

# Parks & Recreation

Join us  
for Heritage  
Village Park  
grand opening  
on June 17!

See page 54  
for details!

## Upcoming Special Events!

- Kids Garage Sale •
- Touch-A-Truck •
- Movie in the Park •
- Inver Groove Music in the Park •
- Food Truck Festival •

## Get THE SCOOP

on active adults  
55+ programs

See pages 45-49





# Summer 2026 May–August

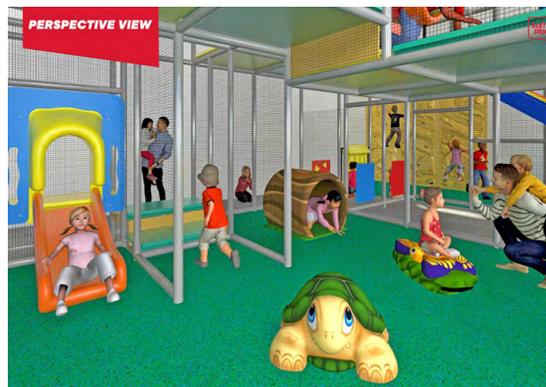
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# Indoor Play Is Not So Far Away

Big things are coming to the Veterans Memorial Community Center! Construction is officially underway on our new indoor playground—an amenity our community asked for during outreach efforts last year. We’re excited to bring this long-anticipated space to life for families in our community. Work will continue through March, with an anticipated opening in early summer.



Ideal for children ages 1–11, the indoor playground will feature a multi-level climbing structure with seating for adults and caregivers. With triple racing slides, a climbing wall, and age-appropriate elements for younger children, this space is sure to become a favorite destination on cold or rainy days.



See page 54 for more images.

**Community and Special Events — See pages 57–60 for details.**

## DIRECTORY

Guest Services	651-450-2480
Parks & Recreation Office	651-450-2586
Advertising/Marketing	651-554-3425
<b>Aquatics</b>	
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
Summer Kids R.O.C.K.	651-450-2580
<b>Weather Line</b>	<b>651-450-2595</b>

## REGISTER FOR PROGRAMS AND EVENTS

Visit [ighmn.gov/Register](http://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.

2 Sponsorships are available for special accommodations with qualifying need.

**Parks and Recreation  
program registration opens  
Thursday, March 12 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](http://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](mailto: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?**

**Summer programs » in MARCH**

**Fall programs » in AUGUST**

**Winter & Spring programs »  
in NOVEMBER**

**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.

**SUMMER HIGHLIGHTS**

**1**

**Field Trips & Summer Camps**

See pages 35 & 38-41!

**2**



**Hippity Hop over to the  
SPRING EGG HUNTS**

See page 57!

**3**

**Healthy Living Fair April 15**

See page 11!

**4**

**Touch-A-Truck**

Coming May 16! See page 58 for details.



**5**

**Jump, Dance, Laugh –  
Inver Groove Music in the Park!**

See page 59 for details.

**6**

**Food Truck Festival  
July 15 & August 14**

SEE BACK COVER

**7**

**MOVIE IN THE PARK  
BAD GUYS 2 — July 24**

See page 58 for details.

**8**

**Night to Unite August 4**

See page 59!

# 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](http://ighmn.gov/CommunityCenter).



## VMCC HOURS

### Through May 24

Monday–Friday 5 a.m.–9 p.m.  
Saturday & Sunday 7 a.m.–7 p.m.

### May 26–September 6

Monday–Thursday 5 a.m.–9 p.m.  
Friday 5 a.m.–8 p.m.  
Saturday & Sunday 7 a.m.–6 p.m.

## HOLIDAY CLOSURES

Easter • Sunday, April 5 • Closed  
Memorial Day • Monday, May 25 • Closed  
Independence Day • Saturday, July 4 • Closed  
Labor Day • Monday, September 7 • Closed

*When the building is closed, all facilities are closed.*



**FACILITY HOURS AND SCHEDULES** — Scan the QR code or call 651-450-2480  
**Water park, pools, fitness center, ice arenas, gymnasium and pickleball**

Additional hours will be offered during **spring break** (March 30–April 3) for the water park (see page 18) and ice arena. *Building and facility hours are subject to change without notice.*

## 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)

### Indoor Playground

Coming summer 2026! See [page 2](#) for details.

### 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!

### 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 use the track—as long as they do not disturb other guests.

# VMCC Membership

**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 <sup>∞</sup>
<b>Student</b> <sup>~</sup>	Ages 13+	\$55	\$561	—	—
<b>Single</b>	Ages 18–59	\$72	\$746	\$62	\$35
<b>Senior</b>	Ages 60 and older	\$58	\$594	\$50	\$35
<b>Dual</b>	Two people living in the same household	\$95	\$963	\$85	\$75
<b>Household</b>	Up to two adults plus up to four dependents, 25 and under, living in the same household	\$108	\$1,104	\$96	\$83
<b>ENROLLMENT FEE:</b> \$55 resident, \$75 non-resident (waived for students, military, and veterans)					

**Customers are 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 electronic check payments (direct deposit). Please see staff for details.

<sup>~</sup> Student ID required.

\*Active duty or retired, proof required. Annual payment not available.

<sup>∞</sup>Proof required.

Annual payment not available.

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

## Benefits

- Access to fitness center, water park and pools, ice arenas and gymnasium during specified hours, visit [ighmn.gov/CommunityCenter](http://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 below)
- 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 <sup>®</sup>                               | ▪ HealthPartners <sup>®</sup>   | ▪ Preferred One <sup>®</sup> |
| ▪ Blue Cross Blue Shield of MN or ND <sup>®</sup> | ▪ Healthways Prime <sup>®</sup> | ▪ Renew Active <sup>®</sup>  |
|   | ▪ Medica <sup>®</sup>           | ▪ Silver & Fit <sup>®</sup>  |

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.

**VMCC MEMBERSHIP**  
**JOIN NOW & START MOVING!**

**SPEND TIME WITH FRIENDS**  
 live love laugh and stay young

**HOT TUB  
 PICKLEBALL  
 CHILD CARE  
 GUEST PASSES  
 WALKING TRACK  
 FITNESS CLASSES  
 AND MORE!**

**FREE TO MEMBERS**

**Pay \$25 enrollment fee between May 4–June 12!**

[ighmn.gov/Memberships](http://ighmn.gov/Memberships)

## 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, and open hockey.

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

### Non-member admission for only one open time amenity

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

### Rates not included in VMCC membership or daily admission rates

<b>Skate Rental</b>	\$4	\$4
<b>Developmental Skate</b>	\$11 session person; \$99 10x pass	\$11 session person; \$99 10x pass

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

#### Customers are responsible for paying credit card processing fees.

To avoid this fee, you can pay with cash or check at the community center.  
Please see staff for details.

**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



## 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 12–14 must wear their green wrist band when working out.
- 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.

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.

## 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.

## 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.

## 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](http://ighmn.gov/ice) to see the arena schedule.

## Private Water Park Rental

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. Additional time and larger groups are available for an additional fee. Learn more at [ighmn.gov/PoolParty](http://ighmn.gov/PoolParty).



## 2026 Rental Fees

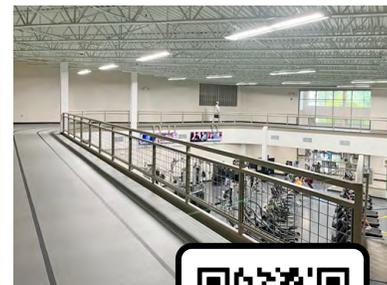
Sales tax not included. Damage and late fees may apply.

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 two hour rental</i> \$320/\$340 per hour
Diving Well/Pool	\$100/\$110 per hour
Ice – East and/or West Rinks	email <a href="mailto:icerentals@ighmn.gov">icerentals@ighmn.gov</a>
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

**Customers are responsible for paying credit card processing fees.** To avoid this fee, you can pay with cash or check at the community center. Please see staff for details.

*\*Minimum of four hour rental*

Visit [ighmn.gov/Rentals](http://ighmn.gov/Rentals) to learn more and complete a rental application.



# VMCC 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](http://ighmn.gov/Fitness) or scan the QR code.

## Spring/Summer 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:** 7 a.m.–noon

## Initial Fitness Center Orientation

**Let us help you maximize your membership benefits!**  
Free for new members, \$35 for 10 time pass holders

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

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



## Teen Fitness Center Orientation For members only ages 12–17 (free)

Teen VMCC members can use the fitness center once they complete an orientation with our staff.

- Learn gym etiquette and proper form
  - VMCC members ages 12-14 will receive and must wear a green wristband while using the fitness center
- NOTE: Youth 11 and under are not allowed to use the equipment unless it is part of a specialty class.

## Personal Training Orientation

**This will be your initial one on one session with a personal trainer.**

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

**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.

# Group Fitness Classes

We offer 45+ weekly drop-in group classes for all fitness levels. View class schedule and make a reservation at: [ighmn.gov/GroupFitness](http://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.
- SilverSneakers® Classic and Yoga are held in the National Guard Gymnasium



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	
SilverSneakers® 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
SilverSneakers® 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.
SilverSneakers® Classic	Cardio and strength exercise using bands, balls and weights with chair support

 **ZUMBA** FITNESS **MAYhem**

**Saturday, May 9**  
11 a.m.–noon

Join us for a high-energy workout set to your favorite Zumba songs. An hour of dance party fun with all your favorite Zumba instructors.



**Location:** VMCC, National Guard Gym · Ages 5 & up  
**Fee:** Free member, \$10 non-member · **Code:** FP-SZIN26

# Specialty Fitness Classes

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

For class dates, times or to register, go to [ighmn.gov/Fitness](http://ighmn.gov/Fitness) or call 651-450-2480.

Open to ages 16 and older unless otherwise stated.

**Spring Session begins May 4 Summer Session begins July 6 Fall 1 Session begins Aug. 31**

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

*If you wish to register for specialty classes on a recurring basis please sign up at guest services.*

*Classes are subject to change based on staff availability and participant registration. All classes take place at the VMCC.*



**New!**

**Full Body Recovery** Restore, release, and recharge in this full-body recovery class designed to help your body feel better and move more freely. Using foam rollers and guided mobility work, we'll target tight muscles, improve circulation, and support faster recovery from workouts and everyday activity. Expect a slower-paced class focused on self-myofascial release, gentle stretching, and mindful movement to reduce soreness, increase range of motion, and enhance overall performance. This class is ideal for all fitness levels and pairs well with strength training, cardio, or high-intensity workouts. Come roll it out, reset your body, and leave feeling refreshed and restored.

**Days:** Tuesdays (8 | 50 minute sessions) · **Time:** 12:15–1:05 p.m. · **Location:** TRX® room · **Fee:** \$70 member, \$100 non-member  
**Session 1:** May 5–June 23 **Code:** FP-S128 **Session 2:** July 7–August 25 **Code:** FP-S129

## 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:** Fitness Studio **Fee:** \$100 member, \$160 non-member

**Session 1A and 1B Dates:** May 4–June 29 (skip May 25)  
**Session 1A Time:** 10:10–11 a.m. **Code:** FP-S131  
**Session 1B Time:** 11:10 a.m.–noon **Code:** FP-S132

**Session 2A and 2B Dates:** July 6–August 26  
**Session 2A Time:** 10:10–11 a.m. **Code:** FP-S133  
**Session 2B Time:** 11:10 a.m.–noon **Code:** FP-S134



## 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 (16 | 50 minute sessions)  
**Time:** 11:15 a.m.–12:05 p.m. **Location:** Fitness Studio  
**Fee:** \$100 member, \$160 non-member

**Session 1:** May 5–June 25 **Code:** FP-S120  
**Session 2:** July 7–August 27 **Code:** FP-S122

## 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.

**Days:** Thursdays (8 | 50 minute sessions)  
**Time:** 10–10:50 a.m.  
**Location:** TRX® room  
**Fee:** \$70 member, \$100 non-member

**Session 1:** May 7–June 25 **Code:** FP-S250  
**Session 2:** July 9–August 27 **Code:** FP-S251

## 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.

**NEW TIME:** 9–9:50 a.m.  
**Days:** Wednesdays (8 | 50 minute sessions)  
**Location:** Fitness Center  
**Fee:** \$70 member, \$100 non-member

**Session 1:** May 6–June 24 **Code:** FP-S125  
**Session 2:** July 8–August 26 **Code:** FP-S126

## Summer Solstices Yoga

**Sunday, June 21 • 5 p.m.** Ages 12 and up

The summer solstice is a time to honor the earth and give thanks for the sun's blessings of warmth, light, and life. It is a celebration of the sun's power and its life-giving force, a time of reflection and renewal when we reconnect with our inner light. During this Summer Solstice Yoga practice heat is built during heart openers, balance and sun salutations. Participants must be able to get down and up from the floor.

**Location:** Fitness Studio **Code:** FP-SS26

**Fee:** Free for members; \$10 non-member

### 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.

**Day:** Mondays (8 | 50 minute sessions) **Time:** Noon–12:50 p.m.

**Location:** Fitness Studio **Fee:** \$70 member, \$100 non-member

**Session 1:** May 4–June 29 (skip May 25) **Code:** FP-S300

**Session 2:** July 6–August 24 **Code:** FP-S301

**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.



**Day:** Fridays (8 | 50 minute sessions) **Time:** 11–11:50 a.m.

**Location:** Fitness Studio **Fee:** \$70 member, \$100 non-member

**Session 1 — Learn Part 1** (For those new to Tai Chi or want to review Part 1)

**Dates:** May 8–June 26 **Code:** FP-S180

**Session 2 — Learn Part 2** (For participants who have taken Part 1 or those who would like to review Part 2)

**Dates:** July 10–August 28 **Code:** FP-S181

### 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:** TRX® room (8 | 50 minute sessions)

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

**Session 1A and 2A:** Tuesdays

**Time:** 11:10 a.m.–noon

**Session 1A:** May 5–June 23

**Code:** FP-S190

**Session 2A:** July 7–Aug. 25

**Code:** FP-S192

**Session 1B and 2B:** Wednesdays

**Time:** 6:30–7:20 p.m.

**Session 1B:** May 6–June 24

**Code:** FP-S191

**Session 2B:** July 8–Aug. 26

**Code:** FP-S193

Join us and visit vendor booths and presentations with information on adult health and wellness, and try out a fitness class or two — all for free!

**Free!**

IGH PARKS & RECREATION



**Wednesday, April 15**

**Veterans Memorial Community Center**

**VENDORS:** National Guard Gymnasium: 10 a.m.–1 p.m.

**PRESENTATIONS** (20–30 minutes each)

10 a.m. **CarFit: Ready, Set, Drive Safely!**  
Joan Somes, RN, PhD, MN Emergency Nurses Association's Quality Safety, and Injury Prevention Committee Chair & Older Driver Safety Grant Manager (Community Room 1)

10:30 a.m. **Navigating Hormone Change with Confidence**  
Dr. Ryan Dick, MD, FACP, Menopause Society Certified Practitioner, EverWell Primary Care (Community Room 3)

11 a.m. **Healthy Habits & Harmonious Living**  
Julie Hill, Chair & yin yoga instructor at the VMCC (Community Room 1)

Noon **Kick Up Your Heels: Line Dancing for Absolute Beginners!**  
Robyn Mills, Line Dancing Instructor (Community Room 3)

### FITNESS CLASSES

9–9:50 a.m.	SilverSneakers®	West Turf
9–9:50 a.m.	Yoga II	Fitness Studio
11:30 a.m.–noon	Full Body Recovery	TRX® room
12:30–1 p.m.	Meditation & Sound Healing	Fitness Studio

*Schedule is subject to change. [ighmn.gov/Events](http://ighmn.gov/Events)*

JOIN US FOR  
**World Tai Chi Day**

**Saturday, April 25**  
**9:30–11:15 a.m.**

**VMCC, Community Room 3**



## 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:** Monday & Wednesdays

**Time:** 9–9:50 a.m.

**Location:** VMCC, TRX® room (16 | 50 minute sessions)

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

**Session 1:** May 4–June 29

(skip May 25)

**Code:** FP-ST16

**Session 2:** July 6–August 26

**Code:** FP-SU16

## 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

**Time:** Noon–12:50 p.m.

**Location:** VMCC, TRX® room (8 | 50 minutes sessions)

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

**Session 1:** May 6–June 24

**Code:** FP-SMET1

**Session 2:** July 8–August 26

**Code:** FP-SMET2



## 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.

**Location:** VMCC, Fitness Center (16 | 50 minute sessions)

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

**Sess. 1:** May 4–June 29 (skip May 25)

**Code:** FP-SWLB1

**Session 2:** July 6–August 26

**Code:** FP-SWLB2



## 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.

**Days:** Tuesdays & Thursdays

**Time:** 7–7:50 a.m.

**Location:** VMCC, TRX® room (16 | 50 minute sessions)

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

**Session 1:** May 5–June 25

**Code:** FP-SV16

**Session 2:** July 7–August 27

**Code:** FP-SX16

## 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:** May 8–June 26

**Code:** FP-SW8

**Session 2:** July 10–August 28

**Code:** FP-SY8

## 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

**16 SESSIONS** (attend two days a week)

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

### WEDNESDAYS

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

**24 SESSIONS** (attend three days a week)

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

### FRIDAYS

Work on your cardiovascular fitness level

**Session 1:** May 4–June 29 (skip May 25)

**16 sessions code:** FP-SS16

**24 sessions code:** FP-SS24

**Time:** 5:15–6:05 a.m.

**Location:** VMCC, TRX® and Lap Pool

**Session 2:** July 6–August 28

**16 sessions code:** FP-SN16

**24 sessions code:** FP-SN24

Register for 16 OR 24 sessions

# Youth & Teen Fitness

## 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:** May 4–June 29 (skip May 25) **Code:** FP-S160

**Session 2:** July 6–August 24 **Code:** FP-S161

## 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.

**Days:** Wednesdays (8 | 50 minute sessions)

**Time:** 4:30–5:20 p.m.

**Location:** VMCC, TRX® room

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

**Session 1:** May 6–June 24 **Code:** FP-S200

**Session 2:** July 8–August 26 **Code:** FP-S201

# Meet our New Personal Trainers

## Tiffany Currier



Tiffany brings a wealth of knowledge and experience to our fitness team. She holds a bachelor's degree in American Studies from Skidmore College and is a NASM Certified Personal Trainer as well as an AFAA Group Fitness Instructor. She also has a strong background in martial arts and kickboxing.

Tiffany loves to play with time, tempo, resistance, and repetitions to create dynamic, engaging workouts. She is constantly finding new ways to challenge and strengthen the core while keeping classes fresh and fun. Her favorite ways to get cardio include athletic-inspired group fitness classes, moving to the music in the studio, kickboxing, and high-energy weighted HIIT workouts.

Outside of fitness, Tiffany enjoys reading, hiking, skiing, gardening, attending concerts, dining at amazing restaurants, and spending quality time with her family.

## Joanna Cheyka



Joanna has experience working with individuals of all ages, fitness levels, and a wide range of health concerns. She has helped clients prepare for sport- and activity-specific goals such as hiking, swimming, biking, running, golfing, canoeing, horseback riding, and playing football or

basketball, as well as those training to move better and feel stronger in everyday life.

Outside of training, Joanna enjoys spending time with her husband, three children, three grandchildren, and three dogs. She loves being outdoors—walking, hiking, and running—and has completed countless races ranging from 5Ks to full marathons.



Learn more about all trainers at [ighmn.gov/PersonalTraining](http://ighmn.gov/PersonalTraining), contact [kbrown@ighmn.gov](mailto:kbrown@ighmn.gov) or call 651-554-3426.

*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](mailto:kbrown@ighmn.gov)

[ighmn.gov/PersonalTraining](http://ighmn.gov/PersonalTraining)

\*Spring sale does not include group training sessions.

# Personal Training

Take your fitness to the next level. Our personal trainers can help you achieve your fitness wellness goals.



## A Trainer Can...

- Design a personalized fitness program
- Provide assistance and motivation
- Help you reach 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
- Support injury rehabilitation



## Personal Training Rates (per session)

SESSIONS/ TIME	MEMBER	NON-MEMBER
<b>30-minutes packages</b> (fee is per session)		
Two sessions	\$40	\$50
Five sessions	\$40	\$50
Ten sessions	\$35	\$45
20 sessions	\$30	\$40
<b>60-minutes packages</b> (fee is per session)		
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

# Nutrition Coaching

Looking to make healthier choices? Our certified nutritionist provides nutrition education, helps you develop healthy eating habits, and supports a balanced approach to food that fits your lifestyle.

## Nutrition Coaching 30-minute packages (fee is per session)

	MEMBER	NON-MEMBER
Five sessions	\$40	\$50
Ten sessions	\$35	\$45
20 sessions	\$30	\$40



*Purchase two, 30-minute sessions and save!*

**Two session package, per session:**  
\$35 member  
\$45 non-member

# Group Training

Want to train with a partner or a group of friends?

Share the fun and reduce the cost!

**60-minute group training rates (2-4 people)**  
(per hour, per person)  
\$35 member,  
\$45 non-member

## Posture Analysis Package

This package includes three 60-minute sessions with a certified personal trainer. During the first session, you'll complete a posture analysis consultation to assess muscle strength, flexibility, balance, movement, and posture. This helps identify any imbalances or areas of concern. In the next two personal training sessions, your trainer will use the results from the assessment to build and guide you through a custom program designed to correct imbalances, improve muscle function, and support a more comfortable, pain-free life.

**Fee:** \$170 member, \$200 non-member

**Code:** FP-PPA26



# 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!](http://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	RESIDENTS	NON-RESIDENTS
Up to 20 people	\$285	\$300
21–30 people	\$380	\$405

Sales tax not included.

### 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\*

- Includes two picnic tables
  - Direct access to the water park pool deck
- \*Per fire code regulations, a maximum of 20 guests are permitted in this room at any time.



### Poolside Lobby Birthday Party Room\*

- Includes several tables and chairs
- This room does not have direct pool deck access. Guests must dry off before entering the room.
- \*Per fire code regulations, a maximum of 30 guests are permitted in this room at any time.

Visit [ighmn.gov/BirthdayParties](http://ighmn.gov/BirthdayParties) to learn more and book your party online today!

Customers are responsible for paying credit card processing fees.

To avoid this fee, you can pay with cash or check at the VMCC. Please see staff for details.

# AQUATICS



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

Please visit: [ighmn.gov/Pool](http://ighmn.gov/Pool)s 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](http://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 boards 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/Pool](http://ighmn.gov/Pool)s.)



### 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!

Watch for swim meet on May 1 and team practices to return August 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](mailto: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/Pool](http://ighmn.gov/Pool)s 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](mailto: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](http://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](http://ighmn.gov/PoolRentals)

# Open Swim Schedules

Schedules subject to change. Call the front desk at 651-450-2480 or visit [ighmn.gov/Pools](http://ighmn.gov/Pools) for more information and confirm open hours.

## MARCH 30–APRIL 3: SPRING BREAK HOURS

MONDAY MARCH 30	TUESDAY MARCH 31	WEDNESDAY APRIL 1	THURSDAY APRIL 2	FRIDAY APRIL 3
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
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.

### KEY TO POOL AMENITIES

#### Sensory Friendly in Water Park

No slides, water features off

#### Water Park, NO SLIDES

No slides, water features on

#### 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

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

## MARCH 1–JUNE 7 (Lap pool and dive well will be closed June 1–7)

**VMCC CLOSED Sunday, April 5 for Easter and Monday, May 25 for Memorial Day.**

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

\*See pool closure note below. The water park will remain open during the lap pool and dive well closure.

The **LAP POOL** and **DIVE WELL** will be **CLOSED** for maintenance and deep cleaning **Monday, June 1–Sunday, June 7**



# Open Swim Schedule *continued*

Schedules subject to change. Call the front desk at 651-450-2480 or visit [ighmn.gov/Pool](http://ighmn.gov/Pool)s for more information and confirm open hours.



## JUNE 8–AUGUST 9 **VMCC CLOSED Saturday, July 4 for Independence Day**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sensory Friendly in Water Park 9 a.m.–noon	Water Park 9 a.m.–noon	Water Park 9 a.m.–noon		Water Park 10–11:30 a.m.	Water Park 10–11:30 a.m.
Water Park Lap Pool Dive Well 1–4 p.m.	Water Park Lap Pool Dive Well Noon–5 p.m.	Water Park Lap Pool Dive Well Noon–3 p.m.				
Water Park 4–7 p.m.	Water Park 4–7 p.m.	Water Park 4–7 p.m.	Sensory Friendly in Water Park 4–7 p.m.	Water Park 4–7:30 p.m.		Water Park 3–5 p.m.

See page 18 for amenities key. Amenities subject to change and may be temporarily unavailable at times due to staffing levels.

**Open swim is open to everyone.**

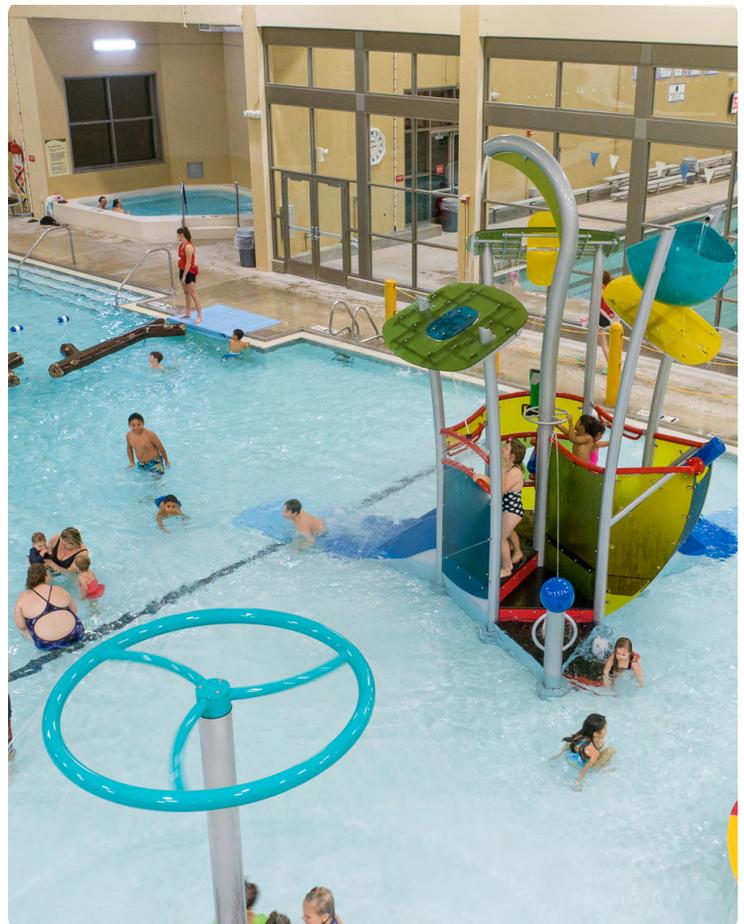
See [page 6](#) for daily admission rates.

**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 and water slides are off. **Perfect for toddlers!**





## Lifeguard Certification Course

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

**Learn more and sign up at [ighmn.gov/Register](http://ighmn.gov/Register)**

### MAY 15–17

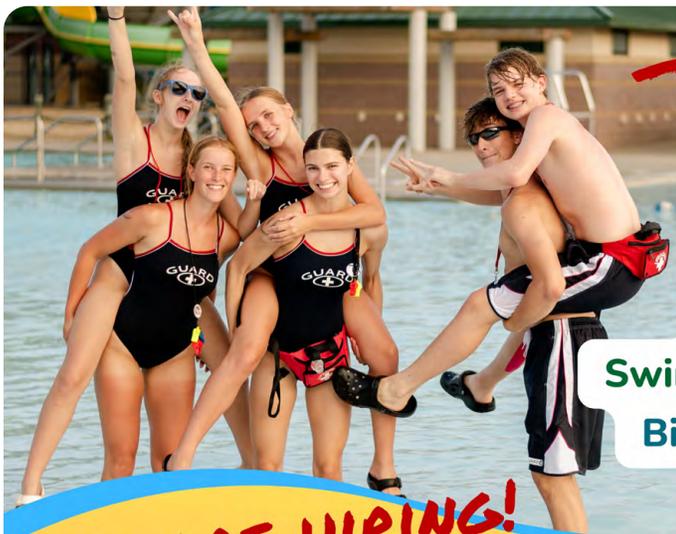
Friday, May 15	4–8:30 p.m.
Saturday, May 16	8 a.m.–6:30 p.m.
Sunday, May 17	8 a.m.–6 p.m.

**Code:** LG-MAY26

**Register by noon, Thursday, April 30**



**American Red Cross**



## Join our great team!

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

**Aquatics Managers • Lifeguards**

**Swim Instructors (certified & non-certified)**

**Birthday Party Hosts • Pool Attendants**

**WE ARE HIRING!**

**Apply online today! [ighmn.gov/Jobs](http://ighmn.gov/Jobs)**



# Swimming Lessons

Learn more and sign up at [ighmn.gov/Register](http://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.

## See page 26 for Private Swim Lessons

### 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.
- Register for swim lessons at least one week before class starts.
- Anyone on a waitlist will be contacted by our staff if and when a space becomes available, typically the week prior.
- 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 when lap pool is open

**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.

# Summer Group Swim Lessons — Session ONE

## Monday Evenings JUNE 8–JULY 27

### Eight lessons

\$87 member

\$95 non-member

### Pre-Swim Team

\$118 member

\$134 non-member

### Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
4:30–	Preschool 1	1S-P1M430
5 p.m.	Preschool 2	1S-P2M430
5:10–	Preschool 2	1S-P2M510
5:40 p.m.	Preschool 3	1S-P3M510
5:50–	Parent Tot 1	1S-PT1M550
6:20 p.m.		
6:30–	Preschool 3	1S-P3M630
7 p.m.		

### School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	1S-L1M430
5 p.m.	Level 2	1S-L2M430
5:10–	Level 2	1S-L2M510
5:40 p.m.	Level 3	1S-L3M510
5:50–	Level 3	1S-L3M550
6:20 p.m.	Level 4	1S-L4M550
	Level 5	1S-L5M550
6:30–	Level 3	1S-L3M630
7 p.m.	Level 4	1S-L4M630
6:30–	Pre-Swim	1S-PTM630
7:10 p.m.	Team	

## Tuesday & Thursday Evenings JUNE 9–30

### Seven lessons

\$82 member

\$88 non-member

### Pre-Swim Team

\$100 member

\$116 non-member

### Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
4:30–	Preschool 1	1S-P1TT430
5 p.m.	Preschool 3	1S-P3TT430
5:10–	Preschool 1	1S-P1TT510
5:40 p.m.	Preschool 2	1S-P2TT510
5:50–	Parent Tot 2	1S-PT2TT550
6:20 p.m.	Preschool 3	1S-P3TT550
6:30–	Preschool 3	1S-P3TT630
7 p.m.		

### School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	1S-L1TT430
5 p.m.	Level 3	1S-L3TT430
5:10–	Level 1	1S-L1TT510
5:40 p.m.	Level 2	1S-L2TT510
5:50–	Level 3	1S-L3TT550
6:20 p.m.	Level 5	1S-L5TT550
6:30–	Level 1	1S-L1TT630
7 p.m.	Level 4	1S-L4TT630
6:30–	Pre-Team	1S-PTTT630
7:10 p.m.	Swim	

## Wednesday Evenings JUNE 10–JULY 22

### Seven lessons

\$82 member

\$88 non-member

### Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
4:30–	Preschool 1	1S-P1W430
5 p.m.	Preschool 3	1S-P3W430
5:10–	Preschool 2	1S-P2W510
5:40 p.m.	Preschool 3	1S-P3W510
5:50–	Parent Tot 1	1S-PT1W550
6:20 p.m.	Preschool 2	1S-P2W550
6:30–	Parent Tot 2	1S-PT2W630
7 p.m.	Preschool 2	1S-P2W630

### School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	1S-L1W430
5 p.m.	Level 2	1S-L2W430
5:10–	Level 1	1S-L1W510
5:40 p.m.	Level 2	1S-L2W510
5:50–	Level 3	1S-L3W550
6:20 p.m.	Level 4	1S-L4W550
6:30–	Level 3	1S-L3W630
7 p.m.	Level 5	1S-L5W630

# Summer Group Swim Lessons — Session ONE continued

## Saturday Mornings JUNE 13–JULY 18

(skip July 4)

### Five lessons

\$75 member

\$79 non-member

### Adult Beginner Lessons

\$117 member

\$131 non-member

### Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9–	Parent Tot 1	1S-PT1S9
9:30 a.m.	Preschool 1	1S-P1S9
9:40–	Preschool 2	1S-P2S940
10:10 a.m.	Preschool 3	1S-P3S940
10:20–	Preschool 2	1S-P2S1020
10:50 a.m.	Preschool 3	1S-P3S1020
11–	Preschool 1	1S-P1S11
11:30 a.m.		

### School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9–	Level 1	1S-L1S9
9:30 a.m.	Level 2	1S-L2S9
9:40–	Level 2	1S-L2S940
10:10 a.m.	Level 3	1S-L3S940
10:20–	Level 3	1S-L3S1020
10:50 a.m.	Level 4	1S-L4S1020
11–	Level 1	1S-L1S11
11:30 a.m.	Level 5	1S-L5S11
11:00–	Adult	1S-AS11
11:40 a.m.		

## Sunday Evenings JUNE 14–JULY 19

(skip July 5)

### Five lessons

\$75 member

\$79 non-member

### Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
3–	Preschool 1	1S-P1SN3
3:30 p.m.	Preschool 2	1S-P2SN3
3:40–	Parent Tot 1	1S-PT1SN340
4:10 p.m.	Preschool 3	1S-P3SN340
4:20–	Parent Tot 2	1S-PT2SN420
4:50 p.m.	Preschool 2	1S-P2SN420
5–	Preschool 3	1S-P3SN5
5:30 p.m.		

### School Age p.m. (5–12 years)

TIME	LEVEL	CODE
3–	Level 1	1S-L1SN3
3:30 p.m.	Level 2	1S-L2SN3
3:40–	Level 3	1S-L3SN340
4:10 p.m.	Level 4	1S-L4SN340
4:20–	Level 3	1S-L3SN420
4:50 p.m.	Level 5	1S-L5SN420
5–	Level 2	1S-L2SN5
5:30 p.m.	Level 3	1S-L3SN5
	Level 4	1S-L4SN5

## Monday–Thursday Mornings

JUNE 15–25

### Eight lessons

\$87 member

\$95 non-member

### Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9–	Preschool 2	1S-P2MT9
9:30 a.m.	Preschool 3	1S-P3MT9
9:40–	Preschool 1	1S-P1MT940
10:10 a.m.		
10:20–	Preschool 2	1S-P2MT1020
10:50 a.m.	Preschool 3	1S-P3MT1020
11–	Preschool 2	1S-P2MT11
11:30 a.m.		

### School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9–	Level 1	1S-L1MT9
9:30 a.m.	Level 2	1S-L2MT9
9:40–	Level 1	1S-L1MT940
10:10 a.m.	Level 2	1S-L2MT940
	Level 3	1S-L3MT940
10:20–	Level 3	1S-L3MT1020
10:50 a.m.	Level 4	1S-L4MT1020
11–	Level 2	1S-L2MT11
11:30 a.m.	Level 3	1S-L3MT11
	Level 5	1S-L5MT11



# Summer Group Swim Lessons — Session TWO

## Monday–Thursday Mornings JULY 6–16

Eight lessons  
\$87 member  
\$95 non-member

### Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9–	Preschool 2	2S-P2MT9
9:30 a.m.	Preschool 3	2S-P3MT9
9:40–	Preschool 1	2S-P1MT940
10:10 a.m.		
10:20–	Preschool 2	2S-P2MT1020
10:50 a.m.	Preschool 3	2S-P3MT1020
11–	Preschool 2	2S-P2MT11
11:30 a.m.		

### School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9–	Level 1	2S-L1MT9
9:30 a.m.	Level 2	2S-L2MT9
9:40–	Level 1	2S-L1MT940
10:10 a.m.	Level 2	2S-L2MT940
	Level 3	2S-L3MT940
10:20–	Level 3	2S-L3MT1020
10:50 a.m.	Level 4	2S-L4MT1020
11–	Level 2	2S-L2MT11
11:30 a.m.	Level 3	2S-L3MT11
	Level 5	2S-L5MT11

## Tuesday & Thursday Evenings JULY 7–30

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
4:30–	Preschool 1	2S-P1TT430
5 p.m.	Preschool 3	2S-P3TT430
5:10–	Preschool 1	2S-P1TT510
5:40 p.m.	Preschool 2	2S-P2TT510
5:50–	Parent Tot 2	2S-PT2TT550
6:20 p.m.	Preschool 3	2S-P3TT550
6:30–	Preschool 3	2S-P3TT630
7 p.m.		

### School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	2S-L1TT430
5 p.m.	Level 3	2S-L3TT430
5:10–	Level 1	2S-L1TT510
5:40 p.m.	Level 2	2S-L2TT510
5:50–	Level 3	2S-L3TT550
6:20 p.m.	Level 5	2S-L5TT550
6:30–	Level 1	2S-L1TT630
7 p.m.	Level 4	2S-L4TT630
6:30–	Pre-Swim Team	2S-PTTT630
7:10 p.m.		

# Summer Group Swim Lessons — Session THREE

## Monday–Thursday Mornings JULY 20–30

Eight lessons  
\$87 member  
\$95 non-member

### Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9–	Preschool 2	3S-P2MT9
9:30 a.m.	Preschool 3	3S-P3MT9
9:40–	Preschool 1	3S-P1MT940
10:10 a.m.		
10:20–	Preschool 2	3S-P2MT1020
10:50 a.m.	Preschool 3	3S-P3MT1020
11–	Preschool 2	3S-P2MT11
11:30 a.m.		

### School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9–	Level 1	3S-L1MT9
9:30 a.m.	Level 2	3S-L2MT9
9:40–	Level 1	3S-L1MT940
10:10 a.m.	Level 2	3S-L2MT940
	Level 3	3S-L3MT940
10:20–	Level 3	3S-L3MT1020
10:50 a.m.	Level 4	3S-L4MT1020
11–	Level 2	3S-L2MT11
11:30 a.m.	Level 3	3S-L3MT11
	Level 5	3S-L5MT11

## Summer Group Swim Lessons — Session THREE continued

### Saturday Mornings JULY 25–AUGUST 29

Six lessons  
\$78 member  
\$83 non-member

Adult Beginner  
\$119 member  
\$135 non-member

#### Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9–	Parent Tot 1	3S-PT1S9
9:30 a.m.	Preschool 1	3S-P1S9
9:40–	Preschool 2	3S-P2S940
10:10 a.m.	Preschool 3	3S-P3S940
10:20–	Preschool 2	3S-P2S1020
10:50 a.m.	Preschool 3	3S-P3S1020
11–	Preschool 1	3S-P1S11
11:30 a.m.		

#### School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9–	Level 1	3S-L1S9
9:30 a.m.	Level 2	3S-L2S9
9:40–	Level 2	3S-L2S940
10:10 a.m.	Level 3	3S-L3S940
10:20–	Level 3	3S-L3S1020
10:50 a.m.	Level 4	3S-L4S1020
11–	Level 1	3S-L1S11
11:30 a.m.	Level 5	3S-L5S11
11–	Adult	3S-AS11
11:40 a.m.		

### Sunday Evenings JULY 26–AUGUST 30

Six lessons  
\$78 member  
\$83 non-member

#### Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
3–	Preschool 1	3S-P1SN3
3:30 p.m.	Preschool 2	3S-P2SN3
3:40–	Parent Tot 1	3S-PT1SN340
4:10 p.m.	Preschool 3	3S-P3SN340
4:20–	Parent Tot 2	3S-PT2SN420
4:50 p.m.	Preschool 2	3S-P2SN420
5–	Preschool 3	3S-P3SN5
5:30 p.m.		

#### School Age p.m. (5–12 years)

TIME	LEVEL	CODE
3–	Level 1	3S-L1SN3
3:30 p.m.	Level 2	3S-L2SN3
3:40–	Level 3	3S-L3SN340
4:10 p.m.	Level 4	3S-L4SN340
4:20–	Level 3	3S-L3SN420
4:50 p.m.	Level 5	3S-L5SN420
5–	Level 2	3S-L2SN5
5:30 p.m.	Level 3	3S-L3SN5
	Level 4	3S-L4SN5

## Summer Group Swim Lessons — Session FOUR

### Monday–Thursday Mornings AUGUST 3–13

Eight lessons  
\$87 member  
\$95 non-member

#### Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Preschool 2	4S-P2MT9
9:30 a.m.	Preschool 3	4S-P3MT9
9:40–	Preschool 1	4S-P1MT940
10:10 a.m.		
10:20–	Preschool 2	4S-P2MT1020
10:50 a.m.	Preschool 3	4S-P3MT1020
11:00–	Preschool 2	4S-P2MT11
11:30 a.m.		

#### School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	4S-L1MT9
9:30 a.m.	Level 2	4S-L2MT9
9:40–	Level 1	4S-L1MT940
10:10 a.m.	Level 2	4S-L2MT940
	Level 3	4S-L3MT940
10:20–	Level 3	4S-L3MT1020
10:50 a.m.	Level 4	4S-L4MT1020
11:00–	Level 2	4S-L2MT11
11:30 a.m.	Level 3	4S-L3MT11
	Level 5	4S-L5MT11

**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.

**SESSION ONE**

**Mondays, June 8–July 27** (eight lessons)  
**Time:** 3:50–4:20 p.m. **Code:** 1S-PVS-M350  
**Time:** 7:10–7:40 p.m. **Code:** 1S-PVS-M710

**Tuesdays and Thursdays, June 9–30** (seven lessons)  
**Time:** 3:50–4:20 p.m. **Code:** 1S-PVS-TTH350  
**Time:** 7:10–7:40 p.m. **Code:** 1S-PVS-TTH710

**Wednesdays, June 10–July 22** (seven lessons)  
**Time:** 3:50–4:20 p.m. **Code:** 1S-PVS-W350  
**Time:** 7:10–7:40 p.m. **Code:** 1S-PVS-W710

**Saturdays, June 13–July 18** (skip July 4) (five lessons)  
**Time:** 11:40 a.m.–12:10 p.m. **Code:** 1S-PVS-S1140

**Sundays, June 14–July 19** (skip July 5) (five lessons)  
**Time:** 2:20–2:50 p.m. **Code:** 1S-PVS-SN250

**SESSION TWO**

**Tuesdays and Thursdays, July 7–30** (eight lessons)  
**Time:** 3:50–4:20 p.m. **Code:** 2S-PVS-TTH350  
**Time:** 7:10–7:40 p.m. **Code:** 2S-PVS-TTH710

**SESSION THREE**

**Saturdays, July 25–August 29** (six lessons)  
**Time:** 11:40 a.m.–12:10 p.m. **Code:** 3S-PVS-S1140

**Sundays, July 26–August 30** (six lessons)  
**Time:** 2:20–3:50 p.m. **Code:** 3S-PVS-SN2:20

**PRIVATE — 30 MINUTE SESSIONS**

**Five lessons:** \$170 member \$230 non-member  
**Six lessons:** \$210 member \$270 non-member  
**Seven lessons:** \$250 member \$310 non-member  
**Eight lessons:** \$286 member \$350 non-member

For more information and to register go to [ighmn.gov/Pool](http://ighmn.gov/Pool)s · For questions email [privatelessons@ighmn.gov](mailto:privatelessons@ighmn.gov)

**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, 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.)

**Location:** VMCC Pool · **Time:** 6:30–7:10 p.m.

**SESSION ONE**

**Mondays**  
**June 8–July 27**  
**Code:** 1S-PTM630  
 (eight classes)

**Tuesday & Thursdays**  
**June 9–30**  
**Code:** 1S-PTTT630  
 (seven classes)

**SESSION TWO**

**Tuesday & Thursdays**  
**July 7–30**  
**Code:** 2S-PTTT630  
 (eight classes)

**Seven class fee:**  
 \$100 member  
 \$116 non-member

**Eight class fee:**  
 \$113 member  
 \$134 non-member



**Adult Beginner Swim**

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 with physical conditioning to build strength and stamina.

**Day:** Saturdays  
**Location:** VMCC Pool  
**Time:** 11–11:40 a.m.

**June 13–July 18** (skip July 4) **Code:** 1S-AS11  
**Fee:** \$117 member; \$131 non-member (five lessons)

**July 25–August 29** **Code:** 2S-AS11  
**Fee:** \$119 member; \$135 non-member (six lessons)



# 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](http://ighmn.gov/Skate)

Admission rates are listed on page 6.

Skate rental \$4



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](http://www.ighha.org)

Questions? Email [recruitment@ighhockey.org](mailto:recruitment@ighhockey.org)

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

**Get your 2026  
Parks and  
Recreation  
T-shirt!**

We invite everyone in our community to embrace the FUN spirit of summer and rock an awesome, collectible Parks and Recreation

T-shirt. Our 2026 T-shirts are on sale all summer at the Veterans Memorial Community Center (while supplies last) and are a great way to show your love of FUN and support for the VMCC and IGH Parks and Recreation. Buy yours at the guest services desk.

**Sizes:** Youth XS–Adult XXXL **Fee:** \$15

*All proceeds from the sale of the T-shirts go into the Parks and Recreation youth scholarship fund)*



# Preschool Programs

## **New!** RevSports Pickleball

**Ages 4–6** RevSport pickleball campers learn and practice the fundamentals of this fast-growing sport, including all types of swings, serving, grip, and footwork in this parent-involved class. Each day features skill-building drills, fun gameplay, and friendly competitions. Classes are designed for all ability levels.

**Location:** VMCC, National Guard Gymnasium

**Session 1:** Mondays, June 15–July 6  
**Register by:** Monday, June 8 **Fee:** \$69  
**Time:** 5:30–6:10 p.m. **Code:** PP-S361

**Session 2:** Mondays, July 13–August 3  
**Register by:** Monday, July 6 **Fee:** \$69  
**Time:** 5:30–6:10 p.m. **Code:** PP-S362



## RevSports Ninja Warrior Fitness Ages 2–5

Take on a variety of ground-based obstacle challenges that build strength, coordination, agility, and confidence in this parent-involved class. Each day features new skills and course layouts in a fun and supportive environment. Classes are designed for all ability levels. Ages 5 to 8 have an option available on the same days on [page 36](#).

**Fee:** \$79

**Session 1:** Wednesdays, May 13–June 3  
**Location:** VMCC, Community Room 1  
**Register by:** Wednesday, May 6

<b>TotStars (ages 2–3)</b> <b>Time:</b> 5:30–5:55 p.m. <b>Code:</b> PP-S351	<b>PreStars (ages 3–5)</b> <b>Time:</b> 6–6:40 p.m. <b>Code:</b> PP-S352
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**Session 2:** Wednesdays, August 12–September 2  
**Location:** VMCC, West Rink Turf  
**Register by:** Wednesday, August 5

<b>TotStars (ages 2–3)</b> <b>Time:</b> 5:30–5:55 p.m. <b>Code:</b> PP-S353	<b>PreStars (ages 3–5)</b> <b>Time:</b> 6–6:40 p.m. <b>Code:</b> PP-S354
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## **New!** RevSports Basketball Ages 2–6 (Parent participation is required)

Kids will develop core skills like ball handling, shooting, passing, defending, and rebounding through fun drills and exciting games in this parent-involved class. Each day focuses on a new topic and ends in a scrimmage. Classes are designed for all ability levels. **Fee:** \$69

**Session 1:**  
 Wednesdays, May 13–June 3  
**Register by:** Wed., May 6  
**Location:** Overlook Ridge Park

**TotStars (ages 2–3)**  
**Time:** 5:30–5:55 p.m.  
**Code:** PP-S371

**PreStars (ages 3–5)**  
**Time:** 6–6:40 p.m.  
**Code:** PP-S372

**KinderStars (ages 4–6)**  
**Time:** 6:45–7:25 p.m.  
**Code:** PP-S373

**Session 2:**  
 Wednesdays, June 10–July 8  
 (skip July 1)  
**Register by:** Wed., June 3  
**Location:** Overlook Ridge Park

**TotStars (ages 2–3)**  
**Time:** 5:30–5:55 p.m.  
**Code:** PP-S374

**PreStars (ages 3–5)**  
**Time:** 6–6:40 p.m.  
**Code:** PP-S375

**KinderStars (ages 4–6)**  
**Time:** 6:45–7:25 p.m.  
**Code:** PP-S376

**Session 3:**  
 Wednesdays, July 15–Aug. 5  
**Register by:** Wed., July 8  
**Location:** Vista Pines Park

**TotStars (ages 2–3)**  
**Time:** 5:30–5:55 p.m.  
**Code:** PP-S377

**PreStars (ages 3–5)**  
**Time:** 6–6:40 p.m.  
**Code:** PP-S378

**KinderStars (ages 4–6)**  
**Time:** 6:45–7:25 p.m.  
**Code:** PP-S379

**Session 4:**  
 Wednesdays, Aug. 12–Sept. 9  
**Register by:** Wed., Aug. 5  
**Location:** Vista Pines Park

**TotStars (ages 2–3)**  
**Time:** 5:30–5:55 p.m.  
**Code:** PP-S3710

**PreStars (ages 3–5)**  
**Time:** 6–6:40 p.m.  
**Code:** PP-S3711

**KinderStars (ages 4–6)**  
**Time:** 6:45–7:25 p.m.  
**Code:** PP-S3712



## Youth scholarships available!

IGH Parks and Recreation offers scholarships to youth living in Inver Grove Heights to participate in our programs based on financial need. To complete an application go to [ighmn.gov/Scholarship](http://ighmn.gov/Scholarship)

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



**Amazing Athletes Tots** Ages 18 months–2.5 years  
**Parent participation is required.** This guided, discovery-based sports program helps kids engage in structured physical activities tailored specifically to toddlers. Classes are 30 minutes and designed to meet the attention span and physical needs of each individual child while learning five different sports.

**Location:** Oakwood Park Ice Rink  
**Time:** 5–5:30 p.m. **Fee:** \$95

**Session 1:** Thursdays, June 18–July 16 **Code:** PP-S311  
**Register by:** Thursday, June 11

**Session 2:** Thursdays, July 30–August 27 **Code:** PP-S313  
**Register by:** Thursday, July 23

**Amazing Athletes Preschool** Ages 2.5–5.5 years  
 Develop your child’s motor skills, hand-eye coordination, cardiovascular fitness and more 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:** Oakwood Park Ice Rink **Fee:** \$95 per session

**Session 1:** Thursdays, June 18–July 16  
**Register by:** Thursday, June 11  
**Time:** 5:45–6:30 p.m. **Code:** PP-S312

**Session 2:** Thursdays, July 30–August 27  
**Register by:** Thursday, July 23  
**Time:** 5:45–6:30 p.m. **Code:** PP-S314

**New!** **RevSports Flag Football** Ages 2–6

Learn and practice the fundamentals including ball carrying, passing, receiving, defending and running routes through engaging drills and many active games in this parent-involved class. Each day includes skill development and ends with a scrimmage. Classes are designed for all ability levels. Ages 6-9 have an option available on the same days on [page 32](#).

**Session 1:** Wednesdays, June 10–July 8 (skip July 1)  
**Location:** Heritage Village Park **Fee:** \$69  
**Register by:** Wednesday, June 3

**TotStars (ages 2–3)** **PreStars (ages 3–5)** **KinderStars (ages 4–6)**  
**Time:** 5:15–5:40 p.m. **Time:** 5:45–6:25 p.m. **Time:** 6:30–7:10 p.m.  
**Code:** PP-S381 **Code:** PP-S382 **Code:** PP-S383

**Session 2:** Wednesdays, July 15–August 5  
**Location:** Heritage Village Park **Fee:** \$69  
**Register by:** Wednesday, July 8

**TotStars (ages 2–3)** **PreStars (ages 3–5)** **KinderStars (ages 4–6)**  
**Time:** 5:15–5:40 p.m. **Time:** 5:45–6:25 p.m. **Time:** 6:30–7:10 p.m.  
**Code:** PP-S384 **Code:** PP-S385 **Code:** PP-S386



**Kidtreating** Ages 1-5 (Adult participation is required)

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:** VMCC, West Rink Turf **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, June 13–July 25 (skip July 4) **Fee:** \$68  
**Register by:** Saturday, June 6

**Ages 1–2** **Ages 3–5**  
**Time:** 9:30–10 a.m. **Time:** 10:05–10:35 a.m.  
**Code:** PP-S331 **Code:** PP-S332

**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, August 1–September 12 (skip Sept. 5)  
**Register by:** Saturday, July 25 **Fee:** \$68

**Ages 1–2** **Ages 3–5**  
**Time:** 9:30–10 a.m. **Time:** 10:05–10:35 a.m.  
**Code:** PP-S333 **Code:** PP-S334

**New!** **Karate Zoo** Ages 3–6

With the help of our Muscle Zoo friends, we teach the fundamentals of martial arts in this high-energy progression-based program. In each 40-minute class, students learn and practice the traditions and skills of the sport. Karate Zoo is designed to benefit a child’s physical, social and emotional development while building confidence and teaching practical life lessons. White belt included in the session fee.

**Dates:** Tuesdays, June 16–August 18 **Fee:** \$100  
**Location:** VMCC, Community Room 1  
**Register by:** Tuesday, June 9

**Time:** 5:30–6:10 p.m. **Time:** 6:15–6:55 p.m.  
**Code:** PP-S391 **Code:** PP-S392

*Continued on next page*

## RevSports Baseball Ages 2–6 (Parent participation required)

RevSports baseball develops essential skills such as throwing, catching, fielding, hitting, and base running through high-energy drills and fun games in this parent-involved class. Each day concludes with an inning of play. Classes are designed for all ability levels. **Fee:** \$69

### Session 1:

Mondays, May 11–June 8  
(skip May 25)  
**Register by:** Monday, May 4  
**Location:** VMCC, West Rink Turf

### TotStars T-Ball (ages 2–3)

**Time:** 5:30–5:55 p.m.  
**Code:** PP-S341

### PreStars T-Ball (ages 3–5)

**Time:** 6–6:40 p.m.  
**Code:** PP-S342

### KinderStars Coach Pitch (ages 4–6)

**Time:** 6:45–7:25 p.m.  
**Code:** PP-S343

### Session 2:

Mondays, June 15–July 6  
**Register by:** Monday, June 8  
**Location:** Ernster Park Baseball/Softball Field

### TotStars T-Ball (ages 2–3)

**Time:** 5:30–5:55 p.m.  
**Code:** PP-S344

### PreStars T-Ball (ages 3–5)

**Time:** 6–6:40 p.m.  
**Code:** PP-S345

### KinderStars Coach Pitch (ages 4–6)

**Time:** 6:45–7:25 p.m.  
**Code:** PP-S346

### Session 3:

Mondays, July 13–August 3  
**Register by:** Monday, July 6  
**Location:** Ernster Park Baseball/Softball Field

### TotStars T-Ball (ages 2–3)

**Time:** 5:30–5:55 p.m.  
**Code:** PP-S347

### PreStars T-Ball (ages 3–5)

**Time:** 6–6:40 p.m.  
**Code:** PP-S348

### KinderStars Coach Pitch (ages 4–6)

**Time:** 6:45–7:25 p.m.  
**Code:** PP-S349

### Session 4:

Mondays, August 10–31  
**Register by:** Monday, Aug. 3  
**Location:** Ernster Park Baseball/Softball Field

### TotStars T-Ball (ages 2–3)

**Time:** 5:30–5:55 p.m.  
**Code:** PP-S3410

### PreStars T-Ball (ages 3–5)

**Time:** 6–6:40 p.m.  
**Code:** PP-S3411

### PreStars T-Ball (ages 3–5) (ages 4–6)

**Time:** 6:45–7:25 p.m.  
**Code:** PP-S3412

## Soccer Shots Ages 2–5

(Parent participation required)

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. Option to purchase Soccer Shots official jersey is available at the time of registration for an additional \$30.

**Fee:** \$130

**Session 1:** Tuesdays, June 9–July 28

(skip June 30)

**Register by:** Tuesday, June 2

**Location:** Oakwood Park Ice Rink

### Mini (ages 2–3)

**Time:** 5–5:30 p.m. **Code:** PP-S301

### Classic (ages 3–5)

**Time:** 5:35–6:05 p.m. **Code:** PP-S302

**Time:** 6:10–6:40 p.m. **Code:** PP-S303

**Session 2:** Saturdays, June 13–August 1

(skip July 4)

**Register by:** Saturday, June 6

**Location:** VMCC, West Rink Turf

### Mini (ages 2–3)

**Time:** 9–9:30 a.m. **Code:** PP-S304

### Classic (ages 3–5)

**Time:** 9:35–10:05 a.m. **Code:** PP-S305

**Time:** 10:10–10:40 a.m. **Code:** PP-S306

**New!**

## Tumbling Explorers with Kidtresting

**Location:** VMCC, National Guard Gymnasium **Fee:** \$72

**Session 1:** Sat., June 6–July 18 (skip July 4) **Register by:** Saturday, May 30

**Session 2:** Sat., July 25 to August 29 **Register by:** Saturday, July 18

**Tumble Tots: First Steps Gymnastics/Tumbling Ages walking–2 years (Parent participation required)** Tumble Tots introduces toddlers to gymnastics through playful, safe exploration with a caregiver by their side. Children build balance, coordination, and confidence while enjoying age-appropriate movement that strengthens the caregiver-child bond.

**Time:** 9:30–9:50 a.m. **Session 1 Code:** PP-S335

**Session 2 Code:** PP-S338

**Tumble Sprouts: Preschool Gymnastics/Tumbling Ages 2–3 (Parent participation required)** Tumble Sprouts supports toddlers as they grow toward more independent movement, blending guided exploration

with simple structure and caregiver support. Children build confidence, balance, and coordination while practicing basic gymnastics skills in a fun, encouraging environment.

**Time:** 9:55–10:25 a.m. **Session 1 Code:** PP-S336

**Session 2 Code:** PP-S339

**Tumble Trailblazers: Preschool Gymnastic/Tumbling Ages 3–4**

Tumble Trailblazers is an independent preschool gymnastics class where children build strength, coordination, and confidence while learning beginner gymnastics skills. Through guided progressions and fun challenges, participants develop teamwork, listening skills, and a love of movement in a supportive environment.

**Time:** 10:30–11 a.m. **Session 1 Code:** PP-S337

**Session 2 Code:** PP-S3310

**Ways to register for IGH Parks and Recreation programs:**

- 1 Online:** Visit [ighmn.gov/Register](http://ighmn.gov/Register) and click on the gold Sign In/Up button.
- 2 Call:** 651-450-2480

- 3 Scan the QR code** with and it will jump to our registration page.
- 4 Stop by the VMCC Guest Services Desk** and visit with our staff!



# Soccer Programs

Programs are offered in partnership between the City of Inver Grove Heights and Dakota Soccer Club.



**FALL 2026 + SUMMER 2027 SOCCER  
DAKOTA SOCCER CLUB**

Registration will open soon for 2027 team formations (July 2026); fall 2026 (August-September); and summer 2027 (March-June) competitive soccer. Winter Development Academy registration will open in October. Visit our website for additional information.

**INFO:** [communications@dakotasc.org](mailto:communications@dakotasc.org) / [www.dakotasc.org](http://www.dakotasc.org)

*Paid Advertisement*

## Summer Soccer Clinic Ages 5–10

Don't let the soccer fun stop when school's out! Our summer soccer clinic offers a fantastic opportunity for boys and girls to stay active and engaged during the summer break. Clinic focuses on improving skills, building confidence and having a great time with friends. This program is led by Dakota Soccer Club administrators and coaches. Players will learn simple soccer techniques and take part in small-sided games in a safe, fun and enjoyable environment.

**Dates:** Mondays and Wednesdays  
July 20–August 12

**Times:** Ages 5–7: 6–6:45 p.m.  
Ages 8–10: 7–7:45 p.m.

**Code:** YS-S110

**Code:** YS-S112

**Location:** Skyview Park

**Fee:** \$80

**Register by:** Monday, July 13

## Fall Soccer League Ages 5–10

Keep the soccer action going this fall with our exciting league, led by Dakota Soccer Club administrators and coaches. This league provides boys and girls ages 5-10 with the opportunity to continue developing their soccer skills in a fun and supportive environment. Practices will focus on mastering the four key fundamentals of soccer: passing, dribbling, shooting, and defense. Game days will emphasize using these skills in small-sided matches against other teams in the league. The program fee includes a team jersey.

**Dates:** Mondays and Wednesdays, September 9–October 14

**Times:** Ages 5–7: 5:30–6:15 p.m.

**Code:** YS-F110

Ages 8–10: 6:15–7 p.m.

**Code:** YS-F111

**Location:** Oakwood Park

**Fee:** \$85

**Register by:** Friday, August 14

**YOUTH SCHOLARSHIPS AVAILABLE FOR  
PARKS AND RECREATION PROGRAMS**  
for Inver Grove Heights residents  
with qualifying financial need.  
Learn more: [ighmn.gov/Scholarship](http://ighmn.gov/Scholarship)

# Youth Sports and Leagues

Archery classes are held at our newly developed archery range at South Valley Park!

## Youth Archery Ages 9–18

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

**Day:** Tuesdays

**Location:** South Valley Park Archery Range

**Session 1:** April 28–May 26

**Register by:** Tuesday, April 21

**Fee:** \$64

**Ages 9–12**

**Time:** 5:30–6:30 p.m.

**Code:** YS-P210

**Ages 13–18**

**Time:** 6:35–7:35 p.m.

**Code:** YS-P211

**Session 2:** June 23–July 28

**Register by:** Tuesday, June 16

**Fee:** \$75

**Ages 9–12**

**Time:** 5:30–6:30 p.m.

**Code:** YS-S210

**Ages 13–18**

**Time:** 6:35–7:35 p.m.

**Code:** YS-S211



## 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!

**Day:** Thursdays

**Dates:** June 18–July 30 (skip July 2)

**Location:** Oakwood Park

**Register by:** Thursday, June 11

**Fee:** \$75

**Ages 6–8**

**Time:** 5:45–6:30 p.m.

**Code:** YS-S207

**Ages 9–14**

**Time:** 6:35–7:20 p.m.

**Code:** YS-S208

## RevSports Pickleball Ages 6–12

RevSport pickleball campers learn and practice the fundamentals of this fast-growing sport, including all types of swings, serving, grip, and footwork in this parent-involved class. Each day features skill-building drills, fun game play, and friendly competitions. Classes are designed for all ability levels.

**Location:** VMCC, National Guard Gymnasium

**Session 1:** Mondays, June 15–July 6

**Register by:** Monday, June 8 **Fee:** \$69

**MightyStars**

(ages 6–9)

**Time:** 6:15–6:55 p.m.

**Code:** YS-S361

**SkillStars**

(ages 9–12)

**Time:** 7–7:40 p.m.

**Code:** YS-S362



**Session 2:** Mondays, July 13–August 3

**Register by:** Monday, July 6 **Fee:** \$69

**MightyStars**

(ages 6–9)

**Time:** 6:15–6:55 p.m.

**Code:** YS-S363

**SkillStars**

(ages 9–12)

**Time:** 7–7:40 p.m.

**Code:** YS-S364

**New!**



## RevSports Flag Football MightyStars, Ages 6–9

Learn and practice the fundamentals including ball carrying, passing, receiving, defending and running routes through engaging drills and many active games in this parent-involved class. Each day includes skill development and ends with a scrimmage. Classes are designed for all ability levels.

**Time:** 7:15–7:55 p.m. **Location:** Heritage Village Park **Fee:** \$69

**Session 1:** Wednesdays, June 10–July 8 (skip July 1)

**Code:** YS-S381 **Register by:** Wednesday, June 3

**Session 2:** Wednesdays, July 15–August 5

**Code:** YS-S382 **Register by:** Wednesday, July 8

View all youth sports: [ighmn.gov/YouthSports](http://ighmn.gov/YouthSports) Register online: [ighmn.gov/Register](http://ighmn.gov/Register)



**Boys Baseball Leagues** These in-house leagues focus on instruction rather than competition, providing a fun and positive environment to learn and enjoy baseball. The program operates under the philosophy that each participant will have the opportunity to participate in each game and develop skills.

**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 &

Wednesdays

**Dates:** April 29–mid-July

**Fee:** \$86

**Code:** YL-P103

**Register by:** Friday, March 27

This program relies upon volunteer coaches to lead the teams, if you are interested in coaching please contact Al Vandehoef at [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov) or 651-450-2468.

**Volunteer Coaches Needed!**



We’re looking for volunteers for our youth sports leagues! These leagues depend on dedicated volunteers to help teach the fundamentals of youth sports, including teamwork and sportsmanship.

No experience? No problem! The Parks & Recreation Department provides training for all coaches to set you up for success.

As a thank-you, coaches will receive four free guest passes to the VMCC.

Join us in making a positive impact on young athletes—your support makes all the difference!

Please call 651-450-2586 if you are interested in coaching. Learn more at:

[ighmn.gov/YouthSports](http://ighmn.gov/YouthSports)

**INVER GROVE HEIGHTS**  
**BASEBALL**  
**ASSOCIATION**

Our mission is to develop competitive teams with a strong emphasis on player development, commitment, sportsmanship, team work, and knowledge of the game.

**IN HOUSE AGES 8 - 11** | **TRAVELING AGES 8 - 15**

**TRAVELING TRYOUTS ARE NOW IN THE FALL**  
IN HOUSE registration is now open.

[www.ighba.com](http://www.ighba.com)

VISIT FACEBOOK OR WEBSITE FOR INFO



**Twins FREE Baseball Clinic**

**Monday, August 10**  
**4-6 p.m.**

**Boys and Girls, Ages 6–12**

Play Ball! Minnesota Youth Clinics provide fundamental instruction for kids in a fun and positive atmosphere. Participants are asked to bring their own glove; the Twins will provide all other youth-friendly equipment. Registration and a signed waiver are required.

Register online at [PlayBallMN.com](http://PlayBallMN.com)

**Location:** Rich Valley Athletic Complex

**Rain backup:** Veterans Memorial Community Center

*Paid Advertisement*

## 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.



This program relies upon the leadership of volunteer coaches. If you are interested in coaching your child's team, indicate at registration or email AI at [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov).

**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.

## IGH Girls and Boys Lacrosse Ages 5–12

Inver Grove Heights Youth Lacrosse is excited to return to our partnership with IGH Parks and Recreation for a new season of summer lacrosse. This year we will be going back to the basics with a **FUNDamentals** style training for beginners and work on more advanced concepts as we progress. Intermediate/advanced players will have games with surrounding communities both indoors and outdoors throughout July. The program will be run by current and former Simley players and coaches. Those entering 7th grade in the fall will be referred to high school head coach Luke Johnson for summer training with the Simley program. No experience is necessary at any age group, gear is available for rental.



**Dates:** Mondays, June 8–July 27 **Time:** 6–7:30 p.m.

**Fee:** \$125 · **Register by:** Monday, June 1

**Location:** TBD and will be communicated in a welcome email.

**Beginners:** No previous experience, will work on the core concepts of scooping, throwing, and catching through drills and games. **Code:** YS-S0608B

**Intermediate:** Has basic skills and is ready to move beyond core concepts into basics of game play. **Code:** YS-S0608I

**Advanced:** Previous game play experience, ready to take on more advanced instruction and nuance of the game. **Code:** YS-S0608A

**INVER GROVE HEIGHTS SOFTBALL FEDERATION**

# Fall SOFTBALL LEAGUE





8U  
10U  
12U  
14U

LATE AUGUST - 6 WEEKS LEAGUE DOUBLE  
 EARLY OCT. 1 DAY STATE TOURNEY HEADERS

GIRL'S FASTPITCH SOFTBALL  
 WATCH FOR REGISTRATION INFO  
 LATE JUNE 2026!  
[WWW.IGHSF.COM](http://WWW.IGHSF.COM)

## Little Spartans Softball

**U6 Softball Ages 4–6**

Beginning level softball for players with little to no experience. Focus will be on teaching the basics including catching, throwing, hitting, fielding, base running and most important having fun! Instruction based program that will incorporate scrimmage games.

**Dates:** Mondays, June 15–July 20

**Time:** 5:30–6:30 p.m.

**Location:** VMCC, West Arena Turf

**Fee:** \$58

**Register by:** Friday, June 5

**Code:** YS-S0615

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





## Youth Flag Football League

Boys & girls ages 5–9

This league teaches the fundamentals of football including offense/defense and specific football skills. Practices are held Tuesdays or Thursdays, depending on age. Players will be notified of team assignments and final schedule prior to program start.

**Location:** Salem Hills Park

**Register by:** Friday, July 17



### Ages 5–6

**Dates and Times:**

Thursdays, August 20–October 1; 6 p.m.

Saturdays, September 19–October 3;

9 a.m. or 10:15 a.m.

Weather makeup dates: October 8 and 10

**Fee:** \$70 **Code:** YL-S301

### Ages 7–9

**Dates and Times:**

Tuesdays, August 18–October 6; 6 p.m.

Saturdays, September 19–October 3;

11:30 a.m. or 12:15 p.m.

Weather makeup dates: October 10 and 13

**Fee:** \$70 **Code:** YL-S302

League schedule will be emailed to participants prior to the first practice.

This program relies upon the leadership of volunteer coaches. If you are interested in coaching your child's team, indicate at registration or email Al at [avandehoef@ighmn.gov](mailto:avandehoef@ighmn.gov).



# SUMMER FIELD TRIPS

## Lebanon Hills — Canoe, Hike, & Fish

Monday, June 15 • 8:30 a.m.–4 p.m. • \$55

**Ages 8–14** Experience the quiet glide of the paddle through the water as you learn and practice basic canoe skills with Dakota County staff. After, we will eat lunch, fish, and go on a nature hike. Please bring a cold lunch that is peanut free and a drink. Fishing rods will be provided but participants can bring their own. Bait is included in fee.

**Drop-off and pick-up:**

Harmon Park in West St. Paul

**Register by:** Monday, June 8

**Code:** YP-S201



## Outdoor Water Park

Wednesday, July 8

8:30 a.m.–4 p.m. • \$55

**Ages 8–14** Make a splash on this fun summer field trip to a local outdoor waterpark! Spend the day cooling off in the pool, zipping down water slides, and playing with friends. Water park location

will be finalized by registration day.

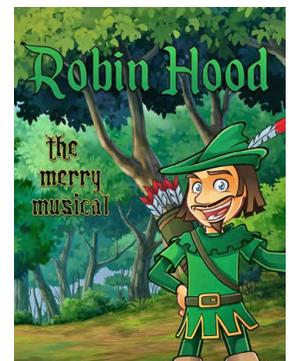
**Drop-off and pick-up:** VMCC, Inver Grove Heights

**Register by:** Wednesday, July 1 **Code:** YP-S202

## Sidekick Theatre & Elite Gymnastics

Monday, August 3 • 8:30 a.m.–4 p.m. • \$60

**Ages 6–12** Attend the live musical production of the childhood favorite story, Robin Hood! Join Robin and his friends in Sherwood Forest as they stand up for what's right while including the audience in their fun and mischief! After the show, head to Elite Gymnastics Academy where you'll learn from trained gymnastics staff and enjoy open gym time.



**Drop-off and pick-up:**

Doug Woog Arena in South St. Paul

**Register by:** Monday, July 27

**Code:** YP-S203



**RevSports Ninja Warrior Fitness** MiniStars Ages 5–8  
 Take on a variety of ground-based obstacle challenges that build strength, coordination, agility, and confidence. Each day features new skills and course layouts in a fun and supportive environment. Classes are designed for all ability levels. Ages 2–5 have an option available on the same days on [page 28](#).



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

**Session 1:** Wednesdays, May 13–June 3

**Location:** VMCC, Community Room 1

**Register by:** Wednesday, May 6 **Code:** YS-S351

**Session 2:** Wednesdays, August 12–September 2

**Location:** VMCC, West Rink Turf

**Register by:** Wednesday, August 5 **Code:** YS-S352



## Youth & Teen Fitness

### 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:** TRX® room

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

**Session 1:** May 4–June 29 (skip May 25) **Code:** FP-S160

**Session 2:** July 6–August 24 **Code:** FP-S161

### 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.

**Days:** Wednesdays (8 | 50 minute sessions)

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

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

**Session 1:** May 6–June 24 **Code:** FP-S200

**Session 2:** July 8–August 26 **Code:** FP-S201

## UPCOMING Adaptive Recreation Opportunities



### Touch-A-Truck

Saturday, May 16

Event: 9–11:30 a.m. with a sensory friendly time from 9–9:30 a.m.

VMCC North Parking Lot

(see page 58 for details)



### Adaptive Bowling will be returning this fall!

Open to all ages and abilities. Keep an eye out for additional information!

### More Adaptive Rec!

We're working with Reach for Resources to provide adaptive recreation and inclusion services to IGH residents. For additional information and questions contact Rachel Longfellow, Recreation Coordinator at [rlongfellow@ighmn.gov](mailto:rlongfellow@ighmn.gov) or 651-450-2583.

Learn more about Reach for Resources online: [ReachForResources.org](http://ReachForResources.org)

# 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](http://ighmn.gov/KidsRock)

**Priority Registration**  
**(2025 families) opens:**  
Monday, March 9 at 9 a.m.

**New Participant**  
**Registration opens:**  
Monday, March 23 at 9 a.m.

**FIELD TRIP REGISTRATION:**  
Starts Monday, April 20  
*Registration closes*  
*June 1 or when full.*

**PARENT**  
**INFORMATION**  
**SESSION**

**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](http://ighmn.gov/KidsRock) for details

QUESTIONS ABOUT KIDS R.O.C.K.? email [kidsrock@ighmn.gov](mailto:kidsrock@ighmn.gov)

## 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. **WE'D LOVE TO PARTNER WITH YOU!**

Please contact Rachel at [rlongfellow@ighmn.gov](mailto:rlongfellow@ighmn.gov) or **651-450-2583** to discuss how we can build a stronger community—together! [ighmn.gov/Sponsor](http://ighmn.gov/Sponsor)



Safety Camp



Food Truck Festival



Movie in the Park

# Youth Summer Camps

## CAMP SCHEDULE

June 8–11:	Horse Camp	
June 15:	Lebanon Hills: Canoe, Hike, & Fish	
June 22–25:	Sand Volleyball Camp	★
June 29–July 1:	Multi-Sport Camp	
July 8:	Outdoor Water Park Field Trip	
July 9:	Safety Camp	★
July 13–16:	Pickleball Camp	★
July 16:	K-Pop Demon Hunters Dance Camp	
July 20:	Junior Vet Camp	
July 20–23:	Tennis Camp	★
July 27–28:	EcoElsa Outdoor Survival Camp	
July 30:	Half-Pint Safety Camp	
Aug. 3:	Sidekick Theatre & Elite Gymnastics Field Trip	
Aug. 3–6:	Musical Theater Camps	
August 13:	Black Light Party Dance Camp	
Aug. 17–19:	Skateboarding Camp	★
TBD:	Twins Baseball Clinic	



### Junior Vet Camp Ages 6–12

Do you have a pet dog or cat? Come learn some of the basics of pet care and safety through fun demonstrations and activities. Camp also includes a fun animal-themed craft and snack. This program is made possible by a partnership with IGH Animal Hospital.

**Date:** Monday, July 20      **Time:** 9–11:30 a.m.  
**Location:** VMCC, Community Rm 1      **Fee:** \$28  
**Register by:** Monday, July 13      **Code:** SC-S220



### Skyhawks Sports Camps

Skyhawks provides a variety of fun, safe and positive programs that emphasize critical lessons in life like respect and sportsmanship. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. **Camps are open to boys and girls. Register one week prior to start date.**



#### Monday–Thursday, June 22–25

#### SAND VOLLEYBALL Camp (Ages 10–12)

**Time:** 9 a.m.–noon • **Code:** SC-S252 • **Fee:** \$119  
**Location:** Sleepy Hollow Park  
**Register by:** Monday, June 15

#### Monday–Wednesday, June 29–July 1 (FULL DAY)

#### MULTI SPORT Camp —

#### Basketball, Flag Football & Soccer (Ages 6–12)

**Time:** 9 a.m.–4 p.m. • **Code:** SC-S253 • **Fee:** \$179  
**Location:** VMCC  
**Register by:** Monday, June 22



#### Monday–Thursday, July 13–16

#### PICKLEBALL Camp (Ages 6–12)

**Time:** 9 a.m.–noon • **Code:** SC-S254 • **Fee:** \$129  
**Location:** Salem Hills Park  
**Register by:** Monday, July 6

#### Monday–Thursday, July 20–23

#### TENNIS Camp (Ages 6–8)

**Time:** 9 a.m.–noon • **Code:** SC-S255 • **Fee:** \$119  
**Location:** Salem Hills Park  
**Register by:** Monday, July 13

# Youth Summer Camps



## Horse Camp Ages 8–13

This popular camp is a great introduction to the sport of horseback riding. Learn to groom, feed, saddle and control at a trot and rising trot. Skills are progressive. Camp offered in partnership with HHH Ranch. All safety equipment is provided. Fee includes a snack and water. Please wear denim pants and closed-toe shoes with a heel — no sandals or crocs. Space fills quickly, so register early!



Parent/guardian must drop-off and pick-up participant Monday–Thursday in Cannon Falls, MN.

**Dates:** Monday–Thursday, June 8–11 (Fri., June 12 rain make-up date)

**Morning Session:** 9 a.m.–noon      **Code:** SC-S250

**Afternoon Session:** 1–4 p.m.      **Code:** SC-S251

**Register by:** Monday, May 25      **Fee:** \$230

**Location:** Cannon Falls, next to Cannon Valley Fair (map will be provided to registered participants)

## MUSICAL THEATER CAMPS



## Glinda and Friends for Good Musical Theater Camp



**Ages 5–8**

Help Glinda and the Wicked Witch of the West save Oz in the final act of this wickedly wonderful story! Choose a character, learn music and choreography and create your own musical. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun, creative theater games. All that is needed are comfortable clothing and shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

**Dates:** Monday–Thursday, August 3–6      **Time:** 9 a.m.–noon

**Location:** VMCC

**Fee:** \$125

**Register by:** Monday, July 27

**Code:** SC-S214

## 3RD LAIR SKATEPARK & SKATESHOP

### Skateboarding Camp Ages 7–14

The 3rd Lair Skateboard Camp program has been a part of MN action sports development for over 20 years. They are the originals, offering the most experience, the most well trained instructors, and a proven reputation for success. Instruction is based on ability level and is catered to individual needs. All experience levels are welcome.

**Dates:** Monday–Wednesday, August 17–19

**Time:** 9 a.m.–noon      **Fee:** \$170      **Code:** SC-S256

**Register by:** Monday, Aug. 10      **Location:** VMCC Skate Park



### KPop Demon Hunters

### Musical Theater Camp Ages 7–12



Show them how it's done! Choose a character, learn music and choreography and create your own musical! Learn how to properly speak

your lines, block a scene, develop your character and much more! We will also play fun creative games. All that is needed are comfortable clothing and shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

**Dates:** Monday–Thursday, August 3–6      **Time:** 1–4 p.m.

**Location:** VMCC

**Fee:** \$125

**Register by:** Monday, July 27

**Code:** SC-S215

# Summer Camps



## Outdoor Camp!



### Outdoor Survival Camp Ages 6–12

Monday–Tuesday, July 27–28

9 a.m.–3:30 p.m.

Location: VMCC Fee: \$168

Register by: Monday, July 20 Code: SC-S272

Your kid will learn skills through fun games and activities that will help them learn what to do in a survival situation. Kids will leave knowing the rules of three, how to signal and look for help, shelter engineering, fire science and safety, how to collect and treat water, basic orienteering skills, and more! Please wear closed-toe shoes, long pants, and dress for the weather, as most of the class is outdoors and off trail.

Kids will need to bring their own lunch.

**VISIT**  
**[ighmn.gov/Register](http://ighmn.gov/Register)**  
**for additional camp**  
**information and to register.**

## New! Non-Stop Hip Hop Dance Camps

Classes are offered in partnership with Short Dance Studio and take place at their location, 9332 Cahill Avenue.

### K-Pop Demon Hunters Ages 7–12

Thursday, July 16

Time: 5–6 p.m.

Location: Short Dance Studios Fee: \$25

Register by: Thursday, July 9 Code: SC-S257

Get ready for a fun and high-energy K-Pop dance party! This one-time **Non-Stop Hip Hop: K-Pop Demon Hunters** camp will introduce dancers to hip hop skills and exciting K-pop-inspired choreography while building confidence and performance power. With bold music and fierce vibes, dancers will learn new moves, practice combos, and feel like stars on the dance floor. No experience necessary—just bring your energy, attitude, and love for dance!

### Blacklight Party Ages 7–12

Thursday, August 13

Time: 5–6 p.m.

Location: Short Dance Studios Fee: \$25

Register by: Thursday, August 6 Code: SC-S258

Get ready for a fun and energetic blacklight dance party! Our classes are designed to build confidence and give dancers the moves they need to shine on any dance floor and feel like a star. With vibrant blacklights and upbeat music, dancers will learn exciting skills and groove to their favorite hits. No experience necessary—just bring your energy and a love for dance! Children are encouraged to wear white and/or bright neon colors that will pop under the blacklight.

## New! Dance Classes

Classes are offered in partnership with Short Dance Studio and take place at their location, 9332 Cahill Avenue.

### Blooming Ballerinas Ages 7–12

Wednesdays, July 29–August 19

Time: 5–6 p.m. Location: Short Dance Studios Fee: \$60

Register by: Wednesday, July 22 Code: SC-S212

Watch your dancer blossom in this enchanting ballet class! Designed for new dancers, Blooming Ballerinas introduces the fundamentals of ballet in a fun, imaginative, and nurturing environment. Through graceful movements, creative storytelling, and playful exercises, dancers will develop coordination, confidence, and a love for dance.

### Just Dance Ages 7–12

Monday–Wednesday, August 10–12

Time: 5–6 p.m. Location: Short Dance Studios Fee: \$65

Register by: Monday, August 3 Code: SC-S213

For fun, grab a friend and just dance! This class is designed to help students gain confidence, flexibility, coordination, and teamwork while making new friends and creating lasting memories. Dancers will explore the three foundational techniques of tap, ballet, and jazz. Trying out different dance types is a great way to discover what you love! No experience necessary.

# Safety Camps



## Safety Camp Ages 6–11

A camp you do not want to miss! Learn to be safe in the following areas: fire, water, biking, health, and more! Camp includes certificate of completion, T-shirt, snack and a safety swag bag! Campers should bring a bag lunch, their bike, and swim gear.

**Date:** Thursday, July 9

**Time:** 8:30 a.m.–5:30 p.m.

**Location:** VMCC

**Fee:** \$24

**Register by:** Thursday, July 2

**Code:** SC-S300



## Half-Pint Safety Camp Ages 4–6

Safety isn't just for the big kids! Your little one will spend the morning learning from safety professionals including IGH Police, IGH Fire, Dakota County Health & Safety, and IGH aquatics team. Snack is provided. Swimming will be included. Please have your child wear their bathing suit under their clothes so they are ready to go.

**Date:** Thursday, July 30

**Time:** 9 a.m.–12:15 p.m.

**Location:** VMCC

**Fee:** \$24

**Register by:** Thursday, July 23

**Code:** SC-S216

# Family Activities



**Saturday, June 6  
is National Trails Day**

**Celebrate by  
taking part in a  
self-guided nature  
scavenger hunt!**

You can complete the scavenger hunt on your own anytime over the weekend of June 5–7. Simply explore the beautiful, unpaved trails at Harmon Park Reserve and search for clues—both high and low.

**Register by:** Monday, May 25

**Code:** FA-S200

## Piece Seekers Puzzle Challenge

**Thursday, May 21 • 6–8 p.m.**

**Ages 12+ • Check in at 5:45 p.m.**

Puzzlers, get your team together and come to the third annual Piece Seekers jigsaw puzzle challenge! Teams of two to four people will compete to finish a 500 piece puzzle in the shortest amount of time. Identical puzzles will be provided and hidden until the start. Prizes awarded!

**Fee:** \$30 per team • **Location:** VMCC, Community Room 2

**Code:** AP-P0521 • **Register by:** Thursday, April 25



# Adult Sports



## Pickleball Instruction **Ages 18 and older**

In this class you will learn the rules of the game, techniques in serving, volleying and game strategy which will advance your game to the next level. All equipment is provided for classes. Only one rain-out will be made up per session.

### SPRING SESSION

**Dates:** Mondays, April 6–May 4 (skip April 13) **Fee:** \$55  
**Time:** 6–7 p.m. Beginner **Code:** AP-S0406B  
7:10–8:10 p.m. Advance Beginner **Code:** AP-S0406A  
**Location:** VMCC National Guard Gym  
**Register by:** Monday, March 30

### SUMMER SESSION

**Dates:** Mondays, June 1–22 **Fee:** \$55  
**Time:** 6–7 p.m. Beginner **Code:** AP-S0601B  
7:10–8:10 p.m. Advance Beginner **Code:** AP-S0601A  
**Location:** North Valley Park  
**Register by:** Friday, May 22

## Pickleball Leagues

### Wednesday Doubles — Bronze Beginning (level 2.0-3.0)

Bronze level beginners league is a fun, semi-competitive league for teams of two players. Teams can be any combination of genders. This league is strictly beginning level, some experience is required, great introduction to competitive pickleball.

**Dates:** Wednesdays, June 17–August 19 **Time:** 6 p.m.  
**Location:** North Valley Park **Fee:** \$80 per team  
**Register by:** Friday, May 29 **Code:** AL-S0617

### Thursday Ladder League (level 3.0-4.0)

Competitive league for intermediate level players. Players MUST be at 3.0-4.0 skill levels, no exceptions. Players register as an individual and will have a different partner for each game (minimum of 6 games per week). Participants are ranked on a “ladder” based on their skill level and match results. Players compete against others within their ranking, moving up or down the ladder based on wins and losses. This league structure allows for flexible play and the opportunity to challenge yourself as you improve, all while enjoying the social aspect of the game.

**Dates:** Thursdays, June 18–Aug. 20 **Time:** Games start at 6 p.m.  
**Location:** North Valley Park **Fee:** \$45 per player  
**Register by:** Friday, May 29 **Code:** AL-S0618

**Adult Swim Instruction See page 26**

## Tennis

### Adult Tennis Lessons **Ages 18 and older**

Find yourself in the game! Have fun, stay in shape and meet new friends while playing the lifetime sport of tennis! All classes taught by USTA-trained instructors.

**Beginner:** Classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. All participants will be given a new Wilson tennis racquet.

**Advanced Beginner:** Classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.

**Intermediate:** Classes are for those continuing to develop their stroke consistency and accuracy while learning net play, court coverage and match strategy. Players are ready for formal, organized play.

**Location:** Oakwood Park

**SESSION 1:** Mondays, June 1–July 6

**Register by:** Friday, May 22 **Fee:** \$75

**Beginner Time:** 6–7 p.m. **Code:** AP-S205

**Advanced Beginner & Intermediate**

**Time:** 7:05–8:05 p.m. **Code:** AP-S206

**SESSION 2:** Mondays, July 13–August 17

**Register by:** Monday, July 6 **Fee:** \$75

**Advanced Beginner & Intermediate**

**Time:** 6–7 p.m. **Code:** AP-S208

### Drill & Play

Fun, fitness and friends is the name of the game! Join us on court for group drills and match play. This class is for players who can rally with pace, know basic strokes and game scoring. Players will play a mix of organized hitting with multiple players and match play each week.

**Dates:** Mondays, July 13–August 17

**Time:** 7–8:15 p.m. **Code:** AP-S209

**Location:** Oakwood Park **Fee:** \$78

**Register by:** Monday, July 6

### Adult Tennis Park vs Park

**Ages 18 and older** Match play series for adult social players at advanced beginner–intermediate levels. Gain match play experience in a fun, team competition environment. Players will compete against other park teams in either singles or doubles. Instructors are on-site to provide assistance with match pairings, scoring, court positioning, and strategy. Players will have either “home” or “away” matches each week. Will your team win the title of Park vs Park Champions!? Join the fun today! *In partnership with USTA Tennis, West St. Paul and Mendota Heights Parks and Recreation.*

**Dates:** Tuesdays, July 7–August 11 **Time:** 6:30–8 p.m.

**Code:** AS-S209 **Fee:** \$35 **Register by:** Tues., June 30

Locations and schedule will be emailed prior to the start of the season.



## Adult Softball — Men's Slow Pitch D League

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

Dates: Thursdays, April 30–mid-July  
(weather dependent)

Times: 6–9 p.m.

Location: Rich Valley Athletic Complex

Code: AL-S202      Fee: \$815

Register by: Friday, April 3

Questions? Contact Rachel, [rlongfellow@ighmn.gov](mailto:rlongfellow@ighmn.gov) or 651-450-2583



## INVER GROVE HEIGHTS PARKS & RECREATION

# Dream job right here!

JOIN OUR  
TEAM!

- FITNESS INSTRUCTORS • PERSONAL TRAINERS • AQUATICS MANAGER •
- LIFEGUARDS • SWIM INSTRUCTORS • POOL ATTENDANTS • CHILDCARE •
- BIRTHDAY PARTY HOST • YOUTH DAY CAMP COUNSELORS (KIDS R.O.C.K.) •
- YOUTH TENNIS INSTRUCTOR • YOUTH ARCHERY INSTRUCTOR •
- GUEST SERVICES • SOFTBALL COACH • GOLF STAFF •
- BUILDING OPERATIONS & MAINTENANCE • PARK MAINTENANCE •

## Positions are FUN, and they can build 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!

[ighmn.gov/Jobs](http://ighmn.gov/Jobs)

“I enjoy working at the VMCC because I'm grateful to be part of a well-run organization... I appreciate the positivity, the acts of kindness, along with all of the interactions that happen daily amongst members and staff. This makes for an enjoyable work place.”

— Doug, Personal Trainer & Fitness Instructor



## Volunteers needed to help with special events!

The City of Inver Grove Heights is looking for volunteers 15 years and older to help with family-friendly special events throughout the year. There are a wide variety of tasks to choose from that happen at various times during the week. If you would like to be added to the contact list of event volunteers, please email Diane Erickson at [derickson@wspmn.gov](mailto:derickson@wspmn.gov) or call 651-208-4840.



# Community Garden Rentals

For more information and to register visit:  
[ighmn.gov/CommunityGardens](http://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

**Free!**

IGH PARKS & RECREATION



**Wednesday, April 15**

Join us and visit vendor booths and presentations with information on adult health and wellness, and try a fitness class or two — all for free at the **Veterans Memorial Community Center!**

**VENDORS: National Guard Gymnasium**  
 10 a.m.–1 p.m.

**FITNESS CLASSES**

9–9:50 a.m.	Silver Sneakers	West Turf
9–9:50 a.m.	Yoga II	Fitness Studio
11:30 a.m.–noon	Full Body Recovery	TRX® room
12:30–1 p.m.	Meditation & Sound Healing	Fitness Studio

**PRESENTATIONS** (20–30 minutes each)

- 10 a.m.    **CarFit: Ready, Set, Drive Safely!**  
 Joan Somes, RN, PhD, MN Emergency Nurses Association's Quality Safety, and Injury Prevention Committee Chair & Older Driver Safety Grant Manager (Community Room 1)
- 10:30 a.m. **Navigating Hormone Change with Confidence**  
 Dr. Ryan Dick, MD, FAAFP, Menopause Society Certified Practitioner, EverWell Primary Care (Community Room 3)
- 11 a.m.    **Healthy Habits & Harmonious Living**  
 Julie Hill, Chair & yin yoga instructor at the VMCC (Community Room 1)
- Noon      **Kick Up Your Heels: Line Dancing for Absolute Beginners!**  
 Robyn Mills, Line Dancing Instructor (Community Room 3)



Visit [ighmn.gov/Events](http://ighmn.gov/Events) for details.  
 Schedule is subject to change.

# The Scoop

Programs for Active Adults 55+

**PROGRAM REGISTRATION IS REQUIRED.**

**Online: [ighmn.gov/Register](http://ighmn.gov/Register) or call 651-450-2480**

## EDUCATIONAL PROGRAMS

### Operation Shamrock Cyber and Cryptocurrency Scams Wednesday, May 13 | Free

Kindahl Larson will talk about the top scams affecting our community including “pig butchering,” phishing, romance, employment, and investment scams. We’ll also cover Minnesota cases and statistics, how to spot red flags, and include resources and steps to take if you or a loved one are a victim of a scam.

**Time:** 10:30 a.m. **Code:** AP-P0513  
**Register by:** Wednesday, May 6  
**Location:** VMCC, Community Room 1

### Biking & Birding Saturday, May 16 | Free

Explore the Mississippi River corridor on a guided biking event at the Rock Island Swing Bridge. This outing will be led by a Dakota County Parks Naturalist. Enjoy a leisurely ride with frequent stops to look for eagles, waterfowl, songbirds, and other wildlife, while learning tips for identifying birds and discovering the history and habitat of the area. Participants must bring their own bike and helmet; binoculars are recommended but not required. This program is ideal for adults and families with older children who are comfortable biking at an easy pace.

**Time:** 10 a.m. **Code:** AP-P0516  
**Register by:** Friday, May 8  
**Location:** Rock Island Swing Bridge

### CarFit Thursday, May 28 | Free

Learn how small adjustments can help keep you safer on the road! Trained technicians will review how your vehicle fits you and show you simple ways to improve comfort, safety, and visibility. In about 20 minutes, you will learn practical tips to help you drive more comfortably and safely.

**Time:** 20-minute appointments between 1–3:30 p.m. **Code:** AP-P0528  
**Register at:** [ighmn.gov/Register](http://ighmn.gov/Register) or call 651-450-2586  
**Register by:** Thursday, May 21  
**Location:** IGH Fire Station #2  
9200 Courthouse Boulevard

### Artist Trading Cards with Cheers Pablo Thursday, July 16 | \$25

Create miniature works of art and connect with others in this fun, relaxed class designed for seniors and active older adults. Artist Trading Cards (ATCs) are small, playing-card-sized pieces of art that you design, decorate, and then trade or keep as a mini collection. With step-by-step guidance from a Cheers Pablo instructor, you’ll experiment with color, pattern, and simple mixed-media techniques—no art experience needed. All supplies are provided, and everyone will go home with several finished cards and plenty of inspiration to keep creating.

**Time:** 10:30 a.m. **Code:** AP-S0716  
**Register by:** Thursday, July 9  
**Location:** VMCC, Community Room 1

## HISTORY SERIES

### Top 10 Most Surprising Events in Dakota County History Thursday, April 16 | Free

Gangster hideouts. Objects from space. NFL secrets. Join local historian Joe Atkins for a fast-moving, 60-minute look at 10 strange and unexpected events from Dakota County’s past—many of them little-known even to longtime residents. Short, visual stories are designed to spark conversation, laughter, and plenty of “I never knew that!” moments. Coffee by Cuppa More Pages.

**Time:** 10 a.m. **Code:** AP-P0416  
**Register by:** Thursday, April 9  
**Location:** Community Room 2

### Notorious Dakota Thursday, May 14 | Free

Today, Dakota County is one of the safest counties of its size in the nation—but that wasn’t always the case. From the 1800s through the mid-1900s, the area had a “Wild West” reputation, with gangsters, bootleggers, swindlers, and even notorious names like Jesse James, Ma Barker, and John Dillinger passing through local communities. This presentation by local historian Joe Atkins looks back at those times—not to glorify crime, but to remember victims, honor courageous law enforcement and citizens, and appreciate how far our county has come. Ice cream served by Hometown Sweets.

**Time:** 1–2 p.m. **Code:** AP-P0514  
**Register by:** Thursday, May 7  
**Location:** Community Room 1

### Mississippi River Greenway Walking History Tour Thursday, September 3 | Free

Enjoy a guided 1.5-mile walking history tour along the scenic, mostly flat Mississippi River Greenway, led by local historian Joe Atkins. Hear stories behind local landmarks, including the Rock Island Swing Bridge, a former gangster escape route, the “Great Train Heist,” Dakota County’s oldest schoolhouse, an IGH connection to the NFL Draft, and the site of the county’s only assassination. The tour is paced for active older adults with frequent stops and concludes with an optional lunch at Mississippi Pub at your own expense.

**Time:** 10:30–11:30 a.m. **Code:** AP-S0903  
**Register by:** Thursday, August 27  
**Location:** Rock Island Swing Bridge

New event!

### Senior Prom Tuesday, April 14 | \$18/person | 11:30 a.m.

**Dust off your dancing shoes and step back in time for a dazzling evening of nostalgia and fun!** Relive the magic of prom with glamorous attire, lunch with delicious refreshments, and non-stop dancing to the smooth sounds of the Simley and Mahtomedi High School jazz bands. This intergenerational event celebrates community spirit and joyful connections—perfect for ages 55+.

Dress to impress in your favorite retro formal wear (ties and corsages encouraged!).

**Code:** AP-P0414 **Register by:** Tues., April 7 **Location:** VMCC, Nat. Guard Gym

Programming is provided in partnership with ISD 199 Community Education Dept.

# Senior Trips

## INVER GROVE HEIGHTS

PROGRAMS FOR ACTIVE ADULTS 55+  
[ighmn.gov/ActiveAdults55](http://ighmn.gov/ActiveAdults55)



**THURSDAY, JULY 15**

### Hudson River Boat Cruise

Enjoy a scenic summer getaway to Hudson, Wisconsin. Board an Afton Cruise Lines vessel for a relaxing St. Croix River cruise featuring beautiful views of the Minnesota and Wisconsin shorelines, narrated by a professional captain and crew. A plated lunch is included on board (Chicken marsala, pasta, vegetables, salads, dessert, coffee and water; cash bar available). After the cruise, travel by motor coach to historic downtown Hudson for free time to browse unique local shops and favorites like Knoke's Chocolates and Nuts. Guests should be able to walk approximately three blocks and navigate narrow gangplanks; walkers and collapsible wheelchairs can be stored under the coach.

**Time:** Depart VMCC at 10 a.m.–Return 4 p.m.

**Fee:** \$100 includes transportation, cruise, and lunch

**Register by:** Friday, June 12      **Code:** AT-S0715

**THURSDAY, AUGUST 13**

### Olof Swensson Farm Museum



Step back in time on this historic day trip to Montevideo, Minn. Tour the Olof Swensson Farmstead, a 22-room brick farmhouse and 17-acre homestead that showcases the remarkable life and skills of

one of Minnesota's most innovative immigrant farmers. Enjoy an included homemade meatloaf lunch at The Rivers Restaurant, then explore historic Chippewa City, a late-1800s style village with 24 recreated buildings, including log cabins, a church, shops, and a town square that helped inspire artist Terry Redlin.

**Time:** Depart VMCC at 7:15 a.m.–Return 6:30 p.m.

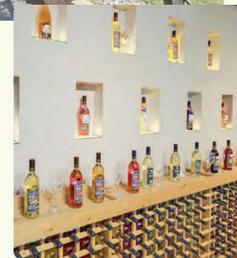
**Fee:** \$108 includes transportation, tour, and lunch

**Register by:** Friday, July 10      **Code:** AT-S0813

**THURSDAY, SEPTEMBER 24**

### Crow River Winery

Experience a relaxing day in Minnesota's countryside with a visit to Crow River Winery & Bistro near Hutchinson. Enjoy an included lunch featuring a cranberry turkey club made with the winery's own cranberry wine aioli, followed by a guided winery tour and tasting highlighting their cold-climate wines and eco-friendly vineyards. Afterward, stop at Carlson's Orchard Bakery in Winsted to browse and purchase fresh apples and homemade baked goods.



**Time:** Depart VMCC at 9:45 a.m.–Return 4:45 p.m.

**Register by:** Friday, August 21

**Fee:** \$99 includes transportation, lunch, and tour      **Code:** AT-S0924



**TUESDAY, OCTOBER 13 Great Northern Railway**

Enjoy a nostalgic rail adventure on the Wisconsin Great Northern Railroad in Trego, Wisconsin. After a brief stop en route, board a historic 1910s-era dining car for a scenic ride to Bean Creek and an included lunch in the dining car (chicken entrée with rice, vegetable, roll, cookie, and coffee or lemonade). Take in relaxing rural Wisconsin views before returning to the depot, then cap the day with a stop at Burnett Dairy Cooperative to shop for cheese, ice cream, and other treats.

**Time:** Depart VMCC at 7:30 a.m.–Return 5 p.m.

**Fee:** \$111 includes transportation, train ride, and lunch

**Register by:** Friday, September 11      **Code:** AT-S1013

### FALL–WINTER 2026–2027 TRIP PREVIEW

(Registration opens mid-August)

**NOVEMBER: Women of Gangsterland**  
**DECEMBER: Glensheen Mansion and Bentlyville**

**JANUARY AND FEBRUARY: TBD**



# FITNESS

Register for classes one week prior to class start date at [ighmn.gov/Fitness](http://ighmn.gov/Fitness) or call 651-450-2480

For full descriptions and more classes, see pages 9–12, or go online to: [ighmn.gov/Fitness](http://ighmn.gov/Fitness)

**Back to Balance** This class helps you improve your gait, posture, and ability to move from sitting to standing with ease. You'll build balance, coordination, and confidence to stay active, reduce pain, and lower your risk of falls.

**Days:** Tuesdays & Thursdays **Time:** 11:15 a.m.–12:05 p.m.  
**Location:** Fitness Studio  
**Fee:** \$100 member, \$160 non-member (16 | 50 minute sess.)  
**Session 1:** May 5–June 25 **Code:** FP-S120  
**Session 2:** July 7–August 27 **Code:** FP-S122

**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.

**Days:** Wednesdays (8 | 50 minute sessions)  
**NEW TIME:** 9–9:50 a.m. **Location:** VMCC, Fitness Center  
**Fee:** \$70 member, \$100 non-member  
**Session 1:** May 6–June 24 **Code:** FP-S125  
**Session 2:** July 8–August 26 **Code:** FP-S126



**Tai Chi for Fall Prevention** Practicing Tai Chi will increase balance, leg strength and coordination while imposing minimal impact on the joints.

**Days:** Fridays (8 | 50 minute sessions) **Time:** 11–11:50 a.m.  
**Location:** Fitness Studio **Fee:** \$70 member, \$100 non-member

**Session 1 — Learn Part 1:** May 8–June 26 **Code:** FP-S180  
**Session 2 — Learn Part 2:** July 10–August 28 **Code:** FP-S181

**Yin Yoga** Strengthen and lengthen each area of the body utilizing props and improve alignment deficiencies. Participants must be able to kneel, sit and lie on the mat.

**Location:** TRX® room (8 | 50 minute sessions)  
**Fee:** \$70 member, \$100 non-member

**Session 1A:** Tues., May 5–June 23 **Time:** 11:10 a.m.–noon **Code:** FP-S190  
**Session 1B:** Wed., May 6–June 24 **Time:** 6:30–7:20 p.m. **Code:** FP-S191  
**Session 2A:** Tues., July 7–Aug. 25 **Time:** 11:10 a.m.–noon **Code:** FP-S192  
**Session 2B:** Wed., July 8–Aug. 26 **Time:** 6:30–7:20 p.m. **Code:** FP-S193

## 55+ Driver Discount Program

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

**Fee:** \$24 **Location:** VMCC  
**Registration is required:** 1-888-234-1294 or [DriverDiscountProgram.com](http://DriverDiscountProgram.com)

DAY	DATE	TIME
Tues.	May 5	1–5 p.m.
Wed.	May 13	5–9 p.m.
Tues.	June 9	1–5 p.m.
Wed.	July 15	5–9 p.m.
Wed.	Aug. 12	1–5 p.m.
Tues.	Sept. 8	1–5 p.m.
Wed.	Sept. 16	5–9 p.m.

# IGH Senior Club

The IGH Senior Club at the VMCC is a place for camaraderie, socializing, entertainment, interactive and fun activities. Membership includes, monthly luncheons, weekly card games, a holiday party and more!

**2026 Membership:** \$20 per person

## 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 and payment is required by the Thursday before the luncheon.**

**May 18 • \$15:** Burrito buffet with chicken, beef and carnitas from Chipotle Mexican Grill. • BINGO

**June 15 • \$14:** Chicken from The Coop  
 Entertainment: The Squires Band

**July 20 • \$10: Picnic at South Valley Park**  
 (2810 70th St. E.) Join us for summer grilling (by Parks & Recreation Director Adam Lares).

**August 17 • \$14:** Chicken chow mein and sweet & sour chicken from Peking Cafe • BINGO

## For card game schedule, see pages 48–49

**Registration and payment:** Registration forms are provided at the Senior Club locked drop box where you can deposit your forms and payment. The drop box is located inside the VMCC north entry (door E) by the Parks and Recreation Department office near the east ice rink. **Please make checks payable to the Senior Club.**

The club is managed by a board and in partnership with IGH Parks and Recreation, and ISD 199 Community Education.

## Contemporary Line Dancing

### Tuesdays, April 21–May 16

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

**Register by:** Tuesday, April 14  
**Fee:** \$45

**Beginner:** 12:15–1:15 p.m.  
**Code:** AP-P0407B

**Intermediate/Advanced:** 1:30–3 p.m.  
**Code:** AP-P0407A

# The Scoop

## Spring–Summer Calendar 2026



### Sleeping Mats for the Homeless Project

First and third Tuesday 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](mailto: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](mailto:mn.minneapolis@guitarsforvets) to join the program and start your guitar journey.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>May</h1>				1 Inver Grove Heights Active Adults 55+
4 500 Cards 1 p.m.	5 Cribbage 1 p.m. Mat Making Group 1 p.m.	6 Bridge 12:30 p.m.	7 Euchre 1 p.m.	8 Happy Feet Foot Service Hand & Foot 12:30 p.m.
11 500 Cards 1 p.m.	12 Cribbage 1 p.m. Fiction Book Club 1 p.m.	13 Speaker: Cyber and Cryptocurrency Scams 10:30 a.m. Bridge 12:30 p.m.	14 Euchre 1 p.m. Speaker: Notorious Dakota 1 p.m.	15 Hand & Foot 12:30 p.m.
18 Non-Fiction Book Club 10 a.m. Senior Luncheon Noon–2 p.m.	19 Cribbage 1 p.m. Mat Making Group 1 p.m.	20 Bridge 12:30 p.m.	21 Euchre 1 p.m.	22 Hand & Foot 12:30 p.m.
25 Memorial Day VMCC Closed	26 Cribbage 1 p.m. Happy Feet Foot Service	27 Bridge 12:30 p.m.	28 Euchre 1 p.m. CarFit 1–3:30 p.m. Day Trip: "Courting Harry" at the History Theater	29 Hand & Foot 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 500 Cards 1 p.m.	2 Cribbage 1 p.m. Mat Making Group 1 p.m.	3 Bridge 12:30 p.m.	4 Euchre 1 p.m.	5 Hand & Foot 12:30 p.m.
8 500 Cards 1 p.m.	9 Fiction Book Club 1 p.m. Cribbage 1 p.m. Day Trip: Stillwater River Boat Cruise	10 Bridge 12:30 p.m.	11 Euchre 1 p.m.	12 Happy Feet Foot Service Hand & Foot 12:30 p.m.
15 Senior Luncheon Noon–2 p.m.	16 Cribbage 1 p.m. Mat Making Group 1 p.m.	17 Bridge 12:30 p.m.	18 Euchre 1 p.m.	19 Hand & Foot 12:30 p.m.
22 Non-Fiction Book Club 10 a.m. 500 Cards 1 p.m.	23 Cribbage 1 p.m. Happy Feet Foot Service	24 Bridge 12:30 p.m.	25 Euchre 1 p.m.	26 Hand & Foot 12:30 p.m.
29 500 Cards 1 p.m.	30 Cribbage 1 p.m.	<h1>June</h1> Inver Grove Heights Active Adults 55+		

## 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. **Call to set an appointment at 763-346-3390.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July	Inver Grove Heights Active Adults 55+	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.	8 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 Bridge 12:30 p.m. Day Trip: Hudson River Boat Cruise	16 Artist Trading Cards with Cheers Pablo 10:30 a.m. Euchre 1 p.m.	17 Hand & Foot 12:30 p.m.
20 Senior Luncheon Noon–2 p.m. (At South Valley Park)	21 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. Happy Feet Foot Service	29 Bridge 12:30 p.m.	30 Euchre 1 p.m.	31 Hand & Foot 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 500 Cards 1 p.m.	4 Cribbage 1 p.m. Mat Making Group 1 p.m.	5 Bridge 12:30 p.m.	6 Euchre 1 p.m.	7 Hand & Foot 12:30 p.m.
10 500 Cards 1 p.m.	11 Cribbage 1 p.m. Fiction Book Club 1 p.m.	12 Bridge 12:30 p.m.	13 Euchre 1 p.m. Day Trip: Olof Swensson Farm Museum	14 Happy Feet Foot Service Hand & Foot 12:30 p.m.
17 Senior Luncheon Noon–2 p.m.	18 Cribbage 1 p.m. Mat Making Group 1 p.m.	19 Bridge 12:30 p.m.	20 Euchre 1 p.m.	21 Hand & Foot 12:30 p.m.
24 Non-Fiction Book Club 10 a.m. 500 Cards 1 p.m.	25 Cribbage 1 p.m. Happy Feet Foot Service	26 Bridge 12:30 p.m.	27 Euchre 1 p.m.	28 Hand & Foot 12:30 p.m.
31 500 Cards 1 p.m.	August Inver Grove Heights Active Adults 55+			

## BOOK CLUBS • Free

Discuss selected books in these free, drop-in groups. **No registration is required.** Room location will be posted in the VMCC on day of each club.

### Non-Fiction Book Club

**Mondays | 10 a.m. | VMCC**

Meets every fourth Monday of the month (\*except for May). For more information or to provide book suggestions, contact Linda Scharlatt at [linda.scharlatt@gmail.com](mailto:linda.scharlatt@gmail.com)

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

**May 18\*** *The White Darkness* by David Grann

**June 22** *Miseducation—How Climate Change Is Taught in America* by Katie Worth

**July 27** *Strong Voices—Fifteen American Speeches Worth Knowing* by Tonya Bolden

**Aug. 24** *This Is the Story of a Happy Marriage* by Ann Patchett

\*third Monday of the month

### Fiction Book Club

**Tuesdays | 1 p.m. | VMCC**

This group meets every second Tuesday of the month at 1 p.m.

**April 14** *Every Note Played* by Lisa Genova

**May 12** *The Paris Daughter* by Kristin Harmel

**June 9** *Winter Garden: A Novel* by Kristin Hannah

**July 14** *The Forest of Vanishing Stars* by Kristin Harmel

**Aug. 11** *Leaving Time: A Novel* by Jodi Picoult



# Inver Wood Golf Course

Explore and experience all that is Inver Wood Golf Course, including the recently remodeled driving range and bunkers!

Inver Wood's 27 holes sit on 225 acres of rolling, wooded terrain. The championship course offers 18 challenging holes that utilize the area's natural geography. Features such as multi-level fairways, multiple tee stations, varied U.S.G.A. shaped greens and many picturesque holes that will challenge your golf game as well as your senses. Inver Wood also offers an executive nine-hole course, which is among the finest in the state, that is enjoyable for golfers of all ages and skill levels.

Inver Wood's driving range is uniquely designed with two fairways, along with strategically placed greens and bunkers that add more of an "on course" feel that allows the golfer to work on all facets of their game on an actual golf-hole environment.



**INVER WOOD GOLF COURSE** | 1850 70th Street | 651-450-4320 | Visit [inverwood.org](http://inverwood.org) for more information.

## Junior Programs

### Junior Group Lessons *(maximum of 10 students)*

These lessons will teach the developing junior golfer the basic concepts of the set-up, full swing, chipping and putting. Emphasis will be on providing a fun, action-filled learning environment. Etiquette and safety will also be covered.

DAY	DATE	AGES	TIME	FEE
Mon. or Wed.	May 4–June 3	8-10	4-5 p.m.	\$100
Mon. or Wed.	June 8–July 8		4-5 p.m.	\$100
Mon. or Wed.	July 13–August 12		4-5 p.m.	\$100
Mon. or Wed.	Aug. 17–Sept. 16		4-5 p.m.	\$100
Tue. or Thu.	May 5–June 4	11-14	4-5 p.m.	\$100
Tue. or Thu.	June 9–July 9		4-5 p.m.	\$100
Tue. or Thu.	July 14–Aug. 13		4-5 p.m.	\$100
Tue. or Thu.	Aug. 18–Sept. 17		4-5 p.m.	\$100

### FREE! Junior Golf Clinics Ages 8–17

Try golf or improve your skill! These clinics are open and offered free of charge. You do not need to register in advance.

Fridays, 9–11 a.m. (during open season)  
June 5, 12, 19, 26 and July 10, 17

### YOUTH ON COURSE PROGRAM

Inver Wood is a member of the national "Youth on Course" program which allows Junior golfers, who register with the program, to play golf on our Executive Course for only \$5

**When:** Every day after 11 a.m. (Executive Course only)

**Register at:** [YouthOnCourse.org](http://YouthOnCourse.org)

## Adult Programs

### Adult Group Lessons

*(maximum of 10 students)*

The Inver Wood Adult Group Lesson program will focus on providing a fun and informative learning atmosphere to help each student develop as a golfer.



The emphasis will be on improving full swing and short game technique. Other topics will also include golf course etiquette, safety, practice routines and on-course playing strategy. These lessons are open to both beginning golfers and students who have some playing experience.

**Fee:** \$140 for five one-hour classes

**Day and Time:** Monday, Tuesday or Wednesday at 6 p.m.

**Spring Session:** May 4–June 3

**Summer Session I:** June 8–July 8

**Summer Session 2:** July 13–August 12

**Day and Time:** Monday, Tuesday or Wednesday at 5:30 p.m.

**Fall Session:** August 17–September 16

### FREE! Women's Golf Clinics

These clinics are open to all women. You do not need to register in advance. Clubs will be provided, if needed. Please meet on the east side of the Clubhouse.

**Saturdays, 9-10:30 a.m.**

April 25: Full Swing

May 2: Short Game

May 9: Full Swing

May 16: Short Game

May 30: Full Swing



## 2026 Green Fees

*Fees are for walking the greens, and do not include carts*

### WEEKDAYS

Monday-Thursday until 5 p.m.  
Fridays until Noon  
Saturdays & Sundays after noon

18-Hole: \$51  
9-Hole: \$28  
Player's 18-Hole: \$44  
Player's 9-Hole: \$25  
Senior/Junior 18-Hole: \$31  
Senior/Junior 9-Hole: \$21  
Executive: \$22  
Player's Executive: \$18  
Senior/Junior Executive: \$16

#### Cart Fees\*

18-Holes: \$26  
9-Holes: \$17  
Executive: \$11

### EVENINGS

Seven days a week  
after 5 p.m.

Twilight: \$38  
9-Hole: \$28  
Player's Twilight: \$31  
Player's 9-Hole: \$25  
Senior/Junior Twilight: \$26  
Senior/Junior 9-Hole: \$21  
Executive: \$22  
Player's Executive: \$18  
Senior/Junior Executive: \$16

#### Cart Fees\*

Twilight: \$20  
9-Holes: \$17  
Executive: \$11

### WEEKEND PRIME

Fridays, noon until 5 p.m.  
Saturday, Sundays &  
Holidays until Noon

18-Hole: \$60  
9-Hole: \$40  
Player's 18-Hole: \$51  
Player's 9-Hole: \$28  
Executive: \$26  
Player's Executive: \$22

#### Cart Fees\*

18-Holes: \$26  
9-Holes: \$17  
Executive: \$11

*\*Rates are per rider and are in addition to the Green Fees above.*

## Family Golf

The Executive Course will be set up each weekend with a special set of family tee markers and easy pin placements in order to provide the perfect setting for your family to enjoy the game of golf together. A family scorecard is available at the Golf Shop or at the Starter.

**When:** Friday, Saturday and Sunday; All day

**Fee:** Children ages 7–18 play free with each paid adult Executive Course green fee. See above for rates.

### Private Lessons

Full-time PGA golf professionals are available to serve your instructional needs.

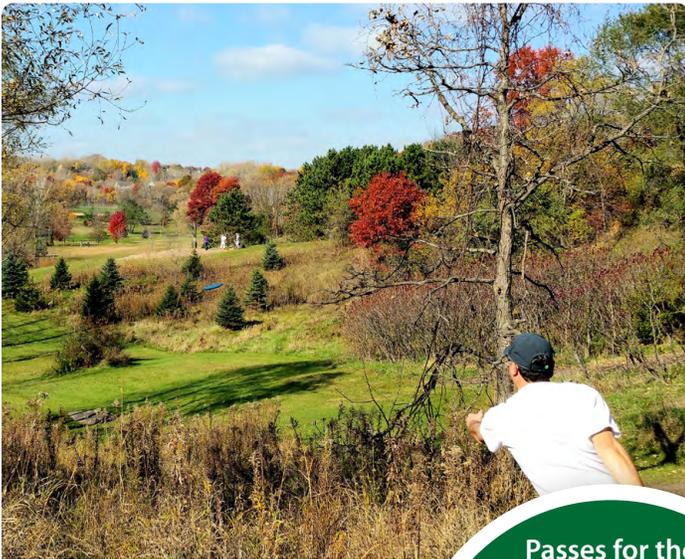
**Junior Lesson: \$40; Adult Lesson: \$55**



For membership and additional course information, call 651-450-4320 or visit [inverwood.org](http://inverwood.org)

# Things To Do In Our Parks

[ighmn.gov/Parks](http://ighmn.gov/Parks)



## Disc Golf Course

This exciting sport, where frisbee and golf skills come together, is available at North Valley Park, 2800 70th Street East.

[ighmn.gov/DiscGolf](http://ighmn.gov/DiscGolf)

Passes for the Disc Golf Course are available online at [ighmn.gov/Register](http://ighmn.gov/Register) under activities registration or at the Parks and Recreation office 651-450-2586.

Off-leash Dog Park is Open Year-Round and offers large and small breed areas.

HERITAGE VILLAGE PARK 4321 65th Street



FIRST DOG  
\$25 resident;  
\$35 non-res.  
SECOND DOG  
\$20 resident;  
\$30 non-res.

Get your pass today!

[ighmn.gov/DogPark](http://ighmn.gov/DogPark)



Eight BASKETBALL COURTS

See page 56 for locations!



Five FISHING LOCATIONS

See page 56 for details!



TWO MOUNTAIN BIKING COURSES

4.3 MILES AT HARMON PARK RESERVE AND 1 MILE LOOP AT VISTA PINES PARK

40 miles of NATURAL and PAVED trails

## Adopt a Park

Would you, your family, civic group, church or school organization like to get involved to help keep our parks beautiful? Contact Diane Erickson at [derickson@wspmn.gov](mailto:derickson@wspmn.gov) or by phone at 651-208-4840 for details!





## Swing Bridge Light Show

Enjoy daily light shows. The Swing Bridge is now home to color-changing LED lights! A 5-minute dynamic show plays every 15 minutes, with glowing static colors in between.

**Spring/summer** (starting Memorial Day): 7-10 p.m.  
**Fall/winter** (starting Labor Day): 5-10 p.m.



See page 42 for pickleball league information.

## Pickleball Courts

**NORTH VALLEY PARK** (six courts)  
 2800 70th Street East

**SALEM HILLS** (two courts)  
 1642 Upper 55th Street East

**SKYVIEW PARK** (six courts)  
 6765 Dawn Avenue

**Park hours:** 6 a.m.–10 p.m.  
 (Nets installed mid-April)

## IGH Skate Park



Check out the Inver Grove Heights Skate Park, located behind the Veterans Memorial Community Center. Skate park is open to the public at no cost. Hours: 6 a.m. –10 p.m.



## South Valley Park

### Take Your Best Shot at the NEW Archery Range!

We're excited to welcome you to the new archery range at South Valley Park! Whether you're a seasoned archer or just looking to try something new, bring your bow, sharpen your skills, and enjoy the great outdoors. The range is free to use, open to all, and available from sunrise to sunset. See you on the range!



# Enjoy the summer

Celebrate the season with free events, including Music in the Park, the annual Summer Solstice Party and Take a Kid Fishing. Visit [www.dakotacounty.us/parks](http://www.dakotacounty.us/parks), search *special events* to learn more.

# Park Development Projects Summer 2026

Grand  
Opening  
Celebration

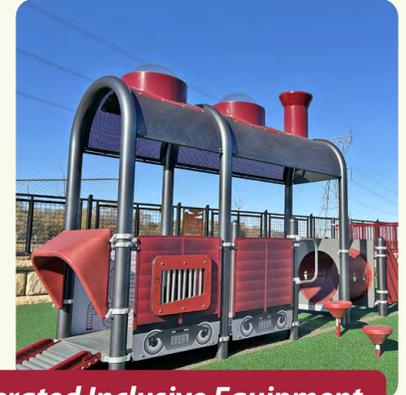
June 17  
6–7:30 p.m.  
Save the  
date!

## HERITAGE VILLAGE PARK

We're eagerly awaiting warmer weather so we can unveil the new inclusive playground and inclusive splash pad at Heritage Village Park! These new amenities will make the park a destination for families across the metro, offering free outdoor fun for all.

Railway-inspired elements were incorporated into the playground design to celebrate the area's rich history, and the splash pad was thoughtfully designed so people of all ages and abilities can enjoy it together. Major construction was completed last fall, with landscaping and final details scheduled for this spring ahead of our grand opening this summer.

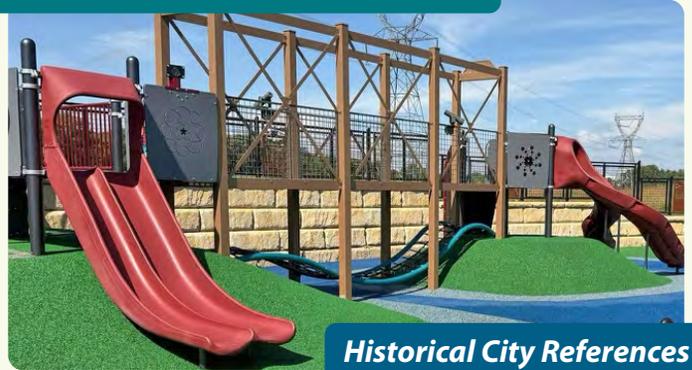
Join us for the grand opening on **Wednesday, June 17, 6–7:30 p.m.** Follow us on social media for updates—we look forward to making a splash together!



*Integrated Inclusive Equipment*



*Playground, Splash Pad, and Shelter*



*Historical City References*



## INDOOR PLAYGROUND COMING SOON!

Construction is underway to transform the Brightside Room into a new indoor playground at the VMCC! Ideal for children ages 1–11, this space was a top request from our community during engagement efforts last spring. The indoor playground is tentatively scheduled to open in summer 2026. See page 2 for additional photos.

## SLEEPY HOLLOW PARK PLAYGROUND COMING SOON!

The playground structure at Sleepy Hollow Park is over 20 years old and was approved to be replaced as part of our capital improvements plan. The existing structure was removed last December and crews will begin installing the new structure this spring.



Visit [ighmn.gov/FutureParks](https://ighmn.gov/FutureParks) for details or scan the code.

## Park Shelter Rental and Reservations

**Picnic perfect parks!** Shelters are available to rent May–October. 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](https://ighmn.gov/Rentals). Refunds are not given in the event of rain or inclement weather.

### 2026 Rates

PARK	REFUNDABLE DAMAGE DEPOSIT	RESIDENT FEE	NON-RESIDENT FEE
Swing Bridge Park	\$100	\$115	\$135
South Valley Park	\$100	\$225	\$250
All other parks*	\$100	\$75	\$95

\*Heritage Village Park shelter is not reservable.

Customers are responsible for paying online payment processing fees. You can avoid this fee by paying with cash or check at the community center.



Book your  
2026  
event now!

## South Valley Park Shelter

2810 70th Street East

- Covered seating for 90 guests
- Kitchen
- Indoor restrooms
- Large playground
- Expanded parking lot

Learn more at [ighmn.gov/Rentals](https://ighmn.gov/Rentals)



## 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](https://ighmn.gov/RichValley) to learn more.



# Parks & Facilities



Park Hours: 6 a.m.–10 p.m.

Picnic Shelter (K=with Kitchen)	Enclosed Shelter	Playground (I = Inclusive)	Trails (P=Paved, N=Non-paved)	Baseball/Softball Fields	Soccer Fields	Basketball	Tennis Courts/Striped for Pickleball (L=Lights)	Pickleball Courts	Sand Volleyball Court	Hockey Rinks (lights)	Pleasure Rink	Sliding Hill	Inclusive Splash Pad	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
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## 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												P
6	Groveland Park: 1990 46th St. E. <b>UNDER CONSTRUCTION UNTIL FALL 2026</b>	X	X	P	X	X	X			X	X								X		I, P
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		L		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								X		I, P
16	Sleepy Hollow Park: 3645 84th St. E. <b>UNDER CONSTRUCTION UNTIL LATE JUNE 2026</b>		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
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## 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																	
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## COMMUNITY PARK

28	Heritage Village Park: 4321 65th St. <b>UNDER CONSTRUCTION UNTIL JUNE 17</b>	X		I									X						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	X		I, P, A	
31	Swing Bridge Park: 4465 66th St. E.	X		P									X		S				X		I, P, A	

# 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](http://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](http://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



# Special Events

## KIDS GARAGE SALE

SATURDAY, APRIL 25 • 10 A.M. – NOON  
VMCC NATIONAL GUARD GYMNASIUM



Have fun shopping  
with your  
kids!



## Touch-A-Truck

See a wide variety of trucks & vehicles up close.

Saturday, May 16 • 9–11:30 a.m.

With a sensory friendly time from 9-9:30 a.m.

**Big Truck Fun!**  
**Ice Cream Truck**  
**Activities**

VETERANS MEMORIAL  
COMMUNITY CENTER

North Parking Lot  
8055 Barbara Avenue  
Inver Grove Heights



## ST. PAUL Farmers' Market



Sundays, 8 a.m.–1 p.m.  
June 14–October 25

Veterans Memorial Community  
Center parking lot  
(8055 BARBARA AVENUE)

Shop for fresh and locally grown  
vegetables, fruits, seasoning, salsa,  
honey, flowers and more!

For more information on vendors  
and guidelines to safely shop the  
Farmers' Market, visit:

[StPaulFarmersMarket.com](http://StPaulFarmersMarket.com)



## Fishing Derby

Saturday, June 6  
AGES 5–15

Join us for a morning of fun  
and friendly contests, perfect  
for all skill levels, and a relaxing,  
fish-filled experience. A limited  
number of fishing poles will  
be available to borrow!

*Register early, space is limited!*

**Time:** Check-in: 10:15–10:25 a.m. • Derby: 10:30–noon

**Location:** Simley Island Park

**Cost:** \$8 | **Code:** FA-S310 | **Register by:** Saturday, May 30



## MOVIE IN THE PARK

Friday, July 24

OAKWOOD PARK

3534 78th St East, Inver Grove Heights

The movie will start at dusk with  
entertainment and activities beforehand.

Don't forget to bring a blanket or chair!



# IGH Music In the Park



## INVER GROVE MUSIC in the PARK

South Valley Park • 10:30 a.m.  
2810 70th Street East, Inver Grove Heights

Join us at South Valley Park for family-friendly entertainment featuring a variety of musical and educational performances!

Bring a blanket or lawn chair—seating is on a grassy hillside. Arrive early to claim a spot!

Stick around afterward to play at the park, walk the trails, or enjoy lunch. Concerts are 45 minutes long.

June 23 • Will Sings Songs

June 30 • Tricia & The Toonies

July 7 • Todd 'n' Tina

July 14 • Kidpower Music and Animal Show

July 21 • Will Hale and the Tadpole Parade

July 28 • Riffin'Griffin

Visit [ighmn.gov/Events](http://ighmn.gov/Events) for performer details!

In the event of inclement weather, call the Parks & Rec Weather Hotline at 651-450-2595. Backup location is VMCC (8055 Barbara Avenue).



## Inver Hills Community Band

Oakwood Park • 7 p.m. • Sundays • June 7 • July 19 • Aug. 16

This 45 piece concert band has been performing a variety of music for audiences at Oakwood Park for 25 years! Bring your lounge chair and come to be entertained with a variety of music. Events supported by the City of IGH.



# Night To UNITE

Tuesday, August 4

Let us help your neighborhood celebrate! Parks & Recreation staff will come to your party and pass out some freebies while visiting with you and your neighbors.

TO APPLY FOR A VISIT, GO TO  
[ighmn.gov/NightToUnite](http://ighmn.gov/NightToUnite)

When you register your party, you will have the opportunity to also request police and/or fire visits to your gathering.

Pre-registration is required. The deadline date to apply will be provided this summer. Watch our website and social media pages for updates.

Questions? Contact IGH Police Department at [ighn2u@ighmn.gov](mailto:ighn2u@ighmn.gov) or 651-450-2529



## Let's Pawty Halloween Dog Event is happening again this fall!



# food truck Festival

WEDNESDAY

15 JULY

&

FRIDAY

14 AUG

Rich Valley Athletic Complex

5-8 p.m.

10+ food trucks · music · beer · fun!



Events are held in light rain or shine but not if lightning or heavy downpour is happening!

Dog friendly!

SAVE THE DATE  
IGH Days Food Truck Festival  
Thursday, Sept. 10

Are you a food vendor looking to participate in one of our Food Truck events?

Visit [ighmn.gov/FoodTruckDays](http://ighmn.gov/FoodTruckDays) or contact Chelsea at [cswenhaugen@ighmn.gov](mailto:cswenhaugen@ighmn.gov)



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  |

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