

2006  
**SUMMER  
PROGRAMS**

SAINT PAUL PARKS  
AND RECREATION  
**SIA3**  
SERVICE AREA THREE



**BAKER RECREATION CENTER**

651-292-7244 • 209 West Page Street, 55107

**DUNNING RECREATION CENTER**

651-632-5124 • 1221 Marshall Avenue, 55104

**EL RIO VISTA RECREATION CENTER**

651-789-2500 • 179 East Robie Street, 55107

**JIMMY LEE RECREATION CENTER**

651-298-5760 • Under Construction

**LINWOOD RECREATION CENTER**

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

**MARTIN LUTHER KING  
RECREATION CENTER**

651-290-8695 • 271 Mackubin Street, 55102

**PALACE RECREATION CENTER**

651-298-5677 • 781 Palace Avenue, 55102

**ST. CLAIR RECREATION CENTER**

651-298-5677 • 265 Oneida Street, 55102

**All Centers will be closed on:**

Monday, May 29 (Memorial Day)

Tuesday, July 4

Monday, September 4 (Labor Day)

**Creating Community through People, Parks and Programs**

Visit our website at [www.ci.stpaul.mn.us/depts/parks](http://www.ci.stpaul.mn.us/depts/parks)

# 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 three parks agencies in the State of 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.



### Administration

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



### Service Area Three Directors

Baker: Bill McCann  
Dunning: Jim Taylor, CPRP  
El Rio Vista: Tom Ferrara  
Jimmy Lee: Victor Mister  
Linwood: Jim Newman  
Martin Luther King: Mary Ann Hagan, CYSA  
Palace and St. Clair: Patti Schwartz

## City of Saint Paul Division of Parks and Recreation



General Parks & Recreation Information . . . . .651-266-6400  
TTY . . . . .651-266-6378  
Parkwatch . . . . .651-646-3535  
Seasonal & Part Time Employment . . . . .651-266-6466  
Volunteer Hotline . . . . .651-266-6464  
Environmental Program Volunteer . . . . .651-266-6458  
Community Education . . . . .651-793-5455

Visit our website for more information:  
[www.ci.stpaul.mn.us/depts/parks](http://www.ci.stpaul.mn.us/depts/parks)

AA/ADA/EEO Employer

### ◆ COACHES

Saint Paul Parks and Recreation offers a variety of coaching opportunities in youth athletics. As a volunteer coach, you can help develop young athletes, provide leadership, promote good sportsmanship and be a positive role model. If you have coaching experience or are willing to learn coaching fundamentals, we can give you the necessary skills and tools. All coaches will be trained through Saint Paul's coaching certification program. All coaches are required to consent to a background check. The average time commitment is 3-5 hours per week for approximately 8 weeks. Please contact any Service Area Three recreation center for specific opportunities.

### ◆ BOOSTER CLUBS

Booster Clubs are volunteer community organizations that help support recreation programs at Saint Paul recreation centers. The booster club assists staff with the planning, implementation and financing of classes, special events and athletic activities. Please contact any Service Area Three recreation center for more information.

## Community Education

Saint Paul Community Education offers a variety of enrichment opportunities for youth, adults and seniors. For a complete listing of all activities offered, look in your Community Education catalogue which was mailed in March. It is also available on their website at [www.commed.spps.org](http://www.commed.spps.org) or by calling 651-793-5455.

## 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).

# Pre-school Activities

## BEGINNING CREATIVE MOVEMENT/YOGA

Linwood 651-298-5660

Instructor: Amy Lee

Wednesdays Begins June 21 3:45-4:30pm

Fee: \$38 Ages 4-6 6 sessions

## CONTINUING CREATIVE MOVEMENT

Linwood 651-298-5660

Instructor: Amy Lee

Mondays Begins June 19 3:45-4:30pm

Fee: \$38 Ages 5-7 6 sessions

## RECREATION FOR PRE-SCHOOLERS (RPS)

Linwood 651-298-5660

Instructor: Bobbi Jo Solberg

Applications will be taken by phone beginning Sept. 1 for the 2007-08 school year. RPS is a preschool-type recreation program with separate classes for 2, 3 and 4 year olds. A variety of activities are provided to encourage language, cognitive skills, gross and fine motor skills and most importantly, social skills. Low staff/child ratios are maintained in order to ensure both a quality program and safe environment. Call for more information.

2 year olds T-Th \$79/month

3-4 years olds M-W-F \$109/month

# Family Events

## CINCO DE MAYO

Friday, May 5 and Saturday, May 6

Minnesota's Cinco de Mayo Fiesta is one of the country's largest Cinco de Mayo events celebrating Latino/Hispanic culture. This award-winning, family-friendly, cultural experience features ethnic foods, live entertainment, children's activities, a colorful parade and much more. The event is located on Cesar Chavez Street on St. Paul's West Side. For more information, visit [www.districtdelsol.com](http://www.districtdelsol.com) or call 651-222-6347.

## MUSIC AND MOVIES IN DISTRICT del SOL

Thursdays, June 22-August 10

Join us at Castillo Park, located near the corner of State and Cesar Chavez Street. Bands will begin at 7:30pm and the movies will start at dusk. Bands are still being finalized but the movie lineup is as follows: *Napolean Dynamite*, *Beetlejuice*, *Christmas Story*, *Ferris Bueller's Day Off*, *Big*, *Ghostbusters*, *E.T.*, and *Raiders of the Lost Ark*. For more information visit [www.districtdelsol.com](http://www.districtdelsol.com) or call 651-222-6347.

## CHEROKEE PARK 4TH OF JULY

Come join us for this free family celebration located at Cherokee Park on the West Side. Contests and prizes for youth and adults. All events start at noon. Music provided by Kico Rangel (Mexican/Jazz) starting at 12:30 pm.

## RONDO DAYS

Saturday, July 15 Noon-6pm

Martin Luther King Recreation Center

Parade kicks off a day of live music, entertainment, food booths, craft vendors, education, health expo and games. Drill team competition held in the evening.

For more information visit [www.rondodays.org](http://www.rondodays.org) or call 651-646-6597

## PALACE SUMMER PICNIC/NATIONAL NIGHT OUT

Tuesday, August 1 5-8pm

Call Palace at 651-298-5677

## 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
- Copy of the youth's birth certificate must be on file at the recreation center
- Late registrations will be accepted if roster space is available
- Late registrations may be charged a late fee

### SUMMER SPORTS REGISTRATION

After May 1, registration will be accepted if roster space is available.

T-Ball: ages 5-6 at all sites

Nearball: ages 7-8 at Linwood and Palace

Slow Pitch Softball:

- Machine Pitch: ages 8-12 at MLK and Dunning/Jimmy Lee
- Live Pitch: ages 9-10, 11-12, 13-14, 15-16, 17-18 at Linwood and Palace

Fast Pitch Softball Ages 10-18

- West Side Area (651-227-3050), Highland Area (651-690-4180), Edgumbe (651-695-3711)

Baseball:

- Machine Pitch: ages 8-12 at Dunning / Jimmy Lee and MLK
- Live Pitch: ages 9-10, 11-12, 13-15, 16-18 Linwood and Palace

### FALL SPORTS REGISTRATION: July 10-14

Flag Football: ages 7-8 at all sites

Tackle Football: ages 9-10, 11-12, 13-14 at Palace and Jimmy Lee

Soccer: ages 5-6, 7-8, 9-10, 11-12, 13-14 at Baker/El Rio, Dunning, Linwood and Palace

### COACHES NEEDED

We are looking for adult volunteer coaches for summer baseball and softball and fall football and soccer. Teens are also welcome to volunteer.

# Youth Programs

## ARTIST WORKSHOP

Grade 2 and up. Begin your artistic experience each week by walking to different sites and sketching animals, flowers, waterfalls, and statues. Develop your ability to see shapes. In class, learn new techniques for watercolor, tempera and craypas. Workshops will end with an Art Expo on Tuesday, August 22 at the Como Visitor Center.

**Linwood 651-298-5660**  
 Tues/Thurs Begins July 25 1-3pm  
 Fee: \$35 plus frames 8 sessions

**Palace 651-298-5677**  
 Tues/Thurs Begins July 25 10am-noon  
 Fee: \$35 plus frames 8 sessions

## BEADS AT BAKER

**Baker 651-292-7244**  
 We will offer a variety of fun projects using beads. This will take place after our summer lunch program.

Mondays Begins June 19 12:30-2pm  
 Free Ages 6-12 10 sessions

## BINGO

**Baker 651-292-7244**  
 After lunch join us for bingo. Prizes and treats will be awarded.

Thursdays Begins June 22 12:30-2pm  
 Free Ages 6-12 10 sessions

## COMPUTER LAB

**Martin Luther King 651-290-8695**  
 This six station computer lab will be open for public use.

Tues/Thurs Begins June 20 6-8pm  
 Free Ages 10-18

## DANCE CLASSES

**Linwood 651-298-5660**  
 Instructor: Amy Lee

Mondays Begins June 19  
 Fee: \$38 6 sessions

Beg Ballet II Ages 5-9 4:30-5:15pm  
 Beg Ballet I Ages 5-8 5:15-6pm  
 Cont Ballet/Tap Ages 6-12 6-7pm

Wednesdays Begins June 21  
 Fee: \$38 6 sessions

Beg Ballet I Ages 5-9 4:30-5:15pm  
 Beg Ballet/Tap Ages 6-10 5:15-6pm  
 Int Ballet Ages 6-12 6-7pm  
 Int Ballet II Ages 9-14 7-8pm  
 Dance Company Ages 11-16 8-9pm

## GAME ROOMS

*At Baker, Dunning, El Rio Vista and MLK*  
 Activities such as ping pong, foosball, darts, video games and a variety of board games are available for daily use.

## HIP HOP DANCE

**Martin Luther King 651-290-8695**  
 Instructor: Jelanna Lafleur  
 For boys and girls. Learn basic, intermediate and advanced dance moves like those seen in music videos and movies. New sessions begin every 6 weeks.

Tuesdays Begins June 20 4:45-5:45pm  
 Fee: \$45 Ages 5-8 6 sessions

Thursdays Begins June 15 4:45-5:45pm  
 Fee: \$45 Ages 9-12 6 sessions

## KID'S CAFÉ

**Martin Luther King 651-290-8695**  
 Kid's Café is a cooperative program between Hallie Q Brown Community Center, MLK Recreation Center and Second Harvest Food Banks. Healthy dinners are served to youth and their families Mon., Wed. and Fri. from 4 to 5pm. Meals are served in the Community Center Canteen. Kids have an opportunity to help prepare and serve the food and clean up. Meals are Free.

## LUNCH PROGRAM

Free summer lunches will be served June 19 through August 25 for children 18 years of age or under. Lunches must be eaten on site.

Baker: Noon-12:30pm  
 Dunning: 11:30am-12:15pm  
 El Rio Vista: Noon-1pm  
 MLK: Noon-1pm  
 Palace: Noon-1pm  
 St. Clair: Noon-1pm

## MOVIES

**Martin Luther King 651-290-8695**  
 Come for lunch; stay for a movie. Enjoy popular, recently released movies on the giant screen.  
 Tues/Thurs June 15-July 27 1pm  
 Free

## MURAL TEAM

**Martin Luther King 651-290-8695**  
 Here's your chance to think and work big! Work with an artist to beautify the recreation center. Learn the appropriate mural painting techniques, including conceptualization, transferring drawings, painting and patterning.  
 Mon-Fri July 24-28 6-8pm  
 Fee: \$10 Ages 12-18



## WATER DAYS AND SUBWAYS

**Palace 651-298-5677**  
 Join us during the hot days of summer and be prepared to get WET! Bring your super soakers, buckets, and water balloons. A hose will be waiting to cool you off. Don't forget your towel. Enjoy a sub sandwich and fixings for lunch. Please pre-register.  
 Thursday July 27 1:30pm  
 Fee: \$4 Ages 7-12

## YU-GI-OH

**Palace 651-298-5677**  
 Join us every Friday night for YU-GI-OH tournaments. Must pre-register to receive tournament rules. No one loses cards. This program is co-sponsored by Shinders.  
 Fridays Begins May 5 6-8pm  
 Fee: \$3/session Ages 7-12

## S'MORE FUN CHILD CARE

**Linwood 651-298-5660**

This recreation/child care program for youth, ages 6-12, includes sports, swimming, field trips, arts and crafts and 'some more fun.' This program runs Mon-Fri, June 19-August 25, 7am-6pm. There is a non-refundable registration fee of \$35 per child. The weekly cost is \$140 for full time (those attending M-F all weeks) or \$30 per day for part time (minimum of 3 days per week for 10 weeks). Registration is not complete until registration form is complete, and the registration fee and first week fees are paid.

# Youth Programs



## Especially for Teens

### YOUTH EXPRESS

Most activities are held at Dunning Recreation Center. Register at the Youth Express Office at 168 Griggs or by calling 651-659-0613 ext. 1. All activities are free.

### SUMMER YOUTH PROGRAM

For ages 7–10. A variety of activities focused on art, games, cultures, baking, and more are offered. We travel off site for swimming and field trips.

Wed/Thurs June 21–Aug. 17 10am–3pm

### YOUTH EXPRESS BIG (BEAUTIFUL INTELLIGENT GIRLS)

For girls, ages 11–14. Young women come together to develop themselves, their family relationships, and our community through fun, interactive, and engaging activities. Learning activities in the morning and field trips each afternoon.

Mondays June 19–Aug. 14

### YOUTH EXPRESS TEEN GROUP

Boys & girls, 11–14. Join us for fun, educational activities as well as field trips on Friday.

Mon/Fri June 19–Aug. 18

Times will vary

### ART MOVES

This program gives teens, ages 13–19, the opportunity to be creative and have fun. Participants will work toward a final presentation. Art Moves is held at Central High School, Tuesdays and Thursdays, 6–9pm, June 15–July 27. Classes include Comedy/ Improv, Audio Studio Production, Clay Creations, Garage Bands for Burgeoning Musicians, Hip Hop Dance, and Photography. An Open House will be held June 15, 6–9pm. Meet the instructors and find out more about each program. Classes begin on June 20. To register, call 651-325-2672. Free.

### FITNESS/WEIGHT ROOM

Linwood 651-298-5660

Martin Luther King 651-290-8695

For ages 13–17. 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 summer membership.

Daily fee: \$2 Summer Membership: \$30

### NIGHT MOVES

This popular teen program is offered on Tuesday and Thursday evenings, 5–10pm, June 15–July 27, at the Martin Luther King Recreation Center. Teens can participate in a variety of athletic, enrichment, art, cooking and drop-in activities. A basketball league for youth, ages 10–15, will be offered. Last day to register for the basketball league is June 20. For further information, call 651-290-8695.

Night Moves programs for teens, ages 13–18, are also being offered at Arlington, Como, Harding and Humboldt High Schools. For more information for these sites, call 651-266-6400.

### SUMMER TEEN PROGRAM

Neighborhood House Youth Center

The Summer Teen Program, for ages 13–18, is offered Monday, Wednesday, Friday, 1–5pm, beginning June 26. Activities, events and field trips will focus on recreation, enrichment, and education. Teens will also be involved with at least three community service projects over the course of the summer. Limit 50 teens. For more information or to register, call Gale Ribar at 651-789-2517.

## FARM IN THE CITY

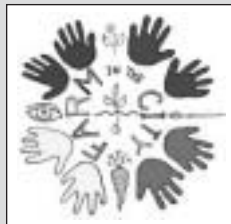
Designed for children, ages 7 to 12. Programs are held at Dunning Recreation Center. In addition to the weekly fee, optional Creative Aftercare is available 3–6 pm for \$50/week.

Limited scholarships available on sliding scale. For more information or to register, contact Marjorie Ross Hegstrom at 651-641-8831 or visit their website at [www.farminthecity.org](http://www.farminthecity.org)

### Summer Youth Program

This program, Harvesting the Imagination, combines art, gardening, cooking and environmental stewardship. Activities include learning horticulture, preparing healthy food, creating art connected to the natural world and investigating ways to care for the earth.

Monday–Thursday, 9am–3pm  
June 19–July 27 (except July 3,5,6, 7)  
Fee: \$95/week



### Games of the World on Fridays

Come explore team games and board games from all over the world. Mornings will focus on the active sports of the globe, team games, relays and a bit of performance art. Afternoons will be spent creating board and individual games, such as juggling balls, mancalas (woodcarving) and cooking up high-energy snacks.

Fridays, 9am–3pm  
June 23, 30, July 14, 21, 28  
Fee: \$40/each Friday

### Photo Camp

Students will be introduced to a variety of photographic techniques in and out of the darkroom. Students will make camera obscuras, build pinhole cameras, make sun-prints, learn how to use a 35mm camera, go on a photo safari and learn how to use a darkroom.

Monday–Friday, 9am–3pm  
July 31–August 4 and August 7–11  
Fee: \$135/week

### Kids Culinary Camp

The Kids Culinary Camp teaches children how to prepare and enjoy healthy foods from a variety of ethnic cuisines. Activities include learning basic culinary skills, cooking from a kitchen garden and exploring world cultures through food.

Monday–Friday, 9am–3pm  
July 31–August 4 and August 7–11  
Fee: \$135/week

# Youth Sports Activities



## FIRST TEE GOLF

Dunning/Jimmy Lee 651-632-5124  
 Martin Luther King 651-290-8695  
 Palace 651-298-5677

Boys and girls, ages 8–15. This is a beginner level program for those with little or no experience with golf, etiquette or golf equipment. Class will cover putting, chipping, grip, stance, ball position, posture, woods & irons, full swing, proper etiquette and life skills. Instruction, transportation and equipment is provided. Space is limited.  
 Thursdays July 13, 20, 27 8:45–10:15am  
 Fee: Free

## MN BREEZE TRACK & FIELD CLUB

Martin Luther King 651-290-8695

Boys and girls, ages 8–18. This St. Paul based track club competes on a State, Regional and National level. Athletes learn and compete in several Track & Field events including short and long distances, relays, hurdles, high and long jump. Practices held at available St. Paul tracks. Fee: \$50.



## MN TWINS RBI ACADEMY

For boys and girls, ages 11–15. The academy will provide players with an opportunity for enhanced skill development. Players will learn from some of the top instructors in the metro area. Pre-registration is required by calling 651-558-2255. Academy is held at the Neiman Sports Complex at Fort Snelling near Hwys 5 & 55. Free

Ages 12 & Under

Saturday	June 3	
Girls	9am–noon	Fields 3 & 4
Boys	1–4pm	Fields 1 & 2

Ages 13–15

Sunday	June 4	
Girls	11am–2pm	Fields 3 & 4
Boys	1–4pm	Fields 1 & 2

## MN TWINS RBI ALL-STAR TEAM TRY-OUTS

Baseball and softball players will be selected to participate in the Midwest Regional Tournament, hosted by the MN Twins in St. Paul/Mpls, July 14–16. Try-outs will be held at Neiman Athletic Complex at Fort Snelling. Players must be part of the RBI program to try out.

Saturday, June 17 at Neiman #1 & #2  
 Sr. RBI Boys, ages 16–18, 9am–noon  
 Jr. RBI Boys, ages 13–15, 1–4pm  
 Sunday, June 18 at Neiman #3 & #4  
 Sr. RBI Girls, ages 18 & under, 1–4pm

## 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 May 1	5–8pm
Fee: Varies	Ages 6–18	On-going

## KARATE: SOO BAHK DO

Linwood 651-298-5660

Instructor: Mike Kelly at 651-690-1489  
 e-mail: mike@kellyrenewals.com

A traditional martial art emphasizing discipline, concentration, self-confidence, personal development, self-defense, conditioning and more. Learn from an internationally ranked and certified master instructor with 20+ years of experience. Introductory and family discounts available.

Introductory classes for new students

Saturdays	Begins May 6	9–9:55am
Fee: \$55	Ages 6 & up	8 sessions

White/Orange belt level

Saturdays	10–10:55am	
Tuesdays	4:30–5:30pm	
Fee: \$35/month		On-going

Green/Red belt level

Saturdays	10:50–11:40am	
Tuesdays	5:30–6:30pm	
Fee: \$35/month		On-going

## TAE KWON DO

Martin Luther King  
 651-290-8695

Learn stances, punching, blocking and kicking forms and discipline.

Classes are Wednesdays and Fridays.

Beginning 4:30–5:30pm

Intermediate 5:30–6:30pm

Advanced 6:30–7:30pm

3 month sessions; session begins July 5.

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

## TAE KWON DO & HAPKIDO

Baker 651-292-7244

Learn Korean style martial arts for self-defense and mindfulness. Tae Kwon Do emphasizes strikes and blocks. Hapkido emphasizes grappling, locks, and throws. Classes are small and casual. A certified yudanja-hae (black belt association) instructor leads classes.

Tuesday	Begins May 3	6–8pm
Fee: \$6/session	Ages 6–18	On-going

## URBAN TENNIS PROGRAM

Boys and girls, ages 7–18. Program is held at sites throughout St. Paul. The program offers daily lessons, Monday-Friday, 9am–1pm, June 19–July 28. No classes Tuesday, July 4. Registrations are held on-site Friday, June 16 and throughout the summer. Fee is \$60 for 1st child, \$40 for second child, \$20 for 3rd child and all other family members are free. Scholarships are available upon request. For further information, call John King (Urban Tennis) at 651-222-2879.

Sites in Service Area 3 include:

- Baker Recreation Center
- Carty Park
- Central High School/Dunning Rec Center
- Cherokee Park
- Humboldt High School
- Martin Luther King Recreation Center
- St. Clair Recreation Center
- Webster School

## Pitch, Hit and Run Competition

Linwood 651-298-5660

Boys & girls, ages 7–14, will have the opportunity to participate in an exciting baseball skills competition involving pitching, hitting and running. The 1st Place finishers in each age group will advance to the City Championship held in May. An official entry form, which must be signed by a parent, is available at all Service Area 3 centers.

Saturday, April 29	11:30am–2:30pm	Free
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# Camps

## ALL AROUND THE NEIGHBORHOOD

Saint Paul's West Side "All Around the Neighborhood" Summer Camps are back! Held June 26–August 25, these camps are for youth ages 6–12. They are free to residents or children who attend school on the West Side. This summer's camps are as follows: Urban Camping, Cooking for Capable Kids, In the Spotlight, Food Sculpture Camp, Story Teller Camp, Peace Camp, Art Together, Archeology Camp, Forensics Camp. For more information and registration materials contact Community Education Youth Programs at 651-325-2672.

## BASKETBALL CAMP

*Linwood 651-298-5660*

Boys and girls, ages 6–12. Participants will learn new skills while building upon the fundamentals. Participants have a great time as they refine their passing, shooting and dribbling skills. Participants put their newly acquired basketball skills to the test at the end of the week tournament. Participants must bring appropriate clothing and shoes, two snacks and water bottles. This camp will be directed by Skyhawks Sports.

Mon–Fri June 19–23 9am–noon  
Fee: \$101

## BASKETBALL CAMP – "Shoot for the Stars"

*Martin Luther King 651-290-8695*

Girls, grades 3–12. Improve your basketball skills through drills and scrimmages. The all female camp staff includes a number of former U of M and small college basketball players.

Grades 3–6  
Mon–Thurs July 17–20 6–8pm  
Fee: \$20

Grades 7–12  
Mon–Fri July 24–28 6–9pm  
Fee: \$20



## BASKETBALL CAMP

*Martin Luther 651-290-8695*

Boys, grades 2–6. Improve your basketball skills—passing, shooting and dribbling—through drills and scrimmages.

Mon–Thurs July 10–13 3–5pm  
Fee: \$20

## BASKETBALL CAMP

*Palace 651-298-5677*

This is an opportunity to scrimmage in a structured atmosphere. We will divide into teams every day and play organized games.

Grades 5–6  
Mon–Fri July 17–21 1–3pm  
Fee: \$5

Grades 7–8  
Mon–Fri July 17–21 3–6pm  
Fee: \$5

## FLAG FOOTBALL

*Linwood 651-298-5660*

Boys and girls, ages 8–12. Flag Football is a great way to introduce your child to a sport rich in tradition. And because it is flag football, the introduction is both safe and fun. Players will learn catching, passing and deflagging as well as the rules and the strategies of offense and defense. Participant must bring appropriate clothing and shoes, sunscreen, two snacks and a water bottle. This camp will be directed by Skyhawks Sports.

Mon–Fri August 14–18 9am–noon  
Fee: \$101

## GOLF CAMP

*Linwood 651-298-5660*

Boys and girls, ages 7–10. Players will learn an innovative golf program, SNAG (Starting New at Golf) which emphasizes safety and fun sports instruction. Young golfers will experience success by using a plastic golf club with an over-sized ceramic head and swinging at a larger, softer Snagball that is safer and easier to hit. Participants must bring appropriate clothing and shoes, sunscreen, two snacks and a water bottle. This camp will be directed by Skyhawks Sports.

Mon–Fri June 19–23 9am–12pm  
Fee: \$111

## GOLF CAMP – BEGINNING

*Linwood 651-298-5660*

Boys and girls, ages 8–14. Participants will learn fundamentals of grip, stance, swing, ball contact, putting, chipping, golf rules and etiquette. This is a great life time sport for any athlete. Skyhawks' goal is to build confidence while teaching proper technique and etiquette. Participants must bring appropriate clothing and shoes, sunscreen, 4 golf clubs (3, 5, 7, 9) and a putter, two snacks and a water bottle. This camp will be directed by Skyhawks Sports.

Mon–Fri July 10–14 9am–noon  
Fee: \$101

## MINI-HAWK MULTI-SPORT

*Linwood 651-298-5660*

Boys and girls, ages 4–6. Mini-Hawk is an introductory program for young children. Mini-Hawk helps participants explore soccer, baseball and basketball. There is no pressure, just lots of fun, while these young athletes participate in all three sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the special needs of young children. Staff are committed to helping children start off on the right foot, as they take their first steps into athletics. Mini Hawk participants must wear appropriate clothing & shoes, and bring shin guards, sunscreen, two snacks and a water bottle. Mini-Hawks will receive a mini-basketball and a T-shirt. This camp will be directed by Skyhawks Sports.

Mon–Fri June 26–June 30 9am–noon  
Fee: \$101

## MIGHTY HAWKS MULTI-SPORT

*Linwood 651-298-5660*

Boys and Girls, ages 6–8. Mighty-Hawk programs focus on teaching the fundamentals in a fun and creative atmosphere. The program will allow beginning athletes to experience sport specific instruction in a non-competitive setting. Programs consist of soccer, baseball, basketball, flag football and tennis. Mighty-Hawk participants must wear appropriate clothing and shoes and bring two snacks, water bottle, sunscreen, shin guards, baseball glove & tennis racket. This camp will be directed by Skyhawks Sports.

Mon–Fri June 26–June 30 1–4pm  
Fee: \$101

# Camps

## **SOCCER CAMP**

*Linwood 651-298-5660*

Boys and girls, ages 5-12. Athletes will learn the fundamental skills of soccer through fun games and exercises. Afterwards, participants will get a chance to test their new skills and strategy with interactive group activities, games and scrimmages. Participants must bring shin guards, appropriate clothes and shoes, sunscreen and water bottle. Participants will receive a soccer ball and T-shirt. This camp will be directed by Skyhawks Sports.

**Mon-Fri** July 31-August 4 9am-noon  
Fee: \$101



## **SOO BAHK DO SUMMER KARATE CAMP**

*Linwood 651-298-5660*

Instructor: Mike Kelly at 651-690-1489  
e-mail: mike@kellyrenewals.com

This camp is for kids and adult ages 7+. Master Mike Kelly has been involved with Soo Bahk Do Moo Duk Kwan for 20+ years and has earned a level of 4th degree master. Students will work to improve current skills, learn new skills, techniques and forms. They will receive guided instruction in self defense, develop skills for effective personal training and discipline. Current students must bring a bag lunch\*, water bottle and two snacks.

**Mon-Fri** July 10-July 14  
Fee: \$70 (includes uniform for new student)

**New Students:**

M-Th 8:30am-10am, F 10am-12:30pm

**Current Students:**

M-Th 10am-3pm, F 10am-12:30pm

\*Celebration Lunch to follow Friday's session for new and current students

## **VOLLEYBALL CAMP**

*Palace 651-298-5677*

Girls, grades 5-8. This camp offers the opportunity for girls to work on improving their skills & have a great time doing it. Teaching will focus on the fundamentals.

<b>Mon-Fri</b>	July 10-14	
Grades 5-6	1-3pm	Fee: \$5
Grades 7-8	3-6pm	Fee: \$5

## **SUMMER TRAILS CAMP**

*Palace 651-298-5677*

Children completing kindergarten-grade 6. Camp includes breakfast & lunch. Projects and activities are organized into five program areas called trails. The children will participate in art projects, cooking, games, swimming, field trips and much more. This camp is a partnership with Camp Fire USA. Closed July 4. Limit 25.

**Mon-Fri** June 19-Aug. 25 8am-4pm  
Fee: \$60/week + Friday field trip cost

## **Visit One of the Libraries Located In Service Area Three**

### **Central Library**

90 W. 4th Street  
651-266-7000

**Hours:**

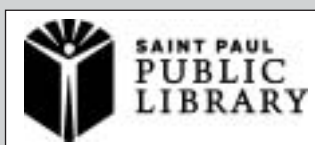
Monday 11:30am-8pm  
Tuesday, Wednesday, Friday 9am-5:30pm  
Thursday 9am-8pm  
Saturday 11am-4pm • Sunday Closed

### **Lexington Outreach**

1080 University Avenue  
651-642-0359

**Hours:**

Monday, Wednesday, Thursday 12:30-9pm  
Tuesday 10am-9pm  
Friday & Saturday 10am-5:30pm  
Sunday 1-5pm



### **Riverview**

1 E. George Street  
651-292-6626

**Hours:**

Monday-Thursday 10am-9pm  
Friday 10am-5:30pm  
Saturday 11am-4pm  
Sunday 1-5pm

### **West Seventh**

265 Oneida Street  
651-298-5516

**Hours:**

Monday & Thursday 1-8pm  
Tuesday 1-5:30pm  
Wednesday & Friday 10am-5:30pm  
Saturday & Sunday Closed



# Field Trips

- You may register at any of the Service Area 3 Recreation Centers
- Participants must register two weeks prior to the event
- Parent permission slips are required
- Free bag lunches are available
- Parents are welcome to attend
- Children under 10 must be accompanied by an adult
- Pick up and return times are approximate



## MN THUNDER SOCCER GAME

MN Thunder vs. Inferno 95 at Griffin Stadium. Bring a bag lunch or money for concessions.

Wednesday, June 21 10am–2pm  
Fee: \$10 includes transportation;  
\$5-ticket only

## ROLLER SKATING AT WOODDALE

Youth may bring their own in-line skates. Inline skates available for \$2 extra. Concessions are available.

Friday, June 23 noon–4pm  
Fee: \$9

## SCIENCE MUSEUM AND OMNI THEATER

Participants must bring a bag lunch.

Friday, June 30 10am–2:30pm  
Fee: \$5

## FESTIVAL OF FISH

Join us for this fun fishing-themed program at Fort Snelling. Trip includes picnic and swimming. Bring a swimsuit and towel.

Friday, July 14 10am–4pm  
Fee: \$5



## MN LYNX BASKETBALL GAME

MN Lynx vs. Chicago Sky. Bring bag lunch or money for concessions.

Wednesday, July 19 11am–3pm  
Fee: \$11

## WATERWORKS WATER PARK

Enjoy the waterslide, zero depth pool or building something cool in the sand area. Bring a swimsuit and towel. Bring a lunch or money for concessions.

Friday, July 21 10am–3:30pm  
Fee: \$10

## COMO ZOO, POOL, AND PICNIC

Bring a bag lunch, swimsuit and towel.

Friday, July 28 9am–3:30pm  
Fee: \$10

## VALLEYFAIR

For teens, ages 13–18. Come to Valleyfair for a fun-filled evening of rides and good times.

Thursday, August 3 4–11pm  
Fee: \$20

## CRYSTAL CAVES TOUR AND PICNIC

Tour the caves in Spring Valley, Wisconsin. Experience gem panning for gold. A picnic in the park follows the tour. Bring a bag lunch.

Friday, August 4 9:30am–4:30pm  
Fee: \$17

## WILD MOUNTAIN WATER SLIDES

Ride the water slides and enjoy Wild Adventure Island and the Lazy River. Bring a swim suit and towel. No cutoffs will be allowed on the slides. Bring a bag lunch or money for concessions.

Friday, August 11 9am–4:30pm  
Fee: \$22

## BUNKER BEACH WATER PARK

Enjoy the thrill of the wave pool, adventure pool or playing in the large sand area. Snack bar is available. Bring suit and towel.

Friday, August 18 10am–4pm  
Fee: \$13

## 2005 Honored Volunteers

A special thanks to the Service Area Three honored volunteers.

Baker: Willard Hodge

Dunning: Jerry Blakey

El Rio Vista: Leticia Silva

Jimmy Lee: Tim Claiborne & Douglas Vaughn

Linwood: Kevin Moynihan

MLK: Carlton Garner & Terrance Woods

Palace: Kerry Sizemore & Jim Sutton

Friends of SA3: Shinders for their sponsorship and support of the Yu-Gi-Oh program at Palace.

# Adult Activities

## 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

Saturdays Begins May 13, 10:30am-noon  
June 24, August 5

Tuesdays Begins May 16 6-7:30pm

Thursdays Begins June 29 6-7:30pm

Fee: \$40/person or \$50/couple 6 sessions

Advanced

Thursdays Begins May 18 6-7:30pm

Tuesdays Begins June 27 6-7:30pm

Fee: \$40/person or \$50/couple 6 sessions

## 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.

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

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

Free



## FITNESS/WEIGHT ROOM & WALKING TRACK

*El Rio Vista 651-789-2500*

Visit Parks & Rec's newest exercise room

with the largest indoor walking track. Equipment includes two elliptical machines, two treadmills, a recumbent and a stationary bicycles, and two cable weight machines. A shower/locker room is available for members. Memberships are sold in three month increments for exercise room and one month durations for walking track. Discounted combination fees are also available.

Walking Track Weight Room

Adults (16+)	\$1/Day	\$2/Day
	\$10/Month	\$40/3-Month
Seniors	\$1/Day	\$2/Day
	\$8/Month	\$30/3-Month

Walking track free for seniors, Monday-Fridays, 9-11am

## FITNESS/WEIGHT ROOM

*Linwood 651-298-5660*

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. Bring own lock. To use the equipment, you may pay a daily fee of \$5 or purchase a three month membership.

Memberships:

Adult (ages 18+) \$45

Family \$60

Seniors (ages 55+) \$30

Senior Couples \$40

## FITNESS/WEIGHT ROOM

*Martin Luther King 651-290-8695*

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

Daily Fee: \$2 Membership: \$30

## 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 May 1 5-8pm

Fee: varies On-going

## KARATE: SO BAHK DO

*Linwood 651-298-5660*

Instructor: Mike Kelly at 651-690-1489;

e-mail: mike@kellyrenewals.com

Soo Bahk Do is a traditional martial art emphasizing discipline, concentration, self-confidence, personal development, self-defense, conditioning and more. Learn from an internationally ranked and certified master instructor with 20+ years of experience. Introductory and family discounts available.

Saturdays 11:40am-12:55pm

Tuesdays 6:30-8pm

Fee: \$35/month 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.

Saturdays Begins May 6 11am-1pm

Fee: \$2/session On-going

## TAE KWON DO

*Martin Luther King 651-290-8695*

Learn stances, punching, blocking and kicking forms and discipline.

Classes are Wednesdays and Fridays.

3 month session begins July 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



## TENNIS (Beginning)

*Martin Luther King 651-290-8695*

Participants will learn the fundamentals of grip, stance, forehand, backhand, serving and scoring. Bring your own racket.

Wednesdays Begins June 21 6:30-8pm

Fee: \$32 4 sessions

## YOGA, STOMATIC

*Martin Luther King 651-290-8695*

Instructor: Bonnie Roemhildt

Improve your flexibility and health through slow movement. Participants will learn how to relieve muscular tension and stress release, while improving posture, vision and personal awareness.

Mondays Begins May 1 6:30-7:30pm

Fee: \$20/month On-going

# Senior Programs

## WEEKLY SENIOR GROUPS

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

**Baker 651-292-7244**

Friday, 9 am-12:30 pm

**Dunning 651-632-6124**

4th Wednesday of month, 11am-2pm

**Linwood 651-298-5660**

Monday, Noon-3 pm

Thursday, Noon-3 pm

Games played Thursdays include: cribbage, gin, backgammon, ship captain and crew, euchre, greed, kings in the corner, hearts, checkers

**Martin Luther King**

Call Hallie Q Brown Comm Center

651-224-4601

## Cable Television Shows

Channel 15, Saint Paul Neighborhood Network (SPNN)

"Active Generations" – Thursdays, 6:30pm

"City Passport: The T.V. Show" – Mondays, 6:30pm

## HEALTHY SENIOR LIVING (ages 55 & up)

**Martin Luther King 651-290-8695**

This program by the Urban Partnership and Community Development Center in cooperation with the Martin Luther King Rec Center will meet the third Thursday of every month. Monthly meetings will provide information and discussion about different health topics. May 18: Pain Management, June 15: Foot Care, July 20: Stroke, August 17: Vision and Hearing. A healthy lunch will be served each month.

10am-3pm

## CITY PASSPORT

**Downtown Senior Center 651-232-1301**

Located at 380 Jackson Street, suite 230 in Galtier Plaza, Skyway Level, next to the YMCA.

Hours: Mon., Tues., Thurs., Fri., 9am-4pm;  
Wed., 9am-7pm

## SPECIAL EVENTS THIS SUMMER

For further information on these activities, please call Mary Brown at 651-266-6363.

- Shopping at the Premium Outlets of Albertville – June 2
- Picnic and Cruise, Harriet Island - June 13
- Treasure Island Casino – June 27
- Senior Golf Tournament, Phalen - July 10
- Minnesota Centennial Showboat – July 13
- Old Fashioned Summer Picnic – July 28
- Theater Trip in August – TBD

Other activities include: the Hiking Club, the Golden Melody Makers Chorus, the Brunch Club, or the Bowling League.

A complete listing of Senior Program activities such as tours, classes, clubs, and special events are featured 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.

## Adult-Senior Fitness & Wellness at Linwood

**Linwood 651-298-5660.**

Beginning June 1, 2006 all classes are \$5/session. Discounted punch cards are available for purchase. A 20 Session Punch Card is \$80, and a 12 Session Punch Card is \$54. Punch cards are good for one year and may be used for any Linwood exercise class. Punch cards may not be used for the Exercise/Weight room.

### EARLY BIRD CARDIO WORKOUT

Certified 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.

Tues/Thurs 6am

### CARDIO WORKOUT

Certified Instructors: Teresa Davenport

This class offers a cardiovascular step exercise workout along with the use of various exercise equipment for muscle strengthening and flexibility to accommodate all levels of participants in a fun, yet challenging atmosphere.

Mon/Wed 9:15am

### COMPLETE FITNESS CHALLENGE

Certified Instructor: Colleen Tusa

This class provides a low impact, high intensity class to challenge and improve 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.

Tuesdays 10:30am

Fridays 9:30am

Saturdays 9:00am

### 55 PLUS FITNESS CLASS

Certified 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

### PILATES BASED EXERCISE

Certified Instructor: Cliff Swynigan

Pilates based movements for flexibility and strength are used along with Plyometric movements to increase cardio.

Tues/Thurs 6:15pm

### YOGA

Certified 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.

Wednesdays 7:45pm

Fridays Noon

### YOGA – Seniors

Certified Instructor: Teresa Davenport

This yoga class is geared for senior citizens and will focus on breathing awareness and guided relaxation and flexibility. Each student is encouraged to move at his or her pace. Yoga mats and blocks are provided.

Friday 1:15pm

# Saint Paul Parks and Recreation is



# Bringing the Fun to YOU!

**June 19–August 17**

Saint Paul Parks and Recreation is coming to your neighborhood with outdoor activities and fun for boys and girls, ages 6–12. Participate in free, creative arts and crafts and organized recreational activities. Younger children are welcome when accompanied by an adult. No activities on rainy days! Children are required to sign in but may come and go freely.

Site	Day	Time
Carty Park	Monday Thursday	1:30–4:30pm 4:30–7:30pm
Skyline Towers	Monday Thursday	1:30–4:30pm 1:30–4:30pm
Maxfield School	Tuesday	1:30–4:30pm
Torre San Miguel	Tuesday	1:30–4:30pm
Webster School	Wednesday	1:30–4:30pm
Wacouta Park	Wednesday	1:30–4:30pm

For more information, contact Jim Taylor at 651-632-5124 or [Jim.taylor@ci.stpaul.mn.us](mailto:Jim.taylor@ci.stpaul.mn.us).

## Jimmy Lee Recreation Center & Oxford Pool Under Construction

Jimmy Lee Recreation Center and Oxford Pool are closed while undergoing renovation and new construction.

The Oxford Pool project will include a new waterslide and plunge pool, party rooms, and family locker room. The current lap/activity pool, leisure pool and locker rooms are being renovated.

The new/renovated recreation center will include four gyms (two funded by the Saint Paul Public Schools), a walking track, fitness room, dance room, multi-

purpose rooms, kitchen, concession area, exterior restrooms and parking lot. Outdoor fields are also being renovated.

The project is scheduled to be completed in late 2007 or early 2008. For construction updates go to [www.ci.stpaul.mn.us/depts/parks/construction](http://www.ci.stpaul.mn.us/depts/parks/construction).

For information regarding Jimmy Lee athletics while the rec center is under construction, please call Dunning Recreation Center at 651-632-5124.

## Coming this Fall Online Registration

Saint Paul Parks and Recreation will be offering a new and convenient way to register for activities. Through our website, you will be able to view the wide range of activities for children, youth, teens, families, adults and seniors that are available at our 41 recreation centers. You will be able to use the activities finder to search for activities by category, age, recreation center or geographic area.

Adults will be able to register online using a valid credit card. Walk-in registrations will continue to be accepted at all centers.

## Facility Rental Opportunities

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

Contact any Service Area Three Recreation Center for more information.