INVER GROVE HEIGHTS
Parks & Recreation
Summer 2020

Get THE SCOOP
On Active Adults
55+ programs
pages 30-37

LOOK INSIDE
for Kids R.O.C.K., and many new and familiar programs for this summer!

www.invergroveheights.org/parksandrecreation
Dear Valued Participant,

You may notice some changes in this issue of the Parks and Recreation brochure as we have combined our brochure with The Scoop, the publication for our older adult population. We also are continuing to try and point you to our web and social media sites to get valuable information about ways to stay active. We understand that many of you still value having a printed brochure each season and we are aiming to keep this simple, informative and cost effective.

We are streamlining the brochure, providing residents with necessary information about classes and programs. Moving forward, details that we’ve been re-printing each season, like individual skills needed for swim lessons, will be available primarily on our website, with references in the brochure about where to find more information online.

As communications and technology continue to change, we will be providing information in formats that work for you. With fewer pages to print and recycle in each issue of the brochure, we are saving postage, printing and the environment.

Please take a moment to look through the brochure and let us know if you have any questions. Have a great summer!

Eric Carlson, Parks and Recreation Director

PARKS & RECREATION OFFICE HOURS* (located in the VMCC – Door E)

Monday–Thursday
9 a.m.–5:30 p.m.
Fridays
9 a.m.–5 p.m.

*Please note these hours differ from the VMCC building hours. See page 4 for VMCC hours.

Like Us on Facebook!
Get updates on upcoming programs, events, local happenings and more on facebook! Search for Inver Grove Heights Parks and Recreation.
What’s New?

INVER GROVE HEIGHTS
Comprehensive Parks, Recreation, Trail and Facilities Plan

2020 Vision

We want to hear from you!

The City of Inver Grove Heights has 27 parks and 26 miles of off-road trails, a 144,000-square-foot community center, 27-hole golf course, and great recreation programs. The City is updating our Parks and Recreation master plan, and ideas from our residents and park users are an important part of our planning. The completed plan will provide the community with a 20-year vision for the Inver Grove Heights Parks and Recreation system of trails, facilities, parks, and programs and how to fund these amenities.

How can you get involved?
• Fill out a survey
• Come to a public meeting
• Join our online social pinpoint forum to give us your feedback.

More information can be found on the city’s website at www.invergroveheights.org/parks or you can contact Eric Carlson, Parks and Recreation Director at 651-450-2587 or via email at ecarlson@invergroveheights.org.

The Scoop and Parks & Recreation brochure are combined into one document! See pages 30–37 for The Scoop.

Updating Website
The City website is being updated this year. Watch for more details coming this summer.

New Aquatics Safety Program
We will be updating our swimming safety rules and putting a wrist band program in place April 1.

Notify Me! DON’T MISS OUT!
Sign up to get email notifications from us about the Parks and Rec programs and events you love. Go to www.invergroveheights.org/list.aspx to sign up.

New Birthday Pool Party Themes!
Mermaids? Pirates? We've got your birthday party planning covered. See page 45 for details!

New Summer Camps and Programs
• Artistry Cardboard Camps • page 27
• Junior Vet Camp • page 26
• MN Twins Baseball Clinic • page 22
• Ninja Warrior Obstacles Camps • pages 18, 23
• Pickleball Leagues • page 29

Interested in sponsoring an IGH Parks & Rec event?
Sponsoring an event or program hosted by Inver Grove Heights Parks & Recreation allows your business to connect with the City’s residents in a unique and beneficial way.
WE WOULD LOVE TO PARTNER WITH YOU. Please contact Julie Dorshak at jdorshak@invergroveheights.org or 651-450-2588 to discuss how we can build a stronger community — together!
The Veterans Memorial Community Center (VMCC) is in the heart of Inver Grove Heights, offering a place for fun, fitness and families! Everyone is welcome! We have something for everyone, no matter your age or ability. We offer daily admission fees, as well as memberships (see pages 5–6). Learn more about facility schedules by visiting www.invergroveheights.org/communitycenter.

**VMCC Amenities**

**The Grove Aquatic Center**
- Indoor Water Park
- 8-lane Lap Pool
- Whirlpool
- Dive Well with 1- and 3-meter diving boards

**The Grove Fitness Center**
- Fitness Center including free weight area and strength and cardio equipment
- Three fitness studios including a group cycle room and TRX room
- Over 60 drop-in fitness classes per week
- Indoor walking track
- Locker rooms (Men, Women, Family)
- Men's and women's sauna

**Ice Arenas**
- Two ice arenas
- Indoor turf field (March-October)

**National Guard Gymnasium**
- Pickleball, basketball courts, volleyball

**Childcare** (free if child is a member)

**Park and Recreation** offers a variety of recreation programs such as: swim lessons, learn to skate, and more!

**VMCC SUMMER BUILDING HOURS***

<table>
<thead>
<tr>
<th></th>
<th>THROUGH MAY 25</th>
<th>MAY 26–SEPTEMBER 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday–Thursday:</strong></td>
<td>5 a.m.–10 p.m.</td>
<td>5 a.m.–10 p.m.</td>
</tr>
<tr>
<td><strong>Friday:</strong></td>
<td>5 a.m.–10 p.m.</td>
<td>5 a.m.–9 p.m.</td>
</tr>
<tr>
<td><strong>Saturday:</strong></td>
<td>6 a.m.–8 p.m.</td>
<td>6 a.m.–7 p.m.</td>
</tr>
<tr>
<td><strong>Sunday:</strong></td>
<td>8 a.m.–8 p.m.</td>
<td>8 a.m.–7 p.m.</td>
</tr>
</tbody>
</table>

**OPEN HOURS — WATER PARK, POOLS, ICE ARENAS, GYMNASIUM & PICKLEBALL**

For current schedules, please visit www.invergroveheights.org/communitycenter or call 651-450-2480

*Hours are subject to change without notice.*

**HOLIDAY HOURS**

- Easter • Sunday, April 12 • Closed
- Memorial Day • Monday, May 25 • Closed
- Independence Day • Saturday, July 4 • Closed
- Labor Day • Monday, September 7 • Closed

When the VMCC building is closed, all facilities are also closed.

**SPRING BREAK SCHEDULE**

March 21–29

Visit www.invergroveheights.org/communitycenter to view facility hours for the Water Park, Fitness Center, Ice Arenas and Gymnasium.
VMCC 2020 DAILY ADMISSION RATES

<table>
<thead>
<tr>
<th>Category</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Center Member</td>
<td>FREE</td>
</tr>
<tr>
<td>(For Membership rates see page 6)</td>
<td></td>
</tr>
<tr>
<td>Single (Ages 12 and older)</td>
<td>$9/person</td>
</tr>
<tr>
<td>Youth (Ages 11 and younger) and Veterans (with proof)</td>
<td>$6/person</td>
</tr>
<tr>
<td>Infant (12 months and younger)</td>
<td>FREE</td>
</tr>
<tr>
<td>10x Pass — Single</td>
<td>$80</td>
</tr>
<tr>
<td>Access to all VMCC facilities on ten different occasions for one individual</td>
<td></td>
</tr>
<tr>
<td>10x Pass — Single Youth (Age 17 or younger) and Senior (60+) Access to all VMCC facilities on ten different occasions for one individual</td>
<td>$75</td>
</tr>
<tr>
<td>10x Pass — Household</td>
<td>$175</td>
</tr>
<tr>
<td>Access to all VMCC facilities on ten different occasions for up to two adults and four dependents (25 and under in same household)</td>
<td></td>
</tr>
<tr>
<td>Water Park Morning Swim (Water features off)</td>
<td>Ages 5 and younger; Saturday: 9–11 a.m.</td>
</tr>
<tr>
<td>Water Park Twilight Swim (Water features on)</td>
<td>Monday–Friday: after 5:30 p.m.</td>
</tr>
<tr>
<td>Observer Rate (In Water Park or Lap Pool, not swimming)</td>
<td>$7/person</td>
</tr>
<tr>
<td>Late Night Admission (Lap Pool/Fitness Center only)</td>
<td>Monday–Friday after 8 p.m.</td>
</tr>
<tr>
<td>Open Skate Youth (Ages 17 and younger)</td>
<td>$4/person</td>
</tr>
<tr>
<td>Open Skate Adult (Ages 18 and older)</td>
<td>$5/person</td>
</tr>
<tr>
<td>Skate Rental</td>
<td>$2/member or non-member</td>
</tr>
<tr>
<td>Open Hockey</td>
<td>$6/person</td>
</tr>
<tr>
<td>Open Freestyle Skate</td>
<td>$8/session/person; $70/10x pass</td>
</tr>
<tr>
<td>Pickleball</td>
<td>$5/person</td>
</tr>
</tbody>
</table>

OPEN ACTIVITY HOURS

Open Swim • Open Skate • Pickleball
Open Hockey • Open Gym

FOR CURRENT SCHEDULES, PLEASE VISIT
www.invergroveheights.org/communitycenter
or call 651-450-2480
*All schedules are subject to change.

NOTE:
LAP POOL AND DIVE WELL ARE CLOSED for Upgrades!
Now through April 3 (reopens on Saturday, April 4)

Public Locker Rooms The VMCC has three public locker rooms: men, women and family. All those unaccompanied under the age of 16 must use the family locker room. The use of electronic devices is allowed but video or taking photos is strictly prohibited.

Lockers and Towels You may rent a towel for the day for $1 each. A photo ID is required. Lockers are available for daily use in each locker room. Bring your own lock or locks are available for purchase for $3. There are also complimentary wallet/cell phone lockers for use in the fitness hallway.
VMCC Membership

Membership Benefits

- Access to all building facilities and amenities, including fitness center, water park and pools, ice rinks and gymnasium during specified hours (visit www.invergroveheights.org/communitycenter for hours.)
- Complimentary fitness equipment orientation
- Free access to 60+ Drop-in Fitness Classes
- Discounts on classes (specialty fitness classes, personal training, swim lessons and skate lessons)
- Free childcare for children included in membership
- Insurance discounts (see right)
- Guest passes
- Free membership for Primary Care Attendants
- Discounts for adding a Nanny to a membership account
- Referral bonus when referring new members or new training clients
- Youth ages 12 and up can use the fitness center upon completion of an orientation.

www.invergroveheights.org/memberships

Membership Categories

<table>
<thead>
<tr>
<th>Membership Categories</th>
<th>Requirements</th>
<th>Monthly Dues</th>
<th>Annual Dues</th>
<th>10x Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>Ages 18–59</td>
<td>$58</td>
<td>$592</td>
<td>$80</td>
</tr>
<tr>
<td>Senior</td>
<td>Ages 60 and older</td>
<td>$45</td>
<td>$459</td>
<td>$75</td>
</tr>
<tr>
<td>Youth</td>
<td>Ages 12–17</td>
<td>$53</td>
<td>$540</td>
<td>$75</td>
</tr>
<tr>
<td>Dual</td>
<td>Two people living in the same household</td>
<td>$78</td>
<td>$796</td>
<td>N/A</td>
</tr>
<tr>
<td>Household</td>
<td>Up to two adults plus up to four dependents, 25 and under, living in the same household</td>
<td>$90</td>
<td>$918</td>
<td>$175</td>
</tr>
</tbody>
</table>

ENROLLMENT FEE $49/resident; $59/non-resident

*Rates are subject to change and will increase June 1, 2020.

DISCOUNTED & SUBSIDIZED MEMBERSHIP OFFERINGS
Fitness Discount Programs offered by Healthcare Insurers:

- AARP
- Active and Veteran Military Discounts
- Blue Cross Blue Shield of MN or ND
- City of IGH Employees
- HealthPartners
- Healthways Prime
- Medica
- Preferred One
- Renew Active
- Silver & Fit
- Silver Sneakers
- Tivity Health
- U-Care
- United Health Group

These programs are offered through your insurance plan and may allow for a free or subsidized membership. Contact your insurance provider to learn about your benefits and see if you qualify. Call 651-450-2480 for details.

Summer Hours

Monday–Thursday: 8:30 a.m.–12:30 p.m. & 4–8:30 p.m.
Friday: 8:30 a.m.–12:30 p.m. & 4–7 p.m.
Saturday: 8 a.m.–12:30 p.m.
Sunday: 10 a.m.–5 p.m. (through May 17)

*Hours are subject to change.
Parent ID required at drop-off and pick-up.

Children at the VMCC

Youth ages 11 and under: May utilize the following with an adult
- Swim in the lap and dive pools during lifeguarded and non-lifeguarded hours*
- Swim in the water park during lifeguarded hours only*
- Attend family open gym in the National Guard Gymnasium
- Attend pickleball open play times
- Visit our childcare

Youth ages 12–17: May utilize the following without an adult present
- Youth members can use the fitness center upon completion of an orientation
- Waterpark, Lap and Dive pools during lifeguarded/open swim hours
- Attend family open gym in the National Guard Gymnasium
- Attend pickleball open play times
- May utilize the following with an adult
- Swim in the lap and dive pools during non-lifeguarded hours

*Watch for new swim test/wristband procedures beginning April 1.

Childcare Center

Childcare is available at the VMCC for infants and youth ages 6 months to 11 for guests and members while they use the buildings facilities. Members whose children are included on the membership receive this care for FREE. Guests pay $3.50/hr. per child, for a maximum visit of two hours.

Summer Membership Special

Join between May 1–June 15 and pay no enrollment fee!
Minimum three month membership required to waive the fee.

Enrollment Fee

| Single | $58 | $592 | $80 |
| Senior | $45 | $459 | $75 |
| Youth  | $53 | $540 | $75 |
| Dual   | $78 | $796 | N/A |
| Household | $90 | $918 | $175 |

*Sizes are subject to change and will increase June 1, 2020.
Fitness Attendants on Duty (SUMMER HOURS)
Fitness Attendants are on duty to answer your questions and serve your needs seven days a week. Attendants are available during the following hours (subject to change):
• Monday–Thursday: 7 a.m.–7 p.m.
• Friday: 7 a.m.–5 p.m.
• Saturday: 8 a.m.–Noon
www.invergroveheights.org/fitnesscenter

Initial Fitness Center Orientation
FREE/new member; $35/10x pass holder or non-member
A member of the fitness staff will show you a few basic cardio and strength machines and recommended fitness classes based on your personal preferences.

Indoor Walking Track
Our indoor walking track is available to all members and daily admission users. We do allow strollers and small children in carriers as well as those with wheelchairs to use the track at anytime. The track is 1/16 of a mile long and circles the fitness center. Youth ages 12 to 17 may use the track and fitness center once an orientation is completed.

Join us every THIRD FRIDAY of the month from 9:30–11 a.m. in the VMCC lobby for
* FREE BLOOD PRESSURE CHECKS *
provided by FAIRVIEW HEALTH SERVICES.

Teen Orientation
All youth members ages 12–17 may use the fitness center unsupervised once they complete orientation.

Location: VMCC, Fitness Center
Fee: Free/member; $35/10x pass holder (Replace lost wrist band: $5)
Register online at www.invergroveheights.org/register

Youth Sports Training Groups of 6 to 15
Our personal training staff offers individual and team training for different sports, including:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Training can include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track and Field</td>
<td>20 sessions $55/session</td>
</tr>
<tr>
<td>Volleyball</td>
<td>15 sessions $60/session</td>
</tr>
<tr>
<td>Softball/Baseball</td>
<td>10 sessions $65/session</td>
</tr>
<tr>
<td>Hockey</td>
<td>5 sessions $70/session</td>
</tr>
<tr>
<td>Dance/Skating</td>
<td>1-4 sessions $75/session</td>
</tr>
<tr>
<td>Soccer</td>
<td></td>
</tr>
<tr>
<td>Agility</td>
<td></td>
</tr>
<tr>
<td>Boxing</td>
<td></td>
</tr>
<tr>
<td>Aqua Running</td>
<td></td>
</tr>
<tr>
<td>TRX, Kettle Bell</td>
<td></td>
</tr>
<tr>
<td>Strength Training</td>
<td></td>
</tr>
</tbody>
</table>

And much more!

For more information contact Amy Crary at acrary@invergroveheights.org or 651-554-3426.
Drop-In Fitness Classes

The Grove's Fitness Center offers 60+ drop-in group classes each week. Classes which incorporate all fitness levels!

- Classes are included with a membership; See page 5 for daily admission and 10x pass holder rates.
- Classes open to ages 12 and older

<table>
<thead>
<tr>
<th>CARDIOVASCULAR CLASSES</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Exercise</td>
<td>Low-impact cardio workout in 3–7 feet of water</td>
</tr>
<tr>
<td>Aqua Zumba</td>
<td>Low impact Zumba themed cardio workout in 3–5 feet of water</td>
</tr>
<tr>
<td>BPM (Beats Per Minute)</td>
<td>Circuit-style cardio &amp; strength class</td>
</tr>
<tr>
<td>Cardio Kickboxing</td>
<td>Moderate to high intensity workout with jabs, kicks and plyometrics</td>
</tr>
<tr>
<td>Cardio Sculpt</td>
<td>Full body workout with intervals of cardio and strength</td>
</tr>
<tr>
<td>Deep Water Exercise</td>
<td>No impact water workout in 10–13 feet of water with floatation belt.</td>
</tr>
<tr>
<td>Drum Core</td>
<td>Choreographed routines using drum sticks and a Fit Ball</td>
</tr>
<tr>
<td>Group Cycle</td>
<td>Climb hills, sprint and do intervals on a stationary bike to music</td>
</tr>
<tr>
<td>HIIT (High Intensity Interval Training)</td>
<td>High intensity cardio and strength interval training</td>
</tr>
<tr>
<td>Power Step</td>
<td>Moderate- to high-impact fast-paced step class</td>
</tr>
<tr>
<td>RIPPED</td>
<td>Resistance training infused with Cardio Kickboxing</td>
</tr>
<tr>
<td>Step &amp; Sculpt</td>
<td>Moderate-paced step class with sculpting</td>
</tr>
<tr>
<td>SHINE</td>
<td>Fun cardio dance workout based on jazz, hip hop and ballet</td>
</tr>
<tr>
<td>STRONG by Zumba</td>
<td>Fitness interval training and martial arts moves timed to music</td>
</tr>
<tr>
<td>Zumba</td>
<td>World dance rhythms to make you sweat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ACTIVE 55 PLUS ADULT CLASSES</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joints in the Pool</td>
<td>Gentle range of motion exercises in 3 feet of water</td>
</tr>
<tr>
<td>Silver Splash</td>
<td>Low impact water workout for strength and range of motion in 3–5 feet of water</td>
</tr>
<tr>
<td>Sculpt &amp; Stretch</td>
<td>Low impact cardio warmup, light muscle strengthening, abs and no-nonsense stretching</td>
</tr>
<tr>
<td>Silver Sneakers Classic</td>
<td>Cardio and strength exercise using bands, balls and weights with chair support</td>
</tr>
<tr>
<td>Silver Sneakers Yoga</td>
<td>Simple and safe Yoga exercises performed standing or with a chair</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>Dance a variety of world rhythms at a moderate tempo</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MIND/BODY CLASSES</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi</td>
<td>Flowing sequences to improve balance and coordination</td>
</tr>
<tr>
<td>Yoga Fitness I</td>
<td>Foundation building with this basic Yoga class; simple flows, more time to move in and out of sequences and more stretching</td>
</tr>
<tr>
<td>Yoga Fitness II</td>
<td>Vinyasa flow class to challenge your core, strength and balance</td>
</tr>
<tr>
<td>Yoga &amp; Pilates</td>
<td>Relax, stretch and strengthen your core and back with flowing mind body exercises</td>
</tr>
</tbody>
</table>

IGH Fitness Class App!
The mobile app allows you to view class descriptions, schedules and instructor information. Find in the Apple or Google Store.

High Intensity Classes | Joint Friendly Classes

For class schedule, call 651-450-2480 or visit: www.invergroveheights.org/groupfitness
# Specialty Fitness Classes

Spring Session Begins: May 1  
Summer Session Begins: July 6

For class dates and times go to [www.invergroveheights.org/fitnessspecialtyclasses](http://www.invergroveheights.org/fitnessspecialtyclasses) or call 651-450-2480.  
Youth ages 12–17 may attend with registered adult.  
*Classes are subject to change based on staff availability and participant registration.*  
Register at least one week prior to class start date to avoid late fee [www.invergroveheights.org/register](http://www.invergroveheights.org/register)

<table>
<thead>
<tr>
<th>CLASS TITLE</th>
<th>DESCRIPTION</th>
<th>SESSION FEES MEMBER/NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to Balance</td>
<td>Designed for individuals who would like to improve balance and coordination</td>
<td>$39/$59 (8</td>
</tr>
<tr>
<td></td>
<td>to aid them in everyday activities.</td>
<td></td>
</tr>
<tr>
<td>Boot Camp/Outdoor</td>
<td>Trainers will push you to achieve your fitness goals with fun, challenging</td>
<td>$39/$59 (BC: 8</td>
</tr>
<tr>
<td>Boot Camp (60 min.)</td>
<td>workouts utilizing a variety of equipment including TRX, kettlebells and</td>
<td>$59/$99 (BC: 16</td>
</tr>
<tr>
<td></td>
<td>battle ropes. Stay motivated and work as a team to burn mega calories!</td>
<td>BCE: 24</td>
</tr>
<tr>
<td></td>
<td><em>Note: Outdoor Boot Camp takes place at South Valley Park</em></td>
<td></td>
</tr>
<tr>
<td>Boot Camp Express (40 min.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boxing Camp and Bells</td>
<td>Swing bells and jab, kick and hook your way to a leaner body and</td>
<td>$49/$79 (8</td>
</tr>
<tr>
<td></td>
<td>healthier state of mind. Moderate to high intensity level.</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td>Core for Performance</td>
<td>Utilize TRX, Kettlebells, BosuBalls and other equipment to improve core</td>
<td>$59/$99 (24</td>
</tr>
<tr>
<td></td>
<td>strength and improve your golf swing and other athletic performances.</td>
<td></td>
</tr>
<tr>
<td>Food &amp; Fitness</td>
<td>Trainers help you educate yourself to make better food choices, set goals</td>
<td>$45/$65 (8</td>
</tr>
<tr>
<td></td>
<td>and be accountable in class and online. And learn a different type of low-</td>
<td></td>
</tr>
<tr>
<td></td>
<td>impact workout each week. Class will be 30 minutes of education and goal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>setting and 30 minutes of fitness.</td>
<td></td>
</tr>
<tr>
<td>Kids Boot Camp (Ages 7–11)</td>
<td>(Ages 7–11) Kids will participate in activities that improve coordination,</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td></td>
<td>build muscle strength and increase endurance using light weights, bands,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>balls, BOSU and more. Class will include 40 min. of activity and 10 min. of</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a fun game or relaxing activity.</td>
<td></td>
</tr>
<tr>
<td>Stand Up Paddleboard (SUP)</td>
<td>Practice centering and gain confidence standing on the board. You’ll</td>
<td>$25/$35 (per 50 min. sessions)</td>
</tr>
<tr>
<td></td>
<td>experiment with balance, learn strength moves, and/or yoga poses on the</td>
<td></td>
</tr>
<tr>
<td></td>
<td>board while working in your comfort zone. Great class to meet new people.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Taught by Brown Dog Paddleboard.</td>
<td></td>
</tr>
<tr>
<td>Strength Training Circuit</td>
<td>Work with a certified trainer in a small group setting to effectively</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td></td>
<td>strengthen your muscles. Learn proper format and technique.</td>
<td></td>
</tr>
<tr>
<td>Tai Chi for Beginners I</td>
<td>Learn the first eight moves of the Sun Style Tai Chi for Arthritis sequence.</td>
<td>$39/$59 (8</td>
</tr>
<tr>
<td></td>
<td>Strengthen legs, improve balance and relax!</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td>Tai Chi for Beginners II</td>
<td>Learn the next eight moves of the Sun Style Tai Chi for Arthritis sequence.</td>
<td>$39/$59 (8</td>
</tr>
<tr>
<td></td>
<td>Strengthen legs, improve balance and relax!</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td>Tai Chi for Diabetes</td>
<td>Learn a seated or standing version of Tai Chi geared towards those</td>
<td>$39/$59 (8</td>
</tr>
<tr>
<td></td>
<td>who have diabetes</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td>Teen Sports Conditioning</td>
<td>(Ages 12–17) Improve core and muscular strength and cardio endurance</td>
<td>$39/$59 (8</td>
</tr>
<tr>
<td></td>
<td>to get ready for Fall sports. Class will utilize a variety of equipment and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cross training techniques.</td>
<td></td>
</tr>
<tr>
<td>TRX Bell</td>
<td>Work in a small group setting to train your body with TRX suspension training</td>
<td>$59/$99 (16</td>
</tr>
<tr>
<td></td>
<td>and Kettle Bells. This time-efficient class will elevate your heart rate and</td>
<td></td>
</tr>
<tr>
<td></td>
<td>strengthen your whole body.</td>
<td></td>
</tr>
</tbody>
</table>

For more information, visit [www.invergroveheights.org/register](http://www.invergroveheights.org/register) or call 651-450-2480.
Personal Training

If you are ready to learn how to live a healthier life while striving for results, or bring your fitness to the next level, then let one of our personal trainers help you design the right fitness program for you!

Fitness Assessment
The first step to your fitness journey is to assess your fitness level and discuss your goals.

• Measurements and/or body composition
• Blood pressure check
• Posture analysis
• Cardiovascular or strength test
• Balance and functional testing
• Flexibility testing

Fee: $10/member; $20/10x pass holder or non-member
Details for 10x pass are on page 5; membership on page 6

Participants will receive a $10 credit toward the purchase of personal training or a specialty class after completion of assessment.

Personal Training Rates

<table>
<thead>
<tr>
<th>SESSIONS/TIME</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1–9 sessions</td>
<td>$35</td>
<td>$45</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>20 sessions</td>
<td>$25</td>
<td>$35</td>
</tr>
<tr>
<td>60 minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1–4 sessions</td>
<td>$65</td>
<td>$75</td>
</tr>
<tr>
<td>5–9 sessions</td>
<td>$60</td>
<td>$70</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>15 sessions</td>
<td>$50</td>
<td>$60</td>
</tr>
<tr>
<td>20 or more sessions</td>
<td>$45</td>
<td>$55</td>
</tr>
</tbody>
</table>

Visit our website for group training options and youth sports training.

*Shape Up for Summer Personal Training*
May 1–15, 2020 (max 19 sessions)
$55 per hour/member; $65 per hour/non-member
use code “PT SPECIAL”
www.invergroveheights.org/register

A Trainer Can...

- Design a personalized fitness program
- Provide assistance and motivation
- Help you meet your fitness goals
- Help you fit exercise into your busy schedule
- Create time-efficient workouts
- Teach you proper form and technique
- Provide aqua stretching or assisted stretching
- Provide Wellness Coaching and diet analysis
- Return you to pre-injury performance

For a list of trainer bios, personal training information or to set up an assessment go to www.invergroveheights.org/personaltraining

TRAINEER HIGHLIGHT THOMAS KROHN

NETA Certified, 5 years experience
- Certified Group Fitness Instructor and Personal Trainer
- Pilates, TRX, Kettlebell, Barre Certified
- Silver Sneakers Instructor
- Licensed Zumba, Zumba Gold, Aqua Zumba, and STRONG by Zumba Instructor

Tom enjoys movement to challenge both the mind and the body. Anything from rock climbing to swing dancing. Tom has a passion for helping people get moving in ways that they enjoy to motivate and inspire them. He focuses on functional and plyometric exercises to do anything from increasing mobility to kinesthetic awareness to pushing your limits. Tom especially loves dancing and often incorporates brain challenging movement patterns into his workouts to engage memory as well as muscle and cardiovascular work.

www.invergroveheights.org/register
To assist in ensuring a safe environment is maintained in all of our pools, we will be implementing a new three-color wristband procedure beginning April 1, 2020.

Children 11 years of age and under will be given an identifying wristband upon entry to the aquatics facility. Wristbands identify swimmers' capability, age, and supervision requirements.

Age, Supervision Requirements and Wristband Color

5 YEARS AND UNDER • Touch supervision always required • RED
Children 5 years of age or younger must be accompanied by an adult who is responsible for their direct supervision and must be within arm’s reach at all times.

6–11 YEARS • Always accompanied in water in the lap pool/dive well or pass facility swim test • YELLOW or GREEN*
Children 6 to 11 years of age must pass a swim test to be in water without an adult (adult must remain in pool area).
Children 6 to 11 years of age who cannot pass the facility swim test must remain in the shallow end or waterpark and be accompanied by an adult who is responsible for their direct supervision.

*Green wristbands are required to swim in the deep end lap pool/dive well. A child must pass the swim test to get a green wristband. This replaces the yellow wristband and the child does not need to be accompanied in the water.

12 YEARS AND OLDER • No supervision required • NONE or GREEN*
Children 12 years of age and older may be unaccompanied. A facility swim test to enter deep water may be required at lifeguard discretion.

This policy addresses age and swimming ability to ensure all children are adequately supervised and accompanied. We appreciate your cooperation and support.

Our Lifeguards are drilled on a daily, weekly, and monthly basis to ensure they are always prepared to prevent incidents and respond in case of an emergency. Lifeguards are always on duty during swim lessons and open swim hours. All lifeguards are nationally certified American Red Cross Lifeguards.

Lap Pool and Dive well are closed for upgrades now through April 3 (reopens on Saturday, April 4).
Swimming Lessons

Knowing how to swim is a life-saving skill that opens up a vast array of opportunities to stay fit, develop self-confidence, build relationships and safely enjoy aquatic activities.

Benefits of Swim Lessons with the City of Inver Grove Heights
- Lessons that utilize nationally practiced swim and water safety curriculum
- Indoor, heated pool open year-round
- Skilled, trained swim instructors certified American Red Cross Water Safety Instructor
- Lifeguard always on duty
- Different class size options (Group, Private)
- Lessons for every level of swimmer and of all abilities
- Affordable pricing and convenient scheduling options
- And a full fitness facility available to members before, during, or after swim lessons

Program Policies
- Classes are a 1:6 or 1:7 ratio. Classes with less than the required minimum enrollment of participants may be canceled one week prior to start date.
- Make-up classes will not be available for participants who miss a class. Fees will not be pro-rated or refunded.
- Children who are not toilet-trained must wear a cloth diaper with plastic pants, or a swim diaper (Swim diapers are available for sale at guest services).

WAIT LISTS If you are interested in registering for a class that has reached max. enrollment, you may place your name on a wait list. An additional class may be added in order to accommodate the waiting list. You will be contacted if we can accommodate you or your child.

Swimming Lesson Rates
GROUP LESSONS  8-Lessons Session: $59 member; $65 non-member
PRIVATE LESSONS  8 lessons: $143 member, $149 non-member
ADULT LESSONS  4 lessons: $42 member; $45 non-member
                8 lessons: $83 member; $89 non-member

Ratio: Six students to one instructor for Preschool through Level 3; Seven students to one instructor for Levels 4–5.
Class Length: Parent/Tot (1 & 2), Preschool, and Private Lessons meet for 30 minutes. School Age Levels and Adult classes meet for 40 minutes.

REGISTER AT www.invergroveheights.org/register

We are happy you have chosen The Grove to enhance your family’s water safety knowledge and swimming abilities.

ALL SWIMMING LESSONS are taught by caring and compassionate professionals who focus on student needs. Instructors are required to attend on-going training to ensure they are up-to-date with the latest teaching strategies and safety guidelines. All of our instructors are nationally certified in American Red Cross Water Safety Instruction.

Our swim lesson program is designed for year-round participation. Swimmers are encouraged to continue swimming in order to build upon their current skills while being introduced to new skills. Swimming is an activity that requires repeated practice and ongoing endurance. It is recommended that your swimmer continue to practice their skills in the pool year-round.

SEE PAGE 14 FOR SWIMMING LESSONS LEVEL DESCRIPTIONS!
**NEW** Á La Carte PRIVATE SWIM LESSONS Ages 3+

Choose your own private lesson time. If the lesson times that are scheduled don’t work for you, you can purchase a package of 4 or 8 private swim lessons and schedule them personally with the instructor at your convenience.

Group swim lessons are not for everyone. Whether your child learns better in a one-on-one environment or you prefer the convenience of planning their lessons around a busy schedule, we can accommodate you. Private Swim Lessons are a great way to improve confidence or strokes. Instructors will work with you one on one to develop a plan to meet your swimming goals. Private lessons are great for children who thrive with individual attention, teens, and adults who are first learning to swim, or anyone looking to perfect their strokes.

**PACKAGES**

- **4 lessons:** $75 member, $80 non-member  
  **Code:** SL-SPR-AL4
- **8 lessons:** $143 member, $149 non-member  
  **Code:** SL-SPR-AL8

- Lesson can be used daily, weekly, or monthly.
- Unused lessons expire after four weeks.
- Days and times flexible.
- Lessons held year-round in our heated indoor pool.

---

**Aquatics Open House!**

**Saturday, March 14**

10 a.m.–12 p.m.

Come and visit the Grove Aquatic Center, meet the aquatics team, get registered for Swim Lessons and get all your questions answered!

**NEW**

**Morning Open Swim**

**SATURDAYS: 9–11 A.M.**

**Fee:** Free/members; $3/non-member  
*(water park admission only)*

This special time is ideal for swimmers ages five and under and those seeking a sensory friendly experience at our Water Park while the water features are off.
Swim Lesson Levels

What level to enroll in
Choosing the appropriate swim lesson level is best left to the professionals! If you are new to the pool OR have been away from lessons/swimming for more than three months please enroll in level 1 for your child’s age. If you believe your swimmer should be enrolled in a higher level please complete a swim lesson level assessment (regardless of previous level registration).

Swim Lesson Level Assessments offered:
- Tuesday and Thursdays, 5:30–7:30 p.m. OR
- Saturdays, 11 a.m.–Noon
No registration necessary. Please allow 10 minutes for the assessment, and be prepared for swimmer to enter the water.

Swim lessons are available at the Grove Aquatic and Fitness Center year-round.

SUMMER SESSIONS include eight lessons and are available in the following formats
- Four times per week for two weeks: Monday–Thursday
- Two times per week for four weeks: Monday/Wednesday OR Tuesday/Thursday
- One day per week for eight weeks: Saturday mornings OR Sunday afternoons

PARENT/CHILD LEVELS
Water familiarization, led by your child’s parent or caregiver, child will explore the water in developmentally appropriate ways and prepare for what they will learn in preschool classes.

Parent Tot 1: Ages 6–18 months with a parent/caregiver 16 years or older
Parent Tot 2: Ages 18–36 months with a parent/caregiver 16 years or older

PRESCHOOL LEVELS Ages 3–5
LEVEL 1 (formerly Tadpole) For children new to the water, or potentially apprehensive in water, course orients children to the aquatic environment and basic aquatic skills.
LEVEL 2 (formerly Starfish) Build upon basic aquatic skills learned in level 1, begin supported movement in water.
LEVEL 3 (formerly Minnow) Increase proficiency and build on skills learned in level 1 and 2, increased distance and endurance, independence introduced.

SCHOOL-AGE LEVELS Ages 5–12
LEVEL 1: Intro to Water Skills Students will learn how to feel comfortable in the water and safely enjoy it.
LEVEL 2: Fundamental Aquatic Skills Children will learn basic swimming skills, movement in water.
LEVEL 3: Stroke Development Additional guided practice will help students improve their skills.
LEVEL 4: Stroke Improvement Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
LEVEL 5: Stroke Refinement Guidance allows kids to refine their strokes and become more efficient swimmers.

Swimming Lesson Rates

GROUP LESSONS 8-Lessons Session: $59 member; $65 non-member
PRIVATE LESSONS 8 lessons: $143 member, $149 non-member
ADULT LESSONS 4 lessons: $42 member; $45 non-member
8 lessons: $83 member; $89 non-member

Swim lessons are available at the Grove Aquatic and Fitness Center year-round.

www.invergroveheights.org/swimminglessons
**Swimming Lessons Schedule**

**NEW Swim Lesson Codes** See column on left for instruction or call the Parks and Recreation office for assistance at 651-450-2585 or 651-450-2480.

### Swimming Lessons Schedule

**Preschool Lessons** (6 months–5 years)

<table>
<thead>
<tr>
<th>TIME</th>
<th>LEVEL</th>
<th>CODE + SESSION #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Private</td>
<td>SL-SPRP-83MR–______</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Parent Tot 1</td>
<td>SL-SPT1-9MR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 1</td>
<td>SL-SPK1-9MR–______</td>
</tr>
<tr>
<td>9:40 a.m.</td>
<td>Preschool 2</td>
<td>SL-SPK2-94MR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 3</td>
<td>SL-SPK3-94MR–______</td>
</tr>
<tr>
<td>10:20 a.m.</td>
<td>Preschool 1</td>
<td>SL-SPK1-10MR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 3</td>
<td>SL-SPK3-10MR–______</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Preschool 1</td>
<td>SL-SPK1-11MR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 2</td>
<td>SL-SPK2-11MR–______</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Preschool 2</td>
<td>SL-SPK2-13MR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 3</td>
<td>SL-SPK3-13MR–______</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Parent Tot 2</td>
<td>SL-SPT2-12MR–______</td>
</tr>
<tr>
<td></td>
<td>Private</td>
<td>SL-SPRP-12MR–______</td>
</tr>
</tbody>
</table>

**School Age** (5–12 years)

<table>
<thead>
<tr>
<th>TIME</th>
<th>LEVEL</th>
<th>CODE + SESSION #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Private</td>
<td>SL-SPRP-83MR–______</td>
</tr>
<tr>
<td>9 a.m.</td>
<td>Level 1</td>
<td>SL-SL1-9MR–______</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>SL-SL2-9MR–______</td>
</tr>
<tr>
<td>9:50 a.m.</td>
<td>Level 3</td>
<td>SL-SL3-95MR–______</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>SL-SL4-95MR–______</td>
</tr>
<tr>
<td>10:40 a.m.</td>
<td>Level 1</td>
<td>SL-SL1-10MR–______</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>SL-SL3-10MR–______</td>
</tr>
<tr>
<td>11:20 a.m.</td>
<td>Level 2</td>
<td>SL-SL2-11MR–______</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>SL-SL4-11MR–______</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>SL-SL5-11MR–______</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Private</td>
<td>SL-SPRP-12MR–______</td>
</tr>
</tbody>
</table>

For assistance call the Parks and Recreation office at 651-450-2585 or 651-450-2480. To register go to www.invergroveheights.org/swimlessons.

### Lessons Four Times Per Week: Mondays–Thursdays

<table>
<thead>
<tr>
<th>Session #1</th>
<th>June 8–18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session #2</td>
<td>June 22–July 2</td>
</tr>
<tr>
<td>Session #3</td>
<td>July 6–16</td>
</tr>
<tr>
<td>Session #4</td>
<td>July 20–30</td>
</tr>
<tr>
<td>Session #5</td>
<td>Aug. 3–13</td>
</tr>
<tr>
<td>Session #6</td>
<td>Aug. 17–27</td>
</tr>
</tbody>
</table>

### Lessons Two Times Per Week: Mondays/Wednesdays OR Tuesday/Thursday

**MONDAY/WEDNESDAY**

**Preschool Lessons** (6 months–5 years)

<table>
<thead>
<tr>
<th>TIME</th>
<th>LEVEL</th>
<th>CODE + SESSION #</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 p.m.</td>
<td>Private</td>
<td>SL-SPRP-4MW–______</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>Parent Tot 1</td>
<td>SL-SPT1-43MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 1</td>
<td>SL-SPK1-43MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 2</td>
<td>SL-SPK2-43MW–______</td>
</tr>
<tr>
<td>5:10 p.m.</td>
<td>Preschool 1</td>
<td>SL-SPK1-51MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 2</td>
<td>SL-SPK2-51MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 3</td>
<td>SL-SPK3-51MW–______</td>
</tr>
<tr>
<td>5:50 p.m.</td>
<td>Parent Tot 2</td>
<td>SL-SPT2-55MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 1</td>
<td>SL-SPK1-55MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 3</td>
<td>SL-SPK3-55MW–______</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Parent Tot 2</td>
<td>SL-SPT1-63MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 1</td>
<td>SL-SPK1-63MW–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 2</td>
<td>SL-SPK2-63MW–______</td>
</tr>
<tr>
<td>7:30 p.m.</td>
<td>Private</td>
<td>SL-SPRP-73MW–______</td>
</tr>
</tbody>
</table>

**School Age** (5–12 years)

<table>
<thead>
<tr>
<th>TIME</th>
<th>LEVEL</th>
<th>CODE + SESSION #</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 p.m.</td>
<td>Private</td>
<td>SL-SPRP-4MW–______</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>Level 1</td>
<td>SL-SL1-43MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>SL-SL2-43MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>SL-SL3-43MW–______</td>
</tr>
<tr>
<td>5:20 p.m.</td>
<td>Level 1</td>
<td>SL-SL1-52MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 2</td>
<td>SL-SL2-52MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>SL-SL4-52MW–______</td>
</tr>
<tr>
<td>6:10 p.m.</td>
<td>Level 1</td>
<td>SL-SL1-61MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>SL-SL3-61MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>SL-SL4-61MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>SL-SL5-61MW–______</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Level 2</td>
<td>SL-SL2-7MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 3</td>
<td>SL-SL3-7MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 4</td>
<td>SL-SL4-7MW–______</td>
</tr>
<tr>
<td></td>
<td>Level 5</td>
<td>SL-SL5-7MW–______</td>
</tr>
<tr>
<td>7:45 p.m.</td>
<td>Private</td>
<td>SL-SPLP-745MW–______</td>
</tr>
</tbody>
</table>

**TUESDAY/THURSDAY**

**Preschool Lessons** (6 months–5 years)

<table>
<thead>
<tr>
<th>TIME</th>
<th>LEVEL</th>
<th>CODE + SESSION #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>Private</td>
<td>SL-SPRP-9TR–______</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Preschool 1</td>
<td>SL-SPK1-93TR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 2</td>
<td>SL-SPK2-93TR–______</td>
</tr>
<tr>
<td>10:10 a.m.</td>
<td>Parent Tot 1</td>
<td>SL-SPT1-11TR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 3</td>
<td>SL-SPK3-11TR–______</td>
</tr>
<tr>
<td>10:50 a.m.</td>
<td>Preschool 1</td>
<td>SL-SPK1-13TR–______</td>
</tr>
<tr>
<td></td>
<td>Preschool 2</td>
<td>SL-SPK2-13TR–______</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Parent Tot 2</td>
<td>SL-SPT2-12TR–______</td>
</tr>
<tr>
<td></td>
<td>Private</td>
<td>SL-SPLP-12TR–______</td>
</tr>
</tbody>
</table>

**Swimming lessons continue on next page.**
ADULT SWIMMING LESSONS

It's never too late to learn how to swim! Our adult swim lessons provide a place for adults and teens 13 and older to learn how to swim in a friendly group setting. These lessons are for those who wish to learn to swim or who want to improve their technique and feel safe and secure in any body of water whether it's a pool, lake or the ocean.

Our swim lessons are designed to meet the individual needs of each participant. Beginners will learn to enjoy the water, work on fundamental strokes and lap swimming skills. Intermediate/advanced swimmers will focus on increasing endurance.

Fee: $42 member; $45 non-member

Location: VMCC, Lap Pool

**Beginner** designed for adults who are new to swimming, you may be apprehensive or uncomfortable in the water — our instructors are here to help! Class meets once weekly for four weeks.

**Day:** Sundays  
**Time:** 6–6:40 p.m.

**Session 1:** June 7–27  
**Code:** SL–SAD-601

**Session 2:** July 12–August 2  
**Code:** SL–SAD-602

**Session 3:** August 9–30  
**Code:** SL–SAD-603

**Intermediate/Advanced** for adults who are comfortable in water and interested in enhancing their swimming skills, improve strokes, get custom lap swim workouts, and increase endurance. Class meets once weekly for four weeks.

**Day:** Saturdays  
**Time:** 8:20–9 a.m.

**Session 1:** June 6–27  
**Code:** SL–SAD-821

**Session 2:** July 11–August 1  
**Code:** SL–SAD-822

**Session 3:** August 8–29  
**Code:** SL–SAD-823
Learn to Skate Lessons

Summer Session
Tuesdays, June 9–July 28
Register by Tuesday, June 2

| 5:30–6 p.m. | Tot 1  | LTS–S111 |
| 5:30–6 p.m. | Tot 2  | LTS–S112 |
| 5:30–6 p.m. | Tot 3  | LTS–S113 |
| 5:30–6 p.m. | Tot 4  | LTS–S114 |
| 5:30–6 p.m. | Beginner | LTS–S115 |
| 5:30–6 p.m. | (ages 7–up) |

| 6:05–6:35 p.m. | Pre-Alpha | LTS–S116 |
| 6:05–6:35 p.m. | Alpha     | LTS–S117 |
| 6:05–6:35 p.m. | Beta      | LTS–S118 |
| 6:05–6:35 p.m. | Gamma     | LTS–S119 |
| 6:05–6:35 p.m. | Delta     | LTS–S120 |
| 6:05–6:35 p.m. | Freestyle 1–up | LTS–S121 |

SKATE LESSON FEES: $90 member; $96 non-member
$108 Freestyle classes (No member discount)
Includes rental skates if needed, group lessons and a four-time punch pass for open skate days.

For OPEN HOCKEY and OPEN SKATE schedules, please visit
www.invergroveheights.org/learn-to-skate

Ready to Enroll? Register at invergroveheights.org/register

Note: Times may change and/or levels combined based on class sizes.

WELCOME TO SKATE SCHOOL!
Our learn to skate program is committed to fostering the development of every skater. We provide a variety of programs which teach the fundamentals of skating to all ages and every level from beginner to freestyle and hockey.

Please view class descriptions online at: www.invergroveheights.org/learn-to-skate

Our program is a member of Learn to Skate USA and the Ice Skating Industry, which means you will receive accredited training and can be confident in the skills you will develop and strengthen through our program!

SPRING 2020 ICE SHOW
“Under the Sea”
SATURDAY, APRIL 18 | 2 p.m. & 6 p.m.
ADMISSION: $5/PERSON | VMCC, EAST RINK

Saturday
March 28
6:30–8 p.m.

SKATE WITH A COP
Come dressed as your favorite Super Hero

Fee: Free /members
$4/non-member
No registration necessary.
VMCC West Rink
Amazing Athletes Tots Ages 18 months–2 years
Amazing Tots is a guided, self-discovery-based sports program designed to engage, maintain, and develop a toddler's attention span and physical abilities. Each class encompasses a discovery lesson in one or two different sports, structured physical challenges and organized physical exploration activities. Significant emphasis is placed on imaginative fitness activities along with color recognition, shape classification, and action vocabulary experiences (over, under, around, etc).

TOTS AGES 18 MONTHS–2 YEARS
Spring Session:
Dates: Mondays and Wednesdays, March 9–25
Time: 5:45–6:15 p.m.  Code: PP–P100  Fee: $90
Location: VMCC, West Turf
Register by: Monday, March 2

Summer Session 1:
Dates: Tuesdays June 9–July 21 (skip June 30)
Time: 5:45–6:15 p.m.  Code: PP–S123  Fee: $90
Location: Oakwood Park
Register by: Tuesday, June 2

Summer Session 2:
Dates: Thursdays, July 23–August 27
Time: 5:45–6:15 p.m.  Code: PP–S125  Fee: $90
Location: Oakwood Park
Register by: Thursday, July 16

Amazing Athletes Preschool Ages 3–5 years
Amazing Athletes preschool is a sports and fitness program which introduces your preschooler to 10 different sports while teaching important life skills! Our fun and non-competitive sports activities are designed to help develop motor skills, eye-hand coordination, cardiovascular fitness, impulse control, social skills and more! Each class encompasses two different developmental sports lessons, muscle identification, and introduction to a "power food" of the week (fruits & vegetables) to encourage a strong and healthy lifestyle!

PRESCHOOL AGES 3–5 YEARS
Spring Session:
Dates: Mondays and Wednesdays, March 9–25
Location: VMCC, West Turf
Register by: Monday, March 2

Summer Session 1:
Dates: Tuesdays June 9–July 21 (skip June 30)
Time: 5:45–6:15 p.m.  Code: PP–S124  Fee: $90
Location: Oakwood Park
Register by: Tuesday, June 2

Summer Session 2:
Dates: Thursdays, July 23–August 27
Time: 5:45–6:15 p.m.  Code: PP–S126  Fee: $90
Location: Oakwood Park
Register by: Thursday, July 16
### Soccer Shots Ages 2–5

Soccer Shots is a high-energy program introducing your little one to fundamental soccer principles through fun games, songs and positive reinforcement. *Offered in partnership with Soccer Shots.*

**Location:** VMCC, National Guard Gymnasium  
**Register by:** One week prior to start date

**SPRING SESSION:** Saturdays, April 11–May 30 (skip May 23)
- **Mini Ages 2–3**  
  - **Time:** 9–9:30 a.m.  
  - **Code:** PP–P120  
  - **Fee:** $99
  - **Time:** 10:10–10:40 a.m.  
  - **Code:** PP–P122  
  - **Fee:** $99
- **Classic Ages 3–5**  
  - **Time:** 9:35–10:05 a.m.  
  - **Code:** PP–P121  
  - **Fee:** $99
  - **Time:** 10:45–11:15 a.m.  
  - **Code:** PP–P123  
  - **Fee:** $99

**MORNING SUMMER SESSION:**  
Saturdays, June 27–August 15 (skip July 4)
- **Mini Ages 2–3**  
  - **Time:** 9–9:30 a.m.  
  - **Code:** PP–S110  
  - **Fee:** $99
  - **Time:** 9:40–10:10 a.m.  
  - **Code:** PP–S111  
  - **Fee:** $99
- **Classic Ages 3–5**  
  - **Time:** 10:20–10:50 a.m.  
  - **Code:** PP–S112  
  - **Fee:** $99

**EVENING SUMMER SESSION:** Tuesdays, June 23–August 4
- **Mini Ages 2–3**  
  - **Time:** 5:45–6:15 p.m.  
  - **Code:** PP–S113  
  - **Fee:** $99
  - **Time:** 6:20–6:50 p.m.  
  - **Code:** PP–S114  
  - **Fee:** $99
- **Classic Ages 3–5**  
  - **Time:** 6:55–7:25 p.m.  
  - **Code:** PP–S115  
  - **Fee:** $99

---

### RevSports Baseball/Softball Ages 2–6

This is a fun, active, Revolutionary Sports instructional Baseball/Softball class that focuses on individual player development. Each day will focus on a new skill topic building on the previous skill topic, including catching, throwing, base running, batting, learning positions and more. The class is *parent involved* starting each day with a game of catch and ends with batting and an inning of play. Gloves are optional, all other equipment provided.

**SPRING SESSION 1:**  
**Dates:** Mondays and Wednesdays, March 9–25  
**Location:** VMCC, West Turf  
**Register by:** Monday, March 2
- **TotStars Ages 2–3 T-Ball**  
  - **Time:** 5:30–6 p.m.  
  - **Code:** PP–P102  
  - **Fee:** $86
- **KinderStars Ages 4–6 Coach Pitch**  
  - **Time:** 6:05–6:50 p.m.  
  - **Code:** PP–P103  
  - **Fee:** $86

**SPRING SESSION 2:**  
**Dates:** Mondays and Wednesdays, April 6–22  
**Location:** VMCC, West Turf  
**Register by:** Monday, March 30
- **TotStars Ages 2–3 T-Ball**  
  - **Time:** 5:30–6 p.m.  
  - **Code:** PP–P104  
  - **Fee:** $86
- **KinderStars Ages 4–6 Coach Pitch**  
  - **Time:** 6:05–6:50 p.m.  
  - **Code:** PP–P105  
  - **Fee:** $86

**SUMMER SESSION 1:**  
**Dates:** Mondays June 8–July 6  
**Location:** TBD (Local neighborhood park)  
**Register by:** Monday, June 1
- **TotStars Ages 2–3 T-Ball**  
  - **Time:** 5:30–6 p.m.  
  - **Code:** PP–S104  
  - **Fee:** $59
- **PreStars Ages 3–5 T-Ball**  
  - **Time:** 6–6:45 p.m.  
  - **Code:** PP–S105  
  - **Fee:** $59
- **KinderStars Ages 4–6 Coach Pitch**  
  - **Time:** 6:45–7:30 p.m.  
  - **Code:** PP–S106  
  - **Fee:** $59

**SUMMER SESSION 2:**  
**Dates:** Wednesdays, July 15–August 12  
**Location:** TBD (Local neighborhood park)  
**Register by:** Wednesday, July 8
- **TotStars Ages 2–3 T-Ball**  
  - **Time:** 5:30–6 p.m.  
  - **Code:** PP–S107  
  - **Fee:** $59
- **PreStars Ages 3–5 T-Ball**  
  - **Time:** 6–6:45 p.m.  
  - **Code:** PP–S108  
  - **Fee:** $59
- **KinderStars Ages 4–6 Coach Pitch**  
  - **Time:** 6:45–7:30 p.m.  
  - **Code:** PP–S109  
  - **Fee:** $59

---

**SCHOLARSHIPS AVAILABLE** for Inver Grove Heights residents with qualifying financial need.
Youth Sports and Leagues

Archery  Ages 9–18
Great opportunity to try a new class! This class offers a safe and fun introduction to the sport of archery. Classes are taught by a highly qualified instructor. Equipment is provided at no charge but participants may bring their own equipment if preferred.

Dates: Fridays, June 12–July 24 (skip July 3)
Time: 6–7 p.m.
Location: Groveland Park
Fee: $68
Register by: Friday, June 5

Girls Lacrosse Spring Clinic  Ages 8–14
Get prepared for the summer season with fun, active, engaging skills/drill clinic. Great opportunity to develop skills in a positive environment. Each week will be a combination of skill stations and controlled scrimmages. High quality instruction will be led by High School Coaches in collaboration with Eagan and Eastview Athletic Associations. Indoor sessions will be held at VMCC West Arena Turf. Equipment needed: Lacrosse goggles, lacrosse stick, mouth guard (colored), tennis and/or turf shoes.

<table>
<thead>
<tr>
<th>AGES</th>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>FEE</th>
<th>CODE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8–12</td>
<td>March 31–April 28</td>
<td>Tuesdays</td>
<td>6–7 p.m.</td>
<td>$95</td>
<td>YS-P109</td>
</tr>
<tr>
<td></td>
<td>March 31–April 28</td>
<td>Sundays</td>
<td>1:30–2:30 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12–14</td>
<td>March 31–April 28</td>
<td>Tuesdays</td>
<td>7–8 p.m.</td>
<td>$95</td>
<td>YS-P110</td>
</tr>
<tr>
<td></td>
<td>March 31–April 28</td>
<td>Sundays</td>
<td>2:30–3:30 p.m.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Register by: Tuesday, March 24
Location: VMCC–West Turf

Let’s Try Lacrosse for Boys & Girls
Saturday, March 14 | VMCC West Arena Turf
Ages 7 & under: 9–9:45 a.m. | Ages 8 & up: 9:45–10:30 a.m.

Come join the Simley High School Lacrosse coaches and get a hands-on opportunity to try lacrosse! Information about lacrosse leagues and clinics will be available. If you have your own stick, please bring it along, a limited supply of sticks will be available to use. For more information, please contact ighlacrosse@gmail.com or online at www.ighla.com.

Boy’s & Girl’s Lacrosse Leagues
Boy’s and Girl’s Lacrosse Leagues are administered by Inver Grove Heights Lacrosse Association. For league registration please contact ighlacrosse@gmail.com or online at www.ighla.com.

Spring Girl’s Lacrosse Clinic
Watch for information on a Girl’s Lacrosse Spring Clinic in April.

DID YOU KNOW? Youth ages 12 and older can workout in the Fitness Center after completing an orientation. See page 7 for details.
**Spring Soccer Kick-off**  Ages 5–10
Come on out and shake off the winter blues with some spring soccer! IGH Heat and Simley High School coaches and players will lead the program. Sessions will include basic skill work (passing, dribbling, shooting and receiving) and finish with small sided soccer games. *Coordinated in collaboration with IGH Heat Soccer.*

**Dates:** Saturdays, April 4–May 2 (skip April 18)
**Times:**
- Ages 5–6: 9–9:45 a.m.
- Ages 7–8: 9:45–10:30 a.m.
- Ages 9–10: 10:30–11:15 a.m.
**Location:** VMCC, West Turf
**Fee:** $36
**Register by:** Friday, March 27

**Fall Recreation Soccer**  (Expanded Sparks & Flames)  Ages 5–8
Fall Recreation Soccer is a six-week soccer program consisting of one 45-minute session of instruction and one 45-minute game/scrimmage session per week. Practices will focus on the four fundamentals of soccer: passing, dribbling, shooting, and receiving/trapping. Game days will focus on using those skills in a small-sided game environment, playing against other teams in the program. Sessions are open to players of both genders (ages 5-8) and will be run and led by IGH Heat Soccer coaches. Program fee includes a team T-shirt.

**Dates:** Mondays and Wednesdays, Aug. 31–Sept. 30 (skip Sept. 7)
**Times:**
- Ages 5–6: 6–6:45 p.m.
- Ages 7–8: 6:45–7:30 p.m.
**Location:** Oakwood Park
**Fee:** $50
**Register by:** Monday, August 24

**Summer Recreation Soccer**  (Formerly Sparks & Flames)  Ages 5–8
Join the hottest Summer Rec soccer program! Qualified IGH Heat soccer coaches and players will serve as instructors. Players will learn simple soccer techniques and take part in small sided games, in a safe, fun and enjoyable environment. Program format will be one 45-minute practice session on Mondays and one 45-minute small sided game on Wednesdays. Program fee includes a team T-shirt.

**Dates:** Mondays and Wednesdays, June 8–July 22 (skip week of July 4)
**Times:**
- Ages 5–6: 6–6:45 p.m.
- Ages 5–6: 6:45–7:30 p.m.
- Ages 7–8: 7:30–8:15 p.m.
**Location:** Skyview Park
**Register by:** Monday, June 1
**Code:** YS–S110
**Code:** YS–S111
**Code:** YS–S112
**Fee:** $75

**Heat Summer Soccer**  Ages 9–19
IGH Heat Summer Soccer begins in March with indoor training and runs through July (for most teams). Practices are held indoors 1 to 2 times a week in March–April and then move outside during May–July, up to 2 to 3 times per week as determined by the coach. Summer schedule includes 8 to 10 games, with games being played in IGH or at opponent’s home field (often requires some travel). Heat Soccer fields teams for both genders at the U9 to U19 levels. Coach fees are in addition to registration. Registration fee includes participation in approximately two weekend tournaments as determined by the team as well as a season-ending tournament for qualifying teams. Team formations are held in late July/early August for the 2021 summer season. Cost for participating ranges from $289 (U9-U10) to $389 (U11-U12) to $409 (U13-U19) in addition to uniform costs.

**Heat Fall Soccer**  Ages 9–14
IGH Heat Fall Soccer begins in late August and runs through mid-October. Practices are held 1 to 2 times per week as determined by the coach. Fall schedule includes six weekend games, with games being played in IGH or at the opponent’s home field (often requires some travel). Heat Soccer fields teams for both genders at the U9 to U14 levels. Coach fees are in addition to registration fee. A season-ending tournament for qualifying teams is held in October. Cost for participating is approximately $90 for all ages in addition to uniform costs.

Inver Grove Heights HEAT SOCCER is a club soccer program with competitive teams of varying levels for youth ages 9–19. IGH Heat offers both fall and summer seasons, in addition to winter training and futsal. For more information or to register, please see the Heat’s website: ighsoccer.org
**Boys Baseball Leagues**

Inver Grove Heights Parks & Recreation Baseball leagues are instructional, less competitive, in-house leagues which offer the opportunity to learn the game in a fun, positive environment. The program operates under the philosophy that each participant will have the opportunity to participate in each game and develop skills.

**U5 T–Ball League**

- Ages 4–5 (as of May 1, 2020)
- Hitting off “T” to start the season and move to coach-pitch as deemed appropriate. No tournaments.
- Days: Tuesdays & Thursdays
- Dates: May 7–June 30
- Fee: $72
- Code: YL–P102
- Register by: Friday, March 20

**U7 Mite League**

- Ages 6–7 (as of May 1, 2020)
- Coach-pitch the entire season; coaches serve as umpires. No tournaments.
- Days: Mondays & Wednesdays
- Dates: April 22–mid July
- Fee: $80
- Code: YL–P103
- Register by: Friday, March 20

**New for this Baseball Season!**

Inver Grove Heights Baseball Association (IGHBA) will now coordinate/supervise the U9 and U11 Leagues. The timeline, structure and rules of these leagues will be the same as the past three seasons but registration and administration will be done through IGHBA. This is an In-House League done in collaboration with Eagan and Eastview Baseball Associations. Practices will take place in IGH and games will be in IGH, Eagan or Apple Valley.

**U9 Squirt League**

- Ages 8–9 (as of May 1, 2020)
- Modified kid-pitch the entire season. Coaches serve as umpires. A weekend, season-ending tournament will conclude the season in mid-July. Tournament dates TBD.
- Days: Tuesdays & Thursdays
- Dates: April 23–mid July
- Fee: $85

**U11 Minor League**

- Ages 10–11 (as of May 1, 2020)
- Kid-pitch the entire season. Umpires will be provided. A weekend, season-ending tournament will conclude the season in mid/late July. Tournament dates TBD.
- Days: Mondays & Wednesdays
- Dates: April 20–mid/late July
- Fee: $95

**For registration information visit:** [www.ighba.com](http://www.ighba.com)

---

**Little Spartans Softball**

Sponsored by the IGH Softball Federation in conjunction with the City of Inver Grove Heights.

**U6 Softball**

- Ages 4–6
- Beginning level softball for players ages 4–6 with little to no experience. Focus will be on teaching the basics including catching, throwing, hitting, fielding, base running and most important having fun! Instruction based program that will incorporate scrimmage games.
- Dates: Mondays, June 1–July 13
- Time: 5:30–6:30 p.m.
- Location: TBD
- Fee: $65
- Code: YL–P108
- Register by: Friday, May 15

---

**Twins FREE Baseball Clinic**

**FRIDAY, JULY 17**

Equipment is provided, but participants should bring a glove. Clinics are designed to teach fundamentals, including hitting, throwing and fielding. Register online at [www.playballmn.com](http://www.playballmn.com).

All participants must complete a waiver on-site. Open to boys and girls!

- **6-9 Year-Olds:** 3 p.m.
- **10-13 Year-Olds:** 4:30 p.m.

**Location:** Oakwood Park, Field 2

**Rain backup:** VMCC, National Guard Gymnasium

---

**Volunteer Coaches NEEDED!**

We need volunteers to serve as coaches and assistant coaches. The Department will conduct training for all coaches to get started so don't worry if you don't have experience. Please call 651-450-2585 if you are interested in coaching.

For more info go to [www.ighba.com](http://www.ighba.com) or [www.invergroveheights.org/baseball](http://www.invergroveheights.org/baseball)

---

**At Inver Grove Heights Schools, our students are A CUT ABOVE**

They are

- **INSPIRED.**
  - Award-winning arts & athletics
  - Digital devices for all students
  - Opportunities for student voice
  - Service learning

---

They are

- **INNOVATIVE.**
  - Career exploration
  - College prep
  - Hands-on STEAMM classes
  - State-of-the-art facilities

---

They **EXCEL.**

- 70% staff with advanced degrees
- Accelerated courses
- Core life skills curriculum
- Early high school & college credit
- Professional opportunities

**ENROLL TODAY! Call 651-306-7825 or visit** [www.isd199.org/enroll](http://www.isd199.org/enroll)

---

**Paid Advertisement**
**RevSports Ninja Warrior Obstacles**  
**Ages 5–8** Learn to be a ninja through these agility, balance and coordination challenges. Ground based obstacles are arranged to provide additional challenges as they race with or against other players to complete challenges. Class is designed for participants who want an active experience to play games. All obstacles are portable, and set-up varies each week. (Ages 2-5 have an option available on the same days on the Preschool Sports page.)  
**Location:** VMCC, West Turf  
**Register by:** One week prior to start date

**Flag Football League**  
**Boys and girls ages 5-9**  
This instructional program stresses the fundamentals of football including offense/defense and specific football related skills. Practices are held Tuesdays or Thursdays, depending on age. Games will be played on Saturdays starting September 12. Players will be notified what time to come and teams will be announced on the first day of practice. The program relies upon the leadership of volunteer coaches. If you are interested in coaching, please call Chelsea Swiggum at 651-450-2580.

**DAY** | **DATE** | **AGES** | **TIME** | **FEE** | **CODE**
--- | --- | --- | --- | --- | ---
Thursday | Aug. 13–Oct. 1 | 5-6 | 6-7 p.m. | $60 | YL-S100
Saturday | Sept. 12–Oct. 3 | | 10:15 or 11:15 a.m. | |
Tuesday | Aug. 11–Sept. 29 | 7-9 | 6-7 p.m. | $60 | YL-S101
Saturday | Sept. 12–Oct. 3 | | 1 or 2:15 p.m. games | |

**Register by:** Tuesday, July 28  
**Location:** Salem Hills Park or Groveland Park

---

**Youth Track League**  
**Grades Kindergarten–6**  
Participants will have the chance to try their skills in events such as the 100-yard dash, relays, long jump, high jump, baseball throw and more! Participants will be emailed a welcome letter with program information. Volunteer coaches and track meet helpers are needed! If you are interested in helping, please call at 651-450-2585. Fee includes T-shirt and awards.  
In partnership with South St. Paul Parks and Recreation. Program details are forthcoming. Details will be available online at invergroveheights.org/register by March 15.

---

**PARKS AND RECREATION WEATHER UPDATES**  
**Weather Line:** 651-450-2595  
As of June 2019, there are no longer web or text alerts

---

**Paid Advertisement**

---

**Simley Youth Football**  
**Students Entering:** 3rd, 4th, 5th, 6th Grades  
**FAQ:** Season starts August with football camp.  
Game schedule is an average of 8 weeks ending October.  
We are a member of the Metro East Youth Football League (MEYFL).  
3rd Grade team will play Tackle Bar football – safer contact, strong fundamentals.  
The most cost effective, affordable choice in sports.  
Limited financial assistance is available to qualified families.  
Early registration discounts will be available!  

**More Information and Registration can be found at:**  
www.simleyyouthfootball.com  
Registration Opens in May!  
SYFA is non-profit independent youth organization operating in Inver Grove Heights.  
Find us on Facebook!

**Paid Advertisement**
# Youth Karate

Self-defense plus fun – now that’s a winning combination! Our program has classes for students beginning through advanced levels. The style of karate taught is Shorin-Ryu. Students should wear loose clothing that allows for movement. **All classes held at:** VMCC, Community Room. **Register at least one week prior to start date.**

### AGES 5–7

**Beginning**  Our introductory class is designed especially for younger students. Participants learn basic self-defense techniques while having fun.

- **Days:** Tuesdays
- **Dates:** June 9–August 4 (Skip June 30)
- **Time:** 5:45–6:45 p.m.
- **Code:** YS–S106
- **Fee:** $44

**Advanced**  Participants continue with skills already learned, develop new skills and work on a belt test.

- **Days:** Tuesdays
- **Dates:** June 9–August 4 (Skip June 30)
- **Time:** 6:45–7:45 p.m.
- **Code:** YS–S107
- **Fee:** $44

### AGES 8–18

**Beginning**  Participants learn basic self-defense techniques including throws, falls, punches, kicks, controlled sparring, as well as safety skills and tips. Participants may earn belts through testing and by completing one beginning and one advanced course.

- **Days:** Mondays
- **Dates:** June 8–August 3 (Skip June 29)
- **Time:** 6–7:30 p.m.
- **Code:** YS–S108
- **Fee:** $52

**Advanced**  Participants continue with skills already learned, develop new skills and work on a belt test.

- **Days:** Mondays
- **Dates:** June 8–August 3 (Skip June 29)
- **Time:** 7:30–9 p.m.
- **Code:** YS–S109
- **Fee:** $52

---

### Coming this Fall — Youth Disc Golf Clinic

Are you interested in learning more about Disc Golf? We are partnering up with Everyday Disc Golf to host a clinic for participants to learn about techniques, skills, and tips and tricks to play the game. There will even be the chance to play a couple holes at the end. We challenge you to stick around and finish the course. Each participant will get to keep their very own disc! Watch for more information in the Fall brochure.

---

### IGH Hockey Association

Join the hottest game on the ice! Visit **www.IGHHA.org** for details.

- **Try Hockey for Free Event**
  - **Ages 4–9**
  - Two events each year!
  - Check our website for future dates.
  - First year mini-mite registration is free (IGHHA eligible status only)
  - Hockey equipment available
  - Hockey financial assistance grants available

Need more information:  
Troy Woltman: **HOCKEYIGH@gmail.com**
Kids R.O.C.K.
(Recreational Opportunities Catered to Kids)

Summer Camp Program for Kids
Ages 5–12 | June 8–August 28

*Kids R.O.C.K. is the place to be for a summer to remember!*

Each week follows a fantastic theme that promises to engage and fascinate kids through a variety of hands-on activities, games, crafts, songs and much more! In addition to our great in-room activities, children will play outside at the playground, swim in the water park, take trips to the library, and play large group games like kickball and soccer on the grassy field. Exciting field trips are also scheduled bi-weekly on Wednesdays. **Field trips require additional fees and are optional.**

Children will have the opportunity to sign up for swimming lessons during the day while attending camp. Staff will take them to and from lessons. **Swimming lessons require an additional fee.**

All participants receive a T-shirt and daily snacks. Participants must bring their own bag lunch daily for camp.

The final week of Kids R.O.C.K. (August 21–28) will have limited space due to staffing.

**When:** Monday–Friday, June 8–August 28

**Time:** 6:30 a.m.–5:30 p.m.

**Where:** Veterans Memorial Community Center

**Fees:**
- Enrollment Fee: $80
- 5 days/week contract: $182/per week
- 3–4 days/week contract: $152/per week

**Discounts:**
- Additional child or Community Center Household Membership (discounts cannot be combined):  
  - Enrollment Fee: $75
  - 5 day/week: $177/per week
  - 3–4 day/week: $147/per week

**Notes:**
- Contracts can be purchased one week at a time, or for the entire 12 weeks. *This is NOT part of summer registration savings. There is no discount on enrollment.
- No online registration.

**QUESTIONS OR READY TO ENROLL FOR KIDS R.O.C.K?** Call 651-450-2585; or email krchanges@invergroveheights.org

---

**Kids R.O.C.K. OPEN HOUSE**

Wednesday, March 11

- Get your questions answered
- See the facility
- Drop off enrollment forms

---
Summer Camps

Skyhawks Volleyball Camps

Ages 5–7 It is never too early to learn volleyball. Cool games, special equipment and tons of fun make each class awesome. Players should bring a water bottle. Each player receives a merit award.

Dates: Monday–Thursday, June 8–11
Time: 10 a.m.–12:30 p.m.  Code: SC–S100
Fee: $109
Register by: Friday, May 29
Location: VMCC, National Guard Gymnasium

Ages 7–12 All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. Staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Participants should bring a water bottle. All participants receive a merit award.

Dates: Monday–Thursday, June 8–11
Time: 1–4 p.m.  Code: SC–S101
Fee: $125
Register by: Friday, May 29
Location: VMCC, National Guard Gymnasium

Horse Camp  Ages 7–13
This popular camp is a great introduction to the sport of horseback riding. Learn to groom, feed, saddle and control at a trot and rising trot. Skills are progressive. Fee includes transportation between VMCC and HHH Ranch (located in Cannon Falls, MN), professional instruction (3 hours per day), snack and safety equipment. Please wear denim pants and shoes with a heel — no sandals.

Dates: Monday–Friday, June 15–19  Fee: $210
Time 1: 8:30 a.m.–12:30 p.m.  Code: SC–S102
Time 2: 12:30–4:30 p.m.  Code: SC–S103
Register by: Monday, June 8
Location: VMCC (travel to HHH Ranch)

Junior Lifeguard Camp  Ages 11–15
Love the water? Come build your swimming skills and learn life saving techniques each week.

Monday–Thursday  1-4 p.m.

Week 1: June 15–18  SL-SJG-1
Week 2: July 6–9  SL-SJG-2
Week 3: July 27–30  SL-SJG-3
Week 4: August 10–13  SL-SJG-4
Week 5: August 24–27  SL-SJG-5
5 Week Package:  SL-SJG-6
Fees: $95 per week or Five Week Package for $395

See page 47 for more details!

NEW Junior Vet Camp  Ages 6–12
Do you have a pet dog, cat or hamster? Come learn some of the basics of pet care and safety through fun demonstrations and activities. Staff from Southview Animal Hospital will provide you with a morning of fun and knowledge about your pets!

Date: Thursday, August 13  Time: 9–11 a.m.  Fee: $20
Register by: Thursday, August 6  Code: SC–S117
Location: VMCC, Community Room 1

Edina Water Park Field Trip  Ages 6–13
We will spend the day at the Edina Water Park, playing on their incredible playground and swimming at their water park. Please bring a swimsuit, towel, sunscreen and a bag lunch.

Date: Thursday, June 25  Fee: $21  Code: SC–S118
Time: Bus pick up at IGH at 9:15 a.m.- returns at 4:15 p.m.
Register by: Wednesday, June 17

RevSports Basketball Camp  Ages 4–6, 7–10
This active and fun, RevSports instructional basketball class is designed for player development. Each day will focus on a topic building on the previous topic, including dribbling, shooting, defending, passing and more. Each day ends with a game. All equipment provided.

Dates: Monday–Thursday, July 27–30

Ages 4–6: 10 a.m.–Noon  Code: SC–S107
Fee: $85
Ages 7–10: 1–4 p.m.  Code: SC–S108
Fee: $115
Location: VMCC, National Guard Gymnasium
Register by: Monday, July 20

LUNCH SUPERVISIOIN between morning and afternoon classes if you register for both camps!

RevSports Baseball Camp  Ages 4–6, 7–10
This fun and active, RevSports Baseball camp focuses on individual player development. Each day will focus on a topic building on the previous topic, including catching, throwing, base running, batting, learning positions and more. Bring your own glove. All other equipment provided.

Dates: Monday–Thursday, July 27–30

Ages 7–10: 9 a.m.–Noon  Code: SC–S109  Fee: $115
Ages 4–6: 1–3 p.m.  Code: SC–S110  Fee: $85
Location: VMCC, West Arena Turf
Register by: Monday, July 20

NEW Junior Lifeguard Camp  Ages 11–15
Love the water? Come build your swimming skills and learn life saving techniques each week.

Monday–Thursday  1-4 p.m.

Week 1: June 15–18  SL-SJG-1
Week 2: July 6–9  SL-SJG-2
Week 3: July 27–30  SL-SJG-3
Week 4: August 10–13  SL-SJG-4
Week 5: August 24–27  SL-SJG-5
5 Week Package:  SL-SJG-6
Fees: $95 per week or Five Week Package for $395

See page 47 for more details!

NEW Junior Vet Camp  Ages 6–12
Do you have a pet dog, cat or hamster? Come learn some of the basics of pet care and safety through fun demonstrations and activities. Staff from Southview Animal Hospital will provide you with a morning of fun and knowledge about your pets!

Date: Thursday, August 13  Time: 9–11 a.m.  Fee: $20
Register by: Thursday, August 6  Code: SC–S117
Location: VMCC, Community Room 1

Edina Water Park Field Trip  Ages 6–13
We will spend the day at the Edina Water Park, playing on their incredible playground and swimming at their water park. Please bring a swimsuit, towel, sunscreen and a bag lunch.

Date: Thursday, June 25  Fee: $21  Code: SC–S118
Time: Bus pick up at IGH at 9:15 a.m.- returns at 4:15 p.m.
Register by: Wednesday, June 17

RevSports Basketball Camp  Ages 4–6, 7–10
This active and fun, RevSports instructional basketball class is designed for player development. Each day will focus on a topic building on the previous topic, including dribbling, shooting, defending, passing and more. Each day ends with a game. All equipment provided.

Dates: Monday–Thursday, July 27–30

Ages 4–6: 10 a.m.–Noon  Code: SC–S107
Fee: $85
Ages 7–10: 1–4 p.m.  Code: SC–S108
Fee: $115
Location: VMCC, National Guard Gymnasium
Register by: Monday, July 20

LUNCH SUPERVISIOIN between morning and afternoon classes if you register for both camps!

RevSports Baseball Camp  Ages 4–6, 7–10
This fun and active, RevSports Baseball camp focuses on individual player development. Each day will focus on a topic building on the previous topic, including catching, throwing, base running, batting, learning positions and more. Bring your own glove. All other equipment provided.

Dates: Monday–Thursday, July 27–30

Ages 7–10: 9 a.m.–Noon  Code: SC–S109  Fee: $115
Ages 4–6: 1–3 p.m.  Code: SC–S110  Fee: $85
Location: VMCC, West Arena Turf
Register by: Monday, July 20

NEW Junior Lifeguard Camp  Ages 11–15
Love the water? Come build your swimming skills and learn life saving techniques each week.

Monday–Thursday  1-4 p.m.

Week 1: June 15–18  SL-SJG-1
Week 2: July 6–9  SL-SJG-2
Week 3: July 27–30  SL-SJG-3
Week 4: August 10–13  SL-SJG-4
Week 5: August 24–27  SL-SJG-5
5 Week Package:  SL-SJG-6
Fees: $95 per week or Five Week Package for $395

See page 47 for more details!
Summer 2020

Cardboard Creations! Ages 9–12
Cardboard! It’s everywhere! Students will dive into the world of cardboard art and sculpture. Create a cardboard portrait, sculpt your very own shoe, and assemble a cardboard pinball machine called the PinBox3000! You will learn from the inventor of the PinBox3000 about how to design a pinball play board and construct your very own game! STEAM learning is a great way to learn about physics, engineering, problem-solving and design while having fun! Cardboard, though generally discarded, is a material with incredible properties and possibilities for sculpture. A PinBox3000 kit (retails at 49.95) is included in the cost of the camp! Students will be able to bring their finished PinBox3000 home with them as well as all their other creative cardboard constructions.

Dates: Monday–Thursday, July 20–23
Fee: $125
Code: SC-S105
Register by: Monday, July 13
Location: VMCC, Community Room 1

Getting Crafty with Cardboard! Ages 6–8
Let’s dig in, get creative, and expand our imaginations as we use simple materials to build wondrous things. Our cardboard wizard Olli Johnson will show us how to cut, fold, glue, assemble, and deconstruct to our heart’s content, creating puppets, portraits, costumes, and who knows what else out of recycled goodies. Along the way we’ll learn some funny songs, craft some fantastic tales, and forge some learning connections between art and engineering while we get silly and have fun. Parents are invited to send some cardboard boxes along with their student on the first day of camp! Bring them in and let’s turn them into art!

Dates: Monday–Thursday, July 20–23
Fee: $100
Code: SC-S106
Register by: Monday, July 13
Location: VMCC, Community Room 1

The following art camps are offered in partnership with Mayer Arts

Snow Queen and Friends Musical Theater Camp Ages 4–8
What happens when you venture far from your kingdom to find the truth from our icy past? Find out in this spectacular class! We will learn music and choreography from our favorite frozen sequel and create our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Dates: Monday–Friday, August 3–7
Fee: $124
Code: SC-114
Location: VMCC
Register by: Monday, July 27

Descendents 3 Musical Theater Camp
Ages 6–11
New villains are stirring up trouble in Auradon! Help bring order back to the kingdom with a musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak our lines, block a scene, develop your character, and much more! We will also play fun creative games! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Dates: Monday–Friday, August 3–7
Fee: $124
Code: SC-113
Location: VMCC
Register by: Monday, July 27

NEW

Safety Camp Ages 6–11
A camp you do not want to miss! Learn to be safe in the following areas: Fire, Water, Bike, Health, and more! Camp includes certificate of completion, T-shirt, lunch and a safety swag bag!

Date: Wednesday, July 15
Time: 7 a.m.–5 p.m.
Fee: $20
Code: SC-S115
Register by: Wednesday, July 8
Location: VMCC

Snow Queen and Friends Musical Theater Camp Ages 4–8
What happens when you venture far from your kingdom to find the truth from our icy past? Find out in this spectacular class! We will learn music and choreography from our favorite frozen sequel and create our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Dates: Monday–Friday, August 3–7
Fee: $124
Code: SC-114
Location: VMCC
Register by: Monday, July 27

The following art camps are offered in partnership with Mayer Arts

Thanks to many local community sponsors who help to make this low cost program available!
Join Bee Elite Gymnastics Academy (BGA) and watch your child learn gymnastics in a way that is customized for each child at his/her own level of competency. Participants develop self-confidence, good motor coordination and self-discipline in a fun, safe and positive environment. Adult family members are also encouraged to join!

Trampolines are used in all of the classes. See beethedifference.com for dates, times and fees for the 2019-20 School Year season. Be sure to read the important information on the program and payment system below.

Recreation Gymnastics Program
BGA has two sessions for the Recreational program: Summer (June–August) and School Year (September–May). Classes run month by month and you must commit to at least one month. You may cancel by the 15th of any month for the following payment to be canceled. Participant must be the min. age by the start date of class. When the program is full, your name will be placed on a waiting list, and you will be contacted when space becomes available.

Junior Olympic Team Program
Team program enrollment is a 12 month commitment from June 2020 through May 2021. Develop skills and confidence for competition. Cancellation requires 2 1/2 months notice. To join the Junior Olympic Team Program, contact Head Coach Tomas at info@coachtomas.com

Monthly Fee System
• Participants have an option to pay monthly or yearly through a secure system set up by BGA.
• Participants receive a discount for paying for the school year in full.
• Participants register online at www.beethedifference.com

Individual Lessons
Individual lessons are available with coaching staff throughout the school session. Lessons can be scheduled for 30 min., 45 min., 60 min. or 90 min. sessions. Get up to four of your friends and do a private lesson together for a reduced price!

Fees: $69.99 per hour/BGA Team members
$79.99 per hour/BGA members
$89.99 per hour/Non-BGA members

If you book 4 consecutive 60-minute individual lessons you will be given a $10 per lesson discount. Call 612-618-4790.

BGA Head Coach and Founder
TOMAS SETTELL
• USA Gymnastics University School of Competitive: Trampoline and Tumbling; National Coach since 2003
• Emergency Medical Technician Certified by the National Registry of E.M.T.'s
• Integrative and Functional Medicine Health Coach
• 25 years coaching experience

REGISTER AT
www.beethedifference.com
Adult Sports

**Pickleball Intro**
Learn the basics and try your hand at a volley or two! All equipment is provided. Class size will be small, so register early!

- **Date:** Tuesday, May 26
- **Time:** 6:30 Code: AP-S100 7:30 Code: AP-S101
- **Fee:** $5
- **Register by:** Tuesday, May 19
- **Location:** North Valley Park

**Pickleball Instruction**
In this class you will learn the rules of the game, techniques in serving, volleying and game strategy. All equipment is provided for classes. In class we will teach strategy and techniques which will advance your game to the next level. Only one rain-out will be made up per session (make-up date is Tuesday, July 9).

- **Dates:** Tuesdays, June 2–23
- **Time:** 6:30–7:30 p.m. Beginner I Code: AP-S102 7:30–8:30 p.m. Advance Beginner Code: AP-S103
- **Fee:** $53
- **Register by:** Tuesday, May 26
- **Location:** North Valley Park

**Pickleball Leagues**
Our adult pickleball league is a fun, semi-competitive league for teams of two players. Game times and schedule will be determined by the final number of teams that register. Mandatory managers meeting will be held mid-May. Game start times are estimates.

- **Time:** 6–8 p.m.
- **Fee:** $40 per team
- **Location:** North Valley Park

**Doubles GOLD Level (4.0+)**
- **Dates:** Mondays, June 15 start date Code: AL-S104

**Doubles SILVER Level (3.0-4.0)**
- **Dates:** Tuesdays, June 16 start date Code: AL-S105

**Indoor Walking**
Simley High School, South St. Paul High School, Henry Sibley High School and the VMCC will be open for indoor walking from now to May 31, 2020. So grab your friends and head indoors where the temperature is always comfortable! Walking buttons are required to use each of the facilities and can be purchased at IGH Parks & Rec Office, 197 & 199 School District Offices, Thompson Activity Center (WSP) or Central Square Community Center (SSP). Buttons should be displayed while walking.

- **Monday–Friday:** 7 a.m.–2 p.m. VMCC West Rink $5
- **Monday–Thursday:** 5–9 p.m. High Schools $5

---

**Pickleball Leagues**

**NEW**

**Adult Tennis Lessons**
Ages 18 and older
Find yourself in the game! Have fun, stay in shape and meet new friends while playing the lifetime sport of tennis! All classes taught by USTA-trained instructors.

- **Beginner:** Classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. All participants will be given a new Wilson tennis racquet.
  - **Dates:** Mondays, June 8–July 13 (July 20 rain make up date)
  - **Time:** 6:15–7:15 p.m. Beginner Code: AP-S105 7:15–8:15 p.m. Advance Beginner Code: AP-S106
  - **Fee:** $67
  - **Register by:** Monday, June 1
  - **Location:** Oakwood Park

- **Advanced Beginner:** Classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.
  - **Dates:** Mondays, July 27–August 31
  - **Time:** 6–7 p.m. Beginner Code: AP-S107 7–8 p.m. Advance Beginner Code: AP-S108
  - **Fee:** $67
  - **Register by:** Monday, July 20
  - **Location:** Oakwood Park

**Adult Men’s Slow-Pitch Softball League**
Adult Athletic Leagues are sponsored by IGH Parks & Rec to develop, promote and regulate adult sports within the City. We are a National Softball Federation sanctioned league. There will be three divisions available, each playing 20 double-header games during the season, as well as league playoffs. A mandatory manager’s meeting will be held in mid-April. When registration closes, the Rec Coordinator will contact managers with details on dates. Questions? Al Vandehoef at avandehoef@invergroveheights.org or 651-450-2468

**Pickleball Instruction**
In this class you will learn the rules of the game, techniques in serving, volleying and game strategy. All equipment is provided for classes. In class we will teach strategy and techniques which will advance your game to the next level. Only one rain-out will be made up per session (make-up date is Tuesday, July 9).

- **Dates:** Tuesdays, June 2–23
- **Time:** 6:30–7:30 p.m. Beginner I Code: AP-S102 7:30–8:30 p.m. Advance Beginner Code: AP-S103
- **Fee:** $53
- **Register by:** Tuesday, May 26
- **Location:** North Valley Park

**Pickleball Leagues**

**NEW**

**Adult Men’s Slow-Pitch Softball League**

Adult Athletic Leagues are sponsored by IGH Parks & Rec to develop, promote and regulate adult sports within the City. We are a National Softball Federation sanctioned league. There will be three divisions available, each playing 20 double-header games during the season, as well as league playoffs. A mandatory manager’s meeting will be held in mid-April. When registration closes, the Rec Coordinator will contact managers with details on dates. Questions? Al Vandehoef at avandehoef@invergroveheights.org or 651-450-2468

**Registration open NOW!** Entry Fee for all divisions: $750 plus a $50 Conduct Fee. The Conduct Fee is refundable.

**DAYS**

<table>
<thead>
<tr>
<th>DIVISION</th>
<th>MAX # OF TEAMS</th>
<th>PROGRAM REG #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday D/E</td>
<td>16</td>
<td>AL-S100</td>
</tr>
<tr>
<td>Tuesday D</td>
<td>20</td>
<td>AL-S101</td>
</tr>
<tr>
<td>Thursday D</td>
<td>20</td>
<td>AL-S102</td>
</tr>
</tbody>
</table>

**Register by:** Monday, April 6

**Location:** Rich Valley Athletic Complex

---

**ADULT FITNESS — SEE PAGES 8–9**
SPEAKERS

Smartphone, Beyond Basics 1
This workshop covers functions beyond the smartphone basic use. Students become familiar with certain advanced functionalities smartphone technology offers. Students explore App store and Play store tools, popular useful apps technology and supports, online shopping, item search and coupons use, scan pricing with camera, place order to purchase, and other shopping options. Also, social media apps explorations, app concepts, app installs, and security awareness. Sharing (AirDrop, ePrint, uploads, email, etc.), local and cloud storage management, security settings and authentication, passcode and face recognitions, online movies and music streaming technology, Q&A and help resources to wrap. Prerequisite: Students must be familiar and comfortable using smartphone.

Date: Thursday, April 2
Time: 9:30–11:30 a.m.
Location: VMCC
Fee: $35
Code: AS–P527
Register by: Friday, March 27

Smartphone, Beyond Basics 2
This workshop is a continuation of the first workshop. We briefly review Beyond Basics Workshop I material and then explore more of smartphone features, camera use to share photos and videos via texting and email attachment, texting with animation (ex. GYPHY, Emoji), online banking and transactions with apps use like (PayPal, Venmo, Apple Pay, etc.), Wi-Fi and hotspot network management. Bluetooth pairings, vehicle’s Apple Car play and Android Auto technology use, GPS directions and Navigations, Weather app and live radar use, voice dictation, Emergency SOS, alerts, notifications, change wallpaper, calendar events management, Q&A and help resources to wrap. Prerequisite: Students must be familiar and comfortable using smartphone. Bring a mobile device with you. Class provided in partnership with Ray the Computer Guy.

Date: Thursday, April 9
Time: 9:30–11:30 a.m.
Location: VMCC
Fee: $35
Code: AS–P528
Register by: Friday, April 3

Health Care Directives
Learn how to complete a Health Care Directive to communicate your wishes about sustaining treatment such as resuscitation, artificial nutrition and life support. Offered in partnership with Darts.

Date: Wednesday, May 6
Time: 10–11 a.m.
Location: VMCC
Fee: Free
Code: AS–S541
Register by: Wednesday, April 29

Happy Feet Foot Services
On the fourth Tuesday of the month, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Call to set an appointment at 763-560-5136.

Healthy Living Fair
Wednesday, April 22 | 9 a.m.–Noon
VETERANS MEMORIAL COMMUNITY CENTER

Healthy You ♥ Healthy Earth
Visit vendor booths with information on health & wellness!
Guest speakers will cover sustainability topics with an earth-friendly focus in recognition of Earth Day’s 50th Anniversary.
Discover ways to care for yourself while caring for our planet!

SPONSORED BY Humana

www.invergroveheights.org/activeadults55
Inver Grove Heights Summer 2020

Time: 10:30–11:30 a.m.
Register by: Thursday, June 4
AS–S543 Code:
Fee: VMCC

Socializing Online
Facebook, Instagram, Skype, FaceTime and many more! In this two-hour informative class, we explore and practice some of the most common social networking tools to help people install and use to stay connected with family and friends or follow current events. This educational class provides fun activities in this regard. You learn things to know to communicate, or share photos, or leave comments with others online. We will online account safety, security and authentication challenges.

Bring a mobile device with you. Class provided in partnership with Ray the Computer Guy.

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

Date: Thursday, June 11
Time: 9:30–11:30 a.m.
Location: VMCC
Fee: $35
Code: AS–S543
Register by: Thursday, June 4

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

Date: Tuesday, July 14
Time: 10:30–11:30 a.m.
Fee: Free
Code: AS–S545
Location: VMCC
Register by: Tuesday, July 7

Long Term Care Housing Options
Overview of housing types and things to consider when deciding whether to stay in your home or move. Offered in partnership with Darts.

Date: Wednesday, July 22
Time: 10–11 a.m.
Fee: Free
Code: AS–S546
Location: VMCC
Register by: Wednesday, July 15

Winter Escape
It’s never too early to start planning your winter travel. A Landmark Tours vacation is thoroughly planned, well-paced, and very inclusive. We pair the “must-sees” of each region, with enriching cultural elements. Join us for a presentation of the positive and enriching experiences that different types of travel can bring to people, including: tours, cruises, city getaways, and many more. Landmark Tours is a local, family owned tour operator celebrating 30 years in business. Let’s explore these possibilities together!

Date: Wednesday, July 15
Time: 10:30–11:30 a.m.
Code: AS–S547
Register by: Wednesday, July 8
Location: VMCC
Fee: Free
Spring into Wellness!
This presentation from the Grove’s own Kayla Wirkus will teach you about the benefits of healthy exercise and how a healthy diet plays a role in an active lifestyle. Then participate in a brief joint-friendly workout – dress accordingly. Healthy snacks will be provided!

Date: Wednesday, March 25
Time: 9:30–11 a.m.
Fee: $5
Code: AS-P524
Register by: March 18
Location: VMCC

Back to Balance
This class is designed for individuals who would like to improve their coordination, posture, gait, balance and strength to improve ease of function for daily activity. Great for post rehab from injury or illness. Walkers are welcome.

Days: Tuesday and Thursdays
Time: 11–11:50 a.m.
Dates:
April 2–28
April 30–May 26
Location: VMCC, Fitness Studio
Fee: $39/member; $59/non-member
Register at least one week prior to start date

Drawing from Nature
Artist from Claude Monet to contemporary artist Andy Goldsworthy have used nature as their main inspiration for their art making process. In this class, the concept of nature in art can range from observational drawing to incorporating physical elements of nature into your art piece. Observational drawing skills will be covered and several mediums will be explored including graphite, colored pencil, and ink.

Date: Saturday, March 14
Time: 10 a.m.–12 p.m.
Fee: $30
Code: AS–W523
Register by: Friday, March 6
Location: VMCC, Community Room 1

Euchre Tournament
Date: Friday, April 24
Time: Check-in at 6 p.m.
Fee: $3 pay on-site, all monies paid out
Location: Moose Lodge — 5927 Concord Blvd, IGH

Limited seating, 60 spots available. To reserve your spot you can sign up in the Senior Center (Community Room 2, VMCC) or call Steve at 612-245-5337.

Social Card Games
No need to register. Simply show up!

500: Mondays, 12:45 p.m.
Bridge: Wednesdays, 12:15 p.m.
Euchre: Thursdays, 12:45 p.m.
Penny Bingo: Third Tuesday of the month, 12:45 p.m.

55+ Driver Safety Class
The Driver Improvement courses are open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. Those who complete the course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the discount.

Register: 1-(888)-234-1294 or www.mnsafetycenter.org
Location: VMCC

4–Hour Refresher Courses: $22

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>April 14</td>
<td>1–5 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>April 22</td>
<td>5:30–9:30 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 12</td>
<td>1–5 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>June 9</td>
<td>1–5 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>July 7</td>
<td>1–5 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>August 11</td>
<td>1–5 p.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>September 15</td>
<td>1–5 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>September 23</td>
<td>5:30–9:30 p.m.</td>
</tr>
</tbody>
</table>

8–Hour Course: $26

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday/Thursday</td>
<td>May 20–21</td>
<td>5:30–9:30 p.m. each night</td>
</tr>
</tbody>
</table>

Join us every THIRD FRIDAY of the month from 9:30–11 a.m. in the VMCC lobby for ★ FREE BLOOD PRESSURE CHECKS ★ provided by Fairview Health Services.
IGH Senior Club  Join for the camaraderie and enjoy a side of savings on activities!

The IGH Senior Club is a place for camaraderie, socializing and entertainment, while participating in interactive and exciting activities, including monthly luncheons, weekly card games, holiday party and more!

2020 Membership: $15/person  You can join any time during the year at the full 2020 rate of $15.* Membership renewal is always January 1 of each calendar year. Your membership dues support the Club and its work. The Club is managed by a Board and in partnership with IGH Parks & Rec. Call 651-450-2585 to sign up or in-person at the IGH Parks & Recreation Office.

*Membership expires on December 31 of each year, regardless of registration date.

Monthly Monday Luncheons With Entertainment  Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month at 12–2 p.m.) at a discounted rate. These luncheons bring together members in a fun, social gathering with entertainment and food. Registration is required by the Thursday before the luncheon. Register online at www.invergroveheights.org/register or call 651-450-2585.

March 16
Corned Beef
$14 members
$18 non-members
Jim Shannon
Entertainment

April 20
Ham dinner & ice cream
$7 members
$10 non-members
IGH Fire Department safety, first aid and defibrillators.

May 18
Chicken chow mein and fried rice
$7 members
$11 non-members
Troy Flemming
Entertainment

June 15:  Members Only
Lasagna
$5 members only
Bingo

July 20
Chicken from the Coop
$7 members
$11 non-members
Entertainment TBD & Bingo

August 17
Llyods BBQ Beef
$5 members
$8 non-members
Bingo and Prizes

Senior Club Book Club  This group is for Senior Club members only and meets every second TUESDAY of the month at 1 p.m. at the VMCC. Note: Room location will be posted in the VMCC on day of club. Learn more about the Senior Club and how to join above.  April 14 • May 12 • June 9 • July 14 • August 11

History Book Club  Meets every fourth Monday of the month at the VMCC from 10–11 a.m. Discuss selected books with this free, drop-in group, no registration is required. For more information or to provide book suggestions, contact Barbara Eschle at 651-450-6879 or by email at quinneschle@gmail.com. Note: Room location will be posted in the VMCC on day of club.

• April 27: Friends Divided—John Adams & Thomas Jefferson, by Gordon Montgomery
• June 1: Cleopatra—A Life, by Stacy Schiff (No meeting May 25)
• July 27: TBD
• August 24: TBD
**Mobsters In Minneapolis**

Meet a costumed Mill City Mobster for a riding tour. This fun adventure will reveal that St. Paul wasn’t the only city to host the crime and corruption of the gangsters. Yes, Minneapolis had them too! Venture through the crime laden city of Minneapolis and explore the not so wholesome people of this city’s past. Visit the sites of the 3rd Northwestern Bank hold-up by the Barker/Karpis gang, the site of Babyface Nelson’s traffic violation, and the murder site of journalist Walter Liggit. Your guide, a two-bit gangster hoodlum or one of their gun molls, will show you how the Twin Towns transformed one of the largest areas of crime in the country during the 1920’s and 1930’s.

Arrive in Northeast Minneapolis at the cozy Keegans Irish Pub for a nonalcoholic beverage and entree. Keegan’s Pub was designed and built by O’Sullivan Interiors in Waterford, Ireland. Irish craftsmen came to Minneapolis to reconstruct the pub in this location. It is authentic and in keeping with the historic preservation district in northeast Minneapolis. The staff invites you to share a bit of Edwardian Dublin with good food in the finest Irish tradition.

**Choose one of the following for Lunch:**
1) Beer Crisped Fish-n-Chips — Batter fried Icelandic Cod with lemon wedge, homemade tartar sauce and malt vinegar, Keegan’s crispy wedge fries (chips).
2) Half Sandwich — Lean corned beef piled high with Swiss cheese and Dijon mustard, chips, beverage and cookie

**Date:** Wednesday, April 22  
**Time:** Depart IGH: 10 a.m./Return: 3:45 p.m.  
Depart SSP: 10:15 a.m./Return: 3:30 p.m.  
Depart TPAC: 10:30 a.m./Return: 3:15 p.m.  
**Fee:** $70 (includes transportation, lunch, tour)  
**Code:** AS–S500  
**Register by:** Monday, March 23

---

**Music Man at the Chanhassen Theater**

Meredith Willson’s The Music Man is a fun and transformative story. This musical theatre classic features songs like “(Ya Got) Trouble,” “Seventy Six Trombones,” “The Wells Fargo Wagon,” “Till There Was You,” and many more! The Music Man follows fast-talking traveling salesmen, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys’ band that he vows to organize, despite the fact he doesn’t know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen. Menu includes: entree, salad, vegetable, bread, potato or rice and beverage.

**Date:** Wednesday, May 6  
**Time:** Depart: 10:30 a.m./Return: 4:45 p.m.  
**Fee:** $94 (includes transportation, lunch, show)  
**Code:** AS–P501  
**Register by:** Friday, April 3

---

**Barn Tour with Doug Ohman**

Expert tour guide, Doug Ohman, will give an entertaining tour of historic barns in Anoka & Sherburne Counties. Minnesota’s barns are remarkable testimonials to a midwestern way of life, one centered on the land, work, family, ingenuity and perseverance. Barns are breathtaking landmarks along the byways of rural Minnesota. Some barns across the state of Minnesota were built in Gothic style, some have a silo and others feature a cupola or vent. Have lunch in Nowthen at the Nowthen Alliance Church. Menu: Grilled chicken breast, potato, salad, vegetable, bread, coffee and dessert.

**Date:** Tuesday, June 16  
**Time:** Depart: 9:30 a.m./Return: 4 p.m.  
**Fee:** $72 (includes transportation, lunch, tour)  
**Code:** AS–S500  
**Register by:** Monday, May 18

---

**Cabaret at the Guthrie Theater**

To start the trip off you will arrive at Jax Cafe, serving Minnesotans since 1933, a landmark that was established by Stanley Kozlak. Menu: Swedish Meatballs with Potatoes and Vegetable, Chocolate Mousse, Coffee or Tea. After lunch you will arrive at Guthrie Theater. Perhaps the most noteworthy feature of the Guthrie is a cantilever that extend 178 feet from the face of the building. Check out the postcard effect of the windows directing your eyes to specific attractions in the landscape. Amber Box on level 9, officially dubbed the Citizens of Minnesota Overlook, this lobby with amber windows provides a near 360-degree view of this historic neighborhood, including the river, Gold Medal Park and the downtown skyline. At 1 p.m. you will see the performance: “Cabaret.” It is a musical masterpiece. Inside Berlin’s seedy Kit Kat Klub, a flamboyant Master of Ceremonies invites patrons to partake in a decadent underworld of musical numbers, kick lines and torrid affairs — a welcome escape from the ever-growing Nazi influence just outside its doors. As the political unrest nears a tipping point, the beautiful life the cabaret promises slowly begins to fade, putting love, friendship and loyalties to the test. This Tony Award-winning sensation, featuring hits such as “Willkommen,” “Don’t Tell Mama” and “Cabaret,” is a daring and dazzling musical you won’t want to miss.

**Date:** Wednesday, July 29  
**Time:** Depart: 9:45 a.m./Return: 5 p.m.  
**Fee:** $80 (includes transportation, lunch, show)  
**Code:** AS–S515  
**Register by:** Friday, June 12
MN Landscape Arboretum
First off you will arrive at Lord Fletchers Old Lake Lodge overlooking Lake Minnetonka. Have a leisurely luncheon. Menu: Grilled Chicken Breast with Au Gratin Potatoes, Seasonal Vegetable, Salad, Bread and Coffee or Tea. Next you will arrive at the Minnesota Landscape Arboretum in Chanhassen. Visit the gardens and gift store then board the 41-passenger tram for a narrated riding tour of gardens and woodlands, highlighting the many collections, display gardens and demonstration gardens. After the tram tour, spend time on the grounds. You can shop at the Arboretum Gift Store: There are a wide variety of books, gifts and items for the nature lovers.

Date: Tuesday, September 15
Time: Depart: 9:30 a.m./Return: 5 p.m.
Fee: $88 (includes admission, transportation, lunch)
Code: AS–S516
Register by: Friday, August 7

Glacial Ridge Winery
To start the trip we will arrive in Cold Springs, MN to have a cup of coffee and donut while you shop for baked goods at the Cold Springs Bakery. They produce cakes, donuts, buns, breads, cookies and other pastries. Next you will arrive in the quaint village of New London for lunch at MJ’s Restaurant. Menu: Pot Roast Luncheon with Potatoes and Gravy, Vegetable, Rolls, Beverage and Pie.

12:30 p.m.: After lunch, walk down the street a couple of blocks to Mill Pond Mercantile. (The motor coach can transfer passengers who don’t want to walk.) Find a large variety of gifts and home decor in the 4,000 square feet space. There is product created by local artists, gourmet foods, candles, kitchenware and much more. After your time in New London you will arrive at Glacial Ridge Winery for a tour and tasting. They will talk about the winery and usher you into the uniquely distinctive “Barrel Room,” lounge area and the Tasting Room. You can purchase a wonderful assortment of wines from the vineyards, apples from the orchards and a variety of specialty gifts.

Date: Thursday, October 1
Time: Depart: 9 a.m./Return: 5:45 p.m.
Fee: $68 (includes transportation, lunch)
Code: AS–F516
Register by: Friday, August 7

Census 2020 Everyone Counts!
Heads-up IGH residents: 2020 is a Census Year. Information will be mailed to every house in March and participation is important.

WHY? The U.S. Constitution requires a census be taken every ten years, and participation by all residents is important because the results of the U.S. Census are used to determine the number of future seats in the U.S. House of Representatives, and to allocate funds for state, county, and local community programs. Stand up and be counted IGH!

Introducing Town Hall Meetings
A chance to get to know your City government

Monday, April 27: Parks & Recreation
Tuesday, May 26: Police Department
Monday, June 22: Public Works
6 p.m. » IGH City Hall

All are welcome!

DEMOCRACY NEEDS PARTICIPATION

BECOME AN ELECTION JUDGE

Get the complete position description and apply: 651-450-2463 or invergroveheights.org/elections
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>April 2020</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inver Grove Heights Active Adults 55+</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>SATURDAY</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>500 Cards 12:45 p.m.</td>
<td>7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Bridge 12:15 p.m.</td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Smartphone, Beyond Basics 2 9:30 a.m. Euchre 12:45 p.m.</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>500 Cards 12:45 p.m.</td>
<td>14</td>
<td>SC Book Club 1 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Bridge 12:15 p.m.</td>
<td>16</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Free Blood Pressure Checks 9:30 a.m.</td>
<td>18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Senior Luncheon Noon–2 p.m.</td>
<td>21</td>
<td>Penny Bingo 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Healthy Living Fair 9 a.m.–Noon Bridge 12:15 p.m. Mobster Field Trip 10 a.m.–3:15 p.m.</td>
<td>23</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>25</td>
<td>Euchre Tournament 6 p.m. Moose Lodge</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>History Book Club 10 a.m. 500 Cards 12:45 p.m. Town Hall Mtg 6 p.m.</td>
<td>28</td>
<td>Happy Feet Foot Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Bridge 12:15 p.m.</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>May 2020</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inver Grove Heights Active Adults 55+</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>SATURDAY</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>500 Cards 12:45 p.m.</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Health Care Directives 10 a.m. Bridge 12:15 p.m. Music Man Day Trip</td>
<td>7</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td>9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Bridge 12:15 p.m.</td>
<td>13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Euchre 12:45 p.m.</td>
<td>15</td>
<td>Free Blood Pressure Checks 9:30 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Senior Luncheon Noon–2 p.m.</td>
<td>19</td>
<td>Penny Bingo 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Bridge 12:15 p.m.</td>
<td>21</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Euchre 12:45 p.m.</td>
<td>23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Memorial Day VMCC Closed</td>
<td>26</td>
<td>Happy Feet Foot Care Town Hall Meeting 6 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Bridge 12:15 p.m.</td>
<td>28</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### June 2020
**Inver Grove Heights Active Adults 55+**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>History Book Club 10 a.m. 500 Cards 12:45 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td>Socializing Online 9:30 a.m. Euchre 12:45 p.m.</td>
<td>Free Blood Pressure Checks 9:30 a.m.</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>500 Cards 12:45 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Senior Luncheon Noon–2 p.m.</td>
<td>Who will Inherit the MESS? 10:30 a.m. Penny Bingo 12:45 p.m. Barn Tour Day Trip</td>
<td>Bridge 12:15 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>History Book Club 10 a.m. 500 Cards 12:45 p.m. Town Hall Mtg 6 p.m.</td>
<td>Happy Feet Foot Care</td>
<td>Bridge 12:15 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>500 Cards 12:45 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### July 2020
**Inver Grove Heights Active Adults 55+**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Euchre 12:45 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td>Independence Day — VMCC Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>500 Cards 12:45 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td>Bridge 12:15 p.m.</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>500 Cards 12:45 p.m.</td>
<td>25 Important Documents 10:30 a.m.</td>
<td>Winter Escape 10:30 a.m. Bridge 12:15 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td>Free Blood Pressure Checks 9:30 a.m.</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Senior Luncheon Noon–2 p.m.</td>
<td>Penny Bingo 12:45 p.m.</td>
<td>Long Term Housing Options 10 a.m. Bridge 12:15 p.m.</td>
<td>Euchre 12:45 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>History Book Club 10 a.m. 500 Cards 12:45 p.m.</td>
<td>Happy Feet Foot Care</td>
<td>Bridge 12:15 p.m.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Inver Wood Golf Course

Explore and experience all that is Inver Wood Golf Course, including the recently remodeled driving range and bunkers!

Inver Wood’s 27 holes sit on 225 acres of rolling, wooded terrain. The championship course offers 18 challenging holes that utilize the area’s natural geography. Features such as multi-level fairways, multiple tee stations, varied U.S.G.A. shaped greens and many picturesque holes that will challenge your golf game as well as your senses.

Inver Wood also offers an executive nine-hole course which is among the finest in the state that is enjoyable for golfers of all ages and skill levels.

Inver Wood’s driving range is uniquely designed with two fairways, along with strategically placed greens and bunkers that add more of an “on course” feel that allows the golfer to work on all facets of their game on an actual golf-hole environment.


2020 Junior Programs

Junior Group Lessons (max. of 10 students)

These lessons will teach the developing junior golfer the basic concepts of the set-up, full swing, chipping and putting. Emphasis will be on providing a fun, action-filled learning environment. Etiquette and safety will also be covered.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>AGES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. or Wed.</td>
<td>May 4–June 3</td>
<td>8-10</td>
<td>4-5 p.m.</td>
<td>$60</td>
</tr>
<tr>
<td>Mon. or Wed.</td>
<td>June 8–July 8</td>
<td></td>
<td>4-5 p.m.</td>
<td>$60</td>
</tr>
<tr>
<td>Mon. or Wed.</td>
<td>July 13–Aug. 12</td>
<td>11-14</td>
<td>4-5 p.m.</td>
<td>$60</td>
</tr>
<tr>
<td>Mon. or Wed.</td>
<td>Aug. 17–Sept. 16</td>
<td>8-10</td>
<td>4-5 p.m.</td>
<td>$60</td>
</tr>
</tbody>
</table>

FREE! Junior Golf Clinics Ages 8–17

Try golf or improve your skill! These clinics are open and offered free of charge. You do not need to register in advance.

Fridays, 9-11 a.m. (during open season)
June 12, 19, 26 and July 10, 17, 24

Junior League Ages 11-17

Wednesdays, June 17–July 22

For the junior player that has played golf in the past, this organized league will be played on the Executive and Championship Courses on Wednesday mornings.

Entry Fee: $15 (includes prizes and awards)
Weekly Green Fee: $11 (Executive); $14.50 (Championship)

Tee Times: May book tee-times one week in advance of play. Reservations will be taken over the phone or in person beginning at 7 a.m. Tee times will run approx. from 8-10 a.m. on the Executive Course and from 8-9 a.m. on the Championship Course.

FREE! Women’s Golf Clinics

These clinics are open to all women. You do not need to register in advance. Clubs will be provided, if needed. Please meet on the east side of the Clubhouse.

Saturdays, 9-10:30 a.m.
April 25: Full Swing May 2: Short Game May 16: Full Swing
May 30: Short Game

2020 Adult Programs

Adult Group Lessons (max. of 10 students)

The Inver Wood Adult Group Lesson program will focus on providing a fun and informative learning atmosphere to help each student develop as a golfer. Emphasis will be on improving full swing and short game technique. Other topics will also include: golf course etiquette, safety, practice routines and on-course playing strategy. These lessons are open to both beginning golfers and students who have some playing experience.

Spring Session: May 4–June 4
Summer Session 1: June 8–July 9
Summer Session 2: July 13–August 13
Fall Session: August 17–September 17

Fee: $100 for 5 one-hour classes
Time: Monday, Tuesday or Wednesday at 6 p.m.

YOUTH ON COURSE PROGRAM

Inver Wood is now a member of the national “Youth on Course” program which allows Junior golfers, who register with the program, to play golf on our Executive Course for only $5

When: Everyday after 11 a.m.
Register at: www.youthoncourse.org

FREE! Junior Golf Clinics Ages 8–17

Try golf or improve your skill! These clinics are open and offered free of charge. You do not need to register in advance.

Fridays, 9-11 a.m. (during open season)
June 12, 19, 26 and July 10, 17, 24

Junior League Ages 11-17

Wednesdays, June 17–July 22

For the junior player that has played golf in the past, this organized league will be played on the Executive and Championship Courses on Wednesday mornings.

Entry Fee: $15 (includes prizes and awards)
Weekly Green Fee: $11 (Executive); $14.50 (Championship)

Tee Times: May book tee-times one week in advance of play. Reservations will be taken over the phone or in person beginning at 7 a.m. Tee times will run approx. from 8-10 a.m. on the Executive Course and from 8-9 a.m. on the Championship Course.

FREE! Junior Golf Clinics Ages 8–17

Try golf or improve your skill! These clinics are open and offered free of charge. You do not need to register in advance.

Fridays, 9-11 a.m. (during open season)
June 12, 19, 26 and July 10, 17, 24

Junior League Ages 11-17

Wednesdays, June 17–July 22

For the junior player that has played golf in the past, this organized league will be played on the Executive and Championship Courses on Wednesday mornings.

Entry Fee: $15 (includes prizes and awards)
Weekly Green Fee: $11 (Executive); $14.50 (Championship)

Tee Times: May book tee-times one week in advance of play. Reservations will be taken over the phone or in person beginning at 7 a.m. Tee times will run approx. from 8-10 a.m. on the Executive Course and from 8-9 a.m. on the Championship Course.

YOUTH ON COURSE PROGRAM

Inver Wood is now a member of the national “Youth on Course” program which allows Junior golfers, who register with the program, to play golf on our Executive Course for only $5

When: Everyday after 11 a.m.
Register at: www.youthoncourse.org

FREE! Junior Golf Clinics Ages 8–17

Try golf or improve your skill! These clinics are open and offered free of charge. You do not need to register in advance.

Fridays, 9-11 a.m. (during open season)
June 12, 19, 26 and July 10, 17, 24

Junior League Ages 11-17

Wednesdays, June 17–July 22

For the junior player that has played golf in the past, this organized league will be played on the Executive and Championship Courses on Wednesday mornings.

Entry Fee: $15 (includes prizes and awards)
Weekly Green Fee: $11 (Executive); $14.50 (Championship)

Tee Times: May book tee-times one week in advance of play. Reservations will be taken over the phone or in person beginning at 7 a.m. Tee times will run approx. from 8-10 a.m. on the Executive Course and from 8-9 a.m. on the Championship Course.
2020 Green Fees  

**Family Golf**  
The Executive Course will be set up each weekend with a special set of family tee markers and easy pin placements in order to provide the perfect setting for your family to enjoy the game of golf together. A family scorecard is available at the Golf Shop or at the Starter.  

**When:** Friday, Saturday and Sunday; All day  
**Fee:** Children ages 7–18 play free with each paid adult Executive Course green fee. See above for rates.

**FootGolf Program!**  
FootGolf is a unique way to enjoy time on a golf course by playing a new, exciting sport that combines the skills of golf and soccer. The sport is played much like a traditional golf game with the player kicking a ball from the starting tee area to the hole, which is a 21 inch diameter hole marked with a flag. The goal is to complete the course using the fewest kicks. Players select a starting tee area based on skill level. The holes played vary in both length and difficulty based on the teeing area chosen by players. Players may elect to play a 9 or 18 hole round.  

**When:** Monday–Thursday, Noon–5 p.m.  
Friday–Sunday, Noon–Close  
**Cost:** Adult: $12 • Youth: $10 • Ball Rental: $3

---

**2020 Green Fees**  

**WEEKDAYS**  
Monday-Thursday until 5 p.m.  
Fridays until Noon  
Saturdays & Sundays after Noon  

<table>
<thead>
<tr>
<th>18-Hole</th>
<th>9-Hole</th>
<th>Player’s 18-Hole</th>
<th>Player’s 9-Hole</th>
<th>Senior/Junior 18-Hole</th>
<th>Senior/Junior 9-Hole</th>
<th>Executive</th>
<th>Player’s Executive</th>
<th>Senior/Junior Executive</th>
</tr>
</thead>
<tbody>
<tr>
<td>$36</td>
<td>$20</td>
<td>$31</td>
<td>$18</td>
<td>$26</td>
<td>$14.50</td>
<td>$15.50</td>
<td>$12.50</td>
<td>$11</td>
</tr>
</tbody>
</table>

**EVENINGS**  
Seven days a week after 5 p.m.  

<table>
<thead>
<tr>
<th>Twilight</th>
<th>9-Hole</th>
<th>Player’s Twilight</th>
<th>Player’s 9-Hole</th>
<th>Senior/Junior Twilight</th>
<th>Senior/Junior 9-Hole</th>
<th>Executive</th>
<th>Player’s Executive</th>
<th>Senior/Junior Executive</th>
</tr>
</thead>
<tbody>
<tr>
<td>$28</td>
<td>$20</td>
<td>$22</td>
<td>$18</td>
<td>$18.50</td>
<td>$14.50</td>
<td>$15.50</td>
<td>$12.50</td>
<td>$11</td>
</tr>
</tbody>
</table>

**WEEKEND PRIME**  
Fridays Noon until 5 p.m.  
Saturday, Sundays & Holidays until Noon  

<table>
<thead>
<tr>
<th>18-Hole</th>
<th>9-Hole</th>
<th>Player’s 18-Hole</th>
<th>Player’s 9-Hole</th>
<th>Senior/Junior 18-Hole</th>
<th>Senior/Junior 9-Hole</th>
<th>Executive</th>
<th>Player’s Executive</th>
<th>Senior/Junior Executive</th>
</tr>
</thead>
<tbody>
<tr>
<td>$43</td>
<td>$29</td>
<td>$36</td>
<td>$20</td>
<td>$32.50</td>
<td>$20</td>
<td>$18.50</td>
<td>$15.50</td>
<td>$11.50</td>
</tr>
</tbody>
</table>

**Cart Fees**  

<table>
<thead>
<tr>
<th>18-Holes</th>
<th>9-Holes</th>
<th>Executive</th>
<th>Senior 18-Holes</th>
<th>Senior 9-Holes</th>
<th>Senior Executive</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20</td>
<td>$13</td>
<td>$7.50</td>
<td>$15</td>
<td>$11</td>
<td>$7</td>
</tr>
</tbody>
</table>

**Rates are per rider and are in addition to the Green Fees above.**
All Can Play — Inclusive Playground at Heritage Village Park

We are excited to support the efforts of a community group led by IGH residents to raise funds which will contribute to an inclusive playground at the new Heritage Village Park. Children and adults of all abilities will be able to play and enjoy this park! Please consider donating to make this fantastic addition to the community a reality! Details at www.AllCanPlayIGH.org

Disc Golf Course

This exciting sport, where frisbee and golf skills come together, is available at our North Valley and South Valley Parks. There are 18 holes spread between the two parks.

Fee: $5 day pass; $30/Resident Annual Pass;
$40/Non-resident annual pass

Location for parking: North Valley Park
www.invergroveheights.org/discgolf

Pickleball Courts

New Pickleball Courts are available at North Valley Park, 2800 70th Street East.

Six courts are available for open play from dawn to dusk. See page 29 for pickleball league information.

Off-leash Dog Park is Open Year Round!

Heritage Village Park, 4321 65th Street

Dog park offers large and small breed areas.

Fees: First dog $20 resident; $30 non-resident
Second dog additional $15 resident; $25 non-resident

www.invergroveheights.org/dogpark

Get Your Pass Today!

Passes for the Disc Golf Course and Dog Park are available online at www.invergroveheights.org/register under activity registration or at the Parks and Rec office 651-450-2585.

Salem Hills updates coming later this summer!

We’re adding two new pickleball courts, a basketball court and a tennis court.
Did you know?
that IGH has the following park amenities available?

- 38 miles of NATURAL and PAVED trails
- 4.3-mile MOUNTAIN BIKING COURSE AT HARMON PARK RESERVE
- Four FISHING LOCATIONS

Go to our website at www.invergroveheights.org/parks for details!

IGH Skate Park

Check out the Inver Grove Heights Skate Park, located behind the Veterans Memorial Community Center. Skate park is open to the public at no cost.

Hours: 9 a.m. to sunset

Adopt a Park

Would you, your family, civic group, church or school organization like to get involved to help keep our parks beautiful?

Contact Diane Erickson at 651-208-4840 for details!

Wander.
Explore.
Discover.

Mississippi River Greenway

www.dakotacounty.us/parks, click parks and trails
2020 Rates

<table>
<thead>
<tr>
<th>TYPE</th>
<th>PARK</th>
<th>FEE</th>
<th>DEPOSIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
<td>Swing Bridge Park</td>
<td>$110</td>
<td>$50</td>
</tr>
<tr>
<td>Resident</td>
<td>All Other Parks</td>
<td>$70</td>
<td>$50</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>Swing Bridge Park</td>
<td>$110</td>
<td>$50</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>All Other Parks</td>
<td>$90</td>
<td>$50</td>
</tr>
</tbody>
</table>

Park Shelter Reservations

Picnic Perfect Parks! For specific details on shelter locations, visit www.invergroveheights.org/parks.

Time blocks for rental are 11 a.m.–4 p.m. and/or 5–10 p.m. To make a reservation or for specific park locations, call the Parks and Recreation Department office between 9 a.m.–5:30 p.m. Monday–Thursday, and 9 a.m.–5 p.m. on Fridays at 651-450-2585 or visit www.invergroveheights.org/parks. Refunds are not given in the event of rain or inclement weather.

Rich Valley Athletic Complex

Rich Valley Athletic Complex is a premier, fully irrigated outdoor athletic facility consisting of baseball, softball and soccer fields. The complex can accommodate youth and adult sporting events and tournaments of varying sizes. The complex has six softball fields (four lit), three grass baseball fields and four non-lit soccer fields. Contact the Coordinator at 651-450-2588 to make reservations for your sporting event. www.invergroveheights.org/richvalley

Reserve your Garden Plot

The Parks & Rec Department operates 25 garden plots located at Salem Hills Park. The cost of a plot is $28. One plot is available per household. There is access to water at the site and plot renters will be responsible for planting, watering and maintaining their own plot.

Register early as spots fill fast! Priority registration given to returning Plot Owners, new plots open Wednesday, April 1. Call 651-450-2585 to register.

Questions? Contact Chelsea Swiggum at 651-450-2580 or email cswiggum@invergroveheights.org.
# Parks & Facilities

**Park Hours:** 6 a.m.–10 p.m.

<table>
<thead>
<tr>
<th>NEIGHBORHOOD PARKS</th>
<th>NEIGHBORHOOD PLAYFIELD</th>
<th>COMMUNITY ATHLETIC COMPLEX</th>
<th>SPECIAL USE AREA</th>
<th>CONSERVANCY LAND</th>
<th>LINEAL PARK/GREENWAY</th>
<th>COMMUNITY PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Arbor Pointe Park: 8545 Cahill Ave.</td>
<td>X</td>
<td>P</td>
<td>12 Groveland Park: 1990 46th St.</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>2 Broadmoor Park: 11306 Stratford Lane</td>
<td>X</td>
<td>P</td>
<td>13 North Valley Park: 2800 70th St. E.</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>3 Dehrer Park: 4085 Dehrer Way</td>
<td>4 Ernster Park: 7750 Dickman Tr.</td>
<td>X</td>
<td>P</td>
<td>14 Oakwood Park: 3534 78th St. E.</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>5 Lions Park: 2423 65th St. E.</td>
<td>X</td>
<td>X</td>
<td>15 Skyview Park: 6765 Dawn Ave.</td>
<td>X</td>
<td>X</td>
<td>P</td>
</tr>
<tr>
<td>6 River Front Park: 7782 River Road</td>
<td>X</td>
<td>X</td>
<td>16 South Valley Park: 2810 70th St. E.</td>
<td>X</td>
<td>X</td>
<td>P</td>
</tr>
<tr>
<td>7 Salem Hills Park: 1642 Upper 55th St. E.</td>
<td>X</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>17 Rich Valley: 1841 105th St. E.</td>
</tr>
<tr>
<td>8 Seidl's Lake Park: 2655 47th St. E.</td>
<td>X</td>
<td>P</td>
<td>18 Veterans Memorial Community Center: 8055 Barbara Ave.</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>9 Simley Island Park: 3110 80th St. E.</td>
<td>X</td>
<td>P</td>
<td>19 Inver Wood Golf Course: 1850 70th St. E</td>
<td>X</td>
<td>I, P</td>
<td></td>
</tr>
<tr>
<td>10 Sleepy Hollow Park: 3645 84th St. E.</td>
<td>X</td>
<td>P</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>11 Southern Lakes Park: 10810 Alison Way</td>
<td>X</td>
<td>P</td>
<td>20 Harmon Park Reserve: 1642 Upper 55th St. E.</td>
<td>N</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>21 Marianna Ranch: 9125 Alverez Ave.</td>
<td>N</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>22 River Heights Park: 8780 Inver Grove Trail</td>
<td>N</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>23 Woodland Preserve: 11666 Azure Ln.</td>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>24 Marcott Woods: 2890 96th St.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>25 McGroarty Park: 2200 62nd St. E.</td>
<td>P</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>26 Heritage Village Park: 4321 65th St.</td>
<td>X</td>
<td>P</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>27 Swing Bridge Park: 4465 66th St. E.</td>
<td>X</td>
<td>P</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>28 Old Town Hall: 6701 River Road</td>
<td>X</td>
<td>P</td>
<td>X</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Facilities:**
- Picnic Shelter
- Enclosed Shelter
- Playground
- Trails (P=Paved, N=Non-paved)
- Baseball/Softball Fields
- Soccer Fields
- Basketball
- Tennis Courts (Striped/Un-striped)
- Pickleball Courts (P=Paved, no lights)
- Sand Volleyball Court
- Hockey Rinks (lights)
- Pleasure Rink
- Sliding Hill
- Horseshoe Pits
- Barbeque
- Disc Golf Course
- Skate Park
- Parking Lot
- Off-Leash Dog Park
- Restrooms (P=Portable, I= Indoor, A=ADA accessible)
Let us host your next event!
Veterans Memorial Community Center is home to a variety of rooms and spaces which are available to rent. If the space you are interested in isn’t listed or if you would like a customized price quote, please contact the Rental Coordinator at 651-450-2468.

2020 RENTAL FEES (includes tax) THROUGH DEC. 31, 2020

<table>
<thead>
<tr>
<th>FACILITY</th>
<th>FEE RESIDENT/NON-RESIDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nat’l Guard Room B, C</td>
<td>$37/$47 per hour</td>
</tr>
<tr>
<td>Community Room 1, 2, 3</td>
<td>$42/$52 per hour</td>
</tr>
<tr>
<td>Nat’l Guard Gymnasium – Athletic Use</td>
<td>$69/$79 per hour</td>
</tr>
<tr>
<td>Nat’l Guard Gym – Non-Athletic Use</td>
<td>$90/$100 per hour</td>
</tr>
<tr>
<td>Nat’l Guard Gym – Wedding Package</td>
<td>$900/$1,300 per day</td>
</tr>
<tr>
<td>Water Park</td>
<td>$495 per hour</td>
</tr>
<tr>
<td>Lap Pool – Per Lane</td>
<td>$15/hour</td>
</tr>
<tr>
<td>Lap Pool – Entire Pool</td>
<td>$125/hour</td>
</tr>
<tr>
<td>Diving Well/Pool</td>
<td>$90 per hour</td>
</tr>
<tr>
<td>Swim Event</td>
<td>$170.50 per hour</td>
</tr>
<tr>
<td>Ice – East and/or West Rinks</td>
<td>Call 651-450-2468 for rates</td>
</tr>
<tr>
<td>Turf – West Rink</td>
<td>$90/$100 per hour</td>
</tr>
<tr>
<td>Fitness Studio</td>
<td>$55/$65 per hour</td>
</tr>
<tr>
<td>Cycle Room/TRX Room</td>
<td>$40/$50 per hour</td>
</tr>
</tbody>
</table>

Sports/Athletic Rentals
Our National Guard Gymnasium is the perfect place to hold your sports event. The large gymnasium floor can accommodate sports clinics, scrimmages and practices. View the grid for pricing information. We also rent out the fitness studio, cycle and TRX rooms for athletic and team training needs.

Weddings and Large Events
Let VMCC host your next large event. The National Guard Gymnasium has a seating capacity of 300 and is a great blank canvas for your creative décor. This area is ideal for dances, reunions, concerts, wedding receptions and other large events. The facility also contains a serving kitchen. Contact 651-450-2468 or email Al Vandehoef at avandehoef@invergroveheights.org for more information. Visit www.invergroveheights.org/rentals to download the rental application forms.

Corporate Meeting Space
We have an array of rooms to host your next association meeting, business seminar or local gathering. Six meeting rooms that seat from 20 to 130 guests are available for rent to any group or individual. We offer flexibility and A/V options. Prices are on an hourly or a daily basis. Rates may vary; please see grid for details. A rental application and payment are required to complete the reservation process. Visit www.invergroveheights.org/rentals for more information and to complete the rental application.

Parties and Gatherings
We have the right-size room for your next party or gathering of 30 to 130 guest, available for rent to any group or individual. Children’s birthday parties and retirement parties are welcome. We offer the option to bring in your own food, beverages and decor depending on the size of your party. A clean up kitchen is also available. Prices are on an hourly or a daily basis. Rates may vary, view rates in the grid. A rental application and payment are required to complete the reservation process. Visit www.invergroveheights.org/rentals or call 651-450-2468 for more information and to complete the rental application.

Ice Arena and Turf Rental
VMCC has two ice arenas available for hourly rental. East Rink is available year round. West Rink is available for ice from November through February, then is available as indoor turf from March through mid-October. Visit www.invergroveheights.org/ice to see the master arena schedule or call 651-450-2468.
Let us help you host a **POOL Party at the Grove**

**Poolside Party Packages Include:**

- Private Party Room on the Pool Deck
- Party Host
- 2.5 hours in indoor Water Park (45 min. in party room)
- Plates, cups, napkins, and utensils
- Up to 20 people (adults and children)
  Larger party (20+) space available!
- Special additions to party package available!

**Availability & Rates:**

Pool Parties are available Friday nights, Saturdays and Sundays. Rates depend on the day, time and theme.*

<table>
<thead>
<tr>
<th>Basic—NO theme</th>
<th>Themes—See Below*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>SATURDAY</strong></td>
</tr>
<tr>
<td>$195</td>
<td>AM $175</td>
</tr>
<tr>
<td></td>
<td>PM $225</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td><strong>SATURDAY</strong></td>
</tr>
<tr>
<td>$260</td>
<td>AM $240</td>
</tr>
<tr>
<td></td>
<td>PM $295</td>
</tr>
</tbody>
</table>

*Choose Your Theme and make an extra splash on your special day!

- **Pirate**
- **Magical Mermaid**
- **Beach Bash**

Themed parties will cost extra and include these additional upgrades:

- Party room decorated in chosen theme
- Selfie station for photos
- Super Special themed Float for Birthday person
- Specialty plates, cups, napkins, utensils

*Important Notes*

- Saturday Morning parties are a sensory friendly experience where water features are turned off & are ideal for children Ages 5 and younger.
- Last minute party? Rush processing available for parties booked less than 14 days prior (subject to an add'l fee).

Questions: 651-554-3423; birthdays@invergroveheights.org

www.invergroveheights.org/birthdayparties
YOU: Energetic, reliable and experienced. And interested in working for a fun, team environment!

US: Looking for dynamic team players with great people skills that we can add to our team!

SUMMER & YEAR ROUND JOB OPENINGS:
• Fitness Staff: Attendants, Instructors, Personal Trainers
• Aquatic Staff: Lifeguards, Swim Instructors, Pool Attendants
• Skate Guard Supervisor
• Childcare Attendants
• Skating Instructors

SUMMER JOB OPENINGS:
• Kids R.O.C.K. (summer camp) Staff
• Youth Sports Instructors (tennis, softball, archery & more)
• Youth Sports Officials (baseball, softball, soccer)
• Park Maintenance Staff
• Golf Course Staff

WE OFFER GREAT BENEFITS!
• Free membership to The Grove Aquatic & Fitness Center
• Competitive Wages
• Flexible Schedules

Check out our summer jobs online at www.invergroveheights.org/jobs
Lifeguarding Training

Ages 15+

Become certified in American Red Cross Lifeguarding for pools and water parks, and First Aid and CPR/AED for the Professional Lifeguard.

Attendance at all class sessions is mandatory.

Age Prerequisite:
• 15 years of age by the first day of the class

Skill Prerequisites:
• Continuous endurance swim: front crawl and/or breaststroke for 300 yards.
• Timed skill sequence: 20 yard swim, retrieval of a 10 lb. object from 7 to 10 ft. deep, swim 20 yards carrying the object and exit the water within 1 minute 40 seconds.
• Tread water: 2 minutes using legs only.

This is a blended learning course. You will be required to do some online work prior to the start date of the class sessions.

*Please check the website for dates and times of upcoming courses.

**NEW**

Junior Lifeguard Course  Ages 11–15

Monday–Thursday • 1–4 p.m. • $95 per week or all five weeks for $395

Junior Lifeguard Camp provides the foundation for young adults (ages 11–15) to transition successfully into being apart of an exceptional aquatics team. Candidates will be given the opportunity to develop teamwork and leadership, increase swimming skills, perform rescue techniques, and understand responsibilities of aquatic personnel and first responders.

Junior Lifeguarding focuses on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, first aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to get a real sense of being on the job.

Each week covers material designed to make you an aquatics professional emphasizing a different set of skills. Enroll in one, two, or ALL sessions to start building your aquatic expertise today.

**Week 1 — Water Warriors:** Participants will learn all the basics of an in-water rescue and rescue assist. Participants will also work on swim skills and endurance in preparation to save lives!  **Code:** SL-SJG-1

**Week 2 — CPR Champions:** Participants will learn how to help in the event of a cardiac emergency on land or in the water. Successful completion eligible for CPR Certification.*  **Code:** SL-SJG-2

**Week 3 — First Aid Fanatics:** Participants will learn how to provide basic first aid; from nose bleed to bug bite. Successful completion eligible for 1st Aid Certification.*  **Code:** SL-SJG-3

**Week 4 — Lesson Leaders:** Participants will learn the basics of water safety and swim instruction, working alongside our professional aquatics team in the pool.  **Code:** SL-SJG-4

**Week 5 — Aquatic Assistant:** Participants who have successfully completed one or more of the above weeks are invited to be a part of the team as volunteer aquatic assistants! Have fun and earn volunteer hours.  **Code:** SL-SJG-5

**June 15–18**

**July 6–9**

**July 27–30**

**August 10–13**

**August 24–27**

**JUNE 8–14**

Cost: $150  **Code:** LG-68614

**APRIL 3–5**

Friday, April 3: 5–9 p.m.
Saturday, April 4: 9 a.m.–8 p.m.
Sunday, April 5: Noon–7 p.m.
Cost: $150  **Code:** LG-4345

**Cost:** 

*Additional certification test and fee may be applicable.*
**Spring Egg Hunts**

**Egg Hunt**
Saturday, April 4
Ages 3–10; accompanied by an adult

Register by April 1
Rich Valley Athletic Complex, Soccer Field Entrance

Hop on over to Rich Valley Athletic Complex and join us for some egg-citing fun. Kids will enjoy scrambling all over to collect their eggs. Some "special prize" eggs will be available for some lucky participants. This hunt will be held rain or shine so dress appropriately. Register early, as space is limited. Although this event is free, pre-registration is required to participate. *Sponsored by Heartland Credit Union.*

**Flashlight Egg Hunt**
Saturday, April 4 | 8:30 p.m. | FA–P103
Ages 10–13, accompanied by an adult, Register by: April 1

Join us at Rich Valley Athletic Complex for an exciting twist to an old tradition! This adventure takes place at night and you only have your flashlight to guide you! *Sponsored by Heartland Credit Union.*

**Aquatic Open House!**
Saturday, March 14
10 a.m.–12 p.m.

Come and visit the Grove Aquatic Center, meet the aquatics team, get registered for Swim Lessons and get all your questions answered!

**Aquatic Egg Hunt**
Sunday, April 5 | FEE: $5
Wave 1: 10–10:45 a.m. | Code: Wave 1
Wave 2: 11–11:45 a.m. | Code: Wave 2
Ages 3–12, Register by: Sunday, March 29

Swim and dive for eggs at the VMCC and then trade them in at the end of your hunt for an awesome goodie bag! We will have two waves of hunts. Limited to 50 swimmers per wave.

**Egg Hunt Coloring Contest**
Entries are due by Saturday, April 4

This coloring contest is done in conjunction with the Egg Hunt and Flashlight Egg Hunt. Entries will be available online through the Inver Grove Heights Parks & Rec website. Entries will also be available starting March 6 at Heartland Credit Union (5500 Robert Trail) or Veterans Memorial Community Center (8055 Barbara Ave.), or download a copy online at www.heartlandcu.org. Entries are due by Saturday, April 4; they can be dropped off at Heartland Credit Union or at the Community Center. First and second place prizes will be awarded in each of the following categories:

- Age 3–pre-Kindergarten
- Grades 2–3
- Kindergarten–Grade 1
- Grades 4–5

**Family Fri-YAYs!**
**FAMILY FUN NIGHTS at the VMCC!**
March 13 • April 10 • May 8

Bring the WHOLE FAMILY and join us on the second FRIDAY NIGHT of the MONTH...shoot hoops or play games in our gym from 5–7 p.m. or splash around in our pools from 5:30–8:30 p.m.

Gym & Swim Fee: FREE/members; $6/non-members (both resident and non-resident)
Gym Only Fee: FREE/members; $3/non-member; resident; $5/non-member, non-resident
19th Annual May Day 5K
Saturday, May 2

Participate in this fun run which starts at Inver Hills Community College
Sponsored by the Inver Grove Heights B.E.S.T. Foundation.

Register online at www.ighbestfoundation.com

Birding on the Mississippi
Sunday • May 3 • 8-10 a.m.

Explore the Rock Island Swing Bridge and its unique vantage point over the Mississippi while learning birding tips from a naturalist. Binoculars provided.

Ages: 16 and older • Fee: Free
Registration requested
Swing Bridge Park Shelter
Mississippi River Regional Trail
Activity Number: 111701-01
Register through Dakota County

Huck Finn Fishing Derby for all ages!
Saturday, June 6

Set the hook into some fishing fun with our Huck Finn Fishing Derby.
We’ll have fishing contests for the largest fish, smallest fish and most fish caught! Prizes are awarded for tournament winners and each participant receives a fishing goodie bag. Register early, space is limited!

Time: Check-in: 9-9:15 a.m. • Derby: 9:30-11 a.m. • Location: Simley Island Park
Cost: $5/person • Code: FA-S101 • Register by: Friday, May 29

TERRIFIC TUESDAYS

South Valley Park
10:30 a.m.
Come celebrate with us on these free, fun family days!
No need to register, just come!

Call the weather line at 651-450-2595 to check status of event in case of inclement weather.
Visit www.invergroveheights.org/specialevents for performer details and potential additions!

June 16 — Will Hale
June 23 — Storytime and a Squad
July 7 — WonderWeavers
(sponsored by the Dakota County Library)
July 14 — Rachael Kroog
July 21 — The Bazillions
July 28 — Sticks & Tones
August 4 — Science Tellers
August 11 — Zoomobile

Concert series sponsored by the River Heights Arts Alliance

Farmers Market
Sundays | 8 a.m.–1 p.m.
June 14–October 11

VETERANS MEMORIAL COMMUNITY CENTER
PARKING LOT
(8055 BARBARA AVENUE EAST)

Shop for fresh and locally grown fruits, vegetables, seasoning, salsa, honey, flowers and more at the Saint Paul Farmers Market!
Celebrate National Trails Day!
Sunday, June 7
10 a.m.

Spend the morning walking beautiful, single-track, unpaved trails at Salem Hills Park (1642 Upper 55th Street East). Snack provided!

Please note: Strollers and dogs are not permitted. Hike is not recommended for ages 4 and younger.

Pre-registration by Thurs., June 4 is encouraged, but not required: www.invergroveheights.org/register.

Code: #FA-S100

---

Night To Unite
Tuesday, August 4

Let us help your neighborhood celebrate! Parks & Recreation staff will come to your party and pass out some freebies while visiting with you and your neighbors.

TO APPLY FOR A VISIT, GO TO www.invergroveheights.org/nighttounite.

When you register your party, you will have the opportunity to also request police and/or fire visits to your gathering.

Pre-registration is required by Wednesday, July 29.

Questions? Call 651-450-2585

Like Us on Social Media!

Like Us on Social Media!
Get updates on upcoming programs, events and more! Search for Inver Grove Heights Parks and Recreation.

14th Annual Harmon Farms TRAIL RUN
Sunday, September 20

Challenge yourself on this great 5-mile and 10-mile trail run at Harmon Park Reserve. Wind along the forested trails of this exhilarating mountain bike trail.

8 a.m. » 10 Mile Race | 8:10 a.m. » 5 Mile Race

Pre-registration $30 | On-site: $40 | Participants receive a shirt!

Great tune-up for the Twin Cities Marathon!

MORE INFORMATION AND TO REGISTER: www.invergroveheights.org/harmonfarms-annualtrailrun

Lawn of the Week!

Get your mower and green thumb ready — this summer our “Lawn of the Week” program is back! City staff will be identifying outstanding yards of Inver Grove Heights residents whose lawn exemplify creativity, neatness and beauty. As staff finds a “winner,” a sign will be placed in their front yard for one week to proclaim their lawn as the “Inver Grove Heights Lawn of the Week.” Recipients will receive a certificate of achievement and a prize. The City will consider nominations and make the final decision on the Lawn of the Week awards. If you have a lawn you would like to suggest, please send an email to Chelsea Swiggum at cswiggum@invergroveheights.org.
Are you a food vendor looking to participate in an IGH Food Truck Day event? Visit www.invergroveheights.org/foodtruckdays or contact Julie Dorshak at 651-450-2588.

Food Truck Events AND FAMILY ACTIVITIES

Stop by to purchase a snack, sweet treat or dinner from a variety of food vendors and join in some family fun!

THURSDAY, JULY 23
Food Trucks | VMCC | 4:30–7 p.m.
Penny Carnival | 4:30–6:30 p.m.

Save your pennies and invite your friends to the annual Penny Carnival! Games and activities cost 1 to 5 cents per play. Wear socks if you plan to bounce in the bouncy houses.

THURSDAY, AUGUST 20
MORE TRUCKS, MORE FUN!
END OF SUMMER CELEBRATION
5:30–8 p.m.
Rich Valley Athletic Complex

Featuring DJ & Family Games
City of Inver Grove Heights
Mayor: George Tourville
City Council Members:
Tom Bartholomew
Brenda Dietrich
Kara Perry
Rosemary Piekarski-Krech

This brochure is available in an alternate format upon a 3-day business request. Examples of alternate formats may include: large print, Braille, audiocassette.

SPRING BREAK FUN AT THE VMCC!

SATURDAY MARCH 21
*Morning
Open Swim
Water Park
9–11 a.m.
Open Gym
9–11 a.m.
Open Swim
Water Park
12–6:30 p.m.
Open Skate
6:30–8 p.m.

MONDAY MARCH 23
Open Skate
11 a.m.–1 p.m.
Open Swim
Water Park
12–7:30 p.m.
Open Hockey
Ages 12–17
2:50–3:50 p.m.
Open Hockey
Ages 6–11
4–5 p.m.
Open Gym
5–7 p.m.

TUESDAY MARCH 24
Open Skate
11 a.m.–1 p.m.
Open Swim
Water Park
12–7:30 p.m.
Open Hockey
Ages 12–17
1:10–2:10 p.m.
Open Hockey
Ages 6–11
2:20–3:20 p.m.

WEDNESDAY MARCH 25
Open Skate
11 a.m.–1 p.m.
Open Swim
Water Park
12–7:30 p.m.
Open Hockey
Ages 12–17
2:50–3:50 p.m.
Open Hockey
Ages 6–11
4–5 p.m.

THURSDAY MARCH 26
*Morning
Open Swim
Water Park
9–11 a.m.
Open Skate
11 a.m.–1 p.m.
Open Hockey
Ages 12–17
2:50–3:50 p.m.
Open Hockey
Ages 6–11
2:20–3:20 p.m.

FRIDAY MARCH 27
Open Swim
Water Park
12–7:30 p.m.
Open Skate
11 a.m.–1 p.m.
Open Hockey
Ages 13–17
2:50–3:50 p.m.
Open Hockey
Ages 6–11
4–5 p.m.
Open Gym
5–7 p.m.

SATURDAY MARCH 28
*Morning
Open Swim
Water Park
9–11 a.m.
Open Gym
9–11 a.m.
Open Swim
Water Park
12–6:30 p.m.
Skate with a Cop
6:30–8 p.m.

SUNDAY MARCH 22
Open Swim
Water Park
12–6:30 p.m.
Open Skate
3–4:30 p.m.
Open Gym
4:30–6 p.m.

The LAP POOL and DIVE WELL will be temporarily CLOSED for maintenance and HVAC upgrades 9 a.m. Saturday, February 29–Friday, April 3 reopening 6 a.m. Saturday, April 4.

SCHEDULE SUBJECT TO CHANGE
*Morning Open Swim for ages 5+ under; sensory friendly with water features off.
For VMCC daily admission, open skating and gym rates; and to double check daily schedule, visit www.invergroveheights.org/communitycenter

WATER PARK and HOT TUB will remain open during this time.

MAKE IT A BREAK TO REMEMBER!

www.invergroveheights.org/parksandrecreation