

# RECREATION PROGRAMS

FALL 2018



**COLUMBIA HEIGHTS**  
REDISCOVER THE HEIGHTS

**Youth Basketball** Boys and Girls, Grades 2 - 6  
Girls Season October - December  
Boys Season December - March

This Twin Cities Youth Basketball league will focus on instruction, skill development, and organized games with referees. Games will be played on Saturdays, and Sunday afternoons. Games held at school gyms in Coon Rapids, Blaine, Anoka, and Spring Lake Park. Uniforms included: jersey and shorts. Practices will be held in the city gym at the Hylander Center, 1300 49th Avenue, door #38. Registrants may be shifted to even out teams. Max of 10 per team. Volunteer coaches are needed. Please contact the Recreation office as soon as possible to volunteer and process the background check.

*Volunteer  
Basketball  
Coaches  
Needed!!!*

**GIRLS Basketball Registration Deadline September 28. Fee:** \$45  
No registrations accepted after the deadline, as teams need to be submitted to the league.

**BOYS Basketball Registration Deadline November 30. Fee:** \$45  
No registrations accepted after the deadline, as teams need to be submitted to the league.

**When:** Girls season October - December. Boys season end of December - March. Practice schedule to be determined by coach. Practices will typically be held one or two weeknights.

Register at [www.chreconline.org](http://www.chreconline.org) or at the Recreation Office 530 Mill Street NE, 763-706-3730.



## NEW FALL PROGRAMS!

- Volleyball Skills Intro boys & girls 3rd-6th grades pg. 5
- Teen Yoga pg. 5

- OUT OF SCHOOL ACTIVITIES 5TH - 9TH GRADES-
- SPARK-Y 3-Day activity October 17, 18, 19 for 5th-9th grades pg.4
- Clay 'N Play November 8 pg. 4
- Art Ninja November 9 pg. 4

## TRUCK OR TREAT - FREE Saturday, October 27th

Join the Columbia Heights city departments for a FREE family fun afternoon Saturday, October 27th from 1:00 p.m. to 4:00 p.m. at Huset Park East, 3965 Jefferson St. Truck or Treat and explore vehicles from police, fire, public works, and partner agencies (touch a truck style event). Stop by the Recreation selfie station. Heights Next will be making S'mores. Costumes are welcome. Candy will be given to middle school youth and younger. Watch the city website for further details.



Did you know John P. Murzyn Hall is available to rent for events? As a resident of Columbia Heights you are eligible for a 25% discount on the rental fee.



John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. See more photos of Murzyn Hall on our website at: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line.

## C.H. Recreation Department

530 Mill Street N.E.

John P. Murzyn Hall

763-706-3730

[www.chreconline.org](http://www.chreconline.org)

Office Hours: Monday through Friday,  
8:00 a.m. to 4:30 p.m.

The office will be closed on  
September 3, Nov. 12, 22, & 23

### RECREATION HOTLINE

To better serve the residents of Columbia Heights, the Recreation Department maintains an information and weather phone line. Call (763) 706-3737 anytime, twenty-four hours a day, for a recorded message regarding recreation programs and activities. In the event of inclement weather, facility closure and program cancellation information will also be presented. A decision will not be made for evening programs until 4:00 p.m. Call our information line at (763) 706-3737.



### FOR SALE!

Heights Athletics  
Sweatshirts  
Youth & Adult  
Sizes - \$20 -  
available at the  
Recreation  
Office

### Columbia Heights Recreation Mission Statement

The mission of the Columbia Heights Recreation Department is to provide recreational and service opportunities for all ages.

### REGISTRATION INFORMATION

**Online:** [www.chreconline.org](http://www.chreconline.org). In person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may also register over the phone with a Discover, Visa, or Master Card by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

- **Confirmation:** Assume registration is confirmed. You will be notified only if the class is canceled or full. Registrations will be placed on a wait list if full.

- **Refunds will not be given if withdrawn 1 week prior to the activity.**

**Participants Scholarship:** Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount \$25); the remaining 25% needs to be covered by the participant's parent or guardian. Please bring a copy of your Federal income tax or school district free lunch form for verification. One scholarship per child per newsletter.

Like us on Facebook: [Facebook.com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)  
City website: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

## Park & Recreation Commission

Chair: David Payne Commission Members: Ann Carder, Sean Clerkin, Jr., Bruce Evans, Tom Greenhalgh, Kevin McDonald, David Payne, & Marsha Stroik  
Council Representative: Nick Novitsky

**Photo Policy:** Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on local cable television, and/or Recreation Department publications.

## John P. Murzyn Hall Rental Information

John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.



Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. Meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8:00 a.m. to 4:30 p.m. at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.

**FREE - Youth After School  
Supervised Open Gym Hylander Center  
1300 49th Ave. Door #38**

**Mondays: Columbia Academy 3:30 - 5:30 p.m.**

**Thursdays: CH High School 3:30 - 5:30 p.m.**

*\*School Photo ID required. This is an opportunity to keep youth active and give them an alternative activity after school. Questions contact Recreation 763-706-3730.*

**JOIN US!** The Columbia Heights Boosters need your help supporting youth activities and athletics in Columbia Heights!! Monthly Meetings: 3rd Wed. of every month 7 p.m. @ Murzyn Hall. Bingo, Meat Raffles, Pull Tabs, and FUNDRAISING OPPORTUNITIES! <http://chathleticboosters.com>  
[www.facebook.com/ColumbiaHeightsBoosters](https://www.facebook.com/ColumbiaHeightsBoosters)

## PARK RESERVATIONS

The City of Columbia Heights has established a Park Reservation Fee. Reservations will begin on the first business day of each year. A permit must be filled out with the Recreation Office. Fees including tax, are as follows and due at time of reservation:

**Residents:** \$45      **Non-Residents:** \$65

**Large Groups** 100 people or more: \$110

## NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department. Reservations will begin on the first business day of each year.

**Reservation Fee:** \$40



Reservations for 2019 begin on the first business day of January. Make reservations at the Recreation Department 530 Mill Street or by calling 763- 706-3730. Payment is required at time of reservation.



PHOTOS: SULLIVAN LAKE PARK & HUSET PARK WEST



# Registration Information

### COLUMBIA HEIGHTS RECREATION – REGISTRATION FORM      Phone: 763-706-3730

Register online at [www.chreconline.org](http://www.chreconline.org) or Bring / Mail the Form to: 530 Mill Street NE, Columbia Heights MN 55421

Participant Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_ Male/Female: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Work/Cell Ph: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

<u>Activity Name</u>	<u>Activity Number</u>	<u>Fee</u>
1. _____	# _____	\$ _____
2. _____	# _____	\$ _____
3. _____	# _____	\$ _____

**Make checks payable to “City of Columbia Heights”      Total Due \$ \_\_\_\_\_**

Data Privacy: I understand that this information will only be made available to program staff, the City’s insurer and attorney, and to others connected with the program for the purposes of administering the activity and providing me with the notice of scheduling changes. I agree to participation in the aforementioned activity(ies) and I further agree to indemnify, and hold the City of Columbia Heights harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual(s) arising out of, or in any way connected with, participation in this activity.

Need activities for the kids on out of school days? This is for you! In partnership with the Columbia Heights Public Schools ENCORE program, the Recreation Department is offering a variety of activities and trips during the fall. Your child does NOT have to participate in ENCORE or attend CHPS to register for these activities.

*\*This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.*



## ENCORE

21st-Century Community Learning Center

### SPARK-Y\* 5th - 9th Grade

3 DAYS of hands on SPARK-Y experience! October 17, 18, & 19.

Are you interested in science? How about saving the world? With Spark-Y, you get to explore both through fun games, hands-on science experiments, and engineering challenges.

Design your own aquaponics system, build a hydraulic arm out of cardboard, and extract DNA from strawberries. Learn about food systems by getting your hands dirty with fish dissection and worm composting. Make and eat delicious food from local ingredients, explore the science behind it, and burn off the energy running around with friends. Drop off and pick up will be on the backside of Murzyn Hall. Please bring a bag lunch. 10 Min/30 Max

**Who:** Boys & Girls 5th-9th Grade

**Where:** Prestemon Rm downstairs Murzyn Hall, use back entrance

**When:** Wednesday, Thursday, Friday, October 17, 18, & 19

**Time:** 8:30 a.m. - 3:30 p.m.

**Fee:** \$15 for all 3 days! **Activity #** 2305-F18



Register for programs online at  
[www.chreonline.org](http://www.chreonline.org)



### CLAY 'N PLAY\* 5th - 8th Grade

**Thursday, November 8**

Clay 'n Play: In the morning participants will work with a Northern Clay Center teaching artist to create a hand built clay project. Then we will travel to the Hylander Center to play games and have FUN! Please bring a bag lunch. Drop off and pick up will be on the backside of Murzyn Hall. 10 Min/25 Max

**Who:** Boys & Girls 5th-8th Grade

**Where:** Prestemon Rm downstairs Murzyn Hall, please use back entrance

**When:** Thursday, November 8

**Time:** 9:00 a.m. - 3:00 p.m.

**Fee:** \$5 **Activity #** 2306-F18

### ART NINJA\* 5th - 8th Grade

**Friday, November 9**

Art Ninja: Join us for a morning of Ninja training at the Five Star Ninja Warrior gym and then an afternoon of art with a teaching artist from KidCreate. Drop off and pick up will be on the backside of Murzyn Hall. Please bring a bag lunch. 10 Min/25 Max

**Who:** Boys & Girls 5th-8th Grade

**Where:** Prestemon Rm downstairs Murzyn Hall, please use back entrance

**When:** Friday, November 9

**Time:** 9:00 a.m. - 3:00 p.m.

**Fee:** \$5 **Activity #** 2307-F18



## TRUCK OR TREAT Saturday, October 27th

Join the Columbia Heights city departments for a family fun afternoon Saturday, October 27th from 1:00 p.m. to 4:00 p.m. at Huset Park East. Truck or Treat and explore vehicles from police, fire, public works, and partner agencies (touch a truck style event). Stop by the Recreation selfie station. Heights Next will be making S'mores. Costumes are welcome and there will be candy for our middle school and younger visitors as they make their rounds.

**Who:** All ages, candy will be given to middle school youth and younger.  
**When:** Saturday, October 27  
**Time:** 1:00 - 4:00 p.m.  
**Where:** Huset Park East, 3965 Jefferson St.  
**Fee:** FREE EVENT



**FREE - Youth After School Open Gym with the CHPD at the Hylander Center**  
 1300 49th Ave. Door #38

**Mondays:** Columbia Academy 3:30 - 5:30 p.m.

**Thursdays:** CH High School 3:30 - 5:30 p.m.

*\*School Photo ID required.* This is an opportunity to keep youth active and give them an alternative activity after school.

## Yoga & Wellness After School\*

Join Kelly O'Donnell, Registered Yoga Teacher 200, for a preteen/teen beginners yoga class. This fun and light yoga class will put a modern spin on yoga while pulling inspiration from the Himalayan traditions of the ancient yogis! Each session will incorporate classic yoga poses and movements, music, meditation, breathing, and relaxation techniques that are geared towards teens.



**Who:** Boys & Girls 6th Grade & Up  
**Where:** Columbia Academy Fitness Room  
**When:** Tuesdays, September 25th – October 30th  
**Time:** 3:30 - 4:45 pm  
**Fee:** \$5 **Activity #** 2441-F18



## Volleyball Skills Intro Boys & Girls 3-6 grade

Come get your volleyball on! Experienced instructors, Molly and Carissa, will teach basic fundamentals through drills, games, and FUN. Players will establish skills in passing, serving, setting, hitting, and general court movement. Mini games will be held at the end of each session. \*\*Thursday, Sept. 27 players and instructors will attend the Hylander varsity volleyball match – players will get in FREE! Parents are welcome to attend the match but will need to pay admission. More information to follow. Min 8/Max 20. Reg deadline Sept. 5.

**Who:** Boys & Girls, 3rd-6th Grade  
**When:** Tuesdays & Thursdays, September 11 - October 4  
**Time:** 6:00 - 7:15 pm  
**Where:** Hylander Center City Gym, Door #38  
**Fee:** \$25  
**Activity #** 1307-F18



## Youth Basketball Boys and Girls, Grades 2 - 6

Girls Season October - December

Boys Season December - March

This Twin Cities Youth Basketball league will focus on instruction, skill development, and organized games with referees. Games will be played on Saturdays, and Sunday afternoons. Games held at school gyms in Coon Rapids, Blaine, Anoka, and Spring Lake Park. Uniforms included: jersey and shorts. Practices will be held in the city gym at the Hylander Center, 1300 49th Avenue, door #38. Registrants may be shifted to even out teams. Max of 10 per team. Volunteer coaches are needed. Please contact the Recreation office as soon as possible to volunteer and process the background check.



**GIRLS Basketball Registration Deadline September 28.** No registrations accepted after the deadline, as teams need to be submitted to the league.

**BOYS Basketball Registration Deadline November 30.** No registrations accepted after the deadline, as teams need to be submitted to the league.

**When:** Girls season October - December. Boys season end of December - March. Practice schedule to be determined by coach. Practices will typically be held one or two weeknights.



**Girls Season:** September - December **Fee:** \$45

**Girls Grades 2**

Schedule TBD

Activity #1522-18

Practices in the City Gym at the Hylander Center

**Girls Grades 3**

Schedule TBD

Activity #1523-18

**Girls Grades 4**

Schedule TBD

Activity #1524-18

**Girls Grades 5**

Schedule TBD

Activity #1525-18

**Girls Grades 6**

Schedule TBD

Activity #1526-18

**Boys Season:** December - March **Fee:** \$45

**Boys Grades 2**

Schedule TBD

Activity #1530-18

Practices in the City Gym at the Hylander Center

**Boys Grades 3**

Schedule TBD

Activity #1531-18

**Boys Grades 4**

Schedule TBD

Activity #1532-18

**Boys Grades 5**

Schedule TBD

Activity #1533-18

**Boys Grades 6**

Schedule TBD

Activity #1534-18

**[Register online at www.chreconline.org](http://www.chreconline.org)**

## WRESTLING

The CH Youth Wrestling program is gearing up for another season and would like YOU to join in on the fun! This program is for new and experienced wrestlers. Learn basic wrestling techniques such as takedowns, throws, and pinning combinations. Wrestling is a great skill to have for football players as well. So if you are interested stop by and check it out, the coaches would be happy to talk to you about the program. Members compete in team events and are afforded other opportunities to compete individually in tournaments throughout the season. Please contact the Recreation office if you would be willing to help volunteer coach. Practice days determined by coaches.

**Who:** 2nd - 8th Grades **When:** late November – March

**Time:** To be determined by coach availability

**Fee:** \$40 (\$45 after Oct. 31) & \$40 uniform deposit

Held at the CH High School Wrestling Room.

**Activity #1600-18 \*Volunteer Coaches NEEDED for this program to run\***



## CH BASKETBALL ASSOCIATION FALL SKILLS WORKOUTS

**Who:** Boys & Girls 5th - 8th grade  
**When:** Early September - Late October 2018  
**Time:** To be determined  
**Where:** Columbia Academy  
**Fee:** \$25 paid to CHBA, payment can be dropped off at the Recreation Office

The Columbia Heights Basketball Association is holding skills and conditioning training for boys and girls from grades 5th to 8th grade. From September to late October, we will be conducting Fall workouts. The workouts will focus on basketball fundamentals, skills, teamwork, and physical conditioning to prepare for the winter basketball season. Cost is \$25 for the season. Open to boys and girls in grades 4th through 8th. Questions, contact Aaron Goff at 763-568-8860 or email [rexuppert@yahoo.com](mailto:rexuppert@yahoo.com)



## TRAVELING BASKETBALL CH BASKETBALL ASSOCIATION

Winter Season: Mid-Nov 2018 thru Mid-March 2019, \$150  
 (Prices for teams 6th grade or under may be lower)

- Boys & Girls 4th - 8th gr.
- Kids will play in 25-30 games (within their grade and age level) against teams from other cities.

- Play in official game settings with referees, score keepers, scoreboards, and full four-quarter games.

- Works in partnership with the CH Recreation Department and the CHHS Basketball Program.

- Family discount for two or more siblings
- \$65 for a new uniform if you don't have one from last year.

Questions, please contact Aaron Goff at 763-568-8860, [rexuppert@yahoo.com](mailto:rexuppert@yahoo.com) or Tom Greenhalgh at 612-597-6301, [heightscoachtom@aol.com](mailto:heightscoachtom@aol.com). You can also drop off payment & registration at the CH Recreation Department.

## SIGN UP FOR PROGRAMS AT [WWW.CHRECONLINE.ORG](http://WWW.CHRECONLINE.ORG)



## Heights Kickers Soccer Preschool & Kindergarten

Learn the exciting game of soccer in a controlled setting. Emphasis is on fun & learning while learning the basic soccer skills. Coaches Samantha & Karl. Min 10/Max 25. Reg deadline Aug. 31.

**Who:** Boys & Girls, Preschool thru Kindergarten

**When:** Saturdays, September 8 - October 20

\*No Class Sept. 29

**Time:** 10:00 am - 10:45 am

**Where:** Huset Park East

**Fee:** \$20 (\$25 after registration deadline Aug. 31)

**Activity #** 1806-18



## Mighty Mites Flag Football Boys & Girls K-2 grade

Learn the game of flag football. Emphasis is on fun and learning. Participants will learn the basic skills on passing, kicking and catching. Min 8/Max 20. Reg deadline Aug. 28. **VOLUNTEERS NEEDED to help make this program successful!**

**Who:** Boys & Girls, K-2nd grade

**When:** Saturdays, September 8 - October 13

**Time:** 11:30 am - 12:45 pm

**Where:** Huset Park

**Fee:** \$20 (\$25 after registration deadline Aug. 28)

**Activity #** 2055-18

**GYMNASTICS**

Instructors, Danielle Lindstedt & Connie Alvarez.  
Attire: leotard or fitted tank top and athletic shorts, hair pulled back. No jewelry, shoes/socks. **Class Location: John P Murzyn Hall - Edgemoor Rm (lower level).**

**Wednesday classes: Sept. 19 - Nov. 14 \*No CLASS Oct 31**

**Koalas & Adult: (18 mo-2 yrs w/adult) 4:15–4:45pm Wed. Sept. 19 - Nov. 14**

**Fee: \$35 Activity #1199-F18 \*No class Oct 31**

This class is a great starter class for children not ready to leave mom's side. Children will learn the basics of balance, strength, and flexibility while practicing listening skills, taking turns, and cooperative play. Max 12

**Monkeys: (3-4 years old) 4:45 – 5:15pm Wednesdays Sept. 19 - Nov. 14 No Oct 31 Fee: \$35 Activity #1200-F18**

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for future classes. We will also be working on listening, taking turns and cooperative play. Max 12

**Lions: (5-8 yrs, no experience) 5:15 – 5:45pm Wed. Sept. 19 - Nov. 14 No Oct 31 Fee: \$35 Activity #1201-F18**

This class works on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for more advanced classes. Max 12

**Tuesday classes: Sept. 18 - Nov. 13 \*No CLASS Oct 30**

**Rollers (Lvl 1): (5-8 yrs old) 4:30 – 5:15pm Tuesdays Sept. 18 - Nov. 13 \*No Oct 30 Fee: \$40 Activity #1202-F18**

We will work on basic floor skills such as rolls, handstands, cartwheels, and jumps as well as beginning skills on beam and bars.

**Turners (Lvl 2): (5-9 yrs old) 5:15 – 6:00pm Tuesdays Sept. 18 - Nov. 13 \*No Oct 30 Fee: \$40 Activity #1203-F18**

We will continue to work on floor skills such as jumps and basic tumbling on beam, low bar work and beginning vaults.

**Twisters (Lvl 3): (6-10 yrs old) 6:00 – 7:00pm Tuesdays Sept. 18 - Nov. 13 \*No Oct 30 Fee: \$45 Activity #1204-F18**

We will incorporate higher level tumbling skills and more advanced work on beam, vault and bars.

**\*Register for programs online at [www.chreconline.org](http://www.chreconline.org)**

**DANCE**

Learn fundamental ballet & jazz technique, play games... and HAVE FUN! Weekly curriculum includes strength & stretching, dance technique, music appreciation, confidence-building, & creative movement. Miss Jen has a BA in dance and Communications studies, is a mom of 2, and has been involved in dance for 35 years! MINI-RECITAL INCLUDED! Every dancer will perform a final routine for family & friends. Students must wear dance or athletic attire. Ballet, jazz, or tennis shoes required.

**Class Location: John P Murzyn Hall - Edgemoor Room (lower level).**

**Mondays: October 22 - December 17 (8 sessions) \*No Class Nov. 12**

**Preschool 3 - 5 years old**

**5:00pm – 5:45pm Fee: \$40**

**Activity #1210-F18 min 5 max 15**

Learn fundamental ballet & jazz.

**Kindergarten - 2nd Grade**

**6:00pm – 6:45pm Fee: \$40**

**Activity #1211-F18 min 5 max 20**

Learn fundamental ballet, jazz, & hip hop.

**3rd – 5th Grades 7:00pm – 7:45pm Fee: \$40**

**Activity #1212-F18 min 5 max 20**

Miss Jen will focus on dancing along to age appropriate Hip-Hop and The Hits! Learn fundamental ballet, jazz & hip hop.





## Martial Arts

Instructors, Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 25 years. Thomas is a 7th Dan degree black belt in Tae Kwon Do and a 7th Hopkido black belt. Elvira 3rd degree.

### Little Tigers

Kids ages 3-6 Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility with peers. Promoting focus, discipline, and respect.

**Who:** Youth Ages 3 - 6 years old    **Min 8/Max 20**    4 week classes

**Time:** 5:30 - 6:00 pm    **Where:** Edgemoor Rm, lower level Murzyn Hall

**FALL Session I: When:** Thursdays, Sept. 20 - Oct. 11    **Activity #** 2231-F18    **Fee:** \$39

**FALL Session II: When:** Thursdays, Nov. 8 - Dec. 6    **Activity #** 2234-F18    **Fee:** \$39



## Tae Kwon Do

**Ages 6 & up**

This Martial Arts program teaches participants (beginner to advanced) the skills of Tae Kwon Do along with its historical perspective. Participants learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. In addition to the registration fee, participants are expected to purchase a uniform from the instructor and pay for belt registration fee.

**Who:** Ages 6 years old & up    **Where:** Edgemoor Room, lower level Murzyn Hall  
6 week classes, Min 8/Max 20

**FALL Session I: When:** Thursdays, Sept. 13 - Oct. 18

**Level 1: Time:** 6:00 - 6:45 pm    **Fee:** \$51    **Activity #** 2232-F18

**Level 2: Time:** 6:00 - 6:45 pm    **Fee:** \$51    **Activity #** 2233-F18

**FALL Session II: When:** Thursdays, Nov. 1 - Dec. 13 \*No CLASS Nov. 22

**Level 1: Time:** 6:00 - 6:45 pm    **Fee:** \$51    **Activity #** 2235-F18

**Level 2: Time:** 6:00 - 6:45 pm    **Fee:** \$51    **Activity #** 2236-F18



## RECREATION REGISTRATION INFORMATION

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**Participants Scholarship:** Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount \$25); the remaining 25% needs to be covered by the participant's parent or guardian. Please bring a copy of your Federal income tax or school district free lunch form for verification. One scholarship per child per newsletter.

Like us on Facebook:  
[Facebook.com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)  
City website: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

## WATER SAFETY & SWIMMING LESSONS

CH Recreation and Columbia Heights Public Schools are joint partners with the 21st Century Learning Center Grant. One of the grant-funded programs is a FREE Water Safety Instruction on Saturdays at the CH High School Pool.

For more information:  
[www.colheights.k12.mn.us/encore](http://www.colheights.k12.mn.us/encore)



**ENCORE**  
21st-Century Community Learning Center

## Stompin' At The Hall 55 years & older

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or both sessions. Men & women welcome. Classes held at Murzyn Hall.

**\*Beginner** New to Stompin'? Great! We would love for you to join on either day. Sign up for the Beginner class and Judy will meet with you individually to show you the exercise routines so you become familiar with the class style prior to joining the rest of the class. Call 763-706-3730 for questions.

### Mondays

Date: Sept. 17 - Dec. 17  
 No Class 10/15, 11/12  
 Time: 9:00 - 10:05 a.m.  
 Activity # 8202-F18  
 Cost: \$33.00 - 12 classes

### Thursdays

Sept. 13 - Dec. 20  
 No Class 10/18, 11/22  
 9:00 - 10:05 a.m.  
 # 8204-F18  
 \$35.75 - 13 classes



## ADULT Aerobic Dance

These classes are for adults interested in motivated workouts involving low impact dance steps. Enjoy this vigorous and fun exercise class that will help you get and stay in shape. Class uses low impact dance steps. Bring a mat or blanket for floor exercises. Class is held at Murzyn Hall, Main Hall, Min 8/Max 25

### Tuesdays

Date: Sept. 11 - Dec. 18  
 No Class 9/18, 10/16, 11/6  
 Time: 6:30 - 7:35 p.m.  
 Activity # 8206-F18  
 Costs: \$33.00 - 12 classes

### Thursdays

Sept. 13 - Dec. 13  
 No Class 10/18, 11/22  
 6:30 - 7:35 p.m.  
 # 8207-F18  
 \$33.00 - 12 classes



## Crochet Class

Do you love to crochet? Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together to solve problems and learn new skills.



**Who:** Ages 16 & over **Time:** 6:30 - 8:00 p.m. **Where:** Keyes Rm, upper level Murzyn Hall

**Fall Session 1:** Thursdays, Sept. 6 - Oct. 25

**Fee:** \$10 **Activity #** 2653-F18

**Fall Session 2:** Thursdays, Nov. 1 - Dec. 27 \*No Class Nov. 22

**Fee:** \$10 **Activity #** 2654-F18

## Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a bottle of water, a yoga mat or towel, and tennis shoes.

**Who:** Adults, all ages & skill levels. Min. 8. **Where:** Edgemoor Rm, lower level Murzyn Hall

**Time:** 6:00 - 7:00 p.m.

**When:** Wednesdays, August 29 - October 17 **Fee:** \$48 **Activity #** 5101-F18



**FREE Senior Exercise Classes.** Schedule varies, see Senior Active Agers newsletter each month for dates and times.

**Mobility:** This is a 60 minute mid-tempo class with the emphasis on range of motion movements. Come shake off of those cobwebs and get your body moving better. Feel free to just show up; you do not need to sign up or preregister.

**Gospel Move:** This is a 40-50 minute class that we will gently move into poses that we will hold to slowly build up strength. This is a great place to start off if you have not been exercising. Feel free to just show up.

These classes are offered through the Senior Center programs. The instructor is the Senior Citizen Coordinator Delynn. The monthly Active Agers newsletter can be found at the City website, [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov) under Senior Programs.

## MOTOR COACH TRIPS

We do need 30 paying people in order for the trip to go. We have made every attempt to keep the cost as low as possible. Please feel free to inform your friends and family of these trips: one does not need to be a resident of Columbia Heights. If trips are canceled for any reason, your money will be fully refunded. Call 763-706-3730 to register or online at [www.chreonline.org](http://www.chreonline.org) with a credit card.

### “Radio Gals” Sidekick Theater **Wednesday, October 24**

\$70.00 per person - class # 8552-18

We will arrive at the elegant jewel-box Gideon S. Ives Auditorium located on the 80-acre Heritage Center Campus along the Minnesota River in Bloomington. A Razzamatazz Musical Comedy set in the 1920's when radio rules the airwaves and small stations thrived. Radio Gals is a charming musical about Hazel Hunt from Cedar Ridge, Arkansas, who broadcasts her from her front parlor with an all-girl orchestra (“The Hazelnuts”), as radio WGAL. What comes over the local airwaves is an array of hilarious, toe-tapping songs. However, Hazel's broadcasts are not always so local, due to her habit of impinging on other frequencies which attracts the attention of the federal radio inspector, who is intent on shutting down WGAL. As it turns out, he has a fine tenor voice, plays a mean accordion and quickly becomes enchanted by the Hazelnuts. Lunch will be: Stuffed Pork Chop in a Mushroom Cream Sauce, scalloped potatoes, vegetable du jour, cold chef's choice salad, dinner rolls, assorted dessert, coffee and hot tea.

**Date of the trip:** Wednesday, October 24      **Depart/ Return:** 10:30 am / 4:00 pm

**Registration/ Cancellation Deadline:** Thursday, September 20th

**Cost:** \$70.00 includes lunch, performance, escort, motor coach transportation

**Activity #** 8552-18

### “Holiday Inn” Chanhassen Dinner Theater

**Wednesday, December 5**

\$78.00 per person - class # 8555-18

The new Irving Berlin Musical tells the story of Jim, who leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut. He quickly discovers life is not the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited school teacher with talent to spare. Together they turn the farmhouse into a fabulous Inn with dazzling performances to celebrate each holiday, from Thanksgiving to the fourth of July. But when Jim's best friend, Ted, tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his last chance at romance?? Once you arrive at the Dinner Theater, you will be able to order off of the matinee menu.

**Date of the trip:** Wednesday, December 5th      **Depart/ Return:** 10:00 am / 4:30 pm

**Reservation/ Cancellation Deadline:** Thursday, November 1st

**Cost:** \$78.00 includes performance, lunch, escort, motor coach transportation

**Activity #** 8555-18



# 12 Adult & Senior Citizen Active Agers

## Senior Center

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible. For more information call 763-706-3735. Visit the City website [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov), under Departments go to Recreation and then Senior Citizens. You will find a copy of the monthly Active Agers, Trip Flyer, and more information.

## "500" Club

Our '500' club meets on Wednesdays beginning at 10:00 a.m. in the Senior Center. This is for anyone who enjoys playing in a more structured setting. Participants play until noon and contribute 25 cents per time for coffee and dessert. Please stop by and give it a try.

## Cribbage

A senior cribbage group meets every Friday at 10:00 a.m. in the Senior Center. All levels are welcome.

## BINGO

Join us every Monday at Murzyn Hall, games begin at 2:00 p.m. and end around 3:00 p.m. Bring \$2 worth of dimes to play ten games of bingo.



## Chores & More

This is for persons over 60. If you need assistance with various household services including house cleaning, and minor repairs, please call 763-783-4767, Monday through Friday. We utilize a sliding fee scale, and for income eligible we ask for a suggested donation. Funding support under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program.

## Senior Outreach

The Senior Outreach Program (ACCAP) for Columbia Heights provides assistance to senior and disabled adults throughout Anoka County. Helping people find resources in the community to help enable them to remain independent. Did you know that there are programs to help subsidize your energy bills, prescription discount programs, food assistance, free insurance counseling, "Store to Door" grocery shopping and legal aid assistance that comes to local senior centers? Senior outreach workers can come to your home and assist you with access to these programs. For information call Karen F., Senior Outreach Worker for Columbia Heights 763-783-4741.

## Active Agers

This monthly newsletter informs seniors of the programs, classes & special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, and senior housing facilities and online [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov).

## Blood Pressure

Blood Pressure is checked free of charge on the second Monday of every month in the main hall from 1:00 p.m. to 1:45 p.m. by the CH Fire Dept.

## AARP Safe Driver (Refresher) 4 hour Courses.

All AARP Safe Driver Refresher Courses are \$21.00 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center. Upcoming dates: Sept. 11, Oct. 9, Nov. 13, and Dec. 11.

## Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries or soon to start Medicare. Call the Senior Linkage Line 1-800-333-2433 to ask questions or make an appointment. This free service is not affiliated with any insurance company.



## Walking Club

The Senior Walking group meets every Wednesday morning for fellowship and exercise. Meet in the parking lot behind Murzyn Hall at 8:40 a.m. rain or shine! New walkers always welcome.

## Footcare for Seniors

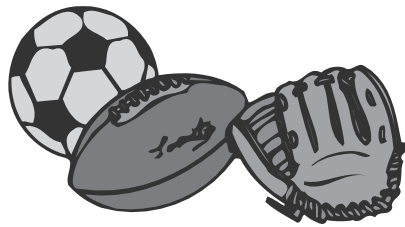
"Happy Feet Footcare, Inc." will be providing foot care for seniors at the CH Senior Center the first & third Wednesday of the month from 9:00 a.m. - noon. To make an appointment you must call 763-560-5136.

The cost is \$36 per visit and payment is due at the time of service. "Happy Feet" nurses specialize in routine foot care for seniors and diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. A foot soak and massage are provided with each visit. Remember you must schedule an appointment.

**Please register early for all Recreation programs so that we can ensure each program will be a success!**

## **UPCOMING SPORTS**

- `Football!
- `Soccer!
- `Gymnastics!
- `Dance!
- `Tae Kwon Do!
- `Volleyball!
- `Basketball!



THE RECREATION DEPARTMENT WOULD LIKE TO EXTEND A SPECIAL THANK YOU TO ALL OF THE VOLUNTEER COACHES! WE ARE SUCCESSFUL BECAUSE OF YOU.



## **SUMMER ADVENTURE**

Thank you to all of the summer recreation staff and the youth who made this a great summer! We hope to see you in more programs.



**\*Register for programs online at [www.chreconline.org](http://www.chreconline.org)**

**Register for all programs at Columbia Heights Recreation 530 Mill Street. 763-706-3730**

# **Bienvenido**

INFORMACION DE LA INSCRIPCION \*La inscripciones en línea al [www.chreconline.org](http://www.chreconline.org). Las Inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

\*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, CDFA 84.287, IV B-21st Century Community Learning Centers.