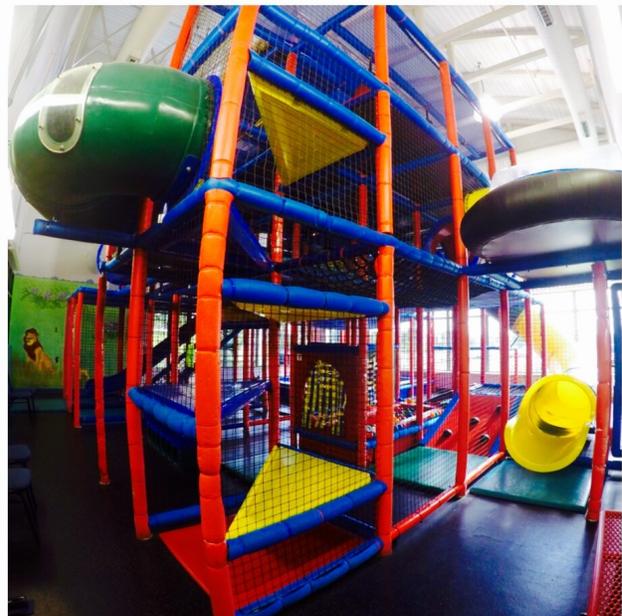
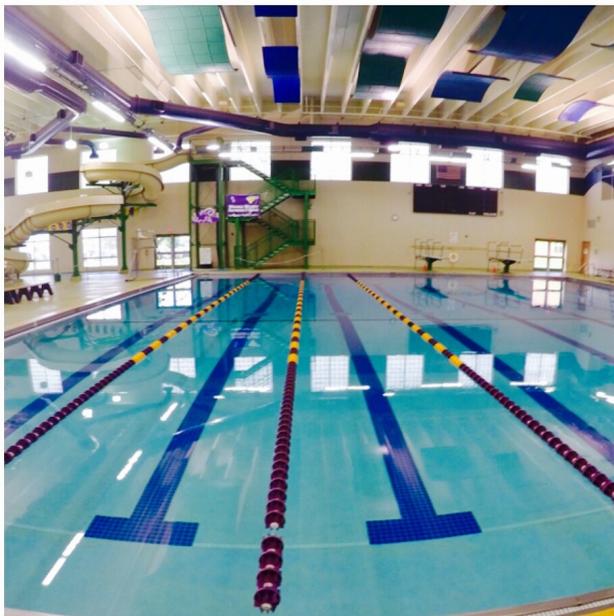


Safari Island Community Center Fall 2016



Safari Island

1600 Community Drive

Waconia, MN 55387

Phone: 952-442-0695

Fax: 952-442-0692

www.safariislandcommunitycenter.com

Waconia Ice Arena

1250 Oak Avenue

Waconia, MN 55387

Phone: 952-442-7465

Fax: 952-442-2258

www.waconiaicearena.com

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SAFARI ISLAND COMMUNITY CENTER

1600 Community Drive
 Waconia, MN 55387
 Phone 952-442-0695
www.safariislandcommunitycenter.com

SAFARI ISLAND HOURS

April 15 - October 31

Monday - Thursday	5:30 AM - 9:00 PM
Friday - Saturday	5:30 AM - 7:00 PM
Sunday	8:00 AM - 7:00 PM

November 1 - April 14

Monday - Friday	5:30 AM - 10:00 PM
Saturday	5:30 AM - 8:00 PM
Sunday	8:00 AM - 8:00 PM

OBSERVED HOLIDAYS

New Year's Day	Memorial Day
4th of July	Labor Day
Thanksgiving Day	Christmas Day

SAFARI ISLAND AGE POLICY

- Children under age 6 must have a parent or guardian within arms reach while in the pools.
- Children ages 6 - 10 may be in pools unattended as long as a parent or guardian is on the pool deck.
- Children age 10 & under may not be left in the facility unattended. This includes dropping the child off during fitness classes, working out in the Iron Forest, walking on the track, volleyball games, etc.
- Children age 11 and over may be unaccompanied by a parent or guardian in the pool, track, and gym areas. Use of the Lion's Den is prohibited.
- Guests age 15 and over are allowed in the Iron Forest. Guests ages 13-14 are able to use the Iron Forest after completing a Youth Orientation.
- Patrons 12 years of age or older are able to babysit younger children while utilizing the facility.

PLEASE INQUIRE AT THE FRONT DESK FOR AVAILABLE CHILDCARE HOURS.

SAFARI ISLAND GUIDELINES/CHILDCARE POLICIES/CHILDCARE HOURS

GUIDELINES TO MAKE YOUR VISIT TO SAFARI ISLAND MORE ENJOYABLE

- Lockers are available but do not have locks. If you forget a lock, we sell a limited number of combination locks. Do not bring valuables to Safari Island.
- The Lion's Den play area is designed for children ages 10 and under. Socks are required.
- Please use disinfectant spray and clean off cardio machines in the Iron Forest when you are finished using them.
- Guests age 15 and over are allowed in the Iron Forest. Guests ages 13-14 are able to use the Iron Forest after completing a Youth Orientation.
- Please do not swim if you are ill or have been ill in the past 48 hours.
- Children under the age of 6 must have an adult with them in the water at all times.
- Children using a lifejacket must be accompanied by an adult and be within arms reach at all times.
- All lifejackets must be U.S. Coast Guard approved. No water wings allowed.
- Only swimwear may be worn in the pool. No cut-offs, T-shirts, or other clothing. Rash guard water shirts accepted.
- Patrons that are not toilet trained are required to wear a commercial diaper product designed for swimming. (Children's sizes are available at the front desk for a fee.)
- Soapy showers are required of all patrons that plan to enter any of the pools.
- Safety breaks may be called by the lifeguards at any time. During a safety break, the pool will be cleared.
- The use of floating toys, rafts, inner tubes, etc. are not allowed, except for special events. Exceptions may be made for flotation devices required for the disabled.
- Goggles are limited to those that cover the eyes only. Goggles cannot be worn down the slide.
- Street shoes MAY NOT be worn on pool decks by either participants or spectators.
- Strollers are not allowed on the pool deck.
- Glass bottles are prohibited on the pool deck.

CHILDCARE POLICIES AND PROCEDURES

We have designed the following child center policies to provide a healthy, safe and secure environment for all children.

- Parents/guardians must remain in the building.
- The same parent who drops off must be the one to pick up.
- Please label all of your child's belongings. We are not responsible for lost or stolen items.
- No food allowed. Drinks (water only) are allowed only in labeled plastic containers with lids.
- Parents are asked to escort their children to the bathroom or change diapers prior to dropping off. Our staff will not be handling bathroom responsibilities or diaper changes.
- Children must be completely covered on top and bottom, including shorts, pants, tights or other covering over diapers, underwear or swimsuit bottoms. Children must wear socks and/or shoes; bare feet are not allowed. Wheels on shoes must be removed prior to entry.
- We reserve the right to determine whether a child is sufficiently sick to be excluded or removed from the child center. A child who exhibits one or more of the following symptoms is not permitted under any circumstances:

A temperature over 100.4, a rash, eye drainage, a severe cold or cough, has head lice (or has been exposed to head lice), or any contagious illness. A child must be fever free for 24 hours before returning to child care.

- Our Staff reserves the right to tell a parent/guardian to pick up their child(ren) at any time.

We reserve the right to terminate or suspend child center privileges for failure to follow these policies or other instructions from our child center Team Members.

SAFARI ISLAND CHILDCARE HOURS

Monday-Friday AM 8 AM - 9 AM & 9 AM-10AM
Monday-Thursday PM 6 PM - 7 PM & 7 PM-8 PM

Members:

\$3.00 per child, \$2.00 for additional children in the same family.

Non-Members:

\$5.00 per child, \$2.00 for additional children in the same family.

Childcare is available by reservation and on a first come, first served basis. Reservations can be made up to 48 hours in advance by calling 952-442-0695.

SAFARI ISLAND DAILY RATES/BIRTHDAY PARTIES

2016 DAILY SAFARI ISLAND ADMISSION WITH TAX

	RESIDENT	NON-RESIDENT
Adult	\$7.50	\$9.00
Youth/Senior	\$6.50	\$8.00

10 Visit Punch Card	\$62.50
30 Visit Punch Card	\$150.00
Single Visit Track Pass	\$2.00
10 Visit Track Pass	\$17.50
30 Visit Track Pass	\$45.00
60 Visit Track Pass	\$60.00

Find 2016 membership rates online at www.safariislandcommunitycenter.com on the Safari Island link under Memberships Forms.

You will also find membership definitions as well as types of health insurance we accept for membership savings.

MEMBERSHIP GUEST POLICY

Members are allowed to bring in two guests per membership per day at the reduced rate of \$4.25.

BIRTHDAY PARTY PACKAGE

Have your birthday adventure at Safari Island! Birthday party package includes:

- Invitations for guests.
- Decorated room for one hour.
- Facility admission for 10 kids. Additional kids are \$6.00 each.
- DQ ice cream cake and beverages.
- Party favor bags for 10 kids. Favor bags are based on gender and age.
- Facility admission for 5 adults. Adults who are not participating are FREE.
- Safari Island beach towel and balloons for the guest of honor.

COST:

Members: \$160.00 plus tax
Non-Members: \$200.00 plus tax



MAKE IT A SKATING PARTY AT THE WACONIA ICE ARENA!

SKATE, CAKE & FOOD CHOOSE EITHER SUB SANDWICHES OR HOT DOGS; INCLUDES ICE CREAM CAKE, BEVERAGES

Safari island Member: \$175 + tax
Safari Island Non-member: \$200 + tax

SKATE & CAKE BRING YOUR OWN FOOD AND WE PROVIDE THE ICE CREAM CAKE

Safari Island Member: \$125 + tax
Safari Island Non-Member: \$150 + tax

SKATE ONLY BRING YOUR OWN FOOD

Safari Island Member: \$ 90 + tax
Safari Island Non-Member: \$100 + tax

All packages include admission & rental ice skates for 10 party attendees & 2 chaperones, use of a decorated party room for 2 hours, & postcard invitations!

Birthday party packages take place during our weekend open skate times:
Saturdays: 2-4pm
Sunday: 12-2pm

Call the Waconia Ice Arena @
(952) 442-RINK for additional details & to book your party today!

SAFARI ISLAND RENTALS

SAFARI ISLAND SPECIAL FEATURES



- **WILDCAT BAY:** 8 lane competitive pool with 2 one-meter diving boards
- **AMAZON BAY:** Leisure pool with 175' waterslide and play features
- **SPA POOL**
- **GORILLA RIDGE:** 4-court gymnasium
- **RAINFOREST TRAILS:** Walking/running track
- **LIONS DEN:** Children's indoor play structure
- **LEOPARD LODGE:** Meeting rooms and fitness studio
- **IRON FOREST:** Cardio and weight equipment



WILDCAT BAY:

Reserve a lane to practice beating the competition or the clock. A maximum of five lanes per rental is available during regular hours. Cost is \$27.50 per hour per lane plus tax.



GORILLA RIDGE:

Basketball and volleyball court rentals are for a maximum of three courts per rental, unless approved in advance. Cost is \$35.00 per court per hour plus tax during regular operating hours. Rent 5 or more hours to receive a 10% discount.

ROOM RENTALS:

Den 1	\$25.00 per hour plus tax
Dens 1 & 2	\$40.00 per hour plus tax
Den 3	\$25.00 per hour plus tax

Rent 5 or more hours to receive 10% discount.

SAFARI ISLAND GROUP RENTALS

(Groups of 20 or more)

During regular business hours groups of 20 or more may get a discounted rate.

RESERVATIONS ARE REQUIRED!

Please call 952-442-0695 for additional details and to make a reservation.

BATTING CAGE RENTALS

- Batting cages are open to teams and individuals.
- Batting helmets required.
- Must bring your own official bat(s).
- Softball and baseball pitching machines are available.

Cost:	\$40.00 per hour plus tax.
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ADAPTIVE RECREATION PROGRAM



The Adaptive Recreation program is a cooperative effort between REACH for Resources and the Northwest Consortium and West Consortium of Cities. Participants of the cities below are considered “residents” and given priority in registering according to the registration deadlines at the bottom of this page. Waconia residents

with disabilities are considered “residents” because the City of Waconia has paid the fee.

The Northwest Consortium: Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, and Plymouth

The West Consortium: Chanhassen, Chaska, Hopkins, Minnetonka, St. Louis Park and Waconia

- Persons not living in one of the above communities and who have not purchased a membership are considered “Non-Residents”. Persons with non-resident status will not be allowed to register until after the Priority Registration deadline. Non-residents also need to add \$8 to the registration fee.
- Please do not sign up unless you will be able to attend. Participants who consistently do not attend programs may lose their resident status for the next quarter.
- If you are concerned about a program filling up quickly, please feel free to stop by the Reach for Resources office to complete a registration form in person. The registration form is also available on our website: www.reachforresources.org on the Therapeutic Recreation page.
- You will receive a letter confirming your registration along with schedules for all programs you have been registered for at least one week prior to the start of the program.

REFUNDS ARE NOT GIVEN IF YOU CANCEL ONE (1) WEEK OR LESS BEFORE THE PROGRAM BEGINS.

Support for Parents
of Kids With
Special Needs



INCLUSION SERVICES

Reach for Resources provides inclusion facilitators for individuals with disabilities who would like to participate in their city park & recreation programs. Registration for these programs is done through your parks and recreation department. After registering, contact Reach for Resources to discuss the needs/ accommodation for yourself or your child. *We require a minimum of two weeks notice for a successful inclusion.*

Available in: Brooklyn Park, Brooklyn Center, Chanhassen, Chaska, Crystal, Golden Valley, Hopkins, Minnetonka, New Hope, St. Louis Park, and Waconia

REACH for Resources, Inc. Office:

5900 Green Oak Drive
Suite 204
Minnetonka, MN 55343

Main Phone: 952-200-3030

Main Fax: 952-229-4468

Emily Miller, 952-393-5880

Director of Adaptive Recreation & Inclusion

www.reachforresources.org



PROGRAM REGISTRATION INFORMATION

TWO WAYS TO REGISTER:

RECONNECT

PROGRAM REGISTRATION

Access RecConnect online program registration through the Safari Island website at:

www.safariislandcommunitycenter.com

Before you register using RecConnect:

Select personal information is required in our computer system to provide you with a Client ID and PIN number. To receive these numbers, please provide your name, address, email address, phone number and birth date to the front desk staff at Safari Island or email us at:

RecConnect@waconia.org

Before you register, have ready:

- Your client identification number (Client ID)
- Your personal identification number (PIN)
- Course number
- Payment (Discover, Visa, MasterCard, or American Express accepted)

Course numbers are listed next to each program within this guide. You must enter your credit card number to pay for the course. Print a copy for your records.

Please note: Some programs are not available for registration with RecConnect, such as some fitness classes and private swim lessons.

**Registration begins
Monday, August 15**
for most courses and on-line member
swim lessons.

IN PERSON

You may register in person during business hours at:

Safari Island Community Center
1600 Community Drive
Waconia, MN 55387

Payment must be made at the time of registration by cash, check (Payable to Safari Island Community Center), Visa, Discover, MasterCard, or American Express.

Confirmation of Registration

You will be contacted only if the program is full, cancelled or a program change is necessary.

Questions? Call 952-442-0695 or 952-442-5802.

PLEASE NOTE:

PROGRAM REFUND POLICY CANCELLATION FEES*

CANCELLATION 7 DAYS OR MORE PRIOR TO THE START OF THE ACTIVITY

- \$10.00 Fee - If net refund is credited to member account.
- \$15.00 Fee - If net refund is paid to customer via check or credit card refund.

**APPLIES TO EACH INDIVIDUAL PERSON & ACTIVITY*

CANCELLATION 48 HOURS TO 7 DAYS PRIOR TO THE ACTIVITY

- 1/2 the program cost if net refund is credited to CLASS client account.
- 1/2 the program cost plus \$5.00 if net refund is paid to customer via check or credit card refund.

**APPLIES TO EACH INDIVIDUAL PERSON & ACTIVITY*

NO REFUNDS FOR CANCELLATIONS LESS THAN 48 HOURS PRIOR TO THE ACTIVITY

SAFARI ISLAND SWIM LESSON DESCRIPTIONS

Safari Island offers the American Red Cross Swimming and Water Safety program, which emphasizes a strong prevention of drowning and water safety. **The American Red Cross recommends that children be 6 years old to be in Level 1.** Please note that repetition of many of the levels is ***NORMAL*** for most children! Levels 1-6 are 45 minutes in length. Puddle Jumpers is a Safari Island Program and classes are 30 minutes in length. *If only 1 or 2 children are present for a Puddle Jumpers class, class will be reduced to 20-25 minutes.

PARENT & TOT - Children 9 months to 35 months.

This class introduces children to a pool environment as a water adjustment class rather than a learn to swim class. **One parent or adult per child is required to be in the water.**

PUDDLE JUMPERS 1 - For 3 to 4 year olds.

This class is for the child that is new to a pool environment and/or swim lessons, being in a class setting, learning to be without a parent or guardian in the water, and learning to follow directions from an instructor. Your child will get comfortable in the pool and learn to enjoy activities safely in the water. They will learn to comfortably get their face wet, blow bubbles, glide, kick properly, float, and jump in the pool. **Children MUST be age 3 at the start of this class.**

PUDDLE JUMPERS 2 - For 3 to 4 year olds.

This class is a continuation of Puddle Jumpers 1 or for students with equivalent skills. Students must be comfortable getting their face and head wet. They will learn to jump into the pool unassisted and perform front and back kicks and floats with assistance.

PUDDLE JUMPERS 3 - For 4 to 5 year olds.

This class is a continuation of Puddle Jumpers 2 or for students with equivalent skills. Students will learn to retrieve multiple objects from the bottom of the pool in waist deep water, briefly hold breath while doing a front glide with their face in the water, perform front and back floats unassisted for at least 8-10 seconds, swim a sloppy back crawl, and swim 3-5 feet underwater. Water safety and use of a life jacket will be introduced.

PUDDLE JUMPERS 4 - For 4 to 5 year olds.

This class is a continuation of Puddle Jumpers 3 or for students with equivalent skills. Students will learn to retrieve multiple objects from the bottom of the pool in chest deep water, perform a front glide with their face in the water and hold their breath 3-5 seconds, swim 5-7 feet underwater, jump off side of lap pool in deep end with instructor support. Children will also work on improving their back crawl. Pool safety and pool rules will be discussed at more length.



PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Private and semi-private swim lessons are available for youth and adults. Private and semi-private lessons give students more one-on-one time with an instructor to reduce fear of the water, improve particular strokes and refine skills. Semi-private lessons are for two students. Lessons are scheduled as instructors become available.

A minimum of four lessons must be paid for when registering for private or semi-private lessons. After four lessons are complete, subsequent lessons may be paid for individually.

Private Cost:

Members: \$35 for 30 minutes
Non-Members: \$45 for 30 minutes

Semi-Private Cost:

Members: \$30 each student for 30 minutes
Non-Members: \$40 each student for 30 minutes



AMERICAN RED CROSS SWIMMING AND WATER SAFETY PROGRAM

LEVEL 1-INTRODUCTION TO WATER SKILLS

For children ages 6 and up.

This class will help participants learn to feel comfortable in the water and enjoy the water safely, including recognizing an emergency, how to call for help, and sun safety. Students will learn the basics such as:

- Independent water entry and exit using side, steps or ladder
- Blow bubbles through mouth and nose, 3 seconds
- Open eyes under water and retrieve submerged objects, 2 times
- Front and back glides and floats, 2 body lengths
- Bobbing, 5 times
- Alternate and combine arm and leg actions on front and back, 2 body lengths



LEVEL 2-FUNDAMENTAL AQUATIC SKILLS

For children ages 6 and up.

This class is designed to give students success with fundamental water skills, including learning how to float without support and recover to a vertical position. In addition to skills learned in Level 1, students will learn:

- Independent water entry by stepping or jumping into shoulder deep water
- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times
- Front, jellyfish and tuck floats, 10 seconds each
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water, 15 seconds
- Finning arm action, 5 body lengths
- Combined arm and leg actions on front and back, 5 body lengths

LEVEL 3 - STROKE DEVELOPMENT

Level 3 will build on the previous level skills by providing additional guided practice in deeper water. Participants will learn:

- Independent water entry (fully submerging) by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Rotary breathing, 15 times
- Front crawl and elementary backstroke, 15 yards
- Survival float (30 seconds) and back float (60 seconds)
- Tread water, 1 minute
- Scissor and breaststroke kicks on front, 15 yards
- Flutter kick & dolphin kicks on front, 3-5 body lengths
- Learn to perform simple non-swimming assists
- Learn to recognize, prevent and respond to cold water emergencies

LEVEL 4 - STROKE IMPROVEMENT

The objectives of this class are to develop confidence in the skills previously learned and expand on safety topics.

Participants will learn:

- Headfirst entries from the side in compact and stride positions
- Feet first surface dive, submerging completely
- Swim under water, 3-5 body lengths
- Survival swimming, 1 minute
- Front crawl and backstroke open turns
- Tread using 2 different kicks, 2 minutes
- Flutter and dolphin kicks on back, 3-5 body lengths
- Front crawl and elementary backstroke, 25 yards each
- Back crawl, breaststroke, sidestroke and butterfly, 15 yards each
- Learn what to think about and do when exhausted, or caught in a dangerous situation
- Learn about recreational water illnesses and how to prevent them

LEVEL 5 - STROKE REFINEMENT

This level will promote continued coordination and refinement of previous strokes over greater distances. This level will include:

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front and back flip turns while swimming
- Tread water, 5 minutes
- Tread water, using legs only, 2 minutes
- Front crawl and elementary backstroke, 50 yards each
- Back crawl, breaststroke, sidestroke and butterfly, 25 yards each
- Learn when and how to call for help
- Importance of knowing First Aid and CPR

LEVEL 6-SWIMMING AND SKILL PROFICIENCY

This level focuses on preparing students to participate in more advanced courses such as Water Safety Instructor and Lifeguard Training. Three specific menu options are offered at the start of the class within Level 6:

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimmer



SAFARI ISLAND SWIM LESSON REGISTRATION

SWIM LESSON REGISTRATION

Safari Island members receive first priority for swim lesson registration, as well as a discount. Registration will open to non-members beginning on the non-member registration date(s).

Registration deadline for swim lessons is one week prior to the class start date.

Registrations are NOT processed until payment is received.

AUGUST 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15-M	16	17	18	19	20
21	22-NM	23	24	25	26	27
28	29-NM	30	31			

SUMMER SWIM LESSON REGISTRATION DATES

Monday August 15	Member on-line registration begins.
Friday August 19	Member walk-in registration begins.
Monday August 22	Non-Member on-line registration begins.
Friday August 26	Non-Member walk-in registration begins.

MAILED OR FAXED REGISTRATIONS ARE NOT ACCEPTED.



PROGRAM REFUND POLICY CANCELLATION FEES*

CANCELLATION 7 DAYS OR MORE PRIOR TO THE START OF THE ACTIVITY

- \$10.00 Fee - If net refund is credited to member account.
- \$15.00 Fee - If net refund is paid to customer via check or credit card refund.

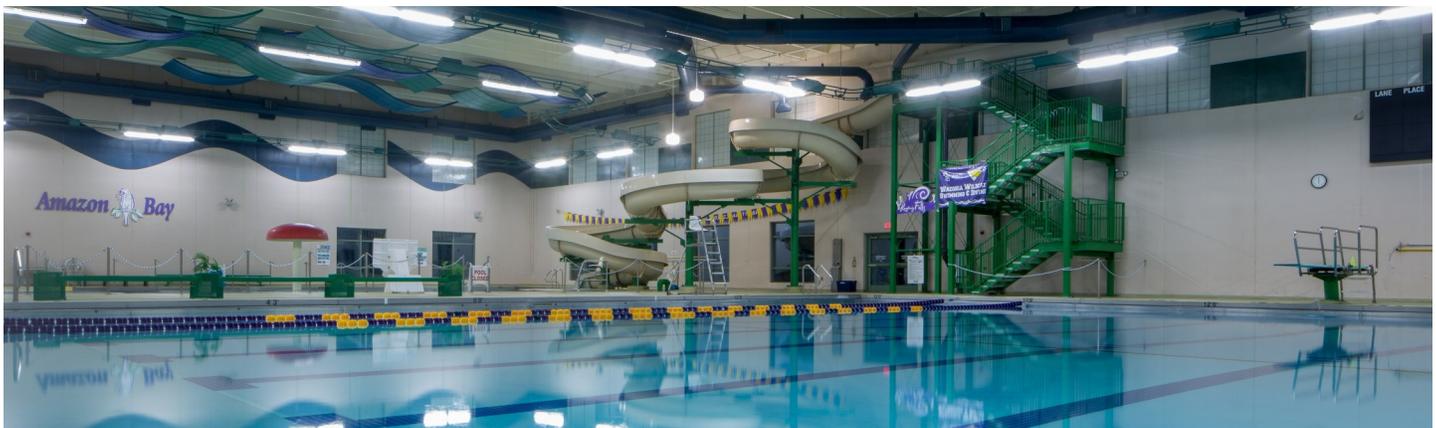
***APPLIES TO EACH INDIVIDUAL PERSON & ACTIVITY**

CANCELLATION 48 HOURS TO 7 DAYS PRIOR TO THE ACTIVITY

- 1/2 the program cost if net refund is credited to CLASS client account.
- 1/2 the program cost plus \$5.00 if net refund is paid to customer via check or credit card refund.

***APPLIES TO EACH INDIVIDUAL PERSON & ACTIVITY**

NO REFUNDS FOR CANCELLATIONS LESS THAN 48 HOURS PRIOR TO THE ACTIVITY



SAFARI ISLAND FALL SWIM LESSONS

FALL SESSION 1 September 7 - October 3, 2016 Mondays & Wednesdays (8 Classes)

Course #	Class	Time
4974	Puddle Jumpers 1	5:00 PM - 5:30 PM
4999	Puddle Jumpers 2	6:10 PM - 6:40 PM
4987	Puddle Jumpers 3	5:35 PM - 6:05 PM
5012	Puddle Jumpers 4	6:45 PM - 7:15 PM
5018	Level 1	6:00 PM - 6:45 PM
5027	Level 3	6:50 PM - 7:35 PM

FALL SESSION 2 October 11 - November 3, 2016 Tuesdays & Thursdays (8 Classes)

Course #	Class	Time
5056	Parent & Tot	5:25 PM-5:55 PM
4975	Puddle Jumpers 1	5:35 PM - 6:05 PM
4976	Puddle Jumpers 1	6:10 PM - 6:40 PM
5001	Puddle Jumpers 2	5:00 PM - 5:30 PM
5000	Puddle Jumpers 2	6:45 PM - 7:15 PM
4988	Puddle Jumpers 3	5:35 PM - 6:05 PM
4981	Puddle Jumpers 3	6:10 PM - 6:40 PM
5013	Puddle Jumpers 4	5:00 PM - 5:30 PM
5014	Puddle Jumpers 4	6:45 PM - 7:15 PM
5019	Level 1	6:00 PM - 6:45 PM
5036	Level 2	6:50 PM - 7:35 PM

FALL SESSION 3 October 29 - December 17, 2016 (No class November 26) Saturdays (7 Classes)

Course #	Class	Time
5057	Parent & Tot	11:20 AM - 11:50 AM
4977	Puddle Jumpers 1	9:10 AM - 9:40 AM
4978	Puddle Jumpers 1	10:20 AM - 10:50 AM
4979	Puddle Jumpers 1	11:30 AM - 12:00 PM
5002	Puddle Jumpers 2	9:45 AM - 10:15 AM
5003	Puddle Jumpers 2	10:55 AM - 11:25 AM
4989	Puddle Jumpers 3	9:10 AM - 9:40 AM
4990	Puddle Jumpers 3	10:20 AM - 10:50 AM
4991	Puddle Jumpers 3	11:30 AM - 12:00 PM
5015	Puddle Jumpers 4	9:45 AM - 10:15 AM
5016	Puddle Jumpers 4	10:55 AM - 11:25 AM
5020	Level 1	8:50 AM - 9:35 AM
5021	Level 1	10:30 AM - 11:15 AM
5037	Level 2	9:40 AM - 10:25 AM
5038	Level 2	11:20 AM - 12:05 PM
5028	Level 3	8:50 AM - 9:35 AM
5029	Level 3	9:40 AM - 10:25 AM
5045	Level 5	10:30 AM - 11:15 AM
5047	Level 6	10:30 AM - 11:15 AM

To register on-line call Safari Island Front Desk at 952-442-0695 to get your Client ID and PIN number.

Then visit our website for easy registration from home.

www.safariislandcommunitycenter.com



SAFARI ISLAND FALL SWIM LESSONS

FALL SESSION 4 November 7 - December 19, 2016 Mondays (7 Classes)

Course #	Class	Time
5058	Parent & Tot	5:25 PM - 5:55 PM
4980	Puddle Jumpers 1	5:00 PM - 5:30 PM
4970	Puddle Jumpers 1	6:10 PM - 6:40 PM
5004	Puddle Jumpers 2	5:35 PM - 6:05 PM
5005	Puddle Jumpers 2	6:45 PM - 7:15 PM
4992	Puddle Jumpers 3	5:00 PM - 5:30 PM
4993	Puddle Jumpers 3	6:10 PM - 6:40 PM
5017	Puddle Jumpers 4	5:35 PM - 6:05 PM
5007	Puddle Jumpers 4	6:45 PM - 7:15 PM
5022	Level 1	6:00 PM - 6:45 PM
5049	Level 4	6:50 PM - 7:35 PM

FALL SESSION 5 November 8 - December 8, 2016 (No class November 22 & 24) Tuesdays & Thursdays (8 Classes)

Course #	Class	Time
5059	Parent & Tot	5:25 PM - 5:55 PM
4971	Puddle Jumpers 1	5:00 PM - 5:30 PM
4972	Puddle Jumpers 1	6:10 PM - 6:40 PM
5006	Puddle Jumpers 2	5:35 PM - 6:05 PM
4997	Puddle Jumpers 2	6:45 PM - 7:15 PM
4985	Puddle Jumpers 3	5:00 PM - 5:30 PM
4986	Puddle Jumpers 3	6:10 PM - 6:40 PM
5008	Puddle Jumpers 4	5:35 PM - 6:05 PM
5009	Puddle Jumpers 4	6:45 PM - 7:15 PM
5040	Level 2	6:00 PM - 6:45 PM
5030	Level 3	6:50 PM - 7:35 PM

WACONIA HIGH SCHOOL GIRLS SWIMMING SCHEDULE

HOME MEETS			
Thu	Sep 8	6 PM	vs. Orono
Thu	Sep 15	6 PM	vs. New Prague
Thu	Sep 22	6 PM	vs. Dassel-Cokato
Thu	Sep 29	6 PM	vs. Delano
Tue	Oct 4	6 PM	vs. St. Peter
Mon	Oct 24	6 AM - 7 PM	JV Conference Meet

GROUP LESSON RATES
7 SESSIONS
\$48 MEMBERS
\$70 NON-MEMBERS

GROUP LESSON RATES
8 SESSIONS
\$55 MEMBERS
\$80 NON-MEMBERS



SAFARI ISLAND FALL AQUATICS PROGRAMS



FLOATIE FRIDAYS

Float into fun at Safari Island! Bring your favorite floatie and enjoy some good times with a friend! If you don't have a floatie, you can use our pool noodles or aqua joggers.

Your floatie must be a clean, single person flotation device. No rubberized rafts are allowed and floaties cannot be tied together. Life jackets must be Coast Guard approved.

Dates:	Fridays September 2, 2016 October 7, 2016 November 4, 2016 December 2, 2016
Time:	Floaties can be used during open swim. Grab a root beer float for 50¢ between 5:30 PM - 6:30 PM.
Cost:	Free for members. Non-members pay daily entrance fee.

PUDDLE JUMPER POOL TIME

The Rec Pool will be exclusively for parents with children up to 6 years old. Let this be a nice relaxing time without the big kids around. Our Rec Pool is kept very warm, perfect for children! Our zero-depth entry pool allows children to ease into the water at their comfort level.

Dates:	Sundays September 11, 2016 October 16, 2016 November 13, 2016 December 11, 2016
Time:	5:00 PM - 7:30 PM
Cost:	Free for members. Non-members pay daily entrance fee.



WIBIT WARRIOR!!!!

Prepare to get wet on our wibit course. Test your strength and agility on our obstacle course in the middle of the pool!

Dates:	Friday, December 23
Time:	8:00 PM - 10:00 PM
Cost:	Members FREE Non-members pay daily entrance fee.

SAFARI ISLAND FALL AQUATICS PROGRAMS



CPR FOR THE PROFESSIONAL RESCUER

The purpose of the American Red Cross CPR/AED for Professional Rescuers and Health Care Providers program is to train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This program is offered in a traditional classroom with blended learning (online learning with instructor-led skill sessions).

Date & Time:	Session 1 - Course #5060 Wednesday, October 5 Thursday, October 6 6:00 PM - 8:30 PM
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Registration deadline is Thursday, September 29.

Date & Time:	Session 2 - Course #5061 Tuesday, November 15 Wednesday, November 16 6:00 PM - 8:30 PM
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Registration deadline is Tuesday, November 1.

Cost per Session:	Member \$45.00 Non-Member \$55.00
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\$35.00 fee will be paid by participants directly to the America Red Cross for Online Classes.

JUNIOR LIFEGUARDING CLASS

With experienced lifeguard training instructors, this program will teach water safety, basic first aid, and introduce participants to basic rescue skills!

Participants will also participate in lifeguarding based contests and games.

Participants must be between the ages of 9 - 14 and must have American Red Cross Level 4 swimming ability.

Date:	Course #5062 Friday, December 23
Time:	10:00 AM - 2:00 PM
Cost:	Member \$20.00 Non-Member \$35.00



TRIATHLON SWIMMING CLINICS

Interested in trying your first triathlon? This course will help you develop your swimming skills to feel more comfortable with the open water sprint distance triathlons. Swimming stroke work will be a core component. Cost is for all 4 sessions.

Registration deadline is Tuesday, September 6.

Dates:	Course #5063 Sundays September 18, 2016 October 30, 2016 November 20, 2016 December 18, 2016
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Time:	5:00 PM - 6:30 PM
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Cost:	Members \$25 Non-Members \$65
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Ages:	12+
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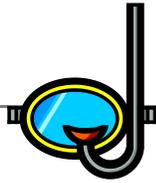
CLASSES ARE HELD AT SAFARI ISLAND

LITTLE SNORKELERS • AGES 4-7

A class tailored for the youngsters. Underwater games and experienced instructors make this a wonderful underwater experience. Parents are welcome to assist their child in the water. All equipment is provided.
Registration Deadline is Monday, October 3.

Date & Time: **Course #5064**
Sunday, October 9
12:00 PM - 1:30 PM

Cost: Member \$25
Non-Member \$35



LITTLE SNORKELERS • AGES 4-7

A class tailored for the youngsters. Underwater games and experienced instructors make this a wonderful underwater experience. Parents are welcome to assist their child in the water. All equipment is provided.
Registration Deadline is Monday, January 2, 2017.

Date & Time: **Course #5067**
Sunday, January 8
1:45 PM - 3:15 PM

Cost: Member \$25
Non-Member \$35

JUNIOR SNORKELERS • AGES 8-14

A class tailored for the junior water lover. Underwater games and experienced instructors make this a wonderful underwater experience. All equipment is provided.
Registration Deadline is Monday, October 3.

Date & Time: **Course #5065**
Sunday, October 9
1:45 PM - 3:15 PM

Cost: Member \$25
Non-Member \$35



JUNIOR SNORKELERS • AGES 8-14

A class tailored for the junior water lover. Underwater games and experienced instructors make this a wonderful underwater experience. All equipment is provided.
Registration Deadline is Monday, January 2, 2017.

Date & Time: **Course #5066**
Sunday, January 8
3:30 PM - 5:00 PM

Cost: Member \$25
Non-Member \$35

SCUBA DIVING • AGES 8 AND UP

Have you ever wondered what scuba diving is like? If so, get an introduction into scuba diving in the comfort of the Safari Island pool and experience the joy of scuba diving. A certified scuba instructor from Sea Ya Diving will be with you in the pool during the program and you will get the opportunity to use scuba gear and learn some basic scuba skills. All equipment is provided. A medical form and liability release will be required. Please indicate shoe size and weight when registering.
Registration Deadline is Monday, October 3.

Date & Time: **Course #5069**
Sunday, October 9
3:30 PM - 5:00 PM

Cost: Member \$50
Non-Member \$60

SCUBA DIVING • AGES 8 AND UP

Have you ever wondered what scuba diving is like? If so, get an introduction into scuba diving in the comfort of the Safari Island pool and experience the joy of scuba diving. A certified scuba instructor from Sea Ya Diving will be with you in the pool during the program and you will get the opportunity to use scuba gear and learn some basic scuba skills. All equipment is provided. A medical form and liability release will be required. Please indicate shoe size and weight when registering.
Registration Deadline is Monday, January 2, 2017.

Date & Time: **Course #5070**
Sunday, January 8
12:00 PM - 1:30 PM

Cost: Member \$50
Non-Member \$60

SAFARI ISLAND LIFEGUARD/ARC BLENDED LEARNING COURSE

LIFEGUARD TRAINING

This class will teach the knowledge and skills needed to prevent and respond to aquatic emergencies, primarily at pools. American Red Cross (ARC) Lifeguard Training includes certification in Lifeguard Training and First Aid valid for two (2) years, & CPR/AED for the Professional Rescuer valid for two (2) years. Class time is approximately 25 hours, but may vary due to class size.

PARTICIPANT MUST ATTEND EVERY CLASS TO BE ELIGIBLE FOR CERTIFICATION; NO MAKE-UP DAYS/TIMES ARE ALLOWED.

*Maximum of 10 participants. *Lifeguards must be 16 years old in order to work at Safari Island.*

THE FOLLOWING ARE COURSE PREREQUISITES:

- Minimum age of 15
- Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used. Swim is not timed.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face must be out of the water. Swim goggles are not allowed.
 - Surface dive to a depth of 7 to 10 feet to retrieve a diving brick.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates cannot swim the distance under water.
 - Exit the water without using a ladder or steps.

NOTE: Those NOT passing the prerequisites will not continue in the course and will be refunded their course fee less \$50.00 administrative fee.

COURSE LENGTH:

- eLearning Time - 9 hours, 20 minutes
- Classroom/Pool Time - 11.25 hours

Date & Time:	Course #5098 Prerequisite Test Date: Wed. December 14 4:30 PM - 6:00 PM Class Dates: Tue. December 27 Noon - 3:45 PM Wed. December 28 Noon - 3:45 PM Thu. December 29 Noon - 3:45 PM
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Cost:	Member \$200.00 Non-Member \$225.00
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\$35.00 fee will be paid by participants directly to the America Red Cross for the Online Training Component.

REGISTRATION DEADLINE IS FRIDAY, DECEMBER 9.

LIFEGUARD CLASS RECERTIFICATION - BLENDED

The American Red Cross Blended Learning Lifeguarding course utilizes online modules, classroom lectures, and in-water practice to teach candidates the skills needed to help prevent and respond to aquatic emergencies.

CRITERIA FOR CERTIFICATION INCLUDES:

- Attend and actively participate in all course sessions.
- Complete all eLearning units.
- Demonstrate competence in all required skills and activities.
- Demonstrate competency in all required final rescue skill scenarios.
- Pass both Section 1 for the Professional Rescuer and First Aid and Section 2 Lifeguarding final written exams with a minimum grade of 80%.

COURSE LENGTH:

- eLearning Time - 7 hours, 25 minutes
- Classroom/Pool Time - 20 hours

Date & Time:	Course #5099 Prerequisite Test Date: Fri. October 28 5:00 PM - 6:30 PM Class Dates: Sat. November 5 9:00 AM - 2:00 PM Sun. November 6 9:00 AM - 2:00 PM
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Cost:	Member \$150.00 Non-Member \$175.00
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\$35.00 fee will be paid by participants directly to the America Red Cross for the Online Training Component.

REGISTRATION DEADLINE IS MONDAY, OCTOBER 24.



SAFARI ISLAND FITNESS

SENIOR BOOTCAMP!

Increase your cardiovascular & muscular endurance in this ever changing workout. Fitness and fun come together as you alternate non-impact aerobic exercises with upper-body strengthening exercises using hand-held weights, elastic tubing with handles and a Silver-Sneakers ball. A chair is offered for support, stretching and relaxation exercises.

Dates & Time:	Mondays & Fridays 10:30 AM - 11:15 AM
Location:	Safari Island Dens 1 & 2
Activity Level:	Beginner
Cost:	Members FREE Non-Members \$5.00 per visit

SILVERSNEAKERS YOGA

The class format will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Dates & Time:	Tuesdays & Thursdays 10:30 AM - 11:15 AM
Location:	Safari Island Dens 1 & 2
Activity:	Beginner
Cost:	Members FREE Non-Members \$5.00 per visit



PICKLEBALL

Now the fastest growing sport in the United States can be played HERE at Safari Island. Nets, paddles and balls are provided by Safari Island.

Dates & Time:	Saturdays September 3 - December 31 9:00 AM - 11:00 AM
Location:	Safari Island Gym Court #1
Cost:	Members \$2.00 per visit Non-Members \$5.00 per visit



Silver & Fit Excel is for very active older adults who regularly exercise 3 or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and cardiovascular endurance.

Dates & Time:	Tuesdays 11:30 AM - 12:15 PM Thursdays 9:30 AM - 10:15 AM
Location:	Safari Island Dens 1 & 2
Activity Level:	Intermediate
Cost:	Members FREE Non-Members \$5.00 per visit



Visit our website www.safariislandcommunitycenter.com

SAFARI ISLAND FITNESS

FITNESS ASSESSMENT TESTING

Know your numbers! Fitness testing can objectively measure the effectiveness of your program and can possibly save you months or even years of hard work.

Body Composition Assessments: \$25

- Measurements taken include:
 - Height
 - Weight
 - Body Fat
 - Circumferences
- Price includes initial and follow-up measurements.

Full Fitness Assessment: \$50

- Measures all 5 components of fitness.
- Results will give you an idea of how you compare to your population.
- Includes recommendations from a certified personal trainer.
- Price includes initial and follow-up measurements.

Non-Members: Prices are available upon request.

For questions or to schedule an appointment please contact:

Sara Weidemann at sweidemann@waconia.org
or 952-442-3105.

POLICY ON YOUTH ATTENDING FITNESS CLASSES

- Safari Island allows youth 12 - 14 years old to attend regularly scheduled fitness classes and specialty fitness classes that require an additional fee, with a parent or adult.
- Youth *at least* 15 years old may attend regularly scheduled fitness classes and specialty fitness classes (when the proper registration and fee has been submitted) unaccompanied by an adult.
- Instructors reserve the right to ask a young participant to leave a class if behavior is inappropriate or distracting, or in the case of water exercise, if their water skills make their participation unsafe.
- The instructor and Safari Island management have the final say in regards to youth participation.

~ SAFARI ISLAND MANAGEMENT ~

PERSONAL TRAINING

schedule your **FREE** session today!

**Bored with the same
old workouts?**

**Not seeing results with
current workouts?**

**Need accountability and
motivation to reach
your full potential?**

Schedule your free session with one of our certified personal trainers! You'll have the opportunity to sit down to discuss your exercise history, limitations and current fitness goals.

The trainer will bring you through a workout that is customized and personalized towards your fitness goals.

You must be a current Safari Island member and fill out an Exercise Readiness Questionnaire before you schedule your session.

Please schedule your appointment at the front desk today!

For questions or to schedule your free session please contact Sara Weidemann at:

sweidemann@waconia.org or
952-442-3105.





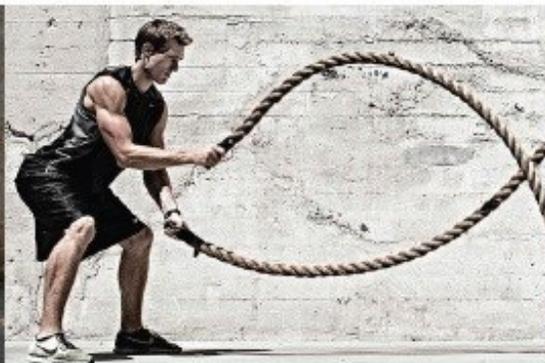
IRON FIT

ACCEPT THE CHALLENGE, EXPECT RESULTS.

Join the **Iron Fit Challenge** and experience high-intensity, full-body workouts, specifically designed to “make it rain” sweat! From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using **TRX BANDS, BATTLE ROPES, TRACTOR TIRES, KETTLEBELLS** or even the participant’s body weight. Each training session brings its own unique challenges. These workouts are designed for the intermediate to advanced participants.



POWER



AGILITY



STRENGTH

WACONIA ICE ARENA PROGRAMS & EVENTS

SUMMER OPEN SKATE

(THROUGH SEPTEMBER 30, 2016)

Monday, August 29 - Friday, September 30, 2016

Mondays
Noon - 2:00 PM

Fridays
See Rock on Ice Open Skate Schedule

Saturdays
2:00 PM - 4:00 PM

Sundays
Noon - 2:00 PM

All ages and skill levels are welcome to attend our open skate ice times.

FALL & WINTER OPEN SKATE

Saturday, October 1 - Monday, March 13, 2017

Mondays
Noon - 2:00 PM

Fridays
See Rock on Ice Open Skate Schedule

Saturdays
2:15 PM - 4:00 PM

Sundays
Noon - 1:30 PM

All ages and skill levels are welcome to attend our open skate ice times.

No open skate on November 26, December 10, and December 17.

ADULT OPEN HOCKEY

\$5.50 PER PERSON

(MAX 2 GOALIES ARE FREE)

Sundays (Through September 25)
8:30 PM - 10:00 PM

Sundays (October 2 - March 12, 2017)
8:30 PM - 10:00 PM

Full equipment is required. This is geared towards recreational and fun hockey-no checking allowed. All participants must be age 15+.

PARENT & TOT OPEN SKATE/ OPEN HOCKEY

November 3, 2016 - February 23, 2017

Thursdays

10:00 AM - 11:00 AM

No Parent & Tot Open Skate on:
November 24
December 22
December 29

Head to the Waconia Ice Arena on Thursdays, between 10:00 AM - 11:00 AM for drop in Parent & Tot Open Skate/Open Hockey. Parent & Tot Skates are designed for recreational skating for parent/caregiver and toddlers. Toddlers should be 5 and under. Children must be accompanied and supervised by an adult on ice with the child. Skate aids, sticks and pucks are allowed during this open skating and hockey session. Arena dividers will be on ice to separate open skate and hockey players. Rental hockey and figure skates are available for both parents and tots. (Tot skate size begins at children's size 8.)

What to Wear:

Warm, movable clothing, hat, gloves, and helmet. (Children's bicycle helmets are acceptable.)

For more information, call the Waconia Ice Arena at (952) 442-RINK or visit us online at www.waconiaicearena.com.

WACONIA ICE ARENA PROGRAMS & EVENTS



ROCK ON ICE OPEN SKATE Friday Evenings • 7:15 PM - 9:00 PM

September 16
(7:00 PM - 9:00 PM)

October 21

November 18

December 30

February 10

March 10
(Noon - 2:00 PM)

Head to the COOLEST PLACE in town at the Waconia Ice Arena! Grab your skates and get ready to rock out as we turn up the music and turn on the laser light show for an awesome evening of skating fun!



The Waconia Hockey Association (WHA) serves as the area's youth hockey association. The WHA offers hockey program for boys and girls ages 4-15. The WHA is sanctioned & part of Minnesota Hockey and USA Hockey. The WHA opens registration in August. Check out:

waconiahockey.org

for complete program details and to see when the season starts for each age group. Don't forget, the WHA offers a fun and exciting way to introduce those boys and girls ages 4-8 to the great game of hockey through their Rookie Camp program. Rookie Camp is free for first time registrants and is held in October and January.

For those girls and boys looking to play a full hockey season, check out the WHA's Initiation Program. Initiation Program practices and games are held weekends October through February providing a recreational and instructional competition level where all players can participate equally to develop skills and learn good sportsmanship in the game of hockey.

For more information on the WHA's Rookie Camp and Initiation Program, please contact Joel Knorr at (612) 965-4303 or at joelknorr@outlook.com.





Learn To Skate

Waconia Skate School

Learn To Skate Lessons

Group lessons are considered the first step towards becoming any type of skater including recreational, hockey, or competitive U.S. Figure Skater. Waconia Ice Arena offers a *Basic Skills* program which is available for beginner to intermediate skaters ages 3 and older. Classes offered two different days of the week as a convenience to your busy schedules.

Skate Rental

Skate rentals available for \$2.50 each session (sizes 8 for children through adults).

Registration Procedures

Registrations can take place online at:

www.waconiaicearena.com

or in person at Safari Island Community Center or Waconia Ice Arena during weekend open skate hours. Registrations are not accepted on the first day of the session. Those registering after the start date are not subject to prorating. This policy is necessary to prevent late registrations and allows adequate time for hiring of staff. Keep in mind that it's common for children to repeat a level several times before advancing to the next level. Attendance at all sessions is important for your child to learn new skills.

Registration Deadlines

One week prior to the start of lessons or until spaces fill.

Explore Ice Skating

Fall 2016: October 12 – December 17

Winter 2017: January 11 – March 4

8 Week Program; all sessions are 30 minutes

Class Fee - \$67.00 (register on or before October 1st)

Class Fee - \$76.00 (register after October 2nd)

Register at Safari Island or Waconia Ice Arena or online at www.waconiaicearena.com.

Wednesday

October 12 - December 7, 2016
No lessons 11/23/16

Course #	6:00 PM
5071	Snow Plow Sam 1 (Ages 3-6)
5075	Snow Plow Sam 2 (Ages 3-6)
5079	Beginner LTS (Ages 8-15)
Course #	6:30 PM
5083	Snow Plow Sam 3 (Ages 3-6)
5087	Intermediate LTS (Ages 5-15)
5092	Advanced LTS (Ages 5-15)

Saturday

October 15 - December 10, 2016
No lesson 11/26/16

Course #	1:15 PM
5072	Snow Plow Sam 1 (Ages 3-6)
5076	Snow Plow Sam 2 (Ages 3-6)
5080	Beginner LTS (Ages 8-15)
Course #	1:45 PM
5084	Snow Plow Sam 3 (Ages 3-6)
5088	Intermediate LTS (Ages 5-15)
5093	Advanced LTS (Ages 5-15)



Helmets highly recommended for all beginner classes, bicycle helmets ok. Remember mittens and warm jacket.

For more information, call Waconia Skate School Learn to Skate Coordinator Kristie @ (612) 237-9946 or sk8klmitchell@aol.com

Classes may be combined or cancelled if class minimums are not met.



Learn To Skate

Waconia Skate School

Learn To Skate Lessons

Group lessons are considered the first step towards becoming any type of skater including recreational, hockey, or competitive U.S. Figure Skater. Waconia Ice Arena offers a **Basic Skills** program which is available for beginner to intermediate skaters ages 3 and older. Classes offered two different days of the week as a convenience to your busy schedules.

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Registration Deadlines

One week prior to the start of lessons or until spaces fill.

Explore Ice Skating

Winter 2017: January 11 - March 4

Spring 2017: March 15 - May 3

8 Week Program; all sessions are 30 minutes

Class Fee - \$67.00 (register on or before January 2)

Class Fee - \$76.00 (register after January 3)

Register at Safari Island or Waconia Ice Arena or online at www.waconiaicearena.com.

Wednesday <i>January 11 - March 1, 2017</i>		Saturday <i>January 14 - March 4, 2017</i>	
Course #	6:00 PM	Course #	1:15 PM
5073	Snow Plow Sam 1 (Ages 3-6)	5074	Snow Plow Sam 1 (Ages 3-6)
5077	Snow Plow Sam 2 (Ages 3-6)	5078	Snow Plow Sam 2 (Ages 3-6)
5081	Beginner LTS (Ages 8-15)	5082	Beginner LTS (Ages 8-15)
Course #	6:30 PM	Course #	1:45 PM
5085	Snow Plow Sam 3 (Ages 3-6)	5086	Snow Plow Sam 3 (Ages 3-6)
5089	Intermediate LTS (Ages 5-15)	5090	Intermediate LTS (Ages 5-15)
5094	Advanced LTS (Ages 5-15)	5095	Advanced LTS (Ages 5-15)



Helmets highly recommended for all beginner classes, bicycle helmets ok. Remember mittens and warm jacket.

For more information, call Waconia Skate School Learn to Skate Coordinator Kristie @ (612) 237-9946 or sk8klmitchell@aol.com

Classes may be combined or cancelled if class minimums are not met.

Learn To Skate

Waconia Skate School

Snowplow Sam Program

The Snowplow Sam levels are introductory classes divided into three progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children six and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all. Snowplow Sam classes are geared towards children ages 3-7.

12:1 ratio except Snow Plow Sam 1 which is 8:1

Snowplow Sam 1

- A. Sit and stand up with skates on – off-ice
- B. Sit and stand up – on-ice
- C. March in place
- D. March forward (8-10 steps)
- E. March, then glide on two feet
- F. Dip in place

Snowplow Sam 2

- A. March followed by a long glide
- B. Dip while moving
- C. Backward walking, toes turned inward, shifting weight (4-6 steps)
- D. Backward wiggles (6 in a row)
- E. Forward swizzles (2-3 in a row)
- F. Beginning snowplow stop motion – in place or holding onto barrier
- G. Two-foot hop, in place (optional)

Snowplow Sam 3

- A. Forward skating (8-10 strides)
- B. Forward one-foot glide, two times skater's height (R and L)
- C. Forward swizzles (4-6 in a row)
- D. Backward swizzles (2-3 in a row)
- E. Moving forward
- F. Curves

Basic Learn to Skate Skills

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Three progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated. Basic Learn to Skate Skills are geared towards children ages 8 and up.

Beginning Learn to Skate (Basic 1-2)

New or beginning skaters ages 8-15. Primary focus to introduce forward skating, forward two foot glide and forward bubbles.

Intermediate Learn to Skate (Basic 3-4)

Skaters who have completed Beginning LTS, Snow Plow Sam 3 or are able to move across the rink forward and backward in a gliding motion and can balance moving forward on 1 foot. Primary focus to develop forward skating, stops, backward skating, build strength and balancing on one foot to prepare for crossovers.

Advanced Learn to Skate (Basic 5-6)

Skaters who have completed Pre Alpha, Intermediate LTS, or are able to skate forward, backwards and glide forward on 1 foot proficiently. Primary focus is to develop forward crossovers, introduce backward crossovers and turns.



SCARY SKATE

Sunday, October 30

Noon - 1:30 PM

Skate to the fun of Halloween mixed with bone-chilling music! Attend the Fall Festival at Bayview Elementary School on Saturday, October 29 from 4:00 PM - 7:00 PM and festival-goers can pick up a \$1.00 off admission coupon for the Scary Skate.

Costumes are encouraged for this event, but not required.

Entrance Fees: **\$3.50 Adults**
 \$2.50 Seniors & Youth

Rental Skates are available for \$2.50





THANKSKATING FOR THANKSGIVING!

**Sunday, November 13
Noon - 1:30 PM**

Provide a non-perishable food shelf item that will be donated to the Waconia United Food Shelf and receive a discounted \$1.00 entrance fee.

Please consider donating one of the following items: cereal, granola bars, canned fruits and vegetables, canned soup, deodorant, and lotions!

Entrance Fees: \$3.50 Adults
 \$2.50 Seniors & Youth

Rental Skates are available for \$2.50

HOLIDAY SKATE

Sunday, December 4

Noon - 1:30 PM

Help Waconia Parks & Recreation put presents under the tree for local families in need at our annual Holiday Skate! Bring a new unwrapped gift or children's toy to be donated to the Waconia Toy Drive and receive FREE youth skate admission with every toy donated. (Maximum 3 free admissions per family.)

No donations: \$3.50 Adults
\$2.50 Seniors/Youth

Rental skates are available for \$2.50





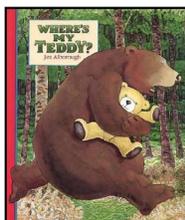
Safari Island Community Center
1600 Community Drive
Waconia, MN 55387

PRSR STD
U.S. Postage
PAID
Permit #32324
Twin Cities, MN

*****ECRWSS**

RESIDENTIAL POSTAL CUSTOMER

STORYTIME & STORYWALK @ CITY SQUARE PARK



DATE: TUESDAY
SEPTEMBER 13, 2016

WHERE: CITY SQUARE PARK
101 East Main Street, Waconia

TIME: 10:30 AM - 11:30 AM

COST: FREE

StoryTime would be held indoors at the Waconia Library in the event of inclement weather. StoryWalk would be cancelled.

As part of the National Park Systems "No Child Left Inside" initiative, a StoryWalk is an innovative and delightful way for children - and adults! - to enjoy reading and the outdoors at the same time. Laminated pages from a children's book are attached to wooden stakes, which are installed along an outdoor path. As you stroll down the trail, you're directed to the next page in the story. The day's adventure will start with a Storytime by the Waconia Library youth librarians at 10:30 AM followed by the StoryWalk adventure.

FAMILY CANOE EXCURSION

Enjoy a relaxing morning on the water with your family early this fall at Lake Waconia Regional Park! This program will provide brief instructions on water safety and a paddling skills refresher as needed. All necessary paddling equipment will be provided.

Date: Course #4793
Saturday, September 24

Time: 9:00 AM - 10:30 AM

Location: Lake Waconia Regional Park

Cost: \$10 per person

Ages: 6+ (Youth *must* register and participate with an adult.)

GEOCACHING FOR S'MORES

Do you enjoy hunting for treasures? This program will provide brief instruction on the history of GPS & how to navigate to find the hidden caches. You will search for the loot and if your team finds enough marshmallow, graham, and chocolate boxes, you'll get a tasty treat! All necessary equipment will be provided.

Date: Course #4794
Saturday, October 15

Time: 1:00 PM - 3:00 PM

Location: Lake Waconia Regional Park

Cost: \$8 per person

Ages: 8+ (Youth *must* register and participate with an adult.)

CANDY CANE HUNT



WHEN: SATURDAY
DECEMBER 3, 2016

WHERE: CITY SQUARE PARK
101 East Main Street, Waconia

TIME: 10:00 AM

COST: FREE

Santa Claus is spending his day in Waconia and his elves left candy canes around City Square Park! Join the Waconia Parks and Recreation Department for this 7th annual fun and free event as we search for the hidden candy canes.

Be sure to check in at the gazebo early for directions as the hunt will start at 10:00 AM. Please bring your own bag or tote to put the found candy canes in. The Candy Cane Hunt will be held rain, snow or shine.