

Red Cross Swim Lessons



Spring Swim Lessons:

Session begins March 19
 Registration: Friday, Feb. 24 at 6:00am
 Early Bird Member Registration: Wednesday, Feb. 22 at 6:00am

Summer Swim Lessons:

Summer Session I begins June 11
 Summer Session II begins July 9
 Summer Session III begins August 6
 Registration begins: Friday, May 11 at 6:00am
 Early bird member registration: Wednesday, May 9 at 6am

Swim Lessons at MCC include:

- Parent/Child
- Preschool
- Level 1, 2, 3, & 4
- Adult
- Private Lessons available by request.

Indoor Rock Climbing

MCC's indoor Climbing Wall is 38 feet tall and offers a variety of challenging routes for beginner to advanced climbers.

Climbing Wall Hours

Monday through Friday: 5:30-8:30pm
 Saturdays & Sundays: 1:00-6:00pm



Moose Sherritt Ice Arena

Sunday 3/4	5:00-7:00pm
Sunday 3/11	12:00-2:00pm
Sunday 3/18	12:00-2:00pm
Tuesday 3/20	12:00-2:00pm
Sunday 3/25	12:00-2:00pm
Sunday 4/1	12:00-2:00pm
Thursday 4/5	12:00-2:00pm
Friday 4/6	11:00a-1:00pm
Monday 4/9	12:00-2:00pm
Sunday 4/15	12:00-2:00pm
Sunday 4/22	12:00-2:00pm
Sunday 4/29	12:00-2:00pm
Sunday 5/6	12:15-2:15pm
Sunday 5/13	12:00-2:00pm
Sunday 5/20	12:00-2:00pm
Sunday 5/27	3:00-5:00pm

Learn to Skate Fundamentals

Sundays, 2:15-3:15pm
 6 week session begins Mar.11 and runs through April 22 (no class 4/8)
 This class is designed to introduce basic skills to beginning skaters. Helmets and gloves required. Volunteer parent coaches needed. Session cost: Regular: \$48, MCC members: \$40

Men's Hockey League

Begins March 18
 Players must be 18 years or older. 12 regular season games. Games on Sunday & Wednesday nights. Register by Friday, March 16. Contact League Manager Jeremy Nemeth: (763) 271-7127 or jeremy.nemeth@ci.monticello.mn.us

Public Skate Costs:

Adults: \$3, Children ages 5-17 years: \$2
 Children 4 & under: FREE
 MCC Members: FREE
 Skate Rental: \$3/pair



*Moose Sherritt Ice Arena is located at the East end of the Monticello Middle School.

The FUN Times

MARCH, APRIL, AND MAY 2012 PROGRAMS

Monticello
 Community
 Center
 "Something fun
 for everyone!"

Events to mark on your calendars

March Madness 5K

Saturday, March 24
 Registration 8:15am, Start: 9:30am
 Sponsored by the Monticello High School Track & Field Teams and the Monticello Community Center. Course begins at MCC, continues west towards the Monticello Country Club and ends at MCC. Registration forms available at MCC. Cost: \$10 if registered by March 15, \$15 after March 15

March is Food Shelf Month

The Monticello Community Center and Monticello Senior Center are teaming up to collect non-perishable food items for our local food shelf. Collection boxes will be located in the Community Center and Senior Center.

Breakfast with the Bunny

Saturday, March 31, 8am-12pm
 Hop on over to the Community Center for this annual event! Activities include breakfast, pictures with the Bunny, crafts, a coloring contest and more!
 Purchase tickets at MCC Guest Services. Sponsored by Swan River Montessori & The Monticello Community Center.

Rock Camp Concert

Saturday, March 24, 6:00pm
 Young musicians showcase the skills they have learned in Rock Camp. Join us in the Warehouse for this FREE concert!

Spring Softball Leagues

Begin April 16.
 Contact League Manager for details: (763) 271-7127.

Community Garden

Plots are still available in Monticello's Community Garden. It is located at 407 West Sixth Street, just west of the Fire Department at the community center. Contact Kitty at: (763) 271-3268 or kitty.baltos@ci.monticello.mn.us
 Cost for one 15' by 20' garden plot is \$25. Sign up today, if you wait 'til the snow melts it might be too late!

Men's Early Bird Softball Tournament

April 14 & 15
 Games are held at the Monticello Xcel Fields. Leave a message for the League Manager for details: (763) 271-7127

Indoor Market
 Sat. March 10
 10am-2pm
 MCC Hallway

Farmers' Market

Thursdays, 3:30-7:00pm
 Monticello Library Parking Lot
 Opening Day: May 17
 Purchase locally grown and produced fruits, vegetables, bedding plants, flowers, canned goods, baked goods, eggs, hand-crafted items and more! Watch for upcoming special events.



Holiday Hours

Easter: Sunday, April 8-CLOSED
 Memorial Day:
 Monday, May 28-7am-4pm
 Pool open 9am-3:30pm

Seasonal Hours begin May 29

Monday-Thursday: 5am-9pm
 Friday: 5am-8pm
 Saturday: 7am-8pm
 Sunday: 9am-6pm



MCC Hours of Operation

Weekdays: 5:00am-10:00pm
 Saturday: 7:00am-9:00pm
 Sunday: 9:00am-9:00pm
 The Pool closes 30 minutes prior to building close

POOL CLOSED for SWIM LESSONS

Saturday: 8:30am to 11:00am
 Mon. & Thurs.: 4:45-7:30pm

Youth Programs

Friendship Island All Day Summer Program

Escape to a paradise of activity this summer! Friendship Island is a safe, supervised all day summer program where kids will experience a variety of activities from swimming, rock climbing, gym games, short field trips, arts & crafts, outdoor play, library time and more! Flexible scheduling options available. Hours: 6:00am-6:00pm. Drop-off between 6:00-9:00am, pick-up between 3:00-6:00pm. For kids ages 5-12. Children must have completed Kindergarten. Registration Packets available at MCC Guest Services. Questions? Call Sara: (763) 271-7124

Pool of Gold!

Thursday, March 15, 7:30-9:30pm

Celebrate St. Patrick's Day and bring your Irish luck! Bring your goggles for the coin dives at 7:45 and 8:45. Prizes for those wearing green! Daily pass rates apply to non-members.

Youth Ceramics

Saturday, March 31, 9:00-11:00am (Spring/Easter)

Volunteers from the Senior Center will help child participants create figurines. Parents may assist child. Cost: Regular:\$6, MCC members:\$5

Wiggle Giggle Gym

Mondays, 9:30am-11:30am

Open gym time for preschoolers and their parents! Use the parachute, balls, and other fun gym toys. Daily pass rates apply to non-members.

Little Splashers

Thursdays, 10:00-11:00am

Preschoolers and parents participate in fun pool games. Toys and instructions provided. Parents must accompany children in the water. Daily pass rates apply to non-members.

Cheer America

Organized by "Cheer America" a Minnesota non-profit organization, this course will teach students popular junior high & high school cheers, chants, choreographed pom-dance routines, parade marching techniques, & other performance skills required for cheerleading tryouts. At the conclusion of the 12 week semester the students will perform a recital.

TO REGISTER: All registration will be conducted by Cheer America coaches & will take place on:

Wednesday, Feb. 8
in the Community Center
Classes will be held in the LITTLE MOUNTAIN CHAPEL (west of MCC parking lot)
February 15-May 2
Wednesdays for 12 weeks
6:30pm-7:30pm

For further information, please call Cheer America at: (952) 997-7732

Young Americans "Schools of Self Defense"

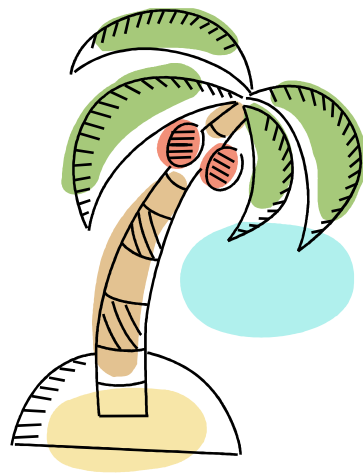
Young Americans Schools of Self Defense is an exciting self-defense & safety awareness program for children ages 3 to 16. The mission of Young Americans is to promote child victim prevention by instructing every child & their families in self-defense & safety awareness. At the conclusion of the semester students are eligible for certified belt rank promotion and every child receives a number of awards. Taught by

certified black-belt instructors.
TO REGISTER: All registration will be conducted by Young Americans Schools of Self Defense coaches & will be held at the Little Mountain Chapel on:

Tuesday, Feb. 7, 6:30-8:00pm
Tuesdays for 12 weeks
CLASSES WILL BE HELD IN THE LITTLE MOUNTAIN CHAPEL (west of the MCC parking lot)
February 14-May 1
Tuesdays ~ 6:30-8:00pm

For further information please call Young Americans Schools of Self Defense at: (952) 997-7732

Registration Fee: \$4
Weekly Class Fee: \$6



Kid Lifting Certification

Tues, March 20, 4:30-6pm

Tues., April 17, 5:30-7pm

Tues., May 15, 5:30-7pm

Ages 12-15 years. Learn to use the strength training equipment and weight room etiquette. After completing the course participants gain unsupervised access to the MCC fitness area. Cost: Regular:\$10, Members: \$5

Splish, Splash, Swim!

\$2 per person to use the pool, water-slide and spas.

→ Mondays: 7:30pm-9:30pm

→ Wednesdays: 6:00pm-9:30pm

→ Thursdays: 7:30pm-9:30pm

WANTED: Musicians

Do you have musical talent you would like to share with the community this summer? We are looking for **musicians of any age** to perform at our Farmers' Market and in West Bridge Park for our "Music in the Park" series this summer. Please contact Sara: (763) 271-7124

3 ways to take fitness classes:

1. Add unlimited classes to your membership for \$10 a month.
2. Purchase a 10 class Fitness Class Pass, \$45/members, \$60/regular
3. Pay the drop-in rate per class: \$5.50/members, \$8.00/regular

MCC's Fitness Center is EXPANDING this summer/fall!
www.monticellocommunitycenter.com
Check out our website for a video tour!

Health & Fitness

Step & Sculpt

Thursdays, 5:00-6:00pm

Interval-style step class designed for YOU to get the most out of your workout! This total body workout will maximize calorie burn by combining periods of fun, high-energy cardio step with slower, strength training segments. This class is for ALL fitness levels -YOU control the intensity of your workout through the various step options provided.

Middle Eastern Dance (Begins Feb.23)

Thursdays, 7:15-8:15pm (Intermediate)

For women of all ages, sizes and walks of life. Express yourself with this healing and mesmerizing form of dance. Perfect exercise for getting and staying in shape! Focus on beginner moves and work towards learning choreographed routines. 6 week session, MCC members: \$39, Regular: \$45

Zumba!

Wednesdays, 6:00-7:00pm (through 2/29)

Mondays, 7:00-8:00pm (begins 3/5)

Fridays, 9:00-10:00am

ZUMBA fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body energizing, awe-inspiring movements meant to engage and captivate for life! Instructed by Becky Rogalski.

Hatha Yoga (beginner)

Tuesdays, 6:00-7:00pm

Hatha Yoga is a slow-paced stretching class with some simple breathing exercises and meditation. Instructor Gina Rajkowski will instruct basic poses and relaxation techniques.

Fusion Strength Yoga

Tuesdays, 7:00-8:00pm

Pilates and strength moves paired with fast moving yoga poses make this class unique. Yoga fusion classes seek to provide the flexibility challenges and breathing work of yoga while also offering overall toning, muscle-building or fat-burning activities. Instructed by Gina Rajkowski.

Vinyasa Flow Yoga

Thursdays, 6:00-7:00pm

Vinyasa (flowing) yoga combines physical activity with breath to reduce stress, control weight, relieve lower back pain and enhance focus. This class is great for beginners and experienced yogis as well. Familiar sequencing will help to introduce and master basic postures while challenging your focus and physical strength. Ideal for strengthening and toning, increasing relaxation, focus, and flexibility. Instructed by Wendy Stone. Class takes place in the Senior Center. Please bring a mat to class.

PiYo (Pilates & Yoga)

Mondays, 6:00-7:00pm (begins Feb. 27)

A unique combination of Pilates, Yoga, strength conditioning, flexibility, and dynamic balance. Learn movements that elongate muscles, strengthen the core, release tension, deepen breath, and improve posture. This class is an up tempo, non-spiritual approach to mind/body exercise. Modifications are offered. Instructed by Laura Gifford. Please bring a mat to class.

Killer Core

Tuesdays & Thursdays, 9:00-10:00am OR

Saturdays, 8:00-8:50am OR

Beginner Core: Tuesdays, 10:15-10:45am

An intense class that will work your core muscles and lower body. Be prepared for exercises that strengthen your abdominal and lower back muscles, abductors, adductors and glutes. Instructed by Nicky Peterson.

Body Blast

Tuesdays, 5:00-6:00pm, Saturdays, 9-10am &

Fridays, 5:30-6:30am (class min. of 5 signed-up)

Instructor Nicky Peterson will blast your body into shape! Nicky will challenge participants each week with a combination of cardio moves and core strengthening exercises. Sign-up at Guest Services for the 5:30am class.

Turbo Kick

Mondays & Wednesdays, 9:00-10:00am &

Thursdays, 6:00-7:00pm

Sure, it's kickboxing, but it's so much more! You'll kick, punch and groove your way to a brand new body in this action-packed, super fun, super safe and effective cardiovascular workout. Instructed by Becky Rogalski (a.m.) & Laura Gifford (p.m.).

Pump it Up!

Wednesdays, 5:00-6:00pm

Pump it Up is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training to their work-out routine. All major muscle groups are "attacked" in each class. The simplicity of this class makes Pump it Up a great starting point to develop strength and confidence. Instructed by Renee Broadhead.

Shake it up!

Wednesdays, 6:00-5:45pm (begins Mar. 7)

High energy, calorie burning class with a mixture of high and low impact cardio moves with up-beat music. Designed to get your heart pumping! Instructed by Renee Broadhead.

R.I.P.P.E.D

Mondays, 5:00-5:50pm

The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format. Instructed by Laura Gifford.

Cardio Kickboxing

Wednesdays, 7:00-8:00pm

This class will challenge and stimulate your mind and body. An interval training based workout where you will learn to kick and punch effectively while developing flexibility, build muscle, and increase stamina. Instructed by John Falenschek of DoJo Karate.

Fitness Martial Arts

Mondays, 6:30-7:30pm

Brazilian Jiu Jitsu, Judo, Self Defense, Greco-Roman Wrestling: all 4 arts optimized to give you the best workout and the most fun while toning, increasing strength, increasing endurance and feeling great! This is a total body toning workout that will help you become a stronger, safer and more self-confident person. Max Class Size: 8 people. Min. age: 14 years. Call Nate: (612) 270-7908

Equipment Orientation

Tuesdays, 7:00-8:00pm

Wednesdays, 7:00-8:00pm

Fridays, 10:30-11:30am

Certified Personal Trainers help you learn how to properly use the fitness equipment. FREE for MCC members! Daily pass rates apply to non-members.

SilverSneakers

SilverSneakers group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. Our signature classes are designed specifically for older adults and taught by specially trained, certified instructors. You are sure to find a class that suits your need and abilities.

Silver Sneakers MSROM Classes

Tuesdays, 3:00-4:00pm

Thursdays, 11:00-12:00pm (beginning 3/1)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. FREE for SilverSneakers members. Non-SilverSneakers members welcome: \$3 per class.

YogaStretch (Gentle Yoga)

Tuesdays, 11:00am-12:00pm

Fridays, 10:15-11:15am

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Ucare Senior Fitness Classes

Mon., Wed., Fri., 1:00-2:00pm

Mondays & Fridays, 7:30-8:30am (begins Jan.9)
Exercise in a fun group setting. Techniques designed for older adults includes balance, strength training & cardio conditioning. Instructed by Donna Finnell. Try your first class FREE! Non-UCare: \$3 per class. Ucare members: FREE.

Waterworks

Monday, Wednesday, Friday, 9:00-10:00am

OR Monday & Thursday, 6:30pm-7:30pm

Aqua Zumba on Wednesdays.

A water aerobic class for beginner to intermediate exercisers. Get fit without adding stress to your joints! Great pre-natal and post-surgery exercise! Instructed by Donna Finnell & Brenda Jensen. Drop-ins welcome!

Aqua Zumba

Wednesdays, 9:00-10:00am

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief!

Program dates/times are subject to change.