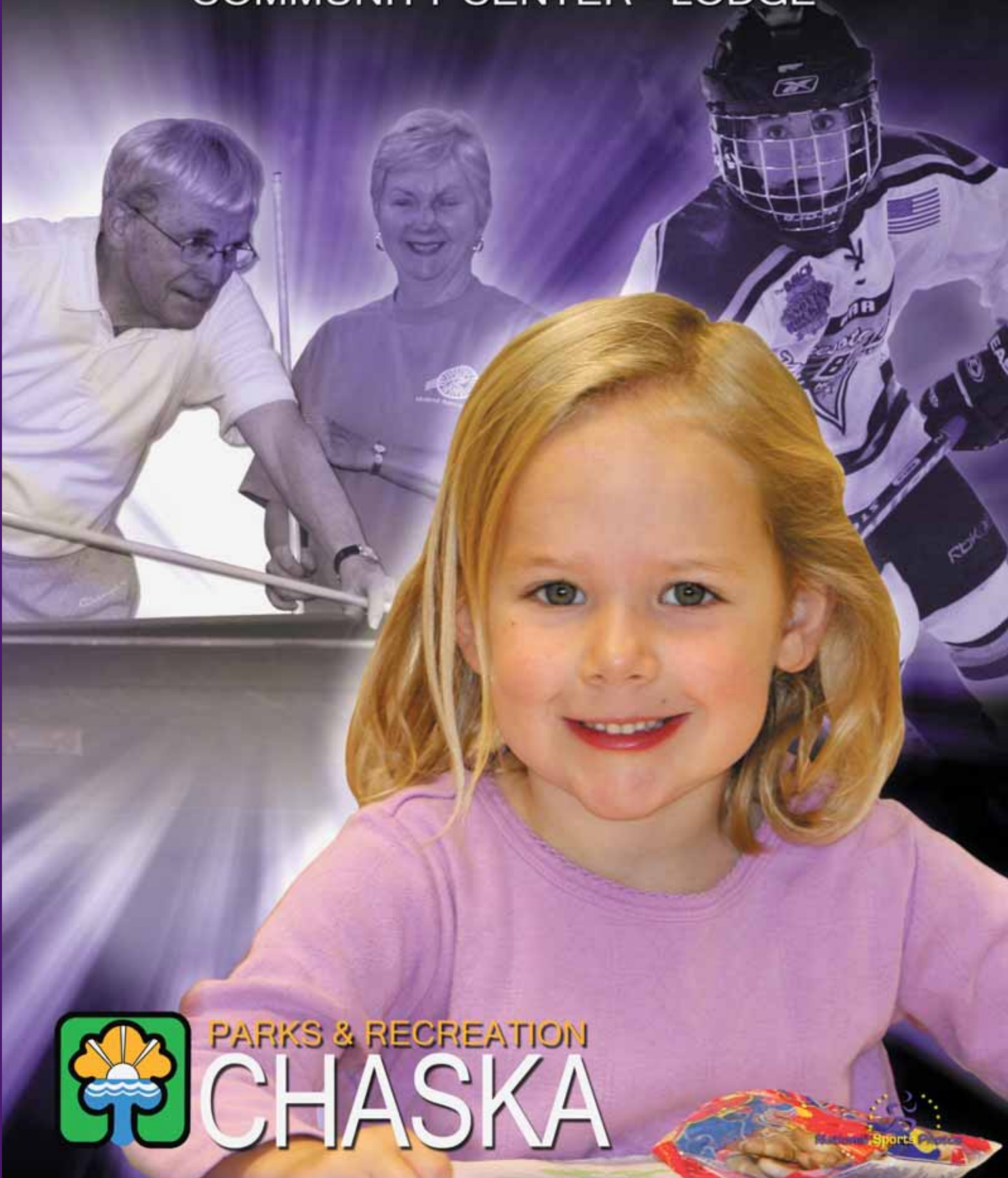




WINTER-SPRING 2008

COMMUNITY CENTER - LODGE



PARKS & RECREATION

CHASKA

Madison Sports Center



CHASKA VETERANS MEMORIAL 10K/5K

Saturday, May 17, 2008
CHASKA COMMUNITY CENTER

Also continued in this community gathering activity
Community Walk and Kids Fun Run!

Proceeds for this city of Chaska event will go towards
development of Chaska Veterans Memorial Park.



Registration opens January 1, 2008. Go to www.chaskacommunitycenter.com

This event is brought to you by St. Francis Rehabilitative Services, Chaska Public Works Department,
Chaska Police Department and the Chaska Park and Recreation Department

· Active Older Adult (AOA) Walking program see page 37 · Runners training program see page 28!

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Online Registration

To register for any of the classes in this newsletter, you must first request an account online. Simply follow the instructions below and wait for a reply via e-mail. The Chaska Community Center front desk staff can also assist you with your registration needs.

STEP 1: Visit our web site at www.chaskacommunitycenter.com.

STEP 2: Click on the button labeled "Online Registration "

STEP 3: Click on the button labeled "Request Account."

STEP 4: Fill out and submit account information.

STEP 5: Once you receive your account approval and ID number, you may proceed to register for desired programs. (Account processing usually takes one business day.)

1. Please submit your request only once. Provide your own information; do NOT use the information of a child you wish to register.
2. You cannot proceed with the registration process until you receive your Customer ID via e-mail. An accurate email account is required to complete the registration.

If you need assistance while setting up your account, please contact Emily at (952) 448-3176 ext. 7744.

Chaska Park and Recreation Department and Community Center Directory

DIRECTOR

TOM REDMAN
(952) 448-3176 ext. 7745
tredman@chaskamn.com

ASSISTANT DIRECTOR

KATHY SKINNER
(952) 448-3176 ext. 7747
kskinner@chaskamn.com

MEMBERSHIP

PATTY TOLLACKSON
Membership and
Office Manager
(952) 448-3176 ext. 7749
ptollackson@chaskamn.com

CUSTOMER SERVICE

EMILY WALSH
Front Desk Coordinator
(952) 448-3176 ext. 7744
ewalsh@chaskamn.com

TERESA DALMAN

Customer Service Rep.
(952) 448-3176 ext. 7761
tdalman@chaskamn.com

THE LODGE

KAREN L. CAMPBELL
AOA Specialist
(952) 448-2023
kcampbell@chaskamn.com

TREKS AND TRAILS PRESCHOOL

ANDREA TUCKER
Preschool Teacher
(952) 448-2009
atucker@chaskamn.com

PROGRAMMERS

MEGAN DRISCOLL
Assistant Programmer
(952) 448-3176 ext. 7741
mdriscoll@chaskamn.com

SARAH FOLEY

Aquatics Coordinator
(952) 448-3176 ext. 7746
sfoley@chaskamn.com

SUSAN MAREK

Fitness Coordinator
(952) 448-3176 Ext. 7780
smarek@chaskamn.com

AIMEE PETERSON

Recreation Coordinator
(952) 448-3176 ext. 7742
apeterson@chaskamn.com

JOAN SEEDORF

Recreation Coordinator
(952) 448-3176 ext. 7760
jseedorf@chaskamn.com

ICE ARENA

CHADD BENSON
Arena Manager
(952) 448-3176 ext. 7758
cbenson@chaskamn.com

SPECIAL SERVICES

JASON KIRSCH
Communications Coordinator
(952) 448-7731
jkirsch@chaskamn.com

JAIME WIEMANN

City Facilities Coordinator
(952) 448-3176 ext. 7748
jwiemann@chaskamn.com

MAINTENANCE

RON PIEPER
Maintenance Superintendent
(952) 448-3176 ext. 7750
rpieper@chaskamn.com

DAVE PETERSON

CCC Custodial Supervisor
(952) 448-3176 ext. 7753
dpeterson@chaskamn.com

KEVIN LINDGREN

Evening Maintenance/Custodial
(952) 448-3176 ext. 7771
klindgren@chaskamn.com

MADELEINE WALTERS

CCC Facility Supervisor
(952) 448-3176 ext. 7752
mwalters@chaskamn.com

Chaska Community Center

"Your Family Fun Gathering Place"

(952) 448-5633

www.chaskacommunitycenter.com

CCC General Open Hours:

Monday - Saturday 5:00 a.m. - 10:00 p.m.
 Sunday 9:00 a.m. - 9:00 p.m.

Holiday Hours:

December 24 5 a.m. - 3 p.m. (Pool closes at 2:30)
 December 25 Closed
 December 31 5 a.m. - 5 p.m. (Pool closes at 4:30)
 January 1 9 a.m. - 5 p.m. (Pool closes at 4:30)

The Lodge:

Monday - Friday 9:00 a.m. - 3:30 p.m.
 Tuesday, Thursday 5:00 - 8:00 p.m.

Family Days

The first Monday of each month is family free day. Chaska resident families are admitted FREE and non-resident families receive one free admission with one paid admission. Children must be accompanied by an adult family member to receive this special. Family free day admissions apply to lower level only. Call ahead for open times.

Bring a Friend Day

On the first Thursday of each month Chaska Community Center members may bring a friend (one friend per member) as their guest at no charge.

Batting Cage Opens January 27!

The supervised baseball and softball (fast and slow pitch) hitting will be available by making an advanced reservation. Reservations can be made in 15-minute increments by calling the front desk (952) 448-5633 ext. 0.

Hours: Monday-Friday, 7:00 - 9:00 p.m.
 Saturdays, Noon - 6:00 p.m.
 Sundays, 10:00 a.m. - 4:00 p.m.

Cost: \$4 Member; \$6 Non-Member

The batting cage is run as a fundraiser for the Chaska Youth Softball Association.

(952) 448-5633

Open Swim *You MUST wear only swimsuits in the pool!*

Monday, Wednesday, Friday 1:00 - 4:55 p.m.
 Tuesday, Thursday 1:00 - 4:30 p.m.
 Saturday, Sunday 1:00 - 4:55 p.m.
 Monday - Thursday 7:00 - 8:30 p.m.
 Friday, Saturday 6:00 - 9:00 p.m.
 Sunday 6:00 - 8:30 p.m.

Water Slide

Monday - Thursday 7:00 - 8:30 p.m.
 Saturday, Sunday 1:00 - 4:55 p.m.
 Friday, Saturday 6:00 - 9:00 p.m.
 Sunday 6:00 - 8:30 p.m.

The rope swing will be in operation periodically during the water slide hours. When the rope swing is not available, the diving platform will be open.

Lap Swim

Monday, Friday 5:00 a.m. - 12:50 p.m. and 5:00 - 5:55 p.m.
 Tuesday - Thursday 5:00 - 9:20 a.m. and 10:40 a.m. - 12:50 p.m.
 Monday - Thursday 8:35 - 9:35 p.m.
 Saturday 5:00 - 8:50 a.m.
 Sunday 9:00 a.m. - 12:30 p.m.
 Saturday, Sunday 5:00 - 5:55 p.m.

Open Art

Wednesday 12:30 - 4:00 p.m.

Open Gym

At least one portion of the gymnasium will be available during the following times:

Monday 5:00 a.m. - 10:00 p.m.
 Tuesday 5:00 - 11:30 a.m. and 1:30 - 10 p.m.
 Wednesday 5:00 a.m. - 10:00 p.m.
 Thursday 5:00 a.m. - 10:00 p.m.
 Friday 5:00 - 11:30 a.m. and 1:30 - 10 p.m.
 Saturday 5:00 - 7:00 a.m. and 9:00 a.m. - 10:00 p.m.
 Sunday 9:00 a.m. - 9:00 p.m.

Open Skate

Monday, Wednesday, Friday 11:30 a.m. - 12:30 p.m.
 Wednesday, Friday 7:00 - 8:30 p.m.
 Saturday Noon - 2 p.m.
 Sunday 12:45 - 2:15 p.m.

Open Volleyball

Fridays 8:00 - 10:00 p.m.

Men's Open Basketball

Monday - Friday 11:30 a.m. - 1:30 p.m.
 Saturdays 7:00 - 10:00 a.m.

Men's Open Soccer

Wednesdays 6:30 - 9:30 p.m. (CMS - E Gym)

Daycare Hours (Daycare hours are subject to change)

Monday and Wednesday 9:00 a.m. - 3:00 p.m.
 Tuesday, Thursday, Friday 9:00 a.m. - 1:00 p.m.
 Monday - Thursday 5:00 - 8:00 p.m.
 Saturday 8:15 a.m. - noon

Chaska Community Center

Membership Information!

MEMBERSHIP TO THE CCC HAS NEVER BEEN EASIER OR MORE AFFORDABLE!

Yearly CCC Membership

Chaska/Carver Resident		Regular
\$169	YOUTH	\$228
\$230	ADULT	\$344
\$169	SENIOR	\$228
\$374	FAMILY	\$532

Monthly CCC Membership Rates

Chaska/Carver Resident		Regular
\$15.35	YOUTH	\$20.71
\$20.90	ADULT	\$31.25
\$15.35	SENIOR	\$20.71
\$33.96	FAMILY	\$48.33

Daily Admission

Any entry to the lower level of the Community Center necessitates a membership card or payment of a daily fee. A daily fee entitles you usage of the pool, gymnasium (during open times), cardio machines, strength equipment and the locker rooms. A separate fee is charged for open skating.

Chaska/Carver Resident		Regular
\$4.50	YOUTH	\$6.25
\$5.75	ADULT	\$7.50
\$4.50	SENIOR	\$6.25
\$17.00	FAMILY	N/A

CCC memberships have no enrollment or processing fees. We never have and we never will!

Annual Payment

This is actually your most economical way of paying for a CCC membership!

Corporate Membership

Any business or organization that purchases 10 or more memberships is afforded a very special CCC membership rate.

ACH Monthly Payment Plan

Have your monthly membership deducted automatically from your checking or savings account!

Utility Bill

Chaska residents have the very efficient way of paying for their CCC membership through their monthly utility bill statement.

Group Discounts

Bring your group to the CCC to swim or skate and receive ten percent off the regular admission rate! Come and have fun swimming or slide down our 110-foot water slide. You can brave the rope swing, soak in our whirlpool spas, or simply relax in the sauna. Also available is the gym for basketball or volleyball. We offer a track for running or walking, exercise machines, video games and much more! Call the Chaska Community Center at least seven days in advance to make your reservation at (952) 448-5633 ext. 7740.

Premier Membership

Get FREE day care, FREE group fitness classes, FREE indoor cycling classes, and FREE racquetball, with this special one of a kind CCC membership.

PREMIER RATES: Simply add \$400 to the cost of your membership or your monthly plan.

For more information on memberships call Patty at (952) 448-3176 ext. 7749.



Special CCC Membership Discounts

If you have insurance through either BlueCross BlueShield® of Minnesota, Medica®, or HealthPartners®, or UCare®, they will pay \$20 a month towards your membership! Simply sign up for a monthly membership using automatic bank deductions, work out at least 8 or 12 times a month (12 times a month for HealthPartners members), and get reimbursed \$20 a month. Monthly credits will appear on your health club statement two months after you meet the requirements of the program. Certain requirements apply for each plan.

BlueCross BlueShield®

Active members (at least 18 years old) of fully insured group plans and individual BlueCross and BlueShield of Minnesota plans like AwareCare are eligible. If you are a member of a self-insured group that's administered by BlueCross, you may also be eligible if your employer offers the program. A maximum of two qualifying adults per household can participate in the program and each can receive the \$20 discount.

HealthPartners®

Any HealthPartners member with medical coverage through an individual or participating group plan, and/or a HealthPartners or Regions Hospital employee, AND age 18 or older (limit two participants per household), is eligible.

Fit ChoicesSM by Medica®

Sign-up for Fit Choices by Medica and get a \$20 monthly credit toward your health club membership. Eligible Medica members who exercise eight or more times each month at the Chaska Community Center will receive one \$20 credit per month. To find out if you are eligible for Fit Choices by Medica, call Medica Customer Service at (952) 945-8000 or 1-800-952-3455. For more information on Fit Choices by Medica go to www.medica.com and click on the Fit Choices by Medica link.

UCare Activity Network

UCare Activity Network is a fitness program for UCare Senior members who belong to Chaska Community Center. Eligible UCare members who exercise eight or more times each month at the Chaska Community Center will receive up to \$20 credit per month.

SilverSneakers® for Active Older Adults

Medicare eligible Active Older Adults with Humana or Medica supplemental health insurance may qualify for a FREE CCC Membership. With a SilverSneaker membership, AOAs can enjoy the amenities at the CCC and also attend our popular SilverSneakers classes at no charge! Call Susan Marek at (952) 448-3176 ext. 7780.

*Any questions can be
directed to Patty
Tollackson,
Membership Coordinator,
at (952) 448-3176 ext. 7749.*

See Chaska Community Center membership sale on back page.

Special Events!

GRANDPARENTS AND ME “Under the Sea”

SUNDAY, JANUARY 27

Calling Grandmas, Grandpas, and kids of all ages! Let Underwater Adventures Aquarium bring “Minnesota’s ocean” to you with the interactive presentation – Discover Sharks! The presentation includes live animals! You will have a rare opportunity to touch a real shark. Spend the afternoon together at the Chaska Community Center. Following the shark show, participate in family activities including games, crafts, and snacks! Register online at chaskacommunitycenter.com or at the CCC front desk. Cost is per person.



Date: Sunday, January 27
Time: 2:00 p.m.
Place: Chaska Community Center
Cost: \$4 per person

TOT TIME Sweetheart Dance

FRIDAY, FEBRUARY 8

For children ages 6 and under and their families.

Children under 1 are free.

Bring your family and friends to the Tot Time Sweetheart Dance. Designed for preschoolers and their parents. Do the Hokey Pokey and dance along with other fun children’s music by a local DJ. Refreshments will be served. Space is limited – register online!

Co-sponsored by the Chaska and Chanhassen Parks and Recreation Departments.

Date: Friday, February 8
Time: 6:30 - 8:00 p.m.
Place: Chaska Community Center
Cost: \$3 per person (parents and children), children under one are free.

VACATION IN CHASKA

March 24 - 28

(No school - District 112)

Not going anywhere for Spring Break? Join us for some fun filled adventures throughout the week. We will be exploring recreational activities in the CCC and some adventures off site as well. See page 16 for details.

Skate with Santa & Zeus the Moose!

Join in the fun and go ice skating with Santa Claus and the CCC Mascot, ZEUS the MOOSE! The arena concession stand will be open and rental skates will be available.

DATE: Friday
December 21
TIME: 7:00 - 8:30 p.m.
COST: FREE for Members
\$3 Adults
\$2 Students



BEACH BASH AT THE CCC

FRIDAY, MARCH 14

It may still be cold outside, but things are heating up at the CCC! Put on your shades and your hawaiian shirt and be a part of this family beach bash. We will play beach games, eat snacks, and jump in the CCC jump castle. Show us your limbo skills or participate in the hula hoop contest. Summer tunes provided by Tuxedo.

Date: Friday, March 14
Time: 5:30 - 7:30 p.m.
Place: Chaska Community Center
Cost: Free



Garden Tea Party

Grandmas, mothers and daughters of all ages, come and enjoy a special tea party at the CCC. Dress in your finest and we will provide the rest. The morning will include crafts and tea treats. Register at the CCC front desk or online.

Date: Saturday, April 12
Time: 10:30 - 11:30 a.m.
Cost: \$4 per person



NOW OPEN!



Preschool for kids ages 3 to 5 · 952-448-2009

Sponsored by the City of Chaska

Treks and Trails Preschool

Come join the Fun and learning right here at the CCC at the new CCC TREKS and TRAILS preschool! A world of learning awaits!

REGISTRATION FOR 2008 -09 SCHOOL YEAR BEGINS JANUARY 14

Come and explore with us at Treks and Trails. We bring fun and learning together. The Treks and Trails program follows an innovative hands on curriculum with materials, experiences and teaching methods that will embrace the development of the whole child. Each class will have the opportunity for story time, arts, dramatic play, science, sports and much more. Field trips, gym time and playroom time at the CCC are also specials that the children will get to participate in.

TREKS AND TRAILS MISSION: *To establish a place within our community to embrace the whole child and introduce them to social, emotional, physical and cognitive growth.*

STORY TIME · MUSIC · DRAMATIC PLAY · SCIENCE
SPORTS CLASS · ARTS · FIELD TRIPS
GYM TIME · SPECIALS · FAMILY NIGHTS · COOKING · MORE!

Teacher ratio is 1:10, Maximum class size is 20
(All teachers meet and exceed the state licensure standards)

Pick up a Registration packet at the Chaska Community Center or download at chaskacommunitycenter.com/ccenter.

The Treks and Trails preschool has dedicated rooms in the lower level of the Lodge. Visit our website at: www.chaskacommunitycenter.com.

3 year olds

Children must be 3 by September 1 of the school year.

This class will focus on creating positive first learning experiences. The curriculum will cover social, fine and gross motor skills, music, arts and academic skills. (All children must have independent bathroom skills.)

Date: Tuesday and Thursday

Time: 9:00 - 11:30 a.m. OR
12:30 - 3:00 p.m.

Cost: \$105/Month Member; \$135/Month Non-member



4 and 5 year olds

Children must be 4 by September 1 of the school year.

This class will begin to prepare your child for kindergarten. The curriculum will focus on kindergarten readiness academic skills as well as music, arts, social, fine and gross motor skills.

Date: Monday, Wednesday and Friday

Time: 9:00 - 11:30 a.m. OR 12:30 - 3:00 p.m.

Cost: \$135/Month Members; \$175/Month Non-members

Field Trips and Other Specials

The preschoolers will have the opportunity to go on quarterly field trips (additional charges may apply) as well as experience the Chaska Community Center amenities like the gym and theater.



ANDREA TUCKER is our lead preschool teacher/coordinator. Andrea has an early childhood education degree from the University of Madison and has over 7 years of preschool teaching experience.



SANDY JANSEN is our assistant preschool teacher. Sandy has worked with the City at the Community Center for over 5 years. She has taught numerous preschool classes for the park and recreation department.



CHASKA COMMUNITY CENTER

Playroom and Day Care

Playroom

Jump, Slide, Build, Imagine...

Have fun in our one of a kind Playroom.

You can slide down the many slides, explore through tunnels, and jump into a colorful ball pit. The playroom is a great place for social play which is an essential part of healthy development. Child must be accompanied by an adult.

COST

Member: \$2 per child (ages 1+), unlimited time, adult free

Non-Member: \$4 per child (ages 1+), unlimited time, adult free

Day Care

The Chaska Community Center day care is a positive and fun environment for children to enjoy while parents are participating in activities at the Community Center.

Scheduled time is allowed in the playroom and is supervised by the day care staff. Come and check out our new computer stations and many other imaginative toys we have to offer.

Enjoy the convenience of on-site drop in care. *Care is provided for children beginning after their first immunization (around 6 to 8 weeks) thru 8 years of age.*

DAY CARE HOURS

Monday and Wednesday: 9:00 a.m. - 3:00 p.m.

Tuesday, Thursday and Friday: 9:00 a.m. - 1:00 p.m.

Monday - Thursday: 5:00 - 8:00 p.m.

Saturday: 8:15 a.m. - noon

Hours are subject to change

COST

3.00/hour for Members

3.60/hour Non-Members

Free for Premier Members

Before and After Class Care

Not quite done with that aerobics class in time to pick up your child, then we have the service for you. . .

If you (the parent) are in the building and would like us to bring your child to the day care for service after any of our preschool classes, please let the instructor know and we will walk your child to the day care. If you would like to attend the day care before class, please let the day care staff know and they will escort your child to class when it begins. (A fee will be charged at the day care for the time spent there.) Free for Premier Members.

(952) 448-5633



HEY PARENTS

*Take some time off,
you deserve it!*

MOM'S/DAD'S MORNING BREAK

Do you need a break from your little ones? Let us watch the kids as you enjoy a morning break to do whatever you want, finish those errands, clean the house, or just have coffee with a friend. We will have arts and crafts time, stories and songs, tot time gym fun, and play in the play castle or at the CCC Park. Snacks will be provided.

Dates and Themes:

January 22 Penguins

February 26 Space

March 11 Bugs

April 22 Kingdom

Ages: 1 to 6 years old

Time: 9:00 a.m. - 12:00 p.m.

Cost: \$15 Member per class

\$20 Non-Member per class

PARENTS NIGHT OUT

Need a night away from the kids? Bring them to the CCC as you go out for an evening of fun. We will have a pizza dinner, go swimming or play in the play room, play games, make arts and crafts, and watch a video on the big screen. Make sure they bring their swimsuits and towel. You can drop your kids off at 5:30 p.m. and pick them up by 10 p.m.; Dinner will be at 6 p.m., Swimming/ Playcastle from 7 - 8 p.m. and movie from 8:30 - 10 p.m. Children must be between 1 and 10 years old. Kids ages 1 to 5 will play in the Playroom while the kids ages 6 to 10 go swimming.

Dates: Fridays

January 18, February 22, March 7, April 18

Time: 5:30 - 10:00 p.m.

Cost: Per Friday; You may sign up for one or all

Members: \$21 for one child.

\$16 per child for families with multiple children attending, you must sign up each child under multiple children.

Non-Members: \$26 for one child.

\$21 per child for families with multiple children attending, you must sign up each child under multiple children.

Preschool Tot Time

TOT TIME ADVENTURES

Ages 2 to 6 years

A parent and child class filled with crafts, games, story time, snacks and more! Each theme includes leisure activities for parents and children to share. Programs generally last one hour. Fees are per child, parents free. Pre-register, space is limited to 60 kids.

Time: 9:30 a.m.

Cost: \$4.50 Member

\$6.00 Non-Member

Snowflakes and Snowman

Wednesday, January 23

Come on in and hibernate with us as we explore the winter like never before. You will create your own very special snowman, make sparkly snowflakes, and have an indoor snowball fight and a special hot cocoa treat!

Be My Valentine!

Thursday, February 14

It's time for a Valentine's party! We will make fun valentine crafts, pin the arrow on the heart have heart theme snacks and much more! So come on in to the CCC and please will you "Be my Valentine!"

Eggstra Special Easter Party!

Tuesday, March 18

Come one come all to the tot time indoor Easter egg hunt. The Easter bunny came early and has left eggs on the CCC turf for us to collect. Be sure to bring your basket to fill up. We will make crafts, play games, and have a fun treat that will make it a party to remember!

Wonderful World of DISNEY

Saturday, April 5

Join us as we enter the wonderful world of Disney. We will venture thru fairy tales as we make crafts, play games and have a very special visit from "Mickey Mouse" Parents don't forget to bring your camera and kids, be ready for a very magical tot time ad venture.

Moms, dads, and pre-schoolers – gather together for some enjoyable leisure play and educational opportunities! Art Time as well as Pool Fun Time will be supervised by qualified city staff members, but each child must be accompanied by an adult at all times. Pick up a current Tot Time calendar at the Chaska Community Center front desk. All tot time hours are subject to change.

TOT TIME WINTER SCHEDULE

EVERY MONDAY

Art Time

9:30 - 11 a.m. • Wet Craft Room (Noontime December 24 and December 31)
Children and parents will be introduced to a variety of activities centered around an arts and crafts project with music.

Pool Fun Time

10:45 a.m. - 12:45 p.m. • Leisure Pool

Take advantage of the warm water and shallow depth of the leisure pool. Parents must be in the water within an arms reach of their children for added safety. Sorry, older siblings over the age of five are not able to attend. Swimsuits are required by all.

EVERY TUESDAY

Gym Fun Time

9 - 11 a.m. • Upper Gym

Special tot toys provided for climbing and crawling. Excellent opportunity for socializing and play.

EVERY WEDNESDAY

Skate Fun

9 - 10 a.m. • Ice Arena

Great chance for pre-school age kids to try skating. A few small skates are available for rental for \$2.

EVERY THURSDAY

Gym Fun Time

12 - 2 p.m. • Upper Gym

Special tot toys provided for climbing and crawling. Excellent opportunity for socializing and play.

EVERY FRIDAY AND SUNDAY

Pool Fun Time

10:45 a.m. - 12:45 p.m. • Leisure Pool

Take advantage of the warm water and shallow depth of the leisure pool. Parents must be in the water within an arms reach of their children for added safety. Sorry, older siblings over the age of five are not able to attend. Swimsuits are required by all.

TOT TIME FEES:

Parents get in free with children!

Member: Free

Non-Member: Daily Admission

DAY CARE
AVAILABLE
FOR SIBLINGS.
SEE PAGE 9.



KINDERMUSIK is the premier music readiness program for the young child. It makes music a joyful and natural part of your child's life with an emphasis on singing, rhythm activities and movement. Music encourages early

learning and creativity in your child. Because so much of your child's cognitive, sensory, and physical development occurs by age 7, Kindermusik includes a three-stage curriculum that complements your child's own timetable for learning. Kindermusik brings the joy of music and movement to the lives of children, allowing them to explore their world through music. Joyful participation in music is a natural part of a child's life. Young children have a natural desire to move and be active and to spontaneously sing and dance. Early musical experiences can nurture a child's freedom of self-expression, stimulate imagination, promote self-esteem and foster a delight in learning. Instructor Leslie Hercules.

AWAY WE GO

18 months to 3 years

Parents or caregivers accompany children and participate in this class. Children learn what comes naturally to them – music and movement. Classes meet once a week for 14 weeks. There are four different non-sequential courses that involve singing, vocalizing, dancing and exploring rhythm instruments. The 30-minute sessions are filled with songs the young child relates to and gives parent and child a shared musical experience. A family packet, which includes two CDs, two storybooks, a rhythm instrument, and a carry bag, will be purchased from the instructor for \$50 (plus tax). Max. 12. A different curriculum will be offered each semester.

14 Week Session

Dates: Mondays
February 4 - May 19
(No class February 18, March 24)

Time: 10:00 - 10:30 a.m.

Dates: Tuesdays
February 12 - May 20
(No class March 25)

Time: 10:00 - 10:30 a.m.
10:45 - 11:15 a.m.

Dates: Wednesdays
February 13 - May 21
(No class March 26)

Time: 5:30 - 6:00 p.m.
6:15 - 6:45 p.m.

Cost: \$99 Member; \$115 Non-Member

TOYS I MAKE, TRIPS I TAKE

3 1/2 to 5 1/2 years

This is a four-semester, non-sequential program. In this unit, children will experience a variety of adventures, including a toy store scene, different music and rhythms on our travels and journeys. This curriculum combines a remarkable blend of music, singing, movement, literature and pretend play to create an inspiring classroom experience. Children will play an active and expressive role during every class, by reflecting, comparing, making choices, expressing opinions, solving problems, singing, acting and creatively moving. Materials include two CDs, Kindermusik instrument, two movement and music books, an interactive toy and a family activity book. To help carry it all, a colorful Imagine That! backpack has been created as an optional accessory for your child. Parents are encouraged to join the last 10 minutes of the 40-minute class. Materials will be purchased from the instructor for \$52 or \$58 (plus tax) with backpack. A different curriculum will be offered each semester. Max. 12.

14 Week Session

Dates: Mondays
February 4 - May 19
(No class February 18, March 24)

Time: 10:45 - 11:25 a.m.

Dates: Tuesdays
February 12 - May 20
(No class March 25)

Time: 11:45 a.m. - 12:25 p.m.

Dates: Wednesdays
February 13 - May 21
(No class March 26)

Time: 7:00 - 7:40 p.m.

Cost: \$112 Member; \$139 Non-Member

MUSIC THERAPY

Julia A. Johnson, M.T. graduated from the University of Wisconsin-Eau Claire with a Bachelor of Music Therapy degree. Music Therapy differs from music education because its goals are not musical skills, but rather life skills, focusing on elements that will improve the client's life as a whole. For example, think of how you learned the order of the alphabet with the ABC song, or think of how music can lift your spirits and give you energy and a feeling of accomplishment. Music Therapists use the power that music possesses in order to help others reach their maximum potential in all areas of their life.

For private music therapy call Chaska School of Music at (952) 448-5656.

Ages 3 to 5 years

Dates: Tuesdays
April 15 - June 3

Time: 7:00 - 7:30 p.m.

Ages 5 to 10 years

Dates: Tuesdays
April 15 - June 3

Time: 7:30 - 8:00 p.m.

Cost: \$58 Member
\$72 Non-Member

8 Week Class



Preschool Programs



GIGGLES 'N' WIGGLES 18 months to 3 yrs
Bring your little tyke and join us for a class full of fun as children and parents participate in tumbling, hula-hoops, balloons, jump rope, parachute, safety cones and more. We'll practice listening skills, sing and perform action songs, learn counting, colors and more. Max: 12. Instructor: Colleen Goodrich.

Day: Fridays
Session I: January 11 - February 15
Session II: February 22 - April 11
(No class March 21 and 28)
Time: 10 - 10:30 or 10:45 - 11:15 a.m.
Cost: \$37 Member; \$50 Non-Member
Place: CCC Gym

LITTLE RASCALS ROUND UP Ages 2 to 3
Join us in the upper gym for pint-sized super silly fun. We will strike up a band, have story time, and pull out the sports equipment. Big fun for little ones! Instructor: Colleen Goodrich Max:16, 8:1 Ratio

Day: Wednesdays
Session I: January 9 - February 13
Session II: February 20 - April 2
(No class March 26)
Time: 9:30 - 10:15 a.m.
Place: CCC Gym
Cost: \$37 Member; \$50 Non-Member

GOOD SPORTS!

Age 3
"If you are 3, this is where you need to be!" Utilizing sports equipment as well as stories and music, Good Sports! will emphasize participation, sportsmanship coordination and large muscle development as well as counting, colors, numbers/letters and listening. Each week we'll creatively learn about a different sport. Instructor Colleen Goodrich. Max. 16. Ratio 8:1

Day: Mondays
Session I: January 7 - February 11
Session II: February 18 - April 7
(No class March 24 or 31)
Time: 9:30 - 10:15 a.m.
Place: CCC Gym
Cost: \$37 Member; \$50 Non-Member

LITTLE TIGER

Ages 3 to 6
An exciting class for children to learn basic self-defense and martial arts skills while developing coordination and flexibility with their peers. Basic kicks, punches and strikes are taught through a variety of exercise and fun games. This program promotes focus, discipline and respect—great personal tools to carry into the future. 6 weeks.

Day: Thursdays
Dates: February 7 - March 13
Time: 11:30 a.m. - 12:10 p.m.
Cost: \$60 Member; \$75 Non-Member

MINI LEAGUE SOCCER

Ages 4 to 6
It's here! A specifically designed league for your little kicker. Your child will learn the basics of soccer in a fun, creative atmosphere on the CCC Turf. Short, low-key games will be played and each child will receive a team T-shirt. Maximum: 36

Dates: Wednesdays, April 9 - 30 (4 weeks)
Times: 9:30 - 10:30 a.m.
Cost: \$25 Member; \$34 Non-Member
Place: CCC Turf

KIDS IN THE KITCHEN

Ages 4 to 6
Join us as we delve into the delicious kid friendly recipes that the chefs will want to make again! Through cooking kids can learn nutrition, organization, and many other important skills. Each week we will create a new recipe, learn about a new kitchen utensil and put into practice a kitchen safety tip. And of course we will get to sample our new creations. The chefs will create a new cookbook to take home.

Day: Tuesdays
Evening: January 8 - 29
Times: 10:00 - 10:45 a.m.
Cost: \$27 Member; \$35 Non-Member

SPRING TRAINING T-BALL

Ages 4 to 6
Just like the big guys, we've created a spring training season for your little slugger. Your child will learn the basics of t-ball in a fun, creative atmosphere on the CCC turf in Arena 1. Short, low-key games will be played and each child will receive a team t-shirt. Maximum: 36

Dates: Wednesdays, May 7 - 28 (4 weeks)
Times: 9:30 - 10:30 a.m.
Cost: \$25 Member
\$34 Non-Member
Place: CCC Turf

LIL' SPORTS STARS

Ages 4 to 6
Run, kick and jump in this fun 6-week introduction to sports. Our instructors will creatively teach skills, teamwork and fair play. Maximum: 18.
Session I: Hockey, Lacrosse, Gymnastics;
Session II: Track & Field, T-ball, Soccer

Day: Tuesdays
Session I: January 8 - February 12
Session II: February 19 - April 1
(No class March 25)
Times: 6:30 - 7:15 p.m.
Where: CCC Gym

Day: Wednesdays
Session I: January 9 - February 13
Session II: February 20 - April 2
(No class March 26)
Times: 10:30 - 11:15 a.m.
Cost: \$37 Member; \$50 Non-Member

CHASKA SCHOOL OF MUSIC

Offering private 1/2 hour lessons in traditional piano, Suzuki violin, viola, cello, as well as traditional strings. Guitar, voice, oboe, clarinet, trumpet, flute, French horn and trombone lessons are also available. Contact: Leslie Hercules at (952) 448-5656.

TOT TIME SWEETHEART DANCE

at the Chaska Community Center
Friday, February 8, 6:30 - 8:00 p.m.
Ages 6 and under

Bring your family and friends to the tot time sweetheart dance. Designed for preschoolers and their parents. Do the Hokey Pokey and dance along with other fun children's music by a local DJ. Remember your camera! Refreshments will be served. Space is limited, register online today! \$3 per person (parents and children), children under age one free. Co-sponsored by the Chaska & Chanhassen Park and Recreation Departments.

New! Jam Pack Saturdays

Join us one time a month for a super Saturday sports event. Hurry – space is limited.

Ages: 4 to 7
Place: CCC Upper Gym
Time: 10:15 a.m. - 12:15 p.m.
Cost: \$12 Member; \$16 Non-Member

SLAP SHOT FLOOR HOCKEY

Saturday, January 26

Like the fast paced game of hockey? Then this is the program for you. We'll start off with a skills clinic and move on to a variety of games and contests including passing, shooting, and puck movement. A round robin tournament will wrap up the morning. Maximum: 24

HOOP IT UP BASKETBALL

Saturday, February 23

Grab your sneakers and join us for a morning of basketball fun! We'll work on skills then play a variety of games and contests including dribbling, shooting and passing. We will end the morning with a round robin tournament. Maximum: 24

SHOOT AND SCORE SOCCER

Saturday, March 8

Indoor soccer is where its at in the winter! A variety of contests and games will help us teach your little dribbler the basic skills of soccer. We'll learn to pass, dribble, and shoot while having fun! A fun round robin tournament will wrap up the morning activity. Maximum: 24

Once Upon A Star PRESENTS:



Be Belle's Guest!

Ages 3 to 6 years (parent and child class)

Once Upon A Star invites you to a Beauty and the Beast pizzazz party! In full Belle costume, Kim Maxwell will lead the party with flannel board games, ribbon dancing & a bookmark craft. Choose your favorite body jewels & Belle will apply them on your cheek! Children - please dress for an enchanted party and don't forget to bring the camera!

Date: Friday, January 11
Time: 1:00 - 2:00 p.m.
Cost: \$9 Member; \$12 Non-Member (No charge for parents)



Fairy-Fab Fun with Tinkerbell

Ages 3 to 6 years (parent and child class)

Come join Tinkerbell from Once Upon A Star and become a 'fairy' for the day! Guests will wear sparkly wings & skirts provided for this party! Hair-fun will include fairy-glitter dust from Tinkerbell! We'll play magical games & create a fairy-wand craft! Don't forget your camera for this fairy-fabulous event!

Date: Friday, April 11
Time: 10:00 - 11:00 a.m.
Cost: \$9 Member; \$12 Non-Member (No charge for parents)

Once Upon a Star is owned and operated by Kim Maxwell. Kim was an educator for 10 years before becoming a children's entertainer. Kim has been entertaining at malls, special events and for many cities parks and recreation departments.

(952) 448-5633

AbraKadoodle

Winter Art Fun and Spring Spectacular

For Twoosy/Threesy's and Mini-Doodlers

Abrakadoodle is a special art program developed for children age 2 to 12. Our winter session is filled with all new projects and art lessons. Children will develop their creativity through imaginative lessons in our unique classes. Each lesson introduces children to new techniques and artist's styles. Children will create unique masterpieces using tempera paints, markers, oil pastels, clay and other art materials. Most projects are framed.

TWOOSY/THREESY'S WINTER ART FUN AND SPRING SPECTACULAR

Age 23 to 48 months

A special art class just for toddlers and their parents (or helpers). Little fingers will experience all kinds of art materials. In these fun winter and spring sessions we will once again have all new lessons. Session I will include Sand turtles, model magic faces, a special valentine project, and more. Winter Session II will include a wonderful watercolor lesson, dragonfly doodle, a model magic lesson and more.

Session I: Fridays, Jan. 18 - Feb. 15

Session II: Fridays, Feb. 29 - April 11
(No class March 21 and 28)

Time: 9:30 - 10:15 a.m.
Cost: \$62 Member; \$80 Non-Member

MINI DOODLER WINTER ART FUN AND SPRING SPECTACULAR

Ages 3 to 5

A special art class developed for young children. At AbraKadoodle we believe children develop their creativity through imaginative lessons. In these fun winter and spring sessions we will once again have all new lessons. Session I will include sand pictures, model magic faces, a special valentine project, and more. Winter Session II will include a watercolor project, Dragonfly doodle, a model magic lesson and more.

Session I: Fridays, Jan. 18 - Feb. 15

Session II: Fridays, Feb. 29 - April 11
(No class March 21 and 28)

Time: 10:30 - 11:15 a.m.
Cost: \$62 Member; \$80 Non-Member

Twist and Tumble

CCC PRESCHOOL GYMNASTIC PROGRAM

Join us in this fun, preschool gymnastics program in a kid friendly atmosphere! Play games, sing songs, and learn gymnastics skills on our kid-sized equipment. Our trained and experienced coaches will keep classes exciting and fast paced while your child learns on the uneven bars, vault, balance beam, trampoline, mats and more! Questions regarding the program or class placement can be directed to Martha Althaus, Gymnastics Coordinator at (952) 448-5633 ext. 7757.



CLASS DESCRIPTIONS

Tumble Mites

Ages 2 to 3

For beginners who aren't quite ready to take an organized class without their parent. Designed to teach parent and child beginning gymnastic techniques, coordination, balance, music play and agility. 1:8 ratio.

Tumble Bugs

Ages 3 to 4

For beginners with little or no gymnastic experience. 1:5 ratio.

Tumble Bunnies

Ages 4 to 5

For beginners with little or no gymnastic experience. 1:5 ratio.

Tumble Bears

For those gymnasts with some gymnastics experience who have passed the Tumble Bunny Class. 1:8 ratio.



Class Schedule and Fees

Mondays (6 Weeks)

Member/Non-Member

Session I: January 7 - February 11

Session II: February 18 - March 31 (No class March 24)

(1) 6:00 - 6:30 p.m.	Tumble Mites	\$43/\$56
(2) 6:00 - 6:45 p.m.	Tumble Bugs	\$43/\$56
(3) 6:45 - 7:30 p.m.	Tumble Bugs	\$43/\$56
(4) 6:45 - 7:30 p.m.	Tumble Bunnies	\$43/\$56

Thursdays (6 Weeks)

Session I: January 10 - February 14

Session II: February 21 - April 3 (No class March 27)

(5) 10:00 - 10:45 a.m.	Tumble Bugs	\$43/\$56
(6) 10:45 - 11:30 a.m.	Tumble Bunnies	\$43/\$56
(7) 6:00 - 6:30 p.m.	Tumble Mites	\$43/\$56
(8) 6:00 - 6:45 p.m.	Tumble Bugs	\$43/\$56
(9) 6:45 - 7:30 p.m.	Tumble Bunnies	\$43/\$56
(10) 7:00 - 8:00 p.m.	Tumble Bears	\$50/\$65



Chaska School of Dance!



Registration

To reserve placement for your child, contact Mary Pieper, Director, Chaska School of Dance at (952) 873-6781.

Visit our website at:

<http://members.aol.com/ChaskaDance>

The Chaska School of Dance is an independent business that leases space at the CCC.

"IN THE ZONE"

For the performer who wishes to channel their talents into the signature style of jazz and lyrical in a complete picture of the dancer shown in full frame. Includes salsa and swing.

GET ON BOARD!

The Chaska School of Dance will be celebrating our annual spring recital and community appearances with the theme "Lets Rock this Town". We also provide various dance workshops throughout our season with professional groups from college national dance-line champions to professional actors/dancers from the Twin Cities area as enrichment programs.

BEGINNING TAP TO ADVANCE TAP

Technique creative traditional and jazz tap routines.

JAZZ, FUNK, HIP-HOP

Dance to some of the hottest moves hitting the dance floors today. Our style includes the energy and excitement found in many of the "Top Ten" rock tunes! VIBES!

DANCE-LINE TEAMS

Programs accommodating individuals who wish to develop skills and gain experience for future dance-line production, cheerleading and dance. The team enables its members who choose to participate in school athletics and/or after school activities to also be a participant in a performing dance line team with flexible and weekly rehearsals.

"A TOUCH OF CLASS"

Our fine arts curriculum will focus on the elegance and tradition of ballet for our students who wish to channel their talents in the areas of Ballet, Modern, Lyrical, and Pointe.

ADULT JAZZ - ADULT TAP CLASSES

Fun-filled classes will introduce adults of all dance skill levels to the Broadway style of Jazz and Tap Dance. The 8 week class will focus on basic technique, style, rhythm, and a flair for the dramatic. Choreography taught will be incorporated into full routines. No previous dance experience required. Get ready for a "dance bash!" All ages - young and old welcome.

"LOOK MOM, I'M LEARNING TO DANCE" PRESCHOOL PROGRAM

Tip-Toe Tapping, Petite Ballerinas, Junior Jazzers, and Pom-pom Puffs are all part of our creative curriculum of movement and music.

STARPOWER COMPETITION TEAM

As our dancers grow, some of their ambitions grow as well. For ages 14 and up.

LADYSLIPPERS COMPETITION TEAM

As our dancers grow, some of their ambitions grow as well. For ages 14 and up.

Classic Gymnastics

2885 Water Tower Place, Chanhassen, MN 55317 • (952) 368-1909 • www.classicgym.com



Come join the fun! Classic Gymnastics is a state of the art, climate controlled, 26,000+ square foot facility.

Our club is guided by two philosophies: First is ensuring a safe environment. We have state-of-the-art equipment and strict coach to gymnast ratios. Second, our gym stresses the importance of building confidence and self-esteem while improving physical fitness and skills.

We Believe in: Positive reinforcement, corrective instruction, and more positive reinforcement. Encouraging children to learn new skills and push the limits of their personal envelope of achievement. Praise instead of pressure. Progressive development through encouragement.

For class information check out our web site at: www.classicgym.com

Not going anywhere for Spring Break? Join us for a

VACATION IN CHASKA!

March 24 - 27: Each day, Experience a New Adventure!

Children ages 9 to 11 must have a parent in the building. Children under 9 must be accompanied by an adult. No registration necessary.

Monday, March 24: Skates and Floats!

Come for open skate at the CCC and you can get a root beer float for 50¢.

Time: 11:30 a.m. - 12:30 p.m.
Place: Arena II
Cost: Free for Members, \$2 for Non-Members

Skate
with
Zeus!



Tuesday, March 25: Hawaiian Swim!

Come to the CCC for a Hawaiian open swim!

Time: 1:00 - 4:55 p.m.
Cost: Free for members, reduced rate for youth non-members wearing Hawaiian, \$2 for residents, \$3.50 for non-residents. (If you are not dressed Hawaiian, you will pay the regular open swim rate). No registration necessary.

Wednesday, March 26:

Turf and CCC Jumper!

Join us for a special open turf time and a chance to jump in the CCC jumper. Bring your own equipment (no stick play allowed) and come out for a good time

Time: 10:00 a.m. - Noon
Place: Arena 1
Cost: Free; No registration is necessary.

Thursday, March 27: Mega Movie!

Join us for pizza, pop, and a movie. We will be watching a movie on a large screen in the CCC Community Room. No registration is necessary. Come and bring your friends too!

Time: 11:30 a.m.
Place: Community Room
Cost: Movie is free; pizza is \$2 per slice

Prairie Fire
Theater Camp
for kids 7 to 16.
See details on
page 19.

No School Day Adventures!

Ages 6 to 12

Join the cities of Chaska, Chanhassen and Eden Prairie and their park and recreation department for two fun filled non-school day adventures. Each day will be filled with fun activities and a special outing. All activity prices include: chaperones, lunch, transportation, ticket and admissions, and an afternoon snack. Both days activities run from 8 a.m. to 4 p.m. with a 1:10 ratio chaperoned by the cities Park and Recreation staff. All activities begin and end at the CCC. Register on line at www.chaska-communitycenter.com. Call Aimee at (952) 448-3176 ext. 7742 with any questions.

Time: 8:00 a.m. - 4:00 p.m.
Cost: \$38

winter break adventures

THURSDAY, DECEMBER 27

SNOW TUBING AND CHUCK E. CHEESE

We will travel to Elm Creek park for Snow Tubing (they make snow and have designated snow tubing runs) then we will head to the famous Chuck E. Cheese in Maple Grove for pizza lunch and arcade games. Dress warm and join the fun. Sign up today, space is limited.

FRIDAY, DECEMBER 28

SKATEVILLE AND SWIMMING

Join us as we travel to Skateville for some skating fun. We will have a hot dog lunch at Skateville then we will head to the CCC for some swimming. Make sure to have socks, swimsuit and a towel; parents relax the rest is covered. Space is limited.

New No School Day Youth Classes

ABRAKADOODLE

An imaginative art program for kids. Abrakadoodle introduces children to a wide variety of art materials, art techniques and different artist styles.

For kids ages 5 to 11

WILD WACKY ANIMAL ART

We'll paint, sculpt, draw and learn about some of our favorite animals.

Date: Monday, January 21
(no school district 112)
Time: 9:00 - 11:30 a.m.
Cost: \$30 Member; \$37 Non-Member

NATURE ART

New nature projects for the nature lover

Date: Friday, February 29
(no school district 112)
Time: 9:00 - 11:30 a.m.
Cost: \$30 Member; \$37 Non-Member

SPONGE BOB DAY

Do you like Sponge Bob and cartoons? This is the class for you. We'll paint an underwater scene with Sponge Bob, create our own cartoon and watch a Sponge Bob movie and more at this fun day camp.

Date: Friday, March 28
(no school district 112)
Time: 9:00 - 11:30 a.m.
Cost: \$30 Member; \$37 Non-Member

New HIGH SCHOOL MUSICAL PARTY!

Ages: 5 to 12
"We're all in this together!" Wanna learn to dance like Troy & Gabriella? We'll teach you! Learn the choreographed dance routines that you saw in the awesome movie! Our fun begins with a red/white CRAZY HAIR style for all! (East High's School Colors!) We'll bead an "E-A-S-T H-I-G-H" backpack clip, get a HSM tattoo, and have a "Design a Wildcat" contest. More surprises included with this SWEET party! Taught by "Once Upon a Star"

Date: Monday, March 31
(no school day)
Time: 1:00 - 2:30 p.m.
Cost: \$17 Member
\$21 Non-Member

Youth Programs

WINTER CLAY WORKSHOP

Ages 5 to 14
December is a great time to make decorations for the home and Holidays. We will make snowflakes, reindeer and clay trees.

Date: Saturday, December 15
Time: 10:30 - 11:30 a.m.
Cost: \$25 Member
\$33 Non-Member

WHEEL THROWN TEEN

Ages 13+
A great class for youth to come in and explore seasonal clay projects on the wheel and hand-built. Come on in and wear old clothes, we get messy!

Session I: Wednesdays
January 9 - 30
Session II: Thursdays
February 21 - March 13
(4 weeks)
Time: 6:00 - 7:30 p.m.
Cost: \$75 Member
\$95 Non-Member

CLAY PLAY POTTERY WORKSHOP

Ages 5 to 12
Come in and fight off those winter blues. Come join a two-day workshop to make clay animal sculptures and decorative bowls. We make the pieces and glaze them each day. Wear old clothes, we get messy.
Instructor: Kathleen Theship-Rosales

Date: Saturdays
Session I: January 12 - January 26
Session II: February 9 - 23
Session III: March 8 - 22
Time: 10:30 - 11:30 a.m.
Cost: \$30 Member/Session
\$38 Non-Member/Session



Pottery Birthday Parties

Are you looking for something different for your child's birthday party? Kathleen Theship-Rosales has created individualized pottery projects that are perfect for your next party! Projects may include painting tiles, individualized mugs, clay sculptures and more! If you are interested please call Kathleen at (952) 361-9691 or email at krosales@earthlink.net. Kathleen will help you coordinate a date. After a date is coordinated you will be responsible for reserving the Wet Craft Room at the CCC front desk. Room rental is \$10 per hour for CCC members and Chaska residents and \$15 per hour regular rate. Cost of the pottery party is \$15 per child for clay, glazes, instruction and firing (minimum five children). Pieces will need to be picked up at a later date. Estimated project time is 30 - 40 minutes.

AMERICAN RED CROSS BABYSITTING CLINIC

This American Red Cross class is for youth age 11 and older. It prepares a babysitter for what every parent wants, including safety, basic child care, safe play, first aid and critical emergency action steps. Upon completion of the course a certificate is issued. Cost includes babysitting handbook, certification and instruction. You only need to attend one session. **Instructor:** Shelly Nahan

Session I: Monday, January 21 (No school day)
Time: 8:00 a.m. - 1:30 p.m. (Please bring lunch)

Session II: Saturday, March 1
Time: 8:00 a.m. - 1:30 p.m. (Please bring lunch)

Session III: Monday and Tuesday, April 21 and 22
Time: 6:00 - 8:30 p.m.



Youth Athletics



CHASKA INDOOR SOCCER

Kindergarten to Grade 5

Join us for an exciting winter season of indoor soccer. Teams will be formed and games will be played each Saturday. Team t-shirts will be provided to all participants. Boys and girls grades Kindergarten to Grade 5 are encouraged to participate. Emphasis will be placed on having fun and learning the game of soccer. Games will be played at Chaska Elementary School and Chaska Middle School-East.

Registration Deadline: January 1 (\$10 late fee after this date - if space permits)

Dates: Saturdays
January 19 - February 23 (6 weeks)
Cost: \$33 Member; \$41 Non-Member

CHILDREN'S TAE-KWON-DO

Ages 6 to 16

We know you can never get enough piece of mind when it comes to your child's safety. Your child will have fun punching and kicking to their heart's content, making friends, building self-confidence and learning self-defense. Classes are on-going and are paid for on a monthly basis.

Instructor: Chad Figg

When: Mondays and Thursdays
Time: 6:00 - 7:00 p.m.
Cost: \$30 Member (8 classes)
\$40 Non-Member (8 classes)
Place: Chaska Community Center



WE NEED YOUR HELP!

Our programs are operated with volunteer coaches (limit of 2 coaches per team). The volunteer coaches do a wonderful job and cannot be properly compensated for their efforts. At the end of season, volunteer coaches will receive 1/2 off their child's participation fee in the form of a credit voucher as a thank you for their help. Please pay the full amount when you register. (Non transferable/non refundable.)

YOUTH RACQUETBALL INSTRUCTIONAL LEAGUE

Ages 10 to 18

This will be a four-week instructional league. Each weekly session will be broken down into half instruction, and half playtime.

Youth League I: For beginners who want to learn the basics of the game.

Youth League II: For the little more experienced player who has taken Youth League I and wants to learn more about technique, strategy and positioning.
Ampro-Certified Instructor: Brian Phillips

Session I: Tuesdays, January 8 - 29
Session II: Tuesdays, March 4 - April 1
(No class March 25)

Time: Youth League I: 6:00 - 7:00 p.m.
Youth League II: 7:00 - 8:00 p.m.
Cost: \$35 Member
\$47 Non-Member

CHASKA YOUTH INDOOR GOLF LESSONS

Grades 3 to 8

Are you ready for spring? Grab your golf clubs and come on over to the Chaska Community Center's artificial turf arena for golf lessons specially designed for kids and young adults! Have fun learning the FUNDamentals of putting, chipping and sand play while playing games and participating in drills. We will have friendly competitions playing mini putt and chipping courses set up by the golf instructors. Bring your clubs if you have them, or call (952) 448-3176 to reserve a set for class. Instructors: PGA Golf Pro Jeff Rydland and CHS Golf Coach Pam Schmillen.

Dates: Sundays, March 16, April 6, 13
Time: 1:15 - 2:15 p.m.
Place: CCC Arena I
Cost: \$45 Member
\$56 Non-Member

KIDS YOGA

Ages 7 to 10

Your kids can experience the benefits of yoga! This special class is designed with just kids in mind. This class will let children find balance, improve coordination, work on large motor movements, increase flexibility, build self-esteem and most importantly have fun! Several yoga poses will be practiced, such as Tree, Downward Puppy, and Butterfly. Join us for this fun class!

Dates: Saturdays, February 2 - March 8
(6 weeks)
Time: 10:00 - 10:45 a.m.
Cost: \$36 Member
\$46 Non-Member

YOGA CLUB

Ages 11 to 14

You've heard about yoga, now come and do it! Youth and yoga combine for a relaxed, yet physical practice of this ancient activity. A time for learning yoga postures, breathing and mindfulness. Bring your friends to this welcoming activity and discover amazing body movement and mind focus...and fun! Bring your own music CD and we will use it in our youthful yoga practice. Instructor: Susan Marek.

Dates: Tuesdays
January 8 - February 12
Time: 2:45 - 3:30 p.m.
Cost: \$24 Member
\$30 Non-Member

Children's Theatre

CHASKA COMMUNITY CENTER THEATER

Prairie Fire Children's Theatre

A Mid Summer Nights Dream

Catch the Fire! Prairie Fire Children's Theatre is coming to Chaska this spring. During the week of March 24, participants will practice and perform the original production of "Tom Sawyer." Two professional actors/directors from Prairie Fire will audition and cast local young adults ages 7 to 16, everyone receives a part! After rehearsing for five days, the cast will perform the play two times for the community. Participants experience the excitement of producing an original play, while working and learning together on a daily basis. Prairie Fire Staff come complete with everything needed to do the show; sets, props, costumes, make-up...everything but the children!



Auditions will be held Monday morning from 9:00 to 11:00 a.m. at the Chaska Community Center Theater. (Some children may need to stay after the audition to practice until about 1:00 p.m.) Schedules will be given at that time for the rest of the week. Rehearsals will be from approximately 9:00 a.m. to 1:15 p.m. (children bring a bag lunch), throughout the rest of the week, with performances scheduled for Friday evening at 7:00 p.m. and Saturday at 10:30 a.m. in the CCC

Theater. Children must be able to attend all rehearsals and performances. Tickets for the performances will be available at the CCC front desk Monday, March 24 at 9 a.m. The cost is \$3 for Adults \$2 for Children. Two (2) tickets are included in the cost of the participation fee. Please choose either the Friday or Saturday performance when registering.

Pre-registration is required. Registration for CCC members and Chaska/Carver residents begins January 8 online www.chaskacommunitycenter.com. On January 15*, non-residents may register for the program.

Dates: March 24 - 29

Who: Children ages 7 to 16

Where: CCC Theater

Cost: \$48 Member; \$62 Non-Member
(Cost includes two tickets)

*Any Non-Residents who register before January 15 will forfeit their registration.

The week-long Prairie Fire Children's Theatre residences are sponsored by the City of Chaska.



EXTREME KIDS

Registration begins March 1 for summer 2008,
and school year 2008-09

SCHOOL-AGE DAY CARE PROGRAM FOR KIDS WHO HAVE COMPLETED KINDERGARTEN THROUGH GRADE 5

Extrême Kids began as a summer recreational day care program for children in 2001. Since then we have added a full year program including after school care. The Extreme Kids program utilizes the Community Center and its many amenities including the pool, ice arena, turf arena, craft rooms, gyms, climbing wall, playground, splash pad and the new lower-level which has space dedicated to this program. These spaces create a unique atmosphere with many recreational opportunities for Extreme Kids to enjoy. Our staff provide an experience focusing on fun coupled with learning and socializing. Registration begins March 1 (packets available February 26). Pick-up a packet at the CCC or download online at www.chaskacommunitycenter.com.

SUMMER 2008 PROGRAM

Dates: Monday - Friday, June 9 - August 15
Time: 7:00 a.m. - 6:00 p.m.
Rates: Check website for specific pricing options including 5-day, 4-day, 3-day and drop-in rates
chaskacommunitycenter.com



EXTREME KIDS
located in the
lower-level of
The Lodge!

BEFORE AND AFTER SCHOOL YEAR PROGRAM

Now taking enrollment for 2007-2008.
2008-2009 enrollment begins March 1.
Also offering full day care on no-school days.
Transportation to local schools included.
Dates: Monday - Friday, duration of the school year
Times: 7:00 a.m. - School start; School end - 6:00 p.m.
Rates: See our rates online at
chaskacommunitycenter.com



Space is limited for both programs, registration is on a first-come first-serve basis. A registration fee is required to be considered. See registration packet for details.

Fun Activities

for youth ages 11 to 15!



JANUARY DODGEBALL TOURNAMENT

Welcome back! Ring in 2008 with a chance to challenge your friends in an action packed Dodgeball Tournament at the CCC! Register your team from 2:30 - 3:00 p.m. down in the Turtle Bay room. Tournament will start at 3:10 p.m. Teams can be co-ed and must have 6-8 players. There will be fabulous prizes for the winners and free refreshments for all participants. Who will be the reigning 2008 Champion?!

Date: Thursday, January 17
 Time: 2:30 - 3:00 p.m. Register Team
 3:10 - 4:30 Tournament
 Cost: FREE
 Place: Lower Gym

FEBRUARY SKATE

Don't miss this fun opportunity to skate for FREE with your friends! There will be games, prizes, snacks and more! We'll be playing your favorite tunes to add to the fun. It's 'cool' if you don't have your own skates, we have some to rent. Tell your amigos you're chillin' at the CCC!

Date: Wednesday, February 27
 Time: 2:30 - 4:15 p.m.
 Cost: FREE
 Place: Arena 1 and lobby
 Skate Rental: \$2

MARCH VOLLEYBALL TOURNAMENT

Join in this fun, interactive "Ace's Court" volleyball tournament. Co-ed teams of 3 will play for an allotted time earning points as you go. At the end of the time, awesome prizes will be awarded to the top three teams! Please register your team from 2:30 - 3:00 at the upper gym. You will receive the tournament rules and description at registration. There will be delicious free snacks for all participants and spectators.

Date: Wednesday, March 12
 Time: 2:30 - 3:00 p.m. Register Team
 3:10 - 4:30 Tournament
 Cost: FREE
 Place: Upper Gym

APRIL

SCAVENGER HUNT

Who knows the year the Chaska Community Center was built? How many birds are painted on the pool wall? Find out during the CCC Scavenger Hunt! Grab your team of 3-5 people, and with clues, riddles, and hints, collect the items, and join in the fun! There will be prizes, raffles, and refreshments to follow the 'hunt'!

Date: Wednesday, April 30
 Time: 3:00 - 4:30 p.m.
 Cost: FREE
 Place: Meet by the CCC playground
 (Rainout site: the Rainbow Room)

MAY DANCE OFF!

"Get your groove on" from 2:30 - 3:30 with all your friends, as DJ "Sun" plays upbeat dance songs! Sign-up for the dance off before 3:30, and find out who can dance and who "got served!" We will provide the music for the dance-off, but appropriate song suggestions will be taken. Stick around after 3:30 because we need your vote to determine the dancer with all the right moves. Super sweet prizes will be awarded and there will be FREE refreshments for all dancers and spectators!

Date: Thursday, May 29
 Time: 2:30 - 3:30
 "Get your groove on"
 3:30 - 4:30 p.m. - Dance Off!
 Cost: FREE
 Place: CCC Community Room and Sun Room

Skating Class Descriptions

Classes are 7 weeks, 1/2 hour per week

BEGINNER CLASSES

COST: \$44 Member, \$55 Non-Member

Beginner classes available for ages 3 to 7. Helmets are highly recommended (bicycle helmets are great) for beginners and youth under 6.

- Beginner 1** Beginning skater with no previous experience.
- Beginner 2** Skater is able to move around and keep fairly good balance.
- Beginner 3** Skater is able to get across rink without falling down.
- Beginner 4** Skater is able to skate forward, wiggle backward, get across rink, glide and stop

BASIC SKILLS CLASSES

COST: \$44 Member, \$55 Non-Member

- Pre-Alpha** Beginner skater (age 8 & up) with very little skating experience, able to skate forward.
- Alpha** Skater is able to skate forward, backward, stop and glide on one foot.
- Beta** Skater is able to do forward cross-overs, skate backwards, stop and glide on one foot.
- Gamma** Skater must be proficient at all skills in levels Pre-Alpha through Beta.
- Delta** Skater must be proficient at skills in levels Pre-Alpha through Gamma.

FIGURE SKATING*

COST: \$48 Member, \$60 Non-Member

- Freestyle 1-6** Start in Freestyle 1 and progress through each level. Learn jumps, spins, footwork and edges.
- Advanced Jump Class** Learn axels and double jumps. (Must be able to land all full jumps with speed/control.)
- Power High** Develop power, strength, and quickness to improve overall skating and enhance your freestyle moves. (Pre-Pre+)
- Power Low** Develop power, strength, and quickness to improve overall skating and and enhance your freestyle moves. (Beta & up)
- Jr. Figure Skating** Focus on figure skating, acquire skills necessary to enter Skating Academy figure skating program. (Beta and up)

HOCKEY SKATING CLASSES*

COST: \$48 Member, \$60 Non-Member

Sticks, gloves and helmet required (can be bicycle helmet).

- Hockey 1** Beginning hockey skaters learn 2-foot curves, proper stance, stopping. (Must complete Beg. 4)
- Hockey 2** Advance forward skating, backwards, turns, beginning hockey stops. (Must complete Pre-Alpha or Hockey 1)
- Hockey 3** Increase your speed, apply to turns, stops, starts, and back cross-overs. (Must complete Pre-Alpha or Hockey 2)
- Hockey 4** Develop power forward, backwards, learn advanced turns, and back stops. (Must complete Hockey 3)

ADULT CLASSES* - YOU'RE NEVER TOO OLD!

COST: \$48 Member, \$60 Non-Member

- Adult** Classes are customized to participants abilities and what you want to learn.

Skating

WAITING LIST

If the class you would like to register for is full, put your name on the waiting list or call Kristie at (952) 442-8490. We'll do our best to accommodate everyone.

Want weekday lesson times? See weekday skate lesson flyer.

*SPECIALITY CLASSES

Classes are 7 weeks, 1/2 hour per week, unless otherwise specified. Cost: \$48 Member, \$60 Non-Member

Chaska Ice Show 2008

Chaska Skate School and Chaska Figure Skating Club Presents:

Blazing Skates

SHOW DATES:

Saturday, March 8, 7 p.m.

Sunday, March 9, 2 p.m.

Practices:

February 20 - March 1

One Dress Rehearsal

Friday, March 7

and Cast party after the show!

Sunday, March 9

Two Shows:

March 8 - 9

Deadline: Dec. 30

Cost: \$45

Please note costume not included in registration cost.

Ice Show Groups

- 1 Beginner 1 - 3
- 2 Beginner 4 - Alpha
- 3 Beta - Delta
- 4 Freestyle 1 - 2
- 5 CFSC Pre - Pre
- 6 CFSC Pre +

For more information call Kristie at (952) 442-8490.

SIGN UP TODAY!

Outdoor Rinks

The Chaska Parks and Recreation Department and Chaska Public Works Department operate and maintain outdoor skating rinks at three different sites in the City of Chaska. Rink attendants are on duty daily, weather permitting, from late December through mid-February. Outdoor hockey rinks are available for public enjoyment at Community Park and Lions Park. Leisure skating rinks are at these sites in addition to behind the Carver-Scott Educational Cooperative.

Weekdays: 3:30 - 9:00 p.m.

Saturdays: 10 a.m. - 9:00 p.m.

Sundays: 1 - 9:00 p.m.

Rinks will be closed at 4 p.m. on Christmas Eve and all day on Christmas.

Lessons

Come Skate With Us!

Skate School Mission Statement: The Chaska Skate School staff is dedicated to providing a high quality program, and an enjoyable progressive skating experience that promotes lifetime health, fun, safety, fitness, a sense of ownership and belonging.



Looking for skating instructors to teach group ice skating lessons. If interested call Kristie Mitchell (952) 442-8490.

CHASKA SKATE SCHOOL LEARN TO SKATE PROGRAM

Winter: January 3 - February 19

Spring: March 10 - May 11

Classes offered: Monday, Tuesday, Thursday and Saturday

Registration opens:

Re-enrollment - December 3;

Open Enrollment - December 10

Register online or at the CCC front desk

Register at the Chaska Community Center or online at
www.chaskacommunitycenter.com

SEVEN WEEK PROGRAM

Fees: Beginner 1 - Delta
\$44 Member; \$55 Non-Member

Specialty Class Fees:
Hockey, Adults and Figure Skating (All Freestyle, Advanced Jump, Power High and Low, Synchro, and Skating Academy)
\$48 Member; \$60 Non-Member
Small Group Sessions (4:1)**
\$70 Member; \$85 Regular

Skate rental \$2.00/session
(limited sized and availability)

· Helmets are highly recommended for all beginner classes. Bicycle helmets ok.

· Remember mittens and a warm jacket that is easy to move in.

· Class times are subject to change depending on number of registrations.

· Call Kristie Mitchell at (952) 442-8490 for more information.

Daytime Skate School

Winter: January 8 - February 19

Classes offered: Tuesdays

Online Registration available beginning:

December 8 - Re-enrollment begins

December 15 - Open enrollment begins

Notes: Class times are subject to change depending on number of registrations. Four skaters minimum per class. Helmets highly recommended for beginners; also remember mittens and a warm jacket. Skate rental is available for \$2.

Cost: Beginner I - Beta

\$44 Member; \$55 Non-Member

Tuesday Classes (1/2 hour classes - 7 Weeks)

11:00 a.m.	2a	Beginner 1 (New skaters)
11:30 a.m.	2b	Beginner 2
12:00 p.m.	2c	Alpha - Beta
12:30 p.m.	2d	Beginner 4 - Pre-Alpha
1:00 p.m.	2e	Beginner 1 (New Skaters)
1:30 p.m.	2f	Beginner 2 - 3

MONDAY

January 7 - February 18

Class 6:00 p.m.

- 1 Beginner 1 SGL**
- 2 Beginner 2
- 3 Beginner 3
- 4 Beginner 4
- 5 Pre-Alpha
- 6 Hockey 3 & 4*

6:30 p.m.

- 7 Beginner 1
- 8 Beginner 2
- 9 Beginner 4
- 10 Pre-Alpha
- 11 Hockey 1*
- 12 Hockey 2*

7:00 p.m.

- 13 Beginner 1
- 14 Beginner 2
- 15 Beginner 3
- 16 Alpha
- 17 Beta

7:30 p.m.

- 18 Gamma/Delta
- 19 Freestyle 1*
- 20 Freestyle 2*
- 21 Freestyle 3*
- 22 Freestyle 4*
- 23 Freestyle 5*
- 24 Freestyle 6*
- 25 Advanced Jump*

TUESDAY

January 8 - February 19

Class 6:45 p.m.

- 26 Power - High*
- 27 Power - Low*
- 28 Jr. Figure Skating
- Bridge Class*

THURSDAY

January 3 - February 14

Class 7:00 p.m.

- 29 Beginner 1
- 30 Beginner 2
- 31 Beginner 3
- 32 Beginner 4
- 33 Pre-Alpha

7:30 p.m.

- 34 Beginner 1
- 35 Alpha
- 36 Beta
- 37 Gamma/Delta
- 38 Freestyle 1*
- 39 Freestyle 2*

SATURDAY

January 5 - February 16

Class 8:30 a.m.

- 42 Beginner 1 SGL**
- 43 Beginner 1 SGL**
- 44 Hockey 1*
- 45 Hockey 2*
- 46 Adults

9:00 a.m.

- 47 Freestyle 6*
- 48 Freestyle 5*
- 49 Freestyle 4*
- 50 Freestyle 3*
- 51 Freestyle 2*
- 52 Freestyle 1*
- 53 Beginner 2
- 54 Beginner 1

9:30 a.m.

- 55 Beginner 4
- 56 Pre-Alpha
- 57 Alpha
- 58 Beta
- 59 Gamma/Delta

10:00 a.m.

- 60 Beginner 1
- 61 Beginner 2
- 62 Beginner 3

*Specialty Classes: Hockey, Adults and Figure Skating (All Freestyle, Advanced Jump, Power High and Low, Synchro and Figure Skating Academy) are subject to a higher fee than other classes.

Skating Programs



Hockey Training

Breakaway Hockey and Acceleration West have partnered to provide the ultimate in hockey training for aspiring players. We are happy to announce that our Skating Treadmill and Dryland Training Facility is now open for individual and team training. Located at the Chaska Community Center in St. Francis Athletic Performance Center, this is the only facility in the state that offers somewhere off-ice Treadmill/Dryland training and 2 regulation sized hockey rinks. Players will experience the lasting benefits of participating in an on and off ice program that is dedicated to their long-term improvement. Our experience in athletics has taught us that there are no "quick fixes". Only dedication, effort and access to great instruction will allow each player to reach their potential.

Chaska Figure Skating Club (CFSC)

Chaska Figure Skating Club is dedicated to the advancement of figure skating in Chaska and offers figure skaters the opportunity to contract for practice ice year round, participate in exhibitions, provides private instruction, and multiple hours per week of figure skate and the opportunity to meet other skaters. For membership information, call Kristie Mitchell at (952) 442-8490 or Lori Willis at (952) 466-5674 or mamawilly@embarqmail.com.

Becoming a member entitles you to:

- U.S. Figure Skating Association membership
- Skating magazine subscription
- Participation in club sponsored exhibitions and social activities
- Contract for ice (ice fees not included)
- Opportunity to qualify for the spring ice show

Cost: \$45 Annual Individual
\$70 Annual Family Membership

Youth Hockey

Fun and skills for girls & boys! Looking for an activity to help your child improve self-esteem while learning valuable life skills and having fun at the same time? Youth Hockey may be your answer. The Chaska Community Hockey Association (CCHA) provides girls and boys in Carver, Chanhassen, Chaska, East Union, and Victoria with a value-centered athletic experience.

MINI-MITE PROGRAM (Age 5 to 6)

Introduction to basic skills (skating, puck handling, passing, and shooting).

MITE PROGRAM (Age 7 to 8)

Introduction to basic skills and team play.

SQUIRT PROGRAM (Age 9 to 10)

Skill development and learning how to compete. Come join the fun!

If you have questions or would like more information, please contact one of the following: Shawn McNeil: president@chaskahockey.org or Todd Daubenberger: president.elect@chaskahockey.org

Chaska Men's Hockey League

The Chaska Community Center is gearing up for the winter season of Men's Hockey. Games are played Sunday evenings beginning in December. Interested teams should contact Chadd Benson, Arena Manager at (952) 448-3176 ext. 7758.

Adult Open Hockey

Fridays, 10 - 11:15 p.m. AND
Thursdays 11:30 a.m. - 1 p.m.

\$5 per session, 1-1/4 hours of ice time, goalies free, no refunds. Full equipment required. This is to be fun "pond" hockey-no checking. (No skate November 23)

Womens Open Hockey

September - February

Mondays, 12:45 - 2:00 p.m. \$5.00 per person, 1 1/4 hour of ice time, goalies free, no refunds. Full equipment is required. This is to be fun "pond" hockey - no checking. (no skate December 24 and 31)

Youth Developmental Hockey

Geared for youth in developing their hockey skills. Full equipment is required and rough play is not allowed. Must be accompanied by a coach or adult. All players skate at own risk.

Dates: Mondays, September - February (No skate December 25)
Time: 6:00 - 7:15 a.m.

Dates: Fridays, September - February (No skate November 24)
Time: 7:15 - 9:00 a.m.

Cost: \$5 per person, pay at CCC front desk.

Developmental Ice

September - February

Date: Mondays
(No skate December 25)

Time: 6:00 - 7:30 a.m.

Dates: Tuesdays and Thursdays
(No skate December 25)

Time: 6:00 - 9 a.m.

Cost: \$5, pay at CCC front desk

Private Lessons Available:

20 min: \$18

30 min: \$24

Rock on Ice

Join us for these fun "themed" recreational skating events. All rock on ice events feature a special theme, a disco ball and great music to guarantee a fun night for all. There is a warm lobby for changing and all are welcome to attend. Cost: \$5 per skater, Saturdays:

• February 16, 8:00 p.m. • March 22, 7:15 p.m. • May 3, 7:15 p.m.

OPEN SKATE

Adults \$3; Youth \$2; Skate Rental \$2.00

Current Open Skate Times up to February 29

Wednesday 7:00 - 8:30 p.m.

Friday 7:00 - 8:30 p.m.

Saturday Noon - 2:00 p.m.

Sunday 12:45 - 2:15 p.m.

In addition to the above times, daytime open skate times are available

Monday 11:30 a.m. - 12:30 p.m.

Wednesday 11:30 a.m. - 12:30 p.m.

Friday 11:30 a.m. - 12:30 p.m.

*Additional holiday open skating time

December 26, 27, 28 and 31 11:00 a.m. - 12:30 p.m.

Swimming Programs

Swimming Programs

CCC POOL SCHEDULE · JANUARY 1, 2008!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 am		Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5:30 am		(5:00am-12:50pm)	(5:00-9:20am)	(5:00am-9:20am)	(5:00-9:20am)	(5:00am-12:50pm)	(5:00-8:50am)
6:00 am							
7:00 am							
8:00 am							
9:00 am	Lap Swim (9am-12:45pm) (2 lanes)	Lessons (9:15-10:15am)	Lessons (9:15-10:15am)	Lessons (9:15-10:15am)			
10:00 am	Special Olympics (9:30am-12:30pm) (2 lanes)		AOA Aqua (9:30-10:30am)	SS - SilverSplash (9:30-10:30am)	AOA Aqua (9:30-10:30am)		Lessons (9am-1pm)
11:00 am	Tot Time (10:45am-12:45pm)	Tot Time (10:45am-12:45pm)	Lap Swim (10:40am-12:50pm)	Lap Swim (10:40am-12:50pm)	Lap Swim (10:40am-12:50pm)	Tot Time (10:45am-12:45pm)	
12 pm							
1:00 pm	Open Swim and Water Slide (1-4:55pm)	Open Swim (1-4:55pm)	Open Swim (1-4:30pm)	Open Swim (1-4:55pm)	Open Swim (1-4:30pm)	Open Swim (1-4:55pm)	Open Swim and Water Slide (1-4:55pm)
2:00 pm							
3:00 pm							
4:00 pm		Lap Swim (5-5:55pm)					
5:00 pm	Lap Swim (5-5:55pm)	Lessons (5-7pm)	Lessons (4:45-7pm)	Lap Swim (5-5:55pm)	Lessons (4:45-7pm)	Lap Swim (5-5:55pm)	Lap Swim (5-5:55pm)
6:00 pm	Open Swim and Water Slide (6-8:30pm)	Aqua Combo (6-7pm)		Aqua Combo (6-7pm)		Open Swim and Water Slide (6-9pm)	Open Swim and Water Slide (6-9pm)
7:00 pm		Open Swim/ Water Slide (7-8:30pm)	Open Swim/ Water Slide (7-8:30pm)	Open Swim/ Water Slide (7-8:30pm)	Open Swim/ Water Slide (7-8:30pm)		
8:00 pm		Lap Swim (8:35-9:35pm)	Lap Swim (8:35-9:35pm)	Lap Swim (8:35-9:35pm)	Lap Swim (8:35-9:35pm)		
9:00 pm							
10:00 pm							

* Pool closed May 19 - 26 for annual cleaning and maintenance.

TOT TIME SWIM

Mondays, Fridays and Sundays
10:45 a.m. - 12:45 p.m.
Leisure Pool

Take advantage of the warm water and shallow depth of the leisure pool. Parents must be in the water with a swimsuit on, within an arm's reach for added safety. Sorry, siblings and children older than 5 may not attend.



LAP SWIM

Lap swim is for those 15 years and older who wish to water walk, water jog or swim laps continuously. No horseplay will be tolerated.

Please practice proper lap swim etiquette: be respectful of other swimmers and staff; share lanes when needed; circle swim; and put away any equipment used.

Please be aware that such programs as Special Olympics, swim practice, private swim lessons, and staff trainings may take place in the pool and pool area during this time.

chaskacommunitycenter.com

DIVE-IN MOVIES

Grab your friends and family and head to the pool for a movie and a lot of fun! Feel free to bring floatation devices to lounge on.

Open swim will end at 7:45 p.m. on these nights

Date: Saturdays, January 26, February 23, and April 5
Time: 8 - 10 p.m.
Place: Chaska Community Center
Cost: Members: FREE
Non-Member: regular admission

Learn to Swim

American Red Cross Learn to Swim Course Descriptions & Winter/Spring 2008 Swim Class Schedule

WINTER/SPRING REGISTRATION

On-line at www.chaskacommunitycenter.com or at the front desk of the Community Center.

Members Only: Dec. 10 - 16

(If you are a Non-Member and register during this time, you will forfeit your slot for the entire session.)

Non-Members: Begins Dec. 17

Register early! Registration closes on January 1 for Winter Session and March 10 for Spring Session.

Please Note:

Children must be members to register during the member time slot.

Cost: Group Rate (8 lessons)

\$40 Member

\$55 Non-Member

Adaptives (8 Lessons)

\$70 Member

\$85 Non-Member

SWIMMING LESSON START AND END DATES

DAY	WINTER SESSION	SPRING SESSION
Monday	1/7 - 2/25	3/17 - 5/12 (no class 3/24)
Tuesday	1/8 - 2/26	3/18 - 5/13 (no class 3/25)
Wednesday	1/9 - 2/27	3/19 - 5/14 (no class 3/26)
Thursday	1/10 - 2/28	3/20 - 5/15 (no class 3/27)
Saturday	1/12 - 3/1	3/15 - 5/17 (no class 3/22 & 3/29)

LEARN TO SWIM REGISTRATION REMINDERS

- Must be at least 4-1/2 to 5 years old to sign up for level 1. Anyone younger may sign up for a Parent-Child or Minnows class.
- Must be able to float without support for level 2.
- There must be a minimum of 6 registrants to hold a class.
- You may not register for a 2nd session until you complete the 1st.

PARENT CHILD

(6 months to 4 years)

This class is designed to introduce children to the water with an emphasis on safety in and around the water. Children work on kicking, floating, blowing bubbles, and more. Instructors will provide training to parents on how to assist their child in the development of swimming skills. Participation of a parent or other adult is required in water. Children must wear either swim diapers or snug-fitting plastic pants over diapers.

Monday Morning

6 to 24 mo. 9:15-9:45 a.m.
2 to 4 years 9:45-10:15 a.m.

Monday Evening

6 to 24 mo. 5:00-5:30 p.m.
2 to 4 years 5:35-6:05 p.m.

MINNOWS

For those 3 to 4-1/2 year olds who have completed a parent-child class and are ready to explore the water independently of their parents. All participants will need to be fully potty-trained and able to be separated from their parents and able to follow directions given by an instructor.

Monday Evening (1) 6:10-6:40 p.m.

Tuesday Morning (2) 9:15-9:45 a.m.

Wednesday Morning (3) 9:15-9:45 a.m.

LEVEL 1

(Must be at least 4-1/2 to 5 years old to register for this class!) This level orients children to the aquatic environment and teaches them through elementary skills, including front and backstroke, which can be built on for progression through the learn to swim program.

Tuesday Morning

(4) 9:45-10:15 a.m.

Tuesday Evening

(5) 4:45-5:25 p.m. (6) 6:15-6:55 a.m.

Wednesday Morning

(7) 9:45-10:15 a.m.

Thursday Evening

(8) 4:45-5:25 p.m. (9) 6:15-6:55 p.m.

Saturday Morning

(10) 9:00-9:40 a.m. (11) 9:45-10:25 a.m.

(12) 10:30-11:10 a.m.

LEVEL 2

This level builds on the fundamental aquatic locomotion, safety, and rescue skills of Level 1. Children will begin to perfect the front and back crawl in this level.

Tuesday Evening

(13) 5:30-6:10 p.m. (14) 6:15-6:55 p.m.

Thursday Evening

(15) 4:45-5:25 p.m. (16) 5:30-6:10 p.m.

(17) 6:15-6:55 p.m.

Saturday Morning

(18) 9:00-9:40 a.m. (19) 10:30-11:10 a.m.

(20) 11:15-11:55 a.m.

*If interested in a Level 2 on a weekday morning, please contact Sarah at (952) 227-7746.

LEVEL 3

This level builds on aquatic locomotion, safety, and rescue skills presented in Level 2 by providing additional guided practice. In addition, children will learn the fundamentals of the elementary backstroke and dolphin kick.

Tuesday Evening

(21) 4:45-5:25 p.m. (22) 5:30-6:10 p.m.

Thursday Evening

(23) 4:45-5:25 p.m. (24) 5:30-6:10 p.m.

Saturday Morning

(25) 9:00-9:40 a.m. (26) 11:15-11:55 a.m.

LEVEL 4

This level develops confidence and competency in aquatic locomotion, safety, and rescue skills presented in levels thus far. The children will also begin to learn the sidestroke, breaststroke, and butterfly.

Tuesday Evening

(27) 5:30-6:10 p.m.

Thursday Evening

(28) 5:30-6:10 p.m.

Saturday Morning

(29) 9:45-10:25 a.m.

(30) 10:30-11:10 a.m.

LEVEL 5

This level coordinates and refines the key strokes presented in levels thus far and introduces flip turns, surface dives, and survival swimming.

Tuesday Evening

(31) 4:45-5:25 p.m.

Saturday Morning

(32) 9:45-10:25 a.m.

LEVEL 6

This level reviews and perfects all strokes and skills presented at previous levels of the program, encourages good lifetime fitness habits, and teaches advanced rescue skills.

Tuesday Evening

(33) 6:15-6:55 p.m.

Saturday Morning

(34) 11:15-11:55 a.m.

ADULT

All levels welcome.

Thursday Evening

(35) 6:15-6:45 p.m.

ADAPTED AQUATICS LESSONS

Swimming and safety lessons for all ages and abilities with special needs. These are one-on-one lessons. Space and instructors are limited.

Saturday Morning

(36) 12:00-12:30 p.m.

Open Swim Guidelines for CCC Pool

In order to provide a safe and clean environment for all who use the pool area, please observe the following guidelines:

1. All customers using the swimming pools or spas must wear a swimsuit only! T-shirts, shorts, undergarments, or work-out clothes are not allowed in the water.
2. All children 5 and under must have direct in-water supervision by an adult over the age of 18. The adult must be in the water with a swimsuit on within arms reach at all times.
3. Children ages 6 to 8 years must have parent/guardian supervision within the CCC and pool area.
4. All customers wishing to use the pool or spas **MUST** take a soaking shower before entering the water. Please remove all cologne/perfume and makeup prior to swimming.
5. Flotation devices such as life jackets or water wings are allowed only with direct in-water supervision of an adult. No life jackets or water wings are allowed in the deep end or on the slide.
6. All regular diapers must be snug fitting with plastic liners over them. Swim diapers are highly recommended and are available for purchase at front desk.
7. Spa usage is limited to 5 per spa. The hot spa is limited to adults only. Parents/guardians must supervise their children (regardless of age) when using the warm spa. Bathing times may be regulated during busy times.
8. Spas are closed during swimming lessons.
9. Lap swim is scheduled for those customers over the age of 15 who wish to water walk, water jog, or swim laps.
10. No food or beverages are allowed in the lower area of the CCC. This includes the locker rooms and pool area.
11. No goggles or toys are allowed in the deep end of the pool or on the slide.

Safety & Lifeguard TRAINING

COMMUNITY FIRST AID

Following the American Red Cross guidelines, this course meets OSHA requirements for the childcare worker. Safety skills taught include recognition and treatment of injuries, and general first aid skills.

Dates: Wednesday, March 12
Time: 6:00 - 8:30 p.m.
Place: Chaska Community Center
Cost: \$28 Member
\$35 Non-Member

ADULT CPR

Learn the signs of a heart attack, how to care for a choking individual, and administer CPR to an adult. This course, in accordance with American Red Cross guidelines, includes skill testing as well as a written test.

Dates: Wednesday, February 13 and 20
Time: 6:00 - 8:30 p.m.
Place: Chaska Community Center
Cost: \$45 Member
\$55 Non-Member

CPR REVIEW

This course is designed for a person who is currently certified in CPR that needs annual renewal. Students will need to demonstrate CPR skills and take the American Red Cross written exam. Students are encouraged to review text books prior to class. Class size is limited.

Dates: Session 1: Saturday, March 1
Session 2: Saturday, April 26
Times: 10:00 a.m. - 1:00 p.m.
Place: Chaska Community Center
Cost: \$28 Member
\$35 Non-Member

WATER SAFETY INSTRUCTOR COURSE (WSI)

Pre-requisites: at least 16 years old; Level 6 swimming skills; mature and positive attitude; desire to teach children how to swim.

Dates: Saturday - Sunday
April 5 - 6, 12 - 13
Time: 10:00 a.m. - 5:00 p.m.
Place: Chaska Community Center
Cost: \$155 Member
\$185 Non-Member
(includes all books and materials)

LIFEGUARD TRAINING

Sign up now as space fills fast. Pre-requisites: at least 15 years old, be able to demonstrate Level 6 swimming skills, dependable and mature character, ability to swim 500 yards using front crawl and breast stroke, and be able to swim 25 yards with a 10 pound brick without the use of your hands. **PLEASE NOTE: NO REFUNDS WILL BE GIVEN TO PARTICIPANTS WHO DO NOT PASS PRE-REQUISITES.**

Session 1: Saturdays, February 2 - 23
Times: 10:00 a.m. - 4:00 p.m.
Place: CCC
Cost: \$150 Member
\$180 Non-Member



CCC Pool Rules

WATERSLIDE

Children must be 48" tall or pass a swim test to use the large yellow waterslide. Flotation devices of any kind and goggles are not allowed on the slide.

ROPE SWING

The rope swing will be in operation periodically during the waterslide hours. When the rope swing is not in operation, the diving platform will be open.

BASKETBALL

Water basketball will be available during evening open swims if the lap pool has low attendance. Baskets will not be available during afternoon open swims.

Health and Wellness Programs

KICKBOXING

(with gloves and pads)

Kick your health and fitness into gear. With kick boxing, you'll be able to reduce stress, develop an enjoyable cardiovascular workout, body sculpting, and build confidence. You'll learn development exercises from boxing, Muay Thai kick boxing, French Savate kick boxing and Bruce Lee's very own JunFan kick boxing to create an ultimately fit you. All drills are done in a safe, injury free environment. This course will benefit all students from non-martial arts (beginning) to serious martial arts (advanced). Kick boxing is a great way to have a fantastic cardio workout while focusing on upper and lower body coordination and skill. All gloves and pads are provided by the instruction group of MN Kali.

Dates: Thursdays
Session I: January 3 - February 7
Session II: February 21 - March 27
Time: 6:45 - 7:45 p.m.
Cost: \$42 Member
 \$54 Non-Member

BELLYDANCING

Bellydancing, or middle-eastern dance, is a beautiful way of expressing yourself through body movement. At the same time you'll be toning and strengthening all muscle groups, as well as achieving balance and coordination. Shimmies, figure eight's, undulations, snake arms, along with lyrical and locomotion steps will be some of the movements taught. Leggings, leotard, or yoga wear is appropriate; scarves, and belts if desired. Empty stomach is strongly recommended. Instructor: Mary McCarthy

Wednesday Evening Classes

Session I: January 2 - February 13
Session II: February 20 - April 2
Time: 6:45 - 7:45 p.m.
Cost: \$56 Member
 \$70 Non-Member

5K IN MAY!

Yes! You can run a 5K recreational race!! Join our running coaches and other beginning runners for training, motivation, and socialization. Our 7 week outdoor program will prepare the novice runner for a 5K race in May 2008. Registration information for local 5K events held in May will be available in your training packet.

Dates: Tuesdays and Thursdays
Session I: March 11 - May 1
 5:30 - 6:30 p.m. with Sarah Foley
Session II: March 11 - May 1
 9:30 - 10:30 p.m. with Colleen Goodrich
Cost: \$50 Member
 \$65 Non-Member

May 4 Bud Break 5K
U of MN Arboretum
 May 11 Race for the Cure 5K
Mall of America
 May 17 Veterans Memorial 10K/5K
Chaska

10K TRAINING

Are you ready for more distance? How about 10K (6.2 miles)? Gather a few running friends and we can train together starting in mid-March. Call Susan at (952) 448-3176 ext. 7780.

VETERANS MEMORIAL 10K/5K

Proceeds for this city of Chaska event will go towards development of Chaska Veterans Memorial Park. Also included in this community gathering activity, a Community Walk and Kids Fun Run! Registration opens January 1, 2008. Go to www.Chaskacommunitycenter.com Registration opens January 1, 2008.

Date: Saturday, May 17
 at the Chaska Community Center



Yoga Classes

BEGINNING HATHA YOGA

Increase vitality and refresh your mind by learning this gentle flowing style of Yoga. Yoga movements offer physical benefits, such as improving strength, flexibility and cardiovascular levels, while breathing exercises promote stamina and focus. (6 weeks) Instructor: Christy Rice

Date: Tuesdays
Session I: January 8 - February 12
Session II: February 19 - March 25
Time: 6:45 - 7:45 p.m.
Cost: \$48 Member
\$60 Non-Member

CONTINUING HATHA YOGA

Further your yoga practice by learning new and more challenging poses while continuing with relaxation and breathing techniques. (6 weeks)
Instructor: Christy Rice

Date: Tuesdays
Session I: January 8 - February 12
Session II: February 19 - March 25
Time: 5:30 - 6:30 p.m.
Cost: \$48 Member
\$60 Non-Member

See Kids Yoga on page 18

ASHTANGA (POWER) YOGA

This style of yoga is intended to build strength, increase flexibility, endurance and develop self-awareness. The flow of poses link breath with movement. The challenge of flow can be vigorous and physically demanding. Modified poses and rate of flow can accommodate students working at all levels. (7 weeks)
Instructor: Mary McCarthy

Date: Saturdays
Session I: January 5 - February 16
Session II: February 23 - April 5
Time: 8:30 - 9:30 a.m.
Cost: \$56 Member
\$70 Non-Member

CONTINUING ASHTANGA YOGA

A greater challenge for those ASHTANGA students with prior experience. The process of linking breath with a series of poses produces an intense internal heat and sweat. (7 weeks) Instructor: Mary McCarthy

Date: Wednesdays
Session I: January 2 - February 13
Session II: February 20 - April 2
Time: 5:30 - 6:30 p.m.
Cost: \$56 Member
\$70 Non-Member



Partner Yoga Workshop

Warm up your week with this fun workshop led by Christy Rice. Please join us for Partner Yoga where postures are done together. All you need is your breath and your partner, so bring a friend or your yoga buddy - no experience necessary! Partner yoga reaches beyond the individual to a deeper level of communication, trust and understanding. Find peace and connectedness as Christy guides you through poses and a few partner massage techniques ensuring you'll leave feeling relaxed and energized!

Date: Monday, February 4
Time: 5:30 - 7:00 p.m.
Cost: \$30/couple

Stott Pilates

ESSENTIAL MAT PILATES

This introduction to Stott Pilates is for those individuals who are new to Pilates based exercise or for those needing a review of the basics. This class will cover the five principles of the Stott method and a selection of exercises designed to lengthen and strengthen the core muscles of the body. Options will be offered to accommodate postural and physical limitations. Instructor: Peggie Zoerhof.
Minimum: 5

Date: Wednesdays (12 weeks)
January 2 - March 19
Time: 10:30 - 11:30 a.m.
Cost: \$96 Member
\$125 Non-Member

ESSENTIAL MAT PLUS

To register for Essential Mat PLUS, participants must have completed Essential Mat. This is the perfect class for those with postural or physical limitations; those who enjoy the benefits of Pilates but should not include the intermediate/advanced material in their workouts. We will maintain the flow and pace of the complete Essential workout PLUS add variety with flex-bands, Fitness Circles, and stability balls. Wear comfortable but not bulky clothes and bring a towel to class. Drop-ins are welcome at \$13 per class. Instructor: Peggie Zoerhof.
Minimum: 5

Date: Wednesdays (12 weeks)
January 2 - March 19
Time: 9:30 - 10:30 a.m.
Cost: \$96 Member
\$125 Non-Member

INTERMEDIATE/ADVANCED PILATES

This more challenging mat workout will utilize all the exercises from Essential Mat and will add more difficult, deep conditioning exercises. Because the work is progressive in nature, participants must have completed an introductory Essential Mat series.

Date: Thursdays (12 weeks)
January 3 - March 20
Time: 9:30 - 10:30 a.m.
Cost: \$96 Member
\$125 Non-Member

Personal Trainers

Highly qualified personal trainers are available to meet your personal needs at the Chaska Community Center. Each of the CCC personal trainers can custom fit your training needs to help you meet personal goals that relate to health and wellness. Whether you want to gain or lose weight, increase flexibility, improve muscle tone, or simply feel good about yourself, a personal trainer is an excellent means to help you be what you have always wanted to be. The Chaska Community Center has a wide variety of health and exercise components that can meet the needs of all individuals regardless of your beginning fitness status. Each session with the personal trainer of your choice lasts one hour. To talk to our personal trainers please leave a message at the phone number and extension indicated and they will promptly return your call. Purchase three package session to get a great start with your personal trainer and/or single sessions!

3 Session Package: \$120 Member; \$150 Non-Member
 Single Session: \$50 Member; \$60 Non-Member



KENDRA MAUS - (952) 448-5633 ext. 7767

Kenra knows the joy of reaching personal weight loss goals. She has a history in the fitness industry which includes running, strength training, swimming, yoga, dancing and more. She believes in finding a fitness program that fits an individuals lifestyle, making the journey enjoyable and celebrating the rewards. She'll help you make the right choices that will teach you to be mindful, have a better body image and live the healthy life you deserve. Kendra is a certified personal trainer with NETA.



CATHERINE TORNTORE - (952) 448-5633 ext. 7765

Catherine takes all of her energy and motivating force from her experience as a Group Fitness Instructor and brings it into focus on her individual clients as they work toward improved health and fitness! She leads her clients on their journey seeking joy in fitness and in achieving measurable results. Catherine has ten years experience as a group fitness instructor with certifications from ACE (Personal Training) and NETA (group fitness).



MISSY FRICK - (952) 448-5633 ext. 7764

NETA Certified Personal Trainer with over 20 years experience in the fitness industry teaching various fitness and weight training classes. Missy recognizes the importance of a commitment to fitness to enhance personal health and overall well-being. She believes a successful program should be simple, non-intimidating, and fun. She is motivational, energetic, and dedicated to the progress of her clients.



BEN WALKER - (952) 448-5633 ext. 7768

Ben is a certified member of the American Council on Exercise (ACE). As your personal trainer, Ben incorporates over 25 years of aerobic, cross training, and running experience along with an extensive background in weight and strength training. Ben's vision is to help each client develop a personalized workout program. Physical assessments, health history, and goals help to develop this personalized workout program, with an emphasis on educating the client in the area of self-motivation.

Women & Weights

Ladies, begin your strength training program with us. Build strength, confidence and bone density while training with friends. In these 4 week sessions, 3 to 4 women will work together with a CCC fitness trainer to begin a strength training program. Strength training groups will meet once a week for 30 minutes. Sign up on-line or at the CCC front desk. If your Women & Weights session is full, add your name to the waitlist and another session may be added.

TUESDAY MORNINGS

with Catherine Torntore

30 minute session start times:

8:55 a.m.

9:30 a.m.

10:05 a.m.

10:40 a.m.

4 week sessions:

January 8 - 29

February 5 - 26

March 4 - April 1 (no class March 25)

WEDNESDAY EVENINGS

with Kendra Maus

30 minute session start times:

6:30 p.m.

7:05 p.m.

7:40 p.m.

4 week sessions:

January 9 - 30

February 6 - 27

March 5 - April 2 (no class March 26)

Cost: \$35 Member

\$45 Non-Member

Strength Equipment Orientations

Learn correct use and technique of our Life Fitness Signature Series single weight stations and general operation of the cardio equipment at the CCC. Meet at the fitness desk in the Wellness Addition for this training. Register online at www.chaskacomunitycenter.com or in person at the CCC.

Wednesday Morning Sessions

Dates: January 9, February 6, March 5

Time: 10:45 - 11:45 a.m.

Thursday Evening Sessions

Dates: January 10, February 7, March 6

Time: 6:45 - 7:45 p.m.

Cost: \$5 Member; \$7 Non-Member

CCC Group Fitness Schedule (Begins January 2)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Body Work	CYCLE	Body Work	CYCLE	Boot Camp		
8:30 AM	SS-MSROM		SS-Cardio Circuit	SS-YogaStretch	SS-MSROM	Instructor's Choice	
9:30 AM	Step/Strength	TBC	CYCLE/Strength	Body Work	TBC		
9:30 AM		AOA Aqua	SS-SilverSplash (begins Jan. 16)	AOA Aqua			
10:45 AM		Fit Yoga	Seniorcize	Fit Yoga	Seniorcize		
3:30 PM		Rock Your Core! 11:45am-12:05pm FREE		Rock Your Core! 11:45am-12:05 pm FREE			CYCLE
5:30 PM	CYCLE	TBC	CYCLE	TBC			
6:00 PM	Aqua Challenge		Aqua Challenge				
6:45 PM	Cardio Kickbox		Fit Yoga				

Costs for Group Fitness Classes: \$4.25 Member; \$5.25 Non-Member; Free for Premier Members

CCC Group Fitness Class Descriptions

see above chart for class times

AOA AQUA A great water workout for Active Older Adults (AOA). The water provides safe resistance for aerobic conditioning and strength training for the joint-sensitive, or those recovering from injury. You do not need to be a swimmer.

AQUA CHALLENGE An intense workout with little stress to your joints. Challenge your body with choreography, interval training and plyometrics in our pool.

BOOT CAMP A power class combining exercises and drills – jumps, squats, push ups, stairclimbing and lunges. No complex rhythm movements, just those challenging athletic drills that deliver results.

BODY WORK A full hour of muscle strength and endurance training to tone and shape your body. A challenging body workout!

CARDIO KICKBOX This high-energy cardio class utilizes non-contact kickboxing movements and upbeat music to create a total body endurance workout. Experience combinations of punches, kicks and athletic drills designed to turn up the intensity.

CYCLE Enjoy a 60 minute goal oriented cardiovascular workout on our LeMond RevMaster stationary bikes. Cycling classes are great for both males and females looking for continuous cardio training.

CYCLE/STRENGTH Get a great 30 minute cardiovascular workout on our LeMond Revmaster indoor cycles followed by 30 minutes of strength work off the bike.

FIT YOGA Fitness yoga is a non-purist yoga class designed for mainstream fitness providers. Yoga postures, pilates movements and stretching integrate mind and body for total strength, conditioning and flexibility.

ROCK YOUR CORE A quick and intense 20 minutes of strength and flexibility exercises for the core muscles of your torso. FREE!

SENIORCIZE Sitting or standing, you will work upper and lower body muscles with hand weights, resistance bands, tennis balls, balance tools and hula hoops! Explore low impact cardio challenges while focusing on daily life functionality-safe stair stepping and brisk walking.

SILVERSNEAKERS CLASSES SS classes are FREE to our SS Members, all AOA's are welcome at \$4.25 CCC Member / \$5.25 Non Member.

SS-MSROM: Have fun and move to the music through a variety of exercises designed to increase Muscular Strength, Range Of Movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SS-Cardio Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography.

SS-YogaStretch: YogaStretch will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SS-SilverSplash: SilverSplash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning while using a kickboard to develop strength, balance and coordination. No swimming ability is required for SilverSneakers participants to get wet, be strong and meet new friends.

STEP/STRENGTH This interval class combines a build up of step choreography with resistance exercises using weights, bands and stability balls.

TOTAL BODY CONDITIONING (TBC) Combines continuous cardio training with muscle strength and endurance movements. Intensive activity is cycled with built in recovery periods of muscle work in an easy to follow work out. Using a variety of equipment including steps, weights, balls and bands, this class suits those with busy schedules who need to maximize workout content.

Adult Athletics

The Chaska Parks and Recreation Department offers a wide variety of league athletic activities for men and women.

Golf

GOLF CONDITIONING

This golf fitness conditioning program has dynamic strength and flexibility exercises, as well as stabilization and core strength. We will include stretches involving trunk flexion, lower back, hamstrings and shoulders specific to the mechanics of your golf swing. Prepare for your best golf season yet.

Instructor: Brad Pluth, PGA director of Instruction, ACE personal trainer

Session I: Tuesdays
February 12 - March 18
Time: 6:45 - 7:30 p.m.

Session II: Thursdays
February 14 - March 20
Time: 6:00 - 7:00 a.m.

Cost: \$40 Member
\$52 Non-Member

SPRING INDOOR GOLF LESSONS (FOR ADULTS)

The artificial turf in the CCC Arena is the perfect place to get a head start on spring by signing up for indoor golf lessons. The new facility provides a great opportunity to learn putting, chipping, irons, and drivers. Bring your bag of clubs because we will work our way through the bag learning how to hit each club. The class format will include stations, golf rules, and videotaping. (Clubs are available to use. Please call (952) 448-3176 to reserve a set.)

Instructors: PGA Golf Pro Jeff Rydland and CHS Golf Coach Pam Schmillen.

Dates: Sundays, March 16,
April 6 and 13 (3 weeks)
Time: 12 noon - 1:00 p.m.
Place: CCC Arena (Indoor turf)
Cost: \$45 Member
\$56 Non-Member

ADULT WINTER VOLLEYBALL LEAGUES

Whether your interest is fast-paced and competitive or laid back and recreational, we have the right league for you. Form a team from your neighborhood, work, or group of friends and be a part of this 6-on-6 league. Teams will referee their own games. Playoffs will wrap up the season. If you'd like to be placed on a team, or have questions regarding any of the leagues, please call our office at (952) 448-3176. All players must live or work in School District #112. All interested teams should attend the organizational meeting held at the Chaska Community Center. **Registration deadline is Friday, December 21.**

Organizational Meetings:

Wednesday, December 5 at the CCC

Women's League: 6:00 p.m.
Co-Rec League: 6:30 p.m.
Co-Rec Power League: 7:00 p.m.
Mens League: 7:30 p.m.



LEAGUE	NIGHT	DATE	TEAM FEE
Power	Monday	January 7 - March 17	\$80
Women's	Tuesday	January 8 - March 18	\$80
Co-Rec	Wednesday	January 9 - March 19	\$80
Men's	Thursday	January 10 - March 20	\$80

ADULT WALKING PROGRAM

Join the Chaska Community Center walking club! Record your miles on our indoor track or from a measured outdoor route and turn in your mileage on a daily progression sheet available at the Community Center front desk. We will maintain your total miles walked by recording them on a chart displayed in the CCC track area. This walking club is an excellent way to get exercise at no cost while socializing with friends and family!

ADULT TAE-KWON-DO

Ages 17 and Up
Taking Tae-Kwon-Do can help adults lose weight and get into great shape while learning self-defense and releasing stress. Classes are on-going and are paid for on a monthly basis. **Instructor:** Chad Figg

When: Mondays and Thursdays
Time: 7:00 - 8:00 p.m.
Cost: \$30 Member (8 times)
\$40 Non-Member (8 times)
Site: Chaska Community Center

ADULT TAP DANCING AND JAZZ

Classes will run for 5 to 6 weeks. No previous dance experience is required – all ages, work at your own pace. “Never thought at age 59 I’d learn how to tap dance and love it this much!” For further details contact Mary Pieper, Chaska School Of Dance, (952) 873-6781.

CCC BATTING CAGE OPENS IN JANUARY

Start your spring training early! The supervised baseball and softball (fast and slow pitch) hitting will be available by making an advanced reservation. Reservations can be made in 15-minute increments by calling the front desk (952) 448-5633 ext. o.

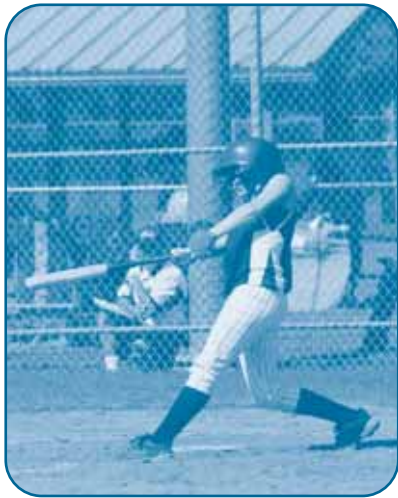
Hours:
Monday-Friday, 7:00 - 9:00 p.m.
Saturdays, Noon - 6:00 p.m.
Sundays, 10:00 a.m. - 4:00 p.m.

Cost: \$4 Member
\$6 Non-Member

The batting cage is run as a fundraiser for the Chaska Youth Softball Association.



CHASKA FALL MEN'S HOCKEY LEAGUE
The Chaska Community Center is gearing up for another season of Men's Hockey. Games are played Sunday evenings beginning in October. Interested teams should contact Chadd Benson, Arena Manager at (952) 448-5633 ext. 7758.



CHASKA ADULT SOFTBALL LEAGUES
Chaska offers the following adult softball leagues: Women's (Tuesdays), Men's (Wednesdays) and Co-Rec (Thursdays). Please attend the appropriate meeting at the Chaska Community Center if you have a team interested in playing in the 2008 season.

Women's Softball

Date: Thursday, March 13
Time: 7:00 p.m.
Place: CCC Craft Room

Co-Rec Softball

Date: Tuesday, March 18
Time: 6:00 p.m.
Place: CCC Craft Room
Registration deadline is April 11.

Men's Softball

Questions Contact Shane Bachman at (612) 237-9324.

Racquetball

WINTER RACQUETBALL LEAGUES

We set up the schedule and you and your opponent set your own game time. Matches are three games to 15 points. Results will be posted. Register online at the Community Center front desk. Men's and Women's Class A, B, or C and over 50. Fee includes 8 hours court time. *Registration Deadline is January 1.*

Session I: January 14 - March 3
Cost: \$25 Member
\$49 Non-Member

ADULT RACQUETBALL LESSONS

Beginner, intermediate and advanced racquetball lessons are offered in a group setting once a week for 3 weeks. Learn technique as well as strategy, positioning, anticipation of the ball, and defensive and offensive strategies. Class size is limited. Beginners, Intermediate and Advanced. Private lessons are also available. Instructor: Brian Phillips.

Date: Tuesdays, January 8 - 22 (3 weeks)
Times: 8:00 - 10:00 p.m.
Cost: \$35 Member
\$47 Non-Member

RACQUETBALL CHALLENGE COURT

The winner of the game stays in the court and is continually challenged by other players until a new winner emerges. You don't need a partner, there will always be someone to play.

Date and Time: Saturdays, 7 - 10 a.m.
Date and Time: Wednesdays, 7 - 9 p.m.
Cost: \$2.50

YOUTH RACQUETBALL INSTRUCTIONAL LEAGUE

Ages 10 to 18
This will be a four-week instructional league. Each weekly session will be broken down into half instruction, and half play-time.

Youth League I: For beginners who want to learn the basics of the game.

Youth League II: For the little more experienced player who has taken Youth League I and wants to learn more about technique, strategy and positioning. Instructor: Brian Phillips

Dates: Tuesdays
Session I: January 8 - 29
Session I: March 4 - April 1 (No class March 25)
Time: Youth League I: 6 - 7 p.m.
Youth League II: 7 - 8 p.m.
Cost: \$35 Member
\$47 Non-Member

RACQUETBALL COURT RESERVATIONS

The racquetball courts can be reserved four days in advance by calling the Community Center front desk at (952) 448-5633 ext. o. All persons using the courts are strongly encouraged to wear protective eye-guards. White soled tennis shoes are required. Equipment is available for rent.

Racquetball Court Rental

\$2.50 Member
\$5.50 Non-Member
Free for Premier Members
Fees are per person/per hour

Wallyball Court Rental

\$12 per court/per hour

CCC OPEN HOURS

CCC OPEN VOLLEYBALL HOURS

Fridays
8:00 - 10:00 p.m.

CCC MEN'S OPEN BASKETBALL HOURS

Monday - Friday
11:30 a.m. - 1:30 p.m.

CCC MEN'S OPEN SOCCER HOURS

Wednesdays
6:30 - 9:30 p.m.
CMS - E Gym

Saturdays
7:00 - 10:00 a.m.

Adult Art Programs



WHEEL THROWN AND HAND BUILT POTTERY WORKSHOP

This class will offer you the opportunity to work on the wheel and/or hand built projects as a good beginning or refresher course for anyone interested in ceramics. Cost includes clay, glazes, and firing. This class is structured for adults. Max. 8. Instructor: Kathleen Theship-Rosales

Session I: Tuesdays (6 weeks)
January 8 - February 12
Time: 6:00 - 8:30 p.m.
Cost: \$122 Member
\$146 Non-Member

Session II: Tuesdays (6 weeks)
February 26 - April 8
(No class March 25)
Time: 6:00 - 8:30 p.m.
Cost: \$122 Member
\$146 Non-Member

CHASKA CLAY GUILD OPEN STUDIO TIME

A series of open studio days has been scheduled for adult pottery students and Chaska Clay Guild members. This time may be used to experiment with new techniques, and to inspire each other. If you are interested in joining the Chaska Clay Guild call Kathy Larson Perschmann at (952) 448-5843.

OPEN ART TIME

Join other artists Wednesdays at the Chaska Community Center in the Wet Craft Room. A scheduled time to be creative! Bring your own supplies. No registration necessary.

Date: Wednesdays
Time: 12:30 - 4:00 p.m.

CHASKA SCHOOL OF MUSIC

Offering private 1/2-hour lessons in piano, woodwinds and guitar. Registration Procedure: Arrange lesson time with Program Director Leslie Hercules (952) 448-5656. Lessons will be held at the CCC.

CHASKA AREA QUILT CLUB (C.A.Q.C.)

Whether you are a beginning quilter or a seasoned seamstress who is looking for new ideas, the Chaska Area Quilt Club is the perfect fit for you! Come join us as we learn from each other. Monthly meetings may include speakers, lessons, techniques, and trunk shows. C.A.Q.C. is also committed to giving to the community and dedicates time and talent to creating comfort quilts for area hospitals and nursing homes. Monthly meetings hosted on the second Tuesdays of each month regularly at the Chanhassen Recreation Center Community Room. Social hour begins at 6:30 p.m. Business meeting begins at 7:00 p.m. Visitors are welcome for \$3 a meeting. Annual membership is \$25 and includes a newsletter. Participation encouraged for all ages! Call (952) 443-1904 for additional information.

Day care available for most classes. See page 9.





The Lodge for Active Older Adults

“for a healthier and happier lifestyle”

FREE to all AOA's 55 and up!

Monday - Friday 9:00 a.m. - 3:30 p.m.
Tuesday, Thursday 5:00 - 8:00 p.m.



Come on Along for the Ride!

Did you know that your AOA years can be the happiest and most productive years of your life. Get involved today! Take a class or better yet teach that which you know others would enjoy!

Be a part of the city of Chaska movement to make our community AOA friendly!

While others are talking about it the city of Chaska is busy in actually meeting the leisure needs of it's AOA's ages 55+! Take a moment to read what has been successful, what is being offered in this publication and what we are contemplating for Chaska AOA's in the very near future. These are exciting times for those ages 55+. If you have friends, neighbors or relatives that you feel would benefit from a healthier and happier lifestyle please make them aware.

The city staff at the Lodge is also seeking AOA's that have an interest in helping run existing or future activities. Many of these can be found in this brochure. Those programs which are the most successful are those which AOA's take ownership of.



It starts with you!

A movement has started in the city of Chaska to meet the leisure needs of all of its residents ages 55+. Significant progress has been made since opening The Lodge in June of 2007. The creation and implementation of these programs is based in large part on the city of Chaska staff working with interested adults who have similar interest in building community. ■ If you would like to be part of this movement that leads to a healthier and happier lifestyle for ages 55+ in areas including social, physical, intellectual, spiritual, and vocational please stop at The Lodge for a visit or call Kathy at 952-227-7747, Joan at 952-227-7760 or Tom at 952-227-7745.

AOA Day Trips ages 55 +

A DAY IN POMPEII

Minnesota Science Museum

This is your last chance before this fantastic exhibit leaves Minnesota! Our first stop at the Science Museum will be to the Omnitheater's nine story domed screen. The film will transport you back in time to the dawn of democracy and the birthplace of western civilization in Greece: Secrets of the Past. Next view Pompeii's archeological treasures (rarely to leave Italy) of room-sized frescos, marble and bronze sculptures, jewelry, gold coins, and hundreds of priceless artifacts. Don't miss this moving glimpse through the city of Pompeii. Following the audio tour and exhibits, you will have time to eat lunch (on your own) at the museum's Elements or Chomp Café and enjoy other exhibits within the science museum. **Registration and payment deadline is Tuesday, December 18.**

Date: Thursday, January 3

Time: 8:30 a.m. - 3:00 p.m.

Place: The Lodge

Cost: \$36 Member; \$38 Non-Member
(Includes transportation, museum admission, and movie)

TREASURE ISLAND CASINO

Show me the money! Try your luck at the Treasure Island Casino in Red Wing. We'll depart from the Chaska Community Center at 9 a.m. and return approximately 5:00 p.m. Fee includes transportation and a \$3 food coupon. **Registration and payment deadline is Tuesday, February 26.**

Date: Tuesday, March 11

Time: 9:00 a.m. - 5:00 p.m.

Place: The Lodge

Cost: \$5 Member
\$7 Non-Member
(Includes transportation and lunch coupon)

CENTRAL MINNEAPOLIS LIBRARY AND GLOBAL MARKET

We'll start our day with an in-depth tour of the new Central Library in downtown Minneapolis. A guided tour highlights the many features of this beautiful new 353,000 square foot facility including a children's library, over 3 million books, dvd's, and documents and 300 computers. Following our tour, we'll dine on the lunch buffet at Charley's Grill located in The Depot. After lunch, stretch your legs with a little shopping at the Midtown Global Market. The market includes a variety of over 50 local vendors selling crafts, groceries, and gift items with an international flair. **Registration and payment deadline is Thursday, February 7.**

Date: Tuesday, February 19

Time: 9:30 a.m. - 3:30 p.m.

Place: The Lodge

Cost: \$38 Member; \$40 Non-Member
(Includes tour, lunch, transportation)

CHURCH BASEMENT LADIES II – A SECOND HELPING

Yes, they are back and up to the same antics as before, this play will feature the same characters but different hilarious situations and songs. Join us for an afternoon of fun and laughter as we head to the Plymouth Playhouse. We will begin our day with a chicken buffet lunch followed by "Church Basement Ladies the Sequel" – a celebration of the church basement kitchen and the women who work there. **Registration and payment deadline is Tuesday, February 26.**

Date: Wednesday, March 19

Time: 10:45 a.m. - 4:00 p.m.

Place: The Lodge

Cost: \$49 Member; \$51 Non-Member
(Includes lunch, performance, and transportation)

GOLDEN STRINGS AT LAFAYETTE CLUB

Upon arriving at the Lafayette Club "The Grand Old Lady of the Lake" overlooking Lafayette Bay, we will have time to explore this elaborate building, designed by James J Hill. Presidents entertained diplomatic missions and the famous sampled its beauties and have sung its praises over the years. We will have lunch in the Ballroom overlooking the pristine grounds of the club where we will be served: Lafayette House salad, assorted rolls and butter, breast of chicken florentine, fresh vegetable, whipped potatoes, heavy coffee, iced tea, gold brick sundae. After lunch we will enjoy a wonderful musical performance by "Cliff Brunzell and The Golden Strings." The Golden Strings is a name known literally to a million people in the upper Midwest for their music ranging from the classic to pops, from romance to jazz. Don't miss this high quality music presentation with tremendous talent. **Registration and payment deadline is Thursday, March 13.**

Date: Wednesday, April 16

Time: 10:15 a.m. - 3:45 p.m.

Place: The Lodge

Cost: \$60 Member; \$62 Non-Member
(Includes transportation, lunch, and performance)

The following trips are a result of the collaborative efforts of the Chaska Parks and Recreation Department and Chanhassen Senior Center. Please register on-line, at the CCC front desk or call the Lodge (952) 448-2023. Pre-registration is required by the deadline or first come, first serve basis. All drop-off times are approximate.

AOA Fitness ages 55 +

AOA STRENGTH CIRCUIT

Our AOA Strength Circuit will introduce you to our strength training equipment in a safe, structured and controlled environment. AOA Strength Circuit starts with a simple 6 exercise routine targeting large muscle groups in both the upper and lower body. The machines are designated by AOA circuit signs and every 3 months, the exercises will change. AOA Strength Circuit training and supervision by a CCC fitness professional are Tuesdays at 1 p.m. Join in on Tuesdays or continue the AOA Circuit on your own after you have been trained. Free for SilverSneaker Members and CCC Members, Non-members are welcome to join this great healthy activity for the daily admission fee.

TREK TO FLORIDA!

Join our winter walking program as we trek to Florida. Pick up your travel kit (a pedometer you keep and weekly mileage deposit booklet) at the Lodge when you register for the program. Our walk begins January 7 from Chaska and watch as we chart our progress south to the sunshine state of Florida. Points of interest and rewards are revealed along the way. 1800 miles of fun, fitness and friendship. Don't miss out - register today! **Cost:** \$5

INDOOR OPEN TENNIS

Grab your racquet and join us for this new AOA activity. We'll have the nets set up in the CCC Gym for Open Tennis. Jim Hedberg will be on hand each week to organize playing partners. Whether you've played this past summer or haven't played for years, be a part of this fun activity. For more information call Kathy at (952) 227-7747 or talk to Jim in the Lodge.

Days: Thursdays beginning January 3
Time: 1:00 - 2:30 p.m.
Place: CCC Lower Gym
Cost: Free

GROUP FITNESS for Active Older Adults DROP IN FOR FUN, FITNESS AND FRIENDSHIP!

All classes \$4.25 Member, \$5.25 Non-Member, FREE for Premier members.

SilverSneaker classes are free to our SS Members and Premier Members. SilverSneakers membership information on page 5.

AOA AQUA

A great water workout for Active Older Adults (AOA). The water provides safe resistance for aerobic conditioning and strength training for the joint-sensitive, or those recovering from injury. You do not need to be a swimmer.

SENIORCIZE

A low impact class with active older adults in mind. Sitting or standing, you will work upper and lower body muscles with hand weights, resistance bands, tennis balls, balance tools and hula hoops! Explore mild cardio challenges while focusing on daily life functionality-safe stair stepping and brisk walking. This class is full of variety!

SilverSneakers Classes



SS-MSROM: Have fun and move to the music through a variety of exercises designed to increase Muscular Strength, Range Of Movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SS-CARDIO CIRCUIT: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography.

SS-YOGASTRETCH: YogaStretch will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SS-SILVERSPLASH: SilverSplash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning while using a kickboard to develop strength, balance and coordination. No swimming ability is required for SilverSneakers participants to get wet, be strong and meet new friends.

AOA FITNESS CLASSES					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	SS-MSROM		SS-Cardio Circuit	SS-Yoga Stretch	SS-MSROM
9:30 AM		AOA Aqua	SS-Silver Splash (begins Jan. 16)	AOA Aqua	
10:45 AM			Seniorcize		Seniorcize

New! Intergenerational Programs

KIDS AND OLDER PEOPLE ... or what some people call intergenerational programming!

One of the many exciting aspects brought forth by The Lodge is the opportunity to mix our older population and everything they have to offer with our younger population and everything they have to offer. Following are a few city of Chaska efforts, which cater to Active Older Adults (AOA) participating with young boys and girls in fun and learning leisure activities. It is our intent to have Grandpa's and Grandma's, Mom's and Dad's, and others interact in meaningful enjoyable recreational programs with the youth of our community. We would also like to hear your ideas on future intergenerational activities by calling (952) 227-7747. Thank you for helping make the city of Chaska and AOA Friendly Community. Please join us for all of the fun and none of the clean up!

GINGERBREAD COOKIES

Run, run, run as fast as you can you can't catch a better time than this exciting new program for Grandparents and grandchildren. Together you'll start by making your very own Gingerbread Boy cookies. Then it is off to cozy up by the fire for a story while our cookies bake. After decorating your cookies, enjoy them over coffee and juice....if you can catch them! Finish early? Help us work on the Lodge Gingerbread House. Max: 8 children

Date: Thursday, January 17
Time: 10:00 - 11:00 a.m.
Place: The Lodge
Ages: 3 to 6
Cost: \$5 per child

GRANDPARENTS AND ME "Under the Sea"

Calling Grandmas, Grandpas, and kids of all ages! Let Underwater Adventures Aquarium bring "Minnesota's ocean" to you, with the interactive presentation - Discover Sharks! The presentation includes live animals! You will have a rare opportunity to touch a real shark. Spend the afternoon together at the Chaska Community Center. Following the shark show, participate in family activities including games, crafts, and snacks! Register online at chaskacommunitycenter.com or at the CCC front desk. Cost is per person.

Date: Sunday, January 27
Time: 2:00 p.m.
Place: Chaska Community Center
Cost: \$4 per person

VALENTINE'S DAY

Get ready for a special time with a special child. Love is in the air and we will capture it forever as we create a personalized pair of photo frames with photos for each of you. And of course, we will have a story and some sweets to enjoy with our sweethearts. Max: 8 children

Date: Thursday, February 14
Time: 10:00 - 11:00 a.m.
Place: The Lodge
Ages: 3 to 6
Cost: \$5 per child

B-I-N-G-O BONANZA!

Game on! Team up with your little superstar to be the first to yell "BINGO!" Learning letters and numbers is all fun and games when you are playing BINGO with Grandma and

Grandpa! Come and play for your chance to win some fun prizes. Refreshments will be served. Max: 8 children

Date: Friday, March 7
Time: 10:00 - 11:00 a.m.
Place: The Lodge
Ages: 3 to 6
Cost: \$5 per child

GARDEN TEA PARTY

Grandmas, mothers and daughters of all ages, come and enjoy a special tea party at the CCC. Dress in your finest and we will provide the rest. The morning will include crafts and tea treats. Register at the CCC front desk or online.

Date: Saturday, April 12
Time: 10:30 a.m.
Place: Chaska Community Center
Cost: \$4 per person

IT'S A SPRING THING!

Chicks, ducks and Easter eggs! It must be SPRING! Join us as we welcome warmer weather, leaves on the trees and flowers beginning to sprout. We'll find out what the Hungary Caterpillar has been up to, create a spring scene with water color paints and munch on a snack. (Paint shirts provided.) Max: 8 children

Date: Wednesday, April 16
Time: 10:00 - 11:00 a.m.
Place: The Lodge
Ages: 3 to 6
Cost: \$5 per child

GARDEN TIME

Flowers, flowers everywhere! Get ready to get your hands dirty! It is time to plant and we have just the place to do it. You will each have your very own flower pot to decorate and we'll head out to the patio to plant a flower. Then it's a short walk to see the CCC flower garden located next to the playground. Afterwards we'll have a story and snack on the patio. Please dress for the mess, but we do the clean up! Max: 8 children

Date: Friday, May 9
Time: 10:00 - 11:00 a.m.
Place: The Lodge
Ages: 3 to 6
Cost: \$5 per child

Brick City Brewers



BRICK CITY BREWERS

Bring your favorite mug and join us for a great time! We'll gather once a month for activities like entertainment, games, and distribution of upcoming events and area senior citizen brochures. Most BCB events are free!

HOLIDAY PARTY - CANDY DRIVE

Date: Wednesday, December 12

Time: 10:00 a.m.

Place: The Lodge

**Please bring a bag of wrapped candy for stocking stuffers for the CAP Agency*

THE JOLLY WOODCHOPPER

Date: Wednesday, January 16

Time: 10:00 a.m.

Place: The Lodge

VALENTINES DAY PARTY

Jim Berner, Vocalist

Date: Tuesday, February 12

Time: 10:00 a.m.

Place: River Gables Apartments
110 First Street East

CABIN FEVER LUNCHEON

Date: Thursday, February 28

Time: 11:00 a.m.

Place: The Lodge

CHAN-O-LAIRES, VOCAL GROUP

Date: Tuesday, April 8

Time: 10:00 a.m.

Place: The Lodge

*Coffee courtesy of
Northern Lights Cafe*



Brick City Brewers

AOA Programs *ages 55+*



CRAFTING WITH FRIENDS

If you like to craft and enjoy interacting with friends, join us each month as Fran Lehman assists us in creating a unique craft. The group will help to select what craft kit they would like to do each month. Enjoy a good cup of coffee, some good conversation with friends, and take home something special you created yourself. Please pre-register.

Dates: Fridays – January 18, February 8, March 14
Time: 10:30 - 11:30 a.m.
Place: The Lodge
Cost: \$5.00

CABIN FEVER LUNCHEON

It's a "Chilli" Day in Chaska! Looking for fun that will warm your heart and your belly? The Chaska Parks and Recreation Department invites you to join us for a hearty bowl of chili with all the toppings! Let Jack Frost entertain you with his musical rhythm bones. The luncheon will also include raffle prizes and games. Please call The Lodge at (952) 448-2023 to reserve your spot.

Date: Thursday, February 28
Time: 11:00 a.m (Lunch at 11:30 a.m.)
Place: Chaska Community Center
Cost: \$5 per person (pay at door)



MONTHLY BOOK DISCUSSION

Barb Colhapp will lead this monthly book discussion the 2nd Friday of each month. Book discussion members will determine the title of each month's book. Come as often as you like. The monthly book title is posted in the Lodge. For more information contact Barb Colhapp at (952) 448-4694.

Day: 2nd Friday of each month
Time: 12:15 - 1:30 p.m.
Place: The Lodge



WATERCOLOR EXPLORATION CLUB

This group will get together the last Tuesday of each month in the Lodge. Audrey Sells will be on hand to help guide you in watercolor exploration and technique. Bring your watercolors (8 pack Prang) and watercolor table (at least 9" x 12") with you to class. Questions can be directed to Audree at (952) 443-4123.

Date: Last Tuesday of each month beginning January 29
Time: 10:00 - 11:30 a.m.
Place: The Lodge

BIRTHDAY CELEBRATIONS

The second Thursday of every month come and celebrate our AOA's birthdays. Cake and coffee will be provided.

Dates: Thursdays, January 10, February 14, March 13 and April 10
Time: 10:30 a.m.
Place: The Lodge
Cost: Free

NEW! CRIBBAGE OPEN PLAY!

The second and fourth Thursday of each month have been designated as Cribbage Tournament Play Days at The Lodge. The activity will begin at 1:00 p.m. and last until approximately 3:00 p.m. Cribbage boards and cards are available at The Lodge for your use and there is no charge.

This new AOA activity will begin with a social and clinic for new cribbage players on Thursday, January 10 at 12:30 p.m. Food and beverages will be available with seasoned cribbage players on hand that will show new card players how to play the game. You will have an opportunity to play a few games in a very relaxed atmosphere starting at 1:00 p.m.

Actual structured cribbage play will be hosted at The Lodge on the second and fourth Thursdays of each month as follows; January 24, February 14 & 28, March 13 & 27, and April 10 and 24. Jerry Clark, (952) 974-7989 will assist with this AOA activity or you may call Karen at The Lodge (952) 227-7783.

BAG LUNCH BINGO

Grab a bag lunch of sandwich, chips, fruit, and cookie or bring your own bag lunch for an afternoon of fun. Win prizes and play with friends! Please call The Lodge two days in advance at (952) 448-2023 to reserve your lunch.

Dates: January 29, February 21, March 18, and April 23
Time: Lunch-11:30 a.m.
 Bingo-Noon
Place: The Lodge
Cost: \$2.50 Member, \$3 Non-Member per lunch (pay at the door); Free Bingo

MOVIE MATINEE

Join us for a "movie matinee" the third Friday of every month at 1:00 p.m. in The Lodge. We will screen newer releases and old classics. For movie selections each month call The Lodge at (952) 448-2023.

Dates: Third Friday of each month
 January 18, February 15, March 21, April 18
Time: 1:00 - 3:30 p.m.
Place: The Lodge
Cost: Free

SIDES AND SALADS SALUTE

Join us in a salute to our favorite side dishes and salads! AOA chefs, bring your prepared special crowd-pleasing side dish or salad to the Lodge for a special luncheon. We will enjoy all the great homemade food and a little friendly competition as we cast votes for our favorite side dish or salad and award a prize. Bring your recipe card and we will make copies to share with your fellow cooks.

Date: Wednesday, February 20
Time: 11:00 a.m. - 1:00 p.m.
Place: The Lodge

PAINT A MUG, BOWL OR SMALL PLATE

Come on in and paint your very own personalized coffee mug, bowl or plate. Pre-fired items are ready for your creations. Max. 15

Time: Mondays, 10:00 - 11:00 a.m.
Session I: January 28
Session II: February 25
Session III: March 17
Cost: \$20 per session Member
 \$25 per session Non-Member

Weekly Activities

All adults are welcome to participate in these scheduled Lodge activities. For more information call (952) 448-2023.

MONDAYS

Free Blood Pressure Check

10:30 - 11:00 a.m.

Bingo

1:30 - 3:30 p.m.



TUESDAYS

Bridge

1:30 - 3:30 p.m.

Bingo

5:30 to 7:30 p.m.

Every Tuesday evening we will be playing bingo in The Lodge. This is for those lucky enough to be 50+ years old. Enjoy a hot cup of coffee, mingle with friends and if you're lucky, win a game of Bingo.



WEDNESDAYS

Cards: 500, Hand/Foot, Euchre

1:30 - 3:30 p.m.

THURSDAYS

Pool League

5:30 p.m.

Informal fun pool games of 8-Ball are played every Thursday evening at The Lodge. Prior pool playing experience not required. Teams of 2 players are formed on site at random. For more information call (952) 227-7783.



FRIDAYS

Games: Scrabble, Cribbage, Chess, Uno

9:30 - 11:30 a.m.



DRIVER SAFETY COURSE: 4 HOUR (FORMERLY 55 ALIVE)

If you have taken a state approved 8 hour defensive driving course you can now renew through this 4 hour AARP refreshed course. Please bring your driver's license. Pre-registration required. Register at the CCC front desk, online or call The Lodge at (952) 448-2023.

Session I

Date: Wednesday, January 23

Time: 8:30 a.m. - 12:30 p.m.

Session II

Date: Tuesday, February 19

Time: 5:30 - 9:30 p.m.

Session III

Date: Tuesday, April 22

Time: 5:30 - 9:30 p.m.

Place: The Lodge

Cost: \$14 Member; \$16 Non-Member

DRIVER SAFETY COURSE: 8 HOUR

This program, developed by American Association of Retired Persons (AARP), is designed to refine existing skills and develop safe, defensive driving techniques. The course's materials cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions, and accident prevention measures. If you are 55 years or older, completion of this course qualifies you for a 10% discount on your automobile insurance premium. Please bring your driver's license. Pre-registration required. Register at the CCC front desk, online or call The Lodge at (952) 448-2023.

Session I

Date: Tuesday, March 4 and Wednesday, March 5

Time: 8:30 a.m. - 12:30 p.m.

Session II

Date: Tuesday, April 8 and Thursday, April 10

Time: 5:30 - 9:30 p.m.

Place: The Lodge

Cost: \$14 Member; \$16 Non-Member

AOA Spirituality

Instructors teaching our spirituality classes have been trained and are associated with the Sacred Ground Center for Spirituality in St. Paul. These instructors are also available for individual spiritual direction. For more information, call Deb LeMay at (952) 448-7135.

ANGEL STORIES

We've all heard them, stories of angels looking out for us. Some are people we know, others are those who have passed, and still others are simply messengers sent for some purpose. We can't always explain our experiences, yet we trust and feel a sense of peace because of them. Do you have an Angel Story? Perhaps you simply enjoy hearing the stories of others. Come for a time of sharing and celebrating the grace and gift of Angels. Max: 20

Instructor: Deb LeMay, Spiritual Director
Dates: Thursday, January 17
Time: 10:00 - 11:30 a.m.
Place: The Lodge
Cost: \$5 Member; \$7 Non-Member

CRAFTS AND CONVERSATION

Do you have unfinished craft projects around the house? Is there a new project you've been wanting to find the time to try? Do you like getting together with others to listen, reflect and share conversation? Join us on Monday mornings and we'll do both! Bring your project as we each work on our own in a group setting. We'll begin with a reading, followed by time spent working and sharing whatever resonates with you. Come away with new insights, while making time for relaxation and fun. We might even get some work done! Max: 20

Instructor: Linda Bergquist, Spiritual Director
Dates: Mondays January 7, 14, 21 and 28
Time: 10:00 - 11:30 a.m.
Place: The Lodge
Cost: \$25 for Member; \$30 for Non-Member

WISDOM WITHIN - OUR SPIRITUAL JOURNEY

What is meaningful and important to you? What sustains you and gives your life purpose? What do you value? What are you passionate about? This is the journey inward to discovering your authentic spiritual self. In this three-part series, we will reflect, listen and share in a small group setting, as we explore meaning in our own stories and discover wisdom and compassion in the nurturing power of others. Max: 15

Instructor: Deb LeMay, Spiritual Director
Dates: Thursdays, January 24, 31 and February 7
Time: 10:00 - 11:30 a.m.
Place: The Lodge
Cost: \$20 Member; \$25 Non-Member

LEARNING TO NAVIGATE THE THREE PHASES OF TRANSITIONS

Every phase of life is a transition. It is simply the way in which one's life moves on and unfolds. Transitions are composed of an "ending, neutral zone, and a new beginning". We should view transitions as a natural process of disorientation and reorientation, making it a turning point in our path of growth.

Every phase of life has such tasks and failing to complete it satisfactorily, means that you make the transition into the next phase accompanied by unfinished business. Over the next three months come and learn how to navigate your way through these three stages of transitions. Max: 20

ENDINGS involve some form of loss...

NEUTRAL ZONE the middle ground to hear your inner signals

BEGINNINGS open a new chapter in your life

Instructor: Mary Smith Spiritual Director
Place: The Lodge
Cost: \$20 Member; \$25 Non-Member
Dates: Wednesdays, January 9, February 13 and March 12
Time: 10:00 - 11:30 a.m.
 OR
Dates: Wednesdays, January 23, February 20, March 26
Time: 7:00 - 8:30 p.m.

LIFE'S CONFLICTS AND CHALLENGES

Our culture may have led us to believe that there are some issues we simply do not talk about – divorce, addiction, homosexuality, depression, mental illness and abuse. So how do we deal with these family challenges? Please join us as we open dialogue about real issues that affect each of us. As we explore our experiences and our belief systems and move through the stigma of shame and vulnerability, we open ourselves to the transforming power of healing grace.

Instructor: Deb LeMay, Spiritual Director
Place: The Lodge
Cost: \$20 Member; \$25 Non-Member
Dates: Wednesdays, February 20 and 27
Time: 10:00 - 11:30 a.m.
 OR
Dates: Wednesdays, April 9 and 16
Time: 7:00 - 8:30 p.m.

DESCENDING TO THE THRONE: A MASCULINE SPIRITUAL JOURNEY FOR THE SECOND HALF OF LIFE

Have you ever considered: What is a man's spiritual role in his marriage, family, church, or community as he moves into his second half of life? What can he contribute in this role? How can he transform his previous roles to find and sustain contentment and joy in this new station in life? In this two-part series, we will explore these questions and more as we consider a time-honored spiritual construct utilizing the four basic male archetypes (Warrior, Magician, Lover, King) to our masculine journey and the descent into kingship. Each session will consist of a short talk followed by time for private reflection and small group discussion. The emphasis will be on self-exploration and personal transformation. Men and women are welcome. Max: 20.

Instructor: Craig Hamilton, Spiritual Director
Dates: Wednesdays, March 26 and April 2
Time: 10:00 - 11:30 a.m.
Place: The Lodge
Cost: \$20 Member; \$30 Non-Member (for both sessions)

Computer Classes at The Lodge

Our series of free computer classes are designed for just for adults 50+. These fun and exciting classes will teach you how to get the most out of your computer. Register now as space is limited.

Introduction to the Computer

You will learn the main parts of the computer, common computer terminology practice using a mouse, keyboard and desktop, and how to start and shut down a computer.

Date: Wednesday, January 9

Time: 9:30 - 11:30 a.m.

Introduction to the Internet

Beginning instruction on how to navigate through the web using Internet Explorer.

Date: Wednesday, January 16

Time: 9:30 - 11:30 a.m.

Creating and Using an E-mail Account

Learn how to set up a free G-Mail account you can access from home or from The Lodge.

Date: Wednesday, January 23

Time: 9:30 - 11:30 a.m.

Healthy Living

THE JOYS OF HEARING & LISTENING

Everyone is invited to this free informative talk about the joys of hearing and listening. This seminar is presented by Avada Audiology and Hearing Care and will be presented by:

Terry Giffing - the son of deaf parents who has worked at Mayo Clinic and has over 30 years experience in helping people to enjoy better hearing.

Abbey Radermacher - a trained specialist in helping people to enjoy better hearing who brings hearing screening and services to you.

Who Should Attend? Be sure to come if you wear hearing aids, if you sometimes hear but don't understand, or you hear well but know someone who does not hear well.

Date: Wednesday, January 2

Time: 11:00 a.m.

Place: The Lodge

Cost: Free

MONTHLY AUDIOLOGY SCREENINGS

Avada Audiology specialists will be at the Lodge from 10:00 - 12:00noon on the second Wednesday of each month to evaluate, and assist our AOA's with hearing screenings. Screenings will consist of cleaning and check of all makes and models of hearing instruments & otoscopic evaluation of ears. Look for them on the following Wednesdays: December 12, January 9, February 13, March 12 and April 9.

DO YOU KNOW YOUR BLOOD PRESSURE READING?

Nearly one in three adults has high blood pressure. The good news is that it can be treated and controlled. Stop by The Lodge at the CCC on Mondays between 10:30 and 11:00 a.m. for a free blood pressure check.

(952) 448-5633

Upcoming AOA Ideas

Here's some of activities and services that are in the discussion stage. If you have interest in helping with any of these happenings or those of your own choosing please call Kathy at (952) 227-7747 or Tom at (952) 227-7745.

TRANSPORTATION TO AND FROM THE LODGE!

Discussions have begun to consider transporting those in need that live in Chaska to and from The Lodge. One of the options being considered is a "Shoppers Bus" where pickups would be made throughout Chaska prior to stopping at The Lodge. Those that may want to stay at The Lodge could do so while others may choose to visit shopping sites prior to returning to the CCC and than back home. The Lodge staff is looking for feedback – please call Kathy at (952) 227-7747 to let your travel needs be known.

CHASKA AOA ADVISORY COMMITTEE.

Individuals are being sought to help set priorities for that having to do with AOA's in the city of Chaska. This volunteer group will focus on that within the realm of Parks and Recreation. Examples of programming and opportunities can be found in this brochure.

CRAFT SHOW

A number of individuals have suggested that The Lodge host a craft show.

CHASKA AOA SINGING GROUP

CONCERTS AND OTHER THEATER

SPECIAL EVENTS

for AOA's with pre-socials in The Lodge.

POTLUCKS

in The Lodge with a special food emphasis.

WINE AND BEER TASTING EVENTS

5K PREPARATION AND TRAINING

INTERGENERATIONAL PROGRAMS

The CCC is home to hundreds of community preschoolers seeking socializing opportunities in a fun environment. What are your ideas for AOA's and intergenerational activities with this younger population

CCC Rental Information

Rooms can be rented by filling out an application form and payment in person at the Community Center front desk. Forms are also available by internet at www.chaskacommunitycenter.com or contacting Jaime for a faxed or e-mailed application and payment by credit card. Contact Jaime Wiemann for scheduling questions at (952) 448-3176 ext. 7748.

Birthday Party or Meeting Rooms

- ❁ Wet & Dry Craft Room (seats up to 30)
- ❁ Rainbow Room (seats up to 20)
- ❁ Sun Room (seats up to 45)
- ❁ Turtle Bay (seats up to 20)

Each of the rooms rent for \$10 per hour for residents of Chaska and Chaska Community Center members and \$15 per hour regular rate. There is a one hour minimum rental. A reservation application form must be submitted and fees paid at least 7 days in advance before room requests are processed and confirmed. Application forms are available at the Community Center front desk.

Chaska Middle School East Rooms

The Chaska Middle School East new addition has rooms available for small meetings. TV/VCR's, overhead projectors and white boards are also available to accommodate your meetings. Call Jaime Nothwehr at (952) 448-3176 ext. 7748 for more information on rental cost and to obtain an application form.

Group Discounts

Bring your group to the Chaska Community Center to swim or skate and receive 10 percent off the regular admission rate! Come and have fun swimming or slide down our 110-foot water slide. You can brave the rope swing, soak in our whirlpool spas, or simply relax in the sauna. Also, available is the gym for basketball or volleyball. We offer a track for running or walking, exercise machines, video games and much more! Call the CCC front desk at least 7 days in advance to make your reservation, at (952) 448-5633 ext. 7740 or 7756.

Theater

The Community Center Theater continues the city of Chaska's tradition of high quality facilities. The space is capable of seating 240 spectators and includes an orchestra pit for full musical productions, a sound and lighting booth, professional stage rigging for curtains and sets and a complete sound system. The theater is able to accommodate community as well as professional productions and is an ideal space for speakers, seminars and business meetings. Application forms available at the Chaska Parks and Recreation Department.

Lock-Ins

The entire Chaska Community Center is available for rental from 11 p.m. to 4:30 a.m. The Community Center is a great place for your organization's awesome private party. Rent the pool or gym for a couple hours or the whole building for the entire night - whatever suits your church, school, or private organization best! Your group can enjoy basketball, racquetball, wallyball, volleyball, swimming, ice skating, and much more at the Chaska Community Center. For more information, call Jaime Wiemann at (952) 448-3176, ext. 7748.

Community Room

The Community Room is perfect for your next business or social function. The room may be arranged to provide a formal or semi-formal setting for large group gatherings such as wedding receptions, banquets, parties, company picnics, business seminars and conferences. The Community Room features over 2600 square feet of floor space with banquet-style seating for up to 200 persons and accommodations for meetings up to 230 persons. Kitchen facilities and AV equipment are also available. Application forms available at the Chaska Parks and Recreation Department.

VIEW THE AVAILABILITY OF FACILITIES ON-LINE!

1. Go to www.chaskacommunitycenter.com and click on the 'Facility Viewing' button.
2. Read directions that come up and click on 'Facility Viewing' button again.
3. Click 'View Facilities'
4. Under Location, choose 'Chaska Community Center'
5. Under Facility Type, choose 'Event Rooms' (for Wet, Dry, Rainbow, Sun, Turtle Bay, and Community rooms); for Theater, choose 'Theater/Stage'
6. Click on 'Event Rooms'
7. Find from the list the room you wish to view and click on the month you want to view. When you click on the month, a calendar will pop up, and any times you see listed are times that are already booked. If you do not see the month you want to view, that means that nothing has been booked for that month yet.

Please note:

- Reservations cannot be made on-line.
- You do not need an account to view facility availability.
- Keep in mind that we keep a half an hour between rentals.



Ball Field Scheduling

The City of Chaska Department of Parks, Recreation and Art schedules summer ball fields for the City and school district fields located within the City of Chaska. These locations include the Chaska Middle School fields per an agreement between the City and School District #112. City park locations that can accommodate youth or adult ball teams are at Lions, Community, Pioneer, McKnight, Friendship and Athletic parks. Ball fields not available until the end of April, weather permitting. Call Park and Recreation office for exact date at (952) 448-3176.

Park Shelter Reservations

Reservations for the city parks can be made through the Chaska Department of Parks and Recreation. The offices are located at the Chaska Community Center. Office hours are 8:00 a.m. - 4:30 p.m., Monday - Friday. Contact Jaime Wiemann with questions at (952) 448-3176 ext. 7748. Applications will be accepted for 2008 after the first of the year.

CITY SQUARE PARK

Reserved for wedding ceremonies only.

Chaska Resident: \$25.00
Non-Resident: \$75.00

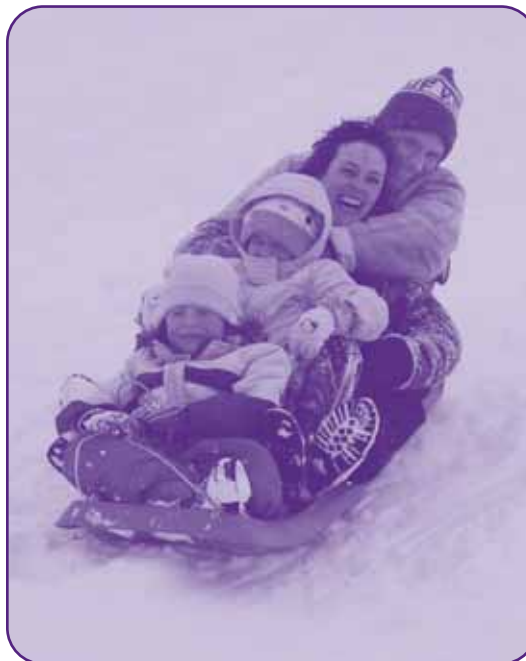
LION'S, FIREMAN'S, PIONEER, COMMUNITY, SCHIMELPGENIG AND MCKNIGHT

Chaska Resident: \$25 + \$25 refundable deposit
Non- Resident: \$75 + \$75 refundable deposit

*Lion's, Fireman's, Pioneer, and Community Parks all have kitchens with a stove, sink, and refrigerator.

*Schimelpfenig and McKnight Parks have kitchens with sink and refrigerator only.

Fees are waived for Chaska Church Groups and Chaska Civic Organizations.





Birthday Party Packages

The Chaska Community Center has
Birthday Party Packages for every birthday boy and girl!

CHOOSE FROM THE FOLLOWING OPTIONS:

Package #1: GYM/POOL PARTY

Splash around in the pool or splash pad and take a ride down the water slide, or wear yourself out in the gym!

Package includes:

- 8 kids admissions
unlimited swim/gym time during open swim/gym hours
- 2 free adult admissions
- Food for each child (1 slice pizza, pop, chips, ice cream)
- 1 hour room rental
- Invitations (upon request)

Cost: \$70 Member (\$8/each additional child)
 \$90 Non-Member (\$10/each additional child)

Package #2: ICE SKATING PARTY

Grab your ice skates and chill out with friends while ice skating!

Package includes:

- 8 kids admissions*
unlimited ice skating time during open skate hours
- 2 free adult admissions
- Food for each child (1 slice pizza, pop, chips, ice cream)
- 1 hour room rental
- Invitations (upon request)

Cost: \$55 Member (\$6/each additional child)
 \$70 Non-Member (\$7/each additional child)
**Skate rental not included - \$2/rental*

Package #3: PLAYROOM PARTY

Climb and crawl through the castle and take a leap into the colorful ballpit!

Package includes:

- 8 kids admissions (no charge for adults)
unlimited playroom time during open playroom hours
- Food for each child (1 slice pizza, pop, chips, ice cream)
- 1 hour room rental
- Invitations (upon request)

Cost: \$55 Member (\$6/each additional child)
 \$75 Non-Member (\$8/each additional child)

ULTIMATE PLAY PARTY

This package is offered only 1 SATURDAY A MONTH, with six different times to choose from, so book now!

Package includes:

- 10 kids admissions (no charge for adults)
- 1 hour PRIVATE use of the Upper Gym, Kids Climbing Wall and Inflatable Jump Castle
- 1 hour private use of the Rainbow Room
- Food for each child (1 slice pizza, pop, chips, ice cream)
- Invitations (upon request)

Cost: \$150 Member (\$4/each additional child)
 \$180 Non-Member (\$4/each additional child)

Dates: December 15, 2007 March 15, 2008
 January 19, 2008 April 19, 2008
 February 16, 2008 May 17, 2008

Times: 11:45 a.m. - 2:00 p.m. 1:00 - 3:15 p.m.
 2:15 - 4:30 p.m. 3:30 - 5:45 p.m.
 4:45 - 7:00 p.m. 6:00 - 8:15 p.m.
First hour is gym time, 2nd hour is room time

HOW DO I BOOK A PARTY?

To book a birthday party package, you'll need to fill out the package application form and turn it in with a \$10 (CCC Member) or \$15 (Non-member) down-payment. The remaining balance will be paid on the day of the party. You can obtain the application form at the CCC front desk, on-line at www.chaskacommunity-center.com, or you may call the Facility Coordinator and book with credit card payment over the phone. Once payment and application are received by Facility Coordinator, your party will be booked and you will be sent a permit confirming your reservation.

Not interested in doing a package? You do not have to do a birthday package to have your party at the CCC. You can do a general room rental, bring in your own food and pay general admission for party attendees.

For further information on birthday parties at the Chaska Community Center, contact Jaime Wiemann, Facility Coordinator, at (952) 448-3176, ext. 7748 or jwiemann@chaskamn.com.

Minnesota Valley National Wildlife Refuge



Description of Refuge and Service

Minnesota Valley National Wildlife Refuge is one of more than 540 National Wildlife Refuges in the United States administered by the U.S. Fish and Wildlife Service. The U.S. Fish and Wildlife Service is the primary federal agency

responsible for conserving, protecting, and enhancing the nation's fish and wildlife populations and their habitats. The Service oversees the enforcement of federal wildlife laws, management and protection of migratory bird populations, restoration of nationally significant fisheries, administration of the Endangered Species Act, and the restoration of wildlife habitat such as wetlands.

The Minnesota Valley National Wildlife Refuge as with other National Wildlife Refuges located throughout our 50 states and several U.S. territories, is a place where people can learn about and enjoy the wonderful diversity of our nation's natural resources. Minnesota Valley National Wildlife Refuge covers approximately 11,500 acres along 34 miles of the lower Minnesota River extending from Fort Snelling State Park to the city of Jordan, encompassing bluff top tallgrass prairies to bottomland hardwood forests. Minnesota Valley is unique in that it is one of four refuges situated almost entirely within the shadow of a major metropolitan area.

Victoria/Chaska Christmas Bird Count

Celebrate the National Audubon Society's 102nd year and the 59th year of the Excelsior Christmas Bird Count. The national count is one of the largest and longest running citizen science projects in existence. Now international in scope, the count involves over 50,000 people in 2,000 locations.

Join Refuge volunteers Anne Hanley and George Skinner of the Minnesota River Valley Audubon Chapter (MRVAC) as they patrol the Victoria/Chaska region of the Excelsior Count Area. We will travel by car and walk some trails to identify each bird species seen and count their numbers. Eyes and ears of any skill level are welcome. Dress for the weather and bring some snacks and water for yourself. With a \$5 donation to MRVAC, you will receive a copy of the national results summary "American Birds."

For more information and/or to register, call Anne or George at (952) 936-0811.

Date: Saturday, December 15
Time & Place: Call Anne or George at (952) 936-0811 for specific starting times and locations.
Cost: \$5 donation to MRVAC

Interpretive Programs

For questions or additional information please call (952) 854-5900 or check out the web site at <http://midwest.fws.gov/minnesotavalley>.

Alphabet Junction Childcare Center

Alphabet Junction, located in the Chaska Community Center, offers full-time and part-time childcare for children 6 weeks-first grade. Our program promotes intellectual and physical growth. We are committed to providing children with a safe and nurturing environment. Alphabet Junction prides itself in teaching children the necessary tools for life-long learning.

- Excellent Curriculum for all age groups including:
- Baby Sign Language
 - Spanish
- Pre-school and Kindergarten Readiness programs
- Lowest Childcare Center Rates in Chaska

**Mention this ad and receive
one week of free childcare**
(Applicable after six weeks of enrollment)



Call today! (952) 227-7754

CCC Theater

CHASKA COMMUNITY CENTER *presents...*

Prairie Fire Children's Theatre

During the week of March 26 local Chaska kids will practice and perform the production.

Mid Summer Nights Dream



Show Dates:

March 28 at 7 p.m.
March 29 at 10:30 a.m.

Tickets on Sale:

March 24 at 9 a.m.

Cost:

\$3 Adults
\$2 Youth 17 and Under

**BUY TICKETS EARLY
THESE SHOWS SELL OUT!**

For registration and
complete program
information, see page 19.

CCC Theater Available for Rental

The Chaska Community Center Theater continues the city of Chaska's tradition of high quality facilities. The space is capable of seating 240 spectators and includes an orchestra pit for full musical productions, a sound and lighting booth, professional stage rigging for curtains and sets and a complete sound system. The theater is able to accommodate community as well as professional productions and is an ideal space for speakers, seminars and business meetings. Application forms available at the Chaska Parks and Recreation Department. Contact Jaime Wiemann for scheduling questions at (952) 448-3176 ext. 7748.

HOMeward BOUND THEATRE COMPANY



THE GOSPEL According to Scrooge

A musical Christian adaptation of Charles Dicken's "A Christmas Carol" presented at the Chaska Community Center Theater

SHOW DATES:

Friday, December 21 at 7:30 p.m.
Saturday, December 22 at 2:00 p.m. and 7:30 p.m.
Sunday, December 23 at 4:00 p.m.
Monday, December 24 at 11:00 a.m.
Saturday, December 29 at 2:00 p.m. and 7:30 p.m.
Sunday, December 30 at 4:00 p.m.

For ticket information
call 763-391-3754 or email:
mail@homewardboundtheatre.org



CCC Gallery

Gallery Hours: Monday - Saturday, 5:00 a.m. - 10 p.m.; Sunday, 9 a.m. - 9 p.m.

PHOTOS BY

James and Nora Mirick

JANUARY 21 - FEBRUARY 29

Jim Mirick and his daughter Nora are longtime residents of Chaska and have together been experimenting with photography for many years. They share a commitment to silver-based black-and-white images produced in a traditional wet darkroom, in spite of the accelerating shift to software-enhanced digital images.

Jim started photographing in high school, where his first darkroom was in the furnace room. His images are mainly of nature and the interplay of nature and old or abandoned human artifacts. He has recently begun experimenting with lens-less pinhole cameras. Jim is a technology executive in Minneapolis.

Nora also began in high school and continued through college. She enjoys capturing the linear shapes of things and enjoys the patterns that develop when seen from different perspectives. Nora designs website-to-person interactions and also designs and produces a line of handbags.

ACRYLICS BY

MIKE McKEEVER

MARCH 3 - APRIL 4

I never cared about painting or wanted to be a painter. I had always wanted to be an architect, poet, or songwriter, and never had a drop of interest in painting until I actually did it. Therefore, I really have no influences in the field of art at all. My inspiration actually comes from sources such as Jim Morrison, Paul McCartney, John Lennon, Axl Rose, Holden Caulfield, Billy the Kid, James Dean, Alexander the Great, Arthur Rimbaud, Friedrich Nietzsche, Robert Venturi, Michael Graves, Disney, Mythology, the Greek culture, the Egyptians, the Mayans, and many other ancient civilizations.

PHOTOS BY

Todd Nordquist

APRIL 7 - MAY 8

I've had a camera in my hands for the better part of 25 years, photographing family, friends, nature, buildings, and whatever else catches my eye. I lead nature photography workshops, and my work has been exhibited around the Twin Cities and at a gallery in Santa Fe, NM. I focus (no pun intended) mostly on nature and wildlife these days. I find my time outdoors photographing nature relaxes and energizes me like nothing else. With mankind expanding further and wider into our natural areas, I feel it's important to tell nature's story. My hope is that my photographs can inspire others to explore, enjoy and protect the natural world around us all. My online gallery can be viewed at www.10photography.com



ARTWORK BY

Heather Garcia

DECEMBER 10 - JANUARY 18

Opening Reception
December 15, 4:00 p.m.

The public is invited

A Minneapolis native, Heather's whimsical style is heavily influenced by her various trips to Mexico and Los Angeles. The vibrant colors and rich folkloric influences of these areas have wound their way into each of her paintings.

While her focus on bold colors and room interiors was greatly inspired by contemporary artist Patssi Valdez who lives in Echo Park, Los Angeles, Garcia brings a playful perspective to her work, which has lent itself well to her paintings.

Garcia has explored drawing through her use of various mediums including lead, charcoal, conte crayons, and ink. She has studied at the University of Minnesota and the Edina Art Center in Edina, Minnesota. A self-taught painter, Garcia ventured into painting in 2001, developing her style through the use of acrylic paints.

Her first public display of art was at the Government Center in downtown Minneapolis when Garcia was eight years old. Since then, her art has been on display at a small gallery in the DUMBO neighborhood in Brooklyn, New York, the Paramount Theater and Visual Art Center in St. Cloud, Minnesota, and Corner Coffee in the warehouse district of downtown Minneapolis. Interior designers, public relations professionals, and life coaches have commissioned her art.

Reach for Resources Adaptive Recreation and Inclusion

The adaptive recreation program is a cooperative effort of the cities of Chanhassen, Chaska, Hopkins, Minnetonka, St. Louis Park, and Reach for Resources. For persons not living in one of the above communities, you are considered a “non-resident” and need to add \$5 to the registration fee. REACH is an agency, which serves individuals with developmental disabilities and their families in the West and Northwest metro area. Services include information, referral, advocacy and counseling. An integration specialist is on staff to assist people who are interested in participating in “non-adaptive” park and recreation programs. For information and registration procedures, call Tara Hallberg, Director of Recreation (952) 988-4176.

YOUTH AND TEEN PROGRAMS

YOUTH/TEEN BOWLING *Ages 5 to 12*
Join us for fun, non-competitive open bowling. You will bowl two games each Saturday.
Dates: Saturdays, January 12 - March 1
Time: 9:30 - 11:30 a.m.
Place: Park Tavern Bowling, St. Louis Park
Cost: \$35, plus \$3 per week for two games and shoes.

KID FU *Ages 5 to 12*
This is a six-week martial arts program for kids. Come learn the moves of Jackie Chan and Bruce Lee.
Place: Chaska Community Center
Sess. I: Wednesdays, Jan. 9 - Feb. 13
Sess. II: Wednesdays, Feb. 20 - March 26
Time: 6:00 - 6:45 p.m.
Cost: \$40

INCLUSIONS *Ages 5 to 21*
Reach for Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for a program is done through your park and recreation department. After registering, contact Reach for Resources to discuss the needs/accommodations for your child. We require a minimum of two weeks notice for a successful inclusion.

WEST TEEN EXPLORERS *Ages 13 to 21*
Weekly social group for teenagers. Participate in activities like swimming, bowling, and going out for pizza.
Dates: Tuesdays, January 15 - February 26
Time: 6:30 - 8:30 p.m.
Place: Various locations in west metro
Cost: \$40

GIRLS CLUB *Ages 13 to 17*
Join other girls ages 13 to 17 to gather for fun and social skill development. This club is designed for girls who are independent in their personal cares and can manage their own behavior.
Dates: Sat., once a month starting in Jan.
Time: 1:00 - 2:30 p.m.
Cost: \$40

TAKE FIVE RESPITE *Ages 13 to 21*
Do you need something fun to do during winter break? Come join our respite to meet new friends, experience recreation activities and get out of the house! Transportation will be provided within a specific geographic location. Please call Tara for more information (952) 988-4176.
Dates: Wed.. - Fri., December 26 - 28, January 2 - 4
Time: 9 a.m. - 3:30 p.m.
Cost: \$70 /day without transportation; additional costs depending on activities

Weekend Ventures

Join us for this great weekend program! Call (952)988-4176 for more details.

Weekend 1 (Ages 13-21)
Dates: February 29 - March 2

Weekend 2 (Ages 18+)
Dates: March 14 - 16

SPECIAL EVENTS

DANCES
Join your friends and groove to the latest hits!
Dates: Call (952) 988-4176 for dance dates
Time: 7:00 - 9:00 p.m.
Place: St. Louis Park H.S., 18301 Highway 7
Cost: \$5

SUPER BOWL PARTY
Come join us for the most popular football game of the year. Door prizes will be given and refreshments served throughout the game. Call Tara to pre-register.
Date: Sunday, February 3
Time: 5:00 - 9:00 p.m.
Cost: \$7 per person
Place: Brookview Golf Grill, Golden Valley

ADULT

PARK TAVERN BOWLING
Join us for fun, non-competitive open bowling. You will bowl two games each week.
Place: Park Tavern Bowl, St. Louis Park
Dates: Saturdays, January 12 - March 1
Time: 9:30 - 11:30 a.m.
Cost: \$35, plus \$3 each week for two games and shoes.

CLUB WEST
Weekly social group for adults.
Dates: Wednesdays, Jan. 9 - Feb. 27
Time: 6:30 - 8:30 p.m.
Place: Various locations in Hopkins, Minnetonka, St. Louis Park, Chanhassen and Chaska
Cost: \$40

ON THE TOWN I (AGES 18 TO 25)
This is a social group for young adults who are independent and would like to explore their community.
Date: Every other Friday evening, beginning January 11
Cost: \$20, plus additional activity fee.

ON THE TOWN II (AGES 26 TO 50)
A social group for adults who can access the community independently with minimal supervision.
Date: Every other Saturday evening, beginning January 12
Cost: \$20, plus additional activity fee

BASKETBALL
Competitive League
The competitive league is now run by the Ridgedale YMCA. For more information, please call Molly at (952) 582-8264.

Non-Competitive League
Dates: Thursdays, January 10 - March 6
Time: 6:30 - 8 p.m.
Place: Crystal
Cost: \$40

WALKING
Date: Mondays, January 14 - February 18
Time: 6:30 - 8:00 p.m.
Place: Various Indoor Facilities
Cost: \$25

YOGA
Relax, get in shape, and improve your flexibility!
Date: Tuesdays, January 8 - February 26
Time: 6:30 - 7:30 p.m.
Place: St. Louis Park
Cost: \$40

Inclusion/Adaptive Services

Inclusion/Adaptive Services



The Chaska Parks, Recreation and Arts Department, in partnership with REACH for Resources Recreation Programs, celebrates the inclusion of all persons with disabilities. In an effort to better serve you, please contact Joan at (952) 448-3176 ext. 7760 to discuss the opportunities to participate in any activity offered if you are an individual with a disability.

CHASKA HAWKS SPECIAL OLYMPICS TEAM

We are into our fourth year and the team is growing... but we need you! If you would like to participate in a variety of healthy activities with a competitive focus, we have some opportunities for you. The team's current schedule includes:

Aquatics and Basketball: January to April

Track and Field: April to June

Golf: June to August

Bowling: September to November

Get involved today! Athletes, if you are 6 years old or older, call Larry Schanzenbach at (952) 368-2878. If you are not already registered with Special Olympics, check out the www.SOMN.org website for a registration application and more information.

MAGNIFYING ABILITIES

Magnifying Abilities is a social/recreational program for persons with mental and physical disabilities. The program is designed to enhance the community involvement and life long learning of adults with disabilities. Adults who participate in the program are generally from Carver and Scott counties, but may include individuals from surrounding areas. Through the program, adults with disabilities may participate in craft classes, tours, sporting events and informational classes. Persons with disabilities may also receive assistance when signing up for any Community Education class. For more information regarding the program and to receive a newsletter with current events and activities, please call Denise Fedie at (952) 368-8881.

CARVER COUNTY FUN FEST!

Join us for an evening of fun at the Chaska Community Center! There will be vendors from the area there to tell you about all of the FUN recreational opportunities in Carver county! There will also be a live DJ for dancing in the community room and refreshments. Sponsored by Reach for Resources, Chaska Parks and Recreation and Magnifying Abilities.

Date: Wednesday, April 9
Time: 6:30 - 8:30 p.m.
Cost: FREE

MUSIC THERAPY

Julia A. Johnson, M.T. graduated from the University of Wisconsin-Eau Claire with a Bachelor of Music Therapy degree. Music Therapy differs from music education because its goals are not musical skills, but rather life skills, focusing on elements that will improve the client's life as a whole. For example, think of how you learned the order of the alphabet with the ABC song, or think of how music can lift your spirits and give you energy and a feeling of accomplishment. Music Therapists use the power that music possesses in order to help others reach their maximum potential in all areas of their life.

For private music therapy call Chaska School of Music at (952) 448-5656.

Ages 3 to 5 years

Dates: Tuesdays, April 15 - June 3

Time: 7:00 - 7:30 p.m.

Ages 5 to 10 years

Dates: Tuesdays, April 15 - June 3

Time: 7:30 - 8:00 p.m.

Cost: \$58 Member
\$72 Non-Member

8 Week Class

Chaska Youth Athletic Associations

The city of Chaska recognizes and works with these volunteer groups for the provision of youth athletic activities in our community. All of these organizations accommodate boys and girls from throughout School District #112 and they operate independently of the city.

The city of Chaska's role is providing and maintaining many of those municipal facilities necessary for practices and games and in coordinating scheduling needs in an equitable manner. In addition to the city of Chaska facilities many of the outdoor athletic facilities located at the CMS campus, Clover Elementary, Jonathan Elementary, and Pioneer Ridge 9th grade were made possible in part by city of Chaska financial contributions.

It is the city of Chaska philosophy that youth athletics in our community emphasize having fun through participation and not have as their primary purpose being "feeder programs" for area high schools. These youth athletic associations noted provide both recreational and competitive opportunities dependent on the skill level and interest of the participant and their parents.

The city of Chaska Department of Parks and Recreation thanks these youth athletic associations for that which they do in building community!

Chaska District Baseball Association

Mike Mattson

www.district112.youthbaseball.com

Chaska Youth Softball Association

Ken Fermanich

www.eteamz.com/chaska/

Chaska Area Youth Volleyball Association

Connie Kettler

(952) 443-2831

www.cayva.org

West Express Swim Club

Brian Nagel

(763) 391-2872

www.westexpress.usswim.net

CC United Soccer Club

Neils Wartenburg

www.ccunitedsoccer.org

Chaska Stallions Wrestling Club

Ed Fogarty

(952) 448-1994

Chaska Community Hockey Association

Kelli Mark

www.chaskahockey.org

Chaska Figure Skating Club

Stella McKinney

(952) 470-6210

Chaska Area Youth Basketball Association

Craig Goetz

www.caybba.com

Chaska Area Football Association

Chace Anderson

www.chaskafootball.com

C3 Hawks Youth Lacrosse Association

Chris Chu, Henry Whitney

www.hawksyouthlacrosse.com

Chaska Gymnastics

Martha Althaus

(952) 448-5633 ext. 7757

Volunteers from our community manage these associations. Many other athletic opportunities are offered by city of Chaska.

ST. FRANCIS *Rehabilitative Services*

Southwest Minneapolis' choice in adult and pediatric rehabilitative care

REHABILITATIVE CLINICS AND ATHLETIC PERFORMANCE CENTER

The St. Francis Rehabilitation and Athletic Performance center provides orthopedic rehabilitation and sports medicine services for all ages. Experienced therapists will evaluate your injury and provide an individualized program to restore functions and get you back to normal daily activities. Located on the main level of the CCC next to the arena. To access services call (952) 448-5077.

CAPABLE KIDS PEDIATRIC THERAPY CLINICS

Capable Kids Pediatric Therapy clinics provide occupational, physical, and speech therapy services to children in a safe, fun, and friendly environment designed specifically with children in mind. Located in the lower level of the CCC. For more information or to schedule an appointment, call (952) 403-3980.

Northern Lights Cafe

Located in the CCC

Featuring **HOMEMADE DAILY**

Soups • Salads • Desserts

Kid friendly menu available!

Created by Cathy Webster, former food service manager of
Minnesota Landscape Arboretum

HOURS:

Monday - Saturday 7 a.m. - 7 p.m. Sunday 11 a.m. - 6 p.m.

On-site catering available for your holiday parties,
business meetings, birthday parties, and other special events!

CALL (952) 448-5633 ext. 7759 FOR MORE INFORMATION.

BEACH BASH

AT THE CCC FRIDAY, MARCH 14



It may still be cold outside, but things are heating up at the CCC! Put on your shades and your hawaiian shirt and be a part of this family beach bash. We will play beach games, eat snacks, and jump in the CCC jump castle. Show us your limbo skills or participate in the hula hoop contest. Summer tunes provided by Tuxedo.

Date: Friday, March 14
Time: 5:30 - 7:30 p.m.
Place: Chaska Community Center
Cost: Free

You say it's your Birthday? Celebrate at the Chaska Community Center!



◎ **Package #1 GYM/POOL PARTY**

\$70 CCC Member \$90 Non-member

◎ **Package #2 ICE SKATING PARTY**

\$55 CCC Member \$70 Non-Member

◎ **Package #3 PLAYROOM PARTY**

\$55 CCC Member \$75 Non-Member

◎ **ULTIMATE PLAY PARTY**

\$150 CCC Member \$180 Non-Member



See page 46 for details!

See www.chaskacommunitycenter.com for more information or call Jaime (952) 448-3176 ext. 7748.

CHASKA COMMUNITY CENTER — Your Family Fun Gathering Place!

SCORE BIG!

10% OFF MEMBERSHIP SALE

December 10 – 24, 2007



MEMBERSHIP INCLUDES:

- Wellness Center (ages 15 and older)
- Aquatics area including two pools, two slides, rope swing, lap swim, splash pad, two hot tubs, steam, sauna, and locker rooms
- Gymnasiums including walking track, basketball, volleyball and a kids rock climbing wall
- Open skate
- Reduced rates for racquetball court rental
- Reduced rates for hundreds of wellness and leisure programs for all ages
- A great way to be happy and get fit at the same time

Questions?

Call Patty at (952) 227-7749 or stop by the CCC!

No enrollment fee. PLUS 1month free for all ACH membership purchases including Chaska Utilities (after first month purchase).

Ask us about our CCC Premier Membership that includes FREE daycare, fitness classes and racquetball.

OUR STAFF AT THE CCC WISHES YOU A VERY MERRY CHRISTMAS!



Chaska Community Center

1661 Park Ridge Drive
Chaska, MN 55318

AOA Activities
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