

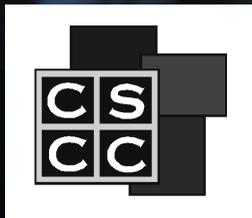
South St. Paul Parks and Recreation

2016 Summer Programs
Early Edition

City of South St. Paul
Central Square Community Center
Doug Woog Arena

Public Library
www.southstpaul.org

651-306-3690 Fax:651-306-3691



PARKS REFERENDUM UPDATE

The passage of the February 11, 2014 Park Referendum has provided for improvements to Doug Woog Arena, the development of Kaposia Landing, and the renovation of McMorrow Field. Each phase of referendum-related projects, including planning and physical development, continues as scheduled. Kaposia Landing Phase 1 is 80% complete and on schedule to be finished July 2016. All surrounding park areas, including the internal trails and off-leash dog area remain open during construction. Kaposia Landing's four new softball/youth baseball fields and full-sized baseball field are almost complete. The mild fall and early winter afforded the new turf grass extra growing time. Items needing to be completed include finishing the restroom/concession building, field fencing, player bench areas, parking area paving and curbing finishes, tree planting, landscaping, and hooking up electricity to the site. **The new fields will remain closed throughout 2016** so specific attention can be given to establishing the natural turf grass on all ball fields in order to open the new complex for use spring 2017. Any premature use will delay the opening of the fields in the spring of 2017 and will force teams to play outside of South St. Paul as McMorrow Field will be closed and under construction in 2017. Phase 2 of Kaposia Landing is scheduled to commence 2017 with planned development of the southern end of the park. Phase 2 should not directly affect use of the ball fields on the north end. McMorrow Field's design of plans and specifications has begun and on track to be out to bid for construction/redevelopment in spring 2016. McMorrow Field will remain in use for the spring and summer of 2016 for school, adult, and youth association games, practices, and tournaments including the Kaposia Days tournament. The McMorrow project will begin construction approximately August 1, 2016. Any teams that have utilized McMorrow beyond August 1 in past seasons will have to find alternative locations for games and practices. Similar to Kaposia Landing, field use at McMorrow Field after the renovation will commence contingent upon grass turf establishment, most likely summer 2018.



COMMUNITY NEWS

Help South St. Paul “Bee” Pollinator-Friendly



In November 2015, the South St. Paul City Council adopted a Resolution supporting a good faith effort to make South St. Paul a pollinator friendly city. Before you ask yourself how you can do your part, here is what is at stake: **What is happening?** Bees and other pollinator populations are sharply decreasing due to habitat loss, pesticide use, pathogens, and parasites. Recent research suggests that there is a link between systemic pesticides that contain neonicotinoids and the die-off of plant pollinators including honey bees, native bees, butterflies, moths, and other insects. **Why is this important?** According to the US Department of Agriculture, without pollinators, all of earth's ecosystems could not survive. Of the 1,400 crop plants that grow around the world, those that produce all of our food and plant-based products, almost 80% require pollination by animals! If pollinator populations continue to decline,

our global food sources and overall natural environment will be profoundly affected. In the USA alone, 150 varieties of crops including almost all fruit and grain crops rely on pollination by animals, valued at 10 billion dollars annually. Worldwide, more than half of the fats and oils we consume come from animal-pollinated plants (such as canola, sunflower, oil palm). **What can we do here in South St. Paul to help pollinators?** In our parks, public spaces, and our own yards and gardens, we can promote pollinator-friendly practices by providing plants for foraging, places for shelter and reproduction of pollinators, and not using pollinator-harming systemic pesticides. To plan how you can help, consult your local garden center or nursery and research more information through the US Department of Agriculture www.fe.fed.us/wildflowers/pollinators and the North American Pollinator Protection Campaign at www.pollinator.org. Locally we can all make a difference!



COMMUNITY ACTIVITIES

Giant Egg Hunt



Join us the morning of Saturday, March 26th at Kaposia Park (Butler Ave & Wilde Ave.) from 9:00-10:30 a.m. for our annual Egg Hunt!

This event is sponsored by South St. Paul Lions Club.

The Easter Bunny and friends will be at Kaposia Park from



9:00-10:00 a.m. to visit with the children.

The hunt will begin at 10:00 a.m. sharp.

(Arrive early for easier access to the park.) All participants ages 1-8 are invited to join in the hunt for candy and prizes. The egg hunt areas are organized by colored flags to designate each age group's hunt area. All participants will find plenty of treats in their search. Don't miss this fun annual event!

Summer Playhouse

Our Traveling Summer Playhouse is a variety show featuring performances at different locations throughout South St. Paul. Theme and performance schedules will be announced in the Summer Brochure 2nd Edition (available online only, posted in mid May) and will also be advertised through schools and local news papers.

This is a free event.



City Wide Camp-Out

In honor of **National Get Outdoors Day** the South St. Paul Jaycees have teamed up with the Parks and Recreation Department to offer an overnight camping experience at Lorraine Park on Saturday, June 11th, 2016. Gather up family and friends for a rare chance to legally camp overnight in a City park. There will be activities for all ages including a flashlight scavenger hunt and a community bonfire! Register at Central Square for early bird pricing of \$5 per tent; or register the day of the event at the park for \$10 per tent (cash or check only). Event will be held at Lorraine Park (3rd Ave So. & 7th St. So.). On-site registration is open between 3:00-5:00 p.m. All tents must be down by 10:00 a.m. Sunday, June 12th. In case of inclement weather, call the hotline at 651-306-3696. **For more information visit www.sspjaycees.org.**



YOUTH/ADULT ACTIVITIES

T-Ball (Ages 4-5 as of Jan. 16)

An introductory program to teach the fundamentals of throwing, catching, batting and fielding skills to girls and boys ages 4-5. T-ball is designed to be a recreational and fun program for players. Teams will have a maximum of 13 players. Each player will receive a t-shirt and hat. Teams meet twice per week on Mondays and Wednesdays. Teams will play at various SSP fields. Parents, the kids need your help! Parent volunteer participation in coaching is essential to the success of the program. Training will be provided. Please consider helping out.

When: June 6th-July 20th (14) Mon/Wed 6:15-7:15 p.m.

Cost: \$45 (No games July 4th and 6th)

Youth Golf League

Par 3 Junior Golf Leagues for ages 6-15.

Grow your game and play in a league this summer at Mendota Heights Par 3. Tee times are available for 8:30-10:30 a.m. and 12:00-2:00 p.m.. Our tee times are every 10 minutes. If you have a group that would like to play, but need different times, please contact us to set up a time that works for your group at 651-454-9822.

Register at Central Square Community Center

When: Monday League - June 13th-August 22nd

Tuesday League - June 14th-August 23rd

Cost: \$99 for 11 weeks (missed dates can be made up at any time there is open golf)

Adult Co-Ed Rec Kickball

This is a fun recreational kickball league where teams travel and play other teams within the Southeast Metro area. This is an officiated league with five weeks of double headers.

Registration deadlines is May 12th.

When: Sundays, June 5th-July 31st 6:00 p.m.- 9:00 p.m.

Cost: \$160 (includes tax)

Youth Disc Golf Camp

This camp is for the beginning disc golfer. Camp will be led by a disc golf coach who will teach each participant the different types of discs, how to throw and the rules of the game. Kids will leave camp with the knowledge to head onto the course to play a round of disc golf! Kids will be placed in groups with appropriate skill levels.



When: July 14th and 15th from 10:00 a.m.- 12:00 p.m.

Ages 7-15

Cost: \$25



South St. Paul Parks & Recreation Department 2016 Summer Programs - Early Edition



Office Information

Open Monday through Friday
8:00 a.m. - 4:30 p.m.
Central Square Community Center
100 - 7th Avenue North
South St. Paul, Minnesota 55075
Phone: 651-306-3690
FAX: 651-306-3691
Weather Cancellations: 651-306-3696

Staff

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Alyssa Kellas, Recreation Supervisor
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Tara Klegin-Laska, Office Specialist
Amy Dybsetter, Office Specialist
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George Emerson, Doug Woog Arena Assistant Manager
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Parks & Recreation Advisory Commission

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Matt Helwig	Ronald Morgan
Michael Heidelberg	

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Registration Information

ONLINE REGISTRATION is fast and easy. Just follow these simple steps.

1. Log onto www.southstpaul.org click on "Parks and Recreation", then click on the WebTrac online tab.
2. Type in your user name and password, then click on "Sign in."
 - a. Your user name and password are your Household ID# unless you manually changed it in the system.
 - b. Your Household ID# can be found on your last receipt. If you are a new user or have forgotten your number, please call the Parks and Recreation Office to retrieve your number at 651-306-3690.
3. Follow the prompts on the screen and register.
4. Pay with Visa, MasterCard or Discover.
5. Print a receipt for your records. Please review your receipt carefully to verify all details of program and payment.
6. Be sure to "Log Out" prior to logging off your computer.

(Please note that we cannot issue permits online.)

IN-PERSON REGISTRATION:

Parks and Recreation Department
Central Square Community Center
100 - 7th Avenue North
South St. Paul, Minnesota 55075

MAIL REGISTRATION/AFTER HOURS: Fill out registration form and mail with fee(s) to the Parks and Recreation Department. (Registration will not be accepted over the phone, or by our instructors at the programs.)

REGISTRATION PAYMENT OPTIONS: Payment options include payment by check, cash, Visa, MasterCard, and Discover.

NON-RESIDENT FEE: There is a \$5 non-resident fee per person, per activity if participant lives outside South St. Paul. Does not apply to joint programs offered with other communities.

DEADLINE: The registration deadline is five (5) business days in advance unless activity sets earlier time-line. Please note: No confirmation will be sent prior to activity start.

REFUND POLICY: A \$5 service fee will be charged for individual cancellations. No refunds will be given after the first class. Trips require a five business day notice. Programs canceled by the Parks and Recreation Department will be fully refunded.

PARTICIPANTS WITH DISABILITIES: Participants with disabilities who are in need of any special assistance or auxiliary aids should notify the Parks and Recreation Department at the time of registration to ensure that any need can be met to fully participate and enjoy a program or service.

PHOTO POLICY: Please be advised that all participants involved in any department program or special events are subject to possibly being photographed for promotional purposes. Photographs may be used by South St. Paul Parks and Recreation without an obligation to provide compensation to those photographed.

Registrations are accepted on a first come-first serve basis. Program sizes are limited. Please register early.

SUMMER YOUTH TRIPS



Each Thursday is special trip day. Please note the age limits on each trip. All trips require at least one week pre-registration with payment. **Space is limited.** Participants do not need to be enrolled in Summer Playgrounds to register for trips. Transportation will be provided to and from Central Square Community Center (100 - 7th Ave. No.). Fee includes supervision, admission and transportation. **Note: Summer Playgrounds will not meet on Thursdays due to special trip days.**

June 16th - Zero Gravity & Shoreview Pool (Ages 8 & up)

Travel to Zero Gravity Trampoline Park in Mounds View to experience the three-dimensional all trampoline walled indoor park. Play three-dimensional dodge ball or hang out in the foam pit. Please bring a bag lunch. Note: All participants must have a liability waiver signed by their parent or legal guardian before entering the playing field. Next we travel to Tropics Water Park at Shoreview Community Center to have lunch and cool off in their pool!

When: Thursday, June 16th *Pickup/Return: Central Square Community Center - 9:00 a.m. / 4:00 p.m. Cost: \$30

June 23rd - Twins vs. Philadelphia Phillies (Ages 7 & up)

We will spend the day outdoors at Target Field cheering on the Twins as they play host to the Philadelphia Phillies! Bring money for concessions. Kids may bring a bag lunch (plastic bottles and cans are not allowed). Fee includes ticket, transportation and supervision.

When: Thursday, June 23rd *Pickup/Return: Central Square Community Center - 9:25 a.m. / 3:30 p.m. Cost: \$26

June 30th - Horseback Riding (Ages 8 & up - Must be 52")

Kids if you love horses then this is the trip for you! Whether you are the experienced rider or just a beginner, Bunker Hills Stable will provide you with the opportunity to set out on the trails on your horse! We wrap up our day with games and activities after lunch at the park. Please bring a bag lunch and drink. No concessions available. Parents must sign a waiver for child to participate.

When: Thursday, June 30th *Pickup/Return: Central Square Community Center - 9:00 a.m. / 4:00 p.m. Cost: \$40

July 7th - Bunker Beach (Ages 7 & up)

Jump aboard as we head to Anoka's Bunker Beach for some Fun in the Sun! Bunker Beach has 6 towering water slides, a lazy river to float on, an activity pool with a climbing wall and a zero-entry pool with a water play structure. We can also enjoy the air generated waves ranging from 0 to 4 feet in height in the wave pool. Tubes for the wave pool are available for rental at a cost of \$2 for a two-hour session. Please bring a bag lunch, swimsuit, towel and sunscreen. Kids can bring additional money for treats if they choose.

When: Thursday, July 7th *Pickup/Return: Central Square Community Center - 8:55 a.m. / 4:20 p.m. Cost: \$30

July 21st - Apple Valley Aquatic Center (Ages 7 & up)

We will spend our day on the water slides, the diving board and just relaxing in the lazy river. Grab a friend and your sunscreen for a day of FUN! Please bring a bag lunch, swim suit, towel and money for concessions. We will be eating our lunches at the aquatic center. **(Registration deadline is July 10th)**

When: Thursday, July 21st *Pickup/Return: Central Square Community Center - 10:10 a.m. / 4:20 p.m. Cost: \$25

July 28th - Valleyfair (Ages 10 & up)

Come spend the day with us at the best amusement park around! Ride the Powertower, Renegade, Steel Venom and the Excalibur! Don't forget swimsuit and towel for the water-park! **Kids must be 48" to ride on these rides.** Kids must be 10 years or older. Bring money to purchase lunch/snacks.

When: Thursday, July 28th *Pickup/Return: Central Square Community Center - 9:00 a.m. / 4:00 p.m. Cost: \$35

PRE-SCHOOL CAMPS (AGES 3-5)

South St. Paul Parks and Recreation offers day camps for children who are 3 years old on or before January 1st, 2016. Camps are full of activities including singing songs, playing games and making crafts. Each themed session will be held Monday-Wednesday and is geared for pre-schoolers ages 3-5 (must be toilet trained). Our trained staff will focus on positive self-esteem, cooperative play and having fun in a happy and safe environment.

Program location: Kaposia Education Center, 1225 First Ave. So.



Session 1: "Music Makers"

Preschoolers...do you love to make noise? Then this is the camp for you! We make noise with lots of unusual items! We will play games such as "freeze dance", musical hula hoops and the "chalk dance"! Preschoolers will never stop the giggles in the "Music Makers" camp.

When: June 13th-June 15th 9:00-10:30 A.M.

Where: Kaposia Education Center

Cost: \$25



Session 2: "Ooey...Gooley!"

We will experiment with all things gooey and slimy! Kids get ready as we will be doing projects and games that allow us to be sticky, gooey and slimy! Be prepared to get dirty!

When: June 20th-June 22nd 9:00-10:30 A.M.

Where: Kaposia Education Center

Cost: \$25

Session 3: "Barnyard Palooza"

Come join us as we explore all things Down on the Farm! We will learn about farm animals, tractors, and barnyard songs each day! Each camper will have the opportunity to plant a seed and watch it grow from home!

When: June 27th-June 29th 9:00-10:30 A.M.

Where: Kaposia Education Center

Cost: \$25

SUMMER PLAYGROUNDS



Summer Playgrounds offer children entering grades 1-6 an affordable and unforgettable summer experience. Each session is coordinated around a different theme. Your child will bring home a "Playground Chatter" each week with information on the week's activities. Playgrounds will run from 9:00 a.m. to 4:00 p.m. on Mondays, Tuesdays, Wednesdays and Fridays. Campers must bring their own breakfast and lunch each day. Lunch time is supervised. Thursdays are reserved for our Summer Youth Trips (see page 5 for more information). Sign up early as programs fill quickly. A 1 to 10 staff to child ratio is maintained.

SP1-"Let the Sunshine In! Let Camp Begin!"

We kick off summer with fun filled relay races, arts and crafts, trips to local parks for organized games and many activities to get to know each other. We will focus on group activities each day. This is a great way to launch summer break and is sure to be lots of fun! Campers will be creating a children's carnival for Wednesday, June 22nd. We will also be involved in Kaposia Days. Kids will visit Northview Pool on Friday, June 24th for a beach party, complete with a DJ and games.

When: June 13th-June 24th 9:00 a.m.-4:00 p.m.

Where: Kaposia Education Center

Cost: \$56

SP2-"Mystery Week"

Every year we are always so amazed at how talented our campers are! So we are going to put their talents to the test as we work to solve the summer's mystery! Suspicion and mystery creep around camp so keep your eyes open to clues, and use your hunches to crack the mystery. Remember to be alert for unusual happenings during Mystery Camp Week!

When: June 27th-July 8th (NO class July 4th) 9:00 a.m.-4:00 p.m.

Where: Kaposia Education Center

Cost: \$56

SP3-"Final Fling Week-Campers Rule"

Campers will take charge and be in the drivers' seat! Campers will be able to place their ballot into the "choice" box of their favorite activity to be drawn for the day's activity! Campers will participate in their favorite activities from the summer! Final week to include many outdoor water activities as well as nature hikes and final swim at Northview Pool. Campers bring tennis shoes each day.

When: July 18th-July 29th

Where: Kaposia Park

Cost: \$56

SUMMER DAY CAMPS

Little Critters Explorers Camp



Discover “mysteries of nature” at this one day camp just for pre-schoolers. This is a unique opportunity for your toddlers to discover bugs, trees and all things around the park! The day includes many fun activities such as crafts, songs, hiking and games. Campers will go

home with their craft and treats! Parents need not stay for class but are welcome!

When: Thursday, June 16th 10:00 a.m. - noon

Where: Kaposia Park

Cost: \$15/child



Safety Camp (Gr. 2-6 in Fall)



Come and learn in a fun environment how to handle situations with safety. Kids will learn from our smokehouse how to exit a house fire, our local K-9 units will be on site to give a demonstration and we will also learn personal safety, internet danger and basic first aid. Our last day of camp kids will learn bus safety in the morning and then head out to a water park for a fun filled day of swimming. Lunches will be provided along with daily snacks. Participants will receive a t-shirt to wear each day. Kids should bring a swimsuit and towel for Bunker Beach. Parents are invited to a special ceremony held on Wed. July 13th at 3:30 p.m.



When: Tues. July 12th - 8:00 a.m.- 3:30 p.m.

Wed. July 13th - 8:00 a.m.- 3:30 p.m.

Thur. July 14th - 8:00 a.m.- 3:30 p.m. Cost: \$40

Kaposia Day Camp (Gr. K-6)



Our week long camp is the best around! It's five days of games, interpretive programs and crafts. You'll have tons of fun challenging our counselors in activities each day. Our camp provides hands on learning with recreational activities. To add to the fun, we will end each day with a swim at Northview Pool. Campers

will need to bring a bag lunch on Monday. For the remainder of the week, campers will bring an assigned food item from home. An informational letter including schedule for the week will be sent to you one week prior to camp.

When: Aug. 1st-5th, Monday-Friday 9:00 a.m.- 4:00 p.m.

Cost: \$56

Bus Schedule:

Kaposia Ed. Center
Lincoln Center

Pickup

8:45 a.m.
9:00 a.m.

Return

4:20 p.m.
4:10 p.m.



Park Picnic Reservations

The Parks and Recreation Department has three facilities available for rent for picnics or other special events. All picnic facilities are available on a first come, first serve basis. For more information and rental application visit www.southstpaul.org.

Rentals are available from May 14th-October 9th, 2016, from 8:00 a.m. - 10:00 p.m., 7 days a week. Reservations are now being accepted for 2016. Call 651-306-3690 Rentals are not accepted online.

Kaposia Park Pavilion



The Kaposia Park Pavilion is a rustic enclosed log building featuring: a large common area, newly remodeled kitchen (complete with a stove, refrigerator and sink) and indoor restrooms. Rent is charged on an hourly basis. **Rate:** Residents \$50/hour plus tax. Non-residents \$75/hour plus tax. A \$200 damage deposit is required at time of key pickup, returnable upon satisfactory completion of the rental. Rent is charged on a per hour basis and will not be pro-rated. There is a three hour minimum rental for Fridays, Saturdays and Sundays with a complimentary hour granted for set-up and clean-up.

Kaposia Park Shelter

The Kaposia Park Shelter is an open-air facility complete with picnic tables, electricity and charcoal grills. There is a playground, disc golf course (additional fee) and restrooms nearby.

Rate: Residents \$50/half day, plus tax. Non-residents \$75/half day, plus tax. Half day rentals are from 9:00 a.m. - 3:00 p.m. or 4:00 p.m. - 10:00 p.m. Capacity: 150 (\$100 damage deposit required)



Lorraine Park Shelter

The Lorraine Park Shelter is an open-air facility complete with picnic tables, electricity, electric hot plates, charcoal grills, volleyball court, horseshoe pits, playground and nearby restrooms.

Rate: Residents \$50/half day plus tax. Non-residents \$75/half day plus tax. Half day rentals are from 9:00 a.m. - 3:00 p.m. or 4:00 p.m. - 10:00 p.m. Capacity: 150 (\$100 damage deposit required)



Kaposia Off-Leash Dog Park

Kaposia Landing Off-Leash Dog Area is located at 800 Bryant Avenue in South St. Paul. This 6.3 acre parcel is a fenced in area at the Kaposia Landing site that offers dogs and their owners the only legal dedicated area to run, recreate and train without a leash in the city.

Users of the park are required to purchase an annual permit to the Kaposia Landing Off-Leash Dog Area (valid 1/1/16-12/31/16) for a modest fee of \$20 resident/\$30 non-resident. Permit holders are asked to keep their permit in view when using the park. Park Patrol monitors the dog park on a regular basis. Your membership will directly support the on-going maintenance and development of the dog park. The park is open to valid permit holders from 6:00 a.m.-10:00 p.m. An additional entry area has been constructed on the north end of the off-leash area. **For more information regarding Off-Leash Dog Park rules and permit, log on to the Parks and Recreation page on the City's website at www.southstpaul.org or call 651-306-3690.**



Memorial Park Program

The Memorial Bench, Tree and Paver Brick Program honors the memory of a loved one.

Through the Memorial Bench & Tree Program, relatives and friends can provide a unique dedication to loved ones by placing a tree or bench in one of South St. Paul's parks or along a City trail. This dedication provides a lasting remembrance in honor of a loved one and enhances the meaning of a bench or tree to observers. Another opportunity for memorials or tributes is the Memory Path paver bricks at Simon's Ravine Trailhead located at 1308 North Concord Street. Community members are able to purchase and dedicate a personalized paver through the Parks and Recreation Department for \$100. The gift is also a valuable contribution to the park system to be used and enjoyed by all. **For more information contact the Parks and Recreation Department at 651-306-3690 or online at www.southstpaul.org.**



Kaposia Park Disc Golf Course



The Kaposia Park Disc Golf Course is located within Kaposia Park (entrance off of Butler and Wilde Avenues in South St. Paul). This is one of the most popular courses in the metro area. It features 26 holes thoughtfully set up to weave through picturesque and wooded areas of the park. Kaposia Park is a "pay and play" course. Users will need to purchase a daily wrist band or an annual pass (bag tag). Bag tag fees are \$30 for residents and \$40 for non-residents. South St. Paul students showing their current student ID and youth under the age of 14 can use the course at no charge. Bag tags can be purchased at the Parks and Recreation Department (100 - 7th Ave. No.) and at the disc golf rental shop located at Kaposia Park. **For more information check the city website at www.southstpaul.org.**

Community Gardens

South St. Paul Community Gardens are available to rent starting March 1st, 2016

The Community Gardens are located at: 682 Verderosa Avenue (near the South St. Paul Compost site). The Parks & Recreation Department will be renting 15' x 20' community garden plots at the Verderosa site with rental fees as follows:

- Resident rates for ages 18-54 are \$20 plus tax.
- Resident rates ages 55+ are \$15 plus tax.
- Non-residents may rent a plot for \$30 plus tax starting April 1st.

Those who have successfully maintained a garden plot in 2015 have first priority to sign-up with your same plot, March 1st-31st. All other residents will have an opportunity to rent a plot beginning April 1st. Non-resident adults and seniors may rent a plot beginning April 4th. **For more information please call South St. Paul Parks and Recreation at 651-306-3690 or stop by Central Square Community Center (100 - 7th Ave. No.) to sign up.**



Archery Range



New Archery Range Open

After a long absence, archery has returned to the South St. Paul park system. The new archery range is located at 405 Kaposia Boulevard, south of the existing pump house building, on city-owned property. The range is open seasonally, dawn to dusk, and hosts shooting stations with targets distances of 20, 30, and 40 yards. Archers must provide their own equipment and arrows with target tips only are allowed, no broadheads. On-street parking is available on Kaposia Blvd. including disability parking. There is no fee to use the archery range. All ages are welcome (16 years and younger must have adult supervision). **Safety and rule signs and more information can be found on-site at the archery range and on the city website at www.southstpaul.org.**



Central Square Community Center

Summer 2016 Programs & Facility Guide

100 - 7th Ave. No., South St. Paul, MN 55075
 Phone: 651-306-3690 • Fax: 651-306-3691 • www.southstpaul.org

Central Square Community Center is committed to meeting the needs of the community by providing an excellent facility combined with great services and programs, all at affordable rates. CSCC is a publicly operated facility by the City of South St. Paul and Special School District #6. For more information contact CSCC at 651-306-3690 or check us out online at [www.southstpaul.org/departments/parks & recreation](http://www.southstpaul.org/departments/parks%20&%20recreation) and click on Central Square Community Center.



- Unlimited use of our state of the art Fitness Center featuring cardio and strength machines from Precor and FreeMotion.
- Never an initiation fee plus affordable rates!
- First class cardio theatre system that members can enjoy using their own headphones during their workout.
- Discounts on all fitness classes including Kettlebell-TRX®, Absolute Abs, Barre Fusion, HIIT/Bootcamp, Aqua Zumba®, Yoga Stretch and R.I.P.P.E.D.® to name just a few.
- Indoor pool featuring lap swim, water exercise classes, swimming lessons and open swim times.
- Variety of affordable membership rates available for residents and non-residents, South St. Paul businesses and employees receive a “resident” rate.
- Family friendly facility with programs available for all ages.

CSCC Board Of Directors

Beth Kelsey Luke Roszak
 Marcia Lally Diana Lucca
 Susan Berg-Williams

Membership prices do not include sales tax.

Membership Options	Resident Employee Membership			Non-Resident Membership		
	Senior/Youth	Adult	Family	Senior/Youth	Adult	Family
*ACH (annual via monthly payment)	\$15.83/mo.	\$20.83/mo.	\$37.25/mo.	\$22.08/mo.	\$28.92/mo.	\$52.17/mo.
Annual Pre-Pay	\$190	\$250	\$447	\$265	\$347	\$626
6 Month Pre-Pay	\$108	\$138	\$251	\$145	\$194	\$345
1-Time Visit	\$4.67	\$5.60	\$15.87	\$7.47	\$8.40	\$24.27
10-Time Visit Card	\$35	\$50		\$56	\$78	

Health Insurance Reimbursement:

Available for Annual Memberships and ACH only. Fee is same as Resident and Non-Resident Annual Fees listed on this graph. To receive membership reimbursement you must qualify within one of the following programs: Medica Fit Choice®, Health Partners®, UCARE, Blue Cross/Blue Shield®, Preferred One®, Silver Sneakers® or Silver and Fit®.

CENTRAL SQUARE MEMBERSHIP BENEFITS

Hours of Operation

CSCC Summer Hours June-August 2016:

(Summer hours begin May 31st)

Monday-Friday.....5:00 a.m.-9:00 p.m.
 Saturday.....7:00 a.m.-6:00 p.m.
 Sunday.....7:00 a.m.-6:00 p.m.

Holiday Closings:

Memorial Day (May 30th)
 Independence Day (July 4th)
 Labor Day (Sept. 5th)

Fitness Room Hours:

The Fitness Center will be open for use during all hours of operation. See hours listed above.

Child Watch For Ages 1-9:

Central Square Community Center provides free child watch for facility users on Mondays, Wednesdays and Fridays from 9:00 a.m. until noon. Children must be between the ages of 1 to 9 years old to be eligible for child watch. Parents must be on the premises while their child/children are in the care of CSCC staff.

CSCC Pool Hours June-August 2016:

Lap Swim:

Monday-Friday.....5:30 a.m.-7:25 a.m.
 Wednesday.....7:15 a.m.-8:30 a.m.
 Saturday.....7:00 a.m.-8:30 a.m.

Open Swim:

Friday.....6:00 p.m.-8:00 p.m.
 Monday-Sunday.....12:00 p.m.-3:00 p.m.

Adult Open Swim:

Tue./Thur./Fri.....11:00 a.m.-noon

Monthly pool schedules are posted at www.southstpaul.org. Visit our website for up to date pool information.



Membership Payment Options

The CSCC accepts payments in the form of: Cash, check, VISA, Discover, MasterCard and ACH Payment (Electronic fund transfer).

ACH (Automatic Withdraw) Monthly Payment Program:

CSCC offers an ACH (Automatic Clearing House) membership payment option where deductions are made from a checking or savings account in lieu of paying your annual membership fee up front. The ACH option affords payment convenience similar to other fitness centers without the typical introductory "enrollment or administrative fees" that other centers charge.

Please note: If you choose the ACH Payment Option, your membership term does not automatically expire. As our membership agreement states, if you wish to cancel your membership at any time you **MUST CANCEL IN WRITING** and are subject to an early termination fee if canceling within one year of enrollment. If you have any questions regarding your membership or method of payment, please contact us at 651-306-3690.

Health Insurance Reimbursement Memberships:

Available for Annual Membership only. Fee is same for Resident and Non-resident. Annual Fees are listed on the fees graph located on page 8. To receive membership reimbursement you must qualify within one of the following programs: Medica Fit Choice®, Health Partners®, UCARE®, Blue Cross/Blue Shield®, Preferred One®, Silver and Fit® and Silver Sneakers®.



ADULT FITNESS

Most fitness class sign-ups are taken on a per month basis and vary 4 to 5 weeks in length. Drop-in option available.
*Special fee structures are noted.

Per Month Fee: \$18 Member; \$26 Non-member
Drop In Fee: \$5.50 Member; \$8 Non-member

Sign up for 2 classes a month and get \$4.00 off each additional class.

Fitness Coordinator: Terie Hanson

Fitness Classes All Levels

Zumba®

This class combines high energy and motivating music with unique moves and combinations.

Thursdays April-August 6:30-7:30 p.m.

Aqua Zumba®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

Sundays April-August 11:00 a.m. - Noon

Wednesdays April-August 6:00 - 7:00 p.m.

Barre Fusion

Barre Fusion is a class that combines elements of Pilates and ballet emphasizing precision and form. Barre Fusion starts with a variety of standing poses using a chair for balance and ends with mat work.

Wednesdays April-August 4:30-5:30 p.m.

April-May 7:30-8:15 p.m.

Aqua Interval

Classes are high energy, low impact aqua fitness classes designed for all skill and fitness levels. This class is pure FUN as you are challenged with powerful, invigorating movements through the water.

Saturdays April-August 8:30-9:30 a.m.

Beginner/Intermediate

Beginner Kettlebell

This class is geared for beginners. Learn the fundamentals of kettlebell training. You will be led through basic moves that will result in improved balance, cardio endurance and muscle strengthening. **NO drop-ins.**

Saturdays April-August 7:30-8:30 a.m.

Absolute Abs

Health and strength start with the core. We will help you build a more stable, powerful abdomen and lower back with a wide variety of moves.

12 Mondays April-August 6:30-7:30 p.m.

Total Body Conditioning

Equipment used in class includes step, weights, tubing and chairs. Strengthen your body and get your heart rate going too!

Fridays April-August 5:30-6:30 p.m.

Yoga Fitness

Gain strength, stamina and balance with this athletic style of yoga. Yoga Fitness is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

Wednesdays April-August 5:30-6:30 p.m.

Thursdays April-August 8:30-9:30 a.m.

Saturdays April-August 8:30-9:30 a.m.

Pilates

This class provides the perfect method of body conditioning for strength and flexibility. Pilates targets the core muscles for the abdomen and back.

Tuesdays April-August 8:30-9:30 a.m.

Tuesdays April-August 5:30-6:30 p.m.

Intermediate/Advanced

R.I.P.P.E.D.®

The name says it all. Check out this new class that stands for Resistance, Interval, Power, Plyometrics, Endurance and Diet. It's a one stop body shock - just what you're looking for!

Thursdays April-August 5:30-6:30 p.m.

Saturdays April-August 9:30-10:30 a.m.

HIIT Boot Camp

This is a non-stop, powerhouse workout that is guaranteed to burn calories and get your heart pumping. HIIT will include cardio intervals using the step, BOSU, jump rope and floor drills.

Mondays April-August 5:30-6:30 p.m.

Wednesdays April-August 6:30-7:30 p.m.

Cardio Kickboxing

This is an interval based cardio kickboxing class that combines punches and kicks with other fun and effective moves to great music. Class alternates between lower impact moves utilizing the large muscle groups and higher energy, heart pumping moves.

Tuesdays April-August 6:30-7:30 p.m.

Sundays April-August 5:00-6:00 p.m.

Kettlebell

Quick, efficient and intense workout to build muscle and burn fat. Class will end with core work and stretching. **NO drop-ins.**

Sunday April-August 4:00-5:00 p.m.

Kettlebell - TRX® Fusion

TRX® is a revolutionary method of leveraged body weight exercise. Safely perform many different exercises that build power strength, flexibility and balance while combining cardio drills and kettlebells. **NO drop-ins.**

Wednesdays April-August 6:30-7:30 p.m.

Mondays (Beginners) April-August 4:30-5:30 p.m.

TRX® Group Training

TRX® is a suspension training system that uses your own body weight to build power, strength, endurance and core strength, and flexibility. You will love the results! **No drop-ins.**

Wednesday April-August 7:30-8:15 p.m.

Specialty Classes

Spring Into Shape

Want to lose weight and get into better shape for the warmer weather? This 8 week class will give you the tools you need to improve your health and fitness.

Mondays March 14th - May 2nd 7:30-8:30 p.m.

Member \$36/Non-member \$52

Outdoor Boot Camp (location to be announced)



This class includes agility drills, outdoor running and more!

Fee also includes a t-shirt.

Saturday June 11th, July 16th and August 27th from 8:00-9:30 a.m.

Cost: Member \$13/Non-member \$15

Geared For Ages 55+

Note change in fee structure.

Per month senior class fees:

One day/week classes:	\$10	Members
	\$12	Non-memb.
Two days/week classes:	\$16	Members
	\$18	Non-memb.

Drop-in: \$3.50 Members/\$4 Non-members

Many of our classes listed below are free to Silver and Fit® and Silver Sneakers® members.

Adult Water Exercise

For adults who want to work on cardiovascular endurance, strength, body tone and flexibility in shallow end of pool.

2 days/week: Monday/Wednesday mornings; times 10:30 a.m.

1 day a week: Friday mornings; time 10:30 a.m.

Silver Sneakers® Classic

Increase strength, body tone and balance. Chairs will be used for sitting exercises and for balance during standing exercises.

2 days/week: Tuesday/Thursday 9:35-10:15 a.m.

Yoga Stretch

Improve your balance and flexibility with low impact Yoga.

1 day/week: Wednesday mornings; time 9:30 a.m.

Senior Gentle Abs & Back

Designed just for seniors to strengthen back and abs using gentle movements, stretching and balancing.

1 day/week: Monday mornings Time 9:30 a.m.

Senior Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing with handles and a little ball. Chair is used for standing support.

1 day/week: Friday mornings Time 9:30 a.m.

The Senior Center at CSCC

Become a Member:

For just \$10 per year you can become a member of the Senior Center and receive the monthly "Active Times" newsletter detailing great programs and events. *This fee is not part of the CSCC Membership. Sign up at the Senior Center Front Desk located at Central Square Community Center (100 - 7th Avenue North) Monday-Friday, 9:00 a.m.-3:00 p.m.

The South St. Paul Senior Center promotes and provides opportunities in the areas of socialization, recreation, education and health to residents 55 and older. Programs and events offered include card playing, painting, water exercise and open swimming, fitness classes, driving classes, out to lunch, afternoon movies, penny bingo, book club, trips and tours, legal services, foot care, adoptive grandparents and more.

Other special services include: Driver Safety Classes (both the 4 hour refresher and the 8 hour class) through the Minnesota Highway Safety and Research Center (MHSRC) and Tax Help. For specific dates call the Senior Center at 651-306-3690.

Fare For All Food Program

Fare For All Express is a program of the "The Food Group" that partners with several community organizations around the Twin Cities metro area. South St. Paul Central Square Community Center will be a partner of this program. The program allows individuals to save up to 50% on your monthly groceries by purchasing "express packages" as listed below. No advance payment or pre-registration is needed to purchase packages.

Fare For All Express will be held on the following Tuesdays: March 1st, April 5th, May 3rd, May 31st, July 5th and August 2nd from 4:00-6:00 p.m. at Central Square Community Center.

*Fare For All is open to everyone! There are no income-based requirements for participation. **Participation in Fare For All Express does not affect your eligibility to receive assistance from the food-shelf.** Bring your family, friends and neighbors along, they can't afford to miss these great savings!*

Fare For All Express packages contain a variety of healthy, fresh, quality food items, including fruits, vegetables, frozen meats and staple items. There is no limit to the number of packages that can be purchased each month.

SWIM LESSON SCHEDULE

Outdoor Swimming Lessons

Summer Sessions (Splash Pool)

Session 1: June 13th-June 23rd
 Lessons meet Monday through Thursday for two weeks
Per Session Fee: Resident \$45
 Non-resident \$59

Lesson Level/Time/Place

Parent/Child.....	9:45-10:15 a.m.....	Splash
Preschool 1.....	9:45-10:15 a.m.....	Splash
Preschool 2.....	10:20-10:50 a.m.....	Splash

The Central Square Pool offers American Red Cross Swimming Lessons.

Four levels of swimming instructions are available beginning with Infant/Toddler and progressing up to Level 4. Please refer to skill level descriptions when registering. Choose the level that closely fits your child's current abilities. **Keep in mind that it is common for children to sometimes repeat a level several times before advancing to the next.** You can help your child progress by making sure that he/she attends every class. Lessons will meet once per week for seven weeks, and will be held on Mondays or Saturdays. Please note, the CSCC pool depth begins at 4 feet.



Indoor Swimming Lessons

Evening Sessions (CSCC)

Lessons meet Monday nights for 7 weeks
 June 13th-August 1st (No class July 4th)
Per Session Fee: Resident \$45
 Non-resident \$59

Lesson Level/Time/Place

Level 1.....	5:00-5:30 p.m.....	CSCC
Level 2.....	5:35-6:05 p.m.....	CSCC
Level 3.....	6:10-6:55 p.m.....	CSCC
Level 4.....	7:00-7:45 p.m.....	CSCC



Skill Level Descriptions

Preschool 1/Preschool 2 (Age 3-5)

Entry level class for children without their parents. Class for children with little or no water experience. Students will learn to fully submerge their head in the water, water safety, cover floating and basic swimming skills.

Levels 1-4 (Age 6-up)

Level 1: Introduction to Water Skills (Ages 6 and up)

Orient participants to water and gain basic aquatic skills. Participants develop positive attitudes and safe practices around water. Skills covered: entering the water independently, traveling 5 yards bobbing, retrieving submerged objects, gliding and floating with assistance, water safety.

Level 2: Fundamental Aquatic Skills

(Prerequisite: successful completion of Level 1)

Skills covered: floating independently for 15 seconds, swimming 5 body lengths, and rolling from a front to a back float.

Level 3: Stroke Development

(Prerequisite: successful completion of Level 2)

Skills covered: flutter, scissors, breaststroke and dolphin kicks. Jumping into deep water and maintaining a treading or floating position. Swimming the front crawl or elementary backstroke for 25 yards.

Level 4: Stroke Improvement

(Prerequisite: successful completion of Level 3)

Skills covered: front crawl, elementary back stroke for 25 yards, breaststroke, back crawl, butterfly, side stroke for 15 yards. Diving into the deep end. This level focuses on stroke development and normally repeated until students have the endurance and skills to complete the strokes listed.

Online registration:

Wednesday, May 25th, at 8:00 a.m.

In Person Registration:

Thursday, May 26th, at 8:00 a.m.

Fees:

CSCC Member: \$45 per session
 CSCC Non-member \$59 per session

(Mail-in registrations will not be accepted)

SUMMER POOL INFORMATION



2016 Summer Pool Passes/Times

Season passes must be purchased at Central Square Community Center. Individuals may use their season pass (valid June 11th through August 14th) at Northview Pool, the Splash Pool at Lorraine Park and Central Square Community Center indoor pool during open swim hours and Toddler Time (Splash Pool). Season passes are good for unlimited entries to any of the pools for a single individual. **Passes are nontransferable.**

Daily Admission Coupons Books must be purchased at Central Square Community Center. The coupon book includes 10 passes to visit either Northview Pool, the Splash Pool at Lorraine Park and Central Square Community Center during open swim hours. Passes are transferable.

The Parks and Recreation Department is not responsible for lost or stolen coupon books or season passes. Lost or stolen passes must be reported (with ID number) to the Recreation Supervisor at 651-306-3693. There will be a \$10 replacement fee for lost or stolen passes. Coupons Books and Season Passes expire at the end of the 2016 Summer season. Season pass holders must turn in their passes at the pool entrance for each pool visit. Passes should be retrieved when leaving the facility.

Swimmers Please Remember.....All swimmers must wear proper swim attire. No gym shorts or jean material is allowed. Children in diapers must wear swim diapers. All life jackets must be US Coast Guard Approved. No flotation devices such as water wings, or noodles are allowed in the pools. Goggles that cover your nose are not allowed.

No outside food or beverages are allowed inside the fenced in area of the pools.

Location	Season	Times	Admission (includes tax)
Splash Pool at Lorraine Park 4th Ave. & 7th St. So. Phone: 651-554-3343	June 11th-August 14th *Toddler time is geared for parents/grandparents and guardians with children under the age of 4.	Monday-Sunday 12:30-7:00 p.m. <i>*Toddler time</i> Monday-Friday 11:00 a.m.-12:30 p.m.	\$3.50 per day \$2.25 (age 55+) Infants free (under 12 mo.) <i>*Toddler Time</i> \$2.00 per person Cash only
Northview Pool 1800 Thompson Ave. Phone:651-554-3344	June 11th-August 14th	Monday-Sunday 1:00-7:30 p.m.	\$3.50 per day \$2.25 (age 55+) Infants free (under 12 mo.) Cash only
Central Square Indoor Pool 100 - 7th Ave. No. Phone: 651-306-3690	June 11th-August 14th	Monday-Sunday noon-3:00 p.m. & Friday 6:00-8:00 p.m.	\$3.50 per day \$2.25 (age 55+) Cash only
Daily Admission Discount Coupon BookResident \$30 Non-Resident \$35 (10 transferable daily admission coupons)			
Season PassesFirst Pass.....Resident \$35 Non-Resident \$45 Each Additional Pass....Resident \$25 Non-Resident \$35			

Season pass holders must turn in their pass at the pool entrance for each visit. Pass should be retrieved when leaving the pool facility. Individual name and age must be written on back of pass to be valid. Passes are non-transferable.

Youth Karate (Grades 3-6)

Mini Session (6 weeks)

Beginners will learn simple skills and effective techniques including kicking, punching, throwing and falling. Advanced students will continue to improve on skills taught throughout this class.

Thursdays April 7th - May 12th 6:30-8:00 p.m.

Member: \$24 Non-member \$30

Registration begins Wednesday, March 16th at 8:00 a.m.

Summer Session (9 weeks)

Beginners will learn simple skills and effective techniques including kicking, punching, throwing and falling. Advanced students will continue to improve on skills taught throughout this class.

Thursdays June 9th - August 4th 6:30-8:00 p.m.

Member: \$35 Non-member \$45

Registration begins Wednesday, May 18th at 8:00 a.m.



GYMNASTICS SCHEDULE

Junior Packer Gymnastics

Spring Session March 28th - May 14th

Mondays *March 28th-May 9th*
Tuesdays *March 29th-May 10th*
Saturdays *April 2nd-May 14th*

Summer Session June 13th - August 2nd

Mondays *June 13th-August 1st*
Tuesdays *June 14th-August 2nd*
(No class July 4th and 5th)

Gymnastics Registration

Spring Session (March 28th - May 14th)

Registration begins:

Online: Wednesday, March 16th at 8:00 a.m.

In Person: Thursday, March 17th at 8:00 a.m.

(Mail-in registrations will NOT be accepted)

Summer Session (June 13th - August 2nd)

Registration begins:

Online: Wednesday, May 25th at 8:00 a.m.

In Person: Thursday, May 26th at 8:00 a.m.

(Mail-in registrations will NOT be accepted)

***Register early as classes fill quickly**

Tiny Tots: (Age 3) and

Tiny Tumblers: (Ages 4-5)

Designed to acquaint young children with the basic skills of gymnastics. Appropriate for children with little or no gymnastics experience. Class focus is to develop strength, coordination and self confidence. The 3 year old age group will focus on motor skills development.

Mondays 6:15-6:55 p.m. Member \$42/Non-member \$52

Beginners I Gymnastics (Ages 6 & up)

Designed for boys and girls with little or no gymnastics experience. Includes exposure to apparatus as well as focus on skills, strength, coordination and flexibility.

Mondays 7:00-8:00 p.m. Member \$47/Non-member \$57

Beginners II Gymnastics (Ages 6 & up)

Designed for students who have passed Beginners I Gymnastics or have prior gymnastics experience. Continuation of basic skills as well as development of strength, flexibility and coordination.

Tuesdays 6:15-7:15 p.m. Member \$47/Non-member \$57

***Saturdays 10:45-11:45 a.m. Member \$47/Non-member \$57**

***Offered Spring Session Only**

Intermediate I Gymnastics (Ages 6 & up)

Designed for students who have passed Beginners II Gymnastics or are familiar with the following skills: **Floor**-R & L cartwheel, handstand hold, back bend & stand up and front-over.

Beam-forward roll, tuck jump and scale. **Bars**-pullover, cast back hip circle, swing with re-grasp. **Vault**-squat on. Class will continue to focus on skill development, muscle strength, flexibility and self confidence.

Tuesdays 6:15-7:15 p.m. Member \$47/Non-member \$57

Intermediate II Gymnastics (Ages 6 & up)

Designed for students who have passed all levels of Beginners and Intermediate I Gymnastics, or who are able to PERFORM the skills listed above for Intermediate I Gymnastics. Class will focus on higher level gymnastics skills and will serve as preparation for advanced-level gymnastics. This is not an appropriate class for students who have not attended formal gymnastics classes.

Mondays 7:15-8:15 p.m. Member \$47/Non-member \$57

Advanced Gymnastics (Ages 6 & up)

Designed for students who have PASSED all levels of Beginners and Intermediate Gymnastics, or who are able to PERFORM the following skills: **Floor**-front over, backbend-kick over, round-off dismount, all jumps/leaps. **Beam**-cartwheel on low bean, round-off dismount. **Bars**-pull-over connected to back hip circle, pop-up. Vault-handspring. Preparation for team level gymnastics.

Tuesdays 7:15-8:30 p.m. Member \$72/Non-member \$82

Advanced Intensive

Designed for students who have PASSED all levels of Beginners, Intermediate and Advanced Gymnastics. It will be held twice a week and have a more focused approach on the fundamentals of gymnastics. The class is intended for gymnasts who want to learn the basics of competition style gymnastics. Classes will concentrate on tumbling and dance connections, routine requirements and essential gymnastic drills.

**Spring Session: Tuesdays 7:15-8:30 p.m. and
Saturdays 10:45-noon**

Member \$97/Non-member \$107

Summer Session: Tuesdays 7:15-8:30 p.m.

Member \$72/Non-member \$82

SOUTH ST. PAUL LIBRARY

Adult Book Discussions

The South St. Paul Public Library offers two different book clubs.

Why not join one of the library's book clubs this spring? New members are always welcome. Titles slated for the next two months are:

- April - *Vacationland* by Sarah Stonich - Author Appearance!
- May - *Station Eleven* by Emily St. John Mandel

The South St. Paul Public Library book clubs meet on the second Wednesday and Thursday of each month. The Wednesday afternoon group will convene on May 11th at 1:00 p.m. (there will not be an April afternoon meeting), or join the Thursday evening group on April 14th and May 12th at 7:00 p.m. in the library meeting room (106 3rd Ave. No.). Information packets are available at the library's front desk or on the library's website at www.southstpaul.org under Programs and Services.

Local Author Appearance

The South St. Paul Public Library features local authors from around the community



Sarah Stonich - Thursday, April 14th at 7:00 p.m.
Local author Sarah Stonich has just released a new book, *Fishing with RayAnne*, under the pen name Ava Finch. She will discuss writing under two pen names and field questions regarding this book and her acclaimed novel *Vacationland*, the library's April book club selection. A MN Legacy program.

Special Programs

Register for one of this year's summer reading programs, **On Your Mark, Get Set, Read!**, starting Wednesday, June 1st. The kids summer reading program will end Wednesday, August 3rd, and the teen program will end Friday, August 5th.

Backyard Games

Get excited for the upcoming Summer Olympic Games by testing your skills on our backyard version of events like the javelin throw, discus toss, 100m dash, balance beam, and more.

Friday, June 10th from 2:00-4:00 p.m. (Ages 3 and up)

Have a Ball

Bounce and roll your way through games, activities and crafts all utilizing a basic piece of play equipment: the ball.

Registration required.

Monday, June 13th from 10:30-11:15 a.m. (Ages 3-6)



Clay Cats and Dogs with Abrakadoodle

We'll learn all about our favorite pets, color mixing and sculpting while we use our imaginations to create colorful pets.

Registration required. A MN Legacy Program.

Tuesday, June 14th from 11:00-11:50 a.m. (Ages 6-12)

Active Recovery

Learn ways from coloring to yoga to relax and refuel without being a couch potato!

Registration required.

Tuesday, June 14th from 2:00-3:00 p.m. (Ages 8-14)

Teens Activate!



In this group, teens will gain leadership and advocacy skills and strategies, work together to identify community needs and learn how to transform a shared vision into actions that result in positive change.

Thursdays, June 15th-August 4th from 3:00-4:30 p.m. (Ages 12-18)

Rookie Readers Storytime

Sing, talk, read, write and play your way through books, rhymes, songs and movement, all with a focus on making healthy choices.

Fridays, June 17th-July 29th from 10:30-11:00 a.m. (Ages 0-6)

Egg Drop

Use a variety of found materials to create a vessel to protect an uncooked egg from the impact of a fall.

Monday, June 20th 1:00-2:00 p.m. (Ages 6-12) and 3:00-4:00 p.m. (Ages 12-18) Registration required.

Mixed Nuts

Physical comedy, age appropriate humor and uproarious audience participation. Hilarity and belly laughs for all.

Tuesday, June 21st at 10:30 a.m. (Ages 2-10) Sponsored by MELSA.

Design a Mascot

Create a mascot design and story for a fictional sports team.

Wednesday, June 22nd from 2:00-3:00 p.m. (Ages 8-14) Registration Required.



Stranger Than Friction

Explore the science behind friction and how it helps or hinders athletes through hands-on activities.

Monday, June 27th from 10:30-11:30 a.m. (Ages 6-12) Registration required.

Mother Goose Games

Nursery rhymes come to life with games and activities like Jack Be Nimble's Candlestick Jump.

Monday, June 27th from 6:00-7:00 p.m. (Ages 4-8) Registration required.

Creating Happily Ever After

Workshop participants will learn storytelling skills like story boarding, characterization, movement and voicing from seasoned storytellers Kathleen Johnson and Pam Schweitzer. Family and friends are welcome to enjoy a short performance at the end of the last class.

Tuesday, June 28th through Friday, July 1st from 1:00-2:30 p.m. (Ages 8-14) Registration is for ALL FOUR days. A MN Legacy Program.

Adult Programs

The ABC's: A Basic Introduction to Bankruptcy

Have you found yourself in a position where it is necessary to file for bankruptcy? If you need a fresh start but aren't sure where to begin, come to this informational session by attorney Ronald Lundquist to learn about the basics of how bankruptcy works. Presented by the Dakota County Law Library.

Monday, March 7th from 6:00-7:00 p.m. Registration is required.

Meditation for Healthy Living

Join Michael Ribet, who has been practicing meditation for over 40 years as he discusses how meditation can improve our physical, mental and spiritual health. In this presentation, you will learn effective strategies and a simple but profound meditation technique that will help remove stress and worry.

Saturday, March 19th from 10:30 a.m.-noon Registration is required.

Beyond Perfection: Making Books with What You Have

Books come in all shapes, sizes and designs. This is your opportunity to experiment and play as you create a unique one-of-a-kind book using obsolete material. Guaranteed: No two books will look the same. Presented by the Minnesota Center for Book Arts. A MN Legacy program.

Saturday, March 21st from 6:00-8:00 p.m.
Registration is required.



Job Resources @ the Library

If you're looking for a job and want to learn about the job seeking tools available through the library, stop by for this informational session. We'll learn about databases, local resources and more!

Monday, April 4th from 6:30- 7:30 p.m.
Registration is required.

Felted Soap

Bathe in luxury and create a piece of artwork with loose wool and soap. Using the process of wet felting, you can indulge and relax with your two-in-one washcloth and soap bar. Presented by the Minnesota Textile Center. A MN Legacy program.

Monday, April 18th, 6:00-8:00 p.m.
Registration is required.

Spring Book Sale

Book lovers and bargain hunters, come on down to the library for our annual Spring Book Sale! We'll have both children's and adult materials available for purchase. \$1.00 bag sale the entire week! Keep in mind that the stock of books is replenished throughout the sale, so come more than once!



April 18th through the 23rd

Silver Tea: Lila Ammons

Lila is known to jazz audiences in Europe and the United States as a vocalist who spans the history of jazz stylistically. This afternoon of music will feature songs from bebop, swing, Brazilian Bossa Nova and classic blues. This performance is part of the Dakota County Library's Silver Tea series.

Thursday, May 26th from 1:30-2:30 p.m. (Ages 55 and older)

Wire Bird's Nest Necklace

Using wire to make a nest, beads for eggs and a few other jewelry making supplies, you'll create a beautiful statement necklace for yourself or to give as a handmade gift to someone you care about. All supplies will be provided.

Monday, June 13th from 6:30-8:00 p.m.
Registration is required.

Online Travel Tips

Join local travel expert Rayne Olson as she shares tips on how to book airfare online, how to find the best deals and which travel resources are available at the library. Personal laptops are welcome but not required.

Thursday, June 16th from 6:30-7:30 p.m.



For more information on any of these programs call 651-554-3240 or stop by the library. Updates for all programming can be found on the library's website at www.southstpaul.org/library.

Join the Club

South St. Paul Weed Be Goners Club

The City of South St. Paul will be kicking off the Weed Be Goners Club this spring. The City is looking for residents to join the Club and help beautify City parks, streets and various locations within South St. Paul. Club members will meet on the 2nd and 4th Tuesdays of the month, from 5:30 to 7:00 pm, starting May 3 to August 30, 2016. Club members will receive free Weed Be Goner T-shirts and gloves. All ages are welcome to join. Come as often as you are available to participate.



For additional information on the Weed Be Goners Club or how to become a member, contact Deb Griffith, community Affairs Liaison, at Deb.griffith@southstpaul.org or 651-554-3230 to be registered. Once registered, you will be added to

the Weed Be Goners Club Weed-News and receive updates and beautifying locations.

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YOUTH FLAG & TACKLE FOOTBALL



The Parks and Recreation Department's Youth Football League is for boys and girls in grades 1-6. Participants in grades 1 and 2 will play Flag Football and participants in grades 3-6 will play Tackle Football. Use grade child is entering in Fall 2016. Registration deadline is July 17th. Registrations after this date will incur a \$15 late fee (no exceptions). **Special thank you to the SSP Lions Club for sponsoring youth football equipment purchases.**

Skills Week (Included in fee)

All youth football registrants will participate in a four day skills camp. Camp will be instructed by South St. Paul High School Varsity Football Head Coach Chad Sexauer and his staff. The three major components for the week will be specialized instruction of offensive and defensive positions, athletic movement and skills development. The last twenty minutes of each practice will be spent on games or football competitions. All participants will be fitted for a helmet and shoulder pads. All players are responsible for football pants, mouth guard, and rubber soled cleats. Players will be in full equipment Monday – Wednesday. Thursday camp – mouth guard, and rubber soled cleats. In case of rain skills camp will be canceled.

Teams will be chosen on Monday August 15th. Coaches will notify each of their players by phone after the draft.



****New this year, kids will meet their coaches and receive their jersey on Thursday Aug. 18th at 6:30 pm at Ettinger Field.****

Camp Dates: August 8th - 11th

Time: Flag (Grades 1st & 2nd).....5:00-6:00 p.m.
 Tackle (Grades 3rd & 4th).....6:00-7:00 p.m.
 Tackle (Grades 5th & 6th).....7:00-8:00 p.m.

Location: Veterans Field - 1400 3rd St. No.

Structure: August 8th-10th.....Offensive/Defensive Instruction
 August 11th.....Evaluation

EQUIPMENT PICKUP DATES WILL BE AUGUST 1ST & 2ND FROM 6:00-7:00 P.M. AT VETERAN'S FIELD

Flag Football (Gr. 1 & 2)

This program is for all kids entering 1st and 2nd grade in the fall of 2016. The flag football program emphasizes participation and sportsmanship. Flag football is a NON-CONTACT sport. Velcro flags are worn and pulled off for a "tackle". Participants will need rubber soled cleats and a mouth guard.

When: Tuesdays 6:00 p.m. / Saturdays 9:30 a.m.
Cost: \$60

Tackle Football (Gr. 3 & 4)

This program is for all kids entering grades 3 and 4 in the fall of 2016. Players are introduced to proper tackling and blocking techniques. At this level volunteer coaches will provide practices that will teach positional play, sportsmanship and the rules of the game. Each player will be provided with a helmet, jersey and shoulder pads. Player is responsible for pants, mouth guard and rubber soled cleats.

When: Thursdays 6:00 p.m. / Saturdays 10:30 a.m. or noon
Cost: \$80

Tackle Football (Gr. 5 & 6)

This program is for all kids entering grades 5 and 6 in the fall of 2016. At this level volunteer coaches will provide proper football drills and techniques to advance youth to the next level. Each player will be provided with a helmet, jersey and shoulder pads. Player is responsible for pants, mouth guard and rubber soled cleats.

When: Mondays 6:00 p.m. / Saturdays 10:30 a.m. or noon
Cost \$80



DOUG WOOG ARENA

Easter Bunny Skate



Hop on down to Doug Woog Arena for the Annual Skate with the Easter Bunny on Saturday, March 26th from 11:10 a.m.-12:10 p.m. Join the Easter Bunny with skating, games, fun music, treats and prizes (including \$25 gift card from Wakota Federal Credit Union). A limited number of skates are available to rent with non-perishable food items or monetary donation which will be part of the 2016 All Community Food Drive to benefit Neighbors, Inc. The community skate is open to the public and is free to attend. Our thanks to Wakota Federal Union for sponsoring this event.

For more information please contact **Deb Griffith, Community Affairs Liaison** at dgriffith@southstpaul.org or call 651-554-3230



City Service Directory

City of South St. Paul

125 Third Avenue North South St. Paul, MN 55075
Visit the City's website at www.southstpaul.org

Police/Fire/Medical (24 hours)	911
General City Information	651-554-3200
City Clerk/Recycling	651-554-3200
City Administration	651-554-3203
Mayor / City Council	651-554-3203
Water Bills	651-554-3209
Engineering / Public Works	651-554-3210
Building Inspections	651-554-3220
Public Works Maintenance Building	651-554-3225
Community Affairs Liaison	651-554-3230
Library (*VTDD)	651-554-3240
Fire Non-Emergency	651-554-3250
Parks and Recreation	651-306-3690
Police Non-Emergency	651-554-3300
South St. Paul Airport	651-554-3350
Doug Woog Arena	651-554-3330

Summer Skating Opportunities

The Doug Woog Arena offers a variety of open skating opportunities: Our very popular **Rink Rat** session is a stick and puck session for all ages. Full equipment is required for any skater under the age of 18. Skaters over 18 are required to wear a helmet and we strongly recommend additional protective equipment. Coaches are welcome to teach lessons during the Rink Rat session. The cost is \$5 per skater. **Open Freestyle** is our public figure skating only session. The skaters have access to play music to practice their programs or work on choreography. Figure skating coaches are welcome to teach lessons on open freestyle sessions. The cost is \$8 per skater. Summer skating and hockey camps take place all summer at the arena including offerings by local high school coaches.

Visit www.packerhockey.com or www.sspyhs.pucksystems2.com for more details.

Off-Ice Training

The South St. Paul Youth Hockey Association recently opened a brand new 3,000 square foot off-ice hockey and strength training center located within Doug Woog Arena. The facility offers many hockey specific training opportunities including shooting lanes, targets, and stick handling areas. The facility also offers strength and agility equipment for any type of athlete. Contact **Michael Ahern** via email at sspyha.treasurer@gmail.com for availability and rental rates.



City of South St. Paul

Mayor

Beth Baumann.....651-451-7588

City Council Members

Lori Hansen.....651-450-6729
Bill Flatley.....651-554-3284
Dan Niederkorn.....651-459-0049
Todd Podgorski.....651-554-3203
Marilyn Rothecker.....651-451-6007
Tom Seaberg.....651-999-9784

City Administrator

Stephen P. King.....651-554-3202

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