

# FALL 2023

## PLYMOUTH PARKS & RECREATION ACTIVITIES GUIDE



### REGISTRATION

July 26 (Residents)

August 2 (Non-residents)

6am online or 10am by phone/in person

WWW.PLYMOUTHMN.GOV/SPECIALEVENTS

# ENTERTAINMENT IN THE PARKS

AUGUST

2

**PLYMOUTH SINGS! AUDITIONS\***

HILDE PERFORMANCE CENTER  
\* MUST PRE-REGISTER TO PARTICIPATE

WED.  
6:30PM

9

**PLYMOUTH SINGS! FINALS**

HILDE PERFORMANCE CENTER

WED.  
7:00PM

10

**PLYMOUTH ROCKERS**

HILDE PERFORMANCE CENTER

THURS.  
7:00PM

11

**SUMMER BEACH SERIES -  
BEACHES, BANDS AND BREWS-  
SAWYERS DREAM**

EAST MEDICINE LAKE PARK

FRI.  
6:00-9:00PM

17

**KIDS FEST**

HILDE PERFORMANCE CENTER

THURS.  
5:00-8:30PM

25

**FABULOUS ARMADILLOS  
AND TIM HAUSSNER**

HILDE PERFORMANCE CENTER

FRI.  
6:00-9:00PM



THE HILDE PERFORMANCE CENTER IS LOCATED AT  
3500 PLYMOUTH BOULEVARD

# PLYMOUTH Farmers Market

EVERY WEDNESDAY, 2:30-6:30 P.M.

JUNE 21-OCTOBER 4

PARKERS LAKE PLAYFIELD, 15500 CO RD 6



EBT NOW AVAILABLE

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.

[plymouthmn.gov/farmersmarket](http://plymouthmn.gov/farmersmarket)

SPONSORS:

Allina Health

aetna

FIRSTstudent

# FALL 2023

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## CONTACT INFORMATION

### MAIN PHONE NUMBERS

City Hall	763-509-5000
Parks & Forestry Office	763-509-5940
Plymouth Community Center	763-509-5200
Plymouth Ice Center	763-509-5250
Weather Line	763-509-5205

### PARKS & RECREATION • 763-509-5200

Kari Hemp, Recreation Manager	763-509-5220
Jason Goehring, Turf & Horticulture Manager	763-509-5946
Brian Swartzter, Parks Infrastructure Manager	763-509-5947
Jess Riley, Plymouth Community Center Manager	763-509-5281
Erik Halverson, Ice Center Manager	763-509-5251
Dan Lauer, Athletics Supervisor	763-509-5283
Katie Yandell, Aquatics & Outdoor Programs	763-509-5222
Alyssa Fram, Arts Supervisor	763-509-5225
Jessie Koch, Outdoor Facilities & Events Supervisor	763-509-5223
Paul Pearson, Education & Inclusion Supervisor	763-509-5228
Ann Mosack, Health & Fitness Supervisor	763-509-5214
Meghan Constantini, Active Adult Supervisor	763-509-5284
Meghan Dunn, Aquatics Coordinator	763-509-5221
Zach Swenson, Program Coordinator	763-509-5226
Michele Wasko, Program Coordinator	763-509-5272
Jackie Maas, Volunteer Coordinator	763-509-5230
Jennifer Tomlinson, Director	763-509-5201

### CITY COUNCIL MEMBERS

Jeffry Wosje, Mayor	<a href="mailto:jwosje@plymouthmn.gov">jwosje@plymouthmn.gov</a>
Alise McGregor, Ward 1	<a href="mailto:amcgregor@plymouthmn.gov">amcgregor@plymouthmn.gov</a>
Julie Peterson, Ward 2	<a href="mailto:jpeterson@plymouthmn.gov">jpeterson@plymouthmn.gov</a>
Jim Davis, Ward 3	<a href="mailto:jdavis@plymouthmn.gov">jdavis@plymouthmn.gov</a>
Julie Pointner, Ward 4	<a href="mailto:jpointner@plymouthmn.gov">jpointner@plymouthmn.gov</a>
Clark Gregor, At Large	<a href="mailto:cgregor@plymouthmn.gov">cgregor@plymouthmn.gov</a>
Jim Willis, At Large	<a href="mailto:jwillis@plymouthmn.gov">jwillis@plymouthmn.gov</a>

### PARK & RECREATION ADVISORY COMMISSION (PRAC) MEMBERS

Hannah Wegner, Ward 1	<a href="mailto:hannahmwegner@gmail.com">hannahmwegner@gmail.com</a>
Ann Hoekstra, Ward 2	<a href="mailto:brigl003@umn.edu">brigl003@umn.edu</a>
Nick Beecher, Ward 3	<a href="mailto:nick_beecher@yahoo.com">nick_beecher@yahoo.com</a>
Vita Wilson, Ward 4	<a href="mailto:vitawilson@edinarealty.com">vitawilson@edinarealty.com</a>
James Kuznia, At Large	<a href="mailto:james.kuznia@comcast.net">james.kuznia@comcast.net</a>
John McCulloch, At Large	<a href="mailto:johmccu@gmail.com">johmccu@gmail.com</a>
Jessica Montgomery, At Large	<a href="mailto:jessicaj.montgomery@gmail.com">jessicaj.montgomery@gmail.com</a>

Graphic design and layout by Libby Renslo-Nondorf



# REGISTER for programs

## REGISTRATION DATES

**Residents: July 26**

6am online / 10am phone

**Non-Residents: August 2**

6am online / 10am phone

**Aquatics Programs: July 26**

6am online / 10am phone



### PARKS & REC OFFICE HOURS

Monday-Friday, 8am to 4:30pm



### QUESTIONS?

763-509-5200 / recreation@plymouthmn.gov



### ACTIVITIES GUIDES

Yearly subscriptions for non-residents are available for \$9/year.



### WEATHER UPDATES

763-509-5205

## HOW TO SET UP YOUR ONLINE ACCOUNT

### 1 GO ONLINE

plymouthmn.gov/recreation

Click the blue "Register Online" button. Then 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.

## 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).

## 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 canceled 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.

## 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. (For leagues, the withdrawal refund policy may be different and may be several weeks out from the start date of the program. This would be noted directly with the program advertisement.)
- » 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.



## SPECIAL USE FACILITIES

- 1 Plymouth Dog Park – 17005 Chankadha Trail
- 2 Hilde Performance Center – 3500 Plymouth Blvd
- 3 Plymouth Ice Center – 3650 Plymouth Blvd
- 4 Millennium Garden – 14800 34th Ave
- 5 NW Greenway Pavilion/Challenge Course – 5250 Peony Ln
- 6 Plymouth Community Center/Fieldhouse – 14800 34th Ave
- 7 Plymouth City Hall - 3400 Plymouth Blvd

## PLAYFIELDS

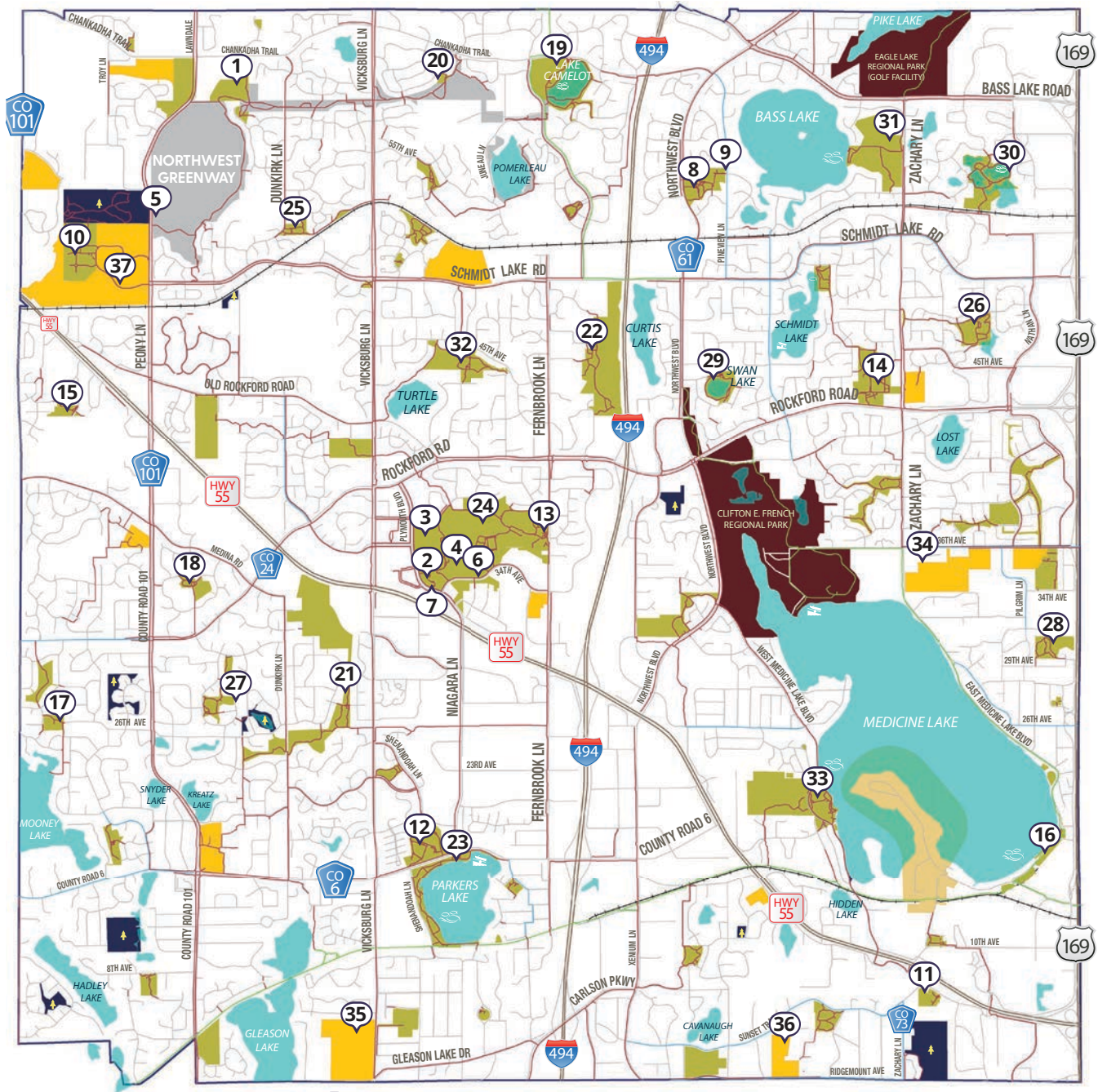
- 8 Bass Lake – 5450 Northwest Blvd
- 9 Bass Lake Tennis Courts - Pineview Lane N & 54th Ave N
- 10 Elm Creek – 4905 Peony Ln
- 11 LaCompte - 10795 Old Co Rd 15
- 12 Parkers Lake – 15500 Co Rd 6
- 13 Plymouth Creek – 3625 Fernbrook Ln
- 14 Zachary – 4355 Zachary Ln

## PARKS

- 15 Crooked Creek - 4255 Walnut Grove Ln N
- 16 East Medicine Lake - 1740 E Medicine Lk Blvd
- 17 Green Oaks - 2600 Zircon Ln N
- 18 Heather Ponds - 3426 Lawndale Ln N
- 19 Lake Camelot - 14105 Chankadha Trail
- 20 Legacy Greenway - 15365 59th Pl N
- 21 Maple Creek - 2695 Weston Ln N
- 22 Nature Canyon - 13919 45th Ave N
- 23 Parkers Lake – 15205 Co Rd 6
- 24 Plymouth Creek - 14800 34th Ave N
- 25 Prairie Ponds - 5150 Dunkirk Ln N
- 26 Rolling Hills - 10355 48th Ave N
- 27 Shiloh - 2700 Jewel Ln N
- 28 Sunrise - 2995 Kilmer Ln N
- 29 Swan Lake - 4480 Quinwood Ln N
- 30 Three Ponds - 5360 Union Terrace Ln N
- 31 Timber Shores - 11250 53rd Ave N
- 32 Turtle Lake - 14991 45th Ave N
- 33 West Medicine Lake - 1920 W Medicine Lk Dr

## SCHOOLS

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



38 Located in Wayzata, Minn.



This map shows where activities are located.

To view the full Parks & Trails map, visit [plymouthmn.gov](http://plymouthmn.gov)

# Volunteer OPPORTUNITIES

## GENERAL OPPORTUNITIES

### Adopt a Spot

Adopt a park, garden, dog waste station, fire hydrant, storm drain or street to keep Plymouth clean and safe. View a map at [plymouthmn.gov/adoptaspot](http://plymouthmn.gov/adoptaspot) to find which spot is available near you.

### Art Ambassador

Greet visitors and answer questions about rotating art exhibits at the Plymouth Community Center during the late afternoon/evening and weekends. Must be 16 years or older.

### Police Explorers

Youth, aged 14 to 20, explore law enforcement careers by studying an array of topics, including search and arrest, traffic stops, crime prevention, use of force and much more. Explorers meet weekly during the school year. Contact Volunteer Services for an application which is due Aug. 1.

### Police Reserves

Assist sworn officers with traffic and crowd control, transportation of prisoners, surveillance and patrol activities, special events and other education programs. Must be 18 year or older, commit to 15 hours a month, have a clean driving record and pass a background check.

## SPECIAL EVENTS

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

### Plymouth on Parade

Saturday, Sep. 23

Celebrate our community! Monitor areas of the parade route while keeping viewers safe and help with other activities as needed.

### Fall Shred Event

Tuesday, Oct. 3

Assist residents who can safely dispose of recyclable items, including paper shredding, batteries, bicycles, and textile donations.

### Buckthorn Busts

Saturdays, Oct. 21 and 28

Eliminate invasive buckthorn plants from East Medicine Lake Park and Hardenbergh Open Space; excellent opportunity for groups.

### Halloween at the Lake

Friday, Oct. 27

Help provide a fun, safe Halloween event for children at Parkers Lake Playfield.



## 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 & 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-Aug through mid-Oct.

### Flag Football

Tues or Thurs evenings & Sun afternoons

Guide and teach the fundamental skills of flag football to 5-12 year olds in a recreational environment. September - October

### Basketball

Guide and teach the fundamentals of youth basketball to 8-12 year olds in a recreational environment. November - February

### Ice Skating

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

CONTACT VOLUNTEER SERVICES

763-509-5230

[volunteer@plymouthmn.gov](mailto:volunteer@plymouthmn.gov)

MAKE A DIFFERENCE - VOLUNTEER! • [PLYMOUTHMN.GOV/VOLUNTEER](http://PLYMOUTHMN.GOV/VOLUNTEER)



# Parks & Recreation 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](http://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](http://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](http://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.

 **612-775-2499**

 [allinahealth.org/courage-kenny-rehabilitation-institute](http://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 collaborates with Senior Community Services to meet the changing needs of older adults and their caregivers.

### HOME program:

Manage chores and personal technology. Call 763-416-7969 or email [hometeam@seniorcommunity.org](mailto:hometeam@seniorcommunity.org).

### Senior Outreach & Caregiver Services:

Access services and attend a support group. Call 952-767-7899 or email [k.wiebusch@seniorcommunity.org](mailto:k.wiebusch@seniorcommunity.org).

### CareNextion:

Caregivers coordinate care for their loved one. Call 612-770-7005 or visit [CareNextion.org](http://CareNextion.org).

## VETERANS MEMORIAL WALL

**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: \$17.00 (adults), \$10.00 (youth 13-17), \$6.00 (youth under age 12)  
Pool only: \$13 (adults)

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](mailto:pbuck@plymouthmn.gov) or 763-509-5944.



# Plymouth FACILITIES

**Plymouth**  
COMMUNITY CENTER



**the KUBE**  
Kids Ultimate  
Backyard Experience



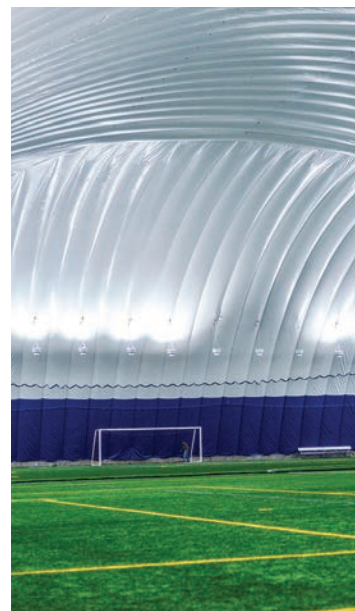
**PCC**  
OPEN GYM



**PCC**  
FIELDHOUSE



PLYMOUTH ICE CENTER  
**the pic**



## Arts

### MUSIC FOR EVERYONE

PCC-Education Wing, 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 or keyboard with natural touch and at least 76 keys. Recital will be 12/10/23. No Lessons - 10/31, 11/20, 11/23, 11/24

**AGES:** 7+ | **DAYS:** Mondays - Fridays

#### SESSION DATES:

**September 11 - December 8**

**COST:** Res: \$310 | Non Res: \$320

#### REGISTRATION

Plymouth 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](mailto:musicforeveryone@plymouthmn.gov) to arrange lesson time.

- Flute
- Piano
- Viola, Violin, Cello or Guitar
- Voice

New students can start anytime during the session, subject to availability. Fees are pro-rated at \$25 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.

## Martial Arts

### TAE KWON DO KARATE BEGINNER

Ultimate Martial Arts, 147 Hamel Road

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. No program: 9/4, 11/23, 12/25.

### TAE KWON DO KARATE BEGINNER

Ultimate Martial Arts, 147 Hamel Road

AGES	DAY	TIME	COST
5+	M, Tu, Th, F	6:00pm-6:45pm	Res \$179
	Sa	10:15am-11:00am	Non Res \$189

#### DATES & ACTIVITY #

Sep 5-30 36215-01	Oct 2-31 36215-02	Nov 2-30 36215-03	Dec 1-30 36215-04
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### TAE KWON DO KARATE ORANGE BELT & ABOVE

Ultimate Martial Arts, 147 Hamel Road

AGES	DAY	TIME	COST
5+	M, Tu, Th, F	6:45pm-7:30pm	Res \$179
	Sa	10:15am-11:00am	Non Res \$189

#### DATES & ACTIVITY #

Sep 5-30 36216-01	Oct 2-31 36216-02	Nov 2-30 36216-03	Dec 1-30 36216-04
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## Specialty - STEM Lab Kits

**THE STEM LAB LLC KITS: ROBOTIC HEXBUG MAZE**

Online

Gift a STEM pet- a robotic bug who uses the physics of vibration to propel itself forward to explore its environment. Use STEM and the materials in this 100-hour reusable kit, to design and engineer a robotic bug, a brick (Lego) maze complete with ramps, tunnels and more! Shipping available for an additional \$8.

AGES	COST	ACTIVITY
4+	\$85	36906-01

**THE STEM LAB LLC KITS: SLINGSHOT CARS**

Online

A family favorite! Explore physics and STEM as you design and engineer two rubber-band and pencil powered cars. Whose car will go the fastest? Be sure to watch your feet as the cars go racing across the floor with lightning speed! Shipping available for an additional \$8.

AGES	COST	ACTIVITY
7+	\$35	36907-01

**THE STEM LAB LLC KITS: FAMOUS SCIENTISTS FOR KIDS**

Online

Inspire and encourage growing minds to do big things with real-life examples and exciting hands-on scientific exploration! Learn through hands-on, mini experiments from scientists who became famous from being excited about science and working hard to learn and discover new things! Shipping available for an additional \$8.

AGES	COST	ACTIVITY
4+	\$50	36908-01

**THE STEM LAB LLC KITS: QUITE TIME & CALM DOWN CONSTRUCTION**

Online

Breathe, Build, Reflect and Rejoin. A calming, spatial and kinesthetic outlet to de-escalate and regulate emotions. Empower emotion identification, breathing, decompression, and refocus so your child is ready to begin or rejoin daily activities. Fun, hands-on STEM challenges are simple for a child to engage with and encourages hours of reusable play. Shipping available for an additional \$8.

AGES	COST	ACTIVITY
3+	\$35	36909-01

**THE STEM LAB LLC KITS: ESSENTIAL STEM**

Online

Let imaginations run wild! Make plans and construct with your hands! Have entirely too much fun with spatial reasoning, logical thinking and problem-solving. Compose and decompose structures, translate shapes, and immerse your child in the joys of STEM with repeatable activities and reusable materials. Colorful challenge cards and fun manipulatives will keep even the busiest child engaged and learning this school year! An excellent gift! Shipping available for an additional \$8.

THEME	AGES	COST	ACTIVITY
I Spy	3+	\$35	36910-01
Blippi Excavator	3+	\$35	36910-02
Nursery Rhymes	4+	\$50	36910-03
Frozen	4+	\$50	36910-04
Pokémon	4+	\$50	36910-05

**THE STEM LAB LLC KITS: SOAP AND GERM BUSTING EXPERIMENTS**

Online

Wow your scientist with the importance of soap & handwashing through two eye catching experiments. Then make your own themed soap to encourage hand washing behavior! Hands-on, clean fun for the entire family during the day and at bath time! Includes reusable molds. Perfect for back to school! Choose from Unicorn, Dinosaur or Duck theme. Shipping available for an additional \$8.

THEME	AGES	COST	ACTIVITY
Unicorn	3+	\$30	36911-01
Dinosaur	3+	\$30	36911-02
Duck	3+	\$30	36911-03



## Arts - Easy Crafts

### EASY CRAFTS - HANDPRINT OWL CRAFT

PCC-Active Wing, 14800 34th Avenue N

Join us for a fun and creative class where children and adults will work together to create an adorable owl craft! Personalized with your little ones' handprints, the owls will make a beautiful keepsake to cherish for years to come.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-5	Sa	Sep 16 9:30am-10:30am	Res \$25 Non Res \$30	31115-01

### EASY CRAFTS - THIS TURKEY LOOKS LIKE ME

PCC-Active Wing, 14800 34th Avenue N

Together with your child you will create an adorable turkey that will make a beautiful Thanksgiving display. Please bring a photo of your little one where you can see their face clear. We will cut the child's face from the photo and glue it onto the turkey.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-5	Sa	Nov 18 9:30am-10:30am	Res \$25 Non Res \$30	31101-01

### EASY CRAFTS - SNOW GLOBE ORNAMENT

PCC-Active Wing, 14800 34th Avenue N

Join us for a magical snow globe ornament class! With a variety of materials and colors to choose from, this class will be a lot of fun and you will create a winter wonderland that will bring joy to your home.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-5	Sa	Dec 2 9:30am-10:30am	Res \$25 Non Res \$30	31103-01

### EASY CRAFTS - CHRISTMAS TREE CRAFT

PCC-Active Wing, 14800 34th Avenue N

You and your child will create a beautiful Christmas tree ornament. Please bring a 4"x6" photo of your child or family. This ornament will look amazing in your tree or you can use it as a holiday gift for grandparents.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-5	Sa	Dec 16 9:30am-10:30am	Res \$25 Non Res \$30	31102-01

## KidCreate Studio

### KIDCREATE STUDIO - HOT WHEELS

PCC-Active Wing, 14800 34th Avenue N

Zoooooom! This project will really move you. We will create a painting inspired by one of your child's favorite toys- Hot Wheels®! Come and create right along with your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	Sa	Oct 7 9:30am-10:30am	Res \$25 Non Res \$30	31105-01

### KIDCREATE STUDIO - HALLOWEEN CRAFT PARTY

PCC-Active Wing, 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 haunted house, complete with spooky handprint ghosts. What a great keepsake! The kids are welcome to wear costumes to class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	Sa	Oct 28 9:30am-10:30am	Res \$25 Non Res \$30	31106-01

## KidCreate Studio

### KIDCREATE STUDIO - OUR FAVORITE FRIENDS

PCC-Active Wing, 14800 34th Avenue N

Get ready for the most creative and fun art class ever, where your child's favorite cartoon characters come to life! From Bluey to Cocomelon, and Blippy, to name a few. Prepare for a messy but magical time full of art projects inspired by these beloved friends. Let your child's imagination soar as they make adorable creations with tons of different art materials and techniques! Come ready to get messy while you play right along with your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	M	Sep 25-Oct 16 9:30am-10:30am	Res \$80 Non Res \$92	31104-01

### KIDCREATE STUDIO - PAW PATROL - SKYE

PCC-Active Wing, 14800 34th Avenue N

Come create a mixed media masterpiece inspired by Skye from the hit series Paw Patrol. Students will color, cut, paint, collage, and more as they create a giant helicopter zooming through the air. Come create right alongside your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	Sa	Nov 4 9:30am-10:30am	Res \$25 Non Res \$30	31107-01

### KIDCREATE STUDIO - ORNAMENT MAKING

PCC-Active Wing, 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.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-6	Sa	Dec 9 9:30am-10:30am	Res \$25 Non Res \$30	31112-01
1.5-6	Su	Dec 10 9:30am-10:30am	Res \$25 Non Res \$30	31112-02



Children must  
be accompanied  
by a caregiver

## Arts - Dance

### TIPPI TOES DANCE - TODDLER & ME DANCE

PCC-Active Wing, 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.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-3	W	Sep 13-Oct 25 9:30am-10:15am	Res \$82.25 Non Res \$92.25	31109-01
1.5-3	W	Nov 1-Dec 13 9:30am-10:15am	Res \$82.25 Non Res \$92.25	31109-02
1.5-3	W	Sep 13-Oct 25 10:30am-11:15am	Res \$82.25 Non Res \$92.25	31109-03
1.5-3	W	Nov 1-Dec 13 10:30am-11:15am	Res \$82.25 Non Res \$92.25	31109-04

## Music



### MUSIC TOGETHER MIXED AGES

PCC-Education Wing, 14800 34th Avenue N

In this class, you'll learn a wide range of delightful musical activities for you, your baby, toddler or preschooler. Along with class instruction, participants receive a CD, music downloads, songbook, and educational materials. Sibling/additional child discount applied for families registering more than one. Sibling infants under 8 months attend at no cost. Cut-off date January 25, 2022. Instr: Music Together in the Valley LLC

AGES	DAY	DATE & TIME	COST	ACTIVITY
infant-6yrs	Tu	Sep 26-Nov 28 9:15am-10:00am	Res \$195 Non Res \$214	31113-01
infant-6yrs	Tu	Sep 26-Nov 28 10:15am-11:00am	Res \$195 Non Res \$214	31113-02
infant-6yrs	Tu	Sep 26-Nov 28 11:15am-12:00pm	Res \$195 Non Res \$214	31113-03
infant-6yrs	W	Sep 27-Nov 29 4:15pm-5:00pm	Res \$195 Non Res \$214	31113-04
infant-6yrs	W	Sep 27-Nov 29 5:15pm-6:00pm	Res \$195 Non Res \$214	31113-05

### FIRST STEPS IN MUSICLAND

PCC-Education Wing, 14800 34th Avenue N

Exposure to basic musical concepts and a wide variety of musical styles through fun activities. Caregiver and child will dance, sing and play while learning rhythm and fine/gross motor coordination. No program: 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-5	W	Sep 6-Oct 25 9:30am-10:15am	Res \$104 Non Res \$114	31110-01
2-5	W	Sep 6-Oct 25 10:30am-11:15am	Res \$104 Non Res \$114	31110-02
2-5	W	Nov 1-Dec 13 9:30am-10:15am	Res \$78 Non Res \$88	31110-03
2-5	W	Nov 1-Dec 13 10:30am-11:15am	Res \$78 Non Res \$88	31110-04

### MUSIC TOGETHER- MIXED AGES - FREE DEMO CLASS

PCC-Education Wing, 14800 34th Avenue N

Free Demo Class - must still register to participate

AGES	DAY	DATE & TIME	COST	ACTIVITY
infant-6yrs	Tu	Sep 12 9:15am-10:00am	free demo	31114-01
infant-6yrs	Tu	Sep 12 10:15am-11:00am	free demo	31114-02
infant-6yrs	Tu	Sep 12 11:15am-12:00pm	free demo	31114-03
infant-6yrs	W	Sep 13 4:15pm-5:00pm	free demo	31114-04
infant-6yrs	W	Sep 13 5:15pm-6:00pm	free demo	31114-05



Children must  
be accompanied  
by a caregiver

## Education

### THE STEM LAB LLC: NURSERY RHYME STEM

PCC-Education Wing, 14800 34th Avenue N

Take nursery rhymes to the next level with fun, open-ended, active classes that engage your child and build their confidence in STEM! Hands-on problem-solving challenges for each child's unique strengths and abilities. Laughter and new friends are to be expected! Leave each class with your creation to continue the fun and learning!

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-7	Tu	Nov 7, 14, 21, 28 9:45am-10:35am	Res \$140 Non Res \$155	32324-01

### THE STEM LAB LLC: FAIRY TALE STEM

PCC-Active Wing, 14800 34th Avenue N

Get excited about STEM through beloved fairy tales! Let's spark our imaginations and get our creative thinking brewing as we bring fairy tales alive in each fun, self-esteem building, energizing class! Exciting STEM exploration, hands-on problem-solving challenges, giggles, and grins are to be expected! Leave each class with your creation to continue the fun and learning!

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-7	Tu	Oct 3, 10, 17, 24 9:45am-10:35am	Res \$140 Non Res \$155	32323-01



**Children must  
be accompanied  
by a caregiver**

## Gymnastics

### TUMBLING TYKES AND FITNESS

PCC-Active Wing, 14800 34th Avenue N

A coupled class for children with their favorite grown-up! Come have fun and learn basic gymnastics skills as well as improve balance, fitness, strength, and gross motor skills.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	M	Sep 18-Oct 9 4:30pm-5:00pm	Res \$58 Non Res \$67	32201-01
2-3	M	Sep 18-Oct 9 5:15pm-5:45pm	Res \$58 Non Res \$67	32201-02
2-3	M	Sep 18-Oct 9 6:00pm-6:30pm	Res \$58 Non Res \$67	32201-03
2-3	M	Oct 23-Nov 13 4:30pm-5:00pm	Res \$58 Non Res \$67	32201-04
2-3	M	Oct 23-Nov 13 5:15pm-5:45pm	Res \$58 Non Res \$67	32201-05
2-3	M	Oct 23-Nov 13 6:00pm-6:30pm	Res \$58 Non Res \$67	32201-06
2-3	W	Oct 25-Nov 15 4:30pm-5:00pm	Res \$58 Non Res \$67	32201-07
2-3	W	Oct 25-Nov 15 5:15pm-5:45pm	Res \$58 Non Res \$67	32201-08
2-3	W	Oct 25-Nov 15 6:00pm-6:30pm	Res \$58 Non Res \$67	32201-09

## Health & Fitness

### PARENT/CHILD YOGA

PCC-Active Wing, 14800 34th Avenue N

Partner with your child for a fun mix of yoga and movement exercises-including games to warm up the muscles, yoga poses, breathing and relaxation techniques. Your child will engage in fine and gross motor skill development, as well as practice social and relaxation skills. For children ages 3-5 years old. Instr: Jen Christen, ACE Fitness Certified

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	Tu	Sep 12-Oct 24 10:00am-10:30am	Res \$65 Non Res \$75	32400-01
3-5	Tu	Nov 7-Dec 19 10:00am-10:30am	Res \$65 Non Res \$75	32400-02

### SENSORY EXPLORATION

PCC-Education Wing, 14800 34th Avenue N

Learn about your different sensory systems and how it impacts you (through recognizing sensory challenges in your environment and how your senses bring meaning to your life). You can explore and make various regulation tools, while being supported in recognizing which tools support you and how you can implement them in your everyday life.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-6	M	Nov 6-Dec 18 3:15pm-4:15pm	Res \$200 Non Res \$220	35320-01

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.



## Arts - KidCreate Studio

### KIDCREATE STUDIO - DINO DAY

PCC-Active Wing, 14800 34th Avenue N

Hip hip hooray, it's Dino Day! If you love dinosaurs as much as we do, this is the class for you. Artists will explore several different mediums as they tear, paint, glue and more; it'll be dino-riffic!!! Please pack a nut-free snack and drink for your child.

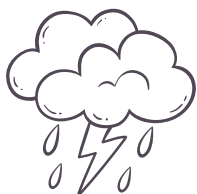
AGES	DAY	DATE & TIME	COST	ACTIVITY
3-6	Sa	Oct 14 9:00am-12:00pm	Res \$52 Non Res \$59	32103-01

### KIDCREATE STUDIO - MINI MASTERS

PCC-Active Wing, 14800 34th Avenue N

Come make friends with Picasso, Monet, Matisse, Van Gogh and more famous artists. Your mini-master will enjoy painting, cutting, scribbling and giggling while creating fantastic works of art - all inspired by famous artists. Books and examples of masterpieces will educate and delight your child during this fun filled camp. Please pack a nut-free snack and drink for your child each day.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-6	W, Th	Dec 27-Dec 28 9:00am-12:00pm	Res \$116 Non Res \$127	32110-01



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

## Dance

### BALLET AND TAP (AGES 3-4)

PCC-Active Wing, 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 expanded each week. Pink ballet shoes, black tap shoes and leotards/tights or active wear are needed. Instr: City of Plymouth Dance Staff. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-4	M	Sep 11-Dec 11 5:00pm-5:40pm	Res \$168 Non Res \$180	32102-01
3-4	Tu	Sep 12-Dec 12 5:15pm-5:55pm	Res \$156 Non Res \$168	32102-02

### CREATIVE MOVEMENT (AGES 3-4)

PCC-Active Wing, 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 recommended. Instr: City of Plymouth Dance Staff. No program: 9/23, 10/19, 10/21, 11/23, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-4	Th	Sep 14-Dec 14 5:00pm-5:30pm	Res \$144 Non Res \$156	32104-01
3-4	Sa	Sep 16-Dec 9 9:00am-9:30am	Res \$120 Non Res \$132	32104-02

### TIPPI TOES DANCE

PCC-Active Wing, 14800 34th Avenue N

Move and groove to the Tippi Toes® beat in this fun and energetic combination class, with your child dancing on their own! Tippi Toes incorporates an even mix of the three types of dance over the 45 minute class time using high-energy music and choreography. For children ages 3-5 years old.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	W	Sep 13-Oct 25 11:30am-12:15pm	Res \$82.25 Non Res \$92.25	31108-01
3-5	W	Nov 1-Dec 13 11:30am-12:15pm	Res \$82.25 Non Res \$92.25	31108-02

### YOUTH BALLROOM AND LATIN DANCE (AGES 4-6)

PCC-Active Wing, 14800 34th Avenue N

Learn the dances you see on "Dancing with the Stars." This class will focus on beginning ballroom and Latin dance technique. Kids will learn partnered dances such as cha, cha, samba, rumba, tango, waltz, and more. They will be introduced to the fundamental understanding of music, basic steps, figures, coordination, and rhythm. No partner needed. Please wear comfortable shoes. Girls please wear black leotard with pink tights and skirt. Boy's please wear black pants and black shirt. Instr: Zhanna Khenkin. No program: 10/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Su	Sep 10-Nov 5 10:00am-10:45am	Res \$150 Non Res \$170	32100-01

## Arts - Music

### PIANO FOR LITTLE MOZARTS

PCC-Education Wing, 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: 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	W	Sep 6-Oct 25 11:30am-12:00pm	Res \$120 Non Res \$130	32107-01
4-6	W	Sep 6-Oct 25 12:15pm-12:45pm	Res \$120 Non Res \$130	32107-02
4-6	W	Nov 1-Dec 13 11:30am-12:00pm	Res \$90 Non Res \$100	32107-03
4-6	W	Nov 1-Dec 13 12:15pm-12:45pm	Res \$90 Non Res \$100	32107-04

## Arts - Music - Bach to Rock

### BACH TO ROCK - ROCK CITY CAMP

Bach to Rock, 4345 Nathan Ln N

Through dynamic musical and movement-based activities, exposure to live instruments and musically inspired story-time, young musicians gradually develop the skills needed to pursue music further. Classes focus on foundational musical concepts such as fast and slow, sound and silence, high and low and even singing and playing major scales.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	M-F	Oct 16-Oct 20 9:00am-12:30pm	Res \$126 Non Res \$138	32322-01
3-5	M-F	Nov 20-Nov 24 9:00am-12:30pm	Res \$126 Non Res \$138	32322-02

### BACH TO ROCK - ROCK CITY WORLD TOUR

Bach to Rock, 4345 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
3-5	M	Sep 11-Oct 16 1:00pm-1:45pm	Res \$152 Non Res \$167	32321-01
3-5	Tu	Sep 12-Oct 17 2:00pm-2:45pm	Res \$152 Non Res \$167	32321-02
3-5	Tu	Sep 12-Oct 17 5:00pm-5:45pm	Res \$152 Non Res \$167	32321-03

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

## Education

### FINE MOTOR FUN

PCC-Education Wing, 14800 34th Avenue N

This course focuses on fine motor development for school readiness. In this course your child will engage in playful activities that support foundational skills to handwriting, scissor skills, and coloring such as strengthening, manipulation, grasping, fine motor control, self-confidence, motivation, spatial awareness, visual-motor, and sensory processing. Instr: Michelle Pettit, Roots and Wings Therapeutic Services LLC.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-6	M	Sep 11-Oct 30 2:00pm-3:00pm	Res \$200 Non Res \$220	32325-01

### THERAPEUTIC OUTDOOR EXPLORERS

PCC-Education Wing, 14800 34th Avenue N

The outdoors is a perfect way to support self-confidence, peer engagement, resilience, mindfulness, sensory processing, strengthening, motor coordination, body awareness, and executive functioning. Various fun and motivating activities will be led by an occupational therapist to support the above areas. Instr: Michelle Pettit, Roots and Wings Therapeutic Services LLC.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-6	M	Sep 11-Oct 30 3:15pm-4:15pm	Res \$200 Non Res \$220	32326-01

## Education - Science Explorers

### SCIENCE EXPLORERS: SCIENCE IN THE KITCHEN

PCC-Active Wing, 14800 34th Avenue N

Our kitchens can be amazing science labs...so join us as we throw open the kitchen cabinets and enjoy fun, "hands-in" science. Explore states of matter, chemical reactions and more with experiments that bubble, fizz, crackle, and pop. Dress so you can get messy. Note: Flour, cornstarch, oil and other common kitchen ingredients may be used, but not consumed.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Tu	Oct 10-Oct 31 10:00am-11:30am	Res \$75 Non Res \$86	32302-01

### SCIENCE EXPLORERS: SILLY, SLOPPY, SLIMY

PCC-Active Wing, 14800 34th Avenue N

Are you ready for some gooey, sloppy, slimy experiments? In this exciting, hands-on lab we experiment with gooey, silly and slimy mixtures as we investigate states of matter. Be sure to dress so you can get messy as we learn why mixtures act the way they do.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Tu	Sep 26 10:00am-11:30am	Res \$20 Non Res \$25	32301-01

### SCIENCE EXPLORERS: SPACE ADVENTURES

PCC-Active Wing, 14800 34th Avenue N

Learn about gravity and how it affects us here on earth. Soar past the moon, investigate the planets of our solar system and how they orbit the sun. Look to the constellations and learn their stories. Create art projects, play games and more!

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-6	Tu	Nov 21-Dec 12 10:00am-11:30am	Res \$75 Non Res \$86	32303-01

## Health & Fitness

### BALANCE BIKE RACE - PLYMOUTH CUP

Plymouth Creek Playfield, 3625 Fernbrook Lane N

Bring your balance bike-loving kiddo to Plymouth Creek Park for a fun morning of riding, striding and racing. In addition to the race, riders can test their skill at the obstacle course. Don't miss what may be the cutest race happening in Plymouth.

AGES	DAY	DATE & TIME	COST	ACTIVITY
1.5-3	Sa	Oct 7 9:30am-10:00am	Res \$15 Non Res \$18	32402-01

## Sports - Multi-sport

### SPORTS UNLIMITED SPORTS SAMPLER

Locations vary

Explore baseball, soccer, soft lacrosse and flag football. Bring appropriate clothing (shin guards recommended for soccer), baseball glove, snack and water.

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>Bass Lake Playfield, 5450 Northwest Boulevard</b>				
4-6	Tu	Sep 12-Oct 10 4:30pm-6:00pm	Res \$99 Non Res \$114	32202-01
<b>PCC Fieldhouse, 14800 34th Avenue N</b>				
4-6	Tu	Nov 7-Dec 5 4:30pm-6:00pm	Res \$99 Non Res \$114	32202-02

## Sports - Basketball

### REVSORTS BASKETBALL

PCC-Active Wing, 14800 34th Avenue N

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 (not a league). No program: 9/4, 9/28, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY	AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	M	August 14-Sep 11 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-01	2-3	Th	August 17-Sep 7 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-17
3-4	M	August 14-Sep 11 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-02	3-4	Th	August 17-Sep 7 5:30pm-6:10pm	Res \$124 Non Res \$143	32210-18
4-5	M	August 14-Sep 11 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-03	4-5	Th	August 17-Sep 7 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-19
5-6	M	August 14-Sep 11 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-04	5-6	Th	August 17-Sep 7 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-20
2-3	M	Sep 18-Oct 9 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-05	2-3	Th	Sep 14-Oct 12 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-21
3-4	M	Sep 18-Oct 9 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-06	3-4	Th	Sep 14-Oct 12 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-22
4-5	M	Sep 18-Oct 9 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-07	4-5	Th	Sep 14-Oct 12 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-23
5-6	M	Sep 18-Oct 9 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-08	5-6	Th	Sep 14-Oct 12 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-24
2-3	M	Oct 16-Nov 6 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-09	2-3	Th	Oct 19-Nov 9 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-25
3-4	M	Oct 16-Nov 6 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-10	3-4	Th	Oct 19-Nov 9 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-26
4-5	M	Oct 16-Nov 6 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-11	4-5	Th	Oct 19-Nov 9 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-27
5-6	M	Oct 16-Nov 6 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-12	5-6	Th	Oct 19-Nov 9 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-28
2-3	M	Nov 13-Dec 4 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-13	2-3	Th	Nov 16-Dec 14 5:00pm-5:25pm	Res \$65 Non Res \$75	32210-29
3-4	M	Nov 13-Dec 4 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-14	3-4	Th	Nov 16-Dec 14 5:30pm-6:10pm	Res \$65 Non Res \$75	32210-30
4-5	M	Nov 13-Dec 4 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-15	4-5	Th	Nov 16-Dec 14 6:15pm-6:55pm	Res \$65 Non Res \$75	32210-31
5-6	M	Nov 13-Dec 4 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-16	5-6	Th	Nov 16-Dec 14 7:00pm-7:40pm	Res \$65 Non Res \$75	32210-32



## Sports - Flag Football

## REVSports FLAG FOOTBALL

Bass Lake Playfield, 5450 Northwest Boulevard

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 (not a league).

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	W	August 16-Sep 6 5:00pm-5:25pm	Res \$65 Non Res \$75	32208-01
3-5	W	August 16-Sep 6 5:30pm-6:10pm	Res \$65 Non Res \$75	32208-02
4-6	W	August 16-Sep 6 6:15pm-6:55pm	Res \$65 Non Res \$75	32208-03
4-6	W	August 16-Sep 6 7:00pm-7:40pm	Res \$65 Non Res \$75	32208-04
2-3	W	Sep 13-Oct 4 5:00pm-5:25pm	Res \$65 Non Res \$75	32208-05
3-5	W	Sep 13-Oct 4 5:30pm-6:10pm	Res \$65 Non Res \$75	32208-06
4-6	W	Sep 13-Oct 4 6:15pm-6:55pm	Res \$65 Non Res \$75	32208-07
4-6	W	Sep 13-Oct 4 7:00pm-7:40pm	Res \$65 Non Res \$75	32208-08
2-3	W	Oct 11-Nov 1 5:00pm-5:25pm	Res \$65 Non Res \$75	32208-09
3-5	W	Oct 11-Nov 1 5:30pm-6:10pm	Res \$65 Non Res \$75	32208-10
4-6	W	Oct 11-Nov 1 6:15pm-6:55pm	Res \$65 Non Res \$75	32208-11
4-6	W	Oct 11-Nov 1 7:00pm-7:40pm	Res \$65 Non Res \$75	32208-12

## Gymnastics

## TUMBLING TYKES

Wayzata High School, 4955 Peony Lane

Emphasis on fun! Explore basic gymnastics skills and improve motor skills, including safe use of gymnastics equipment. Adult assistance is advised for three year old participants.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-4	Sa	Sep 9-Oct 14 9:00am-9:30am	Res \$98 Non Res \$108	32200-01
3-4	Sa	Sep 9-Oct 14 9:45am-10:15am	Res \$98 Non Res \$108	32200-02
3-4	Sa	Sep 9-Oct 14 11:45am-12:15pm	Res \$98 Non Res \$108	32200-03
3-4	Sa	Sep 9-Oct 14 12:30pm-1:00pm	Res \$98 Non Res \$108	32200-04
3-4	Sa	Sep 9-Oct 14 2:15pm-2:45pm	Res \$98 Non Res \$108	32200-05
3-4	Sa	Oct 28-Dec 2 9:00am-9:30am	Res \$98 Non Res \$108	32200-06
3-4	Sa	Oct 28-Dec 2 9:45am-10:15am	Res \$98 Non Res \$108	32200-07
3-4	Sa	Oct 28-Dec 2 11:45am-12:15pm	Res \$98 Non Res \$108	32200-08
3-4	Sa	Oct 28-Dec 2 12:30pm-1:00pm	Res \$98 Non Res \$108	32200-09
3-4	Sa	Oct 28-Dec 2 2:15pm-2:45pm	Res \$98 Non Res \$108	32200-10

## Martial Arts

## LITTLE TIGER

Ultimate Martial Arts, 147 Hamel Road

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	Th	Oct 5-Nov 16 5:30pm-6:00pm	Res \$119 Non Res \$129	32211-01

## Ninja Warriors

## REVSports - NINJA WARRIORS

Bass Lake Playfield, 5450 Northwest Boulevard

Participants learn and practice the fundamentals of speed, agility, balance and coordination through obstacles. Class involves ground-based obstacle training, active games and individual challenges that vary by day. Parents/guardians are expected to be present and ready to engage for classes.

AGES	DAY	DATE & TIME	COST	ACTIVITY
2-3	Th	August 17-Sep 7 5:00pm-5:25pm	Res \$75 Non Res \$86	32401-01
3-5	Th	August 17-Sep 7 5:30pm-6:10pm	Res \$75 Non Res \$86	32401-02
4-6	Th	August 17-Sep 7 6:15pm-6:55pm	Res \$75 Non Res \$86	32401-03
5-8	Th	August 17-Sep 7 7:00pm-7:40pm	Res \$75 Non Res \$86	32401-04
2-3	Th	Sep 14-Oct 5 5:00pm-5:25pm	Res \$75 Non Res \$86	32401-05
3-5	Th	Sep 14-Oct 5 5:30pm-6:10pm	Res \$75 Non Res \$86	32401-06
4-6	Th	Sep 14-Oct 5 6:15pm-6:55pm	Res \$75 Non Res \$86	32401-07
5-8	Th	Sep 14-Oct 5 7:00pm-7:40pm	Res \$75 Non Res \$86	32401-08
2-3	Th	Oct 12-Nov 2 5:00pm-5:25pm	Res \$75 Non Res \$86	32401-09
3-5	Th	Oct 12-Nov 2 5:30pm-6:10pm	Res \$75 Non Res \$86	32401-10
4-6	Th	Oct 12-Nov 2 6:15pm-6:55pm	Res \$75 Non Res \$86	32401-11
5-8	Th	Oct 12-Nov 2 7:00pm-7:40pm	Res \$75 Non Res \$86	32401-12

## Sports - Soccer

### FALL SOCCER: CO-REC AGE 4

Zachary Playfield, 4355 Zachary Lane

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/voluntercoaching](http://www.plymouthmn.gov/voluntercoaching). Practice weekday - games Saturday mornings through Oct 14. Games start Sept 16. No refunds after August 25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4	M	Sep 11-Oct 9 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-01
4	M	Sep 11-Oct 9 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-02
4	Tu	Sep 5-Oct 10 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-03
4	Tu	Sep 5-Oct 10 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-04
4	W	Sep 6-Oct 11 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-05
4	W	Sep 6-Oct 11 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-06
4	Th	Sep 7-Oct 12 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-07
4	Th	Sep 7-Oct 12 6:00pm-7:00pm	Res \$70 Non Res \$80	33270-08

\*Saturday morning games

### HAPPYFEET SOCCER

Locations vary

HappyFeet Soccer is the premier early development program, using imaginative play and play-to-learn concepts to teach real deceptive dribbling skills on the move. Using our friendly story time with a soccer ball approach, HappyFeet has received recognition by many early childhood education experts as the premeier preschool-age soccer program. Our curriculum is designed to foster your child's development and creativity with more time spent on skill acquisition. Our camps utilize fun, engaging activities to enhance skill acquisition and finishes with small side scrimmages. Equipment provided. For questions and or to purchase a jersey, reach us at [office@tchappyfeet.com](mailto:office@tchappyfeet.com). No program: 11/23, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>Bass Lake Playfield, 5450 Northwest Boulevard</b>				
4-5	Sa	Sep 9-Sep 30 2:00pm-2:45pm	Res \$75 Non Res \$86	32206-12
3-4	Sa	Sep 9-Sep 30 2:50pm-3:35pm	Res \$75 Non Res \$86	32206-13
2-2	Sa	Sep 9-Sep 30 3:40pm-4:25pm	Res \$75 Non Res \$86	32206-14
<b>PCC Fieldhouse, 14800 34th Avenue N</b>				
2-2	Th	Sep 7-Sep 28 9:30am-10:15am	Res \$75 Non Res \$86	32206-01
3-4	Th	Sep 7-Sep 28 10:20am-11:05am	Res \$75 Non Res \$86	32206-02
4-5	Th	Sep 7-Sep 28 11:00am-11:55am	Res \$75 Non Res \$86	32206-03

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>PCC-Active Wing, 14800 34th Avenue N</b>				
2-2	Th	Oct 12-Nov 2 9:30am-10:15am	Res \$75 Non Res \$86	32206-05
3-4	Th	Oct 12-Nov 2 10:20am-11:05am	Res \$75 Non Res \$86	32206-06
4-5	Th	Oct 12-Nov 2 11:10am-11:55am	Res \$75 Non Res \$86	32206-07
2-2	Th	Nov 9-Dec 7 9:30am-10:15am	Res \$75 Non Res \$86	32206-08
3-4	Th	Nov 9-Dec 7 10:20am-11:05am	Res \$75 Non Res \$86	32206-09
4-5	Th	Nov 9-Dec 7 11:00am-11:55am	Res \$75 Non Res \$86	32206-10
4-5	Sa	Oct 14-Nov 4 2:00pm-2:45pm	Res \$75 Non Res \$86	32206-15
3-4	Sa	Oct 14-Nov 4 2:50pm-3:35pm	Res \$75 Non Res \$86	32206-16
2-2	Sa	Oct 14-Nov 4 3:40pm-4:25pm	Res \$75 Non Res \$86	32206-17
4-5	Sa	Nov 11-Dec 9 2:00pm-2:45pm	Res \$75 Non Res \$86	32206-18
3-4	Sa	Nov 11-Dec 9 2:50pm-3:35pm	Res \$75 Non Res \$86	32206-19
2-2	Sa	Nov 11-Dec 9 3:40pm-4:25pm	Res \$75 Non Res \$86	32206-20

## Sports - Soccer

### REVSPORTS SOCCER LEAGUE

Elm Creek Playfield, 4905 Peony Lane

Co-rec instructional soccer that allows children to play soccer in a relaxed, fun, and non-competitive atmosphere. Participants will be split into small groups each week for skill development and scrimmage games. Each session will have dedicated time to game play. Includes t-shirt.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3.5-4	Su	Sep 10-Oct 1 4:00pm-5:00pm	Res \$71 Non Res \$81	33271-01
4-5	Su	Sep 10-Oct 1 5:15pm-6:15pm	Res \$71 Non Res \$81	33271-02

### REVSPORTS SOCCER

Locations vary

RevSports soccer participants learn and practice the fundamentals of soccer through individual player development. Each day will focus on a topic building on the previous topics including: dribbling, shooting, defending, passing, and more. All equipment is provided. Athletic footwear recommended. Parent is expected to be present and ready to engage with child. This is not a league. No program: 9/4.

AGES	DAY	DATE & TIME	COST	ACTIVITY
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#### Bass Lake Playfield, 5450 Northwest Boulevard

2-3	M	Aug 14-Sep 11 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-01
3-5	M	August 14-Sep 11 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-02
3-5	M	Aug 14-Sep 11 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-03
4-6	M	Aug 14-Sep 11 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-04
2-3	M	Sep 18-Oct 9 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-05
3-5	M	Sep 18-Oct 9 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-06
3-5	M	Sep 18-Oct 9 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-07
4-6	M	Sep 18-Oct 9 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-08
2-3	M	Oct 16-Nov 6 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-09
3-5	M	Oct 16-Nov 6 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-10
3-5	M	Oct 16-Nov 6 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-11
4-6	M	Oct 16-Nov 6 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-12
2-3	W	August 16-Sep 6 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-17

3-5	W	August 16-Sep 6 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-18
3-5	W	August 16-Sep 6 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-19
4-6	W	August 16-Sep 6 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-20
2-3	W	Sep 13-Oct 4 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-21
3-5	W	Sep 13-Oct 4 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-22
3-5	W	Sep 13-Oct 4 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-23
4-6	W	Sep 13-Oct 4 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-24
2-3	W	Oct 11-Nov 1 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-25
3-5	W	Oct 11-Nov 1 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-26
3-5	W	Oct 11-Nov 1 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-27
4-6	W	Oct 11-Nov 1 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-28

#### Elm Creek Playfield, 4905 Peony Lane

2-3	Su	Sep 10-Oct 1 3:30pm-3:55pm	Res \$65 Non Res \$75	32203-29
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#### PCC-Active Wing, 14800 34th Avenue N

2-3	M	Nov 13-Dec 4 5:00pm-5:25pm	Res \$65 Non Res \$75	32203-13
3-5	M	Nov 13-Dec 4 5:30pm-6:10pm	Res \$65 Non Res \$75	32203-14
3-5	M	Nov 13-Dec 4 6:15pm-6:55pm	Res \$65 Non Res \$75	32203-15
4-6	M	Nov 13-Dec 4 7:00pm-7:40pm	Res \$65 Non Res \$75	32203-16





## Sports - T-ball/coach-pitch

### REVSports - T-BALL/COACH-PITCH

Locations vary

A great opportunity for your child to explore their new and developing motor skills. One parent/guardian expected to be present and ready to engage for classes for ages 2-3 and 3-5. (Not a league). No program: 9/4.

AGES	DAY	DATE & TIME	COST	ACTIVITY
Bass Lake Playfield, 5450 Northwest Boulevard				

T-Ball				
2-3	M	August 14-Sep 11 5:00pm-5:25pm	Res \$65 Non Res \$75	32205-01
3-5	M	August 14-Sep 11 5:30pm-6:10pm	Res \$65 Non Res \$75	32205-02
3-5	M	August 14-Sep 11 6:15pm-6:55pm	Res \$65 Non Res \$75	32205-03

Coach Pitch				
4-6	M	August 14-Sep 11 7:00pm-7:40pm	Res \$65 Non Res \$75	32205-04

AGES	DAY	DATE & TIME	COST	ACTIVITY
Plymouth Playfield, 9755 36th Avenue N				

T-Ball				
2-3	M	Sep 18-Oct 9 5:00pm-5:25pm	Res \$65 Non Res \$75	32205-05
3-5	M	Sep 18-Oct 9 5:30pm-6:10pm	Res \$65 Non Res \$75	32205-06
3-5	M	Sep 18-Oct 9 6:15pm-6:55pm	Res \$65 Non Res \$75	32205-07

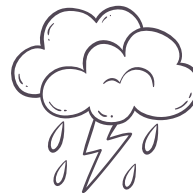
Coach Pitch				
4-6	M	Sep 18-Oct 9 7:00pm-7:40pm	Res \$65 Non Res \$75	32205-08

### FALL TBALL

Elm Creek Playfield, 4905 Peony Lane

Baseball is not over just because it's fall. First two weeks of the program 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](http://www.plymouthmn.gov/volunteercoaching). No refunds after September 1

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-5	Su	Sep 10-Oct 15 4:00pm-5:15pm	Res \$48 Non Res \$57	33245-01
4-5	Su	Sep 10-Oct 15 4:00pm-5:15pm	Res \$48 Non Res \$57	33245-02
4-5	Su	Sep 10-Oct 15 4:00pm-5:15pm	Res \$48 Non Res \$57	33245-03
4-5	Su	Sep 10-Oct 15 4:00pm-5:15pm	Res \$48 Non Res \$57	33245-04



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

## Volleyball



### SKYHAWKS VOLLEYBALL MINI-SPIKERS

PCC-Active Wing, 14800 34th 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. No program: 9/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Sa	Sep 16-Oct 14 2:00pm-2:45pm	Res \$75 Non Res \$89	32209-01
4-6	Sa	Dec 2-Dec 16 11:15am-12:00pm	Res \$59 Non Res \$68	32209-02

## Sports - Volleyball

### REVSports VOLLEYBALL

PCC-Active Wing, 14800 34th Avenue N

RevSports Volleyball players learn and practice the fundamentals of volleyball through individual player development. Each day will focus on a topic building on the previous topics including: passing, setting, serving, and hitting. All equipment is provided. Softer and lighter-weight balls are used. A smaller net and court may be used to assist in skill development. Participants should wear tennis shoes in the gym. Parent is expected to be present and ready to engage with child. This is not a league. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	Tu	August 15-Sep 5 5:00pm-5:40pm	Res \$65 Non Res \$75	32212-01
4-6	Tu	August 15-Sep 5 5:45pm-6:25pm	Res \$65 Non Res \$75	32212-02
5-7	Tu	August 15-Sep 5 6:30pm-7:10pm	Res \$65 Non Res \$75	32212-03
7-9	Tu	August 15-Sep 5 7:15pm-7:55pm	Res \$65 Non Res \$75	32212-04
3-5	Tu	Sep 12-Oct 3 5:00pm-5:40pm	Res \$65 Non Res \$75	32212-05
4-6	Tu	Sep 12-Oct 3 5:45pm-6:25pm	Res \$65 Non Res \$75	32212-06
5-7	Tu	Sep 12-Oct 3 6:30pm-7:10pm	Res \$65 Non Res \$75	32212-07
7-9	Tu	Sep 12-Oct 3 7:15pm-7:55pm	Res \$65 Non Res \$75	32212-08

AGES	DAY	DATE & TIME	COST	ACTIVITY
3-5	Tu	Oct 10-Nov 7 5:00pm-5:40pm	Res \$65 Non Res \$75	32212-09
4-6	Tu	Oct 10-Nov 7 5:45pm-6:25pm	Res \$65 Non Res \$75	32212-10
5-7	Tu	Oct 10-Nov 7 6:30pm-7:10pm	Res \$65 Non Res \$75	32212-11
7-9	Tu	Oct 10-Nov 7 7:15pm-7:55pm	Res \$65 Non Res \$75	32212-12
3-5	Tu	Nov 14-Dec 5 5:00pm-5:40pm	Res \$65 Non Res \$75	32212-13
4-6	Tu	Nov 14-Dec 5 5:45pm-6:25pm	Res \$65 Non Res \$75	32212-14
5-7	Tu	Nov 14-Dec 5 6:30pm-7:10pm	Res \$65 Non Res \$75	32212-15
7-9	Tu	Nov 14-Dec 5 7:15pm-7:55pm	Res \$65 Non Res \$75	32212-16



## Santa's Mailbox

Your child can drop off a letter to Santa  
**November 20-December 1**

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

**DROP OFF LOCATIONS:**

- Plymouth City Hall
- Plymouth Ice Center
- Plymouth Community Center

## Arts - Abrakadoodle

### ABRAKADOODLE - AMAZING ART LAB

PCC-Education Wing, 14800 34th Avenue N

Explore your artistic side and learn tricks that make art magic. Learn cool techniques that will bring your art to the next level. Have fun using different materials like watercolors, pastels, clay, canvas and more! Join this award-winning program and make art magic.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-11	Tu	Sep 12-Oct 3 6:30pm-7:30pm	Res \$80 Non Res \$90	33125-01

### ABRAKADOODLE - DARE TO DRAW

PCC-Education Wing, 14800 34th Avenue N

Oil pastels, Watercolor, metallic markers and more! Try it all in this fun art class that explores the FUNdamentals of drawing. Using an easy step-by-step method, you'll learn how to draw people, animals and still life. See confidence grow in this fun and unique class! Bring a beverage and nut-free snack.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-11	Sa	Sep 30 9:00am-12:00pm	Res \$60 Non Res \$69	33136-01

### ABRAKADOODLE - SHIMMER AND SPARKLE

PCC-Education Wing, 14800 34th Avenue N

In this amazing class we'll draw, paint and sculpt masterpieces that will glow and sparkle. We'll even create a surprise accessory for you to wear. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-11	Tu	Oct 10-Nov 7 6:30pm-7:30pm	Res \$80 Non Res \$90	33126-01

### ABRAKADOODLE - ULTIMATE HOLIDAY GIFT MAKING

PCC-Education Wing, 14800 34th Avenue N

Get a jumpstart on holiday gift making creating the perfect gifts for relatives or friends. Fun to make and nice to give projects! Each child will bring home one gift per class beautifully hand-made and gift wrapped, just in time for the Holidays!

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-11	Th	Nov 2-Nov 16 6:30pm-7:30pm	Res \$60 Non Res \$69	33127-01

## Easy Crafts

### EASY CRAFTS - UNICORN ORNAMENT

PCC-Education Wing, 14800 34th Avenue N

Create your own magical unicorn ornament. With its 3D shape and design with rainbow colors this will stand out when it comes time to display!

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	Sa	Dec 9 9:30am-11:00am	Res \$30 Non Res \$36	33161-01

## Artistic Moments

### ARTISTIC MOMENTS - HALLOWEEN CANDY ART

PCC-Education Wing, 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 festive Halloween molds. Have fun dipping, swirling, and sculpting tasty treats. You can even add colorful candy sprinkles for a final touch.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	M	Oct 16 5:00pm-7:00pm	Res \$40 Non Res \$46	33122-01

### ARTISTIC MOMENTS - THANKSGIVING FONDANT COOKIE ART

PCC-Education Wing, 14800 34th Avenue N

Have you ever used fondant to decorate your cookies? Fondant is a pliable and edible icing used to create festive designs on cookies. Learn how to color, roll, cut, and sculpt colorful fondant into a wide variety of shapes and sizes. Have fun attaching your decorative fondant to cookies.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	M	Nov 13 5:00pm-7:00pm	Res \$40 Non Res \$46	33123-01

### ARTISTIC MOMENTS - HOLIDAY WOOD PAINTING ORNAMENTS

PCC-Education Wing, 14800 34th Avenue N

Are you looking for a fun and creative activity? Learn how to paint ornate and decorative designs on a festive wooden ornament! Design your own unique and individual pattern or use the templates provided in class. You will use acrylic paints and detail paintbrushes to create a beautiful work of art.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	M	Dec 4 5:00pm-7:00pm	Res \$40 Non Res \$46	33124-01



## Arts - Dance

**BALLET & TAP (AGES 5-6)**

PCC-Active Wing, 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 expanded each week. Pink ballet shoes, black tap shoes and leotards/tights or active wear are needed. Instr: City of Plymouth Dance Staff. No program: 9/23, 10/21, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-6	M	Sep 11-Dec 11 5:45pm-6:30pm	Res \$168 Non Res \$180	33132-01
5-6	Sa	Sep 16-Dec 9 9:35am-10:20am	Res \$120 Non Res \$132	33132-02

**BALLET & TAP (AGES 7-9)**

PCC-Active Wing, 14800 34th Avenue N

This class will explore ballet concepts, movement qualities, creativity, and performance. 9 year olds with at least two years of dance experience can register for 9-12 Ballet and Tap. Instr: City of Plymouth Dance Staff. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-9	Tu	Sep 12-Dec 12 6:00pm-7:00pm	Res \$156 Non Res \$168	33133-01

**BALLET & TAP (AGES 9-12)**

PCC-Active Wing, 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 expanded each week. Pink ballet shoes, black tap shoes and leotards/tights or active wear are needed. Instr: City of Plymouth Dance Staff. 9 year olds who are newer to dance should register for 7-9 Ballet and Tap; 12 year olds with at least three years of dance experience can register for 12-18 ballet and tap.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-12	M	Sep 11-Dec 11 6:35pm-7:45pm	Res \$168 Non Res \$180	33134-01

**CONTEMPORARY MODERN (AGES 9-12)**

PCC-Active Wing, 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. 12 year olds with at least three years of dance experience can register for 12-18 Modern. Instr: City of Plymouth Dance Staff. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-12	Tu	Sep 12-Dec 12 7:00pm-7:45pm	Res \$156 Non Res \$168	33135-01

**CREATIVE MODERN (AGES 5-8)**

PCC-Active Wing, 14800 34th Avenue N

Participants will create their own choreography, explore modern dance technique, and play interactive creative movement games. Leotard/Tights and/or activewear required. Students will dance barefoot. Instr: City of Plymouth Dance Staff. No program: 10/19, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Th	Sep 14-Dec 14 5:35pm-6:15pm	Res \$144 Non Res \$156	33137-01

**JAZZ & HIP HOP (AGES 5-8)**

PCC-Active Wing, 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. Instr: City of Plymouth Dance Staff. No program: 9/23, 10/21, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Sep 16-Dec 9 1:00pm-1:45pm	Res \$120 Non Res \$132	33128-01

**JAZZ & HIP HOP (AGES 9-12)**

PCC-Active Wing, 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. 12 year olds with three years of dance experience can register for 12-18 Jazz and Hip Hop. Instr: City of Plymouth Dance Staff. No program: 9/23, 10/21, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-12	Sa	Sep 16-Dec 9 12:00pm-1:00pm	Res \$120 Non Res \$132	33121-01

**MUSICAL THEATER JAZZ (AGES 9-12)**

PCC-Active Wing, 14800 34th Avenue N

This class will introduce beginning jazz dance concepts with a focus on character development, acting and expressing through dance, and performance - all set to songs from your favorite musicals and movies. Dancers can dance in jazz shoes or bare feet. 12 year olds with at least three years of dance experience can register for 12-18 Musical Theatre Jazz. Instr: City of Plymouth Dance Staff. No program: 10/19, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-12	Th	Sep 14-Dec 14 6:15pm-7:00pm	Res \$144 Non Res \$156	33154-01

**YOUTH BALLROOM AND LATIN DANCE (AGES 7-10)**

PCC-Active Wing, 14800 34th Avenue N

Learn the dances you see on "Dancing with the Stars." This class will focus on beginning ballroom and Latin dance technique. Kids will learn partnered dances such as cha, cha, samba, rumba, tango, waltz, and more. They will be introduced to the fundamental understanding of music, basic steps, figures, coordination, and rhythm. No partner needed. Please wear comfortable shoes. Girls please wear black leotard with pink tights and skirt. Boy's please wear black pants and black shirt. Instr: Zhanna Khenkin. No program: 10/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-10	Su	Sep 10-Nov 5 11:00am-11:45am	Res \$150 Non Res \$170	33163-01

## Arts - KidCreate Studio

### KIDCREATE STUDIO - CANDY LAND

PCC-Education Wing, 14800 34th Avenue N

Every kid loves playing the board game Candy Land by Hasbro®. Whether your Mally Mallo or Giggly Gumdrop, you can go down the rainbow path to Peppermint Forest, the Lagoon of Lord Licorice and Princess Frostine's Ice Palace! Let your imagination soar as you make your way to King Kandy's Castle to win! In this class, we will create our own 3D version of the game on a real canvas board. Please pack a nut-free snack and drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Sa	Oct 7 1:00pm-4:00pm	Res \$54 Non Res \$60	33101-01

### KIDCREATE STUDIO - NAILED IT HAWAII CHALLENGE

PCC-Education Wing, 14800 34th Avenue N

Just like in the wildly popular series "Nailed It!", we'll provide you with everything needed to recreate an awesome final product-but it's entirely up to YOU how you make it happen. Ready to take on some serious island challenges? Be ready to create rad surfboards, thrilling Tiki sculptures, volcanoes that really light up... and so much more. We can't wait to see if you've got what it takes to master this "Nailed It" Hawaii challenge—no baking here; only sculpting, painting & collaging galore!

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Th	Oct 5-Oct 26 6:30pm-7:30pm	Res \$85 Non Res \$95	33102-01

### KIDCREATE STUDIO - GHOSTLY GOO

PCC-Education Wing, 14800 34th Avenue N

Create your very own Halloween slime, then dress up a spooky jar to keep it in. Monsters, bats, ghosts, pumpkins, and more—what creepy creature will you make? The artists are invited to wear their costumes to class for extra Halloween fun. Please pack a nut-free snack and drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Oct 28 1:00pm-4:00pm	Res \$54 Non Res \$60	33120-01

### KIDCREATE STUDIO - SNOW PALOOZA

PCC-Education Wing, 14800 34th Avenue N

It's a Snow Palooza! In this class, we'll get messy with projects that celebrate the cheerful chill of winter. So come cozy up with paint while we create a cute birch tree scene, complete with falling snow and even a silly reindeer. Please pack a nut-free snack and drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Nov 18 9:00am-12:00pm	Res \$54 Non Res \$60	33103-01

### KIDCREATE STUDIO- HOLIDAY SLIME

PCC-Education Wing, 14800 34th Avenue N

Explore the messier side of art in this fun-filled holiday-themed class. We will roll up our sleeves and make a mess as we mix up a batch of peppermint-scented slime, and a gift box to store it in. Making a mess is the best, especially when you leave the mess with us! Please pack a nut-free snack and drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Dec 2 9:00am-12:00pm	Res \$54 Non Res \$60	33105-01

### KIDCREATE STUDIO - HOLIDAY ORNAMENT MAKING PARTY

PCC-Education Wing, 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! Please pack a nut-free snack and drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Sa	Dec 9 1:00pm-4:00pm	Res \$54 Non Res \$60	33107-01

### KIDCREATE STUDIO - SCRATCH AND SNIFF GINGERBREAD CREATION

PCC-Education Wing, 14800 34th Avenue N

Come paint an adorable gingerbread house with a special twist that couldn't be sweeter—we'll use concoctions of art materials mixed with super-secret ingredients... so our paintings smell as yummy as they look! You'll have to smell it to believe it! Please pack a nut-free snack and a drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-9	Sa	Dec 16 9:00am-12:00pm	Res \$54 Non Res \$60	33100-01

### KIDCREATE STUDIO - ILLUMINART

PCC-Education Wing, 14800 34th Avenue N

Get ready to light up the night with art! Our ultra-cool camp creations will shine, shimmer, and glow for their big debut in the dark. Join us as we use clay, paint and other luminescent materials to craft extraordinary pieces of art that really glow-in-the-dark. Your child's creative imagination is sure to illuminate like never before! Please pack a nut-free snack and drink for your child.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	F	Dec 29 9:00am-3:00pm	Res \$116 Non Res \$127	33108-01

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

## Arts - Music

**BACH TO ROCK - DJ 101**

Bach to Rock, 4345 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	Sa	Sep 16-Oct 21 2:00pm-3:00pm	Res \$228 Non Res \$250	33138-01

**BACH TO ROCK - DJ CAMP**

Bach to Rock, 4345 Nathan Ln N

This camp is great for any and all kids who love or are fascinated by music production and technology. Students get hands-on experience while learning fundamentals of mixing songs, scratching turn-tables, and DJ music theory/composition. Learning from world class DJ instructors, students work on individual state-of-the-art DJ workstations and will perform/record a DJ remix at the end of the program. No previous experience required!

AGES	DAY	DATE & TIME	COST	ACTIVITY
10-17	M-F	Oct 16-Oct 20 12:30pm-4:00pm	Res \$168 Non Res \$185	33139-01
10-17	M-F	Nov 20-Nov 24 12:30pm-4:00pm	Res \$168 Non Res \$185	33139-02

**BACH TO ROCK - DRUMS 101**

Bach to Rock, 4345 Nathan Ln N

Learning drums in a group setting, ending the series with performance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Sep 13-Oct 18 12:00pm-1:00pm	Res \$212 Non Res \$233	33151-01
7-14	Th	Sep 14-Oct 19 4:30pm-5:30pm	Res \$212 Non Res \$233	33151-02

**BACH TO ROCK - FUN WITH MUSIC**

Bach to Rock, 4345 Nathan Ln N

We'll focus on core instruments each week, (Guitar, Drums, Vocals, Ukulele, Keys) learning basics and roles of what makes up a band. Perfect for those who aren't ready to commit to a specific instrument yet or play in a school band/orchestra and are interested in modern music.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Sep 13-Oct 18 3:30pm-4:30pm	Res \$212 Non Res \$233	33131-01

**BACH TO ROCK - GLEE CLUB CAMP**

Bach to Rock, 4345 Nathan Ln N

This choral ensemble offers a dynamic atmosphere for students to unlock their inner star! We'll explore fun vocal exercises, singing in harmony, and cool choreography while performing arrangements of popular songs. This group learning experience emphasizes reading music, intonation, listening skills, rhythm, and healthy vocal technique.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W-F	Oct 18-Oct 20 9:00am-12:30pm	Res \$168 Non Res \$184	33147-01
7-14	W-F	Nov 22-Nov 24 9:00am-12:30pm	Res \$168 Non Res \$184	33147-02

**BACH TO ROCK - GUITAR 101**

Bach to Rock, 4345 Nathan Ln N

Learning guitar in a group setting, ending the series with performance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	M	Sep 11-Oct 16 6:00pm-7:00pm	Res \$212 Non Res \$233	33150-01
7-14	Sa	Sep 16-Oct 21 4:00pm-5:00pm	Res \$212 Non Res \$233	33150-02

see more music programs on next page

**BACH TO ROCK - KIDS N KEYS**

Bach to Rock, 4345 Nathan Ln N

This class introduces kids to the fundamentals of music and piano playing in a fun group setting.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-7	M	Sep 11-Oct 16 4:00pm-4:45pm	Res \$219 Non Res \$240	33148-01
5-7	W	Sep 13-Oct 18 2:30pm-3:15pm	Res \$219 Non Res \$240	33148-02
5-7	Sa	Sep 16-Oct 21 10:30am-11:15am	Res \$219 Non Res \$240	33148-03
5-7	Sa	Sep 16-Oct 21 11:30am-12:15pm	Res \$219 Non Res \$240	33148-04

**BACH TO ROCK - MUSIC PRODUCTION 101**

Bach to Rock, 4345 Nathan Ln N

Learn about music production in a group setting, ending the series with a performance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Tu	Sep 12-Oct 17 2:00pm-3:00pm	Res \$212 Non Res \$233	33153-01
7-14	W	Sep 13-Oct 18 6:00pm-7:00pm	Res \$212 Non Res \$233	33153-02

**BACH TO ROCK - ROCK BAND**

Bach to Rock, 4345 Nathan Ln N

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

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	W	Sep 13-Oct 18 4:30pm-5:30pm	Res \$230 Non Res \$253	33130-01
7-12	Th	Sep 14-Oct 19 1:00pm-2:00pm	Res \$230 Non Res \$253	33130-02



## Arts - Music - Bach to Rock

### BACH TO ROCK - ROCK BAND CAMP

Bach to Rock, 4345 Nathan Ln N

Our professional band coaches work closely with students and direct and train the bands. Students are placed in compatible bands by their age and ability. Bands make up 4-6 players and vocalist.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W-F	Oct 18-Oct 20 9:00am-4:00pm	Res \$228 Non Res \$285	33141-01
7-14	W-F	Nov 22-Nov 24 9:00am-4:00pm	Res \$228 Non Res \$285	33141-02

### BACH TO ROCK - SONGWRITING 101

Bach to Rock, 4345 Nathan Ln N

Learn about songwriting in a group setting, ending the series with performance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Sep 13-Oct 18 1:00pm-2:00pm	Res \$212 Non Res \$233	33152-01
7-14	Th	Sep 14-Oct 19 4:00pm-5:00pm	Res \$212 Non Res \$233	33152-02

### BACH TO ROCK - UKULELE 101

Bach to Rock, 4345 Nathan Ln N

Learning ukulele in a group setting, ending the series with performance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Sep 13-Oct 18 5:00pm-6:00pm	Res \$212 Non Res \$233	33149-01
7-14	Sa	Sep 16-Oct 21 3:00pm-4:00pm	Res \$212 Non Res \$233	33149-02

### BACH TO ROCK- GLEE CLUB

Bach to Rock, 4345 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 an exclusive live or virtual performance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Tu	Sep 12-Oct 17 6:00pm-7:00pm	Res \$212 Non Res \$233	33129-01
7-14	W	Sep 13-Oct 18 5:30pm-6:30pm	Res \$212 Non Res \$233	33129-02
7-14	Th	Sep 14-Oct 19 5:30pm-6:30pm	Res \$212 Non Res \$233	33129-03

## School of Rock

### SCHOOL OF ROCK - CELEBRATING IMAGINE DRAGONS

312 Clydesdale Trail, Medina, MN 55340

What's more fun than being in a band? NOTHING! In this month-long group band class, students will learn to play a song from Grammy-winning band Imagine Dragons! And they won't just learn on one instrument...they'll learn them all—guitar, bass, keyboards, drums and vocals. Students will be exposed to essential fundamentals like music theory, pitch and rhythm, with a focus on teamwork and collaboration. The class combines fun with practical learning, and celebrates one of music's biggest bands.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-7	Sa	Oct 7-Oct 28 1:15pm-2:15pm	Res \$162 Non Res \$178	33165-01

## School of Rock

### SCHOOL OF ROCK - CELEBRATING QUEEN

312 Clydesdale Trail, Medina, MN 55340

What's more fun than being in a band? NOTHING! In this month-long group band class, students will learn to play a song from Rock and Roll Hall of Fame band Queen! And they won't just learn on one instrument...they'll learn them all—guitar, bass, keyboards, drums and vocals. Students will be exposed to essential fundamentals like music theory, pitch and rhythm, with a focus on teamwork and collaboration. The class combines fun with practical learning, and celebrates one of music's biggest bands.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-7	Sa	Nov 4-Nov 25 1:15pm-2:15pm	Res \$162 Non Res \$178	33166-01

### SCHOOL OF ROCK - CELEBRATING TAYLOR SWIFT

312 Clydesdale Trail, Medina, MN 55340

What's more fun than being in a band? NOTHING! In this month-long group band class, students will learn to play a song from Grammy-winning singer/songwriter Taylor Swift! And they won't just learn on one instrument...they'll learn them all—guitar, bass, keyboards, drums and vocals. Students will be exposed to essential fundamentals like music theory, pitch and rhythm, with a focus on teamwork and collaboration. The class combines fun with practical learning, and celebrates one of music's biggest superstars.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-7	Sa	Sep 9-Sep 30 1:15pm-2:15pm	Res \$162 Non Res \$178	33164-01

## Arts - Theater

## THEATER WORKSHOPS WITH DEBORAH SCHEE

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, dress comfortably, and bring a nut-free snack and water bottle each day. Each one of our theater classes represents a "cast" of students. We rely on each and every cast member to be in class each day, so we can create our final performance. Thank you in advance for only registering your child if they can be with us every day.

### THEATER WORKSHOP - HARRY POTTER JUNIOR

PCC-Event Wing, 14800 34th Avenue N

The big kids aren't the only ones who love all things Harry Potter. Join us as we create some Hogwarts magic on stage, little kid style. Brush up on your spells and potions and get ready for some wizardly fun!

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	M	Sep 11-Sep 25 4:30pm-6:00pm	Res \$89 Non Res \$102	33111-01

### THEATER WORKSHOP - BROADWAY KIDS: HAMILTON

PCC-Event Wing, 14800 34th Avenue N

One of the most successful Broadway Musicals of recent time will be brought to life, kid-style, on our black box stage. This acting, singing and dancing theater class will highlight the music of Hamilton, while adding some modern acting scenes to give it our own twist. Don't throw away your shot. Join us!

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	Tu	Sep 12-Sep 26 4:30pm-6:00pm	Res \$89 Non Res \$102	33110-01

### THEATER WORKSHOP - BROADWAY KIDS: NEWSIES JUNIOR

PCC-Event Wing, 14800 34th Avenue N

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. This class features songs from the popular Broadway Musical Newsies. No program: 10/17.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Tu	Oct 3-Oct 24 4:30pm-6:00pm	Res \$89 Non Res \$102	33112-01

### THEATER WORKSHOP - HARRY POTTER AND THE CHAMBER OF SECRETS

PCC-Event Wing, 14800 34th Avenue N

As Second Years, Harry, Hermione and Ron investigate a new mystery when a series of messages on the school's corridor walls warn that the "Chamber of Secrets" has been opened. No program: 10/18.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	W	Oct 4-Oct 25 4:30pm-6:00pm	Res \$89 Non Res \$102	33113-01



### THEATER WORKSHOP - BROADWAY KIDS: MATILDA

PCC-Event Wing, 14800 34th Avenue N

Calling ALL Ages! Let's represent all grades of Crunchem Hall on our stage. Matilda, a precocious little girl who loves reading, attends a school that is more like a prison. Miss Trunchbull, the headmistress, despises children and insists that they must be treated with discipline, punishment, and rules. We'll bring this story to life through singing, dancing, and acting.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	M	Oct 30-Nov 13 4:30pm-6:00pm	Res \$89 Non Res \$102	33114-01

### THEATER WORKSHOP - BROADWAY KIDS: HARD KNOCK LIFE

PCC-Event Wing, 14800 34th Avenue N

The kids living at Miss Hannigan's orphanage have nothing; except washing, scrubbing, and cleaning! Through singing, dancing, and acting, students will bring the songs, 'It's a Hard Knock Life' and 'Tomorrow' from this classic musical to life on stage. Leap'n lizards!

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	W	Nov 1-Nov 15 4:30pm-6:00pm	Res \$89 Non Res \$102	33115-01

## Arts - Wheel pottery

### WHEEL POTTERY

PCC-Education Wing, 14800 34th Avenue N

Learn the basics of wheel sculpting with ceramic clay. Will 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	DAY	DATE & TIME	COST	ACTIVITY
8-15	W	Sep 6-Sep 27* 4:30pm-6:30pm	Res \$130 Non Res \$143	33119-01
8-15	W	Oct 4-Oct 25 4:30pm-6:30pm	Res \$130 Non Res \$143	33119-02
8-15	W	Nov 8-Nov 29 4:30pm-6:30pm	Res \$130 Non Res \$143	33119-03

\*On 9/27 Class will meet at Parkers Lake Pavilion: 15205 County Rd 6 & Niagara Lane

## Writing

### WRITING SCARY STORIES

PCC-Education Wing, 14800 34th Avenue N

Whether you want to be the next R.L. Stine or freak out your friends around the campfire, this class will help you create a creepy mood, invent memorable monsters, and scare the socks off of your audience. Instr: The Loft.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	M	Oct 23 6:00pm-7:00pm	Res \$65 Non Res \$74	33104-01

## Education - Chess

### TWIN CITIES CHESS CLUB

Want to amaze your friends and impress your opponents? Want to increase your IQ while 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. No program: 10/19, 11/23.

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB - BEGINNER

PCC-Education Wing, 14800 34th Avenue N

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Th	Oct 5-Dec 21 5:55pm-6:40pm	Res \$129 Non Res \$142	33321-01

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB - INTERMEDIATE/ADVANCED

PCC-Education Wing, 14800 34th Avenue N

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-12	Th	Oct 5-Dec 21 6:45pm-7:55pm	Res \$150 Non Res \$165	33332-01



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

## Center for Academic Excellence

### CENTER FOR ACADEMIC EXCELLENCE: ACT/SAT/PSAT

Locations vary

ACT/SAT preparation program provides a brilliant way for achieving your targeted ACT/SAT results. Students will benefit greatly from time management and exam-taking tactics. Activities in the classroom will assist students in developing tried-and-true techniques for success and resolving challenging test questions. No program: 10/17, 10/18, 10/19, 11/21, 11/22, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
PCC-Education Wing, 14800 34th Avenue N				
13-16	Th	Sep 14-Dec 21 6:30pm-7:30pm	Res \$329 Non Res \$329	33334-02

### St Barnabas Lutheran Church, 15600 Old Rockford Rd

13-16	Tu	Sep 12-Dec 19 6:30pm-7:30pm	Res \$329 Non Res \$329	33334-01
13-16	Sa	Sep 16-Dec 16 11:00am-11:50am	Res \$329 Non Res \$329	33334-03

### CENTER FOR ACADEMIC EXCELLENCE: HINDI

St Barnabas Lutheran Church, 15600 Old Rockford Rd

Lessons use a gradual, building block immersion, with creative and entertaining graphics and visuals to help children learn fast. Students get a good head start to learn Hindi language and over time they are closer to attaining proficiency and can test out of the high school second language requirements. No program: 11/21.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-13	Sa	Sep 16-Dec 16 10:00am-10:50am	Res \$189 Non Res \$189	33317-01

**To inquire about year round programs  
call 763-509-5228**



## Education - Center for Academic Excellence

### CENTER FOR ACADEMIC EXCELLENCE: MATHWIZ ALGEBRA

Locations vary

The course prepares students to enter high school at an advanced math track and provides a foundation for university-level courses, as well as standardized tests such as ACT/SAT. Our students have consistently demonstrated notable progress in verbal, nonverbal, and quantitative tests, including the Cognitive Abilities Test (CogAT) and the Measures of Academic Progress (MAP). No program: 10/17, 10/18, 10/19, 11/21, 11/22, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>St Barnabas Lutheran Church, 15600 Old Rockford Rd</b>				
10-13	Tu	Sep 12-Dec 19 6:00pm-6:50pm	Res \$289 Non Res \$289	33320-01
10-13	Sa	Sep 16-Dec 16 10:00am-10:50am	Res \$289 Non Res \$289	33320-04
<b>online</b>				
10-13	W	Sep 13-Dec 20 6:00pm-6:50pm	Res \$289 Non Res \$289	33320-02
<b>Plymouth Community Center, 14800 34th Avenue N</b>				
10-13	Th	Sep 14-Dec 21 6:00pm-6:50pm	Res \$289 Non Res \$289	33320-03

### CENTER FOR ACADEMIC EXCELLENCE: MATHWIZ FOR ELEMENTARY

Locations vary

Our Math courses broaden students understanding of challenging concepts in a manner that enriches their investigative and reasoning skills. In this course, the study of numbers and their operations will be explored through interesting word problems and unique real-world applications. Student progress is strengthened through homework, quizzes, tests, and a cumulative final exam to reinforce their knowledge.

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>Online</b>				
7-12	W	Sep 13-Dec 20 6:00pm-6:50pm	Res \$289 Non Res \$289	33316-02
<b>PCC-Education Wing, 14800 34th Avenue N</b>				
5-12	Th	Sep 14-Dec 21 6:00pm-6:50pm	Res \$289 Non Res \$289	33316-03
<b>St Barnabas Lutheran Church, 15600 Old Rockford Rd</b>				
5-12	Tu	Sep 12-Dec 19 6:00pm-6:50pm	Res \$289 Non Res \$289	33316-01
5-12	Sa	Sep 16-Dec 16 10:00am-10:50am	Res \$289 Non Res \$289	33316-04

### CENTER FOR ACADEMIC EXCELLENCE: QUIZ BOWL

St. Barnabas Lutheran Church, 15600 Old Rockford Rd

This program is an incubator for developing knowledge in multidisciplinary subject areas aligned to state and national standards. Students will participate in buzzer-based academic quiz-style training sessions. The training sessions will also take a deep dive into the topics enabling mastery of the subject matter by including lectures on specific subjects including math, biology, chemistry, physics, history, geography, civics, and literature. No program: 11/21.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-13	Sa	Sep 16-Dec 16 11:00am-11:50am	\$189	33318-01

### CENTER FOR ACADEMIC EXCELLENCE: READINGWIZ

Locations vary

ReadingWiz is a year-long program with an emphasis on building literacy skills and helps develop a solid knowledge that helps students excel in a gifted peer group. The program integrates the rich content of both reading and writing. No program: 10/17, 10/18, 10/19, 11/21, 11/22, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>Online</b>				
7-13	W	Sep 13-Dec 20 7:00pm-7:50pm	Res \$289 Non Res \$289	33333-02
<b>PCC-Education Wing, 14800 34th Avenue N</b>				
5-13	Th	Sep 14-Dec 21 7:00pm-7:50pm	Res \$289 Non Res \$289	33333-03
<b>St Barnabas Lutheran Church, 15600 Old Rockford Rd</b>				
5-13	Tu	Sep 12-Dec 19 7:00pm-7:50pm	Res \$289 Non Res \$289	33333-01
5-13	Sa	Sep 16-Dec 16 11:00am-11:50am	Res \$289 Non Res \$289	33333-04

see more programs on next page

## Education - Center for Academic Excellence

### CENTER FOR ACADEMIC EXCELLENCE: UMTYMP PREP

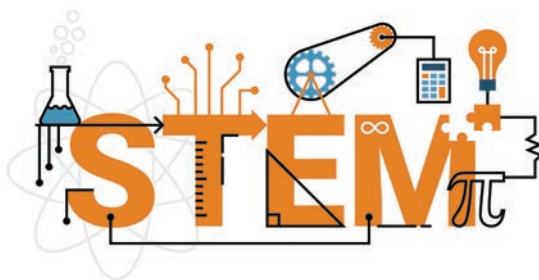
Locations vary

The program aims to help students gain early admission to top universities through programs such as UMTYMP, CTD, and CTY, as well as achieve recognition at the state and national level. Additionally, MathElite can assist students in preparing for admission to highly selective colleges, including Ivy Leagues. No program: 10/17, 10/18, 10/19, 11/21, 11/22, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
Online				
10-12	W	Sep 13-Dec 20 5:00pm-5:50pm	Res \$329 Non Res \$329	33323-02
PCC-Education Wing, 14800 34th Avenue N				
10-12	Th	Sep 14-Dec 21 6:30pm-7:30pm	Res \$329 Non Res \$329	33323-03
St Barnabas Lutheran Church, 15600 Old Rockford Rd				
10-12	Tu	Sep 12-Dec 19 6:30pm-7:30pm	Res \$329 Non Res \$329	33323-01
10-12	Sa	Sep 16-Dec 16 9:00am-9:50am	Res \$329 Non Res \$329	33323-04

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.



## Create & Learn

### CREATE AND LEARN: JUNIOR ROBOTICS UNITS 1-2

Online

**Unit 1:** Students are introduced to the basics of VEX Code and programming in 3-D. Navigate robots through virtual worlds with code. **Unit 2:** practice navigating robots through complicated virtual worlds full of obstacles by making use of sensors. Learn how to make robots transport objects. See online for full description, pre-requisites, and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-9	Tu	Sep 5-Oct 24 4:30pm-5:25pm	Res \$138 Non Res \$138	33381-01

### CREATE AND LEARN: ACCELERATED SCRATCH UNITS 1-2

Online

**Unit 1:** Learn the foundational computer science and coding concepts Scratch has, such as loops, conditional, variables, and sensing. **Unit 2:** Learn the more advanced coding concepts in Scratch, such as functions and lists, while continuing to explore cool features Scratch has to offer, such as cloning. See online for full description, pre-requisites, and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
10-14	Tu	Sep 5-Oct 24 6:00pm-6:55pm	Res \$138 Non Res \$138	33379-01

### CREATE AND LEARN: MINECRAFT MODDING QUEST - UNITS 1-3

Online

**Unit 1:** Solve puzzles by coding an agent in the Minecraft. **Unit 2:** Code to place and break blocks, build structure, spawn animals, and develop mini games. **Unit 3:** Build your own battle game and rock, paper, scissors game in Minecraft! See online for full description, pre-requisites and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-11	W	Sep 6-Nov 22 7:30pm-8:25pm	Res \$197 Non Res \$197	33380-01

## Education - Create & Learn

### CREATE AND LEARN: BEGINNER ROBLOX GAME CODING - UNITS 1-3 Online

**Unit 1:** Learn the basics of Roblox coding through building fun games. **Unit 2:** dive deeper into Roblox coding concepts to become more familiar with the nuances of Roblox coding. **Unit 3:** focus on building two multi-faceted games that combine previous Roblox coding skills learned with new concepts like messaging. See online description for equipment and pre-requisite requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-13	Tu	Sep 12-Nov 28 6:00pm-7:15pm	Res \$246 Non Res \$246	33335-01

### CREATE AND LEARN: MOBILE CODING FOR APPS AND GAMES UNITS 1-2 Online

**Unit 1:** Learn the basics of the mobile programming environment and how to code your very own apps. **Unit 2:** Learn how to build more complex and fun game applications, as well as networking and multi-user apps! See online for full description, pre-requisites and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-14	Tu	Sep 12-Oct 31 7:30pm-8:25pm	Res \$138 Non Res \$138	33382-01

### CREATE AND LEARN: SCRATCH NINJA UNITS 1-2 Online

**Scratch 1:** Learn fundamental coding concepts such as sequence, loop, and conditional. No prior coding experience is needed. **Scratch 2:** learn core coding concepts such as loops, conditional, events, cloning, sensing, and variables, through exciting new projects in every session. See full description and technology requirements online.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-10	W	Sep 13-Nov 1 7:30pm-8:25pm	Res \$138 Non Res \$138	33374-01

### CREATE AND LEARN: PYTHON FOR AI - UNITS 1-2 Online

**Unit 1:** Learn core concepts of Python syntax, loops, data types, variables. **Unit 2:** Transition from block coding such as Scratch, to Python's text-based coding. Begin using Python for AI and data science. See online for full description and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
10-17	Th	Sep 14-Nov 2 4:30pm-5:25pm	Res \$138 Non Res \$138	33336-01

### CREATE AND LEARN: SMART DEVICES: ARDUINO FOR KIDS - UNITS 1-2 Online

**Unit 1:** Learn how to create circuits, use resistors, and get introduced to Ohm's law. Code Arduino to start building smart devices. **Unit 2:** Build more sophisticated circuits for smart devices, code breakers, and games using Arduino. Learn more advanced electronic concepts. See online for full description and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-14	Th	Sep 14-Nov 2 6:00pm-6:55pm	Res \$138 Non Res \$138	33337-01

### CREATE AND LEARN: SCRATCH JUNIOR Online

Create a series of animations and games while learning about core coding concepts. Go from simple projects with different characters working independently, to connecting characters with complex actions. Apply your artistic skills to create your own sprites, tell stories, and share your math and science knowledge. See online for full description and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-7	F	Oct 6-Nov 10 6:00pm-6:45pm	Res \$105 Non Res \$105	33373-01

### CREATE AND LEARN: SCRATCH NINJA UNITS 3-4 Online

**Unit 3:** Learn the most advanced programming concepts that Scratch has to offer. **Unit 4:** Build a variety of fun arcade-game inspired projects where students can add their own twists based on their personal interests. See online for full description and technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-10	W	Nov 8-Dec 27 7:30pm-8:25pm	Res \$138 Non Res \$138	33375-01



## Education - Language

### CONVERSATIONAL SPANISH

PCC-Education Wing, 14800 34th Avenue N

At the end of this course, the students will be able to introduce themselves, talk about their current emotional and physical state, describe their everyday routine and the things and activities they like. Also communicate plans and actions in future. Instr: Maria del Carmen Troncoso Gonzalez.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 6-Oct 11 4:00pm-5:00pm	Res \$65 Non Res \$75	33376-01

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

## RC Racing

### PARTY CRASHERS RC: RC RACING CLINIC

PCC-Active Wing, 14800 34th Avenue N

Like RC Cars? Join us as we explore how they work and then try them out. Participants leave with better understanding and get time testing out their driving skills on a few different types of RC Cars. Participants can use RC Cars provided or their own on approval.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-13	F	Sep 29 6:00pm-7:10pm	Res \$25 Non Res \$30	33331-01
5-13	F	Sep 29 7:20pm-8:30pm	Res \$25 Non Res \$30	33331-02
5-13	F	Nov 3 6:00pm-7:10pm	Res \$25 Non Res \$30	33331-03
5-13	F	Nov 3 7:20pm-8:30pm	Res \$25 Non Res \$30	33331-04

## Science Explorers

### SCIENCE EXPLORERS: BUILD YOUR OWN ART BOT

PCC-Education Wing, 14800 34th Avenue N

Take your first steps into electrical engineering by designing and building your own Art-Bot. These fun and silly robots are popular with both children and adults. First, we will learn about simple electrical circuits using batteries, wires and more. Then, you will build your own Art Bot to take home, using a cup, motor, battery and holder, plus craft supplies.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-11	Th	Oct 19 9:30am-12:00pm	Res \$32 Non Res \$38	33308-01

## Therapeutic Outdoor Explorers

### THERAPEUTIC OUTDOOR EXPLORERS

PCC-Education Wing, 14800 34th Avenue N

The outdoors is a perfect way to support self-confidence, peer engagement, resilience, mindfulness, sensory processing, strengthening, motor coordination, body awareness, and executive functioning. Various fun and motivating activities will be lead by an occupational therapist to support the above areas. Instr: Michelle Pettit, Roots and Wings Therapeutic Services LLC.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	M	Sep 11-Oct 30 4:30pm-5:45pm	Res \$225 Non Res \$249	35345-01



## Education - Snapology

# **SNAPOLOGY CAMPS**

At Snapology Camp, kids can build confidence by engaging in hands-on STEAM activities led by a Snapology professional with a combination of adventurous, adrenaline-filled, energy burning activities in the Urban Air venue. All registration forms and waivers will be emailed out from Snapology. Customers can purchase the whole week, but they are charged as single days.

**SNAPOLOGY: LABOR DAY CAMP**

Snapology, 3580 Holly Lane N

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	M	Sep 4 9:00am-4:00pm	Res \$100 Non Res \$110	33356-01

**SNAPOLOGY: MEA CAMP**

Snapology, 3580 Holly Lane N

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Oct 18 9:00am-4:00pm	Res \$100 Non Res \$110	33357-01
7-14	Th	Oct 19 9:00am-4:00pm	Res \$100 Non Res \$110	33357-02
7-14	F	Oct 20 9:00am-4:00pm	Res \$100 Non Res \$110	33357-03

**SNAPOLOGY: NO SCHOOL SNAP CAMP**

Snapology, 3580 Holly Lane N

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Th	Nov 9 9:00am-4:00pm	Res \$100 Non Res \$110	33367-01
7-14	F	Nov 10 9:00am-4:00pm	Res \$100 Non Res \$110	33367-02

**SNAPOLOGY: BLACK FRIDAY CAMP**

Snapology, 3580 Holly Lane N

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Nov 22 9:00am-4:00pm	Res \$100 Non Res \$110	33312-01
7-14	F	Nov 24 9:00am-4:00pm	Res \$100 Non Res \$110	33312-02

**SNAPOLOGY: WINTER BREAK CAMP**

Snapology, 3580 Holly Lane N

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	W	Dec 20 9:00am-4:00pm	Res \$100 Non Res \$110	33319-01
7-14	Th	Dec 21 9:00am-4:00pm	Res \$100 Non Res \$110	33319-02
7-14	F	Dec 22 9:00am-4:00pm	Res \$100 Non Res \$110	33319-03
7-14	Tu	Dec 26 9:00am-4:00pm	Res \$100 Non Res \$110	33319-04
7-14	W	Dec 27 9:00am-4:00pm	Res \$100 Non Res \$110	33319-05
7-14	Th	Dec 28 9:00am-4:00pm	Res \$100 Non Res \$110	33319-06
7-14	F	Dec 29 9:00am-4:00pm	Res \$100 Non Res \$110	33319-07


**SNAPOLOGY CLASS PASS**

Snapology, 3580 Holly Lane N

Snapology uses LEGO® bricks, K'Nex, and technology to teach children about S.T.E.A.M. Participate in a one-hour class and enjoy the bonus of 30 minutes of Urban Air jump time. For questions contact 612-720-6767 or gm@snapologyplymouth.com

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Tu, W, Th	Sep 5-Dec 28 5:30pm-6:30pm	Res \$15 Non Res \$18	33900-01

## Education - Tech Academy

### TECH ACADEMY: SUPER MARIO GAME CODING Online

We introduce programming concepts using Scratch, a drag-and-drop creative coding platform developed by MIT. Students will make a Mario Kart-style game, then pick custom characters, and track, to customize their games. Technical Requirement: Scratch account—Instructions will be emailed, PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	Sa	Oct 14-Oct 21 8:00am-10:00am	Res \$80 Non Res \$80	33300-01

### TECH ACADEMY: DUNGEONS & DRAGONS 101 WITH CHARACTER CREATION Online

Dungeons and Dragons, a timeless game of fantastical elements such as magic, mythical creatures, and fairies, offers great opportunities to develop problem-solving skills, team-building abilities, and creative thinking that cannot be replicated elsewhere. Start by learning its basics, creating your own character, and embarking on an amazing roleplaying game. See online for technology requirements.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	Sa	Oct 14-Oct 21 10:30am-12:00pm	Res \$80 Non Res \$80	33301-01

### TECH ACADEMY: DUNGEONS & DRAGONS- ONE SHOT CAMPAIGN Online

Go on an epic adventure for all ages and experience levels. D&D is a timeless roleplaying game that helps kids develop math skills, storytelling, and collaboration skills. Work in small groups of 4-7 students to complete this one-shot campaign.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	Sa	Nov 18 9:00am-12:00pm	Res \$60 Non Res \$60	33302-01

### TECH ACADEMY: 3D PRINTING: POKÉMON Online

Design your own 3D pocket monster using TinkerCAD. Get an introduction to using CAD modeling & design software. Student designed Pokémon will be printed and mailed home. Technical Requirement: TinkerCAD (log in information provided in class).

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-11	Sa	Dec 2-Dec 9 8:00am-10:00am	Res \$100 Non Res \$100	33303-01

### TECH ACADEMY: 3D PRINTING- JEWELRY DESIGN & FABRICATION Online

The ancient craft of jewelry making is brought to the modern world using TinkerCAD. Learn to build 3D models on the computer using CAD software. Design a pair of earrings, and a ring. Pick one project to be printed. Technical Requirement: TinkerCAD (log in information provided in class)

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-11	Sa	Dec 16 9:00am-12:00pm	Res \$85 Non Res \$85	33305-01

## Tech Tac Toe

### TECH TAC TOE: ROBOTICS & STEAM! SUPER COOL JUNGLE ADVENTURES PCC-Education Wing, 14800 34th Avenue N

Alligators are awesome animals and so are the projects in this class! In small teams engineer a cool robotic alligator. Then, engineer your very own snapping alligator to take home. See you soon alligator. Please bring a beverage and nut-free snack.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Sep 30 9:00am-12:00pm	Res \$70 Non Res \$80	33369-01

### TECH TAC TOE: ROBOTICS & STEAM! AMAZING FLIGHT DISCOVERIES PCC-Education Wing, 14800 34th Avenue N

Birds are amazing creatures that soar and fly. Do you know why? In small teams build a robotic bird that makes awesome sounds. Then create a mind-boggling bird that mechanically flaps its wings – for you to take home. Please bring a beverage and nut-free snack.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Oct 21 9:00am-12:00pm	Res \$70 Non Res \$80	33370-01

### TECH TAC TOE: ROBOTICS & STEAM! SUPER SPACE EXPLORERS PCC-Education Wing, 14800 34th Avenue N

Space is the next frontier! Working in small teams, kids create a fun robotic moving space crew, gain insight into how rockets are propelled and build a cool rocket launcher to take home. Please bring a nut-free snack and beverage.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-8	Sa	Nov 11 9:00am-12:00pm	Res \$70 Non Res \$80	33378-01



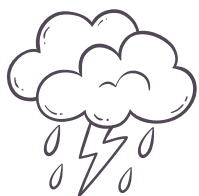
## Safety

**HOME ALONE WORKSHOP FOR KIDS**

PCC-Education Wing, 14800 34th Avenue N

Safe@Home is ideal for students that have expressed interest in assuming the responsibility of staying home alone. Students who complete Safe@Home learn how to practice safe habits, prevent unsafe situations, and learn what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	Sa	Sep 23 9:00am-10:30am	Res \$35 Non Res \$40	33502-01
8-12	Sa	Oct 14 9:00am-10:30am	Res \$35 Non Res \$40	33502-02
8-12	W	November 8 5:00pm-6:30pm	Res \$35 Non Res \$40	33502-03
8-12	M	December 18 6:00pm-7:30pm	Res \$35 Non Res \$40	33502-04

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

## Sports - Basketball

**BASKETBALL - YOUTH LEAGUE**

PCC-Active Wing, 14800 34th Avenue N

In-house recreational league in cooperation with Hopkins-Minnetonka Parks & Recreation. Teams will practice once a week starting mid-Nov and play games once a week on Saturdays between 9 am - 4 pm starting in early December. Practices will be in Plymouth, games will be at Hopkins West Jr. High (some games may be in Plymouth, based on the number of teams). Games Dec 2 - Feb 11 (no games Dec 23 or 30). Playoffs Feb 18 & 25. If you want to register with a friend, you must register for the same course number. 10 kids per team max. Course number indicates practice night and time. No refunds after November 1

Ages 8-10: Grades 3 &amp; 4

Ages 10-12: Grades 5 &amp; 6

This is parent/volunteer coached program. We look for 2 co-coaches per team. 50% credit at the end of the program for coaches. [www.plymouthmn.gov/volunteercoaching](http://www.plymouthmn.gov/volunteercoaching)

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>Girls</b>				
8-10	M	Nov 13-Feb 19 6:00pm-7:00pm	Res \$125 Non Res \$137	33274-01
8-10	M	Nov 13-Feb 19 6:00pm-7:00pm	Res \$125 Non Res \$137	33274-02
10-12	M	Nov 13-Feb 19 7:00pm-8:00pm	Res \$125 Non Res \$137	33274-03
10-12	M	Nov 13-Feb 19 7:00pm-8:00pm	Res \$125 Non Res \$137	33274-04
<b>Boys</b>				
8-10	Th	Nov 16-Feb 22 6:00pm-7:00pm	Res \$125 Non Res \$137	33274-05
8-10	Th	Nov 16-Feb 22 6:00pm-7:00pm	Res \$125 Non Res \$137	33274-06
10-12	Th	Nov 16-Feb 22 7:00pm-8:00pm	Res \$125 Non Res \$137	33274-07
10-12	Th	Nov 16-Feb 22 7:00pm-8:00pm	Res \$125 Non Res \$137	33274-08

\*Saturday games

**SPORTS UNLIMITED BASKETBALL**

PCC-Active Wing, 14800 34th Avenue N

This camp is designed to introduce the young athlete to the sport of basketball through skill development and small group games. Staff will focus on helping the children learn the rules of basketball while working on team play and sportsmanship. Skills taught: shooting, passing, dribbling, along with learning the strategies of offense and defense. Children will be divided by age/skill level. Wear tennis shoes and bring water bottle. No program: 9/27.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-10	W	Sep 13-Oct 18 4:30pm-6:00pm	Res \$99 Non Res \$114	33216-01

**SKYHAWKS BASKETBALL**

Locations vary

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
<b>Armstrong High School, 10635 36th Avenue N</b>				
6-8	W	Oct 25-Nov 15 6:00pm-7:00pm	Res \$89 Non Res \$102	33299-03
9-12	W	Oct 25-Nov 15 7:15pm-8:15pm	Res \$89 Non Res \$102	33299-04

PCC-Active Wing, 14800 34th Avenue N

4-6	Sa	Dec 2-Dec 16 9:00am-9:45am	Res \$59 Non Res \$68	33299-01
7-9	Sa	Dec 2-Dec 16 10:00am-11:00am	Res \$69 Non Res \$79	33299-02

## Sports - Baseball

### 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. No refunds after September 1.

Volunteer/Parent coaches are needed for this program. Sign up online at [www.plymouthmn.gov/volunteercoaching](http://www.plymouthmn.gov/volunteercoaching).

AGES	DAY	DATE & TIME	COST	ACTIVITY
5.5-7	Su	Sep 10-Oct 15 5:30pm-7:00pm	Res \$48 Non Res \$57	33248-01
5.5-7	Su	Sep 10-Oct 15 5:30pm-7:00pm	Res \$48 Non Res \$57	33248-02
5.5-7	Su	Sep 10-Oct 15 5:30pm-7:00pm	Res \$48 Non Res \$57	33248-03
5.5-7	Su	Sep 10-Oct 15 5:30pm-7:00pm	Res \$48 Non Res \$57	33248-04

### SKYHAWKS - TBALL & BASEBALL

Bass Lake Playfield, 5450 Northwest Boulevard

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

AGES	DAY	DATE & TIME	COST	ACTIVITY
T-ball				
4-6	Sa	Sep 23-Oct 14 11:15am-12:00pm	Res \$75 Non Res \$86	33296-01
Baseball				
7-9	Sa	Sep 23-Oct 14 12:15pm-1:15pm	Res \$89 Non Res \$102	33296-02

## Cricket

### CRICKET - YOUTH CAMPS

Let's get your kids introduced to the fastest growing sport in the USA this summer! Cricket is the 2nd most popular sport in the world, born in England. Minnesota Cricket Association (MCA) is offering this fun clinic for children who want to learn the game for the first time or continue learning to get better. Children will learn the basics of Cricket batting, bowling (pitching), and catching in a "kid-safe" fun environment. Learn from the trained youth coaches of MCA. Participants need to wear athletic clothing and shoes, bring a water bottle.

### CRICKET - INDOOR YOUTH CAMP

PCC-Fieldhouse, 14800 34th Avenue N

No program: 11/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-11	Su	Nov 5-Dec 17 4:30pm-6:00pm	Res \$82 Non Res \$94	33282-01
12-18	Su	Nov 5-Dec 17 4:30pm-6:00pm	Res \$82 Non Res \$94	33282-02

### CRICKET - OUTDOOR YOUTH CAMP

PCC-Fieldhouse, 14800 34th Avenue N

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-11	Su	Sep 10-Oct 15 2:30pm-4:30pm	Res \$82 Non Res \$94	33281-01
12-18	Su	Sep 10-Oct 15 2:30pm-4:30pm	Res \$82 Non Res \$94	33281-02

### CRICKET - ALLSPORT

Elm Creek Playfield, 4905 Peony Lane

Learn the skills of Cricket, a fast growing, striking and fielding game. Sessions will include learning the principles of batting and bowling (pitching) and also fielding practices that are beneficial to softball and baseball. Participants also play a variety of fun games introducing and developing tactics and knowledge of the rules. Program is taught by Ian Hall, from the UK. Ian 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. Bring your own water bottle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-8	M	Oct 2-Oct 30 5:00pm-6:00pm	Res \$68 Non Res \$78	33284-01
9-12	M	Oct 2-Oct 30 6:00pm-7:00pm	Res \$68 Non Res \$78	33284-03

## Cross Country

### ALLSPORTS - CROSS-COUNTRY RUNNING CLUB

Elm Creek Playfield, 4905 Peony Lane

A variety of activities, drills and games to develop cross country running fitness and stamina. Participants will complete warm up drills, stretch, have short races and play games during the 45 minute session. With Coaches Ian Hall and Natalie Johnson.

AGES	DAY	DATE & TIME	COST	ACTIVITY
8-12	Su	Sep 10-Oct 8 6:00pm-6:45pm	Res \$65 Non Res \$75	33285-01

## Sports - Fencing

**FENCING**

PCC-Active Wing, 14800 34th Avenue N

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 11-Nov 15 6:00pm-7:00pm	Res \$98 Non Res \$112	33214-01
10+	W	Oct 11-Nov 15 7:00pm-8:00pm	Res \$98 Non Res \$112	33214-02

## Flag Football

**SKYHAWKS FLAG FOOTBALL CAMP**

Bass Lake Playfield, 5450 Northwest Boulevard

Learn skills: passing, catching and de-flagging or defensive positioning - all in a positive environment. Camp ends with the Skyhawks Sports Bowl for athletes to showcase skills. Wear appropriate clothing and sunscreen; bring two snacks and a water bottle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-8	Sa	Oct 21-Nov 11 11:15am-12:00pm	Res \$75 Non Res \$86	33294-01
9-12	Sa	Oct 21-Nov 11 12:15pm-1:15pm	Res \$89 Non Res \$102	33294-02

**SPORTS UNLIMITED AFTERSCHOOL****FLAG FOOTBALL INTRO**

Locations vary

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. Skills taught: passing, catching, kicking and throwing. Kids will be split into teams for games.

AGES	DAY	DATE & TIME	COST	ACTIVITY
<b>Bass Lake Playfield, 5450 Northwest Boulevard</b>				
5-9	Tu	Sep 12-Oct 10 4:30pm-6:00pm	Res \$99 Non Res \$114	33223-01
<b>PCC Fieldhouse, 14800 34th Avenue N</b>				
5-9	Tu	Nov 7-Dec 5 4:30pm-6:00pm	Res \$99 Non Res \$114	33223-02

## Flag Football League

**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 4-8 p.m. An occasional game may be scheduled on your practice night. Sunday games start Sept 17 and run through Oct 29 (no games MEA weekend). Teams practice at their home site. Games at Bass Lake or at field in neighboring community (New Hope/Crystal/Robbinsdale). No refunds after August 18.

Volunteer/Parent coaches are needed for this program. Coaches meeting scheduled the week of TBD. Sign up online at [www.plymouthmn.gov/volunteercoaching](http://www.plymouthmn.gov/volunteercoaching)

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-6	Tu	Sep 5-Oct 24 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-01
5-6	Tu	Sep 5-Oct 24 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-02
5-6	Tu	Sep 5-Oct 24 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-03
5-6	Tu	Sep 5-Oct 24 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-04
7-8	Th	Sep 7-Oct 26 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-05
7-8	Th	Sep 7-Oct 26 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-06
7-8	Th	Sep 7-Oct 26 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-07
7-8	Th	Sep 7-Oct 26 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-08

AGES	DAY	DATE & TIME	COST	ACTIVITY
9-10	Th	Sep 7-Oct 26 7:00pm-8:00pm	Res \$99 Non Res \$103	33297-09
9-10	Th	Sep 7-Oct 26 7:00pm-8:00pm	Res \$99 Non Res \$103	33297-10
9-10	Th	Sep 7-Oct 26 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-11
9-10	Th	Sep 7-Oct 26 6:00pm-7:00pm	Res \$99 Non Res \$103	33297-12
11-12	Tu	Sep 5-Oct 24 7:00pm-8:00pm	Res \$99 Non Res \$103	33297-13
11-12	Tu	Sep 5-Oct 24 7:00pm-8:00pm	Res \$99 Non Res \$103	33297-14

## Sports - Floor Hockey

### SKYHAWKS OUTDOOR FLOOR HOCKEY

Plymouth Creek Playfield, 3625 Fernbrook Lane N

Score a winning goal with our Floor Hockey classes. Coaches will teach the key concepts of passing, shooting, defense, stick handling and speed. Specifically designed for beginning and intermediate players, this program teaches athletes floor hockey skills along with lessons such as respect, teamwork, responsibility, and safety (no checking).

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-7	Tu	Sep 12-Oct 3 6:00pm-7:00pm	Res \$89 Non Res \$102	33277-01
8-10	Tu	Sep 12-Oct 3 7:15pm-8:15pm	Res \$89 Non Res \$102	33277-03



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

## Gymnastics - NO CLASS 11/25

### TUMBLING: ALL AGES BEGINNERS

Wayzata High School, 4955 Peony Lane

All ages are able to learn and develop skills. We will work on balance, agility, and positions for vault, beam, bars, and floor. No experience needed! Great class for siblings wanting to try something new together or for kids in the older range of entry level classes. Please Enter through the #30 door.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-13	Sa	Sep 9-Oct 14 12:30pm-1:15pm	Res \$105 Non Res \$115	33254-01
6-13	Sa	Oct 28-Dec 9 12:30pm-1:15pm	Res \$105 Non Res \$115	33254-02

### TUMBLING: BEGINNER I

Wayzata High School, 4955 Peony Lane

Beginners (no experience required). Students will learn fundamental skills on floor, beam, bars, and vault. The emphasis is on building overall strength, increasing confidence, and developing a solid foundation of skills.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-10	Sa	Sep 9-Oct 14 9:00am-9:30am	Res \$98 Non Res \$108	33219-01
4-10	Sa	Sep 9-Oct 14 9:45am-10:30am	Res \$105 Non Res \$115	33219-02
4-10	Sa	Sep 9-Oct 14 1:15pm-1:45pm	Res \$105 Non Res \$115	33219-03
4-10	Sa	Sep 9-Oct 14 2:00pm-2:45pm	Res \$105 Non Res \$115	33219-04
4-10	Sa	Oct 28-Dec 9 9:00am-9:30am	Res \$105 Non Res \$115	33219-05
4-10	Sa	Oct 28-Dec 9 9:45am-10:30am	Res \$105 Non Res \$115	33219-06
4-10	Sa	Oct 28-Dec 9 1:15pm-2:00pm	Res \$105 Non Res \$115	33219-07
4-10	Sa	Oct 28-Dec 9 2:15pm-3:00pm	Res \$105 Non Res \$115	33219-08

### TUMBLING: BEGINNER 2

Wayzata High School, 4955 Peony Lane

Pre-req: pass Beginner I. Continued development of skill, focus on technique. Skills taught Floor: round off, handstand, front limbers, turns, leaps; Vaults: pop-up; Bars: back hip circle, dismounts; Beam: leaps, forward roll, dismounts. Students are consistently evaluated by their instructor for safety, strength, and skill readiness for the next level.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5-13	Sa	Sep 9-Oct 14 9:45am-10:30am	Res \$105 Non Res \$115	33220-01
5-13	Sa	Sep 9-Oct 14 1:15pm-2:00pm	Res \$105 Non Res \$115	33220-02
5-13	Sa	Oct 28-Dec 9 9:45am-10:30am	Res \$105 Non Res \$115	33220-03
5-13	Sa	Oct 28-Dec 9 1:15pm-2:00pm	Res \$105 Non Res \$115	33220-04
5-13	Sa	Oct 28-Dec 9 2:30pm-3:15pm	Res \$105 Non Res \$115	33220-05

### TUMBLING: INTERMEDIATE

Wayzata High School, 4955 Peony Lane

Pre-req: pass Beginners 2. 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: back hip circle, glides, squat-on; Beam: cartwheel, handstand, jumps. Students are consistently evaluated by their instructor for safety, strength, and skill readiness for the next level.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-14	Sa	Sep 9-Oct 14 10:45am-11:45am	Res \$126 Non Res \$141	33226-01
6-14	Sa	Sep 9-Oct 14 2:00pm-3:00pm	Res \$126 Non Res \$141	33226-02
6-14	Sa	Oct 28-Dec 9 10:45am-11:45am	Res \$126 Non Res \$141	33226-03
6-14	Sa	Oct 28-Dec 9 2:30pm-3:30pm	Res \$126 Non Res \$141	33226-04



## Gymnastics - NO CLASS 11/25

### TUMBLING: ADVANCED

Wayzata High School, 4955 Peony Lane

Pre-req: pass Tumbling Intermediate. Advanced skills taught, include progressions from intermediate dance skills, back walkover; Vault: handspring; Bars: kips, long hang pullover; Beams: mounts, turns to Floor: handsprings, tucks, and complex dance skills; Vault: handspring; Bars: squat-ons, fly away; Beam: back walk-over, roundoff, handstand, aerial dismounts. This class is not designed for beginners and for safety requires mental and physical preparation for the complex progressions. If you are concerned about registering for the correct class, please contact bjohnson@plymouthmn.gov

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-14	Sa	Sep 9-Oct 14 10:45am-12:00pm	Res \$150 Non Res \$160	33222-01
7-14	Sa	Oct 28-Dec 9 10:45am-12:00pm	Res \$150 Non Res \$160	33222-02

## Martial Arts

### KID FU BEGINNER- YELLOW SASH

PCC-Active Wing, 14800 34th Avenue N

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. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5+	Th	Sep 7-Oct 26 5:30pm-6:30pm	Res \$80 Non Res \$92	33262-01
5+	Th	Nov 2-Dec 28 5:30pm-6:30pm	Res \$80 Non Res \$92	33262-02

## Martial Arts

### KID FU INTERMEDIATE - ORANGE SASH & UP

PCC-Active Wing, 14800 34th Avenue N

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. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
5+	Th	Sep 7-Oct 26 6:45pm-7:45pm	Res \$80 Non Res \$92	33263-01
5+	Th	Nov 2-Dec 28 6:45pm-7:45pm	Res \$80 Non Res \$92	33263-02

### KID SMART - SELF-DEFENSE

Ultimate Martial Arts, 147 Hamel Road

A fun and exciting way to learn how to defend yourself. Learn how to react to a stranger and defend against an attacker. Learn escapes, kicks and basic strikes while playing fun games. Instr: Tom Malone.

AGES	DAY	DATE & TIME	COST	ACTIVITY
6-12	Sa	Oct 28 1:00pm-2:15pm	Res \$49 Non Res \$59	33403-01

### LIGHTSABER TAE KWON DO

Ultimate Martial Arts, 147 Hamel Road

Learn Martial Arts skills influenced by the epic movie series, Star Wars. Practice strikes, blocks and stances with 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	Sa	Nov 4 1:00pm-2:30pm	Res \$59 Non Res \$70	33264-01

### SHOSHIN RYU JUJITSU YOUTH

Shoshin Ryu Martial Arts, 13605 27th Avenue N

Shoshin Ryu is a Japanese based system of Martial Arts. It is both bujutsu (a school emphasizing effective martial arts techniques) and budo (a school emphasizing personal character development). Shoshin changes to fit the challenges of the times, yet carries with it the essence of previous generations. Shoshin students will learn striking, throwing, forms, ground skills, and weaponry, combining to form a power arsenal of self defense tools; all the while perfecting one's character.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-12	M	Sep 11-Oct 23 5:30pm-6:30pm	Res \$82 Non Res \$94	33261-01
7-12	W	Sep 13-Oct 25 5:30pm-6:30pm	Res \$82 Non Res \$94	33261-02
7-12	M	Oct 30-Dec 11 5:30pm-6:30pm	Res \$82 Non Res \$94	33261-03
7-12	W	Nov 1-Dec 13 5:30pm-6:30pm	Res \$82 Non Res \$94	33261-04

## Pickleball

### PICKLEBALL - YOUTH SESSION

PCC-Active Wing, 14800 34th Avenue N

Allsports Pickleball coaching will focus on the basic shots of the serve, volley, backhand and forehand, develop basic rallying, as well as footwork and hand eye coordination. With coaches Ian Hall and Natalie Johnson.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-8	F	Oct 6-Nov 3 5:00pm-5:45pm	Res \$65 Non Res \$75	33231-04
9-10	F	Oct 6-Nov 3 5:45pm-6:30pm	Res \$65 Non Res \$75	33231-05
11-13	F	Oct 6-Nov 3 6:30pm-7:15pm	Res \$65 Non Res \$75	33231-06

## Sports - Soccer

### SKYHAWKS SOCCER

Bass Lake Playfield, 5450 Northwest Boulevard

Learn the fundamentals of soccer. Using our progression curriculum, participants will gain skills and knowledge of the game through focusing on dribbling, passing, shooting, and ball control. Participants should wear shin guards and bring a water bottle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Sa	Sep 23-Oct 14 9:00am-9:45am	Res \$75 Non Res \$86	33295-01
7-9	Sa	Sep 23-Oct 14 10:00am-11:00am	Res \$89 Non Res \$102	33295-02
4-6	Sa	Oct 21-Nov 11 9:00am-9:45am	Res \$75 Non Res \$86	33295-03
7-9	Sa	Oct 21-Nov 11 10:00am-11:00am	Res \$89 Non Res \$102	33295-04

### SPORTS UNLIMITED AFTERSCHOOL SOCCER INTRO

Locations vary

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.

AGES	DAY	DATE & TIME	COST	ACTIVITY
Bass Lake Playfield, 5450 Northwest Boulevard				
5-9	Th	Sep 14-Oct 12 4:30pm-6:00pm	Res \$99 Non Res \$114	33225-01
PCC Fieldhouse, 14800 34th Avenue N				
5-9	Th	Nov 9-Dec 14 4:30pm-6:00pm	Res \$99 Non Res \$114	33225-02

## Table Tennis

### TABLE TENNIS - LESSONS

PCC-Active Wing, 14800 34th Avenue N

Beginner, Intermediate/Advanced level table tennis for ages 6 and up. This program will be focusing on developing basic table tennis technique, learning how to play the game, developing strategy and having fun in the process. The training starts with stretches and a light warm-up, footwork exercises, then followed with table tennis training. Coach Yoku Metinova started her coaching career in Fergana Uzbekistan in 2008. While coaching in Uzbekistan, some of her students have been awarded in Regional and National tournaments. Yoku moved to the U.S. in 2015 and began coaching in Saint George, Utah until moving to Minnesota in 2018. Participants should bring their own paddle and water bottle. More information on Yoku can be found at coachyoku.com

AGES	DAY	DATE & TIME	COST	ACTIVITY
6+ Beg.	Tu	Sep 12-Oct 10 6:00pm-7:30pm	Res \$130 Non Res \$143	33213-01
6+ Int/Adv	Tu	Sep 12-Oct 10 7:30pm-9:00pm	Res \$130 Non Res \$143	33213-02
6+ Beg.	Tu	Nov 7-Dec 5 6:00pm-7:30pm	Res \$130 Non Res \$143	33213-03
6+ Int/Adv	Tu	Nov 7-Dec 5 7:30pm-9:00pm	Res \$130 Non Res \$143	33213-04



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

## Tennis

### TENNIS FALL LESSONS

Locations vary

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

AGES	DAY	DATE & TIME	COST	ACTIVITY
Bass Lake tennis courts, Pineview Lane N. & 54th Ave N.				
4-6	Su	Sep 10-Oct 1 4:00pm-4:45pm	Res \$48 Non Res \$57	33227-04
4-6	Su	Sep 10-Oct 1 5:00pm-5:45pm	Res \$48 Non Res \$57	33227-05
7-10	Su	Sep 10-Oct 1 6:00pm-7:00pm	Res \$48 Non Res \$57	33227-06
11+	Su	Sep 10-Oct 1 7:00pm-8:00pm	Res \$48 Non Res \$57	33227-07
Parkers Lake Playfield, 15500 Co Rd 6				
4-6	Tu,Th	Sep 12-Sep 28 5:00pm-5:45pm	Res \$67 Non Res \$77	33227-01
7-10	Tu,Th	Sep 12-Sep 28 6:00pm-7:00pm	Res \$67 Non Res \$77	33227-02
11+	Tu,Th	Sep 12-Sep 28 7:00pm-8:00pm	Res \$67 Non Res \$77	33227-03

## Sports - Tennis

## 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. Program is led by Dan Richards, Armstrong & Eden Prairie Tennis Coach. Lessons held in high school gym.

AGES	DAY	DATE & TIME	COST	ACTIVITY
4-6	Su	Oct 22-Nov 12 11:30am-12:15pm	Res \$75 Non Res \$86	33215-01
4-6	Su	Oct 22-Nov 12 12:15pm-1:00pm	Res \$75 Non Res \$86	33215-02
7-8	Su	Oct 22-Nov 12 1:00pm-2:00pm	Res \$75 Non Res \$86	33215-03
7-8	Su	Oct 22-Nov 12 2:00pm-3:00pm	Res \$75 Non Res \$86	33215-04
8-10	Su	Oct 22-Nov 12 3:00pm-4:00pm	Res \$75 Non Res \$86	33215-05
8-10	Su	Oct 22-Nov 12 4:00pm-5:00pm	Res \$75 Non Res \$86	33215-06
10-14	Su	Oct 22-Nov 12 5:00pm-6:00pm	Res \$75 Non Res \$86	33215-07
4-6	W	Oct 25-Nov 15 6:15pm-7:00pm	Res \$75 Non Res \$86	33215-08
7-10	W	Oct 25-Nov 15 7:00pm-8:00pm	Res \$75 Non Res \$86	33215-09
11+	W	Oct 25-Nov 15 8:00pm-9:00pm	Res \$75 Non Res \$86	33215-10

## Track &amp; Field

## TRACK &amp; FIELD - ALLSPORTS COACHING

Locations vary

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 technique 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 the metro area. No program: 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
Bass Lake Playfield, 5450 Northwest Boulevard				
6-7	W	Sep 13-Oct 11 5:00pm-5:45pm	Res \$65 Non Res \$75	33272-01
8-9	W	Sep 13-Oct 11 5:45pm-6:30pm	Res \$65 Non Res \$75	33272-02
10-11	W	Sep 13-Oct 11 6:30pm-7:15pm	Res \$65 Non Res \$75	33272-03

## PCC Fieldhouse, 14800 34th Avenue N

6-8	W	Nov 1-Dec 6 4:30pm-5:15pm	Res \$65 Non Res \$75	33272-04
9-11	W	Nov 1-Dec 6 5:15pm-6:00pm	Res \$65 Non Res \$75	33272-05

## Volleyball

## SKYHAWKS VOLLEYBALL

PCC-Active Wing, 14800 34th 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. No program: 9/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
7-9	Sa	Sep 16-Oct 14 3:00pm-4:00pm	Res \$89 Non Res \$102	33228-01
10-12	Sa	Sep 16-Oct 14 4:15pm-5:15pm	Res \$89 Non Res \$102	33228-02
7-9	Sa	Dec 2-Dec 16 12:15pm-1:15pm	Res \$69 Non Res \$79	33228-03
10-12	Sa	Dec 2-Dec 16 1:30pm-2:30pm	Res \$69 Non Res \$79	33228-04

## CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

## Arts - Dance

**CONTEMPORARY MODERN (AGES 12-18)**

PCC-Active Wing, 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. 12 year olds who are newer to dance should register for 9-12 modern. Instr: City of Plymouth Dance Staff. No program: 10/19, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Th	Sep 14-Dec 14 8:00pm-9:15pm	Res \$144 Non Res \$156	34109-01

**BALLET & TAP (AGES 12-18)**

PCC-Active Wing, 14800 34th Avenue N

This class will focus on ballet and tap technique, alignment, and steps at an advanced level. This class is for students with several years of dance experience who are looking to learn at a faster pace. Students will utilize technical skills that they learn to perform fun and challenging ballet and tap sequences that will be expanded upon each week. Pink ballet slippers, black tap shoes and leotards/tights of your color choice are needed. 12 year olds who are newer to dance should register for 9-12 ballet and tap. Instr: McKayla Murphy.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	M	Sep 11-Dec 11 7:45pm-9:15pm	Res \$168 Non Res \$180	34107-01

**BALLROOM AND LATIN DANCE (AGES 11-13)**

PCC-Active Wing, 14800 34th Avenue N

Learn the dances you see on "Dancing with the Stars." This class will focus on beginning ballroom and Latin dance technique. Kids will learn partnered dances such as cha, cha, samba, rumba, tango, waltz, and more. They will be introduced to the fundamental understanding of music, basic steps, figures, coordination, and rhythm. No partner needed. Please wear comfortable shoes. Girls please wear black leotard with pink tights and skirt. Boy's please wear black pants and black shirt. Instr: Zhanna Khenkin. No program: 10/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-13	Su	Sep 10-Nov 5 12:00pm-12:45pm	Res \$150 Non Res \$170	34106-01

**JAZZ & HIP HOP (AGES 12-18)**

PCC-Active Wing, 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. 12 year olds who are newer to dance should register for 9-12 Jazz and Hip Hop. Instr: City of Plymouth Dance Staff. No program: 9/23, 10/21, 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Sa	Sep 16-Dec 9 10:25am-11:45am	Res \$120 Non Res \$132	34108-01

**MUSICAL THEATER JAZZ (AGES 12-18)**

PCC-Active Wing, 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. 12 year olds who are newer to dance should register for 9-12 Musical Theater Jazz. Instr: City of Plymouth Dance Staff. No program: 10/31.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-18	Tu	Sep 12-Dec 12 7:45pm-9:00pm	Res \$156 Non Res \$168	34110-01

## Writing

**WRITING GREAT COLLEGE APPLICATION ESSAYS**

PCC-Education Wing, 14800 34th Avenue N

Learn to utilize basic creative writing craft elements such as strong characterization, compelling narrative structure, an interesting premise to write the best possible college application essay. Leave with ideas that will get you started on writing an essay that'll really wow your readers! Instr: The Loft.

AGES	DAY	DATE & TIME	COST	ACTIVITY
14-18	M	Nov 13 6:00pm-7:00pm	Res \$65 Non Res \$74	34112-01

**WRITING YOUR FIRST NOVEL**

PCC-Education Wing, 14800 34th Avenue N

Writing a story is an exciting but daunting prospect! Learn the basics of writing and editing, how to connect with fellow writers, and an overview of publishing options. Whether you're still brainstorming or have a completed draft, this course will help you take the next step on your writing journey. Instr: Laurie Lucking.

AGES	DAY	DATE & TIME	COST	ACTIVITY
13-19	Tu	Oct 3-Oct 24 7:00pm-8:00pm	Res \$75 Non Res \$84	34103-01



## Education

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB - BEGINNER

PCC-Education Wing, 14800 34th Avenue N

Want to amaze your friends and impress your opponents? Increase your IQ while 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. No program: 10/19, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	Th	Oct 5-Dec 21 5:55pm-6:40pm	Res \$129 Non Res \$142	34304-01

### TWIN CITIES CHESS CLUB: EVENING CHESS CLUB - INTERMEDIATE/ADVANCED

PCC-Education Wing, 14800 34th Avenue N

Want to amaze your friends and impress your opponents? Increase your IQ while 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. No program: 10/19, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	Th	Oct 5-Dec 21 6:45pm-7:55pm	Res \$150 Non Res \$165	34305-01

### SENSORY EXPLORATION

PCC-Education Wing, 14800 34th Avenue N

Learn about your different sensory systems and how it impacts you (through recognizing sensory challenges in your environment and how your senses bring meaning to your life). You can explore and make various regulation tools, while being supported in recognizing which tools support you and how you can implement them in your everyday life.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	M	Nov 6-Dec 18 4:30pm-6:00pm	Res \$260 Non Res \$286	35320-02

### TEEN BOARD GAME GROUP

PCC-Education Wing, 14800 34th Avenue N

Teens will have fun with their peers engaging in a board game of their choosing. This is an inclusive group for teens that will promote social engagement and executive functioning. Instr: Michelle Pettit, Roots and Wings Therapeutic Services LLC

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-17	M	Sep 11-Oct 30 6:00pm-7:30pm	Res \$240 Non Res \$265	34310-01

## Health & Fitness

### 12+ STRICTLY STRENGTH

PCC-Active Wing, 14800 34th Avenue N

Ready for an effective, fun, and safe strength training routine designed for all levels? This is your class! Target, isolate and fatigue, every major muscle group using hand weights, resistance bands, body bars, exercise balls, step, gliders, and the Bosu. It's strictly about strength so be prepared to learn how to properly work your muscles to get the results you want. This is a great class to sign up with your friends! For teens 12-15 years old. Bring water. Instr: Jen Christen, Ace Fitness Certified.

AGES	DAY	DATE & TIME	COST	ACTIVITY
12-15	Tu	Sep 12-Oct 24 4:45pm-5:15pm	Res \$65 Non Res \$75	33402-01
12-15	Tu	Nov 7-Dec 19 4:45pm-5:15pm	Res \$65 Non Res \$75	33402-02

## Safety

### PEDIATRIC FIRST AID AND CPR/AED

PCC-Education Wing, 14800 34th Avenue N

Learn how to effectively and efficiently respond to emergencies. An American Red Cross Certification looks great on a resume and enhances your confidence when supervising children. This class is intended for teens to learn alongside their peers.

AGES	DAY	DATE & TIME	COST	ACTIVITY
14-19	Sa	Dec 2 9:00am-12:00pm	Res \$68 Non Res \$78	36516-01

### SAFE SITTER BABYSITTERS TRAINING

PCC-Education Wing, 14800 34th Avenue N

Safe Sitter prepares grades 6-8 to be safe when home alone, watching siblings, or babysitting. Students learn child care skills including diapering, behavior management, and personal safety. Hands on skills in first aid, injury prevention, infant/child CPR and choking rescue. Activities and role playing maintain a fun learning environment. Course follows American Academy of Pediatrics and the American Heart Association guidelines.

AGES	DAY	DATE & TIME	COST	ACTIVITY
11-15	Sa	Sep 16 9:00am-2:45pm	Res \$110 Non Res \$120	33503-02
11-15	Sa	Oct 28 9:00am-2:45pm	Res \$110 Non Res \$120	33503-03
11-15	Sa	Nov 18 9:00am-2:45pm	Res \$110 Non Res \$120	33503-04
11-15	Sa	Dec 9 9:00am-2:45pm	Res \$110 Non Res \$120	33503-05

## Arts - Artistic Moments

### ARTISTIC MOMENTS - HALLOWEEN CANDY ART

PCC-Education Wing, 14800 34th Avenue N

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.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Oct 16 7:15pm-9:15pm	Res \$40 Non Res \$46	35108-01

### ARTISTIC MOMENTS - THANKSGIVING FONDANT COOKIE ART

PCC-Education Wing, 14800 34th Avenue N

Fondant is a pliable and edible icing used to create festive designs on cookies. Learn how to color, roll, cut, and sculpt colorful fondant into a wide variety of shapes and sizes.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 13 7:15pm-9:15pm	Res \$40 Non Res \$46	35123-01

### ARTISTIC MOMENTS - HOLIDAY ORNAMENT PYROGRAPHY (WOOD BURNING)

PCC-Education Wing, 14800 34th Avenue N

Using Pyrography (wood burning) you trace and engrave your pattern onto several holiday ornaments. Then apply acrylic paints or watercolors to your projects to create perfect personalized gifts.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Dec 4 7:15pm-9:15pm	Res \$40 Non Res \$46	35125-01

## Arts Access

### ARTS ACCESS

These programs are designed and instructed for participants with special needs. All are welcome to register.

### ARTS ACCESS - BEGINNER DRAWING BASICS

PCC-Education Wing, 14800 34th Avenue N

Learn how to draw accurately and quickly by breaking complicated objects down into simple shapes. We will cover the basic principles of perspective, layout, design, lighting, volume, and space. All supplies provided.

AGES	DATE & TIME	COST	ACTIVITY
15+	Wed, Dec 13 - 6pm-7:30pm Sat, Dec 16 - 10am-11:30am	Res \$30 Non Res \$35	35121-01

### ARTS ACCESS - HOLIDAY ORNAMENTS AND DECORATIONS

PCC-Education Wing, 14800 34th Avenue N

Create your own holiday decorations from several options in this fun and new creative workshop. Holiday cards, ornament making, and cookie jar gifts are just a few of the choices available. All supplies provided.

AGES	DAY	DATE & TIME	COST	ACTIVITY
15+	W	Nov 15 6:00pm-7:30pm	Res \$15 Non Res \$17	35120-01

## It's A Cake Thing!

### IT'S A CAKE THING! - BEGINNER LEVEL

PCC-Education Wing, 14800 34th Avenue N

Beginner classes are geared to the complete beginner. What you will learn: basic icing application, basic border techniques, simple construction of buttercream icing flowers and writing on your cake. Decorating supplies and cake provided for class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	W	Nov 1 6:00pm-9:00pm	Res \$125 Non Res \$135	35110-01

### IT'S A CAKE THING - INTERMEDIATE LEVEL

PCC-Education Wing, 14800 34th Avenue N

Geared to the decorator who wants to take their skills to the next level. You'll learn advanced smoothing techniques, more intricate borders, coloring techniques, flower making (more than just the typical rose). Decorating supplies and cake provided for class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	W	Dec 6 6:00pm-9:00pm	Res \$150 Non Res \$160	35124-01

### ITS A CAKE THING - ADVANCED LEVEL

PCC-Education Wing, 14800 34th Avenue N

Geared to the experienced decorator who wants to break the boundaries of traditional cake decorating and launch into cake artistry, including stacking your cake properly. Decorating supplies and cake provided for class.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Dec 12 6:00pm-9:00pm	Res \$175 Non Res \$184	35127-01

## Arts - Clay



### POLYMER CLAY FLOWERS

PCC-Education Wing, 14800 34th Avenue N

Learn to make beautiful flowers out of polymer clay. You'll learn to make several different canes; to reduce, wrap, and shape the canes into flower petals; and to assemble the petals into flowers. Students will be able to pick their flowers up 1 week later, after they are cured. This is a beginner class. Instr: Robin Benik

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 10 9:00am-12:00pm	Res \$60 Non Res \$70	35114-01
18+	Tu	December 5 9:00am-12:00pm	Res \$60 Non Res \$70	35114-02

## Cards

### CREATING YOUR HOLIDAY CARDS, TAGS, AND GIFT BAGS

PCC-Education Wing, 14800 34th Avenue N

Come create hand stamped cards, gifts, tags and more for the holidays. All supplies included with class fee. Instr: Nancy Berg.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 3-Oct 10 6:00pm-8:00pm	Res \$40 Non Res \$46	35128-01
18+	M	Nov 6-Nov 13 6:00pm-8:00pm	Res \$40 Non Res \$46	35128-02

## Design with vision boards

### DESIGN YOUR HOME AND LIFE WITH VISION BOARDS

PCC-Education Wing, 14800 34th Avenue N

Vision boards are a powerful tool to create change and a process of discovery. During this class you'll learn more about how you'd like your home to look and feel, and how that connects with what you want for your life. You'll leave with clarity, creative ideas and an understanding of the Feng Shui Elements. With your Vision Board and your fresh Feng Shui design perspective you can align your space and life with what you truly desire. Bring a few magazines to class. Instr: Julie Ann Segal, Metro Interiors.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 14 9:30am-1:00pm	Res \$143 Non Res \$153	35154-01

## Drawing

### ALL ABOUT DRAWING - SKETCHING IN NATURE

PCC-Education Wing, 14800 34th Avenue N

Learn how to sketch different 3D objects in nature (plants, insects, birds, clouds, water) while studying their structure. Sketching landscapes in perspective and water reflection. Come to class dressed for weather. Instr: Tatiana Eletsy.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7-Sep 21 4:00pm-6:00pm	Res \$75 Non Res \$84	35100-01

## Easy Crafts

### EASY CRAFTS - DAY OF THE DEAD PAINTED PUMPKIN

PCC-Education Wing, 14800 34th Avenue N

Celebrate Day of the Dead with us! We will paint and decorate a pumpkin with traditional Día de los Muertos designs. Pumpkins provided by instructor. Stefania Luca

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 21 3:00pm-5:00pm	Res \$40 Non Res \$48	35106-01

## Arts - Dance

## ADULT DANCE

PCC-Active Wing, 14800 34th Avenue N

**Adult Ballet (35150-01):**

Beginners welcome! Have you always wanted to try ballet or used to dance as a child and want to get back into it? This 4-session class will introduce ballet basics with a focus on strength, balance, and having fun! Instruction will be at a beginner level with challenge options for those with more experience.

**Adult Jazz (35150-02):**

Beginners welcome! Get grooving with this introduction to jazz dance class. This 4-session class will introduce jazz basics with a focus on fun, upbeat choreography, balance, and strength. Instruction will be at a beginner level with challenge options for those with more experience. No program: 10/19.

**Adult Contemporary Modern Dance (35150-03):**

Beginners welcome! This 4-session class will connect your mind and body and focus on strength, balance, coordination, and creativity. Instruction will be at a beginner level with challenge options for those with more experience. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 14-Oct 5 7:00pm-8:00pm	Res \$48 Non Res \$58	35150-01
18+	Th	Oct 12-Nov 9 7:00pm-8:00pm	Res \$48 Non Res \$58	35150-02
18+	Th	Nov 16-Dec 14 7:00pm-8:00pm	Res \$48 Non Res \$58	35150-03

**CANCELLATION POLICY**

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

**LET'S TAP DANCE 1, 2, 3**

PCC-Active Wing, 14800 34th Avenue N

Dance is a top rated exercise because it stimulates us socially, physically, mentally, artistically and is lots of fun. Participants will learn, review basics and complete a tap routine. Wear comfortable clothing and don't forget your tap shoes. Instr: Stephanie Stockton. No program: 11/24.

**Let's Tap 1 (35104-01):** If you took dance as a child, taken a few classes along the way or if you've always wanted to tap and you're new to the whole thing – welcome. Staying in this class for a couple of sessions is usually recommended.

**Let's Tap 2 (35104-02):** If you have mastered the basics and been working on time steps – this is the class for you.

**Let's Tap 3 (35104-03):** If you are ready for a faster pace with more challenging choreography – let's keep on tappin'.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	F	Sep 15-Dec 8 12:30pm-1:30pm	Res \$144 Non Res \$160	35104-01
55+	F	Sep 15-Dec 8 11:15am-12:15pm	Res \$144 Non Res \$160	35104-02
55+	F	Sep 15-Dec 8 10:00am-11:00am	Res \$144 Non Res \$160	35104-03

**PARTNERED DANCING FOR ALL OCCASIONS**

PCC-Active Wing, 14800 34th Avenue N

No matter the occasion, you'll be prepared to dance! Taking steps from classic ballroom dances, you'll learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples stay dancing together & singles rotate with other singles. Casual dress and comfortable clean shoes. Price is per person, so please register individually. Instr: Deanna Constantine. No program: 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Sa	Oct 14-Nov 4 3:00pm-4:30pm	Res \$65 Non Res \$75	35103-01
16+	Sa	Nov 11-Dec 9 3:00pm-4:30pm	Res \$65 Non Res \$75	35103-02



## Arts - Fabric Arts

### LEARN HOW TO SPIN YARN ON A DROP SPINDLE

PCC-Education Wing, 14800 34th Avenue N

Learn how to prepare wool fibers and spin your own yarn with a traditional drop spindle. At the end of the workshop, you will take home a small skein of newly spun yarn and a drop spindle to continue your spinning practice at home.

Skill level: None needed. The instructor will provide all supplies.  
Instr: Wendy Johnson, Saga Hill Designs

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 14 1:00pm-4:00pm	Res \$84 Non Res \$93	35146-01

### LEARN MODULAR KNITTING & MAKE A SMALL FELTED BAG FOR THE HOLIDAYS

PCC-Education Wing, 14800 34th Avenue N

Modular knitting begins with a single square and easily builds into an object or garment with few seams. In this workshop, modular knitting techniques will be taught while making a small bag that may be felted at home as a gift or a holiday ornament. Knitting level: Students need to know how to knit and purl. Materials needed: Size 10, 16-inch or 24-inch circular needles or a set of size 10 straight and size 10 double-pointed needles, a tapestry needle, and any general knitting supplies you may have. The yarn and a pattern will be provided by the instructor.  
Instr: Wendy Johnson, Saga Hill Designs.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 28 12:30pm-4:30pm	Res \$75 Non Res \$84	35147-01

## Glass Arts

### SKYLAB GLASS ARTS - BEGINNER LAMPWORKING

SkyLab Glass Arts, 8838 7th Avenue

Great class for beginners with little to no experience using torch. Lampworking is a method of glassblowing using a torch to melt and manipulate glass into a desired form. Create at your own pace and comfort level. Start with solid-shaped objects and transition into pendants you can take home. All supplies included.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu	Oct 24 6:00pm-8:30pm	Res \$85 Non Res \$94	35138-01
16+	Tu	Nov 14 6:00pm-8:30pm	Res \$85 Non Res \$94	35138-02

### SKYLAB GLASS ARTS - HOLIDAY ORNAMENT

SkyLab Glass Arts, 8838 7th Avenue

Students will manipulate raw glass into solid shapes and decorate choice color, fume and use various tools to create any design desired. All supplies included.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Nov 2 6:00pm-8:30pm	Res \$85 Non Res \$94	35160-01
18+	F	Nov 10 6:00pm-8:30pm	Res \$85 Non Res \$94	35160-02
18+	W	December 6 6:00pm-8:30pm	Res \$85 Non Res \$94	35160-03
18+	M	December 11 6:00pm-8:30pm	Res \$85 Non Res \$94	35160-04

## Music

### INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Online

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class fee includes an online book and online follow-up video lessons. Optional online question and answer session is also included along with recording of the class. Instr: Craig Coffman.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 7 6:30pm-9:00pm	Res \$64 Non Res \$73	35164-01

### INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Online

Learn to play piano the way professionals do-using chords. This online course will include online lesson book and follow-up video lessons. An optional periodic online question and answer session is included along with recording of class. Instr: Craig Coffman.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 6 6:30pm-9:30pm	Res \$64 Non Res \$73	35162-01

### THE CRAFT OF WRITING LYRICS

PCC-Education Wing, 14800 34th Avenue N

Learn to write authentic and powerful lyrics that capture your unique voice and connect with your audience in this community class. Discover how to infuse your lyrics with emotion, meaning, and originality, and elevate your songwriting to the next level! Instructor Chad Shank is a Berklee Online Instructor and member of MN Association for Songwriters.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 10-Oct 24 7:00pm-9:00pm	Res \$56 Non Res \$65	35113-01

## Arts - Music

## SCHOOL OF ROCK - ROCK OF AGES

School of Rock will bring out the rocker in you...no matter what your age. Students select an instrument of their choice (drums, guitar, bass, keys or vocals) and are assigned songs and parts that they will work through in weekly private lessons, refining the skills and concepts that those songs introduce. The goal of the curriculum is to prepare students to join School of Rock's Adult Band and perform live! Register for specific day/session and you will be connected with instructor to coordinate lesson time.

### MONDAYS - SCHOOL OF ROCK - ROCK OF AGES - 312 Clydesdale Trail, Medina, MN 55340

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Oct 2 times vary	Res \$225 Non Res \$247	35166-01
18+	M	Oct 9-Oct 30 times vary	Res \$225 Non Res \$247	35166-02
18+	M	Nov 6-Nov 27 times vary	Res \$225 Non Res \$247	35166-03

### TUESDAYS - SCHOOL OF ROCK - ROCK OF AGES 312 Clydesdale Trail, Medina, MN 55340

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12-Oct 3 times vary	Res \$225 Non Res \$247	35167-01
18+	Tu	Oct 10-Oct 31 times vary	Res \$225 Non Res \$247	35167-02
18+	Tu	Nov 7-Nov 28 times vary	Res \$225 Non Res \$247	35167-03



### WEDNESDAYS - SCHOOL OF ROCK - ROCK OF AGES 312 Clydesdale Trail, Medina, MN 55340

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 13-Oct 4 times vary	Res \$225 Non Res \$247	35168-01
18+	W	Oct 11-Nov 1 times vary	Res \$225 Non Res \$247	35168-02
18+	W	Nov 8-Nov 29 times vary	Res \$225 Non Res \$247	35168-03

### THURSDAYS - SCHOOL OF ROCK - ROCK OF AGES 312 Clydesdale Trail, Medina, MN 55340

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 14-Oct 5 times vary	Res \$225 Non Res \$247	35169-01
18+	Th	Oct 12-Nov 2 times vary	Res \$225 Non Res \$247	35169-02
18+	Th	Nov 9-Nov 30 times vary	Res \$225 Non Res \$247	35169-03

## UNWRAPPING MUSIC

Unwrapping Music is a music appreciation class of MacPhail School of Music (Music for Life) program. 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!

### UNWRAPPING MUSIC - THE BEATLES PCC-Education Wing, 14800 34th Avenue N

In this class, we look at the singular combination of personalities and skills brought to the Beatles by John, Paul, Ringo and George, and how those qualities helped create some of the most iconic popular music of the 20 century. We will examine the musical components of a good pop song and identify the melodic hallmarks of the Beatles compositional style, which were made possible by the contrasting talents that each member of the band brought to the group. Instr: Andrea Leap, MacPhail School of Music.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11 7:00pm-8:00pm	Res \$18 Non Res \$20	35139-01

### UNWRAPPING MUSIC - PROTEST MUSIC PCC-Education Wing, 14800 34th Avenue N

In this class we look at how music advocates for and against different social movements, including anti-war movement, the pro-labor movement, and the civil rights movement. Instr: Andrea Leap, MacPhail School of Music.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Oct 9 7:00pm-8:00pm	Res \$18 Non Res \$20	35142-01

## Arts - Music

**UNWRAPPING MUSIC - YO YO MA**

PCC-Education Wing, 14800 34th Avenue N

Come learn about this American musical icon who advanced our understanding of music, composition, humanity and nature through his wide-ranging musical projects. Instr: Andrea Leap, MacPhail School of Music.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 13 7:00pm-8:00pm	Res \$18 Non Res \$20	35143-01

**UNWRAPPING MUSIC - HANDEL'S MESSIAH**

PCC-Education Wing, 14800 34th Avenue N

Learn about the history, traditions, stylistic innovations and music of this beloved Christmas tradition. Instr: Andrea Leap, MacPhail School of Music.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	December 4 7:00pm-8:00pm	Res \$18 Non Res \$20	35148-01

## Painting &amp; pastels

**ACRYLIC PAINTING**

PCC-Education Wing, 14800 34th Avenue N

Learn the basics of acrylic painting. Supplies list provided prior to class. Instr: Maria del Carmen Troncoso Gonzalez.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 5-Oct 10 12:30pm-3:30pm	Res \$120 Non Res \$130	35109-01

**WATERCOLOR HOLIDAY NOTECARDS WORKSHOP**

PCC-Education Wing, 14800 34th Avenue N

Paint your own holiday greeting cards! You'll complete two scenes, one featuring rosehips frosted with snow and another with a bright cardinal in the pines. You can affix these to note cards as original paintings or use them to print your own custom greeting cards. There will be live demos for each painting and step-by-step instructions. Bring your regular watercolor supplies or review recommended supply list (included when you register). Arches 140# cold press paper, size 9 x 12 works well for these cards. Instr: Sonja Hutchinson.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Dec 1 9:00am-3:00pm	Res \$75 Non Res \$84	35111-01

**PALETTE UP! ACRYLIC POURING: "UP NORTH"**

PCC-Education Wing, 14800 34th Avenue N

You've watched the videos, now discover the magical world of acrylic pouring for yourself! Using fluid acrylics and pouring medium, our instructor will show you how to produce the same beautiful abstract artwork you've seen on Pinterest. Create an acrylic pour on a 12" wooden cut-out. Choose between three options: Outline of Minnesota, Bear, or Fish. We'll provide a tray to carry your painting home. Instr: ArtInnovatorsMN.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 6 7:00pm-8:30pm	Res \$58 Non Res \$67	35119-01

**PALETTE UP! BEYOND THE BASICS: ALCOHOL INKS**

PCC-Education Wing, 14800 34th Avenue N

Dive into the world of Alcohol Inks in this four week workshop series. We will learn about these pigment-intense and vibrant, free-flowing inks and experiment with designs on a variety of surfaces. Make abstract compositions, flowers, landscapes, use stencils and more. You will leave the workshop with knowledge of new techniques that you can then take home and expand your artistic interest. All supplies included in class fee. Instr: ArtInnovatorsMN

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 28-Dec 19 12:00pm-2:00pm	Res \$170 Non Res \$180	35118-01

**PASTEL DRAWING**

PCC-Education Wing, 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. Supplies list provided prior to class. Instr: Maria del Carmen Troncoso Gonzalez.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7-Oct 12 12:30pm-3:30pm	Res \$120 Non Res \$130	35133-01

## Arts - Photography

**INTRO TO PHOTOGRAPHY**

PCC-Education Wing, 14800 34th Avenue N

No matter what kind of camera you have, understanding the principles 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	Sep 12-Sep 26 7:00pm-8:30pm	Res \$100 Non Res \$110	35132-01

**PHOTO ORGANIZATION-PRINT & DIGITAL**

PCC-Education Wing, 14800 34th Avenue N

Imagine all of your photos organized and in one place... permanently, safely and find any photos quickly (including old slides, movies and memorabilia.) Instr: Susan DeJute.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 13 7:00pm-8:30pm	Res \$25 Non Res \$30	35122-01
18+	W	Nov 8 10:00am-11:30am	Res \$25 Non Res \$30	35122-02

**TRAVEL PHOTOGRAPHY**

PCC-Education Wing, 14800 34th Avenue N

You'll improve your travel photos with any digital camera or smart phone camera using the techniques you'll learn. We'll cover what gear you'll need for travel, security, photography tips for landscapes, people, street scenes, architecture, and finding great photo locations. You'll see over 150 excellent photos to reinforce the principles. Instr: Ron Timm.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 4 7:00pm-8:30pm	Res \$25 Non Res \$30	35131-01

## Podcasting

**HOW TO CREATE YOUR OWN PODCAST**

PCC-Education Wing, 14800 34th Avenue N

Would you like to start a podcast but don't know how to go about it? While there are a lot of things involved its not as complicated or costly as you might think. This workshop will cover the technical process of turning your idea for a podcast into a reality. We will cover the setup, process, and options for hosting, recording, editing, publishing, and even publicizing your podcast. Instr: Keith Bridges.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Oct 9-Oct 23 6:00pm-8:00pm	Res \$50 Non Res \$57	35136-01

## Pottery

**WHEEL POTTERY**

PCC-Education Wing, 14800 34th Avenue N

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	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 6-Sep 27* 7:00pm-9:00pm	Res \$150 Non Res \$165	35126-01
18+	W	Oct 4-Oct 25 7:00pm-9:00pm	Res \$150 Non Res \$165	35126-02
18+	W	Nov 8-Nov 29 7:00pm-9:00pm	Res \$150 Non Res \$165	35126-03

\*On 9/27 class will meet at Parkers Lake Pavilion - 15205 County Rd 6 & Niagara Lane

## Voice over

**INTRODUCTION TO VOICE OVER**

PCC-Education Wing, 14800 34th Avenue N

This class will show you how you can actually begin using your speaking voice for commercials, films, and more. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Instr: Will Kamp, Such a Voice LLC.

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

## Writing

**COURAGEOUS CONVERSATIONS: LIVING WITH LOSSES/HEALING WITH WRITING AND HOPE**

PCC-Education Wing, 14800 34th Avenue N

Maintaining resiliency in the face of challenging life events can be difficult. Hope may not return easily. Self-awareness about comfort with losses are addressed, along with perspectives and tools for addressing losses throughout the lifespan. Ways to foster courageous conversations will be demonstrated and discussed. Literary, psychological, and spiritual resources that aid in hope and healing are woven into session. Instr: Ted Bowman.

AGES	DAY	DATE & TIME	COST	ACTIVITY
15+	Tu	Sep 19 10:00am-11:00am	Res \$18 Non Res \$21	35101-01

**THE ABC'S OF WRITING CHILDREN'S BOOKS**

PCC-Education Wing, 14800 34th Avenue N

This is the perfect workshop for anyone who has an idea percolating for a children's book, or even people who have written one but aren't sure what to do next. Learn the basic formats of children's books and how children's books get made, for everything from ABC books to Teen Fiction, and find out where your book fits in. Instructor: The Loft.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Dec 4 6:00pm-7:00pm	Res \$65 Non Res \$74	35112-01



## Education - Bridge

### BRIDGE: BOOK 1 - LEARN TO PLAY BRIDGE

PCC-Education Wing, 14800 34th Avenue N

Start 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 are available for purchase from the instructor. Instr: Mignon Nearmyer.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Oct 30 10:00am-12:00pm	Res \$50 Non Res \$60	35397-01
18+	Tu	Sep 12-Oct 31 6:45pm-8:45pm	Res \$50 Non Res \$60	35397-02

### BRIDGE: BOOK 2 - PLAY OF THE HAND

PCC-Education Wing, 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 Mignon Nearmyer at class. No program: 12/25, 12/26, 1/1, 1/2.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 13-Jan 15 10:00am-12:00pm	Res \$50 Non Res \$60	35312-01
18+	Tu	Nov 14-Jan 16 6:45pm-8:45pm	Res \$50 Non Res \$60	35312-02

### BRIDGE: SHUFFLE, DEAL AND PLAY

PCC-Education Wing, 14800 34th Avenue N

Practice what you have learned in class. Also get instruction on the latest rules and play under the eye of a Life Bridge Master. No program: 12/26, 1/2.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Oct 30 1:00pm-3:00pm	Res \$50 Non Res \$60	35309-01
18+	Tu	Nov 14-Jan 16 1:00pm-3:00pm	Res \$50 Non Res \$60	35309-02

## Business/career

### HOW TO START ANY HOME BUSINESS + 250 HOME BUSINESS IDEAS

Online

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. You will discover: more than 250 legitimate home business ideas; mandatory legal documentation; many ways to market your product/service; how to take tax deductions (this workshop included!). Instr: LeeAnne Krusemark.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Oct 4 6:00pm-8:00pm	\$35	35344-01

### MYSTERY SHOPPING-GET PAID TO SHOP

Online

You can get paid to shop at almost every local store in your area, plus there are many online shopping assignments you can do from home. Mystery shop on vacation-FREE hotels, restaurant meals, car rentals, sightseeing tours, etc. Learn how to avoid scam companies and work for the best mystery shopping companies that pay the most. Instr: Gina Henry.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Nov 4 11:00am-2:00pm	Res \$49 Non Res \$49	35395-01

### SAVE MONEY WITH EXTREME COUPONING!

Online

Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. Learn where to find all different types of coupons, even for high ticket items; how to find the best coupon apps and websites; how to match coupons with sales for maximum savings. Instr: LeeAnne Krusemark.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Oct 2 5:00pm-6:00pm	\$20	35324-01

## Culture/religion

### BASICS OF ISLAM AND MUSLIM LIFESTYLE

PCC-Education Wing, 14800 34th Avenue N

Who are Muslims and what are their core beliefs? Understand Islam's 6 Articles of Belief and 5 Pillars of Faith and day-to-day lifestyle of a Muslim. Explore similarities and differences compared to American Culture. Hear how these beliefs are sometimes misrepresented. Class format is educational with open dialogue and Q&A. Pizza lunch provided. Instr: Imran Jani, Building Blocks of Islam.

AGES	DAY	DATE & TIME	COST	ACTIVITY
13+	Sa	Sep 30 10:00am-12:30pm	no fee	36304-01

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

## Education - Cooking with Tess

**INSTANT POT 101 - LIVE**

Online

Demystify the electric pressure cooker /multi-cooker called the Instant Pot® during a LIVE VIRTUAL class. Learn the foundations of cooking and care, and how to make a few amazingly satisfying dishes in the Instant Pot. Breakfast, Lunch/Dinner, and Dessert menu items will be demonstrated.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 16 4:00pm-6:00pm	Res \$35 Non Res \$35	35307-01

**EAST INDIAN INSTANT POT BUTTER CHICKEN, COCONUT CURRIED LENTILS & HOMEMADE NAAN**

Online

The instructors' version of the popular Butter Chicken, and wonderful Coconut Curried Lentils! The instructor will also be guiding participants, step-by-step, in making their own Luscious Homemade Naan. Delicious recipes are made with ingredients that are probably already on hand.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 23 4:00pm-6:00pm	\$35	35300-01

**FOCACCIA, STROMBOLI, & CALZONES! OH MY!**

Online

Dive into the world of unique Rolled & Stuffed Pizzas, and marvelous focaccia bread! Learn how to make your own homemade focaccia Bread, a wonderful, rolled pizza called a Stromboli, and stuffed Pizzas, known as Calzones with homemade pizza dough!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 30 4:00pm-6:30pm	\$40	35318-01

**AIR FRYER HYPE: COPYCAT KFC & RECIPE IDEAS FOR ALL AGES**

Online

Do you have an air fryer and want ideas about what to make in it besides fries or crisping up frozen processed foods? Demonstrated recipes include: homemade eggrolls wraps, pizza bites, seasoned potato wedges, and burgers. Cook-Along Recipe: the instructor's own Copycat KFC® Chicken.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 6 6:00pm-8:00pm	Res \$35 Non Res \$35	35314-01

See online for full class descriptions  
and additional details

**FRIGHT NIGHT DELIGHT! GHOULISH FALL FAMILY FUN!**

Online

On the menu: Dreamy billowy-soft Pumpkin & potato gnocchi (made with pumpkin and shaped into mini pumpkins) with cheesy cream sauce, Ghoulish "Intestines" (Stuffed Pastry seasoned meat roll) with a gory Cranberry dipping sauce, and Pumpkin & Spice Chocolate Chip Muffins!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 13 6:00pm-8:30pm	\$40	35321-01

**FREEZER MEAL BOOT CAMP! INSTANT POT OR ANY POT MAKE-AHEAD FREEZER MEALS**

Online

Learn the foundations of preparing homemade nourishing make-ahead freezer meals for your family freezer that can be used straight from the frozen state. Demonstrated Prep Recipes Include: Sweet and Zesty Meatballs, Greek Lemon Garlic and Herbed Chicken, Pork Chops with Herbs & Gravy, Chicken Vegetable Noodle Soup, and more, time permitting.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 14 4:00pm-6:00pm	\$40	35332-01

**ESCAPE TO THE MEDITERRANEAN**

Online

Escape to the Mediterranean with the flavors of Greece in this LIVE COOK-ALONG class! On the menu: Greek Grilled Chicken Souvlaki (skewers), Tzatziki (traditional Greek yogurt dipping sauce), Greek Veggie Rice, homemade pita bread, drizzle dressing, and Greek Salad Dressing too!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 24 6:00pm-8:00pm	\$35	35315-01

## Education - Cooking with Tess

### PRETZEL CRUST PIZZA & PRETZEL KNOTS WITH BEER CHEESE DIP!

Online

Join Tess for this amazing class as she guides you through her step-by-step process of creating her Specialty Gourmet Pretzel Crust Pizza! Participants will also have the pleasure of learning to create her homemade pizza sauce, soft pretzel knots and a velvety beer-cheese dip (beer cooks off and flavor remains)!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 27 6:00pm-8:30pm	Res \$40 Non Res \$40	35396-01

### DIM SUM STUFFED STEAMED BUNS! CHINESE BBQ CHICKEN & VEGETARIAN FILLINGS!

Online

The instructor will guide you in the step-by-step process of creating two types of Dim Sum Stuffed Steamed Buns with homemade dough that will take you to culinary heights you never new you could reach. Two fillings will be made for the buns. One will be a gooey Chinese BBQ Chicken filling, and the other will be a savory vegetarian filling.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Nov 3 6:00pm-8:30pm	\$40	35346-01

### JAMAICAN MEAT HAND PIES!

Online

Jamaican Meat Hand-Pies consist of luscious mouthwatering ground meat filling seasoned with warm savory spices and flavors of Jamaica and is then baked inside a tender flaky golden tinted pastry. Do not fear the spice they are there for flavor NOT HEAT! All spices and seasonings can be personalized. Tess will also be sharing tips for freezing and re-heating.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Nov 4 4:00pm-6:00pm	Res \$30 Non Res \$30	35356-01

### CLASSIC HOMEMADE PIEROGI

Online

Learn how to make your own homemade Classic Pierogi with homemade dough and filling that will make your taste buds dance for joy! We will also be learning how to cook, and freeze these little dumplings that you can make ahead and store for a rainy day.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Nov 10 6:00pm-8:00pm	Res \$35 Non Res \$35	35384-01

### PIZZA! PIZZA! PIZZA PARTY!

Online

Two different homemade doughs will be used. One will be for the Detroit Style Pizza, and the other for the other two options. The instructor will provide Step-by-step guidance and instruction help to ensure the process is a simple as can be. Participants can personalize their pizzas with toppings of their choosing.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Nov 11 4:00pm-6:30pm	\$40	35382-01



### BAKLAVA & SPANAKOPITA!

Online

Baklava is a Traditional Greek layered dessert pastry made with filo, chopped nuts, other secret ingredients, and bathed in dreamy syrup. Spanakopita on the other hand, is a Greek savory pastry, consisting of a filling made of spinach, cheese, other secret ingredients, and is wrapped in delicate sheets of filo pastry.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 14 6:00pm-8:30pm	\$40	35386-01

### KOLACHE! TEXAN SAVORY AND EUROPEAN SWEET COOK-ALONG

Online

A Texan Kolache is a wonderful fluffy extra-large, mildly sweet baked doughnut, stuffed with choice of sausage and other fillings such as cheese. Generally, an oversized gourmet pig-in-a-blanket but unlike any other pig-in-a-blanket you have ever had.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Nov 17 6:00pm-8:30pm	\$40	35310-01

### MEDITERRANEAN CHICKEN GYRO MEAL!

Online

On the menu: Greek Chicken Gyro (made indoors), Tzatziki (traditional Greek yogurt dipping sauce), Greek Oven Roasted Lemon Potatoes, homemade pita bread, drizzle dressing, and Greek Salad Dressing too!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Nov 18 4:00pm-6:30pm	\$40	35388-01



## Education - Cooking with Tess

**AIR FRYER FINGER FOODS!**

Online

Recipes that will be demonstrated include: Air Fryer Cheesy Macaroni & Cheese Balls, Mozzarella Sticks, and Marvelous Meatballs. The Cook-Along Option Recipes Include: Air Fryer Chicken Nuggets, and Stuffed Potato Skins! All healthy, delicious recipes that will have your family coming back for more!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Dec 1 6:00pm-8:00pm	Res \$35 Non Res \$35	35399-01

See online for full class descriptions  
and additional details

**HOLIDAY COPYCAT CINNABON CINNAMON ROLLS & HOT COCOA BOMBS**

Online

Add two wonderful treats to your holiday celebration as you learn to create freshly baked homemade Cinnamon Rolls, and luscious, velvety Hot Cocoa Bombs! Create memories by starting a new holiday tradition as you learn to make these delicious treats with your children or significant others.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Dec 2 4:00pm-6:30pm	Res \$40 Non Res \$40	35316-01

**HOLIDAY COOKIE BAKE AND DECORATE AND FOUNDATIONS OF ROYAL ICING**

Online

Participants will be baking the cookies ahead of time so that they are ready to decorate at the start of class. Recipes will include a soft and chewy sugar cookie, and a denser crisp sugar cookie. Participants can choose to bake one or the other or both using cookie cutters of choice. No fancy decorating tips or bags will be needed.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Dec 8 6:00pm-7:30pm	Res \$25 Non Res \$25	35317-01

**SWEDISH MEATBALLS & HAND PULLED NOODLES**

Online

Swedish meatballs seasoned to perfection and bathed in a savory-velvety cream sauce. Then have the pleasure of serving them over your own HAND-PULLED NOODLES! Follow along step-by-step as the instructor guides you through each of her recipes while sharing secrets for making everything about this meal from scratch!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Dec 9 4:00pm-6:30pm	\$40	35389-01

**GINGERBREAD HOUSE BAKE AND BUILD!**

Online

Together, we will combine the wonderful flavors of gingerbread and use the dough to create the pieces that will be used to "build" breathtaking houses, and make the stiff Royal Icing that will hold everything together and be used as the "glue" to decorate your houses with candies and delicious treats.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Dec 15 6:00pm-8:00pm	\$35	35323-01





## Education - Genealogy

### THE FORMIDABLE GENEALOGIST: INTRO TO ONLINE GENEALOGY

PCC-Education Wing, 14800 34th Avenue N

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 25 6:30pm-8:00pm	Res \$30 Non Res \$36	35374-01

### THE FORMIDABLE GENEALOGIST: LEVEL UP YOUR GENEALOGY RESEARCH 1

PCC-Education Wing, 14800 34th Avenue N

MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they don't have the information that you're looking for? This course covers how to use the Family Search catalog, working with autosomal DNA for known and unknown family lines and other repositories to use beyond the large genealogy platforms.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Oct 16 6:30pm-8:00pm	Res \$30 Non Res \$36	35376-01

### THE FORMIDABLE GENEALOGIST: LEVEL UP YOUR GENEALOGY RESEARCH 2

PCC-Education Wing, 14800 34th Avenue N

Moving beyond auto-generated hints on the big platforms like Ancestry.com and MyHeritage is the only way to make progress in your research. I will show you more ways to find obscure records, how to use them and research techniques used by the pros.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 13 6:30pm-8:00pm	Res \$30 Non Res \$36	35377-01

### THE FORMIDABLE GENEALOGIST: GENEALOGY METHODS

PCC-Education Wing, 14800 34th Avenue N

It can take years to learn how to research effectively. Watch as the instructor goes through the steps that she uses as a professional genealogist to solve common research problems. These case studies will show you techniques that you can apply to your own research.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Dec 12 6:30pm-8:00pm	Res \$30 Non Res \$36	35380-01

## House/home

### WHAT IS VALUE IN YOUR HOME FOR AN ESTATE SALE TODAY?

PCC-Education Wing, 14800 34th Avenue N

Join a Estate Sale Professional from Caring Transitions for a presentation on what is currently considered value in estate sales today. What are some options with clearing out your home? Are you ready to have an Estate Sale?

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Dec 12 10:00am-11:00am	Res \$10 Non Res \$12	35342-01

### CURATING YOUR DREAM KITCHEN REMODEL

PCC-Education Wing, 14800 34th Avenue N

Looking for ideas to improve your kitchen. We will talk about how to hire people to do the work and how to make cabinet, counter, flooring and trends and money saving strategies too. You will not want to miss this class if you are considering a remodel.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 10 6:00pm-8:00pm	Res \$10 Non Res \$12	35367-01



### WEATHER LINE

**763-509-5205**

call for updates on  
class cancellations

## Education - Health

**OSTEOARTHRITIS: MYTH, FACTS, AND STRATEGIES**

PCC-Education Wing, 14800 34th Avenue N

Osteoarthritis is very common worldwide, but is misunderstood and mistreated. Surgery is not the only solution. I would like to share with you myths, facts, and research based evidence that can help you manage your osteoarthritis and lessen pain while you continue to participate in activities and hobbies you enjoy. Instr: Matt Quanrud.

AGES	DAY	DATE & TIME	COST	ACTIVITY
24+	Th	Oct 5 6:00pm-8:00pm	Res \$10 Non Res \$12	35306-01

**SENSORY EXPLORATION FOR ADULTS**

PCC-Education Wing, 14800 34th Avenue N

Learn about your different sensory systems and how it impacts you (through recognizing sensory challenges in your environment and how your senses bring meaning to your life). You can explore and make various regulation tools, while being supported in recognizing which tools support you and how you can implement them in your everyday life.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 6-Dec 18 6:15pm-7:45pm	Res \$260 Non Res \$286	35320-03

**UNDERSTANDING ALZHEIMER'S & DEMENTIA**

PCC-Education Wing, 14800 34th Avenue N

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. Instr: Alzheimer's Association MN-ND Chapter.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12 10:00am-11:00am	Res \$5 Non Res \$7	36301-01

**DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL AND FINANCIAL PLANNING**

PCC-Education Wing, 14800 34th Avenue N

When someone is showing signs of dementia, it's time to talk. Conversations about changing behaviors can be difficult. This program provides tips for breaking the ice to address common issues: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. Instr: Alzheimer's Association MN-ND Chapter.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 10 10:00am-11:00am	Res \$5 Non Res \$7	36302-01

**UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR**

Online

Behavior is a powerful form of communication and is a means for people with dementia to communicate their needs and feelings. However, some behaviors present challenges for caregivers to manage. Join us to identify common behavior triggers and learn strategies to intervene with some of the behavioral challenges of dementia. Instr: Alzheimer's Association MN-ND Chapter

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Nov 14 7:00pm-8:00pm	Res \$5 Non Res \$7	36303-01

## Education - Language

### CONVERSATIONAL SPANISH LEVEL 1

PCC-Education Wing, 14800 34th Avenue N

Learn a new language to be able to talk with friends, describe yourself, your everyday routine, and things and activities you like. Instr: Maria del Carmen Troncoso Gonzalez.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 5-Oct 10 4:00pm-6:00pm	Res \$75 Non Res \$86	35319-01
18+	Th	Sep 7-Oct 12 10:00am-12:00pm	Res \$75 Non Res \$86	35319-03

### CONVERSATIONAL SPANISH LEVEL 2

PCC-Education Wing, 14800 34th Avenue N

Learn how to talk about current situations and activities, accept and decline invitations and make recommendations. Talk about your plans and communicate past actions and events. Instr: Maria del Carmen Troncoso Gonzalez.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 5-Oct 10 6:10pm-8:00pm	Res \$69 Non Res \$79	35331-01

### CONVERSATIONAL SPANISH LEVEL 3

PCC-Education Wing, 14800 34th Avenue N

Learn new vocabulary and ways to communicate with different audiences, present your life story, jobs, routines and hobbies; tell stories and memories from the past. Be able to express actions in the near future. Instr: Maria del Carmen Troncoso Gonzalez.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 5-Oct 10 10:00am-12:00pm	Res \$75 Non Res \$86	35353-01
18+	W	Sep 6-Oct 11 5:30pm-7:30pm	Res \$75 Non Res \$86	35353-03

### CONVERSATIONAL SPANISH LEVEL 4

PCC-Education Wing, 14800 34th Avenue N

Describe and tell your past events in a specific time and things you used to do, talk about nature, living place, welfare. Use new ways to enrich your talk and express feelings, uncertain ideas and wishes. Instr: Maria del Carmen Troncoso Gonzales.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7-Oct 12 4:00pm-6:00pm	Res \$75 Non Res \$86	35357-01

### CONVERSATIONAL SPANISH LEVEL 5

PCC-Education Wing, 14800 34th Avenue N

Describe your actions in the past creating a link with your actual activities giving nice ideas and conclusions. Express complex ideas about others and ideas that had taken place in the past before some other plans occurred. Instr: Maria del Carmen Troncoso Gonzales.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7-Oct 12 6:10pm-8:00pm	Res \$69 Non Res \$79	35361-01

## Mah Jongg

### MAH JONGG 101: INTRODUCTION TO MAH JONGG

Plymouth City Hall, 3400 Plymouth Boulevard

Learn the basics of the game through lessons and actual play. 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. Instr: Wendy Salita

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 3-Oct 31 9:30am-11:00am	Res \$65 Non Res \$75	35385-01
18+	Tu	Oct 3-Oct 31 11:00am-12:30pm	Res \$65 Non Res \$75	35385-02

# SURVIVOR

## PLYMOUTH

Ever wanted to play one of the most popular social games of all time? Make new friends as you solve puzzles, strategize, and vote each other out in this high-speed, 3 hour version of one of the most popular reality competitions of all time. Don't worry! Even if you're voted out early, you'll still get to play in a new twist the game has never seen before. All abilities are welcome. Players must be 18+. Instr: Brent Barkey

PCC-Event Wing, 14800 34th Avenue N

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Sep 29 6:00pm-9:00pm	Res \$19 Non Res \$23	35708-01

## Education - Retirement and beyond

### DON'T WORRY, RETIRE HAPPY

PCC-Education Wing, 14800 34th Avenue N

In retirement, every day can be like Saturday. That's a lot of time to fill and it's important to have a plan. Learn more from financial expert Tom Hegna's book, *Don't Worry, Retire Happy: 7 Steps to a Secure Retirement*. No products will be sold. For additional information, see [Thrivent.com/social](http://Thrivent.com/social). Instr: Edward Sachs, Thrivent Financial.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 19 6:30pm-8:00pm	Res \$10 Non Res \$12	35322-01

### FALL SENIOR LIVING TOUR

PCC-Event Wing, 14800 34th Avenue N

Janelle Meyers, certified senior advisor with Choice Connections will be your guide as we visit an independent rental, assisted living, memory care and enhanced care community. Lunch and a snack will be provided by one of the host sites. Transportation provided from the Plymouth Community Center. Parties must be physically able to enter/exit from the bus several times during the day.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 5 10:00am-3:30pm	Res \$39 Non Res \$47	35348-01

### SHOULD I STAY OR SHOULD I GO?

#### STEPS TO REVIEW YOUR HOUSING NEEDS

PCC-Education Wing, 14800 34th Avenue N

Discuss lifestyle options for senior living. Should I stay and age in place—making home modifications to reduce safety risks OR should I go—moving to a home option that may be handicapped accessible, single level living? Take an assessment and learn the tools to make educated decisions. Instr: Vaughn Kavlie, Certified Mortgage Planning Specialist.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 12 10:00am-11:30am	Res \$10 Non Res \$12	35325-01

### SAVVY SOCIAL SECURITY

PCC-Education Wing, 14800 34th Avenue N

When should I file for Social Security benefits? Will I pay taxes on my Social Security benefits? Don't miss out on potential opportunities to maximize your retirement income! No products will be sold. Thrivent financial professionals have general knowledge of the Social Security tenets. For complete details on your situation, contact the Social Security Administration.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 14 6:30pm-8:00pm	Res \$10 Non Res \$12	35373-01
18+	Tu	Oct 24 6:30pm-8:00pm	Res \$10 Non Res \$12	35373-02

### SAVVY TAX STRATEGIES

PCC-Education Wing, 14800 34th Avenue N

Fact #1: Taxes can be complicated. Fact #2: No one wants to pay more than their fair share. Cut through the jargon and complexity to understand how to create an efficient retirement tax strategy. Learn how to avoid common - and costly - mistakes regarding your investments, health care and estate. No products will be sold. For more information, See [Thrivent.com/social](http://Thrivent.com/social).

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 26 6:30pm-8:00pm	Res \$10 Non Res \$12	35302-01
18+	Th	Oct 12 6:30pm-8:00pm	Res \$10 Non Res \$12	35302-02

### MEDICARE 101 - JUST THE BASICS

PCC-Education Wing, 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, Integrated Insurance.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 9 10:00am-11:00am	Res \$10 Non Res \$12	35336-02
18+	Th	Sep 14 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-03
18+	W	Sep 27 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-04
18+	Sa	Oct 7 10:00am-11:00am	Res \$10 Non Res \$12	35336-05
18+	Th	Oct 12 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-06
18+	M	Oct 30 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-07
18+	Sa	Nov 4 10:00am-11:00am	Res \$10 Non Res \$12	35336-08
18+	Tu	Nov 14 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-09
18+	W	Nov 29 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-10
18+	Sa	Dec 2 10:00am-11:00am	Res \$10 Non Res \$12	35336-11
18+	Tu	Dec 12 6:00pm-7:00pm	Res \$10 Non Res \$12	35336-12



## Education - Retirement and beyond

### PREPARE YOUR OWN WILL

PCC-Education Wing, 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 decide. Class is taught by an experienced attorney in drafting wills—Adam Altman. Leave with a simple will prepared. Instruction and all of the necessary forms, witnesses and notaries are provided. This is an individual will.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 10 6:30pm-8:30pm	Res \$40 Non Res \$50	35330-01
18+	Tu	Dec 19 6:30pm-8:30pm	Res \$40 Non Res \$50	35330-02

### THE 25 DOCUMENTS NEEDED BEFORE YOU PASS AWAY

PCC-Education Wing, 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. 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, Generations Legal Services.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 17 6:00pm-7:30pm	Res \$20 Non Res \$25	35350-01

### HOW TO PROTECT YOUR ASSETS FROM THE NURSING HOME

PCC-Education Wing, 14800 34th Avenue N

Worried about potential nursing home, long-term care, and assisted living costs? Learn how to protect your hard-earned money to ensure something is left for your loved ones in the event you need some level of care in the future. Instr: Jeff Litfin, Generations Legal Services.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7 6:00pm-7:30pm	Res \$20 Non Res \$25	35362-01

### WHO WILL INHERIT THE MESS?

PCC-Education Wing, 14800 34th Avenue N

Learn the differences between Wills and Trusts, how to avoid the pitfalls of Probate, the importance of Power of Attorney and Healthcare Directives, and how to use beneficiary forms and Transfer on Death (TOD) designations to compliment a successful and comprehensive estate plan. Instr: Jeff Litfin, Certified Estate Planner, Generations Legal Services.

AGES	DAY	DATE & TIME	COST	ACTIVITY
25+	Th	Nov 9 6:00pm-7:30pm	Res \$20 Non Res \$25	35304-01

### ABUNDANCE: IN LIFE AND DEATH

Online

This is about the journey we all make. Creating a plan to celebrate your life and to document your wishes starts with some necessary decisions. We explore abundance in life and death, how to help your loved ones plan as they age, and how you can be better prepared in retirement and beyond yourself. We will cover the decisions and documents you need to complete for a successful aging plan. Register for all 5 sessions and receive Amy's book: *Last Life Lesson: A Guide for Aging Adults and Their Families* (\$50 value). Instr: Amy Miller, Our Family Encounter

AGES	DAY	DATE & TIME	COST	ACTIVITY
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Please see online for session descriptions, dates and times

## THE GIFT OF ANSWERS SERIES

Midwest Preplanning and Suddendorf Legal Services LLC has paired up to offer the following series of presentations. Our mission is to provide families with education on issues that will need to be resolved around the dying process. Our goal of these workshops are to make sure that not only you, but your families are prepared for an emergency, including death.

### THE GIFT OF ANSWERS SERIES: BEFORE AND AFTER THE FUNERAL

Plymouth City Hall, 3400 Plymouth Boulevard

Explore what you need to know before the funeral so that it is cost effective. Such things as current laws, payment, cremation authorization, costs of funerals, and if a funeral home is needed. Learn the process of probate, what triggers it, letters, time considerations for processing wills, taxes of the deceased, do I need an attorney or can I do it myself?

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 20 10:00am-11:30am	Res \$10 Non Res \$12	35364-01

### THE GIFT OF ANSWERS SERIES: YOU DON'T KNOW WHAT YOU DON'T KNOW

PCC-Education Wing, 14800 34th Avenue N

Learn the basics of what you need to know regarding how to save thousands of dollars on your final expenses. Get insider tips about the processes, costs and what you really need, not hearsay or myths. Come with your thoughts and questions for a great discussion.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 27 10:00am-11:00am	Res \$10 Non Res \$12	35366-01

## Education - Security

### PROTECT YOUR DIGITAL LIFE

PCC-Education Wing, 14800 34th Avenue N

A lecture and discussion on ways to detect phone and computer scams. We will also cover ways to plan ahead for problems and helpful resources for avoiding and recovering from disaster. Topics include: using the internet safely, smart use of email, avoiding scams, planning ahead for problems and resources for help. Instr: Tom Staehle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 23 2:00pm-4:00pm	Res \$10 Non Res \$12	35381-01

### PROTECT YOURSELF FROM FRAUD AND IDENTITY THEFT

PCC-Education Wing, 14800 34th Avenue N

Financial crimes including scams, identity theft and consumer fraud are the most frequently attempted crimes in the United States. In this session, we share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim. Instr: AARP.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	W	Oct 4 10:00am-11:00am	Res \$5 Non Res \$7	35906-01

### ONLINE FRAUD AND CYBER CRIMES

PCC-Education Wing, 14800 34th Avenue N

The internet is a goldmine for scam artists. In 2019, there were over 467,000 online fraud complaints amounting to a total loss of over \$3.5 billion. In this discussion, we'll talk about practices you should develop to keep your personal information private online, how to bank safely. Instr: AARP.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	W	Nov 1 10:00am-11:00am	Res \$5 Non Res \$7	35907-01

### ONLINE SECURITY FOR SENIORS

PCC-Education Wing, 14800 34th Avenue N

Learn how to best protect your personal data and your online account information using internet to feel safe. We discuss pros and cons of being online while socializing, banking, shopping, or simply searching. We talk about the degree of available software security and VPN tools in the market we may want to take advantage of. Instr: "Ray, the Computer Guy."

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Nov 16 3:00pm-5:00pm	Res \$40 Non Res \$48	35372-01

## Technology

### PODCASTS FOR BEGINNERS

Online

Learn how to download a Podcast app, understand the different categories to choose from, how to subscribe to a Podcast you enjoy and how to listen to them while in your home, car, or out for a walk.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 5 12:00pm-1:00pm	Res \$20 Non Res \$20	35334-01

### SOCIAL MEDIA FOR BUSINESS

Online

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Learn how to craft a simple but effective social media marketing strategy, listen directly to customers, and implement tips to grow your business all while staying organized without technology overwhelm.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7 12:00pm-1:00pm	Res \$20 Non Res \$20	35335-01

## Technology

### GROW YOUR BUSINESS WITH INSTAGRAM

Online

Grow your customer base and sales using Instagram. Learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12 12:00pm-1:00pm	Res \$20 Non Res \$20	35352-01

### USING SNAPCHAT SAFELY IN 2023!

Online

We will cover everything adults need to know about one of most popular social media apps in the world. Learn the foundation for how Snapchat is used, what the basic features include, and more. Learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members.

AGES	DAY	DATE & TIME	COST	ACTIVITY
24+	Th	Sep 14 12:00pm-1:00pm	Res \$20 Non Res \$20	35343-01

### A PARENT'S GUIDE TO TIKTOK

Online

Take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 19 12:00pm-1:00pm	Res \$20 Non Res \$20	35351-01

## Education - Technology

### HOW TO CUT THE CABLE CORD

Plymouth City Hall, 3400 Plymouth Boulevard

Cable (or satellite) television is the single most expensive utility for many households. Learn about viewing options that are free or a lower cost. Discuss pros/cons of cable, how to get internet without cable, how to get TV from your computer to your television, and more. Find out why and how thousands of TV watchers are ditching cable forever. Instr: Ron Timm.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 20 7:00pm-8:30pm	Res \$29 Non Res \$35	35340-01

### HOW TO USE UBER FOR TRANSPORTATION INDEPENDENCE

Online

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn how to use Uber at major airports so that you can travel with confidence and use Uber anywhere in the world.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 21 12:00pm-1:00pm	Res \$20 Non Res \$20	35358-01

### CELL PHONES AND PARENTING

Online

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. Learn the recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more!

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 26 12:00pm-1:00pm	Res \$20 Non Res \$20	35359-01

Social Club Simple classes are recorded and sent out to participants if they aren't able to attend the scheduled class time. Follow-up support is included with classes.

### HOW TO CREATE YOUR OWN YOUTUBE CHANNEL

Learn the basics to create and begin your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience! We'll walk you through a step-by-step process so that you can get started today

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 28 12:00pm-1:00pm	Res \$20 Non Res \$20	35360-01

### APPS FOR EVERYDAY LIVING SESSION I

PCC-Education Wing, 14800 34th Avenue N

This class covers best practices and how to do your banking online, transaction monitoring, money transfers, deposits, and printing. We also explore popular available online video chat apps and their widespread use to better inform you about them. Also, start to learn about QR codes The video chatting session will continue into the session 2 class. Instr: "Ray, The Computer Guy."

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 28 3:00pm-5:00pm	Res \$40 Non Res \$48	35301-01

### HOW TO PRESENT SOCIAL MEDIA ANALYTICS WITH EASE

Online

Expand your skills as you learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must for anyone of all ages, whether you're an employee, small business owner, volunteer, etc.! We'll walk you through a step-by-step process so that you can get started today and confidently present how a post performed on social media.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 3 12:00pm-1:00pm	Res \$20 Non Res \$20	35329-01

### MY KID WANTS TO BE A YOUTUBER - HELP

Online

Walk through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 5 12:00pm-1:00pm	Res \$20 Non Res \$20	35333-01

### BEGINNER'S GUIDE TO STARTING A FREE BLOG

Online

Online blogging is a great way to get the word out about you, your service, your product, or information you want to share! You will learn step-by-step how to: start a FREE blog with WordPress, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share your expertise, connect your domain/website.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Oct 10 6:00pm-8:00pm	\$35	35355-01

### APPS FOR EVERYDAY LIVING SESSION II

PCC-Education Wing, 14800 34th Avenue N

Class begins with a continuation of online video chatting options. We then begin the online shopping, placing your orders like groceries, or personal items to either be delivered to you, or for pickup at store sites. We also explore QR codes to view websites and restaurant menus and online shopping store options like Amazon, department stores, etc. Instr: "Ray, The Computer Guy."

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Oct 26 3:00pm-5:00pm	Res \$40 Non Res \$48	35354-01

## Education - Travel

### HOW TO TRAVEL FREE & MAKE MONEY TRAVELING Online

Learn how to find the deep travel discounts plus learn important tips on travel safety, trip insurance, affordable retirement opportunities & other inspirational life enhancing strategies. Earn free airline tickets, hotel nights, tours, cruises & more! Instructor Gina Henry's 100-page digital book "How to Travel Free" (a \$39.95 value) is included. Instr: Gina Henry.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 23 11:00am-2:00pm	Res \$49 Non Res \$49	35383-01

### GET PAID TO TEACH ENGLISH Online

Make money from home by teaching English online, earn a free vacation, a 2-month paid summer job, or full-time work that earns up to \$90K a year. Learn the best paying jobs, teaching qualifications, certification programs (online and in person) & specific hiring organizations. Tuition includes instructors 100-page digital book "How to Travel Free and Safely" (a \$39.95 value). Instr: Gina Henry

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 30 11:00am-2:00pm	Res \$49 Non Res \$49	35363-01

### THE SECRETS OF TRAVEL HACKING Online

Earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Plus earn cash-back to pay for other travel expenses. Instr: Gina Henry.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 7 11:00am-2:00pm	Res \$49 Non Res \$49	35391-01

### GET PAID TO BE A TOUR GUIDE & TRAVEL FREE Online

Travel free on a tour by becoming an "affiliate" or "tour coordinator," putting together a group of friends to go on a trip and you go free (& possibly earn extra income). Learn how to put together your own tours and market them to friends, family or the public, starting your own tour business. Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 21 11:00am-2:00pm	Res \$49 Non Res \$49	35398-01

### WORK REMOTELY & BECOME A DIGITAL NOMAD Online

Working remotely is now the thing. Why not add travel into the mix? Make your travels sustainable by earning a living as you travel. Get the "how to" of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a "physical address," the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Instr: Gina Henry.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 28 11:00am-2:00pm	Res \$49 Non Res \$49	35387-01





## Health & Fitness - Cardio & Strength

### BARRE FUSION ON ZOOM

Online

An online full body workout using movement inspired by yoga, ballet, drumming and traditional exercises. Movements and music will vary to make it an enjoyable fitness experience. All levels. Participants will build strength, mobility, balance, and endurance so they can look and feel their best. You will receive an email with instructions from ZYF at least 24 hours before class begins. Instructor: Julie Zoril.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 9-Oct 7 8:00am-8:45am	Res \$39 Non Res \$49	35401-01
18+	Sa	Nov 4-Dec 2 8:00am-8:45am	Res \$39 Non Res \$49	35401-02

### BARRE

PCC-Active Wing, 14800 34th Avenue N

Raise your fitness bar with a full body workout that combines Yoga, ballet, Pilates and weights. This is a great class for anyone, even for those new to exercise, as you will engage all the muscles in the body. Just the right mix of high reps, low impact and high energy intervals that will increase your muscular endurance, strengthen and tone your whole body. Boost your metabolism and your mood! Feel the difference with Yoga Barre. Bring a hand towel and water. Instr: PR Brady. No program: 11/20.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	M	Sep 18-Oct 30 4:15pm-5:15pm	Res \$70 Non Res \$80	35447-01
16+	M	Nov 6-Dec 18 4:15pm-5:15pm	Res \$60 Non Res \$70	35447-02

### DANCE PARTY

PCC-Active Wing, 14800 34th Avenue N

Come join the 60-Min Dance Party. We will learn several styles of dance moves from Hip Hop to Country Line Dancing with some Zumba® and other styles mixed in. With choreography and repetitive movements - this class is designed for all levels and abilities. Let's dance and shed those extra pounds away. Instructor Tanya Johnson is a certified Holistic Life, Career, and Executive Coach and is an AFAA certified Group Fitness Instructor specializing in POUND™, strength, and dance classes. Bring a water bottle and towel. No program: 10/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Th	Sep 7-Oct 5 7:00pm-7:45pm	Res \$50 Non Res \$60	35463-01
16+	Th	Oct 12-Nov 16 7:00pm-7:45pm	Res \$50 Non Res \$60	35463-02

### FULL BODY STRENGTH AND CONDITIONING

PCC-Active Wing, 14800 34th Avenue N

Join us for a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to increase your strength, aerobic endurance, core stability, balance, and flexibility. We will be using a variety of equipment such as hand weights, resistance bands, body bars, exercise balls, step, gliders, and the Bosu. Come take your fitness routine to the next level! Bring water. Instr: Jen Christen, Ace Fitness Certified.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12-Oct 24 5:30pm-6:30pm	Res \$70 Non Res \$80	35460-01
18+	Tu	Nov 7-Dec 19 5:30pm-6:30pm	Res \$70 Non Res \$80	35460-02

### POUND

PCC-Active Wing, 14800 34th Avenue N

Have you ever wanted to try a Cardio Drumming class? POUND® is an exhilarating 45-Min full-body workout that combines cardio conditioning, and strength training with yoga and Pilates-inspired movements all while drumming to the beat of the music. Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into an effective way of working out. Designed for all levels and ages, we'll be sure to put on a good show with good music, good people, and an amazing workout! Are you ready to Rock? Instr: Heather Wichre-Spates. Bring a water bottle and towel. No program: 10/18, 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	W	Sep 13-Oct 25 5:30pm-6:15pm	Res \$60 Non Res \$70	35462-01
16+	W	Nov 1-Dec 13 5:30pm-6:15pm	Res \$60 Non Res \$70	35462-02

### STRENGTH FUSION

PCC-Active Wing, 14800 34th Avenue N

This class is a mix of strength and cardio exercises designed to build strength and endurance while increasing metabolism through interval-style exercises. This class is designed for all ages and abilities to assist in toning and shaping your body to reach your personal fitness goals. Bring a water bottle and towel. Instr: Tanya Johnson is an AFAA-certified Group Fitness Instructor specializing in POUND, strength, and dance classes. Tanya is also a certified Holistic Life, Career, and Executive Coach with more than 20 years of healthcare-related experience focused on improving patient outcomes. No program: 10/26.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7-Oct 5 6:00pm-6:45pm	Res \$50 Non Res \$60	35464-01
18+	Th	Oct 12-Nov 16 6:00pm-6:45pm	Res \$50 Non Res \$60	35464-02

see more Cardio & Strength on next page

## Health & Fitness - Cardio & Strength

### STRENGTH AND STABILITY HOUR

PCC-Active Wing, 14800 34th Avenue N

Whether you are new to exercise, seasoned or just getting back to finding a routine, this total body workout targets strength, balance, and stability. With strength training we will engage your whole body and work to achieve a boost in metabolism, increase bone density and build lean muscles. With stability training we will activate the core to improve balance and increase functional strength to reduce risk of injury in our daily lives. Equipment will vary: Bosu ball, stability ball, resistance band, riser, and various weighted equipment. This class has no jumping or bouncing. Instr: Jan Larsen. No program: 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 13-Oct 18 4:30pm-5:30pm	Res \$60 Non Res \$70	35458-01
18+	W	Nov 1-Dec 13 4:30pm-5:30pm	Res \$60 Non Res \$70	35458-02

### STRICTLY STRENGTH

PCC-Active Wing, 14800 34th Avenue N

Ready for an effective, fun, and safe strength training routine designed for all levels? This is your class! Target, isolate and fatigue, every major muscle group in the body using barbells, dumbbells and bodyweight. It's strictly about strength so be prepared to work muscles you never knew you had to increase your strength and sculpt your muscles. Bring water. Instr: Jen Christen, Ace Fitness Certified.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	W	Sep 13-Oct 25 6:00pm-6:45pm	Res \$70 Non Res \$80	35461-01
16+	W	Nov 8-Dec 20 6:00pm-6:45pm	Res \$70 Non Res \$80	35461-02

### TOTAL BODY CIRCUIT

PCC-Active Wing, 14800 34th Avenue N

Circuit training aims to keep your heart rate elevated while training the major muscle groups by rotating through 15 exercise stations 2 times with minimal rest between exercises. Join us for an effective and challenging form of conditioning to burn more calories, develop your strength, endurance, and coordination in a fun and unique environment. Bring water. Instr: Jen Christen, Ace Fitness Certified.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	W	Sep 13-Oct 25 7:00pm-7:45pm	Res \$70 Non Res \$80	35448-01
16+	W	Nov 8-Dec 20 7:00pm-7:45pm	Res \$70 Non Res \$80	35448-02

### TBC - TOTAL BODY CONDITIONING

PCC-Active Wing, 14800 34th Avenue N

Total body combines fun cardio and strength movements to challenge your muscles, push your limits and get your heart pumping. While keeping it simple, you will gain strength, and improve overall daily endurance. This class will use a variety of equipment, hand weights, step, weighted bar, bands, Bosu ball, stability ball, and more. Instr: Jan Larsen. No program: 11/20.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Oct 16 4:30pm-5:15pm	Res \$60 Non Res \$70	35403-01
18+	M	Oct 30-Dec 11 4:30pm-5:15pm	Res \$60 Non Res \$70	35403-02

### TRX - TOTAL BODY RESISTANCE EXERCISE

PCC-Active Wing, 14800 34th Avenue N

This workout delivers a fast, effective total-body workout which benefits people of all fitness levels. You will use your own body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability. Whether you want to build strength, lose fat, improve endurance or flexibility, the TRX Suspension Trainer can be used to achieve your fitness goal. Instr: Jan Larsen. No program: 11/20.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Oct 16 5:30pm-6:15pm	Res \$60 Non Res \$70	35406-01
18+	M	Oct 30-Dec 11 5:30pm-6:15pm	Res \$60 Non Res \$70	35406-02

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.

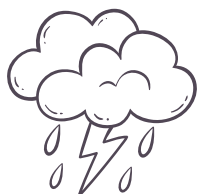
## Health & Fitness - Pilates

### PILATES MN - REFORMER PILATES

Pilates MN, 2355 Polaris Lane North Suite 130

The Intro class is the building block to your Pilates experience. The Reformer assists in doing exercises correctly, using core strength that will flatten and firm abs. Alignment, breathing and posture challenged. Instr: Pam Hasselbring, Pilates MN. No program: 11/22, 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 13-Oct 18 7:30pm-8:20pm	Res \$130 Non Res \$140	35405-01
18+	Th	Sep 14-Oct 19 12:30pm-1:20pm	Res \$130 Non Res \$140	35405-02
18+	W	Oct 25-Dec 6 7:30pm-8:20pm	Res \$130 Non Res \$140	35405-03
18+	Th	Oct 26-Dec 7 12:30pm-1:20pm	Res \$130 Non Res \$140	35405-04



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

## Tai chi chih

### TAI CHI CHIH

T'AI CHI CHIH®, "Joy Through Movement" is not a martial art; it is a carefully structured sequence of gentle movements which are performed as a moving meditation. Regular practice of T'ai Chi Chih can improve balance, reduce stress, and produce an overall calming impact and a sense of grounding and well-being. A very useful practice for our challenging world.

### TAI CHI CHIH 1

PCC-Active Wing, 14800 34th Avenue N

T'ai Chi Chih 1. This beginner class offers the underlying principles and detailed instruction in majority of the 19 movements. Students will also be introduced to preparing mind and body to enhance the benefits of T'ai Chi Chih practice. Instr: Silvia Yueh.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12-Oct 24 10:00am-11:00am	Res \$63 Non Res \$73	35416-01
18+	Tu	Nov 7-Dec 19 10:00am-11:00am	Res \$63 Non Res \$73	35416-02

### TAI CHI CHIH 2

PCC-Active Wing, 14800 34th Avenue N

T'ai Chi Chih 2. Pre-requisite: T'ai Chi Chih 1, or previous experience with T'ai Chi Chih practice. This class will build upon the teachings explored in T'ai Chi Chih 1, concentrating on the remaining of the 19 movements. Attention will be given to deepening the understanding of the principles of T'ai Chi Chih movements. At the end of the class, students will be able to complete all 19 movements and one pose in sequence. Instr: Silvia Yueh.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 13-Oct 25 10:00am-11:00am	Res \$63 Non Res \$73	35415-01
18+	W	Nov 8-Dec 20 10:00am-11:00am	Res \$63 Non Res \$73	35415-02

### TAI CHI CHIH 3

PCC-Active Wing, 14800 34th Avenue N

T'ai Chi Chih 3 Pre-Requisite: T'ai Chi Chih 1 & 2, or previous experience with all of T'ai Chi Chih movements. This is a group class for those who enjoy the benefits of T'ai Chi Chih practice and wish to deepen their understanding of the principles of this moving meditation. All 19 movements and one pose are completed in sequence at each class. Instr: Silvia Yueh.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12-Oct 24 11:15am-12:15pm	Res \$63 Non Res \$73	35417-01
18+	Tu	Nov 7-Dec 19 11:15am-12:15pm	Res \$63 Non Res \$73	35417-02



## Health & Fitness - Wellness

### BODY AND BRAIN BALANCE

PCC-Active Wing, 14800 34th Avenue N

A full body mobility, flexibility and balance Class. Energetic awareness through breath and movement to help strengthen and enhance mobility and balance of both mind and body as we age. A strong core and lower body is needed to create and maintain better balance and a strong and flexible mind is needed for balance in life. This class includes some brain flexibility training to assist in creating a healthier and more flexible brain. Instr: Heidi Neubauer ND. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 14-Oct 19 9:30am-10:40am	Res \$100 Non Res \$110	35428-01
18+	Th	Nov 2-Dec 14 9:30am-10:40am	Res \$100 Non Res \$110	35428-02

### FOREST BATHING

Locations vary

Join us on an immersive, meditative, and awe-inspiring Japanese forest bathing experience (Shinrin Yoku). Feel nature's fractals, sounds and sensations reduce your stress and anxiety, and enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of our metro area's green forested spaces.

AGES	DAY	DATE & TIME	COST	ACTIVITY
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#### Maple Creek Park, 2695 Weston Lane

17+	Su	Oct 8 2:00pm-4:00pm	Res \$40 Non Res \$45	35226-02
17+	Sa	Dec 2 2:00pm-4:00pm	Res \$40 Non Res \$45	35226-04

#### Three Ponds Park, 5360 Union Terrace Ln N

17+	Su	Sep 10 2:00pm-4:00pm	Res \$40 Non Res \$45	35226-01
17+	Su	Nov 19 2:00pm-4:00pm	Res \$40 Non Res \$45	35226-03

### NIA

PCC-Active Wing, 14800 34th Avenue N

Nia is a class, practice and lifestyle that blends movement, mindfulness, connection and joy to provide a whole-body / whole-being experience that activates, transforms and liberates body, mind and spirit. Integrating ancient wisdom and modern science with elements of dance, martial arts and healing arts, Nia offers physical, mental and emotional conditioning, healing and transformation that is accessible and attainable for every body. Nia is for every body. Any body of any age, fitness level, size, shape and ability can practice Nia. Every Nia class incorporates elements from dance, martial arts and healing arts to provide an accessible, whole-body workout using 52 simple moves and a balance of form/technique and free form movement. Nia classes are 60 minutes and will guide you through the 7-cycles of an Nia class. Nia addresses the body's five main sensations: flexibility, strength, mobility, agility and stability and focuses on conditioning the body and the nervous system. Wear anything that you feel good in and allows you to move comfortably. Consider layers to add or subtract as you warm up and cool down. Most practitioners practice Nia in bare feet. If you have concerns about being barefoot, consider a soft-soled shoe. Instr: Heidi Neubauer ND. No program: 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 13-Oct 18 6:30pm-7:30pm	Res \$100 Non Res \$110	35431-01
18+	W	Nov 1-Dec 13 6:30pm-7:30pm	Res \$100 Non Res \$110	35431-02

### FACIAL EXERCISE

Zoom

This virtual class is 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. After an 1.5 hour practice session, sagging jowls, droopy eyelids, turkey neck, and many more facial muscles can be tightened through a 4-minute workout you can fit easily into your life. Have a small stand-up mirror handy. An instructional booklet will be emailed. Tessa has been teaching facial exercise for over 40 years. Instr: Tessa Hill.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Nov 1 7:00pm-8:30pm	Res \$26 Non Res \$31	35411-01

### ESSENTIALLY GOOD GIFT MAKING

PCC-Education Wing, 14800 34th Avenue N

The ultimate workshop to create handmade gifts that are useful, healthful and fun using doTERRA essential oils. Participants can make lotions and bath goodies, jewelry and ornaments. Handmade gifts for your favorite people (and pets). Walk away with an increased understanding about the positive impact that essential oils can have. Included with the workshop are 3 gifts. All materials are provided. Additional gifts can be made for \$4 to \$6 each.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Dec 2 9:00am-11:00am	Res \$32 Non Res \$40	35442-01



## Health & Fitness - Yoga

### EMPOWERED MOVEMENT: CHAIR YOGA WITH CLARE

PCC-Active Wing, 14800 34th Avenue N

This chair exercise class combines strengthening with light weights, and yoga-based movements for balance and flexibility and closes with a soothing meditation. Instr: Clare Rubin, MA.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12-Oct 17 11:30am-12:30pm	Res \$72 Non Res \$82	35454-01
18+	Tu	Oct 24-Nov 28 11:30am-12:30pm	Res \$72 Non Res \$82	35454-02
18+	Tu	Dec 5-Dec 19 11:30am-12:30pm	Res \$36 Non Res \$46	35454-03

### THERAPEUTIC MOVEMENT FOR ANXIETY AND DEPRESSION

PCC-Active Wing, 14800 34th Avenue N

Have you been looking for a wellness class or self-care option that would specifically address symptoms of anxiety/depression? Would you like to gain skills that enable you to feel more at ease in your day-to-day activities? This therapeutic movement class is designed specifically for you. Experience gentle movement linked with breathing techniques in an informed environment that is designed to increase overall wellness. Clare blends her fourteen years of experience as a yoga and meditation instructor as well as somatic education in the field of bodywork with her master's degree in psychological and counseling services to bring to life this new series of wellness classes. Instr: Clare Rubin, MA.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 12-Oct 17 10:00am-11:15am	Res \$120 Non Res \$140	35450-01
18+	Tu	Nov 7-Dec 12 10:00am-11:15am	Res \$120 Non Res \$140	35450-02

### YOGA EASY

PCC-Active Wing, 14800 34th Avenue N

Ease into your day with Yoga Easy. This yoga mat class is a gentle blend of yoga flows that increase flexibility, strength, and balance. Clare's calm demeanor and meditative voice are both soothing and encouraging. Open to all levels of experience. Instr: Clare Rubin. No program: 11/24.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Sep 8-Oct 20 9:00am-10:00am	Res \$84 Non Res \$94	35420-01
18+	F	Oct 27-Dec 22 9:00am-10:00am	Res \$96 Non Res \$106	35420-02

### SLOW FLOW YOGA ON ZOOM

Online

An online class where you will enjoy flowing movement and smooth transitions mixed with balances and stretches. Works for all levels as many options are offered throughout. Participants will work through body aches and busy minds. This class promotes joint health, flexibility, circulation, and mental focus. You will receive an email with instructions from ZYF at least 24 hours before class begins. Instr: Julie Zoril. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Sep 7-Oct 5 6:00pm-6:45pm	Res \$39 Non Res \$49	35404-01
18+	Th	Nov 2-Dec 7 6:00pm-6:45pm	Res \$39 Non Res \$49	35404-02

## Yoga with PR

### CHAIR YOGA

PCC-Active Wing, 14800 34th Avenue N

If your body is craving movement but finds it challenging to get down to a yoga mat, chair yoga may be just what you need. Breathwork, gentle poses to increase flexibility and balance, and a relaxing savasana. If you stand or sit all day, are tense, inflexible, or have contraindications that keep you from the floor, this class is for you. Instr: PR Brady. No program: 11/20. Zoom available by request.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 18-Oct 30 10:00am-11:00am	Res \$70 Non Res \$80	35419-01
18+	M	Nov 6-Dec 18 10:00am-11:00am	Res \$60 Non Res \$70	35419-02

### FALL EQUINOX YOGA CELEBRATION

Parkers Lake Park, 15205 County Road 6

A special afternoon of yoga to honor all that you have in your life and speak your gratitude for all that you are. Fall is the time to harvest the efforts and intentions that you set earlier in the year. We honor the balance of the light and the dark with asanas, meditation and journaling, going deep within to empty out space, releasing old ideas, using the energy they hold to make room for new creativity and visions. Turning inward, regeneration, rest, restoring ourselves, preserving our resources for winter. Instr: PR Brady.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Sep 23 1:00pm-3:00pm	Res \$32 Non Res \$40	35446-01

## Health & Fitness - Yoga with PR

### GRATITUDE FLOW YOGA

PCC-Active Wing, 14800 34th Avenue N

An energizing hour of Yoga to let go of your hectic day, that includes breath work, a little meditation, movement, balance, strength and stretch. Reset your mind, body and spirit with positivity and a sense of serene calm. Bring your mat and water. Instr: PR Brady. No program: 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 20-Nov 1 10:15am-11:15am	Res \$70 Non Res \$80	35408-01
18+	W	Nov 8-Dec 20 10:15am-11:15am	Res \$60 Non Res \$70	35408-02

### HAPPY JOINTS YOGA

PCC-Active Wing, 14800 34th Avenue N

An hour of dedicated care to gently increase the body's range of motion, and ease the aches and pains associated with "computer body" or injury recovery. Let that tension go with breathing, meditation and specific movements and poses focused on nurturing and nourishing the soft tissue of the joints and body. If you stand or sit all day at a computer, are tense, inflexible, or have chronic pain this practice is for you. Instr: PR Brady. No program: 11/20, 11/21.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 18-Oct 30 8:30am-9:30am	Res \$70 Non Res \$80	35459-01
18+	M	Nov 6-Dec 18 8:30am-9:30am	Res \$60 Non Res \$70	35459-02
18+	Tu	Sep 19-Oct 31 6:15pm-7:15pm	Res \$70 Non Res \$80	35459-03
18+	Tu	Nov 7-Dec 19 6:15pm-7:15pm	Res \$60 Non Res \$70	35459-04

### MID-DAY ENERGY FLOW PRACTICE

PCC-Active Wing, 14800 34th Avenue N

An energizing 45 minutes of Yoga to let go of your hectic day, that includes breath work, a little meditation, movement, balance, strength and stretch. Reset your mind, body and spirit, re-set your day with positivity and a sense of serene calm. Bring your mat, a blanket, and water. Zoom available by request. Instr: PR Brady. No program: 11/20.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 18-Oct 30 11:15am-12:00pm	Res \$70 Non Res \$80	35421-01
18+	M	Nov 6-Dec 18 11:15am-12:00pm	Res \$60 Non Res \$70	35421-02

### MINI MORNING GRATITUDE YOGA

Zoom

Wake up and join a mini yoga practice that includes breath work, a little meditation and a short, energizing yoga practice. If you stand or sit all day, feel tight, tense, inflexible, or experience anxiety, this is for you. Now is the perfect time to try some yoga in the privacy of your own space. Start your day with energy, positivity, and sense of calm. All you need is a mat and blanket. Instr: PR Brady.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M-F	Oct 2-Oct 27 6:00am-6:45am	Res \$79 Non Res \$89	35455-01
18+	M-F	Oct 30-Nov 24 6:00am-6:45am	Res \$79 Non Res \$89	35455-02
18+	M-F	Nov 27-Dec 22 6:00am-6:45am	Res \$79 Non Res \$89	35455-03

### RESTORATIVE YOGA

PCC-Active Wing, 14800 34th Avenue N

The experience of facilitated conscious relaxation brings the nervous system to a parasympathetic state that helps to achieve a deeper sleep when you DO sleep. It's even been known to decrease insomnia, lower blood pressure, increase "good cholesterol" levels, reduce belly fat, improve digestion, lower serum triglycerides and blood sugar levels in the blood, reduce muscle tension and general fatigue. Treat yourself to the benefits of "rest and digest mode" deeply and completely in this gentle, nurturing yoga series. Instr: PR Brady. No program: 11/20.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 18-Oct 30 8:00pm-9:15pm	Res \$80 Non Res \$90	35441-01
18+	M	Nov 6-Dec 18 8:00pm-9:15pm	Res \$70 Non Res \$80	35441-02

### STRENGTH YOGA

PCC-Active Wing, 14800 34th Avenue N

Increase your strength and stamina with a practice that intertwines classic yoga asanas with isometrics and mindfulness—no actual weightlifting involved. Improve posture, balance, breath and flexibility. Build strength without stressing weak or injured muscle or joints. If you are just starting movement and strength training or are recovering from an injury and want to rebuild your strength this practice is for you. Great for individuals experiencing minor joint discomfort or anyone looking for a change in their fitness routine. Bring your mat and some water. Instr: PR Brady. No program: 11/20, 11/21.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 19-Oct 31 8:30am-9:30am	Res \$70 Non Res \$80	35452-01
18+	Tu	Nov 7-Dec 19 8:30am-9:30am	Res \$60 Non Res \$70	35452-02
18+	M	Sep 18-Oct 30 6:40pm-7:40pm	Res \$70 Non Res \$80	35452-03
18+	M	Nov 6-Dec 18 6:40pm-7:40pm	Res \$60 Non Res \$70	35452-04

## Health & Fitness - Yoga with PR

### YOGA NIDRASSAGE

PCC-Active Wing, 14800 34th Avenue N

Experience the transformational journey of Yoga Nidrasage; a beautiful blend of the expansive, supportive nurturing practice of Yoga Nidra, and the physical surrender into the bodywork of Yoga Massage. Give yourself permission to melt into a meditative state of consciousness, while allowing the body to be gently moved into 4 tension releasing Yoga Massage poses. This special practice is limited to four participants to ensure each person receives the ultimate experience. Prepare to find peace beyond words, physically, mentally, emotionally as you lay back and relax as your practitioner guides you into sheer bliss. Yoga Nidrasage awaits you. Please note: Most of the session is spent comfortably reclined. This experience includes hands on massage. Therapeutic oils are used. Wear comfortable loose clothing. Only eat a light meal 2 hours prior to your experience. Prepare to be amazed. Instr: PR Brady.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	F	Oct 20 7:30pm-9:00pm	Res \$49 Non Res \$59	35412-01
18+	M	Nov 20 7:30pm-9:00pm	Res \$49 Non Res \$59	35412-02
18+	Tu	Nov 21 7:30pm-9:00pm	Res \$49 Non Res \$59	35412-03
18+	F	December 15 7:30pm-9:00pm	Res \$49 Non Res \$59	35412-04

see Barre with PR Brady on page 61

### YOGA SCULPT

PCC-Active Wing, 14800 34th Avenue N

Increase your strength and stamina with an energizing practice that intertwines classic yoga asanas with light weights and mindful movement. Improve posture, balance, breath and flexibility. If you are looking to gently boost your overall strength and wellbeing, this practice is for you. Great for anyone looking for a change in their fitness routine. Bring your mat and some water. Instr: PR Brady. No program: 11/21, 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 20-Nov 1 9:00am-10:00am	Res \$70 Non Res \$80	35422-01
18+	W	Nov 8-Dec 20 9:00am-10:00am	Res \$60 Non Res \$70	35422-02
18+	Tu	Sep 19-Oct 31 5:00pm-6:00pm	Res \$70 Non Res \$80	35422-03
18+	Tu	Nov 7-Dec 19 5:00pm-6:00pm	Res \$60 Non Res \$70	35422-04

### YIN YOGA

PCC-Active Wing, 14800 34th Avenue N

Yin Yoga involves relaxing the body right up to ones' healthy edge—wherever your edge may be. We breathe "into" the muscles as we engage them, which allows them to stretch. This results in feeling more balanced, less stressed, less restless; and gives more strength and energy than it takes away. Yin lives halfway between active exercise and total stillness. If you stand or sit all day, are tense, inflexible, experience anxiety, or have an overactive life this is for you. Instr: PR Brady. No program: 11/21, 11/22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Tu	Sep 19-Oct 31 7:30pm-8:45pm	Res \$80 Non Res \$90	35440-01
18+	Tu	Nov 7-Dec 19 7:30pm-8:45pm	Res \$70 Non Res \$80	35440-02
18+	W	Sep 20-Nov 1 11:30am-12:45pm	Res \$80 Non Res \$90	35440-03
18+	W	Nov 8-Dec 20 11:30am-12:45pm	Res \$70 Non Res \$80	35440-04

## Zumba



### ZUMBA GOLD

PCC-Active Wing, 14800 34th Avenue N

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. Instr: Gina Galindo. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
50+	Tu	Sep 5-Oct 17 8:45am-9:45am	Res \$63 Non Res \$73	35418-01
50+	Th	Sep 7-Oct 19 9:00am-10:00am	Res \$63 Non Res \$73	35418-02
50+	Tu	Nov 7-Dec 19 8:45am-9:45am	Res \$63 Non Res \$73	35418-03
50+	Th	Nov 9-Dec 21 9:00am-10:00am	Res \$54 Non Res \$64	35418-04

see more Zumba on next page

## Health & Fitness - Zumba

### ZUMBA LEVEL 1

PCC-Active Wing, 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. No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	M	Sep 11-Oct 16 5:30pm-6:30pm	Res \$54 Non Res \$64	35409-01
16+	W	Sep 6-Oct 18 6:45pm-7:45pm	Res \$63 Non Res \$73	35409-02
16+	Th	Sep 7-Oct 19 5:30pm-6:30pm	Res \$63 Non Res \$73	35409-03
16+	M	Nov 6-Dec 18 5:30pm-6:30pm	Res \$63 Non Res \$73	35409-04
16+	W	Nov 8-Dec 20 6:45pm-7:45pm	Res \$63 Non Res \$73	35409-05
16+	Th	Nov 9-Dec 21 5:30pm-6:30pm	Res \$54 Non Res \$64	35409-06

### ZUMBA LEVEL 2

PCC-Active Wing, 14800 34th Avenue N

No program: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu	Sep 5-Oct 17 6:45pm-7:45pm	Res \$63 Non Res \$73	35410-01
16+	W	Sep 6-Oct 18 5:30pm-6:30pm	Res \$63 Non Res \$73	35410-02
16+	Th	Sep 7-Oct 19 10:15am-11:15am	Res \$63 Non Res \$73	35410-03
16+	Tu	Nov 7-Dec 19 6:45pm-7:45pm	Res \$63 Non Res \$73	35410-04
16+	Th	Nov 9-Dec 21 10:15am-11:15am	Res \$54 Non Res \$64	35410-05
16+	W	Nov 8-Dec 20 5:30pm-6:30pm	Res \$63 Non Res \$73	35410-06

## Safety

### ADULT AND PEDIATRIC CPR/AED CERTIFICATION

PCC-Education Wing, 14800 34th Avenue N

This class will teach you how to respond to life threatening emergencies by providing effective CPR and administration of AED for Children, Adults, and infants alike who are experiencing a cardiac or respiratory emergency.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Th	Sep 7 5:00pm-8:00pm	Res \$68 Non Res \$78	36517-01
16+	Sa	Nov 4 12:30pm-5:30pm	Res \$68 Non Res \$78	36517-02

### PEDIATRIC FIRST AID & CPR FOR CHILD CARE PROVIDER

PCC-Education Wing, 14800 34th Avenue N

Learn how to effectively and efficiently respond to pediatric emergencies with Pediatric CPR/First Aid class. This class is designed for Parents and Childcare Providers. This is a blended learning course.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	W	Oct 4 5:00pm-8:00pm	Res \$68 Non Res \$78	35501-01

## Specialty

### CAREGIVER SUPPORT GROUP

PCC-Education Wing, 14800 34th Avenue N

Many older adults rely on family and friends to help with daily tasks as they age. If you assist a loved one in any way, you are considered to be a caregiver. This role can be very stressful, emotional, and exhausting. Support groups are a great way to connect with others who are in similar situations. We talk about general aging issues, and dementia is discussed often. Held monthly on third Wednesdays. Instr: Senior Community Services

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Sep 20-Dec 20 10:00am-11:30am held every 3rd Wed.	No fee	35908-01

### WEEKLY WALKS WITH PARKS AND REC

Locations vary

Come enjoy a new park each week to look at the beautiful Fall foliage. A park and recreation employee will accompany the walk as a leader and to engage in conversations. Please dress for the weather! Bring cameras and water bottles.

Wednesdays from 1:00pm-2:00pm

register with activity number 35902-10

DATE & TIME	PARK LOCATION
Wed, Sep 13 1:00pm-2:00pm	Four Seasons Meadow, 3780 Pilgrim Lane N
Wed, Sep 20 1:00pm-2:00pm	West Medicine Lake, 1920 W Medicine Lk Dr
Wed, Sep 27 1:00pm-2:00pm	NO WALK
Wed, Oct 4 1:00pm-2:00pm	Aspen Ridge, 5670 Garland Lane N
Wed, Oct 11 1:00pm-2:00pm	Elm Creek Woods, 5315 Peony Lane N



## Sports - Badminton

### BADMINTON - ADULT PROGRAM

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: 11/23.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Oct 23 7:30pm-10:00pm	Res \$49 Non Res \$56	35213-01
18+	Th	Sep 14-Oct 26 7:30pm-10:00pm	Res \$49 Non Res \$56	35213-02
18+	M	Oct 30-Dec 11 7:30pm-10:00pm	Res \$56 Non Res \$64	35213-03
18+	Th	Nov 2-Dec 21 7:30pm-10:00pm	Res \$49 Non Res \$56	35213-04

## Martial Arts

### SHOSHIN RYU JUJITSU ADULT

Shoshin Ryu Martial Arts, 13605 27th Avenue N

Shoshin Ryu is a Japanese based system of Martial Arts. It is both bujutsu (a school emphasizing effective martial arts techniques) and budo (a school emphasizing personal character development). Shoshin changes to fit the challenges of the times, yet carries with it the essence of previous generations. Shoshin students will learn striking, throwing, forms, ground skills, and weaponry, combining to form a power arsenal of self defense tools; all the while perfecting one's character. Instr: Brian Combo.

AGES	DAY	DATE & TIME	COST	ACTIVITY
13+	M	Sep 11-Oct 23 7:00pm-8:00pm	Res \$82 Non Res \$94	35217-01
13+	W	Nov 1-Dec 13 7:00pm-8:00pm	Res \$82 Non Res \$94	35217-02
13+	M	Oct 30-Dec 11 7:00pm-8:00pm	Res \$82 Non Res \$94	35217-03
13+	W	Sep 13-Oct 25 7:00pm-8:00pm	Res \$82 Non Res \$94	35217-04

## Pickleball

### PICKLEBALL - BEG, INT & ADV LESSONS

Locations vary

Learn the game of pickleball, one of the fastest growing sports for all ages. Rules, scoring, volleys, player position and more will be covered. Game play time will be available each session. Beginner, Intermediate, and Advanced levels offered. For the Advanced Only, a 3.5 dupr rating recommended. No program: 11/26

AGES	DAY	DATE & TIME	COST	ACTIVITY
Bass Lake Playfield, 5450 Northwest Blvd				
16+ beg.	Su	Sep 10-Oct 1 3:30pm-5:00pm	Res \$90 Non Res \$103	35201-01
16+ int.	Su	Sep 10-Oct 1 5:00pm-6:30pm	Res \$90 Non Res \$103	35201-02
16+ adv.	Su	Sep 10-Oct 1 6:30pm-8:00pm	Res \$90 Non Res \$103	35201-03

PCC-Active Wing, 14800 34th Avenue N

16+ beg	Tu	Sep 5-Sep 26 6:00pm-7:30pm	Res \$90 Non Res \$103	35201-04
16+ int/adv	Tu	Sep 5-Sep 26 7:30pm-9:00pm	Res \$90 Non Res \$103	35201-05
16+ beg	Tu	Oct 3-Oct 24 6:00pm-7:30pm	Res \$90 Non Res \$103	35201-06
16+ int/adv	Tu	Oct 3-Oct 24 7:30pm-9:00pm	Res \$90 Non Res \$103	35201-07
16+ beg	Tu	Nov 7-Nov 28 6:00pm-7:30pm	Res \$90 Non Res \$103	35201-08
16+ int/adv	Tu	Nov 7-Nov 28 7:30pm-9:00pm	Res \$90 Non Res \$103	35201-09
16+ beg/int	Su	Nov 19-Dec 17 5:00pm-6:30pm	Res \$90 Non Res \$103	35201-10
16+ adv.	Su	Nov 19-Dec 17 6:30pm-8:00pm	Res \$90 Non Res \$103	35201-11

### PICKLEBALL - BEG/INT LEAGUE

PCC-Active Wing, 14800 34th Avenue N

In these leagues, sign up as an individual. Each week you will be grouped with 4-5 other players, and you will play a game with each of them as your partner to 15 points. As you win/lose, you go up or down the rankings, so players move up or down the ladder on a weekly basis. Should be beginner level (2-3.5 if you know your player rating). Players should know rules and how to score. For specific questions on the league, contact Dan Richards at 612-483-0972. No program: 11/25.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Sa	Oct 7-Dec 2 5:45pm-8:30pm	Res \$120 Non Res \$132	35221-01

### PICKLEBALL - LESSONS

PCC-Active Wing, 14800 34th Avenue N

Whether you're just starting to learn Pickleball or want to go to the next level, this class is for you. Come practice your skills and play some games. Bring your own racket if you have one. Some loaners will be available to use. All other equipment is provided. Please wear athletic shoes, comfortable clothing, and bring a water bottle.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+ beg	Tu	Oct 10-Oct 31 12:30pm-2:00pm	Res \$90 Non Res \$103	35209-01
18+ int/adv	Tu	Oct 10-Oct 31 2:00pm-3:30pm	Res \$90 Non Res \$103	35209-02
18+ beg	Tu	Nov 7-Nov 28 12:30pm-2:00pm	Res \$90 Non Res \$103	35209-03
18+ int/adv	Tu	Nov 7-Nov 28 2:00pm-3:30pm	Res \$90 Non Res \$103	35209-04

## Sports - Soccer

**ADULT SOCCER PROGRAM**

PCC 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. Tennis shoes or rubber soled cleats o.k. to wear for the program. Pre-registration required. No program: 11/22. NEW TIME: 1 hour long.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Nov 6-Dec 18 9:00pm-10:00pm	Res \$85 Non Res \$98	35207-01
18+	W	Nov 8-Dec 27 9:00pm-10:00pm	Res \$85 Non Res \$98	35207-02

**SOCCER - ADULT PROGRAM**

Locations vary

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
Parkers Lake Playfield, 15500 County Road 6				
18+	W	Sep 6-Oct 25 7:30pm-9:00pm	Res \$44 Non Res \$52	35216-02
PCC Fieldhouse, 14800 34th Avenue N				
18+	Su	Sep 3-Oct 22 4:30pm-6:00pm	Res \$44 Non Res \$52	35216-01

## Volleyball

**VOLLEYBALL - ADULT PROGRAM**

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. No program: Nov 22.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W 7 wks	Sep 13-Oct 25 7:30pm-10:00pm	Res \$49 Non Res \$56	35214-01
18+	W 6 wks	Nov 1-Dec 20 7:30pm-10:00pm	Res \$42 Non Res \$49	35214-02

## Sports-Leagues

**FALL MEN'S OUTDOOR OFFICIATED SOCCER LEAGUE**

Parkers Lake Playfield - 15500 County Road 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. No Games: 10/22. Registration starts July 3.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Su	Sep 10-Oct 29 6:00pm-8:00pm	\$325	35205

**FALL 5 X 5 UNOFFICIATED BASKETBALL LEAGUE**

Armstrong High School 10635 - 36th Ave 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. Registration starts July 3.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	M	Sep 11-Nov 13 6:00pm-10:00pm	\$195	35220

**FALL SOCCER INDOOR OFFICIATED LEAGUE**

PCC Fieldhouse 14800 - 34th Ave N.

Play 6 v 6 plus goalie, 1 or 2 divisions based on competitive level. Returning teams may be moved up. Roster limit is 16. No Games: 11/23. Registration starts July 24. Limited to 8 teams.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	Th	Nov 2-Dec 28 8:00pm-10:00pm	\$975	35206

**WINTER 5 X 5 OFFICIATED BASKETBALL LEAGUE**

Armstrong High School 10635 - 36th Ave 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 to register over the phone or if you have questions. No Play Dec 27 or Jan 3. Registration starts July 24.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Dec 6-Feb 28 6:00pm-10:00pm	\$650	35221

# 55+/ SENIOR GROUPS

Groups noted below are currently meeting in 2023 at the Plymouth Community Center (unless noted with \*\*) Interested in starting a group? Contact us at 763-509-5225

	MEETING SCHEDULE	TIME	ACTIVITY CODE	PRICE res/non res
<b>MONDAYS</b>				
Evening Bridge	Every Monday	6:30pm-9:00pm	46910-02	\$25 / \$35
Plymouth Rockers	Every Monday	9:00am-11:30am	45903-02	\$25 / \$35
Writers Group	Every Monday	1:00pm-3:00pm	46909-02	\$20 / \$30
<b>TUESDAYS</b>				
Mah Jongg	Every Tuesday	12:30pm-4:00pm	46911-02	\$25 / \$35
Men's Club	4th Tuesday	9:00am-10:30am	46918-02	\$25 / \$35
Story Time Players	1st & 3rd Tuesdays (Sept-May)	1:00pm-3:00pm	45900-01	\$20 / \$30
<b>WEDNESDAYS</b>				
Book Club	1st Wednesday	1:30pm-2:30pm	45906-02	\$15 / \$25
Computer Users	4th Wednesday	10:00am-12:00pm	46917-03	\$15 / \$25
Duplicate Bridge	2nd & 4th Wednesdays	12:00pm-4:00pm	46913-02	\$25 / \$35
Party Bridge	1st & 3rd Wednesdays	12:00pm-4:00pm	46912-03	\$25 / \$35
Plymouth Pedalers (Biking)**	Rides Apr-Oct, locations vary	Times Vary	45908-02	\$25 / \$35
<b>THURSDAYS</b>				
Cribbage	Every Thursday	12:30pm-3:00pm	46914-02	\$25 / \$35
Current Events	Every Thursday	10:00am-11:30am	46915-02	\$20 / \$30
Needle Arts	1st & 3rd Thursdays	11:30am-2:30pm	45907-01	\$15 / \$25
Plymouth Woodcarvers	Every Thursday	9:00am-11:00am	45905-02	\$25 / \$35
<b>FRIDAYS</b>				
Open Arts Studio	Every Friday	9:00am-11:30am	45902-01	\$20 / \$30
500 Card Club	Every Friday	1:00pm-4:00pm	46916-01	\$25 / \$35

## 2023 Annual Group Fees

### how to register

There are many ways to register for an annual membership. You must register for each group you would like to participate in.

#### 1 go online

[plymouthmn.gov/recreation](https://plymouthmn.gov/recreation)

Register online - using online recreation account  
- search for group using activity code.

#### 2 call us

Call us at 763-509-5200 and provide the activity code for the group you would like to register for.

#### 3 stop in

Register in-person at Plymouth Parks and Recreation office - located in Plymouth City Hall, 3400 Plymouth Blvd.

Or at the Plymouth Community Center  
14800 34th Ave N.

## Carfit

### CARFIT

PCC-Active Wing Parking Lot, 14800 34th Avenue N

When was the last time you adjusted your seat belt, steering wheel tilt or your car seat for the safest and most comfortable fit? Join us for a 30 min safety check of these adjustments and more sponsored by CarFit. Trained technicians work with each participant to ensure they "fit" their vehicle properly. Sign up for timeslot when registering. Instr: CarFit.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Tu	Sep 19 1:00pm-1:20pm	Res \$5 Non Res \$7	35905-01
55+	Tu	Sep 19 1:20pm-1:40pm	Res \$5 Non Res \$7	35905-02
55+	Tu	Sep 19 1:40pm-2:00pm	Res \$5 Non Res \$7	35905-03
55+	Tu	Sep 19 2:00pm-2:20pm	Res \$5 Non Res \$7	35905-04
55+	Tu	Sep 19 2:20pm-2:40pm	Res \$5 Non Res \$7	35905-05
55+	Tu	Sep 19 2:40pm-3:00pm	Res \$5 Non Res \$7	35905-06
55+	Tu	Sep 19 3:00pm-3:20pm	Res \$5 Non Res \$7	35905-07
55+	Tu	Sep 19 3:20pm-3:40pm	Res \$5 Non Res \$7	35905-08
55+	Tu	Sep 19 3:40pm-4:00pm	Res \$5 Non Res \$7	35905-09
55+	Tu	Sep 19 4:00pm-4:20pm	Res \$5 Non Res \$7	35905-10

## Driving

### MINNESOTA HIGHWAY SAFETY & RESEARCH CENTER DRIVING CLASSES

Plymouth Community 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.

Many Zoom classes are also available. Call the MN Hwy Safety Research Center for details.

For class fees & registration contact

MN Hwy Safety Research Center toll free number:

1-320-308-1400

AGES	DAY	DATE & TIME	CLASS TYPE	LOCATION
55+	F	Sep 8 11:00am-3:00pm	4 hour refresher	PCC
55+	F	Oct 6 noon-4:00pm	4 hour refresher	PCC

## Events

### VETERANS DRIVE -THRU BREAKFAST

Plymouth City Hall, 3400 Plymouth Boulevard

Free grab and go breakfast in front of the City of Plymouth Veteran's Memorial. Drive-thru breakfast for Veterans only. Last day to register or cancel is Nov 1.

AGES	DAY	DATE & TIME	COST	ACTIVITY
18+	W	Nov 8 9:30am-11:00am	no fee	35700-01

### HOLIDAY BINGO

PCC-Education Wing, 14800 34th Avenue N

Join us for a holiday bingo event! Win fun prizes and enjoy holiday-themed refreshments. Two cards max per player. Register online or by calling 763-509-5200.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	F	Dec 8 10:00am-12:00pm	Res \$5 Non Res \$7	35703-01

## MOVIE MATINEE (55+)

PCC-Event Wing, 14800 34th Avenue N

Enjoy an afternoon with friends going to the movies right here at the Plymouth Community Center. Please call for each month's movie title. No cost to come, but pre-registration is requested.

Ages 50+ | Tuesdays | 1:00-3:30pm

Fall dates:

Sep 19 | Oct 17 | Nov 21 | Dec 19

#35702-01 #35702-02 #35702-03 #35702-04

see tap dance on page 44



## Adult 55+ / Seniors - Trips

### EXTENDED TRIPS 55+:

#### ADVENTURE IN DOOR COUNTY, WISCONSIN

PCC-Event Wing Lobby, 14800 34th Avenue N

Travel to Green Bay, WI for a tour of Lambeau Field. Following dinner we will spend the night in a local hotel. Then it's off to lovely Rowleys Bay Resort for three nights right on the water in Door County. This tour will cover the area known as "The Cape Cod of the Midwest". Trip includes transportation, lodging, tours and six meals. Register by August 4. Double occupancy \$1,198 Single \$1,398

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	M-F	Sep 4-Sep 8 8:15am-4:00pm	Single \$1,398 Double \$1,198	25608-01

### COMMUNITY TRIPSTERS:

#### GREAT NORTHERN RAILWAY

PCC-Event Wing Lobby, 14800 34th Avenue N

All aboard this historic railroad that recreates rail travel using rebuilt cars from 1912-1918, as we travel through the rural Wisconsin along the Bean Creeks rails. Have lunch in the dining car featuring a chicken meal. On the way home there will be a stop at Burnett Dairy Cooperative where you can purchase coffee, ice cream, cheese curds and other concession items. Register by September 12.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	W	Oct 11 7:30am-5:00pm	Res \$97 Non Res \$107	35600-01

### COMMUNITY TRIPSTERS: SWEDISH CHRISTMAS

PCC-Event Wing Lobby, 14800 34th Avenue N

Step back in time as we tour the Turnblad Mansion decorated for the holiday and learn about Swedish history. Have a traditional Smorgåsbord buffet for lunch. There will be a stop at Ingebretsen's Scandinavian Gifts and Foods to shop for authentic gifts items and traditional Nordic foods. Register by Oct.16

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Th	Nov 16 8:45am-3:00pm	Res \$86 Non Res \$96	35601-01

### EXTENDED TRIPS 55+: CHRISTMASTIME IN NYC

Hop on a plane with us and get ready for an adventure filled trip! You'll stay just a few steps away from Times Square at a historic hotel for 3 nights! We'll visit and see many attractions like Ellis Island, 9/11 Memorial Museum, Statue of Liberty, the Christmas Tree in Rockefeller Center, head to Radio City Music Hall to see The Radio City Christmas Spectacular. Trip fee includes 3 nights lodging, flights, 1 checked bag on flight, 1 lunch, 2 dinners and much more. There will be lots of walking on this trip and please note transportation to and from MSP Airport is not included. Register by October 26. \$1898 per person (shared room/double occupancy), \$2288 per person (single occupancy)

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Tu-F	Dec 5-Dec 8	Single \$2,288 Double \$1,898	34604

### COMMUNITY TRIPSTERS: CHRISTMAS IN DULUTH

PCC-Event Wing Lobby, 14800 34th Avenue N

Take a trip up to beautiful Duluth as we'll start with lunch at Blackwoods Restaurant (Select Chicken Pot Pie or Home-Style Meatloaf at registration). After lunch we will tour the Glensheen Mansion to view the estate and rooms decorated for the holiday season. Lastly, we'll arrive at Bayfront Festival Park to experience "Bentleyville Tour of Lights" to walk through a remarkable display of millions of lights, Christmas trees, fire pits, and much more! Register by November 13.

AGES	DAY	DATE & TIME	COST	ACTIVITY
55+	Tu	Dec 12 9:15am-10:15pm	Res \$97 Non Res \$107	35602-01



# CLASS DESCRIPTIONS (please see schedule on following pages)



WAYZATA WEST MIDDLE SCHOOL - 149 BARRY AVENUE

## ADULT BEGINNER SWIMMING (AGES: 15+)

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety.

## WOMEN'S ADULT BEGINNER SWIMMING (AGES: 16+)

Focus on basic swimming skills and comfort in the water. Develop fundamental swim skills, basic stroke development and safety. Taught by female instructors.

## INFANT/TODDLER SWIMMING (AGES: 6 MOS-18 MOS)

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 per child required in water.

## PRESCHOOL ADULT + CHILD (AGES: 18 MO-3 YRS)

One adult per child required in the water. 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.

## SWIM STARS (AGES: 3-5)

A class for children to develop the confidence needed to transition to a Preschool 1 swimming class. **Parent/adults will be in the water for the first half of the session** and then transition to a preschool class with instructor only.

## PRESCHOOL 1 SWIMMING (AGES: 3-5)

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 5:1)

## PRESCHOOL 2 SWIMMING (AGES: 3-5)

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 5:1)

## LEVEL 1 SWIMMING (AGES: 5-14)

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 6:1)

## LEVEL 2 SWIMMING (AGES: 5-14)

This class is for those who have passed Level 1 or are able to float on front and back (5 sec) and independent swim (10 ft on front/back). Class builds on level 1 skills introducing front & back crawl, elementary backstroke and fundamental techniques while building endurance to swim front crawl (15 ft). (Ratio 6:1)

## LEVEL 3 SWIMMING (AGES: 6-14)

A class for those who have passed Level 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 6:1).

## LEVEL 4 SWIMMING (AGES: 6-14)

A class for those who have passed Level 3 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)

## LEVEL 5 SWIMMING (AGES: 8-14)

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.

## LEVEL 6 SWIMMING (AGES: 8-14)

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)

### ADULT BEGINNER (AGES 15+)

DAY	DATE	TIME	COST	ACTIVITY
M	Sep 11-Oct 30	8:15pm-9:00pm	\$138	35800-01
Tu,Th	Nov 7-Nov 28	8:00pm-8:45pm	\$104	35800-02
Sa	Nov 4-Dec 16	8:30am-9:15am	\$104	35800-03
Tu,Th	Nov 30-Dec 19	8:00pm-8:45pm	\$104	35800-04

### WOMEN'S ADULT BEGINNER (AGES 16+)

DAY	DATE	TIME	COST	ACTIVITY
Th	Sep 14-Oct 26	8:15pm-9:00pm	\$104	35802-01
Su	Oct 29-Dec 10	2:00pm-2:45pm	\$104	35802-02

### INFANT/TODDLER (AGES 6 MO-2 18 MO)

DAY	DATE	TIME	COST	ACTIVITY
Sa	Nov 4-Dec 16	9:30am-10:00am	\$96	31800-01
Su	Oct 29-Dec 10	10:00am-10:30am	\$96	31800-02
Sa	Nov 4-Dec 16	2:15pm-2:45pm	\$96	31800-03

## NO CLASS DATES: 10/19, 11/23, 11/25, 11/26

## PRESCHOOL ADULT + CHILD (AGES 18 MO-3 YEARS)

DAY	DATE	TIME	COST	ACTIVITY
M	Nov 6-Dec 11	6:15pm-6:45pm	\$128	31801-01
W	Nov 1-Dec 13	5:30pm-6:00pm	\$96	31801-02
Sa	Nov 4-Dec 16	10:15am-10:45am	\$96	31801-03
Sa	Nov 4-Dec 16	12:00pm-12:30pm	\$96	31801-04
Su	Oct 29-Dec 10	9:15am-9:45am	\$96	31801-05
Su	Oct 29-Dec 10	1:00pm-1:30pm	\$96	31801-06

## SWIM STARS (AGES 3-5)

DAY	DATE	TIME	COST	ACTIVITY
Tu,Th	Nov 7-Nov 28	5:30pm-6:00pm	\$96	31802-01
W	Nov 1-Dec 13	5:30pm-6:00pm	\$96	31802-02
Sa	Nov 4-Dec 16	1:30pm-2:00pm	\$96	31802-03
Su	Oct 29-Dec 10	11:30am-12:00pm	\$96	31802-04
Tu,Th	Nov 30-Dec 19	5:30pm-6:00pm	\$96	31802-05

## PRESCHOOL 1 (AGES 3-5)

DAY	DATE	TIME	COST	ACTIVITY
M	Nov 6-Dec 11	5:30pm-6:00pm	\$96	32800-01
M	Nov 6-Dec 11	6:30pm-7:00pm	\$96	32800-02
Tu,Th	Nov 7-Nov 28	6:15pm-6:45pm	\$96	32800-03
W	Nov 1-Dec 13	6:15pm-6:45pm	\$96	32800-04
Sa	Nov 4-Dec 16	9:30am-10:00am	\$96	32800-05
Sa	Nov 4-Dec 16	12:45pm-1:15pm	\$96	32800-06
Su	Oct 29-Dec 10	9:45am-10:15am	\$96	32800-07
Tu,Th	Nov 30-Dec 19	6:15pm-6:45pm	\$96	32800-08
Su	Oct 29-Dec 10	12:15pm-12:45pm	\$96	32800-09

## PRESCHOOL 2 (AGES 3-5)

DAY	DATE	TIME	COST	ACTIVITY
M	Nov 6-Dec 11	7:15pm-7:45pm	\$96	32801-01
Tu,Th	Nov 7-Nov 28	6:15pm-6:45pm	\$96	32801-02
W	Nov 1-Dec 13	7:15pm-7:45pm	\$96	32801-03
Sa	Nov 4-Dec 16	11:15am-11:45am	\$96	32801-04
Sa	Nov 4-Dec 16	1:30pm-2:00pm	\$96	32801-05
Su	Oct 29-Dec 10	8:30am-9:00am	\$96	32801-06
Su	Oct 29-Dec 10	11:15am-11:45am	\$96	32801-07
Tu,Th	Nov 30-Dec 19	6:15pm-6:45pm	\$96	32801-08

## LEVEL 1 (AGES 5-14)

DAY	DATE	TIME	COST	ACTIVITY
M	Sep 11-Oct 30	6:30pm-7:00pm	\$128	33800-01
Tu	Sep 12-Oct 17	6:30pm-7:00pm	\$96	33800-02
Tu	Sep 12-Oct 17	7:30pm-8:00pm	\$96	33800-03
Th	Sep 14-Oct 26	6:30pm-7:00pm	\$96	33800-04
Sa	Sep 9-Oct 14	9:30am-10:00am	\$96	33800-05
Sa	Sep 9-Oct 14	10:30am-11:00am	\$96	33800-06
Sa	Sep 9-Oct 14	12:15pm-12:45pm	\$96	33800-07
M	Nov 6-Dec 11	6:15pm-6:45pm	\$96	33800-08
M	Nov 6-Dec 11	8:00pm-8:30pm	\$96	33800-09
Tu,Th	Nov 7-Nov 28	5:30pm-6:00pm	\$96	33800-10
Tu,Th	Nov 7-Nov 28	7:15pm-7:45pm	\$96	33800-11
W	Nov 1-Dec 13	5:30pm-6:00pm	\$96	33800-12
W	Nov 1-Dec 13	5:30pm-6:00pm	\$96	33800-13
Sa	Nov 4-Dec 16	9:30am-10:00am	\$96	33800-14
Sa	Nov 4-Dec 16	12:00pm-12:30pm	\$96	33800-15
Su	Oct 29-Dec 10	9:30am-10:00am	\$96	33800-16
Su	Oct 29-Dec 10	10:45am-11:15am	\$96	33800-17
Tu,Th	Nov 30-Dec 19	5:30pm-6:00pm	\$96	33800-18
Tu,Th	Nov 30-Dec 19	7:15pm-7:45pm	\$96	33800-19
Sa	Sep 9-Oct 14	2:00pm-2:30pm	\$96	33800-20
Sa	Nov 4-Dec 16	2:15pm-2:45pm	\$96	33800-21
Su	Oct 29-Dec 10	1:00pm-1:30pm	\$96	33800-22



WAYZATA WEST MIDDLE SCHOOL - 149 BARRY AVENUE

## NO CLASS DATES: 10/19, 11/23, 11/25, 11/26

LEVEL 2 (AGES 5-14)				
DAY	DATE	TIME	COST	ACTIVITY
M	Sep 11-Oct 30	6:30pm-7:00pm	\$128	33801-01
M	Sep 11-Oct 30	7:30pm-8:00pm	\$128	33801-02
Tu	Sep 12-Oct 17	6:30pm-7:00pm	\$96	33801-03
Tu	Sep 12-Oct 17	8:15pm-8:45pm	\$96	33801-04
Th	Sep 14-Oct 26	6:30pm-7:00pm	\$96	33801-05
Sa	Sep 9-Oct 14	10:30am-11:00am	\$96	33801-06
Sa	Sep 9-Oct 14	12:15pm-12:45pm	\$96	33801-07
Sa	Sep 9-Oct 14	1:15pm-1:45pm	\$96	33801-08
M	Nov 6-Dec 11	5:30pm-6:00pm	\$96	33801-09
M	Nov 6-Dec 11	8:00pm-8:30pm	\$96	33801-10
Tu,Th	Nov 7-Nov 28	5:30pm-6:00pm	\$96	33801-11
Tu,Th	Nov 7-Nov 28	7:00pm-7:30pm	\$96	33801-12
W	Nov 1-Dec 13	6:15pm-6:45pm	\$96	33801-13
W	Nov 1-Dec 13	8:00pm-8:30pm	\$96	33801-14
Sa	Nov 4-Dec 16	10:15am-10:45am	\$96	33801-15
Sa	Nov 4-Dec 16	12:45pm-1:15pm	\$96	33801-16
Su	Oct 29-Dec 10	9:30am-10:00am	\$96	33801-17
Su	Oct 29-Dec 10	11:15am-11:45am	\$96	33801-18
Tu,Th	Nov 30-Dec 19	5:30pm-6:00pm	\$96	33801-19
Tu,Th	Nov 30-Dec 19	7:00pm-7:30pm	\$96	33801-20
Sa	Sep 9-Oct 14	2:00pm-2:30pm	\$96	33801-21

LEVEL 3 (AGES 6-14)				
DAY	DATE	TIME	COST	ACTIVITY
M	Sep 11-Oct 30	6:30pm-7:15pm	\$138	33802-01
Tu	Sep 12-Oct 17	8:15pm-9:00pm	\$104	33802-02
Tu	Sep 12-Oct 17	7:15pm-8:00pm	\$104	33802-03
Th	Sep 14-Oct 26	6:30pm-7:15pm	\$104	33802-04
Th	Sep 14-Oct 26	7:15pm-8:00pm	\$104	33802-05
Sa	Sep 9-Oct 14	9:30am-10:15am	\$104	33802-06
Sa	Sep 9-Oct 14	11:15am-12:00pm	\$104	33802-07
Sa	Sep 9-Oct 14	1:00pm-1:45pm	\$104	33802-08
M	Nov 6-Dec 11	5:30pm-6:15pm	\$104	33802-09
M	Nov 6-Dec 11	8:00pm-8:45pm	\$104	33802-10
Tu,Th	Nov 7-Nov 28	6:15pm-7:00pm	\$104	33802-11
W	Nov 1-Dec 13	6:15pm-7:00pm	\$104	33802-12
W	Nov 1-Dec 13	8:00pm-8:45pm	\$104	33802-13
Sa	Nov 4-Dec 16	10:15am-11:00am	\$104	33802-14
Sa	Nov 4-Dec 16	12:00pm-12:45pm	\$104	33802-15
Su	Oct 29-Dec 10	8:30am-9:15am	\$104	33802-16
Su	Oct 29-Dec 10	10:15am-11:00am	\$104	33802-17
Tu,Th	Nov 30-Dec 19	6:15pm-7:00pm	\$104	33802-18
Su	Oct 29-Dec 10	12:00pm-12:45pm	\$104	33802-19

LEVEL 4 (AGES 6-14)				
DAY	DATE	TIME	COST	ACTIVITY
M	Sep 11-Oct 30	7:15pm-8:00pm	\$138	33803-01
Tu	Sep 12-Oct 17	6:30pm-7:15pm	\$104	33803-02
Th	Sep 14-Oct 26	7:15pm-8:00pm	\$104	33803-03
Sa	Sep 9-Oct 14	9:30am-10:15am	\$104	33803-04
Sa	Sep 9-Oct 14	11:15am-12:00pm	\$104	33803-05
Sa	Sep 9-Oct 14	1:00pm-1:45pm	\$104	33803-06
M	Nov 6-Dec 11	7:00pm-7:45pm	\$104	33803-07
Tu,Th	Nov 7-Nov 28	7:00pm-7:45pm	\$104	33803-08
W	Nov 1-Dec 13	7:00pm-7:45pm	\$104	33803-09
Sa	Nov 4-Dec 16	11:00am-11:45am	\$104	33803-10
Sa	Nov 4-Dec 16	1:00pm-1:45pm	\$104	33803-11
Su	Oct 29-Dec 10	10:15am-11:00am	\$104	33803-12
Tu,Th	Nov 30-Dec 19	7:00pm-7:45pm	\$104	33803-13
Su	Oct 29-Dec 10	1:00pm-1:45pm	\$104	33803-14

### CANCELLATION POLICY

Requests for cancellations or transfers must be made at least one full week prior to the first class unless noted otherwise. See pg. 2.



WAYZATA WEST MIDDLE SCHOOL - 149 BARRY AVENUE



## NO CLASS DATES: 10/19, 11/23, 11/25, 11/26

### LEVEL 5 (AGES 8-14)

DAY	DATE	TIME	COST	ACTIVITY
M	Sep 11-Oct 30	7:15pm-8:00pm	\$138	33805-01
Tu	Sep 12-Oct 17	7:15pm-8:00pm	\$104	33805-02
Sa	Sep 9-Oct 14	10:15am-11:00am	\$104	33805-03
Sa	Sep 9-Oct 14	12:15pm-1:00pm	\$104	33805-04
M	Nov 6-Dec 11	7:00pm-7:45pm	\$104	33805-05
Tu,Th	Nov 7-Nov 28	8:00pm-8:45pm	\$104	33805-06
W	Nov 1-Dec 13	7:00pm-7:45pm	\$104	33805-07
Sa	Nov 4-Dec 16	11:00am-11:45am	\$104	33805-08
Tu,Th	Nov 30-Dec 19	8:00pm-8:45pm	\$104	33805-09
Sa	Sep 9-Oct 14	2:00pm-2:45pm	\$104	33805-10
Sa	Nov 4-Dec 16	2:00pm-2:45pm	\$104	33805-11
Su	Oct 29-Dec 10	12:00pm-12:45pm	\$104	33805-12

### LEVEL 6 (AGES 8-14)

DAY	DATE	TIME	COST	ACTIVITY
Th	Sep 14-Oct 26	7:15pm-8:00pm	\$104	33806-01
Sa	Sep 9-Oct 14	11:15am-12:00pm	\$104	33806-02
Tu,Th	Nov 7-Nov 28	8:00pm-8:45pm	\$104	33806-03
W	Nov 1-Dec 13	7:00pm-7:45pm	\$104	33806-04
Tu,Th	Nov 30-Dec 19	8:00pm-8:45pm	\$104	33806-05

### ADULT SWIM REFINEMENT

Wayzata West Middle School, 149 Barry Avenue

Now that you have the basics of how to swim, focus on additional strokes, deep water comfort, treading, and rotary breathing.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu	Sep 12-Oct 17 8:15pm-9:00pm	\$104	35803-01

### DEEP WATER RUNNING

Wayzata West Middle School, 149 Barry Avenue

Have an injury? Tired of your same old workout? This 45 minute class is the perfect addition to your routine. Allow yourself to experience a new challenge with absolutely zero impact. Water belts are provided or you can bring your own.

AGES	DAY	DATE & TIME	COST	ACTIVITY
16+	Tu,Th	Sep 12-Sep 28 6:30pm-7:15pm	\$45	35801-01
16+	Tu,Th	Oct 3-Oct 26 6:30pm-7:15pm	\$53	35801-02
16+	Tu,Th	Nov 7-Nov 28 5:30pm-6:15pm	\$45	35801-03
16+	Tu,Th	Nov 30-Dec 19 5:30pm-6:15pm	\$45	35801-04





## Plymouth Skate School

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

### GENERAL INFORMATION

- Beginning levels are required to wear helmets.
- Skaters MUST be at least 4 years old by the start of the class – no exceptions will be made.
- Rental skates – available for \$5/lesson.
- Parents are not allowed on the ice during class time.
- For safety reasons, no shoes allowed on the ice.

### PROPER ATTIRE

Skaters will benefit more from a lesson with proper skates. We prefer boots be of leather rather than vinyl and they should have strong ankle support. Skates should not crease or buckle when worn, and should fit to the foot size and not have excess 'room to grow'. Blades should be of high tempered steel and properly sharpened. Double runner blades are NOT allowed.

It is important that all skaters are warm and comfortable while skating. We suggest dressing in layers and request all skaters to wear mittens or gloves.

## CLASS DESCRIPTIONS (please see schedule on following pages)

### SKATING BEGINNERS (AGES: 4-6)

For children that have never been on ice. Helmets required.

### SKATING BEGINNER/INTERMEDIATE (AGES: 4-6)

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.

### SKATING PRE-ALPHA LEVEL 1 (AGES: 7-15)

A beginner level class for children ages 7-15 with little to no skating experience. Helmets required at this beginner level.

### SKATING PRE-ALPHA LEVEL 2 (AGES: 4-15)

Class Elements: One foot glide, right/left, two foot glide, forward/backward swizzles, backward wiggle, two foot turns in place, forward pumps on circles.

### SKATING ALPHA (AGES: 4-18)

Pre-req: Pre-Alpha. Class Elements: Forward stroking, forward crossover (both directions), one foot snowplow stop, backward one foot glides, backward pumps on circle, moving two foot turns.

### SKATING BETA (AGES: 4-18)

Pre-req: Alpha. Class Elements: Backward stroking, backward crossovers both directions, t-stop, backward edges on circle, side toe hop/shuffle, forward edges.

### SKATING GAMMA (AGES: 4-18)

Pre-req: Beta. Class Elements: Forward outside 3-turns, inside open Mohawk, hockey stop, moving backward two foot turns on circle, chasse.

### SKATING DELTA (AGES: 4-18)

Pre-req: Gamma. Class Elements: 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.

### SKATING FREESTYLE 1-6 (AGES: 4+)

Pre-req: Delta. Advanced figure skating lessons. Jumps and spins.

### SKATING HOCKEY 1 (AGES: 4+)

This is NOT a beginner class. 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.

### SKATING HOCKEY 2 (AGES: 4+)

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.

### SKATING HOCKEY 3 (AGES: 4+)

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.

### SKATING ADULT (AGES: 15.5+)

Beginner through advanced levels using basic skills.

ALL SKATING PROGRAMS MEET AT THE  
**PLYMOUTH ICE CENTER**  
3650 Plymouth Blvd.

## SKATING CONTRACT ICE

Contract Ice is an opportunity for skaters to practice their skating skills on reserved ice time. If space is available, walk-ins will be \$16 per hour or \$8 per half hour.

NOTE: Coaches who are Skate School instructors will not be charged to teach on contract ice. All others pay for ice time.

AGES	DAY	DATE & TIME	COST	ACTIVITY
all ages	Sa	Sep 30-Nov 18 8:00am-9:00am	\$102	36200-01
all ages	Su	Oct 1-Nov 19 2:15pm-3:15pm	\$102	36200-02

## BEGINNERS (AGES 4-6)

Res \$102 Non Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 30-Nov 18	9:00am-9:30am	36203-01
Sa	Sep 30-Nov 18	9:35am-10:05am	36203-02
Sa	Sep 30-Nov 18	10:55am-11:25am	36203-03
Sa	Sep 30-Nov 18	11:30am-12:00pm	36203-04
Su	Oct 1-Nov 19	3:30pm-4:00pm	36203-05
Su	Oct 1-Nov 19	4:05pm-4:35pm	36203-06
Su	Oct 1-Nov 19	5:25pm-5:55pm	36203-07
Su	Oct 1-Nov 19	6:00pm-6:30pm	36203-08

## BEGINNER/INTERMEDIATE (AGES 4-6)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	9:00am-9:30am	36204-01
Sa	Sep 30-Nov 18	9:35am-10:05am	36204-02
Sa	Sep 30-Nov 18	11:30am-12:00pm	36204-03
Su	Oct 1-Nov 19	3:30pm-4:00pm	36204-04
Su	Oct 1-Nov 19	4:05pm-4:35pm	36204-05
Su	Oct 1-Nov 19	5:25pm-5:55pm	36204-06
Su	Oct 1-Nov 19	6:00pm-6:30pm	36204-07

## PRE-ALPHA LEVEL 1 (AGES 7-15)

Res \$102 Non Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 30-Nov 18	9:00am-9:30am	36205-01
Sa	Sep 30-Nov 18	11:30am-12:00pm	36205-02
Su	Oct 1-Nov 19	3:30pm-4:00pm	36205-03
Su	Oct 1-Nov 19	6:00pm-6:30pm	36205-04
Su	Oct 1-Nov 19	6:30pm-7:00pm	36205-05

## PRE-ALPHA LEVEL 2 (AGES 4-15)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	9:00am-9:30am	36206-01
Sa	Sep 30-Nov 18	10:55am-11:25am	36206-02
Sa	Sep 30-Nov 18	11:30am-12:00pm	36206-03
Su	Oct 1-Nov 19	3:30pm-4:00pm	36206-04
Su	Oct 1-Nov 19	4:05pm-4:35pm	36206-05
Su	Oct 1-Nov 19	5:25pm-5:55pm	36206-06
Su	Oct 1-Nov 19	6:30pm-7:00pm	36206-07

## ALPHA (AGES 4-18)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	9:35am-10:05am	36207-01
Sa	Sep 30-Nov 18	10:55am-11:25am	36207-02
Su	Oct 1-Nov 19	3:30pm-4:00pm	36207-03
Su	Oct 1-Nov 19	5:25pm-5:55pm	36207-04
Su	Oct 1-Nov 19	6:30pm-7:00pm	36207-05

## BETA (AGES 4-18)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	10:10am-10:40am	36208-01
Su	Oct 1-Nov 19	4:40pm-5:10pm	36208-02
Su	Oct 1-Nov 19	6:30pm-7:00pm	36208-03

## GAMMA (AGES 4-18)

Res \$102 Non Res \$116

DAY	DATE	TIME	ACTIVITY
Sa	Sep 30-Nov 18	10:10am-10:40am	36209-01
Su	Oct 1-Nov 19	4:40pm-5:10pm	36209-02

## DELTA (AGES 4-18)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	10:10am-10:40am	36210-01
Su	Oct 1-Nov 19	4:40pm-5:10pm	36210-02

## FREESTYLE 1-6 (AGES 4+)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	10:10am-10:40am	36211-01
Su	Oct 1-Nov 19	4:40pm-5:10pm	36211-02

## HOCKEY 1 (AGES 4+)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	10:55am-11:25am	36212-01
Su	Oct 1-Nov 19	5:25pm-5:55pm	36212-02

## HOCKEY 2 (AGES 4+)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	10:10am-10:40am	36213-01
Su	Oct 1-Nov 19	4:40pm-5:10pm	36213-02

## HOCKEY 3 (AGES 4+)

Res \$102 Non Res \$116

Su	Oct 1-Nov 19	6:00pm-6:30pm	36214-01
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## ADULT (AGES 15.5+)

Res \$102 Non Res \$116

Sa	Sep 30-Nov 18	9:35am-10:05am	36201-01
Su	Oct 1-Nov 19	4:05pm-4:35pm	36201-02
Su	Oct 1-Nov 19	6:30pm-7:00pm	36201-03



# THANK YOU!

## MUSIC IN PLYMOUTH

Presented by the Plymouth Civic League and the City of Plymouth. Thanks to all the generous contributors to the 2023 event.

THE TRADITION CONTINUES.



[MUSICINPLYMOUTH.ORG](http://MUSICINPLYMOUTH.ORG)

# THANK YOU

# SPONSORS







DULUTH | DOOR COUNTY | NYC

*Travel with us!*

TRIPS FOR ADULTS 55+ **SEE PG 73**

## Beaches, Bands & Brews

featuring Sawyers Dream

**August 11**

6:00-9:00pm

East Medicine Lake beach

[plymouthmn.gov/specialevents](http://plymouthmn.gov/specialevents)



SUMMER  
**BEACH**  
SERIES

**MOVIE**  
**MATINEE**  
**55+**

**SEE DETAILS ON PG 72**

[plymouthmn.gov/specialevents](http://plymouthmn.gov/specialevents)

# KIDS FEST

SUMMER CARNIVAL

**THURSDAY, AUGUST 17**

5:00 pm–8:30 pm

Hilde Performance Center, 3500 Plymouth Blvd

## VETERANS BREAKFAST

**WEDNESDAY, NOVEMBER 8**

**9:30-11:00 A.M.**

Free drive-thru event for Veterans  
Plymouth Veterans Memorial, 3400 Plymouth Blvd

Registration required by October 30 | 763-509-5200

## THE FABULOUS ARMADILLOS

Featuring Tim Haussner

FREE CONCERT EVENT

**AUGUST 25 | 6PM**

Hilde Performance Center

## Join us for HOLIDAY BINGO!

**Friday December 8, 2023**

10:00am – 12:00pm

Plymouth Community Center

Please pre-register (use activity code #35703-01). \$5 residents, \$7 non-residents  
Register online or by calling 763-509-5200. **More information on pg. 72**



# Santa's Mailbox

Your child can drop off a letter to Santa  
**November 20-December 1**  
Letters must include a self-addressed  
stamped envelope. All letters are responded to.

## DROP OFF LOCATIONS:

Plymouth City Hall, Plymouth Ice Center, Plymouth Community Center



**HOLIDAY  
LIGHTS**  
**AT THE HILDE**  
open for viewing  
**DECEMBER-JANUARY**

## PLYMOUTH ARTISAN MARKET

**SATURDAY  
NOVEMBER 18**  
**10:00AM- 5:00PM**

Area makers showcasing and selling their  
hand-crafted creations.

**FREE ADMISSION**

{ **PLYMOUTH ROOM** }

Plymouth Community Center, 14800 34th Ave N



# dialed down **DISCO**

**Friday, NOVEMBER 10, 6-8 PM**

AT THE PLYMOUTH COMMUNITY CENTER

\$15 (no charge for chaperones)

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## **SENSORY FRIENDLY!**

Dance to music using wireless headphones

Adjust your own volume

No strobe lights or disco balls

Sensory bins, sunglasses and quiet break areas available

[plymouthmn.gov/specialevents](http://plymouthmn.gov/specialevents) / 763-509-5200

# Santa

visits the sensory room



**DECEMBER 3, 12-4PM**

Plymouth Community Center Sensory Room, 14800 34th Ave N



Many children have sensory needs/sensory processing difficulties that make the noises, smells, lights, and crowds overwhelming during the holiday season. This event is an opportunity for families to sign up for a 10-minute one-on-one session with Santa and take your own pictures in our calming sensory space at the Plymouth Community Center.

Enjoy other sensory-friendly holiday activities as well.

**Sign up for a time online by searching activity #11703**

[PLYMOUTHMN.GOV/SPECIALEVENTS](http://PLYMOUTHMN.GOV/SPECIALEVENTS)



# HALLOWEEN

at the ~~CREEK~~ LAKE

FRIDAY  
OCTOBER  
27

FREE  
FAMILY  
EVENT

PARKERS LAKE  
PLAYFIELD  
15500 Co. Rd. 6  
5:00 - 8:00pm

Note: the Fall Activities Guide previously  
listed an incorrect event end time.



Games & Activities  
Orange Carpet Photo Ops  
Pumpkin Patch  
Emergency Vehicles  
Treat Stations





3400 Plymouth Boulevard  
Plymouth, MN 55447-1482

SEPTEMBER 23, 2023

25<sup>TH</sup> ANNUAL

# PLYMOUTH ON PARADE

9:30AM-12:30PM

Pre-Parade family activities & entertainment

10:30AM PARADE



PLYMOUTH  
LIONS

