

# City of Victoria Parks and Recreation

Summer 2010 Program Brochure

**We are on the Web!**  
[www.ci.victoria.mn.us](http://www.ci.victoria.mn.us)



**Registration  
opens April  
1st, 2010**

# Victoria Recreation Center

8475 Kochia Lane, Victoria \* (952)443-4255

www.ci.victoria.mn.us

\* (952)443-3482-Fax

Summer Hours (June 1st-August 31st)

Monday - Friday \* 5:30am-9:00pm \* Saturday and Sunday \* 6:00am-8:00pm

Closed: May 31st, July 4th and September 6th

## Yearly Memberships

## Daily Fees

## Monthly Memberships

<u>Res.</u>	<u>Non-Res.</u>	<u>Res.</u>	<u>Non-Res</u>	<u>Res.</u>	<u>Non-Res.</u>
Single Adult		Adult		Single Adult	
\$205.20	\$285.36	\$6.00	\$9.00	\$26.72	\$34.20
Single Senior (60 +)		Youth		Family	
\$114.36	\$171.00	\$3.00	\$5.00	\$37.41	\$48.10
Single Youth (5-18)		Senior		Single 60+/Youth (5-18)	
\$114.36	\$171.00	\$3.00	\$5.00	\$16.03	\$21.40
Family		Family			
\$342.00	\$478.80	\$10.00	\$15.00		

## Membership Packages

### Bronze Memberships

*Includes scheduled childcare*

Resident/Single-\$285.36  
 Non-Res./Single-\$365.51  
 Resident/Family-\$422.16  
 Non-Res./Family-\$558.96

### Gold Single Membership

*Includes fitness classes*

Resident/Single-\$306.73  
 Non-Res./Single-\$386.89  
 Resident/Family-\$443.53  
 Non-Res./Family-\$580.33

### Platinum Single Membership

*Includes fitness classes and scheduled childcare*

Resident/Single-\$354.83  
 Non-Res./Single-\$434.98  
 Resident/Family-\$491.63  
 Non-Res./Family-\$628.43

## Special Membership Packages

### 6 Month Senior Membership (60+)

Resident - \$80.15  
 Non-resident - \$112.21

### 3 Month Student Membership

Resident - \$48.09  
 Non-Resident - \$64.13

**The Victoria Recreation Center is now offering a resident membership to anyone that works (full or 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 other document.**

# What is offered at the Rec. Center?

Blue Cross Blue Shield and UCare Membership Discounts.  
 For questions about memberships please contact Doc Schmiege at (952)443-4255 Monday-Friday 10am-5pm.



## Open Gym

7:00pm-8:00pm (M-F) Until May 31  
 8:00pm-10:00pm (S-SN) Until May 31  
 7:00pm-9:00pm (M-S) June 1-Aug 31  
 Gym users must be supervised by an adult if under 10 years old.

\*Open gym is FREE to residents on Tuesdays and Saturdays.

## Youth Weight Training

Ages 13 and 14 can be in the fitness center with adult supervision and a signed waiver. Wrist bands are required and can be picked up at the front desk. Ages 15 and up can work out without adult supervision with a signed waiver.

## Developmental Ice

Times are TBD (please call the Rec. Center after April 1st (952)443-4255)  
 \$5 per person (not included in membership)  
 Helmet with face mask required

## Open Skate

Times are TBD (please call the Rec. Center After April 1st (952)443-4255)  
 Free to members or the cost of a daily fee (see page 1)

**For information on reduced price swimming passes through the Victoria Recreation Center please reference page 12.**



## Walking/Running Track

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

## Child Care 9:00am-11:00am

Mondays, Wednesdays and Fridays  
 For children 6 months and above. Parents must be in the building at all times. See Child Care Cost chart for fees. Child Care is included in Bronze and Platinum Memberships.

### Child Care Costs

Member - Daily Fee	\$4 per visit
Non-Member - Daily Fee	\$6 per visit
Member Punch Card (10 Punch)	\$35 per card
Non-Member Punch Card (10 Punch)	\$55 per card

### Drop-In Fitness Class Costs

Member - Daily Fee (per class)	\$4
Resident - Daily Fee (per class)	\$5
Non-Resident - Daily Fee (per class)	\$6
Member Punch Card (10 Punches)	\$35
Resident Punch Card (10 Punches)	\$45
Non-Res. Punch Card (10 Punches)	\$55

## Concerts in the Park

The Concerts in the Park Series this summer will feature the best music and entertainment we have ever had. Please join us on six Wednesday nights in July and August for great music and family fun!

- |                    |   |   |
|--------------------|---|---|
| <b>July 14th</b>   | <b>Minnesota Valley Community Band</b>  | <b>Variety</b>                            |
|                    | In conjunction with the Community Senior Picnic<br>(Call City Hall for picnic information (952)443-4210.)     |   |
| <b>July 21st</b>   | <b>Minneapolis Commodores</b>   | <b>Men's Acapella Choir</b>               |
|                    | FREE Party Pizza (Locally made) starting @ 6:30pm until gone  |   |
| <b>July 28th</b>   | <b>Alison Scott Band</b>  | <b>Rock/Pop/Soul</b>                      |
| not                | Up and coming music artist in the Twin Cities, one band to miss this summer                                   |   |
| <b>August 4th</b>  | <b>Teddy Bear Band -Kids Day</b>  | <b>Children's Music</b>                   |
|                    | FREE Hot Dogs for the first 100 kids, FREE balloons by ABC Chiropractic and Face Painting by Sneaky the Clown |   |
| <b>August 11th</b> | <b>Galactic Cowboy Orchestra</b>  | <b>Blue grass w/ Jazz</b>                 |
|                    | GCO is a unique and powerful ensemble that mixes blue grass with jazz.  |   |
| <b>August 18th</b> | <b>Brady's Big Band</b>   | <b>Musical mosaics from the 30's-80's</b> |
|                    | FREE Popsicles for the first 100 people   |   |

**Seeking sponsorships/donations for concerts in the park.**  
**Please call Ann or Holly if interested at 952-443-4255.**

**Music 6:30pm-8pm**

**Location: Lions  
Community Park**

**Bring your family,  
lawn chairs, blankets  
and a picnic!**



## Preschool Programs

### **Lego Mania**

Looking for something exciting to do? Join fellow Lego enthusiasts as you build, imagine, explore, discover and test your Lego trivia. Bring a water bottle, bag lunch and creativity!

Ages: 6-10, completed grades K-4

Time: 10:00 am-2:00pm

Location: Willow Learning Lab  
(2050 Trillium Circle)

**Session #1: Wednesday, June 23rd**

#### **Lego Farm and Town**

**Code: 2010.201**

Build with the new *Farm and Apple Tree House* sets and other popular town sets, then create your own "Green Space".

**Session #2: Wednesday, July 14th**

#### **Harry Potter and a World of Magic**

**Code: 2010.202**

Castle learning activities like chess, juggling, and magic tricks await you. Build with *Harry Potter* and retired *Castle* sets, then create your own castle!

**Session #3: Wednesday, July 28th**

#### **Lego Imagination**

**Code: 2010.203**

Check out *Mosaics*, *Ludo*, *Creator* and *Bionicles*. Build with *Techniques*, *Insectoids* and *Aquanauts*, then create your own theme park!

Cost: \$32 per class

Maximum: 8 participants per class

### **Come Read with Me Under a Maple Tree**

If you love books, *American Girl*, *Bitty Babies* or *My Twin* dolls, this class is for you. Bring a bag lunch and your favorite doll (or use one of Dawn's), for an adventure filled with crafts, stories, games and fun. Willow Educational Resource Library materials will be available for check out to help fill your summer days and nights.

Ages: Girls 5-8, complete grades K-2

Times: 10:00am-2:00pm

Location: Willow Learning Lab  
(2050 Trillium Circle)

**Session #1: Wednesday, June 30th**

#### **History Comes Alive with Dolls and Books**

Code: 2010.204

**Session #2: Wednesday, July 21st**

#### **I want a Pet to Take to the Vet!**

**Code: 2010.205**

**Session #3: Wednesday, Aug. 4th**

#### **Sports Galore!**

Code: 2010.206

Cost: \$32 per class

Maximum: 8 participants per class



## Preschool Programs

### Camp Willow

Discover nature and friendships in the park this summer. We'll spend the afternoon exploring the world around us, learning new games and songs, creating crafts, and enjoy being a kid during summer vacation!

*\*Each session will include (5) classes and a field trip. The Rec. Center will be your base camp for classes. Drop-off and pick-up will be off site for the field trips.*

Ages: 3-5, as of 1/1/10

Times: 9:30am-11:30am

Days: Tuesday and Thursday

Location: Victoria Rec. Center

#### ● **Session #1: June 22nd-July 15th**

**Code: 2010.207**

*(no class the week of July 6-8)*

● Week 1: Caterpillar-to-Butterfly

Week 2: Grub-to-Ladybug

Week 3: Nymph-to-Dragonfly

*Field Trip @ Lowry Nature Center*

#### **Session #2: July 20th-August 5th**

**Code: 2010.208**

Week 1: I Love Dirt!

Week 2: Rocks/Minerals/Fossils

Week 3: The Earth is my Home

*Field Trip @ Lowry Nature Center*

Cost: \$96 per session

Maximum: 8 participants per class

### Camp Tamarack

Discover nature and friendships in the park this summer. We'll spend the morning exploring the world around us, learning new games and songs, creating crafts, and enjoy being a kid during the summer vacation!

*\*Each session will include (5) classes and a field trip. The Rec. Center will be your base camp for classes. Drop-off and pick-up will be off site for the field trips.*

Ages: 5-8, completed grades K-2

Times: 12:30pm-2:30pm

Days: Tuesday and Thursday

Location: Victoria Rec. Center

#### **Session #1: June 22nd-July 15th**

**Code: 2010.209**

*(no class the week of July 6-8)*

Week 1: Butterflies vs. Moths

Week 2: Amazing Beetles

Week 3: Dragonflies and Damselflies

*Field Trip @ Lowry Nature Center*

#### **Session #2: July 20th-August 5th**

**Code: 2010.210**

Week 1: Nature's Recyclers

Week 2: Geology and Paleontology

Week 3: Becoming a natural Super

Hero - *Field Trip @ Lowry Nature Center*

Cost: \$96 per session

Maximum: 8 participants per class

## Youth Programs \*\*Please include shirt size on the registration form for T-ball and Coach Pitch\*\*

### T-ball

This is a co-ed program where participants will learn fundamentals like hitting the ball off of a stand, fielding, throwing, and the rules of the game. The season includes games and a short time to warm-up before the game. Participants receive a team t-shirt, an end of the year award, and the opportunity for pictures half-way through the program.

Ages: 4 & 5 yr. olds

Days: Mondays

June 14-August 2 *No games on July 5*

\$38 per child      Code: 2010.211

### Coach Pitch

Coach Pitch is a co-ed program, in which participants will learn more advanced skills of baseball such as catching fly balls, base running, and hitting a ball pitched by the coach. Participants will receive a team t-shirt, an end of the year award, and the opportunity for pictures half-way through the season.

Ages: 6 & 7 yr. olds

Days: Tuesdays & Thursdays

June 15-August 5 *No game on July 1 & 6*

\$48 per child      Code: 2010.212

City of Victoria's Coach Pitch program will continue to partner with the Carver Coach Pitch program, meaning there could be minimal travel to Carver during the season.

Time: Anytime between 5:30-8:00pm

Location: Lions Park

#### **Registration Deadline: May 21, 2010**

*In order to be eligible to play participants must be the correct age by the start date of the program.*

**Please call the weather hotline for program cancelations at 952-443-4260.**

**Volunteer coaches are necessary for this program to run. If you are interested in coaching your child's team please call Holly at (952)443-4259 or indicate on the registration form.**

### Tae Kwon Do

Participants of all ages can benefit from this traditional Martial Art. A great class for parent and child. You need no previous athletic experience. Our class offers students a well rounded training program to develop mind, body and spirit. Along with the physical and mental benefits of training, students will learn effective self-defense techniques, develop self-confidence, discipline, fitness, and total health. Periodic testing is available for those students wishing to "advance through the belts" to earn their "Black Belt". Wear comfortable clothing. Uniforms and gear can be purchased through Instructor. The instructor is a 2nd degree Black Belt and is a "Certified Instructor" by the WMAC.

Thursdays      \$49/person

6:30-7:30pm      For All Ages

Victoria Rec. Center Fitness Center

Session #1: April 15-May 27

Code: 2010.213

Session #2: June 3-July 15

Code: 2010.214

Session #3: July 22-September 2

Code: 2010.215

# Playground Programs

## Lions Park Playground

Twice a week participants will join friends and neighbors for a fun filled day at Lion's Park. The children will be playing games, making crafts, and most importantly, this program helps kids get social interaction with other children in their community. The Lion's Playground Program is a longer, more stationary version for Kids Klub.

Days: Tuesdays and Thursdays  
 Location: Lions Park Playground  
 Dates: June 15-August 5

**No program July 6th**

<u>Colossal Kids:</u> Ages 7-12 9:00am-12:00pm Cost: \$55/child Code: 2010.216	<u>Mini Might's</u> Ages 4-6 1:00pm-3:00pm Cost: \$45/child Code: 2010.217
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**See page 8 for the Twin's Game Field Trip on July 21st.**



**Call (952)443-4260 to see if there are any program cancelations due to inclement weather.**

## Camp Victoria



Ignite your child's sense of adventure at Camp Victoria this summer! Children 8-12 can spend the week exploring and learning in a safe environment while getting a true camp experience. The summer park staff will be facilitating the camp to make sure your campers are guided through many different activities, crafts and games. Children will get to enjoy the outdoors while learning camp songs, discovering nature and building friendships. **Please make sure to wear your tennis shoes and sunscreen, also please bring a water bottle and a bagged lunch.**

Days: Monday-Friday  
 Dates: August 9-13  
 Times: 8:00am-4:00pm  
 Location: Lions Park

Ages: 8-12 years old  
 Cost: \$115 per child  
 Minimum of 12 and Max of 40  
 Code: 2010.222



## Kids Klub

Come and play with friends and neighbors once a week. This drop-off program is a great way to make friends. Offering team games, crafts, reading and snacks. Each week has a different theme to enrich your child's social experiences. Our staff will provide a fun and inviting atmosphere for children of all ages.

Ages: 5-12 year olds  
 Dates: June 14-August 6  
 Location: Program is held at 3 different parks in Victoria on either a Monday, Wednesday OR Friday

Cost: \$31/child

**\*No program on July 2 , 5 or 21**

### Swiss Mountain- Mondays

9:30am-11:00am  
 Code: 2010.218

### Diethelm Park - Wednesdays

9:30-11:00am  
 Code: 2010.219

### Victoria Elem.- Fridays

9:30am-11:00am  
 5-7 year olds  
 Code: 2010.220  
 12:00am-1:30pm  
 8-12 year olds  
 Code: 2010.221

\*Must be 8 kids in each session otherwise we will combine the two sessions to the 9:30-11:00am

## Fun with Cassie



### Meet Cassie:

**Cassie is the summer Playground Leader for the City of Victoria. She has worked with many of your children and would like to continue to bring them exciting recreation programs throughout the summer.**

### Girls Tea Party

Come dressed to impress in your Spring dresses for this fun event. Participants will have a formal tea party with goodies and learn tea time etiquette. No tea party is complete without flowers, so learn how to make a bouquet of flowers during craft time. There will be lots of fun games at activities. Don't forget your favorite doll because this is one tea party she won't want to miss.

Times: 9:00am-12:00pm

Code: 2010.223

### Olympics for Boys

Attention all future Olympic athletes!! We will be bringing our own Victoria Olympics to you. Enjoy a day filled with fun activities based on some of our favorite Olympic events. Everyone is a winner here! We will be doing an Olympic-inspired craft, we will get moving with exciting game, and even enjoy an Olympic snack. Make sure you wear tennis shoes, and bring a water bottle.

Times: 12:30pm-3:30pm

Code: 2010.224

Day: Saturday

Date: May 8th

Ages: 4-12 years old

Location: Victoria Recreation Center

A minimum of 5 children to run the class

Cost: \$14/person

### Parents Night Out

**NEW!**

Can't find a babysitter? Well now you don't have to worry about it, have the Victoria Summer Playground Staff watch your kids for night while you spend the night out. The night will be a pajama party theme, so have the children wear comfortable clothing, bring a pillow and a blanket to curl up and watch a movie and eat popcorn. The kids will also get to play games and participate in activities lead by the staff. Please make sure that your children are fed before they arrive, since we will only be serving popcorn.

Day: Friday

Date: June 4th

Time: 5:00pm-10:00pm

Code: 2010.225

Location: Victoria Recreation Center

Cost: \$12 per child and \$5 for each additional child

Ages: 4+

\*Minimum of 5 children to run program

### Twins Game Field Trip

**NEW!**

Take me out to the ball game! Join us for the Cleveland Indians vs. Minnesota Twins in the NEW Target Field. The pick-up and drop-off will be at the Victoria Recreation Center. Upon arriving at the game we will be sitting in the Family Section where each participant will receive a FREE soda. The children will be supervised by the Parks and Recreation Staff. If you have any questions please feel free to call (952)443-4255.

Day: Wednesday

Date: July 21

Time: 11:30am-5:00pm

Ages: 8-15

Cost: \$49 per person

Code: 2010.226

\*Minimum of 25 children to run program

**Registration deadline: June 28th**

## Youth Sport Camps \*\*Please include shirt size on the registration form for Ballin' 4 Life Camps\*\*

### Ballin' 4 Life - Volleyball Camp **NEW!**

Campers will be exposed to fundamental skills, including blocking, setting, serving, passing, footwork, and defensive strategies. Athletes will also participate in 3-on-3 and 6-on-6 matches. Ballin'-4-Life is organized and led by Janis Runka. Janis is well-known around the volleyball community and his coaching credentials include 10+ years of Junior Olympic volleyball and high school varsity, as well as five years at the college level. **Registration deadline is June 1.**

Days: Tuesday-Thursday

Dates: June 22-24, 2010

Age: Grades 7-12 \* Code: 2010.227

Time: 9:00am-12:00pm

Cost: \$95 (T-shirt included)

Locations: Victoria Rec. Center

**\*\*Please include shirt size on registration\*\***

### Lynch Multi-Sport Camp **NEW!**

The perfect camp to introduce your child to three sports, basketball, baseball and soccer. In a fun, energetic atmosphere your child will learn or improve upon the fundamentals of each sport and have a great time with our creative, sport specific games. Participants should bring shin guards, appropriate clothing, water bottle, sun screen and a smile. Baseball and Soccer will be outside, Basketball will be inside. Taught by Mike Lynch.

The camp will meet in the Rec. Center gym and pick-up on the soccer field.

Days: Monday-Thursday

Dates: June 14-17

Ages: 5-8 yr. Cost: \$102

Times: 9:00am-12:00pm

Code: 2010.230



### Ballin' 4 Life - Basketball Camp **NEW!**

Campers will be exposed to fundamental skills, including shooting, passing, ball handling, rebounding, and offensive and defensive techniques. Instruction from positive and enthusiastic coaches, contests, and 5-on-5 competition will be highlighted each day. Prizes and T-shirts will be given away. Ballin'-4-Life is organized and led by Luke Runka. Luke has four years of playing experience, with three years at Southwest Minnesota State University and one year at Concordia University Wisconsin. Luke also has six years of college basketball coaching experience, most recently at Saint Leo University and one year with Macalester College. Luke has assisted with basketball camps for several years at schools such as Saint Leo University, University of South Florida, and Southwest Minnesota State University. **Registration deadline is June 25.**

Days: Monday-Thursday

Dates: July 12-15, 2010

Age: Entering grades 1-6 9:00am-12:00pm  
\*Code: 2010.228

Entering grades 7-12 1:00pm-4:00pm  
\*Code: 2010.229

Cost: \$95 (T-shirt included)

Location: Victoria Rec. Center

**\*\*Please include shirt size on registration\*\***

### Lynch Flag Football Camp

Ready to tackle another sport? Learn the basics of flag football in a four day camp on the N. field soccer field at Diethelm Park. Players will learn basic skills and fundamentals of the game, using drills to teach ball handling, passing and catching. Wear tennis shoe, bring a water bottle.

Days: Monday-Thursday \* Code: 2010.231

Dates: August 2-5

Cost: \$69

Times: 9:30am-11:30am

Ages: 6-8 yr.

# Youth Sport Camps

## Lynch Tennis Camp

Tennis is a lifetime sport, so start your kids off on the right foot with lessons from USPTA certified tennis professionals and top athletes. In a fun, energetic atmosphere your child will learn, or improve upon stroke production, strategies, and enjoy fun competition. *\*Please bring a tennis racquet, water bottle and sunscreen.*

*Sessions run Monday - Thursday and Fridays will be used at the rainout day.*

*-Please pick the date and then the age group that want below.*

**Session #1: June 21-24**

**Session #2: June 28-July 1**

**Session #3: July 5-8**

**Session #4: July 12-15**

**Session #5: July 19-22**

**Session #6: August 9-12**

**Session #7: August 16-19**

**Session #8: August 23-26**

Tennis camps take place at Holy Family Tennis Courts

### Tiny Hitters: Age 4

Session #1:	Session #5:
Code: 2010.232	Code: 2010.236
Session #2:	Session #6:
Code: 2010.233	Code: 2010.237
Session #3:	Session #7:
Code: 2010.234	Code: 2010.238
Session #4:	Session #8:
Code: 2010.235	Code: 2010.239

11:30am-12:00pm      Cost: \$24

### Young Hitters: Ages 5 - 7

Session #1:	Session #5:
Code: 2010.240	Code: 2010.244
Session #2:	Session #6:
Code: 2010.241	Code: 2010.245
Session #3:	Session #7:
Code: 2010.242	Code: 2010.246
Session #4:	Session #8:
Code: 2010.243	Code: 2010.247

9:00-10:00 am      Cost: \$49

### Jr. Hitters: Ages 8 - 11

Session #1:	Session #5:
Code: 2010.248	Code: 2010.252
Session #2:	Session #6:
Code: 2010.249	Code: 2010.253
Session #3:	Session #7:
Code: 2010.250	Code: 2010.254
Session #4:	Session #8:
Code: 2010.251	Code: 2010.256

10:00-11:30 am      Cost: \$69

### Teen Hitters: Ages 12 - 16

Session #1:	Session #5:
Code: 2010.257	Code: 2010.261
Session #2:	Session #6:
Code: 2010.258	Code: 2010.262
Session #3:	Session #7:
Code: 2010.259	Code: 2010.263
Session #4:	Session #8:
Code: 2010.260	Code: 2010.264

10:00 am-11:30 pm      Cost: \$69



# Youth Programs & Computer Explorers



## Robotics

Working in pairs, students will use LEGO Mindstorms Robotics System to compete in fun real-world challenges like obstacle courses, tag, sumo wrestling, maze solving and much more! On the last day student teams will apply their skill for the ultimate “battlebot” tournament. Each day will bring a new adventure, students will build a concept model, and then morph it to better adapt and computer in each daily challenge.

Students will have the opportunity to work with complex robotic sensors, robot arms, drive trains and programming “smarter” robots to move, act and think on their own. They will learn advanced programming skills that allow their robots to react to may different sensory inputs, that include advanced touch and light sensors. Each day we will explore new engineering and robotic concepts to prepare student teams to design and experiment with their own battlebot design.

Days: Monday-Thursday

Ages: 4th-9th graders

Dates: July 19-22

Location: Victoria Recreation Center

Time: 9:00am-12:00pm

Cost: \$112 per person

Code: 2010.265

## Video Game Animation

Dive into the world of video game design and animation by creating characters that dance, sing and interact with one another. Working in pairs students will add sound effects and music clips to create a dynamic video animation game using Scratch, the innovative programming language created just for kids by the MIT Media Lab. Learn to make 2D video games in this hands on class. The first part of each class will be instructor lead, with the time remaining students will have the opportunity to sol, challenge or develop a game with what was learned. You can post your game online so that your friends, your parents even your grandmother can play your video game! Creativity rules in this fun version of video game design! Games created in class will be available online or students can bring in a USB drive for immediate access..

Days: Monday-Thursday

Dates: July 19-22 Ages: 4th-9th grade

Times: 12:30pm-3:30pm

Location: Victoria Recreation Center

Cost:: \$112 per person Code: 2010.266

## Babysitting Course

This American Health & Safety Institute accredited program stresses the priority to keep you and the children you care for safe. Boys and girls ages 11+ learn basic skill training and information that is necessary in caring for infants and children. This program will teach the importance of responsibility, recognizing an emergency, emergency action steps, personal safety, fire safety, water safety, infant/child care, and also, responding to an unconscious victim, basic first aid and choking management. Upon successful completion, participants will earn the American Health & Safety Institute Child and Babysitting Safety certification card. **Please bring a snack**

Days: Monday and Tuesday

Dates: June 21 & 22 Age: 11+

Times: 5:30pm-7:30pm

Location: Victoria Recreation Center

Cost: \$32 per person

Code: 2010.267

## Hooked on Golf

Hooked on Golf is an introductory clinic that is designed for kids 8-14 years old with little or no previous experience. This clinic is a 4 day instruction clinic that helps participants develop the game. Hooked on Golf consists of 12 hours of golf instruction with possible course play and guest presentations. Come rain or shine and dress appropriately. The clinic is taught by Brad Pluth from Brad Pluth Adventure Camp. If you would like more information on Brad, please visit his website at <http://adventuregolfacademy.com>

### **Participant will Receive to Keep:**

- **A set of Tour Edge clubs**
- **A bag**
- **Hooked on Golf Shirt**
- **Golf Balls**

Due to high demand the program will **not be accepting on-line registrations**, please mail, fax or drop-off your registrations to the Recreation Center.



Session #1: July 12, 14-16 at Deer Run Golf Course

Code: 2010.268

Session #2: July 26, 28-30 at Halla Greens (495 Pioneer Trail, Chanhassen)

Code: 2010.269

Session #3: August 16, 18-20 at Halla Greens (495 Pioneer Trail, Chanhassen)

Code: 2010.270

Registration Deadline is **June 1st** or if classes fill before that (each session takes 24  
Times: 8:00am-11:00am Participants)

Ages: 8-14 yrs. Cost: \$170 w/ clubs(and bag or \$100 w/o clubs/bag

**Note: A set of clubs are required to participate in this course whether they are purchased through Hooked on Golf or not.**

*\*\*Please include shirt size and height on the registration form \*\**

**One Day Pool Pass to Safari Island (S.I) for sale at the Victoria Recreation Center (VRC). The City of Victoria has entered into a partnership with S.I. in Waconia to offer you one day pool passes for \$6.50 per pass for people of all ages! You can purchase these passes at the VRC front desk.**

**You can view the open swim schedule at [www.waconia.org](http://www.waconia.org) or call S.I. at 952-442-0695.**

# Adult Fitness Programs

## Drop-In Fitness Classes

*\*Day Care is offered during these classes*

*See page 2 for pricing*

**Power Pilates Mat:** Stretching the whole body, with particular attention paid to the core muscles. The result is not only a great work out for the entire body, but is also great preconditioning for any sport; and in particular golf. This class includes work with dumbbells, body bars, the "Swiss Balance Ball" and traditional floor exercises fused with the Pilates Method. It is for men and women of all ages. Instructor:

Linda - **Classes offered 9:00am Saturdays & 6:30pm Tuesdays**

**Cardio Fusion:** Have you ever wished you could have some fun while getting a good workout? Participants will do low impact aerobics combined with resistance work using dumbbells, body bars, and the step. It's for men and women of all ages. Aerobic routines are extremely easy to follow! If you want to improve your overall health and simply feel good all over; then this is the class for you! Instructor: Linda -

**Classes are offered Wednesdays and Fridays at 8:15am**

**\*Cardio Crazy:** Love getting a tough workout? Then you better come to this class! You will be challenged by non-stop intervals of cardio and strength training. Be sure to bring your energy. Instructor: Mandy - **Classes offered Fridays at 9:15am**

**\*Boot Camp:** An easy, yet challenging workout with athletic based cardio/strength training exercises to give you a total body workout. This class will keep you coming back for more. Instructor: Mandy - **Classes are offered Wednesdays at 9:15am**

**\*Body Sculpt:** Strength training and conditioning at its best. This multi-level class utilizes upper and lower body muscle groups while using free weights and resistance bands. Class ends with abdominal and lower back work. Instructor: Mandy - **Classes are offered Mondays at 9:15am**

## **Boot Camp Fitness**



Boot Camp has arrived at the Victoria Recreation Center.

Here is what you can expect:

- Professional leadership
- Challenging group workouts
- Motivation
- Encouragement
- Fun
- Results

Boot Camp meets twice a week for eight weeks. This program is what you need to help maintain your health and fitness focus. Boot Camp will challenge you physically. It will motivate and encourage you mentally. Your Boot Camp instructor will lead you through 16 one hour group workouts. *For those about to sweat, we salute you!* Instructor: Scott Craig

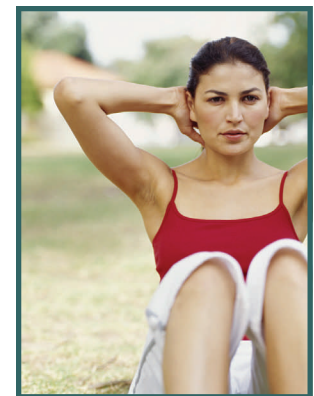
Days: Tuesdays and Thursdays      Ages: 16+      Code: 2010.271

Dates: April 1-May 25      Location: Victoria Recreation Center

Times: 8:00am-9:00am      Cost: \$304 (not included in memberships)

To learn more about fitness Boot Camp and our instructor visit:

<http://www.examiner.com/x-28903-Minneapolis-Bootcamp-Examiner>



# Volksfest 5k 2010



**August 28, 2010**

**Volksfest 5K Walk/Run- 8:00 AM**  
**1 Mile Kids Fun Run - 8:45 AM**



**Locations:** Victoria Recreation Center **Adult Entry Fee:**

**Age Groups:**

13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, & 60+

**Restrictions:** Roller Blades, and bicycles are not allowed on the race course.

**Parking:** Several parking areas are available at the Victoria Recreation Center, 8475 Kochia Lane. (952)443-4255.

Pre-Registration (on or before August 1) \$20.00

Registration (August 1 to race day) \$22.00

**Child Entry Fee:**

Registration (before August 1st) \$3.00  
 (after August 1st) \$5.00

Check- In begins at 7:30 AM

- Shirts for all participants in the 5K and ribbons for 1<sup>st</sup> – 3<sup>rd</sup> Place Finishers.

PARTICIPANT First and Last Name	M/F	DATE OF BIRTH	AGE on 8/28/10	ADULT T-SHIRT SIZE S,M,L,XL,XXL	FEE

MAILING ADDRESS	CITY	STATE	ZIP CODE	EMAIL

Online Registration Available at [www.ci.victoria.mn.us](http://www.ci.victoria.mn.us). Make checks payable to the: City of Victoria

Mail registration form to: Victoria Volksfest 5K, City of Victoria, 8475 Kochia Lane, Victoria, MN 55386

Refund Policy: A full refund will be given if an activity is cancelled by the Parks and Recreation Department. A \$ 5.00 service fee will be charged for cancellations requested by individuals prior to the registration deadline. No refunds will be made after the deadline date.

Knowing that running a road race is potentially hazardous, I enter this race certifying that I am medically able and properly trained. I also know that, although police protection will be provided, there may be traffic on the course route,. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to, falls, contact with other participants, the effects of weather, including but not limited to, heat and/or humidity, and the condition of the roads. 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 or whom he or she is 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 wilful, wanton or intentional misconduct by the City. 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 Resident  
Victoria, MN 55386**

**Presorted  
Standard US  
Postage Paid  
Victoria, MN  
Permit No. 1**

**Parks and Recreation Registration Form**

Victoria Recreation Center  
8475 Kochia Lane  
Victoria, MN 55386  
www.ci.victoria.mn.us

Make checks payable to the City of Victoria

<b>PARTICIPANT</b> First & Last Name	<b>M/F</b>	<b>AGE</b>	<b>BIRTHDATE</b>	<b>PROGRAM NAME</b>	<b>PROGRAM CODE</b>	<b>FEE</b>

**Adult Participant or Parent/Guardian of Minor** \_\_\_\_\_

*First and Last*

**Address** \_\_\_\_\_

*Street*

*City*

*Zip Code*

**Email** \_\_\_\_\_

**Special needs/requirements or notes:** \_\_\_\_\_

**Shirts Size** (Hooked on Golf, Tball/Coach Pitch, Ballin' 4 Life) \_\_\_\_\_

*(X-small - X-Large youth)*

**Height** (Hooked on Golf) \_\_\_\_\_

**Refund Policy:** A full refund will be given if an activity is cancelled by the Parks and Recreation Department. A \$5.00 service fee will be charged for cancellations requested by an individual prior to the registration deadline. NO refunds will be made on or after the event or program start date.

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 or whom he or she is 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 and Recreation does not send registration confirmation, you are registered unless notified otherwise*

**Complete if paying by Credit Card** CC # \_\_\_\_\_ Exp \_\_\_\_\_

Amount \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Credit Card \_\_\_\_\_ Received By \_\_\_\_\_ Date \_\_\_\_\_