

# Northwest Como Fall Programs 2018



Northwest Como Class Listing: [www.stpaul.gov/NWComoRec](http://www.stpaul.gov/NWComoRec)

Follow us on Facebook at: [www.facebook.com/NWComoRec](http://www.facebook.com/NWComoRec)

Northwest Como Booster Club:

Dillon Larsen at [Dillonlarsen@hotmail.com](mailto:Dillonlarsen@hotmail.com)



## Adult (18+)

### **Adult Basketball Open Gym**

Fee: \$2/Weekly

Tue, Sept 11 - Oct 16, 2018

### **Activity #23813**

Time: 6:30 - 8:30pm

Drop-in adult open gym. Recreational Basketball will be played on Tuesdays.



### **Adult Indoor Soccer**

Fee: \$5/Weekly Sun, Dec 2- Mar 31, 2019

### **Activity #23849**

Time: 5 - 6:30pm

Weekly pickup games of Soccer ages 18 and older for men and women in the gym \$5/each week. No Pre-registration required.

### **Art/Wine/Pizza Oct**

Fee: \$50.00

Mon, October 8, 2018

### **Activity #23847**

Time: 6:45 - 9pm

**Instructor: McIntosh, Barb**

We will explore Chigiri-e a Japanese art form in form in which the primary technique uses colored paper that is torn to create images, and resemble a water color painting. This class is for adults with a strong interest in art, but skill is not required. You will be taught everything you will need to know to create a beautiful piece of art. "Class price includes a glass of wine or beverage of your choice as well as samples of Delicata's signature pizzas. Please inform us of any dietary restrictions. Additional beverages and food available for purchase." Please come at 6:45pm to allow time to order your beverage before class begins at 7pm.

### **Art/Wine/Pizza Dec**

Fee: \$50.00

Mon, December 3, 2018

### **Activity #23848**

Time: 6:45 - 9pm

**Instructor: McIntosh, Barb**

We will explore watercolors learning Sumi-e the Japanese art of drawing with paint. You will learn techniques that haven't been taught in the past. This class is for adults with a strong interest in art, but skill is not required. You will be taught everything you will need to know to create a beautiful piece of art. "Class price includes a glass of wine or beverage of your choice as well as samples of Delicata's signature pizzas. Please inform us of any dietary restrictions. Additional beverages and food available for purchase." Please come at 6:45pm to allow time to order your beverage before class begins at 7pm.

### **Plumbing Repairs**

Fee: Free

Wed, November 7, 2018

### **Activity #23844**

Time: 6:15 - 7:15pm

**Instructor: Bank, Gary**



Gary Bank will lead the discussion on how to make simple plumbing repairs at home. Such as clearing clogged drains, replacing faucets, replacing supply lines, and turning house water off as examples. Come with questions and concerns.

### **Senior Gamers**

Fee: Free

Tue, Sept 4 - Dec 18, 2018

### **Activity #23819**

Time: 1 - 3pm

This group meets on Tuesdays, 1 - 3 p.m. at Northwest Como Recreation Center, 1550 N. Hamline Ave. Enjoy your favorite table games such as Sequence, Phase 10 and Mexican Train.

### **Women's 35+ Basketball**

Fee: \$4/Weekly

Sun, Dec 2, 2018 - Sun, Mar 31, 2019

### **Activity #23850**

Time: 6:30 - 7:30pm

No pre-registration needed. \$4/each week. Low intensity, friendly, laid-back and non-competitive pickup games for individual women ages 35 & over.

**Beginning Spanish Class for Adults**  
Fee: \$70 Thu, Sept 27 - Nov 15, 2018

**Activity #23851**  
Time: 6 - 7pm

**Instructor: Minefee, Oralia**



New!!! Join us as we exploring Latin culture and Spanish language taught by Mrs. Oralia Cortes Minefee. Classes will be activity based, dynamic, goal oriented and fun as you develop your skills and confidence speaking Spanish.

## Classes & Activities Ages 6-17

### **Family Movie Series**

Fee: Free Fri, Nov 30 - Dec 28, 2018

**Activity #23821**

Time: 3:30 - 5:30pm



Families will gather to watch family friendly movie in the gym each Friday afternoon. Bring your blanket or lawn chair. No pre-registration required. On Dec. 28th there will be extra activities like the jump castle, spin art and more beginning at 1:30pm. Movie will begin at 3:30pm.

### **Archery**

Fee: \$60 Mon, Sept 24 - Nov 26, 2018

**Activity #23815**

Time: 3 - 4:30pm

**Instructor: Altman, Thomas**

Ages: 9 - 17



Students ages 9-17 will follow safety instructions while learning and practicing proper archery techniques. Equipment is provided. Co-sponsored by Northwest Como Recreation Center and Chelsea Heights School.

### **Artist Workshop**

Fee: \$60 Tue, Oct 2 - Tue, Nov 6, 2018

**Activity #23846**

Time: 3:15 - 5:15pm

**Instructor: McIntosh, Barb**

Ages: 8 - 17

This class is designed for students with a strong interest in art. We will explore different mediums such as soft pastel, water color, tempera and more. We will also look at the works of famous and not so famous artists. The students will meet at North West Como Rec Center for a snack. Barb will pick them up there. Chelsea Heights students must bring a note for their teacher to stay after school.

### **North West Como's Dance Classes**

**Instructor: Handren, Rachel**

#### **Ballet/Creative Movement**

Ages: 3-5

Time: 3:15-4pm

Day: Wed

**Activity #23836**

Dates: Nov 7-Dec 12

Fee: \$40

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Ballet/Creative Movement during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

#### **Jazz/Ballet**

Ages: 6-13

Time: 4-4:45pm

Day: Wed

**Activity #23837**

Dates: Nov 7-Dec 12

Fee: \$40

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Jazz/Ballet during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

#### **Hip Hop Ages 6-11**

Ages: 6-11

Time: 4:45-5:30pm

Day: Wed

**Activity #23838**

Dates: Nov 7-Dec 12

Fee: \$40

Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Hip Hop during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

#### **Hip Hop Ages 12-17**

Ages: 12-17

Time: 5:30-6:15pm

Day: Wed

**Activity #23842**

Dates: Nov 7-Dec 12

Fee: \$40



Is your child looking to try out dance without the commitment of a full year season or is looking to brush up on foundational technique? If yes, then this is the class for you! Your child will focus on learning Hip Hop during this course and will showcase the skills they learned at the end of the session. This class is an excellent precursor to our larger and longer dance classes and bigger recital in the spring!

### **Creative Writing Club**

Fee: \$30      Wed, Oct 3 – Nov 14, 2018

### **Activity #23817**

Time: 3:15 - 4:15pm

### **Instructor: Bohrman, Samantha**

Ages: 7 - 12

In this class, we will focus on having fun writing stories, while learning a few techniques. Each session will focus on a new writing skill. For instance, we might work on including sensory details to create a more vivid setting. Expect three different writing exercises per class. Reading aloud will be entirely voluntary! Everyone welcome. No class Oct 31

### **Game Night!**

Fee: Free      Mon, Sept 17 - Oct 15, 2018

Age: 8 - 12      Time: 6:15 - 7:15pm

Age: 13-17      Time: 7:15 - 8:45pm

Activity #23870

Activity #23871

### **Instructor: Staff Lead**



Come spend the night with others playing board games plus video games.

### **Holiday Craft**

Fee: Free      Mon, Nov 19 - Nov 26, 2018

### **Activity #23867**

Time: 6:15 - 7:15pm

### **Instructor: Staff Lead**

Ages: 8 - 12

Sign up your kids for some messy and creative craft and science.

### **Kids Volleyball Night**

Fee: Free      Thu, Sept 13 - Oct 18, 2018

### **Activity #23868**

Time: 6:30 - 8:30pm

Ages: 10 - 15



Kids! If you like Volleyball this is your time to play and have fun. It will be a drop in open gym, with 1 net setup.

### **Parents Night Out**

Fee: \$10      Fri, December 7

### **Activity #23820**

Time: 6 - 9pm

### **Instructor: Staff Lead**

Ages: 4 - 12

Parents can drop their kids ages 4-12 off at NW Como for some free time. Use your time to spend the night out, run errands, or just relax. Staff will provide pizza, outdoor/indoor activities, gym games, a craft and a movie.

### **Taekwondo Jr**

Tue/Thur      Time: 5:30 - 6pm

Sept 4-27      Activity #23823

Oct 2-30      Activity #23825

Nov 1-29      Activity #23827

Dec 4-20      Activity #23828

### **Instructor: Master Minefee**

Ages: 4 - 5      Fee: \$50/Monthly



Traditional Taekwondo for youth ages 4 - 5. More 1-on-1 training and smaller class sizes. Class size limited to 10 students at a time. (Tue/Thur 5:30-6:00) Payment must be made by first day of class before participant can begin.

### **Taekwondo Youth**

Tue/Thur      Time: 4:30 - 5:30pm

Sept 4-27      Activity #23829

Oct 2-30      Activity #23830

Nov 1-29      Activity #23831

Dec 4-20      Activity #23832

### **Instructor: Master Minefee**

Ages: 6 - 17      Fee: \$50/Monthly

Please join us as we discover and explore WTF style Taekwondo taught by Master Maurice 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.



## Special Events

### **Halloween Bonfire**

Fee: Free      Fri, October 26, 2018

**Activity #23833**

Time: 6 - 8pm



No registration necessary. Everyone is welcome to gather together and enjoy outdoor activities, a DJ and a bonfire. Costume contest for ages 0-100. Concessions will be sold.

\*Volunteers needed for event. Please contact Thao Vue at NWC Rec Center, 651-298-5813.\*

## FIELD TRIPS

### **Como Zoo Field Trip**

Fee: \$5      Thu, October 18, 2018

**Activity #23865**

Time: 1 - 4pm

Ages: 7 - 14

Nothing planned for the kids on MEA weekend? Sign up your kids for our walk to Como Zoo field trip! We will be walking from Northwest Como Rec Center to the Zoo! So please be dress for the weather. Field Trip forms must be completed by parent before leaving.

### **Fishing Day at Como Lake**

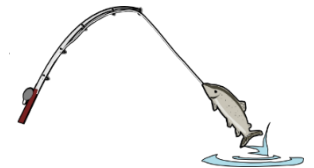
Fee: \$5      Wed, August 29, 2018

**Activity #23858**

Time: 5 - 7:30pm

Ages: 7 - 14

Sign your kids up for a nice fall fishing trip. We will be going to Como Lake.



### **Teen Dance**

Fee: \$5      Fri, September 21

**Activity #23835**

Time: 6:30 - 8:30pm

Ages: 10 - 14

Dance with your friends to your favorite music from 6:30pm-8:30pm. Ages 10-14. Concessions will be sold. Entrance fee paid at the door \$5.

### **Zero Gravity Field Trip**

Fee: \$35      Fri, October 19, 2018

**Activity #23866**

Time: 1 - 4pm

Ages: 7 - 14

Nothing planned for the kids on MEA weekend? We will be taking a trip out to Zero Gravity Trampoline! Field Trip forms must be completed by parents before leaving.



## **Winter Sport Registration Sign Up Period: September 1 – 30**

### **Sport: Basketball**

#### **Discount Days:**

**1<sup>st</sup> Day = 25%**

**2<sup>nd</sup> Day = 20%**

**3<sup>rd</sup> ~ 4<sup>th</sup> ~ 5<sup>th</sup> Day = 10%**