



STEP TO IT CHALLENGE

The long winter has kept many of us inside and caused a case or two of cabin fever. But spring is just around the corner – so it’s time to break free from

winter and get active! This fun, free, four-week challenge encourages all residents to be physically active as local communities engage in a friendly competition. Bragging rights will go to the three communities that are the most active. Individual participants also have a chance to win Twins tickets and Step To It T-shirts. Individuals, including the over 65 crowd with the most steps from each of the 24 participating communities will also have the opportunity to be on field before a Twins home game during the 2016 season. Register on the Step to It website starting April 1 at www.steptoit.org

Day	Date/Time	Fee
7 days/week	May 1-28	Free
Location	City of Crystal	



ADULT TENNIS LEAGUES

Intermediate and advanced players may be combined to form leagues. Evening leagues will play 7-10 weeks with one match a week. Matches may be assigned in each participating community dependent on each league’s participants. Each player will receive a schedule for matches. Matches can be changed by calling the opponent and making arrangements to play another day or time. There is a forfeit/no-show policy (this means not contacting your opponent). After two reported no-show times, you will be removed from the league and no refund will be given. Register by May 20.

Activity#	Day	Date/Time	Fee
S29001A1	Tuesday Women’s Singles	Jun 7 6:00-9:00 pm	\$25
S29001B1	Thursday Men’s Singles	Jun 9 6:00-9:00 pm	\$25
Location	Cooper High School, 8230 47th Ave N, New Hope		



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. Register five days before the class begins.



Activity#	Day	Date/Time
W21501A3	Tuesdays	Mar 15-Apr 12 6:30-7:30 pm
W21501A4	Tuesdays	Apr 19-May 17 6:30-7:30 pm
S21501A1	Tuesdays	May 24-Jun 21 6:30-7:30 pm
Fee	\$35 residents/session \$42 non-residents/session	
Location	Crystal Community Center	

ADULT YARD GAME LEAGUE

Crystal Recreation is looking for new teams to participate in our Adult Yard Games League this summer. It’s an American tradition to get your friends and family together for a barbecue in the backyard. We will provide the backyard in this unique sports league that includes a



different yard game every week. Each team will play in a 5-week regular season, followed by a season-ending playoff tournament. Games that may be included are baggo, lawn darts, ladder golf, bocce, washers, horse shoes, etc. Teams may consist of 2-4 players ages 18+, any gender. Register by May 13.

Activity#	Day	Date/Time	Fee
S30003A1	Thursday	Jun 9-Jul 14 6:30-8:30 pm	\$40/team
Location	Becker Park, 6225 56th Ave N		

music in the park

like Crystal Rec on Facebook

get fit

go to corn feed

Crystal Frolics tournament

have a picnic in the park

Join a league

Bike Rodeo



CRYSTAL FROLICS BAGGO TOURNAMENT

Be a part of the annual Crystal Frolics Celebration and sign-up a team for Baggo. This will be the 10th year we have run this tournament. Teams of 2-4 (any gender) will compete in this 18+ tournament. Tournament will consist of pool play followed by single-elimination tournament. Prizes are given away to top teams as well as teams with the most creative uniforms and team name. This year's theme will be Star Wars. Register by July 8.



Activity#	Day	Date/Time	Fee
S62001A1	Saturday	Jul 30 10:00 am-5:00 pm	\$30/team
Location	Becker Park, 6225 56th Ave N		

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	7:30-8:45 pm	\$49/month
Saturdays	10:30 am-12:00 pm	\$49/month
Location	Crystal Community Center	



Lap Swim

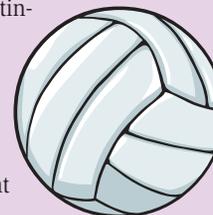
Swim and stay fit for life! Swimming can be fun and is a great form of exercise at the same time. Enjoy the 25-yard lap lane during general pool hours at a reduced rate. Swimmers must be 16+ years of age. Limited space on busy days.

Day	Date/Time	Fee
Monday-Thursdays	7:15-8:30 pm*	\$2
Monday & Wednesdays	10:30 am-12:30 pm	\$2
Location	Crystal Cove Aquatics Center	

* See Special Pool Hours for early closing times

FALL ADULT VOLLEYBALL LEAGUES

League play begins in October and continues into February/March (10 weeks of games). Call the Recreation Office for an informational letter. Registration begins September 1. The following leagues are offered: Bronze, Gold and Silver. Convenient league registration at webtrac.crystalmn.gov.



How are you doing on



Your Ultimate
SUMMER 2016

BUCKET LIST?

