

AR & LE

Spring & Summer 2012



AR&LE Spring Retreat: Safety Rocks! Saturday ■ April 28, 2012

Amp up your awareness of personal safety at home, work and in public at this awesome interactive workshop! See page 12 for details.

Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 25 years, the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation “AR” and the Learning Exchange “LE”.

- *Adaptive Recreation:* The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, basketball, as well as a number of social programs for both youth and adults.
- *The Learning Exchange:* The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a quarterly program catalog with descriptions of all programs to be offered for the upcoming season. This is sent out quarterly to all the participants and professionals who are on our mailing list.

Electronic copies of the current AR&LE program catalog are available via the Internet at: www.ci.bloomington.mn.us and enter keywords “Adaptive Recreation” in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.ci.bloomington.mn.us, return the completed profile to the following address:

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Non-resident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Non-residents are considered to be those living outside of these cities. If a non-resident fee is charged, the difference is very minimal.

REFUND POLICY

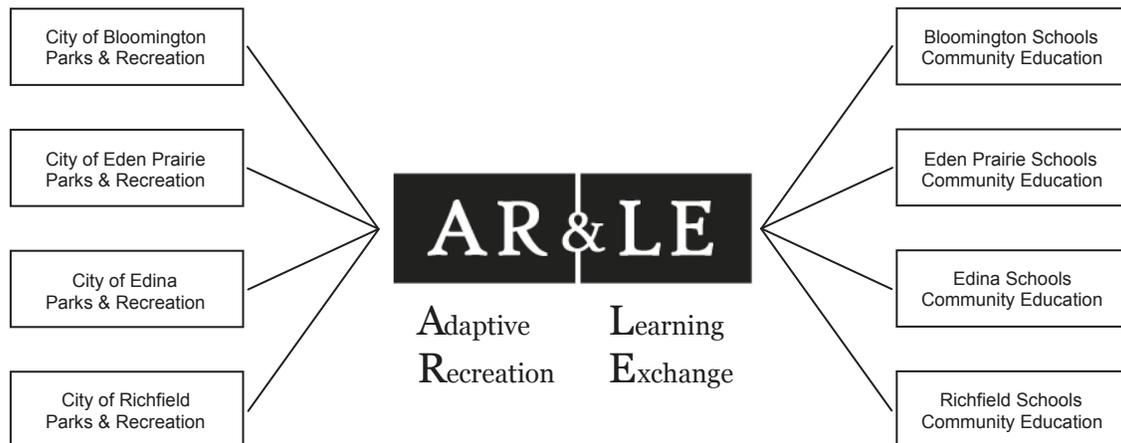
Each city reserves the right to implement their own refund policy.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. Upon request, this information can be available in Braille, large print, audiotope and/or computer disk.

THE STAFF

The supervisory staff that are responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.



CONTACT INFORMATION

Bloomington Adaptive Recreation

- Kari Hemp – Recreation Supervisor, Adult & Youth Programming: 952-563-8877 (tty: 952-563-8740) khemp@ci.bloomington.mn.us

Eden Prairie Adaptive Recreation

- Nicole White - Recreation Supervisor: 952-949-8457 (tty: 952-949-8399)nwhite@edenprairie.org

Edina Adaptive Recreation

- Kristin Aarsvold – Recreation Supervisor: 952-826-0433 (tty: 952-826-0379) kaarsvold@EdinaMN.gov
- Dawn Beitel - Recreation Specialist: 952-826-0438 (tty: 952-826-0379) dbeitel@EdinaMN.gov

Richfield Adaptive Recreation

- Recreation Supervisor: 612-861-9361 or 612-861-9385 (MN Relay Service at 711) www.cityofrichfield.org

Learning Exchange

- Gina Carpenter – Coordinator of Alternative Educational Services: 952-681-6122 (MN Relay Service at 711) - gcarpenter@bloomington.k12.mn.us
- Janet Clarke – Community Liaison: 952-681-6121 (MN Relay Service at 711) jclarke@bloomington.k12.mn.us



TRAIL (Transportation Resource to Aid Independent Living) provides transportation services for developmentally disabled adults, enabling them to attend recreational and educational programs sponsored by AR&LE. TRAIL riders live in Bloomington, Eden Prairie, Edina and Richfield and do not have affordable transportation available. Through donations and fundraising TRAIL subsidizes the cost of transportation, so riders pay a nominal fee per trip. Programs with this bus symbol offer TRAIL rides. To learn more or to make a donation, go to www.ridetrail.org or call Michelle at 952-828-0983. **The current AR&LE catalog is available at www.ridetrail.org under “Resources”.**

PERSONAL PROGRAM CHART

Use the chart below to keep track your registered programs! If you don't want to cut out the registration forms, **an electronic copy of the current AR&LE program catalog is available via the Internet at: www.ci.bloomington.mn.us and enter keywords "Adaptive Recreation" in the search engine.**

Day	Date/Time	Program	Location
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



**Kari Hemp - Recreation Supervisor
Adult & Youth Programming**

Phone: 952-563-8877
Email: khemp@ci.bloomington.mn.us
Address: 1800 W. Old Shakopee Road
 Bloomington 55431
TTY: 952-563-8740
Website: www.ci.bloomington.mn.us



DANCE YOUR SOCKS OFF! - ADULTS 18+

Put on your dancing shoes and get ready to boogie! No registration required, but you must have an AR&LE Participant Profile on file. Participants who require assistance should bring their own support person. **Door prizes will be given out near the end of the dance. MUST BE PRESENT TO WIN!** Music by Generations A to Z. Don't miss out on these fun events!

Dates/Time: March 16, 2012 ▪ 7:00-9:00 pm April 20, 2012 ▪ 7:00-9:00 pm
St. Patrick's Dance **Hawaiian Luau**
 Celebrate St. Patrick's Day with us and remember to wear green! Break out your grass skirt and Leis! It's time for a Hawaiian Luau! Wear your favorite Hawaiian outfit and we will limbo the night away!

Location: Valley View Middle School, 8900 Portland Avenue South, Bloomington. Parking is available on the West side (back) of the building. Enter through door E on the North end.

Cost: \$5 at the door for participants (support staff free of charge)

Register by: No registration required, but registered TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877.

YOUTH SOFTBALL - AGES 10-18

BATTER UP! Want to learn to play softball? Increase your softball skills? Learn more about softball? Have fun and meet new friends? This is the program for you! Youth softball teaches basic rules and good sportsmanship in a non-threatening environment. Our staff is well experienced in the game and will give the youth a softball experience of a lifetime! Siblings and parents are invited to volunteer. Season highlights may include special events such as playing under the lights (program times may vary for this event), end of the season picnic, team pictures, and more! Staff to participant ratio is 1:10.

Dates/Time: Mondays ▪ June 18 - August 13 ▪ 6:30 pm - 8:30 pm (no program July 2)
Location: Tarnhill Park, 9650 Little Road, Bloomington
Cost: \$57, includes team shirt. Please indicate shirt size when registering.
Register by: Friday, June 1, 2012



ADULT COMPETITIVE SOFTBALL - AGES 19+

Want to play some softball? Do you have experience playing on a team? Then this program is for you. This program is designed for men and women who want to play competitively. Teams will be developed after the player skill evaluations are completed the first night. Season highlights may include special events such as playing under the lights (program times may vary for this event), end of the season picnic, team pictures, and more! Staff to participant ratio is 1:20. **NEW DAY OF THE WEEK!!!**

Dates/Time: Tuesdays ▪ June 19 - August 14 ▪ 6:30 pm - 8:30 pm (no program July 3)
Location: Tarnhill Park, 9650 Little Road, Bloomington
Cost: \$57, includes team shirt. Please indicate shirt size when registering.
Register by: Friday, June 1, 2012. TRAIL is available! TRAIL riders must request TRAIL on the registration form. **TRAIL requires a minimum of five riders, so sign up early.**



ADULT RECREATIONAL SOFTBALL - AGES 19+

Join us for a fun summer of softball with your friends from AR&LE. This program is designed for men and women who want to play for fun - no experience is necessary. Season highlights may include special events such as playing under the lights (program times may vary for this event), end of the season picnic, team pictures, and more! Staff to participant ratio is 1:20. **NEW DAY OF THE WEEK!!!**

Dates/Time: Tuesdays ▪ June 19 - August 14 ▪ 6:30 pm - 8:30 pm (no program July 3)
Location: Tarnhill Park, 9650 Little Road, Bloomington
Cost: \$57, includes team shirt. Please indicate shirt size when registering.
Register by: Friday, June 1, 2012. TRAIL is available! TRAIL riders must request TRAIL on the registration form. **TRAIL requires a minimum of five riders, so sign up early.**

Looking for registration forms or want to pre-register/pay for our programs? Go online to www.ci.bloomington.mn.us (keyword "Dance" or "ARLE Softball") or contact us at 952-563-8877.



Nicole White, CTRS
Recreation Supervisor
Eden Prairie Parks and Recreation
Address: 8080 Mitchell Road, Eden Prairie 55344
Phone: 952-949-8457
TTY: 952-949-8399
Email: nwhite@edenprairie.org
Website: www.edenprairie.org

SCHOOL'S OUT - SWIM, GYM, AND MORE! - AGES 13-22 YEARS

Hang out with friends and play games and get creative with art activities. Bring a swimsuit and towel each day. Sign up for one, two, or all three days.

Date: Tuesday ▪ April 3 Wednesday ▪ April 4 Thursday ▪ April 5
Time: 9:00 am - 3:00 pm
Location: Eden Prairie Community Center Room 203/204
Cost/Register: \$22 per date ▪ Registration deadline is seven days prior to program date; maximum 8

SATURDAY NIGHT OUT - AGES 15-25

Are you looking for an excuse to hang out with friends? Register early for an exciting opportunity to experience various leisure activities and events in and around the community. There are no prerequisites for participation.

*Note: You must **register by the date of deadline** for each outing. **No refunds** will be given after this deadline due to the planning for staff, tickets, food and transportation.*

“Annie” at Staring Lake Amphitheater - The Eden Prairie Community Theatre presents “Annie”. Grab a lawn chair or blanket and meet your friends at the Staring Lake Amphitheatre to watch the adventures a young orphan will go through to find the right family. Snack included in the registration fee. Registration deadline June 15; maximum 20

Date: June 23 **Time:** 6:30–9:00 pm **Location:** Meet at Staring Lake Park Building **Cost:** \$15

Minnesota Twins vs. Cleveland Indians - Join your friends to **watch the Twins game on the big screen**. Wear your favorite Twins cap, jersey, or shirt. Enjoy endless snacks! Registration deadline July 20; maximum 20

Date: July 28 **Time:** 6:00–8:30 pm **Location:** Eden Prairie Sr. Center Community Room **Cost:** \$18

Dinner on the Patio - Bring your appetite for mouth watering food from one of the restaurants at the Southwest Transit Station. You choose where you want to eat and enjoy with your friends on the patio overlooking Purgatory Creek Park. Afterwards, we'll head over to the park for a leisure walk. Registration deadline August 17; maximum 20

Date: August 25 **Time:** 4:00–6:00 pm **Location:** Meet at Noodles, 13300 Technology Drive **Cost:** \$17

YOUNG ATHLETES - AGES 2-7 YEARS

Young Athletes is an innovative sports play program that provides children intellectual disabilities a setting to practice, enhance, and display their abilities while improving physically, cognitively and socially. The program is designed to not only allow children the opportunity to join the Special Olympics movement, but neuro-typical siblings, relatives, or friends can also participate. **Each person must register separate.**

Dates/Time: Wednesdays ▪ April 25 - May 23 ▪ 6:00 pm - 6:45 pm
Location: Eden Prairie Community Center Room 201
Cost/Register: \$32 ▪ Register by April 18; maximum 8



EVERYONE CAN DANCE - AGES 10-22 YEARS

Learn the basic building blocks of dance that include eye-hand coordination, flexibility, and rhythm. Learn a short dance based on a theme from today's pop culture. Five Classes.

Dates/Time: Saturdays ▪ April 14 - May 12 ▪ 10:15 - 11:00 am
Location: Eden Prairie Community Center Room 201
Cost/Register: \$33 ▪ Register by April 6; maximum 10



MacPHAIL CENTER FOR MUSIC

McPhail Center for Music offers a variety of Music Therapy programs. For more details, see back cover.

Eden Prairie Registration form is on page 17

ART THROUGH THE AGES CAMP - AGE 13-22 YEARS

This exciting camp will introduce the work of important artists and art movements, improve creative problem solving and technical skills and to have fun making art and developing your own style! Each project is introduced with artist's examples and hands-on instruction. Artists will bring home amazing works of art in the style of important Artists each day. Instructor: Emily Taylor

Dates/Time: June 11 - 15 ▪ 12 noon - 3:00 pm
Location: Eden Prairie Art Center Room 105
Cost/Registrar: \$82 ▪ Register by June 4; maximum 12

IN/OUT AND ABOUT CAMP - AGES 13-22 YEARS

Explore the many things to do in/around Eden Prairie on a hot summer day! Visit the Lowry Nature Center, Centennial Lakes, Sand Ventures, Challenge Course at Eden Wood Center and more! Pack your lunch each day as well as two snacks.

Dates/Time: June 18 - 22 ▪ 9:00 am - 3:00 pm
Location: Drop off and pick up at Nesbitt Preserve Park
Cost/Registrar: \$110 ▪ Register by June 11; maximum 10



ALL IN ONE ART CAMP - AGE 13-22 YEARS

In this multi-media camp we will explore different art techniques and learn the basics of drawing, painting and sculpture. Instructor: Emily Taylor

Dates/Time: July 23 - 27 ▪ 9:00 am - 12 noon
Location: Eden Prairie Art Center, 7650 Equitable Drive
Cost/Registrar: \$82 ▪ Register by July 16; maximum 12

FUN WITH TECHNOLOGY - AGES 13-22 YEARS

Bring your iPod Touch or iPad to this class and learn how to communicate and interact socially with Proloquo2Go and Pictello apps. Make your own Pictello story to share with your parents at the end of the session.

Dates/Time: August 6 - 10 ▪ 1:00 - 3:00 pm
Location: Eden Prairie Community Center Cambria Room
Cost/Registrar: \$30 ▪ Register by July 30; maximum 12

EVERYONE CAN DANCE CAMP - AGES 13-22 YEARS

Participants may enjoy learning the basic building blocks of dance that include eye-hand coordination, flexibility, and rhythm. Throughout the camp, dancers can have the opportunity to learn a short dance, plan games, meet new friends, make crafts, stretch and listen to music. Parents of the dancers are invited to attend a performance on the last day.

Dates/Time: August 20 - 24 ▪ 9:00 am - 10:30 am
Location: Eden Prairie Community Center Room 201
Cost/Registrar: \$35 ▪ Register by August 13; maximum 12



MUSIC INSIGHTS CAMP - AGE 13-22 YEARS

Music Insights camp is an adaptive music camp experience filled with singing, dancing, instrument playing, and relationship building. We will use ribbons, scarves, and props to put together a short performance for friends and family to come watch at the end of the week.

Dates/Time: August 20 - 24 ▪ 1:00 pm - 2:30 pm
Location: Eden Prairie High School Auditorium
Cost/Registrar: \$54 ▪ Register by August 13; maximum 12



LUNCH BREAK

Looking for door-to-door service? You got it! Register for both and hang out with friends, play games, and eat lunch. Staff will accompany participants to Music Insights Camp. Only available for participants that sign up for both morning and afternoon camps.

Dates/Time: August 6 - 10 ▪ 12 noon - 1:00 pm (between Adaptive Teen & Fun with Technology Camps)
August 20 - 24 ▪ 10:30 am - 1:00 pm (between Everyone Can Dance & Music Insights Camps)
Location: Eden Prairie Community Center Room 203/204
Cost/Registrar: August 6-10, \$10 ▪ August 20 -24, \$25; Register seven days prior to the camp; maximum 12



ADAPTIVE TEEN CAMP- AGES 13-22 YEARS

These semi-structured camps are intended to foster social and emotional growth; as well as teach life skills in a safe and fun place. Bring a snack, lunch, swimsuit, towel, sun screen, and water bottle each day. Daily activities will range from games, arts, nature, and swimming. Staff will be Wendy Nelson, Nattaya Thorne, and Mary Forner.

Dates/Time: June 25 - 29 ▪ 9:00 am - 3:00 pm July 30 - August 3 ▪ 9:00 am - 3:00 pm
July 9 - 13 ▪ 9:00 am - 3:00 pm August 6 - 10 ▪ 9:00 am - 12 noon
July 16 - 20 ▪ 9:00 am - 3:00 pm August 13 - 17 ▪ 9:00 am - 3:00 pm
July 23 - 27 ▪ 12 noon - 3:00 pm
Location: Nesbitt Preserve Park
Cost/Registrar: \$75 full day; \$38 half day ▪ Register seven days prior to the camp; maximum 12



Kristin Aarsvold, Recreation Supervisor
 Edina Parks and Recreation
 Address: 4801 W. 50th Street, Edina 55424
 Phone: 952-826-0433
 TTY: 952-826-0379
 Email: kaarsvold@EdinaMN.gov
 Dawn Beitel- Recreation Specialist - 952-826-0438
 Email: dbeitel@EdinaMN.gov
 Website: www.ci.edina.mn.us

BASKETBALL

Dribble, shoot and score with this fun, co-recreation program. Each week we will develop skills before hitting the floor for a game. Stay in shape and learn the game of basketball. Ages 16 and older are welcome to register. Don't forget to tell us your t-shirt size on the registration form.

Dates: Thursdays ▪ April 5 - May 17
Time: 7:15 pm - 8:45 pm
Location: Edina Community Center, City Gym
Cost: \$65 resident; \$70 nonresident
Register by: March 22; minimum 10, maximum 40



LARRY NELSON ADAPTIVE GOLF PROGRAM

Beginners will learn about golf etiquette, basic skills and rules with experienced volunteer golfers. Golfers are supported on the course with volunteers based on their needs, ages 10 and older. First two weeks are at Braemar Golf Dome, unless weather permits us to use course.

Dates/Time/ Fridays ▪ April 27 - June 22 (no class May 25) ▪ 7:30 pm - dark
Locations: April 27 & May 4 ▪ 7:00 - 8:00 pm at Braemar Golf Dome
 Remaining six lessons will be at Braemar Golf Course
Cost: \$88 resident; \$93 nonresident
Register by: April 4; minimum 8, maximum 12



LARRY NELSON ADAPTIVE LEAGUE AND ADVANCED LESSONS

This program is designed for golfers who are independent on the course with little supervision from volunteers. After two sessions of skill building we will hit the course. Golfers must be referred to the program. **TRAIL requires a minimum of five riders, so sign up early.**

Dates/Time/ Fridays ▪ April 27 - June 22 (no class May 25) ▪ 6:30 pm - dark
Locations: April 27 & May 4 ▪ 6:30 - 7:30 pm at Braemar Golf Dome
 Remaining six lessons will be at Braemar Golf Course
Cost: \$85 resident; \$90 nonresident
 Plus weekly greens fees for last six weeks
Register by: April 4; minimum 8, maximum 12



Please contact Kristin at 952-826-0433 or via email at kaarsvold@EdinaMN.gov if you are interested in more information about social groups designed for children with ASD and related disabilities in Edina.

Edina Registration form is on page 17

SUPER SUNDAYS

This is a social group for teens and young adults ages 15-25 who like to try new things, get out and explore places, and meet new friends. For trips outside of the four AR&LE cities, bus transportation is provided to and from the Edina Senior Center. minimum 12, maximum 20

NOTE: **You must register by the deadline date for each outing.** No refunds will be given after this deadline due to the need to plan for staffing, tickets, supplies and transportation. You will not receive a confirmation for your registration.

Minnesota History Center - Join us as we travel by bus to this interactive museum with both permanent and changing exhibits. We will take a close up look at how interesting Minnesota is through its artifacts, objects, photographs and more. *Register by Friday, February 24.*

Date: Mar 4 **Time:** 1:00–4:00 pm **Location:** Meet at Edina Sr. Center
5280 Grandview Square **Cost:** \$36

Target Field Tour - Experience the magnificence of the Minnesota Twin's home field as we get a unique, behind the scenes tour of one of Major Leagues newest and best ballparks. Bus provided. *Register by Friday, April 13.*

Date: Apr 22 **Time:** 1:15-4:00 pm **Location:** Meet at Edina Sr. Center
5280 Grandview Square **Cost:** \$24

Fishing Party and Picnic - Bring your own lunch for a pre-fishing picnic (beverages provided), and prepare to catch some fish with the help of friends. Bring your own fishing pole if you have one. Fun is had by all at this annual "end of the Super Sunday season" tradition. *Register by Monday, May 14.*

Date: May 20 **Time:** 12:30–2:30 pm **Location:** Meet at Centennial Lakes Park
7499 France Avenue South **Cost:** \$10



WATER AEROBICS

Get ready for some active aerobic strengthening, stretching, & range-of-motion exercises all in the comfort of the Edinborough Park Pool. This program can help boost fitness levels and minimize the impact on your bones/muscles as you exercise. The pool has a chair lift for easy entrance and exit. Ages 16 and up are welcome. Group home staff bringing more than two participants must provide support in the water.

TRAIL requires a minimum of five riders, so sign up early.

Dates: Wednesdays
Session I: June 6 - 27 **Session II:** August 1 - 22
Time: 7:00 pm - 8:00 pm
Location: Edinborough Park, 7700 York Avenue South, Edina
Cost: \$37 resident; \$42 nonresident - each session
Register by: May 31; minimum 10, maximum 20



MINI GOLF FOR ASD TEENS

Get away from your screen and get outside. Teens with ASD ages 14-21 are invited to join other young adults to play local mini-golf courses and hang out. Teens with the same abilities will be placed on teams together. Participants will meet at the course. An informational letter will be sent prior to the start of the program.

Dates/Time: Tuesdays ▪ July 10, 17, 24 & 31 ▪ 6:30 pm - 8:30 pm
Locations/ July 10 ▪ The Links at Dred Scott ▪ \$20 resident; \$25 nonresident
Costs: July 17 ▪ Richfield Adventure Gardens ▪ \$20 resident; \$25 nonresident
July 24 ▪ Moose Mountain Adventure at MOA ▪ \$20 resident; \$25 nonresident
July 31 ▪ Centennial Lakes in Edina ▪ \$15 resident; \$20 nonresident
Cost for all dates: \$70 resident; \$75 nonresident
Register by: June 25; minimum 8, maximum 12



THEATRICAL PERFORMANCE CAMP— SCENES AND SELECTIONS FROM "HIGH SCHOOL MUSICAL"

After viewing the movie, actors will learn lines and songs, as well as create the sets for the exciting performance that is held on the last day of camp. This program is open to ages 13-21.

Dates/Time: Monday - Thursday ▪ August 13 - 17 ▪ 10:00 am - 3:00 pm
Friday ▪ August 17 ▪ 9:30 am - 1:00 pm
Performance at 1:00 pm
Location: Edinborough Park, 7700 York Avenue, Edina
Cost: \$167 resident; \$172 nonresident
Register by: Deadline July 15; minimum 8, maximum 20



Recreation Supervisor
Richfield Recreation Services
Address: 7000 Nicollet Avenue South
 Richfield 55423
Phone: 612-861-9361 or 612-861-9385
TTY: 711 (Minnesota Relay Service)
Email:
Website: www.cityofrichfield.org



CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level. Please wear workout shoes and clothes.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.

Dates/Time: Mondays and Wednesdays ▪ April 2 - May 23 ▪ 7:00 - 8:00 pm

Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: \$48 resident, \$53 nonresident—2 days per week
 \$24 resident, \$26.50 nonresident—1 day per week

Please indicate Monday and/or Wednesday on registration form!

****NOTE: TRAIL is now available on BOTH Monday & Wednesday nights and requires a minimum of five riders, so sign up early!**

Register by: March 27; minimum 10, maximum 25 per night



MOVIES AND MUNCHIES

Meet new people, visit with friends, and enjoy a movie on the big screen!

Who: Adults 18 and older. Group home staff are asked to assist residents as needed.

Dates/Time: Friday ▪ 7:00 - 9:00 pm
 March 2 - *Soul Surfer* ▪ April 13 - *The Babe* (story of Babe Ruth)
 May 4 - *Zoo Keeper* (\$7 movie & pizza)

Location: Richfield Community Center, 7000 Nicollet Avenue South

Cost: \$5 per movie **payable at the door**. This is to cover the cost of your munchies. Staff/assistants are invited to attend free of charge. (May 4 staff are required to pay \$5 if they would like pizza.)

Register by: Call 612-861-9385 by 12:00 pm the Tuesday before each movie to register. TRAIL riders must request a ride by checking the box on the registration form or call in by the Tuesday before each movie. maximum 50.



SPRING GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

St. Patrick's Day BINGO and Shamrock Sundaes - Play BINGO and win lucky prizes! For dessert make a shamrock sundae with all of your favorite toppings! Wear green! Register by March 9. min 15, max 40

Date: Wed, Mar 14 **Time:** 7:00-8:30 pm **Location:** Richfield Community Center **Cost:** \$12
 Staff cost: \$3 for sundae

Dinner @ Davanni's – Come have a fun night visiting with your friends at the new Richfield Davanni's! We will have a yummy buffet dinner with salad, pizza and dessert. Register by April 2. min 15, max 35

Date: Thurs, Apr 5 **Time:** 6:30-8:00 pm **Location:** Davanni's Richfield **Cost:** \$15
 Staff cost: \$10 for buffet

“All Shook Up” Bloomington Jefferson High School Spring Musical – Enjoy an afternoon watching Jefferson High School students perform a fun musical... “All Shook Up”! Please arrive at 2:30 to take your seat! There will be an intermission, if you would like concessions bring extra money. Register by April 16. min 10, max 30

Date: Sun, Apr 22 **Time:** 2:30-5:30 pm **Location:** Bloomington Jefferson High School **Cost:** \$16
 Staff fee: \$8 for ticket

Bowling @ Brunswick Zone – Keep up on your bowling game and spend an afternoon with friends bowling and having pizza & pop for lunch! We have 10 lanes reserved for 40 lucky bowlers! Register by Apr 30. min 15, max 40

Date: Sat, May 5 **Time:** noon-2:30 pm **Location:** Brunswick Zone, Eden Prairie **Cost:** \$15
 Staff cost: purchase own lunch

SEA LIFE MN Aquarium– The all new SEA LIFE Minnesota Aquarium brings you closer than ever to more than 10,000 sea creatures! We will take a tour through the aquarium with a Spotters Guide book to pick out all of the cool creatures and new exhibits! Register by May 15; minimum 15, maximum 35

Date: Tues, May 22 **Time:** 6:30-8:00 pm **Location:** MOA North Entrance **Cost:** \$20
 Staff cost: \$ 0 - please note if staff will attend



STEP TO IT WALKING CLUB

Walking is great exercise and the best time to walk is summer! Join the summer walking club! We will be walking around the Kennedy High School Track. Remember to dress for the weather, wear tennis shoes & BRING A WATER BOTTLE!!! If it rains we will walk inside the Kennedy Activity Center. **TRAIL requires a minimum of five riders, so sign up early.**

- Who:** Adults 18 and older who can safely be supervised by 1 staff person per 25 participants
- Dates:** Mondays ▪ June 4 - August 20 (August 27 makeup)
- Time:** 7:00 pm - 8:00 pm
- Location:** Kennedy High School Track (150 East 98th Street, Bloomington)
- Cost:** \$40 resident, \$45 nonresident
- Register by:** Tuesday, May 29; minimum 10, maximum 25



SUMMER GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

Build Your Own Sandwich & Outdoor Concert – Assemble your own fresh picnic supper of scrumptious buns, meat, cheese, veggies, chips, and root beer floats. Then we will listen to the music of the Richfield Symphonic Band, or fun indoor games if it rains! **Register with Learning Exchange on page 15.**

Date: Thurs, June 7 Time: 6:30-8:15 pm Location: Richfield Community Center Patio Cost: \$15

“Annie” Outdoor Musical – Enjoy an evening outside and watching an all time favorite musical, “Annie”, performed by the Eden Prairie Players! Remember to bring a lawn chair or blanket to sit on! Snacks will be provided. Register by June 18. min 15, max 40

Date: Thurs, June 21 Time: 6:30-8:45 pm Location: Staring Lake Amphitheatre, EP Cost: \$10
Staff cost: bring own food

Putt-Putt Golf @ Centennial Lakes – Try your luck on the 18 hole bent-grass putting course and enjoy the beautiful setting! Snacks will be provided. Register by July 5. min 15, max 25

Date: Wed, July 11 Time: 6:45-8:30 pm Location: Centennial Lakes Park, Edina Cost: \$15
Staff cost: purchase own golf

9th Annual Summer Picnic – It’s that time of year again, the annual Good Happenings picnic with your friends! We will have great food, play BINGO and sand volleyball! We will picnic in Shelter #3. Register by July 18. min 20, max 40

Date: Wed, July 25 Time: 6:30-8:30 pm Location: Bush Lake Beach Park, Bloomington Cost: \$15
Staff cost \$8 for picnic dinner

St. Paul Saints Baseball Game – Outdoor baseball at it’s best! The Saints will be playing Amarillo Sox. You will receive \$5 in Saints bucks to purchase concessions. If you need extra food, please bring \$\$! Register by July 23. min 20, max 35

Date: Sun, Aug 12 Time: 12 noon-5:00 pm Location: Pick up/drop off at Richfield Community Center Cost: \$30
Staff cost \$18 ticket & Saints Bucks/5 available

Bowling @ Brunswick Zone – Get ready for fall bowling season, practice and spend an evening with friends bowling and having pizza & pop for dinner! We have 10 lanes reserved for 40 lucky bowlers! Register by Aug 23. min 20, max 40

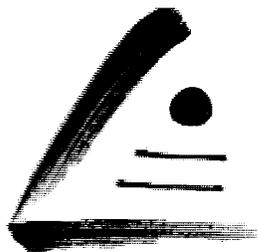
Date: Wed, Aug 29 Time: 6:30-8:30 pm Location: Brunswick Zone, Eden Prairie Cost: \$15
Staff cost: purchase own food

Dear AR&LE Participants & Families,

I would like to let you know that I will be leaving my position with the City of Richfield on February 27, 2012. I have accepted a new position with a city which brings me closer to home and also offers new career challenges. I have truly enjoyed getting to know all of you over the past seven years and have LOVED being a part of the ARLE cooperative, coordinating adaptive recreation programs, and building relationships with so many wonderful people! I still hope to drop in to say “Hello” every once in awhile! Thank you for all of the great times and memories which I will always treasure.

Sincerely, Kelly

Richfield Spring & Summer Registration forms are on page 19



THE LEARNING EXCHANGE

Gina Carpenter - Coordinator of Alternative Educational Services
 Address: 2575 West 88th Street, Bloomington 55431
 Phone: 952-681-6122
 TTY: 711 (Minnesota Relay Service)
 Email: gcarpenter@bloomington.k12.mn.us
 Janet Clarke - Community Liaison
 Phone: 952-681-6121
 Email: jclarke@bloomington.k12.mn.us
 Website: www.bloomington.k12.mn.us

Learning Exchange classes are for adults, 18 years and older.

NEW!! You can now register on-line using your credit card at: <http://bloomington.registryinsight.com/> Click on *Available Classes and Programs*, and scroll down to the Learning Exchange section for three class areas: *LE Arts & Crafts*; *LE Cooking Classes*; *LE Personal Leisure & Healthy Lifestyles*. Helpful information is available on the Learning Exchange link on the left side of the page. This site will show only classes that currently have space available. Registration can also be done by mail using the Learning Exchange Registration Form on page 15.

Personal Leisure and Healthy Lifestyles



AR&LE RETREAT: SAFETY ROCKS!

Knowing how to be safe makes you more powerful! This awesome 4-hour interactive workshop includes a tour of the Bloomington Police Department (do you know what's in the trunk of the police cars?!), plus information on money safety and avoiding identity theft; a Red Cross speaker on summer weather safety; and a professional self defense instructor with tips on personal safety in public and time to practice what to do and say in various safety situations. Learn the safety tips and win fun prizes, too! We'll have a pizza lunch from Davanni's that includes tossed salad and bottled water. Staff lunches available for an additional \$7 – see registration form.

Date/Time: Saturday ▪ April 28 ▪ 10:00 am - 2:00 pm
Location: Bloomington Civic Plaza, 1800 W. Old Shakopee Road, Bloomington
 Rehearsal Hall, 1st floor
Cost: \$15 includes lunch for participant; staff lunch \$7; checks payable to ISD 271
Register by: April 20; minimum 10, maximum 35

The reduced cost of this workshop made possible thanks to a grant from Bloomington Crime Prevention Association.



FAMILY RELATIONSHIPS: GUY TALK & GIRL TALK

Let's bring the guys and gals together, and talk about relationships with family. What does it look like to have an adult relationship with your parents, siblings and extended family? How is it different than when you were in high school? How is it changing as your parents age? What types of supports do you give to and receive from different family members? We'll have a presentation together, then split into men's and women's groups for discussion. Families are important – let's talk!

Date/Time: Monday ▪ April 30 ▪ 7:00 pm - 8:30 pm
Location: Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington
Cost: \$5, checks payable to ISD 271
Register by: April 16; minimum 6, maximum 16



NEW! PERFORMING FUN!

You know you like to dance or sing or act or make music! Register for either one or both of these performance classes. Try out some group dance moves, share your opinions on favorite songs and sing along, help write our own words to a classic rock tune such as "Great Balls of Fire," improvise emotional reactions like disbelief, relief, confusion; experiment with rhythm instruments and more. Each class will have different material. We'll have a blast as we consider ideas for our Spring 2013 AR&LE Performers Show.

Dates/Time: Session 1: Monday ▪ April 16 ▪ 7:00 pm - 8:30 pm
 Session 2: Tuesday ▪ May 15 ▪ 7:00 pm - 8:30 pm
Location: Washburn Elementary School, Cafeteria, 8401 Xerxes Ave. So., Bloomington
Cost: For EITHER Session 1 **or** Session 2, \$10. Checks payable to ISD 271.
SAVE - Register for Session 1 **and** 2 for only \$15 for both - SAVE \$5 - see item listed as Performance Fun! Session 1 & 2 BOTH on registration form.
Register by: Two weeks before session, minimum 6, maximum 20

TAI CHI AND QIGONG ONCE-A-MONTH!

Come learn these Chinese exercises to relax the body and mind and help develop better balance. The gentle movements of this class can be done by almost anyone either seated or standing.

Dates/Time: Tuesdays: April 17 ▪ May 1 ▪ June 5 ▪ 7:00 pm - 8:00 pm
Location: Sheridan Court, 2500 West 66th Street, Richfield, Commons Room
Cost: All three classes for only \$13, checks payable to **ISD 271**
Register by: April 3; minimum 6, maximum 10

NEW! CHAIR YOGA & RELAXATION

Come stretch, breath, feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair – no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first. Try this one-time class and if it is popular enough, we might offer it once-a-month in the fall.

Date/Time: Thursday ▪ May 31 ▪ 7:00 pm - 8:00 pm
Location: Lyndale Court, 10325 Lyndale Avenue South, Bloomington, Commons Room
Cost: \$5, checks payable to **ISD 271**
Register by: May 17; minimum 6, maximum 12

CLOTHING TIPS GALORE!

Let's make getting dressed for the day easier and more fun! Want to know what's appropriate to wear for weddings, dances or other special occasions? How about some hints on making things simpler to find in your closet? Ever wonder how you know when clothing is too worn out or too tight to keep wearing? Find out these tips and more from Emily as we talk about all things clothing! A great discussion class for both guys and gals.

Date/Time: Thursday ▪ May 24 ▪ 7:00 pm - 8:15 pm
Location: Jefferson High School, 4001 W. 102nd Street, Bloomington, Media Center
Cost: \$10, checks payable to **ISD 271**
Register by: May 10; minimum 6, maximum 16

Arts & Crafts

CRAFTS WITH MICHELLE

Join Michelle for a fun evening making unique handmade projects to keep or give as gifts. These fill fast—sign up soon!

TRAIL riders: Not all classes offer TRAIL. Verify on the Registration Form that your choice offers TRAIL.

SPRING CLAY POT CUTIES

Transform a clay pot and saucer into either a mischievous bumble bee or a charming lady bug. Then use them to store candy or other small items.

Date/Time: Tuesday ▪ April 10 ▪ 7:00 pm - 8:15 pm
Location: Central Middle School, 8025 School Road, Eden Prairie, Art Room
Cost: \$12, checks payable to **ISD 271**
Register by: March 27; minimum 6, maximum 16



CIRCLE CHARM BRACELET

This easy bracelet, made with jewelry cord, a metal ring charm, and magnetic clasp, will look fabulous on your wrist or to give as a gift.

Date/Time: Tuesday ▪ April 24 ▪ 7:00 pm - 8:00 pm
Location: Jefferson High School, 4001 W. 102nd Street, Bloomington, Media Center
Cost: \$12, checks payable to **ISD 271**
Register by: April 10; minimum 6, maximum 16

DENIM PURSE - NO-SEW!

Make a really cool purse from an old pair of jeans which we will supply. Add stamped flowers and other designs to make it truly unique.

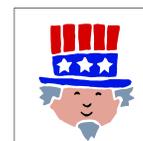
Date/Time: Monday ▪ May 7 ▪ 7:00 pm - 8:30 pm
Location: Central Middle School, 8025 School Road, Eden Prairie, Art Room
Cost: \$12, checks payable to **ISD 271**
Register by: April 23; minimum 6, maximum 16



UNCLE SAM PATIO BLOCK

You'll be ready for all of the upcoming holidays when you display this patriotic Uncle Sam inside or outdoors.

Option 1: Tuesday ▪ May 29 ▪ 7:00 pm - 8:15 pm
Sheridan Court, 2500 West 66th Street, Richfield, Commons Room
Option 2: Wednesday ▪ May 30 ▪ 7:00 pm - 8:15 pm
Lyndale Court, 10325 Lyndale Avenue South, Bloomington, Commons Room
Cost: \$12, checks payable to **ISD 271**
Register by: Two weeks before class; minimum 6, maximum 12



Cooking Classes



BUILD YOUR OWN SANDWICH & OUTDOOR CONCERT - IN COOPERATION WITH GOOD HAPPENINGS

Assemble your own picnic supper of scrumptious buns, meat, cheese, veggies, chips and root beer floats. Then, listen to a lively concert by the Richfield Symphonic Band in Augsburg Park next to the Community Center. Bring a folding lawn chair or blanket to sit on. Bring outdoor clothing to keep warm if it is cool. If it rains, we'll have indoor games to continue the fun! Additional dinner for staff, \$7.

Note: This class is at a different location and time than Cooking Corner classes.

Date/Time: Thursday ▪ June 7 ▪ 6:30 pm - 8:15 pm
Location: Richfield Community Center, 7000 Nicollet Avenue, Richfield
Cost: \$15 for participant; staff dinner \$7; checks payable to **ISD 271**
Register by: May 24; minimum 6, maximum 40



COOKING CORNER



TRAIL riders: No Monday cooking classes will have TRAIL available. See registration form to verify that your choice offers TRAIL.

Register for one or more of the classes listed below, and don't forget to bring containers. These classes are designed for adults who can safely use knives, oven and stovetop without supervision.

Time: All classes meet from 7:15 pm - 8:45 pm
Location: Jefferson High School, Cooking Lab A100, 4001 W. 102nd St., Bloomington
Cost: \$14 per class, checks payable to ISD 271
Register by: Two weeks before class; minimum 6, maximum 12 (Hurry, these fill fast!)



Create a Quiche

Thursday, Apr 12 or Monday, Apr 23 or Thursday, Apr 26

This amazing dish can be used for breakfast, lunch or dinner. It can be rich, elegant and fancy or lighten it up for a breezy summer picnic. What is this versatile dish? Quiche! You will be surprised at how easy it is to make this yummy egg pie. We will make mini quiches with a traditional quiche Lorraine, a spinach quiche and a broccoli quiche. Add a side salad and you have the perfect anytime meal. Real men and women definitely do eat quiche.

Perfect Catch Fish & Chips

Thursday, May 10 or Monday, May 14 or Thursday, May 17

You don't have to fly to London and drop by the pub to get the perfect fish and chips. We will make a healthy version of this classic duo with lightly breaded and baked fish and healthy baked home fries – thick wedges of potatoes. These potatoes that accompany fish are known as 'chips' in England. We will explore a variety of fun ways to season the chips from garlic to Greek flavors. This is one class where you will love to say GO FISH!!

UNDERSTANDING ALZHEIMER'S DISEASE IN ADULTS WITH DD - CREATING A NETWORK OF SUPPORT

SAGES is a collaboration of community organizations offering education about disability issues. SAGES workshops are for self-advocates, family members, care givers, and service providers of people with disabilities.

Do you know how to identify the signs or symptoms of Alzheimer's in a person with developmental disabilities? Do you know the different stages of this disease, the increased rate of occurrence in adults with Down syndrome or resources that are available for help? Get answers to these questions and more from a panel of experts as they share their own experiences in developing strategies to improve the quality of life for persons with Alzheimer's.

Facing the unknown can be frightening, but you are not alone. Through knowledge there is hope. As a parent, sibling, care provider, or support staff of an adult with a developmental disability, learn what you can do to create your own network of support for the future.

Friday, April 27, 2012

1:00-3:00 p.m.

Christ the King Church, Fellowship Hall

8600 Fremont Avenue South, Bloomington, MN

Please RSVP by Tuesday, April 24, by contacting Gina Carpenter at The Learning Exchange, gcarpenter@bloomington.k12.mn.us or call 952-681-6122. There will be a charge of \$15 per person at the door. Please make checks payable to **ISD #271**. Light refreshments will be served.

**Register on-line using a credit card at: <http://bloomington.registryinsight.com/>
or mail in this form to: Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431
Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!**

Learning Exchange Registration Form

Participant Name		Home Phone	E-mail		Age
Address		Apt. #	City	Zip Code	Birth Date
Allergies/Medical Concerns					
Parent/Guardian		Home Phone	Cell/Work Phone	E-mail	
Emergency Contact		Phone/s		Relationship	

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

NO PHOTOS OR VIDEO: Please check box if you do NOT wish your image to be used for publicity purposes.

Participant or Parent/Guardian Signature _____
Date

TRAIL Riders please check TRAIL Box			Class ID			Cost			TRAIL		
Personal Leisure & Healthy Lifestyles			Cooking Classes								
LE3013S-A	AR&LE Spring Retreat: <i>Safety Rocks!</i> , Apr 28 ..	<input type="checkbox"/> \$15	<input type="checkbox"/>	LE1012S-A	Build Your Own Sandwich & Outdoor Concert, June 7	<input type="checkbox"/> \$15	<input type="checkbox"/>				
LE2013S-B	Staff lunch for retreat	<input type="checkbox"/> \$7		LE1012S-B	Staff dinner for Build Your Own	<input type="checkbox"/> \$7					
LE3024S	Family Relationships-Guy & Girl Talk, Apr 30....	<input type="checkbox"/> \$5	<input type="checkbox"/>	Cooking Corner							
LE3026S-A	Performing Fun! Session 1 & 2 BOTH Apr 16 & May 15	<input type="checkbox"/> \$15	<input type="checkbox"/>	Note: TRAIL is <u>only</u> available on Thursdays, <u>not</u> on Mondays.							
LE3026S-B	Performing Fun! Session 1 ONLY, Apr 16	<input type="checkbox"/> \$10	<input type="checkbox"/>	Create a Quiche							
LE3026S-C	Performing Fun! Session 2 ONLY, May 15	<input type="checkbox"/> \$10	<input type="checkbox"/>	LE1020S-A	Thurs, Apr 12	<input type="checkbox"/> \$14	<input type="checkbox"/>				
LE3003S	Tai Chi & Qigong Once-a-Month! Tuesdays: Apr 17, May 1, June 5	<input type="checkbox"/> \$13		LE1020S-B	Mon, Apr 23	<input type="checkbox"/> \$14					
LE3025S	Chair Yoga and Relaxation, May 31	<input type="checkbox"/> \$5		LE1020S-C	Thurs, Apr 26	<input type="checkbox"/> \$14	<input type="checkbox"/>				
LE3027S	Clothing Tips Galore!, Thurs, May 24	<input type="checkbox"/> \$10	<input type="checkbox"/>	Perfect Catch Fish & Chips							
Arts & Crafts											
Crafts with Michelle											
LE2028S	Spring Clay Pot Cuties, Apr 10	<input type="checkbox"/> \$12	<input type="checkbox"/>	Mail complete form to: The Learning Exchange 2575 W 88th Street Bloomington, MN 55431 Checks MUST be made payable to ISD 271 or they will be returned.							
LE2029S	Circle Charm Bracelet, Apr 24	<input type="checkbox"/> \$12	<input type="checkbox"/>								
LE2030S	Denim Purse-No Sew!, May 7	<input type="checkbox"/> \$12	<input type="checkbox"/>								
Uncle Sam Patio Block											
LE2031S-A	Option 1: Sheridan Court, May 29	<input type="checkbox"/> \$12									
LE2031S-B	Option 2: Lyndale Court, May 30	<input type="checkbox"/> \$12									
Classes continued on next column....											

TOTAL FEE(S) PAID: \$ _____ Check/Money Order Payable to: **ISD 271**

Credit Card: Visa MasterCard Discover

Number _____ Exp. Date _____

By signing above, I authorize my Credit Card to be charged _____
Date

CONNECT



1st and 3rd Sunday
of every month,
February–May

2–4 p.m.

AND

Ages 3–12

Engage in physical activity,
make new friends and have
fun playing together!

The Connect and Play program
is for kids with special needs
and their siblings and parents
and/or guardians. Parents/
guardians are required to
stay. High school student
volunteers will be available to
help facilitate play, allowing
parents/guardians the option
to share information and
resources with each other.

PLAY



Community Center Gym
16700 Valley View Road

Cost: Members/Parents/Guardians Free;
Non-members \$4.50 per person

Guest Speaker Event: The Power of Play

**Samantha Sawyer, Speech-Language Pathologist and Founder of
Family Dynamics Speech Therapy**

Sunday, May 6
2–4 p.m.

Cost: \$26 per family

Registration Deadline: May 4

Registration Code: 32022

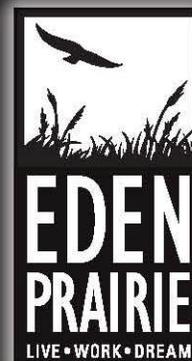
Join us for a casual, interactive parent workshop and explore how playing with your child can draw out their gifts and naturally stimulate brain development for language and bonding. Eliminate the stress of structured therapy programs and connect with your child in ways that are easy and joyful.

Note: This event is a supplement to the Connect and Play program with an additional registration cost; however, participation in the Connect and Play program is not a requirement for those who wish to attend.



LiveWell

edenprairie.org



Eden Prairie Registration Form

Participant Name		Home Phone	E-mail	Age
Address/City			Apt. #	Zip Code
Special Information:				
In order to participate in AR&LE programs, participants must have a completed Participant Profile on file. For more information see page 2 of this catalog.				
Parent/Guardian		Home Phone	Work Phone	E-mail
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>				
Participant or Parent/Guardian Signature _____			Date _____	
Code School's Out - Swim, Gym & More 32850 Tues, Apr 2 ----- <input type="checkbox"/> \$22 32851 Wed, Apr 4 ----- <input type="checkbox"/> \$22 32852 Thurs, Apr 5 ----- <input type="checkbox"/> \$22 32853 Young Athletes, Wed, April 25-May 23 ----- <input type="checkbox"/> \$32 31456 Everyone Can Dance, Sat, Apr 14-May 12 ----- <input type="checkbox"/> \$33 32855 Art Through the Ages Camp, Jun 11-15 ----- <input type="checkbox"/> \$82 32854 In/Out & About Camp, June 18-22 ----- <input type="checkbox"/> \$110 32860 All in One Art Camp, July 23-27 (morning) ----- <input type="checkbox"/> \$82 32859 Fun with Technology, Aug 6-10 (afternoon) ----- <input type="checkbox"/> \$30 32856 Everyone Can Dance Camp Aug 20-24 (morning) ----- <input type="checkbox"/> \$35		Code 32870 Music Insights Camp, Aug 20-24 (afternoon) ----- <input type="checkbox"/> \$54 32857 Lunch Break, Aug 6-10 ----- <input type="checkbox"/> \$10 32858 Lunch Break, Aug 20-24 ----- <input type="checkbox"/> \$25 Adaptive Teen Camps: #32861 - Jun 25-29 <input type="checkbox"/> \$75 #32862 - July 9-13 <input type="checkbox"/> \$75 #32863 - Jul 16-20 <input type="checkbox"/> \$75 #32864 - Jul 23-27 <input type="checkbox"/> \$38 #32866 - Jul 30-Aug 3 <input type="checkbox"/> \$75 #32865 - Aug 6-10 <input type="checkbox"/> \$38 #32867 - Aug 13-17 <input type="checkbox"/> \$75 Saturday Night Out 32868 "Annie" at Staring Lake Amphitheater, Jun 23 ----- <input type="checkbox"/> \$15 32869 Minnesota Twins vs. Cleveland Indians, Jul 28 ----- <input type="checkbox"/> \$18 32871 Dinner on the Patio, Aug 25 ----- <input type="checkbox"/> \$17		
Mail completed form and check, payable to the City of Eden Prairie to:		Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346		Registration begins on March 15th
TOTAL FEE(S) PAID: \$ _____				
Credit Card Information _____			Exp. Date _____	

Edina Registration Form

Participant Name		Home Phone	Cell Phone	E-mail	Age
Address/City			Apt. #	Zip Code	Birth Date
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No			Dietary needs/allergies:		
In order to participate in AR&LE programs, participants must have a completed Participant Profile on file. For more information see page 2 of this catalog.					
Parent/Guardian		Home Phone	Cell Phone	E-mail	
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____			Date _____		
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. R NR TRAIL Basketball, Apr 5-May 17 ----- <input type="checkbox"/> \$65 <input type="checkbox"/> \$70 Please circle your shirt size: M L XL Larry Nelson Adaptive Golf, Apr 27-Jun 22 ----- <input type="checkbox"/> \$88 <input type="checkbox"/> \$93 Larry Nelson Adaptive League & Adv Lessons, Apr 27-Jun 22 ----- <input type="checkbox"/> \$85 <input type="checkbox"/> \$90 <input type="checkbox"/> Super Sundays Minnesota History Center, Mar 4 ----- <input type="checkbox"/> \$36 Target Field Tour, Apr 22 ----- <input type="checkbox"/> \$24 Fishing Party and Picnic, May 20 ----- <input type="checkbox"/> \$10 Water Aerobics Session I, June 6-27 ----- <input type="checkbox"/> \$37 <input type="checkbox"/> \$42 <input type="checkbox"/> Session II, Aug 1-22 ----- <input type="checkbox"/> \$37 <input type="checkbox"/> \$42 <input type="checkbox"/>		Mini Golf for ASD Teens July 10, The Links at Dred Scott ----- <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 July 17, Richfield Adventure Gardens ----- <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 July 24, Moose Mountain Adventure at MOA ----- <input type="checkbox"/> \$20 <input type="checkbox"/> \$25 July 31, Centennial Lakes in Edina ----- <input type="checkbox"/> \$15 <input type="checkbox"/> \$20 ALL Dates ----- <input type="checkbox"/> \$70 <input type="checkbox"/> \$75 Theatrical Performance Camp ----- <input type="checkbox"/> \$167 <input type="checkbox"/> \$172			
Mail completed form and check, payable to the City of Edina to:		Edina Parks and Recreation 4801 W 50 th Street Edina MN 55424			
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____			Exp. Date _____		



AR&LE Adaptive Adult & Youth Softball



Adaptive Youth Softball: Ages 10-18

Mondays ■ June 18 to August 13 ■ 6:30 - 8:30 pm

- Co-Rec program where players learn basic rules & good sportsmanship through fun, creative drills and games.
- First part of each night will focus on skill building.
- Games will begin the second or third week.
- Coaches will lead players through activities that promote having fun, learning the rules and good sportsmanship.
- Cost \$57 - register by June 1, 2012



Adaptive Recreational Softball: Ages 19+

Tuesdays ■ June 19 to August 14 ■ 6:30 - 8:30 pm

- Co-Rec program designed for players with **or** without softball experience. (non-competitive)
- Review and develop softball skills.
- Coaches will encourage all players to have fun, further develop skills and a better understanding of the rules and positions, and promote good sportsmanship.
- Cost \$57 - register by June 1, 2012



Adaptive Competitive Softball: Ages 19+

Tuesdays ■ June 19 to August 14 ■ 6:30 - 8:30 pm

- Co-Rec program designed for players with softball experience and who want to play competitively.
- Review and develop softball skills.
- Teams will be developed after player skill evaluations are completed the first night.
- Coaches will develop teams based on their assessment of the players abilities and balancing the teams so the games will be fun for everyone.
- Cost \$57; - register by June 1, 2012



Season Highlights:

- All programs are held at Tarnhill Park, 9650 Little Road, Bloomington (with the exception of August 13 & August 14)
- T-shirts
- Team Pictures
- End of season celebration with a game under the lights! (Program times and location may be altered for this event. Watermelon & lemonade will be provided.)
- Highlights are tentative and subject to change at any time.

Registration forms available online at www.ci.bloomington.mn.us ("ARLE Softball") or contact City of Bloomington Parks and Recreation at 952-563-8877.



TRAIL transportation is available for competitive and non-competitive and requires a minimum of five riders. To find out more about TRAIL, see page 3 or go to www.ridetrail.org.

Richfield Spring Registration Form

Participant Name		Home Phone	Work Phone	E-mail	Age
Address/City			Apt #	Zip Code	Birth Date
Special Information:			Food Allergies:		
Parent/Guardian		Home Phone	Work Phone		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____				Date _____	
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. R NR TRAIL Cardio Fitness Mon. & Wed. <input type="checkbox"/> \$48 <input type="checkbox"/> \$53 <input type="checkbox"/> Mon. or Wed. (circle one) <input type="checkbox"/> \$24 <input type="checkbox"/> \$26.50 <input type="checkbox"/> Movies & Munchies Soul Surfer (Mar 2) <input type="checkbox"/> TRAIL The Babe (Apr 13) <input type="checkbox"/> TRAIL Zoo Keeper (May 4) <input type="checkbox"/> TRAIL			Spring Good Happenings Participant Staff TRAIL St. Patrick's Bingo & Sundaes, Mar 14 <input type="checkbox"/> \$12 <input type="checkbox"/> \$3 <input type="checkbox"/> Dinner @ Davanni's, Apr 5 <input type="checkbox"/> \$15 <input type="checkbox"/> \$10 <input type="checkbox"/> "All Shook Up", Apr 22 <input type="checkbox"/> \$16 <input type="checkbox"/> \$8 <input type="checkbox"/> Bowling @ Brunswick Zone, May 5 <input type="checkbox"/> \$15 purchase own <input type="checkbox"/> Sea Life MN Aquarium, May 22 <input type="checkbox"/> \$20 <input type="checkbox"/> will attend <input type="checkbox"/>		
Mail completed form and check, payable to the City of Richfield to: Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423					
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____			Exp. Date _____		



Richfield Summer Registration Form

Participant Name		Home Phone	Work Phone	E-mail	Age
Address/City			Apt #	Zip Code	Birth Date
Special Information:			Food Allergies:		
Parent/Guardian		Home Phone	Work Phone		
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>					
Participant or Parent/Guardian Signature _____				Date _____	
R= Resident, NR=Nonresident TRAIL riders please check TRAIL box. R NR TRAIL Step to it Walking Club (Jun 4-Aug 20)..... <input type="checkbox"/> \$40 <input type="checkbox"/> \$45 <input type="checkbox"/> Summer Good Happenings Build Your Own Sandwich & Concert, Jun 7 - see Learning Exchange page 15			Summer Good Happenings Participant Staff TRAIL "Annie" Outdoor Musical, June 23 <input type="checkbox"/> \$10 bring own <input type="checkbox"/> Putt-Putt Golf @ Centennial Lakes, Jul 11 <input type="checkbox"/> \$15 purchase own <input type="checkbox"/> 9th Annual Summer Picnic, July 25 <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 <input type="checkbox"/> St. Paul Saints Baseball, Aug 12 <input type="checkbox"/> \$30 <input type="checkbox"/> \$18 <input type="checkbox"/> Bowling @ Brunswick & Pizza, Aug 29 <input type="checkbox"/> \$15 purchase own <input type="checkbox"/>		
Mail completed form and check, payable to the City of Richfield to: Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423					
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____			Exp. Date _____		



The Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096

MacPHAIL CENTER FOR MUSIC

PRIVATE MUSIC THERAPY SESSIONS OR ADAPTIVE LESSONS - ALL AGES

When participating in the Music Therapy private sessions, students are first assessed and a program plan is then implemented to meet their individual needs and strengths. Assessments, conducted by a board-certified music therapist, are approximately one-hour long and are required before any private music therapy services can begin. Ongoing documentation of progress and consultation with care providers occurs in order to maintain a high quality of therapy.

Cost: \$70 for 1 hour • \$52.50 for 45 minutes • \$35 for 30 minutes



MacPHAIL CENTER FOR MUSIC

CREATE A MUSIC THERAPY GROUP - ALL AGES

Sometimes the best possible environment for success can be achieved by working toward your goals while interacting in a group setting. You can create and organize your own group with other individuals with common goals and meet in a small group for music therapy. Common goals during group sessions include communication, expression, social skills and meeting sensory needs.

Contact Marian Santucci, MacPhail Music Therapy Manager at 612-767-5596 or Santucci.Marian@macphail.org for more information or to set up a placement interview.

Watch for the AR&LE 2012 Fall Catalog the week of July 23rd