

Mission Statement

“To develop, promote and provide recreation opportunities and facilities in anticipation of and in response to the leisure time needs and interests of the Hopkins and Minnetonka communities.”

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2011 Photo Contest: Darwin McKeen



Brochure Schedule

The next Recreation Services brochure will be published and mailed to residents the last week in February. Registration starts March 5 for residents and Open Registration starts March 19.

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Volleyball

Recreation Services offers some of the best adult volleyball programs in the area. There may still be openings to register a team for the upcoming 10–match winter session of adult volleyball that starts the week of January 2, or the 6–week spring session that begins the week of March 19. Matches will be played in the Lindbergh Center at Hopkins High School or in the West Junior High Activity Structure. Teams play 6 a side. Matches begin as early as 6:45 p.m. or as late as 8:45 p.m. The fee for the winter session is \$255/team; the spring session fee is \$120/team. Registration for spring session begins Feb. 1 for returning teams, Feb. 8 for new teams.

Women's Division: Games will be played on Mondays

Men's Division: Games will be played on Wednesdays

Co-Rec Division: There will be separate Thursday & Friday leagues

Registration

Call (952) 939-8203 to register by phone, or visit:

www.eminnetonka.com/recreation/activities/sports.cfm to download registration information. Space is limited in each division.

Volleyball Open Gym

Men and women who are interested in developing their volleyball skills in a social, semi–competitive setting are invited to take part in our co–rec open gym program.

Open gym is currently offered on Sunday evenings through March 25 from 7–9:30 p.m. in the Lindbergh Center at Hopkins High School. Two separate courts of play are offered, based on ability. Nets will be set up and players are asked to bring their own volleyball whenever possible.

The cost is \$5 per evening for residents. On Sunday nights, it is free to members of the Lindbergh Center. Advance registration is not required.

Softball

It is not too early to start thinking about spring and summer softball leagues. The following leagues will be offered in 2012:

Co-Rec: Monday–Friday

Men's Single Game: Monday, Tuesday, Thursday

Men's Double-Header: Tuesday, Thursday

Women's: Wednesday

Registration materials will be available on January 30, 2012. To obtain registration information, call (952) 939-8203 or visit www.eminnetonka.com/recreation/activities/sports.cfm to download registration information.

BWCA Canoe Trips

Recreation Services will again offer three canoe trips to the BWCA in 2012. Explore the wilderness with guides who are fun, experienced and very knowledgeable. Transportation from Minnetonka is included. Information regarding these trips will be published in the Recreation Services summer brochure in March.

Basketball 3–Player

This is a great way to stay in shape in preparation for spring. This eight–week league is set to begin on February 15. Games will be played on Wednesday nights through April 4.

This self–officiated program is great for men and women who enjoy a great workout and don't mind a little competition. It is inexpensive and all you need are 3–4 other people and a ball. Games will take place at Hopkins West Junior High. All teams will play two games per night, with game times at 6:30 p.m. & 7:30 p.m.

To register, call Recreation Services at (952) 939-8203. Registration for returning teams starts on January 6, and January 13 for new teams.

The cost of this activity is \$140 per team. Team entry fee includes 5 team t–shirts.

Course # 24013

Basketball Open Gym

Adult basketball open gym will take place on Wednesday evenings for ages 18 and older beginning October 5 and running through February 8 at the Hopkins West Junior High Activity Structure. The program is from 6:30–9 p.m. There is no open gym on Nov. 23, Dec. 21 & 28.

Participants are asked to bring their own basketballs. The cost is \$5/ adult/night. Advance registration is not required.

This basketball program consists of pickup games that are played in a social, yet competitive atmosphere. Participants are asked to come dressed to play even though locker rooms are available if needed.

Indoor Co–Rec Soccer

Here is your chance to play traditional soccer on an indoor court (wood surface approximately 170' x 100'). There are three 6–week sessions of co–rec indoor soccer offered, playing seven a side (Goalie + 6), with at least 2 females on the court at all times. Games are played Sunday evenings starting at approximately 5:45 p.m. in the Lindbergh Center at Hopkins High School.

The winter session starts January 8 and the spring session starts February 26.

Registration

Registration is now underway for both sessions. Call (952) 939-8203 to register by phone, or visit

www.eminnetonka.com/recreation/activities/sports.cfm to download registration information. Teams will be formed from individual registrations, but players can request to participate on a specific team or with a friend. The program fee does not include the official T–shirt (red/white reversible). This T–shirt must be worn by all players and can be purchased for \$15 if needed. Shirts are purchased and picked up in the Recreation Department at Minnetonka City Hall. Space is limited to the first 88 registrants each session, so don't delay!

Course # 22945 Winter: January 8 \$44

Course # 22947 Spring: February 26 \$44

Badminton Open Gym

Adults and youth in grades 10 and up are welcome to drop in and learn the sport or improve on the skills that they have. Please bring your own rackets — there are some rackets available for use.

Up to six courts are set up for double play generally. Space is limited to 48 players each evening.

Location: Lindbergh Center or Eisenhower Community Center Main Gymnasium
Date: Wed. & Fri. through May 27th
Time: 7–10 p.m.
Fee: \$5/night

Purchase a punch card and save! Punch cards are sold on the court, online, in-person at Minnetonka City Hall – Recreation Services office, or by calling (952) 939-8203.

Course #24309..... \$20 for 6 punches
Course #24310..... \$40 for 13 punches
Course #24311..... \$60 for 21 punches

Men's Broomball League

Outdoor men's broomball will be played at Valley Park in Hopkins. Games are scheduled on Thursday evenings beginning December 22 until mid-February (weather dependant). Games are scheduled on the hour beginning at 6 p.m. through 9 p.m. One broomball will be provided per team.

To register, call (952) 939-8203, or visit www.eminnetonka.com/recreation/activities/sports.cfm to download registration information. Registration deadline is December 8 or when league fills, whichever is first.

Course # 24307 \$395

Co-Rec Kickball

Kickball leagues will begin play the last week in May. The season runs for seven weeks with a playoff for the top 4 teams of each league at the end of the regular season. Separate Monday, Wednesday & Thursday night leagues are offered with games starting the week of May 21.

Registration materials will be available on January 30th. To obtain a registration form, call (952) 939-8203 or visit: www.eminnetonka.com/recreation/activities/sports.cfm to download registration information.

Fee: \$225
Location: Central Park in Hopkins, Gro-Tonka and Oberlin Park in Minnetonka

Hopkins Pavilion Indoor Co-Rec Soccer

11000 Excelsior Boulevard,
Hopkins, Mn 55343



Join the Hopkins Pavilion adult (18+) co-rec indoor soccer leagues. The use of hockey arena boards and a padded indoor turf make the game fun, fast and safe. Teams have returned year after year to take part in this high scoring and challenging indoor sport. Indoor soccer is a great way to get your team ready to play outdoors. Co-rec teams play seven on seven (including the keeper). A maximum of 25 players can be on the roster — although only 18 of these can be on the bench at any one time. League games begin February 29 and are held on Wednesday and Sunday evenings (one game per week for seven weeks), tournament games may also be scheduled on Thursday nights. Become part of the fun at the Pavilion this spring.

Due to the increasing number of teams playing in our spring league, we have split the league into two divisions:

Premier Division: For teams seeking a higher level of play, including any collegiate players who want challenge and competitive play.

Rec Division: For teams looking for a competitive recreational experience.

Cost

The team fees for both leagues is \$775. Team registration only — individual registration is not accepted. Please call (952) 939-1410 for more information.

Registration

To reserve your spot in the league, complete a Team Registration Form and submit with a \$275 deposit by February 4, 2012. The team manager indicated on the team registration form receives all league information. The Team Roster, and remaining \$500 balance are due by February 17. All forms and more information can be found on our website: www.hopkinspavilion.com or contact the Pavilion staff at (952) 939-1410 to have them sent. Completed forms can be emailed to: pavilion@hopkinsmn.com, or fax to (952) 979-0446, or mailed to the address listed above.

Evening Family Winter Hike

Enjoy a hike under the full moon from the Minnetonka Community Center to Jidana Park. Walk on the Minnehaha Creek and enjoy roasting hot dogs and s'mores around the campfire.

Course # 24295 Sat., Feb. 4 5:30 p.m. \$4



Minnetonka Community Center Senior Services

Blood Pressure Screenings: 9:30 – 11:30 a.m. Monthly on the 1st and 3rd Friday, and 2nd Wednesday. Drop in, it's free.

Foot Care Clinic: Monthly on the 1st, 2nd, and 3rd Friday of each month. For appointment and fees call (763) 560-5136.

Senior Outreach: By appointment only monthly on the 2nd & 4th Tuesday from 1 – 3 p.m.

H.O.M.E. (Household and Outside Maintenance Elderly): Help with chores around the house. Call (952) 939-8363.

Transit Link: Transportation from your home to events at the senior center and other locations within the area. There is a fee. Call (651) 602-5465 to schedule rides. Buses have lift equipment.

Health Insurance Counseling: This is a free service provided by volunteer counselors. For appointment call (952) 939-8393.

Over Fifty & Fit: It's a great way to keep fit. This exercise group meets Mon., Wed., & Fri. at 9 a.m. The annual fee is \$12.

Digital Camera: One-on-one help provided on Mondays. For appointment call (952) 939-8393.

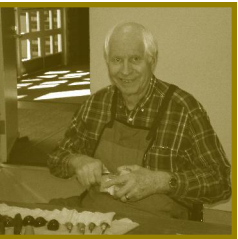
Alcoholics Anon (AA) and AI-Anon: Groups meet Wednesdays at 10:30 a.m. — All ages welcome.

Special Interest Groups

Chess Club: Meets Thursdays at 12 p.m.

Billiards: Daily, times vary.

Computer Interest Group: Meets Fridays at 10 a.m.



Woodcarvers: Meets Thursdays at 10 a.m.

500 Card Club: Meets monthly on the 2nd & 4th Wednesday at 6:30 p.m. and every 2nd and 4th Tuesday at 9 a.m.

The Landing Shop: Located at 11280 Wayzata Blvd., Minnetonka (763) 591-4868. Hours are Wed. – Sat., 10 a.m. – 4 p.m.

Social Bridge: Meets Wednesdays at 12:45 p.m.

Duplicate Bridge: Meets Thursdays at 6:30 p.m. Partners needed.

Defensive Driving

For drivers 55 and older. To register, call the MN Highway Safety Center, toll free at 1(888) 234-1294, Monday – Friday from 8 a.m. – 4 p.m.

4-Hour Refresher Class

Daytime: Jan. 10, Feb. 23, Mar. 6, Apr. 3 & 19

Evening: Jan. 26 & Mar. 22

Minnetonka Script Newsletter

A free monthly newsletter for Minnetonka residents who are active adults age 55 and older. To receive news and information regarding activities listed in this brochure, please call (952) 939-8393 or visit www.eminnetonka.com

Trips

For information on extended trips, please call (952) 541-1019 or visit www.eminnetonka.com.

For day trip, classes, and special event information, please call (952) 939-8393 or visit www.eminnetonka.com.

Weekly Senior Center E-Mail Updates

The Minnetonka Senior Center is beginning weekly e-mail updates about center activities, trips, events and volunteer opportunities. Your e-mail address will not be shared with anyone. If interested, please provide your e-mail address or notify Nicole ngorman@eminnetonka.com to receive weekly updates of what's happening at your center.

Senior Golf League

A 12 week co-ed Monday morning golf league starts May 14. This league rotates between Glen Lake, Braemar and Fred Richards Golf Courses and pairs you with different players each week. For more information contact Minnetonka Senior Services at (952) 939-8393.

Evening Family Winter Hike

Enjoy a hike under the full moon from the Minnetonka Community Center to Jidana Park. Walk on the Minnehaha Creek and enjoy roasting hot dogs and s'mores around the campfire.

Course # 24295 Sat., Feb. 4 5:30 p.m. \$4

Upcoming Special Events

Winter Party: Thurs., January 12 12 p.m.

Winter Games: Thurs., January 26 1–4 p.m.

Valentine's Day Brunch: Tues., February 14 9 a.m.

St. Patrick's Day Party: Fri., March 16 12 p.m.

All You Can Eat Fish Dinner: Fri., March 30 5:30 p.m.

Yoga

These gentle Yoga classes are geared toward the older adult, with lots of stretching and warm-ups. The yoga postures help build strength, stamina, and increase flexibility and range of motion. Guided breath-work and visualization help to release, relax, and restore the body, and calm the mind.

Chair Supported Yoga

Most of the class is done while seated on a chair. Some standing and balance postures are done, using the chair as a prop or support if necessary. Instructor: Nancy Holasek

Course # 23946	Tues., Jan. 3–24	9:45–10:45 a.m.	\$15
Course # 23947	Wed., Jan. 4–25	6:15–7:15 p.m.	\$15
Course # 23948	Thurs., Jan. 5–26	9:45–10:45 a.m.	\$15
Course # 23954	Thurs., Feb. 2–23	9:45–10:45 a.m.	\$15
Course # 23952	Tues., Feb. 7–28	9:45–10:45 a.m.	\$15
Course # 23953	Wed., Feb. 8–29	6:15–7:15 p.m.	\$15
Course # 23958	Tues., March 6–27	9:45–10:45 a.m.	\$15
Course # 23959	Wed., March 7–28	6:15–7:15 p.m.	\$15
Course # 23960	Thurs., March 8–29	9:45–10:45 a.m.	\$15

Intermediate Yoga – Daytime

This class includes standing and balance postures. Students should have the ability to get down to and up from the floor for postures completed while on the belly or backside of the body. Many seated postures are also done on the floor. Instructor: Nancy Holasek

Course # 23949	Tues., Jan. 3–24	11 a.m.–12 p.m.	\$15
Course # 23951	Thurs., Jan. 5–26	11 a.m.–12 p.m.	\$15
Course # 23957	Thurs., Feb. 2–23	11 a.m.–12 p.m.	\$15
Course # 23955	Tues., Feb. 7–28	11 a.m.–12 p.m.	\$15
Course # 23961	Tues., March 6–27	11 a.m.–12 p.m.	\$15
Course # 23963	Thurs., March 8–29	11 a.m.–12 p.m.	\$15

Intermediate Yoga – Evening

Course # 23950	Wed., Jan. 4–25	7:30–8:30 p.m.	\$15
Course # 23956	Wed., Feb. 8–29	7:30–8:30 p.m.	\$15
Course # 23962	Wed., March 7–28	7:30–8:30 p.m.	\$15

Line Dance

Learn to “hitch” and “vine” and dance in a line to a variety of upbeat music. Some line dance experience preferred for beginning level course. For those who have had 50 previous lessons which is required for intermediates course, you will be reviewing many of the line dances you have learned over the years. Instructor: Annette Fragale

Course # 23940	Beg.	Thurs., Feb. 9–March 29	12:30–1:30 p.m.	\$40
Course # 23941	Int.	Thurs., Feb. 9–March 29	1:45–2:45 p.m.	\$40

Tai Chi Chih

Tai Chi Chih is a series of 19 easy-to-learn movements and one pose. A moving meditation with many health benefits: blood pressure control, flexibility, balance and reduced stress. Enjoy this beautiful form and experience ‘Joy through Movement.’ Instructor: Monica Campbell, is certified in T’ai Chi Chih.

Course # 23944	Beg.	Mon., Jan. 9–March 26	10–11 a.m.	\$45
Course # 23945	Int.	Mon., Jan. 9–March 26	11:30 a.m.–12:30 p.m.	\$45

Zumba Gold®

Zumba Gold is a dance fitness class which uses the exciting Latin and international dance rhythms of the original Zumba class and modifies them for beginner participants and others who may desire a less intense, low impact workout. Using dance and fitness moves you will experience a complete body workout while learning the basic steps to Salsa, Meringue, Cha-Cha and other rhythms. No dance experience is necessary. This class is open to both genders—partners are not necessary. Comfortable clothing and workout shoes are recommended. Bring water—you will sweat! Instructor: Jan Gamble

Course # 23933	Mon., Jan. 9–Feb. 13	1–2 p.m.	\$30
Course # 23934	Mon., Feb. 27–April 2	1–2 p.m.	\$30

Art Classes with Gin Weidenfeller

February Art Class – Drawing Exploration

Learn some “How to” methods to stimulate drawing fun. Explore contour, gestural, and textural line drawing methods. Transform shapes, ellipses, shading, and perspective to create 3-D drawings. Explore a variety of drawing materials: graphite, colored pencils, charcoal pencils, brush/tempera paint. Create a portfolio of drawings. View drawing examples from major artists for inspiration.

Course # 23965	Wed., Feb. 15 & 22	1–2:30 p.m.	\$40
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March Art Class – Painting Studies with Watercolor & Gouache

Mix/blend watercolor and gouache paints to create color combinations, color wheel, and color schemes. Learn brush strokes, wash/glazing, wet ‘n’ wet, dry brush methods, resist, and paper/brush selection. Explore painting styles such as realism and abstraction. Paint studies of a simple still life, nature object or landscape. View examples from major artists for inspiration. Materials will be provided.

Course # 23966	Wed., March 14 & 21	1–2:30 p.m.	\$40
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Oil Painting

Learn about composition, how to look at objects and how to mix colors. Bring supplies that you have to first class. Supply list will be provided in class. Instructor: Marcella Nordseth

Course # 23942	Jan. 6–Feb. 24	1–3:30 p.m.	\$56
Course # 23943	March 9–April 27	1–3:30 p.m.	\$56

Navigating Medicare

Thinking of getting ready to retire? Family member or caregiver to someone that has Medicare coverages? Already have Medicare and just want to know more about it?

This class is a chance for anyone to learn about Medicare. Spend the evening learning about the Medicare adventure. We will discuss Medicare Parts A, B and D. The class is an educational opportunity and not a sales pitch; it is offered in cooperation with Senior Community Services (SCS), a non-profit agency.

Course # 23964	Thurs., Jan. 19	6:30–9 p.m.	\$10
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Waving the Bigger American Flag: Gain and Shame from T.R. to Woodrow Wilson

Along with the gains made in human rights in succeeding generations of Americans, there were also severe hardships endured by millions because of race, gender, class status or working conditions. At times, changes were militantly effected by common people who defined their rights and fought to gain them. Using Howard Zinn's, A People's History of the United States, we will focus on the time of "empire building" and social reform at the beginning of the 20th century. Coffee, videos, handouts and discussion, all hot, included. This class meets every other Wednesday. Instructor: Dick Sadler

Course # 23938 Wed., Jan. 11 – Mar. 7 10 a.m. – 12 p.m. \$25

Waving the Bigger American Flag: Immigration in Minnesota & Beyond

Minnesota and the nation have historically experienced large numbers of immigrants, people with dreams of owning land, of escaping poverty through new jobs or study, of living beyond the harsh political injustices in their homeland. We will study the League of Women Voters', Immigration in Minnesota booklet as well as other resources to learn of challenges and opportunities presented by new arrivals. Coffee, videos, handouts and discussion, all hot, included. This class meets every other Wednesday. Instructor: Dick Sadler

Course # 23939 Wed., March 28 – May 23 10 a.m. – 12 p.m. \$25

British History: British Trifle

Trifle is a British dessert made by mixing fruit, cake, whipped cream and other secret ingredients together to yield a delicious concoction. This quarter we are mixing "places to go" with "people to meet" and "conflicts of interest." This interesting mix will yield a new "taste" of British history. Instructor: Terry Kubista

Part I – Places to go and things to see

- Stratford on Avon, Chatsworth House, Canterbury Cathedral and selected English gardens.

Course # 23935 Thurs., Jan. 5 – 26 1 – 3 p.m. \$25

Part II – Conflicts of interest


- Wars of the Roses, Agincourt, Culloden and Hastings

Course # 23936 Thurs., Feb. 2 – 23 1 – 3 p.m. \$25

Part III – People you should meet

- Cardinal Reginald Pole, Benjamin Disraeli/William Gladstone, William Cecil, Cecil Rhodes and T.E. Lawrence

Course # 23937 Thurs., March 1 – 29 1 – 3 p.m. \$30



Victorian holiday open house is December 4

The Minnetonka Historical Society will host its annual Victorian holiday open house Sunday, December 4, from 1 – 4 p.m. at the historic Charles H. Burwell House, 13209 E. McGinty Road, Minnetonka.

The house will be decorated in lavish Victorian holiday fashion and self-guided tours will be offered. Tea, cider and bakery treats will be provided in the cottage on the grounds. Attendance is free, but donations to the Minnetonka Historical Society are appreciated. Limited parking is available on the Burwell Park grounds, including handicapped spaces, with additional parking across Plymouth Road at St. David's Family Resource Center.

The historical society welcomes participation by youth groups in decorating the Burwell House for this holiday event. To volunteer, contact Florence Bogle at (952) 938-3758.

WILLISTON FITNESS CENTER

city of minnetonka



14509 Minnetonka Drive, Minnetonka MN

(952) 939-8370

COME AND EXPERIENCE THE CITY OF MINNETONKA'S FITNESS FACILITY!
 THE WILLISTON FITNESS CENTER IS AN EXERCISE AND FITNESS CENTER
 FOR THE ENTIRE COMMUNITY.

Monthly Membership Rates

Plan	Resident ¹	Non-Resident
Individual (22 Years+)	\$36	\$45
Dual ²	\$50	\$62
Household ³	\$58	\$72
Senior (60 years+)	\$25	\$32
Senior Dual	\$36	\$45
Student (15–21) ⁴	\$29	\$36

Annual Membership Rates

(Paid in full, no HCC Discount)

Plan	Resident ¹	Non-Resident
Individual (22 Years+)	\$408	\$516
Dual ²	\$576	\$720
Household ³	\$660	\$816
Senior (60 years+)	\$288	\$360
Senior Dual	\$408	\$516
Student (15–21) ⁴	\$336	\$408

*Extra Fees (may or may not apply to membership)

One-time registration fee	\$20
Membership Hold/Freeze	\$5/month
Upgrade/Downgrade Fee	\$5
NSF/Credit Card	\$30

One Time Guest Fees

Ages 0–11 months	Free
Ages 1–14 Years	\$5
Ages 15+ Years	\$8

1. St. Louis Park residents are eligible for the Minnetonka resident rate due to a reciprocal agreement between the two Cities. (Minnetonka residents are eligible for the St. Louis Park resident rate at the St. Louis Park Aquatics Park.)
2. Dual is considered two people living at the same address and one individual must be at least 15 years of age or older. If one individual is under the age of 15, the other must be an adult 18+ years of age.
3. Household is considered one or two adults plus children 21 and under living at the same address.
4. Youth 14 and under must join with an adult. Youth 14 years old and under are not permitted to use free weights, weight machines or cardiovascular equipment and must be supervised by an adult when using the pool or aerobic classes.

Child Care Hours (6 months old and older)

Cost is \$3/hr. per child. Children on a family membership are free for the first hour and \$3/hr. per child for each additional hour.

Monday – Thursday	9 a.m. – 7:30 p.m.
Friday	9 a.m. – 3 p.m.
Saturday	7:30 – 11:30 a.m.

Facility Hours

Monday – Saturday	6 a.m. – 11 p.m.
Sunday	8 a.m. – 8 p.m.

Closed: Easter, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas and New Years Day.

Tennis 5 Indoor Courts

Leagues & Lessons For All Ages/Ability Levels
 Summer Hourly Court Fees Available Upon Request

Tennis Court Fees \$20/hour/court

Special Features

- 5 Indoor Tennis Courts
- 25 Yard Swimming Pool
- Aerobics Studio
- Baseball & Softball Batting Cages
- Baseball & Softball Training
- Basketball/Volleyball Court
- Elliptical Cross-Trainers
- Equipment Orientation
- Free Weights
- Kid's Corner
- Land & Water Aerobics
- Meeting/Party Room
- Personal Training
- Splash Pad
- Run Club
- Spin Classes
- Stair Climbers
- Stationary Bikes
- Treadmills
- Tree House
- Weight Machines
- Whirlpool & Saunas

Runners With Heart @ the Williston Fitness Center

February 4 – June 20 Spring 2012 Marathon and Half-Marathon Training:

Train for your best half or full marathon yet with Williston Fitness Center's Runners with Heart Marathon Training Team! Whether you have your sights set on Grandma's, Minneapolis, Stillwater, Madison or the Green Bay Marathon — or perhaps you are looking to run one of the many popular half marathons this spring — Runners with Heart is the training team that will help you meet your goals and enjoy the journey. Each participant receives a professionally developed training plan personalized to the specific race, distance and goals. Training workouts led by our experienced coaching staff includes hill work, speedwork, pacing, and the all-important long run, including integrated core, strength and flexibility training, 3 times a week. More than just "going for a run," each workout is designed to bring about the specific physiological changes that will enable you to meet the distance and unique challenges of your race while avoiding unnecessary injury. You benefit from one-on-one, personalized training guidance, racing tips and advice from our seasoned and experienced coaching team. All training team members receive a free Runners with Heart racing singlet! Plus special discounts on personal training and running gear.

Required Gear

Water bottle, water carrier, reflective vest or jacket for night running. A head lamp is recommended.

Minimum Fitness

Marathon training participants must be currently running 20–25 miles per week for a minimum of 4–6 weeks and have built up to a long run of 10 miles. Half marathon training participants must be currently running 10–15 miles per week for a minimum of 4–6 weeks and have built up to a long run of 6 miles. The training pace will be between 7:30–11 minute miles. Training runs start at 6 p.m. on Monday/Wednesday, and 8 a.m. on Saturday.

Cost

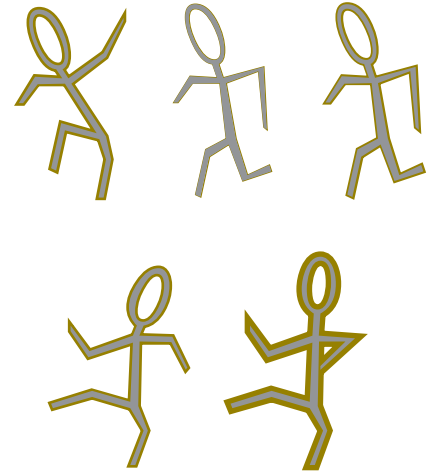
Williston Members—No Charge; Non Williston Members—\$95 for the season with an optional Season Membership with full access to the club for an additional \$10 per month until the season ends.

Questions?? Contact Coach Nancee

nmeuser@comcast.net Phone: (612) 741-1909

Running Boston 2012?

Whether this is your first or your 10th Boston, train to run your best in 2012 and enjoy the experience of a lifetime! You've earned it! Travel and train with Runners with Heart certified running coach and Boston veteran, Coach Nancee, who will work with you on a one-on-one basis to help you achieve your goals. Our Runners with Heart Boston Training Team is forming now and we'd love to have you join us! Training Kick-Off scheduled for Saturday, December 3. For more information contact Coach Nancee nmeuser@comcast.net
Phone: (612) 741-1909.



DON'T SIT, GIT FIT!

Williston 12 – Week Weight Loss Challenge

This is a 12-week weight loss challenge where our Fitness Center staff will guide participants toward reaching their weight loss goals. The challenge is about learning how to let go of old habits and replace them with new healthy ones, losing weight and having fun. Register by January 6!

Program includes:

- Four nutrition presentations
- Four 60-minute personal training sessions
- Twelve group fitness classes specifically for participants
- Bi-monthly one on one meeting to hold you accountable
- Individual challenges and team challenges
- T-Shirt and great prizes!!!

Note: If medical clearance is required it must be obtained prior to the start of the program. No refunds will be granted after the first week of the challenge.

For more information contact Samantha shackbart@eminnetonak.com or call (952) 939-8372.

Course # 24249

January 16 – April 9 (Days and times vary)

Fee:

Members: \$199 Non-Members: \$299

Kick-Off Meeting:

Sunday, January 15, 1p.m. – 2:30 p.m.,
Multipurpose Room (Pre-registration required)

Arthritis Water Aerobics

This water aerobics program is designed for people with arthritis and related joint conditions. This program uses gentle activities in warmer water, with guidance from a trained instructor. All arthritis classes are free to members of the Williston Fitness Center.

Day: Mon., Wed., Fri.
Date: Ongoing
Times: 8–8:50 a.m. & 10–10:50 a.m.
Fee: \$4

Body Blast

This morning class adds in – depth, overall body toning, abdominals, and stretching to your exercise routine.

Location: Group Fitness Studio
Course # 24166
 Tu & Th, Jan. 10–Mar. 22 6:05–6:55 a.m. \$50
Course # 24167
 Tu & Th, Mar. 27–May 31 6:05–6:55 a.m. \$50

Body Sculpting

This simple, yet challenging class is designed to tone the entire body through the use of Body Bars, tubing, and free weights.

Location: Group Fitness Studio
Course # 24172
 M & W, Jan. 9–Mar. 21 5:30–6:25 p.m. \$100
Course # 24163
 M & W, Mar. 26–May 30 5:30–6:25 p.m. \$100

Cardio & Core

This class contains high and low impact aerobic moves to get you on (or off) your feet. Instructors teach to all levels of aerobics conditioning; members must increase or decrease intensity as desired.

Location: Group Fitness Studio
Course # 24187
 Mon., Jan. 9–Mar. 19 9:15–10:15 a.m. \$25
Course # 24186
 Mon., Mar. 26–May 28 9:15–10:15 a.m. \$25

Cardio Kick

This is a class full of fun and fitness. Join us for this high – energy workout which will help you lose weight and sculpt your body.

Location: Group Fitness Studio
Course # 24188
 Fri., Jan. 13–Mar. 23 5:30–6:25 p.m. \$50
Course # 24189
 Fri., Mar. 30–June 1 5:30–6:25 p.m. \$50

Cardio Mix

Boost your cardiovascular fitness with this refreshed mix of cardio exercises.

Location: Group Fitness Studio
Course # 24196
 Wed., Jan. 11–Mar. 21 6:05–6:55 a.m. \$25
Course # 24165
 Sat., Jan. 14–Mar. 24 8:30–9:25 a.m. \$25
Course # 24197
 Wed., Mar. 28–May 30 6:05–6:55 a.m. \$25
Course # 24173
 Sat., Mar. 31–June 2 8:30–9:25 a.m. \$25

Cardio Twist

This class is taught at a basic fitness level with variations of intensity levels offered for those with higher fitness levels. Step aerobics is not the only thing you’ll see in this class – come for a great floor and toning workout, too!

Location: Group Fitness Studio
Course # 24199 Wed., Jan. 11–Mar. 21 9:15–10:15 a.m. \$25
Course # 24202 Thurs., Jan. 12–Mar. 22 5:30–6:25 p.m. \$50
Course # 24200 Wed., Mar. 28–May 30 9:15–10:15 a.m. \$25
Course # 24203 Thurs., Mar. 29–May 31 5:30–6:25 p.m. \$50

Core Conditioning

This class concentrates on strengthening and toning up your midsection. With this amazing class you’ll be sure to get a core workout like never before.

Location: Group Fitness Studio
Course # 24168 Sat., Jan. 14–Mar. 24 9:30–9:55 a.m. \$15
Course # 24170 Sat., Mar. 31–June 2 9:30–9:55 a.m. \$15

Latin Hip Hop

A fun and energizing class which incorporates music from around the world, enjoy moving and grooving while laughing and clapping.

Location: Group Fitness Studio
Course # 24174 Mon., Jan. 9–Mar. 19 6:05–6:55 a.m. \$25
Course # 24213 Fri., Jan. 13–Mar. 23 9:15–10:15 a.m. \$50
Course # 24212 Mon., Mar. 26–May 28 6:05–6:55 a.m. \$25
Course # 24214 Fri., Mar. 30–June 1 9:15–10:15 a.m. \$50

Pump it Up

Resistance training class perfect for men and women of all ages. Fun workout using a variable weight barbell and music. Also includes abdominal work & flexibility training.

Location: Group Fitness Studio
Course # 24181 Tu & Th, Jan. 10–Mar. 22 12–12:55 p.m. \$25
Course # 24182 Tu & Th, Mar. 27–May 31 12–12:55 p.m. \$25

Total Body Conditioning

This class will provide you with an intense total body workout. Great for new participants and those with experience.

Location: Group Fitness Studio
Course # 24171 Fri., Jan. 13–Mar. 23 6:05–6:55 a.m. \$25
Course # 24169 Fri., Mar. 30–June 1 6:05–6:55 a.m. \$25

Dancing and Romancing!

Do you yearn to have a fun and romantic “date night” with your honey on Fridays? Do you want a fun social activity that is great exercise? Are you getting ready for a wedding or special occasion? Or do you need to review dances you have forgotten? Then you will want to join **Just Gotta Dance** to learn how to ballroom dance! In these classes, couples (ages 16 and older) will learn or review basics of the most popular ballroom dances — just like those showcased on “Dancing with the Stars”! You will spend four fun – filled Friday evenings on each ballroom dance and be ready to show off your moves! Bring your friends and you can all go dancing together! Students are welcome to register for both sessions. Bring ballroom dance shoes, leather or suede soled shoes or dance in stocking feet. A practice CD with appropriate dance music will be available from instructor for \$10 (for two classes).

Location: Williston Fitnessw Center Group Fitness Studio.

Course # 24190	Fri., Jan. 6–27	West Coast Swing	7–8 p.m.	\$60/couple
Course # 24496	Fri., Jan. 6–27	Mambo	8:15–9:15 p.m.	\$60/couple
Course # 24191	Fri., Feb. 3–24	Swing	7–8 p.m.	\$60/couple
Course # 24497	Fri., Feb. 3–24	Fox Trot	8:15–9:15 p.m.	\$60/couple
Course # 24193	Fri., Mar. 2–23	Rumba	7–8 p.m.	\$60/couple
Course # 24499	Fri., Mar. 2–23	Waltz	8:15–9:15 p.m.	\$60/couple
Course # 24192	Fri., Mar. 30–Apr. 20	Cha Cha	7–8 p.m.	\$60/couple
Course # 24498	Fri., Mar. 30–Apr. 20	Tango	8:15–9:15 p.m.	\$60/couple
Course # 24194	Fri., Apr. 27–May 18	Mambo	7–8 p.m.	\$60/couple
Course # 24500	Fri., Apr. 27–May 18	West Coast Swing	8:15–9:15 p.m.	\$60/couple

Yoga

Basic fundamentals of yoga as a system for physical, mental and spiritual integration. Participants learn and practice basic postures.

Course # 24184	M & W, Jan. 9–Mar. 19	7:45–8:45 p.m.	\$160
Course # 24185	Tu & Th, Jan. 10–Mar. 22	8–9:15 a.m.	\$160
Course # 24221	Sat., Jan. 14–Mar. 24	7–8:15 a.m.	\$80
Course # 24219	M & W, Mar. 26–May 30	7:45–8:45 p.m.	\$160
Course # 24220	Tu & Th, Mar. 27–May 31	8–9:15 a.m.	\$160
Course # 24222	Sat., Mar. 31–June 2	7–8:15 a.m.	\$80

Zumba

This class is a mix of Latin–based dances and moves from Hip–Hop. This class is exhilarating, effective, and easy to follow. You’ll be sure to burn a ton of calories during this dance party!

Location: Group Fitness Studio

Course # 24176	Wed., Jan. 11–Mar. 21	6:30–7:25 p.m.	\$80
Course # 24177	Wed., Mar. 28–May 30	6:30–7:25 p.m.	\$80

Family Fitness Fun

The Williston Fitness Center would like to help you and your family discover fun and different ways to enjoy physical activity together. Sign up for one class or sign up for all 4 days. Open to parents and guardians with children ages 6-12 years. Each session will touch on a different aspect of fitness while creating an exciting learning environment designed to introduce activity into the family unit. Be your child’s healthy role model and their biggest supporter of finding play in exercise!

Location: Group Fitness Studio

Course # 24502 Introduction to Family Fitness	Sat., Feb. 4	11:30 a.m.–12 p.m.	\$25
Course # 24503 Family Fit	Sat., Feb. 4	12–1 p.m.	\$25
Course # 24504 Mind/Body Fitness–Yoga	Sat., Feb. 11	12–1 p.m.	\$25
Course # 24505 Self Defense Class	Sat., Feb. 18	12–3 p.m.	\$25
Course # 24506 Aqua Fit (Williston pool)	Sat., Feb. 25	12–1 p.m.	\$25

Equipment Orientation For Ages 15 Years+

All members and guests are encouraged to participate in an equipment orientation. Our qualified fitness staff will demonstrate the proper technique and settings for all cardio and strength equipment. Appointments take approximately 45 minutes and are FREE to members. Please see the Williston Fitness Center front desk for specific dates and times, and to get registered. No–shows will be charged a \$35 fee.

Equipment Orientation For Teens (Ages 13–14 Years)

Teens ages 13–14 may participate in a fitness room orientation, to learn how to safely and effectively use the cardio and strength machines and free weights equipment. Appointments take approximately 45 minutes and the cost is \$35. Upon completion of the orientation, teens ages 13–14 will have full access to the fitness center resistance with an adult in attendance. Please see the Williston Fitness Center front desk for specific dates and times, and to get registered.

Hot Shoes

This one–hour workout combines dance and exercise, the fun of rhythmic routines, and fantastic motivating music. Along with our cardio–endurance section, we use a variety of exercise equipment for toning and strengthening. Please wear cushioned aerobic shoes.

Course #	Day	Date	Frequency	Time	Fee
24122	M or F Tu or Th	Jan. 3–Feb. 24	1x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$58
24126	M or F Tu or Th	Jan. 3–Feb. 24	2x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$71
24128	M or F Tu or Th	Jan. 3–Feb. 24	3x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$81
24132	M, F, Tu, or Th	Jan. 3–Feb. 24	Unlimited	7:30–8:30 a.m. 9:30–10:30 a.m.	\$88
24123	M, F, Tu, or Th	Feb. 27–Apr. 20	1x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$58
24127	M, F, Tu, or Th	Feb. 27–Apr. 20	2x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$71
24130	M, F, Tu, or Th	Feb. 27–Apr. 20	3x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$81
24131	M, F, Tu, or Th	Feb. 27–Apr. 20	Unlimited	7:30–8:30 a.m. 9:30–10:30 a.m.	\$88
24124	M, F, Tu, or Th	Apr. 23–June 15	1x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$58
24125	M, F, Tu, or Th	Apr. 23–June 15	2x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$71
24129	M, F, Tu, or Th	Apr. 23–June 15	3x week	7:30–8:30 a.m. 9:30–10:30 a.m.	\$81
24133	M, F, Tu, or Th	Apr. 23–June 15	Unlimited	7:30–8:30 a.m. 9:30–10:30 a.m.	\$88

Personal Training

Personal Training is individualized instruction that incorporates one’s health history, goals, and current lifestyle into a comprehensive and educational exercise program that meets the client’s specific needs. Our nationally certified personal trainers are on hand to help you in your quest to become a healthier you!

Before signing up for a personal trainer, you must fill out a personal training request form and health history forms. All forms should be submitted to Samantha Hackbart.

Get a jump start on your fitness goals by signing up for a personal trainer in December (Dec. 1–Dec. 31, 2011). Purchase an 8 or 12 session package and receive an additional session for **Free!**

Package Options:

Member Sessions	Package Price
1	\$50
4	\$180
8	\$320
12	\$420
Non–Member Sessions	Package Price
1	\$60
4	\$220
8	\$400
12	\$536

Martial Art Classes — Those registered in martial art classes who wish to use other amenities within the Williston Fitness Center must purchase a day pass.

Shaolin Kung Fu

Shaolin Kung Fu is aerobic, a great weight loss and control activity, builds muscle, flexibility, power, and empowers you with greater self-esteem and confidence. Learn techniques and traditional styles of Shaolin Kung Fu. Classes are full participation and non-competitive, allowing individuals to advance at their own speed and abilities. Classes focus on skill building exercises to strengthen the mind and body, and promote discipline, lifelong health benefits, self-defense and coordination. Learn forms, sparring techniques, breaking, traditional instruments, and more. Kid-Fu is great for children (ages 5+), and parents are welcome to register and participate with their child. You are eligible to test and earn through your black sash. Testing is conducted the last day of the session. Additional fees for testing and uniforms.

Note: If you register for a combination of two classes the cost is \$74 or single class is \$59. Discount not available when registering online – must call to register by phone.

Location: Lindbergh Center – Wrestling Room and is subject to change.

Course # 24225	Adult & Kids Beginner	
Sat., Feb. 11–Apr. 7	12–1 p.m.	\$59
Course # 24226	Instrument/Sparring	
Sat., Feb. 11–Apr. 7	1–2 p.m.	\$59
Course # 24227	Adult Int. & Advanced	
Sat., Feb. 11–Apr. 7	2–3 p.m.	\$59
Course # 24228	Adult & Kids Beginner	
Sat., Apr. 14–June 9	12–1 p.m.	\$59
Course # 24230	Instrument/Sparring	
Sat., Apr. 14–June 9	1–2 p.m.	\$59
Course # 24229	Adult Int. & Advanced	
Sat., Apr. 14–June 9	2–3 p.m.	\$59



Tae Kwon Do

Students learn to reach their full potential through our confidence building martial arts program. This program accommodates students at all levels of Tae Kwon Do training, from the beginner to the advanced martial artist. Our students include those participating to learn traditional Tae Kwon Do and self-defense skills to the elite Tae Kwon Do athlete. Our instructors provide expert training in a fun and safe environment to produce positive results. Northwest Martial Arts provides every student with great opportunities to learn valuable Tae Kwon Do skills, improve confidence, develop leadership skills and compete successfully throughout life.

Location: Williston Fitness Center

Course # 24241	Little Ninjas	Ages 4–6
Tu & Th, Jan. 10–Mar. 8	5:30–5:55 p.m.	\$64
Course # 24242	Youth Beginner	Ages 6–14
Tu & Th, Jan. 10–Mar. 8	6–6:55 p.m.	\$80
Course # 24247	Youth Advanced	Ages 6–14
Tu & Th, Jan. 10–Mar. 8	7–8 p.m.	\$80
Course # 24243	Adult	Ages 15+
Tu & Th, Jan. 10–Mar. 8	7–8 p.m.	\$80
Course # 24244	Little Ninjas	Ages 4–6
Tu & Th, Mar. 13–May 8	5:30–5:55 p.m.	\$64
Course # 24245	Youth Beginner	Ages 6–14
Tu & Th, Mar. 13–May 8	6–6:55 p.m.	\$80
Course # 24248	Youth Advanced	Ages 6–14
Tu & Th, Mar. 13–May 8	7–8 p.m.	\$80
Course # 24246	Adult	Ages 15+
Tu & Th, Mar. 13–May 8	7–8 p.m.	\$80

Aikido

Aikido is a modern Japanese martial art which emphasizes peaceful resolution of a conflict or attack. The name, Aikido, means to live in harmony with all things. It is a flexible art that allows all ages and abilities to find balance and confidence in one's life. The instructor is a 2nd degree black belt with four years of teaching experience and over 10 years of practicing this martial art.

Location: Lindbergh Center – Wrestling Room (subject to change)

Course # 24234	Jan. 8–Feb. 1	\$22
Sun., 12–2 p.m. and Wed., 7–9 p.m.		
Course # 24235	Feb. 5–29	\$22
Sun., 12–2 p.m. and Wed., 7–9 p.m.		
Course # 24233	Mar. 4–28	\$22
Sun., 12–2 p.m. and Wed., 7–9 p.m.		

Goju Kai Karate–Do

Learn the basic techniques of Goju Kai and move on to more advanced skills within the organization's five programs. Here is a great chance for you to get into shape and learn an effective style of self-defense while developing personal confidence. Your instructor is Scott Bissen, a 4th degree black belt, certified through National Headquarters in California. Students should come to the first class wearing comfortable clothes. Students will be in bare feet during the class. No experience necessary; classes and skills are progressive and ongoing.

Note: No class on Easter Sunday, April 8.

Course # 24236	Jan. 15–Feb. 14	\$35
Sun., 5–7 p.m.	Williston Center	
Tue., 6:45–8:45 p.m.	Hopkins High School	
Course # 24237	Feb. 19–Mar. 20	\$35
Sun., 5–7 p.m.	Williston Center	
Tue., 6:45–8:45 p.m.	Hopkins High School	
Course # 24238	Mar. 25–Apr. 24	\$35
Sun., 5–7 p.m.	Williston Center	
Tue., 6:45–8:45 p.m.	Hopkins High School	

Self Defense Class

Take this class to learn situational awareness and avoidance and the basic defensive skill set. These are the tools that any person can use to avoid potentially dangerous situations as well as how to “go nuts and go home!” State of the art self defense technology, expert coaching and instruction make this class a ‘must’ for everyone over the age of 15.

Location: Williston Center – Group Fitness Studio

Course # 24231		
Sat., Jan. 21	12–3 p.m.	\$40



Adult Indoor Tennis Lessons @ Hopkins West Jr. High 3830 Baker Road, Mtka.

Group indoor tennis lessons are offered for the beginner to the advanced player. Classes meet twice a week — participants should bring their own racket and come dressed to play in loose clothing & tennis shoes.

Class Descriptions

Beginner/Advanced Beginner: Player has had little or no tennis instruction. Proper grips, strokes and fundamentals will be taught.

Intermediate: Player is fairly consistent with medium paced shots and can maintain a rally but lacks execution in depth and power. Fundamentals will be reinforced and court positioning and footwork will be introduced.

Advanced: Player has good stroke dependability and directional control on both forehand & backhand. The ability to use lobs, approach shots and volleys is more prevalent. Spins, strategy, and developing a style of play will be introduced.

Session 1	Mon. & Wed., Jan. 4–Feb. 15 (No class Jan. 2)	\$119
<i>Course # 24044</i>	Beg./Adv. Beg. 6–6:50 p.m.	
<i>Course # 24045</i>	Intermediate 7–7:50 p.m.	
<i>Course # 24046</i>	Advanced 8–8:50 p.m.	
Session 2	Mon. & Wed., Feb. 20–Apr. 4	\$119
<i>Course # 24047</i>	Beg./Adv. Beg. 6–6:50 p.m.	
<i>Course # 24048</i>	Intermediate 7–7:50 p.m.	
<i>Course # 24049</i>	Advanced 8–8:50 p.m.	

Indoor Tennis Mixer

A 7–week adult tennis mixer is for players ranked between 2.5 and 4.0 that are interested in playing singles and doubles on Sundays. Please note that this is match play and there will be no instruction. There will be a tennis professional on site to organize the mixer. Participants should come dressed to play, with a racquet and a good supply of balls to use.

Location: Hopkins North Jr. High Activity Structure

<i>Course # 24053</i>	Session 1: Sun., Jan. 8–Feb. 19	4–6 p.m.	\$84
<i>Course # 24054</i>	Session 2: Sun., Feb. 26–Apr. 15	4–6 p.m.	\$84

(No class April 8)

The Men's Winter Singles Tennis – Williston Center

We will try to have 3.5 and 4.0 & above. Court space is limited so sign-ups will be restricted to a maximum of 8–10 players in each division. Matches begin the week of January 16 and will finish mid to late March depending on the number of entrants in your division. Each player is guaranteed 10 matches. Trophies will be awarded to winners of each division and results will be posted bi-weekly. Balls are provided and courts are reserved for you. Court reservations are made between the hours of 6:30 and 9 p.m., match length is 1½ hours. A 24–hour cancellation of your court is required if you are unable to play. Matches may be rearranged at your convenience for missed matches. For questions about the format or rules contact PJ Priest at (952) 939-8341. League fees are non-refundable after January 9.

Member \$160	Non-Member \$200		
<i>Course # 24216</i>	3.5 Singles	Monday	Varies between 6:30–9 p.m.
<i>Course # 24217</i>	4.0 & Above Singles	Wednesday	Varies between 6:30–9 p.m.

Williston Center Junior Tennis Program

Parents please keep in mind that players do not automatically advance after each session. A child's advancement is based on many factors. Class instructors will hand out a card when a student is ready to advance to the next level. If you have any questions or concerns about your child's level and which class they should register for please contact Felicia Tebon (952) 939-8368 for a consultation and free evaluation. If you register for a class without an evaluation and your child's level is not suited for the class we will do our best to place them in the correct class level. If classes are full, a refund will be given.

***If a course is full, please put your child's name on the waitlist. Waitlists are used to create new courses when space and instructors are available.**

HOT Shots (Ages 4–6) *Level 1

This is an introduction to the sport for children ages 4–6. This 45–minute class will introduce players to the basics of tennis, with a lot of FUN! Short court tennis, the use of pressureless balls, tracking skills, and hand–eye coordination will be the main emphasis of this class.

Member \$115	Non-Member \$140	
<i>Course # 24056</i>	Fri., Jan. 6–Mar. 9	4–4:45 p.m.
<i>Course # 24057</i>	Sat., Jan. 7–Mar. 10	1:15–2 p.m.
<i>Course # 24105</i>	Fri., Mar. 16–May 18	4–4:45 p.m.
<i>Course # 24058</i>	Sat., Mar. 17–May 19	1:15–2 p.m.

Beginner/Advanced Beginner LITTLE Shots (Ages 7–8) *Level 2

This class will introduce players to basic stroke fundamentals including forehand, backhand, volley & serve. Proper grips and contact points will be taught. Short court tennis, tracking skills and movement will also be emphasized thru drills & games.

Member \$115	Non-Member \$140	
<i>Course # 24059</i>	Wed., Jan. 4–Mar. 7	4:30–5:30 p.m.
<i>Course # 24060</i>	Fri., Jan. 6–Mar. 9	4:45–5:45 p.m.
<i>Course # 24061</i>	Sat., Jan. 7–Mar. 10	9:30–10:30 a.m.
<i>Course # 24062</i>	Sat., Jan. 7–Mar. 10	10:30–11:30 a.m.
<i>Course # 24063</i>	Sun., Jan. 8–Mar. 11	3:30–4:30 p.m.
<i>Course # 24064</i>	Wed., Mar. 14–May 16	4:30–5:30 p.m.
<i>Course # 24065</i>	Fri., Mar. 16–May 18	4:45–5:45 p.m.
<i>Course # 24066</i>	Sat., Mar. 17–May 19	9:30–10:30 a.m.
<i>Course # 24067</i>	Sat., Mar. 17–May 19	10:30–11:30 a.m.
<i>Course # 24068</i>	*Sun., Mar. 18–May 20	3:30–4:30 p.m.

***(No class April 8 Member \$103.50 Non-Member \$126)**

Beginner/Advanced Beginner MID Shots (Ages 9–11) *Level 2

This class will introduce players to basic stroke fundamentals including forehand, backhand, volley & serve. Proper grips and contact points will be taught. Short court tennis, tracking skills and movement will also be emphasized thru drills & games.

Member \$115	Non-Member \$140	
<i>Course # 24069</i>	Wed., Jan. 4–Mar. 7	4:30–5:30 p.m.
<i>Course # 24070</i>	Fri., Jan. 6–Mar. 9	4:45–5:45 p.m.
<i>Course # 24071</i>	Sat., Jan. 7–Mar. 10	9:30–10:30 a.m.
<i>Course # 24072</i>	Sun., Jan. 8–Mar. 11	3:30–4:30 p.m.
<i>Course # 24073</i>	Wed., Mar. 14–May 16	4:30–5:30 p.m.
<i>Course # 24074</i>	Fri., Mar. 16–May 18	4:45–5:45 p.m.
<i>Course # 24075</i>	Sat., Mar. 17–May 19	9:30–10:30 a.m.
<i>Course # 24076</i>	*Sun., Mar. 18–May 20	3:30–4:30 p.m.

***(No class April 8 Member \$103.50 Non-Member \$126)**

Beginner/Advanced Beginner Introduction to Match Play Level 2

This course is for those players at the beginner/advanced beginner level and will introduce them to match play and scoring on short court; either 35 or 60 foot court with low compression balls.

Member \$200	Non-Member \$230		
<i>Course # 24491</i>	Little Shots Ages 7–8	Sat., Jan. 7–Mar. 10	3:30–5 p.m.
<i>Course # 24493</i>	Mid-Shots Ages 9–11	Sat., Jan. 7–Mar. 10	3:30–5 p.m.
<i>Course # 24492</i>	Little Shots Ages 7–8	Sat., Mar. 17–May 19	3:30–5 p.m.
<i>Course # 24494</i>	Mid-Shots Ages 9–11	Sat., Mar. 17–May 19	3:30–5 p.m.