Youth Athletic Associations

Baseball/Fast pitch softball
OMGAA
House Leagues - Ages 9-18
Traveling Teams -
BB Ages 10-15 & FP Ages 9-18
omgaa.org

Basketball
OMGBA
House Leagues - Grades K-12
Traveling Teams - Grades 5-8
omgba.net

Football
MGYFA - Maple Grove
House Leagues – Grades 2-8
mgyfa.com
OFA - Osseo
osseofootball.org

Hockey
OMGHA
House Leagues - Ages 4-15
Traveling Teams - Ages 9-17
omgha.com

Lacrosse
Maple Grove Girls and Boys
Grades K-8 mglax.net
Osseo Park Center Boys & Girls
bpaasports.org/lax

Soccer
MapleBrook Soccer Association
House Leagues - Ages 4-15
Traveling Teams - Ages 19 & under
maplebrooksoccer.com

MN Eclipse Soccer Club
Travel Teams Ages 19 & under
Girls Academy
mneclipse.com

Swimming
NHCP Swim Club
Competitive Swimming
Ages 6 – 18
teamunify.com/mnnhcp

Wrestling
Maple Grove Wrestling Club
Pre-Kindergarten - Grade 8
mgwrestlingclub.com

Osseo, Maple Grove Youth Wrestling
Pre-Kindergarten - Grade 6
osseoyouthwrestling.org

Maple Grove
Parks and Recreation
inhouse youth sports
Including cub ball, tball, sport clinics and more!
cmorrow@maplegrovemn.gov
Bill Lewis, Chair
blewis@maplegrovemn.gov

John Ferm, Vice Chair
jferm@maplegrovemn.gov

Ken Helvey
khelvey@maplegrovemn.gov

Deb Syhre
dsyhre@maplegrovemn.gov

Kelly Cunningham
kcunningham@maplegrovemn.gov

Debbie Coss
dcoss@maplegrovemn.gov

Andy Mielke
amielke@maplegrovemn.gov

Council Representative, Phil Leith
pleith@maplegrovemn.gov

Park Board meetings are held at 7 p.m. the 3rd Thursday of every month at the City Council Chambers. Residents are invited to attend. Wishing to present a topic for discussion? Call 763-494-6500

Parks and Recreation Staff
Maple Grove Parks and Recreation office: 12951 Weaver Lake Road, Maple Grove, MN 763-494-6500
Monday through Friday 8 a.m. to 4:30 p.m.

Parks and Recreation Director
Chuck Stifter
cstifter@maplegrovemn.gov

Parks & Planning Superintendent
Ben Jaszewski
bjaszewski@maplegrovemn.gov

Park Maintenance Supervisor
Rob Heitke
rheitke@maplegrovemn.gov

Facility Supervisor
Central Park, Town Green, Sports Dome
Jeanne Vestal
jvestal@maplegrovemn.gov

Arena Supervisor
Community Center
James Beckius
jbeckius@maplegrovemn.gov

Community Center Manager
Angie Dehn
adehn@maplegrovemn.gov

Community Center
Facility Rental Coordinator
Alyssa Le
ale@maplegrovemn.gov

Community Center
Facility Operations Supervisor
Paul Mertes
pmertes@maplegrovemn.gov

Aquatics Supervisor
Lisa Gedker
lgedker@maplegrovemn.gov

Aquatics Coordinator
Adrienne Vassar
avassar@maplegrovemn.gov

Recreation Superintendent
Aimee Peterson
apeterson@maplegrovemn.gov

Recreation Program Specialists:
Crystal Anderson (Teen/Outreach)
canderson@maplegrovemn.gov

Michelle DeBace (Youth/Adult Fitness)
mdebace@maplegrovemn.gov

Liz Faust (Seniors/55 Forward)
efaust@maplegrovemn.gov

Tanya Huntley (Special Events)
thuntley@maplegrovemn.gov

Chris Morrow (Athletics)
cmorrow@maplegrovemn.gov
Community Events
at our parks and facilities

12th Annual Walk to Remember
Join us in remembering loved ones by participating in the annual Walk to Remember.

Saturday, May 7
10 a.m. Program
10:30 a.m. Walk Begins
Maple Grove Arboretum

Arbor Day
Hosted by Maple Grove Arbor Committee
maplegrovenn.gov/327/Arbor-Committee

Saturday, May 7
12 to 3 p.m.
Free community event
Maple Grove Community Center

Park Clean Up Day
We are looking for groups and individuals to volunteer to help weed, mulch, pick up trash, plant, rake and more! More details coming soon.

Tuesday, May 10
4 to 8 p.m.
Join us to clean up Maple Grove Parks
maplegrovenn.gov
thuntley@maplegrovenn.gov

Maple Grove Beyond the Yellow Ribbon (MGBYR) Memorial Day Event
MGBYR is a community-based nonprofit organization which serves, honors, and supports veterans, service members and their families. yellowribbon@gmail.com

Monday, May 30
Maple Grove Veterans Memorial
12000 Central Park Way
Time and details TBA.

Maple Grove Lions Half Marathon, 10k & 5k
Join the Maple Grove Lions for this annual event.
Saturday, May 14

Register at maplegrovelions.org
Maple Grove High School Stadium

Boulevard Planting
Groups and individuals can sign up to plant annuals along the Maple Grove boulevards. Plans, supplies and design direction are provided.

Thursday, May 19 and Saturday, May 21
9 a.m. to 1 p.m.
Register at: bit.ly/blvdplant
thuntley@maplegrovenn.gov

Half Marathon, 10k & 5k
Join the Maple Grove Lions for this annual event.
Saturday, May 14

Register at maplegrovelions.org
Maple Grove High School Stadium

Boulevard Planting
Groups and individuals can sign up to plant annuals along the Maple Grove boulevards. Plans, supplies and design direction are provided.

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Thursday, May 19 and Saturday, May 21
9 a.m. to 1 p.m.
Register at: bit.ly/blvdplant
thuntley@maplegrovenn.gov
Legally Blonde
Cross Community Players
Join our local community theater at their summer performace of Legally Blonde at the Town Green Bandshell. Tickets available at crossplayers.org beginning mid May.

Performances:
June 17, 18, 23, 24 and 25 at 7:30 p.m.
June 19 at 4 p.m.
June 26 at 2:30 p.m.

Maple Grove Town Green Bandshell

Maple Grove Ambassador Coronation
Friday, July 15,
7 p.m.
Osseo High School

Three young women will be crowned 2022 Ambassadors. Their upcoming year will entail volunteering, gaining confidence in public speaking and making special appearances across the state. Each Ambassador is awarded with a $3,000 educational scholarship. The Gala in the Grove follows Coronation at the American Legion in Osseo. Visit maplegroveambassadors.com or facebook.com/MGAmbassadors for details.

National Night Out
On Tuesday, August 2 Maple Grove, along with over 16,000 communities nationwide, will be celebrating National Night Out. Maple Grove Police and Fire will sponsor a lunch and emergency equipment show at the Maple Grove Community Center. You’re also invited to host a block party in your own neighborhood during the evening. These parties are a great way to get to know your neighbors, have fun, and even receive a visit by Maple Grove Police or Fire personnel. To register your neighborhood and receive planning information please contact Maple Grove Police Crime Prevention at 763-494-6134 or crimeprevention@maplegrovemn.gov.

Tuesday, August 2
Community Picnic
11 a.m. to 1 p.m.
Maple Grove Community Center
maplegrovemn.gov/242/National-Night-Out
Hosted by the Maple Grove Police and Fire departments
SOUNDS of SUMMER
Town Green | 7991 Main Street, Maple Grove, MN

MONDAYS AT 7 P.M.

June 27  Thomas Larson Band | Country
July 4  Jazz on the Prairie Big Band | Jazz
July 11  Surf Cats | Oldies
July 18  Bavarian Musikmeisters | German Folk
July 25  West Metro Big Band | Jazz
August 1  Soca holix | Soul & Calypso
August 8  Michael Handler Project | Variety Cover
August 15  The Riverside Swing Band | Swing 30’s & 40’s
August 22  Hard Days Night | Beatles Cover Music
August 29  Rince Nua Irish Dancers | Irish Dance

WEDNESDAYS AT 7 P.M.

June 29  Salsa del Soul | Salsa & Dance
July 6  Everett Smithson | Country & Blues
July 13  Mick Sterling | E Street Shuffle/Detroit Muscle
July 20  Sawyer’s Dream | Vocal Harmony Americana
July 27  Black Dog Road | Country & Rock Pop
August 3  Erica Hanson | Women of Country Music
August 10  Waves Collide | 80’s Rock
August 17  Bluedog Blues Band | Native American & Blues
August 24  Tuxedo Band | Variety Cover
August 31  Dirty Shorts Brass Band | New Orleans Brass Band

THURSDAY MORNINGS AT 10:30 A.M.

June 30  Dollipops
July 7  Sticks and Tones
July 14  Alphabits
July 21  The Bazzillions
July 28  Kid Power with Rachael

August 4  Wendy’s Wiggle
Wiggle and Jam
August 11  Kids Dance
August 18  Tricia & the Toonies
August 25  Bach2Rock
September 1  Jolly Pops

FRIDAY MOVIES AT DUSK

July 15  Sing 2
July 22  Space Jam - A New Legacy
July 29  Guardians of the Galaxy - Vol. 2
August 5  Encanto
August 12  Raya and the Last Dragon
August 19  Jungle Cruise
August 26  Ghost Busters Afterlife
September 2  Cruella
September 9  Dear Evan Hanson
September 23  Good Will Hunting
September 30  Respect
**MEDALLION HUNT**

**SILENT AUCTION ONLINE**

**KIDS’ VIRTUAL ART CONTEST**

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**Wednesday, JULY 13**

Beyond The Yellow Ribbon Concert & Sounds of Summer featuring Mick Sterling – E Street Shuffle/Detroit Muscle (Bruce Springsteen & Bob Seger) – Town Green

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**Thursday, JULY 14**

Pickleball Tournament – Lakeview Knolls Park The Alphabets – Town Green Farmers Market – MGCC Parade – 89th down Zachary Lane to Elm Creek Blvd.

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**Friday, JULY 15**

Junior Golf Tournament – Three Rivers Eagle Lake Golf Course 3-on-3 Basketball – Central Park Capture the Flag – Weaver Lake Park Beer & Yoga Class Hosted by OMNI Brewing – (location TBD) Diaper Derby – Central Park KIDSDANCE DJ – Town Green Kid’s Parade – Central Park Cool Ray Open Skate – MGCC Children’s Movie “Sing 2” – Town Green

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**Saturday, JULY 16**

Shuttle Service

**TOWN GREEN**

Jazzercise Maple Grove

Jazzercise Maple Grove Strength Class

Dancin On Broadway Performance

Multicultural Kids Network African Drumming

Duct Tape Fashion Show

YELLOWTREE THEATRE SINGER

**CENTRAL PARK**

Easy Yoga | Pre-Natal Yoga | Family Yoga

Burn Boot Camp

Kids Fun Run

NI Motion Class

Business Expo on The Great Lawn

Food Trucks/OMNI Mini Beer Garden

Twin Cities Caricatures

Corn Hole Tournament

**CENTRAL PARK STAGE**

West Wind Big Band

Sawyer’s Dream

**MIDWAY**

Carlson’s Llamas

Joah’s Ark Petting Zoo & Pony Rides

Cut It Out Salon Crazy Hair & Glitter Tattoos

Food & Beverage Trucks

Ninjas United

MN Esports Gaming Bus

USA Inflatables

**COMMUNITY CENTER**

Kids Sight

Pies-R-Us

Kid’s Bingo

Lions Corn Feed

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**BEER GARDEN**

(Featuring The Lookout Bar & Grill)

Anderson Daniels

Minute to Win It-Ambassadors

Flashmob!

Medallion Hunt Winner Presentation

Ladies of the 80’s

**GRASSY AREA NEAR LIFETIME FITNESS**

Big Truck Show

**MAIN STREET**

Car Show

Bed Races

CRAFT SHOW

**THREE RIVERS PARK DISTRICT**

Geocaching

**FREEDOM FIELD**

Jim Deane Memorial Rice Lake Classic Run

**GROVE COVE AQUATIC CENTER**

Keep-A-Boat-A-Float

**WEAVER LAKE BEACH PIER**

Fishing Clinic

**Sunday, JULY 17**

Volleyball Tournament

Pancake Breakfast – Maple Grove/Osseo American Legion

Cribbage Tournament – Maple Grove/Osseo American Legion

“Kids In The Garden” – Lynde’s Greenhouse

Museum Open House – Maple Grove Historical Preservation Society

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See complete schedule and learn more at MapleGroveDays.org
Park Facility Rentals

Eagle Lake & pavilion rentals
Consider a private rental at one of our park pavilions:

- Maple Grove Arboretum pavilion
- Lions pavilion at the Community Center
- Weaver Lake pavilion
- Eagle Lake Community Building

All park pavilion rentals are available for rental online at webtrac.maplegrovemn.gov.

Town Green
Town Green located off of Main Street is a great venue for your next big event. Rental opportunities are available for the meeting room, bandshell and the Point located on the shore of West Arbor Lake.

- Meeting room
- Bandshell
- Point
- Lawn
- Plaza

mgccrentals@maplegrovemn.gov

Outdoor fields
Outdoor field rentals have limited availability for private rental for the intended use of the space. Requests are approved through a permitting process. To learn more on how to reserve a field visit our website to fill out a rental request form maplegrovemn.gov.

Fernbrook Athletic Fields
This facility was made possible through a partnership with the City of Maple Grove, ISD 279, and local youth sports associations. The facility includes four full artificial turf fields, picnic pavilion and shaded seating area, playground and restrooms. Turf field rental information and rental request form can be found on our website maplegrovemn.gov.
Central Park of Maple Grove
Central Park offers a variety of amenities including the playground, walking trail, beautiful gardens, a labyrinth, pickleball courts and basketball courts. Many rental opportunities are available. Rental information and request submittal form can be found on our website maplegrovemn.gov.

Summer Fun!

Weaver Lake Beach
8401 Maple Grove Parkway
This 80-acre park includes a beach with restrooms, four tennis courts, three ballfields, two playgrounds, one basketball and two volleyball courts, trails and a picnic pavilion.

Pop Up Rec
We will be popping up at parks around Maple Grove to involve youth in fun and games! Corn Hole, spike-ball, frisbee golf, can jam and more!

Skate Park
The Maple Grove Skate Plaza is located next to the Maple Grove Community Center. The skate plaza is open daily 6 a.m. to 11 p.m.

Skateboards, scooters, in-line skaters and BMX bikes are welcome.

Helmets and protective gear is strongly recommended for all participants.
Community Center

The Maple Grove Community Center is the place to stay active all year round. Become a member to get the best deal on family fun.

Memberships

The Community Center is the perfect place for year round activities! Select from the All Building Membership for all the recreational areas, the Pool Membership or the Pickleball Membership (access to the CC Gym and MG Middle School Community Gyms during Open Pickleball only).

All Building Membership

<table>
<thead>
<tr>
<th></th>
<th>Non-Resident</th>
<th>Resident</th>
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<tbody>
<tr>
<td></td>
<td>Annual / Monthly</td>
<td>Annual / Monthly</td>
</tr>
<tr>
<td>Youth/Senior</td>
<td>$220 / $18.33</td>
<td>$200 / $16.67</td>
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<tr>
<td>Adult</td>
<td>$260 / $21.67</td>
<td>$220 / $18.33</td>
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<tr>
<td>Family</td>
<td>$540 / $45.00</td>
<td>$440 / $36.67</td>
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Pool Annual Membership

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<tbody>
<tr>
<td></td>
<td>Annual / Monthly</td>
<td>Annual / Monthly</td>
</tr>
<tr>
<td>Youth/Senior</td>
<td>$185 / $15.42</td>
<td>$160 / $13.33</td>
</tr>
<tr>
<td>Adult</td>
<td>$210 / $17.50</td>
<td>$185 / $15.42</td>
</tr>
<tr>
<td>Family</td>
<td>$440 / $36.67</td>
<td>$390 / $32.50</td>
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Pickleball Membership

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<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>Annual / Monthly</td>
<td>Annual / Monthly</td>
</tr>
<tr>
<td>Adults</td>
<td>$220 / $18.33</td>
<td>$200 / $16.67</td>
</tr>
</tbody>
</table>

Discount coupon books and family rates are available.

Daily admission

- Pool: $8
- Gym: $6
- Maple Maze: $6
- Ice Skating: $6
- All Building: $10

Fun Fact!

Residents who visit the community center 3 times a month would benefit by being a member. 3 visits @ $10 = $30
Monthly membership = less than $17

Health insurance reimbursement opportunity

Members with participating health insurance plans will be eligible for reimbursement on membership dues.

To see if you qualify, call your health insurance customer service and ask about the fitness club reimbursement program.

Please check our website at maplegrovecommunitycenter.org for the most up-to-date information.

For open hours visit maplegrovecommunitycenter.org
Grove Cove Aquatic Center

Splash around at the indoor leisure pool with a zero-depth beach area, water spray activities, tot slide and 130 foot waterslide. The aquatic center also includes a five lane, 25-yard indoor lap pool. Group discount admission rates available as well as group and private swim lessons. For pool hours including rope swing, climbing wall and waterslide, please visit our website maplegrovecommunitycenter.org.

Maple Maze - indoor playground

This indoor playground includes a toddler area for ages 3 and under and a large multi-story play structure with crawl tubes, slides, climbing wall and more! Private rentals are available.

Pool schedule available online at maplegrovemn.gov
Host your next event with us.

Community Center room rentals

The Community Center is available for groups and private rentals. From weddings to birthday parties the Community Center is the perfect choice to host your event.

Banquet room

The Banquet Room serves as a premier banquet and meeting facility seating up to 250 people. This room is sure to meet your needs whether it is for a wedding, anniversary, banquet, company picnic or holiday party, training seminars, conferences, and trade shows or craft sales. Quality sound and audiovisual equipment offer spectacular presentations and training. Seasonally, our outdoor patio and flower garden are a perfect compliment to the banquet room.

Ice arena

The Community Center is home to one olympic-size ice sheet and one regulation-size ice sheet. The arena hosts a variety of activities including open skate, developmental skating, learn to skate lessons as well as hockey and figure skating programs. Visit our website maplegrovenmn.gov for up to date open skating hours.

For open hours visit maplegrovecommunitycenter.org

Gymnasium

The gym at the Community Center features six basketball hoops and three pickleball courts. Scheduled open gym time for members as well as open pickleball, volleyball and tot time is available. Check the website for a schedule of open gym time.
Meeting rooms

The meeting rooms at the Community Center are the perfect size for your next team meeting or family gathering. The room sizes vary to accommodate 15 to 40 people.

How do I reserve my room?

Go to maplegrovecommunitycenter.org. Click Rentals, then choose the room rental request form.

Event space

The Community Center has a variety of rooms to meet your party needs. Celebrate with family and friends. The room sizes vary to accommodate 15 to 80 people.

Make it a party!

Choose from the pool, indoor playground, gym or ice skating for your party participants to enjoy. Group admission rates are available for group of 15 or more.
Planning for a bright future at the Maple Grove Community Center

After almost a quarter-century of service, the time has come for Maple Grove residents to decide how to reinvest in the Maple Grove Community Center so that it can continue to serve our rapidly growing and diversifying community over the next 25 years.

Since its opening in 1997, the Maple Grove Community Center has been bringing people together to participate in activities and programs, find support and services, and of course, have fun. After gathering valuable input from residents and users, the City of Maple Grove has developed a long-term plan to invest $116 million to expand the Community Center and the services and programs it supports.

The investment plan would add or renovate about 312,000 square feet of space at the Community Center, which would include new swimming pools, more space for senior programs, expanded event and banquet space, more space for the arts, a walking track, a fitness center, a third sheet of ice and infrastructure investments such as updated roofs and mechanical systems.

As part of the general election on November 8, 2022, the city will ask voters to consider a half-cent local option sales tax to finance $90 million of the Community Center project.

growingtogethermaplegrove.org

The Need
The Maple Grove Community Center needs critical updates and renovations to provide the services and amenities that will best serve our growing population in the years ahead.

The Process
For more than three years, city leaders and staff worked closely with the community to identify the top needs of the Maple Grove Community Center.

The Plan
Based on guidance from local residents, the city has put forward a plan to renovate and expand the Maple Grove Community Center to support our growing community.

The Cost
The proposed Community Center investment plan would cost approximately $116 million. The city would use a voter-approved half-cent sales tax levy, state bonding funds, and other funding sources to finance the plan.

We encourage all residents to make their voice heard on this important community investment. Election Day is Tuesday, Nov. 8, 2022. Early voting will begin on Friday, September 23, 2022.
Register online at webtrac.maplegrovemn.gov. Create an account. Create a login using your email address and choose a password. Use your login and password to sign up for all activities on the site.

Registration Dates
• April 26 senior programs
• April 27 general programs
• April 28 swim lessons

Registration opens at 9 a.m.

How do I register?

Reach for Resources adaptive recreation
The adaptive recreation program is a cooperative effort with the cities of Brooklyn Center, Brooklyn Park, Golden Valley, Plymouth, Maple Grove, Chanhassen, Chaska, Waconia and St. Louis Park. REACH is an agency which serves individuals with developmental disabilities and their families in Western Hennepin County. Services include adaptive recreation, independent living support and counseling. For information and registration procedures, call 952-200-3030.

NOTE: For persons not living in one of the above communities, you are considered a “non-resident” and need to add $8 to select registration fees. Check out a full listing of adaptive programing at reachforresources.org.

Participants must pre-register with REACH not with the City of Maple Grove.

Americans with Disabilities Act
In compliance with the Americans with Disabilities Act of 1990, upon request reasonable accommodations can be provided to allow individuals with a disability to participate in Maple Grove Parks and Recreation services, programs and activities.

Please call 763-494-6516 or TTY 763-494-6525.
Music

Music For Everyone
This is a program that offers private music lessons and group activities for students of all ages from preschoolers to adults. The cities of Maple Grove, Brooklyn Park, and Plymouth have formed this music consortium to present quality music instruction to their residents.

Private Music Lessons
The private music lesson program is ultimately designed to be a 12 month continuum for the entire year. Registration fees are taken on a quarterly basis. New students can enroll for private lessons at any time during the quarter, as space allows and fees can be pro-rated. Lesson times will be arranged by individual teachers. All private lessons take place once a week for 30 minutes. Additional costs will occur for lesson books and materials. Choose from a variety of dates and times.

Spring Session Dates: June 6 - August 13 (10 Lessons)

Ages: 7+
Cost: $220

Call Alyssa 763-509-5224 to arrange a private lesson day and time prior to registration.

Private Piano: 304201-01
Private Guitar: 304201-02
Private Violin/Viola: 304201-03
Private Voice: 304201-04
Private Brass: 304201-05
Private Woodwinds: 304201-06
Private Harp: 304201-07

Log Rolling

Log Rolling
Maple Grove Community Center
Join North Star Log Rolling to try one of the most historic sports of Minnesota! You will learn the basics of log rolling, and have the opportunity to compete against other rollers. Log rolling is a wonderful sport for people of all ages and abilities and will give you the chance to work on your balance, coordination, endurance, and core strength. Participants should come dressed in athletic clothing that can get wet, or swimwear.

No Class: Jul 05, Jul 07, Jul 26, Jul 28

Activity #  Age  Day  Date  Time  Cost
305103-01  5+  Tu  Jun 21 - Aug 23  8:30-9:30am  $110
305103-02  5+  Th  Jun 23 - Aug 25  6:30-7:30pm  $110

African Drumming

African Drumming for All
Town Green
There’s no right & there’s no wrong! This community empowerment program is open to all ages and abilities. Everyone and anyone is encouraged to stop by and participate. West African drums and other instruments will be available for this fun and therapeutic experience. Drop-in anytime and stay as long as you like. No registration is required for this free opportunity from the Multicultural Kids Network.

Activity #  Day  Date  Time  Cost
211309-01  W  Jun 22  4:30-5:30pm  Free
Bike Repair & Maintenance

Bike Repair & Maintenance
Town Green
This 1 hour class will teach you basic bike set up, identification, shifting adjustments, brake adjustments, preparing a bike for selling online, as well as many other helpful tips & tricks. You will go through a level check list and move onto more advance items when ready. If you take another class you can start where you left off and move to the next level of learning.

<table>
<thead>
<tr>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>205801-01</td>
<td>10-14</td>
<td>W</td>
<td>May 11</td>
<td>6-7pm</td>
<td>$32.50</td>
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<tr>
<td>205801-02</td>
<td>15+</td>
<td>W</td>
<td>May 11</td>
<td>7:15-8:15pm</td>
<td>$32.50</td>
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Bicycle Repair and Maintenance
Central Park of Maple Grove
1 week camps will teach basic bike set up, trailside repair, shifting adjustments, brake adjustments, learn about re-cabling a bike for shifting and brakes, tube replacement, tips & tricks, and preparing a bike for selling. Students are encouraged to bring different bikes to work on throughout the camp. Parts are an extra fee if it is something more major or we will help you source new parts if needed. *Includes bonus gifts upon completion of camp.

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<td>305801-01</td>
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<td>M-Th</td>
<td>Jun 27 - Jun 30</td>
<td>1-3pm</td>
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<tr>
<td>305801-02</td>
<td>10-18</td>
<td>M-Th</td>
<td>Aug 01 - Aug 04</td>
<td>1-3pm</td>
<td>$195</td>
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</table>

Bicycle Repair and Maintenance Camp
Various Locations
This 2 hour Camp will teach you basic bike set up, trailside repair, shifting adjustments, brake adjustments, learn about re-cabling a bike for shifting and brakes, tube replacement, tips & tricks, and preparing a bike for selling. Parts are an extra fee if it is something more major or we will help you source new parts if needed. *Includes bonus gifts upon completion of camp.

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<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>305116-01</td>
<td>5+</td>
<td>W</td>
<td>Jun 15 - Jun 29</td>
<td>5:30-6:30pm</td>
<td>$23</td>
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<tr>
<td>305116-02</td>
<td>5+</td>
<td>W</td>
<td>Jul 13 - Jul 27</td>
<td>5:30-6:30pm</td>
<td>$23</td>
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<tr>
<td>305116-03</td>
<td>5+</td>
<td>W</td>
<td>Aug 10 - Aug 24</td>
<td>5:30-6:30pm</td>
<td>$23</td>
</tr>
</tbody>
</table>

Yoga

Family Yoga
Central Park of Maple Grove
Ages 5 – Adult (Children must be accompanied by an adult)
Create a routine in your family life that will foster connection and develop healthy habits that last a lifetime. This family-centered class, built for fun, will help all participants deepen the breath, stretch the spine, and relax the body and mind...together. Partner poses, cooperative games, songs, stories, and art projects will expand the yoga practice from your mat into your home! No previous yoga experience necessary. Instructor Laura Honeck.
Bring a yoga mat or beach towel for each participant. This class will be held outside weather permitting.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>305116-01</td>
<td>5+</td>
<td>W</td>
<td>Jun 15 - Jun 29</td>
<td>5:30-6:30pm</td>
<td>$23</td>
</tr>
<tr>
<td>305116-02</td>
<td>5+</td>
<td>W</td>
<td>Jul 13 - Jul 27</td>
<td>5:30-6:30pm</td>
<td>$23</td>
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<tr>
<td>305116-03</td>
<td>5+</td>
<td>W</td>
<td>Aug 10 - Aug 24</td>
<td>5:30-6:30pm</td>
<td>$23</td>
</tr>
</tbody>
</table>

Prenatal Yoga
Central Park of Maple Grove
Join Laura Honeck (RYT 500, E-RYT, RPYT), for 75 minutes of strength building, birth preparation and total bliss. No experience is needed for this all-level class which focuses on connecting with your incredible body and the baby in your belly. We’ll build endurance and move organically while preparing the body for birth and the emotional marathon of motherhood that exists beyond labor. At the center of this class is breath and an attitude of gratitude. All levels of experience and pregnancy welcome. Instructor Laura Honeck. Please bring a yoga mat and firm pillow. This class is for women only. (During inclement weather, group will meet inside the building.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>309208-01</td>
<td>W</td>
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<tr>
<td>309208-02</td>
<td>W</td>
<td>Jul 13 - Jul 27</td>
<td>6:45-8pm</td>
<td>$30</td>
</tr>
<tr>
<td>309208-03</td>
<td>W</td>
<td>Aug 10 - Aug 24</td>
<td>6:45-8pm</td>
<td>$30</td>
</tr>
</tbody>
</table>

Register On
April 27 for General Programs
Register: webtrac.maplegrovemn.gov | Summer 2022
Kidcreate Studio

Kidcreate launches children into the incredible world of art. Their energized classes, camps, and birthday parties offer an exciting format for art exploration and focus on art creating and education. Lesson plans, designed by an art educational professional, are age appropriate and devised to inspire the individual child. Teachers provide a positive, fun, self-esteem building atmosphere where children learn to express themselves through visual arts. Parents can be assured their child is being educated in a supportive environment where giggles and grins are encouraged. For more information about Kidcreate Studio, visit www.kidcreatestudio.com.

Father’s Day Gift Making
Town Green
What dad wouldn’t love a gift made just for him? Let your little one surprise dad this Father’s Day. You and your child will create a card in the shape of a toolbox. The two of you will paint, cut, draw, and glue to create this fantastic card for your favorite handyman. Children must be accompanied by a caregiver.

Everyday Heroes
Town Green
Firefighters are brave and strong. Police officers keep us safe. Teachers are smart and caring. Moms and dads love us so! They’re our everyday heroes! These are people and careers that will inspire your little one for years to come. Who better to learn about as we create amazing art? These remarkable heroes will be our inspiration as we get messy with paint, air-dry clay, and Model Magic®. Children must be accompanied by a caregiver.

Our Littlest Fan’s Favorite Art Class
Town Green
This camp is packed full of fan favorites! From papier maché bowls, projects that glow-in-the-dark, and messy clay masterpieces, these are the Kidcreate projects our littlest students love the most! All of them put together in one very popular class. This is the stuff the kids can’t get enough of and guaranteed to be an artsy good time! Children must be accompanied by a caregiver.

Fairy Garden
Town Green
I do believe in fairies, I do! We’ll use clay, paint, glitter, and more as we sculpt our very own enchanted fairy gardens. These adorable little fairy retreats will have sparkling streams, colorful flowers, a fairy swing, and more! You don’t want to miss this magical class. Please pack a nut free snack and drink for your child.

Dino Discovery
Town Green
Tyrannosaurs Rex, Triceratops and Diplodocus . . . is your child dazzled by dinosaurs? This is your child’s chance to have a playdate with a dino and create a fantastic work of dinosaur art. Your young artists will create their own diorama complete with a toy dinosaur! Come and create right along with your child. Children must be accompanied by a caregiver.
Dance

Dance Fantasia
Maple Grove Middle School - Cafe
Little ones get ready to move! This introduction to creative movement and ballet will focus on having fun while learning coordination, ballet positions and a few beginning ballet steps. Join the fun! Parent viewing is first and last lesson only.

No Class: Jul 05

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
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<tr>
<td>305401-01</td>
<td>3-4</td>
<td>Tu</td>
<td>Jun 14 - Jul 19</td>
<td>5:45-6:30pm</td>
<td>$37.50</td>
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</table>

Toddler & Me Dance Class
Genesis Dance Co. Studio - 6818 Hemlock Ln
18 months – 3 years with a parent
Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. Parent participation required. Great intro to dance!

No Class: Jul 04

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
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<tr>
<td>305403-01</td>
<td>1.5-3</td>
<td>M</td>
<td>Jun 20 - Aug 15</td>
<td>9:15-10am</td>
<td>$88</td>
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</table>

Ballet, Tap & Jazz Combo
Genesis Dance Co. Studio - 6818 Hemlock Ln
Incorporates ballet, tap and jazz techniques while also encouraging self-expression and creativity. Dancers will have a small performance for parents the last day of class. Ballet Shoes recommended but not required.

No Class: Jul 04

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>305402-01</td>
<td>2-3.5</td>
<td>M</td>
<td>Jun 20 - Aug 15</td>
<td>10:15-11am</td>
<td>$88</td>
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</table>

Ballet, Tap & Jazz Combo 2
Genesis Dance Co. Studio - 6818 Hemlock Ln
For Little Ones who have taken our Tippi Toes Ballet, Tap, Jazz Combo class previously, our Level 2 class introduces new dance steps. Dancers will have a small performance for parents the last day of class. Ballet Shoes recommended but not required.

No Class: Jul 04

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<td>305405-01</td>
<td>3-5</td>
<td>M</td>
<td>Jun 20 - Aug 15</td>
<td>10:15-11am</td>
<td>$88</td>
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</table>

“Tippi Toes® Dance” Themed Summer Camp
Genesis Dance Co. Studio - 6818 Hemlock Ln
Tippi Toes® Offers exciting, fun and energetic dance classes for girls and boys. Join us this summer as we take all the amazing things you love about Tippi Toes® Dance and combine them into a 5-Day themed camp for young dancers! Each Camp day will celebrate a different “dance-themed” day (Ballet Day, Tap Day, Super-Hero Day, etc.) and dancers can dress those parts or come as you are. This camp will continue to challenge our 6-8 year olds and will also be offering “Hip Hop/Jazz” Day and Tippi Toes® Hip Hop/Jazz dances throughout the week!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>305407-01</td>
<td>3-8</td>
<td>M-F</td>
<td>Jul 18 - Jul 22</td>
<td>9am-12pm</td>
<td>$239</td>
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</table>

Register: webtrac.maplegrovemn.gov | Summer 2022
Music

**First Steps In Musicland**
Maple Grove Community Center
Ages 18 months - 4 years with a parent
This preschool class teaches toddlers basic musical concepts. In this educational class, parents and children will have fun dancing, singing and playing instruments while the children learn valuable skills such as rhythm, eye-hand coordination, gross motor and focused learning. This class is taught by a licensed music educator. Come for fun and leave with a foundation for future musical skills and knowledge. Parents participate with their child. All registration accepted immediately.
No Class: Jul 04

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>304108-01</td>
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<td>$104</td>
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<tr>
<td>304108-02</td>
<td>1.5-4</td>
<td>M</td>
<td>Jun 13 - Aug 08</td>
<td>10:25-11:10am</td>
<td>$104</td>
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</table>

**Piano for Little Mozarts**
Maple Grove Community Center
Find a friend or a sibling to explore beginning steps at the piano with a Little Mozart’s partners’ lesson. Students will receive a fantastic jump start on the piano with hands-on activities. Each lesson includes music facts, movements, singing, percussion instruments, and time on the keyboard. Students will also be exposed to the rich heritage of classical music by some of the greats–Mozart, Beethoven, and many more. Children should know their numbers 1-5 and letters A-G before starting this class.
No Class: Jul 04

<table>
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<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>304109-01</td>
<td>4-6</td>
<td>M</td>
<td>Jun 13 - Aug 08</td>
<td>11:20-11:50am</td>
<td>$140</td>
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Gymnastics

**Tiny Tots Gymnastics**
Maple Grove Middle School - Auxiliary Gym
Ages 2 & 3 with a parent
Come on little ones, here is your chance to try out your tumbling skills in a safe environment. In this class children will be introduced to a variety of mat exercises, low balance beam, tumbling and games that develop coordination. Students should wear leotards or shorts, please no tights.
No Class: Jul 06, Jul 27

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>305106-01</td>
<td>2-3</td>
<td>W</td>
<td>Jun 22 - Aug 17</td>
<td>5:30-6:05pm</td>
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<td>305106-02</td>
<td>2-3</td>
<td>W</td>
<td>Jun 22 - Aug 17</td>
<td>6:15-6:50pm</td>
<td>$52.50</td>
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</table>

**Tiny Tots Gymnastics**
Maple Grove Middle School - Auxiliary Gym
This course is designed to be movement based and will focus on development of coordination. Tumbling, uneven bars, low balance beam and a variety of mat exercises will be introduced. Parent viewing first and last lesson only. Child must be 3½ years of age by the start of class. Students should wear leotards or shorts, please no tights.
No Class: Jul 06, Jul 07, Jul 27, Jul 28

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
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<tr>
<td>305119-02</td>
<td>3.5-4</td>
<td>Th</td>
<td>Jun 23 - Aug 18</td>
<td>5:30-6:10pm</td>
<td>$52.50</td>
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</table>

**Pre-School Beginning Tumbling/Gymnastics**
Maple Grove Middle School - Auxiliary Gym
This course will include tumbling, low balance beam work and a variety of mat exercises. Child must be 4½ years of age by the start of class. Leotards or shorts may be worn, no tights. Lessons missed by students will not be made up. Parent viewing first and last lesson only.
No Class: Jul 07, Jul 28

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>305107-01</td>
<td>4.5-6</td>
<td>Th</td>
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<td>6:15-7:00pm</td>
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<tr>
<td>305107-02</td>
<td>4.5-6</td>
<td>Th</td>
<td>Jun 23 - Aug 18</td>
<td>7:05-7:50pm</td>
<td>$52.50</td>
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</tbody>
</table>

Science Explorers

**Space Adventures!**
Maple Grove Community Center
Blast off with Science Explorers for a fun filled trip to the stars. Upon our departure, we will learn about gravity and how it affects us here on earth. As we soar past the moon, we will investigate the planets of our solar system and how they orbit the sun. As we reach the end of our voyage, we will look to the constellations and learn their stories. Come and join us on our journey as we create art projects, play games and more!

<table>
<thead>
<tr>
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<th>Date</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>305702-01</td>
<td>3.5-6</td>
<td>Tu-Th</td>
<td>Jul 19 - Jul 21</td>
<td>1-3pm</td>
<td>$69</td>
</tr>
</tbody>
</table>
Preschool

Lil' Sports Sampler

Various Locations
Explore t-ball and soccer activities while having fun! Kids will learn through interactive age appropriate game that work on skill development. Bring your water bottle to each session. Fee includes a t-shirt.

No Class: Jul 04, Jul 05, Jul 06, Jul 07

Activity #  Age  Day  Date  Time  Cost
205203-01  4-5  M & W  Jun 13 - Jul 27  9:30-10:15am  $115
205203-02  4-5  M & W  Jun 13 - Jul 27  10:30-11:15am  $115
205203-03  4-5  M & W  Jun 13 - Jul 27  11:30am-12:15pm  $115

Crosswinds - 15301 Weaver Lake Rd
Activity #  Age  Day  Date  Time  Cost
305203-07  4-5  Tu & Th  Jun 14 - Jul 28  5-5:45pm  $115
305203-08  4-5  Tu & Th  Jun 14 - Jul 28  6-6:45pm  $115
305203-09  4-5  Tu & Th  Jun 14 - Jul 28  7-7:45pm  $115

Fitness

Kids in Motion
Maple Grove Community Center
(Ages 18 Months – 3 with a parent) & (3 ½ - 6 without parent)
Come move with us! This class is all about fitness and movement. Exciting games and fitness activities that develop a child’s mind and body are all included. This class will focus on fun and fitness while achieving a good sense of self-awareness. Instructor, Renae Cole.

Activity #  Age  Day  Date  Time  Cost
305108-01  1.5-6  W  Jul 13 - Aug 31  9:15-10am  $60

Playhouse Preschool

Let’s Camp Out
Maple Grove Community Center
Camp Playhouse is in session! Come sing songs around the campfire, read in our tent, eat s’mores, cast a line in our lake and best of all, mosquito free!

Activity #  Age  Day  Date  Time  Cost
205351-01  3-5  Tu  May 10  9-11:30am  $20

Insects, Bugs & other Creepy Crawlers
Maple Grove Community Center
Bugs galore, bugs a plenty, yes, we love bugs! Come explore with us the world of creepy crawlers, fascinating flyers and beautiful butterflies.

Activity #  Age  Day  Date  Time  Cost
205352-01  3-5  Tu  May 24  9-11:30am  $20

Playhouse Adventure Camp
Maple Grove Community Center
Must be 3 as of Jan 1, 2022 (Must be fully potty trained)
Join Gayle & Sue for three days of learning made fun!
Summer is a great time for our preschoolers to practice gaining greater independence and confidence while also building on their friendship skills. Whether your child loves to get messy painting, dance around to silly songs, or build a tower - there will be something for everyone! Come join us for some summer time fun!

Activity #  Age  Day  Date  Time  Cost
305311-01  3-5  W-F  Jul 13 - Jul 15  9-11:30am  $60
305311-02  3-5  W-F  Jul 13 - Jul 15  12:15-2:45pm  $60

Register On
April 27 for General Programs

Register: webtrac.maplegrovemn.gov | Summer 2022
Prairie Fire Children’s Theatre

**Peter Pan**
Maple Grove Middle School - Auditorium  
Youth Entering Grades 2 - 12  
Trip the light fantastic to Neverland, with a twist! Director Roles: Captain Hook/Mr. Darling & Tiger Lily/Mrs. Darling (dual role), Cast includes: Peter Pan, Wendy, John, Michael, Nana the Dog, the Lost Kids, the Crocodile, the Beasts, the Pirates, and the Indians. Auditions are open to pre-registered children entering grades 2-12. All pre-registered auditioners will receive a part. The audition process lasts up to two hours and all auditioners are required to be in attendance the complete time. No preparation is necessary for the audition. Rehearsals for some parts may begin immediately following auditions. Each actor will receive a rehearsal schedule at auditions. Performances are at 7:00 p.m. on Friday and Saturday, July 22 and 23. Performances free of charge. For more information call 763-494-6516.

Location: Maple Grove Middle School, Auditorium  
Monday – Saturday, July 18-23, 2022  
Monday 1:00 p.m. – 3:00 p.m., auditions. Short rehearsal for a few cast members immediately following auditions. (Attention parents: plan on picking your child up at 3:00 p.m. following auditions, you will be notified if they need to stay for rehearsal).  
Tuesday – Thursday 1:00 p.m. – 5:15 p.m. rehearsal  
Friday 3:00 p.m. dress rehearsal, 7:00 p.m. performance  
Saturday, 7:00 p.m. performance

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>305307-01</td>
<td>7-17</td>
<td>M-Sa</td>
<td>Jul 18 - Jul 23</td>
<td>1-7pm</td>
<td>$119</td>
</tr>
</tbody>
</table>

**Wizard of Oz**
Maple Grove Middle School - Auditorium  
Youth Entering Grades 2 - 12  
A beloved classic, with some of the most memorable music PFCT has produced.  
Cast includes: Dorothy, the Tinman, the Lion, Toto, the Munchkins, Glinda, the Yellow Brick Road, the Monkeys, the Winkies, the Green Guard, the Traders of the Emerald City, the Wizard of Oz, Aunt Em & Uncle Henry. Directors roles: The Scarecrow & the Wicked Witch. Auditions are open to pre-registered children entering grades 2-12. All pre-registered auditioners will receive a part. The audition process lasts up to two hours and all auditioners are required to be in attendance the complete time. No preparation is necessary for the audition. Rehearsals for some parts may begin immediately following auditions. Each actor will receive a rehearsal schedule at auditions. Performances are at 7:00 p.m. on Friday and Saturday, August 19 and 20. Performances free of charge. For more information call 763-494-6516.

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<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>305307-01</td>
<td>7-17</td>
<td>M-Sa</td>
<td>Aug 15 - Aug 20</td>
<td>1-7pm</td>
<td>$119</td>
</tr>
</tbody>
</table>

**Safety**

**Safe On My Own**
Maple Grove Community Center  
This course is ideal for children 7-10 years of age. Children learn how to prevent and prepare for emergencies, safety when home alone, phone safety, and what to do if someone is choking or bleeding. No pressure, no stress, just an esteem-building education that participating youth can use to keep themselves safe. Fee includes all materials. This course is sponsored by the American Red Cross.

<table>
<thead>
<tr>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>305503-01</td>
<td>7-10</td>
<td>Sa</td>
<td>Jul 23</td>
<td>9-10:30am</td>
<td>$17</td>
</tr>
<tr>
<td>305503-02</td>
<td>7-10</td>
<td>Sa</td>
<td>Jul 23</td>
<td>11:30am-1pm</td>
<td>$17</td>
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</tbody>
</table>
Kidcreate Studio

Kidcreate launches children into the incredible world of art. Their energized classes, camps, and birthday parties offer an exciting format for art exploration and focus on art creating and education. Lesson plans, designed by an art educational professional, are age appropriate and devised to inspire the individual child. Teachers provide a positive, fun, self-esteem building atmosphere where children learn to express themselves through visual arts. Parents can be assured their child is being educated in a supportive environment where giggles and grins are encouraged. For more information about Kidcreate Studio, visit www.kidcreatestudio.com.

Slime Time
Town Green
Back by Popular Demand! Can’t get enough slime? Well, we can’t either! We’ll be making two different kinds of slime so we can spend all class long with the stretchy, silly stuff! Since we guarantee a good and messy time at this class, we ask that you dress your child appropriately. Please pack a nut free snack and a drink for your child.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>305344-01</td>
<td>4-9</td>
<td>M</td>
<td>Jul 11</td>
<td>9am-12pm</td>
<td>$37</td>
</tr>
</tbody>
</table>

Gem-Tastic
Maple Grove Community Center
We’re bringing out our best bling for these sparkling masterpieces! In this popular camp, you’ll create dazzling works of art, all covered in glittery GEMS! We’ll make clay cakes that sparkle and shine, along with a collage that glimmers and gleams. We’ll even make our very own gem-covered crown out of clay. Come get Gem-Tastic with us! Please pack a nut free snack and drink for your child each day.

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
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<td>305345-01</td>
<td>4-9</td>
<td>M-Th</td>
<td>Aug 01 - Aug 04</td>
<td>1-4pm</td>
<td>$115</td>
</tr>
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Science Explorers

Emergency Room 101
Eagle Lake Community Building
Entering Grades 2 - 6
In the Emergency Room, you will become a student doctor as you learn about the human body and basic first aid through plenty of hands on activities. You will explore the respiratory, circulatory and skeletal systems, plus learn the importance of mucus and other gross stuff that your body produces to keep you healthy. Also, you will participate in mock emergency situations, create a basic first aid kit and more when you join us in the emergency room.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>305720-01</td>
<td>7-12</td>
<td>Tu-Th</td>
<td>Aug 16 - Aug 18</td>
<td>10am-12pm</td>
<td>$69</td>
</tr>
</tbody>
</table>

Masters in Clay
Maple Grove Community Center
Be inspired by art created by Vincent Van Gogh, Claude Monet, Edward Munch and Claes Oldenburg. We will recreate famous works of art like Monet’s Water Lilies, Munch’s The Scream, Oldenburg’s Spoonbridge and Cherry and many others, all in clay. Make room to display these masterpieces! The projects your child creates in this camp are going to be amazing! Please pack a nut free snack and drink for your child each day.

<table>
<thead>
<tr>
<th>Activity #</th>
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<td>M-Th</td>
<td>Jul 11 - Jul 14</td>
<td>1-4pm</td>
<td>$115</td>
</tr>
</tbody>
</table>

Among Us
Town Green
Among Us fans, we’re getting all our crewmates together to create some out-of-this-world art. We’ll sculpt, paint, draw, and more as we create projects that are all inspired by this popular game. Please pack a nut free snack and drink for your child.

<table>
<thead>
<tr>
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<tr>
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<td>M</td>
<td>Jul 25</td>
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The How To’s of Drawing Camp
Central Park of Maple Grove
Does your young artist love to draw? This introductory drawing camp teaches kids the basic techniques and principles of drawing. We’ll encourage creativity and imagination while experimenting with a variety of drawing materials and techniques. The kids will even receive their own sketchbook that they will get to keep and draw in throughout the camp! In Kidcreate’s fun and supportive environment, your young artist will be eager to get drawing! Please pack a nut free snack and drink for your child each day.

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<td>1-4pm</td>
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Shocking Electrical Engineering
Eagle Lake Community Building
Entering Grades 2 - 6
Ready for some hair-raising, hands-on, fun? Then join us for Electrical Engineering as you build electrical circuits with batteries, wires, motors, buzzers, and switches all while learning about the history of electricity and the flow of electrons. You will also investigate which liquid solutions will conduct electricity, plus build battery-powered gadgets, including an electromagnet to take home.

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<td>1-3pm</td>
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</table>
Youth - Camp Maple Grove

Camp Maple Grove

CAMP MG – 3 Day Camp
Various Locations
Camp MG is filled with new excursions each day! We highlight a new location each day and unleash the opportunities for creative camp programming.

Tuesday, August 23 - Maple Grove Community Center
8:30am-4:00pm
Drop off and pick up at Maple Grove Community Center: 12951 Weaver Lake Rd
We will play at the Maple Grove Community Center. Gym, swim, arts, and playground fun. We will end our day at the Lions Pavilion. We invite parents to join us for root beer floats at 3:30 p.m.

Wednesday, August 24 - Lake View Knolls - Village Hall
8:30am-4:00pm
Drop off and pick up at Lake View Knolls Village Hall: 9391 Fernbrook Ln N
We will explore the new nature playground, experiment with ooeey and gooey science projects, play pickleball (we will teach you), group games and water relays, explore the arboretum just across the road and more!

Thursday, August 25 - Central Park of Maple Grove
8:30am-4:00pm
Drop off and pick up at Central Park: 12000 Central Park Way
Highlights of this day include splash pad and playground fun, large group games on The Lawn, art projects, bring your own wheels day (rollerblades/skates, bike or scooter) for fun on The Loop, and a king of the hill inflatable!

Activity # | Age  | Day  | Date       | Time       | Cost
--- | --- | --- | --- | --- | ---
305150-01 | 8-12 | Tu-Th | Aug 23 - Aug 25 | 8:30am-4pm | $135

Camp MG – 1 Day Camp
Weaver Lake Park – 8401 Maple Grove Parkway
Surrounded by beach front we will enjoy a day of nature exploring, swimming, and more! The picnic pavilion will be our home base. Kids will have the opportunity to explore the trails, learn to canoe and do archery, and enjoy the many other amenities Weaver Lake Park has to offer.

Activity # | Age  | Day  | Date | Time       | Cost
--- | --- | --- | --- | --- | ---
305101-01 | 8-12 | W  | Aug 10 | 8:30am-4pm | $45

Register: webtrac.maplegrovemn.gov | Summer 2022

JOIN THE FUN!
REGISTER NOW
FOR SPRING/SUMMER REC SOCCER

TO REGISTER AND FOR MORE INFO VISIT:
MAPLEBROOKSOCCER.COM

PROGRAMS
Summer Rec League (U11-U14)
Fuego Soccer (U7-U10)
Lil’ Blasters (U3-U6)
Horseback Riding

Horseback Riding
Caille Farm - 9209 Iffert Ave NE, Monticello, MN
For those of you who want to try riding for the first time and experience the thrill of being astride a beautiful horse, or for the experienced rider that wants to brush up on their skills; join us at Caille Farm. Learn basic care, stable safety, handling and feeding of horses. Lessons will be on well trained horses that give confidence to new riders, yet deliver challenge to the more advanced. Lessons will be held at Caille Farms indoor arena for your comfort. You provide your own transportation. Parent viewing can be done from 9:00-9:30 a.m. and 2:30-3:00 p.m. or at specific riding time arranged at Caille Farms. For further information or directions contact Barb at 612-598-1696. Long pants and tennis shoes are required. Attention Parents: A waiver needs to be signed by a parent prior to lessons. If you need a copy of the waiver prior to lessons, you can access that at www.caillefarms.com click on camps. Please bring a bag lunch.
Instructor, Barb Anderson Whiteis and staff.

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<td>Aug 31</td>
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Dance

Introduction to Jazz, Tap & Ballet
Maple Grove Middle School - Cafe
Welcome to the world of dance! This Jazz, Tap and Ballet class is for dancers who would like to learn dance routines through a variety of games and activities. Participants will dance to a variety of musical styles to learn techniques. Emphasis will be on having fun. Tap shoes are required. Ballet shoes are recommended but not required. Please wear comfortable clothing.
No Class: Jul 05

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Fencing

Fencing Camp
Maple Grove Community Center
Come learn real fencing skills while having fun in our special Musketeers Fencing camp! Our new program introduces children to the fundamentals of fencing with the foil weapon. This class is performed in a non-threatening environment with an emphasis on skill building, concentration, self-discipline and fun. Classes are designed to enhance motor skills, social and perceptual growth by teaching safe, age appropriate foil fencing skills to each child. Fencing may help improve concentration while developing self-control through fun and organized activities that are developmentally correct. We provide everything needed to fence (mask, jacket, glove and weapon). The fencer need only to come dressed comfortably (for freedom of movement) including long sweat pants and running shoes.

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Cheer

Maple Grove Competition Cheer
Maple Grove Middle School
Grades K - 7
Tumbling and Stunting Classes
Tumbling 1 (Code 01) will cover: forward rolls, cartwheels, roundoffs, bridges, bridge kickovers, backward rolls, handstand.
Tumbling 2 (Code 02) requires coach approval to join and will cover: handstand blocks, back extension rolls, back walkovers, front limbers, front walkovers.
Tumbling 3 (Code 03) requires coach approval to join and will cover: standing back handsprings, standing back tucks, running tumbling including handsprings, back tucks and layouts.
Stunts 1 (Code 04) will cover: thigh stands, shoulder sits, hand drills, preps and simple pyramid work.
Stunts 2 (Code 05) requires coach approval to join and will cover: prep, extension, half ups, prep level libs, cradles, cork downs, cradle to prone, pyramid work.
For Placement into Tumbling 2 and 3 please reach out to Crimsoncheercoach@gmail.com.
No Class: Jul 03, Jul 05

Activity # | Age | Day | Date       | Time | Cost
--- | --- | --- | --- | --- | ---
307103-01 | 5-13 | Tu | Jun 14 - Aug 02 | 5-6pm | $90
307103-02 | 5-13 | Tu | Jun 14 - Aug 02 | 6-7pm | $90
307103-03 | 5-13 | Tu | Jun 14 - Aug 02 | 7-8pm | $90
307103-04 | 5-13 | Su | Jun 12 - Aug 07 | 3-4:30pm | $135
307103-05 | 5-13 | Su | Jun 12 - Aug 07 | 4:30-6pm | $135

Summer Cheer Camp
Maple Grove Middle School
Grades K - 7
Athletes come and learn what cheer is all about in this fun instructional camp focused on jumps, stunts, cheers, dances and tumbling. The emphasis will be on cheer, however there will be a craft for athletes daily. A short routine of skills put together throughout the camp will be performed! All equipment will be provided. Athletes wear comfortable clothing and tennis shoes. This will be put on by the Maple Grove Competition Cheer Coaches and athletes. If you have any questions please reach out to Coach Kristen at crimsoncheercoach@gmail.com. There will be apparent performance on the last day of the camp at 10:50am.

Activity # | Age | Day | Date       | Time | Cost
--- | --- | --- | --- | --- | ---
307130-01 | 5-13 | M-Th | Jun 27 - Jun 30 | 9-11am | $90

Cheerleading Clinic
Maple Grove Middle School - Gym D/E
Cheers for better health! While this program teaches girls and boys all about the world of cheerleading, it also provides fun while staying fit! Cheers, chants, jumps and basic stunts will be taught by energetic staff from Planet Spirit. Parents are invited to watch a skills performance at 11:00 a.m. the last day of class. All equipment is provided. Athletes wear comfortable clothing. Participants will be divided by age.

Activity # | Age | Day | Date       | Time | Cost
--- | --- | --- | --- | --- | ---
305213-01 | 6-14 | M-Th | Jun 27 - Jun 30 | 9am-12pm | $72
Youth Sports

Competition Cheer

Maple Grove Youth Competition Cheerleading

All athletes attending tryouts will register under code 307150-01. Once you have been placed on a team we will send more information on how to make the payment for that team. Athletes for the performance team do not need to tryout and can register under that class code 307151-01.

Additional fees not included in registration may apply for practice shirts, uniform, cheer shoes etc. and will be ordered on your own during the season. Uniforms are consistent each year so you may not need to order one, practice shirts will be a required purchase.

Performance - Grades K-5 - Tryouts are not required
This team is for athletes in grades K-5 and is designed as an intro to competitive cheerleading. This team will perform at one competition, Crimson Cheer Challenge, featured as an exhibition. This will give athletes the opportunity to gain experience of what it is like to compete. No experience necessary.

Registration will open after tryouts.
Class Code: 307151-01
Sundays, November 6th-January 29th
5:30-6:30pm
$130

Novice - Grades 2-6 - Tryouts Required
This team is for athletes in grades 2-6 with little to no competitive cheerleading experience. This team will compete in the novice division at competitions which are reserved for first year teams. While previous cheer experience isn’t required for this team, athletes will still be evaluated on their ability to perform specific cheer skills and their ability to be coached.
Tuesdays, August 23rd- January 28th
5-6:30pm
$395

Elementary/Middle School Prep - Grades 2-6 - Tryouts Required
This team is for athletes in grades 2-6 with previous cheerleading experience. This team is also considered a middle school prep team so the level of skills performed on this team will be at a higher level than the novice team.
Tuesdays and Sundays, August 23rd – January 28th
6:30-8pm
$515

Middle School - (Grades 6-9 - Tryouts Required
This team is for athletes in grades 6-9 and is a direct feeder for the high school’s competitive cheer program.
Tuesdays and Sundays August 23rd – January 28th
3:30-5pm
$555

Important Dates!

Choreography Week
September 16-18.
Times will be determined at a later date.

Mandatory Parent Meeting
August 15
5-7pm

Mandatory Uniform Sizing Night
August 21
5:30-8:30 p.m.

Tryouts
Registration for tryouts will open May 9 at 9 a.m. Try-outs will be conducted over the course of two evenings and athletes will be formally evaluated and placed on a team with respect to their age and skill set.
August 10
5-7pm
August 11
6-8pm.

Competition Dates:

Team: Middle School, Elementary
Date: 12/3/22
Location: STMA

Team: Middle School, Elementary, Novice
Date: 12/17/22
Location: Prior Lake

Team: Middle School
Date: 1/7/23
Location: Minnetonka

Team: Middle School, Elementary, Novice
Date: 1/21/23
Location: DC

Team: Middle School, Elementary, Novice, Performance
Date: 1/22/23
Location: Maple Grove

Team: Middle School, Elementary, Novice
Date: 1/28/23
Location: State

Please visit crimsoncheer.com after registering for more information and try-out material.
Athletes will be expected to know material prior to the first night of try-outs. Cheer and dance material will be reviewed on the first night. Placements for all teams will be based on age, observed maturity (socially, emotionally and physically), and level of skill.

Register: webtrac.maplegrovemn.gov | Summer 2022
Youth Sports

T-Ball

T-Ball
Various Locations
Each T-Ball team will be made up of approximately 10 children with a max of 15 and two volunteer coaches. **Volunteer coaches needed!** 2 Volunteer parent coaches are needed for each team. Head coaches will receive a refund for their child’s registration at the completion of the season. Please select “yes” when you register if you are interested in being a coach for your child’s team. We will have a coordinator on site to help but need some parents to execute the practice plans each day.

The first 2 weeks will be practices. The following 4 weeks will be a combination of games and practices with a minimum of 4 games. Program days of the week stay consistent! Game times will be at 6:00pm mostly on the last 4 Wednesdays or Thursdays depending on registration. Schedules will be handed out the first day of practice. We will end the season with a parent/child game and participation medals. New dry fit jerseys are included. Bring a water bottle to class each day and wear tennis shoes. Team pictures will take place the 2nd week of practice.

No Class: July 4 & 14

Lakeview Knolls – 9391 Fernbrook Ln N

<table>
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Maple Creek - 18230 72nd Pl N

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<td>7:20-8:20pm</td>
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Golf

Youth Beginning Golf
Eagle Lake Golf Center - 11000 County Rd 10, Plymouth, MN
This program is designed as an introduction to the lifetime sport of golf. Etiquette, short game and full swing will be covered. Golf fundamentals will be introduced with a focus on fun and safety. PGA/LPGA professionals teach lessons at the new Eagle Lake Golf Center, 11000 County Road 10 in Plymouth (approximately 1 mile west of Highway 169). For further information on the Eagle Lake Golf Center, please go to their website at [www.eaglelakegolf.com](http://www.eaglelakegolf.com).

No Class: July 01, July 02

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<td>Aug 08 - Aug 12</td>
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<td>M-F</td>
<td>Aug 22 - Aug 26</td>
<td>10-11am</td>
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</table>

Register On
April 27 for General Programs
Tennis

Tennis Lessons - Beginning
Weaver Lake Park - Tennis Courts - 17270 82nd Ave N
An opportunity for youth with little or no previous tennis experience to learn the sport of tennis. Program is designed to include fun (age appropriate) movement, games and fitness activities. Class will be held on Friday if rained out earlier in the week. All students must bring their own tennis racket, water bottle and athletic shoes to class.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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Tennis Lessons - Next Step
Weaver Lake Park - Tennis Courts - 17270 82nd Ave N
For individual players who have completed beginning tennis lessons, an additional week session of lessons that will expand on skills acquired in the beginning class. Classes are scheduled Monday through Thursday with Friday being planned for a rain make-up date if necessary. All students must bring their own tennis racket, water bottle and athletic shoes to class.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tr>
<td>305209-03</td>
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<td>305209-07</td>
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<tr>
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<td>Aug 08 - Aug 11</td>
<td>11:11-11:45am</td>
<td>$52</td>
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</tbody>
</table>

Multi-Sport

Mini Hawk/Multi Sport Camp
Fernbrook Fields
This multi-sport program was developed to give children a positive first step into athletics. The essentials of football, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<td>M-Th</td>
<td>Jul 25 - Jul 28</td>
<td>9am-12pm</td>
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</table>

Basketball

Basketball
Central Park of Maple Grove
Using our progressional curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they will start each day with a ‘skill of the day’ and progress in to drills and games making an unforgettable camp experience for your young athlete. After a week of passing, shooting, dribbling and rebounding you will see why this is one of our most popular programs.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
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<tbody>
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<td>307701-01</td>
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<td>1-4pm</td>
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</table>
### Baseball/Softball

#### Super Tots TBall
Kerber Park
Baseball Tots is a development program for kids that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
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<td>Th</td>
<td>Jul 28 - Aug 18</td>
<td>6:20-6:50pm</td>
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#### Baseball Camp
Kerber Park
Skyhawks coaches teach the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants should bring appropriate clothing, two snacks, a water bottle, a baseball glove, and sunscreen. All participants receive a medal.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
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<th>Time</th>
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#### Softball Camp
Kerber Park
Skyhawks coaches teach the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants should bring appropriate clothing, two snacks, a water bottle, a baseball glove, and sunscreen. All participants receive a medal.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<td>Aug 01 - Aug 04</td>
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#### Softball Camp
Kerber Park
Skyhawks coaches teach the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants should bring appropriate clothing, two snacks, a water bottle, a baseball glove, and sunscreen. All participants receive a medal.

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<tr>
<th>Activity #</th>
<th>Age</th>
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<th>Time</th>
<th>Cost</th>
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<td>M-Th</td>
<td>Aug 01 - Aug 04</td>
<td>1-4pm</td>
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### Flag Football

#### Flag Football
Fernbrook Fields
Flag Football is the perfect introduction to “America’s Game.” Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Participants should bring appropriate clothing, two snacks, water bottle, and sunscreen. All participants receive a medal.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
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<td>M-Th</td>
<td>Jul 25 - Jul 28</td>
<td>1-4pm</td>
<td>$139</td>
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</table>

### Track and Field

#### Track and Field
Maple Grove Middle School
Track and Field: Skyhawks track and field combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques.

<table>
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<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<td>M-Th</td>
<td>Aug 01 - Aug 04</td>
<td>1-4pm</td>
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### Volleyball

#### Sand Volleyball
Maple Grove Community Center
All aspects of volleyball are taught through drills and exercises that focus on bumping, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Participants should bring appropriate clothing, two snacks, and water bottle. All participants receive a medal.

<table>
<thead>
<tr>
<th>Activity #</th>
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<td>Aug 01 - Aug 04</td>
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</table>
Multi-Sport

Mini-Sport & Multi-Sport Clinic
Fernbrook Fields
An introductory program designed for young children to explore baseball, soccer, non-contact lacrosse, and flag football in a fun and non-competitive setting. Children participate in multiple activities every day through unique Sports Unlimited games. Participants should bring a water bottle, snack and sunscreen. Sports Unlimited coaching staff.

<table>
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<th>Date</th>
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<tr>
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<td>M-Th</td>
<td>Aug 08 - Aug 11</td>
<td>1-4pm</td>
<td>$98</td>
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Ninja/Tag
Fernbrook Fields
Ninja: This exciting camp is three hours each day for boys and girls ages 4-6. This new class will give participants an opportunity to have fun testing their skills and abilities while going through various obstacles: tunnel crawl, cones weave, noodles crawl, mat rolls, parachute run, fitness ladders, hula hoop jump and hurdles. Different course set-up each day: Who will be Ninja Warrior of the day?

Tag: We will introduce campers to all their favorite playground games: ships across the ocean, animal tag, freeze tag, red light-green light, kick ball, capture the flag, duck-duck-grey duck, dodge ball (with soft sponge balls), 500, sharks and minnows, simon says and steal the bacon, castle ball.

Participants should bring a water bottle, snack and sunscreen.

Kickball - Dodgeball
Fernbrook Fields
Kickball: Is all about the FUN! Similar to baseball, this playground favorite is played with traditional baseball rules and a few extra quirky rules mixed in. Instead of a bat and ball, kids kick, catch, throw and dodge an 8” playground ball, meaning that anyone can join in and have a great time.

Dodgeball: Played with soft Nerf Balls. This is the most popular gym game by far for the last 75 years. Variations include Trench Ball, Bombardment, Dodge Football, Ga-Ga ball and Mushrooms and Aliens. Participants should bring a water bottle, snack and sunscreen.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
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<td>M-Th</td>
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<td>$98</td>
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</table>
Basketball

Maple Grove Girls Basketball Clinic
Maple Grove Senior High
Entering grades 2 - 7
Instructional clinic focusing on shooting, dribbling, ball handling, one on one defense and game situations. The emphasis will be on skills and techniques used in the Maple Grove High School girls basketball program. There is a discount for registering for both clinic weeks.
If you have questions about the camps, please email Mark Cook, cookmark@district279.org or Jon Leyse, leysej@district279.org.
Sign up for Code: 307102-03 if you want to register for both clinics.

<table>
<thead>
<tr>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
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Maple Grove Girls Basketball - Morning Mayhem
Maple Grove Senior High
Entering grades 7-12
These are intense workouts for kids who are serious about playing high school girls basketball for Maple Grove Senior High. These workouts are primarily designed for kids going into grades 8-12. If you have a child that is a high ability 7th grader, please contact Coach Cook, cookmark@district279.org or Jon Leyse, leysej@district279.org, for approval. The summer will be at Maple Grove Senior High and run from 7am-9am in the gym and 9am-10am in the Strength and Conditioning Center at the high school. The goal of these workouts is to better prepare kids mentally and physically to compete at the high school level. Instruction will come from members of the high school coaching staff.
Maple Grove Senior High Gyms
7:00-9:00 Gym
9:00-10:00 Weightroom
Monday-Thursday June 13-16
Tuesday - Friday June 21-24
Monday-Thursday June 27-30
(no camp July 4-7)
Monday-Wednesday July 11-July 13
Monday-Wednesday July 18-July 20
Monday-Wednesday July 25-July 27
No Class: Jul 04, Jul 05, Jul 06, Jul 07

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
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<th>Time</th>
<th>Cost</th>
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Osseo/Maple Grove Boys Basketball Clinic
Maple Grove Middle School, Community Gyms
Entering grades 1 – 8
This Osseo/Maple Grove Basketball clinic is designed to improve basketball player fundamentals. Emphasis will be placed on dribbling, shooting, team play and having fun. A camp shirt will be provided; please indicate t-shirt size when registering.
For program content, call Nick Schroeder 763-213-4241.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<td>M-Th</td>
<td>Jul 11 - July 21</td>
<td>9-11am</td>
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Maple Grove Boys Basketball Academy
Maple Grove Senior High
Entering grades 1 – 8
The focus of this academy will be fundamental of basketball and how to use them in a team setting. Players will be taught the proper way to shoot, dribble, pass, catch, defend, rebound, and most importantly to have fun. Campers will also be able to showcase what they learn in 1 on 1, 3 on 3 and 5 on 5 situations. Maple Grove Crimson basketball players and coaching staff will work closely with campers to ensure safety and learning throughout. A camp shirt will be provided; please indicate shirt size when registering. Please contact Maple Grove Head Coach Nick Schroeder with any questions 763-213-4241.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>307140-01</td>
<td>14-18</td>
<td>M, Tu, Th</td>
<td>Jun 13 - July 21</td>
<td>11am - 1pm</td>
<td>$100</td>
</tr>
</tbody>
</table>

Maple Grove Boys Basketball Team Workout Camp
Maple Grove Senior High
Entering grades 9-12
Maple Grove Team Workout Camp is an advanced camp for players looking to progress through the Maple Grove program. Players will be pushed by the Maple Grove coaching staff in all aspects of the game of basketball to help improve their game for the upcoming season and beyond. Please contact Maple Grove Head Coach Nick Schroeder 763-213-4241 with any questions.
Maple Grove Senior High, Gyms
Mondays, Tuesdays & Thursdays, June 13 – July 21
No Class: Jun 20-23 & July 4 – July 8

<table>
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<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>307141-01</td>
<td>14-18</td>
<td>M, Tu, Th</td>
<td>Jun 13 - July 21</td>
<td>11am - 1pm</td>
<td>$100</td>
</tr>
</tbody>
</table>
Gymnastics

Maple Grove Gymnastics
Maple Grove Senior High
This program is for gymnasts entering grades 7-12. These are intense workouts for kids who are serious about competing on a high school gymnastics team. We will focus on skill development along with execution and form. The 6-week session will also include conditioning and strength building specific to gymnastics.
For more information contact the Maple Grove HS Gymnastics head coach Sabrina Chapman by email: Mggtcoaches@gmail.com or by phone: 612-501-2732.

Recommended For Maple Grove High School Gymnasts: $550 for all three sessions!
To sign up for all three classes select Code: 307128-04

No Class: Jul 05, Jul 06, Jul 07

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<td>307128-01</td>
<td>12-18</td>
<td>Tu-Th</td>
<td>Jun 14 - Jun 23</td>
<td>9am-12pm</td>
<td>$200</td>
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<td>307128-02</td>
<td>12-18</td>
<td>Tu-Th</td>
<td>Jun 28 - Jul 14</td>
<td>9am-12pm</td>
<td>$200</td>
</tr>
<tr>
<td>307128-03</td>
<td>12-18</td>
<td>Tu-Th</td>
<td>Jul 19 - Jul 28</td>
<td>9am-12pm</td>
<td>$200</td>
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<tr>
<td>307128-04</td>
<td>12-18</td>
<td>Tu-Th</td>
<td>Jun 14 - Jul 28</td>
<td>9am-12pm</td>
<td>$550</td>
</tr>
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</table>

Nordic Skiing

MG Nordic Skiing Summer Training
Maple Grove Senior High
Girls & Boys Entering Grades 7 – 12
This cross-training program put on by coaches from the Maple Grove Nordic Teams will develop skiers for the winter Nordic ski season. Open to all skill levels for athletes that have Nordic skied for a high school team for at least one season. Workouts will focus on developing skill, form, stamina, endurance, and strength through roller-skiing, running, and strength workouts. Roller-skis are available to rent through many high school teams (Maple Grove Nordic skiers, talk to coach Gifford). Please wear comfortable clothes, shoes suitable for running and bring a water bottle and gloves. Knee pads recommended.
Contact Coach Gifford at giffordm@district279.org or 763-639-6282 for more information about program content. For further information, go to teamapp.com (or download team app to your phone) and search Maple Grove Summer Nordic.
An information meeting will be on google meet this year on April 25 at 7:00pm. The link for the meeting is https://meet.google.com/ief-xzhk-fvp. It will also be in the team app site or you can email coach Gifford for the link if you cannot find it.
Practices will all begin at Maple Grove Senior High, outside the cafeteria.
Mondays and Tuesdays 6:30 pm – 8:30 pm
Most Wednesdays and Thursdays 10:00 am – noon (some might need to change to evenings)
Check TeamApp for finalized schedule
Registration Codes
Code: 307509-01 - 2 days a week $140
Code: 307509-02 - 3 or 4 days a week $170

Ultimate Frisbee

Ultimate Frisbee
Rice Lake Elementary
Boys & Girls Entering Grades 2 - 12
Sessions for all levels covering basic techniques through advanced strategies and complex plays based on age and skill level. Ultimate Frisbee is a non-contact, self-officiated game that focuses on fair play and mutual respect. Games are played on a rectangular field; points are scored by moving the disc down the field and passing it to a teammate in the endzone. Your child will make friends, develop athletically, learn integrity and dedication - all while having a blast. This program is run by experienced coaches and current and alumni players from the Maple Grove Senior High Ultimate teams. Please wear comfortable clothes, cleats are recommended for Middle School and mandatory for Senior High. Bring a water bottle. If you have questions, please email Ryan Krueger, ryan@MapleGroveUltimate.com
No Class: Jul 04

<table>
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<td>307106-01</td>
<td>7-10</td>
<td>M</td>
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<td>6:30-7:30pm</td>
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<tr>
<td>307106-02</td>
<td>11-14</td>
<td>M</td>
<td>Jun 13 - Aug 29</td>
<td>6:30-8:00pm</td>
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<tr>
<td>307106-03</td>
<td>14-18</td>
<td>M</td>
<td>Jun 13 - Aug 29</td>
<td>6:30-8:30pm</td>
<td>$75</td>
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</tbody>
</table>
**Power Program**

**MG Crimson Power Program**

Maple Grove Senior High

The focus of this program is to prepare athletes for competition and prevention of athletic injuries. Muscular strength, flexibility, speed, agility and acceleration will be emphasized with the help of professionally developed training methods. For program content information contact Coach Lombardi at lombardim@district279.org or Coach Spurrell at SpurrellA@district279.org. Scholarships are available.

Maple Grove Senior High Strength Development Center (SDC) and athletic fields. Enter the school through the lower level west entrance, “Door C”.

Mondays, Tuesdays, Wednesdays & Thursdays
June 13 – July 28 (exclude the week of July 4 – July 7)

Session 01:  7:30 - 10:15 a.m.
Grades 9-12 – High intensity training in weights, body positioning, explosion, speed, change of direction, and athleticism. A curriculum based workout is used that will maximize performance in all areas.

Session 02:  9:30 – 11:15 a.m.
Grades 9-12 – Professional lifting program, non-sport related. Workouts involve strength, endurance and movement progressions. Lifting will not only center on power, but flexibility and explosiveness as well.

Session 03:  10:30 – 12:15 p.m.
Grades 7-8 – Introduction to the weight room using correct techniques creating a core and foundation for young athletes to build as they head into a life full of training and fitness throughout the rest of their lives. Workouts include 1 hour in the weight room daily followed by 45 minutes of different competitions that increase athleticism.

No Class: Jul 04, Jul 05, Jul 06, Jul 07

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<tr>
<th>Activity #</th>
<th>Age</th>
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<td>Jun 13 - Jul 28</td>
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<tr>
<td>307112-02</td>
<td>14-18</td>
<td>M-Th</td>
<td>Jun 13 - Jul 28</td>
<td>9:30-11:15am</td>
<td>$130</td>
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<tr>
<td>307112-03</td>
<td>12-15</td>
<td>M-Th</td>
<td>Jun 13 - Jul 28</td>
<td>10:30am-12:15pm</td>
<td>$130</td>
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</table>

**Tennis**

**Adkins Tennis Academy - Maple Grove**

Maple Grove Senior High

Entering Grades 6-12

Recommended for girls and boys who want to improve their game this summer. Coaches include Zach and Charlie Adkins. Email: zjadkins14@ole.augie.edu. Cell: 763-350-5572.

Monday - Friday, June 13 - August 12 (Excludes July 4 - 8)

Group options:

Code: 307116-01 - Varsity Group: For players on Varsity or looking to make Varsity. Focus is on point play. Varsity unlimited group sessions and Matchplay: $320.
- Monday: 8:30 AM - 10:30 AM
- Tuesday: 10:00 AM - 12:00 PM
- Wednesday: Makeup day
- Thursday: 8:30 AM - 10:30 AM
- Friday: Matchplay 8:30 AM - 11:30 AM

Code: 307116-02 - JV Group: For players looking to make JV. Focus is on point play. JV unlimited group sessions and Matchplay: $300.
- Monday: 10:30 AM - 12:00 PM
- Tuesday: 8:30 AM -10:00 AM
- Wednesday: Makeup day
- Thursday: 10:30 AM - 12:00 PM
- Friday: Matchplay 8:30 AM - 11:30 AM

Code: 307116-03 - Beginner Group: For players who are new to tennis, have limited experience, or want to review the basics. This class will start by focusing primarily on fundamentals. Beginner unlimited group sessions and Free Play: $300.
- Monday: 12:30 PM - 2:00 PM
- Tuesday: Free Play/Matchplay 12:00 PM -1:00 PM
- Wednesday: Makeup day
- Thursday: 12:30 PM - 2:00 PM
- Friday: 12:30 PM - 2:00 PM

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<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>307116-01</td>
<td>11-18</td>
<td>M-F</td>
<td>Jun 13 - Aug 12</td>
<td>8:30am-12pm</td>
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<tr>
<td>307116-02</td>
<td>11-18</td>
<td>M-F</td>
<td>Jun 13 - Aug 12</td>
<td>8:30am-12pm</td>
<td>$300</td>
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<tr>
<td>307116-03</td>
<td>11-18</td>
<td>M-F</td>
<td>Jun 13 - Aug 12</td>
<td>12:30-2pm</td>
<td>$300</td>
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</table>
Wrestling

**Maple Grove Youth Wrestling**

Maple Grove Senior High

This program is for wrestlers entering grades 2-12. Wrestlers with some experience and all skill levels (minimal experience - advanced) welcome. For more information contact Troy Seubert by email: mgwrestling99@gmail.com or by phone: 763-913-0601.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
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<td>7-18</td>
<td>T-F</td>
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<td>7-18</td>
<td>M-Th</td>
<td>Jun 27 - Jun 30</td>
<td>5:30-6:45pm</td>
<td>$20</td>
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<td>7-18</td>
<td>M-Th</td>
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<td>$20</td>
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<td>307117-05</td>
<td>7-18</td>
<td>M-Th</td>
<td>Jul 25 - Jul 28</td>
<td>5:30-6:45pm</td>
<td>$20</td>
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**Maple Grove Wrestling - Offseason**

Maple Grove Senior High

Strength & Conditioning

Champions are made in the offseason. Strength and conditioning are an important part of any athlete’s development, and that doesn’t stop once the season ends. This off-season program aims to provide young athletes from all sports, ages 6-18, with focused sessions around cardio and body-weight strength training; including core, plyometric and agility exercises. Drills can be scaled for individuals/age groups, to promote smaller group activities while reinforcing a competitive and challenging approach that pushes each kid to work hard and find their physical and mental strength.

Question Contact Michael Kisch Email: m.kisch@gmail.com. Cell: 763-442-3658.

**No Class:** Jul 03, Aug 07

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
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<th>Time</th>
<th>Cost</th>
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<td>Su</td>
<td>Jun 12 - Aug 14</td>
<td>6-7pm</td>
<td>$40</td>
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Soccer

**Osseo Girls Soccer Summer Training**

Osseo High School

Girls entering grades 7 - 12

These clinics are for soccer players who want to improve their conditioning and learn the technical and tactical aspects of the game. All ability levels are welcome! Participants will be introduced to drills that will be used in the 2022 Osseo girls soccer tryouts as well as strength, conditioning, & fitness. Please contact Pat Hager, Head Girls Soccer Coach at Osseo Senior High School for questions on program content. osseogirlssoccer@gmail.com

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<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>307311-01</td>
<td>12-17</td>
<td>Tu</td>
<td>Jun 21 - Aug 02</td>
<td>9-10am</td>
<td>$50</td>
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</tbody>
</table>

Tennis

**Orioles Summer Tennis Academy**

Osseo High School

Student Athletes entering grades 7 – 12 this Fall

High-energy academy for tennis players willing to work hard and have their sights on varsity-level tennis. Technical instruction and plenty of point play to improve skills and strategy for both singles and doubles. This is our 7th year led by varsity coach and USPTA teaching pro, Brian Rusche. For more information, www.brianrusche.com. Enrollment is limited to preserve instructor/player ratios. Coaches reserve the right to move players into the appropriate section based on tennis ability. Please register for appropriate Code/Level below.

- Varsity: You’ve already played varsity matches at your high school. Code: 307313-01
- JV: You know the basics and are eager to take your game to the next level. Code: 307313-02
- QuickStart: You are new to tennis or need to re-learn the basics. Code: 307313-03

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<th>Cost</th>
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<tr>
<td>307313-01</td>
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<td>Jun 13 - Jul 28</td>
<td>10:45am-12:15pm</td>
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<td>307313-02</td>
<td>11-18</td>
<td>M-Th</td>
<td>Jun 13 - Jul 28</td>
<td>10:15am-12:15pm</td>
<td>$25</td>
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<tr>
<td>307313-03</td>
<td>11-18</td>
<td>M-Th</td>
<td>Jun 13 - Jul 28</td>
<td>10:45am-12:15pm</td>
<td>$25</td>
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</tbody>
</table>
Teen Center

If you are a teen, then this is the place for you! Hang out with friends, listen to music, and play video games. Teen Center Memberships are free. The Teen Center has pool tables, video games, a projection screen TV, lounge area, Xbox Series X, PS4, Nintendo Switch, and more. Most of all, teens can be themselves and have fun in a safe environment.

Hours:

School Year
Monday - Friday  3 to 8 p.m.
Saturday        1 to 8 p.m.
Sunday          Noon to 6 p.m.

Non-School Days (Student Vacation Days)
Monday - Friday 1 to 8 p.m.

Pop-Up Rec

We will be popping up at parks around Maple Grove to involve youth in fun and games! Corn Hole, spike-ball, frisbee golf, can jam and more! Look for our Pop-Up Rec Flags.

Esports

Esports is one of the newest sports out there! Electronic Sports, is a competitive gaming medium that challenges gamers to play against one another to win. Often this involves playing in teams to reach the goal as a unit working together. While each player uses his or her own gaming system, often a headset is used for communication between gamers. Ages 12-18

Minnesota Esports Club & Maple Grove Parks & Rec are proud to announce a partnership to provide youth Esports in our community. Currently we are offering onsite gaming for:

Community Play Thursdays 5:30 – 8 p.m.
FortNite Fridays 5:30 – 8 p.m.

Club Members are welcome to come during at any time Teen Center is open to visit the Esports lounge. More information can be found at bit.ly/MECEsports.

Register On

April 27 for General Programs

Maple Grove Days Activities

3 on 3 Outdoor Basketball Tournament
Central Park of Maple Grove
The Central Park courts come alive with friendly competition at the third annual outdoor 3-on-3 Basketball Tournament. This round-robin contest has teams competing in two age groups. Team schedules will be determined the morning of the event. All teams must be pre-registered to participate.

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<th>Cost</th>
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<td>308101-01</td>
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<td>Jul 15</td>
<td>10am-12pm</td>
<td>$20</td>
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</table>

Duct Tape Fashion Show and Contest
Town Green
Are you a believer you can make anything with duct tape? Then here is your challenge. Design your outfit from duct tape and enter the Duct Tape Fashion Show! Judging is based on creativity, workmanship, originality and quantity of duct tape used. Participants may use any color of duct tape and the outfit may include accessories. Participants will meet at Town Green at 12:45pm, go on stage at 1:00pm.

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<th>Activity #</th>
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<td>308415-01</td>
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<td>Jul 16</td>
<td>1-1:30pm</td>
<td>$10</td>
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Capture the Flag
Weaver Lake Park
Join us for a fun game of Capture the Flag! Just show up and play!

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>F</td>
<td>Jul 15</td>
<td>3-5pm</td>
<td>Free</td>
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</tbody>
</table>

Virtual Art Contest - Theme of Maple Grove
Enter our 2nd annual Maple Grove Days Virtual Art Contest! Free to enter and prizes to be won! For ages 11-18 and there will be two age divisions. Winners will be announced via email and on the Maple Grove Parks and Recreation Facebook page. Find the submission form at https://www.maplegrovemn.gov/362/Teen-Center.

Register: webtrac.maplegrovemn.gov | Summer 2022
Babysitting

Babysitting Workshop
Maple Grove Community Center
This course is ideal for current and future babysitters, teaching them the best ways to be safe and keep the children in their care safe. Training for real life, includes essential professional leadership and caregiving skills, safety skills to prevent emergencies, how to manage real-life problems, including emergencies and tips on finding babysitting jobs. No pressure, no stress, just an esteem-building education that participating youth will use throughout their lives. This course is sponsored by the American Red Cross. Students 11 years of age or older who correctly demonstrate all skills and complete all course worksheets are eligible to receive a certificate of completion. This course is based on hands-on skills. No written test will be given. Children 10 years of age may take the course, however, they will not receive the certification. Students should bring a bag lunch.

Activity #  Age  Day  Date  Time  Cost
305501-01  10-15  Sa  Jun 18  9am-4:30pm  $84
305501-02  10-15  Sa  Aug 20  9am-4:30pm  $84

S.T.E.M.

Master Bricklayers: Structural & Architectural Design
Maple Grove Community Center
We are passionate about inspiring an interest in engineering! This hands-on experience is a perfect introduction to science concepts like structural engineering, architectural design, physics, external forces, and much more! Students will move through advanced building exercises in which they learn the complexities of designing structures and investigate the impact of external forces. In this camp, students will follow step-by-step builds, then test their new skills with open-ended building challenges and design projects. Students will be working in pairs.

Activity #  Age  Day  Date  Time  Cost
308501-01  10-15  M-W  Jun 27 - Jun 29  9am-12pm  $110
S.T.E.M.

Engineering: Solar, Hydro, and Wind
Maple Grove Community Center
Combine engineering and alternative energy (solar, hydro, and wind)! Build cars, cranes, drawbridges, etc., from LEGO® kits and operate them using alternative energy sources. Students working in teams will experiment with wind, water, and solar panels, resulting in a high-powered, high-energy course! Projects include waterwheel, windmill, Ferris wheel, and solar car. Students achieve an understanding of how energy is developed from the sun, wind, and water. Solar energy can be captured by the LEGO® Solar Cell and used to power their models. Students will use the concepts they learned to design and create a test car to compete against their classmates on the last day. Students will be working in small teams of 2-3.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308502-01 | 10-15 | M-W | Jul 18 - Jul 20 | 9am-12pm | $110  

3D Printing & CAD
Maple Grove Community Center
Printing and material fee included. This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD and use the 3D slicing program Cura to bring their creations to life. From industrial design and manufacturing to software and hardware engineering, the 3D printing industry is booming. This course serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308503-01 | 12-16 | M-W | Aug 01 - Aug 03 | 9am-12pm | $130  

Video Production for YouTube
Maple Grove Community Center
Learn how to create YouTube content! Shoot videos, edit sound, and create an online presence with YouTube. In the first half of camp, learn the tricks that pro filmmakers use for better shots, lighting, sounds and learn to use our film editing software. Then in the second half of camp, students will work on a group unboxing or product review video. Edit your video, add transitions, special effects, and insert a soundtrack. Then share your finished video with the world. Bring a USB drive (at least 8GB) to save your video on the last day.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308504-01 | 12-16 | M-W | Jul 25 - Jul 27 | 9am-12pm | $130  

Extreme EV3: Battlebots
Maple Grove Community Center
By combining the LEGO® building system’s versatility and the Mindstorms EV3, this camp will energize and excite students. Working each day in teams, students will construct fun LEGO® models, experiment with programs, and compete in robotic challenges. Robot building, block programming, and teamwork will be part of each day’s activities. Final challenges will be centered around hitting targets and a sumo battle. Students will be working in small teams of 2-3.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308505-01 | 12-16 | M-W | Jul 25 - Jul 27 | 1-4pm | $120  

Extreme EV3: Olympics
Maple Grove Community Center
Students will work in small teams using the EV3 Mindstorms Robotic Systems and specialized LEGO® Technic engineering components to build extreme robots and use programs to experiment with and overcome Olympic-style challenges. Students will then be challenged to morph their projects into better, stronger, or faster robots. Possible robotic projects include Shot Put Launcher, Flipping Gymnast, Sumobot, and more. Students will be working in small teams of 2-3.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308506-01 | 12-16 | M-W | Aug 01 - Aug 03 | 1-4pm | $120  

Multiplayer Minecraft: City Builder
Maple Grove Community Center
Minecraft is a sandbox-building game dominating the world of video gaming for the past several years. Collaborate with fellow students to construct a city! Students will take home their completed world files at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp! We will be using the PC/Java Edition of Minecraft. Bring a USB drive to save your games on the last day.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308507-01 | 10-15 | M-W | Jun 27 - Jun 29 | 1-4pm | $120  

Multiplayer Minecraft: Mini-Game Builder
Maple Grove Community Center
Become the architect of mini-game battle arenas! Build your own spleef arena, capture the flag base, king of the hill stadium, or one of many more mini-games, then challenge your friends! Battle it out against friends and compete to win challenges! Create tons of mini-games with all of your friends! Students will get a copy of the world map to take home and expand on. We will be using the PC/Java Edition of Minecraft. Bring a USB drive to save your games on the last day.

Activity # | Age | Day | Date       | Time       | Cost  
--- | --- | --- | --- | --- | ---  
308508-01 | 10-14 | M-W | Jul 18 - Jul 20 | 1-4pm | $120  

Register On April 27 for General Programs
Kayaking/Paddle Boarding

Kayaking
Various Locations
Join us for a beautiful day on the water. Learn stroke techniques and how to kayak. Meet at Fish Lake Boat Launch.

Weaver Lake Park – REGISTER NOW
Activity # | Age | Day | Date | Time | Cost
208114-01 | 10-18 | Su | May 22 | 1-2:30pm | $30

Fish Lake Regional Park
Activity # | Age | Day | Date | Time | Cost
308114-01 | 12-18 | Sa | Jun 04 | 1-3pm | $30

Stand Up Paddle-boarding
Fish Lake Regional Park
Paddle-boarding is a great workout and its fun. Sign up to learn this great sport. Meet at Fish Lake Beach.

Activity # | Age | Day | Date | Time | Cost
308118-01 | 12-18 | Tu | Jul 19 | 2-4pm | $30
308118-02 | 12-18 | Tu | Aug 02 | 1-3pm | $30

Skateboarding

Skate Boarding Camp
Maple Grove Community Center
Come learn how to skateboard or to learn new tips and tricks for the more advanced skateboarder!

Activity # | Age | Day | Date | Time | Cost
308107-01 | 7-18.25 | M-W | Jun 27 - Jun 29 | 9am-12pm | $170
308107-02 | 7-18.25 | M-W | Aug 01 - Aug 03 | 9am-12pm | $170

Summer Series Skateboard Contest
Maple Grove Community Center
Join us once again for our Skateboard Contest with 3rd Lair! Registration starts at 4pm with the contest starting at 5pm. All levels can compete. We will have expert, intermediate, beginner, and girls divisions.

Activity # | Age | Day | Date | Time | Cost
Tu | July 12 | 4pm | Free

Golf

Teen Beginning Golf
Eagle Lake Golf Center - 11000 County Rd 10
This program is designed as an introduction to the lifetime sport of golf. Etiquette, short game and full swing will be covered. Golf fundamentals will be introduced with a focus on fun and safety. PGA/LPGA professionals teach lessons at the new Eagle Lake Golf Center, 11000 County Road 10 in Plymouth (approximately 1 mile west of Highway 169). For further information on the Eagle Lake Golf Center, please go to their website at www.eaglelakegolf.com. No Class: Jul 01

Activity # | Age | Day | Date | Time | Cost
308107-01 | 10-18 | F | Jul 01 | 1-3pm | $25
308107-02 | 10-18 | Th | Jul 14 | 1-3pm | $25

Basketball

Basketball Pick Up Games
Maple Grove Community Center
Come play at the Community Center gym. Bring your friends and make some teams.

Activity # | Age | Day | Date | Time | Cost
308119-01 | 12-17 | Sa | Jun 11 - Jul 09 | 6:30-8pm | $10

Archery

Archery
Elm Creek Park Reserve
Come out the Elm Creek Archery Range and learn the skill of the Bow and Arrow.

Activity # | Age | Day | Date | Time | Cost
308117-01 | 10-17 | F | Jul 01 | 1-3pm | $25
308117-02 | 10-17 | Th | Jul 14 | 1-3pm | $25
**Cardio & Strength Combo**
Osseo High School - Cafe
Enjoy the benefits of getting a total body workout. Cardio Strength is a high energy, low impact cardio training class mixed with muscle conditioning. You will burn calories & fat while exercising your primary muscle groups, improving your stability, balance, posture, strength; improved joint mobility, back strength, cardio & respiratory systems, muscle tone. All levels of fitness are welcome to attend! Please bring a mat to class. Hand weights are required. If you currently own hand weights, please bring them. If you don’t currently own weights, there will be a discussion regarding options during the first day of class. Instructor, Renae Cole.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>309206-01</td>
<td>16+</td>
<td>M</td>
<td>Jul 11 - Aug 15</td>
<td>6:15-7:05pm</td>
<td>$37.50</td>
</tr>
</tbody>
</table>

**Strength Training and Toning**
Osseo High School - Cafe
This class is designed for all fitness levels. This program will assist in building bone density, losing weight and strength & energy building. Basic exercises using weights are geared toward individuals’ abilities, and can help with providing for a healthier, more active lifestyle. Authorities suggest that strength training can lower your risk of heart disease, diabetes and osteoporosis. Come join this class for an energy overhaul. Instructor, Renae Cole. Please bring a mat for floor exercises. Hand weights are required, however, they will not be available for use during class like they have been in the past. If you currently own hand weights, please bring them. If you don’t currently own weights, there will be a discussion regarding options during the first day of class.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>309209-01</td>
<td>16+</td>
<td>M</td>
<td>Jul 11 - Aug 15</td>
<td>7-8pm</td>
<td>$82.50</td>
</tr>
<tr>
<td>309209-02</td>
<td>16+</td>
<td>W</td>
<td>Jul 13 - Aug 17</td>
<td>6:15-7:05pm</td>
<td>$45</td>
</tr>
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</table>

**Tai Chi Exercise**
Central Park of Maple Grove
Tai Chi Ch’uan is a traditional Chinese exercise system which has been widely practiced for preventative and therapeutic purposes. Occasionally referred to as “moving meditation” or “moving pole”, it is one of the most popular exercise programs of Chinese tradition for improving personal fitness for people of any age. The primary benefits include postural control and balance, flexibility, coordination, agility, strength and power, sensitivity and awareness, reaction time and confidence. The movements are practiced in the beginning as slow and relaxed to develop strength while eliminating tension and increasing energy. As you advance in practice the movements will offer a practical way to learn to work with others and still reduce stress and tension. Taught by Gold Tai Chi group head instructor, Elaine Schrade.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>309210-01</td>
<td>16+</td>
<td>Tu</td>
<td>Jun 14 - Aug 30</td>
<td>7-8pm</td>
<td>$82.50</td>
</tr>
</tbody>
</table>

**Zumba Fitness**
Maple Grove Middle School
Inspired by high energy and motivating Latin and international music, Zumba is a dynamic, exciting, effective head-to-toe fitness system. Zumba combines fast and slow paced rhythms that tone and sculpt the body using aerobic interval training. Zumba is fun and great for the mind and body. No previous experience necessary. Instructor: Susan Gahan. Bring a water bottle and a sweat towel.

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<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>309215-01</td>
<td>16+</td>
<td>M</td>
<td>Jun 13 - Aug 22</td>
<td>5:45-6:45pm</td>
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<tr>
<td>309215-02</td>
<td>16+</td>
<td>W</td>
<td>Jun 15 - Aug 24</td>
<td>6-7pm</td>
<td>$75</td>
</tr>
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</table>

**Zumba Fitness Punch Card**
Maple Grove Middle School
Can’t decide what Zumba class to attend? Try a quarterly punch card. You may attend any summer Zumba class. Other exercise classes are not included. Punch card sent by mail.
- Times not used are not transferable to another quarter.
- Refunds are not issued for punch cards.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
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<td>16+</td>
<td>M &amp; W</td>
<td>Jun 13 - Aug 24</td>
<td>5:45-7pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

Register On
April 27 for General Programs
**Dance**

**Ballroom Dance For Beginners**  
Maple Grove Community Center  
Practice steps and turns in popular ballroom dances, including swing, waltz, foxtrot, salsa, and more. Enjoy dancing to music frequently played at weddings and parties. The perfect course for anyone getting married or preparing for an upcoming event. Have a fun-filled weekly date while acquiring a skill to last a lifetime. Dance moves are easy & you’re sure to be successful! Visit [www.ConstantineDance.com](http://www.ConstantineDance.com) for more info. $59/person.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>309101-01</td>
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<td>Th</td>
<td>May 26 - Jun 16</td>
<td>6:30-8pm</td>
<td>$59</td>
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</table>

**Yoga**

**Gentle Vinyasa Flow Yoga**  
Central Park of Maple Grove  
*Morning Class*  
**No Class:** Jul 06

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
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<th>Time</th>
<th>Cost</th>
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<tr>
<td>309204-01</td>
<td>16+</td>
<td>W</td>
<td>Jun 15 - Aug 31</td>
<td>9:30-10:30am</td>
<td>$82.50</td>
</tr>
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</table>

**Vinyasa Flow Yoga**  
Central Park of Maple Grove  
Intermediate/Advanced  
Reduce stress and restore a healthy, positive mind and body balance. This Vinyasa Flow class builds heat in the body with sun salutation and builds strength and flexibility through holding poses. Recommended for those who have done yoga before who are active and want a faster paced practice. Instructor, Dee James. Please bring a yoga mat.  
**No Class:** Jul 07

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>309212-01</td>
<td>16+</td>
<td>Th</td>
<td>Jun 16 - Aug 25</td>
<td>5:45-6:45pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

**Basic Hatha Yoga**  
Central Park of Maple Grove  
After a long day, join this relaxing class to reduce stress, increase flexibility and restore a healthy, positive mind and body balance. Recommended for those interested in a slower paced environment or have not had advanced yoga experience. Come stretch and relax. Instructor, Dee James. (During inclement weather, group will meet inside the building). Please bring a yoga mat.  
**No Class:** Jul 06

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<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>309214-01</td>
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<td>W</td>
<td>Jun 15 - Aug 31</td>
<td>5:30-6:30pm</td>
<td>$82.50</td>
</tr>
</tbody>
</table>

**Sunset Yoga in the Park**  
Town Green (southwest corner of the lake)  
Soak up the sun while we move our bodies in a free all levels vinyasa flow yoga class. ALL BEINGS WELCOME (beginners, kids, and fur babies on leash too)! Instructor: Mazie Gengler. Follow @ movewithmazie on Facebook for more information. An online waiver will need to be signed by everyone before the start of class. Please arrive 10 minutes early and bring a mat or towel. This class is weather permitting. Free-will offering (suggested $5-$10 per class). Cash accepted on-site at a contact free dropbox. Venmo, PayPal, and Apple Pay also accepted.

<table>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Reg. Req.</td>
<td>W</td>
<td>Jun 1 - Aug 17</td>
<td>7-8pm</td>
<td>Free</td>
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<tr>
<td>No Reg. Req.</td>
<td>W</td>
<td>Aug 24 - Sep 14</td>
<td>6:30-7:30pm</td>
<td>Free</td>
</tr>
</tbody>
</table>
**Yoga**

**Sun Salutation Saturdays**
Central Park of Maple Grove
A guided experience in a peaceful environment that is powerful, detoxing, energizing and invigorating. Stress less, increase flexibility, restore a healthy mind and body balance. Gentle Vinyasa Flow builds heat, strength and flexibility through holding positions. For those who have some experience or new to yoga but are active. Please bring a mat. During inclement weather, group will meet inside the building with the exception of July 16 & August 6. Instructor, Dee James.

No Class: May 28, July 2

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Reg. Req.</td>
<td>16+</td>
<td>Sa</td>
<td>May 7 - Aug 27</td>
<td>8:30-9:30am</td>
<td>Free will offering</td>
</tr>
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</table>

Paddle Boarding

Jamie Bartlett, owner of All Seasons Yoga, a company specializing in Yoga and Stand Up Paddleboarding (SUP) is a 200 hour certified Yoga Instructor. Check out [www.allseasonsytoga.org](http://www.allseasonsytoga.org) for more information.

Classes are held at the Eagle Lake Boat Access, 6861 Magda Drive, Maple Grove. Vehicles without trailers can use Woodcrest Neighborhood Park, 6800 Magda Drive for parking.

**Stand Up Paddle Boarding 101**
Eagle Lake Boat Access
Are you new to paddle boarding or looking to build your skills? This course will provide the proper knowledge, techniques and skills to safely paddle board. This 60-minute class starts with on land instruction and is followed by stepping on to the board and paddling onto the open water. Use of a regulation paddleboard included.

<table>
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<tr>
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<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>309220-01</td>
<td>16+</td>
<td>Tu</td>
<td>Jul 12</td>
<td>6-7pm</td>
<td>$31</td>
</tr>
<tr>
<td>309220-02</td>
<td>16+</td>
<td>Tu</td>
<td>Jul 26</td>
<td>7:15-8:15pm</td>
<td>$31</td>
</tr>
</tbody>
</table>

**“SUP” Stand Up Paddle Boarding: Yoga**
Eagle Lake Boat Access
SUP Yoga is a yoga class on a Stand Up Paddleboard. Being outside on the water is an amazing way to practice yoga and meditation. Through the course of the 5 weeks we will continue to build our practice each week. What better way to practice yoga in MN in the summer then out in the open water! All levels welcome we love beginners and advanced students alike and will have modifications for everyone! Use of regulation paddleboard included.

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<tr>
<th>Activity #</th>
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<th>Day</th>
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<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>309240-01</td>
<td>16+</td>
<td>Tu</td>
<td>Jul 12</td>
<td>7:15-8:15pm</td>
<td>$31</td>
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<tr>
<td>309240-02</td>
<td>16+</td>
<td>Tu</td>
<td>Jul 26</td>
<td>6-7pm</td>
<td>$31</td>
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<th>Activity #</th>
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<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>309241-01</td>
<td>16+</td>
<td>Tu</td>
<td>Aug 02 - Aug 23</td>
<td>6-7pm</td>
<td>$119</td>
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<tr>
<td>309242-01</td>
<td>16+</td>
<td>Tu</td>
<td>Aug 02 - Aug 23</td>
<td>7:15-8:15pm</td>
<td>$119</td>
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</table>
Tennis

Adult League USA Team Tennis Mixed Doubles
Weaver Lake Park - Tennis Courts - 17270 82nd Ave N
USA Team Tennis offers adults the opportunity to practice and play organized matches in a friendly atmosphere. The emphasis is on fun, fitness and the social benefits of tennis. This is a mixed doubles league, so you don’t need a partner to sign up! Make-up rain date is the following Wednesday.
No Class: Jul 05

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>309302-01</td>
<td>19+</td>
<td>Tu</td>
<td>Jun 14 - Aug 09</td>
<td>7:10-8:40pm</td>
<td>$50</td>
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Adult USA Tennis 1-2-3 Fundamentals
Weaver Lake Park - Tennis Courts - 17270 82nd Ave N
An introductory program consisting of 8 sessions to teach basic skills quickly to new players or to tennis players who have not played in some time. Make-up rain date is the following Wednesday.
No Class: Jul 05

<table>
<thead>
<tr>
<th>Activity #</th>
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<th>Day</th>
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<tbody>
<tr>
<td>309303-01</td>
<td>19+</td>
<td>Tu</td>
<td>Jun 14 - Aug 09</td>
<td>6-7pm</td>
<td>$90</td>
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Golf

Adult Golf Lessons - Never Ever
Eagle Lake Golf Center - 11000 County Rd 10
Never Ever lessons are designed for the golfer with no experience playing golf. This class will start at the beginning. Clubs are available for use. Equipment, golfer expectations, golf etiquette, simple rules, drills and swing instruction will be a part of each lesson! Lessons will cover irons, driving, chipping and putting.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
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<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>309301-01</td>
<td>18+</td>
<td>Tu &amp; Th</td>
<td>Jul 26 - Aug 04</td>
<td>6-7pm</td>
<td>$99</td>
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<tr>
<td>309301-02</td>
<td>18+</td>
<td>M &amp; W</td>
<td>Jul 26 - Aug 04</td>
<td>6-7pm</td>
<td>$99</td>
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</table>

Adult Golf Lessons - New Golfer
Eagle Lake Golf Center - 11000 County Rd 10
New Golfer lessons are designed for the golfer with little experience playing golf. New golfers usually have less than three years of playing experience or play less than 10 rounds a season. This class will incorporate golf etiquette, simple rules, drills and swing instruction into each lesson. Lessons will cover irons, driving, chipping and putting. Completion of this course prepares you for the next step class or private lessons, unless you feel it is still appropriate to continue in the Adult New Golfer lessons.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
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<td>309305-01</td>
<td>18+</td>
<td>M &amp; W</td>
<td>Jun 20 - Jun 29</td>
<td>7-8pm</td>
<td>$99</td>
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<tr>
<td>309305-02</td>
<td>18+</td>
<td>Tu &amp; Th</td>
<td>Aug 16 - Aug 25</td>
<td>7-8pm</td>
<td>$99</td>
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<tr>
<td>309305-03</td>
<td>18+</td>
<td>M &amp; W</td>
<td>Sep 06 - Sep 15</td>
<td>7-8pm</td>
<td>$99</td>
</tr>
</tbody>
</table>

Adult Golf Lessons - Geared for Women - New Golfer
Eagle Lake Golf Center - 11000 County Rd 10
This class provides a comfortable approach for women with little or no playing experience. In addition to explanation of beginning golf skills, the program will explain golf facility and course etiquette along with an explanation of playing rules and golf equipment.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
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<tr>
<td>309306-02</td>
<td>18+</td>
<td>Tu &amp; Th</td>
<td>Aug 16 - Aug 25</td>
<td>7-8pm</td>
<td>$99</td>
</tr>
<tr>
<td>309306-03</td>
<td>18+</td>
<td>Tu &amp; Th</td>
<td>Sep 06 - Sep 15</td>
<td>7-8pm</td>
<td>$99</td>
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<tr>
<td>309306-04</td>
<td>18+</td>
<td>M &amp; W</td>
<td>Sep 12 - Sep 21</td>
<td>6-7pm</td>
<td>$99</td>
</tr>
</tbody>
</table>

Register On
April 27 for General Programs
Adult Sports

Softball Leagues

Co-Rec Softball - Tuesdays
Maple Grove Middle School
Co-Rec Leagues: Class D & Below
Games played at Maple Grove Junior High with game times of 6:15, 7:15, 8:15 or 9:15pm
5 week double-header league

Eligibility:
1. All players must be at least 18 years of age by the start of the season.
2. Players cannot play on more than one Maple Grove team per night.

Fees:
League fees are due at the time of registration. No spots will be held without payment. For questions, please contact Chris Morrow at 763-494-6511 or at cmorrow@maplegrovemn.gov.

Registration Dates:
Online and in person registration is open now through Friday, August 5 or until filled.

Teams must provide an email address. All correspondence will be by email only.

Cancellation Policy:
Once your team is registered, you can only get your money refunded if a replacement team is found.
The Parks and Recreation Board will provide teams with official softballs. All other equipment will be provided by teams. Managers will be e-mailed when balls and manuals are ready to be picked up at the Maple Grove Community Center.

The home team shall provide a game ball and a good condition back-up ball. The back-up ball must be the same brand as the game ball. The game and backup ball will be given to the home team at the conclusion of the game.

Activity # | Age | Day | Date | Time | Cost
--- | --- | --- | --- | --- | ---
310102-01 | 18+ | Tu | Aug 23 - Sep 27 | 6:15-10:15pm | $445

Men’s Softball - Wednesdays
Maple Grove Middle School
Men’s Leagues: Class D & Below
Games played at Maple Grove Junior High with game times of 6:15, 7:15, 8:15 or 9:15pm
5 week double-header league
*NOTE: Total 3 homeruns per game for the Men’s Leagues. Additional homeruns will be an out.

Eligibility:
1. All players must be at least 18 years of age by the start of the season.
2. Players cannot play on more than one Maple Grove team per night.

Fees:
League fees are due at the time of registration. No spots will be held without payment. For questions, please contact Chris Morrow at 763-494-6511 or at cmorrow@maplegrovemn.gov.

Registration Dates:
Online and in person registration is open now through Friday, August 5 or until filled.

Teams must provide an email address. All correspondence will be by email only.

Cancellation Policy:
The Parks and Recreation Board will provide teams with official softballs. All other equipment will be provided by teams. Managers will be e-mailed when balls and manuals are ready to be picked up at the Maple Grove Community Center.

The home team shall provide a game ball and a good condition back-up ball. The back-up ball must be the same brand as the game ball. The game & backup ball will be given to the home team at the conclusion of the game.

Activity # | Age | Day | Date | Time | Cost
--- | --- | --- | --- | --- | ---
310103-01 | 18+ | W | Aug 24 - Sep 28 | 6:15-10:15pm | $445
Pickleball

Pickleball - Intro Class
Lakeview Knolls Park
Want to learn the very basics and get to know the game of pickleball? Free lessons will be offered as people are interested. It is a fun game, you can learn quickly and improve on the more you play. These lessons are free, but you must register to participate.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Age</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311320-01</td>
<td>18+</td>
<td>Tu</td>
<td>Jun 14</td>
<td>6:30-8:30pm</td>
<td>Free</td>
</tr>
<tr>
<td>311320-02</td>
<td>18+</td>
<td>Tu</td>
<td>Aug 09</td>
<td>6:30-8:30pm</td>
<td>Free</td>
</tr>
</tbody>
</table>

Pickleball - Outdoors
As soon as the weather allows, pickleball will move from the indoor gyms to the outside courts.

Styles of Play:
Dedicated Play (Individual Play):
Court schedules identified as ‘Dedicated Play’ are first come first served, allowing for single person practice, singles play (2 people playing), or a dedicated group only playing amongst themselves. Players must provide their own equipment. Courts should be released on the hour if players are waiting.

Open Play (Drop in Community Play):
Court schedules identified as ‘Open Play’ provide drop in participation, where players are cycled into games allowing for different partners and different opponents each game. This type of play welcomes single players or couples, since players are mixed after each game. Players must provide their own equipment to play. Upon arrival to the courts, place your paddle at the end of the line. When a game is finished, all 4 players come off the court and the next 4 players waiting in line begin play on the vacated court. The players that just came off the court place their paddles at the end of the line, to wait their next turn. This cycle continues through the scheduled Open Play hours.

Central Park - 12000 Central Park Way (4 courts)
Open Play for beginner & recreational level players
Monday - Friday 7-11am

Lakeview Knolls - 9391 Fernbrook Ln (6 courts)
Open Play for intermediate & advanced level players
Monday - Saturday 7-11am

*All other times are Dedicated Play. All Levels are welcome.*

The following Tennis courts are lined for Pickleball and are always Dedicated Play. All levels are welcome.
Basswood Neighborhood Park, Boundary Creek, Cedar Island, Donahue North, Elm Creek School, Fish Lake Woods, Forestview Ponds, Gleason Fields, Goldenrod Marsh, Hemlock Ponds, MG Middle School, Rush Creek, Scott/Jonquil Meadows, Teal Lake, Weaver Lake Upper, & Woodcrest

Pickleball - Indoors
This exciting game is a combination of ping-pong, tennis and badminton and is played with a smaller racquet/paddle and a whiffle ball. All levels are welcome.

Maple Grove Community Center
Ongoing open games on three courts. Pickleball memberships, coupon book or daily gym fees apply. Bring your own paddle and balls. Schedule subject to change; check website for current hours.

Monday 6-8:45am
Tuesday - Friday 6-9am
Saturday 7-8:45am
Wednesday & Sunday 6-8pm

Annual Membership: $200 resident, $220 non-resident
Coupon Books: $55 for 10 pass coupon book
Daily Fees: $6
Aquatic Fitness

Water Fitness
Maple Grove Community Center - Leisure Pool
Tone your muscles, improve your cardiovascular system, have fun, stay fit, and do it with the help and buoyancy of water. A great form of exercise for water lovers and people with joint pain. Students must use assigned pool only.

Tuesdays taught by Denise & Thursdays taught by Jan.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311212-01</td>
<td>Tu</td>
<td>Jun 07 - Jul 19</td>
<td>7-8am</td>
<td>$45.50</td>
</tr>
<tr>
<td>311212-02</td>
<td>Th</td>
<td>Jun 09 - Jul 21</td>
<td>7-8am</td>
<td>$45.50</td>
</tr>
<tr>
<td>311212-03</td>
<td>Tu</td>
<td>Jul 26 - Aug 30</td>
<td>7-8am</td>
<td>$39</td>
</tr>
<tr>
<td>311212-04</td>
<td>Th</td>
<td>Jul 28 - Sep 01</td>
<td>7-8am</td>
<td>$39</td>
</tr>
</tbody>
</table>

Water Walking Workout
Maple Grove Community Center
This newer class is held in the outdoor “lazy river” pool and is all about fun, cardio, and healthy joint movements as we walk against the gentle pool current. All levels are welcome to this class – everyone gets to set their own pace. Enjoy the social environment while reaping both physical and mental benefits. This is not a warm water pool and the water may feel chilly until we get moving and warmed up. Instructor: Jan O.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311216-01</td>
<td>W</td>
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<tr>
<td>311216-02</td>
<td>W</td>
<td>Jul 27 - Aug 31</td>
<td>8:45-9:45am</td>
<td>$39</td>
</tr>
</tbody>
</table>

Fitness

Easy, Beginning Yoga
Four Seasons at Rush Creek - 7550 Ranier La N
In-Person or Virtual
Join this class to reduce stress, increase flexibility and strengthen, and restore a healthy balance to your body. This class is recommended for those interested in a slower paced class. Give yoga a try and see the benefits of this form of exercise! Must be able to get up and down from the floor. Bring a yoga mat for floor poses. This class will be in-person but live-streamed on Zoom for virtual participation. Please sign-up for one or the other. Instructor: Dee James.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211205-01</td>
<td>Tu</td>
<td>May 03 - Jun 28</td>
<td>9:30-10:30am</td>
<td>$54</td>
</tr>
<tr>
<td>211205-02</td>
<td>Th</td>
<td>May 05 - Jun 30</td>
<td>9:30-10:30am</td>
<td>$54</td>
</tr>
<tr>
<td>311205-01</td>
<td>Tu</td>
<td>Jul 05 - Aug 30</td>
<td>9:30-10:30am</td>
<td>$58.50</td>
</tr>
<tr>
<td>311205-02</td>
<td>Th</td>
<td>Jul 07 - Sep 01</td>
<td>9:30-10:30am</td>
<td>$58.50</td>
</tr>
</tbody>
</table>

Virtual:

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211205-03</td>
<td>Tu</td>
<td>May 03 - Jun 28</td>
<td>9:30-10:30am</td>
<td>$54</td>
</tr>
<tr>
<td>211205-04</td>
<td>Th</td>
<td>May 05 - Jun 30</td>
<td>9:30-10:30am</td>
<td>$54</td>
</tr>
<tr>
<td>311205-03</td>
<td>Tu</td>
<td>Jul 05 - Aug 30</td>
<td>9:30-10:30am</td>
<td>$58.50</td>
</tr>
<tr>
<td>311205-04</td>
<td>Th</td>
<td>Jul 07 - Sep 01</td>
<td>9:30-10:30am</td>
<td>$58.50</td>
</tr>
</tbody>
</table>

Chair Yoga - Hybrid
Crosswinds United Methodist Church
Seated and standing yoga postures using a chair for support to improve flexibility, strength, coordination, balance and to relax the mind and body to handle the stresses of everyday life. This class will be held in person but will be live streamed using Zoom, in case you prefer to participate from home at any time. Zoom link will be emailed on July 12. Instructor: Denise S.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311204-01</td>
<td>W</td>
<td>Jul 13 - Aug 31</td>
<td>9:30-10:30am</td>
<td>$56</td>
</tr>
</tbody>
</table>

Register On
April 26 for Senior Programs

Register: webtrac.maplegrovemn.gov | Summer 2022
Seniors/55 Forward Fitness

Fitness

Tai Chi
Central Park of Maple Grove
Shibashi Tai Chi Qigong is designed to improve your general health and wellbeing. The gentle rocking motions and stretching movements improve circulation and digestion. The chest exercises and controlled breathing are good for lung conditions and asthma. And the overall effect of the exercise is to reduce mental stress and physical tension carried in the muscles of the body. This Qigong is very effective and easy to learn. We’ll focus on form work as time permits. Instructor: Karine P.

No Class: May 31, Aug 9

Returning Students

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211209-01</td>
<td>Tu</td>
<td>May 03 - Jun 21</td>
<td>9-10am</td>
<td>$56</td>
</tr>
<tr>
<td>311209-01</td>
<td>Tu</td>
<td>Jul 12 - Aug 30</td>
<td>9-10am</td>
<td>$56</td>
</tr>
</tbody>
</table>

Beginning Students

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211209-02</td>
<td>Tu</td>
<td>May 03 - Jun 21</td>
<td>10:10-11:10am</td>
<td>$56</td>
</tr>
<tr>
<td>311209-02</td>
<td>Tu</td>
<td>Jul 12 - Aug 30</td>
<td>10:10-11:10am</td>
<td>$56</td>
</tr>
</tbody>
</table>

Strength & Balance Training
Crosswinds Church
This program can help increase your energy level, build bone density, gain strength and better balance! Strength training can decrease risk for diabetes, heart disease, osteoporosis and other conditions. Bring your weights to class. Instructor: Jan O.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311211-01</td>
<td>Th</td>
<td>Jun 02 - Jul 14</td>
<td>9:15-10:15am</td>
<td>$49</td>
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<tr>
<td>311211-02</td>
<td>Th</td>
<td>Jul 21 - Aug 25</td>
<td>9:15-10:15am</td>
<td>$42</td>
</tr>
</tbody>
</table>

MG Wheelers Bike Group
Maple Grove Community Center
Are you a biker interested in joining in with others for a weekly group ride? They bike on Thursday mornings starting in April, approximately 20 miles at a pace of 10-12 mph. Take turns leading rides around the twin cities to explore new trails and make new friends. They are a fun social group, welcoming all riders. Helmets required. Call Liz for more information at 763-494-6514. Please register to join the club membership and receive weekly ride emails.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>9am-Noon</td>
<td>$12/year</td>
<td>MG Wheelers Bike Club</td>
</tr>
</tbody>
</table>

MG Wheelers Lite Bike Group
Maple Grove Community Center
This group is geared towards those who would like a more leisurely ride with shorter distances than the MG Wheelers group. We welcome all riders interested in a slower pace, but ask that you come with some biking experience, so the group may enjoy safe rides together. Weekly rides are on Tuesday mornings on paved area trails, starting in May. Distance is usually around 10 miles at 8 mph, with some slopes on the trails. Participants take turns leading rides and all communication happens via email. Please register online to join the club membership.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>9am-Noon</td>
<td>$12/year</td>
<td>MG Wheelers Lite Bike Club</td>
</tr>
</tbody>
</table>

Fitness Walking
LifeTime Fitness
LifeTime Fitness and Maple Grove Parks and Recreation invite you to join the Fitness Walking program. Using the Athletic Club’s walking track, you can get your exercise and enjoy the pace you choose. All registrations will be handled at LifeTime Fitness, Membership Services. For Maple Grove residents.

<table>
<thead>
<tr>
<th>Age</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>62+</td>
<td>M-F</td>
<td>9-11am &amp; 1-3pm</td>
<td>$10/month</td>
</tr>
</tbody>
</table>
Health & Fitness

Intro To Nordic Walking
Maple Grove Community Center
Sign-up for a private lesson and learn how Nordic Walking (walking with poles) makes an enjoyable stroll an even better physical fitness activity. This one-hour demo will introduce you to Nordic Walking, provide you with the basics and an opportunity to try it out. Once you see how simple and beneficial it is, you’ll want to join our Nordic Walking Groups. We recommend this private lesson prior to joining the Nordic Walking Groups. Once registered, we’ll email you to set-up a time to meet with Sher, a certified nordic walking instructor. Weekdays only please.

### Activity # | Day | Date | Time | Cost
--- | --- | --- | --- | ---
311214-01 | M-F | Jun 01 - Aug 31 | 8am-6pm | $8

Nordic Walking Groups
Join Linda, Shelley or Sher; all certified Nordic Walking instructors for group walks in Maple Grove with options both indoors and outdoors. Use more muscles, burn more calories while enjoying a walk with others. Choose from 3 groups, ranging from leisure to active walks. A limited number of poles are available to borrow or bring your own.

$12 yearly

Active Walkers (outdoors) with Linda: M/W/F 8-9:30 a.m.
Fairweather Walkers (in/out) with Shelley: M/W/F 8:30-9:30 a.m.
Strollers (in/out) with Sher: M/W/F 8:30-9:30 a.m.

Marvelous Monday Hikes
Maple Grove Community Center
Company of Women Travel empowers women to enjoy the outdoors! If you have never hiked before you have come to the right place. It is all about you! Prior to starting this company, Mary directed and lead hikes and outdoor activities for active seniors at Basin Recreational Fieldhouse in Park City, Utah. As a longtime resident of Maple Grove, Mary is looking forward to offering small group, go at your own pace, fun and safe hikes. Hikes will occur rain or shine, unless weather is extreme. Men are also welcome on these hikes, if you’d like to bring a friend or partner. Please view detailed flyer in Senior Center for more information on these hikes.

All hiking trips are drive-yourself and will meet at the Maple Grove Community Center parking lot at 8 a.m. before heading out to the park. Return time is approximately 2 p.m. Bring a bag lunch/snack and water. Sign-up by Wednesday the week prior.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311218-01</td>
<td>M</td>
<td>Jun 13</td>
<td>8am-2pm</td>
<td>$24</td>
</tr>
<tr>
<td>311218-02</td>
<td>M</td>
<td>Jul 18</td>
<td>8am-2pm</td>
<td>$24</td>
</tr>
<tr>
<td>311218-03</td>
<td>M</td>
<td>Aug 01</td>
<td>8am-2pm</td>
<td>$24</td>
</tr>
</tbody>
</table>

Free Friday Hikes
Elm Creek Park Reserve
Mary from Company of Women Travel ([www.companyofwomentravel.com](http://www.companyofwomentravel.com)) is leading free hikes at Elm Creek Park Reserve. Meet at the Elm Creek Chalet at 8 am to hike around Mud Lake, approximately 4 miles. Please sign-up no later than Wednesday.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311221-01</td>
<td>F</td>
<td>Jun 10</td>
<td>8-10am</td>
<td>Free</td>
</tr>
<tr>
<td>311221-02</td>
<td>F</td>
<td>Jul 08</td>
<td>8-10am</td>
<td>Free</td>
</tr>
<tr>
<td>311221-03</td>
<td>F</td>
<td>Aug 12</td>
<td>8-10am</td>
<td>Free</td>
</tr>
</tbody>
</table>
Health & Wellness

African Drumming
Maple Grove Community Center
There’s no right & there’s no wrong! Experience a morning of therapeutic drumming with other community members. West African drums and other instruments will be available for this fun and healing experience. This community empowerment program is courtesy of the Multicultural Kids Network. Free but you must register.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211319-01</td>
<td>Tu</td>
<td>May 10</td>
<td>9:30-10:30am</td>
<td>Free</td>
</tr>
<tr>
<td>311319-01</td>
<td>W</td>
<td>Jun 08</td>
<td>9:30-10:30am</td>
<td>Free</td>
</tr>
<tr>
<td>311319-02</td>
<td>Tu</td>
<td>Jul 26</td>
<td>9:30-10:30am</td>
<td>Free</td>
</tr>
<tr>
<td>311319-03</td>
<td>W</td>
<td>Aug 24</td>
<td>9:30-10:30am</td>
<td>Free</td>
</tr>
</tbody>
</table>

Happy Feet Foot Care
Maple Grove Community Center
Well cared for feet will help your entire body to feel better! Happy Feet, a service of Happy Helpers, Inc., provides a quality foot care service. They specialize in routine foot care for elder and diabetic feet, and are able to meet the special needs you may have. A foot soak and massage are provided with each visit along with the care needed. Call 763-560-5136, Happy Helpers Inc. to schedule an appointment.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 2nd &amp; 3rd Thursday</td>
<td>9am-3:30pm</td>
<td>$45/visit</td>
</tr>
</tbody>
</table>

Caregiver & Family Support Group
Build a support system with people who understand. Alzheimer’s Association® caregiver support groups, conducted by a trained facilitator, are a safe place for caregivers, family and friends of persons with dementia to: Develop a support system; Exchange practical information on caregiving challenges and possible solutions; Talk through issues and ways of coping; Share feelings, needs and concerns; and learn about community resources. Please contact Deb S. to join: 612-940-4468, dmurphy03@aol.com.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 1st Thursday</td>
<td>6:30-7:30pm</td>
<td>Free/Drop In</td>
</tr>
<tr>
<td>Every 2nd Wednesday</td>
<td>10-11am</td>
<td>Free/Drop In</td>
</tr>
</tbody>
</table>

Memory Cafe
Maple Grove Community Center
The memory café is a social gathering for individuals diagnosed with early to mid-stage dementia, mild cognitive impairment or concerns about memory and their loved ones (family, friends or care providers). It is a safe environment, free of judgment and supportive; where the person and her/his loved one can enjoy socializing with others who are in a similar situation. It is NOT a drop off care option. Individuals who attend need to be self-sufficient in their self-care (toileting, feeding and mobility). Activities may include card games, music, crafts and having fun. Registration is required. Led by Deb S.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 3rd Friday</td>
<td>10-11:30am</td>
<td>$12/year</td>
</tr>
</tbody>
</table>

Household and Outside Maintenance for Elderly
Seniors, are you looking for some assistance with your household chores? H.O.M.E. is a program that helps older adults (age 60 plus) remain independent by providing services they are unable to do for themselves. Service costs are based on a sliding contribution scale. Senior Community Services staff, with a network of skilled workers and volunteers can perform painting, minor repairs, raking, snow shoveling, lawn mowing, house cleaning, laundry, and grocery shopping. Call 952-746-4046 or email home@seniorcommunity.org to apply for services or ask questions.
Free Trellis Services & Resources

**Free Trellis Presentations**
The Metropolitan Area Agency on Aging (MAAA) changed their name to Trellis last year. They continue to offer their presentations in a live, online presentation format. These presentations are led by trained staff and volunteers, and topics include Medicare 101, Health Care Fraud, Annual Medicare Update, Health Care Directives, How the Senior LinkAge Line Can Help You, etc. Be sure to view their upcoming presentations online at www.trellisconnects.org/signup-presentation/ Trellis and the Senior LinkAge Line are free local resources, open for everyone to utilize.

**Free Juniper Classes**
Juniper offers small online group classes that help you stay active, independent, and feeling your best. There are three categories of classes: Live Well, Get Fit, and Prevent Falls. Evidence-based programs are proven to promote health and prevent disease among adults with chronic health conditions. Juniper programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in important health-related outcomes among participants. Juniper is a program of Trellis (formerly Metropolitan Area Agency on Aging). You can view available free classes by visiting www.yourjuniper.org.

**Health Insurance Help**
Wondering about your choices with supplemental coverage? Have questions about Part D? Worried about the details in filing a claim or appeal? Trained volunteers will help answer these questions and more in a one-on-one information session over the phone. Please visit www.trellisconnects.org/get-help/medicare/ to make an appointment, or you can call the Senior LinkAge Line at 1-800-333-2433. This service is provided free by Trellis (formerly Metropolitan Area Agency on Aging).

**Senior Linkage Line ®**
The Senior LinkAge Line (SLL) is a free statewide service of the Minnesota Board on Aging in partnership with Minnesota’s Area Agencies on Aging. The SLL provides information and assistance to seniors, Medicare beneficiaries, and caregivers. The SLL promotes choice and independence by helping people with questions about Medicare benefits and options, talking people through how to age and live well in the community of their choice, and connecting caregivers to resources available to support them, among many other things. Check out their public database at www.MinnesotaHelp.info and call the SLL at 1-800-333-2433 on weekdays for assistance, answers and support.

**Age-Friendly Maple Grove**

**Age-Friendly Maple Grove Requests Your Input**
Did you know that more than a quarter of Maple Grove residents are age 55 or above?

What is important to you, your family, and friends as you think about growing older in Maple Grove?

Age-Friendly Maple Grove is a community-driven, city-sponsored initiative to make Maple Grove a better place to grow older, and we want your input. Keep an eye out for the Age-Friendly Maple Grove Community Survey coming in May. Take a few minutes to complete the survey, and help us identify priorities for the coming years.

Visit agefriendlymaplegrove.org to take the survey online, or pick up a hard copy at the Community Center!

*The City of Maple Grove is a member of the World Health Organization/AARP Network of Age-Friendly States and Communities. Learn more by visiting our website, agefriendlymaplegrove.org, and Facebook page, facebook.com/agefriendlymaplegrove.*

**Safety Series**

**Fire Safety Presentation**
Maple Grove Community Center
Join us in the Senior Center for an educational presentation on various fire and life safety topics including kitchen safety, smoke and CO alarms, escape plans, and the dangers of excessive storage and clutter. The presentation and discussion will be led by a Maple Grove Fire Inspector.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211308-01</td>
<td>M</td>
<td>May 23</td>
<td>9-10am</td>
<td>Free</td>
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**Kitchen Trailer Fire Demo**
Maple Grove Community Center
Cooking is a leading cause of fires across the United States. Many of these fires can be prevented by making a few small changes and remembering to “Stay and Look, When You Cook.” Come to this live fire presentation where the Maple Grove Fire Department will present the do’s and don’ts of cooking fire safety. The grand finale is an explosive demonstration of what happens when you put water on a cooking fire. All ages are welcome! Free but you must register.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311308-01</td>
<td>F</td>
<td>Jun 17</td>
<td>10-10:45am</td>
<td>Free</td>
</tr>
</tbody>
</table>
Driving Classes

MHSRC Driving Classes
Maple Grove Community Center
Taught by MN Hwy Safety & Research Center, the class will explore the latest in vehicle technology, changes in laws, and review defensive driving principles. Minnesota state law allows a 10% reduction on auto insurance premiums each year for three years to individuals completing the course. To register, visit the MN Hwy Safety Center website at www.mnsafetycenter.org or call 1-888-234-1294.

8-Hour Full Course: This 2-session class is for those who have never taken the course.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>M &amp; Tu</td>
<td>May 2 &amp; 3</td>
<td>5:30-9:30pm</td>
<td>$28</td>
</tr>
<tr>
<td>M &amp; Tu</td>
<td>Jul 11 &amp; 12</td>
<td>5:30-9:30pm</td>
<td>$28</td>
</tr>
</tbody>
</table>

4-Hour Refresher Course: This class is for those who have taken the 8-hour course and eligibility for a 3-year auto insurance discount is expiring.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Th</td>
<td>May 19</td>
<td>8:30am-12:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>M</td>
<td>May 23</td>
<td>12:30-4:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>Tu</td>
<td>Jun 7</td>
<td>12:30-4:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>M</td>
<td>Jun 13</td>
<td>5:30-9:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>Th</td>
<td>Jun 23</td>
<td>8:30am-12:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>M</td>
<td>Jul 18</td>
<td>12:30-4:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>Th</td>
<td>Jul 28</td>
<td>8:30am-12:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>Tu</td>
<td>Aug 2</td>
<td>5:30-9:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>M</td>
<td>Aug 15</td>
<td>8:30am-12:30pm</td>
<td>$24</td>
</tr>
<tr>
<td>Th</td>
<td>Aug 25</td>
<td>12:30-4:30pm</td>
<td>$24</td>
</tr>
</tbody>
</table>

AARP Smart Driver Course
Maple Grove Community Center
Learn and review tips and tactics for safe driving on our ever-busy roads. Upon completion of the course, you may apply for a 10% discount on your auto insurance. The course fee is $25 for AARP members and $30 for non-members. Included in this cost are the AARP materials and a $5 facility fee. Must present your membership card at registration for the discount!

4-Hour Refresher Course: This class is for those who have taken the 8-hour initial course and whose eligibility for a 3-year auto insurance discount is expiring.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311701-01</td>
<td>M</td>
<td>Jun 06</td>
<td>8:30am-12:30pm</td>
<td>$25/$30</td>
</tr>
<tr>
<td>311701-02</td>
<td>Tu</td>
<td>Jun 21</td>
<td>5:30-9:30pm</td>
<td>$25/$30</td>
</tr>
<tr>
<td>311701-03</td>
<td>M</td>
<td>Jul 11</td>
<td>8:30am-12:30pm</td>
<td>$25/$30</td>
</tr>
<tr>
<td>311701-04</td>
<td>Th</td>
<td>Jul 21</td>
<td>12:30-4:30pm</td>
<td>$25/$30</td>
</tr>
<tr>
<td>311701-05</td>
<td>Tu</td>
<td>Aug 09</td>
<td>5:30-9:30pm</td>
<td>$25/$30</td>
</tr>
<tr>
<td>311701-06</td>
<td>Tu</td>
<td>Aug 23</td>
<td>8:30am-12:30pm</td>
<td>$25/$30</td>
</tr>
</tbody>
</table>

Alzheimers Association

Dementia Conversations
Maple Grove Community Center
When someone is showing signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. Led by Deb S.

Free but registration is required.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311324-01</td>
<td>M</td>
<td>Jun 13</td>
<td>10-11:30am</td>
<td>Free</td>
</tr>
</tbody>
</table>

Healthy Living For Your Brain & Body
Maple Grove Community Center
For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Led by Deb S.

Free but registration is required.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311340-01</td>
<td>M</td>
<td>Jul 11</td>
<td>10-11:30am</td>
<td>Free</td>
</tr>
</tbody>
</table>

Managing Money
Maple Grove Community Center
This program, will provide you general information on legal, financial and medical issues. It’s important to note that this information is not meant to take the place of professional advice. Laws are different in every state, and are constantly changing. If you have specific legal, financial or medical questions, you should talk to a professional before acting on any of the information in this program. Led by Deb S.

Free but registration is required.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311341-01</td>
<td>M</td>
<td>Aug 08</td>
<td>10-11:30am</td>
<td>Free</td>
</tr>
</tbody>
</table>

Please register at least 1 week prior to class date.
Global Discussion Group

Global topics for 2022 will be discovered and discussed from March – October on the 3rd Wednesday of each month. Every topic will include a 30-minute video and a 90-minute speaker with time to ask questions and discuss. 2022 GD books containing 8 global topics are available to purchase for $28 from the community center.

Great Decisions - Climate Change
Maple Grove Community Center
The ideological divide in the United States on the subject of climate change has impeded progress in curbing greenhouse emissions. But extreme weather events at both ends of the thermometer have focused attention on the consequences of inaction. What role will the United States play in future negotiations on climate?

Great Decisions - Russia
Maple Grove Community Center
Russia and the United States have many areas of conflict and some possible areas of mutual interest. Arms control, Russian interference in U.S. elections and support of cyberattacks, the status of Ukraine, the fate of opposition politicians in Russia, all continue to be concerning. How will the new administration in Washington approach these issues?

Great Decisions - Myanmar and ASEAN
Maple Grove Community Center
The situation in Myanmar, including the coup by the military in February 2021 and the ongoing human rights crises, coupled with civil resistance by those opposed to the regime, has led to chaos in the Southeast Asian country. How are neighboring countries reacting, and what role will ASEAN play?

Great Decisions - The Quad Alliance
Maple Grove Community Center
As part of the U.S. pivot to Asia, the United States has been in dialogue with Japan, Australia, and India in an effort to contain China. Recently, the Quad countries held joint naval exercises in the South Pacific. How effective will the actions of this alliance be?

Register: webtrac.maplegrovemn.gov | Summer 2022
Technology Assistance

1-On-1 Computer Help
Get individual assistance on a variety of technology topics like Windows 10, Yahoo or Outlook email, Word, Photoshop Elements, Print Artist, Family Tree Maker, Windows 10 photos, Cloud data storage, iPhone & iPad apps, Google Chrome, smartphone photos, video calling, etc. Bring in your own device or use one of our desktop computers. Sessions will not exceed 1 hour in length and should be focused on a specific question(s) that you need help with. Contact Liz at 763-494-6514 or efaust@maplegrovemn.gov to schedule a 1-on-1 appointment with a volunteer that matches your needs.

Open Computer Lab
The Senior Center has two desktop computers available to use on weekdays upon request. Contact Liz or Brenda for access or to ask questions.

Technology

Computer Scams, And What Not To Click On
Virtual
Don’t let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about, frustrating and suspicious popups, advertisements, your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets.) This virtual class will be live taught on Zoom and the join link will be emailed to you the day prior. Taught by Mike W.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311401-01</td>
<td>Tu</td>
<td>May 17</td>
<td>7-8pm</td>
<td>$24</td>
</tr>
</tbody>
</table>

Arts

Card Making with Friends
Maple Grove Community Center
Tired of spending a fortune on those expensive store-bought cards? Now you can send gorgeous handmade cards for a fraction of the cost, and enjoy the company of others at the same time. All supplies are included to make 5 cards of your choosing. There will be a large variety of ready to assemble cards to select from. No experience necessary - knowledgeable assistance is included. Instructor: Katy.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311509-01</td>
<td>Tu</td>
<td>Jun 14</td>
<td>1-3pm</td>
<td>$15</td>
</tr>
<tr>
<td>311509-02</td>
<td>Th</td>
<td>Jul 07</td>
<td>7-9pm</td>
<td>$15</td>
</tr>
<tr>
<td>311509-03</td>
<td>Tu</td>
<td>Aug 09</td>
<td>1-3pm</td>
<td>$15</td>
</tr>
</tbody>
</table>

Minnehaha Falls Painting
Maple Grove Community Center
Get together with friends at the Community Center while you make a beautiful painting of Minnehaha Falls! In this single-session class, artist Dan McAvey will walk you through the steps to complete a 16x20” painting of this iconic landmark using acrylic paints. No painting or drawing experience is required to have a fun afternoon and create a work of art you can bring home! All supplies are included in the class fee.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311504-01</td>
<td>Tu</td>
<td>Jul 19</td>
<td>1:30-4pm</td>
<td>$45</td>
</tr>
</tbody>
</table>

Artistic Moments

Artistic Moments is a local company that has been providing art instruction, in a non-competitive environment, for 23 years. Rather than using a step-by-step approach, different techniques are introduced in class. This allows students the opportunity to express their creativity, individually. All supplies will be provided. Registration deadline is one week prior to the class date.

Glass Painting with Oil Pens
Maple Grove Community Center
Learn how to paint on glass without using a palette or paintbrush. Oil paint markers contain a non-toxic, low odor liquid paint that glides onto smooth glass surfaces effortlessly, without the mess. Choose from a variety of patterns and vibrant colors of opaque oil-based ink for your project. You will enjoy applying layers of color that dry quickly to a beautiful glossy, waterproof finish. This is a fun medium that can be enjoyed by all artistic abilities!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211511-01</td>
<td>M</td>
<td>May 23</td>
<td>1-3pm</td>
<td>$30</td>
</tr>
</tbody>
</table>

Drawing Birds with Graphite
Maple Grove Community Center
Would you like to learn how to draw birds, the fun and easy way? Join us for this therapeutic class where we will work with drawing pencils, blending stubs, and kneaded erasers. Have fun exploring blending and shading techniques to create realistic looking birds! Choose from a wide assortment of images to use as guides or bring your own photos to class. All artistic abilities are welcome!

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311511-01</td>
<td>Th</td>
<td>Aug 11</td>
<td>9am-12pm</td>
<td>$40</td>
</tr>
</tbody>
</table>
**Arts**

**Basics Of Coiled Basketry**  
Maple Grove Community Center  
Learn this traditional Native American method of basketry by making a coaster with this coiling technique. Build a design using a combination of two colors of your choice. See samples of many things that you can build on your own with simple materials. Supply fee of $4 cash is payable to instructor day of class. Class is open to adults and children 10 years & older. Registration deadline is June 14.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311510-01</td>
<td>Tu</td>
<td>Jun 21 - Jun 28</td>
<td>9:30am-12pm</td>
<td>$10</td>
</tr>
</tbody>
</table>

**Oil Painting**  
Maple Grove Community Center  
Complete an oil painting in just four sessions. Some prior experience is helpful. You will be proud of the beautiful picture you create. Frame it for yourself or give it as a special gift. Pick up supplies list from office and bring own art supplies to class, including specific size canvas. Instructor: Dianne Swanson.

Code: 311501-01 - Cat in the Window  
Code: 311501-02 - Flowers on the Windowsill  
Code: 311501-03 - Another View of Split Rock Lighthouse

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311501-01</td>
<td>W</td>
<td>Jun 01 - Jun 22</td>
<td>1-3:30pm</td>
<td>$58</td>
</tr>
<tr>
<td>311501-02</td>
<td>W</td>
<td>Jul 06 - Jul 27</td>
<td>1-3:30pm</td>
<td>$58</td>
</tr>
<tr>
<td>311501-03</td>
<td>W</td>
<td>Aug 03 - Aug 24</td>
<td>1-3:30pm</td>
<td>$58</td>
</tr>
</tbody>
</table>

**Open Studio Class**  
Maple Grove Community Center  
Join in this one-time opportunity to finish a project you have started, get ideas for a new project or get help with a trouble area on your current work. Please bring your own supplies & project to work on. Instructor: Dianne Swanson.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311503-01</td>
<td>Th</td>
<td>Jun 09</td>
<td>6-8:30pm</td>
<td>$14</td>
</tr>
<tr>
<td>311503-02</td>
<td>Th</td>
<td>Jul 14</td>
<td>6-8:30pm</td>
<td>$14</td>
</tr>
<tr>
<td>311503-03</td>
<td>Th</td>
<td>Aug 11</td>
<td>6-8:30pm</td>
<td>$14</td>
</tr>
</tbody>
</table>

Please register at least 1 week prior to class date.
**Game & Card Clubs**

Look for registration for these clubs online at [webtrac.maplegrovmn.gov](http://webtrac.maplegrovmn.gov) and click on memberships. All card and game clubs cost $12 per year, except ACBL Bridge which is $7 per week when participating. Weekly prize money is in addition to the yearly fee.

<table>
<thead>
<tr>
<th>Mondays: Game</th>
<th>Time</th>
<th>Prize $</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheepshead</td>
<td>9:30-11:30am</td>
<td>$1</td>
<td>Sheepshead Card</td>
</tr>
<tr>
<td>Cribbage</td>
<td>1-4pm</td>
<td></td>
<td>Cribbage Game</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesdays: Game</th>
<th>Time</th>
<th>Prize $</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand &amp; Foot</td>
<td>9am-Noon</td>
<td></td>
<td>Hand &amp; Foot Card</td>
</tr>
<tr>
<td>Duplicate Bridge</td>
<td>11:45am-3:30pm</td>
<td>$1</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>Domino’s Mexican Train</td>
<td>1-4pm</td>
<td></td>
<td>Domino’s Game</td>
</tr>
<tr>
<td>Pinochle</td>
<td>6-9:30pm</td>
<td></td>
<td>Pinochle Card</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesdays: Game</th>
<th>Time</th>
<th>Prize $</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Party Bridge</td>
<td>12:30-3:30pm</td>
<td>$0.50</td>
<td>Social Bridge Card</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursdays: Game</th>
<th>Time</th>
<th>Prize $</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mah Jong</td>
<td>9am-Noon</td>
<td></td>
<td>Mah Jong Game</td>
</tr>
<tr>
<td>ACBL Bridge</td>
<td>Noon-3pm</td>
<td>$7</td>
<td>Pay Game Host</td>
</tr>
<tr>
<td>500</td>
<td>1-4pm</td>
<td></td>
<td>500 Card Club</td>
</tr>
<tr>
<td>Chess</td>
<td>1-4pm</td>
<td></td>
<td>Chess Club</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fridays: Game</th>
<th>Time</th>
<th>Prize $</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Card Club</td>
<td>9am-Noon</td>
<td></td>
<td>Open Card Club</td>
</tr>
<tr>
<td>Scrabble</td>
<td>12:30-4pm</td>
<td></td>
<td>Scrabble Game</td>
</tr>
</tbody>
</table>

**Social/Hobby Clubs**

Look for registration for these clubs online at [webtrac.maplegrovmn.gov](http://webtrac.maplegrovmn.gov) and click on memberships.

**The Knitting Grandmas & Friends**
Maple Grove Community Center
The Knitting Grandmas of Maple Grove are looking for skilled knitters and crocheters to make hats for the newborn babies at Maple Grove Hospital. Since the hospital opened in 2010 we have made more than 50,000 hats. Instructions, yarn and embellishments are provided. Stop in the Senior Center to pick up supplies and drop off hats. Weekly attendance is not required, but regular attendance is encouraged.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>Noon-2pm</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Woodcarving**
Maple Grove Community Center
If you are a beginner or a master woodcarver, you are welcome to join this group. The goal is to share ideas and techniques while having fun! Bring your own project and wood carving tools.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>12:30-3pm</td>
<td>$12/year</td>
<td>Woodcarving Club</td>
</tr>
</tbody>
</table>

**Anything Goes Crafters**
Maple Grove Community Center
Whether you knit, crochet, cross stich, scrapbook, quilt... you are invited to join this informal group! Pull together your supplies and come share ideas, learn new skills, laugh and enjoy the company while you craft!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>W</td>
<td>9:30am-Noon</td>
<td>$12/year</td>
<td>Crafters Club</td>
</tr>
</tbody>
</table>
Social/Hobby Clubs

Look for registration for these clubs online at webtrac.maplegrovemn.gov and click on memberships.

**People Meeting People**
Maple Grove Community Center
Are you looking to meet other 55 Forward individuals? We include all who want to make connections and take part in social activities or find travel buddies (not a dating group). Join the monthly meeting on first Mondays to discuss activities, then come on 3rd Fridays for games. The group can be utilized to find others with common interests to participate in classes, trips and programs together, offered through Maple Grove Parks & Rec. *Group will meet on the 2nd Monday, if the 1st Monday is a holiday.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 1st Monday</td>
<td>1-3pm</td>
<td>$12/year</td>
<td>People Meeting People</td>
</tr>
<tr>
<td>Every 3rd Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Books, Books, Books!**
Maple Grove Community Center
This book club is a continuous program that meets monthly to discuss a new book every time. The books are selected from the Book Kits offered by the Hennepin County Library System. After registering for the club, email Liz at efaust@maplegrovemn.gov to get on the group’s email list.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 1st Wednesday</td>
<td>9:30-11am</td>
<td>$12/year</td>
<td>Book Club</td>
</tr>
</tbody>
</table>

**Non-Fiction Book Club**
Maple Grove Community Center
This non-fiction book club meets monthly to discuss a variety of NF books. If you enjoy reading nonfiction and would like to discuss what you’ve read with others, this group is for you.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 2nd Monday</td>
<td>9:30-11:30am</td>
<td>$12/year</td>
<td>Nonfiction Book Club</td>
</tr>
</tbody>
</table>

**Writing Club**
Maple Grove Community Center
Do you write? Would you like to share your writing with other writers? Do you have a writing project in mind, but need encouragement to write on it regularly? This group may be for you. Not a class, but a continual group that meets two times each month to listen to each other’s pieces.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 1st &amp; 3rd Friday</td>
<td>9:30-11:30am</td>
<td>$12/year</td>
<td>Writing Club</td>
</tr>
</tbody>
</table>

**Time to Quilt Together**
Maple Grove Community Center
Whether you are working on hand piecing, on a machine, making a placemat or a king size quilt, this informal group allows you to gather to work on projects. Bring your own project and your sewing machine (if needed). Enjoy any part of the day that fits into your schedule!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
<th>Club Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 1st &amp; 3rd Wednesday</td>
<td>9:30am-3pm</td>
<td>$12/year</td>
<td>Quilting Club</td>
</tr>
</tbody>
</table>

**Hats for the Cure**
Maple Grove Community Center
If you like to knit or crochet and would like to support those who are struggling with cancer, consider joining our fun chatty little group. We make chemo hats and add a smidge of love for surviving patients in our area. If you would like more info, please call Shelley at 763-567-8243.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 3rd Thursday</td>
<td>9-10am</td>
<td>Free/Drop In</td>
</tr>
</tbody>
</table>

**BINGO**
Maple Grove Community Center
Twice a month come into the Community Center for an afternoon of bingo. We play 10 rounds, including a variety of games. No registration required. Games start at 1:00 sharp, so arrive early to choose your cards. *All proceeds returned to the players.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every 2nd &amp; 4th Friday</td>
<td>1-2:30pm</td>
<td>$1/card for 10 games</td>
</tr>
</tbody>
</table>
Monthly MeetUp Luncheons

Join for this monthly get-together at the time and place below for a monthly meal, entertainment and friendship. The fee for the meal is determined by the menu and entertainment costs, including support from the ‘Annual Lions & Seniors Craft Boutique’ held on Saturday, November 12 at the Maple Grove Community Center.

**Dennis Warner Tunes-Folk Tunes**
Maple Grove Community Center
Enjoy a delicious meat lasagna meal catered from the Lookout. Then stay for the great folk tunes from Dennis Warner. Dennis claims it’s not just enough to show up and sing a few songs. It’s more than music; it’s fun and even a bit thought provoking as well! Dennis brings songs full of stories and conversations that will take your day to another level. You may have seen him perform on “Backroads” on PBS. Rescheduled from January. **Last day to register or cancel June 10.**

**Ken Wanovich-Good Time Music!**
Maple Grove Community Center
Ken Wanovich will captivate you, while transporting you back in time to move-and-groove or even sing-along with all of your favorite songs! Ken’s smooth and engaging voice and fingerstyles on the guitar brings you this one-man-band of excitement! Enjoy some high energy classic rock reminiscing from Neil Diamond to Jimmy Buffet and then just plan to have fun! But, before Ken hits the stage, let’s enjoy a seasoned grilled chicken breast with wild rice and pie for dessert, all catered from the Lookout. **Last day to register or cancel July 15.**

**Plymouth Rockers**
Maple Grove Community Center
Plymouth Rockers has become a performing premier singing group, singing music from Folk to Broadway and Gospel to Golden Oldies. With the direction of David Halligan, these great performances come with a lot of hard work and dedication. Come see what they can do to have you swinging and swaying! Before this grand performance, enjoy a delicious pork chop with au gratin potatoes meal and top it off with a cupcake catered from the Lookout. **Last day to register or cancel August 12.**

---

**Tea on the Terrace**

**Tea On The Terrace**
Maple Grove Community Center
Join us for this monthly gathering. We enjoy tea and a variety of treats. Relax on the patio overlooking the beautiful Town Green Park (weather permitting) or move inside as needed for more comfort. A casual, conversational and entertaining afternoon! Reservations are required by Monday at noon.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>311304-01</td>
<td>W</td>
<td>Jun 08</td>
<td>1:30-3pm</td>
<td>$7</td>
</tr>
<tr>
<td>311304-02</td>
<td>W</td>
<td>Jul 13</td>
<td>1:30-3pm</td>
<td>$7</td>
</tr>
<tr>
<td>311304-03</td>
<td>W</td>
<td>Aug 10</td>
<td>1:30-3pm</td>
<td>$7</td>
</tr>
</tbody>
</table>

**Can Do Canines**
Maple Grove Community Center
Enjoy coffee and cupcakes while listening to a special guest relate his/her story of a life-changing situation or useful and enlightening topics of interest to you!

Join us as we learn more about Assistance Dogs!
Can Do Canines has provided assistance dogs to people with physical disabilities, free of charge for over 30 years. Based in New Hope, Can Do Canines is the largest provider of assistance dogs in Minnesota and is an accredited member of Assistance Dogs International.

The dogs they train help people with physical disabilities, hearing loss or deafness, seizure disorders or Type 1 diabetes complicated by hypoglycemia unawareness. They also place Autism Assist dogs with children and their families. Can Do Canines was one of the first organizations in the country to train a Seizure Assist Dog to interact with a Vagus Nerve Stimulator (VNS), a device implanted in the chest of an individual to help control seizures.

The visit will include speakers sharing the journey of their puppies through the training process, descriptions on how each of the 5 types of assistance they train can help people and a client speaker will share their personal journey with their assistance dog. **Last day to register or cancel July 27.**

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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>311322-01</td>
<td>F</td>
<td>Jul 29</td>
<td>10am-12pm</td>
<td>Free</td>
</tr>
</tbody>
</table>

Register at [webtrac.maplegrovmn.gov](http://webtrac.maplegrovmn.gov) and click on Special Event Tickets.
Seniors/55 Forward Trips

Movies

Movies, Soda, Popcorn
Maple Grove Community Center
Monthly movie title will be available on flyer in Senior Center. No cost, but preregistration is required by Friday the prior week of the show.

<table>
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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
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<td>311601-01</td>
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<tr>
<td>311601-02</td>
<td>M</td>
<td>Jul 18</td>
<td>9:30-11:30am</td>
<td>Free</td>
</tr>
<tr>
<td>311601-03</td>
<td>M</td>
<td>Aug 15</td>
<td>9:30-11:30am</td>
<td>Free</td>
</tr>
</tbody>
</table>

Trips

Mid-Day Concert and Lunch
Bus leaves the Community Center Ice Arena Entrance Doors
Orchestra Hall and Rock Bottom Brewery, Minneapolis
VÄNSKÄ AND KEEFE, violinist and composer. Jaakko Kuusisto has composed a new symphony, and you can be the first to experience it as the Minnesota Orchestra gives the work its world premiere. Led by Vänskä, this concert also features Concertmaster Erin Keefe alongside friend and pianist Juho Pohjonen in Mendelssohn’s radiant Concerto for piano, violin and strings. After this fabulous concert, finish the day with a delicious lunch at Rock Bottom Brewery for your choice of cheeseburger with waffle fries, grilled chicken cobb salad or fish and chips and top it off with a deliciously made from scratch carrot cake. Included with fee motor coach, show, and lunch. Last day to register or cancel is May 5.

*Please note menu choice when registering.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>211805-01</td>
<td>Th</td>
<td>Jun 02</td>
<td>10am-3:30pm</td>
<td>$79</td>
</tr>
</tbody>
</table>

The 18th Annual 10-Minute Play Festival
Bus leaves the Community Center Ice Arena Entrance Doors
Lakeshore Players at Hanifl Performing Arts Center, White Bear Lake The Tavern Restaurant, Arden Hills
Begin the evening with a delicious meal at The Tavern in Arden Hills, with your pre-ordered choice of breakfast burger, grilled chicken wrap, Rueben, or grilled club all served with waffle fries. After dessert, let’s head to the beautiful Hanifl Theatre for one of our most popular events which is now in its 18th Season! Ten-short, never-before-seen plays from around the world are presented by some of your favorite Lakeshore Players Theatre performers and directors. Watch each show, and then cast your ballot for the best 10 Minute Play of 2022! It’s short attention span theatre at its best! The evening can’t get any better than this! Included with fee motor coach, show and dinner. Last day to cancel or register is May 6.

*Please note menu choice when registering.

<table>
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<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211806-01</td>
<td>Th</td>
<td>Jun 09</td>
<td>4:45-10:45pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

Dakota City and a Chocolate Fix
Bus leaves the Community Center Ice Arena Entrance Doors
Farmington, Apple Valley
Travel back in time, ‘Where the past is the present’. Come relive the youth of your parents or maybe even the youth you remember! This tour is tailored to the needs of adults, either walking or riding the trolley through the heritage village, visiting select buildings with a costumed docent. A light lunch will be served in the drug store with linen covered tables. Enjoy this cashew chicken salad on a croissant with complimentary sides and complete with an old-fashioned hand dipped cone for dessert. Before we get home, let’s enjoy some delicious Abdallah Chocolates. Included with fee is motor coach, tour and lunch. Last day to register or cancel is June 15.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311801-01</td>
<td>Tu</td>
<td>Jun 21</td>
<td>10:30am-5:45pm</td>
<td>$57</td>
</tr>
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</table>

Ain’t Too Proud
Bus leaves the Community Center Ice Arena Entrance Doors
Orpheum Theatre, Minneapolis
Ain’t Too Proud — The Life and Times of The Temptations is the electrifying new smash-hit Broadway musical that follows the Temptations’ extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. Winner of the 2019 Tony Award® for Best Choreography, it’s a thrilling story of brotherhood, family, loyalty and betrayal during a decade of civil unrest in America. Set to the beat of the group’s treasured hits, including “My Girl,” “Just My Imagination,” “Get Ready” and “Papa Was a Rolling Stone,” Ain’t Too Proud tells the unforgettable story of the legendary quintet that Billboard Magazine called, the greatest R&B group of all time. Recommended for ages 12+.

*Please note menu choice when registering.

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>211807-01</td>
<td>W</td>
<td>Jul 06</td>
<td>6:30-10:45pm</td>
<td>$73</td>
</tr>
</tbody>
</table>
Trips

Footloose
Bus leaves the Community Center Ice Arena Entrance Doors
*Chanhassen Dinner Theatre*
Enjoy a delicious entrée tableside, from a special menu and then relax for the show on the main stage! Ren McCormack, a teenage boy from Chicago and his mother move to the small town of Bomont. Upon arriving, Ren finds himself at odds with most of the town and especially the Reverend. With the help of Ariel, the Reverend’s daughter and Ren’s new best friend, Willard, they convince the Reverend to let the teenagers dance, and in the process helps the town to heal from a tragedy that affected them all. Includes lunch, show and motor coach. **Cancel or register by June 24.**

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>411801-08</td>
<td>W</td>
<td>Jul 27</td>
<td>10:30am-4:30pm</td>
<td>$89</td>
</tr>
</tbody>
</table>

Country Artist’s
Bus leaves the Community Center Ice Arena Entrance Doors
*Glencoe, Mayer, Norwood Young America*
Begin the day at a family dairy farm with one of America’s most eminent painters of Rural America at the Bonnie Mohr Studio. She has earned a well-deserved reputation as her peaceful, rural American paintings with poetic and inspirational images that are steeped in rich earthy colors a while using a charming “realism style.” Spend time in the retail space with framed art, art prints, originals, note cards, matted mini-prints and gifts. Next, have lunch at Bump’s Family Restaurant with a half of sandwich and homemade soup, finish with a sweet cookie. Let’s move onto another historic farm with Country Side Art Gallery to enjoy Carl J. Melichar a waterfowl painter and photographer. Visit the 1914 Museum Studio, Old Granary Art Gallery, The Monarch Butterfly Sanctuary and more. Finish your day with shopping at Bongards Creamery Retail Store near Norwood Young America. They have been selling premium cheeses since 1908. (Passengers who plan to purchase cheese should bring a thermal bag.) This will be an exciting day with unique experiences that you never knew existed.

**Included with this fee is motor coach transportation, lunch and tour fees. Last day to cancel or register is July 8.**

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311802-01</td>
<td>W</td>
<td>Aug 03</td>
<td>9am-4pm</td>
<td>$77</td>
</tr>
</tbody>
</table>

Wicked
Bus leaves the Community Center Ice Arena Entrance Doors
*Orpheum Theatre - Minneapolis*
So much happened before Dorothy dropped in. Wicked looks at what happened in the Land of Oz—but from a different angle. There is a young woman, born with emerald green skin, smart fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde, who is exceptionally POPULAR. If every musical had the brains, heart & courage of Wicked, Broadway really would be a magical place. Included with fee is motor coach and main floor seating.

**Last day to cancel or register is May 19.**

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311803-01</td>
<td>W</td>
<td>Aug 10</td>
<td>6:30-11pm</td>
<td>$106</td>
</tr>
</tbody>
</table>

River Cruise, Winery and Orchard
Bus leaves the Community Center Ice Arena Entrance Doors
*Stillwater*
Cruise on the St. Croix River aboard one of the climate controlled and fully accessible modern vessels from the St. Croix Boat & Packet Company fleet. Relax and enjoy the sights and sounds of the St. Croix River while you enjoy a buffet style deli luncheon. Afterwards, head off to purchase award-winning local wines, grown and vinted at the St. Croix Winery, then step next door to Aamodts Apple Orchard. Stock up on apple goodies, shop the locally sourced gift shop, or just take in the history of the farm. Bakery treats are freshly made using Grandma Lucile’s recipes (and yes, they are dangerously good). Thor’s Hard Cider offers award-winning hard cider and is available in the apple barn. So much to be treasured on this beautiful summer day! Included with fee is motor coach, cruise and lunch.

**Last day to cancel or register is July 22.**

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>311804-01</td>
<td>Tu</td>
<td>Aug 23</td>
<td>10:15am-3:45pm</td>
<td>$77</td>
</tr>
</tbody>
</table>
Seniors/55 Forward Trips

Trips

Sounds of the 70’s Concert
Bus leaves the Community Center Ice Arena Entrance Doors
Sidekick Theatre-Masonic Heritage Center, Bloomington
First enjoy a delicious meatloaf meal with their famous desserts then head into the beautiful Ives Theatre to be transported back to the 70’s! As the exciting new sound of FM radio emerged in Southern California, so too came a fresh, sun-kissed style of rock music that became a genre unto itself. Known for evocative lyrics, catchy guitar licks and luxuriant harmonies, “Sounds of the Seventies” evokes memories of those carefree, open-road, bell-bottomed denim years through the music of Fleetwood Mac, America, the Eagles, Neil Young, Linda Ronstadt, the Doobie Brothers and more! As you’d expect from every Sidekick concert, dazzling musicianship abounds! Included with fee is motor coach, show and lunch. Last day to cancel or register is August 29.

Extended Travel

Collette and Travel Leaders
Collette & Travel Leaders of Maple Grove have teamed up to provide the following travel opportunities for 2022. For reservations or questions, please contact Amber McLaughlin at Travel Leaders of Maple Grove at 763-231-8865 or amber@tvlleaders.com. Full detailed flyers can be found in the Senior Center on each trip, as well as online at [https://tvlleaders.com/maple-grove-parks-recreation/](https://tvlleaders.com/maple-grove-parks-recreation/). Pricing includes land & air from MSP, as well as all transportation to and from airports. Single occupancy and travel protection insurance rates are also available. All space available on a first come first serve basis.

Iceland’s Magical Northern Lights
November 3-9, 2022
Double Occupancy: $3399 per person
Full tour info: [https://gateway.gocollette.com/link/1073233](https://gateway.gocollette.com/link/1073233)
** Rates guaranteed through 5/4 while space remains.**

Spotlight on San Antonio Holiday
December 2-6, 2022
Double Occupancy: $1999 per person
Full tour info: [https://gateway.gocollette.com/link/1091064](https://gateway.gocollette.com/link/1091064)
** Rates guaranteed through 7/2 while space remains.**

Join us for a virtual presentation on Zoom to learn more about the San Antonio Holiday trip.

Australia & New Zealand Uncovered
January 23 – February 13, 2023
Double Occupancy: $9949 per person
Full tour info: [https://gateway.gocollette.com/link/1102698](https://gateway.gocollette.com/link/1102698)
**Rates guaranteed through 6/25 while space remains.**

Landmark Tours
This family-owned tour company based in Minnesota offers travel opportunities nationwide and abroad. Their trips include roundtrip airfare from MSP with airport greeting, quality accommodations in great locations, baggage handling at hotels, professional tour manager & local guides, deluxe motor coach transportation, daily breakfast and many quality meals. Brochures with trip offerings and details can be picked up from the Senior Center at any time.

Jeanie’s Journeys Tours
Join Jeanie on a variety of affordable travel opportunities throughout the year. Upcoming tours include Pella Tulip Festival, Ark & Creation Museum, July 4th Cruise on Queen Mary 2, Scandinavia, Scotland, Branson, and Christmas in NYC. Brochures on each of these trips can be found in the Senior Center. Please call Jeanie’s Journeys at 612-229-5276 if you have questions about trips.

Register On
April 26 for Senior Programs

Register: [webtrac.maplegrovemn.gov](http://webtrac.maplegrovemn.gov) | Summer 2022
Learn to Skate USA Program
An Indoor Ice Skating Program at the Maple Grove Community Center Ice Arena

The Maple Grove Skating School “Learn to Skate USA” Program is designed for all ages, 3 through Adult, as an indoor ice skating program which provides a simple but progressive method of group ice skating instruction. This program is endorsed by U.S. Figure Skating, USA Hockey, and US Speedskating. Class titles include: Hockey Skating Development, Snowplow Sam, Skating School, Adult, Advanced Skating School, Junior Club 1, Junior Club 2, Senior Club, Bridge Beyond The Basics, High Bridge Beyond The Basics, Jump Zone, and Jump To New Heights. Please register for classes as soon as possible, as classes fill quickly. Registrations are NOT accepted at the arena on the first day of the session. Class fees are not prorated for late registration. On the first day of class, all participants MUST check in at the Maple Grove Skating School Participant Check-In located in the Warm Area between the Premier Bank Rink and the West Rink in the lower level of the arena. All participants MUST bring their Class Registration receipt to the first day of class to verify registration. Attendance is important in order to learn new skills that build on the skills learned during the previous class. Alternate classes for unattended classes are not offered. Participants will be evaluated on the first day of class to verify that they have been registered for the appropriate level. Participants of any skating level are always welcome to participate. Contact the Skating Director, Mandy Pirich, at 763-494-5967 or email mgskatingschool@maplegrovemn.gov with any questions.

Skating Equipment
Single blade skates are allowed for classes. Double blade skates are not allowed at any time. During each class, a limited number of skate rentals (sizes youth 8 to adult 12) are available, per pair, for a nominal fee. Sticks, pucks and skate trainers are not allowed at any time.

Clothing Recommendations
Warm, flexible clothing that includes mittens/gloves, a jacket, snow pants/leggings, and a hockey/bike helmet.

On-Ice Harness and Off-Ice Harness
The Maple Grove Skating School is proud to offer the use of an on-ice harness and off-ice harness to Maple Grove Skating School participants. The on-ice harness and off-ice harness are tools that assist participants by alleviating the fear of falling when learning new on-ice jumps and/or perfecting already consistent on-ice jumps. The Maple Grove Skating School “Learn to Skate USA” Program information includes class descriptions regarding the new “Jump Zone” on-ice harness class, the “Jump To New Heights” off-ice harness class, and the classes that utilize the on-ice harness and off-ice harness. This is truly an exceptional opportunity for the Maple Grove Skating School participants! Register today!

Maple Grove Skating School Official Apparel
The Maple Grove Skating School and the City of Maple Grove are proud to offer the Official Apparel for the Maple Grove Skating School. Show your pride for the Maple Grove Skating School by wearing the official apparel: jacket, sweatshirt, t-shirt, hat, blanket, and more. Contact the Skating Director, Mandy Pirich, at 763-494-5967 or email mgskatingschool@maplegrovemn.gov for information.

Facebook and Instagram
The Maple Grove Skating School is on Facebook and Instagram. Become a fan and receive Maple Grove Skating School updates. “Like” the official Maple Grove Skating School page on Facebook and follow us on Instagram today!

Register On
April 27 for General Programs
Skating

Maple Grove Skating School

Hockey Skating Development
Maple Grove Community Center
Ages 6 – 12 or passed Snowplow Sam 4
The most important skill in the development of a hockey player is skating technique and it is the primary focus of this hockey program. Participants will learn to maneuver faster and become more agile on the ice. This program is endorsed by USA Hockey. Examples of elements taught include: forward/backward C-Cuts, forward quick starts, forward/backward stops, forward/backward crossovers, etc. There are five levels for this hockey program: Hockey 1 – 4 and Power Skating. Participants who are new to the program will be placed in Hockey 1 and progress through all five levels in order to learn all of the fundamentals. This hockey program will NOT talk about the game of hockey or use sticks or pucks. Each class consists of a 30 minute group lesson and a 30 minute practice time. A helmet (hockey) is highly recommended.

Please arrive at the arena 15 minutes prior to the group lesson on the first day of class. 5:45 - 6:15 p.m. practice time

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>303205-01</td>
<td>W</td>
<td>Jul 13 - Aug 17</td>
<td>5:15-5:45pm</td>
<td>$87</td>
</tr>
</tbody>
</table>

Snowplow Sam
Maple Grove Community Center
Ages 3 – 5
Snowplow Sam teaches the Snowplow Sam 1 – 4 levels. It is designed to help young participants develop the coordination and strength necessary to maneuver on skates. Examples of elements taught include: standing up, forward/backward skating, forward/backward swizzles, forward one-foot glides, forward stopping, etc. Each class consists of a 30-minute group lesson and a 30-minute practice time. One parent/guardian is encouraged to participate with his/her participant in the first two classes of the session. Parents/Guardians are required to wear skates if they wish to participate on the ice. A helmet (hockey/bike) is highly recommended.

Please arrive at the arena 15 minutes prior to the group lesson on the first day of class. Section 01: 5:45 - 6:15 p.m. practice time
Section 02: 5:15 - 5:45 p.m. practice time

<table>
<thead>
<tr>
<th>Activity #</th>
<th>Day</th>
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<tbody>
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<td>$87</td>
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<tr>
<td>303102-02</td>
<td>W</td>
<td>Jul 13 - Aug 17</td>
<td>5:45-6:15pm</td>
<td>$87</td>
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</table>

Skating School
Maple Grove Community Center
Ages 6 – 12 or passed Snowplow Sam 4
Skating School teaches the Basic 1 – 3 levels. It is designed to help participants develop the coordination and strength necessary to maneuver on skates. Examples of elements taught include: forward/backward skating, forward/backward swizzles, forward/backward one-foot glides, forward stopping, forward to backward two-foot turns, etc. Each class consists of a 30 minute group lesson and a 30 minute practice time.
A helmet (hockey/bike) is highly recommended. Please arrive at the arena 15 minutes prior to the group lesson on the first day of class. 5:45 - 6:15 p.m. practice time

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<th>Time</th>
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Adult
Maple Grove Community Center
Ages 13 – Adult
Adult teaches the Adult 1 – 6 levels. It is designed to help participants develop the coordination and strength necessary to maneuver on skates. Examples of elements taught include: forward/backward skating, forward/backward swizzles, forward/backward one-foot glides, forward stopping, forward/backward edges, forward/backward crossovers, etc. Each class consists of a 30-minute group lesson and a 30-minute practice time.
A helmet (hockey/bike) is highly recommended. Please arrive at the arena 15 minutes prior to the group lesson on the first day of class. 5:45 - 6:15 p.m. practice time

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Maple Grove Skating School

Advanced Skating School
Maple Grove Community Center
Participants who have passed Basic 3
Advanced Skating School teaches the Basic 4 – 6 levels. Examples of elements taught include: forward/backward crossovers, forward outside/inside three turns, hockey stops, forward spirals, backward to forward two-foot turns, etc. Each class consists of a 45-minute group lesson and a 60-minute practice time.

Skating attire is highly recommended and jeans are not allowed. Please wear clothing that is easy to move in: figure skating dress, t-shirt, tights/leggings, athletic wear, etc.
Please arrive at the arena 15 minutes prior to the group lesson on the first day of class.

5:45 - 6:45 p.m. practice time

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Junior Club 1
Maple Grove Community Center
Participants who have passed Basic 6
Junior Club 1 teaches the Pre-Free Skate – Free Skate 1 levels. Examples of elements taught include: forward inside open mohawks, basic forward outside/inside consecutive edges, upright spins, Waltz jump, half flip jump, toe loop jump, etc. Each class consists of a 60-minute group lesson and a 60-minute practice time.

Skating attire is highly recommended and jeans are not allowed. Please wear clothing that is easy to move in: figure skating dress, t-shirt, tights/leggings, athletic wear, etc.
Please arrive at the arena 15 minutes prior to the group lesson on the first day of class.

6:30 - 7:45 p.m. practice time (ice resurface from 6:45 - 7 p.m.)

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Junior Club 2
Maple Grove Community Center
Participants who have passed Free Skate 1
Junior Club 2 teaches the Free Skate 2 – 3 levels. Examples of elements taught include: basic backward outside/inside consecutive edges, alternating mohawk/crossover sequence, beginning/advanced back spins, salchow jump, loop jump, etc. Each class consists of a 60-minute group lesson and a 60-minute practice time.

Skating attire is highly recommended and jeans are not allowed. Please wear clothing that is easy to move in: figure skating dress, t-shirt, tights/leggings, athletic wear, etc.
Please arrive at the arena 15 minutes prior to the group lesson on the first day of class.

6:30 - 7:45 p.m. practice time (ice resurface from 6:45 - 7 p.m.)

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Senior Club
Maple Grove Community Center
Participants who have passed Free Skate 3
Senior Club teaches the Free Skate 4 – 6 levels. Examples of elements taught include: forward/backward power three turns, the Waltz eight, sit spin, camel spin, flip jump, the axel, etc. Participants will have access to the on-ice harness and off-ice harness. Each class consists of a 60-minute group lesson, 30 minute off-ice group lesson, and a 60 minute practice time.

Skating attire is highly recommended and jeans are not allowed. Please wear clothing that is easy to move in: figure skating dress, t-shirt, tights/leggings, athletic wear, etc.
Please arrive at the arena 15 minutes prior to the group lesson on the first day of class.

5:45 - 6:45 p.m. practice time

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Bridge Beyond The Basics
Maple Grove Community Center
Participants who are ALSO registered for Pre-Free Skate – Free Skate 6
Elements in Pre-Free Skate – Free Skate 6 are difficult and many participants repeat these levels. Participants will receive both group and individualized instruction that will assist participants to pass the Pre-Free Skate – Free Skate 6 levels. The focus of this class will be the individual participant. Each participant will concentrate on the specific elements that must still be achieved by the participant in order to pass the Pre-Free Skate – Free Skate 6 levels. Participants will have access to the on-ice harness at the Free Skate 4 – 6 levels. This is an additional class offered exclusively to participants who are also registered for Pre-Free Skate – Free Skate 6. Participants must continue to be registered for Pre-Free Skate – Free Skate 6 in order to participate in Bridge Beyond The Basics.

Skating attire is highly recommended and jeans are not allowed. Please wear clothing that is easy to move in: figure skating dress, t-shirt, tights/leggings, athletic wear, etc.
Please arrive at the arena 15 minutes prior to the group lesson on the first day of class.

5:45 - 6:45 p.m. practice time

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Maple Grove Skating School

High Bridge Beyond The Basics
Maple Grove Community Center
Participants who have passed Free Skate 6
High Bridge Beyond The Basics teaches advanced elements and assists in preparing participants for U.S. Figure Skating introductory tests and competitions. Participants will receive both group and individualized instruction. There will be a progression of class levels that will focus on stroking/edges/power skating/spins/jumps, the on-ice warm up and off-ice cool down, proper ice etiquette, U.S. Figure Skating Moves in the Field patterns, U.S. Figure Skating test/competition elements, proper stretching techniques, goal setting/positive thinking, boot/blade education, and parent/guardian education. Participants will have access to the on-ice harness and off-ice harness. Each class consists of a 60-minute group lesson, 30 minute off-ice group lesson, and a 60 minute practice time.

5:45 - 6:45 p.m., practice time

Jump Zone
Maple Grove Community Center
On-Ice Harness Class
Participants who have passed Basic 6
Jump Zone is an on-ice harness class that teaches proper jump rotation utilizing the on-ice harness. This 10-minute class is limited to 1 participant and will offer on-ice harness instruction. Participants will receive immediate feedback and analysis of jump rotation. Mastering jump rotation is essential when learning new on-ice jumps and/or perfecting already consistent on-ice jumps. Participants must wear their skates during this class.

Skill Zone
Maple Grove Community Center
Off-Ice Harness Class
Participants who have passed Basic 6
Skill Zone is an off-ice harness class that teaches proper jump rotation utilizing the off-ice harness. This 15-minute class is limited to 3 participants and will offer off-ice harness instruction and off-ice jump technique instruction. Participants will receive immediate feedback and analysis of jump rotation. Mastering jump rotation is essential when learning new on-ice jumps and/or perfecting already consistent on-ice jumps. Participants may wear either their skates or shoes during this class.

Activity #  Day  Date  Time  Cost
303112-01  W  Jul 13 - Aug 17  7-8:45pm  $111

Activity #  Day  Date  Time  Cost
303117-01  W  Jul 13 - Aug 17  7:05-7:15pm  $60
303117-02  W  Jul 13 - Aug 17  7:15-7:25pm  $60
303117-03  W  Jul 13 - Aug 17  7:25-7:35pm  $60
303117-04  W  Jul 13 - Aug 17  7:35-7:45pm  $60
303117-05  W  Jul 13 - Aug 17  8-8:10pm  $60
303117-06  W  Jul 13 - Aug 17  8:10-8:20pm  $60
303117-07  W  Jul 13 - Aug 17  8:20-8:30pm  $60
303117-08  W  Jul 13 - Aug 17  8:30-8:40pm  $60
Open Freestyle
Maple Grove Community Center
Participants who have passed Basic 6 or Adult 4
Open Freestyle is a 60-minute session where a participant can make use of additional practice time on a full sheet of ice, and if interested, private lessons with a U.S. Figure Skating Coach. Open Freestyle is available to participants who have passed Basic 6 or Adult 4 and above. Private lessons are available and contracted separately between a participant and a U.S. Figure Skating Coach. The use of the on-ice harness will be available on this session and may be used only by a participant along with a Maple Grove Skating School staff member who has been trained in the use of the on-ice harness. Registration fees submitted here only provide entrance and access to the Open Freestyle ice session. The Maple Grove Community Center All Building Membership or Open Ice Skating Coupons are NOT VALID for Open Freestyle. If you are interested in more information regarding Open Freestyle or private lessons, please contact the Skating Director, Mandy Pirich, at 763-494-5967 or email mgskatingschool@maplegrovemn.gov with any questions. If a participant does not pre-register for Open Freestyle, the fee for each 60-minute session will be $18.00 and payable to the Maple Grove Ice Arena Attendant before the session begins.

Activity #  Day  Date  Time  Cost
303114-01  Tu  Jul 12 - Aug 16  12-1pm  $90
303114-02  W  Jul 13 - Aug 17  4:15-5:15pm  $90

Summer Training Clinic
Maple Grove Community Center
Participants who have passed Basic 6
The Maple Grove Skating School Summer Training Clinic is designed for participants who are interested in an expanded training program. The class will be conducted both on the ice and off the ice. Participants will learn Artistry in Motion, Power Skating, Moves in the Field, Strength Training, Body Awareness, and Jump Preparation.
In order to be eligible for the 2023 Maple Grove Ice Show’s Artistry In Motion group number, participants must register for the 2022 Summer Training Clinic.
Skating attire is highly recommended and jeans are not allowed. Please wear clothing that is easy to move in: figure skating dress, t-shirt, tights/leggings, athletic wear, etc.
Please bring a jump rope, water bottle, healthy snack, and athletic footwear.
Please arrive at the arena 15 minutes prior to the Summer Training Clinic on the first day of class.

Activity #  Day  Date  Time  Cost
303115-01  Tu  Jul 12 - Aug 16  1:15-3:30pm  $150
Class Descriptions (please see schedule on the following pages)

Parent/Child Swim Lessons
Ages 18 Months - 5 Years with adult. Designed for cautious swimmers. Adult and child are in the water together. Includes: submerging mouth, nose and eyes in water. Floating on front and back. Entering and exiting the water. Glide on front and back with support. Begin leg and arm movement.

Age 3 without a Parent
Designed for swimmers who are comfortable in the water. Skills learned include ~ Submerge face in the water. ~ Glide on front and back with support. ~ Begin arm stroke and kicks.

Ages 4-5 without a Parent
Designed for swimmers who are comfortable in the water. Includes ~ Float independently. ~ Glide on front and back, roll over and float for 5 seconds with support. ~ Combine arm and leg action on front and back with support. ~ Enter and exit the water independently. ~ Use combined arm and leg action for 5 body lengths independently.

Ages 6+ Levels 1 - 3
Classes are 45 minutes long. List swim level when prompted. Skills are checked the first day of lessons to confirm that swimmers are placed in the appropriate level.
Level 1 - Introduction to Water Skills: Designed for beginning swimmers. Includes ~ Submerge entire head. ~ Glide on front and back with support. ~ Combine arm and leg action on front and back with support.
Level 2 - Fundamental Aquatic Skills: Includes ~ Tread water. ~ Glide independently. ~ Float on front and back for 5 seconds independently. ~ Use combined arm and leg action on front and back for 5 body lengths independently.
Level 3 - Stroke Development: Builds on skills with practice in deeper water. Includes ~ Front crawl for 15 yards. ~ Tread in deep water for 30 seconds. ~ Swim elementary backstroke for 15 yards.

Ages 6+ Levels 4 - 6 (6 Fitness)
Classes are 45 minutes long. List swim level when prompted. Skills are checked the first day of lessons to confirm that swimmer is placed in appropriate level. Level 4 - Stroke Improvement: Develops confidence and improves skills. Includes ~ Swim front crawl and elementary backstroke for 25 yards. ~ Swim breaststroke, butterfly, sidestroke and backstroke for 25 yards. Level 5 - Stroke Refinement: Develops stroke refinement and endurance. Includes ~ Swim front crawl and elementary backstroke for 50 yards. ~ Swim breaststroke, butterfly, sidestroke and backstroke for 25 yards. Level 6 - Swimming and Skill Proficiency: Level 6 has Fitness & Diving options in addition to ~ Endurance for front crawl, back crawl, breaststroke, elementary back stroke, sidestroke and butterfly and open and flip turns. ~ Swim 500 yards continuously using 3 strokes.

Ages 6+ Levels 1 - 2
Classes are 45 minutes long. List swim level when prompted.

Private Swim All Levels
Class size is 1 teacher to 1 swimmer for age 18 months and older. List swim level when prompted.

Private Swim Levels 1- 3
Class size is 1 teacher to 1 swimmer for age 18 months and older. List swim level when prompted.

Semi-Private All Levels
These lessons are for 2 swimmers ages 3 years and older of similar skill level taught by 1 teacher. Sign up for only ONE spot and list the name of the second swimmer when prompted. List swim levels for both swimmers when prompted.

Semi-Private Levels 1 - 3
These lessons are for 2 swimmers ages 3 years and older of similar skill level taught by 1 teacher. Sign up for only ONE spot and list the name of the second swimmer when prompted. List swim levels for both swimmers when prompted.

Register On
April 28 for Swim Programs

For pool hours and more information:
maplegrovemn.gov/335/Swimming-Pool
### Swim Lessons

#### Parent/Child Swim Lesson
Maple Grove Community Center  
**No Class:** Jul 04, Jul 05, Jul 06, Jul 13, Jul 16

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#### Age 3 without parent
Maple Grove Community Center  
**No Class:** Jul 16

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#### Ages 4-5 without parent
Maple Grove Community Center  
**No Class:** Jul 04, Jul 05, Jul 06, Jul 13, Jul 16

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#### Ages 6+ Swim Levels 1 - 2
Maple Grove Community Center  
**No Class:** Jul 04, Jul 05

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#### Ages 6+ Swim Levels 1 - 3
Maple Grove Community Center  
**No Class:** Jul 04, Jul 05

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#### Ages 6+ Swim Levels 1 - 2 (6 Fitness)
Maple Grove Community Center  
**No Class:** Jul 04, Jul 05

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#### Adult & Teen Swim - All Levels
Maple Grove Community Center  
**No Class:** Jul 06, Jul 13

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Aquatics

Private & Semi-Private Lessons

Private Swim - All Levels
Maple Grove Community Center
No Class: Jul 04, Jul 05, Jul 16

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Private Swim - Levels 1 - 3
Maple Grove Community Center
No Class: Jul 06, Jul 13

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Semi-Private Swim - All Levels
Maple Grove Community Center
No Class: Jul 16

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Semi-Private Swim - Levels 1 - 3
Maple Grove Community Center
No Class: Jul 06, Jul 13

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Water Exercise

Water Aerobics
Maple Grove Community Center
Let's stay in shape! Tone your muscles, improve your cardiovascular system, have fun, stay fit and do it with the help and buoyancy of water to support your joints. A great form of exercise for water lovers.

<table>
<thead>
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<th>Time</th>
<th>Cost</th>
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Register On
April 28 for Swim Programs

Register: webtrac.maplegrovemn.gov | Summer 2022
Lifeguard Training

Blended Learning Lifeguard Training
Maple Grove Community Center
The American Red Cross course provides entry-level lifeguards with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses.

**Prerequisites:**
1. Must be 15 years old.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing using the front crawl, breaststroke or a combination of both only. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs.
4. Complete a timed event within 1 minute, 40 seconds.
The skills evaluation will occur on the first day of the course. Bring proof of age - birth certificate, passport, driver’s permit or license. Please bring a swimsuit and towel for every class.

**Certification Requirements**
- MUST attend and participate in all seven class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in all final rescue scenarios.
- Pass both the Section 1 – CPR/AED for the Professional.

Rescuer and First Aid and Section 2 – Lifeguarding Skills final written exams with minimum grades of 80 percent.

**American Red Cross Online and Validity Period:**
American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED: 2 years.

Part of this class is online - you will need internet access and a printer.

Minimum requirement of 4 participants for the class.
Class will be scheduled on an inquiry basis.

Cost: $260 OR apply, interview, do prerequisite skills and commit to working through the school year and the class is FREE! Must attend ALL dates

Contact Adrienne Vassar, 763-494-6493 with questions or to register.

<table>
<thead>
<tr>
<th>Age</th>
<th>Day</th>
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<td></td>
<td>F</td>
<td>or</td>
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<td></td>
<td>Sa</td>
<td>Jun 23 - Jun 26</td>
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<tr>
<td></td>
<td>Sun</td>
<td></td>
<td>3-9pm</td>
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</tbody>
</table>
Maple Grove Days
Be sure to join us for the event this year!
July 13-17, 2022
maplegrovedays.org