



2019-Winter/Spring TEEN PROGRAMS

AT NORTH DALE, NWCOMO, LANGFORD RECREATION CENTERS

To REGISTER: Online at www.stpaul.gov/parks or call the Recreation Center

*****Spring Sport Registration Sign Up Period: January 1-31**

Indoor Soccer/Volleyball

*****Summer Sport Registration Sign Up Period: March 1-31**

Baseball/Softball/Lacrosse

Discount Days: 1st Day = 25% 2nd Day = 20% 3rd ~ 4th ~ 5th Day = 10%

NORTH DALE: 1414 N. Saint Albans Street, 55117 651-558-2329

www.stpaul.gov/northdalerec

Ice Skating Lessons Ages 10-adult #25224

Instructor: David Krueger

Fee: \$35 / Saturday, January 5 – February 2 / 5-5:30pm / Ages 10-Adult

Learn the fundamentals of skating including forward and backwards skating, stopping and falling safely. Please arrive at North Dale before class begins to allow time for putting on skates. Participants must have their own skates. No class Jan 12.

Youth Apparel Design

#25149

Instructor: Salena

Fee: \$50 / Monday, February 4 – March 25 / 6-8pm / Ages 9-17

Does your child have a passion for fashion? Fashion Design will allow your child to express their creativity through wearable art. This class will teach patience, entrepreneurship and most importantly team work.

Irish Dancing Beginning

#25345

Instructor: Green Fire Irish Dancing

Fee: \$30 / Thursday, February 7 – March 14 / 5:30-6:30pm / Ages 10-13

Have fun learning beginning Irish jig and reel steps and dances to lively Irish music. Wear soft sole shoes like Jazz/ballet type. Opportunity to perform a dance with "Green Fire Irish Dancers" on St. Patrick's Day, March 17.

Teens in the Kitchen #25158**Instructor: Sara Scholtens****Fee: \$80 / Tuesday, February 5 – 26 / 7-8:30pm / Ages 13-17**

Teens ages 13-17 are welcome to join this culinary month-long venture. Who knows, you might be the next Julia Child or Guy Fieri! In this fun, four-part series, teens will practice essential kitchen skills and master the fundamentals of cooking. Young chefs will love working alongside classmates learning everything from chopping, measuring, sautéing to roasting! Plus, they'll discover how simple it can be to make classic sauces, roasty toasty meats, and tasty baked treats - and eat them, too! We'll get hands-on and cover the fundamentals of cooking such as rules for handling knives, sauce making, baking, and the importance of kitchen safety. Along the way, kids will take notes as they learn to create a variety of delicious sweet and savory dishes, collecting recipes and ideas to use at home and in the future on their own or even in their own restaurant or cafe! Teacher Bio: My name is Sara. I love cooking, mixing, and creating recipes. I was a teacher and a musician for many years before I chose to stay at home with my own four children. My teaching experiences, my love for new foods and travels, my passion for nutrition, and my own family to inspire me to create classes and workshops for other families in my community. I'm excited to work with you!

Youth Canvas Painting**#25308****Instructor: Wanderlust Studio****Fee: \$30 / Friday, April 19 / 1-3pm / Ages 11-17**

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

Mario Frogger Game Coding #25323**Instructor: Computer Explorers****Fee: \$75 / Saturday, April 27 – May 4 / 9:30am-12:30pm / Ages 9-14**

Create & Share by creating an interactive 2D video games. Using MIT's award-winning Scratch, to teach principles of object-oriented programming. Scratch is a powerful yet simple block-based language. We will re-create a classic Frogger game using popular Nintendo Characters. Please bring a drink & snack daily.

Red Cross Babysitting Training**#25151****Instructor: Jane Veitch****Fee: \$60 / Wednesday, June 12 / Time: 9:30am – 4pm / 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 with you.

Taekwondo Youth**Instructor: Master Minefree****Fee: \$50 monthly / M-W-F January 2 – May 31 / Time: 4:30-5:30pm / Ages: 6-17**

Please join us as we discover and explore WTF style Taekwondo taught by Master Minefree. Classes are dynamic, fun and challenging. As you develop your knowledge of this Korean martial art, you will gain skills and confidence. Monthly registration is \$50 due before participation begins. Uniforms can be purchased through the instructor.

January #23651**February #25187****March #25188****April #25189****May #25190****Open Dance Studio #25129****Fee: Free / Friday, January 4 – May 31 / Time: 2:15-4pm / Ages 13-17**

Free dance time in the Dance Studio for teens. Bring your own music, no outdoor shoes in the room. This is not instructor lead but open time in the studio for teens to use the room for dance.

NORTHWEST COMO: 1550 N. Hamline Ave, 55108 651-298-5813

www.stpaul.gov/nwcomorec

Game Night #24815**Fee: Free / Monday, January 7 – March 24 / Time: 6:30-8pm / Ages 8-Adult**

If you enjoy playing table games welcome to Monday nights at Northwest Como. Adults to age 8 can play games such as Settlers of Catan, Carcassonne, Ticket to Ride, One Night Ultimate, Mafia, Mysterium and Love Letters. Bring your friends and you decide.

Jazz/Ballet #25290 Instructor: Rachel Handren

Fee: \$110 / Wednesday, January 16 – May 1 / Time: 4 – 4:45pm / Ages: 7 – 15

In Jazz/Ballet, your child will learn foundational technique, balance, coordination, strength and beginner/intermediate skills in the styles of Jazz and Ballet. They will be learning and performing two routines in each respective style at an end of session recital. This class includes a costume. No class March 6 & April 3.

Hip Hop Ages 9-16 #25289 Instructor: Rachel Handren

Fee: \$105 / Wednesday, January 16 – May 1 / Time: 5:30 – 6:15pm / Ages: 9 – 16

Your child will learn a variety of different dance styles that have influenced the hip hop culture and how to implement their movements into a dance. They will be learning one routine that will reflect different styles and techniques of Hip Hop to perform in our spring recital at the end of the session. This class includes a costume. No class March 6 & April 3. Wear tennis shoes.

Cooking with NWC Staff #25240

Fee: \$10 / Tuesday, January 15 – 29 / Time: 6:15 – 7:30pm / Ages: 7 – 14



Taekwondo Youth

Instructor: Master Minefee

Tue/Thur	Time: 4:30 – 5:30pm	Ages: 6 - 17	Fee: \$50
Jan 3-31	Activity #25197		
Feb 5-28	Activity #25198		
Mar 5-28	Activity #25199		
Apr 2-30	Activity #25200		
May 2-30	Activity #25201		

Please join us as we discover and explore WTF style Taekwondo taught by Master Maurice Minefee. Classes are dynamic, fun and challenging. As you develop your knowledge of this Korean martial art, you will gain skills and confidence. Monthly Registration is \$50 due before participation begins. Uniforms can be purchased through the instructor.

Archery #25134 Instructor: Altman, Thomas

Fee: \$60/ Monday, January 28 – April 15 / Time: 3:00- 4:30pm / Ages: 9 - 17

Students ages 9-17 will follow safety instructions while learning and practicing proper archery techniques. Equipment is provided. Co-sponsored by Northwest Como Recreation Center and Chelsea Heights School.

Red Cross Babysitting Training #25152 Instructor: Veitch, Jane

Fee: \$60 / Friday, April 19 / Time: 9am – 3:30pm / 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 with you.

Spring Break Movie Trip #25243

Fee: \$10 / Wednesday, April 3 / Time: 1 – 4:30pm / Ages: 7 – 17

Spring Break Swimming Field Trip to the Movies (Marcus Cinema Oakdale). We will be going to the movies! Participants can bring their own money for concessions if they'd like. ** Trip times are approximate. Field trip permission slip is required, must be filled out before we leave.

Spring Break Swimming Trip #25244

Fee: \$10 / Thursday, April 4 / Time: 1 – 4:30pm / Ages: 7 – 17

Spring Break Swimming Field Trip to Great River Waterpark. Participants should bring a swimsuit, towel and money for concessions if you'd like. Van leaves NWC at 1:00 pm and will get back around 4:30 pm. Field Trip Form must be filled out to participate.

Spring Break Bowling Trip #25242

Fee: \$15 / Friday, April 5 / Time: 1 – 4:30pm / Ages: 7 – 17

Spring Break Swimming Field Trip to Flaherty's Bowling. Pizza and Pop will be provided. We will also have about 20 mins of arcade time, participants need to bring their own money for arcade games. Field trip permission form is required, before we leave.



Special Event NWComo

Teen Dance #25217

Fee: \$5 / Friday, June 7 / Time: 6:30 – 8:30pm / Ages: 10 – 14

Dance with your friends to your favorite music from 6:30pm-8:30pm. Ages 10-14. Concessions will be sold. Entrance fee paid at the door \$5.

LANGFORD PARK: 30 Langford Park, 55108 651-298-5765

www.stpaul.gov/langfordrec

Soo Bahk Do (Ongoing) Instructor: Christine Eichhorst

Fee: \$45 per month or \$120 for three months / Thursday (ongoing) / Time: 5:30-6:30pm / Ages 5-Adult

A traditional Korean martial art, emphasizing discipline, concentration, self-confidence and self-defense. Class is open for beginner through advanced, ages 5 to adult. Uniforms are 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.



**American
Red Cross**

Together, we can save a life

Red Cross Babysitting Training - #25150

Fee: \$60 / Friday, Jan 25 / 9:30am-4pm / 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 with you.

Class being held at:

Centennial United Methodist Church, 2200 W. Hillside Ave., Saint Paul, MN 55108

Open Gym

Free / Saturday, January 5 – Feb 9 / Time: 1-3pm / Ages 10 up

Half of the gym is available to have fun and burn off some winter energy.

Four Course Cooking #24467

Instructor Kyana

Fee: \$30 / Monday, March 18 – 21 / Time: 6-8pm / Ages 12-16

Learn how to prepare a four-course meal with Langford staff. Monday- Food safety and salad prep Tuesday- Appetizer and beverage Wednesday- Entrée Thursday- Dessert

SPECIAL EVENTS

Girls Hockey Saint Paul Winter Classic Location: North Dale

Fee: Free / Saturday, January 12 / 10am-5pm / All Ages

Support Girls High School Hockey in Minnesota by coming and cheering on the ladies while enjoying the concessions. No pre-registration required just come and cheer. Sponsored by Friends of Como Athletics. (Concessions for purchase) Games played on North Dale's refrigerated rink.

10am: Mankato East VS Minneapolis

12pm: Moorhead VS Northern Lakes

2pm: Northfield VS Mahtomedi

4pm: Mankato West VS Sibley





Family Skating Party & Bonfire

Location: Northwest Como

Fee: Free / Thursday, January 24 / Time: 6:30-8:30pm / All Ages

Bring your own skates to enjoy the ice rink. We will have snow shoes and cross-country skis for people to use. Warm up around the bonfire while sipping your hot chocolate and munching on popcorn. No pre-registration required.

Breakfast With The Bunny Location: North Dale Activity #24972

Fee: \$2/person or \$5/family / Saturday, April 13 / Time: 10-11:30am / All Ages

Enjoy a pancake breakfast, bunny will be here for pictures, games & crafts, and pick an egg out of our big egg basket. \$2 per person or \$5 for families of three or more. To register as a family, please call or visit the rec center. Children 10 & under must be accompanied by an adult. Volunteers are needed. Call North Dale to register as a volunteer 651-558-2329. Co-sponsored with the North Dale Booster Club.



Helicopter Egg Drop

Location: Langford Park

Fee: Free / Saturday, April 13 / Time: 1-2pm / All Ages

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



****VOLUNTEER BY CALLING YOUR LOCAL RECREATION CENTER****

~For programming suggestions or to be an instructor contact Darcy Rivers at

651-558-2329 or darcy.rivers@ci.stpaul.mn.us