

A young child with red hair, wearing a pink hat, a yellow sweater with colorful patterns, and red pants, is ice skating. The child is holding the hand of an adult wearing blue jeans and a blue jacket. They are on a snowy surface, likely an ice skating rink. The background is a bright, snowy landscape.

City of Victoria
Parks & Recreation

Winter 2011-2012 Program Brochure

www.ci.victoria.mn.us

City of Lakes & Parks

Memberships

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

Daily Pass

	Res.	Non-Res.
Adult	\$6.00	\$9.00
Youth	\$3.00	\$5.00
Senior	\$3.00	\$5.00
Family	\$10.00	\$15.00

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

Health Reimbursement

Blue Cross Blue Shield, UCare, 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.

Sign up for e-mail notifications

City of Victoria Parks and Recreation sends out periodic updates about recreation programs. This includes upcoming programs as well as new programs. If you are interested in receiving these updates please register at http://www.ci.victoria.mn.us/park_rec_parks_contact.php

Victoria Recreation Center

8475 Kochia Lane
Phone: (952)443-4255 | Fax: (952)443-3482
www.ci.victoria.mn.us

Recreation Center Hours:

Regular Hours (Sept. 1-May 31)
Monday-Friday: 5:30 a.m. to 10 p.m. | Saturday-Sunday: 6 a.m. to 10 p.m.
Summer hours (June 1-Aug. 31)
Monday-Friday: 5:30 a.m. to 9 p.m. | Saturday and Sunday: 6 a.m. to 8 p.m.
Closed on December 25, January 1.

Special Membership Packages

Bronze Memberships

Includes scheduled childcare
Resident Single \$293.91
Non-Res. Single \$376.20
Resident Family \$434.98
Non-Res. Family \$576.06

Platinum Membership

Includes fitness classes and scheduled childcare
Resident Single \$365.51
Non-Res Single \$448.88
Resident Family \$506.59
Non-Res Family \$646.59

Gold Membership

Includes fitness classes
Resident Single \$315.28
Non-Res Single \$398.62
Resident Family \$456.36
Non-Res Family \$598.50

6 Month Senior Membership (60+)

Resident \$85.50
Non-resident \$117.56

3 Month Student Membership

Resident \$48.09
Non-Resident \$64.13

The Victoria Recreation Center offers a resident membership to anyone who 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.



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

Youths who are 12, 13 and 14 are able to use the fitness center with adult supervision (18 & over) and a signed waiver. Wrist bands must be worn and you get those at the front desk. Ages 15 & up can work out without adult supervision if they have a signed waiver.

Open Gym

Sept. 1-May 31
Monday-Friday 7 to 8 p.m.
Saturday-Sunday 8 to 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

Open Skate

(through April 30)
Every day: 10:45 to 11:45 a.m.
Free to members or the cost of a daily fee (see page 2).

Developmental Hockey

(through April 30)
Monday, Wednesday and Friday from 6 a.m. to 8 a.m.
\$5 per person (price not included with membership)
A helmet with a face mask is required.

Adult Open Hockey

(through April 29)
Sundays from 8:30 to 10 p.m.
No open hockey December 25 or January 1.
\$5 per person (not included in membership)

Drop in Fitness Classes

See page 15 for Drop in fitness schedule

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

9 a.m. to 11 a.m. on Mondays, Wednesdays and Fridays

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-Mem. Punch Card (10 Punch).....	\$60 per card



Pee wee sports

Join your friends for a Friday afternoon of heart healthy fun. In each class, you will be introduced to a sport through learning fundamental skills, games and cooperative play. Come prepared for some high-spirited, active fun! Please wear tennis shoes and bring an easy-to-use water bottle.

Class Offerings: Fridays: 12:30 to 1:45 p.m. (ages 3-4 and toilet-trained, as of 9/01/11)
Fridays: 1:45 to 3 p.m. (ages 4-6 as of 9/01/11)

Cost: \$39/session

Minimum: 4 per session / **Maximum:** 8 per session
Registration is not available online.

Session #1	Session #2
Jan. 27 Bowling/Pin Games	March 16 Parachute and Ribbon Play
Feb. 3 Indoor/Scooter Soccer	March 23 Basketball and Court Games
Feb. 10 Balls, Ropes, and Hoops	April 13 Creative Movement Games
Code: 2012.100 3-4 year olds	Code: 2012.102 3-4 year olds
Code: 2012.101 4-6 year olds	Code: 2012.103 4-6 year olds

Session #3
April 27 Playground Games (Kickball, Spud, Dodgeball)
May 11 Backyard Neighborhood Games
May 18 T-ball, Softball and Baseball are Diamond Games!
Code: 2012.104 3-4 year olds
Code: 2012.105 4-6 year olds

Acorns-to-Oaks (Preschool)

Discover a nurturing environment where preschool children learn, play and grow. Through a developmentally appropriate curriculum with an environmental education emphasis, your child's natural curiosity is tapped and creativity enhanced!

This unique program is designed to provide children ages 3 to 5 years old with an opportunity for social interaction and emotional growth, while introducing the necessary academic skills to make their learning experience a positive, healthy first step. In addition to integrated cognitive skills, we strive to develop the "whole" child and allow his or her personal learning style to be explored and enriched.

Class Offerings: Tuesdays and Thursdays 9 to 11:30 a.m. 3 yrs. by 9/11
Tuesdays, Wednesdays and Thursday 12:30 to 3 p.m. 4 yrs. by 9/11

Trimester #2 "Winter Habitats" (Nov. 29 – Feb. 23)
Trimester #3 "Metamorphosis" (Mar. 6 – May 17)

Class Size: 1:8 Ratio

Fees:
Registration Fee \$55 (one-time fee)
Tuition \$390.00 (2-day: \$130/month)
(10 weeks) \$585.00 (3-day: \$195/month)

(T/TH) Classes are held @ Victoria Recreation Center
(W) Enrichment class is held @ Willow Learning Lab

Instructor: Dawn Peterson, Willow Educational Resources

Registration is not available on-line

Tae Kwon Do 7 and Up

This is a great class for parent and child. No previous athletic experience required. 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. Please wear comfortable clothing. Uniforms and gear can be purchased through the Instructor. The instructor is Master Fred Baker, a 5th Degree Black Belt.

Thursdays

6:30 to 7:30 p.m.

For ages 7 and up.

Session 1: Jan. 5,12,19,26
Code: 2012.111

Session 2: Feb. 2,9,16,23
Code: 2012.112

Session 3: March 1,8,15,22
Code: 2012.113

Session 4: March 29, April 12,19,26 (no class Apr 5)
Code: 2012.114

Victoria Recreation Center

\$35 per session

Registration Deadline: The Tuesday before each session

Minimum: 5 / **Maximum:** 15

Learn to Skate

This class is designed to enhance the capabilities of each skater. Our focus will be to have fun while learning skating skills. The purpose is to teach the correct technique for basic skating. More advanced skaters have the opportunity to develop a finer degree of coordination and balance. Protective head gear is required for all participants (bike helmets are acceptable). Please arrive at least 10 minutes early to make sure that your child has their skates on in time for class. There are no skate rentals at the Victoria Recreation Center so please provide your own.



Snow Plow Sam
(3-6 year olds) 9:30 to 10 a.m.

This level of instruction is designed to help the preschool-age skater develop skills. Children will be split up into groups according to ability. The skater will learn how to stand up, fall down and march.

Code: 2012.109

Saturdays

Jan. 21-Feb. 25

Victoria Recreation Center Ice Arena

\$50 per child

Registration Deadline: Jan. 18

Maximum: 20 children per session

Basic Skills
(7 and older) 10 to 10:30 a.m.

With the beginner skaters this class will familiarize them with the feeling of being on skates. Gain confidence on the ice by learning to stand, fall, march and dip. The more advanced kids can try skating backwards. Kids will be split into groups according to ability.

Code: 2012.110

Baseball Skills and Drills

Join friends in learning and practicing the basics of baseball with Victoria's own Victoria Vics baseball team. This three-week clinic focuses on skill development and includes batting, throwing and fielding. This is a co-ed class where all participants receive a t-shirt. Bring your gloves and wear gym shoes.

Saturdays, March 3, 10 and 17

\$35 per person

Victoria Recreation Center Gymnasium

5-7 year olds 9 a.m. to 10 a.m. **Code:** 2012.106

8-10 year olds 10 a.m. to 11 a.m. **Code:** 2012.107

11-13 year olds 11 a.m. to noon **Code:** 2012.108

Minimum: 5 / **Maximum:** 25



Carlson Tennis

The Victoria Stars Tennis Program is run by Carlson Tennis and is designed to provide a pathway for kids to learn how to play tennis in a positive and exciting atmosphere and then apply it in match play. This winter we are offering indoor tennis for the first time. If you have any questions please call Dan Carlson at 612.875.5507 or email dan@carlsonstennis.com. You can sign up and get more information at www.carlsonstennis.com. All camps are held at the Victoria Recreation Center Gym.

Little Stars

Ages 4-6

This class is for our youngest players and will focus on agility, balance, and coordination. Movement and tracking skills will give the kids the ability to properly handle a racquet and ball.

Saturdays 9 to 9:45 a.m.

January 28-February 18

\$65

Rising Stars

Ages 7-8

This class will focus on rallying the ball back and forth while working on technique and tactics. We want these kids to be able play rally games by the second lesson and the final day will be full of games and competitions.

Saturdays 9:45 to 10:45 AM

January 28-February 18

\$75

Future Stars

Ages 9-11

This class will focus on rally play from the first day. Our emphasis is on getting kids to understand the fundamentals of the forehand and backhand groundstrokes, volleys and serves.

Saturdays 10:45 to 11:45 AM

January 28-February 18

\$75

Safe at Home Alone

As a parent, would your child be safe and feel confident if they were to be left at home alone while you are away? The American Red Cross has developed this course to help teach children ages 8-12 how to be safe when home alone. This course includes a student guide book for participants to keep.

Skills the participants will learn:

- Home safety skills
- How to interact with strangers
- Basic first aid
- Choking emergencies
- Participants will create and eat safe and healthy snacks

Session 1:

Monday, Jan. 16

5:15 p.m. to 7:45 p.m.

Ages: 8-12

Victoria Recreation Center

Cost: \$30 per person

Code: 2012.115

Registration

Deadline: Jan. 12

Minimum: 4 participants

Session 2:

Monday, March 5

5:15 p.m. to 7:45 p.m.

Ages: 8-12

Victoria Recreation Center

Cost: \$30 per person

Code: 2012.116

Registration

Deadline: March 1

Minimum: 4 participants

Babysitting

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 skills training and information that is necessary in caring for infants and children. This program will teach the importance of responsibility, recognize 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 certification card. Please bring a meal and a beverage.

Thursday, April 12

Ages: 11+

4:15 p.m. to 8:30 p.m.

Victoria Recreation Center

\$32 per person

Registration Deadline: April 10

Code: 2012.117

Minimum: 4 participants / **Maximum:** 20 participants

Parents Night Out

Can't find a babysitter? Have the Victoria Park and Rec. staff watch your kids while you spend time out. Make sure that your children wear comfortable clothing/shoes and that they bring a pillow and a blanket so they can curl up and get comfortable while watching a movie. The kids will also play games, make crafts and participate in activities lead by the staff. Make sure that your kids are hungry because we will be having pizza as our meal.

Day: Friday

Date: February 24

Ages: 4+

Code: 2011.309

Time: 5:00pm-10:00pm

Registration Deadline: February 22





Kidcreate Studio Art Classes

Kidcreate Studio launches children into the incredible world of art. We focus on art creation and art education. Lesson plans, designed by an art education professional, are age appropriate and devised to inspire the individual child. Our teachers provide a positive, fun, self-esteem building atmosphere where children learn to express themselves through the visual arts. Parents can be assured their child is being educated in a supportive environment where giggles and grins are encouraged. For more information about Kidcreate Studio visit the website at www.kidcreatestudio.com.

Sibling Classes

Messy Stuff Art Class with Kidcreate Studio

Hey kids, do you love to make a mess? If so, then this is the art class for you! We'll use paper mache, paint and other simply sloppy supplies to make projects your mom would never let you do at home. We'll become masters at making a mess – and have lots of fun doing it. This is a great class for siblings to do together.

Friday, March 30
9:30 a.m. to Noon
Victoria Recreation Center
Fee: \$25
Age: 4-9 years
Code: 2012.120
Minimum/Maximum: 5/15

What Parents have to say about Kidcreate Studio:

"Kidcreate has been an amazing experience for us. The Kidcreate Studio staff has been great and the projects are creative and beautiful."

Mother of a preschooler

"Thank you so much for providing such an excellent program."

Mother of a 2nd grader

"I can't believe how much my kids have learned."

Father of a 4th grader

What kids have to say about Kidcreate Studio:

"I wish art class was EVERY DAY!"

3rd grader

"This was the best art class I've ever taken!"

1st grader

"When can I come back?"

Preschooler

Disney Princess Art Class

"Rapunzel, Rapunzel let down your hair!" Disney's movie "Tangled" will inspire us during this art class. We will create a masterpiece sure to win the heart of Prince Flynn.

Monday, Jan. 23
10 a.m. to Noon
Victoria Recreation Center

Total Cost: \$26

Age: 3-6 years

Code: 2012.118

Minimum/Maximum: 5/10

Valentine's Craft Party

What's Valentine's Day without cards and chocolate? Sign your child up for some Valentine's Day fun - Kidcreate style! We will use chocolate to create Valentine's Day cards to give to everyone we're "sweet" on. We'll even mix up a batch of chocolate clay.

Tuesday, Feb. 14
10 a.m. to 11:30 a.m.
Victoria Recreation Center

Fee: \$20.00

Age: 3-6 years

Code: 2012.119

Minimum/Maximum: 5/10





Adult Co-Ed Dodgeball League

Gather your friends and co-workers to join in on the dodgeball fun. Teams will play 7 officiated league matches. Each match will consist of up to 15 officiated games in a 55-minute time limit. Winners will be determined by points awarded for each game played. Any ratio of men and women, 18 and up, may participate, including all-male and all-female teams. Game times and locations will vary week-by-week. Sponsored by Chanhassen and Victoria Parks and Recreation Departments.

Tuesdays, Jan. 17 to Feb. 28

Games Times: 7 and 8 p.m.

Game Locations: Chanhassen Rec Center and Victoria Recreation Center

12 players per team

\$125 per team

Code: 2012.121

Registration Deadline: Jan. 13

Golf Net

Need to work on your golf swing? Now you can practice your golf swing at the Victoria Recreation Center during open gym time or while the gym is available. Just ask the person working at the Front Desk for the golf net. Make sure that you come with your own clubs and golf balls. This is free to members or the cost of a daily pass (see page 2).

Design Your Own Fitness Program with the Help of a Personal Trainer

This class is designed for people who want to know what to do exercise-wise in order to achieve their fitness goals. Perhaps your doctor has told you to exercise; but, you're not sure what to do or how to do it. Where to even begin! Or perhaps you're in an exercise rut and want to change it up. This class is for you! Your instructor, Linda Matthias, is an A.C.E. (American Council on Exercise) Certified Personal Trainer who has worked in the fitness industry for 27 years! Participants should sign up in advance as there will be printed materials. For men and women of all ages.

Cost: \$50 per session

Saturdays, 10:30 a.m. to noon

Session 1:	Jan. 7	Code: 2012.122
Session 2:	Feb. 4	Code: 2012.123
Session 3:	March 3	Code: 2012.124
Session 4:	April 7	Code: 2012.125
Session 5:	May 5	Code: 2012.126
Session 6:	June 2	Code: 2012.127

Registration deadline: The Saturday before every session

Zumba

Moving the world to a new beat.



Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people, of all shapes, sizes and ages, toward joy and health!

If you would like to be on board with the hottest (not to mention spiciest) international craze to hit the fitness world, come party with us! Zumba not only provides down and dirty, calorie burning sweat, but also, flexibility, endurance and balance. Reshape your body to our "Fitness in Disguise" program, while having fun, learning and enjoying music from many cultures, building confidence and friendships, plus so much more!

Mondays

Session 1: Jan. 9-Feb. 20 (no class Jan. 16)

Code: 2012.128

Pre-registration Deadline: Jan. 5

Session 2: Feb. 27-April 2

Code: 2012.129

Pre-registration Deadline: Feb. 16

7 to 8 p.m.

Ages 15+

Cost: \$48 Member

\$53 Non-Member

\$10 drop in fee

Victoria Recreation Center

Minimum: 5 participants

Gentle Flow Yoga

Gentle Flow is a calm practice, we will move through traditional yoga postures at a graceful pace offering variations throughout to meet individual needs. Lengthening and strengthening muscles with each pose, increasing range of motion in our joints with movement that connects the poses. This class is ideal for those new to yoga or to exercise, people healing portions of their body that would benefit from gentle exercise and people who prefer gentle exercise.

5 p.m. to 6 p.m.
Wednesday
\$56 Member
\$63 Non-Member
\$10 Drop-in fee

Session #1: Jan. 11, 18, 25, Feb. 1, 8, 15, 29 (No February 22)

Code: 2012.130

Session #2: March 7, 14, 21, 28, April 11, 18, 25 (No April 4)

Code: 2012.131

Vinyasa Flow Yoga

Vinyasa Flow is a physically challenging practice, we will move through traditional yoga postures at a vigorous pace providing the opportunity to sooth our mind with the challenge of our bodies. Variations will be offered to find the right amount of challenge and allow everyone to work on individual needs of balance, strength and flexibility. We have the opportunity to work on poses of interest to you as your practice grows. This class is ideal for those who wish to combine the traditional benefits of yoga and modern exercise.

6:15 p.m. to 7:30 p.m.
Wednesday
\$56 Member
\$63 Non-Member
\$10 Drop-in fee

Session #1: Jan. 11, 18, 25, Feb. 1, 8, 15, 29 (No February 22)

Code: 2012.130

Session #2: March 7, 14, 21, 28, April 11, 18, 25 (No April 4)

Code: 2012.131



Summer Playground Director

One part-time position is available Monday-Friday. Hours vary, 20-30 hours per week. This person is responsible for planning the weekly schedule as well as being the on-site lead for the staff, parents and participants. This person is also responsible for providing leadership and direction to youth ages 5-11 in an outdoor recreation setting. Background in childcare/elementary education/parks and recreation is helpful but not necessary. Will begin accepting applications immediately, application deadline is April 30.

Summer Playground Staff

Part-time positions are available Monday-Friday. Hours vary, 20-30 hours per week. Responsible for providing leadership and direction to youth ages 5-11 in an outdoor recreation setting. Background in childcare/elementary education/parks and recreation is helpful but not necessary. Will begin accepting applications immediately, application deadline is April 30.

Warming House

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

Victoria Lions Park 8339 Victoria Drive
Monday-Friday: 4 p.m. to 8 p.m.
Saturdays: Noon to 8 p.m.
Sundays: Noon to 7 p.m.

Special Hours of Operations:

Non-school days: Noon to 8 p.m.
December 22, 23: Noon to 8 p.m.
December 26-30: Noon to 8 p.m.
January 2, 23: Noon to 8 p.m.
December 24, 25 and January 1 Closed

At this skating rink there are two sections, one for hockey players and one for leisure skaters. Please be respectful of all users.

The ice is not skateable:

- When the actual or wind-chill temperatures reach -15 degrees or colder.
- If more than 1 inch of snow accumulates on the ice when maintenance crews are not available.

For Rink or Warming House Closures please call (952)443-4260. If you would like to call the Warming House and talk to a Warming House Attendant during open hours with questions please call (952) 913-5708.

The City of Victoria is not responsible for items that are lost or stolen.

Descriptions:

Power Pilates Mat: Strengthening and stretching, with particular attention paid to the core muscles. The result is a fantastic workout for the entire body. It includes work with dumbbells, body bars, the balance ball and traditional floor exercises fused with the Pilates Method. This class is for men and women of all ages and fitness levels. Instructor: Linda

Cardio Fusion: Do you want to have fun while getting a great workout? This interval aerobic class allows participants to do low-impact aerobics combined with resistance work using dumbbells, body bars and the step. It is 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, this is the class for you! Instructor: Linda

***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

***Boot Camp:** Are you up for the challenge? If so, then Boot Camp is calling your name! This athletic-based workout includes cardiovascular and strength training drills and will be sure to make you sweat! Instructor: Mandy

***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

Peak 8 Fitness Protocol: This protocol is a modified version of "Tabata: Supra-Aerobic Cardio" created by Izumi Tabata. With only 20-25 minutes two times a week you can turn your body into a fat-burning super engine. Class is 45 minutes long and will start out with a warm-up including functional training (stretching and mobility work). Remaining 15 minutes of class will include resistance training. This class is for everyone and all ages; however, if you have any questions about "heavy panting" while doing aerobic exercise, seeing your doctor first is recommended. It is also recommended that this regimen be done two times a week, so participants will be encouraged to arrange one similar workout a week on their own. Instructor: Linda

Senior Functional Fitness Training: This 45-minute class is for people 50 and older or for anyone who has been ill and wants to gradually get back into an effective exercise regimen. Functional training warm-up is followed by a gentle cardio session, resistance and floor work on a mat.

(Since being able to get down on and up from the floor is a real health safety issue, participants will work on this activity). Your instructor has 18 years experience working with senior exercise. If you have any questions about exercising, speak with your doctor. Instructor: Shelly

Complete Body Conditioning (CBC): This fusion class is a progressive strength and conditioning training class combining top methods with circuit-style movement and muscle conditioning drills taught using resistance bands, medicine balls, weighted bars, and free weights. The ultimate muscular sculpting, conditioning, and toning experience designed to target the entire body. Instructor: Shelly

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.				Complete Body Conditioning (CBC)		
8:15 a.m.	Peak 8 **		Cardio Fusion**		Cardio Fusion**	Peak 8 **
9 a.m.						Power Pilates Mat
9:15 a.m.	Body Sculpt*		Boot Camp*		Cardio Crazy*	
10:15 a.m.		Senior Functional Fitness Training**				
6:30 p.m.		Power Pilates Mat				
7:15 p.m.	Butts & Guts					

If a drop-in class is cancelled it will be posted at the VRC front desk.

Class schedule runs Jan. 2-April 30

*Indicates that daycare is provided during these classes.

**Indicated that the class is 45 minutes in length. All other class are an hour in length.

Butts and Guts: This workout will target the lower half of the body along with the abs. Low weight and high repetition workout using free weights, medicine balls, and body weight. This workout narrows in on those trouble areas while also incorporating cardio to boost up metabolism and burn extra calories. Instructor: Shelly

COUPON

Join us for
one free
Drop-In
Fitness Class
at the
Victoria
Recreation
Center.

Coupon is only valid for
Drop-In Fitness classes
Valid Jan. 2-April 30, 2012



ECRWSS

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 are accepted. Make checks payable to the City of Victoria.

4. Fax (include credit card number and expiration date), mail, or drop off your registration form to: City of Victoria Parks and Recreation, 8475 Kochia Lane Victoria, MN 55386 Phone: 952-443-4255 Fax: 952-443-3482

Or register on-line at www.ci.victoria.mn.us

Participant	M/F	Age	Birthdate	Program Name	Program Code	Fee

Adult Participant or Parent/Guardian of Minor Participant First & Last Name _____

Street Address _____ City _____ Zip _____

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

Email _____ Special needs or requirements? _____

Pay by Credit Card: Visa Mastercard (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.