

Apple Valley Parks & Recreation
Program Highlights for

SEPTEMBER

Information & Weather Hotline
952-953-2399

HEALTHY PARKS HEALTHY PEOPLE

GENTLE YOGA

**Mondays from September 13 – October 18 from
4:00 – 5:00 p.m.**

**Wednesdays from September 15 – October 20 from
9:45 – 10:45 a.m.**

**Six sessions cost \$48 for Apple Valley Senior
members and \$53 for nonmembers.**

The Hayes Community and Senior Center is offering **Gentle Yoga** Classes. Exercise is important for people to maintain good health and independence as they age. Improve strength, flexibility and balance with Yoga. Yoga increases stamina, increases metabolism for weight control and regulates blood sugar levels. Stretch and balance work will prevent and assist in recovery from injuries and prevent falls that often lead to other disabilities and loss of independence. We will be practicing Yoga in chairs as well as floor work. Bring a yoga sticky mat and bottle of water. Wear comfortable clothing. Two classes are being offered. Call 952-953-2345 for more information or to register.

OPEN PICKLE BALL

(Ages 18 and up)

**Tuesdays & Thursdays beginning 9/14/10
9:30 a.m.-11:30 a.m.;**

**Apple Valley Community Center \$3 per person/
per day**

Pickleball is a relatively new racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a badminton court. The net is lower than most other racquet sports allowing for faster play. The game is played with a hard paddle and a whiffle ball, making the technique required for pickleball different than other sports. For more information, call 952-953-2300.

DO – RE - MI (ages 3-6 years) - NEW

Friday, September 3; 10:30-11:45 a.m.

\$4.50 each/Apple Valley Community Center

REGISTRATION DEADLINE: Friday, 8/27/10

Have some fun with music through action songs, providing sound effects for a story, and playing simple instruments that you can make yourself!!! You will also learn about notes and musical staff. Lots of fun for everyone!

Limits: 5 minimum/10 maximum

Instructor – Linda Runeborg

FALL FESTIVAL FOR TOTS

(ages 3-6 years/parents do not stay for this class)

Friday, September 17; 11:15 a.m.-12:30 p.m.

\$5.00 each/Apple Valley Community Center

REGISTRATION DEADLINE: Friday, 9/ 10/10

Fall is here – let's celebrate the season! Fall crafts, games, stories, a tasty treat, and more have all been included in our FALL FESTIVAL FOR TOTS!

LIMITS: 10 minimum/20 maximum

A – B – C's (ages 3-6 years) - NEW

Friday, September 10; 10:30-11:45 a.m.

\$4.50 each/Apple Valley Community Center

REGISTRATION DEADLINE: Friday, 9/3/10

Learn all about the A-B-C's while having fun!

Through games, songs and crafts, we'll practice letter recognition, and have fun discovering what letter common objects around us begin with!

Limits: 5 minimum/10 maximum

Instructor – Linda Runeborg

ADULT OPEN BADMINTON

Wednesdays Starting Sept. 8th 6:00-9:30 p.m.

\$3.00 per person. Apple Valley Community Center.

Open Family Badminton

First and Third Sunday of Each Month

Starting September 5 12:00 – 2:30 pm

\$3.00 per person. Apple Valley Community Center

Here's your chance to teach your family the fun and exciting game of Badminton. Call 952-953-2399 for schedule updates.

All This and Much More with Apple Valley Parks & Recreation

952-953-2300 / www.cityofapplevalley.org

