MOUNDS VIEW COMMUNITY CENTER YMCA
SUMMER Programs 2018
ALL AGES
MOUNDS VIEW COMMUNITY CENTER (MVCC) INFORMATION

SUMMER HOURS
May 29 – September 2
Monday – Thursday 8 a.m. – 7 p.m.
Friday – Saturday 8 a.m. – 6 p.m.
Sunday – Closed

FALL HOURS
Begin September 4
Monday – Thursday 8 a.m. – 9 p.m.
Friday – Saturday 8 a.m. – 10 p.m.
Sunday – 10 a.m. – 8 p.m.

DAILY FEES
Your daily fee includes access to the fitness center, gym, commons areas, and activity areas in the Community Center for the day.

DAY PASS RATE
Adult $5 Mounds View Resident $2
Youth $3 Mounds View Resident $1

PUNCH CARDS
Adult $50 Mounds View Resident $20 – 12 visits
Youth $30 Mounds View Resident $17 – 20 visits

HOW TO REGISTER
Register online at ymcamn.org/locations/mounds_view
Confirmation will be sent via email after registration. Online registration requires automatic electronic fund transfer (EFT).

Register in-person at
Mounds View Community Center
5394 Edgewood Drive
Mounds View, MN 55112
Call 763-717-4040. Payment must be made at time of registration.

YMCA PERSONAL PRICING PLAN
We look forward to having you with us! The Personal Pricing Plan is a needs-based scholarship fund made available through Y Annual Fund – individual and business contributions to our communities.

Click moundsview.mn.us/communitycenter
Moundsviewcommunitycenter@ymcamn.org
PARK BUILDING RENTALS
Mounds View parks are a perfect place for you to hold your smaller gatherings, picnics or graduation parties

<table>
<thead>
<tr>
<th>PARK BUILDING</th>
<th>RATE</th>
<th>MOUNDS VIEW RESIDENT</th>
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<tbody>
<tr>
<td>Random Park</td>
<td>$160</td>
<td>$ 80</td>
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<tr>
<td>Lambert Park</td>
<td>$160</td>
<td>$ 80</td>
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<tr>
<td>Silver View Pavilion</td>
<td>$160</td>
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<tr>
<td>Groveland Park</td>
<td>$160</td>
<td>$ 80</td>
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<tr>
<td>Hillview Park</td>
<td>$105</td>
<td>$ 52.50</td>
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<td>City Hall Park</td>
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<tr>
<td>Lakeside Lions Park</td>
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*ALL RATES ARE FOR 4–HOURL块 BLOClK*

For reservations call 763–717–4040 or in person at the Mounds View Community Center.

MOUNDS VIEW EVENT CENTER
Delight your guests in the simple elegance of the Mounds View Event Center. Use our space to create your one of a kind event. With the option to choose the amount of space you like – Our venue creates a warm, comfortable feeling no matter the size of your event.

- Banquet seating up to 300
- Theater seating up to 400
- Beautiful wood dance floor
- Free on-site parking
- Open Catering option
- Wireless Internet
- Handicapped Accessible
- Complimentary Ceiling Draping

All event rentals include the set-up of tables and chairs to your specifications. We also have complimentary staging and ceiling draping. Our open catering policy allows you to have your events catered, or you may bring your own food to personalize your gathering!

Stop by the Mounds View Community Center for a tour of this wonderful space.

For more information and to schedule an appointment please contact:
Leah Vandecar
P 763.717.4041
F 763.785.7055
E leah.vandecar@ymcamn.org
5394 Edgewood Drive
Mounds View, MN 55112
W moundsvieweventcenter.com
SUMMER POWER

Entering grades K – 5 in fall, 2018
June 11 – August 31, Monday – Friday
No program July 4

Summer Power is a flexible full-day enrichment program focused on quality, small group, age-appropriate activities. Kids stay active with two field trips per week, swimming and group games. We provide a healthy living experience by educating on healthy food choices and the right balance of physical activity. Kids engage in a variety of values-strengthening activities including core elements of science, technology, engineering, arts and math (STEAM), and service projects.

SUMMER POWER THEMES

Magnify Your Mind
Week of June 11 – June 15
Challenge yourself this week to expand your mind and explore the wonders of STEAM (Science, Technology, Engineering, Arts and Math). Get ready to get messy as you create your own slime, make sink or float scientific predictions, construct the tallest cup tower, and build a structure out of marshmallows and spaghetti.

Splash and Dash
Week of June 18 – June 22
Beat the summer heat with splash-tacular fun! Get soaked in this water-filled week of swimming, water balloon games, water relays, sprinklers, and more.

Rockin’ Sock Hop
Week of June 25 – June 29
Stomp your feet and move to the beat! This week we will be movin’ and groovin’ to the music, creating musical instruments, and having a dance party!

Destination USA
Week of July 2 – July 6
No program July 4
Participate in activities that celebrate our country and community, show pride in our citizens, culture, and land. Activities and games will include whiffle ball, four square, fruit kabobs, a community clean-up, and field trips to historical destinations.

Too Fit to Quit
Week of July 9 – July 13
On your mark, get set, go! It’s non-stop fun as we get moving with a week full of games & activities that focus on having fun, developing sportsmanship, and learning how to stay active.

Navigating Nature
Week of July 16 – July 20
The great outdoors beckons you during this fun-filled week complete with bugs, nature crafts, outdoor scavenger hunts, nature hikes, and more! Be prepared to be amazed by the wonderful world around us.

Artrageous
Week of July 23 – July 27
Prepare to have fun with outrageous arts & crafts using watercolors, chalk, clay, and more! Additional activities might include learning origami, painting with marbles, and tie-dying t-shirts.
Traveling Tourist  
Week of July 30 – August 3  
Become a Twin Cities tourist as we explore our fine metro area. We will spend the week learning about Minnesota and visiting local tourist attractions & parks.

Outta This World  
Week of August 6 – August 10  
What does the future hold? We will ask this question and more as we attempt to unlock the secrets of the universe. Get ready to expand your minds and dream beyond the limits of today’s world. We will play galaxy tag, make moon sand, and visit local science attractions.

Drama–o–Rama  
Week of August 13 – August 17  
Lights, camera, action! It’s time to step into the spotlight and showcase your talents. Be a star as you discover your talents and share them with your friends. Field trips might include a theatrical performance, magicians, or a behind the scenes tour of a production company.

Kids on the Move  
Week of August 20 – August 24  
It’s fun to be healthy! We will keep the kids moving this week and reinforce the importance of a healthy lifestyle. We’ll provide physical activity and encourage healthy eating habits through fun nutrition lessons.

Endless Summer  
Week of August 27 – August 31  
Celebrate the end of summer! Let’s keep the summer going forever by playing our favorite outdoor games, joining in on water activities, and continuing to explore the cities we live in.

Fees:  
$137 – 3 days/wk.  
$174 – 4 days/wk.  
$197 – 5 days/wk.

Registration Fee – $50 per child, one-time fee, non-refundable. Weekly fee includes all field trip admissions, open swimming, program t-shirt and program supplies.  
Financial assistance available for all programs.

Drop–off:  
6:30 a.m. – 9 a.m.

Program Hours:  
9 a.m. – 4 p.m.

Pick–up:  
4 p.m. – 6 p.m.

Summer Power Locations:  
Mounds View Community Center  
5394 Edgewood Drive  
Mounds View, MN 55112

ymcamn.org/moundsviewsummer
SUMMER UPROAR
Entering grades 6 – 8 in fall, 2018
June 11 – August 31, Monday – Friday
No program July 4
Fees: $142 – 3 days/wk.
$181 – 4 days/wk.
$206 – 5 days/wk.
Registration Fee - $50 per child, one-time fee, non-refundable. Weekly fee includes all field trip admissions, open swimming, program t-shirt and program supplies. Weekly fee includes all field trip admissions, open swimming, program t-shirt and program supplies. Financial assistance available for all programs.
Summer Uproar is a full-day, experience-based enrichment program that encourages older kids to explore, increase understanding, build independence and most importantly, have fun! We provide a Healthy Living experience for kids by educating on healthy food choices and the right balance of physical activity. Uproar brings a multitude of character development experiences to kids through community involvement, leadership activities, team building exercises, goal setting and more. Days are filled with field trips, outings to amusement and water parks, and fun group activities that exercise the body, challenge the mind and nurture the spirit of our youth.
ymcamn.org/moundsviewsummer
NOTE: Summer Uproar activities vary by YMCA branch and program location. A detailed schedule is available at your branch location or online at ymcamn.org/moundsviewsummer.
Drop-off: 6:30 a.m. – 9 a.m.
Program Hours: 9 a.m. – 4 p.m.
Pick-up: 4 p.m. – 6 p.m.
Summer Uproar Locations:
Mounds View Community Center
5394 Edgewood Drive
Mounds View, MN 55112
SUMMER PARK PROGRAM

Join us this summer for our Summer Parks Program. This program is for kids ages 5-12 to enjoy time out of the house engaging in exciting outdoor games, art projects, and FUN! The flexibility allows you to choose a 4-day option or a 2-day option, and which days of the week you would like to attend. Sign your child up for summer fun today.

SILVER VIEW PARK
Starts week of June 11 – August 2
*No program July 4 and 5
When: Monday-Thursday; 9 a.m. –12 p.m.
Options:
2-Day – $100
4-Day – $160
Ages 5 –12

PRESCHOOL PLAY DAYS IN THE PARK

Get your preschool-aged child out of the house and having fun with our Play Days in the Park Program! They will learn new games, create art projects, and make new friends.

SILVER VIEW PARK
Starts week of June 11 – August 2
*No program July 4 and 5
When: M & W or T & TH; 9 –11:30 a.m.
*Must turn 3 on or before July 1, 2018
*Must be potty-trained
Options:
Monday & Wednesday – $110
Tuesday & Thursday – $110
Ages 3 – 5
YOUTH SPORTS LEAGUES

MOUNDS VIEW T-BALL / BASEBALL
Youth are introduced to baseball in an instructional, and fun manner. Players learn the basic fundamentals including batting, fielding, running and catching. The season consists of 6 weeks of practice and games.
When: Late May – July 28
Games and practices last for one hour, starting at 6 or 7:15 p.m.
Fee: $60/Player $80/Player after April 27
Practice Starts: Week of May 28
Games Start: Week of June 11
All practices are held at Mounds View Parks. Games are held in Shoreview, Arden Hills, New Brighton
Ages 4–5: T-Ball Tuesday and Thursday
Grades K–1: Coach Pitch Tuesday and Thursday
Grades 2–3: Coach Pitch Monday and Wednesday
Grades levels are based on school year just completed.
Volunteer Coaches please call 763-717-4042

MOUNDS VIEW SUMMER SOCCER
Kids learn the basic skills and techniques of soccer and improve on those skills as they learn to play every position. Drills focus on ball-control, passing, trapping, shooting and defense.
When: Late May—July 28
Fee: $60 includes team t-shirt
Deadline: Registration deadline is April 27. Late fee applies.
Grades entering fall 2018:
Mini Mites Ages 4 – K
Mites Grades 1 – 2
Squirts Grades 3 – 4
Practices: Players practice 1x per week. Practices are held starting at 6 or 7:15 p.m. and are 1 hour in length.
Ages 4–K: Mondays or Wednesdays
Grades 1–2: Mondays and Wednesdays
Grades 3–4: Tuesdays and Thursdays
Grades levels are based on 2018-19 school year.
Game start times vary week to week and are 1 hour in length.
Field Locations: Cities of Mounds View, Shoreview, Arden Hills or New Brighton

YMCA TRACK & FIELD LEAGUE
This league is designed to teach the basics of correct running techniques in an individual and team environment. Practice will be once per week and track meets occur on Saturdays. Jerseys will be provided by YMCA on the first day of meets. All you need are good running shoes, athletic shorts and lots of energy!
When: Thursdays and Saturdays / June 14 – August 18
Rates: $100 resident; $125 non-resident
Grades 2 – 8

WILL BROWN’S TAEKWONDO
In Taekwondo students will learn a combination of combat techniques, self-defense, sports, and exercise.
When: Month to Month
*No Contract
Rates:
$60: First Student
*Additional Family Member Discount:
   $30: Second Student
   $100: Family of 3
*Uniforms are an extra charge
*First 2 Lessons Free
Ages: 4 – 18
When: Tuesday, Thursday 5:30 – 6:20 p.m.
   Saturday 10 –10:50 a.m. and 11 a.m. – 12 p.m.

Volunteer Coaches are needed, please sign up when you register your child. All volunteer coaches get $60 YMCA credit added to account to be used for future programs.
COMMUNITY EVENTS

FESTIVAL IN THE PARK 5K

**Location:** Silver View Park at 2700 County Rd I in Mounds View

The Mounds View Community Center and YMCA will be hosting a 5K Fun Run and Family Walk to kick off the Festival in the Park. This event is intended to encourage youth and families to exercise together and get outside to enjoy the city.

**Cost:**
- Register before Friday, July 27 for just $20
- Register before Thursday, August 16 for just $25
- Race day registration is $35

Team Registration is available – Contact MVCC 763-717-4040 for more information

Proceeds from the event will go to support the YMCA scholarship program that directly supports Mounds View area families in need of assistance and allows them to participate in programs at a discounted rate.

**REGISTER ONLINE OR IN PERSON**

Search “Active.com” for “Mounds View Festival in the Park 5K”

MUSIC IN THE PARK

Join us for our summer concert series!

- June 21 at City Hall Park; 6:30 p.m.
- Band TBD
- July 19 at City Hall Park; 6:30 p.m.
  - BaZillions
- *August 17 at Mounds View Community Center parking lot; 5 p.m.
  - Jonah & the Whales

*Part of the Festival in the Park activities. Cost: $5.

MOVIE IN THE PARK

Join us for our summer movie series!

City Hall Park
The movie will start at dusk

- August 9
- August 23

- in partnership with Ramsey County Library
FOREVERWELL CARDIO
This aerobic workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.
**When:** Tuesdays; 8 – 9 a.m.
**Rate:** $2 or Free with Silver Sneakers or Silver & Fit Membership

FOREVERWELL CLASSIC
Move to the music through a variety of fun exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
**When:** Wednesdays; 8:30 – 9:30 a.m.
**Rate:** $2 or Free with Silver Sneakers or Silver & Fit Membership

FOREVERWELL YOGA
Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
**When:** Fridays; 9 – 10 a.m.
**Rate:** $2 or Free with Silver Sneakers or Silver & Fit Membership

TAI CHI: MOVEMENT FOR BALANCE
Improve your balance and increase confidence in doing every day activities with this class inspired by Tai Chi. Practice balance skills and good body alignment by using coordinated and flowing movements
**When:** Fridays; 10:15 – 11:15 a.m.
**Rate:** $2 or Free with Silver Sneakers or Silver & Fit Membership
**AARP DRIVING SAFETY**

Refresh your driving skills, save money, and find useful information and guidance about getting around.

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday, May 3</td>
<td>1 – 5 p.m.</td>
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<tr>
<td>Friday, May 18</td>
<td>9 a.m. – 1 p.m.</td>
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<tr>
<td>Wednesday, June 20</td>
<td>1 – 5 p.m.</td>
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<tr>
<td>Thursday, July 12</td>
<td>1 – 5 p.m.</td>
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<tr>
<td>Wednesday, August 15</td>
<td>1 – 5 p.m.</td>
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Rate: $19 AARP Members  $24 Non members

**SENIOR EXERCISE**

Volunteer led exercises consists of stretching and strengthening, as well as aerobic walking. This is an excellent way to keep muscles flexible and strong.

**When:** Mondays and Thursdays; 9 – 10 a.m.
**Rate:** Free

**SENIOR BINGO**

When: Second Thursday of each month at 10 a.m.
**Rate:** Free

**SENIOR CINEMA**

Enjoy an afternoon movie at the Community Center

**When:** First Monday of each month at 1 p.m.
**Rate:** Free
BIRTHDAY PARTIES

Birthday Party packages are designed for kid’s ages 3–12 years of age.
Listed Fee is for up to 10 children. ($3.50 for each additional child)
$15 deposit required at the time of reservation

CLASSIC Birthday Party – $75
• 2 hour birthday room rental
• 45 minutes open gym time
• Not staff lead

BOUNCE HOUSE Party – $115
• 2 hour tree house room rental
• 45 minutes unlimited bouncing

SUPER SPORTS Party – $95
• 2 hour birthday party rental
• 45 minutes sports games led by staff member in gymnasium

We Provide:
• Chairs and tables in party room
• Table Cloths
• Our staff will take care of clean up.

Call 763-717-4043 to reserve your party today!