

The Saint Paul Public Schools do not sponsor, endorse or recommend the activities announced in this flier



Langford Recreation Center

651-298-5765

2015 Fall Activities/Classes

Register at www.stpaul.gov/parks

Art: Halloween Craft

Together you and your child will create an adorable picture of a haunted house, complete with spooky handprint ghosts. The kids are welcome to wear costumes to class. Children must be accompanied by a caregiver.



Langford: 651-298-5765 **Instructor:** Kidcreate Studio

Activity: 17142 **Date:** October 29, 2015 **Day:** Thursday **Time:** 10:30-11:30am

Fee: \$18 **Sessions:** 1 **Grades:** 2-4

Art: Holiday Ornament Making

We will set up 4 stations, each with a different ornament project. These ornaments will make great keepsakes or holiday gifts. Children must be accompanied by a caregiver.

Langford: 651-298-5765 **Instructor:** Kidcreate Studio

Activity: 17143 **Date:** December 17, 2015 **Day:** Thursday **Time:** 10:30am-11:30am

Fee: \$18 **Sessions:** 1 **Grades:** 2-4

Baby Sitting Training

Youth will develop skills in leadership, professionalism, basic care, safety, safe play and first aid. Participants must age 11 or older. Please bring a bag lunch and beverage.

Langford: 651-298-5765 **Instructor:** Missy Madigan

Activity: 17141 **Date:** December 23, 2015 **Day:** Wednesday **Time:** 8:00am-3:00pm

Fee: \$60 **Session:** 5 **Ages:** 11-18

Sports: Basketball Warm-up

Time for boys and girls ages 9-14 who will be playing basketball at Langford to warm up their game. Gym time set aside for youth to practice on their own before the season begins.

Langford: 651-298-5765 **Instructor:** Rec Center Staff

Activity: 17157 **Date:** September 1, 2015 **Day:** Tuesday

Time: 7:15pm-8:30pm **Fee:** Free **Sessions:** 5 **Ages:** 9-14



Cooking: Take Home Chef

Learn how to make simple healthy snacks or meals that you can take home or make at home.

Langford: 651-298-5765 **Instructor:** Rec Center Staff

Activity: 10881 **Date:** November 3, 2015 **Day:** Tuesday **Time:** 6:00pm-7:30pm

Fee: \$10 **Sessions:** 4 **Ages:** 8-15



Dinner with Mr. & Mrs. Claus

Join Mr. and Mrs. Claus for a spaghetti dinner. Bring your camera to take pictures as they roam from table to table. Activities include dinner, craft, decorate your own cookie and face painting..

Langford: 651-298-5765

Activity: 11080 **Date:** December 4, 2015 **Time:** 5:30pm-7:00pm

Fee: \$5 **Sessions:** 1 **Ages:** All

Tot Time

Langford's gym will be open for toddlers and their families to run around. Miscellaneous toys will be provided, such as tumbling mats, balls, rockers, trucks, & more. Children must be supervised by an adult.

Langford: 651-298-5765

Activity #: 17125 **Date:** October 1, 2015 **Day:** Thursday **Time:** 9:00am-10:30am

Fee: Free **Sessions:** 13 **Ages:** 1-5

Fitness: Pilates

Pilates is a progressive series of controlled exercise that creates strength and stability.

Langford: 651-298-5765 **Instructor:** Fran Ouellette

Beginning Interim

Activity #: 5506 **Day:** Thur **Date:** September 10, 2015

Time: 12:15-1:15pm **Fee:** \$73 or \$71 seniors **Sessions:** 10

Intermediate Interim

Activity #: 5507 **Day:** Thur **Date:** September 10, 2015

Time: 11am-Noon **Fee:** \$73 or \$71 seniors **Sessions:** 10



Rec Check

Rec Check is a free after school program provided by Saint Paul Parks and Recreation for school aged children grades 1-6. Rec Check is open for youth who live in Saint Paul or attend school in Saint Paul.

Langford: 651-298-5765

Activity #: 17371 **Day:** Monday-Friday **Date:** September 8, 2015-June 7, 2016

Time: 3:00pm-6:00pm **Fee:** Free **Ages:** 6-13

Fall Blast

Pre-register for these days of no school fun. Space is limited and registration is taken first come first serve. Staff will lead activities in the gym and outside so dress appropriately. Bring your own snack and beverage.

Langford: 651-298-5765 **Instructor:** Rec Center Staff

Activity #: 17126 **Date:** October 15-16, 2015

Time: 1:00pm-4:00pm **Fee:** Free **Ages:** 6-13

Winter Blast

Pre-register for these days of no school fun. Space is limited and registration is taken first come first serve. Staff will lead activities in the gym and outside so dress appropriately. Bring your own snack and beverage.

Langford: 651-298-5765 **Instructor:** Rec Center Staff

Activity #: 17127 **Date:** December 28-30, 2015

Time: 1:00pm-4:00pm **Fee:** Free **Ages:** 6-13



Karate - Soo Bahk Do

A traditional martial art emphasizing: discipline, concentration, self-confidence, personal development, self-defense and conditioning.

Langford: 651-298-5765 **Instructor:** Christine Eichhorst

Soo Bahk Do Beginner – (September – November)

Activity #: 17419 **Day:** Thursday **Date:** September 3- November 19, 2015

Time: 5:30pm-6:30pm **Fee:** \$120 **Ages:** 5 & up

Soo Bahk Do Beginner - September

Activity #: 5879 **Day:** Thursday **Date:** September 3, 2015

Time: 5:30pm-6:30pm **Sessions:** 4 **Fee:** \$45 **Ages:** 5 & up

Soo Bahk Do Beginner - October

Activity #: 5914 **Day:** Thursday **Date:** October 1, 2015
Time: 5:30pm-6:30pm **Sessions:** 4 **Fee:** \$45 **Ages:** 5 & up

Soo Bahk Do Beginner - November

Activity #: 6738 **Day:** Thursday **Date:** November 5, 2015
Time: 5:30pm-6:30pm **Sessions:** 3 **Fee:** \$45 **Ages:** 5 & up

Soo Bahk Do Advanced – (September – November)

Activity #: 17418 **Day:** Thursday **Date:** September 3- November 19, 2015
Time: 6:30pm-7:30pm **Fee:** \$120 **Ages:** 5 & up

Soo Bahk Do Advanced - September

Activity #: 5823 **Day:** Thursday **Date:** September 3, 2015
Time: 6:30pm-7:30pm **Sessions:** 4 **Fee:** \$45 **Ages:** 5 & up

Soo Bahk Do Advanced - October

Activity #: 5915 **Day:** Thursday **Date:** October 1, 2015
Time: 6:30pm-7:30pm **Sessions:** 4 **Fee:** \$45 **Ages:** 5 & up

Soo Bahk Do Advanced - November

Activity #: 6737 **Day:** Thursday **Date:** November 5, 2015
Time: 6:30pm-7:30pm **Sessions:** 3 **Fee:** \$45 **Ages:** 5 & up