

# RECREATION PROGRAMS

SUMMER  
2023

## IN THIS ISSUE

- 3 Park & Event Wagon Reservations
- 4 Youth Theater
- 5 - 7 Summer Programs
- 8 - 9 Youth Sports & Sport Camps
- 9 - 10 Adult Programs
- 10 - 12 Active Agers

## 2023 JAMBOREE EVENTS

The Annual Columbia Heights Lions Club Jamboree will be held June 21st - 25th at Huset Park.

Wednesday, June 21 • Tasty Pizza Todd Estrem Medallion Hunt - Clues posted daily, 11 am & 5 pm @ Tasty Pizza and on Facebook. \$1,000 prize!

Thursday, June 22 • Lions Beer Garden 5 pm - close  
• Carnival 5 pm - 11pm \*\*Jamboree Carnival \$2 admission per person, kids FREE. No bikes, scooters, skate boards, or dogs.  
• Mad Mike's Fun House & Rock Star Bob's Rock Show starting at 7 pm performing at Huset Park East

Friday, June 23 • Jamboree Parade 6 - 8 pm, Begins at 45th & Quincy St., proceeds south to 40th Ave., turns south at 5th St. ending behind Murzyn Hall.

- Lions Beer Garden 5 pm - 12 am music by Joe Macko
- Carnival 3 pm - 12 am \*\*\$2 admission, kids FREE w/paid adult



## Fall Co-Ed Soccer 1st - 6th Grades

**SIGN UP NOW!**

The focus of this soccer program is skill development and fun for boys and girls entering grades 1-6. Games will be played against local groups. Volunteer coaches needed, participants fee will be waived!

Practices twice a week determined by coach, games Saturday mornings time vary between 8 am - 12 pm. Beginning in late August.

**Soccer Mites** 1st - 2nd gr.....\$40

**Soccer Squirts** 3rd - 4th gr.....\$40

**Soccer Pee Wees** 5th - 6th gr.....\$40

Sign up at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### Saturday, June 24

- Lions Beer Garden 1 pm - 12 am
- Danny Blake Band 6 - 10 pm at Huset Park East
- Carnival 1 pm - Close \*\*\$2 admission, kids FREE w/paid adult
- Fireworks at dusk (if rain, Sunday at dusk)

### Sunday, June 25

- CH Lions/Fire Fighters Pancake breakfast 10 am - 1 pm @ Murzyn Hall, \$12 Adults/teens, \$6 Kids 5-12, Kids under 5 FREE.
- Carnival 12 pm - 6 pm Family Fun Day FREE Admission
- Lions Beer Garden 12 pm - 6 pm

Carnival Tickets: \$20 for 10 ride tickets with presale. \$3 per ride ticket at the carnival. One ticket is needed per ride. See CH Lions website for presale locations.

More information [www.columbiaheightslions.com](http://www.columbiaheightslions.com)

ONLINE REGISTRATION  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

CITY WEBSITE  
[www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

LIKE US ON FACEBOOK  
[Facebook.com/CHRecreation](https://Facebook.com/CHRecreation)



**COLUMBIA HEIGHTS**  
REDISCOVER THE HEIGHTS

SEE FLIP SIDE FOR CITY NEWSLETTER

# C.H. RECREATION DEPARTMENT

The mission of the Columbia Heights Recreation Department is to provide recreational and service opportunities for all ages.

## RECREATION DEPARTMENT

530 Mill Street NE  
John P. Murzyn Hall  
763-706-3730

## OFFICE HOURS

Monday-Friday, 8 am-4:30 pm

## CLOSED

May 29, July 4

## WEATHER HOTLINE

Call 763-706-3737 anytime for updates on cancellations.

## PHOTO POLICY

Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on social media, and/or Recreation publications.

## REGISTRATION INFORMATION

Online: [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

In person / via mail: Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street NE, Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may register over the phone with a Discover, Visa, or Master Card payment by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

Confirmation: Assume registration is confirmed. You will be notified only if the class is canceled or full. Registrations will be placed on a wait list if full. Refunds will not be given if withdrawn 1 week prior to the activity.

Participants Scholarship: Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount is \$25); the remaining 25 percent needs to be covered by the participant's parent or guardian. Please bring a copy of your federal income tax or school district free lunch form for verification. Only one scholarship per child per newsletter.



The **COLUMBIA HEIGHTS BOOSTERS** need your help supporting youth activities and athletics in Columbia Heights! Monthly Meetings: 3rd Wednesday of every month 7 pm at Murzyn Hall.

Bingo • Meat Raffles • Pull Tabs • **FUNDRAISING OPPORTUNITIES!**

[CHAthleticBoosters.com](http://CHAthleticBoosters.com) • Facebook: [ColumbiaHeightsBoosters](https://www.facebook.com/ColumbiaHeightsBoosters)

JOIN  
US!

**HYLANDER CENTER** Open for programming, see page 10 for volleyball and basketball opportunities.

## JOHN P. MURZYN HALL RENTAL INFORMATION

John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.

Our facility offers a spacious banquet hall that comfortably accommodates groups up to 300 people. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall at [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov).

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8 am to 4:30 pm at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.







Photo: Sullivan Lake Park

## PARK RESERVATIONS

The City of Columbia Heights Park reservations permit must be filled out with the Recreation Office. Call 763-706-3730. Reserve a 4-hour block of time. All park reservations end at 8pm. Fees including tax, are as follows and due at time of reservation:

Residents: \$50

Res Large Groups (100 people or more): \$125

Non-Residents: \$150



## NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use seasonally. It will be delivered and picked up by the Recreation Department. The wagon has various recreational equipment, 12 8-foot tables, and 60 folding chairs. Payment is required at time of reservation. Reservation Fee: \$65 tax included.

### CH Boosters Annual Charity Golf Tournament July 18

Majestic Oaks Golf Club 18-hole scramble. Dinner provided immediately following the tournament. \$100 per person: includes golf, cart, range, balls, refreshments, awards, and dinner.

Register at [www.chathleticboosters.com](http://www.chathleticboosters.com)



## CH School District Summer Activities

6th - 8th Grade Football register at the CH High School Activities Office or online <https://2015a.cf.wordwareinc.com/?p=2301>

Sports Camps Grades 6-12: Football, Basketball, Volleyball, Soccer, Lacrosse, Dance, Swimming, Wrestling, and Baseball. Summer Sampler for Grades 3-6, Tennis Lessons, and additional ENCORE Environmental Camp and Aquatics activities for grades 2-12. June - August <https://hylanderactivities.com/>

## 6TH-8TH GRADE CHHS FOOTBALL

\*6th - 8th Grade Football register at the CH High School Activities Office or online <https://2015a.cf.wordwareinc.com/?p=2301> Questions call 763-528-4511. Equipment provided. Football Camps and Program opportunities June - August (<https://www.colheights.k12.mn.us/Page/4773>).



**Bienvenido** INFORMACION DE LA INSCRIPCION \*La inscripciones en línea al [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com). Las inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

\*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, CDFR 84.287, IV B-21st Century Community Learning Centers.

These CH Recreation community theater experiences are excellent opportunities for youth to learn new theater skills, exercise creativity, build self-confidence and more! New and returning actors welcome. If acting isn't your thing, please consider being a part of our very important stage, lighting, and sound crew. CH Public Schools is providing a bagged lunch free to all participants. Additional rehearsals may be added prior to performance dates.

### **Moonshoe Players\* 3rd-8th Grade**

\*Join us for the 18th season of the Moonshoe Players!

Registration deadline: June 1

Youth entering 3<sup>rd</sup> - 8<sup>th</sup> grades

June 19 - July 13 (No July 3 & 4), Mon - Fri, no Wednesdays

12:30 - 4 pm.....Moonshoe Players Theater \$15

Theater room, lower level of Murzyn Hall

Dress rehearsals may be added on some evenings leading up to performance, TBD, and will be communicated to participants' families.

Dress Rehearsals: Time TBD

Performance:

Thur July 13 at 6:30 pm, \$5 show tickets

### **The Mill Street Players\* 8th-12th Grade**

\*Back for the 13th year! Registration deadline: July 1

Youth entering 8<sup>th</sup> - 12<sup>th</sup> grades

July 17 - August 18, Mon - Fri, no Wednesdays

12:30 - 4 pm.....Mill Street Players Theater \$15

Theater room, lower level of Murzyn Hall

Dress rehearsals may be added on some evenings leading up to performance, TBD, and will be communicated to participants' families. The first week will be held at Murzyn Hall, the rest of the meetings will take place at the Columbia Heights Public School Performing Arts Center, located at the CH High School.

Dress Rehearsals: Time TBD

Performance:

Thur Aug 17 & Fri Aug 18 at 6:30 pm, \$5 show tickets



Online registration [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### **Puppet Wagon Puppeteers\* 4th - 8th Grade**

All participants will receive a lunch. Puppeteers rehearse Monday & Tuesday for the puppet shows Thursday & Friday at local parks. You may sign up for a max of 3 weeks and if you are interested in additional weeks you will be added to a wait list. Thank you for making it possible for more kids to become puppeteers.

Youth entering 4<sup>th</sup> - 8<sup>th</sup> grade.....\$8 per week.....Theater Room lower level at Murzyn Hall (use back entrance)

Mondays, Tuesdays, Thursdays & Fridays.....9 am - 12 pm.....Bagged lunch provided

Puppet Wagon Week 1 June 19 - 23.....\$8

Puppet Wagon Week 2 June 26 - 30.....\$8

(No Classes the week of July 3 - 7)

Puppet Wagon Week 3 July 10 - 14.....\$8

Puppet Wagon Week 4 July 17 - 21.....\$8

Puppet Wagon Week 5 July 24 - 28.....\$8

Puppet Wagon Week 6 July 31 - Aug 4.....\$8

Puppet Wagon Week 7 Aug 7 - 11.....\$8

Puppet Wagon Week 8 Aug 8 - Aug 11 Monarch Festival week

This special week includes three shows! is the Monarch show for the Monarch Festival. Puppeteers will perform a monarch-themed puppet show at the Monarch Festival in the evening on Wed, Aug 9. Thursday and Friday shows will resume as regularly scheduled







\*This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.

## SUMMER YOUTH PARK PROGRAMS\*

CH Recreation strives to promote a positive environment that incorporates teamwork, sportsmanship, and celebrates diversity. Your child gets to explore the park and experience a variety of fun-filled activities with new and old friends. Trained staff plans engaging themed-weeks, like space-week, water-week and much more! Each park program has water activities, arts & crafts, music, special trips, sports, group games and challenges catered to each age-group. FREE bagged lunches from CH Public Schools for all participants. Check your email regularly for updates on program details. Sign up at [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

### Summer Glitter-Bugs

4 years old & entering Kindergarten.....Ramsdell Park  
Monday, Tuesday, Thursday, & Friday.....9 am - 12 pm  
Glitter Bugs Session I: June 19 - July 14 (No Program July 3 & 4).....\$45  
Glitter Bugs Session II: July 17 - Aug 11.....\$45



### Summer Dyno-Hites Youth entering 1st - 3rd gr.....Huset Park East

Monday, Tuesday, Thursday, & Friday.....9 am - 12 pm  
DynoHites Session I: June 19 - July 14 (No Program July 3 & 4).....\$45  
June 19 - 23 will meet in the M/M Room at Murzyn Hall, use back door  
DynoHites Session II: July 17 - Aug 11.....\$45

### Summer S.P.A.R.K.S \*

Youth entering 4th & 5th gr.....Huset Park East  
Monday, Tuesday, Thursday, & Friday.....1 - 4 pm  
SPARKS Session I: June 19 - July 14 (No Program July 3 & 4).....\$45  
June 19 - 23 will meet in the M/M Room at Murzyn Hall, use back door  
SPARKS Session II: July 17 - Aug 11.....\$45



### Summer T.N.T.\* Youth entering 6th, 7th, & 8th gr.....M/M Room at Murzyn Hall, use back door

Monday, Tuesday, Thursday, & Friday.....1 - 4 pm  
TNT Session I: June 19 - July 14 (No Program July 3 & 4).....\$45  
TNT Session II: July 17 - Aug 11.....\$45

## FREE TRAVELING PUPPET WAGON PERFORMANCES

Join the traveling puppet wagon for it's 19th season! Performances are approximately 30 min long and will include a puppet play, jokes, story telling, and time to dance. In case of rain call the Rec Dept 763-706-3730 to check on show status. Check the YouTube Channel "PuppetWagon" the following day for the show.

JUNE 19 - AUG 11 \*NO SHOW JULY 6 & 7

Day	Park	Address	Time
Thursdays	Huset Park	3965 Jefferson St. NE (at the building)	10 am
Fridays	Ramsdell Park	4956 Johnson St. NE (at the building)	10 am



## WILD WEDNESDAYS 4th-9th Grades

Youth entering 4th - 9th grades. Wild Wednesday T-Shirt Required. Wear your shirt from previous summers or purchase one at the Recreation Office for \$8. Wild Wednesday trips Pick up and Drop off at Murzyn Hall main entrance. Read program descriptions for lunch/concession details for all trips. Check your email regularly for program updates.



### Wild Mountain.....\$20.....June 28.....9:40 am - 5:30 pm

Bring a bag lunch or money for concessions, a swimsuit, a towel & water bottle. Enjoy unlimited access to all activities including the water park, FreeFall XP, go-karts, & Alpine Slides! Parents must fill out a waiver online using the link provided during registration.

### Bunker Beach.....\$12.....July 12.....10:15 am - 4:20 pm

Enjoy a day at the waterpark with a large wave pool, water slides, lazy river, activity pool and more! Ride the waves on a tube for \$2 for 1 hour. Bring a swimsuit, towel, sunscreen, and water bottle. Bring money for food at concessions or pack a lunch. No food is allowed inside the facility. If you bring a bagged lunch, it will be eaten outside upon arrival.

### Valleyfair.....\$28.....July 26.....9 am - 5:30 pm

An amusement park with roller coasters, rides, bumper cars, and more! Games at own expense. Waterpark NOT included. Outside food is not allowed in the park and is a cashless location, so please send your child with some kind of card payment to buy lunch (they take cards, apple pay, google pay, and there are cash-to-card kiosks in the park).

### Nickelodeon Universe at Mall of America.....\$20.....Aug 2.....9 am - 4:30 pm

Enjoy an unlimited ride wristband. Ride roller coasters, giant swings, the Avatar Airbender, and more! Games at own expense. Participants must stay in the park. Bring a bag lunch or money for the food court.

### Urban Air & a Movie.....5th-9th Grades.....\$12.....Aug 16.....11 am - 5 pm

Enjoy Urban Air with the Ultimate Attractions wristband! Try the trampolines, warrior course, climbing walls, ropes course, battle beam, and more. Cheese pizza with drinks will be provided for lunch, or bring a bag lunch. We will then see a kid-friendly movie! Money for arcade games or snacks at the movie optional.

### ENCORE Toon Time Drawing Camp.....2nd-6th grades

July 31 - Aug 3.....4:30 - 6:30 pm  
FREE\* Must Preregister - Valued at \$80!  
M/M Rm lower level Murzyn Hall



Toon Time is perfect for students who are interested in learning more about the art of cartooning and want to improve their drawing abilities. Whether they're just starting out or have been drawing for years, **Young Rembrandts** instructors will provide a supportive and nurturing environment where students can explore their passion for art and have fun in the process. Beginners are welcome!

### ENCORE Drone Photography.....4th-8th grades

July 10 - 12.....9 am - 12 pm  
FREE\* Must Preregister  
M/M Room, lower level of Murzyn Hall

Students will start off Drone Photography by learning how to fly an entry-level drone with **COR Robotics** staff. Once they've mastered the basics, they'll be taught more advanced techniques that will help them take higher quality photos and videos with their drones. Photo and video editing software tutorials will enable students to create awesome media content that they can download and keep after the camp. Students are encouraged to bring a flash drive to save and share their creations!



Online registration  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

\*This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.



**DANCE** All Classes held in the Edgemoor room, lower level Murzyn Hall

**ENCORE Jamboree Dance Camp**.....9-14 years old.....FREE\* Must Preregister  
Mon-Fri, June 19-23.....3 - 4:45 pm - Parade arrival time TBD  
Jump into this Jamboree Dance Camp and learn a parade-friendly dance routine. Dancers will practice the routine, tie-dye a dance T-shirt, and perform in the Jamboree parade with the Recreation staff on Friday, June 23!



**Creative Movement Sampler**.....4-6 years old.....Mondays and Wednesdays, June 5, 7, 12, 14.....4:30 - 5:15 pm.....\$28  
This 2 week class is designed to explore the child's interest in dance. In this class we will explore basics in ballet and jazz, while playing fun dance games and expressing ourselves through dance.

**ENCORE Ballet and Jazz Camp**.....8-12 years old.....Tuesdays, July 25 - Aug 22.....4:30 - 5:15 pm.....FREE\* Must Preregister  
We will explore ballet and jazz techniques, and create a routine to be performed at the end of camp. Ballet shoes required.

**ENCORE Descendants Dance Camp**.....9-13 years old  
Tuesdays and Thursdays, July 11, 13, 18, 20.....4 - 5 pm.....FREE\* Must Preregister  
Friday, July 21: Stages Theater trip - Meet at Murzyn Hall at 5:30 pm  
In this camp we will be dancing to the songs of the popular Disney movie, Descendants. Students will learn some of the iconic dance moves, as well as creating their own choreography. July 21st we will go to the Descendants the Musical at Stages Theater!

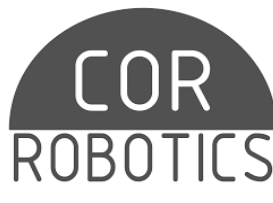
## DANCE CLASSES:

**Creative Movement: 4-6 year olds**.....Mondays, July 10 - Aug 14.....4:30 - 5:15 pm.....\$42  
In this class, we will learn basic dance movements that have roots in Ballet and Jazz. We will learn across the floor work, technique, and be able to express and move our bodies. The last class will feature a showcase of their skills and short dance routine. Dance uniforms and shoes are not required.

**Creative Movement: 5-7 year olds**.....Mondays, July 10 - Aug 14.....5:30 - 6:15 pm.....\$42  
Class time focuses on skill-building of dance movements that have roots in Ballet and Jazz. They will play dance games and learn a choreographed dance. The last class will include a showcase of skills. Dance uniforms and shoes not required.

**Mini Tumblers**.....3-5 year olds.....Tuesdays, Aug 1 - 22.....3:15 - 4 pm.....\$28  
Your little one will work on motor coordination, spatial awareness, and confidence. Play fun games that incorporate both dance and gymnastics. This class also includes tumbling, balance, flexibility, and balance beam work. Parents are expected to sit outside of the classroom or join us in class depending on child readiness.

**ENCORE Intro to Game Design**.....4th-8th grades  
Aug 21 - 23.....9 am - 12 pm  
FREE\* Must Preregister  
M/M Room, lower level of Murzyn Hall



Join **COR Robotics** instructors in designing video games! Trained instructors will teach students how to program their own video games using an engaging program called Kodu. They will create their own world, populate it with characters, and then play the games they create during class. Students will learn important programming skills while having tons of fun; no experience needed.



**ENCORE Intro to Esports**  
4th-8th grades  
Aug 21 - 23.....1 - 4pm  
FREE\* Must Preregister  
M/M Room, lower level of Murzyn Hall



Turn your passion for video games into life skills! **COR Robotics** instructors will introduce the world of Esports and teach students about the many opportunities available to them by getting involved. Students will get to play some of the most popular Esports games and compete against each other in tournaments.



## Fall Co-Ed Soccer 1st - 6th Grades

The focus of this soccer program is skill development and fun for boys and girls entering grades 1-6. Games will be played against local groups. Volunteer coaches needed, participants fee will be waived!

Practices once or twice a week determined by coach, games Saturday mornings time vary between 8 am - 12 pm.

Beginning in late August.

**Soccer Mites** 1st - 2nd gr.....\$40

**Soccer Squirts** 3rd - 4th gr.....\$40

**Soccer Pee Wees** 5th - 6th gr.....\$40



Online registration  
columbiaheightsmn.recdesk.com

### ENCORE Skyhawks Flag Football Camp

3rd - 7th Grade.....Tuesdays & Thursdays, June 20 - 29.....9 am - 12 pm

FREE\* \$95 value!.....Hylander Center, Door #42

Give your child the perfect introduction to the exciting game of flag football with Skyhawks instructors, fueled by USA Football curriculum. Campers will learn passing, receiving, kick, and flag pulling. They will gain confidence, learn teamwork, and have fun! Bring a water bottle, and snack.

### ENCORE Skyhawks Soccer Camp

3rd - 7th Grade.....Mon - Thurs.....July 24 - 27.....9 am - 12 pm

FREE\* Must register.....Hylander Center, Door #42

Areas of focus are dribbling, passing, shooting, and ball control with skilled Skyhawks instructors. Develop core soccer skills through drills and games with Skyhawks instructors. Bring a water bottle, and snack.

### Skyhawks Soccer Camp

Kindergarten-3rd Grade.....Mon - Thurs.....July 24 - 27.....1 - 4 pm

\$95 (scholarships available).....Hylander Center, Door #42

Your young athlete will gain the technical skills and knowledge to prepare for the next step in soccer. Areas of focus are dribbling, passing, shooting, and ball control with skilled Skyhawks instructors. Bring a water bottle, and snack.



### ENCORE Skyhawks Basketball Camp

3rd-7th Grade.....Mon - Thurs.....July 31 - Aug 3.....9 am - 12 pm

FREE\* must register.....Hylander Center, Door #42

This fun, skill-intensive program is designed for beginning to intermediate players. Using a progression-based curriculum, Skyhawks instructors focus on the whole player – teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and scrimmages. Bring a water bottle, and snack.

### ENCORE Multi-Sport Camp Baseball, Flag Football, and Ultimate Frisbee

5th-8th Grade.....Mon-Thurs.....Aug 14 - 17.....1 - 4 pm

FREE\* Must register.....Huset Park fields behind Murzyn Hall

For this program we combine an introduction of 3 sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. Your child will walk away with knowledge of new sports along with vital life lessons such as respect, teamwork, and self-discipline. Bring a water bottle, and snack.



**Martial Arts Little Tigers** Learn basic kicks, punches and strikes through a variety of exercises and games. Develop coordination & flexibility. Promoting focus, discipline, and respect. Scholarships do not apply.

Youth Ages 3 - 6 years old.....Edgemoor Rm, lower level Murzyn Hall

**Martial Arts Little Tigers**.....\$46

Thursdays, July 6 - 27.....5:45 - 6:15 pm

**Martial Arts Tae Kwon Do** Ages 6 & up through Adults (beginner to advanced) Learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will train for belt certification testing. Participants are to purchase a uniform and pay for belt registration fee from the instructor. Scholarships do not apply.

Level 1 & 2, Ages 6 years old & up.....Edgemoor Rm, lower level Murzyn Hall

**Martial Arts Tae Kwon Do**.....\$62

Thursdays, June 29 - Aug 3 .....6:15 - 7 pm



**YOGA & MEDITATION** Stay active and de-stress! Develop a self-care routine and manage stress through movement and stretching with Yoga! RYT 200 Certified yoga instructor, Kelly O'Donnell, will guide a mixed levels yoga class. This class will walk you through yoga poses for strength and flexibility, breathing techniques for calming the mind and body, meditation for relaxation and focus based on the season. Wear comfortable loose fitting clothes and bring a yoga mat. You may bring optional props such as a blanket or two and a block.

**Yoga Summer I:** Tuesdays, May 23 - Jun 27.....5:15 - 6:15 pm.....\$48

for all classes or \$10 per drop-in class

**Yoga Summer II:** Tuesdays, Jul 25 - Aug 29.....5:30 - 6:30 pm.....\$48

for all classes or \$10 per drop-in class

16 years & older - Adults.....Edgemoor Rm inside Murzyn Hall or Outside Murzyn Hall weather permitting

**Zumba** Try us out! We want to welcome Ritzy, our new Zumba instructor. Come enjoy a FREE Zumba night and see how much fun exercise can be! All classes held in the main hall of Murzyn Hall.

**Mon, May 22..... 6 - 7 pm FREE**, no need to register. Come ready to move in athletic shoes and comfortable clothes.

Sign up for sessions throughout the summer and fill your Mondays with energy. If you cannot attend all of the class dates, you can register for drop-in dates ahead of time, or bring exact change for \$10 a class.

**Zumba Session I:** Mondays, Jun 5 - Jul 24.....6 - 7 pm.....\$72

**Zumba Session II:** Mondays, Jul 31 - Sept 25 (no Sept 4).....6 - 7 pm.....\$72

**ZUMBA August** 1, 15, 22, 29.....9:30 - 10:30 am.....\$36



**Total Body Conditioning** Tone your muscles with Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance, and core strength through a variety of exercises and stretching. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a yoga mat or towel, and tennis shoes. Min 8.

Adults, all ages & skill levels.....Edgemoor Room, lower level Murzyn Hall

**Total Body Conditioning Summer I**.....\$54

Wednesdays, Jun 28 - Aug 9, No Class Aug 16 & 23.....6 - 7 pm

**Total Body Conditioning Summer II**.....\$36

Wednesdays, Aug 30 - Sept 20.....6 - 7 pm

**Register online for programs at**  
**[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)**

**Drop-in Family Basketball**

Wednesdays, June 21-Aug 23 (NO July 5)

Drop in between 6-8 pm at the Hylander Center, door #4

Residents/non-residents

Ages: 5 - 15 years old, MUST BE ACCOMPANIED

BY AN ADULT. 2 per person at the door

If you come with a group and one adult, all kids must leave with that adult as a group!

Come play open basketball, work on your skills, play scrimmages, and have fun with your family.

**Ladies' Night Basketball**

Pick-up basketball games, work on your skills, or get in a good basketball work-out! \$2 per person drop-in fee at the door - please bring exact change or smaller bills. Open to residents and non-residents. Max of 50 people.

Mondays, June 19-Aug 21 (No July 5, Aug 7) Drop in between 6:30-8 pm

CH Hylander Center door #42

Ladies 13 years and older.....\$2 per person at the door

**Summer Basketball Skills: 2nd & 3rd Grade**

Players will learn basketball skills and have fun participating in coach-led drills and competitions. They will learn teamwork and structured games.

Thursdays, July 13-Aug 24.....6 - 6:45 pm.....\$42

CH Hylander Center door #42

**Summer Basketball Skills: 4th - 6th Grades**

Players will develop their basketball skills in a fun and fast-paced environment. The coach will learn skills through team competitions, scrimmages, and structured games.

Thursdays, July 13-Aug 24.....7-8 pm.....\$42

CH Hylander Center door #42

Register online at  
[columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)

**Stompin' At The Hall 55 years & older**

Increase your energy with Judy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or two sessions. Men & women welcome. Classes at Murzyn Hall, main hall.

Beginners sign up for class and Judy will meet with you individually to show you the exercise routines so you become familiar with her class style prior to joining the rest of the group. Call to be added to the list 763-706-3730.

Stompin Mondays.....\$21

Jun 26 - Aug 21, No Class Jul 3 & 24..... 9 - 10:05 am

Stompin Thursdays.....\$24

Jun 29 - Aug 24, No Class Jul 27..... 9 - 10:05 am

**ADULT Aerobic Dance**

Enjoy this vigorous and fun exercise class with Judy that will help you get and stay in shape. Class uses low impact dance steps. Bring a mat or blanket for floor exercises. Classes at Murzyn Hall, main hall, socially distanced.

Aerobic Dance Tue.....\$21

Jun 27 - Aug 24, No Class Jul 4 & 25.....6:30 - 7:35 pm

Aerobic Dance Thur.....\$24

Jun 29 - Aug 24, No Class Jul 27.....6:30 - 7:35 pm

**Crochet Class** Do you love to crochet? Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together and learning new skills.



Ages 16 & over.....Keyes Room, inside Murzyn Hall

Crochet Class May 4 - Jun 29.....\$10

Thursdays, 6:30 - 8 pm

Crochet Class July 6 - Aug 24.....\$10

Thursdays, 6:30 - 8 pm

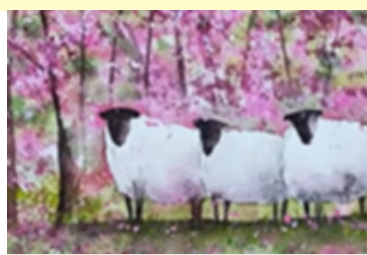
**Heights Hikers with Beverly**

Local Active Ager Beverly Kronstedt is back to bring you outstanding hiking/ walking opportunities right in your local surrounding areas. Individuals drive to the parks on their own and then meet the group at the trailhead. This group typically walks several miles, but people can head to their cars any time they wish. If you are thinking about participating, please contact Beverly at 763-571-7502 and she will be happy to fill you in on all of the particulars-i.e. where to park, what if it rains, etc. Happy Hiking!



Express yourself at one our summer art classes with Candy. No previous experience is necessary. Designed for beginners; all levels welcome. CH residents and non-residents are welcome. Cost includes all supplies and treats, unless noted otherwise. You must register and pre-pay for all classes [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com) or call 763-706-3730 to sign up or ask questions!

**All classes are held in the Senior Center, lower level of Murzyn Hall**



## **Brushstrokes: Sheep in the Pink Watercolor**

Sat June 24.....10:30 am – 12:30 pm.....\$8

## **Mixed Media: Forsythia Acrylic Paints & Modeling Paste**

Sat June 24.....1 – 3:30 pm.....\$10



## **Brushstrokes: In the Nude Watercolor**

Sat July 15.....10:30 am – 12:30 pm.....\$8

## **Mixed Media: Dance of the Dragon Fly**

All supplies provided: however, you may bring your own embellishments to give your artwork personalized bling!

Sat July 15.....1 – 3:30 pm.....\$10

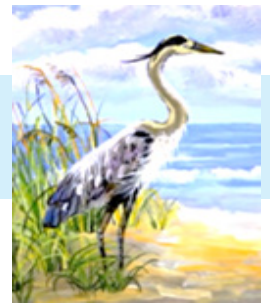


## **Brushstrokes: Highlander Sheep Watercolor**

Sat Aug 5.....10:30 am – 12:30 pm.....\$8

## **Acrylic Paints: Blue Heron**

Sat Aug 5.....1 – 3 pm.....\$10



## **Mixed Media: Abstract Roses in Watercolor and Acrylics**

Sat Aug 26.....10:30 am – 12:30 pm.....\$8



## **Brushstrokes: First of 4: Parks of the West in Watercolor**

Sat Aug 26.....1 – 3 pm.....\$8



## **Brushstrokes: Koi Fish in Watercolor**

Sat Sept 16.....10:30 am – 12:30 pm.....\$8



## **Brushstrokes: 2 of 4: Parks of the West in Watercolor**

Sat Sept 16.....1 – 3 pm.....\$8



## **NEW Brushstrokes: Weekday Watercolor Classes**

No previous art experience is necessary. Try something new or come in to brush up on your painting skills. Classes are held on weekdays in the Senior Center. Call 763-706-3730 to get on the list or sign up in person. Space is limited. Pay \$4 day of class. Watch for dates and times in the monthly Active Agers Newsletters.

## CH Senior Center

Lower level of Murzyn Hall, 530 Mill Street NE. We provide educational, social and recreational programs to those 50 years and older in the community. The center is open Monday - Friday from 9 am to 4 pm and is handicapped accessible. For more information call Candy 763-706-3735. Visit the City website [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov), under Departments go to Recreation and then Senior Citizens.

### Active Agers Newsletter

Monthly newsletter with programs, classes & special events. There are three ways to get the Newsletter:

1. Hard copies are available at: CH Recreation office & Senior Center at John P. Murzyn Hall 530 Mill Street NE, CH City Hall, CH Library 3939 Central Ave. NE, & 1st Lutheran 1555 40th Ave. NE
2. The City Website: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov) Click on: Departments> Recreation> Senior Citizens> Monthly Newsletter
3. Call to have one emailed to you: 763-706-3730

### 4-hour Safe Driving (Refresher)

By AARP Registration is required no later than 2 weeks prior, 763-706-3730.

June 12.....9am - 1pm..... \$29

Aug 14.....9am - 1pm..... \$29

Sign up online [columbiaheightsmn.recdesk.com](http://columbiaheightsmn.recdesk.com)



### Bocce Ball for Active Agers

Interested in trying something new outdoors? We've got it here....Bocce Ball Courts at Murzyn Hall. This is a relaxing and fun way to spend time schmoozing with others. Moving about is so important for our health. If you can throw a ball that fits in your hand, this is for you! Looking for 8 or more people to join this "popular again" summertime activity. No pressure, just fun. Sign up by calling 763-706-3730. This is a FREE activity!

**Time:** 10-11am

**Dates of play:** August 16, 23, 30, September 6, 13, 20.

### Active Agers 50+ Twins Game

Interested in going to a Twins Game Day in July or August? Escape the traffic and hassle of parking. Ride the CH 10 passenger van to the game and back to Murzyn Hall! Check out the June Active Agers Newsletter for more information.

### Helpful Phone Numbers

**ACCAP Chores & More:** 763-783-4767

**Happy Feet Foot Care:** 763-560-5136 cost \$45

You must call them to make an appointment.

**Senior Outreach Worker:** 763-783-4741

2nd Mon of every month, 1:30pm at Murzyn Hall

**Health Insurance Counseling:** 1-800-333-2433

### NEW Beginning June! Cards & Pen Pal Club

We meet once a month to make greeting cards from old cards for those in memory care. The cards will be mailed out to memory care facilities. We give, and maybe we will even make new distant friends in return. But that's not all...we will also celebrate member birthdays.

-You must sign up to join the club, call 763-706-3730. The more members, the fancier the birthday cakes for us!

-Each month contribute \$1 at the door to help cover postage and cakes.

-If you have card making supplies or old cards, bring them too.

(Memory care facilities have a special place in my heart. I'll tell you more when we get together.)

### Donations Wanted for Active Agers Activities!

-Greeting cards for all occasions, announcements, invitations, postcards; any season, old/new

-Clean flower vases, any size or shape. No chips, cracks.

Bring your donation to the Recreation office in Murzyn Hall, 530 Mill St NE during business hours, Mon-Fri.

**Thank you! We appreciate your contribution.**

### NEW Brushstrokes: Weekday Watercolor Classes

No previous art experience is necessary. Try something new or come in to brush up on your painting skills.

Classes are held in the Senior Center. Sign-up is easy!

Call 763-706-3730 to get on the list or sign up in person.

Space is limited. Pay \$4 day of class. Watch for dates and times in the monthly Active Agers Newsletters

**June:** Traditional Scandinavian Design

**July:** Monarch Butterfly Pledge

**August:** State Fair Thrills: Pen & Wash Practice

**BINGO** - We are offering Bingo every Monday and at 2 pm in the main hall of Murzyn Hall. Bring two \$1 bills for 10 games.

**Midday Matinees** - Wed midday movies at 1:30pm, beginning June 2 the 1st Fridays will be 'belly laugh' movies.

**Sit, Stretch & Move w/Candy-** This 50-60 minute seated exercise and movement class will be held on Monday & Friday mornings from 10-11am. You do not need to preregister - feel free to just show up. Best yet, it's FREE!