

INVER GROVE HEIGHTS

Parks & Recreation

Winter/Spring
2026

Super fun
special events
and programs
coming soon!

SEE DETAILS
INSIDE!



Winter/Spring

December 2025–April 2026

- Park and Rec Program Registration** 3
- Sponsor Ship Opportunities** 3
- Veterans Memorial Community Center**
- Building and Holiday Hours 4
- VMCC Membership 5
- Admission Rates 6
- Childcare Center 6
- Community Center Facility Rental 7
- Pool Birthday Parties 15
- Job Opportunities 20, 30, 48
- Fitness**
- Fitness Center 8
- Youth and Teen Fitness Classes 8
- Group Fitness Drop-In Classes 9
- Specialty Fitness Classes 10–12
- Personal Training 13
- Meet our New Personal Trainers 14
- Safety — Basic First Aid/CPR Class** 14
- Aquatics**
- Indoor Pools Information 16–17
- Open Swim General Schedule 18
- No-School Days Pools Hours 18–19
- Lifeguarding Certification Class 20
- Aquatics Job Openings 20
- Aquatics Special Events 20
- Swimming Lessons 21–26
- Pre-Swim Team 22
- Adult Beginner Swim Instruction 37
- Ice Skating**
- Open Skate 27
- Outdoor Ice Rinks 45
- Preschool Sports and Programs** 28–29
- Youth**
- Fitness Classes 8
- Kids R.O.C.K. Recreation Summer Camp 30
- Sports, Leagues, Dance 31–34
- No School Days Field Trip and Camps 35
- Adaptive Recreation 36
- Adult and Active Adults 55+**
- Sports and Leagues 36–37
- The Scoop (Programs, Clubs, Fitness, Trips, Calendar) 38–43
- Healthy Living Fair 39
- Community Gardens Rental 47
- Parks, Facilities**
- Winter Activities 44
- Outdoor Ice Rinks and Sledding 45
- Park Shelter Rental and Reservations 45
- Parks and Facilities Guide, Park Projects .. 46–47
- Special Events**
- Holidays in the Heights (December 5–13) 49
- Noon Year’s Eve (December 31) 52
- South Valley Park Fun Day (January 10) 45
- Princess Dance (February 6) 35
- Craft Fair (March 7) 50
- SPARC Open Skate (March 13) 31
- Spring Egg Hunts (March 27–29) 51
- Healthy Living Fair (April 15) 39
- World Tai Chi Day (April 25) 10
- Kids Garage Sale (April 25) 50



Festive Winter & Spring FUN!

There’s no shortage of ways to stay active and have fun this winter! Glide across one of our outdoor ice rinks, zoom down the hill at South Valley Park, or warm up indoors at the Veterans Memorial Community Center (VMCC). For all the details on outdoor winter fun, see **pages 44-45**.

Celebrate the season with our Holidays in the Heights events! Your favorites are back, including Skate with Santa, Holiday Cookies and Canvas, and Letters to Santa. All the holiday festivities are on **page 49**.

We’re thinking warm thoughts as we look ahead to the completion of the new inclusive playground and splash pad at Heritage Village Park. Join us for the grand opening celebration on Wednesday, June 17, and get ready to make new memories!

Whatever the weather brings, we’re here to keep you active, engaged, and connected all season long.

— Your IGH Parks & Recreation Team



Community Special Events — See pages 49–52 for details.

DIRECTORY

Guest Services	651-450-2480
Parks & Recreation Office	651-450-2586
Advertising/Marketing	651-554-3425
Aquatics	
Birthday Parties	651-554-3427
Swim Lessons	651-554-3423
Fitness Center	651-554-3420
Ice/Turf/Gym Rental	651-554-3442
VMCC Community Rooms	651-450-2480
Weather Line	651-450-2595

REGISTER FOR PROGRAMS AND EVENTS

Visit ighmn.gov/Register or call 651-450-2480.

CONNECT WITH US!



@IGHParks @IGHParks @IGHparksrec

Get updates on upcoming programs, events, local happenings and more!

REQUEST AN ACCOMMODATION The City of Inver Grove Heights is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact the Parks & Recreation Office at 651-450-2480. Sponsorships are available for special accommodations with qualifying need.

**PARKS AND RECREATION PROGRAM
REGISTRATION OPENS
Thursday, November 20 at noon**

**4 Ways to Register for IGH
Parks and Recreation Programs**

We have four ways you can register for all our fun IGH Parks and Recreation programs.

1 Online: Visit ighmn.gov/Register and click on the gold **Sign In/Up** button and it will walk you through the simple registration process.

2 Scan the QR code with your smart phone and it will jump to our registration page.



3 Call: 651-450-2480

4 Stop by the VMCC Guest Services Desk and visit with our staff!

If you have any questions, please contact us at parksandrecreation@ighmn.gov or call 651-450-2480.

Starting January 1, 2026, customers will be responsible for paying credit card processing fees. To avoid this fee, you can pay with cash or check at the community center. Members with monthly billing can also set up direct deposit.

WHEN DO I REGISTER?

**Winter & Spring programs »
in NOVEMBER**

Summer programs » in MARCH

Fall programs » in AUGUST

Activity Refund & Cancellation Guidelines

Contact the Parks and Recreation Department at 651-450-2586 to cancel a registration or transfer to another class or program.

CANCELLATION POLICY:

- If you cancel at least seven days before the registration deadline, you'll get a refund minus a \$5 cancellation fee (per program, per person). Credit card processing fees are non-refundable.
- If you cancel within seven days of the registration deadline, you will not be eligible for a refund.

We reserve the right to cancel or change a program due to low enrollment. If we cancel a program, we'll offer you an alternate program (if available) or a full refund.

PARK & RECREATION HIGHLIGHTS

SPECIAL EVENTS!

Holidays in the Heights » page 49

**Noon Year's Eve Party!
Wednesday, December 31 » back cover**

**South Valley Park Fun Day
Saturday, January 10 » page 45**

**Princess Dance
Friday, February 6 » page 35**

Craft Fair · Saturday, March 7 » page 50

SPARC Open Skate · Friday, March 13 » page 31

Spring Egg Hunts · March 27, 28 & 29 » page 51

Kids Garage Sale · Saturday, April 25 » page 50

NO-SCHOOL-DAYS ACTIVITIES!

See pages 18-19 for extra pool hours
page 35 for a winter break field trips
and spring break camps

SPONSORSHIP OPPORTUNITIES

Enriching the Inver Grove Heights Community

**Interested in sponsoring
an IGH Parks and
Recreation event?**

Sponsoring an event or program hosted by Inver Grove Heights Parks and Recreation allows your business to connect with the city's residents in a unique and beneficial way.

Please contact Rachel Longfellow at rlongfellow@ighmn.gov or 651-450-2583 to discuss how we can build a stronger community — together!



Breakfast with Santa



Princess Dance



Healthy Living Fair

**Creating more FUN
for ALL with your help!**

Veterans Memorial Community Center

Your local center for many fitness and recreation amenities at an affordable price!



The Veterans Memorial Community Center (VMCC) is in the heart of Inver Grove Heights, offering a **place for fun, fitness and families!** Everyone is welcome! We have something for everyone, no matter your age or ability. We offer **daily admission** fees, as well as **memberships** (see pages 5–6). Learn more about facility schedules by visiting ighmn.gov/CommunityCenter.

VMCC Amenities

The Fitness Center

- Free weights, strength, and cardio equipment
- Indoor walking/running track
- Fitness studio and TRX® room
- Over 45+ drop-in fitness classes per week
- Locker rooms (men's, women's, family)
- Men's and women's sauna

National Guard Gymnasium

- Pickleball, basketball courts, volleyball

Childcare

 (ages 6 months to 11 years)

The Aquatic Center

- Indoor water park
- 8-lane lap pool
- Dive well with 1- and 3-meter diving boards
- Hot tub

Ice Arenas

- Two ice arenas — one year-round, the other seasonal (October–early March)
- Indoor turf field (late March–September)

Parks and Recreation offers a variety of recreation programs, such as swim lessons, day camps, adult leagues and more!

VMCC BUILDING HOURS

through May 24, 2026

Monday–Friday: 5 a.m.–9 p.m.

Saturday & Sunday: 7 a.m.–7 p.m.

VMCC HOLIDAY BUILDING HOURS

Christmas Eve • Wednesday, December 24 • 7 a.m.–noon

Christmas Day • Thursday, December 25 • CLOSED

New Year's Eve • Wednesday, December 31 • 5 a.m.–5 p.m.

New Year's Day • Thursday, January 1 • 9 a.m.–1 p.m.

Easter • Sunday, April 5 • CLOSED

Memorial Day • Monday, May 25 • CLOSED

When the VMCC building is closed, the aquatic facilities are also closed.

Building and facility hours are subject to change without notice.



Scan the code to view hours for pools, fitness center, ice arenas, gymnasium, and pickleball or visit ighmn.gov/CommunityCenter.



VMCC BUILDING RENTALS

SEE PAGE 7





2026 Membership Fees

New memberships require an enrollment application fee (see below)

MEMBERSHIP CATEGORIES	REQUIREMENTS	MONTHLY DUES	ANNUAL DUES	MONTHLY MILITARY DUES*	MONTHLY DISABLED VETERAN DUES [∞]
Student[~]	Ages 13+	\$55	\$561	—	—
Single	Ages 18–59	\$72	\$746	\$62	\$35
Senior	Ages 60 and older	\$58	\$594	\$50	\$35
Dual	Two people living in the same household	\$95	\$963	\$85	\$75
Household	Up to two adults plus up to four dependents, 25 and under, living in the same household	\$108	\$1,104	\$96	\$83

ENROLLMENT FEE: \$55 resident, \$75 non-resident (waived for students, military, and veterans)

Starting January 1, 2026, customers will be responsible for paying credit card processing fees. To avoid this fee, you can pay with cash or check at the community center. Members with monthly billing can also set up direct deposit.

[~]Student ID required.
^{*}Active duty or retired, proof required. Annual payment not available.
[∞]Proof required. Annual payment not available.

Rates are subject to change, sales tax is included in memberships fees.



Benefits

- Access to all building facilities and amenities, including fitness center, water park and pools, ice arenas and gymnasium during specified hours, visit ighmn.gov/CommunityCenter
- Complimentary fitness orientation
- Access to over 45 free drop-in fitness classes. See [page 9](#) for aqua, cardio, strength and mind and body options for ages 12 and up!
- Discounts on Park & Rec programs (specialty fitness classes, personal training, swim lessons and some special events)
- Free childcare for children included in membership
- Insurance discounts (see right)
- Guest passes
- Free membership for Primary Care Attendants
- Discount for adding a nanny to a membership
- Referral bonus when referring new members or new training clients
- **Youth ages 12 and up can use the fitness center once they complete an orientation**

DISCOUNTED MEMBERSHIP OFFERINGS

Fitness discount programs offered by healthcare insurers:

- AARP[®]
- Blue Cross Blue Shield of MN or ND[®]
- HealthPartners[®]
- Healthways Prime[®]
- Medica[®]
- Preferred One[®]
- Renew Active[®]
- Silver & Fit[®]

These programs are offered through your insurance plan and may allow for a free or discounted membership. Contact your insurance provider to learn about your benefits and see if you qualify. Call 651-450-2480 for details.

Children at the VMCC

- Children 6 months–11 years may use the childcare area while a parent or guardian is using the facility.
- Children under 12 must be always be accompanied by an adult while using the facility.
- Ages 12–17 may use the fitness center and drop-in fitness classes after completing the Teen Fitness Center Orientation (members only).
- Ages 16 and older may use the saunas and hot tubs.
- Open gym, basketball, and pickleball in the National Guard Gymnasium are available for all youth (age requirements may apply depending on the event or activity).
- Please visit the Aquatics section on page 16 for guidelines on children using the aquatics center.

Indoor Walking and Running Track

Our indoor walking/running track is available to all members and daily admission users (18+). Athletic shoes required. The track is 1/16 of a mile long and circles the fitness center. We allow strollers and small children in carriers, as well as those with wheelchairs, to use the track. Children who are members and supervised by an adult may walk or run on the track—as long as they do not disturb our other guests.

Veterans Memorial Community Center

2026 DAILY ADMISSION RATES

Includes open swim, lap swim, fitness center, drop-in fitness classes, walking track, open gym, pickleball, open turf, open skate, stick and puck, open hockey

	Resident	Non-resident
Community Center Member (For membership fees see page 5)	FREE	FREE
Infant (up to 12 months)	FREE	FREE
Single Adult (Ages 12–59)	\$10 person; \$90 10x pass	\$12 person; \$108 10x pass
Youth (Ages 1–11)	\$7 person;	\$9 person;
Veterans (with proof)	\$63	\$81
Seniors (Ages 60 and older)	10x pass	10x pass

Non-member admission for only one open time amenity

Open Basketball, Open Turf, Open Pickleball	\$7 person \$63 10x pass	\$9 person \$81 10x pass
Open Skate, Open Skate Ages 55+ Open Hockey, Stick and Puck	\$7 person \$63 10x pass	\$9 person \$81 10x pass

Rates not included in VMCC membership or daily admission rates

Skate Rental	\$4	\$4
Developmental Skate	\$11 session person; \$99 10x pass	\$11 session person; \$99 10x pass

Rates are subject to change. Sales tax is included for daily admission fees.



Starting January 1, 2026, customers will be responsible for paying credit card processing fees. To avoid this fee, you can pay with cash or check at the VMCC. Members with monthly billing can also set up direct deposit.

Public Locker Rooms We have three public locker rooms: men's, women's, and family. Children ages 12 and under who are not accompanied by an adult should use the family locker room. Taking videos or photos in the locker rooms is strictly prohibited.

Lockers Lockers are available for daily use in each locker room—bring your own lock or purchase one at the desk. Complimentary wallet and cell phone lockers are also available in the fitness hallway.

Towels Towels are available to rent at the guest services desk for a fee (photo ID required).

Childcare Center

Childcare is available for infants and youth six months to 11 years of age for guests and members while they use the VMCC facilities.

Each visit is for 1.5 hours.

Hours of Operation

Monday–Friday: 8:45–11:15 a.m.
Monday–Thursday: 4:30–7:30 p.m.
Saturday: 8:30 a.m.–noon

Cost:

Free for members whose children are included on their membership;
\$6 for non-members



Let us host your next event!

Community Center Facility Rental

Veterans Memorial Community Center is home to a variety of spaces available to rent for a wide variety of events including our newly remodeled community rooms, National Guard Gymnasium, aquatic area and pools, ice arenas and turf.

Weddings and Large Events

Host your next big event with us! The National Guard Gymnasium offers a versatile, blank canvas perfect for your unique décor and vision. It's an ideal space for dances, reunions, concerts, wedding receptions, and other large gatherings.

Meeting Space

Looking for a space for your next meeting, seminar, or local gathering? We have six flexible meeting rooms available for rent, complete with A/V options. Choose from hourly or daily rates (see grid for details).

Parties and Gatherings

Whether it's a child's birthday or a retirement celebration, we've got the perfect room for you. You can bring your own food, drinks, and décor, and enjoy the convenience of our clean-up kitchen. Choose from hourly or daily rates (see grid for details).

Sports/Athletic Rentals

Our National Guard Gymnasium is the perfect place to hold your sports event. The large gymnasium floor can accommodate sports clinics, scrimmages and practices. View the grid for pricing information.

Ice Arena and Turf Rental

We have two ice arenas available for hourly rental. The east rink is open year-round, while the west rink offers ice from October to early March and transforms into indoor turf from late March to September. Visit ighmn.gov/Ice to see the master arena schedule.

Winter Private Water Park Rental Saturdays, 6:15–8:15 p.m.

Enjoy full access of our indoor water park for your group event! This rental includes two hours of exclusive water park time for up to 50 guests on Saturday evenings, 6:15-8:15 p.m. Additional time and larger groups are available for an additional fee. Learn more at ighmn.gov/PoolParty.



2026 Rental Fees (sales tax not included) Damage and late fees may apply.

FACILITY	FEE Resident/Non-resident
Community Room 1 with Kitchen & AV	\$70/\$80 per hour
Community Room 2 with Kitchen & AV	\$70/\$80 per hour
Community Room 3 with AV	\$60/\$70 per hour
Community Room 1 and 2	\$90/\$100 per hour
National Guard Room B, C	\$38/\$48 per hour
National Guard Gymnasium: Athletic Use	\$75/\$85 per hour
National Guard Gymnasium: Special Events	\$120/\$140 per hour
National Guard Gymnasium: Wedding Package	\$1,350/\$1,750 per day
Lap Pool – Entire Pool*	\$100/\$110 per hour
Individual Lane	\$25/30 per hour
Water Park	<i>Minimum of</i> \$320/\$340 <i>two hour rental</i> per hour
Diving Well/Pool	\$100/\$110 per hour
Ice – East and/or West Rinks	email jmuscha@ighmn.gov
Turf – West Rink	Prime: March & April \$95/\$105 per hour Non-prime: May-Sept. \$75/\$85 per hour
Poolside Lobby Room	\$50/\$60 per hour

*Minimum of four hour rental

Visit ighmn.gov/Rentals to learn more and complete a rental application.

Fitness Center



Our state-of-the-art fitness center has what you need to get in shape and stay active all year. To view a complete list of our equipment, classes and amenities, and to register for programs or an orientation, go to ighmn.gov/Fitness or scan the QR code.

Winter Fitness Attendant Hours

Fitness attendants are available to answer your questions and keep the fitness floor clean and safe.

Hours are subject to change.

- **Monday–Thursday:** 7 a.m.–8 p.m.
- **Friday:** 7 a.m.–5 p.m.
- **Saturday–Sunday:** 7 a.m.–noon



Initial Fitness Center Orientation

Let us help you maximize your membership benefits!

Spend 30–50 minutes learning about any of the following:

- How to use and set up your cardio and strength machines
- Specialty classes that fit your workout goals
- Drop-in fitness schedules and how to reserve your spot.
- How to use AudioFetch app to listen to the TV's

Fee: Free for new members, \$35 for 10 time pass holders

Teen Fitness Center Orientation

Ages 12–17 (members only)

VMCC members ages 12–17 can use the fitness center once they complete an orientation with our fitness staff.

- Learn gym etiquette and proper form
- VMCC members ages 12–14 must wear their green wristband while using the fitness center

Youth & Teen Fitness

Zumba® Kids Ages 5–10

This class features kid-friendly routines based on original Zumba® choreography as well as games and activities. The games, dances and activities include an exploration of cultural elements into the class structure. This fun class helps children develop a healthy lifestyle by incorporating fitness into their daily routine.



Days: Thursdays (8 | 50 minute sessions)

Time: 5:30–6:20 p.m. **Location:** VMCC, TRX® room

Fee: \$50 member, \$90 non-member

Session 1: January 8–February 26 **Code:** FP-W172

Session 2: March 5–April 23 **Code:** FP-W173

Youth Instafit Ages 7–11

Increase balance, endurance, speed, agility and strength. Class combines cardio, resistance, and core exercises using balls, bands, BOSU®, and light dumbbells.

Days: Mondays (8 | 50 minute sessions)

Time: 5:30–6:20 p.m. **Location:** VMCC, TRX® room

Fee: \$50 member, \$90 non-member

Session 1: January 5–February 23 **Code:** FP-W160

Session 2: March 2–April 20 **Code:** FP-W161

Kids Yoga Ages 5–11

In this fun and positive environment, kids will explore breathing techniques, guided meditation, and yoga-inspired creative activities. They'll practice yoga poses that support strength, posture, and balance, while also learning tools to reduce stress and anxiety. This class encourages mindfulness, creativity, and confidence—helping kids feel calm, centered, and energized.

Days: Wednesdays

Dates: January 7–February 25 (8 | 50 minute sessions)

Time: 5:30–6:20 p.m. **Location:** VMCC, TRX® room

Fee: \$50 member, \$90 non-member **Code:** FP-W140

Teen Strength Ages 12–16

This class will focus on activities for your teen to increase muscular strength and endurance, core and balance. Teens will learn about how muscle groups work together and how to design and track their own workouts.

Dates: Wednesdays (8 | 50 minute sessions)

Time: 4:30–5:20 p.m. **Location:** VMCC, TRX® room

Fee: \$50 member, \$90 non-member

Session 1: January 7–February 25 **Code:** FP-W200

Session 2: March 4–April 22 **Code:** FP-W201

Group Fitness Classes

The VMCC fitness center offers 45+ weekly drop-in group classes for all fitness levels. View class schedule and make a reservation at: ighmn.gov/GroupFitness

- Drop-in classes are included with a membership or daily admission. See [pages 5 and 6](#).
- Classes open to ages 12 and older.
- Space is limited; reservations are recommended.
- Silver Sneakers® Classic and Yoga are held in the National Guard Gymnasium



Watch for our special holiday drop-in schedule for December 24, 31 and January 1!

CARDIOVASCULAR CLASSES	DESCRIPTION	
Cardio Sculpt	Full body workout with intervals of cardio and strength	HI
Cycle	Climb hills, sprint and do intervals on a stationary bike to music	HI
Drum Core	Unleash your inner beat! Strengthen your core, improve your leg endurance and tone your arms in this fun class	JF
HIIT (High Intensity Interval Training)	High intensity cardio and strength interval training	HI
STEP	Moderate to high impact face-paced step class	HI
STRONG Nation®	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music	HI
Zumba®	High-energy dance workouts that combine Latin and international music	

MIND & BODY CLASSES	DESCRIPTION	
Pilates	A primary mat/floor based workout to improve core muscles, flexibility and posture	
Silver Sneakers® Yoga	Simple and safe yoga exercises performed standing or with a chair	
Tai Chi	Practice Tai Chi for Fall Prevention, Diabetes and Sun 73	JF
Yoga Fitness I	This yoga class includes basic Vinyasa flows with more time to move in and out of poses and more time spent on flexibility and range of motion	JF
Yoga Fitness II	Vinyasa flow class to challenge your core, strength and balance, experience in Yoga Fitness I helpful	
Yoga Fusion	A flowing combination of pilates and yoga. Prior yoga experience helpful.	

HI High Intensity Classes JF Joint Friendly Classes

AQUATIC FITNESS CLASSES	DESCRIPTION	
Aqua Exercise	Low-impact cardio workout in three to seven feet of water	JF
Aqua Zumba®	Low-impact Zumba® themed cardio workout in three to five feet of water	JF
Deep Water Exercise	No-impact water workout in 10–13 feet of water with floatation belt	JF
Joints in the Pool	Gentle range of motion exercises in three feet of water	JF
Silver Splash®	Low-impact water workout for strength and range of motion in three to five feet of water	JF

STRENGTH CLASSES	DESCRIPTION
Barre Fusion	Sculpt arms, legs, glutes and abs using pilates and ballet barre methods
Muscle Mix	Resistance training using bands, balls, weights and barbells
Body Blast	Full body strength workout using barbells timed to music
Sculpt & Stretch	This is a total body toning class using various equipment while incorporating overall focus on improved mobility. Must be able to get down and up off the floor.
Silver Sneakers® Classic	Cardio and strength exercise using bands, balls and weights with chair support

MARCH MADNESS CHECK-IN CHALLENGE

Accept the challenge to check into the VMCC and utilize the amenities 20 times during March.

All participants who complete the challenge will earn an IGH Parks & Recreation water bottle!

If you check in at least four times in a week, you will be entered into a weekly raffle for a chance to win a fun prize!

Code: FP-W150 Fee: Free for members \$15 for non-members

Register by: February 23



Specialty Fitness Classes

For class dates, times or to register, go to ighmn.gov/Fitness or call 651-450-2480.

Open to ages 18 and older unless otherwise stated.

Level up your training with our specialty classes led by certified personal trainers which are designed to challenge, strengthen and inspire.

Winter Session 1 begins January 5 • Winter Session 2 begins March 2

Registration Deadline: One week prior to class start date unless noted.

Classes are subject to change based on staff availability and participant registration.



Notice of Fee Adjustment: Beginning November 20 there will be a fee increase for our fitness specialty programs. This adjustment is necessary to help us maintain the quality of our offerings and to fairly support the exceptional staff who lead them. Thank you for your continued participation and support.

New! Women & Weights

Discover your strength in a supportive and empowering environment! This progressive weightlifting class is led by a certified personal trainer and designed for women of all fitness levels. This class will introduce you to a variety of equipment, including free weights, kettlebells, cable machines, squat racks, and select weight machines. Each week you'll learn proper lifting techniques, build confidence on the weightroom floor, and challenge yourself at a motivating pace.

Days: Monday & Wednesdays

Time: 3:30–4:20 p.m. (16 | 50 min. sess.)

Location: VMCC, Fitness Center

Fee: \$150 member, \$190 non-member

Session 1: January 5–February 25

Code: FP-WLB1

Session 2: March 2–April 22

Code: FP-WLB2



JOIN US FOR

World Tai Chi Day

Saturday, April 25

9:30–11 a.m.

VMCC, Community Room 3

Strength Training Circuit

Build strength and confidence as you follow a workout routine written and led by a certified personal trainer. You'll get guidance on proper form while using machines and free weights to improve muscle tone, boost metabolism, and reduce injury risk.

Days: Mondays & Wednesdays

(16 | 50 minute sessions)

Location: VMCC, Fitness Studio

Fee: \$100 member, \$160 non-member

Session 1A: January 5–February 25

Time: 10:10–11 a.m. **Code:** FP-W131

Session 1B: January 5–February 25

Time: 11:10 a.m.–noon **Code:** FP-W132

Session 2A: March 2–April 22

Time: 10:10–11 a.m. **Code:** FP-W133

Session 2B: March 2–April 22

Time: 11:10 a.m.–noon **Code:** FP-W134



Back to Balance

This class helps you improve your gait, posture, and ability to move from sitting to standing with ease. In a supportive atmosphere, you'll build balance, coordination, and confidence to stay active, reduce pain, and lower your risk of falls. Walkers and canes are welcome!

Days: Tuesdays & Thursdays

Time: 11:15 a.m.–12:05 p.m.

Location: VMCC, Fitness Studio

Fee: \$100 member, \$160 non-member

(16 | 50 minute sessions)

Session 1: January 6–February 26

Code: FP-W120

Session 2: March 3–April 23

Code: FP-W122

Functional Training

This multicomponent workout emphasizes full-body movements that reflect everyday activities, designed to improve coordination, motor control, and functional strength. Through dynamic exercises, you'll build balance, stability, and mobility—key components for confident movement in daily life.

Participants must be able to move independently without assistance.

Days: Wednesdays

(8 | 50 minute sessions)

Time: 10:10–11 a.m.

Location: VMCC, TRX® room

Fee: \$70 member, \$100 non-member

Session 1: January 7–February 25

Code: FP-W125

Session 2: March 4–April 22

Code: FP-W126

Food & Fitness

Learn simple nutrition strategies and pair them with fun, low-impact workouts in this supportive class. Each week, your coach will guide you through practical nutrition lessons and exercises designed to help you build healthy habits, boost energy, and feel your best.

(8 | 50 minute sessions)

Location: VMCC, TRX® room

Fee: \$70 member, \$100 non-member

Session 1:

Thursdays, January 8–February 26

Time: 10–10:50 a.m. **Code:** FP-W250

Session 2:

Thursdays, March 5–April 23

Time: 10–10:50 a.m. **Code:** FP-W251





Yin Yoga

Strengthen and lengthen each area of the body utilizing props. Each student will receive a personalized pose prescription to improve alignment deficiencies. Participants must be able to kneel, sit and lie on the mat. Mats and props provided.

Location: VMCC, TRX® room (8 | 50 minute classes) · **Fee:** \$70 member, \$100 non-mem.

Session 1A: Tuesdays, Jan. 6–Feb. 24	Time: 11:10 a.m.–noon	Code: FP-W190
Session 1B: Wednesdays, Jan. 7–Feb. 25	Time: 6:30–7:20 p.m.	Code: FP-W191
Session 2A: Tuesdays, March 3–April 21	Time: 11:10 a.m.–noon	Code: FP-W192
Session 2B: Wednesdays, March 4–April 22	Time: 6:30–7:20 p.m.	Code: FP-W193

Meditation & Sound Healing

Immerse yourself in a deeply restorative experience that blends guided meditation with the healing vibrations of sound. This class invites you to slow down, breathe deeply, and reconnect with your inner calm through mindfulness techniques and the soothing resonance of singing bowls.



Days: Mondays (8 | 50 minute sessions)
Time: Noon–12:50 p.m.
Location: VMCC, Fitness Studio
Fee: \$70 member, \$100 non-member

Session 1: Jan. 5–Feb. 23	Code: FP-W300
Session 2: March 2–April 20	Code: FP-W301

Spring Equinox Yoga Event

Sunday, March 22, 5 p.m., Ages 12 and up

Celebrate the turning of the season with a practice designed to awaken energy and support renewal. This class will focus on cleansing twists, heart-opening backbends, breathwork, and mindful movement to build internal heat. Together, we will honor balance and welcome the season of growth, expansion, and new beginnings.

Location: Fitness Studio **Fee:** Free for members; \$10 non-member
Code: FP-SPEQ26

Tai Chi for Fall Prevention



Learn the flowing, ancient art of Tai Chi. Practicing Tai Chi will increase balance, leg strength and coordination while imposing minimal impact on the joints. Options available for those that need to remain seated.

Days: Fridays (8 | 50 minute sessions)

Time: 11–11:50 a.m. **Location:** VMCC, TRX® room
Fee: \$70 member, \$100 non-member

Session 1 — Learn Part 1

For those new to Tai Chi or want to review Part 1
Dates: January 9–February 27 **Code:** FP-W180

Session 2 — Learn Part 2

For new participants who have taken Part 1 or those who would like to review Part 2
Dates: March 6–April 24 **Code:** FP-W181

Tai Chi for Diabetes

The Tai Chi for Diabetes program is based on Sun and Yang style Tai Chi. It can positively influence the regulation of blood glucose, reduce stress, improve heart/lung function, muscular strength, flexibility and balance. It is an easy to learn form and suitable for people with no prior knowledge of Tai Chi.

Dates: Fridays, January 9–February 27

Time: 10–10:50 a.m. (8 | 50 minute sessions)

Location: VMCC, TRX® room **Code:** FP-W182
Fee: \$70 member, \$100 non-member

New! Tai Chi: Yang-Style

Yang-style Tai Chi is one of the five primary families of Tai Chi and is the most popular style practiced worldwide. Known for its large, graceful movements, it emphasizes relaxation and health benefits, making it accessible to participants of all ages.

Dates: Wednesdays, February 4–March 25

Time: 12:15 p.m. (8 | 50 minute sessions)

Location: VMCC, TRX® room **Code:** FP-W183
Fee: \$70 member, \$100 non-member

INVER GROVE HEIGHTS PARKS & RECREATION

Healthy Living FAIR

Wednesday, April 15 · 10 a.m.–1 p.m.
VMCC, NATIONAL GUARD GYMNASIUM

Free!

SAVE THE DATE!

Attend free fitness classes, presentations, and visit vendor booths with information on adult health and wellness. Learn more at ighmn.gov/Events.

Specialty Fitness Classes *continued*



Muscle Train

Work with a personal trainer to improve your performance and balance. A variety of equipment including kettlebells and TRX® cables will be used.

(16 | 50 minute sessions)

Fee: \$100 member
\$160 non-member

Location: VMCC, TRX® room
Days: Tuesdays & Thursdays
Time: 7–7:50 a.m.

Session 1: January 6–February 26
Code: FP-WV16

Session 2: March 3–April 23
Code: FP-WX16

Boot Camp

Train with purpose, move with power. This functional boot camp challenges you with purposeful, high-energy workouts designed to make you stronger, faster, and more capable in everyday life.

Days: Mon. & Wed. **Time:** 9–9:50 a.m.

Location: VMCC, TRX® room

(16 | 50 minute sessions)

Fee: \$100 member, \$160 non-member

Session 1: January 5–February 25

Code: FP-WT16

Session 2: March 2–April 22

Code: FP-WU16

Cardio Train

Burn mega calories while improving your cardiovascular endurance. A variety of equipment is used.

Day: Fridays **Time:** 9–9:50 a.m.

Location: VMCC, TRX® room

(8 | 50 minute sessions)

Fee: \$70 member
\$100 non-member

Session 1: January 9–February 27

Code: FP-WW8

Session 2: March 6–April 24

Code: FP-WY8



Metabolic Conditioning Circuit

Ignite your metabolism and build total-body strength in this high-intensity circuit training class. Combining resistance training with bursts of cardio, this class is designed to boost your heart rate, torch calories, and improve muscular endurance.

Day: Wednesdays
(8 | 50 minutes sessions)

Time: Noon–12:50 p.m.

Location: VMCC, TRX® room

Fees: \$70 member
\$100 non-member

Session 1: January 7–February 25

Code: FP-WMET1

Session 2: March 4–April 22

Code: FP-WMET2

Early Morning Variety Pack **Monday · Wednesday · Friday**

Build strength, boost endurance, and improve cardiovascular fitness your way. Choose your ideal 2–3 day schedule with this dynamic, trainer-led program that rotates between strength, pool endurance, and cardio-focused workouts.

MONDAYS

Focus on muscle and strength work

WEDNESDAYS

You'll work in the pool improving your speed and endurance

FRIDAYS

Work on your cardiovascular fitness level

Time: 5:15–6:05 a.m.

Location: VMCC, TRX® and Lap Pool

Register for 16 OR 24 sessions

16 SESSIONS (attend two days a week)

Fee: \$100 member, \$160 non-member

24 SESSIONS (attend three days a week)

Fee: \$150 member, \$240 non-member

Session 1: January 5–February 27

16 sessions code: FP-WS16

24 sessions code: FP-WS24

Session 2: March 2–April 24

16 sessions code: FP-WN16

24 sessions code: FP-WN24

Personal Training

Looking to make healthier choices and take your fitness to the next level? Our personal trainers create customized programs tailored to your goals and guide you every step of the way.



A Trainer Can...

- Design a personalized fitness program
- Provide assistance and motivation
- Help you meet your fitness goals
- Help you fit exercise into your busy schedule
- Create time-efficient workouts
- Teach you proper form and cue movements
- Provide assisted stretching
- Provide wellness coaching and nutrition education
- Support injury rehabilitation



Personal Training Rates (per session)

SESSIONS/ TIME	MEMBER	NON- MEMBER
30 minutes		
Two sessions	\$40	\$50
Five sessions	\$40	\$50
Ten sessions	\$35	\$45
20 sessions	\$30	\$40
60 minutes		
Two sessions	\$70	\$80
Five sessions	\$65	\$75
Ten sessions	\$60	\$70
15 sessions	\$55	\$65
20 sessions	\$50	\$60



Purchase two, 60-minute sessions and save \$15 per session!

Two session package:
\$110 member
\$130 non-member

Personal Training Orientation

The first step in your fitness journey. This orientation session is meant to understand your body's strengths and limitations and set up a plan to honor your goals. This will be your initial one on one session with a personal trainer.

During this 30-minute assessment:

- Learn what exercises may be most effective and how to implement them into your life to reach your goals.
- Discuss next steps in reaching your goals.
- Gain expert guidance on advancing your workouts, adding variety, and maintaining long-term progress.

Contact us at 651-554-3426 or email kbrown@ighmn.gov to set up an appointment.

Fee: \$40 member, \$50 non-member Code: FP-PTO26

Personal Posture Analysis

This 60-minute session with a certified personal trainer, will assess your muscle strength, flexibility, balance, movement, and posture to find any imbalances or issues. The trainer will use the results to create a custom personal training program to correct these imbalances and improve your muscle function for a pain-free life.



Note: Personal training is not included in the assessment cost; training sessions must be purchased separately.

Fee: \$60 member, \$70 non-member Code: FP-PPA26

Shape up for Spring!

SAVE BIG! MAY 1-15 Personal Training Packages Sale

5% off packages of five or more sessions.

Scan to purchase:

Discount automatically applies at checkout

For an appointment call 651-554-3426 or email kbrown@ighmn.gov

ighmn.gov/PersonalTraining

Meet our New Personal Trainers

Dana Amundson



As a certified personal trainer, Dana is passionate about helping people build strength, confidence, and a healthy

relationship with movement. Her mission is to create an inclusive, empowering fitness space where every individual feels seen, supported, and strong—regardless of background, body type, or experience level.

Dana's passion for fitness began with her own weight loss journey, where she experienced firsthand the transformative power of movement—not just physically, but mentally and emotionally. She knows what it's like to start from scratch, and is here to walk alongside you with empathy, encouragement, and expertise.

Nik Bailey



Nik has extensive experience in both sports and sports-related injuries. Having grown up playing soccer and running

track, he understands the importance of proper body maintenance for peak performance and injury prevention.

With his sports background and passion for movement, Nik is committed to helping others train effectively, stay injury-free, and perform at their best.

Bobbie Drew



Bobbie knows firsthand how transformative fitness can be—because she's lived it! Her own weight loss journey after having her

first child sparked a lifelong passion for health and wellness. She learned the power of balanced nutrition, consistent movement, and a mindset focused on longevity.

As a group fitness instructor and personal trainer, Bobbie's mission is to help you unlock your inner strength, break through barriers, and feel truly unstoppable.



View all trainers at ighmn.gov/PersonalTraining, contact kbrown@ighmn.gov or call 651-554-3426.



Adult & Pediatric First Aid/ CPR/AED Class



This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2–4 hours to complete the online portion. Upon successful completion of this course you will receive a digital certificate for adult and pediatric first aid/CPR/AED valid for two years.

Date: Saturday, March 7

Time: 9 a.m.–1 p.m.

Fee: \$110 member, \$130 non-member

Code: CPRFA-MAR26

Register by: Friday, February 27

Book a fun and splashy pool party!

PARTY AT THE WATER PARK!

Our party rooms are great for birthdays and other celebrations.

Book your party online today at ighmn.gov/BirthdayParties!

Rental Includes:

- 90 minutes in private birthday party room
- Water park admission (**during** and **after** party room time)
- Basic white plates, cups, napkins, and utensils
- Birthday party host to assist with set up, greeting, and clean up

POOL PARTY FEES	RESIDENT	NON-RESIDENT
Up to 20 people	\$285	\$300
21–30 people	\$380	\$405

THINGS TO KNOW:

- You're welcome to bring food, cake, and non-alcoholic beverages
- Book your party at least two weeks in advance
- Everyone entering the pool area needs a wristband



Scan the QR code to view availability and book your party online.

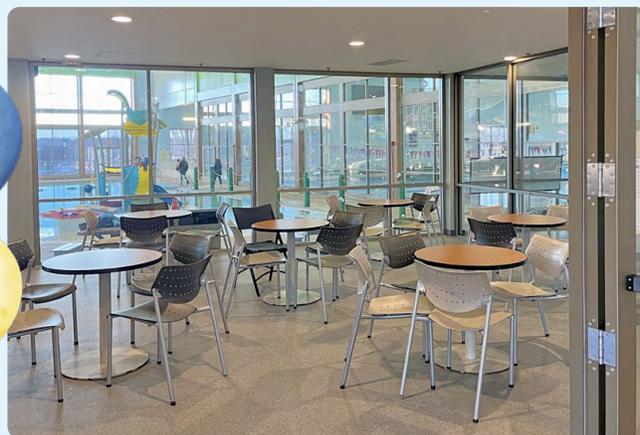


Party Rooms



On Deck Birthday Party Room

- 20 guests, 180 square feet
- Includes two picnic tables
- Direct access to the water park pool deck



Poolside Lobby Birthday Party Room

- 30 guests, 640 square feet
- Includes several tables and chairs

This room does not have direct pool deck access. Guests must dry off before entering the room.

Visit ighmn.gov/BirthdayParties to learn more and book your party online today!



AQUATICS

All you need to know about our aquatic center at the VMCC!

Please visit: ighmn.gov/Pools for current aquatic facility schedules and activity information.

Water Park

Our water park has a zero-depth entry, making it fun for everyone! Enjoy a large play structure with splash features, two small slides, a Hydro Helix, a play table, and two big water slides (you must be at least 43 inches tall, 6 years old, and have a yellow wristband to use the big slides). The water park is open during open swim hours. You can find the open swim schedule on [pages 18–19](#) or on our website at ighmn.gov/OpenSwim.

Hot Tub

We have a hot tub available for guests aged 16 and older. You can find it in the water park near the two large water slides. For your health and safety, we recommend limiting your time in the hot tub to no more than 30 minutes. Please shower prior to using the hot tub.

Dive Well

The dive well features two one-metered boards and one three-meter board. Diving boards are available during open swim hours. **Dive well cannot be used during non-lifeguarded hours.** Youth ages 6–11 wishing to use the diving boards, must have obtained a green wristband per our wristband policy. (Please see our wristband policy on [page 17](#) or on our website at ighmn.gov/Pools.)

Simley High School Swim Teams

The City of Inver Grove Heights is a proud community partner with ISD 199. The VMCC pool is home to the Simley boys and girls swim teams. We welcome and support our high school swimmers at our pool for their practices and meets!

The lap and dive pools will be closed for swim team use from 3–8:30 p.m. on the following days:

Thursday, December 11	Thursday, January 22
Thursday, December 18	Thursday, January 29
Thursday, January 8	Tuesday, February 10

Lap Pool

Our lap pool features 8 lanes and measures 25 yards in length. We offer a variety of activities, including swimming lessons, lap swimming, and fitness classes. Guest ages 18+ can swim laps during non-lifeguarded hours. Children ages 12–17 can swim laps during non-lifeguarded hours after passing an advanced swim test; see below for details. Individual lanes can be rented by the hour; for more information, email aquatics@ighmn.gov.

Lap swimming means circle swimming with up to three people per lane. We recommend that swimmers be able to swim at least 200 yards without stopping for a more enjoyable experience.

Fitness swimming and practicing swimming skills are allowed during lap swimming hours; if possible, fitness swimmers should use lanes 5-8 (by the stairs) and swim in the same direction as lap swimmers to ensure everyone has enough space.

Children ages 12–17 using the pool during non-lifeguarded hours

Children ages 12–17 who want to use the lap pool for lap or fitness swimming during non-lifeguarded hours must first pass an advanced swim test.

How it works:

1. Parent/guardian: scan the QR code to complete the waiver or visit ighmn.gov/Pools to find it online.
2. Aquatics staff will contact you to schedule the swim test.
3. Once the child passes, they'll receive a swim approval card, which must be carried while on the pool deck.
4. Parent/guardian must remain on the pool deck to supervise the child at all times while they swim.

Questions? Email the aquatics department at aquatics@ighmn.gov



COMMON SWIMMING QUESTIONS

Can I bring a life jacket or puddle jumper? Yes, but it must be US COAST GUARD–approved. To verify, please look at the label on the life jacket/puddle jumper or ask an aquatics manager for assistance.

Do you provide life jackets or puddle jumpers? No.

Can I bring pool floats/noodles or toys into the aquatic facility? For safety reasons, only US Coast Guard–approved life jackets and puddle jumpers are permitted. Other floatation devices such as pool noodles are not allowed because they can increase the risk of drowning. Please do not bring any “throwing” toys, such as footballs.

How do I get my wristband? We test once an hour during the safety breaks or if time permits. Please see the aquatics manager for assistance.



Can goggles be worn? Goggles that have a full face mask and/or cover your nose are not allowed. Goggles are not allowed on the water slides or diving boards.

What temperature is the lap pool? April-July, the lap pool is 84°. August-March, the lap pool is 81° for the swim team season. We recommend swim shirts for the little ones.

Can I bring food or beverages? Yes as long as they are not stored in glass and are non-alcoholic.

I forgot my swimsuit, can I wear a t-shirt and shorts? No. For safety reasons swimsuit attire is required.

Swimwear Guidelines

All swimmers must wear proper swimwear made for the pool. Clothing with metal parts (like buttons, rivets, zippers, or snaps), thongs, or see-through material is not allowed. Regular clothes with loose or extra fabric can't be worn in the water. Swim diapers are required for anyone who needs them. Staff may ask guests to change if swimwear isn't appropriate.

If you have additional questions, please call Guest Services at 651-450-2480.

Group Reservations

A reservation must be made at least one week in advance for groups of 20 or more to receive discounted rates during open swim.

Visit ighmn.gov/PoolRentals for details.

SAFETY FIRST OPEN SWIM WRISTBAND POLICY

To keep our pools safe, we use a three-color wristband system: red, yellow and green.

Children 11 and under get a wristband when they enter the VMCC aquatic center.

The color shows their swimming ability, age, and supervision needs.

Why It Matters: This helps our lifeguards know each child's ability so they can keep all swimmers safe and properly supervised.

Red: Ages 0–5



Touch Supervision Always Required

Swimmer must be with an adult who watches them closely and stays within arm's reach at all times.

Yellow: Ages 6–11



Always accompanied in water in the Lap Pool

If swimmer has not passed the swim test, they must remain in the water park or be directly accompanied and supervised by a responsible adult in the lap pool.

Green: Ages 6–11 **IF Pass Facility Swim Test**



May be in the water without an adult (adult must remain in pool area)

*Green wristbands are allowed to swim in the lap pool and the dive well, including use of diving boards. This replaces the yellow wristband and the swimmer does not have to be accompanied in the water.

Safety is our number one priority. To keep our guests safe, we use a color code wristband policy developed by the US Navy Seals. Please view the policy above before your visit to make sure you have the best experience at our facility!

Our American Red Cross-certified lifeguards are highly trained to stay prepared, prevent injuries, and respond to emergencies. They are always on duty during swim lessons and open swim times.

Private Pool Rentals!

Enjoy full access of our indoor water park for your group event!

This rental includes two hours of exclusive water park time for up to 50 guests on Saturday evenings.

Summer hours: 5:15–7:15 p.m.

Fall–Spring hours: 6:15–8:15 p.m.

Larger groups and additional time may be available for an additional fee.

Learn more at

ighmn.gov/PoolRentals

Open Swim Schedules ighmn.gov/Pool

Pool schedule is subject to change — always check online for the daily schedule at ighmn.gov/Pool or call guest services at 651-450-2480 before coming to the VMCC.

NOVEMBER 29, 2025–MAY 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Sensory Friendly in Water Park 10 a.m.–noon Water Park 5–8 p.m.	Water Park 5–8 p.m.	Water Park 10 a.m.–noon Water Park 5–8 p.m.	 Sensory Friendly in Water Park 5–8 p.m.	Water Park, NO SLIDES 10 a.m.–noon Water Park 5–8 p.m. Lap Pool Dive Well 6–8 p.m.	Water Park 10–11:30 a.m. Water Park Lap Pool Dive Well Noon–6 p.m.	Water Park 10–11:30 a.m. Water Park Lap Pool Dive Well Noon–3 p.m. Water Park 3–6 p.m.

KEY TO POOL AMENITIES



Sensory Friendly in Water Park:
No slides, water features off

Water Park, NO SLIDES:
No slides, water features on

Amenities subject to change and may be temporarily unavailable at times due to staffing levels.

Water Park:
Slides and water features on

Water Park Lap Pool Dive Well:
All pools open, slides and water features on

Lap Pool:
Lap pool open

Dive Well:
Diving boards open

Open swim is open to everyone.
See page 6 for daily admission rates.

Open swim is included with a VMCC membership
See more information about membership on page 5.

Sensory Friendly Open Swim
This special time is **OPEN TO ALL** and is ideal for swimmers seeking a sensory friendly experience at our water park while the water features are off. **Perfect for toddlers!**



HOLIDAY HOURS

NOVEMBER 27–28

TH, NOV 27 THANKSGIVING	FRI, NOV 28 NO SCHOOL DAY
VMCC Closed	Water Park 10 a.m.–noon Water Park Lap Pool Dive Well 1–5 p.m. Water Park 5–8 p.m.



Amenities subject to change and may be temporarily unavailable at times due to staffing levels.

HOLIDAY HOURS *continued*

DECEMBER 21–31: WINTER BREAK

MONDAY DECEMBER 22	TUESDAY DECEMBER 23	WEDNESDAY DECEMBER 24	THURSDAY DECEMBER 25	FRIDAY DECEMBER 26	SATURDAY DECEMBER 27	SUNDAY DECEMBER 28
 Sensory Friendly in Water Park 10 a.m.–noon	Water Park 11 a.m.–noon	Water Park Lap Pool Dive Well 10–11:45 a.m.	VMCC Closed	Water Park 10 a.m.–noon	Water Park 10–11:30 a.m.	Water Park 10–11:30 a.m.
Water Park Lap Pool Dive Well 1–3 p.m.	Water Park Lap Pool Dive Well 1–3 p.m.	VMCC closes at noon		Water Park Lap Pool Dive Well 1–3 p.m.	Water Park Lap Pool Dive Well Noon–6 p.m.	Water Park Lap Pool Dive Well Noon–6 p.m.
Water Park 3–8 p.m.	Water Park 3–8 p.m.			Water Park 5–8 p.m.		

DECEMBER *continued*

MONDAY DECEMBER 29	TUESDAY DECEMBER 30	WEDNESDAY DECEMBER 31	
 Sensory Friendly in Water Park 10 a.m.–noon	Water Park 11 a.m.–noon	 Aquatic Center reserved for NOON YEAR'S EVE POOL PARTY Register to join in the fun! <u>ighmn.gov/</u> Register	
Water Park Lap Pool Dive Well 1–3 p.m.	Water Park Lap Pool 1–3 p.m.		Water Park Lap Pool Dive Well 1–4 p.m.
Water Park 3–8 p.m.	Water Park 3–8 p.m.		

JANUARY

THURSDAY JANUARY 1
VMCC Closed

FEBRUARY

MON, JAN 19 MARTIN LUTHER KING, JR. DAY	MON, FEB 16 PRESIDENTS' DAY
 Sensory Friendly in Water Park 10 a.m.–noon	 Sensory Friendly in Water Park 10 a.m.–noon
Water Park Lap Pool Dive Well 1–3 p.m.	Water Park Lap Pool Dive Well 1–3 p.m.
Water Park 3–8 p.m.	Water Park 3–8 p.m.

MARCH 30–APRIL 3: SPRING BREAK HOURS

MONDAY MARCH 30	TUESDAY MARCH 31	WEDNESDAY APRIL 1	THURSDAY APRIL 2	FRIDAY APRIL 3	SUNDAY APRIL 5
 Sensory Friendly in Water Park 10 a.m.–noon	Water Park Lap Pool Dive Well 1–5 p.m.	Water Park 10 a.m.–noon	Water Park Lap Pool Dive Well 1–5 p.m.	Water Park 10 a.m.–noon	VMCC Closed
Water Park Lap Pool Dive Well 1–5 p.m.	 Sensory Friendly in Water Park 5–8 p.m.	Water Park Lap Pool Dive Well 1–5 p.m.	Water Park 5–8 p.m.	Water Park Lap Pool Dive Well 1–5 p.m.	
Water Park 5–8 p.m.		Water Park 5–8 p.m.		Water Park 5–8 p.m.	



VMCC CLOSED November 27, December 25, January 1, April 5 and May 25

Lifeguarding Certification Classes

Become certified in American Red Cross Lifeguarding for pools and water parks, and first aid and CPR/AED for the professional lifeguard.

This is a blended learning course. You will be required to do some online work prior to the start date of the class sessions. **Attendance at all class sessions is mandatory.**

Age Prerequisite: 15 years of age on or before the last day of class

Skill Prerequisites:

- Swim-tread-swim sequence: Continuous swim using the front crawl or breaststroke for 150 yards, tread water for two minutes using legs only, swim 50 more yards.
- Timed skill sequence: 20 yard swim, retrieval of a 10 lb. object from 7–10 ft. deep, swim 20 yards on back carrying the object and exit the water within one minute 40 seconds.

Cost: \$225 member, \$250 non-member

Location: VMCC, Community Room 1 and Aquatic Center



DECEMBER 28-30

Sunday, December 28 1–6:30 p.m.
 Monday, December 29 8 a.m.–6:30 p.m.
 Tuesday, December 30 8 a.m.–4 p.m.

Code: LG-DEC25

Register by noon, Wednesday, Dec. 17



WE ARE HIRING!

Join our great team!

- Flexible schedule and hours ·
- Competitive wages ·
- Free VMCC membership! ·

Aquatics Managers

Lifeguards

Swim Instructors

(certified & non-certified)

Pool Attendants

Apply online today!
ighmn.gov/Jobs



AQUATIC CENTER SPECIAL EVENTS



Holiday Open Swim

Friday, December 12 | 5–8 p.m.

Come swim and enjoy the warmth of the water park! We'll have festive music and decorations.

Fee: VMCC members free; non-members: \$8 ages 11 and younger, \$10 ages 12+

Code: Holiday25

Noon Year's Eve at the VMCC

Wednesday, December 31 | 10 a.m.–12:30 p.m.

Join us for this special 'Count Down to Noon!' We're having a pool party with dancing and crafts!

Fee: VMCC members free; non-members: \$8 ages 11 and younger, \$10 ages 12+

Code: 1W-NY2026 **Register by:** Friday, December 26

Aqua Egg Hunt Sunday, March 29

Wave 1: 9:30–10:15 a.m. **Code:** AQEGG1

Wave 2: 10:30–11:15 a.m. **Code:** AQEGG2

Swim and dive for eggs and then trade them in at the end of your hunt for an awesome goodie bag!

Fee: \$8 members, \$10 non-members **Register by:** Sunday, March 22
 Limited to 50 swimmers per wave.



Swimming Lessons

Learn more and sign up at ighmn.gov/Register

Swim Lesson Levels

PARENT/CHILD LEVELS Ages 6–36 months

Builds basic water safety skills for parents and children, helping infants and young children become comfortable in the water.

These basic skills include:

- maintaining a front and back position
- blowing bubbles
- voluntarily submerging under water

PARENT TOT 1: 6–18 months

PARENT TOT 2: 18–36 months

Both with a parent/caregiver 16 years or older

PRESCHOOL LEVELS Ages 3–5

Gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts.*

PRESCHOOL 1 Introduces safety around water and water exploration.

PRESCHOOL 2 Builds on the skills introduced in Preschool 1, with participants improving these skills and learning more advanced skills.

PRESCHOOL 3 Increase proficiency and build on skills learned in Preschool 1 and 2, increase distance and endurance, and work on independence.

*For safety reasons, goggles are not permitted during Pre-K swim lessons, as children need to learn how to safely open their eyes underwater.

Swim lesson information for parents and participants

- We use the American Red Cross Swim Lesson program.
- A lifeguard will be on duty for all swim lessons.
- All swim lessons must be signed up for at least *one week* in advance.
- Anyone on a waiting list will be called *the week prior* to see if we can accommodate you.
- **Group lessons may have up to eight children in the lesson.**
- **Group lessons are 30 minutes.**
- Parents must remain present during the lessons.
- For Pre-K levels, swim belts may be used as an additional tool to assist in buoyancy.
- If participant is not potty trained, they must wear a swim diaper. No cloth diapers are allowed. Swim diapers are available for purchase at Guest Services.
- Pools are heated, but during the cooler temperatures we recommend swim shirts.
- There are NO makeup classes or refunds for lessons that are missed due to participant choice.
- All cancellations must be submitted in writing at least one week before the registration deadline to receive a refund. **See page 3 for full cancellation policy.**

SCHOOL-AGE LEVELS Ages 5–12

Based on a logical, six-level progression that helps swimmers about 5+ years old and adults develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

LEVEL 1: Introduction to Water Skills

Helps to teach participants how to be comfortable in the water.

LEVEL 2: Fundamental Aquatic Skills

Introduces basics of strokes, buoyancy and skills of swimming.

LEVEL 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water. Introduction to more advanced strokes.

LEVEL 4: Stroke Improvement

Works on the three basic strokes: front and back crawl, and breaststroke. Introduction to dives and butterfly.

LEVEL 5: Stroke Refinement

Refinement of four strokes and dives. Introduction to lap based swimming.

PRE-SWIM TEAM Ages 10–14

Rule the pool, strengthen your swimming skills and learn new techniques in our pre-swim team practice. This class offers swimmers age 10–14 (swim level 4 and above) the opportunity to explore what it is like to be on a swim team!

What level should I sign up for?

If your child is new to swimming, hasn't taken lessons before, or hasn't been in the pool for more than three months, please sign them up for level one in their age group. If you believe they're ready for a higher level, please schedule a swim lesson level assessment first.

Swim level assessments

- Ask the aquatics manager for an assessment
- Assessments take place in the water and last about 10 minutes
- No registration necessary
- Available any time during open swim

All swim lesson participants receive five to eight complementary open swim passes. Everyone who enters the pool area during open swim must pay admission (this includes supervising adults). See our guest services staff for details.

Pre-Swim Team Ages 10–14

Rule the pool, strengthen your swimming skills and learn new techniques in our pre-swim team practice. This class offers swimmers in **swim level 4 and above** the opportunity to explore what it is like to be on a swim team, learn from our coaches and work with your teammates to be your best! We'll work on stroke refinement, endurance, and skills needed for swim teams (i.e. lap turns, flips and how to increase speed.)



WINTER SESSION 1

Mondays and Wednesdays

January 5–28

Time: 7:20–8 p.m.

Code: 1W-PTMW720 (eight lessons)

WINTER SESSION 2

Mondays and Wednesdays

February 2–25

Time: 7:20–8 p.m.

Code: 2W-PTMW720 (eight lessons)

Five lesson fee:

\$80 member, \$97 non-member

Six lesson fee:

\$90 member, \$107 non-member

Eight lesson fee:

\$113 member, \$134 non-member

SPRING SESSION ONE

Mondays

March 2–April 13 (skip March 30)

Time: 7:20–8 p.m.

Code: 1P-PTM720 (six lessons)

Wednesdays

March 4–April 15 (skip April 1)

Time: 7:20–8 p.m.

Code: 1P-PTW720 (six lessons)

SPRING SESSION TWO

Mondays, April 20–May 18

Time: 7:20–8 p.m.

Code: 2P-PTM720 (five lessons)

Wednesdays, April 22–May 27
(skip April 29)

Time: 7:20–8 p.m.

Code: 2P-PTMW720 (five lessons)

Private Swim Lessons

Ages 3+ Group swim lessons aren't for everyone, and that's okay! If you prefer personalized instruction private swim lessons are a great option. Whether you're building confidence, improving your strokes, or just starting to swim, our instructors will work with you one-on-one to create a plan that fits your goals. Private lessons are perfect for kids who need individual attention, teens and adults learning to swim, or anyone wanting to fine-tune their technique.

Saturdays, January 3–February 21 (eight lessons)

Time: 11:20–11:40 a.m. **Code:** 1W-PVS-S1120

Time: 11:40 a.m.–noon **Code:** 1W-PVS-S1140

Sundays, January 4–February 22 (eight lessons)

Time: 3–3:20 p.m. **Code:** 1W-PVS-SN3

Sundays, March 1–April 12 (six lessons)

Time: 3–3:20 p.m. **Code:** 1P-PVS-SN3

Saturdays, March 7–April 25 skip April 4 (seven lessons)

Time: 11:20–11:40 a.m. **Code:** 1P-PVS-S1120

Time: 11:40 a.m.–noon **Code:** 1P-PVS-S1140



PRIVATE — 20 MINUTE SESSIONS

Six lesson fee: \$210 member, \$270 non-member

Seven lesson fee: \$250 member, \$310 non-member

Eight lesson fee: \$286 member, \$350 non-member

For more information and to register go to ighmn.gov/Pool

For questions email privatelessons@ighmn.gov

Winter Group Swim Lessons — Session ONE

Saturday Mornings

**JANUARY 3–
FEBRUARY 21**

Eight Lessons

\$87 member
\$95 non-member

Adult Beginner lessons

\$126 member
\$147 non-member

Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Preschool 1	1W-P1S9
9:30 a.m.	Preschool 2	1W-P2S9
	Preschool 3	1W-P3S9
9:35–	Parent Tot 1	1W-PT1S935
10:05 a.m.	Preschool 3	1W-P3S935
10:10–	Parent Tot 2	1W-PT2S1010
10:40 a.m.	Preschool 2	1W-P2S1010
10:45–	Preschool 1	1W-P1S1045
11:15 a.m.		

School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	1W-L1S9
9:30 a.m.		
9:35–	Level 2	1W-L2S935
10:05 a.m.	Level 3	1W-L3S935
10:10 –	Level 1	1W-L1S1010
10:40 a.m.	Level 2	1W-L2S1010
10:45–	Level 4	1W-L4S1045
11:15 a.m.	Level 5	1W-L5S1045
10:45–	Adult Beg.	1W-ABSS1045
11:30 a.m.		

Sunday Afternoons

**JANUARY 4–
FEBRUARY 22**

Eight Lessons

\$87 member
\$95 non-member

Adult Beginner lessons

\$126 member
\$147 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
3:30–	Preschool 1	1W-P1SN330
4:00 p.m.	Preschool 2	1W-P2SN330
4:05–	Parent Tot 1	1W-PT1SN405
4:35 p.m.	Preschool 3	1W-P3SN405
4:40–	Parent Tot 2	1W-PT2SN440
5:10 p.m.	Preschool 2	1W-P2SN440
5:15–	Preschool 1	1W-P1SN515
5:45 p.m.	Preschool 2	1W-P2SN515

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
3:30–	Level 1	1W-L1SN330
4:00 p.m.	Level 3	1W-L3SN330
4:05–	Level 1	1W-L1SN405
4:35 p.m.	Level 2	1W-L2SN405
4:40–	Level 4	1W-L4SN440
5:10 p.m.	Level 5	1W-L5SN440
5:15–	Level 2	1W-L2SN515
5:45 p.m.		
5:15–	Adult Beg.	1W-ABSSN515
5:55 p.m.		

Monday and Wednesday Evenings

JANUARY 5–28

Eight Lessons

\$87 member
\$95 non-member

Pre-Swim Team

\$113 member
\$134 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Preschool 1	1W-P1MW610
6:40 p.m.	Preschool 2	1W-P2MW610
	Preschool 3	1W-P3MW610
6:45–	Parent Tot 1	1W-PT1MW645
7:15 p.m.	Preschool 3	1W-P3MW645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 3	1W-L3MW610
6:40 p.m.		
6:45–	Level 1	1W-L1MW645
7:15 p.m.	Level 2	1W-L2MW645
7:20–	Level 2	1W-L2MW720
7:50 p.m.	Level 3	1W-L3MW720
	Level 4	1W-L4MW720
7:20–8 p.m.	Pre-Team	1W-PTMW720

Winter Group Swim Lessons — Session TWO

Monday and Wednesday Evenings

FEBRUARY 2–25

Eight Lessons

\$87 member
\$95 non-member

Pre-Swim Team

\$113 member
\$134 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 1	2W-PT1MW610
6:40 p.m.	Preschool 1	2W-P1MW610
	Preschool 3	2W-P3MW610
6:45–	Preschool 2	2W-P2MW645
7:15 p.m.	Preschool 3	2W-P3MW645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 2	2W-L2MW610
6:40 p.m.		
6:45–	Level 1	2W-L1MW645
7:15 p.m.	Level 3	2W-L3MW645
7:20–	Level 2	2W-L2MW720
7:50 p.m.	Level 3	2W-L3MW720
	Level 4	2W-L4MW720
7:20–8 p.m.	Pre-Team	2W-PTMW720

Winter Group Swim Lessons — Session TWO *continued*

Tuesday Evenings

**FEBRUARY 3–
MARCH 10** (skip Feb. 10)

Five Lessons

\$75 member

\$79 non-member

Adult Beginner lessons

\$117 member

\$131 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 2	2W-PT2T610
6:40 p.m.	Preschool 1	2W-P1T610
	Preschool 3	2W-P3T610
6:45–	Preschool 2	2W-P2T645
7:15 p.m.	Preschool 3	2W-P3T645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 1	2W-L1T610
6:40 p.m.		
6:45–	Level 2	2W-L2T645
7:15 p.m.	Level 3	2W-L3T645
7:20–	Level 1	2W-L1T720
7:50 p.m.	Level 2	2W-L2T720
	Level 4	2W-L4T720
7:20– 8 p.m.	Adult Beg.	2W-ABST720

Thursday Evenings

**FEBRUARY 5–
MARCH 12**

Six Lessons

\$78 member

\$83 non-member

Adult Beginner lessons

\$119 member

\$135 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 2	2W-PT2TH610
6:40 p.m.	Preschool 1	2W-P1TH610
	Preschool 2	2W-P2TH610
6:45–	Preschool 2	2W-P2TH645
7:15 p.m.	Preschool 3	2W-P3TH645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 1	2W-L1TH610
6:40 p.m.		
6:45–	Level 2	2W-L2TH645
7:15 p.m.	Level 3	2W-L3TH645
7:20–	Level 2	2W-L2TH720
7:50 p.m.	Level 3	2W-L3TH720
	Level 4	2W-L4TH720
7:20–8 p.m.	Adult Beg.	2W-ABSTH720

Spring Group Swim Lessons — Session ONE

Sunday Afternoons

MARCH 1–APRIL 12
(skip April 5)

Six Lessons

\$78 member

\$83 non-member

Adult Beginner lessons

\$119 member

\$135 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
3:30–	Preschool 1	1P-P1SN330
4:00 p.m.	Preschool 2	1P-P2SN330
4:05–	Parent Tot 1	1P-PT1SN405
4:35 p.m.	Preschool 3	1P-P3SN405
4:40–	Parent Tot 2	1P-PT2SN440
5:10 p.m.	Preschool 2	1P-P2SN440
5:15–	Preschool 1	1P-P1SN515
5:45 p.m.	Preschool 2	1P-P2SN515

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
3:30–	Level 1	1P-L1SN330
4:00 p.m.	Level 3	1P-L3SN330
4:05–	Level 1	1P-L1SN405
4:35 p.m.	Level 2	1P-L2SN405
4:40–	Level 4	1P-L4SN440
5:10 p.m.	Level 5	1P-L5SN440
5:15–	Level 2	1P-L2SN515
5:45 p.m.		
5:15–	Adult Beg.	1P-ABSSN515
5:55 p.m.		

Monday Evenings

MARCH 2–APRIL 13
(skip March 30)

Six Lessons

\$78 member

\$83 non-member

Pre-Swim Team

\$90 member

\$107 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Preschool 1	1P-P1M610
6:40 p.m.	Preschool 2	1P-P2M610
	Preschool 3	1P-P3M610
6:45–	Parent Tot 1	1P-PT1M645
7:15 p.m.	Preschool 2	1P-P2M645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 3	1P-L3M610
6:40 p.m.		
6:45–	Level 1	1P-L1M645
7:15 p.m.	Level 2	1P-L2M645
7:20–	Level 2	1P-L2M720
7:50 p.m.	Level 3	1P-L3M720
	Level 4	1P-L4M720
7:20– 8 p.m.	Pre-Team	1P-PTM720

Spring Group Swim Lessons — Session ONE *continued*

Wednesday Evenings

MARCH 4–APRIL 15

(skip April 1)

Six Lessons

\$78 member

\$83 non-member

Pre-Swim Team

\$90 member

\$107 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 1	1P-PT1W610
6:40 p.m.	Preschool 1	1P-P1W610
	Preschool 3	1P-P3W610
6:45–	Preschool 2	1P-P2W645
7:15 p.m.	Preschool 3	1P-P3W645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 2	1P-L2W610
6:40 p.m.		
6:45–	Level 1	1P-L1W645
7:15 p.m.	Level 3	1P-L3W645
7:20–	Level 2	1P-L2W720
7:50 p.m.	Level 3	1P-L3W720
	Level 4	1P-L4W720
7:20–8 p.m.	Pre-Team	1P-PTW720

Saturday Mornings

MARCH 7–APRIL 25

(skip April 4)

Seven Lessons

\$82 member

\$88 non-member

Adult Beginner lessons

\$122 member

\$141 non-member

Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Preschool 1	1P-P1S9
9:30 a.m.	Preschool 2	1P-P2S9
	Preschool 3	1P-P3S9
9:35–	Parent Tot 1	1P-PT1S935
10:05 a.m.	Preschool 3	1P-P3S935
10:10–	Parent Tot 2	1P-PT2S1010
10:40 a.m.	Preschool 2	1P-P2S1010
10:45–	Preschool 1	1P-P1S1045
11:15 a.m.		

School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	1P-L1S9
9:30 a.m.		
9:35–	Level 2	1P-L2S935
10:05 a.m.	Level 3	1P-L3S935
10:10 –	Level 1	1P-L1S1010
10:40 a.m.	Level 2	1P-L2S1010
10:45–	Level 4	1P-L4S1045
11:15 a.m.	Level 5	1P-L5S1045
10:45–	Adult Beg.	1P-ABSS1045
11:30 a.m.		

Thursday Evenings

MARCH 19–APRIL 30

(skip April 2)

Six Lessons

\$78 member

\$83 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 2	1P-PT2TH610
6:40 p.m.	Preschool 1	1P-P1TH610
6:45–	Preschool 2	1P-P2TH645
7:15 p.m.	Preschool 3	1P-P3TH645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 1	1P-L1TH610
6:40 p.m.	Level 2	1P-L2TH610
6:45–	Level 1	1P-L1TH645
7:15 p.m.	Level 3	1P-L3TH645
7:20–	Level 2	1P-L2TH720
7:50 p.m.	Level 3	1P-L3TH720
	Level 4	1P-L4TH720
	Level 5	1P-L5TH720

Tuesday Evenings

APRIL 7–MAY 26

Eight Lessons

\$87 member

\$95 non-member

Adult Beginner lessons

\$126 member

\$147 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 2	1P-PT2T610
6:40 p.m.	Preschool 1	1P-P1T610
6:45–	Preschool 2	1P-P2T645
7:15 p.m.	Preschool 3	1P-P3T645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 1	1P-L1T610
6:40 p.m.	Level 2	1P-L2T610
6:45–	Level 1	1P-L1T645
7:15 p.m.	Level 3	1P-L3T645
7:20–	Level 2	1P-L2T720
7:50 p.m.	Level 3	1P-L3T720
	Level 4	1P-L4T720
7:20–8 p.m.	Adult Beg.	1P-ABST720

Spring Group Swim Lesson — Mini Session TWO

Monday Evenings APRIL 20–MAY 18

Five Lessons
\$75 member
\$79 non-member

Pre-Swim Team
\$80 member
\$97 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 2	2P-PT2M610
6:40 p.m.	Preschool 1	2P-P1M610
6:45–	Preschool 2	2P-P2M645
7:15 p.m.	Preschool 3	2P-P3M645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 1	2P-L1M610
6:40 p.m.	Level 2	2P-L2M610
6:45–	Level 1	2P-L1M645
7:15 p.m.	Level 3	2P-L3M645
7:20–	Level 2	2P-L2M720
7:50 p.m.	Level 3	2P-L3M720
	Level 4	2P-L4M720
7:20–8 p.m.	Pre-Team	2P-PTM720

Wednesday Evenings APRIL 22–MAY 27 (skip April 29)

Five Lessons
\$75 member
\$79 non-member

Pre-Swim Team
\$80 member
\$97 non-member

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
6:10–	Parent Tot 1	2P-PT1W610
6:40 p.m.	Preschool 1	2P-P1W610
	Preschool 3	2P-P3W610
6:45–	Preschool 2	2P-P2W645
7:15 p.m.	Preschool 3	2P-P3W645

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
6:10–	Level 2	2P-L2W610
6:40 p.m.		
6:45–	Level 1	2P-L1W645
7:15 p.m.	Level 3	2P-L3W645
7:20–	Level 2	2P-L2W720
7:50 p.m.	Level 3	2P-L3W720
	Level 4	2P-L4W720
7:20–8 p.m.	Pre-Team	2P-PTW720

Meet our New Aquatic Leaders



Denzel Flowers

Denzel is the city's new Aquatic Program Supervisor, bringing extensive experience in aquatics across community centers, amusement parks, and family resorts. He is passionate about creating safe, welcoming environments where

everyone—from first-time swimmers to longtime patrons—can enjoy the water.

Denzel's work emphasizes water safety, risk management, and staff development. He has collaborated with aquatics leaders to enhance training, emergency readiness, and the overall guest experience, while designing programs that meet diverse community needs.

In his role, Denzel looks forward to connecting with residents and growing aquatic programs that are engaging, inclusive, and something the community can take pride in.



Amber Adam

Amber has been part of the VMCC Aquatics team since 2021, serving in roles including lifeguard, swim instructor, aquatic manager, lifeguard

instructor, and now Aquatics Specialist. Her experience across these positions has fueled her passion for water safety, education, and leadership.

Amber finds great reward in teaching lifeguarding courses, empowering others with life-saving skills, and mentoring young staff as they grow into confident leaders and role models. Outside of work, she enjoys staying active, spending time outdoors, and tending her organic garden.

Ice Skating at the VMCC



OPEN ICE

Veterans Memorial Community Center offers a variety of open ice opportunities for all ages.

Developmental Ice

This ice time is a focused practice and lesson time for figure skaters and hockey players to work on edges (no sticks and pucks). Skaters are welcome to take lessons from their coach or practice on their own. Music can be used and routines practiced.

Sessions are 1.5-hour to two-hour time blocks

Stick and Puck All ages

This ice time is for any hockey player to come pass, shoot and work on skills — sticks and pucks allowed. Games are not permitted.

Family-friendly option now available!

Open Hockey Pickup Games Women's and Men's

Open hockey ice time is for hockey players to play pickup games with other hockey enthusiasts.

Open Skate

Open skate is for skaters of all ages and abilities. It is a fun way to enjoy skating and spend time with friends and family!

Open Skate for Ages 55+

Open skate for older active adults.



For open ice skating schedule, scan the QR code or visit ighmn.gov/Skate

Admission rates are listed on page 6.

Skate rental \$4

Simley High School Hockey Teams

The City of Inver Grove Heights is a proud community partner with ISD 199. The VMCC Ice Arena is home to the Simley boys and girls hockey teams. We welcome and support our high school hockey players at our ice arena for their practices and games!



Come cheer on your team at their home games!

Tuesday, Dec. 2, 7 p.m.: Girls Varsity vs. Waconia
Thursday, Dec. 4, 5 p.m.: Boys JV vs. Northern Edge
Friday, Dec. 5, 7 p.m.: Girls Varsity vs. Hastings High School
Tuesday, Dec. 9, 7 p.m.: Girls Varsity vs. Hill-Murray
Thursday, Dec. 11, 5 p.m.: Boys JV vs. Southwest Christian
Thursday, Dec. 18, 7 p.m.: Girls Varsity vs. Dodge County Wildcats
Saturday, Dec. 20, 1 p.m.: Girls Varsity vs. Winona Senior
Wednesday, Jan. 7, 1 p.m.: Girls Varsity vs. Austin
Saturday, Jan. 10, 11 a.m.: Boys JV vs. Two Rivers High School
Saturday, Jan. 10, 4 p.m.: Girls Varsity vs. Visitation
Tuesday, Jan. 13, 5 p.m.: Boys JV vs. Highland Park (MN)
Thursday, Jan. 15, 5 p.m.: Boys JV vs. Hill-Murray
Thursday, Jan. 22, 5 p.m.: Boys JV vs. Hastings High School
Friday, Jan. 23, 7 p.m.: Girls Varsity vs. Two Rivers High School
Saturday, Jan. 24, 11 a.m.: Boys JV vs. St. Thomas Academy
Tuesday, Jan. 27, 5 p.m.: Boys JV vs. St. Paul Academy
Saturday, Jan. 31, 11 a.m.: Boys JV vs. Tartan/North
Thursday, Feb. 5, 5 p.m.: Boys JV vs. Mahtomedi
Saturday, Feb. 7, 11 a.m.: Boys JV vs. South St. Paul

Schedule subject to change. Check for updated schedule at simleyathletics.com/schedule

LiveBarn



COMING SOON!
Live Streaming Youth & Amateur Sports



FREE - First year mini-mite registration and equipment use (IGHHA eligible players only)

Financial assistance grants are available

IGH HOCKEY ASSOCIATION

For more information and to register, visit our website:

www.ighha.org

Questions? Email Recruitment@ighhockey.org

Preschool Sports



Amazing Athletes Tots

Ages 18 months–2.5 years (Adult participation)

Amazing Tots is a guided, discovery-based sports program that helps kids engage in structured physical activities tailored specifically to toddlers. Classes are designed to meet the attention span and physical needs of each individual child while learning five different sports.

Time: 5–5:30 p.m. **Fee:** \$95

Location: Veterans Memorial Community Center*

SESSION 1: Thursdays, January 22–February 19

Register by: Thursday, January 15 **Code:** PP-W311

SESSION 2: Thursdays, March 5–April 9 (skip April 2)

Register by: Thursday, February 26 **Code:** PP-W314

SESSION 3: Thursdays, April 23–May 21

Register by: Thursday, April 16 **Code:** PP-P317

Amazing Athletes Preschool

Ages 2.5–5.5

Develop your child's motor skills, hand-eye coordination, cardiovascular fitness and through Amazing Athletes. Each 45-minute class encompasses two different developmental sport lessons, muscle identification and fruit or vegetable introduction, using fun activities so they can build their skills, at their own pace, in a non-competitive atmosphere.

Location: Veterans Memorial Community Center*

Fee: \$95

SESSION 1: Thursdays, January 22–February 19

Register by: Thursday, January 15

Time: 5:45–6:30 p.m. **Code:** PP-W312

Time: 6:35–7:20 p.m. **Code:** PP-W313

SESSION 2: Thursdays, March 5–April 9 (skip April 2)

Register by: Thursday, February 26

Time: 5:45–6:30 p.m. **Code:** PP-W315

Time: 6:35–7:20 p.m. **Code:** PP-W316

SESSION 3: Thursdays, April 23–May 21

Register by: Thursday, April 16

Time: 5:45–6:30 p.m. **Code:** PP-P318

Time: 6:35–7:20 p.m. **Code:** PP-P319

RevSports Ninja Warrior Fitness

Ages 2–5 In RevSports Ninja Warrior Fitness programs, kids twist, turn, jump, and balance their way through various challenges. Class involves ground-based obstacle training, active games, and individual challenges. All equipment is provided. Athletic footwear recommended, no Crocs, boots or sandals. Ages 5 to 8 have an option available on the same days on [page 33](#).

Location: Veterans Memorial Community Center* **Fee:** \$79

SESSION 1:

Dates: Wednesdays, February 4–25

Register by: Wednesday, January 28

TotStars (ages 2–3)

Time: 5:30–5:55 p.m.

Code: PP-W351

PreStars (ages 3–5)

Time: 6–6:40 p.m.

Code: PP-W352



SESSION 2:

Dates: Wednesdays, March 4–25

Register by: Wednesday, February 25

TotStars (ages 2–3)

Time: 5:30–5:55 p.m.

Code: PP-W353

PreStars (ages 3–5)

Time: 6–6:40 p.m.

Code: PP-W354



Kidtreating Ages 1-4 (Adult participation)

Kidtreating offers dynamic, instructor-led sessions to foster early childhood development through music and movement. These semi-structured interactive sessions provide toddlers and their caregivers opportunities to bond, explore rhythm, motion and engage in guided activities that promote cognitive, social and motor skills. Each session includes structured activities and a free play period to encourage exploration and creativity.

Location: Veterans Memorial Community Center* **Fee:** \$68

TODDLER TUNES WITH KIDTRESTING: Rhythm, Rhyme & Playtime

Get ready for music, movement, and magical moments! This 6-week session combines playful learning with joyful connection.

Dates: Saturdays, February 7–March 14

Register by: Saturday, January 31

Ages: 12-24 months

Time: 9:40–10:10 a.m.

Code: PP-W361

Age: 2 year olds

Time: 10:15–10:45 a.m.

Code: PP-W362

Age: 3 year olds

Time: 10:50–11:20 a.m.

Code: PP-W363

PARENT, ME & KIDTRESTING: Move, Groove & Grow

Get ready to wiggle, giggle, and grow together, this 6-week session is all about celebrating movement, music, and milestones through playful, hands-on activities.

Dates: Saturdays, April 11–May 30 (skip April 25 and May 23)

Register by: Saturday, April 4

Ages: 12-24 months

Time: 9:40–10:10 a.m.

Code: PP-P364

Age: 2 year olds

Time: 10:15–10:45 a.m.

Code: PP-P365

Age: 3 year olds

Time: 10:50–11:20 a.m.

Code: PP-P366

Soccer Shots Ages 2–5 (Adult participation)

Soccer Shots is a high-energy program introducing your little one to fundamental soccer principles through fun games, songs and positive reinforcement. Offered in partnership with Soccer Shots. *Official Soccer Shots jerseys are available for purchase for an additional \$30 at the time of registration (optional).*

Location: Veterans Memorial Community Center* **Fee:** \$130

WINTER SESSION 1: Tuesdays, January 20–March 3

Register by: Tuesday, January 13

Mini — Ages 2–3

Time: 5–5:30 p.m.

Code: PP-W301

Classic — Ages 3–5

Time: 5:35–6:05 p.m.

Code: PP-W302

Time: 6:10–6:40 p.m.

Code: PP-W303

WINTER SESSION 2: Saturdays, January 24–March 7

Register by: Saturday, January 17

Mini — Ages 2–3

Time: 9–9:30 a.m.

Code: PP-W304

Classic — Ages 3–5

Time: 9:35–10:05 a.m.

Code: PP-W305

Time: 10:10–10:40 a.m.

Code: PP-W306

SPRING SESSION 1: Saturdays, April 11–May 30 (skip May 23)

Register by: Saturday, April 4

Mini — Ages 2–3

Time: 9–9:30 a.m.

Code: PP-P307

Classic — Ages 3–5

Time: 9:35–10:05 a.m.

Code: PP-P308

Time: 10:10–10:40 a.m.

Code: PP-P309

SPRING SESSION 2: Tuesdays, April 14–May 26

Register by: Tuesday, April 7

Mini — Ages 2–3

Time: 5–5:30 p.m.

Code: PP-P3010

Classic — Ages 3–5

Time: 5:35–6:05 p.m.

Code: PP-P3011

Time: 6:10–6:40 p.m.

Code: PP-P3012



Preschool Basketball

Ages 4–6 Dribble, shoot, score! Join us for this instructional class that will teach your child the fundamentals of basketball in a fun and supportive environment. Games and activities will be taught using small basketballs.

Dates: Mondays, February 2–March 9 (skip Feb. 16)

Time: 6:15–7 p.m. **Code:** PP-W322 **Fee:** \$65

Location: Salem Hills Elementary School

Register by: Monday, January 26

Move with Me Ages 18 months–3 years

Enjoy some bonding time with your little one while moving to music. Through creative dance, games and fun props, many skill sets are worked. Locomotor skills such as walking, running, hopping, jumping, skipping, sliding and leaping, along with balance, flexibility and coordination are introduced. Other skills such as counting, listening, standing in line, taking turns, knowing rights and lefts, and many more are also taught. *Classes held in partnership with Short Dance Studio.*

Dates: Mondays, January 26–March 2

Time: 5–5:30 p.m. **Fee:** \$68 **Code:** PP-W215

Location: Short Dance Studios, 9332 Cahill Avenue

Register by: Monday, January 19

Creative Dance Ages 3–5 years

This class is an introduction to dance, with the primary goal of fostering a love of movement. The creative component is a large part of each session, and several fun or special activities are included in every class. *Class held in partnership with Short Dance Studio.*

Dates: Mondays, January 26–March 2

Time: 5:30–6 p.m. **Fee:** \$68

Code: PP-W216

Location: Short Dance Studios, 9332 Cahill Avenue

Register by: Monday, January 19



RevSports Baseball Ages 2–6 (Adult participation)

Each session focuses on a new skill, building on the last, including fielding, throwing, catching, base running, batting, and more. TotStars and PreStars play T-Ball, while KinderStars play Coach Pitch. Each class begins with kids playing catch with an adult partner, followed by base running, batting, and a short game. Younger kids use plastic bats, and older kids can bring their own aluminum bats or borrow one of ours (limited supply). We use tennis balls for safety (no hard balls). Athletic shoes are recommended—no Crocs, boots, or sandals. Cleats and gloves are optional.

Dates: Mondays, April 13–May 4

Location: VMCC, West Rink Turf

TotStars T-ball (ages 2–3)

Time: 5:30–5:55 p.m.

Code: PP-P341

KinderStars Coach Pitch (ages 4–6)

Time: 6:45–7:25 p.m. **Code:** PP-P343



Fee: \$69

Register by: Monday, April 6

PreStars T-ball (ages 3–5)

Time: 6–6:40 p.m.

Code: PP-P342

KIDS R.O.C.K.

(RECREATIONAL OPPORTUNITIES CATERED TO KIDS)

Kids R.O.C.K. Recreation Summer Camp

Ages 5–12 • Tuesday, June 9–Friday, August 21*
Monday–Friday • 7 a.m.–5:30 p.m. • VMCC

Each week includes planned activities that promise to engage and fascinate kids through a variety of hands-on activities, games, crafts, songs and much more! In addition to our great in-room activities, children will play outside at the playground, swim in the water park, and play large group games like kickball and soccer on the turf or outside. Field trips are scheduled bi-weekly on Wednesdays.

Field trips are optional and require a separate registration and additional costs. To be eligible to attend a Kids R.O.C.K. field trip, your child must also be registered to attend Kids R.O.C.K. on that day. SPACE IS LIMITED!

*No camp Monday, June 8 and Friday, July 3

REGISTER ONLINE AT
ighmn.gov/KidsRock

Priority Registration
(2025 families):
Starts Monday, March 9

New Participant
Registration:
Starts Monday, March 23

FIELD TRIP REGISTRATION:
Starts Monday, April 23
Registration closes
June 1 or when full.

PARENT
INFORMATION
SESSIONS

Thursday,
March 5

Wednesday,
May 6

VMCC, Community
Room 1
5:30–7 p.m.

All participants receive a
T-shirt and daily snacks.

Participants must bring
their own bag lunch.

Visit ighmn.gov/KidsRock in late-January 2026 for details

QUESTIONS ABOUT KIDS R.O.C.K.? email kidsrock@ighmn.gov

Kids R.O.C.K. — Summer Jobs!

ighmn.gov/Jobs



Join the Kids R.O.C.K. team for a fun-filled summer of leading games, crafts, outdoor adventures, and field trips, all while making a positive impact on kids!
POSITIONS: Lead Camp Counselor (18+) and Assistant Camp Counselor (16+), apply in March



Youth Basketball League

Co-ed Grades 1–2

Our basketball league gives youth the opportunity to learn and enjoy the game in a fun, positive team environment! The 10-week season includes both practices and games, each lasting one hour. Practice and game times will be provided closer to the start date once teams are formed. Fee includes a league T-shirt.

Volunteer coaches are needed! Informational coaches meeting will be held a week or two before league starts.

Dates: Mondays, February 2–April 27
(skip Feb. 16, March 30, April 6)

Time: 6:15–7:15 p.m. and 7:20–8:20 p.m. Teams will rotate between both time slots throughout the season.

Fee: \$82 **Location:** Pine Bend Elementary School
Code: YL–W200 **Register by:** Monday, January 5



FUNDamental Basketball Skills

Co-ed Grades K–5

Have fun sharpening your basketball skills in preparation for the season. Work on the FUNdamentals with engaging drills and friendly competitions. The skills of the game will be taught in an easy-to-learn way. This session will be beneficial to all aspiring players, as it helps reinforce the fundamentals of proper shooting, defense, rebounding, passing and dribbling in a positive, low-key environment.

GRADES	DAY	DATE	TIME	SEE	CODE
Kindergarten	Mon.	Feb. 2–March 9 (skip Feb. 16)	7:15–8 p.m.	\$65	YS-W320
Grades 1–2 Co-ed	Wed.	Feb. 4–March 11 (skip March 4)	6:15– 7:15 p.m.	\$65	YS-W321
Grades 3–5 Co-ed	Wed.	Feb. 4–March 11 (skip March 4)	7:20– 8:20 p.m.	\$65	YS-W322

Register by: one week before start of program

Location: Salem Hills Elementary School

WINTER/SPRING 2025–2026



Volunteer Coaches NEEDED!



We're looking for volunteers to serve as coaches and assistant coaches for Youth Basketball, Boys Baseball and South Metro Slowpitch Softball Leagues!

Your help is essential to making our programs a success. Join us for an informational meeting before each program starts. As a thank you, volunteer coaches receive a T-shirt and four free passes to the VMCC! If you're interested, please call 651-450-2480 or let us know on your child's registration.

SPARC OPEN
SKATE

Join us for a night out ice skating at the VMCC!
This event is open and free to all ISD 199 students and their family and friends.

Friday, March 13

- Session 1: 5:45–6:45 p.m.
- Session 2: 7–8 p.m.



Registration required by: Friday, March 13 at 2 p.m.
Code: FA-W223 VMCC Ice Arena · 8055 Barbara Ave.
Walk-ins will only be accepted if space allows.



Participants are encouraged to bring their own skates and helmet. A limited amount of skates are available for free rental on a first-come, first-served basis.

Try Lacrosse FREE! Saturday, Feb. 7 · 9:30–11 a.m. · Code: YS-W0207 · Simley High School

Discover the fast-paced fun of lacrosse—no equipment needed! All are welcome to join this free introductory program, led by former and current Simley High School lacrosse players and coaches. Come learn the basics, pick up new skills, and see what the sport is all about! Registration is required for planning purposes.

Lacrosse Fundamentals

Boys & Girls Ages 5–14

Great opportunity to learn the sport in a positive environment. Offered in collaboration IGH Youth Lacrosse.

Beginners: for those who are interested in or just starting out with lacrosse.

No experience is necessary. We'll start with the basics and learn through playing games and practicing simple skills.

Intermediate: for those looking to increase their knowledge of the game and improve upon basic skills. Emphasis will be on developing skills through games, drills and skills sessions.

Advanced: for those with a working knowledge of the game and mastery of the basic skill levels. Emphasis will be on increasing lacrosse IQ, moving past basic skills and working on positional skills.

Dates: Sundays, February 15–March 15 **Fee:** \$52

Beginners: 5–6 p.m. **Code:** YS-W0215B

Intermediate & Advanced: 6–7 p.m. **Code:** YS-W0215A

Location: VMCC, National Guard Gymnasium

Register by: Monday, February 9

Sticks and pads will be available for use.



IGH Youth Lacrosse

Boys & Girls Ages 5–14

U8-U12: Spring lacrosse consists of indoor skill development, game strategy and fun! Program is run in collaboration with IGH Boys Lacrosse, coaching led by past and present Simley HS coaches and players. Games

primarily on Saturday or Sunday afternoons in Eagan or IGH. Game schedule will be emailed mid February.

Dates: Tuesdays and Thursdays, March 17–26 and Tuesdays, March 31–April 21

Time: 6–7:30 p.m. **Fee:** \$150

Register by:

Location: VMCC

Code: YS-P0317

Tuesday, March 10

U6: Meets once per week, focus on fundamentals and having fun! Boys and girls welcome. focus is on fundamentals, modified scrimmages to teach game play and FUN!

Dates: Tuesdays, March 17–April 21

Time: 6–7 p.m. **Fee:** \$75

Register by:

Location: VMCC

Code: YS-P0317U6

Tuesday, March 10

Gear rental available. Questions, please contact Rachel at raewrap@gmail.com



Summer 2026 Girls Fastpitch Softball Registration Open! November 1 - January 18

**WEEKNIGHT PRACTICES
WEEKLY LEAGUE GAMES
TOURNAMENTS ON SELECT WEEKENDS**

Summer season runs from April through July, with practices beginning as early as February

To register & for more information, visit us online at: www.ighsf.com

Find us on Facebook! IGHFASTPITCH

Find us on Instagram! ighfastpitch



Inver Grove Heights Baseball

IN-HOUSE	TRAVELING
Ages 8 - 11	Ages 8 - 14
2-3 nights/week	3-4 nights/week
1 tournament	3 tournaments min.
Kid pitch	Kid pitch

www.ighba.com



Find us on

Soccer Programs

Spring Soccer Kick-off Ages 5-10

Come on out and shake off the winter blues with some spring soccer! Dakota Soccer Club coaches and players will lead the program. Sessions will include basic skill work (passing, dribbling, shooting and receiving) and finish with small sided soccer games. Coordinated in collaboration with Dakota Soccer Club.

Dates: Saturdays, March 21-April 11

Times: Ages 5-6 9-9:45 a.m. **Code:** PP-P106

Ages 7-8 10-10:45 a.m. **Code:** PP-P107

Ages 9-10 11-11:45 a.m. **Code:** PP-P108

Location: VMCC, West Turf

Fee: \$42 **Register by:** Saturday, March 14



Little Spartans Softball (U6 Softball, ages 4-6)

Sponsored by the IGH Softball Federation in conjunction with the City of Inver Grove Heights.

Little Spartans Softball programs will be offered mid-June to mid-August. Registration will be open and more information will be available in early March in the Summer Parks & Rec brochure.



Boys Baseball Leagues

Inver Grove Heights Parks & Recreation Baseball leagues are instructional, less competitive, in-house leagues which offer the opportunity to learn the game in

a fun, positive environment. The program operates under the philosophy that each participant will have the opportunity to participate in each game and develop skills. This program relies upon volunteer coaches to lead the teams, if you are interested in coaching please contact Al Vandehoef at 651-450-2468 or avandehoef@ighmn.gov

U5 T-Ball League

Ages 4-5 (as of May 1, 2026)

Hitting off "T" to start the season and move to coach-pitch as deemed appropriate. No tournaments.

Days: Tuesdays & Thursdays

Dates: May 7-mid-July

Fee: \$78

Code: YL-P102

Register by: Friday, April 3

U7 Mite League

Ages 6-7 (as of May 1, 2026)

Coach-pitch the entire season; coaches serve as umpires. No tournaments.

Days: Mondays and Wednesdays

Dates: April 29-mid-July

Fee: \$86

Code: YL-P103

Register by: Friday, March 27



DAKOTA SOCCER CLUB

WE ALSO OFFER SUMMER 2026 COMPETITIVE + RECREATIONAL SOCCER LEAGUES!

Please check our website or use the email below to receive more information about these two upcoming soccer leagues.

INFO: communications@dakotasc.org / www.dakotasc.org

WINTER DEVELOPMENT ACADEMY

Our Academy will offer advanced coaching with a combined technical and tactical focus.

These intensive skill-building sessions will be offered on Saturdays for U9-U12 players and Tuesdays, Thursdays, and Saturdays for U13+ players.



scan here for more information

WINTER REC CLINIC

Come out to the WSP Dome in January for our Winter Rec Soccer Clinic. Dakota Soccer coaches will provide instruction and small-sided games for our 5- to 10-year-old players.

Dates + Times: Jan. 10, Jan. 17, Jan. 24 from 3 to 3:45 PM

Cost: \$35 for the three sessions (includes a t-shirt)

Check our website for registration information

Paid Advertisement

RevSports Ninja Warrior Fitness MiniStars Ages 5-8

In RevSports Ninja Warrior Fitness programs, kids twist, turn, jump, and balance their way through various challenges. Class involves ground-based obstacle training, active games, and individual challenges. All equipment is provided. Athletic footwear recommended, no Crocs, boots or sandals. Ages 2-5 have an option available on the same days on [page 28](#).



Location: Veterans Memorial Community Center

Time: 6:45-7:25 p.m. **Fee:** \$79

Session 1: Wednesdays, February 4-25

Register by: Wednesday, January 28

Code: YS-W351

Session 2: Wednesdays, March 4-25

Register by: Wednesday, February 25

Code: YS-W352





Youth Archery Ages 9–18

This class offers a safe and fun introduction to the sport of archery. Beginner and advanced beginner classes offered. Equipment is provided but participants may bring their own.

Day: Tuesdays

Dates: April 28–May 26

Location:

South Valley Archery Range

Fee: \$64

Register by: Monday, April 21

Beginner

Time: 5:30–6:30 p.m.

Code: YS-P210

Advanced Beginner

Time: 6:35–7:35 p.m.

Code: YS-P211

Archery classes are held at our NEW ARCHERY RANGE at South Valley Park!



Youth Tennis Lessons Ages 6–14

This is a great introductory class to the sport of tennis. Participants will learn tennis techniques through instruction, exciting drills and games along with playing times against their peers. We'll provide the equipment but you're welcome to bring your own! Classes will begin end of April or early May. Keep an eye out on our social media and Summer brochure for specific dates and times.

Youth Hip Hop Classes

Learn to pop, lock, and glide while becoming a part of a "crew" of good friends. Fun and energetic classes

will build confidence and provide students with moves to bust out on any dance floor. **Please note these two classes will join an existing class, but all are welcome to join.** Classes are offered in partnership with Short Dance Studios and take place at their location: 9332 Cahill Avenue.

Mondays, January 26–March 2 · \$68 · Register by Jan. 13

Hip Hop 1 Ages 5–8

4–4:30 p.m. Code: YS-W235

Hip Hop 2 Ages 9–12

5–5:30 p.m. Code: YS-W236



**HAVE FUN. WEAR FUN.
AND Support our Youth!**

It's not too late to get your 2025 P&R T-shirt!

We invite everyone to embrace the FUN spirit of recreation and rock an awesome, collectible Parks and Recreation T-shirt.

Our 2025 T-shirts are on sale at the VMCC (while supplies last). The 2026 shirts will be available for purchase at the VMCC starting January 12.

Fee: \$15 *(All proceeds from the sale of the T-shirts will go into the Parks and Recreation youth scholarship fund)*



South Metro Slowpitch Softball League Intermediate: Grades 5–7

The South Metro Slowpitch Softball Leagues welcomes all levels of participants. It is a recreational fun league where new friends can play together and have a great time. The program operates under the philosophy that each participant will have the opportunity to participate in each game and develop skills. League consists of these cities: Apple Valley, Burnsville, Eagan, Inver Grove Heights, Prior Lake and Rosemount.

Dates: Tuesdays and Thursdays, April 23–July 16; Season ending Tournament July 17–19

Fee: \$154 · **Code:** YL-P104 · **Register by:** Friday, March 27

Location: Practices will be held in Inver Grove Heights.

Most of the games will be played in Burnsville or Bloomington.



Winter Break Field Trips!

Big Air & Swimming at the VMCC

Monday, December 29

This field trip will consist of high-flying fun at Big Air and then swimming and playing games at the VMCC! Please pack a peanut/tree nut free lunch and snack.

Time: 8:30 a.m.–4 p.m. • **Fee:** \$62 • **Ages:** 6–12

Code: YP-W200 • **Register by:** Monday, December 22

Pick-up and drop-off: Veterans Memorial Community Center
8055 Barbara Avenue, Inver Grove Heights



The Fun Lab Field Trip

Tuesday, December 30

We will spend the morning playing games and activities

at Doug Woog Arena then in the afternoon we will head to The Fun Lab for a full day of extreme FUN including laser tag, bumper cars, mini bowling, and more!

Time: 8:30 a.m.–4 p.m. • **Fee:** \$62 • **Ages:** 8–13

Code: YP-W201 • **Register by:** Tuesday, December 23

Pick-up and drop-off: Doug Woog Arena
141 6th Street South, South St. Paul

Field trips are a partnership with Mendota Heights, West St. Paul and South St. Paul Parks & Recreations



Register by March 23

Ages
6-12

SPRING BREAK CAMPS

MARCH 30-APRIL 2

Pick your days

8:30 a.m.–4 p.m.

Activities

- ✓ Swimming at VMCC
- ✓ Arts & crafts
- ✓ Turf & gym games
- ✓ Ice skating at Doug Woog
- ✓ Board games
- ✓ Off-site field trip (Thurs.)

Locations and activities vary by day

Fees

- ✓ Monday–Wednesday: \$40 per day
- ✓ Thursday: \$55 (includes field trip)

For details and to register go to:
ighmn.gov/Register

Register early, space is limited!

Camps in partnership with South St. Paul Parks and Recreation.

PRINCESS DANCE

Friday, Feb. 6 • 6–8 p.m.

Make lasting memories with your young prince or princess with an evening of dinner, refreshments, music, dancing, photo booth fun, and special activities!

One adult and one child: \$48
Each additional child or adult: \$24
Register by Friday, January 30

Code: FA-W320 • Ages 4–12 with an adult
VMCC, National Guard Gymnasium

Adaptive Recreation

Music Therapy winter-spring class coming soon!

Music therapy offers a creative outlet for emotional expression, sensory engagement, and social connection, beneficial for all children, especially those with mental health challenges or developmental differences.

Veterans Memorial Community Center
8055 Barbara Avenue
Inver Grove Heights

Visit ReachForResources.org to learn more and to register.

ADAPTIVE BOWLING

WEDNESDAYS, JAN. 28-MARCH 18

Join us for some fun bowling! This 8-week program includes two games each week, starting at 5:45 p.m., and wraps up with a pizza party on the last day. All ages and abilities welcome. Adaptive equipment is available. Families are encouraged to join the fun!

Time: 5:45–7:45 p.m. **Code:** YL–F203

Register by: Wednesday, January 21

Location: Concord Lanes
365 Concord Exchange North, South St. Paul

Cost: \$22 registration fee and \$10 paid Concord Lanes each week of attendance



In partnership with West St. Paul, South St. Paul and Mendota Heights Parks & Recreation departments.

QUESTIONS?
Contact Rachel at rlongfellow@ighmn.gov

Adult Sports

Volleyball League

Joining a team or becoming involved in one of our adult programs is the perfect way to relieve the stress and pressures of everyday life. Leagues are not officiated and standings will be recorded weekly. The schedule will be finalized after registration closes and is influenced by number of teams (each division needs a minimum of five teams and a maximum of eight teams); end date is approximate. No team? No problem, register to be a free agent. The coordinator will attempt to place you with a team.

Registration opens Thursday, November 20, 2025 at noon.

Levels: Silver (Beginner-Intermediate) and Gold (Intermediate-Advanced).



LEAGUE	DAYS/TIMES	SEASON START/END	DESCRIPTION	FEE	CODE	REGISTER BY
Winter Women's Volleyball Silver & Gold Levels	Tuesdays 6:15–10:15 p.m.	January 13– early April	Two levels of play, not officiated; about 10 weeks of regular season play plus double elimination playoffs.	\$340/ team	Gold: AL-W301 Silver: AL-W302	Tuesday, Dec. 30
Winter Co-Rec Volleyball Silver & Gold Levels	Thursdays 6:15–10:15 p.m.	January 15– early April	Two levels of play, Not officiated; about 10 weeks of regular season play plus double elimination playoffs.	\$340/ team	Gold: AL-W303 Silver: AL-W304	Thursday, Jan. 1

Volleyball Location: VMCC, National Guard Gymnasium

Adult Sports

ADULT FITNESS SEE PAGES 8–13

Adult Beginner Swim Instruction

For adults looking to learn or work on their swimming techniques. This class offers the opportunity to learn swimming basics and build your confidence in the water along side an instructor who will guide you.

Location: VMCC Pool

Saturdays, January 3–February 21 (8 lessons)

Time: 10:45–11:30 a.m. **Code:** 1W-ABSS1045

Sundays, January 4–February 22 (8 lessons)

Time: 5:15–5:55 p.m. **Code:** 1W-ABSSN515

Tuesdays, February 3–March 10

(skip Feb. 10, 5 lessons)

Time: 7:20–8 p.m. **Code:** 2W-ABST720

Thursdays, February 5–March 12 (6 lessons)

Time: 7:20–8 p.m. **Code:** 2W-ABSTH720

Sundays, March 1–April 12 (skip April 5, 6 lessons)

Time: 5:15–5:55 p.m. **Code:** 1P-ABSSN515

Saturdays, March 7–April 25 (skip April 4, 7 lessons)

Time: 10:45–11:30 a.m. **Code:** 1P-ABSS1045

Tuesdays, April 7–May 26 (8 lessons)

Time: 7:20–8 p.m. **Code:** 1P-ABST720

Five lesson fee: \$117 member, \$131 non-member

Six lesson fee: \$119 member, \$135 non-member

Seven lesson fee: \$122 member, \$141 non-member

Eight lesson fee: \$126 member, \$147 non-member



Pickleball **Ages 18 and older**

Pickleball Instruction

Fee: \$55

Location: VMCC, National Guard Gymnasium

Register one week prior to start of class

BEGINNER: This class is an introduction to the game of pickleball for new players. You will learn the rules of the game, how to keep score, etiquette, fundamentals and basic strategies. Each session will include drills and coached game play. All equipment is provided for classes.

Session 1: Wed., Jan. 14–Feb. 4 · 5–6 p.m.

Code: AP-W0114B

Session 2: Wed., Feb. 18–March 11 · 5–6 p.m.

Code: AP-W0218B

ADVANCED BEGINNER: This program is designed for advanced beginner pickleball players who have a basic understanding of the rules, can serve with some consistency, and keep score during play. If you are new to pickleball or unsure about the rules and scoring, we highly encourage you to register for our beginner-level class first. This ensures you build solid fundamentals before advancing your skills.

Session 1: Wed., Jan. 14–Feb. 4 · 6:10–7:10 p.m.

Code: AP-W0114A

Session 2: Wed., Feb. 18–March 11 · 6:10–7:10 p.m.

Code: AP-W0218A

Indoor Open Pickleball

Come to the VMCC and play pickleball! All open times are posted on the gym schedule online at ighmn.gov/Pickleball. We offer open play for all levels from beginners to advanced. Schedules subject to change, always check online prior to coming to the community center.



Adult Softball — Men's Slow Pitch D League

Officiated league double-headers and end-of-season playoffs.

Dates: Thursdays, April 30–July

Game Times: 6–9 p.m.

Location: Rich Valley Athletic Complex

Fee: TBD **Code:** AL-S102

Registration information available in early March. Find more details on our website ighmn.gov

Questions? email rlongfellow@ighmn.gov or call 651-450-2583



Stay tuned ... Adult Archery Lessons coming soon!

Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.



Educational Programs

Senior Home Owner Workshop Series

This three-part workshop series is designed to empower and inform older homeowners. Presented by Deb Safi from RE/MAX

All workshops will take place at:
VMCC, Community Room 1

1. Spot the Scam Learn how to recognize and avoid the latest scams and frauds targeting seniors presented by the Inver Grove Heights Police Department.

Date: Wednesday, January 14
Time: 10 a.m. **Code:** AS-W0114
Register by: Wednesday, January 7

2. Mortgage Options for Seniors Understand the pros and cons of reverse mortgage and other creative financing tools presented by a professional mortgage officer.

Date: Wednesday, January 21
Time: 10 a.m. **Code:** AS-W0121
Register by: Wednesday, January 14

3. Planning for Future Sale Tips to prepare your home for a future move — whether it's next year or five years down the road. Presented by professional real estate team.

Date: Wednesday, January 28
Time: 10 a.m. **Code:** AS-W0128
Register by: Wednesday, January 21

Aging In Place: How You Can Stay Independent Where You Are

Thursday, February 5 | Free
Learn practical strategies for staying safe, comfortable, and independent at home. Led by occupational therapist, Jordan Zilisch, this class covers personalized approaches to aging in place, resources to support your independence, and tips for finding trusted care partners. Gain the confidence and knowledge to plan ahead and thrive wherever you call home.

Time: 10:30 a.m. **Code:** AS-W0205
Location: VMCC, Community Room 1
Register by: Thursday, January 29

Gut Health and Hormone Balance after 40

Thursday, February 26 | Free
Did you know your gut plays a key role in your hormones, energy, weight, and even your memory? As we age, changes in digestion and hormone levels can leave us feeling tired, foggy, or “not like ourselves.” In this talk, Dr. Ryan Hetland will share simple, science-backed strategies to restore balance, improve digestion, and support healthy hormones. You’ll leave with practical steps you can start using right away to feel healthier and more energized.

Time: 11 a.m. **Code:** AS-W0226
Location: VMCC, Community Room 1
Register by: Thursday, February 19

Nourish for Life: Healthy Eating Made Simple

Wednesday, March 11 | Free
Discover practical tips and simple strategies for eating well as you age. This lively class guides seniors through balanced meal choices, portion control, and nutrition essentials—plus what to watch out for and how to build healthy habits for lifelong wellness. Empower yourself to feel your best, today and every day. Offered in cooperation with our fitness staff.

Time: 10:30 a.m. **Code:** AS-W0311
Location: VMCC, Community Room 2
Register by: Wednesday, March 4

“Musings with the Mayor”

Wednesday, April 8 | Free
Join the conversation and connect with Mayor Dietrich in a friendly, inclusive setting. Everyone is welcome to ask questions, share ideas, and be part of the community discussion.

Time: 10 a.m. **Code:** AS-P0408
Location: VMCC, Community Room 2
Register by: Wednesday, April 1

Pre-registration is required:

ighmn.gov/ActiveAdults55



55+ Driver Discount Program

The driver discount program is a state approved accident prevention/insurance discount course that is open to the public. A Precision Driving Center of Minnesota certified instructor teaches this class. The 4-hour course fulfills the initial requirement to earn the discount and must be maintained every three years to continue receiving the 10% discount.

Registration is required: 1-888-234-1294 or DriverDiscountProgram.com **Location:** VMCC

4–Hour Refresher Courses: \$24

DAY	DATE	TIME
Tuesday	January 6	1–5 p.m.
Wednesday	January 14	5–9 p.m.
Tuesday	February 3	1–5 p.m.
Wednesday	February 18	5–9 p.m.
Tuesday	March 3	1–5 p.m.
Wednesday	March 11	5–9 p.m.
Tuesday	April 7	1–5 p.m.
Wednesday	April 15	5–9 p.m.



Nashville
Country
Christmas

Enrichment Programs

Landmark Tours Travel Show

Wednesday, February 11 | Free

Come check out the exciting travel opportunities offered by Landmark Tours! A local, family-owned tour operator, Landmark's exclusive packages features round trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, deluxe motor coach transportation, and the services of a professional tour manager. If you can't attend the presentation, call for a catalog 612-230-2040 or visit

GoWithLandmark.com.

Time: 10 a.m. Code: AP-W0211

Location: VMCC, Community Room 1

Register by: Wednesday, February 4

Contemporary Line Dancing

Tuesdays, January 13–February 17 | \$45

Line dancing has become increasingly popular and is an excellent way to increase coordination, balance and enrich memory...and it's FUN! No partner is needed, regular attendance is very helpful.

Beginner time: 12:15–1:15 p.m. Code: AP-W0113B

Adv. Beginner time: 1:30–3 p.m. Code: AP-W0113A

Location: VMCC, Fitness studio

Register by: Tuesday, January 6

IGH Senior Club

Join for the camaraderie and enjoy a side of savings on activities!

The IGH Senior Club is a place for camaraderie, socializing and entertainment. Participate in interactive and fun activities, including monthly luncheons, weekly card games, a holiday party and more!

2026 Membership: \$20 per person

Membership renewal for 2026 is \$20 per person. The club is managed by a board and in partnership with Inver Grove Heights Parks and Recreation.

All Senior Club payments for membership and registration for the monthly luncheons are paid to the Senior Club. Please deposit your membership and registrations in the Senior Club locked drop box located inside the VMCC north entry (door "E") by the Parks & Recreation Department office near the east ice rink. Registration forms and envelopes are provided at the drop box location.

All Senior Club Luncheons are Members Only! Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month from noon to 2 p.m.). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.**

January 19

For planning purposes registration is required.

- Potluck
- No charge

February 16

- Swedish meatballs on egg noodles
- Buttered carrots, salad and buns
- BINGO
- \$18

March 16

- Corned beef & cabbage, cauliflower, broccoli, carrot medley with baby red potatoes, salad, rolls, cookie
- Entertainment
- \$18

April 20

- Roast turkey with coleslaw, green beans, salad, roll and brownies
- BINGO • \$20

INVER GROVE HEIGHTS PARKS & RECREATION

Healthy Living FAIR



Wednesday, April 15 • 10 a.m.–1 p.m.

VMCC, NATIONAL GUARD GYMNASIUM

Attend free fitness classes, presentations, and visit vendor booths with information on adult health and wellness. Learn more at ighmn.gov/Events.



Free!

SAVE THE DATE!

Fitness

Registration deadline for specialty fitness classes:
One week prior to class start date.

Tai Chi for Fall Prevention

Learn the flowing, ancient art of Tai Chi. Practicing Tai Chi will increase balance, leg strength and coordination while imposing minimal impact on the joints. Options available for those that need to remain seated.



Days: Fridays (8 | 50 minute sessions)

Time: 11–11:50 a.m.

Location: VMCC, TRX® room

Fee: \$70 member, \$100 non-member

Session 1 — Learn Part 1

For those new to Tai Chi or want to review Part 1

Dates: January 9–February 27

Code: FP-W180

Session 2 — Learn Part 2

For new participants who have taken Part 1 or those who would like to review Part 2

Dates: March 6–April 24

Code: FP-W181

Tai Chi for Diabetes

The Tai Chi for Diabetes program is based on Sun and Yang style Tai Chi. It can positively influence the regulation of blood glucose, reduce stress, improve heart/lung function, muscular strength, flexibility and balance. It is an easy to learn form and suitable for people with no prior knowledge of Tai Chi.

Days: Fridays (8 | 50 minute sessions)

Dates: January 9–February 27

Time: 10–10:50 a.m.

Location: VMCC, TRX® room

Fee: \$70 member, \$100 non-member

Code: FP-W182

New! Tai Chi: Yang-Syle

Yang-style Tai Chi is one of the five primary families of Tai Chi and is the most popular style practiced worldwide. Known for its large, graceful movements, it emphasizes relaxation and health benefits, making it accessible to participants of all ages.

Dates: Wednesdays, February 4–March 25

Time: 12:15 p.m. (8 | 50 minute sessions)

Location: VMCC, TRX® room

Fee: \$70 member, \$100 non-member

Code: FP-W183

Back to Balance

This class will allow you to improve your gait, stand tall and rise from sitting to standing with ease as well as improve your balance and coordination in a positive encouraging atmosphere so you can increase activity, reduce pain, and decrease the risk of falls. Walkers and canes welcome!

Days: Tuesdays & Thursdays (16 | 50 minute sessions)

Time: 11:15 a.m.–12:05 p.m.

Location: VMCC, Fitness Studio

Fee: \$100 member, \$160 non-member

Session 1: January 6–February 26

Code: FP-W120

Session 2: March 3–April 23

Code: FP-W122

Functional Training

This multicomponent workout emphasizes full-body movements that reflect everyday activities, designed to improve coordination, motor control, and functional strength. Through dynamic exercises, you'll build balance, stability, and mobility—key components for confident movement in daily life. Participants must be able to move independently without assistance.

Days: Wednesdays (8 | 50 minute sessions)

Time: 10:10–11 a.m.

Location: VMCC, TRX® room

Fee: \$70 member, \$100 non-member

Session 1: January 7–February 25

Code: FP-W125

Session 2: March 4–April 22

Code: FP-W126



Happy Feet Foot Services

On the **SECOND FRIDAY** and **FOURTH TUESDAY** of the month, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. **Drop-ins are not accepted**, please call 763-346-3390 to set an appointment.

JOIN US FOR World Tai Chi Day

Saturday, April 25 · 9:30–11 a.m.

VMCC, Community Room 3



Senior Trips

All trips depart from and return to VMCC.
To register go to ighmn.gov/Register

THURSDAY, MARCH 19 Murder Mystery Luncheon at Afton House Inn



Spend the day at the historic Afton House Inn, a charming property overlooking the St. Croix River Valley. Upon arrival, guests will receive parts for the murder mystery play. Enjoy a lively two-hour interactive murder mystery performance—whether you choose to participate or simply observe—paired with a delicious lunch featuring rosemary roasted pork loin, garlic mashed potatoes, fresh vegetables, rolls, and dessert. After the show, take time to explore the inn and, if available, peek into its uniquely furnished guest rooms.

Time: Depart VMCC at 10 a.m.—Return 2:30 p.m.
Fee: \$105 includes transportation, lunch, and show
Code: AT-W0319 **Register by:** Friday, February 13

TUESDAY, APRIL 7 “Super Duos” Sheldon Theatre



Experience an elegant midday outing beginning with a seated luncheon at the St. James Hotel, featuring Swedish meatballs, yukon gold mashed potatoes, green beans, fresh rolls, and a self-serve station of coffee and tea. After lunch, travel to the historic Sheldon Theatre in Red Wing, MN, known as the “glittering jewel box,” for a 2 p.m. matinee performance of “Super Duos.” Enjoy masterful renditions and stories behind classic hits from legendary duos like Lennon & McCartney, Simon & Garfunkel, Hall & Oates, and more—a delightful show blending melody, harmony, nostalgia, and exceptional musicianship.

Time: Depart VMCC at 10:45 a.m.—Return 5 p.m.
Fee: \$120 includes transportation, lunch, and show
Code: AT-P0407 **Register by:** Friday, February 20



THURSDAY, MAY 28 “Courting Harry” at the History Theater



Step into history with a day trip to the Minnesota History Theater in St. Paul, where your group will enjoy reserved main floor seating for the 10 a.m. performance of “Courting Harry” by Lee Blessing, directed by Joel Sass. This powerful play follows the lifelong friendship of Minnesota natives Warren Burger and Harry Blackmun as it is tested by their time together on the U.S. Supreme Court, offering drama and rich local history praised by the *Star Tribune*. After the show, savor a classic turkey dinner at Key’s Café, complete with mashed potatoes, stuffing, vegetables, cranberries, bread, butter, beverage, and dessert.

Time: Depart VMCC at 8:45 a.m.—Return 2:45 p.m.
Fee: \$108 includes transportation, lunch and show
Code: AT-P0528 **Register by:** Friday, April 17

TUESDAY, JUNE 9 Stillwater River Boat Cruise



Discover the charm of Stillwater, the birthplace of Minnesota, with its rich history, scenic river views, and beautifully preserved 19th-century architecture. Your visit begins at the St. Croix Boat & Packet Company docks, where you’ll board a modern, climate-controlled vessel for a relaxing midday cruise along the St. Croix River. While taking in the sights, enjoy a buffet-style deli luncheon featuring a variety of meats, cheeses, salads, dessert bars, and beverages. After the cruise, spend the afternoon exploring downtown Stillwater’s Pedestrian Plaza, home to unique boutiques, specialty shops, art galleries, and sweet treats. The day concludes with a convenient pick-up at 3 p.m., wrapping up a delightful blend of history, culture, and riverfront charm.

Time: Depart VMCC at 9:30 a.m.—Return 4:15 p.m.
Fee: \$97 includes transportation, lunch and cruise
Code: AT-P0609 **Register by:** Friday, May 8

SUMMER 2026 TRIP PREVIEW (Registration opens in March)

JULY: Hudson River Boat Cruise

SEPTEMBER: Crow River Winery

AUGUST: Swensson Farm Museum

OCTOBER: Great Northern Trains

The Scoop Winter-Spring Calendar 2026



Sleeping Mats for the Homeless Project

First and third Tuesdays of the month | 1 p.m.

Put those plastic grocery bags to good use and keep them out of the landfill by joining us in making sleeping mats for the homeless. Mats are crocheted out of plastic bag yarn (PLARN). Jobs include: cutting (bring your own scissors), sorting and crocheting (please bring your own 16mm or size Q crochet hook). Directions will be provided. Mats will be donated to Friday Night Street Gang, an organization that supports the homeless. If you have any questions, email: galebelk@msn.com

Guitars For Vets

Guitars for Vets (G4V) has refined a guitar instruction program aimed at any active duty military or Veteran. A DD214 is the only requirement to participate. Many of the Veterans have physical injuries, PTSD, and other emotional distress. G4V pursues its mission to share the healing power of music by providing free guitar instruction at the VMCC. You don't need a guitar to participate. The chapter provides loaner guitars during the first 10 lessons. The instructors are all volunteer guitar players who want you to succeed. Contact the chapter coordinator by emailing mn.minneapolis@guitarsforvets to join the program and start your guitar journey.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January Inver Grove Heights Active Adults 55+			1 New Year's Day No Cards	2 Hand & Foot 12:30 p.m.
5 500 Cards 1 p.m.	6 Cribbage 1 p.m. Mat Making Group 1 p.m.	7 Bridge 12:30 p.m.	8 Euchre 1 p.m.	9 Happy Feet Foot Service Hand & Foot 12:30 p.m.
12 500 Cards 1 p.m.	13 Cribbage 1 p.m. Fiction Book Club 1 p.m.	14 Speaker: Spot the Scam 10 a.m. Bridge 12:30 p.m.	15 Euchre 1 p.m.	16 Hand & Foot 12:30 p.m.
19 Martin Luther King, Jr. Day Senior Luncheon Noon-2 p.m.	20 Cribbage 1 p.m. Mat Making Group 1 p.m.	21 Speaker: Mortgage Options 10 a.m. Bridge 12:30 p.m.	22 Euchre 1 p.m.	23 Hand & Foot 12:30 p.m.
26 Non-Fiction Book Club 10 a.m. 500 Cards 1 p.m.	27 Happy Feet Foot Service Cribbage 1 p.m.	28 Speaker: Planning for Future Home Sale 10 a.m. Bridge 12:30 p.m.	29 Euchre 1 p.m.	30 Hand & Foot 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February Inver Grove Heights Active Adults 55+				
2 500 Cards 1 p.m.	3 Cribbage 1 p.m. Mat Making Group 1 p.m.	4 Bridge 12:30 p.m.	5 Speaker: Aging In Place 10:30 a.m. Euchre 1 p.m.	6 Hand & Foot 12:30 p.m.
9 500 Cards 1 p.m.	10 Cribbage 1 p.m. Fiction Book Club 1 p.m.	11 Speaker: Landmark Tours 10 a.m. Bridge 12:30 p.m.	12 Euchre 1 p.m.	13 Happy Feet Foot Service Hand & Foot 12:30 p.m.
16 Senior Luncheon Noon-2 p.m.	17 Cribbage 1 p.m. Mat Making Group 1 p.m.	18 Bridge 12:30 p.m.	19 Euchre 1 p.m.	20 Hand & Foot 12:30 p.m.
23 Non-Fiction Book Club 10 a.m. 500 Cards 1 p.m.	24 Happy Feet Foot Service Cribbage 1 p.m.	25 Bridge 12:30 p.m.	26 Speaker: Gut Health & Hormone Balance 11 a.m. Euchre 1 p.m.	27 Hand & Foot 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 500 Cards 1 p.m.	3 Cribbage 1 p.m. Mat Making Group 1 p.m.	4 Bridge 12:30 p.m.	5 Euchre 1 p.m.	6 Hand & Foot 12:30 p.m.
9 500 Cards 1 p.m.	10 Cribbage 1 p.m. Fiction Book Club 1 p.m.	11 Speaker: Healthy Eating Made Simple 10 a.m. Bridge 12:30 p.m.	12 Euchre 1 p.m.	13 Happy Feet Foot Service Hand & Foot 12:30 p.m.
16 Senior Luncheon Noon-2 p.m.	17 Cribbage 1 p.m. Mat Making Group 1 p.m.	18 Bridge 12:30 p.m.	19 Euchre 1 p.m. Day Trip: Afton House Inn	20 Hand & Foot 12:30 p.m.
23 Non-Fiction Book Club 10 a.m. 500 Cards 1 p.m.	24 Happy Feet Foot Service Cribbage 1 p.m.	25 Bridge 12:30 p.m.	26 Euchre 1 p.m.	27 Hand & Foot 12:30 p.m.
30 500 Cards 1 p.m.	31	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <h2 style="color: #4F81BD;">March</h2> <p style="color: #4F81BD;">Inver Grove Heights Active Adults 55+</p> </div> <div style="background-color: #006633; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <p style="margin: 0;">VMCC Craft Fair Saturday, March 7</p> </div> </div>		

NON-FICTION BOOK CLUB

Mondays | 10 a.m. | VMCC

Meets every fourth Monday of the month at the VMCC from 10-11 a.m. Discuss selected books with this free, drop-in group. **No registration is required.** For more information or to provide book suggestions, contact Linda Scharlatt at linda.scharlatt@gmail.com

Location: VMCC Legion Room

January 26 *Angela's Ashes: A Memoir*
by Frank McCourt

February 23 *Zero Fail: The Rise and Fall of the Secret Service*
by Carol Leonnig

March 23 *The Top Ten Things Dead People Want to Tell You: Answers to Inspire the Adventure of Your Life*
by Mike Dooley

April 27 *The Lonely City: Adventures in the Art of Being Alone*
by Olivia Laing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="color: #006633; font-size: 2em; font-weight: bold;">April</div> <p style="color: #006633;">Inver Grove Heights Active Adults 55+</p>		1 Bridge 12:30 p.m.	2 Euchre 1 p.m.	3 Hand & Foot 12:30 p.m.
6 500 Cards 1 p.m.	7 Cribbage 1 p.m. Mat Making Group 1 p.m. Day Trip: Sheldon Theater	8 Speaker: Musings with the Mayor 10 a.m. Bridge 12:30 p.m.	9 Euchre 1 p.m.	10 Happy Feet Foot Service Hand & Foot 12:30 p.m.
13 500 Cards 1 p.m.	14 Cribbage 1 p.m. Fiction Book Club 1 p.m.	15 Healthy Living Fair 10 a.m.-1 p.m. Bridge 12:30 p.m.	16 Euchre 1 p.m.	17 Hand & Foot 12:30 p.m.
20 Senior Luncheon Noon-2 p.m.	21 Happy Feet Foot Service Cribbage 1 p.m. Mat Making Group 1 p.m.	22 Bridge 12:30 p.m.	23 Euchre 1 p.m.	24 Hand & Foot 12:30 p.m.
27 Non-Fiction Book Club 10 a.m. 500 Cards 1 p.m.	28 Cribbage 1 p.m.	29 Bridge 12:30 p.m.	30 Euchre 1 p.m.	<div style="background-color: #006633; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <p style="margin: 0;">Healthy Living Fair Wednesday, April 15</p> </div>

FICTION BOOK CLUB

Tuesdays | 1 p.m. | VMCC

This group meets every second Tuesday of the month at 1 p.m. at the VMCC. Note: room location will be posted in the VMCC on day of club.

January 13 *The Frozen River*
by Ariel Lawhon

February 10 *The Fury*
by Alex Michaelides

March 10 *Where'd You Go, Bernadette*
by Maria Semple

April 14 *Every Note Played*
by Lisa Genova

World
Tai Chi Day
Saturday,
April 25



Looking to get outdoors this winter?

Here are our favorite IGH parks for self-guided winter activities!

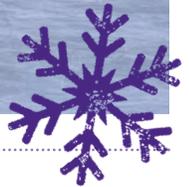


Spend time with your dog at the Dog Park!
Heritage Village Park • 4321 65th Street



Get your dog pass today!

ighmn.gov/DogPark



Cross Country Skiing

(Equipment not provided)

- Inver Wood Golf Course
- Harmon Park Reserve
- Heritage Village Park



Winter Hike

Natural trails not plowed

- North Valley Park
- Harmon Park Reserve
- Marianna Ranch

Plowed trails

- Rich Valley Park
- 52 Trail
- Mississippi River Regional Trail



Snowshoeing

(Equipment not provided)

- Lions Park
- North Valley Park
- Harmon Park Reserve
- Marianna Ranch
- Heritage Village Park



Ice Skating

(See page 45 for list of outdoor rink locations)



Adventure awaits



Enjoy winter at Lebanon Hills Regional Park, where cross-country skis, snowshoes and more are available to rent.

Visit www.dakotacounty.us/parks, search *Rental*



Things to do in the Parks

ighmn.gov/Parks

Outdoor Ice Rinks

Weather permitting, outdoor ice rinks will be open to the public Friday, December 19, 2025 through Monday, February 16, 2026.

Schedules are subject to change due to weather and/or ice conditions.

During open hours, rink lights will be on and the facilities will be supervised (except where noted on the right).

NOW HIRING:
Ice Rink Attendants!

Chill job. Flexible hours. Awesome winter vibes. Visit ighmn.gov/Jobs for details.

*Outdoor Rink Holiday Dates:

December 24 & 25: Closed
 December 26–31: 1–9 p.m.
 Sunday, January 18: 1–9 p.m.
 Monday, January 19: 1–7 p.m.
 Sunday, February 15: 1–9 p.m.
 Monday, February 16: 1–7 p.m.

Rinks will be closed if:

- Temperature is –15 degrees fahrenheit (actual or wind chill)
- When two inches or more of snow accumulate after 3:30 p.m. on weekdays
- When two inches or more of snow accumulate on weekends
- Warm temperatures soften ice



Come play on our sledding hill at South Valley Park

2810 70th Street East

The unlit sledding hill is available during park hours.
ighmn.gov/304



South Valley Park Fun Day Saturday, January 10, 2:30–4 p.m.

Come out and have some winter fun at the newly renovated South Valley Park. We'll be sledding, skating, enjoying a bonfire, snacking on smores and more! Learn more at ighmn.gov/Events



OUTDOOR ICE RINK LOCATIONS	AMENITIES	ATTENDED HOURS
Skyview Park 6765 Dawn Avenue	1 hockey rink 1 pleasure rink	4–8 p.m. Monday–Friday 1–9 p.m. Saturdays & Holidays* 1–7 p.m. Sundays
Oakwood Park 3534 78th Street East	1 hockey rink 1 pleasure rink	4–8 p.m. Monday–Friday 1–9 p.m. Saturdays & Holidays* 1–7 p.m. Sundays
Groveland Park 1990 46th Street	1 hockey rink 1 pleasure rink	No attendant — lights on a timer
Southern Lakes Park 10810 Alison Way	1 pleasure rink	No attendant — lights on a timer
South Valley Park 2819 70th Street East	1 pleasure rink	No attendant — lights on a timer
Vista Pines 7500 Argenta Court	1 pleasure rink	No attendant — lights on a timer

Please Note: Organized youth hockey practices or games are only allowed if the facility is rented. For rental information, visit ighmn.gov/Rentals.

For rink updates call the weather line at 651-450-2595

Park Shelter Rental and Reservations

Picnic perfect parks! Shelters are available to rent May–October. Reservations for 2026 events open January 1, 2026. Time blocks for rental are 10 a.m.–3 p.m. and 5–10 p.m. Learn more about shelter rentals and book online at ighmn.gov/Rentals. Refunds are not given in the event of rain or inclement weather.

2026 Rates	PARK	DEPOSIT	RESIDENT FEE	NON-RESIDENT FEE
	Swing Bridge Park	\$100	\$115	\$135
	South Valley Park	\$100	\$225	\$250
	All Other Parks	\$100	\$75	\$95

Sales tax not included

Rich Valley Athletic Complex

Rich Valley Athletic Complex is a premier, fully irrigated outdoor athletic facility consisting of baseball, softball and soccer fields. The complex can accommodate youth and adult sporting events and tournaments of varying sizes. The complex has six softball fields (four lit), three grass baseball fields, and four non-lit soccer fields.

Interested in reserving a field or hosting a tournament?

Visit ighmn.gov/RichValley to learn more.

Parks & Facilities



Park Hours: 6 a.m.–10 p.m.

		Picnic Shelter (K=with Kitchen)	Enclosed Shelter	Playground	Trails (P=Paved, N=Non-paved)	Baseball/Softball Fields	Soccer Fields	Basketball	Tennis Courts/Striped for Pickleball (lights)	Tennis Courts/Striped for Pickleball (no lights)	Pickleball Courts (no lights)	Sand Volleyball Court	Hockey Rinks (lights)	Pleasure Rink	Sliding Hill	Horseshoe Pits	Grills	Fishing (P=Pier, S=Shore)	Disc Golf Course	Archery Range	Skate Park	Parking Lot	Restrooms (P=Portable, I= Indoor, A=ADA accessible)	Off-Leash Dog Park
NEIGHBORHOOD PARKS																								
1	Arbor Pointe Park: 8545 Cahill Ave.			X	P																			
2	Argenta Hills: 7250 Agate Trail			X																				
3	Broadmoor Park: 11306 Stratford Lane			X	P, N																			
4	Dehrer Park: 4085 Dehrer Way																							
5	Ernster Park: 7750 Dickman Trail			X	P	X		X				X				X								P
6	Groveland Park: 1990 46th St. E.	UNDER CONSTRUCTION — WILL REOPEN SPRING 2026																						
7	Lions Park: 2423 65th St. E.	X		X	P												X	P, S						P
9	North Valley Park: 2800 70th St. E.				P	X				X								X				X		P
9	Oakwood Park: 3534 78th St. E.	X	X	X	P	X		X				X	X									X		I, P
10	Overlook Ridge: 7499 Auburn Lane			X				X																
11	River Front Park: 7782 River Road															X	S					X		
12	Salem Hills Park: 1642 Upper 55th St. E.			X	P	X		X		X	X											X		P
13	Seidl's Lake Park: 2655 47th St. E.			X	P													S						
14	Simley Island Park: 3110 80th St. E.	X			P													P, S				X		
15	Skyview Park: 6765 Dawn Ave.		X	X	P		X	X		X		X	X									X		I, P
16	Sleepy Hollow Park: 3645 84th St. E.			X	P			X				X												
17	Southern Lakes Park: 10810 Alison Way			X	P	X								X										P
18	Vista Pines Park: 7500 Argenta Court			X	P, N			X						X										P
COMMUNITY ATHLETIC COMPLEX																								
19	Rich Valley Athletic Complex: 1841 105th St. E.	X	X	X	P	X	X	X		X						X						X		I, P, A
SPECIAL USE AREA																								
20	Veterans Memorial Community Center: 8055 Barbara Ave.	X		X																	X	X		I, P
21	Inver Wood Golf Course: 1850 70th St. E.																					X		I, P
CONSERVANCY LAND																								
22	Harmon Park Reserve: 1642 Upper 55th St. E.				N																			
23	Marianna Ranch: 9125 Alvarez Ave.				N																			
24	River Heights Park: 8780 Inver Grove Trail				N																			
25	Woodland Preserve: 11666 Azure Ln.				P																			
26	Marcott Woods: 2830 96th St. E.																							
LINEAL PARK/GREENWAY																								
27	McGroarty Park: 2200 62nd St. E.				P													S						
COMMUNITY PARK																								
28	Heritage Village Park: 4321 65th St.	UNDER CONSTRUCTION — WILL REOPEN SUMMER 2026																				X	P	X
29	Old Town Hall: 6701 River Road																							
30	South Valley Park: 2810 70th St. E.	K		X	P, N								X	X		X			X		X		I, P, A	
31	Swing Bridge Park: 4465 66th St. E.	X			P											X	X					X		I, P, A

Community Garden Rentals

For more information and to register visit:
ighmn.gov/CommunityGardens



The Parks and Recreation Department operates 30 garden plots located at Salem Hills Park. Each plot is approximately 13.5' x 17.5' (236.25 square feet). Water access is provided at the site. Plot renters are responsible for planting, watering and maintaining their own assigned plot. Only one plot is available per household. **Register early as spots fill fast!** If registration is full, we encourage you to put your name on the waitlist in the event a plot opens up.

Season: Approximately May 9–October 11

Registration Dates: 2025 plot holders have priority registration March 9–31. Registration for remaining plots opens April 1, at 9 a.m. until plots are filled.

Rental Fee: \$36 **Code:** AP-P310

Park Development Projects Winter–Spring 2026

· HERITAGE VILLAGE PARK · SOUTH VALLEY PARK ARCHERY RANGE · GRAZING GOATS



Heritage Village Park

Construction of the new inclusive playground and splash pad is progressing well. The park also includes an expanded parking lot and new restroom buildings. Final touches will be completed spring 2026, with a grand opening celebration planned for Wednesday, June 17. Visit our website or follow us on social media for updates!



Try out the new archery range at South Valley Park!

The new archery range has been a hit with the community! Located in the northeast corner of South Valley Park and is open for public use. It features ground-level shooting lanes, elevated platforms and targets at various distances to accommodate all skill levels. The range is separated from other areas of the park with fencing and abundant signage around the edges of the range to keep all park visitors safe.

Youth archery classes have been well attended and received positive feedback. Due to growing interest, adult archery programs are also being explored for 2026.



Grazing Goats

The goats at South Valley Park were such hard workers that they were moved to Harmon Park Reserve/Salem Hills Park for October! They helped control invasive plants like buckthorn and round-leaf bittersweet, protecting our native species—all while bringing a fun, unique addition to our parks team.



INVER GROVE HEIGHTS PARKS & RECREATION Dream job right here!

JOIN OUR TEAM!

- ICE RINK ATTENDANTS •
- FITNESS ATTENDANT • FITNESS INSTRUCTORS • PERSONAL TRAINERS •
- GUEST SERVICES • AQUATICS MANAGER • LIFEGUARDS • SWIM INSTRUCTORS •
- POOL ATTENDANTS • YOUTH TENNIS INSTRUCTOR • BOWLING LEAGUE LEADER •
- KIDS R.O.C.K. STAFF • ADULT ARCHERY INSTRUCTOR • CHILDCARE •
- YOUTH SPORTS RECREATION INSTRUCTORS • GYM/FACILITY ATTENDANTS •
- BUILDING OPERATIONS & MAINTENANCE • PARK MAINTENANCE •

Positions are not only FUN, but they can also build lifelong skills and boost your career!

Whether you are in high school or college, a young professional or a retiree — and are looking for a part time position that gives you an opportunity to have fun, make extra money, meet new friends, or get involved in your community — we have a position that could work for you! We invite you to join our team and apply today!

“ I have made some of my best friends through this job, and the environment of the VMCC has been so welcoming ... I truly feel that it has well prepared me for my future.”

— Gwen Ukestad, Aquatics Manager



Check out our jobs online at ighmn.gov/Jobs

“ I love working at the VMCC because of the community of people I work with. The members are so welcoming, understanding, kind and supportive.”

— Teri York, Fitness Specialist

Do you have a talent or skill you'd like to share and teach to others?

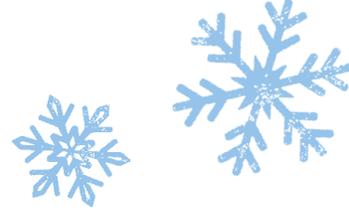
IGH Parks and Recreation is looking to expand our program offerings and we're searching for enthusiastic instructors with unique and fun class ideas!

Anything from art to dance, sports and games for any age, we'd love to hear from you. If you have a special skill or passion you'd like to share, contact us at parksandrecreation@ighmn.gov to learn more about becoming a recreational instructor!



- Flexible hours • Free VMCC membership • Competitive wages
- Flexible schedules • Public Employment Retirement Account • Great team!

Holidays in the Heights



FREE!

Tree Lighting Ceremony

Friday, December 5

6–7 p.m.

NE end of VMCC outside

Come kick off the holiday season with our official tree lighting outside of the VMCC on the Northeast end of the building.

No registration necessary.



Holiday Cookies and Canvas

Make a fun holiday art project with the family!

Saturday, December 6

Ages 6 & up with an adult

Come for this fun class taught by *Cheers Pablo*. No painting experience necessary. Everything is provided, just come and paint a festive holiday scene. Cookies and beverages provided.

Session 1: 9–10:30 a.m.

Code: FA-F1007

Session 2: 10:45 a.m.–12:15 p.m.

Code: FA-F1008

Session 3: 12:30–2 p.m.

Code: FA-F1009

Session 4: 2:15–3:45 p.m.

Code: FA-F1010

Fee: \$20 per person (no walk-ins will be accepted)

Location: VMCC, Community Room 1

Register by: Saturday, November 29

Skate with Santa

Friday, December 5

7–8:30 p.m. All ages welcome!

Carve some ice with the man in red! Holiday goodies, light snacks and hot beverages will be provided. Pre-registration is encouraged to secure a spot. Children must be accompanied by an adult.

Fee: Free for members;

\$6 non-member; \$8 at door if space is available

Code: FA-W350

Location: VMCC, West Rink • Register by: Friday, November 28



Letters to Santa!

November 23–December 11 Open to all ages



Children are invited to write a letter to Santa that will be delivered to the North Pole! Letters can be put in our special mailbox at the VMCC and we'll deliver the letters straight to Santa!

How to send your letter:

1. Find our Santa letter template by scanning the QR code, visiting ighmn.gov/Events or picking up a copy at the VMCC.



2. Write your message to Santa. Be sure to include your full name and return address so Santa can send a letter back to you!

3. Bring your letter to the VMCC at 8055 Barbara Avenue, and put it in our special Santa mailbox!



Holiday Open Swim

Friday, December 12, 5–8 p.m.

Come swim and enjoy the warmth of the waterpark! We'll have festive music and decorations.

Fee: VMCC members free;

Non-members: \$8 ages 11 and younger, \$10 ages 12 and up

Location: VMCC, water park

Code: Holiday25

Breakfast with Santa

Saturday, December 13

10 a.m.–noon

All ages welcome!

Santa is bringing the North Pole to the VMCC! Visit with Santa, enjoy a holiday themed craft and a brunch catered by Hy-Vee. A paid ticket is required to enjoy breakfast.

Fee: \$8 per meal ticket; \$10 at the door; \$6 ages 1 to 5 years old

Code: FA-W331

Location: VMCC, National Guard Gymnasium

Register by: Saturday, December 6

Children must be accompanied by an adult.





NATIONAL GUARD GYMNASIUM ENTRANCE I

9 a.m.–1 p.m.

Scarfes

CRAFT FAIR

Creative vendor booths of all kinds!
Enjoy a day of treating yourself and finding great local gems.

SATURDAY, MARCH 7
VMCC • 8055 Barbara Avenue • Inver Grove Heights

CRAFT VENDORS WANTED!
Email Chelsea at cswenhaugen@ighmn.gov if you are interested in applying to be a vendor.
Vendor registration is open January 1-February 1 on a first-come, first-served basis.
Table/booth space: \$50

KIDS GARAGE SALE

SATURDAY, APRIL 25 • 10 A.M.–NOON



Hey kids! Ready to be a mini entrepreneur?
Sell your gently used books, toys, games, clothes, and sports gear—and make some cash while clearing out your stuff!

VMCC Gymnasium • Registration opens Monday, February 2

SAVE THE DATE!



TOUCH-A-TRUCK
SAT., MAY 16

SPRING EGG HUNTS



All hunts are held in light rain or shine but not in lightning or heavy downpour!

Must pre-register to participate!
ighmn.gov/Register

FLASHLIGHT EGG HUNT



Friday, March 27
8:30 p.m.

Ages 10–13; accompanied by an adult
Register by: Fri., March 20
Code: FA-P240

Join us at **OAKWOOD PARK** for an exciting twist to an old tradition! This adventure takes place at night and you only have your flashlight to guide you!



EGG HUNT

Saturday, March 28

Ages 3–10; accompanied by an adult
1–1:10 p.m. » Ages 3–4 » FA-P341
1:15–1:25 p.m. » Ages 5–7 » FA-P342
1:45–1:55 p.m. » Ages 8–10 » FA-P343

Register by: Saturday, March 21

Hop on over to **OAKWOOD PARK** and join us for some egg-citing fun. Kids will enjoy scrambling all over

to collect their eggs. Some “special prize” eggs will be available for some lucky participants. This hunt will be held rain or shine so dress appropriately. Register early, as space is limited. Although this event is free, pre-registration is required to participate.



EGG HUNT COLORING CONTEST

Entries due by **Saturday, March 28**

This coloring contest is done in conjunction with the Egg Hunt and Flashlight Egg Hunt. **Coloring sheets will be available starting March 1** available online at ighmn.gov/events or can be picked up (and dropped off when completed) at Heartland Credit Union (5500 Robert Trail) or Veterans Memorial Community Center (8055 Barbara Avenue). Entries are due by **Saturday, March 28**. First and second place prizes will be awarded in each of the following categories:

- Age 3–pre–Kindergarten
- Kindergarten–Grade 1
- Grades 2–3
- Grades 4–5



AQUA EGG HUNT Sunday, March 29

Swim and dive for eggs at the **VMCC** and then trade them in at the end of your hunt for an awesome goodie bag! Enjoy swim time after all the eggs have been found. Each wave is limited to 50 swimmers.

Wave 1: 9:30–10:15 a.m.
Code: AQEGG1

Wave 2: 10:30–11:15 a.m.
Code: AQEGG2

Fee: \$8 member,
\$10 non-member

Register by:
Sunday, March 22



PRINCESS DANCE

Make lasting memories with your young prince or princess with an evening of music, dinner, photo booth fun, dancing, refreshments and special activities!

Ages 4-12 with an adult
VMCC, National Guard Gymnasium

Friday, February 6 · 6-8 p.m.

One adult and one child: \$48

Each additional child or adult: \$24

Code: FA-W320 · Register by Friday, January 30



Noon Year's Eve AT THE VMCC

2026

Join us for this special 'Count Down to Noon!'

Wednesday, December 31
10 a.m.-12:30 p.m.

We're having a pool party with dancing and crafts!

- VMCC members: free
- Non-members: \$8 ages 11 & younger, \$10 ages 12+
- Register by: Friday, Dec. 26 · Code: 1W-NY2026



Youth Scholarships Available!

Inver Grove Heights Parks and Recreation offers scholarships for youth in our community to join our programs, based on financial need.

To complete an application please go to ighmn.gov/Scholarship

The 2026 Scholarship Program is funded by the American Legion Post #424.



Inver Grove Heights Parks & Recreation
8055 Barbara Avenue, Inver Grove Heights, MN 55077
Phone: 651-450-2480

City of Inver Grove Heights

Mayor: Brenda Dietrich

City Councilmembers:

Sue Gliva
John Murphy
Tony Scales
Mary T'Kach

Parks & Recreation Commission:

Niki Barker	Sandra Christensen	Steve Cook
Abby Heidenreich	Lukas Johnson	Tracy Mulcahy
William Skar	Kurt Stangler	Luisa Torres

Follow us on Social Media



IGHParks @IGHParks IGHParksrec

This brochure is available in an alternate format upon a three-day business request. Examples of alternate formats may include: large print, Braille, audiocassette.