

A decorative orange background with white floral and leaf patterns. The text "Fall Programs 2009" is written in a blue, stylized font, curving across the middle. Below it, "CITY OF CHASKA Parks and Recreation" is written in a dark purple font. At the bottom, the website "www.chaskacommunitycenter.com" and phone number "(952) 448-5633" are listed in a green font.

**Fall Programs  
2009**

**CITY OF CHASKA  
Parks and Recreation**

[www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) • (952) 448-5633





# CHASKA Caring for Others



## Family Days

The Chaska Community Center is your family fun gathering place! The FIRST MONDAY of EACH MONTH is FAMILY FREE DAY for CHASKA RESIDENTS. Non-resident families will receive one free admission with every paid admission. Children must be accompanied by an adult family member to receive this offer. This is an excellent opportunity for all area families to do something fun together! Please make certain to call ahead for open swim, gym and ice times.

## Bring A Friend Day

Everyone has a friend! All CCC members are encouraged to bring a friend the first Thursday of each month at no cost! The Lodge, for ages 55, has also implemented bring a friend day on September 22, October 21 and November 12 with valuable give-aways. See page 40 for more exciting information! Be a friend today!

## Bountiful Basket Food Drive

The CCC is working with the Bountiful Basket located in Chaska to help fill its food shelves. Bountiful Baskets is affiliated with the CAP Agency and is intended to help primarily those families in need in the Carver County area. RECEIVE ONE FREE ADMISSION to the CCC with any food donation with a minimum value of approximately \$2.00 from NOVEMBER 1-7. (No more than 10 admissions per group.)

## Scholarship Program

The city of Chaska Department of Parks and Recreation has a scholarship program for those in financial need. The program was made possible by the Chaska Lions Club with eligibility based on the school district lunch assistance program. This financial assistance may be utilized for community recreational programs or CCC memberships. For more information call Patty at (952) 227-7749.

## Love in the Name of Christ

Love Inc. is located on Bavaria Road in Chaska and serves as a caring bridge for 19 Eastern Carver County Churches and individuals in need. Gap Ministries exist where local churches coordinate the collection of those items necessary to assist families in need. Items currently being accepted include linens (blankets, sheets, towels, etc.), infant/toddler car seats and baby cribs, baby diapers/wipes, personal care products (soap, shampoo, toothpaste, deodorant, razors, shaving cream, etc.), school supplies, and furniture. The Blessed Bee Thrift Store is located on Chaska Blvd. and accepts gently used in season clothing and household items. To find out more about Love Inc. to volunteer your services or to make a donation please call (952) 448-2508.

## Feed My Sheep

Every Monday, a free meal is served at St. John's Church on 4th Street in Chaska to anyone that wants to come. Volunteers prepare the meal, serve the meal, and provide fellowship during the meal. The meal is served weekly from 5:30 to 6:15 p.m. Feed My Sheep is a non-profit non-denominational program with the program purpose being to ascribe unconditional worth to all who choose to attend. Volunteer and donation opportunities are available by calling (952) 442-2576.



## AOA's for Christ

Discussion has started to look at the opportunities to coordinate certain community giving and caring aspects through an organization called Active Older Adults (AOA's) for Christ. The idea is to have AOA's come together in The Lodge and/or churches in fellowship with a common interest in helping others. Ways this could happen may include identifying AOA's who are in need of help in any number of ways and in reaching out to them in terms of friendship or referrals. It is also expected that this type of group could assist local churches in publicizing services and events, volunteering for worthy causes, and in supporting AOA's in their pursuit of a healthy, happy and God loving lifestyle. We are just starting and if you would have an interest in helping or if you have ideas please call Tom at (952) 227-7745.



**“What have you done lately to help others in your community?”**



# Chaska Fall Activities



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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](http://www.chaskacommunitycenter.com).

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

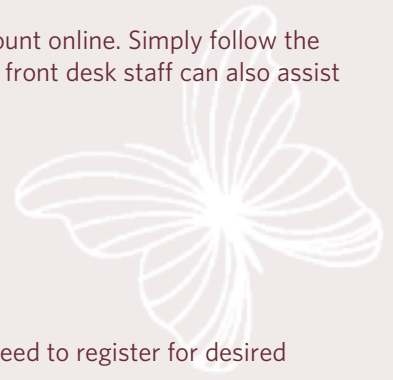
**STEP 3:** Click on the button labeled "Request Account."

**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 Amy at (952) 448-3176 ext. 7761.**



## Chaska Park and Recreation Department and Community Center Directory



### DIRECTOR

TOM REDMAN  
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[tredman@chaskamn.com](mailto:tredman@chaskamn.com)

### ASSISTANT DIRECTOR

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### PROGRAMMERS

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### KEVIN LINDGREN

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### MADELEINE WALTERS

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### ANDY McBRADY

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# Chaska Community Center

“Your Family Fun Gathering Place”

(952) 448-5633

[www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com)



## CCC General Open Hours:

**Monday-Saturday** 5:00 a.m.-10:00 p.m.  
**Sunday** 8:00 a.m.-9:00 p.m.

## The Lodge:

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

## Labor Day Weekend

**September 5** 5:00 a.m.-5:00 p.m.  
**September 6** 8:00 a.m.-5:00 p.m.  
**September 7** CLOSED

## Thanksgiving Day November 26

CLOSED

## Christmas December 24 December 25

5:00 a.m.-3:00 p.m.  
CLOSED

## New Years' December 31 January 1

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



## Fall Open Hours

Pool will be closed from November 30 to December 4 for maintenance.



## 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-Thursday	5:00-9:20 a.m. and 10:40 a.m.-12:50 p.m.
Friday	5:00 a.m.-12:50 p.m.
Monday-Thursday	8:35-9:35 p.m.
Monday, Wednesday, Friday, Saturday, Sunday	5:00-5:55 p.m.
Saturday	5:00-8:50 a.m.
Sunday	8:00 a.m.-12:45 p.m.

## Open Art

Wednesday	12:30-4:00 p.m.
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## Open Gym

*At least one portion of the gym will be available*

Monday	5:00 a.m.-10:00 p.m.
Tuesday	5:00-11:30 a.m. and 1:30-10:00 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 1:30-10:00 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-2:00 p.m.
Sunday	12:45-2:15 p.m.

## Open Volleyball

Fridays	8:00-10:00 p.m.
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## Men's Open Basketball

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

## Daycare Hours (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

## Fall into the savings: Chaska Community Center

# Membership Information!

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

### Yearly CCC Membership

Resident		Regular
\$216	YOUTH	\$281
\$293	ADULT	\$418
\$216	AOA*	\$281
\$462	FAMILY	\$625

### Monthly CCC Membership Rates

Resident		Regular
\$19.69	YOUTH	\$25.59
\$26.69	ADULT	\$37.99
\$19.69	AOA*	\$25.59
\$41.99	FAMILY	\$56.79

### 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.

Resident		Regular
\$5.00	YOUTH	\$6.75
\$6.25	ADULT	\$8.00
\$5.00	AOA*	\$6.75
\$18.50	FAMILY	N/A

\*Active Older Adults 55+

### 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.

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

**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 Health-Partners®, 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 Choices<sup>SM</sup> 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](http://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 specific 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. See page 41 for classes.

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

**(952) 448-5633**

## Youth Policy

At the request of CCC members and patrons the CCC staff has reviewed its policy and is implementing new age requirement for use of the CCC. The following guidelines will be followed at the CCC. Questions may be directed to (952) 448-3176 ext. 7745.

1. Any child ages 8 and under must be supervised at all times in the building. The daycare is available to use while parents are in the building participating in a class or activity.
2. Children ages 9 and 10 may be in the building unsupervised as long as a parent is in the building at all times.
3. Youth caring for/supervising children must be a minimum of 15 years of age and must be in the same component as the child they are caring for (this includes the Pool and Playroom).
4. Children must be age 11 or older to be left alone in the building, unsupervised (no parent present).
5. After school youth:
  - a. Children participating in structured, scheduled after-school activities have no restrictions on their building use.
  - b. Children frequenting the building after school are permitted 1 HOUR of building usage if not involved in a structured after-school activity, or are not participating in open swim or open gym.

### Welcome newborn members!

If your family has a newborn member, we have a special gift for you. Please call our membership coordinator Patty at (952) 227-7749.



CITY OF CHASKA'S

# Touch A Truck

Free entertainment and refreshments!

**Thursday, August 20**  
**Chaska Community Center rain or shine!**



**Carnival: 5:00–6:30 p.m.**

Play games and win prizes as you learn about the youth associations and organizations available to you in Chaska like figure skating, soccer, gymnastics and wrestling.

**Refreshments: 5:00–6:30 p.m.**

Enjoy a hot dog, soda, popcorn and an ice cream cone sponsored by Northern Lights Cafe, Klein Bank – Chaska, Chaska Kiwanis Club, Chaska Lions Club and Chaska Park Board.

**Concert: 6:30–7:30 p.m.**

Shake, rattle and roll to a lively performance by the Stick and Tones.

**Touch a Truck: 5:00–6:30 p.m.**

Bring the kids to sit on, touch, and experience the vehicles of the City of Chaska and meet the Chaska staff who operate them.

<b>Chaska Public Works</b>	Lawnmower, dump truck with snowplow, front end loader, road grater and park tractor
<b>Chaska Community Center</b>	Zamboni
<b>Chaska Fire Department</b>	Ladder truck and ambulance
<b>Chaska Police Department</b>	Squad cars and community service truck
<b>Chaska Utilities</b>	Boom truck
<b>Chaska Water and Sewer Dept.</b>	Backhoe, sewer jetting truck and trench box
<b>Chaska Information Services</b>	Chaska.net van
<b>Chaska Town Course</b>	Lawnmower

**For more information call Joan at (952) 227-7760.**

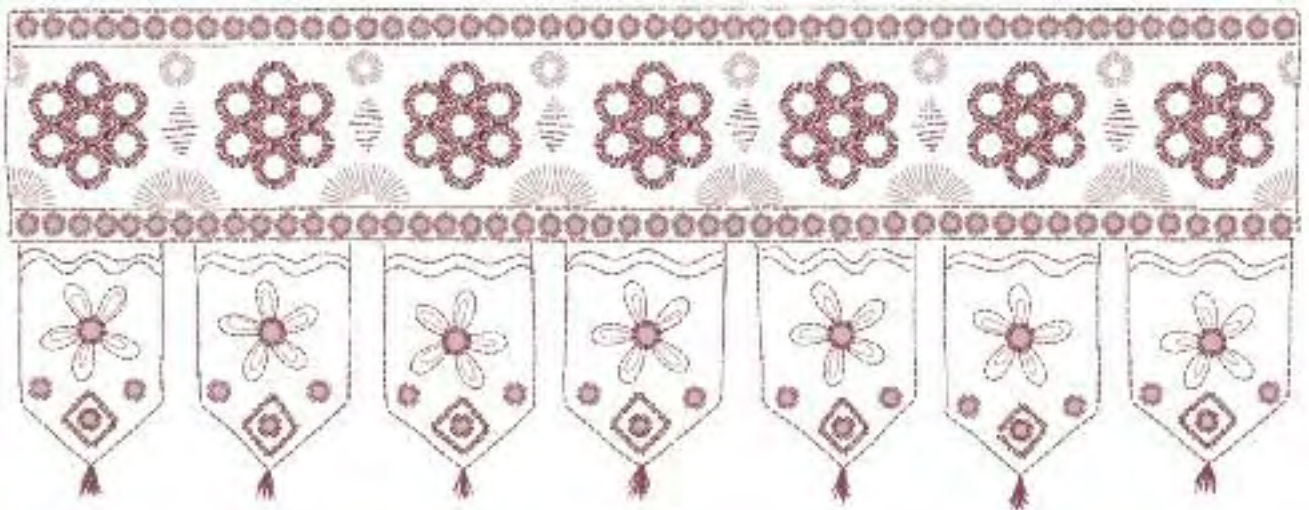


## CCC Craft Sale

Crafts handmade by Lodge Active Older Adults

**Saturday, October 3**  
**9:00 a.m. to 2:00 p.m.**  
**Chaska Community Center**

Wonderful crafts for sale. Stop by to purchase unique gifts for your friends and family.



# Movie



## STAR LIGHT MOVIE

Join us for a "Free" movie under the star lit sky right here in Chaska. We will watch "Bedtime Stories" on the big screen at City Square park. Bring your family and a blanket or lawn chair for a fun night out.

- Place:** Chaska City Square Park
- Date:** Friday, August 28
- Time:** 8:30 p.m.
- Cost:** FREE

Skeeter Bronson, a hotel handyman, finds his life changed forever when the magical bedtime stories he tells his niece and nephew starts to mysteriously come true. He attempts to take advantage of the miracle by incorporating his own aspirations into the tales but it's the kids' unexpected contributions that turn Skeeter's life upside down.

## Barnyard Boogie



Join us for knee-slapping good time dancing to the music of Kids Dance. Designed for pre-schoolers and their parents. Kick up your heels to cotton-eyed joe, the chicken dance, the barnyard role call plus many more fun and crazy songs. Petting zoo animals, crafts and refreshments. Co-sponsored by the Chaska and Chanhasen Parks and Recreation Departments. Pre-register at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com). Space is limited!

- Date:** Friday, September 18
- Time:** 6:30-8:00 p.m.
- Place:** Chanhasen Recreation Center
- Cost:** \$4 per person (parent and child pay)  
Children under 1 FREE

## Cinderella's Daddy Daughter Princess Ball

**Friday, October 9**

See page 15 for more information.

## Little Elves Workshop

**This is quickly becoming a great family tradition!** The best gifts are the ones that are handmade! Are you struggling with what to get for grandparents, aunts, uncles, teachers, etc. without costing a fortune? Get a jump start on the holidays and join us for the Little Elves Workshop. This is the perfect way to take care of everyone on the list, have lots of family fun, and make many memorable gifts. The open house fee includes your choice of two finished projects and gift tags. Feel free to make many, many more, just pay for your additional projects before you leave.

### This year's great gifts include:

Mosaic Stepping Stones (always a favorite), Snowman Doorstop, Sand Candles, Mix in a Jar, Glass Beaded Bracelets with Clasp, and Potpourri Sachets.

### Cost of Item (a la carte)

Stone	\$ 8.00
Doorstop	\$ 7.00
Candle	\$ 7.00
Mix	\$ 6.00
Bracelet	\$ 8.00
Sachet	\$ 7.00
Gift Tag	\$ .50

### Parent/Child Class

- Date:** Saturday, December 12
- Time:** 9:30 a.m.-12:30 p.m.
- Cost:** \$22 per child Member  
\$27 per child Non-Member  
Parents free



## CCC Halloween Live!

**Saturday, October 24 , 4:00-6:00 p.m.**

Join us for a spooktacular time with many activities planned including family entertainment, a special guest, a haunted house, ghostly games, spooky crafts, treats and more! No registration. Watch for more information in early October.

Don't miss a special Halloween Rock on Ice after this event. See page 27 for details.



## Santa's Mailbox

Santa Claus will have a special mailbox at the CCC. Boys and girls can drop off their letters in Santa's colorful mailbox November 30-December 4. Santa's helpers will pick up letters and deliver them straight to the North Pole. Please include the full name and address of each sender, so Santa and his elves can reply to each letter.

## Santa Visits the CCC

**Friday, December 4**

A Chaska Fire Truck will deliver Santa to the CCC front door, and Santa will visit from 4:30-6:30 p.m. Refreshments will be served and crafts will be available. Don't forget to bring your camera! Free musical entertainment by Chaska Music Studios and live reindeers provided by The Mustard Seed.



# Playroom and Day Care



## Playroom

The CCC Playroom features a one-of-a-kind two-story Medieval Castle, with towers, tunnels, slides and a ball pool moat. Imagine entering a world where make believe is easy and having fun is a priority. Kids are going to love visiting the Playroom because there is lots of stuff to climb around on, jump over, slide down and many ways to get silly. All the while they are playing, they're getting a healthy dose of physical fitness and the best part is they won't even know it!

### PLAYROOM HOURS:

9:00 a.m.-6:00 p.m. Monday  
9:00 a.m.-9:00 p.m. Tuesday-Sunday

### 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.

Enjoy the convenience of on-site drop in care. *Care is provided for children 8 weeks thru 8 years of age.*

### FALL DAYCARE HOURS\*

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

\*HOURS ARE SUBJECT TO CHANGE

### COST

\$3.00 per hour Member; \$3.60 per hour Non-Member  
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.

## Mom's & Dad's Morning Break



Do you need a break from your little ones? Let us watch the kids as you enjoy a Tuesday 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 playroom or at the CCC Park. Snacks will be provided.

### Dates and Themes

September 22	Apple Days
October 20	Halloween Fun
November 17	Thanksgiving
December 15	Holiday Hoopla



<b>Ages:</b>	1 to 6 years old
<b>Time:</b>	9:00 a.m.-12:00 p.m.
<b>Cost:</b>	\$15 Member per class \$20 Non-Member per class



**\$5 Late pick-up fee after 5 minutes,  
\$1 every minute thereafter**

## Parents Night Out

Need a night away from the kids? Bring them to the CCC for lots of fun as you go out for an evening of fun. We will have pizza dinner, we'll go swimming or play in the play room, play games and watch a video on the big screen. Make sure that they bring their swimsuits and towel. You can drop your kids off at 5:30 p.m. and pick them up by 10:00 p.m.; Dinner will be at 6:00 p.m., Swimming/Playroom from 7:00-8:00 p.m. and movie from 8:30-10 p.m. Children must be between the ages of 1 and 10. Kids ages 1 to 5 will play in the Playroom while the kids ages 6 to 10 go swimming.

<b>Dates:</b>	Fridays; September 25, October 23, November 20 and December 18
<b>Time:</b>	5:30-10:00 p.m.
<b>Cost:</b>	Cost is per each Friday — you may sign up for one or all

**MEMBERS** \$22 for one child;  
\$17 per child for families with multiple children attending (please note you must sign up each child under multiple children).

**NON-MEMBERS** \$27 for one child;  
\$22 per child for families with multiple children attending (please note you must sign up each child under multiple children).

**\$5 Late pick-up fee after 5 minutes,  
\$1 every minute thereafter**

# Now Open!



Preschool for kids ages 3 to 5 • 952-448-2009  
Sponsored by the City of Chaska

Preschool

## Treks and Trails Preschool

Come join the Fun and learning right here at the CCC at the TREKS and TRAILS preschool!  
A WORLD OF LEARNING AWAITS!



### REGISTRATION FOR 2010-2011 SCHOOL YEAR BEGINS JANUARY 18, 2010

Priority goes to those currently enrolled in our program.  
Limited spaces still available for 2009-2010 school year.

**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](http://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](http://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:** (2009-2010 rates)  
\$110/Month Member  
\$145/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:** (2009-2010 rates)  
\$145/Month Member  
\$185/Month Non-Member

### Field Trips and Other Specials

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



For more information visit [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) or call (952) 448-5633.

(952) 448-5633

# Tot Time Adventures



## Ages 2 to 6 years

A parent and child class filled with crafts, games, snacks and more! Each theme includes leisure activities for parents and children to share.

Programs generally last one hour. Space is limited. Pre-registration is strongly encouraged.

**Cost:** \$5.00 Member; \$6.50 Non-Member  
Fees are per child, parents free.



## Little Goblins Party

Halloween is such a fun time of year so join in the fun and come show off your costume as we "trick or

treat" throughout the CCC. We will have some spooky crafts and ghoulish games too! Pre-registration is required. Space is limited to 60 children.

**Date:** Thursday, October 29

**Time:** 9:30 a.m.

## Elmo's World

Join us as we join Elmo for a Tot Time Adventure you won't forget. We will make crafts and play Elmo games. You will even have a chance to visit with Elmo himself! Sign up early this class is sure to fill up. Pre-registration is required.



**Date:** Saturday, November 21

**Time:** 9:30 a.m.

## Donuts with Santa

Santa will be stopping by to visit with all of the little ones at this fun adventure. We will make Christmas crafts and enjoy donut holes and juice as well as singing along with Santa. There will also be time to sit on Santa's lap and take pictures so be sure to bring along your cameras. Space is limited to 60 children.

**Date:** Wednesday, December 16

**Time:** 9:30 a.m.

# Preschool Tot Time



Moms, dads, and pre-schoolers-gather together for some enjoyable leisure play and educational opportunities! Tot Time is designed for children ages 2 to 5 years old. Qualified city staff will supervise Art Time as well as Pool Fun Time. However, an adult must accompany each child at all times. Pick up a current Tot Time calendar at the CCC front desk. All tot time hours are subject to change.

## Art Time

**Mondays, 9:30-11:00 a.m.**

**Wet Craft Room**

**(No Art Time on Labor Day)**

Children and parents will be introduced to a variety of activities centered around an arts and crafts project with music.

## Gym Fun Time

**Tuesdays (Starting September 8)**

**8:30-10:45 a.m.**

**Thursdays**

**12:00-2:00 p.m.**

**Upper Gym**

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

## Pool Fun Time

**Mondays, Fridays and Sundays**

**(Starting September 7)**

**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.

## Skate Fun Time

**Wednesdays (Starting September 9)**

**9:00-10:00 a.m.**

Great chance for pre-school age kids to try skating. A few small skates are available for rental for \$1.50

## Tot Time Fees

**(Parents get in free with children!)**

**CCC Member:** Free

**Non-Member:** Regular admission rate

# 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 about 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. 1:6 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. 1:7 ratio.



### Class Schedule and Fees

#### Mondays — 6 Weeks

**Session I: September 14–October 26**

**Session II: November 2–December 14**

*No class October 12 or November 23.*

		Member/Non-Mem.
(1) 6:00–6:30 p.m.	Tumble Mites	\$45/\$59
(2) 6:00–6:45 p.m.	Tumble Bugs	\$45/\$59
(3) 6:45–7:30 p.m.	Tumble Bugs	\$45/\$59
(4) 6:45–7:30 p.m.	Tumble Bunnies	\$45/\$59

#### Thursdays — 6 Weeks

**Session I: September 17–October 29**

**Session II: November 5–December 17**

*No class October 15 or November 26.*

		Member/Non-Mem.
(5) 10:00–10:45 a.m.	Tumble Bugs	\$45/\$59
(6) 10:45–11:30 a.m.	Tumble Bunnies	\$45/\$59
(7) 6:00–6:30 p.m.	Tumble Mites	\$45/\$59
(8) 6:00–6:45 p.m.	Tumble Bugs	\$45/\$59
(9) 6:45–7:30 p.m.	Tumble Bunnies	\$45/\$59
(10) 7:00–8:00 p.m.	Tumble Bears	\$52/\$68

Please wear clothes that allow your child to move without restriction (no shirts or shorts with buttons, please).

## Preschool Programs & Sports

### Little Tigers

**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. A belt will be awarded at the completion of the class.

**Dates:** Thursdays, October 8-29

**Time:** 11:30 a.m.-12:10 p.m.

**Place:** CCC Fitness Studio

**Cost:** \$46 Member  
\$60 Non-Member

### Little Rascals

**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! Max:16 8:1 Ratio

**Day:** Wednesdays

**Session I:** September 9-October 14

**Session II:** October 21-December 2  
(No class November 25)

**Time:** 9:30-10:15 a.m.

**Day:** Fridays

**Session I:** September 11-October 16

**Session II:** October 23-December 4  
(No class November 27)

**Time:** 9:15-10:00 a.m.

**Place:** CCC Upper Gym

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



### 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 day 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 and bring some home to share. At the end of the four days the chefs will have a new cookbook that they create to bring home. Four weeks.

#### DAYTIME SESSIONS

**Day:** Tuesdays

**Session I:** September 15-October 6

**Session II:** October 20-November 10

**Time:** 10:00-10:45 a.m.

#### EVENING SESSIONS

**Day:** Tuesdays

**Session I:** September 15-October 6

**Session II:** October 20-November 10

**Time:** 6:00-6:45 p.m.

**Place:** CCC Sunroom

**Cost:** \$30 Member  
\$39 Non-Member

### Kids Holiday Bake

**Ages 4 to 6 years**

Join us for a holiday cookie baking class. Parents, you can drop off your child and they will have a chance to make holiday cookies to take home and enjoy. Five different varieties of cookies will be made. Child will go home with approximately 25 cookies! This is a one day workshop, space is limited, pre-registration is required.

**Date:** Tuesday, December 8

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

**Place:** CCC Sunroom

**Cost:** \$20 Member  
\$25 Non-Member

### **New!** Little Elves Workshop

See description on page 7.



### Good Sports!

**Age 3**

"If you are 3, this is where you need to be!" Good Sports! is a sports based program, which incorporates the many avenues of learning tailored to the active 3 year old. 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. Max. 16. Ratio 8:1. 6 weeks.

**Day:** Mondays

**Session I:** September 14-October 19

**Session II:** October 26-November 30

**Time:** 9:30-10:15 a.m.

**Place:** CCC Upper Gym

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

### Hoop It Up Basketball Jam!

**Ages 4 to 7**

Grab your sneakers and join us for a morning of basketball fun! We will start with a skills clinic and move on to a variety of games and contests including shooting, dribbling and passing. We will then wrap up the morning with a round robin tournament. Maximum: 24 Space is limited. Register early!

**Date:** Saturday, December 19

**Time:** 10:15 a.m.-12:15 p.m.

**Place:** CCC Upper Gym

**Cost:** \$12 Member  
\$16 Non-Member

## Pee Wee Basketball

### Age 5

A fun introduction to basketball. Children will learn dribbling, shooting, passing, as well as defense. Participants will be placed on teams to play fun scrimmages. **Volunteer coaches are needed.** All players receive a team T-shirt. Max: 32. Children must be 5 by the first day of class.

**Day:** Saturday Mornings (5 weeks)  
**Dates:** November 7–December 12  
 (No games November 28)  
**Time:** 11:15–12:15 p.m.  
**Place:** CCC Upper Gym  
**Cost:** \$36 Member  
 \$48 Non-Member

## Pee Wee Flag Football

### Age 5

Join us for this fun introduction to flag football. Participants will be placed on teams to learn entry-level football skills. Smaller footballs will be used and each child will receive a team shirt. Volunteer coaches are needed. Children must be 5 by the first day of class.

**Day:** Saturday mornings (6 weeks)  
**Dates:** September 26–October 31  
**Place:** McKnight Park  
**Cost:** \$40 Resident  
 \$52 Regular

## Giggles 'N' Wiggles

### 18 months to 3 years

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 and more. We'll practice listening skills, sing and perform action songs, learn counting, colors and more. Max: 12.

**Day:** Fridays  
**Session I:** September 11–October 16  
**Session II:** October 23–December 4  
 (No class November 27)  
**Time:** 10:00–10:30 a.m. OR  
 10:45–11:15 a.m.  
**Place:** CCC Upper Gym  
**Cost:** \$40 Member  
 \$52 Non-Member

(952) 448-5633

## 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.

**Day:** Tuesdays  
**Session I:** September 8–October 13  
 (Flag Football and Soccer)  
**Session II:** October 20–November 24  
 (Volleyball, Basketball and Kickball)  
**Time:** 6:30–7:15 p.m.  
**Day:** Wednesdays  
**Session I:** September 9–October 14  
 (Flag Football and Soccer)  
**Session II:** October 21–December 2  
 (No class November 25)  
 (Volleyball, Basketball and Kickball)  
**Times:** 10:30–11:15 a.m.  
**Place:** CCC Upper Gym  
**Cost:** \$40 Mem.; \$52 Non-Mem.

## Chaska Music Studios

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.

## Our Town Tours

### The wheels on the bus go 'round and 'round all through our town...

Hop on board the CCC Big Bus as we get a behind-the-scenes look at how our town works! Get an up-close look at how important members of our community keep our city moving and growing.

**Ages 3 to 6** (Parent and child class)  
 Max: 18 kids. Register online at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com)  
**Time:** 9:30–11:00 a.m.  
**Place:** Chaska Community Center  
**Cost:** \$5 Member; \$7 Non-Member  
 (Parent is free)

**Thursday, September 17:**  
 Chaska Public Works

**Wednesday, October 21:**  
 Chaska Fire Station

## Science Explorers'

### Ages 4 to 6

#### Musical Science

Do you like music? Do you enjoy playing instruments and making your own music? In this class you will learn how sound travels, discover and learn about octaves, plus make your own musical instrument.

**Date:** Tuesday, September 22  
**Time:** 1:00–2:00 p.m.  
**Cost:** \$15 Member; \$18 Non-Mem.

#### Creepy, Spooky Science

It's a little spooky, a little creepy and a lot of science! Chase away the darkness and explore shadows with flash lights while learning about bats and other night creatures. Discover a desert full of slithering snakes and Komodo dragons. Creep along with itsy bitsy and great big spiders.

**Date:** Tuesdays, October 6, 13, 20  
**Time:** 1:00–2:30 p.m.  
**Cost:** \$42 Member; \$53 Non-Mem.

#### Amazing Me

Bones, muscles, organs, and blood, these are all the things inside us. How do they work and why do we need them? These and other questions will be answered in this fun, hands-on class about our bodies' systems.

Discover how the heart is responsible for pumping blood all around our bodies, plus we will investigate what happens to the food we eat and how our lungs are similar to a sponge.

**Date:** Tuesdays, November 3, 10, 17  
**Time:** 1:00–2:30 p.m.  
**Cost:** \$42 Member; \$53 Non-Mem.

#### African Safari

Discover the wonders of Africa on your imaginary safari. You will explore the grasslands of the Savannah and the animals that live there. You will camp beside a water-hole while watching monkeys, crocodiles and Zebras come for a drink. You will create your own crocodile, giraffe, flamingo and more.

**Date:** Tuesdays, December 1, 8, 15  
**Time:** 1:00–2:30 p.m.  
**Cost:** \$42 Member; \$53 Non-Mem.

# Kindermusik



**K**indermusik is the premiere 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.



## Our Time — Wiggles and Giggles

### 18 months to 3 years

Parents or caregivers accompany children and participate in the 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 thirty-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 CD's, two storybooks, a rhythm instrument and a carry bag will be purchased from the instructor for \$50. 14 weeks.

**Day:** Mondays

**Dates:** September 21–January 11  
(No class 11/23, 12/21, 12/28)

**Time:** 10:00–10:30 a.m.

**Day:** Tuesdays

**Dates:** September 22–January 12  
(No class 11/24, 12/22, 12/29)

**Time:** 10:00–10:30 a.m. OR  
10:45–11:15 a.m.

**Day:** Wednesdays

**Dates:** September 23–January 13  
(No class 11/25, 12/23, 12/30)

**Time:** 5:30–6:00 p.m. OR  
6:15–6:45 p.m.

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

## Imagine That — See What I Saw

### 3 1/2 to 5 years

This is a four semester non-sequential program. "Imagine That!" 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 CD's, Kindermusik instrument, two movement and music books, 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 regular or \$58 with backpack. 14 weeks.

**Day:** Mondays

**Dates:** September 21–January 11  
(No class 11/23, 12/21, 12/28)

**Time:** 10:45–11:25 a.m.

**Day:** Tuesdays

**Dates:** September 22–January 12  
(No class 11/24, 12/22, 12/29)

**Time:** 11:45 a.m.–12:25 p.m.

**Day:** Wednesdays

**Dates:** September 23–January 13  
(No class 11/25, 12/23, 12/30)

**Time:** 7:00–7:40 p.m.

**Cost:** \$112 Member  
\$130 Non-Member

# Creation Station

Innovative art education for children and adults

Mission statement: to bring together family and friends in order to create incredible art, a fun experience and memories that will last a lifetime.

The only thing better than making things is making memories. Join us in expressing our creativity by making fantastic projects, playing games and meeting new people in our community. The Creation Station will spark imaginations and provide hours of fun, smiles, and joy! These are Parent/Child classes. Cost listed are per-child. Instructor: Emily Callahan

## Under the Sea

**Parent child class, ages 3 to 8**

Join us for some under sea fun! We will be using many different materials such as: Sand, foam, paint, plaster, seashells, ribbons, and more to create our very own deep sea aquariums, seashell paperweights, and silly jelly fish. Don't forget, if the kids finish early we have many extra activities to boost up the fun!

**Date:** Tuesday, September 22  
**Time:** 9:45-11:00 a.m.  
**Cost:** \$12 Member  
\$15 Non-Member

## Magical Fairies

**Parent child class, ages 3 to 6**

Join us for this special class to create your own set of fairy wings, fun beaded tiara, and magical fairy wand. Finally, we have a top secret recipe for mixing up magical fairy dust. We will use our imaginations, sing songs, and build great memories.

**Date:** Thursday, October 1  
**Time:** 9:45-11:00 a.m.  
**Cost:** \$12 Member  
\$15 Non-Member

## Spooky Tikes

**Parent child class, ages 3 to 8**

Halloween is coming and the kids will have blast creating a fun flying witch. We will use crazy materials for their trick or treat bags and ghosts. Last, we top it all off with a great spooky hand snack.

**Date:** Thursday, October 8  
**Time:** 9:45-11:00 a.m.  
**Cost:** \$12 Member  
\$15 Non-Member

## Fall Festival

**Parent child class, ages 3 to 8**

The leaves are falling and the air is crisp! Join us for our Fall Festival. We will create fun fall treasures using many materials such as: seeds, leaves, straw, wax, construction paper, foamies, glue and paints. Scarecrows, sunflowers, placemats and more.

**Date:** Thursday, November 5  
**Time:** 9:45-11:00 a.m.  
**Cost:** \$12 Member  
\$15 Non-Member

## Turkey Time

**Parent child class, ages 3 to 8**

Turkey Day is almost here! Help us count down to pumpkin pie by creating a fun turkey time countdown! We will be making I spy pumpkin pie. What? Come to class to make this wonderful smelling surprise! We will also make a great fall mobile and share a crafty snack.

**Date:** Tuesday, November 17  
**Time:** 9:45-11:00 a.m.  
**Cost:** \$12.50 Member  
\$15.50 Non-Member

## Winter Wonderland

**Parent child class, ages 3 to 8**

Brrr...It is getting cold outside and winter is coming. Join us in making some fun winter favors! We will use many creative materials such as beads, wire, paint, glass ornaments, and more to create bouncing bead puppets, snowman family ornaments, festive reindeer faces and flying angels.

**Date:** Tuesday, December 1  
**Time:** 9:45-11:00 a.m.  
**Cost:** \$12 Member  
\$15 Non-Member



## *Cinderella's Daddy Daughter Princess Ball*

**Friday, October 9**

**Ages 3 to 8 with parent**

Join Once Upon A Star's Cinderella and Friends: Snow White and Belle for an enchanting evening with your special adult-date! We'll enjoy dancing, snack, and more princess fun! All 'couples' will have a photo taken by Snow White with next-day access. Each princess will receive her own personalized princess tote bag, jewelry craft project and 18" tinsel-twirler baton to take home! Adults - please bring your camera for memorable photo opportunities including a group-princess photo with your daughter!

**Date:** Friday, October 9  
**Time:** 6:00-7:30 p.m.  
**Place:** CCC  
**Cost:** \$20 Child Member  
\$25 Child Non-Member  
(Parents are free)

Once Upon A Star - Kid Parties, started in 2002, specializes in birthday parties, childcare entertainment and special events. Kim Maxwell, Owner, was an educator for 10 years before starting this business. For an event your child will remember forever, visit:  
[www.costumestar.com](http://www.costumestar.com)

# Youth Athletics

## Chaska Youth Volleyball League **Grades 2 to 6**

This specially designed program is a joint effort between the City of Chaska and Chaska High School. Teams will be formed and players will meet one time per week for 5 weeks. Each session will be a combination of skills and instruction. Chaska High School volleyball players and coaches will instruct and demonstrate. Players receive free admittance to Youth Volleyball Night. Cost includes team shirt.

**Day:** Mondays  
**Dates:** September 21–October 26 (No class September 28)  
**Time:** 6:30–7:30 p.m.  
**Place:** Chaska High School, new and main gym  
**Cost:** \$60

## Chaska Youth Flag Football **Grades 1 to 4 (Girls and Boys)**

Teams will be formed and fun games will be played. Volunteer coaches are needed to help run the program. Please consider volunteering! Coaches will receive credit for 1/2 of participation fee. Learn the fundamentals of football including passing, running routes and team skills. Football shirts are provided to all participants. 6 weeks.

**Day:** Saturdays  
**Dates:** September 26–October 31  
**Time:** Morning Games  
**Place:** McKnight Park  
**Cost:** \$40 Resident; \$52 Regular

## Chaska Youth Basketball **Grades 1 to 3 (In-house)**

The focus will be developing skills on dribbling, passing, shooting defense, and rebounding. All participants receive a team T-shirt.

## Chaska Youth Basketball Cont. **Grades 4 to 8 (In-house)**

Focus is on the value of teamwork. Most teams will hold one practice a week to develop team and individual skills for a 5-on-5 game each Saturday. Reversible jerseys are given to all players.

**Boys and Girls Metro (Grades 5 to 8)**  
 Traveling teams are formed to compete with other communities on the Metro league. The goal at this level is improvement in team and individual skills. Tryouts are held at this level.

**For more information and to register online, go to [www.caybba.com](http://www.caybba.com).**

## Kids Beat **Ages 7 to 11**

Kids love drumming! We will learn a workout routine with a contagious rhythm, banged out on an exercise ball. Kids will be swinging their drumsticks, pounding their feet and spinning their bodies around that ball. Good exercise and GREAT FUN!

**Dates:** Saturdays, October 3–24  
**Time:** 9:00–9:45 a.m.  
**Cost:** \$24 Member, \$30 Non-Mem.

## Chaska Youth Cheerleading Clinic

**Kindergarten to Grade 5**  
 This fun clinic will give your child the opportunity to learn jumps, motions, chants, cheers, and a short cheerleading routine. CHS Cheerleading Coach Sue Downs will be the head instructor along with her high school cheerleaders.

**Date:** Friday, October 16 (MEA Break)  
**Times:** 9–10 a.m. (Kinder.–Grade 2)  
 10–11 a.m. (Grade 3 to 5)  
**Place:** CCC Upper Gym  
**Cost:** \$15

## Strength Training For Youth

**Age 11 to 14**  
 Are your kids interested in lifting weights? This class is designed specifically for young teens. Instruction will be given by a certified personal trainer on the Bodymaster weight equipment (located at the bottom of the CCC stairs). Each student will learn his or her individualized settings and proper form and technique. Upon successful completion, each student will be certified to continue using the Bodymaster exercise equipment during normal hours. Instructor: Ben Walker.

**Day:** Wednesdays  
**Session I:** September 16–October 14  
**Session II:** October 21–November 18  
**Time:** 2:45–3:45 p.m.  
**Cost:** \$40 Member  
 \$52 Non-Member

## Yoga Kids

**Ages 6 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 exercise adventure!

**Day:** Saturdays (5 weeks)  
**Session I:** September 12–October 10  
**Session II:** October 24–November 21  
**Time:** 10:00–10:45 a.m.  
**Cost:** \$30 Member  
 \$35 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.

**Day:** Tuesdays  
**Dates:** October 6–November 10  
**Time:** 2:45–3:30 p.m.  
**Cost:** \$35 Member  
 \$39 Non-Member

## Homeschool Swim and Gym **Ages 5 to 12**

Participants will engage in activities that will help children build self-confidence, gain team-building strategies, and socialize with other children all while having fun in a safe environment. Each class will consist of 50 minutes of organized physical gym activity and 50 minutes of American Red Cross swim lessons. Participants will be separated into two age groups: 5 to 8 year olds (Min: 8 Max: 16) and 9 to 12 year olds (Min: 10 Max: 20). Daycare is available for younger siblings for a small hourly fee. Parents should remain on site to assist with the transition from the pool to the gym. A parent orientation will occur on the first day. For more information please call Kathy at (952) 227-7747.

**Dates:** Wednesdays, September 30–November 18 (8 weeks)  
**Time:** 1:00–3:00 p.m. **Cost:** \$80 Member, \$100 Non-Member



New!



# Youth Programs



## Clay Play Fall!

**Ages 5 to 11**

A great time to come in from the cold to make various clay projects that reflect the season. We make small pots and sculptures and glaze them each day. Wear old clothes, we get messy!

- Day:** Saturdays
- Session I:** September 12, 19, 26
- Session II:** October 10, 17, 24
- Session III:** November 7, 14, 21
- Time:** 10:30-11:30 a.m.
- Cost:** \$48 Member per session  
\$52 Non-Member

## Pottery Scout and 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. 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.

## Red Cross Babysitting Clinic

**Ages 11 and up**

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. Instructor: Shelly Nahan.

- Session I:** Saturday, September 19
- Time:** 8:00 a.m.-1:00 p.m.  
(bring a bag lunch) **OR**
- Session II:** Saturday, November 7
- Time:** 8:00 a.m.-1:00 p.m.  
(bring a bag lunch)
- Cost:** \$45 Member  
\$60 Non-Member

**(952) 448-5633**

## **New!** Lotions Potions and Much More!

**Ages 6 to 12**

Girls are you looking for something fun to do with your friends while school is out? Why not get together and mix up some fun by creating your very own lip gloss, body glitter, scented body lotion, and cool jean pocket locker mate. Join us and we will whip up some girlfriend fun!

- Date:** Friday, October 16
- Time:** 9:30-11:00 a.m.
- Cost:** \$17 Member  
\$22 Non-Member

## Holiday Ornament Workshop

**Ages 5 to 11**

Come on in from the cold! We will be making seasonal ornaments and small sculptures to warm up your home. Wear old clothes, we get messy!

- Date:** Saturday, December 12
- Time:** 10:30-11:30 a.m.
- Cost:** \$25 Member  
\$32 Non-Member

## **New!** Miley's Hoedown Throwdown!

**Ages 5 to 12**

Let's add some neon-fun to the throwdown! You'll receive a 'hoedown' make-over and learn the throwdown dance at this Miley party! Your trendy hair-do includes a neon hair attachment. Nail polish will be neon polka dots! More make-over surprises and jewel-bandanna craft for you to take home. Parents, bring your camera for our end-of-party hoedown performance! Yee-haw!

- Date:** Friday, October 30
- Time:** 10:00-11:30 a.m.
- Place:** CCC Community Room
- Cost:** \$17 Member  
\$22 Non-Member



See page 30 for Youth Racquetball Instructional League.



## CHASKA COMMUNITY CENTER SCHOOL-AGE CARE

# EXTREME X KIDS



### Before and after school day care program for kids in full day Kindergarten through 5th grade

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 dedicated space for this program. These spaces create a unique atmosphere with many recreational opportunities for Extreme Kids to enjoy. Our staff will provide an experience focusing on fun coupled with learning and socializing. Visit [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) for registration packet. Space is limited.

### Before and After School Program

Transportation to local schools include: Chaska Elementary, Jonathan Elementary, Clover Ridge Elementary, Kindergarten Center, GA, and St. Johns. We also offer full day care on no-school days.

- Dates:** Monday-Friday, duration of the school year
- Times:** 7:00 a.m. - School start; School end - 6:00 p.m.
- Rates:** Rates are based on your child's school of attendance due to start and end times. See registration packet for details.

[www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com)

Limited space is still available for 2009-2010 school year. A registration fee is required. See registration packet for details.

Questions? Call Carly at (952) 227-7791.



## SCHOOL'S OUT

Join the cities of Chaska 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.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com). Space is limited.

- Time:** 8:00 a.m.-4:00 p.m.
- Ages:** 6 to 12
- Cost:** \$40 per child

### No School Days:

#### Thursday, October 15

##### Brunswick Bowl and Swimming

Join us as we venture out to Eden Prairie for some bowling fun. We will have pizza lunch and bowl a few games at Brunswick Bowl then to the Chaska Community Center for swimming in the pool. Bring your suits and towels and be ready for some fun!

#### Friday, October 16

##### Chuck E. Cheese and a Movie

Today we will start out with some fun arts and crafts then we are off to Chuck E. Cheese for some arcade fun and of course pizza. We will then head to the Eden Prairie Community Center to watch a movie on the big screen.

### Winter Break Adventures

#### Monday, December 28

##### 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.

#### Tuesday, December 29

##### Grand Slam and Swimming

Join us as we travel to Grand Slam for laser tag, bumper cars, mini golf and lunch then we will head to the CCC for some swimming. Make sure to have swimsuit and a towel; parents relax the rest is covered. Space is limited.

FALL  
2009

# Teen Programs

Boys and girls ages 11 to 15 • No Registration Necessary

## September:

### Movie

Join us for a movie and refreshments with your friends after school. We will be in the CCC Community Room, so we can lay back and enjoy popcorn and drinks while we watch our flick.

**Date:** Wednesday, September 16

**Time:** 2:30 - Movie end

**Place:** CCC Community Room

**Cost:** FREE

## October:

### Dodgeball Tournament

Don't miss out on the fun as we offer another Dodgeball Tournament just for teens! Grab your friends and create your team of 6-8 players. Check in at the Turtle Bay Room with your team name and hang out until we post the bracket at 3:00 p.m. There will be refreshments for those participating, either before or after your game. No food or drink is allowed out of the Turtle Bay room. The winners will win fabulous prizes! Can you dodge better than the rest?

**Date:** Tuesday, October 13

**Time:** 2:30-3:00 p.m. - Register your team  
3:00-4:00 p.m. - Tournament

**Place:** Turtle Bay Room and CCC Lower Gym

**Cost:** FREE



## November:

### Turkey Shoot

Help to put the bird on your Thanksgiving table! Join the Chaska Park and Recreation Department for a little friendly competition at our Annual Turkey Shoot. Compete against other students in your age category in fun-filled activities, including free throws, soccer kick, hockey goals, and more! Participants are welcome to arrive anytime between 3:00-4:00 p.m. Registration and activities will take approximately 30 minutes. Participants may leave when they are finished. Winners will be notified afterwards by phone and arrangements will be made to pick up prizes (and frozen turkeys). All activities completed by approximately 4:30 p.m.

**Date:** Thursday, November 19

**Time:** 3:00-4:30 p.m.

**Place:** Chaska Community Center

**Cost:** FREE!

## December:

### Ice Skating Party

Get winter started off right and join us for open skate just for teens. Ice games and music will be played at the CCC Rink 1. Don't worry if you don't have your own skates, there will be skates available to rent. Free snacks will be provided in the lobby. Make sure to put your name in the raffle for your chance to win cool prizes.

**Date:** Tuesday, December 8

**Time:** 2:30-4:00 p.m.

**Place:** CCC Arena 1

**Cost:** FREE! (Skate rental is \$2)



# Chaska School of Dance!

## Fall Session

Join us in celebrating **over 25 years** of dance education in the community! The programs will allow students to enjoy many aspects of dance including a variety of creative dance choreography and techniques. We offer a full circle of dance education for children and adults of all ages, from beginners to advanced. Our philosophy provides professional dance education in a fun, nurturing environment.

## Registration

Times of all classes will be scheduled through registration with the Director. For further details contact Mary Pieper, Director, Chaska School of Dance at (952) 873-6781.

Visit our website at:  
[geocities.com/ChaskaDance](http://geocities.com/ChaskaDance)

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

**Fall Session starts  
September 14**

## Beginning Tap to Advance Tap

Technique and creative routines to include terminology, timing, rhythm patterns and sounds.

## “Get Your Groove On” 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-n-roll tunes today!



## Dance-Line Teams

Accommodates individuals who wish to develop skills and gain experience for future dance-line production, cheerleading and more. Teams will perform throughout the community each year. Our philosophy includes the development of experience, strength, and showmanship.

## “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 dance. Includes hot styles of salsa, swing, theater, and much more.

## “A Touch of Class”

Our fine arts curriculum will focus on the elegance and tradition of ballet for the performer who wishes to channel their talents in the areas of Beginning Ballet, Modern Dance, Classical Ballet, and Pointe.

## Adult Jazz/Adult Tap Classes

This fun-filled class 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 jazz technique, style, rhythm, and a flair for the dramatic. Choreography taught will be incorporated into a full routine at the end of the session. No previous dance experience required. All ages welcome.

## “Look Mom, I am 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.

## Ladyslippers Competition Team

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

## Dance Your Way Fit!

For adults, seniors and teens! Enjoy 8 week dance/fit workout. Burn it up on the dance floor with Miss Britta! A fun way to learn dance technique and tone up. Participants will go through a dance warm up, conditioning and culminate in a full length jazz/hip-hop routine. Work at your pace, all ages women and men.

## Chaska Youth Athletic Associations Contact Information

**Chaska Area Youth Baseball Assoc.**  
Mike Mattson  
[www.chaskaareayouthbaseball.com](http://www.chaskaareayouthbaseball.com)

**Chaska Youth Softball Association**  
Laurie Passe  
[www.eteamz.com/chaska/](http://www.eteamz.com/chaska/)

**Chaska Area Youth Volleyball Assoc,**  
Sue Murphy  
[www.cayva.org](http://www.cayva.org)

**West Express Swim Club**  
Brian Nagel  
(763) 391-2872  
[www.westexpress.usswim.net](http://www.westexpress.usswim.net)

**CC United Soccer Club**  
Neils Wartenburg  
[www.ccunitedsoccer.org](http://www.ccunitedsoccer.org)

**Chaska Stallions Wrestling Club**  
Bruce Finkel/Kelly Loosbrock  
[www.eteamz.active.com/chaska-chanwestling](http://www.eteamz.active.com/chaska-chanwestling)

**Chaska Chanhassen Hockey Association**  
AI Velasco  
[www.chaskahockey.org](http://www.chaskahockey.org)

**Chaska Figure Skating Club**  
Vicky Shurson  
[www.chaskafsc.com](http://www.chaskafsc.com)

**Chaska Area Youth Basketball Association**  
Craig Goetz  
[www.caybba.com](http://www.caybba.com)

**Chaska Chan Football Association**  
Scott Lindberg  
[www.chaskafootball.com](http://www.chaskafootball.com)

**C3 Hawks Youth Lacrosse Association**  
Debbie Mau  
[www.hawksyouthlacrosse.org](http://www.hawksyouthlacrosse.org)

**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.*

# Classic Gymnastics

2885 Water Tower Place, Chanhassen, MN 55317 • (952) 368-1909 •

[www.classicgym.com](http://www.classicgym.com)

## Our Commitment

- Positive reinforcement
- Small class sizes
- Friendly, professional staff focused on helping children achieve their goals
- Parent friendly viewing area with internet access



## Our Facility

- Quality Equipment for all levels in a state-of-the-art climate controlled facility
- AAI fiberglass spring floor
- TumbTrak & foam pits
- In ground trampolines

## Progressive Girls & Boys Programs

Progressive Girls and Boys programs are for gymnasts ages 6 and up

**Beginner I:** This is a 1-hour class for children with no gymnastics experience. They will learn fundamental skills on vault, floor, balance beam, and uneven bars.

**Beginner II & III:** This is a 1-hour class for children with little gymnastics experience. They will learn fundamental skills on vault, floor, balance beam, and bars.

**Intermediate I, II & III:** This is a 1.5 hour class for children with moderate gymnastics experience. There is increased difficulty, with more emphasis on technique and form.

**Advanced I, II & III:** This is a 1.5 hour class for experienced gymnasts. Skill difficulty will increase with each level.

**Junior High:** This is a 1.5 hour class for gymnasts in Junior High interested in getting ready for High School gymnastics.

**High School:** This is a 2 hour class for gymnasts interested in retaining and improving their skills during off season.

### Session I: 10 Weeks

September 9–November 14, 2009

### Session II: 10 Weeks

November 16, 2009–  
January 23, 2010

## Progressive Boys Programs

**Boys I:** This is a 1-hour class for children with no gymnastics experience.

**Boys II:** This is a 1-hour class for children with some gymnastics experience.

**Boys Advanced:** This is a 1 hour class for children with moderate gymnastics experience.

We also offer  
Advanced Tumbling/  
Trampoline programs,  
Home School  
programs, and  
Open Gym times

For more information please call Classic Gymnastics at (952) 368-1909 or check [www.classicgym.com](http://www.classicgym.com). You are also welcome to come visit our club at 2885 Water Tower Place, Chanhassen.





## Guard Start: Lifeguarding Tomorrow

Lifeguarding Tomorrow is a program for youth ages 11 to 14 years old who have the desire to learn about the responsibilities and duties of a Lifeguard. This program builds on a foundation of aquatic and leadership knowledge, attitudes and skills for future completion of the Red Cross Lifeguarding courses. *Prerequisite: Swim front crawl 25 yards, tread water for 1 minute, and submerge and swim 10 feet underwater.*

**Session I:** Tuesdays, Sept. 22–Nov. 10  
**Time:** 3:30–4:30 p.m.

**Session II:** Saturdays, Sept. 26–Nov. 21  
(No class October 17)  
**Time:** 11:00 a.m.–12:00 p.m.

**Cost:** \$85 Member; \$102 Non-Mem.

## Red Cross Babysitting Clinic Ages 11 and up

This American Red Cross class is for youth age 11 and older. It prepares a babysitter for what every parent wants, including safety, basic childcare, 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. Instructor: Shelly Nahan.

**Session I:** Saturday, September 19  
**Time:** 8:00 a.m.–1:00 p.m.  
(bring a bag lunch)

**Session II:** Saturday, November 7  
**Time:** 8:00 a.m.–1:00 p.m.  
(bring a bag lunch)

**Cost:** \$45 Member; \$60 Non-Mem.

# Safety and CPR Training

All classes take place at the Chaska Community Center.

## Lifeguard Training

Sign up now as space fills fast. This course trains participants in American Red Cross Lifeguarding, CPR for the Prof Rescuer, First Aid & AED. **PLEASE NOTE: participants who do not pass the course pre-requisites will be charged a \$50 administration fee.**

### COURSE PRE-REQUISITES:

- Participant must be age 15 by the last day of class
- Swim 300 yards continuously
- Skill combination of swimming 20 yards with head above water, surface dive to a depth of 7 feet to retrieve a diving brick, swim back 20 yards carrying the brick with both hands. Cost includes all books and materials.

**Cost:** \$175 Member  
\$200 Non-Member

**Session I:** October 15–18 (must attend all class days/times)  
**Time:** 10:00 a.m.–6:00 p.m.

**Session II:** December 27–30 (must attend all class days/times)  
**Time:** 9:00 a.m.–5:00 p.m.

## Adult CPR & AED Training

Learn all the skills of CPR-Adult plus how to use an automated external defibrillator (AED), a safe and easy-to-use device to help restart a heart that has stopped beating. This course focuses on training the lay rescuer and combines OSHA-compliant adult CPR training with instruction in AED, the two skills needed to save the life of an adult victim of sudden cardiac arrest. Upon successful completion, participants receive an American Red Cross certificate. Textbook provided.

**Date:** Monday, October 5  
**Time:** 5:30–9:30 p.m.  
**Cost:** \$50 Member  
\$60 Non-Member

## Child/Infant CPR

Learn how to care of victims up to 12 years of age. This course teaches rescue breathing, CPR, and first aid for choking. Upon successful completion, participants receive an American Red Cross certificate. Textbook provided.

**Date:** Monday, September 21  
**Time:** 5:30–9:30 p.m.  
**Cost:** \$50 Member  
\$60 Non-Member

## Standard First Aid

Following the American Red Cross guidelines, this course provides the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Upon successful completion, participants receive an American Red Cross certificate. Textbook provided.

**Date:** Monday, October 19  
**Time:** 5:30–9:30 p.m.  
**Cost:** \$40 Member; \$50 Non-Mem.

## Adult/Child/Infant CPR and AED Review

Is your certification expiring soon? To be eligible to participate participants must bring to class, a current American Red Cross certificate (or equivalent). Participants and their instructor will review video segments, practice and perform skills and complete written tests. Upon successful completion, participants receive an American Red Cross certificate.

**Date:** Monday, November 16  
**Time:** 5:30–9:30 p.m.  
**Cost:** \$40 Member; \$50 Non-Mem.

## CPR/AED for the Professional Rescuer Review

This review course give participants the opportunity to review the course content in a formal class setting. Pre-requisite: Must hold a current Red Cross CPR/AED for the professional rescuer Certificate, or have one that expired in the last year.

**Date:** Monday, November 9  
**Time:** 5:30–9:30 p.m.  
**Cost:** \$40 Member; \$50 Non-Mem.

## Child/Infant CPR Review

Is your certification expiring soon? To be eligible to participate participants must bring to class a current American Red Cross certificate (or equivalent). Participants and their instructor will review video segments, practice and perform skills and complete written tests. This review covers only child and infant CPR. Upon successful completion, participants receive an American Red Cross certificate.

**Date:** Monday, October 26  
**Time:** 5:30–9:30 p.m.  
**Cost:** \$40 Member; \$50 Non-Mem.

# Chaska Community Center

## Fall Swimming Programs

**2009 FALL CCC POOL SCHEDULE: Begins Tuesday, September 8!**

Pool schedules are available at the front desk. Please note this hourly schedule is subject to change.

### Fall Open Swim Hours

#### 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.

*The water slide is not on during open swim.*

#### 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-Thursday	5:00-9:20 a.m. and 10:40 a.m.-12:50 p.m.
Friday	5:00 a.m.-12:50 p.m.
Monday-Thursday	8:35-9:35 p.m.
Monday, Wednesday, Friday, Saturday, Sunday	5:00-5:55 p.m.
Saturday	5:00-8:50 a.m.
Sunday	8:00 a.m.-12:45 p.m.

**Pool closed for maintenance Monday, November 30 to Friday, December 4.**

Pool schedules are available at the front desk.

#### Tot Time Swim

**Mondays, Fridays and Sundays**

**(Starting September 7)**

**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.

### Specialty Programs

#### PRIVATE SWIM LESSONS

Private (1 instructor, 1 participant) and Semi-Private (1 instructor, 2-3 participants) swim lessons are available for all ages and skill levels. For more information including pricing and scheduling please call the Aquatics Coordinator at (952) 227-7746.

#### ADAPTIVE SWIM LESSONS

Swimming lessons for all ages and abilities for children with special needs.

#### Class meets once a week on Saturdays

**Date:** September 26-November 21  
(No class October 17)

**Time:** 12:00-12:30 p.m.

**Cost:** \$75 Member; \$91 Non-Member

#### **New!** Homeschool Swim & Gym Ages 5 to 12

Participants will engage in activities that will help children build self-confidence, gain team-building strategies, and socialize with other children all while having fun in a safe environment. Each class will consist of 50 minutes of organized physical gym activity and 50 minutes of American Red Cross swim lessons. Participants will be separated into two age groups: 5 to 8 year olds (Min: 8 Max: 16) and 9 to 12 year olds (Min: 10 Max: 20). Daycare is available for younger siblings for a small hourly fee. Parents should remain on site to assist with the transition from the pool to the gym. A parent orientation will occur on the first day. For more information please call Kathy at (952) 227-7747.

**Dates:** Wednesdays, September 30-November 18 (8 weeks)

**Time:** 1:00-3:00 p.m.

**Cost:** \$80 Member, \$100 Non-Member





# Learn to Swim

Learn to Swim at the Chaska Community Center! Our caring and dedicated instructors have been trained in the American Red Cross curriculum. You and your child will enjoy developing swimming and water safety skills in our positive learning environment. For questions about our Learn-to-Swim program, including level placement, please call the Aquatics Coordinator at (952) 227-7746.

Fall '09 Registration

On-line at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) or at the front desk of the Community Center.

## September 21 to November 21

### Members Only: August 17-23

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

### Non-Members: August 24

### Group Rate Cost:

\$52 Member

\$66 Non-Member

## Swimming Lesson Start and End Dates

Class meets once a week for eight weeks

Monday	9/21	11/9
Tuesday	9/22	11/10
Wednesday	9/23	11/11
Thursday	9/24	11/19 (no class 10/15)
Friday	9/25	11/20 (no class 10/16)
Saturday	9/26	11/21 (no class 10/17)

## Learn to Swim Registration Reminders

- Must be at least 6 years old to sign up for level 1. Anyone younger may sign up for a Parent-Child or Preschool class.
- There must be a minimum of 6 registrants to hold a class.
- There are no make-up classes for missed classes.

### MONDAYS

9:15-9:45 a.m.	(1)	Parent Child 6-24 mo
9:50-10:20 a.m.	(2)	Parent Child 2-4 years
5:00-5:30 p.m.	(3)	Parent Child 6-24 mo
5:35-6:05 p.m.	(4)	Parent Child 2-4 years
6:10-6:40 p.m.	(5)	Preschool 1

### September 21–November 9

### TUESDAYS

4:45-5:15 p.m.	(6)	Preschool 2
4:45-5:25 p.m.	(7)	Level 1
	(8)	Level 2
	(9)	Level 3
5:20-5:50 p.m.	(10)	Preschool 1
5:30-6:10 p.m.	(11)	Level 2
	(12)	Level 3
	(13)	Level 4
5:55-6:25 p.m.	(14)	Preschool 3
6:15-6:55 p.m.	(15)	Level 1
	(16)	Level 2
	(17)	Level 5/6
6:30-7:00 p.m.	(18)	Preschool 2

### September 22–November 10

### WEDNESDAY

9:15-9:45 a.m.	(19)	Preschool 1
9:50-10:20 a.m.	(20)	Preschool 2

### September 23–November 11

### THURSDAYS

4:45-5:15 p.m.	(21)	Preschool 1
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### September 24–November 19

(No class on October 15)

### Thursdays continued

4:45-5:25 p.m.	(22)	Level 2
	(23)	Level 3
5:20-5:50 p.m.	(24)	Preschool 2
5:30-6:10 p.m.	(25)	Level 2
	(26)	Level 3
6:15-6:55 p.m.	(27)	Level 1
5:55-6:35 p.m.	(28)	Adult Beginner
6:15-6:55 p.m.	(29)	Adult Intermediate/Adv.

### FRIDAYS

9:15-9:45 a.m.	(30)	Preschool 1
9:50-10:20 a.m.	(31)	Preschool 3

### September 25–November 20

(No class on October 16)

### SATURDAYS

9:00-9:30 a.m.	(32)	Preschool 1
9:00-9:40 a.m.	(33)	Level 2
	(34)	Level 3
9:35-10:05 a.m.	(35)	Preschool 2
9:45-10:25 a.m.	(36)	Level 1
	(37)	Level 5/6
10:10-10:40 a.m.	(38)	Parent Child 2-4 years
10:30-11:10 a.m.	(39)	Level 3
	(40)	Level 4
11:15-11:55 a.m.	(41)	Level 1
	(42)	Level 2
11:00 a.m.-12 p.m.	(43)	Guard Start
12:00-12:30 p.m.	(44)	Adapted Swim Lessons

### September 26–November 21

(No class on October 17)

# American Red Cross Learn to Swim Course Descriptions

## PRESCHOOL LEVELS:

### Parent Child: Level 1

6 to 24 months and parent or guardian

Enjoy swimming with your child and learn fundamental safety and aquatic skills while having fun in the water.

### Parent and Child: Level 2

2 to 4 years old and parent or guardian

Enjoy swimming with your child and learn more advanced safety and aquatic skills while having fun in the water.

### Preschool: Level 1: Introduction to Water Skills Ages 4 to 5

Preschooler swimmers learn to feel comfortable in the water and enjoy the water safely. Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool. *There are no prerequisite skills for this class.*

Participants learn to:

- Blow bubbles and submerge face

- Float on front and back with support
- Swim on front and back with support
- Basic water safety rules

REGISTRATION TIP: Students that pass Pre-school Level 1 and are under the age of 6 should register for Preschool Level 2. Students that pass Preschool Level 1 and are age 6 and older, should register for Level 1 below.

### Preschool Level 2: Fundamental Aquatic Skills Ages 4 to 5

This class is for well-adjusted preschoolers who are ready to learn and perform skills independently. *Prerequisite: Students must have completed Preschool Level 1 or have equivalent skills.*

Participants learn to:

- Submerge entire head
- Float and glide on front and back
- Swim on front 3 body lengths
- Roll over front to back, back to front

REGISTRATION TIP: Students that pass preschool Level 2 and are under the age of 6 should register for Preschool Level 3.

Students that pass Preschool Level 2 and are age 6 and older, should register for Level 2 below.

### Preschool Level 3: Stroke Development Ages 4 to 5

Increase proficiency and build on the aquatic skills learned in Level 2 by providing additional practice with increased distances and times. Skills in this level are performed independently. *Prerequisite: Students must have completed Preschool Level 2 or have equivalent skills.*

Participants learn to:

- Jump into deep water
- Submerge and retrieve an object
- Swim front crawl and back crawl for 5 body lengths
- Tread water, survival float and back float for 15 seconds

REGISTRATION TIP: Students that pass Preschool Level 3 and are 6 years old should register for Level 3 below.

**QUESTIONS ABOUT LEVEL PLACEMENT? CALL THE AQUATICS COORDINATOR AT (952) 227-7746.**

## 6 YEARS AND OLDER LEVELS:

### Level 1: Intro to Water Skills

Participants learn to feel comfortable in the water and enjoy the water safely. Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool. *Prerequisite: Students must be at least 6 years old.*

Participants learn to:

- Blow bubbles and submerge face
- Float on front and back with support
- Swim on front and back with support
- Basic water safety rules

### Level 2: Fundamental Aquatic Skills

This level marks the beginning of true locomotion skills. Students are performing skills without support and developing arm and leg actions that lay the foundation for future strokes. *Prerequisite: Students must have completed Level 1 or have equivalent skills.*

Participants learn to:

- Submerge entire head
- Swim on front and back 5 body lengths
- Roll over front to back, back to front
- Float and glide on front and back

### Level 3: Stroke Development

Increase proficiency and build on the aquatic skills learned in Level 2 by providing additional practice with increased distances and times. *Prerequisite: Students must have*

*completed Level 2 or have equivalent skills.*

Participants learn to:

- Jump into deep water & tread water 30 seconds
- Diving from a sitting and kneeling position
- Rotary breathing
- Front crawl, back crawl, elementary backstroke, sidestroke 15 yards
- Swim using the dolphin kick for 3-5 body lengths

### Level 4: Stroke Improvement

Participants improve skills worked on in Level 3 and endurance for front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke. *Prerequisite: Students must have completed Level 3 or have equivalent skills.*

Participants learn to:

- Swim front crawl and elementary backstroke for 25 yards each
- Swim sidestroke, back crawl, breaststroke and butterfly 15 yards
- Perform open turns on front and back
- Dive from a standing position
- Perform a feet-first surface dive and swim underwater

### Level 5: Stroke Refinement

Participants refine their performance of all the stroke and increase distances. *Prerequisite: Students must have completed Level 4 or have equivalent skills.*

Participants learn to:

- Perform a long shallow dive
- Perform tuck and pick surface dives
- Perform flip turns

- Swim front crawl and elementary backstroke for 50 yards
- Swim butterfly, back crawl, breaststroke, and sidestroke for 25 yards

### Level 6: Fitness Swimmer

Participants swim strokes with more ease, efficiency, power and smoothness over greater distances. *Prerequisites: Students must have completed Level 5 or have equivalent skills.*

Participants learn to:

- Swim front and back crawl for 100 yards
- Swim butterfly, elementary backstroke, breaststroke and sidestroke for 50 yards
- Perform flip turns while swimming
- How to use lap swimming equipment (pull buoy, fins, pace clock, paddles)
- Calculate target heart rate and how to write a workout.

### Adult Beginner Lessons

This level is designed for those who are not comfortable in the water and for those with minimal swimming skills. Individual goals are determined and the instructor will work with the student to help meet personal goals.

### Adult Intermediate/Advanced

This level is designed for the novice to advanced swimmer looking to fine-tune their strokes and build endurance. Individual goals are determined and the instructor will work with the student to help meet personal goals. *Pre-requisite: Must be able to swim 1 length of the pool.*

# Chaska Skate School

## Celebrating 20 Years - Ice Show 2010

We are delighted to announce that the Chaska Skate School and Chaska Figure Skating Club will be hosting another Ice Show on Saturday and Sunday, March 6 and 7, 2010 at the Chaska Ice Arena.

### What is the ice show?

The Ice Show is a presentation of our skate school and skating Club showcasing the talents of our skaters at all stages and levels. This is a presentation that requires the commitment of skaters, parents and coaches alike. There will be a dress rehearsal Friday, March 6 at 5:45 p.m., first performance on Saturday, March 6 at 7:00 p.m. and a second performance Sunday, March 7 at 2:00 p.m. Practices will be scheduled in the 2 weeks prior to the Ice Show, schedules to be determined - further information to follow.

Registration Dates: Now - December 19

The Participation Fee: \$44 Member; \$55 Non-Member

## CELEBRATING 20 YEARS Ice Show 2010

**March 6 & 7**

Three practices.  
One dress rehearsal on Friday, March 5.  
Two shows!

**Cost: \$44 Member; \$55 Non-Member**

**Please note costume not included in registration cost.**

## Chaska Skate School Learn-to-skate program

**Fall I: September 10-October 22**

**Fall II: November 1-December 19**

7 week program (30 minute classes)

**Small Group Lessons  
(SGL) 4 students, 1 teacher**

### REGISTRATION:

**AUGUST 7: Re-enrollment**

**AUGUST 14: Open for all**

Register at the Chaska Community Center or  
online at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com)

### SEVEN WEEK PROGRAM

**Basic Classes: 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 Lesson (4:1) Fees:  
\$70 Member; \$85 Non-Member**

**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.

### Monday

**Sept. 14-Oct. 26**

**Class 5:45 p.m.**

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

**6:15 p.m.**

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

**6:45 p.m.**

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

**7:15 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

**Sept. 15-Oct. 27**

**Class 6:45 p.m.**

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

### Thursday

**Sept. 10-Oct. 22**

**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 Alpha
- 35 Beta
- 36 Gamma/Delta
- 37 Freestyle 1\*
- 38 Freestyle 2\*
- 39 Freestyle 3\*
- 40 Beginner  
2-3 SGL\*\*
- 41 Beginner 1 SGL\*\*

\*\*SGL - Small Group  
Lessons (4 students,  
1 teacher)

### Saturday

**Sept. 12-Oct. 24**

**Class 8:45 a.m.**

- 42 Figure Skating  
Bridge Class\*
- 43 Beginner 2-3  
SGL\*\*
- 44 Beginner 1 SGL\*\*
- 45 Hockey 1\*
- 46 Hockey 2\*

**9:15 a.m.**

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

**9:45 a.m.**

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

**10:15 a.m.**

- 61 Beginner 1
- 62 Beginner 2
- 63 Beginner 3

# Chaska Skate School Class Descriptions



## Specialty Classes

### Hockey\*

Hockey players – improve your game! Sticks and gloves are required; helmets are recommended.

**Hockey 1:** Beginning hockey skaters learn 2-foot curves, proper stance, stopping. (Must complete Beginner 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 crossovers. (Must complete Alpha or Hockey 2)

**Hockey 4:** Develop power forward, backwards, learn advanced turns, and back stops. (Must complete Hockey 3)

### Beginner Classes

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

**Beginner 1:** Beginning skater with little or 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, across rink, glide and stop.

### Basic Skills Classes

**Pre-Alpha:** Beginner skater with very little skating experience, able to skate forward and glide.

**Alpha:** Skater is able to skate forward, backward, stop and glide on one foot.

**Beta:** Skater is able to do forward crossovers, 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

### Adult Classes\* You're never too old!

**Adults:** Classes are customized to participants abilities and what you want to learn, beginners to advanced.

### Figure Skating\*

**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 and control.)

**Power Free High:** Develop power, strength, quickness to improve overall High skating and and enhance your freestyle moves. (Pre-Pre+)

**Power Free Low:** Develop power, strength, quickness to improve overall skating and and enhance your freestyle moves. (Beta and up)

**Synchro:** Dance line on ice. Learn routine of various formations and perform in exhibitions and ice show.

### Figure Skating Bridge Class:

Figure skating skills taught at a faster pace to acquire skills necessary to enter figure skating club in the future. (Pre-Alpha and up)

**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. Rental skates are available.

**Cost:** \$5 per skater **Dates:** Saturdays at 7:30 p.m. — Sept. 19 • Oct. 3 • Dec. 19

### Halloween Rock on Ice

Join us for a Special Halloween Rock on Ice immediately after Halloween Live!

**Cost:** \$5 per skater **Date:** Saturday, October 24 **Time:** 6:15-8:15 p.m.



# Skating Programs

## Open Skate

Adults \$4; Youth \$3; Skate Rental \$2

### September-February

EVENINGS

**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.

DAY TIMES

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

(No skate Sept. 7, Dec. 25)

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

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

WINTER BREAK ADDITION

**December 29** 11:30 a.m.-12:30 p.m.

## 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, contact Lori Willis at (952) 466-5674 or [mamawilly@earthlink.net](mailto:mamawilly@earthlink.net).

**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:** \$95 Annual Individual Membership

## Youth Hockey

### Fun and Skills for Girls and 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 Al Velasco at [president@chaskahockey.org](mailto:president@chaskahockey.org)

## 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.

### September-December

(No skate September 7)

**Day:** Mondays

**Time:** 6:00-7:15 a.m.

**Day:** Fridays

**Time:** 7:15-9:00 a.m.

**Cost:** \$5 per Youth, pay at CCC front desk. Adult/Coach Supervision free

## Developmental Ice

**September** (No skate September 7)

**Day:** Mondays

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

**Days:** Tuesdays and Thursdays

**Times:** 6:00-9:00 a.m.

### October-December

(No skate Thursday, December 24)

**Days:** Mondays, Tuesdays and Thursdays

**Times:** 6:00-9:00 a.m.

**Cost:** \$5, pay at CCC front desk

**Private Lessons Available**  
20 min./\$18, 30 min./\$27

## Adult Open Hockey

### SEPTEMBER-DECEMBER

(No Skate December 25)

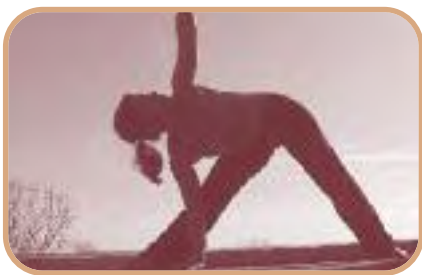
**Thursdays:** 11:30 a.m.-1:00 p.m.

**Fridays:** 10:00-11:15 p.m.

**Cost:** \$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.

## Chaska Winter 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 early December. Interested teams should contact Jason Kirsch, Arena Manager at (952) 448-3176 ext. 7758.



## 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. Instructor: Christy Rice.

**Day:** Tuesdays  
**Time:** 6:45-7:45 p.m.  
**Session I:** September 8-October 20  
**Session II:** November 3-December 15  
**Cost:** \$56 Member  
\$72 Non-Member

**Day:** Thursdays  
**Time:** 6:00-7:00 p.m.  
**Session I:** September 10-October 22  
**Session II:** October 29-December 17  
(No class November 26)  
**Cost:** \$56 Member  
\$72 Non-Member

### Continuing HATHA Yoga

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

**Day:** Tuesdays  
**Time:** 5:30-6:30 p.m.  
**Session I:** September 8-October 20  
**Session II:** November 3-December 15  
**Cost:** \$56 Member  
\$72 Non-Member

### Drop in Yoga

Yoga posture, palates movements and stretching integrate mind, body and breath cycle for this yoga practice.

**Fit Yoga** (ongoing)  
Tuesdays and Thursdays at  
10:45-11:30 a.m.  
with Susan Marek

Mondays and Wednesdays at  
6:45-7:45 p.m.  
with Michelle Darsow

**Yoga Sculpt** (Beginning September 11)  
Fridays at 10:45-11:30 a.m.  
with Catherine Torntore

**Cost:** \$4.25/Class Member  
\$5.25/Class Non-Member

# Yoga Workshops

### Fall Yoga Mala

**A celebration of the changing seasons!**

The Yoga Mala is a “garland” of yoga practice — 108 repetitions of Surya Namaskar, the Sun Salutation. This moving meditation helps still the mind and relaxes the body, in preparation for Savasana, while the collective motion a group helps strengthen the spirit. We’ll begin by spending a few minutes warming up the body and split the 108 Sun Salutations into four groups of 27, with an extended break at 54. With our bodies loose and mind quiet, we will reflect in a lengthy Savasana. For beginners and or when fatigued during the Yoga Mala, variations are encouraged. Come well hydrated and have a light snack an hour before attending. Bring a water bottle, towel, yoga mat and cozy layered clothing to wear. Susan Marek will guide the Mala.

**Date:** Monday, September 21  
**Time:** 6:30-8:30 p.m. (During the setting of the sun!)  
**Cost:** \$20 per person

### Restorative Yoga Workshop

Please join Christy Rice for this special evening. Learn to give your body a chance to shed stress, to settle into a place of stillness. Christy’s soothing voice is a tonic for the soul, nourishment for the body, an adventure for the mind. Give yourself the chance to move from the intimate to the infinite. This practice is in the comfort and quiet of the Lodge at the Chaska Community Center.

**Session I:** Friday, November 6  
**Session II:** Friday, December 4  
**Time:** 6:00-7:30 p.m.  
**Cost:** \$22 per person

### Bikram Yoga Experience

Join us for a special class of Bikram Yoga in Chanhassen. Bikram Yoga (HOT Yoga) is a 90 minute class designed for all levels. A challenging and exhilarating series of 26 postures is practiced in a heated room (103° F), which helps to warm the body, allowing you to work deep into your muscles, tendons, and ligaments. It stimulates the organs, glands, and nervous system in a profoundly beneficial manner. The class moves slowly and each posture is practiced twice so that you have time to learn it properly. Bikram Yoga cleanses the body inside and out and makes you look and feel great! Bring your mat and waterbottle. Registration and payment deadline is Thursday, November 12.

**Date:** Sunday, November 15  
**Time:** 4:00 p.m.  
**Place:** Chanhassen Bikram Yoga  
**Cost:** \$22 per person

### Auspicious Beginnings Yoga Workshop

In this practice, we use yogic techniques to quiet the mind and center ourselves. From this state of mind, we focus on our hopes and dreams for the upcoming year. With this intention, we flow through a variety of yogic asana and pranayama to refresh and renew as we head into the New Year.

**Date:** New Year’s Day, Friday, January 1, 2010  
**Time:** 9:00-10:30 a.m.  
**Cost:** \$10 per person

**See Yoga Kids  
and Yoga Club  
for Teens  
on page 16**



## Self Defense Seminar

Learning self-defense begins with not thinking of yourself as a victim. Looking strong, alert, confident, and healthy is the first line of defense in sexual assault or violent crime. But if the unthinkable happens, fighting back works. The Chaska Krav Maga Training Center along with local law enforcement and the Chaska Community Center are providing this community service for everyone age 12 and up in the community who wish to possess the tools needed to prevent or survive a violent assault. Officers from surrounding jurisdictions are joining forces to provide the PADDED ASSAILANT specifically for this free community event.

**Date:** Saturday, September 26  
**Time:** 10:00 a.m–Noon  
**Place:** CCC — Upper Gym  
**Cost:** FREE — please register in advance!

## Sports Injuries: Keep Yourself in the Game

### For school athletes to weekend warriors

Join D. Daniel Rotenberg, MD, Western Orthopedics & Orthopedic Consultants, P.A.' and Jessica Hess, Athletic Trainer, Ridgeview Rehab Specialties, for a discussion of six common sports injuries including prevention, recognition and treatment. Coaches, trainers, parents, and recreational or competitive athletes of any level are invited to attend.

**Date:** Monday, October 26  
**Time:** 7:00–8:30 p.m.  
**Place:** Chaska Community Center  
**Cost:** Free



# Racquetball

## Fall Racquetball Leagues

Come check out this fast paced game that is a great workout! 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. Men's and Women's Class A, B, or C and daytime "Over 50" divisions are offered. Fee includes 7 hours court time.

**Session I:** September 14–October 26  
**Registration Deadline:** September 4

**Session II:** November 2–December 14  
**Registration Deadline:** October 23

**Cost:** \$25 Member; \$49 Non-Member

## Racquetball Challenge Court

Every Saturday from 7:00–10:00 a.m. both courts at the Community Center will be designated as challenge courts. 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. **Cost:** \$2.50

## Racquetball Court Reservations

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

### Racquetball Court Rental

(per person/per hour, free for Premier members)  
 \$2.50 Member; \$5.50 Non-Member

### Wallyball Court Rental

(per court/per hour) \$12

## Adult Racquetball Lessons

Beginner, intermediate and advanced racquetball lessons are offered in a group setting once a week for 4 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, September 15–October 6  
**Times:** 8:00–9:00 p.m.  
**Cost:** \$35 Member; \$47 Non-Member

## 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. For beginners who want to learn the basics of the game and for the little more experienced player who wants to learn more about technique, strategy and positioning. Instructor: Brian Phillips

**Dates:** Tuesdays, September 15–October 6  
**Time:** 7:00–8:00 p.m.  
**Cost:** \$35 Member, \$47 Non-Member

# Health & Wellness Classes

## 5K Training!

Join our running coaches and other beginning runners for training, motivation, and socializing. Our 7 week outdoor program will prepare the novice runner for a 5K race in November 2009. Registration information for local 5K events held in November will be available in your training packet. Daycare available.

**Days:** Mondays and Wednesdays  
**Session I:** September 28–November 11  
**Time:** 9:30–10:30 a.m.  
**Coach:** Catherine Torntore

**Days:** Tuesdays and Thursdays  
**Session II:** September 29–November 12  
**Time:** 5:30–6:30 p.m.  
**Coach:** Dave Marek

**Cost:** \$50 Member  
\$65 Non-Member

**Nov. 14** Chaska Turkey Trot 5K,  
Chaska High School

## Runoga

Combining two of your favorite activities – running and yoga! Come with us for a 45 minute continuous run and then join in a 20 minute yoga practice for a balanced workout.

**Day:** Wednesdays  
**Dates:** September 23–October 28  
**Time:** 9:30 a.m.–10:40 a.m.  
**Cost:** \$35 Member; \$40 Non-Member

## 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 beginners to 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.

**Day:** Thursdays  
**Session I:** September 10–October 15  
**Session II:** October 29–December 10  
(No class November 26)  
**Time:** 6:45–7:45 p.m.  
**Cost:** \$48 Member  
\$60 Non-Member

## Tae-Kwon-Do

Tae-kwon-do helps students to learn self-discipline, self-control, self respect and coordination along with self-defense. Classes are available for youth and adults of all levels. Classes are on-going and are paid for on a monthly basis. Instructor: Chad Figg.

**Days:** Mondays and Thursdays (8 classes per month)  
**Time:** 6 p.m. Youth Class;  
7 p.m. Adult Class  
**Cost:** \$35 Member  
\$45 Non-Member

## Tai Chi Peking Style

Tai Chi exercises the mind, not just the body. Concentration improves as the mind focuses exclusively on the movement, and distractions fall away. Practitioners move with greater ease and efficiency, both mentally and physically. Tai Chi reduces blood pressure, improves oxygen utilization, improves immune function, increases bone density, increases knee and ankle strength, flexibility, range of motion, and reduces the levels of stress hormones during and after practice. Peking style Tai Chi will focus on 24 linked movements with breath awareness. Instructor: Mike Tudor

**Day:** Mondays  
**Time:** 9:30–10:30 a.m.  
**Session I:** September 14–October 12  
**Session II:** October 19–November 16

**Day:** Wednesdays  
**Time:** 6:30–7:30 p.m.  
**Session I:** September 16–October 21  
(No class October 14)  
**Session II:** October 28–December 16  
(No class November 11 and 25)

**Cost:** \$28 Member  
\$35 Non-Member

## Krav Maga

Krav Maga – Hebrew for Contact Combat. Developed by the Israeli military special forces, this self-defense training leads you to a high level of efficiency quickly. Learn a variety of strikes (hitting and kicking) and simple, effective techniques for self-defense in attack situations. With Krav Maga, protect yourself and walk in peace. No need for previous martial arts experience/all fitness levels welcome. Wear comfortable clothes and clean shoes. Instructor Paula Meyers is certified with Krav Maga worldwide and has also trained in Tae Kwon Do and Brazilian Jujitsu.

**Dates:** Thursdays, October 1–29  
**Time:** 12:15–12:45 p.m.  
**Cost:** \$28 Member  
\$35 Non-Member

## Kelly's Indoor Boot Camp

This fall, join Kelly in our studio for boot camp style workouts. Pushups, run drills, jump ropes, burpees... One day isn't enough, this workout happens two days each week. Please note Daycare is not open at these times. Instructor: Kelly Johnson

**Days:** Mondays and Thursdays  
**Session I:** September 14–October 22  
**Session II:** October 26–December 3  
**Time:** 4:00–5:00 p.m.  
**Cost:** \$50 Member; \$65 Non-Member

## Personal Trainers

Each of the CCC personal trainers can custom fit your training needs to help you meet personal goals that relate to health and wellness. To talk to our personal trainers please leave a message at the phone number and extension indicated and they will promptly return your call.

### Three Session Package

\$120 Member

\$150 Non-Member

(must be used within 6 months)

### Single Session:

\$50 Member

\$60 Non-Member



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

Kendra 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 is an American Council on Exercise certified personal trainer and group fitness instructor with over 10 years experience in the fitness industry. She understands the challenge of incorporating fitness into busy schedules! Catherine shares her love of exercise with individuals of all fitness levels and abilities. Choose from a one hour personal training session, or try one of Catherine's HIIT four week sessions (see class description below). Either way, her mission is to create workout plans that work for her clients!

**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.

**TARA SEIFERT** - (952) 448-5633 ext. 7762

Tara is a certified strength and conditioning specialist through NSCA and has a BS degree in Exercise Science. Tara has 14 years of fitness training experience including weight management, cardiovascular and strength training, speed and agility training, and flexibility. Tara has trained a variety of clients and would love to individualize a fitness program for you. She will motivate, educate and help you reach your fitness potential.



## High Intensity Interval Training (HIIT)

Featured Program!

Seriously boost your workouts to a higher level with cardio and strength intervals in the weight room! You'll develop cardio endurance, strength and core power with a combo of calisthenics, free weights and cardio machines. Workout with HIIT for 4 weeks, then change it up by jumping into the next session for a whole new HIIT sequence (3 to 5 students per group).

**Cost:** \$35 Member; \$45 Non-Member

### Tuesday Mornings with Catherine Torntore

**Session I:** September 8-29

**Session II:** October 6-27

**Session III:** November 3-24

**Time:** 9:30-10:00 a.m. OR 10:05-10:35 a.m.

### Monday Evenings with Kendra Maus

**Session I:** September 14-October 5

**Session II:** October 12-November 2

**Session III:** November 9-30

**Time:** 7:10-7:40 p.m. OR 7:45-8:15 p.m.



## 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.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) or in person at the CCC.

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

### Wednesday Morning Sessions

**Dates:** September 16, October 14, November 11

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

### Thursday Evening Sessions

**Dates:** September 17, October 15, November 12

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

## CCC Group Fitness Schedule (begins September 8)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	Body Work		Body Work		Body Work		
6:00 AM				Kettlebells			
8:30 AM	SS-MSROM	SS-Cardio Circuit	SS-MSROM SS-Cardio Fit	SS-YogaStretch	SS-MSROM	Instructor's Choice	
9:30 AM	Step/Strength	SS - Yoga Stretch TBC Kettlebells SS-Splash	CYCLE/Yoga	Body Work Kettlebells SS-Splash	TBC		
10:45 AM	Mat Pilates Seniorcize	Fit Yoga	Mat Pilates Seniorcize	Fit Yoga	YogaSculpt		
11:45 AM	<b>*CYCLE 30</b> 11:45am-12:15pm FREE	<b>Rock Your Core!</b> 11:45am-12:05pm FREE		<b>Rock Your Core!</b> 11:45am-12:05 pm FREE			
5:20 PM			Kettlebells				
5:30 PM		TBC		TBC			
5:45 PM	<b>*CYCLE 45</b>		CYCLE 45				
6:00 PM	Aqua Challenge		Aqua Challenge				
6:45 PM	Fit Yoga	<b>*CYCLE/Strength</b>	Fit Yoga				

### FALL SUPER CIRCUIT!

A FREE mega workout  
at the CCC!  
Saturday, November 7,  
8:30 -10:00 am

Our supersize circuit includes  
CYCLE, Power Yoga,  
Kettlebells and Drums with  
challenge and fun at each  
station. Finish with stretch  
and snacks.

\*Classes begin October 26

Costs for Group Fitness Classes: \$4.25 Member; \$5.25 Non-Member; Free for Premier Members (Kettlebells \$3 Member; \$4 Non-Member)

## CCC Group Fitness Class Descriptions See above chart for class times.

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

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

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

**CYCLE/STRENGTH/YOGA** Get a great 30 minute cardiovascular workout on our LeMond RevMaster indoor cycles followed by 30 minutes of strength work or yoga 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.

**KETTLEBELLS** Five rounds of five exercises in 30 minutes. A quick and INTENSE workout that requires strong core muscle engagement. **Bring your own Kettlebells (2) and lifting gloves.**

**MAT PILATES** Focus on building strength, improving flexibility and agility for an overall balanced body. Build a strong core and lean muscles to improve your athletic ability and ward off injury.

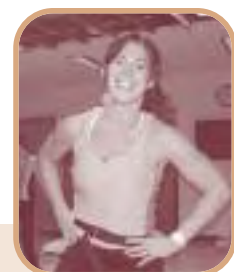
**ROCK YOUR CORE** A quick and intense 20 minutes of strength and flexibility exercises for the core muscles of your torso. FREE!

**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.

**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.

**YOGASculpt** A warm studio and light weight resistance add intensity to traditional yoga postures. Bring a towel and your yoga mat.



See page 41 for SS-Silver Sneakers® class descriptions.



# Adult Athletics



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

## Adult Fall 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. The fall season will run 9 weeks and teams will referee their own games. If you are looking for 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 CCC.

**Registration Deadline is Sept. 18**

### Organizational Meetings:

Thursday, September 10 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.

### POWER LEAGUE

**Game Night:** Mondays  
**Dates:** September 28–November 30  
**Team Fee:** \$80

### WOMEN'S LEAGUE

**Game Night:** Tuesdays  
**Dates:** September 29–December 1  
**Team Fee:** \$80

### CO-REC LEAGUE

**Game Night:** Wednesdays  
**Dates:** September 30–December 2  
**Team Fee:** \$80

## Men's 5-Man Basketball League

Teams from the Chaska/Chanhassen area are invited to participate in this league. Games are played Wednesday evenings from mid-November through mid-March. Contact Pat at (952) 443-4765 with any questions. All players must live or work full time in School District #112.

## Men's 3-on-3 Basketball League

Games will be played Sunday evenings. Teams will play the width of a regulation-size basketball court. Teams must supply their own score-keeper. An Upper, lower, and over 35 divisions will be offered. Season will run November 8–January 31 (12 weeks). No games on December 27 and February 7. Playoffs will wrap up the season. **Registration Deadline is October 26.**

### Organizational Meeting:

Tuesday, October 13, 6:30 p.m.  
 Chaska Community Center  
**Team Fee:** \$120

## 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 the Arena Manager at (952) 448-5633 ext. 7758.

## Sports Injuries: Keep Yourself in the Game For school athletes to weekend warriors

Join D. Daniel Rotenberg, MD, Western Orthopedics & Orthopedic Consultants, P.A.' and Jessica Hess, Athletic Trainer, Ridgeview Rehab Specialties, for a discussion of six common sports injuries including prevention, recognition and treatment. Coaches, trainers, parents, and recreational or competitive athletes of any level are invited to attend.

**Date:** Monday, October 26

**Time:** 7:00–8:30 p.m.

**Place:** Chaska Community Center

**Cost:** Free



## Chaska Co-Rec Adult Kickball Leagues

Join us for this great playground pastime! This co-recreational league is geared for adults 18 and older. The idea behind kickball, past and present, is to have fun first, win second. Win or lose, there's nothing better than having fun with your friends. Registration will be taken at the CCC front desk or at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com). Call (952) 448-3176 for more information.

**Registration Deadline is Friday, August 21.**

**Day:** Thursday Evenings  
**Dates:** September 3–October 8 (6 weeks)  
**Place:** Chaska Lions Park  
**Cost:** \$50 per team (Includes team ball)

## Dance

### Adult Jazz/Adult Tap

This fun-filled class 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 jazz technique, style, rhythm, and a flair for the dramatic. Choreography taught will be incorporated into a full routine at the end of the session. No previous dance experience required. Get ready for a "dance bash!" For more information and class time call Mary Pieper at (952) 873-6781.

### Dance Your Way Fit!

For adults, seniors and teens! Enjoy 8 week dance/fit workout. Burn it up on the dance floor with Miss Britta! A fun way to learn dance technique and tone up. Participants will go through a dance warm up, conditioning and culminate in a full length jazz/hip-hop routine. Work at your pace, all ages women and men. Contact Mary Pieper, Director (952) 873-6781 to register.



# Adult Art Programs



## 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. Participation encouraged for all ages! Visit [www.caqc.com](http://www.caqc.com) for more information.



## Chaska Music Studios

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.

## Pottery Workshop for Adults

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

**Day:** Tuesdays (6 week sessions)  
**Session I:** September 1-October 6  
**Session II:** October 13-November 17  
**Session III:** December 1-January 12  
(No class December 22)  
**Time:** 6:00-8:30 p.m.  
**Cost:** \$136 Member  
\$160 Non-Member



## Chaska Clay Guild

The Chaska Clay Guild is a group of experienced potters who meet and work at the Chaska Community Center in the Wet Craft Room two days a month. The guild works in stoneware and makes hand-built and thrown pieces and sculpture. Membership fees

are currently \$84 per year, which pays for room and kiln use at the CCC. Guild members buy their own clay and glazes. For more information please call Kathy Perschmann at (952) 448-5843.

## Open Painting

**Wednesdays**

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

Join other painting enthusiasts Wednesdays at the Chaska Community Center. A scheduled time to be creative! Bring your own supplies. No registration necessary. Free for all.



# The Lodge

## for Active Older Adults

"for a healthier and happier lifestyle"

FREE to all AOA's 55+!



**Monday, Wednesday, Friday**

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

**Tuesday, Thursday**

9:00 a.m.-8:00 p.m.

### AOA Weekly and Monthly Events at The Lodge

The Lodge has numerous activities that are offered on a weekly and monthly basis throughout the year. Call The Lodge at (952) 448-2023 for more information.



#### **Bingo**

Every Tuesday evening from 5:30-7:30 p.m. and each Monday from 1:00-3:00 p.m. we will be playing bingo in The Lodge. Try your luck!

#### **Blood Pressure**

Stop by every Monday from 9:30-10:30 a.m. for your free blood pressure check.

#### **Bridge**

Tuesdays from 1:30-3:30 p.m. are designated Bridge days.

#### **Cards: 500, Hand/Foot, Euchre**

If you like cards you'll want to stop by on Wednesdays from 1:00-3:30 p.m. for a good game of 500, Hand & Foot or Euchre. Coffee's always on.

### Free Monthly Activities

#### **BIRTHDAY CELEBRATIONS**

The second Thursday of each month we'll be celebrating our AOA's birthdays at 10:30 a.m. Cake and coffee will be provided. Everyone's welcome.

#### **BOOK DISCUSSION**

This group meets the second Friday of each month 12:15-1:30 p.m. Barb Colhapp will lead the discussion and the group will pick the book each month.

#### **CRIBBAGE TOURNAMENT DAYS**

The second and fourth Thursday of each month have been designated as cribbage play days at the Lodge from 1-3 p.m. Cribbage boards and cards are available.

#### **CURRENT EVENTS DISCUSSION GROUP**

Join fellow AOA's in discussing current events and topics. The first and third Thursday of the month at 10:00 a.m..

#### **MOVIE MATINEE**

Join us the third Friday of each month at 1 p.m for a special showing of newer releases and old classics. Popcorn provided. Call 448-2023 for movie titles. September 18, October 16, November 20, and December 18.

#### **WATERCOLOR CLUB**

Audree Sells will be on hand the last Tuesday of each month from 10:00-11:30 a.m. to help guide the group in watercolor exploration. Bring your own watercolors (8 pack Prang).

#### **Games: Scrabble, Cribbage, Chess, Uno**

Every Friday from 9:30-11:30 a.m. we will be playing games, drinking coffee, and socializing. Join us.

#### **Pool League**

Informal fun games of 8-Ball are played each Thursday evening beginning at 5:30 p.m. at The Lodge. Teams of two are formed on site at random.

#### **Silver Sneakers Exercise**

Join in these classes for fun, fitness and friendship. See page 41 for schedule.



# Programs

## THE LODGE STAMPEDE

Yee-Ha! Put on your favorite pair of blue jeans and your cowboy hat for this western-themed luncheon. Saddle up and join us at the Lodge for a bucking good time. Square dancing demonstrations provided by Square Dance ABC. We will wrangle up a delicious sloppy joe lunch from our chuck wagon. Round-up your fellow cowboy friends and we will see you at the ranch! Please call the Lodge at 952-448-2023 by Friday, September 4 to reserve your spot.

**Date:** Wednesday, September 9  
**Time:** 11:30 a.m.-1:00 p.m.  
**Cost:** \$6 per person (pay at the door)

## COFFEE WITH THE COPS

Come on up to the Lodge the second Monday of each month for a cup of coffee with Officer Julie Janke of the Chaska Police Department. She'll inform us of current happenings in the city and answer any questions or concerns.

**Dates:** Mondays, October 12, November 9 and December 14  
**Time:** 9:30-10:30 a.m.  
**Cost:** Free

## GERMAN HAUSCHENFEST

Ach Mein Freundes! It's another heritage celebration in the Lodge! This one's for the German's and those who wish they were. Join us for an exciting evening of german food, music, polka dancing, friends and fun. Chuck Thiel and the Jolly Ramblers will be the musical entertainment. Pre-Register in the Lodge.

**Date:** Tuesday, October 6  
**Time:** 5:00-7:00 p.m.  
**Cost:** \$7 per person (Pay at the door)

## BCB BOO BASH

Let's celebrate Halloween at this month's Brick City Brewers. Wear black, orange, or even your favorite Halloween costume if you dare! Prizes awarded. We will enjoy spooky entertainment by Jim Berner and haunted treats.

**Date:** Wednesday, October 28  
**Time:** 10:00 a.m.  
**Cost:** Free

## THANKSGIVING FEAST

It's a potluck! In appreciation of all the good that has happened this year we would like to break bread with all our Lodge friends. Turkey provided. Sign up for a potluck item in the Lodge.

**Date:** Thursday, November 19  
**Time:** 12:00 noon  
**Cost:** Food Shelf Donation or \$3 per person

**(952) 448-5633**

Grab your favorite mug and join us for a great time! We'll gather once a month for activities like entertainment and games. BCB events are made possible by the Chaska Parks and Recreation Department. These BCB events are free!

### BCB Boo Bash

(See lower left for more information)

**Date:** Wednesday, October 28  
**Time:** 10:00 a.m.  
**Place:** The Lodge



### Tom Anderson, Singer

**Date:** Tuesday, November 24  
**Time:** 10:00 a.m.  
**Place:** Auburn Village, Marvel Heath Chapel

### Holiday Party-Grace Notes Trio

**Date:** Tuesday, December 8  
**Time:** 10:00 a.m.  
**Place:** The Lodge



### HONEY BEAR BREAKFAST

An important part of The Lodge relates to giving. Many times it is the gift of laughter, the gift of gab and on certain occasions it is the gift of money. The honey bear that is located in The Lodge gives Lodge guests the

opportunity to donate their spare change and dollars to a worthy cause. Those Chaska community causes that were identified in 2009 are the Bountiful Basket Foodshelf and Love in the Name of Christ (Love Inc.)

A special event has been scheduled for Wednesday, November 4 — The Lodge staff and volunteers will make a presentation of the money generated to representatives of the Bountiful Basket and Love Inc.

We hope that you can join us for this celebration. Pre-registration is required and space is limited.

**Date:** Wednesday, November 4  
**Time:** 9:30-10:30 a.m.  
**Cost:** \$6 per person (pay at the door)

### 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 to reserve your lunch.

**Dates:** September 15, October 15, November 11 and December 15  
**Time:** Lunch-11:30 a.m.; Bingo-Noon  
**Cost:** \$3 Member; \$3.50 Non-Member per lunch (pay at the door) Free Bingo

### SAVE THE DATE! NEW YEAR'S EVE CELEBRATION

Thursday, December 31, 3:00 to 6:30 p.m.



## Active Aging Week September 21-25

Visit the CCC or Lodge every day during Active Aging Week.

### Monday, September 21

8:30 A.M.	SS-MSROM Class*
9:00-11:00 A.M.	5 Minute Chair Massages by Royal Treatment Spa
10:30-11:00 A.M.	Blood Pressure Clinic
10:45 A.M.	Seniorcize Class*

### Tuesday, September 22

8:30 A.M.	SS-Cardio Circuit Class*
9:30 A.M.	SS-Splash Class*
9:30 A.M.	SS-YogaStretch Class*
10:00-11:00 A.M.	Brick City Brewers
1:30-3:30 P.M.	Bridge

### Wednesday, September 23

8:30 A.M.-12:30 P.M.	Active Aging Fest
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### Thursday, September 24

8:30 A.M.	SS-Yogastretch class*
9:30 A.M.	SS-Splash Class*
9:45-10:45 A.M.	"Attitude of Gratitude" by Dr. Jeff May

### Friday, September 25

8:30 A.M.	SS-MSROM Class*
9:30-11:30 A.M.	Game Day
11:30-3:00 P.M.	Pool Tournament

\*Free Fitness Classes for AOAs  
(See page 41 for class descriptions)

## 3rd Annual Lodge Pool Championship

Friday, September 25, 11:30 a.m.-3:00 p.m.

The 2009 Lodge Pool Championship is scheduled for September 25 at the CCC. Have a complimentary sandwich and refreshment while signing up anytime between 11:30 a.m. and noon. The game will be "8-ball" with all Active Older Adults ages 55 and over welcome to compete at no charge. For more information contact Karen at The Lodge or Pool Tournament Director Bob Woytcke (952) 448-2023. 2008 defending champion — Wendell Ryan.

# Active Aging Fest

## Wednesday September 23

This is one event you won't want to miss. First, be a part of the BIGGEST SilverSneakers class ever as Susan and her staff lead one entertaining and active class in the CCC Gym. Then join us up in The Lodge for a full morning of activities. Please pre-register online or at the CCC front desk.

### Schedule of Events

8:30-9:15 a.m.	BIGGEST SilverSneakers class ever! (CCC Gym)
9:15-9:45 a.m.	Bagel, Juice and Coffee (The Lodge)
9:45-10:45 a.m.	Keynote Speaker
10:45-11:30 a.m.	Break out sessions
11:30-12:30 p.m.	Lunch

**Place:** The Lodge **Cost:** \$9 per person

### AVADA HEARING CLINICS

Avada will be providing complimentary hearing screenings and service on ALL makes and models of hearing instruments and The Lodge. Please sign up if: you hear, but don't always understand; you have trouble hearing clearly in crowds; people sound like they mumble; or you have hearing instruments that have not been serviced in more than 4 months. Call The Lodge for an appointment.

**Date:** Fridays, October 23 and December 18

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

**Place:** The Lodge

**Cost:** Free

### SEATED CHAIR MESSAGES

Enjoy a complimentary chair massage by trained professionals from the Royal Treatment Spa! This 5-minute, regeneration massage offers relief to stressed neck, shoulder and back muscles. Call The Lodge to register.

**Date:** Mondays - September 21, October 26, November 16, and December 21

**Time:** 9:00-11:00 a.m.

**Place:** The Lodge

**Cost:** Free

## FOOT & NAIL CARE FOR AOA'S by Comfort Foot Care

Let's get your feet looking GREAT! Meet with Shelly Rapp, trained foot and nail care specialist. Shelly provides gentle yet effective nursing foot care services, including: foot health assessments, toe and fingernail trimming and upkeep, corn and callous management, and foot massage. Call The Lodge to register.

**Date:** October 9 and December 4  
**Time:** 9:00 a.m.-4:00 p.m.  
**Place:** The Lodge  
**Cost:** \$30

## SENIOR SURF DAYS provided by Senior Linkage Line

Where should I plant my new Gardenia bushes? What is the TV schedule for Friday? Where should I take my grandchildren when they visit next week? What's going on with my family in California? Where should we travel in Europe next year? Does Medicare pay for prescription drugs? The answers to these questions and millions more can be found on the Internet. At a Senior Surf Day class, you will learn about the Internet and World Wide Web, e-mail, and about skills to find answers to your questions. You will even take home a helpful booklet, reminding you of the things you learned. To register, please call The Lodge.

**Dates:** Wednesday, September 16 & Wednesday, December 2  
**Time:** 9:30-11:30 a.m.  
**Place:** The Lodge  
**Cost:** Free

## FREE HEALTH INSURANCE COUNSELING ABOUT MEDICARE

Free health insurance counseling to Medicare beneficiaries will be provided by state-certified Metropolitan Area Agency on Aging staff or volunteers at The Lodge in Chaska once a month. Counselors will assist with the basics of Medicare and Medical Assistance, choosing a supplement and/or a Part D plan, processing claims, assisting with forms, and more. To schedule a required appointment, call The Lodge.

**Date:** September 24, October 22, November 19 and December 17  
**When:** Thursdays  
**Time:** 9:00-11:00 a.m.  
**Place:** The Lodge  
**Cost:** FREE

# AOA Health Programs

## DISCOVER WELLNESS SERIES by, Dr. Jeff May

Dr. Jeff May with Total Health Advantage is dedicated to helping others achieve their wellness objectives — combining skill and expertise that spans the entire chiropractic wellness spectrum. He is committed to bringing you better health and a better way of life by teaching and practicing the true principles of chiropractic wellness care. Join Dr. May at The Lodge for his presentations on "Attitude of Gratitude" and "Seasonal Changes."

### Attitude of Gratitude

**Date:** Thursday, September 24  
**Time:** 9:45-10:45 a.m.

### Seasonal Changes

**Date:** Monday, November 16  
**Time:** 9:45-10:45 a.m.

**Place:** The Lodge  
**Cost:** Free

## FLU SHOT CLINIC

Minnesota Visiting Nurses will be conducting a Flu Shot Clinic at The Lodge. Please bring your health insurance and Medicare information along. To make an appointment, call The Lodge at (952) 448-2023.

**Date:** Wednesday, October 21  
**Time:** 9:00-11:00 a.m.  
**Place:** The Lodge  
**Cost:** \$25 (if not covered by insurance or Medicare)

## Wii BOWLING LEAGUE FOR AOA'S

No bowling balls or bowling shoes required for this league. Just join the fun as AOA's meet at The Lodge to play Nintendo Wii Bowling. High scorers will win a fabulous prize! Please contact Amy at The Lodge if you have any questions.

**Day:** Thursdays  
**Dates:** September 3 and 17; October 1 and 29; November 5; December 3 and 17  
**Time:** 9:00 a.m.-12:00 p.m.  
**Place:** The Lodge  
**Cost:** Free



Health Education at the Lodge is supported in part by Ridgeview Medical Center.

## Women's Health Week October 19 to 25

### WOMEN'S SPA DAY!

The Lodge kicks off Women's Health Week with a visit to the Royal Treatment Spa in Chaska for a restful morning of spa treatments! This spa package special begins with a relaxing 30-minute massage, followed by a hydrating cuticle treatment, nail shaping and polish, and ends with a soothing facial treatment. After spending a rejuvenating morning of pampering at the spa, continue the fun by joining us for lunch at Ruby Tuesdays in Chaska. Register at the CCC front desk, online or call The Lodge at (952)-448-2023.

**Date:** Monday, October 19  
**Time:** 8:30 a.m.-2:00 p.m.  
**Place:** Meet at the Royal Treatment Spa in Chaska  
**Cost:** \$70 per person (Valued at \$110)  
Lunch at Ruby Tuesdays is on your own.

### BREAST HEALTH

Terry Hoelz, R.N., Women's Imaging and Breast Center at Ridgeview Medical center will be presenting information and answering questions regarding breast health. Bring a friend!

**Date:** Tuesday, October 20  
**Time:** 10:00 a.m.  
**Place:** The Lodge  
**Cost:** FREE

### CHICK FLICK MATINEE

Women unite during this special Women's Health Week! Wear pink! Join us to share an afternoon of fellowship and fun. Bring a potluck topping for our baked potato bar. Spuds provided. Following lunch, sit back and enjoy a matinee showing of "Confessions of a Shopaholic." Potluck sign up in The Lodge.

**Date:** Wednesday, October 21  
**Time:** 11:00 a.m.-2:00 p.m.  
**Place:** The Lodge  
**Cost:** FREE



## Activities



### CCC Craft Sale

Stop by to purchase a unique gift. Wonderful crafts handmade by Lodge AOA's. Please call The Lodge at (952) 448-2023 if interested in being a crafter.

**Date:** Saturday, October 3  
**Time:** 9:00 a.m.-2:00 p.m.  
**Place:** Chaska Community Center



### Art and Talent Appreciation Expo

Seeking crafters, musicians, artists, writers, singers, and dancers to share your special gifts. This fall The Lodge would like to take a day to recognize and honor your skills and talents! Perform a song, read a poem, display your crafts, exhibit your art or share a hidden talent during this Art Appreciation Day. If interested in being a part of this talent fair, sign up in The Lodge or contact Karen Campbell at (952) 448-2023.

### Uncovering Your Personal History™

Most families want to know about their heritage and how it impacts the traditions, rituals, beliefs, values and ethics they embrace. In this class, you will learn how to use the workbook, *Uncovering Your Personal History*, to collect and organize information and documents from your past to write the stories of your life. This is a great class for individuals or couples who want to preserve their memoirs in print or video formats for future generations. Pre-register at the CCC front desk or online at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com).

**Date:** Wednesday, October 7  
**Time:** 10:00-11:30 a.m.  
**Place:** The Lodge  
**Cost:** \$25 Member; \$27 Non-Member

### INTERGENERATIONAL OPPORTUNITIES: AOA Book Nook & Special Events

Last school year, Active Older Adults from The Lodge volunteered to read stories, play games, make crafts, and help with monthly special events for our Treks and Trails preschoolers. These activities are monthly and are great opportunities to work with children ages 3 to 5. Special events included a carnival, Valentine party, Halloween trick and treating, and more! We are seeking additional volunteers to assist with these events. Please contact Karen at The Lodge (952) 448-2023.

## Bring a Friend Day! At The Lodge!

Tuesday, September 22 · Wednesday, October 21 · Thursday, November 12

We have set a few days for Lodge regular guests to bring a neighbor or friend to see what The Lodge is all about. Here's the deal — bring someone age 55+ to The Lodge on the above dates and your guest will receive a special welcome package that includes:

- + A FREE admission token to the CCC!
- + A FREE admission token for a Silver Sneakers Class!
- + A FREE cup of coffee or glass of lemonade.

All our regular Lodge guest who choose to participate and bring a guest will get one ticket for each month they participate. If you bring a first time guest each month you will get 3 tickets plus a bonus ticket! These tickets will make you eligible for these marvelous prizes;

- FREE lunch with Kathy Skinner and Joan Seedorf and a partner of your choosing.
- \$25 gift certificate good for future AOA and CCC classes.
- AOA FOR THE DAY!

This offer is intended for first time visitors to the Lodge or those that may have only visited us once or twice at the most! Thanks!

## Driver Safety

### 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 and your AARP Membership card/number to class. Pre-registration required. Register at the CCC front desk, online or call The Lodge at (952) 448-2023.

#### Session I

**Date:** Thursday, September 17  
**Time:** 12:30 a.m.-4:30 p.m.

#### Session II

**Date:** Thursday, October 22  
**Time:** 5:30-9:30 p.m.

#### Session III

**Date:** Tuesday, November 17  
**Time:** 8:30 a.m.-12:30 p.m.

**Place:** The Lodge  
**Cost:** \$16 Member  
 \$18 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:** September 15 and 17

**Session II:** November 10 and 12

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

**Place:** The Lodge

**Cost:** \$16 Member  
 \$18 Non-Member

Welcome older adults to our wellness addition! Maintaining muscle and bone strength, mobility and cardiovascular health through the aging process increases your quality of life. Try our single weight stations to build strength and our cardio equipment to keep your heart healthy. We have low impact elliptical cross trainers, recumbent bikes and a special seated stair climber (Nu-Step Machine, used in many rehabilitation programs). Access our wellness addition/walking track at any time for your own self-directed workout or join in our group activities.

## 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.

### 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-CARDIO FIT:** An advanced class for Active Older Adults. This class offers an extended low-impact aerobic section without chair support for about 30 minutes. Then we use the chair to assist in getting up and down from the mat for the strength conditional portion, about 15 minutes. Follow up stretch and a short relaxation!

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

### 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!

### 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 - every few 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.

### AOA FITNESS ASSESSMENTS

Get baseline measurement of your fitness level. We will lead you through seven safe and effective functional fitness tests designed for independent adults, age 65 and older. The tests provide feedback on activities for daily living through related fitness components; Cardiovascular endurance, muscular strength, flexibility, poser, agility and balance. Your assessment can be compared to peer population performance and we can help set plans to improve these measurements. Sign up at The Lodge. Max: 24 people

**Date:** Thursday, October 1  
**Time:** 10:00; 10:30 & 11:00 a.m.  
(8 people per time slot)  
**Cost:** FREE for all AOA's

### WALKING TRACK AND CLUB

The CCC walking track is open during all building hours. It is available to everyone at no cost. Convenient parking and elevator to the track with 11 laps to a mile. This is an excellent opportunity for seniors to get exercise and to socialize with friends at the same time. We also invite you to 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 CCC front desk. We will maintain your total miles walked.

AOA Fitness classes					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	SS-MSROM	SS-Cardio Circuit	SS-MSROM SS-Cardio Fit	SS-Yoga Stretch	SS-MSROM
9:30 AM		SS-Silver Splash SS-Yoga Stretch		SS-Silver Splash	
10:45 AM	Seniorcize		Seniorcize		



## AAA Day Trips Ages 55+



### Treasure Island Casino

Try your luck at the Treasure Island Casino in Red Wing, Minnesota. Fee includes transportation and a \$3 food coupon. Registration and payment deadline is Thursday, September 15. Passport Club number requested at registration.

**Date:** Tuesday, September 29  
**Time:** 8:30 a.m.-4:30 p.m.  
**Place:** The Lodge  
**Cost:** \$5 Member; \$7 Non-Member  
 (Includes transportation and lunch coupon)

### Bridges of Minneapolis

Our day will begin as we depart for the Firefighter's Museum in Minneapolis. The museum is dedicated to preserving vintage firefighting equipment with many pieces over 100 years old. Lunch will be at the Mill City Museum Café where you will receive a voucher for your lunch selection. Next we'll board the bus and pick up a specialized tour guide as we begin our riding tour featuring the Bridges of Minneapolis. The guide will weave the story of the bridges into the history of buildings and neighbors as we travel along the Mississippi river and be awed by the beautiful vistas and skylines. Registration and payment deadline is Thursday, October 1.

**Date:** Thursday, October 22  
**Time:** 10:15 a.m.-4:45 p.m.  
**Place:** The Lodge  
**Cost:** \$56 Member; \$58 Non-Member  
 (Includes admission, lunch, tour & transportation)

### Cirque Dreams Holiday

Holiday season spirit wrapped up in the imagination of "Cirque Dreams" creates the perfect gift of entertainment in "Cirque Dreams Holiday". Ornaments come to life with pageantry, music and majesty transforming ordinary holiday figurines into extraordinary aerialists, acrobats, musicians and dancers performing fantastical feats of pomp and cirque-umstance. Add to that "Cirque Dreams" critically acclaimed costuming, high quality production value and vast audience appeal and "Cirque Dreams Holiday" will make the most talked about memorable event of your season. A great value for this unique opportunity! Show hosted at Mystic Lake Casino. Registration and payment deadline is Monday, August 31.

**Date:** Friday, December 18  
**Time:** 1:15-4:15 p.m.  
**Place:** The Lodge  
**Cost:** \$32 Member; \$34 Non-Member  
 (Includes transportation and performance)

### A Grand Capital Tour

Our day will start off with a guided tour of the beautiful MN State capital building. We'll hear stories about the capitol's history, art and architecture, experience state government when the legislature is in session, see the government chambers, walk to the quadriga and see the golden horses on the roof of the capitol, weather permitting. Next it's lunch at St Paul's Tavern on Grand. Lunch selections include: grilled fillet of canadian walleye or chicken pot pie. After lunch we'll visit the Alexander Ramsey House, which will be decorated from top to bottom in the spirit of a true Victorian Christmas. Our guide will talk about the history of this beautiful house complete with over 14,000 original furnishings and share how the Ramsey family celebrated Christmas. We'll have time to visit the gift shop before we depart for home. Moderate walking will occur on this trip. A special thanks to our partner SouthWest Transit for providing the bus service.

Registration and payment deadline is Wednesday, November 4.

**Date:** Wednesday, November 18  
**Time:** 9:00 a.m.-3:15 p.m.  
**Place:** The Lodge  
**Cost:** \$30 Member; \$32 Non-Member  
 (Includes admission, lunch, tour and transportation)

### Away in the Basement — Plymouth Playhouse

It's a Church Basement Ladies Christmas! It is 1959 and the day of the Sunday School Christmas Program. Those lovable ladies are stuffing goodie bags and putting final touches on the nativity pieces, but once again they are called in to save the day! We will begin our day with a chicken buffet lunch followed by "Away in the Basement." 'Tis the season for merriment and laughter. Registration and payment deadline is Wednesday, November 25.

**Date:** Wednesday, December 30  
**Time:** 10:45 a.m.-4:00 p.m.  
**Place:** The Lodge  
**Cost:** \$56 Member, \$58 Non-Member  
 (Includes transportation, lunch and performance)

The above 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.

# Trips with TOM



## Chaska Church Tour

Here's your chance to enjoy yourself while learning something at the same time. Tour three Chaska churches and listen to each Pastor give a short history lesson pertaining to their church. Learn how each church has played an important role regarding Chaska's rich history. We will leave The Lodge at 9:00 a.m. Get there early for a cup of coffee and treat prior to the bus departure. Our trip will take us to Shepherd of the Hill, Guardian Angels and St. John's. Pre-registration required on-line or at the CCC Front Desk. Space is limited.

**Date:** Tuesday, September 22  
**Time:** 9:00 a.m.-12:00 noon  
**Place:** The Lodge  
**Cost:** \$4 Member; \$6 Non-Member  
(Includes treats, tour, spiritual inspiration and transportation)

## Fall Color Tour of the Minnesota River Valley

Back by popular demand! Join staff members Kathy Skinner, Jason Kirsch and Tom Redman on a special and colorful fall tour of the Minnesota River Valley. This year's trip will take us to the Minnesota DNR State Park outside Jordan with a stop at the Albrecht's Antique Store in Blakely near Belle Plaine. Our fall color trip will then take us through Green Isle with a stop for lunch at the Hillside Cafe near Norwood and finally back to Chaska. A great way to spend a fall morning with friends. Space is limited so sign up today! Pre-registration required on-line or at the CCC Front Desk.

**Date:** Wednesday, October 14  
**Time:** 9:00 a.m.-12:30 noon  
**Place:** The Lodge  
**Cost:** \$12 Member; \$14 Non-Member  
(Includes lunch, tour and transportation)



(952) 448-5633

## Best of Branson

Norsemen Travel and the Lodge present escorted motor coach tours to Branson – the city built for fun on a variety of fall travel dates. There is something for everyone in Branson where guests experience incredible entertainment, outdoor wonders and exciting shows. Experience the autumn landscape in the Branson area as it explodes in an array of colors beginning in mid-September and lasting through late November. Or enjoy an Ozark Mountain Christmas as the Branson area is transformed into a holiday wonderland. To book a tour and for complete tour information, flyers and restrictions, call Norsemen Travel at (952) 448-3434, option 4.

### Included in each 5 day/4 night itinerary:

- 5 shows (see flyers for show details)
- Coffee and Roll Stop
- Breakfast every morning
- 2 Branson Dinners
- 2 nights lodging at Grand Country Resort in the "Heart" of Branson
- City Tour with Local Lore & Scenery
- Downtown Old Town
- Ozark Shopping
- Mystery Stops

### Autumn Tours:

September 14-18  
October 12-16

### Christmas Tours:

November 2-6  
November 16-20  
December 7-11

**Cost:** Double \$729 per person  
Triple/Quad \$699 per person  
Single \$819 per person

Optional Trip Cancellation Insurance \$64 per person (strongly recommended). Does not include booking fee. Flyers also available at The Lodge.

**Branson On The Fly Tour (air travel) is set for December 5-7. Please call for more details (952) 448-3434 option 4.**

# eee Gallery



## INTERACTIONS and REMEMBRANCES (INTERACCIONES y REMEMBRANZAS)

Rafaela Galán

**AUGUST 29-OCTOBER 10**

### OPENING RECEPTION/RECEPCION ABIERTA

**Saturday, August 29**

**6:00-9:00 p.m.**

**With Mexican Music • Con Música de México**

**M**y name is Rafaela Galan. I am a Mexican from the town the of Huachinantla in the state of Puebla, Mexico. Since I was a little girl, I have been very interested in art. Painting, drawing and making clay pots with my mother gave me a love for art. At the age of 18, I began with caricatures. Later, I studied in the Institute of Visual

Arts of State of Puebla. There, I earned the degree in Plastic Arts and Teaching. After this, I taught classes in various schools in the city of Puebla. I taught drawing, painting, modeling, and sculpting in all grade levels. I have also participated in more than thirty group and individual expositions in galleries and museums in and around Puebla.

I would say that my style of art is very personal, abstract, figurative, modern, and with a variety of forms and colors. It is nature that inspires my artistic expressions. With originality I express in my creations that which is born in my thoughts and imagination. These are special skills that God has given me.

(Soy Rafaela Galán, mexicana de nacimiento, de Huachinantla en el Estado de Puebla México. Desde muy pequeña tuve interés por el arte, me encantaba pintar, dibujar y hacer vasijas de barro ayudando a mi mama, así fue naciendo en mi el amor por el arte. A los 18 años de edad me encantaba hacer caricaturas, fue así que me interese por estudiar, donde luego ingrese a estudiar al Instituto de Artes Visuales del Estado de Puebla. Allí obtuve el Diploma de Licenciada en Artes Plásticas y Docencia. Comencé a dar clases en diferentes escuelas de la ciudad, enseñando dibujo, pintura, modelado y escultura a los diferentes grados de primaria y secundaria. He participado en más de 30 exposiciones, colectivas e individuales dentro y fuera de la ciudad de Puebla, Taxcala y México, en museos y galerías.

El estilo que uso, es muy personal, es abstracto, figurativo, moderno y con variación de formas y colores. Es la naturaleza que me brinda ampliar más mis expresiones artísticas. Originalmente expreso todo lo que nace en mi pensamiento, y es allí donde plasmo mis creaciones e imaginaciones, con las habilidades que Dios me ha dado).



## Off the Bed, On the Wall

AUDREE SELLS

**OCTOBER 11-NOVEMBER 14**

**Opening Reception:**

**Sunday, October 18**

**2:00-4:00 p.m.**

**A**udree's display of quilts will feature a chronology of work from 1986 when she began quilting to her most recent piece made in 2009. She hopes the viewer will be inspired and enjoy this sampling of her quilt history with its variety of subjects and techniques. There will be a ballot box for viewers to choose their favorite quilt.

# Suzanne Thiesfeld

**NOVEMBER 15-DECEMBER 11**

Just thirty three miles outside of Minneapolis and into the countryside of Minnesota, an artist works each day in a remodeled barn that used to house nine cows. Climb up eighteen winding steps into the transformed hay loft and you've made it to "The Studio" of Suzanne Thiesfeld. With a passion for quaint and artful things, Suzanne makes individually crafted items that enhance your home. She believes that carefully designed products will stand the test of time. Suzanne, a painter at heart, works



in oils and acrylics to produce beautiful paintings but also has a passion for vintage objects and likes to use them in her projects too. Suzanne studied in the BFA program at the University of Minnesota and studied classical realism at the Minnesota River School of Fine Art.



# Mark Paulson

**DECEMBER 13-JANUARY 23**

"I have been taking photographs for most of my life. I have pursued photography more seriously since 1985, when an interest in capturing my travel experiences produced images others wanted to view."

"My current focus is on capturing perspectives of the natural world, concentrating on images of nature, wildlife and travel (the world). I started capturing images of places I traveled to and have evolved to planning trips around the subjects available to photograph at the destinations."

# CCC Theater

## Southwest Christian High School Fall Play



We invite you to join us for Southwest Christian High School's fall production at the CCC Theater. Show-times

are: November 6 and 7 at 7:00 p.m. with a November 7 matinee at 3:00 p.m. Show details and other information will be available at [www.swchs.org](http://www.swchs.org) or call (952) 556-0040. More information will be at the Chaska Community Center front desk in September.

## Chaska Valley Family Theatre presents

### *Little Women*

Auditions: September 14 and 15 from 6:30-9:00 p.m. at Chanhassen High School Auditorium

Performances: November 27-29 and December 3-6 at Chanhassen High School Auditorium

### *Joseph & the Amazing Technicolor Dreamcoat*

Auditions: December 7 from 6:30-9:00 p.m. at Chanhassen High School Auditorium

Visit [www.cvft.org](http://www.cvft.org) for more information.

## Chaska Community Center Theatre is available for rental.

If you are interested, please call Jaime Wiemann at (952) 448-3176 ext. 7748 For more information.

## Reach for Resources Adaptive Recreation and Inclusion

The adaptive recreation program is a cooperative effort of cities of Hopkins, Minnetonka, St. Louis Park, Chanhassen, Chaska and REACH for Resources. 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. For information and registration procedures, call Becca at 952-988-4177. NOTE: For persons not living in one of the above communities, you are considered a "Non-Resident" and need to add the indicated non-resident fee to the registration fee. For more information, call (952) 988-4177.

**For information on these programs, or other adaptive recreation options, call Becca at 952-988-4176.**

### Youth

Nature Discovery  
Yoga  
Kid-fu  
Bowling

### Teens

West Teen Explorers  
Bowling  
Girls Club  
Social Seekers  
Weekend Respite

### Inclusion Service

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 and accommodations for your child. We require a minimum of two weeks notice for a successful inclusion.

### Adults

Bowling  
Club West  
Yoga  
Walking Club  
On The Town  
Weekend Respite



### Weekend Ventures

Join us for a wonderful weekend getaway. We will spend Friday evening through Sunday morning at beautiful Camp Kingswood in Mound MN. Hiking, campfires, Frisbee golf, a challenge course and more! For ages 15 and older. Call Becca at (952) 988-4176 for more information.

**Dates:** September 11-13  
**Place:** Camp Kingswood, Mound  
**Cost:** \$350



### Special Events

#### Friday Night Dances at St. Louis Park High School

**Dates:** October 16 and November 20  
**Time:** 7:00-9:00 p.m.  
**Cost:** \$5 at the door

#### Fall Formal

Time to get all dressed up and celebrate with your friends!

**Date:** September 25  
**Time:** 7:00-9:00 p.m.  
**Place:** Minnetonka High School, 18301 Hwy 7, Minnetonka  
**Cost:** \$7 at the door, \$6 pre-registered (Call 952-988-4176 to pre-register)

#### Blast From the Past Dance!

Get out your 80's gear, 70's Disco Style, or an outfit from any other decade and prepare to dance the night away while listening to all your old favorites! Drawings for some great door prizes too!

**Date:** November 13  
**Time:** 7:00-9:00 p.m.  
**Place:** Plymouth Creek Center, 14800 34th Ave N, Plymouth  
**Cost:** \$5 at the door

#### Ghostly Gala

Join us for this annual spooky celebration! We will have games, prizes, food, music, and dancing! All money raised at this event goes to fund the Reach for Resources recreation department.

**Date:** October 24  
**Time:** 6:30-9:00 p.m.  
**Place:** Brooklyn Park Community Activity Center gym  
**Cost:** \$8 at the door

# Northern Lights Cafe

Located in the CCC



## Featuring HOMEMADE DAILY

Soups • Salads • Desserts • \$5.00 Daily Lunch Specials  
Kid friendly menu available!

### FALL AND WINTER HOURS (October-April):

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!

## AFTERNOON TEA IN THE LODGE

Join us this Fall and Winter to experience the wonderfully relaxing Lodge. Take in the atmosphere of the Fireplace, fine linens, glassware and music. Let us treat you to a menu of breads, savories, and sweets.

November 19 and December 17 at 3:30 p.m.  
Reservations required. Please call Northern Lights Café.

Members: \$13 · Regular: \$15  
*Don't miss out — seating is limited!*

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

# Alphabet Junction CHILD CARE

At the Chaska Community Center  
Lowest Child Care Center Rates in Chaska.

**(952) 227-7754**

NOW ENROLLING CHILDREN SIX WEEKS THROUGH KINDERGARTEN

Alphabet Junction is a full-day child care program that 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.

**\$100 Off**  
**1 Week's Tuition and No Registration Fee**  
(for new registrants only)

## Chaska Hawks Special Olympics Team

We are into our 6th 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](http://www.SOMN.org) website for a registration application and more information.

## Inclusive/ Adaptive Services

The Chaska Parks and Recreation 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.



## CCC Rental Information

Contact Jaime Wiemann for scheduling questions at (952) 448-3176 ext. 7748. Rooms can be rented by filling out a room application form and payment in person at the CCC front desk. Forms are also available on the at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com), or by contacting Jaime for a faxed or e-mailed application and payment by credit card.

### 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 \$15 per hour for Chaska residents or CCC members and \$20 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 or online at [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com).

### 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.

### Lock-Ins

The entire CCC is available for rental after 11 p.m. to 4:30 a.m. and is a great place for your organizations 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 CCC. For more information, call Jaime Wiemann at (952) 448-3176 ext. 7748.

### Chaska Middle School East Rooms

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

### Theater

The CCC 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 & 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.



### View the availability of Facilities on-line!

#### FOR ROOM RENTALS:

Go to [www.chaskacommunitycenter.com](http://www.chaskacommunitycenter.com) and click on the 'Facility Viewing' button and follow the directions.

#### 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.

# Celebrate your Birthday at the CCC!

## Choose from the following FOUR Birthday Party Packages:

### PACKAGE 1 - Gym and Pool Party

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

**Package Includes:** 8 kids admissions, 2 free adults (extra adults who would like to swim need to pay admission), food for each child (1 slice pizza, pop, chips, ice cream), 1 hour room rental, and invitations (upon request).

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

### PACKAGE 2 - Ice Skating Party

Grab your ice skates and skate away with your friends!

**Package Includes:** 8 kids admissions, 2 free adults, food for each child (1 slice pizza, pop, chips, ice cream), 1 hour room rental, and invitations (upon request). \*Skate rental not included.

**Cost:** \$55 Member (\$6/additional child)  
\$70 Non-Member (\$8/additional child)

### PACKAGE 3 - Playroom Party

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

**Package Includes:** 8 kids admissions, food for each child (1 slice pizza, pop, chips, ice cream), 1 hour room rental, and invitations (upon request).

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

### 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 \$15 (CCC Member) or \$20 (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.chaskacommunitycenter.com](http://www.chaskacommunitycenter.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](mailto:jwiemann@chaskamn.com).

### Ultimate Play Party!

The Chaska Community Center is excited to bring you the Ultimate Play Party for your next birthday! This fun filled package gives you one-hour PRIVATE use of the Upper Gym, along with the awesome KIDS CLIMBING WALL, PLUS use of the CCC INFLATABLE JUMP CASTLE, too! After wearing themselves out in the gym, you will enjoy an hour of private room rental in the Rainbow Room for gift opening and food for each child, provided by Northern Lights Café. This package is offered only one Saturday a month, so book now!

#### Package Includes:

- 10 kids admissions
- 1 hour PRIVATE use of the Upper Gym, Kids Climbing Wall, and the inflatable Jump Castle
- 1 hour private use of the Rainbow Room (20 people max.)
- Food for each child (1 slice pizza, pop, chips, ice cream)

**Cost:** CCC Member \$150.00  
Non-Member \$180.00

#### Package Details

One Saturday of the month we will shut down the small gym in order to provide you this Ultimate party experience! The following dates are "Ultimate Party" Saturdays:

- August 15
- September 19
- October 17
- November 21
- December 19

Six individual parties can be booked at the following times (total party lasts approximately 2 hours):

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.

\*Please note: the first hour is gym time and second hour is room time.

To ensure a smooth party schedule for all our guests it is important that all parties start and end on time. There will be a 15 minute 'buffer' between parties coming and going from gym to the room.





# Chaska Community Center

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Chaska, MN 55318

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# MARK YOUR CALENDARS and see inside for more information!

### August

- 14** Jazzn' Up Chaska (City Square Park)
- 17** Swim Registration opens for Members
- 20** Touch a Truck
- 24** Swim Registration opens for Non-Members
- 28** Movie at City Square Park

### September

- 10** Adult Volleyball League Meetings
- 18** Barnyard Boogie (preschool event)
- 19** Rock on Ice
- 21** Fall Yoga Malla
- 23** Active Aging Fest
- 26** Self Defense Seminar
- 28/29** Fall 5K training begins

### October

- 1** AOA Fitness Assessments
- 3** Rock on Ice
- 6** German Hauschenfest
- 13** Adult 3 on 3 Basketball Meeting
- 16** Youth Cheerleading Clinic
- 24** Halloween Live
- 24** Rock on Ice
- 26** Ridgeview Medical-Sports Injury Presentation
- 28** BCB Boo Bash for AOA's

### November

- 1** Bountiful Basket Food Drive Begins
- 4** Honey Bear Breakfast for AOA's
- 6** Restorative Yoga Workshop
- 7** Fall Super Circuit
- 30** Santa's Mailbox out

### December

- 4** Santa Visits
- 4** Restorative Yoga Workshop
- 8** The Lodge Holiday Party

## Jazzn' Up Chaska Friday, August 14

5:30 p.m.  
City Square Park

Live music and free refreshments! Come and enjoy downtown.

