

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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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

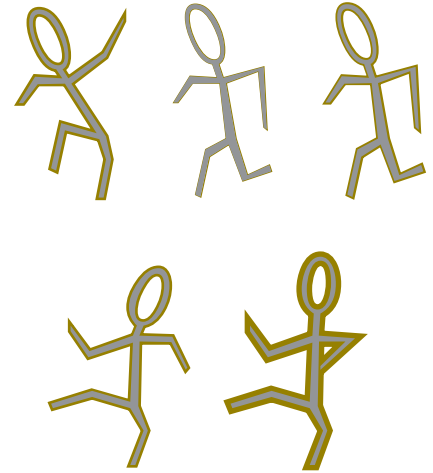
Williston Members—No Charge; Non Williston Members—\$95 for the season with an optional Season Membership with full access to the club for an additional \$10 per month until the season ends.

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–Mar. 31	12–1 p.m.	\$59
Course # 24226	Instrument/Sparring	
Sat., Feb. 11–Mar. 31	1–2 p.m.	\$59
Course # 24227	Adult Int. & Advanced	
Sat., Feb. 11–Mar. 31	2–3 p.m.	\$59
Course # 24228	Adult & Kids Beginner	
Sat., Apr. 7–May 26	12–1 p.m.	\$59
Course # 24230	Instrument/Sparring	
Sat., Apr. 7–May 26	1–2 p.m.	\$59
Course # 24229	Adult Int. & Advanced	
Sat., Apr. 7–May 26	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 North Jr. High 10700 Cedar Lake Road, Minnetonka

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. 2 – Feb. 15 \$119

Course # 24044	Beg./Adv. Beg.	6–6:50 p.m.
Course # 24045	Intermediate	7–7:50 p.m.
Course # 24046	Advanced	8–8:50 p.m.

Session 2 Mon. & Wed., Feb. 20 – Apr. 4 \$119

Course # 24047	Beg./Adv. Beg.	6–6:50 p.m.
Course # 24048	Intermediate	7–7:50 p.m.
Course # 24049	Advanced	8–8:50 p.m.

Youth Indoor Tennis Lessons @ NJH Activity Structure – Court 1

Group indoor youth tennis lessons are offered for the 4–6 year old, Beg/Adv. Beg. and intermediate player. Classes meet twice a week! Participants should bring their own racket and come dressed to play. (Loose clothing & tennis shoes)

Class Descriptions

Hot Shot: This is an introduction to the sport for children ages 4–6. This 30–minute class will introduce players to the basics of tennis, with a lot of FUN! Short court tennis, the use of pressure less balls, tracking skills, and hand–eye coordination will be the main emphasis of this class.

Beginner/Adv. Beginner: 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.

Intermediate: Players will have a continued focus on the development of strokes and court positioning will be introduced. Drills & games which incorporate rallying will be included in the curriculum.

Session 1 Tues. & Thurs., Jan. 3 – Marc. 8 \$100

Course #24548	Hot Shots	6–6:30 p.m.
Course #24549	Beg./Adv. Beg.	6:35–7:25 p.m.
Course #24550	Intermediate	7:30–8:20 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

Course # 24053	Session 1: Sun., Jan. 8–Feb. 19	4–6 p.m.	\$84
Course # 24054	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		
Course # 24216	3.5 Singles	Monday	Varies between 6:30–9 p.m.
Course # 24217	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	
Course # 24056	Fri., Jan. 6–Mar. 9	4–4:45 p.m.
Course # 24057	Sat., Jan. 7–Mar. 10	1:15–2 p.m.
Course # 24105	Fri., Mar. 16–May 18	4–4:45 p.m.
Course # 24058	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	
Course # 24059	Wed., Jan. 4–Mar. 7	4:30–5:30 p.m.
Course # 24060	Fri., Jan. 6–Mar. 9	4:45–5:45 p.m.
Course # 24061	Sat., Jan. 7–Mar. 10	9:30–10:30 a.m.
Course # 24062	Sat., Jan. 7–Mar. 10	10:30–11:30 a.m.
Course # 24063	Sun., Jan. 8–Mar. 11	3:30–4:30 p.m.
Course # 24064	Wed., Mar. 14–May 16	4:30–5:30 p.m.
Course # 24065	Fri., Mar. 16–May 18	4:45–5:45 p.m.
Course # 24066	Sat., Mar. 17–May 19	9:30–10:30 a.m.
Course # 24067	Sat., Mar. 17–May 19	10:30–11:30 a.m.
Course # 24068	*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	
Course # 24069	Wed., Jan. 4–Mar. 7	4:30–5:30 p.m.
Course # 24070	Fri., Jan. 6–Mar. 9	4:45–5:45 p.m.
Course # 24071	Sat., Jan. 7–Mar. 10	9:30–10:30 a.m.
Course # 24072	Sun., Jan. 8–Mar. 11	3:30–4:30 p.m.
Course # 24073	Wed., Mar. 14–May 16	4:30–5:30 p.m.
Course # 24074	Fri., Mar. 16–May 18	4:45–5:45 p.m.
Course # 24075	Sat., Mar. 17–May 19	9:30–10:30 a.m.
Course # 24076	*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			
Course # 24491	Little Shots	Ages 7–8	Sat., Jan. 7–Mar. 10	3:30–5 p.m.
Course # 24493	Mid-Shots	Ages 9–11	Sat., Jan. 7–Mar. 10	3:30–5 p.m.
Course # 24492	Little Shots	Ages 7–8	Sat., Mar. 17–May 19	3:30–5 p.m.
Course # 24494	Mid-Shots	Ages 9–11	Sat., Mar. 17–May 19	3:30–5 p.m.

Williston Center Junior Tennis Program



***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.**

Beginner/Advanced Beginner BIG Shots (Ages 12–16) *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 # 24077</i>	Fri., Jan. 6 – Mar. 9	4:45 – 5:45 p.m.
<i>Course # 24078</i>	Sat., Jan. 7 – Mar. 10	10:30 – 11:30 a.m.
<i>Course # 24079</i>	Fri., Mar. 16 – May 18	4:45 – 5:45 p.m.
<i>Course # 24080</i>	Sat., Mar. 17 – May 19	10:30 – 11:30 a.m.

Beg. Intermediate/Intermediate LITTLE Shots (Ages 7–8) *Level 3

Players will have a continued focus on the development of strokes and court positioning will be introduced. Drills & games which incorporate rallying will be included in the curriculum.

Member \$171.50	Non – Member \$205	
<i>Course # 24081</i>	Wed., Mar. 14 – May 16	4 – 5:30 p.m.

Beg. Intermediate/Intermediate MID Shots (Ages 9–11) *Level 3

Players will have a continued focus on the development of strokes and court positioning will be introduced. Drills & games which incorporate rallying will be included in the curriculum.

Member \$171.50	Non – Member \$205	
<i>Course # 24082</i>	Thurs., Jan. 5 – Mar. 8	4:30 – 6 p.m.
<i>Course # 24083</i>	Sun., Jan. 8 – Mar. 11	12:30 – 2 p.m.
<i>Course # 24084</i>	Sun., Jan. 8 – Mar. 11	3:30 – 5 p.m.
<i>Course # 24085</i>	Thurs., Mar. 15 – May 17	4:30 – 6 p.m.
<i>Course # 24086</i>	*Sun., Mar. 18 – May 20	12:30 – 2 p.m.
	*(No class April 8 Member \$154 Non – Member \$184.50)	
<i>Course # 24087</i>	*Sun., Mar. 18 – May 20	3:30 – 5 p.m.
	*(No class April 8 Member \$154 Non – Member \$184.50)	

Beginner Intermediate/Intermediate BIG Shots (Ages 12–16) *Level 3

Players will have a continued focus on the development of strokes and court positioning will be introduced. Drills & games which incorporate rallying will be included in the curriculum.

Member \$171.50	Non – Member \$205	
<i>Course # 24088</i>	Fri., Jan. 6 – Mar. 9	4:45 – 6:15 p.m.
<i>Course # 24103</i>	Sun., Jan. 8 – Mar. 11	2 – 3:30 p.m.
<i>Course # 24089</i>	Fri., Mar. 16 – May 18	4:45 – 6:15 p.m.
<i>Course # 24090</i>	*Sun., Mar. 18 – May 20	2 – 3:30 p.m.
	*(No class April 8 Member \$154 Non – Member \$184.50)	

Beginner Intermediate/Intermediate Drill & Match Play (Ages 9–16) *Level 3

This course is for those at the beginner intermediate/intermediate level and will introduce players to match play. Proper positions, scoring and beginning strategies will be taught with additional drills mixed in.

Member \$200	Non – Member \$230	
<i>Course # 24091</i>	Sat., Jan. 7 – Mar. 10	11:30 a.m. – 1 p.m.
<i>Course # 24092</i>	Sat., Mar. 17 – May 19	11:30 a.m. – 1 p.m.

Advanced Intermediate (Ages 10–16) *Level 4

Players in this class typically play for a middle school or 9th grade school team. Curriculum will continue with stroke fundamentals, footwork, court positioning and more play based drills and games.

Member \$171.50	Non – Member \$205	
<i>Course # 24093</i>	Tues., Jan. 3 – Mar. 6	4 – 5:30 p.m.
<i>Course # 24094</i>	Thurs., Jan. 5 – Mar. 8	4 – 5:30 p.m.
<i>Course # 24095</i>	Sat., Jan. 7 – Mar. 10	2 – 3:30 p.m.
<i>Course # 24104</i>	Tues., Mar. 13 – May 15	4 – 5:30 p.m.
<i>Course # 24096</i>	Thurs., Mar. 15 – May 17	4 – 5:30 p.m.
<i>Course # 24097</i>	Sat., Mar. 17 – May 19	2 – 3:30 p.m.

Advanced Intermediate Match Play (Ages 10–16) *Level 4

Players will focus on scoring, rules, court positioning and strategies. Players in this class should be on their respective middle school or 9th grade teams and lower level JV and be able to maintain a baseline rally.

Member \$200	Non – Member \$230	
<i>Course # 24098</i>	Sun., Jan. 8 – Mar. 11	2 – 3:30 p.m.
<i>Course # 24099</i>	*Sun., Mar. 18 – May 20	2 – 3:30 p.m.
	*(No class April 8 Member \$180 Non – Member \$207)	

Advanced Juniors (Ages 11–16) *Level 5

These players MUST be at the top of their junior varsity teams or on Varsity and competing in Level 6 or 7 tournaments. Stroke development, strategies and footwork is incorporated through drills, games, and match situations.

Member \$171.50	Non – Member \$205	
<i>Course # 24100</i>	Mon., Jan. 2 – Mar. 5	4 – 5:30 p.m.
<i>Course # 24101</i>	Wed., Jan. 4 – Mar. 7	4 – 5:30 p.m.
<i>Course # 24102</i>	Wed., Jan. 4 – Mar. 7	5:30 – 7 p.m.
<i>Course # 24198</i>	Mon., Mar. 12 – May 14	4 – 5:30 p.m.
<i>Course # 24201</i>	Wed., Mar. 14 – May 16	5:30 – 7 p.m.

Advanced Match Play (Ages 11–16) *Level 5

Players will work on match strategies, court positioning and shot selection. Players in this class MUST be on the Varsity or top of Junior Varsity team or competing in Level 6 or 7 USTA tournaments.

Member \$200	Non – Member \$230	
<i>Course # 24204</i>	Sun., Jan. 8 – Mar. 11	12:30 – 2 p.m.
<i>Course # 24205</i>	*Sun., Mar. 18 – May 20	12:30 – 2 p.m.
	*(No class April 8 Member \$180 Non – Member \$207)	

Williston Competitive Tennis – Level 2 (Invite only)

This is a competitive program for the serious junior tennis player. Players must be competing in USTA tournaments. Placement for the WCT will depend on level of play, clinic attendance, tournament play, behavior, effort, attitude, and practice outside the WCT program. For consideration of the WCT, please contact Felicia Tebon at (952) 939-8368.

Member \$430	Non – Member \$500	
	Tues./Thurs., Jan. 3 – Mar. 8	4:30 – 6 p.m.
	Tues./Thurs., Mar. 13 – May 17	4:30 – 6 p.m.

Williston Competitive Tennis – Level 3 (Invite only)

This is a competitive program is for the serious junior tennis player. Players must be competing in Championship level USTA tournaments. Placement for the WCT will depend on level of play, clinic attendance, tournament play, behavior, effort, attitude, and practice outside the WCT program. For consideration of the WCT, please contact Felicia Tebon at (952) 939-8368.

Member \$430	Non – Member \$500	
	Tues./Thurs., Jan. 3 – Mar. 8	6 – 7:30 p.m.
	Tues./Thurs., Mar. 13 – May 17	6 – 7:30 p.m.

Developmental Baseball Clinics

Hitting, Fielding and Pitching

(Pitching for baseball only)

Hitting Clinic: Mondays: January 16 – February 6

Course # 24023	6–7 p.m.	Ages 7–8	\$109
Course # 24024	7–8 p.m.	Ages 9–10	\$109
Course # 24025	8–9 p.m.	Ages 11–13	\$109

Hitting Clinic: Mondays: February 13 – March 5

Course # 24029	6–7 p.m.	Ages 7–8	\$109
Course # 24030	7–8 p.m.	Ages 9–10	\$109
Course # 24031	8–9 p.m.	Ages 11–13	\$109

Pitching Clinic: Mondays: February 13 – March 5

Course # 24041	6–7 p.m.	Ages 7–8	\$109
Course # 24042	7–8 p.m.	Ages 9–10	\$109
Course # 24043	8–9 p.m.	Ages 11–13	\$109



Players, here is your opportunity to improve your skills, gain confidence and have some fun leading into the spring season. Each of these 4–week clinics focus on a specific skill–set: hitting, pitching, or fielding. Hitting clinics offer an excellent 5:1 player to instructor ratio, while pitching and fielding clinics offer a 5:1 ratio of professional & confidence–building instruction. It is our experience and belief that a player needs individual attention to significantly improve, which empowers a player to have more fun at the ballpark.

Practice with a purpose– Certified Pine Tar Academy instructors lead each clinic with a stated goal to simply stay loose, have fun and get better one opportunity at a time. Students are given ample opportunity to actively engage in the learning process with the approach that practice makes permanent...not perfect! Instructors create a positive learning environment while students learn the value of hard work, failing productively, and the importance of focusing in the moment illustrated in a baseball context. These are habits that will help players strive for excellence whether at the ballpark or in the classroom. This developmental process takes place under the watchful eye of instructors with extensive experience playing and coaching at all levels.

The 4–week hitting, fielding and/or pitching clinics are geared towards players ages 7–13, while Pine Tar Academy offers other group and individual activities for players of all ages (please call or e–mail baseball office for details.) Each clinic runs 4 consecutive weeks and has a limit of 10 students, giving players the individual attention required for improvement. Hitting & pitching clinics are offered multiple nights/times as listed below. Clinics are 50 minutes long with an additional 10 minutes of open batting cage time (a player favorite) to show off their developing skills! Register today–clinics fill fast! Questions about clinics? Call (952) 939-8378 or visit

www.pinetaracademy.com

Pitching Clinic: Mondays: January 16 – February 6

Course # 24038	6–7 p.m.	Ages 7–8	\$109
Course # 24039	7–8 p.m.	Ages 9–10	\$109
Course # 24040	8–9 p.m.	Ages 11–13	\$109

Hitting Clinic: Saturdays: January 21 – February 11

Course # 24026	9–10 a.m.	Ages 7–8	\$109
Course # 24027	10–11 a.m.	Ages 9–10	\$109
Course # 24028	11 a.m.–12 p.m.	Ages 11–13	\$109

Fielding Clinic: Wednesdays: February 15 – March 7

Hopkins West Jr. High

Course # 24035	6–7 p.m.	Ages 7–8	\$109
Course # 24036	7–8 p.m.	Ages 9–10	\$109
Course # 24037	8–9 p.m.	Ages 11–13	\$109

Hitting Clinic: Saturdays: February 18 – March 10

Course # 24032	9–10 a.m.	Ages 7–8	\$109
Course # 24033	10–11 a.m.	Ages 9–10	\$109
Course # 24034	11 a.m.–12 p.m.	Ages 11–13	\$109

