

# AR & LE

## Winter 2011



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**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

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### 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](http://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](http://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 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, CTRS – Therapeutic Recreation Coordinator: 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@ci.edina.mn.us
- Dawn Beitel - Recreation Specialist: 952-826-0438 (tty: 952-826-0379)  
dbeitel@ci.edina.mn.us

### Richfield Adaptive Recreation

- Kelly Mertes – Recreation Supervisor: 612-861-9361 (MN Relay Service at 711)  
kmertes@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

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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, audiotape and/or computer disk.

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TRAIL (Transportation Resource to Aid Independent Living) is a nonprofit service organization formed in 1990 by parents, consumers & professionals. TRAIL'S mission is to provide transportation to adults with disabilities, who live in Bloomington, Eden Prairie, Edina and Richfield and are living independently/semi-independently without transportation on the premises. This service enables riders to attend recreational and educational programs sponsored by AR&LE. Programs with this bus symbol offer TRAIL rides. To request an application or find out more, please call Michelle at 952-828-0983.

# PROGRAM CHART

Use the chart below to find programs that you might like to try. Then, go to the page number to find the description of the program and registration information. If you have questions after reading the program description, please contact the staff person listed.

Day of the week	Youth	Teen	Adult
<b>Monday</b>			Cardio Fitness (p. 11) Culture Club—Australia (p. 12) Let's Act: Telling Stories (p. 13) Crafts with Michelle (p. 14) Cooking Corner (p.14)
<b>Tuesday</b>	Winter Golf Lessons (p. 9)	Winter Golf Lessons (p. 9)	Winter Golf Lessons (p. 9) New! Guy Talk (p. 12) Tai Chi & Qigong (p. 12) New! Laughter Yoga (p. 12) Valentine Card Stamping (p 13) Crafts with Michelle (p.13 & 14)
<b>Wednesday</b>			Cardio Fitness (p. 11)
<b>Thursday</b>	Ski Lessons/Snowboard Lessons/ Ski Club (p. 10)	Ski Lessons/Snowboard Lessons/ Ski Club (p. 10)	Ski Lessons/Snowboard Lessons/ Ski Club (p. 10) Super Snacks Night (p. 13) Wii & Computer Games (p. 13) Valentine Card Stamping (p. 13) New! Glass Fusing (p. 13) Crafts with Michelle (p. 14) Cooking Corner (p.14)
<b>Friday</b>	Edina Family Events (p. 9)	Edina Family Events (p. 9)	"Hairspray" Dance & Movie (p.5) Dance Your Socks Off! (p. 5) Movie's & Munchies (p. 11)
<b>Saturday</b>	Everyone Can Dance (p. 6) Games Galore (p. 6) Farm Friends (p. 6) Bowling Club (p. 8)	Everyone Can Dance (p. 6) Games Galore (p. 6) Farm Friends (p. 6) Saturday Night Out (p. 6 & 7) Bowling Club (p. 8)	Saturday Night Out (p. 6 & 7) Adult League Bowling (p. 10)
<b>Sunday</b>		Super Sundays (p. 8)	Super Sundays (p. 8)
<b>Various Days</b>	Private Music Therapy or Adaptive Lessons (p. 7) Get Fit Value Pass (p. 8)	Private Music Therapy or Adaptive Lessons (p. 7) Get Fit Value Pass (p 8)	Private Music Therapy or Adaptive Lessons (p. 7) Get Fit Value Pass (p. 8) Good Happenings (p. 10)



Do you want to get fit and live a healthier lifestyle? Then the year-long **AR&LE Get Fit** initiative will help you reach your goals and have fun at the same time! Look for the **AR&LE Get Fit** logo by selected programs offered by the Adaptive Recreation and Learning Exchange. When you attend these health and fitness related activities/programs (each season) you can earn points toward nifty prizes! Pick up your new Get Fit check-off form at your first winter Get Fit program.



**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



**MOVIES & MUNCHIES JOINS WITH DANCE YOUR SOCKS OFF!!**

Put those dancing shoes on and rat up that hair into a beehive! It's time for **HAIRSPRAY!** Come and join us in a showing of the 2007 version of **HAIRSPRAY** featuring John Travolta, Nikki Blonsky, Zac Efron and more! Don't forget to dress in your best 60's attire!



**Who:** Adults 18+  
**Date/Time** Friday ■ January 21, 2011 ■ 7:00-9:00 pm  
**Location:** City of Bloomington, Black Box Theater, 1800 W. Old Shakopee Road, Bloomington  
 Enter through Art Center side doors (on North side)  
**Cost:** \$5 at the door (support staff free)  
**Register by:** You must pre-register to reserve your spot by Monday, January 17, 2011 at 952-563-8877.  
 TRAIL riders must reserve a ride by Monday, January 17, 2011 by calling 952-563-8877.  
*TRAIL space is limited, so sign up early!*



**DANCE YOUR SOCKS OFF!**

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 each dance. MUST BE PRESENT TO WIN!* Music by Generations A to Z. Don't miss out on these fun events!



<b>Who:</b> Adults 18+	
<b>Date/Time:</b> <u>February 18, 2011 ■ 7:00-9:00 pm</u>	<u>March 18, 2011 ■ 7:00-9:00 pm</u>
<b>Valentine's Dance</b>	<b>St. Patrick's Dance</b>
Extend Valentine's Day a little longer with us and bring your sweetheart!	Celebrate St. Patrick's Day with us and Remember to wear green!
<b>Location:</b> 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.	
<b>Cost:</b> \$5 at the door (support staff free)	
<b>Register by:</b> No dance registration required. TRAIL riders must request TRAIL by noon the Monday before	



Looking for a registration form or want to pre-register/pay for the dances?  
 Go to [www.ci.bloomington.mn.us](http://www.ci.bloomington.mn.us) (keyword "Dance") or  
 contact us at 952-563-8877



Nicole White, CTRS  
 Therapeutic Recreation Coordinator  
 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

**EVERYONE CAN DANCE - AGES 10-18**

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.



**Date:** Saturdays ▪ February 26 - March 26  
**Time:** 12 noon - 12:45 pm  
**Location:** Eden Prairie Community Center-Cambria Room  
**Cost:** \$28  
**Register by:** February 18, maximum 8



**GAMES GALORE - AGES 8-13**

Lace up your shoes and grab a ball! Meet your friends in the gym for games galore. A snack will be provided.



**Date:** Saturday ▪ January 22  
**Time:** 6:00 pm - 7:30 pm  
**Location:** Eden Prairie Community Center Gym  
**Cost:** \$18  
**Register by:** January 14, maximum 6



**FARM FRIENDS- AGES 8-13**

Join your friends for Saturday on the farm at Gale Woods Farm. We'll explore the farm animals and fields. We may just peak in the barn to see the baby animals and help out with a few chores around the farm.

**Date:** Saturday ▪ May 7  
**Time:** 10:00 am - 12:00 pm  
**Location:** Drop off and pick up at the Eden Prairie Senior Center  
**Cost:** \$22  
**Register by:** April 29, maximum 6



**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 deadline date** for each outing. **No refunds** will be given after this deadline due to the planning for staff, tickets, food and transportation.*

**Cabin Fever** - Got the winter blues? Meet your friends for games, music, and munchies! Registration deadline is February 18, maximum 20

**Date:** Feb 26     **Time:** 6:00–8:00 pm     **Location:** Eden Prairie Senior Center Community Room     **Cost:** \$15

**Brunswick Zone** - There is fun for all at the bowling alley! Enjoy time with friends while bowling a couple of games. It's not about the score, instead the memories you create. Bring money for snacks. Registration deadline is March 18, maximum 20



**Date:** March 26     **Time:** 6:00–8:00 pm     **Location:** Drop off at Brunswick Zone 12200 Singletree Lane     **Cost:** \$18

**Explore Nature** - Enjoy the sights and sounds of nature as we explore the trail around Staring Lake. Wear comfortable clothes and shoes for walking. Bring your picnic basket filled with your healthy dinner. Registration deadline is April 15, maximum 20



Date: Apr 23      Time: 5:00–7:00 pm      Location: Drop off & pickup at Staring Lake Park, 14800 Pioneer Trail      Cost: \$17

**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 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:** \$68 for one hour and \$34 for 30 minutes  
**Location:** Eden Prairie Senior Center

Contact Jan Ackley Malecha, RMT-BC at MacPhail Center for Music at 612-767-5524 or Malecha.Jan@macphail.org for more information or to schedule private and/or adaptive music lessons.



**Eden Prairie Registration Form**

Participant Name		Home Phone		E-mail		Age	
Address/City				Apt. #	Zip Code		Birth Date
<b>Special Information:</b>							
<p>In order to participate in AR&amp;LE programs, participants <u>must</u> have a completed Participant Profile on file.                  For more information see page 2 of this catalog</p>							
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 _____			
<p><u>Code</u></p> 28975 Everyone Can Dance ----- <input type="checkbox"/> \$28 28977 Games Galore, Jan 22 ----- <input type="checkbox"/> \$18 28978 Farm Friends, May 7 ----- <input type="checkbox"/> \$22 <u>Saturday Night Out</u> 28980 Cabin Fever, Feb 26 ----- <input type="checkbox"/> \$15 28984 Brunswick Zone, Mar 26 ----- <input type="checkbox"/> \$18 28987 Explore Nature, Apr 23 ----- <input type="checkbox"/> \$17				<p><b>Registration begins on November 30</b></p> Mail completed form and check, payable to the <b>City of Eden Prairie to:</b> Eden Prairie Community Center 16700 Valley View Road Eden Prairie, MN 55346			
TOTAL FEE(S) PAID: \$ _____							
Credit Card Information _____				Exp. Date _____			



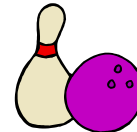
**Kristin Aarsvold, Recreation Supervisor**  
 Edina Parks and Recreation  
 Address: 4801 W. 50<sup>th</sup> Street, Edina 55424  
 Phone: 952-826-0433  
 TTY: 952-826-0379  
 Email: kaarsvold@ci.edina.mn.us  
**Dawn Beitel- Recreation Specialist - 952-826-0438**  
 Email: dbeitel@ci.edina.mn.us  
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

**BOWLING CLUB**

Get off the couch and get moving this winter! Youth & teens ages 7-18 are invited to learn to bowl or practice skills and have fun while being part of a team. Teams will be arranged by age.



**Dates:** Saturdays ▪ January 29 - March 26  
**Time:** 9:15 am - 11:00 am  
**Location:** Brunswick Eden Prairie Lanes, 12200 Singletree Lane, Eden Prairie  
**Cost:** \$95 resident, \$100 nonresident  
**Register by:** January 18; minimum 6, maximum 12



**SUPER SUNDAYS**

Super Sundays is a social group for ages 15-25 who like to try new things, explore, and meet 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.*

**Underwater World** - Journey through the famous glass tunnel which takes you 14 feet below the water's surface. Come nose to nose with over 5,000 sea creatures including; sharks, sea turtles, stingrays, octopus, jellyfish and more! *Register by December 27.*

**Date:** Jan 9    **Time:** 1:30–3:00 pm    **Location:** Meet at MOA, Bloomington Underwater World Entrance    **Cost:** \$20

**Centennial Lakes Park** - Our annual winter event, skate across 10 acres of ice or take a spin on the park's Norwegian ice sleds. Afterwards, we will relax by one of the fireplaces and sip hot cocoa. Limited skate rental is available for \$5. *Register by January 21.*



**Date:** Jan 30    **Time:** 1:00–3:00 pm    **Location:** Meet at Centennial Lakes 7499 France Avenue, Edina    **Cost:** \$10

**Mid-Winter Beach Party** - Warm up at our first ever Beach Party. Bring your favorite dance music to share, while enjoying limbo contests, beach ball volleyball, fruity drinks, snacks and more. Don't forget to wear your Hawaiian shirt! *Register by February 18.*

**Date:** Feb 27    **Time:** 1:30–3:00 pm    **Location:** Meet at Edina Senior Center 5280 Grandview Square, Edina    **Cost:** \$12

**Midwest Global Market** - Try something new as we travel **by bus** to this internationally-themed indoor public market featuring fresh and prepared foods, restaurants, and a selection of arts and crafts from around the world. Grab a snack (bring your own spending \$) and browse around this unique place. *Register by March 11.*

**Date:** March 20    **Time:** 1:00–3:30 pm    **Location:** Meet at Edina Senior Center 5280 Grandview Square, Edina    **Cost:** \$16

**GET FIT VALUE PASS**

AR&LE participants can use the indoor track at Edinborough Park at a reduced price. Purchase a Get Fit Value Pass for \$25.00 for 10 admissions to the walking track (only) at Edinborough, located at 7700 York Avenue South. Bring your pass when you walk. One family member or personal support staff can attend for free. Participants must provide their own supervision while using the track.



Scholarships are available to Edina Residents who cannot afford to pay adaptive program fees. Please contact Kristin at 952-826-0433.



### WINTER GOLF LESSONS

Head over to Braemar Golf Dome to get ready for Spring Golf. This program will review golf etiquette, basic skills and rules. Have fun in a laid back atmosphere with other golfers. Ages 11 and up welcome. Volunteers with previous golf experience are needed. Contact Kristin at 952-826-0433.



**Dates/Time:** Tuesdays ▪ January 18 - February 22 ▪ 6:30 pm - 7:30 pm  
**Location:** Braemar Golf Dome, 7420 Braemar Blvd.  
**Cost:** \$65 resident, \$75 nonresident  
**Register by:** January 8; minimum 6, maximum 15

**NOTE: TRAIL requires a minimum of five riders for this program, so sign up early!**

### EDINA FAMILY EVENTS

This program is designed for Edina families of children with disabilities ages 7-15 to have fun together in a supportive environment. Each night will feature a food project, crafts, games and themed activities. One adult or PCA must attend at no cost. Siblings 7 and up are invited to attend. We need a minimum of five adult/child pairs for events to occur. Please contact Kristin at kaarsvold@ci.edina.mn.us for a full listing of activities.

**Dates:** Fridays: February 25 - *Mid-Winter Beach Party* ▪ March 25 - *Spring Fling*  
**Time:** 6:30 pm - 7:45 pm  
**Location:** Edina Senior Center, 5280 Grandview Square  
**Cost:** \$15 per event, up to 2 siblings and parent/PCA attends free!  
**Register by:** Friday before each event. To register siblings, please call 952-826-0433 by the Friday before each event. **Please list all dietary needs and allergies on registration form.**

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**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 <b>must</b> 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. <input type="checkbox"/> R <input type="checkbox"/> NR <input type="checkbox"/> TRAIL			<input type="checkbox"/> Edina Family Events		
Bowling Club ----- <input type="checkbox"/> \$95 <input type="checkbox"/> \$100			Feb 25, Mid-Winter Beach Party ----- <input type="checkbox"/> \$15 Mar 25, Spring Fling ----- <input type="checkbox"/> \$15		
<u>Super Sundays</u> Underwater World, Jan 9 ----- <input type="checkbox"/> \$20 Centennial Lakes Park, Jan 30 ----- <input type="checkbox"/> \$10 Mid-Winter Beach Party, Feb 27 ----- <input type="checkbox"/> \$12 Midwest Global Market, Mar 20 ----- <input type="checkbox"/> \$16			Mail completed form and check, payable to the <b>City of Edina</b> to:  Edina Parks and Recreation 4801 W 50 <sup>th</sup> Street Edina MN 55424		
Get Fit Value Pass ----- <input type="checkbox"/> \$25 Winter Golf Lessons ----- <input type="checkbox"/> \$65 <input type="checkbox"/> \$75 <input type="checkbox"/>					
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____				Exp. Date _____	



**Kelly Mertes**  
**Recreation Supervisor**  
**Richfield Recreation Services**  
**Address: 7000 Nicollet Avenue South, Richfield 55423**  
**Phone: 612-861-9361**  
**TTY: 711 (Minnesota Relay Service)**  
**Email: kmertes@cityofrichfield.org**  
**Website: www.cityofrichfield.org**

**ADULT LEAGUE BOWLING**

**Winter Session is Full.**

**Date/Time:** Saturdays ▪ January 29 - March 19, 2011 (March 26 make-up) ▪ 11:30 am - 1:45 pm

**Location:** Brunswick Zone, Eden Prairie Lanes, 12200 Singletree Lane

**SNOWBOARD LESSONS/SKI CLUB**

This six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. Ski Club members must be referred by ski lesson staff and be able to ski independently in small groups. Volunteer to participant ratio 1:1 or 1:2 (lessons). Students with mobility impairments are referred to Courage Alpine Skiers. Experienced skiers & snowboarders are needed as volunteers! **(Ski lessons are full.)**



**Dates/Time:** Thursdays ▪ January 13 - February 17, 2011 (make-up February 24)  
 6:45 pm - 8:45 pm

**Location:** Hyland Hills Ski Area, 8800 Chalet Road, Bloomington

**Cost:** If you have your own equipment: \$125 resident, \$135 nonresident  
 If you need to rent equipment: \$145 resident, \$155 nonresident

**Register by:** December 6; maximum 35 in Ski Lessons; maximum 20 in Snowboard Lessons; maximum 20 in Ski Club.



**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!

**Holiday Music Festival & Gingerbread Cookies** - Enjoy sounds of the season at the Mall of America! Watch a performance by a local chorus. After the performance enjoy gingerbread cookies & hot cocoa or cider from Caribou. Registration deadline: Dec 8, maximum 30

**Date:** Wed, Dec 15      **Time:** 6:30-8:45 pm      **Location:** MOA North Entrance      **Cost:** \$12  
 Staff Cost: \$6 for cookie & drink

**Annual Holiday Party** – Celebrate the Holidays with your GH friends! We will have a holiday dinner, play BINGO and the dice game! Registration Deadline: Dec 20, maximum 40

**Date:** Tues, Dec 28      **Time:** 6:30-8:45 pm      **Location:** Richfield Community Center      **Cost:** \$20  
 Staff Cost: \$8 for dinner

**Scrapbook & Card Making** – Preserve your holiday memories or make cards for upcoming birthdays! Bring your own book to add pages to or a small book will be available. We have a variety of papers, stickers, stamps, etc. to choose from. Snacks will be served. Registration deadline: Jan 2, maximum 30

**Date:** Sat, Jan 15      **Time:** 1:00-4:00 pm      **Location:** Richfield Community Center      **Cost:** \$20  
 Staff Cost: \$4 for snacks

**Super Bowl XLV**– Watch the 45th Super Bowl at the Cowboys Stadium in Arlington, TX on the BIG SCREEN with your friends! Of course there will be a spread of food to munch on while watching the game! Registration deadline: Feb 1, maximum 40

**Date:** Sun, Feb 6      **Time:** 5:15-8:45 pm      **Location:** Richfield community Center      **Cost:** \$15  
 Staff Cost: \$8 for dinner

**Hollywood Movie Trivia**– If you love the movies, know the movies or want to challenge your movie skills, join us for a night of movie fun! Snacks will be served, please eat dinner before you come. Registration deadline: Feb 15, maximum 30

**Date:** Tues, Feb 22      **Time:** 7:00–8:30 pm      **Location:** Richfield community Center      **Cost:** \$10  
 Staff Cost: \$4 for snacks



### 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 ▪ January 10 - March 14 ▪ 6:50 - 7:50 pm  
(No class Monday, January 17; Monday, February 21; or Wed, March 9)
- 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 only available on Wednesday Night and requires a minimum of five riders, so sign up early!**
- Register by:** January 5; minimum 10 per night, maximum 25 per night



### MOVIES AND MUNCHIES

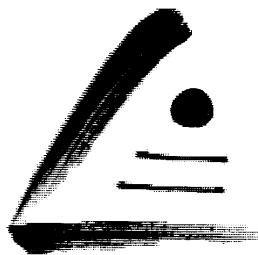


- Who:** Adults 18 and older. Group home staff are asked to assist residents as needed.
- Dates/Time:** Fridays ▪ 7:00 - 9:00 pm  
Dec 3 - **Jack Frost** (#5831)  
Jan 21 - **Hairspray** (Joined with Dance Your Socks off. See Bloomington page 5.)  
Feb 4 - **Leap Year** (#5952)  
Mar 4 - **Ghost Busters** (#5953)
- Location:** Richfield Community Center, 7000 Nicollet Avenue South
- Cost:** \$5 per movie **payable at the door**. Staff/assistance are invited to attend free of charge.
- Register by:** Call 612-861-9385 by 12:00 pm the Tuesday before each movie to register or check the box on the registration form (Trail riders check the box). maximum 50.



### Richfield 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. <input type="checkbox"/> R <input type="checkbox"/> NR <input type="checkbox"/> TRAIL #5826 Snowboard Lessons ..... <input type="checkbox"/> \$125/145 <input type="checkbox"/> \$135/155 #5827 Ski Club ..... <input type="checkbox"/> \$125/145 <input type="checkbox"/> \$135/155 #5951 Cardio Fitness Mon. & Wed. .... <input type="checkbox"/> \$48 <input type="checkbox"/> \$53 <input type="checkbox"/> Wed Mon. or Wed. (circle one) ..... <input type="checkbox"/> \$24 <input type="checkbox"/> \$26.50 <input type="checkbox"/> Wed			<b>Good Happenings</b> #5964 Holiday Music Festival, Dec 15..... <input type="checkbox"/> \$12 <input type="checkbox"/> \$6 <input type="checkbox"/> #5965 Annual Holiday Party, Dec 28..... <input type="checkbox"/> \$20 <input type="checkbox"/> \$8 <input type="checkbox"/> #5956 Scrapbook & Card Making, Jan 15..... <input type="checkbox"/> \$20 <input type="checkbox"/> \$4 <input type="checkbox"/> #5963 Super Bowl XLV, Feb 6 ..... <input type="checkbox"/> \$15 <input type="checkbox"/> \$8 <input type="checkbox"/> #5957 Hollywood Movie Trivia, Feb 22..... <input type="checkbox"/> \$10 <input type="checkbox"/> \$4 <input type="checkbox"/>		
Movies & Munchies #5831 Jack Frost (Dec 3)..... <input type="checkbox"/> TRAIL Hairspray (Jan 21) see Bloomington page 5 #5952 Leap Year (Feb 4)..... <input type="checkbox"/> TRAIL #5953 Ghost Busters (Mar 4)..... <input type="checkbox"/> TRAIL			Mail completed form and check, payable to the <b>City of Richfield</b> to: Richfield Recreation Services 7000 Nicollet Avenue Richfield, MN 55423		
TOTAL FEE(S) PAID: \$ _____					
Credit Card Information _____			Exp. Date _____		



THE LEARNING EXCHANGE

Gina Carpenter- Coordinator of Alternative Educational Services  
 Address: 2575 West 88<sup>th</sup> 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



#### **CULTURE CLUB: EXPLORE AUSTRALIA**

Did you know that Australia is a country, a continent and an island—all in one? Spend an evening with our own Michelle Veith learning about the people, land, food, crafts and traditions that make Australia so unique. You will experience tasting traditional foods such as Anzac biscuits and make an Aborigine Rain Stick. Take home a hardcover book of photos and fun facts.

**Date/Time:** Monday ▪ March 7 ▪ 7:00 pm - 8:30 pm  
**Location:** Jefferson High School, Media Center, 4001 W. 102nd St., Bloomington  
**Cost:** \$11, checks payable to ISD 271  
**Register by:** February 28; minimum 8, maximum 16

#### **NEW! GUY TALK**

Time for the men to get together over snacks and have an awesome evening discussing what matters. Talk about respectful relationships with both friends and dating partners. Plus discuss personal safety when heading out into your community. Led by Brad Hansen from Arc, an easy-going guy who knows how to keep it interesting. Snacks and beverages provided.



**Date/Time:** Tuesday ▪ March 29 ▪ 7:00 pm - 8:15 pm  
**Location:** Lyndale Court, Commons Room, 10325 Lyndale Ave. So., Bloomington  
**Cost:** \$5, checks payable to ISD 271  
**Register by:** March 15; minimum 4, maximum 12

#### **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:** Tuesdays: January 18 ▪ February 15 ▪ March 15  
**Time:** 7:00 pm - 8:00 pm  
**Location:** Sheridan Court, Commons Room, 2500 West 66th Street, Richfield  
**Cost:** All three classes for only \$13, checks payable to ISD 271  
**Register by:** January 4; minimum 6, maximum 10



#### **NEW! LAUGHTER YOGA...YOU GOTTA TRY THIS!**

Laugh yourself healthy! Laughter yoga is gentle, combining laughter exercises with yoga breathing to give you the health benefits of hearty laughter. Laughter exercises almost always lead to real laughter, especially when practiced in a group. There will be no stretchy poses or balancing. Laughter fills your lungs and body with oxygen, reducing stress, lifting depression and boosting your immune system. It deep-clears your breathing passages and exercises your lungs, which is especially important for people who don't get regular aerobic exercise. Can be done sitting or standing. Wear light, loose, comfy clothes. No mats needed.



**Date/Time:** Tuesday ▪ March 1 ▪ 7:15 pm - 8:15 pm  
**Location:** South View Middle School, Cafeteria, 4725 South View Lane, Edina  
**Cost:** \$10, checks payable to ISD 271  
**Register by:** February 15; minimum 6, maximum 25



### SUPER SNACKS NIGHT

With the Super Bowl coming up, what a great time to wear your team's colors to class and try some Super Healthy Snacks! What we eat between regular meals can be good nutrition, if we know what to choose. Come try some ready-to-eat snacks that might be new to you as well as a fantastic smoothie! Discuss serving sizes, how to prevent over eating snacks and take home a reminder list of Healthy Snacks! Eat a light supper before you come to class as we will be only trying small portions of several items.



**Date/Time:** Thursday ▪ January 27 ▪ 7:00 pm - 8:30 pm  
**Location:** Jefferson High School, Cooking Lab A100, 4001 W. 102nd St., Bloomington  
**Cost:** \$12, checks payable to ISD 271  
**Register by:** January 13; minimum 6, maximum 15



### LET'S ACT: TELLING STORIES

Join Janet for a great night of telling and acting out stories that have happened to you during the winter holidays. Can't think of a story – not a problem – we will have poems to share, you can interview someone else, or help act out stories! Ideas from tonight may be developed to share at the next Holiday AR&LE Singers Concert. Come help act out ideas!



**Date/Time:** Tuesday ▪ March 22 ▪ 7:00 pm - 8:30 pm  
**Location:** Washburn Elementary School, Cafeteria, 8401 Xerxes Ave. So., Bloomington  
**Cost:** \$11, checks payable to ISD 271  
**Register by:** March 7; minimum 6, maximum 20

### Wii & COMPUTER GAMES NIGHT

Come learn to play a bowling game on a Wii system, using a hand-held controller and a video screen; it's the latest fun-fitness fad! Then play some great on-line computer games selected by our staff with other class members or on your own. Plus, have conversations with other class members about your favorite games.



**Date/Time:** Thursday ▪ January 6 ▪ 7:00 pm - 8:30 pm  
**Location:** Creekside Community Center, Computer Room, 9801 Penn Ave. So., Bloomington  
**Cost:** \$11, checks payable to ISD 271  
**Register by:** December 23, minimum 6, maximum 12

### Arts & Crafts

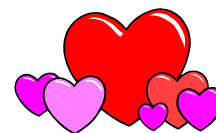
#### VALENTINE CARD STAMPING

Use rubber stamps and decorative paper to make designer Valentine cards for those special Valentine people in your life!

**Option 1:** Tuesday ▪ February 1 ▪ 7:00 pm - 8:30 pm  
Lyndale Court, Commons Room, 10325 Lyndale Avenue South, Bloomington

**Option 2:** Thursday ▪ February 3 ▪ 7:00 pm - 8:30 pm  
Sheridan Court, Commons Room, 2500 West 66th Street, Richfield

**Cost:** \$12, checks payable to ISD 271  
**Register by:** Two weeks before class; minimum 6, maximum 12



### NEW! GLASS FUSING FUN!

Come assemble glass pieces to create a beautiful necklace pendant or fabulous magnet. Volunteers will be available to handle and cut the glass, you get to choose the colors, shapes and design. Learn about how heating glass to melt and fuse it creates one-of-a-kind art. Pieces will be fused after class and mailed to participants.

**Date/Time:** Thursday ▪ March 3 ▪ 7:00 pm - 8:30 pm  
**Location:** Jefferson High School, Art room 116, 4001 W. 102nd Street, Bloomington  
**Cost:** \$14, checks payable to ISD 271  
**Register by:** February 17; minimum 6, maximum 12

### 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.**



### SNOWMAN ON A STICK

Even if you dislike winter, you'll enjoy making this whimsical snowman to display or give as a gift.

**Date/Time:** Tuesday ▪ January 11 ▪ 7:00 pm - 8:30 pm  
**Location:** Central Middle School, Art Room 601, 8025 School Road, Eden Prairie  
**Cost:** \$12, checks payable to ISD 271  
**Register by:** December 28; minimum 6, maximum 16



## SOOTHING BATH SALTS AND GIFT CONTAINER

Here's a chance to take a break from the cold of winter with soothing scented bath salts that you make yourself. You will make enough to keep and to give as gifts in unique containers that you will also create! Could it be for that special Valentine friend? (Do not register if you are sensitive to fragrances.)

**Option 1:** Monday ▪ January 24 ▪ 7:00 pm - 8:15 pm

Sheridan Court, Commons Room, 2500 West 66th Street, Richfield

**Option 2:** Tuesday ▪ January 25 ▪ 7:00 pm - 8:15 pm

Lyndale Court, Commons Room, 10325 Lyndale Avenue South, Bloomington

**Cost:** \$12, checks payable to ISD 271

**Register by:** Two weeks before class; minimum 6, maximum 12



## WOODEN CLOTHES PIN PHOTO/MEMORY HOLDER

Create a work of art from an oversize 6" wooden clip clothes pin! Then you can use it to display your favorite photos or memory items. Or use it to hold reminder notes or bills where you won't forget them!



**Date/Time:** Thursday ▪ February 24 ▪ 7:00 pm - 8:15 pm

**Location:** South View Middle School, Room 201 (enter door #3), 4725 South View Lane, Edina

**Cost:** \$12, checks payable to ISD 271

**Register by:** February 10; minimum 6, maximum 16



## TOTE WITH "PURSE-NALITY"

Starting with an 11" x 9" canvas tote in a bright spring color, you will add decorations that reflect your unique 'purse-nality!' You'll use paint, lace, ribbons, buttons, gems and more to create this fabulous spring fashion accessory. Makes a great gift, too!



**Date/Time:** Thursday ▪ March 24 ▪ 7:00 pm - 8:30 pm

**Location:** Central Middle School, Art Room 601, 8025 School Road, Eden Prairie

**Cost:** \$12, checks payable to ISD 271

**Register by:** March 10; minimum 6, maximum 16

## Cooking Classes

### COOKING CORNER



**TRAIL riders: Only Thursday cooking classes have TRAIL. 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!)



### Italian Pasta Bake

**Monday, Jan 10 or Thursday, Jan 13 or Thursday, Jan 20**

It's Italian bistro night, featuring *delizioso* (delicious!) Italian Pasta Bake. Enjoy the sights, sounds and most importantly FLAVORS of Italy. Let the oven do the work with this easy pasta bake meal. Whole grain pasta helps make it healthy!



### Cozy Chicken Soup

**Monday, Feb 7 or Thursday, Feb 10 or Thursday, Feb 17**

There is nothing better for warming up the cold Minnesota winter than chicken soup! This classic comfort food is made with chicken, broth, chopped vegetables and yummy noodles. Make a fantastic chicken soup recipe that proves that chicken soup is not only for the soul, but also for warming up the tummy.



### Breakfast on the Run

**Thursday, Mar 10 or Monday, Mar 14 or Thursday, Mar 17**

Have you ever said, "But I don't have time for breakfast?" Discover some great ideas for breakfast on the run including "Brekki to Go Go" and "Banana Dogs." Don't miss the most important meal of the day!



**NEW! Register on-line using a credit card at: <http://bloomington.registryinsight.com/>  
or mail in this form with payment.**

### 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

	<u>Cost</u>	<u>TRAIL</u>
<b><u>Personal Leisure &amp; Healthy Lifestyles</u></b>		
Culture Club, Explore Australia, Mar 7 .....	<input type="checkbox"/> \$11	<input type="checkbox"/>
New! Guy Talk, Mar 29 .....	<input type="checkbox"/> \$5	<input type="checkbox"/> Get Fit
Tai Chi & Qigong! Once-a-Month!		
Tuesdays: Jan 18, Feb 15, Mar 15 .....	<input type="checkbox"/> \$13	<input type="checkbox"/> Get Fit
New! Laughter Yoga, Mar 1 .....	<input type="checkbox"/> \$10	<input type="checkbox"/> Get Fit
Super Snacks Night, Jan 27 .....	<input type="checkbox"/> \$12	<input type="checkbox"/> Get Fit
Let's Act: Telling Stories, Mar 22 .....	<input type="checkbox"/> \$11	<input type="checkbox"/> Get Fit
Wii & Computer Games Night, Jan 6 .....	<input type="checkbox"/> \$11	<input type="checkbox"/> Get Fit
<b><u>Arts &amp; Crafts</u></b>		
Valentine Card Stamping		
Option 1: Feb 1, Lyndale Court .....	<input type="checkbox"/> \$12	
Option 2: Feb 3, Sheridan Court .....	<input type="checkbox"/> \$12	
New! Glass Fusing Fun!, Mar 3 .....	<input type="checkbox"/> \$14	<input type="checkbox"/>
Snowman on a Stick, Jan 11 .....	<input type="checkbox"/> \$12	<input type="checkbox"/>
Soothing Bath Salts & Gift Container		
Option 1: Jan 24, Sheridan Court .....	<input type="checkbox"/> \$12	
Option 2: Jan 25, Lyndale Court .....	<input type="checkbox"/> \$12	
Wooden Clothes Pin Holder, Feb 24 .....	<input type="checkbox"/> \$12	<input type="checkbox"/>
Tote with 'Purse-nality', Mar 24 .....	<input type="checkbox"/> \$12	<input type="checkbox"/>
<b>Classes continued on next column....</b>		

	<u>Cost</u>	<u>TRAIL</u>
<b><u>Cooking Classes</u></b>		
Cooking Corner		
<b>Note: TRAIL is <u>only</u> available on Thursdays, <u>not</u> on Mondays.</b>		
Italian Pasta Bake		
Mon, Jan 10 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Thurs, Jan 13 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Thurs, Jan 20 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Cozy Chicken Soup		
Mon, Feb 7 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Thurs, Feb 10 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Thurs, Feb 17 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Breakfast on the Run		
Thurs, Mar 10 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Mon, Mar 14 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit
Thurs, Mar 17 .....	<input type="checkbox"/> \$14	<input type="checkbox"/> Get Fit

Mail complete form and check, payable to **ISD 271** to:  
The Learning Exchange  
2575 W 88th Street  
Bloomington, MN 55431

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 \_\_\_\_\_



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



AR&LE Participants  
and Volunteers  
enjoying winter  
skiing &  
snowboarding



If you know of  
someone or would  
like to volunteer,  
please contact Kelly  
at 612-861-9361  
or go to:

[www.cityofrichfield.org/recreation/adaptive/htm](http://www.cityofrichfield.org/recreation/adaptive/htm)

## Save the Date!

Circle Saturday, April 30, 2011  
on your calendar for the  
AR&LE Spring Retreat!

We will have FUN with  
FRIENDS (and FOOD)! Look  
for details in the AR&LE  
Spring/Summer Catalog.

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Watch for the AR&LE 2011 Spring/Summer Catalog the week of February 21st

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