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NORTH DALE- FALL 2018 ACTIVITIES

Community Recreation Specialist- **Brian Tobritzhofer** brian.tobritzhofer@ci.stpaul.mn.us W:
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North Dale Recreation Center: 1414 N. Saint Albans St, 55117 651-558-2329

*****REGISTRATION BEGINS August 6th**

*****Register online at www.stpaul.gov/NorthDaleRec**

PRE-SCHOOL/YOUTH/TEEN

Basketball Skills Activity #23561 Fee: FREE

Thursdays, September 6 – September 27 6-7:30pm Ages 9-14 Instructor: Taylor Scott (North Dale staff)
Participants will warmup their basketball skills and prepare for their winter teams by rotating through skill stations and learning correct technique.

Boys Group Activity #23558 Fee: FREE

Thursdays, November 1 – December 20 4-5:30pm Ages 7-12 Instructors: Devon Nelson and Taylor Scott (North Dale staff)
A safe space for boys to talk with male staff about everyday life, sports, video games, and becoming young men.

Creative Movement & Tap Ages 3&4 Activity #23540 Fee: \$50

Tuesdays, September 25 – November 13 5-5:45pm Ages 3-4 Instructor: Leah Jackson
A chance for children to learn new dance skills and express themselves through tap and creative movement.

Dance with Purpose Activity #23686 Fee: \$30

Thursdays, September 20 – November 15 6-7:30pm Ages 8-17 Instructor: Salena Myers (staff)
This class will focus on Majorette dancing, technique, stretching, routines, tumbling and drama. Proper attire required: Leggings, loose fitted shirt with tank top or cami underneath, sneakers or grip socks. No jeans allowed

Girls Group Activity #23557 Fee: FREE

Thursdays, September 13 – October 25 4-5:30pm Ages 7-12 Instructor: Salena Myers, Shedaya Garmon-Ivy, Sandy Luger (staff)
Positive energy & space, Self-esteem, Self-reflection, Friendships.

Gobble, Gobble Art Activity #23672 Fee: \$15

Tuesday, November 20 6-7pm Ages 1.5-5 Instructor: Kidcreate Studio
Those pilgrims sure were crafty! The kids will celebrate Thanksgiving by creating an adorable turkey that is sure to attract smiles. This is a great class for siblings to attend together! Children must be accompanied by a caregiver.

Halloween Craft Party Activity #23674 Fee: \$15

Tuesday, October 30 6-7pm Ages 1.5-5 Instructor: Kidcreate Studio
Halloween Craft Party with Kidcreate Studio. Park your broom at the door and come on in! Together, you and your child will create an adorable picture of a haunted house, complete with spooky handprint ghosts. What a great keepsake! The kids are welcome to wear costumes to class. Children must be accompanied by a caregiver.

Holiday Ornament Making Party Activity #23673 Fee: \$15

Tuesday, December 18 6-7pm Ages 1.5-5 Instructor: Kidcreate Studio

*All New Ornaments! Join us for an ornament making party. We will set up 4 stations, each with a different ornament project. These ornaments will make great keepsakes or holiday gifts! This is a great class for siblings to attend together! Come and create ornaments right along with your child. Children must be accompanied by a caregiver.

Jedi Master Engineering w/LEGO Activity #23690 Fee: \$46

Thu, October 18 - Fri, October 19 9:30a-12:30p Ages 7-12 Instructor: Play-Well TEKnologies

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects from LEGO® Materials such as X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Jr Robotics Engineering- Wild Animals Activity #23691 Fee: \$65

Mondays, October 22 – November 5 6-7pm Ages 4-6 Instructor: Engineering For Kids

Parents may drop off their child for one hour of fun, unstructured engineering build-and play fun! Students make discoveries as they play with construction toys, LEGOs, gears and more.

Parent/Child Tot Time Activity #23562 Fee: FREE

M/W/Th October 1 – December 20 1m-6yr 9a-12p

North Dale's gym will be open for toddlers and their families to run and have fun. Miscellaneous toys will be provided, such as tumbling mats, balls, rockers, trucks, & more. Children must be supervised by an adult. Preferably no daycare groups on Thursdays.

Read with Me Activity #23688 Fee: FREE

Wednesdays, September 12 – October 17 6:30-7pm Ages 1-5 Instructor: North Dale staff

Each week North Dale Staff will choose their favorite books to read to our pre-school participants.

Red Cross Babysitting Activity #23643 Fee: \$60

Friday, November 16 10:30a-5p Ages 11-17 Instructor: Jane Veitch

This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play, and first aid. Participants must be 11 years of age or older. Please bring a bag lunch and beverage with you.

Taekwondo Jr Fee: \$50/month

Sept- Activity #23645 Oct- Activity #23646 Nov- Activity #23647 Dec- Activity #23649

Mon/Wed 5:30-6pm (Ongoing) Ages 4-5 Instructor: Master Minefee

Traditional Taekwondo for youngsters ages 4 - 5. More 1-on-1 training and smaller class sizes. Class size limited to 10 students at a time. (Mon/Wed 5:30-6:00) Payment must be made by first day of class before participant can begin. Uniforms can be purchased through the instructor. No Taekwondo Oct 31

Taekwondo Youth Fee: \$50/month

Sept- Activity #23651 Oct- Activity #23652 Nov- Activity #23653 Dec- Activity #23654

M/W/F 4:30-5:30pm (Ongoing) Ages 6-17 Instructor: Master Minefee

Please join us as we discover and explore WTF style Taekwondo taught by Master Minefee. Classes are dynamic, fun and challenging. As you develop your knowledge of this Korean martial art, you will gain skills and confidence. Monthly registration is \$50 due before participation begins. Uniforms can be purchased through the instructor. No Taekwondo Oct 31

Tap & Ballet Fee: \$50

Ages 5-6: Activity #23541 5:50-6:35pm

Ages 7-12: Activity #23542 6:40-7:40pm

Tuesdays, September 25 – November 13 Instructor: Leah Jackson

Students will be challenged in the class with ballet and tap. Student will have the chance to learn new skills and express themselves in a new way.

Teen Volleyball Activity #23689 Fee: FREE

Thursdays, October 25 – November 29 2:30-4:30pm Ages 13-17

After school head to the gym for open co-rec teen volleyball. No volleyball Nov 22

Tumbling Activity #23684 Fee: \$30

Thursdays, November 1 – December 13 5-5:45pm Ages 3-5 Instructor: Jill Bachmann
The class focuses on introducing new motor skills and movements like jumps, leaps, rolls, handstands, cartwheels and other tumbling skills through lots of fun and games

Young Rembrandts: Awesome Drawings Activity #23670 Fee: \$60

Wednesdays, September 19 – October 24 6:30-7:30pm Ages 6-12 Instructor: Young Rembrandts
Enroll your elementary student in a Young Rembrandts drawing class. Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. All this and more await your child in a Young Rembrandts classroom! Sign up today!

Young Rembrandts: Preschool Drawings Activity #23666 Fee: \$60

Wednesdays, September 19 – October 24 5:30-6:15pm Ages 3.5-5 Instructor: Young Rembrandts
Encourage your preschooler's enthusiasm for drawing. Young Rembrandts introduces drawing lessons that will excite your budding artist. Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine provide excellent practice for drawing circle shapes. From there, our lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills. Enroll your child into a Young Rembrandts class today. THEY WILL LOVE IT!

*****Basketball Registration Sign Up Period: September 1 – 30**

Discount Days:

1st Day = 25%

2nd Day = 20%

3rd ~ 4th ~ 5th Day = 10%

ADULT/SENIOR

Adult Pickle Ball Activity #23641 Fee: \$2/session

Wednesdays, September 5 – December 9 1-3pm
Pickle ball is a paddle sport which uses the elements of tennis, badminton and ping pong. At North Dale we currently play on courts set up in our gym. The sport is played on a badminton sized court with a modified tennis net. The game is played with a paddle and plastic balls on Wed. 1-3pm. There is a \$2.00 per day drop in fee. Paddles and balls available for use.

Adult Volleyball Activity #23687 Fee: \$2/session

Saturdays, September 8 – October 27 9:30-11:30am
Start your Saturday off with Open Adult Volleyball. No need to register just show up and pay the weekly fee of \$2.

Challenge Square Dancing Activity #23539 Fee: \$7/session

Mondays (Ongoing) 6:30-9pm Instructor: Dan Sahlstrom
A partner is not required to register but coming with a partner is encouraged. Dance to a variety of music while learning patterned steps in a square formation with 7 other people. Wear comfortable shoes and clothing. Children under 16 are \$3.00 a session and must be accompanied by an adult. Must have completed Mainstream & Plus level classes to attend. This is a drop-in class - registration is not required. Fee is \$7/class.

Earth Moon Yoga Activity #23555 Fee: \$5/session

Tuesdays 7:45-8:45pm & Saturdays 11a-12p (Ongoing) Instructor: Teresa Davenport
Come wake up that mind and body... Expand, Explore, Energize, and Ground. This class begins with gentle yoga poses designed to open up the body and release tension. Moving into postures: Seated, Standing, Balance and Lying Down to deepen the experience. Ending with deep relaxation and meditation. Props and mats provided. No registration required. \$5/daily drop-in or fitness card: \$54/12 sessions or \$80/20 sessions.

Line Dancing Activity #23680 Fee: \$5/session

Wednesdays, September 5 – October 24 6:10-7:10pm Instructor: Lettie McCoy
No pre-registration necessary, pay your \$5/weekly fee at the desk when you come in.

Laughter Yoga Activity #23554 Fee: FREE

1st Thursday: 12-12:45pm & 2nd Monday: 6:15-7pm (Ongoing) Instructor: Diane Hansen
First Thursday & Second Monday of the month. Come explore the art of laughter to invite more joy, play, and well-being into your life! Because of the deep breathing exercises, this form of practice is called Laughter Yoga, but it does not include any physical yoga poses, and can be practiced by people of all ages who are willing to be a little bit silly. All are welcome regardless of gender, age, physical ability or socioeconomic background. Participants will be invited to donate as able to the North Dale Recreation Center for use of the room, and to share laughter respectfully with others. There are no other dues or fee to participate. Wear comfortable clothing and plan to have fun!

Pilates- Core/Strength/Flexibility Activity #23553 Fee: \$5/session

Mon/Wed (Ongoing) 7:15-8:15pm Instructor: Cliff Swyningan
Every class will include gentle stretches for tight back muscles. Use your body weight and gravity to perform exercises. (Hand Weights, Kettlebells, exercise tubes and hand gliders optional.) We will intensify core support for the back. Improve overall core strength, flexibility and posture awareness. During cooling we encourage positioning of different musculoskeletal components with respect to each other or for good alignment. Welcome to limited abilities, occupational and ex athlete as well. No registration required. \$5/daily drop-in fee, \$54/12 sessions, \$80/20 sessions.

Senior Day Activity #23559 Fee: FREE

Thursdays (Ongoing) 10a-3p Ages 50+
Get out and socialize with friends while playing 500 & Greedy.

Senior Fitness Activity #23556 Fee: FREE

Tue/Thurs (Ongoing) 9:30-10:30am Instructor: Jody Kipples
Senior fitness is low impact exercise for people ages 50+. It helps with balance; you can work with weights, do aerobics and stretching. Everyone works at their own pace and ability.

SPECIAL EVENT

Winter Wonderland Activity #23560 Fee: FREE

Tuesday, December 11 5:30-7:30pm All ages
Open your imagination to a wonderland of activities with a special visit from Santa. Activities geared for youth under the age of 14.

JOIN YOUR LOCAL BOOSTER CLUB

North Dale: Brian Tobritzhofer at brian.tobritzhofer@ci.stpaul.mn.us

****VOLUNTEER BY CALLING YOUR LOCAL RECREATION CENTER****

~For programming suggestions or to be an instructor contact Darcy Rivers at 651-558-2329 or darcy.rivers@ci.stpaul.mn.us

Facebook.com/NorthDalerecreationcenter