

Summer Activities

May – August 2018

Adult Activities

Adult One-Pitch Softball

7 weeks / 7 doubleheaders

League Fee

- \$250 per team, Jefferson Fields

Important Dates

- Friday, August 3rd – Registration Deadline
- Tuesday, August 14th – Captains meeting at 6:00pm in the Library meeting room
- Tuesday, August 21st – Games begin

Noon Hour Basketball

Mon., Wed., Fri. 12n – 2 p.m.

(No games Apr. 30 – May 11)

(June 11 – July 18, 11:45am - 1:45pm)

Daily Fee

Resident: \$2

Non-Resident: \$2.50

Punch Cards

10 punches

- Resident \$15

- Non – Resident \$19

20 punches

- Resident \$25

Special Events

Annual Free Fishing Contest

Thursday, July 12

2:00-3:30pm

Mill Pond Area in Riverside Park

Win prizes in several categories including:

- First Fish
- Youngest Angler
- Weirdest Bait
- Coolest Fishing Pole
- and MORE!

All ages, no registration required
Event cancelled if rain

Save the Date for Grandparent's Day Celebration

Friday, September 7th

9:00-11:30am

Senior Center

Enjoy crafts, bingo, interactive fitness activities, and a photo booth!

Coffee, lemonade, and a light snack will be provided

Summer Celebration and Night to Unite

(Presented by River's Edge Hospital)

Tuesday, August 7

5:00-8:00pm

Veterans' Park, Outdoor pool and ground

Free for all ages to end the summer the right way with activities including:

- Pool (free admission)
- Dunk Tank
- Bounce House
- Tennis Ball Toss
- Crime prevention activities
- and MORE!

Senior Activities and Services

Saint Peter Memory Café

Meets the 2nd Friday of every
month

10:00-11:30am

SPCC Room 215

A monthly gathering for those with memory loss **along** with their caregivers, and/or friends and family in a safe, supportive and engaging environment. The café offers light snacks, beverages, and an assortment of games and activities appropriate for those afflicted with all forms of dementia.

Matter of Balance

Each Wednesday, May 15th – July 3rd

9:30-11:30am

SPCC Room 217

Learn to improve your balance, flexibility, and strength to help manage falls and increase your level activities. This free, 8-week workshop will reduce your fear of falling and teach you how to prevent falls.

To register, stop by the Recreation Office or call 934-0667

Surplus Breads and Pastries

Every Wednesday

8:30am until supplies are gone

SPCC Room 219

The Senior Center receives a supply of surplus breads, rolls and pastries from the St. Peter Co-op, River Rock Coffee and Family Fresh Market Every Wednesday. Surplus items are free for seniors while supplies last. Please bring your own containers or bags. Quantities are limited to 3 items per person.

To register, stop by the Recreation Office or call 934-0667

Senior Activities and Services cont.

Tai Ji Quan: Moving For Better Balance

Tue. & Thu., May 1-31, 9-10am

SPCC Room 310, \$20 for 10 Classes

This program is an evidence-based fall prevention program to help improve your balance, muscle strength, flexibility, and mobility through coordinated movements in a slow, flowing motion. The program is delivered in two 1-hour sessions each week. Each session consists of warm-up exercises, core practices and brief cool-down exercises.

To register, stop by the Recreation Office or call 934-0667

P.A.L.S.

Mon., Wed., Fri., Apr. 30-Sep.14

10-11am

SPCC Room 310A

A health and fitness program designed to help older adults be more active, enjoy a better quality of life and have fun. All fitness levels welcome.

Session 1: Apr. 30- Jun. 1

Session 2: Jun. 4- Jul. 6 (no class 7/4)

Session 3: Jul. 9- Aug. 10

Session 4: Aug. 13-Sep. 14 (no class 9/3)

To register, stop by the Recreation Office or call 934-0667. \$25 Per session.

GAC Buffet Lunch

Wed. May 9, Jun. 13. Jul. 11, Aug. 8

11am-12:30pm

Gustavus Three Crowns Room \$6.75

Receive a 20% off GAC Book Mark coupon! No registration required.

Senior Activities and Services cont.

Foot Care Clinic

SPCC Room 215, \$25/session

Tuesday appointments.

May 1st and 15th

June 5th and 26th

July 3rd and 17th

August 7th and 21st

September 4th and 18th

October 2nd and 16th

November 8th and 20th

December 4th and 18th

To register, stop by the Recreation Office
or call 934-0667

Weekly Cards

Monday: Cribbage, 1pm

Tuesday: 500, 1pm

Wednesday: Bridge, 1:15pm

Thursday: Men's Cards, 1pm Rm. 215

Friday: Pfeffer, 1:30pm

Medicare and Health Insurance Help

Thur. May 3, Jun. 7, Jul. 5, Aug. 2

2-4pm Senior Center, Rm. 219

Free Help available for questions on Medicare, supplemental insurance, medication costs, etc. No appointment needed. One-on-one assistance. Sponsored by MN River Area Agency on Aging.

Pre-School Activities

Lil' Rascals Camp

Ages 3-5. Make your child's first camp experience a positive one! Camps emphasize cooperative play in a structured play setting with activities that engage the whole child; mentally, socially, physically, and emotionally. Emphasis is placed on socialization e.g. learning to take turns; cognitive growth through music, painting, and use of scissors; and gross motor development by running and jumping.

Passport to Summer Lil' Rascals Camp (all 9 weeks) - \$135

Sign up for one week at regular price and receive \$3 discount for each additional session.

Please send a snack each day. Children must be toilet trained.

Camp drop off and pick up in SPCC Room 310B. We will also be spending time outside in Gorman park during the morning.

Week	Dates/Time/Cost	Theme
1	June 11-14, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Incredible You!
2	June 18-21, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Backyard Adventures
3	June 25-28, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Career Week
4	July 2, 3, & 5, Mon., Tue., & Thu., 9:00-11:30 am \$14 Resident/\$19 Non-Resident	Stars and Stripes
5	July 9-12, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Passport Around the World
6	July 16-19, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Whales, Jellyfish, Lobsters Oh My!
7	July 23-26, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Blast off to Space
8	July 30-Aug. 2, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Reading Rocks
9	August 6-9, Mon.-Thu., 9:00-11:30 am \$18 Resident/\$23 Non-Resident	Summer Celebration

Pre-School Activities

Microstars

Session 1: Tuesday-Thursday, June 6-8, 6:00-6:50 pm,
\$16

Session 2: Tuesday-Thursday, June 26-28, 6:00-6:50 pm,
\$16

Gorman Park

Ages 3-5 (prek). A little soccer, some T-ball, flag football, and a lot of fun! Boys and girls will learn the basic skills and rules of each sport. Parents are encouraged to participate with their children. Min 12, Max 24.

Princess/Prince Dance Camp

Session 1: Mon.-Thu., Aug. 6-9, 5:00-5:55, \$25,
SPCC Rm. 310A

Session 1: Mon.-Thu., Aug. 20-23, 5:00-5:55, \$25,
SPCC Rm. 310A

Ages 3-5. Summer camp is a perfect way to introduce dance to your child before the dance year! Camp is designed to introduce music and movement through basic dance and creative movement activities. Basic techniques for ballet and jazz and an introduction to tumbling shall be taught. Parents are invited to attend the last class at 4:40 pm to watch their prince or princess perform a small routine (in prince/princess attire, of course!). For practice attire, we recommend a tights, leotard, tutu (for those that enjoy them) and black ballet shoes. If this is not available, leggings and t-shirt will work. No jeans, please. (Dance conservatory in Mankato sells new ballet shoes for approx. \$22)

Camps subject to change due to enrollment. (Min. 3, max. 15)

Youth Activities

Junior Explorer Camp

Mon.-Fri. 12:30-5:30pm

Jun. 11-Aug. 10

SPCC Room 310A or 310B, prices vary based on package

Formerly known as Create-A-Camp. For kids who have COMPLETED Gr. K-3. Designed to build the beset summer experience for your child and family!

If you have any questions or wish to register, stop by the Recreation Office or call 934-0667

Explore IT!

Mon.-Fri. 12:30-5:30pm

Jun. 11-Aug. 10

SPCC Room 217, prices vary based on package

New! For kids who have COMPLETED Gr. 4-5. Program designed for children to gain more responsibility and leadership skills. Explore IT! will combine aspects of Jr. Explorer (formerly known as Create-A-Camp) and Volunteer in the Park Program.

If you have any questions or wish to register, stop by the Recreation Office or call 934-0667

Be a V.I.P.!

(Volunteer in the Park)

Mon.-Thu. 1-5pm and Fri., 1-4pm

A V.I.P. is in 6th grade or above, interested in helping others in the community, a dedicated volunteer who likes to learn and have FUN and a very important person.

Activities include Pound Pals. Godfather's help, gardening, grocery carry out, pool concessions, lemonade stands, car washes and lots more!

If you have any questions or wish to register, stop by the Recreation Office or call 934-0667

Youth Activities cont.

Free Bike Safety Rodeo

**Saturday, May 20, 11am-2pm,
River's Edge Hospital & Clinic**

Bring the family. Bike safety course, bicycle licensing, bike helmets given for kids 0-17 on first come basis/limited supply available. Register to win prizes, and learn about bike maintenance. Hot dogs & refreshments provided.

Saint Peter Area Robotics

- **Saint Peter Area Robotics - Fall 2018**
- **Ages 6-18.** Saint Peter Area Robotics is organizing teams for the fall robotics seasons. If your student is interested in being part of a Lego or Robotics team bring them to an informational meeting. More details about the teams and programs will be presented at the meeting. Participants can register at the meeting or online. Find more information about the Saint Peter Area Robotics Association and join a team at www.saintpeterrobotics.org.
- **Tue., Aug. 7, 6:30 p.m., SPCC Rm. 217**

Youth Activities cont.

Fencing

Mon.-Thurs., 2:00-5:00pm

July 23-26

SPCC Gym, \$90.00

New and returning students invited, grades 2-12. Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands.

Students will learn the rules, footwork, and bladework, advance concepts of attack and defense, and apply what they've learned in one-on-one bouts. Safety is our first priority. We supply safety swords, protective masks, chest plates, and jackets, in a high-octane, inclusive environment.

Dancing Stars Dance Camp

Mon.-Thurs., 6:00-6:55pm

August 6-9

SPCC Room 310A, \$25.00

Ages 6 and up. Summer camp is a perfect way to introduce dance to your child before the dance year! Camp is designed for older dancers ready to take their dance to the next level! Parents are invited to attend the last class at 5:40 pm to watch their dancer perform a small routine.

For practice attire, we recommend a tights, leotard, and black ballet shoes. If this is not available, leggings and t-shirt will work. No jeans, please. (Dance conservatory in Mankato sells new ballet shoes for approx. \$22)

Youth Sports Camps

Saints Girls Volleyball Elementary Camp

Mon.-Thurs., June 4-7

SPHS Gym, \$40.00

Entering Gr. K-2 8-9:45am

Entering Gr. 3-6 10am-12pm

(Will be divided during camp)

Four days of quality instruction and individual attention, adjustable nets for younger athletes, and contests and games. The camp will be led by SPHS Coaching Staff and Varsity players. Camp goals are to develop and enhance individual and team skills in the areas of passing, setting, attacking, offense and defense.

Gustie Football Camp

Sess. 1: Jun. 15 & 16, 8:30am-12:30pm

Sess. 2: Jun. 22 & 23, 8:30am-12:30pm

Single Sess., \$50 (2 day package)

Double Sess., \$100 (4 day package)

Entering Grades 3-8. Join this skills and drills football camp. Participate in drills and learn position-specific skills. Includes games and competitions in a fun and positive environment. Bring cleats, tennis shoes, swim trunks, and a snack. Register at the Saint Peter Recreation Department or call the Gustavus Football Office (933-7660).

Youth Sports Camps

Saints Football Camp

Tuesday-Thursday, July 17-19

SPHS Practice Field, \$20.00

Entering Gr. 4-6 8:30-10:00am

Entering Gr. 7-9 10:30am-12:00pm

Register for this skills and drills football camp led by SPHS coaches and players.

Learn SPHS Saints program drills and position specific skills. The camp will also include games and competitions in a fun and positive environment. Bring cleats (recommended but not a necessity) athletic wear and a water bottle.

To ensure receiving a camp shirt, please give your child's shirt size and register by Friday, July 7th.

Coach K Basketball Camp

Monday-Thursday, July 31-August 3

St. Peter Community Center Gym

Entering Gr. 3-6, 8-10 am, \$60, Coed

Entering Gr. K-2, 10:15-11:15 am, \$45, Coed

(Max. 35 per session)

Coach K's 4th annual basketball camp focuses on teaching the fundamentals of the game, promoting each individual to improve, and to have a lot of fun playing the game with friends and future high school teammates. Daily and weekly prizes for individual/team competitions. Pick up and drop off registration forms at the St. Peter Recreation Department.

Youth Sports

T-Ball

Entering Grades K-1. Intro to baseball. Basic skills will be introduced including base running, throwing, and hitting the ball from the tee. Teams will hit through their entire order each inning and scores will not be kept. Players will alternate between playing infield and outfield. Even if a batter is out, he/she may continue to run bases. Coaches may pitch underhand to players toward the end of the season. Players should bring a glove and water in a spill-proof, non-breakable container.

American League – Monday & Wednesday nights

June 11 – July 18, 8:45-9:45 am, \$25 Res./\$33 Non-Res.
Exhibition Game nights: Wed., Jul 4, 11, & 18 at 6:00pm
(No a.m. practice on exhibition game nights)
Jefferson Fields

National League – Tuesday & Thursday nights

NOTE LOCATION CHANGE

June 12 – July 19, 6:00-7:00 pm, \$25 Res./\$33 Non-Res.
Exhibition Game nights: Thu., Jul 5, 12, & 19 at 6:00pm
North Intermediate – COMMUNITY SPIRIT PARK???? – FIELD 1 &
4???

Squirts Baseball

Entering Grades 2-3. Each team will hit through their entire order each inning and scores will not be kept. Players will alternate between playing infield and outfield. If a player is called out after hitting the ball they will return to the team's bench. A player cannot get walked. Coaches will pitch overhand to players. By the end of the season, players may be pitching overhand. Players should bring a glove and water in a spill-proof, non-breakable container.

**Monday & Wednesday nights, June 11 – July 18,
10:00-11:15 am,
\$25 Res./\$33 Non-Res.**

**Exhibition Game nights: Wed., Jul 4, 11, & 18 at
7:15pm
(No a.m. practice on exhibition game nights)
Jefferson Fields**

Youth Sports

Shoreland Junior Golf Camp

Ages 7-14. Learn fundamentals of the golf swing along with rules of the game and etiquette on the course. We will start with the short game and work our way out from the green to the tee box. By the end of camp, we will spend time on the golf course and give participants the building blocks for a lifetime game.

Please bring a water bottle. Children must have their own clubs.

Ages 7-10: Monday-Friday, June 4-8, 8:00-9:30 a.m.

Ages 11-14: Monday-Friday, June 4-8, 10:00-11:30 a.m.

\$45, Shoreland Country Club

One scholarship per age group is available. Contact Rec Office for further information

Rain cancellations: call the Recreation Hotline at 934-0070