



Parks & Recreation Guide Winter 2017/2018



Register Online at
www.cityofardenhills.org

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ICE RINK LOCATIONS AND HOURS

Hockey & General Skating

Cummings Park (Pleasure Rink Only)
1219 Cummings Park Drive

Cummings Park will be open on Friday, Saturday, and Sunday Only - Park Attendant will be on Duty.

Cummings Park will be open with a park attendant on duty during vacation and holidays hours listed.

Cummings Park will have a push light system available during the week for open skating. Warming house will not be open during this time. Lights will automatically turn off at 10:00 p.m.

Freeway Park

1370 West County Road E at Highway 51

Hazelnut Park

3301 New Brighton Road

Perry Park (Hockey Rink Only)

3700 New Brighton Road

Outdoor rinks will be open from December 11 thru February 19.

Rinks will be closed if the temperature is -20 degrees Fahrenheit, and/or the wind chill is -20 degrees Fahrenheit.

Warming House Hours

MONDAY - FRIDAY: 4:30 - 8:30 PM

SATURDAY: 12:00 - 8:30 PM

SUNDAY: 1:00 - 7:00 PM

Vacation and Holiday Hours

Dec 21, 22, 26, 27, 28, 29, 30 12:00 - 8:30 pm

Christmas Eve..... Closed

Christmas Day Closed

New Year's Eve 12:00 - 5:00 pm

New Year's Day..... 12:00 - 5:00 pm

Martin Luther King Day Jan 16..... 12:00 - 8:30 pm

President's Day Feb 20 12:00 - 8:30 pm

**DATES ARE SUBJECT TO CHANGE
DEPENDING ON WEATHER CONDITIONS.**

Ice Rink Rental

Outdoor rinks are available for rental. Charges for rink usage after normal hours are \$50 per hour for both residents and non-residents. During regular rink hours, rinks CANNOT BE RENTED OR RESERVED, with the exception of youth hockey associations who may schedule practice time for a maximum of two hours per week. All after-hour rentals must have an Arden Hills rink attendant on site. A damage deposit is required for all rentals. Call Sara Knoll at 651-792-7845 to schedule.

SKATING AND HOCKEY LESSONS

Ice Skating Clinic

Learn to ice skate during your holiday vacation! Instruction in skating fundamentals. **Equipment needed: skates, helmet (hockey or bike)**
Ages 4 & up • \$40 resident,
\$50 non-resident

**Registration Deadline:
Wednesday, December 20**

Session I: 17WYIC00

Ages 4-6

Wednesday - Friday
December 27, 28, 29 • 10:00 - 10:45 am
Cummings Park

Session II: 17WYIC01

Ages 7 & Up

Wednesday - Friday
December 27, 28, 29 • 10:50 - 11:35 am
Cummings Park

Session III: 17WYIC02

Ages 4-6

Wednesday - Friday
December 27, 28, 29 • 11:40 am - 12:25 pm
Cummings Park

Ice Skating Lessons

Lace up for some fun learning. Bring your own skates and explore the basics of ice skating. **Equipment needed: skates, helmet (hockey or bike)**
Ages 4 & up • \$60 resident,
\$70 non-resident

**Registration Deadline:
Wednesday, January 3**

Beginner 18WYIL00

Saturdays • 10:00 - 10:45 am
January 6- February 3
Cummings Park

Advanced Beginner 18WYIL01

Saturdays • 10:50 - 11:35 am
January 6- February 3
Cummings Park



Co-Rec Hockey Skills

Are you a beginner looking for some fun? This program is for you because it combines game playing time with basic instruction in skating, passing and shooting. **Equipment needed: skates, hockey stick, gloves, helmet and sweatpants. Shin pads are recommended. Some skating ability is desired.**
Grades K-3 • \$60 resident,
\$70 non-resident

**Registration Deadline:
Wednesday, January 3**

18WYHS00

Saturdays • 10:00 - 11:00 am
January 6 - February 3
Perry Park Hockey Rink



HOLIDAY/SPECIAL EVENTS

Gingerbread House Making

Do you like cookies and candy? Do you like them together? Create a yummy gingerbread house that you decorate with candy! You will create a wonderfully tasty Gingerbread House! Best part about this class... Leave the clean up to us! Parents need some holiday shopping time? Drop your child(ren) off with us to get everything done!
Grades K-5 • \$15 per child

Session I: 17WYGH00

**Registration Deadline:
Wednesday, December 6**

Saturday, December 9
10:00 - 11:30am
Arden Hills City Hall



(Sign up for both classes and bring a bag lunch. We will have a picnic lunch before the next class starts. Lemonade and dessert will be provided!)

Holiday Gift Making

Join us at City Hall as we create fun gifts that you can give to your friends, family, or loved ones this holiday season. You will be able to choose 3 different gifts that you will make. Don't miss this special class! Parents need some holiday shopping time? Drop your child(ren) off with us to get everything done!

Grades K-5 • \$15 per child

Session I: 17WYGH01

**Registration Deadline:
Wednesday, December 6**

Saturday, December 9
12:00 - 1:30pm
Arden Hills City Hall



Letter From Santa

Enjoy this opportunity to receive a letter from Santa mailed directly to your child. This letter, written in simple, easy to read language, is a thrilling surprise for any child. It will come in an envelope with Santa's name and return address in the corner, addressed directly to your child.

**Registration Deadline:
Thursday, December 7**

17WYLS00
Cost: \$5 per child



Breakfast With Santa

That jolly old elf wants to eat breakfast with you! Join us for a North Pole breakfast of pancakes, muffins, fruit, scrambled eggs, games and much more! We hope to see you at this special event for the holidays! You even get a picture with Santa!

Everyone must register!!
Ages 2-10 • \$10 Per Person (Child or Adult)

**Registration Deadline:
Wednesday, December 13**

17WYBS00
Saturday, December 16
10:30 am - 12:15 pm
Arden Hills City Hall



BEFORE SCHOOL PROGRAMS

Youth Ninja Warrior

The Youth Ninja Warrior Class is back again at Valentine Hills Elementary! This exciting class will give your child an opportunity to have fun testing their skills and abilities while going through various obstacles. You won't want to miss this class!

SESSION I
Grades 1-2 • \$45

18WYNW00
Registration Deadline: Tuesday, January 16
Tuesdays • 8:05 - 9:05am
January 23 - February 27
Valentine Hills Elementary Gym



SESSION II
Grades 3-5 • \$45

18WYNW01
Registration Deadline: Wednesday, January 17
Wednesdays • 8:05 - 9:05am
January 24-February 28
Valentine Hills Elementary Gym



BEFORE & AFTER SCHOOL PROGRAMS

All Island Lake sport classes are offered in cooperation with Shoreview Parks and Recreation
Sign Up Early! Enrollment Is Limited!

Registrations are taken after the deadline only as space allows.

Basketball

Learn the fundamentals of basketball and play in some games each class period. We provide the instruction and equipment. The kids provide the desire to learn and have fun.

Grades 1-3 • \$45

18WYBB00

Registration Deadline: Tuesday, January 16

Fridays • 4:05 - 5:05pm

February 2-March 2

Valentine Hills Elementary Gym

18WYBB01

Registration Deadline: Wednesday, January 17

Wednesdays • 3:30 - 4:30pm

January 24-March 7 (No Class 2/21)

Island Lake Elementary West Gym



Soccer

Get a kick out of winter! Work on the fundamentals of soccer in a supportive, fun setting. Good sportsmanship is emphasized.

Grades 1-3 • \$45

18WYSO00

Registration Deadline: Tuesday, January 16

Mondays • 8:05 - 9:05am

January 22-March 5 (No Class 2/19)

Valentine Hills Elementary Gym

18WYSO01

Registration Deadline: Thursday, January 11

Thursdays • 3:30 - 4:30pm

January 18-March 1 (No Class 1/25)

Island Lake Elementary West Gym



BOWLING CAMP

Bowling Camp

This camp is designed for beginning bowlers. Kids will learn bowling basics. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun! Participants will receive lunch each day of camp. Lunch will be served 30 minutes prior to camp ending. Transportation not provided. Ages 5 to 10 ♦ \$40 per participant

17WYFB00

Registration Deadline: Wednesday, December 20

Wednesday/Friday 10:00 am -12:00 pm

December 27 & 29

Flaherty's Arden Bowl

1273 West County Road E

Arden Hills, MN 55112



DANCE PROGRAMS

Please Note:

These classes will end with a spring dance recital! Dance costumes are an additional fee (\$50 - includes tights) and need to be purchased at the first class. Measurements will be taken the first day of class.

Hop N Tots Creative Dance with Tap

Here's a class for kids with energy to spare! Have fun with rhythm and movement while exercising your body. Students will be introduced to basic beginning tap and ballet techniques. **Tap and ballet shoes are required and will be available for purchase the first week of class, if needed, (tap \$20, ballet \$16, shoe buttons \$3).**

Ages 3-4

\$75 resident, \$85 non-resident
(plus costume fee - due at first class)

Registration Deadline:
Tuesday, January 2

18WYDA00

Tuesdays • 5:30 - 6:15 pm
January 9-April 19
(No Class 3/13)

Arden Hills City Hall - Community Room



Creative Dance with Tap

This isn't your ordinary dance class! We use scarves, pom-poms and rhythm instruments to explore and experience dance. We will introduce beginning tap throughout this session. **Tap and ballet shoes are required and will be available for purchase the first week of class, if needed, (tap \$20, ballet \$16, shoe buttons \$3).**

Ages 5-Kindergarten

\$75 resident, \$85 non-resident
(plus costume fee - due at first class)

Registration Deadline:
Tuesday, January 2

18WYDA01

Tuesdays • 6:15 - 7:00 pm
January 9-April 19
(No Class 3/13)

Arden Hills City Hall - Community Room



Tap, Jazz & Ballet

Learn the basics of tap, jazz and ballet in a fun, relaxed environment. **Tap and ballet shoes are required and will be available for purchase the first week of class, if needed, (Tap \$20, ballet \$16, shoe buttons \$3).**

Grades 1-3

(\$75 resident, \$85 non-resident)
(Plus costume fee-due at first class)

Registration Deadline:
Tuesday, January 2

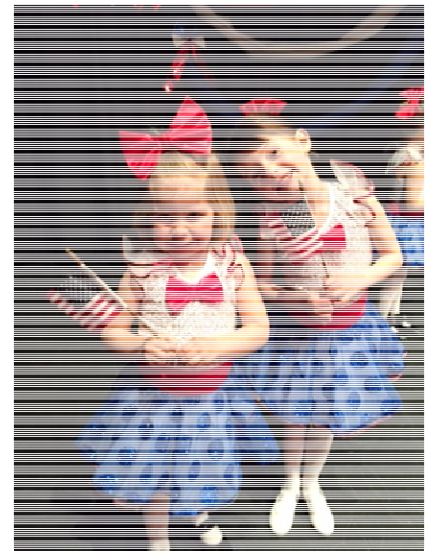
18WYDA03

Tuesdays • 7:00-7:45 pm
January 9-April 19
(No Class 3/13)

Arden Hills City Hall - Community Room



**DO NOT FORGET
END OF YEAR
RECITAL
THURSDAY
APRIL 19, 2018**



**Sign up online at: www.cityofardenhills.org or
call Arden Hills City Hall with questions at 651-792-7800**

VOLLEYBALL LEAGUE

Winter Girls Volleyball League

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Game and practice times will vary each week. Tuesdays will be between 5:30 - 8:30 pm and Saturdays between 9:00 am - 2:00 pm. Players will receive a t-shirt. ***This league is run in cooperation with Mounds View & Shoreview Parks and Recreation. Grades 4-8 ♦ \$65 resident, \$75 non-resident***

Registration Deadline: Friday, December 1. Registrations submitted after the December 1 deadline will be subject to availability, a \$20 late fee and no special friend requests are accepted after the deadline.

Volunteer coaches are needed for the Girls Volleyball League. If you sign up to be a coach, your child's registration fee will be waived (one child per team coached). Please complete the box on the registration form if you are interested in coaching.

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player, no chain requests will be allowed. All teammate requests must be submitted by December 1. There is no guarantee that special friend requests can be honored.
- No requests, roster change, or refunds will be honored after the December 1 deadline.
- A volunteer coach will contact you with the time of your first practice in late December after the coaches meeting. A detailed schedule for the whole season will be given out at the first practice.
- Every attempt is made to organize teams by school or neighborhoods.

LEAGUES

Tuesday evenings and Saturday mornings;
January 2-March 10
Turtle Lake Elementary & Mounds View Community Center
Setters, Grades 4-5 17WYVL00
Spikers, Grades 6-8 17WYVL01

COACHES MEETING
Tuesday, December 19
6:30 - 7:30 pm
Shoreview Community Center
Island Lake Room



ADULT ACTIVITIES

Yoga For All Levels-Arden Hills City Hall Community Room

Whether you're a beginner, longtime practitioner or gym yogi wanting to go deeper, these classes will provide you a comprehensive work-out and work-in! YogaHotDish founder Shaila Cunningham has 15+ years of teaching experience and has worked with a variety of conditions and populations. Her original style draws from a life well-traveled, blending classical yoga with the latest "best practices." You'll emerge from each class restored and renewed. High levels of customization and personal attention will give you the confidence to explore the mind-body connection on your own terms. Bring a sense of humor, and open mind, and a yoga mat if you have one. Straps, blocks, blankets provided. Some loaner mats will be available at class. You must be able to get up off the floor without assistance. Missed classes can be made up at other locations. www.yogahotdish.com for details.

\$99 resident, \$110 non-resident, \$15 drop-in, \$10 students with ID. Please register before first class or fill out a registration form when you arrive.

18WAAYC00

Session I: Registration Deadline: December 28
Thursdays ♦ 9:30-10:45 a.m.
January 4-March 1
Arden Hills City Hall - Community Room



18WAAYC01

Session II: Registration Deadline: December 28
Thursdays ♦ 5:45-7:00 p.m.
January 4-March 1
Arden Hills City Hall - Community Room

ADULT ACTIVITIES CONTINUED

Offered in Cooperation with Shoreview Parks and Recreation

Foot Care Clinic

A licensed and insured healthcare nurse will conduct a foot care clinic by appointment only. Basic foot care provided by Footworks; includes foot soak, removal of minor corns/calluses, nail trim, and massage for circulation. Sign up for this activity in person at the FRONT DESK at City Hall. Monday-Friday, 8:00 am - 4:30 pm, to select appointment time. For additional information, please call 651-792-7800.

1st Wednesday of the Month
Appointments between 9:00 am - 3:30 pm
\$35
Arden Hills City Hall Council Chambers



Drop-In Pickleball

Monday-Friday • 8:30 - 11:00 am
October 2-April 27
Closed November 23 & 24, December 25, January 15 & February 19.
\$3/ 1 punch or free to members
Shoreview Community Center Gymnasium (4 Courts)

Pickleball is a combination of tennis, badminton, and ping pong played by four people on a badminton size court with paddles and a plastic polyball. It is great exercise, easy to learn and lots of fun. Come see what the excitement is all about as current players will teach you all about the fastest growing sport in America. We have the equipment, just drop by.



Sign up for Adult Activities online at:

www.cityofardenhills.org or stop in to Arden Hills City Hall Monday-Friday 8:00 a.m.-4:30 p.m. and fill out a registration form.

The Arden Hills Parks and Recreation Department is excited to offer some new and captivating adult activities.

If you have any questions please contact Sara Knoll at 651-792-7845 or email at sknoll@cityofardenhills.org.

We look forward to seeing you at some classes this winter!

AARP Smart Driver Safety Program

The AARP Driver Safety Program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled to a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP trained volunteers. Registration deadline is 3 days prior to the class. AARP member cards must be presented at the **first class in order to qualify for member rates.** *Fee includes City administration fee.*

\$20 AARP member rate, \$25 non-member rate

8-Hour Course (must be taken first)

18WAAD00

Monday/Wednesday, February 5 & February 7
5:30 - 9:30 pm
Arden Hills City Hall - Community Room

4-Hour Courses

9:00 am - 1:00 pm

Tuesday, January 9

18WAAD01

Tuesday, February 20

18WAAD02

Tuesday, March 20

18WAAD03

Arden Hills City Hall - Community Room



ADULT ACTIVITIES

Tai Chi Basic 1: Walking Meditation

This class will introduce a series of Tai Chi walking poses. This set of movements requires that your stepping becomes steady over time. It continuously tests and improves your sense of physical and energetic balance through your legs and feet. As you develop the strength and energy in your legs, each move will naturally transfer into your cores and arms, and then form a well-coordinated entire body movement. It is an accessible Mind-Body practice for soothing stress and maximizing function.

Hongyi Lan, PhD-Instructor

Hongyi has practiced Tai Chi Chuan for more than 25 years. She first learned Yang Style Tai Chi Chuan and then learned Wu Style Tai Chi Chuan from Master Liang Shan. Hongyi believes Tai Chi/QiGong is an ideal mind-body exercise for everyone. Master Lan is a scholar and teacher devoted to spreading these ancient exercises to as many people as possible.

18WATC00—12 week Course
Arden Hills City Hall—Community Room
\$120 resident, \$130 non-resident
Wednesdays ♦ 6:30-7:30 p.m.
January 31– April 11
No Class 3/14



SPECIAL RECOGNITION & EMPLOYMENT

The Parks and Recreation Department would like to express our sincere thanks to the many individuals who have volunteered countless hours of their time. We offer a special thanks to the volunteer coaches who are friends and teachers to our children. Many programs and special events would have been difficult to provide if it were not for the volunteer efforts of so many great people. Names of our Soccer and Flag Football coaches are listed below. Thank you for your hard work and dedication! If we have neglected to list any coach's name, please accept our apologies and our sincere thanks.

Preschool: Jamie Blomquist, Joe Wienke, Eli Eschenbauch, Jason Bauer, Andy Frye, Brad Reasoner, Ross Johnson, Chassy Beebe, Brett Manning



Co-Rec 1st/2nd Grade: Ann King, Renee Kuhl

Co-Rec 3rd/4th Grade: Lacy Loosbrock, Chris Nelson, Kari Hosmer, Chassy Beebe

Co-Rec 5th/6th Grade: Todd Durand, Aaron Willford

Flag Football: Eric Eckman, Andy Berg, Dan Aberg, Tim Benson, Marc Nelson, Brian Holmes, Troy Zupanich, Jason Bauer, Jason Winston, Maureen Horak, Tom Laing

JOB OPPORTUNITIES

Looking for part-time seasonal work this winter? Most positions require the applicant to be 16 years of age or older.

Warming House Attendants - starting at \$10.00 per hour

Ice Skating Instructors - starting at \$15.00 per hour

Hockey Skills Instructor - starting at \$15.00 per hour

Before/After School Instructors - starting at \$11.50 per hour

For more information, call Sara Knoll at 651-792-7845 or visit our website at www.cityofardenhills.org

All Applications are available online.

REGISTRATION FORM -- City of Arden Hills, 1245 West Highway 96, Arden Hills, MN 55112

Participant's Name: _____ Gender: _____ Date of Birth: _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ Work Phone: _____ Cell Phone: _____
 School: _____ Email: _____ Grade in 2017-2018 School Year: _____

Activity Name: _____	Activity Name: _____	Activity Name: _____
Activity Code: _____	Activity Code: _____	Activity Code: _____
Start Date: _____ Fee: _____	Start Date: _____ Fee: _____	Start Date: _____ Fee: _____
Location: _____	Location: _____	Location: _____

Please make check payable to the City of Arden Hills.

Totals: _____

Refund Policy: No refunds are made except when a class is cancelled or approval is given by the Arden Hills Parks and Recreation Department. Partial credit will be considered if cancellation is due to injury or serious illness. Refunds will be issued in the form of a credit voucher only and must be used within a year of issue date. The registrant will be assessed a \$5.00 administrative fee for all refund/voucher requests. Cancellations initiated by Parks & Recreation will not be assessed the \$5.00 fee.

Waiver of Liability: I, the undersigned, or my child, in consideration of being permitted to participate in the activity, do hereby agree to hold harmless the City of Arden Hills and its employees and agents from any and all liability for personal injury which may result from participating in this activity. This waiver includes any injuries which may result from the conditions of the playing field and any improvements thereto.

Tennessen Warning: The information requested on the registration form will be used to verify eligibility and determine staff, facility, and equipment needs. You/Your child's name, age, grade level, address, telephone number, and health information will be provided to city staff, volunteers, the city attorney, insurer, and auditor. Although you are not legally required to disclose this information, failure to do so will prevent you/your child from participating in the program.

Parent/Guardian Signature: _____ Date: _____

Print Parent/Guardian Name: _____

Special Requests: _____

Please Help Coach! If you sign up to coach (for sport leagues, not classes) your child's sport registration is free. (One child per team coached.)

I will help coach. Sport _____ Name _____ Phone# _____

Youth Shirt Sizes: (leagues & camps) YS (6/8) YM (10/12) YL (14/16) AS AM AL

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Activity Code: _____	Activity Code: _____	Activity Code: _____
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REGISTRATION IS EASY!

REGISTRATION CONFIRMATION

Confirmations will be issued only by request. Online confirmation is automatic.



Mailed Confirmation:

Include a self-addressed, stamped envelope with your registration form.



Electronic Confirmation:

Include your email address and request this on your registration form.

PHOTO/VIDEO DISCLAIMER

The City of Arden Hills may periodically take pictures or videotapes of participants while they are engaged in programs, activities, special events, enjoying our parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, local cable television and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

REFUND POLICY

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REGISTER EARLY!

Waiting until the last minute to register can cause class cancellations—please register early!

Go to:

ONLINE

www.cityofardenhills.org (Parks & Recreation/Program Registration)

MAIL IN

City of Arden Hills
1245 West Highway 96
Arden Hills, MN 55112

FAX: 651-634-5137

We must receive your payment within 48 hours of a faxed registration or the registration will be voided.

IN PERSON

During City Hall hours 8:00 am thru 4:30 pm, Monday-Friday unless otherwise noted.

DROP BOX

Located on the wall by the main entrance, registrations can be dropped off here during non-business hours.

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REGISTRATION CONFIRMATION

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Include your email address and request this on your registration form.

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MAP

OFFICE INFORMATION

Office Hours

Monday–Friday, 8:00 am - 4:30 pm
(unless otherwise indicated)

Phone Number

651-792-7800

Fax Number

651-634-5137

Mailing Address

Arden Hills City Hall
1245 West Highway 96
Arden Hills, MN 55112

Parks & Recreation Mission Statement

The Arden Hills Parks & Recreation Department is dedicated to serving the people of Arden Hills by providing a comprehensive, well maintained system of parks, trails, facilities and open spaces, and a balanced, well organized program of affordable recreational activities.

Parks & Recreation Staff

Sara Knoll, Parks and Recreation Coordinator

Sue Johnson, Customer Service Specialist

Parks, Trails and Recreation Committee

Mayor David Grant, Council Liaison

Rich Straumann, Committee Chair

Josh Bloyer, Committee Member

Keri Bloyer, Committee Member

Terry Finlay, Committee Member

Nancy O'Malley, Committee Member

Harold Petersen, Committee Member

John Van Valkenburg, Committee Member



Thank you for supporting
Arden Hills Parks &
Recreation!

Arden Hills City Hall
1245 West Highway 96
Arden Hills, MN 55112

ECR-WSS
PRST STD
U.S. Postage
PAID
Twin Cities, MN
Permit No. 1962

RESIDENTIAL CUSTOMER

Athletic Association Information

Baseball

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Association
www.geocities.com/ibl_baseball/

Basketball

Mounds View Basketball Association
Hotline: 651-631-1943
www.moundsviewbasketball.com

Football

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Hockey

Irondale Youth Hockey Association
www.ihhaleague.org

Mounds View Hockey Association
www.mvhockey.org

Soccer

North Suburban Soccer Association
www.nssasoccer.org


Softball

Irondale Girls Fastpitch
www.knightsfastpitch.org

Mounds View Softball Association
www.mvsafastpitch.org

We're on the
Web!

www.cityofardenhills.org

Follow us on 

Follow us on 