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# *a little bit of* **EVERYTHING**

Langford Park Recreation Center  
Winter-Spring 2018-'19

30 Langford Park  
Saint Paul, MN 55108



651-298-5765

[www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec)

# *Adult Classes at Urban Growler Brewing*

***2325 Endicott St, St. Paul MN 55114***

*No Food & Beverages provided, but available for purchase*

Register online at [www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec) or call 651-298-5765

## **Wood Sign Decor**

Tuesdays, 6:30-8pm / \$40 / Instructor: Wanderlust Studio

Participants will stain, sand and stencil their own custom rustic wood sign using sandpaper, paint, stain and vinyl stencils on pine board.

February 26 #25313

April 30 #25314



## **Pints and Pages - #25326**

Wednesdays, February 6 – 27 / 6:30-7:30pm / \$40 / Instructor: Samantha Bohrman

Liquor and writing have always gone hand in hand, which makes this the perfect setting for a creative writing class - have a beer and start a novel. In this class, the instructor will help you brainstorm a story or novel idea and walk you through the first few chapters or pages.

Get help with any genre: lit fic, romance, horror--all are welcome. No experience necessary.

Bring your own laptop or notebook.

## **Canvas Painting**

Tuesdays, 6:30-8pm / \$35 / Instructor: Wanderlust Studio

Participants will use basic techniques with acrylic paint to create a masterpiece on a 16x20 gallery wrapped canvas.

January 29 #25310 ~ March 26 #25311 ~ May 28 #25312

## **Self-Defense & Crisis Management for Women - #25148**

Thursday March 7 – May 2, 6:30-8p / \$85 / Instructor: Chachoi Lang

This class is for women to learn reality-based training in life-saving skills to defend themselves without knowing how to fight or causing harm to others.

Forearm pads are encouraged for the class but not mandatory, can purchase your own or from the instructor. No class April 25 .

# Essential Oils with Sarah

Ages 18+ ~ All classes at Langford Park  
Register online at [www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec)  
or call 651-298-5765



## **Puppy Paws #25169**

Wednesday, January 16 / 6-8pm / \$5

Come and learn about Essential Oils and care for your pet during these cold winter months. Make a salve to help their paws stay protected while out in the snow. (Supply cost of \$10 per item made, paid to instructor)

## **Let's Make Soap! #25171**

Wednesday, March 13 / 6-8pm / \$5

Essential Oils are the best addition to use to spruce up your own homemade soap. Come create with Sarah while you explore the many choices and natural plant oils to create a lovely gift, or a beautiful addition to any bathroom. (Supply cost of \$10 per item made, paid to instructor)

## **Essential Oils as Perfume #25170**

Wednesday, February 13 / 6-8pm / \$5

Have you ever wanted to make your own perfume? Are you aggravated by synthetic smells, but love to have a scent to wear? This is your chance to play and create and have something that is natural and safe for your body. (Supply cost of \$25 per item made, paid to the instructor)

## **Let's Soak and Scrub This Winter Away #25172**

Tuesday, April 16 / 6-8pm / \$5

Come and make bath salts and sugar scrubs with essential oils. We will revitalize our skin and prepare it for the sun that is coming our way soon. (Supply cost of \$10 per item made, paid to instructor)

## **Spring Time & Babies #25173**

Wednesday, May 15 / 6-8pm / \$5

Come and learn about babies and essential oil usage. Sleepless nights? Teething? Sarah has you covered. (Supply cost of \$10 per item made, paid to instructor)

# Lean & Green in 2019

Ages 18+ ~ All classes at Langford Park

Register online at [www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec)

or call 651-298-5765



## Intermediate Pilates

Instructor: Fran Oullette

Thursdays, 11am-12pm / \$73 (\$71 for Ages 55+)

Pilates is a progressive series of controlled exercise that creates strength and stability.

Winter: January 3 – March 7 #24455

Spring: March 14 – May 16 #24456

## Introductory Vegetable Gardening #25306

Instructor: Ramsey County Master Gardener

Tuesday, April 23 – May 7 / 6:30-8pm / Free

This is 3-session class covers the basics of growing your first vegetable garden. You'll learn what you need to know about where to plant your vegetables, choose plants, and care for your garden all season long.

## Advanced Vegetable Gardening #25307

Instructor: Ramsey County Master Gardener

Tuesday, May 1 / 6:30-7:30pm / Free

This class is designed for residents who have previous experience growing vegetables. This class will give insight into more advanced gardening topics like extending the growing season, starting plants indoors and saving seeds.

## Flowers For Pollinators #25305

Instructor: Ramsey County Master Gardener

Monday, May 13 / 6:30-7:30pm / Free

This presentation shares the latest research in the health of Minnesota pollinators and gives suggestions about what you can do at home to help them thrive.



## Zumba

Instructor: Bebe Keith

Mondays, 7:45-8:45p / \$60 for 8 classes

"Zumba is a Latin and international dance-inspired cardiovascular workout that feels like a party!" Wear tennis shoes and bring a water bottle and small towel if you choose.

Winter: January 7 - March 4 #24453

\*No Class Jan 28\*

Spring: March 11 – May 6 #24454

\*No Class April 1\*

# Free Fun



## **Senior Gym Bowling**

**Fridays, 9:30-11 AM**

**Ongoing**

**FREE, no registration required**



## **Gym Walking for Adults**

**Thursdays 2:30-3:30pm**

**Jan 3 - Mar 28**

**FREE, no registration required**

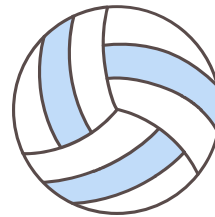


## **Pickleball**

**Saturdays, Jan 5 - Feb 9, 1-3pm**

**\*No Pickleball Jan 26\***

**\$2/Session, please bring exact  
change**



## **Open Gym**

**Saturdays, Jan 5- Feb 9, 1-3pm**

**\*No Open Gym Jan 26\***

**FREE, no registration required**

## **Tot Time**

**Fridays 9:30-11am**

**Jan 4 - Mar 29**



**Langford Park's gym will be open for toddlers and  
their families to run and play. Miscellaneous toys will  
be provided, children must be supervised by an adult.  
FREE, no registration required**



# No School? Come and Play!

All classes at Langford Park

Register online at

[www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec)

or call 651-298-5765

## Red Cross Babysitting #25150

Friday, Jan 25

9:30am-4pm: \$60.00 Ages 11-17

This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play, and first aid. Participants must be 11 years of age or older. Please bring a bag lunch and beverage.

**Class being held at: Centennial United Methodist Church, 2200 W. Hillside Ave., Saint Paul, MN 55108**



## Beach Party Art #25291

Friday, April 19

1:30-3:30pm \$25 Ages 4-9

Grab your sunglasses and your flip flops too! Come to class for a beach themed art party! We're going to the beach - sort of! Your young artist will create a bunch of art projects with an ocean theme.

## LEGO Jedi Engineering

Mon - Fri, April 1-5,

#25155 1-4pm \$115.00 Ages 5-7

#25154 1-4pm \$115.00 Ages 8-12

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing & building projects using LEGO® materials from a galaxy far, far away.

Create motorized & architectural projects with imagination & engineering to defeat the Empire!

## Youth Canvas Painting #25309

Fri, March 22, 2019

\$30.00 1-3pm Ages 7-11

Students will use basic techniques with acrylic paint to create a masterpiece on a 16 x 20 gallery wrapped canvas.

## Minecraft Game Designer #25230

Friday, March 1

\$40.00 1-4pm Ages 6-11

Don't just play Minecraft! Turn Minecraft from a game into a visual learning tool! This class will reinforce problem solving skills and spatial cognition through learning to create in-game puzzles, mazes, and obstacle courses.

This class has a strong emphasis on creativity, exploration, and cooperative learning experiences.

Please bring a drink & snack.

# Keep it Movin'



**Ice Skating Lessons**  
Saturdays, Jan 5 - Feb 2  
\*No Class Jan 26\*  
\$35

Learn the fundamentals of skating including forward and backwards skating, stopping and falling safely. Helmets required for this age group. Parents please arrive at Langford before class begins to allow time for putting on skates. It's helpful if parents to wear their boots and hold on to their little skaters. Participants must have their own skates.

Ages 3-5 #25220 2:30-3pm  
Ages 6-9 #25221 3-3:30pm

**BASEBALL CLINIC #24461**  
**SOFTBALL CLINIC #24462**  
**TUESDAYS, JAN 29 - MAR 5**  
**7-8PM \$30 AGES 8-12**

**GET READY FOR THE UPCOMING  
SUMMER SEASON WITH THE  
LANGFORD PARK COACHES - BASE  
RUNNING, BATTING, FIELDING, AND  
PITCHING**

**Tumbling #24965**  
Wednesdays, Apr 10-May 15  
\$30.00 5-5:45pm Ages 3-5

The class focuses on introducing new motor skills and movements like jumps, leaps, rolls, handstands, cartwheels and other tumbling skills through lots of fun and games.

## YOUTH SPORT REGISTRATION

**JANUARY 1-31**

*Indoor Soccer*  
*Floor Hockey*  
*Volleyball*

*Spring*

**Ages 4-18**

**MARCH 1-31**

*Baseball*  
*Softball*  
*Lacrosse*

*Summer*

**1ST: 25% OFF ~ 2ND: 20% OFF ~ 3RD-5TH: 10% OFF**

# Learn & Grow!



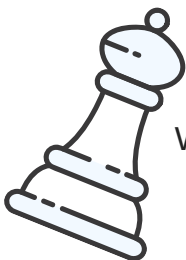
**Sing Along Art #25292**  
 Saturdays, Jan 12- Feb 9  
 \$50.00 10a-11a Ages 1.5-3

Come and sing along with us as we create art inspired by your child's favorite songs. Combine your child's love of art and music in this fun-filled class! Come and create right along with your child. Children must be accompanied by a caregiver.

*\*No Class Jan 26\**

**Soo Bahk Do**  
 Thursdays (ongoing) 5:30-7pm  
 Ages 5-Adult  
 \$45/month or \$120/3 months

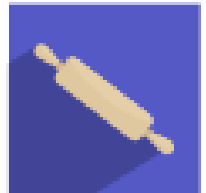
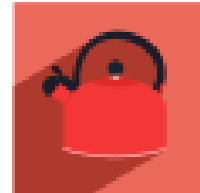
A traditional Korean martial art emphasizing discipline, concentration, self-confidence and self defense. Class is open for beginner through advanced, ages 5 to adult. Uniform is provided with first 3 month membership. This class does not have a test fee but the student must be a member of the US Soo Bahk Do Federation in order to test and be promoted.



**Chess #25102**  
 Wednesdays, Jan 30 - Apr 24  
 6-7:30pm \$70 Ages 6-12

Whether you consider yourself a beginner or intermediate player, join this club to meet and interact with other chess players in your neighborhood and play on a weekly basis. We will use chess clocks, play on a chess ladder, and learn the basic strategy and tactics of chess. Two player team chess will also be introduced.

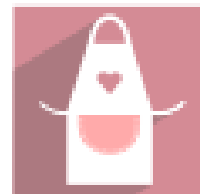
**4-COURSE  
 COOKING  
 #24467**



**MON-THU  
 MAR 18-21**



**6-8PM  
 \$30  
 AGES 12-16**





# Special Events



Helicopter Egg Drop  
Sat, April 13 ~ 1pm  
**FREE**

No registration required

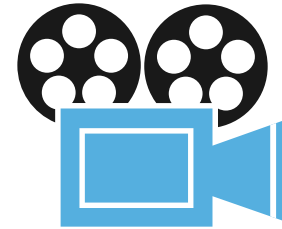
Come and see a REAL helicopter drop eggs onto Langford Park! Children will be limited to 5 eggs each, while supplies last. Climbing Wall and Jump Castles available

**PARENTS NIGHT OUT #25091**

**FRIDAY, MARCH 8**

**\$10.00 6-9PM AGES 4-12**

**PARENTS CAN DROP OFF THEIR KIDS AT LANGFORD PARK FOR SOME FREE TIME. STAFF WILL PROVIDE PIZZA, OUTDOOR/INDOOR ACTIVITIES, GYM GAMES, A CRAFT AND A MOVIE.**



***Preschool Fun Day***  
***Sun, February 24 ~ 3-5pm***  
***\$10.00/family***

*Please join St. Anthony Park Co-Op Preschool and Langford Park Recreation Center on February 24th, 2019 from 3-5pm for a whole family event with activities for ages 1-9 years. Price is \$10 per family and includes all activities with the exception of food items.*

*Activities include bouncy house, face painting, games with prizes, arts/crafts and silent auction. Escape the cold and join your community for a fun-filled afternoon!*

