



Northwest Como Recreation Center
1550 Hamline Ave. N 55108 651-298-5813
<http://activenet.active.com/saintpaul>



Fall Activities

****Registration deadline is at least one week before activity begins****

Martial Arts: Tae Kwon Do

Instructor: Stephanie Wright

Gain confidence, discipline and skills through this ancient martial art. One-time uniform purchase fee for students on belt certification path

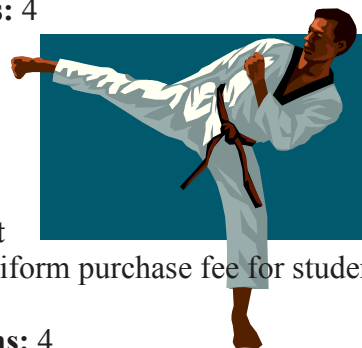
Day: Tues **Time:** 4:30-5:30pm **Fee:** \$40/month **Ages:** 6-12 **Sessions:** 4

Date: Sept 6-27

Date: Oct 4-25

Date: Nov 1-22

Date: Nov 29-Dec 20



Martial Arts: Tae Kwon Do Adult

Instructor: Stephanie Wright

Gain confidence, discipline and skills through this ancient martial art. One-time uniform purchase fee for student on belt certification path

Day: Tue **Time:** 5:30-6:30pm **Fee:** \$40/month **Ages:** 13-Adult **Sessions:** 4

Date: Sept 6-27

Date: Oct 4-25

Date: Nov 1-22

Date: Nov 29-Dec 20

Adult Open Gym: Basketball

Day: Wednesday **Date:** September 21

Time: 6-7:30pm

Fee: \$2/wk

Ages: 35+

Sessions: 8

Adult Men's Indoor Soccer

Day: Thursday **Date:** September 22

Time: 6-7:30pm

Fee: \$2/wk

Ages: 35+

Sessions: 8



Dance: Back To School Dance

Location: Northwest Como Recreation Center

Dance to your favorite tunes with your friends. Concessions will be available.

Day: Fri **Date:** Sept 23 **Time:** 7-9:30pm

Fee: \$5

Grades: 5-8 **Sessions:** 1

Sports: Archery

Instructors: Tim Lang & Tom Altman

Students will follow safety instructions while learning and practicing proper archery techniques. Equipment is provided and fee includes t-shirt. Co-sponsored by Chelsea Heights School and Northwest Como Recreation Center.

Day: Mon/Thur **Date:** Sept 26 **Time:** 3-4:30pm

Fee: \$55

Ages: 8-12

Sessions: 12

Art: Artist's Workshop

Instructor: Barb McIntosh

For youth who have a strong interest in art. Using watercolors, oil pastels, soft pastels, and acrylic paint, youth will explore gesture drawing and contour drawing with emphasis on proportion. Youth will be introduced to the masters. Bring a snack for break time.

Day: Mon **Date:** Oct 3 **Time:** 3-5pm

Fee: \$45

Grades: 3-6

Sessions: 6

Day: Wed

Date: Oct 5

Time: 3-5pm

Fee: \$45

Grades: 1-2

Sessions: 6

Game Time

Friends will gather together to enjoy time playing their favorite table games.

Day: Tue **Date:** Oct 4 **Time:** 3-4:30pm

Fee: Free **Ages:** All **Sessions:** 12



Computer: Jedi & Imperial Droids

Instructor: Computer Explorers

Star Wars, Robotics and Engineering! Using the "Micro Scout" Lego Mindstorm Robotics System's microcomputer for the brain of your droids. Use the built-in light sensor, motor and sound to bring your droids to life. Create familiar Star Wars droids or use the Force to create droids of your own. In this exciting hands on class student working in pairs will be using the Robotic Mindstorms Droid and Darkside developer kit to build and experiment with up to 8 different models. Learn about robotics and engineering as we build the base models, then customized your droid. No class Oct 21.

Day: Fri **Date:** Oct 7 **Time:** 3:05-4:35pm

Fee: \$55 **Grades:** 1-5 **Sessions:** 4

Neighborhood Bonfire

Location: Northwest Como Recreation Center

Families will gather together and enjoy outdoor activities and a bonfire. Concessions will be available.

Day: Fri **Date:** Oct 14 **Time:** 6-8pm

Fee: Free **Ages:** All **Sessions:** 1



Babysitting Training

This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play and first aid. Students must be age 11 years or older. Please bring a bag lunch & beverage for full day class.

Day: Thursday **Date:** Oct 20 **Time:** 9am-4:15pm

Fee: \$60 **Ages:** 11 and older



Halloween Events at Palace Recreation Center 651-298-5677

Bring the family for a free, fun Halloween celebration. Get into the spirit by wearing your Halloween costume to the party. Meal Deal available for \$3/person. Activities include carnival games, craft project, moon walk and more.

Day: Sat **Date:** Oct 22 **Time:** 11am-1pm

Fee: Free (Meal deal available for \$3/person) **Ages:** 10 and Under

Science: Science Comes Alive

Instructor: Mad Science

In the Science Comes Alive! program, kids discover how science powers magic tricks, the scientific principles behind art, the wonder of life under the sea, and the power of chemical reactions. Students take home their own magic trick to amaze their friends, an art image distorted by science, a dynamic chemistry dish, and sea life puzzle.

Day: Wed **Date:** Nov. 2 **Time:** 3:10-4:10pm

Fee: \$55 **Grades:** 1-6 **Sessions:** 4

Dinner with Santa & Mrs. Clause at Langford Recreation Center 651-298-5765

Join Santa and Mrs. Claus for a spaghetti dinner. Bring your camera to take pictures as they visit each table.

Activities include dinner, decorate your own cookie, a craft and face painting.

Day: Fri **Date:** Dec 9 **Time:** 5:30-7pm

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

