

Fitness/Health/Safety/Sports

Aerobic Classes

It is always advisable to check with your doctor before beginning any exercise/fitness program.

Aerobics

Great activity to tone up those tired muscles. Workouts include step aerobics.

Instructor: D. Grzwinski

Course#	Location	Day(s)/Date	Time	Ses
1303PR	Edgcumbe Rec	M/W/F Mar 14	9:15a-10:15a	cont

*Fee is \$20/11 sessions or \$2/session.

No phone registration accepted. For more information, call Edgcumbe Rec. Center.....651-695-3711



Kickboxing for Fitness

Come closer to your personal fitness ideals with the stress reduction, cardiovascular work, body sculpting and confidence building of a kickboxing workout. Learn development exercises from boxing Muay Thai Kickboxing, French Savate Kickboxing and Bruce Lee's very own Jun Fan Kickboxing to become ultimately fit. All drills are done in a safe, injury-free environment and will benefit all students from non-martial to serious martial artists. Gain a fantastic cardio workout while focusing on upper and lower body coordination and skill.

Instructor: Minnesota Kali Group

Course#	Location	Day(s)/Date	Time	Ses	Fee
7731PR	D Bluff Rec	W Apr 6	6:30p-7:30p	6	\$45

*All gloves and pads are provided by the instruction group of Minnesota Kali.

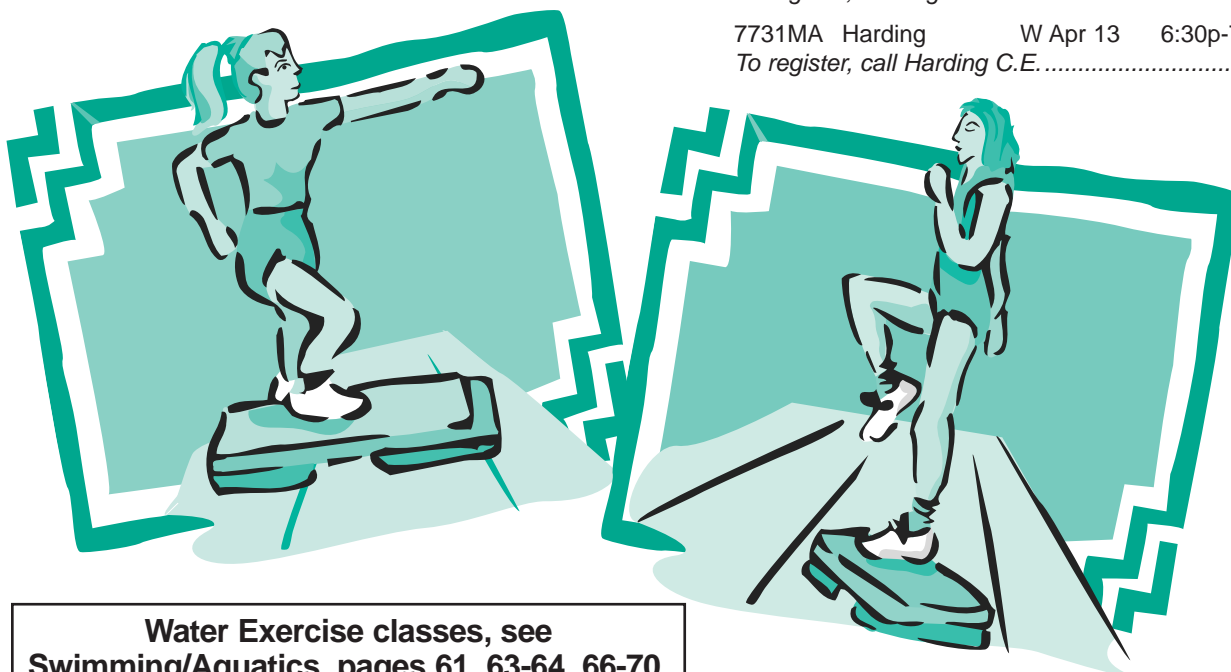
To register, call Dayton's Bluff Rec. Center.....651-793-3885

7731DA	Highland Jr	T Apr 12	6:00p-7:00p	6	\$45
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To register, call Highland/Mac/Grove C.E.....651-293-8874

7731MA	Harding	W Apr 13	6:30p-7:30p	6	\$45
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To register, call Harding C.E.....651-293-8733



Water Exercise classes, see Swimming/Aquatics, pages 61, 63-64, 66-70.

Aerobics: Ultimate Fitness Package at Ramsey Junior High School

To register, call Highland/Mac/Groveland Community Education at 651-293-8874

For a single fee of \$60 you will be entitled to unlimited participation, once a week or four times per week, in any of the aerobic classes listed below, Monday-Thursday evenings for the entire session. Classes are designed for all skill levels.

This package does not include Jazzercise classes at Ramsey Junior High School.

\$5 Drop-in fee applies to classes at Ramsey only.

Monday-Thursday evening classes begin April 11, from 5:40 p.m. to 6:40 p.m. and end June 16.

Total number of sessions = 36

No class April 12, 18, 19 and May 30.

Canceled classes will not be rescheduled.

Aerobics: Power Hour

This is a high-intensity, high-energy workout! This class starts with a 10-minute moving warm-up, 30-40 minutes of combination high/low impact aerobics, 10-minute cool down, abdominals and low back. It concludes with stretching and relaxation.

Course#	Location	Day(s)/Date	Time	Ses
1070DA	Ramsey Jr	M Apr 11	5:40p-6:40p	8

Aerobics: Total Body Workout

Designed for all fitness levels and focuses on muscle conditioning or resistance training. The class will begin with a moving warm-up followed by resistance training using various equipment (tubes, bands, hand weights or resistant balls). It will conclude with stretching and relaxation.

Course#	Location	Day(s)/Date	Time	Ses
1070DA	Ramsey Jr	T Apr 19	5:40p-6:40p	9

Aerobics: Step

This class will add more variety to your traditional cardiovascular workouts while also providing less stress on the joints. The class includes a 10-minute warm-up, 30-40 minutes of aerobics using the Step, 10 minutes of muscle conditioning (including abdominals) and concludes with stretch and relaxation. Steps are provided.

Course#	Location	Day(s)/Date	Time	Ses
1070DA	Ramsey Jr	W Apr 13	5:40p-6:40p	10

Aerobics: Total Body Plus

Are you looking for a vigorous workout that combines aerobic action with intense muscle strengthening? Consider Total Body Plus. This class includes 30 minutes of cardiovascular training (either basic step or floor aerobics) and 30 minutes of challenging muscle work. Stretches and lengthening techniques are incorporated throughout the class to build kinesthetic awareness, balance and flexibility. Bring a floor mat and lots of energy to this power-packed hour of fun!

Course#	Location	Day(s)/Date	Time	Ses
1070DA	Ramsey Jr	Th Apr 21	5:40p-6:40p	9



Low-Impact Aerobics Package at Central High School

To register, call Highland/Mac/Groveland Community Education at 651-293-8874

For a single fee of \$63 you will be entitled to unlimited participation each week in any of the aerobic classes listed below. Monday and Wednesday evenings and Saturday mornings for the entire session.

Monday and Wednesday evening classes begin April 11, from 6:30 p.m. to 7:30 p.m. and end June 15.

Saturday classes begin April 16, from 8:30 a.m. to 9:30 a.m. and end May 21.

Total number of sessions = 25

No classes Monday, May 30.

Canceled classes will not be rescheduled.

Aerobics: Beginning Low-Impact

For those interested in getting "fit" and learning the right way to exercise. You'll get directions from a qualified fitness instructor and the motivation of great music. This workout will consist of a warm-up, 25 minutes of low-impact cardiovascular conditioning, muscle toning, stretching and relaxation. Easy-to-follow moves will focus on a full range-of-motion for increasing flexibility, balance and coordination.

Instructor: C. Blakey

Course#	Day(s)/Date	Time	Ses
7537DA	M/W Apr 11	6:30p-7:30p	19
7537DB	Sa Apr 16	8:30a-9:30a	6

Jazzercise at Ramsey Junior High School

Jazzercise incorporates the use of dance and music. It provides adequate warm-up, aerobics, strength training, stretching and cool-down to condition your whole body. All Jazzercise routines are professionally choreographed and reviewed by a health and exercise specialist for safety. Fun for all ages and fitness levels. Bring a rug or mat for floor work, tennis or aerobic shoes, a water bottle and hand weights.

Instructor: S. Reinhold

Course#	Day(s)/Date	Time
7549DA	M-Th Apr 11	5:45p-6:45p
7549DB	Sa Apr 16	8:30a-9:30a
7549DC	M-Th Jul 5	5:45p-6:45p
7549DD	Sa Jul 9	8:30a-9:30a

*Fee: \$32/EFT a month unlimited, \$75/8 weeks unlimited, \$8/drop-in. Register at the door. No registrations taken by Community Education.

For information, call Highland/Mac/Grove C.E. 651-293-8874

Pilates-Based Mat Exercise (Beginning)

Pilates is a progressive series of controlled mat exercises that work to create strength, stability and suppleness in the spine. Long valued by dancers for its rehabilitative effects, the movements work to strengthen the body's anatomic/physiologic/energetic core. Through core stabilization, abdominal and back strength improve, as well as posture and balance. The limbs of the body are trained to move from a stable core. Through intentional breath patterning, the body/mind learns to work as an integrated whole. Pilates provides effective stress reduction while enhancing injury prevention. This class is appropriate for adults of all ages, body types and fitness levels, as the exercises are modified to meet individual needs. Health form must be completed on the first day of class.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7726PRA	Langford Rec	Th Mar 31	12:15p-1:15p	10	\$70
*Fee is \$68 for ages 55 and up. Instructor: F. Ouellette					
7726PRB	Langford Rec	Th Jun 9	12:15p-1:15p	10	\$70
*Fee is \$68 for ages 55 and up. Instructor: F. Ouellette To register, call Langford Rec. Center.....651-298-5765					
7726GA	Arlington Sr	M Apr 11	6:00p-7:00p	8	\$55
Instructor: Sweatshop Fitness Training					
7726GB	Arlington Sr	W Apr 13	6:00p-7:00p	9	\$62
Instructor: Sweatshop Fitness Training					
7726GC	Arlington Sr	M Jun 13	6:00p-7:00p	6	\$42
Instructor: Sweatshop Fitness Training					
7726GD	Arlington Sr	W Jun 15	6:00p-7:00p	6	\$42
Instructor: Sweatshop Fitness Training					
7726JA	Humboldt Sr	W Apr 13	7:15p-8:15p	9	\$62
Instructor: J. Dregni To register, call Arlington/North End C.E.651-228-4734					
7792EA	Murray Jr	T Apr 12	7:10p-8:10p	8	\$49
Instructor: M. Ames To register, call Como Park C.E.....651-293-8811					

Pilates-Based Mat Exercise (Intermediate)

This class is for those who have completed the introductory Pilates class.

Instructor: F. Ouellette

Course#	Location	Day(s)/Date	Time	Ses	Fee
7783PRA	Langford Rec	Th Mar 31	11:00a-12:00p	10	\$70
*Fee is \$68 for ages 55 and up.					
7783PRB	Langford Rec	Th Jun 9	11:00a-12:00p	10	\$70
*Fee is \$68 for ages 55 and up. To register, call Langford Rec.Center.....651-298-5765					

Tummies, Tushes and Thighs

Need help with the three Ts? Join the group that will concentrate on improving the hard to reach tummy, tush and thigh muscle groups. Includes warm-up, aerobics and cool-down.

Instructor: S. Peltier

Course#	Location	Day(s)/Date	Time	Ses	Fee
7550DA	Highland Sr	M Apr 11	5:15p-6:00p	7	\$39
*Canceled classes will not be rescheduled.					
7550DB	Highland Sr	W Apr 13	5:15p-6:00p	7	\$39
*Canceled classes will not be rescheduled. To register, call Highland/Mac/Grove C.E.....651-293-8874					

Weight Training for Women (Beginning)

Learn the correct techniques from a qualified instructor. Build strength and gain confidence.

Instructor: J. McMahon

Course#	Location	Day(s)/Date	Time	Ses	Fee
7837PR	Edgcombe Rec	W Mar 16	6:00p-7:00p	4	\$95
*Fee includes membership in the newly-remodeled weight room.					

No phone registration accepted. For more information, call Edgcombe Rec. Center.....651-695-3711

Weight Training for Women (Beginning)

Learn how to tone and strengthen muscles in a fun and safe atmosphere. If you want to tone up and feel healthier, this is the perfect class for you! This class is designed to teach you the correct techniques, build strength and gain confidence.

Instructor: S. Peltier

Course#	Location	Day(s)/Date	Time	Ses	Fee
7647DA	Highland Sr	M Apr 11	6:00p-7:30p	7	\$60
*Canceled classes will not be rescheduled.					
7647DB	Highland Sr	W Apr 13	6:00p-7:30p	7	\$60
*Canceled classes will not be rescheduled. To register, call Highland/Mac/Grove C.E.....651-293-8874					

Weight Training for Women (Beginning)

You will receive hands-on experience and will be supervised by fitness professionals. Our goal is for you to walk away with the knowledge and benefits of proper weight training and how to improve fitness in your life.

Instructor: J. Sampson

Course#	Location	Day(s)/Date	Time	Ses	Fee
3269EA	Como Sr	M Apr 11	7:00p-9:00p	6	\$60
*Canceled classes will not be rescheduled. Past enrollees may use the facilities, without instruction, for a \$30 fee.					
3269EB	Arlington Sr	M Jun 13	6:00p-8:00p	5	\$50
*Canceled classes will not be rescheduled. Past enrollees may use the facilities, without instruction, four days per week at Arlington Sr. and Como Sr. for a \$30 fee.					
3269EC	Como Sr	T Jun 14	6:00p-7:30p	6	\$60
*Canceled classes will not be rescheduled. Past enrollees may use the facilities, without instruction, four days per week at Arlington Sr. and Como Sr. for a \$30 fee.					
3269ED	Arlington Sr	W Jun 15	6:00p-8:00p	6	\$50
*Canceled classes will not be rescheduled. Past enrollees may use the facilities, without instruction, four days per week at Arlington Sr. and Como Sr. for a \$30 fee. To register, call Como Park C.E.....651-293-8811					

Weight Training for Women (Advanced Beginning)

This class is for those who have taken the Weight Training for Women (Beginning) class.

Instructor: J. Sampson

Course#	Location	Day(s)/Date	Time	Ses	Fee
3266EA	Como Sr	Th Apr 14	7:00p-9:00p	6	\$60
*Canceled classes will not be rescheduled. Past enrollees may use the facilities, without instruction, for a \$30 fee.					
3266EB	Como Sr	Th Jun 16	6:00p-7:30p	6	\$50
*Canceled classes will not be rescheduled. Past enrollees may use the facilities, without instruction four days per week at Arlington Sr. and Como Sr. for a \$30 fee. To register, call Como Park C.E.....651-293-8811					

YOGA



**Water Yoga,
see Swimming/Aquatics,
pages 61, 63.**

YOGA AT HIGHLAND/RAMSEY

Canceled classes will not be rescheduled.

To register, call Highland/Mac/Grove C.E. at 651-293-8874

Yoga:

Breathing and Philosophy (Introduction)

This introductory class will cover breathing techniques and yoga philosophy and is for students who are currently taking a yoga class.

Instructor: J. Laine

Course#	Location	Day(s)/Date	Time	Ses	Fee
6732DA	Ramsey Jr	Sa Jul 16	8:00a-9:00a	6	\$33

Yoga: Hatha (Beginning)

This course will be oriented to complete beginners and aims to introduce the student to the basic principles of yoga.

Bring loose clothing and a blanket.

Course#	Location	Day(s)/Date	Time	Ses	Fee
1003DA	Ramsey Jr	M Apr 11	5:15p-6:15p	8	\$43
Instructor: K. Kuluvar					
1003DB	Ramsey Jr	Sa Apr 16	8:00a-9:00a	8	\$43
Instructor: J. Laine					
1003DD	Ramsey Jr	T Apr 19	7:55p-8:55p	9	\$48
Instructor: J. Laine					
1003DE	Highland Jr	W Apr 20	6:00p-7:00p	7	\$38
Instructor: J. Miskowiec					
1003DF	Ramsey Jr	Th Apr 21	5:15p-6:15p	9	\$48
Instructor: K. Kuluvar					
1003DG	Ramsey Jr	Th Apr 21	7:25p-8:25p	9	\$48
Instructor: K. Kuluvar					
1003DH	Ramsey Jr	T Jul 5	7:55p-8:55p	7	\$38
Instructor: J. Laine					
1003DI	Ramsey Jr	Th Jul 7	5:15p-6:15p	7	\$38
Instructor: K. Kuluvar					
1003DJ	Ramsey Jr	M Jul 11	5:15p-6:15p	6	\$33
Instructor: K. Kuluvar					

Yoga: Hatha (Advanced Beginning)

This course is for students who have taken Yoga: Hatha (Beginning). Students will learn about the poses in more detail and the level of physical activity will be a little more demanding. This course will prepare students for the intermediate classes, and will also be suitable for those who have some yoga experience but do not feel ready for the intermediate classes.

Course#	Location	Day(s)/Date	Time	Ses	Fee
1004DA	Ramsey Jr	M Apr 11	6:20p-7:20p	8	\$43
Instructor: K. Kuluvar					
1004DB	Ramsey Jr	W Apr 13	7:20p-8:20p	10	\$53
Instructor: J. Laine					
1004DD	Ramsey Jr	T Apr 19	5:15p-6:15p	9	\$48
Instructor: J. Laine					
1004DE	Highland Jr	W Apr 20	7:10p-8:10p	7	\$38
Instructor: J. Miskowiec					
1004DF	Ramsey Jr	Th Apr 21	6:20p-7:20p	9	\$48
Instructor: K. Kuluvar					
1004DG	Ramsey Jr	T Jul 5	5:15p-6:15p	7	\$38
Instructor: J. Laine					
1004DI	Ramsey Jr	W Jul 6	7:20p-8:20p	7	\$38
Instructor: J. Laine					
1004DJ	Ramsey Jr	Th Jul 7	6:20p-7:20p	7	\$38
Instructor: K. Kuluvar					

Yoga Information

For more information on availability of the Intermediate and Advanced Hatha Yoga classes held at Ramsey Jr. High, call Highland/Mac/ Groveland Community Education at 651-293-8874.

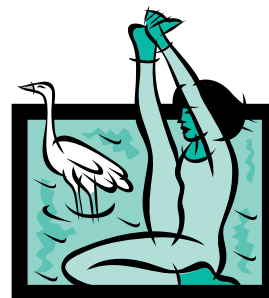
Yoga for Life

Hatha-based yoga is appropriate for anyone new to yoga and those with experience. Focus will be on basic postures, breath awareness and guided relaxation to develop strength and flexibility. These exercises will strengthen your body, clarify your mind and promote a sense of well-being. Bring a blanket or a mat and wear comfortable clothing.

Instructor: S. Neal

Course#	Location	Day(s)/Date	Time	Ses	Fee
1101EA	Como Elem	Th Apr 14	6:00p-7:15p	8	\$55
1101EB	Como Elem	Th Apr 14	7:30p-8:45p	8	\$55

To register, call Como Park C.E.....651-293-8811





Yoga 1: Nice and Easy

Yoga creates balance in body and mind through gentle movements, breathing and relaxation. Each student is encouraged to move at his or her own pace, stretching only as far as is comfortable. Bring a blanket or a mat and wear comfortable clothing.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7522EA	Murray Jr	T Apr 12	5:45p-7:00p	8	\$55
<i>Instructor: M. Ames</i>					
7522EB	Arlington Sr	W Jun 15	5:45p-7:00p	6	\$36
<i>Instructor: M. Ames</i>					
<i>To register, call Como Park C.E.....651-293-8811</i>					
7522MA	Harding	W Apr 13	6:30p-8:00p	6	\$45
<i>Instructor: C. Schirber</i>					
<i>To register, call Harding C.E.....651-293-8733</i>					



Yoga Hatha 1 (Beginners)

This course is the next step from Yoga 1: Nice and Easy with more in-depth breath work, variations and additional postures, including simple inverted posture. Bring your own mat.

Instructor: L. Kennedy

Course#	Location	Day(s)/Date	Time	Ses	Fee
7682EA	Como Elem	T Apr 12	6:00p-7:00p	8	\$45
7682EB	Como Elem	T Apr 12	7:15p-8:15p	8	\$45
<i>To register, call Como Park C.E.....651-293-8811</i>					



Yoga, Kundalini (Beginning)

Kundalini yoga is a joyous practice that systematically uses postures, sound, breath, music and movement to quickly and efficiently reduce stress and increase physical, emotional and mental strength and endurance. Wear loose or stretchy clothing. Bring a mat or blanket, a small pillow, and a big smile.

Instructor: S. Evans

Course#	Location	Day(s)/Date	Time	Ses	Fee
3317GA	N Dale Rec	M Apr 25	8:00a-9:00a	7	\$40
*You can check out Kundalini Yoga at www.closedeyesyoga.com . No class May 30.					
<i>To register, call Arlington/North End C.E.651-228-4734</i>					

Yoga and Pilates

Experience the energetic flow of yoga as we link yoga postures, breath, and focus together. Strengthen your core, rejuvenate with deep relaxation. Each class includes core strengthening Pilate's exercises, step by step instruction in yoga postures, sun salutations, breathing exercises and deep relaxation. Students are encouraged to move at their own pace. Some yoga experience necessary.

Instructor: M. Ames

Course#	Location	Day(s)/Date	Time	Ses	Fee
8913EA	Como Elem	Th Apr 14	5:45p-7:15p	8	\$55
<i>To register, call Como Park C.E.....651-293-8811</i>					

GOLF CLASSES (by location)

**Como Park Community Education held at
Island Lake Golf Center, 651-293-8811**

Golf (Beginning)

Learn the fundamentals of grip, stance, full swing, chipping and putting. Rules and etiquette will also be discussed.

Instructor: J. Erickson

Course#	Day(s)/Date	Time	Ses	Fee
7028EA	M May 2	10:00a-11:30a	4	\$61
7028EB	M May 2	11:30a-1:00p	4	\$61
7028EC	M May 2	6:00p-7:30p	4	\$61
7028ED	M May 2	7:30p-9:00p	4	\$61
7028EE	T May 3	10:00a-11:30a	4	\$61
7028EF	T May 3	11:30a-1:00p	4	\$61
7028EG	T May 3	6:00p-7:30p	4	\$61
7028EH	T May 3	7:30p-9:00p	4	\$61
7028EI	W May 4	10:00a-11:30a	4	\$61
7028EJ	W May 4	11:30a-1:00p	4	\$61
7028EK	W May 4	6:00p-7:30p	4	\$61
7028EL	W May 4	7:30p-9:00p	4	\$61
7028EM	Th May 5	10:00a-11:30a	4	\$61
7028EN	Th May 5	11:30a-1:00p	4	\$61
7028EO	Th May 5	6:00p-7:30p	4	\$61
7028EP	Th May 5	7:30p-9:00p	4	\$61
7028EQ	M Jun 6	10:00a-11:30a	4	\$61
7028ER	M Jun 6	6:00p-7:30p	4	\$61
7028ES	T Jun 7	10:00a-11:30a	4	\$61
7028ET	T Jun 7	6:00p-7:30p	4	\$61
7028EU	W Jun 8	10:00a-11:30a	4	\$61
7028EV	W Jun 8	6:00p-7:30p	4	\$61
7028EW	Th Jun 9	10:00a-11:30a	4	\$61
7028EX	Th Jun 9	6:00p-7:30p	4	\$61

Golf (Intermediate)

Refine your golf game and improve your skill. Instruction will emphasize fundamentals, iron play, driving, chipping and putting.

Instructor: J. Erickson

Course#	Day(s)/Date	Time	Ses	Fee
7084EA	M Jun 6	11:30a-1:00p	4	\$61
7084EB	M Jun 6	7:30p-9:00p	4	\$61
7084EC	T Jun 7	11:30a-1:00p	4	\$61
7084ED	T Jun 7	7:30p-9:00p	4	\$61
7084EE	W Jun 8	11:30a-1:00p	4	\$61
7084EF	W Jun 8	7:30p-9:00p	4	\$61
7084EG	Th Jun 9	11:30a-1:00p	4	\$61
7084EH	Th Jun 9	7:30p-9:00p	4	\$61

**Harding Community Education held at
Manitou Ridge/Goodrich Golf Dome,
651-293-8733**

Golf (Beginning)

Learn the fundamentals of grip, stance, full swing, chipping and putting. Rules and etiquette will also be discussed. Bring clubs. Practice balls are extra.

Instructor: M. Foley

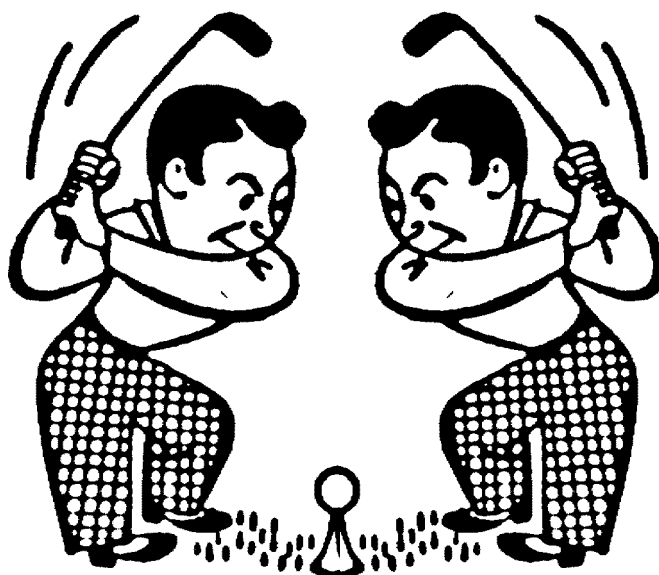
Course#	Day(s)/Date	Time	Ses	Fee
7028MA	T Apr 26	6:00p-7:15p	4	\$61
7028MB	T May 24	6:00p-7:15p	4	\$61

Golf (Intermediate)

Refine your golf game and improve your skills. Instruction emphasized on grip, iron, driving and chipping. Bring your clubs. Practice balls are extra. The first two classes will be held at Manitou Ridge Golf Course. The last two classes of the session will be held at Goodrich Golf Dome.

Instructor: M. Foley

Course#	Day(s)/Date	Time	Ses	Fee
4184MA	T May 24	7:30p-8:45p	4	\$61

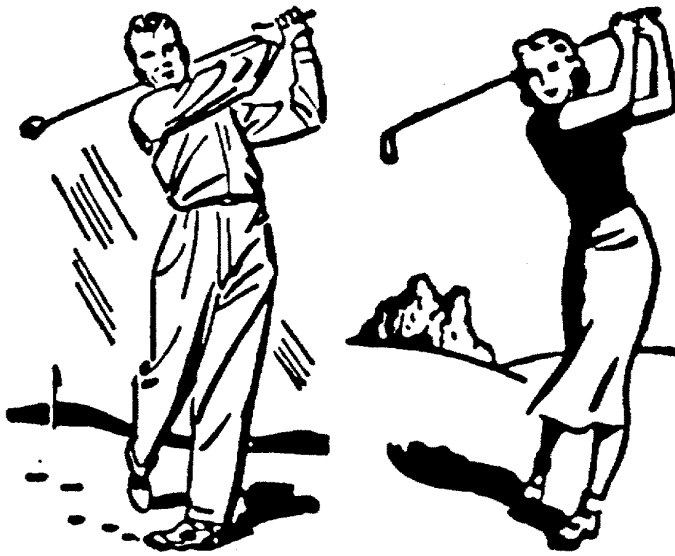


Check Out Our Web Sites

Saint Paul Public Schools at www.spps.org

Saint Paul Public Schools Community Education at www.commed.spps.org

Saint Paul Parks and Recreation at www.ci.stpaul.mn.us



Highland/Mac/Groveland Community Education held at Highland Park Senior High School, 651-293-8874

Golf (Beginning)

Learn fundamentals of grip, stance, full swing, chipping, putting, or simply refine your game to improve your skills. Instruction will also emphasize iron play and driving. Rules and golf etiquette will be discussed. Bring a 7 or 9 iron to class. Practice balls are extra.

Instructor: R. Sparks

Course#	Day(s)/Date	Time	Ses	Fee
7029DA	M/W Apr 18	5:45p-7:00p	4	\$61
7029DB	M/W Apr 18	7:00p-8:15p	4	\$61
7029DC	T/Th Apr 19	5:45p-7:00p	4	\$61
7029DD	T/Th Apr 19	7:00p-8:15p	4	\$61
7029DE	M/W May 2	5:45p-7:00p	4	\$61
7029DF	M/W May 2	7:00p-8:15p	4	\$61
7029DG	T/Th May 3	5:45p-7:00p	4	\$61
7029DH	T/Th May 3	7:00p-8:15p	4	\$61
7029DI	M/W May 16	5:45p-7:00p	4	\$61
7029DJ	M/W May 16	7:00p-8:15p	4	\$61
7029DK	T/Th May 17	5:45p-7:00p	4	\$61
7029DL	T/Th May 17	7:00p-8:15p	4	\$61
7029DM	M/W Jun 6	5:45p-7:00p	4	\$61
7029DN	M/W Jun 6	7:00p-8:15p	4	\$61
7029DO	T/Th Jun 7	5:45p-7:00p	4	\$61
7029DP	T/Th Jun 7	7:00p-8:15p	4	\$61
7029DQ	M/W Jun 20	5:45p-7:00p	4	\$61
7029DR	M/W Jun 20	7:00p-8:15p	4	\$61
7029DS	T/Th Jun 21	5:45p-7:00p	4	\$61
7029DT	T/Th Jun 21	7:00p-8:15p	4	\$61

Harding Community Education held at Phalen Golf Course, 651-293-8733

Golf (Beginning)

Learn the fundamentals of grip, stance, full swing, chipping and putting. Rules and etiquette will also be discussed. Bring clubs. Practice balls are provided.

Instructor: C. Brischke

Course#	Day(s)/Date	Time	Ses	Fee
7028LA	Sa Apr 23	10:00a-11:15a	4	\$61
7028LB	T Apr 26	6:00p-7:15p	4	\$61
7028LC	Th Apr 28	6:00p-7:15p	4	\$61
7028LD	T Jun 7	6:00p-7:15p	4	\$61

Golf: Chipping and Putting

Bring your irons and putters to class. Practice balls are provided.

Instructor: C. Brischke

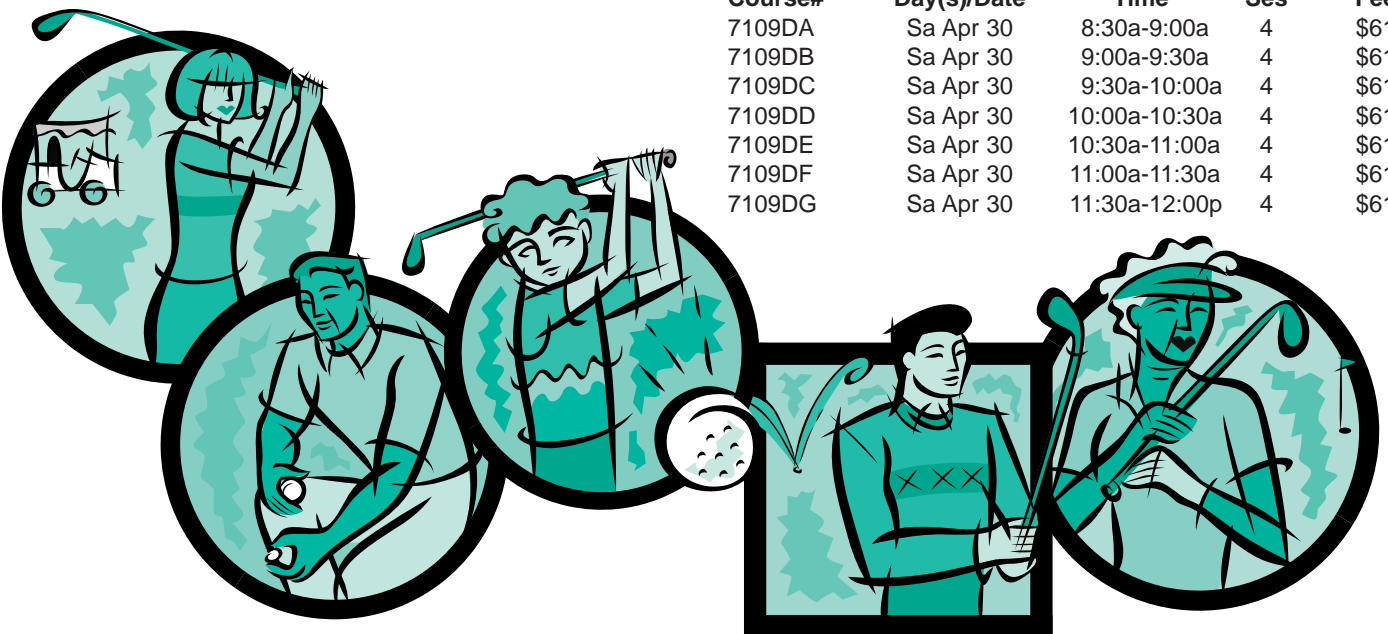
Course#	Day(s)/Date	Time	Ses	Fee
7077LA	Th Apr 21	6:00p-7:00p	1	\$20

Golf: Small Group Lessons

With a maximum of three students per class, each of these half-hour classes will provide plenty of individual attention. The instructor will analyze your swing and suggest practice drills and swing tips that will help you improve. Bring all clubs to the first class. Practice balls are extra.

Instructor: R. Sparks

Course#	Day(s)/Date	Time	Ses	Fee
7109DA	Sa Apr 30	8:30a-9:00a	4	\$61
7109DB	Sa Apr 30	9:00a-9:30a	4	\$61
7109DC	Sa Apr 30	9:30a-10:00a	4	\$61
7109DD	Sa Apr 30	10:00a-10:30a	4	\$61
7109DE	Sa Apr 30	10:30a-11:00a	4	\$61
7109DF	Sa Apr 30	11:00a-11:30a	4	\$61
7109DG	Sa Apr 30	11:30a-12:00p	4	\$61



Fitness/Health/Safety/Sports Other Classes

ADHD: Demystifying Adult ADHD

The focus of this presentation is to help demystify adult ADHD. We will explore the biology of ADHD, discuss areas where ADHD people struggle and provide information on coping strategies. This presentation is designed for ADHD adults, but parents, friends and family members are also encouraged to attend.

Instructor: K. Traen

Course#	Location	Day(s)/Date	Time	Ses	Fee
1017DA	Ramsey Jr	T Apr 19	6:00p-8:00p	1	\$20

To register, call Highland/Mac/Grove C.E.....651-293-8874

Aromatherapy: The Hows and Whys of Essential Oils

Students will learn to use therapeutical grade essential oils, which are the life force, the living part of all plants. Four methods of using these oils will be given. Aromatherapy is beyond good smells, it's a medium for good health.

Instructor: C. Cohen

Course#	Location	Day(s)/Date	Time	Ses	Fee
9972DA	Highland Jr	M Apr 11	6:00p-8:00p	1	\$20
*\$5 supply fee, payable to instructor.					
9972DB	Ramsey Jr	W Apr 13	6:00p-8:00p	1	\$20
*\$5 supply fee, payable to instructor.					

To register, call Highland/Mac/Grove C.E.....651-293-8874

Auras and Energy

Have you ever wondered why you are attracted to one person and repelled by another? Have you ever come away from a conversation feeling energized or feeling drained? Why is direct eye contact uncomfortable sometimes? Why do people shake hands? What happens to you when someone stands too close to you? What is personal space? All of these questions are related to personal energy. This class will define personal energy, provide scientific documentation of the energy given off by our bodies and explore the subtle levels of energy that cannot be picked up by mechanical means but is felt intuitively by everyone.

Instructor: R. Rockney

Course#	Location	Day(s)/Date	Time	Ses	Fee
7750EA	Como Sr	M May 2	6:30p-8:30p	1	\$29

**\$5 supply fee, payable to instructor.
To register, call Como Park C.E.....651-293-8811*



Badminton (Open)

This program is for fun and exercise. Bring tennis shoes.

Course#	Location	Day(s)/Date	Time	Ses	Fee
6536GA	Arlington Sr	M/W Apr 11	6:30p-9:00p	19	

**\$3 adult, \$2 Jr./Sr. high students. Fee is per session.
To register, call Arlington/North End C.E.651-228-4734*

Balanced Foods for Balanced Moods

Reduce negative moods, increase energy, enhance positive thoughts, improve memory and manage stress through balanced eating and real foods. This informative class explains the food-mood connection and empowers class participants to make permanent lifestyle changes. Choose foods to optimize production of neurotransmitters such as serotonin. Learn the biochemical connection to cravings and how poor intestinal health creates low moods.

Instructor: Nutritional Weight and Wellness

Course#	Location	Day(s)/Date	Time	Ses	Fee
1175DA	Highland Jr	W May 4	7:00p-9:00p	1	\$29

**This course has been designed to meet the continuing education criteria for registered nurses and is approved for 2.4 CEUs.
To register, call Highland/Mac/Grove C.E.....651-293-8874*

Basketball: Co-Rec

The school's main gymnasium (three courts) is open for people who love basketball. To be sure everyone gets a chance to play we will pick teams to compete each night.

Course#	Location	Day(s)/Date	Time	Ses	Fee
6505GA	Arlington Sr	M/W Apr 11	6:30p-9:00p	30	

**\$3 adult, \$2 Jr./Sr. high students. Fee is per session.
A separate court for women provided.
To register, call Arlington/North End C.E.651-228-4734*

Block Club – Margaret Recreation Center

All neighborhood residents are invited to meet with other community members to discuss neighborhood issues.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7847PR	Margaret Rec	W Apr 6	6:30p-8:00p	cont	Free

**Meets the first Wednesday of the month.
To register, call Margaret Rec. Center.....651-298-5719*

Body Shaping for Women Using Free Weights 1

In this unique class you'll get the results you are after with a program designed just for women. You'll strengthen and shape your body and build self-confidence. Free weights are the greatest way to see results. This class is for all ages. All equipment provided.

Instructor: C. Rose

Course#	Location	Day(s)/Date	Time	Ses	Fee
7594MA	Harding	T Apr 12	6:00p-7:00p	4	\$30
7594MB	Harding	T Apr 12	7:00p-8:00p	4	\$30

To register, call Harding C.E.....651-293-8733

CPR: Adult Plus Child and Infant

Learn CPR and obstructed airway procedures for adults, children and infants. Upon completion of this class, you will receive a one year American Red Cross certification.

Instructor: M. Windey

Course#	Location	Day(s)/Date	Time	Ses	Fee
7545EA	Central Sr	Sa Apr 23	8:00a-2:00p	1	\$60

**No refund after April 15.
To register, call Como Park C.E.....651-293-8811*

Diet: Jump-Start Your Metabolism for Lifelong Weight Control

Tried Atkins, South Beach, low-fat and low-carb diets, but still struggling to lose or maintain your weight? Do cravings drive you to the refrigerator or vending machines? Learn how balanced eating can help you lose weight, eliminate cravings and increase energy. We believe eating real foods in balance is the answer for lifelong weight control and good health. This interactive class will show you how to plan balanced meals.
Instructor: Nutritional Weight and Wellness

Course#	Location	Day(s)/Date	Time	Ses	Fee
7772DA	Ramsey Jr	Th Apr 21	7:00p-9:00p	1	\$29

*This course has been designed to meet the continuing education criteria for registered nurses and is approved for 2.4 CEUs.

To register, call Highland/Mac/Grove C.E.....651-293-8874

Emotional Freedom Technique (EFT)

EFT is used to help people with fears, phobias, very intense emotions, bad habits and illness. This is a process of using affirmations and light tapping on specific energy points to help reduce the intensity of emotion followed by a fear, phobia or emotion. There are no props used. It's a process of using words and light tapping on energy points only. EFT has been used to help people stop biting nails, eliminate fear of the dark, control eating behaviors, concentrate on homework and more.
Instructor: C. Cohen

Course#	Location	Day(s)/Date	Time	Ses	Fee
1302DA	Ramsey Jr	Th May 5	6:00p-8:00p	1	\$20
1302DB	Highland Jr	W May 11	6:00p-8:00p	1	\$20

To register, call Highland/Mac/Grove C.E.....651-293-8874

Healing: A Touch of Healing

Healing touch techniques is an energy-based approach to health and healing. This technique utilizes the hands to clear, energize and balance the human energy system.
Instructor: D. Collis

Course#	Location	Day(s)/Date	Time	Ses	Fee
4274MA	Harding	W Apr 27	6:00p-8:00p	1	\$40

*Fee is per couple. There will be person-to-person contact in this class.

To register, call Harding C.E.....651-293-8733

Hypnosis: Smoking Cessation

Are you ready for one final effort? One that will put all of the positives on your side and end once and for all the long struggle you have had with tobacco. Then it is time to come to this class and put hypnosis to work for you.
Instructor: R. Rockney

Course#	Location	Day(s)/Date	Time	Ses	Fee
7732EA	Como Sr	M Apr 11	6:30p-8:30p	2	\$37

To register, call Como Park C.E.....651-293-8811

No Confirmations

Assume the class will be held at the time and place indicated unless you are notified otherwise.

Fishing: General Angling – Where to Catch Them and How to Prepare Them

In this class we will discuss local fishing opportunities that focus on bringing food to the table! Then we'll show you how to properly handle, clean, store and ultimately prepare your catch for a meal. We will be cleaning and cooking fish for this class so be prepared to be "hands-on," and come hungry.
Instructor: M. Thomas

Course#	Location	Day(s)/Date	Time	Ses	Fee
6912EA	Como Sr	M Apr 11	6:00p-9:00p	1	\$35

To register, call Como Park C.E.....651-293-8811

Fishing: Fly

In this class we will try to break the stereotype of fly-fishing as an elitist pastime and show you that it's easy, inexpensive and most of all, fun! Topics include: selecting the correct rod and reel outfit, knot tying, basic fly overview and selection, casting basics and other interesting and useful hints to help enjoy and appreciate this fantastic pastime.
Instructor: M. Thomas

Course#	Location	Day(s)/Date	Time	Ses	Fee
6910EA	Como Sr	M Apr 25	6:30p-8:30p	1	\$25

*All equipment is provided.

To register, call Como Park C.E.....651-293-8811

Fishing: Fly – Beyond the Introduction

Here is your chance to learn more about fly-fishing, including: where to fish, otherwise known as "reading water," the "tools of the trade"; and get hands-on experience as the instructor takes you out in the field to teach you how to set up the rod and cast away! Upon completion of this class you will have the skills necessary to head out on your own and have an enjoyable experience.
Instructor: M. Thomas

Course#	Location	Day(s)/Date	Time	Ses	Fee
6911EA	Como Sr	M May 2	6:00p-8:00p	4	\$45

*All equipment provided but you may bring your own rod.

To register, call Como Park C.E.....651-293-8811

Fishing: Lakeshore Fishing

Be a hero to your kids and family! We will show you the best shore fishing spots in the neighborhood, for family outings or for a fish fry later. We will also demonstrate some simple techniques and lures for consistent action in the spring, summer and fall. Free lure for each participant.
Instructor: S. Smith

Course#	Location	Day(s)/Date	Time	Ses	Fee
4371KA	Johnson Sr	T May 3	6:00p-8:30p	1	\$20

To register, call Harding C.E.....651-293-8733

Hypnosis: Weight Loss

You already know that weight loss is an elusive goal. This class will take you through the process of reprogramming your mind so you can create new stimulus responses to food and your hunger urges. We will address the core reasons why your weight has stayed on and why it will not change until two key mental programs start running differently.
Instructor: R. Rockney

Course#	Location	Day(s)/Date	Time	Ses	Fee
7512MA	Harding	Sa Apr 30	9:30a-11:30a	3	\$45

*\$5 supply fee, payable to instructor.

To register, call Harding C.E.....651-293-8733

Karate

Participants will receive instruction on how to properly defend themselves. Techniques to be taught include: kicking, blocking, throws and falls.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7831PB	Baker Rec	M/W Apr 18	5:00p-8:00p	8	\$40

Instructor: J. Delao

To register call Baker Rec. Center.....651-292-7244

Course#	Location	Day(s)/Date	Time	Ses	Fee
7831PA	Battle Cr Rec	T/Th Jun 2	6:30p-7:30p	8	

*Fee is \$50/8 sessions or \$25/4 sessions.

Instructor: B. Wiegand

No phone registration accepted. For more information, call Battle Creek Rec. Center651-501-6347

Karate: Soo Bahk Do

Ages 14 and up. Develops body coordination and conditioning, self-control, self-confidence and a better self-image.

Instructor: M. Kelly

Course#	Location	Day(s)/Date	Time	Ses	Fee
7760PRA	Linwood Rec	T Apr 5	6:30p-8:00p	cont	\$35

*Fee is per month.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7760PRB	Linwood Rec	Sa Apr 9	11:15a-12:30p	cont	\$35

*Fee is per month.

For information or to register, call Mike Kelly651-690-1489

Karate: Soo Bahk Do

A traditional martial art, emphasizing discipline, concentration, self-confidence, personal development, self-defense, conditioning and more. Learn from an internationally certified master instructor with 20+ years experience. Ask for introductory and family specials. For more information, call Jack at 612-822-5450.

Instructor: J. Kelly

Course#	Location	Day(s)/Date	Time	Ses	Fee
7836PR	Hillcrest Rec	M/W Mar 14	7:00p-8:30p	cont	\$110

*Fee is for three months.

No phone registration accepted. For more information, call Hillcrest Rec. Center651-695-3706

Massage:

Carpal Tunnel Syndrome Workshop

Learn what carpal syndrome is and get a physiological explanation and information on how to minimize your risk by developing specific skills. These skills are non-surgical, non-drug solutions for avoiding carpal tunnel syndrome as well as reducing the pain for individuals who may already be suffering some of the effects. The workshop includes hands-on practical applications including massage, a discussion on repetitive motion in daily life and prevention technique.

Instructor: Sister Rosalind Clinics of Massage

Course#	Location	Day(s)/Date	Time	Ses	Fee
9912DA	Highland Sr	W Apr 20	6:30p-9:00p	1	\$64

*Fee is per couple.

To register, call Highland/Mac/Grove C.E.....651-293-8874

Massage: Foot

Treat your feet with this hands-on class. Learn the basics of foot care and massage to rejuvenate tired feet. There will be use of essential oils and an overview of reflexology. Bring a small towel.

Instructor: D. Collis

Course#	Location	Day(s)/Date	Time	Ses	Fee
4370MA	Harding	W Apr 20	6:00p-8:00p	1	\$40

*Fee is per couple.

To register, call Harding C.E.....651-293-8733

Massage: Foot – Reflexology

Reflexology is based on the premise that there are zones and reflex areas that correspond to distinct body parts. Learn how to apply pressure using thumb, finger and hand techniques to effect stress reduction.

Instructor: Sister Rosalind Clinics of Massage

Course#	Location	Day(s)/Date	Time	Ses	Fee
9911DA	Highland Sr	W Apr 13	6:00p-9:00p	1	\$64

*Fee is per couple. Bring a pillow and blanket.

To register, call Highland/Mac/Grove C.E.....651-293-8874

Massage: Infant

Would you like to share relaxed and special time with your baby by massaging your infant? Learn how to use this nurturing tool to provide numerous benefits to your child. These techniques will help babies relax, promote sounder and longer sleep and promote bonding and communication, as well as a variety of other benefits.

Instructor: D. Meyer

Course#	Location	Day(s)/Date	Time	Ses	Fee
4375MA	Harding	W May 11	6:30p-8:30p	1	

*Fee is \$34 per couple, or \$28 per person. Massage oils and dolls (for expectant parents) will be provided. Parents with pre-crawling babies should bring a pillow, thick towel or blanket, baby blanket, diapers and wet wipes.

To register, call Harding C.E.....651-293-8733

Massage: Seated Chair

Participants will learn the purpose, benefits and demonstration of seated chair massage.

Instructor: Sister Rosalind Clinics of Massage

Course#	Location	Day(s)/Date	Time	Ses	Fee
9910DA	Highland Sr	W Apr 27	6:00p-9:00p	1	\$64

*Fee is per couple. Bring two pillows to class.

To register, call Highland/Mac/Grove C.E.....651-293-8874

Qigong (Level 1)

Practicing qigong can reduce stress, energize, alleviate fatigue, and promote healing in body, mind and spirit. Qigong exercises are a method of balancing the body's energy, and allowing that energy to be free flowing. In this way we are able to gain and maintain health as we release the energy blocks which cause "disease" in the body. There are many types of qigong, and in this class we will learn a variety of qigong exercises which are fun, and easy to do. Wear comfortable clothing.

Instructor: A. Wolf

Course#	Location	Day(s)/Date	Time	Ses	Fee
4218KA	Johnson Sr	T Apr 12	6:30p-8:30p	4	\$65
4218PA	Conway Rec	W Apr 13	1:30p-3:30p	4	\$65

To register, call Harding C.E.....651-293-8733

Qigong (Level 2)

We will continue learning new and more subtle qigong exercises. These exercises are designed to deepen your ability to absorb "qi" and to use your "qi" to project healing energy. In addition you will learn some basic qigong therapeutic healing techniques designed to assist you in using this energy to heal simple everyday health problems. This class is more of a "hands-on" type environment where you will work with other members of the class to practice the exercises and the healing techniques. Wear comfortable clothing.

Instructor: A. Wolf

Course#	Location	Day(s)/Date	Time	Ses	Fee
4328KA	Johnson Sr	T May 17	6:30p-8:30p	4	\$65
<i>To register, call Harding C.E.....651-293-8733</i>					

Rock Climbing (Beginning)

This rock climbing course will cover all of the basics: knot tying, proper use of gear, double checks, belay techniques and rope management. Tips about movement and style will also be covered to make you a more "artistic" climber (more fluid in your movement). For a little added fun, we will also practice bouldering, rappelling and even play some climbing games. A harness and belay tool are included in the cost and rental shoes and chalk bags are available to rent for \$4 but are not required. Join us for an exciting basic class and for the more experienced climber, challenge yourself to try new techniques and styles. You must sign a liability waiver and rules agreement.

Instructor: Vertical Endeavors, Inc.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7189MA	Vertical End.	W Apr 13	6:00p-8:00p	3	\$63
*Class held at Vertical Endeavors, 844 Arcade St.					
First class arrive 20 minutes early.					
<i>To register, call Harding C.E.....651-293-8733</i>					

Rock Climbing (Beginning)

Join experienced instructors for a day of rock climbing that will include guidance in the proper use of the belay system, knot tying, harness fitting, safety and movement techniques. This course has been designed to provide a safe and relaxed atmosphere for individuals that have never climbed before or have limited experience in this sport. All climbing gear is provided. Class will meet in the parking lot of Taylors Falls Interstate Park, 45 minutes north of Twin Cities.

Instructor: S. Vernstrom

Course#	Location	Day(s)/Date	Time	Ses	Fee
7064EA	Taylors Falls	Sa May 7	8:00a-2:00p	1	\$60
7064EB	Taylors Falls	Su Jul 24	8:00a-2:00p	1	\$60
<i>To register, call Como Park C.E.....651-293-8811</i>					

Self-Defense for Women

This class will teach a variety of techniques that women can use to prevent assaults and to defend themselves.

Instructor: G. Trembulak

Course#	Location	Day(s)/Date	Time	Ses	Fee
7851PR	D Bluff Rec	M Apr 11	6:15p-8:15p	8	\$45
<i>To register call, Dayton's Bluff Rec. Center.....651-793-3885</i>					



Rockin' East Side 5K Run/Walk

The 2nd annual race is a reasonably-priced, low-key event for runners and walkers of all abilities. There will be T-shirts for all participants and trophies awarded to the top two men and women in each age group and to the overall men's and women's winners. There will be door prize drawings after the race.

Course#	Location	Day(s)/Date	Time	Ses	Fee
6223P	Lake Phalen Pav	Su Jul 24	8:30a-11:00a	1	
*Meets at Phalen Lake Pavillion, located on the west side of Phalen Lake, across from the golf course.					
Fee: Preregistration and payment by July 18 is \$15, or \$20 the day of race.					
Also offered: Youth 1K Fun Run/Walk (Ages 14 and under) – Start at 8:00 a.m.					
Fee: Preregistration and payment by July 18 is \$10, or \$15 the day of race.					
<i>To register, call Conway Rec. Center.....651-501-6343</i>					

Skin Care:

Natural Skin Care and Shiatsu Face-lift

We will use natural products such as olive oil, lemon and others to transform skin without damaging it. We will also cover acupuncture and massage techniques which are a part of traditional Chinese medical practice for rejuvenating skin. Combined, these can reduce wrinkles, sagging and puffiness.

Instructor: M. Scully

Course#	Location	Day(s)/Date	Time	Ses	Fee
1247DA	Ramsey Jr	T Apr 19	6:00p-9:00p	1	\$25
*\$3 supply fee, payable to instructor.					
1247DB	Ramsey Jr	T Jul 5	6:00p-9:00p	1	\$25
*\$3 supply fee, payable to instructor.					
<i>To register, call Highland/Mac/Grove C.E.....651-293-8874</i>					

Tae Kwon Do

Learn stances, punching, blocking, kicking forms and discipline.

Instructor: N. Ram

Course#	Location	Day(s)/Date	Time	Ses	Fee
W31A	MLK Rec	W/F Apr 6	5:30p-6:30p	24	\$70
*Fee is for a three-month session.					
<i>To register, call Martin Luther King Rec. Center...651-290-8695</i>					

Tae Kwon Do

Adults and children, ages 7 and up. Learn self-defense, self-control, self-discipline and experience plenty of physical exercise.

Instructor: M. Le

Course#	Location	Day(s)/Date	Time	Ses	Fee
7853PA	W M'haha Rec	M/W Jun 6	5:00p-6:00p	cont	\$40
*Fee is per month.					
7853PB	W M'haha Rec	M/W Jun 6	6:00p-7:00p	cont	\$40
*Fee is per month.					
<i>To register, call W. Minnehaha Rec. Center.....651-298-5823</i>					

T'ai Chi Classes

T'ai Chi Chih (Level 1) and Khang T'ai Free Demonstration Classes

Before registering for an eight-week T'ai Chi Chih (Level 1) or Khang T'ai class, try one or both demonstration classes offered at Murray Junior High School.

For information, call

Como Park Community Education at 651-293-8811.

T'ai Chi Chih (Level 1) • T Apr 12 • 6:00p-6:30p • Free
Khang T'ai • T Apr 12 • 6:30p-7:00p • Free

Instructor: R. Harris

REGISTER FOR THESE CLASSES:

T'ai Chi Chih (Level 1)

T'ai Chi Chih consists of 20 simple, repetitive, non-strenuous movements that can be performed by most anyone regardless of age or physical condition. T'ai Chi Chih promotes feelings of well-being, relaxation, inner peace and serenity. Benefits may include improved flexibility, balance, breathing and circulation. It may also help to control weight and blood pressure, and strengthen joints and bones. Included is an introduction to simple meditation and a demonstration of the Five Tibetan Rites.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7520EA	Murray Jr	T Apr 19	6:00p-7:00p	7	\$45

*Wear soft-soled, flat-bottomed shoes.

To register, call Como Park C.E.651-293-8811

7520EB	Arlington Sr	W Jun 15	6:00p-7:00p	6	\$40
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*Wear soft-soled, flat-bottomed shoes.

To register, call Arlington/North End C.E.651-228-4734

Khang T'ai

Khang T'ai is a healthy mix of ancient internal and external exercises designed to improve health and appearance. Learn a daily 15 to 30-minute routine of simple, but effective techniques for Chinese Chi Kung, Tibetan yoga, Japanese facial massage, stress reduction, meditation and more. Khang T'ai is designed for most physical abilities, and is great for beginners.

Course#	Location	Day(s)/Date	Time	Ses	Fee
9661EA	Murray Jr	T Apr 19	7:15p-8:15p	7	\$45
9661JA	Humboldt Sr	W Apr 20	7:15p-8:15p	8	\$51
9661EB	Arlington Sr	W Jun 15	7:15p-8:15p	6	\$40

To register, call Como Park C.E.651-293-8811

T'ai Chi Ch'uan (Introduction)

The practice of T'ai Chi Ch'uan offers significant health benefits including low-impact exercise, relaxation, stress-management, flexibility, serenity and balance. The continued practice of T'ai Chi promotes good health and a sense of general well-being. Each introductory and continuing class consists of three segments: standing Chi Kung, seated Chi Kung and the practice of T'ai Chi forms at one's own pace with the help and guidance of senior, experienced members of the Laughing Waters T'ai Chi Club.

Instructor: Laughing Waters T'ai Chi Club

Course#	Location	Day(s)/Date	Time	Ses	Fee
7552DA	Ramsey Jr	M Apr 11	6:30p-8:00p	8	\$63
7552DB	Ramsey Jr	Sa Apr 16	8:30a-10:00a	8	\$63
7552DC	Ramsey Jr	M Jul 11	6:30p-8:00p	6	\$49
7552DD	Ramsey Jr	Sa Jul 9	8:30a-10:00a	7	\$56

To register, call Highland/Mac/Grove C.E.651-293-8874

Table Tennis League

Teens and adults. Compete in Sylvan Recreation Center's ping pong league, co-sponsored by Table Tennis of Minnesota. All players compete on two-person teams and play two singles and one doubles match each week. Sign up individually or as a team.

Instructor: M. Seidenfeld

Course#	Location	Day(s)/Date	Time	Ses	Fee
7855PR	Sylvan Rec	M Jun 6	7:00p-10:00p	cont	\$48

To register, call Sylvan Rec. Center651-298-5821

Tennis (Beginning)

Participants will learn the fundamentals of grip, stance, fore-hand, backhand, service and scoring. Bring your own racket.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7073EA	Como Sr	M Apr 11	5:30p-7:00p	4	\$32

Instructor: R. DeFreitas

7073EB	Arlington Sr	W Jun 15	5:30p-7:00p	4	\$32
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Instructor: R. DeFreitas

To register, call Como Park C.E.651-293-8811

7073DA	Highland Jr	M/T May 9	7:00p-8:00p	4	\$24
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*Bring one can of tennis balls. Class will meet at the tennis courts behind Highland Jr. High School.

Instructor: E. Blaha

To register, call Highland/Mac/Grove C.E.651-293-8874

Tennis Clinics

Instructor: St. Paul Urban Tennis

Course#	Location	Day(s)/Date	Time	Ses	Fee
6026PA	Orchard Rec	M-Th Jun 27	6:30p-7:30p	4	\$24

*Introductory.

6026PB	Orchard Rec	M-Th Jun 27	7:30p-8:30p	4	\$24
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*Intermediate/Advanced.

To register, call Orchard Rec. Center651-298-5816

Volleyball

Come one or come with a group to enjoy a great night of exercise.

Course#	Location	Day(s)/Date	Time	Ses	Fee
7845PA	D & C Rec	M Apr 4	6:00p-8:45p	cont	\$3/wk

To register, call Duluth & Case Rec. Center651-298-5709

7845PB	Arlington Rec	W Apr 6	6:00p-8:00p	cont	\$3/wk
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To register, call Arlington Rec. Center651-298-5701

7845PC	Phalen Rec	Th Apr 7	6:00p-8:30p	cont	\$3/wk
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To register, call Phalen Rec. Center651-793-6600

7845PD	D Bluff Rec	F Apr 8	6:00p-8:30p	cont	\$3/wk
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To register, call Dayton's Bluff Rec. Center651-793-3885

Volleyball: Co-Rec

This program is for fun as well as competition. Wear tennis shoes.

Course#	Location	Day(s)/Date	Time	Ses
6501GA	Arlington Sr	M/W Apr 11	6:30p-9:00p	19

*\$3 adult, \$2 Jr./Sr. high students. Fee is per session.

6501JA	Humboldt Sr	M/W Apr 18	6:30p-9:00p	18
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*\$3 adult, \$2 Jr./Sr. high students. Fee is per session.

To register, call Arlington/North End C.E.651-228-4734

**Weight Training for Women,
see Aerobics, page 26.**