CITY OF VICTORIA

Parks & Recreation

Winter 2017 Program Brochure

www.ci.victoria.mn.us

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City of Lakes & Parks

Victoria Recreation Center

8475 Kochia Lane | Phone: (952)443-4255 | Fax: (952)443-3482

www.ci.victoria.mn.us

Recreation Center Hours:

Regular Hours (September 1–May 31)
Monday, Wednesday, Friday: 5:30 a.m. to 10 p.m.
Tuesday, Thursday 5 a.m. to 10p.m. *(new hours start January 3, 2017)*
Saturday–Sunday: 6 a.m. to 10 p.m.

Summer Hours (June 1–August 31)
Monday–Friday: 5:30 a.m. to 9 p.m. | Saturday and Sunday: 6 a.m. to 8 p.m.

Closed on New Year's Day, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, Christmas Day

Special Membership Packages

Bronze Memberships

Includes scheduled childcare

Resident Single	$315.28
Non-Res. Single	$397.58
Resident Family	$456.36
Non-Res. Family	$ 597.43

Gold Membership

Includes Drop In fitness classes

Resident Single	$315.28
Non-Res Single	$398.62
Resident Family	$456.36
Non-Res Family	$598.50
Resident Senior	$208.30
Non-resident Senior	$264.48

Platinum Membership

Includes Drop In fitness classes and scheduled childcare

Resident Single	$418.95
Non-Res Single	$499.11
Resident Family	$560.03
Non-Res Family	$700.03

3 Month Full-Time Student Membership

Resident	$48.09
Non-Resident	$64.13

Memberships

Daily Pass

	Res.	Non-Res.
Adult	$5.00	$7.00
Youth	$3.00	$5.00
Senior	$3.00	$5.00
Family	$10.00	$15.00

Monthly Membership

	Res.	Non-Res.
Single Adult	$27.79	$35.27
Family	$38.48	$49.16
Single 60+/ Youth (5–18)	$21.38	$26.72

Yearly Membership

	Res.	Non-Res.
Single Adult	$205.20	$285.36
Single Senior (60 +)	$114.36	$171.00
Single Youth (5–18)	$114.36	$171.00
Family	$342.00	$478.80

The Victoria Recreation Center offers a resident membership to anyone that works (full/part time) or owns a business in the City of Victoria. All membership categories will apply. Proof of employment or ownership required via pay stub or another type of document.

Sign up for e-mail notifications

City of Victoria Parks and Recreation sends out periodic updates about recreation programs. This includes upcoming and new programs. If you are interested in receiving these updates go to www.ci.victoria.mn.us and click on the "Notify Me" button.

WHAT DOES THE VICTORIA RECREATION CENTER OFFER?

Health Reimbursement

The Victoria Recreation Center is now accepting the Silver and Fit Basic Membership. Check with your health insurance carrier to see if you qualify.

Medica, Blue Cross Blue Shield, UCare, Preferred One and Health Partners Frequent Fitness membership discounts are available for those who are eligible. For any questions about memberships call (952)443-4255 for more information.

Indoor Walking/Running Track

The track is open during Recreation Center hours and is FREE to everyone. Users must be 10 years of age or older to use the track without adult supervision. Please sign in at the front desk.

Youth in the Fitness Center Policy

Youth ages 12, 13 & 14 are able to use the fitness center with adult supervision (18 & over) and a signed waiver. Ages 15 & up can work out without adult supervision if they have a signed waiver

Drop In Fitness Classes

See page 15 for Drop-In fitness schedule. Fitness classes are included in Platinum and Gold memberships.

Member - Daily Fee (per class) $5

Resident - Daily Fee (per class) $6

Non-Resident - Daily Fee (per class) $7

Member Punch Card (10 Punches) $40

Resident Punch Card (10 Punches) $50

Non-Res. Punch Card (10 Punches) $60

Drop-In Child Care

8–11 a.m. on Mondays, Wednesdays and Fridays

Child care is for children 6 months and up. Parents must remain in the building. Cost is included in Bronze and Platinum memberships.

Member - Daily Fee ..... $5 per visit

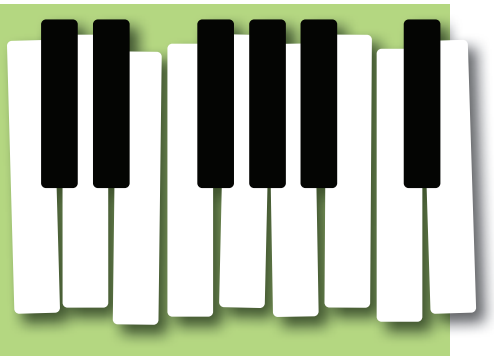
Non-Member - Daily Fee ..... $7 per visit

Member Punch Card (10 Punch) ..... $40 per card

Non-Member Punch Card (10 Punch) ..... $60 per card

Looking for a Piano Teacher

Are you a piano teacher looking for a facility to teach lessons at? The Victoria Recreation Center is hoping to find an experienced instructor to offer piano lessons at this location. Please contact Holly at the Victoria Recreation Center at 952-443-4259 or hkaufhold@ci.victoria.mn.us if you have any interest.



Rental Spaces Available in Victoria

Are you interested in renting a park shelter, the gymnasium, meeting space or a party room? Contact the Victoria Recreation Center at 952-443-4255 for more information.

Reservations for park shelters in 2017 can be made beginning at 8 am on January 3, 2017. Please note that there will be construction on Lions Park shelter #1 during the summer of 2017 and it will be unavailable for rental. There are other park shelters available, please check out the website at www.ci.victoria.mn.us or call 952-443-4255 for more information.

Open Gym

Through May 31

- Monday-Friday, 7-8 p.m.
- Saturday-Sunday, 8-10 p.m.
- Gym users must be supervised by an adult if they are under 10 years old.
- Open Gym is FREE to residents on Tuesdays and Saturdays. All users must be a member or pay the daily fee (see page 2) to use Open Gym. Please sign in at the Front Desk.

Open Skate

Through April 30

- Every day, 10:45-11:45 a.m.
- Schedule is subject to change. Notice will be posted at the Victoria Recreation Center front desk.
- No sticks or pucks allowed
- Free to members or the cost of a daily fee (see page 2)

Developmental Hockey

Through April 30

- Mondays, Wednesdays and Fridays, 6-8 a.m.
- Must wear a helmet with a face mask
- $5 per person
- Schedule is subject to change, notice will be posted at the front desk

Developmental Figure Skating

Through April 30

- Fridays, 6-8 am
- $5 per person
- Schedule is subject to change, notice will be posted at the front desk

Indoor Pickleball

Through May 31

- Tuesdays & Thursdays, 9-11 a.m.
- Sundays, 6-8 p.m.
- $3/person or free to members

Adult Open Basketball

- Wednesdays, 8-10 pm (NEW!), beginning January 4, 2017
- Saturdays, 7-9 a.m.
- Free to members or $5 per non-member

VICTORIA PARK AND RECREATION WOULD LIKE TO SAY

THANK YOU

TO THE 2016 SPONSORS!

DMA Dentistry, Drazen, Henke & Associates, IWCO Direct, One Hour Cleaners, Inc., Xcel Energy, ENKI Brewing, Steiger Lake Condominiums, School of the Wise, Victoria Business Association, Victoria Lions Club, Floyd's Bar, Power of Life Alternative & Holistic Health, Lions Tap, Park Nicollet Clinic, The Social, Chaska Common Dental Group, Children of Tomorrow, Minnesota Valley Electric Cooperative, Robb's Electric, Victoria Veterinary Care, Inc, White Oak Dental, Kid Talk, Charter Bank, Mediacom, Ovations Orthodontics, Signature Electric Co., Smiles Dentistry, Southwest Eye Care, Midwest Dental, Boulay PLLP

INTERESTED IN 2017 SPONSORSHIP? CONTACT THE VICTORIA RECREATION CENTER AT 952-443-4255 FOR MORE INFORMATION.

Get a kick out of soccer!

2017 CC United Soccer Club Recreational League

CC United Soccer Club provides youth players, ages 4-13, the opportunity to learn the skills, techniques and rules of soccer. Players are assigned to teams in this intra-club recreational league providing healthy activity emphasizing enjoyment over competition. This small-sided format is excellent for players that are primarily interested in fun, fitness and friendships while playing in their local community. Program begins in April with a season ending Jamboree in June.

For additional information or to sign up go to ccunitedsoccer.com.

LIONS PARK ICE RINK

8339 Victoria Drive, Victoria

The outdoor rink will be open to the public from approximately mid-December through mid-February (weather permitting)

Hours of Operation

Monday-Friday	4-8 pm
Saturdays	12-8 pm
Sundays	12-7 pm

Non-School Day Hours of Operations

December 26-31	12-8 pm
January 2, 16, 23	12-8 pm
February 20	12-8 pm
December 24, 25 & January 1	CLOSED

GRANDPARENT AND ME MESSY TIME WITH KIDCREATE STUDIO

What grandparent wouldn't love to have a messy good time with their grandchild? Grandma or grandpa will get to create right along with their grandchild in this popular class. We know your grandchild will be eager to explore the four messy stations. We'll get gooey with gunk, play with clay and more. Making a mess is the best! Come ready to get messy while you play right along with your grandchild. Children must be accompanied by a caregiver.

February 1
9:30-10:30 am
18 months-6 year olds
$15 per child
Victoria Recreation Center
Registration Deadline: January 26
Min/Max: 7/10

PEE WEE SPORT

Join your friends for a Friday afternoon of heart healthy fun. In each class, your child will be introduced to an activity through fundamentals, learning games and cooperative play. Come prepared for some high-spirited, active fun! Please wear tennis shoes and bring an easy-to-open water bottle. Instructor: Dawn Peterson, Willow Educational Resources

Session 1:
January 20
Indoor/Crab Soccer and Scooter Play
January 27
Pickle Ball and Net Games
February 03
Basketball and Court Games

Session 2:
February 24
Balls, Ropes and Hoops
March 10
Floor Hockey and Indoor Lacrosse
March 17
Parachute and Balloon Games

Fridays
1:00-2:15
Ages 3-5
(as of Sept. 1, 2016 and potty-trained)
$39 per session
Victoria Recreation Center
Min/Max: 4/8

GOO FACTORY WITH KIDCREATE STUDIO

Let your child explore the messier side of art. We are going to roll up our sleeves and make a mess as we mix up a bunch of messy concoctions including silly putty and finger paint. Making a mess is the best, especially when you leave the mess with us!

February 18
9 am-12 pm
3-6 year olds
$32 per child
Victoria Recreation Center
Registration Deadline: February 14
Min/Max: 7/10

STARS TENNIS CAMP

This junior tennis program is for both beginners and those who have previously played. Choose the appropriate age group for your child, then choose a session that works best for you. After each session there is a match play day that is optional to register for. It will give your child a chance to see how much they have improved after the session. Instructor: Dan Carlson, Carlson Tennis

Session 1:
Saturdays, January 7-28
Match Play Day 1:
Saturday, February 4, 9 am-noon
Cost: $15/person

Session 2:
Saturdays, February 11-March 11 (no class February 18)
Match Play Day 2:
Saturday, March 18, 9 am-noon
Cost: $15/person

Little Stars
Ages 4-6
9-9:45 am
$65 per session
Victoria Recreation Center
This class will emphasize agility, balance and coordination. Little Stars are in the pre-rally stage of their development. Lessons will focus on growth of skills that will prepare them for the rally stage. At the end of each session there will be a skills festival where all participants will compete on teams to test their skills.

Rising Stars
Ages 7-8
9:45-10:45 am
$75 per session
Victoria Recreation Center
This class is the first stage in rallying. Rising Stars will play rally games by the second lesson. The final day of class will be full of games and competitions. Groups will be split up by ability so everyone can learn at their own pace. Kids will enjoy playing games while rallying the ball back and forth to work on techniques and tactics.

Future Stars
Ages 9-11
10:45-11:45 am
$75 per session
Victoria Recreation Center
Future Stars will be rallying from the beginning of class. Groups will be split based on ability. The emphasis of this class is to teach participants the fundamentals of the forehand and backhand, groundstrokes, volleys and serve. Point play is introduced in the second week in order to get kids ready for match play.

LEARN TO SKATE

Learn to Skate is designed to enhance the capabilities of each skater. Skaters will be taught techniques for basic skating, all while having fun and learning to skate with confidence. Figure and hockey skates are welcome, and protective head gear is required (bike helmets are acceptable). Please arrive at least 10 minutes early to make sure your child has skates on in time for class. Child must have their own skates, there is no rental available at the Victoria Recreation Center.
Saturdays
January 7-February 11
$50 per child
Victoria Recreation Center
Min/Max: 5/15 per group

Polar Bears
4-6 years
9:30-10 am
This level of instruction will help participants with balance and movement on the ice. Children will gain confidence while having a great time!

Basic Skills
7-12 year
10-10:30 am
Participants will learn forward/backward skating, stops, dips and turns. Each skater will be able to gain knowledge in the "next" level of skating for them personally while growing confidence and having fun doing it!

PARENTS NIGHT OUT

Treat yourself to a night out! Bring your children to the Victoria Recreation Center for Parents Night Out—you'll enjoy a few hours away, and the kids will have a blast playing games, eating tasty pizza and meeting new friends. Make sure your children wear tennis shoes and comfortable clothing. Register at the Victoria Recreation Center by calling or stopping at the front desk (8475 Kochia Lane, Victoria or 952-443-4255).

February 17
5-9 pm
Ages 4+
$15 for the first child and $6 per additional child
Victoria Recreation Center
Registration Deadline: February 14
Min/Max: 10/30

NON-SCHOOL DAY PROGRAM

PAINT ON CANVAS – MINIONS! WITH KIDCREATE STUDIOS

This is your child's chance to paint on a real canvas board. During this guided painting lesson, your child will create a mischievous Minion from the movie Despicable Me. Please pack a nut-free snack and drink for your child.

March 3
Ages 4-9
9 am-12 pm
$32 per child
Victoria Recreation Center
Registration Deadline: February 27
Min/Max: 7/20

PAPIER MACHE DAY WITH KIDCREATE STUDIO

It's messy, sloppy and oh so much fun! Come join us for a day full of papier mache. The kids will create bugs, bowls and monsters too! This class is going to be a messy good time, so please have your child dress accordingly. This is a gluten free art class. Please pack a nut free snack, lunch and drink for your child.

March 28

10 am-3 pm
Ages 5-12
$62 per child
Victoria Recreation Center
Registration Deadline: March 23
Min/Max: 7/20

TEEN PROGRAMS

TEEN YOGA — KEEP CALM AND YOGA ON

This class is suitable for students at any experience level with yoga. This non-competitive class is an excellent cross-training experience for athletes of any sport. We use traditional yoga warm ups and sequences of postures to build strength, flexibility and coordination. Creating a practice that is truly unique by adding occasional yoga games, partner poses, and challenge postures. Each week we partner movement with breath work and simple meditation techniques that boost mindfulness, energy regulation and emotional intelligence. We are working towards greater body awareness and appreciation. In this class your opinion and interests matter, have a goal? Interested in learning something specific? Let me know, let's make it happen. Bring a mat if you have one.

Thursdays
4-5 pm
13-18 year
Cost: $24 per session
$10 per class (one-time rate)
Victoria Recreation Center
Registration deadline is the Tuesday before each session begins
Minimum of 4 per session

Session 1: January 12, 19, 26
Session 2: February 2, 9, 23
Session 3: March 2, 16, 23

ADULT PROGRAMS

DONUTS WITH THE DEPUTY

Take advantage of this opportunity to speak with Victoria's local law enforcement officers at the Victoria Recreation Center. This is an informal gathering with plenty of time for questions. Donuts are provided and coffee is available for $1. No pre-registration necessary.

9 am
Victoria Recreation Center
January 19
February 16
March 16
April 20

GENTLE FLOW YOGA

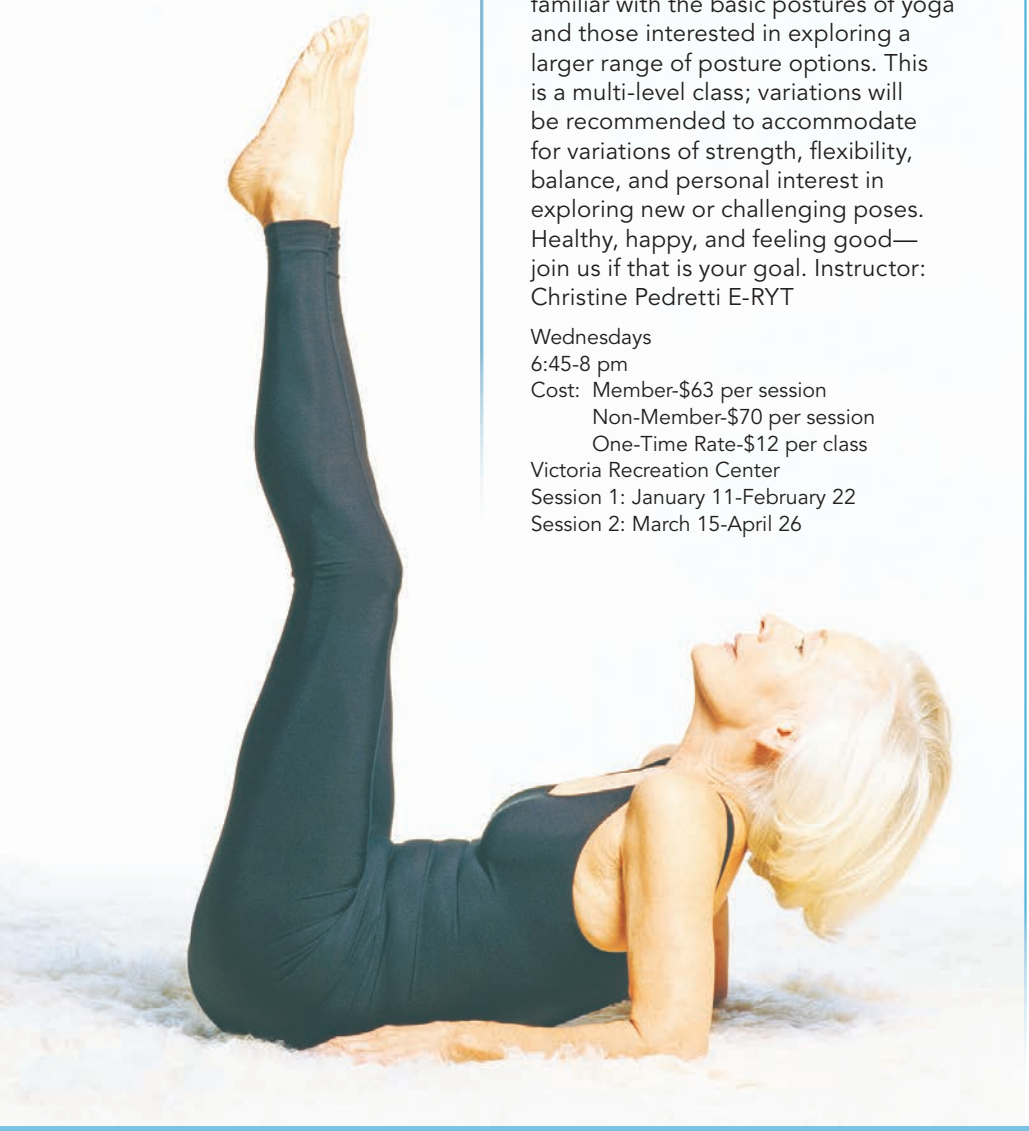
Gentle flow is a yoga practice that keeps the movements between postures simple and slow. This class is designed for beginning students as well as practiced yogis looking for a slower paced practice. We move through traditional postures to warm muscles and explore the range of motion in our joints, moving into gentle strengthening postures and ending class with both deep stretches and restorative postures so that we go home feeling good. We will move from floor postures to standing. Students must be able to bear weight on knees and wrists. We can modify postures to fit the needs of individual students. Please inform the instructor of illness, injury or physical conditions that might impact your practice. Please bring a yoga mat to class. Instructor: Christine Pedretti E-RYT

Wednesdays
5:30-6:30 pm
Cost: Member-$56 per session
Non-Member-$63 per session
One-Time Rate-$10 per class
Victoria Recreation Center
Session 1: January 11-February 22
Session 2: March 15-April 26

VINYASA FLOW YOGA

Vinyasa flow is a style of yoga in which traditional yoga postures are connected with graceful movements, and each movement is connected to our breath. This is a vigorous class with sequences to build strength and lengthen muscles. Designed to meet the needs of students familiar with the basic postures of yoga and those interested in exploring a larger range of posture options. This is a multi-level class; variations will be recommended to accommodate for variations of strength, flexibility, balance, and personal interest in exploring new or challenging poses. Healthy, happy, and feeling good—join us if that is your goal. Instructor: Christine Pedretti E-RYT

Wednesdays
6:45-8 pm
Cost: Member-$63 per session
Non-Member-$70 per session
One-Time Rate-$12 per class
Victoria Recreation Center
Session 1: January 11-February 22
Session 2: March 15-April 26



BELLY DANCING

Get in shape by joining a fun group of women and girls; bring your friends, neighbors, colleagues, daughters, and dance with us! Belly dance is like no other fitness plan. Get ready to groove; build core strength, flexibility, and balance; shape your waist, stomach, hips, and bootie. Have fun, burn fat, and enjoy a full cardio session that's gentler on your joints. In this mixed level class, new students learn midriff, hip, and ribcage moves as well as footwork while intermediate students layer on vibrations, shimmies, accents, and arms. You also will learn one or more class dances. (Please wear comfortable workout clothes and bring a large scarf or hip sash. You may bring a towel or yoga mat for on-floor stretching.)

Mondays
January 9-May 22
7:00-8:30 p.m.
Cost: $50 for 5 classes. Pick any 5 dates that you would like to attend.
Victoria Recreation Center
Min/Max: 3/33

CIZE® LIVE is professional dance for everyday people. Created by Shaun T, world-famous choreographer and fitness trainer, this workout will break down professionally choreographed dance routines, step-by-step, each week, so that by the end of each class, you will be dancing! It's so fun, so thrilling, you'll forget you're actually working out! Forget everything you dread about workouts, because starting today, exercise isn't something you have to do, it's something you'll want to do. Instructor: Lisa Domyahn

Thursdays
January 5-February 9
5:30-6:30 pm
Ages 16 and older

Cost: Members-$35 per person
Non-Members-$42 per person
Victoria Recreation Center
Registration Deadline: January 3
Min/Max: 8/25

Rise and Shine! Let's get our PiYo on every Sunday morning! A great way to start out the day with your workout complete, feeling Pilates lean and Yoga strong. An athletic style fusion of Pilates and Yoga, PiYo hits every single muscle using JUST your own body weight. Easy to follow routines, energizing music and YOUR commitment to become a healthier you = RESULTS! Yoga mat, towel & water bottle is all you need. Instructor: Leanne Schugel

Sundays
7-8 am
Ages 13 and older
Session 1:January 15-February 26
Session 2:March 5-May 7 (no class 3/26, 4/2 and 4/16)
Cost: Member - $42 per session
Non-Member - $49 per session
One-Time Rate - $8 per class
Victoria Recreation Center
Minimum of 6 participants to run

Come and join us for a workout inspired by Country music and line dancing. This workout is a high-energy, easy-to-follow, low-impact, country dance-inspired fitness program that so totally fires up the fun—you won't even feel like you are working out! This workout will reshape your body, melt off the weight, tone and tighten everything from your booty to your legs, shoulders and arms. Country Heat is simple…no complicated moves, no weights or equipment—we'll break down the dances each week and you will be dancing right in step from week one. Since every move is set to great country music, you'll be having so much fun, you won't even notice you're toning your body and scorching the fat! Instructor: Lisa Domyahn

Thursdays
February 16-March 23
5:30-6:30 pm
Ages 16 and over
Cost: Members-$35 per person
Non-Members-$42 per person
Victoria Recreation Center
Registration Deadline: February 13
Min/Max: 8/25

New!

FITNESS MASH-UP

Be a machine in early 2017! Start the year out with an introductory workout featuring four class formats all in one class: PiYo Live, County Heat Live, Cize Live and Turbo Kick Live. These workout formats are a combo of stretch, strength, dance, cardio and HIIT. Each workout will be 20-minutes in length, with breaks in between. All levels welcome and modifications will be shown. This is one workout party you won't want to miss and will get YOU going to be a machine in 2017! Great way to kick off the year! Please bring a mat, water bottle and towel to class. Instructor: Lisa Domyahn

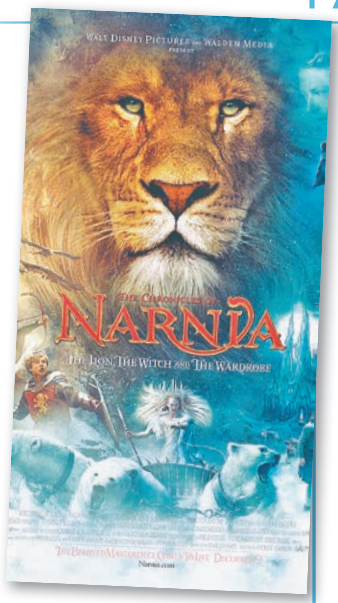
Saturday, January 7
9-11 am
$10 per person
Victoria Recreation Center
Registration Deadline: January 4
Min/Max: 10/50

ADULT OPEN BASKETBALL

NEW, EXTENDED TIMES

Saturdays 7-9 am
Wednesdays 8-10 pm
Everyone is welcome, members are free otherwise it is $5 per person
Beginning January 4, 2017

MOVIE NIGHT



Chronicles of Narnia: The Lion, The Witch and The Wardrobe Step through the wardrobe and get lost in the magical land of Narnia with Peter, Susan, Edmund and Lucy. This frozen land is under the spell of the White Witch. Watch their adventures pave the way for the future of this magical country. This movie will take place in the gymnasium of at the Victoria Recreation Center, so bring a blanket, pillow or a chair to make yourself comfortable. You may also bring snacks and beverages (sorry, no adult beverages allowed).

Friday
February 10
Doors open at 6 pm and movie begins at 6:30 pm
Free
Victoria Recreation Center

FAMILY SNOWSHOE EXCURSION

If you can walk, you can snowshoe! It's one of the best ways to exercise during the winter months and we've got the equipment to get you adventuring in Carver County's wintry landscape. We will provide technique advice for efficiency during your snowy excursions and present background information about the different types of snowshoes used throughout history. Registration fees include use of snowshoes and trekking poles. This program is a partnership between Carver County Parks & City of Victoria Parks & Recreation.

Saturday
February 18
Lake Minnewashta Regional Park
1:30-3 pm
$9/person including rental snowshoes
Ages: 6+ Youth must register & participate with a registered adult.
Registration Deadline: February 15
Min/Max: 8/18

COLLEGE FOR (ALMOST) FREE

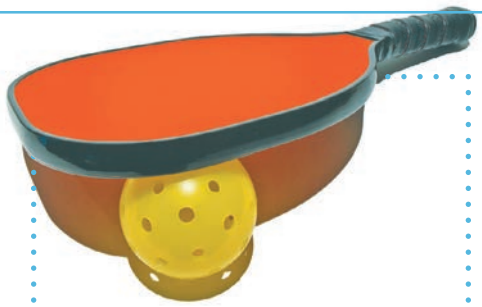
If you're the parent of a high school student who plans to attend a four-year state or private university, you must attend this free workshop. Come learn the insider secrets and strategies to send your child to schools you never thought you could afford. This fun, fast-paced and entertaining workshop is strictly informational, with no sales pitch. Students are welcome to attend. Please reserve your spot by calling Holly at 952-443-4259, emailing at hkaufhold@ci.victoria.mn.us or register online.

Thursday
February 2
7-8:15 pm
Free
Victoria Recreation Center
Registration Deadline: January 25
Min/Max: 6/14

YAPPY HOUR

Follow Fido to Yappy Hour, a cocktail party for canines and their companions held indoors at the Victoria Recreation Center. Hounds and pups enjoy complimentary dog biscuits and lapping up refreshing libations. Yappy Hour is a casual gathering for dogs of all sizes; we just ask that your pup be current on their shots and that you have your paperwork handy. No pre-registration required.

Friday
January 27
5:30-7 pm
Free
Victoria Recreation Center



PICKLEBALL FOR BEGINNERS

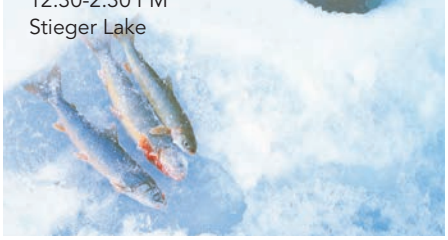
Curious about Pickleball? Come to this introduction to Pickleball class where you will learn the basic rules and techniques of this popular game. No pre-registration necessary.

Tuesday, March 21
6-8 pm
FREE
Victoria Recreation Center

VICTORIA FIREFIGHTERS' RELIEF ASSOCIATION ICE FISHING CONTEST

Food and Beverages available on the lake
Great prizes donated by local businesses

February 5, 2017
12:30-2:30 PM
Stieger Lake



DROP IN FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Kaari's Boot Camp 5:45-6:45 a.m.	FIT 5:45 - 6:30 a.m.	Kaari's Boot Camp 5:45-6:45 a.m.	Circuit 5:45 - 6:30 a.m.	
8:00 a.m.						Cardio Chisel 8:00-9:00 a.m.
8:05 a.m.	Total Body Conditioning* 8:05–9:05 a.m.		Total Body Conditioning* 8:05–9:05 a.m.		Total Body Conditioning* 8:05–9:05 a.m.	
9:15 a.m.	Strength Fusion* 9:15–10:00 a.m.	PiYo LIVE 9:15-10:15 a.m.	Mandy's Boot Camp* 9:15-10:10 a.m.	Strength Fusion 9:15-10:00 a.m.	Body Blast* 9:15-10:10 a.m.	
9:15 a.m.	Functional Fitness* 9:15–10:00 a.m.		Functional Fitness* 9:15–10:00 a.m.		Functional Fitness* 9:15–10:00 a.m.	

Schedule runs January 2, 2017 — May 31, 2017

PiYo LIVE
Get ultra-lean and totally defined in this Pilates and Yoga fusion fitness class! Redefine every single muscle using JUST your own body weight, all while gaining the strength and flexibility you need for hardcore results! PiYo LIVE is led with an easy to follow routine for 6 weeks at a time, along with modifications for beginners. All fitness levels welcome, men and women! Bring a yoga mat, towel and water bottle.
Instructor: Leanne

FIT
A high energy interval workout incorporating cardio drills, free weights, and power moves that burn calories, build endurance, and increase your strength. This class is always changing and your muscles always challenged.
Instructor: Mandy

Strength Fusion
Experience a full body strength training workout. All skill levels welcome. This class will help you sculpt, tone, and burn to the level you desire. This class uses body bars, stability balls, free weights, and resistance bands.
Instructor: Mandy

Mandy's Boot Camp
This challenging athletic-based workout includes cardiovascular and strength training drills that will target every muscle group.
Instructor: Mandy

ONE FREE WEEK
of Drop-In Fitness Classes

- Valid only through the dates January 2-May 31, 2017 at the Victoria Recreation Center
- Valid for one week after coupon is redeemed
- This coupon cannot be redeemed for pre-registered classes (yoga, belly dancing, etc)
- One coupon per person

Body Blast
A high intensity interval based blast for your body! This class incorporates all the essentials including plyometrics, sports conditioning drills, and strength into one powerful workout.
Instructor: Mandy

Total Body Conditioning
This class will boost your overall cardiovascular and muscular fitness through intervals, strength training, plyometrics and core training. A variety of equipment will be used including weights, resistance bands, body bars, exercise balls and the BOSU. Individuals of all ages are welcome to join the fun.
Instructor: Kaari

FUNctional Fitness
This class is designed for individuals 55 and older who are looking for a low to moderate intensity workout. This class will increase your cardiovascular and muscular endurance. Exercises are geared towards everyday activities with emphasis on balance, fall protection, coordination, range of movement, strength and flexibility.
Instructor: Kaari

Kaari's Boot Camp
This high intensity, fast-paced class is a great way to get in a total body workout by increasing your strength and aerobic fitness while burning fat and calories. Exercises include multi-joint strength movements to get the most out of your workout. Plyometric and high intensity intervals are also included in class. Participants are encouraged to work at their own fitness level.
Instructor: Kaari

Cardio Chisel
Start your weekend with an energizing cardiovascular workout and chisel (sculpt) your body with a variety of iron-pumping tools. Each instructor will bring you something different for a body-blowing workout!
Instructors: Paula/Mandy/Leanne

Circuit
A total body workout circuit style for all fitness levels. This class offers a variety of circuit formats focusing on cardio, strength, plyometric and core training. Maximize calorie burn and total body training in just 45 minutes!
Instructor: Mandy

See pg. 3 for Drop-In Fitness Class pricing

* Indicates that childcare is available during class

CARVER COUNTY LIBRARY EVENTS

VICTORIA LIBRARY

1670 Stieger Lake Lane | 952-442-3050
www.carverlib.org
Mondays & Wednesdays 10 a.m.-6 p.m.
Tuesdays & Thursdays 1 p.m.-8 p.m.
Fridays 12-5 p.m.
Saturdays 10 a.m.-3 p.m.

All Carver County Libraries are Closed: Sunday 1/1, Monday 1/2, Monday 1/16, and Monday 2/20

CARVER COUNTY LIBRARY

FAMILY STORYTIME

For all ages, with a focus on children age 2 and up. Children, parents and their caregivers are invited to come and share 30 minutes of stories, music and movement that encourages the development of early literacy skills.
January 23 – March 27
Mondays at 10:30

TODDLER STORYTIME

Recommended for ages 18-36 months. Toddlers and their caregivers are welcome to join us for 20 minutes of action-packed fun with stories, rhymes, finger plays and musical movement for this busy age group. Come shake your sillies out with us!

January 18 – March 29
Wednesdays at 10:30 am

WINTER STORYWALK

Saturday, February 25 at 10:30 am
For children and families
Bundle up and enjoy a self-guided StoryWalk© where pages from a picture book are posted along a walking path. It's a great way for kids to read and be physically active at the same time. The StoryWalk© Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.
*In case of inclement weather, a storytime will be held in the library.

ART YOUR WAY

Last Tuesday of each Month, starting January 31, February 28 from 4-5:30 pm
Ages 12-18
Informal and unstructured to allow your creativity to flow freely. Learn from friends and regular guest artists. Professional quality supplies provided.

VALENTINE STORYTIME

Wednesday, February 8 and Monday, February 13
Join us for a special Valentine's storytime featuring stories and songs, as well as a craft.

3D PRINTING FOR KIDS

Tuesday, December 27, 2016,
4:00-6:00 pm
For ages 9-12
Learn about 3D modeling and computer-aided design (CAD) to create your own personalized project, and print it on our 3D printer. Projects will be ready for pickup two weeks after each session.
Registration Required
It is recommended to have an adult attend as well.

MINECRAFT @ VICTORIA

Wednesdays, January 18-March 29 from 4:00-5:30-pm
For ages 8-18
Explore, build together, or participate in a challenge on our MinecraftEdu server! Join us at 4:00, 4:30, or 5:00 for 30 minutes of play each session.

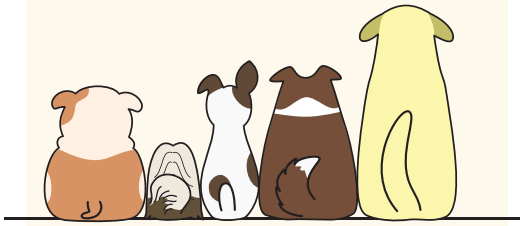
STEAM HAPPY HOUR

Thursdays, January 19-March 30 from 4:00-6:00-pm
For ages 9 and up
Join us to learn, play, tinker, and make with technology, multimedia, programing and design tools in this self-directed after school time. A technology assistant will be available to lend a hand!

IF A PROGRAM REQUIRES REGISTRATION:
call the library at 952-442-3050, stop by or register on our website calendar at www.carverlib.org

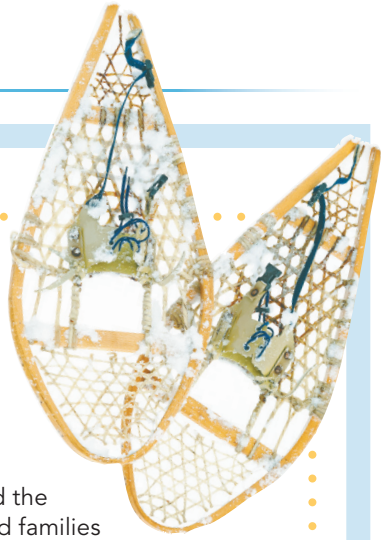
TAILS FOR READING

Presented by North Star Therapy Animals
Saturday, January 21 and March 18, 10:30 am - Noon
Preschool and school age children are welcome to read books aloud to specially trained therapy dogs to encourage confidence in reading. Children read for a 15-minute session on a first come, first served basis.



SNOWSHOE THROUGH NATURE

Saturday February 11 from 1 – 2:30 pm
Bundle up and get ready to explore nature in winter! We will have a short indoor introduction to snowshoeing history and winter animal adaptations, before moving outside to explore behind the library on snowshoes. Open to adults and families with children ages 5 and up. Presented by Carver County Parks instructors. Registration required.



CUSTOM CUT VALENTINES

Wednesday February 8 from 1 – 2:30 pm
Make your own custom cutout or pop-up Valentines using the library's precision paper cutting machine. Library staff will provide direction and assistance. Registration required.

HOMEBREWING 101

Saturday January 21 at 1 pm
Learn the basics of brewing your own beer, then head over to Enki Brewing for samples and discussion.

FAMILY DANCE PARTY

Wednesday, December 28, 2016 at 10:30 am
For children and families
Put on your dancing shoes and get ready to have some fun! Join us for 30 minutes of music and dancing!

IF A PROGRAM REQUIRES REGISTRATION:
call the library at 952-442-3050, stop by or register on our website calendar at www.carverlib.org

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POSTAL CUSTOMER

REGISTRATION

REGISTRATION INFORMATION

Instructions for Registering for Programs

1. Fill out the registration form below in its entirety.
2. Registrations must be received before classes begin. Instructors cannot accept registrations at class. The registration deadline (if noted) on the program refers to the last day registrations can be accepted. If the class is filled before that date, it is considered closed.
3. Payment is due at time of registration- checks, cash, Visa/MasterCard/Discover are accepted. Make checks payable to the City of Victoria.
4. Mail drop off, your registration form to: City of Victoria Parks and Recreation, 8475 Kochia Lane Victoria, MN 55386 Phone: 952-443-4255
5. Register online at www.ci.victoria.mn.us. Click on "Online Payment" on the right side of the home page.

Participant	M/F	Age	Birthdate	Program Name	Session #	Fee

Adult Participant or Parent/Guardian of Minor Participant First & Last Name_____

Street Address _____ City _____ Zip _____

Home Phone (_____) _____ Alternate Phone (_____)_____

Email_____ Special requirements? _____

Pay by Credit Card: Visa | Mastercard | Discover (Circle one)

Card # _____ Exp. Date: _____ Signature _____

Refund Policy: A full refund will be given if the activity is cancelled by the Parks and Recreation Department. A $5 service fee will be charged for all cancellations before the registration deadline. No refunds will be given after the registration deadline or start of the event/program.

As lawful consideration for being permitted to use the City of Victoria Parks and Recreation services and facilities, I, on my own behalf, and on behalf of any minor children of whom I am legally responsible, hereby assumes the risk of any liability resulting from such use, and agrees that the City of Victoria and any and all of its agents, employees, elected officials, and volunteers (collectively "the City") shall be held harmless and exempt from liability for any injury or disability which the participant(s) listed above might incur as the result of participation in the use of services and facilities of the City of Victoria, due to the passive or active negligence of the City. This release of liability of the City does not include any injuries that the participant(s) may incur as the result of willful, wanton or intentional misconduct by the City. I also understand that occasionally, photographs may be taken during program participation for publication. By signing below, I verify I have read, understood, and agree to the terms of this Release.

Adult Participant or Parent/Guardian Signature_____ Date _____

Victoria Parks & Recreation does not send registration confirmation. You are registered unless notified otherwise.