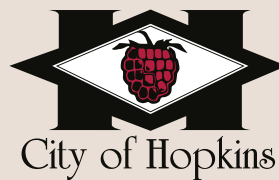


HOPKINS-MINNETONKA
RECREATION
2023 FALL PROGRAMS



REGISTRATION BEGINS

Tuesday, Aug. 8
8 a.m.

Thursday, Aug. 10
8 a.m.

Tuesday, Aug. 22
8 a.m.

General Recreation Programs

Senior Programs

Ice Skating Lessons

minnetonkamn.gov/register

GENERAL INFORMATION

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Weather Hotline

Call the weather hotline at 952-939-8355 for information on program or event cancelations. For information about the status of senior programs, call 952-939-8393.



Inclusion Services

The cities of Hopkins and Minnetonka encourage individuals with disabilities to register for general recreation programs. Please call 952-939-8323 at least two weeks prior to the start of the program if inclusion services are needed.

Inclusion staff will work with individuals to determine needs and arrange for the necessary assistance.

Requests received without a two-week notice are not guaranteed, and a parent or caregiver may be required to arrange for their own assistance.

Financial Aid: Scholarships

The Richard Wilson Scholarship Fund provides financial aid to Hopkins and Minnetonka residents participating in joint recreation sponsored programs.

- Available to Hopkins and Minnetonka residents. Proof of residency will be required.
- Financial assistance provided to children ages 18 and younger.
- Applicants receive \$100 per person annually, expiring at the end of the calendar year.
- Scholarships will be issued within five business days of application submission for eligible applicants.
- Scholarships are contingent upon scholarship fund balance.
- A completed scholarship application and one supporting financial document are required.
- Scholarships are not granted for facility memberships or rentals.
- Applications will remain confidential.
- Contact Recreation Services at 952-939-8203 for an application.

Community Athletic Organizations

Glen Lake Mighty Mites Baseball	Ages 5-12	glenlakebaseball.com
Girls Athletic League (GAL) Softball	Grades K-12	galsoftball.org
Hopkins Area Little League	Ages 4-12	hopkinslittleleague.com
Hopkins Baseball Association	Ages 13-18	hopkinsbaseball.com
Hopkins Girls Basketball Association	Grades 4-8	hopkinsgba.org
Hopkins Girls Fast Pitch Softball	Ages 5-18	hopkinsfastpitch.com
Hopkins Lacrosse Association	Grades 3-8	hopkinslax.org
Hopkins Rugby Club	Grades Pre K-12	hopkinsrugby.com
Hopkins Youth Hockey Association	Grades Pre K-12	hopkinshockey.com
Lake Minnetonka Figure Skating Club	Grades Pre K-12	lmfsc.org
Minnesota Synchronettes (synchronized swimming)	Ages 6-19	mnsynchronettes.org
Minnetonka Baseball Association	Ages 5-18	minnetonkabaseball.org
Minnetonka Big Willow Youth Baseball	Ages 4-12	bigwillowbaseball.com
Minnetonka Girls Softball Association	Grades K-12	tonkasoftball.org
Minnetonka Lacrosse Association	Ages 14-18	mtkalax.org
Minnetonka Youth Hockey Association	Ages Pre K-12	tonkahockey.org
Plymouth/Wayzata Youth Baseball Association	Ages 6-18	pwbya.com
Plymouth/Wayzata Youth Softball Association	Grades K-12	pwysa.com
Tonka United Soccer	Grades Pre K-12	tonkaunited.org

Invest In Our Youngest Residents

Studies show that dynamic, well-designed recreation programs - like those offered by Hopkins-Minnetonka Recreation Services - help young people achieve physical, emotional and social wellness. Organized activities like these play a key role in youth development. And they're a whole lot of fun, too.

We need your support to ensure that our recreation programs remain inclusive and available to all local youth.

Please consider donating to the Richard Wilson Recreation Scholarship Fund. **Give online at minnetonkamn.gov/register, or call 952-939-8203.** Thank you for supporting our youngest residents.



Data Privacy Act/Tennessee Warning

Your name, address, telephone number, and other identifying information are private and cannot be given to the general public. We need this information to enroll you in the program and to be able to contact you if necessary. If you do not provide the information, the participant may not be able to enroll in the requested program. This information will be provided to the coaches and members of any team that you are on and to authorized recreation personnel who have a need to know. This information about a minor is available to both parents, unless the minor requests that it be withheld and provides compelling reasons to support the request.

REGISTRATION

Registration Begins

Tuesday, Aug. 8, 8 a.m.

GENERAL RECREATION PROGRAMS

Thursday, Aug. 10, 8 a.m.

SENIOR PROGRAMS

Tuesday, Aug. 22, 8 a.m.

ICE SKATING LESSONS

(See Tennis and Swimming Lesson registration dates on pages 47 and 52)

Three ways to register

Online:

minnetonkamn.gov/register



- Log in with your username and password or create an account if you don't already have one.
- All Williston and Marsh members have an account. Call for your login information prior to registration day.

Phone:

Call 8 a.m.-4:30 p.m. Monday-Friday:

Recreation: 952-939-8203

Senior Programs: 952-939-8393

In Person:

- Recreation Services offices, The Marsh, 15000 Minnetonka Blvd., Minnetonka
- Senior Services, Minnetonka Community Center, 14600 Minnetonka Blvd., Minnetonka
- Williston Fitness Center, 14509 Minnetonka Drive, Minnetonka
- Ice Arena, 3401 Williston Road, Minnetonka

Payment

Payment must be made at the time of registration by cash, check or Visa, MasterCard or Discover card.

Program Withdrawal and Refund Policy

- Participants wishing to withdraw from a program must do so at least one week prior to the start of the program or by the stated registration deadline.
- Refunds are granted when a program is canceled due to low enrollment.
- No refund is granted for a single class canceled due to circumstances beyond the city's control (i.e. power outages, weather, etc.).
- Partial refunds after the start of the program are only considered if injury or serious illness occurs and must be approved by the program manager. A physician's verification may be required.
- Refunds can take up to three weeks to process.

Photo Policy

Photographs and video are occasionally taken of participants while they are in programs, special events, city facilities or enjoying parks. Please be aware that these photos may be published by the City of Minnetonka or City of Hopkins.

Liability Waiver

In consideration of entry into a program(s), I state and affirm that participation in the 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 injury 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.

COMMUNITY EVENTS

MOVIES IN THE PARK

Bring your family and friends for a fun night of cinema under the stars!
Movies take place approximately 15 minutes after sunset.

Thursday, Aug. 31

(approximately 8:15 p.m.)

Lyle, Lyle, Crocodile

Friday, Sept. 8

(approximately 7:55 p.m.)

Puss In Boots: The Last Wish

Friday, Sept. 15

(approximately 7:40 p.m.)

Minions: The Rise of Gru

Civic Center Park Outdoor Amphitheater
14600 Minnetonka Blvd.

Call the weather hotline at 952-939-8355 or visit minnetonkamn.gov for weather-related updates.



Summer may be ending, but the market is still here!

Pick up fresh produce, meats, breads, treats, flowers and more through Sept 26.

**Join us at our
new location:
Ridgedale Commons!**

**Tuesdays, 3-7 p.m.
Now through Sept. 26**

Ridgedale Commons
12590 Ridgedale Drive



Sign up for weekly market updates at minnetonkamn.gov/farmersmarket.

Winter FARMERS MARKET



The market includes vendors selling local, fresh and canned produce, meats, honey, breads, desserts, coffee, pickles, jams, jellies, sauces, eggs, herbal self-care products, soaps, cards, crafts and gifts. Plus, live music!

We accept SNAP/EBT and match the first \$10 with Market Bucks and Produce Market Bucks.

Saturdays, Nov. 11, Dec. 9, Feb. 10
10 a.m.-2 p.m.

Minnetonka Community Center, 14600 Minnetonka Blvd.



Visit minnetonkamn.gov/farmersmarket for more information or to become a vendor, or email farmersmarket@minnetonkamn.gov.



Music Association of Minnetonka



Orchestral, band, and choral opportunities for people of all ages. We strive to be the community destination for all who love music.

Visit musicassociation.org for our Fall 2023 offerings.

PRESCHOOL PROGRAMS

Arts, Crafts and Technology



Our Favorite Friends

Ages 18 months-6 years (with adult)

Your child's favorite cartoon characters - Bluey, Cocomelon, Blippy - come to life with messy but magical art projects inspired by these beloved friends using tons of different art materials and techniques. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
Th	Sept. 21-Oct. 12	9:30-10:30 a.m.	\$69	1040201-01

Location: Ridgedale Commons

PAW Patrol - Skye

Ages 18 months-6 years (with adult)

Create a mixed media masterpiece inspired by Skye from the hit series "Paw Patrol." Color, cut, paint, collage and more as you create a giant helicopter zooming through the air. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
M	Oct. 9	9:30-10:30 a.m.	\$23	1040204-01

Location: Ridgedale Commons

Glow Art

Ages 18 months-6 years (with adult)

Light up your child's world long after the lights go out. All projects will glow in the dark! Work with a variety of art supplies, including clay, paint and many luminescent materials. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
Tu	Nov. 7-28	9:30-10:30 a.m.	\$69	1040203-01

Location: Ridgedale Commons

Wheels on the Bus

Ages 18 months-6 years (with adult)

"The wheels on the bus go round and round, round and round, round and round." This song will be our inspiration as we create a school bus art masterpiece. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
F	Nov. 17	9:30-10:30 a.m.	\$23	1040206-01

Location: Ridgedale Commons

Dino Day

Ages 3-6

Artists will explore several different mediums as they tear, paint, glue and more. It'll be dino-riffic!

Day	Date	Time	Cost	Course
F	Dec. 15	9 a.m.-noon	\$41	1040202-01

Location: Glen Lake Activity Center

Tinkerbell and Her Fairy

Ages 3-6

Your little fairy princess will create a fairy castle, a crown, fairy wings, a wand and more. She will even make her own Tooth Fairy box.

Day	Date	Time	Cost	Course
Th-F	Dec. 28-29	9 a.m.-noon	\$91	1040200-01

Location: Ridgedale Commons



SCIENCE EXPLORERS
Where Science is Fun!

Silly, Sloppy, Slimy

Ages 3.5-6

Hands-on experiments with gooey, silly and slimy mixtures while investigating states of matter. Be sure to dress to get messy as we learn why mixtures act the way they do.

Day	Date	Time	Cost	Course
W	Sept. 27	10-11:30 a.m.	\$21	1040504-01

Location: Ridgedale Commons

Science in the Kitchen

Ages 3.5-6

Throw open the kitchen cabinets and enjoy fun, "hands-in" science. Explore states of matter, chemical reactions and more with experiments that bubble, fizzle, crackle and pop. Dress for a mess.

Day	Date	Time	Cost	Course
W	Oct. 11-Nov. 1	10-11:30 a.m.	\$69	1040503-01

Location: Ridgedale Commons

Space Adventures

Ages 3.5-6

Blast off for a fun-filled trip to the stars. Learn about gravity and how it affects us here on earth. Investigate the solar system and look to the constellations and learn their stories.

Day	Date	Time	Cost	Course
W	Nov. 22-Dec. 13	10-11:30 a.m.	\$69	1040505-01

Location: Ridgedale Commons



Music and Dance

Music Together

Birth - 5 years (with adult)

Award-winning music and movement classes for infants, toddlers, preschoolers and the grownups who love them. The class is full of opportunities for musical experimentation and exploration and will help your child grow into a confident, life-long music maker. Receive a CD, an app to play or download the music, an illustrated songbook and parent-educational materials..

Program DEMO Classes

These are for parents or caregivers who are seriously considering registering but want to try a class with their child first. Registration is required. Families will only be allowed to try one demo class.

Day	Date	Time	Cost	Course
Tu	Sept. 12	9:15-10 a.m.	Free	1040303-01
Tu	Sept. 12	10:15-11 a.m.	Free	1040303-02

Location: Glen Lake Activity Center

Day	Date	Time	Cost	Course
W	Sept. 13	9:15-10 a.m.	Free	1040303-03
W	Sept. 13	10:15-11 a.m.	Free	1040303-04

Location: Hopkins Center for the Arts Community Room

Full Session Classes

Day	Date	Time	Cost	Course
Tu	Sept. 26-Nov. 28	9:15-10 a.m.	\$195 (\$109 for each addt'l sibling)*	1040304-01
Tu	Sept. 26-Nov. 28	10:15-11 a.m.	\$195 (\$109 for each addt'l sibling)*	1040304-02

Location: Glen Lake Activity Center

Day	Date	Time	Cost	Course
W	Sept. 27-Nov. 29	9:15-10 a.m.	\$195 (\$109 for each addt'l sibling)*	1040304-03
W	Sept. 27-Nov. 29	10:15-11 a.m.	\$195 (\$109 for each addt'l sibling)*	1040304-04

Location: Hopkins Center for the Arts Community Room

*Infants must call to register and are free with a paid sibling. One free infant per family; sibling rate after that.

Wish Upon a Ballet

Ages 3-8

Enjoy a complete fairy tale experience as dancers skip, leap, jump and spin. Children learn an appreciation of dance and music while developing strength and flexibility.

Session 1: Pirate Fairy

Ages 3-4

Day	Date	Time	Cost	Course
Sa	Sept. 9-Oct. 28*	1:15-2 p.m.	\$74	1040401-01

Ages 5-8

Day	Date	Time	Cost	Course
Sa	Sept. 9-Oct. 28*	2-2:45 p.m.	\$74	1040401-02

*No class Oct. 21

Session 2: The Four Seasons

Ages 3-4

Day	Date	Time	Cost	Course
Sa	Nov. 4-Dec. 16*	1:15-2 p.m.	\$63	1040401-03

Ages 5-8

Day	Date	Time	Cost	Course
Sa	Nov. 4-Dec. 16*	2-2:45 p.m.	\$63	1040401-04

*No class Nov. 25

Location: Hopkins Center for the Arts Room 218



Students learn proper technique using the latest dance trends and teaching methods. Comfortable clothing or dance attire needed for all classes.

Mini Movers

Ages 2.5-4

Work on motor development and beginning dance steps through interactive music and play. This class is parent-free; however, instructors are flexible if a parent needs to be with their dancer the first couple weeks.

Day	Date	Time	Cost	Course
F	Sept. 15-Oct. 6	5-5:30 p.m.	\$52	1040403-01

Location: Glen Lake Activity Center

Tiny Hoppers

Ages 4-6

An upbeat and high-energy movement class to funky songs. Dancers will be introduced to beginner hip-hop and jazz moves along with creative movement and play.

Day	Date	Time	Cost	Course
F	Sept. 15-Oct. 6	5:45-6:15 p.m.	\$52	1040402-01

Location: Glen Lake Activity Center

Broadway Boogie

Ages 4-6

An introduction to musical theater for young dancers. Dancers will sing, dance and act to Broadway hits while learning basic ballet and jazz steps.

Day	Date	Time	Cost	Course
F	Sept. 15-Oct. 6	6:30-7 p.m.	\$52	1040404-01

Location: Glen Lake Activity Center

General Programs

NATURE PROGRAMS



Preschoolers Forts & Fires

Ages 3-6 years (with adult)

Join a naturalist from EcoElsa to learn about building shelters and fire through a variety of fun, safe and engaging activities and games.

Day	Date	Time	Cost	Course
F	Sept. 8	10 a.m.-noon	\$25	1041503-01

Location: Lone Lake Park Picnic Shelter

Little Nature Explorers

Ages 3-6 years (with adult)

Join a naturalist from EcoElsa to explore the plants and animals that call our parks home. Participate in nature learning and outdoor activities for preschoolers to get their minds and bodies moving.

Day	Date	Time	Cost	Course
F	Oct. 6	10 a.m.-noon	\$25	1041505-01

Location: Lone Lake Park Picnic Shelter



SoccerTots

Variety of fun games to develop balance, movement, motor and soccer skills as well as listening to instructions. Very active and fun. No prior experience is necessary.

Ages 2-3 with parent (participation required)

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 10	9-9:30 a.m.	\$79	1220401-01
Tu	Sept. 19-Oct. 10	9:40-10:10 a.m.	\$79	1220401-02

Ages 3-4

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 10	10:20-10:50 a.m.	\$79	1220401-03
Tu	Sept. 19-Oct. 10	11-11:30 a.m.	\$79	1220401-04

Location: Burnes Park (Hopkins)



Hop-Kids Programs



A joint partnership of the Hopkins-Minnetonka Recreation Services and Hopkins Public Schools, Hop-Kids provides preschool-age children opportunities for playing and learning that are fun, nurturing and safe.

Hop-Kids HappyFeet Soccer

Ages 2-5

Each class includes skill-building through fun games, pressure by coach and pressure applied by peers in a game setting.

Ages 2-3

Day	Date	Time	Cost	Course
W	Sept. 6-Oct. 25	5:30-6:15 p.m.	\$105	1221401-01

Ages 4-5

Day	Date	Time	Cost	Course
W	Sept. 6-Oct. 25	6:15-7 p.m.	\$105	1221401-02

Location: Glen Lake Elementary Field

Hop-Kids RevSports Instructional Programs

RevSports instructional programs maximize the time a player spends developing individual skills. Focus is on individual player development and helping each player at their own ability level become more confident with the necessary skills of the game. Class starts with an active, skill-based warm-up; transitions into a fun, more challenging game; and ends with an age-appropriate small-sided scrimmage. All ability levels are welcome. This is a parent-child class. No equipment necessary.

TotStars: Ages 2-3 (Parent/Child) - TotStars is an entry-level parent/child program.

PreStars: Ages 3-5 (Parent/Child) - PreStars is an entry-level parent/child program.

KinderStars: Ages 4-6 (Parent Involved) - KinderStars is an entry-level parent/child program.

MiniStars: Ages 5-8 - MiniStars is a non-competitive foundational skills program. Players are involved independently from their parents, but we encourage parents to be present and engaged.

RevSports: Soccer

Weekly topics include dribbling, passing, shooting, defending and more. Parent-child class.

Ages 2-3 (TotStars)

Day	Date	Time	Cost	Course
Sa	Sept. 9-30	9:15-9:40 a.m.	\$65	1222501-01
Sa	Oct. 7-Nov. 4*	9:15-9:40 a.m.	\$65	1222501-05

Location: Civic Center Park fields

Day	Date	Time	Cost	Course
Sa	Nov. 11-Dec. 9*	9:15-9:40 a.m.	\$65	1222501-09

Location: Hopkins North Middle School, Activity Structure

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Sa	Sept. 9-30	9:45-10:25 a.m.	\$65	1222501-02
Sa	Sept. 9-30	10:30-11:10 a.m.	\$65	1222501-03
Sa	Oct. 7-Nov. 4*	9:45-10:25 a.m.	\$65	1222501-06
Sa	Oct. 7-Nov. 4*	10:30-11:10 a.m.	\$65	1222501-07

Location: Civic Center Park fields

Day	Date	Time	Cost	Course
Sa	Nov. 11-Dec. 9*	9:45-10:25 a.m.	\$65	1222501-10
Sa	Nov. 11-Dec. 9*	10:30-11:10 a.m.	\$65	122501-11

Location: Hopkins North Middle School, Activity Structure

Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
Sa	Sept. 9-30	11:15-11:55 a.m.	\$65	1222501-04
Sa	Oct. 7-Nov. 4*	11:15-11:55 a.m.	\$65	1222501-08

Location: Civic Center Park fields

Day	Date	Time	Cost	Course
Sa	Nov. 11-Dec. 9*	11:15-11:55 a.m.	\$65	1222501-12

Location: Hopkins North Middle School, Activity Structure

*No program Oct. 21, Nov. 25

RevSports: Basketball

Topics include ball handling, passing, shooting, defense, rebounding and more. Eight-foot hoops are used. Parent-child class.

Ages 2-3 (TotStars)

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 10	5:15-5:40 p.m.	\$65	1222601-01
Tu	Oct. 17-Nov. 21*	5:15-5:40 p.m.	\$65	1222601-04
Tu	Nov. 28-Dec. 19	5:15-5:40 p.m.	\$65	1222601-07

Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 10	5:45-6:25 p.m.	\$65	1222601-02
Tu	Oct. 17-Nov. 21*	5:45-6:25 p.m.	\$65	1222601-05
Tu	Nov. 28-Dec. 19	5:45-6:25 p.m.	\$65	1222601-08

Ages 5-7 (MiniStars)

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 10	6:30-7:10 p.m.	\$65	1222601-03
Tu	Oct. 17-Nov. 21*	6:30-7:10 p.m.	\$65	1222601-06
Tu	Nov. 28-Dec. 19	6:30-7:10 p.m.	\$65	1222601-09

Ages 6-9 (MightyStars)

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 10	7:15-7:55 p.m.	\$65	1222601-10
Tu	Oct. 17-Nov. 21*	7:15-7:55 p.m.	\$65	1222601-11
Tu	Nov. 28-Dec. 19	7:15-7:55 p.m.	\$65	1222601-12

*No program Oct. 31, Nov. 7

Location: Eisenhower Community Center



RevSports: Flag Football

Weekly topics include carrying the ball, throwing, catching, defending, learning different positions and more. Parent-child class.

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
M	Sept. 18-Oct. 9	5-5:40 p.m.	\$65	1222701-01

Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
M	Sept. 18-Oct. 9	5:45-6:25 p.m.	\$65	1222701-02

Ages 5-7 (MiniStars)

Day	Date	Time	Cost	Course
M	Sept. 18-Oct. 9	6:30-7:10 p.m.	\$65	1222701-03

Location: Eisenhower Elementary Soccer Field

RevSports: T-Ball/Coach-Pitch Baseball

Weekly topics include fielding grounders, throwing, catching, base running, batting and more.

Ages 2-3 (T-Ball) (TotStars)

Day	Date	Time	Cost	Course
Th	Sept. 14-Oct. 5	4:30-4:55 p.m.	\$65	1222901-01

Ages 3-5 (T-Ball) (Pre-Stars)

Day	Date	Time	Cost	Course
Th	Sept. 14-Oct. 5	5-5:40 p.m.	\$65	1222901-02

Ages 4-6 (Coach-Pitch Baseball) (KinderStars)

Day	Date	Time	Cost	Course
Th	Sept. 14-Oct. 5	5:45-6:25 p.m.	\$65	1222901-03

Location: Alice Smith Elementary Field

RevSports: Ninja Warrior Fitness

An instructional class with activities to advance your movement, strength and agility skills.

Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Th	Sept. 14-Oct. 5	5:30-6:10 p.m.	\$75	1222801-01

Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
Th	Sept. 14-Oct. 5	4-4:40 p.m.	\$75	1222801-02

Ages 6-9 (MightyStars)

Day	Date	Time	Cost	Course
Th	Sept. 14-Oct. 5	4:45-5:25 p.m.	\$75	1222801-03

Location: Eisenhower Elementary Field

Hop-Kids Amazing Athletes - Keeping Kids Active

Ages 2.75-5

Develop your child's motor skills, hand-eye coordination, cardiovascular fitness and more through Amazing Athletes. Each class encompasses two different developmental sport lessons, using fun activities so they can build skills at their own pace in a non-competitive atmosphere.

Day	Date	Time	Cost	Course
M	Sept. 11-Oct. 9	6-6:35 p.m.	\$84	1222101-01
M	Sept. 11-Oct. 9	6:45-7:20 p.m.	\$84	1222101-02
M	Oct. 23-Nov. 20	6-6:35 p.m.	\$84	1222101-03
M	Oct. 23-Nov. 20	6:45-7:20 p.m.	\$84	1222101-04

Location: Ubah Medical Academy Gym (Hopkins)

Hop-Kids Let's Dance!

Age 3-5

This class is for the preschooler who loves to spin, move and groove. Children will learn a variety of different dance styles from basic ballet technique to jazz to creative dance movement. We will focus on motor development, rhythm and explore dance through musical games, songs and basic dance steps.

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 24	4:30-5:15 p.m.	\$60	1222301-01
Tu	Nov. 14-Dec. 19	4:30-5:15 p.m.	\$60	1222301-02

Location: Eisenhower Community Center, Theater

Hop-Kids Hip Hop Hooray!

Age 4-6

This high-energy class will get dancers up and moving. Dancers will learn the basics of hip-hop dance, choreography and tricks. Hip Hop Hooray! focuses on learning through exercise and games as well as self-expression through movement.

Day	Date	Time	Cost	Course
Tu	Sept. 19-Oct. 24	5:30-6:15 p.m.	\$60	1222201-01
Tu	Nov. 14-Dec. 19	5:30-6:15 p.m.	\$60	1222201-02

Location: Eisenhower Community Center, Theater

Hop-Kids Golf

Ages 5-6

TGA Premier Junior Golf offers children the opportunity to learn golf with full-swing, chipping and putting instruction.

Day	Date	Time	Cost	Course
Th	Nov. 2-Dec. 14*	6-6:50 p.m.	\$110	1221301-02

*No program Nov. 23

Location: Ubah Medical Academy Gym (Hopkins)



YOUTH AND TEEN PROGRAMS

Arts, Crafts and Technology



Family Game Time - Math Fun!

Ages 5-12 with an adult

Drop-in for an entertaining (and educational, psshhh..) time playing math games and winning prizes. Registration is required for all family members.

Day	Date	Time	Cost	Course
F	Sept. 29	4-6 p.m.	Free	1150501-01
F	Nov. 10	4-6 p.m.	Free	1150501-02

Location: Mathnasium of Minnetonka (4785 County Road 101)

Van Gogh Mathematical Art

Ages 5-12

Mathematical figures and processes are ever-present in the fine arts. Explore math concepts within Van Gogh's style of art including geometric figures and pointillism.

Day	Date	Time	Cost	Course
W	Oct. 18	1:30-3 p.m.	\$35	1150503-01

Location: Mathnasium of Minnetonka (4785 County Road 101)

Math & Art: Tessellations

Ages 5-12

Have you seen a honeycomb or sunflowers and noticed the beautiful patterns on them? Those are tessellations. Learn about regular tessellations and apply translational, rotational and reflective symmetry to create tessellation art of your own.

Day	Date	Time	Cost	Course
F	Oct. 20	9:30-11 a.m.	\$35	1150504-01

Location: Mathnasium of Minnetonka (4785 County Road 101)

Math Decoration: Origami

Ages 5-12

Create your own fun and unique origami decorations and learn some math concepts along the way. Origami is great for thinking about shapes and space.

Day	Date	Time	Cost	Course
Sa	Nov. 18	9:30-11 a.m.	\$35	1150502-01

Location: Mathnasium of Minnetonka (4785 County Road 101)



Ghostly Goo

Ages 4-9

Slippery, slimy, spooky... BOO! Create your very own Halloween slime, then dress up a spooky jar to keep it in. Monsters, bats, ghosts, pumpkins—what creepy creature will you make? Wear a costume for extra Halloween fun.

Day	Date	Time	Cost	Course
Sa	Oct. 7	9 a.m.-noon	\$43	1040208-01

Location: Ridgedale Commons

Scent-sational Art

Ages 5-12

Come for the pretty pineapple printmaking, but stay for the sweet citrus scent. Draw, paint, sculpt and more as you create scratch and sniff artwork that smells as sweet as it looks. Create cute pointillism cupcakes, a field of tulips and more.

Day	Date	Time	Cost	Course
M-Tu	Oct. 16-17	9 a.m.-noon	\$93	1040212-01

Location: Ridgedale Commons

IlluminART

Ages 7-12

Our ultra-cool creations will shine, shimmer and glow for their big debut in the dark. Use clay, paint and other luminescent materials to craft extraordinary pieces of art that really glow-in-the-dark.

Day	Date	Time	Cost	Course
F	Oct. 20	9 a.m.-3 p.m.	\$93	1040211-01

Location: Ridgedale Commons

Day	Date	Time	Cost	Course
W	Dec. 27	9 a.m.-3 p.m.	\$93	1040211-02

Location: Glen Lake Activity Center

Confetti Cake Slime

Ages 4-9

Be inspired by colorful confetti cakes as we fill our soft, stretchy handmade slime with real rainbow sprinkles. Whether you're a donut lover, cake connoisseur or cupcake aficionado, this is the sweet slime time you've been waiting for.

Day	Date	Time	Cost	Course
Sa	Nov. 4	9 a.m.-noon	\$43	1040209-01
Th	Dec. 28	1-4 p.m.	\$43	1040209-02

Location: Glen Lake Activity Center

Candy Land

Ages 5-12

Every kid loves playing the board game Candy Land by Hasbro®. Let your imagination soar as you make your way to King Kandy's Castle to win. We will create our own 3D version of the game on a real canvas board.

Day	Date	Time	Cost	Course
Sa	Nov. 18	1-4 p.m.	\$43	1040215-01

Location: Ridgedale Commons

Scratch and Sniff Holiday Creation

Ages 4-9

Paint an adorable gingerbread house with a special twist that couldn't be sweeter. Use concoctions of art materials mixed with super-secret ingredients, so our paintings smell as yummy as they look.

Day	Date	Time	Cost	Course
Sa	Dec. 9	9 a.m.-noon	\$43	1040213-01

Location: Ridgedale Commons

Frosty the Snowman

Ages 4-9

Create snowman-themed art using a variety of different art materials. We'll create corncob pipes, button noses and oh, so much more out of Model Magic® clay, paint and air-dry clay.

Day	Date	Time	Cost	Course
F	Dec. 29	1-4 p.m.	\$43	1040210-01

Location: Glen Lake Activity Center

Nailed It!

Ages 7-12

Just like on the popular TV show Nailed It!, we'll show you a final product and give you all the goods needed to recreate it. Your challenges will include creating a unicorn cake sculpture that looks good enough to eat, painting a fox at sunset, a llama with a flower crown and more.

Day	Date	Time	Cost	Course
Tu-Th	Jan. 2-4	9 a.m.-noon	\$99	1040214-01

Location: Glen Lake Activity Center



Fall Colors Cupcake Decorating (with fondant)

Ages 4-9 with adult

You and your special adult will learn how to color, roll, cut and sculpt colorful fondant ('Play-Doh-like' edible icing) into a wide variety of shapes and sizes. You will have fun attaching colorful pieces of decorative fondant to create festive, fall-themed cupcakes.

Day	Date	Time	Cost	Course
F	Oct. 13	5:30-7:30 p.m.	\$49	1041001-01

Location: Ridgedale Commons

Halloween Cookie Decorating (with fondant)

Ages 7-12

Learn how to color, roll, cut and sculpt colorful fondant (play-doh like edible icing) into a wide variety of shapes and sizes. Have fun attaching your decorative fondant to cookies to create silly or spooky Halloween-themed designs.

Day	Date	Time	Cost	Course
Tu	Oct. 17	5:30-7:30 p.m.	\$31	1041002-01

Location: Ridgedale Commons

Mini-Cake Sculptures (with fondant)

Ages 5-10 with adult

Brainstorm an idea for your sculptures and then use baking tools to cut and shape your cake. Apply a base coat of buttercream icing. Finally, learn how to color fondant (play-doh like edible icing) and create designs to apply to your cake making your own edible masterpieces.

Day	Date	Time	Cost	Course
M	Nov. 6	5:30-7:30 p.m.	\$49	1041003-01

Location: Ridgedale Commons

Festive Holiday Rock Painting

Ages 7-12

Choose a special stone and study the shape. Use one of the instructor's patterns or create your own. Have fun mixing colorful acrylic paints and use a variety of tools to make your rock come to life. These make great gifts.

Day	Date	Time	Cost	Course
F	Nov. 10	5:30-7:30 p.m.	\$31	1041004-01

Location: Ridgedale Commons



SCIENCE EXPLORERS
Where Science is Fun!

Build Your Own Art Bot

Grades 2-6

Take your first steps into electrical engineering. Learn about simple electrical circuits using batteries, wires and more. Then, build your own Art Bot to take home, using a cup, motor, battery and holder, plus craft supplies.

Day	Date	Time	Cost	Course
Th	Oct. 19	1:30-4 p.m.	\$29	1040502-01

Location: Ridgedale Commons



"Bots Good" Maze Fun

Grades K-3

Hands-on, electrical robotics class featuring Bee-Bot®. This is a great STEM introduction to coding experience. Learn to program your Bee-Bot to navigate a maze using up to 40 different commands and make a simple LED "throwie" to take home.

Day	Date	Time	Cost	Course
F	Oct. 20	9:30-10:30 a.m.	\$19	1040701-01

Location: Glen Lake Activity Center

Airplane & Space Starfighter Fun

Grades 3-6

Enjoy a hands-on, airplane wing construction class. Learn about the theoretical basis of lift created via Bernoulli's law and have fun flying the creations you assemble and get to take home.

Day	Date	Time	Cost	Course
Sa	Nov. 18	10-11 a.m.	\$19	1040702-01

Location: Ridgedale Commons

General Programs

Youth Basketball League



Grades 2-6

Registration deadline:
Monday, Oct. 2

This recreational league is a great opportunity for new and experienced players to develop their basketball skills, character and build new friendships. Teams are formed by grade level.

Games for all ages are Saturdays between 9 a.m. and 4 p.m. at Hopkins West Middle School. The final schedule is determined after teams are filled. Playoffs will take place the last couple weeks of the season for grades 3-6 only.

- Each course number represents one team. If you would like to register with a friend, you must register for the **same course number**.
- **Grade 2:** Register for any course number.
- **Grades 3-6:** Select a course number based on desired practice night/location.
- Teams are not reserved for groups or schools for any reason, and we do not take requests. First-come, first-served basis. Depending on registration numbers and waitlists, additional teams may be added.
- All registrations received after Oct. 2 are placed on a waiting list. If you are assigned to a team from a waiting list, an additional \$10 is added to the registration fee.
- Teams are coached by parent volunteers. Register to coach with course: 1170102-01.

Grade 2

Game and Practice Day	Date	Cost
Sa	Dec. 2-Feb. 10*	\$85

*No games Dec. 23 and Dec. 30

Location: Hopkins West Middle School, Activity Structure

- Practices: First half of season; ran by volunteer parent coaches
- Games: Second half of season; coach-officiated; no score kept and no standings

BOYS/GIRLS (COMBINED) GRADE 2

Team #	Course
Team 1	1170103-01
Team 2	1170103-02
Team 3	1170103-03
Team 4	1170103-04

Grades 3-6



Partnering with Plymouth Parks and Recreation for this age group. Teams from Plymouth may participate and some games may be played in Plymouth based on registration numbers.

Game Day	Date	Cost
Sa	Dec. 2-Feb. 24*	\$125

*No games Dec. 23 and Dec. 30

Location (all games): Hopkins West Middle School, Activity Structure

- Practices: One weekday practice per week, starting the week of Nov. 6.

BOYS GRADE 3/4

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team 1	Monday	Glen Lake	6-7 p.m.	1170105-01
Team 2	Tuesday	West Middle School #2	6-7 p.m.	1170105-02
Team 3	Tuesday	Gatewood	6-7 p.m.	1170105-03
Team 4	Thursday	West Middle School #1	6-7 p.m.	1170105-04

GIRLS GRADE 3/4

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team 1	Monday	West Middle School #1	6-7 p.m.	1170106-01
Team 2	Tuesday	Glen Lake	6-7 p.m.	1170106-02
Team 3	Tuesday	West Middle School #1	6-7 p.m.	1170106-03
Team 4	Thursday	West Middle School #2	6-7 p.m.	1170106-04

GIRLS GRADE 5/6

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team 1	Monday	West Middle School #3	6-7 p.m.	1170108-01
Team 2	Thursday	Alice Smith	6-7 p.m.	1170108-02

BOYS GRADE 5/6

TEAM #	PRACTICE NIGHT	PRACTICE LOCATION	PRACTICE TIME	COURSE
Team 1	Monday	West Middle School #2	6-7 p.m.	1170109-01
Team 4	Tuesday	West Middle School #3	6-7 p.m.	1170109-02
Team 2	Tuesday	Alice Smith	6-7 p.m.	1170109-03
Team 3	Thursday	Glen Lake	6-7 p.m.	1170109-04

Coaches Needed

The youth basketball league would not be possible without our volunteer parent coaches. As an incentive to coach, volunteers receive a \$15 Recreation Services credit on their account at the end of the season.

A coaches meeting will take place before the start of the season. No prior coaching experience required. Volunteering is contingent upon a successful background screening.

To volunteer as a coach, register for course #1170102-01 at minnetonkamn.gov/register.



Ninja Rec Team

Ninja obstacle training is a fun, unique way to develop confidence, strength, endurance, balance and friendships. Participants practice on more than 40 obstacles inspired by the TV show such as warped walls, salmon ladders and more. All experience levels welcome. Practices and two competition days.

Ages 6-9

Day	Date	Time	Cost	Course
F	Sept. 8-Oct. 27	5-6 p.m.	\$185	1211702-01
F	Nov. 3-Dec. 15*	5-6 p.m.	\$140	1211702-04

Ages 8-13

Day	Date	Time	Cost	Course
F	Sept. 8-Oct. 27	6:15-7:15 p.m.	\$185	1211702-02
F	Nov. 3-Dec. 15*	6:15-7:15 p.m.	\$140	1211702-05

Ages 6-13

Day	Date	Time	Cost	Course
Sa	Sept. 9-Oct. 28	8:45-9:45 a.m.	\$185	1211702-03
Sa	Nov. 4-Dec. 16**	8:45-9:45 a.m.	\$140	1211702-06

*No class Nov. 24

**No class Nov. 25

Location: Conquer Ninja (Eden Prairie)

Parent/Child Ninja Class

Ages 5-12 (with adult)

This class is designed for both parents and kids to get moving and have fun together. Work together to learn how to tackle ninja obstacles, problem-solve courses and build self-esteem. We have warped walls, angled steps, salmon ladders and more; all Ninja inspired obstacles. **Price includes one adult/child duo.**

Day	Date	Time	Cost	Course
Su	Sept. 10-Oct. 29	9-10 a.m.	\$225	1211703-01 (\$75 for each add'l family member)
Su	Nov. 5-Dec. 17*	9-10 a.m.	\$170	1211703-02 (\$55 for each add'l family member)

*No class Nov. 26

Location: Conquer Ninja (Eden Prairie)

Parent's Day Out

Ages 5-13

No school? No problem. We have warped walls, angled steps, salmon ladders, cliff hangers and tilted ladders; all Ninja inspired obstacles. Kids will get to practice on the obstacles, compete in a warped wall challenge and play exciting ninja games.

Day	Date	Time	Cost	Course
Th	Oct. 19	9-11 a.m.	\$40	1211704-01
Th	Oct. 19	1-3 p.m.	\$40	1211704-02
F	Oct. 20	9-11 a.m.	\$40	1211704-03
F	Oct. 20	1-3 p.m.	\$40	1211704-04
F	Nov. 24	9-11 a.m.	\$40	1211704-05
F	Nov. 24	1-3 p.m.	\$40	1211704-06

Location: Conquer Ninja (Eden Prairie)

Winter Ninja Camp

Ages 6-13

Develop strength and agility during this camp by learning different styles and techniques to master all obstacles. We have warped walls, angled steps, salmon ladders and more; everything you need to put your ninja skills to work.

Day	Date	Time	Cost	Course
Tu-F	Dec. 26-29	9-11 a.m.	\$160	1211705-01

Location: Conquer Ninja (Eden Prairie)

3rd Lair Skateboarding Camps

Ages 6-16

Experienced, well-trained instructors coach participants on each ability level. All skill levels are welcome as instruction is based on ability level of each participant. Equipment (helmet, board and pad) is free to use. Please visit 3rdlair.com to complete waiver before start of camp.

NOTE: You may register for multiple days.

Day	Date	Time	Cost	Course
W	Oct. 18	9 a.m.-noon	\$60	1150401-01
Th	Oct. 19	9 a.m.-noon	\$60	1150401-02
F	Oct. 20	9 a.m.-noon	\$60	1150401-03
W	Nov. 22	9 a.m.-noon	\$60	1150401-04

Day	Date	Time	Cost	Course
F	Nov. 24	9 a.m.-noon	\$60	1150401-05
M	Dec. 18	9 a.m.-noon	\$60	1150401-06
T	Dec. 19	9 a.m.-noon	\$60	1150401-07
W	Dec. 20	9 a.m.-noon	\$60	1150401-08
Th	Dec. 21	9 a.m.-noon	\$60	1150401-09
F	Dec. 22	9 a.m.-noon	\$60	1150401-10
T	Dec. 26	9 a.m.-noon	\$60	1150401-11
W	Dec. 27	9 a.m.-noon	\$60	1150401-12
Th	Dec. 28	9 a.m.-noon	\$60	1150401-13
F	Dec. 29	9 a.m.-noon	\$60	1150401-14
M	Jan. 15	9 a.m.-noon	\$60	1150401-15

Location: 3rd Lair Skate Park (Golden Valley)

Horseback Riding Day Camp

Ages 6-12

Kids will learn what it's like to have a horse for a day. Campers get to ride in the indoor and/or outdoor arenas; practice how to steer, stop, turn and walk a horse on their own. Horse-related crafts and games are part of the day as well. Transportation provided from the Minnetonka Community Center.

Day	Date	Time	Cost	Course
Th	Oct. 19	7:45 a.m.-4 p.m.	\$102	1151401-01

Location: Boulder Point Stables (Anoka)

Dribble, Shoot, Play

Enhance your basketball skills with instruction from former NBA player Kevin Lynch. Practice and learn new skills and techniques, cultivate self-esteem and encourage teamwork and fair play in a fun and challenging environment. This camp can help all experience levels and is a great way to prepare for the upcoming Recreation league..

Ages 7-9

Day	Date	Time	Cost	Course
Sa	Oct. 28-Nov. 18	9:30-11:30 a.m.	\$97	1161202-01

Ages 10-12

Day	Date	Time	Cost	Course
Sa	Oct. 28-Nov. 18	Noon-2 p.m.	\$97	1161202-02

Location: Hopkins West Middle School, Activity Structure

Blizzard Ski and Snowboard Instruction

Grades 2-12

Experience the ultimate in skiing, snowboarding and racing instruction from beginners to experts. At seven local snow sports areas, our top-quality adult instructors will teach you to improve your skiing or boarding on groomed runs and terrain parks. You provide your own food and gear (season-long rentals are available), we provide the rest.

All sessions run approximately 7:30 a.m.-5:30 p.m.

Sessions: 11 trips on Saturdays OR Sundays (plus three bonus trips), December-February

SuperMites

Grades 2-3, \$625*

Make new friends with your same two instructors and small group of eight friends all day long. Learn more and more skills to conquer the hill.

SuperKyd

Grades 4-5, \$625*

Make new friends with your same instructor and small group of eight friends all day long. Develop skills at your own level and mastering bumps, jumps and carving turns.

Classic

Grades 5-12, \$525*

Explore cool trails and terrain parks with experienced instructors during four-and-a-half hours of instruction with plenty of time to free ski or ride, too. ALL levels - beginner to advance. Additional teen-only trips.

Teen Sampler

Grades 7-12, \$300*

Can't commit to an entire season or have you always wanted to learn how to ski or snowboard? Experience four-and-a-half hours of instruction each trip the first three Saturdays OR Sundays in December.



Team Blizzard

Grades 5-12, \$675*

Ski racing or snowboard team instruction. Intermediate to expert skiers stir up some friendly competition as you learn strategies and tactics for racing. Sharpen your skills as you prepare to go head-to-head against racers. Additional teen-only trips.

Apprentice Program

Grades 8-12, \$675*

Have a passion for skiing or snowboarding? Ever thought about teaching? Blizzard will provide you with the tools to be a successful instructor upon completion of the program.

*Weekly Trip Fees

You will be contacted prior to the trip each week for your reservation. Using our flexible pay-as-you-go trip fee structure, pay a weekly trip fee of approximately \$89 to cover round trip bus transportation and lift ticket. If you can't attend that week, you don't owe anything.

Bus pick-up locations:

Ridgedale Shopping Center: Southeast lot by Cheesecake Factory

7-Hi Shopping Center: Hwy 7 & 101, parking lot near Target & Walgreens

Mound/Spring Park: Spring Park Pharmacy

Register

Visit blizzardmn.com or call 763-559-EDGE (3343) to register. Mention "HOPMTKA23" when registering.

Nature-Based Programs

Animal Superheroes

Ages 5-12 years

Animals have all kinds of superhero abilities that help them survive as predators and prey. Join a naturalist from EcoElsa for games and activities that will help you discover various animal's "superpowers."

Day	Date	Time	Cost	Course
Sa	Oct. 14	9 a.m.-noon	\$45	1151502-01

Location: Lone Lake Park Picnic Shelter

Youth Outdoor Survival

Ages 5-12 years

Learn survival skills through fun games and activities. Learn the rules of three, how to signal and look for help, shelter engineering, fire science and safety and basic water treatment skills.

Day	Date	Time	Cost	Course
F	Nov. 10	9 a.m.-noon	\$45	1151503-01

Location: Lone Lake Park Picnic Shelter

Family Outdoor Survival

Ages 5 and older

Your family will learn survival skills through fun games and activities. Learn the rules of three, how to signal and look for help, shelter engineering, fire science and safety and basic water treatment skills.

Day	Date	Time	Cost	Course
Sa	Oct. 14	1-4 p.m.	\$25/person or \$60/family	1151504-01

Location: Lone Lake Park Picnic Shelter

Martial Arts

Tae Kwon Do

Get expert training from Northwest Martial Arts by participating in this confidence-building martial arts program that accommodates students at all levels. More info: Contact Nick at bignickolson@gmail.com

Youth Beginner

Ages 5-14

Day	Date	Time	Cost	Course
M, W	Aug. 7-Sept. 13*	6-6:45 p.m.	\$78	3080501-09
M, W	Sep. 18-Oct. 25**	6-6:45 p.m.	\$78	1080201-01
M, W	Oct. 30-Dec. 13***	6-6:45 p.m.	\$78	1080201-02

*No class Sept. 4

**No class Oct. 18

***No class Nov. 22, 27 & 29

Location: Royals Athletic Center Wrestling Room

Youth Advanced

Ages 7-19

Day	Date	Time	Cost	Course
M, W	Sep. 18-Dec. 13*	6:50-8 p.m.	\$156	1080201-03

*No class Oct. 18 & Nov. 22, 27 and 29

Location: Royals Athletic Center Wrestling Room



Shaolin Kung Fu

Ages 5 and older

Learn traditional, authentic Shaolin Kung Fu in a fun, relaxed atmosphere. More info: Contact Bob at shifu@mnkungfu.com.

If you register for a Beginner, Intermediate or Advanced class AND Instrument and Sparring, the combined cost is \$89. IMPORTANT: To obtain discount when registering online, you must add the Instrument and Sparring class to your cart AFTER you add the regular class.

Beginner

Day	Date	Time	Cost	Course
Sa	Aug. 19-Oct. 21*	11 a.m.-noon	\$59	3080101-05
Sa	Oct. 28-Dec. 16	11 a.m.-noon	\$59	1080101-01

Intermediate

Day	Date	Time	Cost	Course
Sa	Aug. 19- Oct. 21*	Noon-1 p.m.	\$59	3080101-06
Sa	Oct. 28-Dec. 16	Noon-1 p.m.	\$59	1080101-02



Advanced

Day	Date	Time	Cost	Course
Sa	Aug. 19- Oct. 21*	2-3 p.m.	\$59	3080101-08
Sa	Oct. 28-Dec. 16	2-3 p.m.	\$59	1080101-04

*No class Sept. 2, 23

Location: Royals Athletic Center Wrestling Room

Instrument and Sparring (for orange sash or higher)

Day	Date	Time	Cost	Course
Sa	Aug. 19-Oct. 21*	1-2 p.m.	\$59	3080101-07
Sa	Oct. 28-Dec. 16	1-2 p.m.	\$59	1080101-03

*No class Sept. 2, 23

Location: Hopkins High School Dance Studio

ADULT ATHLETICS AND PROGRAMS

Adult Leagues

Adult Volleyball Leagues

Ages 18 and older

Teams of six compete in 10 weekly games at specified competition levels: Gold, Silver A, Silver B or Bronze. The top teams move into a one-night playoff round. Registration opens July 31 for returning teams and Aug. 7 for new teams. More info:

minnetonkamn.gov/volleyball

Day	Date	League	Cost	Course
M	Sept. 25-Dec. 11	Women's	\$300	1010601-01
W	Sept. 27-Dec. 13*	Men's	\$300	1010601-02
W	Sept. 27-Dec. 13*	Co-Rec Silver B	\$300	1010601-05
W	Sept. 27-Dec. 13*	Co-Rec Bronze	\$300	1010601-06
Th	Sept. 28-Dec. 14*	Co-Rec (Silver A, B & Gold division)	\$300	1010601-03

*No matches Nov. 22 and Nov. 23

Location: Royals Athletic Center or Hopkins West Middle School

5-Player Adult Basketball League

Ages 18 and older

Challenge your skills in this fun, fast-paced, 10-week basketball league. Choose from three divisions: Gold, Silver and Bronze. Registration opens Aug. 21 for returning teams and Aug. 28 for new teams. Registration must be made under the team manager's account. Games are at 6:45 p.m., 7:45 p.m. and 8:45 p.m.

Day	Date	Level	Cost	Course
W	Oct. 18-Jan. 24*	Gold	\$650	1010101-01
W	Oct. 18-Jan. 24*	Silver	\$650	1010101-02
W	Oct. 18-Jan. 24*	Bronze	\$650	1010101-03

*No games Nov. 22 and Dec. 27

Location: Royals Athletic Center and Hopkins High School

Adult Indoor Co-Rec Soccer League

Play traditional soccer on an indoor court. We offer six- or seven-week sessions (depending on number of teams). Teams play seven players (goalie plus six) with at least two females on the court at all times. Games start as early as 5:30 p.m. or as late as 9:30 p.m.

Uniform: The program fee does not include the official league shirt, which must be worn by all players and can be purchased for \$15 at Recreation Services office located at the Marsh, 15000 Minnetonka Blvd.

Day	Date	Session	Cost	Course
Su	Oct. 22-Dec. 10*	Fall	\$525	1010401-01
Su	Jan. 7-Feb. 25*	Winter	\$525	1010401-02
Su	March 3-April 21*	Spring	\$525	1010401-03

*No league play Nov. 26, Feb. 11 and March 31

Location: Royals Athletic Center

Men's Broomball League

Ages 18 and older

Get on the ice and challenge your team of six in some broomball. Each team competes in eight regular season games over six weeks, with two nights of double-headers. Following the regular season, all teams move into a one-night playoff round. Team registration opens Oct. 2. More info:

minnetonkamn.gov/broomball

Day	Date	Time	Cost	Course
Th	Jan. 4-Feb. 15	6-10 p.m.	\$415	2010201-01

Location: Valley Park and Harley Hopkins (Hopkins)



General Programs

Mountain Biking - Finding Your Flow

Ages 16 and older

Learn body positioning, pumping and cornering skills from Stöke MTB's BICP-certified coaches that will help you become a stronger and more efficient singletrack rider to confidently fly through trees, carry your speed around tight corners and catch a little air here and there. Mountain bike and helmet are required. This class is for those who are comfortable with mountain biking basics. More info: stoke-mtb.com

Day	Date	Time	Cost	Course
Su	Sept. 10	3-5 p.m.	\$70	1010201-01

Location: Lone Lake Park (Minnetonka)

Badminton Club

Ages 18 and older

Play in one of the most popular badminton clubs in the Twin Cities. Sign up for Mondays, Wednesdays and/or Fridays. Discount: 10 percent if you register for two nights per week; 20 percent for 3 nights per week. More info: minnetonkamn.gov/badminton

Day	Date	Time	Cost	Course
M	Sept. 11-Nov. 27	6:30-9 p.m.	\$52	1010802-01
W	Sept. 6-Nov. 29	6:30-9 p.m.	\$52	1010802-02
F	Sept. 8-Nov. 24	6:30-9 p.m.	\$52	1010802-03

Location: Royals Athletic Center and/or Tanglen Elementary School

Martial Arts

Tae Kwon Do

Ages 20 and older

Get expert training from Northwest Martial Arts by participating in this confidence-building martial arts program that accommodates students at all levels. More info: Contact Nick at bignickolson@gmail.com

Day	Date	Time	Cost	Course
M, W	Aug. 7-Sept. 13*	6:50-8 p.m.	\$78	3080501-12
M, W	Sept. 18-Oct. 25**	6:50-8 p.m.	\$78	1080201-04
M, W	Oct. 30-Dec. 13***	6:50-8 p.m.	\$78	1080201-07

*No class Sept. 4

**No class Oct. 18

***No class Nov. 22, 27 and 29

Location: Royals Athletic Center Wrestling Room



Shaolin Kung Fu

Ages 5 and older

Learn traditional, authentic Shaolin Kung Fu in a fun, relaxed atmosphere. More info: Contact Bob at shifu@mnkungfu.com

If you register for a Beginner, Intermediate or Advanced class AND Instrument and Sparring, the combined cost is \$89. IMPORTANT: To obtain discount when registering online, you must add the Instrument and Sparring class to your cart AFTER you add the regular class.

Beginner

Day	Date	Time	Cost	Course
Sa	Aug. 19-Oct. 21*	11 a.m.-noon	\$59	3080101-05
Sa	Oct. 28-Dec. 16	11 a.m.-noon	\$59	1080101-01

Intermediate

Day	Date	Time	Cost	Course
Sa	Aug. 19-Oct. 21*	Noon-1 p.m.	\$59	3080101-06
Sa	Oct. 28-Dec. 16	Noon-1 p.m.	\$59	1080101-02

Advanced

Day	Date	Time	Cost	Course
Sa	Aug. 19-Oct. 21*	2-3 p.m.	\$59	3080101-08
Sa	Oct. 28-Dec. 16	2-3 p.m.	\$59	1080101-04

*No class Sept. 2 and Sept. 23

Location: Royals Athletic Center Wrestling Room

Instrument and Sparring

For orange sash or higher

Day	Date	Time	Cost	Course
Sa	Aug. 19-Oct. 21*	1-2 p.m.	\$59	3080101-07
Sa	Oct. 28-Dec. 16	1-2 p.m.	\$59	1080101-03

*No class Sept. 2 and Sept. 23

Location: Hopkins High School Dance Studio

SENIOR SERVICES

Minnetonka Community Center
14600 Minnetonka Blvd.
952-939-8393

Fall 2023 Registration Opens
Thursday, Aug. 10, 8 a.m.

Minnetonka Senior Services programs and resources seek to engage with the diverse needs and interests of Minnetonka residents ages 55 and older.

Registration

- Registration is required for all programs.
- Some programs fill before the register by date.
- Programs with low enrollment may be canceled.
- See program withdrawal and refund policy on page 4.

Senior Script Newsletter

The Senior Script is an informational monthly newsletter included in the Minnetonka Memo, which is mailed to residents. Copies of the Senior Script are available at the Minnetonka Community Center and posted online at minnetonkamn.gov/seniorservices.

Email Updates

Minnetonka Senior Services provides weekly email updates about upcoming programs and events. To receive, email Kaylee Coonan at kcoonan@minnetonkamn.gov. Subscribe to monthly senior services emails at minnetonkamn.gov/seniorservices.

Senior Services

Blood Pressure Screenings: First and third Friday and second Wednesday of the month, 9:30-10:30 a.m.

Foot Care Clinic: Happy Feet nurses offer nail care services. To schedule an appointment, call 763-560-5136.

H.O.M.E. The Household and Outdoor Maintenance Program takes care of the person by helping them take care of the home they love. Personal technology support is also offered in some areas. Fill out an application online (seniorcommunity.org), request one by email at home@seniorcommunity.org or call 952-746-4046.



SENIOR
COMMUNITY
SERVICES

Senior Outreach, provided by Sara Roberts, licensed social worker, help older adults and their families with resources for housing, finances, medical bills, caregiver support and medical or legal issues. Contact Sara for an appointment: s.roberts@seniorcommunity.org or 612-868-6720.

Transit Link: Transportation from your home to the doctor, store or community center provided by MetroTransit. Call 651-602-5465 to schedule a ride and for information.

Medicare Counseling: Questions about Medicare? Confused about Part A, B, C and D? Schedule a one-on-one appointment with a trained Medicare counselor in person or over the phone by calling the Senior Linkage Line at 1-800-333-2433.



General Programs

Dementia Friends Classes

A trained dementia friends champion leads this session. What is normal aging and when is it time to be concerned? Plus, learn tools and tips to communicate and engage with someone who has dementia.

Day	Date	Time	Cost	Course
Tu	Aug. 1	Noon-1:15 p.m.	Free	4180707-04
Tu	Dec. 5	Noon-1:15 p.m.	Free	4180706-06

Location: Minnetonka Community Center

Book & Pie SALE

Minnetonka Senior Services, in coordination with the Senior Advisory Board, hosts the annual book and pie sale. All books are \$1. Purchase pie by the slice, sloppy joes and coffee. If books are still on

the shelves after 3 p.m., be sure to stop by for the steep discounts at the blowout sale from 3-4 p.m. and pay \$3 for all you can fit in a bag!

Donate books
for the sale

Monday, Oct. 23
9 a.m.-3 p.m.

Donations accepted
one day only

Tuesday, Oct. 24
11 a.m.-4 p.m.

Minnetonka Community Center
Banquet Room

Memory Café

A Memory Café is a welcoming place for people with dementia and their caregivers to socialize and share experiences. A licensed social worker from Senior Community Services will conduct a caregiver support group, Hennepin County Library staff will share resources and Hennepin County Master Gardeners will lead a variety of gardening activities. Learn more at minnetonkamn.gov/dementiafriendly.

Registration is required for each free monthly program. Please register the names of both the participant and caregiver, as both must attend. Pairs may attend one café per month.

The first Tuesday of the month is for those in the beginning stages of dementia who still enjoy learning, are engaged and have "fun in the moment."

The third Tuesday of the month is for those in the middle stages of dementia who can still participate in daily activities but may need more assistance.

Kick Off Social

Open to new, old and current participants!

Day	Date	Time	Cost	Course
Tu	Aug. 1	1:30-3 p.m.	Free	3180701-05

Tiny Terrariums

Day	Date	Time	Cost	Course
Tu	Sept. 5	1:30-3 p.m.	Free	1180701-01
Tu	Sept. 19	1:30-3 p.m.	Free	1180701-02

All About Evergreens

Day	Date	Time	Cost	Course
Tu	Oct. 3	1:30-3 p.m.	Free	1180701-03
Tu	Oct. 17	1:30-3 p.m.	Free	1180701-04

Birds in our Backyard

Day	Date	Time	Cost	Course
Tu	Nov. 7	1:30-3 p.m.	Free	1180701-05
Tu	Nov. 21	1:30-3 p.m.	Free	1180701-06

Winter Arrangements

Day	Date	Time	Cost	Course
Tu	Dec. 5	1:30-3 p.m.	Free	1180701-07
Tu	Dec. 19	1:30-3 p.m.	Free	1180701-08

Location: Minnetonka Community Center, Minnetonka Mills Room

Tonka Treks



Take a two-mile, round trip hike from the Minnetonka Community Center on trails around the city campus. We will walk at a pretty good pace for these walks. We go rain, shine or snow.

Day	Date	Time	Cost	Course
Tu	Sept. 5	10:15-11 a.m.	Free	1190804-01
Th	Oct. 5	10:15-11 a.m.	Free	1190804-02
M	Nov. 6	10:15-11 a.m.	Free	1190804-03
F	Dec. 8	10:15-11 a.m.	Free	1190804-04

Location: Meet at the Minnetonka Community Center

Fall Hike to Jidana Park

Take a two-mile, round trip hike from the Minnetonka Community Center to Jidana Park and back. Enjoy lunch and a campfire.

Day	Date	Time	Cost	Course
F	Sept. 22	10 a.m.-noon	\$5	1190802-01

Location: Meet at the Minnetonka Community Center

Full Moon Hike to Jidana Park

Take a relaxed evening walk to Jidana Park from the Minnetonka Community Center (two miles roundtrip). Enjoy dinner and a campfire under the full moon. Bring a flashlight.

Day	Date	Time	Cost	Course
Th	Oct. 26	5:30-7:30 p.m.	\$5	1190803-01

Location: Meet at the Minnetonka Community Center



Defensive Driving

Ages 55 and older

Save 10 percent on your car insurance. Take the state-approved eight-hour driver safety course first, and stay current by taking the four-hour refresher course every three years.

Register: Call the Minnesota Highway Safety Center at 1-888-234-1294 or online at driverdiscountprogram.com.

4-Hour Refresher Class

Day	Date	Time	Cost
Th	Aug. 17	9 a.m.-1 p.m.	\$24
Tu	Aug. 29	9 a.m.-1 p.m.	\$24
Th	Sept. 7	9 a.m.-1 p.m.	\$24
M	Sept. 11	5:30-9:30 p.m.	\$24
Th	Oct. 5	9 a.m.-1 p.m.	\$24
W	Oct. 25	5:30 p.m.-9:30 p.m.	\$24
Th	Nov. 2	9 a.m.-1 p.m.	\$24
Tu	Nov. 14	9 a.m.-1 p.m.	\$24
Tu	Dec. 12	9 a.m.-1 p.m.	\$24
Tu	Dec. 19	9 a.m.-1 p.m.	\$24

8-Hour First Time Class

Day	Date	Time	Cost
Tu, Th	Sept. 19 & 21	5:30-9:30 p.m.	\$28

Location: Minnetonka Community Center, Community Room

SENIOR HOUSING FAIR

Minnetonka Senior Services, in coordination with the Senior Advisory Board, is hosting a Senior Housing Fair. Meet representatives from senior housing facilities in Minnetonka and the surrounding area. Stop by to see many different options for people wanting to live in Minnetonka! Registration is not required.

Tuesday, Sept. 26
10 a.m.-noon
Minnetonka Community Center
Banquet Room

There's no place like home.



Monthly Party

Join us for good food and good friends at our monthly parties!

September

Menu: Chicken salad sandwich, chips, salad and dessert*

Day	Date	Time	Cost	Course
F	Sept. 8	Noon-1:30 p.m.	\$8	1100101-01

Register by Sept. 5

October

Menu: Brats, roasted potatoes, broccoli slaw, keg root beer and dessert*

Day	Date	Time	Cost	Course
W	Oct. 4	Noon-1:30 p.m.	\$8	1100102-01

Register by Sept. 29

November

Menu: Turkey, stuffing, mashed potatoes, gravy, cranberries, roll and dessert*

Day	Date	Time	Cost	Course
Th	Nov. 16	Noon-1:30 p.m.	\$8	1100103-01

Register by Nov. 13

December

Menu: Ham, scalloped potatoes, green beans, bread roll and dessert*

Day	Date	Time	Cost	Course
M	Dec. 18	Noon-1:30 p.m.	\$8	1100104-01

Register by Dec. 13

*In addition to the advertised meal, gluten-free, vegetarian, vegan and/or nut-free meals can be requested when registering.

Location: Minnetonka Community Center, Banquet Room

Lunch & Movie

Great food, followed by great movies. Lunch is served first in the dining room, followed by the movie with subtitles in the community room. See our monthly newsletter, The Script, for the current month's movie or call the main office a month and a half before.

September

Menu: Lasagna, side salad, garlic bread and dessert*

Day	Date	Time	Cost	Course
Th	Sept. 21	Noon-3:15 p.m.	\$8	1100201-01

Register by Sept. 18

October

Menu: Wild rice soup, salad, roll and dessert*

Day	Date	Time	Cost	Course
F	Oct. 27	Noon-3:15 p.m.	\$8	1100202-01

Register by Oct. 24

November

Menu: Chicken stir fry with vegetables, rice and dessert*

Day	Date	Time	Cost	Course
Th	Nov. 9	Noon-3:15 p.m.	\$8**	1100203-01

Register by Nov. 6

December

Menu: Chicken noodle soup, roll, salad and dessert*

Day	Date	Time	Cost	Course
Th	Dec. 7	Noon-3:15 p.m.	\$8	1100204-01

Register by Dec. 4

*In addition to the advertised meal, gluten-free, vegetarian, vegan and/or nut-free meals can be requested when registering.

**Veterans Month Programming: Fee waived for veterans and spouses of veterans.

Location: Minnetonka Community Center, Banquet Room

VIRTUAL: Instant Piano for Busy People

Learn how to play the piano in just a few hours via Zoom. This virtual class will get you playing the way professionals do, using chords. Course includes an online book and online follow up video lessons. You must have your own piano to participate. Instructor: Craig Coffman

Day	Date	Time	Cost	Course
M	Sept. 25	6:30-9:30 p.m.	\$50	1180405-01

Location: Virtual

VIRTUAL: Instant Guitar for Busy People

Learn how to play the guitar in just a few hours via Zoom. This virtual class will teach you basic chords and get you playing along with your favorite songs. Course includes an online book and online follow-up video lessons. You must have your own guitar to participate. Instructor: Craig Coffman

Day	Date	Time	Cost	Course
Tu	Sept. 26	6:30-9:30 p.m.	\$50	1180407-01

Location: Virtual

Volunteer: Adopt A Highway

Help keep Minnetonka beautiful by picking up along Minnetonka Boulevard between I-494 and County Road 73. Volunteers are dropped off on the four route corners and walk one way, for one mile. The program lasts two to three hours and refreshments and coffee are available at the end. Safety vests, bags and pick-up sticks provided. Registration is required.

Day	Date	Time	Cost	Course
W	Sept. 27	1-3:30 p.m.	Free	1190601-01

Location: Meet at the Minnetonka Community Center



SPECIAL INTEREST Groups

Join one of our Special Interest Groups.

The majority of the groups listed below are free. Yearly registration is required. Drop in as your schedule allows.

- 500 Evening
- Art Studio Monday
- Art Studio Friday
- Bingo
- Book Club
- Bucket List Book Club
- Bulls & Bears Investment Club
- Bunco
- Caregiver Conversations
- Chorale
- Computer Club
- Crafting for a Cause
- Cribbage
- Dominoes
- Garden Club
- Genealogy
- Ham Radio
- Hand, Foot & Toe
- Mahjongg
- Men's Discussion Group
- Minnetonka Bike Club
- Minnetonka Bird Club
- Open Play Games & Cards
- Poker Club
- Shutterbugs
- Singles Group
- Social Bridge
- Tale Spinners
- Women's Discussion Group
- Woodcarvers

Art Classes

Fun with Watercolor: Beginner's Express

Beginners

Students will learn basic concepts and techniques necessary for taking classes on the "beyond beginner" level. Color theory, design and values will be addressed. Instructor will do demos and provide reference. Instructor: Vera Kovacovic

Day	Date	Time	Cost	Course
W	Aug. 30	9:30 a.m.-3:30 p.m.	\$50	3130108-01

Location: Minnetonka Community Center

Fun with Watercolor: Light as a Storyteller

Beyond Beginners

Students will learn how the use of light and white paper create focus on telling the story of the painting. Instructor: Vera Kovacovic

Day	Date	Time	Cost	Course
Tu	Sept. 5-Oct. 3	10 a.m.-noon	\$50	1130101-01

Location: Minnetonka Community Center

Fun with Watercolor: The Beauty of Limited Palette

Beyond Beginners

Students will learn what is a limited palette and how to use it by working with only a few colors to create beautiful paintings. Instructor: Vera Kovakovic

Day	Date	Time	Cost	Course
Tu	Oct. 17-Nov. 14	10 a.m.-noon	\$50	1130102-01

Location: Minnetonka Community Center

Fun with Watercolor: The Magic of Winter

Beyond Beginners

Students will work on expressing different moods and colors of winter landscapes and other elements of the season. Each class starts with demo. Instructor: Vera Kovakovic

Day	Date	Time	Cost	Course
Tu	Nov. 28-Dec. 19	10 a.m.-noon	\$40	1130103-01

Location: Minnetonka Community Center

Acrylic Painting: Coral Reefs

All Levels

Over four weeks, we will create two completed artworks using a step-by-step approach. Please bring two 11" x 14" canvases. Instructor will provide the rest of the supplies needed. Instructor: Terri Berg

Day	Date	Time	Cost	Course
W	Aug. 30-Sept. 20	1-3 p.m.	\$50	1130301-01

Location: Minnetonka Community Center

Acrylic Painting: Fall Color Landscapes

All Levels

Day	Date	Time	Cost	Course
W	Sept. 27-Oct. 11	1-3 p.m.	\$38	1130302-01

Location: Minnetonka Community Center

Acrylic Painting: Fall Flowers

All Levels

Day	Date	Time	Cost	Course
W	Oct. 25-Nov. 15	1-3 p.m.	\$50	1130303-01

Location: Minnetonka Community Center

Acrylic Painting: Holiday Scenes

All Levels

Day	Date	Time	Cost	Course
W	Nov. 29-Dec. 20	1-3 p.m.	\$50	1130304-01

Location: Minnetonka Community Center

Art Studio Mondays & Fridays

All Levels

We provide the room, and you provide all the materials needed to create: oil, acrylic, watercolor, pastels, charcoal, etc. Register once a year. Come as often as your schedule allows.

Day	Date	Time	Cost	Course
M	9 a.m.-noon	Ongoing	Free	4191104-05
F	1-4 p.m.	Ongoing	Free	4191105-05

Location: Minnetonka Community Center

British History Classes

Instructor: Terry Kubista

Roman Britain: The Invasion of Britain

Did Rome really “civilize” a savage island? What changes did Rome make and how did the indigenous peoples accept the changes.



Day	Date	Time	Cost	Course
Th	Sept. 14-28	1-3 p.m.	\$21	1180101-01

British Prime Ministers

The men and women who are elected to lead parliament have varied and interesting backgrounds. Let’s look at a few.

Day	Date	Time	Cost	Course
Th	Oct. 5-26	1-3 p.m.	\$28	1180101-02

Narrow Boating

The narrow boat was the backbone of the Industrial Revolution. The men and women lived their whole life ferrying the coal and other mineral resources to the mills of Victorian Britain.

Day	Date	Time	Cost	Course
Th	Nov. 2-16	1-3 p.m.	\$21	1180101-03

The New Monarchy

We’ve had seven months under the reign of King Charles the Third. What has changed and what can we expect to change in the future.

Day	Date	Time	Cost	Course
Th	Dec. 7-21	1-3 p.m.	\$21	1180101-04

Location: Minnetonka Community Center

Day Trips

Day trips depart from the Minnetonka Community Center. The majority of the trips use a 50-passenger coach bus. Some trips include stops where participants can shop. Feel free to bring a small cooler or bag for purchases. There is storage on the bus. You must register by the advertised deadline or until full. Refunds granted if canceling before advertised registration deadline. If after registration deadline, refund issued only if a replacement is found.

I wanna, Owatonna!

Get ready to take in the rich history and beauty of Owatonna. Tour the orphanage museum, enjoy lunch at Torey’s Restaurant, walk a couple of blocks to Central Park and tour Farmer’s National Bank, one of the most significant architectural works in the country. Hit Mineral Springs Brewery for a tour and a stop at Russell Stover’s before returning to Minnetonka.

Lunch: Buffet with assorted salads, hot entrees, sides, beverage and small dessert.

Register by Aug. 14

Day	Date	Time	Cost	Course
Th	Sept. 14	8:15 a.m.-5 p.m.	\$88	1110102-01

Chickadees & Owls

Late September is a great time to road trip down the Great River Road of Minnesota. First stop, lunch at the quaint Chickadee Cottage Café where the smells of homemade bread abound and they sell the old fashioned chicken salad by the pint. After lunch, head to Houston, home of the International Owl Center. Spend almost two hours learning about and seeing owls. On the way back to Minnetonka, stop at Apache Mall Food Court.

Lunch: Old fashioned chicken salad with grapes, almonds and ring pasta in a delectable creamy dressing; fresh fruit; homemade nut bread; beverage; and dessert.

Register by Aug. 28

Day	Date	Time	Cost	Course
W	Sept. 27	8:30 a.m.-6:30 p.m.	\$80	1110103-01

Minnesota Harvest Orchard

October is a great time to head to southern Minnesota. First stop is the Feed Mill Restaurant for the soup of the day, and a club sandwich. Then we head to the only orchard that grows "Topper's Apples." Take a wagon ride, visit the sunflower fields and buy apples and all sorts of apple products. Head to Minnesota's Largest Candy Store to browse and buy all kinds of treats in that big yellow building.

Register by Sept. 11

Day	Date	Time	Cost	Course
Th	Oct. 12	10:15 a.m.-4 p.m.	\$77	1110104-01

Pepin Heights Fall Colors

We are headed to the largest grower and distributor of Honeycrisp apples in the country: Pepin Heights. The trip includes a stop at Nelson's Cheese Factory and then down the scenic Great Mississippi River Road to the Stockholm Pie Shop for a pot pie lunch, including pie and coffee for dessert. Pop into the General Store next door after lunch before heading back to Minnetonka.

Register by Sept. 18

Day	Date	Time	Cost	Course
Tu	Oct. 17	8:30 a.m.-4 p.m.	\$83	1110201-01

Fagen Fighters WWII Museum

Visit a living memorial to one of the most critical times in United States' history: WWII. The Fagen Fighters WWII Museum is a tribute to the men and women of the Greatest Generation and their sacrifices. Items on display include F-51 Mustangs, a B-25 Mitchell and a moving memorial to Holocaust survivors. Tour is 90 minutes. Lunch follows at Granite Run Golf Course. On the way home, stop at Bongards Creamery Retail Store before returning to Minnetonka.

Lunch: Soup and build-your-own-sandwich buffet, beverage and dessert.

Register by Sept. 18

Day	Date	Time	Cost	Course
F	Nov. 17	7:45 a.m.-5 p.m.	\$95*	1110105-01

*\$85 for veterans/spouses

Duluth for the Holidays

A holiday extravaganza of a trip up north! Day in Duluth includes a warm, hearty lunch at Blackwoods Restaurant. Then, we head to the Glensheen Mansion, decked out for the holiday season for a full 90-minute tour. Afterward, onto Bayfront Festival Park to celebrate the 20th Anniversary of Bentleyville. Walk through and enjoy the millions of lights, trees, music, fire pits and hot cocoa. We'll stop at Tobie's in Hinckley on the way home.

Lunch: Home-Style Meatloaf or Chicken Pot Pie

Register by Oct. 30

Day	Date	Time	Cost	Course
W	Nov. 29	9:30 a.m.-10 p.m.	\$95	1110106-01

The Nutcracker at the Orpheum Theatre

The internationally acclaimed Christmas tradition is live in theaters for the 30th anniversary tour. Dress up for an evening downtown, dropped off right in front of the theater and walk inside to take in an excellent holiday show. Enjoy an hors d'oeuvres box on the bus.

Register by Oct. 9

Day	Date	Time	Cost	Course
Th	Nov. 30	5:15-10 p.m.	\$110	1110107-01

Rotary Lights in Riverside Park

Dinner at Ciatti's Italian Grill and millions of Christmas lights is sure to brighten the holiday season! Bus will stop at Apache Mall before heading into Wisconsin for dinner of either lasagna or chicken capellini, chosen at sign up. Then spend a full hour taking in the Rotary Lights at Riverside Park.

Register by Nov. 6

Day	Date	Time	Cost	Course
W	Dec. 6	1-10 p.m.	\$88	1110108-01



Winter Night Light Tour of St. Paul

Dinner at Tavern on Grand followed by a guided tour of St. Paul all decked out for the holidays. You'll see city sidewalks dressed in holiday style, the best twinkling trees and stately homes and St. Paul holiday traditions! Dinner is walleye basket or chicken basket chosen at sign up.

Register by Nov. 20

Day	Date	Time	Cost	Course
Tu	Dec. 19	3:15-8:15 p.m.	\$84	1110109-01

Disney's The Lion King at the Orpheum

See the Serengeti come alive on the stage of the Orpheum Theatre! More than 100 million people around the world have experienced this incredible show. Now it's your turn. Seats are on the main level. Enjoy a box lunch on the way to the show.

Register by Nov. 6

Day	Date	Time	Cost	Course
Th	April 25	11:30 a.m.-4:15 p.m.	\$125	1110110-01



Fitness



Over 50 and Fit

Join this social group for low impact cardio fitness three days a week. The last Friday of the month, enjoy treats and coffee after class.

Day	Date	Time	Cost	Course
M,W,F	Ongoing	9-10 a.m.	\$12/year	4090702-08

Location: Minnetonka Community Center, Banquet Room

Yoga

Chair-Supported Yoga for Health & Vitality

Chair yoga is comprised of seated gentle movements to stretch and strengthen using adapted, traditional yoga poses with a focus on breath. Chair yoga can increase flexibility and strength, as well as improve balance. Improved breathing techniques can also be a benefit. Please bring a yoga mat to class to ensure chair stability. Instructor: Susie Blacker

Participants may only register for Tuesday OR Thursday, not both.

Tuesdays

Day	Date	Time	Cost	Course
Tu	Sept. 5-26	9:45-10:45 a.m.	\$24	1090101-01
Tu	Oct. 10-31	9:45-10:45 a.m.	\$24	1090101-02
Tu	Nov. 7-28*	9:45-10:45 a.m.	\$18	1090101-03
Tu	Dec. 5-19	9:45-10:45 a.m.	\$18	1090101-04

*No class Nov. 21

Thursdays

Day	Date	Time	Cost	Course
Th	Sept. 7-28	9:45-10:45 a.m.	\$24	1090101-05
Th	Oct. 5-26	9:45-10:45 a.m.	\$24	1090101-06
Th	Nov. 9-30	9:45-10:45 a.m.	\$18	1090101-07
Th	Dec. 7-21	9:45-10:45 a.m.	\$18	1090101-08

Location: Minnetonka Community Center

*No class Nov. 23

Gentle Yoga for EveryBody!

Gentle Yoga is comprised of gentle movement combined with yoga poses and mindful breath practice to support physical and mental well-being. Gentle yoga can reduce stress and improve self-awareness and balance. Please bring yoga mats. Students are encouraged to bring yoga blocks if possible. Instructor: Susie Blacker

Tuesdays

Day	Date	Time	Cost	Course
Tu	Sept. 5-26	11 a.m.-noon	\$24	1090201-01
Tu	Oct. 10-31	11 a.m.-noon	\$24	1090201-02
Tu	Nov. 7-28*	11 a.m.-noon	\$18	1090201-03
Tu	Dec. 5-19	11 a.m.-noon	\$18	1090201-04

*No class Nov. 21

Thursdays

Day	Date	Time	Cost	Course
Th	Sept. 7-28	11 a.m.-noon	\$24	1090201-05
Th	Oct. 5-26	11 a.m.-noon	\$24	1090201-06
Th	Nov. 9-30*	11 a.m.-noon	\$18	1090201-07
Th	Dec. 7-21	11 a.m.-noon	\$18	1090201-08

*No class Nov. 23

Location: Minnetonka Community Center

Slow Flow Vinyasa Yoga

A relaxing yet invigorating style of yoga where participants hold poses for a few breaths. Designed to give all of the muscles good blood flow, strength and flexibility and to relax the mind and nervous system. Please bring a yoga mat to class. Instructor: Karen Murray

Day	Date	Time	Cost	Course
W	Sept. 6-27	6-7 p.m.	\$24	1090203-01
W	Oct. 4-25	6-7 p.m.	\$24	1090203-02
W	Nov. 1-29*	6-7 p.m.	\$24	1090203-03
W	Dec. 6-27	6-7 p.m.	\$24	1090203-04

*No class Nov. 22

Location: Minnetonka Community Center

Yoga & Strength

For those who want to build strength at any age, this is a full body-mind workout with yoga and small hand weights. It's suitable for those who are just beginning an exercise program. Modifications are provided and demonstrated. Bring a yoga mat to class. Instructor: Karen Murray

Day	Date	Time	Cost	Course
Th	Sept. 7-28	6-7 p.m.	\$24	1090204-01
Th	Oct. 5-26	6-7 p.m.	\$24	1090204-02
Th	Nov. 2-30*	6-7 p.m.	\$24	1090204-03
Th	Dec. 7-28	6-7 p.m.	\$24	1090204-04

*No class on Nov. 23

Location: Minnetonka Community Center

Increase Your Joy Through Yoga & Creative Arts



Through yoga, journaling, collage and other expressive arts activities, learn practices that awaken creativity and offer the opportunity to explore internal awareness. You will be introduced to movement and creative arts that enhance body mind connection and self-expression. No art, writing or yoga experience is necessary. All levels welcome. Instructors: Susie Blacker and Joan Saunders

Day	Date	Time	Cost	Course
W	Oct. 4-25	1-2:15 p.m.	\$50	1090904-01

Location: Minnetonka Community Center





T'ai Chi Chih

T'ai Chi Chih is a series of 19 slow, gentle, repeated movements and one pose that form a mindfulness based moving meditation. Regular practice may result in benefits such as improved balance and body awareness, increased energy and a sense of calm and well-being.

Beginning T'ai Chi Chih

This is where to start. Participants should be able to stand continuously and move for 45 minutes while following the group class. Instructor: Cindy Nelson

Day	Date	Time	Cost	Course
Tu	Sept. 5-Oct. 24	1-2 p.m.	\$40	1090301-01
Tu	Nov. 7-Dec. 19	1-2 p.m.	\$35	1090301-02

Location: Minnetonka Community Center

Seated T'ai Chi Chih

A class for beginners, as well as those with experience who may not be able to stand continuously as required in the beginning class listed above. The seated form follows the same principles as the standing form and, with practice, may improve balance and flexibility, increase energy and promote a sense of calm and well-being.

Day	Date	Time	Cost	Course
W	Nov. 1-Dec. 13*	1-2 p.m.	\$30	1090302-01

*No class Nov. 22

Location: Minnetonka Community Center

Going Deeper - T'ai Chi Chih

For participants who have completed at least one full beginning course in T'ai Chi Chih and have a basic understanding of all the movements. We will focus on refining movements, deepening our understanding of the principles and the joy this practice can create. Participants should be able to stand and move comfortably for 45 minutes and follow group class. Instructors: Mondays: Monica Campbell/Wednesdays: Susan Sobelson

Day	Date	Time	Cost	Course
M	Sept. 11-Oct. 16*	10-11:15 a.m.	\$30	1090303-01
M	Nov. 6-Dec. 11	10-11:15 a.m.	\$30	1090303-02
W	Sept. 13-Oct. 25	1-2:15 p.m.	\$35	1090303-03

*No class Oct. 9

Location: Minnetonka Community Center

Pilates Matwork

Beginner/Intermediate

Pilates Matwork coordinates awareness of breath, core and movement to create a more flexible, stable and strengthened body. You can expect to feel taller, with better posture, stronger and more flexible as you continue your Pilates practice. Participants should be able to get down comfortably and should bring a yoga mat to each class. The instructor will give individual modifications and variations to help participants feel comfortable in the Pilates work. Instructor: Lesley Koehnen

Day	Date	Time	Cost	Course
Tu	Sept. 12-26	8:10-9:10 a.m.	\$27	1090901-01
Tu	Oct. 3-24	8:10-9:10 a.m.	\$36	1090901-02
Tu	Oct. 31-Nov. 21	8:10-9:10 a.m.	\$36	1090901-03
Tu	Nov. 28-Dec. 19	8:10-9:10 a.m.	\$36	1090901-04
We	Sept. 6-27	2:15-3:15 p.m.	\$36	1090901-05
We	Oct. 4-25	2:15-3:15 p.m.	\$36	1090901-06
We	Nov. 1-15	2:15-3:15 p.m.	\$36	1090901-07
We	Nov. 29-Dec. 20	2:15-3:15 p.m.	\$36	1090901-08

Location: Minnetonka Community Center

Line Dancing

Line dancing improves health, enriches your memory, reduces stress and increases energy levels. Instructor/Choreographer: Kerry Maus

Line Dancing I

This class is ideal for those who are new to line dancing, as well as those who are still getting comfortable with the steps and terminology. Thorough explanation and instruction of the steps as you learn fun dances to a variety of music.

Day	Date	Time	Cost	Course
Th	Sept. 21-Oct. 19*	2-2:55 p.m.	\$36	1090601-02
Th	Nov. 2-Dec. 14*	2-2:55 p.m.	\$36	1090601-03
Th	Dec. 21-Jan. 11	2-2:55 p.m.	\$36	1090601-04

*No class Oct. 5, Nov. 9, Nov. 23, Dec. 7

Line Dancing II

Learn more intricate, syncopated steps and turns as you learn dances to a variety of music. Some line dance experience is needed to enjoy this class. A solid foundation of line dance steps is highly recommended.

Day	Date	Time	Cost	Course
Th	Sept. 21-Oct. 19*	1-1:55 p.m.	\$36	1090602-01
Th	Nov. 2-Dec. 14*	1-1:55 p.m.	\$36	1090602-02
Th	Dec. 21-Jan. 11	1-1:55 p.m.	\$36	1090602-03

*No class Oct. 5, Nov. 9, Nov. 23, Dec. 7

Location: Minnetonka Community Center, Purgatory Creek Room



Presentations

Coffee & Conversation: City Series

Come with your questions. We'll have some coffee, and we'll talk!



**Brad
Wiersum**



**Leslie
Yetka**



**Scott
Boerboom**



**John
Vance**

Minnetonka Mayor Brad Wiersum

Day	Date	Time	Cost	Course
M	Sept. 25	10:30-11:30 a.m.	Free	1180409-01

Natural Resources Manager Leslie Yetka

Day	Date	Time	Cost	Course
M	Oct. 30	10:30-11:30 a.m.	Free	1180409-02

Minnetonka Police Chief Scott Boerboom

Day	Date	Time	Cost	Course
M	Nov. 27	10:30-11:30 a.m.	Free	1180409-03

Minnetonka Fire Chief John Vance

Day	Date	Time	Cost	Course
F	Dec. 15	10:30-11:30 a.m.	Free	1180409-04

Location: Minnetonka Community Center

ICA Food Shelf: The Need to Feed

The need to feed people in our own community is great. Join us as ICA talks about why the need is increasing, and the many ways ICA helps our neighbors in more ways than one.

Day	Date	Time	Cost	Course
M	Oct. 16	10:30-11:30 a.m.	Free	1180401-01

Location: Minnetonka Community Center

Traveling Naturalist: Loons

They've had a good summer in Minnesota and are heading south for the winter. It would only make sense these water experts are the state bird. Our traveling naturalist stops by to talk "Looney Tunes." Presenter: Melonie Shipman

Day	Date	Time	Cost	Course
Th	Oct. 19	10:30-11:30 a.m.	\$5	1100303-01

Location: Minnetonka Community Center

JFK Assassination: The Mystery & Legend - 60th Anniversary

Where were you when JFK was assassinated? Sixty years later, this event still sparks discussion and controversy. Join us for a balanced discussion of one of the pivotal events of the 20th century. Presenter: David Jones

Day	Date	Time	Cost	Course
W	Nov. 22	10:30 a.m.-noon	\$4	1180203-01

Location: Minnetonka Community Center

Technology Classes

Selling Your Car Online

Selling a car is not like it used to be. These days, you can sell your car online yourself. So how do you do it? Learn how to write an ad, the selling process, dealing with customers, test drives and how to do it all safely. Instructor: Abbey Key

Day	Date	Time	Cost	Course
Tu	Sept. 12	1-2:30 p.m.	\$9	1180601-01

Location: Minnetonka Community Center

Computer Basics 101 for Windows

Need to know it but confused about where to start? Take this easy and fun introduction to the world of computers. We will cover basic computer parts and functions, creating a Word document, email, sending and receiving photos, Google maps, browsing the web, saving favorite sites, the importance of security and more. Laptops and computer cords are required for this class. No tablets or cell phones. Instructor: Abbey Key

Day	Date	Time	Cost	Course
Tu	Oct. 10 & 17	9:30-11:30 a.m.	\$18	1180602-01

Location: Minnetonka Community Center

Computer Basics 102 for Windows

Have the basics covered but want to learn more? Take part two to get a more advanced look at your computer. Topics include working with the cloud, online banking, transferring, filing and sharing photos, getting digital books from the library, the Google Chrome web store and more. Laptops and computer cords are required for this class. No tablets or cell phones. Instructor: Abbey Key

Day	Date	Time	Cost	Course
Th	Nov. 2 & 9	9:30-11:30 a.m.	\$18	1180603-01

Location: Minnetonka Community Center

SCS One on One Tech Appointments

This is a free 50-minute, one-on-one appointment to meet with a Senior Community Services (SCS) HOME Program Tech at the Minnetonka Community Center. Get help for your phone, tablet, laptop or desktop. Registration is required. This service is brought to you by SCS through a Hennepin County grant. **Grant rules require participants to live in Hennepin County and be 60 years old or older.**

Day	Date	Time	Cost	Course
M	Sept. 18	1, 2 or 3 p.m.	Free	1180606-01-03
M	Oct. 2, Oct. 16	1, 2 or 3 p.m.	Free	1180606-04-09
M	Nov. 6, Nov. 20	1, 2 or 3 p.m.	Free	1180606-10-15
M	Dec. 4, Dec. 18	1, 2 or 3 p.m.	Free	1180606-16-21
W	Sept. 13, Sept. 27	1, 2 or 3 p.m.	Free	1180606-22-27
W	Oct. 11, Oct. 25	1, 2 or 3 p.m.	Free	1180606-28-33
W	Nov. 8	1, 2 or 3 p.m.	Free	1180606-34-36
W	Dec. 13	1, 2 or 3 p.m.	Free	1180606-37-39

Location: Minnetonka Community Center

HONORING OUR VETERANS

Every year in November, Minnetonka Senior Services honors veterans and their spouses by offering free or discounted admission to several programs throughout the month.

All others are welcome to attend but pay the advertised fee.

Registration is required for all, whether a program is free or has a fee.

*Fee waived for veterans and spouses of veterans

Minnesota Aviation Hall of Fame

Learn about the earliest days of aviation in the Twin Cities and the creation of the Minnesota Aviation Hall of Fame. Cold War Army Veteran Noel Allard and Navy Veteran Brandon Montanye will bring us this presentation.



Day	Date	Time	Cost	Course
Th	Nov. 2	1-2 p.m.	Free	1180402-01

Mission 91: My Dad's Story



More than 400,000 Americans died serving our country during WWII. Staff Sgt. Bernard M. Tuvman of Jewish descent survived, playing a part in preserving world peace against a monster of an enemy. Tuvman's son, who lives in the Twin Cities, shares his father's incredibly well

documented story of Mission 91, being a prisoner of war and the journal left behind. It's a story you won't want to miss.

Day	Date	Time	Cost	Course
W	Nov. 8	10:30-11:30 a.m.	\$4/Free*	1180403-01

Lunch and Movie

Movie: Devotion

Lunch: Chicken stir fry with vegetables, rice and dessert



Register by Nov. 6

Day	Date	Time	Cost	Course
Th	Nov. 9	Noon-3 p.m.	\$8/Free*	1100203-01

*Fee waived for veterans and spouses of veterans

Medal of Honor

There have been 72 Medal of Honor recipients from Minnesota from the Civil War through Vietnam, 37 of them are buried in Minnesota cemeteries. Historian and Photographer Doug Ohman visited each one of them. Join us as he shares some amazing stories of our state's most incredible servants.

Day	Date	Time	Cost	Course
M	Nov. 13	10:30-11:30 a.m.	\$5/Free*	1180404-01

*Fee waived for veterans and spouses of veterans

Helping Paws Helps Heal Hearts



A Hopkins non-profit is doing great work in our communities. Helping Paws breeds, trains and places assistance dogs with people with physical challenges, and veterans and first responders with PTSD.

Come hear one veteran's story and the dog who's giving this veteran independence and hope.

Day	Date	Time	Cost	Course
W	Nov. 15	10:30-11:30 a.m.	\$2/Free*	1180406-01

*Fee waived for veterans and spouses of veterans



Fagen Fighters WWII Museum

Visit a living memorial to one of the most critical times in United States' history: WWII. The Fagen Fighters WWII Museum is a tribute to the men and women of the Greatest Generation and their sacrifices. Items on display include F-51 Mustangs, a B-25 Mitchell and a moving memorial to Holocaust survivors. Tour is 90 minutes. Lunch follows at Granite Run Golf Course. On the way home, stop at Bongards Creamery Retail Store before returning to Minnetonka.

Lunch: Soup and build-your-own-sandwich buffet, beverage and dessert.

Register by Sept. 18

Day	Date	Time	Cost	Course
F	Nov. 17	7:45 a.m.-5 p.m.	\$95**	1110105-01

Cost: \$80 veterans/spouse, \$90 all others

**\$85 for veterans/spouses

WILLISTON FITNESS CENTER & THE MARSH

Williston Fitness Center

14509 Minnetonka Drive, Minnetonka
Phone: 952-939-8370
Fax: 952-939-8380
minnetonkamn.gov/williston

Like us on Facebook and follow us on Instagram



Hours

Monday-Friday: 5:45 a.m.-10 p.m.

Saturday: 6 a.m.-9 p.m.

Sunday: 7:45 a.m.-8 p.m.

Closed on Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas, New Year's Day

Williston Fitness Center is a city-run, exercise and fitness center for the entire community.

Work out in the fitness center with new equipment - treadmills, stationary bikes, elliptical cross trainers, stair climbers, weight machines and free weights.

Programs include aerobics classes, personal training, group cycle classes, baseball and softball training, equipment orientations and a run club.

Amenities

- Five indoor tennis courts
- 25-yard swimming pool
- Baseball and softball cages
- Basketball court
- Fitness Center
- Group fitness studios
- Meeting/party space
- Splash pad
- Treehouse indoor playground
- Whirlpool and sauna
- Pickleball

Williston Child Care

Drop off your child in a fun, safe environment while you work out. Children enjoy playtime with arts and crafts.

Parents and guardians must stay in the facility while children are in child care. There is a two-hour maximum and a \$10 late fee if you exceed two hours.

Child Care Hours

Monday-Friday	8:45 a.m.-1 p.m.
Monday-Thursday	4-7 p.m.
Saturday and Sunday	7:45 a.m.-1 p.m.

Child Care Fees

With a family membership: Free for the first 75 minutes; \$4/hour per child for each additional hour, billed in 15-minute increments.

Nonmember: \$5/hour per child

Pickleball

Indoor Courts

Drop in and play October through May at Williston Fitness Center. Limited racquets and balls are available for use.

Hours

Monday-Thursday: 6-9:30 a.m.

Friday: 6-9 a.m.

Saturday: 6-9 a.m., 1-4 p.m.

Fees

Free for Williston Fitness Center, Silver Sneakers, Renew Active and Silver and Fit members

Nonmembers: \$6 per day

Outdoor Courts

Drop in and play for free at any of our eight pickleball courts at Lone Lake Park from May through early October, weather permitting.



The Marsh

15000 Minnetonka Blvd., Minnetonka

Phone: 952-908-7000

Fax: 952-939-8311

minnetonkamn.gov/themarsh

Like us on Facebook and follow us on Instagram



Hours

Monday-Friday: 6 a.m.-8 p.m.

Saturday: 8 a.m.-6 p.m.

Sunday: 8 a.m.-4 p.m.

Closed on Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas, New Year's Day

The Marsh is a city-run health and wellness facility for the entire community.

Work out in the fitness center with treadmills, stationary bikes, elliptical cross trainers, stair climbers, weight machines and free weights.

Programs include aerobics classes, personal training, cycle classes, Pilates, yoga and tai chi.

Amenities

- 25-yard swimming pool
- Therapy pool
- Hot tubs
- Steam rooms
- Saunas
- Indoor walking track
- Meditation tower
- Meeting rooms
- Group fitness classes
- Group cycle classes
- Land and water aerobics classes
- Pilates Reformers
- Spa Services

Membership Rates

The Marsh & Williston Fitness Center

Monthly Membership	The Marsh OR Williston		The Marsh AND Williston	
	Resident	Non resident	Resident	Non resident
Individual (Ages 22+)	\$48	\$60	\$72	\$90
Dual	\$67	\$60	\$101	\$125
Household	\$77	\$96	\$116	\$144
Senior (Ages 60+)	\$33	\$43	\$50	\$65
Senior Dual (Both must be 60+)	\$48	\$60	\$72	\$90
Student (Ages 15-21)	\$38	\$48	\$68	\$72

Annual Membership	The Marsh OR Williston		The Marsh AND Williston	
	Resident	Non resident	Resident	Non resident
Individual (Ages 22+)	\$545	\$690	\$818	\$1035
Dual	\$769	\$961	\$1164	\$1442
Household	\$882	\$1090	\$1323	\$1635
Senior (Ages 60+)	\$385	\$481	\$578	\$722
Senior Dual (Both must be 60+)	\$545	\$690	\$818	\$1035
Student (Ages 15-21)	\$448	\$545	\$672	\$818

Dual Membership

Dual is considered two people living at the same address, and one individual must be at least 15 years of age or older. If one individual is under the age of 15, the other must be an adult 18+ years of age.

Family Membership

Family is considered one or two adults plus children 21 and under living at the same address.

Youth 14 and younger must join the fitness center with an adult and must be supervised by an adult when using equipment. Youth 12-14 are not permitted to use free weights, machines or cardio equipment until they pass the equipment orientation.

St. Louis Park Residents

St. Louis Park residents are eligible for the Minnetonka resident rate due to a reciprocal agreement between the two cities. (Minnetonka residents are eligible for the St. Louis Park resident rate at the St. Louis Park Aquatics Park.)

Extra Membership Fees

One-time registration fee: \$30

Membership hold/freeze: \$5/month

Upgrade/downgrade: \$5

Non-Sufficient Funds/Credit card decline: \$30

Additional adult (more than two in household):
\$10/month or \$15/month for both Williston and The Marsh

Membership Changes

Changes to your membership must be made by the 15th of the current month in order to take effect the following month.

One-Time Guest Fees

Ages 0-11 months: Free

Ages 1-14: \$7

Ages 15 and older: \$12



Group Fitness Classes

Williston Fitness Center and The Marsh offer more than 150 fitness classes per week. All are included with membership or daily admission.

Visit minnetonkamn.gov/fitness to view the current group fitness schedule.

Personal Training

Personal training is an excellent investment in your health and wellness. One-on-one attention from a trainer includes a personalized aerobic and strength program. Participants learn about anatomy, physiology and nutrition. Call 952-939-8375 for more information.

Fee	1 session	4 sessions	8 sessions	12 sessions
Member	\$65	\$240	\$440	\$600
Nonmember	\$75	\$280	\$520	\$720

Semi-Private and Group Personal Training

Designed for groups of two to four. Participants must form their group before registering.

Fee	1 session	4 sessions	8 sessions	12 sessions
Member	\$80	\$273	\$485	\$640
Nonmember	\$95	\$333	\$605	\$812

New Member Special

Jump on this great personal training package, including three sessions, for a reduced price. Offer valid for all new Williston and Marsh members. One time purchase only.

Fee: \$149

Nutrition Coaching

14 years and older

Work with Registered Dietitian Diane Rhody to develop a personal meal plan for a healthy lifestyle.

Individual Session: Member \$55, Nonmember \$65

3 Sessions: Member \$130, Nonmember \$140

Wellness Coaching

14 years and older

Meet with a fitness professional to assess your goals and support your path to healthy living.

Individual Session: Member \$55, Nonmember \$65

3 Sessions: Member \$130, Nonmember \$140

Fitness Assessments

Find your baseline measurements of flexibility, endurance, muscular strength, body composition and cardiovascular fitness. Results are reviewed and used to create a personalized fitness plan.

Member: \$45

Nonmember: \$65

Equipment Orientation

12 years and older

Receive an equipment orientation and learn how to safely and effectively use our fitness equipment. After completing the orientation, 12- to 14-year-olds gain full access to the fitness center.

Weekly appointments are offered and last approximately 45 minutes.

Please see the Williston Fitness Center or The Marsh reception desk to complete an equipment orientation request form.

Individual: \$35

Two or more participants: \$50



Williston Run Club

The Williston Run Club is a social running club that meets once a week. Whether you are training for a race or just want to get out for a run on the trail, everyone is welcome. The goal is to get people active and moving in our beautiful community.

September-October: Mondays at 6 p.m.

Free with a Williston membership or \$12 for guests

Location: Williston Fitness Center

Pilates

The Marsh offers Pilates Mat classes in our group exercise studios, Group Reformer classes in our Pilates Studio and one-on-one Pilates personal training.

Pilates Personal Training

Fee	1 session	4 sessions	10 sessions
Member	\$75	\$292	\$719
Nonmember	\$89	\$340	\$800

Semi-Private Sessions (two individuals)

Fee	1 session	4 sessions	10 sessions
Member	\$60/person	\$232/person	\$560/person
Nonmember	\$79/person	\$308/person	\$750/person

For more information or to schedule a session, contact Senior Fitness Coordinator Julie Falline at jfalline@minnetonkamn.gov.

Group Reformer Classes

Pilates Reformer is a mind-body exercise that promotes optimal musculoskeletal performance, strength, flexibility and endurance, focusing on core stability, pelvic and shoulder girdle stabilization, proper alignment and breath. Purchase a punch card at The Marsh front desk.

Punch Card	Marsh Member	Nonmember
10 Punches	\$250	\$300
5 Punches	\$150	\$175
3 Punches	\$105	\$120

Day	Time
Tu	7-7:50 a.m.; 1-1:50 p.m.
W	12:30-1:20 p.m.
Th	7-7:50 a.m.; 1-1:50 p.m.; 5:45-6:35 p.m.
F	10-10:50 a.m.*; 2-2:50 p.m.
Sa	9-9:50 a.m.; 10-10:50 a.m.

*Beginner class

Location: Marsh Lower Level Studio

BOOT CAMP Holiday Challenge

Join our two-week boot camp and stay fit this holiday season!

This special 45-minute class includes cardio, strength training, plyometric drills and a new fitness challenge every day!

Monday-Friday | Dec. 11-22
6:30-7:15 a.m. | \$40/\$60 | Course: 1060401-01

Location: Williston Fitness Center Gym

Women on Weights

Ages 18 and older

This class utilizes dumbbells, barbells, steps, stability and core training to learn the proper mechanics of weight training, while focusing on muscular strength, core and endurance.

Day	Dates	Time	Williston Member/ Nonmember Fee	Course
Tu, Th	Sept. 5-28	6-7 p.m.	\$50/\$60	1063701-01
M, W	Sept. 6-27	Noon-1 p.m.	\$43.75/\$53.75	1063701-17
W	Sept. 6-27	5-6 p.m.	\$25/\$30	1063701-13
Th	Sept. 7-28	1-2 p.m.	\$25/\$30	1063701-05
Tu, Th	Oct. 3-31	6-7 p.m.	\$56.25/\$67.50	1063701-02
M, W	Oct. 2-30	Noon-1 p.m.	\$56.25/\$67.50	1063701-18
W	Oct. 4-25	5-6 p.m.	\$25/\$30	1063701-14
Th	Oct. 5-26	1-2 p.m.	\$25/\$30	1063701-06
Th	Nov. 2-30*	1-2 p.m.	\$25/\$30	1063701-07
Tu, Th	Nov. 2-30*	6-7 p.m.	\$50/\$60	1063701-03
M, W	Nov. 1-29	Noon-1 p.m.	\$56.25/\$67.50	1063701-19
W	Nov. 1-29	5-6 p.m.	\$31.50/\$37.50	1063701-15
Tu, Th	Dec. 5-28	6-7 p.m.	\$50/\$60	1063701-04
M, W	Dec. 4-27**	Noon-1 p.m.	\$43.75/\$53.75	1063701-20
W	Dec. 6-27	5-6 p.m.	\$25/\$30	1063701-16
Th	Dec. 7-28	1-2 p.m.	\$25/\$30	1063701-08

*No class Nov. 23

**No class Dec. 25

Location: Williston Fitness Center Studio C

Women on Weights 2 (Advanced Class)

This class is for the individual who has mastered Women on Weights and ready to take it to the next level.

Prerequisite: Women on Weights

Day	Dates	Time	Williston Member/ Nonmember Fee	Course
Tu, Th	Sept. 5-28	7-8 p.m.	\$50/\$60	1063701-09
Tu, Th	Oct. 3-31	7-8 p.m.	\$56.25/\$67.50	1063701-10
Tu, Th	Nov. 2-30*	7-8 p.m.	\$50/\$60	1063701-11
Tu, Th	Dec. 5-28	7-8 p.m.	\$50/\$60	1063701-12

*No class Nov. 23

Location: Williston Fitness Center Studio C

TRX Circuit Training

Ages 18 and older

Maximize your workouts with high intensity, powerful movements and fast tempos. This class has timed interval sets combining TRX and cardio drills.

Guaranteed to keep your heart rate pumping and burn mega calories while engaging in intense body conditioning.

Day	Dates	Time	Williston Member/ Nonmember Fee	Course
Su	Sept. 10-24	9:45-10:30 a.m.	\$18.75/\$22.50	1060201-05
Su	Sept. 10-24	9-9:45 a.m.	\$18.75/\$22.50	1060201-13
Su	Oct. 1-29	9:45-10:30 a.m.	\$31.50/\$37.50	1060201-06
Su	Oct. 1-29	9-9:45 a.m.	\$31.50/\$37.50	1060201-14
Su	Nov. 5-26	9:45-10:30 a.m.	\$25/\$30	1060201-07
Su	Nov. 5-26	9-9:45 a.m.	\$25/\$30	1060201-15
Su	Dec. 3-31*	9:45-10:30 a.m.	\$25/\$30	1060201-08
Su	Dec. 3-31*	9-9:45 a.m.	\$25/\$30	1060201-16
W	Sept. 6-27	6-6:45 p.m.	\$25/\$30	1060201-01
W	Oct. 4-25	6-6:45 p.m.	\$25/\$30	1060201-02
W	Nov. 1-29	6-6:45 p.m.	\$31.50/\$37.50	1060201-03
W	Dec. 6-27	6-6:45 p.m.	\$25/\$30	1060201-04

*No class Dec. 24

Location: Williston Fitness Center Studio C

18+ Ballet

Ages 18 and older

Beginning or beginning again, explore strength, flexibility and balance inside the framework of a classical ballet class. Appropriate for all skill levels with modifications offered.

Day	Dates	Time	Marsh Member/ Nonmember Fee	Course
M	Sept. 11-Oct. 16	10:15-11:30 a.m.	\$120/\$144	1064601-01
W	Sept. 13-Oct. 18	7-8:15 p.m.	\$120/\$144	1064601-02

Location: The Marsh East Studio

Reiki Energy Healing Information Sessions

All Ages

Are you interested in learning Reiki and giving it a try? Join us for an information session on Reiki energy healing and get your questions answered. The session will explain what Reiki is used for, the benefits of the practice and what a typical session looks and feels like. A free 15-minute trial session is available in exchange for your feedback about your experience.

Day	Date	Time	Fee	Course
W	Sept. 13	Noon-12:15 p.m.	Free	1064701-01
W	Sept. 13	12:20-12:35 p.m.	Free	1064701-02
W	Sept. 13	12:40-12:55 p.m.	Free	1064701-03
W	Sept. 13	1-1:15 p.m.	Free	1064701-04
W	Sept. 13	1:20-1:35 p.m.	Free	1064701-05
W	Sept. 13	1:40-1:55 p.m.	Free	1064701-06
Th	Sept. 14	1-1:15 p.m.	Free	1064701-07
Th	Sept. 14	1:20-1:35 p.m.	Free	1064701-08
Th	Sept. 14	1:40-1:55 p.m.	Free	1064701-09
Th	Sept. 14	2-2:15 p.m.	Free	1064701-10
Th	Sept. 14	2:20-2:35 p.m.	Free	1064701-11
Th	Sept. 14	2:40-2:55 p.m.	Free	1064701-12

Location: The Marsh





Coming November 2023

Williston's MAINTAIN DON'T GAIN Healthy Holiday Challenge

Nov. 23-Jan. 1

**Designed to help you maintain
your weight and activity level
during the holiday season**

Registration deadline: Nov. 22

Once registered you will receive a welcome email. Your initial weight will be recorded. You will report your final weight on Jan. 2.

Each Monday, participants receive an email with healthy holiday tips, recipe makeovers and a 15-minute exercise guide to help you "fit in fitness."

Fee: \$10 members/\$15 nonmembers

Course #1064001-01





Coming January 2024!

Commit To Be Fit Challenge

Make changes that will last in this eight-week group challenge.

Five one-on-one personal training sessions

Weekly group boot camps

12 group fitness classes offered to Commit to Be Fit challengers

Nutrition workshops/live food presentations

Watch for more information in the Winter/Spring 2024 brochure!

Registration will open in December 2023.

Tennis

Tennis Registration

Session 1

- Aug. 1, 8 a.m. Priority registration for participants registered for Winter/Spring II or any Summer Tennis Lessons
- Aug. 8, 8 a.m. Open to all

Session 2

- Oct. 3, 8 a.m. Priority registration for participants registered for Fall Session I tennis lessons
- Oct. 10, 8 a.m. Open to all



Williston Fitness Center Junior Tennis Program



The Williston junior tennis program is a Net Generation provider for kids ages 4-18. It is designed to suit players based on their skill level and developmental readiness. Players learn teamwork, communication, balance, agility, hand-eye coordination, problem solving and reliance, all while having fun and making friends.

Evaluations

If your child is a beginner or has no tennis experience, you may register your child for a Beginner/Advanced Beginner class without an evaluation. Players new to the program or those returning from the 2020 sessions or prior will have to be evaluated to enroll in Intermediate or Advanced Classes. Players who aren't evaluated will have their registrations blocked by the registration system until an evaluation is completed. Evaluations to notify parents of your child's level for the next session will be sent through email.

If you have questions or would like to schedule a free evaluation, contact Williston Fitness Center Junior Program Coordinator Boris Gonikman at bgonikman@minnetonkamn.gov.

Junior Tennis

Session 1

Sept. 5–Oct. 22

Evaluation and instructor approval required to register for any intermediate and advanced classes.

Course Name	Ages	Day	Date	Time	Member/ Nonmember Fee	Course
Tiny Shots (Red Ball)	4-5	Tu	Sept. 5–Oct. 17	5:30–6 p.m.	\$68.25/\$82.25	1140201-01
Tiny Shots/Red Ball	4-5	Sa	Sept. 9–Oct. 21	2:15–2:45 p.m.	\$68.25/\$82.25	1140201-02
Hot Shots–Beg./Adv. Beg. (Red Ball)	5-7	Sa	Sept. 9–Oct. 21	2:45–3:30 p.m.	\$108.50/\$129.50	1140202-02
Hot Shots–Beg./Adv. Beg. (Red Ball)	5-7	F	Sept. 8–Oct. 20	4–4:45 p.m.	\$108.50/\$129.50	1140202-01
Hot Shots–Intermediate (Red Ball)	6-8	F	Sept. 8–Oct. 20	4–4:45 p.m.	\$108.50/\$129.50	1140203-01
Hot Shots–Intermediate (Red Ball)	6-8	Sa	Sept. 9–Oct. 21	2:45–3:30 p.m.	\$108.50/\$129.50	1140203-02
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	W	Sept. 6–Oct. 18	5–6 p.m.	\$108.50/\$129.50	1140204-01
Little Shots– Beg./Adv. Beg. (Orange Ball)	7-9	F	Sept. 8–Oct. 20	4:45–5:45 p.m.	\$108.50/\$129.50	1140204-02
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	Sa	Sept. 9–Oct. 21	9–10 a.m.	\$108.50/\$129.50	1140204-03
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	Su	Sept. 10–Oct. 22	3:30–4:30 p.m.	\$108.50/\$129.50	1140204-04
Little Shots–Intermediate (Orange Ball)	8-10	Sa	Sept. 9–Oct. 21	11 a.m.–12:30 p.m.	\$148.75/\$176.75	1140205-01
Little Shots–Intermediate (Orange Ball)	8-10	Su	Sept. 10–Oct. 22	5–6:30 p.m.	\$148.75/\$176.75	1140205-02
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	W	Sept. 6–Oct. 18	5–6 p.m.	\$108.50/\$129.50	1140207-01
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	F	Sept. 8–Oct. 20	4:45–5:45 p.m.	\$108.50/\$129.50	1140207-02
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Sept. 10–Oct. 22	2–3 p.m.	\$108.50/\$129.50	1140207-08
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Sept. 10–Oct. 22	3:30–4:30 p.m.	\$108.50/\$129.50	1140207-03
Mid Shots–Intermediate (Green Ball)	10-13	Tu	Sept. 5–Oct. 17	5:30–7 p.m.	\$148.75/\$176.75	1140208-08
Mid Shots–Intermediate (Green Ball)	10-13	F	Sept. 8–Oct. 20	4:45–6:15 p.m.	\$148.75/\$176.75	1140208-01
Mid Shots–Intermediate (Green Ball)	10-13	Su	Sept. 10–Oct. 22	12:30–2 p.m.	\$148.75/\$176.75	1140208-02
Mid Shots–Intermediate (Green Ball)	10-13	Su	Sept. 10–Oct. 22	3:30–5 p.m.	\$148.75/\$176.75	1140208-03
Mid Shots–Intermediate Drill & Match Play (Green Ball)	10-13	Sa	Sept. 9–Oct. 21	11 a.m.–12:30 p.m.	\$185.50/\$213.50	1140209-01

Location: Williston Fitness Center



Junior Tennis

Session 1

Sept. 5–Oct. 22

Evaluation and instructor approval required to register for any intermediate and advanced classes.

Course Name	Ages	Day	Date	Time	Member/ Nonmember Fee	Course
Teen–Beg./Adv. Beg.	13–18	Sa	Sept. 9–Oct. 21	10–11 a.m.	\$108.50/\$129.50	1140215-01
Teen–Intermediate	13–18	M	Sept. 11–Oct. 16	4–5:30 p.m.	\$148.75/\$176.75	1140216-01
Teen–Intermediate	13–18	W	Sept. 6–Oct. 18	6–7:30 p.m.	\$148.75/\$176.75	1140216-02
Teen–Intermediate	13–18	Th	Sept. 7–Oct. 19	4:30–6 p.m.	\$148.75/\$176.75	1140216-03
Teen–Intermediate	13–18	Sa	Sept. 9–Oct. 21	12:30–2 p.m.	\$148.75/\$176.75	1140216-04
Grand Prix–Intermediate	13–18	Tu	Sept. 5–Oct. 17	4–5:30 p.m.	\$148.75/\$176.75	1140210-01
Grand Prix–Intermediate	13–18	Sa	Sept. 9–Oct. 21	3:30–5 p.m.	\$148.75/\$176.75	1140210-02
Grand Prix–Intermediate Drill & Match Play	13–18	Su	Sept. 10–Oct. 22	2–3:30 p.m.	\$185.50/\$213.50	1140211-02
Grand Prix–Advanced	13–18	W	Sept. 6–Oct. 18	7:30–9 p.m.	\$178.50/\$206.50	1140212-02
Grand Prix–Advanced Match Play	13–18	Su	Sept. 10–Oct. 22	12:30–2 p.m.	\$185.50/\$213.50	1140213-01
Davis Cup (Invite Only) M			Sept. 11–Oct. 16	4–5:30 p.m.	\$153/\$177	
Davis Cup (Invite Only) W			Sept. 6–Oct. 18	6–7:30 p.m.	\$178.50/\$206.50	

Location: Williston Fitness Center

Junior Tennis

Session 2

Oct. 23–Dec. 17

Evaluation and instructor approval required to register for any intermediate and advanced classes.

Course Name	Ages	Day	Date	Time	Member/ Nonmember Fee	Course
Tiny Shots (Red Ball)	4–5	Tu	Oct. 24–Dec. 12	5:30–6 p.m.	\$78/\$94	1140201-03
Tiny Shots (Red Ball)	4–5	Sa	Oct. 28–Dec. 16*	2:15–2:45pm	\$68.25/\$82.25	1140201-04
Hot Shots–Beg./Adv. Beg. (Red Ball)	5–7	Sa	Oct. 28–Dec. 16*	2:45–3:30 p.m.	\$108.50/\$129.50	1140202-04
Hot Shots–Beg./Adv. Beg. (Red Ball)	5–7	F	Oct. 27–Dec. 15*	4–4:45 p.m.	\$108.50/\$129.50	1140202-03
Hot Shots–Intermediate (Red Ball)	6–8	F	Oct. 27–Dec. 15*	4–4:45 p.m.	\$108.50/\$129.50	1140203-03
Hot Shots–Intermediate (Red Ball)	6–8	Sa	Oct. 28–Dec. 16*	2:45–3:30 p.m.	\$108.50/\$129.50	1140203-04
Little Shots–Beg./Adv. Beg. (Orange Ball)	7–9	W	Oct. 25–Dec. 13	5–6 p.m.	\$124/\$148	1140204-05
Little Shots–Beg./Adv. Beg. (Orange Ball)	7–9	F	Oct. 27–Dec. 15*	4:45–5:45 p.m.	\$108.50/\$129.50	1140204-06
Little Shots–Beg./Adv. Beg. (Orange Ball)	7–9	Sa	Oct. 28–Dec. 16*	9–10 a.m.	\$108.50/\$129.50	1140204-07
Little Shots–Beg./Adv. Beg. (Orange Ball)	7–9	Su	Oct. 29–Dec. 17*	3:30–4:30 p.m.	\$108.50/\$129.50	1140204-08
Little Shots–Intermediate (Orange Ball)	8–10	Sa	Oct. 28–Dec. 16*	11 a.m.–12:30 p.m.	\$148.75/\$176.75	1140205-04
Little Shots–Intermediate (Orange Ball)	8–10	Su	Oct. 29–Dec. 17*	5–6:30 p.m.	\$148.75/\$176.75	1140205-05

*No class Nov. 23–26 Location: Williston Fitness Center

Junior Tennis

Session 2

Oct. 23-Dec. 17

Evaluation and instructor approval required to register for any intermediate and advanced classes.

Course Name	Ages	Day	Date	Time	Member/ Nonmember Fee	Course
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	W	Oct. 25-Dec. 13	5-6 p.m.	\$124/\$148	1140207-04
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	F	Oct. 27-Dec. 15*	4:45-5:45 p.m.	\$108.50/\$129.50	1140207-05
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Oct. 29-Dec. 17*	2-3 p.m.	\$108.50/\$129.50	1140207-07
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Oct. 29-Dec. 17*	3:30-4:30 p.m.	\$108.50/\$129.50	1140207-06
Mid Shot-Intermediate (Green Ball)	10-13	Tu	Oct. 24-Dec. 12	5:30-7 p.m.	\$170/\$202	1140208-07
Mid Shots-Intermediate (Green Ball)	10-13	F	Oct. 27-Dec. 15*	4:45-6:15 p.m.	\$148.75/\$176.75	1140208-04
Mid Shots-Intermediate (Green Ball)	10-13	Su	Oct. 29-Dec. 17*	12:30-2 p.m.	\$148.75/\$176.75	1140208-05
Mid Shots-Intermediate (Green Ball)	10-13	Su	Oct. 29-Dec. 17*	3:30-5 p.m.	\$148.75/\$176.75	1140208-06
Mid Shots-Intermediate Drill & Match Play (Green Ball)	10-13	Sa	Oct. 28-Dec. 16*	11 a.m.-12:30 p.m.	\$185.50/\$213.50	1140209-02
Teen-Beg./Adv. Beg.	13-18	Sa	Oct. 28-Dec. 16*	10-11 a.m.	\$108.50/\$129.50	1140215-02
Teen-Intermediate	13-18	M	Oct. 23-Dec. 11	4-5:30 p.m.	\$170/\$202	1140216-05
Teen-Intermediate	13-18	W	Oct. 25-Dec. 13	6-7:30 p.m.	\$170/\$202	1140216-06
Teen-Intermediate	13-18	Th	Oct. 26-Dec. 14*	4:30-6 p.m.	\$148.75/\$176.75	1140216-07
Teen-Intermediate	13-18	Sa	Oct. 28-Dec. 16*	12:30-2 p.m.	\$148.75/\$176.75	1140216-08
Grand Prix-Intermediate	13-18	Tu	Oct. 24-Dec. 12	4-5:30 p.m.	\$170/\$202	1140210-03
Grand Prix-Intermediate	13-18	Sa	Oct. 28-Dec. 16*	3:30-5 p.m.	\$148.75/\$176.75	1140210-04
Grand Prix-Intermediate Drill & Match Play	13-18	Su	Oct. 29-Dec. 17*	2-3:30 p.m.	\$185.50/\$213.50	1140211-04
Grand Prix-Advanced	13-18	W	Oct. 25-Dec. 13	7:30-9 p.m.	\$200/\$232	1140212-04
Grand Prix-Advanced Match Play	13-18	Su	Oct. 29-Dec. 17*	12:30-2 p.m.	\$185.50/\$213.50	1140213-02
Davis Cup (Invite Only) M			Oct. 23-Dec. 11	4-5:30 p.m.	\$204/\$236	
Davis Cup (Invite Only) W			Oct. 25-Dec. 13	6-7:30 p.m.	\$204/\$236	

*No class Nov. 23-26

Location: Williston Fitness Center



Williston Competitive Tennis (WCT)

Session 1 & 2

Course Name	Day	Date	Time	Member/ Nonmember Fee
WCT Level 1 (Orange Ball)	W, F	Sept. 6–Dec. 15*	4:30–6 p.m. (W) 5:45–7:15 p.m. (F)	\$739.50/\$855.50
WCT Level 2 (Green Ball)	Tu, Th	Sept. 5–Dec. 14*	4:30–6 p.m.	\$739.50/\$855.50
WCT Level 3 (Yellow Ball)	Tu, Th	Sept. 5–Dec. 14*	6–7:30 p.m.	\$739.50/\$855.50

*No class Nov. 23 or 24

Williston ACE Tennis

Session 1

Course Name	Day	Date	Time	Member/ Nonmember Fee
Williston ACE Tennis	M	Sept. 11–Oct. 16	5:30–7:30 p.m.	\$261/\$285
Williston ACE Tennis	W	Sept. 6–Oct. 18	7:30–9:30 p.m.	\$304.50/\$332.50

Session 2

Course Name	Day	Date	Time	Member/ Nonmember Fee
Williston ACE Tennis	M	Oct. 23–Dec. 11	5:30–7:30 p.m.	\$348/\$380
Williston ACE Tennis	Tu	Oct. 24–Dec. 12	9–10:30 p.m.	\$252/\$284
Williston ACE Tennis	W	Oct. 25–Dec. 13	7:30–9:30 p.m.	\$348/\$380
Williston ACE Tennis	Th	Oct. 26–Dec. 14*	9–10:30 p.m.	\$220.50/\$248.50

*No class Nov. 23

Williston Fitness Center Men's Evening Singles League

The league begins the week of Sept. 11 and runs through mid-December, depending on the number of participants.

Each player is guaranteed 10 matches. Results are posted bi-weekly. Balls are provided and courts are reserved. Start times for matches are 5:30 and 7 p.m. Match length is 90 minutes. A 24-hour cancellation is required if you are unable to play. Matches can be rescheduled when courts are available.

Contact Dave Wolden, men's tennis coordinator, for questions about registration, format or rules at 952-939-8377 or dwolden@minnetonkamn.gov. League fees are non-refundable after Sept. 8.

Level	Day	Date	Time	Member/ Nonmember Fee	Course
3.5 Singles	M	Sept. 11-mid-December	5:30–8:30 p.m.	\$200/\$240	1140501-02
4.0+ Singles	M	Sept. 11-mid-December	5:30–8:30 p.m.	\$200/\$240	1140501-03

AQUATICS

Aquatics Registration Opens

Session 1:

Aug. 16, 8 a.m. Priority registration for participants registered for Winter/Spring session 3 or any summer swimming lessons

Aug. 23, 8 a.m. Open to all

Session 2:

Oct. 11, 8 a.m. Priority registration for participants registered for Fall session 1 swimming lessons

Oct. 18, 8 a.m. Open to all



The goal of the aquatics program is for the student to make continual progress. Each class builds on the skills learned in the previous class. Adjustments may be made to ensure your swimmer and group has the best swim lesson experience. Swimmers are encouraged to repeat a level if they are not ready to move on to the next level. Swim assessments are required for Sea Turtle and above if new to the swim program or have not taken lessons since Fall 2022.

To view our policies or more information for swim assessments, registration, waitlists, cancelations and makeups, view our swim program guidebook at minnetonkamn.gov/aquatics.

All fall lessons will be held at Williston Fitness Center, 14509 Minnetonka Drive

Swimmer to Instructor Ratio

Preschool Tadpole through Preschool Angelfish: 4:1

Youth Jellyfish through Youth Stingray: 5:1

Youth Seal through Pre-Team: 6:1

Aquatots: 10:1



Aquatics Class Descriptions

Level	Class Goals & Focus
Aquatots <i>6 months-3 years (with adult)</i>	Structured lessons with basic water orientation designed to guide the adult in teaching skills to child through games and songs. Swim diapers must be worn in the pool. 30-minute class.
Preschool Tadpole <i>Ages 3-5</i>	Water comfort, building water confidence, submersions and foundational skills to independent movement. <i>Level Goals:</i> Ask permission before entering the water, submersions, blowing bubbles, assisted floats and glides. 30-minute class.
Preschool Frog <i>Ages 3-5</i>	Building water confidence, integrated arm/leg action, foundational skills to independent movement and submersions. <i>Level Goals:</i> Knows how to enter and exit the pool safely, assisted floats, glides, kicks, submersions and jumps. Swimmers should be comfortable putting their face in the water. 30-minute class.
Preschool & Youth Sea Turtle <i>Ages 3-5; 6-12</i>	Forward movement, independent movements, introduction to front crawl stages. <i>Level Goals:</i> Submersions, foundations of front crawl, retrieving objects underwater, unassisted floats, glides and integrated arm and leg action.
Preschool & Youth Jellyfish <i>Ages 3-5; 6-12</i>	Body position and control, directional change and breathing techniques. <i>Level Goals:</i> Tread water, introduction to side breathing, integrated arm and leg action, foundations of front crawl and back crawl.
Preschool & Youth Angelfish <i>Ages 3-5; 6-12</i>	Integrated movements, build stroke techniques, introduction to breaststroke, safety techniques and jumps into deep water. <i>Level Goals:</i> Deep water tread, stages of diving, front crawl with side breathing.
Preschool & Youth Stingray <i>Ages 3-5; 6-12</i>	Freestyle, backstroke, dives, sidestroke and deep water skills. <i>Level Goals:</i> Master stroke fundamentals and breathing techniques.
Youth Seal <i>Ages 6-12</i>	Swimming longer distances, breaststroke techniques and deep water skills. <i>Level Goals:</i> Breaststroke arms and whip kicks, side-to-side rolls, freestyle and backstroke refinement and dives.
Youth Sea Otter <i>Ages 6-12</i>	Swimming longer distances, combined breaststroke with breathing and introduction to butterfly. <i>Level Goals:</i> Swim 25 yards of freestyle and backstroke, rotary breathing, refinement of freestyle, backstroke, breaststroke, dolphin kicks and deep water tread.
Pre-Team 1 <i>Ages 6-12</i>	Introduce all four competitive strokes and refine techniques. <i>Level Goals:</i> Introduction to flip turns, endurance swimming, butterfly, dives.
Pre-Team 2 <i>Ages 6-12</i>	Swim all four competitive strokes, drills to improve technique, develop freestyle and backstroke endurance. <i>Level Goals:</i> Swim freestyle and backstroke 50 yards, breaststroke and butterfly 25 yards, dives, flip turns.
Adult Lessons	Ages 18 and older, basic swimming skills, stroke development and safety.
Private Lessons	Ages 3 and older. Private one-on-one lessons geared toward student's specific goals. Semi-private lessons are available to those with similar swim skills or close in age. Lesson pricing and online request forms can be found on our website.



Session 1 Aquatics

Saturdays

Session 1: Sept. 9–Oct. 14

Session 2: Oct. 28–Dec. 9 (No lessons Nov. 25)

Class	Time	Member/Nonmember Fee	Session 1	Session 2
Aquatots	10-10:30 a.m.	\$78/\$90	1030101-01	1030101-04
Preschool Tadpole	10-10:30 a.m.	\$78/\$90	1030201-01	1030201-07
Preschool Frog	10:45-11:15 a.m.	\$78/\$90	1030301-01	1030301-07
Preschool Sea Turtle	11:20 a.m.-noon	\$84/\$96	1030501-01	1030501-05
Preschool Jellyfish	10:35-11:15 a.m.	\$84/\$96	1030601-01	1030601-03
Youth Jellyfish	11:20 a.m.-noon	\$84/\$96	1030602-01	1030602-06
Youth Angelfish	12:10-12:50 p.m.	\$84/\$96	1030702-01	1030702-05
Youth Stingray	12:10-12:50 p.m.	\$84/\$96	1030802-01	1030802-03

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.

Sundays

Session 1: Sept. 10 –Oct. 15

Session 2: Oct. 29–Dec. 10 (No lessons Nov. 26)

Class	Time	Member/Nonmember Fee	Session 1	Session 2
Aquatots	3:40-4:10 p.m.	\$78/\$90	1030101-02	1030101-05
Preschool Tadpole	11:45 a.m.-12:15 p.m.	\$78/\$90	1030201-02	1030201-08
Preschool Tadpole	1:10-1:40 p.m.	\$78/\$90	1030201-03	1030201-09
Preschool Frog	11:45 a.m.-12:15 p.m.	\$78/\$90	1030301-02	1030301-08
Preschool Frog	2-2:30 p.m.	\$78/\$90	1030301-03	1030301-09
Preschool Sea Turtle	12:20-1 p.m.	\$84/\$96	1030501-02	1030501-06
Preschool Sea Turtle	3:40-4:20 p.m.	\$84/\$96	1030501-03	1030501-07
Youth Sea Turtle	1:10-1:50 p.m.	\$84/\$96	1030502-01	1030502-03
Preschool Jellyfish	2-2:40 p.m.	\$84/\$96	1030601-02	1030601-04
Youth Jellyfish	2:50-3:30 p.m.	\$84/\$96	1030602-02	1030602-07
Youth Jellyfish	3:40-4:20 p.m.	\$84/\$96	1030602-03	1030602-08
Preschool Angelfish	2:50-3:30 p.m.	\$84/\$96	1030701-01	1030701-02
Youth Angelfish	12:20-1 p.m.	\$84/\$96	1030702-02	1030702-06
Youth Stingray	1:10-1:50 p.m.	\$84/\$96	1030802-02	1030802-04
Youth Seal	2-2:40 p.m.	\$84/\$96	1030902-01	1030902-02
Youth Sea Otter	12:20-1 p.m.	\$84/\$96	1031002-01	1031002-03
Pre-Team 1	2:50-3:30 p.m.	\$84/\$96	1031101-01	1031101-03
Pre-Team 2	2-2:40 p.m.	\$84/\$96	1031901-01	1031901-02

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.

Monday Evenings

Session 1: Sept. 11–Oct. 16

Session 2: Nov. 6–Dec. 11

Class	Time	Member/Nonmember Fee	Session 1	Session 2
Aquatots	3:50-4:20 p.m.	\$78/\$90	1030101-03	1030101-06
Preschool Tadpole	4:25-4:55 p.m.	\$78/\$90	1030201-04	1030201-10
Preschool Frog	3:50-4:20 p.m.	\$78/\$90	1030301-04	1030301-10
Preschool Sea Turtle	5:15–5:55 p.m.	\$84/\$96	1030501-04	1030501-08
Youth Jellyfish	4:25-5:05 p.m.	\$84/\$96	1030602-04	1030602-09
Youth Angelfish	5:15–5:55 p.m.	\$84/\$96	1030702-03	1030702-07

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.

Wednesday Evenings

Session 1: Sept. 13–Oct. 18

Session 2: Nov. 1–Dec. 13 (No lessons Nov. 22)

Class	Time	Member/Nonmember Fee	Session 1	Session 2
Preschool Tadpole	3:50-4:20 p.m.	\$78/\$90	1030201-05	1030201-11
Preschool Tadpole	3:50-4:20 p.m.	\$78/\$90	1030201-06	1030201-12
Preschool Frog	3:50-4:20 p.m.	\$78/\$90	1030301-05	1030301-11
Preschool Frog	5:15–5:45 p.m.	\$78/\$90	1030301-06	1030301-12
Youth Sea Turtle	6–6:40 p.m.	\$84/\$96	1030502-02	1030502-04
Youth Jellyfish	4:25-5:05 p.m.	\$84/\$96	1030602-05	1030602-10
Youth Angelfish	5:15–5:55 p.m.	\$84/\$96	1030702-04	1030702-08
Youth Sea Otter	6–6:40 p.m.	\$84/\$96	1031002-02	1031002-04
Pre-Team 1	4:25-5:05 p.m.	\$84/\$96	1031101-02	1031101-04

Location: Williston Fitness Center

Family members who are not participating in lessons are welcome to swim in designated areas at Williston only.



ICE SKATING

Ice Arena

3401 Williston Road
Minnetonka, MN 55345
952-939-8310
minnetonkamn.gov/icearena

Like us on Facebook and follow us on Instagram



**Ice Skating Lessons Registration Opens
Tuesday, Aug. 22**

Public Skating

Adult/Child: \$5
Senior Citizen: \$3
Skate Rental: \$3

Hours

Tuesday, Wednesday, Thursday: 11:30 a.m.-1 p.m.

Friday: 6:15-7:45 p.m.

Sunday: 1-2:30 p.m.

Public skate hours are subject to change.

Sign up for updates and learn more
at minnetonkamn.gov/icearena



Adult Open Hockey

Adult: \$5 (Goalies are free)

Hours

Monday and Friday: 11:30 a.m.-1 p.m.
(September through April)

Local Organizations at the Minnetonka Ice Arena

Home of Hopkins/Park Girls High School Hockey
Team: hopkinsschools.org

Adult Hockey

Minnesota Showcase Hockey: showcasehockey.com

Youth Hockey

Hopkins Youth Hockey Association:
hopkinshockey.com

Minnetonka Youth Hockey Association:
tonkahockey.org

Figure Skating

Lake Minnetonka Figure Skating Club: lmfsc.org



Skating Lessons

Learn-to-Skate USA makes skating fun and safe for all, while building solid skill progression and growing self-esteem. More info: learntoskateusa.com

Skating Fundamentals *Ages 3-5*

Classes are designed to help children 5 and younger develop the ABC's (Agility, Balance, Coordination and Speed) of movement. **Helmets required.**

Class	Requirement	Learn
Snowplow Sam 1	No prior skating experience; need help marching across the ice	To stand, fall and move across the ice
Snowplow Sam 2	Passed Snowplow Sam 1 or can confidently march across the ice	Gliding, dips while moving, stopping
Snowplow Sam 3	Passed Snowplow Sam 2	Forward and backwards swizzles and one foot glides
Snowplow Sam 4	Passed Snowplow Sam 3	Refinement of forward and backward skating and two foot turns

Hockey Skating Skills *Ages 6 and older*

Learn the fundamentals of hockey skating, without sticks or pucks. In the four badge levels, skaters increase agility and proper technique and learn basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals of hockey skating. **NO STICKS OR PUCKS USED IN THIS CLASS. PARTICIPANTS MUST WEAR HOCKEY SKATES AND HELMETS.**

Class	Requirement	Learn
Hockey 1	Passed Basic 1 or possess basic skating skills	To glide and beginning stroke
Hockey 2	Passed Hockey 1	Proper edge and pushing technique for forward and backward skating
Hockey 3	Passed Hockey 2	Proper edge and pushing technique for forward cross-overs. Backward power skating, stops and power turns
Hockey 4	Passed Hockey 3	Refinement of forward and backward cross-overs. Quick starts, hockey stops and Mohawks



Basic Skills *Ages 6 and older*

Learn the fundamentals of skating and the best foundation for figure skating and hockey skating skills. Six progressive levels teach skaters to move confidently and advance to specialized skating. Skaters progress at their own rate and advance after skills are mastered. **Helmets required for Basic 1 & 2.**

NOTE: If you register for a group lesson class (Basic 3 through Free Skate 4) and Tricks & Twirls, you will receive a discounted rate of \$230. **IMPORTANT:** To obtain this discount when registering online, you must add the Tricks & Twirls class AFTER you add the group class.

Class	Requirement	Learn
Basic 1	No previous lesson experience or not passed Basic 1	To move forward, balance and glide. Introduction to backward skating
Basic 2	Passed Basic 1	Forward stroking, stopping, one foot glides and refinement of backward skating
Basic 3	Passed Basic 2 and wear figure skates	Proper edge control and push for forward cross-overs
Basic 4	Passed Basic 3 and wear figure skates	Forward cross-overs and proper pushing technique for backward cross-overs
Basic 5	Passed Basic 4 and wear figure skates	Backward cross-overs, hockey stops and outside edge 3-turns
Basic 6	Passed Basic 5 and wear figure skates	Inside edge 3-turns, backward stroking, T-Stops and more
Pre-Free Skate	Passed Basic 6 and wear figure skates	Inside edge Mohawks, backward to forward transitions, beginning jumps and one foot spins

Figure Skating

Each free skate level contains a variety of progressive skating skills, transitions, spins and jumps – all of which build on the fundamentals, providing skaters a strong foundation. Instruction is focused on quality and mastery of skills.

Class	Requirement	Learn
Free Skate 1	Passed Pre-Free Skate	Edge work, 3-turns, one foot spins and beginning jumps
Free Skate 2	Passed Free Skate 1	Beginning jumps and spins, edge work and spirals
Free Skate 3	Passed Free Skate 2	A footwork sequence and advanced jumps and spins
Free Skate 4	Passed Free Skate 3	Power threes, sit spins and advanced jumps
Free Skate 5	Passed Free Skate 4	Advanced footwork, camel spins and jump combinations
Free Skate 6	Passed Free Skate 5	Advanced footwork, combination spins and axel jump
Advanced Free Skate	Passed Free Skate 6	Double jumps and advanced spin techniques
Tricks & Twirls	Passed Basic 2, but not Free Skate 4	Beginning jumps, spins and tricks



Supplemental Figure Skating

Class	Requirement	Learn
Tricks & Twirls	Passed Basic 2, figure skates	Beginning jumps, spins and tricks
Intermediate Power and Edge	Passed Pre-Preliminary Moves or Free Skate 3	Stroking, edges, power and consistent carriage through turn execution
Advanced Power and Endurance	Passed Juvenile Moves or Advanced Free Skate	Refinement of stroking, edges, power, carriage and endurance
Pre-Preliminary through Intermediate Moves in the Field	Passed Free Skate 2 or instructor permission	USFS Moves in the Field patterns
Jump & Spin	Passed Free Skate 5	Proper spin and jump technique and positions

Adult Skating Lessons

Class	Description
Adult Beginner	Introduction to skating for those with no experience. Helmet recommended.
Adult Intermediate	For adults who can comfortably skate forward and backward and are able to stop.
Adult Advanced	Introduction to jumps and spins
Adult Ice Dance	Emphasis on USFS Dance patterns. Need instructor permission or previous dance experience.

Skating Lessons

Cost: \$140

Location: Ice Arena A, 3401 Williston Road

Skating Fundamentals

Lesson	Day	Date	Time	Course
Snowplow Sam 1	Tu	Sept. 12–Nov. 14	1–1:30 p.m.	1070101-02
Snowplow Sam 1	S	Sept. 16–Nov. 18	11–11:30 a.m.	1070101-03
Snowplow Sam 1	M	Sept. 11–Nov. 13	5:45–6:15 p.m.	1070101-04
Snowplow Sam 2	Tu	Sept. 12–Nov. 14	1:30–2 p.m.	1070201-02
Snowplow Sam 2	S	Sept. 16–Nov. 18	11–11:30 a.m.	1070201-03
Snowplow Sam 2	M	Sept. 11–Nov. 13	5:45–6:15 p.m.	1070201-04
Snowplow Sam 3	Tu	Sept. 12–Nov. 14	1:30–2 p.m.	1070301-02
Snowplow Sam 3	S	Sept. 16–Nov. 18	11:30 a.m.–noon	1070301-03
Snowplow Sam 3	M	Sept. 11–Nov. 13	6:45–7:15 p.m.	1070301-04
Snowplow Sam 4	Tu	Sept. 12–Nov. 14	1:30–2 p.m.	1070401-02
Snowplow Sam 4	S	Sept. 16–Nov. 18	11:30 a.m.–noon	1070401-03
Snowplow Sam 4	M	Sept. 11–Nov. 13	6:45–7:15 p.m.	1070401-04



Hockey

Lesson	Day	Date	Time	Course
Hockey 1	M	Sept. 11-Nov. 13	6:45-7:15 p.m.	1070501-01
Hockey 1	Sa	Sept. 16-Nov. 18	11:30 a.m.-noon	1070501-02
Hockey 2	M	Sept. 11-Nov. 13	6:45-7:15 p.m.	1070601-01
Hockey 2	Sa	Sept. 16-Nov. 18	11:30 a.m.-noon	1070601-02
Hockey 3	M	Sept. 11-Nov. 13	6:45-7:15 p.m.	1070701-01
Hockey 3	Sa	Sept. 16-Nov. 18	11:30 a.m.-noon	1070701-02
Hockey 4	M	Sept. 11-Nov. 13	6:45-7:15 p.m.	1070801-01
Hockey 4	Sa	Sept. 16-Nov. 18	11:30 a.m.-noon	1070801-02

Basic Skills

Lesson	Day	Date	Time	Course
Basic 1	M	Sept. 11-Nov. 13	6:15-6:45 p.m.	1070901-01
Basic 1	Sa	Sept. 16-Nov. 18	10:30-11 a.m.	1070901-02
Basic 2	M	Sept. 11-Nov. 13	5:15-5:45 p.m.	1071001-01
Basic 2	Sa	Sept. 16-Nov. 18	10:30-11 a.m.	1071001-02
Basic 3	M	Sept. 11-Nov. 13	5:15-5:45 p.m.	1071101-01
Basic 3	Sa	Sept. 16-Nov. 18	9:45-10:15 a.m.	1071101-02
Basic 4	M	Sept. 11-Nov. 13	5:15-5:45 p.m.	1071201-01
Basic 4	Sa	Sept. 16-Nov. 18	9:45-10:15 a.m.	1071201-02
Basic 5	M	Sept. 11-Nov. 13	5:15-5:45 p.m.	1071301-01
Basic 5	Sa	Sept. 16-Nov. 18	9:45-10:15 a.m.	1071301-02
Basic 6	M	Sept. 11-Nov. 13	5:15-5:45 p.m.	1071401-01
Basic 6	Sa	Sept. 16-Nov. 18	9:45-10:15 a.m.	1071401-02
Pre-Free Skate	W	Sept. 13-Nov. 15	5:15-5:45 p.m.	1071501-01
Pre-Free Skate	Sa	Sept. 16-Nov. 18	9:45-10:15 a.m.	1071501-02

Figure Skating Lessons

Lesson	Day	Date	Time	Course
Free Skate 1	W	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071601-01
Free Skate 2	W	Sept. 13–Nov. 15	5:15–5:45 p.m.	1071701-01
Free Skate 3	W	Sept. 13–Nov. 15	5:45–6:15 p.m.	1071801-01
Free Skate 4	W	Sept. 13–Nov. 15	5:45–6:15 p.m.	1071901-01
Free Skate 5	W	Sept. 13–Nov. 15	5:45–6:15 p.m.	1072001-01
Free Skate 6	W	Sept. 13–Nov. 15	5:45–6:15 p.m.	1072101-01
Advanced Free Skate	W	Sept. 13–Nov. 15	5:15–5:45 p.m.	1072201-01
Intermediate Power and Edge	W	Sept. 13–Nov. 15	6:15–6:45 p.m.	1072401-01
Advanced Power and Endurance	Sa	Sept. 16–Nov. 18	12–12:30 p.m.	1072501-01
Pre Prelim through Intermediate Moves	W	Sept. 13–Nov. 15	4:45–5:15 p.m.	1072601-01
Jump and Spin Class	M	Sept. 11–Nov. 13	4:45–5:15 p.m.	1072801-01
Tricks and Twirls	Sa	Sept. 16–Nov. 18	9–9:45 a.m.	1073401-01

Adult Lessons

Lesson	Day	Date	Time	Course
Adult Beginner	W	Sept. 13–Nov. 15	7–7:30 p.m.	1072901-02
Adult Beginner	Sa	Sept. 16–Nov. 18	8:30–9 a.m.	1072901-03
Adult Intermediate	W	Sept. 13–Nov. 15	7–7:30 p.m.	1073001-02
Adult Intermediate	Sa	Sept. 16–Nov. 18	8:30–9 a.m.	1073001-03
Adult Advanced	W	Sept. 13–Nov. 15	7–7:30 p.m.	1073101-02
Adult Advanced	Sa	Sept. 16–Nov. 18	8:30–9 a.m.	1073101-03
Adult Ice Dance	W	Sept. 13–Nov. 15	7:30–8 p.m.	1073301-01

AMENITIES AND FACILITIES

Minnetonka Community Center

14600 Minnetonka Blvd.
952-939-8390
minnetonkamn.gov/communitycenter

The Minnetonka Community Center is available to residents and local organizations for a variety of meeting and banquet needs.



Meeting facilities

Meeting spaces are available for groups of up to 120 people and can be reserved by Minnetonka residents up to one year in advance.

Banquet facilities

Accommodates up to 250 people. Minnetonka residents can make reservations 18 months in advance for special events, receptions and private parties.

Glen Lake Activity Center

14350 Excelsior Blvd.
952-939-8390
minnetonkamn.gov/glac

The Glen Lake Activity Center has meeting rooms, restrooms and a police substation.

Meeting space

Space is available for groups of up to 60 people and can be reserved by Minnetonka residents up to one year in advance.



Ridgedale Commons

12590 Ridgedale Drive
952-939-8390
minnetonkamn.gov/ridgedalecommons

Ridgedale Commons is available for reservations and includes a meeting room, public outdoor space and public restrooms.

Meeting space

Space is available for groups of up to 39 people and includes table seating for 24. Minnetonka residents can reserve the room up to one year in advance; non-residents up to six months in advance. The meeting room is available 10 a.m.- 2 p.m. or 4-8 p.m. Alcohol prohibited.

Fees:

Resident: \$125
Nonresident: \$225
Damage Deposit: \$100

Royals Athletic Center

2400 Royals Drive
952-988-4519

communityed.hopkinsschools.org/facilities/rac

The Royals Athletic Center is jointly owned and operated by the City of Minnetonka and the Hopkins School District. The facility is connected to Hopkins High School.

Amenities:

- Five regulation basketball courts, two with adjustable height baskets for all levels of play
- Seven regulation volleyball courts
- 300-meter walking/jogging track
- Exercise and conditioning rooms with weight machines, free weights and cardiovascular equipment
- Additional amenities available for baseball, softball, wrestling, aerobics and badminton

The Hopkins School District utilizes the Royals Athletic Center for all district-related activities, including athletics, physical education, graduation, music concerts and special events. Hopkins High School varsity home games are hosted in the facility with 2,800 spectator seats available.




Designated hours for community use of the facility's 3,800-square-foot exercise and conditioning area provide residents fitness opportunities.

Membership


The Royals Athletic Center offers a variety of affordable fitness memberships in a comfortable atmosphere. Memberships can be purchased through Hopkins Community Education and are valid for one year from the date of purchase. Visit communityed.hopkinsschools.org/facilities/rac or call 952-988-4519.

Basketball Open Gym

Local adults and youth can play a pickup game of basketball or just shoot some hoops. Open gym fee is \$5 or free if you are a member of the Royals Athletic Center. Participants must bring their own basketball. Visit communityed.hopkinsschools.org/facilities/rac or call the Royals Athletic Center at 952-988-4519 for the open gym schedule and operating hours.




HOPKINS ACTIVITY CENTER
A gathering place for adults to stay active and engaged through recreational programming. Come visit us at our Open House August 15, 10 am-12 pm & find out what we're all about!



RECREATION
Program offerings include fitness classes, social enrichment, card and game groups, pickleball for adults, travel and more!

FACILITY RENTAL
Open to the community for rental of gym, commercial kitchen, meeting spaces, special events, indoor sports or tenant use.

HOPKINS ACTIVITY CENTER
33 14th Ave N, Hopkins, MN 55343 | 952-939-1333
hopkinismn.com/activitycenter



Pavilion
Where Hopkins goes to play!

ICE RENTAL Looking for some private time on the ice for your family, friends, or team? Check our website for available times.


PUBLIC SKATE The Hopkins Pavilion is your place for open skate, pick-up hockey, stick handling practice and figure skating.

- Pucks and sticks allowed: Monday-Friday 11:30am-12:30pm (Adults only) and 12:30-1:30pm (All ages).
- No pucks and sticks allowed on Sundays starting October 8, 1-2:30pm (All ages).

HOPKINS YOUTH HOCKEY (HYHA) Is your child excited to play hockey? Visit hopkinshockey.com for more information.

DRIVE THE ZAMBONI Check it off your bucket list! Learn to make a sheet of ice from start to finish or take a joy ride.

ROOM RENTALS The Pavilion has multiple rooms available to rent for your public or private event, meeting, or party.



HOPKINS PAVILION
11000 Excelsior Blvd, Hopkins, MN 55343
952.548-6390 | hopkinspavilion.com

BURWELL

SPOOKTACULAR

Wear your best costume and have a spooktacular time at this annual outdoor event!

GAMES

CRAFTS

Inflatables

FOOD VENDORS



WARM UP BY THE FIRE

BURWELL HOUSE TOURS

Friday, Oct. 27
5-8 p.m.

Burwell House grounds
13209 E. McGinty Road*

*Free parking is available: St. David's Family Center, 3395 Plymouth Road