

Teen/Adult Activities



WINTER WHITE-OUT DANCE (Activity 6547)

Winter is upon us, and white is the theme. Wear as much white as you can to help create a Cool atmosphere at the Crystal Community Center. Grades 5, 6, and 7 will enjoy music, prizes and fun. Music provided by a DJ from KIDS DANCE/Total entertainment. Wear white and receive a raffle ticket to win great prizes! Snacks and beverages will be available for purchase. Event is co-sponsored with Golden Valley, New Hope and Robbinsdale. Save money by registering in advance!

Friday January 27 7:00-9:30 pm
Location: Crystal Community Center
Fee: \$5 if registered in advance before January 26
\$8 at the door

ALOHA SPRING DANCE

(Activity 6546)

Spring is here and the snow is gone (hopefully), so help us welcome spring with dancing, contests and more tropical fun! Kids in grades 5, 6, and 7 can join us at the CCC to brighten up this tropical night! Wear your Hawaiian print shirt to be eligible for a special drawing to receive a Target Gift Card. Music provided by a DJ from KIDS DANCE/Total entertainment. Snacks and beverages will be available for purchase. Event is cosponsored with Golden Valley, New Hope and Robbinsdale.



Friday, March 23 7:00-9:30 pm
Location: Crystal Community Center
Fee: \$5 if registered in advance before March 22

CLASSICAL BALLET AND POINTE

Ages 10-18 (Activity 6736)

This class introduces the basic movements of ballet using the five positions and terminology of classical ballet. With ballet, students are able to gain grace and poise. It is our further objective in developing each student's knowledge and understanding of ballet to increase enjoyment and appreciation of the art. All students will perform at the annual dance recital on May 22. Flat pink ballet shoes will be worn by all students during stretches and warm-ups. Each student will be evaluated on technique and strength. More advanced students will be offered Pointe Ballet as an option and only upon instructor approval. This class requires Pink Ballet Shoes or Pointe Shoes (upon instructor approval) and an additional \$40 costume fee. Register by January 27.

Thursdays, February 2-April 29

8:10-9:10 pm

Fee: \$60 residents, \$67 non-residents

TAP DANCE CLASS

Ages 12-18 (Activity 6741)

Dancers practice a series of basic steps, adding more difficult combinations as they become more proficient. Tap dancing is a vigorous form of dance, requiring a great deal of physical fitness. This tap dance class is for those looking for fun and exercise. It is a great way to learn tap and build aerobic fitness. No class March 31. Register by January 27.

Saturdays, February 4-April 28

1:00-2:00 pm

Fee: \$44 residents, \$51 non-residents

YOUNG ADULT TAP & JAZZ

Ages 17-25 (Activity 6742)

Dance training builds strength, flexibility, and coordination while increasing concentration and focus. This class is for young adults looking to do just that. Join Julia for 1 hour of dance training. Tap and Jazz shoes can be ordered the first day of class. No class March 31. Register by January 27.

Saturdays, February 4-April 28

2:10-3:10 pm

Fee: \$44 residents, \$51 non-residents



Adult Activities

SOO BAHK DO

A classical martial art of Korean and Chinese origin that helps develop confidence through the integration of intellect, body, emotion and spirit. Improve balance, flexibility and fitness with valuable self-defense techniques.



Program is offered at the Crystal Community Center throughout the year. Pay on a month-by-month basis and start at the first of any month. Additional optional fees for uniform, testing and tournaments are paid to instructor. Register at either Crystal or Robbinsdale Recreation Departments. Make checks payable to: City of Robbinsdale. Call Robbinsdale Recreation for more information at 763-531-1278.

Mondays, Wednesdays 7:30-8:45 pm
Saturdays 10:30 am-Noon
 Fee: \$42/month residents of Crystal, Robbinsdale
 \$49/month non-residents

TO YOUR HEALTH GYM WALK

Why not turn over a new leaf by walking? It is **free**, and it strengthens the heart, increases mobility and builds stamina. Wear comfortable, supportive shoes. The Crystal Community Center will have one to three gyms available for walking depending on scheduled activities. Black soled shoes not allowed.



Monday, Tuesday, Thursday, Friday (year-round) 9:00 am-2:00 pm
Wednesday (year-round) 12:00-2:00 pm
 Location: Crystal Community Center

OPEN GYM VOLLEYBALL

Come play volleyball at this drop-in open gym time. Saturdays are for high-skilled (power) players that are played at Forest Elementary School, 6800 47th Ave N and the Crystal Community Center. Sunday is for Co-Rec (beginners and intermediate) players and is held at the Crystal Community Center. Check our website for updated schedule.

Saturdays, through April 28, 2012 9:00 am-12:30 pm
Sundays, through April 29, 2012 1:00-5:00 pm
 Fee: \$4/person/time

TOTAL BODY WORKOUT

It's a proven fact - exercise improves your life physically and mentally. This one-hour class is divided into three parts, 20-minute low-impact aerobic warm up, muscle toning with weights and bands, and a cool-down component. Mats provided.



No class January 16 and February 20.

Mondays, January 9-May 21,
9:00-10:00 am
Wednesdays, January 4-May 23,
8:45-9:45 am

Fee: \$45/15 class-punch card residents or current Friendship Center card holders
 \$52/15 class-punch card non-residents
 \$5 drop-in fee

TOTAL BODY STRETCH

Renew yourself with a gentle workout for every muscle group. Safe and effective, refreshing and energizing. Dress a little warmer and bring a towel. Mats provided.

Fridays, January 6-May 25 9:00-10:00 am

Fee: \$45/15 class-punch card residents or current Friendship Center card holders
 \$52/15 class-punch card non-residents
 \$5 drop-in fee

(punch card applicable for both classes)

ZUMBA

This cutting-edge, high-energy fitness system with a fusion of Latin and International music is fun and easy to do. A combination of unique body sculpting and dance steps gives you high energy and motivation to incorporate in your own fitness program. Zumba is not only great for the body but for the mind too. Want your kids to enjoy this great form of exercise too, check out the Zumbatomic® class information on page 9. Registration deadline is one week prior to the start of each session.



ZUMBA
 FITNESS

Session 1 (Activity 6595)
Tuesdays, January 10-February 7 6:30-7:30 pm
Session 2 (Activity 6596)
Tuesdays, February 14-March 13 6:30-7:30 pm
Session 3 (Activity 6597)
Tuesdays, March 20-April 17 6:30-7:30 pm
Session 4 (Activity 6598)
Tuesdays, April 24-May 22 6:30-7:30 pm

Location: Crystal Community Center
 Fee: \$35 resident, \$42 non-resident

Adult Activities

BROOMBALL LEAGUES

Brooklyn Center Recreation Department in collaboration with the Northwest Metro Adult Sports Leagues consortium offers officiated 6 on 6 men's and co-rec broomball leagues. League play begins mid-December. Information call 763-569-3382. League Fee \$240/team. Location: Centennial Park West, 63rd & Brooklyn Drive. Register By December 2.



BAGGO LEAGUE

(Activity 6552)

Did you miss out on the fun last year, or liked it so much you want to come back? Here is your opportunity to carry those summer memories over to the winter. The Adult Baggo league is back. Each team will play in a 7-week regular season, followed by a season ending playoff tournament. Min: 12 teams Max: 24 teams. Register by December 30.

Thursdays, January 5-February 23

Game times start at 6:30 (double headers played)

Location: Crystal Community Center
Fee: \$30/team (Team may consist of two-four players, any gender)



ADULT DODGEBALL LEAGUE

(Activity 6737)

Do you have the skills to stay alive in Dodgeball? Crystal Recreation is now offering Adult Dodgeball. You've played this game in school, and you've probably seen the movie. Dodgeball is an exhilarating game of teamwork and ball-dodging skills. Min: 6 teams Max: 8 teams. Register by February 24.

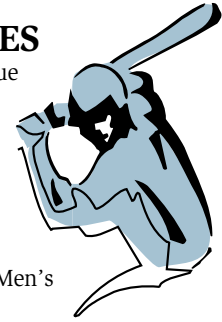
Thursdays, March 8-April 26.....Game times start at 6:30

Location: Crystal Community Center
Fee: \$40/team



ADULT SOFTBALL LEAGUES

Look for the 2012 Adult Softball summer league information offered by Brooklyn Center and Crystal Recreation Departments. Teams returning from last season have priority registration in early 2012, with new teams being able to register the beginning of March 2012. Leagues will be offered Monday - Thursday for Men's, Co-rec and Women's Leagues. All Men's softball leagues will be double header leagues guaranteeing each team 22 games. Single header leagues will guarantee each team 14 games. To receive information regarding our 2012 Softball leagues contact the Crystal Recreation Department at 763-531-1152 to be added to the mailing list.



BASKETBALL ADULT MEN'S LEAGUE

The City of Brooklyn Center is offering an officiated 5 on 5 Men's AA-D Basketball Leagues. Teams divided into divisional play & may advance to MRPA state tournaments. Register at Brooklyn Center Recreation Department 763-569-3382.

Begins Saturday, December 11 Afternoons

Location: BCHS-Brooklyn Center High School
Fee: \$585/team.

WINTER ADULT HOCKEY LEAGUE

The City of Brooklyn Park will be offering a no-checking/no slap shot hockey league open to post high school adults. Up to 20 players per team. All games are played at the Community Activity Center in Brooklyn Park. League begins in January; call (763) 493-8333 for an informational flyer. Two levels to choose from.

Fee: \$1,225 per team for a nine game season plus a two game tournament

