

# fall

## PLYMOUTH PARKS & RECREATION ACTIVITIES GUIDE 2025



**Look  
for me!**  
see next page



# fall 2025

## REGISTRATION:

**Residents: July 16 | Non-Residents: July 23**

6 a.m. online, 10 a.m. phone



*Look for the*  
**GOLDEN LEAF!**

If you find a golden leaf on this page, you are a winner!  
To redeem this ticket please bring it with you to the  
Plymouth Parks & Recreation Department  
(3400 Plymouth Blvd.) to receive a \$100 gift card.

Gift card does not expire, is not redeemable for cash, credit, any other product, or non-recreational services, is non-transferable and can be used for recreational activities through Plymouth Parks and Recreation, Plymouth Community Center and Plymouth Ice Center. Lost or stolen gift cards will not be replaced. By accepting the prize, the winner agrees to comply with all applicable terms and conditions. By participating, the winner releases the sponsor, affiliates, and any participating vendors from any liability related to the gift card, the redemption process, or any injury or damage related to its use.

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**fall 2025**



# CONTACT INFORMATION

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## MAIN PHONE NUMBERS

|              |              |
|--------------|--------------|
| City Hall    | 763-509-5000 |
| Weather Line | 763-509-5205 |

## RECREATION

|                                                     |              |
|-----------------------------------------------------|--------------|
| Kari Hemp, Recreation Manager                       | 763-509-5220 |
| Dan Lauer, Athletics Supervisor                     | 763-509-5283 |
| Katie Yandell, Aquatics & Safety Supervisor         | 763-509-5222 |
| Alyssa Fram, Arts Supervisor                        | 763-509-5225 |
| Jessie Koch, Outdoor Facilities & Events Supervisor | 763-509-5223 |
| Paul Pearson, Education & Inclusion Supervisor      | 763-509-5228 |
| Ann Mosack, Health & Fitness Supervisor             | 763-509-5214 |
| Meghan Constantini, Active Adult 55+ Supervisor     | 763-509-5284 |
| Riley Krueger, Program Coordinator                  | 763-509-5273 |
| Zach Swenson, Program Coordinator                   | 763-509-5226 |
| Michele Wasko, Program Coordinator                  | 763-509-5272 |
| Brennen DeCoursey, Aquatics Coordinator             | 763-509-5221 |
| Chaise Hansen, Recreation Assistant                 | 763-509-5227 |
| Steve Frankhouser, Volunteer Coordinator            | 763-509-5230 |
| Jennifer Tomlinson, Director                        | 763-509-5201 |

## PARKS & FORESTRY

|                                               |              |
|-----------------------------------------------|--------------|
| Sonya Rippe, Project Supervisor               | 763-509-5943 |
| Jason Goehring, Turf & Horticulture Manager   | 763-509-5946 |
| Brian Swartzter, Parks Infrastructure Manager | 763-509-5947 |

## PLYMOUTH COMMUNITY CENTER

|                                     |              |
|-------------------------------------|--------------|
| Jess Riley, PCC Manager             | 763-509-5281 |
| Jake Widmyer, PCC Assistant Manager | 763-509-5611 |
| Kim Arth, Event Coordinator         | 763-509-5608 |

## PLYMOUTH HISTORY CENTER

|                                           |              |
|-------------------------------------------|--------------|
| Ryan Barland, Historical Site Coordinator | 763-509-5229 |
|-------------------------------------------|--------------|

## PLYMOUTH ICE CENTER

|                                     |              |
|-------------------------------------|--------------|
| Erik Halverson, Ice Center Manager  | 763-509-5251 |
| Steve Langer, Operations Supervisor | 763-509-5262 |

## HELLO! PLYMOUTH

|                                                   |              |
|---------------------------------------------------|--------------|
| Katie Langland, Destination Marketing Coordinator | 763-509-5234 |
|---------------------------------------------------|--------------|

## CITY COUNCIL MEMBERS

|                          |                           |
|--------------------------|---------------------------|
| Jeffry Wosje, Mayor      | jwosje@plymouthmn.gov     |
| Kimberly Nelson, Ward 1  | knelson@plymouthmn.gov    |
| Julie Peterson, Ward 2   | jpeterson@plymouthmn.gov  |
| Scott Aldrich, Ward 3    | saldrich@plymouthmn.gov   |
| Julie Pointner, Ward 4   | jpointner@plymouthmn.gov  |
| Clark Gregor, At Large   | cgregor@plymouthmn.gov    |
| Joel Spoonheim, At Large | jspoonheim@plymouthmn.gov |

## PARK & RECREATION ADVISORY COMMISSION (PRAC) MEMBERS

|                              |                               |
|------------------------------|-------------------------------|
| Hannah Wegner, Ward 1        | hannahmwegner@gmail.com       |
| Ann Hoekstra, Ward 2         | brigl003@umn.edu              |
| Nick Beecher, Ward 3         | nick_beecher@yahoo.com        |
| Riley Brown, Ward 4          | riles427@gmail.com            |
| John McCulloch, At Large     | johmccu@gmail.com             |
| Jessica Montgomery, At Large | jessicaj.montgomery@gmail.com |
| Shailendra Singh, At Large   | ssingh38@hotmail.com          |



# REGISTRATION

## REGISTRATION DATES

### Residents: July 16

6am online / 10am phone

### Non-Residents: July 23

6am online / 10am phone

**Aquatics Programs (res and non res):**  
**July 16** (6am online / 10am phone)



### PARKS & REC OFFICE HOURS

Monday-Friday, 8am to 4:30pm



### QUESTIONS?

763-509-5200 / recreation@plymouthmn.gov



### ACTIVITIES GUIDES

Seasonal guides available to mail to non-residents for \$5 per guide.



### WEATHER UPDATES

763-509-5205

## HOW TO SET UP YOUR ONLINE ACCOUNT

### 1 GO ONLINE

plymouthmn.gov/recreation  
Click the blue "Register Online" button. Then click "Create Account"

### 2 CREATE AN ACCOUNT

Enter information about yourself.  
Before you save, add family members that participate in recreation activities by clicking "Add New Member."

### 3 SAVE

A quick approval process is required before your account is active.  
A confirmation will be emailed when your account is approved.

## FINANCIAL ASSISTANCE

- » Financial assistance application forms are available at: 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 (\$6.50 for adults and \$2.50 for children).

**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.

## REGISTRATION POLICIES

- » Total fee must be paid at the time of registration.
- » Registrations are not accepted at program site.
- » We reserve the right to cancel programs if needed. Full refunds will be issued if a class is canceled by the City.
- » Cancellations made by Parks and Rec will be sent via e-mail from the Recreation general e-mail account. Credits will be put on the household account to use at a later date or account holder may request to be refunded by the original payment method if applicable.
- » 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.
- » When registering by phone, you are officially agreeing to the liability and photo waivers stated on the registration form.

» Many participants in our programs have a peanut or similar nut allergy. For the safety and enjoyment of everyone in our programs, **please pack nut-free snacks** for your child when attending Plymouth Parks and Recreation programming.

## WITHDRAWAL / TRANSFER POLICIES

- » Class transfers are available and must be made at least one full week prior to the first class unless noted otherwise.
- » Withdrawal/refund requests must be made at least one full week prior to the first class unless noted. (For leagues, the withdrawal refund policy may be different and may be several weeks out from the start date of the program. This would be noted directly with the program advertisement.)
- » A \$5 service fee is retained on each withdrawal/refund request unless noted otherwise.
- » Withdrawals/transfers accepted by calling 763-509-5200. Faxed requests will not be accepted.
- » There are no refunds for missed classes or for withdrawals after the stated full week policy.

**Plymouth**  
COMMUNITY CENTER



**the KUBE**  
Kids Ultimate  
Backyard Experience



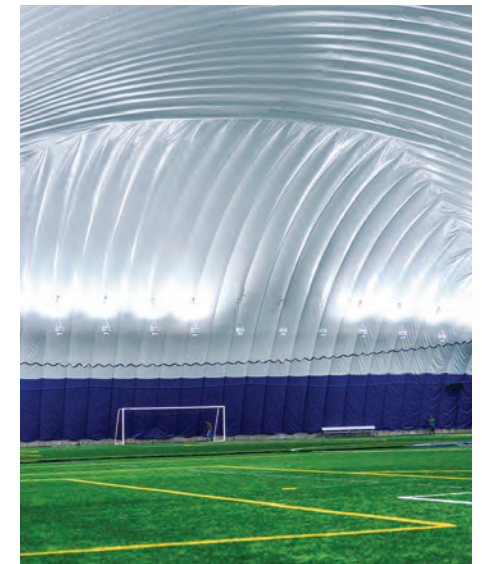
**PCC**  
OPEN GYM



**PCC**  
FIELDHOUSE



[PLYMOUTHMN.GOV/PCC](http://PLYMOUTHMN.GOV/PCC)





## WAYZATA EAST MIDDLE SCHOOL POOL



Plymouth Parks and Recreation offers a comprehensive aquatic program complete with swim lessons, open swim, lap swim, exercise classes, and rentals. See page 86 for more information.

[PLYMOUTHMN.GOV/PIC](http://PLYMOUTHMN.GOV/PIC)



[PLYMOUTHMN.GOV/AQUATICS](http://PLYMOUTHMN.GOV/AQUATICS)



## VETERANS MEMORIAL WALL

at Plymouth City Hall, 3400 Plymouth Blvd.

Honor a veteran by having their name engraved on our Veterans Memorial wall located adjacent to City Hall. Any veteran who has been honorably discharged is eligible for engraving. For details and pricing, call 763-509-5200.

## 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 \$500 to \$2,500. For details, contact Paul Buck at 763-509-5944 or [pbuck@plymouthmn.gov](mailto:pbuck@plymouthmn.gov)

## LIFETIME™ FITNESS: PLYMOUTH

The City of Plymouth has a public-private partnership with the Plymouth LifeTime™ – which allows Plymouth residents to purchase daily passes for the pool and fitness area/club without the purchase of a LifeTime™ membership. Rates are subject to change. For hours, rates and more information, call Plymouth LifeTime™ at 763-509-0909.

### Low Income Discounts

Residents of Plymouth who are low income may qualify for discount passes. Individuals may purchase eight discount daily passes per year from the city. Call 763-509-5200 for an application and details on eligibility.

## WEDDING RENTALS:

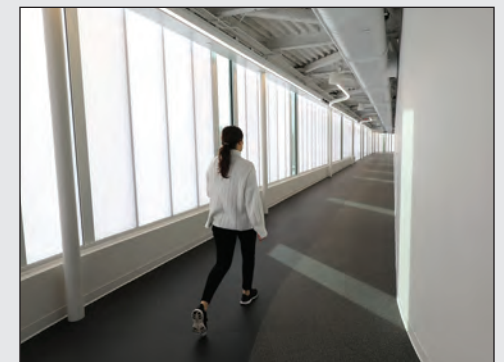
Ballroom • Millennium Garden • Green Room

## MEETINGS, CORPORATE AND SPECIAL EVENT RENTALS:

Meeting Rooms • Black Box Theater • Multipurpose Rooms  
Ballroom • Millennium Garden • Conference Rooms



Rent a party room at the  
K.U.B.E. for the ultimate  
birthday celebration!



Walk the free indoor track  
at the PCC

## SPECIAL USE FACILITIES

- 1 Plymouth Dog Park – 17005 Chankadha Trail
- 2 Hilde Performance Center – 3500 Plymouth Blvd
- 3 Plymouth Ice Center – 3650 Plymouth Blvd
- 4 Millennium Garden – 14800 34th Ave
- 5 NW Greenway Pavilion/Challenge Course – 5250 Peony Ln
- 6 Old Town Hall – 3605 Fernbrook Ln N
- 7 Plymouth Community Center/Fieldhouse – 14800 34th Ave
- 8 Plymouth City Hall – 3400 Plymouth Blvd

## PLAYFIELDS

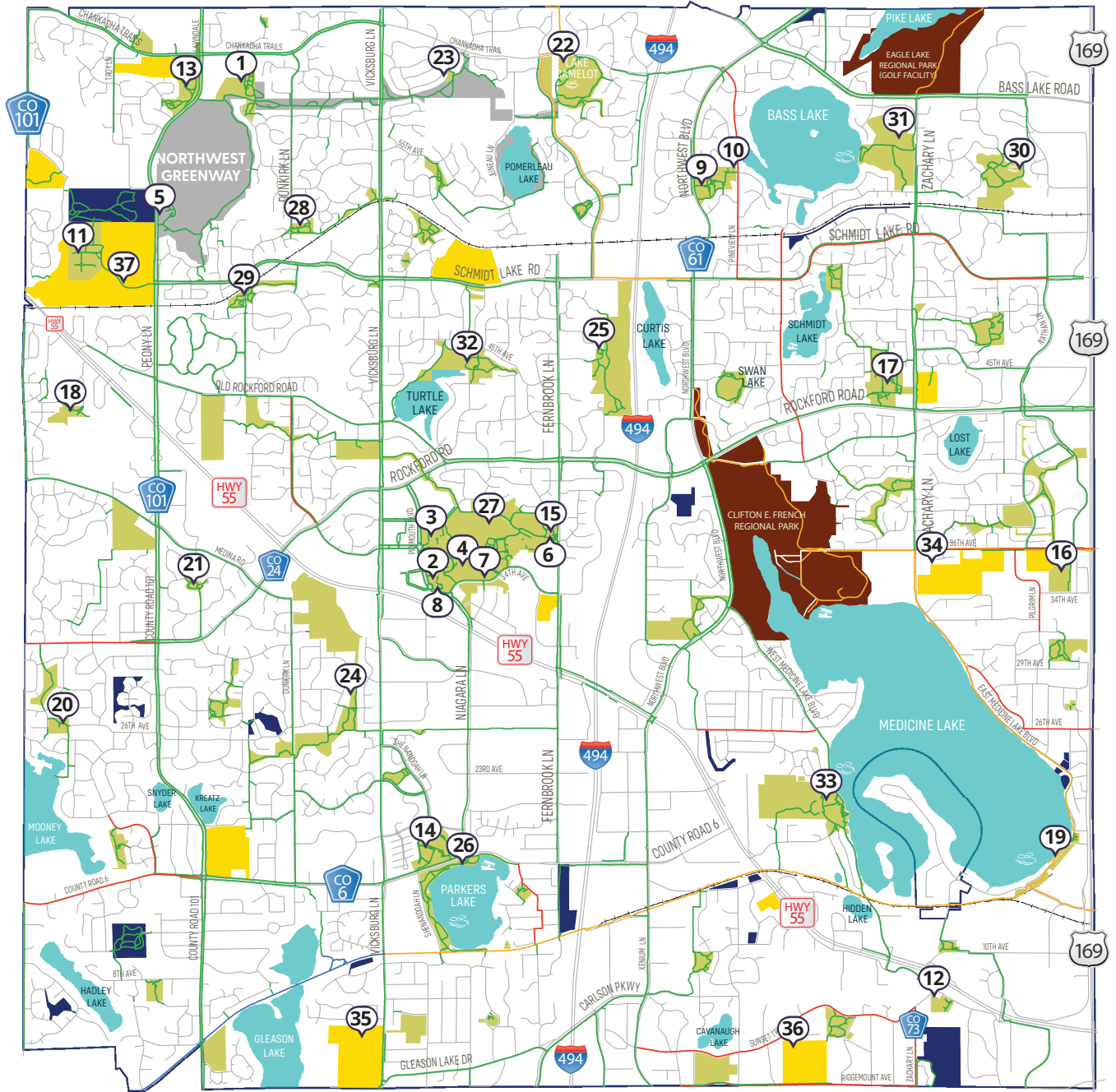
- 9 Bass Lake – 5450 Northwest Blvd
- 10 Bass Lake Tennis Courts – Pineview Lane N & 54th Ave N
- 11 Elm Creek – 4905 Peony Ln
- 12 LaCompte – 10795 Old Co Rd 15
- 13 The Meadows Playfield – 5805 Peony Ln N
- 14 Parkers Lake – 15500 Co Rd 6
- 15 Plymouth Creek – 3625 Fernbrook Ln
- 16 Plymouth Playfield – 9755 36th Avenue N
- 17 Zachary – 4355 Zachary Ln

## PARKS

- 18 Crooked Creek – 4255 Walnut Grove Ln N
- 19 East Medicine Lake – 1740 E Medicine Lk Blvd
- 20 Green Oaks – 2600 Zircon Ln N
- 21 Heather Ponds – 3426 Lawndale Ln N
- 22 Lake Camelot – 14105 Chankadha Trail
- 23 Legacy Greenway – 15365 59th PI N
- 24 Maple Creek – 2695 Weston Ln N
- 25 Nature Canyon – 13919 45th Ave N
- 26 Parkers Lake – 15205 Co Rd 6
- 27 Plymouth Creek – 14800 34th Ave N
- 28 Prairie Ponds – 5150 Dunkirk Ln N
- 29 Schmidt Woods Park – 4815 Holly Ln N
- 30 Three Ponds – 5360 Union Terrace Ln N
- 31 Timber Shores – 11250 53rd Ave N
- 32 Turtle Lake – 14991 45th Ave N
- 33 West Medicine Lake – 1920 W Medicine Lk Dr

## SCHOOLS

- 34 Armstrong Senior High – 10635 36th Ave
- 35 Wayzata Central Middle – 305 Vicksburg Ln
- 36 Wayzata East Middle School – 12000 Ridgemount Ave
- 37 Wayzata High School – 4955 Peony Ln
- 38 Wayzata West Middle School – 149 Barry Ave, Wayzata



This map shows where activities are located.  
To view the full Parks & Trails map, visit [plymouthmn.gov](http://plymouthmn.gov)

**38** Located in Wayzata, Minn.



# VOLUNTEER OPPORTUNITIES

**MAKE A DIFFERENCE – VOLUNTEER!**

## GENERAL OPPORTUNITIES

### Adopt a Spot

Adopt a park, garden, dog waste station, fire hydrant, storm drain or street to keep Plymouth clean and safe. View a map at [plymouthmn.gov/adoptaspot](http://plymouthmn.gov/adoptaspot) to find which spot is available near you.

### Art Ambassador

Greet visitors and answer questions about rotating art exhibits at the Plymouth Community Center during the late afternoon/evening and weekends. Must be 16 years or older.

### Police Explorers

Youth, aged 14 to 20, explore law enforcement careers by studying an array of topics, including search and arrest, traffic stops, crime prevention, use of force and much more. Explorers meet weekly during the school year. Contact Volunteer Services for an application which is due Aug. 1.

### 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 18 year or older, commit to 15 hours a month, have a clean driving record and background check.

## SPECIAL EVENTS

Open to individuals 14 years & older.  
Shift times and lengths vary.

### Fall Shred Event

Thursday, Oct. 2

Assist residents who can safely dispose of recyclable items, including paper shredding, batteries, bicycles, and textile donations.

### Buckthorn Busts

Saturdays, Oct. 18 and 25

Eliminate invasive species from our parks. This is an excellent opportunity for groups!

### Halloween at the Lake

Friday, Oct. 24

Help provide a fun, safe Halloween event for children at Parkers Lake Playfields.

### Veteran's Event

Thursday, Nov. 6

Volunteer to greet, direct traffic, and hand out breakfast at this event honoring veterans.

### Plymouth Artisan Market

Saturday, Nov. 22

Welcome patrons while local artisans showcase and sell their handmade goods.

### Merry Market

Saturday, Dec. 6

Greet patrons and help with a craft station while local artisans showcase and sell their handmade goods.

## YOUTH COACHING OPPORTUNITIES

Open to individuals 16 & older.

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

### Basketball Coaching

Monday or Thursday evening & Saturday mornings.

Guide and teach the fundamentals of youth basketball to 8-12 year olds in a recreational environment. November - February.

### Flag Football

Sunday late afternoons

Guide and teach the fundamental skills of flag football to 5-12 year olds in a recreational environment. September - October

### Ice Skating

Assist beginning youth skaters during evening and weekend lessons; must be confident on the ice.

## CONTACT VOLUNTEER SERVICES

**763-509-5230**

[volunteer@plymouthmn.gov](mailto:volunteer@plymouthmn.gov)

[Plymouthmn.gov/volunteer](http://Plymouthmn.gov/volunteer)



# ADAPTIVE & INCLUSIVE PROGRAMS

## 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.

### 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.

For inclusion requests and/or questions please contact Inclusion Supervisor, Paul Pearson at ppearson@plymouthmn.gov or 763-509-5228.

### COURAGE KENNY: ADAPTIVE BASKETBALL

PCC-Active Wing, 14800 34th Avenue N

Specifically for athletes with cognitive and physical disabilities our camp focuses on teaching the fundamentals and introductory basketball skills in a supportive and inclusive environment. Learn dribbling, shooting, and passing while building confidence and having fun. See full description online.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 5-17 | F   | July 25<br>2:30pm-4:30pm | Res \$20<br>Non Res \$24 | 26303-02 |

### COURAGE KENNY: ADAPTIVE SOFTBALL

Bass Lake Playfield, 5450 Northwest Blvd

Learn hitting, fielding, and basic game play while building confidence and having fun. Curriculum is designed to accommodate all abilities. See full description online.

| AGES | DAY | DATE & TIME            | COST                       | ACTIVITY  |
|------|-----|------------------------|----------------------------|-----------|
| 5-17 | F   | Aug 1<br>2:30pm-4:30pm | Res: \$20<br>Non-Res: \$24 | #26304-01 |

### COURAGE KENNY: ADAPTIVE TENNIS

Bass Lake Playfield, 5450 Northwest Blvd

Learn serving, volleying, groundstrokes, and basic game play while building confidence and having fun. Curriculum is designed to accommodate all abilities. See full description online.

| AGES | DAY | DATE & TIME            | COST                       | ACTIVITY  |
|------|-----|------------------------|----------------------------|-----------|
| 5-17 | F   | Aug 8<br>2:30pm-4:30pm | Res: \$20<br>Non-Res: \$24 | #26305-01 |

### SPECIAL OLYMPICS MN: YOUNG ATHLETES

PCC-Active Wing, 14800 34th Avenue N

An innovative sports play program that introduces children ages 2-7 years old with and without intellectual disabilities to the world of sports. Children are provided with games and activities that meet their individual skill and ability levels, while allowing them to play together in a fun and inclusive environment. Scholarships available. No program 11/29.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-7  | Sa  | Nov 1-Dec 13<br>2:00pm-3:00pm | Res \$30<br>Non Res \$36 | 33901-01 |

### SENSORY-FRIENDLY SUNDAYS

PCC-Active Wing, 14800 34th Avenue N

A special morning reserved for our friends with sensory needs. Participants MUST be pre-registered - both the K.U.B.E and Gym will be closed to the public. See full description online.

| AGES | DAY | DATE & TIME              | COST                   | ACTIVITY |
|------|-----|--------------------------|------------------------|----------|
| 3+   | Su  | Sep 21<br>8:30am-10:30am | Res \$6<br>Non Res \$8 | 16702-08 |
| 3+   | Su  | Oct 26<br>8:30am-10:30am | Res \$6<br>Non Res \$8 | 16702-09 |
| 3+   | Su  | Nov 16<br>8:30am-10:30am | Res \$6<br>Non Res \$8 | 16702-10 |
| 3+   | Su  | Dec 21<br>8:30am-10:30am | Res \$6<br>Non Res \$8 | 16702-11 |

# ADAPTIVE & INCLUSIVE PROGRAMS

## **TUMBLING: ADAPTIVE STARS**

Wayzata High School, 4955 Peony Lane

Adaptive Stars is a unique gymnastics program designed for children and young adults accompanied by a para or other supportive grown up. Our program is dedicated to providing an inclusive and supportive environment where every participant can discover the joy of gymnastics and unlock their full potential. We will emphasize skill development, coordination, flexibility, and strength-building in a way that accommodates various abilities. Our adaptive equipment and modified routines cater to individual needs, fostering a sense of achievement and confidence among participants. We believe that gymnastics is for everyone, and we are committed to breaking down barriers to participation. Join us on this exciting journey where each participant, regardless of ability, can shine bright and reach new heights. (Enter at the Commons Door. East side of Building. Door 30). No program: 11/29

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 5-20 | Sa  | Sep 6-Oct 11<br>12:15pm-12:45pm  | Res \$125<br>Non Res \$135 | 33250-01 |
| 5-20 | Sa  | Oct 25-Dec 13<br>12:00pm-12:30pm | Res \$107<br>Non Res \$117 | 33250-02 |



**WEATHER LINE**

**763-509-5205**

call for updates on  
class cancellations



## **PRIVATE ADAPTIVE SWIM LESSONS**

Wayzata East Middle School, 12000 Ridgemount Avenue

Lessons will be taught by an instructor certified in Swim Angelfish's Swim Whisperers® program. This multi-level Swim Whisperers® Certification Program teaches swim instructors the strategies needed to overcome the underlying challenges faced by their swimmers. This advanced adaptive aquatic training empowers instructors with the required tools to more effectively teach swimmers with Anxiety, Autism, Trauma, Discomfort, Physical Difficulties, Sensory Issues, Motor Problems and Delays. No program: 11/29.

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 5+   | Th  | Sep 4-Sep 25<br>5:40pm-6:10pm    | Res \$140<br>Non Res \$140 | 36806-01 |
| 5+   | Th  | Oct 2-Oct 30<br>5:40pm-6:10pm    | Res \$140<br>Non Res \$140 | 36806-02 |
| 5+   | Sa  | Sep 6-Oct 11<br>8:30am-9:00am    | Res \$210<br>Non Res \$210 | 36806-03 |
| 5+   | Sa  | Sep 6-Oct 11<br>11:00am-11:30am  | Res \$210<br>Non Res \$210 | 36806-04 |
| 5+   | Su  | Sep 7-Oct 12<br>12:20pm-12:50pm  | Res \$210<br>Non Res \$210 | 36806-05 |
| 5+   | Tu  | Sep 9-Sep 30<br>5:25pm-5:55pm    | Res \$140<br>Non Res \$140 | 36806-06 |
| 5+   | Tu  | Oct 7-Oct 28<br>5:25pm-5:55pm    | Res \$140<br>Non Res \$140 | 36806-07 |
| 5+   | W   | Sep 10-Oct 8<br>5:30pm-6:00pm    | Res \$175<br>Non Res \$175 | 36806-08 |
| 5+   | Th  | Nov 6-Dec 18<br>5:40pm-6:10pm    | Res \$210<br>Non Res \$210 | 36806-09 |
| 5+   | Th  | Nov 6-Dec 18<br>7:00pm-7:30pm    | Res \$210<br>Non Res \$210 | 36806-10 |
| 5+   | Sa  | Oct 25-Dec 13<br>8:30am-9:00am   | Res \$245<br>Non Res \$245 | 36806-11 |
| 5+   | Sa  | Oct 25-Dec 13<br>10:15am-10:45am | Res \$245<br>Non Res \$245 | 36806-12 |
| 5+   | Su  | Oct 26-Dec 14<br>12:15pm-12:45pm | Res \$245<br>Non Res \$245 | 36806-13 |
| 5+   | Tu  | Nov 4-Dec 9<br>5:20pm-5:50pm     | Res \$210<br>Non Res \$210 | 36806-14 |
| 5+   | Tu  | Nov 4-Dec 9<br>5:55pm-6:25pm     | Res \$210<br>Non Res \$210 | 36806-15 |
| 5+   | Th  | Nov 6-Dec 18<br>5:40pm-6:10pm    | Res \$210<br>Non Res \$210 | 36806-16 |



# ADAPTIVE & INCLUSIVE PROGRAMS

## SANTA VISITS THE SENSORY ROOM

PCC-Event Wing, 14800 34th Avenue N

Many children have sensory needs/sensory processing difficulties that make the noises, smells, lights, and crowds overwhelming during the holiday season. This event is an opportunity for families to sign up for a 10-minute 1-on-1 session with Santa and take your own pictures if you would like, in our calming sensory space at the Plymouth Community Center as well as other sensory-friendly holiday activities.

\*\*Siblings can enroll together during the same 10 minute time frame.

December 7, 12-4pm

Sign up online with Activity Number 11703.

10 minutes slots available between 12:00-4:00 PM."



**Santa**  
visits the sensory room



**DECEMBER 7, 12-4PM**  
Plymouth Community Center, 14800 34th Ave N

reserve a time online with activity #11703  
[PLYMOUTHMN.GOV/SPECIALEVENTS](http://PLYMOUTHMN.GOV/SPECIALEVENTS)

## ADDITIONAL RESOURCES

**REACH FOR RESOURCES** provides programs for all ages and serves the northern and western Twin Cities suburbs. REACH programs include bowling, dances and trips.

📞 952-200-3030

💻 [reachforresources.org](http://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.

📞 763-504-6990

💻 [ced.rdale.org](http://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.

📞 952-401-6898

💻 [projectsoarmn.org](http://projectsoarmn.org)

**COURAGE KENNY REHABILITATION INSTITUTE** 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.

📞 612-775-2499

💻 [allinahealth.org/courage-kenny-rehabilitation-institute](http://allinahealth.org/courage-kenny-rehabilitation-institute)



**DO YOU HAVE AN IDEA FOR AN  
ADAPTIVE OR INCLUSIVE  
PROGRAM YOU WOULD LIKE  
TO SEE OFFERED?**

Please reach out to our  
Inclusion Supervisor Paul Pearson:  
[ppearson@plymouthmn.gov](mailto:ppearson@plymouthmn.gov)

## ARTS

### PICK & PAINT

PCC-Education Wing, 14800 34th Avenue N

Arrange your very own beautiful seasonal bouquet from a variety of fresh stems at our flower bar, then paint your beautiful creation on canvas! All supplies included.

Instr: Jamie Miller.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 7+   | Su  | Sep 7<br>10:00am-12:30pm | Res \$75<br>Non Res \$84 | 36102-01 |

### PLYMOUTH MUSIC WORKS - PRIVATE MUSIC LESSONS

PCC-Education Wing, 14800 34th Avenue N

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.

**AGES:** 7+ | **DAYS:** Tuesdays - Thursdays

**SESSION DATES:** Sep 9 - Dec 4

**COST:** Res: \$336 | Non Res: \$346

#### REGISTRATION

Email to arrange lesson time before registering:

[plymouthmusicworks@plymouthmn.gov](mailto:plymouthmusicworks@plymouthmn.gov)

- Piano
- Viola, Violin, Guitar
- Brass
- Voice

## EDUCATION - STEM LAB KITS

**KITS CAN BE SHIPPED TO HOMES FOR AN  
ADDITIONAL \$8 OR WILL BE AVAILABLE FOR  
PICKUP AT PLYMOUTH CITY HALL IN SEPTEMBER.**

### THE STEM LAB LLC KITS: BACKYARD EXPLORER - HONEY BEES

This kit targets a deeper understanding and appreciation for these remarkable insects and their impact on our ecosystem. National Geographic Kids book with beautiful, engaging, and authentic photos, natural honeycomb, authentic bee pollen, and more support learning and captivate children's intrigue.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 4+   | \$40 | 36912-01 |

### THE STEM LAB LLC KITS: CASE OF THE MISSING BIRTHDAY CAKE

Your best friend is having a birthday party. When it's time for cake, everybody heads inside to the kitchen but the cake is now here to be found! Luckily, the thief left behind clues you can use to track them down and get the cake back. Solve the Case of the Missing Birthday Cake using forensic science to take fingerprints, analyze evidence and decode encrypted messages.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 6+   | \$25 | 36911-01 |

## ADAPTIVE AND INCLUSIVE PROGRAMS:

- Sensory-Friendly Sundays - page 9

### THE STEM LAB LLC KITS: CRYSTAL ADVENTURE

Two adventurous friends are planning a journey together to go spelunking in Sequoia National Park in California. They know this cave has magnificent crystal formations and a polished marble stream. However, they need your help to prepare for their trip by answering the following questions: 1. What are crystals? 2. How do crystals form? 3. What are crystals made of?

| AGES | COST | ACTIVITY |
|------|------|----------|
| 6+   | \$25 | 36914-01 |

### THE STEM LAB LLC KITS: MAKE IT MOVE

Put Newton's laws of motion into motion as you build things that move, zoom and fly! From gravity ziplines to balloon-powered cars, learn to build projects for speed, power and distance.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 4+   | \$25 | 36907-01 |

### THE STEM LAB KITS: SOLAR PRINTING KIT

Harness the power of the sun to develop your one-of-a-kind STEM art! Use hand-treated, sun-sensitive papers that undergo a chemical change when exposed to sunlight. Images appear within minutes and are permanent with a quick rinse of water. Safe and easy to use. A great Fall science or art project for the entire family.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 4+   | \$35 | 36916-01 |

### THE STEM LAB LLC KITS: SQUISHY SCIENCE

Go beyond slime with this science kit that explores the world of polymers! Complete with real tools and ingredients to get your budding chemist started.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 4+   | \$25 | 36906-01 |



**ELECTRIC BIKE SAFETY & SERVICE CLINIC**  
see pg. 45

**EDUCATION - STEM LAB KITS**

**KITS CAN BE SHIPPED TO HOMES FOR AN ADDITIONAL \$8 OR WILL BE AVAILABLE FOR PICKUP AT PLYMOUTH CITY HALL IN SEPTEMBER.**

**THE STEM LAB LLC KITS:  
WOODWORKER DRAGSTER RACE CAR**

Engineer a racer that really moves with this hands-on lesson in woodworking and physics. Experiment to see what makes the racer go the farthest and fastest as you pull back and watch it go!

| AGES | COST | ACTIVITY |
|------|------|----------|
| 6+   | \$25 | 36921-01 |

**THE STEM LAB LLC KITS:  
WOODWORKER MARBLE DROP**

Who can get the highest score? Use pre-drilled wood, hammer and hardware to engineer a fun game.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 6+   | \$25 | 36919-01 |

**THE STEM LAB LLC KITS:  
WOODWORKER MARSHMALLOW LAUNCHER**

The Marshmallow Launcher is as fun to use as it is to build! Use hammer and hardware to engineer pre-drilled wood, predict how marshmallows mass will affect flight, then experiment with the physics of catapults.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 6+   | \$25 | 36918-01 |

**THE STEM LAB LLC KITS:  
WOODWORKER PROPELLER RACER**

Use wood, hammer and hardware to explore potential and kinetic energy transfer with a rubber band powered propeller race car.

| AGES | COST | ACTIVITY |
|------|------|----------|
| 6+   | \$25 | 36920-01 |

**OUTDOOR RECREATION****MINNESOTA STARWATCH PARTY**

Northwest Greenway South Trailhead, 5250 Peony Lane

Get to know constellations like the Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and many more. Giant telescopes will be aimed at the Moon, Saturn, star clusters, galaxies, and more. See full description online. Children 5 and under are free.

| AGES     | DAY | DATE & TIME              | COST                    | ACTIVITY |
|----------|-----|--------------------------|-------------------------|----------|
| all ages | Th  | Aug 28<br>8:30pm-10:30pm | Res \$8<br>Non Res \$10 | 36300-01 |

**NATURE WALKS WITH PARKS AND REC  
TBD**

Come enjoy a new park each week to look at the beautiful Fall foliage. A park and recreation employee will accompany the walk as a leader and to engage in conversations. Please dress for the weather! Locations TBD

| DAY | DATE & TIME                   | COST                   | ACTIVITY |
|-----|-------------------------------|------------------------|----------|
| M   | Sep 15-Oct 6<br>1:00pm-2:00pm | Res \$5<br>Non Res \$7 | 35901-10 |

**PLYMOUTH BIRDING CLUB  
TBD**

Whether you're a beginner or a seasoned birder, we will venture through local parks and trails, sharing fascinating insights and observations. Feel free to bring along your own materials, we will have a couple spare binoculars to share. (Program locations will be emailed to participants)

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 5+   | Su  | Sep 14<br>8:00am-9:30am | Res \$10<br>Non Res \$12 | 35920-02 |

**SAFETY**
**PEDIATRIC FIRST AID & CPR  
FOR CHILD CARE PROVIDER**  
PCC-Education Wing, 14800 34th Avenue N

Learn how to effectively and efficiently respond to pediatric emergencies with Pediatric CPR/First Aid class. This class is designed for Parents and Childcare Providers. This is a blended learning course.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 16+  | W   | Oct 8<br>5:00pm-8:00pm | Res \$75<br>Non Res \$85 | 35501-01 |

**SPORTS**
**TUMBLING: ALL AGES BEGINNERS**  
Wayzata High School, 4955 Peony Lane

All ages are able to learn and develop skills. We will work on balance, agility, and positions for vault, beam, bars, and floor. No experience needed! Great class for siblings wanting to try something new together or for kids in the older range of entry level classes. Please Enter through the #30 door.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 6-13 | Sa  | Sep 6-Oct 11<br>12:15pm-1:00pm  | Res \$108<br>Non Res \$118 | 33254-01 |
| 6-13 | Sa  | Oct 25-Dec 13<br>12:45pm-1:30pm | Res \$125<br>Non Res \$135 | 33254-02 |

## ARTS



Palette Up! - Pumpkin Patch Gnome

### PUMPKIN PATCH GNOME – FAMILY PAINT & TREATS

PCC-Education Wing, 14800 34th Avenue N

Join us for a fun-filled family painting event where you'll create a whimsical fall gnome holding pumpkins on canvas! This step-by-step acrylic painting class is perfect for all skill levels—no experience needed! Bring your colorful gnome to life, and while your masterpiece dries, indulge in delicious cookies to celebrate your artistic achievement. All supplies are provided. Price per adult/child pair participating.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 6-12 | Sa  | Sep 20<br>1:00pm-2:30pm | Res \$32<br>Non Res \$40 | 33123-01 |

## KIDCREATE STUDIO

### KIDCREATE STUDIO - DARLING REINDEER

PCC-Active Wing, 14800 34th Avenue N

Get ready for a jolly good time as the kids create the most darling reindeer ever, using vibrant, happy colors, and then finish off with a super cute pom-pom nose.

| AGES  | DAY | DATE & TIME              | COST                     | ACTIVITY |
|-------|-----|--------------------------|--------------------------|----------|
| 1.5-6 | Sa  | Dec 6<br>10:00am-11:00am | Res \$25<br>Non Res \$28 | 31112-01 |



Kidcreate Studio - Darling Reindeer

### KIDCREATE STUDIO - NO CARVE PUMPKIN PARTY

PCC-Active Wing, 14800 34th Avenue N

Kids will get to use their imaginations and experiment with a variety of materials to turn their pumpkins into unique works of art. From glitter and paint to pom poms and googly eyes, the possibilities are endless. Pumpkin and art supplies provided.

| AGES  | DAY | DATE & TIME               | COST                     | ACTIVITY |
|-------|-----|---------------------------|--------------------------|----------|
| 1.5-6 | Sa  | Oct 11<br>10:00am-11:00am | Res \$25<br>Non Res \$28 | 31105-01 |

## ADAPTIVE AND INCLUSIVE PROGRAMS:

• Santa visits the sensory room - page 11

### KIDCREATE STUDIO - OUR LITTLEST FAN FAVORITES

PCC-Active Wing, 14800 34th Avenue N

This class is packed full of fan favorites! From papier mache bowls, projects that glow-in-the-dark, and messy clay masterpieces, these are the Kidcreate projects our littlest students love the most! All of them put together in one very popular class. Please bring nut-free snack and drink each day.

| AGES  | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|-------|-----|---------------------------------|--------------------------|----------|
| 1.5-6 | M   | Nov 3-Nov 24<br>10:00am-11:00am | Res \$90<br>Non Res \$98 | 31106-01 |
| 1.5-6 | M   | Nov 3-Nov 24<br>5:30pm-6:30pm   | Res \$90<br>Non Res \$98 | 31106-02 |

### KIDCREATE STUDIO - TOYTASTIC ART

PCC-Active Wing, 14800 34th Avenue N

Young artists unleash their creativity by crafting pictures of beloved toys using a variety of mediums. From LEGO® people, to teddy bears, rubber duckies, and Matchbox® cars, each project encourages imagination and innovation. With a treasure trove of toys at their disposal, children create stunning artwork and learn to re-purpose everyday objects into tools for self-expression.

| AGES  | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|-------|-----|----------------------------------|--------------------------|----------|
| 1.5-6 | M   | Sep 29-Oct 20<br>10:00am-11:00am | Res \$90<br>Non Res \$98 | 31104-01 |
| 1.5-6 | M   | Sep 29-Oct 20<br>5:30pm-6:30pm   | Res \$90<br>Non Res \$98 | 31104-02 |



Children must  
be accompanied  
by a caregiver

**ARTS - DANCE****TIPPI TOES DANCE - TODDLER & ME DANCE**

PCC-Active Wing, 14800 34th Avenue N

A dance class for mom, dad, or guardian to learn basic dance steps with your little dancer. We'll incorporate music, movement, balance and basic dance steps in a fun and positive environment. Instr: Tippi Toes.

| AGES  | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|-------|-----|----------------------------------|--------------------------|----------|
| 1.5-3 | W   | Sep 10-Oct 22<br>9:30am-10:15am  | Res \$87<br>Non Res \$97 | 31109-01 |
| 1.5-3 | W   | Sep 10-Oct 22<br>10:30am-11:15am | Res \$87<br>Non Res \$97 | 31109-02 |
| 1.5-3 | W   | Oct 29-Dec 10<br>9:30am-10:15am  | Res \$87<br>Non Res \$97 | 31109-03 |
| 1.5-3 | W   | Oct 29-Dec 10<br>10:30am-11:15am | Res \$87<br>Non Res \$97 | 31109-04 |

**MUSIC****FIRST STEPS IN MUSICLAND**

PCC-Education Wing, 14800 34th Avenue N

Exposure to basic musical concepts and a wide variety of musical styles through fun activities. Caregiver and child will dance, sing and play while learning rhythm and fine/gross motor coordination. Instr: Scott Schmidt No program: 11/26.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 2-5  | W   | Sep 3-Oct 22<br>9:30am-10:15am | Res \$97<br>Non Res \$112 | 31110-01 |
| 2-5  | W   | Nov 5-Dec 17<br>9:30am-10:15am | Res \$73<br>Non Res \$84  | 31110-02 |

**MUSIC TOGETHER - RHYTHM KIDS - FREE DEMO CLASS**

PCC-Education Wing, 14800 34th Avenue N

Music Together's Rhythm Kids is an exciting, drumming-focused music class for children ages 5 through 8 that is filled with active musical games and loads of fun. In each weekly class, we'll drum, sing, move, and play to rhythms inspired by musical traditions around the world. As your child learns to think and create like a musician, they'll also build musical connections to the global community. Come try a free demo class to see if Rhythm Kids is a good fit for your child.

| AGES | DAY | DATE & TIME             | COST                 | ACTIVITY |
|------|-----|-------------------------|----------------------|----------|
| 5-8  | W   | Sep 10<br>3:15pm-4:00pm | no fee-<br>free demo | 31121-01 |
| 5-8  | W   | Sep 17<br>3:15pm-4:00pm | no fee-<br>free demo | 31121-02 |
| 5-8  | W   | Dec 10<br>3:15pm-4:00pm | no fee-<br>free demo | 31121-03 |

**MUSIC TOGETHER - RHYTHM KIDS**

PCC-Education Wing, 14800 34th Avenue N

Music Together's Rhythm Kids is an exciting, drumming-focused music class for children ages 5 through 8 that is filled with active musical games and loads of fun. In each weekly class, we'll drum, sing, move, and play to rhythms inspired by musical traditions around the world. As your child learns to think and create like a musician, they'll also build musical connections to the global community. Come try a free demo class to see if Rhythm Kids is a good fit for your child.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 5-8  | W   | Sep 24-Nov 26<br>3:15pm-4:00pm | Res \$204<br>Non Res \$224 | 31120-01 |

**MUSIC TOGETHER - MIXED AGES - FREE DEMO CLASS**

PCC-Education Wing, 14800 34th Avenue N

Sing, laugh, play and learn, with your infant, toddler and preschooler in these award-winning classes that will help your child learn to sing and dance as naturally as they learn to walk and talk. This demo is for families who have never taken Music Together - Mixed Age and are interested seeing if its a good fit for your family. Instr: Music Together in the Valley LLC. Free Demo Class - must register to participate. Participants are invited to attend only one free demo class.

| AGES         | DAY | DATE & TIME              | COST                 | ACTIVITY |
|--------------|-----|--------------------------|----------------------|----------|
| infant-6 yrs | Tu  | Sep 9<br>9:00am-9:45am   | no fee-<br>free demo | 31114-01 |
| infant-6 yrs | Tu  | Sep 9<br>10:00am-10:45am | no fee-<br>free demo | 31114-02 |
| infant-6 yrs | Tu  | Sep 9<br>11:00am-11:45am | no fee-<br>free demo | 31114-03 |
| infant-6 yrs | W   | Sep 10<br>4:15pm-5:00pm  | no fee-<br>free demo | 31114-04 |
| infant-6 yrs | W   | Sep 10<br>5:15pm-6:00pm  | no fee-<br>free demo | 31114-05 |
| infant-6 yrs | Tu  | Dec 9<br>9:00am-9:45pm   | no fee-<br>free demo | 31114-06 |
| infant-6 yrs | Tu  | Dec 9<br>10:00am-10:45am | no fee-<br>free demo | 31114-07 |
| infant-6 yrs | Tu  | Dec 9<br>11:00am-11:45am | no fee-<br>free demo | 31114-08 |
| infant-6 yrs | W   | Dec 10<br>4:15pm-5:00pm  | no fee-<br>free demo | 31114-09 |
| infant-6 yrs | W   | Dec 10<br>5:15pm-6:00pm  | no fee-<br>free demo | 31114-10 |

## ARTS - MUSIC

### MUSIC TOGETHER - MIXED AGES

PCC-Education Wing, 14800 34th Avenue N

Sing, laugh, play and learn with your infant, toddler and preschooler in these award-winning classes. Along with class instruction, participants receive a CD, music downloads, songbook, and educational materials. Sibling/additional child discount applied for families registering more than one. Instr: Music Together in the Valley LLC. Families with sibling under 8 months, please contact us to register

| AGES         | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|--------------|-----|----------------------------------|----------------------------|----------|
| infant-6 yrs | Tu  | Sep 23-Nov 25<br>9:00am-9:45am   | Res \$204<br>Non Res \$224 | 31113-01 |
| infant-6 yrs | Tu  | Sep 23-Nov 25<br>10:00am-10:45am | Res \$204<br>Non Res \$224 | 31113-02 |
| infant-6 yrs | Tu  | Sep 23-Nov 25<br>11:00am-11:45am | Res \$204<br>Non Res \$224 | 31113-03 |
| infant-6 yrs | W   | Sep 24-Dec 3<br>4:15pm-5:00pm    | Res \$204<br>Non Res \$224 | 31113-04 |
| infant-6 yrs | W   | Sep 24-Dec 3<br>5:15pm-6:00pm    | Res \$204<br>Non Res \$224 | 31113-05 |



Children must  
be accompanied  
by a caregiver

## SPORTS

### TUMBLING TYKES AND FITNESS

PCC-Active Wing, 14800 34th Avenue N

A coupled class for children with their favorite grown-up! Come have fun and learn basic gymnastics skills as well as improve balance, fitness, strength, and gross motor skills.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 2-3  | M   | Sep 15-Oct 13<br>4:30pm-5:00pm | Res \$69<br>Non Res \$79 | 32201-01 |
| 2-3  | M   | Sep 15-Oct 13<br>5:15pm-5:45pm | Res \$69<br>Non Res \$79 | 32201-02 |
| 2-3  | M   | Sep 15-Oct 13<br>6:00pm-6:30pm | Res \$69<br>Non Res \$79 | 32201-03 |
| 2-3  | M   | Oct 27-Nov 17<br>4:30pm-5:00pm | Res \$69<br>Non Res \$79 | 32201-04 |
| 2-3  | M   | Oct 27-Nov 17<br>5:15pm-5:45pm | Res \$69<br>Non Res \$79 | 32201-05 |
| 2-3  | M   | Oct 27-Nov 17<br>6:00pm-6:30pm | Res \$69<br>Non Res \$79 | 32201-06 |



Kidcreate Studio - Magical Unicorn



Kidcreate Studio - Little Mess Makers

## ADAPTIVE AND INCLUSIVE PROGRAMS:

• Santa visits the sensory room - page 11



# PRESCHOOL

## ARTS - KIDCREATE STUDIO

### KIDCREATE STUDIO - MAGICAL PINK UNICORN

PCC-Active Wing, 14800 34th Avenue N

Once upon a time, in a land far, far away, lived a magical pink unicorn who loved going to art class! Fantasy and art come together in this enchanted class. Your child will work with air-dry clay and paint to create an adorable unicorn. But that's not all, they will paint another unicorn on canvas! Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 3-6  | Su  | Sep 14<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 32103-01 |

### KIDCREATE STUDIO - LITTLE MESS MAKERS

PCC-Active Wing, 14800 34th Avenue N

Your little mess maker will have a blast in this hands-on camp! We plan to paint, sculpt, scribble, and giggle our way to discovering mess-making at its very best. These are not projects to tackle at home. Leave the mess with us! Please pack a nut-free snack and drink for your child each day.

| AGES | DAY  | DATE & TIME                   | COST                       | ACTIVITY |
|------|------|-------------------------------|----------------------------|----------|
| 3-6  | Th,F | Nov 6-Nov 7<br>9:00am-12:00pm | Res \$115<br>Non Res \$120 | 32110-01 |

**FOR MORE PRESCHOOL ADULT/CHILD OFFERINGS VISIT PAGE 14.**

## DANCE



### BALLET AND TAP (AGES 3-4)

PCC-Active Wing, 14800 34th Avenue N

This class will focus on beginner ballet and tap technique with a focus on developing balance, coordination, and creativity. Students will learn through creative games, technique exercises, and choreography. Pink or skin tone ballet shoes, black tap shoes, leotard/tights or active wear are needed. Instr: City of Plymouth Dance Staff. No program: 10/18, 11/22, 11/29.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 3-4  | Tu  | Sep 9-Dec 9<br>5:15pm-6:00pm   | Res \$180<br>Non Res \$195 | 32102-01 |
| 3-4  | Sa  | Sep 13-Dec 13<br>1:50pm-2:35pm | Res \$143<br>Non Res \$154 | 32102-02 |

### CREATIVE MOVEMENT (AGES 3-4)

PCC-Active Wing, 14800 34th Avenue N

We'll introduce students to dance elements of ballet, jazz and modern with a focus on creative expression. Bare feet or ballet shoes recommended. Instr: City of Plymouth Dance Staff. No program: 10/18, 11/22, 11/29.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 3-4  | M   | Sep 8-Dec 8<br>4:30pm-5:00pm   | Res \$180<br>Non Res \$195 | 32104-01 |
| 3-4  | Sa  | Sep 13-Dec 13<br>9:00am-9:30am | Res \$143<br>Non Res \$154 | 32104-02 |

### TIPPI TOES DANCE

PCC-Active Wing, 14800 34th Avenue N

Move and groove to the Tippi Toes® beat in this fun and energetic combination class, with your child dancing on their own! Tippi Toes incorporates an even mix of the three types of dance over the 45 minute class time using high-energy music and choreography. For children ages 3-5 years old.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 3-5  | W   | Sep 10-Oct 22<br>11:30am-12:15pm | Res \$87<br>Non Res \$97 | 31108-01 |
| 3-5  | W   | Oct 29-Dec 10<br>11:30am-12:15pm | Res \$87<br>Non Res \$97 | 31108-02 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## ARTS - MUSIC

### BACH TO ROCK - ROCK CITY CAMP

Bach to Rock, 4345 Nathan Ln N

Through dynamic musical and movement-based activities, exposure to live instruments and musically inspired story-time, young musicians gradually develop the skills needed to pursue music further. Classed focus on foundational musical concepts such as fast and slow, sound and silence, high and low and even singing and playing major scales

| AGES | DAY  | DATE & TIME                     | COST                       | ACTIVITY |
|------|------|---------------------------------|----------------------------|----------|
| 3-5  | M-Tu | Dec 22-Dec 23<br>9:00am-12:30pm | Res \$82<br>Non Res \$90   | 32322-01 |
| 3-5  | M-W  | Dec 29-Dec 31<br>9:00am-12:30pm | Res \$126<br>Non Res \$134 | 32322-02 |

### BACH TO ROCK - ROCK CITY WORLD TOUR

Bach to Rock, 4345 Nathan Ln N

These high-energy musical classes focus on foundational music skills; children will be introduced to different instruments each week. Instr: Bach To Rock - Plymouth

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 3-5  | Tu  | Sep 9-Oct 14<br>1:00pm-2:00pm   | Res \$177<br>Non Res \$185 | 32321-01 |
| 3-5  | Th  | Sep 11-Oct 16<br>1:00pm-2:00pm  | Res \$177<br>Non Res \$185 | 32321-02 |
| 3-5  | Sa  | Sep 13-Oct 18<br>12:00pm-1:00pm | Res \$177<br>Non Res \$185 | 32321-03 |
| 3-5  | Tu  | Oct 21-Nov 25<br>1:00pm-2:00pm  | Res \$177<br>Non Res \$185 | 32321-04 |
| 3-5  | Th  | Oct 23-Nov 20<br>1:00pm-2:00pm  | Res \$177<br>Non Res \$185 | 32321-05 |
| 3-5  | Sa  | Oct 25-Nov 29<br>12:00pm-1:00pm | Res \$177<br>Non Res \$185 | 32321-06 |

### PIANO FOR LITTLE MOZARTS

PCC-Education Wing, 14800 34th Avenue N

Explore beginning piano in a dual lesson format (two students per class-each register separately). Lessons include music facts, movements, singing, percussion instruments and more. instr: Scott Schmitt. No program 11/26.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 4-6  | W   | Sep 3-Oct 22<br>10:30am-11:15am | Res \$140<br>Non Res \$154 | 32107-01 |
| 4-6  | W   | Sep 3-Oct 22<br>11:30am-12:15pm | Res \$140<br>Non Res \$154 | 32107-02 |
| 4-6  | W   | Nov 5-Dec 17<br>10:30am-11:15am | Res \$105<br>Non Res \$115 | 32107-03 |
| 4-6  | W   | Nov 5-Dec 17<br>11:30am-12:15pm | Res \$105<br>Non Res \$115 | 32107-04 |

**MORE PRESCHOOL MUSIC OFFERINGS CAN BE FOUND IN ADULT/CHILD SECTION ON PAGE 15-16**



### WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

## SPORTS - ARCHERY



### ARCHERY - REVSports

PCC-Active Wing, 14800 34th Avenue N

Be right on target when you sign up for archery. Archery is a great sport for individuals to improve their focus, hand-eye coordination, and confidence. Participants will have a blast while they practice the fundamentals of archery, including proper grip, posture, aiming, and releasing as they learn the rules and strategy of the sport in positive and energetic environment. Special safety tips used on the arrows. No Program: 10/19.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 4-6  | Su  | Oct 12-Nov 9<br>2:15pm-2:55pm  | Res \$79<br>Non Res \$90 | 32207-04 |
| 4-6  | Su  | Nov 16-Dec 14<br>2:15pm-2:55pm | Res \$79<br>Non Res \$90 | 32207-08 |



## SPORTS - BASKETBALL

### REVSports BASKETBALL

PCC-Active Wing, 14800 34th Avenue N

Programs are a great opportunity for your child to explore their new and developing motor skills. Parents/guardians are expected to be present and ready to engage for classes (not a league). No program: 10/16, 11/27.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-3  | M   | Sep 15-Oct 6<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32210-01 |
| 3-4  | M   | Sep 15-Oct 6<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32210-02 |
| 4-5  | M   | Sep 15-Oct 6<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32210-03 |
| 5-6  | M   | Sep 15-Oct 6<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32210-04 |
| 2-3  | M   | Oct 13-Nov 3<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32210-05 |
| 3-4  | M   | Oct 13-Nov 3<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32210-06 |
| 4-5  | M   | Oct 13-Nov 3<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32210-07 |
| 5-6  | M   | Oct 13-Nov 3<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32210-08 |
| 2-3  | M   | Nov 10-Dec 1<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32210-09 |
| 3-4  | M   | Nov 10-Dec 1<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32210-10 |
| 4-5  | M   | Nov 10-Dec 1<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32210-11 |
| 5-6  | M   | Nov 10-Dec 1<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32210-12 |

## FLAG FOOTBALL

### REVSports FLAG FOOTBALL

Bass Lake Playfield, 5450 Northwest Boulevard

Programs are a great opportunity for your child to explore their new and developing motor skills. Parents/guardians are expected to be present and ready to engage for classes (not a league).

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-3  | W   | Sep 10-Oct 1<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32208-01 |
| 3-5  | W   | Sep 10-Oct 1<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32208-02 |
| 4-6  | W   | Sep 10-Oct 1<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32208-03 |
| 4-6  | W   | Sep 10-Oct 1<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32208-04 |
| 2-3  | W   | Oct 8-Oct 29<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32208-05 |
| 3-5  | W   | Oct 8-Oct 29<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32208-06 |
| 4-6  | W   | Oct 8-Oct 29<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32208-07 |
| 4-6  | W   | Oct 8-Oct 29<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32208-08 |

## SPORTS - MARTIAL ARTS

### LITTLE TIGER

Ultimate Martial Arts, 147 Hamel Road

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.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 3-5  | Th  | Sep 18-Oct 23<br>5:30pm-6:00pm | Res \$119<br>Non Res \$139 | 32211-01 |

## GYMNASTICS

### TUMBLING TYKES

Wayzata High School, 4955 Peony Lane

Emphasis on fun! Explore basic gymnastics skills and improve motor skills, including safe use of gymnastics equipment. Adult assistance is advised for three year old participants.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 3-4  | Sa  | Sep 6-Oct 11<br>8:45am-9:15am  | Res \$98<br>Non Res \$108  | 32200-01 |
| 3-4  | Sa  | Sep 6-Oct 11<br>9:20am-9:50am  | Res \$98<br>Non Res \$108  | 32200-02 |
| 3-4  | Sa  | Sep 6-Oct 11<br>1:15pm-1:45pm  | Res \$98<br>Non Res \$108  | 32200-03 |
| 3-4  | Sa  | Oct 25-Dec 13<br>8:30am-9:00am | Res \$114<br>Non Res \$125 | 32200-04 |
| 3-4  | Sa  | Oct 25-Dec 13<br>9:10am-9:40am | Res \$114<br>Non Res \$125 | 32200-05 |
| 3-4  | Sa  | Oct 25-Dec 13<br>2:45pm-3:15pm | Res \$114<br>Non Res \$125 | 32200-06 |

### TUMBLING TYKES AND FITNESS

PCC-Active Wing, 14800 34th Avenue N

A coupled class for children with their favorite grown-up! Come have fun and learn basic gymnastics skills as well as improve balance, fitness, strength, and gross motor skills.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 2-3  | M   | Sep 15-Oct 13<br>4:30pm-5:00pm | Res \$69<br>Non Res \$79 | 32201-01 |
| 2-3  | M   | Sep 15-Oct 13<br>5:15pm-5:45pm | Res \$69<br>Non Res \$79 | 32201-02 |
| 2-3  | M   | Sep 15-Oct 13<br>6:00pm-6:30pm | Res \$69<br>Non Res \$79 | 32201-03 |
| 2-3  | M   | Oct 27-Nov 17<br>4:30pm-5:00pm | Res \$69<br>Non Res \$79 | 32201-04 |
| 2-3  | M   | Oct 27-Nov 17<br>5:15pm-5:45pm | Res \$69<br>Non Res \$79 | 32201-05 |
| 2-3  | M   | Oct 27-Nov 17<br>6:00pm-6:30pm | Res \$69<br>Non Res \$79 | 32201-06 |

## MULTI SPORT

### SPORTS UNLIMITED SPORTS SAMPLER

Locations vary

Explore baseball, soccer, soft lacrosse and flag football. Bring appropriate clothing (shin guards recommended for soccer), baseball glove, snack and water.

| AGES                                          | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|-----------------------------------------------|-----|------------------------------|----------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                              |                            |          |
| 4-6                                           | Tu  | Sep 9-Oct 7<br>4:30pm-6:00pm | Res \$110<br>Non Res \$121 | 32202-01 |
| PCC Fieldhouse, 14800 - 34th Ave N.           |     |                              |                            |          |
| 4-6                                           | Tu  | Nov 4-Dec 2<br>4:30pm-6:00pm | Res \$110<br>Non Res \$121 | 32202-02 |

## NINJA WARRIOR

### REVSports - NINJA WARRIORS

Bass Lake Playfield, 5450 Northwest Boulevard

Participants learn and practice the fundamentals of speed, agility, balance and coordination through obstacles. Class involves ground-based obstacle training, active games and individual challenges that vary by day. Guardians are expected to be present and ready to engage in class. No program: 10/16.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-3  | Th  | Sep 11-Oct 2<br>5:00pm-5:25pm | Res \$79<br>Non Res \$90 | 32401-01 |
| 3-5  | Th  | Sep 11-Oct 2<br>5:30pm-6:10pm | Res \$79<br>Non Res \$90 | 32401-02 |
| 4-6  | Th  | Sep 11-Oct 2<br>6:15pm-6:55pm | Res \$79<br>Non Res \$90 | 32401-03 |
| 2-3  | Th  | Oct 9-Nov 6<br>5:00pm-5:25pm  | Res \$79<br>Non Res \$90 | 32401-05 |
| 3-5  | Th  | Oct 9-Nov 6<br>5:30pm-6:10pm  | Res \$79<br>Non Res \$90 | 32401-06 |
| 4-6  | Th  | Oct 9-Nov 6<br>6:15pm-6:55pm  | Res \$79<br>Non Res \$90 | 32401-07 |



## SPORTS - SOCCER

### FALL SOCCER: CO-REC AGE 4

The Meadows Playfield, 5805 Peony Ln N

Co-Rec league for 4 year olds. Games are on Saturday mornings or on your scheduled practice night (depending on team numbers).

Volunteer parent coaches needed for this program. To coach, sign up online at [www.plymouthmn.gov/departments/parks-recreation/volunteer](http://www.plymouthmn.gov/departments/parks-recreation/volunteer). Practice weekday - games Saturday mornings through Oct 11. Games start Sept 13. No refunds after August 22.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 4    | M   | Sep 8-Oct 6<br>6:00pm-7:00pm  | Res \$75<br>Non Res \$85 | 33270-01 |
| 4    | M   | Sep 8-Oct 6<br>6:00pm-7:00pm  | Res \$75<br>Non Res \$85 | 33270-02 |
| 4    | Tu  | Sep 9-Oct 7<br>6:00pm-7:00pm  | Res \$75<br>Non Res \$85 | 33270-03 |
| 4    | Tu  | Sep 9-Oct 7<br>6:00pm-7:00pm  | Res \$75<br>Non Res \$85 | 33270-04 |
| 4    | W   | Sep 10-Oct 8<br>6:00pm-7:00pm | Res \$75<br>Non Res \$85 | 33270-05 |
| 4    | W   | Sep 10-Oct 8<br>6:00pm-7:00pm | Res \$75<br>Non Res \$85 | 33270-06 |
| 4    | Th  | Sep 11-Oct 9<br>6:00pm-7:00pm | Res \$75<br>Non Res \$85 | 33270-07 |
| 4    | Th  | Sep 11-Oct 9<br>6:00pm-7:00pm | Res \$75<br>Non Res \$85 | 33270-08 |

### HAPPYFEET SOCCER

Locations vary

HappyFeet Soccer is the premier early development program, using imaginative play and play-to-learn concepts to teach real deceptive dribbling skills on the move. Using our friendly story time with a soccer ball approach, HappyFeet has received recognition by many early childhood education experts as the premiere preschool-age soccer program. Our curriculum is designed to foster your child's development and creativity with more time spent on skill acquisition. Our camps utilize fun, engaging activities to enhance skill acquisition and finishes with small side scrimmages. Equipment provided. For questions and or to purchase a jersey, reach us at [office@tchappyfeet.com](mailto:office@tchappyfeet.com) No program: 10/16, 10/18, 11/22, 11/27, 11/29.

| AGES                                          | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|-----------------------------------------------|-----|--------------------------------|--------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                                |                          |          |
| 4-5                                           | Sa  | Sep 6-Sep 27<br>2:00pm-2:45pm  | Res \$75<br>Non Res \$86 | 32206-12 |
| 3-4                                           | Sa  | Sep 6-Sep 27<br>2:50pm-3:35pm  | Res \$75<br>Non Res \$86 | 32206-13 |
| 2-2                                           | Sa  | Sep 6-Sep 27<br>3:40pm-4:25pm  | Res \$75<br>Non Res \$86 | 32206-14 |
| 4-5                                           | Sa  | Oct 11-Nov 8<br>2:00pm-2:45pm  | Res \$75<br>Non Res \$86 | 32206-15 |
| 3-4                                           | Sa  | Oct 11-Nov 8<br>2:50pm-3:35pm  | Res \$75<br>Non Res \$86 | 32206-16 |
| 2-2                                           | Sa  | Oct 11-Nov 8<br>3:40pm-4:25pm  | Res \$75<br>Non Res \$86 | 32206-17 |
| PCC-Active Wing, 14800 34th Ave N.            |     |                                |                          |          |
| 4-5                                           | Sa  | Nov 15-Dec 20<br>2:00pm-2:45pm | Res \$75<br>Non Res \$86 | 32206-18 |
| 3-4                                           | Sa  | Nov 15-Dec 20<br>2:50pm-3:35pm | Res \$75<br>Non Res \$86 | 32206-19 |
| 2-2                                           | Sa  | Nov 15-Dec 20<br>3:40pm-4:25pm | Res \$75<br>Non Res \$86 | 32206-20 |

| AGES                              | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|-----------------------------------|-----|----------------------------------|--------------------------|----------|
| PCC Fieldhouse, 14800 34th Ave N. |     |                                  |                          |          |
| 2-2                               | Th  | Sep 4-Sep 25<br>9:30am-10:15am   | Res \$75<br>Non Res \$86 | 32206-01 |
| 3-4                               | Th  | Sep 4-Sep 25<br>10:20am-11:05am  | Res \$75<br>Non Res \$86 | 32206-02 |
| 4-5                               | Th  | Sep 4-Sep 25<br>11:10am-11:55am  | Res \$75<br>Non Res \$86 | 32206-03 |
| 2-2                               | Th  | Oct 9-Nov 6<br>9:30am-10:15am    | Res \$75<br>Non Res \$86 | 32206-05 |
| 3-4                               | Th  | Oct 9-Nov 6<br>10:20am-11:05am   | Res \$75<br>Non Res \$86 | 32206-06 |
| 4-5                               | Th  | Oct 9-Nov 6<br>11:10am-11:55am   | Res \$75<br>Non Res \$86 | 32206-07 |
| 2-2                               | Th  | Nov 20-Dec 18<br>9:30am-10:15am  | Res \$75<br>Non Res \$86 | 32206-08 |
| 3-4                               | Th  | Nov 20-Dec 18<br>10:20am-11:05am | Res \$75<br>Non Res \$86 | 32206-09 |
| 4-5                               | Th  | Nov 20-Dec 18<br>11:10am-11:55am | Res \$75<br>Non Res \$86 | 32206-10 |

## SPORTS - SOCCER

### REVSports SOCCER

Locations vary

RevSports soccer participants learn and practice the fundamentals of soccer through individual player development. Each day will focus on a topic building on the previous topics including: dribbling, shooting, defending, passing, and more. All equipment is provided. Athletic footwear recommended. Parent is expected to be present and ready to engage with child for 2-5 year olds. This is not a league No program: 10/16, 10/19, & 11/30.

| AGES                                          | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|-----------------------------------------------|-----|-------------------------------|--------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                               |                          |          |
| 2-3                                           | M   | Sep 8-Sep 29<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32203-01 |
| 3-5                                           | M   | Sep 8-Sep 29<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32203-02 |
| 3-5                                           | M   | Sep 8-Sep 29<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32203-03 |
| 4-6                                           | M   | Sep 8-Sep 29<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32203-04 |
| 2-3                                           | M   | Oct 6-Oct 27<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32203-05 |
| 3-5                                           | M   | Oct 6-Oct 27<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32203-06 |
| 3-5                                           | M   | Oct 6-Oct 27<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32203-07 |
| 4-6                                           | M   | Oct 6-Oct 27<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32203-08 |
| Elm Creek Playfield, 4905 Peony Lane          |     |                               |                          |          |
| 2-3                                           | Su  | Oct 5-Nov 2<br>3:00pm-3:25pm  | Res \$69<br>Non Res \$79 | 32203-09 |
| 3-5                                           | Su  | Oct 5-Nov 2<br>3:30pm-4:10pm  | Res \$69<br>Non Res \$79 | 32203-10 |
| 3-5                                           | Su  | Oct 5-Nov 2<br>4:15pm-4:55pm  | Res \$69<br>Non Res \$79 | 32203-11 |
| 4-6                                           | Su  | Oct 5-Nov 2<br>5:00pm-5:40pm  | Res \$69<br>Non Res \$79 | 32203-12 |

| AGES                                          | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|-----------------------------------------------|-----|----------------------------------|--------------------------|----------|
| PCC-Active Wing, 14800 34th Ave N.            |     |                                  |                          |          |
| 2-3                                           | Su  | Nov 16-Dec 14<br>12:00pm-12:25pm | Res \$69<br>Non Res \$79 | 32203-13 |
| 3-5                                           | Su  | Nov 16-Dec 14<br>12:30pm-1:10pm  | Res \$69<br>Non Res \$79 | 32203-14 |
| 3-5                                           | Su  | Nov 16-Dec 14<br>1:15pm-1:55pm   | Res \$69<br>Non Res \$79 | 32203-15 |
| 4-6                                           | Su  | Nov 16-Dec 14<br>2:00pm-2:40pm   | Res \$69<br>Non Res \$79 | 32203-16 |
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                                  |                          |          |
| 2-3                                           | Th  | Sep 11-Oct 2<br>5:00pm-5:25pm    | Res \$69<br>Non Res \$79 | 32203-17 |
| 3-5                                           | Th  | Sep 11-Oct 2<br>5:30pm-6:10pm    | Res \$69<br>Non Res \$79 | 32203-18 |
| 3-5                                           | Th  | Sep 11-Oct 2<br>6:15pm-6:55pm    | Res \$69<br>Non Res \$79 | 32203-19 |
| 4-6                                           | Th  | Sep 11-Oct 2<br>7:00pm-7:40pm    | Res \$69<br>Non Res \$79 | 32203-20 |
| 2-3                                           | Th  | Oct 9-Nov 6<br>5:00pm-5:25pm     | Res \$69<br>Non Res \$79 | 32203-21 |
| 3-5                                           | Th  | Oct 9-Nov 6<br>5:30pm-6:10pm     | Res \$69<br>Non Res \$79 | 32203-22 |
| 3-5                                           | Th  | Oct 9-Nov 6<br>6:15pm-6:55pm     | Res \$69<br>Non Res \$79 | 32203-23 |
| 4-6                                           | Th  | Oct 9-Nov 6<br>7:00pm-7:40pm     | Res \$69<br>Non Res \$79 | 32203-24 |



### REVSports SOCCER LEAGUE

Elm Creek Playfield, 4905 Peony Lane

Co-rec instructional soccer that allows children to play soccer in a relaxed, fun, and non-competitive atmosphere. Participants will be split into small groups each week for skill development and scrimmage games. Each session will have dedicated time to game play. Includes t-shirt.

| AGES  | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|-------|-----|-------------------------------|--------------------------|----------|
| 3.5-4 | Su  | Sep 7-Sep 28<br>3:30pm-4:30pm | Res \$72<br>Non Res \$82 | 33271-01 |
| 4-5   | Su  | Sep 7-Sep 28<br>4:45pm-5:45pm | Res \$72<br>Non Res \$82 | 33271-02 |



## SPORTS - SPECIAL OLYMPICS

### SPECIAL OLYMPICS MN: YOUNG ATHLETES

PCC-Active Wing, 14800 34th Avenue N

An innovative sports play program that introduces children ages 2-7 years old with and without intellectual disabilities to the world of sports. Children are provided with games and activities that meet their individual skill and ability levels, while allowing them to play together in a fun and inclusive environment. Scholarships available. No program 11/29.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-7  | Sa  | Nov 1-Dec 13<br>2:00pm-3:00pm | Res \$30<br>Non Res \$36 | 33901-01 |

## TBALL

### FALL TBALL

Elm Creek Playfield, 4905 Peony Lane

Baseball is not over just because it's fall. First two weeks of the program spent practicing fundamentals and skills, the last four weeks are scheduled games. If you want your child on the same team with a friend, you must both choose the same class number. Volunteer/Parent coaches are needed for this program. To coach, sign up online at [www.plymouthmn.gov/departments/parks-recreation/volunteer](http://www.plymouthmn.gov/departments/parks-recreation/volunteer). No refunds after August 25.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 4-5  | Su  | Sep 7-Oct 12<br>4:00pm-5:15pm | Res \$52<br>Non Res \$62 | 33245-01 |
| 4-5  | Su  | Sep 7-Oct 12<br>4:00pm-5:15pm | Res \$52<br>Non Res \$62 | 33245-02 |
| 4-5  | Su  | Sep 7-Oct 12<br>4:00pm-5:15pm | Res \$52<br>Non Res \$62 | 33245-03 |
| 4-5  | Su  | Sep 7-Oct 12<br>4:00pm-5:15pm | Res \$52<br>Non Res \$62 | 33245-04 |

## REVSports - T-BALL/COACH-PITCH

Elm Creek Playfield, 4905 Peony Lane

A great opportunity for your child to explore their new and developing motor skills. One parent/guardian expected to be present and ready to engage for classes for ages 2-3 and 3-5. Tees are used for ages 2-3 and 3-5. Coach-Pitch for ages 4-6 (Not a league).

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-3  | W   | Sep 10-Oct 1<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32205-01 |
| 3-5  | W   | Sep 10-Oct 1<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32205-02 |
| 3-5  | W   | Sep 10-Oct 1<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32205-03 |
| 4-6  | W   | Sep 10-Oct 1<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32205-04 |
| 2-3  | W   | Oct 8-Oct 29<br>5:00pm-5:25pm | Res \$69<br>Non Res \$79 | 32205-05 |
| 3-5  | W   | Oct 8-Oct 29<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32205-06 |
| 3-5  | W   | Oct 8-Oct 29<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32205-07 |
| 4-6  | W   | Oct 8-Oct 29<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32205-08 |

## SKYHAWKS - TBALL

Bass Lake Playfield, 5450 Northwest Boulevard

Uses a progressive curriculum to teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun environment. Designed for beginner and intermediate players.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 4-5  | Sa  | Sep 6-Oct 4<br>12:00pm-12:45pm | Res \$85<br>Non Res \$97 | 33296-01 |

## VOLLEYBALL

### VOLLEYBALL - REVSports

PCC-Active Wing, 14800 34th Avenue N

RevSports Volleyball players learn and practice the fundamentals of volleyball through individual player development. Each day will focus on a topic building on the previous topics including: passing, setting, serving, and hitting. All equipment is provided. Softer and lighter-weight balls are used. A smaller net and court may be used to assist in skill development. Participants should wear tennis shoes in the gym. Parent is expected to be present and ready to engage with child. This is not a league.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 4-6  | Tu  | Sep 9-Sep 30<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32212-01 |
| 5-7  | Tu  | Sep 9-Sep 30<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32212-02 |
| 4-6  | Tu  | Oct 7-Oct 28<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32212-04 |
| 5-7  | Tu  | Oct 7-Oct 28<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32212-05 |
| 4-6  | Tu  | Nov 11-Dec 2<br>5:30pm-6:10pm | Res \$69<br>Non Res \$79 | 32212-07 |
| 5-7  | Tu  | Nov 11-Dec 2<br>6:15pm-6:55pm | Res \$69<br>Non Res \$79 | 32212-08 |

## ADAPTIVE AND INCLUSIVE PROGRAMS:

- Adaptive Basketball, softball, tennis - page 9
- Special Olympics MN - page 9
- Tumbling - page 10
- Adaptive swimming - page 10

## ARTS - ABRAKADOODLE

### ABRAKADOODLE - ARTASTIC FUN NIGHT

PCC-Education Wing, 14800 34th Avenue N

Come ready for a night of artistic fun as we explore a world of colors, textures, and shapes! You'll paint with watercolors, draw with pastels, sculpt with clay, and so much more. Bring a nut-free snack and water bottle.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 5-10 | F   | Sep 5<br>5:00pm-8:00pm | Res \$55<br>Non Res \$60 | 33156-01 |

### ABRAKADOODLE - COOKIES AND ART HOLIDAYS EDITION

PCC-Education Wing, 14800 34th Avenue N

Get ready for a sweet and creative holiday adventure! You'll dive into fun art projects, creating festive masterpieces using paint, pastels, and more. But that's not all—you'll also decorate delicious holiday-themed cookies to enjoy! It's the perfect mix of creativity and treats, making every class a fun and festive experience. Come ready to make, decorate, and celebrate the season with art and sweets! Please bring a snack and water.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 5-10 | W   | Nov 26<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33126-01 |

### ABRAKADOODLE - FUN WINTER ART EXTRAVAGANZA

PCC-Education Wing, 14800 34th Avenue N

Dive into the world of art with our Fun Winter Art extravaganza! Let your imagination run wild as you doodle funny winter characters, amazing snowy sceneries, and create adorable animas. Join the fun as we draw, collage, paint and sculpt with clay to unleash your artistic side! Bring a nut-free snack and water bottle.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 5-10 | Sa  | Dec 6<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33136-01 |

### ABRAKADOODLE - READY, SET, ART!

PCC-Education Wing, 14800 34th Avenue N

Step into a world where creativity knows no bounds! With brushes, pencils, and clay at your fingertips, it's time to turn your wildest ideas into reality. From vibrant paintings and playful sculptures to bold sketches, you'll even learn about some famous painters and work with different materials. Get ready to create, explore, and have a blast in this class. Please pack a nut-free snack and drink.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 5-10 | M   | Dec 22<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33155-01 |

### ABRAKADOODLE - HOLIDAY GIFT MAKING RELOADED

PCC-Education Wing, 14800 34th Avenue N

Get ready for a creative holiday adventure! From painting to sculpting and beyond, every session brings a brand-new, beautifully handmade and gift-wrapped present—perfect for family and friends! With plenty of festive fun along the way, you'll head home with one-of-a-kind treasures, just in time for the holidays!

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 5-10 | Th  | Oct 30-Nov 20<br>6:30pm-7:30pm | Res \$80<br>Non Res \$84 | 33127-01 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## ARTS

### ARCTIC ANIMAL EXPEDITION

PCC-Education Wing, 14800 34th Avenue N

Explore the arctic art, making oil pastel polar bear or penguin portraits and create 3D igloo scenes with cotton and paper collage. Bring a nut-free snack and water bottle. Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 6-9  | F   | Nov 7<br>9:00am-12:00pm | Res \$48<br>Non Res \$52 | 33115-01 |

### ARTISTIC MOMENTS - SPOOKTACULAR CUPCAKE ART

PCC-Education Wing, 14800 34th Avenue N

Have you ever used fondant to decorate cupcakes? Fondant is a 'Play-Doh-like' edible icing used to create fun designs. Learn how to color, roll, cut, and sculpt colorful fondant into a wide variety of shapes and sizes. You'll fun using fondant to create Halloween theme cupcakes Instr: Kris Holtmeyer.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 6-10 | M   | Oct 20<br>5:00pm-7:00pm | Res \$45<br>Non Res \$50 | 33122-01 |

### FEATHERS & FLOWERS FUN

PCC-Education Wing, 14800 34th Avenue N

Join us as we create a watercolor bird on a flowering branch with crayon resist, and a bright bird and blooming garden collage using paper, tissue and feathers. Please pack a nut-free snack and drink. Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 6-9  | F   | Oct 17<br>9:00am-12:00pm | Res \$48<br>Non Res \$52 | 33109-01 |

### JUNGLE SAFARI ADVENTURE

PCC-Education Wing, 14800 34th Avenue N

Get wild with art making oil pastel jungle animal portraits and mixed media jungle habitat dioramas. Please pack a nut-free snack and water bottle. Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 6-9  | Th  | Oct 16<br>9:00am-12:00pm | Res \$48<br>Non Res \$52 | 33106-01 |

### LET'S MAKE COMICS!

PCC-Education Wing, 14800 34th Avenue N

Create comics based on your original characters! Learn how to design characters using shapes and draw them from different angles. You'll plan a storyline, develop a world your characters live in, and how to tell your story through panels. Instr: Alicia Schwab.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 9-12 | M   | Sep 8-Oct 13<br>5:30pm-7:30pm | Res \$120<br>Non Res \$122 | 33176-01 |

### MAGICAL CREATURES

PCC-Education Wing, 14800 34th Avenue N

Create your own enchanted land with dragons, unicorns, castles and rainbows. We'll bring your characters to life using colored pencils, pens, watercolors, acrylics, and collage. Bring a nut-free snack and water bottle. Instr: Alicia Schwab.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 5-10 | Sa  | Sep 6<br>9:00am-11:30am | Res \$40<br>Non Res \$45 | 33171-01 |

### MARVELOUS MARBLING

PCC-Education Wing, 14800 34th Avenue N

Messy art is super fun when you make homemade marbled paper with shaving cream! Once your art is dry, you can make it into a bookmark, frame it, or make a door sign. The possibilities are numerous! Bring a nut-free snack and water bottle. Instr: Alicia Schwab.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 5-10 | Su  | Sep 28<br>9:00am-11:30am | Res \$40<br>Non Res \$45 | 33173-01 |

### OUTER SPACE EXPLORERS

PCC-Active Wing, 14800 34th Avenue N

In this far out camp we'll create a watercolor galaxy painting and alien or rocket sculptures with Model Magic. Please pack a nut-free snack and drink. Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 6-9  | W   | Oct 15<br>9:00am-12:00pm | Res \$48<br>Non Res \$52 | 33104-01 |

### POP STAR FASHION SHOW

PCC-Education Wing, 14800 34th Avenue N

Pop Stars always wear fashion-forward outfits during their concerts. This class will design outfits for a Pop Star Paper Doll. Bring a nut-free snack and water bottle. Instr: Alicia Schwab.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 7-10 | Su  | Oct 12<br>9:00am-11:30am | Res \$40<br>Non Res \$45 | 33174-01 |

## ARTS

### PRINTMAKING WITH FOUND OBJECTS

PCC-Education Wing, 14800 34th Avenue N

Corrugated cardboard, food, leaves, and polystyrene—oh, my! You don't need a fancy printing plate to make art; use everyday objects to create a printed image of a racecar, spaceship, or self-portrait. Color your print with mixed media: watercolor, colored pencils, and oil pastels. Bring a nut-free snack and water bottle. Instr: Alicia Schwab.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 7-10 | Su  | Nov 2<br>9:00am-11:30am | Res \$40<br>Non Res \$45 | 33175-01 |

### TOYS & TINKER LAB WITH KIDSCIENTIFIC

PCC-Education Wing, 14800 34th Avenue N

Kids will design and build their very own toys and trinkets, using hands-on activities to uncover exciting scientific theories. From experimenting with mechanics and motion, to exploring concepts like balance, energy, and structure, every project blends curiosity, creativity, and education. Watch young minds light up as they bring their ideas to life!

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 5-12 | Th  | Oct 2-Oct 23<br>5:30pm-6:30pm | Res \$90<br>Non Res \$98 | 33105-01 |

### UNDERWATER WORLD

PCC-Education Wing, 14800 34th Avenue N

Let's dive into art! Create artwork featuring your favorite sea creatures, freshwater fish, or mermaids. You can even draw a whale, frog, octopus, turtle, sea snake, or shark. Learn to build your characters with shapes and color them with mixed media: pencils, pens, watercolors, acrylic, and collage. Bring a nut-free snack and water bottle. Instr: Alicia Schwab.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 5-10 | Sa  | Sep 13<br>9:00am-11:30am | Res \$40<br>Non Res \$45 | 33172-01 |

### WHIMSICAL FALL FOREST

PCC-Education Wing, 14800 34th Avenue N

We'll venture into the art forest making acrylic birch trees on canvas and leaf printing with gold & copper ink. Bring a nut-free snack and water bottle. Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 6-9  | Th  | Nov 6<br>9:00am-12:00pm | Res \$48<br>Non Res \$52 | 33114-01 |



### WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

## DANCE

### BALLET & TAP (AGES 7-8)

PCC-Active Wing, 14800 34th Avenue N

This class will explore ballet concepts, movement qualities, creativity, and performance. Pink or skin tone ballet shoes, black tap shoes and leotards/tights or active wear are needed. Instr: City of Plymouth Dance Staff.

| AGES | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|------|-----|------------------------------|----------------------------|----------|
| 7-8  | M   | Sep 8-Dec 8<br>5:55pm-6:55pm | Res \$180<br>Non Res \$195 | 33133-01 |

### BALLET & TAP (AGES 5-6)

PCC-Active Wing, 14800 34th Avenue N

This class will focus on beginner ballet and tap technique with a focus on developing balance, coordination, and creativity. Students will learn through creative games, technique exercises, and choreography. Pink or skin tone ballet shoes, black tap shoes, leotard/tights or active wear are needed. Instr: City of Plymouth Dance Staff. No program: 10/18, 11/22, 11/29.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 5-6  | M   | Sep 8-Dec 8<br>5:05pm-5:50pm    | Res \$180<br>Non Res \$195 | 33132-01 |
| 5-6  | Sa  | Sep 13-Dec 13<br>9:35am-10:20am | Res \$143<br>Non Res \$154 | 33132-02 |
| 5-6  | Tu  | Sep 9-Dec 9<br>6:05pm-6:50pm    | Res \$180<br>Non Res \$195 | 33132-03 |

## ARTS - DANCE

### BALLET & TAP (AGES 9-12)

PCC-Active Wing, 14800 34th Avenue N

This class will explore ballet and tap concepts, movement qualities, creativity, rhythm, and performance. Students will use these skills to perform fun and challenging ballet and tap sequences expanded each week. Pink ballet shoes, black tap shoes and leotards/tights or active wear are needed. Instr: City of Plymouth Dance Staff 12 year olds with at least three years of dance experience can register for 12-18 ballet and tap.

| AGES | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|------|-----|------------------------------|----------------------------|----------|
| 9-12 | M   | Sep 8-Dec 8<br>7:00pm-8:15pm | Res \$180<br>Non Res \$195 | 33134-01 |

### CONTEMPORARY MODERN DANCE (AGES 8-11)

PCC-Active Wing, 14800 34th Avenue N

Students will learn contemporary modern dance technique and choreography, with a focus on creative expression—including making their own choreography. This is a great class for students looking to expand their dance vocabulary or those looking to express themselves through movement. Dancers will dance barefoot. Instr: City of Plymouth Dance Staff.

| AGES | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|------|-----|------------------------------|----------------------------|----------|
| 8-11 | Tu  | Sep 9-Dec 9<br>6:55pm-7:45pm | Res \$180<br>Non Res \$195 | 33135-01 |

### CREATIVE MODERN (AGES 5-7)

PCC-Active Wing, 14800 34th Avenue N

Participants will create their own choreography, explore modern dance technique, and play interactive creative movement games. Leotard/Tights and/or activewear required. Students will dance barefoot. Instr: City of Plymouth Dance Staff. No program 10/16,11/27.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 5-7  | Th  | Sep 11-Dec 11<br>6:00pm-6:35pm | Res \$155<br>Non Res \$167 | 33137-01 |

### JAZZ & HIP HOP (AGES 5-7)

PCC-Active Wing, 14800 34th Avenue N

This high-energy class will focus on Jazz and Hip Hop styles and technique. Students will experiment with rhythm, energy, and musicality while they learn fast-paced choreography and practice big movements and performance qualities. Instr: City of Plymouth Dance Staff. No program: 10/18, 11/22, 11/29.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 5-7  | Sa  | Sep 13-Dec 13<br>1:00pm-1:45pm | Res \$143<br>Non Res \$154 | 33128-01 |

### JAZZ & HIP HOP (AGES 8-11)

PCC-Active Wing, 14800 34th Avenue N

This high-energy class will focus on Jazz and Hip Hop styles and technique. Students will experiment with rhythm, energy, and musicality while they learn fast-paced choreography and practice big movements and performance qualities. 12 year olds with three years of dance experience can register for 12-18 Jazz and Hip Hop. Instr: City of Plymouth Dance Staff. No program: 10/18, 11/22, 11/29.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 8-11 | Sa  | Sep 13-Dec 13<br>12:00pm-1:00pm | Res \$143<br>Non Res \$154 | 33121-01 |

### MUSICAL THEATER JAZZ (AGES 5-7)

PCC-Active Wing, 14800 34th Avenue N

This class will introduce musical-style jazz dance at a beginner level. Dancers will learn upbeat and fun, Broadway-inspired choreography, while focusing on expression and jazz dance technique. Instr: City of Plymouth Dance Staff.

| AGES | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|------|-----|------------------------------|----------------------------|----------|
| 5-7  | M   | Sep 8-Dec 8<br>7:00pm-7:35pm | Res \$180<br>Non Res \$195 | 33167-01 |

### MUSICAL THEATER JAZZ (AGES 8-11)

PCC-Active Wing, 14800 34th Avenue N

This class will introduce musical-style jazz dance at a beginner level. Dancers will learn upbeat and fun, Broadway-inspired choreography, while focusing on expression and jazz dance technique. This class is perfect for actors who want to improve their dancing skills or dancers who want to improve their acting skills! Instr: City of Plymouth Dance Staff. No program: 10/16,11/27.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 8-11 | Th  | Sep 11-Dec 11<br>6:35pm-7:15pm | Res \$155<br>Non Res \$167 | 33154-01 |

## ARTS - KIDCREATE STUDIO

### KIDCREATE STUDIO - DATE NIGHT - MAGICAL MUD MOSAICS

PCC-Education Wing, 14800 34th Avenue N

Do you want to see a movie that isn't animated or enjoy a dinner that doesn't include french fries? Sign your kids up for their own night out! Clay by itself makes great art, but adding beads and sequins makes it even better! Air-dry clay will be used to create fun and funky mosaics. Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 4-9  | Sa  | Oct 11<br>5:30pm-8:30pm | Res \$55<br>Non Res \$60 | 33102-01 |

### KIDCREATE STUDIO - FALL CLAY MOSAICS

PCC-Education Wing, 14800 34th Avenue N

Get ready to take your clay creations to the next level with a fun and festive fall-themed project. Clay by itself makes great art, but adding beads and sequins makes it even better! Air-dry clay will be used to create fun, fall-themed mosaics. Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 4-9  | Th  | Nov 6<br>1:00pm-4:00pm | Res \$55<br>Non Res \$60 | 33103-01 |

### KIDCREATE STUDIO - HOLI-DAZZLED SNOW GLOBES

PCC-Education Wing, 14800 34th Avenue N

The holidays are right around the corner! Start the holiday season off right for your child by signing them up for a holiday themed class they will love. Each child will get to design and create a dazzling snow globe! Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 5-12 | Sa  | Nov 8<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33107-01 |

## KIDCREATE STUDIO- FROSTY FUN ART CAMP

PCC-Education Wing, 14800 34th Avenue N

In this creative camp you'll be able to whip up a flurry of projects full of frosty fun. From making your own snow globe to designing your own winter wonderland scenes, the possibilities are endless. With a variety of materials at your disposal and guidance from our instructors, you'll be amazed at what you can create. Come warm up with us and bring some artistic joy to this chilly season! Please pack a nut-free snack and drink for your child each day.

| AGES | DAY  | DATE & TIME                     | COST                       | ACTIVITY |
|------|------|---------------------------------|----------------------------|----------|
| 4-9  | Tu,W | Dec 30-Dec 31<br>9:00am-12:00pm | Res \$115<br>Non Res \$120 | 33120-01 |

### KIDCREATE STUDIO - FUN WITH RESIN AND POLYMER CLAY

PCC-Education Wing, 14800 34th Avenue N

Dive into a world of creativity! Learn about resin art as you make charms and necklaces, shape polymer clay masterpieces, and experience the art of candle making. Perfect for all levels, you'll learn unique techniques, create amazing keepsakes, and discover the joy of hands-on creativity!

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 5-12 | Th  | Sep 4-Sep 25<br>5:30pm-6:30pm | Res \$90<br>Non Res \$98 | 33101-01 |

## ARTS - MUSIC

### BACH TO ROCK - DJ CAMP

Bach to Rock, 4345 Nathan Ln N

This camp is great for any and all kids who love or are fascinated by music production and technology. Students get hands-on experience while learning fundamentals of mixing songs, scratching turn-tables, and DJ music theory/composition. Learning from world class DJ instructors, students work on individual state-of-the-art DJ workstations and will perform/record a DJ remix at the end of the program. No previous experience required!

| AGES  | DAY  | DATE & TIME                     | COST                       | ACTIVITY |
|-------|------|---------------------------------|----------------------------|----------|
| 10-17 | M-Tu | Dec 22-Dec 23<br>12:30pm-4:00pm | Res \$120<br>Non Res \$130 | 33139-01 |
| 10-17 | M-W  | Dec 29-Dec 31<br>12:30pm-4:00pm | Res \$180<br>Non Res \$185 | 33139-02 |

### BACH TO ROCK - DJ MIXING

Bach to Rock, 4345 Nathan Ln N

This class offers students hands-on experience while learning the fundamentals of mixing songs, scratching sounds, and DJ music theory. No DJ Experience required.

| AGES  | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|-------|-----|--------------------------------|----------------------------|----------|
| 10-16 | Sa  | Sep 13-Oct 11<br>1:00pm-2:00pm | Res \$278<br>Non Res \$285 | 33138-01 |
| 10-16 | Sa  | Oct 25-Nov 29<br>1:00pm-2:00pm | Res \$278<br>Non Res \$285 | 33138-02 |

## ARTS - MUSIC

### BACH TO ROCK - DRUMS 101

Bach to Rock, 4345 Nathan Ln N

Learning drums in a group setting, ending the series with a performance.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 7-14 | M   | Sep 8-Oct 13<br>5:00pm-6:00pm  | Res \$236<br>Non Res \$250 | 33151-01 |
| 7-14 | Th  | Sep 11-Oct 16<br>4:30pm-5:30pm | Res \$236<br>Non Res \$250 | 33151-02 |
| 7-14 | M   | Oct 20-Nov 24<br>5:00pm-6:00pm | Res \$236<br>Non Res \$250 | 33151-03 |
| 7-14 | Th  | Oct 23-Nov 27<br>4:30pm-5:30pm | Res \$236<br>Non Res \$250 | 33151-04 |

### BACH TO ROCK - GLEE CLUB CAMP

Bach to Rock, 4345 Nathan Ln N

This choral ensemble offers a dynamic atmosphere for students to unlock their inner star! We'll explore fun vocal exercises, singing in harmony, and cool choreography while performing arrangements of popular songs. This group learning experience emphasizes reading music, intonation, listening skills, rhythm, and healthy vocal technique.

| AGES | DAY  | DATE & TIME                     | COST                       | ACTIVITY |
|------|------|---------------------------------|----------------------------|----------|
| 7-14 | M-Tu | Dec 22-Dec 23<br>9:00am-12:30pm | Res \$120<br>Non Res \$130 | 33147-01 |
| 7-14 | M-W  | Dec 29-Dec 31<br>9:00am-12:30pm | Res \$180<br>Non Res \$185 | 33147-02 |

### BACH TO ROCK - GUITAR 101

Bach to Rock, 4345 Nathan Ln N

Learning guitar in a group setting, ending the series with a performance.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 7-14 | Tu  | Sep 9-Oct 14<br>4:00pm-5:00pm   | Res \$236<br>Non Res \$250 | 33150-01 |
| 7-14 | Su  | Sep 14-Oct 12<br>12:00pm-1:00pm | Res \$236<br>Non Res \$250 | 33150-02 |
| 7-14 | Tu  | Oct 21-Nov 25<br>4:00pm-5:00pm  | Res \$236<br>Non Res \$250 | 33150-03 |
| 7-14 | Su  | Oct 26-Nov 30<br>12:00pm-1:00pm | Res \$236<br>Non Res \$250 | 33150-04 |



### BACH TO ROCK - KIDS N KEYS

Bach to Rock, 4345 Nathan Ln N

This class introduces kids to the fundamentals of music and piano playing in a fun group setting.

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 5-7  | Tu  | Sep 9-Oct 14<br>4:00pm-4:45pm    | Res \$243<br>Non Res \$260 | 33148-01 |
| 5-7  | Tu  | Sep 9-Oct 14<br>5:00pm-5:45pm    | Res \$243<br>Non Res \$260 | 33148-02 |
| 5-7  | Tu  | Sep 9-Oct 14<br>6:00pm-6:45pm    | Res \$243<br>Non Res \$260 | 33148-03 |
| 5-7  | Th  | Sep 11-Oct 16<br>5:00pm-5:45pm   | Res \$243<br>Non Res \$260 | 33148-04 |
| 5-7  | Sa  | Sep 13-Oct 18<br>10:30am-11:15am | Res \$243<br>Non Res \$260 | 33148-05 |
| 5-7  | Sa  | Sep 13-Oct 18<br>11:30am-12:15pm | Res \$243<br>Non Res \$260 | 33148-06 |
| 5-7  | Tu  | Oct 21-Nov 25<br>4:00pm-4:45pm   | Res \$243<br>Non Res \$260 | 33148-07 |
| 5-7  | Tu  | Oct 21-Nov 25<br>5:00pm-5:45pm   | Res \$243<br>Non Res \$260 | 33148-08 |
| 5-7  | Tu  | Oct 21-Nov 25<br>6:00pm-6:45pm   | Res \$243<br>Non Res \$260 | 33148-09 |
| 5-7  | Th  | Oct 23-Nov 27<br>5:00pm-5:45pm   | Res \$243<br>Non Res \$260 | 33148-10 |
| 5-7  | Sa  | Oct 25-Nov 29<br>10:30am-11:15am | Res \$243<br>Non Res \$260 | 33148-11 |
| 5-7  | Sa  | Oct 25-Nov 29<br>11:30am-12:15pm | Res \$243<br>Non Res \$260 | 33148-12 |

## ARTS - MUSIC

### BACH TO ROCK - ROCK BAND

Bach to Rock, 4345 Nathan Ln N

Bach to Rock provides a group class designed for students for all levels enabling them to be playing full songs by the end of the series. Classes culminate in a virtual/public performance and CD recording.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 7-12 | Sa  | Sep 13-Oct 11<br>2:00pm-3:00pm | Res \$228<br>Non Res \$245 | 33130-01 |
| 7-12 | Sa  | Oct 25-Nov 29<br>2:00pm-3:00pm | Res \$228<br>Non Res \$245 | 33130-02 |

### BACH TO ROCK - ROCK BAND CAMP

Bach to Rock, 4345 Nathan Ln N

Our professional band coaches work closely with students and direct and train the bands. Students are placed in compatible bands by their age and ability. Bands make up 4-6 players and vocalist.

| AGES | DAY  | DATE & TIME                     | COST                       | ACTIVITY |
|------|------|---------------------------------|----------------------------|----------|
| 7-14 | M-Tu | Dec 22-Dec 23<br>9:00am-12:30pm | Res \$120<br>Non Res \$130 | 33141-01 |
| 7-14 | M-Tu | Dec 22-Dec 23<br>12:30pm-4:00pm | Res \$120<br>Non Res \$130 | 33141-02 |
| 7-14 | M-W  | Dec 29-Dec 31<br>9:00am-12:30pm | Res \$180<br>Non Res \$185 | 33141-03 |
| 7-14 | M-W  | Dec 22-Dec 24<br>12:30pm-4:00pm | Res \$180<br>Non Res \$185 | 33141-04 |

### BACH TO ROCK - SONGWRITING 101

Bach to Rock, 4345 Nathan Ln N

Learn about songwriting in a group setting, ending the series with performance.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 7-14 | Th  | Sep 11-Oct 16<br>4:00pm-5:00pm | Res \$278<br>Non Res \$285 | 33152-01 |
| 7-14 | Th  | Oct 23-Nov 27<br>4:00pm-5:00pm | Res \$278<br>Non Res \$285 | 33152-02 |

### BACH TO ROCK - UKULELE 101

Bach to Rock, 4345 Nathan Ln N

Learning ukulele in a group setting, ending the series with a performance.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 7-14 | Sa  | Sep 13-Oct 11<br>12:30pm-1:30pm | Res \$236<br>Non Res \$250 | 33149-01 |
| 7-14 | Sa  | Oct 25-Nov 29<br>12:30pm-1:30pm | Res \$236<br>Non Res \$250 | 33149-02 |

### BACH TO ROCK- GLEE CLUB

Bach to Rock, 4345 Nathan Ln N

The B2R Glee Club provides a group learning experience that emphasizes reading music, intonation, listening skills, rhythm, and healthy vocal technique. The club will also get to show off its talent at an exclusive live or virtual performance.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 7-14 | Tu  | Sep 9-Oct 14<br>6:00pm-7:00pm  | Res \$228<br>Non Res \$245 | 33129-01 |
| 7-14 | Th  | Sep 11-Oct 16<br>5:30pm-6:30pm | Res \$228<br>Non Res \$245 | 33129-02 |
| 7-14 | Tu  | Oct 21-Nov 25<br>6:00pm-7:00pm | Res \$228<br>Non Res \$245 | 33129-03 |
| 7-14 | Th  | Oct 23-Nov 27<br>5:30pm-6:30pm | Res \$228<br>Non Res \$245 | 33129-04 |

## SCHOOL OF ROCK

### SCHOOL OF ROCK - POP STAR BOOTCAMP

School of Rock, 312 Clydesdale Trail

Join this fun, high-energy group class where students learn and perform hits by Taylor Swift, Olivia Rodrigo, Billie Eilish and more! Rotate through instruments, build rhythm and pitch skills, and jam with friends. Perfect for young pop fans who want to shine on stage and learn basic music theory in a collaborative setting.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 6-7  | Sa  | Sep 6-Sep 27<br>1:15pm-2:15pm | Res \$175<br>Non Res \$190 | 33164-01 |
| 6-7  | Sa  | Nov 1-Nov 22<br>1:15pm-2:15pm | Res \$175<br>Non Res \$190 | 33164-02 |

### SCHOOL OF ROCK - ROCKSTARS IN TRAINING

School of Rock, 312 Clydesdale Trail

Experience the energy of rock in this month-long class featuring songs by Green Day, AC/DC, The Beatles, Queen and more. Students rotate through instruments and explore rhythm, dynamics, and stage presence while learning rock's greatest hits. A fun, beginner-friendly journey through the evolution of rock music, with a focus on creativity and collaboration.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 6-7  | Sa  | Oct 4-Oct 25<br>1:15pm-2:15pm | Res \$175<br>Non Res \$190 | 33165-01 |
| 6-7  | Sa  | Dec 6-Dec 27<br>1:15pm-2:15pm | Res \$175<br>Non Res \$190 | 33165-02 |

## ARTS - THEATER WORKSHOPS

These theatrical workshops will use games and activities to help students learn the basics of acting such as; using your voice on stage, building a character and stage positions. Using props, music and costume pieces, we'll present a final production for family and friends on the final day of class. Please wear closed-toe shoes and dress comfortably. Each one of our theater classes represents a "cast" of students. We rely on each and every cast member to be in class each day, so we can create our final performance. Thank you in advance for only registering your child if they can be with us every day. Instr: Deborah Schee



### DISNEY DESCENDANTS 2

PCC-Event Wing, 14800 34th Avenue N

Mal returns to the land of the Lost to find that Uma, the daughter of Ursula, has taken over as queen. Her evil gang has plans to bring down the barrier. Can Evie, Jay and Carlos help Mal stop her? Don't miss this singing, dancing, acting adventure!

| AGES | DAY | DATE & TIME                   | COST                      | ACTIVITY |
|------|-----|-------------------------------|---------------------------|----------|
| 8-13 | M   | Sep 22-Oct 6<br>4:30pm-6:00pm | Res \$94<br>Non Res \$103 | 33110-01 |

### HARRY POTTER AND THE PRISONER OF AZKABAN

PCC-Event Wing, 14800 34th Avenue N

In their third year at Hogwarts School of Witchcraft and Wizardry, Harry, Ron and Hermione investigate Sirius Black, an escaped prisoner from Azkaban, the wizard prison. The friends encounter Dementors, use the Marauder's Map and survive the Shrieking Shack in this action-packed chapter!

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 8-13 | Tu  | Oct 28-Nov 11<br>4:30pm-6:00pm | Res \$94<br>Non Res \$103 | 33113-01 |

### LION KING JUNIOR

PCC-Event Wing, 14800 34th Avenue N

Little kids can dip their toe into the world of theater with this fun and engaging class. We'll create the animals of the Pride Land and have fun singing, dancing, and acting. Hakuna Matata!

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 5-8  | Tu  | Sep 16-Sep 30<br>4:30pm-6:00pm | Res \$94<br>Non Res \$103 | 33111-01 |

### UNDER THE SEA JUNIOR

PCC-Event Wing, 14800 34th Avenue N

Ariel, Flounder, Sebastian and even Ursula the Sea Witch join all the creatures "Under the Sea" for this fun, singing, dancing, acting workshop. Practice your best fish face and join us for some underwater fun!

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 5-8  | M   | Oct 27-Nov 10<br>4:30pm-6:00pm | Res \$94<br>Non Res \$103 | 33112-01 |

## WHEEL POTTERY



### WHEEL POTTERY

PCC-Education Wing, 14800 34th Avenue N

Learn the basics of wheel sculpting with ceramic clay. Will cover throwing and glazing techniques. Make projects to take home at the end of the session. No experience necessary. All supplies included in the course fee. Instr: Adama Sow.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 8-15 | W   | Sep 3-Sep 24<br>4:30pm-6:30pm | Res \$135<br>Non Res \$144 | 33119-01 |
| 8-15 | W   | Oct 1-Oct 15<br>4:30pm-6:30pm | Res \$102<br>Non Res \$110 | 33119-02 |
| 8-15 | W   | Nov 5-Nov 19<br>4:30pm-6:30pm | Res \$102<br>Non Res \$110 | 33119-03 |

## ARTS - WONDERSPARK CO

Explore our exclusive limited edition boxes. Each box includes a carefully curated selection of art supplies, educational materials, and a surprise gift delivered right to your doorstep. Each Limited Addition Box comes with everything your child needs to create 4 inspiring projects! With easy-to-follow instructions and premium-quality supplies, our kits make it fun and convenient for your child to explore their artistic talents at home. We spark wonder one box at a time! You will receive email notification when kit shipped.

### WONDERSPARK CO - CLAUDE MONET ART BOX

| AGES | COST | ACTIVITY |
|------|------|----------|
| 5-14 | \$55 | 33145-01 |

### WONDERSPARK CO - HENRY MATISSE ART BOX

| AGES | COST | ACTIVITY |
|------|------|----------|
| 5-14 | \$55 | 33170-01 |

### WONDERSPARK CO - VINCENT VAN GOGH ART BOX

| AGES | COST | ACTIVITY |
|------|------|----------|
| 5-14 | \$55 | 33146-01 |



## EDUCATION -

### CENTER FOR ACADEMIC EXCELLENCE

#### CENTER FOR ACADEMIC EXCELLENCE: HINDI

St. Barnabas Lutheran Church, 15600 Old Rockford Rd

Provides engagements with a native-speaking instructor. Lessons use a gradual, building block immersion, with creative and entertaining graphics and visuals to help children learn fast. See online for full description.

| AGES | DAY | DATE & TIME                      | COST  | ACTIVITY |
|------|-----|----------------------------------|-------|----------|
| 5-13 | Sa  | Sep 13-Dec 20<br>10:30am-11:50am | \$189 | 33317-01 |

#### CENTER FOR ACADEMIC EXCELLENCE: MATHWIZ ALGEBRA

Locations vary

The course prepares students to enter high school at an advanced math track and provides a foundation for university-level courses, as well as standardized tests such as ACT/SAT. See full description online.

| AGES                                    | DAY | DATE & TIME                    | COST  | ACTIVITY |
|-----------------------------------------|-----|--------------------------------|-------|----------|
| PCC-Education Wing, 14800 34th Avenue N |     |                                |       |          |
| 10-13                                   | Th  | Sep 11-Dec 18<br>6:00pm-6:50pm | \$289 | 33320-02 |

St. Barnabas Lutheran Church, 15600 Old Rockford Rd

|       |    |                                  |       |          |
|-------|----|----------------------------------|-------|----------|
| 10-13 | Tu | Sep 9-Dec 16<br>6:00pm-6:50pm    | \$289 | 33320-01 |
| 10-13 | Sa | Sep 13-Dec 20<br>10:00am-10:50am | \$289 | 33320-03 |

## EDUCATION - CENTER FOR ACADEMIC EXCELLENCE

**Center for Academic Excellence Fall No Program Dates: Oct. 14, 16, 18, Nov. 25, 27, 29. Full year options available - call 612-836-8467 or email [info@caeedu.org](mailto:info@caeedu.org). Programs can be joined at any point during the year. Contact CAE if online registration is closed.**

### CENTER FOR ACADEMIC EXCELLENCE: MATHWIZ FOR ELEMENTARY

Locations vary

Designed to help students understand pre-algebra and algebra concepts and further enrich their investigative and reasoning skills.

| AGES                                                | DAY | DATE & TIME                      | COST  | ACTIVITY |
|-----------------------------------------------------|-----|----------------------------------|-------|----------|
| PCC-Education Wing, 14800 34th Avenue N             |     |                                  |       |          |
| 5-12                                                | Th  | Sep 11-Dec 18<br>6:00pm-6:50pm   | \$289 | 33316-02 |
| St. Barnabas Lutheran Church, 15600 Old Rockford Rd |     |                                  |       |          |
| 5-12                                                | Tu  | Sep 9-Dec 16<br>6:00pm-6:50pm    | \$289 | 33316-01 |
| 5-12                                                | Sa  | Sep 13-Dec 20<br>10:00am-10:50am | \$289 | 33316-03 |

### CENTER FOR ACADEMIC EXCELLENCE: READINGWIZ

Locations vary

A practice-oriented program that assists students in developing skills in reading and writing. See full description online.

| AGES                                                | DAY | DATE & TIME                      | COST  | ACTIVITY |
|-----------------------------------------------------|-----|----------------------------------|-------|----------|
| PCC-Education Wing, 14800 34th Avenue N             |     |                                  |       |          |
| 5-13                                                | Th  | Sep 11-Dec 18<br>7:00pm-7:50pm   | \$289 | 33333-02 |
| St. Barnabas Lutheran Church, 15600 Old Rockford Rd |     |                                  |       |          |
| 5-13                                                | Tu  | Sep 9-Dec 16<br>7:00pm-7:50pm    | \$289 | 33333-01 |
| 5-13                                                | Sa  | Sep 13-Dec 20<br>11:00am-11:50am | \$289 | 33333-03 |

### CENTER FOR ACADEMIC EXCELLENCE: UMTYMP PREP

Locations vary

The program aims to help students gain early admission to top universities through programs such as UMTYMP, CTD, and CTY, as well as achieve recognition at the state and national level. Additionally, MathElite can assist students in preparing for admission to highly selective colleges, including Ivy Leagues. See full description online.

| AGES                                                | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|-----------------------------------------------------|-----|---------------------------------|----------------------------|----------|
| PCC-Education Wing, 14800 34th Avenue N             |     |                                 |                            |          |
| 10-12                                               | Th  | Sep 11-Dec 18<br>6:30pm-7:30pm  | Res \$329<br>Non Res \$329 | 33323-02 |
| St. Barnabas Lutheran Church, 15600 Old Rockford Rd |     |                                 |                            |          |
| 10-12                                               | Tu  | Sep 9-Dec 16<br>6:30pm-7:30pm   | \$329                      | 33323-01 |
| 10-12                                               | Sa  | Sep 13-Dec 20<br>9:30am-10:20am | Res \$329<br>Non Res \$329 | 33323-03 |

## CHESS

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB - BEGINNER PCC-Education Wing, 14800 34th Avenue N

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing Chess? Learn from Twin Cities Chess Club instructors who have years of teaching experience. Compete for various prizes including trophies, medals, and chess sets! All chess levels are welcome. No program 10/16, 11/27.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 5-17 | Th  | Sep 18-Oct 30<br>5:55pm-6:40pm | Res \$89<br>Non Res \$102 | 33321-01 |
| 5-17 | Th  | Nov 13-Dec 18<br>5:55pm-6:40pm | Res \$73<br>Non Res \$84  | 33321-02 |

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB-INTERMEDIATE/ADVANCED

PCC-Education Wing, 14800 34th Avenue N

Want to amaze your friends and impress your opponents? Want to increase your IQ while having fun playing Chess? Learn from Twin Cities Chess Club instructors who have years of teaching experience. Compete for various prizes including trophies, medals, and chess sets! All chess levels are welcome. No program 10/16, 11/27.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 5-17 | Th  | Sep 18-Oct 30<br>6:45pm-7:55pm | Res \$96<br>Non Res \$110 | 33332-01 |
| 5-17 | Th  | Nov 13-Dec 18<br>6:45pm-7:55pm | Res \$80<br>Non Res \$92  | 33332-02 |

## EDUCATION - CODE NINJAS

### CODE NINJAS: AI EXPLORERS ACADEMY

Code Ninjas, 3570 Vicksburg Ln N #400

Ninjas will learn how AI works and learn to train AI by providing data in a safe environment. They will also generate art and music with AI. See full description online. No program 11/27.

| AGES | DAY | DATE & TIME                   | COST  | ACTIVITY |
|------|-----|-------------------------------|-------|----------|
| 8-14 | Th  | Sep 11-Dec 4<br>6:30pm-7:30pm | \$747 | 33322-01 |

### CODE NINJAS: FIRST LEGO LEAGUE - CHALLENGE

Code Ninjas, 3570 Vicksburg Ln N #400

As teams of student ages (9-14) engage in research, problem-solving, coding, and engineering - building and programming a LEGO robot that navigates the missions of a robot game. This is a non-compete challenge for this years UNEARTHED theme. No program 11/29. Materials fee included in listed price.

| AGES | DAY | DATE & TIME                    | COST  | ACTIVITY |
|------|-----|--------------------------------|-------|----------|
| 9-14 | Sa  | Sep 13-Dec 6<br>11:30am-1:00pm | \$796 | 33314-01 |
| 9-14 | M   | Sep 8-Nov 24<br>5:30pm-7:00pm  | \$796 | 33314-02 |

### CODE NINJAS: FIRST LEGO LEAGUE - EXPLORE

Code Ninjas, 3570 Vicksburg Ln N #400

Teams focus on the fundamentals of engineering as they explore real-world problems, learn to design, and code, and create unique solutions made with LEGO bricks and powered by LEGO® Education SPIKE Essential. See full description online. No program 11/27. Materials fee included in listed price.

| AGES | DAY | DATE & TIME                   | COST  | ACTIVITY |
|------|-----|-------------------------------|-------|----------|
| 5-8  | Th  | Sep 11-Dec 4<br>5:00pm-6:15pm | \$796 | 33313-01 |

### CODE NINJAS: LEGO ROBOTICS - BUILD, CODE, AND COMPETE!

Code Ninjas, 3570 Vicksburg Ln N #400

Step into the exciting world of robotics with LEGO! Ninjas will design and build their own robots using LEGO kits, then bring them to life through coding.

| AGES | DAY | DATE & TIME                      | COST  | ACTIVITY |
|------|-----|----------------------------------|-------|----------|
| 5-7  | Sa  | Oct 11-Oct 25<br>11:15am-12:15pm | \$189 | 33319-01 |
| 5-7  | Sa  | Dec 6-Dec 20<br>11:15am-12:15pm  | \$189 | 33319-02 |

### CODE NINJAS: MASTER BUILDERS: MINECRAFT EDITION

Code Ninjas, 3570 Vicksburg Ln N #400

Dive into the Minecraft World to learn the basics and build a tree house and more challenges!

| AGES | DAY | DATE & TIME                     | COST  | ACTIVITY |
|------|-----|---------------------------------|-------|----------|
| 5-7  | Sa  | Sep 13-Oct 4<br>11:15am-12:15pm | \$249 | 33312-01 |

### CODE NINJAS: ROBLOX GAME DEVELOPMENT

Code Ninjas, 3570 Vicksburg Ln N #400

Using Lua programming language, ninjas will create their own thrilling timed, sudden-death Roblox game, plus an engaging interactive obstacle course. Roblox experience is required to attend! See full description online. No program 11/26.

| AGES  | DAY | DATE & TIME                   | COST      | ACTIVITY |
|-------|-----|-------------------------------|-----------|----------|
| 10-14 | W   | Sep 10-Dec 3<br>6:30pm-7:30pm | Res \$747 | 33315-01 |

### CODE NINJAS: THINK, DESIGN, BUILD - WITH CARDBOARD!

Code Ninjas, 3570 Vicksburg Ln N #400

Unleash your child's creativity and spark their inner engineer as they bring imaginative projects to life—using just cardboard! In this hands-on session, our Ninjas will design, build, and innovate with everyday materials, turning simple cardboard into incredible creations.

| AGES | DAY | DATE & TIME                     | COST  | ACTIVITY |
|------|-----|---------------------------------|-------|----------|
| 5-8  | Sa  | Nov 1-Nov 22<br>11:15am-12:15pm | \$249 | 33356-01 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## EDUCATION - ENGINEERING FOR KIDS

### ENGINEERING FOR KIDS: JR ZOO BUILDERS CAMP

PCC-Education Wing, 14800 34th Avenue N

Dive into the science of survival, discovering how chameleons camouflage, how lobsters use their claws, and how camels thrive in desert heat. Through hands-on building, create models of each animal, learning how these unique features help them survive in their habitats. See full description and tech requirements online.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 5-9  | W-F | Oct 15-Oct 17<br>9:00am-12:00pm | Res \$150<br>Non Res \$165 | 33359-01 |

### ENGINEERING FOR KIDS: VIDEO GAME AND STORY DESIGN

PCC-Education Wing, 14800 34th Avenue N

Using the Bloxels Edu system, turn your game ideas into a digital video game. Use a special game board and blocks to design the characters, levels, and other art for your games. See full description and tech requirements online.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 9-13 | W-F | Oct 15-Oct 17<br>1:00pm-4:00pm | Res \$150<br>Non Res \$165 | 33360-01 |

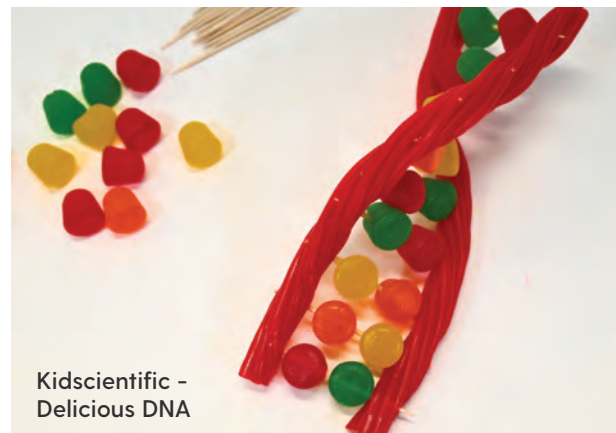
## RC RACING

### PARTY CRASHERS RC: RC RACING CLINIC

PCC-Active Wing, 14800 34th Avenue N

Like RC Cars? Join us as we explore how they work and then try them out. Participants leave with better understanding and get time testing out their driving skills on a few different types of RC Cars. Participants can use RC Cars provided or their own on approval.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 5-12 | F   | Nov 7<br>6:00pm-7:00pm | Res \$25<br>Non Res \$30 | 33331-01 |
| 5-12 | F   | Nov 7<br>7:15pm-8:15pm | Res \$25<br>Non Res \$30 | 33331-02 |



## KIDSCIENTIFIC

### CANDY LAB WITH KIDSCIENTIFIC

PCC-Education Wing, 14800 34th Avenue N

Step into our Candy Lab and explore science through sweet experiments! From candy chemistry to edible art, every activity uses candy to teach cool scientific concepts. Mix, melt, and marvel at how sweets can be both delicious and educational! Please pack a nut-free snack and drink for your child each day.

| AGES | DAY  | DATE & TIME                    | COST                       | ACTIVITY |
|------|------|--------------------------------|----------------------------|----------|
| 4-9  | Th,F | Oct 16-Oct 17<br>1:00pm-4:00pm | Res \$120<br>Non Res \$125 | 33108-01 |

### DELICIOUS DNA WITH KIDSCIENTIFIC

PCC-Education Wing, 14800 34th Avenue N

Dive into biology with a candy twist! Kids will build a delicious DNA strand using sweet treats while learning about genetics and DNA structure. They'll explore scientific principles, ask questions, and test ideas using the scientific method. This hands-on class makes science fun, tasty, and unforgettable! Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 5-12 | Sa  | Oct 4<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33142-01 |

## EDUCATION - KIDSCIENTIFIC



### PINK AXOLOTL HABITAT WITH KIDSCIENTIFIC

PCC-Education Wing, 14800 34th Avenue N

Meet the adorable axolotls! Discover their unique features, learn how they thrive in their habitats, and uncover cool facts about these amazing amphibians. Through hands-on activities and engaging lessons, kids will explore natural science at its cutest while sparking curiosity about the animal kingdom! Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 5-12 | Sa  | Nov 1<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33143-01 |

### SECRET AGENT SCIENCE WITH KIDSCIENTIFIC

PCC-Education Wing, 14800 34th Avenue N

Step into the world of secret agent science! Young scientists will unravel mysteries through fascinating experiments like creating invisible ink. Learn the science behind hidden messages and more while honing your spy skills. Get ready for a thrilling journey where science meets secrecy, and every discovery holds the key to unlocking hidden knowledge! Please pack a nut-free snack and drink for your child.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 5-12 | Sa  | Sep 27<br>9:00am-12:00pm | Res \$55<br>Non Res \$60 | 33100-01 |

## STEM BUILDERS

### STEM BUILDERS: 3D GAMES WITH MINECRAFT: CRAFTING MINDS, SHAPING FUTURES!

STEM Builders Learning Center - 15600 35th Avenue N #201

Students will learn Minecraft from a teamwork perspective. Students will be put into teams, build worlds, and compete against other teams to solve problems, develop expansive environments, and save the day.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 9-13 | Th  | Sep 11-Nov 13<br>6:00pm-7:15pm | Res \$225<br>Non Res \$248 | 33325-01 |

### STEM BUILDERS: ANIMATION & STORYTELLING

STEM Builders Learning Center - 15600 35th Avenue N #201

Students create their own interactive stories and develop communication skills as they share their stories with friends. Students make their first animation and complete the unit with a Final Challenge.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 5-8  | W   | Sep 10-Nov 12<br>6:00pm-7:15pm | Res \$225<br>Non Res \$248 | 33304-01 |

### STEM BUILDERS: CIRCUIT MASTER: AN ARDUINO ADVENTURE INTO ELECTRICAL ENGINEERING

STEM Builders Learning Center - 15600 35th Avenue N #201

Dive into the exciting world of electrical engineering through hands-on projects using Arduino microcontrollers. From blinking LEDs to building interactive sensors, participants will learn the core principles of circuits, coding, and hardware design in a fun, beginner-friendly environment. See full description online.

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 9-13 | Sa  | Sep 13-Nov 15<br>11:00am-12:15pm | Res \$225<br>Non Res \$248 | 33326-01 |

### STEM BUILDERS: ENGINEERING MECHANISMS

STEM Builders Learning Center - 15600 35th Avenue N #201

Be an engineer; Learn engineering techniques and integrate them with the design process to build new things with confidence. This unguided module helps students build strong engineering concepts and grabbing, reel, crank, flex, tilt, turning, walking, wobbling, and many other mechanisms.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 9-11 | W   | Sep 10-Nov 12<br>6:00pm-7:15pm | Res \$225<br>Non Res \$248 | 33305-01 |

### STEM BUILDERS: ROBLOX CODE CRAZE

STEM Builders Learning Center - 15600 35th Avenue N #201

Use Roblox Studio, a game development platform, to explore and create worlds in a 3D space that they will fill with interactive game elements – from obstacle courses to zoo animals! Then learn how to add code to make it work in a unique way. See full description online.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 9-11 | Tu  | Sep 9-Nov 11<br>6:00pm-7:00pm | Res \$225<br>Non Res \$248 | 33303-01 |

### STEM BUILDERS: SCRATCH GAME GENIUS

STEM Builders Learning Center - 15600 35th Avenue N #201

Students learn basic video game coding concepts by making different types of games, including racing, platform, and launching.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 6-9  | Tu  | Sep 9-Nov 11<br>6:00pm-7:00pm | Res \$225<br>Non Res \$248 | 33302-01 |

## EDUCATION - TECH ACADEMY

### TECH ACADEMY: MINECRAFT ENGINEERING Online

Learn Minecraft circuit-building and engineering concepts using Redstone. Build 2-3 electrical contraptions using Minecraft Java Edition. Minecraft is a Mojang Studios trademark. This class is not affiliated with them. See full description and tech requirements online.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 8-13 | Sa  | Dec 6<br>9:00am-11:00am | Res \$40<br>Non Res \$48 | 33307-01 |

### TECH ACADEMY: MINECRAFT MOD DEVELOPMENT: SUPERHEROES Online

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Basic computer skills are required. Minecraft is a Mojang Studios trademark. This class is not affiliated with them. See full description and tech requirements online.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 8-13 | Sa  | Oct 18<br>9:00am-12:00pm | Res \$60<br>Non Res \$69 | 33301-01 |

### TECH ACADEMY: YOUTUBE VIDEO PRODUCTION - SHORTS & REELS Online

Learn the art of producing video shorts for TikTok, YouTube, and Instagram. Students will learn to edit videos, add motion graphics, and special effects while practicing storytelling and film production techniques. See full description and tech requirements online.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 8-13 | Sa  | Oct 11<br>9:00am-11:00am | Res \$40<br>Non Res \$48 | 33300-01 |

## OUTDOOR RECREATION



### SKYROCK FARM MEA BREAK HORSE CAMP Skyrock Farm, 2825 Willow Drive

Learn all about horses & ponies: how to groom and care for them, what they eat, common horse vocabulary, & basic horse anatomy. Take a mini riding lesson. Spend time outside on a guided nature hike of the entire farm. Hang out in the club house, play games, make new friends and much more! Bring a nut-free snack and bag lunch & a water. Instr: Hanna Nunn.

| AGES | DAY | DATE & TIME             | COST  | ACTIVITY |
|------|-----|-------------------------|-------|----------|
| 6-15 | W   | Oct 15<br>9:00am-3:00pm | \$130 | 33324-01 |
| 6-15 | F   | Oct 17<br>9:00am-3:00pm | \$130 | 33324-02 |

## SPORTS - ARCHERY

### ARCHERY - REVSports

PCC-Active Wing, 14800 34th Avenue N

Be right on target when you sign up for archery. Archery is a great sport for individuals to improve their focus, hand-eye coordination, and confidence. Participants will have a blast while they practice the fundamentals of archery, including proper grip, posture, aiming, and releasing as they learn the rules and strategy of the sport in positive and energetic environment. Special safety tips used on the arrows. No Program: 10/19.

| AGES  | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|-------|-----|----------------------------------|--------------------------|----------|
| 11-14 | Su  | Oct 12-Nov 9<br>12:00pm-12:40pm  | Res \$79<br>Non Res \$90 | 32207-01 |
| 9-11  | Su  | Oct 12-Nov 9<br>12:45pm-1:25pm   | Res \$79<br>Non Res \$90 | 32207-02 |
| 6-9   | Su  | Oct 12-Nov 9<br>1:30pm-2:10pm    | Res \$79<br>Non Res \$90 | 32207-03 |
| 11-14 | Su  | Nov 16-Dec 14<br>12:00pm-12:40pm | Res \$79<br>Non Res \$90 | 32207-05 |
| 9-11  | Su  | Nov 16-Dec 14<br>12:45pm-1:25pm  | Res \$79<br>Non Res \$90 | 32207-06 |
| 6-9   | Su  | Nov 16-Dec 14<br>1:30pm-2:10pm   | Res \$79<br>Non Res \$90 | 32207-07 |

## SPORTS - BASKETBALL

### BASKETBALL - YOUTH LEAGUE

PCC-Active Wing, 14800 34th Avenue N

In-house recreational league in cooperation with Hopkins-Minnetonka Parks & Recreation. Teams will practice once a week starting mid-Nov and play games once a week on Saturdays between 9 am - 4 pm starting in early Dec. Practices will be in Plymouth, games will be at Hopkins West Jr. High (some games may be in Plymouth, based on the number of teams). Games Dec 6 - Feb 14 (no games Dec 27 or Jan 3). Playoffs Feb 21 & 28. If you want to register with a friend, you must register for the same course #. 10 kids per team max. Course # indicates practice night and time. This is parent/volunteer coached program. We look for 2 co-coaches per team. 50% credit at the end of the program for coaches. [www.plymouthmn.gov/departments/parks-recreation/volunteer](http://www.plymouthmn.gov/departments/parks-recreation/volunteer)  
Registration Deadline: Oct 10. No refunds after Oct 24.  
No Program: 11/27, 12/22, 12/25, & 1/1.

| AGES        | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|-------------|-----|--------------------------------|----------------------------|----------|
| 8-10 girls  | M   | Nov 10-Feb 23<br>6:00pm-7:00pm | Res \$140<br>Non Res \$154 | 33274-01 |
| 8-10 girls  | M   | Nov 10-Feb 23<br>6:00pm-7:00pm | Res \$140<br>Non Res \$154 | 33274-02 |
| 10-12 girls | M   | Nov 10-Feb 23<br>7:00pm-8:00pm | Res \$140<br>Non Res \$154 | 33274-03 |
| 10-12 girls | M   | Nov 10-Feb 23<br>7:00pm-8:00pm | Res \$140<br>Non Res \$154 | 33274-04 |
| 8-10 boys   | Th  | Nov 13-Feb 26<br>6:00pm-7:00pm | Res \$140<br>Non Res \$154 | 33274-05 |
| 8-10 boys   | Th  | Nov 13-Feb 26<br>6:00pm-7:00pm | Res \$140<br>Non Res \$154 | 33274-06 |
| 10-12 boys  | Th  | Nov 13-Feb 26<br>7:00pm-8:00pm | Res \$140<br>Non Res \$154 | 33274-07 |
| 10-12 boys  | Th  | Nov 13-Feb 26<br>7:00pm-8:00pm | Res \$140<br>Non Res \$154 | 33274-08 |

### LYNCH BASKETBALL CAMP

PCC-Active Wing, 14800 34th Avenue N

Led by Kevin Lynch, former NBA and University of MN player, who has over 20 years of experience conducting camps and clinics. Dribbling, shooting and positions using station drills will be taught.

| AGES | DAY | DATE & TIME                   | COST                      | ACTIVITY |
|------|-----|-------------------------------|---------------------------|----------|
| 8-12 | Sa  | Oct 4-Oct 25<br>1:00pm-3:00pm | Res \$90<br>Non Res \$104 | 33293-01 |

### SKYHAWKS BASKETBALL

PCC-Active Wing, 14800 34th Avenue N

Program designed for boys and girls regardless of ability. Kids are divided by age and skill level when appropriate. The camp helps players learn and practice the core skills and techniques used in the sport. Skills taught: shooting, passing, and dribbling. No Program: 11/22 & 11/29.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 6-9  | Sa  | Nov 15-Dec 20<br>9:00am-9:50am   | Res \$79<br>Non Res \$90 | 33299-01 |
| 9-12 | Sa  | Nov 15-Dec 20<br>10:00am-10:50am | Res \$79<br>Non Res \$90 | 33299-02 |

### SPORTS UNLIMITED BASKETBALL

PCC-Active Wing, 14800 34th Avenue N

This camp is designed to introduce the young athlete to the sport of basketball through skill development and small group games. Staff will focus on helping the children learn the rules of basketball while working on team play and sportsmanship. Skills taught: shooting, passing, dribbling, along with learning the strategies of offense and defense. Child will be divided by age/skill level. Wear tennis shoes and bring water bottle. No program: 11/26.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 6-10 | W   | Sep 10-Oct 8<br>4:30pm-6:00pm | Res \$109<br>Non Res \$120 | 33216-01 |
| 6-10 | W   | Nov 5-Dec 10<br>4:30pm-6:00pm | Res \$109<br>Non Res \$120 | 33216-02 |

## CROSS-COUNTRY

### CROSS-COUNTRY RUNNING CLUB - ALLSPORT

Bass Lake Playfield, 5450 Northwest Boulevard

A variety of activities, drills and games to develop cross country running fitness and stamina. Participants will complete warm up drills, stretch, have short races and play games during the 45 minute session. With Coaches Ian Hall and Natalie Johnson.

| AGES | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|------|-----|------------------------------|--------------------------|----------|
| 8-12 | M   | Sep 8-Oct 6<br>6:30pm-7:15pm | Res \$65<br>Non Res \$75 | 33285-01 |

## SPORTS - BASEBALL/TBALL

### FALL COACH PITCH BASEBALL

Elm Creek Playfield, 4905 Peony Lane

Baseball is not over just because it's fall. First two weeks of the program are practice times working on fundamentals and skills. The last four weeks are scheduled games. To be on the same as a friend, children must register for the same class number. Volunteer/Parent coaches are needed for this program. Sign up online at [www.plymouthmn.gov/departments/parks-recreation/volunteer](http://www.plymouthmn.gov/departments/parks-recreation/volunteer). No refunds after Aug 25.

| AGES  | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|-------|-----|-------------------------------|--------------------------|----------|
| 5.5-7 | Su  | Sep 7-Oct 12<br>5:30pm-7:00pm | Res \$52<br>Non Res \$62 | 33248-01 |
| 5.5-7 | Su  | Sep 7-Oct 12<br>5:30pm-7:00pm | Res \$52<br>Non Res \$62 | 33248-02 |
| 5.5-7 | Su  | Sep 7-Oct 12<br>5:30pm-7:00pm | Res \$52<br>Non Res \$62 | 33248-03 |
| 5.5-7 | Su  | Sep 7-Oct 12<br>5:30pm-7:00pm | Res \$52<br>Non Res \$62 | 33248-04 |



### WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

## FENCING



### FENCING

PCC-Active Wing, 14800 34th Avenue N

Intro to fundamentals with the foil weapon in a nonthreatening environment. Emphasis on skill building, concentration, self-discipline and fun! Dress comfortably (wear long pants). Age groups may be combined to the 6-7 pm time, if minimum numbers are not met for separate age groups.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 6-9  | W   | Oct 15-Nov 12<br>6:00pm-7:00pm | Res \$103<br>Non Res \$114 | 33214-01 |
| 10+  | W   | Oct 15-Nov 12<br>7:00pm-8:00pm | Res \$103<br>Non Res \$114 | 33214-02 |

## FLAG FOOTBALL

### SKYHAWKS FLAG FOOTBALL CAMP

Bass Lake Playfield, 5450 Northwest Boulevard

Learn skills: passing, catching and de-flagging or defensive positioning - all in a positive environment. Camp ends with the Skyhawks Sports Bowl for athletes to showcase skills. Bring a water bottle.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 6-9  | Sa  | Sep 6-Oct 4<br>11:00am-11:50am | Res \$89<br>Non Res \$102 | 33294-01 |

### SPORTS UNLIMITED AFTERSCHOOL FLAG FOOTBALL INTRO

Locations vary

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. Skills taught: passing, catching, kicking and throwing. Kids will be split into teams for games. Participants should bring water bottle.

| AGES                                          | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|-----------------------------------------------|-----|------------------------------|----------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                              |                            |          |
| 5-9                                           | Tu  | Sep 9-Oct 7<br>4:30pm-6:00pm | Res \$110<br>Non Res \$121 | 33223-01 |
| PCC Fieldhouse, 14800 34th Ave N.             |     |                              |                            |          |
| 5-9                                           | Tu  | Nov 4-Dec 2<br>4:30pm-6:00pm | Res \$110<br>Non Res \$121 | 33223-02 |

## SPORTS - FLAG FOOTBALL

### FLAG FOOTBALL LEAGUE

Bass Lake Playfield, 5450 Northwest Boulevard

Recreational "co-rec" flag football. Practice the first 2-3 weeks and then games the remaining weeks. Sunday games start Sept 14 and run through Oct 26 (games will be played MEA weekend). Teams practice at their home site. Games at Bass Lake or at field in neighboring community (New Hope/Crystal/Robbinsdale). Volunteer/Parent coaches are needed for this program. Coaches meeting scheduled the week of TBD. Sign up online at [www.plymouthmn.gov/departments/parks-recreation/volunteer](http://www.plymouthmn.gov/departments/parks-recreation/volunteer). No refunds after Aug 11. No program: 8/31.

\*Please note girls only teams (33297-01, 33297-05, 33297-09). If there are enough girls only teams with combined cities, there will be a girls only league. If not, girls only teams will play in the main co-rec league.

| AGES       | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------------|-----|--------------------------------|--------------------------|----------|
| girls* 5-6 | Su  | Aug 24-Oct 26<br>4:00pm-5:00pm | Res \$80<br>Non Res \$92 | 33297-01 |
| 5-6        | Su  | Aug 24-Oct 26<br>4:00pm-5:00pm | Res \$80<br>Non Res \$92 | 33297-02 |
| 5-6        | Su  | Aug 24-Oct 26<br>4:00pm-5:00pm | Res \$80<br>Non Res \$92 | 33297-03 |
| 5-6        | Su  | Aug 24-Oct 26<br>4:00pm-5:00pm | Res \$80<br>Non Res \$92 | 33297-04 |
| girls* 7-8 | Su  | Aug 24-Oct 26<br>5:00pm-6:00pm | Res \$80<br>Non Res \$92 | 33297-05 |
| 7-8        | Su  | Aug 24-Oct 26<br>5:00pm-6:00pm | Res \$80<br>Non Res \$92 | 33297-06 |
| 7-8        | Su  | Aug 24-Oct 26<br>5:00pm-6:00pm | Res \$80<br>Non Res \$92 | 33297-07 |

| AGES        | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|-------------|-----|--------------------------------|--------------------------|----------|
| 7-8         | Su  | Aug 24-Oct 26<br>5:00pm-6:00pm | Res \$80<br>Non Res \$92 | 33297-08 |
| girls* 9-10 | Su  | Aug 24-Oct 26<br>6:00pm-7:00pm | Res \$80<br>Non Res \$92 | 33297-09 |
| 9-10        | Su  | Aug 24-Oct 26<br>6:00pm-7:00pm | Res \$80<br>Non Res \$92 | 33297-10 |
| 9-10        | Su  | Aug 24-Oct 26<br>6:00pm-7:00pm | Res \$80<br>Non Res \$92 | 33297-11 |
| 9-10        | Su  | Aug 24-Oct 26<br>6:00pm-7:00pm | Res \$80<br>Non Res \$92 | 33297-12 |
| 11-12       | Su  | Aug 24-Oct 26<br>7:00pm-8:00pm | Res \$80<br>Non Res \$92 | 33297-13 |
| 11-12       | Su  | Aug 24-Oct 26<br>7:00pm-8:00pm | Res \$80<br>Non Res \$92 | 33297-14 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## FLOOR HOCKEY

### FLOOR HOCKEY - SKYHAWKS

PCC-Active Wing, 14800 34th Avenue N

Score a winning goal with our Floor Hockey classes. Coaches will teach the key concepts of passing, shooting, defense, stick handling and speed. Specifically designed for beginning and intermediate players, this program teaches athletes floor hockey skills along with lessons such as respect, teamwork, responsibility, and safety (no checking).

| AGES | DAY | DATE & TIME                     | COST                      | ACTIVITY |
|------|-----|---------------------------------|---------------------------|----------|
| 5-7  | Sa  | Oct 11-Nov 8<br>10:30am-11:20am | Res \$89<br>Non Res \$102 | 33277-01 |
| 8-11 | Sa  | Oct 11-Nov 8<br>11:30am-12:20pm | Res \$89<br>Non Res \$102 | 33277-02 |

## GYMNASTICS

### TUMBLING: BEGINNER I

Wayzata High School, 4955 Peony Lane

Beginners (no experience required). Students will learn fundamental skills on floor, beam, bars, and vault. The emphasis is on building overall strength, increasing confidence, and developing a solid foundation of skills.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 4-10 | Sa  | Sep 6-Oct 11<br>10:00am-10:45am | Res \$98<br>Non Res \$118  | 33219-01 |
| 4-10 | Sa  | Sep 6-Oct 11<br>2:00pm-2:45pm   | Res \$98<br>Non Res \$118  | 33219-02 |
| 4-10 | Sa  | Sep 6-Oct 11<br>3:00pm-3:45pm   | Res \$98<br>Non Res \$118  | 33219-03 |
| 4-10 | Sa  | Oct 25-Dec 13<br>9:50am-10:35am | Res \$126<br>Non Res \$136 | 33219-04 |
| 4-10 | Sa  | Oct 25-Dec 13<br>12:45pm-1:30pm | Res \$126<br>Non Res \$136 | 33219-05 |
| 4-10 | Sa  | Oct 25-Dec 13<br>1:45pm-2:30pm  | Res \$126<br>Non Res \$136 | 33219-06 |

## SPORTS - GYMNASTICS

### TUMBLING: BEGINNER 2

Wayzata High School, 4955 Peony Lane

Pre-req: pass Beginner I. Continued development of skill, focus on technique. Skills taught Floor: round off, handstand, front limbers, turns, leaps; Vaults: pop-up; Bars: back hip circle, dismounts; Beam: leaps, forward roll, dismounts. Students are consistently evaluated by their instructor for safety, strength, and skill readiness for the next level.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 5-12 | Sa  | Sep 6-Oct 11<br>10:00am-10:45am | Res \$108<br>Non Res \$118 | 33220-01 |
| 5-12 | Sa  | Sep 6-Oct 11<br>2:00pm-2:45pm   | Res \$108<br>Non Res \$118 | 33220-02 |
| 5-12 | Sa  | Oct 25-Dec 13<br>9:50am-10:35am | Res \$126<br>Non Res \$136 | 33220-03 |
| 5-12 | Sa  | Oct 25-Dec 13<br>1:45pm-2:30pm  | Res \$126<br>Non Res \$136 | 33220-04 |

### TUMBLING: INTERMEDIATE

Wayzata High School, 4955 Peony Lane

Pre-req: pass Beginners II. Advancing gymnastics skills for a more challenging class. Skills taught Floor: intermediate dance skills intro, round off rebound, front walkover; Vault: pop-up, handstand off; Bars: back hip circle, glides, squat-on; Beam: cartwheel, handstand, jumps. Students are consistently evaluated by their instructor for safety, strength, and skill readiness for the next level.

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 6-12 | Sa  | Sep 6-Oct 11<br>11:00am-12:00pm  | Res \$150<br>Non Res \$160 | 33226-01 |
| 6-12 | Sa  | Sep 6-Oct 11<br>3:00pm-4:00pm    | Res \$150<br>Non Res \$160 | 33226-02 |
| 6-12 | Sa  | Oct 25-Dec 13<br>10:45am-11:45am | Res \$175<br>Non Res \$185 | 33226-03 |
| 6-12 | Sa  | Oct 25-Dec 13<br>2:45pm-3:45pm   | Res \$175<br>Non Res \$185 | 33226-04 |

### TUMBLING: ADVANCED

Wayzata High School, 4955 Peony Lane

Pre-req: pass Tumbling Intermediate. Advanced skills taught. include progressions from intermediate dance skills, back walkover; Vault: handspring; Bars: kips, long hang pullover; Beams: mounts, turns to Floor: handsprings, tucks, and complex dance skills; Vault: handspring; Bars: squat-ons, fly away; Beam: back walk-over, roundoff, handstand, aerial dismounts. This class is not designed for beginners and for safety requires mental and physical preparation for the complex progressions. If you are concerned about registering for the correct class, please contact harnold@plymouthmn.gov

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 7-13 | Sa  | Sep 6-Oct 11<br>11:00am-12:00pm  | Res \$150<br>Non Res \$160 | 33222-01 |
| 7-13 | Sa  | Oct 25-Dec 13<br>10:45am-11:45am | Res \$175<br>Non Res \$185 | 33222-02 |



## HANDBALL

### EURO HANDBALL

PCC-Active Wing, 14800 34th Avenue N

Teach the fundamentals skills of team handball. Encourage cooperation and teamwork through group activities and games. Promote physical activity and improve overall fitness. Ensure all participants have a great time and develop a love for the sport.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 8-11 | Su  | Oct 12-Nov 16<br>12:00pm-1:00pm | Res \$75<br>Non Res \$86 | 33217-01 |

## LACROSSE

### LACROSSE - SKYHAWKS

Bass Lake Playfield, 5450 Northwest Boulevard

Join us for an unforgettable Lacrosse Camp experience. The camp is designed for beginner and intermediate players who are eager to learn the fundamentals of this fast-paced and exciting sport. The Skyhawks staff will teach the basics such as cradling, shooting, passing, catching, and defending as well as instill confidence, staying active and having fun. Other areas to cover are; teamwork, sportsmanship, respect and leadership. No equipment needed - sticks provided. Non-contact program.

| AGES  | DAY | DATE & TIME                  | COST                      | ACTIVITY |
|-------|-----|------------------------------|---------------------------|----------|
| 7-9   | W   | Sep 3-Oct 1<br>5:00pm-5:50pm | Res \$89<br>Non Res \$102 | 33212-01 |
| 10-12 | W   | Sep 3-Oct 1<br>6:00pm-6:50pm | Res \$89<br>Non Res \$102 | 33212-02 |

## SPORTS - MARTIAL ARTS

### KID FU BEGINNER - YELLOW SASH

PCC-Active Wing, 14800 34th Avenue N

Learn proper techniques and traditional styles of Shaolin Kung Fu. Classes are fun and non-competitive. Build strength, flexibility, balance and confidence. Parents are welcome to register and participate with their child. Instr: National Martial Arts Assoc. No program: 11/27.

| AGES | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|------|-----|------------------------------|--------------------------|----------|
| 5    | Th  | Oct 9-Dec 4<br>5:30pm-6:30pm | Res \$85<br>Non Res \$97 | 33262-01 |

### KID FU INTERMEDIATE - ORANGE SASH & UP

PCC-Active Wing, 14800 34th Avenue N

Learn proper techniques and traditional styles of Shaolin Kung Fu. Classes are fun and non-competitive. Build strength, flexibility, balance and confidence. Parents are welcome to register and participate with their child. Instr: National Martial Arts Assoc. No program: 11/27.

| AGES | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|------|-----|------------------------------|--------------------------|----------|
| 5    | Th  | Oct 9-Dec 4<br>6:30pm-7:30pm | Res \$85<br>Non Res \$97 | 33263-01 |

### KID SMART - SELF-DEFENSE

Ultimate Martial Arts, 147 Hamel Road

A fun and exciting way to learn how to defend yourself. Learn how to react to a stranger and defend against an attacker. Learn escapes, kicks and basic strikes while playing fun games. Instr: Tom Malone.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 6-12 | Sa  | Nov 8<br>1:00pm-2:20pm | Res \$49<br>Non Res \$59 | 33403-01 |

### LIGHTSABER TAE KWON DO

Ultimate Martial Arts, 147 Hamel Road

Learn Martial Arts skills influenced by the epic movie series, Star Wars. Practice strikes, blocks and stances with swords. Create your own Lightsaber skills and learn choreography just like the movies all while exercising and having fun. Padded swords are provided. Students may bring their own Lightsaber to class. Taught by Grandmaster Thomas Malone who has over 35 years experience in the Martial Arts.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 6-12 | Sa  | Oct 25<br>1:00pm-2:20pm | Res \$59<br>Non Res \$69 | 33264-01 |

### TAE KWON DO KARATE BEGINNER

Ultimate Martial Arts, 147 Hamel Road

Improve balance, coordination and overall physical health. Build confidence, self-esteem and concentration. Instr: Tom Malone, Martial Arts Hall of Fame Inductee.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 5    | Sa  | Sep 27-Nov 1<br>9:30am-10:15am | Res \$119<br>Non Res \$139 | 36215-01 |

### SHOSHIN RYU JUJITSU YOUTH

Shoshin Ryu Martial Arts, 13605 27th Avenue N

Shoshin Ryu is a Japanese based system of Martial Arts. It is both bujutsu (a school emphasizing effective martial arts techniques) and budo (a school emphasizing personal character development). Shoshin changes to fit the challenges of the times, yet carries with it the essence of previous generations. Shoshin students will learn striking, throwing, forms, ground skills, and weaponry, combining to form a power arsenal of self defense tools; all the while perfecting one's character. Instr: Brian Combo.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 7-12 | W   | Sep 10-Oct 29<br>5:30pm-6:30pm | Res \$87<br>Non Res \$99 | 33261-02 |
| 7-12 | W   | Nov 5-Dec 17<br>5:30pm-6:30pm  | Res \$77<br>Non Res \$89 | 33261-03 |

## NINJA WARRIOR

### REVSPORTS - NINJA WARRIORS

Bass Lake Playfield, 5450 Northwest Boulevard

Participants learn and practice the fundamentals of speed, agility, balance and coordination through obstacles. Class involves ground-based obstacle training, active games and individual challenges that vary by day. Parents/guardians are expected to be present and ready to engage for classes. No program: 10/16.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 5-8  | Th  | Sep 11-Oct 2<br>7:00pm-7:40pm | Res \$79<br>Non Res \$90 | 32401-04 |
| 5-8  | Th  | Oct 9-Nov 6<br>7:00pm-7:40pm  | Res \$79<br>Non Res \$90 | 32401-08 |



## WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

## SPORTS - PICKLEBALL

### PICKLEBALL - YOUTH SESSION

PCC-Active Wing, 14800 34th Avenue N

Allsports Pickleball coaching will focus on the basic shots of the serve, volley, backhand and forehand, develop basic rallying, as well as footwork and hand eye coordination. With coaches Ian Hall and Natalie Johnson.

| AGES  | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|-------|-----|------------------------------|--------------------------|----------|
| 7-9   | Th  | Sep 4-Oct 2<br>6:00pm-6:45pm | Res \$70<br>Non Res \$80 | 33231-04 |
| 10-12 | Th  | Sep 4-Oct 2<br>7:00pm-7:45pm | Res \$70<br>Non Res \$80 | 33231-05 |

### PICKLEBALL LESSONS

Locations vary

Designed to provide beginners and intermediate level players with the fundamentals of a sports that is growing in popularity. Participants will be taught proper grip, footwork, ground-strokes, volleys, and serves. They will also cover basic rules and etiquette of the game. Philosophy to develop sports skills in a fun, safe, and non-competitive environment. Participants will be divided by age and skill level. All equipment provided. Bring water bottle.

| AGES                                          | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|-----------------------------------------------|-----|-------------------------------|--------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                               |                          |          |
| 8-15                                          | Su  | Sep 7-Sep 28<br>4:00pm-5:00pm | Res \$80<br>Non Res \$92 | 33275-01 |
| PCC-Active Wing, 14800 34th Ave N.            |     |                               |                          |          |
| 8-15                                          | Tu  | Oct 14-Nov 4<br>5:00pm-6:00pm | Res \$80<br>Non Res \$92 | 33275-02 |
| 8-15                                          | Tu  | Nov 11-Dec 2<br>5:00pm-6:00pm | Res \$80<br>Non Res \$92 | 33275-03 |

## SOCCER

### SPORTS UNLIMITED

#### AFTERSCHOOL SOCCER INTRO

Locations vary

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. Shin guards recommended. Participants should bring water bottle. Skills taught: shooting, passing, and dribbling. No program: 11/27.

| AGES                                          | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|-----------------------------------------------|-----|-------------------------------|----------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                               |                            |          |
| 5-9                                           | Th  | Sep 11-Oct 9<br>4:30pm-6:00pm | Res \$110<br>Non Res \$121 | 33225-01 |
| PCC Fieldhouse, 14800 34th Ave N.             |     |                               |                            |          |
| 5-9                                           | Th  | Nov 6-Dec 11<br>4:30pm-6:00pm | Res \$110<br>Non Res \$121 | 33225-02 |

## SPECIAL OLYMPICS

### SPECIAL OLYMPICS MN: YOUNG ATHLETES

PCC-Active Wing, 14800 34th Avenue N

An innovative sports play program that introduces children ages 2-7 years old with and without intellectual disabilities to the world of sports. Children are provided with games and activities that meet their individual skill and ability levels, while allowing them to play together in a fun and inclusive environment. Scholarships available. No program 11/29.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 2-7  | Sa  | Nov 1-Dec 13<br>2:00pm-3:00pm | Res \$30<br>Non Res \$36 | 33901-01 |

## TABLE TENNIS

### TABLE TENNIS - LESSONS

PCC-Active Wing, 14800 34th Avenue N

Beginner, Intermediate, Advanced level table tennis for ages 6 and up. This program will be focusing on developing basic table tennis technique, learning how to play the game, developing strategy and having fun in the process. The training starts with stretches and a light warm-up, footwork exercises, then followed with table tennis training. Coach Yoku Metinova started her coaching career in Fergana Uzbekistan in 2008. While coaching in Uzbekistan, some of her students have been awarded in Regional and National tournaments. Yoku moved to the U.S. in 2015 and began coaching in Saint George, Utah until moving to Minnesota in 2018. Participants should bring their own paddle and water bottle. More information on Yoku can be found at coachyoku.com

| AGES       | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------------|-----|--------------------------------|----------------------------|----------|
| 6+ beg     | Tu  | Sep 9-Oct 7<br>5:30pm-7:00pm   | Res \$145<br>Non Res \$159 | 33213-01 |
| 6+ int/adv | Tu  | Sep 9-Oct 7<br>7:00pm-8:30pm   | Res \$145<br>Non Res \$159 | 33213-02 |
| 6+ beg     | Tu  | Oct 14-Nov 11<br>5:30pm-7:00pm | Res \$145<br>Non Res \$159 | 33213-03 |
| 6+ int/adv | Tu  | Oct 14-Nov 11<br>7:00pm-8:30pm | Res \$145<br>Non Res \$159 | 33213-04 |
| 6+ beg     | Tu  | Nov 18-Dec 16<br>5:30pm-7:00pm | Res \$145<br>Non Res \$159 | 33213-05 |
| 6+ int/adv | Tu  | Nov 18-Dec 16<br>7:00pm-8:30pm | Res \$145<br>Non Res \$159 | 33213-06 |

## SPORTS - TENNIS

### TENNIS FALL LESSONS

Locations vary

Our tennis program uses the United State Tennis Associations (USTA) teaching guidelines. Age 7 and older have 60 minute lessons. Rainouts are made up the corresponding day/time the week following the program. Bring your own racket. In case of inclement weather, call 763-509-5205 (no sooner than 30 minutes before your lesson).

| AGES                                                                                   | DAY   | DATE & TIME                   | COST                     | ACTIVITY |
|----------------------------------------------------------------------------------------|-------|-------------------------------|--------------------------|----------|
| Bass Lake Playfield courts - off Pineview Lane N & 54th Ave N (east side of playfield) |       |                               |                          |          |
| 4-6                                                                                    | Su    | Sep 7-Sep 28<br>4:00pm-4:45pm | Res \$50<br>Non Res \$60 | 33227-04 |
| 4-6                                                                                    | Su    | Sep 7-Sep 28<br>5:00pm-5:45pm | Res \$50<br>Non Res \$60 | 33227-05 |
| 7-10                                                                                   | Su    | Sep 7-Sep 28<br>6:00pm-7:00pm | Res \$50<br>Non Res \$60 | 33227-06 |
| 11+                                                                                    | Su    | Sep 7-Sep 28<br>7:00pm-8:00pm | Res \$50<br>Non Res \$60 | 33227-07 |
| Parkers Lake Playfield, 15500 County Road 6                                            |       |                               |                          |          |
| 4-6                                                                                    | Tu,Th | Sep 9-Sep 25<br>5:00pm-5:45pm | Res \$69<br>Non Res \$79 | 33227-01 |
| 7-10                                                                                   | Tu,Th | Sep 9-Sep 25<br>6:00pm-7:00pm | Res \$69<br>Non Res \$79 | 33227-02 |
| 11+                                                                                    | Tu,Th | Sep 9-Sep 25<br>7:00pm-8:00pm | Res \$69<br>Non Res \$79 | 33227-03 |

### TENNIS LESSONS

Armstrong High School, 10635 36th Avenue N

Provides beginner and intermediate players with fundamental skills: proper grip, footwork, strokes, serves and basic rules. Program is led by Dan Richards, Eden Prairie and Minnetonka tennis coach. Lessons held in high school gym.

| AGES  | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|-------|-----|---------------------------------|--------------------------|----------|
| 4-6   | Su  | Nov 2-Nov 23<br>11:30am-12:15pm | Res \$82<br>Non Res \$94 | 33215-01 |
| 4-6   | Su  | Nov 2-Nov 23<br>12:15pm-1:00pm  | Res \$82<br>Non Res \$94 | 33215-02 |
| 7-8   | Su  | Nov 2-Nov 23<br>1:00pm-2:00pm   | Res \$82<br>Non Res \$94 | 33215-03 |
| 7-8   | Su  | Nov 2-Nov 23<br>2:00pm-3:00pm   | Res \$82<br>Non Res \$94 | 33215-04 |
| 8-10  | Su  | Nov 2-Nov 23<br>3:00pm-4:00pm   | Res \$82<br>Non Res \$94 | 33215-05 |
| 8-10  | Su  | Nov 2-Nov 23<br>4:00pm-5:00pm   | Res \$82<br>Non Res \$94 | 33215-06 |
| 10-14 | Su  | Nov 2-Nov 23<br>5:00pm-6:00pm   | Res \$82<br>Non Res \$94 | 33215-07 |
| 4-6   | W   | Oct 29-Nov 19<br>6:15pm-7:00pm  | Res \$82<br>Non Res \$94 | 33215-08 |
| 7-10  | W   | Oct 29-Nov 19<br>7:00pm-8:00pm  | Res \$82<br>Non Res \$94 | 33215-09 |
| 11+   | W   | Oct 29-Nov 19<br>8:00pm-9:00pm  | Res \$82<br>Non Res \$94 | 33215-10 |

## TRACK & FIELD

### TRACK & FIELD - ALLSPORTS COACHING

Locations vary

Sportshall Athletics is a version of track and field that concentrates on the skills required to compete as a multisport athlete. Participants throw foam javelins, discus, shot put, and hammer. They also look at the fundamental jumping, sprinting, and hurdling technique that develop all around athleticism for general sport as well as track and field athletics. Ian Hall, from the UK was in charge of the development of Sportshall athletics in the Dover District of the UK during the London Olympics and currently works as a PE teacher in the metro area.

| AGES                                          | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|-----------------------------------------------|-----|--------------------------------|--------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                                |                          |          |
| 6-8                                           | M   | Sep 8-Oct 6<br>5:00pm-5:45pm   | Res \$65<br>Non Res \$75 | 33272-01 |
| 9-12                                          | M   | Sep 8-Oct 6<br>5:45pm-6:30pm   | Res \$65<br>Non Res \$75 | 33272-02 |
| PCC-Active Wing, 14800 34th Ave N.            |     |                                |                          |          |
| 6-8                                           | W   | Oct 22-Nov 19<br>4:30pm-5:15pm | Res \$65<br>Non Res \$75 | 33272-03 |
| 9-12                                          | W   | Oct 22-Nov 19<br>5:15pm-6:00pm | Res \$65<br>Non Res \$75 | 33272-04 |

## SPORTS - ULTIMATE DISC SPORT

### SPIN PRO - ULTIMATE DISC SPORT

Bass Lake Playfield, 5450 Northwest Boulevard

Get ready to run, throw, and have a blast with Spin Pro Ultimate! Kids will learn cool tricks, teamwork, and play fun games using special Spin Pro discs made for easy throwing and catching. It's all about movement, smiles, and high-flying fun. Now everyone throws with precision.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 7-10 | Th  | Sep 11-Oct 2<br>6:00pm-7:00pm | Res \$49<br>Non Res \$59 | 33204-01 |

## VOLLEYBALL

### VOLLEYBALL - FUSION VOLLEYBALL

PCC-Active Wing, 14800 34th Avenue N

Fusion volleyball clinics combine skill development instruction along with the game of play. The first half of each 4 week block will focus on drills and instruction to help develop volleyball skills. The second half of each 4 week block, players will be split onto courts for various game play drills where they'll be able to practice their skills in a fun, game environment. Wear appropriate clothing and bring a water bottle. No program: 11/22

| AGES  | DAY | DATE & TIME                     | COST                      | ACTIVITY |
|-------|-----|---------------------------------|---------------------------|----------|
| 8-10  | Sa  | Sep 6-Sep 27<br>10:00am-11:00am | Res \$95<br>Non Res \$109 | 33228-01 |
| 10-12 | Sa  | Sep 6-Sep 27<br>11:15am-12:15pm | Res \$95<br>Non Res \$109 | 33228-02 |
| 8-10  | Sa  | Oct 4-Oct 25<br>10:00am-11:00am | Res \$95<br>Non Res \$109 | 33228-03 |
| 10-12 | Sa  | Oct 4-Oct 25<br>11:15am-12:15pm | Res \$95<br>Non Res \$109 | 33228-04 |
| 8-10  | Sa  | Nov 1-Nov 29<br>10:00am-11:00am | Res \$95<br>Non Res \$109 | 33228-05 |
| 10-12 | Sa  | Nov 1-Nov 29<br>11:15am-12:15pm | Res \$95<br>Non Res \$109 | 33228-06 |

### VOLLEYBALL - REVSPORTS

PCC-Active Wing, 14800 34th Avenue N

RevSports Volleyball players learn and practice the fundamentals of volleyball through individual player development. Each day will focus on a topic building on the previous topics including: passing, setting, serving, and hitting. All equipment is provided. Softer and lighter-weight balls are used. A smaller net and court may be used to assist in skill development. Participants should wear tennis shoes in the gym. Parent is expected to be present and ready to engage with child. This is not a league.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 7-9  | Tu  | Sep 9-Sep 30<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32212-03 |
| 7-9  | Tu  | Oct 7-Oct 28<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32212-06 |
| 7-9  | Tu  | Nov 11-Dec 2<br>7:00pm-7:40pm | Res \$69<br>Non Res \$79 | 32212-09 |

## SAFETY

### HOME ALONE WORKSHOP FOR KIDS

PCC-Education Wing, 14800 34th Avenue N

Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone. Students learn how to practice safe habits, prevent unsafe situations, and learn what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 8-12 | W   | Sep 10<br>5:00pm-6:30pm  | Res \$40<br>Non Res \$45 | 33502-01 |
| 8-12 | Sa  | Oct 11<br>9:00am-10:30am | Res \$40<br>Non Res \$45 | 33502-02 |
| 8-12 | Sa  | Nov 15<br>9:00am-10:30am | Res \$40<br>Non Res \$45 | 33502-03 |
| 8-12 | Su  | Dec 7<br>2:00pm-3:30pm   | Res \$40<br>Non Res \$45 | 33502-04 |

### SAFE SITTER BABYSITTERS TRAINING

PCC-Education Wing, 14800 34th Avenue N

Safe Sitter prepares grades 6-8 to be safe when home alone, watching siblings, or babysitting. Students learn child care skills including diapering, behavior management, and personal safety. Hands on skills in first aid, injury prevention, infant/child CPR and choking rescue. Course follows American Academy of Pediatrics and the American Heart Association guidelines.

| AGES  | DAY | DATE & TIME             | COST                       | ACTIVITY |
|-------|-----|-------------------------|----------------------------|----------|
| 11-15 | Sa  | Sep 6<br>9:00am-2:45pm  | Res \$115<br>Non Res \$125 | 33503-01 |
| 11-15 | Sa  | Oct 4<br>9:00am-2:45pm  | Res \$115<br>Non Res \$125 | 33503-02 |
| 11-15 | Sa  | Nov 1<br>9:00am-2:45pm  | Res \$115<br>Non Res \$125 | 33503-03 |
| 11-15 | Sa  | Dec 13<br>9:00am-2:45pm | Res \$115<br>Non Res \$125 | 33503-04 |

### ELECTRIC BIKE SAFETY & SERVICE CLINIC

PCC Classroom 2C, 14800 34th Avenue N

Demonstration style presentation on how to safely operate an e-bike for both you and for other trail users. Topics will include trail etiquette, bike wash, transporting an e-bike and winter storage tips. Hosted by local bike shop Trailhead Cycling and Three Rivers Park District.

| AGES     | DAY | DATE & TIME              | COST                 | ACTIVITY |
|----------|-----|--------------------------|----------------------|----------|
| all ages | Sa  | Sep 20<br>9:00am-10:30am | Res \$<br>Non Res \$ | 35904-01 |

## ARTS



### CHARMING CHARM BRACELET WITH CRAFT ACADEMY

PCC-Education Wing, 14800 34th Avenue N

Dive into the art of jewelry-making with our charming bracelet project, perfect for crafters of all experience levels. Our instructor will guide you through each step—from selecting meaningful charms to assembling your unique bracelet. This project offers instruction while encouraging personalized projects; you'll love designing a one-of-a-kind charm bracelet to wear or gift!

| AGES  | DAY | DATE & TIME             | COST                     | ACTIVITY |
|-------|-----|-------------------------|--------------------------|----------|
| 11-18 | Th  | Sep 18<br>7:00pm-8:30pm | Res \$55<br>Non Res \$60 | 34103-01 |

### FALL LEAF CANDLE HOLDER WITH CRAFT ACADEMY

PCC-Education Wing, 14800 34th Avenue N

Celebrate the cozy charm of autumn with our Leaf Candle Holder class! Craft a stunning leaf-shaped candleholder out of clay while mastering new skills, guided by experts, to add seasonal elegance to your decor.

| AGES  | DAY | DATE & TIME            | COST                     | ACTIVITY |
|-------|-----|------------------------|--------------------------|----------|
| 11-18 | Th  | Oct 2<br>7:00pm-8:30pm | Res \$55<br>Non Res \$60 | 34101-01 |

## DANCE

### BALLET & TAP (AGES 12-18)

PCC-Active Wing, 14800 34th Avenue N

This class will explore ballet and tap concepts, movement qualities, creativity, rhythm, and performance at an intermediate level. Students will utilize technical skills that they learn to perform fun and challenging sequences that will be expanded upon each week. Pink or skin tone ballet shoes, black tap shoes, and leotard/tights or active wear required. 12 year olds who are newer to dance should register for 9-12 ballet and tap. Instr: City of Plymouth Dance Staff.

| AGES  | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|-------|-----|------------------------------|----------------------------|----------|
| 12-18 | M   | Sep 8-Dec 8<br>7:45pm-9:15pm | Res \$180<br>Non Res \$195 | 34107-01 |

### CONTEMPORARY MODERN (AGES 12-18)

PCC-Active Wing, 14800 34th Avenue N

This class will focus on creative movement and expression through dance. Students learn contemporary modern dance technique and choreography and expand understanding of improvisation and dance composition. This is a great class for students looking to expand their dance vocabulary. Students will dance barefoot. Instr: City of Plymouth Dance Staff. No program 10/16,11/27.

| AGES  | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|-------|-----|--------------------------------|----------------------------|----------|
| 12-18 | Th  | Sep 11-Dec 11<br>8:00pm-9:15pm | Res \$155<br>Non Res \$167 | 34109-01 |

### JAZZ & HIP HOP (AGES 12-18)

PCC-Active Wing, 14800 34th Avenue N

This high-energy class will focus on Jazz and Hip Hop styles and technique. Students will experiment with rhythm, energy, and musicality while they learn fast-paced choreography and practice big movements and performance qualities. Instr: City of Plymouth Dance Staff. No program: 10/18, 11/22, 11/29.

| AGES  | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|-------|-----|----------------------------------|----------------------------|----------|
| 12-18 | Sa  | Sep 13-Dec 13<br>10:40am-12:00pm | Res \$143<br>Non Res \$154 | 34108-01 |

### MUSICAL THEATER JAZZ (AGES 12-18)

PCC-Active Wing, 14800 34th Avenue N

This class will focus on musical-style jazz dance at an intermediate level. Dancers will learn Broadway-inspired choreography, while focusing on character development and jazz dance technique. This class is perfect for actors who want to improve their dancing skills or dancers who want to improve their acting skills! Instr: City of Plymouth Dance Staff.

| AGES  | DAY | DATE & TIME                  | COST                       | ACTIVITY |
|-------|-----|------------------------------|----------------------------|----------|
| 12-18 | Tu  | Sep 9-Dec 9<br>7:45pm-9:00pm | Res \$180<br>Non Res \$195 | 34110-01 |

## EDUCATION - CHESS

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB - BEGINNER PCC-Education Wing, 14800 34th Avenue N

Want to amaze your friends and impress your opponents?  
Want to increase your IQ while having fun playing Chess?  
Learn from Twin Cities Chess Club instructors who have years of teaching experience. Compete for various prizes including trophies, medals, and chess sets! All chess levels are welcome. No program 10/16, 11/27.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 5-17 | Th  | Sep 18-Oct 30<br>5:55pm-6:40pm | Res \$89<br>Non Res \$102 | 33321-01 |
| 5-17 | Th  | Nov 13-Dec 18<br>5:55pm-6:40pm | Res \$73<br>Non Res \$84  | 33321-02 |

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB-INTERMEDIATE/ADVANCED PCC-Education Wing, 14800 34th Avenue N

Want to amaze your friends and impress your opponents?  
Want to increase your IQ while having fun playing Chess?  
Learn from Twin Cities Chess Club instructors who have years of teaching experience. Compete for various prizes including trophies, medals, and chess sets! All chess levels are welcome. No program 10/16, 11/27.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 5-17 | Th  | Sep 18-Oct 30<br>6:45pm-7:55pm | Res \$96<br>Non Res \$110 | 33332-01 |
| 5-17 | Th  | Nov 13-Dec 18<br>6:45pm-7:55pm | Res \$80<br>Non Res \$92  | 33332-02 |

## CENTER FOR ACADEMIC EXCELLENCE

### CENTER FOR ACADEMIC EXCELLENCE: ACT/SAT/PSAT St. Barnabas Lutheran Church, 15600 Old Rockford Rd

Students will benefit greatly from time management and exam-taking tactics as well as developing tried-and-true techniques for success and resolving challenging test questions. See full description online.

| AGES  | DAY | DATE & TIME                      | COST  | ACTIVITY |
|-------|-----|----------------------------------|-------|----------|
| 13-16 | Sa  | Sep 13-Dec 20<br>10:30am-11:50am | \$329 | 33334-01 |

## CODE NINJAS

### CODE NINJAS: ROBLOX GAME DEVELOPMENT Code Ninjas, 3570 Vicksburg Ln N #400

Using Lua programming language, ninjas will create their own thrilling timed, sudden-death Roblox game, plus an engaging interactive obstacle course. Roblox experience is required to attend! See full description online. No program 11/26.

| AGES  | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|-------|-----|-------------------------------|----------------------------|----------|
| 10-14 | W   | Sep 10-Dec 3<br>6:30pm-7:30pm | Res \$150<br>Non Res \$150 | 33315-01 |

## OUTDOOR RECREATION

### SKYROCK FARM MEA BREAK HORSE CAMP Skyrock Farm, 2825 Willow Drive

Learn all about horses & ponies: how to groom and care for them, what they eat, common horse vocabulary, & basic horse anatomy. Take a mini riding lesson. Spend time outside on a guided nature hike of the entire farm. Hang out in the club house, play games, make new friends and much more! Bring a nut-free snack and bag lunch & a water. Instr: Hanna Nunn.

| AGES | DAY | DATE & TIME             | COST  | ACTIVITY |
|------|-----|-------------------------|-------|----------|
| 6-15 | W   | Oct 15<br>9:00am-3:00pm | \$130 | 33324-01 |
| 6-15 | F   | Oct 17<br>9:00am-3:00pm | \$130 | 33324-02 |

## SAFETY

### ADULT AND PEDIATRIC CPR/AED CERTIFICATION PCC-Education Wing, 14800 34th Avenue N

This class will teach you how to respond to life threatening emergencies by providing effective CPR and administration of AED for Children, Adults, and infants alike who are experiencing a cardiac or respiratory emergency.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 16+  | Su  | Nov 23<br>1:00pm-5:00pm  | Res \$75<br>Non Res \$85 | 36517-01 |
| 16+  | Sa  | Dec 13<br>12:30pm-6:30pm | Res \$75<br>Non Res \$85 | 36517-02 |

## ARTS - CAKE DECORATING



Artistic Moments

### ARTISTIC MOMENTS - HALLOWEEN MINI CAKE DECORATING

PCC-Education Wing, 14800 34th Avenue N

Would you like to learn how to work with fondant? Have fun creating your very own mini cake design! You will enjoy using colored fondant to create a beautiful work of art. No previous experience necessary. All artistic abilities are welcome! Supplies are included in this class. Please Note: Mini cakes are purchased through Cub Foods. If you have any food allergies, please contact the Cub Foods Bakery to inquire about all ingredients used in these products. Instr: Kris Holtmeyer.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | M   | Oct 20<br>7:15pm-9:15pm | Res \$45<br>Non Res \$50 | 35108-01 |

### CAKE DECORATING

PCC-Education Wing, 14800 34th Avenue N

First time trying, seasoned decorator, or anything in-between. Join us for a fun workshop where you'll learn to: ice a cake, add borders, make flowers, and add other embellishments by practicing on a "cake" Styrofoam mold. Mold and decorating icing provided. Participants can bring in their own cake to decorate. Instr: Julie Carstens.

| AGES | DAY | DATE & TIME             | COST                       | ACTIVITY |
|------|-----|-------------------------|----------------------------|----------|
| 16+  | M   | Sep 15<br>6:00pm-9:00pm | Res \$125<br>Non Res \$135 | 35110-01 |
| 16+  | M   | Oct 13<br>6:00pm-9:00pm | Res \$125<br>Non Res \$135 | 35110-02 |
| 16+  | M   | Nov 10<br>6:00pm-9:00pm | Res \$125<br>Non Res \$135 | 35110-03 |
| 16+  | M   | Dec 15<br>6:00pm-9:00pm | Res \$125<br>Non Res \$135 | 35110-04 |



## CARD MAKING

### CREATE HOLIDAY GREETING CARDS

PCC-Education Wing, 14800 34th Avenue N

Join other creators for this fun workshop crafting holiday greeting cards. Use materials including: No experience is necessary – just come and enjoy!! All supplies included.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 16+  | Tu  | Oct 7-Oct 14<br>6:00pm-8:00pm  | Res \$45<br>Non Res \$50 | 35128-01 |
| 16+  | Tu  | Nov 11-Nov 18<br>6:00pm-8:00pm | Res \$45<br>Non Res \$50 | 35128-02 |

## CLAY

### POLYMER CLAY FLOWERS

PCC-Education Wing, 14800 34th Avenue N

This beginner class will cover learning techniques used to make polymer clay into beautiful flowers. All supplies provided. Students can pick up their creations 1 week later after they are cured. Instr: Robin Benik.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 16+  | Th  | Sep 11<br>1:00pm-3:30pm | Res \$50<br>Non Res \$55 | 35114-01 |
| 16+  | Th  | Oct 9<br>1:00pm-3:30pm  | Res \$50<br>Non Res \$55 | 35114-02 |
| 16+  | Th  | Nov 13<br>1:00pm-3:30pm | Res \$50<br>Non Res \$55 | 35114-03 |
| 16+  | Th  | Dec 11<br>1:00pm-3:30pm | Res \$50<br>Non Res \$55 | 35114-04 |

## ARTS - DRAWING

### ALL ABOUT DRAWING - DRAWING WITH CONFIDENCE

PCC-Education Wing, 14800 34th Avenue N

Drawing is the foundation of all Visual Arts. You will learn from a professional artist how to express yourself and gain confidence while creating your works. This class is great for all skill levels. Recommended supply list provided via email at the time of registration. Instr: Tatiana Eletsky.

| AGES | DAY | DATE & TIME                   | COST                      | ACTIVITY |
|------|-----|-------------------------------|---------------------------|----------|
| 18+  | Th  | Oct 9-Oct 30<br>3:00pm-5:00pm | Res \$92<br>Non Res \$100 | 35100-01 |

## DANCE

### ADULT DANCE

PCC-Active Wing, 14800 34th Avenue N

Adult Ballet: Section 01.

Beginners welcome! Have you always wanted to try ballet or used to dance as a child and want to get back into it? This 6-session class will introduce ballet basics with a focus on strength, balance, and having fun! Instruction will be at a beginner level with challenge options for those with more experience. No program: 10/16

Adult Jazz: Section 02.

Beginners welcome! Get grooving with this introduction to jazz dance class. This 6-session class will introduce jazz basics with a focus on fun, upbeat choreography, balance, and strength. Instruction will be at a beginner level with challenge options for those with more experience.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Th  | Sep 11-Oct 23<br>7:15pm-8:00pm | Res \$75<br>Non Res \$85 | 35150-01 |
| 18+  | Th  | Oct 30-Dec 11<br>7:15pm-8:00pm | Res \$75<br>Non Res \$85 | 35150-02 |

### HIGH ENERGY & FUN BOLLYWOOD BEATS: DANCE, MOVE, SHINE!

PCC-Active Wing, 14800 34th Avenue N

Experience the energy and joy of Bollywood dance! This fun, high-energy class blends classical, folk, and modern Indian dance styles. Open to all skill levels, it's perfect for anyone looking to move, express, and celebrate culture through dance. Join us to learn, smile, and shine on the dance floor! Instr: Renu G Kumar, Founder/Artistic Director RGK Dance Academy.

| AGES | DAY | DATE & TIME                    | COST                      | ACTIVITY |
|------|-----|--------------------------------|---------------------------|----------|
| 18+  | Th  | Sep 11-Oct 16<br>6:30pm-7:30pm | Res \$90<br>Non Res \$100 | 35354-01 |

### LET'S TAP DANCE 1, 2, 3

PCC-Active Wing, 14800 34th Avenue N

Dance is a top rated exercise because it stimulates us socially, physically, mentally, artistically and is lots of fun. Participants will learn, review basics and complete a tap routine. Wear comfortable clothing and don't forget your tap shoes.

Let's Tap 1 (35104-01): If you took dance as a child, taken a few classes along the way or if you've always wanted to tap and you're new to the whole thing – welcome. Staying in this class for a couple of sessions is usually recommended.

Let's Tap 2 (35104-02): If you have mastered the basics and been working on time steps - this is the class for you.

Let's Tap 3 (35104-03): If you are ready for a faster pace with more challenging choreography – let's keep on tappin'.

Instr: Stephanie Stockton. No program: 11/28.

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 30+  | F   | Sep 12-Dec 12<br>12:30pm-1:30pm  | Res \$161<br>Non Res \$179 | 35104-01 |
| 30+  | F   | Sep 12-Dec 12<br>11:15am-12:15pm | Res \$161<br>Non Res \$179 | 35104-02 |
| 30+  | F   | Sep 12-Dec 12<br>10:00am-11:00am | Res \$161<br>Non Res \$179 | 35104-03 |

### PARTNER DANCING FOR ALL OCCASIONS

PCC-Active Wing, 14800 34th Avenue N

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your event, or just have some fun dancing together at home! Try something new to add laughter & romance into your relationship! Taking steps from classic ballroom dances, you'll learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples stay dancing together & singles rotate with other singles. Casual dress and comfortable clean shoes. Price is per person, so please register individually. Instr: Deanna Constantine.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 16+  | Sa  | Oct 25-Nov 15<br>3:00pm-4:30pm | Res \$70<br>Non Res \$80 | 35103-01 |



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f i in d

## ARTS - EMBROIDERY



### STITCH TOUR: ENGLAND

PCC-Education Wing, 14800 34th Avenue N

Join me in learning embroidery from around the world, throughout time! In this class, we'll learn the stitches of Blackwork embroidery and explore its history and relationship to Henry the Eighth's first wife, Katherine of Aragon! All supplies provided. Instr: Peg Deppe.

| AGES | DAY | DATE & TIME               | COST                     | ACTIVITY |
|------|-----|---------------------------|--------------------------|----------|
| 18+  | Sa  | Oct 25<br>10:00am-12:00pm | Res \$45<br>Non Res \$50 | 35173-01 |

## GLASS ARTS

### SKYLAB GLASS ARTS - HOLIDAY ORNAMENT

Skylab Glass Arts, 8838 7th Ave. N, Golden Valley

Students will manipulate raw glass into solid shapes and decorate choice color, fume and use various tools to create any design desired. All supplies included..

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Th  | Nov 6<br>6:00pm-8:30pm  | Res \$80<br>Non Res \$88 | 35160-01 |
| 18+  | W   | Dec 10<br>6:00pm-8:30pm | Res \$80<br>Non Res \$88 | 35160-03 |

## HAPPY ART HOUR

### HAPPY ART HOUR

All supplies provided

PCC - Education Wing, 14800 34th Avenue N

DAY, TIME: Fridays, 5:00pm-7:30pm

COST: res: \$48, Non Res: \$52

INSTRUCTOR: Anwesha Guha

### ABSTRACT LANDSCAPES IN WATERCOLOR

Beginner and intermediate artists will love this one-time workshop exploring watercolor techniques with abstract landscapes.

DATE: Sept 12, ACTIVITY #35112-01

### MODERN INK BOTANICALS

Use India ink and watercolor to create beautiful botanicals.

DATE: Sep 26, ACTIVITY #35115-01

### FALL FOLIAGE IN CANVAS

Create fall foliage with acrylic on canvas.

DATE: Oct 3, ACTIVITY #35116-01

### PALETTE KNIFE PAINTING – FALL FOREST

Create a fall forest using acrylic and palette knife painting techniques.

DATE: Oct 17, ACTIVITY #35117-01

### PAINTED WOOD SLICE ORNAMENTS

Create nature-inspired winter wood decor using acrylic painting on wood slices. Hang for the holidays or year-round!

DATE: Nov 7, ACTIVITY #35119-01

### WATERCOLOR HOLIDAY CARDS

Create handmade watercolor cards for holidays.

DATE: Nov 14, ACTIVITY #35120-01

## CELESTIAL DREAMS: GALAXY PAINTING

Create a celestial creation using watercolor and salt.

DATE: NOV 21, ACTIVITY #35121-01

### SNOWY COTTAGE IN MOONLIGHT

Create a winterscape at night using acrylic on canvas.

DATE: Dec 5, ACTIVITY #35123-01

### SPARKLE & SHINE METALLIC ABSTRACTS

Celebrate the end of year making art using acrylic, metallics, and gold leaf on canvas.

Dec 12, ACTIVITY #35124-01

## IMPROV

### INTRO TO IMPROVISATION WITH SPARK THEATER + DANCE

PCC-Event Wing, 14800 34th Avenue N

This class will focus on saying “yes” to the creative imagination by using improvisation games, exercises and scenes. Students will gain confidence and presence while creating “real” characters, relationships and environments. We will step beyond our comfort zones and into the unknown of creative possibility.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 15+  | Th  | Oct 9<br>6:30pm-8:30pm | Res \$30<br>Non Res \$35 | 35151-01 |

## ARTS - MUSIC

### HOW TO PLAY PIANO BY EAR

Online

A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the “Instant Piano” class and is open to anyone who has a basic understanding of chords on any instrument. Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom. Zoom link emailed prior to class. Instr: Craig Coffman.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Sa  | Nov 22<br>9:00am-11:30am | \$64 | 35171-01 |

### INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Online

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class fee includes an online book and online follow-up video lessons. Optional online question and answer session is also included along with recording of the class. Zoom link emailed prior to class. Instr: Craig Coffman.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Nov 25<br>6:30pm-9:00pm | \$64 | 35164-01 |

### INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Online

Learn to play piano the way professionals do—using chords. This online course will include online lesson book and follow-up video lessons. An optional periodic online question and answer session is included along with recording of class. Zoom link emailed prior to class. Instr: Craig Coffman.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | M   | Nov 24<br>6:30pm-9:30pm | \$64 | 35162-01 |

### SCHOOL OF ROCK - ROCK OF AGES

Choose your instrument and learn songs of your choice in weekly 45-minute private lessons tailored to your level. No experience needed! Develop skills in rhythm, technique and musicality. Once registered, you'll be matched with an instructor to coordinate lesson times and start your rock journey. Lessons held Monday - Thursdays - 3:00 pm - 8:30 pm, Saturdays, 9:00 am - 3:00 pm.

### ROCK OF AGES - MONDAYS

School of Rock, 312 Clydesdale Trail

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 18+  | M   | Sep 8-Sep 29<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35166-01 |
| 18+  | M   | Oct 6-Oct 27<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35166-02 |
| 18+  | M   | Nov 3-Nov 24<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35166-03 |
| 18+  | M   | Dec 1-Dec 22<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35166-04 |

### ROCK OF AGES - TUESDAYS

School of Rock, 312 Clydesdale Trail

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 18+  | Tu  | Sep 2-Sep 23<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35167-01 |
| 18+  | Tu  | Oct 7-Oct 28<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35167-02 |
| 18+  | Tu  | Nov 4-Nov 25<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35167-03 |
| 18+  | Tu  | Dec 2-Dec 30<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35167-04 |

### ROCK OF AGES - WEDNESDAYS

School of Rock, 312 Clydesdale Trail

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 18+  | W   | Sep 3-Sep 24<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35168-01 |
| 18+  | W   | Oct 8-Oct 29<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35168-02 |
| 18+  | W   | Nov 5-Nov 26<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35168-03 |
| 18+  | W   | Dec 3-Dec 31<br>3:00pm-8:30pm | Res \$225<br>Non Res \$247 | 35168-04 |

## ARTS - PAINTING



### AUTUMN SUNSET ACRYLIC PAINTING

PCC-Education Wing, 14800 34th Avenue N

Capture the beauty of fall in this step-by-step acrylic painting class! Using stretched canvas, students will create a stunning autumn landscape featuring a glowing sunset and silhouetted trees. Perfect for beginners and experienced painters alike, this class will cover blending techniques, composition, and brushwork to bring the warm hues of the season to life. All materials provided—just bring your creativity.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | W   | Oct 1<br>6:00pm-8:00pm | Res \$42<br>Non Res \$48 | 35118-01 |

### FLORAL EXPRESSIONS – A WATERCOLOR JOURNEY,

PCC-Education Wing, 14800 34th Avenue N

Explore a fresh floral theme each week, from loose blooms and wildflowers to sunlit petals and detailed botanicals—while learning essential watercolor techniques like wet-on-wet, dry brush, negative painting, and more. Grow your skills, relax through creativity, and paint a garden full of beauty one brushstroke at a time. Perfect for both beginner and intermediate artists. Instructor will provide supplies for first class, then students should bring supplies after. Supply list provided. Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 18+  | Tu  | Oct 21-Nov 18<br>5:00pm-7:30pm | Res \$160<br>Non Res \$170 | 35111-01 |

### YOGA IN THE GARDEN: FLOW TO CANVAS WORKSHOP SERIES

PCC-Event Wing, 14800 34th Avenue N

The first part of class will be dedicated to calming yoga practice heightening senses and relaxing the mind into beautiful peace. The second hour we'll take that beautiful peace and translate onto canvas, painting the gorgeous garden. Each week will be a different theme, transitioning with the fall season. Bring a yoga mat, all other supplies provided.

Class meets in Millennium Garden, with rain-back up in PCC. View online description for more info. Instr: PR Brady and Jamie Miller.

| AGES | DAY | DATE & TIME                      | COST                       | ACTIVITY |
|------|-----|----------------------------------|----------------------------|----------|
| 18+  | Su  | Sep 14-Sep 28<br>10:00am-12:00pm | Res \$159<br>Non Res \$165 | 35131-01 |

### HOLIDAY PICK & PAINT POINSETTIA

PCC-Education Wing, 14800 34th Avenue N

Choose your own festive poinsettia then have fun painting it on canvas, take both home! All supplies included. Instr: Jamie Miller.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Th  | Nov 13<br>6:00pm-8:00pm | Res \$75<br>Non Res \$84 | 35129-01 |

### PICK & PAINT

PCC-Education Wing, 14800 34th Avenue N

Arrange your very own beautiful seasonal bouquet from a variety of fresh stems at our flower bar, then paint your beautiful creation on canvas! A fun time to get creative in more ways than one! All supplies included. Instr: Jamie Miller.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | F   | Sep 19<br>6:00pm-8:30pm | Res \$75<br>Non Res \$84 | 35125-01 |
| 18+  | F   | Oct 24<br>6:00pm-8:30pm | Res \$75<br>Non Res \$84 | 35125-02 |

### PAINT THE VIEW

PCC-Event Wing, 14800 34th Avenue N

Take a walk through the Millenium Garden then paint the view on canvas. All supplies provided. Instr: Jamie Miller.

| AGES | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|------|-----|------------------------------|--------------------------|----------|
| 18+  | W   | Oct 1-Oct 8<br>1:00pm-3:30pm | Res \$88<br>Non Res \$94 | 35127-01 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## ARTS - PAINTING



Sleigh Ride - photo by Palette Up!

### SLEIGH RIDE ACRYLIC PAINTING

PCC-Education Wing, 14800 34th Avenue N

Add a handmade touch to your holiday décor in this fun and festive painting class! Choose from three pre-sketches—St. Nick, a cheerful snowman, or a playful reindeer—and bring your wooden sled to life with vibrant acrylic paints. The 12" sleds come ready with the design lightly drawn on, making this class perfect for beginners and seasoned painters alike. All supplies included.

| AGES | DAY | DATE & TIME               | COST                     | ACTIVITY |
|------|-----|---------------------------|--------------------------|----------|
| 18+  | Sa  | Nov 15<br>10:00am-12:00pm | Res \$60<br>Non Res \$64 | 35106-01 |

### WATERSCAPE WONDERS – EXPLORING WATER IN WATERCOLOR

PCC-Education Wing, 14800 34th Avenue N

Create stunning waterscapes, grow your watercolor skills, and enjoy a relaxing, creative evening each week! Perfect workshop for beginners and intermediate artists. Instructor will provide supplies for first class. After first class, students should bring supplies (list will be emailed prior to class). Instr: Anwesha Guha.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 18+  | Tu  | Sep 9-Oct 14<br>5:00pm-7:30pm | Res \$160<br>Non Res \$170 | 35109-01 |

## PHOTO ORGANIZATION

### FROM CHOAS TO SIMPLICITY: MASTERING PHOTO ORGANIZATION AND PRESERVING IN THE DIGITAL AGE

PCC-Education Wing, 14800 34th Avenue N

Organize all your photos—permanently and safely. Find any image fast, including: photos slides, movies, and memorabilia. Learn about scanners, digitizing, cloud storage, albums, tags and restoration. Explore options to access and share your memories! Inst: Susan DeJute.

| AGES | DAY | DATE & TIME               | COST                     | ACTIVITY |
|------|-----|---------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 30<br>6:00pm-7:30pm   | Res \$25<br>Non Res \$30 | 35122-01 |
| 18+  | Th  | Nov 13<br>10:00am-11:30am | Res \$25<br>Non Res \$30 | 35122-02 |

## POTTERY

### BEGINNING AND CONTINUING POTTERY

PCC-Education Wing, 14800 34th Avenue N

Have you always wanted to try pottery? Here's your chance. Learn basic wheel-throwing and hand-building skills as well as glazing. Beginners welcome. Continuing students will strengthen and grow their skills. All supplies included in the course fee. Instr: Siiri Silpala Doan. No class 11/25, 11/26.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 16+  | Tu  | Sep 2-Oct 7<br>6:30pm-9:00pm    | Res \$280<br>Non Res \$290 | 35113-01 |
| 16+  | W   | Sep 3-Oct 8<br>9:30am-12:00pm   | Res \$280<br>Non Res \$290 | 35113-02 |
| 16+  | Tu  | Oct 28-Dec 9<br>6:30pm-9:00pm   | Res \$280<br>Non Res \$290 | 35113-03 |
| 16+  | W   | Oct 29-Dec 10<br>9:30am-12:00pm | Res \$280<br>Non Res \$290 | 35113-04 |

### WHEEL POTTERY

PCC-Education Wing, 14800 34th Avenue N

Learn the basics of wheel sculpting with ceramic clay. Will cover throwing and glazing techniques. Make projects to take home at the end of the session. No experience necessary. All supplies included in the course fee. Instr: Adama Sow.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 16+  | W   | Sep 3-Sep 24<br>7:00pm-9:00pm | Res \$155<br>Non Res \$165 | 35126-01 |
| 16+  | W   | Oct 1-Oct 15<br>7:00pm-9:00pm | Res \$117<br>Non Res \$127 | 35126-02 |
| 16+  | W   | Nov 5-Nov 19<br>7:00pm-9:00pm | Res \$117<br>Non Res \$127 | 35126-03 |

## ARTS - VOICE OVER

### INTRODUCTION TO VOICE OVER

Online

Our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Instr: Justine Reiss, Such a Voice LLC Class will be held via Zoom with login instructions emailed prior to class.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Sep 23<br>6:30pm-8:30pm | \$40 | 35140-01 |

## WREATH MAKING

### FALL WREATH MAKING

PCC-Education Wing, 14800 34th Avenue N

Assemble your own Fall Wreath from available decor and dried flower stem bar. All supplies provided. Instr: Jamie Miller.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | F   | Oct 10<br>6:00pm-8:00pm | Res \$82<br>Non Res \$90 | 35130-01 |



### WINTER WREATH MAKING

PCC-Education Wing, 14800 34th Avenue N

Decorate an evergreen wreath with festive décor, holiday sparkle and make beautiful bows while sharing treats. All supplies provided. Instr: Jamie Miller.

| AGES | DAY | DATE & TIME            | COST                      | ACTIVITY |
|------|-----|------------------------|---------------------------|----------|
| 18+  | Th  | Dec 4<br>6:00pm-8:00pm | Res \$95<br>Non Res \$100 | 35156-01 |

## EDUCATION - BUSINESS

### START YOUR OWN ONLINE BUSINESS:

#### A BEGINNER'S GUIDE

Online

Learn how to: find a gap in a niche market and fill it; build your own website, and market your business effectively (including SEO) so potential customers will find you. See full description online.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | Th  | Oct 2<br>6:00pm-8:00pm | Res \$33<br>Non Res \$39 | 35340-01 |

### HOW TO START ANY HOME BUSINESS

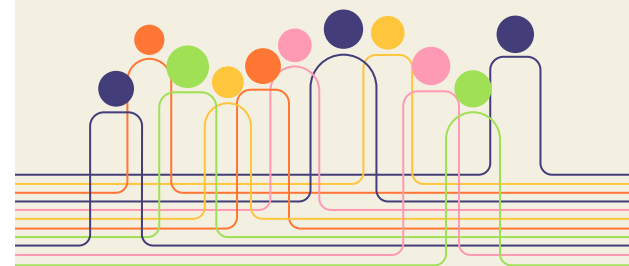
Online

Discover more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service and more. See full description online.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | Sa  | Oct 4<br>2:00pm-4:00pm | Res \$33<br>Non Res \$39 | 35343-01 |

# MEET YOUR NEIGHBOR

## · EVENT SERIES ·



**SEPT. 13**  
Basics of Islam and Muslim Lifestyle

**SEPT. 19**  
Dementia Friends

**OCT. 22**  
From Dharma to Diwali:  
A Guide to Understanding  
Hindu Culture in Your Community

**See details on page 77**

## EDUCATION - COOKING WITH TESS



### COOKING WITH TESS: DIM SUM STUFFED STEAMED BUNS!

Online

You'll learn to craft tender, homemade dough and fill it with not one, but two mouthwatering fillings: a sweet and savory Chinese BBQ chicken known as Char Siu, and a rich, flavor-packed Asian vegetarian option. Full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Sep 20<br>4:00pm-6:30pm | \$40 | 35346-01 |

### COOKING WITH TESS: RAMEN REVIVAL

Online

Learn to turn this humble noodle into a truly special meal using high-quality proteins, fresh vibrant vegetables, and Asian pantry staples.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | F   | Sep 26<br>5:30pm-7:30pm | \$40 | 35300-01 |

### COOKING WITH TESS: AUTUMN BAKING BLISS

Online

Learn the step-by-step creation of the softest most delicious gooey Pumpkin Spice Cinnamon Rolls topped with a pumpkin spice cream cheese frosting, and Panera®--style Cinnamon Crunch Bagels that feature a tender, chewy interior studded with cinnamon chips and a signature crackly-sweet cinnamon topping.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Sep 27<br>4:00pm-6:30pm | \$45 | 35307-01 |

### COOKING WITH TESS: AIR FRYER HYPE: COPYCAT KFC, DOUGHNUTS & CRAVE-WORTHY CREATIONS

Online

Explore new family-favorite crave-worthy creations, including her mouthwatering Copycat KFC®, and her from-scratch air fryer doughnuts, pizza, burgers, and egg rolls!

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | F   | Oct 3<br>5:30pm-8:00pm | \$45 | 35314-01 |

### COOKING WITH TESS: FUSION CUISINE

Online

During this fun-filled class participants will learn to create delicious Steamed Bao that will be used "to wrap" almost like a little "jacket", the fantastic filling of Korean Bulgogi BBQ Chicken, and a wonderful variety of Asian inspired quick pickled vegetables! What fun!

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | Tu  | Oct 7<br>5:30pm-8:00pm | \$45 | 35356-01 |

### COOKING WITH TESS: HAND CRAFTED RAVIOLI WORKSHOP

Online

Learn how to make delicate pasta dough from scratch, roll it and fill it with two mouthwatering fillings--spinach and three cheese for vegetarian lovers, and a savory spinach-cheese blend with Italian sausage for those who prefer a little added kick and protein.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | F   | Oct 10<br>5:30pm-8:00pm | \$45 | 35310-01 |



SEARCH "CULINARY" ONLINE TO SEE FULL DESCRIPTIONS FOR COOKING WITH TESS CLASSES.

## EDUCATION - COOKING WITH TESS

### COOKING WITH TESS: ELEGANT SOUPS AND BREAD

Online

On the Menu: The instructors version of rich and creamy Chicken and Dumplings soup, the Greek Chicken Orzo Avgolemono soup she grew up with along with a golden loaf of gourmet French bread.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Oct 11<br>4:00pm-6:30pm | \$45 | 35315-01 |



### COOKING WITH TESS: MARDI GRAS MEETS HALLOWEEN!

Online

Cook Along: Muffuletta Bread, vibrant olive and veggie giardiniera-style condiment, and assembling the colossal sandwich with classic deli meats and cheeses. Demonstration: New Orleans King Cake & Beignets! Given limited time, the King Cake will need to be demonstrated during the class.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Oct 25<br>4:00pm-6:30pm | \$50 | 35321-01 |

### COOKING WITH TESS: ZUPPA TOSCANA, ITALIAN WEDDING MEATBALL SOUP & HOMEMADE BAGUETTES

Online

On the Menu: Instructors copycat version of the Olive Garden's Zuppa Toscana, her version of Italian Wedding Meatball Soup, and her very own version of quick Baguettes.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Oct 28<br>5:30pm-8:00pm | \$45 | 35318-01 |

### COOKING WITH TESS: CLASSIC HOMEMADE PIEROGI & SWEET BERRY PIEROGI

Online

Learn how to make your own homemade Classic Pierogi, and wonderful Sweet Berry Pierogi with 2 types of homemade dough and filling that will make your taste buds dance for joy!

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | Sa  | Nov 1<br>4:00pm-6:00pm | \$40 | 35382-01 |

### COOKING WITH TESS: PASTITSIO, GREEK GOURMET HOT DISH & GARLIC ROLLS

Online

Learn how to make Pastitsio, a layered Greek pasta with savory spiced meat sauce, and a luxurious topping of often "mile high" cheesy béchamel sauce, baked to perfection. The soft, buttery, elegantly shaped garlic bread rolls bursting with flavor will round out a perfect the meal.

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | Sa  | Nov 8<br>4:00pm-6:30pm | \$50 | 35364-01 |

### COOKING WITH TESS: BEST BAKLAVA & SPANAKOPITA EVER TASTED

Online

Baklava is a Traditional Greek layered dessert pastry made with phyllo, chopped nuts and other secret ingredients. Spanakopita is a Greek savory pastry, consisting of a savory filling made of spinach, cheese, herbs and other secret ingredients that is enrobed in delicate sheets of phyllo pastry. Learn to make both!

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Nov 11<br>5:30pm-8:00pm | \$40 | 35365-01 |

### COOKING WITH TESS: BETTER THAN TAKE-OUT CHINESE DINNER FAVORITES - MASTER CLASS!

Online

The class will include a cook-along option for 4 recipes and one additional recipe will be demonstrated. There will be a discussion / presentation about ingredients and their use, in addition to basic equipment that is wonderful to have and why. Cook-Along Menu options: Fried rice, Orange Chicken, General Tso's Chicken, & Veggie or Chicken Egg Rolls. Additional Demonstration Only Recipe: Chicken or Pork Lo Mein.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Nov 15<br>4:00pm-7:00pm | \$70 | 35332-01 |

**SEARCH "CULINARY" ONLINE TO SEE FULL  
DESCRIPTIONS FOR COOKING WITH TESS CLASSES.**

## EDUCATION - COOKING WITH TESS

### COOKING WITH TESS: BUILDING A FESTIVE MEDITERRANEAN MEZZE/CHARCUTERIE BOARD Online

Cook-Along mezze items: Silky whipped feta & tzatziki dips, Greek Meatballs, homemade pita bread. Mezze items to be demonstrated: Muhamarra (a smoky red pepper dip), Greek hummus and time permitting, some crispy, Greek sesame bread sticks. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Nov 22<br>4:00pm-6:30pm | \$50 | 35323-01 |

### COOKING WITH TESS: WINTER WONDERLAND MONSTER COOKIES & STUFFED NYC COOKIES Online

Learn to create FOUR amazing gourmet cookies from scratch using two types of dough using Tess' original recipes. See full description online.

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | F   | Dec 5<br>5:30pm-8:00pm | \$50 | 35384-01 |

### COOKING WITH TESS: COPYCAT CINNABON CINNAMON ROLLS, AND VIRAL DUBAI CHOCOLATE Online

Add two wonderful treats to your holiday celebration as you learn to create freshly baked homemade Copycat Cinnabon® Cinnamon Rolls, and NEXT LEVEL, VIRAL Dubai Chocolate bars with made from scratch Kadaifi (shredded phyllo)! See full description online.

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | Sa  | Dec 6<br>4:00pm-6:30pm | \$45 | 35316-01 |



### COOKING WITH TESS: PRINCIPLES OF PIZZA MAKING! MASTER CLASS! Online

Learn to make a Neapolitan Style Pizza. The instructor will also present the "Principles of Pizza Making", the "Do's and Don'ts of pizza and sauce making", the differences in flours, dough hydration, types of appliances, equipment and accessories, and so much more! See full description online.

| AGES | DAY | DATE & TIME             | COST  | ACTIVITY |
|------|-----|-------------------------|-------|----------|
| 18+  | Sa  | Dec 13<br>4:00pm-7:00pm | \$139 | 35366-01 |

SEARCH "CULINARY" ONLINE TO SEE FULL DESCRIPTIONS FOR COOKING WITH TESS CLASSES.

### COOKING WITH TESS: GINGERBREAD HOUSE BAKE & BUILD Online

Combine the wonderful flavors of gingerbread and use the dough to create the pieces that will be used to "build" breathtaking houses. Whip up the perfect batch of stiff Royal Icing—the edible "glue" that holds everything together and is used to decorate the houses with candies and delicious treats. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | F   | Dec 19<br>5:30pm-7:30pm | \$35 | 35317-01 |

### COOKING WITH TESS: MEDITERRANEAN HOLIDAY ELEGANCE Online

The instructor will guide participants in the step by-step process of making Dolmáthes—tender grape leaves delicately filled with savory rice and seasoned meat filling. Also bake a loaf of crusty artisan bread. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Dec 20<br>4:00pm-6:30pm | \$45 | 35386-01 |



## EDUCATION - DECLUTTERING

### ZESTFULLY DECLUTTER

PCC-Education Wing, 14800 34th Avenue N

Learn from a professional organizer how to let go, where to take your stuff, how to sell your possessions and most importantly how you can live zestfully with less. See full description online.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | M   | Oct 20<br>6:00pm-7:30pm | Res \$20<br>Non Res \$24 | 35309-01 |
| 18+  | Tu  | Dec 9<br>6:00pm-7:30pm  | Res \$20<br>Non Res \$24 | 35309-02 |

## ESTATE PLANNING

### ESTATE SETTLEMENT 101

PCC-Education Wing, 14800 34th Avenue N

If you want to understand the Who, What, When, Where, Why (and How) of estate settlement, then this workshop is for you. This 90-minute educational workshop will include time for Q&A. Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | M   | Nov 10<br>6:00pm-7:30pm | Res \$20<br>Non Res \$25 | 35303-01 |

**SEE MORE EDUCATION CLASSES IN  
THE ACTIVE ADULT / 55+ SECTION**

### PREPARE YOUR OWN WILL

PCC-Education Wing, 14800 34th Avenue N

Who would raise your children if you died? Who will be your executor? Without a Will, the laws in Minnesota and a judge decide. Class is taught by an experienced attorney in drafting wills- Adam Altman. Leave with a simple will prepared. Instruction and all of the necessary forms, witnesses and notaries are provided. This is an individual Will.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Tu  | Nov 18<br>6:30pm-8:30pm | Res \$40<br>Non Res \$50 | 35330-01 |

### WHO WILL INHERIT THE MESS?

PCC-Education Wing, 14800 34th Avenue N

Learn the differences between Wills and Trusts, how to avoid the pitfalls of Probate, the importance of Power of Attorney and Healthcare Directives, and how to use beneficiary forms and Transfer on Death (TOD) designations to complement a successful and comprehensive estate plan. Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 24+  | M   | Sep 22<br>6:00pm-7:30pm | Res \$20<br>Non Res \$25 | 35304-01 |

### WILLS VS. TRUSTS

PCC-Event Wing, 14800 34th Avenue N

How do these two differ when it comes to the distribution of assets? What about Probate avoidance? What is the impact a WILL or a TRUST will have on your Executor? Your beneficiaries? How much RISK are you comfortable leaving behind? And has anyone explained the tax ramifications? Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | W   | Oct 22<br>6:00pm-7:30pm | Res \$20<br>Non Res \$25 | 35301-01 |

## GENEALOGY



### THE FORMIDABLE GENEALOGIST: FOUNDATIONS OF ONLINE GENEALOGY Online

Learn how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Sep 16<br>6:30pm-8:00pm | \$30 | 35374-01 |

### THE FORMIDABLE GENEALOGIST: GENEALOGY METHODS Online

Watch as the instructor goes through the steps that she uses as a professional genealogist to solve common research problems.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Th  | Nov 20<br>6:30pm-8:00pm | \$30 | 35380-01 |

## EDUCATION - GENEALOGY

### THE FORMIDABLE GENEALOGIST: LEVEL UP YOUR GENEALOGY 1 Online

Learn how to use the FamilySearch Catalog, working with autosomal DNA and other repositories to use beyond the large genealogy platforms.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Th  | Oct 16<br>6:30pm-8:00pm | \$30 | 35377-01 |

### THE FORMIDABLE GENEALOGIST: LEVEL UP YOUR GENEALOGY 2: BOOT CAMP Online

Moving beyond auto-generated hints on big platforms like Ancestry.com and MyHeritage is the only way to make progress in your research. The instructor will show you 23 research techniques used by the pros.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Oct 28<br>6:30pm-8:00pm | \$30 | 35381-01 |

### THE FORMIDABLE GENEALOGIST: LEVEL UP 3: REFINING SKILLS Online

Here are even more research tips and tricks that you can instantly apply to your own research. Learn about the history of immigration in the US, how to find immigration records and other valuable knowledge for your research.

| AGES | DAY | DATE & TIME            | COST | ACTIVITY |
|------|-----|------------------------|------|----------|
| 18+  | Tu  | Dec 9<br>6:30pm-8:00pm | \$30 | 35397-01 |

## HEALTH

### EMBRACE THE CHANGE: NAVIGATING MENOPAUSE WITH CONFIDENCE PCC-Education Wing, 14800 34th Avenue N

Learn about menopause, what is happening in the body at that time, and how you can support that transitional period naturally. Instr. Dr. Abbie Siudzinski, Priarie Naturopathic Doctors-Plymouth.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | Su  | Sep 7<br>6:30pm-7:30pm | Res \$10<br>Non Res \$12 | 35311-01 |

## MAH JONG

### MAH JONGG 101: INTRODUCTION TO MAH JONGG PCC-Education Wing, 14800 34th Avenue N

Learn the basics of the game through lessons and actual play. The Mah Jongg set and official rules and game card will be provided. It is recommended that you bring a notebook and writing utensil to class so you can take notes. Instr. Wendy Salita.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 18+  | Tu  | Oct 7-Oct 21<br>9:30am-11:00am  | Res \$45<br>Non Res \$54 | 35385-01 |
| 18+  | Tu  | Oct 7-Oct 21<br>11:00am-12:30pm | Res \$45<br>Non Res \$54 | 35385-02 |

### MAH JONGG 102: SUPERVISED PRACTICE & PLAY PCC-Education Wing, 14800 34th Avenue N

For those who have taken Introductory Mah Jongg classes in Plymouth, we are offering two days of advanced playing. Wendy, the instructor, will be there to walk around and help people with hands they are working on if they need it and will answer questions. No instruction provided. Instr. Wendy Salita.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 18+  | Tu  | Oct 28<br>9:30am-11:30am | Res \$15<br>Non Res \$18 | 35306-01 |

# SURVIVOR

## PLYMOUTH

Ever wanted to play one of the most popular social games of all time? Make new friends as you solve puzzles, strategize, and vote each other out in this high-speed, 3 hour version of one of the most popular reality competitions of all time. Don't worry! Even if you're voted out early, you'll still get to play in a new twist the game has never seen before. All abilities are welcome. Players must be 18+. Instr: Brent Barkey

PCC-Education Wing, 14800 34th Avenue N

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | F   | Sep 26<br>6:00pm-9:00pm | Res \$25<br>Non Res \$30 | 35708-01 |
| 18+  | F   | Oct 10<br>6:00pm-9:00pm | Res \$25<br>Non Res \$30 | 35708-02 |

## EDUCATION - TECHNOLOGY

**SOCIAL CLUB SIMPLE CLASSES: RECORDINGS WILL BE EMAILED AFTER CLASS FOR THOSE THAT CAN'T ATTEND THE LIVE SESSION. FOLLOW-UP SUPPORT IS ALSO INCLUDED.**

### SOCIAL CLUB SIMPLE: TECH-SAVVY SURVIVAL Online

Learn key life skills when it comes to what's new in using QR Codes, tech you will encounter while traveling, interactive tech you may see at weddings and major life events, and so much more! See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Th  | Sep 11<br>12:00pm-1:00pm | \$25 | 35328-01 |

### SOCIAL CLUB SIMPLE: FAST-TRACK TO SOCIAL MEDIA MARKETING FOR BUSINESS Online

Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms. See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Tu  | Sep 16<br>12:00pm-1:00pm | \$25 | 35329-01 |

### SOCIAL CLUB SIMPLE: PRACTICAL CHATGPT TRAINING FOR EVERYONE

Locations vary

Explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news. See full description online.

| AGES               | DAY | DATE & TIME              | COST                     | ACTIVITY |
|--------------------|-----|--------------------------|--------------------------|----------|
| Online             |     |                          |                          |          |
| 18+                | Tu  | Sep 30<br>12:00pm-1:00pm | \$25                     | 35349-01 |
| PCC-Education Wing |     |                          |                          |          |
| 18+                | M   | Dec 1<br>6:00pm-7:30pm   | Res \$30<br>Non Res \$36 | 35349-02 |

### SOCIAL CLUB SIMPLE: YOUTUBE CHANNEL STARTER KIT Online

Discover how to share your hobbies, advice, tutorials, talents, and more with the world on the largest media platform. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Oct 7<br>12:00pm-1:00pm | \$25 | 35360-01 |

### SOCIAL CLUB SIMPLE: NAVIGATE WITH UBER Online

Expand your transportation options and independence through the ride sharing service, Uber. See full description online.

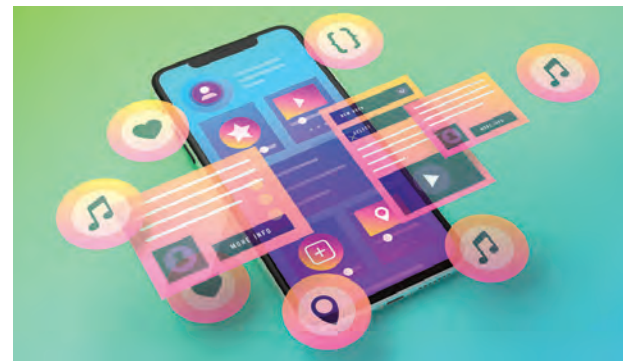
| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Th  | Oct 9<br>12:00pm-1:00pm | \$25 | 35358-01 |

### SOCIAL CLUB SIMPLE: CELL PHONES & PARENTING

Locations vary

Learn to balance connectivity and safety through practical strategies for social media/friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits. See full description online.

| AGES               | DAY | DATE & TIME              | COST                     | ACTIVITY |
|--------------------|-----|--------------------------|--------------------------|----------|
| Online             |     |                          |                          |          |
| 18+                | Tu  | Oct 21<br>12:00pm-1:00pm | \$25                     | 35359-01 |
| PCC-Education Wing |     |                          |                          |          |
| 18+                | M   | Sep 29<br>6:00pm-7:30pm  | Res \$30<br>Non Res \$36 | 35359-02 |



### SOCIAL CLUB SIMPLE: GOOGLE SHEETS FOR AWESOME BEGINNERS Online

Master the essential functions of Google Sheets, including entering, organizing, refining, analyzing, and visualizing data. See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Tu  | Oct 28<br>12:00pm-1:00pm | \$25 | 35353-01 |

## EDUCATION - TECHNOLOGY

**SOCIAL CLUB SIMPLE CLASSES: RECORDINGS WILL BE EMAILED AFTER CLASS FOR THOSE THAT CAN'T ATTEND THE LIVE SESSION. FOLLOW-UP SUPPORT IS ALSO INCLUDED.**

### SOCIAL CLUB SIMPLE: HOW TO USE VENMO SAFELY

Online

Discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Th  | Nov 6<br>12:00pm-1:00pm | \$25 | 35337-01 |

### SOCIAL CLUB SIMPLE: POST LIKE A PRO

Online

Leave the class knowing how to streamline your posting process, schedule content, and leverage insights to boost engagement on both platforms. See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Tu  | Nov 11<br>12:00pm-1:00pm | \$25 | 35334-01 |

### SOCIAL CLUB SIMPLE: UNLOCKING THE POWER OF CHATGPT

Online

This workshop is designed for marketers who are familiar with ChatGPT and want to learn how to effectively leverage its capabilities for marketing success. See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Th  | Nov 13<br>12:00pm-1:00pm | \$25 | 35335-01 |

### SOCIAL CLUB SIMPLE: ONE-HOUR INSTAGRAM MASTERY: GROW YOUR BUSINESS TODAY

Online

Instagram can drive significant growth for your customer base and sales- discover the key steps to boost your company's bottom line. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Tu  | Dec 9<br>12:00pm-1:00pm | \$25 | 35333-01 |

### SOCIAL CLUB SIMPLE: CANVA FOR AWESOME BEGINNERS

Online

Learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Th  | Dec 18<br>12:00pm-1:00pm | \$25 | 35308-01 |

## TRAVEL



### HOW TO TRAVEL FREE & MAKE MONEY TRAVELING

Online

Learn how to find the deep travel discounts motivating you to see the world plus learn important tips on travel safety, trip insurance, affordable retirement opportunities & other inspirational life enhancing strategies. See full description online.

| AGES | DAY | DATE & TIME             | COST | ACTIVITY |
|------|-----|-------------------------|------|----------|
| 18+  | Sa  | Oct 4<br>11:00am-2:00pm | \$49 | 35383-01 |

### THE SECRETS OF TRAVEL HACKING

Online

You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel. Reward programs and their reward credit cards can earn you the miles & points you need to fly free & stay free. See full description online.

| AGES | DAY | DATE & TIME              | COST | ACTIVITY |
|------|-----|--------------------------|------|----------|
| 18+  | Sa  | Oct 11<br>11:00am-2:00pm | \$49 | 35391-01 |

## HEALTH & FITNESS

### FACIAL EXERCISE

#### Zoom

This virtual class is 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 no matter what age. After an 1.5 hour practice session, sagging jowls, droopy eyelids, turkey neck, and many more facial muscles can be tightened through a 4-minute workout you can fit easily into your life. Have a small stand-up mirror handy. An instructional booklet will be emailed. Tessa has been teaching facial exercise for over 40 years. Instr: Tessa Hill.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | W   | Oct 1<br>6:30pm-8:00pm | Res \$31<br>Non Res \$36 | 35411-01 |

### ESSENTIALLY GOOD EATS, TREATS AND GIFTS

PCC-Education Wing, 14800 34th Avenue N

The ultimate workshop to create yummy eats and handmade gifts that are useful, healthful and fun using doTerra essential oils! Participants will make perfumes, sensuous bath goodies, ornaments and jewelry for people and pets. We also explore the infusion of oils into eats and treats for the holidays. You'll leave with an increased understanding about the positive impact that essential oils can have on your wellbeing. Tasting samples and three gifts that you make are included in the workshop. Additional gifts can be made for \$6-\$10 cash each. All materials are provided.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Sa  | Dec 6<br>10:00am-1:00pm | Res \$65<br>Non Res \$75 | 35442-01 |

## CARDIO & STRENGTH

### BARRE FUSION ON ZOOM

#### ZoYoga & Fitness virtual class

We use movement inspired by yoga, ballet, drumming, and traditional exercises all to carefully curated and themed playlists. This class is appropriate for all fitness levels, but you should be able to get down on the floor and back up. Improve calorie burn, strength, mobility, coordination, balance, and brain health. You will need: yoga mat, 1 set of light hand weights, and chair for balance. Recordings are provided. Instructor: Julie Zoril, ZoYoga Fitness.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 18+  | Sa  | Sep 27-Nov 1<br>8:00am-8:45am | Res \$39<br>Non Res \$49 | 35401-01 |
| 18+  | M   | Sep 29-Nov 3<br>6:00pm-6:45pm | Res \$39<br>Non Res \$49 | 35401-02 |

### CARDIO BURST ON ZOOM

#### ZoYoga & Fitness virtual class

We warm up dynamically and then move through several one-minute intervals, with time for moderate effort, intense effort, and rest in each interval. We finish with static stretches. Burn belly fat and improve heart health. The intervals are structured specifically to reduce visceral fat (the fat around organs). This class is appropriate for all fitness levels, but you should be able to get down on the floor and back up. Recordings are provided. Instr: Julie Zoril.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | F   | Sep 26-Oct 31<br>9:00am-9:30am | Res \$39<br>Non Res \$49 | 35451-01 |

### CARDIO DRUMMING

PCC-Active Wing, 14800 34th Avenue N

What do you get when you get a group of people together, music, a stability ball and weighted drumsticks? A 45-Min rockin' good time full of rhythm and beats to songs we know and love throughout the decades while receiving a great cardio and full-body workout to tone and develop endurance. Come join the social beats with this 45-min high-energy class designed for everyone. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, and CGFI. Bring a towel and water. No program: 11/27.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Th  | Aug 21-Sep 25<br>5:00pm-5:45pm | Res \$65<br>Non Res \$75 | 35467-01 |
| 18+  | Th  | Oct 2-Nov 6<br>5:00pm-5:45pm   | Res \$65<br>Non Res \$75 | 35467-02 |
| 18+  | Th  | Nov 13-Dec 18<br>5:00pm-5:45pm | Res \$55<br>Non Res \$65 | 35467-03 |

### DANCE PARTY

PCC-Active Wing, 14800 34th Avenue N

Come join the 60-Min dance party. We will learn several dance styles and combinations from hip hop to country line dancing and everything in between. With choreography, repetitive movements, and fun music, this class is designed for all levels and abilities. Instr: Tanya Johnson CPT, CWC, WFS, CNC, and CGFI. Bring a towel and water. No program: 11/27.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 16+  | Th  | Sep 4-Sep 25<br>7:00pm-8:00pm  | Res \$45<br>Non Res \$55 | 35463-01 |
| 16+  | Th  | Oct 2-Nov 6<br>7:00pm-8:00pm   | Res \$65<br>Non Res \$75 | 35463-02 |
| 16+  | Th  | Nov 13-Dec 18<br>7:00pm-8:00pm | Res \$55<br>Non Res \$65 | 35463-03 |

## HEALTH & FITNESS - CARDIO & STRENGTH

### FULL BODY STRENGTH AND CONDITIONING

PCC-Active Wing, 14800 34th Avenue N

Join us for a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to increase your strength, aerobic endurance, core stability, balance, and flexibility. We will be using a variety of equipment such as hand weights, resistance bands, body bars, exercise balls, step, gliders, and the Bosu. Come take your fitness routine to the next level! Bring water. Instr: Jen Christen, Ace Fitness Certified.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 9-Oct 28<br>5:30pm-6:30pm | Res \$85<br>Non Res \$95 | 35460-01 |
| 18+  | Tu  | Nov 4-Dec 16<br>5:30pm-6:30pm | Res \$75<br>Non Res \$85 | 35460-02 |

### HIIT - HIGH INTENSITY INTERVAL TRAINING

PCC-Active Wing, 14800 34th Avenue N

Get ready to sweat with this high-intensity interval training (HIIT) class designed to boost your heart rate and torch calories fast. Each workout combines strength-building moves with cardio bursts for maximum efficiency and fat-burning potential. You'll build lean muscle, improve endurance, and leave feeling stronger every time. Whether you're short on time or looking to shake up your routine, this format delivers results. All fitness levels are welcome—modifications are always provided! Instr: Jen Holper, Certified GFI and nutrition coach.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 9-Oct 14<br>4:30pm-5:15pm  | Res \$65<br>Non Res \$75 | 35402-01 |
| 18+  | Tu  | Oct 21-Nov 25<br>4:30pm-5:15pm | Res \$65<br>Non Res \$75 | 35402-02 |
| 18+  | Tu  | Dec 2-Dec 16<br>4:30pm-5:15pm  | Res \$35<br>Non Res \$45 | 35402-03 |

### PILATES MN - REFORMER PILATES

Pilates MN, 2355 Polaris Lane North Suite 130

The Intro class is the building block to your Pilates experience. 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.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 18+  | Th  | Sep 4-Oct 9<br>12:30pm-1:20pm   | Res \$140<br>Non Res \$150 | 35405-01 |
| 18+  | Tu  | Sep 2-Oct 7<br>4:30pm-5:20pm    | Res \$140<br>Non Res \$150 | 35405-02 |
| 18+  | W   | Sep 3-Oct 8<br>7:30pm-8:20pm    | Res \$140<br>Non Res \$150 | 35405-03 |
| 18+  | Th  | Oct 16-Nov 20<br>12:30pm-1:20pm | Res \$140<br>Non Res \$150 | 35405-04 |
| 18+  | Tu  | Oct 14-Nov 18<br>4:30pm-5:20pm  | Res \$140<br>Non Res \$150 | 35405-05 |
| 18+  | W   | Oct 15-Nov 19<br>7:30pm-8:20pm  | Res \$140<br>Non Res \$150 | 35405-06 |

### PROGRESSIVE STRENGTH ON ZOOM

ZoYoga & Fitness virtual class

This class will meet you where you are and help you reach the next level. Modifications and challenges will be offered. Build lean muscle and definition. More lean muscle leads to a higher calorie burned at rest and stronger bones. This class is appropriate for all fitness levels, but you should be able to get down on the floor and back up. You will need: 2 sets of hand weights. Recordings are provided. Note: Wednesday/Thursday classes in the same week will focus on different muscle groups. Instr: Julie Zoril, ZoYoga Fitness.

| AGES | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|------|-----|------------------------------|--------------------------|----------|
| 18+  | W   | Oct 1-Nov 5<br>6:00pm-6:30pm | Res \$39<br>Non Res \$49 | 35400-01 |
| 18+  | Th  | Oct 2-Nov 6<br>9:00am-9:30am | Res \$39<br>Non Res \$49 | 35400-02 |

### STRENGTH AND STABILITY HOUR

PCC-Active Wing, 14800 34th Avenue N

Whether you are new to exercise, seasoned or just getting back to finding a routine, this total body workout targets strength, balance, and stability. With strength training we will engage your whole body and work to achieve a boost in metabolism, increase bone density and build lean muscles. With stability training we will activate the core to improve balance and increase functional strength to reduce risk of injury in our daily lives. Equipment will vary: Bosu ball, stability ball, resistance band, riser, and various weighted equipment. This class has no jumping or bouncing. Instr: Jan Larsen. No program: 10/1.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | W   | Sep 10-Oct 22<br>4:30pm-5:30pm | Res \$65<br>Non Res \$75 | 35458-01 |
| 18+  | W   | Oct 29-Dec 10<br>4:30pm-5:30pm | Res \$75<br>Non Res \$85 | 35458-02 |

### STRENGTH CIRCUIT

PCC-Active Wing, 14800 34th Avenue N

This traditional circuit style class will focus on building strength, balance, and endurance. We will be using a variety of equipment while rotating through different exercise stations. All exercises will be low impact with a strength focus. This class is designed for all ages and fitness levels. Bring water and small towel. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, and CGFI. No program: 11/27.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | Th  | Aug 21-Sep 25<br>10:00am-11:00am | Res \$65<br>Non Res \$75 | 35433-01 |
| 18+  | Th  | Oct 2-Nov 6<br>10:00am-11:00am   | Res \$65<br>Non Res \$75 | 35433-02 |
| 18+  | Th  | Nov 13-Dec 18<br>10:00am-11:00am | Res \$55<br>Non Res \$65 | 35433-03 |

## HEALTH & FITNESS - CARDIO & STRENGTH



### STRENGTH FUNDAMENTALS

PCC-Active Wing, 14800 34th Avenue N

This 45-Min class is designed for beginners in mind who have an interest in resistance training but do not know where to start. We will learn different exercises using multiple modalities such as dumbbells, resistance bands, one's own body weight and more while focusing on proper form to obtain optimal results. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, and CGFI. Bring a towel and water. No program: 9/28, 11/27, 11/30.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Th  | Sep 4-Sep 25<br>6:00pm-6:45pm  | Res \$45<br>Non Res \$55 | 35466-01 |
| 18+  | Th  | Oct 2-Nov 6<br>6:00pm-6:45pm   | Res \$65<br>Non Res \$75 | 35466-02 |
| 18+  | Th  | Nov 13-Dec 18<br>6:00pm-6:45pm | Res \$55<br>Non Res \$65 | 35466-03 |
| 18+  | Su  | Sep 7-Oct 19<br>8:30am-9:15am  | Res \$65<br>Non Res \$75 | 35466-04 |
| 18+  | Su  | Nov 2-Dec 14<br>8:30am-9:15am  | Res \$65<br>Non Res \$75 | 35466-05 |

### STRENGTH FUSION I

PCC-Active Wing, 14800 34th Avenue N

This 45-Min class is designed for the intermediate athlete in mind for those who know the fundamentals but want to take their workout to the next level by adding low-impact cardio to their workout experience. This workout is designed to build strength and tone the body while strengthening the heart with low-impact cardio exercises. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, and CGFI. Bring a towel and water. No program: 9/28, 11/30.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Su  | Sep 7-Oct 19<br>9:30am-10:15am | Res \$65<br>Non Res \$75 | 35464-01 |
| 18+  | Su  | Nov 2-Dec 14<br>9:30am-10:15am | Res \$65<br>Non Res \$75 | 35464-02 |

### STRENGTH FUSION II

PCC-Active Wing, 14800 34th Avenue N

This 45-Min class is designed for the intermediate/advanced athlete in mind for those who know the fundamentals and want to level up their workout experience. This class will focus on building strength and endurance through interval-style exercises providing a full-body and energized workout. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, and CGFI. Bring a towel and water. No program: 9/28, 11/30.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 18+  | Su  | Sep 7-Oct 19<br>10:30am-11:30am | Res \$65<br>Non Res \$75 | 35465-01 |
| 18+  | Su  | Nov 2-Dec 14<br>10:30am-11:30am | Res \$65<br>Non Res \$75 | 35465-02 |

### STRENGTH, BALANCE AND MOBILITY

PCC-Active Wing, 14800 34th Avenue N

Increase your strength and improve your balance and flexibility. We will be performing functional exercises that strengthen every major muscle group, especially core muscles, to make every day movements easier, improve stability, and increase our mobility. There will be no jumping in this class. All levels are welcome as long as you are able to get down onto your mat and back up multiple times during class. We will be using a variety of equipment such as hand weights, resistance bands, body bars, exercise balls, steps, gliders, and the BOSU. Bring water. Instr: Ann Mosack, ACE CGFI, City of Plymouth Staff. No program: 11/11.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 9-Oct 14<br>10:00am-11:00am | Res \$65<br>Non Res \$75 | 35434-01 |
| 18+  | Tu  | Nov 4-Dec 16<br>10:00am-11:00am | Res \$65<br>Non Res \$75 | 35434-02 |

### STRENGTH TRAINING FOR EVERYONE

PCC-Active Wing, 14800 34th Avenue N

Build strength and confidence with this progressive strength training class that rotates focus each week—total body, upper body, and lower body. Whether you're new to lifting or looking to refine your routine, this class takes the guesswork out of strength training. You'll learn proper form, challenge your muscles, and see real progress over time. Modifications are always offered, along with options to level up as you get stronger. All fitness levels are welcome—just show up and get ready to feel powerful! Instr: Jen Holper, CGFI and nutrition coach.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Th  | Sep 11-Oct 16<br>4:00pm-4:45pm | Res \$65<br>Non Res \$75 | 35407-01 |
| 18+  | Th  | Oct 23-Nov 27<br>4:00pm-4:45pm | Res \$65<br>Non Res \$75 | 35407-02 |
| 18+  | Th  | Dec 4-Dec 18<br>4:00pm-4:45pm  | Res \$35<br>Non Res \$45 | 35407-03 |

## HEALTH & FITNESS - CARDIO & STRENGTH

### STRICTLY STRENGTH

PCC-Active Wing, 14800 34th Avenue N

Ready for an effective, fun, and safe strength training routine designed for all levels? This is your class! Target, isolate and fatigue, every major muscle group the the body using barbells, dumbbells and bodyweight. It's strictly about strength so be prepared to work muscles you never knew you had to increase your strength and sculpt your muscles. Bring water. Instr: Jen Christen, Ace Fitness Certified.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 16+  | W   | Sep 10-Oct 29<br>5:45pm-6:30pm | Res \$85<br>Non Res \$95 | 35461-01 |
| 16+  | W   | Nov 5-Dec 17<br>5:45pm-6:30pm  | Res \$75<br>Non Res \$85 | 35461-02 |

### TBC - TOTAL BODY CONDITIONING

PCC-Active Wing, 14800 34th Avenue N

Total body combines fun, cardio and strength movements to challenge your muscles, push your limits and get your heart pumping. While keeping it simple, you will gain strength, and improve overall daily endurance. This class will use a variety of equipment, hand weights, step, weighted bar, bands, Bosu ball, stability ball, and more. Instr: Jan Larsen. No program: 9/29.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>4:30pm-5:15pm | Res \$65<br>Non Res \$75 | 35403-01 |
| 18+  | M   | Oct 27-Dec 8<br>4:30pm-5:15pm | Res \$75<br>Non Res \$85 | 35403-02 |

### TOTAL BODY CIRCUIT

PCC-Active Wing, 14800 34th Avenue N

Circuit training aims to keep your heart rate elevated while training the major muscle groups by rotating through different exercise stations with minimal rest between exercises. Join us for an effective and challenging form of conditioning to burn more calories, develop your strength, endurance, and coordination utilizing a variety of exercises. This class is open to teens and adults. Teens 14 years and younger must register with an adult. Bring your own towel and water. Instr: Jen Christen, Ace Fitness Certified.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 12+  | W   | Sep 10-Oct 29<br>6:45pm-7:30pm | Res \$85<br>Non Res \$95 | 35448-01 |
| 12+  | W   | Nov 5-Dec 17<br>6:45pm-7:30pm  | Res \$75<br>Non Res \$85 | 35448-02 |

### TRX - TOTAL BODY RESISTANCE EXERCISE

PCC-Active Wing, 14800 34th Avenue N

This workout delivers a fast, effective total-body workout which benefits people of all fitness levels. You will use your own body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Whether you want to build strength, lose fat, improve endurance or flexibility, the TRX Suspension Trainer can be used to achieve your fitness goal. Instr: Jan Larsen. No program: 9/29.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>5:30pm-6:15pm | Res \$65<br>Non Res \$75 | 35406-01 |
| 18+  | M   | Oct 27-Dec 8<br>5:30pm-6:15pm | Res \$75<br>Non Res \$85 | 35406-02 |



## HEALTH & FITNESS - SMALL GROUP TRAINING

### LARGER BODIED ATHLETES SMALL GROUP TRAINING

PCC-Active Wing, 14800 34th Avenue N

Fitness is for EveryBODY. This class is designed for those people who are larger in size and who want to form a healthier routine built on both exercise and nutrition with the support of peers, but may not feel comfortable in a group fitness environment. Join this class to meet people with similar goals, develop strength, endurance, and confidence while supporting one another in building a healthier lifestyle. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, CSNC, and CGFI. Bring a towel and water. No program: 9/28, 11/30.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 18+  | Su  | Sep 7-Oct 19<br>12:00pm-1:00pm | Res \$195<br>Non Res \$255 | 35453-01 |
| 18+  | Su  | Nov 2-Dec 14<br>12:00pm-1:00pm | Res \$195<br>Non Res \$255 | 35453-02 |

### SMALL GROUP PERSONAL TRAINING

PCC-Active Wing, 14800 34th Avenue N

Interested in meeting your personal goals but not sure you want to do it alone? Join our small group personal training sessions of 4 participants. These sessions are 60-Mins in length to help one another meet their fitness goals without judgment. Together, we will determine individual/group goals, keep one another accountable throughout the week while getting a great workout in. Sessions will include 45-Mins of exercise and 15 mins of discussion of how the week went, obstacles, successes, and more. Join a group that resonates with you and let's help support one another in our fitness goals. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, CSNC, and CGFI. Bring a towel and water and join. No program: 11/27.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 18+  | Th  | Aug 21-Sep 25<br>7:15am-8:15am | Res \$195<br>Non Res \$255 | 35449-01 |
| 18+  | Th  | Oct 2-Nov 6<br>7:15am-8:15am   | Res \$195<br>Non Res \$255 | 35449-02 |
| 18+  | Th  | Nov 13-Dec 18<br>7:15am-8:15am | Res \$163<br>Non Res \$213 | 35449-03 |

### WOMEN'S SMALL GROUP PERSONAL TRAINING

PCC-Active Wing, 14800 34th Avenue N

This class is designed with women in mind. Women go through multiple stages of changes throughout their lifetime that begins with puberty that runs into childbirth and leads into the peri- & post-menopausal transitions. Meet other women to develop a bond and share ideas that can help support one another to stay healthy through the different stages in life. Through the workouts, nutrition, group accountability, and discussions, this group will support one another to help meet one another's individual goals. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, CSNC, and CGFI. Bring a towel and water. No program: 11/27.

| AGES | DAY | DATE & TIME                     | COST                       | ACTIVITY |
|------|-----|---------------------------------|----------------------------|----------|
| 18+  | Th  | Aug 21-Sep 25<br>12:00pm-1:00pm | Res \$195<br>Non Res \$255 | 35443-01 |
| 18+  | Th  | Oct 2-Nov 6<br>12:00pm-1:00pm   | Res \$195<br>Non Res \$255 | 35443-02 |
| 18+  | Th  | Nov 13-Dec 18<br>12:00pm-1:00pm | Res \$163<br>Non Res \$213 | 35443-03 |

**PERSONAL TRAINING, LIFESTYLE COACHING, AND CAREER COACHING IS AVAILABLE ONLINE:**

[HTTPS://PLYREGISTER.PLYMOUTHMN.GOV/WBWSC/WEBTRAC.WSC/SPLASH.HTML](https://plyregister.plymouthmn.gov/wbwsc/webtrac.wsc/splash.html)



**WEATHER LINE**

**763-509-5205**

call for updates on  
class cancellations

### THE STRATEGY MATRIX METHOD: AN ONLINE GROUP WEIGHT LOSS PROGRAM

ZoYoga & Fitness virtual class

This group weight loss program includes 10 live Zoom lessons and Q&As (recordings provided), a self-paced online course, and a participant group. Discover your personal habits and strategies for losing weight and keeping it off without making drastic changes to your lifestyle. This program is geared toward women over 40 who are looking for a personalized and sustainable path to weight loss that will allow them to enjoy their lives. You will need: notebook and pencil. Instr: Julie Zoril.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 40+  | Tu  | Sep 2-Nov 11<br>6:00pm-6:30pm | Res \$199<br>Non Res \$219 | 35438-01 |

## HEALTH & FITNESS - YOGA WITH PR BRADY

### BABY AND ME YOGA

PCC-Active Wing, 14800 34th Avenue N

A lovely hour building a stronger bond with your baby while restoring and strengthening your body postnatal (6-week post-delivery minimum) to 11 months. Improve strength, balance and flexibility in a safe, supportive community of new parents and little ones. Enjoy a combination of gentle nurturing baby time with practice and play. Bring your baby's blanket and their necessities. Instr: PR Brady. No program: 11/26.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 18+  | W   | Sep 10-Oct 22<br>9:45am-10:45am | Res \$85<br>Non Res \$95 | 35432-01 |
| 18+  | W   | Oct 29-Dec 17<br>9:45am-10:45am | Res \$85<br>Non Res \$95 | 35432-02 |

### CHAIR YOGA

PCC-Active Wing, 14800 34th Avenue N

If your body is craving movement but finds it challenging to get down to a yoga mat, chair yoga may be just what you need. Breathwork, gentle poses to increase flexibility and balance, and a relaxing savasana. If you stand or sit all day, are tense, inflexible, or have contraindications that keep you from the floor, this class is for you. Zoom available by request. Instr: PR Brady. No program: 11/24.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>10:00am-11:00am  | Res \$85<br>Non Res \$95 | 35419-01 |
| 18+  | M   | Oct 27-Dec 15<br>10:00am-11:00am | Res \$85<br>Non Res \$95 | 35419-02 |

### HAPPY JOINTS YOGA

PCC-Active Wing, 14800 34th Avenue N

An hour of dedicated care to gently increase the body's range of motion, and ease the aches and pains associated with "computer body" or injury recovery. Let that tension go with breathing, meditation and specific movements and poses focused on nurturing and nourishing the soft tissue of the joints and body. If you stand or sit all day at a computer, are tense, inflexible, or have chronic pain this practice is for you. Instr: PR Brady. No program: 11/24, 11/25, 11/26.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>8:30am-9:30am    | Res \$85<br>Non Res \$95 | 35459-01 |
| 18+  | Tu  | Sep 9-Oct 21<br>6:15pm-7:15pm    | Res \$85<br>Non Res \$95 | 35459-02 |
| 18+  | W   | Sep 10-Oct 22<br>11:00am-12:00pm | Res \$85<br>Non Res \$95 | 35459-03 |
| 18+  | M   | Oct 27-Dec 15<br>8:30am-9:30am   | Res \$85<br>Non Res \$95 | 35459-04 |
| 18+  | Tu  | Oct 28-Dec 16<br>6:15pm-7:15pm   | Res \$85<br>Non Res \$95 | 35459-05 |
| 18+  | W   | Oct 29-Dec 17<br>11:00am-12:00pm | Res \$85<br>Non Res \$95 | 35459-06 |

### MINI MORNING GRATITUDE YOGA

Zoom

Wake up and join a mini yoga practice that includes breathwork, a little meditation and a short, energizing yoga practice. If you stand or sit all day, feel tight, tense, inflexible, or experience anxiety, this is for you. Now is the perfect time to try some yoga in the privacy of your own space. Start your day with energy, positivity, and sense of calm. All you need is a mat and blanket. Instr: PR Brady.

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 18+  | M-F | Sep 8-Oct 3<br>6:00am-6:45am  | Res \$79<br>Non Res \$89 | 35455-01 |
| 18+  | M-F | Oct 6-Oct 31<br>6:00am-6:45am | Res \$79<br>Non Res \$89 | 35455-02 |
| 18+  | M-F | Nov 3-Nov 28<br>6:00am-6:45am | Res \$79<br>Non Res \$89 | 35455-03 |
| 18+  | M-F | Dec 1-Dec 26<br>6:00am-6:45am | Res \$79<br>Non Res \$89 | 35455-04 |

### RESTORATIVE YOGA

PCC-Active Wing, 14800 34th Avenue N

The experience of facilitated conscious relaxation brings the nervous system to a parasympathetic state that helps to achieve a deeper sleep when you DO sleep. It's even been known to decrease insomnia, lower blood pressure, increase "good cholesterol" levels, reduce belly fat, improve digestion, lower serum triglycerides and blood sugar levels in the blood, reduce muscle tension and general fatigue. Treat yourself to the benefits of "rest and digest mode" deeply and completely in this gentle, nurturing yoga series. Instr: PR Brady. No program: 11/24.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>8:00pm-9:15pm  | Res \$85<br>Non Res \$95 | 35441-01 |
| 18+  | M   | Oct 27-Dec 15<br>8:00pm-9:15pm | Res \$85<br>Non Res \$95 | 35441-02 |

## HEALTH & FITNESS - YOGA WITH PR BRADY

### SLOW FLOW YOGA

PCC-Active Wing, 14800 34th Avenue N

An energizing hour of Yoga to let go of your hectic day, that includes breathwork, a little meditation, movement, balance, strength and stretch. Reset your mind, body and spirit, with positivity and a sense of serene calm. Bring your mat and water. Instr: PR Brady. No program: 11/24, 11/26. Zoom available by request.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>4:15pm-5:15pm  | Res \$85<br>Non Res \$95 | 35408-01 |
| 18+  | W   | Sep 10-Oct 22<br>8:30am-9:30am | Res \$85<br>Non Res \$95 | 35408-02 |
| 18+  | M   | Oct 27-Dec 15<br>4:15pm-5:15pm | Res \$85<br>Non Res \$95 | 35408-03 |
| 18+  | W   | Oct 29-Dec 17<br>8:30am-9:30am | Res \$85<br>Non Res \$95 | 35408-04 |

### STRENGTH YOGA

PCC-Active Wing, 14800 34th Avenue N

Increase your strength and stamina with a practice that intertwines classic yoga asanas with isometrics and mindfulness—no actual weightlifting involved. Improve posture, balance, breath and flexibility. Build strength without stressing weak or injured muscle or joints. If you are just starting movement and strength training or are recovering from an injury and want to rebuild your strength this practice is for you. Great for individuals experiencing minor joint discomfort or anyone looking for a change in their fitness routine. Bring your mat and some water. Instr: PR Brady. No program: 11/24.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>6:45pm-7:45pm  | Res \$85<br>Non Res \$95 | 35452-01 |
| 18+  | M   | Oct 27-Dec 15<br>6:45pm-7:45pm | Res \$85<br>Non Res \$95 | 35452-02 |

### YIN YOGA

PCC-Active Wing, 14800 34th Avenue N

Yin Yoga involves relaxing the body right up to ones' healthy edge—wherever your edge may be. We breathe “into” the muscles as we engage them, which allows them to stretch. This results in feeling more balanced, less stressed, less restless; and gives more strength and energy than it takes away. Yin lives halfway between active exercise and total stillness. If you stand or sit all day, are tense, inflexible, experience anxiety, or have an overactive life this is for you. Instr: PR Brady. No program: 11/25. Zoom available by request.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 9-Oct 21<br>7:30pm-8:30pm  | Res \$85<br>Non Res \$95 | 35440-01 |
| 18+  | Tu  | Oct 28-Dec 16<br>7:30pm-8:30pm | Res \$85<br>Non Res \$95 | 35440-02 |

### YOGA SCULPT

PCC-Active Wing, 14800 34th Avenue N

Increase your strength and stamina with an energizing practice that intertwines classic yoga asanas with light weights and mindful movement. Improve posture, balance, breath and flexibility. If you are looking to gently boost your overall strength and wellbeing, this practice is for you. Great for anyone looking for a change in their fitness routine. Bring your mat and some water. Instr: PR Brady. No program: 11/24, 11/25.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 20<br>11:15am-12:15pm  | Res \$85<br>Non Res \$95 | 35422-01 |
| 18+  | Tu  | Sep 9-Oct 21<br>5:00pm-6:00pm    | Res \$85<br>Non Res \$95 | 35422-02 |
| 18+  | M   | Oct 27-Dec 15<br>11:15am-12:15pm | Res \$85<br>Non Res \$95 | 35422-03 |
| 18+  | Tu  | Oct 28-Dec 16<br>5:00pm-6:00pm   | Res \$85<br>Non Res \$95 | 35422-04 |

### YOGA NIDRASSAGE

PCC-Active Wing, 14800 34th Avenue N

Experience the transformational journey of Yoga Nidrasage; a beautiful blend of the expansive, supportive nurturing practice of Yoga Nidra, and the physical surrender into the bodywork of Yoga Massage. Give yourself permission to melt into a meditative state of consciousness, while allowing the body to be gently moved into 4 tension releasing Yoga Massage poses. This special practice is limited to four participants to ensure each person receives the ultimate experience. Prepare to find peace beyond words, physically, mentally, emotionally as you lay back and relax as your practitioner guides you into sheer bliss. Yoga Nidrasage awaits you. Please note: Most of the session is spent comfortably reclined. This experience includes hands on massage. Therapeutic oils are used. Wear comfortable loose clothing. Only eat a light meal 2 hours prior to your experience. Prepare to be amazed. Instr: PR Brady.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | F   | Sep 12<br>7:00pm-9:00pm | Res \$65<br>Non Res \$75 | 35412-01 |
| 18+  | F   | Oct 17<br>7:00pm-9:00pm | Res \$65<br>Non Res \$75 | 35412-02 |
| 18+  | F   | Nov 14<br>7:00pm-9:00pm | Res \$65<br>Non Res \$75 | 35412-03 |
| 18+  | F   | Dec 12<br>7:00pm-9:00pm | Res \$65<br>Non Res \$75 | 35412-04 |

## HEALTH & FITNESS - YOGA

### YOGA EASY

PCC-Active Wing, 14800 34th Avenue N

Ease into your day with Yoga Easy. This yoga mat class is a gentle blend of yoga flows that increase flexibility, strength, and balance. Clare's calm demeanor and meditative voice are both soothing and encouraging. Open to all levels of experience. Instr: Clare Rubin. No program: 11/28.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 18+  | F   | Sep 12-Oct 24<br>9:00am-10:00am | Res \$89<br>Non Res \$99 | 35420-01 |
| 18+  | F   | Nov 7-Dec 19<br>9:00am-10:00am  | Res \$77<br>Non Res \$87 | 35420-02 |

### SLOW FLOW YOGA ON ZOOM

ZoYoga & Fitness virtual class

We breathe, warm up dynamically, flow through poses, balance, and stretch. Improve focus, balance, mobility, strength, posture, and sleep quality while reducing stress. This class is appropriate for all fitness levels, but you should be able to get down on the floor and back up. You will need a yoga mat. Recordings are provided. Instructor: Julie Zoril, ZoYoga Fitness.

| AGES | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|------|-----|------------------------------|--------------------------|----------|
| 18+  | Th  | Oct 2-Nov 6<br>6:00pm-6:45pm | Res \$39<br>Non Res \$49 | 35404-01 |

## TAI CHI CHIH

### TAI CHI CHIH

TAI CHI CHIH®, "Joy Through Movement" is not a martial art; it is a carefully structured sequence of gentle movements which are performed as a moving meditation. Regular practice of T'ai Chi Chih can improve balance, reduce stress, and produce an overall calming impact and a sense of grounding and well-being. A very useful practice for our challenging world

### TAI CHI CHIH 1

PCC-Active Wing, 14800 34th Avenue N

This beginner class offers the underlying principles and detailed instruction in majority of the 19 movements. Students will also be introduced to preparing mind and body to enhance the benefits of T'ai Chi Chih practice. Instr: Silvia Yueh.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 16-Oct 28<br>10:00am-11:00am | Res \$75<br>Non Res \$85 | 35416-01 |
| 18+  | Sa  | Sep 13-Oct 25<br>10:00am-11:00am | Res \$75<br>Non Res \$85 | 35416-02 |
| 18+  | Tu  | Nov 4-Dec 16<br>10:00am-11:00am  | Res \$75<br>Non Res \$85 | 35416-03 |

### TAI CHI CHIH 2

PCC-Active Wing, 14800 34th Avenue N

Pre-requisite: T'ai Chi Chih 1, or previous experience with T'ai Chi Chih practice. This class will build upon the teachings explored in T'ai Chi Chih 1, concentrating on the remaining of the 19 movements. Attention will be given to deepening the understanding of the principles of T'ai Chi Chih movements. At the end of the class, students will be able to complete all 19 movements and one pose in sequence. Instr: Silvia Yueh.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | W   | Sep 17-Oct 29<br>10:00am-11:00am | Res \$75<br>Non Res \$85 | 35415-01 |
| 18+  | Sa  | Sep 13-Oct 25<br>11:15am-12:15pm | Res \$75<br>Non Res \$85 | 35415-02 |
| 18+  | W   | Nov 5-Dec 17<br>10:00am-11:00am  | Res \$75<br>Non Res \$85 | 35415-03 |

### TAI CHI CHIH 3

PCC-Active Wing, 14800 34th Avenue N

Pre-Requisite: T'ai Chi Chih 1 & 2, or previous experience with all of T'ai Chi Chih movements. This is a group class for those who enjoy the benefits of T'ai Chi Chih practice and wish to deepen their understanding of the principles of this moving meditation. All 19 movements and one pose are completed in sequence at each class. Instr: Silvia Yueh.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 16-Oct 28<br>11:15am-12:15pm | Res \$75<br>Non Res \$85 | 35417-01 |
| 18+  | Tu  | Nov 4-Dec 16<br>11:15am-12:15pm  | Res \$75<br>Non Res \$85 | 35417-02 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## HEALTH & FITNESS - ZUMBA

### ZUMBA LEVEL 1

PCC-Active Wing, 14800 34th Avenue N

Zumba takes the work out of workout. Class is easy, aerobic and lots of fun. This dance fitness fuses Latin rhythms with easy-to-follow moves. A dynamic, complete body workout with an emphasis on arms, legs, abdomen and heart! Instr: Gina Galindo. No program: 11/27.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 16+  | M   | Sep 8-Oct 20<br>5:30pm-6:30pm  | Res \$68<br>Non Res \$78 | 35409-01 |
| 16+  | W   | Sep 10-Oct 22<br>6:45pm-7:45pm | Res \$68<br>Non Res \$78 | 35409-02 |
| 16+  | Th  | Sep 11-Oct 23<br>5:30pm-6:30pm | Res \$68<br>Non Res \$78 | 35409-03 |
| 16+  | M   | Nov 3-Dec 15<br>5:30pm-6:30pm  | Res \$68<br>Non Res \$78 | 35409-04 |
| 16+  | W   | Nov 5-Dec 17<br>6:45pm-7:45pm  | Res \$68<br>Non Res \$78 | 35409-05 |
| 16+  | Th  | Nov 6-Dec 18<br>5:30pm-6:30pm  | Res \$59<br>Non Res \$69 | 35409-06 |

**SEE MORE FITNESS CLASSES IN  
THE ACTIVE ADULT / 55+ SECTION**

### ZUMBA LEVEL 2

PCC-Active Wing, 14800 34th Avenue N

No program: 11/27.

| AGES | DAY | DATE & TIME                      | COST                     | ACTIVITY |
|------|-----|----------------------------------|--------------------------|----------|
| 16+  | Tu  | Sep 9-Oct 21<br>6:45pm-7:45pm    | Res \$68<br>Non Res \$78 | 35410-01 |
| 16+  | W   | Sep 10-Oct 22<br>5:30pm-6:30pm   | Res \$68<br>Non Res \$78 | 35410-02 |
| 16+  | Th  | Sep 11-Oct 23<br>10:15am-11:15am | Res \$68<br>Non Res \$78 | 35410-03 |
| 16+  | Tu  | Nov 4-Dec 16<br>6:45pm-7:45pm    | Res \$68<br>Non Res \$78 | 35410-04 |
| 16+  | W   | Nov 5-Dec 17<br>5:30pm-6:30pm    | Res \$68<br>Non Res \$78 | 35410-05 |
| 16+  | Th  | Nov 6-Dec 18<br>10:15am-11:15am  | Res \$59<br>Non Res \$69 | 35410-06 |

## OUTDOOR RECREATION

### PARKS AND REC - RUN CLUB

TBD

Join us for a condensed Fall session of our newly formed Parks and Rec Run Club. The Run Club is for runners of all levels; we will offer runs for those that want to run a couple miles along with runs for those that want to go farther. The club is about supporting each other and to keep each other accountable to get out and run. (Looking to move to a yearlong program in 2026)

| AGES | DAY | DATE & TIME                    | COST                   | ACTIVITY |
|------|-----|--------------------------------|------------------------|----------|
| 18+  | Th  | Sep 11-Oct 16<br>6:30am-8:00am | Res \$5<br>Non Res \$7 | 35902-01 |

### PLYMOUTH BIRDING CLUB

TBD

Whether you're a beginner or a seasoned birder, we will venture through local parks and trails, sharing fascinating insights and observations. Feel free to bring along your own materials, we will have a couple spare binoculars to share. (Program locations will be emailed to participants)

| AGES | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|------|-----|-------------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 2-Sep 30<br>8:00am-9:00am | Res \$15<br>Non Res \$19 | 35920-01 |

## SAFETY

### ADULT AND PEDIATRIC CPR/AED CERTIFICATION

PCC-Education Wing, 14800 34th Avenue N

This class will teach you how to respond to life threatening emergencies by providing effective CPR and administration of AED for Children, Adults, and infants alike who are experiencing a cardiac or respiratory emergency.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 16+  | Su  | Nov 23<br>1:00pm-5:00pm  | Res \$75<br>Non Res \$85 | 36517-01 |
| 16+  | Sa  | Dec 13<br>12:30pm-6:30pm | Res \$75<br>Non Res \$85 | 36517-02 |

### GRANDPARENTS: GETTING STARTED

PCC-Education Wing, 14800 34th Avenue N

This training is to prepare grandparents to safely care for infants and children while following the latest recommendations by doctors and scientists. Build on your own knowledge of caring for children and infant's physical and emotional health by discussing managing behaviors and practicing life-saving skills such as choking rescue, pediatric first aid, and CPR.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 40+  | Sa  | Sep 27<br>9:00am-12:30pm | Res \$68<br>Non Res \$78 | 35502-01 |
| 40+  | Sa  | Dec 13<br>9:00am-12:30pm | Res \$68<br>Non Res \$78 | 35502-02 |

## SAFETY

### PEDIATRIC FIRST AID & CPR FOR CHILD CARE PROVIDER

PCC-Education Wing, 14800 34th Avenue N

Learn how to effectively and efficiently respond to pediatric emergencies with Pediatric CPR/First Aid class. This class is designed for Parents and Childcare Providers. This is a blended learning course.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 16+  | W   | Oct 8<br>5:00pm-8:00pm | Res \$75<br>Non Res \$85 | 35501-01 |

## SPORTS - BADMINTON

### BADMINTON - ADULT PROGRAM

Wayzata High School, 4955 Peony Lane

We supply the net and the birdies; you supply the racket. Limited number of loaner rackets available. Players must pre-register for this program. Registration is limited. No program: 10/16, 11/27, 12/4.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 18+  | M   | Sep 8-Oct 27<br>7:30pm-10:00pm  | Res \$64<br>Non Res \$74 | 35213-01 |
| 18+  | Th  | Sep 11-Oct 23<br>7:30pm-10:00pm | Res \$48<br>Non Res \$58 | 35213-02 |
| 18+  | M   | Nov 3-Dec 15<br>7:30pm-10:00pm  | Res \$56<br>Non Res \$64 | 35213-03 |
| 18+  | Th  | Oct 30-Dec 18<br>7:30pm-10:00pm | Res \$48<br>Non Res \$58 | 35213-04 |

## MARTIAL ARTS

### SHOSHIN RYU JUJITSU

Shoshin Ryu Martial Arts, 13605 27th Avenue N

Shoshin Ryu is a Japanese based system of Martial Arts. It is both bujutsu (a school emphasizing effective martial arts techniques) and budo (a school emphasizing personal character development). Shoshin changes to fit the challenges of the times, yet carries with it the essence of previous generations. Shoshin students will learn striking, throwing, forms, ground skills, and weaponry, combining to form a power arsenal of self defense tools; all the while perfecting one's character. Instr: Brian Combo.

| AGES | DAY | DATE & TIME                    | COST                     | ACTIVITY |
|------|-----|--------------------------------|--------------------------|----------|
| 13+  | W   | Sep 10-Oct 29<br>7:00pm-8:00pm | Res \$87<br>Non Res \$99 | 35217-02 |
| 13+  | W   | Nov 5-Dec 17<br>7:00pm-8:00pm  | Res \$77<br>Non Res \$89 | 35217-03 |

## PICKLEBALL

### PICKLEBALL - BEG/INT LEAGUE

PCC-Active Wing, 14800 34th Avenue N

In these leagues, sign up as an individual. Each week you will be grouped with 4-5 other players, and you will play a game with each of them as your partner to 15 points. As you win/lose, you go up or down the rankings, so players move up or down the ladder on a weekly basis. Should be beginner level (2-3.5 if you know your player rating). Players should know rules and how to score. For specific questions on the league, contact Dan Richards at 612-483-0972.

| AGES | DAY | DATE & TIME                   | COST                       | ACTIVITY |
|------|-----|-------------------------------|----------------------------|----------|
| 18+  | Sa  | Oct 4-Nov 22<br>5:00pm-8:00pm | Res \$125<br>Non Res \$137 | 35221-01 |

## PICKLEBALL - BEG & INT/ADV LESSONS

Locations vary

Learn the game of pickleball, one of the fastest growing sports for all ages. Rules, scoring, volleys, player position and more will be covered. Game play time will be available each session. Beginner, Intermediate, and Advanced levels offered. For the Advanced Only, a 3.5 dupr rating recommended. No program: 11/30.

| AGES                                          | DAY | DATE & TIME                   | COST                      | ACTIVITY |
|-----------------------------------------------|-----|-------------------------------|---------------------------|----------|
| Bass Lake Playfield, 5450 Northwest Boulevard |     |                               |                           |          |
| 16+ beg                                       | Su  | Sep 7-Sep 28<br>5:00pm-6:30pm | Res \$95<br>Non Res \$109 | 35201-01 |
| 16+ int/adv                                   | Su  | Sep 7-Sep 28<br>6:30pm-8:00pm | Res \$95<br>Non Res \$109 | 35201-02 |
| 16+ beg                                       | Tu  | Sep 9-Sep 30<br>6:00pm-7:30pm | Res \$95<br>Non Res \$109 | 35201-03 |
| 16+ int/adv                                   | Tu  | Sep 9-Sep 30<br>7:30pm-9:00pm | Res \$95<br>Non Res \$109 | 35201-04 |

PCC-Active Wing, 14800 34th Avenue N

|             |    |                                |                           |          |
|-------------|----|--------------------------------|---------------------------|----------|
| 16+ beg     | Tu | Oct 14-Nov 4<br>6:00pm-7:30pm  | Res \$95<br>Non Res \$109 | 35201-05 |
| 16+ int/adv | Tu | Oct 14-Nov 4<br>7:30pm-9:00pm  | Res \$95<br>Non Res \$109 | 35201-06 |
| 16+ beg     | Tu | Nov 11-Dec 2<br>6:00pm-7:30pm  | Res \$95<br>Non Res \$109 | 35201-07 |
| 16+ int/adv | Tu | Nov 11-Dec 2<br>7:30pm-9:00pm  | Res \$95<br>Non Res \$109 | 35201-08 |
| 16+ beg/int | Su | Nov 16-Dec 14<br>5:00pm-6:30pm | Res \$95<br>Non Res \$109 | 35201-09 |
| 16+ adv     | Su | Nov 16-Dec 14<br>6:30pm-8:00pm | Res \$95<br>Non Res \$109 | 35201-10 |

## SPORTS - PICKLEBALL

### PICKLEBALL - LESSONS

PCC-Active Wing, 14800 34th Avenue N

Whether you're just starting to learn Pickleball or want to go to the next level, this class is for you. Come practice your skills and play some games. Bring your own racket if you have. Some loaners will be available to use. All other equipment is provided. Please wear athletic shoes, comfortable clothing, and bring a water bottle.

| AGES | DAY | DATE & TIME                   | COST                      | ACTIVITY |
|------|-----|-------------------------------|---------------------------|----------|
| 18+  | Tu  | Oct 14-Nov 4<br>2:00pm-3:30pm | Res \$95<br>Non Res \$109 | 35209-01 |
| 18+  | Tu  | Nov 11-Dec 2<br>2:00pm-3:30pm | Res \$95<br>Non Res \$109 | 35209-02 |

## SOCCER

### ADULT SOCCER PROGRAM

PCC Fieldhouse, 14800 34th Avenue N

Co-rec soccer on a social level. Not for aggressive/competitive players. No slide tackling; shin guards recommended. Teams formed on site by captains. Tennis shoes or rubber soled cleats o.k. to wear for the program. Pre-registration required. No program: 11/26.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 18+  | M   | Nov 3-Dec 22<br>9:00pm-10:00pm | Res \$112<br>Non Res \$123 | 35207-01 |
| 18+  | W   | Nov 5-Dec 17<br>9:00pm-10:00pm | Res \$84<br>Non Res \$96   | 35207-02 |

### SOCCER - ADULT PROGRAM

Locations vary

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

| AGES                                        | DAY | DATE & TIME                   | COST                     | ACTIVITY |
|---------------------------------------------|-----|-------------------------------|--------------------------|----------|
| Parkers Lake Playfield, 15500 County Road 6 |     |                               |                          |          |
| 18+                                         | W   | Sep 3-Oct 22<br>7:30pm-9:00pm | Res \$64<br>Non Res \$74 | 35216-02 |
| PCC Fieldhouse, 14800 34th Avenue N         |     |                               |                          |          |
| 18+                                         | Su  | Sep 7-Oct 19<br>4:30pm-6:00pm | Res \$56<br>Non Res \$64 | 35216-01 |

## TENNIS



### TENNIS - ADULT BEGINNER

Parkers Lake Playfield, 15500 County Road 6

Beginner classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. All participants will be given a new tennis racquet.

Intermediate classes are for those continuing to develop their stroke consistency and accuracy while learning net play, court coverage, and match strategy. All classes taught by USTA-trained instructors. Rainouts are made up the next corresponding day/time following the program. In case of inclement weather, call 763-509-5205 (no sooner than 30 minutes before you lesson).

| AGES    | DAY | DATE & TIME                  | COST                     | ACTIVITY |
|---------|-----|------------------------------|--------------------------|----------|
| 18+ beg | M   | Sep 8-Oct 6<br>6:00pm-7:00pm | Res \$72<br>Non Res \$83 | 35220-01 |
| 18+ int | M   | Sep 8-Oct 6<br>7:15pm-8:15pm | Res \$72<br>Non Res \$83 | 35220-02 |

## VOLLEYBALL

### VOLLEYBALL - ADULT PROGRAM

Wayzata High School, 4955 Peony Lane

We supply the nets, volleyballs and setup. Players rotate on the court depending on the number of people. Participants will need to pre-register for this program. No program: 10/15, 11/26.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 16+  | W   | Sep 10-Oct 22<br>7:30pm-10:00pm | Res \$48<br>Non Res \$58 | 35214-01 |
| 16+  | W   | Oct 29-Dec 17<br>7:30pm-10:00pm | Res \$56<br>Non Res \$64 | 35214-02 |

## ADULT LEAGUES

### FLAG FOOTBALL 4 X 4

Bass Lake Playfield - 5450 Northwest Blvd

4 x 4 Unofficial Flag Football League. Supply your own game ball, we will supply the flags. Games consist of two 25 - minute running time halves with a 5 - minute halftime.

Field attendant sets up the field, keeps the time, and records scores. Games at Bass Lake Playfield

Wednesday evenings.

Team Fee is \$200. Registration starts July 1.

| AGES | DAY | DATE & TIME                    | COST  | ACTIVITY |
|------|-----|--------------------------------|-------|----------|
| 18+  | W   | Sep 10-Oct 22<br>6:00pm-8:00pm | \$200 | 35229    |

### FALL 5 X 5 UNOFFICIATED BASKETBALL LEAGUE

Armstrong High School - 10635-36th Ave N

Full court; no referees, call your own fouls. Timekeeper supplied. Two divisions based on competition level. New teams placed in lower division unless request to play up. Supply your own ball.

Games at Armstrong High School. Monday Evenings.

Registration starts July 1.

| AGES | DAY | DATE & TIME                    | COST  | ACTIVITY |
|------|-----|--------------------------------|-------|----------|
| 18+  | M   | Sep 8-Nov 10<br>6:00pm-10:00pm | \$200 | 35220    |

### SOCCER - FALL MEN'S OUTDOOR OFFICIATED SOCCER LEAGUE

Parkers Lake Playfield - 15500 County Road 6

Play 6 v 6 plus goalie. 50 x 70 yard field with 18' goals. Two 25-minute halves. Minimum age is 19. Roster limit is 16. Games at Parkers Lake Playfield. Sunday Evenings

Team Fee is \$350

Registration starts July 1

| AGES | DAY | DATE & TIME                   | COST  | ACTIVITY |
|------|-----|-------------------------------|-------|----------|
| 18+  | Su  | Sep 7-Oct 19<br>6:00pm-9:00pm | \$350 | 35205    |

### SOCCER - FALL MEN'S INDOOR OFFICIATED LEAGUE

PCC Fieldhouse - 14800 34th Ave N.

Play 6 v 6 plus goalie. 45 x 60 yard field with 18' goals. Two 25-minute halves. Roster limit is 16. Games at the Plymouth Community Center Fieldhouse. Limited to 8 teams

Thursday Evenings. No Games: 11/28

Team Fee is \$995

Registration starts Sept 3.

| AGES | DAY | DATE & TIME                    | COST  | ACTIVITY |
|------|-----|--------------------------------|-------|----------|
| 18+  | Th  | Nov 6-Dec 18<br>8:00pm-10:00pm | \$995 | 35206    |



## PICK & PAINT






see classes on pg. 52
Artwork by Jamie Miller



## HAPPY ART HOUR

see pg. 50





## ACTIVE ADULTS / 55+



## SUBSCRIBE TO OUR E-NEWSLETTER

Subscribe to the Grapevine (Plymouth 55+ e-news) by visiting [plymouthmn.gov](http://plymouthmn.gov). Click on “eNotification Sign Up” at bottom of page. Enter your email address and click on “Active Adults 55+/Senior Newsletter - Grapevine” to receive our monthly newsletter via email.



## EDUCATION

### 1:1 TECHNOLOGY SUPPORT

PCC-Education Wing, 14800 34th Avenue N

Need help with that cell phone, laptop or tablet? Register for a 1:1 appointment with a technology support volunteer. Bring your own device to the appointment. This service is brought to you by SCS volunteers through a grant from Hennepin County. Must be 60+ and live in Hennepin or Carver County. Instr: Senior Community Services (SCS).

| AGES | DAY | DATE & TIME            | COST                   | ACTIVITY |
|------|-----|------------------------|------------------------|----------|
| 60+  | Tu  | Sep 2<br>1:00pm-2:00pm | Res \$5<br>Non Res \$7 | 35925-01 |
| 60+  | Tu  | Sep 2<br>2:00pm-3:00pm | Res \$5<br>Non Res \$7 | 35925-02 |
| 60+  | Tu  | Sep 2<br>3:00pm-4:00pm | Res \$5<br>Non Res \$7 | 35925-03 |

More 1:1 Technology Support sessions are available every Tuesday at 1pm, 2pm and 3pm, while spots last. Visit the registration page and search activity #35925 to view availability and register, or call 763-509-5200 for assistance with registration.



## WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

### CAREGIVER SUPPORT GROUP

Locations vary

Connect with other caregivers, talk about general aging issues and caring for loved ones with chronic conditions and/or dementia, and receive tips and resources from a licensed social worker who leads the group. Drop-in as your schedule allows. Instr: Senior Community Services.

| AGE                                     | DAY/LOCATION             | DATE & TIME                    | COST   | ACTIVITY |
|-----------------------------------------|--------------------------|--------------------------------|--------|----------|
| Zoom (online)                           |                          |                                |        |          |
| 18+                                     | Second Tues.<br>of month | Jan 14-Dec 9<br>4:30-6:00pm    | no fee | 45909-03 |
| PCC-Education Wing, 14800 34th Avenue N |                          |                                |        |          |
| 18+                                     | Third Wed.<br>of month   | Jan 15-Dec 17<br>10:00-11:30am | no fee | 45909-04 |

### POWERFUL TOOLS FOR CAREGIVERS

PCC-Event Wing, 14800 34th Avenue N

Learn vital skills at this six-week class, "Powerful Tools for Caregivers." If you have picked up a prescription, brought over dinner, given a ride to the doctor, run an errand, or made decisions big or small on behalf of a senior, you are a caregiver. Learn to reduce stress, improve self-confidence, bring more balance to your life, better communicate your feelings, and increase your ability to make tough decisions. To register, call Lindsay Kant, LICSW at 952-417-2116 or email at lkant@jfcsmpls.org. Instr: Jewish Family and Children's Service of Minneapolis.

| AGES | DAY | DATE & TIME                      | COST | ACTIVITY |
|------|-----|----------------------------------|------|----------|
| 18+  | M   | Oct 20-Nov 24<br>10:00am-11:30am | \$15 | 35928-01 |

### COOKING FOR 1 OR 2

PCC-Event Wing, 14800 34th Avenue N

Cooking for 1 or 2 people can be challenging. Make it less intimidating and more fun by adapting your favorite (and new to you!) recipes. This class is a lively and informative class that provides time to socialize while the instructor demonstrates easy, nutritious recipes. Included will be information on how to adapt your favorite recipes so you can still enjoy them. Tasty samples and recipes included. Instr: Linda Stewart.

Menu: Sept 15: Garden Bounty Meal for 2 - Tomato Cheddar Bake, Cucumber White Bean Salad, Whole Wheat Carrot Cake.

Oct 20: Fall Soups for 2 - Creamy Pumpkin Apple Soup, Pasta Minestrone Soup, Hearty Barley and Ham Soup.

Nov 17: Thanksgiving Feast for 2 - Honey Glazed Turkey Breast, Cranberry Nut Stuffing, Herbed Green Beans, Pumpkin Cheesecake.

Dec 15: Downsizing Your Favorite Holiday Recipe and Grandma's Sugar Cookies Three Different Ways

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 18+  | M   | Sep 15<br>11:00am-1:00pm | Res \$55<br>Non Res \$63 | 35910-01 |
| 18+  | M   | Oct 20<br>11:00am-1:00pm | Res \$55<br>Non Res \$63 | 35910-02 |
| 18+  | M   | Nov 17<br>11:00am-1:00pm | Res \$55<br>Non Res \$63 | 35910-03 |
| 18+  | M   | Dec 15<br>11:00am-1:00pm | Res \$55<br>Non Res \$63 | 35910-04 |

## EDUCATION

### FALL SENIOR HOUSING TOUR

PCC-Event Wing, 14800 34th Avenue N

Curious about Senior Living? This tour is for you! Join an intimate bus tour to Plymouth area senior living communities. Visit an independent rental, assisted living, memory care and enhanced care community. Lunch and snack provided by host site. Tour departs from Plymouth Community Center. Participants must be physically able to enter/exit bus several times during the day. \$30 per person or \$50 for 2 people booking tour together (\$25 per person). Instr: Janelle Meyers, Choice Connections.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Th  | Oct 16<br>9:30am-3:30pm | Res \$25<br>Non Res \$30 | 35911-01 |

### HOMES FOR HEROES: NAVIGATING REAL ESTATE ASSISTANCE

PCC-Education Wing, 14800 34th Avenue N

Thinking about buying or selling a home? Learn how Homes for Heroes supports community heroes- military (active duty, reserves, and veterans), law enforcement, firefighters, EMS, healthcare professionals, and teachers—through every step of the real estate process. Receive tips and discover how you may qualify for savings. Instr: SAVE, Tony Olson, TOLO Lending & Nate Boen, Counselor Realty.

| AGES | DAY | DATE & TIME            | COST   | ACTIVITY |
|------|-----|------------------------|--------|----------|
| 18+  | Tu  | Sep 9<br>6:30pm-7:30pm | no fee | 35914-01 |

### SPANISH FOR BEGINNERS

PCC-Education Wing, 14800 34th Avenue N

This beginner-level Spanish class is for adults who have little or no prior knowledge of the language. Through fun, interactive lessons, students will learn the basics of Spanish and explore elements of Latin American and Spanish culture to bring the language to life. Whether you're preparing for travel or simply curious about Spanish, this course offers a supportive and encouraging environment to get started. Instr: Jorge Matheus.

| AGES | DAY   | DATE & TIME                   | COST                       | ACTIVITY |
|------|-------|-------------------------------|----------------------------|----------|
| 18+  | Tu,Th | Sep 9-Nov 20<br>1:00pm-2:00pm | Res \$160<br>Non Res \$168 | 35929-01 |

### SPANISH: BASIC CONVERSATION AND EVERYDAY PRACTICE

PCC-Education Wing, 14800 34th Avenue N

This course is designed for students who have a basic foundation in Spanish. The emphasis will be on pronunciation and everyday conversation. Through interactive speaking exercises, students will build fluency, expand their vocabulary, and develop the confidence to express themselves in practical, everyday contexts. Instr: Jorge Matheus.

| AGES | DAY   | DATE & TIME                   | COST                       | ACTIVITY |
|------|-------|-------------------------------|----------------------------|----------|
| 18+  | Tu,Th | Sep 9-Nov 20<br>2:30pm-3:30pm | Res \$160<br>Non Res \$168 | 35931-01 |

### THE TRAVELING PROFESSOR: AMERICAN HISTORY

Plymouth Old Town Hall, 3605 Fernbrook Ln N

Join The Traveling Professor, David Johnston, at Plymouth's Old Town Hall for captivating history lectures. Immerse yourself in the past with a knowledgeable guide who brings history to life.

Topics:

September 11: Harry Truman

October 2: 1st MN Volunteers

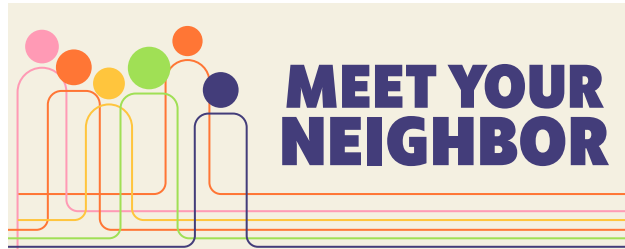
November 6: Teddy Roosevelt

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 18+  | Th  | Sep 11<br>9:30am-11:00am | Res \$10<br>Non Res \$12 | 35915-01 |
| 18+  | Th  | Oct 2<br>9:30am-11:00am  | Res \$10<br>Non Res \$12 | 35915-02 |
| 18+  | Th  | Nov 6<br>9:30am-11:00am  | Res \$10<br>Non Res \$12 | 35915-03 |



**ELECTRIC BIKE SAFETY & SERVICE CLINIC**  
see pg. 45

## EDUCATION



### MEET YOUR NEIGHBOR: BASICS OF ISLAM AND MUSLIM LIFESTYLE

PCC-Education Wing, 14800 34th Avenue N

Who are Muslims and what are their core beliefs? How does their belief system guide day-to-day lifestyle of a Muslim? Explore similarities and differences compared to American Culture. Hear how these beliefs are sometimes misrepresented. Class is designed to be educational and allow for open dialogue and Q&A. Instr: Building Blocks of Islam.

| AGES | DAY | DATE & TIME             | COST   | ACTIVITY |
|------|-----|-------------------------|--------|----------|
| 16+  | Sa  | Sep 13<br>1:30pm-3:30pm | no fee | 36304-01 |

### MEET YOUR NEIGHBOR: DEMENTIA FRIENDS

PCC-Education Wing, 14800 34th Avenue N

Help make Plymouth a dementia friendly community! Attend a free one-hour session to learn about and how to support people impacted by dementia. Learn 5 key messages, what it's like to live with the disease and local resources. Hear communication tips and turn your understanding into action. Instr: Jewish Family and Children's Service of Minneapolis and Dementia Friends MN.

| AGES | DAY | DATE & TIME               | COST   | ACTIVITY |
|------|-----|---------------------------|--------|----------|
| 13+  | F   | Sep 19<br>11:00am-12:00pm | no fee | 35909-01 |

### MEET YOUR NEIGHBOR: FROM DHARMA TO DIWALI, A GUIDE TO UNDERSTANDING HINDU CULTURE IN YOUR COMMUNITY

PCC-Education Wing, 14800 34th Avenue N

Explore the heart of Hindu culture—from timeless philosophies to ancient and modern contributions to society to vibrant festivals to key symbols—in this engaging course designed to foster understanding, connection, and respect within our diverse communities. Instr: CoHNA (Coalition of Hindus of North America), MN Chapter.

| AGES | DAY | DATE & TIME             | COST   | ACTIVITY |
|------|-----|-------------------------|--------|----------|
| 16+  | W   | Oct 22<br>1:00pm-2:30pm | no fee | 36305-01 |

### PLAN YOUR MOVE

PCC-Education Wing, 14800 34th Avenue N

Unravel the mysteries of home values, the perfect timing for your move, market stats that matter and how realtors make homes look irresistible to buyers. Learn about the downsizing resources and tips you can start doing now. Instr: Renee Miller, REALTOR, GRI, SRES, Keller Williams Classic Realty.

| AGES | DAY | DATE & TIME               | COST                     | ACTIVITY |
|------|-----|---------------------------|--------------------------|----------|
| 18+  | Th  | Sep 11<br>10:00am-11:00am | Res \$10<br>Non Res \$12 | 35342-01 |

### RETIREMENT PLANNING: QUALITY MATTERS

PCC-Education Wing, 14800 34th Avenue N

Your finances are only part of a quality retirement plan. Join us to discuss three simple questions that will have you creating a broader, more holistic approach to living longer, feeling more satisfied as you age, and living well. Instr: Nicole Wright and Ann Trembl-Olson, Baird Financial Services.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 55+  | Tu  | Sep 23<br>6:30pm-7:30pm | Res \$10<br>Non Res \$12 | 35934-01 |

### SAVVY SOCIAL SECURITY

PCC-Education Wing, 14800 34th Avenue N

Don't miss out on potential opportunities to maximize your retirement income! Full description online. Instr: Ed Sachs, Thrivent Financial.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 16<br>6:30pm-8:00pm | Res \$10<br>Non Res \$12 | 35373-01 |
| 18+  | Th  | Oct 9<br>6:30pm-8:00pm  | Res \$10<br>Non Res \$12 | 35373-02 |

### SAVVY TAX STRATEGIES

PCC-Education Wing, 14800 34th Avenue N

Learn how to avoid common - and costly - mistakes regarding your investments, health care and estate. Instr: Ed Sachs, Thrivent Financial.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Th  | Sep 25<br>6:30pm-8:00pm | Res \$10<br>Non Res \$12 | 35302-01 |
| 18+  | Tu  | Oct 21<br>6:30pm-8:00pm | Res \$10<br>Non Res \$12 | 35302-02 |

### WHAT KEEPS YOU UP AT NIGHT? A RETIREMENT GUIDE FOR WOMEN

PCC-Education wing, 14800 34th Avenue N

When it comes to retirement planning, women need to do more with less. To achieve the retirement you want, it is critical that you take an active role – the sooner the better. Now is the time to learn and build your confidence so that – if needed – you'll be able to stand on your own. Instr: Nicole Wright and Ann Trembl-Olson, Baird Financial Services.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 40+  | Tu  | Sep 16<br>6:30pm-7:30pm | Res \$10<br>Non Res \$12 | 35933-01 |

## EDUCATION

### SENIOR HOUSING: SHOULD I STAY OR SHOULD I GO? STEPS TO REVIEW YOUR HOUSING NEEDS

PCC-Education Wing, 14800 34th Avenue N

The decision of whether to stay in your home or downsize involves thoughtful planning. Discuss lifestyle options that are right for you. Stay and age in place - making home modifications to increase safety and independence OR go - move to a home option that may be handicapped accessible, single level living, less upkeep, etc. Instr: Vaughn Kavlie, Go Luminare.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | W   | Oct 1<br>2:00pm-3:30pm | Res \$10<br>Non Res \$12 | 35932-01 |

### SENIOR HOUSING: WHAT YOU SHOULD KNOW BEFORE A MOVE

PCC-Education Wing, 14800 34th Avenue N

There are many options in senior housing. Most people get overwhelmed and do not know where to start. This course will help you understand the different types of senior housing options, average costs, payment sources, and where to get help. Instr: Janelle Meyers, Choice Connections.

| AGES | DAY | DATE & TIME             | COST                     | ACTIVITY |
|------|-----|-------------------------|--------------------------|----------|
| 18+  | Th  | Nov 20<br>1:00pm-2:30pm | Res \$10<br>Non Res \$12 | 35912-01 |

### SENIOR SERVICE PANEL: HOW TO PLAN FOR THE GOLDEN YEARS

PCC-Event Wing, 14800 34th Avenue N

Do you wonder what you need to do to plan for your senior years, and seeking motivation to get there? Hear from a panel of senior service professionals about steps to take to plan for your future. A moderator will have prepared questions for the panel, and you will also have an opportunity to ask questions too. This is an education-based session and "one stop shop" for you to ask a variety of questions of content experts in aging well.

Panelists:

Janelle Meyers- Senior Living Advisor, Daryl MacLean- Estate Planning Attorney, Annie Funke-Thompson- Financial Advisor, Christine Wallace- Home Care Leader, Sarah Colpitts- Medicare Broker.

| AGES | DAY | DATE & TIME            | COST                     | ACTIVITY |
|------|-----|------------------------|--------------------------|----------|
| 18+  | W   | Nov 5<br>1:00pm-2:30pm | Res \$10<br>Non Res \$12 | 35923-01 |

### LIFE WELL ORGANIZED: HOW TO PREPARE YOUR LEGACY FOR THOSE YOU LOVE

PCC-Education Wing, 14800 34th Avenue N

Leave clarity, not chaos. This thoughtful, practical class helps you organize vital personal and financial info—passwords, insurance, estate documents, even pet details—into one simple system. Reduce stress, avoid confusion, and create peace of mind for your loved ones. A powerful act of love, done now, when it matters most. Instr: Steve Finkelstein, CFP.

| AGES | DAY | DATE & TIME               | COST                     | ACTIVITY |
|------|-----|---------------------------|--------------------------|----------|
| 18+  | Tu  | Sep 16<br>10:00am-11:00am | Res \$20<br>Non Res \$22 | 35927-01 |
| 18+  | Tu  | Sep 23<br>1:00pm-2:00pm   | Res \$20<br>Non Res \$22 | 35927-02 |

### MEDICARE 101

PCC-Education Wing, 14800 34th Avenue N

Learn about and discuss Medicare deductibles and what's covered, enrollment periods, and costs. Learn how to enroll to get additional coverage from Medicare Advantage plans and Medicare Supplements. Unpack Part D Drug Coverage, minimum requirements formularies, drug tiers, and how to avoid penalties. Instr: Sarah Colpitts, SotaCare Insurance LLC.

| AGES | DAY | DATE & TIME               | COST                     | ACTIVITY |
|------|-----|---------------------------|--------------------------|----------|
| 18+  | Sa  | Sep 13<br>10:00am-10:45am | Res \$10<br>Non Res \$12 | 35336-01 |
| 18+  | Tu  | Sep 23<br>6:00pm-6:45pm   | Res \$10<br>Non Res \$12 | 35336-02 |
| 18+  | Sa  | Oct 4<br>10:00am-10:45am  | Res \$10<br>Non Res \$12 | 35336-03 |
| 18+  | Tu  | Oct 14<br>6:00pm-6:45pm   | Res \$10<br>Non Res \$12 | 35336-04 |
| 18+  | Sa  | Nov 1<br>10:00am-10:45am  | Res \$10<br>Non Res \$12 | 35336-05 |
| 18+  | Tu  | Nov 11<br>6:00pm-6:45pm   | Res \$10<br>Non Res \$12 | 35336-06 |
| 18+  | W   | Dec 3<br>6:00pm-6:45pm    | Res \$10<br>Non Res \$12 | 35336-07 |
| 18+  | Sa  | Dec 13<br>10:00am-10:45am | Res \$10<br>Non Res \$12 | 35336-08 |

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## EDUCATION

### MEDICARE BENEFITS FOR VETERANS

PCC-Education Wing, 14800 34th Avenue N

Learn about and discuss how Medicare plans work for Veterans, tips for navigating Medicare as a Veteran, and hear about extra benefits available to you. Instr. Sarah Colpitts, SotaCare Insurance LLC.

| AGES | DAY | DATE & TIME             | COST   | ACTIVITY |
|------|-----|-------------------------|--------|----------|
| 18+  | Th  | Sep 18<br>6:00pm-6:45pm | no fee | 35924-01 |
| 18+  | Th  | Oct 9<br>6:00pm-6:45pm  | no fee | 35924-02 |
| 18+  | W   | Nov 5<br>6:00pm-6:45pm  | no fee | 35924-03 |

### VA S.A.V.E. TRAINING: 4 WAYS YOU CAN HELP A VETERAN IN CRISIS

PCC-Education wing, 14800 34th Avenue N

What is VA S.A.V.E. training? VA S.A.V.E. is a concise suicide prevention training developed by the U.S. Department of veterans affairs. It equips participants with the skills to recognize signs of suicidal thinking and take appropriate action. The acronym S.A.V.E. Stands for: S: recognize signs of suicidal thinking. A: Ask the most important question—"are you thinking of killing yourself?" V: validate the veteran's experience. E: Encourage treatment and expedite getting help. You don't have to be enrolled in VA benefits or health care to take VA S.A.V.E. Training. Instr: Minneapolis VA Health Care System & Minnesota Department of Veterans Affairs.

| AGES | DAY | DATE & TIME             | COST   | ACTIVITY |
|------|-----|-------------------------|--------|----------|
| 18+  | Th  | Nov 13<br>6:30pm-7:30pm | no fee | 35921-01 |

## EVENTS

### 55+ BINGO

PCC-Event wing, 14800 34th Avenue N

Join us for a 55+ Bingo event! Win fun prizes and enjoy light refreshments. Two cards max per player, per game. City of Plymouth staff and special guests calling numbers at 55+ Fall bingo! No day-of or walk up registrations permitted. Registration required by Sep 24 for fall bingo. Registration required by November 26 for winter bingo.

| AGES | DAY | DATE & TIME              | COST                   | ACTIVITY |
|------|-----|--------------------------|------------------------|----------|
| 55+  | W   | Oct 1<br>10:00am-12:00pm | Res \$5<br>Non Res \$7 | 35703-01 |
| 55+  | W   | Dec 3<br>10:00am-12:00pm | Res \$5<br>Non Res \$7 | 35703-02 |

### 55+ MOVIE MATINEE

PCC-Event wing, 14800 34th Avenue N

Enjoy an afternoon movie in the Blackbox theater. Popcorn provided, bring your own beverage with a lid. Free, registration required. You are invited to stay after the film for an informal discussion with other movie goers about the film. Subscribe to the Plymouth's 55+ e-news "The Grapevine" for monthly movie features by visiting plymouthmn.gov. Click on "notification sign up" at bottom of page. Enter your email address and click on "Senior Newsletter- Grapevine" to receive our monthly newsletter via email with upcoming movie titles and many other programs to explore.

| AGES | DAY | DATE & TIME             | COST   | ACTIVITY |
|------|-----|-------------------------|--------|----------|
| 50+  | Tu  | Sep 16<br>1:00pm-3:30pm | no fee | 35702-01 |
| 50+  | Tu  | Oct 21<br>1:00pm-3:00pm | no fee | 35702-02 |
| 50+  | Tu  | Nov 18<br>1:00pm-3:30pm | no fee | 35702-03 |
| 50+  | Tu  | Dec 16<br>1:00pm-3:30pm | no fee | 35702-04 |



### VETERANS DAY DRIVE-THRU BREAKFAST

Plymouth City Hall, 3400 Plymouth Boulevard

Calling all veterans! Enjoy a grab and go drive-thru breakfast sandwich and hot beverage at the City Of Plymouth Veteran's Memorial. This event is free for veterans living in Plymouth. Guest fee is \$12. Registration is required. Last day to register is Oct. 30. Prefer to register by phone? Call Plymouth Parks and Recreation at 763-509-5200.

| AGES | DAY | DATE & TIME             | COST                         | ACTIVITY |
|------|-----|-------------------------|------------------------------|----------|
| 18+  | Th  | Nov 6<br>9:30am-11:00am | veteran no fee<br>guest \$12 | 35700-01 |

# 55+/ SENIOR GROUPS

Groups noted below are currently meeting in 2025 at the Plymouth Community Center (unless noted with \*\*). For more information about 55+ Groups, visit [plymouthmn.gov/seniors](http://plymouthmn.gov/seniors)

|                              | MEETING SCHEDULE              | TIME            | ACTIVITY CODE | PRICE       |
|------------------------------|-------------------------------|-----------------|---------------|-------------|
| <b>MONDAYS</b>               |                               |                 |               | res/non res |
| Shuffle, Deal and Play       | Every Monday                  | 1:00pm-3:30pm   | 45910-01      | \$25 / \$35 |
| Evening Bridge               | Every Monday                  | 6:30pm-9:00pm   | 46910-01      | \$25 / \$35 |
| Plymouth Rockers             | Every Monday                  | 9:30am-12:00pm  | 45903-01      | \$30 / \$40 |
| Writers Group                | Every Monday                  | 1:00pm-3:00pm   | 46909-01      | \$22 / \$32 |
| <b>TUESDAYS</b>              |                               |                 |               |             |
| Caregiver Support (online)   | 2nd Tuesday                   | 4:30pm-6:00pm   | 45909-02      | no fee      |
| Mah Jongg                    | Every Tuesday                 | 12:30pm-4:00pm  | 46911-01      | \$25 / \$35 |
| Men's Club                   | 4th Tuesday                   | 9:00am-10:30am  | 46918-01      | \$27 / \$37 |
| Ukulele Club                 | Every Tuesday                 | 10:00am-12:00pm | 46900-01      | \$20 / \$30 |
| Story Time Players           | 1st & 3rd Tuesdays (Sept-May) | 1:00pm-3:00pm   | 45900-01      | \$20 / \$30 |
| <b>WEDNESDAYS</b>            |                               |                 |               |             |
| Book Club                    | 1st Wednesday                 | 1:30pm-2:30pm   | 45906-01      | \$15 / \$25 |
| Caregiver Support            | 3rd Wednesday                 | 10:00am-11:30am | 45909-04      | no fee      |
| Wednesday Bridge             | Every Wednesday               | 12:00pm-4:00pm  | 46912-03      | \$25 / \$35 |
| Plymouth Pedalers (Biking)** | Rides Apr-Oct, locations vary | Times Vary      | 45908-01      | \$27 / \$37 |
| <b>THURSDAYS</b>             |                               |                 |               |             |
| Cribbage                     | Every Thursday                | 12:30pm-3:00pm  | 46914-01      | \$25 / \$35 |
| Current Events               | Every Thursday                | 10:00am-12:00pm | 46915-01      | \$20 / \$30 |
| Needle Arts                  | Every Thursday                | 11:30am-2:30pm  | 45907-01      | \$25 / \$35 |
| Plymouth Woodcarvers         | Every Thursday                | 9:30am-11:30am  | 45905-01      | \$27 / \$37 |
| <b>FRIDAYS</b>               |                               |                 |               |             |
| Open Arts Studio             | Every Friday                  | 9:00am-11:30am  | 45902-01      | \$20 / \$30 |
| 500 Card Club                | Every Friday                  | 1:00pm-4:00pm   | 46916-01      | \$25 / \$35 |

## 2025 Annual Group Fees

## HOW TO REGISTER

There are many ways to register for an annual membership. You must register for each group you would like to participate in.

### 1 go online

[plymouthmn.gov/recreation](http://plymouthmn.gov/recreation)

Register online - using online recreation account - search for group using activity code.

### 2 call us

Call us at 763-509-5200 and provide the activity code for the group you would like to register for.

### 3 stop in

Register in-person at Plymouth Parks and Recreation office - located in Plymouth City Hall, 3400 Plymouth Blvd.

Or at the Plymouth Community Center  
14800 34th Ave N.

## GROUPS

### PLYMOUTH MEMORY CAFE

PCC-Education Wing, 14800 34th Avenue N

Memory Cafes provide a safe and judgment-free space to socialize, ask questions of professionals, laugh and cry together, and learn from one another. Topics vary month to month. People with early-mid stage dementia and their care partners welcome. Coffee, tea and light refreshments served. Meets on the 4th Monday in Sept, Oct and Nov (9/22, 10/27 and 11/24). Does not meet in December.

| AGES | DAY                                | COST                     | ACTIVITY |
|------|------------------------------------|--------------------------|----------|
| 18+  | Sep 22, Oct 27, Nov 24<br>1-2:30pm | Res \$20<br>Non Res \$30 | 45912-01 |

### DEMENTIA FRIENDLY OPEN GYM

PCC-Active Wing, 14800 34th Avenue N

Dementia Friendly Open Gym is for people with early-mid stage dementia and care partners. Play pickleball and other popular sports in the gym at the PCC in a relaxed and welcoming environment. Questions? Contact 763-509-5284.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 55+  | Th  | Sep 4-Dec 18<br>1:30-3pm | Res \$20<br>Non Res \$30 | 45911-01 |

### PLYMOUTH MEN'S CLUB

PCC-Education Wing, 14800 34th Avenue N

Please join us for coffee and donuts, and hear interesting and engaging speakers address wide ranging topics. First visit is free to try out the group. Meets the 4th Tuesday of every month. Does not meet in December.

| AGES | DAY          | COST                     | ACTIVITY |
|------|--------------|--------------------------|----------|
| 55+  | 4th Tuesdays | Res \$27<br>Non Res \$37 | 46918-01 |

## HEALTH & FITNESS

### SMALL GROUP PERSONAL TRAINING 55+

PCC-Active Wing, 14800 34th Avenue N

A combination of resistance training & cardio is a great way to maintain stronger bones and muscles as we continue to age through our life cycle. It allows us to do the activities we enjoy doing such as golfing, pickleball, hiking, biking and other fun activities while reducing the risk of injuries. This class is built with the older population in mind to help strengthen all areas of the body including your heart. During our training sessions, we will focus on strength, stability, and low-impact cardio exercises while also discussing healthy eating tips to help build and/or maintain a healthy lifestyle. Instr: Tanya Johnson, CPT, CWC, WFS, CNC, CSNC, and CGFI. Bring a towel and water and join. No program: 11/27.

| AGES | DAY | DATE & TIME                    | COST                       | ACTIVITY |
|------|-----|--------------------------------|----------------------------|----------|
| 55+  | Th  | Aug 21-Sep 25<br>8:30am-9:30am | Res \$195<br>Non Res \$255 | 35447-01 |
| 55+  | Th  | Oct 2-Nov 6<br>8:30am-9:30am   | Res \$195<br>Non Res \$255 | 35447-02 |
| 55+  | Th  | Nov 13-Dec 18<br>8:30am-9:30am | Res \$163<br>Non Res \$213 | 35447-03 |

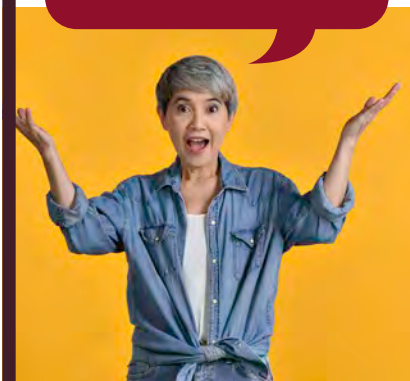


### ZUMBA GOLD

PCC-Active Wing, 14800 34th Avenue N

Fitness class for senior adults that uses exciting Latin and international dance rhythms. Class is modified for beginner participants. No dance experience necessary. Comfortable clothing and workout shoes recommended. Using dance and fitness moves, experience a complete body workout. Instr: Gina Galindo. No program: 11/27.

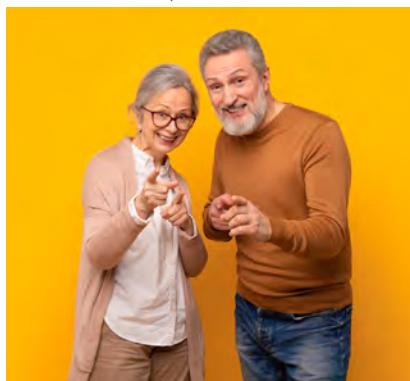
| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 50+  | Tu  | Sep 9-Oct 21<br>8:45am-9:45am   | Res \$68<br>Non Res \$78 | 35418-01 |
| 50+  | Th  | Sep 11-Oct 23<br>9:00am-10:00am | Res \$68<br>Non Res \$78 | 35418-02 |
| 50+  | Tu  | Nov 4-Dec 16<br>8:45am-9:45am   | Res \$68<br>Non Res \$78 | 35418-03 |
| 50+  | Th  | Nov 6-Dec 18<br>9:00am-10:00am  | Res \$59<br>Non Res \$69 | 35418-04 |



**IT'S GREAT**

**TO BE 55+**

**IN PLYMOUTH**




**ADDITIONAL CLASSES AND PROGRAMS IN THE ADULT SECTION OF THIS GUIDE ARE ALL 55+ FRIENDLY!**

ARTS - pg. 48-54

EDUCATION - pg. 55-61

FITNESS - pg. 62-70

ATHLETICS - pg. 71-73

AQUATICS - pg. 88, 91, 92-93

## SAFETY

### GRANDPARENTS: GETTING STARTED

PCC-Education Wing, 14800 34th Avenue N

This training is to prepare grandparents to safely care for infants and children while following the latest recommendations by doctors and scientists. Build on your own knowledge of caring for children and infant's physical and emotional health by discussing managing behaviors and practicing life-saving skills such as choking rescue, pediatric first aid, and CPR.

| AGES | DAY | DATE & TIME              | COST                     | ACTIVITY |
|------|-----|--------------------------|--------------------------|----------|
| 40+  | Sa  | Sep 27<br>9:00am-12:30pm | Res \$68<br>Non Res \$78 | 35502-01 |
| 40+  | Sa  | Dec 13<br>9:00am-12:30pm | Res \$68<br>Non Res \$78 | 35502-02 |

### FALL PREVENTION: STAYING SAFE AND ACTIVE

PCC-Education Wing, 14800 34th Avenue N

Are you fearful of falling or have you fallen recently? Reclaim your confidence and learn how to reduce your risk of falling and maintain independence with this Fall Prevention Presentation. Topics discussed will include vision, footwear, medication management, home hazards, and community safety. Instr: Mallory Haas, Allina Health.

| AGES | DAY | DATE & TIME               | COST   | ACTIVITY |
|------|-----|---------------------------|--------|----------|
| 18+  | W   | Nov 12<br>10:00am-11:00am | no fee | 35922-01 |



## SAFETY

### MINNESOTA HIGHWAY SAFETY & RESEARCH CENTER DRIVING CLASSES

Plymouth Community Center, 14800 34th Avenue N

Taught by trained instructors, topics include changes in traffic laws, vehicle technology and defensive driving tips using educational videos and classroom training/discussion. Sessions are available in a basic (8-hour) first-time course or a refresher (4-hour) course. Please bring what you need for the day (eg. snack, lunch or beverage). Completion of this course allows for a 10% reduction on automobile insurance premiums in Minnesota for those ages 55 and over. Refresher course must be completed every three years for discount.

Many Zoom classes are also available. Call the MN Hwy Safety Research Center for details.

For class fees & registration contact  
MN Hwy Safety Research Center toll free number:  
1-320-308-1400

| AGES | DAY | DATE & TIME              | CLASS TYPE          | LOCATION |
|------|-----|--------------------------|---------------------|----------|
| 55+  | F   | Aug 15<br>11:00am-3:00pm | 4 hour<br>refresher | PCC      |
| 55+  | Tu  | Oct 14<br>12:00pm-4:00pm | 4 hour<br>refresher | PCC      |

## TRIPS

### COMMUNITY TRIPSTERS: OSCEOLA & ST. CROIX VALLEY RAILWAY

PCC-Event wing, 14800 34th Avenue N

Tour the scenic St. Croix river valley by restored historical railway cars, operated by the Minnesota Transportation Museum. Enjoy turkey sandwich box lunch aboard the train. Stop at the Pine Tree Apple Orchard on the way home and choose from a variety of apples and bakery products to purchase. Register by August 27.

| AGES | DAY | DATE & TIME             | COST                       | ACTIVITY |
|------|-----|-------------------------|----------------------------|----------|
| 18+  | Th  | Oct 9<br>11:15am-6:15pm | Res \$101<br>Non Res \$111 | 35600-01 |

### COMMUNITY TRIPSTERS: ORCHESTRA HALL COFFEE CONCERT

PCC-Event wing, 14800 34th Avenue N

Start your morning at Orchestra Hall with coffee and donuts in the main lobby. Enjoy Classical Coffee Concert: Søndergård Conducts Symphonie fantastique. Have lunch at the Hen House Eatery. Menu: soup made from scratch, a chicken salad sandwich, beverage, and a cookie. Register by September 24.

| AGES | DAY | DATE & TIME             | COST                       | ACTIVITY |
|------|-----|-------------------------|----------------------------|----------|
| 18+  | Th  | Nov 13<br>9:30am-4:00pm | Res \$103<br>Non Res \$113 | 35601-01 |

### COMMUNITY TRIPSTERS: SAM'S CHRISTMAS VILLAGE

PCC-Event wing, 14800 34th Avenue N

Enjoy a made from scratch turkey dinner at Key's Café in Hudson. Tour the ultimate holiday lights experience at Sam's Christmas Village & Lights in Somerset, WI featuring over six million lights, Concessions, and a European style Christmas Market. Note: This is a walking tour on their mile long groomed gravel trails. Dress warm and wear appropriate footwear. Food and beverages available for purchase throughout the village. Register by November 6.

| AGES | DAY | DATE & TIME             | COST                       | ACTIVITY |
|------|-----|-------------------------|----------------------------|----------|
| 18+  | Th  | Dec 11<br>2:30pm-8:30pm | Res \$103<br>Non Res \$113 | 35602-01 |

### TRAVEL TALKS: EXTENDED TRIPS

PCC-Education wing, 14800 34th Avenue N

Learn about upcoming Extended Trips destinations in 2025 and 2026, presented by our travel partners. Hear about trip itineraries, destination details, and answers to your travel questions. Meet your tour guides and fellow travelers. Free, pre-registration required. Instr: Jeanie's Journeys.

| AGES | DAY | DATE & TIME             | COST   | ACTIVITY |
|------|-----|-------------------------|--------|----------|
| 18+  | Tu  | Sep 30<br>2:00pm-3:00pm | no fee | 35926-01 |

## TRIPS

### EXTENDED TRIPS: CHRISTMAS IN NEW YORK CITY

Hop on a plane and stay near Times Square at the historic Edison hotel. Visit Ellis Island, Statue of Liberty, 9/11 Memorial Museum, Time Square, Bryant Park's European Christmas Market, Macy's Christmas windows, the Christmas Tree in Rockefeller Center and Radio City Music Hall to see The Radio City Christmas Spectacular. We will go on a guided tour of all of New York City to see all the sights & sounds of the holiday season that includes a view of Lincoln Center, Grand Central Station, and a stop in Central Park for a short walking tour of the "Imagine" area.

#### TOUR INCLUDES:

- Motor-coach, Subway & Airfare Transportation
- One checked bag
- 4 nights lodging just steps from Times Square
- 6 meals: 4 Breakfasts & 1 Lunch, 1 Dinner
- Tickets to The Rockettes Christmas Show
- Admission to the top of The Rock and the 911 Museum
- Locally guided tour of Manhattan
- Tours to Liberty and Ellis Island
- Services of a professional tour director

| DATE               | COST*                                                                                               | ACTIVITY |
|--------------------|-----------------------------------------------------------------------------------------------------|----------|
| Nov. 17-21<br>2025 | Double occupancy/shared room:<br>\$1,998 per person<br><br>Single occupancy:<br>\$2,323 per person. | 45600-01 |

\* Deposit: \$500 per person due at time of booking.  
Registration and final payment due by Oct 1.

### EXTENDED TRIPS: ANTARCTIC EXPLORER

Discover the magic and wonder of the "White Continent"—Antarctica! Your journey will start in the "Paris of South America," Buenos Aires, Argentina, before boarding the Sapphire Princess for your "Bucket-List" Journey! Cross the Drake Passage, see breaching whales crashing, and scenes of pure ice walls as you cruise by one of the most solitary places on earth. Enjoy stops along the way in Chile, Uruguay and the Falkland Islands.

#### TOUR INCLUDES:

- Round Trip Air from MSP Airport to Buenos Aires
- One checked bag
- Visit an Argentinian Estancia with included lunch
- 16 Nights aboard the Sapphire Princess
- All meals while on-board
- All Transportation in Buenos Aires, Argentina from the airport to the port and back
- All Port Charges Taxes and Fees
- Services of a professional tour director throughout trip

| DATE             | COST (PER PERSON)*                                                                                                                                                                         | ACTIVITY |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Jan 7-26<br>2026 | Inside:<br>\$4,998 Double, \$7,999 Single<br>Oceanview:<br>\$5,498 Double, \$8,949 Single<br>Balcony:<br>\$7,768 Double, \$12,339 Single<br>Mini-Suite:<br>\$8,898 Double, \$13,999 Single | 45601-01 |

\*Deposit: \$500 per person due at time of booking.  
Final Payment due by Oct.7.

### EXTENDED TRIPS: FANTASTIC FIJI ESCAPE

Escape the cold February weather on an eight day Fiji vacation at the crossroads of the South Pacific in the Coral Sea! Here, time stands still among palm-fringed beaches, fabulous orchid gardens, and azure lagoons of shimmering Fiji. Still untouched by the outside world, island life has changed very little over the centuries amid this enticing archipelago.

#### TOUR INCLUDES:

- Round Trip Air from MSP to Fiji
- 7 Breakfasts & 2 Dinners including a Luau
- Lei Greeting
- Luxury motor coach transportation to all destinations on Fiji
- 5 Night Stay at a Premier Resort
- An afternoon tour of Fiji with a local guide
- Services of a professional tour director throughout trip

| DATE                 | COST*                                                                              | ACTIVITY |
|----------------------|------------------------------------------------------------------------------------|----------|
| Feb 6-Feb 13<br>2026 | Double occupancy:<br>\$2,898 per person<br>Single occupancy:<br>\$3,198 per person | 45602-01 |

\* Deposit: \$500 per person due at time of booking.  
Final Payment due by Dec. 1.

## TRIPS

### EXTENDED TRIPS: CRUISING THE PACIFIC COAST

Find lots to love when you sail the Pacific Coast on-board Sapphire Princess as you set sail from Los Angeles to Vancouver B.C. with travel guides Dave & Jeanie Johnston. Explore iconic cities including San Francisco, Astoria and Victoria. Shop and dine along eclectic boulevards or escape to world-famous vineyards as you immerse yourself in scenic coastal beauty.

#### 8 DAY TOUR INCLUDES:

- Round Trip Air From MSP Airport
- One checked bag
- 1 Night Lodging in Los Angeles
- 7 Nights Aboard the Sapphire Princess
- All meals while on-board
- Professional Tour & Cruise Manager
- Hollywood Tour in Los Angeles
- All ground transportation from the hotel to the port and cruise ship
- All Port Charges Taxes and Fees
- Services of a professional tour director throughout trip

| DATE              | COST (PER PERSON)*                                                                                                                                                                       | ACTIVITY |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Apr 24-May 2 2026 | Inside:<br>\$1,999 Double, \$2,998 Single<br>Oceanview:<br>\$2,449 Double, \$3,229 Single<br>Balcony:<br>\$2,899 Double, \$3,969 Single<br>Mini Suite:<br>\$2,939 Double, \$4,229 Single | 45603-01 |

\* Deposit: \$500 per person at time of booking.  
Final payment due Jan. 8, 2026

# SENIOR SERVICES

Plymouth Parks & Recreation collaborates with Senior Community Services to meet the changing needs of older adults and their caregivers.



### HOME program:

Get help with indoor and outdoor chores like lawn mowing, snow removal, housekeeping, and more. Services are priced based on income or provided for free from volunteers. Call 952-746-4046 or email [home@seniorcommunity.org](mailto:home@seniorcommunity.org).

### Senior Outreach & Caregiver Services:

Access services, resources, and caregiver support groups to receive support for you and your loved ones. Call 612-770-7005 to learn more and receive support.

### CareNexion:

An online platform to coordinate caregiving. Visit [CareNexion.org](https://www.carenexion.org) to learn more and sign up.

### Technology support:

Have questions about technology? Expert Technology Coaches can give you one-on-one instruction and support! Attend a tech clinic on Tuesdays for personal devices like phones, tablets, and laptops (see the "1:1 Tech Support" section to register). If you have tech that can't leave the house, like TVs and printers, you can call 952-888-5530 for an in-home appointment.

# PLYMOUTH AQUATICS

OPEN SWIM ~ LESSONS ~ POOL RENTALS & PARTIES ~ NOW HIRING



**FALL HOURS:**  
(beginning Sept. 2)

## LAP SWIM

Mon, Wed, Fri: 6-8am  
M, W, Th, F: 11:30am-1:30pm  
Wed: 5-7pm

## OPEN SWIM

Sat: 2-4 pm  
Sun: 2-4pm

\$3/PERSON  
CREDIT/DEBIT CARD PAYMENTS ONLY

## POOL RENTALS AND PARTY PACKAGES

Book a private pool rental or a themed party.  
Pricing includes lifeguard staff.  
View details online.

### Party Themes:

Pirate, Mermaid, Shark, Tropical, Glow in the dark

### Rental Times:

Fri. 5-9 pm, Sat. 5-9 pm and Sun. 4:30-8:30 pm

### Book your party:

[plymouthmn.gov/aquatics](http://plymouthmn.gov/aquatics)



**PLYMOUTHMN.GOV/AQUATICS**

## CLASS DESCRIPTIONS (please see schedule on following pages)



WAYZATA EAST MIDDLE SCHOOL - 12000 RIDGEMOUNT AVENUE W

### ADULT BEGINNER SWIMMING (AGES: 15+)

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety.

### ADULT BEGINNER SWIMMING 2 (AGES: 15+)

Now that you have the basics of how to swim, focus on additional strokes, deep water comfort, treading, and rotary breathing.

### WOMEN'S ADULT BEGINNER SWIMMING (AGES: 16+)

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety. Taught by female instructors.

### INFANT/TODDLER SWIMMING (AGES: 6 MOS-18 MOS)

An adult/child class that builds basic swimming skills and water safety knowledge. Using games and activities, the class will focus on water adjustment and basic comfort in front & back positions. One adult required to be in the water.

### PRESCHOOL ADULT + CHILD (AGES: 18 MO-4 YRS)

One adult per child required in the water. A class for those new to swimming or wishing to build on comfort and water safety skills learned in the Infant/Toddler class. Beginning swim skills introduced including: breath control, front & back position, and movement in the water.

### SWIM STARS (AGES: 3-5)

A class for children to develop the confidence needed to transition to a Preschool 1 swimming class. **Parent/adults will be in the water for the first half of the session** and then transition to a preschool class with instructor only.

### PRESCHOOL 1 SWIMMING (AGES: 3-5)

This class is for those who have completed a parent/child class or a child comfortable in a class setting without a parent. Class introduces age appropriate basic swimming skills, breath control, bobbing underwater, supported front and back floats/glides and movement in the water (5-10 ft). (ratio 5:1)

### PRESCHOOL 2 SWIMMING (AGES: 3-5)

For preschoolers who are comfortable in the water. Expand on basic skills: bobbing underwater, unsupported front and back floats/glides, swim on front and back unsupported 6ft. Jump in water alone. (ratio 5:1).

### PRESCHOOL 3 SWIMMING (AGES: 3-5)

This class is for our younger kids that have mastered preschool 2 skills including putting faces in the water, floating on back and front with support, and overall comfort in the water. Class introduces floating, kicking, gliding, arm & leg action, swimming independently on front/back (10 ft), and breath control (ratio 6:1).

### LEVEL 1 SWIMMING (AGES: 5-14)

This class is an introduction to water skills and builds basic swimming skills for comfort in the water. Class introduces floating, kicking, gliding, arm & leg action, swimming independently on front/back (10 ft), and breath control. (ratio 6:1)

### LEVEL 2 SWIMMING (AGES: 5-14)

This class is for those who have passed Level 1 or are able to float on front and back (5 sec) and independent swim (10 ft on front/back). Class builds on level 1 skills introducing front & back crawl, elementary backstroke and fundamental techniques while building endurance to swim front crawl (15 ft). (ratio 6:1)

### LEVEL 3 SWIMMING (AGES: 6-14)

A class for those who have passed Level 2 or have the equivalent skills. Class concentrates on stroke development, through guided practice, to swim front crawl & back crawl (15 yds each). 30 yd. endurance swim. Intro of elementary back stroke (15 ft), treading water, and diving introduction. (ratio 6:1).

### LEVEL 4 SWIMMING (AGES: 6-14)

A class for those who have passed Level 3 or have the equivalent skills. Class stresses technique and endurance with front & back crawl and elementary backstroke (25 yds). Class introduces breast stroke kick and dolphin kicks, diving progression, deep water skills, lap swimming, and 50 yds endurance swim. (ratio 6:1)

### LEVEL 5 SWIMMING (AGES: 8-14)

Objectives: refine techniques in all strokes (front crawl, back crawl, elementary backstroke 50yds, breast stroke and sidestroke 25yds), learn basic butterfly, become an endurance swimmer (ratio 6:1)

### LEVEL 6 SWIMMING (AGES: 8-14)

Objectives: refine techniques in all strokes (front crawl, back crawl, elementary backstroke 50yds, breast stroke and sidestroke 25yds), learn basic butterfly, become an endurance swimmer (ratio 6:1)

| ADULT BEGINNER (AGES 15+) |               |               |       |          |
|---------------------------|---------------|---------------|-------|----------|
| DAY                       | DATE          | TIME          | COST  | ACTIVITY |
| Su                        | Sep 7-Oct 12  | 1:00pm-1:45pm | \$111 | 35800-01 |
| Tu                        | Sep 9-Oct 28  | 8:00pm-8:45pm | \$148 | 35800-02 |
| Su                        | Oct 26-Dec 14 | 1:15pm-2:00pm | \$130 | 35800-03 |
| Tu                        | Nov 4-Dec 9   | 8:00pm-8:45pm | \$111 | 35800-04 |

| ADULT BEGINNER 2 (AGES 15+) |               |               |       |          |
|-----------------------------|---------------|---------------|-------|----------|
| DAY                         | DATE          | TIME          | COST  | ACTIVITY |
| Su                          | Sep 7-Oct 12  | 1:00pm-1:45pm | \$111 | 33804-01 |
| Tu                          | Sep 9-Oct 28  | 8:00pm-8:45pm | \$148 | 33804-02 |
| Su                          | Oct 26-Dec 14 | 1:15pm-2:00pm | \$130 | 33804-03 |
| Tu                          | Nov 4-Dec 9   | 8:00pm-8:45pm | \$111 | 33804-04 |

| WOMEN'S ADULT BEGINNER (AGES 16+) |               |               |       |          |
|-----------------------------------|---------------|---------------|-------|----------|
| DAY                               | DATE          | TIME          | COST  | ACTIVITY |
| Sa                                | Sep 6-Oct 11  | 1:15pm-2:00pm | \$111 | 35802-01 |
| Sa                                | Oct 25-Dec 13 | 1:15pm-2:00pm | \$130 | 35802-02 |

| INFANT/TODDLER (AGES 6 MO-2.5 YEARS) |               |                 |       |          |
|--------------------------------------|---------------|-----------------|-------|----------|
| DAY                                  | DATE          | TIME            | COST  | ACTIVITY |
| W                                    | Sep 3-Oct 8   | 2:30pm-3:00pm   | \$104 | 31800-01 |
| F                                    | Sep 5-Oct 10  | 10:30am-11:00am | \$104 | 31800-02 |
| Sa                                   | Sep 6-Oct 11  | 9:00am-9:30am   | \$104 | 31800-03 |
| Su                                   | Sep 7-Oct 12  | 11:00am-11:30am | \$104 | 31800-04 |
| W                                    | Oct 22-Dec 3  | 2:30pm-3:00pm   | \$104 | 31800-05 |
| Th                                   | Sep 4-Oct 30  | 5:00pm-5:30pm   | \$138 | 31800-06 |
| Th                                   | Nov 6-Dec 18  | 5:00pm-5:30pm   | \$104 | 31800-07 |
| Sa                                   | Oct 25-Dec 13 | 9:30am-10:00am  | \$121 | 31800-08 |
| Su                                   | Oct 26-Dec 14 | 10:30am-11:00am | \$121 | 31800-09 |
| F                                    | Oct 24-Dec 5  | 10:30am-11:00am | \$104 | 31800-10 |

| PRESCHOOL ADULT + CHILD (AGES 18 MO-4 YEARS) |               |                 |       |          |
|----------------------------------------------|---------------|-----------------|-------|----------|
| DAY                                          | DATE          | TIME            | COST  | ACTIVITY |
| Th                                           | Sep 4-Oct 9   | 3:15pm-3:45pm   | \$104 | 31801-01 |
| Sa                                           | Sep 6-Oct 11  | 10:20am-10:50am | \$104 | 31801-02 |
| Su                                           | Sep 7-Oct 12  | 9:00am-9:30am   | \$104 | 31801-03 |
| M                                            | Sep 8-Oct 13  | 10:15am-10:45am | \$104 | 31801-04 |
| M                                            | Sep 8-Oct 27  | 5:00pm-5:30pm   | \$138 | 31801-05 |
| Th                                           | Oct 23-Dec 4  | 3:15pm-3:45pm   | \$104 | 31801-06 |
| M                                            | Nov 3-Dec 8   | 5:05pm-5:35pm   | \$104 | 31801-07 |
| W                                            | Oct 22-Dec 17 | 5:25pm-5:55pm   | \$138 | 31801-08 |
| Th                                           | Nov 6-Dec 18  | 6:20pm-6:50pm   | \$104 | 31801-09 |
| Sa                                           | Oct 25-Dec 13 | 9:15am-9:45am   | \$121 | 31801-10 |
| Su                                           | Oct 26-Dec 14 | 9:00am-9:30am   | \$121 | 31801-11 |

| SWIM STARS (AGES 3-5) |               |                 |       |          |
|-----------------------|---------------|-----------------|-------|----------|
| DAY                   | DATE          | TIME            | COST  | ACTIVITY |
| Su                    | Sep 7-Oct 12  | 10:45am-11:15am | \$104 | 31802-01 |
| Tu                    | Sep 9-Oct 28  | 4:45pm-5:15pm   | \$138 | 31802-02 |
| W                     | Oct 22-Dec 17 | 4:45pm-5:15pm   | \$138 | 31802-03 |
| Sa                    | Oct 25-Dec 13 | 11:45am-12:15pm | \$121 | 31802-04 |
| Su                    | Oct 26-Dec 14 | 9:00am-9:30am   | \$121 | 31802-05 |
| M                     | Nov 3-Dec 8   | 5:45pm-6:15pm   | \$104 | 31802-06 |

| PRESCHOOL 1 (AGES 3-5) |               |                 |       |          |
|------------------------|---------------|-----------------|-------|----------|
| DAY                    | DATE          | TIME            | COST  | ACTIVITY |
| Th                     | Sep 4-Oct 9   | 2:15pm-2:45pm   | \$104 | 32800-01 |
| Th                     | Sep 4-Oct 30  | 6:15pm-6:45pm   | \$138 | 32800-02 |
| Sa                     | Sep 6-Oct 11  | 9:00am-9:30am   | \$104 | 32800-03 |
| Su                     | Sep 7-Oct 12  | 9:40am-10:10am  | \$104 | 32800-04 |
| M                      | Sep 8-Oct 27  | 5:00pm-5:30pm   | \$138 | 32800-05 |
| W                      | Oct 22-Dec 3  | 9:30am-10:00am  | \$104 | 32800-06 |
| Th                     | Oct 23-Dec 4  | 2:15pm-2:45pm   | \$104 | 32800-07 |
| W                      | Oct 22-Dec 17 | 6:50pm-7:20pm   | \$138 | 32800-08 |
| Th                     | Nov 6-Dec 18  | 5:00pm-5:30pm   | \$104 | 32800-09 |
| Sa                     | Oct 25-Dec 13 | 11:00am-11:30am | \$121 | 32800-10 |
| M                      | Nov 3-Dec 8   | 5:05pm-5:35pm   | \$104 | 32800-11 |
| Tu                     | Nov 4-Dec 9   | 4:45pm-5:15pm   | \$104 | 32800-12 |



WAYZATA EAST MIDDLE SCHOOL - 12000 RIDGEMOUNT AVENUE W

| PRESCHOOL 2 (AGES 3-5) |               |                 |       |          |
|------------------------|---------------|-----------------|-------|----------|
| DAY                    | DATE          | TIME            | COST  | ACTIVITY |
| W                      | Sep 3-Oct 8   | 3:15pm-3:45pm   | \$104 | 32801-01 |
| Sa                     | Sep 6-Oct 11  | 9:40am-10:10am  | \$104 | 32801-02 |
| Su                     | Sep 7-Oct 12  | 9:00am-9:30am   | \$104 | 32801-03 |
| M                      | Sep 8-Oct 13  | 10:15am-10:45am | \$104 | 32801-04 |
| M                      | Sep 8-Oct 27  | 5:40pm-6:10pm   | \$138 | 32801-05 |
| Tu                     | Sep 9-Oct 28  | 6:40pm-7:10pm   | \$138 | 32801-06 |
| M                      | Oct 20-Nov 24 | 9:30am-10:00am  | \$104 | 32801-07 |
| W                      | Oct 22-Dec 3  | 3:15pm-3:45pm   | \$104 | 32801-08 |
| W                      | Oct 22-Dec 17 | 4:45pm-5:15pm   | \$138 | 32801-09 |
| W                      | Oct 22-Dec 17 | 6:05pm-6:35pm   | \$138 | 32801-10 |
| Sa                     | Oct 25-Dec 13 | 8:30am-9:00am   | \$121 | 32801-11 |
| Sa                     | Oct 25-Dec 13 | 11:00am-11:30am | \$121 | 32801-12 |
| Su                     | Oct 26-Dec 14 | 11:30am-12:00pm | \$121 | 32801-13 |
| M                      | Nov 3-Dec 8   | 6:25pm-6:55pm   | \$104 | 32801-14 |

| PRESCHOOL 3 (AGES 3-5) |               |                 |       |          |
|------------------------|---------------|-----------------|-------|----------|
| DAY                    | DATE          | TIME            | COST  | ACTIVITY |
| W                      | Sep 3-Oct 8   | 9:30am-10:00am  | \$104 | 32802-01 |
| W                      | Sep 3-Oct 8   | 3:15pm-3:45pm   | \$104 | 32802-02 |
| Th                     | Sep 4-Oct 9   | 1:45pm-2:15pm   | \$104 | 32802-03 |
| Th                     | Sep 4-Oct 30  | 5:00pm-5:30pm   | \$138 | 32802-04 |
| Sa                     | Sep 6-Oct 11  | 12:20pm-12:50pm | \$104 | 32802-05 |
| Su                     | Sep 7-Oct 12  | 9:55am-10:35am  | \$104 | 32802-06 |
| M                      | Oct 20-Nov 24 | 10:15am-10:45am | \$104 | 32802-07 |
| Th                     | Oct 23-Dec 4  | 1:45pm-2:15pm   | \$104 | 32802-08 |
| W                      | Oct 22-Dec 17 | 5:25pm-5:55pm   | \$138 | 32802-09 |
| Sa                     | Oct 25-Dec 13 | 10:00am-10:30am | \$121 | 32802-10 |
| Su                     | Oct 26-Dec 14 | 9:00am-9:30am   | \$121 | 32802-11 |
| M                      | Nov 3-Dec 8   | 4:30pm-5:00pm   | \$104 | 32802-12 |
| Tu                     | Nov 4-Dec 9   | 6:00pm-6:30pm   | \$104 | 32802-13 |

| LEVEL 1 (AGES 5-14) |               |                 |       |          |
|---------------------|---------------|-----------------|-------|----------|
| DAY                 | DATE          | TIME            | COST  | ACTIVITY |
| W                   | Sep 3-Oct 8   | 1:00pm-1:30pm   | \$104 | 33800-01 |
| Th                  | Sep 4-Oct 30  | 5:00pm-5:30pm   | \$138 | 33800-02 |
| Sa                  | Sep 6-Oct 11  | 9:55am-10:25am  | \$104 | 33800-03 |
| Sa                  | Sep 6-Oct 11  | 11:15am-11:45am | \$104 | 33800-04 |
| Su                  | Sep 7-Oct 12  | 10:20am-10:50am | \$104 | 33800-05 |
| M                   | Sep 8-Oct 27  | 5:40pm-6:10pm   | \$138 | 33800-06 |
| M                   | Sep 8-Oct 27  | 7:00pm-7:30pm   | \$138 | 33800-07 |
| Tu                  | Sep 9-Oct 28  | 4:45pm-5:15pm   | \$138 | 33800-08 |
| Tu                  | Sep 9-Oct 28  | 7:15pm-7:45pm   | \$138 | 33800-09 |
| M                   | Oct 20-Nov 24 | 10:15am-10:45am | \$104 | 33800-10 |
| W                   | Oct 22-Dec 3  | 1:00pm-1:30pm   | \$104 | 33800-11 |
| W                   | Oct 22-Dec 17 | 7:00pm-7:30pm   | \$138 | 33800-12 |
| M                   | Nov 3-Dec 8   | 5:45pm-6:15pm   | \$104 | 33800-13 |
| M                   | Nov 3-Dec 8   | 7:00pm-7:30pm   | \$104 | 33800-14 |
| Tu                  | Nov 4-Dec 9   | 6:30pm-7:00pm   | \$104 | 33800-15 |
| Th                  | Nov 6-Dec 18  | 6:20pm-6:50pm   | \$104 | 33800-16 |
| Sa                  | Oct 25-Dec 13 | 9:15am-9:45am   | \$121 | 33800-17 |
| Su                  | Oct 26-Dec 14 | 9:45am-10:15pm  | \$121 | 33800-18 |
| Su                  | Oct 26-Dec 14 | 12:15pm-12:45pm | \$121 | 33800-19 |
| Th                  | Sep 4-Oct 30  | 6:55pm-7:25pm   | \$138 | 33800-20 |
| W                   | Sep 10-Oct 8  | 4:45pm-5:15pm   | \$140 | 33800-21 |

| LEVEL 2 (AGES 5-14) |               |                 |       |          |
|---------------------|---------------|-----------------|-------|----------|
| DAY                 | DATE          | TIME            | COST  | ACTIVITY |
| W                   | Sep 3-Oct 8   | 10:30am-11:00am | \$104 | 33801-01 |
| Th                  | Sep 4-Oct 9   | 3:15pm-3:45pm   | \$104 | 33801-02 |
| M                   | Sep 8-Oct 13  | 1:30pm-2:00pm   | \$104 | 33801-03 |
| Th                  | Sep 4-Oct 30  | 6:15pm-6:45pm   | \$138 | 33801-04 |
| Th                  | Sep 4-Oct 30  | 6:55pm-7:25pm   | \$138 | 33801-05 |
| Sa                  | Sep 6-Oct 11  | 9:40am-10:10am  | \$104 | 33801-06 |
| Sa                  | Sep 6-Oct 11  | 12:00pm-12:30pm | \$104 | 33801-07 |
| Su                  | Sep 7-Oct 12  | 10:35am-11:05am | \$104 | 33801-08 |
| M                   | Sep 8-Oct 27  | 4:30pm-5:00pm   | \$138 | 33801-09 |
| M                   | Sep 8-Oct 27  | 6:20pm-6:50pm   | \$138 | 33801-10 |
| Tu                  | Sep 9-Oct 28  | 7:15pm-7:45pm   | \$138 | 33801-11 |
| M                   | Oct 20-Nov 24 | 1:30pm-2:00pm   | \$104 | 33801-12 |
| W                   | Oct 22-Dec 3  | 10:30am-11:00am | \$104 | 33801-13 |
| Th                  | Oct 23-Dec 4  | 3:15pm-3:45pm   | \$104 | 33801-14 |
| W                   | Oct 22-Dec 17 | 4:45pm-5:15pm   | \$138 | 33801-15 |
| W                   | Oct 22-Dec 17 | 5:25pm-5:55pm   | \$138 | 33801-16 |
| Sa                  | Oct 25-Dec 13 | 10:45am-11:15am | \$121 | 33801-17 |
| Sa                  | Oct 25-Dec 13 | 12:45pm-1:15pm  | \$121 | 33801-18 |
| Su                  | Oct 26-Dec 14 | 10:45am-11:15am | \$121 | 33801-19 |
| Su                  | Oct 26-Dec 14 | 1:00pm-1:30pm   | \$121 | 33801-20 |
| M                   | Nov 3-Dec 8   | 5:05pm-5:35pm   | \$104 | 33801-21 |
| M                   | Nov 3-Dec 8   | 6:25pm-6:55pm   | \$104 | 33801-22 |
| Tu                  | Nov 4-Dec 9   | 4:45pm-5:15pm   | \$104 | 33801-23 |
| Tu                  | Nov 4-Dec 9   | 6:45pm-7:15pm   | \$104 | 33801-24 |



WAYZATA EAST MIDDLE SCHOOL - 12000 RIDGEMOUNT AVENUE W

### LEVEL 3 (AGES 6-14)

| DAY | DATE          | TIME            | COST  | ACTIVITY |
|-----|---------------|-----------------|-------|----------|
| Th  | Sep 4-Oct 30  | 6:15pm-7:00pm   | \$148 | 33802-01 |
| Th  | Sep 4-Oct 30  | 7:35pm-8:20pm   | \$148 | 33802-02 |
| Sa  | Sep 6-Oct 11  | 9:00am-9:45am   | \$111 | 33802-03 |
| Sa  | Sep 6-Oct 11  | 11:25am-12:10pm | \$111 | 33802-04 |
| Su  | Sep 7-Oct 12  | 9:40am-10:25am  | \$111 | 33802-05 |
| Su  | Sep 7-Oct 12  | 11:20am-12:05pm | \$111 | 33802-06 |
| M   | Sep 8-Oct 27  | 5:40pm-6:25pm   | \$148 | 33802-07 |
| M   | Sep 8-Oct 27  | 6:20pm-7:05pm   | \$148 | 33802-08 |
| Tu  | Sep 9-Oct 28  | 6:20pm-7:05pm   | \$148 | 33802-09 |
| W   | Oct 22-Dec 17 | 6:05pm-6:50pm   | \$148 | 33802-10 |
| W   | Oct 22-Dec 17 | 7:30pm-8:15pm   | \$148 | 33802-11 |
| Th  | Nov 6-Dec 18  | 7:00pm-7:45pm   | \$111 | 33802-12 |
| Sa  | Oct 25-Dec 13 | 8:30am-9:00am   | \$130 | 33802-13 |
| Sa  | Oct 25-Dec 13 | 11:30am-12:15pm | \$130 | 33802-14 |
| Su  | Oct 26-Dec 14 | 10:30am-11:15am | \$130 | 33802-15 |
| M   | Nov 3-Dec 8   | 5:45pm-6:30pm   | \$111 | 33802-16 |
| M   | Nov 3-Dec 8   | 7:45pm-8:30pm   | \$111 | 33802-17 |
| Tu  | Nov 4-Dec 9   | 4:45pm-5:30pm   | \$111 | 33802-18 |
| Tu  | Nov 4-Dec 9   | 7:30pm-8:15pm   | \$111 | 33802-19 |

#### Semi-private lessons

|   |              |               |       |          |
|---|--------------|---------------|-------|----------|
| W | Sep 10-Oct 8 | 5:30pm-6:15pm | \$175 | 33802-20 |
| M | Sep 8-Sep 29 | 7:20pm-8:05pm | \$128 | 33802-21 |
| M | Oct 6-Oct 27 | 7:20pm-8:05pm | \$128 | 33802-22 |

### LEVEL 4 (AGES 6-14)

| DAY | DATE          | TIME            | COST  | ACTIVITY |
|-----|---------------|-----------------|-------|----------|
| Th  | Sep 4-Oct 30  | 7:10pm-7:55pm   | \$148 | 33803-01 |
| Sa  | Sep 6-Oct 11  | 10:20am-11:05am | \$111 | 33803-02 |
| Sa  | Sep 6-Oct 11  | 11:40am-12:25pm | \$111 | 33803-03 |
| Su  | Sep 7-Oct 12  | 9:00am-9:45am   | \$111 | 33803-04 |
| M   | Sep 8-Oct 27  | 7:20pm-8:05pm   | \$148 | 33803-05 |
| Tu  | Sep 9-Oct 28  | 7:15pm-8:00pm   | \$148 | 33803-06 |
| W   | Oct 22-Dec 17 | 6:05pm-6:50pm   | \$148 | 33803-07 |
| Sa  | Oct 25-Dec 13 | 10:00am-10:45am | \$130 | 33803-08 |
| Su  | Oct 26-Dec 14 | 9:45am-10:30am  | \$130 | 33803-09 |
| Su  | Oct 26-Dec 14 | 12:30pm-1:15pm  | \$130 | 33803-10 |
| M   | Nov 3-Dec 8   | 6:45pm-7:30pm   | \$111 | 33803-11 |
| Tu  | Nov 4-Dec 9   | 6:00pm-6:45pm   | \$111 | 33803-12 |
| Th  | Nov 6-Dec 18  | 8:00pm-8:45pm   | \$111 | 33803-13 |
| Sa  | Nov 22-Dec 13 | 12:30pm-1:15pm  | \$96  | 33803-16 |

#### Semi-private lessons

|    |               |                |       |          |
|----|---------------|----------------|-------|----------|
| W  | Sep 3-Oct 8   | 7:00pm-7:45pm  | \$175 | 33803-14 |
| Sa | Oct 25-Nov 15 | 12:30pm-1:15pm | \$148 | 33803-15 |

### LEVEL 5 (AGES 8-14)

| DAY | DATE          | TIME            | COST  | ACTIVITY |
|-----|---------------|-----------------|-------|----------|
| Sa  | Sep 6-Oct 11  | 10:30am-11:15am | \$111 | 33805-01 |
| M   | Sep 8-Oct 27  | 6:35pm-7:10pm   | \$148 | 33805-02 |
| W   | Oct 22-Dec 17 | 7:00pm-7:45pm   | \$148 | 33805-03 |
| Sa  | Oct 25-Dec 13 | 11:45am-12:30pm | \$130 | 33805-04 |
| M   | Nov 3-Dec 8   | 7:45pm-8:30pm   | \$111 | 33805-05 |
| Th  | Nov 6-Dec 18  | 7:40pm-8:25pm   | \$111 | 33805-06 |
| Su  | Oct 26-Dec 14 | 11:30am-12:15pm | \$130 | 33805-07 |

### LEVEL 6 (AGES 8-14)

| DAY | DATE          | TIME            | COST  | ACTIVITY |
|-----|---------------|-----------------|-------|----------|
| Su  | Sep 7-Oct 12  | 11:15am-12:00pm | \$111 | 33806-01 |
| M   | Sep 8-Oct 27  | 6:35pm-7:10pm   | \$148 | 33806-02 |
| Sa  | Oct 25-Dec 13 | 12:30pm-1:15pm  | \$130 | 33806-03 |
| Tu  | Nov 4-Dec 9   | 7:00pm-7:45pm   | \$111 | 33806-04 |
| Su  | Oct 26-Dec 14 | 11:15am-12:00pm | \$130 | 33806-06 |



WAYZATA EAST MIDDLE SCHOOL - 12000 RIDGEMOUNT AVENUE W

### FALL PRIVATE SWIM (AGES 5+)

| DAY | DATE         | TIME            | COST  | ACTIVITY | DAY | DATE          | TIME           | COST  | ACTIVITY |
|-----|--------------|-----------------|-------|----------|-----|---------------|----------------|-------|----------|
| W   | Sep 3-Oct 8  | 1:00pm-1:30pm   | \$210 | 36800-01 | M   | Sep 8-Oct 13  | 1:00pm-1:30pm  | \$210 | 36800-21 |
| W   | Sep 3-Oct 8  | 2:30pm-3:00pm   | \$210 | 36800-02 | W   | Sep 3-Oct 8   | 9:30am-10:00pm | \$210 | 36800-22 |
| Th  | Sep 4-Oct 9  | 1:00pm-1:30pm   | \$210 | 36800-03 | M   | Oct 20-Nov 24 | 1:00pm-1:30pm  | \$210 | 36800-23 |
| Th  | Sep 4-Sep 25 | 5:40pm-6:10pm   | \$140 | 36800-04 | W   | Oct 22-Dec 3  | 9:30am-10:00am | \$210 | 36800-24 |
| Th  | Sep 4-Sep 25 | 7:35pm-8:05pm   | \$140 | 36800-05 | W   | Oct 22-Dec 3  | 1:00pm-1:30pm  | \$210 | 36800-25 |
| Th  | Oct 2-Oct 30 | 5:40pm-6:10pm   | \$140 | 36800-06 | W   | Oct 22-Dec 3  | 2:30pm-3:00pm  | \$210 | 36800-26 |
| Th  | Oct 2-Oct 30 | 7:35pm-8:05pm   | \$140 | 36800-07 | Th  | Oct 23-Dec 4  | 1:00pm-1:30pm  | \$210 | 36800-27 |
| Sa  | Sep 6-Oct 11 | 8:30am-9:00am   | \$210 | 36800-08 | W   | Oct 22-Nov 12 | 7:45pm-8:15pm  | \$140 | 36800-28 |
| Sa  | Sep 6-Oct 11 | 12:35pm-1:05pm  | \$210 | 36800-09 | W   | Oct 22-Nov 12 | 7:50pm-8:20pm  | \$140 | 36800-29 |
| Su  | Sep 7-Oct 12 | 11:40am-12:10pm | \$210 | 36800-10 | W   | Nov 19-Dec 17 | 7:45pm-8:15pm  | \$140 | 36800-30 |
| Su  | Sep 7-Oct 12 | 12:20pm-12:50pm | \$210 | 36800-11 | W   | Nov 19-Dec 17 | 7:50pm-8:20pm  | \$140 | 36800-31 |
| M   | Sep 8-Sep 29 | 8:15pm-8:45pm   | \$140 | 36800-12 | Su  | Oct 26-Dec 14 | 8:20am-8:50am  | \$245 | 36800-32 |
| M   | Oct 6-Oct 27 | 8:15pm-8:45pm   | \$140 | 36800-13 | Su  | Oct 26-Dec 14 | 9:45am-10:15am | \$245 | 36800-33 |
| Tu  | Sep 9-Sep 30 | 5:25pm-5:55pm   | \$140 | 36800-14 | M   | Nov 3-Dec 8   | 4:30pm-5:00pm  | \$210 | 36800-34 |
| Tu  | Sep 9-Sep 30 | 6:00pm-6:30pm   | \$140 | 36800-15 | M   | Nov 3-Dec 8   | 7:00pm-7:30pm  | \$210 | 36800-35 |
| Tu  | Oct 7-Oct 28 | 5:25pm-5:55pm   | \$140 | 36800-16 | M   | Nov 3-Dec 8   | 7:45pm-8:15pm  | \$210 | 36800-36 |
| Tu  | Oct 7-Oct 28 | 6:00pm-6:30pm   | \$140 | 36800-17 | Tu  | Nov 4-Dec 9   | 5:30pm-6:00pm  | \$210 | 36800-37 |
| W   | Sep 10-Oct 8 | 4:45pm-5:15pm   | \$175 | 36800-18 | Tu  | Nov 4-Dec 9   | 5:20pm-5:50pm  | \$210 | 36800-38 |
| W   | Sep 10-Oct 8 | 6:15pm-6:45pm   | \$175 | 36800-19 | Th  | Nov 6-Dec 18  | 5:00pm-5:30pm  | \$210 | 36800-39 |
| W   | Sep 10-Oct 8 | 7:00pm-7:30pm   | \$175 | 36800-20 | Th  | Nov 6-Dec 18  | 5:40pm-6:10pm  | \$210 | 36800-40 |



### PRIVATE ADAPTIVE SWIM LESSONS

Wayzata East Middle School, 12000 Ridgemount Avenue

Lessons will be taught by an instructor certified in Swim Angelfish's Swim Whisperers® program. This multi-level Swim Whisperers® Certification Program teaches swim instructors the strategies needed to overcome the underlying challenges faced by their swimmers. This advanced adaptive aquatic training empowers instructors with the required tools to more effectively teach swimmers with Anxiety, Autism, Trauma, Discomfort, Physical Difficulties, Sensory Issues, Motor Problems and Delays. No program: 11/29.

**SEE REGISTRATION INFO ON PAGE 10**



WAYZATA EAST MIDDLE SCHOOL - 12000 RIDGEMOUNT AVENUE W

## ADULT SWIMMING STROKE REFINEMENT

Wayzata East Middle School, 12000 Ridgemount Avenue

A swim workout that provides you with drills, technique feedback for a variety of strokes and turns. Must be able to swim 25 yards continuously and be comfortable in the deep end.

| AGES | DAY | DATE & TIME                   | COST | ACTIVITY |
|------|-----|-------------------------------|------|----------|
| 15+  | M   | Sep 8-Sep 29<br>6:00am-6:45am | \$28 | 35820-01 |
| 15+  | M   | Oct 6-Oct 27<br>6:00am-6:45am | \$28 | 35820-02 |
| 15+  | M   | Nov 3-Nov 24<br>6:00am-6:45am | \$28 | 35820-03 |
| 15+  | M   | Dec 1-Dec 15<br>6:00am-6:45am | \$21 | 35820-04 |
| 15+  | W,F | Sep 3-Sep 26<br>7:00am-7:45am | \$56 | 35820-05 |
| 15+  | W,F | Oct 1-Oct 31<br>7:00am-7:45am | \$63 | 35820-06 |
| 15+  | W,F | Nov 5-Nov 26<br>6:00am-6:45am | \$49 | 35820-07 |
| 15+  | W,F | Dec 3-Dec 19<br>6:00am-6:45am | \$42 | 35820-08 |
| 15+  | W   | Sep 10-Oct 8<br>7:00pm-7:45pm | \$35 | 35820-09 |

## DEEP WATER CARDIO

Wayzata East Middle School, 12000 Ridgemount Avenue

This zero impact aerobics class is a fantastic workout that incorporates all your favorite shallow water movements with a twist! Water belts and equipment are provided or you can bring your own. Lifeguard on duty and the water is warm!

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 13+  | W,F | Sep 3-Sep 26<br>6:00am-6:45am   | Res \$58<br>Non Res \$58 | 35804-01 |
| 13+  | M,W | Sep 8-Sep 29<br>9:30am-10:15am  | Res \$58<br>Non Res \$58 | 35804-02 |
| 13+  | W,F | Oct 1-Oct 31<br>6:00am-6:45am   | Res \$66<br>Non Res \$66 | 35804-03 |
| 13+  | M,W | Oct 1-Oct 29<br>9:30am-10:15am  | Res \$65<br>Non Res \$65 | 35804-04 |
| 13+  | W,F | Nov 5-Nov 26<br>6:00am-6:45am   | Res \$51<br>Non Res \$51 | 35804-05 |
| 13+  | M,W | Nov 3-Nov 26<br>9:30am-10:15am  | Res \$58<br>Non Res \$58 | 35804-06 |
| 13+  | W,F | Dec 3-Dec 19<br>6:00am-6:45am   | Res \$44<br>Non Res \$44 | 35804-07 |
| 13+  | M,W | Dec 1-Dec 17<br>9:30am-10:15am  | Res \$44<br>Non Res \$44 | 35804-08 |
| 13+  | Th  | Sep 4-Sep 25<br>11:30am-12:15pm | Res \$29<br>Non Res \$29 | 35804-09 |
| 13+  | Th  | Oct 2-Oct 30<br>11:30am-12:15pm | Res \$29<br>Non Res \$29 | 35804-10 |
| 13+  | Th  | Nov 6-Dec 18<br>11:30am-12:15pm | Res \$44<br>Non Res \$44 | 35804-11 |

## DEEP WATER RUNNING

Wayzata East Middle School, 12000 Ridgemount Avenue

Have an injury? Tired of your same old workout? This 45 minute class is the perfect addition to your routine. Allow yourself to experience a new challenge with absolutely zero impact. Water belts are provided or you can bring your own.

| AGES | DAY   | DATE & TIME                   | COST                     | ACTIVITY |
|------|-------|-------------------------------|--------------------------|----------|
| 13+  | Tu,Th | Sep 4-Sep 30<br>5:30pm-6:15pm | Res \$58<br>Non Res \$58 | 35801-01 |
| 13+  | Tu,Th | Oct 2-Oct 30<br>5:30pm-6:15pm | Res \$58<br>Non Res \$58 | 35801-02 |
| 13+  | Tu,Th | Nov 4-Nov 25<br>5:30pm-6:15pm | Res \$51<br>Non Res \$51 | 35801-03 |
| 13+  | Tu,Th | Dec 2-Dec 18<br>5:30pm-6:15pm | Res \$44<br>Non Res \$44 | 35801-04 |

## WATER EXERCISE

Wayzata East Middle School, 12000 Ridgemount Avenue

The natural properties of the water allows for an amazing opportunity to challenge your body. The water increases circulation, decreases swelling, increases flexibility, and provides great resistance. Come learn how to use the water to challenge you and provide some variety to your workout routines.

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 16+  | M,W | Sep 8-Sep 29<br>11:30am-12:15pm | Res \$51<br>Non Res \$51 | 36217-01 |
| 16+  | M,W | Oct 1-Oct 29<br>11:30am-12:15pm | Res \$66<br>Non Res \$66 | 36217-02 |
| 16+  | M,W | Nov 3-Nov 26<br>11:30am-12:15pm | Res \$58<br>Non Res \$58 | 36217-03 |
| 16+  | M,W | Dec 1-Dec 17<br>11:30am-12:15pm | Res \$44<br>Non Res \$44 | 36217-04 |

## CANCELLATION POLICY

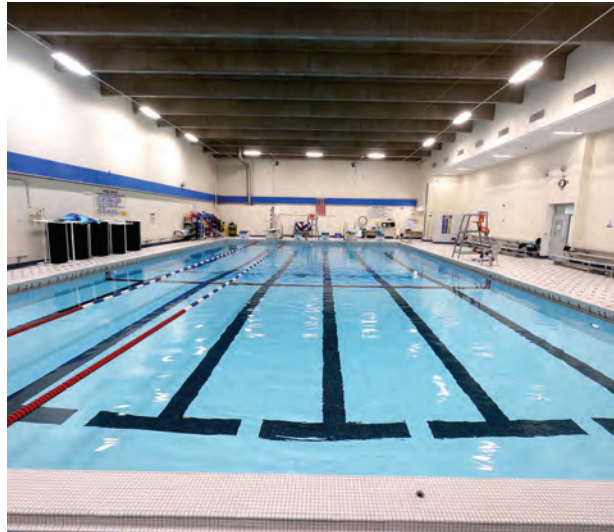
Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

## WATER EXERCISE SAMPLER

Wayzata East Middle School, 12000 Ridgemount Avenue

Get bored easily? Each week experience a different format of water exercise! Perfect for those that are nervous about joining a class without experiencing the format!

| AGES | DAY | DATE & TIME                     | COST                     | ACTIVITY |
|------|-----|---------------------------------|--------------------------|----------|
| 15+  | F   | Sep 5-Sep 26<br>11:30am-12:15pm | Res \$29<br>Non Res \$29 | 35930-01 |
| 15+  | F   | Oct 3-Oct 31<br>11:30am-12:15pm | Res \$29<br>Non Res \$29 | 35930-02 |
| 15+  | F   | Nov 7-Nov 21<br>11:30am-12:15pm | Res \$22<br>Non Res \$22 | 35930-03 |
| 15+  | F   | Dec 5-Dec 19<br>11:30am-12:15pm | Res \$22<br>Non Res \$22 | 35930-04 |



## WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

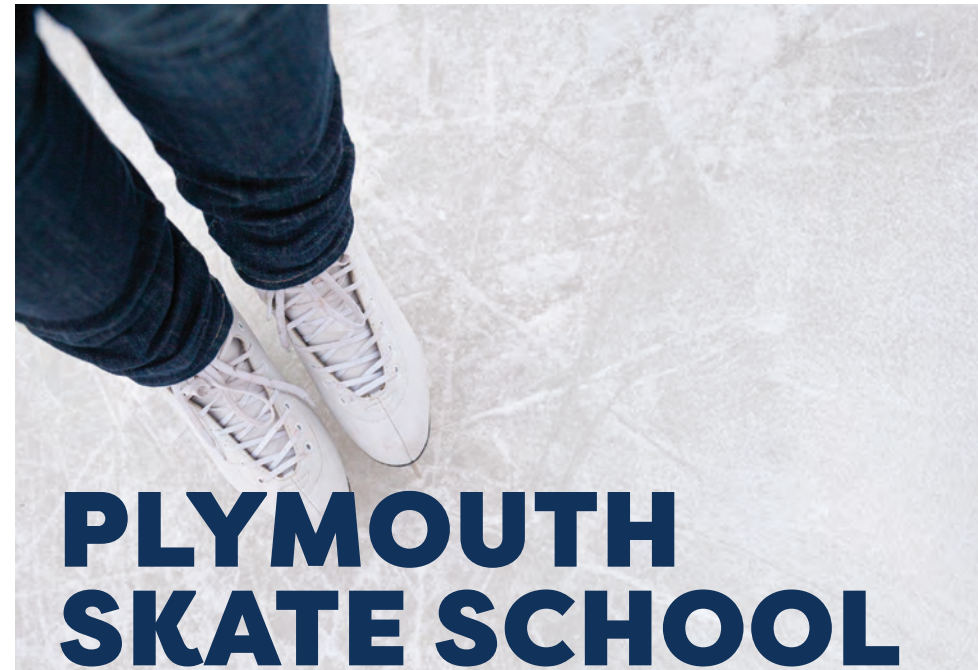


# PLYMOUTH ICE CENTER



## OPEN SKATE

- Cost: \$5 per person
- Skate rental: \$5/pair
- View schedule at [plymouthmn.gov/pic](http://plymouthmn.gov/pic)



# PLYMOUTH SKATE SCHOOL

## GENERAL INFORMATION

- Beginning levels are required to wear helmets.
- Skaters MUST be at least 4 years old by the start of the class – no exceptions will be made.
- Rental skates – available for \$5/lesson.
- Parents are not allowed on the ice during class time.
- For safety reasons, no shoes allowed on the ice.

## PROPER ATTIRE

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. Skates should not crease or buckle when worn, and should fit to the foot size and not have excess 'room to grow'. Blades should be of high tempered steel and properly sharpened. Double runner blades 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.

## CLASS DESCRIPTIONS (please see schedule on following pages)

### SKATING BEGINNERS (AGES: 4-6)

For children that have never been on ice. Helmets required.

### SKATING BEGINNER/INTERMEDIATE (AGES: 4-6)

This is NOT a beginner class. For children who have skated previously and can glide on the ice. They must know how to fall down and get up unassisted.

### SKATING PRE-ALPHA LEVEL 1 (AGES: 7-15)

A beginner level class for children ages 7-15 with little to no skating experience. Helmets required at this beginner level.

### SKATING PRE-ALPHA LEVEL 2 (AGES: 4-15)

Class Elements: One foot glide, right/left, two foot glide, forward/backward swizzles, backward wiggle, two foot turns in place, forward pumps on circles.

### SKATING ALPHA (AGES: 4-18)

Pre-req: Pre-Alpha. Forward stroking, forward crossover (both directions), one foot snowplow stop, backward one foot glides, backward pumps on circle, moving two foot turns.

### SKATING BETA (AGES: 4-18)

Pre-req: Alpha. Backward stroking, backward crossovers both directions, t-stop, backward edges on circle, side toe hop/shuffle, forward edges.

### SKATING GAMMA (AGES: 4-18)

Pre-req: Beta. Forward outside 3-turns, inside open Mohawk, hockey stop, moving backward two foot turns on circle, chasse.

### SKATING DELTA (AGES: 4-18)

Pre-req: Gamma. Forward inside 3 turn, forward consecutive edges, shoot the duck/lunge bunny hop, backward crossover to backward outside glide, backward outside edge transitions on circle.

### SKATING FREESTYLE 1-6 (AGES: 4+)

Pre-req: Delta. Advanced figure skating lessons. Jumps and spins.

### SKATING HOCKEY 1 (AGES: 4+)

This is NOT a beginner class. For those with little experience on the ice. Participants must have hockey skates and helmet and know how to fall and recover. Proper stance, stationary snowplow stop, forward marching, dips and glides, backwards wiggle, stationary two foot turns, forward swizzles, rocking horses, t-pushes.

### SKATING HOCKEY 2 (AGES: 4+)

Pre-req: Hockey 1. For those with moderate skating experience. Must have hockey skates and helmet with a face cage. Forward power swizzles, backward C-cuts, backward snowplow stops, forward/backward C-cuts on circle plus glides, skateboard push, t-push with glides.

### SKATING HOCKEY 3 (AGES: 4+)

Pre-Req: Hockey 2. For those with considerable skating experience. Must have hockey skates and helmet with a face cage. One foot snowplow stops, full stride v-pushes, shuffle stride, backward hustle, forward and backward crossovers, hockey stops, quick starts, forward power turns, mohawks, alternating backward crossovers with wide transitions.

### SKATING ADULT (AGES: 15.5+)

Beginner through advanced levels using basic skills. Helmets highly encouraged, but not required.

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 3.

ALL SKATING PROGRAMS MEET AT THE  
**PLYMOUTH ICE CENTER**  
3650 Plymouth Blvd.

## SKATING CONTRACT ICE

Contract Ice is an opportunity for skaters to practice their skating skills on reserved ice time. If space is available, walk-ins will be \$16 per hour or \$8 per half hour. If interested, contact the Plymouth Ice Center, 763-509-5250.

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

| AGES     | DAY | DATE & TIME                   | COST  | ACTIVITY |
|----------|-----|-------------------------------|-------|----------|
| all ages | Sa  | Oct 4-Nov 22<br>8:00am-9:00am | \$102 | 36200-01 |
| all ages | Su  | Oct 5-Nov 23<br>2:15pm-3:15pm | \$102 | 36200-02 |

| BEGINNERS (4-6) RES \$102   NON-RES \$116 |              |                 |            |
|-------------------------------------------|--------------|-----------------|------------|
| DAY                                       | DATE         | TIME            | ACTIVITY # |
| Sa                                        | Oct 4-Nov 22 | 9:00am-9:30am   | 36203-01   |
| Sa                                        | Oct 4-Nov 22 | 9:35am-10:05am  | 36203-02   |
| Sa                                        | Oct 4-Nov 22 | 10:55am-11:25am | 36203-03   |
| Sa                                        | Oct 4-Nov 22 | 11:30am-12:00pm | 36203-04   |
| Su                                        | Oct 5-Nov 23 | 3:30pm-4:00pm   | 36203-05   |
| Su                                        | Oct 5-Nov 23 | 4:05pm-4:35pm   | 36203-06   |
| Su                                        | Oct 5-Nov 23 | 5:25pm-5:55pm   | 36203-07   |
| Su                                        | Oct 5-Nov 23 | 6:00pm-6:30pm   | 36203-08   |

| BEG./INT. (4-6) RES \$102   NON-RES \$116 |              |                 |          |
|-------------------------------------------|--------------|-----------------|----------|
| Sa                                        | Oct 4-Nov 22 | 9:00am-9:30am   | 36204-01 |
| Sa                                        | Oct 4-Nov 22 | 9:35am-10:05am  | 36204-02 |
| Sa                                        | Oct 4-Nov 22 | 11:30am-12:00pm | 36204-03 |
| Su                                        | Oct 5-Nov 23 | 3:30pm-4:00pm   | 36204-04 |
| Su                                        | Oct 5-Nov 23 | 4:05pm-4:35pm   | 36204-05 |
| Su                                        | Oct 5-Nov 23 | 5:25pm-5:55pm   | 36204-06 |
| Su                                        | Oct 5-Nov 23 | 6:00pm-6:30pm   | 36204-07 |

| PRE-ALPHA LEVEL 1 (7-15) RES \$102   NON-RES \$116 |              |                 |            |
|----------------------------------------------------|--------------|-----------------|------------|
| DAY                                                | DATE         | TIME            | ACTIVITY # |
| Sa                                                 | Oct 4-Nov 22 | 9:00am-9:30am   | 36205-01   |
| Sa                                                 | Oct 4-Nov 22 | 11:30am-12:00pm | 36205-02   |
| Su                                                 | Oct 5-Nov 23 | 3:30pm-4:00pm   | 36205-03   |
| Su                                                 | Oct 5-Nov 23 | 6:00pm-6:30pm   | 36205-04   |
| Su                                                 | Oct 5-Nov 23 | 6:30pm-7:00pm   | 36205-05   |

| PRE-ALPHA LEVEL 2 (4-15) RES \$102   NON-RES \$116 |              |                 |          |
|----------------------------------------------------|--------------|-----------------|----------|
| Sa                                                 | Oct 4-Nov 22 | 9:00am-9:30am   | 36206-01 |
| Sa                                                 | Oct 4-Nov 22 | 10:55am-11:25am | 36206-02 |
| Sa                                                 | Oct 4-Nov 22 | 11:30am-12:00pm | 36206-03 |
| Su                                                 | Oct 5-Nov 23 | 3:30pm-4:00pm   | 36206-04 |
| Su                                                 | Oct 5-Nov 23 | 4:05pm-4:35pm   | 36206-05 |
| Su                                                 | Oct 5-Nov 23 | 5:25pm-5:55pm   | 36206-06 |
| Su                                                 | Oct 5-Nov 23 | 6:30pm-7:00pm   | 36206-07 |

| ALPHA (4-18) RES \$102   NON-RES \$116 |              |                 |          |
|----------------------------------------|--------------|-----------------|----------|
| Sa                                     | Oct 4-Nov 22 | 9:35am-10:05am  | 36207-01 |
| Sa                                     | Oct 4-Nov 22 | 10:55am-11:25am | 36207-02 |
| Su                                     | Oct 5-Nov 23 | 3:30pm-4:00pm   | 36207-03 |
| Su                                     | Oct 5-Nov 23 | 5:25pm-5:55pm   | 36207-04 |
| Su                                     | Oct 5-Nov 23 | 6:30pm-7:00pm   | 36207-05 |

ALL SKATING PROGRAMS MEET AT THE  
**PLYMOUTH ICE CENTER**  
3650 Plymouth Blvd.

## BETA (4-18) RES \$102 | NON-RES \$116

| DAY | DATE         | TIME            | ACTIVITY # |
|-----|--------------|-----------------|------------|
| Sa  | Oct 4-Nov 22 | 10:10am-10:40am | 36208-01   |
| Su  | Oct 5-Nov 23 | 4:40pm-5:10pm   | 36208-02   |
| Su  | Oct 5-Nov 23 | 6:30pm-7:00pm   | 36208-03   |

## GAMMA (4-18) RES \$102 | NON-RES \$116

|    |              |                 |          |
|----|--------------|-----------------|----------|
| Sa | Oct 4-Nov 22 | 10:10am-10:40am | 36209-01 |
| Su | Oct 5-Nov 23 | 4:40pm-5:10pm   | 36209-02 |

## DELTA (4-18) RES \$102 | NON-RES \$116

|    |              |                 |          |
|----|--------------|-----------------|----------|
| Sa | Oct 4-Nov 22 | 10:10am-10:40am | 36210-01 |
| Su | Oct 5-Nov 23 | 4:40pm-5:10pm   | 36210-02 |

## FREESTYLE 1-6 (4+) RES \$102 | NON-RES \$116

|    |              |                 |          |
|----|--------------|-----------------|----------|
| Sa | Oct 4-Nov 22 | 10:10am-10:40am | 36211-01 |
| Su | Oct 5-Nov 23 | 4:40pm-5:10pm   | 36211-02 |

## HOCKEY 1 (4+) RES \$102 | NON-RES \$116

|    |              |                 |          |
|----|--------------|-----------------|----------|
| Sa | Oct 4-Nov 22 | 10:55am-11:25am | 36212-01 |
| Su | Oct 5-Nov 23 | 5:25pm-5:55pm   | 36212-02 |

## HOCKEY 2 (4+) RES \$102 | NON-RES \$116

|    |              |                 |          |
|----|--------------|-----------------|----------|
| Sa | Oct 4-Nov 22 | 10:10am-10:40am | 36213-01 |
| Su | Oct 5-Nov 23 | 4:40pm-5:10pm   | 36213-02 |

## HOCKEY 3 (4+) RES \$102 | NON-RES \$116

|    |              |               |          |
|----|--------------|---------------|----------|
| Su | Oct 5-Nov 23 | 6:00pm-6:30pm | 36214-01 |
|----|--------------|---------------|----------|

## ADULT (15.5+) RES \$102 | NON-RES \$116

|    |              |                |          |
|----|--------------|----------------|----------|
| Sa | Oct 4-Nov 22 | 9:35am-10:05am | 36201-01 |
| Su | Oct 5-Nov 23 | 4:05pm-4:35pm  | 36201-02 |
| Su | Oct 5-Nov 23 | 6:30pm-7:00pm  | 36201-03 |



**WEATHER LINE**  
**763-509-5205**  
 call for updates on  
 class cancellations



ALL SKATING PROGRAMS MEET AT THE  
**PLYMOUTH ICE CENTER**  
 3650 Plymouth Blvd.

# MUSIC IN PLYMOUTH™

# THANK YOU

to all the generous contributors  
to Music in Plymouth 2025.  
The tradition continues!



# Thank You SPONSORS

[plymouthmn.gov/sponsors](http://plymouthmn.gov/sponsors)



PLYMOUTH LIONS



# 55+ BINGO

OCT. 1  
FALL BINGO

DEC. 3  
HOLIDAY BINGO

DETAILS ON PAGE 79



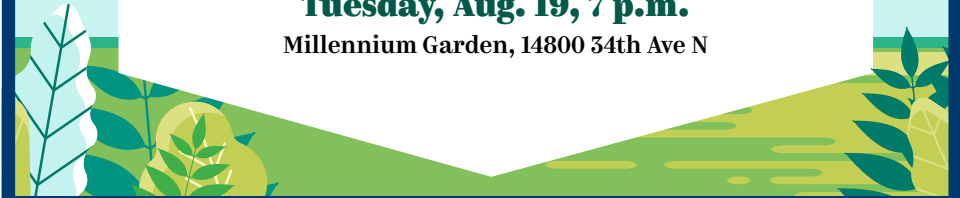
# Summer MUSIC



**Plymouth Rockers Chorus**

**Tuesday, Aug. 19, 7 p.m.**

Millennium Garden, 14800 34th Ave N



# MOVIE MATINEE 55+

SEE DETAILS ON PG 79



# VETERANS BREAKFAST

**THURSDAY, NOVEMBER 6**

**9:30-11:00 A.M.**

Free drive-thru event for Veterans (\$12 for guests)  
Plymouth Veterans Memorial, 3400 Plymouth Blvd

Registration required by October 30 | 763-509-5200

**Aug. 8**

## **Beaches, Bands & Brews**

**5:30-8:30pm**

East Medicine Lake beach,  
1740 E Medicine Lk Blvd



[plymouthmn.gov/specialevents](http://plymouthmn.gov/specialevents)

## **Interactive Story Time IN SPANISH**

**SATURDAY, SEPT. 27 | 10-10:45 AM**

**Celebrando la cultura y el lenguaje mediante la lectura, el baile, y las manualidades.** (Celebrating culture and language through storytelling, dancing, and arts and crafts.)

Local author, Pamela Mercado Michelli will share her children's book, "Daniela y Mateo viajan a Puerto Rico."

Handouts will be available in Spanish and English

Free event. Pre-registration is requested.

Sign-up with activity code #36103-01

**PCC Blackbox Theater, 14800 34th Ave N**



# **TRAVEL WITH US!**

SEE DETAILS ON PG 83-85



# **book your party**

Art parties, STEM parties, pool parties,  
skating parties, gym parties, playground  
parties, and parties at the fieldhouse

[plymouthmn.gov/birthdayparties](http://plymouthmn.gov/birthdayparties)



# KIDS FEST

SUMMER CARNIVAL

**AUGUST 21**

**5:00 PM–8:00 PM**

Hilde Performance Center, 3500 Plymouth Blvd



visit [plymouthmn.gov/specialevents](https://plymouthmn.gov/specialevents) for updates

## 2025 EXHIBITS

at the ART GALLERY



**Colleen Cosgrove**

July 18–Aug. 29



**Minnesota  
Contemporary  
Quilters**

Sep. 5–Oct. 17



**Dan Petrov**

Oct. 24–Dec. 5



**Woodcarvers and  
Open Arts Studio**

Dec. 12–Jan. 23

**Plymouth**  
COMMUNITY CENTER

[plymouthmn.gov/pcc](https://plymouthmn.gov/pcc)



# STEMtacular SATURDAY

**NOV. 8, 10am – Noon**  
**PLYMOUTH COMMUNITY CENTER**

Ages 4+ (with adult)

**CELEBRATE NATIONAL STEM/STEAM DAY WITH  
PLYMOUTH PARKS AND REC AND THE STEM LAB!**



Explore the fascinating world of STEM with hands-on activities, experiments, engineering challenges and demonstrations.

\$45 resident/\$54 non-resident per couple. Additional attendee: \$20 each



# ART PARTIES

[PLYMOUTHMN.GOV/BIRTHDAYPARTIES](http://PLYMOUTHMN.GOV/BIRTHDAYPARTIES)



# STEM PARTIES

[PLYMOUTHMN.GOV/BIRTHDAYPARTIES](http://PLYMOUTHMN.GOV/BIRTHDAYPARTIES)

# HALLOWEEN

at the

# LAKE

FRIDAY  
OCTOBER  
24

FREE  
FAMILY  
EVENT

PARKERS LAKE  
PLAYFIELD  
15500 Co. Rd. 6  
5:00 - 8:00pm



Games & Activities  
Orange Carpet Photo Ops  
Pumpkin Patch  
Emergency Vehicles  
Treat Stations





# MERRY MARKET

Local vendors selling handmade goods  
in Plymouth's Historic Town Hall.

Dec. 6, 2025 | 10 am-2 pm

Old Town Hall, 3605 Fernbrook Lane

## Santa's Mailbox



Your child can drop off a letter to Santa

**December 1-14**

Letters must include a self-addressed stamped envelope.  
All letters are responded to.

### **DROP OFF LOCATIONS:**

Plymouth City Hall, Plymouth Ice Center,  
Plymouth Community Center, Hilde Performance Center

## Santa

visits the sensory room



**DECEMBER 7, 12-4PM**

Plymouth Community Center, 14800 34th Ave N

reserve a time online with activity #11703 | [PLYMOUTHMN.GOV/SPECIALEVENTS](https://plymouthmn.gov/specialevents)



HILDE  
NIGHTS

**PLYMOUTH'S  
FREE SUMMER  
CONCERT SERIES**

JULY 11, 6:30-10 PM

**RIVAL 5  
THE HYPE!**



AUG. 15, 6-9:30 PM

**RUMOURS:  
THE ULTIMATE FLEETWOOD  
MAC TRIBUTE SHOW**



**HILDE  
PERFORMANCE  
CENTER**  
3500 PLYMOUTH BLVD

PLYMOUTH  
*Farmers Market*

EVERY WEDNESDAY, 2:00-6:00 P.M.

**JUNE 18 - OCTOBER 1**

PARKERS LAKE PLAYFIELD, 15500 CO RD 6



**EBT NOW AVAILABLE**

The market will be bursting with summer vegetables & fruits, so remember to bring a bag to carry it all home.

A newsletter is published online each week which highlights market vendors, upcoming news and recipes to try.

PLYMOUTH PARKS & RECREATION  
763.509.5200 / [plymouthmn.gov/farmersmarket](http://plymouthmn.gov/farmersmarket)



3400 Plymouth Boulevard  
Plymouth, MN 55447-1482

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U.S. POSTAGE

**PAID**

TWIN CITIES MN  
PERMIT NO. 1889

NOVEMBER 22 | 9:00AM- 4:00PM

Plymouth Community Center, 14800 34th Ave N

# PLYMOUTH ARTISAN MARKET

[plymouthmn.gov/artisanmarket](http://plymouthmn.gov/artisanmarket)

FREE ADMISSION

