

## CARE OF HOUSEPLANTS

This presentation introduces basic principles of houseplant care including watering, soil, and light. It also presents suitable plants for various conditions such as low-light, medium-light, low-humidity, etc. along with specific care information for plants in the presentation. Handouts include a plant list and an article about insect control. Register by January 24.

Activity#	Day	Date/Time	Fee
<b>W30001A1</b>	Wednesday	Jan 25 7:00-8:30 pm	\$5
<b>Location</b>	Crystal Community Center		

## CONTAINER GARDENING: A HOW-TO GUIDE

Container gardening is the practice of growing plants in containers instead of in the ground. After this presentation we hope that attendees will know how to design and care for a container garden, feel more confident in designing, starting and maintaining a container garden and be ready to plant a container garden. Register by February 21.

Activity#	Day	Date/Time	Fee
<b>W30004A1</b>	Wednesday	Feb 22 5:30-7:00 pm	\$5
<b>Location</b>	Crystal Community Center		

## EDIBLE GARDENING

Ideas and methods to incorporate edible plants into just about anywhere in your landscape. New ways to think about growing edibles. Register by February 21.

Activity#	Day	Date/Time	Fee
<b>W30003A1</b>	Wednesday	Feb 22 7:00-8:30 pm	\$5
<b>Location</b>	Crystal Community Center		

# \$SAVE

Sign up for both Container Gardening and Edible Gardening and get a discount.

Activity#	Day	Date/Time	Fee
<b>W30006A1</b>	Wednesday	Feb 22 5:30-8:30 pm	\$8
<b>Location</b>	Crystal Community Center		



## WORM COMPOST BASICS

A discussion of compost basics for people who are starting or using an indoor worm compost setup. We'll discuss why to compost with worms, worm biology and habitat, what kind of bin to use, good places for worm bins, how to maintain and troubleshoot your worm bin, how to harvest vermicompost, and what to do with the finished compost. Register by March 21.

Activity#	Day	Date/Time	Fee
<b>W30007A1</b>	Wednesday	Mar 22 7:00-8:30 pm	\$5
<b>Location</b>	Crystal Community Center		

## SUSTAINABLE LAWN CARE

Create a healthy lawn using fewer inputs like water, fertilizer and time, while still having a positive impact on the environment. Register by April 18.

Activity#	Day	Date/Time	Fee
<b>W30008A1</b>	Wednesday	Apr 19 7:00-8:30 pm	\$5
<b>Location</b>	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](http://webtrac.robbinsdalemn.com).

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



## ADULT VOLLEYBALL LEAGUES (TEAM REGISTRATION)

League play begins in January and continues into March for a 10 week season. All games are officiated. Registration is first come, first served. We will create divisions for each league based on past performance. The following leagues are offered:

Activity#	Day	Date/Time	Fee
Men's League <b>WVBMENMO</b>	Mondays	Season starts: Jan 9 First games starting at 6:15 pm	\$290
Women's League <b>WVBWOMTU</b>	Tuesdays	Season starts: Jan 10 First games starting at 6:15 pm	\$290
Co-Rec League <b>WVBCORWE</b>	Wednesdays	Season starts: Jan 11 First games starting at 6:15 pm	\$290
<b>Location</b>	Crystal Community Center, Forest Elementary		

## THURSDAY OPEN VOLLEYBALL

Adult high skill level volleyball. Players must have a general understanding of offensive/defensive formations and played organized volleyball. 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. Space is limited to 24

Activity#	Day	Date/Time	Fee
<b>F34001A1</b>	Thursdays	Now-Apr 27 7:00-10:00 pm	\$5/time
<b>Location</b>	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	Now-Apr 30 9:00 am-12:30 pm	\$5/time
Sundays	1:00-5:00 pm	
<b>Location</b>	Crystal Community Center, Forest Elementary	



## 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 that gives you high energy. Zumba is not only great for the body but for the mind too. Register four days prior to the class start date.



Activity#	Day	Date/Time
<b>W21501A1</b>	Tuesdays	Jan 3-Jan 31 6:30-7:30 pm
<b>W21501A2</b>	Tuesdays	Feb 7-Mar 7 6:30-7:30 pm
<b>W21501A3</b>	Tuesdays	Mar 14-Apr 11 6:30-7:30 pm
<b>W21501A4</b>	Tuesdays	Apr 18-May 16 6:30-7:30 pm
<b>Fee</b>	\$35/session	
<b>Location</b>	Crystal Community Center	

## ADULT SOFTBALL LEAGUES



2017 Adult Softball summer leagues offered by Brooklyn Center and Crystal Recreation Departments. Teams returning from last season have priority registration, with new teams being able to register the beginning of March. Leagues will be offered Monday- Thursday for Men's church, Co-Rec and Women's Leagues. Double header leagues will be

guaranteed 18 games. Single header leagues will be guaranteed 10 games. To receive information regarding our 2017 Softball leagues contact the Crystal Recreation Department at 763-531-1152.

