



Inside

Senior Programs	4
Parks/Rentals	6
Youth Programs	9
Adults	11

CITY OF

MOUNDS VIEW

Parks and Recreation

2023 **FALL**
PROGRAM GUIDE
moundsviemn.org



Fall Festival

Thursday

October 26th

6:00 – 8:00pm

Dress up in your Halloween costume and enjoy all the activities in our free community event!

Activities include, trick or treat street, truck or treat, carnival games, bounce house, crafts and more!



Refund Policy

In consideration of instructors needing to order supplies, secure tickets or purchase equipment, refunds will only be given under the following conditions:

- » All refunds are subject to a \$5 processing fee
- » Cancellations must be made at least 5 business days prior to the start of the program
- » Camps and league cancellations must be made prior to the registration deadline
- » There will be no cost adjustments for late registrations or classes missed by a participant
- » Make up sessions will not be offered if the participant misses a session

In the event an activity is cancelled by the Parks and Recreation Department, a full refund will be issued.



Mounds View Community Center

5394 Edgewood Drive
Mounds View, MN 55112

Community Center Hours

Labor Day – Memorial Day

Monday – Saturday 8 am– 8 pm
Sunday Closed

Admission Information

Admission fees or membership allows you to enjoy the following areas.

- Fitness Center
- Gymnasium
- Group Exercise Classes
- Locker rooms

Daily Admission Rates

Youth	Resident	\$3
	Non Resident	\$5
Adult	Resident	\$5
	Non Resident	\$7

Mounds View Community Center Monthly Memberships

Youth	Resident	\$12
	Non Resident	\$22
Adult	Resident	\$25
	Non Resident	\$35
Family	Resident	\$40
	Non Resident	\$50

Adult Resident is anyone who lives or works in Mounds View (must show proper verification).

Youth Resident is anyone who lives in Mounds View or attends a Mounds View School District school.

Please contact the front desk for more information about memberships at 763.717.4040.



Mounds View Community Center

The Community Center is the “home base” for all park & recreation programs offered through the City of Mounds View. Amenities include a gym, fitness center, and an Event Center. Located at 5394 Edgewood Drive across the street from the Mounds View City Hall.

Fitness Center

The Mounds View Community Center offers a complete fitness center with cardio equipment including treadmills, stair climber, elliptical trainers, rowing machine, upright and recumbent cycles and more. We also have strength equipment, dumbbells, free weight benches, medicine balls, TRX and more!



We are Hiring!

Multiple positions open.

Visit moundsviewmn.org for details and to apply



How To Register For Programs



In-person: Mounds View Community Center
5394 Edgewood Drive Mounds View, MN 55112



Call: 763.717.4040

Payment must be made at time of registration



Click: Register online at
secure.rec1.com/MN/mounds-view-mn/catalog





Senior Programs

The Mounds View Community Center is proud to participate in the Silver Sneakers®, Renew Active, One Pass and Silver & Fit program for members 65 and older. Most are offered at no cost through your insurance company. As a participant you would be eligible for fitness classes, fitness center, gym access and fun planned activities.

To see if you are eligible for these programs visit our front desk or call 763-717-4040..

SilverSneakers Yoga

This workout includes easy to follow, low impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your lifestyle.

Dates: Ongoing **Fee:** \$5
Days: Fridays **Time:** 9:00am

Get Moving with Senior Chair Combo

This beginner's workout provides low impact movement for strength, stretching, and balance exercises designed to provide energy for an active lifestyle.

Dates: Ongoing **Fee:** \$5
Days: Mondays **Time:** 10:00am

Silver Sneakers Gentle Yoga

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used for seated and standing options to meet a variety of fitness and skill levels. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

Dates: Ongoing **Fee:** \$5
Days: Tuesdays **Time:** 9:00am

Senior Combo Class

This class offers standing, low impact movement, upper body strengthening with hand held weights, tubing and balls. A chair is available for support. The instructor will offer modifications to match participants abilities.

Dates: Ongoing **Fee:** \$5
Days: Wednesdays **Time:** 9:00am

Senior Exercise

Volunteer led exercises consist of stretching and strengthening, as well as aerobic walking. This is an excellent way to keep muscles flexible and strong while socializing with friends.

Dates: Ongoing **Free**
Days: Mondays & Thursdays **Time:** 9:00-10:00 am

Silver Sneakers Fall Prevention Program

The Fall Prevention series consists of an initial Functional Fitness assessment, and 10 weeks of exercise routines, education tips and drills designed to help you reduce your fall risk and improve your health and well-being.

Dates: September 19 - November 28 **Free**
Days: Tuesdays **Time:** 1:00pm

Pickleball

Pickleball is a combination of tennis, badminton, and ping pong played by four people on a badminton size court with paddles and a perforated poly ball. It is great exercise, easy to learn and lots of fun. Come see what the excitement is all about and participate in the fastest growing sport in America.

Dates: Weekdays **Fee:** \$3
Days: Monday - Friday **Time:** 8:00am -11:00am



Spring Lake Park & Mounds View Step Trek to Door County, WI

Kickoff Sept 15th at Able Park Building: 1301 81st Avenue NE Spring Lake Park

Celebration and Potluck October 17 Able Park Building

Teams of up to 6 people may register at bit.ly/3MosCyd_Walking, in person at Mounds View Community Center or by calling 763-717-4043.

Each team will walk 358 miles to Door County. Miles are based on the honor system and may be reported on line or in person. A 45 minute fitness class counts as 3 miles walked.

Classes are free with Silver Sneakers, Silver & Fit, Renew Active, or OnePass Membership



Senior Center

Additional Programs and classes are added periodically. Check out our monthly Newsletter for updates. Our Monthly Senior Center Newsletter is posted on our website. If you would like to receive a copy by email, send a note to connie.allen@moundsviemn.org.

Come to the Senior Center for a cup of coffee, tea or hot chocolate and conversation to go along with it. This is a place to relax and just enjoy being with others. Feel free to enjoy a game of cards or just some laughter and good times.

Monday-Friday Opens at 8:00am

Senior BINGO

1st and 3rd Thursdays 10:00-11:00am

Ed's Card Club

Join Ed for a game or two of cards. Ed and others enjoy playing Cribbage, Bridge, 500 and many other games. The Senior Center is a cozy place to relax as you visit with others and enjoy a favorite pastime.

Tuesdays & Thursdays 1:00pm

Karaoke

Bring your voice for some fun crooning to the oldies or choose your favorite tune.

2nd and 4th Thursdays 10:00-11:00am

Action Bingo

Bingo is a favorite activity here at the Senior Center. Action Bingo offers a variation that combines the hope of winning a prize with some gentle activity.

3rd Thursday of the month 10:00-11:00 am

Senior Classes

Coffee and Canvas

Join us for some fun while painting on canvas. Instructor, Sandy Danus from Cheerful Hearts Paint, will teach anyone the brush strokes needed to go home with your masterpiece that day. This class takes about 2 ½ hours. Bring a friend, all are welcome!

Thursdays	September 7	\$30*	11:00am - 2:00pm
	October 12	\$30*	
	November 9	\$25	
	December 7	\$30*	
	January 11	\$25	

Fee due day of class to instructor; You will need to reserve a spot at least one week in advance. * Larger canvas size.

Annual Medicare Updates

Open Enrollment for Medicare begins October 15! Learn about the most recent changes in Medicare benefits and coverage, and how these changes affect you. This non-biased presentation is offered through the Minnesota Council on Aging

October 25 1 pm

Senior Safe Driving Classes

Refresh your driving skills, save money and find useful information. Held in our event center where there is plenty of room for social distancing. Register online, or at the Community Center. Call 763.717.4043 with questions.

Course offered through the MN Highway Safety and Research Center. **Class is held at Spring Lake Park Community Center**

4-hour refresher course	Time	Fee
Tuesday, September 12	1:00pm to 5:00pm	\$29
Tuesday, October 3	9:00am to 1:00pm	\$29
Tuesday, November 7	1:00pm to 5:00pm	\$29

Guided Autobiography Writing Class

This 7 week class is designed for those with mild dementia. In this 7 week class, Dr. Steve Hooper will help the participants organize and share their life stories. Caregiver may attend with the participant, but will not create their own story.

September 7, 14, 21, 28 & October 5, 12, 19, 26 3:00-4:30 pm



Mounds View Parks & Amenities

	Building		Shelter			Fields				Rinks		Courts						Playground		Other
Park	Park Building	Building Capacity	Shelter	Picnic Tables	Grills	Youth Baseball	Softball Field	Soccer	Football	Hockey Rink	General Skating	Tennis	Pickleball	Basketball	Volleyball	Disc Golf	Walking Trail	Play Equipment	Splash Pad	
Ardan 8307 Long Lake Rd																	👍			Compost Site
City Hall 2401 Mounds View Blvd			👍	👍	👍		💡		👍						💡		👍	👍	👍	
Greenfield 2335 Knoll Dr				👍		★						💡	💡	💡			👍	👍		
Groveland 2815 Ardan Ave	🍴	25	✳️	👍	👍	👍						💡	💡	💡				👍		
Hillview 7901 Greenwood Dr	🍴	25	✳️	👍	👍	👍		👍	👍	💡	👍							👍		
Lakeside 7840 Pleasant View Dr		50	👍	👍	👍		👍								👍		👍	👍		Fishing Pier
Lambert 5324 Jackson Dr	🍴	25	✳️	👍	👍	👍				💡	👍							👍		
Oakwood 5590 Quincy St				👍														👍		
Hodges (Random) 5214 Long Lake Rd	🍴	35		👍	👍									👍				👍		Zip line
Silver View 2700 County Rd I	🍴	50	✳️	👍	👍		👍	👍						👍	👍	👍	👍	👍		Sliding Hill Horseshoe
Woodcrest 2752 Woodcrest Dr																	👍	👍		

🍴 Small Kitchenette ✱ Attached to park building ★ Batting cage 💡 Lighted



Mounds View parks are a perfect place for you to hold your smaller gatherings.

Park Building	Fee	Resident Fee
Hodges Park (Random)	\$200	\$ 100
Silver View Park*	\$200	\$ 100
Lambert Park	\$200	\$ 100
Hillview Park	\$110	\$ 55
Lakeside Lions Park*	\$110	\$ 55
City Hall Park	\$40	\$ 40

All rates are for daily rentals. Hours are 10am-10pm

*Closed after October 15, 2023

Gym Rentals

The Mounds View Community Center has a full size gym with two basketball courts. Rent it today for sports teams, birthday parties or private groups.

Gym Space	Rate	Mounds View Resident
Full Gym	\$135	\$90
Half Gym	\$70	\$46

Event Rentals

If you're looking for a place to host your special event, look no further! With flexible layout options and open catering, you can truly make the Mounds View Event Center the perfect place for your next event.

- Weddings
- Birthday Parties
- Graduations
- Baby & Bridal Showers
- Expos
- Meetings & Seminars

Contact our Event Manager to schedule a tour, or check out our website at moundsviewmn.org/eventcenter for more information.



Event Manager: Leah Vandecar

- 763.717.4041
- leah.vandecar@moundsviewmn.org
- moundsviewmn.org/eventcenter





Youth Recreation



Music Together Sessions

Discover the joy of making Music Together! Sing, laugh, move and learn along with your baby, toddler or preschooler for 45-minutes of pure fun each week in these award-winning classes. The little ones love the delightful, engaging classes and the caregivers love helping their children grow into confident, life-long music makers. Classes are mixed-age so the siblings can be together. Infants under eight months on the first day of the session attend free with a paid sibling. All infants are welcome. If not attending with a sibling, they pay full tuition. Participants receive a CD, a code to download the music using our free 'Hello Everybody' app, an illustrated songbook and parent education materials.

Try a free demo class to see if this program is a good fit for your family.

Ages: Birth to Kindergarten or 0 months-5 years, 11 months

Location: Mounds View Community Center

Fall Free Demo Classes:

Dates: Monday, Sept 11	Time: 9:15-10 am	FREE
Monday, Sept 11	Time: 10:15-11 am	FREE

Fall Session 1 Schedule:

Dates: Sept 25 - Nov 27	
Day: Mondays	Time: 9:15-10:00 am

Rate: \$195 for the first registered child, \$109 for each additional sibling 8 months or older. Infants under 8 months attend at no cost with a paid sibling

Happy Feet Dance

Dates: Mondays
September 11-December 4
Holiday Recital
(No class 11/20)

Ages: 3-11

Time: 5:15-6:00 pm	Creative Dance	Fee: \$125
6:00-6:45 pm	Tap, Jazz & Ballet	

Mounds View Community Center Event Center

Will Brown's Taekwondo

In Taekwondo students will learn a combination of combat techniques, self-defense, sports, and exercise.

For more information contact Will Brown:
612.504.8688 or visit willbrownstaekwondo.com

When: Month to Month *No Contract

Rates: \$60; First Student
*Additional Family Member Discount \$30;
Second Student, \$100; Family of 3

Kids: Monday, Tuesday, Thursday | 5:30-6:20pm
Tuesday, Thursday | 6:30 - 7:20pm
Saturday | 11am-11:50am & 12:00pm-1pm

*Uniforms are an extra charge

*First 2 Lessons Free



Youth Sports



RevSports Soccer

RevSports skills building classes provide age appropriate activities for youth to build confidence and have fun!

Dates:	Thursdays September 14-October 5	Fee:	\$65 per session
Ages	PreStars: 3-5 years KinderStars: 4-6 years MightyStars: 6-9 years	Time:	5:30-6:10pm 6:15-6:55pm 7:00-7:40pm



RevSports Football

RevSports skills building classes provide age appropriate activities for youth to build confidence and have fun!

City Hall Park

Dates:	Thursdays September 14-October 5	Fee:	\$65 per session
Ages	PreStars: 3-5 years KinderStars: 4-6 years MightyStars: 6-9 years	Time:	5:30-6:10pm 6:15-6:55pm 7:00-7:40pm



RevSports Basketball

RevSports skills building classes provide age appropriate activities for youth to build confidence and have fun!

City Hall Park

Dates:	Thursdays	Fee:	\$65 per session
Session 1:	October 12-Nov. 9	All ages	
Session 2:	Nov. 4-December 14	All ages	
Ages	PreStars: 3-5 years KinderStars: 4-6 years MightyStars: 6-9 years	Time:	5:30-6:10pm 6:15-6:55pm 7:00-7:40pm

TEEN Activities



Teens Quincy House

Quincy House serves teens enrolled in 6th - 12th grade with after school and summer programs. Our mission is to transform lives by empowering teens to have hope for their future, while providing unconditional love and guidance along the way.

We believe teens are in need of guidance and empowerment in the social, emotional, physical, spiritual and intellectual realms. In order to provide this holistic support to each teen, Quincy House offers Program in two parts: Group Nights and Real Talk Nights. Contact us to get your son or daughter involved at Quincy!

Group Nights take place at the Mounds View Community Center and is a time to play games, meet together and enjoy a family style dinner. Visit Quincyhouse.org for more information.

Where: Mounds View Community Center

When: Tuesdays & Thursdays 3:00-5:00pm

Cost: Free

Cookies with Santa

December 2

10:00am - 12:00pm

Santa will be visiting the Mounds View Community Center! Take pictures with Santa, decorate cookies, make a craft and more!

If you would like to bring a toy to donate we will be accepting toys to be delivered to Operation Joy. This is a free community event.



Adult Programs



Paint & Sip

In need of a night out? Grab a friend, make some memories and create a masterpiece you can be proud of! Sandy of Cheerful Hearts Paint will provide a relaxing atmosphere for you to get your creativity flowing, as well as the canvas, paint, brushes, apron and instruction. A cash bar will be available if you would like to sip while you paint.

Fees are due the day of the class to the instructor (cash/check).

You will need to reserve a spot at least one week in advance, by calling 763.717.4040 or registering online at secure.rec1.com/MN/mounds-view-mn/catalog.

Dates: October 25	Pumpkin and Owl
January 17	
Time: 6:00-8:30pm	Fee: \$35



North Metro Adult Leagues

The North Metro Sports Association is a partnership between Fridley, Mounds View, New Brighton, and Spring Lake Park recreation departments to bring adult sports leagues to the North Metro area.

In order to guarantee a spot, a Team Roster & Waiver Form must be filled out and turned in within 48 hours of registration. Once this form is filled out, you can either email it to andy.thomas@moundsviewmn.org or drop off a copy at the Mounds View Community Center.

Fall Adult Kickball League

Grab some friends and join North Metro Sports Leagues for a co-rec Adult Kickball league. Games are unofficiated and include 7 weeks of play. Team and individual registration are available!

When: Wednesdays

Sessions: September 13-October 25

Time: 6:00-9:00pm

Rate: \$80 Co-Ed TEAM Kickball League

\$10 INDIVIDUAL Kickball League Rate:



Fall Adult Soccer League

Get a team together this summer for our 7v7 North Metro Soccer League. This league is for teams looking for a lower competitive level, recreational soccer experience.

When: Thursdays

Sessions: September 14-October 26

Rate: \$40 Fall Co-Ed INDIVIDUAL Soccer

\$320 Fall Co-Ed TEAM Soccer League:

Fall Adult Ultimate Frisbee League

Grab some friends and join North Metro Sports Leagues for Fall Ultimate Frisbee. This self-officiated league requires 6 players on the field. This is the place to hone your skills in a team environment and meet new people! There will be 7 weeks of league play, and then one week of playoffs (all teams make playoffs). Playoff winners will receive a championship prize.

When: Tuesdays

Sessions: September 12-October 24

Rate: \$80 Co-Ed TEAM Ultimate Frisbee

\$10 INDIVIDUAL Ultimate Frisbee



Fall Adult Volleyball League

This is a recreational league, with the level of play being beginner to intermediate.

Love playing volleyball but need a team? Register as an individual and you will be placed on a team with other individual registrants. Teams built of individuals need at least 8 players and will need someone to act as a Team Manager. Teams will play a 10 week season, including playoffs. Registration cost includes referees, championship awards, and sales tax.

Pending the make-up of individual who register, we may build co-ed and/or women's teams. Those teams may be recreational or competitive.

When: Mondays and Wednesdays

Sessions: Week of September 25-December 6

Rate: \$365 Competitive Co-Ed TEAM Volleyball League

\$365 Competitive Womens TEAM Volleyball League

\$42 INDIVIDUAL Volleyball League:

\$365 Recreational Co-Ed TEAM Volleyball League

\$365 Recreational Womens TEAM Volleyball League





PARKS AND RECREATION

Mounds View Community Center

5394 Edgewood Drive, Mounds View, MN 55112

PRSR STD

U.S. POSTAGE

PAID

Permit No. 32324

Twin Cities, MN

COMMUNITY RESOURCE FAIR & FAMILY FUN DAY

FOOD • INFLATABLES FOR KIDS ROCK
CLIMBING • FARMERS MARKET

SAT, SEPT 16 10AM-1PM

MOUNDS VIEW COMMUNITY CENTER

5394 Edgewood Drive, Mounds View MN 55112

www.mvcommunityfair.com

FREE EVENT!

