

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 into your own fitness program. Zumba is not only great for the body but for the mind too. Session 1 register by September 1. Session 2 register by October 6. Session 3 register by November 10.



Activity#	Day	Date/Time
F21501A1	Tuesdays	Sep 6-Oct 4 6:30-7:30 pm
F21501A2	Tuesdays	Oct 11-Nov 8 6:30-7:30 pm
F21501A3	Tuesdays	Nov 15-Dec 13 6:30-7:30 pm
F21501A4	Tuesdays	Sep 6-Dec 13 *3-session discount
Fee	\$35 one session \$91 3-session discount	
Location	Crystal Community Center	

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 with the Robbinsdale Recreation Department by phone at 763-531-1278 or online at webtrac.robbinsdalemn.com.

Day	Date/Time	Fee
Wednesdays & Fridays	meets year round 7:30-8:45 pm	\$49/month
Saturdays	meets year round 10:30 am-12:00 pm	\$49/month
Location	Crystal Community Center	

ADULT VOLLEYBALL LEAGUES (TEAM REGISTRATION)

League play begins in October and continues into December for a 10 week season. All games are officiated. Registration is first come, first served. We will offer Gold, Silver & Bronze divisions for each league.



The following leagues are offered:

Activity#	Day	Date/Time	Fee
Men's League FVBMENM	Mondays	Season Starts: Oct 10 First games starting at 6:15 pm	\$290
Women's League FVBWOMT	Tuesdays	Season Starts: Oct 11 First games starting at 6:15 pm	\$290
Co-Rec League FVBCORW	Wednesdays	Season Starts: Oct 12 First games starting at 6:15 pm	\$290
Location	Crystal Community Center Forest Elementary		



OPEN GYM VOLLEYBALL

All skill levels are welcome at this adult drop-in open gym time. Children are not permitted during open gym. No pre-set teams. Call or look at our website for a updated schedule.

Day	Date/Time	Fee
Saturdays	Oct 1-Apr 30	\$5/time
Sundays	9:00 am-12:30 pm 1:00-5:00 pm	
Location	Crystal Community Center Forest Elementary	

THURSDAY OPEN VOLLEYBALL

Adult high skill level volleyball. Players have a general understanding of offensive/defensive formations, have played organized volleyball, have the ability to effectively bump pass to the setter and perform two-handed finger sets, to spike ball as offensive play, and block the opposing team. Teams are chosen from those attending each week. No children allowed at the program. Fee is per season. Pre-registration required. Space is limited to 24.



Activity#	Day	Date/Time	Fee
F34001A1	Thursdays	Oct 6-Apr 27	\$49 residents \$56 non-residents
	No class 11/24	7:00-10:00 pm	
Location	Crystal Community Center		



FALL YARD AND GARDEN CARE

Tasks and guidelines for preparing your lawn and gardens in the fall for a better growing season the next year. Register by September 23.

Activity#	Day	Date/Time	Fee
F30007A1	Wednesday	Sep 28 7:00-8:30 pm	\$5
Location		Crystal Community Center	

PERENNIAL GARDEN BASICS

This program provides a broad overview of how to grow perennial garden plants. A review of common perennials will be provided along with the desired growing conditions and best practices. Register by October 21.

Activity#	Day	Date/Time	Fee
F30003A1	Wednesday	Oct 26 5:30-7:00 pm	\$5
Location		Crystal Community Center	

GETTING THE MOST FROM YOUR PERENNIAL GARDEN

Learn more about managing your perennial garden, from diseases, pest and dividing techniques. We will also discuss how to renovate and rejuvenate a mature garden. Register by October 21.

Activity#	Day	Date/Time	Fee
F30004A1	Wednesday	Oct 26 7:00-8:30 pm	\$5
Location		Crystal Community Center	

\$SAVE

Sign up for both the Perennial Garden Basics and Getting the Most From Your Perennial Garden and get a discount.

Activity#	Day	Date/Time	Fee
F3002A1	Wednesday	Oct 26 5:30-8:30 pm	\$8
Location		Crystal Community Center	

THE HEART OF HERBS

Take the mystery out of both growing and using/storing these easy care plants for landscaping, food and drink use, pollination, decorating and more. Register by November 11.

Activity#	Day	Date/Time	Fee
F30006A1	Wednesday	Nov 16 7:00-8:30 pm	\$5
Location		Crystal Community Center	



PET PORTRAITS

Paint a portrait of your furry loved one (teens 16 and older are welcome to sign up). Once you have signed up, e-mail a photo of your pet to merrytimearts@comcast.net with the subject line Pet Portraits (one pet/person/canvas). Vanessa Merry of Merry Time Arts will transfer your image to a 16 x 20 canvas for you to paint in class and will help you create an amazing portrait of your pet. Register by September 23.



Activity#	Day	Date/Time	Fee
F30001A1	Saturday	Oct 8 1:00-4:00 pm	\$27
Location		Crystal Community Center	



MAH JONGG LESSONS

Mah Jongg is a game that originated in China. It is commonly played by four players. The class will consist of learning the tiles, rules, and how to put together hands (based on distributed

cards). Tiles are provided. Register by September 1.

Activity#	Day	Date/Time	Fee
F44003A1	Tuesdays	Sep 13-Oct 4 1:00-3:00 pm	\$20 for 4 classes
Location		Crystal Community Center	

Osher Lifelong Learning Institute

OLLI is an affiliated program of the University of Minnesota College of Continuing Education.

“THE TRIAL OF SOCRATES: THE ORIGINS OF POLITICAL PHILOSOPHY”

This class will return to Plato’s *Apology* (the trial of Socrates); Aristophanes’ *The Clouds* (political critique of Socrates); and the beginning of Plato’s *Republic* (the extended defense of Socrates). The instructor is Michael Ormand, who taught political philosophy at California State Long Beach from 1967-1974. After receiving a law degree from the U of M in 1978, he practiced family law until his retirement in 2011. Register by September 23.

Activity#	Day	Date/Time	Fee
F30005A1	Mondays	Oct 3-31 10:00-11:30 am	FREE
Location		Crystal Community Center	