

AR & LE

Summer 2009



Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 25 years, the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation “AR” and the Learning Exchange “LE”.

- ◆ *Adaptive Recreation:* The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, basketball, as well as a number of social programs for both youth and adults.
- ◆ *The Learning Exchange:* The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a quarterly program catalog with descriptions of all programs to be offered for the upcoming season. This is sent out quarterly to all the participants and professionals who are on our mailing list. Electronic copies of the current AR&LE program catalog are available via the Internet at: www.ci.bloomington.mn.us and enter keywords Adaptive Recreation in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.ci.bloomington.mn.us, return the completed profile to the following address:

Bloomington Parks & Recreation
Attn: Sacha Hammer
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Non-resident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Non-residents are considered to be those living outside of these cities. If a non-resident fee is charged, the difference is very minimal.

REFUND POLICY

Each city reserves the right to implement their own refund policy.

THE STAFF

The supervisory staff that are responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.

CONTACT INFORMATION

Bloomington Adaptive Recreation

- ◆ Kari Hemp – Recreation Supervisor, Youth Programming: 952-563-8891
khemp@ci.bloomington.mn.us
- ◆ Jackie Doncavage, CTRS – Recreation Supervisor, Adult Programming: 952-563-4949
jdoncavage@ci.bloomington.mn.us
(tty: 952-563-8740)

Eden Prairie Adaptive Recreation

- ◆ Nicole White, CTRS – Therapeutic Recreation Coordinator: 952-949-8457
(tty: 952-949-8399)
nwhite@edenprairie.org

Edina Adaptive Recreation

- ◆ Kristin Aarsvold – Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
kaarsvold@ci.edina.mn.us
- ◆ Dawn Beitel - Recreation Specialist: 952-826-0438 (tty: 952-826-0379)
dbeitel@ci.edina.mn.us

Richfield Adaptive Recreation

- ◆ Kelly Mertes – Recreation Supervisor: 612-861-9361 (tty: 612-861-9360)
kmertes@cityofrichfield.org

Learning Exchange

- ◆ Gina Carpenter – Coordinator of Alternative Educational Services: 952-681-6122
(MN Relay Service at 711)
gcarpenter@bloomington.k12.mn.us
- ◆ Janet Clarke – Community Liaison: 952-681-6121 (MN Relay Service at 711)
jclarke@bloomington.k12.mn.us

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. Upon request, this information can be available in Braille, large print, audiotape and/or computer disk.



TRAIL (Transportation Resource to Aid Independent Living) is a nonprofit service organization formed in 1990 by parents, consumers & professionals. TRAIL'S mission is to provide transportation to adults with disabilities, who live in Bloomington, Eden Prairie, Edina and Richfield and are living independently/semi-independently without transportation on the premises. This service enables riders to attend recreational and educational programs sponsored by AR&LE. Programs with this symbol offer TRAIL rides. To request an application or find out more, please call Michelle at 952-828-0983.

PROGRAM CHART

Use the chart below to find programs that you might like to try. Then, go to the page number to find the description of the program and registration information. If you have questions after reading the program description, please contact the staff person listed.

Day of the week	Youth	Teen	Adult
Monday	Youth Softball (p. 5)	Youth Softball (p. 5)	Step to it Walking Club (p. 10)
Tuesday	Fishing in the Neighborhood (p. 8)	Fishing in the Neighborhood (p. 8)	Adult Competitive Softball (p. 5) Adult Recreational Softball (p. 5)
Wednesday		Water Aerobics (p. 9)	Water Aerobics (p. 9) Good Happenings- Disc Golf & Snacks (p. 10) Music & Ice Cream (p. 10) 6th Annual Summer Picnic (p. 10)
Thursday	Lawn Games Galore (p. 8)	Lawn Games Galore (p. 8)	Lawn Games Galore (p. 8) Good Happenings- Moose Mountain Mini Golf (p. 10)
Friday			
Saturday	MacPhail FamJam (p. 6)	Saturday Night Out (p. 6)	Walking Club (p. 6)
Sunday			Good Happenings- St. Paul Saints Game (p. 10)
Various Days	Private Music Therapy (p. 6) Garden Club (p. 11)	Private Music Therapy (p. 6) Upstream Arts Camp (p. 7) Sports Sampler Camp (p. 7) Safety First Camp (p. 7) Wacky Water Camp (p. 7) Theatrical Performance Camp - "Annie" (p. 8) Garden Club (p. 11)	Private Music Therapy (p. 6) Upstream Arts Camp (p. 7) Sports Sampler Camp (p. 7) Safety First Camp (p. 7) Wacky Water Camp (p. 7) Theatrical Performance Camp - "Annie" (p. 8) Garden Club (p. 11)



Adult Softball on page 5



Water Aerobics on page 9



Kari Hemp - Recreation Supervisor, Youth Programming
 Phone: 952-563-8891
 Email: khemp@ci.bloomington.mn.us

Jackie Doncavage - Recreation Supervisor, Adult Programming
 Phone: 952-563-4949
 Email: jdoncavage@ci.bloomington.mn.us
 Address: 1800 W. Old Shakopee Road
 Bloomington, MN 55431

TTY: 952-563-8740
 Website: www.ci.bloomington.mn.us

YOUTH SOFTBALL - AGES 10-18

BATTER UP! Want to learn to play softball? Increase your softball skills? Learn more about softball? Have fun and meet new friends? This is the program for you! Youth softball teaches basic rules and good sportsmanship in a non-threatening environment. Our staff is well experienced in the game and will give the youth a softball experience of a lifetime! Siblings and parents are invited to volunteer. Season highlights may include special events such as playing under the lights (program times may vary for this event), end of the season picnic, team pictures, and more! Staff to participant ratio is 1:10.



When: Mondays, June 15 - August 10, 6:30 - 8:30 pm (no program June 29)
Where: Haeg Park, Field #1, 8301 Penn Ave. So.
Fee: \$50. Includes team shirt. Please indicate shirt size on registration form.
Register by: Friday, May 29, 2009; minimum 12, maximum 36



ADULT COMPETITIVE SOFTBALL - AGES 19+

Want to play some softball? Do you have experience playing on a team? Then this program is for you. This program is designed for men and women who want to play competitively. Teams will be developed after the player skill evaluations are completed the first night. Season highlights may include special events such as playing under the lights (program times may vary for this event), end of the season picnic, team pictures and more! Staff to participant ratio is 1:20.

When: Tuesdays, June 16- August 11, 6:30 - 8:30 pm (no program June 30)
Where: Haeg Park, Field #2, 8301 Penn Ave. So.
Fee: \$50. Includes team shirt. Please indicate shirt size on registration form.
Register by: Friday, May 29, 2009; minimum 18, maximum 36



ADULT RECREATIONAL SOFTBALL - AGES 19+

Join us for a fun summer of softball with your friends from AR&LE. This program is designed for men and women who want to play for fun - no experience is necessary. Teams will be developed after the player skill evaluations are completed the first night. Season highlights may include special events such as playing under the lights (program times may vary for this event), end of the season picnic, team pictures, and more! Staff to participant ratio is 1:20.

When: Tuesdays, June 16- August 11, 6:30 - 8:30 pm (no program June 30)
Where: Haeg Park, Field #1, 8301 Penn Ave. So.
Fee: \$50. Includes team shirt. Please indicate shirt size on registration form.
Register by: Friday, May 29, 2009; minimum 18, maximum 36



Bloomington Registration Form/Participant Profile Request

Participant Name	Home Phone	Work Phone	E-mail	Age
Address/City		Apt #	Zip Code	Birth Date
Parent/Guardian	Home Phone	Work Phone	E-mail	

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.

Participant or Parent/Guardian Signature _____		Date _____
TRAIL Riders please check TRAIL Box Youth Softball <input type="checkbox"/> \$50 Adult Competitive Softball <input type="checkbox"/> \$50 <input type="checkbox"/> TRAIL Adult Recreational Softball <input type="checkbox"/> \$50 <input type="checkbox"/> TRAIL		Mail completed form and check, payable to the City of Bloomington, to: Parks and Recreation Division 1800 W Old Shakopee Road Bloomington MN 55431
Youth League (Circle youth shirt size) S M L XL		Adult Leagues (Circle adult shirt size) S M L XL XXL



Credit Card Information _____ TOTAL FEE(S) PAID: \$ _____ Exp. Date _____



Nicole White, CTRS
Therapeutic Recreation Coordinator
Eden Prairie Parks and Recreation
Address: 8080 Mitchell Road
Eden Prairie MN 55344
Phone: 952-949-8457
TTY: 952-949-8399
Email: nwhite@edenprairie.org
Website: www.edenprairie.org

WALKING CLUB - AGES 18-26

Lace up your walking shoes! Enjoy a refreshing walk and good conversation with new and old friends. You are sure to feel revitalized after walking around Round Lake! We'll chart our progress and share trails in and around Eden Prairie to walk! A healthy snack will be provided. maximum 8, minimum 6

Date/Time: Saturdays, May 30-June 27, 9:30 - 10:30 am
Location: Meet at Round Lake Pavilion, 16691 Valley View Road
Cost: \$35, registration deadline April 24



MACPHAIL CENTER FOR MUSIC FAMJAM - AGES 4-12

Have you ever played a clatterpillar or been in a drum circle? The FamJam group is designed to enhance sibling's social interaction, communication, play, and imagination. Enjoy creating music together in a fun, unplugged environment. maximum 30, minimum 21

Dates: Session 1: Saturdays, April 18-June 27 (no program on May 30, June 6 or 13)
Session 2: Saturdays, July 11-August 29
Time: 1:30 - 2:15 pm
Location: Eden Prairie Senior Center, room 201
Cost: \$137 for each session, registration deadline is April 10 for Session 1 and July 3 for Session 2



PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

When participating in the Music Therapy private sessions, students are first assessed and a program plan is then implemented to meet their individual needs and strengths. Assessments, conducted by a board-certified music therapist, are one-hour long and are required before any private music therapy services can begin. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.

Cost: \$66 for one hour and \$33 for 30 minutes
Location: Eden Prairie Senior Center

Contact Jan Ackley Melecha, RMT-BC at MacPhail Center for Music at 612-767-5524 or Malecha.Jan@macphail.org for more information or to schedule private and/or adaptive music lessons.

SATURDAY NIGHT OUT - AGES 13-22

Are you looking for an excuse to hang out with friends? Register early for an exciting opportunity to experience various leisure activities and events in and around the community. There are no prerequisites for participation. *Note: You must register by the deadline for each outing. No refunds will be given after this deadline due to the planning for staff, tickets, food and transportation.*

Brunswick Zone - There is fun for all at the bowling alley! Enjoy time with friends while bowling a couple of games. It's not about the score, instead the memories you create! Registration deadline June 5. maximum 20, minimum 5

Date: June 13 **Time:** 6:00 - 8:00 pm **Location:** Drop off & pick up at Brunswick Zone **Cost:** \$16

Wizard of Oz at Stages Theatre - "We're off to see the wizard, the wonderful wizard of Oz!" Dorothy, Toto, Scarecrow and the Tin Man await you! Registration deadline June 26. maximum 20, minimum 12

Date: July 11 **Time:** 5:45 - 8:45 pm **Location:** Drop off & pick up at EP Senior Center **Cost:** \$29

Snow White - A production by the Eden Prairie Players. The tale of the lovely princess, the mischievous dwarfs, the prince, the huntsman, the evil Queen awaits you. Bring a lunch and we'll have a picnic before the show. Registration deadline July 24. maximum 20, minimum 12

Date: August 8 **Time:** 1:00 - 3:30 pm **Location:** Drop off & pick up at Riley Lake Park **Cost:** \$23

UPSTREAM ARTS CAMP - AGES 13-22

Work side by side with some of the Twin Cities most talented professional artists as we explore a variety of artistic mediums. Act. Write. Dance. Paint. Listen. Imagine. Create. Socialize. Experience. Learn. Have fun! You and your peers will have the chance to express yourself in fresh and creative ways as we explore together the world of the arts! maximum 12, minimum 8

Dates/Time: Monday-Thursday, July 27-July 30, 10:00 am - 12:00 pm
Location: Eden Prairie Community Center, room 203/204
Cost: \$138, registration deadline Monday, July 13

Are you registered for both morning & afternoon camps? If so, pack a lunch & relax with friends & staff! See registration form.

SPORTS SAMPLER CAMP - AGES 13-22

If you are looking for a non-competitive recreation opportunity, this camp is for you! Learn the basics of basketball, floor hockey, kickball, soccer, and tennis. Each day the fundamentals of a sport will be introduced. You may look forward to one hour of developing and enhancing skills related to tennis. maximum 12, minimum 8

Dates/Time: Monday-Thursday, July 27-July 30, 1:00 pm - 3:00 pm
Location: Eden Prairie Community Center, room 203/204
Cost: \$58, registration deadline Monday, July 13

Aftercare 3-4 pm - \$5
See registration form

SAFETY FIRST CAMP - AGES 13-22

Police Officer John Conley from the Eden Prairie Police Department teaches what to do and who to call in emergency situations. Take a tour of both the Eden Prairie police department and Edina Fire department. maximum 12, minimum 6

Dates/Time: Monday-Thursday, August 3-August 6, 10:00 pm - 12:00 pm
Location: Eden Prairie Senior Center, Room 203
Cost: \$57, registration deadline Monday, July 27

Are you registered for both morning & afternoon camps? If so, pack a lunch & relax with friends & staff! See registration form.

WACKY WATER CAMP - AGES 13-22

Dare to brave the waves crashing on the shoreline and the thrill of water slides. Look forward to going to Sandventure in Shakopee, Maple Grove, and Chaska water park; as well as Lake Riley. Registration fee includes admission to aquatic parks. maximum 12, minimum 6

Dates/Time: Monday-Thursday, August 3-August 6, 1:00 pm - 4:00 pm
Location: Eden Prairie Senior Center
Cost: \$100, registration deadline Monday, July 27



Eden Prairie Registration Form

Participant Name		Home Phone		E-mail		Age	
Address/City				Apt. #		Zip Code	
Birth Date							
Special Information:							
In order to participate in AR&LE programs, participants must have a completed Participant Profile on file. For more information see page 2 of this catalog							
Parent/Guardian		Home Phone		Work Phone		E-mail	
THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.							
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Participant or Parent/Guardian Signature _____				Date _____			
Code 24848 Walking Club ----- <input type="checkbox"/> \$35 24863 MacPhail FamJam, Session 1, Apr 18-Jun 27 ----- <input type="checkbox"/> \$137 24864 MacPhail FamJam, Session 2, Jul 11-Aug 29 ----- <input type="checkbox"/> \$137 <u>Saturday Night Out</u> 24849 Brunswick Zone, June 13----- <input type="checkbox"/> \$16 24850 Wizard of Oz at Stages Theatre, July 11 ----- <input type="checkbox"/> \$29 24851 Snow White, August 8----- <input type="checkbox"/> \$23 24854 Upstream Arts Camp, July 27-30 ----- <input type="checkbox"/> \$138 24855 Sports Sampler Camp, July 27-30 ----- <input type="checkbox"/> \$58 24746 Lunch between camps, July 27-30 ----- <input type="checkbox"/> \$5 24856 Aftercare 3-4 pm, July 27-30----- <input type="checkbox"/> \$5 Programs continued on next column -----				Code 24858 Safety First Camp, August 3-6 ----- <input type="checkbox"/> \$57 24857 Wacky Water Camp, Aug 3-6 ----- <input type="checkbox"/> \$100 24859 Lunch between Camps, Aug 3-6----- <input type="checkbox"/> \$5			
Mail completed form and check, payable to the City of Eden Prairie to: Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346							
TOTAL FEE(S) PAID: \$ _____							
Credit Card Information _____				Exp. Date _____			



Kristin Aarsvold, Recreation Supervisor
Edina Parks and Recreation
Address: 4801 W. 50th Street
Edina MN 55424
Phone: 952-826-0433
TTY: 952-826-0379
Email: kaarsvold@ci.edina.mn.us
Dawn Beitel- Recreation Specialist - 952-826-0438
Email: dbeitel@ci.edina.mn.us
Website: www.ci.edina.mn.us

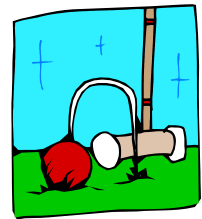
FISHING IN THE NEIGHBORHOOD

Fishing is fun and can happen in your neighborhood! Join us for fishing at Centennial Lakes with the Minnesota Department of Natural Resources. Make fish prints and talk about the best bait for catching fish at Centennial Lake. Learn how to identify common fish you can catch in MN lakes. Fishing poles and bait will be provided. All participants will receive a goodie bag. Ages 7-13 are welcome.

Date/Time: Tuesday, June 23
4:30 pm - 6:00 pm
Location: Centennial Lakes Park, meet at the Park Centrum Building
7499 France Avenue, Edina
Cost: \$6 resident, \$11 nonresident; checks payable to City of Edina
Register by: June 18; maximum 20, minimum 8

LAWN GAMES GALORE

Learn and play favorite backyard games like bocce ball and croquet, plus new ones! Each week we will try a different game that you can play at home with family and friends. Ages 7 and up are welcome. Groups will be determined by age.



Dates/Time: Thursdays, July 9 - July 30
6:15 - 7:30 pm
Location: Strachauer Park, 6200 Beard Avenue, Edina
Cost: \$40 resident, \$45 nonresident; checks payable to City of Edina
Register by: June 25; maximum 20, minimum 8

THEATRICAL PERFORMANCE CAMP - "ANNIE"

After viewing the movie, actors will learn lines and songs, as well as create the sets for the exciting performance that is held on the last day of camp. This program is open to ages 13-21.

Date/Time: Monday-Thursday, August 17-20
10:00 am - 3:00 pm
Friday, August 21
9:30 am - 1:00 pm; performance at 1:00 pm
Location: Edinborough Park, 7700 York Avenue South, Edina
Cost: \$130 resident, \$135 nonresident;
checks payable to City of Edina
Register by: August 3; maximum 20, minimum 8



*** You can now register online at www.cityofedina.com at the Edina Store ***



WATER AEROBICS - THREE SESSIONS!

Get ready for some active aerobic strengthening, stretching, and range-of-motion exercises all in the comfort of the Edinborough Park Pool. This program can help boost fitness levels and minimize the impact on your bones/muscles as you exercise. The pool has a chair lift for easy entrance and exit. Ages 16 and up are welcome. Group home staff bringing more than two participants must provide support in the water.

Dates/Time: Wednesdays

Session I: June 3-24
7:00 - 8:00 pm

Session II: July 8-29
7:00 - 8:00 pm

Session III: August 5-26
7:00 - 8:00 pm

Location: Edinborough Park

7700 York Avenue South, Edina

Cost: \$30 resident, \$40 nonresident; checks payable to City of Edina

Register by: May 31; maximum 20, minimum 10



**** You can now register online at www.cityofedina.com at the Edina Store ****



Edina Registration Form

Participant Name		Home Phone	Work Phone	E-mail	Age																
Address/City			Apt. #	Zip Code	Birth Date																
Special Information:																					
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog																					
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Participant or Parent/Guardian Signature _____				Date _____																	
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. <table border="0"> <tr> <td></td> <td><u>R</u></td> <td><u>NR</u></td> <td><u>TRAIL</u></td> </tr> <tr> <td>Fishing in the Neighborhood</td> <td><input type="checkbox"/> \$6</td> <td><input type="checkbox"/> \$11</td> <td></td> </tr> <tr> <td>Lawn Games Galore</td> <td><input type="checkbox"/> \$40</td> <td><input type="checkbox"/> \$45</td> <td></td> </tr> <tr> <td>Theatrical Performance Camp</td> <td><input type="checkbox"/> \$130</td> <td><input type="checkbox"/> \$135</td> <td></td> </tr> </table>				<u>R</u>	<u>NR</u>	<u>TRAIL</u>	Fishing in the Neighborhood	<input type="checkbox"/> \$6	<input type="checkbox"/> \$11		Lawn Games Galore	<input type="checkbox"/> \$40	<input type="checkbox"/> \$45		Theatrical Performance Camp	<input type="checkbox"/> \$130	<input type="checkbox"/> \$135		Mail completed form and check, payable to the City of Edina to: Edina Parks and Recreation 4801 W 50 th Street Edina MN 55424		
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TOTAL FEE(S) PAID: \$ _____																					
Credit Card Information _____				Exp. Date _____																	



Kelly Mertes
Recreation Supervisor
Richfield Recreation Services
Address: 7000 Nicollet Ave. S.
Richfield MN 55423
Phone: 612-861-9361
TTY: 612-861-9360
Email: kmertes@cityofrichfield.org
Website: www.cityofrichfield.org



STEP TO IT WALKING CLUB

Walking is great exercise and the best time to walk is summer! Join the summer walking club! We will be walking around the Richfield High School Track. Remember to dress for the weather, wear tennis shoes & BRING A WATER BOTTLE!!!

- Who:** Adults 18 and older who can safely be supervised by 1 staff person per 25 participants
- Dates:** Mondays, June 1-August 17 (August 24 rain makeup)
- Time:** 7:00 pm - 8:00 pm
- Location:** Richfield High School Track (between Nicollet & Lyndale on 70th Street)
- Fee:** \$40 resident, \$45 nonresident; checks payable to City of Richfield
- Register by:** Tuesday, May 26; maximum 25, minimum 10



GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below and a full description can be found at www.richfieldrecreation.com/Programs/Arle. Sign up for all or select just a few of the activities offered!

Moose Mountain Mini Golf – Have fun mini-golfing at the Mall of America! After mini-golf we will grab a smoothie and share our golf stories! Registration deadline: June 5, maximum 30. Maximum 24 TRAIL riders.

- Date:** Thurs, June 11 **Time:** 6:45-8:45 pm **Location:** MOA North Entrance **Fee:** \$16
- Staff fee: purchase own smoothie



Disc Golf & Snacks – Try out disc golf, a sport that is played in parks with discs (Frisbees) and disc golf baskets (holes). Instructors will be out at the park to teach us how to play! Snacks will be provided. Registration deadline: June 18, maximum 25. Maximum 12 TRAIL riders.

- Date:** Wed, June 24 **Time:** 6:45-8:45 pm **Location:** Moir Park, Bloomington **Fee:** \$12
- Staff fee: \$5 for snacks

Music & Ice Cream @ Centennial Lakes – Enjoy an evening of music at the Centennial Lakes Amphitheater and an ice cream treat! Registration deadline: July 1, maximum 30. Maximum 12 TRAIL riders.

- Date:** Wed, July 8 **Time:** 6:30-8:30 pm **Location:** Centennial Lakes, Edina **Fee:** \$10
- Staff fee: \$4 for ice cream



6th Annual Summer Picnic – It's that time of year again, the annual Good Happenings picnic with your friends! We will have great food and fun yard games. Registration deadline: July 22, maximum 40. Maximum 12 TRAIL riders.

- Date:** Wed, July 29 **Time:** 6:30-8:45 pm **Location:** Veterans Park, Richfield **Fee:** \$15
- Staff fee: \$8 for picnic dinner

St. Paul Saints Game – Outdoor baseball at its best! The Saints will be playing Lincoln, Nebraska. You will receive \$5 in Saints Bucks to purchase concessions. If you need extra food, please bring \$\$\$. Registration deadline: August 3, maximum 35. Maximum 24 TRAIL riders.



- Date:** Sun, August 16 **Time:** noon-5:00 pm **Location:** Pick up/drop Richfield Com Ctr **Fee:** \$30
- Staff fee: \$20 ticket & Saint Bucks/5 available

GARDEN CLUB

Wheelchair-accessible raised bed garden plots are available for seasonal rental. The garden plots are fully irrigated and plowed. Registration must be done in-person at Wood Lake Nature Center. Weather permitting, plots will be ready in early May. Please call 612-861-9365 for more information.

Who: Anyone!
Date/Time: Early May-September, tend your plot anytime!
Location: Richfield Community Gardens, 5844 28th Ave.
Fee: \$25 per plot
Register by: In person at Wood Lake Nature Center for residents begins April 1.



Inclusion opportunities for Richfield Summer Park Programs are listed in your resident Spring/Summer Recreation Services brochure. Check your mail in March or call 612-861-9385.

✂ -----

Richfield Registration Form

Participant Name		Home Phone	Work Phone	Age																																
Address/City			Apt. #	Zip Code																																
Birth Date			Special Information:																																	
Food Allergies:			Parent/Guardian																																	
Home Phone		Work Phone																																		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>																																				
Participant or Parent/Guardian Signature			Date																																	
<p>R= Resident, NR=Nonresident TRAIL riders please check TRAIL box.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">R</th> <th style="text-align: center;">NR</th> <th style="text-align: center;">TRAIL</th> </tr> </thead> <tbody> <tr> <td>#5015 Step to It Walking Club</td> <td style="text-align: center;"><input type="checkbox"/> \$40</td> <td style="text-align: center;"><input type="checkbox"/> \$45</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Participant</th> <th style="text-align: center;">Staff</th> <th style="text-align: center;">TRAIL</th> </tr> </thead> <tbody> <tr> <td>#4701 Moose Mountain Mini Golf, June 11.....</td> <td style="text-align: center;"><input type="checkbox"/> \$16</td> <td></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>#4693 Disc Golf & Snacks, June 24.....</td> <td style="text-align: center;"><input type="checkbox"/> \$12</td> <td style="text-align: center;"><input type="checkbox"/> \$5</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>#4694 Music & Ice Cream, July 8.....</td> <td style="text-align: center;"><input type="checkbox"/> \$10</td> <td style="text-align: center;"><input type="checkbox"/> \$4</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>#4692 6th Annual Summer Picnic, July 29.....</td> <td style="text-align: center;"><input type="checkbox"/> \$15</td> <td style="text-align: center;"><input type="checkbox"/> \$8</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>#4695 St. Paul Saints Game, August 16.....</td> <td style="text-align: center;"><input type="checkbox"/> \$30</td> <td style="text-align: center;"><input type="checkbox"/> \$20</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table>				R	NR	TRAIL	#5015 Step to It Walking Club	<input type="checkbox"/> \$40	<input type="checkbox"/> \$45	<input type="checkbox"/>		Participant	Staff	TRAIL	#4701 Moose Mountain Mini Golf, June 11.....	<input type="checkbox"/> \$16		<input type="checkbox"/>	#4693 Disc Golf & Snacks, June 24.....	<input type="checkbox"/> \$12	<input type="checkbox"/> \$5	<input type="checkbox"/>	#4694 Music & Ice Cream, July 8.....	<input type="checkbox"/> \$10	<input type="checkbox"/> \$4	<input type="checkbox"/>	#4692 6th Annual Summer Picnic, July 29.....	<input type="checkbox"/> \$15	<input type="checkbox"/> \$8	<input type="checkbox"/>	#4695 St. Paul Saints Game, August 16.....	<input type="checkbox"/> \$30	<input type="checkbox"/> \$20	<input type="checkbox"/>	<p>Comments:</p> <hr/> <p>Mail completed form and check, payable to the City of Richfield to:</p> <p style="text-align: center;">Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423</p>	
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TOTAL FEE(S) PAID: \$ _____																																				
Credit Card Information _____			Exp. Date _____																																	



THE LEARNING EXCHANGE

Gina Carpenter- Coordinator of Alternative Educational Services

**Address: 2575 West 88th Street
Bloomington, MN 55431**

Phone: 952-681-6122

TTY: 711 (Minnesota Relay Service)

Email: gcarpenter@bloomington.k12.mn.us

Janet Clarke - Community Liaison

Phone: 952-681-6121

Email: jclarke@bloomington.k12.mn.us

Website: www.bloomington.k12.mn.us

FALL CLASS PREVIEW

Here are just some of the exciting Learning Exchange classes coming this fall:

- ◆ Culture Club: Winter Holidays Around the World—experience customs, crafts and games from Christmas, Hanukkah and other holidays from around the world.
- ◆ You Can Do Tai Chi—Once a month Tai Chi to help relax, focus and strengthen balance.
- ◆ More Fabulous cooking classes, including Holiday Bake and Take!
- ◆ Relationship Skills and Acting and Singing classes!
- ◆ More captivating Crafts by Michelle!
- ◆ Ceramics & Woodshop classes!

Watch for the AR&LE 2009 Fall Catalog the week of July 27th

AR&LE

The Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096

If you or someone at this address no longer wishes to receive this brochure, please inform us by calling 952-563-8877 (TTY: 952-563-8740). Your call will help us save on the high cost of printing and mailing. Thank you!