

PARKS & RECREATION

Activity Catalog • September – December 2024



Registration
begins at 8 a.m.
on Aug. 14!

 **St. Louis Park**
MINNESOTA

Experience PARKS & REC in the Park

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Cover photo taken by staff at Westwood Hills Nature Center's annual Halloween Party.

PARKS AND RECREATION REGISTRATION

To register for programs and rent select facilities, visit www.stlouisparkmn.gov/rec-registration. Family members should be listed on the same account and can be added at any time. Payment is required at the time of registration via credit card. Visa, MasterCard, Discover or American Express are accepted. Contact the parks and recreation office at 952.924.2540 or recreation@stlouisparkmn.gov with questions.

ADAPTIVE RECREATION SUPPORT

Reach for Resources provides inclusion support for children and adults with disabilities who would like to participate in the city's parks and recreation programs. See page 40 for additional information or visit www.reachforresources.org.

WHAT'S NEW!

Picnic shelter and park building rentals






To increase the success of your event, we have new rental times available. See page 34 for details. Online reservations are available for select picnic shelters and park buildings!

Visit www.stlouisparkmn.gov/our-city/rent-a-facility to view availability and make a reservation!

Organic containers available

Organic containers for collecting food scraps for composting are now available (upon request) for park building rentals! This program supports the city's strategic priority of continuing to lead in environmental stewardship.

Visit www.stlouisparkmn.gov for city events, activities and news.

 [nextdoor.com](https://www.nextdoor.com)  [@stlouispark](https://www.tiktok.com/@stlouispark)  [@stlouispark](https://www.facebook.com/stlouispark)
 [@stlouispark](https://www.instagram.com/stlouispark)  www.youtube.com/slpcable

 govDelivery

Sign up for email and text notifications:
www.stlouisparkmn.gov/sign-up

STAY INFORMED OF PROGRAM CHANGES

Stay informed of weather-related schedule changes, facility closings and details for community events by calling the weather line at 952.924.2567.

The Rec Center

3700 Monterey Drive • 952.924.2540 • www.stlouisparkmn.gov/parks-rec • Weather hotline: 952.924.2567

Recreation Outdoor Center (ROC)

3700 Monterey Drive • 952.924.2540 • www.stlouisparkmn.gov/roc

Westwood Hills Nature Center

8300 W. Franklin Ave. • 952.924.2544 • www.stlouisparkmn.gov/whnc

COMMUNITY EVENTS

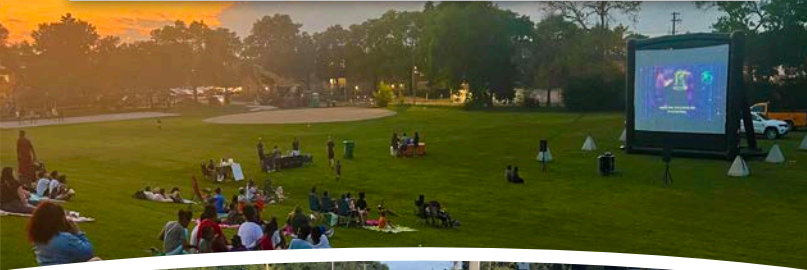


MOVIES IN THE PARK

ALL AGES

Get your popcorn ready; free outdoor movie nights are back! Bring a blanket or chair and your own snacks.

| DAYS | MOVIE | DATES+TIMES+LOCATIONS |
|------|----------------------|--|
| Th | Kung Fu Panda | Aug. 29, 8 p.m., Ainsworth Park, 7700 28th St. W. |
| Sa | Barbie | Sept. 7, 7:30 p.m., Cedar Manor Park, 9350 Cedar Lake Road |
| Sa | IF | Sept. 28, 7:30 p.m., Fern Hill Park, 4421 28th St. W. |
| F | The Addam's Family 2 | Oct. 4, 7:30 p.m., Browndale Park, 4955 Morningside Road |
| FEE | | Free |



Walk the Park

ALL AGES

Join this community walking event where we'll meet for a 1 to 2-mile leisure walk the second Saturday of every month to explore parts of the St. Louis Park trail system. If it is raining, snowing or the temperature is below 40 degrees, we will walk inside the St. Louis Park Middle School, 2025 Texas Ave. S. (meet at the back entrance door 16).

| DAY | DATES+TIME+LOCATIONS |
|-----|---|
| Sa | Sept. 14, 9:30 – 10:30 a.m., meet at Melrose Center parking lot, 3525 Monterey Drive, to walk Bass Lake Preserve/George Haun Trail |
| Sa | Oct. 12, 9:30 – 10:30 a.m., meet at Westwood Hills Nature Center main entrance, 8300 W. Franklin Ave., to walk the nature center trails |
| Sa | Nov. 9, 9:30 – 10:30 a.m., meet at Nelson Park parking lot, 2500 Georgia Ave. S., to walk North Cedar Lake Regional Trail |
| Sa | Dec. 14, 9:30 – 10:30 a.m., meet at West 16th Street and Pennsylvania Avenue South to walk Lamplighter Park |
| FEE | Free; no registration required |

Active all Autumn

ALL AGES

Active all Autumn is back this fall by popular demand and with NEW goals! Achieve small, reachable, active goals through the autumn season. Walk as little as 1 mile, hit 7,000 steps in a day or even aim for 50,000 steps in a week. Goals can be big or small, and participants are encouraged to achieve them at their own pace. Achieve goals over 40 days and receive a corresponding number of entries for a grand prize drawing! A goal tracking sheet will be provided to registered participants. All registered participants who submit their tracking sheet will be entered into a prize drawing and mailed a one-time daily Aquatic Park pass to use in 2025. Passes are mailed May 2025.

DATES

Sept. 22 – Oct. 31

FEE Free; registration required

Registration deadline: Sept. 29



ALL AGES

ROC, 3700 Monterey Drive

Rock and polka away under the ROC in its Bavarian-themed setting. Live music, food trucks, beverages, beer, games and challenges for all ages. Plus prizes!

DAY DATE+TIME

Sa Sept. 21, 5 – 9 p.m.

FEE \$5 per person at the gate; ages 5 and under free.
Event drinkware available for \$10 each.



COMMUNITY EVENTS

Howl-O-Ween!



ALL AGES

Wolfe Park, 3700 Monterey Drive

Bring your furry friends and best costumes to Howl-O-Ween. Visitors can stroll through the park with their pets, meet different vendors to redeem prizes and do a little shopping. At 2:30 p.m. there will be a costume contest for all pets with fantastic prizes. Note: Pets must be on a leash that can be shortened to 6 feet.

| DAY | DATE+TIME |
|------------|------------------------|
| Su | Oct. 13, noon – 3 p.m. |
| FEE | Free |



WestwoodHills
NATURE CENTER

43rd Annual Halloween Party

ALL AGES

CHILDREN 2+ MUST PAY AND BE ACCOMPANIED BY A PAID ADULT

Westwood Hills Nature Center, 8300 W. Franklin Ave.

Join us for this family-friendly fall tradition! Come in costumes and enjoy a variety of indoor and outdoor activities. Play carnival style games and trick-or-treat with friendly animal characters on Mother Nature's Trail. Round out the evening with a puppet show and refreshments. Early-bird tickets will be mailed Oct. 10. Registrations after Oct. 9 must pick up tickets at the shuttle bus location (2025 Texas Ave. S.) on the day of the event.

| DAYS | DATES+TIME |
|------------|--|
| F | Oct. 18, 6:30 – 9 p.m. |
| Sa | Oct. 19, 6:30 – 9 p.m. |
| FEE | Early bird (postmarked by Oct. 9): \$11 per person (resident) / \$12 (non-resident) After Oct. 9: \$13 per person (resident) / \$14 (non-resident) Households of four or more will receive a 20% discount for the fourth person and each person thereafter. |

Registration deadline: 4 p.m. on the day of the program or when full

CALLING ALL PUMPKIN CARVERS!

Westwood Hills Nature Center is seeking donations of carved pumpkins to decorate the trails for our Halloween Party. Pumpkins can be dropped off at the nature center on Thursday, Oct. 17, from 8 a.m. – 7 p.m. If you'd like to take your pumpkin(s) home, they can be picked up on Sunday, Oct. 20, from 10 a.m. – 4 p.m. Please keep designs family friendly. Happy carving!



GOBLINS ON ICE

ALL AGES

The Rec Center and ROC, 3700 Monterey Drive

Join us for free ice skating during our annual Halloween skating event! Free rental skates are available and costumes welcome.

| DAY | DATE+TIMES |
|------------|---|
| F | Oct. 25, noon – 1:30 p.m., The Rec Center |
| F | Oct. 25, 5:45 – 7 p.m., ROC |
| FEE | Free; no registration required |



Pitch-a-Pumpkin

ALL AGES

The Rec Center parking lot, 3700 Monterey Drive

Halloween is over, and your pumpkins are ready to be pitched. Instead of tossing them in the trash, give your pumpkins another life as compost. The city is offering free pumpkin recycling. All pumpkins collected will be taken to a local compost facility. Please remove all candles, wax and decorations. Painted pumpkins can't be accepted.

| DAYS | DATES+TIME |
|------------|-----------------------------------|
| F – W | Nov. 1 – 6, 8 a.m. – 8 p.m. daily |
| FEE | Free |

COMMUNITY EVENTS



Skate School Fall Showcase

ALL AGES

ROC, 3700 Monterey Drive

Learn more about St. Louis Park Skate School, enjoy an exhibition by local skaters, then join us for skating under the stars! Free skate rentals available.

| DAY | DATE+TIME |
|------------|-----------------------|
| Sa | Nov. 9, 6 – 7:30 p.m. |
| FEE | Free |



Turkey Bingo

AGES 6 - 12

The Rec Center Banquet Room, 3700 Monterey Drive

Spend the morning playing bingo and learning about the Thanksgiving holiday. Prizes awarded for the winners of each bingo game. Registrants can stay for free ice skating (and use of rental skates) after bingo.

| DAY | DATE+TIME |
|--------------------------------|---|
| W | Nov. 27, 11 a.m. – noon |
| FEE | \$8 per person (resident) / \$11 (non-resident) |
| Registration deadline: Nov. 17 | |



TURKEYS ON ICE

ALL AGES

The Rec Center west rink, 3700 Monterey Drive

Enjoy free indoor holiday ice skating just before the turkey and stuffing. Free skate rental is available.

| DAY | DATE+TIME |
|------------|--------------------------------|
| W | Nov. 27, noon – 1:30 p.m. |
| FEE | Free; no registration required |



MINNEHEHA CREEK CLEANUP

ALL AGES

Municipal Service Center, 7305 Oxford Street

Help beautify Minnehaha Creek! Meet at the Municipal Service Center, to clean up the creek. Gloves, waders, cleanup tools and disposable bags will be provided. Dress for the weather. Volunteers can contact Michael Bahe, natural resources manager, at mbahe@stlouisparkmn.gov or 952.924.2699.

| DAY | DATE+TIME |
|-----|-----------------------|
| Sa | Oct. 5, 9 a.m. – noon |



10TH ANNUAL U.G.L.Y. SWEATER DASH

ALL AGES

Louisiana Oaks Park, 3520 Louisiana Ave. S.

Dig out last year's treasure, throw on the masterpiece you just created or simply enjoy the creativity of others. This 5K course loops through Louisiana Oaks Park and the lighted trees of Oak Hill Park. Afterwards, warm up across the street at Park Tavern and revel in your accomplishments while wearing your race medal. Registrants also receive a goodie bag. Pre-race pick up will be Friday, Dec. 6. More information will be sent to participants.

| DAY | DATE+TIME |
|------------|---|
| Su | Dec. 8; race begins at 5:30 p.m. |
| FEE | Early-bird fee (before Oct. 13): \$40 |
| | Registration fee (Oct. 14 – Dec. 7): \$45 |
| | Race day fee (begins at 4 p.m.): \$50 |

COMMUNITY EVENTS



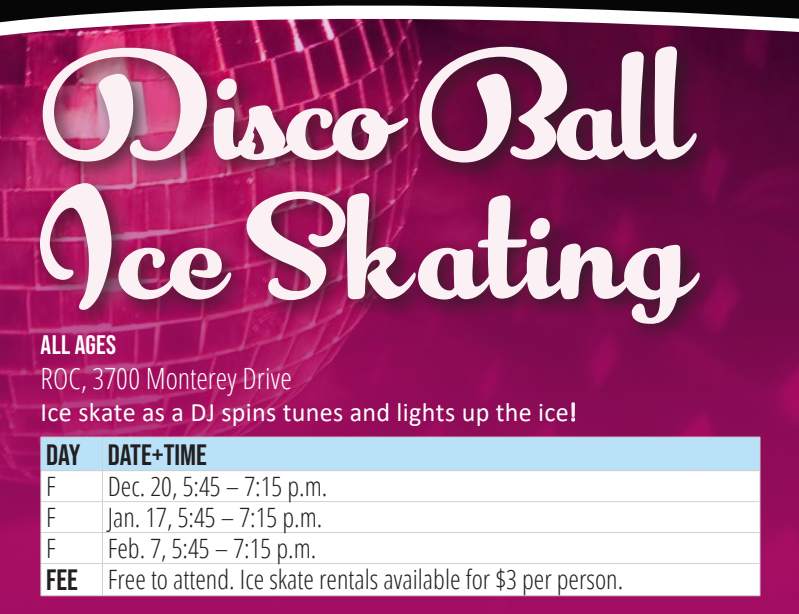
Be The Light Winter Solstice Walk

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave.

Join us on the shortest day of the year to remember that many in our community aren't able "to see the light" because of struggles with mental health or difficult situations. Follow the luminary walk through the forest guided by visual messages from the community. Light a candle in honor or memory of someone who struggles with or struggled with mental health. Gather around a fire in the glowing winter light. To share the light, create a luminary with your own message to take home and light your neighborhood.

| DAY | DATE+TIME |
|---|-----------------------------|
| Sa | Dec. 21, 6:30 – 8:30 p.m. |
| FEE | Free; registration required |
| Registration deadline: when program is full | |



Disco Ball Ice Skating

ALL AGES

ROC, 3700 Monterey Drive

Ice skate as a DJ spins tunes and lights up the ice!

| DAY | DATE+TIME |
|------------|---|
| F | Dec. 20, 5:45 – 7:15 p.m. |
| F | Jan. 17, 5:45 – 7:15 p.m. |
| F | Feb. 7, 5:45 – 7:15 p.m. |
| FEE | Free to attend. Ice skate rentals available for \$3 per person. |



NEW YEAR'S EVE AT THE ROC!

ALL AGES

ROC, 3700 Monterey Drive

Before you go out for the night, come skate at the ROC with music and refreshments.

| DAY | DATE+TIME |
|------------|---|
| Tu | Dec. 31, 4 – 6 p.m. |
| FEE | Free to attend. Ice skate rentals available for \$3 per person. |



WHEN WILL THE HOLIDAY TRAIN VISIT ST. LOUIS PARK?

VISIT ST. LOUIS PARK?

Use QR code for more information



<https://www.cpkcr.com/en/community/HolidayTrain>

COMMUNITY EVENTS



NEW YEAR'S GNOME SEARCH

ALL AGES

Various parks

Each week in January a different New Year's gnome will be placed in one of the city's parks. Once a gnome is placed in a park, it will remain there until the end of January. We will give out clues to help locate the different gnomes each week on Tuesday morning (through social media and GovDelivery emails.)

It is said that those who snap a photo with one of the New Year's gnomes will have some of its good luck transferred to them! Share your photos with us through social media by posting them in the comments section of our weekly clue posts.



BUNDLED UP! 2025 WINTER FUN DAY

Oak Hill Park, 3201 Rhode Island Ave. S.

Saturday, Jan. 25, noon – 3:30 p.m.

It's time for outdoor winter fun for all ages!

Activities (subject to change):

Bonfires • Cross country skiing • Sledding

Snowshoeing • Raptor • Cocoa • Hay rides • S'mores • Music • Raffle

Presented by:



Annual Spring Ice Show

SAVE THE DATE!

The Rec Center, 3700 Monterey Drive

Come one, come all to see the St. Louis Park Skate School skaters put on a show for you! Show theme to be announced. Online tickets go on sale March 1.

| DAYS | DATES+TIMES |
|------|--|
| Sa | March 22, 7 p.m. |
| Su | March 23, 1 p.m. |
| FEE | Tickets: \$8 in advance / \$10 at the door Children 2 and under are free to attend. |



SHAMROC ICE BOWLING

SAVE THE DATE: MARCH 15, 2025

YOUTH PROGRAMS



MUSIC TOGETHER

Classes are mixed-age so siblings can be together. Infants under 8 months on the first day of the session attend free with paid sibling. Participants receive a CD, a code to download the music, an illustrated songbook and parent education materials.

Music Together

AGES 0 – 6

CHILDREN MUST BE ACCOMPANIED BY AN ADULT

Location varies; see below

Free demos **FREE**

Come see what they are all about!

| DAYS | DATES+TIMES+LOCATIONS |
|------------|--|
| M | Sept. 9, 4:15 – 5 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| M | Sept. 9, 5:15 – 6 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Th | Sept. 12, 9:15 – 10 a.m., Louisiana Oaks Park building, 3520 Louisiana Ave. S. |
| Th | Sept. 12, 10:15 – 11 a.m., Louisiana Oaks Park building, 3520 Louisiana Ave. S. |
| Tu | Sept. 17, 4:15 – 5 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Tu | Sept. 17, 5:15 – 6 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| M | Dec. 9, 4:15 – 5 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Tu | Dec. 10, 5:15 – 6 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Th | Dec. 12, 9:15 – 10 a.m., Louisiana Oaks Park building, 3520 Louisiana Ave. S. |
| FEE | Free; preregistration required |

Fall session

Each week, join these award-winning classes for 45 minutes of pure fun.

| DAYS | DATES+TIMES+LOCATIONS |
|--|--|
| M | Sept. 23 – Dec. 2 (no class Nov. 11), 4:15 – 5 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| M | Sept. 23 – Dec. 2 (no class Nov. 11), 5:15 – 6 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Tu | Sept. 24 – Nov. 26, 4:15 – 5 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Tu | Sept. 24 – Nov. 26, 5:15 – 6 p.m., Westwood Hills Nature Center, 8300 W. Franklin Ave. |
| Th | Sept. 26 – Dec. 5 (no class Nov. 28), 9:15 – 10 a.m., Louisiana Oaks Park building, 3520 Louisiana Ave. S. |
| Th | Sept. 26 – Dec. 5 (no class Nov. 28), 10:15 – 10 a.m., Louisiana Oaks Park building, 3520 Louisiana Ave. S. |
| FEE | \$199 for the first registered child. \$119 for each additional sibling 8 months or older. Infants under 8 months attend at no cost with a paid sibling. Birth date cut-off for a younger sibling to qualify for free admission is Jan. 23, 2024. Infants attending without a registered sibling pay full \$199 fee. |
| Registration deadline: one week before start date or when full | |



Little Tot Playtime

AGES 1 – 5 BY START OF SESSION

CHILDREN MUST BE ACCOMPANIED BY AN ADULT

The Rec Center Banquet Room, 3700 Monterey Drive
Little tots can ride the big wheelers and play with cars, trucks, blocks and more! This is an unsupervised activity; parents or guardians must accompany their child(ren).

| DAYS | DATES+TIME |
|------------|--|
| Tu – F | Nov. 12 – May 2 (no session Nov. 21, 27 – 29; Dec. 24 – 27; Jan. 1; Feb. 28; April 1 – 4), 9:30 – 11:30 a.m. |
| FEE | \$3 per session at the door \$55 for a 30-session punch pass which can be used at any session |



WestwoodHills
NATURE CENTER

For Westwood Hills Nature Center
preschool programs,
see page 24!

Little Tot playtime attendants needed

ATTENDANT MUST BE AT LEAST 18 YEARS OLD

Responsibilities include setup and teardown of all program equipment and supervision of the program areas Tuesday – Friday,
Nov. 12 – May 2, 9:30 – 11:30 a.m.

Compensation is \$15 per hour, and immediate children may attend for free. Visit www.stlouisparkmn.gov/employment to apply online.



Little Tigers Self-Defense

AGES 3 - 5
 Davis Community Center,
 5430 Glenwood Ave. N., Golden Valley
 Master Tom Malone will help children learn basic martial arts skills. Basic kicks, punches and strikes are taught which help develop coordination, flexibility, focus and discipline.

| DAY | DATES+TIME | FEE |
|-----|--|---|
| Tu | Sept. 10, – Oct. 22 (no class Oct. 15), 5:45 – 6:15 p.m. | \$74 per person (resident*) / \$79 (non-resident) |
| Tu | Nov. 12 – Dec. 17 (no class Dec. 10), 5:45 – 6:15 p.m. | \$62 per person (resident*) / \$67 (non-resident) |

*Resident rates apply to participants living in Golden Valley, New Hope or St. Louis Park.
 Registration deadline: five days before start date or when full

Tae Kwon Do

AGES 5+
 Davis Community Center
 5430 Glenwood Ave. N., Golden Valley
 Martial arts instills discipline, focus, endurance and flexibility. In this class, Master Tom Malone will teach self-defense skills such as kicks, punches and strikes.

| DAY | DATES+TIME | FEE |
|-----|--|--|
| Tu | Sept. 10 – Oct. 22 (no class Oct. 15), 6:15 – 7 p.m. | \$97 per person (resident*) / \$102 (non-resident) |
| Tu | Nov. 12 – Dec. 17 (no class Dec. 10), 6:15 – 7 p.m. | \$81 per person (resident*) / \$86 (non-resident) |

*Resident rates apply to participants living in Golden Valley, New Hope or St. Louis Park.
 Registration deadline: five days before start date or when full



Indoor Skateboard Camps at 3rd Lair

AGES 6+
 3rd Lair Skate Park, 850 Florida Ave., Golden Valley
 Camps for beginners to the boarding experts and everybody in between! The basics are taught, like balance, pushing, dropping in, skate park safety and etiquette. Instructors are experienced in the sport and have years of teaching knowledge. Equipment needed for camp includes a skateboard and helmet. Knee pads, elbow pads and wrist guards are recommended. All equipment is available for use at no extra charge if needed. All participants are welcome to stay and board after the instruction concludes.

| DAYS | DATES+TIME | FEE |
|-----------|------------------------------------|------------------|
| Th – F | Oct. 17 – 18, 9 a.m. – noon | \$120 per person |
| W – F | Nov. 27, 29, 9 a.m. – noon | \$120 per person |
| M, Th – F | Dec. 23, 26 – 27, 9 a.m. – noon | \$180 per person |
| M, Th – F | Dec. 30, Jan. 2 – 3, 9 a.m. – noon | \$180 per person |

Registration deadline: one week before start date or when full



Learn more about camps and programs offered at Westwood Hills Nature Center on pages 24 – 25!



Kidcreate Studio's award-winning art classes allow kids to explore art in an environment full of giggles and grins. Kids create fridge-worthy masterpieces while learning art concepts and experimenting with different art materials. The curriculum is age-appropriate and designed to inspire.

Everyday Hero – Garbage Haulers

AGES 18 MONTHS – 6 YEARS
CHILDREN MUST BE ACCOMPANIED BY AN ADULT
 The Rec Center Gallery Room, 3700 Monterey Drive
 Garbage haulers are the unsung heroes of our community! We'll use a variety of materials as our canvas to showcase the hard work and dedication of those who keep our streets clean. Let's turn trash into treasure and give these everyday heroes the recognition they deserve.

| DAY | DATE+TIME | FEE |
|-----|-----------------------------|--|
| F | Sept. 27, 9:30 – 10:30 a.m. | \$25 per person (resident) / \$30 (non-resident) |

Registration deadline: Sept. 15

The Messiest Science Experiments Ever

AGES 5 – 12
 The Rec Center Gallery Room, 3700 Monterey Drive
 Join us for a thrilling blend of learning and fun where young scientists will dive into fascinating theories while getting delightfully messy. Experience the excitement of paint bombs, uncover the mysteries of magic sand and unleash your creativity by building a mini spin art machine. Please pack a nut-free snack and drink for your child each day.

| DAYS | DATES+TIME | FEE |
|--------|-----------------------------|--|
| W – Th | Oct. 16 – 17, 9 a.m. – noon | \$105 per person (resident) / \$115 (non-resident) |

Registration deadline: Oct. 6

Boo Bash

AGES 18 MONTHS – 6 YEARS
CHILDREN MUST BE ACCOMPANIED BY AN ADULT
 The Rec Center Gallery Room, 3700 Monterey Drive
 Come in and create something spook-tacular! You and your young artist will get messy with paint and clay as you make a black cat, ghost or jack-o-lantern. Children are welcome to wear their costumes to class.

| DAY | DATE+TIME | FEE |
|-----|----------------------------|--|
| F | Oct. 18, 9:30 – 10:30 a.m. | \$25 per person (resident) / \$30 (non-resident) |

Registration deadline: Oct. 6



Ghostly Slime Time

AGES 4 - 9

The Rec Center Gallery Room, 3700 Monterey Drive Slippery, slimy, spooky...boo! It's Halloween, so we're making ghostly goo. Create your own Halloween slime, then dress up a spooky jar to keep it in. Monsters, bats, ghosts, pumpkins and more – what creepy creature will you make? The artists are invited to wear their costumes to class for extra Halloween fun. Please pack a nut-free snack and drink for your child.

| DAY | DATE+TIME |
|-------------------------------|--|
| F | Oct. 18, 1 – 4 p.m. |
| FEE | \$45 per person (resident) / \$50 (non-resident) |
| Registration deadline: Oct. 6 | |

Creative Movement – Pre-Ballet

AGES 3 - 5

The Rec Center Banquet Room, 3700 Monterey Drive Participants will stretch, tumble and develop their motor skills and learn basic ballet moves through fun movement activities and songs in a positive environment. This introductory class will teach students age-appropriate skills that will help them improve their body strength and control while encouraging safety, group interaction and peer encouragement. Ballet shoes, leotard and tights preferred, but not required.

| DAY | DATES+TIMES |
|--|--|
| Su | Sept. 15 – Oct. 20, 9 – 9:45 a.m. Sept. 15 – Oct. 20, 10 – 10:45 a.m. |
| Su | Nov. 3 – Dec. 8, 9 – 9:45 a.m. Nov. 3 – Dec. 8, 10 – 10:45 a.m. |
| FEE | \$66 per person (resident) / \$74 (non-resident) |
| Registration deadline: one week before start date or when full | |

FALL SOCCER LEAGUES

This skill-based program has an emphasis on instruction of fundamentals such as dribbling, passing and shooting. Instructional scrimmages will be played.

Little Kicks

AGES 5 - 6 (BY OCT. 31)

Paul Frank Field at Freedom Park, 3261 Gorham Ave.

| DAY | DATES+TIME |
|---|--|
| Su | Sept. 8 – Oct. 13, 2:30 – 3:30 p.m. |
| FEE | \$50 per person (resident) / \$55 (non-resident) |
| Registration deadline: Aug. 26 or when full | |

Kicks

AGES 7 - 8 (BY OCT. 31)

Paul Frank Field at Freedom Park, 3261 Gorham Ave.

| DAY | DATES+TIME |
|---|--|
| Su | Sept. 8 – Oct. 13, 1 – 2 p.m. |
| FEE | \$50 per person (resident) / \$55 (non-resident) |
| Registration deadline: Aug. 26 or when full | |

RevSports T-Ball

AGES 2 - 6 (WITH PARENT INVOLVEMENT)

Fern Hill Park, 4421 28th St. W.

Each day will focus on a topic building on the previous topic, including fielding grounders, throwing, catching, base running, batting and more. The class starts each day with a game of catch and then transitions to base running, batting and an inning of play.

| DAY | DATES+TIMES |
|--|---|
| M | Sept. 16 – Oct. 7 |
| AGES | Ages 2 – 3, 5:15 – 5:40 p.m. Ages 3 – 5, 6:15 – 6:55 p.m. Ages 4 – 6, 7 – 7:40 p.m. |
| FEE | \$67 per person (resident) / \$72 (non-resident) |
| Registration deadline: one week before start date or when full | |



Soccer Shots

AGES 2 - 5

Bronx Park, 2900 Jersey Ave. S.

Soccer Shots Mini (age 2) is a high-energy program that introduces children to fundamental soccer principles through fun games, songs and positive reinforcement.

| DAYS | DATES+TIMES |
|--|--|
| Tu | Sept. 10 – Oct. 15, 5 p.m. |
| Tu | Sept. 10 – Oct. 15, 6:10 p.m. |
| W | Sept. 11 – Oct. 16, 5 p.m. |
| W | Sept. 11 – Oct. 16, 6:10 p.m. |
| FEE | \$150 per person (resident) / \$160 (non-resident) |
| Registration deadline: one week before start date or when full | |

Soccer Shots Classic (ages 3 – 5) uses creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting.

| DAYS | DATES+TIMES |
|--|--|
| Tu | Sept. 10 – Oct. 15, 5:35 p.m. |
| Tu | Sept. 10 – Oct. 15, 6:45 p.m. |
| W | Sept. 11 – Oct. 16, 5:35 p.m. |
| W | Sept. 11 – Oct. 16, 6:45 p.m. |
| FEE | \$150 per person (resident) / \$160 (non-resident) |
| Registration deadline: one week before start date or when full | |



RevSports Basketball

AGES 2 - 6 (WITH PARENT INVOLVEMENT)

Fern Hill Park, 4421 28th St. W.

RevSports basketball players will practice the fundamentals of basketball while focusing on topics that build on previous topics from week to week. Topics include dribbling, shooting, defending, passing and more.

| DAY | DATES+TIMES |
|--|---|
| W | Sept. 11 – Oct. 2 |
| AGES | Ages 2 – 3, 4:30 – 4:55 p.m. Ages 3 – 5, 5 – 5:40 p.m. Ages 4 – 6, 5:45 – 6:25 p.m. |
| FEE | \$67 per person (resident) / \$72 (non-resident) |
| Registration deadline: one week before start date or when full | |



Youth Basketball League

GRADES 2 – 5

Location varies: Crystal, Golden Valley or St. Louis Park
This recreational league is made possible through a partnership with the cities of Crystal, Golden Valley, Robbinsdale and St. Louis Park. Youth will learn basketball skills, playing as a team and good sportsmanship. Practices are held once a week at 6 p.m. or 7 p.m. and will start one to two weeks before the first game day, at St. Louis Park elementary schools. Games are played on Saturdays between 10:30 a.m. and 6:30 p.m. Teams are coached by parent volunteers.

| DAY | GAME DATES+GRADES |
|------------|--|
| Sa | Jan. 18 – March 8 |
| | Boys, grade 2 |
| | Boys, grade 3 |
| | Boys, grades 4 – 5 |
| | Girls, grades 2 – 3 |
| | Girls, grades 4 – 5 |
| FEE | \$70 per person (resident) / \$74 (non-resident) |
| | Registration deadline: Dec. 15 or when full |

Mites Basketball

GRADES K – 1

St. Louis Park Middle School, 2025 Texas Ave. S.
This skill-based program has an emphasis on instruction of fundamentals such as dribbling, passing and shooting. Instructional scrimmages will be played.

| DAY | DATES+TIMES |
|------------|--|
| Sa | Jan. 18 – March 1, 8:40 – 9:40 a.m., grade K |
| Sa | Jan. 18 – March 1, 9:50 – 10:50 a.m., grade K |
| Sa | Jan. 18 – March 1, 11 a.m. – 12:10 p.m., grade 1 |
| Sa | Jan. 18 – March 1, 12:20 – 1:20 p.m., grade 1 |
| FEE | \$50 per person (resident) / \$55 (non-resident) |
| | Registration deadline: Jan. 3 or when full |



Red Cross Lifeguarding Class – Blended Learning

AGES 15+

St. Louis Park Middle School, 2025 Texas Ave. S.
Provides entry-level participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: swim-tread-swim test, timed swim test and online learning. Please read full prerequisite details online. Participants who successfully complete the lifeguarding course receive an American Red Cross certificate for lifeguarding/First Aid/CPR/AED valid for two years.

| DAYS | DATES+TIMES +LOCATION |
|------------|--|
| F | Dec. 13, 4:30 – 8:30 p.m., Middle School, 2025 Texas Ave. S. |
| Sa | Dec. 14, 9 a.m. – 6 p.m., Middle School, 2025 Texas Ave. S. |
| Su | Dec. 15, 9 a.m. – 6 p.m., High School, 6425 W. 33rd St. |
| FEE | \$25 per participant |
| | Registration deadline: one week before start date or when full |



ATHLETIC ASSOCIATIONS

Baseball Association

Ages 5 – 19
www.slpbaseball.com

Traveling Basketball Association

Grades 4 – 8
www.stlouisparkbasketball.com

Girls' Fastpitch Softball Association

Ages 5+
www.slpfastpitch.org

Football Association

Grades K – 12
www.slpfootball.com

Hockey Association

Ages 4 – 18
www.slp-hockey.org

Lacrosse Association

Ages 5 – 14
www.slp-lax.com

Minnesota Flyers Track and Field Club

Grades K – 12
www.minnesotaflyers.com

Park Valley United FC Soccer Association

Ages 5 – 18
www.parkvalleyunitedfc.org

FARE *for* ALL

ALL AGES

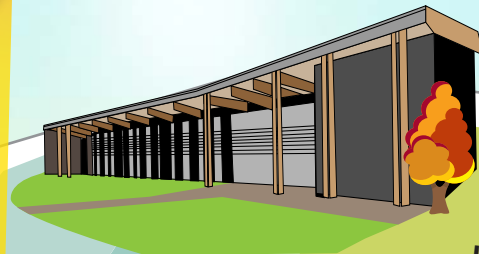
Vista Lutheran Church, 4003 Wooddale Ave. S.

Fare For All is a cooperative food purchasing program that sells groceries at discounted prices and is open to everyone. No registration is required, and many forms of payment are accepted.

Visit www.fareforall.org monthly for more information.



Being the difference and

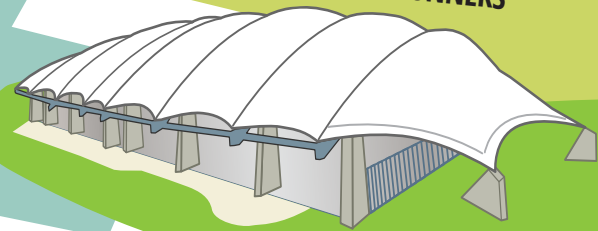


178

U.G.L.Y. SWEATER DASH
RUNNERS

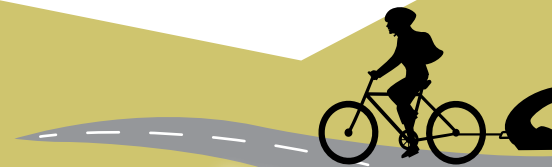
1200

WESTWOOD HILLS
HALLOWEEN PARTY
PARTICIPANTS



400

MOVIES IN THE PARK
VIEWERS



38 MILES OF BIKE TRAILS



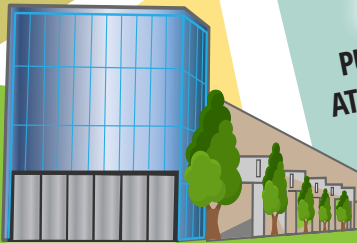
enriching lives in 2023!



150
TAILS WAGGED AT
HOWL-O-WEEN

350
PUMPKINS TOSSED
AT PITCH-A-PUMPKIN

1088
TOTS PARTICIPATING
IN LITTLE TOT PLAYTIME



ADULT FITNESS PROGRAMS



Express Stations

AGES 16+

Wolfe Park building, 3700 Monterey Drive
Stations will be set up to use all the major muscle groups and improve balance and reaction time in an effective, fun workout. Equipment provided. Feel free to bring your own weights or a band.

Free Kick-Off Session



| DAY | DATE+TIME |
|--------------------------------|-----------------------------|
| M | Sept. 9, 6 – 6:45 p.m. |
| FEE | Free; registration required |
| Registration deadline: Sept. 5 | |

Express Stations Sessions

| DAYS | DATES+TIME |
|---------------------------------|---|
| M | Sept. 16 – Nov. 4 (no class Oct. 7 and 14), 6 – 6:45 p.m. |
| W | Sept. 18 – Nov. 6 (no class Oct. 9 and 16), 6 – 6:45 p.m. |
| M | Nov. 11 – Dec. 16, 6 – 6:45 p.m. |
| W | Nov. 13 – Dec. 18, 6 – 6:45 p.m. |
| FEE | \$42 per person (resident) / \$47 (non-resident) |
| Registration deadline: Sept. 13 | |

Restorative Yoga and Meditation

AGES 16+

Wolfe Park building, 3700 Monterey Drive
This stress reducing class will incorporate restorative yoga poses with breathwork and meditation. All levels welcome. Bring a mat or one will be provided.

| DAY | DATES+TIMES |
|---|---|
| M | Sept. 16 – Nov. 4 (no class Oct. 7 and 14), 7 – 7:45 p.m. |
| M | Nov. 11 – Dec. 16, 7 – 7:45 p.m. |
| FEE | \$42 per person (resident) / \$47 (non-resident) |
| Registration deadline: one week before start date | |

All Levels Yoga

AGES 16+

Wolfe Park building, 3700 Monterey Drive
This one-hour class provides flexibility, strength, balance improvement, relaxation and stress reduction techniques. Many modifications will be offered; great for the experienced or newer participant. Please bring your own mat.

Free Kick-Off Session



| DAY | DATE+TIME |
|--------------------------------|-----------------------------|
| Th | Sept. 5, 9:30 – 10:30 a.m. |
| FEE | Free; registration required |
| Registration deadline: Sept. 5 | |

All Levels Yoga Sessions

| DAY | DATES+TIME |
|---|--|
| Th | Sept. 12 – Oct. 31 (no class Oct. 10 and 17) |
| Th | Nov. 7 – Dec. 19 (no class Nov. 28), 9:30 – 10:30 a.m. |
| FEE | \$70 per person (resident) / \$78 (non-resident) |
| Registration deadline: one week before start date | |



SENSORY

kits available in St. Louis Park

The City of St. Louis Park is pleased to offer sensory kits to help visitors fully enjoy recreation facilities and events. A sensory kit is a portable box filled with sensory tools and toys designed to reduce stress or sensory triggers for individuals while not distracting others around them.

Sensory kits will be available at the Aquatic Park, The Rec Center, Westwood Hills Nature Center, and at parks and recreation programs and events. Kits are free and can be checked out when used at city facilities. At events, designated areas will be available for those wishing to use the kits; they will not be checked out. Signs at facilities and events will direct visitors to sensory kit locations.

How to request a kit

- An adult can request a kit by completing an equipment checkout form at facilities if the individual is not enrolled in a program.
- If the individual is enrolled in a program, an adult can ask city staff members/leaders for a kit.
- Forms are not required at events.



Adult leagues are offered for team registration only.

Call 952.924.2540 to have a registration packet mailed to you or to be placed on a free-agent list.

Indoor Volleyball Leagues

AGES 18+

St. Louis Park Middle School, 2025 Texas Ave. S.

Co-rec, six-person officiated league.

Fall league

| DAY | DATES |
|--|------------------------------------|
| W | 7 weeks, starts the week of Oct. 2 |
| FEE | \$250 per team |
| Registration deadline: Sept. 20 or when full | |

Winter league

| DAY | DATES |
|---|------------------------------------|
| W | 7 weeks, starts the week of Jan. 8 |
| FEE | \$250 per team |
| Registration deadline: Dec. 15 or when full | |

Broomball Leagues

AGES 18+

Co-rec broomball league offered at a recreational level on a full-size ice rink.

Fall league

ROC, 3700 Monterey Drive

| DAY | DATES |
|---|-------------------------|
| Su | 7 weeks, starts Nov. 10 |
| FEE | \$500 per team |
| Registration deadline: Oct. 25 or when full | |

Winter leagues

Nelson Park hockey rink, 2500 Georgia Ave. S.

| DAYS | DATES |
|---|------------------------------------|
| M – F | 7 weeks, starts the week of Jan. 2 |
| FEE | \$420 per team |
| Registration deadline: Dec. 15 or when full | |

5 x 5 Basketball League

AGES 18+

Central Community Center, 6300 Walker St.

Our men's officiated league offers competitive and recreational levels.

| DAYS | DATES |
|--|--|
| Tu – Th | 12 weeks plus playoffs, starts the week of Nov. 19 |
| FEE | \$620 per team |
| Registration deadline: Nov. 8 or when full | |

Softball Leagues

AGES 18+

Aquila Park, 3110 Xylon Ave. S.

Dakota Park, 2643 Dakota Ave. S.

The leagues are classified as C – D. Tournaments are offered at an additional cost. Begins late April.

| DAYS | LEAGUE TYPE |
|--|---|
| M – Th | Men's (single or double-header games) |
| Th | Co-rec, double-header games |
| FEE | Single games (12 games): \$620 per team Double-header games (20 games): \$830 per team |
| Registration deadline for 2024 summer league returning teams: Feb. 7 | |
| Registration deadline for new teams: March 14 | |



ICE SKATING AND HOCKEY



ICE SKATING LESSONS

The Rec Center, 3700 Monterey Drive
St. Louis Park Skate School offers a hybrid skating program to meet the needs of all our skaters that incorporates the Learn to Skate USA and Ice Skating Institute (ISI) weSKATE program curriculum.

Each class presents a progression of specific skills that build upon one another. Contact the skating director at skate@stlouisparkmn.gov with questions.

What level do you register for?

If you are not sure what level to register your child for, register them as follows:

- Skaters who are 6 years old and younger, who have little or no skating experience, sign up for Beginner Snowplow.
- Skaters who are 7 years old and older, who have little or no skating experience, sign up for Basic 1/ Pre-Alpha.

Session registration deadlines and class exceptions

In order to staff and add classes as needed, deadline to register for classes is two weeks prior to the start of the session. Add your name to the waitlist if a class is full. Additional classes may be added. Skaters registered for the prior session will be given priority in placement.

Special notes

- Fee includes skate rental, ISI membership, three free sessions to public skating and practice ice (if available).
- Practice ice (if available) on the day of class is open to registered skaters and the parents of Snowplow class participants only.
- Protective headgear is required for all beginner skaters. Bicycle or lightweight hockey helmets are acceptable.
- No shoes or boots on the ice.
- Skaters should wear warm, comfortable clothing, including gloves or mittens.
- First time skaters and those using rental skates should arrive 15 minutes prior to the start of class.
- Skaters may be moved at instructor discretion throughout the session to a level that is appropriate for them.
- Students may remain in the same level for a few sessions before mastering the skills needed to move up to the next level. Skaters that desire to progress more quickly are encouraged to register for two classes a week.
- Class assignments are not guaranteed. Classes may be combined with others or canceled if minimum number has not been met.

FALL SESSION

SEPTEMBER – OCTOBER

| DAYS | DATES |
|------|--------------------------------------|
| Sa | Sept. 7 – Oct. 26 (no class Oct. 19) |
| Su | Sept. 8 – Oct. 20 |
| M | Sept. 9 – Oct. 21 |
| W | Sept. 11 – Oct. 23 |

Registration deadline: Aug. 21

WINTER 1 SESSION

NOVEMBER – DECEMBER

| DAYS | DATES |
|------|-------------------------------------|
| Sa | Nov. 2 – Dec. 21 (no class Nov. 30) |
| Su | Nov. 3 – Dec. 15 |
| M | Nov. 4 – Dec. 16 |
| W | Nov. 6 – Dec. 18 (no class Nov. 27) |

Registration deadline: Oct. 20

ANNUAL ICE SHOW – SAVE THE DATE

Rehearsal dates: Feb. 24 – March 21, 2025
Performance dates: March 22 – 23, 2025
Registration deadline: Dec. 22, 2024



GROUP CLASSES

Beginner Snowplow

AGES 4 – 6

For tots with little to no previous skating experience. Class emphasis is on learning to stand, fall and move on the ice through songs and games. **Protective headgear is required.**

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|---------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Sept. 7 – Oct. 26, 9:45 – 10:15 a.m. | \$84/\$93 |
| Sa | Sept. 7 – Oct. 26, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:15 – 6:45 p.m. | \$84/\$93 |
| W | Sept. 11 – Oct. 23, 6:30 – 7 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:45 – 10:15 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:15 – 6:45 p.m. | \$84/\$93 |
| W | Nov. 6 – Dec. 18, 6:30 – 7 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

Advanced Snowplow

AGES 4 – 6

For tots with previous skating experience. Must have passed Beginner Snowplow or Beginner Tot and Me. Class emphasis is on pushing, gliding, stops and forward/backward skating. **Protective headgear is required.**

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|---------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Sept. 7 – Oct. 26, 9:45 – 10:15 a.m. | \$84/\$93 |
| Sa | Sept. 7 – Oct. 26, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:15 – 6:45 p.m. | \$84/\$93 |
| W | Sept. 11 – Oct. 23, 6:30 – 7 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:45 – 10:15 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:15 – 6:45 p.m. | \$84/\$93 |
| W | Nov. 6 – Dec. 18, 6:30 – 7 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

Special Skater

AGES 5+

The Special Skater program consists of a modified learn-to-skate curriculum and test standards and opens the door to the wonderful world of ice skating for individuals of all ages and abilities. These tests are designed to be smaller steps to learn the basic skill maneuvers in the traditional Pre-Alpha through Delta levels. A parent/guardian or authorized companion who can already skate may join the skater, if desired, at no extra cost. **Protective headgear is required.**

| DAY | DATES+TIME | FEE (R/NR) |
|-----|--------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:45 – 10:15 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:45 – 10:15 a.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Basic 1/Pre-Alpha

AGES 7 – 15

For youth with little previous skating experience. Class emphasis is on learning to stand, fall and move on the ice. This class will teach forward swizzles, backward wiggles and beginning stops. **Protective headgear is recommended.**

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|---------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Sept. 7 – Oct. 26, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:15 – 6:45 p.m. | \$84/\$93 |
| W | Sept. 11 – Oct. 23, 6:30 – 7 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:15 – 6:45 p.m. | \$84/\$93 |
| W | Nov. 6 – Dec. 18, 6:30 – 7 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

Basic 2/Advanced Pre-Alpha

AGES 4 – 15

For skaters who have passed the beginner levels. Skaters will master forward skating, backward swizzles, one-foot glides, moving snowplow stops and standing two-foot turns.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|---------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Sept. 7 – Oct. 26, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:15 – 6:45 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:15 – 9:45 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:15 – 6:45 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Basic 3/Alpha Introductory

AGES 4 – 15

For skaters who have successfully completed Basic 2/Advanced Pre-Alpha level. Elements introduced are forward stroking, beginning forward two-foot turns, backward glides, one-foot snowplow stops and preparation for forward crossovers.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|--------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:45 – 10:15 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:45 – 7:15 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:45 – 10:15 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:45 – 7:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Basic 4/Alpha Mastery

AGES 4 – 15

For skaters who have successfully completed Basic 3/Alpha Introductory. Skaters will learn how to hold forward inside and outside edges on a circle, forward crossovers, backward half swizzles on a circle and backward one-foot glides.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|--------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:45 – 10:15 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:45 – 7:15 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:45 – 10:15 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:45 – 7:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Basic 5/Beta

AGES 4 – 15

For skaters who have successfully completed Basic 4/Alpha Mastery level. Emphasis is on backward edges on a circle, backward crossovers, backward stroking and T-stops. Skaters will also be introduced to three-turns and beginner two-foot spins.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|-------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:15 – 9:45 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:45 – 7:15 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:15 – 9:45 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:45 – 7:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Basic 6 Pre-Free Skate/Gamma-Delta

AGES 4 – 15

For skaters who have successfully completed Basic 5/Beta level. Skaters will continue mastery of forward three turns, Mohawk turns, hockey stops, forward edges, bunny hops, shoot-the-ducks and lunges.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|-------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 8:30 – 9 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:45 – 7:15 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 8:30 – 9 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:45 – 7:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Freestyle

AGES 6+

For skaters who have successfully completed Basic 6 Pre-Free Skate/Gamma-Delta level. Skaters will learn to jump, spin and other exciting moves in ISI Freestyle. Skaters must have passed the previous level to register for the next level. A progression to more difficult jumps and spins taught at each level. Student must successfully demonstrate the required elements while performing a program to music to pass a level.

FREESTYLE 1 – 2

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|-------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 8:30 – 9 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:45 – 7:15 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 8:30 – 9 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:45 – 7:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

FREESTYLE 3+

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|----------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 8:30 – 9 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 7:30 – 8 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 8:30 – 9 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 7:30 – 8 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date



Adult Beginner

AGES 16+

For adults with little or no previous skating experience. Participants will work on basic forward and backward skating, one- and two-foot glides, stops and improving stability on the ice. **Protective headgear is recommended.**

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|--------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 9:45 – 10:15 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:15 – 6:45 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 9:45 – 10:15 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:15 – 6:45 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Adult Intermediate

AGES 16+

For adults who are comfortable on the ice and are ready for new maneuvers. This class will focus on improving stops, push and glide forward skating, backward glides as well as learning edges, crossovers and turns.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|---------------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 6:45 – 7:15 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 10:15 – 10:45 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 6:45 – 7:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Adult Advanced

AGES 16+

Adults who are ready to improve edges, turns and crossovers and begin learning spins, jumps and moves in the field.

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|----------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 8:30 – 9 a.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 7:30 – 8 p.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 8:30 – 9 a.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 7:30 – 8 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

SPECIALTY CLASSES

Hockey Tots

AGES 4 – 6

For skaters who have passed the Advanced Snowplow class and are comfortable moving quickly across the ice and skating backwards. Skaters should wear full pads and helmets. Pucks and sticks will not be used.

| DAY | DATES+TIME | FEE (R/NR) |
|-----|-------------------------------------|------------|
| Su | Sept. 8 – Oct. 20, 4:45 – 5:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Hockey Skills

AGES 7 – 15

For skaters who are comfortable with forward and backwards skating, crossovers and edges. Fast moving class to improve hockey skating skills focusing on power and edge quality. Great for young hockey players who need an extra boost for hockey season. Skaters should wear full pads and helmet. Pucks and sticks will not be used.

| DAY | DATES+TIME | FEE (R/NR) |
|-----|-------------------------------------|------------|
| Su | Sept. 8 – Oct. 20, 4:45 – 5:15 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

ADULT SKATEFIT

AGES 16+

SkateFit is designed for adult skaters who want to stay fit by skating but want more than an open skate session. Each session will be instructor-led and will work to improve stroking, power, edges, posture and control to enhance their overall skating ability.

| DAY | DATES+TIME |
|-----|-------------------------------------|
| M | Sept. 9 – Oct. 21, 8:45 – 9:30 p.m. |
| M | Nov. 4 – Dec. 16, 8:45 – 9:30 p.m. |

FEE \$12 one-time admission

Jump, Spin and Spiral

For skaters that want to take their skating skills to the next level. This class focuses on basic to advanced jump, spin and edge techniques. Skaters will be grouped with skaters of similar jump and spin level.

ALPHA THROUGH FREESTYLE 2

| DAY | DATES+TIME | FEE (R/NR) |
|-----|-----------------------------------|------------|
| W | Sept. 11 – Oct. 23, 6:30 – 7 p.m. | \$84/\$93 |
| W | Nov. 6 – Dec. 18, 6:30 – 7 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

FREESTYLE 3 AND UP

| DAY | DATES+TIME | FEE (R/NR) |
|-----|-----------------------------------|------------|
| W | Sept. 11 – Oct. 23, 7:30 – 8 p.m. | \$84/\$93 |
| W | Nov. 6 – Dec. 18, 7:30 – 8 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

ALL LEVELS (ALPHA THROUGH FREESTYLE)

| DAY | DATES+TIME | FEE (R/NR) |
|-----|----------------------------------|------------|
| Su | Sept. 8 – Oct. 20, 6 – 6:30 p.m. | \$84/\$93 |
| Su | Nov. 3 – Dec. 15, 6 – 6:30 p.m. | \$84/\$93 |

Registration deadline: two weeks before start date

Moves, Power and Edges

GAMMA LEVEL AND UP

Skaters will work to improve stroking, power, edges, posture and control to enhance their overall skating ability. Advanced adults who are comfortable skating forward and backward crossovers are welcome.

| DAY | DATES+TIME | FEE (R/NR) |
|-----|-------------------------------------|------------|
| Su | Sept. 8 – Oct. 20, 4:45 – 5:15 p.m. | \$63/\$70 |
| Su | Nov. 3 – Dec. 15, 4:45 – 5:15 p.m. | \$63/\$70 |

Registration deadline: two weeks before start date

Junior/Senior Club

AGES 5+

Introduces skaters Basic 4/Alpha Mastery through Freestyle levels to use the full ice surface for their skating skills. Each skater will receive a 10 to 15-minute private lesson with the remainder of the class time to practice independently. Skaters must also be enrolled in their appropriate skate school class in addition to this course.

JUNIOR/SENIOR CLUB (BASIC 6/GAMMA AND UP)

| DAY | DATES+TIME | FEE (R/NR) |
|-----|----------------------------------|------------|
| Sa | Sept. 7 – Oct. 26, 8 – 8:30 a.m. | \$84/\$93 |
| Sa | Nov. 2 – Dec. 21, 8 – 8:30 a.m. | \$84/\$93 |

Registration deadline: two weeks before start date

JUNIOR CLUB (BASIC 6/GAMMA – FREESTYLE 3)

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|-------------------------------------|------------|
| Su | Sept. 8 – Oct. 20, 5:30 – 6 p.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 7:15 – 7:30 p.m. | \$42/\$47 |
| W | Sept. 11 – Oct. 23, 7 – 7:30 p.m. | \$84/\$93 |
| Su | Nov. 3 – Dec. 15, 5:30 – 6 p.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 7:15 – 7:30 p.m. | \$42/\$47 |
| W | Nov. 6 – Dec. 18, 7 – 7:30 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

SENIOR CLUB (FREESTYLE 3 AND UP)

| DAYS | DATES+TIMES | FEE (R/NR) |
|------|-------------------------------------|------------|
| Su | Sept. 8 – Oct. 20, 6:30 – 7 p.m. | \$84/\$93 |
| M | Sept. 9 – Oct. 21, 8:15 – 8:45 p.m. | \$84/\$93 |
| W | Sept. 11 – Oct. 23, 8 – 8:30 p.m. | \$84/\$93 |
| Su | Nov. 3 – Dec. 15, 6:30 – 7 p.m. | \$84/\$93 |
| M | Nov. 4 – Dec. 16, 8:15 – 8:45 p.m. | \$84/\$93 |
| W | Nov. 6 – Dec. 18, 8 – 8:30 p.m. | \$72/\$80 |

Registration deadline: two weeks before start date

Freestyle Off-Ice Training

FREESTYLE LEVEL SKATERS

Improve your skating skills and performance on the ice. The class will vary from week to week, covering jump and spin exercises, strength and conditioning, balance and flexibility. Classes are for Freestyle level skaters and are designated by current class level. Come to class wearing athletic/skating attire and athletic footwear.

| DAY | DATES+TIME | FEE (R/NR) |
|-----|----------------------------------|------------|
| M | Sept. 9 – Oct. 21, 6 – 6:30 p.m. | \$35/\$42 |
| M | Nov. 4 – Dec. 16, 6 – 6:30 p.m. | \$35/\$42 |

Registration deadline: two weeks before start date

Off-Ice Harness Training

AGES 5+

This private lesson training provides skaters the opportunity to practice and improve their air rotation position and eliminates the focus of the on-ice set up and potential falls. Training is offered to skaters of all abilities to work on their technique in a safe environment. Skaters should wear athletic or skating attire and athletic footwear or skates. Lessons are held in 10 to 15-minute increments. Email skate@stlouisparkmn.gov to schedule private off-ice harness training.

| DAYS AND TIMES VARY BY INSTRUCTOR AVAILABILITY. | |
|---|---------------------------|
| FEE | \$5 per skater per lesson |

COMPETITIVE TEAM SKATING

AGES 7+, GAMMA LEVEL AND UP

Join St. Louis Park competitive skating as we make team selections and placements for the 2024 – 2025 skating season!

What is Team St. Louis Park?

Our teams work together to learn and perform an exciting choreographed routine to music and will participate in two to three competitions for the year, as well as the annual ice show. Lively music with entertaining themes, costumes and props are featured in these events. Teams may compete in ensemble, team compulsory or production events.

What else do I need to know?

Joining the team is a commitment for the full competitive season, September – May. Estimated team participation fees for the season will be \$55 – \$85 per month (includes practice time, coaching, costumes/props and competition fees). Team St. Louis Park is for skaters ages 7 and above currently working on Basic 6/Gamma through Freestyle levels. Skaters who are currently working on Basic 3–5/Alpha-Beta may be considered if they are able to work effectively in a team setting and comfortable with forward crossovers and backward skating. Team practices will be held on Sundays between 3:45 – 4:45 p.m. with each team having designated times to work on and off ice during the hour. Email skate@stlouisparkmn.gov with questions.

Team St. Louis Park placement session

| DAY | DATES+TIME |
|------------|--------------------------------|
| Su | Sept. 8 – 15, 3:45 – 4:45 p.m. |
| FEE | \$50 per person |
| | Registration deadline: Sept. 4 |

DEVELOPMENTAL ICE SKATING

AGES 4+

Developmental ice is available for figure skaters to practice their skating skills with or without a private lesson. During developmental ice, there are no hockey pucks, hockey sticks or games allowed. If capacity is reached, skaters may add their name to the waitlist. They will be contacted if there is a cancellation or opening.

| DAYS | DATES+TIMES |
|-------------|--|
| Tu | Sept. 3 – Dec. 24, 6:30 – 8:30 a.m. |
| W | Sept. 4 – Dec. 18, 6:30 – 8:30 a.m. |
| Sa | Sept. 7 – Dec. 28, 7 – 8 a.m. |
| FEES | \$12: one-time entrance \$30 – \$50: monthly admission (registration closes the first day of the month) |

SKATE SCHOOL FALL SHOWCASE

ALL AGES

ROC, 3700 Monterey Drive

Learn more about St. Louis Park Skate School, enjoy an exhibition by local skaters, then join us for skating under the stars! Free skate rentals available.

| DAY | DATE+TIME |
|------------|-----------------------|
| Sa | Nov. 9, 6 – 7:30 p.m. |
| FEE | Free to attend |

Showcase Exhibition Skaters

ALL AGES

ROC, 3700 Monterey Drive

Skate school participants are invited to perform a one to two-minute program of their choice for a public exhibition during the Skate School Fall Showcase. Skater must have program approved by skating director two weeks prior to the performance.

| DAY | DATE+TIME |
|------------|---|
| Sa | Nov. 9, 6 – 7:30 p.m. |
| FEE | \$10 |
| | Registration deadline: Nov. 1 or until full |



Annual Spring Ice Show

AGES 4+

Rehearsal dates: Feb. 24 – March 21, 2025
Performance dates: March 22 – 23, 2025
Registration deadline: Dec. 22, 2024

Join us for the 2025 St. Louis Park Skate School Spring Ice Show! This is your skater's moment to shine showing what they've learned in skate school in a choreographed program set to music. Skaters will be divided into performance groups by level just as in a typical skate school class. Skaters must also be enrolled in regular session classes prior to the show to participate.

NOTE: Regular skating lessons will not be held during ice show rehearsals. Regularly scheduled lessons will resume for spring session in early April.

Contact skate@stlouisparkmn.gov with any questions.

Show activity descriptions

Beginner Snowplow, Advanced Snowplow, Basic 1 – 2/Pre-Alpha, Adult

Group will have six to eight practices (two times per week), perform in a group number and appear in show finale. Snowplow, Advanced Snowplow, Basic 1 – 2/Pre-Alpha, and Adult groups typically practice Mondays, 6:15 – 7:15 p.m., and Saturdays, 9:15 – 10:45 a.m.

| DAYS | DATES | FEE (RESIDENT/NON-RESIDENT) |
|-------|--------------------|-----------------------------|
| Sa, M | Feb. 24 – March 21 | \$80/\$88 |

Basic 3 – 4/Alpha – Freestyle

Group will have seven to 10 practices (three to four times per week) and perform in a group number, an introduction number and show finale. Practice times may vary during these times: Monday, 6:15 – 8:30 p.m.; Saturday, 8 – 10:15 a.m.; and Sunday, 3:45 – 7 p.m.

| DAYS | DATES | FEE (RESIDENT/NON-RESIDENT) |
|-----------|--------------------|-----------------------------|
| Sa, Su, M | Feb. 24 – March 21 | \$90/\$98 |

Ice show specialty numbers

Participating in a specialty number (solo, feature, duet, trio, etc.) is a fun and exciting opportunity for Freestyle skaters who are committed to performing their skills, individually or in a small group, to a large community audience.

Eligibility:

- Must be enrolled in a minimum of TWO classes EACH session
- Must have passed Freestyle 1 or higher
- Must be registered for their respective level Freestyle ice show group number
- Be an ISI home rink member with St. Louis Park and represent St. Louis Park at ISI competitions (for the entire competitive year and no later than Oct. 1 before ice show)

Placements are then determined by a point system based on the following criteria that is tracked throughout the year:

- Current test level skater is working on
- Number of classes registered for the season and class attendance
- Number of competitions and events participated in the past year
- Prior ice show participation
- Participation in additional skate school offerings such as clinics, exhibitions, developmental ice, etc.

| DAYS | DATES | FEE (RESIDENT/NON-RESIDENT) |
|-----------|--------------------|-----------------------------|
| Sa, Su, M | Feb. 24 – March 21 | \$90/\$98 |

Family number

Each show participant is invited to skate with one parent/relative or family friend family friend age 15 or older. This activity will have one extended practice to learn a choreographed program to music, and attendance is mandatory. This is a great opportunity for friends and family to participate with their skater(s) and create memories you'll never forget. Each skater and family member will need to register for this activity in order to participate.

| DAY | DATE+TIME | FEE |
|-----|-------------------------|----------------------|
| W | March 19, 6 – 7:30 p.m. | \$15 per participant |

Registration deadline: March 5

Graduating seniors

This group is only for skaters that are graduating high school in 2025. Skaters must also be registered for their respective level show group. There is no fee to participate in this number. Practices will be determined by final rehearsal schedule.





PUBLIC SKATING

ALL AGES

Come skate during open skating sessions. Please note the skating schedule exceptions, or call 952.924.2567, option 7, to confirm dates and times.

INDOOR

Sept. 4, 2024 – June 6, 2025

The Rec Center, 3700 Monterey Drive

| DAYS | TIMES |
|--|--|
| M, W, F | Noon – 1:30 p.m. (no skating Dec. 25 and 27, Jan. 1, Feb. 28, March 31, April 2, 4 and 5) |
| Sa | 11 a.m. – 12:30 p.m. (no skating Dec. 28, March 1, April 5, May 24) |
| Su | 2 – 3:30 p.m. (no skating March 2, April 20) |
| FEE | \$4 per person (youth and senior) \$35 for 10 passes (youth and senior) \$5 per person (adult) \$40 for 10 passes (adult) |
| OPTIONAL FEES: \$3 skate rental, \$5 skate sharpening | |



OUTDOOR

Oct. 18, 2024 – March 10, 2025

ROC, 3700 Monterey Drive

| DAYS | TIMES |
|---------------------------------------|--|
| F | 5:45 – 7:15 p.m. (no skating Oct. 11 and Nov. 8) |
| Sa | 12:15 – 1:45 p.m. (no skating Oct. 12, Nov. 2, Jan. 4, Feb. 15) |
| Su | 12:15 – 1:45 p.m. (no skating Nov. 3, and 10, Feb. 16 and 23) |
| FEE | \$4 per person (youth and senior) \$35 for 10 passes (youth and senior) \$5 per person (adult) \$40 for 10 passes (adult) |
| OPTIONAL FEE: \$3 skate rental | |



PUBLIC HOCKEY

Adult Open Hockey

AGES 16+

The Rec Center, 3700 Monterey Drive
Adult hockey is available at The Rec Center's indoor ice arena. Schedule is subject to change. Call 952.924.2567 to confirm dates and times.

| DAYS | DATES+TIME |
|------------|--|
| Tu, Th | Sept. 3, 2024 – June 5, 2025 (no hockey Nov. 28, Dec. 26, April 1 and 3), noon – 1:30 p.m. |
| FEE | \$5 per person / \$45 for 10 passes |

ROC Open Pond Hockey

ALL AGES

ROC, 3700 Monterey Drive

There's nothing better than the sound of hockey sticks clashing against each other, pucks hitting the wooden boards, skates carving through the ice and the fresh air!

| DAYS | DATES+TIME |
|------------|--|
| Sa, Su | Oct. 15 – March 10 (no hockey Nov. 2, 9, 10 and 16, Jan. 4, Feb. 1, 15 and 16), 11 a.m. – noon |
| FEE | Free |



The Rec Center Skate Shop

The skate shop is located in The Rec Center in between the west and east ice arenas. The shop has rental skates and skate sharpening service.

| DAYS | TIMES |
|----------------------|--|
| Sa | 11 a.m. – 1 p.m. |
| Su | 2 – 4 p.m. |
| OPTIONAL FEES | \$3 skate rental, \$5 per skate sharpening |

Note: Services available outside of the above hours. Ask at The Rec Center front desk.



ROC Warming House

The warming house is located inside The Rec Center by the ROC. The warming house has rental skates available during public skating sessions.

| DAYS | TIMES |
|------|------------------|
| F | 5:30 – 7:30 p.m. |
| Sa | Noon – 2 p.m. |
| Su | Noon – 2 p.m. |

WESTWOOD HILLS NATURE CENTER



ADULT PROGRAMS

Nature Unnoticed

AGES 18+

Westwood Hills Nature Center, 8300 W. Franklin Ave. Explore your natural curiosity. Join a naturalist on a nature walk. We'll focus on the seasonal activities of the plants, animals and fungus found in the park, so each hike will be a unique experience.

| DAY | DATES+TIME |
|---|--|
| Sa | Sept. 7, 10 – 11:30 a.m. |
| Sa | Dec. 14, 10 – 11:30 a.m. |
| FEE | \$6 per person (resident) / \$9 (non-resident) |
| Registration deadline: when program is full | |

Forest Therapy Walk

AGES 18+

Westwood Hills Nature Center, 8300 W. Franklin Ave. Forest bathing is the Japanese art of “shinrun yoku,” or absorbing the forest atmosphere with all your senses. This practice offers an immersive approach to experience the forest in a meditative and restorative environment. Forest bathing has been scientifically proven to improve immune function and reduce stress and anxiety. Join a certified forest therapist as we take a mindful approach to the outdoors.

| DAY | DATE+TIME |
|---|--|
| Sa | Sept. 14, 10 – 11:30 a.m. |
| FEE | \$20 per person (resident) / \$25 (non-resident) |
| Registration deadline: when program is full | |

Sip and Sketch: Fall Trees

AGES 18+

Westwood Hills Nature Center, 8300 W. Franklin Ave. Learn some simple techniques for drawing different kinds of trees in colored pencil. You will have the option to sketch from inside or head out on our trails to find your perfect tree subject. Enjoy warm beverages like coffee, tea or cider and light snacks. Sign up with a friend or connect with other aspiring artists. All materials provided.

| DAY | DATE+TIME |
|---|--|
| Sa | Oct. 5, 10 a.m. – noon |
| FEE | \$12 per person (resident) / \$15 (non-resident) |
| Registration deadline: when program is full | |



All children ages 2+ must pay and be accompanied by a paid adult for all public programs unless otherwise stated.

PUBLIC PROGRAMS

Honey Harvest

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Buzz on down to Westwood and uncap the lives of honeybees. Visit our hives to observe the honeybees in action. Find out how honey is extracted, make a beeswax candle and taste the honey from the hives.

| DAY | DATE+TIMES |
|---|---|
| Su | Sept. 15, 12:30 – 2 p.m. OR 2:30 – 4 p.m. |
| FEE | \$7 per person (resident) / \$10 (non-resident) |
| Registration deadline: when program is full | |

Family Archery

AGES 7+

Westwood Hills Nature Center, 8300 W. Franklin Ave. Here's your chance to learn how to shoot a bow and arrow or enjoy some more time on the range to enhance your skills! Instruction will be given on proper technique and range safety.

| DAY | DATE+TIME |
|---|--|
| Sa | Sept. 21, 10:30 a.m. – noon |
| FEE | \$6 per person (resident) / \$9 (non-resident) |
| Registration deadline: when program is full | |

Colors in Nature

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Hike the trails and enjoy the fall colors at Westwood. We will spend time observing the different trees along the trails while admiring the autumn colors, and end with a craft to take home.

| DAY | DATE+TIME |
|---|--|
| Su | Sept. 29, 2:30 – 4 p.m. |
| FEE | \$6 per person (resident) / \$9 (non-resident) |
| Registration deadline: when program is full | |



43rd Annual Halloween Party

ALL AGES

CHILDREN 2+

MUST PAY AND BE ACCOMPANIED BY A PAID ADULT

Westwood Hills Nature Center, 8300 W. Franklin Ave. Join us for this family-friendly fall tradition! Come in costumes and enjoy a variety of indoor and outdoor activities. Play carnival style games and trick-or-treat with friendly animal characters on Mother Nature's Trail. Round out the evening with a puppet show and refreshments. Early-bird tickets will be mailed on Oct. 10. Registrations received after Oct. 9 must pick up tickets at the shuttle bus location (2025 Texas Ave. S.) on the day of the event.

| DAYS | DATES+TIME |
|------------|---|
| F | Oct. 18, 6:30 – 9 p.m. |
| Sa | Oct. 19, 6:30 – 9 p.m. |
| FEE | Early bird (postmarked by Oct. 9): \$11 per person (resident) / \$12 (non-resident) After Oct. 9: \$13 per person (resident) / \$14 (non-resident) Households of four or more will receive a 20% discount for the fourth person and each person thereafter. |

Registration deadline: 4 p.m. on the day of the program or when full

CALLING ALL PUMPKIN CARVERS!

Westwood Hills Nature Center is seeking donations of carved pumpkins to decorate the trails for our Halloween Party. Pumpkins can be dropped off at the nature center on Thursday, Oct. 17 from 8 a.m. – 7 p.m. If you'd like to take your pumpkin(s) home, they can be picked up on Sunday, Oct. 20 from 10 a.m. – 4 p.m. Please keep designs family friendly. Happy carving!





Intro to Geocaching

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Explore the trails using handheld GPS units to uncover hidden geocaches. We will begin with an introduction to geocaching and instructions on how to use a Garmin eTrex GPS before heading out with your group. You choose how long and how far to hike!

| DAY | DATE+TIME |
|---|--|
| Su | Oct. 27, 10:30 – noon |
| FEE | \$6 per person (resident) / \$9 (non-resident) |
| Registration deadline: when program is full | |

Critters Close Up

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Come visit Westwood's reptiles and amphibians up close and hands-on. There will be an opportunity to touch some of these critters and observe them as they eat.

| DAY | DATE+TIME |
|---|--|
| Sa | Nov. 2, 10:30 – 11:30 a.m. |
| FEE | \$4 per person (resident) / \$6 (non-resident) |
| Registration deadline: when program is full | |

Squirrels

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Squirrels are common animals seen in neighborhoods, but how much do you really know about them? Do you know how squirrels communicate, or how many kinds of squirrels live at the nature center? We will answer these questions and more as we crack open the nutty world of squirrels.

| DAY | DATE+TIME |
|---|--|
| Su | Nov. 10, 2:30 – 4 p.m. |
| FEE | \$6 per person (resident) / \$9 (non-resident) |
| Registration deadline: when program is full | |



National Take a Hike Day

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. You don't have to tell us twice! Enjoy a hike on the trails with a naturalist. Afterwards, return to the interpretive center for an up-close experience with one of Westwood's animals.

| DAY | DATE+TIME |
|---|--|
| Su | Nov. 17, 10 – 11:30 a.m. |
| FEE | \$6 per person (resident) / \$9 (non-resident) |
| Registration deadline: when program is full | |

Candle Making

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Westwood is full of sweet-smelling plants! Learn more about a few fragrant botanicals and the science of the candle-making process. You will create and decorate your own soy candle to take home and enjoy. Go for a hike or enjoy the exhibits while your candle sets.

| DAY | DATE+TIMES |
|---|--|
| Sa | Nov. 23, 12:30 – 2 p.m. OR 2:30 – 4 p.m. |
| FEE | \$13 per person (resident) / \$16 (non-resident) |
| Registration deadline: when program is full | |

Owl Pellet Dissection

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Have you ever wondered what owls eat? Come find out by dissecting an owl pellet and identifying bones! We will also take a hike to the pines to look for signs of owls and fresh pellets.

| DAY | DATE+TIME |
|---|--|
| Sa | Dec. 7, 2:30 – 4 p.m. |
| FEE | \$10 per person (resident) / \$13 (non-resident) |
| Registration deadline: when program is full | |



Ginger Bird Houses

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Build and decorate a special treat for our feathered friends with cookies and other natural materials. Learn all about common birds that spend the winter in Minnesota and might visit your creation!

| DAY | DATE+TIMES |
|---|---|
| Su | Dec. 15, 11:30 a.m. – 1 p.m. or 2 – 3:30 p.m. |
| FEE | \$9 per person (resident) / \$12 (non-resident) |
| Registration deadline: when program is full | |

Be The Light Winter Solstice Walk

ALL AGES

Westwood Hills Nature Center, 8300 W. Franklin Ave. Join us on the shortest day of the year to remember that many in our community aren't able "to see the light" because of struggles with mental health or difficult situations. Follow the luminary walk through the forest guided by visual messages from the community. Light a candle in honor or memory of someone who struggles with or struggled with mental health. Gather around a fire in the glowing winter light. To share the light, create a luminary with your own message to take home and light your neighborhood.

| DAY | DATE+TIME |
|---|-----------------------------|
| Sa | Dec. 21, 6 – 8:30 p.m. |
| FEE | Free; registration required |
| Registration deadline: when program is full | |





WestwoodHills

NATURE CENTER

PRESCHOOL PROGRAMS

Monday Minnows and Tuesday Turtles

AGES 4 - 5

DROP-OFF PROGRAM

Westwood Hills Nature Center, 8300 W. Franklin Ave. Explore and discover the world outside while on naturalist-led hikes. We'll listen to nature stories, create crafts, play games and laugh with our famous puppets. Each class dives into a different nature topic. Sign up for either Monday OR Tuesday.

Monday Minnows

| DAY | DATES+TIME |
|------------|---|
| M | Sept. 9, 16, 23 and 30, 1 - 3 p.m. |
| FEE | \$52 per person (resident) / \$60 (non-resident) |
| M | Oct. 7, 14, 21 and 28, 1 - 3 p.m. |
| FEE | \$52 per person (resident) / \$60 (non-resident) |
| M | Nov. 4, 18 and 25 (no class Nov. 11), 1 - 3 p.m. |
| FEE | \$39 per person (resident) / \$45 (non-resident) |
| M | Dec. 2, 9, 16 and 30 (no class Dec. 23), 1 - 3 p.m. |
| FEE | \$52 per person (resident) / \$60 (non-resident) |

Registration deadline: when program is full

Tuesday Turtles

| DAY | DATES+TIME |
|------------|--|
| Tu | Sept. 10, 17 and 24; Oct. 1, 1 - 3 p.m. |
| FEE | \$52 per person (resident) / \$60 (non-resident) |
| Tu | Oct. 8, 15, 22 and 29, 1 - 3 p.m. |
| FEE | \$52 per person (resident) / \$60 (non-resident) |
| Tu | Nov. 5, 19 and 26 (no class Nov. 12), 1 - 3 p.m. |
| FEE | \$39 per person (resident) / \$45 (non-resident) |
| Tu | Dec. 3, 10, 17 and 31 (no class Dec. 24), 1 - 3 p.m. |
| FEE | \$52 per person (resident) / \$60 (non-resident) |

Registration deadline: when program is full



PUPPET STORY TIME

ALL AGES

CHILDREN AGES 2+ MUST PAY AND BE ACCOMPANIED BY A PAID ADULT

Westwood Hills Nature Center, 8300 W. Franklin Ave. Laugh out loud as the Westwood puppets tell a story in their animated comical style. Begin with open play and exploration. Naturalist-led activities will highlight the story and create memories for you and your youngest family members. There will also be an opportunity to go outside on a hike.

Bug Safari

| DAYS | DATES+TIME |
|------------|--|
| M | Sept. 9, 10 - 11 a.m. |
| F | Sept. 13, 10 - 11 a.m. |
| FEE | \$6 per person (resident) / \$7 (non-resident) |

Registration deadline: when program is full

Cider Time

| DAYS | DATES+TIME |
|------------|--|
| M | Oct. 7, 10 - 11 a.m. |
| F | Oct. 11, 10 - 11 a.m. |
| FEE | \$6 per person (resident) / \$7 (non-resident) |

Registration deadline: when program is full

Turkey Tails

| DAYS | DATES+TIME |
|------------|--|
| M | Nov. 4, 10 - 11 a.m. |
| F | Nov. 8, 10 - 11 a.m. |
| FEE | \$6 per person (resident) / \$7 (non-resident) |

Registration deadline: when program is full

Winter Birds

| DAYS | DATES+TIME |
|------------|--|
| M | Dec. 2, 10 - 11 a.m. |
| F | Dec. 6, 10 - 11 a.m. |
| FEE | \$6 per person (resident) / \$7 (non-resident) |

Registration deadline: when program is full



WINTER BREAK CAMPS

ALL WINTER BREAK CAMPS ARE DROP-OFF CAMPS

Cozy Camp

GRADES 1 - 5

Westwood Hills Nature Center, 8300 W. Franklin Ave. Have you heard about "hygge?" This Danish word is all about finding ways to be comfy and cozy in the wintertime. Put on your comfy clothes and spend a day filled with crafts, story times, puppet shows and a campfire. Pack a nut-free snack and lunch. Dress for spending time outdoors.

| DAY | DATE+TIME |
|------------|--|
| Th | Dec. 26, 9 a.m. - 2:30 p.m. |
| FEE | \$37 per person (resident) / \$42 (non-resident) |

Registration deadline: when program is full

Wild About Animals

GRADES 1 - 5

Westwood Hills Nature Center, 8300 W. Franklin Ave. Snakes, turtles, frogs and more! This is your chance to take Westwood's education animals out from behind the glass and spend time handling and learning how to care for them. We'll also spend time outside to discover how animals live during the winter. Pack a nut-free snack and lunch. Dress for spending time outdoors.

| DAY | DATE+TIME |
|------------|--|
| F | Dec. 27, 9 a.m. - 2:30 p.m. |
| FEE | \$37 per person (resident) / \$42 (non-resident) |

Registration deadline: when program is full



Winter Wonderland

GRADES 1 - 5

Westwood Hills Nature Center, 8300 W. Franklin Ave. Spend a winter day outdoors at the nature center. Activities could include exploring the woods by snowshoe, speeding across the trails on kicksleds, playing games on the ice or in the cattails. Exact activities will depend on weather conditions that day. Pack a nut-free snack and lunch. Dress for spending time outdoors.

| DAY | DATE+TIME |
|---|--|
| Th | Jan. 2, 9 a.m. – 2:30 p.m. |
| FEE | \$37 per person (resident) / \$42 (non-resident) |
| Registration deadline: when program is full | |

Imagine, Design, Build

GRADES 1 - 5

Westwood Hills Nature Center, 8300 W. Franklin Ave. We supply the materials, you supply the creativity. Our projects will use materials and ideas found in and inspired by the woods, marsh and prairie of Westwood. Be prepared to build, create, invent and engineer. Your imagination is the limit! Pack a nut-free snack and lunch. Dress for spending time outdoors.

| DAY | DATE+TIME |
|---|--|
| F | Jan. 3, 9 a.m. – 2:30 p.m. |
| FEE | \$37 per person (resident) / \$42 (non-resident) |
| Registration deadline: when program is full | |



CUSTOM PROGRAMS

Home school programs

Westwood Hills Nature Center is a great resource for home school science learning activities! We can customize and create outdoor recreation and natural history programs to fit a variety of ages and learning needs.

Call 952.924.2544 for more information or to schedule a program.



Scout programs

Westwood Hills Nature Center is a great resource for your scouting needs. We can customize our programs to meet your specific badge requirements, special awards and service projects. These activities provide scouts with the opportunity to build character and leadership, connect to the community, discover new things, collaborate with other scouts, and have fun in an outdoor environment. Our 164-acre facility includes wetland, prairie and forest habitats which are ideal for exploration and service projects. Call 952.924.2544 for more information or to schedule..

Service projects

Looking for a service project for your community, scout or service group? Westwood can provide opportunities for park cleanups, plantings or other projects. Call 952.924.2544 to schedule one.

Reach for Resources

The adaptive recreation program is a cooperative effort of Reach for Resources and the cities of Brooklyn Center, Brooklyn Park, Chanhassen, Edina, Golden Valley, Inver Grove Heights, Maple Grove, Plymouth and St. Louis Park. Reach is an agency that serves individuals with developmental disabilities and their families in western Hennepin County and eastern Carver County. Services include adaptive recreation, independent living support, case management and counseling. For more information and registration procedures, call 952.393.5880 or visit www.reachforresources.org.

Inclusion support

Reach for Resources provides inclusion support to children and adults with disabilities who would like to participate in their city's parks and recreation programs. Inclusion support through Reach is offered in the cities of Brooklyn Center, Brooklyn Park, Chanhassen, Chaska, Crystal, Edina, Golden Valley, New Brighton, New Hope, Robbinsdale, Roseville, Shoreview, St. Louis Park, Three Rivers Park District and Woodbury. After registering, contact Reach for Resources to discuss the needs/accommodations for yourself or your child. Allow a minimum of two weeks' notice for a successful inclusion.

For more information, visit page 40, call 952.393.5880 or visit www.reachforresources.org.





PARK PACK RENTALS

Westwood Hills Nature Center, 8300 W. Franklin Ave.
 Are you looking for something to do with your family? Check out Westwood's Park Packs! These free-to-use backpacks are full of nature activities, including tools for investigations, books, suggestions for art activities and more. Each Park Pack has a theme such as birds, forests, mammals, insects, ponds, or reptiles and amphibians. These packs can be borrowed for a week at a time. A valid credit card and photo ID are required for deposit. For more information, call 952.924.2544 or stop by Westwood Hills Nature Center!



ALL-TERRAIN WHEELCHAIR

Westwood Hills Nature Center, 8300 W. Franklin Ave.
 A GRIT Freedom all-terrain wheelchair is now available for visitors to use on the nature center trails. This manual, all-terrain wheelchair has a chain drive system that allows users to operate it independently or assisted by a caregiver with handlebars.
 Visitors can rent the wheelchair for free during normal business hours by visiting the interpretive center front desk. A valid credit card and photo ID required for deposit. For more information, call 952.924.2544.



WestwoodHills
 NATURE CENTER

BIRTHDAY PARTIES

AGES 4+
 Westwood Hills Nature Center is the perfect venue for any birthday party! Birthday parties include a one-hour program led by one of our naturalists and another hour for gifts and food in a private party room. Party guests will meet a live animal, go for a hike outdoors and then celebrate in the party room. You bring the treats, paperware and presents.

Call 952.924.2544 for reservations.

Reservations are being accepted for Saturdays and Sundays.

FEE \$125 per party (resident) / \$135 (non-resident)

Just looking for rental space for your party or other event? See Westwood Hills Nature Center facility rentals on pages 30 – 31.



WESTWOOD HILLS NATURE CENTER GIFT STORE

Whether you are looking to purchase a nature game, children's book or field guide for your own reference, you might find just what you are looking for in the Westwood Hills Nature Center gift store. When you visit, don't forget your quarters for the ever-popular polished rock machine located in the exhibit area.

Register early!

To ensure your participation, register as soon as possible. All activities have maximum enrollment limits. Activities also have minimum enrollment requirements and can be canceled if registration is insufficient. If the registration deadline has passed, you may call the recreation office or Westwood Hills Nature Center to see if any openings remain.

Instructors can't accept registrations in class.

Resident benefits

Residents pay a lower fee for many activities. A resident is someone who lives or works full time in St. Louis Park. Non-residents who register as residents will forfeit their fee and their place in the activity.

Access to Fun

Partial fee assistance is available to those who live, work or go to school in St. Louis Park. See page 28 for details. Those who qualify should submit an Access to Fun application.



Visit www.stlouisparkmn.gov/activities-programs for more information and the online form or call 952.924.2540.

How to register

Sorry, we can't accept registration over the phone.

1. Visit www.stlouisparkmn.gov/rec-registration. Missing information can delay your registration. Individuals with disabilities may request auxiliary aids for registration; call 952.924.2540 or email cvoss@stlouisparkmn.gov.
2. Payment must accompany registration. We accept Visa, Mastercard, Discover, American Express, cash and checks. Make checks payable to "City of St. Louis Park."
3. Mail or drop off your registration form and payment.

Confirmations and cancellations

We do not send enrollment confirmations.

You will be contacted only if:

- The program is full.
- The program is canceled.
- The date, time or location has changed.

Activities may be canceled due to poor weather. Call the weather line at 952.924.2567 if weather appears questionable.

Refund policy

Full refunds are given only when an activity is canceled by the parks and recreation department. When registration is withdrawn prior to the first day of the activity, a 20% administrative fee will be assessed. Partial credit will be considered if cancelation is due to injury or serious illness.

REGISTRATION OPTIONS



Online

CivicRec is our mobile-friendly site that provides users with an intuitive, easy-to-navigate system for browsing and registering for recreation activities, classes, sports and leagues. Visit www.stlouisparkmn.gov/rec-registration!

Fall activity registration begins Wednesday, Aug. 14.

Mail

Send the registration form along with payment to:

**The Rec Center
3700 Monterey Drive
St. Louis Park, MN 55416**

For Westwood Hills Nature Center programs, mail to:

**Westwood Hills Nature Center
8300 W. Franklin Ave.
St. Louis Park, MN 55426**

Visit our office

Drop off your registration form, along with payment, to either The Rec Center or Westwood Hills Nature Center. Forms can be dropped off at The Rec Center's front desk or in the secure lockbox located near the front desk.

The Rec Center's service counter hours

| Days | September – May | June – August |
|---|-----------------|---------------------|
| Monday – Thursday | 8 a.m. – 8 p.m. | 8 a.m. – 8 p.m. |
| Friday | 8 a.m. – 9 p.m. | 8 a.m. – 9 p.m. |
| Saturday | 9 a.m. – 6 p.m. | 9 a.m. – 7 p.m. |
| Sunday | Noon – 6 p.m. | 10:30 a.m. – 7 p.m. |
| The Rec Center will close at 4:30 p.m. Aug. 30 and Dec. 31, will close at 2 p.m. on Dec. 24, and will be closed all day Aug. 31 – Sept. 2, Nov. 28, Dec. 25 and Jan. 1. | | |

Westwood Hills Nature Center interpretive center hours

| | |
|---|--------------------|
| Monday – Friday | 8 a.m. – 4:30 p.m. |
| Saturday and Sunday | 10 a.m. – 5 p.m. |
| The interpretive center will close at 2 p.m. on Dec. 24, and will be closed all day Aug. 31 – Sept. 2, Nov. 11, Nov. 28 – 29, Dec. 25 and Jan. 1. | |
| Westwood Hills Nature Center trails are open daily, sunrise to sunset. Vestibule restroom is available during this time. | |





How it works

The city offers a program for those that live, work or attend school in St. Louis Park that may need financial assistance to participate in our recreation programs.

- A family member can receive a maximum of \$200 in fee assistance per calendar year (January – December) and must pay the first 50% of the activity/program fee.
- Eligibility is based on family size and household income. Using the table below, find your family size. If your maximum total household income is at or below the amount shown and you live, work or attend school in St. Louis Park, you would qualify.
- Fee assistance must be approved for each program/activity.
- Those who qualify should submit an application. For more information, call 952.924.2540 or download the application online at www.stlouisparkmn.gov/activities-programs.

What programs are eligible?

- Aquatic Park season passes
- Parks and recreation special events and programs
- Westwood Hills Nature Center programs



What programs are not eligible?

- Adult athletic leagues
- Any class, program or pass that is \$10 or less
- Birthday party packages
- Facility rentals (ice rinks, rooms and picnic shelters)
- Westwood Hills Nature Center outreach programs



Donate to Access to Fun

Make a tax-deductible donation to Access to Fun at www.stlouisparkmn.gov/parks-rec or call 952.924.2540 for more information.

| Family size | Your total household income may not exceed: |
|-------------|---|
| 1 | \$62,600 |
| 2 | \$71,550 |
| 3 | \$80,500 |
| 4 | \$89,400 |
| 5 | \$96,600 |
| 6 | \$103,750 |
| 7 | \$110,900 |
| 8 or more | \$118,050 |



Scan the QR code to apply!

**Based on U.S. Department of Housing and Urban Development income limits for state, federal and local programs.*

Adopt a Drain

St. Louis Park residents are invited to adopt a storm drain and help prevent pollutants from entering waterways by keeping it clear of leaves, trash and other debris. It's a simple and easy way to make a difference. Visit www.adopt-a-drain.org/map to sign up.

Keep waterways clear

Leaves and other debris that get into storm drains pollute waterways and negatively impact the health of local plants and wildlife. They can also cause flooding. Here's how to help:

Keep streets clear for street sweepers.

Avoid parking on streets during daytime hours. All city streets are swept at least twice a year - in the spring and fall. Fall street sweeping starts in early October and continues until the snow falls.

Do not rake leaves or blow grass clippings into the street.

Excess leaves raked into the street can slow down or damage sweeping equipment and contribute to the pollution of area waterways. Visit www.stlouisparkmn.gov/backyard-composting for tips on composting grass and leaves. Yard waste is also collected for pick up by the city's yard waste hauler.

Paper shredding event

Municipal Service Center, 7305 Oxford St.

Bring your confidential documents to be shredded and recycled at the fall paper shredding event. Residents may bring up to five paper grocery bags of paper. Do not use lawn/leaf bags or plastic bags. Residents must drive to the event for safety reasons. Bikers or walkers will not be allowed to enter.

Visit www.stlouisparkmn.gov/cleanup or contact public works at 952.924.2562 for additional details. Note: Shredded paper is not accepted in recycling or organics carts. Bring confidential papers to a shredding event if you would like them to be shredded on-site and recycled.

| DAY | DATE+TIME |
|-----|----------------------------|
| F | Sept. 20, 3:30 – 5:30 p.m. |

Fall is a good time to plant trees

Fall is a great time to plant trees. Lower temperatures and more precipitation provide new trees with the perfect opportunity to start establishing. Did you know roots will continue to grow even when trees lose their leaves and the soil begins to cool? On top of that, nurseries often have great deals at the end of the season. So do your part and plant a tree!

Minnehaha Creek Cleanup

Municipal Service Center, 7305 Oxford Street

Help beautify Minnehaha Creek! Meet at the Municipal Service Center, 7305 Oxford St., to clean up the creek. Gloves, waders, cleanup tools and disposable bags will be provided. Dress for the weather. No RSVP needed. For more information, contact our natural resources division at naturalresources@stlouisparkmn.gov or 952.924.2699.

| DAY | DATE+TIME |
|-----|-----------------------|
| Sa | Oct. 5, 9 a.m. – noon |

Idling reduction

Idling, or running the engine while parked, can produce more tailpipe emissions per minute than driving and has been linked to asthma symptoms, heart and lung disease, cognitive issues, and premature death. Children are even more vulnerable to air pollution than adults because they breathe more air per pound of body weight and their respiratory systems are not yet fully developed. In addition to the public health effects, idling also wastes fuel and pollutes our air. Learn more at bit.ly/IdleFreeSLP. Request paper materials or a free aluminum sign for commercial parking lots by emailing Ellie Rabine, sustainability specialist, at erabine@stlouisparkmn.gov. Commercial parking lots include schools, nonprofits, businesses and multifamily properties. Thank you helping to create cleaner air in St. Louis Park!

Winter's coming...get your home heating system checked!

Before temperatures really fall, get your home checked out by energy experts from the Home Energy Squad. Technicians will perform a whole home analysis to let you know where your home is losing heat, what equipment may need maintenance, and what the best next steps are. St. Louis Park residents qualify for discounted Home Energy Squad visits and may be eligible for our cost-sharing program, Climate Champions for Homes, after completing a "planner" visit and deciding to move forward on eligible projects, including heat pumps! State and federal rebates and tax credits are also available. Contact Sustainability Specialist Ellie Rabine at erabine@stlouisparkmn.gov to learn more.

Shade SLP Plus: no-cost tree care

Shade SLP Plus is a full-service, income-based program created to help residential property owners preserve, remove and/or reestablish tree canopy on private property. This work has become increasingly important as more and more ash trees are infested with the invasive emerald ash borer beetle (EAB). This program offers no-cost ash tree removals, EAB preventative injections, tree planting, tree pruning and on-site consultations for income qualified property owners. Visit www.stlouisparkmn.gov/shade-slp-plus for more information.

Get trees and help planting at a discounted rate

With the City of St. Louis Park's full-service tree planting option, residents can order discounted trees through Tree Trust, a local nonprofit, and work directly with them to have the tree planted at a discounted service rate. Higher discounts are available for properties located in Environmental Justice priority areas and for homes that recently lost an ash tree due to emerald ash borer (EAB). Visit www.stlouisparkmn.gov/trees for more information.

Use a city licensed tree contractor

If you hire a contractor to perform work on your trees, the contractor must be licensed by the City of St. Louis Park. The city license ensures the company has liability and workers' compensation insurance to eliminate property owners' responsibility or liability of injury or damage to your property from a misguided tree service. Don't use a contractor that solicits door-to-door and pressures you to use their service. For a current list of city licensed tree services, visit www.stlouisparkmn.gov/trees or call 952.924.2562.



WestwoodHills
NATURE CENTER

Westwood Hills Nature Center

Interpretive center

Westwood Hills Nature Center has several spaces in the interpretive center that are available to rent for meetings, wedding receptions, galas, company events, birthday parties, family reunions and more! The multipurpose room can be split into three smaller spaces (Aspen, Oak and Willow), two larger rooms or left as one large room. The interpretive center also has a smaller, separate conference room, an exhibit space and a patio space that are available to rent.

| RENTAL DAYS | TIMES |
|-------------------|-------------------|
| Monday – Thursday | 8 a.m. – 10 p.m. |
| Friday – Sunday | 9 a.m. – midnight |

Amenities

Tables (high-top and regular available), chairs, audiovisual equipment, podium, dimmable lighting, room darkening shades, mobile bar, caterer’s holding kitchen



Square feet: 2,200

Capacity:

Theater (chairs only): 174

Rectangular tables and chairs: 120

Round tables and chairs: 128

Multipurpose room

(Oak, Aspen and Willow rooms combined)

The multipurpose room overlooks the north water garden and bog and is available to rent for wedding receptions, galas, company events, family reunions and more! This space can be left as one large space or split into two or three rooms.

The outdoor patio is accessible through the combined multipurpose room. Reservation of the outdoor patio is an additional fee.

FEE

\$1,600 per 12-hour rental (resident) / \$1,900 (non-resident)

\$800 damage deposit

Oak room



Square feet: 848

Capacity:

Theater (chairs only): 72

Rectangular tables and chairs: 48

Round tables and chairs: 48

FEE

\$60 per hour (resident) / \$70 (non-resident)

\$100 damage deposit

Aspen room



Square feet: 865

Capacity:

Theater (chairs only): 72

Rectangular tables and chairs: 48

Round tables and chairs: 56

FEE

\$60 per hour (resident) / \$70 (non-resident)

\$100 damage deposit

Willow room



Square feet: 480

Capacity:

Theater (chairs only): 30

Rectangular tables and chairs: 24

Round tables and chairs: 24

FEE

\$55 per hour (resident) / \$65 (non-resident)

\$100 damage deposit

Inter indoor facility rentals



Scan the QR code for a virtual tour of the interpretive center!

Exhibit space

The 1,100-square-foot exhibit space is the perfect location to hold a networking meeting. Mingle with others while enjoying the interpretive center exhibits and displays. This room has floor-to-ceiling windows with a view of the nature center's grounds and can accommodate 50 people.

FEE

\$105 per hour (resident) / \$125 (non-resident)
\$500 refundable damage deposit



Maple conference room

The Maple conference room overlooks the woods, as well as the east lobby and fireplace. The room can accommodate 16 people.

FEE

\$55 per hour (resident) / \$65 (non-resident)
\$100 refundable damage deposit



Oak patio

The Oak patio is located at the back side of the interpretive center building and can accommodate 50 people in theater style seating. It is accessible from the multipurpose room and the exhibit hall and provides a partially sheltered area for outdoor gatherings. The patio provides a beautiful view of the nature center and overlooks the north water garden.

FEE

\$37 per hour (resident) / \$47 (non-resident)



Water garden and waterfall observation deck

Enjoy the background view of the water garden as you watch the water flow over the top of the 6-foot-high waterfall and tumble down the hillside! From the accessible observation deck, you can see the full view of the waterfall, water garden, Westwood Lake and surrounding woods. This is an ideal location for small events up to 25 people.

FEE

\$40 per hour (resident) / \$50 (non-resident)
\$100 damage deposit



For additional information and availability, contact Heidi Batistich at hbatistich@stlouisparkmn.gov or 952.928.1415.

FACILITIES AND RENTALS

All rates do not include tax.



Turf rental

March 24 – May 4, 2025

The outdoor facility will have turf, which is great for soccer, football or other activities.

SUNDAY – SATURDAY, 8 A.M. – 10 P.M.

FEE \$55 per hour (resident) / \$70 (non-resident)



Ice arena rental

Oct. 9, 2024 – March 9, 2025 (weather permitting)

Rent the outdoor ice arena for birthday parties, celebrations and company or school events. Up to 15 rental skates are included with private ice rental.

SUNDAY – SATURDAY, 8 A.M. – 10 P.M.

FEE \$170 per hour (resident) / \$175 (non-resident)



Dry floor rental

May 11 – Sept. 28, 2024

The outdoor facility accommodates up to 700 people for wedding receptions, bar and bat mitzvah parties, company events, birthday parties and a variety of large-scale gatherings. The facility rental includes a public announcement system.

SUNDAY – SATURDAY, 8 A.M. – 10 P.M.

FEES \$55 per hour (resident) / \$70 (non-resident)
no services, just space
\$100 per hour (resident) / \$115 (non-resident)
additional services (i.e. set up needed)
\$75 food and beverage fee (events over 100 people)
\$300 refundable damage deposit



Events at the



- ROCtoberfest: Sept. 21, 5 – 9 p.m.
- Goblins on Ice: Oct. 25, 5:45 – 7 p.m.
- Skate School Fall Showcase: Nov. 9, 6 – 7:30 p.m.
- Disco Ball Ice Skating: Dec. 20, Jan. 17, Feb. 7, 5:45 – 7:15 p.m.
- New Year's Eve at the ROC: Dec. 31, 4 – 6 p.m.
- ShamROC Ice Bowling: March 15, 2025

Rent the



The ROC floor measures 200 feet by 85 feet and includes bleacher seating for 450 people.



Scan the QR code for a virtual tour!



Indoor ice arena

The Rec Center facilities

3700 Monterey Drive • 952.924.2540

Banquet Room rental

The Banquet Room overlooks the Aquatic Park and Wolfe Park and is available for wedding receptions, birthday parties, bar and bat mitzvah parties, company events, family reunions and meetings. The room seats up to 160 people and offers a caterer's holding kitchen, dance floor, dimmable lighting and sound system. Audiovisual equipment can be rented for an additional fee. Alcoholic beverages are allowed but must be provided and served by a licensed caterer. An additional \$310 is charged to retain a police officer if alcohol is served.

AVAILABLE TO RENT SUNDAY - FRIDAY (TWO-HOUR MINIMUM)

FEE \$75 per hour (resident) / \$85 (non-resident)
\$700 refundable damage and kitchen cleaning deposit

AVAILABLE TO RENT SATURDAY, 8 A.M. - MIDNIGHT

FEE \$750 (resident) / \$850 (non-resident)
\$850 refundable damage and kitchen cleaning deposit

Banquet Room



Gallery Room rental

Located on the first floor of The Rec Center, the Gallery Room can accommodate up to 40 people for small group gatherings, team meetings and birthday parties. Audiovisual equipment can be rented for an additional fee. Total fee depends on duration of rental and amenities.

AVAILABLE TO RENT SUNDAY - SATURDAY, 8 A.M. - 10 P.M. (TWO-HOUR MINIMUM)

FEE \$55 per hour (resident) / \$65 (non-resident)
\$100 refundable damage deposit

Indoor ice skating party

During public skating sessions (see page 20 for hours), either the Gallery or Banquet rooms can be rented for private parties. Each party will include two-hour use of a room and admission to open skating for up to 15 people. Skate rental will be available for an additional \$3 per pair.

GALLERY ROOM

FEE \$115 per two hours (resident) / \$140 (non-resident)

BANQUET ROOM

FEE \$130 per two hours (resident) / \$165 (non-resident)

Indoor ice arena rental

Rent The Rec Center's indoor ice arena for birthday parties, celebrations and company or school events. We'll provide the Gallery Room for two hours without additional charge. The Banquet Room can also be reserved for use at half the cost. Up to 15 rental skates are included with private ice rental.

SUNDAY - SATURDAY, 8 A.M. - 10 P.M.

FEE \$235 per hour, plus tax





OUTDOOR FACILITY RENTALS

Picnic shelter rental

| WEEKENDS | WEEKDAYS | RENTAL HOURS |
|-----------------------|------------------|--------------------------------|
| May 4 – Sept. 8, 2024 | May 28 – Aug. 30 | 10 a.m. – 2 p.m. or 4 – 8 p.m. |

These open-air shelters have access to electricity, and most have grills (except for Fern Hill Park and Westwood Hills Nature Center). Indoor restrooms are open May 24 – Sept. 1. Portable toilets will be available before May 23 and after Sept. 2. A permit is required for live bands or amplified music.

Rental applications are accepted seven days or more prior to the event.

\$100 refundable damage deposit for all picnic shelter rentals.

| LOCATION | ADDRESS | CAPACITY | AMENITIES | FEE PER BLOCK (RESIDENT – R / NON-RESIDENT – NR) |
|------------------------------|---------------------------|----------|---|--|
| Fern Hill Park | 4421 28th St. W. | 80 | Picnic tables (6) | \$90 (R) / \$110 (NR) |
| Oak Hill Park, main | 3201 Rhode Island Ave. S. | 100 | Picnic tables (10), grill | \$120 (R) / \$150 (NR) |
| Oak Hill Park, central | 3201 Rhode Island Ave. S. | 40 | Picnic tables (4), grill | \$95 (R) / \$115 (NR) |
| Westwood Hills Nature Center | 8300 W. Franklin Ave. | 48 | Picnic tables (6), restrooms, sink, drinking fountain | \$135 (R) / \$165 (NR) |
| Wolfe Park, East | 3700 Monterey Drive | 35 | Picnic tables (3), grill | \$95 (R) / \$115 (NR) |
| Wolfe Park, West | 3700 Monterey Drive | 35 | Picnic tables (4), grill | \$95 (R) / \$115 (NR) |

Note: Picnic shelters in all other parks can't be reserved; they are available only on a first-come, first-serve basis.

Holidays: Outdoor facilities can't be reserved on Memorial Day, Independence Day, Juneteenth or Labor Day.



Thanks to a public safety aid grant, the parks and recreation department has installed four external AEDS (automated external defibrillators) in St. Louis Park. The AEDS are in climate-controlled cabinets at Aquila Park, Wolfe Park, Louisiana Oaks Park and Westwood Hills Nature Center and are available for park users to use at any time. These units are set up on a monitoring system to help keep our community a safe place to recreate for all.



Park building rental

| WEEKENDS | WEEKDAYS | RENTAL HOURS |
|-----------------------|------------------|------------------------------------|
| May 4 – Sept. 8, 2024 | May 28 – Aug. 30 | 9 a.m. – 9 p.m. (two-hour minimum) |

All park buildings are fully enclosed and have indoor restrooms, tables and chairs, and free Wi-Fi. For an additional fee and based on staff availability, rental outside season listed above may be available.

Rental applications are accepted seven days or more prior to the event.

A \$100 refundable damage deposit for park building rentals.

NEW: Organic bins available upon request!

| LOCATION | ADDRESS | CAPACITY | AMENITIES | FEE PER HOUR (RESIDENT – R / NON-RESIDENT – NR) |
|------------------------------|---------------------------|----------|---|---|
| Birchwood Park | 2701 Zarthan Ave. S. | 20 | Tables (8), chairs (23), indoor fireplace | \$70 (R) / \$80 (NR) |
| Browndale Park | 4955 Morningside Road | 20 | Tables (6), chairs (25), indoor fireplace | \$70 (R) / \$80 (NR) |
| Louisiana Oaks Park | 3520 Louisiana Ave. S. | 30 | Tables (6), chairs (34) | \$70 (R) / \$80 (NR) |
| Nelson Park | 2500 Georgia Ave. S. | 20 | Tables (5), chairs (24) | \$70 (R) / \$80 (NR) |
| Oak Hill Park | 3201 Rhode Island Ave. S. | 20 | Tables (8), chairs (25), indoor fireplace, splash pad | \$70 (R) / \$80 (NR) |
| Westwood Hills Nature Center | 8300 W. Franklin Ave. | 25 | Tables (4), chairs (32) | \$75 (R) / \$85 (NR) |
| Wolfe Park (year-round) | 3700 Monterey Drive | 30 | Tables (7), chairs (30), indoor fireplace | \$70 (R) / \$80 (NR) |

Holidays: Park buildings can't be reserved on Memorial Day, Independence Day, Juneteenth or Labor Day.



Veterans' Memorial Amphitheater rental

3700 Monterey Drive

Terraced into the hill, the amphitheater connects Wolfe Park to the Excelsior & Grand Town Green. Its eight terraced tiers offer seating for 300 people. The concrete stage at the bottom of the hill is edged with trees and shrubs. When no public events are scheduled, the amphitheater can be rented for weddings and other events from 8 a.m. – 10 p.m. daily. There is an additional fee for overhead lights after dusk.

If either the amphitheater or Wolfe Park building is rented with The Rec Center's Banquet Room, the amphitheater/park building rate drops to half price. Total fee depends on time of day and rental length.

Rentals are accepted seven days or more prior to the event.

| FACILITY | CAPACITY | FEE, TWO-HOUR MINIMUM |
|--------------------------------------|------------|--|
| Veterans' Memorial Amphitheater only | 300 people | \$80 per hour (resident) / \$90 (non-resident) |
| Wolfe Park building and amphitheater | 300 people | \$110 per hour (resident) / \$130 (non-resident) |

COURT RENTALS

Stop by and use any of St. Louis Park's pickleball, sand volleyball or tennis courts.

APRIL - OCTOBER

FEE \$30 per hour per court (resident) / \$35 (non-resident)

Pickleball

| LOCATION | ADDRESS | # OF COURTS |
|--------------------|---------------------|-------------|
| Bass Lake Preserve | 3501 Beltline Blvd. | 2 |
| Wolfe Park | 3700 Monterey Drive | 5 |

Sand volleyball

| LOCATION | ADDRESS | # OF COURTS |
|------------------------------|---------------------|-------------|
| St. Louis Park Middle School | 2025 Texas Ave. S. | 2 |
| Wolfe Park | 3700 Monterey Drive | 1 |

Tennis

| LOCATION | ADDRESS | # OF COURTS |
|--------------------|------------------------|-------------|
| Aquila Park | 3110 Xylon Ave. S. | 8 |
| Bass Lake Preserve | 3501 Beltline Blvd. | 2 |
| Carpenter Park | 4900 Highway 7 | 3 |
| Fern Hill Park | 4421 28th St. W. | 1 |
| Northside Park | 2200 Louisiana Ave. S. | 2 |

City and trail map

Pick up a city and trail map at city hall, The Rec Center, Westwood Hills Nature Center or the St. Louis Park Public Library. Call 952.924.2540 or email cross@stlouisparkmn.gov to have a map mailed to you for free.



Off-leash dog parks

Cedar Knoll Park, 2541 Nevada Ave. S.

Dakota Park, 2643 Dakota Ave. S.

St. Louis Park's two off-leash dog parks offer a fun opportunity for you and your pet to get out and enjoy the great outdoors! Residents must have a current St. Louis Park dog license, which includes access to the parks. Non-residents must purchase a permit for the parks, which is good January through December of the current year. Print an application online at www.stlouisparkmn.gov, or pick one up at the building and energy department service counter at city hall, 5005 Minnetonka Blvd., 8 a.m. – 4:30 p.m., Monday – Friday.

DAILY HOURS FOR THE DOG PARKS ARE 7 A.M. - 8:30 P.M.

FEE \$55 per permit (non-resident)



Outdoor skate park

Carpenter Park, 4900 Highway 7

Check out the 6,500-square-foot all concrete skate park designed with stairs, rails and mini half-pipe, replicating a plaza-style skate park! Call 952.924.2540 for rental information.

9 A.M. - DUSK; SEASONAL

FEE Free

Professional photos

Interested in using a St. Louis Park facility for a professional photo or video shoot? Contact the city in advance at 952.924.2540.

Wood mulch

The city offers all natural, shredded wood mulch delivery within St. Louis Park. Call 952.924.2562 to request wood mulch.

FEE \$80 for approximately 3 cubic yards

OUTDOOR RINKS WITH WARMING HOUSES

The city operates five parks with warming houses near their skating rinks: Birchwood, Browndale, Nelson, Oak Hill and Parkview parks. Call the weather line at 952.924.2567 regarding weather-related closures.

WARMING HOUSE HOURS

Regular hours

Dec. 20 – 22, Jan. 6 – Feb. 17

(holidays and weather permitting)

| DAYS | TIMES |
|--------|---------------------|
| M – Th | 4 – 8 p.m. |
| F | 4 – 8:30 p.m. |
| Sa | 10 a.m. – 8:30 p.m. |
| Su | Noon – 7 p.m. |

Winter break hours

Dec. 23 – Jan. 5

| DAYS | TIMES |
|--------|---------------------|
| M – Sa | 10 a.m. – 8:30 p.m. |
| Su | Noon – 8:30 p.m. |

Holiday and school release day hours

| DATES | TIMES |
|---------|-------------------|
| Dec. 24 | 10 a.m. – 2 p.m. |
| Dec. 25 | Closed |
| Dec. 31 | 10 a.m. – 6 p.m.* |
| Jan. 1 | Noon – 8:30 p.m. |
| Jan. 20 | Noon – 8 p.m. |
| Jan. 24 | Noon – 8:30 p.m. |
| Feb. 17 | Noon – 8:30 p.m. |

*Oak Hill Park will be open for extended hours Dec. 31 from 6 – 9 p.m.

OUTDOOR RINK LOCATIONS

The city operates 11 parks with skating rinks.

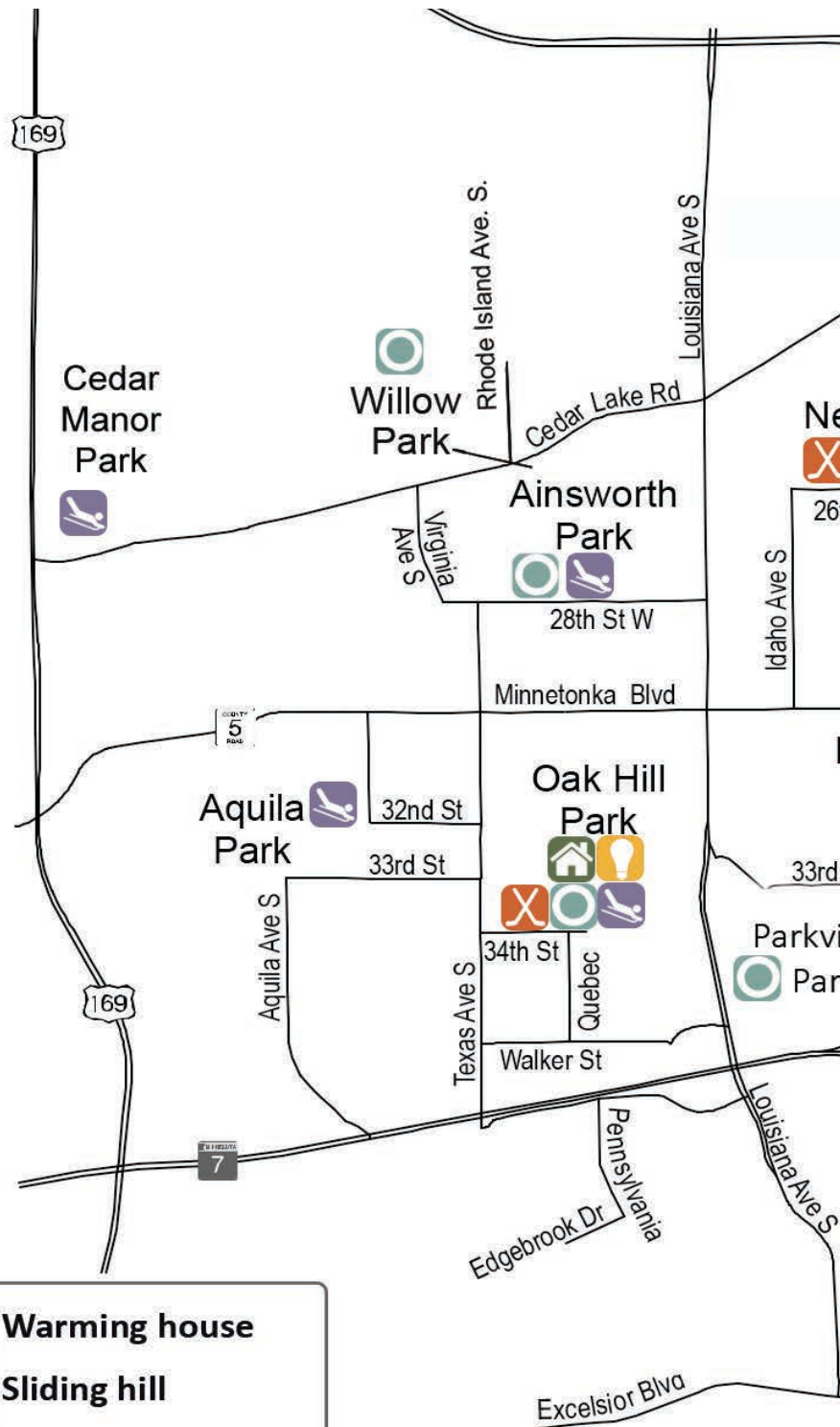
Outdoor rinks

| LOCATION | ADDRESS |
|----------------|---------------------------|
| Ainsworth Park | 7700 28th St. W. |
| Bass Lake Park | 3450 Glenhurst Ave. |
| Birchwood Park | 2701 Zarthan Ave. S. |
| Browndale Park | 4955 Morningside Road |
| Center Park | 3750 Wooddale Ave. |
| Fern Hill Park | 4421 W. 28th St. |
| Jackley Park | 4215 Brookside Ave. |
| Nelson Park | 2500 Georgia Ave. S. |
| Oak Hill Park | 3201 Rhode Island Ave. S. |
| Parkview Park | 6801 33rd St. W. |
| Willow Park | 2500 Rhode Island Ave. S. |



Outdoor winter

winter of



| | |
|--|----------------------|
| | Warming house |
| | Sliding hill |
| | Skating rink |
| | Hockey rink |
| | Lights |

er facility map

2024-2025



NELSON PARK GENERAL SKATING SCHEDULE

Below are the days and times when the WEST rink will be open for general skating (no sticks or goals allowed).

Regular hours

Dec. 20 – 22; Jan. 6 – Feb. 17

| DAYS | TIMES |
|-----------|------------------|
| M, Tu, Th | 4 – 6 p.m. |
| W, F | 4 – 8 p.m. |
| Sa | 10 a.m. – 2 p.m. |
| Su | Noon – 2 p.m. |

Winter break hours

Dec. 23 – Jan. 5

| DAYS | TIMES |
|-------|------------------|
| M – F | 10 a.m. – 6 p.m. |
| Sa | 10 a.m. – 2 p.m. |
| Su | Noon – 2 p.m. |

Holiday and school release days hours

| DATES | TIMES |
|---------|------------------|
| Dec. 24 | 10 a.m. – 2 p.m. |
| Dec. 25 | Closed |
| Dec. 31 | 10 a.m. – 6 p.m. |
| Jan. 1 | Noon – 6 p.m. |
| Jan. 20 | Noon – 6 p.m. |
| Jan. 24 | Noon – 6 p.m. |
| Feb. 17 | Noon – 6 p.m. |

RENTALS

Warming house rentals

The four enclosed park buildings listed below can accommodate groups up to 25 and are available for rental before, during and after regular warming house hours.

| LOCATION | ADDRESS |
|----------------|---------------------------|
| Birchwood Park | 2701 Zarthan Ave. S. |
| Browndale Park | 4955 Morningside Road |
| Nelson Park | 2500 Georgia Ave. S. |
| Oak Hill Park | 3201 Rhode Island Ave. S. |

Before/after warming house hours

Private use of the warming house before or after regular public hours. Tables and chairs are included.

FEE \$50 per hour (resident) / \$60 (non-resident)

During warming house hours

Tables and chairs can be set up for rentals in a designated area of the warming house. The general public may still access the building during this time. Group size for this time may be limited.

FEE \$20 per hour (resident and non-resident)

Outdoor hockey rentals

Outdoor hockey rinks (with hockey nets) are available for private rental at the four parks listed above during regular warming house hours. Broomball and hockey nets are available only at Nelson Park.

FEE \$30 per hour (resident) / \$40 (non-resident)

COMMUNITY EDUCATION



St. Louis Park Community Education is a department of St. Louis Park Public Schools. They support lifelong learning at every level, with programs for infants through senior citizens. Registration for Community Education courses can be found at www.slpcommunityed.com.

Kyudo Japanese Longbow Archery ADULTS

Central Community Center gym, 6300 Walker St. Influenced by the culture of Japan's samurai warriors, Imperial Court and Shinto and Buddhist traditions, Kyudo is practiced as a means to self-improvement. The non-competitive and introspective nature of Japanese archery allows practitioners to gain insight into their personalities. Instructors: Carly Born and John Born
*Instructors will collect an additional \$25 to cover the cost of your own practice bow. Annual membership to Minnesota Kyudo Renmei is required for returning students. Loaner equipment provided for most adults.

Returning students

| DAYS | DATES+TIMES | ACTIVITY# |
|--|---|-----------|
| Sa | Sept. 7 – Dec. 14, 11 a.m. – 2:30 p.m. | A105CSa |
| FEE | \$84 per person + \$25 for practice bow | |
| Tu | Sept. 10 – Dec. 10, 7 – 9 p.m. | A105CTu |
| FEE | \$72 per person + \$25 for practice bow | |
| Registration deadline: two days before start date or when full | | |

New students

| DAYS | DATES+TIMES | ACTIVITY# |
|--|--------------------------------|-----------|
| Tu | Sept. 10 – Dec. 10, 7 – 9 p.m. | A105CTu |
| FEE | \$72 per person | |
| Sa | Sept. 28 – Dec. 14, 1 – 2 p.m. | A105CSa |
| FEE | \$65 per person | |
| Registration deadline: two days before start date or when full | | |



Burmese Curry Noodles

ADULTS

Online

Let's learn how to make Burmese curry from scratch! Participants will make a version of Mandalay Mouti Thoke, chicken yellow curry with noodles. Egg noodles and curry with chicken will be made from scratch. Instructor: Ploy Khunisorn

| DAY | DATE+TIME | ACTIVITY# |
|--|---|-----------|
| Tu | Sept. 24, 6 – 8 p.m. | A111W24 |
| FEE | \$45 per person (senior member) / \$49 (non-member) | |
| Registration deadline: Sept. 19 or when full | | |

Mike Lynch Minnesota Starwatch Program

ALL AGES

Sandburg Middle School, Tapper Field 2, 2400 Sandburg Ln, Golden Valley
Get to know constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse and others. Great constellation mythological stories will also be featured. We'll have giant telescopes aimed at Saturn, star clusters, galaxies and more. An astronomical camera system will also capture breathtaking images. Mike Lynch is a retired WCCO meteorologist and has been hosting Minnesota and Wisconsin Starwatch programs for over 50 years!

| DAY | DATE+TIME | ACTIVITY# |
|--|---|-----------|
| Sa | Sept. 28, 7:30 – 9:30 p.m. | A101Y24 |
| FEE | \$25 per person / \$45 per couple / \$65 per family | |
| Registration deadline: Sept. 20 or when full | | |

Sewing Machine Clinic/Learn to Sew

ADULTS

Lenox Community Center room 110, 6715 Minnetonka Blvd. Do you have a sewing machine that you're not comfortable using? We will cover basic maintenance and cleaning techniques, then sew a simple tote bag and a scarf. Visit www.slpcommunityed.com for a list of supplies needed for the class. Instructor: Lara Neel

| DAY | DATES+TIME | ACTIVITY# |
|---|------------------------------|-----------|
| W | Sept. 4 – Oct. 2, 6 – 8 p.m. | A109L24 |
| FEE | \$65 per person | |
| Registration deadline: Sept. 3 or when full | | |



A Road Trip Around Minnesota: Barn Quilt Trails

ADULTS

Lenox Community Center room 108, 6715 Minnetonka Blvd. Minnesota is fortunate to have several Barn Quilt Trails. Pieces of art that adorn the side of barns and buildings throughout the state are set up to not only pay homage to heritage or interests but to bring people into an area. Through a variety of photos, the instructor will lead you around the state to give you a sampling of what is out there. Instructor: Jay Grammond

| DAY | DATE+TIME | ACTIVITY# |
|---|---|-----------|
| M | Sept. 9, 6:30 – 7:30 p.m. | A120L24 |
| FEE | \$12 per person (senior member) / \$15 (non-member) | |
| Registration deadline: Sept. 6 or when full | | |

Feldenkrais Awareness Through Movement

ADULTS

Online

Move better, feel better! Everything we do in life involves sensation and movement, and the Feldenkrais Method® harnesses both, using your brain's deepest means of improvement (scientists call it "neuroplasticity") to create change. This class uses exploratory movement and guided attention to evoke new, more efficient neuromuscular patterns, reducing pain, tension and fatigue, and improving your coordination, flexibility, balance, strength and focus.

Instructor: Maggie Vogel-Martin

| DAY | DATES+TIME | ACTIVITY# |
|--|---|-----------|
| Th | Sept. 26 – Oct. 31, 5 – 6 p.m. | A100W24 |
| Th | Nov. 7 – Dec. 19, 5 – 6 p.m. | A300W24 |
| FEE | \$67 per person (senior member) / \$72 (non-member) | |
| Registration deadline: one week before start date or when full | | |

Know Your Muslim Student

ADULTS

Lenox Community Center room 115, 6715 Minnetonka Blvd. Teachers, get to know your Muslim students by gaining an understanding of their religious beliefs and practices and how you can meet their unique needs in the classroom and school environments. We will also mention cultural considerations for the most common groups of Muslims represented in Minnesota. This class will provide a safe space for you to ask any related questions about your Muslim student. Taught by Building Blocks of Islam.

| DAY | DATE+TIME | ACTIVITY# |
|---|-----------------------------|-----------|
| Th | Oct. 17, 6 – 9 p.m. | A171L24 |
| FEE | Free; registration required | |
| Registration deadline: Oct. 16 or when full | | |



Easy Artisan Bread

ADULTS

Lenox Community Center cafeteria, 6715 Minnetonka Blvd. Make a batch of dough to take home, get recipes for several artisan bread options, and sample a variety of breads. Bring a 4-quart mixing bowl with cover, a set of measuring cups and spoons, and a large mixing spoon to class. Demonstration, hands-on and tasting.

Instructor: Carol Schuab

| DAY | DATE+TIME | ACTIVITY# |
|--|--------------------------------------|-----------|
| Th | Oct. 3, 6:30 – 8:15 p.m. | A184L24 |
| FEE | \$49 per person, plus \$9 supply fee | |
| Registration deadline: Oct. 1 or when full | | |

Glass Mosaic Window or Table Lamp

ADULTS

Lenox Community Center room 108, 6715 Minnetonka Blvd. Create a custom, colorful table lamp or window! Using pre-cut glass and some creativity, you will cover a 4-inch by 9-inch or 8-inch by 8-inch lamp or 20-inch by 25-inch, four-pane window. Stencils will be available, or you can use your creativity to make a beautiful work of art. You will learn about glass cutting, mosaic resources and other types of mosaics.

Instructor: Lindsey Guetter

| DAY | DATES+TIME | ACTIVITY# |
|--|----------------------------------|-----------|
| Th | Oct. 3 and 10, 6 – 8:30 p.m. | A158L24 |
| FEE | \$39 per person, plus supply fee | |
| Registration deadline: Oct. 1 or when full | | |

Adventures in Knitting

ADULTS

Lenox Community Center room 103, 6715 Minnetonka Blvd. Join us for our very own knitter's workshop! Students can choose from four projects. You bring the yarn and needles, and the teacher, Lara Neel, will bring the patterns. This class is perfect for knitters of all levels. A materials list will be provided at registration.

Instructor: Lara Neel

| DAY | DATES+TIME | ACTIVITY# |
|--|-----------------------------|-----------|
| W | Oct. 9 – Nov. 6, 6 – 8 p.m. | A172L24 |
| FEE | \$65 per person | |
| Registration deadline: Oct. 8 or when full | | |



Instant Piano for Busy People

ADULTS

Online

Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow-up lessons, a recording of the class and an optional periodic question and answer session. Class is held online using Zoom and is part hands-on instruction and part lecture/demonstration.

Instructor: Craig Coffman

| DAY | DATE+TIME | ACTIVITY# |
|---|---|-----------|
| Sa | Oct. 26, 9 a.m. – noon | A127W24 |
| FEE | \$75 per person (senior member) / \$79 (non-member) | |
| Registration deadline: Oct. 25 or when full | | |



Instant Guitar for Busy People

ADULTS

Online

This crash course will teach you some basic chords and get you to play along with your favorite songs. Fee includes the online book, online follow-up lessons, a recording of the class and an optional periodic question and answer session. Class is held online using Zoom and is part hands-on instruction and part lecture/demonstration.

Instructor: Craig Coffman

| DAY | DATE+TIME | ACTIVITY# |
|---|---|-----------|
| Sa | Oct. 26, 1 – 3:30 p.m. | A128W24 |
| FEE | \$75 per person (senior member) / \$79 (non-member) | |
| Registration deadline: Oct. 25 or when full | | |

Know Your Muslim Neighbor

ADULTS

Lenox Community Center room 115, 6715 Minnetonka Blvd. Join a lively discussion about Islam and Muslims. You'll learn about the articles of faith, rituals and practices, and how they affect a Muslim's daily life. This course will provide you with a safe space to ask any related questions about your Muslim neighbor. We look forward to seeing you in our journey to break through any stereotypes and misconceptions about each other and build a stronger community together. Taught by Building Blocks of Islam.

| DAY | DATE+TIME | ACTIVITY# |
|--|-----------------------------|-----------|
| W | Nov. 6, 6 – 9 p.m. | A170L24 |
| FEE | Free; registration required | |
| Registration deadline: Nov. 5 or when full | | |

Tantalizing Thai-Jeff Sandino

ADULTS

Wayzata Central Middle School, room CMS: A 306, 305 Vicksburg Lane N, Plymouth

You'll begin by preparing fresh Vietnamese summer rolls paired with a variety of dipping sauces. Then, learn how to prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles, chicken, eggs, chilies, garlic, basil and more. Vietnamese spring rolls follow, stuffed with pork, turkey and glass noodles, fried with nuoc cham for dipping. We'll finish with a smooth, creamy lime custard topped with a dollop of fresh whipped cream.

| DAY | DATE+TIME | ACTIVITY# |
|---|---------------------|-----------|
| Tu | Dec. 17, 6 – 9 p.m. | A308Y24 |
| FEE | \$55 per person | |
| Registration deadline: Dec. 13 or when full | | |

ADAPTIVE RECREATION



REACH FOR RESOURCES

The adaptive recreation program is a cooperative effort of Reach for Resources and the cities of Brooklyn Center, Brooklyn Park, Chanhassen, Edina, Golden Valley, Inver Grove Heights, Maple Grove, Plymouth and St. Louis Park. Reach is an agency that serves individuals with developmental disabilities and their families in western Hennepin County and eastern Carver County. Services include adaptive recreation, independent living support, case management and counseling. NOTE: People not living in one of the above cities are considered “non-residents” and should pay the non-resident fee when applicable. For more information and registration procedures, call 952.393.5880 or visit www.reachforresources.org.

INCLUSION SUPPORT

Reach for Resources provides inclusion support to children and adults with disabilities who would like to participate in their city’s parks and recreation programs. Inclusion support through Reach is offered in the cities of Brooklyn Center, Brooklyn Park, Chanhassen, Chaska, Crystal, Edina, Golden Valley, New Brighton, New Hope, Robbinsdale, Roseville, Woodbury, Shoreview, St. Louis Park and Three Rivers Park District. After registering, contact Reach for Resources to discuss the needs/ accommodations for yourself or your child. Allow a minimum of two weeks’ notice for a successful inclusion.

Rec Therapy: Painting Small Group

AGES 14+

The Rec Center Gallery, 3700 Monterey Drive
This class is designed to provide a safe and supportive space for adults with disabilities to express themselves through painting. Participants can explore their emotions, build self-esteem and develop new coping skills in a therapeutic setting while creating a new project each week.

| DAY | DATES+TIME |
|--------------------------------|--|
| W | Sept. 4 – 25, 2 – 3:30 p.m. |
| FEE | \$183.60 per person, waiver funding eligible |
| Registration deadline: Aug. 30 | |

Bowling

ALL AGES

Park Tavern, 3401 Louisiana Ave. S.
Join our non-competitive bowling league which provides a fun and inclusive environment. Registration includes two games of bowling per week and shoes.

| DAY | DATES+TIME |
|---------------------------------|--|
| Sa | Sept. 28 – Nov. 16, 10 a.m. – noon |
| FEE | \$84 per person (resident) / \$93 (non-resident) |
| Registration deadline: Sept. 21 | |

Craft: Sunflower Coasters

AGES 14+

The Rec Center Gallery Room, 3700 Monterey Drive
Using jute, yarn and a hot glue gun, create these festive and functional coasters! We'll have supplies for each person to make four.

| DAY | DATE+TIME |
|---------------------------------|--|
| M | Sept. 30, 6:30 – 8 p.m. |
| FEE | \$15 per person (resident) / \$17 (non-resident) |
| Registration deadline: Sept. 23 | |

Custom Autumn T-shirts, WSN-4

AGES 18+

The Rec Center Gallery Room, 3700 Monterey Drive
Make a fabulous, festive fall T-shirt. Use your imagination to make a garment as unique as you!

| DAY | DATE+TIME |
|-------------------------------|--|
| W | Oct. 9, 6:30 – 8 p.m. |
| FEE | \$16 per person (resident) / \$18 (non-resident) |
| Registration deadline: Oct. 2 | |



Bingo Night, WSN-5

AGES 18+

The Rec Center Banquet Room, 3700 Monterey Drive
BINGO! PRIZES! BINGO! PRIZES! You get the idea. Join us for a fun filled evening!

| DAY | DATE+TIME |
|---|--|
| W | Oct. 16, 6:30 – 8 p.m. |
| FEE | \$10 per person (resident) / \$11 (non-resident) |
| Registration deadline: three days before program start date | |

Eat at Wok in the Park, WSN-7

AGES 18+

Wok in the Park, 3005 Utah Ave. S.
Enjoy dinner out socializing with friends at this Asian fusion food restaurant. Gluten free and vegetarian options available.

| DAY | DATE+TIME |
|--------------------------------|--|
| W | Oct. 30, 6:30 – 8:30 p.m. |
| FEE | \$10 per person (resident) / \$11 (non-resident) |
| Registration deadline: Oct. 23 | |

Winter Solstice Party

AGES 14+

Wolfe Park Building, 3700 Monterey Drive
Immerse yourself in a cozy environment while celebrating the winter solstice. We'll do some chocolate fondue and make lanterns in a warm and inviting atmosphere for relaxation, reflection and connection.

| DAY | DATE+TIME |
|--------------------------------|--|
| Sa | Dec. 21, 2 – 4 p.m. |
| FEE | \$15 per person (resident) / \$17 (non-resident) |
| Registration deadline: Dec. 13 | |

SENIOR PROGRAMS



The St. Louis Park Senior Program, based at Lenox Community Center, is for adults aged 50 and better. It is operated through a partnership between the City of St. Louis Park and St. Louis Park Community Education (a department of St. Louis Park Public Schools).

Tech Help Thursday

Lenox Community Center room 110, 6715 Minnetonka Blvd. Join us two Thursdays each month from 1 - 4 p.m. with your cell phone, laptop, iPhone or any other technology to meet with a volunteer from Senior Community Services to receive free help.
Instructor: Chuck Van De Weghe

*Senior Community Services requires registration forms to be completed prior to receiving support. Call Lenox at 952.928.6444 to learn more!

Living an Intentional Life in your 3rd Act

Lenox Community Center room 103, 6715 Minnetonka Blvd. A four-part exploration of the opportunities for change, growth and authenticity that exist in the third phase of life. We will look at how society devalues aging and how that contradicts the value of elders in any society. The class will consist of lectures, group discussion and homework assignments. Instructor: David Carey

| DAY | DATES+TIMES | ACTIVITY # |
|---|--|------------|
| M | Sept. 9 – 30, 6:30 – 8:30 p.m. | A207L24 |
| FEE | \$55 per person (member) / \$59 (non-member) | |
| Registration deadline: Sept. 5 or when full | | |

Learn How to Play American Mah Jongg

Lenox Community Center room 109, 6715 Minnetonka Blvd. Join the fun of playing Mah Jongg, a challenging game and good for keeping the mind active. This is a class teaching the American version, which you can play wherever and with anyone.
Instructor: Sally Berg

| DAY | DATES+TIMES | ACTIVITY # |
|--|--|------------|
| Th | Oct. 10 – Nov. 7, 10 a.m. – noon | A282L24 |
| FEE | \$65 per person (member) / \$69 (non-member) | |
| Registration deadline: Oct. 1 or when full | | |

Everything You Want to Know About Medicare

Lenox Community Center room 110, 6715 Minnetonka Blvd. An educational presentation to learn more about Medicare. Topics will include parts A, B, C and D of Medicare; application process; estimated costs; supplements; MAPD; and when is the right time to sign up. This is an ideal course for people that are turning 65, those over 65 and coming off their employer medical plan, and those currently enrolled in Medicare.

Instructor: Greg DeKeuster

| DAY | DATES+TIMES | ACTIVITY # |
|---|------------------------------------|------------|
| M | Oct. 17, 6:30 – 8 p.m. | A234L24A |
| Th | Nov. 21, 9 – 10:30 a.m. | A234L24B |
| FEE | \$55 (members) / \$59 (non-member) | |
| Registration deadline: Sept. 5 or when full | | |

Understanding Sexual Orientation and Gender Identity

Lenox Community Center room 115, 6715 Minnetonka Blvd. Are you confused by the evolution of terminology and expression of sexual orientation and gender identity? You will enjoy frank conversation to help you understand these aspects that we all share as human beings. Past participants have appreciated the way this topic is covered and have left with a much deeper understanding.
Instructor: Paul Blom

| DAY | DATES+TIMES | ACTIVITY # |
|--|-------------------------------------|------------|
| F | Nov. 8, 2 – 3:30 p.m. | A215L24 |
| FEE | Free for members / \$5 (non-member) | |
| Registration deadline: Nov. 7 or when full | | |

Estate Planning Solutions

Lenox Community Center room 115, 6715 Minnetonka Blvd. Wills, trusts, health care directives and powers of attorney will be explained. Learn when a will is sufficient and when you might prefer a trust. Learn ways to avoid probate. Discussion of common mistakes will help you avoid unwanted consequences.
Instructor: Bonnie Wittenburg

| DAY | DATES+TIMES | ACTIVITY # |
|---|--|------------|
| Tu | Nov. 12, 6 – 7 p.m. | A157L24 |
| FEE | \$15 per person (member) / \$19 (non-member) | |
| Registration deadline: Nov. 11 or when full | | |



Japanese Miso Ramen from Scratch

Online We will be making Japanese miso ramen from scratch. We will start with making ramen noodles from scratch. Then, we'll braise cha shu chicken and make miso broth. We will serve our ramen with marinated soft-boiled eggs and different toppings.
Instructor: Ploy Khunisorn

| DAY | DATES+TIMES | ACTIVITY # |
|--|--|------------|
| Tu | Dec. 10, 6 – 8 p.m. | A102W24 |
| FEE | \$45 per person (member) / \$49 (non-member) | |
| Registration deadline: Dec. 5 or when full | | |

Craft Fair at Lenox

Enjoy a variety of vendors from woodworking and paintings, to mittens and pottery to jewelry and more! All items are handmade by local artisans. If you're interested in being a vendor, contact Becky Bormann at 952.928.6441.

| DAY | DATE+TIME |
|------------|--------------------------|
| Sa | Nov. 2, 10 a.m. – 2 p.m. |
| FEE | Free |



FRIENDS OF THE ARTS



St. Louis Park Friends of the Arts (FotA)

Friends of the Arts is a nonprofit community organization that has been building the community through the arts since 1995, with a mission to support, promote and enhance the arts in St. Louis Park to bring people together. Friends of the Arts connects people and organizations around the arts, shares arts-related information and resources, supports local artists and coordinates community arts programs.

St. Louis Park Art Fair

Recreation Outdoor Center (ROC), 3700 Monterey Drive
This free, family-friendly event has become a staple in the St. Louis Park community. Whether you want to buy art from local artists, hear music and see performances, or connect with local community organizations, there is something for everyone at the St. Louis Park Art Fair! Celebrate community, shop local artists and maker booths, and enjoy a variety of events and activities for the whole family.

The St. Louis Park Art Fair is made possible by a partnership between Friends of the Arts, the City of St. Louis Park and by the event founder and coordinator, St. Louis Park resident, Alysha Boie. As a local maker, she envisioned organizing a local event to celebrate local artists and build community pride. She applied for and received a St. Louis Park Arts and Culture Grant to put on the inaugural Art Fair at the ROC with fiscal sponsorship from Friends of the Arts. Thanks to Alysha's vision, leadership and management, St. Louis Park has a growing art fair, bringing the community together and celebrating local artists and makers! Visit slpfota.org/artfair to learn more.

| DAY | DATE+TIME |
|-----|--------------------------|
| Sa | Sept 7, 10 a.m. – 5 p.m. |
| FEE | Free |

Arts for Life Scholarship deadline

ALL AGES

The Arts for Life Scholarship program is rooted in our belief that creativity is inherent in all people and the arts should be affordable and accessible. We know that when you invest in creativity, the community reaps the rewards. Scholarships are available to St. Louis Park residents of all ages for music, dance and a wide variety of arts activities. Deadline is Friday, Sept. 15. Apply today at slpfota.org/artsforlife.

ARTIST SHOWCASE



A COMMUNITY ART EXHIBIT

ST. LOUIS PARK & GOLDEN VALLEY

WESTWOOD HILLS NATURE CENTER



2025
CALL FOR SUBMISSIONS!



The artist showcase is a community art exhibit celebrating artists in St. Louis Park and Golden Valley, aiming to build connections between local artists and our communities. We encourage artists and creatives of all ages who live, work or attend school in St. Louis Park or Golden Valley to submit work for the artist showcase.

Visit slpfota.org/artistshowcase to apply.



friends of the arts
ST. LOUIS PARK
www.slpfota.org

6715 Minnetonka Blvd.
St. Louis Park, MN 55426
952.928.6422
info@slpfota.org

VOLUNTEER OPPORTUNITIES



CITY OPPORTUNITIES

Westwood Hills Nature Center Halloween Party

Volunteers are needed to staff the many roles supporting the Westwood Hills Nature Center Halloween Party Oct. 18 and 19, 5:30 – 9:30 p.m. Volunteer activities include registration, games, costumed characters and refreshments. Set up and take down opportunities are also available. Come support this family-friendly event that hosts hundreds of visitors each year! To sign up, email communityvolunteers@stlouisparkmn.gov.

Hydrant Hero

The St. Louis Park Fire Department would like to remind homeowners and businesses with fire hydrants on or near their property to please shovel the snow around the fire hydrant after each snowfall and keep the hydrant clear of plant overgrowth during the summer.

There are roughly 1,700 fire hydrants in St. Louis Park, and although firefighters remove snow around the hydrants after a snowfall, they can't always clean them all in a timely manner. This is where you can help. Volunteer to become a Hydrant Hero and keep the hydrants around your homes and businesses clear of snow in the winter and free of plant overgrowth in the summer. Interested volunteers can adopt a hydrant at www.hydranthero.org. Choose a hydrant, click on the "Adopt me" link and fill out the registration form – you can even give your hydrant a name! For questions, contact Lieutenant Bob Hampton at bhampton@stlouisparkmn.gov or 952.924.2599.

Beautify St. Louis Park

Help beautify St. Louis Park by picking up litter and debris from a local park or street! This is a great activity for individuals and groups of all ages and can be done on your own time. Use your own bags and gloves, and volunteers can leave their bags in the trash cans located at each park. If bags are too large for trash cans, call the Municipal Service Center at 952.924.2562. Volunteers are invited to post their pictures on Facebook, Twitter and Instagram and tag the City of St. Louis Park (@stlouispark)!

Minnehaha Creek Cleanup

Municipal Service Center, 7305 Oxford Street
 Help beautify Minnehaha Creek! Meet at the Municipal Service Center, 7305 Oxford St., to clean up the creek. Gloves, waders, cleanup tools and disposable bags will be provided. Dress for the weather. No RSVP needed. For more information, contact our natural resources division at naturalresources@stlouisparkmn.gov or 952.924.2699.

| DAY | DATE+TIME |
|-----|-----------------------|
| Sa | Oct. 5, 9 a.m. – noon |



SCHOOL DISTRICT VOLUNTEER OPPORTUNITIES

St. Louis Park Public Schools is proud to partner with the Minnesota Alliance with Youth AmeriCorps Groundwork Fellows Program! Through this partnership, we are able to host a new Groundwork Fellow each academic year that supports the volunteer program for the district.

If you are interested in volunteering in the schools, call 952.928.6442 or apply online at bit.ly/slp283volunteer.



VISTA

Volunteers In Service To America



All ages
\$5 per person
at the gate.
Ages 5 and
under free.

**park
tavern**
eat • drink • bowl • party

Sept. 21
5 – 9 p.m.

See page 3
for details.



Polka away
under the ROC.
Live music,
food, beverages,
beer, games
and challenges!



ROC, 3700 Monterey Drive



10TH ANNUAL U.G.L.Y. SWEATER DASH

ALL AGES

Louisiana Oaks Park, 3520 Louisiana Ave. S.

Sunday, Dec. 8; race begins at 5:30 p.m.

Dig out last year's treasure, throw on the masterpiece you just created or simply enjoy the creativity of others. This 5K course loops through Louisiana Oaks Park and the lighted trees of Oak Hill Park.

See page 5 for details.

**park
tavern**
eat • drink • bowl • party