



MOUNDS VIEW COMMUNITY CENTER YMCA

**SUMMER/FALL PROGRAMS
2017**

ALL AGES



MOUNDS VIEW COMMUNITY CENTER (MVCC) INFORMATION

SUMMER HOURS

May 30 – September 5

Monday – Thursday 8 a.m. – 7 p.m.

Friday – Saturday 8 a.m. – 6 p.m.

Sunday – Closed

Holiday Closings

Tuesday, July 4

Monday, September 4

DAILY FEES

Your daily fee includes access to the fitness center, gym, commons areas, and activity areas in the Community Center for the day.

DAY PASS RATE

Adult \$5; Mounds View Resident \$2

Youth \$3; Mounds View Resident \$1

PUNCH CARDS

Adult \$ 50 Mounds View Resident \$ 20 –12 visits

Youth \$ 30 Mounds View Resident \$ 17 –20 visits

INFORMATION

- Photo ID is required to enter the Community Center
- The Community Center has FREE Wi-Fi in the commons areas of the building
- Youth under 10 must have a parent or guardian present in building
- Personal belongings and gym bags are not allowed in the gym
- We offer FREE locker usage while you are at the Community Center. Bring your own lock.

Call

Mounds View Community Center

763-717-4040

Event Center 763-717-4041

City Hall 763-717-4000

Visit

Mounds View Community Center

5394 Edgewood Drive

Mounds View, MN 55112

Click

[www.ci.mounds-view.mn.us/
communitycenter](http://www.ci.mounds-view.mn.us/communitycenter)

[Moundsviewcommunitycenter@
ymcamn.org](mailto:Moundsviewcommunitycenter@ymcamn.org)

RENTALS

Delight your guests in the simple elegance of the Mounds View Event Center. Use our space to create your one of a kind event. With the option to choose the amount of space you like, our venue creates a warm and comfortable feeling no matter the size of your event.

- Banquet seating up to 300
- Theater seating up to 400
- Beautiful wood dance floor
- Free on-site parking
- Open Catering option
- Wireless Internet
- Handicapped Accessible
- Complimentary Ceiling Draping

For more information and to schedule an appointment please contact: Leah Vandecar at 763-717-4041 or email info@moundsvieweventcenter.com.

PARKS

Mounds View parks are a perfect place for you to hold your smaller gatherings or summer parties. Call us at 763-717-4040.

Check out our website for more information

ci.mounds-view.mn.us

HOW TO REGISTER

Register online at ymcamn.org/locations/mounds_view

Confirmation will be sent via email after registration.

Online registration requires automatic electronic fund transfer (EFT).

Register in-person at Mounds View Community Center

5394 Edgewood Drive

Mounds View, MN 55112

Call 763-717-4040. Payment must be made at time of registration.

YMCA PERSONAL PRICING PLAN

We look forward to having you with us! The Personal Pricing Plan is a needs-based scholarship fund made available through Y Annual Fund – individual and business contributions to our communities.

YOUTH PROGRAMS

LEAGUES

Our leagues let kids play the sports they love, develop teamwork strategies and compete in games. Whether it's gaining the confidence that comes from acquiring a new skill or building positive relationships that lead to good sportsmanship, participating in Y sports is about building the whole child, from the inside out.

YMCA TRACK AND FIELD

Kids learn the proper techniques of running, pacing, jumping and throwing. They will work on personal bests and learn about track and field greats and their success.

When: Tuesdays & Thursdays; June 5- July 29

The season concludes with an All-City Track Meet Saturday, July 29.

Rate: \$100/resident, \$125/non-resident

Grades entering fall 2017:

Grades 2-3 – 6:00-7:00 p.m.

Grades 4-5 – 6:30-7:30 p.m.

Grades 6-8 – 6:30-7:30 p.m.

Location: Concordia Academy

2400 Dale Street

Roseville, MN

MOUNDS VIEW NFL® FLAG FOOTBALL

Youth are introduced to football in an instructional, fun and non-contact manner. Players learn the basic fundamentals including passing, catching, punting and offensive and defensive strategies. The season consists of 6 weeks of practice and games.

When: Saturdays; September 9 - October 14

Rate: \$80 includes team jersey

Deadline: Registration deadline is July 28.

Late fee applies.

Grades: K-5 entering fall 2017

Practices: Players practice 1x per week beginning the week of August 21. Practices are held between 6 – 8 p.m. and are 1 hour in length.

Games are held between 1 – 4 p.m. on Saturdays. Game start times vary week to week and are 1 hour in length.

Interested in Coaching? Call 763-717-4042.

Field Locations: Cities of Mounds View, Shoreview, Arden Hills or New Brighton, TBD



MOUNDS VIEW FALL SOCCER

Kids learn the basic skills and techniques of soccer and improve on those skills as they learn to play every position. Drills focus on ball-control, passing, trapping, shooting and defense.

When: Saturdays; September 9 - October 14

Rate: \$60 includes team t-shirt

Deadline: Registration deadline is July 28.

Late fee applies.

Grades entering fall 2017:

Mini Mites Ages 4 – K

(Must be 4 years old by September 1, 2017)

Mites Grades 1-2

Squirts Grades 3-4

Pee Wee Grades 5-6

Practices: Players practice 1x per week beginning the week of August 21. Practices are held between 6 – 8 p.m. and are 1 hour in length.

Practice days are chosen by the coach. A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule of the season will be distributed at the first practice.

Games are held between 9 a.m. – 2 p.m. on Saturdays. Game start times vary week to week and are 1 hour in length.

Volunteer Coaches are needed, please sign up when you register your child.

All volunteer coaches get one registration fee waived.

Field Locations: Cities of Mounds View, Shoreview, Arden Hills or New Brighton, TBD

YOUTH CLASSES & CAMPS

Location for all: MVCC

PAINTING

Kids will explore various styles and types of painting techniques using tempera, water colors and oil pastels. Your budding artist will bring home their very own masterpiece every week!

When: June 22 – July 20

Rate: \$36

Ages 6-11: Thursdays 5:30-6:15 p.m.

KIDS COOKING

Grab your apron! Kids will enjoy learning the basics of cooking and nutrition while making yummy creations. Each week, youth will complete a cooking project and learn about food choices in this delicious class!

When: July 27 – August 24

Rate: \$36

Ages 5-10: Thursdays 5:30 – 6:15 p.m.

TUMBLING

Designed to teach the fundamentals of tumbling, our comprehensive program covers rolls, beam work and fun. Your kids will learn new skills. Very basic tumbling class with some dance elements throughout the session! This non-competitive environment is fun for everyone.

When: July 17 – August 14

Rate: \$36

Ages 3-5: Mondays 5:30-6:00 p.m.

Ages 5-7: Mondays 6:05-6:50 p.m.

PRESCHOOL SPORTS SAMPLER

This program is for the rookie sports player that is not quite ready for league games and wants to focus more on skill development and keeping active. Youth will experience a variety of sports including gym games, soccer, floor hockey and more. They will also focus on the fundamentals of sports such as passing, ball control, good sportsmanship and having FUN!

Get your preschooler active this summer and meeting new friends.

When: July 18 – August 15

Rate: \$36

Ages 3-5: Tuesdays 5:30 – 6:00 p.m.

PRESCHOOL DANCE CAMP

Kids explore the world of tap, ballet, and jazz in this week long dance camp. Participants will prepare a small performance at the end of the week to showcase new skills. Perfect for kids who love to dance in a non-competitive environment and want to have FUN!

When: August 7-11

Rate: \$45

Ages: 3 – 6: Mon. – Fri. 4-5 p.m.

HIP HOP DANCE CAMP

This ultra fun dance camp gives kids the basics so they can express themselves through Hip Hop. Kids will learn fun and funky routines which they will perform at the end of the week! A place for kids to explore dance, make friends and HAVE FUN!

*All participants will be invited to dance at the Festival in the Park parade with the Mounds View Community Center on August 19.

When: August 14 –18

Rate: \$45

Ages: 6-13: Mon. – Fri. 4-5 p.m.

YMCA SUMMER PROGRAMS

From full weeks to a few days, Y Summer Programs add enrichment to your child's summer and balance to your family life.

- **Summer Power:** Fascinating adventures, quality childcare
- **Summer Youth Sports:** Kids of all skill levels and abilities can choose from a variety of sports to explore this summer
- **Summer Uproar:** High spirited adventures resulting in growth experiences for youth
- **Summer School Care:** Discover new adventures after summer school classes
- **Day Camp Heritage:** Traditional day camp held across from Wargo Nature Center in Lino Lakes. Free bussing available from Forest Lake, Lino Lakes, Maplewood, Mounds View and the White Bear Area YMCA.

Visit

ymcamn.org/summer

or call 612-230-9622 for more information



MOUNDS VIEW SUMMER PARK PROGRAM

This program focuses on youth development through teaching and demonstrating values of caring, honesty, respect, and responsibility. Your youth will build positive relationships with peers and leaders while having FUN adventures, staying physically active with fitness and sports, art projects, field trips and MORE in an outdoor environment with our highly trained staff.

HALF-DAY IN THE PARK

Ages: 5-12

Summer Session 1: June 12 – July 20

*No program on July 3-4

Summer Session 2: July 24 – August 31

When: Monday – Thursday

Choose Times 9 a.m. – 12 p.m. **OR** 1 – 4 p.m.

Rate: \$75-2 days resident; \$149 – 4 days resident

\$90-2 days non-resident; \$177 – 4 days non-resident

Locations: Lambert Park and Silver View Park

PLAY DAYS IN THE PARK

Ages: 2-6

Summer Session 1: June 12 – July 20

*No program on July 3-4

Summer Session 2: July 24- August 31

When: Monday-Friday; 9:00 – 11:30 a.m.

Choose 1 or more days per week.

Rate: \$60 per day per session.

*\$5 discount when registering for more than one day

Location: Lambert Park

** Almost potty trained welcome. If your child is not potty trained, please be advised that you must stay at the park for the duration of the class.



YOUTH FRIDAY FIELD TRIPS

Get out and enjoy summer with us on our Friday Field Trips! Kids get to participate in field trips around the cities with trained Park Program staff. Please note field trip times are approximate. Communication will be sent out closer to field trip date. Field trips are open to kids ages 6 years and older. Drop-off and pick-up at the Mounds View Community Center. Don't forget to bring a bag lunch! Registration closes one week before trip. Contact Brittany at 763-717-4043 for more details.

MINNESOTA ZOO

Friday, June 16
\$45 resident, \$50 non-resident
Drop off: 8:00 a.m. | Pick up: 4:15 p.m.

MINNESOTA CHILDREN'S MUSEUM & ZERO GRAVITY

Friday, June 23
\$45 resident, \$50 non-resident
Drop off: 8:45 a.m. | Pick up: 4:30 p.m.

SEA LIFE MALL OF AMERICA & NICKOLODEON UNIVERSE

Friday, June 30
\$46 resident, \$51 non-resident
Drop off: 9:00 a.m. | Pick up: 4:15 p.m.

VALLEYFAIR

Friday, July 7
\$55 resident, \$50 non-resident
Drop off: 8:45 a.m. | Pick up: 5:15 p.m.

FLAHERTY'S BOWLING & GRAND SLAM

Friday, July 14
\$42 resident, \$47 non-resident
Drop off: 8:15 a.m. | Pick up: 4:15 p.m.

WILD MOUNTAIN

Friday, July 21
\$45 resident, \$50 non-resident
Drop off: 8:30 a.m. | Pick up: 4:15 p.m.

ROSLAND PARK & EDINA AQUATIC CENTER

Friday, July 28
\$45 resident, \$50 non-resident
Drop off: 8:45 a.m. | Pick up: 4:30 p.m.

ADULT PROGRAMS

FOREVERWELL PROGRAMS

Location for all : MVCC

Connect with the community through physical fitness, social activities and more. Programs for older adults accommodate a wide variety of interests and functional abilities.

TAI CHI: MOVEMENT FOR BALANCE

Inspired by Tai Chi, this class helps to improve balance and increases confidence in doing every day activities. Practice balance skills and good body alignment by using coordinated and flowing movements. First Friday of the Month is a FREE Tai Chi Orientation

When: Fridays; May 30 – Sept. 5

Rate: \$2 per day or \$30 per session (FREE with SilverSneakers or Silver and Fit)

Time: 10:15 – 11:15 a.m.

FOREVERWELL CARDIO

This aerobic workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

When: Tuesdays; May 30 – September 5

Rate: \$2 per day or \$30 per session (FREE with SilverSneakers or Silver and Fit)

Time: 8 – 9 a.m.

FOREVERWELL CLASSIC

Move to the music through a variety of fun exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

When: Wednesdays; May 30 – Sept. 5

Rate: \$2 per day or \$30 per session (FREE with SilverSneakers or Silver and Fit)

Time: 8:30 – 9:30 a.m.

FOREVERWELL YOGA

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

When: Fridays; May 30 – September 5

Rate: \$2 per day or \$30 per session (FREE with SilverSneakers or Silver and Fit)

Time: 9 – 10 a.m.

AARP DRIVING SAFETY

Refresh your driving skills, save money, and find useful information and guidance about getting around.

Class	Rate	Time
Monday, June 12	\$19 (AARP) \$24 (Non)	1 – 5 p.m.
Tuesday, July 11	\$19 (AARP) \$24 (Non)	9 a.m.-1 p.m.
Wednesday, Aug. 16	\$19 (AARP) \$24 (Non)	1 – 5 p.m.
Friday, Sept. 1	\$19 (AARP) \$24 (Non)	9 a.m.-1 p.m.

Location: MVCC

YMCA LEAGUES

ADULT KICKBALL

A combination of soccer and baseball, a ball is thrown to a “kicker” who then runs bases.

When: Thursdays; June 8 – July 27
6 – 10 p.m.

Rate: \$45 individual / \$300 team

Location: Silver View Park

ADULT SAND VOLLEYBALL

When: Wednesdays; June 7 - July 26
6 – 10 p.m.

Rate: \$45 individual / \$300 team

Location: City Hall Park

ADULT BAGS

Also known as “corn hole” this is a yard game favorite that uses bean bags and boards.

When: Mondays; June 5 – July 24

Rate: \$45 Individual

Location: in Andover, TBD





YMCA of the Greater Twin Cities
Mounds View Community Center
 2125 East Hennepin Avenue
 Minneapolis, MN 55413

Non-profit
 Organization
 U.S. Postage
 Paid
 YMCA
 Twin Cities, MN



FAMILY EVENTS

Location for all events: Silver View Park 2700 County Rd I in Mounds View

FREE MUSIC IN THE PARK

Open-air concerts are held on the third Thursday of each month. Come listen to a variety of music throughout the summer. Music in the Park is made possible thanks to the generosity of the following sponsor: Bethlehem Baptist Church.

Vinnie Rose	Thursday, June 22	6:30 p.m.
Teddy Bear Band	Thursday, July 20	6:30 p.m.
Rich and the Resistors	Thursday, August 17	6:30 p.m.



FREE MOVIES IN THE PARK

Showings are in collaboration with Ramsey County Library, Mounds View.

Thursday, June 22	8:30 p.m. (Dusk)
Thursday, July 20	8:30 p.m. (Dusk)
Thursday, August 17	8:00 p.m. (Dusk)

FESTIVAL IN THE PARK 5K

The Mounds View Community Center YMCA is hosting a 5K fun run to kick off Festival in the Park. Youth and families are encouraged to exercise together and get outside.

When: Saturday, August 19 at 8:30 a.m.

Rate: \$20 individual/\$75 4 - person team - Register before Friday, July 21
 \$25 individual/\$85 4 - person team - Register before Wednesday, August 16
 \$35 - Race day registration - No team registration available

Register online at active.com and search "Mounds View Festival in the Park 5K" or in person at the Mounds View Community Center. Proceeds from this event go to support the YMCA scholarship program that directly serves Mounds View area families in need of assistance.

If you do not need this catalog, please share it with a friend.