

South St. Paul Parks and Recreation



2016-2017 Winter/Spring Programs

Central Square Community Center
Doug Woog Arena • Public Library

COMMUNITY ACTIVITIES

Breakfast With Santa



Join us on the morning of December 10th with your entire family for a delicious pancake breakfast with all the trimmings. Santa will hand out treats and visit with the children. Pictures will be available to purchase. The South-west Lioness' Santa Store will be open again this year for children to shop for that special gift. **The Parks**

and Recreation Department along with the South St. Paul Lions Club sponsor this holiday event!

No registration required.

Saturday, December 10th 9:00-11:00 a.m. at Lincoln Center Elementary (Ages 6 and under eat free. \$4 all others)

Further information please contact: The Parks and Recreation Department at 651-366-6200



Skate With Santa

Santa, Mrs. Claus and Frosty will be at the Doug Woog Arena (formerly Wakota Arena) on Sunday, December 18th from 4:40-6:00 p.m. for the Annual Skate With Santa. Strap on some skates and skate with Santa's elves and reindeer. Don't have a pair of skates? Bring a non-perishable food item for Neighbors, Inc. for a free skate rental or rentals are available for \$2.00 each. We'll have holiday music, refreshments, treats and a lot of fun. One lucky skater will win a \$25 Visa Gift Card compliments of Wakota Federal Credit Union. Thank you for partnering with the City of South St. Paul in sponsoring the Holiday Community Skates.

No registration is required.

December 18th, 2016 4:40-6:00 p.m.

Doug Woog Arena is located at 141 6th Street South. South St. Paul, MN 55075



Giant Egg Hunt

Join us the morning of Saturday, April 15th at Kaposia Park (Butler Ave & Wilde Ave.) from 9:00-10:30 a.m. for our annual Giant Egg Hunt! 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!

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



ADULT PROGRAMS

Indoor/Outdoor Walking

The High School is open for indoor walking Monday-Friday 5:30-8:30 p.m. Hallways are marked for walkers to follow. Anyone wishing to walk indoors must purchase a button for \$5.00 to identify participants. Buttons are sold at the Parks and Recreation Office or Community Education.

Dakota County will remove snow from the Riverfront Trail (4.5 miles) with parking available at SSP Municipal Service Center (400 E. Richmond St.) and Simons Ravine Trailhead (1308 No. Concord St.). The Kaposia Landing trail (1.6 mile loop) and McMorro Field trail (1/2 mile) will also be plowed for walkers and joggers.



South St. Paul Parks & Recreation Department 2016-2017 Winter/Spring



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: 651-366-6200
Fax: 651-366-6201
Weather Cancellations: 651-366-6210

Park and Recreation Advisory Commission

Rich Dippel	Shawn Meck
Joshua Dormady	Laura Miller
Matt Helwig	Ronald Morgan
Michael Heidelberg	

Staff

Christopher Esser, Director
Alyssa Kellas, Recreation Supervisor
Shannon Young, Recreation Supervisor
Tara Klegin-Laska, Office Specialist
Amy Dybsetter, Office Specialist
Jayson Dwelle, Doug Woog Arena Manager
George Emerson, Doug Woog Arena Assistant Manager
Seth Anderson, Doug Woog Arena Maintenance
Deb Griffith, Community Affairs Liaison

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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 651-366-6200.
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.

Park Picnic Reservations

The Parks and Recreation Department has four facilities available for rent for picnics or other special events. All picnic facilities are available on a first come, first serve basis.

Rentals are available from May 13th-October 8th, 2017, from 8:00 a.m. - 10:00 p.m., 7 days a week. Reservations will be accepted beginning Monday, January 2nd, 2017. Call 651-366-6200

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 Friday, Saturday and Sundays with a complimentary hour granted for set-up and clean-up.



Kaposia Off Leash Dog Area

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 1/1/17-12/31/17) for a modest fee of \$20 resident/\$30 non-resident. Permit holders are asked to keep their permit in view when using the park. 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 information log on to the Parks and Recreation pages on the City's website at www.southstpaul.org or call the Parks and Recreation Office at 651-366-6200.



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 deposit required)

Lorraine Park Shelters

Lorraine Park has **two** open-air facilities complete with picnic tables, electricity, charcoal grills, volleyball court, horseshoe pits, playground and nearby restrooms. (The South Shelter has hot-plates available)

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 deposit required)



Community Gardens

South St. Paul Community Gardens are available to rent starting March 1st, 2017

The Community Gardens are located at:

682 Verderosa Avenue (near the South St. Paul Compost site). The Parks and 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 beginning April 3rd, 2017.

Those who have successfully maintained a garden plot in 2016 have first priority to sign-up with your same plot, March 1st-12th. All other residents will have an opportunity to rent a plot beginning March 13th. Non-resident adults and seniors may rent a plot beginning April 3rd.

For more information please call South St. Paul Parks and Recreation at 366-6200 or stop by Central Square Community Center (100 - 7th Ave. No.) to sign up.

OUTDOOR SKATING FACILITIES



The Parks and Recreation Department will begin flooding the outdoor rinks in mid to late December (weather permitting). Below are the following rinks that will be maintained during the winter season. Questions please contact the Parks and Recreation Department at 651-366-6200.

Warming House Schedule

Monday-Thursday.....4:30-8:00 p.m.
 Friday.....4:30-8:30 p.m.
 Saturday.....Noon-8:30 p.m.
 Sunday.....Noon-6:00 p.m.

Holiday/School Break Hours:

December 24th & 25th.....Closed
 December 23th-January 1st.....Noon-8:00 p.m.
 December 31st.....Noon-6:00 p.m.
 January 16th.....Noon-8:00 p.m.
 February 20th.....Noon-8:00 p.m.

RINK LOCATIONS	Warming House	Hockey Rink	Pleasure Skating
Bromley (22nd Ave. No. & Bromley)	X	X	X
Harmon (Spruce St. & Henry Ave.)	X	X	
Jefferson (21st Ave No. & Southview Blvd.)	X	X	X
Lorraine (3rd Ave. So. & 7th St. So.)	X	X	X
Seidl's (4th St. South & 14th)			X

In the event the city receives snow, the Public Works department's first priority is to provide safe driving conditions on all city streets. The Public Works department aims to clear the rinks within 48 hours. However this may change if the city is to receive a major snowfall. Each warming house will remain closed until all rinks have been cleared and are safe to skate on. Rinks will close if temperature is below -10 degrees and/or wind chill is at or below -15 degrees. Patrons are advised to call the weather hotline at 651-366-6210 or www.southstpaul.org. The recording will be updated daily with information on the status of our rinks. Please note that the rinks can also close due to warm weather conditions.

YOUTH FIELD TRIPS AND EVENTS

2016 Winter Break Trips

Wednesday, December 28th

Crayola Experience at Mall of America

Cost: \$25 (Ages 7 and up)



Kids come discover 25 hands - on attractions where color, chemistry, and technology magically combine to create a colorful adventure for a child's imagination Next we head

out to the lanes to go bowling. Trip fee includes Crayola Experience, lunch, bowling and supervision.

Pickup/Return at: Central Square
(100 7th Ave. No., South St. Paul, MN 55075)

Bus: South St. Paul CSCC
Pickup/Return 9:00 a.m./3:15 p.m.

Thursday, December 29th

Snow Tubing at Wild Mountain Winter Recreation Area

Cost: \$25 (Ages 7 and up)

Kids it's time to hit the snow covered hills at Wild Mountain Winter Recreation Area in Taylors Falls, MN. We will spend the afternoon racing down the tubing tracks, while you relax as you're pulled to the top of the mountain by their magic carpet (moving walkway). If you get cold we can warm up in the chalet or next to the bonfire. This trip is sure to be a blast of winter fun. Please bring a bag lunch. **DO NOT** forget to dress warm! Hats, boots and mittens.



Pickup/Return at: Central Square
(100 7th Ave. No., South St. Paul, MN 55075)

Bus: South St. Paul CSCC
Pickup/Return 9:00 a.m./3:30 p.m.

Royal Prince and Princess Ball



Your little Prince and Princess has been invited to the 2nd annual Royal Ball. We will have crafts, games and a meet and greet with real Prince and Princesses. There will be a DJ, refreshments and lots of dancing. Come in your favorite Royal Costume.

Registration is required. Sign up now space fills up quickly.

When: February 12th, 3:00-5:00 p.m.

Where: Historic Exchange Building (200 Concord Exchange North)
South St. Paul, MN 55075

Cost: \$ 20 per child

Registration deadline: Wednesday, February 8th

DOUG WOOG ARENA



Fall/Winter Skating Times



Skating Times:

Open Skating:

Monday/Wednesday..... 11:00 a.m.-1:00 p.m.
Sunday..... 4:40 p.m.-6:10 p.m.

Open Hockey:

Tuesday/Thursday..... 11:00 a.m.-1:00 p.m.

Open Freestyle, Rink Rat and High School Open Hockey:

Times will be available in a limited basis as schedule allows.
Please contact Doug Woog Arena for dates and times.

SSP High School Boys Premier Tournament:

The Premier Tournament will be held December 26th, 27th and 28th, 2016. This is a varsity boys high school tournament.

Kaposia Classic Tournament:

The Kaposia Classic Tournament will be held December 29th, 30th and 31st, 2016. This is a varsity girls high school tournament.

Blades n Motion Skating School

Blades n Motion offers a full selection of skating lessons from beginner to advanced. Ages 3 through adult are welcome. If you are looking to learn to skate just for fun or to gain that competitive edge Blades n Motion can help. Fall session dates to be announced and will run for 8 weeks. Register early! Registration forms are available at Doug Woog Arena, www.bladesnmotion.com, and at www.southstpaul.org. **For more details contact Barb Yackel at bladesnmotion@comcast.net or call 651-283-4467.**

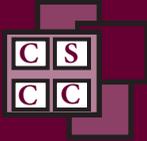


Public Meeting Room

Doug Woog Arena has a large community meeting room available to the public for use during regular hours of operation. The meeting room has flexible seating arrangements for up to 50 people and can host a variety of activities and events.

Contact arena staff at 651-554-3330 for rates and availability.





Central Square Community Center

2016-2017 Winter/Spring Programs & Facility Guide

100 - 7th Ave. No., South St. Paul, MN 55075
 Phone: 651-366-6200 • Fax: 651-366-6201 • 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 public facility operated by the City of South St. Paul and Special School District #6. For more information contact CSCC at 651-366-6200 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, Cardio Kick, Yoga Fitness and R.I.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
 Luke Olson 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 Winter/Spring Hours:

Monday-Friday.....5:00 a.m.-10:00 p.m.
 Saturday.....7:00 a.m.-7:00 p.m.
 Sunday.....7:00 a.m.-7:00 p.m.

Holiday Closings/Change in Hours

Christmas Eve hours: 7:00 a.m.-12:00 p.m. (December 24thW)
 Christmas Day Closed (December 25th)
 New Years Eve hours: 7:00 a.m.-3:00 p.m. (December 31st)
 New Years Day Closed (January 1st)
 Easter Closed (April 16th)

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 August-December 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.
 Saturday and Sunday.....12:00 p.m.-3:00 p.m.

Adult Open Swim:

Tue./Thur./Fri.....10:30 a.m.-11:15 a.m.

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 10. 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.



Tuesdays 4:30-5:30 p.m.
 Thursdays 6:30-7:30 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 4:30-5:30 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.

Mondays 7:15-8:15 p.m.
 Wednesdays 6:00-7:00 p.m.
 Saturdays 8:15-9:15 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 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.

Mondays 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!

Tuesday 5:15-6:15 a.m. **CANCELED**
 Thursdays 5:15-6:15 a.m. **CANCELED**
 Fridays 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 5:30-6:30 p.m.
 Thursdays 8:30-9:30 a.m.
 Saturdays 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 8:30-9:30 a.m.
 Tuesdays 5:30-6:30 p.m.



Intermediate/Advanced

R.I.P.P.E.D.®

The name says it all. Check out this 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 5:30-6:30 p.m.
 Saturdays 9:30-10:30 a.m.

HIIT Boot Camp

HIIT will include cardio interval, agility drills using the steps, BOSU, Barbells, weights and more.

Mondays 5:30-6:30 p.m.
 Wednesdays 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 6:30-7:30 p.m.
 Sundays 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.

Sundays 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 6:30-7:30 p.m.
 Mondays (Beginners) 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

7:30-8:15 p.m.

Specialty Class

Surf and Turf

Come join us for this challenging workout. Surf and Turf bootcamp is a fast paced calorie blasting workout that starts on land with an hour of combined strength training, stability work and cardio and ends with a half hour in the pool using the resistance of the water. Sign up early for extra chances at prizes!

When: Saturday, January 28th 8:30-10:00 a.m.

Cost: Member \$12

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 included with your Silver and Fit® or Silver Sneakers® memberships. Please see our office staff for more information.

Senior Aqua Interval

A lower intensity class using cardiovascular training as well as sections focusing on strength and balance exercises.

2 days/week: Monday/Wednesday mornings;
Time -TBA **1 day a week:** Friday mornings; **Time -TBA**



Yoga Stretch

This safe and slower-moving class is designed for seniors. We work gently to increase strength, range of motion in shoulders, back, hips and legs to develop better balance and core awareness. Monday's class focuses on core work. Wednesday's class focuses on strength and stretching. Chair support is offered for safety. Participants must be able to get down on the floor.

1 day/week: Monday mornings - TBA

1 day/week: Wednesday mornings - TBA

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 Time 9:35-10:15 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 - TBA

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, out to lunch, afternoon movies, penny bingo, book club, trips and tours, 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).

Free Tax Preparation for AARP. Volunteer income tax preparers will be doing tax returns free of charge. These tax counselors are trained to assist with BASIC tax forms and problems, will be provided to seniors who are 55 years or older and who are low income. Appointments will take place on Wednesdays and Thursdays from 8:00 a.m.-12:00 p.m. February 8th-April 13th. For specific dates call the Senior Center at 651-366-6200.

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 in 2017:

January 24th, February 21st and March 28th 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 LESSONS



Winter Session

Mondays

***January 23rd-March 27th (No classes 2/20, 3/13)
(8 weeks)***

Lesson Time/Level

5:30-6:00 p.m. Manta Ray

6:05-6:35 p.m. Octopus

6:40-7:10 p.m. Dolphin

Saturdays

***January 21st-March 25th (No classes 1/28, 2/18, 3/11)
(8 weeks)***

Lesson Time/Level

9:30-10:00 a.m. Minnow

10:05-10:35 a.m. Sea Turtle

10:40-11:10 a.m. Gold Fish

11:15-11:45 a.m. Otter

Swim Lesson Registration

In Person Registration:

Tuesday, January 3rd, at 5:30 p.m.

Online Registration: Remaining spots will go online

Wednesday, January 4th, at 8:00 a.m.

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

CSCC Swimming Lessons

The Central Square Community Center Starfish Swim School®

Starfish Aquatics Institute offers a swim program that is being used worldwide to cultivate an understanding of aquatic safety and skills that will last a lifetime. The skills learned by swimmers are a natural progression to developing key components of swimming stroke techniques. The core skill achievement stages and bench marks for swimmers are listed under Skill Level Descriptions. Please register your swimmer for the level closest to their swimming ability. On the first day of lessons, all children will be pre-tested to make sure they are in the correct skill level. Specific classes offered may change based on public demand.

Skill Level Descriptions

Jump in, submerge for 5 seconds
Submerge all the way and retrieve an object off the bottom of the pool

Jump in, submerge, come up and take a breath, roll on back and float for 5 seconds

Jump in, come up for air, kick and pull forward 10 feet on front and back, change direction and return to side, completely unassisted

Jump in, submerge for 5 seconds
Submerge all the way and retrieve an object off the bottom of the pool

Preschool Lessons (Ages 3-5)

Minnow ●

This level is to introduce new swimming and water safety skills to non-swimmers. Minnows will learn to safely enter and exit the water, bobbing, open eyes underwater to retrieve objects, front and back floats.

Sea Turtle ●●

Must be comfortable in the water and front glide with kick for 5 feet without assistance. This class is a continuation of skills that swimmers learned in our Minnow class. Each lesson will include engaging and challenging activities to continue to build on floating, glides and recoveries, roll from back to front and begin to tread water.

Youth Lessons (Ages 6 and older)

Gold Fish ●

This level is to make participants comfortable in the water. Gold Fish will be introduced to basic swimming skills to build a strong foundation. Some milestones in gold fish will be entering and exiting the water independently, traveling 5 yards, gliding 2 body lengths, bobbing, rolling from front to back independently.

Otter ●

This level will continue to build on skills and water safety learned in the previous level. The structure of the class will include fully submerging for underwater objects, bobbing, front and back floats, changing directions while swimming on front and back and the beginning stages of the freestyle and backstroke.

Manta Ray ●●

In this level stroke development will be emphasized as well as water skills in the deep end of the pool. Some of the milestones Manta Ray's requires will include jumping into the deep water, swimming under water, the freestyle and backstroke for 15 yards and treading water for 30 seconds.

Octopus ●

This level will continue to build and develop strokes and deep water skills learned in the previous level. Swimmers will learn head first entries into the deep end, continue building on stroke development and endurance and will be introduced to open turns on back and front.

Dolphin ●

In this class expectations for swimmers are higher in regard to distance, quality and endurance of strokes. Each class will have challenging activities and drills to build endurance and improve techniques.

How to Register

There are two options to choose from when registering. (Mail in registration is NOT accepted)

In Person registration is available at CSCC
Cash, check, VISA, MasterCard and Discover

Online registration available at www.southstpaul.org.
VISA, MasterCard and Discover are accepted.

Youth Karate Classes

Session 1: January 5th - February 23rd
(8 weeks)

Registration begins:
Wednesday, December 28th at 8:00 a.m.

Thursdays, January 5th-February 23rd
6:30-8:00 p.m.
Member \$47/ Non-member \$57



Session 2: March 16th - May 4th
(8 weeks)

Registration begins:
Thursday, February 23rd at 8:00 a.m.

Thursdays, March 16th-May 4th
6:30-8:00 p.m.
Member \$47/Non-member \$57



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. Program is geared for kids in 3rd through 9th grade.

GYMNASTICS SCHEDULE



Junior Packer Gymnastics

Winter Session January 16th - March 4th

Mondays January 16th-February 27th

Tuesdays January 17th-February 28th

Saturdays January 21st-March 4th

Spring Session March 27th - May 13th

Mondays March 27th-May 8th

Tuesdays March 28th-May 9th

Saturdays April 1st-May 13th

Class Levels

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

Saturdays 9:00-9:40 a.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

Saturdays 9:45-10:45 a.m.

Member \$47/Non-member \$57

Beginners II Gymnastics

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

Intermediate I Gymnastics

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

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

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 beam, 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.

Tues. 7:15-8:30 p.m. and Sat. 10:45-noon

Member \$97/Non-member \$107



Gymnastics Registration and Open Gym

Gymnastics Registration

Winter Session (January 16th-March 4th)

In person:

Wednesday, January 4th at 5:30 p.m.

Online:

Remaining spots will go online Thursday, January 5th at 8:00 a.m.
(Mail in registrations will NOT be accepted)

Spring Session (March 27th-May 8th)

In person:

Tuesday, March 7th at 5:30 p.m.

Online:

Remaining spots will go online Thursday, March 8th at 8:00 a.m.
(Mail in registrations will NOT be accepted)

Central Square Community Center is looking for staff with a gymnastics or dance background who love to work with children. The position is part time. For more information please visit southstpaul.org.



Gymnastics Open Gym

This is a great way for your child to get extra time to work on that skill that they have been trying to master. Open Gymnastics is not set up as an organized class, but is fully supervised. Parent must sign a waiver before child is able to participate in Open Gymnastics.

Saturdays January 21st - March 4th 1:00-3:00 p.m. Fee: \$6

CENTRAL SQUARE SENIOR CENTER

Senior Center Activities

Penny Bingo

Penny Bingo meets twice per month! Spend a FUN afternoon with us at the Senior Center playing Penny Bingo! So...what is Penny Bingo you ask? It's a **fast** paced, easy card game that everyone will enjoy. It's very casual play leaving plenty of time to socialize and laugh throughout the games.

When: 1st and 2nd Monday of each month, 1:00-3:00 p.m.

Afternoon Card Games

Cribbage: Mondays at 12:30 p.m.

500: Wednesdays and Fridays at 12:00 p.m.

Pinochle: Wednesdays and Fridays at 12:00 p.m.

Afternoon at the Movies

Join us at Central Square Community Center and watch a new release movie on a large screen. Enjoy ice cream, popcorn and other snacks too.

When: 2nd Thursday of each month

Cost: \$1.00

Classic Movies

December 20th:

Miracle on 34th Street (1947)

Written and Directed by George Seaton

January 17th:

Call Me Madam (1953)

Written by Howard Lindsay and Russel Crouse

February 21st:

The Uninvited (1944)

Directed by Lewis Allen

March 21st:

The Catered Affair (1956)

Directed by Richard Brooks

April 18th:

Dangerous Crossing (1953)

Directed by Joseph M. Newman

Join us at Central Square Community Center and watch a classic movie on a large screen. Enjoy ice cream, popcorn and other snacks too. Our host Ken will give you a short preview prior to each movie.

When: 3rd Tuesday of each month

Cost: \$1.00

SOUTH ST. PAUL LIBRARY

Adult Reading Program

Hot Reads for Cold Nights January 3rd-February 25th

As the cold wind blows, stop in at the library for some hot books! You can read or listen to whatever books you want, submit drawing review slips, and hope to win great weekly prizes like gift cards, books, mugs, and more! For the grand prize, play Grand Prize Bingo by filling out our BINGO card (included in your registration packet) with books you've read for a chance to win a \$50 Saint Dinette gift card. Come to our **Hot Reads Book Bingo Kick Off Event** on Monday, January 9th, 6:30-7:30 p.m. and play regular BINGO to win prizes like books and DVDs! Stop in starting January 3rd to pick up your registration packet with treats to get you in the mood to cozy up with some good books this winter!

Book Discussion Groups

- January 11th and 12th: *Coming Clean: a Memoir*
by Kimberly Rae Miller
- February 8th and 9th: *The Last Days of Ptolemy Grey*
by Walter Mosley
- March 8th and 9th: *The Turtle Catcher*
by Nicole Helget
- April 12th and 13th: **TBD**
- May 10th and 11th: **TBD**

South St. Paul Library's groups meet the 2nd Wednesday of the month at 1:00 p.m. and the 2nd Thursday of the month at 7:00 p.m., unless otherwise noted. Both discussions are held in the library's meeting room.

New members are always welcome!

Embrace the New Year with Meditation

In this busy fast paced world, peace seems like an elusive commodity. Join Michael Ribet, long-time meditator for over 40 years and who has been giving workshops on meditation in various parts of the country. He will lead this helpful and stimulating workshop offering effective techniques that can reduce stress, enhance relaxation and promote inner growth. Michael will discuss how meditation can improve our physical, mental and spiritual health.

Thursday, January 12th, 6:30-8:00 p.m.



Dan Newton: Accordionist



Join us for swing, Latin, French musette and folk music with accordionist Dan Newton, whose performances combine top-notch musicianship, setting the music in cultural and historical contexts and wit.

Monday, January 30th, 6:30-7:30 p.m.

Make-a-Bookmark Contest

Calling all card makers, scrapbookers, and artists! Submit an original bookmark created by you into our contest, to be judged by our librarians. The winner will receive a \$20 gift card to Michael's! Entries must be submitted by February 1st, at 6:00 p.m. See contest rules on our website. We will also have a **Bookmark Making Party** on Monday, February 6th, 6:30-8:00 p.m. where our winner will be announced (contest participants and non-participants welcome). Bring your bookmark-making supplies for this fun night of crafting. We'll also provide some supplies and ideas too. It's time to get creative!



Basic Drawing

Students will learn how to use line, shape, texture, color, and shadow to create interesting and skillfully drawn images using graphite and charcoal. Class projects will focus on still life and photo images as inspiration. Presented by Artistry. A MN Legacy program.

Registration is required.

Monday, March 20th, 5:00-8:00 p.m.

Hand Woven Bracelets

In this class, we will use small looms to learn how to create our own wearable fiber-art. We will weave long and narrow strips while learning a few basic weaving stitches along the way. We'll turn our woven art into a wrist-warmer with a clasp and some beadwork. Presented by the Weaver's Guild. A MN Legacy program.

Registration is required.

Monday, April 17th, 6:00-8:00 p.m.

Of Bees & Butterflies

Work with naturalist Larry Wade to learn about pollinator friendly gardens. Then work with artist Jeanette Dickinson to create a "bee"-utiful garden container for pollinator plants that will be the talk of the beehive! Presented by ArtStart. A MN Legacy program.

Registration is required.

Saturday, April 22nd, 10:00 a.m.-12:00 p.m.

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.

Registration is required.

Monday, May 15th, 6:30-7:30 p.m.

Tech Tutoring Appointments

Do you need one-on-one technology assistance from a librarian? Whether you need help downloading a library eBook, an introduction to Microsoft Word, help setting up a Facebook page or assistance saving files on a flash drive, one of our librarians can help you reach your goals. Call Honora at 651-554-3243 or email hrodriguez@sspmn.org to set up a 30 minute appointment.

Storytimes

Stories at Lawshe Memorial Museum

The Dakota County Historical Society and South St. Paul Public Library are collaborating for a special storytime series highlighting events from the area's past through stories and activities for toddlers and preschoolers. Siblings and daycare groups welcome. (Ages 2-6)



Tuesdays: January 17th, February 21st, March 21st, April 18th
Time: 10:15 a.m.

Rock, Rattle, and Rhyme



Enjoy rhymes, songs, sign language, books, and play time to learn early literacy and socialization skills. For children up to 36 months and their caregivers. No registration necessary; come when you can! ECFE staff will be on hand to provide child development information as well as weigh your babies!

Mondays: January 23rd, 30th; February 6th, 27th; March 6th, 13th, 20th, 27th; April 10th, 17th, 24th,
Time: 6:15-7:00 p.m.

Wednesdays: January 18th, 25th; February 1st, 8th, 15th, 22nd; March 1st, 8th, 15th, 22nd, 29th; April 5th, 12th, 19th, 26th,
Time: 3:30-4:15pm

Storytime for 2-6's

Read, play, sing, talk and write together with stories and activities to develop early literacy skills for toddlers and preschoolers. Siblings and daycare groups welcome. (Ages 2-6)

Tuesdays: January 24th, 31st; February 7th, 14th, 28th; March 7th, 14th, 28th; April 4th, 11th, 25th

Time: 10:15 a.m.



Special Programs/Classes

Star of the North Jr. Readers

Did you know Minnesota has a book award for picture books? It's called the Star of the North Book Award and is awarded annually based on votes from kids! Join us as we read all 10 of the 2016-17 nominees and complete a fun activity for each book.

Wednesday, January 4th, 10:30-11:00 a.m.

In a Village by the Sea by Muon Van

Friday, January 13th, 11:30 a.m.-12:00 p.m.

Ballet Cat: The Totally Secret Secret by Bob Shea

Wednesday, January 25th, 10:30-11:00 a.m.

Red: a Crayon's Story by Michael Hall

Friday, February 10th, 11:30 a.m.-12:00 p.m.

Emmanuel's Dream by Laurie Ann Thompson

Wednesday, February 22nd, 10:30-11:00 a.m.

Night Animals by Gianna Marino

Wednesday, March 8th, 10:30-11:00 a.m.

Wolfie the Bunny by Ame Dyckman

Saturday, March 11th, 11:00-11:30 a.m.

Rhoda's Rock Hunt by Molly Beth Griffin

Thursday, March 23rd, 10:30-11:00 a.m.

Sidewalk Flowers by JonArno Lawson

Thursday, April 13th, 10:30-11:00 a.m.

Water is Water by Miranda Paul

Wednesday, April 26th, 10:30-11:00 a.m.

The Bear Ate Your Sandwich by Julia Sarcone-Roach

Registration is required. (Ages 3-8)

Snow Ball

Dress in your best and celebrate the season of winter through songs, dancing, and fun. (Ages 2-6)

Tuesday, January 10th, 10:15-11:00 a.m.

Homeschool Meetup

Looking to connect with other homeschooling families in the area? Wanting to bounce questions or experiences off other parents? Looking for ideas or materials to enrich your studies? Come support each other! Families are welcome to attend together!

Thursdays: January 12th, February 2nd, March 2nd and April 6th

Time: 10:30-11:30 a.m.

Opera Storytelling

Hear stories read and sung by trained opera singers from the Minnesota Opera and complete an art project to go with the story. A Minnesota Legacy Program. (Ages 3-6)

Tuesday, February 7th, 10:15-11:15 a.m.

Dance Together with Young Dance

Use movement to explore imagination, stories and music in this class where caregivers and children dance together. A Minnesota Legacy Program. (Ages 0-3)

Registration is required.

Monday, February 13th, 6:15-7:00 p.m.

Clay Lions with Abrakadoodle

Read a lion story and learn color mixing and sculpting to create a lion sculpture or pot to take home. A Minnesota Legacy Program. (Ages 3-12)

Registration is required.

Thursday, March 9th 11:00-11:50 a.m.

Spring Fling Dance

Dress in your best and celebrate the season of spring through songs, dancing, and fun. (Ages 2-6)

Thursday, March 16th, 10:15-11:00 a.m.

Dance Together with Young Dance

Use movement to explore imagination, stories and music in this class where caregivers and children dance together. A Minnesota Legacy Program. (Ages 0-3)

Registration is required.

Monday, April 3rd, 6:15-7:00 p.m.

Prime Time, Rhyme Time with the Story Man from England

These stories chime with rhyme beginning with Sam I Am and Green Eggs and Ham. It's Dr. Seuss like you've never seen it before and so much more. A Minnesota Legacy Program. (Ages 2-8)

Tuesday, May 9th, 10:15-11:00 a.m.

Tweens & Teens

Homework Lab

Drop-in to work on homework and get free help with assignments. Tuesdays: Beginning January 3rd, 3:00-5:00 p.m.

Making Pokémon Comics with Artistry

Learn basic comic techniques for drawing and painting your favorite Pokémon characters. Explore exercises on character and panel creation, drawings skills and storytelling. A Minnesota Legacy Program. (Ages 8-14)

Registration is required.

Saturday, January 14th 1:00-2:30 p.m.

Studio Ghibli Inspired Art with Artistry

Create art inspired by Studio Ghibli movies like *My Neighbor Totoro*, *Spirited Away*, and *Howl's Moving Castle*. A Minnesota Legacy Program. (Ages 10-16)

Registration is required.

Saturday, May 13th, 1:00-3:00 p.m.

Call 651-554-3240 or stop by the library (106-3rd Ave. N.) for more information on any of these programs. Updates for all programming can be found on the library's website at www.southstpaul.org/library.

PARK IMPROVEMENTS

McMorrow Field Equipment Improves Three Community Parks

As part of the McMorrow Field renovation, a new play structure and picnic shelter will be installed that better fit the reconfiguration of the site. Before the demolition of the site, the Parks and Recreation Advisory Commission recommended the relocation of the existing picnic shelter and portions of the play structure to other parks within the system in support of the 2005 Parks Master Plan. The result was the relocation of the McMorrow picnic shelter and the pipe/deck/slide, track-ride and swing portion of the play structure. In August the picnic shelter was relocated to the northeast area of Lorraine Park. The Parks Master Plan recommended this park and location due to its popularity with park users and high demand for picnic shelter reservations. In September the play structure was relocated to Spruce Park adjacent to the existing play structure. The Parks and Recreation Advisory Commission recommended Spruce Park due to the importance of keeping the reinvigorated play opportunity in proximity to McMorrow Field in the southern portion of town. The final relocation was the November installation of the swings at Northview Park, adjacent to the outdoor pool. The relocation of the park equipment supports our city's desire to reuse and re-purpose materials and resources whenever possible, preventing the equipment from ending up in a landfill, while also providing three neighborhoods with expanded value of their park with the addition of amenities and opportunity to recreate.



Additional Shelter at Lorraine Park

New Shelter will be Available for Reservation in 2017



This new open air shelter is complete with picnic tables, electricity and charcoal grills. Nearby park amenities include a volleyball court, horseshoe pits, playground and restrooms. The shelter is designated the "North Shelter at Lorraine Park". The North Shelter was relocated from McMorro Field for use at Lorraine Park. The South St. Paul Parks and Recreation Department is excited to offer this 150 capacity open air facility for rent in addition to the popular South Shelter.

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 4:00-10:00 p.m. Capacity: 150 (\$100 deposit required)

Reservations accepted starting Monday, January 2nd, 2017 at 8:00 a.m.

For more information please contact the South St. Paul Parks and Recreation Department at 651-366-6200.

PARKS AND RECREATION DID YOU KNOW?

Park Referendum Updates

McMorro Field Renovation Update

The McMorro Field project began in August to transform the complex into flat fields for soccer, football, lacrosse and other field sports. The mild autumn weather has provided for an accelerated project timeline, which is now 60% complete. Completed work includes utilities, light poles, shelter footings, curbs and driveways, and bituminous surfaces for parking lots. Progress will continue during the early months of winter as electrical is completed and the new picnic shelter is constructed. In spring of 2017, grading and site work will conclude with turf grass seeding, irrigation, trail paving, landscaping and the planting of 120 additional trees. The entire park area remains closed during the renovation. After construction is completed the McMorro complex will open for field use contingent upon grass turf establishment, projected for mid to late 2018.

Kaposia Landing Athletic Complex Facts

We are excited to announce that the development of Kaposia Landing's north end athletic complex is complete. Field use will begin spring of 2017 when the weather and field conditions allow. In anticipation of next spring, here are some facts about our newest community asset:

- The softball/baseball wheel features four fields and are labeled by number: Field 1, 2, 3, 4, differing from the former McMorro complex where the fields were labeled A, B, C, D.
- All four softball/baseball fields have 310' fences and are configurable with three different pitching and three different base length distance options allowing for a variety of youth and adult use.
- The fifth field is a full-sized dedicated baseball field with grass turf infield and permanent pitching mound, making it the second dedicated baseball field in the park system in addition to McGuire Field at Lorraine Park.
- All five fields have lights and electronic scoreboards.
- Kaposia Landing has a total of 334 parking spaces, compared to 323 at the former McMorro complex.
- Kaposia Landing Park hours are 8:00 a.m.–11:00 p.m. per city code. The off-leash dog area opens at 6:00 AM.
- Park rules, fees and charges for Kaposia Landing are consistent with all city parks.

Save the date: The Kaposia Landing Athletic Complex Grand Opening Celebration will be held Saturday, April 22nd, 2017 at 10:00 a.m.

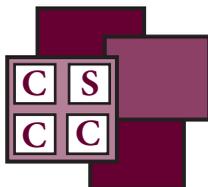


A recent survey showed that 58% of all dogs in the U.S. are overweight or obese, representing 36.7 million dogs. Like humans, most dogs need to eat less and get more exercise.

Did You Know?

The Kaposia Landing off-leash dog area is one of the region's most popular places to exercise your dog legally off leash (use permit is required). The area is open seven days a week, year-round including the winter months.

**Central Square Community Center
Park and Recreation Department
100 - 7th Avenue North
South St. Paul, MN 55075**



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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
Licensing/Recycling.....	651-554-3260
City Administration	651-554-3203
Mayor / City Council.....	651-554-3203
Water Bills.....	651-554-3209
Engineering / Public Works.....	651-554-3210
Building Inspections/Code Enforcement..	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	651-366-6200
Police Non-Emergency	651-554-3300
South St. Paul Airport.....	651-554-3350
Doug Woog Arena.....	651-554-3330



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