



PLYMOUTH PARKS & RECREATION

Winter

2015

ACTIVITIES GUIDE

PLYMOUTH RESIDENTS: DECEMBER 9
NON-RESIDENTS: DECEMBER 16

NEW YEARS EVE EVENT

December 31, 6-9 pm

Plymouth Ice Center/LifeTime Fitness
3650 Plymouth Blvd
Enter at Plymouth Ice Center

FUN FILLED FAMILY CELEBRATION

Course #45564

Children under 2 are free

Pre-Registration:
(by Wed, Dec 31, 4:30 pm)
\$10 per person

At the Door:
\$13 per person

SKATING

INFLATABLES

CRAFTS

FOOD

SWIMMING

OPEN GYM



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

Sponsored by

Allina Health
ABBOTT
NORTHWESTERN
WestHealth

PLYMOUTH PARKS & RECREATION

Winter Activities Guide 2015

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

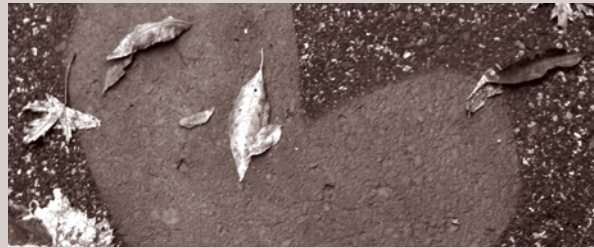
Parks influence our lives and we tend not to give them much thought. They require professional care and financial support to keep them clean, safe and suitable for the community they serve.

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.

OUR MISSION

ENHANCING THE QUALITY OF LIFE FOR ALL RESIDENTS.
FOSTERING INDIVIDUAL AND COMMUNITY DEVELOPMENT
IN ALL ASPECTS:

PHYSICAL • MENTAL

SOCIAL • ENVIRONMENTAL

TABLE OF CONTENTS

CONTACT INFORMATION	4	REGISTRATION FORM	5	6	VOLUNTEER
SERVICES	7	FACILITIES	8-12	PARKS + TRAILS	
ALL AGES	13	14-17 PRESCHOOL	YOUTH 18-25		
26-27 TEEN	28-33 ADULT		34-38 SENIOR ADULT		
AQUATICS 39-41	42 43 SKATING	44-47 SPECIAL EVENTS			

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.

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
-----------------------	--------------

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
--------------------	--------------

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
Jeffry 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	Osseo/Maple Grove Youth Hockey www.omgha.com	Minnesota Thunder Academy West www.mnthunderacademy.org
Plymouth/New Hope Little League www.pnhll.org	Osseo/Maple Grove Girls Fastpitch www.omgaa.org	Armstrong Club Lacrosse (9-10 Gr) www.eteamz.active.com/armstronglacrosse	Plymouth Wayzata Speed Skating www.pwspeedskating.com
Plymouth/Wayzata Youth Baseball www.pwyba.com	Plymouth/Wayzata Football (4-8 Gr) www.wayzatafootball.com	Armstrong/Cooper Youth Lacrosse www.acyla.com	Minnesota Synchronettes www.mnsynchronettes.org
Osseo/Maple Grove Youth Baseball www.omgaa.org	Armstrong/Cooper Football (3-8 Gr) www.acyfa.com	Wayzata Youth Lacrosse www.wayzatalax.com	Wayzata Area Youth Volleyball Assoc. www.wayva.org
Armstrong Basketball www.armstrongyouthbasketball.com	Osseo/Maple Grove Football www.omgfa.com	Wayzata Rugby www.wayzatarugby.org	Armstrong Youth Wrestling Club E-mail: neuburgers@comcast.net
Wayzata Boys Basketball www.wayzatabasketball.com	Armstrong Cooper Youth Hockey www.armstrongcooperhockey.org	Armstrong Girls Rugby Hotline: 763-591-9868	Osseo Youth Wrestling (pre K-6) www.osseoyouthwrestling.org
Wayzata Girls Basketball www.wgba.net	Wayzata Youth Hockey www.wayzatahockey.org	Fusion Soccer Club www.fusionsoccermn.com	Wayzata Youth Wrestling www.wayzatawrestling.com
Cooper/Armstrong Girls Fastpitch www.caheatfastpitch.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.
- A receipt may be emailed as a confirmation. Further confirmations will not be sent by mail, phone or fax.

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: December 9
Non-Residents: December 16

NOTE: *Aquatics registration begins December 9 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 or 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

OPPORTUNITIES

for all ages & interests

Volunteer Services 763-509-5230

SPECIAL EVENTS

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

FIRE & ICE OUTDOOR WINTER FESTIVAL

Saturday, February 7

Hardy, winter-loving Minnesotans are needed to help with outdoor games including hayrides, ice mini-golf and snow bowling. The outdoor shifts are about two hours long.

PRAIRIE FIRE THEATRE

March 2-7

Assist with checking kids in/out, coordinate phone calls with parents; chaperone bathroom breaks during their rehearsals after school. Must enjoy working with children and be able to actively control a large group of kids. Technical crew needed for performances.

HEALTHY LIVING FAIR

Sunday, March 8

Promote healthy living during Plymouth's annual health fair. Volunteer positions include helping with set-up/take-down, registration, greeters and room hosts.

PRIMAVERA FINE ARTS EVENT

April 15 - 20

Celebrate spring and the arts by participating in Primavera, the City's premier fine arts event. Pre-event opportunities include hanging and checking in art. During the event, hand out programs, help with refreshments and assist with set up and clean up.

PLYMOUTH HOME EXPO

Friday, April 10, & Saturday, April 11

Get an early start on spring during this annual event at the Plymouth Creek Fieldhouse. Volunteer positions include helping with set up and decorating, admissions, information booth, hospitality room, flower arrangers, plant sale and clean up.

PARK & TRAIL CLEAN-UP DAY

Saturday, April 25

Help keep Plymouth clean by picking up litter at a park or trail after the winter thaw. This citywide clean-up project is great for people of all ages and is ideal for individuals and/or groups. Bags are provided. Keep the efforts rolling by choosing a park or trail to keep clean from spring to fall.

GENERAL OPPORTUNITIES

Weekdays; adults only

POLICE RESERVES

Assist sworn officers with traffic and crowd control, transportation of prisoners, surveillance and patrol activities, special events and other education programs. Must be 21 years or older, commit to 20 hours a month and have a clean driving and background check.

VIDEO EDITOR

Using raw video footage, create a promotional video about the Plymouth Police Department. Must have previous video editing experience and access to FileViewPro.

YOUTH COACHING OPPORTUNITIES

Open to individuals 16 & older.

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

HOCKEY COACH

Friday evenings & Sunday afternoons

Coach kids ages 5 to 12 in the outdoor Rink Rat hockey program from Jan 4 through Feb 8.

SUMMER TEEN VOLUNTEER PROGRAM

June, July, August

The Summer Teen Volunteer Program is an excellent opportunity for teens 14 and older to learn leadership skills and gain valuable experience working with children while assisting with summer recreation programs. Teens choose the programs, locations and times that interest them.

Recreation programs include playgrounds, day camp, sports, and theatre programs. Teens must interview and attend a mandatory training session. Applications are available in mid-March by calling 763-509-5230 or going online to the City's website.

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

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 34-38.



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.

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.



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 3)

Time: 10:30 am – 1:30 pm

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

Cost (2015): Resident: \$4 Child (supervising adults free)
Non-Resident: \$5 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 3)

Time: 2:15 pm – 4:15 pm

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

Cost (2015): Resident: \$4 Child (supervising adults free)
Non-Resident: \$5 Child (supervising adults free)



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 42-43).



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

Warming Houses

2014 - 2015 WARMING HOUSE SEASON

Fri, Dec 19 – Mon, Feb 16

NOTE: Length of the season is dependent on the weather and safe ice conditions.

WARMING HOUSE RINK SITES (STAFFED)

- Oakwood, 1700 Co Rd 101
- Parkers Lake, Co. Rd. 6 & Niagara Ln
- Plymouth Creek, 3625 Fernbrook Ln
- Ridgemount, 12000 Ridgemount Ave
- Zachary, 4355 Zachary Ln

NOTE: Parkers Lake may open late due to a slower freezing process on the lake.

RINK SITES (NON-STAFFED)

- Bass Lake, 5450 Northwest Blvd

PARKER'S LAKE FIRE PIT

Stay warm while ice skating at Parkers Lake!

Sat (starting Jan 10) 5-7 pm

GENERAL INFORMATION

Warming house sites close when:

- The temp is -10 or below, when the windchill is -25 or below, or the ice is deemed unsafe/unskatable.
- Some rinks have scheduled activities posted on site. More info is available by calling 763-509-5205.

REGULAR RINK HOURS

Monday-Friday	5-8 pm
Saturday-Sunday	2-7 pm

HOLIDAY HOURS

Winter Break (Dec 22-Jan 2)	2-7 pm
Christmas Eve (Dec 24)	12-5 pm
Christmas Day (Dec 25)	Closed
New Year's Eve (Dec 31)	12-5 pm
New Year's Day (Jan 1)	2-7 pm
Martin Luther King Day (Jan 19)	2-7 pm
Presidents Day (Feb 16)	2-7 pm

NOTE: All rinks return to regular rink hours after Jan 2.

RINK RENTAL

Rinks are available to rent before or after normal operating hours. No rentals during open regular rink hours. Allow at least 10 days notice when requesting a rink. Tax not included in prices below.

Hockey Rink	\$22/hr
Rink and warming house	\$36/hr
Hockey rink & lights	\$39/hr
Rink/house/lights	\$53/hr
Parkers Lake (all inclusive)	\$60/hr



FRIDAY, JANUARY 30 AT 5-8 PM
Parkers Lake Warming House



Stay warm by the **FIRE**
TREATS will be provided!

Come join the mayor for an evening out on Parkers Lake to enjoy skating, hockey and treats! The fire will be going for you to stay warm, bring a friend or the whole family and enjoy a night on the lake skating with the Mayor!

Plymouth Parks & Recreation

For more info, call 763-509-5200 or visit www.plymouthartsandscouncil.org

FACILITIES

1	Plymouth Dog Park-Co Rd 47 west of Dunkirk
2	Ice Center-3650 Plymouth Blvd
3	Plymouth Creek Center-14800 34th Ave
4	Skate Park-3625 Fernbrook Ln

OUTDOOR ICE RINKS

5	Bass Lake-5450 Northwest Blvd
6	Oakwood-1700 Co Rd 101
7	Parkers Lake-15500 Co Rd 6
8	Plymouth Creek-3625 Fernbrook Ln
9	Ridgemount-12000 Ridgemount Ave
10	Zachary-4355 Zachary Ln

SCHOOLS

11	Armstrong Senior High-10635 36th Ave
12	Wayzata Central Middle-305 Vicksburg Ln
13	Wayzata East Middle School-12000 Ridgemount Ave
14	Wayzata High School-4950 Peony Ln

w = warming house

Map indicates location of city parks, facilities and schools where multiple activities are located. To view the full Plymouth Parks & Trails map, visit www.plymouthmn.gov.



Facilities to Rent

PARKERS LAKE PARK BUILDING

Mid-Feb to Mid-Dec, 90-days in advance max

The Parkers Lake Building (enclosed building on the south side of Co Rd 6, next to the lake) is available for rental on an hourly basis. Call 763-509-5200 for availability and fees.



Disc Golf Courses

The City of Plymouth has two disc golf courses, which are free to the public and open during posted park hours. Use during winter “as is”.

Plymouth Creek Playfield (12 holes)

3625 Fernbrook Ln

Zachary Playfield (10 holes)

4355 Zachary Ln



Plymouth Dog Park

**Located on south side of County Road 47
between Lawndale Lane and Dunkirk Lane**

A great place for exercising and socializing your dog in a safe and fun environment. A park where dogs can run, play and romp with other dogs without the constraint of leashes. Since dogs are naturally social, having an open space where dogs can be free is critical to their well-being.

Plymouth's Dog Park is an unfenced 10-acre site of open meadows, which is great for running and playing. In addition, the site features:

- Parking
- Shelter area
- Small dog area (fenced for dogs under 20 lb)
- Dog tunnels



Health & Wellness

YOGASTUDIO 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.

COURSE #	AGES	DAY	DATE + TIME	COST
46181	All Ages	Tue	Jan 6 6:30 pm–7:15 pm	\$5
46182	All Ages	Tue	Feb 3 6:30 pm–7:15 pm	\$5
46183	All Ages	Tue	Mar 3 6:30 pm–7:15 pm	\$5



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).

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
46309	5 & Older	Jan 2–Jan 31	Res \$99 Non-Res \$115
46312	5 & Older	Feb 2–Feb 28	Res \$99 Non-Res \$115
46310	5 & Older	Mar 2–Mar 31	Res \$99 Non-Res \$115

SHOSHIN RYU JUIJITSU

Shoshin Ryu Martial Arts, 13605 27th Ave

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
46270	8 & Older	Thu	Jan 8–Feb 19 7:00 pm–8:00 pm	Res \$70 Non-Res \$80
46271	8 & Older	Thu	Feb 26–Apr 16 7:00 pm–8:00 pm No Program: 4/2	Res \$70 Non-Res \$80

Music

MUSIC FOR EVERYONE PRIVATE LESSONS

Ages 7 & Older

Plymouth Creek Center, 14800 34th Ave

Dates: January 5–March 9

Cost: \$231

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.

Arts + Crafts

ABRAKADOODLE (parent/child classes)

All art materials are included.

MOMMY/DADDY AND ME ART

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
46208	18 mo-4 yr	Tue	Jan 6-Jan 27 10:00 am-10:45 am	Res \$63 Non-Res \$72
46319	18 mo-4 yr	Wed	Jan 7-Jan 28 6:00 pm-6:45 pm	Res \$63 Non-Res \$72
46209	18 mo-4 yr	Tue	Feb 3-Feb 24 10:00 am-10:45 am	Res \$63 Non-Res \$72
46210	18 mo-4 yr	Tue	Mar 3-Mar 24 10:00 am-10:45 am	Res \$63 Non-Res \$72



KIDCREATE

STORYBOOK ART CAMP (parent/child class)

Plymouth Creek Center, 14800 34th Ave

Outstanding children's books such as Mouse Paint, Harold and the Purple Crayon and more whimsical tales will inspire our art projects each day.

COURSE #	AGES	DAY	DATE + TIME	COST
46325	18 mo-6 yr	Mon	Jan 5-Feb 2 9:30 am-10:30 am No Program: 1/19	Res \$63 Non-Res \$72

MESSY MONSTERS ART

Plymouth Creek Center, 14800 34th Ave

We'll use paper mache, paint and more simply sloppy supplies to make a project to take home! Please pack a nut free snack and drink for your child.

COURSE #	AGES	DAY	DATE + TIME	COST
46324	3-6	Sat	Jan 17 9:00 am-12:00 pm	Res \$37 Non-Res \$44

EVERYDAY HEROS: FIREFIGHTER ART (parent/child class)

Plymouth Creek Center, 14800 34th Ave

Children and parents together will create a cool painting of a fire truck that your little fire fighter will love.

COURSE #	AGES	DAY	DATE + TIME	COST
46219	18 mo-6 yr	Mon	Feb 9 9:30 am-10:30 am	Res \$15 Non-Res \$18

PAINT A RAINBOW CAMP (parent/child class)

Plymouth Creek Center, 14800 34th Ave

Does your young artist love to get messy with paint? Children learn the colors of the rainbow and learn how to mix them to create their own colors. Children will explore a variety of painting techniques.

COURSE #	AGES	DAY	DATE + TIME	COST
46217	18 mo-6 yr	Mon	Feb 23-Mar 16 9:30 am-10:30 am	Res \$63 Non-Res \$72

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. Rehearsal on May 8, Recital on May 9.

NO PROGRAM: 2/14, 2/16, 2/17, 2/19, 3/31, 4/2, 4/4, 4/6.

COURSE #	AGES	DAY	DATE + TIME	COST
46206	3-4	Sat	Jan 3-May 2 9:45 am-10:30 am	Res \$108 Non-Res \$119
46207	3-4	Sat	Jan 3-May 2 1:30 pm-2:15 pm	Res \$108 Non-Res \$119
46204	3-4	Mon	Jan 5-May 4 4:30 pm-5:15 pm	Res \$108 Non-Res \$119
46205	3-4	Tue	Jan 6-May 5 4:30 pm-5:15 pm	Res \$108 Non-Res \$119
46235	3-4	Tue	Jan 6-May 5 5:15 pm-6:00 pm	Res \$108 Non-Res \$119
46236	3-4	Thu	Jan 8-May 7 4:30 pm-5:15 pm	Res \$108 Non-Res \$119

CREATIVE THEATER DANCE

Plymouth Creek Center, 14800 34th Ave

Was your child born for the stage? This course will introduce students to basic jazz dance and musical theatre dance moves. Students will develop body coordination while learning to dance with a group. Various creative movement exercises will be used to encourage the student's ability to express his or her individuality. Children must be 3 yrs old by the first day of class.

COURSE #	AGES	DAY	DATE + TIME	COST
45924	3-4	Sun	Feb 22-Mar 22 6:15 pm-7:00 pm	Res \$58 Non-Res \$67

Education

SCIENCE EXPLORERS

TINY TOTS EXPLORER (parent/child class)

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
46087	1-3	Mon	Jan 26-Mar 16 9:30 am-10:30 am No Program: 2/16	Res \$60 Non-Res \$68

AMAZING ME!

Bass Lake Playfield, 5450 Northwest Blvd

Use your cranium to learn how the heart is responsible for pumping blood all around our bodies, plus we will investigate what happens to the food we eat and how our lungs are similar to a sponge. All this and more as we discover what really happens beneath our skin.

COURSE #	AGES	DAY	DATE + TIME	COST
46092	3½-6	Tue	Jan 20-Feb 10 9:30 am-11:00 am	Res \$58 Non-Res \$67

RAINFOREST JOURNEY

Bass Lake Playfield, 5450 Northwest Blvd

Investigate an environment where it's always warm, the trees are always green and the animals are very unique. Learn about the elements of the rainforest, create art projects, play games, hear stories and use your imagination while you take a rainforest journey.

COURSE #	AGES	DAY	DATE + TIME	COST
46093	3½-6	Tue	Feb 24-Mar 17 9:30 am-11:00 am	Res \$58 Non-Res \$67

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. Bring a yoga mat & water. Certified Instr: Jessica Spore

COURSE #	AGES	DAY	DATE + TIME	COST
46268	3-4	Tue	Jan 6-Feb 10 4:00 pm-4:45 pm	Res \$70 Non-Res \$80
46269	3-4	Tue	Feb 17-Mar 24 4:00 pm-4:45 pm	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
46299	3-5	Mon	Jan 5-Feb 16 10:00 am-10:40 am	Res \$88 Non-Res \$101
46301	3-5	Thu	Jan 8-Feb 19 4:30 pm-5:10 pm	Res \$88 Non-Res \$101
46300	3-5	Mon	Feb 23-Apr 13 10:00 am-10:40 am No Program: 3/30	Res \$88 Non-Res \$101
46308	3-5	Thu	Feb 26-Apr 16 4:30 pm-5:10 pm No Program: 4/2	Res \$88 Non-Res \$101



Music

MUSIC FOR EVERYONE

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

FIRST STEPS IN MUSIC LAND (PARENT/CHILD CLASS)

Plymouth Creek Center, 14800 34th Ave

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
46253	2-5	Wed	Jan 7-Feb 11 9:30 am-10:15 am	Res \$49 Non-Res \$59
46254	2-5	Wed	Jan 7-Feb 11 10:20 am-11:05 am	Res \$49 Non-Res \$59
46256	2-5	Wed	Feb 18-Mar 25 9:30 am-10:15 am	Res \$49 Non-Res \$59
46255	2-5	Wed	Feb 18-Mar 25 10:20 am-11:05 am	Res \$49 Non-Res \$59

PIANO FOR LITTLE MOZARTS

Plymouth Creek Center, 14800 34th Ave

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
46286	4-6	Wed	Jan 7-Feb 11 11:15 am-11:45 am	Res \$72 Non-Res \$83
46287	4-6	Wed	Jan 7-Feb 11 11:45 am-12:15 pm	Res \$72 Non-Res \$83
46288	4-6	Wed	Feb 18-Mar 25 11:15 am-11:45 am	Res \$72 Non-Res \$83
46289	4-6	Wed	Feb 18-Mar 25 11:45 am-12:15 pm	Res \$72 Non-Res \$83



GYMNASTICS TUMBLING TYKES

Wayzata Central M.S. Small Gym

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

COURSE #	AGES	DAY	DATE + TIME	COST
46137	2-4	Sat	Jan 10-Feb 28 8:50 am-9:25 am	Res \$80 Non-Res \$91
46138	2-4	Sat	Jan 10-Feb 28 9:40 am-10:15 am	Res \$80 Non-Res \$91
46139	2-4	Sat	Mar 14-May 16 8:50 am-9:25 am No Program: 3/28, 4/4	Res \$80 Non-Res \$91
46140	2-4	Sat	Mar 14-May 16 9:40 am-10:15 am No Program: 3/28, 4/4	Res \$80 Non-Res \$91



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
46166	4-6	Wed	Mar 18-Apr 15 6:15 pm-7:15 pm No Program: 4/1	Res \$35 Non-Res \$42

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.

COURSE #	AGES	DAY	DATE + TIME	COST
45945	4-6	Thu	Jan 8-Jan 29 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45946	4-6	Thu	Feb 5-Feb 26 4:30 pm-6:00 pm	Res \$68 Non-Res \$78



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
46059	4-6	Sat	Feb 14-Mar 7 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.

MINECRAFT ART FUN

Plymouth Creek Center, 14800 34th Ave

Do you love Minecraft and art? We'll learn how to draw, paint, collage and sculpt creatures from this wonderful realm.

COURSE #	AGES	DAY	DATE + TIME	COST
46214	5-10	Sat	Jan 10 9:00 am-12:00 pm	Res \$45 Non-Res \$54

FROZEN FEVER PRINCESS ART

Plymouth Creek Center, 14800 34th Ave

Join us for this art celebration of Anna's birthday! We'll use our art icy power to create unique frozen art. We'll paint frozen fractal canvas, sculpt and paint our own clay snowflake, make a royal cake collage and more!

COURSE #	AGES	DAY	DATE + TIME	COST
46215	4-10	Sat	Feb 7 9:00 am-12:00 pm	Res \$45 Non-Res \$54

ART STUDIO

Plymouth Creek Center, 14800 34th Ave

This camp is filled with all time favorite art projects. Drawing, painting, paper-mache, duct tape art, print making and more!

COURSE #	AGES	DAY	DATE + TIME	COST
46216	5-12	Wed	Feb 25-Mar 18 6:45 pm-7:45 pm	Res \$59 Non-Res \$68



ALL ABOUT DRAWING

Plymouth Creek Center, 14800 34th Ave

Discover different methods of drawing with introduction to various materials. Learn fundamentals of drawing, sketching and making graphic compositions. Use drawing techniques and the magic of imagination to present 3D shapes on flat paper. Instr: Tatiana Eletsky.

COURSE #	AGES	DAY	DATE + TIME	COST
46112	7-10	Thu	Mar 5-Apr 23 6:30 pm-7:30 pm No Program: 4/2	Res \$89 Non-Res \$102

ARTISTIC MOMENTS

CUPCAKE DECORATING (parent/child class)

Plymouth Creek Center, 14800 34th Ave

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.

COURSE #	AGES	DAY	DATE + TIME	COST
46114	6-10	Mon	Feb 2 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.

HOW TO TRAIN YOUR DRAGON ART

We'll create art projects inspired by this popular kids movie! We'll learn a new art terms and then use Model Magic clay to sculpt our own pet dragon.

COURSE #	AGES	DAY	DATE + TIME	COST
46221	4-9	Sat	Jan 24 9:00 am-12:00 pm	Res \$37 Non-Res \$44

GOT GOO?

We'll get silly with silly putty, messy with muck and so much more! This is going to be a messy one so please dress appropriately.

COURSE #	AGES	DAY	DATE + TIME	COST
46227	4-9	Sat	Feb 28 9:00 am-12:00 pm	Res \$37 Non-Res \$44

CLAY CHARACTERS ART CAMP

Your child's favorite cartoon characters will come to life as we play with many different types of clay. Scooby, Alvin the Chipmunk and a Minion are just a few creations your child will construct as they learn basic terms and techniques for working with clay.

COURSE #	AGES	DAY	DATE + TIME	COST
46220	4-9	Mon, Tue	Mar 30-Mar 31 9:00 am-12:00 pm	Res \$73 Non-Res \$84

PUPPY LOVE ART

Is your child crazy for puppy dogs? We'll read a doggie 'tail' create stuffed puppies, complete with custom collar and floppy ears and make a house for them!

COURSE #	AGES	DAY	DATE + TIME	COST
46225	4-9	Sat	Mar 7 9:00 am-12:00 pm	Res \$37 Non-Res \$44

Dance

BALLET & TAP

Plymouth Creek Center, 14800 34th Ave

Enhance self-image, 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: 2/14, 2/16, 2/17, 2/19, 3/31, 4/2, 4/4, 4/6.

COURSE #	DAY	DATE + TIME	COST
AGES 5-6			

46239	Sat	Jan 3-May 2 9:00 am-9:45 am	Res \$108 Non-Res \$119
46237	Mon	Jan 5-May 4 5:15 pm-6:00 pm	Res \$108 Non-Res \$119
46238	Tue	Jan 6-May 5 6:00 pm-6:45 pm	Res \$108 Non-Res \$119
46240	Thu	Jan 8-May 7 5:15 pm-6:00 pm	Res \$108 Non-Res \$119

AGES 7-8

46243	Sat	Jan 3-May 2 12:35 pm-1:30 pm	Res \$108 Non-Res \$119
46241	Mon	Jan 5-May 4 6:05 pm-7:00 pm	Res \$108 Non-Res \$119
46242	Tue	Jan 6-May 5 6:45 pm-7:45 pm	Res \$108 Non-Res \$119

AGES 9-11

46244	Mon	Jan 5-May 4 7:00 pm-8:00 pm	Res \$108 Non-res \$119
-------	-----	--------------------------------	----------------------------

AGES 12 & OLDER

46250	Mon	Jan 5-May 4 8:00 pm-9:15 pm	Res \$108 Non-res \$119
-------	-----	--------------------------------	----------------------------

DANCELINÉ

Plymouth Creek Center, 14800 34th Ave

Basic danceline skills 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: 2/14, 4/4.

COURSE #	AGES	DAY	DATE + TIME	COST
46251	7-10	Sat	Jan 3-May 2 11:35 am-12:35 pm	Res \$108 Non-Res \$119
46252	11-16	Sat	Jan 3-May 2 10:35 am-11:35 am	Res \$108 Non-Res \$119

drama

AMERICAN GIRL THEATER™ KIT KITTREDGE

Plymouth Creek Center, 14800 34th Ave

Students learn acting skills, stage positions, build a character, and voice projection. They will perform the original version 'A Thief in the Theater' at final class date. Instr: Deborah Schee.

COURSE #	AGES	DAY	DATE + TIME	COST
46066	7-12	Mon	Jan 26-Feb 16 5:30 pm-6:45 pm	Res \$79 Non-Res \$91

THEATER WORKSHOP RISE OF THE GUARDIANS

Plymouth Creek Center, 14800 34th Ave

Santa Claus, The Tooth Fairy, Jack Frost, Sandy the Sandman, and Easter Bunny join forces to defeat Pitch Black and save Christmas! This fun workshop will stress teamwork while students learn key acting skills. A performance on the final class date.

COURSE #	AGES	DAY	DATE + TIME	COST
46067	7-12	Mon	Mar 9-Apr 6 5:30 pm-6:45 pm No Program: 3/30	Res \$79 Non-Res \$91

PRAIRIE FIRE THEATRE PRODUCTION: SNOW WHITE

Plymouth Creek Center, 14800 34th Ave

Prairie Fire, a professional theatre company, brings theatre to Plymouth and you can be a part of **Snow White!** Everything provided: sets, props, costumes, makeup and direction. All youth who register and audition will receive a part (ranging from speaking to chorus roles).

NOTE: Participants are required to be in attendance the entire audition process and for all scheduled rehearsals (Mon-Fri), and the performances. Some parts will not rehearse after auditions. Be prepared to pick up your child early on Monday if they are assigned a part that does not rehearse. Students will be able to call home.

- Rehearsal end times may vary.
- Performances: Friday, 7 pm and Saturday, 2 pm

COURSE #	AGES	DAY	DATE + TIME	COST
45303	8-14	Mon-Sat	Mar 2-Mar 7 5:30 pm-9:00 pm	Res \$100 Non-Res \$110

Education

COMPUTER EXPLORERS

Plymouth Creek Center, 14800 34th Ave

Please bring a peanut-free snack.

AVENGER SUPER HEROES FILM SCHOOL

Action figures, legos, backdrops and props will be available for filming in class. Use Frames Software to edit video footage. Final projects can be emailed to parents, or students may bring a USB jump drive the last day of class.

COURSE #	AGES	DAY	DATE + TIME	COST
46297	5-9	Tue	Feb 10-Feb 24 6:00 pm-8:00 pm	Res \$75 Non-Res \$87

ROBOTICS: SPORTS & ADVENTURE BUILDER

Learn basic programming skills, simple engineering concepts and how to use robot components. Build LEGO models featuring motors, tilt sensors, motion detectors and USB Robotics Hub.

COURSE #	AGES	DAY	DATE + TIME	COST
46321	5-9	Sat	Feb 21-Feb 28 9:00 am-12:00 pm	Res \$75 Non-Res \$87

ROBOTICS: STAR WARS DROID BUILDER

Start with a simple droid mechanism, then move on to more ambitious droids that move and walk. Experiment with robotic programs that avoid light, seek light, are controlled by lights, act as alarms and more.

COURSE #	AGES	DAY	DATE + TIME	COST
46322	6-10	Sat	Mar 14-Mar 21 9:00 am-12:00 pm	Res \$75 Non-Res \$87

ULTIMATE VIDEO GAME DESIGN

Create an interactive 2D video game using your favorite characters. Learn the new Scratch 2.0 game system tutorial during the first classes and walk through creating a working arcade style game on the last session. Bring a USB drive to save your games.

COURSE #	AGES	DAY	DATE + TIME	COST
46315	8-12	Tue	Mar 17-Mar 31 6:00 pm-8:00 pm	Res \$75 Non-Res \$87

JUNIOR VETERINARY CAMP

MN School of Business, 1455 Co Rd 101

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

COURSE #	AGES	DAY	DATE + TIME	COST
46080	9-12	Sat	Jan 24 9:00 am-12:00 pm	Res \$17 Non-Res \$20

SCIENCE EXPLORERS

Bass Lake Playfield, 5450 Northwest Blvd

VOLCANOS & EARTHQUAKES

Experiment with different types of volcanic eruptions and make a mini model to take home. Explore plate tectonics through fault line experiments. Join us for this earth shattering class.

COURSE #	AGES	DAY	DATE + TIME	COST
46186	5-11	Mon	Jan 19 9:30 am-11:30 am	Res \$21 Non-Res \$25

MYTH BUSTING 101

Mind-blowing myths or scientific facts? Confirm or bust strange myths and wacky urban legends. Ask the crazy questions, develop hypotheses, then smash it, crash it, sink it, or launch it to determine if the myth is confirmed, plausible, or busted.

COURSE #	AGES	DAY	DATE + TIME	COST
46189	5-11	Mon	Feb 16 1:00 pm-3:00 pm	Res \$21 Non-Res \$25

GREAT REACTIONS

Discover the fascinating world of chemistry! Experiment with mixtures that are foamy, soapy and slimy while investigating the difference between chemical reactions and physical changes. Dress so you can get messy!

COURSE #	AGES	DAY	DATE + TIME	COST
46191	5-11	Tue	Mar 31 10:00 am-12:00 pm	Res \$21 Non-Res \$25

TECH TAC TOE: LEGO STAR WARS TECHNIC

Plymouth Creek Center, 14800 34th Ave

Are you a Lego and Star Wars fan? In this camp the power of the force meets Legos! Create a galaxy of ships, weapons and nifty Lego Technic devices. Learn about mechanics, gears and so much more!

COURSE #	AGES	DAY	DATE + TIME	COST
46326	6-12	Wed	Jan 21-Feb 25 5:30 pm-6:30 pm	Res \$78 Non-Res \$88



Martial Arts



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
46276	4-10	Sat	Jan 10-Feb 14 10:15 am-11:00 am	Res \$70 Non-Res \$80
46277	4-10	Sat	Feb 21-Mar 28 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
46266	5-10	Tue	Jan 6-Feb 10 5:00 pm-5:45 pm	Res \$70 Non-Res \$80
46267	5-10	Tue	Feb 17-Mar 24 5:00 pm-5:45 pm	Res \$70 Non-Res \$80

KID FU

Bass Lake Building, 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. Parents welcome to register and participate with child. Instr: National Martial Arts Assoc.

KID FU: BEGINNER-ORANGE SASH

COURSE #	AGES	DAY	DATE + TIME	COST
46279	5-12	Thu	Jan 8-Feb 19 5:30 pm-6:30 pm	Res \$67 Non-Res \$77
46280	5-12	Thu	Feb 26-Apr 16 5:30 pm-6:30 pm No Program: 4/2	Res \$67 Non-Res \$77

KID FU: YELLOW SASH & UP

COURSE #	AGES	DAY	DATE + TIME	COST
46281	6-12	Thu	Jan 8-Feb 19 6:30 pm-7:30 pm	Res \$67 Non-Res \$77
46282	6-12	Thu	Feb 26-Apr 16 6:30 pm-7:30 pm No Program: 4/2	Res \$67 Non-Res \$77

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
46272	7-12	Mon	Jan 5-Feb 16 5:15 pm-6:15 pm	Res \$70 Non-Res \$80
46273	7-12	Wed	Jan 7-Feb 18 5:15 pm-6:15 pm	Res \$70 Non-Res \$80
46274	7-12	Mon	Feb 23-Apr 13 5:15 pm-6:15 pm No Program: 3/30	Res \$70 Non-Res \$80
46275	7-12	Wed	Feb 25-Apr 15 5:15 pm-6:15 pm No Program: 4/1	Res \$70 Non-Res \$80



Music

CHILDREN'S CHOIR

Plymouth Creek Center, 14800 34th Ave

This program will expose your child to a variety of choral repertoire and provide an opportunity to perform in front of parents and friends. Led by a choral conductor, these classes focus on sight-reading, theory, diction and repertoire. Additionally, students will be able to audition for solos and small ensemble parts. Performances will take place on the last night of the program.

COURSE #	AGES	DAY	DATE + TIME	COST
46115	5-10	Thu	Jan 15-Feb 26 6:30 pm-7:30 pm	Res \$56 Non-Res \$64

Recreation-Special Event

ONCE UPON A STAR FROZEN PRINCESS BALL (parent-child)

Plymouth Creek Center, 14800 34th Ave

Join Anna & Elsa for an enchanting evening with your special adult-date! Enjoy a 'Frozen' craft, snack, dancing and more! Each princess receives a personalized princess tote bag, jewelry craft project and castle gift to take home. Personal cameras welcome.

COURSE #	AGES	DAY	DATE + TIME	COST
46314	3-8	Fri	Jan 23 6:30 pm-8:00 pm	\$28



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.

COURSE #	AGES	DAY	DATE + TIME	COST
45937	5-10	Tue	Jan 6-Jan 27 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45938	5-10	Tue	Feb 3-Feb 24 4:30 pm-6:00 pm	Res \$68 Non-Res \$78

LACROSSE INTRODUCTION

Soft Lacrosse (non-contact)

COURSE #	AGES	DAY	DATE + TIME	COST
45941	5-10	Thu	Jan 8-Jan 29 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45942	5-10	Thu	Feb 5-Feb 26 4:30 pm-6:00 pm	Res \$68 Non-Res \$78

SOCCER INTRODUCTION

Shin guards recommended.

COURSE #	AGES	DAY	DATE + TIME	COST
45939	5-10	Tue	Jan 6-Jan 27 4:30 pm-6:00 pm	Res \$68 Non-Res \$78
45940	5-10	Tue	Feb 3-Feb 24 4:30 pm-6:00 pm	Res \$68 Non-Res \$78

BASEBALL / T BALL CLINIC

Armstrong High School Community Gym, 10635 36th Ave

Program for girls and boys. Instructors will teach fundamentals; throwing, catching, fielding, and hitting. The program will use 'incrediballs' (cloth balls). Scrimmage games will be held the last week of the program.

T BALL

COURSE #	AGES	DAY	DATE + TIME	COST
46062	4-5	Sat	Mar 14-Apr 11 9:15 am-10:30 am No Program: 4/4	Res \$44 Non-Res \$53

COACH-PITCH

COURSE #	AGES	DAY	DATE + TIME	COST
46063	6-7	Sat	Mar 14-Apr 11 10:45 am-12:00 pm No Program: 4/4	Res \$44 Non-Res \$53

SUMMER T BALL / BASEBALL

Information for summer programs will be in the Spring & Summer 2015 Plymouth Parks & Recreation Activities Guide. Youth Athletic Associations registration starts in late January. See page 4 for local Athletic Associations.



BASKETBALL WINTER BREAK OPEN GYM

Ages: 8–18

Grab your family and join your friends for indoor basketball. Players must supply their own basketball. Adults accompanied by their kids are welcome. No team practices allowed. Cost is \$3 at the door.

Armstrong High School Community Gym, 10635 36th Ave

Days: Dec 22, Dec 23, Dec 26

Time: 12:00 pm–3:00 pm

Wayzata High School, 4950 Peony Lane

Days: Dec 29, Dec 30, Jan 2

Time: 2:00 pm–5:00 pm

BASKETBALL LEAGUE

Armstrong High School Community Gym, 10635 36th Ave

Fundamentals and skills taught the first 2 classes. Then kids are divided by instructors to work on team concepts and play scheduled games. Baskets are at 8 feet. T-shirt included.

COURSE #	AGES	DAY	DATE + TIME	COST
46064	6–7	Sat	Jan 10–Mar 7 9:15 am–10:30 am No Program: 2/7	Res \$68 Non-Res \$78
46065	6–7	Sat	Jan 10–Mar 7 10:45 am–12:00 pm No Program: 2/7	Res \$68 Non-Res \$78

FENCING MUSKETEERS

Plymouth Ice Center, 3650 Plymouth Blvd

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
46055	6–10	Wed	Feb 18–Mar 25 6:15 pm–7:15 pm	Res \$80 Non-Res \$92

HOCKEY BEGINNER HOCKEY SKILLS

Plymouth Creek Playfield, 4625 Fernbrook Ln

Designed for kids with interest in learning basic hockey skills. Skills taught: hockey stops, edges, strides, and other skating techniques; basic puck control, passing, and skating with the puck. Skaters supply their own hockey skates, stick, and helmet. Elbow pads are recommended. Small sided games may be implemented towards the end of the program. Program is outdoors.

COURSE #	AGES	DAY	DATE + TIME	COST
46068	4–5	Sun	Jan 11–Feb 1 3:30 pm–4:30 pm	Res \$35 Non-Res \$42
46069	6–7	Sun	Jan 11–Feb 1 4:45 pm–5:45 pm	Res \$35 Non-Res \$42

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 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

Sports

GYMNASTICS

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

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

TUMBLEWEEDS I

Beginners (no experience required). Intro to **Floor:** jumps, leaps, turns, cartwheel, forward & backward rolls **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. Advancing gymnastics skills for a more challenging class. Skills taught **Floor:** intro to intermediate dance skills, 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. Continued 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 and jump series.

ACROBATS

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



WINTER SESSION

T-Shirt included.

COURSE #	AGES	DAY	DATE + TIME	COST
TUMBLEWEEDS I				
46130	4 & Older	Sat	Jan 10–Feb 28 9:30 am–10:15 am	Res \$86 Non-Res \$98
46131	4 & Older	Sat	Jan 10–Feb 28 11:20 am–12:05 pm	Res \$86 Non-Res \$98
TUMBLEWEEDS II				
46135	5-14	Sat	Jan 10–Feb 28 10:20 am–11:15 am	Res \$95 Non-Res \$109
PRE-TUMBLERS				
46122	6-14	Sat	Jan 10–Feb 28 1:40 pm–3:00 pm	Res \$113 Non-Res \$125
TUMBLERS I				
46124	7-14	Sat	Jan 10–Feb 28 12:30 pm–1:50 pm	Res \$113 Non-Res \$125
46125	7-14	Sat	Jan 10–Feb 28 1:40 pm–3:00 pm	Res \$113 Non-Res \$125
TUMBLERS II				
46128	7-16	Sat	Jan 10–Feb 28 12:30 pm–2:10 pm	Res \$140 Non-Res \$153
ACROBATS				
46120	8-16	Sat	Jan 10–Feb 28 12:30 pm–2:10 pm	Res \$140 Non-Res \$153

SPRING SESSION

Cinch bag included. **NO PROGRAM:** 3/28, 4/4

COURSE #	AGES	DAY	DATE + TIME	COST
TUMBLEWEEDS I				
46132	4 & Older	Sat	Mar 14–May 16 9:30 am–10:15 am	Res \$86 Non-Res \$98
46134	4 & Older	Sat	Mar 14–May 16 11:20 am–12:05 pm	Res \$86 Non-Res \$98
TUMBLEWEEDS II				
46136	5-14	Sat	Mar 14–May 16 10:20 am–11:15 am	Res \$95 Non-Res \$109
PRE-TUMBLERS				
46123	6-14	Sat	Mar 14–May 16 1:40 pm–3:00 pm	Res \$113 Non-Res \$125
TUMBLERS I				
46126	7-14	Sat	Mar 14–May 16 12:30 pm–1:50 pm	Res \$113 Non-Res \$125
46127	7-14	Sat	Mar 14–May 16 1:40 pm–3:00 pm	Res \$113 Non-Res \$125
TUMBLERS II				
46129	7-16	Sat	Mar 14–May 16 12:30 pm–2:10 pm	Res \$140 Non-Res \$153
ACROBATS				
46121	8-16	Sat	Mar 14–May 16 12:30 pm–2:10 pm	Res \$140 Non-Res \$153



JUNIOR GOLF LEAGUE

Although we are just heading into winter, it is never too early to start thinking about golf! Registration for our Junior Golf League will begin in early 2015. No longer at Begin Oaks Golf, the league will be located at Eagle Lake Golf or Hollydale Golf Club.

Contact Plymouth Parks & Recreation at 763-509-5200 for more information.



ROOKIE RUGBY

Fieldhouse, 14600 34th Ave

Rookie Rugby is the US version of flag rugby. Rookie Rugby is a safe, non-contact, easy to play game for boys and girls of all ages. No experience required. Rookie Rugby is a fun introduction to the newest Olympic Sport; rugby. Each participant will receive their own rugby ball & rugby T-shirt at the end of the session. Rookie Rugby coaches are all certified by USA Rugby & Plymouth Rugby Club.

COURSE #	AGES	DAY	DATE + TIME	COST
CO-REC				
46330	4-8	Mon	Jan 5-Feb 9 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46072	4-8	Mon	Feb 16-Mar 23 5:00 pm-6:00 pm	Res \$60 Non-Res \$69

GIRLS

46333	9-11	Mon	Jan 5-Feb 9 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46334	12-14	Mon	Jan 5-Feb 9 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46075	9-11	Mon	Feb 16-Mar 23 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46076	12-14	Mon	Feb 16-Mar 23 5:00 pm-6:00 pm	Res \$60 Non-Res \$69

BOYS

46331	9-11	Mon	Jan 5-Feb 9 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46332	12-14	Mon	Jan 5-Feb 9 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46073	9-11	Mon	Feb 16-Mar 23 5:00 pm-6:00 pm	Res \$60 Non-Res \$69
46074	12-14	Mon	Feb 16-Mar 23 5:00 pm-6:00 pm	Res \$60 Non-Res \$69

TENNIS INDOOR LESSONS

Armstrong High School Community Gym, 10635 36th Ave

Provides beginner and intermediate level players with the fundamental skills. Participants are taught proper grip, footwork, ground strokes, volleys, overheads and serves, as well as basic rules and etiquette. Lessons taught by Armstrong High School varsity tennis coach Dan Richards, USPTA Certified.

COURSE #	AGES	DAY	DATE + TIME	COST
46050	4-6	Sun	Jan 4-Jan 25 12:15 pm-1:00 pm	Res \$58 Non-Res \$67
46051	7-8	Sun	Jan 4-Jan 25 1:00 pm-2:00 pm	Res \$65 Non-Res \$74
46052	9-10	Sun	Jan 4-Jan 25 2:00 pm-3:00 pm	Res \$65 Non-Res \$74
46053	4-6	Sun	Jan 4-Jan 25 11:30 am-12:15	Res \$58 Non-Res \$67

VOLLEYBALL YOUTH LEAGUES

Armstrong High School Community Gym, 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
46060	7-9	Sat	Jan 10-Mar 7 1:45 pm-3:45 pm No Program: 2/7	Res \$165 Non-Res \$182
46061	10-12	Sat	Jan 10-Mar 7 1:45 pm-3:45 pm No Program: 2/7	Res \$165 Non-Res \$182

Arts + Crafts

ALL ABOUT DRAWING

Plymouth Creek Center, 14800 34th Ave

Discover different methods of drawing with introduction to various materials. Learn fundamentals of drawing, sketching and making graphic compositions. Use drawing techniques and the magic of imagination to present 3D shapes on flat paper. Instr: Tatiana Eletsky.

COURSE #	AGES	DAY	DATE + TIME	COST
46313	12-17	Thu	Mar 5-Apr 23 7:45 pm-8:45 pm No Program: 4/2	Res \$89 Non-Res \$102



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
46231	9-18	Sat	Mar 7 12:00 pm-1:30 pm	Res \$45 Non-Res \$54

MAKEOVER

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

COURSE #	AGES	DAY	DATE + TIME	COST
46246	9-18	Sat	Mar 7 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
46262	9-18	Sat	Mar 7 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
46290	11-17	Tue	Feb 10-Mar 17 5:00 pm-5:45 pm No Program: 2/17	Res \$48 Non-Res \$56

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
46150	11-15	Fri, Feb 20, 6:00 pm-8:30 pm Sat, Feb 21, 9:00 am-3:30 pm		Res \$80 Non-Res \$90
46151	11-15	Fri, Mar 20, 6:00 pm-8:30 pm Sat, Mar 21, 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
46057	11 & Older	Wed	Feb 18–Mar 25 7:30 pm–8:30 pm	Res \$80 Non-Res \$92

Recreation

SNOWSHOEING

Nature Center, 8300 W Franklin Ave; St. Louis Park

Grab a friend, or come solo, but get out of the house and enjoy this winter afternoon by snowshoeing! Join a naturalist and explore the woods and marsh of the Nature Center. Relax afterwards with tea or cocoa. Snowshoes provided or bring your own!

COURSE #	AGES	DAY	DATE + TIME	COST
46230	11–17	Wed	Mar 4 3:30 pm–5:00 pm	Res \$7 Non-Res \$10

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
46226	12–18	Fri	Feb 20 7:00 pm–10:00 pm	Free

Trips

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

PAINTBALL: SPLATBALL

Come along on a trip to Splatball, Inc., the oldest paintball field in the world, located in Minneapolis. We'll play two hours on the indoor field. Cost includes required equipment and 200 paintballs. Additional paintballs available to purchase on-site.

COURSE #	AGES	DAY	DATE + TIME	COST
46228	11–17	Sat	Feb 21 12:00 pm–3:30 pm	Res \$45 Non-Res \$52

SNOW TUBING

Chill out and join us for an afternoon of snow tubing at Elm Creek Recreation Area in Maple Grove! Park admission and tubing rental will be provided. Please bring money for snack. Transportation provided.

COURSE #	AGES	DAY	DATE + TIME	COST
46229	11–14	Sat	Jan 17 1:30 pm–5:00 pm	Res \$22 Non-Res \$26

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

NIGHT PHOTOGRAPHY

Learn how to navigate technical challenges of night photography to take beautiful nighttime city scapes and lowlight photographs.

COURSE #	AGES	DAY	DATE + TIME	COST
46118	16 & Older	Tue	Jan 6–Jan 13 7:00 pm–8:30 pm	Res \$30 Non-Res \$36

USING SPECIALTY LENSES

Explore the unconventional side of photography which will lay out camera setups, software techniques and suggestions and look at ultra wide lenses and other off-the-wall shooting styles.

COURSE #	AGES	DAY	DATE + TIME	COST
46119	16 & Older	Wed	Feb 11–Feb 18 7:00 pm–8:30 pm	Res \$30 Non-Res \$36

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
46117	16 & Older	Tue	Feb 3–Feb 24 7:00 pm–8:30 pm	\$55

Education

ARTISTIC MOMENTS CUPCAKE AND CAKE DECORATING

Plymouth Creek Center, 14800 34th Ave

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
46113	16 & Older	Mon	Feb 2 6:45 pm–8:45 pm	Res \$28 Non-Res \$34

COOKING CLASSES

Plymouth Creek Center, 14800 34th Ave

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

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
46081	18 & Older	Mon	Feb 9 6:30 pm–8:15 pm	Res \$37 Non-Res \$44

MOZZARELLA CHEESE & 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
46082	18 & Older	Tue	Feb 17 6:30 pm–8:15 pm	Res \$37 Non-Res \$44



WHEN TO TAKE SOCIAL SECURITY

Plymouth Creek Center, 14800 34th Ave

Learn about Social Security. Presentation topics include: when to take social security (early, on time, or delayed); how different sources of income may impact your benefit; taxes; and spousal benefits. Participants will receive additional information resources as well as free individualized Social Security analysis based on their specific objective.

COURSE #	AGES	DAY	DATE + TIME	COST
46323	25 & Older	Tue	Jan 20 6:00 pm–7:00 pm	\$6

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

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
46291	16 & Older	Tue	Jan 27–Mar 17 7:15 pm–8:05 pm No Program: 2/17	Res \$74 Non-Res \$85
46278	16 & Older	Fri	Jan 23–Mar 13 12:15 pm–1:05 pm No Program: 2/20	Res \$74 Non-Res \$85

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
46298	16 & Older	Mon	Jan 26–Mar 10 7:30 pm–8:15 pm	Res \$62 Non-Res \$71

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
46202	15 & Older	Wed	Jan 7–Feb 25 5:30 pm–6:30 pm	Res \$52 Non-Res \$60
46203	15 & Older	Wed	Mar 11–Apr 29 5:30 pm–6:30 pm	Res \$52 Non-Res \$60

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
46302	16 & Older	Mon, Wed	Jan 5–Feb 18 8:00 am–9:00 am	Res \$60 Non-Res \$68
46303	16 & Older	Mon, Wed	Feb 23–Apr 8 8:00 am–9:00 am	Res \$60 Non-Res \$68

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 763-509-5223.

- 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
46295	16 & Older	Thu	Jan 8–Feb 12 6:30 pm–7:30 pm	Res \$54 Non-Res \$62
46296	16 & Older	Thu	Feb 19–Mar 26 6:30 pm–7:30 pm	Res \$54 Non-Res \$62

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
46192	16 & Older	Wed	Jan 14–Feb 25 6:30 pm–7:30 pm	Res \$126 Non-Res \$138
46193	16 & Older	Sat	Jan 17–Feb 28 7:15 am–8:15 am	Res \$126 Non-Res \$138

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
46190	16 & Older	Wed	Jan 14–Mar 4 6:45 pm–7:45 pm	Res \$54 Non-Res \$62

Fitness

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

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
46294	18 & Older	Tue	Jan 27–Mar 17 6:00 pm–7:00 pm No Program: 2/17	Res \$68 Non-Res \$78

YOGA YOGA BARRE DRUM FUSION

Ultimate Martial Arts, 147 Hamel Rd; Hamel

A full body workout with lots of options to modify. We strengthen, lengthen and tighten using movement inspired by ballet, yoga and drumming. The music is motivating and the class is efficient and fun.

COURSE #	AGES	DAY	DATE + TIME	COST
46194	14 & Older	Wed	Jan 21–Feb 18 7:00 pm–8:00 pm	Res \$49 Non-Res \$57
46195	14 & Older	Sat	Jan 24–Feb 21 10:00 am–11:00 am	Res \$49 Non-Res \$57

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
46257	16 & Older	Mon, Wed	Jan 5–Feb 11 6:30 pm–7:30 pm	Res \$88 Non-Res \$100
46258	16 & Older	Mon, Wed	Feb 16–Mar 25 6:30 pm–7:30 pm	Res \$88 Non-Res \$100



YOGA TIME!

Parkers Lake Park, Co Rd 6 & Niagara Ln

PRENATAL YOGA FLOW

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
46264	18 & Older	Sat	Jan 10–Feb 14 11:15 am–12:00 pm	Res \$90 Non-Res \$100

BYOB (BRING YOUR OWN BABY)

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
46263	18 & Older	Sat	Jan 10–Feb 14 9:15 am–10:00 am	Res \$70 Non-Res \$80

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

YOGASTUDIO

Cottonwood Plaza YogaStudio, 3900 Vinewood Ln

BARRE BLEND

This class combines pilates, yoga, ballet toning and strength, plus an energetic cardio workout. Classes are done in bare feet and incorporates the ballet barre and various props.

COURSE #	AGES	DAY	DATE + TIME	COST
46179	16 & Older	Tue	Jan 6–Feb 24 4:30 pm–5:30 pm	Res \$88 Non-Res \$101
46180	16 & Older	Tue	Mar 3–Apr 21 4:30 pm–5:30 pm	Res \$88 Non-Res \$101

BEGINNER WORKSHOP

Have fun, exploring YOGA for YOU! Learn and experience yoga postures and breath work with fun, experienced teachers.

COURSE #	AGES	DAY	DATE + TIME	COST
46185	16 & Older	Sat	Jan 3 1:30 pm–3:00 pm	Res \$25 Non-Res \$32

HOT YOGA

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

COURSE #	AGES	DAY	DATE + TIME	COST
46176	16 & Older	Sun	Jan 4–Feb 22 4:30 pm–5:45 pm	Res \$88 Non-Res \$101
46174	16 & Older	Wed	Jan 7–Feb 25 9:30 am–10:30 am	Res \$88 Non-Res \$101
46177	16 & Older	Sun	Mar 1–Apr 19 4:30 pm–5:45 pm	Res \$88 Non-Res \$101
46175	16 & Older	Wed	Mar 4–Apr 22 9:30 am–10:30 am	Res \$88 Non-Res \$101

Bring a mat, towel and water.

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

VINYASA YOGA

Vigorous, fun, moving yoga class for all levels in a warm room. Sun salutations, core work, hip openers.

COURSE #	AGES	DAY	DATE + TIME	COST
46170	16 & Older	Mon	Jan 5–Feb 23 7:00 pm–8:00 pm	Res \$88 Non-Res \$101
46171	16 & Older	Mon	Mar 2–Apr 20 7:00 pm–8:00 pm	Res \$88 Non-Res \$101

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
46172	16 & Older	Tue	Jan 6–Feb 24 5:35 pm–6:15 pm	Res \$59 Non-Res \$68
46173	16 & Older	Tue	Mar 3–Apr 21 5:35 pm–6:15 pm	Res \$59 Non-Res \$68

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
46187	16 & Older	Sat	Feb 7 1:30 pm–3:00 pm	Res \$25 Non-Res \$32

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
46152	16 & Older	Mon	Jan 12–Feb 23 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
46153	16 & Older	Mon	Jan 12–Feb 23 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
46154	16 & Older	Wed	Jan 14–Feb 25 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
46155	16 & Older	Fri	Jan 16–Feb 27 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
46160	16 & Older	Mon	Mar 9–Apr 13 5:30 pm–6:30 pm	Res \$42 Non-Res \$50
46161	16 & Older	Mon	Mar 9–Apr 13 6:45 pm–7:45 pm	Res \$42 Non-Res \$50
46162	16 & Older	Wed	Mar 11–Apr 22 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
46163	16 & Older	Fri	Mar 13–Apr 24 5:30 pm–6:30 pm	Res \$42 Non-Res \$50

ZUMBA: LEVEL 2

COURSE #	AGES	DAY	DATE + TIME	COST
46156	16 & Older	Tue	Jan 13–Feb 24 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
46157	16 & Older	Wed	Jan 14–Feb 25 5:30 pm–6:30 pm	Res \$48 Non-Res \$56
46158	16 & Older	Tue	Mar 10–Apr 21 6:45 pm–7:45 pm	Res \$48 Non-Res \$56
46159	16 & Older	Wed	Mar 11–Apr 22 5:30 pm–6:30 pm	Res \$48 Non-Res \$56

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
46222	14 & Older	Wed	Jan 7–Feb 4 7:00 pm–8:00 pm No Program: 1/21	Res \$51 Non-Res \$59
46223	14 & Older	Wed	Feb 25–Mar 18 7:00 pm–8:00 pm	Res \$51 Non-Res \$59

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
46224	20 & Older	Wed	Feb 18 6:30 pm–8:00 pm	Res \$22 Non-Res \$26

NUTRITION: FOODS TO REDUCE PAIN & INFLAMMATION

Do you have stiff joints, achy muscles and inflammation? Your food choices affect pain and inflammation levels more than you realize. Learn why sugar and processed carbohydrates increase pain and inflammation. Discover the therapeutic role of omega-3 fats and key minerals. Take home recipes and begin your anti-inflammatory eating plan. It is time to start healing your body with real food. (2.4 CEUs)

COURSE #	AGES	DAY	DATE + TIME	COST
46201	18 & Older	Wed	Jan 21 6:30 pm–8:30 pm	Res \$26 Non-Res \$30



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.

December 2

January 6

February 3

March 3

Fieldhouse, 14800 34th Ave at 11 am–12 pm

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
46292	13 & Older	Thu	Jan 8–Feb 19 7:30 pm–8:30 pm	Res \$67 Non-Res \$77
46293	13 & Older	Thu	Feb 26–Apr 16 7:30 pm–8:30 pm No Program: 4/2	Res \$67 Non-Res \$77



Allina Health
ABBOTT
NORTHWESTERN
WestHealth

BASKETBALL: 5-ON-5 UNOFFICIATED LEAGUE**Armstrong High School Community Gym, 10635 36th Ave**

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

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
46036	18 & Older	Mon	Jan 5–Mar 30 6:00 pm–10:00 pm No Program: 1/12	\$175
46037	18 & Older	Mon	Apr 13–Jun 8 6:00 pm–10:00 pm No Program: 5/25	\$145

ADULT SOFTBALL LEAGUE

Information will be available in early January. For questions, please contact the Parks & Recreation Department at 763-509-5200 or visit www.plymouthmn.gov.

MEN & WOMEN GOLF LEAGUE

Information will be available in January. Registration will begin in March 2015. Leagues are no longer at Begin Oaks Golf, they will be held at Hollydale Golf Club or Eagle Lake Golf.

SOCCER: OPEN INDOOR SOCCER**Fieldhouse, 14800 34th Ave**

Good sportsmanship expected. 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
46038 <i>8 wk</i>	18 & Older	Mon	Dec 29–Feb 16 9:00 pm–10:30 pm	Res \$82 Non-Res \$94
46039 <i>7 wk</i>	18 & Older	Wed	Jan 7–Feb 18 9:00 pm–10:30 pm	Res \$73 Non-Res \$84
46040 <i>8 wk</i>	18 & Older	Mon	Feb 23–Apr 13 9:00 pm–10:30 pm	Res \$82 Non-Res \$94
46041 <i>7 wk</i>	18 & Older	Wed	Feb 25–Apr 8 9:00 pm–10:30 pm	Res \$73 Non-Res \$84

SOCCER: MEN'S OFFICIATED LEAGUE**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
46042	19 & Older	Thu	Jan 8–Feb 19 9:00 pm–12:15 am	\$815
46043	19 & Older	Thu	Feb 26–Apr 9 9:00 pm–12:15 am	\$815

VOLLEYBALL: CO-REC LEAGUE

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.

Wayzata High School, 4950 Peony Ln

COURSE #	AGES	DAY	DATE + TIME	COST
46044	18 & Older	Thu	Jan 8–Mar 19 7:30 pm–10:00 pm No Program: 2/12, 2/26, 3/15	\$130

Armstrong High School, 10635 36th Ave N

COURSE #	AGES	DAY	DATE + TIME	COST
46046	18 & Older	Thu	Apr 2–May 21 7:30 pm–10:00 pm	\$130

OPEN GYM

Ages: 16 & Older

This is not a league; players organize their own games. \$4 at the door. Punch cards with 10 visits may be purchased for \$30.

BADMINTON**Wayzata High School, 4950 Peony Lane**

We supply the net and the birdies; you supply the racket.

Days: Mon, Dec 1–May 18
(No Program: 12/22, 12/29, 1/19, 2/16, 3/30)

Time: 7:30 pm–10:00 pm

BASKETBALL**Wayzata High School, 4950 Peony Lane**

Players should bring their own ball.

Days: Wed, Dec 3–Apr 29
(No Program: 12/24, 12/31, 4/1)

Time: 7:30 pm–10:00 pm

PICKLEBALL**Armstrong High School Community Gym, 10635 36th Ave**

Pick up pickleball. Balls and limited rackets provided.

Days: Sun, Nov 30–Apr 26
(No Program: 12/28, 1/4, 2/8)

Time: 3:30 pm–5:30 pm

VOLLEYBALL**Wayzata High School, 4950 Peony Lane**

Pick up volleyball. Balls and net set up provided.

Days: Wed, Dec 3–Apr 29
(No Program: 12/24, 12/31, 4/1)

Time: 7:30 pm–10:00 pm

Arts + Crafts

PAINTING THE 4 SEASONS

In this series of workshops by Gail you will be painting the 4 seasons: the colors, textures, and atmosphere unique to each season. Learn through demonstration, individual guidance, and exploring new techniques. Bring a bag lunch. Sign up for 1 or all 4. Instr: Gail Speckmann.

WINTER

COURSE #	DAY	DATE + TIME	COST
45877	Wed	Jan 7 9:30 am–3:30 pm	\$40

SPRING

COURSE #	DAY	DATE + TIME	COST
45878	Wed	Jan 14 9:30 am–3:30 pm	\$40

SUMMER

COURSE #	DAY	DATE + TIME	COST
45879	Wed	Jan 21 9:30 am–3:30 pm	\$40

FALL

COURSE #	DAY	DATE + TIME	COST
45880	Wed	Jan 28 9:30 am–3:30 pm	\$40

INTRO TO WATERCOLOR WORKSHOP

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

SESSION 1: WINTER LANDSCAPE

COURSE #	DAY	DATE + TIME	COST
45881	Mon	Jan 26 1:00 pm–4:00 pm	\$18

SESSION 2: MIXED MEDIA BUTTERFLIES

COURSE #	DAY	DATE + TIME	COST
45882	Mon	Feb 9 1:00 pm–4:00 pm	\$18

SESSION 3: BIRD OF PARADISE

COURSE #	DAY	DATE + TIME	COST
45883	Mon	Mar 23 1:00 pm–4:00 pm	\$18

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
45831	Tue	Jan 6–Jan 27 1:00 pm–4:00 pm	\$43

SESSION 2

COURSE #	DAY	DATE + TIME	COST
45832	Tue	Mar 10–Mar 31 1:00 pm–4:00 pm	\$43

WATERCOLOR SEMINAR: ADVANCED

Increase skills by sharing techniques and experience with other artists. You will be creating in a relaxed atmosphere. Pre-requisite: Kathleen Parker's watercolor classes.

COURSE #	DAY	DATE + TIME	COST
45932	Thu	Jan 8–Feb 12 1:00 pm–4:00 pm	\$60
45933	Thu	Mar 12–Apr 2 1:00 pm–4:00 pm	\$40

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
45834	Tue	Jan 6–Feb 10 9:30 am–12:00 pm	\$34
45835	Tue	Feb 17–Mar 24 9:30 am–12:00 pm	\$34



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
45914	Mon	Feb 23–Apr 13 1:30 pm–3:30 pm	\$43

BEGINNING BRIDGE LESSONS: BOOK 2

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

COURSE #	DAY	DATE + TIME	COST
45910	Tue	Jan 6–Feb 24 6:45 pm–8:45 pm	\$43
45911	Thu	Jan 8–Feb 26 9:00 am–11:00 am	\$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
45912	Thu	Mar 5–Mar 26 9:00 am–11:00 am	\$22
45913	Tue	Mar 3–Mar 24 6:45 pm–8:45 pm	\$22

**GREAT DECISIONS**

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

DEFENSE TECHNOLOGY

From robotic planes to cyber weapons to 3D printing, game changing technologies are moving us from science fiction to reality. Speaker: George Welles. Register by 2/18.

COURSE #	DAY	DATE + TIME	COST
46094	Thu	Feb 19 11:30 am–1:00 pm	\$6

ENERGY INDEPENDENCE

By taking the bargaining chip of oil dependence off the table, energy independence would be good for American foreign policy. Register by 3/18.

COURSE #	DAY	DATE + TIME	COST
45906	Thu	Mar 19 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.

CUBAN MISSILE CRISIS

This was a 13-day confrontation in October of 1962 between the Soviet Union and Cuba on one side and the US on the other. It was a time when the Cold War came the closest to nuclear war. Historian Dan Hartman will offer a picture presentation. Please register by 2/16.

COURSE #	DAY	DATE + TIME	COST
46327	Mon	Feb 23 1:00 pm–3:00 pm	\$6

ARMISTICE DAY STORM

The Armistice Day Blizzard in Nov of 1940 took the lives of many hunters in northern Minnesota. The Armistice Day Blizzard ranks #2 in Minnesota's list of top 5 weather events of the 20th century. Historian Dan Hartman will present. Please register by 3/23.

COURSE #	DAY	DATE + TIME	COST
46317	Mon	Mar 30 1:00 pm–3:00 pm	\$6

WRITERS WORKSHOP**CHARLEY KEMPTHORNE**

This workshop gives a shot in the arm of both inspiration and technicality to those who have been writing memoir or who want to. Inspiration comes from being with others and sharing. Charley Kempthorne returns to us from Kansas. He leads these workshops all over the Midwest and publishes a paper called Life Story. Register by 3/20.

COURSE #	DAY	DATE + TIME	COST
45903	Wed	Apr 8 1:00 pm–3:30 pm	\$40

MORE ON GREAT BRITAIN

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

RICHARD III: FRIEND OR FOE

Since finding the king's bones in recent years, a new interest in the man has arisen. We will look at the man, the legend and the controversies. Register by Jan. 7.

COURSE #	DAY	DATE + TIME	COST
45848	Wed	Jan 14–Jan 28 9:30 am–11:30 am No Program: 1/21	\$15

COUNTRY VILLAGE CHARM

The quaint stories of English Villages of everyday people. Register by 2/2.

COURSE #	DAY	DATE + TIME	COST
45849	Wed	Feb 4–Feb 25 9:30 am–11:30 am	\$30

TREASURES OF BRITAIN

Britain has many treasures other than the Crown Jewels. Studying some of them will open new understandings of the people who made them and in some cases buries them. Register by 3/7.

COURSE #	DAY	DATE + TIME	COST
45850	Wed	Mar 11–Mar 25 9:30 am–11:30 am No Program: 3/18	\$15

Fitness

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

BALANCE TRAINING TO PREVENT FALLS

Learn 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, certified instructor with the American Council of Exercise (ACE).

COURSE #	DAY	DATE + TIME	COST
46089	Wed	Jan 14–Feb 4 1:30 pm–2:15 pm	\$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
45857	Fri	Jan 2–Feb 6 10:15 am–11:00 am	\$43
45855	Mon	Jan 5–Feb 23 10:30 am–11:15 am No Program: 1/19, 2/16	\$43
45858	Fri	Feb 13–Mar 20 10:15 am–11:00 am	\$43
45859	Mon	Mar 2–Apr 6 10:30 am–11:15 am	\$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
46083	Wed	Jan 14–Mar 4 9:45 am–10:45 am	\$35

MINDFUL MOVEMENTS YOGA

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
45862	Mon	Jan 5–Feb 23 11:30 am–12:30 pm No Program: 1/19, 2/16	\$43
45863	Mon	Mar 2–Apr 6 11:30 am–12:30 pm	\$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
45845	Tue	Jan 6–Mar 10 10:00 am–11:00 am No Program: 1/20, 2/17	\$42

TAI CHI CHIH: INTERMEDIATE

COURSE #	DAY	DATE + TIME	COST
46078	Tue	Jan 6–Mar 10 11:30 am–12:30 pm No Program: 1/20, 2/17	\$42

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
46090	Fri	Jan 23–Mar 13 12:45 pm–1:45 pm	\$61

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
45837	Fri	Jan 2–Feb 20 9:00 am–10:00 am	\$50
45864	Fri	Feb 27–Apr 17 9:00 am–10:00 am	\$50

ZUMBA GOLD

Uses the exciting Latin and international dance rhythms of the original Zumba class with modifications them for beginner participants and those in need of a less intense workout. Using dance and fitness moves, experience a complete body workout. No experience is necessary. Comfortable clothing and workout shoes are recommended. Instr: Jan Gamble.

COURSE #	DAY	DATE + TIME	COST
45841	Tue	Jan 6–Feb 10 9:00 am–10:00 am	\$47
45842	Tue	Feb 17–Mar 31 9:00 am–10:00 am	\$55

Health + Wellness

BOOK STUDY • MEDITATION

HOW TO TRAIN A WILD ELEPHANT

In this 6 week book club/meditation class we will demystify meditation and learn how to begin moving toward healthier, mindful living. Based on the book by Jan Chozen Bays, MD (book included). Class is filled with insight, laughter and inspiration. Facilitator Clare Ochry. Register by 1/21.

COURSE #	DAY	DATE + TIME	COST
45871	Wed	Jan 28–Mar 4 1:00 pm–2:15 pm	\$85

BRAIN FITNESS

Our brains are like a country road-when well traveled and maintained they are clear and allow successful passage. However when those same roads are not maintained they can become overgrown and tangled with underbrush. This fun interactive class introduces some of the latest research on brain health and activities that can be practiced to improve peak mental performance. Instr: Kelli Lindell from Comfort Keepers.

COURSE #	DAY	DATE + TIME	COST
46304	Wed	Mar 11 1:00 pm–3:00 pm	\$8

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
Thu, Jan 8	12:30 pm–4:30 pm
Thu, Jan 22	9:00 am–1:00 pm
Tue–Wed, Feb 3–Feb 4	5:30 pm–9:30 pm
Wed, Feb 18	12:30 pm–4:30 pm
Wed, Mar 11	12:30 pm–4:30 pm
Wed, Mar 25	9:00 am–1:00 pm

Special Events

BELGIAN WAFFLE BREAKFAST

DAD's BELGIAN WAFFLE CO. cooks for you. ...All you can eat 'made from scratch' waffles, served hot right off the griddle with a variety of syrups and toppings. Sausages, coffee and juice also served. Pay at the door. \$4 for ages 5 and under.

COURSE #	DAY	DATE + TIME	COST
45823	Sun	Feb 8 9:00 am–12:30 pm	\$7

DOUG OHMAN ON THE NEW DEAL IN MN

Doug Ohman will be back to entertain us with his stories and photos. This time he will go to the back roads, state parks etc that played a part in Going Back to Work : The New Deal in Minnesota. Apple Pie and Ice Cream will follow the program. Register by 2/2.

COURSE #	DAY	DATE + TIME	COST
45337	Tue	Feb 3 2:00 pm–3:30 pm	\$8

DENNIS WARNER IT'S ALL ABOUT HAVING FUN

Enjoy an upbeat afternoon with folk singer Dennis Warner. He sings old favorites that will get your toes tapping. Enjoy a cup of hot cocoa, coffee, cookies and this winter getaway of songs and humor. Register by 1/9.

COURSE #	DAY	DATE + TIME	COST
46336	Wed	Jan 14 2:00 pm–3:30 pm	\$8

Trips

HOCKEY HERITAGE

Explore the history, economical importance, players and places connected to the sport. Have lunch at Tom Reid's Hockey City Pub. Tour the Excel Energy Center and shop at the Wild Hockey Lodge gift store. Register/cancel by 1/12.

COURSE #	DAY	DATE + TIME	COST
46147	Wed	Jan 28 9:15 am–3:30 pm	\$56

OLE AND LENA TOUR

Meet Ole and Lena to discover Minnesota's Scandinavian past on a riding tour past Nordic sites in the Twin Cities. Enjoy Swedish meatballs at the IKEA Café and shop the Nordic Ware Store. Register by 2/2.

COURSE #	DAY	DATE + TIME	COST
46149	Tue	Feb 24 8:45 am–2:45 pm	\$59

THE DIAMONDS AT THE SHELDON THEATRE

Have lunch at Liberty's Restaurant in Red Wing. Enjoy classic doo-wop songs such as Why do Fools Fall in Love. The Diamonds are one of America's most popular folk groups. Register/cancel by 3/2.

COURSE #	DAY	DATE + TIME	COST
46145	Fri	Mar 27 9:30 am–4:30 pm	\$66

ALL SENIOR ADULT CLASSES, UNLESS OTHERWISE INDICATED, WILL BE HELD AT PLYMOUTH CREEK CENTER, 14800 34TH AVE

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	David: 763-383-8921	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	Yvonne: 763-567-4990	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	Elizabeth	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	Marilou: 763-473-4404	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	Darwin: 763-577-9786	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

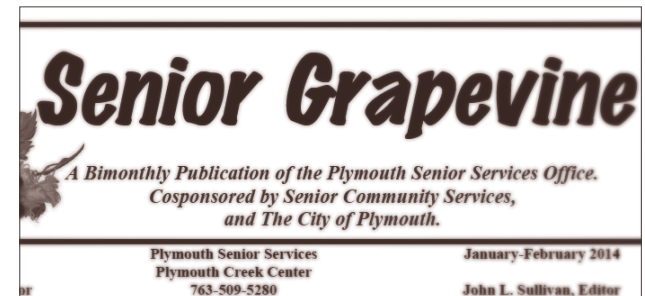
Services

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
One-On-One Computer/Tablet Help	1st & 3rd Wednesday each month	1:00 pm–3:00 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.



Registration

BEGINS: DECEMBER 9 (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.

SWIM LESSON SCHEDULE ON PAGES 40-41

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)

Winter Swim Lessons

Wayzata East M.S., 12000 Ridgemount Ave

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

LEVEL	MONDAYS Jan 5–Mar 16 No Program: 1/19, 2/16 \$77 / 9 Classes		THURSDAYS Jan 8–Mar 12 No program: 1/15 \$77 / 9 Classes		SATURDAYS Jan 10–Mar 14 No program: 2/14 \$77 / 9 Classes	
INFANT/TODDLER					12:00 pm	45965
PARENT/CHILD	7:00 pm	45970	7:05 pm	45971	9:45 am	45972
PRE-SCHOOL 1	6:10 pm	45973	6:10 pm	45974	9:00 am 10:30 am	45975 45976
PRE-SCHOOL 2	6:10 pm	45977	6:10 pm	45978	11:15 am	45979
PRE-SCHOOL PLUS	6:10 pm	45980				
BEGINNER 1	6:50 pm	45957	6:50 pm	45958	12:00 pm	45959
BEGINNER 2	6:50 pm	45960	6:10 pm 6:50 pm	45961 45962	11:00 am 12:00 pm	45963 45964
ADVANCED BEGINNER	7:45 pm	45953	7:45 pm	45954	9:00 am 11:00 am	45956 45955
INTERMEDIATE 1	7:45 pm	45966			9:00 am	45967
INTERMEDIATE 2			7:45 pm	45968	10:00 am	45969
ADVANCED 1			7:45 pm	45950	10:00 am	45951
ADVANCED 2	7:45 pm	45952				

ADULT 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
45948	15 & Older	Sat	Jan 10–Mar 14 1:00 pm–1:50 pm No Program: 2/14	\$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
45949	15 & Older	Sat	Jan 10–Mar 14 1:00 pm–1:50 pm No Program: 2/14	\$81

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
Mon, Dec 29	4:00 pm–6:00 pm	Plymouth City Hall 3400 Plymouth Blvd
Sat, Jan 10	9:00 am–12:00 pm	Wayzata East Pool 12000 Ridgemount Ave
Tue, Jan 6	6:30 pm–7:30 pm	Wayzata East Pool 12000 Ridgemount Ave

STUDENT TEACHING OPTIONS

COURSE #	TIME	DATE
46032	6:00 pm–7:40 pm	Mon, Jan 12–Mar 16 No Program: 1/19, 2/16
46033	6:00 pm–7:40 pm	Thu, Jan 22–Mar 12
46034	8:50 am–10:50 am	Sat, Jan 17–Mar 14 No Program: 2/14
46035	10:50 am–12:50 pm	Sat, Jan 17–Mar 14 No Program: 2/14

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.

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:
Cost: \$12 / family of four; \$4 / individual or child	1/9, 1/16, 1/30 2/6, 2/20, 2/27 3/6, 3/13, 3/20

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

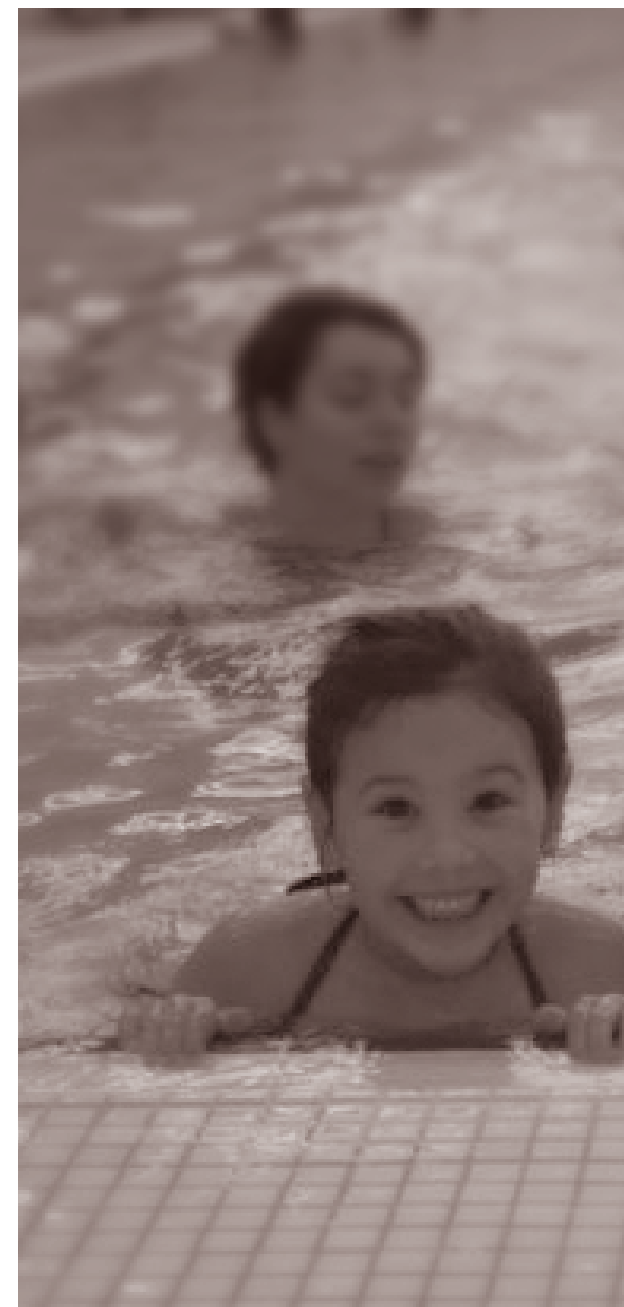
Enjoy the pool with your group, club or organization. Wayzata East and West Pools are available for rental. The fee is **\$85/hour** and includes two lifeguards. Large group will be charged for additional guards.

Call 763-509-5200 at least two weeks in advance! **NOTE:** rentals are dependent on lifeguard and pool availability. No Sunday rentals.

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.



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:

December 9 at 12 am

NON-RESIDENT REGISTRATION BEGINS:

December 16 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.
- Rental skates—available for \$2/lesson.
- Parents are not allowed on the ice during class time.
- Participants need to be ready to take ice promptly at scheduled time.
- Be sure skate are sized and tied appropriately.

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
45983	Sat	Jan 17–Mar 7 8:30 am–9:30 am	\$80
45984	Sun	Jan 18–Mar 8 2:15 pm–3:15 pm	\$96

Learn to Skate Program

Ice Center, 3650 Plymouth Blvd
Res \$88 Non-Res \$102

SATURDAY SESSION

Jan 17–Mar 7

SUNDAY SESSION

Jan 18–Mar 8



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.

SPECIAL NEEDS

For a skater who has any disability. Inclusion services also available.

PRIVATE LESSONS

Instructors may be available for private lessons. Contact 763-509-5283.

COURSE	DAY	TIME
BEGINNER		
46002	Saturday	9:00 am–9:30 am
46003	Saturday	9:35 am–10:05 am
46004	Saturday	10:55 am–11:25 am
46006	Sunday	4:05 pm–4:35 pm
46007	Sunday	4:40 pm–5:10 pm
46005	Sunday	6:00 pm–6:30 pm
BEGINNER INTERMEDIATE		
45995	Saturday	9:00 am–9:30 am
45996	Saturday	9:35 am–10:05 am
45997	Saturday	11:30 am–12:00 pm
45999	Sunday	4:05 pm–4:35 pm
46000	Sunday	4:40 pm–5:10 pm
45998	Sunday	6:00 pm–6:30 pm
PRE-ALPHA LEVEL 1		
46016	Saturday	10:55 am–11:25 am
46017	Saturday	11:30 am–12:00 pm
46019	Sunday	5:25 pm–5:55 pm
46018	Sunday	6:00 pm–6:30 pm
PRE-ALPHA LEVEL 2		
46023	Saturday	9:35 am–10:05 am
46024	Saturday	10:55 am–11:25 am
46020	Saturday	11:30 am–12:00 pm
46025	Sunday	4:05 pm–4:35 pm
46022	Sunday	4:40 pm–5:10 pm
46021	Sunday	5:25 pm–5:55 pm

COURSE	DAY	TIME
ALPHA		
45990	Saturday	10:10 am–10:40 am
45991	Sunday	4:05 pm–4:35 pm
45992	Sunday	5:25 pm–5:55 pm
BETA		
46008	Saturday	10:10 am–10:40 am
46009	Sunday	3:30 pm–4:00 pm
46010	Sunday	5:25 pm–5:55 pm
GAMMA		
46014	Saturday	10:10 am–10:40 am
46015	Sunday	3:30 pm–4:00 pm
DELTA		
46011	Saturday	10:10 am–10:40 am
46012	Sunday	3:30 pm–4:00 pm
FREESTYLE 1-6		
46013	Sunday	3:30 pm–4:00 pm
ADULTS-BEGINNERS		
45986	Saturday	10:55 am–11:25 am
45988	Sunday	6:00 pm–6:30 pm
ADULTS-ADVANCED		
45987	Saturday	11:30 am–12:00 pm
45989	Sunday	6:00 pm–6:30 pm
SPECIAL NEEDS		
46029	Sunday	3:30 pm–4:00 pm



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.

December 2

January 6

February 3

March 3

Fieldhouse, 14800 34th Ave at 11 am–12 pm



APRIL 17–20

PLYMOUTH CREEK CENTER, 14800 34TH AVE

ARTISTS APPLICATIONS AVAILABLE ONLINE AT WWW.PLYMOUTHMN.GOV

CO-SPONSORED WITH PLYMOUTH ARTS COUNCIL



SKATE WITH THE MAYOR

FRIDAY, JANUARY 30 AT 5–8 PM
Parkers Lake Warming House



Stay warm by the **FIRE**
TREATS will be provided!

Come join the mayor for an evening out on Parkers Lake to enjoy skating, hockey and treats! The fire will be going for you to stay warm, bring a friend or the whole family and enjoy a night on the lake skating with the Mayor!

Plymouth Parks & Recreation

For more info, call 763-509-5200 or visit www.plymouthartscouncil.org

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.



Sponsored by



Allina Health

**ABBOTT
NORTHWESTERN
WestHealth**



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 6)



Plymouth Parks & Recreation
www.plymouthmn.gov

WEDDING EXPO

March 28, 11 am-2 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

THANK YOU TO OUR WINTER EVENT SPONSOR



Allina Health

ABBOTT
NORTHWESTERN
WestHealth

Plymouth HOMEEXP

COVERING EVERY CORNER OF HOME IMPROVEMENT

PLYMOUTH CREEK CENTER, 14800 34TH AVE

FRIDAY, APRIL 10, 6-9 PM AND SATURDAY, APRIL 11, 9 AM-1 PM
NOW ACCEPTING VENDOR APPLICATIONS

\$200 THRU DECEMBER

\$250 THRU FEBRUARY

\$300 THRU MARCH

IDEAS
DISPLAYS
SERVICES
PRODUCTS
EXPERTISE

ENVIRONMENTAL
ACTIVITIES

HOME
IMPROVEMENT

LANDSCAPING
+
GARDENING

FLOWERS
+
PLANTS

MN
MARKETPLACE

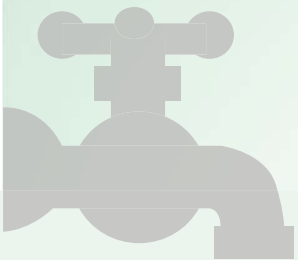
PLYMOUTH PARKS & RECREATION

763-509-5200 | WWW.PLYMOUTHMN.GOV

HEALTHY LIVING FAIR

City of Plymouth Parks & Recreation

FREE ADMISSION



THE IMPORTANCE OF DRINKING WATER

The human body is made up of roughly **70% water** which helps with digestion, circulation, absorption of nutrients and body temperature.

Water **naturally relieves** headaches which are commonly caused from dehydration.



Water gets **rid of toxins** through sweat and urination which reduces the risk of kidney stones and urinary tract infections.

One billion people worldwide do not have convenient access to safe drinking water.

The most common cause of **daytime fatigue** is dehydration.

Skin becomes dry and wrinkled when dehydrated regularly. Drinking water ensures proper cellular formation and **naturally moisturizes the skin** keeping it glowing and smooth.



**Info Sessions
Give-Aways & Prizes
Health Screenings
Vendor Booths**

March 8, 1-4 pm
Plymouth Creek Center
14800 34th Ave



Allina Health
**ABBOTT
NORTHWESTERN
WestHealth**

**Hosted by
City of Plymouth and
Abbott Northwestern-WestHealth**

763.593.6200 | www.plymouthmi.gov

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



ECRWSS
Residential Postal Customer

PRSR STD
U.S. POSTAGE
PAID
TWIN CITIES MN
PERMIT NO. 1889

FIRE & ICE

FEBRUARY 7, 3-7 PM

PARKERS LAKE PARK, COUNTY ROAD 6 & NIAGARA LANE

HAYRIDES PONY AND SLED DOG RIDES

RECYCLE BIN RACES GAMES ON ICE

YOUTH ICE FISHING CONTEST SKATING

GOOFY HAT CONTEST FOOD VENDORS AND MORE!

ACTIVITIES: TIMES VARY BETWEEN 3-6 PM

FINALE: FIREWORKS AT 6:30 PM

MORE INFO IN JANUARY: WWW.PLYMOUTHMN.GOV

SPONSORED BY

Allina Health

ABBOTT
NORTHWESTERN
WestHealth



plymouth
civic league