

# Fall 2017 Program Guide



Langford Recreation Center  
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[www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec) ~ ~ [www.facebook.com/langfordpark](http://www.facebook.com/langfordpark)

## **Magic and More (20064)**

Tuesdays, October 3-17 / 6-7:30pm / Ages 8-12 / \$40

Amaze your family and friends when you share with them illusionary secrets. Participants will learn how to do the basic tricks they are familiar with, as well as new ones! This class will help develop their self-esteem by acquiring a new skill that will enhance their personality. Remember, magicians never reveal how a trick works!

## **Robotic Surgeons (20227)**

Mondays, October 9-30 / 6-7:30p / Ages 7-14 / \$65

During the Robot Surgeons classes, students design and program robots to function as medical robots by accomplishing a task that would cure a disease or address an issue within a human organ. Students use LEGO® Robotics and computers to learn principles of robotics, computer programming, and teamwork.

## NEW CLASSES

## **Loose Leash Dog Walking (20063)**

Tuesdays, November 7 – 28 / 8-8:45pm / Ages 18+ / \$60

- Does your dog drag you down the street when you walk?
- Does s/he walk beautifully in training classes but struggle when facing real world challenges?
- Does s/he try to meet every dog she sees (when you would rather not)?

If you answered yes to any of these questions, our Loose-Leash Walking workshop is for you! This four-week class covers basic leash-walking mechanical skills, moving attention, and coping with distractions.

## **Pickle Ball (No Registration)**

Wednesdays, September 13 - October 25  
8-9pm / Ages 13+ / \$2 each week

This popular game is a cross between badminton and tennis.  
All skill levels welcome!

Registration starts

**Monday, August 7<sup>th</sup>!**

**Call, Click or Stop in!**

## PRE-SCHOOL

### Bugs ([20253](#))

Monday, October 9 / 6:15-7pm / Ages 3 to 5 / \$20

Students explore the world's most abundant animals! What makes a bug an insect? How are insects' eyes different from our own? Students see a preserved giant lubber grasshopper up close and take home a bug eye lens.

### Tumbling ([20103](#))

Wednesdays, September 27 - November 1 / 5:30-6:15pm / Ages 3-5 / \$40

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.

### Tot Time (No Registration)

Thursdays October 5- April 26 / 9-10:30am / Ages 0-4 / Free

Langford's gym will be open for toddlers and their families to run around. Miscellaneous toys will be provided, such as tumbling mats, balls, rockers, trucks & more. Children must be supervised by an adult.

# Dinner with Mr. & Mrs. Claus

Spaghetti Dinner

Cookie Decorating

Facepainting

Kids' Crafts



Friday, December 8 - 5:30-7pm

\$5/person, \$25 max/family - Kids 2 and under are FREE!

Walk-ins accepted, or skip the line and pre-register with Activity #[20086](#)



Langford Park Basketball  
Ages 4-18  
Registration begins September 1  
[www.stpaul.gov/langfordrec](http://www.stpaul.gov/langfordrec)



Langford Park Hockey  
Ages 5-14  
Registration begins Mid-September  
[www.langfordparkhockey.com](http://www.langfordparkhockey.com)

**Fall Baseball & Softball Clinic (20102)**

Thursdays, September 7 – 28 / 6-7pm / Ages 7-11 / \$25

Continue building skills after the summer season - baserunning, batting, fielding, and pitching will be addressed.

**Ultimate Game Coding (20204)**

Mondays, December 4 – 11 / 6-7:30pm / Ages 9-12 / \$40

All New Game Tutorial! Working in pairs, Image, Create & Share by creating an interactive 2D video game using your FAVORITE characters. We scoured the Scratch website and assembled a collection of the most popular game sprites. Choose characters from Undertale, Pokémon, Nintendo, Minecraft, and even classic characters like Donkey Kong, Pac-Man, Sonic, and Mario! The first classes we will learn to use scratch, and on the final session, students will be walked through creating a working arcade style - game picking which main character to use. Bring a USB drive to save your games, on the last day, or they can be emailed to parents.

**Chess (20069)**

Wednesdays, September 20 - December 6 / 6-7:30pm / Ages 7-12 / \$63

Players of all levels are welcome 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.

# REC CHECK

Rec Check is a FREE after-school program for children in grades 1-6 who live or attend a school in Saint Paul. [Registration](#) is required to participate in this program, which is held from 3-6pm on days when the Saint Paul Public Schools are in session (there is no program on days off school or school holidays). Children are required to check in and out with staff and will participate in varying activities, including homework/reading time, arts and crafts, physical activity/games, etc.

# No School Days

## Design Your Own Board Game (20067)

Friday, October 27 / 1-3pm / Ages 7-11 / \$45

Students will create a board game of their own design, constructing rules for their game, and choosing the theme for the game. The game will be designed around a simple start to finish format where the children can create the path, where actions will take place on the board and a rule sheet so that they can refer to so that they or others will know how to play. This project will promote group play, creativity, and understanding of rules for fair play. Students will also learn about planning strategy, themed design, cooperative play, craft skills, and writing.



## How to Make a Mini-Comic (20068)

Friday, November 17 / 9am-12pm / Ages 7-11 / \$40

Students will learn a basic layout for photocopying their very own 8-page comic. We will also go over a brief discussion on story development, characters, narrative, expressions, and gestures to help visibly tell their story that they create! Students will leave with their original art and if time permits, a photocopied and assembled mini-comic.

## Fall Blast (20089)

Thursday/Friday, October 19 – 20  
1p-4p / Ages 6-12 / FREE

## Winter Blast (20091)

Tuesday - Friday, December 26-29  
1p-4p / Ages 6-12 / FREE



Pre-register for these days of no-school fun. Space is limited and registration is taken first come, first serve. Staff will lead activities in the gym and outside so dress appropriately. Bring your own snack and beverage.

**Babysitting Training ([20083](#))**

Thursday, October 19 / 9a-3:30pm / Ages 11-17 / \$60

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

**How to Get the Part ([20065](#))**

Thursdays, November 2 – 16 / 6p-7:30p / Ages 12-15 / \$40

Take the stage! Win the part you want! Learning how to audition can be the first step to getting cast in your favorite play. This is for students wishing to improve their skills and prepare themselves for successful auditions.

**Martial Arts – Soo Bahk Do (Ongoing, register at Langford)**

Thursdays, 5:30-7pm / Ages: 6 and up

A traditional Korean martial art emphasizing discipline, concentration, self-confidence and self-defense. Class is open for beginner through advanced, ages 5 to adult. Class fee: \$45/month or \$120/3 months. 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 to test and be promoted. Beginners are from 5:30pm - 6:30pm and Advanced is 5:30 - 7pm.

**YOGA (All Levels)**

Tuesdays, Sept 19-Oct 24

Child (ages 6-11) & Guardian ([20104](#)) / 6-6:45pm / \$40 per CoupleTeen (ages 12+) ([20094](#)) / 7-7:45pm / \$40

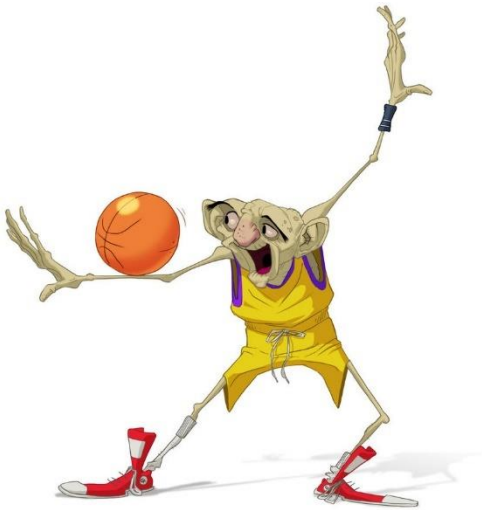
Yoga is a wonderful way to gain flexibility and develop body awareness. There is also scientific evidence that yoga and meditation help to reduce stress and anxiety, while increasing happiness levels. All levels welcome.

Please bring a yoga mat and water bottle.

**30/30-Moderate Intensity Workout/Yoga (20073)**

Mondays, September 11 - November 20 / 7:45-8:45pm / Ages 18+ / \$50

15 minutes of warm up and stretching, 30 minutes of moderate to high intensity workout followed by 15 minutes of cool down and basic yoga.



**Men's 35+ Ice & Advil Basketball (20084)**

Saturdays, September 16 - November 4 / 11a-12:30p / Ages 35+ / \$26

It's time to get a little exercise. The Ice & Advil non-competitive activity is for men ages 35 and older to play basketball. Teams will be formed at Northwest Como, North Dale and Langford Recreation Centers and each week will be held at one of those centers. Players will officiate themselves, during 5 on 5 play, with 2 halves of 20 minutes running time and 5 minutes of half time. T-shirt will be provided.

**Pilates**

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

Thursdays, September 7 – November 9

Beginner (20090) / 12:15-1:15pm / Ages 18+ / \$73 (\$71 for Ages 55+)

Intermediate (20092) / 11am-12pm / Ages 18+ / \$73 (\$71 for Ages 55+)

Thursdays, November 16 – December 14

Beginner Interim (20087) / 12:15-1:15pm / Ages 18+ / \$29

Intermediate Interim (20093) / 11am-12pm / Ages 18+ / \$29

**Drop-In Programs – No registration required!**

**Senior Bowling** - Fridays (ongoing) - 9:30-11am - Free

**Adult/Senior Walking** - Fridays in October-December - 1-2pm – Free

**Adult Badminton** – Fridays in September-December - 6-7:45pm - \$5/session