

# Parks & Recreation



Inver Grove Heights

**Try  
Log Rolling!**

**For information on  
this exciting new  
sport see page 11.**



**Winter/Spring 2016-2017**

**Visit Us At: [www.invergroveheights.org](http://www.invergroveheights.org)**

# Discover the Opportunities...

## Dec. 3-March 5: Pools, Ice Arenas & Gymnasium Schedules

 Water Park Open Swim	Lap & Dive Pools Family Open Swim	Adult Lap Pool Lap Swim Water Walking	Ice Arenas	Gymnasium
<b>Mondays</b> Water Features On 5:30-7:30 p.m.		5 a.m.-3 p.m.; 6:15-9:30 p.m.	<u>Women's Open Hockey:</u> 9-10:45 a.m. <u>Open Skate:</u> 11 a.m.-1 p.m. <u>Adult Open Hockey:</u> 1:15-2:45 p.m.	Adult Open Pickleball: 1:30-3 p.m.
<b>Tuesdays</b> Water Features On 5:30-7:30 p.m.		5 a.m.-3 p.m.; 6:15-9:30 p.m.	Open Skate: 11 a.m.-1 p.m.	Adult Open Volleyball: 8-10 p.m.
<b>Wednesdays</b> Water Features On 5:30-7:30 p.m.		5 a.m.-3 p.m.; 6:15-9:30 p.m.	<u>Women's Open Hockey:</u> 9-10:45 a.m. <u>Open Skate:</u> 11 a.m.-1 p.m. <u>Adult Open Hockey:</u> 1:15-2:45 p.m.	Adult Open Pickleball: 1:30-3 p.m.  Adult Open Basketball (16 years old and up): 5-7 p.m.
<b>Thursdays</b> Water Features On 5:30-7:30 p.m.		5 a.m.-3 p.m.; 6:15-9:30 p.m.	Open Skate: 11 a.m.-1 p.m.	
<b>Fridays</b> Water Features Off 9:30-11:30 a.m.  Water Features On 5:30-7:30 p.m.	6:15-7:30 p.m.	5 a.m.-3 p.m.; 6:15-9:30 p.m.	<u>Women's Open Hockey:</u> 9-10:45 a.m. <u>Open Skate:</u> 11 a.m.-1 p.m. <u>Adult Open Hockey:</u> 1:15-2:45 p.m.	Adult Open Pickleball: 1:30-3 p.m. (skip Jan. 20, Feb. 10, May 19 & May 29)
<b>Saturdays</b> Water Features Off 9-11 a.m. Water Features On 12-6:30 p.m.	12-6:30 p.m.	6 a.m.-7:30 p.m.	Open Skate: 6-7:30 p.m.	
<b>Sundays</b> Water Features On 12-6:30 p.m.	12-6:30 p.m.	8 a.m.-7:30 p.m.	Open Skate: 3-4:30 p.m.	Family Open Basketball: 4:30-6 p.m.



**\*Open times may not be available on all published dates.**  
Schedules are subject to change.  
Visit [www.invergroveheights.org/parks](http://www.invergroveheights.org/parks) or call 651-450-2480 for current schedules.

### 2016-17 Daily Admission Rates

Single (12 months and older)	\$8
Family (up to four people)	\$25
Water Park Morning Swim Time (Fri: 9:30-11:30 am & Sat: 9-11 a.m.)	\$3/person
Water Park Twilight Swim (Mon-Fri: 5:30-7:30 p.m.)	\$5/person
Observer Rate (not swimming)	\$4/person
Late Night Admission (after 8 p.m. Mon-Fri-Lap Pool/Fitness Center Only)	\$5/person

### Non-Member Admission Rates

Open Skate Youth (ages 17-under)	\$4
Open Skate Adult (ages 18-older)	\$5
Skate Rental	\$2
Open Hockey	\$6
Open Freestyle Skate (members & non-members)	\$8
Open Gym (non-members)	\$3/res; \$5/ non-res
Open Volleyball	\$3/member; \$5/non-member
Open Pickleball (beginning Jan. 2017)	\$3/non-member Free members



# Inside This Issue ...

Active Adults (Ages 55+) .....	34
Adult Programs/Sports .....	5
Bee Elite Gymnastics Academy .....	24-25
Birthday Parties .....	28
Community Center .....	6
Family/Youth Activities .....	26-27
Fitness Programs .....	7-10
Holidays in the Heights.....	35
Indoor Pools .....	12
Kids R.O.C.K. ....	28
Learn to Skate .....	18-19
Non-School Days .....	27
Parks and Facilities .....	32
Park Locations .....	33
Personal Training .....	8
Pool Classes/Specials.....	11
Preschool Programs .....	29
Special Events .....	4
Spotlight.....	30
Swimming Lessons .....	13-17
VMCC Facility Rental .....	31
Youth Leagues/Sports .....	20-23

## FREQUENTLY CALLED NUMBERS

Advertising .....	651-554-3442
Birthday Parties .....	651-554-3423
Class Registrations .....	651-450-2585
Fitness Center .....	651-554-3420
Guest Services (The Grove).....	651-450-2480
Ice Rental .....	651-450-2587
Memberships .....	651-450-2480
Parks and Recreation .....	651-450-2585
Room Rental .....	651-450-2580
Summer Kids R.O.C.K. ....	651-450-2585
*Weather Line .....	651-450-2595

[questions@funatthegrove.com](mailto:questions@funatthegrove.com)

**\*Sign up online to receive building closures and program updates at [www.invergroveheights.org/weatherupdates](http://www.invergroveheights.org/weatherupdates)**

## VETERANS MEMORIAL COMMUNITY CENTER

### BUILDING REGULAR HOURS

Monday-Friday: 5 a.m.-10 p.m.  
Saturday: 6 a.m.-8 p.m.  
Sunday: 8 a.m.-8 p.m.

### BUILDING CLOSED DATES

Sunday, Dec. 25 (Christmas Day)

### HOLIDAY HOURS

Saturday, Dec. 24: 5 a.m.-2 p.m.  
Saturday, Dec. 31: 5 a.m.-4 p.m.  
Sunday, Jan. 1: 10 a.m.-5 p.m.

### POOL HOURS

See page 2 for Indoor Pool Hours

### PARKS & RECREATION OFFICE HOURS

Monday-Friday: 9 a.m.-5:30 p.m.

## Holiday Non-School Days

Kids have a day off school in Inver Grove Heights? Veterans Memorial Community Center offers a variety of things to do! Come swim, skate, shoot hoops and more!

For a schedule of amenities and activities see page 15.

## Parks and Recreation Programs Online Registration Process

- Programs in this brochure will have a program number associated with it.
- To register: Go to [www.invergroveheights.org/register](http://www.invergroveheights.org/register).
- First time users will have to set up an account. Your user name will be your email; you create a password.
- If you know the program #, you can search by typing in that number.
- If you do not know the program #, you can browse all available activities until you find your desired program.

## Request An Accommodation

The City of Inver Grove Heights is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact Tracy Petersen at 651-450-2588 to make your preferences known.

This document is available in an alternate format upon a 3-day business request. Please contact Eric Carlson at 651-450-2587 to make a request. Examples of alternate formats may include: large print, Braille, audiocassette.

# Special Events

## VMCC Holiday Open House Tuesday, Dec. 6 5-8 p.m.

Veterans Memorial Community Center

- Tour the facility and see all the wonderful amenities
- Work out in the fitness center or pool
- Log Rolling Demos from 6:30-7:30 p.m.
- Swim in the water park from 5:30-8 p.m.

**Join and pay only a \$17 enrollment fee!  
FREE GIFT FOR NEW MEMBERS!**

## VMCC Fitness Open House Thursday, Dec. 29 4-8 p.m.

Veterans Memorial Community Center

Check out these mini-classes:

- |                       |                             |
|-----------------------|-----------------------------|
| Karma Kids: 4:15 p.m. | Nutrition: 6:15 p.m.        |
| Instafit: 4:45 p.m.   | Strength Circuit: 6:45 p.m. |
| Yoga: 5:15 p.m.       | Boot Camp: 7:15 p.m.        |
| Wellness: 5:45 p.m.   | Boxing: 7:45 p.m.           |

Take a tour and get a fitness assessment.  
Purchase and receive deals on personal training!

## Summer Registration Kick-Off

**Saturday, March 11  
9:30-11 a.m.  
VMCC**



It's time to start planning your summer...while saving money! Check out our summer offerings and receive discounts when registering for summer programs on this day!

**Be sure to check out on the same day...**

- Lacrosse Clinic: 9-10 a.m. (see page 20)
- Soccer Carnival: 10:30 a.m.-12 p.m. (see page 20)
- Swimming Lesson Pre-test Day: 12-1 p.m. (see page 13)

**Like us on facebook! Search for  
Inver Grove Heights  
Parks and Recreation.**



## Arts & Crafts Fair

**Saturday, Feb. 25  
9 a.m.- 2 p.m.**

**VMCC, National  
Guard Gymnasium  
FREE Admission!**

Join the Community Center  
and pay NO enrollment fee!



## Healthy Active Aging Fair



**Wednesday, April 26  
9 a.m.-12 p.m.  
VMCC**

**Vendor booths with valuable  
information on health, wellness, housing,  
finances and more!**

**Free fitness classes!**

**Join during the event and pay NO  
enrollment fee!**

**Are you a vendor looking to participate  
in the Arts and Craft Fair or  
Active Aging Fair?**

**Visit [www.invergroveheights.org/events](http://www.invergroveheights.org/events)  
for information or call 651-450-2585.**

## Indoor Walking

Simley High School, South St. Paul High School, Henry Sibley High School and Veterans Memorial Community Center (West Rink only) will be open for indoor walking. The cost is \$5 for a walking button that must be worn while walking and is good through May 31, 2017. Walking buttons may be purchased in person at the Inver Grove Heights Parks and Recreation office, District 197 District Office, Thompson Park Activity Center (WSP) or Central Square Community Center (SSP)

**Hours: High School: Monday-Thursday, 5-9 p.m.  
Community Center: Monday-Friday, 7 a.m.-2 p.m.**

# Adult Programs/Sports

League:	Men's Broomball	Women's Volleyball	Co-Rec Volleyball (if openings remain)
<b>Days:</b>	Tuesdays and/or Thursdays	Tuesdays	Thursdays
<b>Season Start/End:</b>	Dec. 23-Feb. 23	Jan. 3-mid April	Jan. 5-mid April
<b>Description:</b>	Officiated league; standings recorded with end of season playoffs.	Not officiated; standings recorded. 16-18 games and double elimination playoffs	Two levels of play; not officiated; standings recorded.
<b>Fee:</b>	\$200/team	\$285/team	\$285/team
<b>Code:</b>	AP-WI02	AP-WI01	AP-WI00
<b>Register By:</b>	Tuesday, Dec. 6	Friday, Dec. 16	Friday, Dec. 16



## Open Volleyball (ages 18-up)

Don't want to commit to a season long team but still want to bump-set-spike? Grab some friends or come to make some new friends all while playing the great sport of Volleyball! Schedule is subject to change and may be extended, visit the website at [www.invergroveheights.org](http://www.invergroveheights.org) for schedule changes.

Day	Date	Time	Location
Tues.	Through Dec.	8-10 p.m.	VMCC, Gymnasium

Fees: \$3/members; \$5/non-members or purchase a ten-time punch card: \$25/members; \$40/non-members

## Indoor Open Pickleball

Join this fun and social open play session on Mondays, Wednesdays and Fridays. Beginner to advanced players will have the opportunity to learn the sport and/or work on their game with other pickleball enthusiasts. Please bring your own racquet.

Day	Date	Time	Location
Mon./Wed./Fri.	Jan. 2-May 31 (skip Jan. 20, Feb. 10, May 19 & May 29)	1:30-3 p.m.	VMCC, Gymnasium

Fee: \$3/non-member or purchase a ten-time punch card: \$25/non-member; Free for members (beginning Jan. 2017)



## New! Dance Lessons (ages 16 and up)

Lessons are taught by Dance and Entertainment, owner, Tricia Wood.

Swing Dance Series: Learn Single-time East Coast Swing, Triple-Time East Coast Swing and West Coast Swing! Will be able to dance to R & B, blues, country, 50's rock n' roll and modern pop music.

Wedding Dance Series: Learn Waltz, Rumba and Swing - the most useful dances that cover the widest variety of modern pop music and traditional ballroom music you'll hear played at wedding receptions and galas.

Ballroom & Latin Dance Series: Learn Tango, Salsa and Cha-Cha - a fun variety to sample both Rhythm and Smooth style dances.

Day	Date	Time	Type	Fee	Code
Fri.	March 3-31 (skip March 10)	6:30 p.m.	Swing Dance	\$60/person	AP-PI00
Fri.	March 3-31 (skip March 10)	7:30 p.m.	Wedding Dance	\$60/person	AP-PI01
Fri.	April 21-May 19 (skip May 12)	6:30 p.m.	Ballroom & Latin Dance	\$60/person	AP-PI02
Fri.	April 21-May 19 (skip May 12)	7:30 p.m.	Wedding Dance	\$60/person	AP-PI03

Register at least one week prior to start date. Location: VMCC, Studio

## Adult Summer Softball

When you think summer think softball!

Registration information for summer softball leagues will be available beginning February 1st both in person and online at [www.invergroveheights.org](http://www.invergroveheights.org). All 2016 teams are on an email list and will receive this information. If you did not participate in last year's leagues and are interested in the 2017 season, call 651-450-2580 or email [jgraham@invergroveheights.org](mailto:jgraham@invergroveheights.org) for information.

# Veterans Memorial Community Center

## 2017 Membership Rates

Membership Categories	Requirements	Resident Enrollment Fee	Non-resident Enrollment Fee	Monthly Dues	10-Time Pass
Single	Ages 18-59	\$49	\$59	\$58	\$75
Senior	Ages 60-over	\$49	\$59	\$45	\$70
Youth	Ages 15-17	\$49	\$59	\$45	\$70
Student	Full-time students between ages of 18-25	\$49	\$59	\$53	N/A
Single Plus One	Two people living in the same household	\$49	\$59	\$78	N/A
Household	Up to two adults plus up to four dependents under the age of 25 living in the same household	\$49	\$59	\$90	\$175

## Amenities

**Available when purchasing a one-time pass, ten-time pass or membership.**

**Some amenities have time restrictions and/or age restrictions.**

- Free weight area and exercise room
- Group cycle room
- Sauna and whirlpool
- Lap pool, dive pool
- Indoor water park
- Fitness studio featuring over 50 drop-in fitness classes per week
- Indoor walking track
- Ice arenas
- Gymnasium
- Childcare room
- Locker rooms (men, women, family)

Visit [www.invergroveheights.org](http://www.invergroveheights.org) for detailed pictures and information!

## Membership Benefits

- Free childcare for kids on membership
- Teens ages 10-14 may work out in fitness center with parent
- Discounts on classes (fitness classes, personal training, swim, log rolling and skate lessons)
- Referral bonus when referring new members or new training clients
- Insurance discounts (see below)
- PCA/Nanny Supplement
- Guest passes
- Complimentary Fitness Assessment and Equipment Orientation
- Open swim, skating, hockey, pickleball and basketball

## Discounted & Subsidized Membership Offerings

**Fitness Discount Programs offered by Healthcare Insurers**

- **HealthPartners**
- **Blue Cross Blue Shield of MN or ND**
- **Medica (enrollment fee waived)**
- **Preferred One**
- **United Health Group**
- **Silver & Fit**
- **Silver Sneakers**
- **Healthways Prime**
- **Active and Veteran Military Discounts**

These programs offer a discount or a subsidized membership for those with eligible plans! Check with your provider or call our Guest Services desk at 651-450-2480 to check eligibility.

## Open House

**Tuesday, Dec. 6 5-8 p.m.**

**Veterans Memorial Community Center**

**Join and pay only a**

**\$17 enrollment fee!**

# Fitness Center & Fitness Programs

## Welcome to the Fitness Center

The fitness center is open to members and non-members over the age of 15 (an adult must accompany youth ages 10-14). See page 6 for pass and membership information. The fitness center is open during building hours of operation (see page 3).

## Fitness Attendants on Duty

Fitness Attendants are on duty to answer your questions and serve your needs seven days a week. Attendants are available during the following hours (subject to change):

- **Monday-Friday: 7 a.m.-7 p.m.**
- **Saturday: 8-12 p.m.**
- **Sunday: 9-12 p.m. & 3-6 p.m.**

## On the Track

Keep your running and walking program going all year long! Our indoor track circles the Fitness Center and is open during building hours of operation. You must be a member or pay the daily entrance fee to use the track.

Track is open during open building hours.

Family hours provide a time for parents with school-age children to use the track.

### Family Hours:

- Monday-Friday: 3-6 p.m.
- Saturday & Sunday: 11 a.m.- 8 p.m.



Join us every 3rd Friday of the month in the lobby of Veterans Memorial Community Center for free blood pressure checks given by Health East  
9:30 a.m.-11 a.m.

## Assess Your Health

**FREE for new members or with a personal training consultation; \$35 for pass holders and non-members**

Meet with a trainer to benchmark your physical fitness and discuss your fitness goals. May include: measurements or body composition, blood pressure, posture check, cardiovascular or strength test.

## Fitness Center 101

**FREE for new members; \$35 for pass holders and non-members**

A member of the fitness staff will show you a few basic cardio and strength machines and recommend fitness classes based on your personal preferences.

## Teen Work Out Privilege

All teens ages 10-17 must complete an orientation prior to utilizing the fitness center. Youth ages 10-14 are required to wear a teen fit band and also be supervised by an adult while in the fitness center.

Register online at [www.invergroveheights.org/register](http://www.invergroveheights.org/register).

## Adult Time Out

Take a break from parenting and let us entertain your children while you enjoy a night out! Children will enjoy crafts, games and physical activity!

Ages 3 years -11 years of age  
(must be toilet trained)

**6:30-9:30 p.m.**  
**\$15 per child; \$10 per sibling**  
**VMCC, Childcare Room**

- **January 27** YA-W500
- **February 24** YA-W501
- **March 24** YA-W502

Please register at least three days in advance.  
Call 651-554-3426 for more information!

## Childcare Room

**Need childcare while you workout?**

**We offer FREE\* childcare with our household memberships!**



### HOURS

Monday-Thursday: 8:30 a.m.-12:30 p.m. and 4-8:30 p.m.  
Friday: 8:30 a.m.-12:30 p.m. and 4-7 p.m.  
Saturday: 8 a.m.-12:30 p.m.  
Sunday: 10 a.m.-5 p.m.  
**Hours are subject to change.**

**\*Child must be listed on the membership. Parent ID required at drop off and pick-up.**

**Childcare for non-members is \$3.50/hour per child (maximum of two hours or \$7).**

# Personal Training

## Fitness Open House

Thursday, Dec. 29  
4-8 p.m.

Veterans Memorial Community Center

### Check out these mini-classes:

Karma Kids: 4:15 p.m.      Nutrition: 6:15 p.m.  
Instafit: 4:45 p.m.      Strength Circuit: 6:45 p.m.  
Boxing: 5:15 p.m.      Boot Camp: 7:15 p.m.  
Wellness: 5:45 p.m.      Yoga: 7:45 p.m.

Take a tour and get a fitness assessment.

**Personal Training Special:**  
**60-minute sessions**  
**\$50/member or**  
**\$60/non-member per hour!**

### A Trainer Can...

- Design a personalized program
- Hold you accountable to help you meet your fitness goals
- Help you fit exercise into your busy schedule
- Create time efficient workouts
- Protect you from injury by teaching you proper form and technique

For a list of trainers and their bios go to  
[www.invergroveheights.org/communitycenter](http://www.invergroveheights.org/communitycenter).

Need help selecting a trainer? Amy can help match you with one that fits your needs.

Email [acrary@invergroveheights.org](mailto:acrary@invergroveheights.org) or call 651-554-3426.

## Total Body Challenge

Accept the challenge this winter to eat healthy, lose weight and body fat! Meet with a trainer every two weeks to weigh-in and receive a cardio and weight program as well as nutrition information.

Top three people who lose the largest percentage of body fat and top three who lose the largest percent of weight will receive gift cards to The Grove.  
1st place: \$75; 2nd place: \$50; 3rd place: \$25

Challenge runs Jan. 17 - March 17

Fee: \$55/member; \$105/non-member

(non-members will need to purchase a pass or daily pas to utilize the facility outside of scheduled meetings.

Program #FP-W150

Let us jump start your health! We are committed to helping you achieve success!

For information or to set up a complimentary assessment please call 651-554-3420.

### Personal Training Rates

# Sessions/Time	Member	Non-member
30 minutes	\$35	\$45
60 minutes:		
1	\$65	\$75
5-9	\$60	\$70
10-14	\$55	\$65
15-19	\$50	\$60
20 or more	\$45	\$55

### Training Specials:

**New Client: Purchase Two 60-minute sessions for \$100 (member) or \$120 (non-member)**

**Referral: Refer someone that purchases Two (2) 60-minute or Four (4) 30-min sessions and receive a free 30-minute session**

### Off-Season Youth Training for Sports

Our personal training staff offers individual and team training including the following sports: dance, cross country, ice skating, track and field, volleyball, softball/baseball. **Training can include: TRX, Kettle Bell, Strength Training, Aqua Running, Agility, Boxing and more.**

Team training may be a group of 6-15 people and is \$60 per session. This includes the equipment, space and trainer. Individual training rates are the rates shown above.



# Specialty Fitness Classes

**For class dates and times and to register go to [www.invergroveheights.org/register](http://www.invergroveheights.org/register) or call 651-450-2480.**

- Save \$5 when registering one week or more in advance.
- \$5 late fee for same-day and post start-date registrations
- All classes are 16 sessions and 50 minutes in length unless otherwise noted.
- Drop-in for \$8/members; \$15/non-members

Class Title	Description	Fees (16 sessions) Member/Non-member
Back to Balance	Designed for individuals who would like to improve balance and coordination to aid them in everyday activities.	\$29/\$49 (4-week session)
Boot Camp	Trainers will push you to achieve your fitness goals with fun, challenging workouts! Stay motivated and work as a team to burn mega calories!	\$59/\$99
Boxing & Bells Camp	Swing bells and jab, kick and hook your way to a leaner body and healthier state of mind. Moderate to high intensity level.	\$59/\$99
C.R.T. (Cardio Resistance Training)	Circuit style workouts designed to challenge any fitness level utilizing a variety of equipment including TRX and Kettle Bells.	\$59/\$99
Instafit (ages 8-12)	Instafit will increase balance, endurance, speed, agility and strength. Class will infuse cardio with resistance and core exercises using tools such as balls, bands, BOSU and light dumbbells.	\$29/\$49 (4-week session) \$15/extra siblings
Karma Kids (ages 8-12)	Kids will learn to relax while having fun doing a variety of Yoga poses.	\$29/\$49 (4-week session) \$15/extra siblings
Small Group Wellness Coaching	Health and lifestyle coaches help you bring awareness to who you are and who you want to be. Identify barriers to change and set goals to live life to the fullest.	\$59/\$99 (Eight 50-minute sessions)
Strength Training Circuit	Increase bone density, muscle mass and lose inches! Receive resistance training with a personal trainer.	\$59/\$99
TRX Bell	Work in a small group setting to train your body with TRX suspension training and Kettle Bells. This time efficient class will elevate your heart rate and strengthen your whole body.	\$59/\$99
Nutrition Support	Educate yourself to make better food choices. Set goals and hold yourself accountable. Receive support from others on your weight loss journey.	\$59/\$99 (Eight 50-minute sessions)
Beginning Yoga	Class is designed for those that would like to learn a safe practice specific to their needs that can be modified in class or on own.	\$59/\$99



# Drop-In Fitness Classes

- Over 50 classes offered weekly! Classes are free for Community Center members. (\$8 for non-members)
- For a current schedule to go [www.invergroveheights.org/fitness](http://www.invergroveheights.org/fitness)
- Ages 15-up (ages 10-14 welcome to attend with a parent)

Cardiovascular Classes	Description
Aqua Exercise	Low impact cardio workout in 3-7 feet of water
Aqua Zumba	Low-impact Zumba themed cardio workout in 3-5 feet of water
BPM (Beats Per Minute)	Circuit style cardio and strength class
Cardio Kickboxing	Moderate to high intensity workout with jabs, kicks and plyometrics
Cardio Sculpt	Full body workout with cardio and strength
Deep Water Exercise	No impact water workout in 10-13 feet of water
Group Cycle	Climb hills, sprint and do intervals on a stationary bike to motivating music
HIIT (High Intensity Interval Training)	High intensity cardio and strength interval training
New! XA Beat	Moderate to high-intensity choreographed dance movement
Power Step	Moderate to high impact fast-paced step class
Step & Sculpt	Step patterns mixed with core and upper body sculpting
Zumba	Latin dance to make you sweat



Older Adult Classes	Description
Joints in the Pool	Gentle range of motion exercises in 3 feet of water
Silver Splash	Low impact water workout for strength and range of motion in 3-5 feet of water
Sculpt & Stretch	Light toning abs and no-nonsense stretching
Silver Sneakers Classic	Cardio and strength exercise using bands, balls and weights with chair support
Silver Sneakers Yoga	Simple and safe Yoga exercises performed with a chair
Zumba Gold	Latin dance at a moderate tempo



Strength Classes	Description
Barre Fusion	Sculpt arms, legs, glutes and abs using Pilates and Ballet Barre methods
Body Blast	Full body strength workout using barbells timed to fun music
Muscle Mix	Resistance training using bands, balls, weights and barbells



Mind/Body Classes	Description
Tai Chi	Flowing sequences to improve balance and coordination
Yoga Fitness	Flowing Yoga sequences to sculpt and strengthen
Family Yoga	Yoga for ages 7-adult

# Pool Classes/Specials

## Log Rolling (ages 6-adult)

**Unsure about Log Rolling and want to try it out?** Get in the water and get ready to have fun! Staff will be on hand to coach you on the log rolling basics. Purchase a wristband to participate!

Saturdays, Feb. 4, March 4, April 1, May 1  
12-1 p.m.  
\$5 per person



## Log Rolling Club (ages 6-adult)

Here is something that is fun, good for you and the entire family can participate! Work on techniques to improve your log rolling skills. Strengthen your core and balance! Be a part of the club! Pre-registration required.

Day	Date	Time	Code
Sun.	Jan. 29-March 18	6:30-7:30 p.m.	LOG100
Sun.	April 2-May 21	6:30-7:30 p.m.	LOG101

Fee: FREE for members; \$49/non-members

**REGISTER AT**  
**[WWW.INVERGROVEHEIGHTS.ORG/REGISTER](http://WWW.INVERGROVEHEIGHTS.ORG/REGISTER)**

## Water Park Programs

### Saturday Swim

Join us Saturday mornings from 9-11 a.m. for a splashing good time at our water park. Water features will be turned off at this time.

Fee: \$3 per person

### Sunday Splash

Join us on the 3rd Sunday of every month at the water park. We will turn the features on for this special day. Dates are: Sunday, Dec. 18, Jan. 15, Feb. 19, March 19 & May 21

9-11 a.m.  
Fee: \$5 per person

### Dairy Queen Day

Join us for swimming and get a coupon for a sweet treat at Dairy Queen! Coupons are given out to the first 50 people.

Friday, Jan. 27 5:30-7:30 p.m.  
\$5 per person admission to water park

### Splash-tacular Thursday

Make a splash with family and friends and keep the winter blues away! Participants will swim in the pools, try log rolling, dive off the boards and enjoy a pizza dinner!

**Register by Thursday, Feb. 9.**

Thursday, Feb. 16 5:30-8:30 pm  
\$10 per person (Pre-registration required)  
FA-W216

### Splash Dance

Join us Friday, Feb. 17 from 12-3 p.m. for some splashing, dancing fun! We will have music playing while you splash!

\$8 per person or \$25 per family (4 people)

## Lifeguard Training (ages 15-adult)

Participants learn skills and knowledge needed to prevent and respond to aquatic emergencies. Participants must be able to:

- Swim 300 yards continuously, doing 100 yards of front crawl, 100 yards of breast stroke and 100 yards of front crawl and breast stroke combined.
- Swim 20 yards, submerge to minimum depth of 7 feet, retrieve a 10-pound object, return to the surface and swim with the object back to the wall within one minute, 40 seconds.

Upon successful completion, participants receive certificates for the American Red Cross Lifeguard Training, First Aid, CPR-PR and AED, and qualify to apply for lifeguard positions with the City of Inver Grove Heights. Participants must attend all classes, no exceptions.

Participants who do not pass pre-requisites will be charged a \$50 administration fee.

Day	Date	Time	Code
Wed.-Fri.	Dec. 28-30	9 a.m.-4 p.m.	LG400
Fri.-Sun.	March 10-12	Fri: 4-10 p.m. Sat: 12-8 p.m. Sun: 8 a.m.-4 p.m.	LG500

**Fee: \$235 member; \$250 non-member**      **Location: VMCC**

## Interested in Working in the Pools?



**Inver Grove Heights Parks and Recreation is a great place to work! We are currently hiring Lifeguards and Swim Instructors. Lifeguarding Classes offered.**

**For more information go to**  
**[www.invergroveheights.org/jobs](http://www.invergroveheights.org/jobs)**

# Indoor Pools Information

*See page 2 for open swim hours in our pools.*

## Tips for a successful visit

The following is a list of tips for open swim (water park, lap and dive pools). Additional tips are posted at the pools.

- Swimmers must be 43-inches tall to use the speed and flume slides.
- All users of the sauna must remain clothed.
- Swimmers under 16 are not allowed to use the spa or sauna.
- A person 16 years or older must accompany all swimmers under the age of 10.
- Only U.S. Coast Guard-approved life jackets are allowed – no inner tubes or air mattresses.
- All users of life jackets must be within an arm’s reach of an adult.
- A family locker room is available for those with young kids to utilize.



## Public Locker Rooms

The Community Center has three public locker rooms: men, women and family. All those unaccompanied under the age of 16 must use the family locker room. Cell phone usage is NOT allowed in locker rooms.

## Lockers and towels

You may rent a lock or towel for the day for \$1 each. A photo ID is required. There are complimentary wallet/cell phone lockers for use in the hallway.

## Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility and have access to all three of our pools. Prices are per person and a minimum of 50 people is required. Tax is included. Call 651-554-3423 to book your party today!

- Fees:  
 2 hours: \$10/person  
 3 hours: \$11/person  
 4 hours: \$12/person

## Simley Swim Meets

The lap pool and dive pool are also the “home” pools for the Simley High School Swim Teams. As a result, the lap and dive pools are not available during the following meets:

- Boys**
- |                   |                   |
|-------------------|-------------------|
| Thursday, Dec. 8  | Thursday, Jan. 26 |
| Tuesday, Dec. 13  | Tuesday, Jan. 31  |
| Thursday, Dec. 15 | Thursday, Feb. 2  |
| Friday, Dec. 23   | Tuesday, Feb. 7   |
| Tuesday, Jan. 10  | Thursday, Feb. 9  |

## No School? Head to the Pool!

On the following days the water park will be open from 12-7:30 p.m.

- Dec. 22, 23
- Dec. 26-30
- Dec. 31 (12-3:30 p.m.)
- Jan. 1 (12-4 p.m.)
- Jan. 2
- Jan. 16
- Jan. 27
- Feb. 17
- Feb. 20
- March 3
- March 27-31
- April 14
- May 26

# Swimming Lessons

## Program Policies

- Classes with less than the required minimum enrollment may be canceled.
- Make-up classes will not be available for students who miss a class and fees will not be pro-rated or refunded.
- Children who are not toilet trained must wear a cloth diaper with plastic pant or a swimsuit diaper. Paper diapers of any type are not allowed in the pools.
- Pool temperatures in the lap pool is 81 degrees (August-February)

## Wait Lists

If you are interested in registering for a class that has reached maximum enrollment, you may place your name on a waiting list. An additional class may be added in order to accommodate the waiting list.

## Registration Deadline

We accept swimming lesson registrations up until the class begins, or reaches the maximum; however, it is recommended to register at least seven days before the course begins. Classes that do not have the minimum number of participants registered a week before the start of the session may be canceled.

## Enrolling in the Appropriate Class

Follow the recommendations of your child's instructor. The certificate you receive at the end of the session indicates the level your child should enroll in next. It is not uncommon for a student to repeat a level several times before mastering all required skills. The next level is structured to build on the skills learned in the previous level. A student who does not possess minimum skills for that level will hinder the progress of the other students in the class as well as his or her own progress. If possible, we recommend that you consult with your child's instructor before enrolling for the next session. In some cases it is difficult to determine early on whether a student will pass or needs to repeat a level. If your child is at least 5 years old and this is your child's first time taking swimming lessons, or if this is the first time your child is in our program, we recommend attending a free swimming level assessment.

## Swimming Level Assessments

Come to the pool and have your child assessed for the appropriate American Red Cross swimming lesson. No registration is necessary. Please allow about 10 minutes for the assessment.

Saturday, Jan. 14 10 a.m.-11 a.m.  
Wednesday, Jan. 18 6:30-7:30 p.m.  
Saturday, March 11 12-1 p.m.

## Swimming Lesson Rates

### Group Lessons:

\$59 member; \$64 non-member

### Private Lessons:

\$143 member; \$148 non-member

### Teen & Adult Lessons:

\$83 member; \$88 non-member

**Ratio:** Six students to one instructor for  
Preschool through Level 3  
Seven students to one instructor for levels 4-5

**Class Times:** Parent/Tot (1 & 2), Preschool  
(Tadpole, Starfish and Minnow)  
and Private Lessons meet for 30 minutes

Levels 1-6 and Adult classes meet for 40  
minutes



**SEE PAGES 14-15 FOR SWIMMING LESSONS LEVEL DESCRIPTIONS!**

**REGISTER AT [WWW.INVERGROVEHEIGHTS.ORG/REGISTER](http://WWW.INVERGROVEHEIGHTS.ORG/REGISTER).**

## SWIM LESSON LEVELS

The City of Inver Grove Heights is an authorized provider for the American Red Cross Learn-to-Swim Program. All levels include age-appropriate safety skills. The pre-requisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has a pre-requisite minimum age of 5 years old, and Tadpole, which has a pre-requisite minimum age of 3 years old.

### PRIVATE LESSONS

#### (ages 5-adult)

For children, teens and adults ages 5 and older, and of all ability levels who prefer individual, 1:1 instruction. Private lessons are beneficial for students requiring special attention or focused work. Private lesson dates and times available on page 16-17.

### PARENT/CHILD LEVELS

#### Parent and Child 1

##### (ages 6-18 months with a parent)

Adult and child are in the water together for this class.

Includes:

- Submerging mouth, nose and eyes in water
- Floating on front and back
- Age-appropriate safety topics



#### Parent and Child 2

##### (ages 18 months-3 years with a parent)

Adult and child are in the water together for this class.

Builds on skills introduced in Parent/Child 1.

- Entering and exiting the water
- Gliding on front and back
- Combined stroke on front and back with assistance.

### PRESCHOOL LEVELS

#### (AGES 3-5 WITHOUT PARENT)

#### Tadpole

Designed for inexperienced or cautious swimmers, or participants who have never attended swim lessons, or are new to our program.

Participants learn to:

- Submerge face in the water
- Glide on front and back with support
- Begin leg and arm movement

#### Starfish

Designed for participants who have passed Tadpole, or who are comfortable in the water and able to submerge mouth, nose and eyes.

Participants learn to:

- Float independently
- Glide on front, roll to back and float for 5 seconds, with support
- Glide on back, roll to front and float for 5 seconds with support
- Begin arm strokes and kicks

#### Minnow

Designed for participants who have passed Starfish or who are able to submerge their entire head in the water.

Participants learn to:

- Combine arm and leg action on front with support
- Combine arm and leg action on back with support

### SCHOOL-AGE LEVELS (AGES 5-UP)

#### Level 1: Intro to Water Skills

Designed for participants who have never attended swim lessons, or are inexperienced or cautious in the water.

Participants learn to:

- Submerge entire head under water
- Glide on front and back with support
- Combine arm and leg action on front and back with support

#### Level 2: Fundamental Aquatic Skills

Designed for participants who have passed Level 1 or who are comfortable in the water and able to submerge mouth, nose and eyes.

Participants will learn to:

- Tread water
- Glide independently
- Float on front and/or back for at least 15 seconds independently
- Use combined arm and leg action on front and back for five body lengths independently



#### Level 3: Stroke Development

Designed for participants who have passed Level 2. Builds on skills with practice in deeper water.

Participants learn to:

- Swim front crawl and/or elementary backstroke for 25 yards.
- Tread in deep water for 60 seconds
- Perform the breaststroke and scissors kick for 15 yards

### Level 4: Stroke Improvement

Designed for participants who have passed Level 3.

Develops confidence and improves skills.

Participants will learn to:

- Swim front crawl and elementary backstroke for 25 yards
- Swim breaststroke, butterfly, sidestroke and back crawl for 15 yards



### Level 5: Stroke Refinement

Designed for participants who have passed Level 4.

Develops further stroke refinement and endurance.

Participants learn to:

- Swim front crawl and elementary backstroke for 50 yards
- Swim breaststroke, back crawl, butterfly and sidestroke for 25 yards.

### Level 6: Swimming and Skill Proficiency

Designed for participants who have passed Level 5.

Develops strokes and endurance so participants can swim with ease. Prepares participants for more advanced activities, including lifeguarding course, water safety aide/instructor courses and competitive swimming.

Participants learn to:

- Swim 500 yards continuously using three strokes of participant's choice

### TEEN & ADULT LESSONS

#### Learning the Basics (ages 13-adult)

**Purpose:** Help participants gain basic aquatic skills and swimming strokes. Red Cross certified instructors teach skills and concepts needed to stay safe in and around water, as well as how to help themselves and others in the event of an aquatics emergency.

Day	Date	Time	Code
Mon.	Jan. 30-Feb. 20	7:45-8:35 p.m.	SL-W6312
Wed.	April 5-May 24	7-7:40 p.m.	SL-P8312

#### Improving Skills and Swimming Strokes (ages 13-adult)

This course is designed to improve a participant's proficiency in basic aquatic skills and the six basic swimming strokes. Participants must be comfortable in chest-deep water, be able to put their face in the water and be able to perform strokes that can be recognized as front crawl, breaststroke and back crawl for 15 yards.

Day	Date	Time	Code
Wed.	Feb. 1-March 22	7:45-8:25 p.m.	SL-W8312
Mon.	April 3-May 22	7-7:40 p.m.	SL-P6312

**REGISTER AT**  
[WWW.INVERGROVEHEIGHTS.ORG/REGISTER](http://WWW.INVERGROVEHEIGHTS.ORG/REGISTER)

# Holiday Break Fun!

## MAKE IT A BREAK TO REMEMBER!



Thursday, Dec. 22	Friday, Dec. 23	Monday, Dec. 26	Tuesday, Dec. 27	Wednesday, Dec. 28	Thursday, Dec. 29	Friday, Dec. 30	Saturday, Dec. 31	Sunday, Jan. 1	Monday, Jan. 2
Open Youth Hockey Ages 6-12: 9-11:30 am	Open Skate: 1-3:30 pm	Open Skate: 3-4:30 pm	Open Youth Hockey Ages 6-12: 9-11:30 am						
Open Skate: 11 am-1 pm	Open Swim: 12-3:30 pm	Open Swim: 12-4:30 pm	Open Skate: 11 am-1 pm						
Open Youth Hockey Ages 13-17: 12-2:30 pm	<b>For daily admission, open skating and open gym rates see page 2.</b> <b>Only \$5/person Mon.-Fri. in the pool.</b>		Open Youth Hockey Ages 13-17: 12-2:30 pm						
Open Swim: 12-7:30 pm			Open Swim: 12-7:30 pm						

# Winter Swimming Lessons

**Ratio:** Six students to one instructor for Preschool through Level 3  
Seven students to one instructor for levels 4-5

**Class Times:** Parent/Tot (1 & 2), Preschool (Tadpole, Starfish and Minnow) and  
Private Lessons meet for 30 minutes  
Levels 1-5 meet for 40 minutes

**Group Lessons:** \$59 member; \$64 non-member  
**Teen & Adult Lessons:** \$83 member; \$88 non-member  
**Private Lessons:** \$143 member; \$148 non-member

## SATURDAYS JAN. 28-MARCH 18

Time	Level	Code
9 a.m.	Private	SL-W01011
9:30 a.m.	Parent/Tot 1	SL-W0117
	Tadpole	SL-W0118
	Starfish	SL-W0119
	Level 1	SL-W0111
10:15 a.m.	Parent/Tot 2	SL-W01212
	Starfish	SL-W0129
	Level 1	SL-W0121
	Level 2	SL-W0122
11 a.m.	Minnow	SL-W01310
	Level 3	SL-W0133
	Level 4	SL-W0134
	Level 5	SL-W0135

## WEDNESDAYS FEB. 1-MARCH 22

Time	Level	Code
6:15 p.m.	Starfish	SL-W819
	Tadpole	SL-W818
	Level 1	SL-W811
	Level 2	SL-W812
	Level 3	SL-W813
7 p.m.	Parent/Tot 2	SL-W8212
	Minnow	SL-W8210
	Level 1	SL-W821
	Level 2	SL-W822
	Level 4	SL-W824
7:45 p.m.	Level 4	SL-W834
	Level 5	SL-W835
	Private	SL-W8311

## SUNDAYS JAN. 29-MARCH 19

Time	Level	Code
4 p.m.	Parent/Tot 1	SL-W11117
	Tadpole	SL-W1118
	Starfish	SL-W1119
	Level 1	SL-W1111
4:45 p.m.	Parent/Tot 2	SL-W11212
	Minnow	SL-W11210
	Level 2	SL-W1122
5:30 p.m.	Level 3	SL-W1123
	Level 4	SL-W1134
	Level 5	SL-W1135
	Private	SL-W11311



## MONDAYS JAN. 30-MARCH 20

Time	Level	Code
6:15 p.m.	Parent/Tot 1	SL-W617
	Tadpole	SL-W618
	Minnow	SL-W6110
	Level 1	SL-W611
	Level 2	SL-W612
7 p.m.	Starfish	SL-W629
	Level 1	SL-W621
	Level 2	SL-W622
	Level 3	SL-W623
7:45 p.m.	Level 4	SL-W624
	Level 3	SL-W633
	Level 5	SL-W635
	Private	SL-W6311

## TUESDAYS & THURSDAYS FEB. 28-MARCH 23

Time	Level	Code
6:15 p.m.	Tadpole	SL-W718
	Starfish	SL-W719
	Level 1	SL-W711
	Level 2	SL-W712
7 p.m.	Level 3	SL-W713
	Minnow	SL-W7210
	Tadpole	SL-W728
	Level 1	SL-W721
7:45 p.m.	Level 3	SL-W723
	Level 4	SL-W724
	Level 3	SL-W733
	Level 5	SL-W735
	Level 6	SL-W736
	Private	SL-W7311

## Looking for work?

*Enjoy flexible hours, good pay, close proximity to home and a gym membership.*

**Inver Grove Heights Parks and Recreation is a great place to work!**

**Be the first to know about job opportunities with Inver Grove Heights Parks and Recreation by receiving email notifications when positions become available by completing a job interest card on our website, [www.invergroveheights.org/jobs](http://www.invergroveheights.org/jobs).**

# Spring Swimming Lessons

**Ratio:** Six students to one instructor for Preschool through Level 3  
Seven students to one instructor for levels 4-5

**Class Times:** Parent/Tot (1 & 2), Preschool (Tadpole, Starfish and Minnow) and  
Private Lessons meet for 30 minutes  
Levels 1-5 meet for 40 minutes

**Group Lessons:** \$59 member; \$64 non-member  
**Teen & Adult Lessons:** \$83 member; \$88 non-member  
**Private Lessons:** \$143 member; \$148 non-member

## SATURDAYS APRIL 1-MAY 20 (SKIP APR. 15)

Time	Level	Code
9 a.m.	Private	SL-P01011
9:30 a.m.	Parent/Tot 1	SL-P0117
	Tadpole	SL-P0118
	Level 2	SL-P0112
	Level 3	SL-P0113
10:15 a.m.	Parent/Tot 2	SL-P01212
	Starfish	SL-P0129
	Level 1	SL-P0121
	Level 3	SL-P0123
11 a.m.	Tadpole	SL-P0138
	Minnow	SL-P01310
	Level 4	SL-P0134
	Level 5	SL-P0135

## SUNDAYS APRIL 2-MAY 21 (SKIP APR. 16)

Time	Level	Code
4 p.m.	Parent/Tot 1	SL-P1117
	Tadpole	SL-P1118
	Starfish	SL-P1119
	Level 1	SL-P1111
	Level 1	SL-P1111
4:45 p.m.	Parent/Tot 2	SL-P11212
	Minnow	SL-P11210
	Level 2	SL-P1122
	Level 3	SL-P1123
5:30 p.m.	Level 4	SL-P1134
	Level 5	SL-P1135
	Level 6	SL-P1136
	Private	SL-P11311

## MONDAYS, APRIL 3-MAY 22

Time	Level	Code
5:30 p.m.	Parent/Tot 1	SL-P617
	Tadpole	SL-P618
	Minnow	SL-P6110
	Level 1	SL-P611
	Level 2	SL-P612
6:15 p.m.	Parent/Tot 2	SL-P6212
	Starfish	SL-P629
	Level 1	SL-P621
	Level 2	SL-P622
	Level 3	SL-P623
7 p.m.	Level 4	SL-P634
	Level 5	SL-P635
	Private	SL-P6311

## TUESDAYS, APRIL 4-MAY 23

Time	Level	Code
5:30 p.m.	Minnow	SL-P7110
	Starfish	SL-P719
	Level 1	SL-P711
	Level 2	SL-P712
	Level 3	SL-P713
6:15 p.m.	Tadpole	SL-P728
	Minnow	SL-P7210
	Level 2	SL-P722
	Level 3	SL-P723
	Level 4	SL-P724
7 pm	Level 3	SL-P733
	Level 5	SL-P735
	Private	SL-P7311

## WEDNESDAYS APRIL 5-MAY 24

Time	Level	Code
5:30 p.m.	Parent/Tot 1	SL-P817
	Starfish	SL-P819
	Level 1	SL-P811
	Level 2	SL-P812
	Level 3	SL-P813
6:15 p.m.	Tadpole	SL-P828
	Minnow	SL-P8210
	Level 1	SL-P821
	Level 2	SL-P822
	Level 4	SL-P824
7 p.m.	Tadpole	SL-P838
	Level 3	SL-P833
	Level 5	SL-P835
	Private	SL-P8311

## THURSDAYS, APRIL 6-MAY 25

Time	Level	Code
5:30 p.m.	Parent/Tot 1	SL-P917
	Tadpole	SL-P918
	Level 1	SL-P911
	Level 2	SL-P912
	Level 4	SL-P914
6:15 p.m.	Parent/Tot 2	SL-P9212
	Starfish	SL-P929
	Minnow	SL-P9210
	Level 2	SL-P922
	Level 3	SL-P923
7 p.m.	Level 3	SL-P933
	Level 4	SL-P934
	Level 5	SL-P935
	Private	SL-P9311

REGISTER AT  
[WWW.INVERGROVEHEIGHTS.ORG/REGISTER.](http://WWW.INVERGROVEHEIGHTS.ORG/REGISTER)



# Learn to Skate Lessons

## Welcome to Skate School

Our Skate School is committed to fostering the development of every skater. We provide a wide variety of programs which teach the fundamentals of skating to all ages and abilities.

## Class Descriptions

The following is a general guideline to help with the class your child should register for. However, participants at all levels will be evaluated the first day of lessons and may move up or down a level depending on the skill level at any time during the session.

- Classes use the International Skating Institute (ISI) skill level system and Basic Skills (United States Figure Skating)
- All classes are progressive and students must have passed the previous level in order to advance.

**Tots 1-4:** Ages 3-6 with no prior experience should sign up for Tot 1 unless they have passed into a higher level. Must pass to advance through each level.



**Beginner 7 & Up:** Ages 7 and up with no prior skating experience.

**Pre-Alpha:** Must be able to skate comfortably forward unassisted or have passed Tot 4.

**Alpha:** Skaters who have mastered the skill of a one foot glide on each foot and comfortable moving backwards.

**Beta:** Skaters who have mastered the skill of forward crossovers in both directions and can stop.

**Delta:** Skaters who have mastered the skill of forward outside three turns on each foot and the 7-step Mohawk.

**Freestyle 1-10:** Skaters are grouped according to their ISI Freestyle level. Basic to advanced jumps, spins and dance step routines. Participants will also work on strength, flexibility and core training in a Yoga/Ballet off-ice session prior to their class time.

**Academy Class:** This class is a bridging program between Learn to Skate and private lessons with a figure skating club. Members will have the opportunity to compete in USFS basic skills competitions, all skaters welcome. Must have a USFS Basic Skills membership. Register for this at [www.learntoskateusa.com](http://www.learntoskateusa.com).

## Descriptions, cont.

### Specialty Classes for Hockey Players & Figure Skaters:

*Helmets, shin and elbow pads required for all hockey classes. Sticks and pucks will not be used.*

**Beginning Hockey:** Ages 4 and up - Must have passed Tot 4 to register. Basic skills are taught on the ice without a stick. Focus is on power skating, speed and edge control. Skills will be evaluated and could possibly move to Tot classes if determined necessary.

**Advanced Hockey:** Ages 5 and up - must have completed two years of mite hockey. Advanced stride, crossovers on a circle, backward slaloms, backward one-foot glides, hockey stops, intro to three-turns and mohawks.

### Power Skating

Power skating is essential to become a stronger, faster hockey player or figure skater. Improve your overall athletic endurance, speed, quickness, balance, edgework and skating technique. Each class consists of 30-minutes of group instruction; full ice will be used. Both hockey and freestyle skaters must be able to do forward and backward crossovers to enroll in the class.

*Our skate school has become a satellite program with the St. Paul Figure Skating Club. If you would like to advance into private lessons and take your skating further, contact the Learn to Skate Director, Roni, at [rmaas31@aol.com](mailto:rmaas31@aol.com) or the St. Paul Figure Skating Club.*

## FREE! Learn to Skate Open House & Winter Exhibition

**Tuesday, Jan. 10 6-7:30 p.m.**

Come to the rink and try skating! Great opportunity to meet the instructors and get your class questions answered. At 6:45 p.m., watch some of the current participants as they perform their competition programs! Register on-site for the upcoming winter sessions and get \$5 off the registration fee!

No pre-registration required - just come!

# Learn to Skate Lessons

## Fees:

\$67 member; \$72 non-member

\*Freestyle: \$82 due to specialized/advanced instruction, Yoga instruction and smaller class sizes.

Fee includes rental skates if needed and a pass for four open skate days

## WINTER SESSION I:

**SATURDAYS, JAN. 14-FEB. 25  
(SKIP JAN. 28)**

Time	Level	Code
9-9:30 a.m.	Tot 1	LTS-WI100
	Tot 2	LTS-WI101
	Tot 3	LTS-WI102
	Tot 4	LTS-WI103
	Beginner Ages 7-up	LTS-WI104
9:35-10:05 a.m.	Tot 1	LTS-WI105
	Tot 2	LTS-WI106
	Pre-Alpha	LTS-WI107
	Alpha	LTS-WI108
10:10-10:40 a.m.	Beta	LTS-WI109
	Gamma	LTS-WI110
	Delta	LTS-WI111
	Academy Class	LTS-WI112

## SPRING SESSION:

**TUESDAYS, MARCH 7-APRIL 18  
(SKIP MARCH 28)**

Time	Level	Code
6:20-6:50 p.m.	Tot 1	LTS-PI00
	Tot 2	LTS-PI01
	Tot 3	LTS-PI02
	Tot 4	LTS-PI03
	Beginner Ages 7-Up	LTS-PI04
6:55-7:25 p.m.	Tot 1	LTS-PI05
	Tot 2	LTS-PI06
	Pre-Alpha	LTS-PI07
	Alpha	LTS-PI08
	Beginning Hockey	LTS-PI09
7:30-8 p.m.	Beta	LTS-PI10
	Gamma	LTS-PI11
	Delta	LTS-PI12
	Advanced Hockey	LTS-PI13
	*Freestyle I & Up	LTS-PI14
8:05-8:35 p.m.	Power Skating	LTS-PI15

**REGISTER AT  
WWW.INVERGROVEHEIGHTS.ORG/  
REGISTER.**

## WINTER SESSION II:

**TUESDAYS, JAN. 17-FEB. 21**

Time	Level	Code
6:15-6:45 p.m.	Tot 1	LTS-WI113
	Tot 2	LTS-WI114
	Tot 3	LTS-WI115
	Tot 4	LTS-WI116
	Beginner Ages 7-Up	LTS-WI117
6:50-7:20 p.m.	Tot 1	LTS-WI118
	Tot 2	LTS-WI119
	Pre-Alpha	LTS-WI120
	Alpha	LTS-WI121
7:25-7:55 p.m.	Beginning Hockey	LTS-WI122
	Beta	LTS-WI123
	Gamma	LTS-WI124
8-8:30 p.m.	Delta	LTS-WI125
	Advanced Hockey	LTS-WI126
	*Freestyle I & Up	LTS-WI127
	Power Skating	LTS-WI128

## “Hairspray”

### Spring Ice Show

Saturday, April 22

2 p.m. & 6 p.m. show

Admission: \$5 per person

#### Learn to Skate Participants:

Participants in the Learn to Skate program will have the opportunity to be a part of the 2017 Spring Ice Show! All skate school students are encouraged to join in the fun! All levels will have numbers in the show.



Interested in a solo?  
Tryouts will be held on  
Tuesday, Feb. 28 from

6:15-7:15 p.m. for upper level students who are interested in certain characters of the show. Formal skating program with music will be required for tryouts.

For more information go online to  
[www.invergroveheights.org/register](http://www.invergroveheights.org/register).

Participation Fee: \$15 (includes T-shirt)  
Must register by Tuesday, Feb. 14.

# Youth Leagues/Sports

## Karate

Self-defense plus fun – now that’s a winning combination! Our program has classes for students beginning through advanced levels. The style of karate taught is Shorin-Ryu. Students should wear loose clothing that allows for movement. **Register at least one week prior to start date. Class takes place at VMCC, Community Room 3.**

### AGES 5-7

#### Beginning

Our introductory class is designed especially for younger students. Participants learn basic self-defense techniques while having fun.

Day	Date	Time	Fee	Code
Tues.	Jan. 10-Feb. 28	5:45-6:45 p.m.	\$42	YK-WI00
Tues.	April 4-May 23	5:45-6:45 p.m.	\$42	YK-PI00

#### Advanced

Participants continue with skills already learned, develop new skills and work on a belt test.

Day	Date	Time	Fee	Code
Tues.	Jan. 10-Feb. 28	6:45-7:45 p.m.	\$42	YK-WI01
Tues.	April 4-May 23	6:45-7:45 p.m.	\$42	YK-PI01

### AGES 8-18

#### Beginning

Participants learn basic self-defense techniques including throws, falls, punches, kicks, controlled sparring, as well as safety skills and tips. Participants may earn belts through testing and by completing one beginning and one advanced course.

Day	Date	Time	Fee	Code
Mon.	Jan. 9-March 13	6-7:30 p.m.	\$50	YK-WI02
Mon.	Apr. 3-May 22	6-7:30 p.m.	\$50	YK-PI02

#### Advanced

Participants continue with skills already learned, develop new skills and work on a belt test.

Day	Date	Time	Fee	Code
Mon.	Jan. 9-March 13	7:30-9 p.m.	\$50	YK-WI03
Mon.	Apr. 3-May 22	7:30-9 p.m.	\$50	YK-PI03

## FREE! Lacrosse Clinic (boys & girls all ages)

A great clinic for boys and girls! Learn stick handling, positioning, passing, agility and speed skills. Sponsored by the IGH Lacrosse Association and Inver Grove Heights Parks and Recreation. No pre-registration is required!

Day	Date	Time	Fee
Sat.	March 11	9-10 a.m.	FREE

Location: VMCC, West Arena Turf

## Free! Soccer Carnival (boys & girls all ages)

Test your foot skills at our carnival with games celebrating the sport of soccer! No registration is required. Sponsored by IGH Heat Soccer and Parks and Recreation. Soccer Shots will also have a soccer specialist on-site to highlight preschool classes.

Day	Date	Time	Fee
Sat.	March 11	10:30 a.m.- 12 p.m.	FREE

Location: VMCC, West Arena Turf



*Paid Advertisement*

The Inver Grove Heights Heat Soccer Association is a traveling soccer program with competitive teams of varying levels for youth ages 7-19. The Heat offers both fall and spring/summer seasons, in addition to winter training beginning in November.

If you are interested in joining our great program, please visit us at [ighsoccer.org](http://ighsoccer.org) or on Facebook at IGH Heat Soccer.

## GO HEAT!!

# Youth Track League

## (Kindergarten-Grade 6)

Participants will have the chance to try their skills in events such as the 100-yard dash, relays, long jump, high jump, baseball throw and more! Participants will be emailed a welcome letter with program information. Practices and meets will take place at the Simley High School track. Due to the layout of the program, coach/teammate requests will not be accepted. **Register by Thursday, April 6.**

**Volunteer coaches and track meet helpers are needed! If you are interested in helping, please contact Jen at 651-450-2580.**

**Mondays, April 24-June 5 (skip May 29)  
6-8:30 p.m.**

## Division 1: Kindergarten-Grade 2

Fee: \$50 (includes T-shirt and awards)  
Program #YL-PI00

## Division 2: Grades 3-6

Fee: \$50 (includes T-shirt and awards)  
Program #YL-PI01

## Youth Archery (ages 9-18)

Challenge yourself with this unique sport! This program provides a safe and fun introduction to the sport of archery. Classes are taught by a highly qualified instructor. Equipment is provided at no charge but participants may bring their own equipment if preferred.



Day	Date	Time	Fee	Code
Thurs.	April 20-May 25	6-7 p.m.	\$66	YS-PI01
Thurs.	April 20-May 25	7-8 p.m.	\$66	YS-PI02

**Register by Thursday, April 13.**

**Location: Groveland Park**

## New! March Madness Hoops Night (ages 5-up)

**Friday, March 31**

Have March Madness basketball fever? Come show off your skills in a night of fun competition and contests! Prizes will be awarded in each age group:

Ages 5-7: 6-7 p.m. YS-PI03

Ages 8-12: 7-8 p.m. YS-PI04

Fee: \$2

VMCC, National Guard Gymnasium

Register by Wednesday, March 29

## Little Kickers Soccer Camp (ages 5-8)

Make new soccer friends and learn a lifetime sport! We'll cover the basics of dribbling, passing and shooting in this fast-paced instructional program.

Day	Date	Time	Fee	Code
Sat.	April 22-May 13	10-10:55 a.m.	\$42	YS-PI05
Sat.	April 22-May 13	11-11:55 a.m.	\$42	YS-PI06

**Register by Friday, April 14.**

**Location: Oakwood Park**

## Tennis Lessons (ages 5-14)

Make new friends while learning a lifetime sport! Participants will learn tennis techniques through instruction, exciting drills and games along with playing time against their peers.



Level	Day	Date	Time	Fee	Code
Beginner Ages 5-7	Sat.	April 22-May 13	8:50- 9:35 a.m.	\$40	YS-PI07
Beginner Ages 5-7	Sat.	April 22-May 13	9:40- 10:25 a.m.	\$40	YS-PI08
Beginner Ages 8-11	Sat.	April 22-May 13	10:30- 11:25 a.m.	\$43	YS-PI09
Advanced Ages 8-14	Sat.	April 22-May 13	11:30 a.m.- 12:25 p.m.	\$43	YS-PI10

**Register by Friday, April 14.**

**Location: Oakwood Park**

## New! Youth Fencing (grades 2-8)

New and returning students are invited! Olympic Coach Ro Sobalvarro now heads up YEL's curriculum, instructor training and tournament consultation. Coach Sobalvarro brings with him an immense knowledge of youth, national and international fencing. We keep it fun too! Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment. Sign up today to join this sport deemed the "sport of the intellectual athlete!"

Offered in cooperation with the Youth Enrichment League ([www.YouthEnrichmentLeague.com](http://www.YouthEnrichmentLeague.com)).

Day	Date	Time	Fee	Code
Sat.	Jan. 14-March 4 (skip Feb. 11 & 25)	1-2 p.m.	\$87	YS-W100

**Register by Friday, Jan. 6.**

**Location: VMCC, National Guard Gymnasium**

**REGISTER AT  
[WWW.INVERGROVEHEIGHTS.ORG/](http://WWW.INVERGROVEHEIGHTS.ORG/)  
REGISTER.**

# Boys Baseball Leagues

Inver Grove Heights Parks & Recreation Baseball leagues are instructional, less competitive, in-house leagues which offer the opportunity to learn the game in a fun, positive environment. The program operates under the philosophy that each participant will have the opportunity to participate in each game and develop skills.

League:	U5 T-Ball	U7 Mite	U9 Squirt	U11 Minor
Date of Birth:	1/1/2013 - 4/30/2012	5/1/2012 - 4/30/2010	5/1/2010 - 4/30/2008	5/1/2008 - 4/30/2006
Days:	Tuesdays & Thursdays	Mondays & Wednesdays	Tuesdays & Thursdays	Mondays & Wednesdays
Season Start/End:	May 9 - June 29	April 24 - mid July	April 24 - mid July	April 24 - late July
Description:	Hitting off "T" to start the season and move to coach-pitch as deemed appropriate	Coach-pitch the entire season; coaches serve as umpires	Coach-pitch to start the season; will move to kid-pitch as deemed appropriate	Kid-pitch the entire season; umpires will be provided; some travel to EAA & EVAA for games
Tournaments:	None	None	Season-ending, weekend jamboree with EAA and EVAA	Season-ending, weekend, double-elimination tournament
Fee:	\$65	\$75	\$75	\$85
Code:	YL-PI02	YL-PI03	YL-PI04	YL-PI05
Coordinated by:	IGH Parks & Rec	IGH Parks & Rec	IGH Parks & Rec	IGH Parks & Rec, EAA & EVAA

**Early-Bird discount of \$5 if you register before Jan. 6.**

**Registration Deadline: Friday, Feb. 24** (after the deadline an additional \$10 will be added to the fee)

## FREE! Baseball Clinic

**Ages 6 & up  
Dec. 27 & 28  
9 a.m. - noon**

**IGH Middle School-gym  
Program #YS-W200**



Bring your helmet, bat and glove and let's play some ball! Skills, drills, wiffle ball game, dinger derby, gold glove competition...much more! Clinics will be led by Simley HS coaches and players and done in collaboration with the IGH Baseball Association.

**Although this clinic is free, pre-regisration is required to participate.**

**Register by going to [www.ighba.com](http://www.ighba.com) or [www.invergroveheights.org/register](http://www.invergroveheights.org/register).**

### Volunteer Coaches Needed!

We need volunteers to serve as coaches and assistant coaches. The Department will conduct training for all coaches to get started so don't worry if you don't have experience.

**Please call 651-450-2468 if you are interested in coaching.**

## Inver Grove Heights Baseball Association

For those seeking a more competitive program, IGH Baseball Association offers a traveling program for players and families that would like to travel to other communities to play baseball at a higher level than the in-house Parks & Recreation program. Coaches will determine where players will be positioned defensively and placed in the lineups to provide the greatest strength to the team. Playing time may not be equal at all age levels. Please Note: The Traveling program is directed to those athletes and families that are dedicated to playing baseball during the summer. Participating in a traveling program requires a higher level of commitment to baseball.

Both Inver Grove Heights Parks & Recreation, IGH Baseball Association and Simley High School players and coaches will work collaboratively with clinics, coaches trainings and practices prior to the start of the season.

**For more information or to register for traveling baseball go to [www.ighba.com](http://www.ighba.com)**

# Girls Softball Leagues

## Girls Slow-Pitch Softball

Join the South Metro Softball League for some fun, recreational softball! Practices will be in Inver Grove Heights and games will be played in Inver Grove Heights, Burnsville, Eagan or Apple Valley. A mid-season tournament will be held June 24 & 25; the season ending tournament will be held July 22 & 23. **Practices start the week of April 24.**

League	Grades	Days	Fee	Code
Intermediate	5th - 7th	Tues. & Thurs.	\$85	YL-PI06
Senior	8th - 12th	Mon. & Wed.	\$85	YL-PI07

**Registration Deadline: Friday, Feb. 24**  
(after the deadline a \$10 late fee will be added)

**Sunday Clinics**  
These clinics are open to all South Metro Softball League participants.  
**Sundays, Jan. 8-March 26 4-6 p.m.**  
**\$10 per session at the door**  
**Savage Sports Center**  
(13450 Dakota Ave., Savage, MN 55378)

## Little Spartans Softball (ages 4-8)

Sponsored by the IGH Softball Federation in conjunction with the City of Inver Grove Heights.

### U6 Softball

Beginning level softball for players ages 4-6 with little to no experience. Focus will be on teaching the basics including catching, throwing, hitting, fielding, base running and most important having fun! Instruction based program that will incorporate scrimmage games.

Day	Date	Ages	Time	Fee	Code
Mon.	June 5-July 17	4-6	5:30-6:30 p.m.	\$60	YL-PI08

**Register by Friday, May 16.**

Location: VMCC, West Arena turf

### U8 Softball

Beginner softball league for 6-8 year olds. Focus will be on skill development including fielding, throwing, running and hitting as well as learning the basics of team play. This league will incorporate both practices and games throughout the season. Instruction will be led by volunteer coaches. Some travel may be required to play games versus neighboring communities. **Pre-season clinics will be held Mondays & Wednesdays, April 24 - May 3 from 6-7:30 p.m. prior to the start of the season.**

Day	Date	Ages	Time	Fee	Code
Mon. & Wed.	May 8-July 12	6-8	6-7:30 p.m.	\$85	YL-PI09

**Register by Friday, March 24.**

# Girls Lacrosse

## Girls Lacrosse Leagues

We will be offering a combined spring/summer season which will be a combination of skills clinics, scrimmages and spring jamboree followed by summer league play in MSLAX (Minnesota School Girls Lacrosse). The girls will be playing with neighboring associations including Eagan, Rosemount, Eastview and Apple Valley. Travel is required for participation and is the responsibility of the participant.

### League Details & Timeline:

- Late March-Parent Meeting (time/date TBD).
- Rosemount Dome training in April; 1-2 nights per week on weekdays and Saturdays (time/dates TBD).
- Outdoor skills, practices, scrimmages and local jamborees in May.
- Teams & coaches pairings formed in mid to late May.
- MSLAX Summer season June-July.
- Season-ending tournament July 21-23 at Lakeville South High School.
- Interested in coaching? MSLAX sponsored Coaches training sessions will be held for new/beginning coaches.

### League Fee:

(Includes spring training and summer league)

Age Level	Birthdate	Fee	Code
10U	9/1/06-8/31/08	\$200	YL-PI10
12U	9/1/04-8/31-06	\$200	YL-PI11
14U	9/1/02-8/31/04	\$200	YL-PI12

### Registration Deadline:

**Friday, March 24**

### Equipment Needed:

Lacrosse goggles, lacrosse stick, mouth guard (colored), tennis and/or turf shoes.

### US Lacrosse Association:

It is **mandatory** that all participants have current annual membership in US Lacrosse Association. An annual \$25 fee is required to participate. Visit [www.uslacrosse.org](http://www.uslacrosse.org) then click "Become a Member" or "Renew Membership" (on right side of home page).

## Boys Lacrosse

Boys Lacrosse Leagues are administered by Inver Grove Heights Lacrosse Association.

**For inquiries, registrations and questions please contact [ighlacrosse@gmail.com](mailto:ighlacrosse@gmail.com) or online at [www.ighla.com](http://www.ighla.com).**

# Bee Elite Gymnastics Academy (BGA)



## Register at [www.beethedifference.com](http://www.beethedifference.com) Ages 2 through Adult

All classes are held at Veterans Memorial Community Center,  
Bee Elite Gymnastics Academy Gym

Join Bee Elite Gymnastics Academy and watch your child learn gymnastics in a way that is customized for each child at his/her own level of competency. Participants develop self-confidence, good motor coordination, and self-discipline in a fun, safe and positive environment.

Trampolines are used in all of the classes. See the grid on the following page for dates, times and fees for the 2016-2017 school session. **Be sure to read the important information on the program and payment system below.**

### Important information about BGA

BGA has two sessions for recreational classes. Summer session is June-August and school year session is Sept.-May. Classes run month by month and you must commit to one month. You may cancel by the 15th of the month for the following payment to be cancelled. Participant must be the minimum age by the start date of class. When the program is full, your name will be placed on a waiting list, and you will be contacted when space becomes available.

### Monthly Fee System

Participants have an option to pay monthly or yearly through a secure system set up by BGA. Participants receive a discount for paying for the school year in full. Participants register online at [www.beethedifference.com](http://www.beethedifference.com)

### BGA Head Coach/Founder:

Tomas Settell

- Twenty-one years coaching experience
- Gymnastics program founded in fall of 2003
- USA Gymnastics Minnesota State Chair/Director: 2009-2011
- USA Gymnastics Safety Certified
- USA Gymnastics Professional Member
- American Red Cross Emergency First Response Instructor
- Former Lettered M Club University of Minnesota athlete
- USA Gymnastics University: Instructor
- USA Gymnastics University: School of Competitive: Men's Artistic Gymnastics: National Coach
- USA Gymnastics University School of Competitive: Trampoline & Tumbling: National Coach
- USA Gymnastics University: School of Competitive: Women's Artistic Gymnastics: Team Coach
- USA Gymnastics University: School of Recreational Gymnastics Director
- USA Gymnastics University: School of Business: Executive
- Emergency Medical Technician Certified by the National Registry of E.M.T.'s in 1993 and 2014
- Cornell University: Plant Based Nutrition certificate - 2015

All coaching staff is provided by Bee Elite Gymnastics Academy and trained by Coaching Instructor and Head Coach Tomas Settell.

### BGA Open Gym (Ages 2-adult; 2-5 year-olds must be accompanied by an adult)

This is a great place for children and youth to release some of their energy while having fun. All equipment, including the trampolines, is available for use. A medical waiver must be signed by parent before participant is allowed in gym. Space is limited to 20 participants. See grid on page 25 for times.

Fees: \$10/BGA students; \$12/non-BGA students

## Birthday Parties

Your child will have a blast with us at a gymnastics birthday party! Gather your child's friends for jumping, tumbling and more!

### Birthday parties are available:

Fridays: 3-4:30 p.m. and 8-9:30 p.m.

Saturdays: 9-10 a.m. and 12:15-1:45 p.m.

Sundays: 12:30-2:30 p.m. (additional \$30 fee for Sunday parties)

**Fee: \$149.99 (includes 10 participants, an hour of instruction and 30-minutes for cake and gifts)**

**Please contact Bee Elite Gymnastics Academy for more details at 612-618-4790 or go to our website at [www.beethedifference.com](http://www.beethedifference.com).**

To register for Bee Elite Gymnastics Academy  
go to [www.beethedifference.com](http://www.beethedifference.com).

# Bee Elite Gymnastics 2016-2017 School Session

Register at [www.beethedifference.com](http://www.beethedifference.com)

## MONDAYS THROUGH MAY 22

(skip Dec. 26, Jan. 2)

Time	Level	Fee per month
4:40-5:10 p.m.	Ages 2-3 Parent/Tot	\$45.99
4:40-5:10 p.m.	Ages 4-5	\$45.99
5:10-6:05 p.m.	Ages 6-10	\$65.99
6-8:10 p.m.	Junior Olympics Team (Levels 4-10 & Elite)	*See Coach
8-8:55 p.m.	Ages 9-18	\$65.99
8:50-9:45 p.m.	Private Lessons	*See Coach

## TUESDAYS THROUGH MAY 23

(skip Dec. 27, Jan. 3)

Time	Level	Fee per month
4:40-5:10 p.m.	Ages 2-3 Parent/Tot	\$45.99
4:40-5:10 p.m.	Ages 4-5	\$45.99
5:10-6:05 p.m.	Ages 6-10	\$65.99
6:05-7:55 p.m.	Junior Olympics Group 1: 6:05-6:45 Group 2: 6:40-7:20 p.m. Group 3: 7:15-7:55 p.m.	\$99.99
7:45-8:40 p.m.	Private Lessons	*See Coach
8:35-9:40 p.m.	Private Lessons	*See Coach

## WEDNESDAYS THROUGH MAY 24

(skip Dec. 28)

Time	Level	Fee per month
4:40-5:35 p.m.	New! Flipping For Other Sports	\$69.99
5:30-6:25 p.m.	Junior Olympics Team (Petite Elite Ages 4-7)	*See Coach
6-8:10 p.m.	Junior Olympics Team (Levels 4-10 & Elite)	*See Coach
8-8:55 p.m.	Ages 15-18	\$65.99
8-8:55 p.m.	Adult Trampoline	\$65.99

## THURSDAYS THROUGH MAY 25

(skip Dec. 29)

Time	Level	Fee per month
4:40-5:10 p.m.	Ages 2-3 Parent/Tot	\$45.99
4:40-5:10 p.m.	Ages 4-5	\$45.99
5:10-6:05 p.m.	Ages 6-10	\$65.99
6:05-7:55 p.m.	Junior Olympics Group 1: 6:05-6:45 p.m. Group 2: 6:40-7:20 p.m. Group 3: 7:15-7:55 p.m.	\$99.99
7:45-8:40 p.m.	Private Lessons	*See Coach
8:35-9:40 p.m.	Private Lessons	*See Coach

## FRIDAYS THROUGH MAY 12

(skip Dec. 30)

Time	Level	Fee per month
5-6:55 p.m.	Junior Olympics Advanced Team (Levels 4-10 & Elite)	*See Coach
6:45-7:40 p.m.	Open Gym (ages 2-adult)	\$10 BGA/ \$12 NON-BGA

## SATURDAYS THROUGH MAY 13

(skip Dec. 24, 31)

Time	Level	Fee per month
9:30-10 a.m.	Ages 2-3 Parent/Tot	\$45.99
9:30-10 a.m.	Ages 4-5	\$45.99
9:55-10:55 a.m.	Ages 6-10	\$65.99
10:45-11:40 a.m.	Ages 9-18	\$65.99

### Private Lessons

Private lessons are available with coaching staff throughout the school session. Lessons can be scheduled for 30, 45, 60 or 90 minutes. Get up to four of your friends and do a private lesson together for a reduced price!

**Fees: BGA members: \$60/hour; BGA Team members: \$55/hour  
Non-BGA members: \$65/hour**

**If you book four consecutive 60-minute private lessons you will be given a \$5 per lesson discount.**

**Call 612-618-4790 for available time slots.**

# Family/Youth Activities

## Glow Skate (ages 6-up)

Ice skating takes on a whole new life! A DJ will spin your favorite tunes, have games and prizes! Everyone is welcome. Bring your glow skicks or they will be available for purchase!

Day	Date	Time	Fee	Code
Sat.	March 4	6-7:30 p.m.	\$5 per person; \$2 skate rental	FA-W103

Location: VMCC

## Beach Blanket Bingo (ages 6-up)

Who doesn't want to be on a beach in January! Feel the warmth, splash and dream of summer days. There will be Bingo, pizza and lots of swimming! Don't forget to bring your favorite beach towel or blanket!

Day	Date	Time	Fee	Code
Fri.	Jan. 27	10 a.m.-3 p.m.	\$16 per person	FA-W100

Register by Friday, Jan. 20.

Location: VMCC

## Daddy/Daughter Date Night (ages 4-12 with an adult)

Special memories await dads and daughters at this unforgettable event. Join us for an evening of music, dinner, dancing, selfie booth, refreshments and special activities. Don't miss this great opportunity to connect with your daughter and make lasting memories. Opportunity to get your hair done by Salon Fusion (details will be emailed one week prior to event).

Day	Date	Time	Fee	Code
Fri.	Feb. 10	6-8 p.m.	\$42 parent/child pair \$21 per additional child	FA-W101 FA-W102

Register by Wednesday, Feb. 1.

Location: VMCC



Register online at  
[www.invergroveheights.org/register](http://www.invergroveheights.org/register).

## Splash-Tacular (all ages with an adult)

Make a splash with family and friends and keep the winter blues away! Participants will swim in the pools, try log rolling, dive off the boards and enjoy a pizza dinner!

Day	Date	Time	Fee	Code
Thurs.	Feb. 16	5:30-8:30 p.m.	\$10 per person	FA-W216

Register by Thursday, Feb. 9.

Location: VMCC

## Mother/Son Sports Night (ages 4-up with an adult)

This special night is exclusively for mothers and their sons only. The theme is "All Sports" and everyone is encouraged to dress to show support for their favorite team, player or sport. Enjoy an evening of dancing, pizza, refreshments, sport skill challenges and fun!

Day	Date	Time	Fee	Code
Fri.	March 10	6:30-8 p.m.	\$30 parent/child pair \$8 add. child	FA-W104 FA-W105

Register by Wednesday, March 8. Location: VMCC

## New! March Madness Hoops Night (ages 5-up)

Have March Madness basketball fever? Come show off your skills in a night of fun competition and contests! Prizes will be awarded in each age group:

Day	Date	Ages	Time	Fee	Code
Fri.	March 31	5-7	6-7 p.m.	\$2	YS-P103
		8-12	7-8 p.m.		YS-P104

Register by Wednesday, March 29. Location: VMCC

## New Year's Eve Party

**Saturday, Dec. 31 Noon-3:30 p.m.**  
**Veterans Memorial Community Center**  
*Pre-registration is recommended.*

- Swim in our waterpark
- Ice Skate
- Play BINGO
- Try Log Rolling
- Jam out to music in the pool
- Countdown to the New Year

\$25 per family (up to 4 people); \$8 per individual  
 Family: FA-NYE2017; Individual: FA-NYE101

## Spring Break Non-School Days

**We will be offering some new programming for the spring non-school days. Please watch for more information in school flyers, City website and in our summer brochure due out in early March!**

**The water park will be also be open extended hours during spring break and open skate will be offered daily. Visit [www.invergroveheights.org/recreation](http://www.invergroveheights.org/recreation) for hours!**

## Adult Time Out

Take a break from parenting and let us entertain your children while you enjoy a night out! Child will enjoy crafts, games and physical activity!

Ages 3-11 years of age  
(must be toilet trained)

**7-9:30 p.m.**  
**\$12 per child**  
**VMCC, Childcare Room**

**January 27    YA-W500**  
**February 24    YA-W501**  
**March 24        YA-W502**

Please register at least three days in advance.

**Register online at**  
**[www.invergroveheights.org/register](http://www.invergroveheights.org/register)**

### **Egg Hunt (ages 3-10; children must be accompanied by an adult)**

Hop on over to Rich Valley Athletic Complex and join us for some egg-citing fun. Kids will enjoy scrambling all over to collect their eggs. Some “special prize” eggs will be available for some lucky participants. This hunt will be held rain or shine so dress appropriately. Register early, as space is limited. Although this event is free, pre-registration is required to participate.



**Sponsored by Heartland Credit Union.**

Day	Date	Age	Time	Fee	Code
Sat.	April 8	3-4	1 p.m.	FREE	FA-PI00
Sat.	April 8	5-7	1:10 p.m.	FREE	FA-PI01
Sat.	April 8	8-10	1:20 p.m.	FREE	FA-PI02

**Register by Wednesday, April 5.**

**Location: Rich Valley Athletic Complex, Soccer Field Entrance**

### **Flashlight Egg Hunt (ages 10-13; youth must be accompanied by an adult)**

Join us at Rich Valley Athletic Complex for an exciting twist to an old tradition! This adventure takes place at night and you only have your flashlight to guide you. Several “special prize” eggs are hidden. All participants must bring their own flashlight. This hunt will be held rain or shine so dress appropriately. Although this event is free, pre-registration is required to participate. **Sponsored by Heartland Credit Union.**

Join us at Rich Valley Athletic Complex for an exciting twist to an old tradition! This adventure takes place at night and you only have your flashlight to guide you. Several “special prize” eggs are hidden. All participants must bring their own flashlight. This hunt will be held rain or shine so dress appropriately. Although this event is free, pre-registration is required to participate. **Sponsored by Heartland Credit Union.**

Day	Date	Time	Fee	Code
Sat.	April 8	8:30 p.m.	FREE	FA-PI03

**Register by Wednesday, April 5.**

**Location: Rich Valley Athletic Complex, Soccer Field Entrance**

### **Egg Hunt Coloring Contest**

This coloring contest is done in conjunction with the Egg Hunt and Flashlight Egg Hunt. Entries will be available online through the Inver Grove Heights public elementary school website or through your school email. Entries will also be available starting March 1 at Heartland Credit Union (5500 Robert Trail) or Veterans Memorial Community Center (8055 Barbara Ave), or download a copy online at [www.heartlandcu.org](http://www.heartlandcu.org). Entries are due by Saturday, April 8; they can be dropped off at Heartland Credit Union or at the Community Center. First and second place prizes will be awarded in each of the following categories:

- **Age 3 - Pre-Kindergarten**
- **Kindergarten - Grade 1**
- **Grades 2-3**
- **Grades 4-5**



# Kids R.O.C.K.

## Kids R.O.C.K. (Recreational Opportunities Catered to Kids) Summer Program for Kids ages 5-12: June 12-Aug. 25

Kids R.O.C.K. is the place to be for a summer to remember! Each week follows a fantastic theme that promises to engage and fascinate kids through a variety of hands-on activities, games, crafts, songs and much more! In addition to our great in-room activities, children will play outside at our awesome playground, swim in the water park, take trips to the library, and play large group games like kickball and soccer on our grassy field. In addition, exciting field trips are scheduled bi-weekly on Wednesdays. Field trips require additional fees and are optional.

Children will have the opportunity to sign up for swimming lessons during the day while they are attending camp. Staff will take them to and pick them up from lessons. Swimming lessons require an additional fee. All participants receive a T-shirt, and daily snacks are provided, but kids must bring their own bag lunch daily.



Call 651-450-2585 or email [jgraham@invergroveheights.org](mailto:jgraham@invergroveheights.org) to be added to our mailing list. Information will be emailed to all 2016 participants and online at [www.invergroveheights.org](http://www.invergroveheights.org) by February 8.

**When:** Monday-Friday, June 12-Aug. 25  
(closed July 3)  
**Times:** 6:30 a.m.-5:30 p.m.  
**Where:** Veterans Memorial Community Center  
**Fees:** Enrollment Fee-\$80

5 day/week contract-\$182 per week  
3-4 day/week contract-\$152 per week

**Discounts:** Additional child or Community Center Household Membership (discounts cannot be combined):  
Enrollment Fee: \$75  
5 day/week: \$177 per week  
3-4 day/week: \$147 per week

### Kids R.O.C.K. Open House Tuesday, March 7 Presentation at 6 p.m. VMCC

- Get your questions answered
  - See the facility
- Drop off enrollment forms

## It's Pool Party Time... ...at The Grove in Inver Grove Heights! Inside Veterans Memorial Community Center

### Splash-Tacular Party:

Package Includes:

- Admission for 16 children
- 45 minutes in our party room
- 90 minutes of swimming
- All paper products

Please visit [www.invergroveheights.org/birthdayparties](http://www.invergroveheights.org/birthdayparties) for more information.

### New Log Rolling Parties!

Package Includes:

- For ages 8-older
- Admission for up to 10 children
- 45 minutes of Log Rolling
- 90 minutes of swimming
- 45 minutes in our party room



# Preschool Programs

## Preschool Basketball (ages 4-6)

Dribble, shoot, score! Make new friends and learn this fast-paced game in a fun instructional and supportive environment. Games and activities will be taught using small basketballs.

Day	Date	Time	Fee	Code
Tues.	Feb. 14-March 14	6-6:45 p.m.	\$55	PP-WV100

Register by Tuesday, Feb. 7. Location: Pine Bend Elementary

## Floor Hockey & Lacrosse (ages 4-6)

An exciting way to introduce your child to the world of hockey and lacrosse! This program will teach the basics of hockey and lacrosse using fun games and activities.

Day	Date	Time	Fee	Code
Tues.	Feb. 14-March 14	6:45-7:30 p.m.	\$55	PP-WV101

Register by Tuesday, Feb. 7. Location: Pine Bend Elementary

## Soccer Shots (ages 2-5)

Soccer Shots is a high-energy program introducing your little one to fundamental soccer principals through fun games. Offered in cooperation with Soccer Shots.

Age	Day	Dates	Time	Fee	Code
Mini 2-3	Sat.	Jan. 14, 21, 28 Feb. 4, 18 March 4, 11	9-9:05 a.m.	\$85	PP-WV102
Mini 2-3	Sat.	Jan. 14, 21, 28 Feb. 4, 18 March 4, 11	9:35-10:05 a.m.	\$85	PP-WV103
Classic 4-5	Sat.	Jan. 14, 21, 28 Feb. 4, 18 March 4, 11	10:10-11:40 a.m.	\$85	PP-WV104

Register by Friday, Jan. 6. Location: VMCC, NG Gymnasium

## Amazing Athletes (ages 18 months-5 years)

Learn the basics of sports with activities that incorporate motor development, fitness and FUN! The action-packed curriculum will explore six sports with your child. Program will teach teamwork and self-confidence. Offered in cooperation with Amazing Athletes.

Day	Date	Ages	Time	Fee	Code
Tue. & Thur.	March 7-23	18 mo.-2 years	5:30-6 p.m.	\$85	PP-P100
		3-5 years	6:05-6:35 p.m.	\$85	PP-P101

Register by Tuesday, Feb. 28. Location: VMCC, West Turf

## Pee Wee Indoor Soccer League (ages 4-6)

Kick a ball and have fun with this instructional league designed for your little one. Volunteer coaches instruct small groups of players in a combination of skills & drills and scrimmages.

Day	Date	Time	Fee	Code
Tues.	Apr. 4-May 2	6-6:45 p.m.	\$60	PP-P102

Register by Tuesday, March 28. Location: VMCC, West Turf

## Soccer/T-Ball Mini Camp (ages 4-6)

Learn to hit and kick a ball all in the same class. Learn the basic skills and techniques of both soccer and T-ball in a fun, supportive atmosphere. The first two classes focus on soccer and the last two on T-ball. Participants must be four years old when class starts.



Day	Date	Time	Fee	Code
Sat.	Apr. 22-May 13	9-9:55 a.m.	\$42	PP-PI03

Register by Friday, April 14. Location: Oakwood Park

## Little Kickers Soccer Camp (ages 5-8)

Make new soccer friends and learn a lifetime sport! We'll cover the basics of dribbling, passing and shooting in this fast-paced instructional program.

Day	Date	Time	Fee	Code
Sat.	Apr. 22-May 13	10-10:55 a.m.	\$42	YS-PI05
Sat.	Apr. 22-May 13	11-11:55 a.m.	\$42	YS-PI06

Register by Friday, April 14. Location: Oakwood Park

## Wish Upon a Ballet (ages 3-6)

Does your child love exploring nature, fairy tales or the circus? Wish Upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet stories to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents and family are invited to observe a special performance at the end of each session.



Register at least one week prior to start date. Location: VMCC, Studio

Day	Date	Time	Fee	Code
Fri.	Jan. 20-Feb. 24	10:30-11:15 a.m.	\$61	PP-WV105
Fri.	March 3-April 14 (skip March 31)	10:30-11:15 a.m.	\$61	PP-WV106
Fri.	April 21-May 26	10:30-11:15 a.m.	\$61	PP-WV107

## Tot Time Gym

Join us on the 3rd Tuesday of the month from 9:30-11:30 a.m. to let your tot run around, explore and blow off some steam this winter in our gym. This special time is for tots ages 5 and under.

Dates: Dec. 20, Jan. 17, Feb. 21 and April 18  
Fee: Free for members; \$3 per child non-members

# Community Spotlight

## Employee Spotlight: Leon Otness

My hometown is Farmington, MN and my parents were both teachers in the Farmington school system. When I was 10 years old my parents purchased the local 9 hole golf course in Fosston, MN (northwest part of the state). So growing up, my summers were spent both playing and working at the course (more playing than working!) I participated in numerous local, state, and national golf tournaments during the summers. I attended Odessa College in Texas on a golf scholarship for two years and then transferred to Bethel College in St. Paul and received my degree there. My wife Beth and I have 4 children, Chloe (18) Eric (16) Jacob (14) and Anders (12). I enjoy spending time together with my family, traveling, watching and playing sports, and listening to music. I began working at Inver Wood Golf Course in 1993 as the Teaching Pro. I am in charge of all the teaching programs, including adult and junior golf lessons, clinics and leagues. I create curriculum for these programs as well as help execute them. In 2005 I became the Head Golf Professional. I continue to run the lesson programs but also am in charge of golf shop operations including staffing, merchandise purchases and league coordination. I have enjoyed my many years at Inver Wood and am especially passionate about helping students of all ages improve their golf game!



## Spotlight: Inver Wood Golf Course



Inver Wood's 27 holes sit on 235 acres of rolling, wooded terrain. The championship course offers 18 challenging holes that utilize the area's natural geography. The courses feature multi-level fairways, multiple tee stations, varied U.S.G.A shaped greens and many picturesque holes that will challenge your golf game as well as your senses. Inver Wood also offers an executive nine-hole course which is among the finest in the state that is enjoyable for golfers of all ages and skill levels.

Inver Wood's practice center is uniquely designed with two fairways, along with strategically placed greens and bunkers that add more dimension to the driving range concept. The practice center was designed to offer an "on course" feel that allows the golfer to work on all facets of his or her game on an actual golf-hole environment.



In the summer of 2016 the golf course underwent major reconstruction to help make the course play faster and become more friendly. As always, our hopes was to enhance your golf experience for years to come! We are very excited about the improvement projects and look forward to a great 2017 season!

### What was done?

- The practice range was expanded in an effort to provide an improved hitting experience for practice needs. This includes moving the tee area towards the parking lot, lowering the tee area to change the ball flight angle, doubling the height of the protective netting around the range and relocating the target greens/bunkers to the center of the driving range
- All existing bunkers on both the Executive and Championship courses were reconstructed, drainage improved, and new USGA sand installed. Some bunkers were removed, some added, and some reshaped.
- The entire automated irrigation system was replaced.

### Why was it done?

- The practice range improvements were done to provide a better customer experience to get you on the natural grass earlier in the season with better tee conditions during the golf season, all while improving the safety of those that use the range.
- The bunker work was done to speed up the game of golf and to improve our ability to maintain the bunkers so, when you find yourself in one, it will be in good, playable condition
- Our current irrigation system needed to be replaced. The new system is state of the art and will only water the areas that need it, conserving water and saving maintenance costs.

### Visit Us!

For updates on the golf course and course information visit Inver Wood's facebook page or go to [www.inverwood.org](http://www.inverwood.org)!

Questions? Call 651-457-3667.

# Community Center Facility Rental

## Sports/Athletic Rentals

Our National Guard Gymnasium is the perfect place to hold your sports event. The large gymnasium floor can accommodate sports clinics, scrimmages and practices. See the grid on the bottom of the page for pricing information.

## Meeting Space

We have great rooms to host your next association meeting, business seminar, or local gathering. Six meeting rooms that seat from 20 to 150 guests are available for rental to any group or individual. Prices are on an hourly or a daily basis. Rates vary, see the rental chart below. A rental application and payment are required to complete the reservation process. Visit [www.invergroveheights.org/rooms](http://www.invergroveheights.org/rooms) for more information and rental application.



## Ice Arena Rental

Veterans Memorial Community Center has two sheets of ice available for hourly rental. Please call 651-450-2587 or visit [www.invergroveheights.org/ice](http://www.invergroveheights.org/ice) to see available hours.

## Weddings and Large Events

Let Veterans Memorial Community Center host your wedding reception or banquet. The gymnasium in the National Guard has a seating capacity of 300. This area is ideal for dances, reunions, parties, wedding receptions, and other large events. The facility also contains a serving kitchen.

Contact 651-450-2580 or email [jgraham@invergroveheights.org](mailto:jgraham@invergroveheights.org) for more information. Visit [www.invergroveheights.org](http://www.invergroveheights.org) to download our rental application forms.



## Pool Parties

Want to make sure your party is a hit with your guests? Rent The Grove's water park or lap pool! We do daytime and evening parties! Looking for somewhere out of the ordinary to have a late night visit or for your youth group or senior class? Call 651-554-3423 for more information.

## Indoor Turf

Indoor turf is available beginning March 7, 2017 for rental in our West Arena. Perfect for athletic team practices, clinics, or trade shows.

Fee is \$85 resident/\$90 non-resident per hour.

Call 651-450-2588 or email [tpetersen@invergroveheights.org](mailto:tpetersen@invergroveheights.org) to reserve your turf hours today!



## 2017 Rental Fees (include tax)

Facility	Fee Resident/Non-resident
NG Room A, B, C	\$33/\$43 per hour
Community Room 1, 2, 3	\$38/\$48 per hour
NG Gymnasium - Athletic Use	\$65/\$80 per hour
NG Gymnasium - Non-Athletic	\$85/\$95 per hour
NG Gymnasium - Wedding Package	\$850/\$1,200 per day
Water Park	\$450 per hour
Lap Pool	\$90 per hour
Diving Pool	\$65 per hour
Swim Event	\$125 per hour
Turf - West Arena	\$85/\$90 per hour
Ice - East/West Arena	Call 651-554-3447 for rates.

# Parks & Facility Rental

## Picnic Perfect Parks

Celebrate a family event, birthday or graduation with us! Reservations for shelters for summer 2017 will be taken beginning January 3, 2017.



### Park Shelter Reservations

Picnic Perfect Parks! For specific details on shelter locations, visit [www.invergroveheights.org/parks](http://www.invergroveheights.org/parks).

Time blocks for rental are 11 a.m.-4 p.m. and/or 5-10 p.m. To make a reservation or for specific park locations, call the Parks and Recreation Department office between 9 a.m.-5:30 p.m. Monday-Friday at 651-450-2585 or visit [www.invergroveheights.org/parks](http://www.invergroveheights.org/parks). Refunds are not given in the event of rain or inclement weather.

### Priority Use & Fees:

#### Resident:

Inver Grove Heights residents, churches, non-profit organizations, civic organizations and groups, businesses and Inver Grove Heights schools.

#### Non-Resident:

All non-residents, groups and businesses not located in Inver Grove Heights.

#### 2017 Rates

Type	Park	Fee*	Deposit
Resident	Swing Bridge Park	March-May: \$80 June-Oct.: \$100	\$50
Resident	All Other Parks	\$60	\$50
Non-Resident	Swing Bridge Park	March-May: \$80 June-Oct.: \$100	\$50
Non-Resident	All Other Parks	\$80	\$50

## Outdoor Ice Rinks

**Weather permitting, outdoor ice rinks will be open to the public Monday, Dec. 19, 2016, through Monday, Feb. 20, 2017 (CLOSED Dec. 24 & 25). Schedules are subject to change due to weather and/or ice conditions.**

#### \*Outdoor Rink Holiday Dates:

- Monday-Friday, Dec. 26-30
- Sunday, Jan. 1
- Sunday, Jan. 15
- Sunday, Feb. 19



During open hours, rink lights will be on and the facilities will be supervised (except where noted below at South Valley and Southern Lakes).

#### Please Note:

Youth hockey teams organized practices and/or games will not be allowed unless facility is being rented. For rental info please call 651-450-2585.

Location	Amenities	Attended Hours
Skyview Park 6765 Dawn Ave.	1 hockey rink 1 pleasure rink	4-8 p.m. Monday-Friday 1-9 p.m. Saturdays & Holidays* 1-7 p.m. Sundays
Oakwood Park 3534 78th St. E.	1 hockey rink 1 pleasure rink	4-8 p.m. Monday-Friday 1-9 p.m. Saturdays & Holidays* 1-7 p.m. Sundays
Groveland Park 1990 46th St.	1 hockey rink 1 pleasure rink	1-9 p.m. Saturdays & Holidays* 1-7 p.m. Sunday (No attendant weeknights-lights on a timer)
South Valley Park 2810 70th St. E.	1 pleasure rink 1 sledding hill	No Attendant
Southern Lakes Park 10810 Alison Way	1 pleasure rink	No Attendant - lights on a timer

#### Rinks will be closed if:

- Temperature is -15 degrees Fahrenheit (actual or wind chill)
- 2 inches or more snow accumulates after 3:30 p.m. (weekdays)
- On weekends when it snows 2" or more rinks will close
- Warm temperatures soften ice

**For rink updates call the weather line at 651-450-2595 or sign up to receive email weather updates at [www.invergroveheights.org/weather](http://www.invergroveheights.org/weather)**





## Parks & Facilities

		Picnic Shelter	Enclosed Shelter	Playground	Trails (P=Paved, N=Non-paved)	Baseball/Softball Fields	Soccer Fields	Basketball	Tennis Courts (lights)	Tennis Courts (no lights) (Pickleball - NY, Salem Hills & Skyview Only)	Sand Volleyball Court	Hockey Rinks (lights)	Pleasure Rink	Sliding Hill	Horseshoe Pits	Barbeque	Fishing	Disc Golf Course	Skate Park	Parking Lot	Restrooms (P=Portable, I=Indoor)
<b>Neighborhood Parks</b>																					
1	Arbor Pointe Park: 8545 Cahill Ave.			X	P																
2	Broadmoor Park: 11306 Stratford Lane			X	P, N																
3	Dehrer Park: 4085 Dehrer Way					X															
4	Ernster Park: 7750 Dickman Tr.			X	P	X	X			X				X							P
5	Lions Park: 2423 65 <sup>th</sup> St. E.	X	X											X	X						P
6	River Front Park: 7782 River Road																X				
7	Salem Hills Park: 1642 Upper 55 <sup>th</sup> St. E.			X	P	X	X	X												X	P
8	Seidl's Lake Park: 2655 47 <sup>th</sup> St. E.			X	P												X				
9	Simley Island Park: 3110 80 <sup>th</sup> St. E.	X			P												X				
10	Sleepy Hollow Park: 3645 84 <sup>th</sup> St. E.			X			X			X				X							P
11	Southern Lakes Park: 10810 Alison Way			X	P	X						X									
<b>Neighborhood Playfield</b>																					
12	Groveland Park: 1990 46 <sup>th</sup> St.		X	X	P	X	X				X	X								X	I, P
13	North Valley Park: 2800 70 <sup>th</sup> St. E.				P	X			X							X	X			X	P
14	Oakwood Park: 3534 78 <sup>th</sup> St. E.	X	X	X	P	X	X	X			X	X			X					X	I, P
15	Skyview Park: 6765 Dawn Ave.		X	X	P	X	X	X			X	X			X					X	I, P
16	South Valley Park: 2810 70 <sup>th</sup> St. E.	X	X	X	P, N	X						X	X		X					X	I, P
<b>Community Athletic Complex</b>																					
17	Rich Valley: 1841 105th St. E.	X	X		P	X	X	X	X						X					X	I, P
<b>Special Use Area</b>																					
18	Veterans Memorial Community Center: 8055 Barbara Ave. E.	X	X																X	X	I, P
19	Inver Wood Golf Course: 1850 70th St. E																			X	
<b>Conservancy Land</b>																					
20	Harmon Park Reserve: 1642 Upper 55th St. E.				N																
21	Marianna Ranch: 9125 Alvarez Avenue				N																
22	River Heights Park: 8780 Inver Grove Trail				N																
23	Woodlawn Preserve: 11666 Azure Lane																				
24	Marcott Woods: 2830 90th St. E																				
<b>Lineal Park/Greenway</b>																					
25	McGroarty Park: Co. Rd. 18 & Blaine Ave.																X				
<b>Community Park</b>																					
26	Heritage Village Park: 4321 65th St.								Park is under development												
27	Swing Bridge Park: 4465 66th St. E.	X			P										X					X	I, P

# Active Adults Ages 55+

## New Look! New Program!

In 2017, the Parks and Recreation Department will begin overseeing the current Senior Center and older active adult program. A new staff person is being hired to coordinate, continue and support all of the activities and events of the senior center as well as expand programming into new areas for the 55 plus demographic! This individual will also be responsible for working with some youth programs, sports leagues and special events. Information on the existing programs and new offerings will be available via The Scoop newsletter, the Parks and Recreation brochure and the TriDistrict Community Ed brochure.

Classes, programs, events, luncheons and more will be coming in 2017. If you have ideas or suggestions for programs/activities you would like to see, please contact the Parks and Recreation office at 651-450-2585.

### Some events/programs include:

- Card playing
- Luncheons
- Trips and Tours
- Fitness Classes (Yoga, walking, water classes, Zumba)
- Pickleball
- Driver Safety
- Instructional/Educational Classes and Fairs
- Music
- Special Events



## Silver Sneakers and Silver & Fit Fitness Programs

SilverSneakers is helping a generation defy the odds, shatter stereotypes and answer every challenge with, "I can do this!" Silver Sneakers allows unrestricted access and unlimited visits. Weights, treadmills, pools and other amenities are included. We also offer fitness classes designed for all abilities led by our certified instructors. The amenities are yours. The classes are yours. Now go get 'em!

The Silver&Fit program is designed for older adults! By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too!

For more information on these great fitness programs at Veterans Memorial Community Center please call 651-554-3440 or contact your insurance company to see if your plan is eligible.



## Indoor Open Pickleball

Join this fun and social open play session on Mondays, Wednesdays and Fridays. Beginner to advanced players will have the opportunity to learn the sport and/or work on their game with other pickleball enthusiasts. Please bring your own racquet.

Day	Date	Time	Location
Mon./Wed./Fri.	Jan. 2-May 31 (skip Jan. 20, Feb. 10, May 19 & May 29)	1:30- 3 p.m.	VMCC, Gymnasium

Fee: \$3/non-member or purchase a ten-time punch card: \$25/non-member; Free for members (beginning Jan. 2017)



## Indoor Walking

Simley High School, South St. Paul High School, Henry Sibley High School and Veterans Memorial Community Center (West Rink only) will be open for indoor walking. The cost is \$5 for a walking button that must be worn while walking and is good through May 31, 2017. Walking buttons may be purchased in person at the Inver Grove Heights Parks and Recreation office, District 197 District Office, Thompson Park Activity Center (WSP) or Central Square Community Center (SSP)

*Hours: High School: Monday-Thursday, 5-9 p.m.  
Community Center: Monday-Friday, 7 a.m.-2 p.m.*

# Holidays In The Heights

**Continue the tradition! Celebrate with family! This year there are more events over more days to keep the holiday cheer going!**

*All events take place at Veterans Memorial Community Center (8055 Barbara Ave.)*

## City Outdoor Tree Lighting Tuesday, Dec. 6 6-8 pm

Come experience the lighting of the holiday tree! Tree lighting will take place at 6 p.m. followed by refreshments and free open swim.

**FREE**

## Holiday VINGO

Friday, Dec. 9 6-8 pm

Put your trivia skills to work with this fun twist on Bingo! We will play the clips, you watch and listen! Get a Vingo and win! Event includes the games, pizza and a beverage.

**Cost is \$5 in advance or \$7 at the door**  
FA-F1209

## Breakfast With Santa/ Candy Cane Hunt

Saturday, Dec. 10

Santa is coming for breakfast in Inver Grove Heights! Families will enjoy a light breakfast (donuts, muffins, juice, coffee), visit with Santa, crafts, games, a selfie booth, reindeer rides, candy cane hunt and participate in a toy raffle. In order to be eligible for the raffle, participants must bring a pair of mittens or gloves to donate.

**Two sessions are available:**  
8:30-10 am (FA-F106) or 10:30 am-12 pm (FA-F107)  
**Cost is \$5 in advance or \$7 at the door**

## Skate With Santa Saturday, Dec. 10 6-7:30 pm

Santa visits the Community Center on skates where families can enjoy the holidays on ice! Hot beverages and snack provided.

**Cost is \$5 in advance; \$7 at the door**  
FA-F105

## Holiday Lights Contest

Help spread holiday cheer and possibly win a prize! Enter the Parks and Recreation holiday lighting contest – Light Up the Heights! Entries will be judged on overall impact, visual appeal, uniqueness, variety, safety and tidiness. All entries will be placed on a map so that residents can create their custom holiday lights tour around town.

### Categories:

**Still (FA-W105):** Non-moving light display on a house, yard, fence, tree or any combination listed.

1st \$100 2nd \$75

**Motion (FA-W101):** Moving light display on a house, yard, fence, tree or any combination listed.

1st \$100 2nd \$75

More information about the contest guidelines, or for an official entry form, visit [www.invergroveheights.org/lights](http://www.invergroveheights.org/lights). Judging will take place December 12-14 and winners posted/maps available December 16.

## Selfie Scavenger Hunt Nov. 23-Dec. 21

Get out of the house and go for a drive or walk around Inver Grove Heights! Get your digital camera or smartphones ready for some Holiday in the Heights selfie fun! Selfie Scavenger Hunt sheets will be posted online at [www.invergroveheights.org](http://www.invergroveheights.org) or available for pick up at Veterans Memorial Community Center. You can submit your entry to [scavengerhunt@funatthegrove.com](mailto:scavengerhunt@funatthegrove.com). Entries must be submitted by Monday, Dec. 19. All entries will be eligible for a random drawing (cash prizes of \$100, \$75 and \$50) and winners will be posted online on Dec. 20.



8055 Barbara Ave. East  
 Inver Grove Heights, MN 55077  
 Phone: 651-450-2585

**Inver Grove Heights  
 City Council Members:**

- Tom Bartholomew
- Paul Hark
- Jim Mueller
- Rosemary Piekarski-Krech
- George Tourville, Mayor

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 POSTAL CUSTOMER

# Community Center Open Houses



**Tuesday, Dec. 6  
 5-8 pm**

- Tour the facility and see all the wonderful amenities
- Work out in the fitness center or pool
- Log Rolling Demos from 6:30-7:30 p.m.
- Swim in the water park from 5:30-8 p.m.

**Join and pay only a \$17 enrollment fee!**



**Fitness Open House**  
**Thursday, Dec. 29 4-8 p.m.**  
**Veterans Memorial Community Center**

**Check out these mini-classes:**

<b>Karma Kids: 4:15 p.m.</b>	<b>Nutrition: 6:15 p.m.</b>
<b>Instafit: 4:45 p.m.</b>	<b>Strength Circuit: 6:45 p.m.</b>
<b>Yoga: 5:15 p.m.</b>	<b>Boot Camp: 7:15 p.m.</b>
<b>Wellness: 5:45 p.m.</b>	<b>Boxing: 7:45 p.m.</b>

**Take a tour and get a fitness assessment.  
 Purchase and receive personal training specials!**

**Come enjoy this  
 great community  
 amenity!**