

# Jab Jam

This energy-filled class begins with the basics of a cardio boxing workout. Jump rope, work your abdominal muscles, and box all in one hour. Learn proper stance, holding pads, form, and basic combinations and moves to progress to Jab Jam II. Consistency is key.

**Session 1**

Thursdays, Feb. 23-Apr. 5, 7-8 pm  
Code No. 4122.100  
Registration Deadline: Mon., Feb. 13

**Session 2**

Thursdays, April 19-May 24, 7-8 pm  
Code No. 4122.101  
Registration Deadline: Tues., April 10

# Zumba®

Dance your way to a fitter you! Exciting Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba!

All levels welcome.

Instructor: Lora Johnson

\$48 Residents/\$56 Non-Residents/Drop-ins Available at \$12 per Class  
Chanhasen Recreation Center

**Session 1**

Wednesdays, February 22-April 4  
6:45-7:45 pm  
Code No. 4121.101  
Register By: Wednesday, February 15

**Session 2**

Wednesdays, April 18-May 23  
6:45-7:45 pm  
Code No. 4122.102  
Register By: Tuesday, April 10

# Zumba Gold®

Zumba Gold was designed for the active older adult, the true beginner, people who are not used to exercising, and/or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba Gold classes strives to improve our balance, strength, flexibility, and most importantly, the heart.

Instructor: Pamela Koltes

Chanhasen Recreation Center  
\$48 Residents/\$56 Non-Residents (\$12 Drop-in Fee)  
Minimum: 5 participants

**Session 1**

Tuesdays, February 21-March 27  
10-11 am  
Code No. 4122.103  
Register By: Tuesday, February 14

**Session 2**

Tuesdays, April 3-May 15  
10-11 am  
Code No. 4122.104  
Register By: Tuesday, March 27

# Brad Pluth Golf Academy

## Get Golf Ready

Get Golf Ready is a new golf industry-wide program that offers a series of five introductory lessons featuring an on-course playing experience on the last day as well as instruction regarding the game's rules, etiquette, history, and values in a small group environment.

Halla Greens Golf Course  
Highway 101 and Pioneer Trail  
Total Cost: \$99

**Session 1**

Monday-Friday, April 16-20, 12 noon-1 pm  
Code No. 4122.105

**Session 2**

Monday-Friday, April 23-27, 5:30-6:30 pm  
Code No. 4122.106

**Session 3**

Saturdays, May 5-June 2, 10-11 am  
Code No. 4122.107

**Session 4**

Monday-Friday, May 14-18, 11 am-12 noon  
Code No. 4122.108

**Session 5**

Monday-Friday, May 21-25  
7-8 pm  
Code No. 4122.109

## Supervised Practice

This fun, fast and flexible program is designed for new and intermediate players or as a compliment to private lessons. Most sessions are designed to practice like you play with 15 minutes of putting; 15 minutes of chipping, pitching and lob shots; and 15 minutes of full swing with occasional and random visits out on the golf course. Limited to 8 participants per session and must reserve a spot 24 hours in advance by calling 952-401-GOLF (4653).

**Ages 16-Adult**

Halla Greens Golf Course  
Highway 101 & Pioneer Trail  
BPGA Tuition: \$20/session or 3 for \$49

**Session 1**

Season Long Program  
Monday-Saturday, April 30-September 8  
Some exclusions apply  
12-12:45 pm  
Code No. 4122.112

**Session 2**

Monday-Thursday, April 30-September 20  
Some exclusions apply  
6:15-7 pm  
Code No. 4122.113

## Youth/Adult Family Golf Camps

Learn the game in a fun, entertaining and safe environment with your child. Class will incorporate short game, full swing, rules and etiquette, and practice exercises into the lessons. FUNDamentals will be the focus of these lessons.

**Ages 8-Adult**

Halla Greens Golf Course  
Highway 101 & Pioneer Trail  
BPGA Tuition: \$99 per pair/  
\$49.50 each additional student

**Session 1**

Saturdays, May 5-26  
11 am-12 noon  
Code No. 4122.110

**Session 2**

Monday-Thursday, May 28-31  
7-8 pm  
Code No. 4122.111



# Open Pickleball

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower. The game is played with a hard paddle and a polymer whiffle ball.

Tuesdays and Thursdays, 1-3:30 pm  
 Chanhassen Recreation Center  
 Pay the Daily Fee or a Punch to Play!

# STOTT Pilates®

Stott Pilates evolved from the teachings of Joseph H. Pilates and is one of the safest, most effective exercise programs available. This method allows workouts to be customized to meet individual needs. The neuromuscular technique tones and lengthens muscles, increases abdominal and back strength, improves posture and body mechanics, and reduces joint and lower back stress and tension. The smooth motions emphasize proper breathing, leaving participants feeling refreshed rather than exhausted. Wear comfortable, but not bulky clothes and bring a towel and a Pilates mat (thicker than a yoga mat).

Instructor Peggie Zoerhof holds a complete Stott Pilates certification for all mat and equipment work. A Pink Ribbon Program® certification gives her additional knowledge to safely deal with the requirements of breast cancer survivors. Peggie has 20 years of fitness education and experience.

## Intermediate Mat

Paced a bit slower than Intermediate/Advanced to allow for more corrections and options. Plenty of variety utilizing mat work and small equipment, as in the Intermediate/Advanced class.

Wed., April 11-May 30, 6:45-7:45 pm  
 \$96 Residents/\$105 Non-Residents  
 Chanhassen Recreation Center  
 Code No. 4122.114  
 Registration Deadline: Wed., April 4

## Essential Mat

This introduction class is for those who are new to Pilates-based exercise or for those needing review. Class will cover the 5 principles of the Stott method and exercises designed to lengthen and strengthen core muscles. Options will be offered to accommodate postural and physical limitations. To maintain the pace and learning progress, regular attendance is encouraged and drop-ins are not available.

Tuesdays, April 10-May 29, 9:30-10:30 am  
 \$96 Residents/\$105 Non-Residents  
 Chanhassen Recreation Center  
 Code No. 4122.115  
 Registration Deadline: Tuesday, April 3

## Intermediate/Advanced Mat

This more challenging repertoire will utilize all the exercises from the Essential Mat workout with options for intensity and coordination. To keep you interested and challenged we will rotate workouts to include stability balls, Flex-bands®, Fitness Circle®, weighted balls and foam rollers. Because the foundation of the work is the Essential Mat repertoire, participants must have completed Essential Mat to register. Drop-ins are welcome at \$15/class.

Tuesdays, April 10-May 29 27, 10:30-11:30 am  
 \$96 Residents/\$105 Non-Residents  
 Chanhassen Recreation Center  
 Code No. 4122.116  
 Registration Deadline: Tuesday, April 3

# Vinyasa Flow Yoga

*Yoga is an age-old practice for taking care of our body, mind and soul; Vinyasa is a modern interpretation.*

Instructor: Christine Pedretti

## Gentle Flow Yoga Introductory Class

Flow yoga is a calm practice and we will move through traditional yoga postures at a graceful pace offering variations throughout to meet individual needs. Lengthening and strengthening muscles with each pose, increasing range of motion in our joints with the movement that connects the poses. This class is ideal for those new to yoga or exercise, those healing portions of their body that would benefit from gentle exercise, and people who prefer a relaxing, restorative practice.

Chanhassen Recreation Center  
 \$70 Residents/\$77 Non-Residents/  
 \$12 Drop-in Fee

Session 1  
 Tuesdays, Jan. 10-Feb. 28, 6-7 pm  
 No class February 14  
 Code No. 4121.104

Session 2  
 Tuesdays, Mar. 6-Apr. 24, 6-7 pm  
 No class April 3  
 Code No. 4122.117

Session 3  
 Tuesdays, May 1-June 29, 6-7 pm  
 No class May 22 and June 19  
 Code No. 4122.118

## Vinyasa Flow Yoga Advanced Class

Vinyasa flow yoga is a physically challenging practice. We will move through traditional yoga postures at a vigorous pace providing the opportunity to sooth our mind while challenging our bodies. Variations will be offered to find the right amount of challenge and allow everyone to work on individual needs of balance, strength and flexibility. We have the opportunity to work on poses of interest to you as your practice grows. This class is ideal for those who wish to combine the traditional benefits of yoga and modern exercise.

Chanhassen Recreation Center  
 \$84 Residents/\$91 Non-Residents/  
 \$12 Drop-in Fee

Session 1  
 Tuesdays, Jan. 10-Feb. 28, 7:15- 8 pm  
 No class February 14  
 Code No. 4121.105

Session 2  
 Tuesdays, Mar. 6-Apr. 24, 7:15-8:30 pm  
 No class April 3  
 Code No. 4122.119

Session 3  
 Tuesdays, May 1-June 29, 7:15-8:30 pm  
 No class May 22 and June 19  
 Code No. 4122.120

# EnhanceFitness®

You can recognize an Enhance-Fitness class by the relaxed atmosphere and laughter in the room! Participants work at their own pace and receive personal attention from a trained instructor. EnhanceFitness focuses on stretching, flexibility, balance, low impact aerobics (seated if needed) for cardiovascular health, and strength training exercises. Join us to see why EnhanceFitness is the premier fitness choice among older adults. To register, fill out a registration form or call the Rec Center at 952-227-1400. On-line registration is not available.

Mondays & Wednesdays, April 30-July 23 (No class on May 28, July 2 & July 4)

Session 1: 9:45-10:45 am/Session 2: 11 am-12 noon

\$69 per session (Members of UCare for Seniors can attend at no charge, but must register)  
 Chanhassen Recreation Center

# Adult Softball

Looking for a way to enjoy the outdoors and get some exercise? Chanhassen has the following adult softball leagues:

- Men's Open/Corporate Doubleheaders (Mondays)
- Men's Open (Mondays)
- Co-Rec Church (Tuesdays)
- Men's Open, Doubleheaders (Wednesdays)
- Men's Open (Thursdays)
- Co-Rec 11/12 (Fridays)

The following eligibility rules apply to all leagues. "Resident" is defined as persons living or working in Chanhassen. "Non-Residents" are persons not living or working in Chanhassen. Teams are eligible based on the following priorities:

**Priority 1:** Returning 2011 Chanhassen resident teams registering for a) the same league and night, or b) a different league or night. Registrations will be accepted until February 21.

**Priority 2:** New resident teams consisting of at least 50% Chanhassen residents. Registrations will be accepted until February 22.

**Priority 3:** Returning 2011 non-resident teams. Registrations will be accepted until February 23.

**Priority 4:** New non-resident teams with less than 50% Chanhassen residents. Registrations will be accepted until February 24.

Teams registering after the deadline will not receive priority ranking. Only complete registrations will be accepted, which includes registration fee, conduct fee, forms and roster.

For more information, contact Jerry Ruegemaer at 952-227-1121 or visit the city's website at [www.ci.chanhassen.mn.us/park/adult.html](http://www.ci.chanhassen.mn.us/park/adult.html).



# Tae Kwon Do

Tae Kwon Do has long been known to be one of the best forms of exercise to improve flexibility, endurance and coordination, and increases your speed and self-confidence. Get a great aerobic workout while learning self-defense with this traditional art and improving your body, mind and spirit. Nationally certified instructors teach classes: Chief Instructor, 6th degree Master Instructor Jeff Engel; 4th degree Jr. Master Instructors Terry Dahl and Taylor Pederson; Assistant Instructor Ray Luterbach. This class is for both beginners and for those students who are continuing their training. Beginners should wear loose fitting clothes (no jeans) to class.

Ages 13 & Up  
Chanhassen Recreation Center  
Maximum Students: 25

**Adult Beginner/Intermediate**  
White thru Green Belts  
Mondays & Thursdays, April 9-June 21  
No classes May 26 & 28  
6:30-7:50 pm  
\$120 Residents/\$140 Non-Residents  
Code No. 4122.121  
Registration Deadline: Monday, April 2

**Adult Advanced**  
Blue thru Black Belts  
Mondays & Thursdays, April 9-June 21  
No classes May 26 & 28  
6:30-7:50 pm (Red belts and up go until 8:30 pm) AND Saturdays, 10:30 am-12 noon  
\$160 Residents/\$185 Non-Residents  
Code No. 4122.122  
Registration Deadline: Monday, April 2

## How to Register for Park & Rec Programs

There are easy ways to register for our programs. Register online by going to [www.ci.chanhassen.mn.us](http://www.ci.chanhassen.mn.us) and click on "On-Line Registrations." You also may fill out the registration form in this edition of the Chanhassen Connection and mail, fax, or drop it off at city hall or the recreation center; or call us at 952-227-1400. We'd be happy to assist you!

## Exercise With Options

Exercising has never been easier, closer to home, and flexible to your schedule. Simply check in with your punch card at the Recreation Center front desk prior to your workout. Punch cards are available at the Recreation Center.

**RESIDENT RATES:**  
For Fitness Room and Open Gym  
(1 punch on your card)  
10 Punches (\$30), 20 Punches (\$55), or  
40 Punches (\$106)

### Celebrate Your Child's Birthday at the Rec Center!

The Chanhassen Rec Center is now offering Party Packages! Each pack provides your group with one hour of exclusive use of our gym and a private party room. Make this day special for your birthday girl or boy. Play basketball, dodgeball, volleyball, floor hockey, or shuffleboard. You can even use the batting nets to check your swing or hold exciting scooter races! The Chanhassen Rec Center can help make this year's birthday party fun and easy without the mess and fuss at home. Call 952-227-1400 for more information and to check for availability.

\$55 Residents/\$65 Non-Residents for One Hour Exclusive Gym Time and Two Hours in a Party Room

### Tot Time Play Time

Do you have a child age 6 or younger who has energy to burn? Our open gym for toddlers is a convenient social time for children (and parents) to get out of the house and play with toys and run in the gym. All children must be accompanied by a parent.

**Ages 6 and Under with Parent**  
Mondays/Wednesdays/Fridays, 9-11 am  
Check the gym schedule for changes  
Chanhassen Recreation Center  
\$3 per child/\$6 per family or  
use your punch card



# District 112 Community Education Offers Classes in Chanhassen

New adult recreational opportunities are offered in Chanhassen through District 112. To register for these classes, call District 112 Community Education at 952-556-6200 or visit [www.ce4all.org](http://www.ce4all.org).

## Personal Training

Our nationally certified personal trainers provide motivation, education, guidance and individualized instruction. They will design an exercise program based on goals, fitness level, and experience. Whether you are looking to improve your health or seeking a sport specific training plan, our trainers can help!

**Getting Started** Begin a new program or improve your current fitness level. The first hour is a complete fitness evaluation, including a detailed health history, skinfold measurement, blood pressure, cardiovascular endurance test, flexibility test, upper body endurance, upper and lower body strength, and midsection endurance. The second and third sessions will review the results and go through the fitness program. A complete printout of the results and program are included.

**One to One** Geared for the individual looking to receive ongoing training with a certified trainer. This program includes a complete body workout appropriate to meet your established fitness goals in consecutive sessions.

For more information about the personal training program at the Recreation Center, call 952-227-1400 and leave your name and phone number. Our trainers will return your call.

### PERSONAL TRAINER PROGRAM

	Sessions	Cost	Code
Getting Started	3	\$130	5000.101
One to One*	1	\$46	5000.102
One to One	5	\$195	5000.103
One to One	10	\$380	5000.104
One to One	15	\$540	5000.105
One to One	20	\$700	5000.106

\* Continuing Clients Only

## Stained Glass Window Lead Technique

Here's your opportunity to make a small window panel! Learn the basics of window construction from glass cutting to assembly. Students should bring a 3/4" x 11-1/4" x 12" soft wood, non-warped board, hammer, an 80 or 100 watt soldering iron (not gun), and an empty pop can. A supply fee of \$55 will be collected at the first class. For information on where to purchase a soldering iron call 952-934-3229, or purchase one at Glass Endeavors in Minneapolis.

Tuesdays, April 10 & 17, 6:30-10 pm  
4001 Bluff Creek Elem., Room 137 Art  
\$39 + \$55 supply fee collected in class  
Instructor: Susan Thaumert

## Stained Glass Window Copper Foil/Tiffany Technique

A delicate look that is beautiful for windows or anything that you want to make out of glass! This class is designed for students who have taken the previous Lead class (although not mandatory) or for students with glass cutting experience. You will complete a small window panel using the Tiffany technique, which is also required for making lamp shades, boxes, and other 3-D projects. Bring a 12" x 12" ceiling tile, 80 or 100 watt soldering iron (not gun), and an empty pop can. A supply fee of \$55 will be collected at the first class. For information on where to purchase a soldering iron call 952-934-3229, or purchase one at Glass Endeavors in Minneapolis.

Tuesdays, May 1 & 8, 6:30-10 pm  
4003 Bluff Creek Elem., Room 137 Art  
\$39 + \$55 supply fee collected in class  
Instructor: Susan Thaumert

## Pasta! Pasta! Pasta!

Starts with bruschetta topped with vine ripe tomatoes, zesty herb salsa, and creamy gorgonzola cheese. We'll begin our pasta barrage with a classic Italian dish, spaghetti and meatballs tossed in a light marinara sauce and topped with freshly grated parmesan cheese. Next you'll enjoy ziti pasta tossed with olive oil, fresh garlic, broccoli, oven roasted tomatoes, and tender chicken breast followed by vermicelli tossed with succulent gulf shrimp in a delicious roasted red pepper pesto cream sauce. We'll finish with panna cotta, a delightful combination of cream and gelatin served with fresh strawberry sauce and crispy almond wafers.

Wednesday, April 11, 6-9:30 pm  
4519 Chan High School, S212 FACS  
\$35  
Instructor: Jeff Sandino

## The Art of Sushi

Come explore the world of sushi as you create this Japanese delicacy yourself. We'll begin by preparing sushi rice. You'll then learn the art of "maki-sushi," rolling rice and various fillings in nori (dried seaweed sheets). Options will include panko-breaded shrimp, seared tuna, teriyaki chicken, crab meat, avocado, cucumber, and more. For the adventurous, there will be raw tuna to prepare "nigiri-sushi" (on hand molded rice). You'll also learn to prepare the traditional cucumber salad and discover edamame, fresh salted soybeans.

Tuesday, May 1, 6-9:30 pm  
4518 Chanhassen High School, S215 FACS  
\$35  
Instructor: Jeff Sandino

## Country 2 Step Workshop

Simple, easy and fun to dance! This 2 hour workshop covers the basics and will have you spinning, turning, and twirling before you know it.

Wednesday, April 11, 7-9 pm  
4717 Chanhassen High School, N156  
\$19  
Instructor: Monica Mohn

## West Coast Swing Workshop

A fun, fabulous swing that goes great with Blues music. So if you love "Mustang Sally," come and learn the basic, fun moves of the Sugar Push, Passes, and Tuck! Couples only please.

Wednesday, April 11, 7-9 pm  
4717 Chanhassen High School, N156  
\$19  
Instructor: Monica Mohn

## Party Line Dance Workshop

Get ready for any event with this workshop on 3 popular lines dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun!

Wednesday, May 9, 7-8:30 pm  
4722 Chanhassen High School, N156  
\$15  
Instructor: Monica Mohn

## Wedding Dance Workshop

In just 2 hours, learn the common wedding dances: Waltz, Foxtrot, Rumba, and Slow Dance. Learn easy dancing skills and fun patterns so you'll feel comfortable and look great on that special day! Bring your music! Couples only please.

Wednesday, May 30, 7-9 pm  
4715 Chanhassen High School, N156  
\$32  
Instructor: Monica Mohn

# Don't Sit, Get Fit at the Rec Center!

The Chanhassen Recreation Center offers you the fitness amenities of a big club in a community setting. With no contract to sign and a "pay as you go" system, the Rec Center makes fitness easy and affordable. The community setting creates a friendly place to exercise in a location that is close to home.

Over the past 5 years, the Chan Rec Center has given the fitness center a face lift with new equipment. We have top of the line cardio equipment by Octane, LifeFitness, Star Trac, Stair Master, and Concept 2. There are 13 Life Fitness strength stations that will work all major muscle groups in your body. With free weights, BOSU boards, balance balls, and medicine balls; the Rec Center offers you the resources to improve and maintain your strength.

Services & Amenities: Basketball Court, Cardio Equipment, Free Weights, Locker Rooms, Personal Training, Resistance Machines



The Chanhassen Recreation Center is located on the southeast corner of the Hwy. 5 & Galpin Blvd. intersection (connected to the east side of Bluff Creek Elementary School).

## Rec Center Punch Cards

The punch card is completely transferable (many patrons inquire about family memberships). The card does not have an expiration date and may be used until the punches are gone. If the punch card is lost or stolen, a new one must be purchased. Senior rates for ages 50+. Resident rates apply to individuals living or working in Chanhassen.

No. of Punches	10	20	40
Resident	\$30.00	\$55.00	\$106.00
Senior Resident	\$27.50	\$50.00	\$94.00
Non-Resident	\$35.00	\$66.00	\$129.00
Senior Non-Res.	\$32.50	\$61.00	\$117.00

## Daily Fees

Resident Daily Fee	\$3.00
Senior Daily Resident Fee	\$2.75
Non-Resident Daily Fee	\$3.50
Senior Daily Non-Resident	\$3.25

## Gym Schedule

To find out when your favorite activity is held, a copy of the gym schedule is available at the front desk at the Recreation Center, or on-line at [www.ci.chanhassen/parks/recctr/gymschedule.html](http://www.ci.chanhassen/parks/recctr/gymschedule.html), or give us a call at 952-227-1400. The gym is available for drop-in recreation (basketball, parent/tot time) at various times during the season. There's no need to preregister, just come when it's convenient for you! Use your punch card or pay the daily fee.

## Hours

**Labor Day Thru Memorial Day**  
 Monday-Friday: 5:30 am - 10 pm;  
 Saturday: 8 am - 8 pm; Sunday: 10 am-8 pm

**Memorial Day Thru Labor Day**  
 Monday-Friday: 5:30 am - 9 pm;  
 Saturday: 8 am - 6 pm; Sunday: Closed

The Chanhassen Rec Center is closed on New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. Hours on days before and after holidays may be limited.

## Host Your Next Event at the Chan Rec Center

From business meetings to bridal showers, the Rec Center is a great place to get together. With affordable rental rates and rooms that can hold from just a few people to 170, we'll work with you to make your event special. Rates start at \$15 per hour! The Rec Center now has wireless internet! For more information, call Jodi Sarles at 952-227-1401.



## Weather Policy

The Park & Recreation Department makes every attempt to contact participants if a program is cancelled due to inclement weather. Participants are encouraged to call the appropriate Program Weather Hotline for a recorded message that provides updates on the programs.

- Rec Center Sports**  
952-227-1408
- Adult Softball**  
952-227-1410
- Special Events**  
952-227-1128

**Outdoor Ice Rinks/Playgrounds**  
952-227-1411

## Videotape & Photos

Periodically, the Chanhassen Park & Recreation Department will take pictures or videotapes of participants in various programs or special events. Please note that these photos may appear in city informational bulletins released to the general public. If you do not wish to have you or your child's picture taken, please indicate so on your registration form.

## Special Needs

Residents with disabilities are welcome to participate in park and recreation services. If you have questions regarding special needs, call Jerry at 952-227-1121.