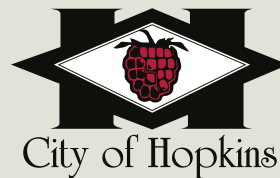


# HOPKINS-MINNETONKA RECREATION

## 2024 FALL PROGRAMS



City of Hopkins



CITY OF  
MINNETONKA

### REGISTRATION BEGINS

**TUESDAY, AUG. 6, 8 A.M.** - GENERAL RECREATION PROGRAMS

**THURSDAY, AUG. 8, 8 A.M.** - SENIOR PROGRAMS

**TUESDAY, AUG. 20, 8 A.M.** - ICE SKATING LESSONS

[minnetonkamn.gov/register](https://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.



**HOPKINS-MINNETONKA  
RECREATION**

## 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 or go online at [minnetonkamn.gov/recreation](http://minnetonkamn.gov/recreation).

## 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.

## 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](http://minnetonkamn.gov/register), or call 952-939-8203.**



*Thank you for supporting our youngest residents.*



# REGISTRATION

**Tuesday, Aug. 6, 8 a.m.**  
GENERAL RECREATION PROGRAMS

**Thursday, Aug. 8, 8 a.m.**  
SENIOR PROGRAMS

**Tuesday, Aug. 20, 8 a.m.**  
ICE SKATING LESSONS

**Tennis registration dates ..... 49**

**Aquatics registration dates ..... 53**

## Three ways to register

### Online:

[minnetonkamn.gov/register](http://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:

- The Marsh/Recreation Services offices, 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

Civic Center Park Outdoor Amphitheater  
14600 Minnetonka Blvd.

Bring your family and friends for a fun night of cinema under the stars! Movies take place approximately 15 minutes after sunset. All events are free; bring a blanket or lawn chair.



**Thursday, Aug. 29**

(approximately 8:10 p.m.)

"Wonka"

Run time 1 hour, 56 minutes

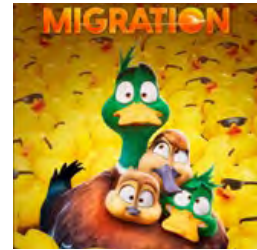


**Friday, Sept. 6**

(approximately 7:55 p.m.)

"The Little Mermaid"

Run time 2 hours, 15 minutes



**Friday, Sept. 13**

(approximately 7:40 p.m.)

"Migration"

Run time 1 hour, 23 minutes

Call the weather hotline at 952-939-8355 or visit [minnetonkamn.gov](http://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 Oct. 1.

**Tuesdays through Oct. 1**  
**2-6 p.m.**

**Ridgedale Commons**  
**12590 Ridgedale Drive**



More info or to sign up for weekly updates: [minnetonkamn.gov/farmersmarket](http://minnetonkamn.gov/farmersmarket)



# SAUNA — in the — PARKS

*Ages 18 and older*

Focus on your health and wellness this fall with family and friends. Shady Oak Beach will be transformed into a sauna and cold plunge oasis. Check out our 10-person Voyageur Mobile Sauna, equipped with wood fire stove, outdoor bonfire and overall glamping ambiance. The lake will be open to registered guests for an optional cold plunge. Indoor changing facilities are available.

**Friday-Sunday  
October-April  
Shady Oak Beach**

\$25/person

Private group reservations available

Registration begins Sept. 9

More info: [minnetonkamn.gov/saunaintheparks](http://minnetonkamn.gov/saunaintheparks)

COMING SOON:



CAFÉ  
*Anna Lisa*  
*authentic • gourmet • homemade*

We cordially invite you to join us for dinner and/or brunch at The Marsh. Coming this Fall, Café Anna Lisa will be hosting freshly prepared, gourmet style, pop-up dinners.

Our private, ticketed-only events will include delicious starters, gourmet seasonal entrees and dessert, music and more. Dinners will also offer specially selected wines and non-alcoholic beverages. Our Classic Sunday Brunch will also be paired with pre-selected sparkling wine or mimosas. Of course, we will have wonderful non-alcoholic options as well. Space will be limited, so bring a friend or two and come enjoy some really great food, music and the beautiful space in the cafe at The Marsh.

Private dinners are proudly being brought to you by the folks at Café Anna Lisa.

Day	Date	Time	Cost	Course
F	Sept. 20	6-8 p.m.	\$75/person	1020803-01
Su	Oct. 13	11 a.m.-1 p.m. (brunch)	\$75/person	1020803-02
F	Nov. 15	6-8 p.m.	\$75/person	1020803-03

*Location: Café Anna Lisa at The Marsh*





# Music Association of Minnetonka

Supporting six local musical ensembles made up of artists of all ages!



Full auditioned symphony orchestra



Traditional concert wind ensemble



Choral group for seniors



For kids in K-3rd grade



Non-auditioned community orchestra



Performs two jazz dances per year

Arts Center on 7  
18285 Highway 7, Minnetonka, MN 55345  
musicassociation.org



**Saturdays, Nov. 9, Dec. 14, Feb. 8**  
**10 a.m.-2 p.m.**

**Minnetonka Community Center**  
**14600 Minnetonka Blvd.**

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.

For more information or to become a vendor, visit [minnetonkamn.gov/farmersmarket](http://minnetonkamn.gov/farmersmarket) or email [farmersmarket@minnetonkamn.gov](mailto:farmersmarket@minnetonkamn.gov).



## Jigsaw Jamboree

Ages 17+ (13+ with adult)  
\$35/team per session

**Back by popular demand!**



Are you looking for some fun, friendly competition? Gather your team (up to four) and compete to see who can complete the same 500-piece puzzle the fastest. Prizes will be awarded for first, second and third place.

Registration is required; one person per team should register. You may register for both sessions; a separate puzzle will be used for each. **Register by Oct. 23.**

**Saturday, Nov. 2 | Minnetonka Community Center**

### Session 1

9-11 a.m.  
1020701-01

SESSION 1 SPONSORS:



### Session 2

11:30 a.m.-1:30 p.m.  
1020701-02

SESSION 2 SPONSORS:



# PRESCHOOL PROGRAMS

## Arts, Crafts and Technology



### Little Mess Maker's Art Class

*Ages 18 months-6 years (with adult)*

Enjoy many artistic, mess-making moments as you create marvelously messy masterpieces. Paint, sculpt, scribble and giggle your way to discovering mess-making at its very best. Dress for a mess while you play right along with your child. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
Th	Sept. 19-Oct. 10	9:30-10:30 a.m.	\$71	1040201-01

*Location: Glen Lake Activity Center*

### Color Me Happy

*Ages 18 months-6 years (with adult)*

We'll create 3D creations and get messy with finger-paint; we'll even use a special spin-art technique to make colorful artwork. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
M	Oct. 7-28	9:30-10:30 a.m.	\$71	1040204-01

*Location: Ridgedale Commons*

### Finger Paint Turkey

*Ages 18 months-6 years (with adult)*

Let's create the cutest, messiest finger-painted turkey you've ever seen. Let your imagination run wild as we mix and blend colors to bring our turkeys to life. Children must be accompanied by a caregiver.

Day	Date	Time	Cost	Course
F	Nov. 22	9:30-10:30 a.m.	\$21	1040203-01

*Location: Ridgedale Commons*

### Teddy Time

*Ages 3-6*

Bring Your Own Teddy! Come create accessories for your favorite stuffed toy, all sized to fit just right. Participants should bring a stuffed toy from home for this class.

Day	Date	Time	Cost	Course
F	Oct. 11	9 a.m.-noon	\$45	1040206-01
Th	Dec. 12	9 a.m.-noon	\$45	1040206-02

*Location: Ridgedale Commons*

### 3D Dino World Pajama Party

*Ages 3-6*

Come to class in your jammies. That's right; we'll be doing art in our pajamas. We'll be too busy creating 3D Dino-inspired art.

Day	Date	Time	Cost	Course
Sa	Sept. 28	9 a.m.-noon	\$45	1040202-01
Tu	Nov. 5	9 a.m.-noon	\$45	1040202-02

*Location: Ridgedale Commons*







## Magical Magnets

Ages 3.5-6

Join us for a morning of magical magnet fun. Explore magnetic fields with fascinating, hands-on experiments. Use a variety of magnets as you learn about attraction and repulsion, magnetic poles and the invisible magnetic field.

Day	Date	Time	Cost	Course
W	Sept. 25	10-11:30 a.m.	\$19	1040504-01

Location: Ridgedale Commons

## Space Adventures

Ages 3.5-6

Blast off on a fun-filled trip to the stars. Learn about gravity and how it affects us here on earth. Soar past the moon and investigate the planets of our solar system and how they orbit the sun. At the end of our voyage, we will look to the constellations and learn their stories.

Day	Date	Time	Cost	Course
W	Oct. 9-23	10-11:30 a.m.	\$69	1040503-01

Location: Ridgedale Commons

## Silly Slime

Ages 3.5-6

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

Day	Date	Time	Cost	Course
W	Nov. 6	9:30-11:30 a.m.	\$19	1040505-01

Location: Ridgedale Commons

## Rockin' Reptiles

Ages 3.5-6

Do you wonder why reptiles have scales or if snakes really are slimy? Join us as we investigate the remarkable reptile world. Learn about the four reptile families including snakes, turtles, crocodiles and a unique New Zealand reptile whose tongue glows in the dark.

Day	Date	Time	Cost	Course
W	Nov. 20-Dec. 4	10-11:30 a.m.	\$69	1040506-01

Location: Ridgedale Commons

# Music and Dance

## Music Together

Birth - 5 years (with adult)

Sing, dance, play, learn! 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 and illustrated songbook. Classes are mixed-age so the siblings can be together. Infants under 8 months must call to register and are free with a paid sibling.

## 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
M	Sept. 9	9:15-10 a.m.	Free	1040303-01
Tu	Sept. 10	10:15-11 a.m.	Free	1040303-02

Location: Glen Lake Activity Center

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

Location: Hopkins Center for the Arts Community Room

## Fall Full Session Classes

Day	Date	Time	Cost	Course
M	Sept. 23-Nov. 25	9:15-10 a.m.	\$199 (\$119 for each addt'l sibling)*	1040304-01
M	Sept. 23-Nov. 25	10:15-11 a.m.	\$199 (\$119 for each addt'l sibling)*	1040304-02
Tu	Sept. 24-Nov. 26	9:15-10 a.m.	\$199 (\$119 for each addt'l sibling)*	1040304-03
Tu	Sept. 24-Nov. 26	10:15-11 a.m.	\$199 (\$119 for each addt'l sibling)*	1040304-04

Location: Glen Lake Activity Center

Day	Date	Time	Cost	Course
W	Sept. 25-Nov. 27	9:15-10 a.m.	\$199 (\$119 for each addt'l sibling)*	1040304-05
W	Sept. 25-Nov. 27	10:15-11 a.m.	\$199 (\$119 for each addt'l sibling)*	1040304-06

Location: Hopkins Center for the Arts Community Room

## 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: "The Little Mermaid"

Ages 3-4

Day	Date	Time	Cost	Course
Sa	Sept. 14-Oct. 26*	1:15-2 p.m.	\$67	1040401-01

Ages 5-8

Day	Date	Time	Cost	Course
Sa	Sept. 14-Oct. 26*	2-2:45 p.m.	\$67	1040401-02

\*No class Oct. 19

### Session 2: "Toy Story"

Ages 3-4

Day	Date	Time	Cost	Course
Sa	Nov. 2-Dec. 14*	1:15-2 p.m.	\$67	1040401-03

Ages 5-8

Day	Date	Time	Cost	Course
Sa	Nov. 2-Dec. 14*	2-2:45 p.m.	\$67	1040401-04

\*No class Nov. 30

Location: Hopkins Center for the Arts Room 218

## General Programs

NATURE PROGRAMS



### Musical Nature Explorers - Family Class

Ages 3 and older

Learn about the rhythms of the natural world by exploring how animals make noise and making noise yourself. This class includes learning about why animals make noises and replicating their sounds by making instruments using natural and recycled materials.

Day	Date	Time	Cost	Course
Sa	Sept. 7	10 a.m.-noon	\$14/person or \$34/family	1151504-01

Location: Lone Lake Park Picnic Shelter (Minnetonka)

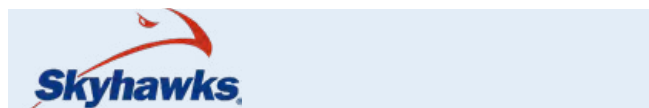
## Leaf Science and Art - Family Class

Ages 3 and older

Celebrate the changing of the seasons by unlocking the science behind the changing of the leaves. Kids and parents will learn and discover together how to use leaves for science experiments and art projects.

Day	Date	Time	Cost	Course
Sa	Oct. 12	10 a.m.-noon	\$14/person or \$34/family	1151505-01

Location: Lone Lake Park Picnic Shelter (Minnetonka)



### SoccerTots

Ages 2-4 (parent participation required)

Curriculum is designed to provide age-appropriate skill development with new challenges as they learn and grow. Focus is on motor skills, body control and basic skills (like dribbling, passing and shooting) and fun.

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	5-5:30 p.m.	\$79	1220401-01

Location: Burnes Park (Hopkins)

### Mini-Hawk Soccer

Ages 4-6

Fuel the passion for soccer in your young athlete. From passing drills to fun games and mini-scrimmages, Skyhawks blends skill development with the joy of the game, creating a well-rounded introduction to soccer.

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	5:40-6:25 p.m.	\$89	1220401-02

Location: Burnes Park (Hopkins)

### 1st Down Tots

Ages 2-4 (parent participation required)

Introduce your little athlete to football with focuses on motor skills, body control and basics like throwing and catching. No tackling or blocking is involved, just pure fun and skill development.

Day	Date	Time	Cost	Course
W	Oct. 23-Nov. 13	5-5:30 p.m.	\$79	1220402-01

Location: Valley Park (Hopkins)

## Mini-Hawk Flag Football

Ages 4-6

Fuel the passion for flag football in your young athlete. From football drills to fun games and touchdown cheers, Skyhawks blends skill development with the joy of the game, creating a well-rounded introduction to football.

Day	Date	Time	Cost	Course
W	Oct. 23-Nov. 13	5:40-6:25 p.m.	\$89	1220402-02

Location: Valley 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 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/MightyStars:** Ages 5-9 - MiniStars and MightyStars are non-competitive foundational skills programs. 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. 7-28	9:15-9:40 a.m.	\$67	1222501-01
Sa	Oct. 12-Nov. 9*	9:15-9:40 a.m.	\$67	1222501-05

Location: Civic Center Park

Day	Date	Time	Cost	Course
Sa	Nov. 16-Dec. 14*	9:15-9:40 a.m.	\$67	1222501-09

Location: Hopkins North Middle School

### Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Sa	Nov. 16-Dec. 14*	9:45-10:25 a.m.	\$67	1222501-10

Location: Hopkins North Middle School

### Ages 3-4 (PreStars1)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	9:45-10:25 a.m.	\$67	1222501-02
Sa	Oct. 12-Nov. 9*	9:45-10:25 a.m.	\$67	1222501-06

Location: Civic Center Park

### Ages 4-5 (PreStars2)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	10:30-11:10 a.m.	\$67	1222501-03
Sa	Oct. 12-Nov. 9*	10:30-11:10 a.m.	\$67	1222501-07

Location: Civic Center Park

### Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	11:15-11:55 a.m.	\$67	1222501-04
Sa	Oct. 12-Nov. 9*	11:15-11:55 a.m.	\$67	1222501-08

Location: Civic Center Park

Day	Date	Time	Cost	Course
Sa	Nov. 16-Dec. 14*	10:30-11:10 a.m.	\$67	1222501-11

Location: Hopkins North Middle School

### Ages 6-9 (MightyStars)

Day	Date	Time	Cost	Course
Sa	Nov. 16-Dec. 14*	11:15-11:55 a.m.	\$67	1222501-12

\*No program Oct. 19, Nov. 30

Location: Hopkins North Middle School



## RevSports: Basketball

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

### Ages 3-5 (PreStars)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	9-9:40 a.m.	\$67	1222601-01
Sa	Oct. 12-Nov. 9*	9-9:40 a.m.	\$67	1222601-14

### Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	9:45-10:25 a.m.	\$67	1222601-04
Sa	Oct. 12-Nov. 9*	9:45-10:25 a.m.	\$67	1222601-15
Tu	Sept. 10-Oct. 1	5:45-6:25 p.m.	\$67	1222601-02
Tu	Oct. 8-29	5:45-6:25 p.m.	\$67	1222601-05

### Ages 5-7 (MiniStars)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	10:30-11:10 a.m.	\$67	1222601-07
Sa	Oct. 12-Nov. 9*	10:30-11:10 a.m.	\$67	1222601-16
Tu	Sept. 10-Oct. 1	6:30-7:10 p.m.	\$67	1222601-03
Tu	Oct. 8-29	6:30-7:10 p.m.	\$67	1222601-06

### Ages 6-9 (MightyStars)

Day	Date	Time	Cost	Course
Sa	Sept. 7-28	11:15-11:55 a.m.	\$67	1222601-13
Sa	Oct. 12-Nov. 9*	11:15-11:55 a.m.	\$67	1222601-17
Tu	Sept. 10-Oct. 1	7:15-7:55 p.m.	\$67	1222601-10
Tu	Oct. 8-29	7:15-7:55 p.m.	\$67	1222601-11

\*No program Oct. 19

Locations: Hopkins West Middle School (Saturdays) and Tanglen Elementary (Tuesdays)



## 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. 16-Oct. 7	5-5:40 p.m.	\$67	1222701-01

### Ages 4-6 (KinderStars)

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	5:45-6:25 p.m.	\$67	1222701-02

### Ages 5-7 (MiniStars)

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	6:30-7:10 p.m.	\$67	1222701-03

Location: Eisenhower Elementary Soccer Field

## RevSports: T-Ball/Coach-Pitch Baseball

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

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

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	5:15-5:40 p.m.	\$67	1222901-01
Tu	Sept. 10-Oct. 1	5:15-5:40 p.m.	\$67	1222901-02
Th	Sept. 12-Oct. 3	5:15-5:40 p.m.	\$67	1222901-03

### Ages 3-5 (T-Ball) (PreStars)

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	5:45-6:25 p.m.	\$67	1222901-04

### Ages 3-4 (T-Ball) (Pre-Stars1)

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	5:45-6:25 p.m.	\$67	1222901-05
Th	Sept. 12-Oct. 3	5:45-6:25 p.m.	\$67	1222901-06

### Ages 4-5 (T-Ball) (Pre-Stars2)

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	6:30-7:10 p.m.	\$67	1222901-07
Th	Sept. 12-Oct. 3	6:30-7:10 p.m.	\$67	1222901-08

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

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	6:30-7:10 p.m.	\$67	1222901-09
Tu	Sept. 10-Oct. 1	7:15-7:55 p.m.	\$67	1222901-10
Th	Sept. 12-Oct. 3	7:15-7:55 p.m.	\$67	1222901-11

**Ages 6-9 (Coach-Pitch Baseball) (MightyStars)**

Day	Date	Time	Cost	Course
M	Sept. 16-Oct. 7	7:15-7:55 p.m.	\$67	1222901-12

Location: Alice Smith Elementary Field

**RevSports: Ninja Warrior Fitness**

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

**Ages 2-3 (TotStars)**

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	5:15-5:40 p.m.	\$79	1222801-01

**Ages 3-5 (PreStars)**

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	5:45-6:25 p.m.	\$79	1222801-02

**Ages 4-6 (KinderStars)**

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	6:30-7:10 p.m.	\$79	1222801-03

**Ages 5-7 (MiniStars)**

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	7:15-7:55 p.m.	\$79	1222801-04

Location: Eisenhower Community Center Playground

**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	Sept. 12-Oct. 10	6-6:50 p.m.	\$115	1221301-01

Location: Central Park

Day	Date	Time	Cost	Course
Th	Nov. 7-Dec. 12*	6-6:50 p.m.	\$115	1221301-02

\*No program Nov. 28

Location: Ubah Academy Gym

**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. 17-Oct. 29*	5:30-6:15 p.m.	\$60	1222201-01
Tu	Nov. 12-Dec. 17*	5:30-6:15 p.m.	\$50	1222201-02

\*No program Oct. 15, Dec. 3

Location: Eisenhower Community Center Theater

**Hop-Kids Let's Dance!**

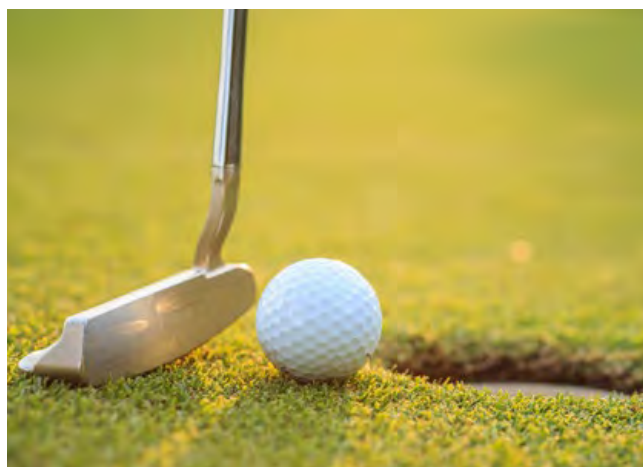
Age 3-5

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. 17-Oct. 29*	4:30-5:15 p.m.	\$60	1222301-01
Tu	Nov. 12-Dec. 17*	4:30-5:15 p.m.	\$50	1222301-02

\*No program Oct. 15, Dec. 3

Location: Eisenhower Community Center Theater



# YOUTH AND TEEN PROGRAMS

## Arts, Crafts and Technology



### Halloween Adult/Child Cookie Decorating

Ages 5-12 (with adult)

Get ready for Halloween with this not-so-spooky cookie decorating class. Learn to decorate a set of five cookies with royal icing and sprinkles.

Day	Date	Time	Cost	Course
Su	Oct. 27	1:30-3 p.m.	\$52	1051001-01

Location: The Marsh Dragon Room

### Thanksgiving Cookie Decorating

Ages 12 to adult

Gobble, gobble! Prepare for the harvest as you learn to decorate five cookies with royal icing and sprinkles. All supplies, mini munching cookies, live demonstrations and a box to bring your creations home are included.

Day	Date	Time	Cost	Course
Su	Nov. 17	1:30-3 p.m.	\$52	1051002-01

Location: The Marsh Dragon Room



### Engineering Marvels

Ages 5-12

Do you want to build a kite and fly it? Are you able to build a strong bridge that can hold 500 pennies? Do you want to drop an egg but not break it? Do you want to build an airplane and fly it far? Each student will also be assessed to receive personalized learning.

Day	Date	Time	Cost	Course
M-W	Oct. 14-16	10 a.m.-1 p.m.	\$209	1150502-01

Location: Mathnasium of Minnetonka (4785 County Road 101)



### Fall Leaf Pinch Pot

Ages 4-9

Pinch pots are not only artfully formed, but also beautifully embellished with colorful beads and shimmering sequins. Grab your clay tools, roll up your sleeves and let's dive into the wonderful world of pinch pot artistry.

Day	Date	Time	Cost	Course
Tu	Oct. 15	9 a.m.-noon	\$45	1040212-01

Location: Ridgedale Commons

### Pumpkin Spice Slime

Ages 4-9

Combine two of the most beloved things: pumpkin spice and slime. Imagine the delicious aroma of pumpkin spice mixed with the squishy, stretchy texture of slime. Take it home in an adorable jar that you'll decorate yourself.

Day	Date	Time	Cost	Course
Th	Oct. 17	1-4 p.m.	\$45	1040209-01

Location: Glen Lake Activity Center



## Snow Palooza

Ages 4-9

Get messy with projects that celebrate the cheerful chill of winter. Come cozy up with paint while we create a cute birch tree scene, complete with falling snow and even a silly reindeer.

Day	Date	Time	Cost	Course
M	Dec. 23	9 a.m.-noon	\$45	1040211-01

Location: Ridgedale Commons

## Messy Fun Clay Factory

Ages 5-12

Unleash your child's imagination as they learn basic clay building techniques and create their own sparkly geode, a fun-filled tic-tac-toe game, a beautiful leaf-shaped pinch pot with a mosaic decoration and more.

Day	Date	Time	Cost	Course
Sa	Nov. 9-16	9 a.m.-noon	\$105	1040215-01

Location: Ridgedale Commons

## DIY Pinball Machine

Ages 5-12

Design and construct your own pinball masterpieces, combining fun and engineering in this thrilling hands-on art experience. Participants will also get to design and construct their own kaleidoscope.

Day	Date	Time	Cost	Course
M	Dec. 30	9 a.m.-noon	\$45	1040213-01

Location: Ridgedale Commons

## Under the Seas Snow Globe

Ages 5-12

Step into an underwater wonderland and let imaginations swim wild. Using a variety of materials, we'll design and assemble our own snow globes filled with colorful sea creatures, bubbling bubbles and shimmering glitter.

Day	Date	Time	Cost	Course
Sa	Dec. 14	9 a.m.-noon	\$45	1040216-01

Location: Ridegdale Commons



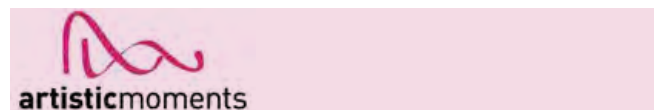
## Messiest Science Experiments Ever

Ages 5-12

Experience the excitement of paint bombs, uncover the mysteries of magic sand and unleash your creativity by building a mini spin art machine. This camp is designed to engage curious minds in a hands-on exploration of scientific concepts.

Day	Date	Time	Cost	Course
Th-F	Oct. 17-18	9 a.m.-noon	\$101	1041601-01

Location: Glen Lake Activity Center



## Edible Art: Cookies & Cupcakes

Ages 8-13

Learn how to use fondant, a play-doh-like edible icing, to decorate cookies and cupcakes. Color, roll, cut and sculpt the fondant into a wide variety of shapes and sizes. Create your fall and holidays-inspired edible masterpieces.

Day	Date	Time	Cost	Course
F	Oct. 18	9 a.m.-noon	\$45	1041001-01
F	Dec. 6	9 a.m.-noon	\$45	1041001-02

Location: Ridgedale Commons



# General Programs



## 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. 6-Oct. 25	4-5 p.m.	\$199	1211702-01
F	Sept. 6-Oct. 25	5-6 p.m.	\$199	1211702-02
F	Nov. 1-Dec. 13*	4-5 p.m.	\$150	1211702-05
F	Nov. 1-Dec. 13*	5-6 p.m.	\$150	1211702-06

### Ages 8-13

Day	Date	Time	Cost	Course
F	Sept. 6-Oct. 25	6:15-7:15 p.m.	\$199	1211702-03
F	Nov. 1-Dec. 13*	6:15-7:15 p.m.	\$150	1211702-07

### Ages 6-13

Day	Date	Time	Cost	Course
Sa	Sept. 7-Oct. 26	9-10 a.m.	\$199	1211702-04
Sa	Nov. 2-Dec. 14 **	9-10 a.m.	\$150	1211702-08

\*No class Nov. 29

\*\*No class Nov. 30

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. 8-Oct. 27	9-10 a.m.	\$275	1211703-01 (\$100 for each addtl family member)
Su	Nov. 3-Dec. 15*	9-10 a.m.	\$205	1211703-02 (\$75 for each addtl family member)

\*No class Dec. 1

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. 17	9-11 a.m.	\$40	1211704-01
Th	Oct. 17	1-3 p.m.	\$40	1211704-02
F	Oct. 18	9-11 a.m.	\$40	1211704-03
F	Oct. 18	1-3 p.m.	\$40	1211704-04
F	Nov. 29	9-11 a.m.	\$40	1211704-03
F	Nov. 29	1-3 p.m.	\$40	1211704-04

Location: Conquer Ninja (Eden Prairie)

## Intro to Ninja

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.

### Ages 5-9

Day	Date	Time	Cost	Course
W	Sept. 11-Oct. 30	4:30-5:30 p.m.	\$190	1211705-01
W	Sept. 11-Oct. 30	5:30-6:30 p.m.	\$190	1211705-02
W	Nov. 6-Dec. 18*	4:30-5:30 p.m.	\$140	1211705-03
W	Nov. 6-Dec. 18*	5:30-6:30 p.m.	\$140	1211705-04

### Ages 8-13

Day	Date	Time	Cost	Course
W	Sept. 11-Oct. 30	6:30-7:30 p.m.	\$190	1211705-05
W	Nov. 6-Dec. 18*	6:30-7:30 p.m.	\$140	1211705-06

\*No class Nov. 27

Location: Conquer Ninja (Eden Prairie)

## Street Painting for Beginners: Chalk Art Workshop



Dive into the world of professional street painting and chalk art! Led by professional street artist, Tara Aiken, learn the essentials of drawing and shading in large-scale art, advanced techniques and tools used by professional chalk artists and working with chalk as a medium. Create your own chalk art in a gallery walk for family, friends and fellow participants to enjoy. Be a part of this rapidly growing art form. All needed materials included.

### Ages 7-10

Day	Date	Time	Cost	Course
Th	Oct. 3	10 a.m.-noon	\$90	1150601-01

### Ages 11-14

Day	Date	Time	Cost	Course
Th	Oct. 3	12:30-3 p.m.	\$95	1150601-02

Location: Ridgedale Commons



## 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. 17	7:45 a.m.-4 p.m.	\$102	1151401-01

Location: Boulder Point Stables (Anoka)

## 3<sup>rd</sup> Lair Skateboarding Camps

Ages 8-16

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](http://3rdlair.com) to complete waiver before start of camp.

Day	Date	Time	Cost	Course
Th	Oct. 17	9 a.m.-noon	\$60	1150401-01
F	Oct. 18	9 a.m.-noon	\$60	1150401-02
W	Nov. 27	9 a.m.-noon	\$60	1150401-04
F	Nov. 29	9 a.m.-noon	\$60	1150401-05
M	Dec. 23	9 a.m.-noon	\$60	1150401-06
Th	Dec. 26	9 a.m.-noon	\$60	1150401-07
F	Dec. 27	9 a.m.-noon	\$60	1150401-08
M	Dec. 30	9 a.m.-noon	\$60	1150401-09
T	Dec. 31	9 a.m.-noon	\$60	1150401-10
Th	Jan. 2	9 a.m.-noon	\$60	1150401-11
F	Jan. 3	9 a.m.-noon	\$60	1150401-12

NOTE: You may register for multiple days.

Location: 3<sup>rd</sup> Lair Skate Park (Golden Valley)



## Youth Basketball League

Ages 7-12 (Grades 2-6)

Registration deadline:  
Monday, Oct. 7



This recreational league is a great opportunity for new and experienced players to develop their basketball skills, character and build new friendships.

Games are Saturdays, between 9 a.m. and 4 p.m. at Hopkins West Middle School. Playoffs will take place the last couple weeks of the season for ages 8-12 (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**.
- **Ages 7-8 (Grade 2)** Register for any course number.
- **Ages 8-12 (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. Teams are filled on a first-come, first-served basis. Depending on registration numbers and waitlists, additional teams may be added.
- All registrations received after Oct. 7 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.

### Ages 7-8 (Grade 2)

Practices: First half of season, ran by volunteer parent coaches

Games: Second half of season; Coach-officiated; no score kept and no standings

Game and Practice Day	Date	Cost
Sa	Dec. 7-Feb. 8*	\$89

\*No games Dec. 28, Jan. 4

Location: Hopkins West Middle School Activity Structure

### BOYS/GIRLS (COMBINED) GRADE 2

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

### Ages 8-12 (Grades 3-6)

Practices: One weekday practice per week, starting the week of Nov. 4.

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. 7-Feb. 22*	\$129

\*No games Dec. 28, Jan 4

Location (Games): Hopkins West Middle School Activity Structure

### BOYS AGE 8-10 (GRADE 3/4)

Team #	Practice Night	Location	Time	Course
Team #1	M	Glen Lake	6-7 p.m.	1170105-01
Team #2	Tu	West Middle School #2	6:15-7:15 p.m.	1170105-02
Team #3	Tu	Gatewood	6-7 p.m.	1170105-03
Team #4	Th	West Middle School #1	6:15-7:15 p.m.	1170105-04

### GIRLS AGE 8-10 (GRADE 3/4)

Team #	Practice Night	Location	Time	Course
Team #1	M	West. Middle School #1	6:15-7:15 p.m.	1170106-01
Team #2	Tu	Glen Lake	6-7 p.m.	1170106-02
Team #3	Tu	West Middle School #1	6:15-7:15 p.m.	1170106-03
Team #4	Th	West Middle School #2	6:15-7:15 p.m.	1170106-04

### GIRLS AGE 10-12 (GRADE 5/6)

Team #	Practice Night	Location	Time	Course
Team #1	M	West Middle School #3	6:15-7:15 p.m.	1170108-01
Team #2	Th	Alice Smith	6-7 p.m.	1170108-02

Note for this league: Plymouth is offering two teams so this league will still have a minimum of four teams.

### BOYS AGE 10-12 (GRADE 5/6)

Team #	Practice Night	Location	Time	Course
Team #1	M	West Middle School #2	6:15-7:15 p.m.	1170109-01
Team #4	Tu	Alice Smith	6-7 p.m.	1170109-02
Team #2	Th	Gatewood	6-7 p.m.	1170109-03
Team #3	Th	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](http://minnetonkamn.gov/register).

# Blizzard Ski and Snowboard School

*Grades 2-12*

Experience the ultimate in skiing, snowboarding and racing instruction from beginners to experts. At seven local snowsports 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.

**Times:** 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.

## SuperKyds

*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? Four-and-a-half hours of instruction each trip. First three Saturdays OR Sundays in December.

## Team Blizzard

*Grades 5-12, \$675\**

Ski racing team instruction only. 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 about \$95 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 and 101, parking lot near Target and Walgreens

#### Mound/Spring Park

Spring Park Pharmacy

### Register

Visit [blizzardmn.com](http://blizzardmn.com) or call 763-559-EDGE (3343) to register. Mention "HOPMTKA24" when registering.

### We are hiring!

We're seeking experienced, certified adult instructors who enjoy teaching skiers or snowboarders of all skill levels. If you're interested in learning to teach, we have team teaching opportunities for brand new instructors so you can learn from a pro. See the hiring page at [blizzardmn.com](http://blizzardmn.com) for details.

## Nature-Based Programs

### Musical Nature Explorers - Family Class

*Ages 3 and older*

Learn about the rhythms of the natural world by exploring how animals make noise and by making noise yourself. This class includes learning about why animals make noises and replicating their sounds by making instruments using natural and recycled materials.

Day	Date	Time	Cost	Course
Sa	Sept. 7	10 a.m.-noon	\$14/person or \$34/family	1151504-01

*Location: Lone Lake Park Picnic Shelter (Minnetonka)*

### Leaf Science and Art - Family Class

*Ages 3 and older*

Celebrate the changing of the seasons by unlocking the science behind the changing of the leaves. Kids and parents will learn and discover together how to use leaves for science experiments and art projects.

Day	Date	Time	Cost	Course
Sa	Oct. 12	10 a.m.-noon	\$14/person or \$34/family	1151505-01

*Location: Lone Lake Park Picnic Shelter (Minnetonka)*

## Martial Arts

### Shaolin Kung Fu

*Ages 5 and older*

Learn traditional, authentic Shaolin Kung Fu in a fun, relaxed atmosphere. More info: Contact Bob at [shifu@mknkungfu.com](mailto:shifu@mknkungfu.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. 10-Oct. 26*	11 a.m.-noon	\$59	3080101-05
Sa	Nov. 2-Jan. 18**	11 a.m.-noon	\$59	1080101-01

#### Intermediate

Day	Date	Time	Cost	Course
Sa	Aug. 10-Oct. 26*	Noon-1 p.m.	\$59	3080101-06
Sa	Nov. 2-Jan. 18**	Noon-1 p.m.	\$59	1080101-02

#### Advanced

Day	Date	Time	Cost	Course
Sa	Aug. 10-Oct. 26*	Noon-1 p.m.	\$59	3080101-08
Sa	Nov. 2-Jan. 18**	2-3 p.m.	\$59	1080101-04

\*No class Aug. 24, Aug. 31, Sept. 14, Oct. 5

\*\*No class Nov. 16, Dec. 7, Dec. 28, Jan. 4

*Location: Royals Athletic Center Wrestling Room*

#### Instrument and Sparring (for orange sash or higher)

Day	Date	Time	Cost	Course
Sa	Aug. 10-Oct. 26*	1-2 p.m.	\$59	3080101-07
Sa	Nov. 2-Jan. 18**	1-2 p.m.	\$59	1080101-03

\*No class Aug. 24, Aug. 31, Sept. 14, Oct. 5

\*\*No class Nov. 16, Dec. 7, Dec. 28, Jan. 4

*Location: Hopkins High School Dance Studio*

### 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](mailto:bignickolson@gmail.com).

#### Youth Beginner

*Ages 5-14*

Day	Date	Time	Cost	Course
M, W	Sept. 23-Oct. 30*	6:30-7:15 p.m.	\$78	1080201-01
M, W	Nov. 4-Dec. 18**	6:30-7:15 p.m.	\$78	1080201-02

\*No class Oct. 16

\*\*No class Nov. 27, Dec. 2, Dec. 4

*Location: Royals Athletic Center Wrestling Room*

#### Youth Advanced

*Ages 7-19*

Day	Date	Time	Cost	Course
M, W	Sept. 23-Dec. 18*	7-8 p.m.	\$156	1080201-03

\*No class Oct. 16, Nov. 27, Dec. 2, Dec. 4

*Location: Royals Athletic Center Wrestling Room*



# 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 Aug. 5 for returning teams and Aug. 12 for new teams. More info: [minnetonkamn.gov/volleyball](http://minnetonkamn.gov/volleyball)

Day	Date	League	Cost	Course
M	Sept. 30-Dec. 9	Women's	\$318	1010601-01
W	Sept. 25-Dec. 11*	Men's	\$318	1010601-02
W	Sept. 25-Dec. 11*	Co-Rec Silver B	\$318	1010601-05
W	Sept. 25-Dec. 11*	Co-Rec Bronze	\$318	1010601-06
Th	Sept. 26-Dec. 19**	Co-Rec (Silver A, B & Gold divisions)	\$318	1010601-03

\*No matches Nov. 27

\*\*No matches Oct. 31, Nov. 28

*Location: Royals Athletic Center and Hopkins West Middle 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 the Recreation Services office located at The Marsh, 15000 Minnetonka Blvd.

Day	Date	Session	Cost	Course
Su	Oct. 20-Dec. 8*	Fall	\$530	1010401-01
Su	Jan. 5-Feb. 23*	Winter	\$530	1010401-02
Su	March 2-April 13	Spring	\$530	1010401-03

\*No games Dec. 1, Feb. 9

*Location: Royals Athletic Center*

## 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. 19 for returning teams and Aug. 26 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. 23-Feb. 5*	Gold	\$670	1010101-01
W	Oct. 23-Feb. 5*	Silver	\$670	1010101-02
W	Oct. 23-Feb. 5*	Bronze	\$670	1010101-03

\*No games Nov. 27, Dec. 25, Jan. 1

*Location: Royals Athletic Center and Hopkins High School*



## 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. 7. More info:

**[minnetonkamn.gov/broomball](http://minnetonkamn.gov/broomball)**

Day	Date	Time	Cost	Course
Th	Jan. 2-Feb. 13	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. Learn 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](http://stoke-mtb.com)**

Day	Date	Time	Cost	Course
Su	Sept. 8	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 three nights per week. More info: **[minnetonkamn.gov/badminton](http://minnetonkamn.gov/badminton)**

Day	Date	Time	Cost	Course
M	Sept. 9-Nov. 25	6:30-9 p.m.	\$55	1010802-01
W	Sept. 4-Nov. 20	6:30-9 p.m.	\$55	1010802-02
F	Sept. 6-Nov. 29	6:30-9 p.m.	\$55	1010802-03

*Location: Royals Athletic Center and/or Tanglen Elementary School*







The Beancounter's Sweets

## Thanksgiving Cookie Decorating

Ages 12 to adult

Gobble, gobble! Prepare for the harvest as you learn to decorate five cookies with royal icing and sprinkles. All supplies, mini munching cookies, live demonstrations and a box to bring your creations home are included.

Day	Date	Time	Cost	Course
Su	Nov. 17	1:30-3 p.m.	\$52	1051002-01

Location: The Marsh Dragon Room



**SAUNA**  
— in the —  
**PARKS**  
*Ages 18 and older*

Focus on your health and wellness this fall with family and friends. Shady Oak Beach will be transformed into a sauna and cold plunge oasis. Check out our 10-person Voyageur Mobile Sauna, equipped with wood fire stove, outdoor bonfire and overall glamping ambiance. The lake will be open to registered guests for an optional cold plunge. Indoor changing facilities are available.

**Friday-Sunday**  
**October-April**  
**Shady Oak Beach**

\$25/person  
Private group reservations available  
Registration begins Sept. 9

More info: [minnetonkamn.gov/saunaintheparks](https://minnetonkamn.gov/saunaintheparks)



## Martial Arts

### Shaolin Kung Fu

*Ages 5 and older*

Learn traditional, authentic Shaolin Kung Fu in a fun, relaxed atmosphere. More info: Contact Bob at [shifu@mknkungfu.com](mailto:shifu@mknkungfu.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. 10-Oct. 26*	11 a.m.-noon	\$59	3080101-05
Sa	Nov. 2-Jan. 18**	11 a.m.-noon	\$59	1080101-01

#### Intermediate

Day	Date	Time	Cost	Course
Sa	Aug. 10-Oct. 26*	Noon-1 p.m.	\$59	3080101-06
Sa	Nov. 2-Jan. 18**	Noon-1 p.m.	\$59	1080101-02

#### Advanced

Day	Date	Time	Cost	Course
Sa	Aug. 10-Oct. 26*	Noon-1 p.m.	\$59	3080101-08
Sa	Nov. 2-Jan. 18**	2-3 p.m.	\$59	1080101-04

\*No class Aug. 24, Aug. 31, Sept. 14, Oct. 5

\*\*No class Nov. 16, Dec. 7, Dec. 28, Jan. 4

*Location: Royals Athletic Center Wrestling Room*

#### Instrument and Sparring (for orange sash or higher)

Day	Date	Time	Cost	Course
Sa	Aug. 10-Oct. 26*	1-2 p.m.	\$59	3080101-07
Sa	Nov. 2-Jan. 18**	1-2 p.m.	\$59	1080101-03

\*No class Aug. 24, Aug. 31, Sept. 14, Oct. 5

\*\*No class Nov. 16, Dec. 7, Dec. 28, Jan. 4

*Location: Hopkins High School Dance Studio*



### 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](mailto:bignickolson@gmail.com)

Day	Date	Time	Cost	Course
M, W	Sept. 23-Oct. 30*	7-8 p.m.	\$78	1080201-04
M, W	Nov. 4-Dec. 18**	7-8 p.m.	\$78	1080201-07

\*No class Oct. 16

\*\*No class Nov. 27, Dec. 2, Dec. 4

*Location: Royals Athletic Center Wrestling Room*



# SENIOR SERVICES

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

**Fall 2024 Registration Opens**  
**Thursday, Aug. 8, 8 a.m.**

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

## 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](http://minnetonkamn.gov/seniorservices).

## Email Updates

Minnetonka Senior Services provides weekly email updates about upcoming programs and events. To receive, email Kate Egert at [kegert@minnetonkamn.gov](mailto:kegert@minnetonkamn.gov). Subscribe to monthly senior services emails at [minnetonkamn.gov/seniorservices](http://minnetonkamn.gov/seniorservices).

## Senior Services scholarships available

- Age 55-plus programs at the community center only. Minnetonka residents only.
- Up to 50 percent for a one-day bus trip. Limit one bus trip scholarship per year.
- Up to 50 percent for three events/programs/special events.
- Scholarships will be kept confidential.

Call or stop by main office for more information. Some restrictions may apply.

## Senior Services

**Blood Pressure Screenings:** First and third Friday and second Wednesday of the month, 9:30-10:30 a.m. Free! No appointment needed.

**Foot Care: Sparkling Feet:** Third Wednesday of the month by appointment only. Call 952-204-9406.

**Foot Care: Happy Feet:** Fridays by appointment only. Call 763-346-3390 to schedule.

### Household and Outside Maintenance for Elderly

**(H.O.M.E.):** Help with indoor and outdoor chores to help people remain independent in their own home. More info:

Senior Community Services at 952-746-4046



**Senior Outreach:** Licensed Social Worker Sara Roberts is available through the Minnetonka nonprofit Senior Community Services. Sara can help you find trusted and affordable resources for financial assistance, medical or legal issues, housing alternatives or other life changes. Contact Sara at 612-868-6720 or [s.roberts@seniorcommunity.org](mailto:s.roberts@seniorcommunity.org). She is at the community center the third Wednesday of the month from 10 a.m.-noon.

**Transit Link:** Transportation from your home to events. Call 651-602-5465 for fees and schedule.

### Help with Medicare:

The Minnesota Senior Linkage Line provides



Medicare counseling to those currently on Medicare, are new to Medicare or are planning for the future. The counseling is free, unbiased information about the different parts of Medicare, options and ways to potentially lower your Medicare costs. Interpreters are also available upon request. Open enrollment (Oct. 15 - Dec. 7) is a great time to reevaluate your Medicare benefits. Call 1-800-333-2433 or schedule online at [trellisconnects.org/medicareappt](http://trellisconnects.org/medicareappt).

A free Medicare presentation will be offered Wednesday, Sept. 8 from 10:30 a.m.-noon at the community center.

## General Programs

### Defensive Driving

*Ages 55 and older*

Save 10 percent on your car insurance. The four-hour course (taken every three years) is the only class you need.

**Register:** Call the Minnesota Highway Safety Center at 1-888-234-1294 or online at [driverdiscountprogram.com](http://driverdiscountprogram.com).

Day	Date	Time	Cost
Tu	Aug. 6	9 a.m.-1 p.m.	\$24
Th	Aug. 15	9 a.m.-1 p.m.	\$24
Tu	Aug. 27	9 a.m.-1 p.m.	\$24
Th	Sept. 5	9 a.m.-1 p.m.	\$24
M	Sept. 9	5:30-9:30 p.m.	\$24
Tu	Sept. 24	5:30-9:30 p.m.	\$24
Th	Oct. 3	9 a.m.-1 p.m.	\$24
W	Oct. 23	5:30 p.m.-9:30 p.m.	\$24
Th	Nov. 7	9 a.m.-1 p.m.	\$24
Tu	Nov. 12	9 a.m.-1 p.m.	\$24
Tu	Dec. 3	9 a.m.-1 p.m.	\$24
Tu	Dec. 17	9 a.m.-1 p.m.	\$24

### 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. Caregivers attend support group while loved one participates in activity. Paid PCAs do not attend support group.

Learn more at

[minnetonkamn.gov/dementiafriendly](http://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.

The third Tuesday of the month is for those in the middle stages of dementia.

### Kick Off Social

Open to new, past, and current participants! A great way to learn what Memory Café is.

Day	Date	Time	Cost	Course
Tu	Aug. 20	1:30-3 p.m.	Free	3180701-05

### Minnesota Apples

We'll learn about the many varieties of delicious Minnesota apples, including a bit about their history. We'll also do some taste testing and have fun with an apple craft.

Day	Date	Time	Cost	Course
Tu	Sept. 3	1:30-3 p.m.	Free	1180701-01
Tu	Sept. 17	1:30-3 p.m.	Free	1180701-02

### Native Plants

Natives are beautiful, resilient plants that contribute to the food we eat and a clean, healthy planet. Come learn about the significant role they play in today's environment.

Day	Date	Time	Cost	Course
Tu	Oct. 1	1:30-3 p.m.	Free	1180701-03
Tu	Oct. 15	1:30-3 p.m.	Free	1180701-04

### Houseplants for Winter

We'll create a lovely pot of green houseplants that don't care if it's cold and gloomy outside. They don't need a lot of light ... or water ... or attention. You'll love the breath of summer they bring inside your home, all year long.

Day	Date	Time	Cost	Course
Tu	Nov. 5	1:30-3 p.m.	Free	1180701-05
Tu	Nov. 19	1:30-3 p.m.	Free	1180701-06

### Winter Arrangements

Make a beautiful winter "bouquet" of dried grasses, flowers, pods, leaves, colorful branches and evergreens. Your outdoor pot will be a cheerful decoration for your front step, patio or balcony during the cold winter months.

Day	Date	Time	Cost	Course
Tu	Dec. 3	1:30-3 p.m.	Free	1180701-07
Tu	Dec. 17	1:30-3 p.m.	Free	1180701-08

*Location: Minnetonka Community Center Minnetonka Mills Room*



## 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
Th	Sept. 19	5:30-6:45 p.m.	Free	4180705-04
Tu	Oct. 1	Noon-1:15 p.m.	Free	4180705-05

Location: Minnetonka Community Center

## Tonka Treks

Round trip from the Minnetonka Community Center to various paths around the city campus at a pretty good pace. Paths will be paved, crushed limestone and/or dirt. We go rain, shine or snow. September trek will include a visit to Dairy Queen.

Day	Date	Time	Cost	Course
W	Sept. 4	10:30 a.m.-12:30 p.m.	\$5	1190804-01
Th	Oct. 3	3:30-4:15 p.m.	Free	1190804-02
M	Nov. 4	10:15-11 a.m.	Free	1190804-03
W	Dec. 4	10:15-11 a.m.	Free	1190804-04

Location: Meet at the Minnetonka Community Center

## Fall Nature Hike to Jidana Park

Take a two-mile, round trip hike from the Minnetonka Community Center to Jidana Park and back with Natural Resources expert, Janet Van Sloun. Learn all about what's growing in the park.

Day	Date	Time	Cost	Course
Th	Sept. 26	10-11:30 a.m.	\$3	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 round trip). For the October hike only, enjoy a campfire dinner under the full moon with refreshments. Bring a flashlight.

Day	Date	Time	Cost	Course
M	Oct. 14	5:30-7:30 p.m.	\$5	1190803-01
Th	Nov. 14	4:30-5:45 p.m.	\$2	1190803-02

Location: Meet at the Minnetonka Community Center



## Adopt A Highway

Help keep Minnetonka beautiful by picking up trash along Minnetonka Boulevard. We walk between Williston Road and Hopkins Crossroad, splitting it into six sections - two volunteers per section. Meet at the community center for assignments and equipment. City staff will transport volunteers and bring back to the community center for refreshments and snacks afterward. Registration is required. Dress for the weather, wear appropriate shoes/boots and work/gardening gloves.

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

Location: Meet at the Minnetonka Community Center

## Monthly Party

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

### September

Menu: Taco salad, rice, beans and dessert.

Day	Date	Time	Cost	Course
Th	Sept. 12	Noon	\$8	1100101-01

Register by Sept. 9

### October

Menu: Brats, beans, chips, coleslaw, watermelon and keg root beer.

Day	Date	Time	Cost	Course
M	Oct. 7	Noon	\$8	1100102-01

Register by Oct. 2

### November

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

Day	Date	Time	Cost	Course
Th	Nov. 21	Noon	\$8	1100103-01

Register by Nov. 18

### December

Menu: Ham, scalloped potatoes, green beans, roll and dessert.

Day	Date	Time	Cost	Course
W	Dec. 18	Noon	\$8	1100104-01

Register by Dec. 13

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 Senior Script, for the current month's movie or call the main office up to a month and a half before.

### September

Menu: Pork chops, broccoli, potatoes, apple sauce and dessert.

Day	Date	Time	Cost	Course
F	Sept. 27	Noon-3 p.m	\$8	1100201-01

Register by Sept. 24

### October

Menu: Bats and Cobwebs (baked bowtie pasta with meat sauce and mozzarella), salad and dessert.

Day	Date	Time	Cost	Course
Th	Oct. 31	Noon-3 p.m	\$8	1100202-01

Register by Oct. 28

### November

Menu: Teriyaki glazed chicken breast, Asian coleslaw, brown rice and dessert.

Day	Date	Time	Cost	Course
W	Nov. 13	Noon-3 p.m	\$8*	1100203-01

Register by Nov. 8



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

### December

Menu: Chili, cornbread, salad and dessert.

Day	Date	Time	Cost	Course
Th	Dec. 12	Noon-3 p.m	\$8	1100204-01

Register by Dec. 9

Location: Minnetonka Community Center Banquet Room

# SENIOR HOUSING FAIR

Minnetonka Senior Services, in coordination with the Senior Advisory Board, is hosting a Senior Housing Fair. Meet representatives from many different senior housing facilities and services in Minnetonka and surrounding communities. Stop by to learn all about the different options to live in the Minnetonka area.

**Tuesday, Sept. 24**  
**10 a.m.-noon**  
**Minnetonka Community Center**  
**Banquet Room**



Cruise on over to our fourth annual classic car show. Check out cars from different decades and enjoy the sounds of The OutCats Band. We'll also have root beer floats. **Registration required.**

Sponsored by Avidor of Minnetonka.

**Wednesday, Aug. 21**  
**10 a.m.-noon**  
**Ice Arena B Parking Lot**  
 Free | Course 3180422-01

Do you have a car you'd like to show?  
 Call us at 952-939-8393.

## Book & Pie SALE

Minnetonka Senior Services, in coordination with the Senior Advisory Board, host the annual book and pie sale. All books are \$1. Purchase pie by-the-slice and some of the best sloppy joes.

If books are still on the shelves after 3 p.m., be sure to stop by for the steep discounts at the blow out sale (3-4 p.m.) and pay \$5 for all you can fit in a bag!

**Donate books for the sale\***

**Monday, Oct. 21**  
**9 a.m.-3 p.m.**

**Donations accepted one day only**

**\*No cookbooks, old textbooks, magazines or self-help books accepted.**



**Tuesday, Oct. 22**  
**11 a.m.-4 p.m.**

**Minnetonka Community Center Banquet Room**

All of the proceeds go to the Minnetonka Senior Services scholarship fund which supports dementia programming, Minnetonka seniors in need and other miscellaneous senior programming.





These classes and programs are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to legislative appropriation from the arts and cultural heritage fund. This grant allows a discount in fees for the following classes and programs running September through January.



## Art Grant Funded Programs

### Cardio Drumming

Boost brain cells and your mood all at once with this new class. Cardio drumming is a fun and simple exercise that activates many muscles throughout the body and improves range of motion. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music. Cardio drumming can be practiced by nearly all individuals and does not require drumming experience. Instructor: Tanya Lotts, certified group fitness instructor

Day	Date	Time	Cost	Course
M	Sept. 9-30	1-1:45 p.m.	\$20	1090501-01
M	Oct. 7-28	1-1:45 p.m.	\$20	1090501-02
M	Nov. 4-25*	1-1:45 p.m.	\$20	1090501-03
M	Dec. 2-16	1-1:45 p.m.	\$20	1090501-04

\*No class Nov. 11

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	Ongoing	9 a.m.-noon	Free	4191104-06
F	Ongoing	1-4 p.m.	Free	4191105-06

Location: Minnetonka Community Center

### Indigo Shibori Dyeing Workshop

Learn the fascinating art of Shibori dyeing. In this workshop, explore three different Shibori resistance dyeing techniques: Kumo, Arashi and Itajime. You will take home three Indigo-dyed cotton pieces for your use. Shibori is an amazing art and science, as every dyed piece is unique in its final pattern. There will be a break in the middle of the day, so pack a lunch to bring. Please bring an apron or wear clothes you don't mind getting dye on and long dishwashing gloves. Instructor: Minnetonka artist Connie Ortberg



Day	Date	Time	Cost	Course
W	Sept. 11	9:30 a.m.-3:30 p.m.	\$15	1130201-01

Location: Minnetonka Community Center

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## Art with Ashley

### Wood Sign Decor

All Levels

In this sign class, you will customize a 14-inch round board in a variety of ways including a paint-stain, choices of sayings and florals. A perfect piece to add to your home décor. All supplies included. Instructor: Ashley Clemensen

Day	Date	Time	Cost	Course
W	Sept. 25	5:30-7:30 p.m.	\$15	1130305-01

### Learn to Weave

All Levels

We will learn how to create a loom and weave with yarn to make a set of coasters to take home. All supplies included. Instructor: Ashley Clemensen

Day	Date	Time	Cost	Course
Tu	Oct. 22	5:30-7:30 p.m.	\$15	1130306-01

Location: Minnetonka Community Center

## Holiday Woodcarving

Carving instructor Tom Deveny is back. Over four weeks, work on two pieces for the holidays. Choose between the following to carve: Drummer boy, Menorah, Santa, Shofar, Teddy Bear or Torah Scroll (chosen at sign up). Participants must have previous carving experience or have taken one of Tom's previous classes. Bring your woodcarving tools. All other supplies included.

Day	Date	Time	Cost	Course
W	Oct. 2-23	9:30-11:30 a.m.	\$25	1130202-01

Location: Minnetonka Community Center

## Acrylic Painting

All Levels

Each week builds on the next, and you'll be surprised because how it starts is so different from how it ends. Instructor Terri Berg inspires you one step at a time as you create a masterpiece. All supplies included.

### Ocean View

Day	Date	Time	Cost	Course
M	Oct. 7-28	1-3 p.m.	\$25	1130301-01

### Floral Garden Wall

Day	Date	Time	Cost	Course
M	Nov. 4-25*	1-3 p.m.	\$25	1130302-01

\*No class Nov. 11

### Prague

Day	Date	Time	Cost	Course
M	Dec. 2-16	1-3 p.m.	\$25	1130303-01

Location: Minnetonka Community Center

## Fun with Watercolor: Creating Mood with Atmospheric Washes

Beyond Beginner

Students will work on luminous smooth washes to enhance seasonal botanicals, still life and landscapes. Each class starts with a demo. Supply list provided at registration. Instructor: Vera Kovacovic

Day	Date	Time	Cost	Course
Tu	Oct. 8-Nov. 5	10 a.m.-noon	\$30	1130101-01

Location: Minnetonka Community Center

## Fun with Watercolor: Seasonal Images for Holiday Cards

Beyond Beginner

Students will work on seasonal images and creative designs to be used for holiday cards or calendars. Snowscapes, animals and still life as well as other themes will be considered. Supply list provided at registration. Instructor: Vera Kovacovic

Day	Date	Time	Cost	Course
Tu	Nov. 19-Dec. 17	10 a.m.-noon	\$30	1130102-01

Location: Minnetonka Community Center

These classes and programs are made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to legislative appropriation from the arts and cultural heritage fund. This grant allows a discount in fees for the following classes and programs running September through January.



artisticmoments

### Watercolor & India Ink Composition



Enjoy exploring this fun mixed media by using liquid watercolors and India ink to create a vibrant composition. Use a variety of brushes and learn paint layering techniques to create the first step of the painting. You will then practice using a metal stylus and black India ink on a separate sheet of paper and add

detail to make your work of art really "pop."

Day	Date	Time	Cost	Course
Th	Oct. 17	9 a.m.-noon	\$25	1190101-01

Location: Minnetonka Community Center

### Charcoal Composition

Do you like the look of charcoal? Bring a favorite photo to class or use one of the instructor's photos as a guide. Enjoy learning how to use both black and white charcoal and a blending stub to generate contrast and make your composition look realistic. A white mat will frame your completed projects for display.

Day	Date	Time	Cost	Course
Tu	Oct. 22	9 a.m.-noon	\$25	1190301-01

Location: Minnetonka Community Center

### Pyrography Wood Burning

Did you know the word pyrography means "fire writing"? Wood burning has been around for many centuries. In this class, you will have an opportunity to design your own templates or use the instructor's. Using lightweight carbon paper and pencil, transfer your designs onto your wood projects. Have fun learning how to use the pyrography tool and various tips to create one or more festive works of art. (Safety gloves will be provided by the instructor and must be worn by students when using the pyrography tool during class time.)

Day	Date	Time	Cost	Course
Tu	Nov. 19	9 a.m.-noon	\$25	1190302-01

Location: Minnetonka Community Center

### Drawing with Pencil: A to Z

Join us for this creative and relaxing class, as we explore drawing composition. Using graphite, you will learn an easy method for drawing upside down and transferring the objects from a favorite picture onto drawing paper. Learn how to apply and layer graphite to create depth and texture. Explore different light sources and practice shading the objects on your composition by using various techniques to create a realistic picture.

Day	Date	Time	Cost	Course
Tu	Dec. 3	9 a.m.-noon	\$25	1190303-01

Location: Minnetonka Community Center

### Alive & Kickin'

Save the date to join the cast and artistic staff of Alive & Kickin' for a high energy, sing-along and musical performance as we revisit contemporary rock and pop classics across genres and decades. Alive & Kickin, "gives voice to seniors." Its cast members - ages 62-88 and professional music artists - encourage you to use your voice and our hand instruments to engage with the music, recall the artists and lyrics you love and leave feeling joyful and inspired. **Registration opens Dec. 12.**

Day	Date	Time	Cost	Course
Th	Jan. 16	1-2 p.m.	\$5	2100101-01

Location: Minnetonka Community Center

## Day Trips

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

### University of Minnesota Gopher Women's Basketball Game

The schedule comes out in late August and tickets go on sale in September. Watch for updates in the Senior Script monthly newsletter, weekly email and at the community center. Ski-U-Mah!

### Millner Heritage Vineyard

Sit back, relax and enjoy the fall colors as you head to the Millner Heritage Vineyard in Kimball, Minn. This European-style winery grows a variety of cold hearty grapes. Enjoy the panoramic view of the nine-acre estate during an hour-long riding tour through the vineyard. Then head inside for a tour to see the equipment used and experience the wine-making process. Enjoy a wine tasting presentation during lunch. Leave the vineyard and head to Deer Lake Orchard to purchase apples, fresh pies, caramel treats and more. **Register/cancel by Aug. 19 (or until full)**

Lunch: Chicken, potato, vegetable, bread, coffee and cookie.

Day	Date	Time	Cost	Course
Tu	Sept. 17	10:30 a.m.-4 p.m.	\$91	3110107-01



### Mille Lacs Indian Museum

Spend time exploring the Mille Lacs Band of the Ojibwe at the Mille Lacs Indian Museum in Onamia. The museum illustrates the journey from their settlement in Minnesota 300 years ago to their culture, traditions and lives today. See the region's largest selection of handcrafted Native American art and crafts at the trading post, as well as create your own corn husk doll to take home. Lunch will be at the 1991 Kitchen at the Grand Casino Mille Lacs. Choose at sign up between cashew chicken or spaghetti and meatballs. **Register/cancel by Sept. 2 (or until full)**

Day	Date	Time	Cost	Course
Tu	Oct. 1	8:30 a.m.-4:15 p.m.	\$93	1110101-01

### Cranberry Country

Wisconsin is at the top of the heap when it comes to cranberries. Head to the Cranberry Discovery Center in Warrens, Wis., to delve into the history of cranberries, exploring the exhibit hall. Lunch will be in the café. On the menu: cranberry chicken salad sandwich with chips, beverage and ice cream for dessert. Then, head to the Wetherby Cranberry Marsh, meet the third generation owners, see the operation and visit the packing facility. On the way home, stop at the Menomonie Creamery to purchase cheese or other tasty treats on your own. **Register/cancel by Sept. 9 (or until full)**

Day	Date	Time	Cost	Course
Th	Oct. 10	7:45 a.m.-6:45 p.m.	\$103	1110102-01

### Poe: A Rock Musical

What makes "Poe: A Rock Musical" at the Ames Center in Bloomington amazing is that the music is all the work of Minnetonka resident and musician, Todd Ortberg. What could be more appropriate than a musical about Edgar Allan Poe leading into Halloween? The magic of Poe's words will collide with the electrifying energy of rock. Enjoy dinner before the show. **Register/cancel by Sept. 13 (or until full)**

Meal: Broasted chicken breasts infused with zesty lemon and garlic butter, baby red potatoes, tri-color carrots, house salad with ranch dressing, assorted rolls, beverage station, cookies and bars.

Day	Date	Time	Cost	Course
F	Oct. 25	5:45-10:30 p.m.	\$116	1100103-01



## Mystery Trip

The name of this town was pulled out of a hat. Two rivers north and south. Spirits of multiple kinds on this day, as the motor coach takes you on your way. Butternut wood, 1860s, oldest in Minnesota. Adventure awaits as you take this trip that we have planned for ya! **Register/cancel by Sept. 30 (or until full)**



Lunch: Chicken salad croissant sandwich, fruit salad, vegetable, dessert and beverage.

Day	Date	Time	Cost	Course
W	Oct. 30	9:30 a.m.-4:30 p.m.	\$90	1110104-01

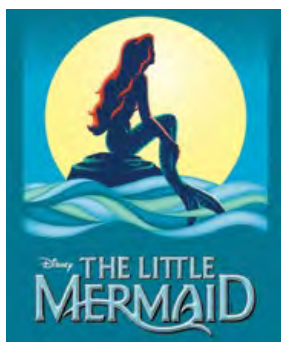
## Duluth: Glensheen Mansion & Bentleyville

The day in Duluth includes a warm, hearty lunch at Blackwoods Restaurant. Then, head to the Glensheen Mansion, decked out for the holidays, for a 90-minute tour. Next, to the Bayfront Festival Park to celebrate the 20<sup>th</sup> anniversary of Bentleyville. Walk through and enjoy the millions of lights, trees, music, fire pits and hot cocoa. We'll stop at the irresistible Tobies in Hinckley on the way back home. Lunch chosen at sign up: Home-style meatloaf or chicken pot pie. **Register/cancel by Nov. 4 (or until full)**

Day	Date	Time	Cost	Course
Tu	Dec. 3	10:15 a.m.-9:30 p.m.	\$105	1110106-01

## Disney's 'The Little Mermaid' at The Ordway

Disney is back with its amazing under-the-sea production of "The Little Mermaid." Based on Hans Christian Andersen's beloved story, this eight-time Academy Award-winning favorite will have you singing along. Grandparents/parents are invited to bring children 10-plus. Seats are in the balcony center (rows E, F and G). A snack box included on the bus to the theater. **Register/cancel by Oct. 18 (or until full)**



Day	Date	Time	Cost	Course
F	Dec. 20	12:30-5 p.m.	\$111	1110107-01

## Minnesota State Capital Building Tour

Short and sweet but chock full of the history of Minnesota soldiers in the Civil War, tour our beautiful state capitol building. Head to the star city, where a docent will meet the group for the 90-minute walking tour. Canes, walkers and collapsible wheelchairs can fit on the coach bus. Tour includes famous art of Minnesota regiments depicted in battle, original battle flags and the service of Minnesota's African American soldiers. Head to Buca di Beppo for lunch after the tour. **Register/cancel by Dec. 16 (or until full)**

Menu: Mixed green salad, Caesar salad, fresh baked house bread, spaghetti marinara, fettuccine alfredo, chicken parmesean, coffee, tea or soda.

Day	Date	Time	Cost	Course
Tu	Jan. 14	9 a.m.-2:15 p.m.	\$85	1110108-01

## The Root Beer Lady at the St. Paul History Theatre

For more than 50 years, a Minnesota woman who lived 15 miles by canoe from the nearest road and 30 miles from the town of Ely, created a name for herself after inheriting a fishing camp in the Boundary Waters. Dorothy Molter's life story comes to life on the stage



of the St. Paul History Theatre. The show explores Motler's independence, fortitude and love of nature brewing root beer out of lake water. Stop for Lunch at Key's Cafe after the show to enjoy its luncheon portion turkey "Dinner" with mashed potatoes and gravy, stuffing, vegetable, cranberries, bread, butter, beverage and small dessert. **Register by Jan. 3 (or until full)**

Day	Date	Time	Cost	Course
Th	Jan. 30	9 a.m.-3 p.m.	\$95	1110109-01

## Chanhassen Dinner Theatres Shows

The Chanhassen Dinner Theatres has entertained generations for more than 50 years. This season we are offering a show from the concert series, as well as a holiday favorite. Ticket price includes meal and ticket. Transportation is not provided. Meet at the theater: 501 W. 78<sup>th</sup> St., Chanhassen

### American Bandstand Meets Soul Train

American Bandstand and Soul Train are the most popular and longest running hit music and entertainment television shows that produced many legendary stars and songs.

"Synergy," a 12-piece band winning more than 20

"Best Band in Minnesota" awards, will perform hits

from The Temptations,

Diana Ross, Aretha Franklin, Little Richard, The Jackson

5, Mitch Ryder, Elton John and more. Dinner is before

the show and includes an entrée, side salad, roll and

coffee or tea. Dessert, additional beverages or entrée

upgrades are extra. **Register by Sept. 20**



Day	Date	Time	Cost	Course
Su	Nov. 3	5-9 p.m.	\$73	1110202-01

### Irving Berlin's 'White Christmas'

Veterans Bob Wallace and Phil Davis have a successful song and dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge. With a dazzling score featuring well known standards

like "Blue Skies," "I Love a Piano," "How Deep is

the Ocean," and the perennial title song, "White

Christmas" is an uplifting wholesome musical that will

delight audiences of all ages. Lunch is served before

the show and includes an entrée, roll and coffee or

tea. Dessert, additional beverages or entrée upgrades

are extra. **Register by Nov. 22**



Day	Date	Time	Cost	Course
Sa	Dec. 21	11:30 a.m.-3 p.m.	\$75	1120301-01

## 2025 Extended Trips

We've partnered with

Minnesota-based

travel company

Landmark Tours to

offer more travel options. Landmark will be at

the community center to focus on the four trips

planned for 2025. Don't miss this preview of places

to add to your bucket list. Pick up a travel brochure

at the community center to learn more before

September's presentation and come with all your

questions.

**Landmark  
Tours**

Day	Date	Time	Cost	Course
F	Sept. 13	10:30-11:30 a.m.	Free	1180201-01

### 2025 Landmarks Tours

- Washington D.C. Cherry Blossoms  
March 25-29

- Yellowstone and the Grand Tetons  
June 21-27

- Historic Trains of Colorado  
Sept. 9-16

- Nashville Country Christmas  
Dec. 10-14

## 2025 Day Trips

**Orchestra Hall Lunar New Year Concert**

February

**State high school basketball tournament**

March

**"Mousetrap" at The Guthrie**

April

**Three-day trip to Ely, Minn.**

June 11-13

**Five-day Mackinac Island**

August

**Three-day fall color trip to Bayfield and Apostle Islands**

October

# Fitness

## Over 50 and Fit

Over 50 and Fit is the best deal in town; \$12 for the entire year, and it's a great, welcoming group of people. This Park Nicollet-designed exercise program is led by volunteers. Join the 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	4090702-09

Location: Minnetonka Community Center Banquet Room



### 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.

See [minnetonkamn.gov/seniorservices](http://minnetonkamn.gov/seniorservices) for full details and monthly spotlights.

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

## 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	Aug. 8-29	2-2:55 p.m.	\$36	3090601-04
Th	Sept. 5-26	2-2:55 p.m.	\$36	1090601-01
Th	Oct. 3-31*	2-2:55 p.m.	\$36	1090601-02
Th	Nov. 21-Dec. 19*	2-2:55 p.m.	\$36	1090601-03

\*No class Oct. 10, Nov. 28

### 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	Aug. 8-29	1-1:55 p.m.	\$36	3090602-04
Th	Sept. 5-26	1-1:55 p.m.	\$36	1090602-01
Th	Oct. 3-31*	1-1:55 p.m.	\$36	1090602-02
Th	Nov. 21-Dec. 19*	1-1:55 p.m.	\$36	1090602-03

\*No class Oct. 10, Nov. 28

Location: Minnetonka Community Center Purgatory Creek Room



# Yoga Classes



## Chair-Supported Yoga

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: Nancy Holasek

Day	Date	Time	Cost	Course
Tu	Sept. 3-24	9:45-10:45 a.m.	\$24	1090101-01
Tu	Oct. 8-29	9:45-10:45 a.m.	\$24	1090101-02
Tu	Nov. 5-26	9:45-10:45 a.m.	\$24	1090101-03
Tu	Dec. 3-17	9:45-10:45 a.m.	\$18	1090101-04
Th	Sept. 5-26	9:45-10:45 a.m.	\$24	1090101-05
Th	Oct. 10-31	9:45-10:45 a.m.	\$24	1090101-06
Th	Nov. 7-21	9:45-10:45 a.m.	\$18	1090101-07
Th	Dec. 5-19	9:45-10:45 a.m.	\$18	1090101-08

Location: Minnetonka Community Center

## Intermediate Yoga

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

Day	Date	Time	Cost	Course
Tu	Sept. 3-24	11 a.m.-noon	\$24	1090201-01
Tu	Oct. 8-29	11 a.m.-noon	\$24	1090201-02
Tu	Nov. 5-26	11 a.m.-noon	\$24	1090201-03
Tu	Dec. 3-17	11 a.m.-noon	\$18	1090201-04
Th	Sept. 5-26	11 a.m.-noon	\$24	1090201-05
Th	Oct. 10-31	11 a.m.-noon	\$24	1090201-06
Th	Nov. 7-21	11 a.m.-noon	\$18	1090201-07
Th	Dec. 5-19	11 a.m.-noon	\$18	1090201-08

Location: Minnetonka Community Center

## Yoga Beginners Workshop

Learn your first basic poses, instruction about pose benefits, how to practice them with the proper alignment and any props or modifications you should start with. This workshop is great even for those who have taken yoga before. Prevent injury, get stronger and more flexible. There will be a combination of class instruction and practicing poses. Participants should be able to get up and down from the floor. Bring a yoga mat (1/4" maximum). Instructor: Karen Murray

Day	Date	Time	Cost	Course
Tu	Sept. 24	6-7:30 p.m.	\$10	1090904-01
Tu	Oct. 22	6-7:30 p.m.	\$10	1090904-02
Tu	Nov. 19	6-7:30 p.m.	\$10	1090904-03
Tu	Dec. 17	6-7:30 p.m.	\$10	1090904-04

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. 5-26	6-7 p.m.	\$24	1090204-01
Th	Oct. 3-24	6-7 p.m.	\$24	1090204-02
Th	Nov. 7-21	6-7 p.m.	\$18	1090204-03
Th	Dec. 5-19	6-7 p.m.	\$18	1090204-04

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	Oct. 2-23	6-7 p.m.	\$24	1090203-01
W	Nov. 6-27	6-7 p.m.	\$24	1090203-03

Location: Minnetonka Community Center



## Strength & Balance Cardio Fitness

### All Levels

This class includes a combination of chair and standing exercises to stretch and strength train using resistance bands and light weights. Instructor: Fox Rehabilitation exercise physiologist

Day	Date	Time	Cost	Course
F	Sept. 6-27	11 a.m.-noon	\$36	1091301-01
F	Oct. 4-25	11 a.m.-noon	\$36	1091301-02
F	Nov. 1-22	11 a.m.-noon	\$36	1091301-03
F	Dec. 6-20	11 a.m.-noon	\$27	1091301-04

Location: Minnetonka Community Center

## Brain & Body Together

### All Levels

Find out how to enhance your quality of life through specialized integrated exercises for your body and your mind. Over six weeks, we will target strength, balance and cognition. Instructor: Heidi Weinberg, who has more than 10 years of experience as a personal trainer specializing in older adults.

Day	Date	Time	Cost	Course
F	Sept. 6-Oct. 25*	9-10 a.m.	\$54	1091201-01

\*No class Sept. 27, Oct. 4

Location: Minnetonka Community Center

## Pilates Matwork

### Beginner/Intermediate

Pilates Matwork is a great way to help you live the life you desire as you age. In these classes, Lesley Koehnen, certified Pilates instructor, teaches the foundations of the Pilates Matwork exercises, focusing on proper form leading to a more flexible, stable and strengthened body. Participants should be able to get down to the floor comfortably and should bring a yoga mat to each class. Modifications for different body injuries, aches and pains.

#### Intermediate

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 1	8:10-9:10 a.m.	\$36	1090901-01
Tu	Oct. 8-29	8:10-9:10 a.m.	\$36	1090901-02
Tu	Nov. 5-26	8:10-9:10 a.m.	\$36	1090901-03
Tu	Dec. 3-17	8:10-9:10 a.m.	\$27	1090901-04

#### Beginner

Day	Date	Time	Cost	Course
W	Sept. 11-Oct. 2	2:15-3:15 p.m.	\$36	1090901-05
W	Oct. 9-30	2:15-3:15 p.m.	\$36	1090901-06
W	Nov. 6-27	2:15-3:15 p.m.	\$36	1090901-07
W	Dec. 4-18	2:15-3:15 p.m.	\$27	1090901-08

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. The benefits of T'ai Chi Chih may include lower blood pressure, improved joint pain and more.

### Beginning T'ai Chi Chih

Participants should be able to stand continuously and move for 45 minutes while following group. Instructor: Cindy Nelson

Day	Date	Time	Cost	Course
Tu	Sept. 10-Oct. 29	1-2 p.m.	\$40	1090301-01
Tu	Nov. 5-Dec. 17	1-2 p.m.	\$35	1090301-02

Location: Minnetonka Community Center

### T'ai Chi Chih Practice

#### Advanced

The classes listed below are 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: Monica Campbell (Wednesdays); Susan Sobelson (Mondays)

Day	Date	Time	Cost	Course
M	Sept. 9-Oct. 28	10-11:15 a.m.	\$40	1090303-01
M	Nov. 18-Dec. 16	10-11:15 a.m.	\$25	1090303-02
W	Sept. 11-Oct. 30	1-2 p.m.	\$40	1090303-03
W	Nov. 6-Dec. 11*	1-2 p.m.	\$25	1090303-04

\*No class Nov. 27

Location: Minnetonka Community Center

## Presentations



### Coffee & Conversation

This popular series is still brewing for the fall! Look for details in the September Senior Script and weekly email updates.

### Presidential Series by Phillip Kibort

Phil Kibort has been studying presidential history for more than 25 years. He continues the series he started this summer. Kibort is a retired physician and hospital administrator with Children's Hospitals and Clinics of Minnesota.

#### Presidential Nicknames and Hobbies

Day	Date	Time	Cost	Course
F	Aug. 30	10:30-11:45 a.m.	\$3	3180209-01

#### Founding Fathers

Day	Date	Time	Cost	Course
W	Sept. 25	10:30-11:45 a.m.	\$3	1180202-01

#### Presidential Trivia

Day	Date	Time	Cost	Course
W	Oct. 23	10:30 a.m.-noon	\$3	1180203-01

Location: Minnetonka Community Center

### Doug Ohman: Name That Town!

You know Minnesota and Doug knows Minnesota - so let's put our heads together to learn a little bit about the more than 850 towns that make up this great state. And like any good game show, there are prizes. But you'll have to earn them.



Doug Ohman is a Minnesota historian, storyteller and photographer who does more than 300 presentations every year all over the Midwest.

Day	Date	Time	Cost	Course
Th	Sept. 5	6-7:30 p.m.	\$10	1100303-01

Location: Minnetonka Community Center

### Travelogue with the Piehs: The Faroe Islands

Submerge yourself in the pictures, videos and education of traveling the world in a way that only Barb Kern-Pieh and Steve Pieh can do. Their most recent journey was the Faroe Islands, 18 rocky, treeless, volcanic islands, located in the North Atlantic between Iceland and Norway. Most of the islands are connected by tunnels under the Atlantic Ocean, including an underground roundabout.

Day	Date	Time	Cost	Course
W	Sept. 11	10:30-11:30 a.m.	Free	1180205-01

Location: Minnetonka Community Center

### Who Will Inherit the Mess?

This 90-minute workshop is filled with valuable information and strategies on how families, individuals and blended families can address critical family estate planning, taxation and probate avoidance. Learn how to appoint a guardian/conservator for any minor children, how to protect your property and why having a current will, trust, power of attorney and health care directive is so important. Workshop offered by Generations Legal Services.

Day	Date	Time	Cost	Course
Tu	Oct. 1	1-2:30 p.m.	\$2	1180416-01

Location: Minnetonka Community Center

### Prohibition: A Grand Misadventure

In 1920, the United States entered a period during which the manufacture, sale and transportation of intoxicating liquors was banned. As it turned out, the U.S. also entered a period of lawlessness and corruption, unequalled in its history. Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results. Presenter: David Jones

Day	Date	Time	Cost	Course
Th	Oct. 17	10:30 a.m.-noon	\$5	1180204-01

Location: Minnetonka Community Center

## SCS Tech Series

The following presentations are brought to you by the Senior Community Services Technology, Education, Connection & Help (TECH) Program.



SENIOR  
COMMUNITY  
SERVICES

### If You Didn't Buy a Ticket, Then You Haven't Won the Lottery

Scammers take advantage of people of all ages every day, and many specifically target older adults. We'll share the most common and current scams being reported to authorities and offer practical tips for determining if an inquiry is legitimate.

Day	Date	Time	Cost	Course
M	Sept. 9	10:30-11:30 a.m.	Free	1180401-01

### Who is Alexa and How Can She Help Me?

We'll introduce Alexa, share her resume and provide guidance to decide if "hiring" her as an in-home assistant is the right choice for you.

Day	Date	Time	Cost	Course
M	Oct. 14	10:30-11:30 a.m.	Free	1180405-01

### Thwarting Porch Pirates and More

Doorbells with cameras and "smart home" apps to control lights and thermostats have become popular. This presentation covers various security and monitoring systems, including how they work, what they cost and how to decide which system meets your needs.

Day	Date	Time	Cost	Course
F	Nov. 8	10:30-11:30 a.m.	Free	1180406-01

### To Stream or Not to Stream?

If you're thinking about cutting the cord on cable or satellite TV, we provide guidance, explanations and costs.

Day	Date	Time	Cost	Course
Tu	Dec. 10	10-11 a.m.	Free	1180407-01

Location: Minnetonka Community Center

## Technology Classes

### Technology Education, Connection & Help (TECH)

The Senior Community Services TECH team includes volunteer staff with expertise in helping older adults successfully navigate today's technology, including help with accessing internet service and devices, connecting a device and help with cell phones, tablets or laptops.

Schedule a free 50-minute, one-on-one appointment to meet with a volunteer at the Minnetonka Community Center. Registration is required.

This service is brought to you by SCS through a Hennepin County grant. **Grant rules require participants live in Hennepin County and be 60 years old or older.**

Due to high interest in these appointments, please only register for one appointment per season (September-December).

You may join the waitlist for additional appointments, if needed, by calling the office.



SENIOR  
COMMUNITY  
SERVICES

Day	Date	Time	Cost	Course
W	Sept. 11	1, 2 or 3 p.m.	Free	1180606-01-03
M	Sept. 16	1, 2 or 3 p.m.	Free	1180606-04-06
W	Sept. 25	1, 2 or 3 p.m.	Free	1180606-07-09
M	Oct. 7	1, 2 or 3 p.m.	Free	1180606-10-12
W	Oct. 9	1, 2 or 3 p.m.	Free	1180606-13-15
M	Oct. 21	1, 2 or 3 p.m.	Free	1180606-16-18
W	Oct. 23	1, 2 or 3 p.m.	Free	1180606-19-21
M	Nov. 4	1, 2 or 3 p.m.	Free	1180606-22-24
W	Nov. 13	1, 2 or 3 p.m.	Free	1180606-25-27
M	Nov. 18	1, 2 or 3 p.m.	Free	1180606-28-30
M	Dec. 2	1, 2 or 3 p.m.	Free	1180606-31-33
W	Dec. 11	1, 2 or 3 p.m.	Free	1180606-34-36
M	Dec. 16	1, 2 or 3 p.m.	Free	1180606-37-39

Location: Minnetonka Community Center

## Technology Classes with Abbey Key

### Just Facebook

Always been interested in Facebook but never created an account? Learn how to create an account, post on your wall, navigate the news feed, look for people, respond to messages and secure your profile. We've split up the classes depending on which device you plan to use Facebook most on - a computer or a phone. Make sure to sign up for the correct class.

### Computers

Day	Date	Time	Cost	Course
M-Tu	Sept. 16-17	10 a.m.-noon	\$35	1180601-01

### Phones

Day	Date	Time	Cost	Course
M-Tu	Sept. 23-24	1-3 p.m.	\$35	1180601-02

### Computer Basics 101 for Windows

Take this easy and fun introduction to the world of computers. In this two-day course, 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. Windows-based laptops and computers only. No tablets, cell phones or Mac computers.

Day	Date	Time	Cost	Course
Th-F	Oct. 17-18	9:30-11:30 a.m.	\$35	1180607-01
W-Th	Dec. 4-5	1-3 p.m.	\$35	1180607-02

### Click and Conquer During a Half Hour of Power!

Sign up for a one-on-one, 30-minute appointment with Abbey. Before your appointment, make sure to write down two or three specific questions you have for Abbey about the device you are bringing. May sign up for two 30-minute blocks, if available.

Day	Date	Time	Cost	Course
Tu	Oct. 8	9 a.m.-4 p.m.	\$15	1180602 sections 01-13
Th	Oct. 24	9 a.m.-4 p.m.	\$15	1180603 sections 01-13
F	Nov. 8	9 a.m.-4 p.m.	\$15	1180604 sections 01-13

Location: Minnetonka Community Center

## Hopkins ProPEL Students Tech Help

ProPEL stands for Professionals Providing Experience for Life and is a Hopkins High School course which places students in mentorships with real working professionals. It gets students out of the classroom and into the world of careers such as marketing, medicine, engineering and city government.

Hopkins ProPEL High School seniors come to the community center to offer free tech help for cell phones, iPads, Androids and more. This is a great way to learn about technology from helpful students.

Day	Date	Time	Cost	Course
M	Oct. 28	2:10-3:10 p.m.	Free	1180605-01

Location: Minnetonka Community Center



Coming in November

## HONORING OUR VETERANS

### Honoring our Veterans

Every year in November, Minnetonka Senior Services honors veterans and their spouses by offering free admission to several programs. All others 55-plus are welcome to attend but pay the advertised fee. Registration is required for all, whether a program is free or has a fee. Watch for a full listing of these programs in the October and November Senior Script.

### Minnesota Veterans Photo Wall

Are you or a family member a veteran? Send us a photo to share and display in the community center throughout the month of November.

- Photos must be 8x11" or smaller
- Please include a short paragraph (four to five sentences) telling us about the veteran (hometown, branch of service, etc.)
- Mail or drop off in person at the main desk:  
Minnetonka Community Center  
Attn: Veterans Photo Wall  
14600 Minnetonka Blvd.  
Minnetonka, MN 55345

**DEADLINE: Oct. 1**  
**PHOTOS WILL NOT BE ACCEPTED AFTER OCT. 1.**

Pick up photos in person at the community center Dec. 2-13.



# WILLISTON FITNESS CENTER AND THE MARSH

## Williston Fitness Center

14509 Minnetonka Drive, Minnetonka  
 Phone: 952-939-8370  
 Fax: 952-939-8380  
[minnetonkamn.gov/williston](http://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 New Year's Day, Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas

**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, water fitness and group cycling classes; personal training; baseball and softball training; equipment orientations; and a run club.

### Amenities

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

## Williston Child Care

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

Parents and guardians must stay in the facility while children are in child care. There is a two-hour child care maximum, with 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; \$5/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.

**Monday-Thursday:** 6–9:30 a.m.  
**Friday:** 6–9 a.m.  
**Saturday:** 6–9:30 a.m. and 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.

To book pickleball lessons, contact Felicia Raschiatore at [fraschiatore@minnetonkamn.gov](mailto:fraschiatore@minnetonkamn.gov).



**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
- Merz/Embody Health and Performance
- Café Anna Lisa

## The Marsh

15000 Minnetonka Blvd., Minnetonka  
 Phone: 952-908-7000  
 Fax: 952-939-8311  
[minnetonkamn.gov/themarsh](http://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 New Year's Day, Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas



# 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	\$57	\$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

**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 (Daily Admission)

**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 175 fitness classes per week. All are included with membership or daily admission.

Visit [minnetonkamn.gov/fitness](http://minnetonkamn.gov/fitness) to view the current group fitness schedule.

### New Member Special

Jump on this great personal training package, including three sessions, for a reduced price (\$169). Offer valid for all new Williston and Marsh members. One-time purchase only.



# FITNESS AND WELLNESS

## Williston Run Club

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

Mondays at 6 p.m. through Oct. 14

Free with a Williston membership or \$12 for guests

Course #3060501-01

## Pilates

The Marsh offers Pilates mat classes in our group exercise studios, group reformer classes in our Pilates studio and 1:1 Pilates personal training.

### Pilates Personal Training

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

### Semi-Private Sessions (two individuals)

	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, please contact Fitness Manager Julie Falline at [jfalline@minnetonkamn.gov](mailto:jfalline@minnetonkamn.gov).

## Zen Shiatsu

A hands-on bodywork treatment using a trio of stretch, breath and pressure applied along the body's meridian channels to improve flow and circulation along the energy, blood and lymphatic systems helping to restore health and well-being.

	1 session	4 sessions	8 sessions	12 sessions
Member	\$100 /person	\$380 /person	\$720 /person	\$1,020 /person
Nonmember	\$120 /person	\$460 /person	\$880 /person	\$1,260 /person

Location: The Marsh

## 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. View reformer schedule at [minnetonkamn.gov/themarsh](http://minnetonkamn.gov/themarsh)

### Group Reformer Punch Card

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

Location: Marsh Lower Level Studio

## Aquatic Bodywork

Aquatic Bodywork in warm water combines stretching movement and input to acupuncture points, promoting a sense of relaxation, wellbeing and balance to mind, body and spirit. Practitioner: Mary Le Sourd

Sessions available Mondays 2-5 p.m. and Wednesdays 10 a.m.-1 p.m. Purchase sessions at The Marsh front desk. To schedule a session, call 952-908-7000.

	1 session	4 sessions	8 sessions	12 sessions
Member	\$85 /person	\$320 /person	\$600 /person	\$720 /person
Nonmember	\$100 /person	\$380 /person	\$840 /person	\$1,020 /person

Location: The Marsh



## TRX Circuit Training

*Ages 18 and older*

Tailor your workout intensity in our dynamic class. Experience a blend of vigorous, energetic movements and swift rhythms, adaptable to your preferred level. This session features customizable timed interval sets, incorporating TRX and cardio exercises, designed to elevate your heart rate and incinerate calories at your pace.

Day	Dates	Time	Member/ Nonmember Fee	Course
Su	Sept. 1-29	9:45-10:30 a.m.	\$40/\$50	1060201-05
Su	Sept. 1-29	9-9:45 a.m.	\$40/\$50	1060201-13
Su	Oct. 6-27	9:45-10:30 a.m.	\$32/\$40	1060201-06
Su	Oct. 6-27	9-9:45 a.m.	\$32/\$40	1060201-14
Su	Nov. 3-24	9:45-10:30 a.m.	\$32/\$40	1060201-07
Su	Nov. 3-24	9-9:45 a.m.	\$32/\$40	1060201-15
Su	Dec. 1-29	9:45-10:30 a.m.	\$40/\$50	1060201-08
Su	Dec. 1-29	9-9:45 a.m.	\$40/\$50	1060201-16

*Location: Williston Fitness Center Studio C*

## Reiki Infused Sound Bath

A sound bath can be a profound experience for those searching for deep relaxation, rejuvenation and inner healing. They are excellent for relieving stress, reducing pain and relaxing the mind and body. Please bring a yoga mat, blanket, pillow, eye mask and anything else you would like for comfort.

Day	Dates	Time	Member/ Nonmember Fee	Course
Sa	Sept. 21	2-3:30 p.m.	\$35/\$40	1064702-01
Sa	Oct. 19	2-3:30 p.m.	\$35/\$40	1064702-02
Sa	Nov. 16	2-3:30 p.m.	\$35/\$40	1064702-03

*Location: The Marsh*

## Reiki 1:1 Sessions with Birgit

Reiki is a Japanese form of alternative medicine called energy healing. Reiki practitioners use a palm healing or hands-on healing technique through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient to encourage emotional or physical healing. Schedule an appointment by email to [marsh@minnetonkamn.gov](mailto:marsh@minnetonkamn.gov).

Day	Time	60-minute Member/ Nonmember Fee	90-minute Member/ Nonmember Fee
Tu	10:30 a.m.-1:15 p.m.	\$100/\$125	\$160/\$200
F	1-4:45 p.m.	\$100/\$125	\$160/\$200

*Location: The Marsh*

## Qigong 1:1 Sessions with Laura

Personal, 50-minute sessions with a certified Qigong and Tai Chi instructor. Together we'll assess your overall vitality, address your areas of interest and support well-being with concrete, simple and powerful mind-body exercises. To schedule, call 952-939-8364 or email [kpimental@minnetonkamn.gov](mailto:kpimental@minnetonkamn.gov).

Day	Time	Member/ Nonmember Fee
Tu	9 a.m., 10 a.m., 11 a.m. and noon	\$125/\$135 first session (additional sessions \$65/\$75)

*Location: The Marsh*

## Women on Weights

*Ages 18 and older*

Learn the correct techniques of weight training using dumbbells, barbells and steps, while focusing on muscular strength, core stability and endurance. Attendance the first week is crucial to fully benefit from the program's progressive structure.

Day	Dates	Time	Member/ Nonmember Fee	Course
Tu/Th	Sept. 3-26	6-7 p.m.	\$64/\$80	1063701-01
M/W	Sept. 4-30	6-7 p.m.	\$64/\$80	1063701-21
W	Sept. 4-25	5-6 p.m.	\$32/\$40	1063701-13
Th	Sept. 5-26	1-2 p.m.	\$32/\$40	1063701-05
Tu/Th	Oct. 1-29	6-7 p.m.	\$72/\$90	1063701-02
M/W	Oct. 2-30	6-7 p.m.	\$72/\$90	1063701-22
W	Oct. 2-30	5-6 p.m.	\$40/\$50	1063701-14
Th	Oct. 3-24	1-2 p.m.	\$32/\$40	1063701-06
Tu/Th	Nov. 5-26	6-7 p.m.	\$56/\$70	1063701-03
M/W	Nov. 4-27	6-7 p.m.	\$64/\$80	1063701-23
W	Nov. 6-27	5-6 p.m.	\$32/\$40	1063701-15
Th	Nov. 7-21	1-2 p.m.	\$24/\$30	1063701-07
Tu/Th	Dec. 3-19	6-7 p.m.	\$48/\$60	1063701-04
M/W	Dec. 2-18	6-7 p.m.	\$48/\$60	1063701-24
W	Dec. 4-18	5-6 p.m.	\$24/\$30	1063701-16
Th	Dec. 5-19	1-2 p.m.	\$24/\$30	1063701-08

*Location: Williston Fitness Center Studio C*

## Women on Weights 2 (Intermediate)

*Ages 18 and older*

This intermediate class is designed for those who are ready to build on their weight training foundation. Enhance your strength, core stability and endurance using a variety of equipment including dumbbells, barbells and steps. This class emphasizes progressive techniques and more challenging routines to push your limits. Regular attendance is recommended to fully capitalize on the class's structured advancements.

Day	Dates	Time	Member/ Nonmember Fee	Course
M/W	Sept. 4-30	Noon-1 p.m.	\$64/\$80	1063701-17
M/W	Oct. 2-30	Noon-1 p.m.	\$72/\$90	1063701-18
M/W	Nov. 4-27	Noon-1 p.m.	\$64/\$80	1063701-19
M/W	Dec. 2-18	Noon-1 p.m.	\$48/60	1063701-20

*Location: Williston Fitness Center Studio C*

## Women on Weights 3 (Advanced)

Enrollment in Women on Weights 3 requires completion of Women on Weights and instructor approval. Prerequisite: Women on Weights

Day	Dates	Time	Member/ Nonmember Fee	Course
Tu/Th	Sept. 3-26	7-8 p.m.	\$64/\$80	1063701-09
Tu/Th	Oct. 1-29	7-8 p.m.	\$72/\$90	1063701-10
Tu/Th	Nov. 5-26	7-8 p.m.	\$56/\$70	1063701-11
Tu/Th	Dec. 3-19	7-8 p.m.	\$48/\$60	1063701-12

*Location: Williston Fitness Center Studio C*

# Women's Wellbeing Workshops

### Passion, Purpose and the Balance Dance

The fall season can bring an endless list of "to dos." Take a pause and join like-minded women to explore your passions, purpose and the balance dance. Through presentations, discussion, creative arts and a dose of Mother Nature, you will explore values alignment, internal and external tugs, setting boundaries and improve self-care. Practitioner: Kim Keprios, M.A. training and development, certified leadership, life and wellness coach

Day	Date	Time	Cost	Course
Tu	Sept. 24	1-4 p.m.	\$95	1020901-01

*Location: The Marsh Dragon Room*

### The Power of 'Sisterhood'

Learn about the link between well-being and the significance of women friendships at all stages of life. Enjoy lively discussion, gain new insights and dabble in creative card-making, sending your "sister" a special card—stamps included. Practitioner: Kim Keprios, M.A. training and development, certified leadership, life and wellness coach

Day	Date	Time	Cost	Course
Tu	Oct. 29	1-4 p.m.	\$95	1020902-01

*Location: The Marsh Dragon Room*



### Goat Yoga

Did you know goat yoga is great for your mental health? Join us at The Marsh and experience the amazing benefits it has on participants of all ages, including lowering anxiety and helping people relax, providing comfort and creating laughter for your body to release tension.

Day	Dates	Time	Member/ Nonmember Fee	Course
Sa	Oct. 12	1:30-2:30 p.m.	\$35/\$40	1065301-01

*Location: The Marsh*

## 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	\$70	\$260	\$480	\$660
Nonmember	\$80	\$300	\$560	\$780

## 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	\$90	\$312	\$520	\$696
Nonmember	\$110	\$352	\$640	\$876

# 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. 9-20  
6:30-7:15 a.m. | \$40/\$60  
Course: 1060401-01

Location: Williston Fitness Center Gym



Coming November 2024

## 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 and at the end of the six weeks you will report your final weight.

Each Monday participants will 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 2025

WILLISTON FITNESS CENTER

## Commit To Be Fit CHALLENGE

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

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Five one-on-one personal training sessions

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Weekly group boot camps

---

12 group fitness classes offered  
to the weight loss challengers

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Nutrition workshops/live food presentations

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Watch for more information in the  
Winter/Spring 2025 brochure!

Registration will open in December 2024.

## Tennis

### Tennis Registration

#### Session 1

July 30, 8 a.m. Priority registration for participants registered for Winter/Spring II or any Summer Tennis Lessons

Aug. 6, 8 a.m. Open to all

#### Session 2

Oct. 1, 8 a.m. Priority registration for participants registered for Fall Session I tennis lessons

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

### 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](mailto:dwolden@minnetonkamn.gov). League fees are non-refundable after Sept. 8.

Level	Day	Date	Time	Member/ Nonmember Fee	Course
3.5 Singles	M	Sept. 9-mid-December	5:30-8:30 p.m.	\$205/\$245	1140501-02
4.0+ Singles	M	Sept. 9-mid-December	5:30-8:30 p.m.	\$205/\$245	1140501-03

### Williston Fitness Center Junior Tennis Program



The Williston junior tennis program is a Net Generation provider. Net Generation is 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 thru email.

If you have questions or would like to schedule a free evaluation please contact Williston Fitness Center Junior Program Coordinator Boris Gonikman at [bgonikman@minnetonkamn.gov](mailto:bgonikman@minnetonkamn.gov).





# Junior Tennis

## Session 1

Sept. 3–Oct. 20

Evaluation and instructor advance 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. 3–Oct. 15	5:30–6 p.m.	\$75.25/\$89.25	1140201-01
Tiny Shots (Red Ball)	4-5	Sa	Sept. 7–Oct. 19	2:15–2:45 p.m.	\$75.25/\$89.25	1140201-02
Hot Shots–Beg./Adv. Beg. (Red Ball)	5-7	F	Sept. 6–Oct. 18	4–4:45 p.m.	\$115.50/\$136.50	1140202-01
Hot Shots–Beg./Adv. Beg. (Red Ball)	5-7	Sa	Sept. 7–Oct. 19	2:45–3:30 p.m.	\$115.50/\$136.50	1140202-02
Hot Shots–Intermediate (Red Ball)	6-8	F	Sept. 6–Oct. 18	4–4:45 p.m.	\$115.50/\$136.50	1140203-01
Hot Shots–Intermediate (Red Ball)	6-8	Sa	Sept. 7–Oct. 19	2:45–3:30 p.m.	\$115.50/\$136.50	1140203-02
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	W	Sept. 4–Oct. 16	5–6 p.m.	\$115.50/\$136.50	1140204-01
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	F	Sept. 6–Oct. 18	4:45–5:45 p.m.	\$115.50/\$136.50	1140204-02
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	Sa	Sept. 7–Oct. 19	9–10 a.m.	\$115.50/\$136.50	1140204-03
Little Shots–Beg./Adv. Beg. (Orange Ball)	7-9	Su	Sept. 8–Oct. 20	3:30–4:30 p.m.	\$115.50/\$136.50	1140204-04
Little Shots–Intermediate (Orange Ball)	8-10	Sa	Sept. 7–Oct. 19	11 a.m.–12:30 p.m.	\$155.75/\$183.75	1140205-01
Little Shots–Intermediate (Orange Ball)	8-10	Su	Sept. 8–Oct. 20	5–6:30 p.m.	\$148.75/\$176.75	1140205-02
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	W	Sept. 4–Oct. 16	5–6 p.m.	\$115.50/\$136.50	1140207-01
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	F	Sept. 6–Oct. 18	4:45–5:45 p.m.	\$115.50/\$136.50	1140207-02
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Sept. 8–Oct. 20	2–3 p.m.	\$115.50/\$136.50	1140207-08
Mid Shots–Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Sept. 8–Oct. 20	3:30–4:30 p.m.	\$115.50/\$136.50	1140207-03
Mid Shots–Intermediate (Green Ball)	10-13	Tu	Sept. 3–Oct. 15	5:30–7 p.m.	\$155.75/\$183.75	1140208-08
Mid Shots–Intermediate (Green Ball)	10-13	F	Sept. 6–Oct. 18	4:45–6:15 p.m.	\$155.75/\$183.75	1140208-01
Mid Shots–Intermediate (Green Ball)	10-13	Su	Sept. 8–Oct. 20	12:30–2 p.m.	\$155.75/\$183.75	1140208-02
Mid Shots–Intermediate (Green Ball)	10-13	Su	Sept. 8–Oct. 20	3:30–5 p.m.	\$155.75/\$183.75	1140208-03
Teen–Beg./Adv. Beg.	13-18	Sa	Sept. 7–Oct. 19	10–11 a.m.	\$115.50/\$136.50	1140215-01
Teen Intermediate	13-18	W	Sept. 4–Oct. 16	7:30–9 p.m.	\$155.75/\$183.75	1140216-02
Teen Intermediate	13-18	Th	Sept. 5–Oct. 17	4:30–6 p.m.	\$155.75/\$183.75	1140216-03
Teen Intermediate	13-18	Sa	Sept. 7–Oct. 19	12:30–2 p.m.	\$155.75/\$183.75	1140216-04
Grand Prix Intermediate	13-18	Tu	Sept. 3–Oct. 15	4–5:30 p.m.	\$155.75/\$183.75	1140210-01
Grand Prix Intermediate	13-18	Sa	Sept. 7–Oct. 19	3:30–5 p.m.	\$155.75/\$183.75	1140210-02
Grand Prix Advanced	13-18	M	Sept. 9–Oct. 14	4–5:30 p.m.	\$185.50/\$213.50	1140212-01
Grand Prix Advanced	13-18	W	Sept. 4–Oct. 16	6–7:30 p.m.	\$185.50/\$213.50	1140212-02
Davis Cup (Invite Only)		M	Sept. 9–Oct. 14	4–5:30 p.m.	\$159/\$183	
Davis Cup (Invite Only)		W	Sept. 4–Oct. 16	6–7:30 p.m.	\$185.50/\$213.50	

Location: Williston Fitness Center

## Competitive Match Play **\*NEW\***

Course Name	Ages	Day	Date	Time	Member/ Nonmember Fee	Course
Championship (Green Ball)	10-13	Sa	Sept. 7-Oct. 19	11 a.m.-12:30 p.m.	\$192.50/\$220.50	1140209-01
Premier	13-18	Su	Sept. 8-Oct. 20	12:30-2 p.m.	\$192.50/\$220.50	1140211-02
Elite	13-18	Su	Sept. 8-Oct. 20	2-3:30 p.m.	\$192.50/\$220.50	1140213-01

Location: Williston Fitness Center

## Junior Tennis

### Session 2

Oct. 21-Dec. 15

Evaluation and instructor advance 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. 22-Dec. 10	5:30-6 p.m.	\$86/\$102	1140201-03
Tiny Shots (Red Ball)	4-5	Sa	Oct. 26-Dec. 14*	2:15-2:45 p.m.	\$75.25/\$89.25	1140201-04
Hot Shots-Beg./Adv. Beg. (Red Ball)	5-7	F	Oct. 25-Dec. 13*	4-4:45 p.m.	\$115.50/\$136.50	1140202-03
Hot Shots-Beg./Adv. Beg. (Red Ball)	5-7	Sa	Oct. 26-Dec. 14*	2:45-3:30 p.m.	\$115.50/\$136.50	1140202-04
Hot Shots-Intermediate (Red Ball)	6-8	F	Oct. 25-Dec. 13*	4-4:45p.m.	\$115.50/\$136.50	1140203-03
Hot Shots-Intermediate (Red Ball)	6-8	Sa	Oct. 26-Dec. 14*	2:45-3:30 p.m.	\$115.50/\$136.50	1140203-04
Little Shots-Beg./Adv. Beg. (Orange Ball)	7-9	W	Oct. 23-Dec. 11	5-6 p.m.	\$132/\$156	1140204-05
Little Shots-Beg./Adv. Beg. (Orange Ball)	7-9	F	Oct. 25-Dec. 13*	4:45-5:45 p.m.	\$115.50/\$136.50	1140204-06
Little Shots-Beg./Adv. Beg. (Orange Ball)	7-9	Sa	Oct. 26-Dec. 14*	9-10 a.m.	\$115.50/\$136.50	1140204-07
Little Shots-Beg./Adv. Beg. (Orange Ball)	7-9	Su	Oct. 27-Dec. 15*	3:30-4:30 p.m.	\$115.50/\$136.50	1140204-08
Little Shots-Intermediate (Orange Ball)	8-10	Sa	Oct. 26-Dec. 14*	11 a.m.-12:30 p.m.	\$155.75/\$183.75	1140205-04
Little Shots-Intermediate (Orange Ball)	8-10	Su	Oct. 27-Dec. 15*	5-6:30 p.m.	\$155.75/\$183.75	1140205-05
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	W	Oct. 23-Dec. 11	5-6 p.m.	\$132/\$156	1140207-04
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	F	Oct. 25-Dec. 13*	4:45-5:45 p.m.	\$115.50/\$136.50	1140207-05
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Oct. 27-Dec. 15*	2-3 p.m.	\$115.50/\$136.50	1140207-07
Mid Shots-Beg./Adv. Beg. (Orange-Green Ball)	9-13	Su	Oct. 27-Dec. 15*	3:30-4:30 p.m.	\$115.50/\$136.50	1140207-06
Mid Shots-Intermediate (Green Ball)	10-13	Tu	Oct. 22-Dec. 10	5:30-7 p.m.	\$178/\$210	1140208-07
Mid Shots-Intermediate (Green Ball)	10-13	F	Oct. 25-Dec. 13*	4:45-6:15 p.m.	\$155.75/\$183.75	1140208-04
Mid Shots-Intermediate (Green Ball)	10-13	Su	Oct. 27-Dec. 15*	12:30-2 p.m.	\$155.75/\$183.75	1140208-05
Mid Shots-Intermediate (Green Ball)	10-13	Su	Oct. 27-Dec. 15*	3:30-5 p.m.	\$155.75/\$183.75	1140208-06
Teen-Beg./Adv. Beg.	13-18	Sa	Oct. 26-Dec. 14*	10-11 a.m.	\$115.50/\$136.50	1140215-02
Teen Intermediate	13-18	W	Oct. 23-Dec. 11	7:30-9 p.m.	\$178/\$210	1140216-06
Teen Intermediate	13-18	Th	Oct. 24-Dec. 12*	4:30-6 p.m.	\$155.75/\$183.75	1140216-07
Teen Intermediate	13-18	Sa	Oct. 26-Dec. 14*	12:30-2 p.m.	\$155.75/\$183.75	1140216-08
Grand Prix Intermediate	13-18	Tu	Oct. 22-Dec. 10	4-5:30 p.m.	\$178/\$210	1140210-03

Grand Prix Intermediate	13-18	Sa	Oct. 26-Dec. 14*	3:30-5 p.m.	\$155.75/\$183.75	1140210-04
Grand Prix Advanced	13-18	M	Oct. 21-Dec. 9	4-5:30 p.m.	\$212/\$244	1140212-03
Grand Prix Advanced	13-18	W	Oct. 23-Dec. 11	6-7:30 p.m.	\$212/\$244	1140212-04
Davis Cup (Invite Only)		M	Oct. 21-Dec. 9	4-5:30 p.m.	\$212/\$244	
Davis Cup (Invite Only)		W	Oct. 23-Dec. 11	6-7:30 p.m.	\$212/\$244	

\*No class Nov. 28, 29, 30, Dec. 1

## Competitive Match Play **\*NEW\***

Course Name	Ages	Day	Date	Time	Member/ Nonmember Fee	Course
Championship (Green Ball)	10-13	Sa	Oct. 26-Dec. 14*	11 a.m.-12:30 p.m.	\$192.50/\$220.50	1140209-02
Premier	13-18	Su	Oct. 27-Dec. 15*	12:30-2 p.m.	\$192.50/\$220.50	1140211-04
Elite	13-18	Su	Oct. 27-Dec. 15*	2-3:30 p.m.	\$192.50/\$220.50	1140213-02

\*No class Nov. 28, 29, 30, Dec. 1

Location: Williston Fitness Center

## Williston Competitive Tennis (WCT)

Course Name	Day	Date	Time	Member/ Nonmember Fee
WCT Level 1 (Orange Ball)	W, F	Sept. 4-Dec. 13*	4:30-6 p.m. (W) 5:45-7:15 p.m. (F)	\$768.50/\$884.50
WCT Level 2 (Green Ball)	Tu, Th	Sept. 3-Dec. 12*	4:30-6 p.m.	\$768.50/\$884.50
WCT Level 3 (Yellow Ball)	Tu, Th	Sept. 3-Dec. 12*	6-7:30 p.m.	\$768.50/\$884.50

\*No class Nov. 28, Nov. 29

Contact Felicia Raschiatore at [fraschiatore@minnetonkamn.gov](mailto:fraschiatore@minnetonkamn.gov) to register.

## Williston ACE Tennis

### Session 1

Course Name	Day	Date	Time	Member/ Nonmember Fee
Williston ACE Tennis	M	Sept. 9-Oct. 14	5:30-7:30 p.m.	\$267/\$291
Williston ACE Tennis	W	Sept. 4-Oct. 16	7:30-9:30 p.m.	\$311.50/\$339.50

### Session 2

Course Name	Day	Date	Time	Member/ Nonmember Fee
Williston ACE Tennis	M	Oct. 21-Dec. 9	5:30-7:30 p.m.	\$356/\$388
Williston ACE Tennis	Tu	Oct. 22-Dec. 10	9-10:30 p.m.	\$260/\$292
Williston ACE Tennis	W	Oct. 23-Dec. 11	7:30-9:30 p.m.	\$356/\$388
Williston ACE Tennis	Th	Oct. 24-Dec. 12*	9-10:30 p.m.	\$220.50/\$248.50

\*No class Nov. 28

Contact Felicia Raschiatore at [fraschiatore@minnetonkamn.gov](mailto:fraschiatore@minnetonkamn.gov) to register.

Hopkins-Minnetonka Recreation Services [recservices@minnetonkamn.gov](mailto:recservices@minnetonkamn.gov) ■ 952-939-8370 ■ [minnetonkamn.gov/register](http://minnetonkamn.gov/register)

## Aquatics Registration Opens

### Session 1

Aug. 14, 8 a.m. Priority registration for participants registered for any summer swimming lessons

Aug. 21, 8 a.m. Open to all

### Session 2

Oct. 9, 8 a.m. Priority registration for participants registered for Fall session 1 swimming lessons

Oct. 16, 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](http://minnetonkamn.gov/aquatics).



## Swimmer to Instructor Ratio

Preschool Tadpole through Angelfish: 4:1

Youth Jellyfish through Youth Stingray: 5:1

Youth Seal through Pre-Team: 6:1

Aquatots: 10:1

## Swim Lesson Locations

Williston Fitness Center, 14509 Minnetonka Drive

The Marsh, 15000 Minnetonka Blvd.



# Aquatics Class Descriptions

Level	Class Goals & Focus
<b>Aquatots</b> <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.
<b>Preschool Tadpole</b> <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.
<b>Preschool Frog</b> <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.
<b>Preschool &amp; Youth Sea Turtle</b> <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.
<b>Preschool &amp; Youth Jellyfish</b> <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.
<b>Preschool &amp; Youth Angelfish</b> <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.
<b>Preschool &amp; Youth Stingray</b> <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.
<b>Youth Seal</b> <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.
<b>Youth Sea Otter</b> <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.
<b>Pre-Team 1</b> <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.
<b>Pre-Team 2</b> <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.
<b>Adult Lessons</b>	Ages 18 and older, basic swimming skills, stroke development and safety.
<b>Private Lessons</b>	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.



# Swimming Lessons

## Saturdays

**Session 1:** Sept. 7-Oct. 12

**Session 2:** Oct. 26-Dec. 7 (No lessons Nov. 30)

Class	Time	Member/ Nonmember Fee	Session 1	Session 2
Aquatots	8:45-9:15 a.m.	\$78/\$90	1030101-01	1030101-04
Tadpole	8:45-9:15 a.m.	\$78/\$90	1030201-01	1030201-05
Preschool Frog	9:20-9:50 a.m.	\$78/\$90	1030301-01	1030301-06
Preschool Frog	9:55-10:25 a.m.	\$78/\$90	1030301-02	1030601-07
Preschool Sea Turtle	9:20-10 a.m.	\$84/\$96	1030501-01	1030501-05
Youth Jellyfish	9:55-10:25 a.m.	\$84/\$96	1030602-01	1030602-06
Youth Angelfish	9:55-10:35 a.m.	\$84/\$96	1030702-01	1030702-05

Location: The Marsh

## Sundays

**Session 1:** Sept. 8 -Oct. 13

**Session 2:** Oct. 27-Dec. 15 (No lessons Dec. 1)

Class	Time	Member/ Nonmember Fee	Session 1	Session 2
Aquatots	11:45 a.m.-12:15 p.m.	\$78/\$90	1030201-02	1030201-05
Aquatots	3:40-4:10 p.m.	\$78/\$90	1030101-03	1030101-06
Preschool Tadpole	11:45 a.m.-12:15 p.m.	\$78/\$90	1030201-02	1030201-06
Preschool Tadpole	1:10-1:40 p.m.	\$78/\$90	1030201-03	1030201-07
Preschool Frog	11:45 a.m.-12:15 p.m.	\$78/\$90	1030301-03	1030301-08
Preschool Frog	1:50-2:30 p.m.	\$78/\$90	1030301-04	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	1030502-04
Youth Sea Turtle	1:10-1:50 p.m.	\$84/\$96	1030502-02	1030502-05
Preschool Jellyfish	2-2:40 p.m.	\$84/\$96	1030601-01	1030601-02
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	1030802-01	1030802-02
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

## Monday Evenings

**Session 1:** Sept. 9-Oct. 14

**Session 2:** Oct. 28-Dec. 2

Class	Time	Member/ Nonmember Fee	Session 1	Session 2
Preschool Tadpole	4:25-4:55 p.m.	\$78/\$90	1030201-04	1030201-08
Preschool Sea Turtle	5:15-5:55 p.m.	\$84/\$96	1030501-04	1030501-08
Youth Jellyfish	4:25-5:10 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. 11-Oct. 16

**Session 2:** Oct. 30-Dec. 11 (No lessons Nov. 27)

Class	Time	Member/ Nonmember Fee	Session 1	Session 2
Preschool Frog	5:15-5:45 p.m.	\$78/\$90	1030301-05	1030301-10
Youth Sea Turtle	6-6:40 p.m.	\$84/\$96	1030502-03	1030502-06
Youth Jellyfish	4:25-5:10 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.

## Private and Semi-Private Lessons

Private and semi-private lessons can be a great way to achieve swimming goals and are offered to swimmers of all ages and abilities. Registration is on a first-come, first-served basis. Registration opens on the first Wednesday of each month at 8 a.m. Those currently enrolled in private/semi-private swim lessons do not need to re-register once in the program and will have the option to renew packages.

### Private and Semi-Private Registration Dates:

- Sept. 4, 8 a.m.
- Oct. 2, 8 a.m.
- Nov. 6, 8 a.m.
- Dec. 4, 8 a.m.



# ICE SKATING

## Ice Arena

3401 Williston Road  
Minnetonka, MN 55345  
952-939-8310

[minnetonkamn.gov/icearena](http://minnetonkamn.gov/icearena)

### Ice Skating Lessons Registration Opens

Tuesday, Aug. 20

#### Public Skating

Adult/Child: \$5

Senior Citizen: \$3

Skate Rental: \$3

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.

Learn more at [minnetonkamn.gov/publicskating](http://minnetonkamn.gov/publicskating).

#### Adult Open Hockey

Adult: \$5 (Goalies are free)

## Local Organizations at the Minnetonka Ice Arena

Home of Hopkins/Park Girls High School Hockey  
Team: [hopkinsschools.org](http://hopkinsschools.org)

#### Adult Hockey

Minnesota Showcase Hockey: [showcasehockey.com](http://showcasehockey.com)

#### Youth Hockey

Hopkins Youth Hockey Association:  
[hopkinshockey.com](http://hopkinshockey.com)

Minnetonka Youth Hockey Association:  
[tonkahockey.org](http://tonkahockey.org)

#### Figure Skating

Lake Minnetonka Figure Skating Club: [lmfsc.org](http://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](http://learntoskateusa.com)

### Skating Fundamentals *Ages 3-5*

Classes are designed to help children age 5 and younger develop the ABC's (Agility, Balance, Coordination and Speed) of movement. **Helmets and mittens or gloves required for ALL Snowplow Sam classes. Snow pants recommended.**

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. We recommend skaters pass Basic 1 before enrolling in Hockey 1. **No sticks or pucks used in this class. Participants must wear hockey skates and helmets.**

Class	Requirement	Learn
Hockey 1	Possess basic skating skills or passed Basic 1	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 \$90 for Tricks & Twirls.

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 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, but not Free Skate 4	Beginning jumps, spins and tricks
Intermediate Power and Edge	Passed Pre-Preliminary Skating Skills or Free Skate 3	Stroking, edges, power and consistent carriage through turn execution
Advanced Power and Endurance	Passed Bronze Skating Skills or Advanced Free Skate	Refinement of stroking, edges, power, carriage and endurance
Pre-Preliminary through Pre-Silver Skating Skills	Passed Free Skate 2 or instructor permission	USFS Skating Skills patterns
Jump & Spin	Passed Free Skate 5	Proper advanced spin and jump technique and positions for axel thru double jumps

## 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 ice 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. 10-Nov. 12	1:30-2 p.m.	1070101-02
Snowplow Sam 1	S	Sept. 14-Nov. 16	11-11:30 a.m.	1070101-03
Snowplow Sam 1	M	Sept. 9-Nov. 11	5:45-6:15 p.m.	1070101-04
Snowplow Sam 2	Tu	Sept. 10-Nov. 12	2-2:30 p.m.	1070201-02
Snowplow Sam 2	S	Sept. 14-Nov. 16	11-11:30 a.m.	1070201-03
Snowplow Sam 2	M	Sept. 9-Nov. 11	5:45-6:15 p.m.	1070201-04
Snowplow Sam 3	Tu	Sept. 10-Nov. 12	2-2:30 p.m.	1070301-02
Snowplow Sam 3	S	Sept. 14-Nov. 16	11:30 a.m.-noon	1070301-03
Snowplow Sam 3	M	Sept. 9-Nov. 11	6:45-7:15 p.m.	1070301-04
Snowplow Sam 4	Tu	Sept. 10-Nov. 12	2-2:30 p.m.	1070401-02
Snowplow Sam 4	S	Sept. 14-Nov. 16	11:30 a.m.-noon	1070401-03
Snowplow Sam 4	M	Sept. 9-Nov. 11	6:45-7:15 p.m.	1070401-04

## Hockey Skating Skills

Lesson	Day	Date	Time	Course
Hockey 1	M	Sept. 9-Nov. 11	6:45-7:15 p.m.	1070501-01
Hockey 1	Sa	Sept. 14-Nov. 16	11:30 a.m.-noon	1070501-02
Hockey 2	M	Sept. 9-Nov. 11	6:45-7:15 p.m.	1070601-01
Hockey 2	Sa	Sept. 14-Nov. 16	11:30 a.m.-noon	1070601-02
Hockey 3	M	Sept. 9-Nov. 11	6:45-7:15 p.m.	1070701-01
Hockey 3	Sa	Sept. 14-Nov. 16	11:30 a.m.-noon	1070701-02
Hockey 4	M	Sept. 9-Nov. 11	6:45-7:15 p.m.	1070801-01
Hockey 4	Sa	Sept. 14-Nov. 16	11:30 a.m.-noon	1070801-02

## Basic Skills

Lesson	Day	Date	Time	Course
Basic 1	M	Sept. 9–Nov. 11	6:15–6:45 p.m.	1070901-01
Basic 1	Sa	Sept. 14–Nov. 16	10:30–11 a.m.	1070901-02
Basic 2	M	Sept. 9–Nov. 11	6:15–6:45 p.m.	1071001-01
Basic 2	Sa	Sept. 14–Nov. 16	10:30–11 a.m.	1071001-02
Basic 3	M	Sept. 9–Nov. 11	5:15–5:45 p.m.	1071101-01
Basic 3	Sa	Sept. 14–Nov. 16	9:45–10:15 a.m.	1071101-02
Basic 4	M	Sept. 9–Nov. 11	5:15–5:45 p.m.	1071201-01
Basic 4	Sa	Sept. 14–Nov. 16	9:45–10:15 a.m.	1071201-02
Basic 5	M	Sept. 9–Nov. 11	5:15–5:45 p.m.	1071301-01
Basic 5	Sa	Sept. 14–Nov. 16	9:45–10:15 a.m.	1071301-02
Basic 6	M	Sept. 9–Nov. 11	5:15–5:45 p.m.	1071401-01
Basic 6	Sa	Sept. 14–Nov. 16	9:45–10:15 a.m.	1071401-02
Pre-Free Skate	W	Sept. 11–Nov. 13	5:15–5:45 p.m.	1071501-01
Pre-Free Skate	Sa	Sept. 14–Nov. 16	9:45–10:15 a.m.	1071501-02

## Figure Skating

Lesson	Day	Date	Time	Course
Free Skate 1	W	Sept. 11–Nov. 13	5:15–5:45 p.m.	1071601-01
Free Skate 2	W	Sept. 11–Nov. 13	5:15–5:45 p.m.	1071701-01
Free Skate 3	W	Sept. 11–Nov. 13	5:45–6:15 p.m.	1071801-01
Free Skate 4	W	Sept. 11–Nov. 13	5:45–6:15 p.m.	1071901-01
Free Skate 5	W	Sept. 11–Nov. 13	5:45–6:15 p.m.	1072001-01
Free Skate 6	W	Sept. 11–Nov. 13	5:45–6:15 p.m.	1072101-01
Advanced Free Skate	W	Sept. 11–Nov. 13	5:15–5:45 p.m.	1072201-01
Intermediate Power and Edge	W	Sept. 11–Nov. 13	6:15–6:45 p.m.	1072401-01
Advanced Power and Endurance	Sa	Sept. 14–Nov. 16	Noon–12:30 p.m.	1072501-01
Pre Prelim through Pre-Silver Skating Skills	W	Sept. 11–Nov. 13	4:45–5:15 p.m.	1072601-01
Jump and Spin Class	M	Sept. 9–Nov. 11	4:45–5:15 p.m.	1072801-01
Tricks and Twirls (\$90)	Sa	Sept. 14–Nov. 16	9–9:45 a.m.	1073401-01

## Adult Lessons

Lesson	Day	Date	Time	Course
Adult Beginner	W	Sept. 11–Nov. 13	7–7:30 p.m.	1072901-02
Adult Beginner	Sa	Sept. 14–Nov. 16	8:30–9 a.m.	1072901-03
Adult Intermediate	W	Sept. 11–Nov. 13	7–7:30 p.m.	1073001-02
Adult Intermediate	Sa	Sept. 14–Nov. 16	8:30–9 a.m.	1073001-03
Adult Advanced	W	Sept. 11–Nov. 13	7–7:30 p.m.	1073101-02
Adult Advanced	Sa	Sept. 14–Nov. 16	8:30–9 a.m.	1073101-03
Adult Ice Dance	W	Sept. 11–Nov. 13	7:30–8 p.m.	1073301-01



# AMENITIES AND FACILITIES

## Minnetonka Community Center

14600 Minnetonka Blvd.  
952-939-8390  
[minnetonkamn.gov/communitycenter](http://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](http://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](http://minnetonkamn.gov/ridgedalecommons)

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

### Meeting space

The meeting room 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:

<b>Resident:</b>	\$125
<b>Non-Resident:</b>	\$225
<b>Damage Deposit:</b>	\$100

# The Royals Athletic Center

2400 Royals Drive  
952-988-4519

[communityed.hopkinsschools.org/facilities/rac](http://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 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.

## 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.

More info: [communityed.hopkinsschools.org/facilities/rac](http://communityed.hopkinsschools.org/facilities/rac) or 952-988-4519



**WELCOME** to a gathering place for adults to stay active and engaged through recreational, social and volunteer programming.

**RECREATION** Join the pickleball craze! Drop in play for senior adults from beginner to advanced levels.

**SOCIAL** Connect with other senior adults in the community at Lunch & Learn events or Book Club.



**VOLUNTEERING** Make an impact by creating hand-made sewing or knitting items for local organizations.

**FACILITY RENTAL** Host your party, family event or meeting at the Center. Space available up to 150 people.

## HOPKINS ACTIVITY CENTER



33 14th Avenue N, Hopkins, MN 55343  
952-939-1333  
[www.hopkinsmn.com/activitycenter](http://www.hopkinsmn.com/activitycenter)



**ICE RENTAL** Are you looking for some private ice time for your family, friends or team? Check the Hopkins Pavilion website for available times.

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

- **Pucks and sticks:** Monday-Friday, begins October 6
- ADULTS** 11:30 am-12:30 pm, **ALL AGES** 12:30-1:30 pm
- **No pucks or sticks:** Sunday 1-2:30 pm

**HOPKINS YOUTH HOCKEY (HYHA)** Is your child excited to play hockey? Visit [hopkinshockey.com](http://hopkinshockey.com).

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

**ROOM RENTALS** Multiple rooms available for your public or private event, meeting or party.

## HOPKINS PAVILION



11000 Excelsior Boulevard  
Hopkins, MN 55343  
952-548-6390  
[www.hopkinsspavilion.com](http://www.hopkinsspavilion.com)





Friday, Oct. 25



5-7:30 p.m.

# BURWELL Spooktacular

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



Games • Crafts • Inflatables • Spooky hike  
Warm up by the fire • Burwell House tours • Food vendors

Free parking is available at St. David's Center.