

PLYMOUTH PARKS & RECREATION

===== Fall 2014 Activities Guide =====



PLYMOUTH RESIDENTS: AUGUST 5 \ **NON-RESIDENTS:** AUGUST 12

movies in the park

MOVIE DATES

MOVIES WILL BE PRESENTED AT DUSK
(PLEASE BE AWARE CURFEW LAWS STILL APPLY)



Aug 15

Little Big League

Zachary Playfield,
4355 Zachary Ln N

Sep 5

Land Before Time

Plymouth Fieldhouse,
14800 34th Ave N

Aug 22

Wizard of Oz

Parkers Lake Stage,
Co Rd 6 & Niagara Ln

Sep 12

Mary Poppins

Parkers Lake Stage,
Co Rd 6 & Niagara Ln

763-509-5200



ADMIT ALL

ENJOY SUMMER EVENINGS WITH YOUR FAMILY AND FRIENDS!

movies in the park

Allina Health

ABBOTT
NORTHWESTERN
WestHealth

763-509-5200

IN CASE OF INCLEMENT WEATHER, CALL 763-509-5205

PLYMOUTH PARKS & RECREATION

WWW.PLYMOUTHMN.GOV | 763-509-5200

PLYMOUTH PET EXPO

Saturday, October 25

Fieldhouse, 14800 34th Ave

\$3 per person (Ages 12 and under are free)



EXPO HOURS

10 AM – 4 PM



ACTIVITIES

SKYHOUNDZ DISC DOGATHON

PLYMOUTH K-9 UNIT DEMOS

RABBIT AGILITY

(schedule available in October)

For safety reasons,
no personal pets allowed.

Proceeds from entry fee benefit
the Plymouth Dog Park

Co Rd 47 between Lawndale Ln & Dunkirk Ln

Providing something for everyone
from pet fanatics to the casual
pet admirer. Features include pet
care, merchandise exhibitors,
competitions, events and activities
for the entire family.

Vendor applications available
on-line at www.plymouthmn.gov



SPONSORED BY

Allina Health
ABBOTT
NORTHWESTERN
WestHealth

Park Dental
Plymouth East & West

TCE
BANK

PLYMOUTH PARKS & RECREATION

FALL 2014 ACTIVITIES GUIDE

This guide is published three times a year. The next issue will be mailed to Plymouth residents in November.

Subscriptions for non-residents are \$9 for one year. To purchase a subscription, call 763-509-5200.

BENEFITS OF PARKS & RECREATION

A strong parks and recreation system is essential for a thriving community.

- Four out of five North Americans use their local parks and recreation system.
- 70% have a park or recreation facility within walking distance of their home.

Parks influence our lives and we tend not to give them much thought. They require professional care and financial support to keep them clean, safe and suitable for the community they serve.

Health Benefits: Access to parks and recreation facilities leads to healthy lifestyles for people of all ages.

- Parks, greenways and trails enable and encourage people to exercise.
- Exposure to nature improves psychological and social health.
- Recreation programming helps to combat the national obesity epidemic through the development of healthy lifestyles, minds and bodies.

Environmental Benefits: Parks, open spaces and trails play a key role in preserving water and air quality, reducing congestion and protecting wildlife.

Through the provision of parks, open spaces and protected natural environment, recreation can contribute to the environmental health of our communities.



Community Benefits: Parks and recreation sources give communities a vital identity.

- Parks and recreation opportunities encourage citizens to be engaged in their communities as volunteers, stewards, advocates and students.
- Community recreation reduces alienation, loneliness and anti-social behaviors.

Economic Benefits: Parks enhance property values, contribute to healthy and productive work forces and help attract and retain businesses.

- Parks and recreation facilities make communities desirable places to live, work, play and visit.
- Parks and recreation services motivate business relocation and expansion in the community.
- In a national public opinions survey, 57% of respondents said if they were in the market to buy a new home, they would be more likely to select a home if it was close to parks and open space.

NATIONAL ACCREDITATION



On October 27, 2010 Plymouth Parks and Recreation was recognized as an accredited park and recreation agency by the Commission for Accreditation of Park and Recreation Agencies (CAPRA). Plymouth Parks and Recreation is proud to be one of only five Minnesota agencies to be nationally accredited.

OUR MISSION

ENHANCING THE QUALITY OF LIFE FOR ALL RESIDENTS.

FOSTERING INDIVIDUAL AND COMMUNITY DEVELOPMENT IN ALL ASPECTS:

- **PHYSICAL • MENTAL •**
- **SOCIAL • ENVIRONMENTAL •**

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CONTACT INFORMATION

CONTACT INFORMATION

General Phone Numbers

Main City Offices	763-509-5000
Parks & Recreation Office	763-509-5200
Park Maintenance Office	763-509-5940
Plymouth Creek Center	763-509-5280
Plymouth Ice Center	763-509-5250
Weather Line	763-509-5205

Parks & Recreation

Diane Evans, Director	763-509-5201
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Recreation Division

Regina Michaud, Recreation Manager	763-509-5228
Jessie Koch, Health & Fitness	763-509-5223
Alyssa Krumholz, Arts & Music	763-509-5225
Cindy Anderson, Aquatics & Safety	763-509-5222
Dan Lauer, Sports	763-509-5283
Jackie Maas, Volunteer Coordinator	763-509-5230

Plymouth Creek Center

Susan Muelken, Manager	763-509-5281
Angie Dehn, Rental Coordinator	763-509-5285
Sara Mittelstaedt, Senior Programs	763-509-5282

Plymouth Ice Center

Bill Abel, Manager	763-509-5251
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Parks Division

Barb Northway, Deputy Director	763-509-5941
Dan Heitke, Supervisor	763-509-5942
Lowell Luebeck, Supervisor	763-509-5946
Paul Buck, Forester	763-509-5944

Additional contact info available online:
www.plymouthmn.gov

City Council Members

Kelli Slavik, Mayor	kslavik@plymouthmn.gov
Judy Johnson, Ward 1	jjohnson@plymouthmn.gov
Jeffrey Wosje, Ward 2	jwosje@plymouthmn.gov
Vacant, Ward 3	
Jim Prom, Ward 4	jprom@plymouthmn.gov
Tim Bildsoe, At Large	tbildsoe@plymouthmn.gov
Jim Willis, At Large	jwillis@plymouthmn.gov

Park & Recreation Advisory Commission (PRAC) Members

Ned Carroll, Chair, Ward 1	ned.carroll@co.hennepin.mn.us
Greg Anderson, Ward 2	gagreg@pclink.com
Kipp Wyse, Ward 3	k-wyse@live.com
Michael Swanson, Ward 4	windupmike@comcast.net
Merrilee Riley, At Large	merrilee.riley@comcast.net
Tricia DeBleekere, At Large	tricialynn@gmail.com
Aaron Vanderwall, At Large	amvanderwall@comcast.net

Local Athletic Associations provide additional opportunities for area youth in a variety of sports. All Associations should be contacted directly for more information or registration.

ATHLETIC ASSOCIATIONS

Robbinsdale Area Youth Baseball www.raybaseball.com	Wayzata/Plymouth Girls Fastpitch www.pwysa.com	Armstrong Club Lacrosse (9-10 Gr) www.eteamz.active.com/armstronglacrosse	Plymouth Wayzata Speed Skating www.pwspeedskating.com
Plymouth/New Hope Little League www.pnhll.org	Osseo/Maple Grove Girls Fastpitch www.omgaa.org	Armstrong/Cooper Youth Lacrosse www.acyla.com	Minnesota Synchronettes www.mnsynchronettes.org
Plymouth/Wayzata Youth Baseball www.pwyba.com	Plymouth/Wayzata Football (4-8 Gr) www.wayzatafootball.com	Wayzata Youth Lacrosse www.wayzatalax.com	Wayzata Area Youth Volleyball Assoc. www.wayva.org
Osseo/Maple Grove Youth Baseball www.omgaa.org	Armstrong/Cooper Football (3-8 Gr) www.acyfa.com	Wayzata Rugby www.wayzatarugby.org	Armstrong Youth Wrestling Club E-mail: neuburgers@comcast.net
Armstrong Basketball www.armstrongyouthbasketball.com	Osseo/Maple Grove Football www.omgfa.com	Armstrong Girls Rugby Hotline: 763-591-9868	Osseo Youth Wrestling (pre K-6) www.osseoyouthwrestling.org
Wayzata Boys Basketball www.wayzatabasketball.com	Armstrong Cooper Youth Hockey www.armstrongcooperhockey.org	Plymouth Soccer Assoc. www.plymouthsoccer.com	Wayzata Youth Wrestling www.wayzatawrestling.com
Wayzata Girls Basketball www.wgba.net	Wayzata Youth Hockey www.wayzatahockey.org	Wayzata Soccer Club www.wayzatasoccerclub.org	
Cooper/Armstrong Girls Fastpitch www.eteamz.active.com/cooperarmstrong	Osseo/Maple Grove Youth Hockey www.omgha.com	Minnesota Thunder Academy West www.mnthunderacademy.org	

REGISTRATION POLICIES

- All course fees must be paid at the time of registration.
- Registrations are not accepted at program site unless stated.
- We reserve the right to cancel programs if needed. Full refunds will be issued if a class is cancelled by the City.
- Waiting lists will be started if classes fill. Additional or expanded classes may be formed if possible.

Withdrawal/Transfer Policies

- Class transfers are available and must be made no less than **one full week** prior to the first class.
- Withdrawal/refund requests must be made no less than **one full week** prior to the first class.
- Exceptions are made for serious illness or injury (Doctor's note required).
- A \$5 service fee is retained on each withdrawal/refund request.
- Withdrawals are only accepted by calling 763-509-5200. Faxed or emailed requests will not be accepted.
- There are no refunds for missed classes or for withdrawals after the stated full week policy.

Weather Policies

- Programs may be cancelled due to inclement weather.
- Call 763-509-5205 or visit www.plymouthmn.gov for weather cancellations.
- Classes held at schools are cancelled only if that school closes.

Financial Assistance

- Financial assistance application forms are available at: www.plymouthmn.gov or by calling 763-509-5200.
- Program financial assistance dollars are available to assist families with children who meet income guidelines.
- Funds are available to Plymouth residents only and only for children under 18 years of age.
- Plymouth residents qualifying for assistance may purchase eight reduced price LifeTime passes per year at the Plymouth Parks & Recreation office (\$3 for adults and \$1 for children).

What should you do if you think your child has a concussion?

Seek medical attention right away. Keep your child out of play so the concussion can heal. If your child is participating in sports, tell the instructor of any recent head injuries. For symptoms or additional information on concussions, visit www.plymouthmn.gov.

HOW TO REGISTER

Registration Begins

Plymouth Residents: August 5

Non-Residents: August 12

NOTE: Aquatics registration begins August 5 for both residents and non-residents.

Office Hours

Monday-Friday: 8 am – 4:30 pm

Online Registration

Use your Participation # and Family PIN to register online at www.plymouthmn.gov (an account is needed to register, call 763-509-5200 to set up an account). Pay with credit card.

In-person/Mailed Registration

(during office hours)

3400 Plymouth Blvd; Plymouth, MN 55447

Phone Registration: 763-509-5200

(during office hours)

Pay with VISA, Discover, American Express or MasterCard

REGISTRATION FORM

Return form and payment to: **Plymouth Parks & Recreation, 3400 Plymouth Blvd, Plymouth, MN 55447**

Name of Main Contact _____

Street Address _____

City _____

Zip _____

Home Phone () _____

Cell Phone () _____

Email Address _____

Allergies/Special Needs _____

Liability Waiver: In consideration of your accepting this entry, I state and affirm that participation in the above program(s) is voluntary. I understand that the program(s) are not an essential service provided by the City; that certain risks are inherent and that these risks, anticipated or unanticipated, may result in injury or damage to persons and/or property. I hereby assume all risks in connection with the program(s); agree to hold the City or anyone acting on behalf of the City harmless and waive any right to make claims or bring lawsuits for any injuries or damages related to the alleged negligence of the City. This waiver does not apply to any injuries of damages that are a result of willful, wanton or intentional misconduct by the City or anyone acting on behalf of the City.

Photo Waiver: I understand that the City may use photographs taken at its programs that picture me or my dependents for publicity purposes.

Participant's Name	Birthday	Gender	Course #	Course Name	Cost
		M / F			
		M / F			
		M / F			
		M / F			
		M / F			
		M / F			

To receive a receipt, please include email address.

Total Amount Due

Accepted Payment: Check or Credit Card

Signature _____ Date _____

Circle One: American Express Discover MasterCard Visa

Credit Card Number _____ Exp Date _____

2,300+
volunteers make
a difference in
the community.

VOLUNTEER

Contact Volunteer Services
763-509-5230

Opportunities
for all ages & interests

SPECIAL EVENTS

Open to individuals 16 years & older. Shift times and lengths vary.

Night to Unite

Tuesday, Aug 5

During the event which celebrates neighborhood and community partnerships, help with setup and tear down and event activities.

Plymouth on Parade

Saturday, Sep 27

Celebrate our community! From monitoring areas of the parade route to keep viewers safe to assisting with post-parade children's activities, volunteers are the key to this event's annual success.

Pet Expo

Saturday, Oct 25

Calling all pet lovers! Greet participants, keep a look out for "accidents" and provide general information during Plymouth's third annual pet event.

Buckthorn Busts

Saturdays, Oct 4, 11, 18, 25; Nov 1, 8

Eliminate invasive species from Oakwood Playfield and Maplecreek Park; excellent opportunity for groups.

Halloween at the Creek

Friday, Oct 31

Help provide a fun, safe Halloween event for residents ages 4 to adult at Plymouth Creek Center. Lead games, serve pizza, redeem coupons for prizes and help wherever needed.

Election Greeters

Tuesday, Nov 4

Greet and welcome voters at local polling stations.

Plymouth Art Fair

Saturday-Sunday, Nov 15 – 16

Friendly volunteers with an interest in art needed to help with set up, information table, greeting, and hospitality.

Old-Fashioned Christmas

Saturday-Sunday, Dec 6-7

On Saturday, decorate the Plymouth Historical Society Building. On Sunday, help residents take a step back into time while assisting with kids' craft activities, hayrides, refreshments and clean up.

New Years Eve Event

Tuesday, Dec 31

Ring in the New Year at the Ice Arena during a safe event for the community. Assist with decorations and set-up, registration, crafts, games and open skate time.

GENERAL OPPORTUNITIES

Weekdays; adults only

Police Reserves

Support your community by assisting sworn officers with traffic and crowd control, transportation of prisoners, patrol activities, special events and other educational programs. Must be 21 or older, have a clean criminal record, a good driving record and commit to 20 hours a month.

Senior Computer Instructors

Provide one-on-one assistance to seniors with computer-related questions. Previous IT and customer service experience preferred. Flexible weekday schedule.

YOUTH COACHING OPPORTUNITIES

Open to individuals 16 & older.

No coaching experience required; free coaching materials and training clinics are provided.

Youth Soccer Coaches

One weeknight & Saturday mornings

Whether you're a parent, an adult who enjoys working with children, a current or former player, here's your chance to teach the "world's game" to kids ages 5-13. From Aug 18 through Oct 11.

The number of teams offered is dependent on the number of volunteer coaches available — your commitment truly makes a difference!

Flag Football

Thursday evenings & Sunday afternoons

Guide and teach the fundamental skills of flag football to 2nd and 3rd graders in a recreational environment. September - October

Hockey

Friday evenings & Sunday afternoons

Cold-hardy coaches are needed for the OUTDOOR rink rat youth hockey program (ages 5-11). January-February.

ADAPTIVE RECREATION

Reach for Resources provides programs for all ages and serves the Northern and Western Twin Cities suburbs. REACH programs include bowling, dances and trips.

phone: 952-988-4177

website: www.reachforresources.org

Windows of Opportunity provides programs for adults and serves the Robbinsdale School District 281. Program offerings include trips, dances, bike outings and computer classes.

phone: 763-504-6990

website: www.ced.rdale.org

Project SOAR provides programs for adults and serves four school districts: Hopkins, Minnetonka, St. Louis Park and Wayzata. Program offerings include trips, dances, arts and crafts, BINGO and cooking.

phone: 952-401-6898

website: www.projectsoarmn.org

Courage Center provides programs for all ages and has locations in Burnsville, Golden Valley, Forest Lake and Stillwater. Program offerings include swim classes, sports and support groups as well as work and career skills.

phone: 763-520-0520

website: www.couragecenter.org

LIFE TIME FITNESS – PLYMOUTH

Residents of Plymouth may receive a discount off membership initiation fees or use Life Time Fitness in Plymouth by purchasing Daily Admission or Swimming-Only Passes at the club. The City of Plymouth is not involved in Life Time's membership services or day-to-day operations. Contacting Life Time is strongly recommended prior to attending, as they have specific admittance requirements. Call 763-509-0909 for information.

INCLUSION SERVICES

In compliance with the Americans with Disabilities Act of 1990, reasonable accommodations can be provided upon request to allow individuals with a disability to participate in Plymouth Parks & Recreation services, programs and activities.

Plymouth Parks & Recreation offers inclusion services. If you have questions regarding special needs and our inclusion services, please call 763-509-5200.

Inclusion Policy

Plymouth Parks & Recreation prides itself on providing quality programs and activities for people of all abilities. To create the best recreation experience for people with and without disabilities, we require a minimum of two weeks advance notice before the start of a recreation program or activity.

Without a two week notice, Plymouth Parks & Recreation is not able to guarantee that individual requests can be met. If Plymouth Parks & Recreation cannot meet a given request due to short notice, the participant would be required to arrange for their own Personal Care Attendant (PCA).

No refund will be issued due to the lack of an inclusion aide if you register less than one week from the start of the program.

To ensure that each participant has the best possible experience, follow these steps:

- Register and notify Recreation staff of any special needs a minimum of two weeks in advance.
- Complete and return the Participant Information Form.

SENIOR SERVICES

Plymouth Parks & Recreation offers Senior Outreach Services in collaboration with Senior Community Services.

A Senior Services Coordinator assists seniors and senior adult caregivers find assistance with a variety of needs. To set up an appointment, call 763-509-5284.

Senior recreation programs and activities on pages 32-38.



MEMORIALS

The City offers opportunities to memorialize a person, pet or event by donating money for a bench or a tree. These unique items range in price from \$300 to \$1,000. For details, call Paul Buck at 763-509-5944.

FACILITIES



14800 34TH AVE N, PLYMOUTH, MN 55447

PH: 763.509.5280 F: 763.509.5290

MILLENNIUM GARDEN

The Millennium Garden is cherished for its beauty and tranquility. The garden features a variety of flowers, trails, walkways, fountains, a labyrinth and open space. Available for the community to enjoy or for private rentals, including weddings, May 1 to September 30. Help the garden grow by making a tax-deductible financial contribution or underwriting a larger garden item.

Buy a Brick

The "Buy a Brick" program is the cornerstone of fund-raising efforts. By purchasing a \$175 personalized brick, you will help pave the walkways that meander through the gardens. Your paver will be personalized with an inscription of your choice.

For more information or a purchase form, visit www.plymouthmn.gov.

FACILITY RENTAL INFORMATION

If you are looking for a quality location for a birthday party, meeting, seminar, family reunion, wedding reception or other special event, consider the Plymouth Creek Center. Nestled on the edge of Plymouth Creek Park Reserve and adjacent to the Millennium Garden, Plymouth Creek Center offers a beautiful gathering place which can accommodate diverse needs.

For more info, call 763-509-5280.

CAPACITY	AMENITIES
Plymouth Room (½ or ¼ room also available)	
350 at round tables 400 audience	Carpeted room, stage, wood dance floor, sound & video system
Black Box Theater	
40 at tables 140 audience	State-of-the-art sound & lighting, tiered seating
Meeting Rooms	
40-50 classroom 50-70 audience	Tile floors, whiteboards
Fireside Room	
40 at round tables	Fireplace, lounge furniture
Millennium Garden	
300	Sound system

FIELDHOUSE

November – March

Our artificial grass surface is ideal for many sports and activities. Please call 763-509-5280 for hourly rental rates and more information about this unique facility in Plymouth.

Free indoor walking/jogging track

5.25 laps = 1 mile. Baby strollers are permitted.

General Track Hours (hours subject to change based on rentals - please call 763-509-5292 daily for the current schedule):

- Mon-Fri, 8:00 am to 10:00 pm
- Sat/Sun, 9:00 am to 6:00 pm

FIELDHOUSE OPEN PLAY

Open play times are subject to change based on rentals. Call 763-509-5292 daily for current schedule.

Preschool/Home School Open Play

Equipment is provided, including three large inflatables!
Date: Mon, Wed, Fri (starting Nov 5)

Time: 10:30 am – 1:30 pm

Cost (2014): Resident: \$2 Child (supervising adults free)
Non-Resident: \$3 Child (supervising adults free)

High School Open Play

High School students only (ID required). Students supply their own game equipment. Helmets required for lacrosse. No organized practices or baseball/softball activities are permitted during open play.

Date: Mon, Wed, Fri (starting Nov 5)

Time: 2:15 pm – 4:15 pm

Cost (2014): Resident: \$2 student
Non-Resident: \$3 student

Fieldhouse Schedule Line: 763-509-5292

Monthly Schedule: www.plymouthmn.gov



ICE Center

3650 Plymouth Blvd, Plymouth, MN 55446
Ph: 763-509-5250 F: 763-509-5260

Features three sheets of ice (one Olympic sheet and two professional sized sheets). The Ice Center is home to Wayzata High School and Providence Academy hockey teams as well as the **Cutting Edge Skate School program (see page 39-40).**

Public Skating Information

Call 763-509-5255 for public skating hours.

Public Skating Fees

Activity/Item	Age	Cost
Open Skating	18 & Older (Out of high school)	\$4
	18 & Under (Including high school seniors)	\$3
Adult Open Hockey	18 & Older	\$5

Facility Rental Info

	Center Ice Room	Blue Line Room
Capacity	2,750 sq ft 125 max	870 sq ft 39 max
Amenities	Kitchenette 37" TV & VCR Sound System	Overlooks Olympic sheet conveniently located near entrance
Rates	\$60/hour \$350/day	\$30/hour \$150/day

Additional Items Available

Item	Amount/Cost
Skate Rental	\$2
Skate Sharpening	\$4
Skate Aids	\$1

SPECIAL USE FACILITIES

Bocce Ball Courts

Plymouth Creek Activity Center, 14800 34th Ave
Courts are free to use and equipment is available for check-out at the Plymouth Creek Center front desk. Some organized activities will be scheduled at the courts.

Disc Golf Courses

The City of Plymouth maintains two disc golf courses, which are free to the public and open during posted park hours.

Plymouth Creek Playfield (12 holes), 3625 Fernbrook Ln
Zachary Playfield (10 holes), 4355 Zachary Ln

Pickleball Courts

Pickleball is a popular court-sport. A hybrid of tennis and ping-pong. It can be played as a single or doubles game. Perfect for family and friends to enjoy together. Three locations:

Oakwood Playfield, 1700 Co Rd 101
Plymouth Playfield, 10011 36th Ave
Ridgemount Playfield, 12000 Ridgemount Ave

Plymouth Dog Park

17005 Co Rd 47

To the delight of dogs & dog owners, the park is designed so dogs can run free on approximately 10 acres of park land. Please respect our neighbors and keep pets within the confines of the off-leash area.

Seasonal small dog parks

(enclosed for dogs under 20 pounds)

Oakwood Playfield, 1700 Co Rd 101
Plymouth Playfield, 10011 36th Ave

Plymouth Skate Park

Plymouth Creek Park, 3625 Fernbrook Ln

A 10,000 square foot plaza style skate park. 100% concrete construction with steel edging. Features include ledges, rails, stairs, ramps, pyramids, an inverted bank and skateable art.



PARKS & FACILITIES

SPECIAL USE FACILITIES

- 1 Plymouth Dog Park—Co Rd 47 west of Dunkirk
- 2 Hilde Performance Center—3450 Plymouth Blvd
- 3 Ice Center—3650 Plymouth Blvd
- 4 Millennium Garden—14800 34th Ave
- 5 Nature Canyon—Fernbrook Ln & 44th Place
- 6 Plymouth Creek Center—14800 34th Ave
- 7 Skate Park—3625 Fernbrook Ln

PARKS

- 8 East Medicine Lake—1740 E Medicine Lk Blvd
- 9 Fairway Greens—15455 55th Ave
- 10 French Regional Park, 12615 Co Rd 9
- 11 Gleanloch—Sycamore & Windemere Ln
- 12 Parkers Lake—Co Rd 6 & Niagara Ln
- 14 Shiloh—27th & Jewel Ln
- 15 Timber Shores—53rd & Zachary Ln
- 16 West Medicine Lake—1920 W Medicine Lk Dr

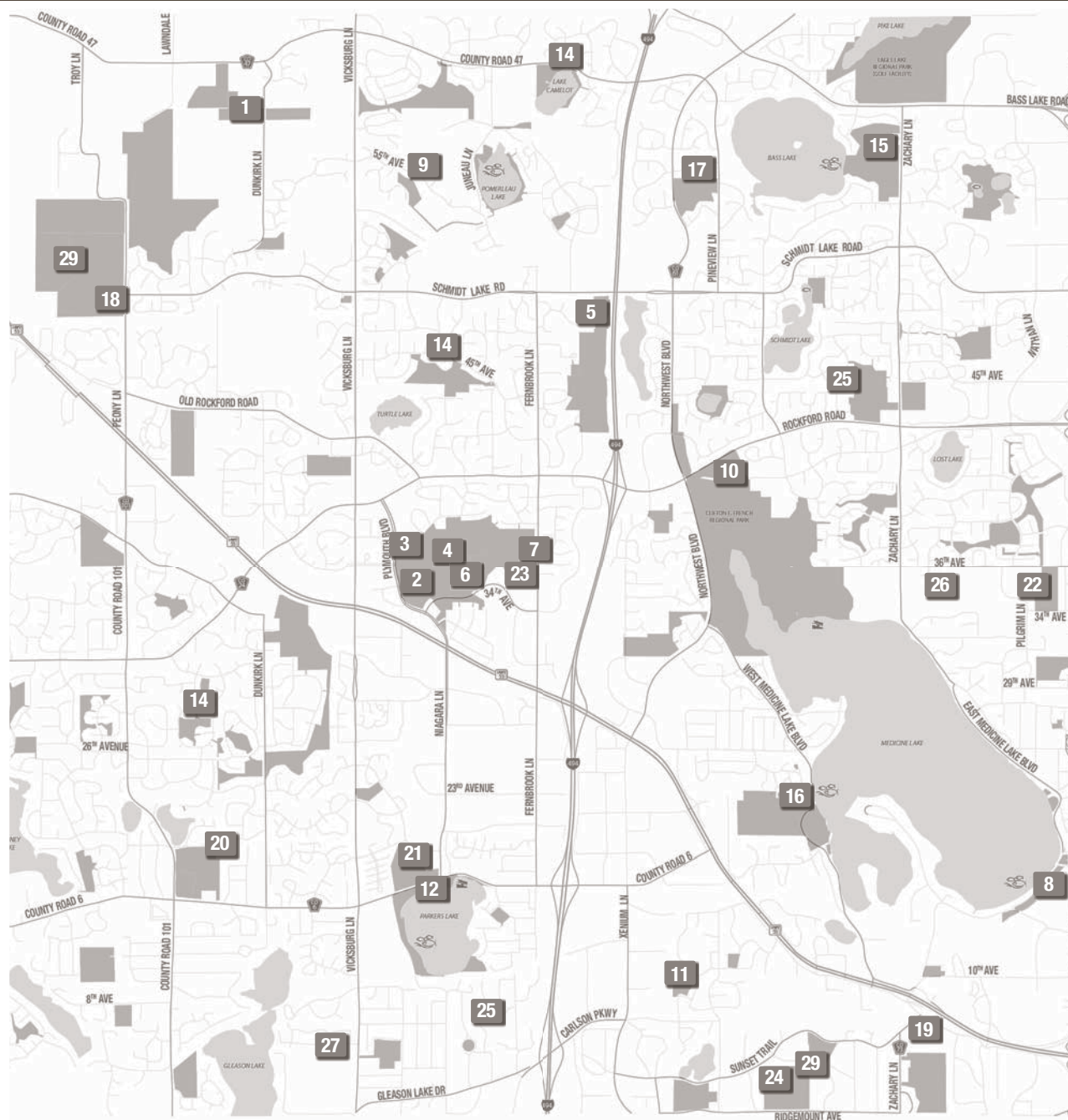
PLAYFIELDS

- 17 Bass Lake—5450 Northwest Blvd
- 18 Elm Creek—4955 Peony Ln
- 19 LaCompte Green—10805 Old Co Rd 15
- 20 Oakwood—1700 Co Rd 101
- 21 Parkers Lake—15500 Co Rd 6
- 22 Plymouth—10011 36th Ave
- 23 Plymouth Creek—3625 Fernbrook Ln
- 24 Ridgemount—12000 Ridgemount Ave
- 25 Zachary—4355 Zachary Ln

SCHOOLS

- 26 Armstrong Senior High—10635 36th Ave
- 27 Wayzata Central Middle—305 Vicksburg Ln
- 28 Wayzata East Middle School—12000 Ridgemount Ave
- 29 Wayzata High School—4950 Peony Ln
- 30 Wayzata West Middle School—149 Barry Ave; Wayzata

List of parks where activities are located. To view the full Plymouth Parks & Trails map, visit www.plymouthmn.gov.



FITNESS Laughter Yoga

Parkers Lake Park, Co Rd 6 & Niagara Ln

No stretchy or bendy poses. Use breathwork and laughter to connect your wonderful body, mind and spirit. Feel it now and use it later. No need to bring a mat or wear fitness clothes. Lead by experienced instructor.

Outdoors

COURSE #	AGES	DAY	DATE + TIME	COST
45769	All Ages	Tue	Sep 2 6:30 pm–7:15 pm	Res \$5 Non-Res \$8
45770	All Ages	Tue	Oct 7 6:30 pm–7:15 pm	Res \$5 Non-Res \$8

Indoors

COURSE #	AGES	DAY	DATE + TIME	COST
45771	All Ages	Tue	Nov 4 6:30 pm–7:15 pm	Res \$5 Non-Res \$8
45772	All Ages	Tue	Dec 2 6:30 pm–7:15 pm	Res \$5 Non-Res \$8

MARTIAL ARTS Shoshin Ryu Jujitsu

Shoshin Ryu Martial Arts

Increase self confidence, inner strength, coordination and balance. Primary emphasis on self defense integrating a variety of skills including throws, forms, strikes, kicks and ground based training. Instr: Brian Combo.

COURSE #	AGES	DAY	DATE + TIME	COST
45692	8 & Older	Thu	Sep 11–Oct 23 7:00 pm–8:00 pm	Res \$65 Non-Res \$75
45693	8 & Older	Thu	Oct 30–Dec 18 7:00 pm–8:00 pm	Res \$65 Non-Res \$75

MARTIAL ARTS Tae Kwon Do Karate

Ultimate Martial Arts, 147 Hamel Rd; Hamel

Improve balance, coordination and overall physical health. Build confidence, self-esteem and concentration. Instr: Tom Malone, Martial Arts Hall of Fame Inductee. Register for 2 months and receive free uniform and belt test (limit: 2 uniforms/family-see instr for details). No Program: 10/16, 10/17, 10/18, 11/27, 12/25.

Flexible Class Schedule:

Attend as many classes as desired during the month.

Beginners (no belt-yellow belt):

- Mon 11:00 am–11:45 am, 6:00 pm–6:45 pm
- Tue/Fri 6:00 pm–6:45 pm
- Thu 5:15 pm–6:00 pm
- Sat 10:15 am–11:00 am

Advanced (orange belt & above):

- Mon/Tue/Fri 6:45 pm–7:30 pm
- Thu 6:00 pm–6:45 pm
- Sat 11:00 am–11:45 am

COURSE #	AGES	DATE	COST
45685	5 & Older	Sep 2–Sep 30	Res \$99 Non-Res \$115
45687	5 & Older	Oct 2–Oct 31	Res \$99 Non-Res \$115
45688	5 & Older	Nov 1–Dec 30	Res \$99 Non-Res \$115
45689	5 & Older	Dec 1–Dec 31	Res \$99 Non-Res \$115

Family Rate: \$99 first person; \$69 each add'l family member.
(must call to receive)

MUSIC FOR EVERYONE Private Lessons

Ages 7 & Older

Plymouth Creek Center, 14800 34th Ave

Session 1

Dates: September 4–October 22
Cost: \$147

Session 2

Dates: October 23–December 17
(No Lessons 11/4, 11/10, 11/24, 11/26, 11/27, 11/29)
Cost: \$157 (includes recital fee)

Private 30-minute lessons are taught by qualified, experienced teachers. Beginner to intermediate students welcome. Learn new skills or improve those you already have. Develop your tone, rhythm and reading skills while you enjoy a variety of musical styles. Students will need their own instrument at home for practice. Piano students will need a piano with natural touch and at least 66 keys.

Registration

Plymouth, Brooklyn Park, Golden Valley, Maple Grove and New Hope belong to this consortium. If you live in any of these cities, you qualify for the resident rate. Before registering, call Alyssa Krumholz, Coordinator at 763-509-5224 to make arrangements for lesson time.

- Brass, Harp and Woodwinds
- Piano
- Viola, Violin or Guitar
- Voice

New students can start anytime during the session. Fees are pro-rated at \$21 per lesson. Bring the course registration receipt to the first class. There are no make-up lessons or refunds for students' missed classes.

Cancellation Policy

- Lessons cancelled by City or Instructor will be made up at the end of the session if a make-up time cannot be agreed upon.
- Lessons cancelled by the participant cannot be refunded and no make-up will be accommodated.

PRESCHOOL

ARTS & CRAFTS **Abakadoodle**

All art materials are included. Dress for a mess and bring a beverage and nut-free snack.

Mommy/Daddy and Me Art Class

Plymouth Creek Center, 14800 34th Ave

For toddlers/preschool students and their parent (or helper). Will create art while developing fine motor, language and self help skills. Messy fun accompanied by stories and songs.

COURSE #	AGES	DAY	DATE + TIME	COST
45648	18 mo-4 yr	Tue	Sep 9-Sep 30 10:00 am-10:45 am	Res \$63 Non-Res \$72
45651	18 mo-4 yr	Wed	Sep 17-Oct 8 6:00 pm-6:45 pm	Res \$63 Non-Res \$72
45649	18 mo-4 yr	Tue	Oct 14-Nov 4 10:00 am-10:45 am	Res \$63 Non-Res \$72
45650	18 mo-4 yr	Tue	Nov 18-Dec 9 10:00 am-10:45 am	Res \$63 Non-Res \$72
45652	18 mo-4 yr	Wed	Nov 19-Dec 10 6:00 pm-6:45 pm	Res \$63 Non-Res \$72

Ha-Ha Halloween

Plymouth Creek Center, 14800 34th Ave

Get ready for trick or treating as we explore the fun side of Halloween! We'll paint, collage, and mold clay creating scary cats, funny bats and our own glow in the dark necklace to wear on Halloween.

COURSE #	AGES	DAY	DATE + TIME	COST
45661	3-6	Fri	Oct 24 9:00 am-12:00 pm	Res \$45 Non-Res \$54

Frozen Princess Class

Plymouth Creek Center, 14800 34th Ave

Do you love Anna and Elsa? Have a royal time making snowflake wands, painting a snowman like Olaf, creating a picture on canvas and more! Along the way, we'll read princess stories and learn how to curtsy like a princess.

COURSE #	AGES	DAY	DATE + TIME	COST
45656	3-6	Sat	Dec 13 9:00 am-12:00 pm	Res \$45 Non-Res \$54

ARTS & CRAFTS **Kidcreate**

Artsy Dress Up Camp (Parent/Child)

Plymouth Creek Center, 14800 34th Ave

This class will give young artists a chance to transform into some of their favorite characters like Handy Manny, Clifford the Dog, Elmo and Dora. Each week we'll read a book about one of these characters and create an art project that you can wear home!

COURSE #	AGES	DAY	DATE + TIME	COST
45664	18 mo-6	Mon	Oct 6-Oct 27 9:30 am-10:30 am	Res \$63 Non-Res \$72

Mini Masters Art Camp (Parent/Child)

Plymouth Creek Center, 14800 34th Ave

Participants will learn about Picasso, Cassatt, Van Gogh and others while painting, sculpting, drawing and printmaking.

COURSE #	AGES	DAY	DATE + TIME	COST
45800	18 mo-6	Mon	Nov 17-Dec 18 9:30 am-10:30 am	Res \$63 Non-Res \$72

Lego Dino Land Art Class

Plymouth Creek Center, 14800 34th Ave

We'll combine these two popular themes as we create a land any dino would love to explore. We'll paint a mural and build with legos. Please pack a nut-free snack & beverage for your child.

COURSE #	AGES	DAY	DATE + TIME	COST
45667	3-6	Sat	Dec 6 9:00 am-12:00 pm	Res \$36 Non-Res \$43



DANCE Ballet & Tap

Plymouth Creek Center, 14800 34th Ave

Enhance self image, poise, balance, rhythm, imagination and discipline through dance. Pink ballet slippers, black tap shoes and leotards/tights of your color choice are needed. Children must be 3 years old by the first day of class.

COURSE #	AGES	DAY	DATE + TIME	COST
45622	3-4	Sat	Sep 6-Dec 13 9:45 am-10:30 am No Program: 9/27, 11/1, 11/29	Res \$108 Non-Res \$119
45623	3-4	Sat	Sep 6-Dec 13 1:30 pm-2:15 pm No Program: 9/27, 11/1, 11/29	Res \$108 Non-Res \$119
45620	3-4	Mon	Sep 8-Dec 1 4:30 pm-5:15 pm No Program: 11/3	Res \$108 Non-Res \$119
45621	3-4	Tue	Sep 9-Dec 2 5:00 pm-5:45 pm No Program: 11/25	Res \$108 Non-Res \$119

EDUCATION Tech Tac Toe

Mom's Morning Out

Plymouth Creek Center, 14800 34th Ave

Take your morning off as your little one has a blast playing Legos while learning shape, space, alphabet, numeric and position skills. Preschool skills reinforced. We also sing songs and play games. Please pack a nut-free snack and beverage.

COURSE #	AGES	DAY	DATE + TIME	COST
45657	3-5	Tue	Sep 30-Oct 21 9:30 am-12:00 pm	Res \$24 Non-Res \$30
45658	3-5	Tue	Nov 18-Dec 9 9:30 am-12:00 pm	Res \$24 Non-Res \$30

EDUCATION Science Explorers

Tiny Tots Explorer

Parkers Lake Park, Co Rd 6 & Niagara Ln

Explore areas of gross and fine motor skills, along with language, while building socialization skills through self-directed games and group activities. Promotes development and milestone achievements in a warm and welcoming environment.

COURSE #	AGES	DAY	DATE + TIME	COST
45672	1-3	Mon	Sep 15-Oct 27 9:30 am-10:30 am	Res \$58 Non-Res \$66
45673	1-3	Mon	Nov 3-Dec 15 9:30 am-10:30 am No Program: 11/17	Res \$58 Non-Res \$66

Silly, Sloppy Slimes

Bass Lake Playfield, 5450 Northwest Blvd

Are you ready for some gooey, sloppy experiments? Slide right in to this exciting, hands-on lab as we formulate a variety of slimes, some of which you will even get to take home. Be sure to dress so you can get messy.

COURSE #	AGES	DAY	DATE + TIME	COST
45663	3½-6	Tue	Sep 16 9:30 am-11:00 am	Res \$16 Non-Res \$20

Musical Science

Bass Lake Playfield, 5450 Northwest Blvd

Learn how sound travels, discover and learn about octaves, plus make your own musical instrument. Make your own beautiful, yet scientific music.

COURSE #	AGES	DAY	DATE + TIME	COST
45665	3½-6	Tue	Sep 23 9:30 am-11:00 am	Res \$16 Non-Res \$20

Creepy Spooky Science

Bass Lake Playfield, 5450 Northwest Blvd

It's a little spooky and creepy with a lot of science! Explore the shadows with flash lights while learning about night creatures. Discover slithering snakes and Komodo dragons. Creep along with itsy bitsy and great big spiders. A creepy good time!

COURSE #	AGES	DAY	DATE + TIME	COST
45666	3½-6	Tue	Sep 30-Oct 28 9:30 am-11:00 am No Program: 10/16	Res \$54 Non-Res \$62

Wonders of Nature

Bass Lake Playfield, 5450 Northwest Blvd

Discover the fun and fascinating ways that nature takes care of plants and animals. Learn about animals who sleep all winter, fool other animals into leaving them alone, use their feet to eat and lots more!

COURSE #	AGES	DAY	DATE + TIME	COST
45668	3½-6	Tue	Nov 4-Nov 25 9:30 am-11:00 am No Program: 11/18	Res \$44 Non-Res \$50

Science in the Kitchen

Bass Lake Playfield, 5450 Northwest Blvd

Throw open the kitchen cabinets and enjoy fun 'hands-on' science. Explore states of matter with experiments that bubble, fizzle, crackle and pop. Dress for mess. **NOTE:** Corn, wheat and dairy may be used in this class, but is not consumed.

COURSE #	AGES	DAY	DATE + TIME	COST
45669	3½-6	Tue	Dec 2-Dec 16 9:30 am-11:00 am	Res \$44 Non-Res \$50

PRESCHOOL

FITNESS **Yoga Time!**

Plymouth Creek Center, 14800 34th Ave

Fun-filled yoga: poses, stretching and breathing exercises promote flexibility, coordination and body awareness. Improves concentration and focus. Promotes confidence, self-esteem and respect for others. For a parent/child class, see page 19. Bring a yoga mat & water. Certified Instr: Jessica Spore.

COURSE #	AGES	DAY	DATE + TIME	COST
45597	3-6	Tue	Sep 9-Oct 14 4:00 pm-4:45 pm	Res \$70 Non-Res \$80
45598	3-6	Tue	Oct 28-Dec 9 4:00 pm-4:45 pm No Program: 11/11	Res \$70 Non-Res \$80

MARTIAL ARTS **Little Tiger**

Ultimate Martial Arts, 147 Hamel Rd; Hamel

Learn basic self-defense and martial arts skills, develop coordination and flexibility. Basic kicks and punches taught through exercises and fun games. Earn belts and stickers. Instr: Tom Malone.

COURSE #	AGES	DAY	DATE + TIME	COST
45679	3-5	Mon	Sep 8-Oct 20 10:00 am-10:40 am	Res \$88 Non-Res \$101
45681	3-5	Thu	Oct 9-Nov 20 4:30 pm-5:10 pm	Res \$88 Non-Res \$101
45680	3-5	Mon	Oct 27-Dec 8 10:00 am-10:40 am	Res \$88 Non-Res \$101

MUSIC FOR EVERYONE

Plymouth Creek Center, 14800 34th Ave

Plymouth, Brooklyn Park, Golden Valley, Maple Grove and New Hope qualify for the resident rate.

First Steps in Music Land (parent/child class)

Exposure to basic musical concepts and a wide variety of musical styles through fun activities. Parents and children will dance, sing and play while learning rhythm and fine/gross motor coordination.

COURSE #	AGES	DAY	DATE + TIME	COST
45730	2-5	Wed	Sep 17-Oct 22 9:30 am-10:15 am	Res \$49 Non-Res \$54
45732	2-5	Wed	Sep 17-Oct 22 10:20 am-11:05 am	Res \$49 Non-Res \$54
45733	2-5	Wed	Nov 5-Dec 17 9:30 am-10:15 am No Program: 11/26	Res \$49 Non-Res \$54
45731	2-5	Wed	Nov 5-Dec 17 10:20 am-11:05 am No Program: 11/26	Res \$49 Non-Res \$54

Piano for Little Mozarts

Explore beginning piano in a dual lesson format (two students per class - each registers separately). Lessons include music facts, movements, singing, percussion instruments and more.

COURSE #	AGES	DAY	DATE + TIME	COST
45734	4-6	Tue	Sep 16-Oct 21 10:00 am-10:30 am	Res \$72 Non-Res \$80
45735	4-6	Tue	Sep 16-Oct 21 10:30 am-11:00 am	Res \$72 Non-Res \$80
45738	4-6	Tue	Nov 4-Dec 16 10:00 am-10:30 am No Program: 11/11	Res \$72 Non-Res \$80
45739	4-6	Tue	Nov 4-Dec 16 10:30 am-11:00 am No Program: 11/11	Res \$72 Non-Res \$80

SPORTS **Gymnastics**

Wayzata Central M.S. Small Gym

Emphasis on FUN! Parent-child class. Explore basic skills through creative movement.

Tumbling Tykes

COURSE #	AGES	DAY	DATE + TIME	COST
45492	2-4	Sat	Sep 6-Nov 15 8:50 am-9:25 am No Program: 10/18	Res \$88 Non-Res \$101
45493	2-4	Sat	Sep 6-Nov 15 9:40 am-10:15 am No Program: 10/18	Res \$88 Non-Res \$101



MULTI-SPORT Little Sportster

Armstrong High School, 10635 36th Ave

Introduction to a variety of sport activities - soccer, floor hockey and kickball. These fun-filled classes are designed to energize and encourage participation in common sports and games. Wear comfortable clothing and gym shoes.

COURSE #	AGES	DAY	DATE + TIME	COST
45617	4-6	Wed	Oct 1-Oct 22 6:15 pm-7:15 pm	Res \$34 Non-Res \$40
45618	4-6	Wed	Oct 29-Nov 19 6:15 pm-7:15 pm	Res \$34 Non-Res \$40
45619	4-6	Mon	Dec 1-Dec 22 6:15 pm-7:15 pm	Res \$34 Non-Res \$40

MULTI-SPORT Sports Unlimited Sports Sampler

Fieldhouse, 14800 34th Ave

Explore baseball, soccer, soft lacrosse and flag football. Bring appropriate clothing (shin guards recommended), baseball glove, snack and water. Dome temperature set at approximately 55 degrees. Rain Make Up: 10/14.

COURSE #	AGES	DAY	DATE + TIME	COST
45545 (outdoor)	4-6	Tue	Sep 9-Oct 7 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45546 (indoor)	4-6	Tue	Nov 4-Dec 9 4:30 pm-6:00 pm	Res \$88 Non-Res \$78

SOCCER Little Kickers

Elm Creek Playfield, 4950 Peony Ln

Co-rec instructional soccer (girls & boys on the same team) that allows children to play soccer in a relaxed, fun, and non-competitive atmosphere. Participants will be split into small groups each week for skill development and scrimmage games. Program emphasizes FUN and exercise! **Parents will be asked to participate with their child for skill development.** Space is limited.

COURSE #	AGES	DAY	DATE + TIME	COST
45555	3½	Sun	Sep 7-Oct 12 3:30 pm-4:20 pm	Res \$40 Non-Res \$48
45556	3½	Sun	Sep 7-Oct 12 4:30 pm-5:20 pm	Res \$40 Non-Res \$48
45557	3½	Sun	Sep 7-Oct 12 5:30 pm-6:20 pm	Res \$40 Non-Res \$48

SOCCER U5 Co-Rec League

Zachary Playfield, 4355 Zachary Ln

Games are on Saturday mornings or on your scheduled practice night (depending on team numbers). All games and practices at Zachary Playfield. **Parent coaches needed for this program.**

COURSE #	AGES	DAY	DATE + TIME	COST
45185	4	Mon, Sat	Sep 8-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49
45186	4	Mon, Sat	Sep 8-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49
45187	4	Tue, Sat	Sep 9-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49
45189	4	Wed, Sat	Sep 10-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49
45190	4	Wed, Sat	Sep 10-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49
45191	4	Thu, Sat	Sep 11-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49
45192	4	Thu, Sat	Sep 11-Oct 11 6:00 pm-7:00 pm	Res \$42 Non-Res \$49

T BALL Fall League

Elm Creek Playfield, 4950 Peony Ln

Who says baseball is just for summer? Remember Reggie Jackson was called 'Mr. October'. First two weeks of the program spent practicing fundamentals and skills, the last four weeks are scheduled games. If you want your child on the same team with a friend, you must both choose the same class number. **Volunteer/Parent coaches are needed for this program.** Sign up online at www.plymouthmn.gov/volunteercoaching. Rain Make Up: 10/19.

COURSE #	AGES	DAY	DATE + TIME	COST
45527	4-5	Sun	Sep 7-Oct 12 3:00 pm-4:00 pm	Res \$33 Non-Res \$39
45528	4-5	Sun	Sep 7-Oct 12 3:00 pm-4:00 pm	Res \$33 Non-Res \$39
45529	4-5	Sun	Sep 7-Oct 12 3:00 pm-4:00 pm	Res \$33 Non-Res \$39
45530	4-5	Sun	Sep 7-Oct 12 3:00 pm-4:00 pm	Res \$33 Non-Res \$39

VOLLEYBALL Mini-Spikers

Armstrong High School, 10635 36th Ave

Fun and exciting! Experienced coaches. Cool games, special equipment and loads of fun make each session awesome! Players receive a gift on the last day. Kneepads and volleyballs are available for purchase on the first day.

COURSE #	AGES	DAY	DATE + TIME	COST
45567	4-6	Sat	Sep 20-Oct 11 12:30 pm-1:30 pm	Res \$55 Non-Res \$63



ARTS & CRAFTS **Abrakadoodle Art Camps**

All art materials are included. Dress for a mess and bring a beverage and nut-free snack.

Mom/Dad and Me Evening Art

Plymouth Creek Center, 14800 34th Ave

Learn about painting while spending quality time together. Learn how to use mixed media and techniques to create masterpieces. Fee covers child and adult.

COURSE #	AGES	DAY	DATE + TIME	COST
45677	5-10	Wed	Oct 8-Oct 29 5:45 pm-7:00 pm	Res \$80 Non-Res \$92

Sparkles and Bling

Plymouth Creek Center, 14800 34th Ave

Does your child love glitter rhinestones and sparklers? Draw, paint and sculpt masterpieces that will glow and sparkle. Create a surprise accessory to wear home.

COURSE #	AGES	DAY	DATE + TIME	COST
45676	4-9	Thu	Nov 6-Nov 13 5:30 pm-7:30 pm	Res \$59 Non-Res \$68

ARTS & CRAFTS **All About Drawing**

Plymouth Creek Center, 14800 34th Ave

Students will discover the values of different methods of drawing with introduction to various materials. With age appropriate instructions, students will learn fundamentals of drawing, sketching, and making graphic compositions. The knowledge of drawing techniques and the magic of their imagination will help them present 3D shapes on flat paper.

COURSE #	AGES	DAY	DATE + TIME	COST
45616	6-10	Thu	Sep 11-Oct 30 6:30 pm-7:30 pm	Res \$89 Non-Res \$99



ARTS & CRAFTS **Greeting Card Workshop**

Plymouth Creek Center, 14800 34th Ave

Get your hands messy and explore your creativity! Use your fingers, vegetables and a toothbrush to create three super cool greeting cards to take home! Supplies will be provided.

COURSE #	AGES	DAY	DATE + TIME	COST
45614	5-10	Mon	Oct 6 5:30 pm-7:00 pm	Res \$16 Non-Res \$20

ARTS & CRAFTS **Artistic Moments**

Plymouth Creek Center, 14800 34th Ave

Cupcake Decorating Class (parent/child)

Join us as we learn basic skills of cupcake decorating! Create your edible works of art just like professional bakers! You will decorate four festive cupcakes and take them home to share. This is a parent/child program.

COURSE #	AGES	DAY	DATE + TIME	COST
45635	6-10	Mon	Oct 13 5:00 pm-6:30 pm	Res \$28 Non-Res \$34

ARTS & CRAFTS **Kidcreate**

Plymouth Creek Center, 14800 34th Ave

Bring a beverage and a nut-free snack.

Ode to Van Gogh Art Camp

Swirls of color, starry night skies and brightly colored sunflowers are just a few things that will inspire. We'll create starry night globes, sunflower 'impasto' paintings and more.

COURSE #	AGES	DAY	DATE + TIME	COST
45706	5-12	Sat	Nov 1-Nov 8 9:00 am-12:00 pm	Res \$72 Non-Res \$83

Gift Making Art Class

Come and create hand crafted gifts for mom, dad, grandparents or your favorite teacher. We'll make picture frames, clay trinket boxes, snow globes and more.

COURSE #	AGES	DAY	DATE + TIME	COST
45691	4-9	Mon-Tue	Nov 3-Nov 4 9:00 am-12:00 pm	Res \$72 Non-Res \$83

Thanksgiving Craft Party

We'll start celebrating Thanksgiving early by creating a turkey that will be a wonderful addition to any table!

COURSE #	AGES	DAY	DATE + TIME	COST
45698	4-9	Wed	Nov 26 9:00 am-12:00 pm	Res \$36 Non-Res \$44

Paint on Canvas: Snow Day

During this guided painting lesson, we'll create a scene on canvas featuring one of your favorite days of the year - a snow day!

COURSE #	AGES	DAY	DATE + TIME	COST
45709	5-12	Mon	Dec 22 9:00 am-12:00 pm	Res \$36 Non-Res \$44

New Year's Eve Art Party

We will ring in the new year early making noise makers, party poppers, and New Years Eve hats!

COURSE #	AGES	DAY	DATE + TIME	COST
45705	4-9	Mon	Dec 29 9:00 am-12:00 pm	Res \$36 Non-Res \$44

DANCE **Ballet & Tap**

Plymouth Creek Center, 14800 34th Ave

Enhance self-image and body concept, poise, balance, rhythm, imagination and discipline in an enjoyable environment. Pink ballet slippers, black tap shoes and leotards/tights of your color choice are needed. No Program: 9/27, 11/1, 11/3, 11/25, 11/29.

COURSE #	AGES	DAY	DATE + TIME	COST
45626	5-6	Sat	Sep 6-Dec 13 9:00 am-9:45 am	Res \$108 Non-Res \$119
45624	5-6	Mon	Sep 8-Dec 1 5:15 pm-6:00 pm	Res \$108 Non-Res \$119
45625	5-6	Tue	Sep 9-Dec 2 5:45 pm-6:30 pm	Res \$108 Non-Res \$119
45629	7-8	Sat	Sep 6-Dec 13 12:30 pm-1:30 pm	Res \$108 Non-Res \$119
45627	7-8	Mon	Sep 8-Dec 1 6:05 pm-7:00 pm	Res \$108 Non-Res \$119
45628	7-8	Tue	Sep 9-Dec 2 6:35 pm-7:30 pm	Res \$108 Non-Res \$119
45630	9-11	Mon	Sep 8-Dec 1 7:00 pm-8:00 pm	Res \$108 Non-Res \$119
45631	9-11	Tue	Sep 9-Dec 2 7:30 pm-8:30 pm	Res \$108 Non-Res \$119
45632	12-18	Mon	Sep 8-Dec 1 8:00 pm-9:00 pm	Res \$108 Non-res \$119

DANCE **Danceline**

Plymouth Creek Center, 14800 34th Ave

Learn basic danceline skills and techniques in a fun, non-competitive atmosphere. Black ballet or jazz shoes and leotards/tights of your color choice are needed. Instr: Marcia Picard. No Program: 9/27, 11/1, 11/29.

COURSE #	AGES	DAY	DATE + TIME	COST
45634	7-10	Sat	Sep 6-Dec 13 11:35 am-12:30 pm	Res \$108 Non-Res \$119
45633	11-16	Sat	Sep 6-Dec 13 10:35 am-11:35 am	Res \$108 Non-Res \$119

DRAMA **American Girl Theater: Story of Kirsten**

Plymouth Creek Center, 14800 34th Ave

Your favorite 1880's Minnesota frontier character, Kirsten Larson, comes to life on stage! Students will learn all about key acting skills while rehearsing our very own original class presentation about life and mysteries on the prairie. We'll add costumes, skirts and bonnets, to our production to create an exciting show for family and friends the final class date. *Costume fee included* - skirt and bonnet is yours to keep after the show!

COURSE #	AGES	DAY	DATE + TIME	COST
45308	7-12	Tue	Sep 9-Sep 30 5:30 pm-6:45 pm	Res \$97 Non-Res \$111

DRAMA **Pirate Theater**

Plymouth Creek Center, 14800 34th Ave

Calling all salty dogs and scurvy mates! Join us as we create our own pirate characters and bring them to life for a pirate adventure. We'll learn all about acting on stage, add costumes, dialogue and movement to create an exciting show on the final class date.

COURSE #	AGES	DAY	DATE + TIME	COST
45382	7-12	Tue	Oct 7-Oct 28 5:30 pm-6:45 pm	Res \$97 Non-Res \$111

EDUCATION Computer Explorers

Plymouth Creek Center, 14800 34th Ave

Please bring a peanut-free snack.

Lego Minecraft Engineering

From the hit video game, Minecraft, comes our awesome Lego and Papercrafts class. Create mob figures, custom blocks, torches, mosaics, custom biomes and terrains. Use both cardboard papercrafts and legos. Bring virtual designs to life and take home a daily project.

COURSE #	AGES	DAY	DATE + TIME	COST
45637	6-10	Sat	Nov 1-Nov 8 9:00 am-12:00 pm	Res \$72 Non-Res \$80

Javascript

What's better than playing games? Creating your own! Learn how to make online games with interactive examples. Learn how to build games start to finish.

COURSE #	AGES	DAY	DATE + TIME	COST
45806	7-12	Tue	Nov 4-Nov 18 6:00 pm-8:00 pm	Res \$72 Non-Res \$80

Video Game Creation

Love video games? Choose your storyline with dragons, princesses, or wild wacky aliens. Add challenges and levels of difficulty, then share your game by email or post on the web to challenge family and friends. Bring a jump drive to the last day of class.

COURSE #	AGES	DAY	DATE + TIME	COST
45801	5-8	Tue	Dec 2-Dec 16 6:00 pm-8:00 pm	Res \$72 Non-Res \$80

RC Robotics

Build vehicles and robots containing a LEGO Robotics Mindstorm Microcomputer controlled with a remote. Play robotic tag with classmates, speed through obstacle courses and disable enemy bots with 'laser' signals sent through a fiber-optic cable.

COURSE #	AGES	DAY	DATE + TIME	COST
45643	7-12	Sat	Dec 6-Dec 13 9:00 am-12:00 pm	Res \$72 Non-Res \$80

EDUCATION Junior Veterinary Camp

MN School of Business, 1455 Co Rd 101

Learn about basic animal care, dog bite prevention and common animal toxins. We will practice our skills with therapy and obedience dogs. Examine laboratory samples and interesting xray images from many species. Everyone will leave with a stethoscope and packet of information.

COURSE #	AGES	DAY	DATE + TIME	COST
45824	9-12	Sat	Sep 13 9:00 am-12:00 pm	Res \$15 Non-Res \$18

EDUCATION Science Explorers

Bass Lake Playfield, 5450 Northwest Blvd

Techno-Tinkering

Like tinkering with batteries, motors and spinning objects? Put your building skills to the test as a techno engineer. Learn about electrical circuits, on/off switches and more. Use your own tinkering kit, which includes a motor, batteries, wires and other simple supplies, design and construct a moving techno-creature to take home.

COURSE #	AGES	DAY	DATE + TIME	COST
45670	7-12	Thu	Oct 16 1:00 pm-3:30 pm	Res \$30 Non-Res \$36

Sloppy, Goopy, Slimes!

Get mixed-up in some ooey, gooeey, slimy science! Explore the properties of a polymer by making and experimenting with different slimes, including one that will glow in the dark. Come prepared to have fun and get messy.

COURSE #	AGES	DAY	DATE + TIME	COST
45671	5-10	Tue	Dec 30 1:30 pm-3:30 pm	Res \$22 Non-Res \$28

EDUCATION Tech Tac Toe

Plymouth Creek Center, 14800 34th Ave

Ultimate Lego Movie: Lego Speedor Races

Still motion filming and exciting races. Use kid friendly Macs to create fun movies. Custom build your Speedor Racer, create a challenging race track and race your friends. Please pack a nut-free snack and beverage.

COURSE #	AGES	DAY	DATE + TIME	COST
45653	6-10	Sat	Nov 1-Nov 8 9:00 am-3:00 pm	Res \$112 Non-Res \$120

Super Hero Technic

Super Hero Powers meet Legos! Create weapons, vehicles and nifty Lego Technic devices to learn about mechanics, gears and more!

COURSE #	AGES	DAY	DATE + TIME	COST
45654	6-10	Wed	Nov 5-Dec 17 5:30 pm-6:30 pm No Program: 11/26	Res \$72 Non-Res \$80





FITNESS **Yoga Time!**

Promotes flexibility, coordination and body awareness. Bring a yoga mat and water. Certified Instr: Jessica Spore.

Yoga Time! Parent/Child class

Parkers Lake Park, Co Rd 6 & Niagara Ln

COURSE #	AGES	DAY	DATE + TIME	COST
45591	4-10	Sat	Sep 6-Oct 11 10:15 am-11:00 am	Res \$70 Non-Res \$80
45592	4-10	Sat	Oct 18-Nov 22 10:15 am-11:00 am	Res \$70 Non-Res \$80

Yoga Time! Child only class

Plymouth Creek Center, 14800 34th Ave

COURSE #	AGES	DAY	DATE + TIME	COST
45599	5-10	Tue	Sep 9-Oct 14 5:00 pm-5:45 pm	Res \$70 Non-Res \$80
45600	5-10	Tue	Oct 28-Dec 9 5:00 pm-5:45 pm No Program: 11/11	Res \$70 Non-Res \$80

MARTIAL ARTS **Kid Fu**

Bass Lake Playfield, 5450 Northwest Blvd

Learn proper techniques and traditional styles of Shaolin Kung Fu. Classes are fun and non-competitive. Build strength, flexibility, balance and confidence. Instr: National Martial Arts Assoc.

Kid Fu: Beginner

COURSE #	AGES	DAY	DATE + TIME	COST
45707	7-13	Tue	Sep 9-Oct 21 5:30 pm-6:15 pm	Res \$67 Non-Res \$77
45708	7-13	Tue	Nov 4-Dec 16 5:30 pm-6:15 pm	Res \$67 Non-Res \$77

Kid Fu: Beginner-Orange Sash

COURSE #	AGES	DAY	DATE + TIME	COST
45699	7-13	Tue	Sep 9-Oct 21 6:30 pm-7:30 pm	Res \$67 Non-Res \$77
45700	7-13	Tue	Nov 4-Dec 16 6:30 pm-7:30 pm	Res \$67 Non-Res \$77

Kid Fu: Yellow Sash & Up

COURSE #	AGES	DAY	DATE + TIME	COST
45712	7-13	Thu	Sep 11-Oct 30 6:30 pm-7:30 pm No Program: 10/16	Res \$67 Non-Res \$77
45713	7-13	Thu	Nov 6-Dec 18 6:30 pm-7:30 pm No Program: 11/27	Res \$59 Non-Res \$68

MARTIAL ARTS **Shoshin Ryu Jujitsu**

Shoshin Ryu Martial Arts, 13605 27th Ave

Increase self-confidence, inner strength, attention, coordination and balance. A non-competitive martial art with primary emphasis on self-defense. Incorporates a variety of skills and forms including throws, strikes, blocks and kicks. Instr: Brian Combo.

Shoshin Ryu Jujitsu: Beginner-Yellow Belt

COURSE #	AGES	DAY	DATE + TIME	COST
45694	7-12	Mon	Sep 8-Oct 20 5:15 pm-6:15 pm	Res \$65 Non-Res \$75
45695	7-12	Wed	Sep 10-Oct 22 5:15 pm-6:15 pm	Res \$65 Non-Res \$75
45696	7-12	Mon	Oct 27-Dec 15 5:15 pm-6:15 pm No Program: 11/24	Res \$65 Non-Res \$75
45697	7-12	Wed	Oct 29-Dec 17 5:15 pm-6:15 pm No Program: 11/26	Res \$65 Non-Res \$75



MUSIC Children's Choir

Plymouth Creek Center, 14800 34th Ave

The Children's Choir program will expose your child to a variety of choral repertoire and an opportunity to perform in front of parents and friends. Throughout the program, students will attend rehearsals led by a choral conductor. These classes focus on sight-reading, theory, diction and repertoire. In addition, students will be able to audition for solos and small ensemble parts. Performances will take place on the last night of the session in the Black Box Theatre.

COURSE #	AGES	DAY	DATE + TIME	COST
45351	5-10	Thu	Sep 18-Oct 30 6:30 pm-7:30 pm No Program: 10/16	Res \$56 Non-Res \$64

RECREATION Once Upon A Star

Plymouth Creek Center, 14800 34th Ave

Mommy & Me Frozen Fancy Party

Dress FANCY & bring Mom (or your favorite adult-date) to our NEW FROZEN-FANCY Princess Party! Princess Anna will lead the group with FROZEN & OLAF-themed games and a special snow-fun craft. Sing & dance to 'Let It Go'. Don't forget your camera!

COURSE #	AGES	DAY	DATE + TIME	COST
45655	3-8	Fri	Nov 21 10:00 am-11:00 am	Res \$20 Non-Res \$24

SPORTS Afterschool Sports

Fieldhouse, 14800 34th Ave

Programs are designed for girls and boys regardless of skill or ability. Kids are divided by age and skill when appropriate. Fundamental skill development and games. FUN and exercise will be emphasized! Equipment provided.

Flag Football Introduction

Skills taught: passing, catching, kicking and strategies of offense and defense. Rain Make-Up: 10/15.

COURSE #	AGES	DAY	DATE + TIME	COST
45537 (outdoor)	6-10	Wed	Sep 10-Oct 8 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45538 (indoor)	6-10	Wed	Nov 5-Dec 17 4:30 pm-6:00 pm No Program: 11/26	Res \$88 Non-Res \$100

LaCrosse Introduction

Rain Make-Up: 10/14.

COURSE #	AGES	DAY	DATE + TIME	COST
45539 (outdoor)	6-10	Tue	Sep 9-Oct 7 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45540 (indoor)	6-10	Tue	Nov 4-Dec 9 4:30 pm-6:00 pm	Res \$88 Non-Res \$100

Soccer Introduction

Shin guards recommended. Rain Make-Up: 10/16.

COURSE #	AGES	DAY	DATE + TIME	COST
45541 (outdoor)	5-10	Thu	Sep 11-Oct 9 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45542 (indoor)	5-10	Thu	Nov 6-Dec 18 4:30 pm-6:00 pm No Program: 11/27	Res \$88 Non-Res \$100

ARCHERY

LaCompte Playfield, 10805 Old Cty Rd 15

Learn range safety and proper shooting techniques for shooting compound and traditional bows with certified NADA and ASAP instructors. Program includes lecture, demonstration and instructor supervised shooting. Equipment provided.

Archery: Beginner/Intermediate

Rain Make-Up: 10/12.

COURSE #	AGES	DAY	DATE + TIME	COST
45547	7-10	Sun	Sep 7-Oct 5 4:00 pm-5:00 pm	Res \$80 Non-Res \$92
45548	10 & Older	Sun	Sep 7-Oct 5 5:15 pm-6:15 pm	Res \$80 Non-Res \$92

BASEBALL Fall Coach Pitch

Elm Creek Playfield, 4950 Peony Ln

Who says baseball is just for summer? Remember, Reggie Jackson was called 'Mr. October'. First two weeks of the program are practice times working on fundamentals and skills, the last four weeks are scheduled games. To be on the same team with a friend, children must register for the same class number. **Volunteer/Parent coaches are needed for this program.** Sign up online at www.plymouthmn.gov/volunteercoaching. Rain Make Up: 10/19.

COURSE #	AGES	DAY	DATE + TIME	COST
45533	6-7	Sun	Sep 7-Oct 12 4:15 pm-5:45 pm	Res \$33 Non-Res \$39
45534	6-7	Sun	Sep 7-Oct 12 4:15 pm-5:45 pm	Res \$33 Non-Res \$39
45535	6-7	Sun	Sep 7-Oct 12 4:15 pm-5:45 pm	Res \$33 Non-Res \$39
45536	6-7	Sun	Sep 7-Oct 12 4:15 pm-5:45 pm	Res \$33 Non-Res \$39

BASKETBALL Basketball Clinic

Armstrong High School Community Gym, 10635 36th Ave

Each week instructors will teach fundamentals and run drills, then divide kids for scrimmaging. Baskets will be set at 8' for the younger group - 10' for older group. T-shirt provided. Space is limited.

COURSE #	AGES	DAY	DATE + TIME	COST
45558	6-8	Sat	Oct 18-Nov 15 9:15 am-10:30 am	Res \$52 Non-Res \$60
45560	6-8	Sat	Oct 18-Nov 15 10:45 am-12:00 pm	Res \$52 Non-Res \$60
45559	8-10	Sat	Oct 18-Nov 15 10:45 am-12:00 pm	Res \$52 Non-Res \$60



FENCING Musketeers

Armstrong High School Community Gym, 10635 36th Ave

Introduction to fundamentals with the foil weapon in a non-threatening environment. Emphasis on skill building, concentration, self-discipline and fun! Dress comfortably (wear long pants). See teen section for more fencing classes.

COURSE #	AGES	DAY	DATE + TIME	COST
45550	6-10	Wed	Sep 17-Oct 22 6:15 pm-7:15 pm	Res \$80 Non-Res \$92



FLAG FOOTBALL Outdoor

Bass Lake Playfield, 5450 Northwest Blvd

Learn fundamentals, different positions, run drills, then play games in a non-threatening atmosphere. Scrimmage games may not start until week 3. No equipment needed. T-shirt provided. Rain Make Up: 10/19.

COURSE #	AGES	DAY	DATE + TIME	COST
45568	5-7	Sun	Sep 7-Oct 12 4:00 pm-5:15 pm	Res \$59 Non-Res \$67
45569	5-7	Sun	Sep 7-Oct 12 5:30 pm-6:45 pm	Res \$59 Non-Res \$67

FLAG FOOTBALL Indoor

Fieldhouse, 14800 34th Ave

Learn fundamentals, different positions, run drills, then play games in a non-threatening atmosphere. Scrimmage games may not start until week 3. No equipment needed. T-shirt provided.

COURSE #	AGES	DAY	DATE + TIME	COST
45577	5-7	Sun	Nov 2-Dec 14 4:30 pm-6:00 pm No Program: 11/30	Res \$88 Non-Res \$100
45576	8-10	Sun	Nov 2-Dec 14 4:30 pm-6:00 pm No Program: 11/30	Res \$88 Non-Res \$100

FLAG FOOTBALL League (2nd & 3rd Graders)

Recreational league, teams will practice or play games on Thursday evenings or Sunday afternoon/early evenings. Plymouth playfield may be used for some Sunday practices/games. Teams practice at their home sites, games sites vary. Other communities such as New Hope and Crystal may be involved. **Volunteer/Parent coaches are needed for this program.** Sign up online at www.plymouthmn.gov/volunteercoaching.

Bass Lake Playfield, 5450 Northwest Blvd & Plymouth Playfield

COURSE #	AGES	DAY	DATE + TIME	COST
45572	7-9	Sun, Thu	Aug 28-Oct 12 6:00 pm-7:30 pm No Program: 8/31	Res \$68 Non-Res \$79
45573	7-9	Sun, Thu	Aug 28-Oct 12 6:00 pm-7:30 pm No Program: 8/31	Res \$68 Non-Res \$79

Elm Creek Playfield, 4950 Peony Ln

COURSE #	AGES	DAY	DATE + TIME	COST
45574	7-9	Sun, Thu	Aug 28-Oct 12 6:00 pm-7:30 pm No Program: 8/31	Res \$68 Non-Res \$79
45575	7-9	Sun, Thu	Aug 28-Oct 12 6:00 pm-7:30 pm No Program: 8/31	Res \$68 Non-Res \$79

GOLF Golf Instruction

Parkers Lake Golf Center, 1050 Vicksburg Ln

Instruction includes bucket of balls each lesson. A limited supply of loaner clubs available. Rainouts will be made up the week following the last session. For Family Golf - receive a 20% discount off of total amount for family of 3 or more. Call 763-475-4668 or 612-998-1751 on rainy days to see if course is open. Rain Make Up: 10/4, 10/5.

Saturday Golf Lessons

COURSE #	AGES	DAY	DATE + TIME	COST
45505	6-8	Sat	Sep 6-Sep 27 9:00 am-9:45 am	Res \$68 Non-Res \$78
45506	9-12	Sat	Sep 6-Sep 27 9:45 am-10:30 am	Res \$68 Non-Res \$78

Sunday Golf Lessons

COURSE #	AGES	DAY	DATE + TIME	COST
45508	6-8	Sun	Sep 7-Sep 28 4:00 pm-4:45 pm	Res \$68 Non-Res \$78
45509	6-8	Sun	Sep 7-Sep 28 4:45 pm-5:30 pm	Res \$68 Non-Res \$78

Family Golf Lessons

COURSE #	AGES	DAY	DATE + TIME	COST
45507	5 & Older	Sat	Sep 6-Sep 27 10:30 am-11:15 am	Res \$68 Non-Res \$78
45511	5 & Older	Sun	Sep 7-Sep 28 5:30 pm-6:15 pm	Res \$68 Non-Res \$78
45512	5 & Older	Sun	Sep 7-Sep 28 6:15 pm-7:00 pm	Res \$68 Non-Res \$78

GYMNASTICS

Wayzata Central M.S. Aux Gym, 305 Vicksburg Ln

Recreational program with an emphasis on FUN! Learn gymnastics skills in a safe and exciting environment! T-shirt included. Grouped by age and skill level. Pre-req instructor approval.

Tumbleweeds I

Beginners (no experience required). Intro to **Floor**: jumps, leaps, turns, cartwheel, forward/backward roll **Vault**: approach, squat-on **Bars**: grips, hanging skills, pullovers **Beam**: walks, kicks, leaps.

Tumbleweeds II

Pre-req: pass Tumbleweeds I. Continued development of skill, focus on technique. Skills taught **Floor**: round off, handstand, forward roll, turns, leaps **Vault**: pop-up **Bars**: back hip circle, dismounts **Beam**: leaps, forward roll, dismounts.

Pre-Tumblers

Pre-req: pass Tumbleweeds II or instructor approval. Advancing gymnastics skills for a more challenging class. Skills taught **Floor**: intermediate dance skills intro, round off rebound, front walkover **Vault**: pop-up, handstand off **Bars**: kips, back hip circle, glides **Beam**: cartwheel, handstand, jumps.

Tumblers I

Pre-req: pass Pre-Tumblers. Intermediate skills taught **Floor**: intermediate dance skills, back walkover **Vault**: handspring **Bars**: kips, sole circle **Beam**: mounts, turns.

Tumblers II

Pre-req: pass Tumblers I. Continue intermediate skill development, advancing technique. Skills taught **Floor**: front & back handsprings, tumbling series, advanced dance skills **Vault**: handspring **Bars**: long hang kip, sole circle dismount **Beam**: tumbling & jump series.

Acrobats

Advanced gymnastics. Skills taught **Floor**: complex dances, aerials, handsprings, tucks **Vault**: handspring **Bars**: squat-ons, fly away **Beam**: backwalk, roundoff, handstand, aerial dismounts.

COURSE #	AGES	DAY	DATE + TIME	COST
Tumbleweeds I				
45489	4 & Older	Sat	Sep 6-Nov 15 9:30 am-10:15 am No Program: 10/18	Res \$95 Non-Res \$109
45490	4 & Older	Sat	Sep 6-Nov 15 11:20 am-12:05 pm No Program: 10/18	Res \$95 Non-Res \$109
Tumbleweeds II				
45491	5-14	Sat	Sep 6-Nov 15 10:20 am-11:15 am No Program: 10/18	Res \$105 Non-Res \$115
Pre-Tumblers				
45485	6-14	Sat	Sep 6-Nov 15 1:40 pm-3:00 pm No Program: 10/18	Res \$125 Non-Res \$137
Tumblers I				
45486	7-14	Sat	Sep 6-Nov 15 12:30 pm-1:50 pm No Program: 10/18	Res \$125 Non-Res \$137
45487	7-14	Sat	Sep 6-Nov 15 1:40 pm-3:00 pm No Program: 10/18	Res \$125 Non-Res \$137
Tumblers II				
45488	7-16	Sat	Sep 6-Nov 15 12:30 pm-2:10 pm No Program: 10/18	Res \$155 Non-Res \$170
Acrobats				
45484	8-16	Sat	Sep 6-Nov 15 12:30 pm-2:10 pm No Program: 10/18	Res \$155 Non-Res \$170



HOCKEY Rink Rat

LaCompte Playfield, 10805 Co Rd 15

Spend the best months of winter playing outdoor hockey. This is for girls and boys ages 7-14. The program is 2 pre-season practices and games every Fri evening and late Sun afternoon/early evening. Scheduled practice or game times may vary between the listed times depending on number of teams in the program.

Participants must supply their own equipment.

Coaches instruct/officiate all games. Some games are played in other communities. No goalies. Weather permitting - makeups the week after the program ends. A league jersey and participation award will be provided. Registration deadline is December 12. Cities participating are Minnetonka, New Hope, St. Louis Park, Golden Valley, Robbinsdale, Plymouth, Maple Grove, Edina and Crystal (parents are responsible for transportation to games).

Mandatory Equipment: hockey skates, hockey stick, helmet w/ mask, mouth guard, shoulder pads, shin pads, breezers, hockey gloves, elbow pads, protective cup and neck guard.

Volunteer/parent coaches are needed for this program. Sign up online at www.plymouthmn.gov/volunteercoaching.

COURSE #	AGES	DAY	DATE + TIME	COST
45552	7-9	Sun, Fri	Jan 4-Feb 8 6:00 pm-9:00 pm	Res \$40 Non-Res \$48
45553	9-12	Sun, Fri	Jan 4-Feb 8 6:00 pm-9:00 pm	Res \$40 Non-Res \$48
45554	13-14	Sun, Fri	Jan 4-Feb 8 6:00 pm-9:00 pm	Res \$40 Non-Res \$48



TENNIS Tennis Instruction

Our tennis program uses the United States Tennis Association's teaching guidelines. Participants should bring their own racket. Class have maximum of 8 participants.

Parkers Lake Park, Co Rd 6 & Niagara Ln

COURSE #	AGES	DAY	DATE + TIME	COST
45513	4-6	Tue, Thu	Sep 9-Sep 25 5:00 pm-5:45 pm	Res \$52 Non-Res \$60
45514	7-10	Tue, Thu	Sep 9-Sep 25 6:00 pm-7:00 pm	Res \$52 Non-Res \$60
45515	11 & Older	Tue, Thu	Sep 9-Sep 25 7:00 pm-8:00 pm	Res \$52 Non-Res \$60

Zachary Playfield, 4355 Zachary Lane

COURSE #	AGES	DAY	DATE + TIME	COST
45516	4-6	Sat	Sep 6-Sep 27 9:00 am-9:45 am	Res \$36 Non-Res \$43
45517	4-6	Sat	Sep 6-Sep 27 10:00 am-10:45 am	Res \$36 Non-Res \$43
45518	7-10	Sat	Sep 6-Sep 27 11:00 am-12:00 pm	Res \$36 Non-Res \$43
45519	11 & Older	Sat	Sep 6-Sep 27 12:00 pm-1:00 pm	Res \$36 Non-Res \$43

TENNIS Indoor Lessons

Armstrong High School, 10635 36th Ave

Provides beginner and intermediate level players with the fundamental skills; proper grip, footwork, ground strokes, volleys, overheads and serves, as well as basic rules and etiquette. Taught by Armstrong High School varsity tennis coach.

COURSE #	AGES	DAY	DATE + TIME	COST
45520	4-6	Sun	Oct 26-Nov 16 12:15 pm-1:00 pm	Res \$58 Non-Res \$67
45521	7-8	Sun	Oct 26-Nov 16 1:00 pm-2:00 pm	Res \$58 Non-Res \$67
45522	9-10	Sun	Oct 26-Nov 16 2:00 pm-3:00 pm	Res \$58 Non-Res \$67
45523	4-6	Wed	Oct 29-Nov 19 6:15 pm-7:00 pm	Res \$58 Non-Res \$67
45525	7-10	Wed	Oct 29-Nov 19 7:00 pm-8:00 pm	Res \$58 Non-Res \$67
45526	11 & Older	Wed	Oct 29-Nov 19 8:00 pm-9:00 pm	Res \$58 Non-Res \$67

VOLLEYBALL Volleyball League

Armstrong High School, 10635 36th Ave

Catch the fire! Players establish better skills in passing, setting, hitting and movement. Games held at each session. Players receive a league shirt. Kneepads and volleyballs are available for purchase on the first day.

COURSE #	AGES	DAY	DATE + TIME	COST
45565	7-9	Sat	Sep 6-Oct 11 1:45 pm-3:45 pm	Res \$132 Non-Res \$145
45566	10-12	Sat	Sep 6-Oct 11 10 am-12:00 pm	Res \$132 Non-Res \$145

EDUCATION Kharisma Finishing School

Plymouth Creek Center, 14800 34th Ave

Etiquette

Learn table manners, proper introductions, conversation tips and posture (snack provided to practice table manners).

COURSE #	AGES	DAY	DATE + TIME	COST
45779	9-18	Sat	Sep 6 12:00 pm-1:30 pm	Res \$45 Non-Res \$57
45780	9-18	Sat	Oct 4 12:00 pm-1:30 pm	Res \$45 Non-Res \$57
45781	9-18	Sat	Nov 1 12:00 pm-1:30 pm	Res \$45 Non-Res \$57
45782	9-18	Sat	Dec 6 12:00 pm-1:30 pm	Res \$45 Non-Res \$57

Makeover

Includes tips on hair styling, skin care, manicures, clothing and accessorizing. Receive professional makeover & manicure supplies.

COURSE #	AGES	DAY	DATE + TIME	COST
45783	9-18	Sat	Sep 6 2:00 pm-3:30 pm	Res \$55 Non-Res \$63
45784	9-18	Sat	Oct 4 2:00 pm-3:30 pm	Res \$55 Non-Res \$63
45785	9-18	Sat	Nov 1 2:00 pm-3:30 pm	Res \$55 Non-Res \$63
45786	9-18	Sat	Dec 6 2:00 pm-3:30 pm	Res \$55 Non-Res \$63

Modeling: Poise & Posture

Pose like a star in front of the camera. Includes a web page for each participant from the photo shoot!

COURSE #	AGES	DAY	DATE + TIME	COST
45787	9-18	Sat	Sep 6 4:00 pm-6:00 pm	Res \$55 Non-Res \$63
45788	9-18	Sat	Oct 4 4:00 pm-6:00 pm	Res \$55 Non-Res \$63
45789	9-18	Sat	Nov 1 4:00 pm-6:00 pm	Res \$55 Non-Res \$63
45790	9-18	Sat	Dec 6 4:00 pm-6:00 pm	Res \$55 Non-Res \$63

FITNESS Yoga for Teens

Plymouth Creek Center, 14800 34th Ave

Learn the fundamentals of yoga and get a great workout! Improve muscle flexibility and strength, increase awareness, improve self-esteem and have fun! Wear comfortable clothing and bring a yoga mat. Instr: Gretchen Vandeputte.

COURSE #	AGES	DAY	DATE + TIME	COST
45605	11-17	Tue	Sep 23-Nov 4 5:00 pm-5:45 pm	Res \$68 Non-Res \$78



RECREATION Squash & Screening

Plymouth Creek Center, 14800 34th Ave

Join us in the Black Box Theater for pumpkin decorating contest and a movie. Popcorn, refreshments, and candy for sale on site.

COURSE #	AGES	DAY	DATE + TIME	COST
45797	11-18	Sat	Oct 25 7:00 pm-10:00 pm	Free

RECREATION Movie Night

Plymouth Creek Center, 14800 34th Ave

Join us in the Black Box Theater for a movie; popcorn, refreshments, and candy for sale on site.

COURSE #	AGES	DAY	DATE + TIME	COST
45798	11-18	Sat	Dec 6 7:00 pm-10:00 pm	Free

SAFETY American Red Cross: Babysitter Training

Plymouth Creek Center, 14800 34th Ave

Provide safe, responsible care for children. Develop skills in leadership, safety and first aid. Includes handbook, CD and emergency guide. Must attend both sessions; American Red Cross certificate upon completion. **NOTE:** This class fills up quickly.

COURSE #	AGES	DAY	DATE + TIME	COST
45562	11-15	Fri, Oct 24, 6:00 pm-8:30 pm Sat, Oct 25, 9:00 am-3:30 pm		Res \$80 Non-Res \$90
45563	11-15	Fri, Nov 21, 6:00 pm-8:30 pm Sat, Nov 22, 9:00 am-3:30 pm		Res \$80 Non-Res \$90

SPORTS Fencing Introduction

Armstrong High School Community Gym, 10635 36th Ave

Intro to the fundamentals with a foil weapon. More than a game, fencing requires self discipline. Attacking, defense, timing and tactics are all integrated in this class. All equipment provided. Dress comfortably (wear long pants).

COURSE #	AGES	DAY	DATE + TIME	COST
45551	11 & Older	Wed	Sep 17-Oct 22 7:30 pm-8:30 pm	Res \$80 Non-Res \$92

TRIPS

Pick up and drop off at Plymouth Creek Center, 14800 34th Ave

Paintball: Special Forces

Two hours of non-stop paintball fun and excitement. Takes place at Special Forces Paintball high-quality playing field in Buffalo.

COURSE #	AGES	DAY	DATE + TIME	COST
45684	12-17	Sat	Sep 6 1:00 pm-5:00 pm	Res \$38 Non-Res \$46

Screamtown

Prepare to be spooked! Head to Chaska and experience many scary attractions, including a haunted corn maze, hillbilly motel, haunted forest and circus asylum. Transportation provided.

COURSE #	AGES	DAY	DATE + TIME	COST
45799	12-17	Fri	Oct 24 6:30 pm-9:30 pm	Res \$32 Non-Res \$40

ARTS & CRAFTS Photography Workshops

Plymouth Creek Center, 14800 34th Ave

Learn what to buy and where to buy it. Instr: Justin Cox, for more info, visit jcoxphotography.com**Purchasing Camera Equipment**

Get professional results on an amateur budget; what to buy, where to buy, and how to use it.

COURSE #	AGES	DAY	DATE + TIME	COST
45803	16 & Older	Wed	Sep 17–Sep 24 7:00 pm–8:30 pm	Res \$30 Non-Res \$36

Secrets of Professional Photographers

Understand the difference between amateur and professional camera equipment; the simple techniques and tricks that will unravel the mysteries of modern cameras. Please bring your digital camera to class.

COURSE #	AGES	DAY	DATE + TIME	COST
45589	16 & Older	Wed	Nov 12–Nov 19 7:00 pm–8:30 pm	Res \$30 Non-Res \$36

**ARTS & CRAFTS** Henna Style Painting on Canvas

Plymouth Creek Center, 14800 34th Ave

Learn intricate Henna style techniques and create a beautiful painting with acrylics on canvas. Supplies will be provided. Instr: Madhupriya Srinivasan.

COURSE #	AGES	DAY	DATE + TIME	COST
45613	18 & Older	Mon	Oct 20–Oct 27 6:00 pm–8:30 pm	Res \$55 Non-Res \$63

ARTS & CRAFTS The ABC's of Drawing

Plymouth Creek Center, 14800 34th Ave

Fundamentals of drawing, sketching and creating graphic compositions. No skills required, only the desire to draw. Instr: Tatiana Eletsky.

COURSE #	AGES	DAY	DATE + TIME	COST
45615	18 & Older	Thu	Sep 11–Oct 30 7:45 pm–8:45 pm	Res \$89 Non-Res \$99

ARTS & CRAFTS Holiday Floral Design Workshop

Dundee Nursery, 16800 Hwy 55

Produce stylish centerpieces for your holiday table this winter season. Select and condition flowers, prepare vessels for design, as well as color and texture pairings. An assortment of seasonal blooms, winter foliage available to inspire your holiday centerpiece. Each participant will take home a small arrangement.

COURSE #	AGES	DAY	DATE + TIME	COST
45744	18 & Older	Fri	Nov 21 6:00 pm–9:00 pm	Res \$25 Non-Res \$30

**DANCE** Ballroom Dancing for Beginners

Plymouth Creek Center, 14800 34th Ave

Learn several basic steps to the most popular ballroom dances, including Swing, Foxtrot, Waltz, Salsa, Polka and more!

COURSE #	AGES	DAY	DATE + TIME	COST
45352	16 & Older	Tue	Nov 11–Dec 2 7:00 pm–8:30 pm	\$55

EDUCATION **Cooking Classes**

Plymouth Creek Center, 14800 34th Ave

Join Carol Schaub for demonstration, hands-on experience, recipes and tasting.

Mozzarella Cheese and Yogurt for Beginners

Tastier, healthier and more cost efficient than store versions. Unlock the mystery of Greek yogurt and discuss how to make multiple cheeses. Please bring two 1 cup containers with secure lids.

COURSE #	AGES	DAY	DATE + TIME	COST
45660	18 & Older	Mon	Sep 15 6:30 pm–8:15 pm	Res \$37 Non-Res \$44

Jams, Jellies, Butters and Marmalades

What could be more comforting on a cold winter's night than your own preserves? Or a terrific idea for one-of-a-kind homemade gifts. Many fruits, herbs and veggies make tasty jams and jellies. Learn the difference between preserves while tasting, discover the secrets of pectin, and discuss ideas to make your preserves unique. Also, learn basic 'hot water bath' techniques. Prepare a batch of jam from start to finish, taking 1-2 jars home to enjoy. Recipes included.

COURSE #	AGES	DAY	DATE + TIME	COST
45662	18 & Older	Mon	Sep 22 6:30 pm–8:15 pm	Res \$37 Non-Res \$44

Artisan Breads in 5 Minutes a Day

Learn to make savory, healthy loaves using dough that mixes in minutes (no kneading required) and stores in the refrigerator for two weeks. Please bring a 4 quart mixing bowl with cover, a set of measuring cups and spoons and a large wooden spoon.

COURSE #	AGES	DAY	DATE + TIME	COST
45659	18 & Older	Mon	Nov 17 6:30 pm–8:15 pm	Res \$37 Non-Res \$44

EDUCATION **Style Right**

Plymouth Creek Center, 14800 34th Ave

Do you feel frumpy, dumpy, or out of date? Wearing the same thing all the time? Learn how to take back control of your closet, style and shopping. Style right, shop smart and never again say 'I have nothing to wear!'.

COURSE #	AGES	DAY	DATE + TIME	COST
45745	16 & Older	Wed	Sep 24 7:00 pm–9:00 pm	Res \$18 Non-Res \$22



EDUCATION **Artistic Moments**

Plymouth Creek Center, 14800 34th Ave

Cupcake and Cake Decorating

Join us as we learn basic skills of cupcake and cake decorating! Create your edible works of art just like professional bakers! You will decorate four festive cupcakes and take them home to share.

COURSE #	AGES	DAY	DATE + TIME	COST
45636	16 & Older	Mon	Oct 13 6:45 pm–8:45 pm	Res \$28 Non-Res \$34

FITNESS **Ballet Body Workout**

Plymouth Creek Center, 14800 34th Ave

A total body conditioning program. Blends classic ballet with pilates, yoga and strength movements. Burn fat and increase lean muscle mass. Please bring 2-3 lb dumbbells and a fitness or yoga mat to class. Instr: Gretchen Vandeputte

COURSE #	AGES	DAY	DATE + TIME	COST
45816	16 & Older	Fri	Sep 26–Nov 7 12:15 pm–1:05 pm	Res \$58 Non-Res \$66

FITNESS **Cardio Kickboxing**

Ultimate Martial Arts, 147 Hamel Rd; Hamel

Overall physical conditioning and toning. Increase balance, endurance, strength and flexibility. Wear comfortable clothing. Instr: Tom Malone.

COURSE #	AGES	DAY	DATE + TIME	COST
45690	16 & Older	Mon	Oct 6–Nov 10 7:30 pm–8:15 pm	Res \$62 Non-Res \$71

FITNESS **Cardio Strength Intervals**

Plymouth Creek Center, 14800 34th Ave

Increase aerobic capacity, strength, flexibility and endurance. Alternating quick intervals with varied timing. Use fitness bands and dumbbells. ACE Certified Instr: Aleen Waters.

COURSE #	AGES	DAY	DATE + TIME	COST
45606	15 & Older	Wed	Sep 10–Oct 22 5:30 pm–6:30 pm	Res \$52 Non-Res \$60
45607	15 & Older	Wed	Oct 29–Dec 17 5:30 pm–6:30 pm No Program: 11/26	Res \$52 Non-Res \$60

Not all exercise programs are suitable for everyone, please consult your physician before starting a new program.

HOOP IT UP!

Plymouth Creek Center, 14800 34th Ave

Hoop it up - fun fitness for everyone! Stretch, strengthen and tone your entire body while hooping to energizing music. Hoops are provided (also available for purchase). Instr: Annette Fragale.

COURSE #	AGES	DAY	DATE + TIME	COST
45586	16 & Older	Tue	Sep 9 6:00 pm–7:30 pm	Res \$20 Non-Res \$24

JACKI'S AEROBIC DANCING

Beacon Education Center, 12325 Hwy 55

Combine the benefits of exercise with the fun of dancing. Includes stretching, core work, strengthening, cardio and cool down. Instr: Mary Anne Young.

COURSE #	AGES	DAY	DATE + TIME	COST
45611	16 & Older	Mon, Wed	Sep 8–Oct 22 8:00 am–9:00 am No Program: 10/8	Res \$60 Non-Res \$68
45612	16 & Older	Mon, Wed	Oct 27–Dec 10 8:00 am–9:00 am	Res \$64 Non-Res \$72

KETTLEBELL TRAINING

Plymouth Creek Center, 14800 34th Ave

A challenging fitness program for busy men and women! Achieve gains in muscle strength, energy and calorie burn. Wear loose clothes and bring water. Training done in bare feet or flat soled shoes. Kettlebells provided (17-36 lb) or bring your own. Certified Instr: Roxanne Altmeyer.

COURSE #	AGES	DAY	DATE + TIME	COST
45773	18 & Older	Tue	Sep 9–Oct 14 7:00 pm–8:00 pm	Res \$88 Non-Res \$100
45774	18 & Older	Tue	Oct 21–Nov 25 7:00 pm–8:00 pm	Res \$88 Non-Res \$100

PERSONAL TRAINING

Receive 1-on-1 guidance and support from a certified trainer. Design a workout plan that's right for you, including weight loss, general fitness, sports performance, toning, core strength, nutrition, flexibility and balance. Sessions are 60 minutes, held at either your home or a park facility (depending on availability). Small group training is also available.

Instr: Mollie Kreibich, NSCA-CPT certified. For more info or to register, please call 763-509-5225.

- 1 Session: \$80
- 6 Sessions: \$75 each
- 12 Sessions: \$70 each
- 24 Sessions: \$65 each

PILATES **Mat Pilates**

Plymouth Creek Center, 14800 34th Ave

Work your body from inside out! Core work that improves posture, flexibility, body tone and stamina. For beginners and beyond, variety and intensity for everyone. Bring a mat. Instr: Diane Gusek.

COURSE #	AGES	DAY	DATE + TIME	COST
45587	16 & Older	Thu	Sep 4–Oct 23 6:30 pm–7:30 pm No Program: 9/18, 10/16	Res \$52 Non-Res \$60
45588	16 & Older	Thu	Nov 6–Dec 18 6:30 pm–7:30 pm No Program: 11/27	Res \$52 Non-Res \$60

PILATES **Pilates Reformer**

Pilates MN, 864 E Lake St; Wayzata

The Reformer assists in doing exercises correctly, using core strength that will flatten and firm abs! Alignment, breathing and posture challenged. Instr: Pam Hasselbring, Pilates MN.

COURSE #	AGES	DAY	DATE + TIME	COST
45777	16 & Older	Sat	Sep 13–Oct 25 7:15 am–8:15 am	Res \$126 Non-Res \$138
45778	16 & Older	Sat	Nov 1–Dec 13 7:15 am–8:15 am	Res \$126 Non-Res \$138

STRENGTH & STABILITY

Plymouth Creek Center, 14800 34th Ave

Cardio moves, fitness bands and hand weights. Bring non-weighted stability ball and mat. Instr: Aleen Waters, ACE certified.

COURSE #	AGES	DAY	DATE + TIME	COST
45608	16 & Older	Tue	Sep 9–Oct 28 5:30 pm–6:30 pm No Program: 10/7	Res \$50 Non-Res \$58

TAI CHI FOR HEALTH

Plymouth Creek Center, 14800 34th Ave

A gentle, slow-moving exercise, easy to learn and safe for all ages. Helps increase strength, flexibility and balance, reduce stress and promote relaxation. Wear loose comfortable clothing. Approved by the Arthritis Foundation. Certified Instr: Cindy Bergstrom.

COURSE #	AGES	DAY	DATE + TIME	COST
45583	16 & Older	Wed	Sep 17–Nov 5 6:45 pm–7:45 pm	Res \$54 Non-Res \$62

YOGA **Kick Booty Yoga**

Plymouth Creek Center, 14800 34th Ave

Burn fat! Increase strength! Gain flexibility! Each class is different to challenge mind and body. For all fitness levels. Yoga experience not necessary. Dress comfortable, wear tennis shoes and bring yoga mat and light weights (2-3 lbs) for class. Instr: Gretchen Vandeputte.

COURSE #	AGES	DAY	DATE + TIME	COST
45603	18 & Older	Tue	Sep 23–Nov 4 6:00 pm–7:00 pm	Res \$68 Non-Res \$78

ADULTS FITNESS

Not all exercise programs are suitable for everyone, please consult your physician before starting a new program.

YOGA

Hatha Yoga

Plymouth Creek Center, 14800 34th Ave

Increase your energy, condition, relax tight muscles and release stiff joints. Using hundreds of postures your body will be challenged to align, strengthen and balance. Program for all levels. Bring a mat and water. Instr: Jessica Spore.

COURSE #	AGES	DAY	DATE + TIME	COST
45601	16 & Older	Mon, Wed	Sep 8–Oct 22 6:30 pm–7:30 pm	Res \$98 Non-Res \$110
45602	16 & Older	Mon, Wed	Nov 3–Dec 17 6:30 pm–7:30 pm	Res \$98 Non-Res \$110

Yoga Time! BYOB (Bring Your Own Baby)

Parkers Lake Park, Co Rd 6 & Niagara Ln

Baby and mom bond through yoga with movement and loving touch. *Should be 6 weeks post partum (8-10 weeks post partum if cesarean section, check with doctor).* Bring yoga mat, water, blanket, pillow and baby (infant-crawling). Instr: Jessica Spore.

COURSE #	AGES	DAY	DATE + TIME	COST
45593	18 & Older	Sat	Sep 6–Oct 11 9:15 am–10:00 am	Res \$70 Non-Res \$78
45594	18 & Older	Sat	Oct 18–Nov 22 9:15 am–10:00 am	Res \$70 Non-Res \$78

Yoga Time! Prenatal Yoga Flow

Parkers Lake Park, Co Rd 6 & Niagara Ln

Flow through yoga postures and breathing techniques. You'll find yourself relaxed, restored and rejuvenated. Bring a yoga mat, water and blanket. Instr: Jessica Spore.

COURSE #	AGES	DAY	DATE + TIME	COST
45595	18 & Older	Sat	Sep 6–Oct 11 11:15 am–12:00 pm	Res \$70 Non-Res \$78
45596	18 & Older	Sat	Oct 18–Nov 22 11:15 am–12:00 pm	Res \$70 Non-Res \$78

YOGASTUDIO

Cottonwood Plaza YogaStudio, 3900 Vinewood Ln

Bring a mat, towel and water.

Questions? 763-557-8626 or www.yogamn.com.

When Pigs Fly Yoga

Scared of yoga? Know you need it? Can't see or touch your toes? This is for you! Class takes place in a warm room.

COURSE #	AGES	DAY	DATE + TIME	COST
45758	16 & Older	Tue	Sep 2–Oct 21 5:35 pm–6:15 pm	Res \$59 Non-Res \$68
45759	16 & Older	Tue	Oct 28–Dec 16 5:35 pm–6:15 pm	Res \$59 Non-Res \$68

Restorative Yoga

Relax and renew with supported postures which encourage deep relaxation. Bring a mat and water bottle.

COURSE #	AGES	DAY	DATE + TIME	COST
45764	16 & Older	Wed	Sep 3–Oct 15 7:00 pm–8:15 pm	Res \$77 Non-Res \$88
45765	16 & Older	Wed	Oct 22–Dec 10 7:00 pm–8:15 pm No Program: 11/26	Res \$77 Non-Res \$88

Hot Yoga

Hatha Yoga in a hot studio! Highly accessible for all fitness levels. Promotes detoxification, improves circulation and allows for deep stretching.

COURSE #	AGES	DAY	DATE + TIME	COST
45760	16 & Older	Sun	Sep 7–Oct 26 4:30 pm–5:45 pm	Res \$88 Non-Res \$101
45761	16 & Older	Sun	Nov 2–Dec 21 4:30 pm–5:45 pm	Res \$88 Non-Res \$101

Beginner Workshop

Spend 90 minutes having fun, exploring YOGA for YOU! Learn and experience yoga postures and breath with great well-trained, fun teachers. Plenty of time for questions.

COURSE #	AGES	DAY	DATE + TIME	COST
45768	16 & Older	Sat	Oct 4 1:30 pm–3:00 pm	Res \$25 Non-Res \$32

Yoga Nap

Experience the 'relaxation response' through extraordinary supported postures, breath work and guided meditation. Peacefully settle into physical, mental and heartfelt rest that is profoundly healing. Come help your body, mind and spirit heal.

COURSE #	AGES	DAY	DATE + TIME	COST
45766	16 & Older	Sat	Nov 1 1:30 pm–3:00 pm	Res \$25 Non-Res \$32
45767	16 & Older	Sat	Dec 6 1:30 pm–3:00 pm	Res \$25 Non-Res \$32

FITNESS Zumba

Plymouth Creek Center, 14800 34th Ave

Zumba is easy, aerobic and lots of fun. Dance fitness that fuses Latin rhythms with easy-to-follow moves. A dynamic, complete body workout with an emphasis on arms, legs, abdomen and heart! Instr: Luisa Fuentes-Tuel.

Zumba: Level 1

COURSE #	AGES	DAY	DATE + TIME	COST
45746	16 & Older	Mon	Sep 8–Oct 20 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
45747	16 & Older	Mon	Sep 8–Oct 20 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
45748	16 & Older	Wed	Sep 10–Oct 22 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
45749	16 & Older	Fri	Sep 12–Oct 24 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
45754	16 & Older	Mon	Nov 3–Dec 15 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
45755	16 & Older	Mon	Nov 3–Dec 15 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
45756	16 & Older	Wed	Nov 5–Dec 17 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
45757	16 & Older	Fri	Nov 7–Dec 19 5:30 pm–6:30 pm No Program: 11/28	Res \$42 Non-Res \$50

Zumba: Level 2

COURSE #	AGES	DAY	DATE + TIME	COST
45750	16 & Older	Tue	Sep 9–Oct 21 6:45 pm–7:45 pm No Program: 10/7	Res \$42 Non-Res \$50
45751	16 & Older	Wed	Sep 10–Oct 22 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
45753	16 & Older	Wed	Nov 5–Dec 17 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
45752	16 & Older	Tue	Nov 11–Dec 16 6:45 pm–7:45 pm	Res \$42 Non-Res \$50



Each month a different doctor will lead a 45 minute walk that is open to all Plymouth community members. All ages and fitness levels are encouraged to spend time with their neighbors, talk to an Abbott Northwestern WestHealth doctor and take a step toward better health. Participants will receive a t-shirt and pedometer.

No registration required.

September 8 / October 6 / November 3

Plymouth Creek Center at 6-7 pm

**HEALTH & WELLNESS**

Plymouth Creek Center, 14800 34th Ave

Intro to Meditation

Learn how to concentrate, center, de-stress and become more creative. Designed to help you create your own meditation practice. Bring a blanket. Instr: Ciaara K. Estar.

COURSE #	AGES	DAY	DATE + TIME	COST
45584	14 & Older	Wed	Oct 15–Nov 5 7:00 pm–8:00 pm	Res \$52 Non-Res \$60

Facial Exercise

Geared for women. Just like the rest of your body, the face has muscles that can be tightened to lift up what gravity pulls down. Sagging jowls, droopy eyelids, turkey neck and more can be corrected through a 4-minute workout. Please bring a small stand-up mirror. Instruction booklet provided. Instr: Tessa Hill.

COURSE #	AGES	DAY	DATE + TIME	COST
45590	20 & Older	Wed	Oct 1 6:30 pm–8:00 pm	Res \$20 Non-Res \$24

Massage for Family and Friends

Sign up with a friend or partner! Learn basic massage strokes, techniques and areas to avoid. A hands-on class, we will practice on each other. Wear athletic-type clothes or sweats. Please bring 2 pillows for head/knees and two blankets. Instr, Ciaara K. Estar.

COURSE #	AGES	DAY	DATE + TIME	COST
45585	18 & Older	Thu	Nov 13 6:30 pm–8:30 pm	Res \$28 Non-Res \$34

Nutrition: Balanced Foods for Balanced Moods

Reduce negative moods, increase energy, enhance positive thoughts, improve memory and manage stress by eating real foods in balance. Understand the food-mood connection and feel empowered to make permanent lifestyle changes. Earn 2.4 CEU's.

COURSE #	AGES	DAY	DATE + TIME	COST
45675	18 & Older	Tue	Oct 14 7:00 pm–9:00 pm	Res \$26 Non-Res \$30

ADULTS

MARTIAL ARTS Shaolin Kung Fu

Bass Lake Park, 5450 Northwest Blvd

Learn proper techniques and traditional styles of Shaolin Kung Fu. Classes are fun and non-competitive. Build strength, flexibility, balance and confidence. Class structure allows each individual to advance at their own pace.

COURSE #	AGES	DAY	DATE + TIME	COST
45714	14 & Older	Thu	Sep 11–Oct 30 7:30 pm–8:30 pm No Program: 10/16	Res \$67 Non-Res \$77
45715	14 & Older	Thu	Nov 6–Dec 18 7:30 pm–8:30 pm No Program: 11/27	Res \$59 Non-Res \$68



SPORTS Basketball Leagues

Armstrong High School Community Gym, 10635 36th Ave

Call 763-509-5200 to register or for details.

5-on-5 Unofficial League

Full court, no referees, call your own fouls. We supply a time keeper. Leagues are formed based on returning teams' past performance (2 or 3 divisions). New teams are placed in lower division unless request to play up. Supply your own ball.

COURSE #	AGES	DAY	DATE + TIME	COST
45494	18 & Older	Mon	Sep 8–Nov 24 6:00 pm–10:00 pm	\$165

5-on-5 Official League

Scrimmage game plus ten game season. Single-elimination playoff within division at end of season. Roster limit is 12. Teams are sanctioned by the MRPA. League champion advances to a state tournament. 2013-2014 returning teams can register starting Sept 8, new teams may register starting Oct 6.

COURSE #	AGES	DAY	DATE + TIME	COST
45495	18 & Older	Wed	Dec 3–Feb 25 6:00 pm–10:00 pm	\$575
45496	18 & Older	Thu	Dec 4–Feb 26 6:00 pm–10:00 pm	\$575



SPORTS Football League

Bass Lake Playfield, 4950 Northwest Blvd

Call 763-509-5200 to register or for details.

4-on-4 Unofficial League

This is a 1-hand touch, passing league. There are no referees. We supply a timekeeper. The team captains run the game. Roster limit is 10 players. 6-week season with a single elimination playoff. Teams should supply their own ball.

COURSE #	AGES	DAY	DATE + TIME	COST
45570	18 & Older	Wed	Sep 10–Oct 15 6:00 pm–9:00 pm	\$125
45571	18 & Older	Sat	Sep 13–Oct 18 9:00 am–11:00 am	\$125

OPEN BADMINTON

Wayzata High School, 4950 Peony Ln

We supply the net and the birdies; you supply the racket. This is not a league; players organize their own games. Punch cards with 10 visits may be purchased for \$30.

AGES	DAY	DATE + TIME	COST
18 & Older	Mon	Sep 15–Dec 15 7:30 pm–10:00 pm	\$4 at the door

OPEN BASKETBALL

Wayzata High School, 4950 Peony Ln

Pick up basketball games for adults. Pay \$4/time at the door. Players should bring their own ball. Punchcard with 10 visits can be purchased for \$30. Call 763-509-5200.

AGES	DAY	DATE + TIME	COST
18 & Older	Wed	Sep 24–Dec 17 7:30 pm–10:00 pm	\$4 at the door

OPEN PICKLEBALL

Armstrong High School Community Gym, 10635 36th Ave

Pick up pickleball. Balls and limited rackets provided. This is not a league; players organize their own games. Punch card with 10 visits may be purchased for \$30. No Program: 11/23.

AGES	DAY	DATE + TIME	COST
18 & Older	Sun	Oct 19–Dec 21 3:30 pm–5:30 pm	\$4 at the door

OPEN SOCCER Outdoor

Co-Rec soccer on a social level. Not for the aggressive/competitive player. No slide tackling, shin guards recommended. Teams formed on-site by captains. Pre-registration required.

Fieldhouse, 14800 34th Ave

COURSE #	AGES	DAY	DATE + TIME	COST
45500	18 & Older	Sun	Aug 24–Oct 12 4:30 pm–6:00 pm	Res \$25 Non-Res \$30

Parkers Lake Park, Co Rd 6 & Niagara Ln

COURSE #	AGES	DAY	DATE + TIME	COST
45501	18 & Older	Wed	Aug 27–Oct 15 7:30 pm–9:00 pm	Res \$25 Non-Res \$30

OPEN SOCCER Indoor

Fieldhouse, 14800 34th Ave

Good sportsmanship required. No slide tackling or overly aggressive play. Shin guards are required. Teams will be formed on site by captains. Preregistration required.

COURSE #	AGES	DAY	DATE + TIME	COST
45503	18 & Older	Wed	Oct 29–Dec 17 9:00 pm–10:30 pm	Res \$79 Non-Res \$90
45502	18 & Older	Mon	Nov 3–Dec 22 9:00 pm–10:30 pm	Res \$79 Non-Res \$90

OPEN VOLLEYBALL

Wayzata High School, 4950 Peony Ln

Pick up volleyball. Balls and net set up provided. This is not a league; players organize their own games. Punch card with 10 visits may be purchased for \$30.

AGES	DAY	DATE + TIME	COST
18 & Older	Wed	Sep 24–Dec 17 7:30 pm–10:00 pm	\$4 at the door

SOCCER LEAGUE Men's Outdoor

Parkers Lake Park, Co Rd 6 & Niagara Ln

Teams will play 6 v 6 plus a goalie. Championship t-shirts awarded. Roster limit is 16. Rain Make Up: 10/26.

COURSE #	AGES	DAY	DATE + TIME	COST
45498	19 & Older	Sun	Sep 7–Oct 19 6:30 pm–9:30 pm	\$270

SOCCER LEAGUE Men's Officiated

Fieldhouse, 14800 34th Ave

Teams will play 6 vs 6 plus a goalie. Two or three divisions based on competition level. Returning teams may be moved up. Championship t-shirts awarded. Roster limit is 16.

COURSE #	AGES	DAY	DATE + TIME	COST
45499	19 & Older	Thu	Oct 30–Dec 18 8:00 pm–11:15 pm	\$815

VOLLEYBALL LEAGUE Co-Rec

Wayzata High School, 4950 Peony Ln

Play with up to 3 men and 3 women per team on the court (4 player minimum). Teams call their own violations. Roster limit is 12.

COURSE #	AGES	DAY	DATE + TIME	COST
45504	18 & Older	Thu	Sep 18–Nov 20 7:30 pm–10:00 pm	\$160

SENIOR ADULTS ARTS & CRAFTS

All senior adult classes, unless otherwise indicated, will be held at Plymouth Creek Center, 14800 34th Ave



CONTINUING JOYS OF WATERCOLOR

Focus is on the development of each student's personal style. Demos, handouts, discussions and individual attention. Bring your own watercolor supplies. Instr: Kathleen Parker.

Session 1

COURSE #	DAY	DATE + TIME	COST
44012	Tue	Sep 2–Sep 30 1:00 pm–4:00 pm No Program: 9/16	\$43

Session 2

COURSE #	DAY	DATE + TIME	COST
44013	Tue	Oct 7–Nov 4 1:00 pm–4:00 pm No Program: 10/21	\$43

Session 3

COURSE #	DAY	DATE + TIME	COST
44014	Tue	Nov 18–Dec 9 1:00 pm–4:00 pm	\$43

DRAWING **Beginning and Beyond**

Discover the joy of drawing by improving your power of observation. Elevate your drawing skill by seeing more clearly and relying less on what your mind perceives. We all see uniquely, which creates a rich and vibrant range of drawing and artistic styles. Drawings will be created with the use of pencils and markers. Instr: David Tomlinson.

COURSE #	DAY	DATE + TIME	COST
45383	Thu	Sep 18–Oct 2 9:00 am–11:00 am	\$37
45384	Thu	Oct 23–Nov 6 9:00 am–11:00 am	\$37

INTRO TO BASIC ACRYLIC PAINTING

Explore the wonders of painting with Acrylics which offer great flexibility: from the delicacy of watercolor washes to the strength of oils. Create an acrylic painting through guided demonstrations and personalized instruction which will include composition, color theory and application techniques. Instr: David Tomlinson. Call for a list of required materials: 763-509-5280.

COURSE #	DAY	DATE + TIME	COST
45366	Wed	Oct 22–Nov 5 1:00 pm–4:00 pm	\$37

INTRO TO WATERCOLOR WORKSHOP

Finish a painting in each session! Instructor's patterns. No drawing required. Bring your own supplies or use instructor's for \$3 fee. Beginning and intermediate painters welcome. Instr: Kathleen Parker.

Flower Painted with Negative Space

COURSE #	DAY	DATE + TIME	COST
44003	Thu	Aug 28 1:00 pm–4:00 pm	\$18

Fall Flower Collage

COURSE #	DAY	DATE + TIME	COST
44004	Thu	Sep 25 1:00 pm–4:00 pm	\$18

Owls on a Branch in Fall

COURSE #	DAY	DATE + TIME	COST
45355	Thu	Oct 23 1:00 pm–4:00 pm	\$18

Small Winter Scenes

COURSE #	DAY	DATE + TIME	COST
45356	Thu	Nov 13 1:00 pm–4:00 pm	\$18

Cardinals in Christmas Arrangement

COURSE #	DAY	DATE + TIME	COST
45357	Thu	Dec 11 1:00 pm–4:00 pm	\$18

SUMIE PAINTING

Sumie painting is a unique style of Japanese brush, water based painting. Customs and philosophy are part of class. Authentic supplies from China or Japan will be available for purchase from instructor for \$36. Instr: Marion Brown.

COURSE #	DAY	DATE + TIME	COST
45349	Tue	Sep 9–Oct 14 9:30 am–12:00 pm	\$34
45350	Tue	Nov 4–Dec 16 9:30 am–12:00 pm No Program: 11/4	\$34

TRAVEL PHOTOGRAPHY

Create dramatic images that tell stories through slideshows. Learn what photo gear you will need for travel, security, photo tips for landscapes, people, street scenes, architecture and more. Instr: Ron Timm. Register by 8/19.

COURSE #	DAY	DATE + TIME	COST
45199	Tue	Aug 26 9:30 am–11:00 am	\$10

ARMCHAIR TRAVEL

Nepal with Richard Kain

In 1999 and 2002, Richard Kain's goal was to see Mount Everest up close as he trekked in Nepal. On his second trip, he achieved his goal reaching a high point at an 18,200 foot elevation (6 miles from Everest's summit), with a clear view of base camp and the Khumbu ice fall. Includes many mountain photographs, as well as images of Kathmandu, Sherpa people and Buddhist religious items such as temples and monasteries. Register by 8/15.

COURSE #	DAY	DATE + TIME	COST
45435	Wed	Aug 20 10:00 am–11:00 am	\$5



BRIDGE LESSONS

Instr: Mignon Nearmyer.

Beginning Bridge Lessons: Book 1

Learn the basics of playing bridge. Book 1 is required and can be purchased from the instructor.

COURSE #	DAY	DATE + TIME	COST
45333	Tue	Sep 2–Oct 28 6:45 pm–8:45 pm No Program: 10/7	\$43
45332	Thu	Sep 4–Oct 23 9:00 am–11:00 am	\$43

Beginning Bridge Lessons: Book 3

Learn the basics of playing bridge. Book 3 is required and can be purchased from the instructor.

COURSE #	DAY	DATE + TIME	COST
45371	Mon	Sep 8–Oct 27 1:30 pm–3:30 pm	\$43

Shuffle, Deal & Play

Practice what you have learned in class. Also get a little instruction on the latest rules and play under the eye of an expert bridge master.

COURSE #	DAY	DATE + TIME	COST
45334	Thu	Oct 30–Dec 11 9:00 am–11:00 am No Program: 11/27	\$33
45373	Mon	Nov 3–Dec 8 1:30 pm–3:30 pm	\$33
45335	Tue	Nov 4–Dec 9 6:45 pm–8:45 pm	\$33

COMPUTER EDUCATION

Classes to interest every level of user. You may bring your own laptop, but please let us know if you will be doing so when you register. Register early, limited seating.

Computer Basics/File Maintenance

Understanding the basics of computer operation using Windows 7 or XP (no Mac). Topics include: data storage, working with files (creating, saving, moving, etc.) installing/uninstalling applications, getting Help and computer safety issues. Bring a flash drive if possible and a notebook.

COURSE #	DAY	DATE + TIME	COST
45320	Tue	Oct 7–Oct 28 1:30 pm–3:30 pm	\$25

TECHNOLOGY WORKSHOPS

So you have a cell phone..now what? Learn the basic functions of your cell phone. Each person will get individual instruction. Bring your phone and manual with you. Call 763-509-5280 to make your 30 minute appointment. Provided by Madeline and Barry Rosinsky.

COURSE #	DAY	DATE + TIME	COST
45367	Mon	Nov 3 9:00 am–12:00 pm	\$7

ENTERTAIN WITH STORYTELLING WORKSHOP

Use stories to entertain your grandchildren, share your legacy, and liven family gatherings. We'll practice telling short humorous tales that bring families together and diffuse tensions. Instructor Carol McCormick is a published author who has been a professional storyteller for 30 years. Register by 9/16.

COURSE #	DAY	DATE + TIME	COST
45310	Tue	Sep 23 10:00 am–12:00 pm	\$20



GARDENING PROGRAMS

Susan Davis Price will show slides of gardens in Minnesota from the 1800's and the anecdotal history of them. She has written an illustrated book also called Minnesota Gardens. Register by 9/11.

COURSE #	DAY	DATE + TIME	COST
45253	Fri	Sep 12 11:00 am–12:00 pm	\$5

SENIOR ADULTS

GREAT BRITAIN

With all of the recent excitement involving the royal family, many questions have been asked. Presenter, Terry Kubista.

Celtic Legends

Legends are fun even if they are fanciful. Ireland and Scotland will provide the homes for these legends. Register by 9/3.

COURSE #	DAY	DATE + TIME	COST
45327	Wed	Sep 10 & Sep 24 9:30 am–11:30 am No Program: 9/17	\$15

History of Parliament

Where did Parliament come from and how is it different from our government? Our founding fathers used what they saw as weaknesses in the British system to strengthen our system of government. Did they succeed? Register by 11/12.

COURSE #	DAY	DATE + TIME	COST
45330	Wed	Nov 5 & Nov 19 9:30 am–11:30 am	\$15

GREAT DECISIONS

Sponsored by the Foreign Policy Assoc and the speakers bureau from the Minnesota International Center. Beverages provided; bring a lunch.

Islamic Awakening

COURSE #	DAY	DATE + TIME	COST
45437	Thu	Sep 18 11:30 am–1:00 pm	\$6

Neanderthals and the Stones

Recent exploration and scientific discoveries have opened up secrets held by Britain's hills and valleys. Look at the most recent ones and discuss their implications. Register by 11/26.

COURSE #	DAY	DATE + TIME	COST
45331	Wed	Dec 3–Dec 17 9:30 am–11:30 am	\$22

Castle Ghosts

Visiting castles in each of the countries of the British Isles (England, Scotland, England, Wales). Explore each of the four country's tales from the perspective of their ancient societies. Register by 10/1.

COURSE #	DAY	DATE + TIME	COST
45329	Wed	Oct 8–Oct 29 9:30 am–11:30 am	\$29

Chinese Foreign Policy

COURSE #	DAY	DATE + TIME	COST
45438	Thu	Oct 16 11:30 am–1:00 pm	\$6

Turkey

COURSE #	DAY	DATE + TIME	COST
45439	Thu	Nov 20 11:30 am–1:00 pm	\$6

JOY OF LEARNING **Discover U**

Just like the body, your brain needs activity to keep healthy. Discover the Joy of Learning.

Dred Scott and Slavery in Minnesota

Hear about Dred Scott and his family, slaves who lived at Fort Snelling and fought for their freedom during the 1850's. Dred and his wife Harriet spent 11 years in the courts fighting for freedom based. The US Supreme Court's decision pushed the nation further towards civil war. Brought to us by the History Outreach Program from Historic Fort Snelling. Treats served. Register by 10/7.

COURSE #	DAY	DATE + TIME	COST
45128	Wed	Oct 15 10:00 am–11:30 am	\$6

The Perfect Fire Storm

This seminar will look at a number of fires in Minnesota and Wisconsin from 1870 to 1920 including the Hinkley Fire, Baudette Fire and more. These are the great fires caused by the logging of the white pine. Historian Dan Hartman will offer a picture presentation about the fires. Please register by 10/20.

COURSE #	DAY	DATE + TIME	COST
45369	Mon	Oct 27 1:00 pm–3:00 pm	\$6

The War in the Pacific (Island Hopping)

The Pacific War refers broadly to the Pacific theater of WWII after Pearl Harbor. This seminar will look at the many military engagements as the allies drove toward Japan and the end of the fighting on August 15, 1945. Historian, Dan Hartman, offers a picture presentation about the war. Register by 11/3.

COURSE #	DAY	DATE + TIME	COST
45370	Mon	Nov 10 1:00 pm–3:00 pm	\$6

MEET THE AUTHOR

Hear about the writing and publishing of their books.

Scotland from The Author's View

Laura Vosika will discuss Scotland and its history, as she talks about her time travel book series, *The Blue Bells Chronicles*. Included will be a slide show from her recent trip to Scotland, featuring castles, cathedrals, and the spectacular 700th anniversary re-enactment of the great Battle of Bannockburn. Register by 8/25.

COURSE #	DAY	DATE + TIME	COST
45305	Wed	Aug 27 1:30 pm–3:00 pm	\$6

NAVIGATING MEDICARE

Getting ready to retire? Are you a family member or a caregiver to someone who has Medicare coverage? Already have Medicare and just want to know what is going on with Medicare? Learn about Medicare and discuss Parts A, B and D coverages. The class is not a sales pitch. Offered in cooperation with Senior Community Services, a non-profit agency.

COURSE #	DAY	DATE + TIME	COST
45284	Tue	Oct 14 6:30 pm–8:30 am	\$10

LONG TERM CARE INSURANCE

What is long-term care? Why plan for long-term care? What is covered by long-term care insurance? Discuss the answers and more—increasing pressure on the long-term care system, how long-term care insurance works and the Minnesota Long-Term Care Partnership. Presented by MAAA.

COURSE #	DAY	DATE + TIME	COST
45182	Tue	Sep 16 6:30 pm–8:00 pm	\$5

SENIOR ADULT FITNESS

Not all exercise programs are suitable for everyone, please consult your physician before starting a new program.

BALANCE TRAINING TO PREVENT FALLS

Alene Waters will teach exercises that will help build strength and train your balance to help prevent falls. These classes will be done using a chair while standing. Instr: Aleen Waters Aleen has been a certified instructor with the American Council of Exercise (ACE) since 1988.

COURSE #	DAY	DATE + TIME	COST
45169	Wed	Sep 17-Oct 8 1:30 pm-2:15 pm No Program: 9/24	\$35

CHAIR YOGA

Move your body through a series of seated and standing yoga poses. Restorative breathing is emphasized. Reduce stress. Class taught by certified Yoga Instr: Clare Ochry.

COURSE #	DAY	DATE + TIME	COST
45360	Mon	Sep 15-Oct 20 10:30 am-11:15 am	\$43
45362	Fri	Sep 12-Oct 17 10:15 am-11:00 am	\$43
45363	Fri	Oct 24-Dec 12 10:15 am-11:00 am No Program: 11/7, 11/28	\$43
45361	Mon	Oct 27-Dec 8 10:30 am-11:15 am No Program: 11/10	\$43

LOW IMPACT AEROBIC DANCING

Fitness sport that combines the health and figure benefits of jogging with the fun of dancing. All routines are approved by fitness experts and complement each other in a safe manner. Instr: Mary Anne Young.

COURSE #	DAY	DATE + TIME	COST
45804	Wed	Sep 10-Oct 29 9:45 am-10:45 am No Program: 10/8, 10/15	\$26
45805	Wed	Nov 5-Dec 17 9:45 am-10:45 am No Program: 11/26	\$26

MINDFUL MOVEMENTS

A mix of hatha yoga poses and meditations for a complete sense of well being. All levels accepted. Bring a mat. Instr: Clare Ochry.

COURSE #	DAY	DATE + TIME	COST
45364	Mon	Sep 15-Oct 20 11:30 am-12:30 pm	\$43
45365	Mon	Oct 27-Dec 8 11:30 am-12:30 pm No Program: 11/10	\$43



TAI CHI CHIH

Tai Chi Chih is a series of 19 easy-to-learn movements and 1 pose. Many health benefits: blood pressure control, flexibility, balance and reduced stress. Instr: Jackson Rains.

Tai Chi Chih: Beginning

COURSE #	DAY	DATE + TIME	COST
45313	Tue	Sep 9-Oct 28 10:00 am-11:00 am	\$42

Tai Chi Chih: Beginners Mini Series

COURSE #	DAY	DATE + TIME	COST
45483	Tue	Nov 18-Dec 16 10:00 am-11:00 am No Program: 11/25	\$21

Tai Chi Chih: Intermediate

COURSE #	DAY	DATE + TIME	COST
45315	Tue	Sep 9-Oct 28 11:30 am-12:30 pm	\$42
45316	Tue	Nov 18-Dec 16 11:30 am-12:30 pm No Program: 11/25	\$21

TAP DANCE FOR SENIORS

Learn a whole dance in this class with Stephanie Stockton. Tap shoes are preferred, but hard soled leather shoes will also work.

COURSE #	DAY	DATE + TIME	COST
45358	Fri	Sep 19-Oct 24 12:30 pm-1:30 pm	\$53
45359	Fri	Oct 31-Dec 12 12:30 pm-1:30 pm No Program: 11/28	\$53

YOGA EASY

Increase your energy and learn breathing techniques for relaxation. Modifications of poses are offered in standing, seated and lying postures. Bring a yoga mat. Instr: Clare Ochry.

COURSE #	DAY	DATE + TIME	COST
44019	Fri	Sep 12-Oct 31 9:00 am-10:00 am	\$50
44020	Fri	Nov 14-Dec 19 9:00 am-10:00 am No Program: 11/28	\$31

ZUMBA GOLD

Zumba Gold is a dance fitness class which uses the exciting Latin and international dance rhythms of the original Zumba class and modifies them for the beginner participants and others who may desire a less intense workout. Using dance and fitness moves to salsa, merengue, cha-cha, and other rhythms, you will experience a complete body workout. No dance experience is necessary. Comfortable clothing and workout shoes are recommended. Instr: Jan Gamble.

Free One Day Try It

COURSE #	DAY	DATE + TIME	COST
45319	Tue	Sep 9 9:00 am-10:00 am	Free

Zumba Gold Classes

COURSE #	DAY	DATE + TIME	COST
45317	Tue	Sep 16-Oct 28 9:00 am-10:00 am	\$55
45318	Tue	Nov 18-Dec 16 9:00 am-10:00 am	\$39

SENIOR ADULTS

SAFETY

MN Hwy Safety & Research Center Driving Classes

This driver improvement course is taught by trained instructors. Explore changes in traffic laws, the latest vehicle technology and easy-to-use defensive driving tips. Sessions are available in an eight-hour first time course and the four hour refresher, allowing for a 10% reduction on automobile insurance premiums in MN for those ages 55 and over. Show your AAA card to the instructor to save \$2. Refreshments provided.

You must register with MN Hwy Safety Center/AAA for these classes, by calling the toll free number: 1-888-234-1294

DAY + DATE	TIME
Tue-Wed, July 29-30	5:30 pm-9:30 pm
Wed, Aug 13	9:00 am-1:00 pm
Wed, Aug 27	12:30 pm-4:30 pm
Tue, Sep 16	12:30 pm-4:30 pm
Thu, Sep 25	9:00 am-1:00 pm
Mon, Oct 6	1:00 pm-5:00 pm
Thu, Oct 23	9:00 am-1:00 pm
Wed-Thu, Nov 5-6	1:00 pm-5:00 pm
Thu, Nov 13	9:00 am-1:00 pm
Thu, Dec 4	9:00 am-1:00 pm
Tue, Dec 9	12:30 pm-4:30 pm



SCS OVERNIGHT TRIPS

Register for the following trips with Senior Community Services by calling 952-541-1019 ext 316.

More trips available on their website at www.seniorcommunity.org.

TRIP	DATES	COST
Branson in the Fall	Oct 13-17	\$725
Smoky Mountains	Oct 15-23	\$1475
Washington DC	Oct 22-30	\$1375
Branson Holiday	Nov 3-7	\$799
Branson Christmas	Nov 19-23	\$799
Peoria Christmas	Dec 4-7	\$649

SENIOR TRIPS

Day trips are open to all seniors. Please submit an emergency contact person and phone number when registering. For more information or to register, call 763-509-5280.

Historic Fort Snelling

Explore the restored stone fort and Upper Post where soldiers were stationed during the 20th century (all by bus). Enjoy the Visitor Center and gift shop. Lunch on your own at Fort Snelling Officers Club. Register/cancel by 9/5.

COURSE #	DAY	DATE + TIME	COST
45175	Thu	Sep 18 11:30 am-4:00 pm	\$30

Stillwater Trolley Co.

Take a trolley ride through the streets of historic Stillwater. Lunch at Gasthaus Bavarian Hunter and stop at Aamondt's Apple Orchard and St. Croix Winery. Register/cancel by 9/1.

COURSE #	DAY	DATE + TIME	COST
45181	Mon	Sep 22 9:00 am-4:00 pm	\$62

Radio Man at the History Theatre

Take a look back on 40 years of A Prairie Home Companion and a new play by Garrison Keillor. Lunch will be included. Register/cancel by 5.

COURSE #	DAY	DATE + TIME	COST
45177	Thu	Oct 2 9:00 am-3:15 pm	\$62

Cruise the World of Senior Housing

All proceeds go to the Plymouth Creek Center. Trip includes stops at 5 different senior housing locations, featuring food and fun from various parts of call. Cruise to Legacy Homes (a residential care home)-Japan. Next is Golden Living Center Hillcrest of Wayzata (skilled nursing)- Italy. Then Meridian Manor Assisted Living-Spain Continue to Emerald Crest Memory Care- Caribbean Islands. Lastly WestRidge Independent Senior Living-Germany. Register by 10/2.

COURSE #	DAY	DATE + TIME	COST
45178	Thu	Oct 9 9:00 am-2:30 pm	\$5

Doctor Doctor at Daytrippers

Doctors and patients get a dose of rib tickling comic medicine in sketches and songs about all things medical in this Medical Musical Comedy Revue. Lunch buffet includes, ham, chicken, parsley potatoes, scalloped corn, salad, rolls and spice cake with caramel topping. Register/cancel by 10/10.

COURSE #	DAY	DATE + TIME	COST
45176	Wed	Oct 22 11:15 am-4:15 pm	\$51

Creches and Nativities

Tour Westminster Church and see Martha Spencer Rogers Creche Collection. Lunch at Curran's Family Restaurant. After lunch see hundreds of Father Dvorak's crafted nativities at St. Peter's Church in Richfield. Register/Cancel by 11/24.

COURSE #	DAY	DATE + TIME	COST
45179	Tue	Dec 16 11:15 am-4:00 pm	\$52

SENIOR ADULTS SPECIAL EVENTS

Pie Day

Visit with friends over a piece of pie with ice cream and a book sale. We will serve freshly baked apple, cherry, strawberry-rhubarb, cream pies and more. Plymouth Handycrafters will sell their wares. If you have items to donate, please bring to the center between Aug 7-14. No need to register ahead.

COURSE #	DAY	DATE + TIME	COST
44051	Wed	Aug 20 11:00 am-2:30 pm	\$5 at the door



Back to School

Carol McCormick will share humorous and poignant stories of the school of yesteryear plus current challenges spiced with songs. Lunch included. Register by 9/2.

COURSE #	DAY	DATE + TIME	COST
45086	Tue	Sep 9 12:30 pm-2:30 pm	\$9

Lifetime of Learning Event

Armstrong High School, 10635 36th Ave

The Lifetime of Learning Task Force is a west metro group committed to advancing healthy aging through lifelong learning in adults 55+. Representatives include: Wayzata Public Schools, Robbinsdale Area Schools, City of Wayzata, City of Plymouth, Friends of Wayzata and Plymouth Hennepin County Libraries, Senior Community Services, Ridgedale YMCA, Interfaith Outreach and community volunteers. This is their second annual educational event.

Don Shelby: Jumping in the Mouth of the Wolf

This year's event features Don Shelby, speaking on his journey of retirement. Hotline for questions: 763-504-6980. No pre-registration, doors open at 6:30 pm.

COURSE #	DAY	DATE + TIME	COST
45381	Thu	Sep 18 7:00 pm	FREE

Fall Gala Fundraiser

Enjoy an evening with the dynamic singer Tim Patrick and his Blue Eyes Band. The 4-piece band will perform great American Standards with suitable for dancing (optional). Everyone is welcome to attend this Fall Gala aimed at raising money to help fund some of the PCC program needs. Begin with a Social hour and bid on silent auction items. Dinner will be served. You may reserve a whole table for your group. This event is a kickoff for the Plymouth on Parade city event. Register by 9/19. No tickets at the door.

COURSE #	DAY	DATE + TIME	COST
43761	Fri	Sep 26 5:30 pm-8:00 pm	\$15

Coffee Concert: Dennis Warner

Great songs, contagious energy and an engaging personality make Dennis Warner an outstanding entertainer. Adding his smooth vocals and solid guitar work you have a fantastic show! Coffee and dessert served. Register by 10/1.

COURSE #	DAY	DATE + TIME	COST
45088	Wed	Oct 8 7:00 pm-8:30 pm	\$9

Scott Gottschalk on Antarctica

Scott Gottschalk has traveled to every Continent of the world, but perhaps the most amazing and unknown of them all is Antarctica. Join Scott to hear his jaw-dropping tales and view the photos from one of the most beautiful, yet harshest places on the planet. It will be just like you went to Antarctica yourself without all the extreme climate and rough conditions. Register by 10/16.

COURSE #	DAY	DATE + TIME	COST
45380	Tue	Oct 21 1:00 pm-2:30 pm	\$6



Veterans Event

Join us for continental breakfast and musical program to honor our vets! All veterans will be our guests at no cost. All participants including vets must register by 11/5.

COURSE #	DAY	DATE + TIME	COST
45085	Wed	Nov 12 9:30 am-11:00 am	\$8

Holiday Glitters Dance

Come dance to the wonderful music of the Dick Macko Trio for our Holiday Glitters Dance. The Plymouth Creek Center is resplendent with decorations for the season. Variety of bars, cookies, specialty cheeses and crackers served. Please register by 12/2 to get the advanced registration rate.

COURSE #	DAY	DATE + TIME	COST
45342	Wed	Dec 3 1:00 pm-3:30 pm	\$8 pre-reg \$10 at the door

SENIOR ADULTS

All senior adult classes, unless otherwise indicated, will be held at Plymouth Creek Center, 14800 34th Ave

SENIOR ADULTS CLUBS & GROUPS

ACTIVITY	MEETING DATES	TIMES	ADDITIONAL INFORMATION	FEE
1st Monday Card Club	1st Monday each month	12:30 – 3:00 pm	Jan: 763-473-9160	YES
500 Cards	Every Friday	1:00 – 4:00 pm	Wanda: 952-545-6350	YES
Antiques & Collectibles	Last Wednesday each month No Meetings: June–August	1:30 pm – 3:30 pm	Arlene: 763-559-9636	YES
Art Studio	Every Friday	9:00 – 11:30 am	Chuck: 763-559-5829	YES
Biking Club	Every Wednesday, April–October	Times Vary	Marie: 763-568-2994	YES
Book Club	1st Wednesday each month	1:30 – 2:30 pm	Marge: 763-475-0273	YES
Boomers & Up Friends Club	Dates Vary	Times Vary	PCC: 763-509-5280	YES
Bridge Group	Every Wednesday	12:30 – 4:00 pm	Diane: 763-473-6047	YES
Computer Group	4th Wednesday each month	10:00 – 12:00 pm	John: 763-557-8087	YES
Conversation Circle/ ESL	2nd Monday	10:00 – 12:00 pm	Inge: 763-557-0505	NO
Cribbage	Every Thursday	12:30 – 3:00 pm	Peggy: 763-476-4307	YES
Evening Bridge	Every Monday	6:30 – 9:15 pm	Diane: 763-473-6047	YES
Garden Group	Monthly, April – Nov	Times Vary	763-509-5280	YES
Mah Jongg	Every Tuesday	12:30 – 4:00 pm	Anita: 763-205-3926	YES
Men's Club	4th Tuesday each month	9:00 – 11:00 am	Gordie: 763-591-1161	YES
Needle Arts	1st & 3rd Thursday each month	12:00 – 3:00 pm	Kay: 763-577-0753	YES
Plymouth Handycrafters	2nd & 4th Thursday each month	12:30 – 3:00 pm	Fran: 763-559-9316	YES
Plymouth Rockers	Every Monday	9:00 – 11:30 am	Eileen: 952-929-4472	YES
Plymouth Senior Club	3rd Mon: May – Dec 4th Monday: Jan – April	12:00 – 4:00 pm	Georgine: 763-551-1619; Catered lunch followed by meeting, bingo and cards.	YES
Plymouth Wood Carvers	Every Thursday	9:00 – 1:00 pm	Craig: 763-476-1475	YES
Story Time Players	1st & 3rd Tuesday each month	1:00 – 3:00 pm	Gordie: 763-591-1161	YES
Walking Club	Mon, Wed & Sat	9:00 – 10:00 am	Inge: 763-557-0505	NO

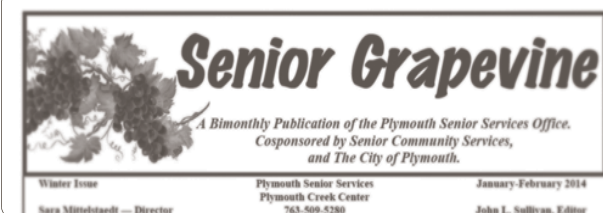
SENIOR ADULTS SERVICES

Blood Pressure Check	1st Tuesday each month	10:00 – 11:30 am	Clare Bridge Nurses	NO
Caregiver Coaching	by appointment	–	Susan Makela, 763-509-5284	NO
Caregiver Support Group	3rd Wednesday each month	10:00 – 11:30 am	Susan Makela: 763-509-5284	NO
Medicare/Insurance Help	2nd Wednesday each month	9:00 – 12:00 pm	763-509-5280	NO
Senior Outreach	by appointment	–	Susan Makela, 763-509-5284	NO

- Plymouth Parks & Recreation sponsors a wide variety of activities on an on-going basis for Senior Adults.
- If you have questions, please contact the Plymouth Creek Center, 763-509-5280.
- All activities in this section meet at the Plymouth Creek Center, 14800 34th Ave.

Grapevine Newsletter

Sign up for senior newsletter to get more information about senior programs and services. Call 763-509-5280.



ICE SKATING REGISTRATION

Cutting Edge Skate School

Ice Center, 3650 Plymouth Blvd

Taught year-round by professionals and certified instructors who are committed to providing a quality experience for all.

Registration

Registrations will not be accepted after the second week of the session. Please contact the Ice Center at 763-509-5250 with questions.

How to register:

- Online Registration: www.plymouthmn.gov
- In-person/by Phone: 763-509-5250 during regular office hours
- Mail: 3650 Plymouth Blvd
- Information line: 763-509-5255

Resident Registration Begins:

August 5 at 12 am

Non-Resident Registration Begins:

August 12 at 12 am

General Information

- Skaters **MUST** be at least 4 years old by the start of the class—no exceptions will be made.
- There are no make-up days.
- Participants receive a “FREE” open-skating punch card, valid through the registered session's end.
- Ice Skating Institute member rink.
- Rental skates—available for \$2/lesson.
- Advancement is possible in basic skills skating.
- Parents are not allowed on the ice during class time.
- Professional instructors are available for private lessons. Contact Char: 763-509-5264.

Safety Corner

- Beginning levels are required to wear helmets.
- Skaters will benefit more from a lesson with proper skates. We prefer boots be of leather rather than vinyl and they should have strong ankle support. Blades should be of high tempered steel and properly sharpened. Double runners are NOT allowed.
- It is important that all skaters are warm and comfortable while skating. We suggest dressing in layers and request all skaters to wear mittens or gloves.
- No shoes allowed on the ice.

Cancellation Policy

- Withdrawal/Refund requests must be made **one full week** prior to first class. Notify the Ice Center at 763-509-5250.
- There is a \$5 handling fee on all refunds.
- Exceptions may be made in the event of an injury or serious illness. A medical note may be required.



CONTRACT ICE

An opportunity for skaters to practice or to take private lessons. If interested, contact us at 763-509-5250. If space is available, walk-ins will be \$14 per hour.

NOTE: Coaches who are Skate School instructors will not be charged to teach on contract ice. All others pay for ice time.

This program is taught year-round by professionals and certified instructors who are committed to providing a quality experience for all.

COURSE #	DAY	DATE + TIME	COST
45387	Sat	Oct 11–Dec 20 No Program: 11/29 8:30–9:00 am (full sheet) 9:00–9:30 am (3/4 sheet)	\$100
45386	Sun	Oct 12–Dec 21 No Program: 11/30 2:15 pm–3:15 pm	\$120

ICE SKATING

LEARN TO SKATE CLASSES

Ice Center, 3650 Plymouth Blvd

Beginner 4–6 yrs

For children that have never been on the ice.

Beginner/Intermediate 4–6 yrs

For children who have skated a little and are learning to walk on the ice. They should know how to fall down and get up.

Pre-Alpha Level 1 7 yrs & Older

For children who have very minimal skating experience.

Pre-Alpha Level 2

One foot glide, right/left. Two foot glide. Forward & backward swizzles. Backward wiggle.

Alpha

Pre-req: Pre-Alpha. Forward stroking. Forward crossover (both directions). One foot snowplow stop.

Beta

Pre-req: Alpha. Backward stroking. Backward crossovers. T-stop (right/left foot, outside edge).

Gamma

Pre-req: Beta. Left/right forward outside one foot 3 turn. Right/Left forward inside open Mohawk combination. Hockey stop.

Delta

Pre-req: Gamma. Right/left forward inside one foot 3 turn. Forward inside/outside edges. Bunny hop. Lunge or shoot the duck.

Freestyle 1-6

Pre-req: Delta. Advanced figure skating lessons.

Adults

Beginner through advanced levels using basic skills program listed above.

Home School

For any skaters who are home schooled.

Special Needs

For a skater who has any disability.

LEARN TO SKATE CLASSES

(10 Weeks)

Ice Center, 3650 Plymouth Blvd

Res \$110 Non-Res \$121

Tuesday

Oct 7–Dec 16

No Program: 11/25

Saturday

Oct 11–Dec 20

No Program: 11/29

Sunday

Oct 12–Dec 21

No Program: 11/30



COURSE	DAY	TIME
Beginner		
45404	Tuesday	10:00 am–10:30 am
45405	Tuesday	1:00 pm–1:30 pm
45406	Saturday	9:00 am–9:30 am
45407	Saturday	9:35 am–10:05 am
45408	Saturday	10:55 am–11:25 am
45410	Sunday	4:05 pm–4:35 pm
45411	Sunday	4:40 pm–5:10 pm
45409	Sunday	6:00 pm–6:30 pm
Beginner Intermediate		
45396	Tuesday	10:30 am–11:00 am
45397	Tuesday	1:30 pm–2:00 pm
45398	Saturday	9:00 am–9:30 am
45399	Saturday	9:35 am–10:05 am
45400	Saturday	11:30 am–12:00 pm
45402	Sunday	4:05 pm–4:35 pm
45403	Sunday	4:40 pm–5:10 pm
45401	Sunday	6:00 pm–6:30 pm
Pre-Alpha Level 1		
45420	Saturday	10:55 am–11:25 am
45421	Saturday	11:30 am–12:00 pm
45423	Sunday	5:25 pm–5:55 pm
45422	Sunday	6:00 pm–6:30 pm
Pre-Alpha Level 2		
45430	Tuesday	10:30 am–11:00 am
45431	Tuesday	1:30 pm–2:00 pm
45427	Saturday	9:35 am–10:05 am
45428	Saturday	10:55 am–11:25 am
45424	Saturday	11:30 am–12:00 pm
45429	Sunday	4:05 pm–4:35 pm
45426	Sunday	4:40 pm–5:10 pm
45425	Sunday	5:25 pm–5:55 pm
45432	Sunday	6:00 pm–6:30 pm

COURSE	DAY	TIME
Alpha		
45393	Saturday	10:10 am–10:40 am
45394	Sunday	4:05 pm–4:35 pm
45395	Sunday	5:25 pm–5:55 pm
Beta		
45413	Saturday	10:10 am–10:40 am
45414	Sunday	3:30 pm–4:00 pm
45436	Sunday	5:25 pm–5:55 pm
Gamma		
45418	Saturday	10:10 am–10:40 am
45419	Sunday	3:30 pm–4:00 pm
Delta		
45415	Saturday	10:10 am–10:40 am
45416	Sunday	3:30 pm–4:00 pm
Freestyle 1-6		
45417	Sunday	3:30 pm–4:00 pm
Adults–Beginners		
45389	Saturday	10:55 am–11:25 am
45391	Sunday	6:00 pm–6:30 pm
Adults–Advanced		
45390	Saturday	11:30 am–12:00 pm
45392	Sunday	6:00 pm–6:30 pm
Home School		
45388	Tuesday	12:30 pm–1:00 pm
Special Needs–Beginners		
45433	Sunday	3:30 pm–4:00 pm
Special Needs–Advanced		
45434	Sunday	3:30 pm–4:00 pm

REGISTRATION

Begins: August 5 (resident & non-resident)

Swim Registration

- Strict adherence to registration policies stated on page 5.
- Registrations are on a first-come-first-serve basis, until classes fill. If you are unsure of proper swimming level placement, call 763-509-5200 for assistance.
- **NOTE:** Swimming registration is NOT accepted in person at the pool.
- **For all cancellation/withdrawal policies, see page 5.**

Transfers

- We will transfer a participant once for free if space is available. Each add'l transfer: \$5.

SWIM LESSON POLICIES

- Proper placement in the appropriate level is critical to your child's success. Please read the class descriptions carefully.
- Child **must** meet level's age requirement by first day of class; (successful completion of previous level or equivalent skills required).
- Children are tested at the first lesson to assure proper placement. If your child is registered incorrectly, they will be transferred (if space permits) or withdrawn (prorated refund issued).
- All levels include water safety instruction.
- Waiting lists are established for full classes.
- Lesson schedule subject to change due to registrations or instructor availability.
- No refund will be given for a single cancelled class due to circumstances beyond our control.
- Pre-School 2 and Beginner 1 are similar in content, but are for different age groups.
- Tight-fitting plastic pants required over Little Swimmers (or similar) if child is not toilet trained. **NO diapers** (Instructors do check).
- **All staff are Red Cross certified; Lifeguards are on duty.**

SWIM LESSON DESCRIPTIONS

Parent/Child Classes (35 min)

Infant/Toddler *Ages: 6 mos–30 mos*

Focus on water adjustment activities, water safety, basic swimming skills and safe use of flotation devices (toddler). One parent participates in water with each child. (Ratio 8:1)

Parent/Child Preschool *Ages: 24 mos–4 yrs*

For children who are not comfortable in the water on their own. Class is similar content to Preschool 1. One parent participates in water with each child. (Ratio 8:1)

Preschool Classes (35 min)

Preschool 1 *Ages: 3–5*

Independent swimmers learn basic skills: bobbing underwater, blowing bubbles, supported front and back floats/glides, supported back float with arm movement, beginner stroke supported 5-10 ft, jump entry supported. (Ratio 4:1)

Preschool 2 *Ages: 3–5*

(Pre-req: Preschool 1) For independent swimmers. Expand basic skills: bobbing underwater, rhythmic breathing-face in, unsupported front and back float/glide-face in, back float with arm movements, beginner stroke unsupported 6 ft, jump entry unassisted. (Ratio 4:1)

Preschool Plus *Ages: 4–5*

(Pre-req: Preschool 2) For Preschool 2 graduates who are ready for rhythmic breathing, flutter kick, beginner stroke, front and back crawl. Skills are similar to Beginner 2 in an age appropriate class. (Ratio 4:1)

NOTE: Parents of 5 year olds may choose the Pre-School classes, Beginner 1 or 2, depending on where they feel their child fits better or as recommended by instructor.

Youth Classes (Beg 1: 40 min, Beg 2-Adv 2: 50 min)

Beginner 1 *Ages: 5 & Older*

Objectives: water adjustment, fully submerge face, bob underwater, rhythmic breathing, front & back float unsupported, front & back kicking supported, swim on front unsupported 6 ft, swim on back supported 10 ft. (Ratio 5:1)

Beginner 2 *Ages: 5 & Older*

(Pre-req: Presch 2/Beg 1) Objectives: rhythmic breathing, unsupported front & back float/glide and swim to wall, flutter kick, beginning front crawl & back crawl & elem backstroke 15 ft, endurance swim 15 yds. (Ratio 5:1)

Advanced Beginner *Ages: 6 & Older*

(Pre-req: Beg. 2) Objectives: rotary breathing, front & back flutter kick 10 yds, front & back crawl 15 yds, elem. backstroke kick & elem. backstroke 10 yds, tread water 30 sec, endurance swim 30 yds. (Ratio 6:1)

Intermediate 1 *Ages: 6 & Older*

(Pre-req: Advanced Beg.) Objectives: technique for front & back crawl & elem backstroke 25 yds, breaststroke kick 10 yds, intro breaststroke and dolphin kick, tread water 1 min, turns, diving, deep water skills, endurance swim 50 yds. (Ratio 6:1)

Intermediate 2 *Ages: 6 & Older*

(Pre-req: Intermediate 1) Objectives: refine technique front & back crawl & elem backstroke 25 yds, intro breaststroke & sidestroke 15 yds, tread water 2 min, diving, underwater swim, somersault, endurance swim 100 yds. (Ratio 6:1)

Advanced 1 *Ages: 8 & Older*

(Pre-req: Intermediate 2) Objectives: Refine elem backstroke & front & back crawl 50 yds, breaststroke & sidestroke 25 yds, butterfly, long shallow & surface dives, flip turns, endurance swim 150 yds & 50 yds with 2 min tread water. (Ratio 7:1)

Advanced 2 *Ages: 8 & Older*

(Pre-req: Advanced 1) Objectives: proficient front & back crawl 100 yds, breaststroke & sidestroke & elem backstroke 50 yds, butterfly 25 yds, flip & open turns, tread water 5 min, diving board approach, endurance swim 500 yds. (Ratio 7:1)

AQUATICS



FALL SWIM LESSONS

Wayzata East M.S., 12000 Ridgemount Ave

Please enter through doors marked "Comm Ed/Pool" on south side of building.

Level	Mondays, Sep 15 – Nov 10 \$77 / 9 Classes		Thursdays, Sep 11 – Nov 13 No program: 10/16 \$77 / 9 Classes		Saturdays, Sep 13 – Nov 15 No program: 10/18 \$77 / 9 Classes	
Infant/Toddler					12:00 pm	45461
Parent/Child	7:00 pm	45466	7:05 pm	45467	9:45 am	45468
Pre-School 1	6:10 pm	45469	6:10 pm	45470	9:00 am 10:30 am	45471 45472
Pre-School 2	6:10 pm	45473	6:10 pm	45474	11:15 am	45475
Pre-School Plus	6:10 pm	45476				
Beginner 1	6:50 pm	45451	6:50 pm	45452	12:00 pm	45453
Beginner 2	6:50 pm	45454	6:10 pm 6:50 pm	45455 45456	11:00 am 12:00 pm	45457 45458
Advanced Beginner	7:45 pm	45447	7:45 pm	45448	9:00 am 11:00 am	45449 45450
Intermediate 1	7:45 pm	45462			9:00 am	45463
Intermediate 2			7:45 pm	45464	10:00 am	45465
Advanced 1	7:45 pm	45444			10:00 am	45445
Advanced 2			7:45 pm	45446		

Private Swim Lessons

30 minute private lessons are available for both youth and adults. Lessons are offered based on pool space and instructor availability.

Call 763-509-5222 for more information and availability. **Cost: \$20 per lesson.**

ADULT BEGINNER LESSONS

Wayzata East M.S., 12000 Ridgemount Ave

Learn proper swim strokes, ease anxiety around water and increase swimming skills.

Beginner

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety. (Ratio 1:3)

COURSE #	AGES	DAY	DATE + TIME	COST
45442	15 & Older	Sat	Sep 13–Nov 15 1:00 pm–1:50 pm No Program: 10/18	\$96

Beginner Fitness

Pre-req: Swim 25 yds, comfort in deep end and able to tread water. Continue to build basic swimming skills and comfort in the water while swimming for fitness. Students will continue to develop fundamental swim skills, basic stroke development and safety. (Ratio 1:4)

COURSE #	AGES	DAY	DATE + TIME	COST
45443	15 & Older	Sat	Sep 13–Nov 15 1:00 pm–1:50 pm No Program: 10/18	\$77

DISCOVER SCUBA

Wayzata East M.S., 12000 Ridgemount Ave

Pre-req: Intermediate 1 or similar skills. SCUBA is swimming/breathing underwater with a Self Contained Underwater Breathing Apparatus. Classroom instruction followed by 1 hr in the pool, equipment provided. Basic skills class - breathing with regulator, handling equipment & safety rules. *Some medical conditions may require Dr approval.* PADI Instr: Serenity Scuba.

Register by: Date indicated below/waiver required.

COURSE #	AGES	DAY	DATE + TIME	COST
45459	10 & Older	Sat	Oct 4 11:30 am–1:30 pm	\$40
45460	10 & Older	Sat	Nov 1 11:30 am–1:30 pm	\$40

SPRINGBOARD DIVING CLINIC

Wayzata East M.S., 12000 Ridgemount Ave

Pre-req: completion of Intermediate 1 or equivalent, able to perform a standing front dive from the springboard. For the intermediate diver - clinic includes fundamentals, safety, approaches, positioning and basic dive.

COURSE #	AGES	DAY	DATE + TIME	COST
45441	8 & Older	Sat	Nov 15 12:00 pm–2:00 pm	\$17



WATER SAFETY AIDE

Ages: 14 & Older

Wayzata East M.S., 12000 Ridgemount Ave

(Pre-req: Adv 1/Level 5 card, or can perform skills with a strong sense of responsibility and maturity. Must enjoy working with kids.)

School-year apprentice program for those interested in assisting swim instrs and possible future employment with the Plymouth's Aquatic Program (must be 14 yrs old and complete 20 volunteer hours to apply).

Cost: \$65

Mandatory Orientation

DATE	TIME	LOCATION
Thu, Sep 4	4:00 pm–6:00 pm	Plymouth City Hall 3400 Plymouth Blvd
Sat, Sep 6	9:00 am–12:00 pm	Wayzata East Pool 12000 Ridgemount Ave
Tue, Sep 9	6:30 pm–7:30 pm	Wayzata East Pool 12000 Ridgemount Ave

Student Teaching Options

COURSE #	TIME	DATE
45479	6:00 pm–7:40 pm	Mon, Sep 15–Nov 10
45480	6:00 pm–7:40 pm	Thu, Sep 11–Nov 13 No Program: 10/16
45481	8:50 am–10:50 am	Sat, Sep 13–Nov 15 No Program: 10/18
45482	10:50 am–12:50 pm	Sat, Sep 13–Nov 15 No Program: 10/18

Course includes:

Role modeling and assigned responsibilities, teaching techniques, level requirements and emergency procedures. Receive certification upon successful completion. Students should bring a 3-ring binder to class.

Course requirements:

1. Must attend all mandatory orientation dates listed.
2. Register for one of the student teaching options listed (*Mon, Thu or Sat*).
3. Must complete entire student teaching session.
One pre-excused absence allowed.

LIFEGUARDING Pool & Waterfront

Ages: 15 & Older

Wayzata East M.S., 12000 Ridgemount Ave

Become certified in American Red Cross Lifeguarding, Waterfront Lifeguarding, First Aid and CPR & AED for the Professional Rescuer.

Attendance at all classroom and in-water skill sessions is mandatory.

Pre-req: Students must be 15 years of age by the last day of class and be able to complete the following swim skills the first day of class:

1. Swim 550 yds demonstrating breath control and rhythmic breathing. Front crawl, breaststroke or a combination of both.
2. Tread water for 2 minutes using legs only, hands placed under armpits.
3. Swim 20 yds, surface dive 7-10 ft, retrieve a 10-lb brick, return to surface and swim 20 yds back to start within 1 min 40 sec.
4. Swim 5 yds and submerge and retrieve three diving rings placed 5 yds apart in 4-7 ft of water and return to start.

Fee includes materials and text. Class withdrawals must be made one full week prior to start date in order to receive a refund. Students who fail prerequisite test receive a partial refund.

Course #: 45440
Pretest: November 21, 6 pm–9 pm
Class: Sat, Nov 22-Dec 27
(No Program: 11/29)
Time: 9:00 am–5:00 pm
Cost: \$255

WANTED:

- Lifeguards
- Water Safety Aides
- Water Safety Instructors

For part-time hours lifeguarding or teaching swimming with Plymouth Parks & Recreation, apply on-line at: www.plymouthmn.gov or call 763-509-5200 for more info.



OPEN SWIM

Schedule subject to change: times posted at the pool or by calling 763-509-5200.

Friday Night Open Swim / Lap Schedule

Wayzata East Middle School, 12000 Ridgemount Ave

Time: 6:30 – 8:30 pm	Dates: 9/12, 9/19, 9/26
Cost: \$10 / family of four; \$3 / individual or child	10/3, 10/24, 10/31 11/7, 11/14, 11/21 12/5, 12/12, 12/19

Open Swim

- Lap lane available.
- Non-swimmers/Children under 36" must be accompanied by an adult.
- Parents/adults must directly supervise children six and under. Parents/adults may not catch kids off the diving board. Individuals must be able to go off the board and swim to the side by themselves (*a swim test is required before children can use the deep end and diving board*).

Families

- Enjoy swimming together! Bring toys, noodles and lifejackets (*no waterwings/inflatable swim suits*).
- Family rates available.

POOL RENTAL

Enjoy the pool with your group, club or organization. Wayzata East and West Pools are available for rental. The fee is **\$85/hour** and includes two lifeguards. Large group will be charged for additional guards. Call 763-509-5200 at least two weeks in advance! **NOTE:** rentals are dependent on lifeguard and pool availability. No Sunday rentals.

PARKS & RECREATION SPECIAL EVENTS

walk[™] WITH a DOC

Each month a different doctor will lead a 45 minute walk that is open to all Plymouth community members. All ages and fitness levels are encouraged to spend time with their neighbors, talk to an Abbott Northwestern WestHealth doctor and take a step toward better health. Participants will receive a t-shirt and pedometer.

No registration required.

September 8 / October 6 / November 3

Plymouth Creek Center at 6-7 pm



KIDS GARAGE SALE

SUNDAY, NOVEMBER 2, 12:00-2:30 PM
PLYMOUTH CREEK CENTER, 14800 34TH AVE

KIDS! HERE IS A WAY TO MAKE MONEY!

Clear out those old toys and clothes you no longer want and sell them.

Must be ages 6-13 to rent a table at the sale.

SHOP FOR FREE!

Cost: Res \$14 Non-Res \$18

Course #: 45561

MUSIC IN PLYMOUTH

THANK YOU!

THE TRADITION CONTINUES

PRESENTED BY THE PLYMOUTH CIVIC
LEAGUE AND THE CITY OF PLYMOUTH
WHO WISH TO THANK ALL THE
GENEROUS CONTRIBUTORS TO THE
2014 EVENT.



plymouth

civic league

PARKS & RECREATION SPECIAL EVENTS

Bridal Expo *November 8, 12-3 pm*



Florists
Our Exclusive Caterers
Bakeries
Photographers
Party Rentals
Inspiration....

Tickets:
\$2 per person in advance
\$4 per person at the door

Advance ticket sales available at the
Plymouth Creek Center or by calling 763-509-5280.

 **PLYMOUTH
CREEK
CENTER**
14800 34th Avenue



Are you looking for a place to hold your event in 2015?
We have dates available!
Our banquet room can accommodate up to 350 guests.
We provide in-house catering and beverage service.
For more information, call 763-509-5285

Old fashioned Christmas

Free Community Event!


Saturday, December 6, 2-5 pm
Plymouth Creek Park, 3625 Fernbrook Ln

ACTIVITIES FOR ALL AGES!
Enjoy the sights, sounds, smells and tastes of the holidays.
Visit Santa, Ms. Claus, the Elves and Reindeer
Nibble on cookies and listen to tales of Christmas' past
Enjoy hay rides as sleigh bells ring
Santa's Mailbox Location: Create letters on site
Prism Toy Drive

No registration required. Sponsored by the City of Plymouth and Plymouth Historical Society.

santa's mailbox

Your child can drop off a letter to Santa November 24-December 15.
All letters are responded to. Letters must include a self-addressed-stamped envelope so Santa and his helpers will be able to send a personalized response.



DROP OFF LOCATIONS:
Plymouth City Hall, 3400 Plymouth Blvd
Plymouth Ice Center, 3650 Plymouth Blvd
Plymouth Creek Center, 14800 34th Ave
One day drop off at Old Fashioned Christmas (Dec 7)

PLYMOUTH PARKS & RECREATION

ENTERTAINMENT IN THE PARKS

PARKERS LAKE PARK, CO RD 6 & NIAGARA LN

JULY 29, 7 PM

Todd Menton

JULY 31, 7 PM

Kevin Bowe Duo

AUGUST 6, 7 PM

Water Ski Show

AUGUST 7, 7 PM

GST

AUGUST 12, 7 PM

Roe Family Singers

AUGUST 13, 11 AM

Kid's Konkert: Alpha Bits

WWW.PLYMOUTHMN.GOV
for more information

Sponsored By
Allina Health
ABBOTT
NORTHWESTERN
WestHealth

PLYMOUTH Farmers Market

Every Wednesday

June 18-October 1

2:30-6:30 pm

*Plymouth Ice Center / LifeTime Fitness Parking Lot
3600 Plymouth Boulevard*

Sponsored by



PLYMOUTH PARKS & RECREATION
763.509.5200 / www.plymouthmn.gov

Thank you to our Fall Event Sponsors

Allina Health
ABBOTT
NORTHWESTERN
WestHealth

Park Dental
Plymouth East & West

TCF
BANK
Since 1923

PLYMOUTH ARTS FAIR



FREE ADMISSION

Saturday, November 15, 10 am-5 pm

Sunday, November 16, 11 am-4 pm

Plymouth Creek Center, 14800 34th Ave N

Selected artists will display, demonstrate & sell their products.
Still accepting artist applications, visit www.plymouthmn.gov for application.

Sponsored by



HALLOWEEN

At the Creek



OCTOBER 31, 6:00-8:30 PM
PLYMOUTH CREEK CENTER, 14800 34TH AVE

\$8 per person pre-registration by Thursday, Oct 31, 4:30 pm

\$10 per person at the door

(Children ages 2 & Under are FREE)

COURSE #45661

**CARNIVAL GAMES, INFLATABLES,
ENTERTAINMENT, PRIZES,
TREATS AND MUCH MORE!**

Costumes encouraged: no scary costumes, please.

Pizza slice and beverage included.

Additional pizza available for purchase.

Everyone must be registered (adults and children).

Register early to ensure your family's participation!

For more information or to register,
call 763-509-5200 or visit www.plymouthmn.gov.



Sponsored by



17TH ANNUAL

PLYMOUTH ON PARADE

SEPTEMBER 27



A FREE FAMILY EVENT!

9 AM **5K**

PLYMOUTH FIRE STN 2, 12000 OLD ROCKFORD RD
5K Plymouth Firefighters Run/Walk
(contact Firefighter Steve for info at 763-546-9220)

11:30 AM **PARADE**

PLYMOUTH BLVD FROM 34TH-37TH AVE
Bands, floats, clowns and more!



1-3 PM **FREE ACTIVITIES**

HILDE PERFORMANCE CENTER
LIFETIME FITNESS
ICE CENTER
Face Painting
Pony Rides
Petting Zoo
Inflatables
Concessions
Open Swim, Gym and Skating
Pan Dimensions performing at 1:30-2:30 pm



PLYMOUTH PARKS & RECREATION

FOR MORE INFORMATION, VISIT WWW.PLYMOUTHMN.GOV

Allina Health
ABBOTT
NORTHWESTERN
WestHealth



Park Dental
Plymouth East & West



CITY OF PLYMOUTH
3400 Plymouth Boulevard
Plymouth, MN 55447-1482
Mon - Fri: 8 am - 4:30 pm



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