

Discover the Benefits of Parks and Recreation!



**SAINT PAUL PARKS
AND RECREATION**



SERVICE AREA THREE

WINTER/SPRING 2005

BAKER RECREATION CENTER

209 West Page Street, 55107
651-292-7244

JIMMY LEE RECREATION CENTER

1063 Iglehart Avenue, 55104
651-298-5760

PALACE RECREATION CENTER

781 Palace Avenue, 55102
651-298-5677

DUNNING RECREATION CENTER

1221 Marshall Avenue, 55104
651-632-5124

LINWOOD RECREATION CENTER

860 St. Clair Avenue, 55105
651-298-5660

ST. CLAIR RECREATION CENTER

265 Oneida Street, 55102
651-298-5677

EL RIO VISTA RECREATION CENTER

179 East Robie Street, 55107
651-298-5659

MARTIN LUTHER KING RECREATION CENTER

271 MacKubin Street, 55102
651-290-8695

(under construction until fall 2005)



WELCOME

MISSION STATEMENT

To enhance the lives of its citizens and visitors, Saint Paul Parks and Recreation will, within available resources, provide and facilitate safe, quality leisure services, programs and facilities while preserving and enhancing natural resources and stimulating the economic vitality of the community.

REGISTRATION INFORMATION

Registration for all activities and special events will be accepted at the Service Area Three recreation centers where the activity is held. Registration for any youth sports team must also be completed at individual recreation centers. Individuals with disabilities are invited to participate in these programs. If you have a disability requiring special services, please call for more information.

REFUND POLICY

All refunds are subject to an administrative charge unless the program is canceled. To request a refund, contact the recreation center staff.

SAINT PAUL PARKS AND RECREATION RECEIVES NATIONAL RECOGNITION

Saint Paul Parks and Recreation is just one of just three parks agencies in Minnesota to receive the prestigious CAPRA accreditation. Accreditation helps demonstrate to the public that they have access to parks and recreation services of national quality and that their investment in Saint Paul Parks and Recreation is sound.

CITY OF SAINT PAUL
DIVISION OF PARKS
AND RECREATION



- ◆ General Parks and Recreation Information 651-266-6400
- ◆ TTY 651-266-6378
- ◆ Parkwatch 651-646-3535
- ◆ Employment Opportunities 651-266-6466
- ◆ Volunteer Hotline 651-266-6464
- ◆ Environmental Program Volunteer Hotline 651-266-6458
- ◆ Community Education 651-793-5455

Visit our website for more information
www.ci.stpaul.mn.us/depts/parks
AA/ADA/EEO Employer

This program is subject to change due to city-wide or local special events.

Administration
Director: Bob Bierscheid, CPRP
Manager of Recreation Services: Michael Hahm
Service Area Three Coordinator: Linda Flynn

SAINT PAUL PARKS
AND RECREATION



Service Area Three Directors
Baker: Tom Russell
Dunning and Jimmy Lee: Victor Mister
El Rio Vista: Alex Glass
Linwood: Jim Newman
Martin Luther King: Mary Ann Hagan
Palace and St. Clair: Patti Schwartz

FACILITY RENTAL OPPORTUNITIES

- ◆ Do you need a larger space to hold a baby shower?
- ◆ Is it your turn to host a family reunion this year?
- ◆ Do you want to get a group of friends together for an evening of volleyball?

Saint Paul Parks and Recreation has a wide variety of spaces available for rental. Spaces such as multi-purpose rooms, gymnasiums, kitchens, softball fields and more are all available at reasonable rates!

PRE-SCHOOL ACTIVITIES

PRE-SCHOOL ACTIVITIES

YOUTH ACTIVITIES

†ACTIVITY TRAIN

Palace 651-298-5677

Parents and tots, get on board! Enjoy an hour of playtime in the gym (toys are available) or participate in a craft project, such as finger painting, that will be offered each week. Dress appropriately.

Wednesday Begins Jan. 12 6-7pm
Fee: \$20 Ages 5 & under 8 sessions

†READ TO ME

Palace 651-298-5677

Parents and children come and enjoy a Hansel & Gretel story by Dom Deluise. A hilarious retelling of this classic Grimm tale will delight anyone with a sweet tooth. Following the evening performances, enjoy creating a Sweetheart Gingerbread House with your child. Featured Storyteller: Police Chief John Harrington.

Wednesday Feb. 23 6-7pm
Fee: \$3 Ages 9 & under

†DANCE: CREATIVE MOVEMENT

Linwood 651-298-5660

Instructor: Amy Lee-Woodson

A variety of music and movement.

Monday Begins Jan. 3 & Feb. 28

Ages 3-5 10:30-11:15am

Ages 3-5 2:15-3:00pm

Ages 4-6 3:00-3:45 pm

Ages 4-6 6:00-7:00pm

Fee: \$50 8 sessions

Wednesday Begins Jan. 5 & March 2

Ages 3-5 3:00-3:45pm

Ages 4-6 3:45-4:30pm

Fee: \$50 8 sessions

†L'I'L HOOPSTERS

Palace 651-298-5677

Parent or guardian must accompany the child each week on the floor. Players will work on dribbling, passing, and shooting. This is meant to be a fun play activity.

Wednesday Jan. 12 5:15-6pm
Fee: \$15 Ages 3-6 7 sessions

†OPEN GYM FOR PRE-SCHOOLERS

Palace 651-298-5677

Parents & Day Care Providers, are you looking for something fun to do with your little ones? This activity will give your child time to run and play in the gym during the fall, winter, and spring.

Thursday Begins Jan. 6 9:30-10:30am
Free Ages 5 & under On-going

†PARENT/TODDLER GYM TIME

Linwood 651-298-5660

This is an unstructured gym time for parents and their toddlers to play in our gym. Tumbling mats, slides, balls, small riding toys, and tunnels will be available.

Thursday Begins Jan. 13 10am-2pm
Free Ages 5 & under On-going

†RECREATION FOR

PRE-SCHOOLERS (RPS)

Linwood 651-298-5660

Instructor: Nancy Orme

We are currently taking applications for the 2005-06 school year by phone and will be taking applications for the 2006-07 school year starting Sept 1, 2005. RPS is a pre-school type program with separate classes for 2, 3 and 4 year olds. A variety of activities are provided to encourage language, cognitive, gross and fine motor skills. Low child to staff ratios are maintained in order to ensure both a quality program and safe environment. Call for more information regarding days, times and fees.

†TOT TIME

Dunning 651-632-5124

Parents & children are invited to come and play in our spacious multi-purpose room. We provide toys, balls, and some small riding toys.

Mon/Wed Begins Jan. 3 9:30-11:30am
Free Ages 5 & under On-going

†BOX CARS

Palace 651-298-5677

Instructor: Dave Morris

Create and decorate your own box car. The Big race will be held the last week. Fee includes supplies.

Saturday Begins Jan. 15 2-3pm
Fee: \$20 Ages 12 & under 6 sessions

†DANCE CLASSES

Linwood 651-298-5660

Instructor: Amy Lee-Woodson

Monday Begins Jan. 3 & Feb. 28

Creative Movement

Ages 5-7 3:45-4:30pm

Beg Ballet II

Ages 5-9 4:30-5:15pm

Beg Ballet I

Ages 5-8 5:15-6:00pm

Beg Ballet/Tap

Ages 6-12 7:00-8:00pm

Fee: \$50 8 sessions

Wednesday Begins Jan. 5 & March 2

Beg. Ballet/Tap

Ages 3-5 2:15-3:00pm

Creative Movement

Ages 4-6 3:00-3:45pm

Beg Ballet I

Ages 5-9 4:30-5:15pm

Beg Ballet II

Ages 6-10 5:15-6:00pm

Int Ballet I

Ages 6-12 6:00-7:00pm

Int Ballet II

Ages 9-14 7:00-8:00pm

Dance Company

Ages 11-16 8:00-9:00pm

Fee: \$50 8 sessions

†DANCE AND BATON CLASSES

Palace 651-298-5677

Instructor: Pat Spurr 651-228-0878

Open to boys and girls. Each lesson is one half hour, once a week. Classes are held on Mondays & Thursday, 4-9pm, beginning January 10. The instructor will set class schedule according to age and ability levels and times convenient to the students. For more information or to register, please call the instructor.

Classes:

Baton twirling team ages 7-11

Pre-tap dancing ages 5-6

Tap dancing ages 7-up

Jazz dancing ages 8 & up

Pre-acrobatics/tumbling ages 5-6

Acrobatics/tumbling ages 7 & up

Fee:\$45 10 sessions

†HIP HOP DANCE CLASS

Martin Luther King 651-290-8695

Instructor: Nicole Hendrix

Boys and girls. Learn basic, intermediate and advanced dance moves like those seen in music videos and movies. Drop-in students are welcome.

Tues/Thurs Begins Jan. 4

Ages 12 & up 4:30-5:30pm

Ages 12 & under 5:35-6:25pm

Fee: \$7/class; 13 weeks

1 day/week - \$75; 2 days/week - \$125

†HIP HOP DANCE

Palace 651-298-5677

Instructor Anne Tilson

Lessons include warm up, stretching and strengthening exercises as well as basic dance moves and choreography.

Tuesday Begins Jan. 11

Ages 12 & under 5:30 - 6:15pm

Ages 12 & up 6:30 - 7:30pm

Fee: \$45 for 10 classes

†HOMEWORK HELP

Martin Luther King 651-290-8695

Stop by the center and get the help you need with your homework. No homework. Come learn some ways to strengthen your learning skills (Computers, games, contests & more).

Mon/Wed Begins Jan. 3 5:30- 8pm

Free Grades K-12 On-going

†HOMEWORK HELP

Palace 651-298-5677

Instructor: Zoey Ryan

Call to reserve a time slot.

Saturday Beginning Jan. 8 9am-2pm

Fee: Free Grades 8 & under 8 sessions

YOUTH ACTIVITIES

✦ KARATE

Baker 651-292-7244

Participants will receive instruction on how to properly defend themselves. Techniques taught will include kicking, blocking, throws and falls.

Mon/Wed Begins Jan. 10/12 **5-8pm**
Fee: Varies Ages 6-18 **On-going**

✦ KARATE: SOO BAHK DO

Linwood 651-298-5660

Instructor: Mike Kelly 651-690-1489

Develop body coordination and conditioning, self control, self-confidence and a better self image. You will achieve a high degree of mental, spiritual and physical well-being. To register, contact the instructor. On-going classes are \$35/month; family discounts available.

New Beginners

Saturday Begins Jan. 8 9-10am
 Fee: \$55 Ages 6 & up 8 weeks

Intermediate

Saturday 10:15am
 Tuesday 4:30pm

Advanced

Saturday 11:15am
 Tuesday 5:30pm

✦ KIDS' CAFÉ

Martin Luther King 651-290-8695

Kids' Café is a cooperative program between Hallie Q. Brown Community Center, MLK Recreation Center and Second Harvest Food Banks. Free, healthy dinners are served to youth and their families. Meals are served in the Community Center Canteen.

Mon/Wed/Fri 4:30-5:30pm **On-going**

✦ REC CHECK

Baker/El Rio Vista 651-292-7244

Palace 651-298-5677

Rec Check is a free after school program for youth in grades 1-6. A variety of structured, supervised activities are offered daily such as arts & crafts, gym games, homework help, reading & field trips. Participants must check in at the center or parents will be called. The program is held from 3-6pm on school days. Rec Check will not be offered on public school holidays. Registration forms are available at the center. Saint Paul residents only. Program runs through June 14.

✦ SPRING BREAK S'MORE FUN

Linwood 651-298-5660

S'More Fun is a child care/recreation program for school age children, ages 6-12. Activities include cooking, crafts, gym games, indoor and outdoor activities, field trips and more. Breakfast, lunch and snacks provided. Minimum 6. Registration deadline is March 25.

April 4-8 **7am-6pm**
Fee: \$125/session or \$30/day

YOUTH ACTIVITIES

✦ TAE KWON DO

Martin Luther King 651-290-8695

Learn stances, punching, blocking and kicking forms and discipline. Classes are Wednesday and Friday. 3 month session begins Jan. 5

Beginning 4:30-5:30pm
Intermediate 5:30-6:30pm
Advanced 6:30-7:30pm
Fee: \$70/person; \$35 for each additional member of the same family.

✦ VIDEO BASKETBALL LEAGUE

Martin Luther King 651-290-8695

Players will be assigned an NBA team to represent. Each week video basketball games will be played. League standings will be kept and a champion will be crowned.

Weekly Begins Jan. 3
Free

✦ YU-GI-OH

Palace 651-298-5677

Join us every Friday night for Yu-Gi-Oh tournaments. Must register in advance and receive tournament rules. No session Feb. 11.

Friday Begins Jan. 7 **6-8pm**
Fee: \$3/session Ages 7-12 **8 Sessions**

✦ YU-GI-OH BOXES

Palace 651-298-5677

Create and decorate your own boxes for your Yu-Gi-Oh cards. Fee includes supplies.

Friday Jan. 21 & 28 **5-6pm**
Fee: \$10 Ages 7-12 **2 sessions**

✦ YOUTH EXPRESS AFTER SCHOOL

Youth Express 651-659-0613

For boys and girls ages 7-15. This after school program, which runs the entire school year, offers fun and educational activities. Held at Dunning Recreation Center. To register, contact Youth Express. Free.



✦ YOUTH EXPRESS B.I.G PROGRAM

(Beautiful, Intelligent Girls)

Youth Express 651-659-0613

For girls ages 9-15. This program runs the entire school year and is designed around the empowerment of young, strong girls through fun and educational activities. Held at Dunning Recreation Center. To register, call Youth Express. Free.

✦ DANCE COMPANY

Linwood 651-298-5660

Instructor: Amy Lee-Woodson

Wednesday Begins Jan. 5 **7-8pm**
Fee: \$50 Ages 11-16 **8 sessions**

YOUTH ATHLETICS

YOUTH SPORTS REGISTRATION

- Open to all St. Paul residents
- Non-St. Paul residents may register if they attend school in St. Paul
- A \$30 non-resident fee will be charged in addition to the sport fee
- A copy of the youth's birth certificate must be on file at the recreation center
- Late registration will be accepted if roster space is available
- Late registrations may be charged a late fee

Spring Sports Registration

February 7 - 11

- **Volleyball**
Grades 3 - 8 at Linwood, Palace and MLK
Grades 3 - 12 at El Rio/Baker
- **Floor Hockey**
Ages 6-14 years at Jimmy Lee, Linwood, Palace
- **Indoor Soccer**
Ages 9-12 at all sites

Summer Sports Registration

April 4 - May 2

- **T-Ball:** ages 5-7 years at all sites
- **Nearball:** ages 7-8 years at Linwood & Palace
- **Baseball, Machine Pitch:** ages 8-12 years at Jimmy Lee & MLK
- **Baseball:** ages 9-15 years at Linwood & Palace; ages 13-15 at Dunning
- **Softball, Machine Pitch:** girls ages 8-12 years at MLK
- **Softball** girls ages 9 - 14 years at Linwood & Palace

West Side Boosters (651-292-7244) offers baseball and softball
 Dunning Boosters (651-659-1391) offers baseball, ages 8-12



† COACHES NEEDED

Saint Paul Parks and Recreation offers a variety of coaching opportunities in youth athletics. As a volunteer coach, you can help our youth develop athletic skills, provide leadership, promote good sportsmanship and serve as a positive role model. All new coaches are trained through our coaches certification program which teaches coaching basics and sports skills. All coaches are required to consent to a background check. The average time commitment is 3-5 hours per week for approximately 8-10 weeks. Please contact any Service Area Three recreation centers for specific opportunities.

ESPECIALLY FOR TEENS

ESPECIALLY FOR TEENS

† FRIDAY NIGHT FEVER

Martin Luther King 651-290-8695

Teens can "Hang Out" with their friends in a safe and supervised space. Basketball, Volleyball, crafts, video games and refreshments will be available.

Friday Begins Jan. 7 6-10pm
Free Ages 13-18 On-going

† EXERCISE/WEIGHT ROOM

Linwood 651-298-5660

Martin Luther King 651-290-8695

For 13 and older. This is a great way to improve or maintain your health and fitness. To use the equipment, you may pay a daily fee or purchase a three month membership.

Daily Fee: \$2.
Membership: \$30

† HIP HOP DANCE CLASS

Martin Luther King 651-290-8695

Instructor: Nicole Hendrix

Boys and girls. Learn basic, intermediate and advanced dance moves like those seen in music videos and movies. Drop-in students are welcome.

Tues/Thurs Begins Jan. 4
Ages 12 & up 4:30-5:30pm
Fee: \$7/class; 13 weeks
1 day/week - \$75; 2 days/week - \$125

† HIP HOP DANCE

Palace 651-298-5677

Instructor Anne Tilson

Lessons include warm up, stretching and strengthening exercises as well as basic dance moves and choreography.

Tuesday Begins Jan. 11 6:30-7:30pm
Fee: \$45 Ages 12 & up 10 sessions

† KARATE: SO BAHK DO

Linwood 651-298-5660

Instructor: Mike Kelly 651-690-1489

email: mkelly31402@msn.com

Ages 14 & up. Develop body coordination and conditioning, self control, self-confidence and a better self image. You will achieve a high degree of mental, spiritual and physical well-being. To register, call the instructor.

Tuesdays 6:30-8pm
Saturdays 11:15am-12:30pm
Fee: \$35/month; family discounts available



† MODELING

Martin Luther King 651-290-8695

Palace 651-298-5677

Learn basic runway techniques. Have fun choreographing your own fashion show. Must be available for fittings at stores prior to the show. Fashion show date and location to be announced during class.

MLK

Tuesday Begins March 15 7-8pm
Fee: \$25 Ages 12 & up 8 sessions
Palace

Wednesday Begins March 16 7-8pm
Fee: \$25 Ages 12 & up 8 sessions

FIELD TRIPS

Field Trips

- You may register at any of the Service Area 3 Recreation Centers
- Participants must register by the date listed
- Parent permission slips are required
- Parents are welcome to attend
- Children under 10 must be accompanied by an adult
- Pick up and return times are approximate

† SWIM, GYM, & A MOVIE

Includes swimming, gym games, movie, lunch and transportation. Bring swimsuit, towel.

Note: Swimming at Johnson H.S.; Gym & Movie at Dayton's Bluff Rec Center.

Friday, March 11 9:30am-4pm
Fee: \$7 Register by March 2

† ROLLERSKATING AT WOODDALE

Ages 8 & up. Join us for a fun morning of rollerskating. Concessions and games available for an extra cost. In-line skate rental is \$2 extra. Fee includes hot dog, chips, & pop.

Thursday, March 24 9:30am-12:30pm
Fee: \$10 Register by March 16

† MILL CITY MUSEUM

Ages 8 & up. See the Flour Tower, a multi-media elevator ride that reveals stories of the machines that produced the world's finest flour. Experience hands-on kitchen chemistry. Groups will be split according to ages. Bring a bag lunch.

Tuesday, April 5 9am-12:30pm
Fee: \$8 Register by March 30

† TIMBERWOLVES GAME

Ages 10 & up. MN Timberwolves vs. Denver Nuggets.

Friday, April 8 7-11pm
Fee: \$17 Register by March 30

† GLOBETROTTERS

Ages 10 & up. Join the Globetrotters for a camera session, chalk talk and game.

Friday, April 15 4-9pm
Fee: \$20 Register by March 23

Teen Dances

† NEW YEARS EVE PARTY

Linwood 651-298-5660

Join us for a variety of games and activities to ring in the new year.

Friday, December 31 7-11pm
Fee: \$5 Grades 6-8

† WINTER CARNIVAL TEEN DANCE

Martin Luther King 651-290-8695

Friday, January 28 7-10:30pm
Fee: \$5 Grades 7-10

† SNOW DAYS DANCE

Palace 651-298-5677

Friday, February 11 7-10pm
Fee: \$4 Grades 6-8

† APRIL FOOLS DAY DANCE

Martin Luther King 651-290-8695

Friday, April 1 7-10pm
Fee: \$4 Grades 6-8

FAMILY ACTIVITIES

↑FAMILY GYM TIME

Linwood 651-298-5660

The gym will be open for families for gym activities and in-line skating (must provide own skates). Children must be accompanied by an adult family member.

Sunday **Begins Jan. 9**
Gym Activities **1:15pm-2:30pm**
In-line Skating **2:30pm-3:45pm**
Free

↑FAMILY SKATING PARTY

Palace 651-298-5677

Join us at Palace Recreation Center to celebrate Winter Fun! Activities include sleigh rides, snow painting contest, bon fire (weather permitting), hockey games, and ice skating to music. The center has some skates for use. Free hot chocolate.

Saturday, January 8 **5-9pm**
Free

↑READ TO ME

Palace 651-298-5677

Parents and children come and enjoy a Hansel & Gretel story by Dom Deluise. A hilarious retelling of this classic Grimm tale will delight anyone with a sweet tooth. Following the evening performances, enjoy creating a Sweetheart Gingerbread House with your child. Featured Storyteller: Police Chief John Harrington.

Wednesday February 23 **6-7pm**
Fee: \$3 **Ages 9 & under**

↑ANNUAL PARKS CLEAN-UP

Youth and Adult Volunteers are needed to clean up area parks. A thank you lunch celebration follows the morning clean-up. For further information call 651-266-6458.

Saturday, April 16 **9am-Noon**

↑SPRING CELEBRATION

Linwood 651-298-5660

Join us at Linwood Recreation Center to celebrate spring by making May Day baskets for family and friends. Other activities will include a petting zoo, pony rides, button-making, face painting and refreshments.

Saturday, April 30 **11:30am -2:30pm**
Free

SAINT PAUL COMMUNITY EDUCATION

Youth Programs (651) 325-2672

We offer many exciting learning opportunities for adventurers of all ages. Here is a sampling of our class offerings: French and Spanish language camps, Camp Invention, Summer Smarts, aquatics, gymnastics, fencing, dance and pilates, babysitter training, Japanese dance, music camps, chess, photography and preschool classes in collaboration with the Science Museum, Mad Science and SteppingStone Theatre. For a complete listing of Community Education classes check our winter brochure or visit our web site www.commed.spps.org.

ADULT/SENIOR FITNESS AT LINWOOD

↑FITNESS/WELLNESS

CLASSES AT LINWOOD

Linwood 651-298-5660.

All classes are \$4/session. Discounted punch cards are available for purchase. A 24 Fitness Punch Card is \$60, and a 16 Fitness Punch Card is \$45. Punch cards do not expire and may be used for any Linwood aerobics class. Punch cards may not be used for the Exercise/Weight room. Child care is available for \$2 where "☑" mark is present. A 24 child care punch card is \$45, and a 16 child care punch card is \$32.

↑EARLY BIRD CARDIO WORKOUT

Linwood 651-298-5660

Instructor: Cliff Swynigan

This class will get your day off to a great start. Class includes warm-up and 20-30 minutes of cardio workout with strengthening for those target areas & stretching for all major muscle groups. Wear comfortable clothing and exercise shoes. Please bring a towel or mat.

Tues/Thurs **6am**

↑CARDIO WORKOUT

Linwood 651-298-5660

Instructors: Teresa Davenport and Cliff Swynigan

These Certified instructors provides a variety of exercise activity to accommodate all levels of participants in a fun, yet challenging atmosphere. A low impact cardiovascular workout with the use step, slide, elastic tubing, hand weights, stability balls, jump ropes or Yoga poses may be used for complete workout, muscle strengthening and flexibility.

Mon/Wed **9:15am ☑**

Tues/Thurs **6:15pm**

↑COMPLETE FITNESS CHALLENGE

Linwood 651-298-5660

Instructor: Colleen Tusa

This certified instructor provides a low impact, high intensity class to challenge and improve your strength, flexibility and endurance. Steps, exercise balls, hand weights, yoga poses and cardio kick boxing moves are used to get a complete workout. Participants are encouraged to go at their own pace.

Tuesday **10:30am ☑**

Friday **9:30am ☑**

Saturday **9:00am ☑**

↑55 PLUS FITNESS CLASS

Instructor: Teresa Davenport

Moderate exercise for active adults. Class design provides a complete workout including warm up, 10-20 minutes of progressive mild aerobic activity, strengthening and flexibility for all major muscle groups. This class is designed to gradually build endurance and strength.

Tues/Thurs **9:15am**

↑YOGA

Linwood: 651-298-5660

Instructor: Teresa Davenport

This Hatha-based yoga class is for anyone new to yoga. The focus will be on basic postures, breath awareness and guided relaxation to develop strength and flexibility. Each student is encouraged to move at his or her own pace, stretching only as far as is comfortable. Yoga mats and blocks are provided.

Wednesday **7:45pm**

Friday **Noon ☑**

ADULT ACTIVITIES

↑CERAMICS

Linwood 651-298-5660

Instructor: Wendy Bennit

Participants will receive instruction of preparing greenware, painting and glazing items. Additional charge for paint and firing. All levels welcome. To register, call Wendy at 651-699-4930.

Monday **Begins Jan. 17** **6-9pm**
\$25 **8 sessions**

↑CHICAGO STYLE

STEPPIN' DANCE CLASS

Martin Luther King 651-290-8695

Learn techniques: Basic 1-2 cross, basic turns, basic lead/follow procedures while gaining confidence and style. A new session begins every six weeks.

Beginners

Thursday **Begins Jan. 20** **6:30-8pm**

Tuesday **Begins March 1** **6:30-8pm**

\$30/person or \$40/couple **6**

sessions

Advanced

Tuesday **Begins Jan. 18** **6:30-8pm**

Thursday **Begins March 3** **6:30-8pm**

\$30/person or \$40/couple **6 sessions**

ADULT ACTIVITIES

†COMPUTER CLASSES AND OPEN LAB

Martin Luther King 651-290-8695

Topics include word processing and desktop publishing, spreadsheets, Internet and World Wide Web. A new class begins every month. Free.

Class: Mon/Wed 5-6pm or 6-7pm

Open Lab: Tues/Thurs 5-6pm or 6-7pm

†EXERCISE/WEIGHT ROOM

Linwood 651-298-5660

For ages 13 & older. This room consists of 7 nautilus Cybex machines, two treadmills, two stair climbers, and three exercise bicycles for cardiovascular training. Locker rooms are available for members. We do not supply locks and they may only stay on lockers during your visit. To use the equipment, you may pay a daily fee of \$5 or purchase a three month membership.

Memberships

| | |
|----------------------|------|
| Student (ages 13-17) | \$30 |
| Adult ages 18+ | \$45 |
| Family | \$60 |
| Seniors ages 55+ | \$30 |
| Senior Couples | \$40 |

†EXERCISE/WEIGHT ROOM

Martin Luther King 651-290-8695

For ages 13 & older. Equipment includes free weights, a universal weight machine, a treadmill, two elliptical trainers, a speed bag and a heavy bag. To use the equipment, you may pay a daily fee or purchase a three month membership.

Daily Fee: \$2

Membership: \$30

†KARATE (ALL AGES)

Baker 651-292-7244

Participants will receive instruction on how to properly defend themselves. Techniques taught will include kicking, blocking, throws and falls.

Mon/Wed Begins Jan. 10/12 5-8pm

Fee: varies On-going

†OPEN GYM

Martin Luther King 651-290-8695

Full court, pick up basketball games for adults, 18 years of age and older. ID required.

Sunday Begins Jan. 9 3-5pm

Fee: \$2/session On-going



ADULT ACTIVITIES

†KARATE: SO BAHK DO KARATE

Linwood 651-298-5660

Instructor: Mike Kelly at 651-690-1489; e-mail mkelly31402@msn.com

Develop body coordination and conditioning, self control, self confidence and a better self image. You will achieve a high degree of mental, spiritual and physical well being.

Tuesday 6:30pm-8:30pm

Saturday 11:15am -12:30pm

Fee: \$35/month On-going

*To register call Mike Kelly at 651-690-1489; family discounts are available.

†SHOTOKAN KARATE

Baker 651-292-7244

Students will study the traditional martial art of Shotokan Karate, including basic techniques, practice routines and sparring. Instruction focuses on self-defense and personal development of mindfulness. Students are not required to wear uniforms. The Instructor is affiliated with Shotokan Karate of America.

Tuesdays 6:30-8 pm

Fee: \$6/week On-going

†TAE KWON DO

Martin Luther King 651-290-8695

Learn stances, punching, blocking and kicking forms and discipline. Classes are Wednesday and Friday. 3 month session begins Jan. 5

Beginning 4:30-5:30pm

Intermediate 5:30-6:30pm

Advanced 6:30-7:30pm

Fee: \$70/person; \$35 for each additional member of the same family.

†T'AI CHI CHUAN

Martin Luther King 651-290-8695

Instructor: Barb Frankel

Learn the Yang style short form of Tai Chi to develop your flexibility, confidence and coordination. Emphasis is placed on relaxation, balance and focus. The exercises use slow, rhythmic movements in a variety of standing postures. To register, contact Mary Brown at 651-266-6363. Other sessions will be offered beginning March 10 and April 28. Class will not meet during the summer months.

Thursday Begins Jan. 20 5:30-6:30pm

Fee: \$35 6 sessions

†YOGA, STOMATIC

Martin Luther King: 651-290-8695

Instructor: Bonnie Roemhildt

Slow Movement. Increased Flexibility and Health. Participants will learn how to relieve muscular tension and stress release, while improving posture, vision and personal awareness.

Monday Begins Jan. 3 6:30-7:30pm

Fee: \$20/month On-going

SENIOR ACTIVITIES

Activities include potlucks, trips, cards and games, and much more! Call the center for more information.

Baker Recreation Center

Friday, 9 am-12:30 pm

651-292-7244

Dunning Recreation Center

4th Wednesday of month, 11 am-2 pm

651-632-6124

Linwood Recreation Center

Monday, Noon-3 pm

651-298-5660

Linwood GLBT Seniors

Tuesday, Noon-3 pm

Call Vern at 612-822-5002

Martin Luther King Recreation Center

Call Hallie Q. Brown Comm Center

651-224-4601

†CITYWIDE ACTIVITIES

Saint Paul Parks and Recreation offers recreation activities for senior citizens, age 50 and older. Activities such as tours, classes, clubs, and special events are listed in our bi-monthly newsletter called the *Pioneer Spirit*. To receive your first copy free, call Mike Rossberg at 651-266-6447. The cost of an annual subscription is \$5.00.

†UPCOMING SPECIAL EVENTS FOR THIS WINTER AND SPRING INCLUDE:

New Year's Celebration

December 30

MN Zoo Trip

January 14

Winter Carnival Senior Royalty Coronation at Landmark Center

February 3

Pavek Museum of Broadcasting Tour

February 15

Midwest Country Music Theater

April 16

Minnesota Jewish Theater - MIKLAT -

May 22

Other activities include: the Hiking Club, the Golden Melody Makers Chorus, the Brunch Club, or the Bowling League. For more information, call Mary Brown at 651-266-6363

SENIOR ACTIVITIES

ADAPTIVE RECREATION

ICE RINKS

✦ DOWNTOWN SENIOR CENTER

Saint Paul Parks and Recreation, in cooperation the HealthEast Passport senior program, will be opening a downtown senior activities center. The center is located at in Galtier Plaza, 175 E. Fifth Street, Suite 223 (skyway level). Named "City Passport", the center provides a wide range of planned and drop-in social, health, educational and recreational activities for people age 50 and up. Hours are M-F, 9 am-4 pm and Wed until 7 pm. For more information contact Mike Rossberg at 651-266-6447 or mike.rossberg@ci.stpaul.mn.us.

✦ ADAPTIVE RECREATION

The Adaptive Recreation Program provides leisure services to individuals who are mentally and/or physically disabled. Recreational, educational, and cultural activities are offered throughout the year at various recreation centers and community ed sites throughout St. Paul. For more information or to receive a copy of the ARCH newsletter, contact the Adaptive Recreation Office at 651-266-6451 (voice) or 651-266-6378 (TTY).

A general rink and hockey rink are located at each site. Warming rooms and skating hours are listed below.

Baker - 651-292-7244

Monday-Thursday 4-8pm
Friday 4-6pm

Linwood - 651-298-5660

Monday-Friday 8am-8pm
Saturday 9am-noon
Sunday 1-4pm

Palace - 651-298-5677

Monday-Thursday 3-9pm
Friday 3-8pm
Saturday 9-4pm

Strive for 25

Get Fit while
having Fun!

A New Youth Fitness Program for Youth, Ages 8-14

- ◆ Earn points for participation in health and fitness activities
- ◆ Pick up a point log at any SA3 Rec Center to record your points
- ◆ Redeem points for prizes

Points can be earned in any of these areas:

- ◆ Individual Fitness Activities such as swimming, ice skating, and walking.
- ◆ League Sports such as basketball, floor hockey and volleyball.
- ◆ Instructional classes such as dance, gymnastics and martial arts.
- ◆ Rec Center Activities such as trench, "pick-up" games and weight room use.
- ◆ Special Health & Fitness Events offered by the rec centers.

For complete information about this exciting new program, contact any SA3 Rec Centers.



City of Saint Paul

Division of Parks and Recreation
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25 W. 4th Street
Saint Paul, MN 55102

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