—just drop in.

#### INDOOR PICKLEBALL

Davis Community Center  
Sundays thru May 22  
3–5 pm  
\$4/at door, \$28/10-time punch pass

Crystal Community Center  
Mondays and Thursdays  
9 am–1 pm

\$2/week, payable at the door  
Limited equipment available. Gym shoes required.



#### OUTDOOR PICKLEBALL

Medley Park  
Tuesdays  
9–11 am

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

Find other outdoor pickleball court locations in Golden Valley on page 52.

# TWIN CITY TENNIS CAMPS

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



**REGISTER NOW!**

[www.twincitytenniscamps.com](http://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.

### WESLEY PARK

Mon–Fri, April 18–June 5 (no May 30)  
4–5 pm or 5–6 pm \$105/1 hr

### BROOKVIEW PARK

Mon–Fri, April 18–June 5 (no May 30)  
6–7 pm or 7–8 pm \$105/1 hr

Sat/Sun, April 23–June 5

10 am–noon

Noon–1 pm 1 hr \$105

1–3 pm 2 hr \$169

3–5 pm 4 hr \$339

1–5 pm

Mon–Fri, June 6–Sept 2

9 am–noon, 1–4 pm, 4–6 pm  
\$169/wk, \$589/4 wk, \$1199/12 wk

9 am–4 pm  
\$299/wk, \$909/4 wk, \$1999/12 wk

11 am–4 pm  
\$259/wk, \$909/4 wk, \$1899/12 wk

4–6 pm  
\$119/wk, \$399/4 wk, \$999/12 wk

Mon/Wed/Thur, June 6–Sept 2

6–8 pm  
\$169/wk, \$299/12 classes, \$549/4 wk,  
\$1099/12 wk

Sat, June 11–Aug 27

10 am–noon  
\$274/11 classes

## 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 the 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.

### WESLEY PARK

Mon–Fri, April 18–June 5 (no May 30)  
4–5 pm or 5–6 pm \$105/1 hr

### BROOKVIEW PARK

Mon–Fri, April 18–June 5 (no May 30)  
6–7 pm or 7–8 pm \$105/1 hr

Sat/Sun, April 23–June 5

10 am–noon

Noon–1 pm 1 hr \$105

1–3 pm 2 hr \$169

3–5 pm 4 hr \$339

1–5 pm

Mon–Fri, June 6–Sept 2

8:30 am–noon  
\$189/wk, \$649/4 wk, \$1299/12 wk

8:30 am–4 pm  
\$299/wk, \$999/4 wk, \$1999/12 wk

11 am–4 pm  
\$259/wk, \$909/4 wk, \$1899/12 wk

1–4 pm  
\$169/wk, \$589/4 wk, \$1199/12 wk

4–6 pm  
\$119/wk, \$399/4 wk, \$999/12 wk

Mon/Wed/Thur, June 6–Sept 2

6–8 pm  
\$169/wk, \$299/12 classes, \$549/4 wk,  
\$1099/12 wk

Sat, June 11–Aug 27

10 am–noon  
\$274/11 classes

## High Performance

AGES 9–18

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.

### WESLEY PARK

Mon–Fri, April 18–June 5 (no May 30)  
4–6 pm \$169/2 hr

### BROOKVIEW PARK

Mon–Fri, April 18–June 5 (no May 30)  
6–8 pm \$169/2 hr

Sat/Sun, April 23–June 5

10 am–noon

Noon–1 pm 1 hr \$105

1–3 pm 2 hr \$169

3–5 pm 4 hr \$339

1–5 pm

### BROOKVIEW, LIONS, OR WESLEY

Mon–Fri, June 6–Sept 2

8 am–noon  
\$229/wk, \$809/4 wk, \$1699/12 wk

8 am–4 pm  
\$299/wk, \$1099/4 wk, \$2199/12 wk

12:30–4 pm  
\$169/wk, \$589/4 wk, \$1199/12 wk

4–6 pm  
\$119/wk, \$399/4 wk, \$999/12 wk



## Junior Team Tennis Leagues

AGES 5-18

### JUNIOR TEAM TENNIS NOVICE TENNIS LEAGUE

For junior development, junior high, and junior varsity players.

2 days/wk, June 13-Aug 12

1:00-3:30 pm Wesley Park \$200

### JUNIOR TEAM TENNIS USTA TEAM TENNIS LEAGUE

For high performance, intermediate, and advanced players. Teams: 10U Int, 12U Int/Adv, 14U Int/Adv, and 18U Int/Adv. NOTE: Participants will be required to provide USTA membership number.

2 days/wk, June 13-Aug 12

1:00-3:30 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 lesson	\$375	\$275
10 lessons	\$725	\$525

### SEMI-PRIVATE

1 hour	\$90	\$70
5 lessons	\$425	\$325
10 lessons	\$825	\$625

## ADULT TENNIS PROGRAMS

### Basics & Beyond USTA LEVEL 1.0-2.5

Beginner and advanced beginner lessons with an strokes, rallying, and serving.

### Skills & Cardio Tennis USTA LEVEL 2.5-3.5

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness.

### Warrior Drill USTA LEVEL 4.0-5.0

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

### BROOKVIEW PARK

Mon-Thur, April 18-June 2 (no May 30)

6-8 pm \$179/1 day wk (7 classes)  
\$349/2 day wk (14 classes)

Mon-Thur, June 6-Sept 1

6-8 pm \$299/1 day wk (12 classes)  
\$599/2 day wk (24 classes)



# REGISTER NOW!

**ONLINE:** [www.twincitytenniscamps.com](http://www.twincitytenniscamps.com)

**PHONE:** 612-600-2460

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

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



## GOLDEN VALLEY SENIOR CENTER

Located in the Evergreen Room at the Brookview Community Center.  
Join scheduled activities and register for events, trips, and classes.  
All programs are held at Brookview unless otherwise noted.



Phone: 763-512-2339

Fax: 763-512-2344

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

### 2016 Annual Membership Donation

Support your senior program by donating to the Golden Valley Seniors. It helps offset some costs of the program, PLUS the newsletter is mailed to your door!

\$5 resident/\$8 non-resident  
Y3200A

*Thanks for  
your support!*

### Blood Pressure Screening **FREE**

Stop by Brookview on the fourth Wednesday of the month for a FREE blood pressure check. Service is provided by Barb Burger, LPN, Ambassador Good Samaritan. No appointment necessary. Service offered first come, first served.

Brookview Community Center  
Wed, March 23, April 27, May 25, June 22, July 27, Aug 24  
11–11:30 am

### Medicare And Health Insurance Counseling

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make an appointment with Marsha, who can answer your Medicare insurance questions, help you with insurance forms, or guide you through supplemental or Part D insurance. She'd love to work with you! Call at least three days in advance of appointment date. No appointments on April 14.

Brookview Community Center  
Thur, March 3, May 12, June 9, July 14, Aug 11  
Appointment times are 9, 10, and 11 am

### Happy Feet Foot Care Clinic

This clinic is conducted by licensed nurses who specialize in routine foot care for elder and diabetic feet through Happy Feet, Inc. 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.

#### Need to cancel your appointment?

You must call Happy Feet at least 24 hours in advance, or you may be charged a fee.

Brookview Community Center  
Every Friday  
12–3 pm  
\$34, payable day of service  
with cash or check only



### Other Senior Activity Locations

Calvary Center Cooperative.....7600 Golden Valley Rd  
Covenant Village..... 5800 St. Croix Ave  
Crystal Community Center.....4800 Douglas Dr N  
Golden Valley City Hall.....7800 Golden Valley Rd  
Golden Valley Library .....830 Winnetka Ave N  
Meadow Ridge Senior Living ....7475 Country Club Dr

## Senior Programs

### Friday Films At Meadow Ridge

From Fred Astaire to Steve Zahn, we've got you covered. Enjoy musicals, documentaries, classic movies and more! Refreshments provided to compliment the film. NOTE: Films had not been selected at time of publication. To be placed on the mail or e-mail list and/or to register (by the Wednesday before the film), call 763-512-2339.

**Meadow Ridge Senior Living (7475 Country Club Dr)**  
**Fri, March 18, April 15, May 20, June 17, July 15, Aug 19**  
**2 pm**  
**FREE**

### Minnesota State Band Concert

The Minnesota State Band is the official band of the State of Minnesota and has been in existence for 118 years (since 1898). The 50+ member band is the only remaining state band in the United States. While at one time the band received funding from the State of Minnesota, the band is now operated as a non-profit organization with an all-volunteer membership. The band has represented Minnesota on six International goodwill tours since 1986. This event is free. Donations are welcome.

**Crystal Community Center**  
**Wed, May 18**  
**7:30-8:30 pm**



"Golden Valley Reads," a new joint venture between the City of Golden Valley and Hennepin County Library in Golden Valley, seeks to encourage Golden Valley residents to read one book together each year. The book for 2016 will be *Ordinary Grace* by William Kent Krueger. Come meet Krueger as he shares the journey that resulted in the writing of this book. Books will be available for purchase and signing. See page 55 for more details.

**Brookview Community Center**  
**Mon, May 9**  
**7 pm**

### Local Author Series: *Roger Marias And A Cast of Hundreds* By Gregory Rom

See full details in the community events section on page 55. Sponsored by the Cities of Brooklyn Center, Crystal, Golden Valley, New Hope, Robbinsdale, and District 281 Community Education.

**Crystal Community Center**  
**Wed, April 13**  
**7-8:30 pm**  
**\$3 at the door, includes presentation and refreshments**  
**Register by April 8**

### Tax Assistance 2016

Help with filling out income tax forms is offered free on a first-come, first-served 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.

**Please bring the following records and information:** 1) Last year's tax returns; 2) Social Security cards for all taxpayers and dependents; 3) Photo ID; 4) All income statements, including W-2s (wages received in 2015), 1099s (pension and distributions from IRAs received in 2015), SSA-1099 (Social Security Benefit received in 2015), 1099-INT (interest received in 2015), 1099-DIV (dividends received in 2015), Statement of Unemployment Compensation received in 2015, and any other income information received during 2015; 5) Self-employment information for 2015; 6) Mortgage Interest paid in 2015; 7) Real Estate Taxes paid in 2015 or Hennepin County 2015 Property Tax Statement; 8) Certificate of Rent Paid in 2014; 9) Hennepin County 2016 Property Tax Statement (not available until March 2016); and 10) Verification of Health Insurance for 2015. Bring a blank check for direct deposit of your refund (used only to verify routing and account information).

**Golden Valley Library (830 Winnetka Ave N)**  
**Thur, March 3-April 14**  
**9 am-1:30 pm**

**NOTE: Registration taken at the door the day of the service starting at 9 am**



## Senior Programs

### Living Wise And Well

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 pre-registration required. No meeting in May.

Calvary Center Cooperative  
1–2:30 pm

FREE

#### THUR, APRIL 7 Vertigo

Vertigo is a sensation of spinning. If you have these dizzy spells, you might feel like you are spinning or that the world around you is spinning. It differs from dizziness in that vertigo describes an illusion of movement. Learn the causes, symptoms, and treatment of vertigo. Presented by Rachel and Ann from Park Nicollet Clinic in St Louis Park.

#### THUR, JUNE 2 Simple Gardening

Learn simple gardening tips for planting a container or small outdoor garden plot from Barbara Ego of the Golden Valley Garden Club. Barb will also talk about Bokashi, a unique recycling program that turns garbage into compost.

#### THUR, JULY 7 What's the difference between Palliative Care and Hospice?

Palliative care is specialized medical care for people with serious illnesses. It is focused on providing patients with relief from the symptoms, pain, and stresses of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Learn more about palliative care, how/when to request it, and how it differs from hospice care. Presented by Libby Swanson, Park Nicollet Health Services.

#### THUR, AUG 4 Digestive Issues and Simple Solutions

There's something about digestive difficulties that makes them hard to discuss in polite company—which leaves many of us suffering one problem or another in silence. What's more, digestive disorders are placing a growing burden on Americans, causing an unprecedented number of clinic visits and hospitalizations. Fixes can be as simple as making informed lifestyle changes or taking over-the-counter remedies. Hear what the most common issues are and simple fixes. Presented by Michael Stockman, MD, and Barb Burger, LPN, Ambassador Good Samaritan Care Center.

### 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, payable at the door



#### WED, MARCH 23 Crimes Of Opportunity

In your home, apartment, car, or out and about, how do you protect yourself from a crime of opportunity? What are the latest scams affecting residents? Learn simple tips for keeping you and your loved ones safe. Presented by Joanne Paul, crime prevention specialist with the Golden Valley Police Department. Register by March 21.

#### WED, APRIL 27 The Art Of Rome

Author Gregory J. Pulles will bring the art of Rome, and the artists who created it, to you. Experience Rome's art in photographs taken by Mr Pulles. Learn about the Laocoon and the Ludovisi Throne, and travel through all of Rome's museums and the Sistine Chapel. Meet Caravaggio, Donatello, Raphael, Michelangelo, and more. Register by April 25.

#### WED, MAY 25 China

Phenix is back! Join us as she takes us on a journey of her beloved China and enlightens us about "China's New Silk Road in the 21st Century." The talk will highlight China's rapid development and the problems it is creating. Presented by Phenix Yu. Register by May 23.

#### WED, JUNE 22 Bird Conservation

Established in 1979, Audubon Minnesota shares Audubon's 100-year heritage of working to protect our environment. Audubon Minnesota believes that what is good for birds is good for people too, including healthy habitats and clean water and air. Learn about the Audubon Society and local birds and their behaviors, with emphasis on identification. Presented by Jim Egge, Minnesota Audubon Society. Register by June 20.

#### WED, JULY 27 Headwaters Relief Organization

This Minnesota-based, non-profit disaster relief organization organizes volunteers to support the emotional, cleanup, and rebuilding needs of families and communities ravaged by disaster. Hear about its history and how it gives people hope when it's really needed. Presented by Doug Nathan, Headwaters Relief Organization. Register by July 25.

## Mondays With Mary

Join Mary to make door decorations, greeting cards, placemats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Golden Valley Rehab and Care Center, Senior Dining, Golden Valley Seniors, and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent and occasionally, a treat!

**Brookview Community Center**  
**Mondays (no meeting May 30 & July 4)**  
**9:30–11:30 am**



## Weekly Card & Game Groups

New players are always welcome to our card and game groups. Please arrive at least 10 minutes before the scheduled start time to get set-up. Hope to see you there! All groups meet at Brookview Community Center. No pre-registration required.

DAY	GROUP	TIME
<b>Monday</b>	Dominoes	1 pm
<b>Tuesday</b>	Cribbage	1 pm
	Hand & Foot	1 pm
	500	6:30 pm
<b>Wednesday</b>	500	1 pm
<b>Thursday</b>	Euchre	1 pm
	Contact Bridge	6:30 pm
<b>Friday</b>	Bridge	9:30 am

## Money Matters

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

**Brookview Community Center**  
**10–11:15 am**

**FREE**

### **THUR, MARCH 17** The Local Economic Engine Of Redevelopment

Economic development is critical to keeping a community vibrant. Golden Valley has several projects under consideration and construction. Learn why development is advantageous to taxpayers, the programs available to encourage developers to build within a city, and the process to get approval. Presented by Jason Zimmerman, planning manager, City of Golden Valley.

### **THUR, APRIL 21** "The Retirement TRAP!"

Did you know that one of every two Americans has less than \$25,000 saved for retirement? If that's you or a loved one, you may find yourself in trouble in your "golden years" and worried about outliving your savings or becoming a burden to your family. New information is available that can help you avoid five mistakes that can wreck your retirement savings. Announcing "The Retirement TRAP!" You'll discover why you could be over-paying the government on taxes and court expenses (and robbing yourself of money you thought you saved), how to keep your children and grandchildren from fighting each other in probate court, the easy way to make sure your retirement savings will support your lifestyle, and the fact that past employers can legally siphon off your retirement savings. Hear how to stop them, and much more. Presented by Jim Bear from J. Allen Financial in Maple Grove.

### **THUR, MAY 19** The Business Cycle Approach To Sector Investing

Historical analysis of the cycles shows that the relative performance of equity market sectors has tended to rotate as the overall cycle economy shifts from one stage of the business cycle to the next, with different sectors assuming performance leadership in different economic phases. Learn which sectors of the market to avoid and which sectors tend to have the best performance during the business cycle. Presented by Larry Klick, investor and Money Matters member.

### **THUR, JUNE 16** Services Available For Staying In Your Home

Did you know there are services and agencies to help you maintain your independence and stay in your home? Learn about available services, what questions to ask agencies when looking for services, the cost of these services, and how to determine what services you need. Presented by Crystal Stuewe from Services At Home, Good Samaritan Society.

### **THUR, JULY 21** Senior Medical Patrol-Prevent Medicare Fraud And Abuse

Don't be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the [www.MyMedicare.gov](http://www.MyMedicare.gov) website and how the Senior LinkAge Line® can assist seniors and their families. Presented by Emily Justman from Minnesota Area Agency on Aging.

## Senior Programs

### Pedal Pushers

Brush off your bicycle and join us! We meet twice per month and ride 10–12 miles on local trails. Wear your helmet and bring a water bottle and snack. Optional lunch after the ride. Ride information is sent to individuals interested in joining us. Call 763-512-2339 to be placed on the mailing list.

#### KICK-OFF MEETING

Join Nancy, our fearless leader, as we plan our 2016 Pedal Pusher season. Nancy will show slides of her and Keith's latest adventure, and we will plan the 2016 ride schedule. Donations accepted for refreshments. Call 763-512-2339 to register.

**Brookview Community Center**  
**Tue, May 17**  
**10 am**  
**Register by May 13**



### Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can—just drop in.

#### INDOOR PICKLEBALL

**Davis Community Center**  
**Sundays thru May 22**  
**3–5 pm**  
**\$4/at door, \$28/10-time punch pass**

**Crystal Community Center**  
**Mondays and Thursdays**  
**9 am–1 pm**  
**\$2/week, payable at the door**  
**Limited equipment available.**  
**Gym shoes required.**

#### OUTDOOR PICKLEBALL

**Medley Park**  
**Tuesdays**  
**9–11 am**  
**Bring your own paddle. All courts are reserved for play during this time frame.**

**Find outdoor pickleball court locations in Golden Valley on page 52.**



### Senior Lawn Bowling League

Take part in the second summer season of lawn bowling! 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 tops and white or khaki bottoms receive one point before match play begins. Flat-bottom shoes only on the court. Register individually or as a team of 4-8 players. Min of four teams, max 16. Weekly fee includes six weeks of league play, game equipment, prizes, and official.

**Brookview Lawn Bowling Greens**  
**Wed, June 8–July 13**  
**10–11 am**  
**\$5 league fee, plus \$3/week**  
**S3302A**  
**Register or cancel by June 3**

### Senior Lawn Bowling Clinic

Lawn bowling is one of the easiest sports to learn. 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 all ages, teaching coordination and mental focus. Plan to attend the clinic taught by an official at the Brookview greens. At the clinic, 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. All you will need that day is flat-soled shoes so you don't damage the surface of the green. Sunscreen is an absolute must when bowling in the sun, as is a sun visor or hat. At the time of the clinic, you can sign up for a league to be played at Brookview starting the following week.

**Brookview Lawn Bowling Greens**     **\$3/person**  
**Wed, June 1**     **\$2101A**  
**10–11:30 am**

## Senior Golf Leagues

### Senior Par 3 League

Men and women ages 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 5–September 15; the \$5 league fee is collected at the kick-off meeting April 21. 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; the \$15 league registration is due before your first week of play. League plays on Tuesdays, April 26–Aug 30. See information in the golf section for green and cart fees. NOTE: You must be a valid Brookview Senior Patron card holder to register and play. Call 763-512-2305 for information.

### SENIOR GOLF LEAGUES KICK-OFF MEETING

Kick-off the 2016 golf season with Ben Disch, Brookview's golf manager. Learn about the Senior Golf League and meet the committee members. Refreshments! Door prizes! \$The 5 league registration is 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.

**The Grill at Brookview**  
**Thur, April 21**  
**10 am**  
**Register by April 18**



## Defensive Driving

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

### Registration & Certificate of Completion

To guarantee certificate at class completion, register at least seven days in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to 474 Concordia Ave, St Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard.

### 8-HOUR FIRST-TIMERS COURSE

Brookview Community Center  
 Sat, March 12 or Oct 15  
 9 am–5 pm  
 \$18/person

### 4-HOUR REFRESHER COURSES

Brookview Community Center  
 Thur, April 14, May 12, June 9, July 14, Aug 11  
 9 am–1 pm  
 \$17/person

## Home Safety Check For Seniors

No-cost home safety check for senior citizens is offered by the Household and Outside Maintenance for Elderly (HOME) Program of Senior Community Services. We will check your need for handrails, grab bars, smoke detectors, lighting, and other home safety components. Elders aged 60+ residing in suburban Hennepin County and Minneapolis are eligible for this limited time offer. No sales. For more information contact 952-746-4046 or email [home@seniorcommunity.org](mailto:home@seniorcommunity.org) for details.

Senior Community Services is a nonprofit organization with five programs serving elders age 60+ and caregivers statewide. For more information, visit [www.seniorcommunity.org](http://www.seniorcommunity.org) or call 952-541-1019. Seniors outside of Hennepin County should contact the Senior Linkage Line at 1-800-333-2433 for information about home safety checks in their area.



## Mary Wanderer's Trip Program

Comfortable motor coaches, good food, knowledgeable tour guides, and Mary as our escort! Our trips are planned with you in mind. Trip registrations are taken on a first-come, space-available basis in person, by mail, or online. Use the code number and state your pick-up location and meal choice (if offered) when registering.

**Pick-ups available at Calvary Cooperative/Apartments or Golden Valley City Hall.**

### Blithe Spirit At The Old Log Theater

After lunch at the Old Log Theater, enjoy the Noel Coward play "Blithe Spirit." Researching for his new novel, Charles Comdomine invites the implausible medium Madame Arcati to his house for a séance. While consumed in a trance, Madame Arcati unwittingly summons the ghost of Charles' dead wife Elvira. Appearing only to Charles, Elvira soon makes a play to reclaim her husband, much to the chagrin of Charles' new wife Ruth. If he wants his latest marriage to stand a GHOST of a chance, he'd better conjure up a solution quickly. One husband, two feuding wives, and a whisper of mischief in the air—who will win in Coward's unworldly comedy?

#### Lunch Menu (state choice when registering):

1) Beef short rib, potato, and vegetable; 2) Tilapia, potatoes, and vegetable; 3) Vegetarian pasta with pesto cream sauce and vegetable; 4) Boneless chicken breast, potato, and vegetable. All entrees served with dinner rolls, dessert, and coffee or tea.

Wed, April 13      Register/cancel by March 16  
\$66.50              Y3203A  
11 am pick-up  
4:30 pm approximate return

### Cows And Counters

Tour the New Sweden Dairy, which is affiliated with the U of M College of Veterinary Medicine. The U of M uses the dairy facilities for housing, teaching, and demonstrations for their veterinary students, continuing education of industry professionals, and researching emerging products and practices. Owned by the Davis Family, the dairy began small in the 1930s. Two generations later it practices some of the most successful and innovative methods in the industry to serve consumers around the world. The dairy manages about 20,000 cows and calves and produces about 60,000 gallons of milk, which results in a daily production of approximately 70,000 pounds of cheese. Lunch will be at Whiskey River Emporium, situated along the Minnesota River, with beautiful views and great bird watching.

**(Lunch Menu:** Half sandwich, cup of homemade soup, beverage, and a small dessert.) The next stop is The Friendly Confines Cheese Shoppe, which offers cheese made locally, regionally, and around the world, including the Davis Family cheese plant. Bring a thermal bag for purchases (on own). Our last stop is Cambria, producer of natural quartz surfaces and another Davis company. Tour the facility and learn about the history and the value of being a family-owned American company in today's increasingly globalized market.

Thur, May 19              Register/cancel by May 1  
\$50                      Y3202A  
8:30 am pick-up  
4:20 pm approximate return

### Disney's The Lion King At The Orpheum Theater

Children and grandchildren are welcome to join you to experience the phenomenon of Disney's The Lion King. Winner of six Tony Awards®, including Best Musical, Tony Award® winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. The Lion King also features some of Broadway's most recognizable music, crafted by Tony Award® winning artists Elton John and Tim Rice. Join us for this unforgettable experience. **NOTE: Early deadline date.**

Tue, July 12              Register/cancel by March 21  
\$79                      Y3204A  
6:30 pm pick-up  
10:30 pm approximate return



## Rochester Trolley Tour

Board a vintage red trolley for a narrated tour of Rochester. The open-air vehicles give you an up close view of public parks, gardens, and private homes. Hear the story of Rochester's growth and transformation from a humble Midwestern farm town to a world-famous mecca for the medical arts. You will be delighted by hidden scenic and cultural gems along the route. Some highlights: Downtown Rochester, Peace Plaza, Historic Chateau Theatre, Art Center, Farmer's Market, Assisi Heights, "Pill Hill," and Mayo Clinic Campus. After the trolley ride, arrive in Mantorville for lunch at the historic Hubbell House. After lunch, browse the area and visit Mantorville Square, the Chocolate Shoppe, Memorabilia Shop, and the Antique Store, all within walking distance of the Hubbell House.

### Lunch Menu (state choice when registering):

1) Roast beef, or 2) Hubble baked chicken. Both are served with salad, vegetable, fresh baked rolls/butter, sherbet, and beverage.

Thur, June 9

\$61

8 am pick-up

4:20 pm approximate return

Register/cancel by May 11

Y3209A



## The Saints Are Marching In

To the CHS field. Join us cheering on the St Paul Saints in their new ballpark, CHS Field. The St Paul Saints belong to the North Division of the American Association of Independent Professional Baseball. Use your "Saint Bucks" for lunch in the ballpark. There are plenty of good ol' ballpark fixings each year. Staples of hotdogs, bratwurst, burgers, steak sandwiches, fresh cheese curds, sub sandwiches, ice cream, and more, along with a variety of beverages. Check out the Saints Team Store for your Saints gear before the 1:05 game against the Sioux Falls Canaries.

Wed, June 29

\$57

11:40 am pick-up

4:15 pm approximate return

Register/cancel by May 16

Y3210A



## Spam Makeover

Arrive in downtown Austin to visit the NEW Spam® Museum, reopening spring 2016. The museum features audios, videos, and displays depicting the rich history of Hormel Food. The self-guided tour is interactive, educational, and fun for all ages. The Spam® Museum gift store has collectible memorabilia and Spam® products, even the hard-to-find varieties. Lunch will be at The Old Mill Restaurant, located in the historic Ramsey Flour Mill on the Red Cedar River.

**(Lunch Menu:** Grilled chicken breast served on a bed of wild rice blend, house salad with parmesan peppercorn dressing, dinner roll, beverage, and a small dessert.) After lunch, we'll be spending time at the ArtWorks Center and the Rydjour Bike Shop. The ArtWorks Center is a space for the creative community. A clay studio is housed in the lower level. There are exhibits and a retail store on the main floor, and galleries on the second level. Just down the street is the Rydjour Bike Museum, with a collection of vintage and collectible bikes. On display are 84 bikes, antique jerseys, paintings, advertisements, and memorabilia. Other boutiques are located within walking distance. A quick stop at Russell Stover before returning home.

Fri, July 22

\$54

7:45 am pick-up

4:45 pm approximate return

Register/cancel by June 27

Y3211A



## 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

### South Pacific At The Guthrie

Arrive at the Guthrie Theater, visit the gift store, then make your way to our reserved seats in Area 2 (there are some steps to the seats). Sit back and enjoy Rodgers and Hammerstein's "South Pacific," adapted from the Pulitzer Prize-winning novel "Tales of the South Pacific" by James Michener. This enchanting musical romance contains a treasure trove of memorable songs, from "Bali Hai" to "There is Nothin' Like a Dame" to "Some Enchanted Evening." Set in an island paradise during World War II, this classic play tells the story of two couples—a US Navy nurse and a French planter, and a Marine Corps Lieutenant and a young local girl—and how their happiness is threatened by the dangers of war and prejudices of their times. **NOTE: Early deadline date.**

Wed, Aug 3  
\$57  
11:55 am pick-up  
4 pm approximate return  
Register/cancel by May 24  
Y3208A



### Gull Lake Luncheon Cruise

Board the sleek North Star yacht on the southeast shore of Gull Lake in the beautiful Brainerd Lakes area. The North Star has a glass-enclosed main deck plus an upper deck patio. The two-hour cruise reveals scenic views and joyful sounds of wildlife as the vessel glides through the water. Enjoy a luncheon buffet with salads, sandwiches, chips, cookies, and beverage. A stop at Thielen's Meat Market in Pierz will finish the day. Thielen's is known around the world for having the very best quality fresh and smoked meats, especially its bacon, which is famous for its leanness and great smoky flavor. You may want to bring a thermal bag to keep your goodies fresh.

Wed, Sept 21  
\$71  
8:50 am pick-up  
5:30 pm approximate return  
Register/cancel by Aug 15  
Y3213A

### Glensheen Mansion Tour And Tall Ship Arrival

Enjoy lunch at the Midi Restaurant in Fitger's Inn, then on to Glensheen Mansion. The docent-led tour will take guests into the family living and work spaces, showcasing original interiors in styles ranging from Renaissance Revival and Colonial Revival to Arts and Crafts. Stories of the Congdon family and others who lived and worked at Glensheen bring this magnificent mansion to life. The tour includes the basement, first, and second floors. If you are unable to climb stairs, a video is available for viewing. As you stroll through the manicured lakefront grounds of the estate, keep your eye peeled for the possibility of seeing the dozen tall ships expected to arrive in Duluth Harbor that afternoon. Bring your binoculars! (NOTE: Exact schedule of arrival is determined by weather, ship traffic, and the 2016 Tall Ships officials.) Before and after the guided tour, visit the museum store located in the carriage house. As we head home, we'll make a short stop at a fast food restaurant (on own) for a snack.

#### Lunch Menu (state choice when registering):

1) Lake trout with lemon butter sauce, or 2) Chicken salad with ranch dressing. Both served with fresh green beans, roasted baby red potatoes, petite mini-desserts, and coffee or tea.

Thur, Aug 18      Register/cancel by July 18  
\$77                      Y3212A  
8:30 am pick-up  
7:30 pm approximate return



## The Fall Color Beauty Of The Mississippi River

**DAY 1 – Wed, Oct 5:** Leave Golden Valley and stop for coffee. Enjoy lunch at the Country Junction Restaurant in Dyersville, Iowa before visiting the “Field of Dreams” movie site. See the century-old Lansing family farm, with its quaint and recognizable house, where baseball still ranks as a favorite pastime. “Field of Dreams,” released in 1989, was an Academy Award nominee for Best Picture of the Year. Welcome to this home, this farm, this baseball field, this little piece of heaven on earth where reality mixes with fantasy and dreams can come true. Who knows? A “ghost player” in uniform may even emerge from the field. In Dubuque, check into the Best Western Hotel with a restaurant, lounge, indoor pool, and hot tub. Dinner is on your own before the performance of a local entertainer. [C,L]



**DAY 2 – Thur, Oct 6:** Leave early and have breakfast aboard the Celebration Belle River Boat traveling 100 miles from Dubuque to the Quad Cities on the Mississippi River. This narrated excursion has the captain pointing out the interesting sites along the route. Enjoy the onboard activities and entertainment, PLUS, the chefs prepare breakfast, lunch, and dinner for you! Experience locking through lock and dams and see the beauty of the river around every bend. There are two observation decks to sit and enjoy the colorful fall views, a gift shop on the third deck, and on the fourth deck, stop in the pilot house to say hello to the captain. The 800-passenger vessel is accessible with an elevator. Disembark early evening in Bettendorf, Iowa and check into the Isle Hotel with its fitness center, restaurants, and a casino next door. [B,L,D].

**DAY 3 – Fri, Oct 7:** Have breakfast at the hotel before leaving for Hannibal, MO. Board the old-fashioned trolley for a narrated tour of historic Hannibal. Step back in time and relive the adventures of Mark Twain’s days in Hannibal. Drive past the Twain Cave, Sawyer’s Creek, and more. Have lunch at the Mark Twain Dinette. Take a guided tour of the turn-of-the-century Rockcliffe Mansion, built in 1900 by lumber baron John J. Cruikshank Jr, decorated in the Art Nouveau style. Next, tour the Mark Twain boyhood home, a National Historic Landmark, and see where Sam Clemens grew up. Visit the Becky Thatcher House, the Huckleberry Finn House, and the J.M. Clemens Justice of the Peace office, where Sam’s father held court. Two blocks down the street is the Museum Gallery, a lovely two-story building featuring interactive exhibits, the Norman Rockwell Gallery, and treasured Clemens family artifacts. Wander through some of Sam’s famous novels. Meet in the auditorium where a Mark Twain impersonator will bring Twain’s recollections to life. Check into the Best Western Hotel in Hannibal. Have dinner at the Ole Planters Restaurant. Tonight historian Lisa Marks will bring the “Unsinkable Molly Brown” story to life in a live performance. Hear about her birth in Hannibal, her childhood in Hannibal’s gilded age, her migration to Colorado, the road to wealth and fame, her experience aboard the Titanic, and more! [B,L,D].



**DAY 4 – Sat, Oct 8:** Have breakfast at the hotel, before we leave Hannibal. Lunch will be near Waterloo, IA. A comfort stop (on own) will be made before arriving in Golden Valley. [B,L].

Fee includes lodging, meals (as listed), tours and/or attractions, deluxe motorcoach transportation, and tour escort, Mary Odell. Travel insurance is available through Travel Guard by calling 1-800-826-1300 (ARC #49317 Silver Plan) or Medicine Lake Tours at 952-829-0644. Tour documents are sent approximately two weeks before departure from Medicine Lake Tours.

October 5–8, 2016  
 \$735/person (double)  
 \$885/person (single)  
 \$175 deposit per person due Mon, Aug 1  
 Final payment due Mon, Aug 22  
 Payments are non-refundable after Aug 1  
 Y3214A

## Senior Community Information

### **Senior Dining** 763-531-1183

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

### **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 age 60 and older. Their network of skilled workers is 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/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. If you are a senior, a caregiver, or know someone who could use some assistance with household chores or maintenance repairs, call the HOME program today!

### **Senior Linkeage Line** 1-800-333-2433

Call us first with your questions. Trained staff and volunteers have access to local, state, and national information. If they cannot answer your question, they will find the number of someone who can.

### **Senior Community Services Outreach Program** 952-746-4028

Experienced licensed social workers help older clients (age 55+) and their families to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes:

- performing multidimensional assessments of client needs, strengths, and preferences
- developing service/care plans
- connecting clients with a broad range of services
- monitoring services and helping to resolve problems
- assisting in identifying financial programs (eg, food stamps, Medical Assistance, etc)
- facilitating caregiver education and support groups
- providing caregiver consultation/coaching as a member of Eldercare Partners

Practical and emotional concerns are addressed. Call Krystal for information or to make an appointment.

### **Senior Partners Care** 952-767-0665

Does the financial burden of the gap left between medical bills and Medicare keep you or a loved one from getting critical medical care needed to stay healthy? Stop worrying, there's a solution! Let Senior Partners Care (SPC) help you. SPC is a statewide program, which began in 1973, that helps low to moderate income Medicare beneficiaries limit their out-of-pocket medical expenses. SPC has partnered with many of the major metropolitan area healthcare systems and hundreds of clinics and providers statewide. Some of our key metro providers are Fairview, HCMC, Park Nicollet/Methodist, North Memorial, HealthEast, and Minnesota Oncology. Partners agree to accept Medicare as full payment on Medicare covered services for SPC members. Senior Partners Care members must be enrolled in Medicare Parts A and B, cannot have a supplemental medical insurance policy (though they can have a Part D drug only policy), cannot be on Medical Assistance, and must meet our program's financial guidelines: \$1,961 in gross income per month for a single person and \$2,655 per month for a couple, and liquid assets of less than \$48,500 per household, regardless of size. This excludes a house you live in and one car. Call or visit [www.seniorcommunity.org/programs](http://www.seniorcommunity.org/programs).

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

Senior Outreach and Caregiver Services provides support to friends, spouses, and other family members who help an older adult remain at home. The staff not only assists these caregivers in connecting with needed services and resources for their loved ones, but gives support to them as well. The licensed social workers can provide consultation, caregiver support groups, family meeting facilitation, and coaching to the caregiver. For computer-savvy caregivers, the program also offers an online care team tool—CareNextion—to provide an efficient method of enlisting other family and friends in sharing the care.

### **Fare For All** 763-450-3880

Fare For All is a great way to save money on quality, nutritious food. Fresh fruits, vegetables, and frozen meat are purchased in bulk to save you up to 40 percent off grocery store prices. Volunteers at the warehouse pre-pack the produce and meat into food packages that range in price from \$10–25. Fare For All is community supported and open to everyone. There are 30 locations in the greater Twin Cities metro area where the food packages are sold once a month. All locations are cash and carry—there is no need to register in advance. Closest locations are in New Hope and St Louis Park. Fare For All accepts cash, credit, debit, and EBT cards.

### **LinkVet Hotline For Veterans** 1-888-546-5838

This toll-free hotline provides referrals, crisis intervention, and counseling for veterans and their families 24 hours a day, seven days a week.

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

Store To Door is a Twin Cities-based, volunteer grocery shopping and delivery service that provides seniors (age 60+) personal, reliable access to their choice of food and household essentials so they can continue to live in their own homes. Sign-up for services by calling Store To Door's office. You will complete a brief interview, be assigned a delivery date, and be given a date your order taker will call you. Seniors needing our services are paired with a volunteer order taker who call on a regular basis (bi-weekly or monthly) to take their orders. Volunteers shop for a person's order at one of six participating Cub Foods locations. A Store To Door paid driver delivers groceries into the home and receives payment. The same route driver comes every week to deliver groceries. Store To Door has a commitment to deliver peace of mind for seniors and their caregivers at each step of our service. Our staff and volunteers have genuine caring for your senior's health and well-being and act as your eyes and ears. If you would like to support a senior's access to food as a volunteer shopper or work out of your home using your phone and computer to take orders, please email carolyn@storetodoor.org.

### **Widowed Support Group** 763-533-3000

Widowed Persons Service is a grief support program created in 1973 by the American Association of Retired Persons (AARP). The group meets every Saturday at the New Hope Country Kitchen (42nd & Winnetka) at 2 pm and the first Thursday of the month at Evans Nordby Funeral Home (6000 Brooklyn Blvd) at 1:30 pm. Other activities are planned throughout the month. Meet other men and women who understand your loss.

## Golden Valley Library Programs

#### **COMPUTER HELP**

Volunteers are available to provide one-on-one help with basic computer skills starting early February. Please call ahead for availability.

Mon 9 am–12 pm  
Tues and Wed 11 am–2 pm

#### **POETRY LOVERS CONVERGE**

You're invited to read an original or a favorite poem, or just come and listen. In all languages, and for all ages and all authors. Bring your friends!

1st Wed of every month  
6:30–8 pm

#### **FOCUS ON POETRY**

Poetry lovers meet once a month to discuss a particular poet or share poems inspired by that poet. All ages welcome. Led by poet and Golden Valley Librarian, Guthema Roba. No registration required.

3rd Mon of the month  
6:30 pm

For more information, please call 612-543-6375 or visit [www.hclib.org](http://www.hclib.org).



YOUR YEAR-ROUND RECREATION DESTINATION



763-512-2300  
www.brookviewgolf.com

## 2016 Patron Program

Patron card applications can be picked up at Brookview Golf Course or found online at [www.brookviewgolf.com](http://www.brookviewgolf.com) starting Feb 1.



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



<b>PATRON CARD TYPE</b>	<b>Before 4/1/16</b>	<b>After 4/1/16</b>
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

## 2016 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 2016 golf season. All sponsors will have signage on their specific hole, as well as recognition in the Brookview Clubhouse. Join us as we improve the Brookview experience for more than 45,000 golfers annually. To sponsor a hole at Brookview, please contact Brett Johnson at 763-512-2300. There are only 18 regulation holes available, so reserve your favorite today!

## Golf Bikes

The Golf Bike is rolling into Brookview this season. 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 \$12  
9-Hole Rental \$8

Roll around Brookview  
on a golf bike  
this season!



## Golf Course Fees

REGULATION COURSE FEES	PATRON	PUBLIC
18-Hole	\$30	\$37
9-Hole	\$17	\$20
Power Cart 18-Hole	\$25	\$31
Power Cart 9-Hole	\$16.50	\$20.50
Twilight*	\$17	\$21
Twilight* with Power Cart	\$25.25	\$31.25

\*After 3:30 pm on Friday, Saturday, Sunday and holidays.  
Patron Card Holders may make reservations seven days in advance.  
General Public may make reservations five days in advance.

### PAR 3 COURSE FEES

9-Hole	\$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, seven days a week

9-Hole Par 3 Senior	\$8	\$9.50
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### DRIVING RANGE

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



## 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!

## Golf Tournaments

We invite groups of all sizes for tournaments on the 18-Hole Regulation Course or the 9-Hole Par 3 Course. 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!

	Package A	Package B
18-Hole Green Fee	\$37	\$42
18-Hole Green Fee & Power Cart	\$52.50	\$57.50
9-Hole Green Fee	\$20	\$25
9-Hole Green Fee & Power Cart	\$30.25	\$35.25
Par 3 Green Fee	\$12.50	\$17.50

### Package B Details

Includes 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.

## Bean Bag Leagues

Register your two-person team for a summer and/or fall bean bag league. Leagues play for seven weeks, concluding with a championship tournament in October. Space available for up to 16 teams per league. For more information or to register your team, contact Brookview Golf Course at 763-512-2300.

Brookview Lawn Bowling Greens  
 7 pm \$50/league

### SUMMER LEAGUES

Tue, June 7–July 26 (no play July 5)  
 Thur, June 9–July 28 (no play July 7)

### FALL LEAGUES

Tue, Aug 9–Sept 20  
 Thur, Aug 11–Sept 22



## FlingGolf

FlingGolf will be offered on the Par 3 Golf Course in 2016. 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.

## Brookview Golf Leagues

### WOMEN'S 9-HOLE LEAGUE

Opening day will be May 5, 2016. 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 7, 2016. For information, call Nancy Spannaus at 612-849-9888, or join us at the membership meeting on Thursday, April 7 at 10 am in the Brookview Golf Course Grill.

### WOMEN'S 18-HOLE LEAGUE

The league plays on Tuesday mornings from 7–8 am. Applications can be picked up at Brookview and there are openings for new members. 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 Wednesday, March 16 at 6 pm at Brookview Community Center. The meeting agenda includes events for the 2016 season and free refreshments. All BMGA members must purchase a patron card and handicap. Membership deadline is March 18, 2016. Visit [www.bmga.org](http://www.bmga.org).

### WOMEN'S PAR 3 PUTTERS

The Par 3 Putters league plays nine holes on Thursday afternoons. It's perfect for the working woman 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 last years members. Contact Brookview for 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 twosome. Contact Brookview for information.

### 60+ SENIOR PATRON 18-HOLE LEAGUE

This league plays on Tuesday mornings starting April 26. 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 information.

## LAWN BOWLING SEASON OPENER NIGHT

### Friday, May 20 6–8 pm

Come out for the season opening of the Lawn Bowling green. Play is free and is on a first come, first served basis. Food and beverages will be available for purchase. This is a great opportunity to learn how to lawn bowl and visit the facilities. New lawn bowling league members are encouraged to attend this event before the first week of league play.



## Intro To Lawn Bowling



Lawn Bowling has quickly become the popular new social and competitive sport at Brookview. In these one-hour clinics you will learn the rules of lawn bowling, bowling techniques, and strategies. Each clinic includes one beverage during the lesson.

Brookview Lawn Bowling Green  
\$10/session  
Min 4, Max 16

### WITH MICHAEL TURNBULL

#### 5:30–6:30 pm

Tue, June 7 S5111A  
Tue, June 28 S5111B  
Tue, Aug 9 S5111C

### WITH DENNY ARONS

#### 11 am–noon

Sat, June 11 S5111D  
Sat, July 16 S5111E  
Sat, Aug 13 S5111F

## Lawn Bowling Leagues

Join a summer or fall lawn bowling league! Leagues play for seven weeks and are concluded with the Brookview Lawn Bowling Cup Championship Tournament in October. Teams compete with four people each week and can roster up to 10 players. Rostered players must be 16+ with non-rostered substitutes being 12+. All equipment is provided. Thursday leagues rotate weekly start times.

\$350 per team  
Registration due by Mon, May 16

### SUMMER LEAGUES

Tue, June 7–July 26 (no play July 5)  
7pm

Thur, June 9–July 28 (no play July 7)  
6 pm and 7:15pm

### FALL LEAGUES

Tue, Aug 9–Sept 20  
7pm

Thur, Aug 11–Sept 22  
6 pm and 7:15pm

## Lawn Bowling Recreational Leagues



New in 2016, Brookview will offer a recreational lawn bowling league. This league is designed for beginner lawn bowlers or those who don't want to compete in lawn bowling but enjoy the sport more casually. Teams can consist of one to four players each week. Register your team and you can play with up to four people each week. Weekly fees are \$10 per player, which includes one beverage.

\$25 team registration fee

### SUMMER LEAGUE

Tue, June 7–July 26 (no play July 5)  
5:30–6:30 pm

### FALL LEAGUE

Tue, Aug 9–Sept 20  
5:30–6:30 pm



## Adult Group Golf Clinics with Michael Turnbull

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  
 11 am–noon  
 \$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, April 30 S5103A  
 Sat, June 4 S5103B  
 Sat, July 16 S5103C

### 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 7 S5103D  
 Sat, June 11 S5103E

### 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, May 14 S5103F  
 Sat, June 18 S5103G

### 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, May 21 S5103H  
 Sat, July 9 S5103I

## Tips From Turnbull At The Range

Come out to the driving range for practice and get some tips from our head PGA Professional Michael Turnbull. No charge for these quick tips and pointers. Purchase your range bucket and Michael will stop by and help you make your practice time worthwhile. No tips on May 28, June 25, and July 2.

Brookview Driving Range  
 Sat, April 30–July 16  
 1–3 pm

FREE

NEW

## The Basics Adult Group Golf Lessons 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, 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. *\*NOTE: The final week of the 5:45 pm classes will meet at the Par 3 course at 7 pm.*

Brookview Lesson Tee  
 \$99/session  
 Min 6, Max 10

Mon/Wed, April 25–May 9  
 5:45–6:45 pm\* S5101A  
 7–8 pm S5101B

Tue/Thu, April 26–May 10  
 5:45–6:45 pm\* S5101E

Mon/Wed, May 16–June 1  
 (no class May 30)  
 5:45–6:45 pm\* S5101C  
 7–8 pm S5101D



## Meet the Instructor... Michael Turnbull

Michael has been teaching golf since 1977. He has served as the PGA Head Professional at Balboa Park Golf Course in San Diego, CA and at Baker National Golf Course in Medina, Minnesota, and as the teaching professional at Seacliff Country Club in Huntington Beach, CA.

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 golf felt natural?

## Adult 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 two years or less of playing experience and for those that 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 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**  
6–8 pm  
\$125/session  
Min 12, Max 28

Mon, June 6–July 25  
S5104A

Mon, Aug 1–Sept 19 (no class Sept 5)  
S5104B

## Wine & Women Golf Clinics with Dee Forsberg McCullagh

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 a beginner or occasional golfer. The program will focus on basic fundamentals in a fun and social atmosphere. Each lesson includes a glass of wine, so you must be 21 or older to register for this lesson.

### 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.

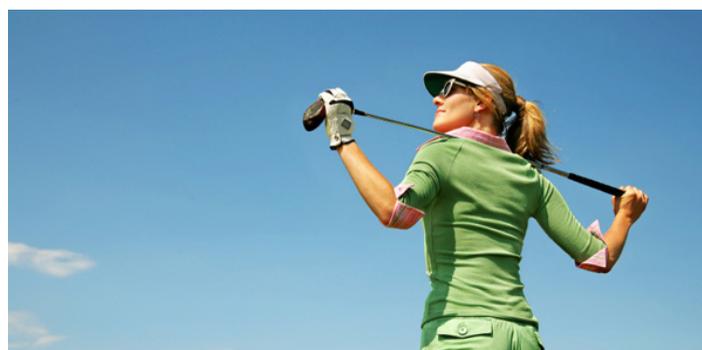
**Brookview Lesson Tee** 5:30–7 pm  
\$99/session Min 6, Max 16

Tue, May 10–24 S5105A  
Tue, June 7–21 S5105B  
Tue, July 12–26 S5105C  
Tue, Aug 9–23 S5105D

## Women's Chip And Sip with Dee Forsberg McCullagh

Ready to take your skills to the course? Come out with the girls to play three holes on the Par 3 course and enjoy some wine. These one day on-course events let you further your skills and give you on course experience, while getting a night out with friends. You must be 21 or older to register for this event.

<b>Brookview Par 3 Course</b>	Tue, May 31	S5113A
6–7:30 pm	Tue, June 28	S5113B
\$15/session	Tue, Aug 2	S5113C
Min 12, Max 24		



## Nine And Wine Golf Scramble

This Par 3 scramble event is for men and women and is great for the beginner to the advanced golfer. Sign up as an individual or with a group. The event will start with a nine-hole shotgun followed by appetizers and a glass of wine or beer in the Brookview Grill. You must be 21 or older to register for this event. For more information or to register, please call Brookview Golf at 763-512-2300.

**Brookview Par 3 Course** \$25/person  
Tue, Aug 30 Min 20, Max 60  
5:30 pm Shotgun

### Meet the Instructor...

#### Dee Forsberg McCullagh

Dee Forsberg McCullagh has been providing golfers with great results for 26 years. She has coached young players from high school or 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 patterning 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 worked almost exclusively in the metro area of Minneapolis and St Paul.

## Little Linksters

with Dee Forsberg McCullagh

AGES 3–7

### SESSION 1

New young golfers will discover and explore 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 hand-eye coordination.

Brookview Lesson Tee	Sat, May 7–21	S5108A
9–9:45 am	Sat, June 4–18	S5108B
\$65	Sat, July 16–30	S5108C
Min 5, Max 15		

### SESSION 2

Junior golfers can take the next step in the Little Linksters series. In this three lesson program golfers will continue to enhance their developing skills and golf knowledge. Traditional clubs will be used as each Little Linkster starts to develop their fundamentals and learn a few simple rules and etiquette on the golf course.

Brookview Lesson Tee	Sat, May 7–21	S5108D
10–10:45 am	Sat, June 4–18	S5108E
\$65	Sat, July 16–30	S5108F
Min 5, Max 15		

## Does Your Junior Golfer Need Golf Clubs?

Junior combo sets are available through Brookview for \$125/set.

Boys set includes:  
driver, hybrid, 7 iron, 9 iron,  
putter, and carry stand bag.

Girls set includes:  
driver, hybrid, 8 iron,  
pitching wedge, putter,  
and carry stand bag.

Call 763-512-2300 for more information.



## Junior Golf Express Camps

with Dee Forsberg McCullagh

AGES 6–17

At the Brookview 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!

### Brookview Lesson Tee

Noon–2 pm

\$175

Min 6, Max 14

Mon–Thur, June 13–16 S5109A

Mon–Thu, July 11–14 S5109B

## Mini US Open

AGES 3–14 WITH AN ADULT

Mini US Open on the Par 3 Course at Brookview! Kids play and adults can caddie or play with the youth golfer. Brookview will be installing special Mini US 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 very 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 am by calling 763-512-2345. Please check in at the Brookview Par 3 building 10 minutes before your tee time. All golfers must pre-register. No fee for supervising or golfing adult. This event is a partnership program sponsored by Brookview Golf Course and the Golden Valley and St Louis Park Parks and Recreation Departments. Stop in at the Brookview Grill after your round for Mini US Open food specials. Grand Prize for best dressed group or pair. *Resident fee applies to Golden Valley and St Louis Park residents.*

Brookview Golf Course

Sun, June 12

\$12 resident/\$14 non-resident

S5110A

## Junior Learn & Play Golf League

AGES 6–17

League days will begin with a half-hour clinic at the driving range followed by nine holes on the Par 3 or Regulation Course. NEW IN 2016: Junior leagues will play on Monday or Tuesday mornings beginning Monday, June 13 and Tuesday, June 14. Juniors will register for their start time for the season and play will be for six weeks. Maximum of 12 participants per session/time frame.

### MONDAY LEAGUE

Mon, June 13–July 25  
(no play July 4)

#### Par 3 (Ages 6–17)

\$90/person

8 am	S5201A
8:30 am	S5201B
9 am	S5201C
9:30 am	S5201D
10 am	S5201E

#### 9 Hole (Ages 13–17)

\$110/person

7 am	S5201K
7:30 am	S5201L

### TUESDAY LEAGUE

Tue, June 14–July 26  
(no play July 5)

#### Par 3 (Ages 6–17)

\$90/person

8 am	S5201F
8:30 am	S5201G
9 am	S5201H
9:30 am	S5201I
10 am	S5201J

#### 9 Hole (Ages 13–17)

\$110/person

7 am	S5201M
7:30 am	S5201N

## VOLUNTEERS NEEDED!

Enjoy golf and want to pass that on to Junior Golfers? Brookview has many great opportunities this summer to volunteer for our junior golf programs. All volunteers must be at least 18 years old and are required to complete a background check. Call 763-512-2300 for more information.

### Junior Learn and Play League Volunteers

Monday, June 13–July 25

Tuesday, June 14–July 26

During the seven-week Junior League, volunteers will lead a group of four to 12 golfers through their half-hour clinic with a teaching professional, then take them onto the course for nine holes of golf.

### Back to School Golf Bash Volunteers

Saturday, Aug 27

For the first annual Back to School Golf Bash volunteers are needed to assist golfers through each holes event or obstacle. Volunteers will help instruct and monitor the activity or event on their hole.

## Junior Lawn Bowling Program

AGES 8–14

Take part in the second summer season of lawn bowling and join a league. The league begins Tuesday, June 14 with six weeks of league play. Equipment is provided. No special clothing is required; however, teams with all members competing in white tops and white or khaki bottoms receive one 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 four players. Minimum of four teams, maximum of 16.

### Brookview Lawn Bowling Green

Tue, June 14–July 26 (no class July 5)

\$26/person

10–11 am

S1132A



## Back To School Golf Bash

Come out to the Par 3 course for a fun and exciting golfing event before school starts. Juniors and families will find different obstacles and events on every hole. Take all your golfing skills, or non-golfing skills, and bring your friends and family to see what kinds of crazy on course events will be set up on the tee boxes, fairways, or greens. Don't golf? No problem! This is a non-competitive event designed for FUN! Have you tried FlingGolf? Or golfed with a beach ball? Who knows what crazy activities will be around every corner. Let's send off the summer with a bang!

### Brookview Par 3 Course

Sat, Aug 27

11 am–2 pm

\$10/person

S5114A



## Facilities

### Tennis & Pickleball Courts

#### Tennis & Pickleball Courts

Interested in playing tennis or pickleball but unsure where to play? If a court is being used due to a rental or lesson program, the schedule will be posted on our website. Find availability and court locations on the City website at [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov).

Pickleball is played on our tennis courts over the tennis net. Nets can be lowered for optimal play.



#### Court Locations

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	-	2
Wesley Park	8305 Wesley Dr	3	3	-
Wildwood Park	7401 Duluth St	2	-	-

#### Tennis & Pickleball Court Etiquette

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

#### 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.

#### Court Rental

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

**Per hour**  
\$6 resident/\$8 non-res

**Tournament (per day)**  
\$40 resident/\$50 non-res



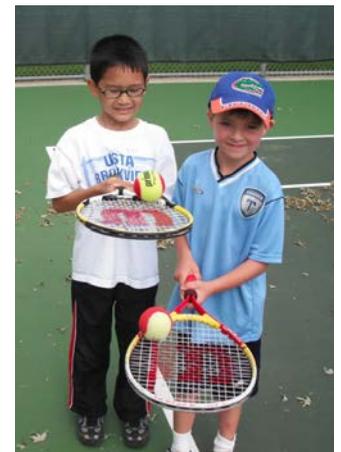
### OPEN Pickleball

Medley Park

Tuesdays, 9-11 am

Bring your paddle and play pickleball with other enthusiasts.

All courts are reserved for pickleball play during this time frame.



## Gym Rental

Davis Community Center 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 six months in advance and are based on availability. Please call Golden Valley Parks and Recreation for availability and reservations. Davis Community Center is located at Meadowbrook School at 5430 Gelnwood Ave N, Golden Valley.

**2016 Rental Fees - 2 hour minimum**  
 \$25/hr/court resident/\$30/hr/court non-resident



## Picnic Shelters

Reservations can be made in person or online. Time frames are 11 am–4 pm or 5 pm–dusk. Book a half day or all day. Reservation can be made two ways:

### IN PERSON

Monday–Friday, 8 am–4:30 pm  
 Brookview Community Center  
 200 Brookview Parkway  
 Golden Valley, MN 55426

### ONLINE

<https://webtrac.goldenvalleymn.gov>  
 Create an account with your own personal user name and pin. Then book and print your permit.

### FEES

<b>Larger Shelter (100 max)</b>	\$130 resident
	\$150 non-resident
<b>Small Shelter (50 max)</b>	\$100 resident
	\$115 non-resident
<b>Beer/Wine Permit</b>	\$30
<b>Damage/clean-up/noise deposit (refundable)</b>	\$100

Small Shelter



Larger Shelter



**For more information, visit us on line at**  
**<https://webtrac.goldenvalleymn.gov>**

## Brookview Community Center

Looking for space in Golden Valley to host up to 200 people for your wedding reception, party, or meeting? 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 Event  
 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/recreation/brookview/index.php](http://www.goldenvalleymn.gov/recreation/brookview/index.php).*

## Community Opportunities



### Volunteers Make A Difference!

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



#### SPECIAL EVENTS

- Run The Valley (April)
- Rake-A-Thon (Oct–Nov)
- Penny Carnival (July)
- Bike Rodeo (May)
- Golden Valley Golf Classic (July)
- Valley Volunteer Day (Oct)

#### YOUTH ATHLETICS

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

#### COMMUNITY PROGRAMS

- Kids Fishing Club (June–July)
- Lawn Bowling Attendant (May–Oct)
- Photo Posse (varies)
- Summer Concert Series (June–Aug)
- Tap & Ballet Show (April)
- Youth Holiday Programs (Dec)

#### OPEN SPACE & PARK IMPROVEMENTS

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

*Contact us today to lend your helping hand!*

VISIT: [www.goldenvalleymn.gov/community/volunteers/index.php](http://www.goldenvalleymn.gov/community/volunteers/index.php) | E-MAIL: [ParkandRec@goldenvalleymn.gov](mailto:ParkandRec@goldenvalleymn.gov) | CALL: 763-512-2345

5TH SEASON

# MARKET in the VALLEY

LOCAL FOOD MUSIC

Sundays, June 19–October 2  
9 am–1pm  
City Hall Campus next to the watertower

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

# AQUATICS

## In Neighboring Communities

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

Learn To Swim Programs are available through:

- City of Crystal ..... 763-531-0052
- City of New Hope ..... 763-531-5100
- St Louis Park Comm Ed..... 952-928-6060
- Hopkins Comm Ed ..... 952-988-4066
- Robbinsdale Comm Ed..... 763-504-4910

## Local Author Series

Minnesota authors will be featured at Crystal Community Center. Sponsored by the Cities of Brooklyn Center, Crystal, Golden Valley, New Hope, Robbinsdale, and District 281 Community Education. For more information, call 763-512-2339.

### Crystal Community Center

Wed, April 13

7–8:30 pm

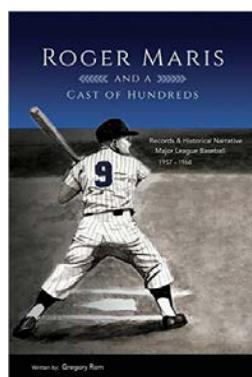
\$3 at the door (includes presentation and refreshments)

Register by April 8 by calling 763-512-2339

### **Roger Maris and a Cast of Hundreds by Gregory Rom**

In this historical narrative, Gregory Rom describes the events in Major League Baseball (MLB) in 1957 through 1968. This was a simpler time, when there were fewer teams playing in MLB. The American and National League pennant pursuits seemed to unfold with more apparent drama over the course of the summer. In his unique approach, Rom reports on individual games of the leading teams in each pennant race. In those years, the League pennant pursuits led directly to the World Series. Rom summarizes the key games and player performances of each World Series of the 12-year period. In the midst of his game-by-game narrative, Rom skillfully interweaves background information to provide a historical baseball context about the most successful players of the era. He even references important historical events in the world, which took place on the same days when some of the important games were played.

*Bio: Gregory Rom is a 38-year resident of Maple Grove, MN. He was born in Fargo, ND and is a 1968 graduate of Moorhead High and later a graduate of Concordia College. By describing baseball games from some 50 years ago, Rom hopes readers can imagine themselves attending the games.*



A community that reads together stays together. “Golden Valley Reads,” a new venture between the City of Golden Valley and Hennepin County Library. Golden Valley, seeks to encourage Golden Valley residents to read one book together each year.

The book for 2016 will be *Ordinary Grace* by William Kent Krueger. Krueger will discuss the journey that resulted in the writing of this book. Books will be available for purchase and signing.

### Brookview Community Center

Mon, May 9

7 pm

### **Ordinary Grace by William Kent Krueger**

New Bremen, Minnesota, 1961. The Twins were playing their debut season, ice-cold root beers were selling out at the soda counter of Halderson's Drugstore, and Hot Stuff comic books were a mainstay on every barbershop magazine rack. It was a time of innocence and hope for a country with a new, young president. But for 13-year-old Frank Drum it was a grim summer in which death visited frequently and assumed many forms. Accident. Nature. Suicide. Murder.

Frank begins the season preoccupied with the concerns of any teenage boy, but when tragedy unexpectedly strikes his family, he finds himself thrust into an adult world full of secrets, lies, adultery, and betrayal, suddenly called upon to demonstrate a maturity and gumption beyond his years.

Told from Frank's perspective, *Ordinary Grace* is a brilliantly moving account of a boy standing at the door of his young manhood, trying to understand a world that seems to be falling apart around him.

*Bio: Raised in the Cascade Mountains of Oregon, William Kent Krueger briefly attended Stanford University. After that, he worked in logging and construction, tried his hand at freelance journalism, and ended up researching child development at the University of Minnesota. He currently makes his living as a full-time author in St Paul.*

*Krueger writes a mystery series set in the north woods of Minnesota. His work has received a number of awards, including the Minnesota Book Award, the Loft-McKnight Fiction Award, the Anthony Award, the Barry Award, the Dilys Award, and the Friends of American Writers Prize. His last five novels were all New York Times bestsellers. Ordinary Grace, published in 2013, received the Edgar Award, given by the Mystery Writers of America in recognition for the best novel published in that year.*

## Registration Information

### Online

<https://webtrac.goldenvalleymn.gov>

Register online by creating your own account and log-in information. Available 24/hrs a day.

### 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

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



### REGISTRATION CONFIRMATION

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

### CANCELLATION/REFUND POLICY

Full refunds will be given on requests made at least two or more days before the start of a program, class, or event. Full refunds will also be given when a program is canceled by the Parks and Recreation Department. Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case-by-case basis.

### ADULT LEAGUE REFUND POLICY

A refund will be given if requested in writing before the league game schedule is distributed.

### SENIOR TRIP REFUND POLICY

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

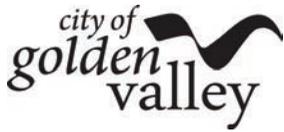
### FINANCIAL AID

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

### INCLUSION REQUESTS

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





## ACTIVITY REGISTRATION FORM

**PARKS & RECREATION DEPARTMENT**

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

Household Primary Person (First & Last Name): \_\_\_\_\_ (REQUIRED)  
D.O.B. \_\_\_\_\_

Address: \_\_\_\_\_ Primary Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(if different from above)

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

Participant's First & Last Name	M/F	D.O.B (REQUIRED)	Activity Name	Activity Code	Location	FEE

### 55+ SENIOR TRIP REGISTRATION

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

#### CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley and its partner cities or other governmental agencies (hereinafter collectively "City") to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: \_\_\_\_\_ DATE: \_\_\_\_\_

#### Payment Information (please fill in)

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

OFFICE USE ONLY - Date Processed: \_\_\_\_\_ By: \_\_\_\_\_

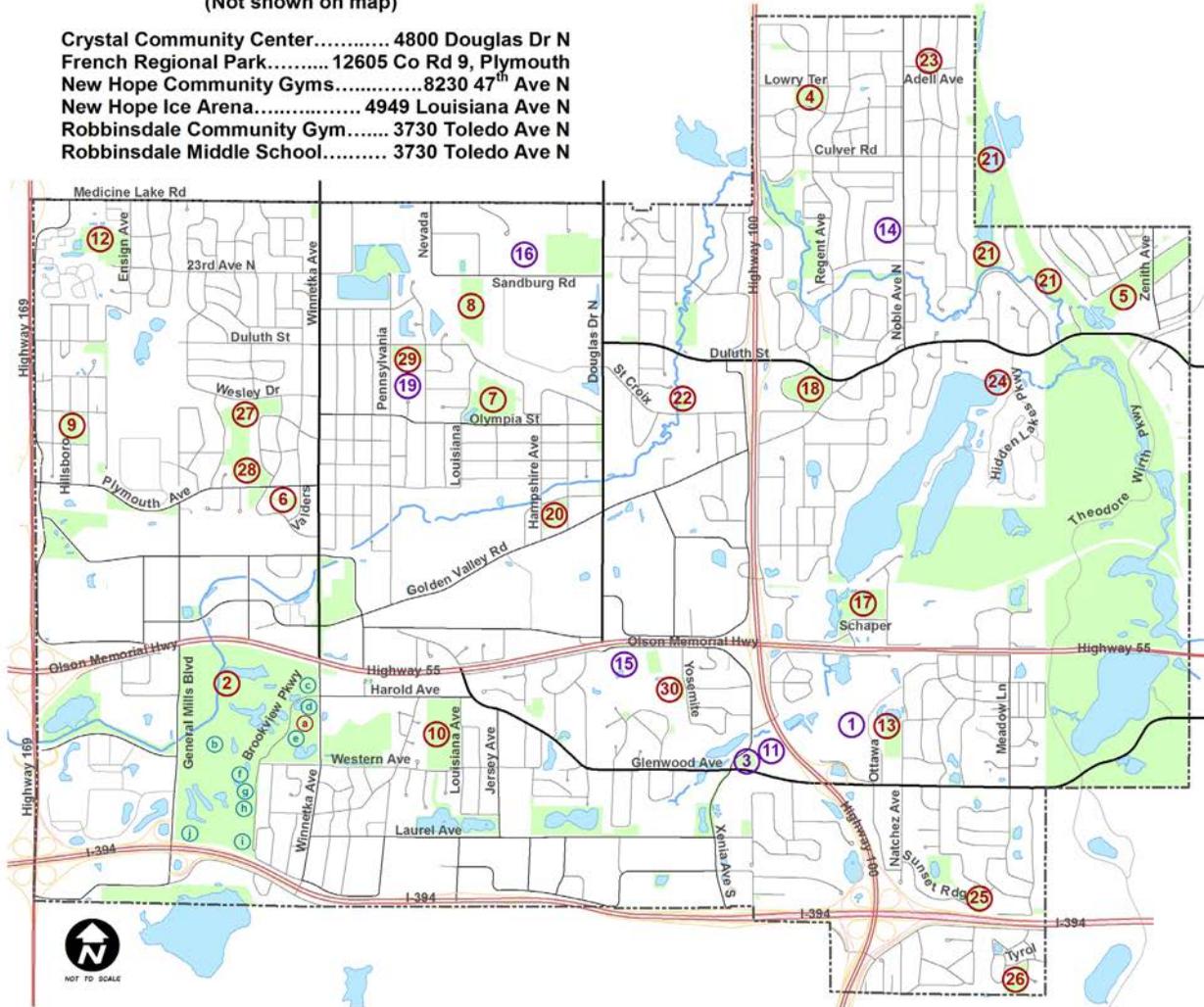
# Activity Locations

- |  |   |
|--|---|
| 1) Breck School..... 123 Ottawa Ave N            | 11) Meadowbrook School..... 5430 Glenwood Ave           |
| 2) Brookview..... 200 Brookview Pkwy N           | 12) Medley..... 2331 Ensign Ave N                       |
| a. Park  | 13) Natchez..... 201 Natchez Ave                        |
| b. Regulation Golf Course                        | 14) Noble School..... 2601 Noble Ave N                  |
| c. Tennis Courts                                 | 15) Perpich Center for the Arts..... 6125 Olson Mem Hwy |
| d. Small Picnic Shelter                          | 16) Sandburg Athletic Facility..... 2400 Sandburg Ln    |
| e. Large Picnic Shelter                          | 17) Schaper..... 631 Ottawa Ave N                       |
| f. Par 3 Golf Course                             | 18) Scheid..... 1856 Toledo Ave N                       |
| g. Lawn Bowling Green                            | 19) SEA School..... 1751 Kelly Dr                       |
| h. Golf Grill, Pro Shop, Community Center        | 20) Seeman..... 1101 Florida Ave N                      |
| i. Driving Range                                 | 21) Sochacki..... 3500 June Ave N                       |
| j. Lesson Tee                                    | 22) St. Croix..... 5850 St Croix Ave N                  |
| 3) Davis Community Center..... 5430 Glenwood Ave | 23) Stockman..... 3300 Major Ave N                      |
| 4) Gearty..... 3101 Regent Ave N                 | 24) Sweeney Lake..... 1805 Hidden Lakes Pkwy            |
| 5) Glenview Terrace..... 2351 Zenith Ave N       | 25) Tyrol – North..... 900 Westwood Dr S                |
| 6) Golden Oaks..... 1141 Valders Ave N           | 26) Tyrol – South..... 1510 Kaltern Ln                  |
| 7) Hampshire..... 1610 Louisiana Ave N           | 27) Wesley – North..... 8305 Wesley Dr                  |
| 8) Isaacson Park..... 7101 Sandburg Rd           | 28) Wesley – South..... 8200 Plymouth Ave               |
| 9) Lakeview..... 1521 Hillsboro Ave N            | 29) Wildwood Park..... 7401 Duluth St                   |
| 10) Lions..... 151 Louisiana Ave N               | 30) 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 47<sup>th</sup> Ave N  
 New Hope Ice Arena..... 4949 Louisiana Ave N  
 Robbinsdale Community Gym..... 3730 Toledo Ave N  
 Robbinsdale Middle School..... 3730 Toledo Ave N



# ADOPT-A-PARK

..... Take Pride in Your Parks .....

## COMMUNITY PARKS

<b>Brookview</b> 200 Brookview Pkwy N	The Wally & Janine Andress Family
<b>Gearty</b> 3101 Regent Ave N	Herb Purdy & Friends
<b>Hampshire</b> 1610 Louisiana Ave N	Brian Middleton
<b>Lakeview</b> 1521 Hillsboro Ave N	WorkAbilities, Inc.
<b>Lions</b> 151 Louisiana Ave N	Kueny & Knippenberg Family
<b>Medley</b> 2331 Ensign Ave N	AVAILABLE
<b>Schaper</b> 631 Ottawa Ave N	SBG, Inc
<b>Scheid</b> 1856 Toledo Ave N	WSB & Associates, Inc.
<b>Wesley (North)</b> 8305 Wesley Dr	Moore/Gasparini Families
<b>Wesley (South)</b> 8200 Plymouth Ave	Jack Stratton

## NEIGHBORHOOD PARKS

<b>Glenview</b> 2351 Zenith Ave N	Robbinsdale Transition Center
<b>Golden Oaks</b> 1141 Valders Ave N	Kim Stroup
<b>Natchez</b> 201 Natchez Ave N	Dritsas & Hanscom Families
<b>North Tyrol</b> 900 Westwood Dr S	Marcie Schlaeger
<b>Paisley Park</b> 220 Paisley Ln	John & Pam Goranson & Barb Osborne
<b>Seeman</b> 1101 Florida Ave N	Northwest Suburban Optimist Club
<b>South Tyrol</b> 1510 Kaltern Ln	AVAILABLE
<b>St. Croix</b> 5850 St. Croix Ave N	John & Pam Goranson & Barb Osborne
<b>Stockman</b> 3300 Major Ave N	WSB & Associates, Inc.
<b>Sweeney Lake</b>	Hidden Lakes Association
<b>Wildwood</b> 7401 Duluth St	AVAILABLE
<b>Yosemite</b> 351 Yosemite Ave N	Geving & Palkert Families

## NATURE AREAS

<b>Adeline</b> 910 Adeline Ln	Mike McHugh - State Farm Insurance
<b>Bassett Creek (north of Duluth)</b> 2130 Zane Ave N	B.A. Raak
<b>Bassett Creek (south of Duluth)</b>	John & Pam Goranson & Barb Osborne
<b>Bassett Creek (west of Wisconsin)</b>	ATS&R Architects & Engineers
<b>Briarwood</b> 2600 Unity Ave	Girl Scout Troops 2316 & 1670
<b>General Mills</b> 9201 Olson Memorial Hwy	General Mills Grounds Crew
<b>General Mills Research Nature Area</b>	The Gannons
<b>Golden Ridge Nature Area</b> 9145 Earl St	AVAILABLE
<b>Laurel Ave (east of Florida)</b>	Golden Valley Lutheran Church
<b>Laurel Ave (west of Florida to Jersey)</b>	The Liberman Family
<b>Laurel Ave (west of Jersey to Pennsylvania)</b>	Joan Monson
<b>Pennsylvania Woods</b> 2301 Rhode Island Ave N	AVAILABLE
<b>Sochacki Park (Mary Hills Area)</b> 2190 Bonnie Ln	BPKZ, CPA's
<b>Sochacki Park (Rice Lake Area)</b> 4120 Bassett Creek Dr	Tremere Family
<b>Western Ave</b> 7600 Western Ave	Ilo & Peggy Leppik

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

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



## 5 REASONS TO PICK UP YOUR DOG'S POOP

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

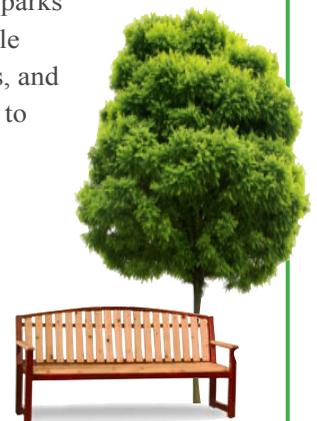


## TREE & BENCH MEMORIALS

### DID YOU KNOW?

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

For more information, please 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\*\*  
POSTAL CUSTOMER**

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

**Council Members:**

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

**City Manager:** Tim Cruikshank

### **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, Andy Bukowski, John Cornelius, Kelly Kuebelbeck, Anne Saffert, Dawn Speltz, and Daniel Steinberg



### **Parks & Recreation Staff**

**Rick Birno**

Director of Parks & Recreation

**Carrie Anderson**

Recreation Supervisor

**Brian Erickson**

Recreation Supervisor

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**

Golf Operations Coordinator

**Greg Spencer**

Greens Superintendent