

ACTIVITIES GUIDE



PLYMOUTH PARKS & RECREATION

2019



REGISTRATION:

August 7 (Residents) / August 14 (Non-Residents)
6:00 a.m. online / 10:00 a.m. phone or in-person

PLYMOUTH Farmers Market

Every Wednesday, 2:30-6:30 p.m. | June 26-October 9 | Parkers Lake Playfield, 15500 County Rd 6



THE MISSION
OF THE MARKET IS
TO CREATE
A SENSE OF
COMMUNITY.



PLYMOUTH PARKS & RECREATION / 763.509.5200 / plymouthmn.gov/farmersmarket

The market will be bursting with summer vegetables & fruits, so remember to bring a bag to carry it all home.

A newsletter is published online each week which highlights market vendors, upcoming news and recipes to try.

SPONSORED BY

Renewal
by Andersen
WINDOW REPLACEMENT an Andersen Company



ENTERTAINMENT & PARKS

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC
FOR MORE INFORMATION VISIT WWW.PLYMOUTHMN.GOV/SPECIALEVENTS

AUGUST 8

date night 
at the Hilde

6:00pm ♥ **dinner** food for purchase at on-site food trucks

7:00pm ♥ **live music** local band, Kind Country

9:00pm ♥ **movie** The Proposal (Rated PG-13)

♥ **under the stars!** bring your blankets and lawn chairs

FREE ADMISSION

JULY

12
FRIDAY

**PINOCCHIO
PRAIRIE FIRE CHILDREN'S THEATRE**
HILDE PERFORMANCE CENTER - 7:00PM

13
SATURDAY

**PINOCCHIO
PRAIRIE FIRE CHILDREN'S THEATRE**
HILDE PERFORMANCE CENTER - 2:00PM

16
TUESDAY

SHOCKWAVES ASSOCIATION
WATER SKI SHOW - 7:00PM
PARKERS LAKE PARK, 15205 CO. RD. 6

18
THURSDAY

JOLLY POPS
HILDE PERFORMANCE CENTER - 6:30PM

25
THURSDAY

SALSA DEL SOUL
HILDE PERFORMANCE CENTER - 7:00PM



HILDE PERFORMANCE CENTER
3500 PLYMOUTH BOULEVARD

AUGUST

1
THURSDAY

KIDS FEST
HILDE PERFORMANCE CENTER - 6:00-9:00PM

8
THURSDAY

DATE NIGHT AT THE HILDE
HILDE PERFORMANCE CENTER - FREE ADMISSION
6:00PM - FOOD / 7:00PM - LIVE MUSIC / 9:00PM - MOVIE

MOVIE 15
THURSDAY

A LEAGUE OF THEIR OWN (RATED PG)
ZACHARY PLAYFIELD (BALLFIELD DIAMONDS)
4355 ZACHARY LANE N - MOVIE STARTS AT DUSK

20
TUESDAY

PLYMOUTH ROCKERS
HILDE PERFORMANCE CENTER - 7:00PM

MOVIE 22
THURSDAY

SECRET LIFE OF PETS (RATED PG)
HILDE PERFORMANCE CENTER - MOVIE STARTS AT DUSK

MOVIE 29
THURSDAY

MARY POPPINS RETURNS (RATED PG)
HILDE PERFORMANCE CENTER - MOVIE STARTS AT DUSK

PLYMOUTH PARKS & RECREATION ACTIVITIES GUIDE

FALL 2019

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NATIONAL ACCREDITATION

On October 27, 2010, Plymouth Parks and Recreation was recognized as an accredited park and recreation agency by the Commission for Accreditation of Park and Recreation Agencies (CAPRA).

Plymouth Parks and Recreation received re-accreditation September 14, 2015, and is proud to be one of only five Minnesota agencies to be nationally accredited.

CONTACT INFORMATION

MAIN PHONE NUMBERS

City Hall	763-509-5000
Parks & Forestry Office	763-509-5940
Plymouth Creek Center	763-509-5280
Plymouth Ice Center	763-509-5250
Weather Line	763-509-5205

PARKS & RECREATION • 763-509-5200

Kari Hemp, Recreation Manager	763-509-5220
Jerrold Brunelle, Parks & Forestry Manager	763-509-5946
Chris Fleck, Plymouth Creek Center Manager	763-509-5281
Erik Halverson, Ice Center Manager	763-509-5251
Dan Lauer, Athletics Supervisor	763-509-5283
Cindy Anderson, Aquatics Supervisor	763-509-5222
Alyssa Fram, Music, Arts and Inclusion Supervisor	763-509-5225
Jessie Koch, Health and Fitness Supervisor	763-509-5223
Paul Pearson, Education Supervisor	763-509-5228
Jackie Maas, Volunteer Coordinator	763-509-5230
Barb Northway, Deputy Director	763-509-5941
Diane Evans, Director	763-509-5201

CITY COUNCIL MEMBERS

Jeffry Wosje, Mayor	jwosje@plymouthmn.gov
Alise McGregor, Ward 1	amcgregor@plymouthmn.gov
Nick Roehl, Ward 2	nroehl@plymouthmn.gov
Jim Davis, Ward 3	jdavis@plymouthmn.gov
Jim Prom, Ward 4	jprom@plymouthmn.gov
Ned Carroll, At Large	ncarroll@plymouthmn.gov
Jim Willis, At Large	jwillis@plymouthmn.gov

PARK & RECREATION ADVISORY COMMISSION (PRAC) MEMBERS

Marilyn Sunseri, Ward 1	marilynjsunseri@comcast.net
Dick Burkhardt, Ward 2	richard.burkhardt@comcast.net
Vita Wilson, At Large	vitaWilson@edinarealty.com
Michael Swanson, Ward 4	windupmike@comcast.net
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Tricia DeBleekere, Ward 3	tricialynn@gmail.com
Ann Hoekstra, At Large	brigl003@umn.edu

Graphic Design & Layout by Libby Renslo-Nondorf

REGISTER FOR PROGRAMS



REGISTRATION BEGINS

Residents: August 7
6am online / 10am phone

Non-Residents: August 14
6am online / 10am phone

Aquatics Programs: August 7
6am online / 10am phone



WEATHER UPDATES

Call the weather line
for updates on class cancellations
any time of the year.

763-509-5205



ACTIVITIES GUIDES

The Parks & Rec Guide is published three times a year. The Fall guide is published in July. Subscriptions for non-residents are available for \$9/year.



PARKS & REC OFFICE HOURS

Monday-Friday, 8am to 4:30pm

REGISTRATION POLICIES

- » Total fee must be paid at the time of registration.
- » Registrations are not accepted at program site.
- » We reserve the right to cancel programs if needed. Full refunds will be issued if a class is cancelled by the City.
- » Cancellations made by Parks and Rec will be sent via e-mail from the Recreation general e-mail account. Credits will be put on the household account to use at a later date or account holder may request to be refunded by the original payment method.
- » Waiting lists will be started if classes fill. Additional or expanded classes may be formed if possible.
- » A receipt may be emailed as a confirmation. Further confirmations will not be sent by mail, phone or fax.
- » When registering by phone, you are officially agreeing to the liability and photo waivers stated on the registration form.

HOW TO SET UP YOUR ONLINE ACCOUNT

1 GO ONLINE

plymouthmn.gov/recreation
Click the blue and grey
"Register Online" button
Click Create Account

2 CREATE AN ACCOUNT

Enter information about yourself.
Before you save, **add family members** that participate in recreation activities by clicking Add New Member.

3 SAVE

A quick approval process is required before your account is active. A confirmation will be emailed when your account is approved.



QUESTIONS ON PROGRAMS OR REGISTERING?

763-509-5200 / recreation@plymouthmn.gov

FINANCIAL ASSISTANCE

- » Financial assistance application forms are available at: plymouthmn.gov or by calling 763-509-5200.
- » Program financial assistance dollars are available to assist families with children who meet income guidelines.
- » Funds are available to Plymouth residents only and only for children under 18 years of age.
- » Plymouth residents qualifying for assistance may purchase eight reduced price Lifetime passes per year at the Plymouth Parks & Recreation office (\$6.50 for adults and \$2.50 for children).

WITHDRAWAL / TRANSFER POLICIES

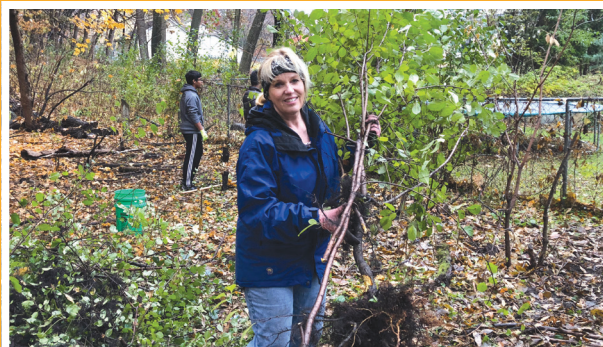
- » Class transfers are available and must be made at least one full week prior to the first class unless noted otherwise.
- » Withdrawal/refund requests must be made at least one full week prior to the first class unless noted.
- » A \$5 service fee is retained on each withdrawal/refund request unless noted otherwise.
- » Withdrawals/transfers accepted by calling 763-509-5200. Faxed requests will not be accepted.
- » There are no refunds for missed classes or for withdrawals after the stated full week policy.

Liability Waiver: In consideration of your accepting this entry, I state and affirm that participation in the above program(s) is voluntary. I understand that the program(s) are not an essential service provided by the City; that certain risks are inherent and that these risks, anticipated or unanticipated, may result in injury or damage to persons and/or property. I hereby assume all risks in connection with the program(s); agree to hold the City or anyone acting on behalf of the City harmless and waive any right to make claims or bring lawsuits for any injuries or damages related to the alleged negligence of the City. This waiver does not apply to any injuries or damages that are a result of willful, wanton or intentional misconduct by the City or anyone acting on behalf of the City.

Photo Waiver: I understand that the City may use photographs taken at its programs that picture me or my dependents for publicity purposes.

VOLUNTEER OPPORTUNITIES

Contact volunteer services: 763-509-5230 / plymouthmn.gov/volunteer / volunteer@plymouthmn.gov



1,600+ VOLUNTEERS MAKE A DIFFERENCE IN YOUR COMMUNITY

YOUTH COACHING OPPORTUNITIES

Open to individuals 16 & older.

No coaching experience required; free coaching materials and training clinics are provided.

Youth Soccer Coaches

One weeknight and Saturday mornings

Whether you're a parent, an adult who enjoys working with children, a current or former player, here's your chance to teach the "world's game" to kids ages 4-14. From mid-August through mid-October.

The number of teams offered is dependent on the number of volunteer coaches available – your commitment truly makes a difference!

Flag Football

Tuesday or Thursday evenings and Sunday afternoons

Guide and teach the fundamental skills of flag football to 5-10 year olds in a recreational environment.
September - October

Ice Skating

September - November

Assist beginning youth skaters during evening and weekend lessons; must be confident on the ice.

GENERAL OPPORTUNITIES

Adults only

Hockey Ticket Taker

Take tickets at high school hockey games
November through February.

SPECIAL EVENTS

Open to individuals 14 years & older. Shift times and lengths vary.

Plymouth on Parade

Saturday, Sep 21

Celebrate our community! Assist with activities and keep viewers safe along the parade route. Volunteers are the key to this event's annual success.

Buckthorn Busters

Maple Creek Park: Saturdays, October 19 and 26, November 2
Hardenbergh Open Space: Saturdays, October 19 and 26
Eliminate invasive species; excellent opportunity for groups.

Plymouth Historical Society

Opportunities could include assisting with collections, special events, behind the scenes clerical work, scanning photos and more.

Halloween at the Creek

Friday, Oct. 25

Help provide a fun, safe Halloween event for residents age 4 to adult at Plymouth Creek Center. Lead games, serve pizza and help wherever needed.

Plymouth Art Fair

Saturday - Sunday, Nov. 23 - 24

Friendly volunteers with an interest in art are needed to help with set up, information table, greeting, and hospitality.

Old-Fashioned Christmas

Friday - Saturday, Dec 6 - 7

On Friday, decorate the Plymouth Historical Society Building. On Saturday, help residents take a step back in time while assisting with kids' craft activities, hayrides, refreshments and clean up.

MAKE A DIFFERENCE – VOLUNTEER!

PARKS & REC SERVICES

ADAPTIVE RECREATION

REACH FOR RESOURCES provides programs for all ages and serves the northern and western Twin Cities suburbs. REACH programs include bowling, dances and trips.

📞 952-200-3030

💻 reachforresources.org

WINDOWS OF OPPORTUNITY provides programs for adults and serves the Robbinsdale School District 281. Program offerings include trips, dances, bike outings and computer classes.

📞 763-504-6990

💻 ced.rdale.org

PROJECT SOAR provides programs for adults and serves four school districts: Hopkins, Minnetonka, St. Louis Park and Wayzata. Program offerings include trips, dances, arts and crafts, BINGO and cooking.

📞 952-401-6898

💻 projectsoarmn.org

COURAGE KENNY REHABILITATION INSTITUTE provides programs for all ages and has locations in Burnsville, Golden Valley, Forest Lake and Stillwater. Program offerings include swim classes, sports and support groups as well as work and career skills.

📞 612-863-4200

💻 allinahealth.org/courage-kenny-rehabilitation-institute

INCLUSION SERVICES

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

Plymouth Parks & Recreation offers inclusion services. If you have questions regarding special needs and our inclusion services, please call 763-509-5200.

INCLUSION POLICY

Plymouth Parks & Recreation prides itself on providing quality programs and activities for people of all abilities. To create the best recreation experience for people with and without disabilities, we require a minimum of two weeks advance notice before the start of a recreation program or activity.

Without a two-week notice, Plymouth Parks & Recreation is not able to guarantee that individual requests can be met. If Plymouth Parks & Recreation cannot meet a given request due to short notice, the participant would be required to arrange for their own Personal Care Attendant (PCA).

No refund will be issued due to the lack of an inclusion aide if you register less than one week from the start of the program.

To ensure that each participant has the best possible experience, follow these steps:

- » Register and notify Recreation staff of any special needs a minimum of two weeks in advance.
- » Complete and return the Participant Information Form.

SENIOR SERVICES

Plymouth Parks & Recreation offers Senior Outreach Services in collaboration with Senior Community Services.

Senior Community Services is a nonprofit organization with a mission to develop, coordinate and provide services that help meet the needs of older adults and support their caregivers. For more information or to set up an appointment call 952-541-1019.



HONOR A VETERAN by having their name engraved on our Veterans Memorial wall located adjacent to City Hall. Any veteran who has been honorably discharged is eligible for engraving. For details and pricing, call 763-509-5200.

LIFETIME™ FITNESS: PLYMOUTH

Plymouth residents may purchase daily passes for the pools and fitness club without the purchase of a LIFETIME™ Fitness membership. Daily rates are: Full club use: \$11.00 (adults), \$6.75 (youth 12-17), \$4.00 (youth under age 12)
Pool only: \$8.25 (adults), \$4.00 (youth under age 12)

The City of Plymouth is not involved in LIFETIME's™ membership services or day-to-day operations. Contacting LIFETIME™ is strongly recommended prior to attending, as they have specific admittance requirements. For more information, call LIFETIME™ Fitness at 763-509-0909.

MEMORIALS

The City offers opportunities to memorialize a person, pet or event by donating money for a bench or a tree. These unique items range in price from \$500 to \$2,500.

For details, contact Paul Buck at pbuck@plymouthmn.gov or 763-509-5944.

PLYMOUTH FACILITIES

FIELDHOUSE

763-509-5280

14800 34th Ave. N., Plymouth, MN 55447

plymouthmn.gov/facilities

Open Play Information

Activity	Toddler/Youth Open Play	Teen Open Play
Age	12 years or younger	13-18 years old
Day	Mon, Wed, Fri (starts Nov 1)	Mon, Wed, Fri (starts Nov 1)
Time	10:30am-1:30pm	2:15pm-4:15pm
Cost	Res: \$4 per child Non-Res: \$5 per child	Res: \$4 per child Non-Res: \$5 per child

* Open play may occasionally be canceled due to special events, field rentals, severe weather or dome maintenance.

Field Rentals - Dome opens Nov. 1

The Fieldhouse dome is inflated from November through mid-April, providing an indoor space for field rentals. The artificial grass surface is ideal for many sports and activities. Please call or visit the website for hourly rental rates and more information. **A field permit is required to use the field.**
Full field is 60yds x 100yds
Half field is 45yds x 60yds

BANNER ADVERTISING IN THE DOME

\$300 provides the opportunity to display your company's information on a banner in the Fieldhouse hanging just above eye level to 150,000 annual visitors.

Contact the Plymouth Fieldhouse for more information or questions. 763-509-5281 or cfleck@plymouthmn.gov

Walking Track Information

Walk or jog indoors for free during the winter months at the fieldhouse starting on November 1, 2018. Dome temperatures depend on the outdoor temperature and will range from 30-55 degrees.

The walking track schedule can vary depending on scheduled activities on the field.

Call 763-509-5292 for the most up to date walking schedule.

5.25 laps = 1 mile. Baby strollers are permitted.

PLYMOUTH CREEK CENTER

763-509-5280

14800 34th Ave. N., Plymouth, MN 55447

plymouthmn.gov/facilities

FACILITY RENTAL INFORMATION

Let the Plymouth Creek Center host your birthday party, meeting, seminar, family reunion, wedding reception or other special event.

CAPACITY	AMENITIES
Plymouth Room (1/2 or 1/4 room also available)	
350 at round tables 400 audience	Carpeted room, stage, wood dance floor, sound & video system
The Alcove - A Unique New Space	
12-18 people	Commonly used as a dressing room for weddings or an informal meeting room. Casual seating, lounge furniture and a salon-style makeup bar with large mirrors.
Black Box Theater	
40 at tables 130 audience	Theatre style, sound & lighting, tiered seating.
Meeting Rooms	
40-50 classroom 50 audience	Tile floors, whiteboards
Fireside Room	
40 at round tables	Fireplace, lounge furniture
Millennium Garden	
300	Sound system

BUY A BRICK AT THE MILLENNIUM GARDEN

By purchasing a \$175 personalized brick, you will pave the walkways that meander through the gardens. Your paver will be personalized with an inscription of your choice.

PLYMOUTH ICE CENTER

763-509-5250

3650 Plymouth Blvd., Plymouth, MN 55446

plymouthmn.gov/facilities

Home to Wayzata High School and Providence Academy hockey teams as well as Plymouth Skate School (pg 49-50). Rink A recently underwent a conversion from Olympic-sized rink to professional-sized. The facility now has three professional-sized sheets of ice.

PUBLIC OPEN SKATING - CALL FOR OPEN SKATE HOURS

Activity/Item	Age	Cost
Open Skating	18 & Older (Out of high school)	\$5
	18 & Under (Including high school seniors)	\$3
Adult Open Hockey	18 & Older	\$6

ADDITIONAL ITEMS AVAILABLE

Item	Cost
Skate Rental	\$3
Skate Aid Rental	\$2
Skate Sharpening	\$5

FACILITY RENTAL

	Center Ice Room	Blue Line Room
Capacity	2,750 sq ft 125 max	870 sq ft 39 max
Amenities	Kitchenette 37" TV & VCR Sound System	Overlooks Rink A conveniently located near entrance
Rates	\$60/hour \$350/day	\$30/hour \$150/day



This map shows where activities are located.
To view the full Parks & Trails map, visit plymouthmn.gov

SPECIAL USE FACILITIES

1	Plymouth Dog Park – 17005 Co Rd 47
2	Hilde Performance Center – 3500 Plymouth Blvd
3	Ice Center – 3650 Plymouth Blvd
4	Millennium Garden – 14800 34th Ave
5	Nature Canyon – 13919 45th Ave
6	Plymouth Creek Center/Fieldhouse – 14800 34th Ave
7	Skate Park – 3625 Fernbrook Ln

PLAYFIELDS

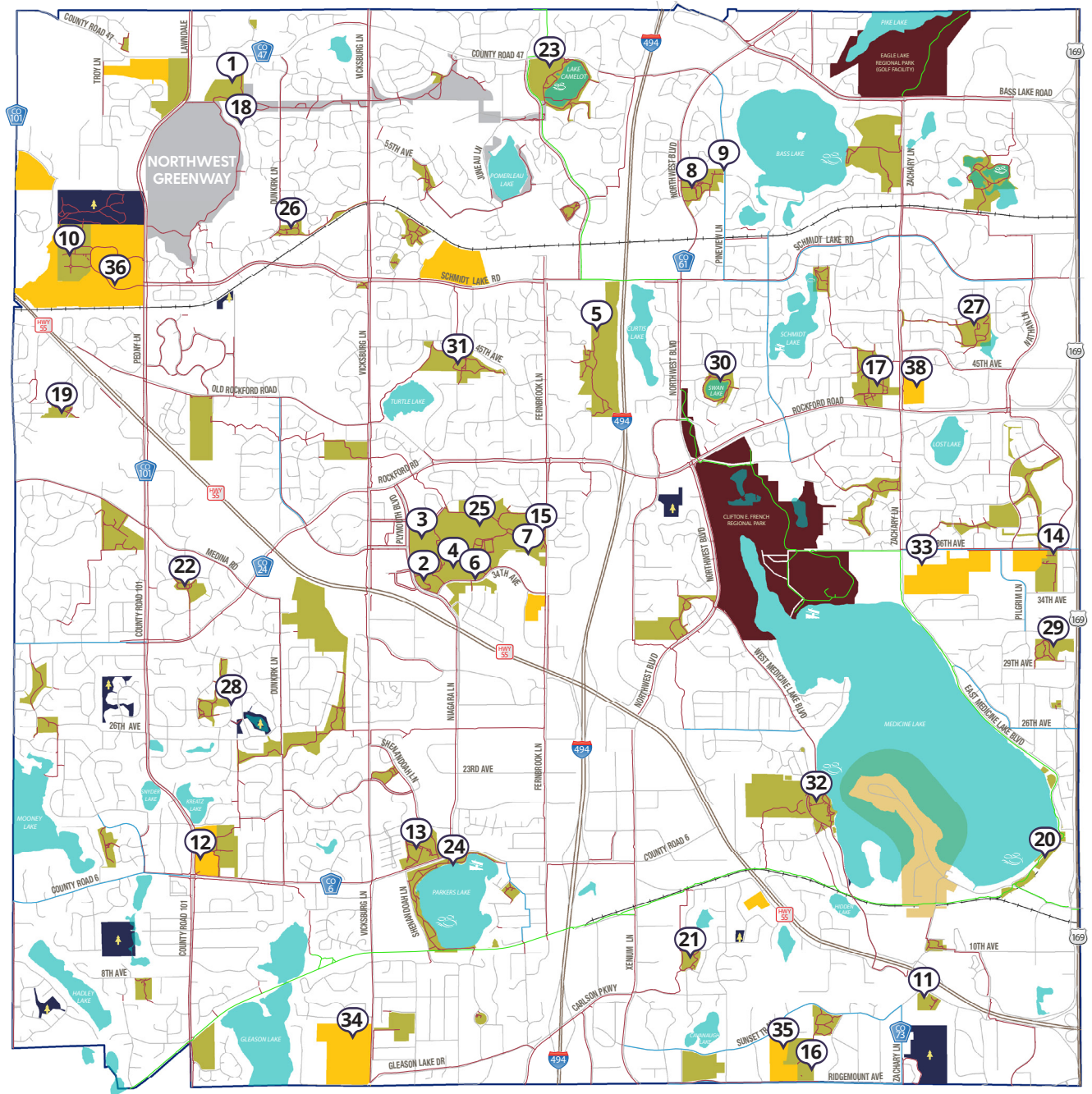
8	Bass Lake – 5450 Northwest Blvd
9	Bass Lake Tennis Courts - Pineview Lane N & 54th Ave N
10	Elm Creek – 4905 Peony Ln
11	LaCompte – 10795 Old Co Rd 15
12	Oakwood – 1700 Co Rd 101
13	Parkers Lake – 15500 Co Rd 6
14	Plymouth – 9755 36th Ave N
15	Plymouth Creek – 3625 Fernbrook Ln
16	Ridgemount – 11950 Ridgemount Ave W
17	Zachary – 4355 Zachary Ln

PARKS

18	Aspen Ridge - 5670 Garland Ln N
19	Crooked Creek - 4255 Walnut Grove Ln N
20	East Medicine Lake - 1740 E Medicine Lk Blvd
21	Gleanloch - 735 Sycamore Ln N
22	Heather Ponds - 3426 Lawndale Ln N
23	Lake Camelot - 14105 Co Rd 47
24	Parkers Lake – 15205 Co Rd 6
25	Plymouth Creek - 14800 34th Ave N
26	Prairie Ponds - 5150 Dunkirk Ln N
27	Rolling Hills - 10355 48th Ave N
28	Shiloh - 2700 Jewel Ln N
29	Sunrise - 2995 Kilmer Ln N
30	Swan Lake - 4480 Quinwood Ln N
31	Turtle Lake - 14991 45th Ave N
32	West Medicine Lake - 1920 W Medicine Lk Dr

SCHOOLS

33	Armstrong Senior High – 10635 36th Ave
34	Wayzata Central Middle – 305 Vicksburg Ln
35	Wayzata East Middle School – 12000 Ridgemount Ave
36	Wayzata High School – 4955 Peony Ln
37	Wayzata West Middle School – 149 Barry Ave, Wayzata
38	Zachary Elementary – 4350 Zachary Ln



37 Located in Wayzata, Minn.



ALL AGES

ARTS

MUSIC FOR EVERYONE

Plymouth Creek Activity Center, 14800 34th Avenue N

Private 30-minute lessons are taught by qualified, experienced teachers. Beginner to intermediate students welcome. Learn new skills or improve those you already have. Develop your tone, rhythm and reading skills while you enjoy a variety of musical styles. Students will need their own instrument at home for practice. Piano students will need a piano with natural touch and at least 76 keys. No program: 10/31, 11/5, 11/11, 11/25-11/28.

AGES: 7+

DAY: MONDAYS - THURSDAYS

DATES: SEP 9-DEC 12

COST: RES \$274, NON-RES \$301

RECITAL: DEC 14 OR DEC 15

REGISTRATION

Plymouth, Brooklyn Park and Maple Grove belong to this consortium. If you live in any of these cities, you qualify for the resident rate.

Before registering, call 763-509-5224 or email musicforeveryone@plymouthmn.gov to arrange lesson time.

- Brass, Harp, Flute and Woodwinds
- Piano
- Viola, Violin or Guitar
- Voice

New students can start anytime during the session, subject to availability. Fees are pro-rated at \$22 per lesson. Bring the course registration receipt to the first class.

CANCELLATION POLICY

Lessons canceled by City or instructor will be made up.

Lessons canceled by the participant cannot be refunded and no make-up will be accommodated.

EDUCATION

MINNESOTA STARWATCH PARTY

Plymouth Creek Activity Center, 14800 34th Avenue N

Join WCCO Radio Meteorologist Mike Lynch and make the stars your old friends as we watch the great celestial show in the skies over Plymouth. We'll have giant telescopes aimed at Saturn, Jupiter, star clusters, galaxies, and other great celestial treasures. We'll also check out constellations like the Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and some of their great stories behind them. Along with visual telescopes we'll have a telescope astronomical camera system to really see distant celestial targets on a video screen. Even if it's cloudy you'll learn a lot, have a great time. Feel free to bring a lawn chair or blanket. Family pricing (3+ people): Res: \$20 Non-Res: \$24. Instr: WCCO Meteorologist, Mike Lynch.

AGES	DAY	DATE & TIME	COST	ACTIVITY
all ages	Th	Sep 19 7:30pm-9:30pm	Res \$10 Non-Res \$12	36300-01

FALL BONFIRE GATHERING

Parkers Lake Park, 15205 County Road 6

Celebrate Fall with a bonfire and a private concert with an acoustic solo artist outdoor by the Gilfillan Log Cabin. Dress for the weather, and bring a lawn chair. Enjoy the warmth of the crackling fire lakeside.

AGES	DAY	DATE & TIME	COST	ACTIVITY
15+	Sa	Oct 5 6:30pm-8:00pm	Res \$14 Non-Res \$17	36902-02

MARTIAL ARTS

TAE KWON DO KARATE

Ultimate Martial Arts, 147 Hamel Road, Medina

Improve balance, coordination and overall physical health. Build confidence, self-esteem and concentration. Instr: Tom Malone, Martial Arts Hall of Fame Inductee. Register for 2 months and receive free uniform and belt test (limit: 2 uniforms/family-see instr for details). Fee is for unlimited classes during the month.

BEGINNER

AGES	DAY	TIME	COST
5+	M,Tu,Th,F	6:00pm-6:45pm	Res \$134 Non-Res \$147
	Sa	10:15am-11:00am	

DATE & ACTIVITY

Sep 2-Sep 30 36215-01	Oct 1-Oct 31 36215-02	Nov 1-Nov 30 36215-03	Dec 2-Dec 31 36215-04
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ORANGE BELT & ABOVE

AGES	DAY	TIME	COST
5+	M,Tu,Th,F	6:45pm-7:30pm	Res \$134 Non-Res \$147
	Sa	10:15am-11:00am	

DATE & ACTIVITY

Sep 2-Sep 30 36216-01	Oct 1-Oct 31 36216-02	Nov 1-Nov 30 36216-03	Dec 2-Dec 30 36216-04
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WEATHER LINE: 763-509-5205

call for updates on class cancellations

ALL AGES

SPORTS

DISC GOLF

Plymouth Creek Park Disc Golf Course, 3625 Fernbrook Ln N

Learn to fling a disc with the best of them. Practice throws for distance, putting and play some holes. Fun for all ages, children 14 yrs or younger must register with an adult. Instr: Three Rivers Park District

AGES	DAY	DATE & TIME	COST	ACTIVITY
8+	Su	Sep 29 2:00pm-3:30pm	Res \$35 Non-Res \$42	36901-01

HATCHET THROWING

French Regional Park- Field Operation Center;
12615 County Road 9

Try the thrilling sport of hatchet throwing and find your inner lumberjack or lumberjill. Learn proper technique and safety while practicing aim and grouping. An all ages class, children under 14 must register with an adult. Instr: Three Rivers Park District.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9+	Su	Oct 6 2:00pm-3:30pm	Res \$35 Non-Res \$42	36220-01

WATER SPORTS: LOG ROLLING

Wayzata East Middle School Pool,
12000 Ridgemount Ave. - Enter through "CommEd/Pool"
doors on south side of building

Try out this exciting sport that will challenge and test your balance and agility while learning to stay atop the log. Must be comfortable in the water and expect to get wet. All-ages class in a group setting. Children 14 years or younger must sign up with an adult. Participant waiver is sent prior to the event. Instr: Three Rivers Park District.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9+	Sa	Nov 2 2:30pm-4:00pm	Res \$35 Non-Res \$42	36217-01

PARENT/CHILD



EDUCATION

CURIOUS MINDS LLC: TODDLER TIME

Plymouth Creek Activity Center, 14800 34th Avenue N

Experience a one-of a kind child-lead discovery class together. Stimulate your toddler and preschooler's curiosity and brain development through interactive stories and sensory experiences. All classes align with Early Childhood Indicators of Progress, fostering skills necessary for early childhood education. A professional early childhood educator will be on hand to guide you and your child through hands-on tinkering and exploring in STEAM (Science, Technology, Engineering, Art, and Mathematics) activities and make-n-takes. Story time included. Curious Minds LLC programs are a wonderful springboard for preschool and prekindergarten school readiness skills. Instr: Curious Minds LLC Staff.

SHEEP IN A JEEP BY NANCY E SHAW

Handle real sheep's wool, explore with toy sheep and jeeps with ramps for pushing, pulling and rolling, play a gravity game, create a puffy sheep to bring home and more!

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-4	Tu	Oct 8 10:00am-10:45am	Res \$29 Non-Res \$35	31307-01

POLAR BEAR POLAR BEAR WHAT DO YOU HEAR? BY ERIC CARLE

Explore sound with instruments, handle animal pelts to discover colors and textures, create an animal mask to wear home and discover more fun with sounds and art!

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-4	Tu	Oct 29 10:00am-10:45am	Res \$29 Non-Res \$35	31308-01

GOING ON A BEAR HUNT BY MICHAEL ROSEN

We'll use our bodies and senses to jump in the story book for a bear hunt, handle real black bear furs, create a bear den to bring home, make forest animal tracks and prints and use our imaginations for creative forest play.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-4	Tu	Nov 5 10:00am-10:45am	Res \$29 Non-Res \$35	31309-01

PRESS HERE! BY HERVE TULLET

Go on a color adventure with red, yellow and blue dots! This class is full of hands-on sensory with fingerpaints, creating colors in a bag, blending rainbows in a bottle and more!

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-4	Tu	Nov 12 10:00am-10:45am	Res \$29 Non-Res \$35	31310-01

LITTLE CLOUD BY ERIC CARLE

Little Cloud will visit the class and we can hold Little Cloud in our hands (dry ice cloud)! We'll create puffy paint cloud, use our imaginations to see different images in our clouds, practice fine motor skills with threading a rainbow craft and creative play!

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-4	Tu	Dec 3 10:00am-10:45am	Res \$29 Non-Res \$35	31311-01

IGGY PECK ARCHITECT BY ANDREA BEATTY

We'll use science tools to pound pegs, measure heights, build towers and structures with a variety of materials and become master architects! Shapes and colors and textures will be a part of our unique creations.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-4	Tu	Dec 10 10:00am-10:45am	Res \$29 Non-Res \$35	31312-01



ARTS

ABRAKADOODLE®: MOMMY/DADDY AND ME ART

Plymouth Creek Activity Center, 14800 34th Avenue N

In this thrilling class we combine captivating stories and nursery rhymes with art creation! Your child will enjoy stories, sing songs and have a blast creating art based on the book of the day. Little fingers experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. One guardian must accompany each child.

COST: Res \$68 | Non-Res \$78

AGES	DAY	DATE	TIME	ACTIVITY
1.5-5	Tu	Sep 3-Sep 24	10:00am-10:45am	31100-01
1.5-5	W	Sep 4-Sep 25	6:15pm-7:00pm	31100-02
1.5-5	Tu	Oct 1-Oct 22	10:00am-10:45am	31100-03
1.5-5	W	Oct 2-Oct 23	6:15pm-7:00pm	31100-04
1.5-5	Tu	Nov 5-Nov 26	10:00am-10:45am	31100-05
1.5-5	W	Nov 6-Nov 27	6:15pm-7:00pm	31100-06

KIDCREATE STUDIO®: SING WITH ME

Plymouth Creek Activity Center, 14800 34th Avenue N

You child's love of music and art combine as we create art inspired by our favorite childhood songs. We'll sculpt our way through the ABC's, paint along to "Baby Shark" and collage "Little Green Frog" on canvas. Instr: Kidcreate Studio.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	M	Sep 30-Oct 21 9:30am-10:30am	Res \$74 Non-Res \$89	31104-01

KIDCREATE STUDIO®: HALLOWEEN CRAFT PARTY

Plymouth Creek Activity Center, 14800 34th Avenue N

Park your broom at the door and come on in! Together, you and your child will create an adorable picture of a swirly, starry night scene, complete with spooky ghosts. This project even glows-in-the-dark. Costumes are welcome. Instr: Kidcreate Studio.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	Sa	Oct 26 9:30am-10:30am	Res \$19 Non-Res \$23	31106-01

KIDCREATE STUDIO®:

HOLIDAY ORNAMENT MAKING PARTY

Plymouth Creek Activity Center, 14800 34th Avenue N

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. Instr: Kidcreate Studio.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	Sa	Dec 14 8:15am-9:15am	Res \$19 Non-Res \$23	31107-01
1.5-6	Sa	Dec 14 9:30am-10:30am	Res \$19 Non-Res \$23	31107-02
1.5-6	Sa	Dec 14 10:45am-11:45am	Res \$19 Non-Res \$23	31107-03

MUSIC FOR EVERYONE -

FIRST STEPS IN MUSICLAND

Plymouth Creek Activity Center, 14800 34th Avenue N

Exposure to basic musical concepts and a wide variety of musical styles through fun activities. Parents and children will dance, sing and play while learning rhythm and fine/gross motor coordination. Instr: Kerri Olson. No program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-5	W	Sep 11-Oct 23 9:30am-10:15am	Res \$67 Non-Res \$77	31110-01
2-5	W	Sep 11-Oct 23 10:20am-11:05am	Res \$67 Non-Res \$77	31110-02
2-5	W	Nov 6-Dec 18 9:30am-10:15am	Res \$58 Non-Res \$67	31110-03
2-5	W	Nov 6-Dec 18 10:20am-11:15am	Res \$58 Non-Res \$67	31110-04

DANCE

ADULT AND ME DANCE

Plymouth Creek Activity Center, 14800 34th Avenue N

This class will get you both moving and creating together. One adult can attend with up to two children (all children must be registered separately. We'll introduce various forms of dance for this program. Tennis shoes, bare feet, or ballet/jazz shoes and athletic clothing required. Instr: City of Plymouth Dance Staff. No program: 10/31, 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-11	Th	Sep 12-Dec 12 6:00pm-6:30pm	Res \$120 Non-Res \$132	31111-01

TIPPI TOES® DANCE - TODDLER & ME DANCE

Plymouth Creek Activity Center, 14800 34th Avenue N

A dance class for mom, dad, or guardian to learn basic dance steps with your little dancer. We'll incorporate music, movement, balance and basic dance steps in a fun and positive environment. Instr: Tippi Toes. No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-3	W	Sep 18-Oct 16 9:30am-10:15am	Res \$82 Non-Res \$94	31109-01
1.5-3	W	Nov 6-Dec 11 9:30am-10:15am	Res \$82 Non-Res \$94	31109-02



GYMNASTICS

TUMBLING TYKES

Wayzata High School, 4955 Peony Lane, Gym 9
(Enter at the Commons Door: East side of building, Door 30)

Emphasis on fun! Parent-child class. Start a foundation of fitness, balance and strength with your child. Explore basic gymnastics skills and improve motor skills in a small class setting. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-4	Sa	Sep 14-Nov 16 9:00am-9:35am	Res \$114 Non-Res \$126	32200-01
2-4	Sa	Sep 14-Nov 16 10:40am-11:15am	Res \$114 Non-Res \$126	32200-02

TUMBLING TYKES AND FITNESS

Parkers Lake Park, 15205 County Road 6

Emphasis on fun! Parent-child class. Start a foundation of fitness, balance and strength with your child. Explore basic gymnastics skills and improve motor skills in a small class setting.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	M	Sep 23-Oct 21 5:30pm-6:15pm	Res \$66 Non-Res \$76	32201-01
2-3	M	Sep 23-Oct 21 6:25pm-7:10pm	Res \$66 Non-Res \$76	32201-02
2-3	Tu	Sep 24-Oct 22 5:30pm-6:15pm	Res \$66 Non-Res \$76	32201-03
2-3	Tu	Sep 24-Oct 22 6:25pm-7:10pm	Res \$66 Non-Res \$76	32201-04

HEALTH & FITNESS

YOGA TIME! PARENT/CHILD

Parkers Lake Park, 15205 County Road 6

Restore balance to body, mind and spirit with a soothing dose of restorative yoga. Includes a variety of supportive, restful and positive knowledge to bring into you everyday life! Please bring a yoga mat and water. If you have them, a blanket, bolster and/or blocks are also helpful and welcome. Instr: Jessica Spore.

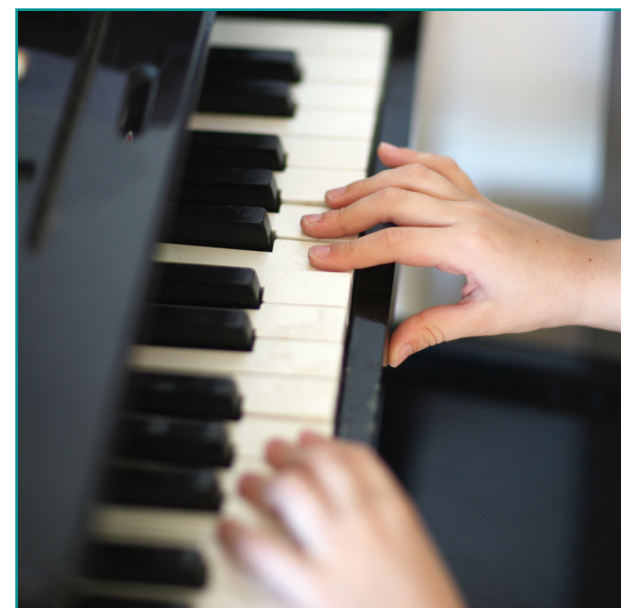
AGES	DAY	DATE & TIME	COST	ACTIVITY
4-10	Sa	Sep 14-Oct 26 10:15am-11:00am	Res \$66 Non-Res \$76	31400-01

ZUMBINI

Parkers Lake Park, 15205 County Road 6

Zumbini combines music, dance, and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! Sing, dance, and play as you bond with your child. Silliness and wacky dance moves are not required, but highly encouraged. Parent, grandparent, or caretakers attend along with a registered child. All participants will also receive a Zumbini bundle, complete with a song book, plush toy and 20 original songs.

AGES	DAY	DATE & TIME	COST	ACTIVITY
0-4	Tu	Sep 17-Oct 22 9:15am-10:00am	Res \$95 Non-Res \$105	31401-01





PRESCHOOL

DANCE

CREATIVE THEATER DANCE

Plymouth Creek Activity Center, 14800 34th Avenue N

Was your child born for the stage? This course will introduce students to basic jazz dance and musical theatre dance moves. Students will develop body coordination while learning to dance with a group. Various creative movement exercises will be used to encourage the student's ability to express their individuality. Instr: Lisa Richardson.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-4	W	Sep 25-Oct 23 5:15pm-6:00pm	Res \$54 Non-Res \$62	32100-01

PRESCHOOL BALLET & TAP

Plymouth Creek Activity Center, 14800 34th Avenue N

This class will focus on ballet and tap technique, alignment and steps at the appropriate level for each class. Students will use these skills to perform fun and challenging ballet and tap sequences that will be expanded each week. Pink ballet slippers, black tap shoes and leotards/tights of your color choices are needed. Instr: City of Plymouth Dance Staff. No program: 9/21, 11/11, 11/25, 11/30.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-4	M	Sep 9-Dec 9 5:30pm-6:15pm	Res \$120 Non-Res \$132	32102-01
3-4	Sa	Sep 7-Dec 7 8:30am-9:15am	Res \$120 Non-Res \$132	32102-03

CREATIVE MODERN

Plymouth Creek Activity Center, 14800 34th Avenue N

We'll introduce students dance elements of ballet, jazz and modern with a focus on creative expression. Bare feet or ballet shoes required. No program: 11/5, 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-4	Tu	Sep 10-Dec 10 5:00pm-5:30pm	Res \$120 Non-Res \$132	32104-01

MUSIC

MUSIC FOR EVERYONE - PIANO FOR LITTLE MOZARTS

Plymouth Creek Activity Center, 14800 34th Avenue N

Explore beginning piano in a dual lesson format (two students per class-each register separately). Lessons include music facts, movements, singing, percussion instruments and more. No program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	W	Sep 11-Oct 23 11:15am-11:45am	Res \$98 Non-Res \$113	32107-01
4-6	W	Sep 11-Oct 23 11:45am-12:15pm	Res \$98 Non-Res \$113	32107-02
4-6	W	Nov 6-Dec 18 11:15am-11:45am	Res \$84 Non-Res \$97	32107-03
4-6	W	Nov 6-Dec 18 11:45am-12:15pm	Res \$84 Non-Res \$97	32107-04

EDUCATION

SNAPOLOGY: JR. SCIENTISTS: ALL ABOUT ANIMALS

Plymouth Creek Activity Center, 14800 34th Avenue N

What makes a bird a bird? How does a caterpillar become a butterfly? Did you know that reptiles are the oldest creatures on the planet? Jr. Scientists: All About Animals invites your little zoologists to analyze birds, construct their way through the butterfly life cycle, build reptiles, and examine insects with the K'NEX® Organisms and Life Cycles®. Your child will be too busy exploring the animal world to realize that they are gaining critical social and developmental skills.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Sa	Sep 28-Oct 19 9:00am-10:00am	Res \$62 Non-Res \$72	32309-01

EDUCATION

SCIENCE EXPLORERS: SILLY SLIMES

Parkers Lake Park, 15205 County Road 6

Are you ready for some gooey, sloppy experiments? Then slide into this exciting, hands-on lab as we learn the science behind these silly and slimy mixtures. Be sure to dress for a messy class as we investigate states of matter and more.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Th	Sep 26 9:30am-11:00am	Res \$19 Non-Res \$23	32301-01

SCIENCE EXPLORERS: SPACE ADVENTURES

Bass Lake Playfield, 5450 Northwest Boulevard

Blast off with Science Explorers for a fun-filled trip to the stars! Upon our departure, we will learn how gravity affects us here on Earth. Then we will stop to investigate the planets of our solar system and how they orbit the sun.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Th	Oct 24 9:30am-11:00am	Res \$19 Non-Res \$23	32302-01

SCIENCE EXPLORERS: CORAL REEF HIDEAWAY

Bass Lake Playfield, 5450 Northwest Boulevard

A coral reef is an amazing part of the ocean. Join Science Explorers as we discover this mysterious and beautiful ecosystem as we learn about sea stars, seahorses and other fascinating creatures that inhabit this remarkable environment.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Th	Nov 14 9:30am-11:00am	Res \$19 Non-Res \$23	32303-01

SCIENCE EXPLORERS: MAGICAL MAGNETS

Bass Lake Playfield, 5450 Northwest Boulevard

Join Science Explorers for a morning of magical magnet fun. We will investigate this fascinating, invisible force using a variety of magnets as we explore attraction and repulsion, magnetic poles and more. Please join us as we learn about this mysterious force through hands-on, experiments and art projects.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Th	Dec 12 9:30am-11:00am	Res \$19 Non-Res \$23	32304-01



WEATHER LINE: 763-509-5205
call for updates on class cancellations

PRESCHOOL



HEALTH & FITNESS

REVSports - NINJA WARRIORS

This instructional class will use challenges that will evolve into an obstacle course at the end of each session. Participants build skills that involve running, jumping, balance and control, coordination, strength and agility. Each session is challenging, but FUN!

AGES	DAY	DATE & TIME	COST	ACTIVITY
Plymouth Playfield, 9755 36th Avenue N				
2-3	Th	Sep 12-Oct 10 5:15pm-5:45pm	Res \$59 Non-Res \$68	32401-01
3-5	Th	Sep 12-Oct 10 5:45pm-6:30pm	Res \$59 Non-Res \$68	32401-02
3-5	Th	Sep 12-Oct 10 6:30pm-7:15pm	Res \$59 Non-Res \$68	32401-03

Plymouth Fieldhouse, 14800 34th Avenue N

2-3	Th	Oct 17-Nov 14 9:30am-10:15am	Res \$59 Non-Res \$68	32401-04
3-5	Th	Oct 17-Nov 14 10:15am-11:00am	Res \$59 Non-Res \$68	32401-05

YOGA TIME! PRESCHOOL

Plymouth Creek Activity Center, 14800 34th Avenue N

Restore balance to body, mind and spirit with a soothing dose of restorative yoga. Includes a variety of supportive, restful and positive knowledge to bring into your everyday life! Please bring a yoga mat and water. If you have them, a blanket, bolster and/or blocks are also helpful and welcome. Instr: Jessica Spore.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-10	Tu	Sep 17-Oct 22 4:00pm-4:45pm	Res \$65 Non-Res \$75	32400-01
4-10	Tu	Nov 12-Dec 17 4:00pm-4:45pm	Res \$65 Non-Res \$75	32400-02

MARTIAL ARTS

LITTLE TIGER

Ultimate Martial Arts, 147 Hamel Road, Medina

Learn basic self-defense and martial arts skills, develop coordination and flexibility. Basic kicks and punches taught through exercises and fun games. Earn belts and stickers. Instr: Tom Malone.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	M	Oct 7-Nov 18 10:00am-10:40am	Res \$99 Non-Res \$114	32211-01
3-5	Th	Oct 10-Nov 21 5:20pm-6:00pm	Res \$99 Non-Res \$114	32211-02

SPORTS

FALL SOCCER: CO-REC AGE 4

Zachary Playfield, 4355 Zachary Lane N

Co-Rec league for 4 year olds. Games are on Saturday mornings or on your scheduled practice night (depending on team numbers). All games and practices at Zachary Playfield. Volunteer parent coaches needed for this program. To coach, sign up online at www.plymouthmn.gov/volunteercoaching. Practice weekday - games Saturday morning. Games through Oct 12.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4	M	Sep 9-Oct 7 6:00pm-7:00pm	Res \$60 Non-Res \$69	33270-01
				33270-02
4	Tu	Sep 10-Oct 8 6:00pm-7:00pm	Res \$60 Non-Res \$69	33270-03
				33270-04
4	W	Sep 11-Oct 9 6:00pm-7:00pm	Res \$60 Non-Res \$69	33270-05
				33270-06
4	Th	Sep 12-Oct 10 6:00pm-7:00pm	Res \$60 Non-Res \$69	33270-07
				33270-08

SPORTS

SPORTS UNLIMITED SPORTS SAMPLER

Plymouth Fieldhouse, 14800 34th Avenue N

Explore baseball, soccer, soft lacrosse and flag football. Bring appropriate clothing (shin guards recommended), baseball glove, snack and water. No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Tu	Sep 3-Oct 1 4:30pm-6:00pm	Res \$85 Non-Res \$97	32202-01
4-6	Tu	Nov 5-Dec 17 4:30pm-6:00pm	Res \$99 Non-Res \$114	32202-02

FALL TBALL

Elm Creek Playfield, 4905 Peony Lane

Baseball is not over just because it's fall. The first two weeks of the program are spent practicing fundamentals and skills, the last four weeks are scheduled games. If you want your child on the same team with a friend, you must both choose the same class number. Volunteer/Parent coaches are needed for this program. To coach, sign up online at www.plymouthmn.gov/volunteercoaching.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-5	Su	Sep 8-Oct 13 3:00pm-4:00pm	Res \$42 Non-Res \$50	33245-01
4-5	Su	Sep 8-Oct 13 3:00pm-4:00pm	Res \$42 Non-Res \$50	33245-02
4-5	Su	Sep 8-Oct 13 3:00pm-4:00pm	Res \$42 Non-Res \$50	33245-03
4-5	Su	Sep 8-Oct 13 3:00pm-4:00pm	Res \$42 Non-Res \$50	33245-04
4-5	Su	Sep 8-Oct 13 3:00pm-4:00pm	Res \$42 Non-Res \$50	33245-05
4-5	Su	Sep 8-Oct 13 3:00pm-4:00pm	Res \$42 Non-Res \$50	33245-06



PRESCHOOL

SPORTS

SKYHAWKS VOLLEYBALL MINI-SPIKERS

Armstrong High School, 10635 36th Avenue N

It is never too early to learn volleyball. Cool games, special equipment and tons of fun all make each class awesome. Players should wear appropriate clothing and bring a water bottle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Sa	Sep 21-Oct 12 1:30pm-2:30pm	Res \$89 Non-Res \$102	32209-01

REVSPORT SOCCER LEAGUE

Elm Creek Playfield, 4905 Peony Lane

Co-rec instructional soccer league that allows children to play in a relaxed, fun and non-competitive atmosphere. Participants will be split into small groups each week for skill development and then finish with dedicated game play. Space is limited. Includes jersey and award.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-4	Su	Sep 15-Oct 13 4:00pm-5:00pm	Res \$65 Non-Res \$75	33271-01
3.5-4	Su	Sep 15-Oct 13 5:10pm-6:10pm	Res \$65 Non-Res \$75	33271-02

REVSPORTS

These programs are a great opportunity for your child to explore their new and developing motor skills. Parents/guardians are expected to be present and ready to engage for classes. **THESE ARE NOT LEAGUES.**

BASKETBALL

Armstrong High School, 10635 36th Avenue N

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	M	Nov 18-Dec 16 6:00pm-6:30pm	Res \$55 Non-Res \$64	32210-01
3-5	M	Nov 18-Dec 16 6:30pm-7:15pm	Res \$55 Non-Res \$64	32210-02
4-6	M	Nov 18-Dec 16 7:15pm-8:00pm	Res \$55 Non-Res \$64	32210-03

FOOTBALL

Bass Lake Playfield, 5450 Northwest Boulevard

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	M	Sep 9-Oct 7 5:30pm-6:00pm	Res \$55 Non-Res \$64	32208-01
3-5	M	Sep 9-Oct 7 6:00pm-6:45pm	Res \$55 Non-Res \$64	32208-02
4-6	M	Sep 9-Oct 7 6:45pm-7:30pm	Res \$55 Non-Res \$64	32208-03

TBALL

Plymouth Fieldhouse, 14800 34th Avenue N

No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	Tu	Nov 5-Dec 10 2:30pm-3:00pm	Res \$55 Non-Res \$64	32208-04
2-3	Tu	Nov 5-Dec 10 3:00pm-3:30pm	Res \$55 Non-Res \$64	32208-05
3-5	Tu	Nov 5-Dec 10 3:30pm-4:15pm	Res \$55 Non-Res \$64	32208-06

SOCCER

COST: Res \$55 | Non-Res \$64

AGES	DAY	DATE	TIME	ACTIVITY
Bass Lake Playfield, 5450 Northwest Boulevard				
2-3	M	Sep 9-Oct 7	5:00pm-5:30pm	32203-01
2-3	M	Sep 9-Oct 7	5:30pm-6:00pm	32203-02
3-5	M	Sep 9-Oct 7	6:00pm-6:45pm	32203-03
3-5	M	Sep 9-Oct 7	6:45pm-7:30pm	32203-04
2-3	W	Sep 11-Oct 9	5:00pm-5:30pm	32203-05
2-3	W	Sep 11-Oct 9	5:30pm-6:00pm	32203-06
3-5	W	Sep 11-Oct 9	6:00pm-6:45pm	32203-07
3-5	W	Sep 11-Oct 9	6:45pm-7:30pm	32203-08

Plymouth Fieldhouse, 14800 34th Avenue N

No program: 11/26

2-3	Tu	Nov 5-Dec 10	2:30pm-3:00pm	32203-09
2-3	Tu	Nov 5-Dec 10	3:00pm-3:30pm	32203-10
3-5	Tu	Nov 5-Dec 10	3:30pm-4:15pm	32203-11



WEATHER LINE: 763-509-5205

call for updates on class cancellations



ARTS

ABRAKADOODLE®: ARTMANIA

Plymouth Creek Activity Center, 14800 34th Avenue N

Explore your artistic side as you have fun in this exciting class where you'll use different sorts of materials while we learn tricks that make art magic. In this fun-filled class we'll draw, paint and sculpt clay. Make room at home to display your masterpieces! Bring a beverage and a nut-free snack.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-10	Sa	Sep 14 9:00am-12:00pm	Res \$47 Non-Res \$56	33125-01

ABRAKADOODLE®: MOM/DAD & ME ART EVENING OUT

Plymouth Creek Activity Center, 14800 34th Avenue N

Have a special evening with your child! Come learn about painting together and get quality time with your child(ren) to explore your artistic side! Learn how to use mixed media and techniques to create your own masterpiece. Mom, Dad (even Grandma) and their child(ren) will enjoy this evening of art together! We'll provide all materials and supplies for both parent and child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	W	Oct 2-Oct 23 6:30pm-7:30pm	Res \$70 Non-Res \$80	33130-01

ABRAKADOODLE®: PIKACHU AND POKEMON ART FUN

Plymouth Creek Activity Center, 14800 34th Avenue N

Calling all Pokemon fans! Join us at this ultimate Pokemon art class based on the hit series and movie. You'll have a blast exploring your creative side, bringing virtual designs to life and learning how to draw, paint, collage and sculpt creatures from Pokemon to take home.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-10	Sa	Oct 5 9:00am-12:00pm	Res \$47 Non-Res \$56	33126-01

ABRAKADOODLE®: LLAMAS, UNICORNS AND SPARKLES

Plymouth Creek Activity Center, 14800 34th Avenue N

Come to this amazing art class and have a blast as you draw and paint the most whimsical unicorns and the cutest llamas you've ever seen. In this class we'll learn to draw, paint and sculpt these adorable creatures and we'll take them to the next level by adding gems and sequins to make them sparkle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-10	Sa	Nov 2 9:00am-12:00pm	Res \$47 Non-Res \$56	32101-01

ARTISTIC MOMENTS®: FALL FONDANT CUPCAKE ART

Plymouth Creek Activity Center, 14800 34th Avenue N

Have you ever used fondant to decorate cupcakes? Fondant is a 'Play-Doh-like' edible icing used to create fun designs on cupcakes. Learn how to roll, cut, and sculpt colorful fondant into a wide variety of shapes and sizes. You will have fun creating festive cupcakes for any occasion! Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	W	Sep 18 5:30pm-7:00pm	Res \$31 Non-Res \$37	33104-01

ARTISTIC MOMENTS®: MAKING HALLOWEEN CANDY

Plymouth Creek Activity Center, 14800 34th Avenue N

In this edible art class, you will have an opportunity to use a variety of supplies to create your delicious works of art! Learn how to pour candy coating into festive Halloween molds. Have fun dipping, swirling, and sculpting tasty treats. You will enjoy making a wide array of Halloween candy to take home and share with your family or friends. Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	F	Oct 11 5:30pm-7:00pm	Res \$31 Non-Res \$37	33122-01

ARTISTIC MOMENTS®: CERAMICS CREATE A PLATE

Plymouth Creek Activity Center, 14800 34th Avenue N

Do you like to paint ceramics? You will learn how ceramics are made and then choose from a wide assortment of templates (or create your own) to begin your design. You will apply a base coat of primer and then transfer your pattern onto your plate. Enjoy mixing and applying colorful acrylic paints with a variety of brushes, to create your own one-of-a-kind work of art! All ceramic pieces are fired in a kiln prior to class. Paint your plate, seal it with varnish and take it home with you that day! (Please note: Plates should be hand-washed.) Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	Tu	Nov 12 5:30pm-7:00pm	Res \$31 Non-Res \$37	33123-01

ARTISTIC MOMENTS®: COOKIE ART - ROYAL ICING

Plymouth Creek Activity Center, 14800 34th Avenue N

Create your very own cookie designs using a special needle-like scribe tool and colorful royal icing to create beautiful works of art! No previous experience necessary. All artistic abilities are welcome! Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	F	Dec 6 5:30pm-7:00pm	Res \$31 Non-Res \$37	33124-01

PLEASE NOTE:

Cupcakes and cookies are purchased through Cub Foods. If you have any food allergies, please contact the Cub Foods Bakery to inquire about all ingredients used in these products.



ARTS

BACH TO ROCK: GLEE CLUB CAMP

Bach to Rock, 345 Nathan Ln N

The B2R Glee Club provides a group learning experience that emphasizes reading music, intonation, listening skills, rhythm, and healthy vocal technique. The club will also get to show off its talent at exclusive live performances.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Tu	Sep 17-Oct 22 7:00pm-8:00pm	Res \$306 Non-Res \$336	33129-02
7-14	Tu	Oct 29-Dec 3 7:00pm-8:00pm	Res \$306 Non-Res \$336	33129-06

BACH TO ROCK: ROCK BAND CAMP

Bach to Rock, 345 Nathan Ln N

Bach to Rock provides a group class designed for students of all levels enabling them to be playing full songs by the end of the series. These classes culminate in a public performances and recording of a CD.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Sep 18-Oct 23 7:00pm-8:00pm	Res \$306 Non-Res \$336	33129-01
7-14	W	Oct 30-Dec 4 7:00pm-8:00pm	Res \$306 Non-Res \$336	33129-05

BACH TO ROCK: ROCK CITY WORLD TOUR

Bach to Rock, 345 Nathan Ln N

These high energy musical classes focus on foundational music skills; children will be introduced to different instruments each week.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-7	Tu	Sep 17-Oct 22 5:00pm-5:45pm	Res \$275 Non-Res \$302	33129-03
4-7	Tu	Oct 29-Dec 3 5:00pm-5:45pm	Res \$275 Non-Res \$302	33129-07

BACH TO ROCK: BEAT REFINERY DJ CAMP

Bach to Rock, 345 Nathan Ln N

This class offers students hands-on experience while learning the fundamentals of mixing songs, scratching sounds and DJ music theory. No DJ experience required.

AGES	DAY	DATE & TIME	COST	ACTIVITY
10-16	Tu	Sep 17-Oct 22 6:00pm-7:00pm	Res \$306 Non-Res \$336	33129-04
10-16	Tu	Oct 29-Dec 3 6:00pm-7:00pm	Res \$306 Non-Res \$336	33129-08

BACH TO ROCK: GROUP LESSONS

Bach to Rock, 345 Nathan Ln N

Fall group lessons ending with a public performance and CD recording. For the following instruments: ukulele guitar, piano. Note what instrument at time of registration and you will be provided available group lesson day and time.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	M-W*	Sep 16-Oct 22 5:00pm-7:00pm*	Res \$306 Non-Res \$336	33129-09
7-14	M-W*	Oct 28-Dec 4 5:00pm-7:00pm*	Res \$306 Non-Res \$336	33129-10

* meets once per week for one hour

For all KIDCREATE STUDIO® programs, please pack a nut-free snack and drink for your child.

KIDCREATE STUDIO®: HATCHIMALS

Plymouth Creek Activity Center, 14800 34th Avenue N

We'll sculpt and splatter our Hatchimal eggs until they look like the real thing - we'll even create a tiny fuzzy Hatchimal to go inside. Your artist will love using their imaginations to hatch up the cutest Hatchimal sculptures ever.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Oct 19 9:00am-12:00pm	Res \$47 Non-Res \$56	33107-01

KIDCREATE STUDIO®: THE FROZEN PRINCESSES

Plymouth Creek Activity Center, 14800 34th Avenue N

We will have a blast in this class as we are inspired by the popular Disney movies Frozen and Frozen 2. Kids will create a sparkly, wintry castle scene featuring their favorite princesses.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Nov 9 1:00pm-4:00pm	Res \$47 Non-Res \$56	33103-01

KIDCREATE STUDIO®:

MOTHER DAUGHTER HOLIDAY CREATE NIGHT

Plymouth Creek Activity Center, 14800 34th Avenue N

You and your child will follow easy step-by-step instructions as you create matching portraits of the most famous reindeer of all-Rudolph the Red-Nosed Reindeer! Each mother and daughter will create on a real canvas board.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	F	Dec 13 6:30pm-8:00pm	Res \$50 Non-Res \$58	33108-01

KIDCREATE STUDIO®: HOLIDAY-THEMED SLIME TIME

Plymouth Creek Activity Center, 14800 34th Avenue N

We'll roll up our sleeves as we mix up a batch of peppermint-scented slime, and a gift box to store it in.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Dec 14 1:00pm-4:00pm	Res \$47 Non-Res \$56	33120-01

KIDCREATE STUDIO®: OLAF AND FRIENDS

Plymouth Creek Activity Center, 14800 34th Avenue N

Come join us on an Arendelle adventure! We'll travel through the kingdom with Olaf and his friends, using paint, clay and more to create icy masterpieces. We'll even make snow globes and Olaf bobble heads!

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	F, Sa	Dec 27-Dec 28 9:00am-12:00pm	Res \$80 Non-Res \$92	33105-01



WEATHER LINE: 763-509-5205

call for updates on class cancellations



ARTS

ALL ABOUT DRAWING - DRAWING WITH CONFIDENCE

Plymouth Creek Activity Center, 14800 34th Avenue N

Introduction to drawing and various materials. A professional artist will show you how to use different techniques and methods to draw all you can imagine with confidence.

Instr: Tatiana Eletsky. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-11	Th	Oct 3-Nov 21 6:00pm-7:00pm	Res \$119 Non-Res \$131	33109-01

KITE BUILDING WORKSHOP

Bass Lake Shelter, 5450 Northwest Boulevard

Create your own kite and fly it in this sure-to-be-fun kite building workshop. All supplies provided in class fee.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	Sa	Sep 7 1:00pm-3:00pm	Res \$36 Non-Res \$43	33115-01



SKYLAB YOUTH CREATIONS CAMP (GLASSBLOWING)

Skylab Glass Arts, 8838 7th Avenue, Golden Valley

Day one will be a fusing session, where students will assemble chunks of colored glass in any layout or scheme they like. The creation will spend the day in the kiln fusing at high temperature, and when students return on day 2, they will create a design to be cut from vinyl, applied to the fused glass and then sandblasted to leave behind a matte negative on the creation. Day 3 students will transition over to the torches and learn to manipulate glass into a marble, possibly a pendant. Day 4 will be item pickup where students can make any last minute tweaks to their creations and then receive a demo from our instructors on more advanced techniques, before taking their creations home!

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Sa	Oct 5-Oct 26 1:00pm-4:00pm	Res \$250 Non-Res \$275	33144-01
12-18	F-M	Dec 27-Dec 30 1:00pm-4:00pm	Res \$250 Non-Res \$275	33144-02

WHEEL POTTERY CLASSES

Parkers Lake Park, 15205 County Road 6

Learn the basics of wheel sculpting with ceramic clay. We'll cover throwing and glazing techniques and make projects to take home at the end of the session. No experience necessary. All supplies included in the course fee. Instr: Adama Sow.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-15	W	Sep 4-Sep 25 4:30pm-6:30pm	Res \$95 Non-Res \$109	33119-01
8-15	W	Oct 2-Oct 23 4:30pm-6:30pm	Res \$95 Non-Res \$109	33119-02
8-15	W	Oct 30-Nov 20 4:30pm-6:30pm	Res \$95 Non-Res \$109	33119-03

DANCE

BALLET & TAP

Plymouth Creek Activity Center, 14800 34th Avenue N

This class will focus on ballet and tap technique, alignment and steps at the appropriate level for each class. Students will use these skills to perform fun and challenging ballet and tap sequences that will be expanded each week. Pink ballet shoes, black tap shoes and leotards/tights of your color choices are needed. Instr: City of Plymouth Dance Staff.

AGES 5-6

No program: 9/21, 11/5, 11/11, 11/25, 11/26, 11/30.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-6	M	Sep 9-Dec 9 6:15pm-7:00pm	Res \$120 Non-Res \$132	33132-01
5-6	Sa	Sep 7-Dec 7 9:15am-10:00am	Res \$120 Non-Res \$132	33132-02
5-6	Tu	Sep 10-Dec 10 5:30pm-6:15pm	Res \$120 Non-Res \$132	33132-03

AGES 7-8

No program: 9/21, 11/5, 11/11, 11/25, 11/26, 11/30.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-8	Tu	Sep 10-Dec 10 6:15pm-7:15pm	Res \$120 Non-Res \$132	33133-01

AGES 9-11

No program: 9/21, 11/5, 11/11, 11/25, 11/26, 11/30.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-11	Sa	Sep 7-Dec 7 11:15am-12:30pm	Res \$120 Non-Res \$132	33134-01



DANCE

CONTEMPORARY MODERN AGES 5-8

Plymouth Creek Activity Center, 14800 34th Avenue N

Participants will create their own choreography, explore modern dance technique and play interactive creative movement games. Leotard/tights and/or athletic pants/shirts required. Students will dance barefoot. No program: 10/31, 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Th	Sep 12-Dec 12 6:30pm-7:15pm	Res \$120 Non-Res \$132	33137-01

CONTEMPORARY MODERN AGES 9-11

Plymouth Creek Activity Center, 14800 34th Avenue N

This class will focus on creative movement and expression through dance. Students learn contemporary modern dance technique and choreography and expand understanding of improvisation and dance composition. This is a great class for students looking to expand their dance vocabulary. Students will dance barefoot. Instr: City of Plymouth Dance staff. No program: 11/5, 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-11	Tu	Sep 10-Dec 10 7:15pm-8:15pm	Res \$120 Non-Res \$132	33135-01

JAZZ & HIP HOP DANCE

Plymouth Creek Activity Center, 14800 34th Avenue N

This high-energy class will focus on Jazz and Hip Hop styles and technique. Students will experiment with rhythm, energy and musicality while they learn fast-paced choreography and practice big movements and performance qualities. No program: 9/21, 11/30.

AGES 6-8

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-8	Sa	Sep 7-Dec 7 1:45pm-2:45pm	Res \$120 Non-Res \$132	33128-01

AGES 9-11

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-11	Sa	Sep 7-Dec 7 12:45pm-1:45pm	Res \$120 Non-Res \$132	33121-01

DRAMA

**THEATER WORKSHOPS
WITH DEBORAH SCHEE**

Plymouth Creek Activity Center, 14800 34th Avenue N

These theatrical workshops will use games and activities to help students learn the basics of acting such as: using your voice on stage, building a character and stage positions. Using props, music and costume pieces, we'll present a final production for family and friends on the final day of class. Please wear closed-toe shoes and dress comfortably. Instr: Deborah Schee.

BROADWAY KIDS: NEWSIES

New York at the turn of the century was a hard place to grow up, especially for the orphans on the streets delivering the daily newspaper. But the "Newsies" stick together and their friendship keeps them strong when things go wrong. Join us to learn basic musical theater skills as we sing, dance and act in our very own original production featuring songs from the popular Broadway musical Newsies.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	Tu	Sep 10-Oct 1 5:30pm-6:45pm	Res \$84 Non-Res \$96	33110-01

PERCY JACKSON AND THE OLYMPIANS

Percy Jackson is a normal 12-year-old boy. Well, maybe not quite "normal". His dad is Poseidon, the Greek god, making him a half-blood. His life is one big, epic story that we'll bring to the stage. Students will learn acting basics as they rehearse this original "vignette" to perform for family and friends. Pick your favorite Monster or Olympian and come have some fun!

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	M	Oct 14-Nov 4 5:30pm-6:45pm	Res \$84 Non-Res \$96	33111-01

ALICE IN WONDERLAND JUNIOR

All of the wonderful and wacky characters you know and love come to life on stage; Alice, the White Rabbit, the Queen of Hearts, the Mad Hatter, the Cheshire cat and more. Join us for a fun-filled fantasy!

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Tu	Oct 15-Nov 5 5:30pm-6:45pm	Res \$84 Non-Res \$96	33112-01

FROZEN

Elsa, Anna, Olaf, Sven and Kristoff come to life in our very own "Living Storybook". We'll present a final production (including a snazzy dance finale) for family and friends on the final day of class. No program: 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	M	Nov 11-Dec 9 5:30pm-6:45pm	Res \$84 Non-Res \$96	33113-01

NANCY DREW TO THE RESCUE

Nancy Drew is the smart, adventurous and daring girl who uses her super-sleuth skills to solve mysteries. With her best friend Helen, they investigate the "Mystery of the Hidden Stair Case". Students will learn the basics of acting in this high-energy workshop. No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	Tu	Nov 12-Dec 10 5:30pm-6:45pm	Res \$84 Non-Res \$96	33114-01



EDUCATION

MAGIC AND BALLOONS

Plymouth Creek Activity Center, 14800 34th Avenue N

The secrets of magic will be taught in this fun, easy-to-learn class. You can amaze your family and friends and be the life of the party. All ages are welcome. Performing for an audience improves self confidence, reduces anxiety and increases the ability to think outside the box. All materials are provided. Instr: Annette Fragale.

AGES	DAY	DATE & TIME	COST	ACTIVITY
10+	Sa	Sep 28-Oct 5 1:00pm-3:00pm	Res \$55 Non-Res \$64	35307-01

TWIN CITIES CHESS CLUB: AFTERSCHOOL CHESS

Plymouth Creek Activity Center, 14800 34th Avenue N

Do you want to amaze your friends and impress your opponents while raising your IQ having fun playing chess? Learn from Twin Cities Chess Club instructors who have years of teaching experience. Compete for various prizes including trophies, medals and chess sets. All chess levels are welcome. Each class will include a lesson and playing time. No program: 10/17, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Th	Oct 3-Nov 21 4:30pm-5:30pm	Res \$79 Non-Res \$91	33321-01

PLAY-WELL TEKNOLOGIES:

STEM CHALLENGE + JEDI

Bass Lake Playfield, 5450 Northwest Boulevard

Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun. In this challenge-based program, build projects inspired by cool machines close to home such as Gear Cars, Gondolas, Merry-Go-Rounds and Scissor Lifts. Then build X-Wings, Pod Racers and AT-AT Walkers from a galaxy far, far away. Learn about both kinds of The Force in this new full-day advanced engineering camp for LEGO® fanatics.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	Th,F	Nov 7-Nov 8 9:00am-4:00pm	Res \$155 Non-Res \$171	33304-01

ENGINEERING FOR KIDS:

CODING CLUB: APP DEVELOPMENT WITH BITSBOX

Plymouth Creek Activity Center, 14800 34th Avenue N

The Engineering For Kids Coding Club helps develop your child's creativity, problem solving skills, teamwork and technology knowledge in an engaging, collaborative way through fun and practical challenges. Each 4-week session introduces students to a different coding activity to develop 21st century skills and bring authentic learning. Students get to build something that they can share with family and friends. We're offering a unique experience where students get to code, test and create their own apps in real-time using an easy-to-understand format. The best part is that they'll be able to save their created apps to their devices for play anywhere, anytime. Instr: Engineering for Kids, Armando Mojica.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-11	Sa	Nov 2-Nov 23 1:00pm-4:00pm	Res \$170 Non-Res \$189	33303-01

ENGINEERING FOR KIDS: JR. STEM CLUB

Plymouth Creek Activity Center, 14800 34th Avenue N

The Engineering For Kids Junior STEM Club introduces students to a new, hands-on, STEM learning lesson every week from various engineering disciplines. For each lesson, students focus on developing problem solving, critical thinking and peer collaboration skills. These life skills provide students with the confidence to approach challenges in their lives and realize that they can succeed. Week 1: Mechanical Engineering - A-Maze-ing & Climbster; Week 2: Coding Unplugged - Algorithms; Week 3: Electrical Engineering - Separating the Force & Light Up Wand; Week 4: Aerospace Engineering - Up, Up & Away & Getting Carried Away. Instr: Engineering for Kids, Armando Mojica.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Nov 2-Nov 23 9:00am-12:00pm	Res \$170 Non-Res \$189	33306-01

SCIENCE EXPLORERS: THE SCIENCE OF SLIME

Bass Lake Playfield, 5450 Northwest Boulevard

Join Science Explorers as we learn the science behind slime. We will discover why slime is delightfully bouncy, stretchy, sticky and mold-able as we investigate the science side of STEM. We will also explore polymers and activators while making Glow Slime, Butter Slime and more. Come prepared to have fun and get messy.

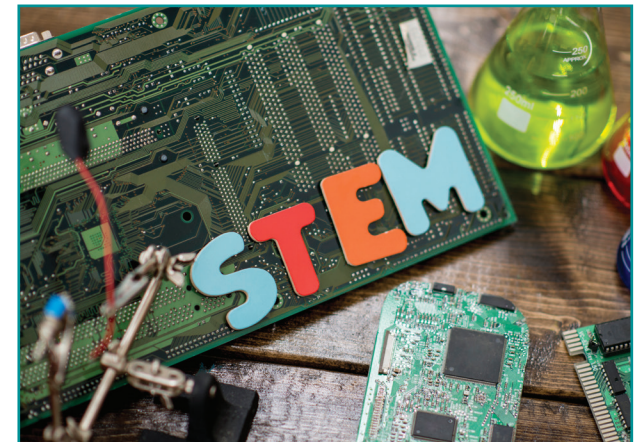
AGES	DAY	DATE & TIME	COST	ACTIVITY
6-12	Th	Oct 17 1:00pm-3:30pm	Res \$30 Non-Res \$35	33308-01

SCIENCE EXPLORERS: TECHNO TINKERING

Bass Lake Playfield, 5450 Northwest Boulevard

Do you find yourself tinkering with batteries, motors and moving objects? Then put your building skills to the test as a techno engineer. Learn about electrical circuits, on/off switches and more. Then using your own tinkering kit, which includes a motor, batteries, wires and other simple supplies, you will build a moving techno-creature to take home.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	M	Dec 30 9:30am-12:00pm	Res \$32 Non-Res \$39	33309-01





EDUCATION

SNAPOLOGY: AMUSEMENT PARK ENGINEERING

Plymouth Creek Activity Center, 14800 34th Avenue N

We bet your child loves going to amusement parks to experience the variety of fast, dropping and spinning rides, but have they ever thought about the science that goes into building those rides and the people who are responsible for designing them? In Snapology's Amusement Park Engineering class, students will become engineers of their own amusement park rides and will learn the core physics and engineering concepts used to make a ride thrilling!

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	F	Oct 18 9:00am-12:00pm	Res \$47 Non-Res \$57	33356-01

SNAPOLOGY: KINDERBOTS ROBOTICS

Plymouth Creek Activity Center, 14800 34th Avenue N

Children will begin to explore the world of robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-7	Th,F	Oct 17-Oct 18 1:00pm-4:00pm	Res \$95 Non-Res \$110	33357-01

TECH ACADEMY: SCRATCH 3.0 GAME CODING WITH NINTENDO CHARACTERS

Plymouth Creek Activity Center, 14800 34th Avenue N

This course will give you hands-on experience developing your own game using Scratch 3, a visual coding platform. Students will learn how to think like a programmer and learn coding concepts while creating a two-dimensional game, using their favorite Nintendo characters. The first part of the class will be instructor-led. With the remaining time students will have the opportunity to customize their games. Bring a USB drive, a drink and a snack to class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	Sa	Oct 5-Oct 12 9:00am-12:00pm	Res \$110 Non-Res \$121	33300-01

TECH ACADEMY:

MULTIPLAYER MINECRAFT: CITY BUILDER

Plymouth Creek Activity Center, 14800 34th Avenue N

Minecraft is a sandbox building game that's been dominating the world of video gaming for the past several years. Collaborate with fellow students to construct a city. Students will take home their completed world file at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp. Bring a USB drive, a drink and a snack to class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	Sa	Dec 7 9:00am-12:00pm	Res \$55 Non-Res \$65	33301-01

TECH ACADEMY: ENGINEERING: CRAZY ACTION CONTRAPTIONS

Plymouth Creek Activity Center, 14800 34th Avenue N

If you love Legos, making things move, building and experimenting, this class is for you. Learn about engineering and the physical science principles behind different action machines. Working in teams, students will build crazy wheeled and geared contraptions that spring into action. Have fun while you learn the principles of mechanical engineering and simple machines. Make tops, spinners, zip lines, rubber band-powered cars, crimping cars and other crazy contraptions. Please bring a drink and snack.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Dec 14 9:00am-12:00pm	Res \$55 Non-Res \$65	33302-01

TECH TAC TOE:

CODEZILLA CODING - ROBOTICS & STEM - ECO ENGINEERING ADVENTURES

Plymouth Creek Activity Center, 14800 34th Avenue N

In this Rainforest inspired STEM Adventure, kids build and code an animal inspired robot, put on their engineer hat as they build a super fast climbing monkey, as well as have a blast engineering the tallest and coolest tree house.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Oct 26 9:00am-12:00pm	Res \$45 Non-Res \$55	33313-01

TECH TAC TOE:

CODEZILLA CODING - ROBOTICS & STEM - AERONAUTICS & THE SCIENCE OF FLIGHT

Plymouth Creek Activity Center, 14800 34th Avenue N

This class is all about planes and flying machines. Learn why airplanes and animals fly as you build and code a robotic bird (does not fly), build and test a cool plane with round wings and engineer a plane to catapult.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Dec 7 9:00am-12:00pm	Res \$45 Non-Res \$55	33314-01



GYMNASTICS

All gymnastics programs meet at
Wayzata High School, 4955 Peony Lane, Gym 9
(Enter at the Commons Door: East side of building. Door 30)

TUMBLEWEEDS 1

Beginners (no experience required). Intro to Floor: jumps, leaps, turns, cartwheel, forward/backward roll; Vault: approach, squat-on; Bars: grips, hanging skills, pullovers; Beam: walks, kicks, hops. Participants receive a t-shirt. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-10	Sa	Sep 14-Nov 16 9:40am-10:25am	Res \$124 Non-Res \$136	33219-01
4-10	Sa	Sep 14-Nov 16 10:40am-11:25am	Res \$124 Non-Res \$136	33219-02
6-10	Sa	Sep 14-Nov 16 11:30am-12:15pm	Res \$124 Non-Res \$136	33219-03
4-10	Sa	Sep 14-Nov 16 2:15pm-3:00pm	Res \$124 Non-Res \$136	33219-04

TUMBLEWEEDS 2

Pre-req: pass Tumbleweeds I. Continued development of skill, focus on technique. Skills taught Floor: round off, handstand, forward roll, turns, leaps; Vaults: pop-up; Bars: back hip circle, dismounts; Beam: leaps, forward roll, dismounts. Participants receive a t-shirt. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-13	Sa	Sep 14-Nov 16 9:40am-10:35am	Res \$136 Non-Res \$150	33220-01
6-13	Sa	Sep 14-Nov 16 11:30am-12:25pm	Res \$136 Non-Res \$150	33220-02
6-13	Sa	Sep 14-Nov 16 2:15pm-3:10pm	Res \$136 Non-Res \$150	33220-03

PRE-TUMBLERS

Pre-req: pass Tumbleweeds II or instructor approval. Advancing gymnastics skills for a more challenging class. Skills taught Floor: intermediate dance skills intro, round off rebound, front walkover; Vault: pop-up, handstand off; Bars: kips, back hip circle, glides; Beam: cartwheel, handstand, jumps. Participants receive a t-shirt. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-14	Sa	Sep 14-Nov 16 12:55pm-2:15pm	Res \$160 Non-Res \$176	33226-02

TUMBLERS I

Pre-req: pass Pre-Tumblers. Intermediate skills taught. Floor: intermediate dance skills, back walkover; Vault: handspring; Bars: kips, sole circles; Beams: mounts, turns. Participants receive a t-shirt. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Sa	Sep 14-Nov 16 12:55pm-2:15pm	Res \$160 Non-Res \$176	33222-02

TUMBLERS II

Pre-req: pass Tumblers I. Continue intermediate skill development, advancing technique. Skills taught: Floor: front & back handsprings, tumbling series, advanced dance skills; Vault: handspring; Bars: long hang kip, sole circle dismount; Beam: tumbling & jump series. Participants receive a t-shirt. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-16	Sa	Sep 14-Nov 16 12:55pm-2:25pm	Res \$193 Non-Res \$212	33229-02

ACROBATS

Advanced gymnastics. Skills taught: Floor: complex dance skills, handsprings, tucks; Vaults: handspring; Bars: squat-ons, fly away; Beam: backwalk-over, roundoff, handstand, aerial dismounts. Participants receive a t-shirt. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-16	Sa	Sep 14-Nov 16 12:55pm-2:25pm	Res \$193 Non-Res \$212	33230-02

HEALTH & FITNESS

REVSORTS - NINJA WARRIORS

Plymouth Playfield, 9755 36th Avenue N

This instructional class will use challenges that will evolve into an obstacle course at the end of each session. Participants build skills that involve running, jumping, balance and control, coordination, strength and agility. Each session is challenging, but FUN!

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-9	Th	Sep 12-Oct 10 7:15pm-8:00pm	Res \$59 Non-Res \$68	33405-01

YOGA TIME! YOUTH

Plymouth Creek Activity Center, 14800 34th Avenue N

Restore balance to body, mind and spirit with a soothing dose of restorative yoga. Includes a variety of supportive, restful and positive knowledge to bring into you everyday life! Please bring a yoga mat and water. If you have them, a blanket, bolster and/or blocks are also helpful and welcome. Instr: Jessica Spore.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-16	Tu	Sep 17-Oct 22 5:00pm-5:45pm	Res \$65 Non-Res \$75	33400-01
11-16	Tu	Nov 12-Dec 17 5:00pm-5:45pm	Res \$65 Non-Res \$75	33400-02



MARTIAL ARTS

KID FU

Bass Lake Playfield, 5450 Northwest Boulevard

Learn proper techniques and traditional styles of Shaolin Kung Fu. Classes are fun and non-competitive. Build strength, flexibility, balance and confidence. Parents are welcome to register and participate with their child. Instr: National Martial Arts Assoc.

BEGINNER - YELLOW SASH

No program: 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Th	Sep 5-Oct 24 5:30pm-6:30pm	Res \$70 Non-Res \$80	33262-01
5-12	Th	Nov 7-Dec 19 5:30pm-6:30pm	Res \$53 Non-Res \$61	33262-02

INTERMEDIATE - ORANGE SASH & UP

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Th	Sep 5-Oct 24 6:30pm-7:30pm	Res \$70 Non-Res \$80	33263-01
5-12	Th	Nov 7-Dec 19 6:30pm-7:30pm	Res \$53 Non-Res \$61	33263-02

LIGHTSABER TAE KWON DO

Ultimate Martial Arts, 147 Hamel Road, Medina

Learn martial arts skills influenced by the epic movie series, Star Wars. Understand strikes, blocks and stances using swords. Create your own Lightsaber skills and learn choreography just like the movies all while exercising and having fun. Padded swords are provided. Students may bring their own Lightsaber to class. Taught by Grandmaster Thomas Malone who has over 35 years experience in the martial arts.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-12	W	Oct 23-Nov 20 7:00pm-7:45pm	Res \$89 Non-Res \$98	33264-01

SHOSHIN RYU JUJITSU YOUTH

Shoshin Ryu Martial Arts, 13605 27th Avenue N

Classical Japanese Martial Art with the emphasis on kids having fun learning effective martial arts. Classes instill better focus, deeper respect and improved body coordination. Kids will study various striking, kicking, throwing, grappling, weaponry and jujitsu arts in a fun filled, yet disciplined class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	M	Sep 9-Oct 21 5:15pm-6:15pm	Res \$69 Non-Res \$79	33261-01
7-12	W	Sep 11-Oct 23 5:15pm-6:15pm	Res \$69 Non-Res \$79	33261-02
7-12	M	Nov 4-Dec 16 5:15pm-6:15pm	Res \$69 Non-Res \$79	33261-03
7-12	W	Nov 6-Dec 18 5:15pm-6:15pm	Res \$69 Non-Res \$79	33261-04

SPORTS

ARCHERY

BEGINNER/INTERMEDIATE ARCHERY

LaCompte Playfield, 10795 Old County Road 15

Learn range safety and proper shooting compound and traditional bows with certified NADA and ASAP instructors. Program includes lecture, demonstration and instructor-supervised shooting. Equipment provided.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-10	Su	Sep 15-Oct 6 4:00pm-5:30pm	Res \$92 Non-Res \$105	33204-01
11+	Su	Sep 15-Oct 6 5:45pm-7:15pm	Res \$92 Non-Res \$105	33204-02

BASKETBALL

BASKETBALL CLINIC

Armstrong High School, 10635 36th Avenue N

Each week, instructors will teach fundamentals and run drills, then divide kids for scrimmaging. Baskets will be set at 8' for younger group, 10' for older group. T-shirt provided. Space is limited. Scrimmages may not start until week 2 or 3.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-8	Sa	Oct 12-Nov 9 9:15am-10:30am	Res \$60 Non-Res \$69	33217-01
6-8	Sa	Oct 12-Nov 9 10:45am-12:00pm	Res \$60 Non-Res \$69	33217-02
8-10	Sa	Oct 12-Nov 9 10:45am-12:00pm	Res \$60 Non-Res \$69	33217-03

SKYHAWKS BASKETBALL

Armstrong High School, 10635 36th Avenue N

Program designed for boys and girls regardless of ability. Kids are divided by age and skill level when appropriate. The camp helps players learn and practice the core skills and techniques used in the sport. Skills taught: shooting, passing and dribbling.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	W	Sep 18-Oct 9 6:30pm-7:45pm	Res \$99 Non-Res \$114	33299-01



WEATHER LINE: 763-509-5205

call for updates on class cancellations



BASEBALL/TBALL

FALL COACH PITCH BASEBALL

Elm Creek Playfield, 4905 Peony Lane

Baseball is not over just because it's fall. First two weeks of the program are practice times working on fundamentals and skills. The last four weeks are scheduled games. To be on the same team as a friend, children must register for the same class number. Volunteer/Parent coaches are needed for this program. Sign up online at www.plymouthmn.gov/volunteercoaching.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5.5-7	Su	Sep 8-Oct 13 4:15pm-5:45pm	Res \$42 Non-Res \$50	33248-01
5.5-7	Su	Sep 8-Oct 13 4:15pm-5:45pm	Res \$42 Non-Res \$50	33248-02
5.5-7	Su	Sep 8-Oct 13 4:15pm-5:45pm	Res \$42 Non-Res \$50	33248-03
5.5-7	Su	Sep 8-Oct 13 4:15pm-5:45pm	Res \$42 Non-Res \$50	33248-04
5.5-7	Su	Sep 8-Oct 13 4:15pm-5:45pm	Res \$42 Non-Res \$50	33248-05
5.5-7	Su	Sep 8-Oct 13 4:15pm-5:45pm	Res \$42 Non-Res \$50	33248-06

SKYHAWKS - TBALL AND BASEBALL

Bass Lake Playfield, 5450 Northwest Boulevard

Uses a progressive curriculum to teach fundamentals of fielding, catching, throwing, hitting, and baserunning, all in a fun environment. Designed for beginner and intermediate players.

AGES	DAY	DATE & TIME	COST	ACTIVITY
Tball				
4-6	Sa	Sep 21-Oct 12 10:30am-11:30am	Res \$89 Non-Res \$102	33296-01
Baseball				
6-9	Sa	Sep 21-Oct 12 11:45am-12:45pm	Res \$89 Non-Res \$102	33296-02

CRICKET

CRICKET

Plymouth Fieldhouse, 14800 34th Avenue N

Cricket is one of the fastest growing sports in the USA today and the second most popular sport in the world. Cricket is a fun game, similar to baseball but two bases with no "strike-outs." Camp will offer a progressive curriculum to teach fundamentals of cricket batting, bowling (pitching), fielding, catching, running between bases in a fun, positive environment. Participants will learn and demonstrate teamwork, respect, discipline and physical fitness drills for the game of cricket. Camp is designed for all ages and skill levels, previous cricket knowledge not necessary. Taught by the youth cricket coaches from Minnesota Cricket Association (MCA).

OUTDOOR YOUTH CAMP

Dress for outdoor athletic movement, bring a water bottle and snack.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-11	Su	Sep 8-Oct 6 2:30pm-4:30pm	Res \$60 Non-Res \$69	33281-01
12-18	Su	Sep 8-Oct 6 2:30pm-4:30pm	Res \$60 Non-Res \$69	33281-02

INDOOR YOUTH CAMP

Dress appropriately as dome temperature kept at 50 degrees. Bring a water bottle and snack. No program: 12/01.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-11	Su	Nov 3-Dec 15 4:30pm-6:00pm	Res \$77 Non-Res \$88	33282-01
12-18	Su	Nov 3-Dec 15 4:30pm-6:00pm	Res \$77 Non-Res \$88	33282-02

FENCING

FENCING

Plymouth Ice Center, 3650 Plymouth Boulevard

Intro to fundamentals with the foil weapon in a non-threatening environment. Emphasis on skill building, concentration, self-discipline and fun! Dress comfortably (wear long pants).

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-9	W	Oct 16-Nov 20 6:15pm-7:15pm	Res \$87 Non-Res \$99	33214-01
10+	W	Oct 16-Nov 20 7:15pm-8:15pm	Res \$87 Non-Res \$99	33214-02

FLAG FOOTBALL

FLAG FOOTBALL LEAGUE

Bass Lake Playfield, 5450 Northwest Boulevard

Recreational league, teams will practice on specified day Tuesday or Thursday evenings. Games are Sundays between 4-7 p.m. An occasional game may be scheduled on your practice night. Sunday games start Sept. 15 and run through Oct 13. Teams practice at their home site. Games at Bass Lake or at field in neighboring community (New Hope/Crystal/Robbinsdale). Volunteer/Parent coaches are needed for this program. Coaches meeting scheduled the week of Aug 26. Sign up online at www.plymouthmn.gov/volunteercoaching

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-6	Tu	Sep 3-Oct 8 6:00pm-7:00pm	Res \$82 Non-Res \$93	33297-01 33297-02
7-8	Th	Sep 5-Oct 10 6:00pm-7:00pm	Res \$82 Non-Res \$93	33297-03 33297-04
9-10	Th	Sep 5-Oct 10 6:00pm-7:00pm	Res \$82 Non-Res \$93	33297-05 33297-06



SPORTS

FUTSOL

FUTSOL - ALLSPORTS COACHING

Futsal is an indoor soccer game originated in South America. The emphasis in the game is on improvisation, creativity and technique. Sessions will be run by UEFA licensed coach Ian Hall who majored in Sports Science and is a PE coordinator for 2 elementary schools. Children should wear shin guards and attire for movement and play. No program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
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Plymouth Fieldhouse, 14800 34th Avenue N

5-6	W	Nov 6-Dec 11 4:30pm-5:15pm	Res \$65 Non-Res \$75	33274-01
6-7	W	Nov 6-Dec 11 5:15pm-6:00pm	Res \$65 Non-Res \$75	33274-02

Armstrong High School, 10635 36th Avenue N

8-9	M	Nov 18-Dec 16 6:00pm-6:45pm	Res \$65 Non-Res \$75	33274-03
10-11	M	Nov 18-Dec 16 7:00pm-7:45pm	Res \$65 Non-Res \$75	33274-04



GOLF

BEGINNER GOLF

Parkers Lake Golf Center, 1050 Vicksburg Lane

Lessons are taught by instructors from the Bryan Skavnak Golf Academy. These lessons are for the beginner to the advanced beginner ability and comfort level. Price includes all aspects of the class including golf balls. Loaner clubs are available for those who need them, but we recommend bringing your own. Call 763-475-4668 or 763-443-8090 on rainy days to see if the course is open. Rainouts will be made up the following week each sessions.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-8	Sa	Sep 7-Sep 28 9:00am-9:45am	Res \$78 Non-Res \$89	33237-01
6-8	Sa	Sep 7-Sep 28 9:45am-10:30am	Res \$78 Non-Res \$89	33237-02
6-8	Su	Sep 8-Sep 29 4:00pm-4:45pm	Res \$78 Non-Res \$89	33237-03
9-12	Su	Sep 8-Sep 29 4:45pm-5:30pm	Res \$78 Non-Res \$89	33237-04

FAMILY ADVENTURE GOLF

Parkers Lake Golf Center, 1050 Vicksburg Lane

Taught by qualified professionals, this program is for anyone who wants to enjoy golf together. Program will adapt to the needs of beginners and advanced players. Receive 10% off of total amount for family group of 3 or more (call 763-509-5200 to register group). Call 763-475-4668 or 763-443-8090 on rainy days to see if course is open. Rainouts will be made up following each session.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5+	Sa	Sep 7-Sep 28 10:30am-11:15am	Res \$78 Non-Res \$89	33244-01
5+	Su	Sep 8-Sep 29 5:30pm-6:15pm	Res \$78 Non-Res \$89	33244-02
5+	Su	Sep 8-Sep 29 6:15pm-7:00pm	Res \$78 Non-Res \$89	33244-03

LACROSSE

SPORTS UNLIMITED

AFTERSCHOOL LACROSSE INTRO

Plymouth Fieldhouse, 14800 34th Avenue N

Programs are designed for girls and boys regardless of skill or ability. Kids are divided by age and skill when appropriate. Fundamental skill development and games. Fun and exercise will be emphasized. Equipment provided. Soft lacrosse (non-contact). Skills taught: catching, throwing, scooping and cradling. No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-9	Tu	Sep 3-Oct 1 4:30pm-6:00pm	Res \$85 Non-Res \$97	33224-01
5-9	Tu	Nov 5-Dec 17 4:30pm-6:00pm	Res \$99 Non-Res \$114	33224-02

MULTI-SPORT

INTERNATIONAL SPORTS - ALLSPORTS COACHING

Armstrong High School, 10635 36th Avenue N

Participants will partake in a range of different international sports and focus on generic sports skills that develop all around athleticism and skill for sport. There will be 5 different sports covered: dodgeball (throwing skills), flag rugby (evasive running), Gaelic football (punting), Aussie Rules (catching), Volleyball (bumping and setting). The sessions will be run by British coach Ian Hall, a PE teacher with 20 years of experience as a sports coach.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-7	Th	Sep 5-Oct 3 6:00pm-6:45pm	Res \$65 Non-Res \$75	33273-01
8-9	Th	Sep 5-Oct 3 6:45pm-7:30pm	Res \$65 Non-Res \$75	33273-02
10-11	Th	Sep 5-Oct 3 7:30pm-8:15pm	Res \$65 Non-Res \$75	33273-03



WEATHER LINE: 763-509-5205

call for updates on class cancellations



SOCCKER

SPORTS UNLIMITED AFTERSCHOOL SOCCER INTRO Plymouth Fieldhouse, 14800 34th Avenue N

Programs are designed for girls and boys regardless of skill or ability. Kids are divided by age and skill when appropriate. Fundamental skill development and games. Fun and exercise will be emphasized. Equipment provided. Shin guards recommended. Skills taught: shooting, passing and dribbling. No program: 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-9	Th	Sep 5-Oct 3 4:30pm-6:00pm	Res \$85 Non-Res \$97	33225-01
5-9	Th	Nov 7-Dec 19 4:30pm-6:00pm	Res \$99 Non-Res \$114	33225-02

TRACK & FIELD

TRACK & FIELD - ALLSPORTS COACHING Bass Lake Playfield, 5450 Northwest Boulevard

Sportshall Athletics is a version of track and field that concentrates on the skills required to compete as a multisport athlete. Participants throw foam javelins, discus, shot put and hammer. They also look at the fundamental jumping, sprinting and hurdling techniques that develop all around athleticism for general sport as well as track and field athletics. Ian Hall, from the UK, was in charge of the development of Sportshall athletics in the Dover District of the UK during the London Olympics and currently works as a PE teacher in Delano and Maple Lake.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-6	W	Sep 11-Oct 9 5:00pm-5:45pm	Res \$65 Non-Res \$75	33272-01
6-7	W	Sep 11-Oct 9 5:45pm-6:30pm	Res \$65 Non-Res \$75	33272-02
8-9	W	Sep 11-Oct 9 6:30pm-7:15pm	Res \$65 Non-Res \$75	33272-03

TENNIS

TENNIS FALL LESSONS

Our tennis program uses the United State Tennis Associations (USTA) teaching guidelines. Age 7 and older have 60-minute lessons. Rainouts are made up the corresponding day/time the week following the program. Bring your own racket. In case of inclement weather, call 763-509-5205 (no sooner than 30 minutes before your lesson).

AGES	DAY	DATE & TIME	COST	ACTIVITY
Parkers Lake Playfield, 15500 Co Rd 6				
4-6	Tu,Th	Sep 10-Sep 26 5:00pm-5:45pm	Res \$60 Non-Res \$69	33227-01
7-10	Tu,Th	Sep 10-Sep 26 6:00pm-7:00pm	Res \$60 Non-Res \$69	33227-02
11+	Tu,Th	Sep 10-Sep 26 7:00pm-8:00pm	Res \$60 Non-Res \$69	33227-03

Bass Lake Playfield courts are off of Pineview Lane N & 54th Ave N (east side of playfield).

4-6	Su	Sep 8-Sep 29 4:00pm-4:45pm	Res \$42 Non-Res \$49	33227-04
4-6	Su	Sep 8-Sep 29 5:00pm-5:45pm	Res \$42 Non-Res \$49	33227-05
7-10	Su	Sep 8-Sep 29 6:00pm-7:00pm	Res \$42 Non-Res \$49	33227-06
11+	Su	Sep 8-Sep 29 7:00pm-8:00pm	Res \$42 Non-Res \$49	33227-07

TENNIS LESSONS

Armstrong High School, 10635 36th Avenue N

Provides beginner and intermediate players with fundamental skills: proper grip, footwork, strokes, serves and basic rules. Instr: Dan Richards, Varsity Tennis Coach, USPTA Certified. Lessons held in high school gym.

COST: Res \$65 Non-Res \$75				
AGES	DAY	DATE	TIME	ACTIVITY
4-6	Su	Oct 20-Nov 10	11:30am-12:15pm	33215-01
4-6	Su	Oct 20-Nov 10	12:15pm-1:00pm	33215-02
7-8	Su	Oct 20-Nov 10	1:00pm-2:00pm	33215-03
7-8	Su	Oct 20-Nov 10	2:00pm-3:00pm	33215-04
8-10	Su	Oct 20-Nov 10	3:00pm-4:00pm	33215-05
8-10	Su	Oct 20-Nov 10	4:00pm-5:00pm	33215-06
10-14	Su	Oct 20-Nov 10	5:00pm-6:00pm	33215-07
4-6	W	Oct 16-Nov 6	6:15pm-7:00pm	33215-08
7-10	W	Oct 16-Nov 6	7:00pm-8:00pm	33215-09
11+	W	Oct 16-Nov 6	8:00pm-9:00pm	33215-10

VOLLEYBALL

SKYHAWKS VOLLEYBALL

Armstrong High School, 10635 36th Avenue N

Volleyball taught through drills and exercises that focus on passing, setting, hitting and serving. Coaches will assist participants in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Wear appropriate clothing and bring a water bottle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-9	Sa	Sep 21-Oct 12 2:45pm-3:45pm	Res \$89 Non-Res \$102	33228-01
10-12	Sa	Sep 21-Oct 12 2:45pm-3:45pm	Res \$89 Non-Res \$102	33228-02



ARTS

**ALL ABOUT DRAWING -
DRAWING WITH CONFIDENCE****Plymouth Creek Activity Center, 14800 34th Avenue N**

Introduction to drawing and various materials. A professional artist will show you how to use different techniques and methods to draw all you can imagine with confidence.

Instr: Tatiana Eletsky. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	Th	Oct 3-Nov 21 7:15pm-8:15pm	Res \$119 Non-Res \$131	34105-01

BACH TO ROCK: GROUP JAZZ BAND**Bach to Rock, 4345 Nathan Ln N, Plymouth, MN 55442**

For students with some experience on instruments, specifically playing chords and reading melodies. Class will culminate in a public performance and CD recording.

AGES	DAY	DATE & TIME	COST	ACTIVITY
14-17	M	Sep 16-Oct 21 7:00pm-8:00pm	Res \$306 Non-Res \$332	34129-01
14-17	M	Oct 28-Dec 2 7:00pm-8:00pm	Res \$306 Non-Res \$332	34129-02

EDUCATION

MAGIC AND BALLOONS**Plymouth Creek Activity Center, 14800 34th Avenue N**

The secrets of magic will be taught in this fun, easy-to-learn class. You can amaze your family and friends and be the life of the party. All ages are welcome. Performing for an audience improves self confidence, reduces anxiety and increases the ability to think outside the box. All materials are provided.

Instr: Annette Fragale.

AGES	DAY	DATE & TIME	COST	ACTIVITY
10+	Sa	Sep 28-Oct 5 1:00pm-3:00pm	Res \$55 Non-Res \$64	35307-01

DANCE

BALLET & TAP**Plymouth Creek Activity Center, 14800 34th Avenue N**

This class will focus on ballet technique, alignment, and steps at the appropriate level for each class. Students will use these skills to perform fun and challenging ballet and tap sequences that will be expanded each week. Pink ballet shoes, black tap shoes and leotards/tights of your color choices are needed. Instr: City of Plymouth Dance Staff. No program: 11/11, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	M	Sep 9-Dec 9 7:00pm-8:30pm	Res \$120 Non-Res \$132	34104-01

ADVANCED BALLET - ADD-ON**Plymouth Creek Activity Center, 14800 34th Avenue N**

This class is for students looking to challenge themselves with more complex ballet sequences and skills. No program: 11/11, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	M	Sep 9-Dec 9 8:30pm-9:15pm	Res \$72 Non-Res \$83	34104-02

CONTEMPORARY MODERN**Plymouth Creek Activity Center, 14800 34th Avenue N**

This class will focus on creative movement and expression through dance. Students learn contemporary modern dance technique and choreography and expand understanding of improvisation and dance composition. This is a great class for students looking to expand their dance vocabulary. Students will dance barefoot. Instr: City of Plymouth Dance staff.

No program: 11/5, 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Tu	Sep 10-Dec 10 8:15pm-9:15pm	Res \$120 Non-Res \$132	34109-01

JAZZ & HIP HOP**Plymouth Creek Activity Center, 14800 34th Avenue N**

This high-energy class will focus on Jazz and Hip Hop styles and technique. Students will experiment with rhythm, energy and musicality while they learn fast-paced choreography and practice big movements and performance qualities.

No program: 9/21, 11/30.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Sa	Sep 7-Dec 7 10:00am-11:15am	Res \$120 Non-Res \$132	34108-01

MUSICAL THEATER JAZZ**Plymouth Creek Activity Center, 14800 34th Avenue N**

This class will inspire the future Broadway star with upbeat, theatrical jazz choreography, complete with music from your favorite musicals. Jazz shoes and leotards/tights and/or activewear required. Instr: City of Plymouth dance staff. No program: 10/31, 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Th	Sep 12-Dec 12 7:15pm-8:15pm	Res \$120 Non-Res \$132	34110-01



HEALTH & FITNESS

TEEN ZUMBA

Plymouth Creek Activity Center, 14800 34th Avenue N

Zumba takes the work out of workout. Class is easy, aerobic and lots of fun. This dance fitness fuses Latin rhythms with easy-to-follow moves. A dynamic, complete body workout with an emphasis on arms, legs, abdomen and heart! Instr: Gina Galindo.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-17	Tu	Sep 10-Oct 22 5:30pm-6:30pm	Res \$56 Non-Res \$64	34400-01
11-17	Tu	Oct 29-Dec 17 5:30pm-6:30pm	Res \$56 Non-Res \$64	34400-02

YOGA TIME! YOUTH

Plymouth Creek Activity Center, 14800 34th Avenue N

Restore balance to body, mind and spirit with a soothing dose of restorative yoga. Includes a variety of supportive, restful and positive knowledge to bring into your everyday life! Please bring a yoga mat and water. If you have them, a blanket, bolster and/or blocks are also helpful and welcome. Instr: Jessica Spore.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-17	Tu	Sep 17-Oct 22 5:00pm-5:45pm	Res \$65 Non-Res \$75	33400-01
11-17	Tu	Nov 12-Dec 17 5:00pm-5:45pm	Res \$65 Non-Res \$75	33400-02

SAFETY

SAFE SITTER BABYSITTERS TRAINING WITH CPR

Plymouth Creek Activity Center, 14800 34th Avenue N

Safe Sitter prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. Learn safety and child care skills including diapering and behavior management, online and personal safety. First aid and rescue skills including injury prevention and management, choking rescue, infant and child CPR. Role playing and hands-on activities including manikins to practice skills. Course content follows guidelines from the American Academy of Pediatrics and the American Heart Association.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-14	Sa	Sep 28 9:00am-2:45pm	Res \$99 Non-Res \$114	33503-01
11-14	Sa	Nov 2 9:00am-2:45pm	Res \$99 Non-Res \$114	33503-02
11-14	Sa	Dec 7 9:00am-2:45pm	Res \$99 Non-Res \$114	33503-03

TEEN TRIPS

Transportation provided from the Plymouth Creek Center.

SPECIAL FORCES: AIRSOFT

Buffalo

Head out to Special Forces in Buffalo for a 2 hour Airsoft session on their high quality playing field. The cost includes equipment and supplies needed.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	Sa	Sep 7 1:00pm-4:45pm	Res \$44 Non-Res \$53	34608-01

TEEN TRIPS

CONQUER NINJA WARRIOR

Eden Prairie

Have you seen the show American Ninja Warrior? Join your friends as a real Ninja Warrior trainer teaches us the obstacles and then you will have the opportunity to try them out yourself. Closed-toed athletic shoes and a waiver are required. The trip will include 75 minutes of instructor-led activities and free play at the Eden Prairie location.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-17	Sa	Oct 26 12:00pm-2:30pm	Res \$29 Non-Res \$35	34605-01

VICTORIA BURROW- MINI GOLF & ARCADE

Victoria

Come along on a trip to Victoria Burrow in Victoria for an afternoon of fun and games. We will play a round of mini golf on their 18 hole course and make time for open play in the arcade. Pizza and beverages included.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	Sa	Nov 23 12:30pm-3:30pm	Res \$30 Non-Res \$36	34607-01

REMS VIRTUAL REALITY

St. Louis Park

Virtual Reality is for everyone! Come check out this awesome NEW establishment in St. Louis Park. Participants will be introduced to VR and experience two hours of the latest and greatest VR experiences from their extensive library. Participants will also enjoy pizza and locally crafted sodas. Parent signed waiver is required. Waiver can be found at www.rem5vr.com.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	Sa	Dec 14 10:30am-1:30pm	Res \$49 Non-Res \$56	34606-01



ARTS

ARTISTIC MOMENTS®: FALL FONDANT CUPCAKE ART Plymouth Creek Activity Center, 14800 34th Avenue N

Learn the basic skills of cupcake decorating. You will have an opportunity to learn how to use a variety of metal decorating tips and colorful tubes of icing to create your very own edible works of art. Patterns will be available to use as guides. These make great gifts, or you can share them with family and friends. Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 18 7:00pm-9:00pm	Res \$31 Non-Res \$37	35100-01

ARTISTIC MOMENTS®: HALLOWEEN CANDY ART Plymouth Creek Activity Center, 14800 34th Avenue N

Do you have a "sweet tooth"? In this edible art class, you will have an opportunity to use a variety of supplies to create your delicious works of art! Learn how to pour candy coating into Halloween molds. Have fun dipping, swirling, and sculpting tasty treats. You can even add colorful candy sprinkles for a final touch. You will enjoy making a wide array of Halloween candy to take home and share with your family or friends, or even give as a gift to someone special! Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 11 7:00pm-9:00pm	Res \$31 Non-Res \$37	35122-01

ARTISTIC MOMENTS®: CERAMICS CREATE A PLATE Plymouth Creek Activity Center, 14800 34th Avenue N

Do you like to paint ceramics? You will learn how ceramics are made and then choose from a wide assortment of templates (or create your own), to begin your design. You will apply a base coat of primer and then transfer your pattern onto your plate. Enjoy mixing and applying colorful acrylic paints with a variety of brushes, to create your own one-of-a-kind work of art! All ceramic pieces are fired in a kiln prior to class. Paint your plate, seal it with varnish, and take it home with you that day! (Please note: Plates should be hand-washed.) Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 12 7:00pm-9:00pm	Res \$31 Non-Res \$37	35123-01

ARTISTIC MOMENTS®: COOKIE ART - ROYAL ICING Plymouth Creek Activity Center, 14800 34th Avenue N

Create your very own cookie designs using a special needle-like scribe tool and colorful royal icing to create beautiful works of art! No previous experience necessary. All artistic abilities are welcome! Please Note: Cookies are purchased through Cub Foods. If you have any food allergies, please contact the Cub Foods Bakery to inquire about all ingredients used in these products. Instr: Kris Holtmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Dec 6 7:00pm-9:00pm	Res \$31 Non-Res \$37	35125-01

ADULT PLAYWRITING Plymouth Creek Activity Center, 14800 34th Avenue N

This workshop will include in-class writing exercises and discussion, as well as writing goals to complete between classes. We'll cover principles of effective storytelling, creating characters, dialogue, dramatic structure, plot and action. The focus will be creating an original short play with a well told story. Workshop taught by Keith Bridges, award-winning playwright with over 20 years experience writing and directing new plays.

AGES	DAY	DATE & TIME	COST	ACTIVITY
19+	Tu	Sep 10-Oct 1 7:00pm-8:30pm	Res \$116 Non-Res \$128	35137-01

FALL AND HOLIDAY STAMPING CLASS Plymouth Creek Activity Center, 14800 34th Avenue N

Hand stamp cards, gifts, tags and more. Making a hand-stamped card, tag or gift is so much more meaningful for you and the person you give them to than anything you can buy at the store. Come see how much fun it is, how good it makes you feel and how "special" the person you give it to feels. Many holidays are coming! Instr: Nancy Berg.

AGES: 18+ DAY: W COST: Res \$37 Non-Res \$43	DATE	TIME	ACTIVITY
	Oct 9-Oct 23	1:00pm-3:00pm	35128-02
	Oct 9-Oct 23	6:00pm-8:30pm	35128-03
	Nov 6-Nov 20	1:00pm-3:00pm	35128-04
	Nov 6-Nov 20	6:00pm-8:30pm	35128-05

INTRODUCTION TO VOICE OVER Plymouth Creek Activity Center, 14800 34th Avenue N

You've heard Will Kamp on TV and radio. Now hear him live as he illustrates how you could actually begin using your speaking voice for commercials, films and videos! Most people go about it the wrong way. This is a business that you can handle on your own terms, on your own turf, in your own time and with practically no overhead! This exciting and fun class could be the game changer you've been looking for! Will Kamp, a successful voice-over artist, actor and comedy improv performer, has done voice work ranging from Honda radio commercials to on-camera work for nationally recognized TV stations, to having been nominated "Best Comedic Actor".

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 5 6:30pm-8:30pm	Res \$30 Non-Res \$36	35140-01

PASTEL DRAWING Plymouth Creek Activity Center, 14800 34th Avenue N

You will learn the basics of pastel drawing which combine drawing and painting. Dry pastels allow you to draw, blur and mix using your fingers, resulting in wonderful works of art. Instr: Maria del Carmen Troncoso Gonzalez. No program: 11/29.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Sep 13-Oct 18 1:00pm-3:00pm	Res \$80 Non-Res \$92	35133-01
18+	F	Nov 1-Dec 13 1:00pm-3:00pm	Res \$80 Non-Res \$92	35133-02

WHEEL POTTERY WORKSHOP Parkers Lake Park, 15205 County Road 6

Learn the basics of wheel sculpting with ceramic clay. We'll cover throwing and glazing techniques. Make projects to take home at the end of the session. No experience necessary. All supplies included in the course fee. Instr: Adama Sow.

AGES: 18+ DAY: W COST: Res \$115 Non-Res \$127	DATE	TIME	ACTIVITY
	Sep 4-Sep 25	6:45pm-9:15pm	35126-01
	Oct 2-Oct 23	6:45pm-9:15pm	35126-02
	Oct 30-Nov 20	6:45pm-9:15pm	35126-03



ARTS

DANCE

BALLROOM DANCING FOR BEGINNERS

Plymouth Creek Activity Center, 14800 34th Avenue N

Learn easy steps and turns in popular ballroom dances, including waltz, foxtrot, swing, salsa and more. Dance in sync, gain confidence and have fun on the floor in surprisingly little time! Practice your moves to uplifting songs played at most social gatherings and weddings. Spice up your relationship with four fun-filled date nights and create a lifelong hobby to enjoy together! The perfect course for anyone getting married or preparing for an upcoming event. Couples stay together and singles rotate with other singles. Open to teens and adults of all ages, and prior students encouraged to return for practice! Free make up lessons. Instr: Deanna Constantine. No program: 11/5. For more information, visit www.ConstantineDance.com.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 22-Nov 19 7:00pm-8:30pm	Res \$59 Non-Res \$68	35103-01

INTRODUCTION TO DANCE

Plymouth Creek Activity Center, 14800 34th Avenue N

This class will explore jazz, modern and ballet dance in a fun environment geared toward adult movers. Open to all experience levels. Activewear required. Instr: City of Plymouth Dance Staff.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 12-Oct 17 8:15pm-9:00pm	Res \$60 Non-Res \$69	35141-01

TAP DANCE FOR SENIORS

Plymouth Creek Activity Center, 14800 34th Avenue N

Learn a whole dance in your weeks with Stephanie Stockton. Fun, good exercise keeps you young. No experience required. Tap shoes are preferred, but hard-soled leather shoes will work if desired. No program: 11/29.

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	F	Sep 27-Dec 13 10:30am-11:30am	Res \$116 Non-Res \$128	35104-01

GLASSBLOWING

INTRO TO GLASSBLOWING

Skylab Glass Arts, 8838 7th Avenue, Golden Valley

Intro to Glassblowing is a basic exploration into the art of lampworking. Students will learn about torch safety, operating involved equipment and brief history of glass art. Students will begin with solid sculpting of simple shapes like marbles and cubes. With the assistance of our instructors, students can move on to hollow form objects like pendants and ornaments. All materials provided in class fee. Instr: Skylab Glass Arts.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu	Sep 10-Oct 1 6:30pm-8:30pm	Res \$272 Non-Res \$299	35138-01
16+	M	Oct 7-Oct 28 6:30pm-8:30pm	Res \$272 Non-Res \$299	35138-02
16+	W	Nov 27-Dec 18 6:30pm-8:30pm	Res \$272 Non-Res \$299	35138-03

INTRO TO GLASSBLOWING - ONE TIME WORKSHOPS

Skylab Glass Arts, 8838 7th Avenue, Golden Valley

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Th	Sep 5 6:00pm-9:00pm	Res \$68 Non-Res \$78	35138-04
16+	Sa	Nov 16 6:00pm-9:00pm	Res \$68 Non-Res \$78	35138-05

HOLIDAY ORNAMENTS

Skylab Glass Arts, 8838 7th Avenue, Golden Valley

Students will manipulate raw glass into solid shapes and will be able to decorate their piece with color, fume and using various tools to create any design they please. Our instructors will help every step on the way to sculpting a wonderful decoration for the holidays. Instr: Skylab Glass Arts.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Nov 1 6:00pm-9:00pm	Res \$68 Non-Res \$78	35145-01
18+	Sa	Dec 7 2:00pm-5:00pm	Res \$68 Non-Res \$78	35145-02

WINE STOPPERS AND STRAWS

Skylab Glass Arts, 8838 7th Avenue, Golden Valley

Students will create solid shapes to be fused to the top of our tapered bottle stopper design, no experience necessary. Once the stopper is done, students can transition to decorating unique drinking straws perfect for conservation and conversation. All materials provided in class fee. Instr: Skylab Glass Arts.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 5 6:00pm-9:00pm	Res \$68 Non-Res \$78	35144-01





ARTS

KNITTING

REFRESH YOUR KNITTING SKILLS

Plymouth Creek Activity Center, 14800 34th Avenue N

Learn or brush up on the basics of knitting including casting on, purling, and binding off. All supplies included. Instr: Wendy Johnson, Saga Hill Designs.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 8 1:00pm-4:00pm	Res \$58 Non-Res \$67	35416-01

2-COLOR FAIR ISLE KNITTING

Plymouth Creek Activity Center, 14800 34th Avenue N

For more experienced knitters who know the basics of knitting. You start a wrist-warmer, on double-pointed needles. They will also learn how to read a color pattern. Students should bring double-pointed needles (size 6 or 7, to get gauge) and any other basic knitting tools. Instr: Wendy Johnson, Saga Hill Designs.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 22 1:00pm-4:00pm	Res \$58 Non-Res \$67	35147-01

PHOTOGRAPHY

PRINCIPALS OF PHOTOGRAPHY

Plymouth Creek Activity Center, 14800 34th Avenue N

No matter what kind of camera you have, understanding the principals of photography will help you take better pictures. This course will cover basic operation of all kinds of cameras (but focused primarily on modern phones, DSLR and mirrorless cameras); will introduce basic photographic concepts including composition, exposure, focus, lighting, and color; and will give you the tools and confidence to take great pictures. Includes discussion, demonstrations, weekly photo assignments, evaluation and coaching. Instr: Keith Bridges.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Oct 7-Oct 21 7:00pm-8:30pm	Res \$100 Non-Res \$110	35132-01

SMART PHONE PHOTOGRAPHY

Plymouth Creek Activity Center, 14800 34th Avenue N

The majority of Americans use smartphones to take photos and videos but really don't know how much better these photos could be. This class will offer a brief introduction on photographic composition and light, hardware and software that is available to make your photos even better, and hands-on time in class to explore and learn what the capabilities of your phone's cameras are. We'll also learn how to share your photos and how to print them. Instr: Ron Timm.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Nov 14 7:00pm-8:30pm	Res \$25 Non-Res \$30	35131-01

RETOUCHING 101 (INTRODUCTION)

Plymouth Creek Activity Center, 14800 34th Avenue N

Move beyond filters, plugins, presets and effects and take creative control of your images in the digital darkroom. This course will introduce workflow and file management basics, software options, color correction, image adjustments, compositing, creative image effects, portrait retouching. Sessions will include discussion, demonstration, weekly assignments, coaching and review of our work. Participants should be comfortable with their camera (any kind) and should bring cameras and laptops to class. Instr: Keith Bridges.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu	Nov 5-Nov 19 7:00pm-8:30pm	Res \$95 Non-Res \$109	35152-01

RETOUCHING 201 (INTERMEDIATE)

Plymouth Creek Activity Center, 14800 34th Avenue N

You can take your photographs to the next level when you take creative control of your images in the digital darkroom. This course will focus primarily on portrait retouching. We will cover color correction, image adjustments, realistic skin smoothing and blemish removal, cleaning up hair, subtle enhancements of eyes and other facial features. Sessions will include discussion, demonstration, weekly assignments, coaching and review of our work. Participants should bring cameras and laptops to class and have access to the most recent version of Photoshop CC or comparable software. Instr: Keith Bridges.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	M	Dec 2-Dec 16 7:00pm-8:30pm	Res \$95 Non-Res \$109	35153-01



PAINTING

PALETTE UP! ALCOHOL INK PAINTING WORKSHOP

Plymouth Creek Activity Center, 14800 34th Avenue N

Experiment with alcohol inks on Yupo paper. The non-absorbent nature of Yupo means it will not buckle, no matter how much water you put on it, and it makes colors more vibrant and brilliant than on standard papers as all the color sits on the surface. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. You will leave the workshop with knowledge of a new technique that you can then take home and expand your artist interest.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 15 7:00pm-8:30pm	Res \$42 Non-Res \$48	35118-01

PALETTE UP! ACRYLIC POURING 2.0

Plymouth Creek Activity Center, 14800 34th Avenue N

In this fun class our instructor will introduce you to the magical world of fluid acrylics and pouring medium! Take advantage of the classroom experience and don't worry about the mess :) NO EXPERIENCE required to learn how to create the same beautiful abstract canvases you see on Pinterest. Instead of paint brushes we will use gravity to move the paint and try techniques such as "dirty pour", "flip cup", and "swiping". It's a lot of fun (and somewhat addicting!) and a great way to spark your creative energy. You will take home two 8"x8" canvases in a cardboard box. Please note that canvases will not be completely dry and there can be changes to the final piece during transportation and after drying.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Nov 14 7:00pm-8:30pm	Res \$58 Non-Res \$67	35119-01

LESSONS FROM TREES: A WATERCOLOR ADVENTURE IN LEARNING GREAT DESIGN

Plymouth Creek Activity Center, 14800 34th Avenue N

Fall is a great time to explore the full possibilities of painting trees, as they are in various degrees of foliage or in bare exposure, and the color is in its greatest range. Trees provide us with wonderful opportunities for creating our painting compositions. We will focus on painting individual trees (ways to express their form and angles, foliage, texture), groupings of trees (their rhythms, relationships, and depth), and ways to add trees within the larger landscape for the best creative composition. Instr: Gail Speckmann.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 30 9:30am-3:30pm	Res \$88 Non-Res \$101	35135-01

CREATING SUPERB EFFECTS ON JAPANESE MASA PAPER WITH INK

Plymouth Creek Activity Center, 14800 34th Avenue N

This class will guide you through the technique of painting on soaked and crinkled rice paper. The fissures created by folding and scrunching become the channels for intriguing ink images. We will develop these into landscapes or floral images. Paper materials and ink for one piece will be provided with fee. Additional supplies will be available for purchase. Instr: Gail Speckmann.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Dec 4 9:30am-3:30pm	Res \$88 Non-Res \$101	35129-01

INTRODUCTION TO WATERCOLOR

Plymouth Creek Activity Center, 14800 34th Avenue N

Make a splash in watercolor. Learn essential skills that offer you steps-to-success in this fresh and exciting medium. Bring your own watercolor supplies (supply list available). All levels are welcome. Instructor: Sonja Hutchinson.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 5-Sep 19 1:00pm-4:00pm	Res \$75 Non-Res \$86	35111-01

BEYOND BEGINNING WATERCOLOR

Plymouth Creek Activity Center, 14800 34th Avenue N

Develop your skills and confidence with watercolor painting a variety of subjects while practicing specific techniques. Each session includes demonstrations and supplied reference material. Bring your own watercolor supplies (supply list available). Instructor: Sonja Hutchinson.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 17-Oct 31 1:00pm-4:00pm	Res \$75 Non-Res \$86	35112-01
18+	Th	Nov 7-Nov 21 1:00pm-4:00pm	Res \$75 Non-Res \$86	35112-02

SUMIE PAINTING

Plymouth Creek Activity Center, 14800 34th Avenue N

Sumie painting is a unique style of Japanese brush, water-based painting. Customs and philosophy are part of class. Authentic supplies available for purchase from instructor, Marion Brown. No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 10-Oct 22 9:30am-12:00pm	Res \$58 Non-Res \$67	35106-01
18+	Tu	Oct 29-Dec 17 9:30am-12:00pm	Res \$58 Non-Res \$67	35106-02



ARTS

UNWRAPPING MUSIC WITH MACPHAIL

Plymouth Creek Activity Center, 14800 34th Avenue N

Unwrapping Music is a music appreciation class. Each month, we will explore a particular musical genre, time period, composer or performing artist. The hour includes covering the history, form and function that shaped each musical style and how music and society changed each other across eras, cultures and continents. Students will experience recorded and live examples, have interactive question and answer time, may participate in some singing, and are sure to learn something new! Instr: Andrea Leap.

DUKE ELLINGTON

A master of American jazz composition, Duke Ellington broadened the sound of jazz music through his leadership of swing bands, musical composition, and promotion of individual jazz artists. We'll learn about the sounds of jazz and how they were transformed by this Pulitzer Prize-winning composer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	Tu	Sep 17 10:00am-11:00am	Res \$15 Non-Res \$18	35139-01

UNSUNG SONGS: WOMEN COMPOSERS OF THE 18TH CENTURY

Unsung Songs: Women Composers from the 18th century: Fanny Mendelssohn and Clara Schumann both contributed great works of art to the classical music canon but have been largely ignored because of the limitations that female composers from their era faced. Learn how they managed to work against the societal and family pressures to create innovative and beautiful compositions. We will delve into the piano and vocal works of both of these composers and look at them side by side with the works of their male counterparts, Felix Mendelssohn and Robert Schumann

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	Tu	Oct 15 10:00am-11:00am	Res \$15 Non-Res \$18	35139-02

THE ROARING 20'S: DANCING TO CHANGE THE WORLD

In the 1920s, the jazz and blues music that pervaded the speakeasies shifted cultural norms and brought the world dances like the Charleston, the Bunny Hug and the Foxtrot. The new incorporation of African rhythms into popular songs changed American dance music for ever. Come tap your feet to the sounds that define the Jazz Age and learn how it impacted swing music and eventually rock and roll.

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	Tu	Nov 19 10:00am-11:00am	Res \$15 Non-Res \$18	35139-03

JONI MITCHELL

After achieving early fame and musical success, Joni Mitchell continued to evolve and grow as a musical artist, collaborating with jazz musicians, learning about different musical traditions, and developing new musical ideas. While her greatest hits were written as a young woman and continued to bring her fame and fortune, listening to her later musical works shows us her artistic desire to communicate in fresh ways.

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	Tu	Dec 17 10:00am-11:00am	Res \$15 Non-Res \$18	35139-04



WEAVERS GUILD OF MN

SAORI WEAVING - ENJOY BEING IN A MOMENT OF WEAVING

Plymouth Creek Activity Center, 14800 34th Avenue N

What is SAORI? SAORI is an art form and weaving style that comes from Japan. It is joyful and easy to learn. The instructor will lead you through this "freestyle" weaving process on a SAORI original floor loom. Try your hands at this fun, color blending, creative and expressive weaving style. No experience necessary! Materials provided in class fee. Students are welcome to bring any materials or yarns. Instr: Chiaki O'Brien, Weavers Guild of MN.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Dec 3 1:00pm-4:00pm	Res \$92 Non-Res \$101	35120-01

BENGALA MUD DYE - LET'S DYE A SCARF!

Plymouth Creek Activity Center, 14800 34th Avenue N

A natural Japanese dye, Bengala dyes are made from soil and are environmentally safe and fun to use. The dye process is enjoyable and appropriate for students of all ages. Children and adults alike will find this to be a fun technique, just like playing with mud. Everyone will learn about the history and cultural significance of this unique dye form as they color t-shirts, scarves, shawls, socks and more. This is not a soaking dye, so be ready to knead the material! Instr: Chiaki O'Brien, Weavers Guild of MN.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 18 1:00pm-3:00pm	Res \$75 Non-Res \$86	35121-01



BRIDGE

BOOK 1 - LEARN TO PLAY BRIDGE

Plymouth Creek Activity Center, 14800 34th Avenue N

Begin the process of learning the game of bridge by learning the requirements to bid. Also, learn to play a hand of bridge. 1 hour of lecture followed by 1 hour of play and discussion of the hands. Books can be purchased from instructor in class.

Instr: Mignon Nearnmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 3-Oct 22 6:45pm-8:45pm	Res \$48 Non-Res \$58	35397-01
18+	Th	Sep 5-Oct 24 9:00am-11:00am	Res \$48 Non-Res \$58	35397-02

BOOK 2 - PLAY OF THE HAND

Plymouth Creek Activity Center, 14800 34th Avenue N

Pre-req: Book 1. The focus of this class is on the thought process and the techniques needed to successfully play and contract. Bidding, management of trumps, counting winners and losers, learning promotion, length and finessing will all be covered. Books can be purchased from instructor in class. Instr: Mignon Nearnmeyer. No program: 11/28, 12/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 29-Dec 17 6:45pm-8:45pm	Res \$48 Non-Res \$58	35312-01
18+	Th	Nov 7-January 9 9:00am-11:00am	Res \$48 Non-Res \$58	35312-02

BOOK 3 - DEFENSE

Plymouth Creek Activity Center, 14800 34th Avenue N

This course provides the techniques critical to the thinking needed to defeat the opponents contracts. It is the most challenging of the three books but also the most interesting. Class will include one hour of lecture and one hour of playing hands. Pre-req: Book 1 & 2. Books can be purchased from instructor in class. Instr: Mignon Nearnmeyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 9-Oct 28 1:30pm-3:30pm	Res \$48 Non-Res \$58	35311-01

SHUFFLE, DEAL AND PLAY

Plymouth Creek Activity Center, 14800 34th Avenue N

Pre-req: Book 1-4. Practice what you have learned in class. Also get a little instruction on the latest rules and play under the eye of an expert Bridge Master. Books can be purchased from instructor in class. Instr: Mignon Nearnmeyer. No program: 11/11.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 4-Dec 16 1:30pm-3:30pm	Res \$36 Non-Res \$44	35309-01

FOOD PREP DEMONSTRATIONS

OKTOBERFEST

Plymouth Creek Activity Center, 14800 34th Avenue N

Come celebrate the fall tradition German style with "sauerbraten"- tender pot-roast in a tangy sweet and sour sauce, beef roulades stuffed with pickles, bacon and onion in red wine sauce, "Schweinshaxe" pork ribs and sauerkraut, and "Weiner Schnitzel" chicken tenders lightly breaded and sautéed with fresh squeezed lemon and herbs. You'll learn to prepare "spaetzle", German pasta, potato pancakes with apple sauce and sour cream, "kartoffelklosse", dumplings topped with buttered bread crumbs and braised red cabbage. We'll finish with a classic black Forest cake, it's sublime. Instr: Jeff Sandino.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 10 6:30pm-9:00pm	Res \$39 Non-Res \$49	35313-01

TRADITIONAL ITALIAN CUISINE

Plymouth Creek Activity Center, 14800 34th Avenue N

Enjoy the marvelous flavors of traditional Italian cuisine starting with "Panzanella," a toasted bread salad with refreshing summer vegetables in a light vinaigrette. Jeff will prepare "chicken saltimbocca" using thin sliced prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. He will also make potato gnocchi (Italian dumplings) then we'll toss them in a medley of sauces including, basil pesto, marinara and brown butter with sage and walnuts. We'll finish with "Cannoli," fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of chocolate sauce, garnished with pistachios. Instr: Jeff Sandino.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 17 6:30pm-9:00pm	Res \$39 Non-Res \$49	35314-01



EDUCATION

DAVE RAMSEY: FINANCIAL PEACE UNIVERSITY Plymouth Creek Activity Center, 14800 34th Avenue N

Dave Ramsey's Financial Peace University is the class that teaches you how to dump debt, build a monthly budget and save for the future. It is a nine-lesson series where the instructional content teaches you how to win with money through the following lessons: starter emergency fund and budgeting, paying off all debt, save a fully-funded emergency fund, invest for the future and build wealth, buyer beware, the role of insurance, retirement planning, real estate and mortgages and living and giving like no one else. The class workbook will be used in class. You may email the instructor directly with questions through this link fpu.com/1089107. You may purchase an FPU class workbook and membership kit at a discounted price of \$109.00 through this same web-link (recommended). Instr: Nick Christoff, Thrivent Financial. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 5-Nov 7 6:00pm-8:00pm	No Fee	35399-01

DISTRACTED DRIVING AND YOUR TEENAGER Plymouth Creek Activity Center, 14800 34th Avenue N

Attend this class to learn how to talk to your teen driver about distracted driving. We will be discussing the dangers of distracted driving and tips on how to avoid it. Instr: Lisa Collins, HUB International Independent Insurance Agency.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Nov 16 11:00am-12:00pm	Res \$10 Non-Res \$12	35375-01
18+	Th	Nov 21 6:00pm-7:00pm	Res \$10 Non-Res \$12	35375-02

HISTORICAL WALK THOUGH PARKER'S LAKE CEMETERY Parker's Lake Pavilion, 15205 Co. Rd 6

On this historical walk through Parker's Lake Cemetery, learn the history of the cemetery, Plymouth's founding families, and the Parker's Lake area. The group will meet at Parker's Lake Pavilion and walk to the cemetery. All participants must be comfortable walking two miles. Led by Dr. Natasha Thoreson of the Plymouth Historical Society.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Su	Oct 13 2:30pm-4:30pm	Res \$14 Non-Res \$17	35345-02

MAGIC AND BALLOONS Plymouth Creek Activity Center, 14800 34th Avenue N

The secrets of magic will be taught in this fun, easy-to-learn class. You can amaze your family and friends and be the life of the party. All ages are welcome. Performing for an audience improves self confidence, reduces anxiety and increases the ability to think outside the box. All materials are provided. Instr: Annette Fragale.

AGES	DAY	DATE & TIME	COST	ACTIVITY
10+	Sa	Sep 28-Oct 5 1:00pm-3:00pm	Res \$55 Non-Res \$64	35307-01

THE FASCINATING WORLD OF BALLOON ART Plymouth Creek Activity Center, 14800 34th Avenue N

Have you ever wanted to make a balloon animal? It's fun and easy. In this class we will learn how to inflate and tie a balloon and how to make balloon figures including mice, sabers, hats, dogs, cats, elephants, giraffes and rabbits. Learn what type of balloons, pumps, etc. to use and where to purchase them. The instructor attend clown college at the University of Wisconsin - Lacrosse and performs balloon art, magic and clowning. Instr: Annette Fragale.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 12 9:00am-10:30am	Res \$15 Non-Res \$20	35320-01

MAH JONGG

MAH JONGG 101: INTRODUCTION TO MAH JONGG Plymouth Creek Activity Center, 14800 34th Avenue N

This class is for beginners who want to learn how to play Mah Jongg-a tile based game developed in China similar to the Western card game rummy. The game is usually played with 4 players and is played with a set of 144 tiles based on Chinese characters and symbols. Taking turns, players draw and discard tiles trying to complete a legal hand. You will learn the basics of the game through lessons and actual play. The final day of class will be play only with minimal instructor teaching. The Mah Jongg set and official rules and game card will be provided. It is recommended that you bring a notebook and writing utensil to class so you can take notes. No program: 10/8. Instr: Wendy Salita.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 17-Oct 29 9:30am-11:00am	Res \$79 Non-Res \$90	35385-01
18+	Tu	Sep 17-Oct 29 11:00am-12:30pm	Res \$79 Non-Res \$90	35385-02

MAH JONGG 102: OPEN PLAY Plymouth Creek Activity Center, 14800 34th Avenue N

This class is for students who have completed Mah Jongg 101 and want to practice their skills by playing with others. There will be minimal instruction so it is recommended you are comfortable with the rules and how to play Mah Jongg. Students must bring a current Mah Jongg card with them. Instr: Wendy Salita.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 5-Nov 12 9:30am-11:30am	Res \$25 Non-Res \$30	35394-01



EDUCATION

DOUG OHMAN SERIES

Plymouth Creek Activity Center, 14800 34th Avenue N
Instr: Doug Ohman

MINNESOTA BYWAYS

From each of the six byway books, Doug will take you to his favorite locations and share the best photographs and stories from around the great state of Minnesota. *Barns of Minnesota, Churches of Minnesota, Courthouses of Minnesota, Schoolhouses of Minnesota, Cabins of Minnesota and Libraries of Minnesota.*

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 24 10:00am-11:30am	Res \$15 Non-Res \$20	35326-01

STATE PARKS OF MINNESOTA

Go on a Minnesota vacation with a photographer. Doug has visited all 67 parks and has photos, stories, history and personal adventures to share. This program has two main themes; the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored. His photography is featured in the book *Prairie, Lake, Forest-State Parks of Minnesota*.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 24 10:00am-11:30am	Res \$15 Non-Res \$20	35327-01

NAME THAT TOWN

Journey throughout the state of Minnesota with photographer and storyteller Doug Ohman as he explores towns and villages. This program focuses on the history of the location with fun stories relating to the town names.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 12 10:00am-11:30am	Res \$15 Non-Res \$20	35328-01

GREAT BRITAIN: SPOT ON! SERIES

Plymouth Creek Activity Center, 14800 34th Avenue N
Instr: Terry Kubista

3 BRITISH AUTHORS

Chaucer, Dickson, Kipling. Three well-known British authors, their lives and times. Explore the whys and hows of three of the most famous literature and their works as authors in British history.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 11-Sep 25 9:30am-11:30am	Res \$25 Non-Res \$30	35315-01

SEA SIDE VISITS

Seaside villages were some of the most popular vacation spots for the British public. What were their attractions? What caused their demise? What can you expect when you visit today?

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 16-Oct 30 9:30am-11:30am	Res \$25 Non-Res \$30	35316-01

AMERICAN PRINCESSES

American debutantes wanted to become British princesses. It took American money, in the form of dowries, to help bail out the British economy after World War I when you really could buy a title.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Nov 6-Nov 20 9:30am-11:30am	Res \$25 Non-Res \$30	35317-01

BRITAIN'S HEARTLAND

Liverpool and Warwick are two critical cities in England's history. Liverpool for trade, both import and export, and music. So why did this city evolve into a city of such importance?

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Dec 4-Dec 18 9:30am-11:30am	Res \$25 Non-Res \$30	35318-01





EDUCATION

TECHNOLOGY

HOW TO CUT THE CABLE CORD

Plymouth Creek Activity Center, 14800 34th Avenue N

Cable (or satellite) television is the single most expensive utility for many households. This class will show you many viewing options that are free or a much lower cost than cable. We'll discuss the pros and cons of cable, how to get internet without cable, how to get TV from your computer to your television, and much, much more. Find out why and how thousands of TV watchers are ditching cable forever. Instr: Ron Timm.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Dec 10 7:00pm-8:30pm	Res \$29 Non-Res \$35	35340-01

INTRODUCTION TO FACEBOOK

Plymouth Creek Activity Center, 14800 34th Avenue N

Are you new to Facebook or just getting started? Learn how to use the world's most popular social media site to safely connect with family and friends. Attendees will learn to log in, create their page, post photos and learn the top tips for utilizing the site. We'll also review the recommended privacy settings and you'll leave this training with the knowledge on how to navigate confidently through the website. Instr: Social Club Simple.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 12 9:00am-10:30am	Res \$20 Non-Res \$25	35393-01

INTRODUCTION TO INSTAGRAM

Plymouth Creek Activity Center, 14800 34th Avenue N

In today's world, photos and videos are becoming more popular than ever thanks to a social media site called Instagram. In this beginner class, users will learn the basics and leave with an understanding on how to utilize the site features. No photography or social media experience required. Instr: Social Club Simple.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 12 10:30am-12:00pm	Res \$20 Non-Res \$25	35351-01

SMART PHONE WORKSHOP

Plymouth Creek Activity Center, 14800 34th Avenue N

This two-hour introductory workshop covers some of the most common and basic topics of smartphone use. Students become familiar with smart device interface, buttons, ports, status bar, accessories, wireless technology, Bluetooth, important cellphone concepts, voice calls and text messaging, service plan packages, emergency SOS, its use in our society, icons and apps, social media concepts, sound, volume, rotation, and brightness settings, security awareness, clock, alarm, stop watch, and world clock settings, Airplane mode, secure/unsecure Wi-Fi and Hotspot network search and internet connection, light web browsing, managing and deleting unwanted background running Apps, dictation and Siri use, and finally answer a few questions students may have. We also explore resources to get additional help. Prerequisite: Be able to place and answer cellphone calls. Instr: "RayTheComputerGuy."

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 19 2:00pm-4:00pm	Res \$35 Non-Res \$42	35354-01
18+	Th	Oct 10 2:00pm-4:00pm	Res \$35 Non-Res \$42	35354-02

SMART PHONE II WORKSHOP

Plymouth Creek Activity Center, 14800 34th Avenue N

This two-hour workshop is a continuation of Workshop I. It covers more of the most common smartphone features. We briefly review Workshop I material and dive right into more in-depth use of smart device features and functionalities. Students explore more smartphone settings, security and pass code, camera use, take and share photos and videos via texting, notifications, wallpaper, sounds, Wi-Fi connection to access the internet & browse the web, access media to launch apps like maps to get directions, weather to see the forecast, manage apps and remove unwanted pages, email access (if time permits), and finally answer questions students may have. We also explore additional resources for extra help. Prerequisite: Smartphone Workshop I or be familiar with smartphone use. Instr: "RayTheComputerGuy."

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 26 2:00pm-4:00pm	Res \$35 Non-Res \$42	35389-01
18+	Th	Oct 17 2:00pm-4:00pm	Res \$35 Non-Res \$42	35389-02





PLANNING FOR THE FUTURE

25 DOCUMENTS NEEDED BEFORE YOU PASS AWAY

Plymouth Creek Activity Center, 14800 34th Avenue N

The emotional consequences and negative ripple effects of failing to keep your documents in order can cause frustration, delays and a financial burden on your loved ones and heirs. You may have a simple WILL in place, but that only scratches the surface of what is needed in case you pass away or become incapacitated. What have you done about your financial accounts? Insurance policies? Medical wishes? What if you're divorced? Own a business? Have a blended family? What about property you may own or pets you care deeply about? Who will know what to do if you aren't around to tell them? In this educational workshop, you will learn the 25 documents most experts recommend you collect and maintain so family members aren't left scrambling to find important papers and information in a time of loss and confusion. Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

AGES	DAY	DATE & TIME	COST	ACTIVITY
24+	Tu	Oct 15 6:00pm-7:30pm	Res \$20 Non-Res \$25	35305-01

THE TOP 10 ESTATE PLANNING MISUNDERSTANDINGS

Plymouth Creek Activity Center, 14800 34th Avenue N

One of the most dangerous misunderstandings of Estate Planning is the belief that all you need is a WILL (not true). Another common myth is that WILLS take care of everything and avoid Probate (hint: they don't). If you have struggled to understand the difference between Wills and Trusts, Healthcare Directives and Power of Attorney forms, you are not alone. In this one-hour educational program, you will finally understand the difference between these and other estate planning documents (what you need and what you don't), while also learning to avoid the most common and costly mistakes. Don't let your kids inherit a MESS. Come join us for a relaxed but thorough discussion on these and other estate planning fundamentals. Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

AGES	DAY	DATE & TIME	COST	ACTIVITY
24+	Tu	Nov 12 6:00pm-7:30pm	Res \$20 Non-Res \$25	35306-01

PLANNING AND CONSIDERATIONS FOR SENIOR HOUSING OPTIONS

Plymouth Creek Activity Center, 14800 34th Avenue N

So, the plan for retirement is to stay in your own home. Great! These days there are a myriad of resources to help you do so. However, according to the old adage, "We Plan, God Laughs," we need a "Plan B". What are the options for Plan B? Knowledge of the options before a crisis helps us to plan and have the ability to make good choices while there is time to do so. What are the available senior living options beyond your own home? What are Independent Living, Assisted Living, and Memory Care Communities, and what are the variations within each of these options? What factors should be considered in selecting the "right" option? How can I finance a senior living option? What should I do with my current home? What impact will my decisions have on my estate plan? Our panel, including a Certified Senior Advisor, a real estate expert and an estate planning attorney will address these concerns and more. Instr: Barb Fordyce, Oasis Senior Advisors.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 10 9:00am-10:30am	Res \$10 Non-Res \$15	35376-01
18+	Tu	Oct 22 9:00-10:30	Res \$10 Non-Res \$15	35376-02

SENIOR LIVING COMMUNITIES TOUR

Plymouth Creek Activity Center, 14800 34th Avenue N

This is a small group tour of several senior living communities in the Plymouth area. Discussion on the bus will include: What are the available senior living options beyond your own home? What are Independent Living, Assisted Living, and Memory Care Communities, and what are the variations within each of these options? What factors should be considered in selecting the "right" option? Lunch and an afternoon snack will be provided at two of our host communities. Transportation is provided from the Plymouth Creek Center. Participants must be physically able to embark/disembark from the bus several time during the day. Once a schedule is finalized it will be emailed to participants. Instr: Oasis Senior Advisors.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 17 9:00am-3:30pm	Res \$39 Non-Res \$47	35377-01





EDUCATION

PREPARE YOUR OWN WILL

Plymouth Creek Activity Center, 14800 34th Avenue N

Who would raise your children if you died? Who will be your executor? Without a will, the laws in Minnesota and a judge make all of the decisions. Take charge of these decisions in this class taught by Adam Altman, an attorney experienced in drafting wills. You will leave with a simple will prepared and have a new piece of mind. Instruction and all of the necessary forms, witnesses and notaries are provided. Will form is included in the class cost. This is an individual will. Instr: Adam Altman, Altman & Izek.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 16 1:00pm-3:00pm	Res \$38 Non-Res \$46	35330-01
18+	M	Dec 9 6:30pm-8:30pm	Res \$38 Non-Res \$46	35330-02

WHO WILL INHERIT THE MESS?

Plymouth Creek Activity Center, 14800 34th Avenue N

Come learn the differences between WILLS and TRUSTs, how to avoid the pitfalls of Probate, and why it is vital that you (and your college-bound kids) have a current Power of Attorney and Health Care Directive form in place. This valuable presentation covers other important aspects of estate planning that most attorneys and advisors do not address such as how beneficiary forms, Transfer on Death (TOD) and Payable on Death (POD) designations can be used to compliment a successful and comprehensive estate plan. Don't let your loved ones inherit a mess! Learn how to keep your estate out of court and how to make sure your assets pass quickly and smoothly to your beneficiaries. Finally a workshop about estate planning that is informative, beneficial and non-intimidating. This one-hour workshop will be followed by a Q&A session. Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

AGES	DAY	DATE & TIME	COST	ACTIVITY
24+	Tu	Sep 17 6:00pm-7:30pm	Res \$20 Non-Res \$25	35304-01

MEDICARE 101-JUST THE BASICS

Plymouth Creek Activity Center, 14800 34th Avenue N

We will discuss the different parts of Medicare deductibles and what's covered, enrollment periods and costs. How to enroll to get additional coverage. Different types of Medicare Advantage plans and Medicare Supplements. Understanding Part D Drug Coverage, minimum requirements formularies, drug tiers and the donut hole and how to avoid penalties. Instr: Sarah Colpitts, Partners Senior Advantage.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 23 4:00pm-5:00pm	Res \$10 Non-Res \$12	35336-01
18+	Sa	Sep 28 10:00am-11:00am	Res \$10 Non-Res \$12	35336-02
18+	M	Oct 14 4:00pm-5:00pm	Res \$10 Non-Res \$12	35336-03
18+	Sa	Oct 19 10:00am-11:00am	Res \$10 Non-Res \$12	35336-04
18+	M	Nov 11 4:00pm-5:00pm	Res \$10 Non-Res \$12	35336-05
18+	Sa	Nov 16 10:00am-11:00am	Res \$10 Non-Res \$12	35336-06



MEDICATIONS AND THE ELDERLY

Plymouth Creek Activity Center, 14800 34th Avenue N

Learn to identify unnecessary medications for the elderly. Review how patients obtain multiple medications that can cause unintended side effects. After a brief presentation participants will be able to ask questions about medications. Instr: Robert Sonntag, M.D.

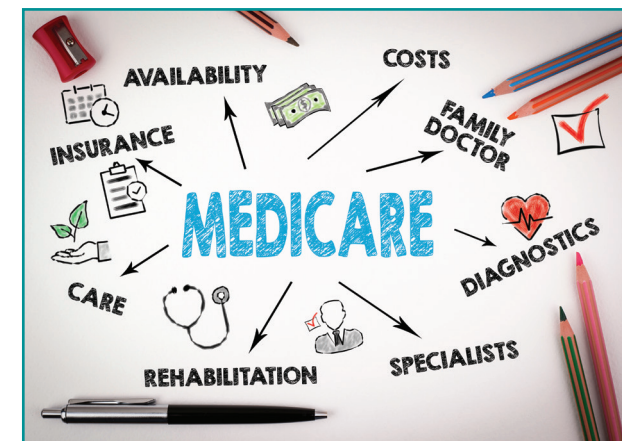
AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 17 7:00pm-8:00pm	Res \$8 Non-Res \$10	35301-01

INTRODUCTION TO HOSPICE

Plymouth Creek Activity Center, 14800 34th Avenue N

What is hospice and how does it differ from palliative care? Review hospice admission criteria, the in-depth benefits of hospice and what a hospice team looks like and how it works. Instr: Robert Sonntag, M.D.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 15 7:00pm-8:00pm	Res \$8 Non-Res \$10	35300-01





BARRE FITNESS FUSION

ZoYoga & Fitness, 112 Hamel Road, Hamel

Full body workout using movement inspired by yoga, ballet, drumming and traditional exercises. Beginners welcome. The fee is for unlimited classes in those time slots. All equipment provided. Instr: Julie Bice Zoril.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M,W	Sep 9-Oct 2 7:00pm-8:00pm	Res \$59 Non-Res \$69	35436-01
18+	Tu,Th	Sep 24-Oct 17 8:30am-9:30am	Res \$59 Non-Res \$69	35436-02
18+	M,W	Oct 7-Oct 30 7:00pm-8:00pm	Res \$59 Non-Res \$69	35436-03
18+	Tu,Th	Oct 22-Nov 7 8:30am-9:30am	Res \$59 Non-Res \$69	35436-04
18+	M,W	Nov 4-Nov 20 7:00pm-8:00pm	Res \$59 Non-Res \$69	35436-05
18+	Tu,Th	Nov 19-Dec 10 8:30am-9:30am	Res \$59 Non-Res \$69	35436-06

CARDIO STRENGTH INTERVALS

Plymouth Creek Activity Center, 14800 34th Avenue N

Class includes intervals of cardio and weight training to build muscle and aerobic capacity. Some sessions may incorporate circuit stations to add variety and additional conditioning. Core, ab and balance work are practiced. Each class concludes with a combo of yoga poses, stretches, and relaxation. Bring a mat, small towel and water. ACE Certified Instr: Aleen Waters. No Program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 11-Oct 23 5:30pm-6:30pm	Res \$62 Non-Res \$71	35403-01
18+	W	Oct 30-Dec 18 5:30pm-6:30pm	Res \$62 Non-Res \$71	35403-02



FACIAL EXERCISE

Plymouth Creek Activity Center, 14800 34th Avenue N

Geared for women. Just like the rest of your body, the face has muscles that can be tightened to lift up what gravity pulls down no matter what age. Sagging jowls, droopy eyelids and turkey neck can be corrected through a four-minute workout. Bring a small stand-up mirror and washcloth. Instruction booklet provided. Instr: Tessa Hill.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 9 10:30am-12:00pm	Res \$24 Non-Res \$28	35411-01

STRENGTH AND MOBILITY

Plymouth Creek Activity Center, 14800 34th Avenue N

Reduce your risk of falling and improve your mobility with this balance-focused exercise class led by a certified Physical Therapist. Improve your balance, strength and walking to boost your confidence during daily activities and reduce your fear of falling. Exercises will accommodate all levels.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 18-Oct 23 9:00am-10:00am	Res \$75 Non-Res \$86	35434-01

PILATES

PILATES PRINCIPLES ON THE REFORMER

Pilates MN, 864 E Lake Street, Wayzata

Class is geared toward the beginner Reformer student and we will cover exercises on the Reformer and tower utilizing the principles of Pilates like breath, core stability, elongation, spine articulation, alignment, quality of movement, and concentration. Pilates Reformer can truly change your core strength overall body strength and help to keep your joints mobile and muscles flexible. Taught by comprehensively trained Pilates trainers and physical therapists at Pilates MN in Wayzata.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 14-Oct 19 7:30am-8:20am	Res \$150 Non-Res \$165	35437-01
18+	Sa	Oct 26-Nov 30 7:30am-8:20am	Res \$150 Non-Res \$165	35437-02



HEALTH & FITNESS

ESSENTIAL OILS

NATURAL SOLUTIONS WITH ESSENTIAL OILS

Plymouth Creek Activity Center, 14800 34th Avenue N

Are you ready for natural solutions for your health and home? Let's discuss the top doTERRA essential oils and how they can positively impact your physical and emotional health. You will learn why these oils are such a powerful, natural, safe and effective option for mood, memory and non-toxic cleaning. Class includes group discussion and demonstration. Participants will make a non-toxic cleaner to take home. Cost includes the cleaner plus a roller bottle to take home.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 24 6:30pm-8:00pm	Res \$26 Non-Res \$30	35431-01

ESSENTIALLY GOOD GIFT MAKING

Parkers Lake Park, 15205 County Road 6

The ultimate workshop to create handmade gifts that are useful, healthful and fun using doTERRA essential oils! During this workshop participants can make lotions and sensuous bath goodies, jewelry and ornaments. Handmade gifts for your favorite people (and pets!). In addition, you'll walk away with an increased understanding about the positive impact that essential oils can have on your wellbeing. Three gifts are included in the workshop. All materials are provided. Additional gifts can be made for \$4 to \$6 each.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Nov 14 6:00pm-8:00pm	Res \$24 Non-Res \$28	35442-01



NUTRITION AND COOKING

EVERYDAY NUTRITION

Plymouth Creek Activity Center, 14800 34th Avenue N

The choices of food we make are key to leading a long and healthy life. Sustainable nutrition is essential. A balanced diet is comprised of foods that are healthy for an individual and for the environment is considered sustainable. Most sustainable foods do not have labels and don't come in a box. Fresh, local, seasonal fruits and vegetables and protein from animals that are farmed organically are considered sustainable nutrition. Discover why fad diets are not considered to be sustainable. Learn what foods contain good fats and bad fats and how the two act very differently in our body.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 25 6:30pm-8:00pm	Res \$22 Non-Res \$25	35439-01

COOKING WITH HY-VEE

Hy-Vee Plymouth, 16705 County Rd 24

Tasty meals that your family will love, just in time for the start of another school year. Participants will prepare three different recipes (4-8 servings each). Class led by a registered dietician.

AGES: 18+ DAY: M COST: Res \$60 Non-Res \$69	DATE	TIME	ACTIVITY
	Family Meals Month		
	Sep 9	6:30pm-8:00pm	35438-01
	Sep 23	6:30pm-8:00pm	35438-02
	Allergen Awareness Month		
	Oct 7	6:30pm-8:00pm	35438-03
	Oct 21	6:30pm-8:00pm	35438-04
	Diabetes Month		
	Nov 4	6:30pm-8:00pm	35438-05
	Nov 18	6:30pm-8:00pm	35438-06
	Healthy Holidays		
	Dec 2	6:30pm-8:00pm	35438-07
	Dec 16	6:30pm-8:00pm	35438-08

BLOOMA

BLOOMA BARRE YOGA (BABYWEARING FRIENDLY)

Bloom, 3900 Vinewood Ln N

All ages and levels of fitness experience welcome. This fast, fun class brings you a Bloom Barre class that is adaptable for babies in carriers. Bloom Barre utilizes targeted isometric movements to tone, lift, and engage muscle groups one at a time, sometimes even ones you didn't even know you had. Each class is full of energetic music; an encouraging, empowering instructor, and uses a blend of unique exercises on your mat or at the stable wooden barre, sometimes with a bit of cardio mixed in. Caregivers are invited to bring their baby (birth to pre-crawling) along in a carrier to this class to make getting in your workout a little bit easier while soaking up support from the community. Feeding or diaper changing in the space is welcome, and bringing baby is not required. With baby or without, this class is a perfect way to pack a lot of fitness into a fast, fun class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Th	Sep 5-Oct 24 7:45pm-8:45pm	Res \$96 Non-Res \$105	35433-01

BLOOMA PRENATAL YOGA

Bloom, 3900 Vinewood Ln N

All stages of pregnancy and levels of yoga experience welcome. Whether you are a new or experienced yoga student, our trained yoga teachers will guide you gracefully through meditation, breathing, and movement specialized for the prenatal body and mind. Designed to both nurture and challenge you, Bloom prenatal yoga inspires trust in your birthing journey while providing an open community to discuss what you are experiencing. You'll benefit from much-needed relaxation, while strengthening the muscles that support your baby during pregnancy, birth and the postpartum period. Empower and inspire yourself for birth, bond with baby and meet other mamas in your community.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Th	Sep 5-Oct 24 6:30pm-7:30pm	Res \$96 Non-Res \$105	35432-01



TAI CHI

Plymouth Creek Activity Center, 14800 34th Avenue N

TAI CHI FOR HEALTH

Using mind and body connection, Tai Chi practice creates internal strength through gentle relaxing movements. You increase balance, strengthen bones, improve flexibility and coordination. Tai Chi is a life-long exercise with many positive benefits for participants living with or without arthritis. The form is easy to learn and suitable for all ages. Wear loose fitting clothing and flat comfortable shoes. Instr: Cindy Bergstrom.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 18-Nov 6 6:45pm-7:45pm	Res \$58 Non-Res \$66	35406-01

TAI CHI CHIH

T'ai Chi Chih® is a gentle, meditative and calming practice consisting of 19 movements and one pose which are designed to circulate and balance the vital energy of the body to optimize health and well-being; it can be done standing or seated. It is not a martial art. With daily practice, benefits may include improved balance and flexibility, reduced stress, blood pressure control, increased energy, better concentration, or improved immune function.

TAI CHI CHIH BEGINNER

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 10-Oct 29 10:00am-11:00am	Res \$52 Non-Res \$60	35416-01
18+	Tu	Nov 12-Dec 17 10:00am-11:00am	Res \$40 Non-Res \$46	35416-02

TAI CHI CHIH INTERMEDIATE

Pre-requisite: Completion of a beginner class in T'ai Chi Chih.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 10-Oct 29 11:30am-12:30pm	Res \$52 Non-Res \$60	35417-01
18+	Tu	Nov 12-Dec 17 11:30am-12:30pm	Res \$40 Non-Res \$46	35417-02

ZUMBA

Plymouth Creek Activity Center, 14800 34th Avenue N
Instr: Gina Galindo

ZUMBA GOLD

Fitness class for senior adults that uses exciting Latin and international dance rhythms. Class is modified for beginner participants. No dance experience necessary. Comfortable clothing and workout shoes recommended. Using dance and fitness moves, experience a complete body workout. No program: 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 10-Oct 22 9:00am-10:00am	Res \$56 Non-Res \$64	35418-01
18+	Tu	Oct 29-Dec 10 9:00am-10:00am	Res \$56 Non-Res \$64	35418-02
18+	Th	Sep 12-Oct 24 9:00am-10:00am	Res \$56 Non-Res \$64	35418-03
18+	Th	Oct 31-Dec 19 9:00am-10:00am	Res \$56 Non-Res \$64	35418-04

ZUMBA LEVEL 1

Zumba takes the work out of workout. Class is easy, aerobic and lots of fun. This dance fitness fuses Latin rhythms with easy-to-follow moves. A dynamic, complete body workout with an emphasis on arms, legs, abdomen and heart. No program: 11/27, 11/29.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	M	Sep 9-Oct 21 5:30pm-6:30pm	Res \$56 Non-Res \$64	35409-01
16+	M	Sep 9-Oct 21 6:45pm-7:45pm	Res \$56 Non-Res \$64	35409-02
16+	W	Sep 11-Oct 23 6:45pm-7:45pm	Res \$56 Non-Res \$64	35409-03
16+	F	Sep 13-Oct 18 5:30pm-6:30pm	Res \$48 Non-Res \$55	35409-04
16+	W	Oct 30-Dec 18 6:45pm-7:45pm	Res \$56 Non-Res \$64	35409-05
16+	F	Nov 1-Dec 20 5:30pm-6:30pm	Res \$56 Non-Res \$64	35409-06
16+	M	Oct 28-Dec 9 5:30pm-6:30pm	Res \$56 Non-Res \$64	35409-07
16+	M	Oct 28-Dec 9 6:45pm-7:45pm	Res \$56 Non-Res \$64	35409-08

ZUMBA LEVEL 2

Zumba takes the work out of workout. Class is easy, aerobic and lots of fun. This dance fitness fuses Latin rhythms with easy-to-follow moves. A dynamic, complete body workout with an emphasis on arms, legs, abdomen and heart. No program: 11/5.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu	Sep 10-Oct 22 6:45pm-7:45pm	Res \$56 Non-Res \$64	35410-01
16+	W	Sep 11-Oct 23 5:30pm-6:30pm	Res \$56 Non-Res \$64	35410-02
16+	Tu	Oct 29-Dec 17 6:45pm-7:45pm	Res \$56 Non-Res \$64	35410-03
16+	W	Oct 30-Dec 18 5:30pm-6:30pm	Res \$56 Non-Res \$64	35410-04



HEALTH & FITNESS

YOGA

HATHA YOGA

Plymouth Creek Activity Center, 14800 34th Avenue N

Increase your energy, condition, relax tight muscles and release stiff joints. Your body will be challenged to align, strengthen and balance. Program for all levels. Monday focus: Slow Flow, Wednesday focus: Power Yoga/Vinyasa. Bring a mat and water. Instr: Jessica Spore.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M,W	Sep 9-Oct 23 6:30pm-7:30pm	Res \$100 Non-Res \$110	35408-01
18+	M,W	Oct 28-Dec 11 6:30pm-7:30pm	Res \$100 Non-Res \$110	35408-02



YOGA CLASSES WITH CLARE OCHRY

CHAIR YOGA

Plymouth Creek Activity Center, 14800 34th Avenue N

A series of seated and standing yoga poses. Chair support modification offered. Designed to increase flexibility and balance. Restorative breathing emphasized and a final relaxation is included. Instr: Clare Ochry. No program: 11/11.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 9-Oct 21 10:30am-11:15am	Res \$49 Non-Res \$56	35419-01
18+	M	Oct 28-Dec 16 10:30am-11:15am	Res \$49 Non-Res \$56	35419-02

RESTORATIVE YOGA

Parkers Lake Park, 15205 County Road 6

What's so great about Restorative Yoga? The experience of facilitated conscious relaxation brings the nervous system to a parasympathetic state that helps to achieve a deeper sleep at night. Just 15-20 minutes of conscious relaxation is as beneficial as three hours of sleep. Other measurable results obtained during deep relaxation can include: lowering of blood pressure, increased "good cholesterol" levels, reductions in belly fat, digestion improvements, lowering blood sugar levels, reduction of muscle tension and general fatigue. Learn how to get into "rest and digest mode" deeply and completely in this gentle, nurturing series. Great for all experience levels. Bring a mat and your favorite blanket. Instr: Patty Brady.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 23-Nov 11 7:00pm-8:15pm	Res \$96 Non-Res \$105	35441-01

MINDFUL MOVEMENTS YOGA

Plymouth Creek Activity Center, 14800 34th Avenue N

Blend your deep breathing techniques with mindful movements. Discover clarity of mind, strength of body and beauty of spirit. A mix of poses and meditations for a complete sense of well-being. All levels accepted. Instr: Clare Ochry. No program: 11/11.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 9-Oct 21 11:30am-12:30pm	Res \$49 Non-Res \$56	35421-01
18+	M	Oct 28-Dec 16 11:30am-12:30pm	Res \$49 Non-Res \$56	35421-02

DEEP CALM YOGA

Plymouth Creek Activity Center, 14800 34th Avenue N

This gentle flow mat class infuses movement with meditation and breath. It is for anyone who wishes to access a deeper sense of calm and clarity. The focus is on freedom of movement, balance and stress reduction. Instr: Clare Ochry. No program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 11-Oct 23 9:45am-10:45am	Res \$49 Non-Res \$56	35435-01
18+	W	Oct 30-Dec 18 9:45am-10:45am	Res \$49 Non-Res \$56	35435-02

YIN YOGA

Parkers Lake Park, 15205 County Road 6

The practice of Yin Yoga is a slow and restorative style that involves relaxing the body right up to ones' healthy edge, really feeling into each and every part of the body, especially any areas of pain. When we breathe in deeply while our bodies are outstretched, we are able to release tension. This process results in feeling more balanced and less restless, giving back more strength and energy than it takes away. Great for people who stand all day, are tense, inflexible, or experience anxiety. Bring a mat and your favorite blanket. Instr: Patty Brady.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 24-Nov 12 7:00pm-8:15pm	Res \$96 Non-Res \$105	35440-01

YOGA TONE

Plymouth Creek Activity Center, 14800 34th Avenue N

Safe strength training using light weights, infused with yoga alignment and breathing principles. Builds muscle and overall well-being. Instr: Clare Ochry. No program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 11-Oct 23 11:00am-12:00pm	Res \$49 Non-Res \$56	35422-01
18+	W	Oct 30-Dec 18 11:00am-12:00pm	Res \$49 Non-Res \$56	35422-02

YOGA EASY

Plymouth Creek Activity Center, 14800 34th Avenue N

Enjoy a soothing stretch journey celebrating life with body, mind and spirit! Strengthens and conditions muscles as it relieves stiff joints and aids balance and breath. All postures have modifications. Instr: Clare Ochry. No program: 11/29.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Sep 13-Oct 25 9:00am-10:00am	Res \$49 Non-Res \$56	35420-01
18+	F	Nov 1-Dec 20 9:00am-10:00am	Res \$49 Non-Res \$56	35420-02

ADULT

MARTIAL ARTS

SHOSHIN RYU JUJITSU ADULT

Shoshin Ryu Martial Arts, 13605 27th Avenue N

Classical Japanese Martial Art with the emphasis on Self Defense along with the improvement in one's character and spirit. The class integrates a variety of skills including throws, striking, kicking, grappling, weaponry and jujitsu into a powerful self-defense based art. Instr: Brian Combo. No program: 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
13+	Th	Sep 12-Oct 24 7:00pm-8:00pm	Res \$69 Non-Res \$79	35217-01
13+	Th	Nov 7-Dec 19 7:00pm-8:00pm	Res \$60 Non-Res \$69	35217-02



SPORTS

BADMINTON - ADULT OPEN

Wayzata High School, 4955 Peony Lane

We supply the net and the birdies; you supply the racket. Limited number of loaner rackets available. Players must pre-register for this program. Registration is limited. No program: 10/17, 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 16-Oct 28 7:30pm-10:00pm	Res \$35 Non-Res \$42	35213-01
18+	Th	Sep 19-Oct 31 7:30pm-10:00pm	Res \$30 Non-Res \$36	35213-02
18+	M	Nov 4-Dec 16 7:30pm-10:00pm	Res \$35 Non-Res \$42	35213-03
18+	Th	Nov 14-Dec 19 7:30pm-10:00pm	Res \$25 Non-Res \$30	35213-04

GOLF - ADULT BEGINNER

Parkers Lake Golf Center, 1050 Vicksburg Lane

From beginners to experience players, we have a class that fits your ability and comfort level. Lessons are taught by Instructors from the Bryan Skavnak Golf Academy. Price includes all aspects of the class including golf balls. Loaner clubs are available for those who need them, but we recommend bringing your own. Call 763-475-4668 or 763-443-8090 on rainy days to see if the course is open. Rainouts will be made up the following week each sessions.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 7-Sep 28 11:15am-12:15pm	Res \$81 Non-Res \$93	35219-01
18+	Su	Sep 8-Sep 29 3:00pm-4:00pm	Res \$81 Non-Res \$93	35219-02

SOCCER - ADULT OPEN OUTDOOR

Co-Rec soccer on a social level. Not for the aggressive/competitive player. No slide tackling, shin guards recommended. Teams formed on site by captains each week. Pre-registration required.

AGES	DAY	DATE & TIME	COST	ACTIVITY
Plymouth Fieldhouse, 14800 34th Avenue N*				
*Oct 6 & 13 program at Parkers Lake Playfield				
18+	Su	August 25-Oct 13 4:30pm-6:00pm	Res \$37 Non-Res \$44	35216-01
Parkers Lake Playfield, 15500 Co Rd 6				
18+	W	August 28-Oct 16 7:30pm-9:00pm	Res \$37 Non-Res \$44	35216-02

SOCCER - ADULT OPEN INDOOR

Plymouth Fieldhouse, 14800 34th Avenue N

Co-rec soccer on a social level. Not for aggressive/competitive players. No slide tackling; shin guards recommended. Teams formed on site by captains. Pre-registration required.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M 8 wks	Oct 28-Dec 16 9:00pm-10:30pm	Res \$109 Non-Res \$120	35207-01
18+	W 7 wks	Oct 30-Dec 11 9:00pm-10:30pm	Res \$96 Non-Res \$110	35207-02

TABLE TENNIS - ADULT OPEN

Wayzata High School, 4955 Peony Lane

We supply the tables, paddles, balls, and setup. Players rotate on the tables depending on the number of people. Players will need to pre-register for each session.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 1-Nov 5 7:30pm-10:00pm	Res \$30 Non-Res \$36	35206-01
18+	Tu	Nov 12-Dec 17 7:30pm-10:00pm	Res \$30 Non-Res \$36	35206-02



SPORTS

VOLLEYBALL - ADULT OPEN

Wayzata High School, 4955 Peony Lane

We supply the nets, volleyballs and setup. Players rotate on the court depending on the number of people. Participants will need to pre-register for this program. Participants will need to register for each seasonal session. No program: 11/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 2-Oct 30 7:30pm-10:00pm	Res \$25 Non-Res \$30	35214-01
18+	W	Nov 6-Dec 18 7:30pm-10:00pm	Res \$30 Non-Res \$36	35214-02

WATER SPORTS:

INTRO TO STAND UP PADDLEBOARD

Wayzata East Middle School, 12000 Ridgemount Avenue

An introductory class to stand up paddleboarding. Focusing on the fundamentals, proper safety for a great foundation for future paddling. No previous experience necessary. Expect to get wet, and spend time in the water. Instr: North American Adventures and Gear LLC. All equipment provided including life jacket.

AGES	DAY	DATE & TIME	COST	ACTIVITY
14+	Sa	Nov 2 4:30pm-6:00pm	Res \$30 Non-Res \$32	35226-01

LEAGUES

FALL 5 X 5 UNOFFICIATED BASKETBALL LEAGUE

Armstrong High School, 10635 36th Avenue N

Full court; no referees, call your own fouls. Timekeeper supplied. Two divisions based on competition level. New teams placed in lower division unless request to play up. Supply your own ball.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 9-Nov 11 6:00pm-10:00pm	\$190	35220

FALL MEN'S OUTDOOR OFFICIATED SOCCER LEAGUE

Parkers Lake Playfield, 15500 Co Rd 6

Play 6 v 6 plus goalie. Depending on number of teams, two divisions based on competitive level. Returning teams may be moved up. Roster limit is 16.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Su	Sep 8-Oct 20 6:00pm-8:00pm	\$315	35205

4 X 4 TOUCH FOOTBALL

Bass Lake Playfield, 5450 Northwest Blvd

4 x 4 Unofficiated Touch Football League. Supply your own ball. Call 763-509-5200 to register or for details.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 11-Oct 23 7:30pm-9:30pm	\$150	35229

FALL SOCCER INDOOR OFFICIATED LEAGUE

Plymouth Fieldhouse, 14800 34th Avenue N

Play 6 v 6 plus goalie, 2 or 3 divisions based on competitive level. Returning teams may be moved up. Roster limit is 16. No program: 11/28.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 31-Dec 26 8:00pm-11:00pm	\$975	35206

FALL CO-REC UNOFFICIATED VOLLEYBALL LEAGUE

Armstrong High School, 10635 36th Avenue N

Play with up to 3 men and 3 women per team on the court (4 player minimum). Teams call their own violations. Roster limit is 12. Call 763-509-5200 to register or for details.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 4-Nov 22 6:00pm-9:00pm	\$130	35203

WINTER 5 X 5 OFFICIATED BASKETBALL LEAGUE - WED

Armstrong High School, 10635 36th Avenue N

Scrimmage game plus ten-game season. Single-elimination playoff within division at end of season. Roster limit is 12. Teams are sanctioned by the MRPA. League champion advances to a state tournament. Call 763-509-5200 for roster and registration forms. Registration starts September 3. No program: 12/25, 1/1.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Dec 4-Feb 26 6:00pm-10:00pm	\$625	35221

WINTER 5 X 5 OFFICIATED BASKETBALL LEAGUE - THURS

Armstrong High School, 10635 36th Avenue N

Scrimmage game plus ten game season. Single-elimination playoff within division at end of season. Roster limit is 12. Teams are sanctioned by the MRPA. League champion advances to a state tournament. Call 763-509-5200 for roster and registration forms. Registration starts September 4. No program: 12/26, 1/2.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Dec 5-Feb 27 6:00pm-10:00pm	\$625	35222



WEATHER LINE: 763-509-5205

call for updates on class cancellations



EVENTS AT THE PLYMOUTH CREEK CENTER

14800 34th Avenue N

MOVIES & POPCORN

Enjoy an afternoon going to the movies right here at Plymouth Creek Center. Popcorn, movie and soda are free. Please call for movie title. Theater seats fill up quickly, so please be sure to register at 763-509-5280.

AGES: 50+ | COST: Free | TIME: 1:00–3:30 pm

Tuesday, Sep 10 Wednesday, Nov 13
Wednesday, Oct 9 Tuesday, Dec 10

VETERANS EVENT - FRI., NOV. 8

Join us for a breakfast honoring our local Veterans and recognizing their service to our country. All Veterans are free. Last day to register or cancel is Nov. 1.

TIME: 9:30am–11:00am
COST: \$9 No fee for Veterans

HOLIDAY DANCE - MON., DEC 2

Enjoy a lovely afternoon as we celebrate the holidays and dance to the music of Bill Koncar. Dessert, coffee and punch will be served. Call 763-509-5280 Mon-Fri between 8am–4:30 pm to register. Please register by 11/29 at 4:30 pm for the advance rate.

TIME: 1:00pm–3:30pm
COST: \$10 before 11/29 | \$13 at the door and after 11/29

OKTOBERFEST

Plymouth Creek Activity Center, 14800 34th Avenue N

Don't miss this celebration of good food and 'German-style' fun. Robbinsdale Area Schools Community Education, along with the cities of Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Plymouth and Robbinsdale, present an Oktoberfest Senior Lunch and Dance at the Plymouth Creek Center. During the luncheon, entertainer 'Squeezy' Wes Miller will delight attendees with authentic polka and Oktoberfest accordion music. A seasoned accordion performer, 'Squeezy' will walk through the crowd to entertain audiences and provide a fun Oktoberfest party atmosphere. After lunch, dance or sit back and listen to the Fridley City Polka band, playing a variety of dance music, polkas and old-tyme classics. Menu includes authentic German style pretzels, Bratwurst, Sauerkraut, Potato Salad, vegetable coffee, root beer and Apple Strudel for dessert. A cash bar offering beer will be available. Limited spaces available. Last day to register/cancel is Sep 25 unless previously filled.

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	Th	Oct 3 11:30am–1:30pm	Res \$15 Non-Res \$15	35701-01

SENIOR TRIPS

Trips are open to all area seniors and leave from the Plymouth Creek Center, 14800 34th Ave. N. Payments must be made at the time of registration. Please arrive 15 minutes prior to departure.

ST. CROIX CASINO

Travel to Turtle Lake, WI, for a fun fall day at the casino. If you already have a TLC number, please mention it at the time of registration. Deadline to register/cancel: October 8.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Tu	October 15 9:00am–4:30pm	Res \$5 Non-Res \$7	35600-01

SHOJI TABUCHI AT THE PARAMOUNT THEATER

From Osaka to Nashville to Branson to St. Cloud! Shoji Tabuchi has thrilled audiences with his masterful performances on the violin and has been named Entertainer of the Year by the Ozark Music Awards four years in a row. For the past 30 years, he's been a featured attraction at the Shoji Tabuchi Theatre in Branson, MO. His shows feature country music, Christmas classics and a wide variety of songs from multiple genres including Broadway tunes. Before the show, enjoy lunch at the Coyote Moon Restaurant overlooking the Territory Golf club in St. Cloud. Deadline to register/cancel is Sept. 30.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	W	November 6 10:30am–5:00pm	Res \$90 Non-Res \$99	35601-01

A SWEDISH CHRISTMAS

Experience the splendor of Christmas at the American Swedish Institute. Take a guided tour of the Turnblad Mansion decorated for the holiday season. Enjoy a traditional Swedish lunch which includes meatballs, gravy, potatoes, rye bread with butter, beet salad, cucumber salad, dessert and beverage. After lunch spend time in the Bokhandel Gift Shop and find unique gifts including collectibles, jewelry, books, Scandinavian kitchen items, decorations, treats and more. Deadline to register/cancel is Oct. 14.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Th	Nov 14 9:15am–2:30pm	Res \$70 Non-Res \$80	35602-01

HOLIDAY LIGHTS TOUR

Get into the holiday mood with a tour of lights in St. Paul. A local guide will take you through the colorful city streets, quaint neighborhoods and past beautiful light displays while aboard a cozy, warm coach. Enjoy dinner before the tour at the Cherokee Tavern. Menu includes small sirloin steak, tossed salad, baked potato, rolls, beverage and dessert. A chicken entree option is available, but must be pre-ordered at time of registration. Deadline to register/cancel is Nov. 12.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Tu	Dec 10 3:15pm–8:45pm	Res \$72 Non-Res \$82	35603-01



Senior Groups ADULT

MINNESOTA HIGHWAY SAFETY & RESEARCH CENTER DRIVING CLASSES

Plymouth Creek Activity Center, 14800 34th Avenue N

Taught by trained instructors, topics include changes in traffic laws, vehicle technology and defensive driving tips using educational videos and classroom training/discussion. Sessions are available in a basic (8-hour) first-time course or a refresher (4-hour) course. Please bring what you need for the day (eg. snack, lunch or beverage). Completion of this course allows for a 10% reduction on automobile insurance premiums in Minnesota for those ages 55 and over. Refresher course must be completed every three years for discount.

For class fees & registration contact
MN Hwy Safety Center toll free number: 1-888-234-1294

DAY/DATE	COURSE	TIME
Tuesday, Oct 8	Refresher	12:00pm-4:00pm
Wednesday, Oct 23	Refresher	4:30pm-8:30pm
Friday, Nov 8	Refresher	11:00am-3:00pm
Tuesday, Dec 17	Refresher	4:30pm-8:30pm



GROUP	MEETING DAY	TIME	CONTACT	FEE
500 Card Club	Every Friday	1:00–4:00pm	Linda: 952-448-9202	YES
Antiques & Collectibles	Last Wed of Month No Meetings June - August	1:30–3:30pm	Arlene: 763-559-9636	YES
Arts Studio	Every Friday	9:00–11:30am	David: 763-383-8921	YES
Biking Club	Wednesdays (April - Oct.)	Times Vary	Bill: 763-546-7835	YES
Book Club	1st Wednesday	1:30–2:30pm	763-509-5280	YES
Boomers & Up Friends Club	Dates Vary - call for info	Times Vary	Sandy: 763-473-1514	YES
Bridge - Party	Every Wednesday	12:00pm–4:00pm	Diane: 763-473-6047	YES
Duplicate Bridge Group	2nd & 4th Wednesday	12:00pm–4:00pm	Nancy: 763-559-3259	YES
Computer Users Group	4th Wednesday	10:00am–Noon	John: 763-557-8087	YES
Cribbage	Every Thursday	12:30–3:00pm	Jeff: 763-551-9185	YES
Current Events Discussion Group	Every Thursday	9:45–11:45am	Jan 763-557-0140	YES
Evening Bridge	Every Monday	6:30pm–9:15pm	Diane: 763-473-6047	YES
Mah Jongg	Every Tuesday	12:30–4:00pm	763-509-5280	YES
Men's Club	4th Tuesday	9:00–11:00am	763-509-5280	YES
Needle Arts	1st & 3rd Thursdays	11:30am–2:30pm	Kay: 763-577-0753	YES
Plymouth Handycrafters	2nd & 4th Thursday	1:00–3:00pm	Fran: 763-559-9316	YES
Plymouth Rockers Chorus	Mondays, Feb-June, Sept-Dec	9:00–11:30am	Marilou: 763-473-4404	YES
Plymouth Senior Club	3rd Monday (May-Dec) 4th Monday (Jan-Apr) No Meeting in July	12:00–4:00pm	Sandy: 763-218-1611	YES
Plymouth Woodcarvers	Every Thursday	9:00am–12:00pm	Jim: 763-441-4279	YES
Story Time Players	1st & 3rd Tuesdays	1:00–3:00pm	Randi: 218-791-2884	YES
Writers Group	Every Monday	1:00–3:00pm	Elaine: 763-473-5628	YES

SERVICES

English as a Second Language - ESL	2nd Monday each month	10:00am-12:00pm	763-509-5280	NO
Caregiver Coaching			SCS: 612-770-7005	NO
Caregiver Support Group	3rd Wednesday each month	10:00am-11:30am	Becky Allard, LSW 952-746-4028	NO
Senior Outreach	by appointment		SCS: 612-770-7005	NO



Wayzata East Middle School
1200 Ridgemount Avenue

Entrance on south side of building at "CommEd/Pool" door

SWIM LESSON POLICIES

- Proper placement in the appropriate level is critical to your child's success. Please read the class descriptions carefully. Questions? Please call 763-509-5200
- Child must meet level's age requirement by first day of class; (successful completion of previous level or equivalent skills required).
- Children are tested at the first lesson to assure proper placement. If your child is registered incorrectly, they will be transferred, if space permits, or withdrawn (pro-rated refund issued)
- All levels include water safety instruction.
- No refund will be given for a single canceled class due to circumstances beyond our control.
- Tight-fitting plastic pants required over Little Swimmers (or similar) if child is not toilet trained. No diapers.
- All staff are Red Cross-certified; Lifeguards are on duty.

ADULT BEGINNER SWIMMING

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety. (Ratio 1:4). No program: 10/20.

AGES	DAY	DATE & TIME	COST	ACTIVITY
15+	Sa	Sep 14-Nov 9 1:00pm-1:50pm	\$117	35800-01

WOMEN'S ADULT BEGINNER SWIMMING

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety. (Ratio 1:4). Taught by female instructors.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	M	Nov 4-Dec 9 8:00pm-8:45pm	\$80	35802-01

INFANT/TODDLER SWIMMING

A parent/child class that builds basic swimming skills and water safety knowledge. Using games and activities, the class will focus on water adjustment and basic comfort in front & back positions. One adult required to be in the water. No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
0.5-2.5	Sa	Sep 14-Nov 9 12:20pm-12:50pm	\$106	31800-01

PRESCHOOL PARENT/CHILD SWIMMING

A class for those new to swimming or wishing to build on comfort and water safety skills learned in the Infant/Toddler class. Beginning swim skills introduced including: breath control, front & back position, and movement in the water. One adult per child required in the water. No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-4	M	Sep 9-Oct 28 6:40pm-7:10pm	\$106	31801-01
2-4	Th	Sep 12-Nov 7 6:40pm-7:10pm	\$106	31801-02
2-4	Sa	Sep 14-Nov 9 10:20am-10:50am	\$106	31801-03

NEW! SWIM STARS SWIMMING

Pre-req: Parent/Child Preschool. A class for children to develop the confidence needed to transition to a Preschool 1 swimming class independently. Parent/adults will be in the water for the first 3 classes, then transition to a preschool class with an instructor. (Ratio 4:1).

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	M	Nov 4-Dec 9 6:40pm-7:10pm	\$80	31802-01

PRESCHOOL 1 SWIMMING

This class is for those who have completed a parent/child class or a child comfortable in a class setting without a parent. Class introduces age appropriate basic swimming skills, breath control, bobbing underwater, supported front and back floats/glides and movement in the water (5-10 ft). (Ratio 4:1). No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	M	Sep 9-Oct 28 6:40pm-7:10pm	\$106	32800-01
3-5	Th	Sep 12-Nov 14 6:40pm-7:10pm	\$106	32800-02
3-5	Th	Sep 12-Nov 14 7:15pm-7:45pm	\$106	32800-03
3-5	Sa	Sep 14-Nov 9 9:00am-9:30am	\$106	32800-04
3-5	Sa	Sep 14-Nov 9 11:00am-11:30am	\$106	32800-05
3-5	M	Nov 4-Dec 9 6:40pm-7:10pm	\$80	32800-06



AQUATICS

PRESCHOOL 2 SWIMMING

For preschoolers who are comfortable in the water. Expand on basic skills: bobbing underwater, unsupported front and back floats/glides, swim on front and back unsupported 6ft. Jump in water alone. (Ratio 4:1). No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	M	Sep 9-Oct 28 6:40pm-7:10pm	\$106	32801-01
3-5	Th	Sep 12-Nov 14 6:40pm-7:10pm	\$106	32801-02
3-5	Sa	Sep 14-Nov 9 9:40am-10:10am	\$106	32801-03
3-5	Sa	Sep 14-Nov 9 11:40am-12:10pm	\$106	32801-04
3-5	M	Nov 4-Dec 9 6:40pm-7:10pm	\$80	32801-05

BEGINNER 1 SWIMMING

This class is an introduction to water skills and builds basic swimming skills for comfort in the water. Class introduces floating, kicking, gliding, arm & leg action, swimming independently on front/back (10 ft), and breath control. (Ratio 4:1). No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-14	M	Sep 9-Oct 28 7:15pm-7:55pm	\$106	33800-01
5-14	M	Sep 9-Oct 28 7:15pm-7:55pm	\$106	33800-02
5-14	Th	Sep 12-Nov 14 7:15pm-7:55pm	\$106	33800-03
5-14	Sa	Sep 14-Nov 9 10:00am-10:40am	\$106	33800-04
5-14	Sa	Sep 14-Nov 9 12:00pm-12:40pm	\$106	33800-05
5-14	M	Nov 4-Dec 9 7:15pm-7:55pm	\$80	33800-06

BEGINNER 2 SWIMMING

This class is for those who have passed Beginner 1 or are able to float on front and back (5 sec) and independent swim (10 ft on front/back). Class builds on Beginner 1 skills introducing front & back crawl, elementary backstroke and fundamental techniques while building endurance to swim front crawl (15 ft). (Ratio 5:1). No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-14	M	Sep 9-Oct 28 7:15pm-7:55pm	\$106	33801-01
5-14	Th	Sep 12-Nov 14 7:15pm-7:55pm	\$106	33801-02
5-14	Sa	Sep 14-Nov 9 11:00am-11:40am	\$106	33801-03
5-14	M	Nov 4-Dec 9 7:15pm-7:55pm	\$80	33801-04

ADVANCED BEGINNER SWIMMING

A class for those who have passed Beginner 2 or have the equivalent skills. Class concentrates on stroke development, through guided practice, to swim front crawl & back crawl (15 yds each). 30 yd. endurance swim. Intro of elementary back stroke (15 ft), treading water, and diving introduction. (Ratio 5:1). No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-14	M	Sep 9-Oct 28 8:00pm-8:45pm	\$106	33802-01
6-14	Th	Sep 12-Nov 14 8:00pm-8:45pm	\$106	33802-02
6-14	Sa	Sep 14-Nov 9 9:00am-9:45am	\$106	33802-03
6-14	Sa	Sep 14-Nov 9 11:00am-11:45am	\$106	33802-04
6-14	M	Nov 4-Dec 9 7:15pm-7:55pm	\$80	33802-05

INTERMEDIATE 1 SWIMMING

A class for those who have passed Advanced Beginner or have the equivalent skills. Class stresses technique and endurance with front & back crawl and elementary backstroke (25 yds). Class introduces breast stroke kick and dolphin kicks, diving progression, deep water skills, lap swimming, and 50 yds endurance swim. (Ratio 6:1). No program: 10/19.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-14	M	Sep 9-Oct 28 8:00pm-8:45pm	\$106	33803-01
6-14	Sa	Sep 14-Nov 9 9:00am-9:45am	\$106	33803-02

INTERMEDIATE 2 SWIMMING

This class is for those who have passed Intermediate 1 or have equivalent skills. Class stresses stroke refinement of swimming 25 yds of front crawl, elementary back stroke, with a combined endurance swim of 100 yds. Class introduces breast stroke and side stroke coordination (15 yds), dolphin kick, and refines dives and deep water skills. (Ratio 6:1) No program: 10/17, 10/19, 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-14	Th	Sep 12-Nov 14 8:00pm-8:45pm	\$106	33804-01
6-14	Sa	Sep 14-Nov 9 12:00pm-12:45pm	\$106	33804-02

LOOKING FOR A
WATER SPORT ADVENTURE?
See Log rolling on page 8
and Stand up paddleboarding on page 43



Wayzata East Middle School
1200 Ridgemount Avenue

Entrance on south side of building at "CommEd/Pool" door

ADVANCED 1 SWIMMING

Objectives: refine techniques in all strokes (front crawl, back crawl, elementary backstroke 50yds, breast stroke and sidestroke 25yds), learn basic butterfly, become an endurance swimmer (ratio 6:1). No program: 10/17, 10/19, 11/29.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-14	M	Sep 9-Oct 28 8:00pm-8:45pm	\$106	33805-01
8-14	Sa	Sep 14-Nov 9 10:00am-10:45am	\$106	33805-02
8-14	F	Nov 1-Dec 13 6:40pm-7:25pm	\$80	33805-03

ADVANCED 2 SWIMMING

Objectives: Perfect all strokes (front crawl and back crawl 100 yds., elementary backstroke, breaststroke, and sidestroke 50yds, butterfly 25yds), tread water 5 minutes, endurance swim 500yds (ratio 6:1) No program: 10/17, 10/31, 11/29.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-14	Th	Sep 12-Nov 14 8:00pm-8:45pm	\$106	33806-01
8-14	F	Nov 1-Dec 13 7:35pm-8:20pm	\$80	33806-02

RED CROSS LIFEGUARD CLASS

Interested in becoming a lifeguard?

Class dates are Nov 15, Nov 16, Nov 23.

Call 763-509-5200 or email recreation@plymouthmn.gov



POOL RENTAL

Enjoy the pool with your group, club or organization. Wayzata East Pool and Wayzata West Pool rental fee is \$95/hour and includes two lifeguards. Large groups will be charged for additional guards. Call 763-509-52000 at least two weeks in advance.

NOTE: Rentals are dependent upon pool and lifeguard availability, limited hours. No Sunday Rentals.



HELP WANTED

Do you love kids? How about being in the water?
We have the perfect job for you!

We are looking for prospective lifeguards, swimming assistants & instructors. Training for qualified candidates, including Lifeguard certification.

For lifeguard or teaching positions, apply online at plymouthmn.gov or call 763-509-5200 for more information.

FALL OPEN SWIM

FRIDAY NIGHTS - 6:45-8:30 PM

Wayzata East Middle School Pool -
12000 Ridgemount Avenue

DATES:

SEPTEMBER 13, 27
OCTOBER 4, 11, 25
NOVEMBER 1, 8, 15, 22
DECEMBER 6, 13

COST:

\$5
individual or child

\$20
family of four

- Lap lane available
- Non-swimmers/children under 36" must be accompanied by an adult
- Parents/adults must directly supervise children 6 and under
- A swim test is required before children can use the deep end and diving board

FAMILIES:

- Enjoy swimming together
- Bring toys, noodles and lifejackets (no waterwings/inflatable swimsuits)
- Schedule subject to change



SKATING

OPEN SKATING

FRIDAYS 6:45PM-8:15PM

Sep 6 through Nov 8, plus Dec 6 and 20

SUNDAYS 1:45PM-3:15PM

Sep 8, 15, 22 | Oct 20, 27 | Nov 3, 10, 17, 24 | Dec 1, 8, 15, 22, 29

TUESDAYS 12:00PM-1:30PM

Sep 3 through Dec 31

BONUS DATES:

9/21 - 12 pm-2 pm | 10/17, 10/18 - 12 pm-1:30 pm

11/7, 11/8 - 12 pm-1:30 pm | 11/29 - 12 pm-1:30 pm

PLYMOUTH SKATE SCHOOL offers a fun and safe learning environment for students of all ages and abilities to learn how to skate.

SKATING CONTRACT ICE

An opportunity for skaters to practice or take private lessons. If space is available, walk-ins will be \$18 per hour or \$9 per half hour. If interested, contact the Plymouth Ice Center, 763-509-5250.

NOTE: Coaches who are Skate School instructors will not be charged to teach on contract ice. All others pay for ice time. No program: 10/26, 10/27.

AGES: 0+ COST: \$60

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	8:30am-9:00am	36200-01
Su	Sep 29-Nov 24	2:15pm-3:15pm	36200-02

SKATING ADULT

Beginner through advanced levels using basic skills. No program: 10/26, 10/27.

AGES: 16+ COST: Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	9:35am-10:10am	36201-01
Su	Sep 29-Nov 24	4:05pm-4:35pm	36201-02
Su	Sep 29-Nov 24	6:30pm-7:00pm	36201-03

SKATING BEGINNERS

For children that have never been on ice. Helmets required. No program: 10/26, 10/27.

AGES: 4-6 COST: Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	9:00am-9:30am	36203-01
Sa	Sep 28-Nov 23	9:35am-10:05am	36203-02
Sa	Sep 28-Nov 23	10:55am-11:25am	36203-03
Sa	Sep 28-Nov 23	11:30am-12:00pm	36203-04
Su	Sep 29-Nov 24	2:15pm-2:45pm	36203-05
Su	Sep 29-Nov 24	3:30pm-4:00pm	36203-06
Su	Sep 29-Nov 24	4:05pm-4:35pm	36203-07
Su	Sep 29-Nov 24	5:25pm-5:55pm	36203-08
Su	Sep 29-Nov 24	6:00pm-6:30pm	36203-09

SKATING BEGINNER/INTERMEDIATE

For children who have skated previously and can walk on the ice. They must know how to fall down and get up on their own. No program: 10/26, 10/27.

AGES: 4-6 COST: Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	9:00am-9:30am	36204-01
Sa	Sep 28-Nov 23	9:35am-10:05am	36204-02
Sa	Sep 28-Nov 23	11:30am-12:00pm	36204-03
Su	Sep 29-Nov 24	3:30pm-4:00pm	36204-04
Su	Sep 29-Nov 24	4:05pm-4:35pm	36204-05
Su	Sep 29-Nov 24	5:25pm-5:55pm	36204-06
Su	Sep 29-Nov 24	6:00pm-6:30pm	36204-07

SKATING PRE-ALPHA LEVEL 1

For children that have very minimal skating experience. Helmets required at this beginner level. No program: 10/26, 10/27.

AGES: 7-15 COST: Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	9:00am-9:30am	36205-01
Sa	Sep 28-Nov 23	11:30am-12:00pm	36205-02
Su	Sep 29-Nov 24	2:45pm-3:15pm	36205-03
Su	Sep 29-Nov 24	3:30pm-4:00pm	36205-04
Su	Sep 29-Nov 24	6:00pm-6:30pm	36205-05

SKATING PRE-ALPHA LEVEL 2

One foot glide, right/left, two foot glide, forward/backward swizzles, backward wiggle, two foot turns in place, forward pumps on circles. No program: 10/26, 10/27.

AGES: 4-15 COST: Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	9:00am-9:30am	36206-01
Sa	Sep 28-Nov 23	10:55am-11:25am	36206-02
Sa	Sep 28-Nov 23	11:30am-12:00pm	36206-03
Su	Sep 29-Nov 24	3:30pm-4:00pm	36206-04
Su	Sep 29-Nov 24	4:05pm-4:35pm	36206-05
Su	Sep 29-Nov 24	5:25pm-5:55pm	36206-06
Su	Sep 29-Nov 24	6:30pm-7:00pm	36206-07



PLYMOUTH ICE CENTER
3650 Plymouth Boulevard

SKATING



Plymouth Ice Center
3650 Plymouth Boulevard

SKATING ALPHA

Pre-req: Pre-Alpha. Forward stroking, forward crossover (both directions), one foot snowplow stop, backward one foot glides, backward pumps on circle, moving two foot turns. No program: 10/26, 10/27.

AGES: 4-18 **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	9:35am-10:05am	36207-01
Sa	Sep 28-Nov 23	10:55am-11:25am	36207-02
Su	Sep 29-Nov 24	3:30pm-4:00pm	36207-03
Su	Sep 29-Nov 24	5:25pm-5:55pm	36207-04
Su	Sep 29-Nov 24	6:30pm-7:00pm	36207-05

SKATING BETA

Pre-req: Alpha. Backward stroking, backward crossovers both directions, t-stop, backward edges on circle, side toe hop/shuffle, forward edges. No program: 10/26, 10/27.

AGES: 4-18 **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	10:10am-10:40am	36208-01
Su	Sep 29-Nov 24	4:40pm-5:10pm	36208-02
Su	Sep 29-Nov 24	6:30pm-7:00pm	36208-03

SKATING GAMMA

Pre-req: Beta. Forward outside 3-turns, inside open Mohawk, hockey stop, moving backward two foot turns on circle, chasse. No program: 10/26, 10/27.

AGES: 4-18 **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	10:10am-10:40am	36209-01
Su	Sep 29-Nov 24	4:40pm-5:10pm	36209-02

SKATING DELTA

Pre-req: Gamma. Forward inside 3 turn, forward consecutive edges, shoot the duck/lunge bunny hop, backward crossover to backward outside glide, backward outside edge transitions on circle. No program: 10/26, 10/27.

AGES: 4-18 **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	10:10am-10:40am	36210-01
Su	Sep 29-Nov 24	4:40pm-5:10pm	36210-02

SKATING FREESTYLE 1-6

Pre-req: Delta. Advanced figure skating lessons. Jumps and spins. No program: 10/26, 10/27.

AGES: 4+ **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	10:10am-10:40am	36211-01
Su	Sep 29-Nov 24	4:40pm-5:10pm	36211-02

SKATING HOCKEY 1

For those with little experience on the ice. Participants must have hockey skates and know how to fall and recover. Proper stance, stationary snowplow stop, forward marching, dips and glides, backwards wiggle, stationary two foot turns, forward swizzles, rocking horses, t-pushes. No program: 10/26, 10/27.

AGES: 4+ **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	10:55am-11:25am	36212-01
Su	Sep 29-Nov 24	2:45pm-3:15pm	36212-02
Su	Sep 29-Nov 24	5:25pm-5:55pm	36212-03

SKATING HOCKEY 2

Pre-req: Hockey 1. For those with moderate skating experience. Must have hockey skates. Forward power swizzles, backward C-cuts, backward snowplow stops, forward/backward C-cuts on circle plus glides, skateboard push, t-push with glides. No program: 10/26, 10/27.

AGES: 4+ **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 28-Nov 23	10:10am-10:40am	36213-01
Su	Sep 29-Nov 24	2:15pm-2:45pm	36213-02
Su	Sep 29-Nov 24	4:40pm-5:10pm	36213-03

SKATING HOCKEY 3

Pre-Req: Hockey 2. For those with considerable skating experience. Must have hockey skates. One foot snowplow stops, full stride v-pushes, shuffle stride, backward hustle, forward and backward crossovers, hockey stops, quick starts, forward power turns, mohawks, alternating backward crossovers with wide transitions. No program: 10/26, 10/27.

AGES: 4+ **COST:** Res \$102 Non-Res \$116

DAY	DATE	TIME	ACTIVITY
Su	Sep 29-Nov 24	6:00pm-6:30pm	36214-01

MUSIC IN PLYMOUTH™

presented by the Plymouth Civic League and the City of Plymouth who wish to thank all the generous contributors to the 2019 event.

THANK YOU!
The tradition continues.



plymouth
civic league

TRAVEL SHOW

THURSDAY, SEPTEMBER 26

10:30am at the Plymouth Creek Center

Call 763-509-5280 to register



UPCOMING TRIPS INCLUDE:

Christmas in New York City
December 3-6, 2019

Islands of Hawaii
February 20 - March 1, 2020

Nashville
March 10-14, 2020

New Orleans
March 15-19, 2020

Washington D.C.
March 26-30, 2020

Discovering the Danube
March 10-14, 2020

THANK YOU!

THANK YOU!

THANK YOU!

THANK YOU
2019 SPONSORS



Kyle Vitense Agency

For sponsorship opportunities, visit
plymouthmn.gov/sponsors



SHOWCASING YOUR COMMUNITY

SATURDAY, APRIL 18

NOW ACCEPTING
VENDOR APPLICATIONS

Business • Home Improvement
Wellness • Volunteer Opportunities



PLYMOUTH PARKS & RECREATION
WWW.PLYMOUTHMN.GOV • 763-509-5200



Thursday, **SEPT 12**, 6:00 pm
Thursday, **OCT 10**, 6:00 pm

Meet Mayor Jeff Wosje at the
Hilde for an evening run on the trails.
Run will be approximately 5 miles

OCTOBER 27, 11 AM TO 2 PM

WEDDING EXPO

PLYMOUTH CREEK CENTER
14800 34TH AVENUE

BAKERIES | OUR EXCLUSIVE CATERERS
FLORISTS | PHOTOGRAPHERS | PARTY RENTALS

TICKETS: \$2 PER PERSON IN ADVANCE
\$5 PER PERSON AT THE DOOR

Advance ticket sales available at the Plymouth Creek
Center or by calling 763-509-5280.

TIME TRIALS WITH 3RD LAIR

PLYMOUTH PUMPTRACK

Ride the track

Compete for the best time

Music, refreshments, and prizes provided

Bring your own bike and helmet

Skateboards and scooters welcome

THURSDAY, SEPT. 19
6:00-8:00 P.M.

Plymouth Playfield – 9755 36th Avenue N



more info & time trial schedule will be posted on city website

PLYMOUTH PARKS AND RECREATION PRESENTS

THE HARBOR REVUE

A LIVE VARIETY SHOW
AT THE BLACK BOX THEATER

Featuring Comedy, Stories, Poetry, Music, and More

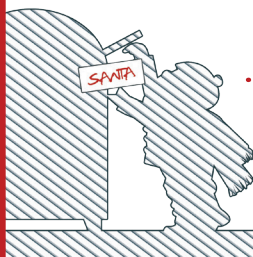
THURS, OCT. 17 / FRI, OCT. 18
THURS, DEC. 12 / FRI, DEC. 13

Showtimes 7:00pm

Tickets: \$15 online, \$20 at door
Student/senior discount: \$10 online, \$15 at door

PLYMOUTHMN.GOV | HARBORREP.ORG

Santa's Mailbox



DROP OFF LOCATIONS:

Plymouth City Hall
Plymouth Ice Center
Plymouth Creek Center

Your child can drop off a letter to Santa

November 25-December 6

All letters are responded to. Letters must include
a self-addressed-stamped envelope

OLD FASHIONED

Christmas

FREE COMMUNITY EVENT!

SATURDAY, DECEMBER 7, 2-5 PM
Plymouth Creek Park, 3625 Fernbrook Ln

Activities for all ages!

Carnival games,
inflatables,
entertainment, prizes,
treats and much more!

HALLOWEEN AT THE CREEK

Adults: \$5

Kids: \$10 per person pre-registration (by Friday Oct 25, 4:30 pm)

\$12 per person at the door
(ages 2 & Under are FREE)

Costumes encouraged
Pizza slice and beverage included.
Everyone must be registered
(adults and children). Register early
to ensure your family's participation!

For more information or to register,
call 763-509-5200 or visit
www.plymouthmn.gov.

OCTOBER 25

6:00-9:00 P.M.



PLYMOUTH CREEK CENTER, 14800 34TH AVE

22ND ANNUAL

PLYMOUTH ON PARADE

SEPTEMBER 21, 2019

NEW!

9:30AM-12:30PM

Pre-Parade family
activities & entertainment

10:30AM PARADE



Plymouth
Parks & Recreation

763-509-5200
WWW.PLYMOUTHMN.GOV

tcf bank

State Farm
Kyle Vitense Agency

HyVee

CCX
MEDIA

FREE ADMISSION
PLYMOUTH CREEK CENTER | 14800 34TH AVE N



PLYMOUTH ARTS FAIR

Artists displaying, demonstrating,
and selling their products

FREE
children's
art activity
11AM-1PM

SATURDAY
NOVEMBER

23
10AM-5PM

SUNDAY
NOVEMBER

24
11AM-4PM

WWW.PLYMOUTHMN.GOV

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Kyle Vitense Agency
Plymouth, MN



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