



# Summer CAMPS

Rochester Park and Recreation Dept.  
201 4th Street SE, Room 150 • Rochester, MN  
Phone: 507-328-2525 • Fax: 507-328-2535  
www.rochestermn.gov/departments/park

## YOUTH ACTIVITIES FOR SUMMER 2015

### JUNIOR GOLF LESSONS/ CAMPS/LEAGUES

#### Junior Golf Lessons (ages 6 to 18)

For fee and registration information, contact the facility of your choice after March 1 or get an entry form at [www.rochestermngolf.com](http://www.rochestermngolf.com).

#### Soldiers Field –

##### David Richardson, PGA - 281-6176

A fun and competitive Middle School Golf League is available. The league plays on Thursdays, June 11-August 6 with tee times beginning at 2 p.m. The league fee is \$30.00. Entry forms and complete information available at [www.rochestermngolf.com](http://www.rochestermngolf.com) (Soldiers Field GC Link).

**Eligibility:** Girls and boys in grades 6 thru 8. Solid knowledge of golf rules and etiquette are required.

#### Eastwood Golf Course –

##### Jeff Gorman, PGA - 281-6173

Junior camps are being offered in 2015.

For ages 6-8, the camp dates are June 15-19, 8-11 a.m. each day at a cost of \$95.00.

Ages 9-12, the camp dates are June 22-26, 8-11 a.m. at a cost of \$95.00.

For ages 13 and up, there is an Advanced Junior Golf program for skill improvement. They meet every Wednesday afternoon from June 24-July 22 and start at 1 p.m. ending approximately at 4 p.m. The cost is \$100.00. This class is limited to the first 30 juniors.

#### Northern Hills Golf Course – Mike Manahan - 281-6170

Northern Hills Golf Course – Mike Manahan - 281-6170 - Northern Hills Golf Course junior camps. For ages 6-8, the camp dates are June 8-10, 8-10 a.m. each day at a cost of \$50.00.

For ages 9-12, the camp dates are June 15-17, 8-10 a.m. at a cost of \$50.00.

### HADLEY CREEK GOLF LEARNING CENTER – 529-4119

#### Junior Golf Etiquette Classes

Sign up for classes after March 25 by calling Hadley Creek 529-4119. There is no charge for these classes. Classes will be held April 25, 26, May 2, June 6. There will be two classes each day, one starting at 4 p.m. and the other starting at 5 p.m. If a junior has taken the class once, they do not have to take it again. Classes must be taken to purchase a junior membership or to be part of a family membership.

All junior camps and The First Tee sessions qualify as Etiquette Classes and save the Junior \$25.00 off a Junior Pass at City golf courses.



[www.thefirsttee.org](http://www.thefirsttee.org)

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

#### Hadley Creek Golf Learning Center – Home to The First Tee

Bill Watson or Paul Pehler, Head Coaches at 529-4119 or 529-0223 for details.

The First Tee is a program that teaches youth life skills through the game of golf. It focuses on nine core values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment. This program targets youth ages 7-17 and invites kids from all backgrounds to discover golf. The program provides a progression of skill levels to accommodate the varying abilities and ages. There is a \$50.00 fee for one child in one session and \$150.00 maximum for any family or for 3+ children or for multiple sessions with scholarships available for those who ask. Scholarships come with qualifications. Participants may register at the Park and Recreation Office or at Hadley Creek after April 1, 2015.

#### Target Outreach Saturdays (Free)

This is an introduction to the First Tee Program for both parents and kids.

Northern Hills - May 9, 2015 – 1 p.m.-3 p.m.  
Hadley Creek - May 16, 2015 – 1 p.m.-3 p.m.  
Soldiers Field – May 23, 2015 – 1 p.m.-3 p.m.

#### The First Tee – Program Schedule

Levels: PLAYER (7-17yrs)

Par I (8-17yrs, must be PLAYER certified)

Par II (11-17yrs, must be Par I certified)

Birdie (11-17yrs, must be Par certified)

Wee Tee (4-6yrs)

Fee: \$50.00 per child

\$150.00 family (3+)

\$25.00 wee tee registration

Limited class size of 24 per session.

Schedule subject to change.

Friday is left open in case of a cancelled class during the week.

**Registration:** Register in person, by mail or \*\*\*NEW register online\*\*\*. Online registration ends one week prior to each class. Online registration begins February 15, 2015.

#### The First Tee Summer Schedule 2015

Session PL1 May 9-June 13 (Saturdays), 9–10:30 am, Player level (all ages)

Session PL2 May 11-June 22 (Mondays), 6–7:30 pm, Player level (all ages)

Session PL3 June 4-July 9 (Thursdays), 6–7:30 pm, Player level (all ages)

June 8-11

Session PL4 8-9:30am, Player level I (7-10 age)

Session PL5 10am-11:30am, Player Level I (11-15 age)

Session PR1 12-1:30pm, Par I level (all ages)



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June 15-18  
Session PL6 8-9:30am, Player I level (all ages)  
Session PL7 10-11:30am, Player II level (all ages)  
Session PR2 12-1:30pm, Par I (all ages)

June 22-25  
Session PR3 8-9:30am, Par I level (all ages)  
Session PR4 10-11:30am, Par II level (all ages)  
Session BR1 12-2pm, Birdie level (12-17 age)

June 29-July 2  
Session PL8 8-9:30am, Player I level (all ages)  
Session Wee-Teel 10-11am, Wee Tee level (5-6 age)  
Session PR5 11:30am-1pm, Par I level (all ages)

July 6-9  
Session PL9 8-9:30am, Player II level (all ages)  
Session PR6 10-11:30am, Par II (all ages)  
Session PL10 1-2:30pm, Player I @Soldiers Field (all ages)

July 13-16  
Session PR7 8-9:30am, Par I level (7-11 age)  
Session Wee-Tee2 12-1pm, Wee Tee @Soldiers Field (5-6 age)

July 20-23  
Session PL11 8-9:30am, Player II level (all ages)  
Session PR8 10-11:30am, Par I (all ages)  
Session BR8 12-2pm, Birdie level (12-17 age)

July 27-30  
Session PR9 8-9:30am, Par II level (all ages)

August 3-6  
Session PL12 8-9:30am, Player II level (all ages)  
Session BR3 12-2pm, Birdie level (12-17 age)

## JUNIOR DEVELOPMENT TENNIS INSTRUCTION

- Rochester Outdoor Tennis Center, located in Kutzky Park.
- 15 tennis courts (4 lighted) and a clubhouse.
- Open May 16 - September 13, 8:00 a.m. to 10:00 p.m.

### Junior Program

- Lessons taught by the Rochester Tennis Connection staff.
- Registration begins Monday, April 6 at Rochester Tennis Connection (288-4851).
- After May 16, contact Outdoor Tennis Center (281-6186) or Rochester Tennis Connection (288-4851).
- For more information, visit [www.rochestertennis.com](http://www.rochestertennis.com).

### Daytime Classes

- Quick Start (ages 4-6 yr.): Six 1-week sessions, beginning June 8 (Mon.-Thurs.) \$40.00/session
- Beginner – Advanced (Ages 6 yr. & up): Six 2-week sessions. Beginning June 8 (Mon.-Thurs.) \$85.00/session

### Evening Classes

- Quick Start (ages 4-6 yr.): Six 1-week sessions, beginning June 8 (Mon.-Thurs.) \$40.00/session
- Beginner – Advanced (Ages 6 yr. & up): Three 4-week sessions. Beginning June 8 (Twice per week) \$85.00/session

### Advanced Player Development – Tournament Group, Excellence & Big Dogs

- For juniors who have committed to tennis as a competitive sport. More info: [www.rochestertennis.com](http://www.rochestertennis.com)

## HOCKEY CAMPS AND LEAGUE

### Graham Arena

#### RSHL – Rochester Spring Hockey League

Graham Arena Four

Boys and girls ages 8 – 17

April 6 – June 5

Fee: \$135.00

To Register go to [www.grahamarena.com](http://www.grahamarena.com)

### The Complete Defensemen Camp

May – June

Defensive Tactics Camp, Defensive Skills and Drills,  
Game Sense, Classroom and Dryland

Boys and girls ages 10 – 15

Graham Arena Complex

507-358-8991

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

### Peak Performance Hockey Camps

Eight Week Intensive Camp – April 19 - June 14

• One Week Full Day Camp – June 22 - 26

• Fall Try-Out Prep Camp – September 7 - 26

• SQ, PW, BT, Girls U10/U12/U14

• Fee: \$75.00 - \$175.00

• Location: Graham Arena Four

• Contact: [info@peakhockey.com](mailto:info@peakhockey.com), [www.peakhockey.com](http://www.peakhockey.com), or  
507-358-8991

### Youth Open Hockey – Boys and Girls

Days/Times – TBD

507-281-6189





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If you want to “take your game to the next level” then there is no better place to train than at the Graham Arena Complex this spring, summer, and fall! We have skill development programs for boys and girls and with skill levels across the board. Train ON THE ICE where the game is played to maximize your skill development and train with experienced professional hockey skill development coaches. Search the competition and you will see that your investment of time and money will go farther with the programs in town and on the ice at the Graham Arena Complex. See you on the ice!

**Graham Arena Complex Programs: 507-281-6189**  
**Peak Performance Hockey Programs: 507-358-8991**

## NATIONAL VOLLEYBALL CENTER

The National Volleyball Center will be the site for a variety of different fun and exciting volleyball camps offered by Rochester Youth Volleyball Association, and S.P.I.K.E. Performance. A Summer High School Volleyball League will be held on Wednesday evenings with a per team entry fee of \$200.00. For those who just want to get together and play, attend one of our Open Volleyball Sessions, or rent a court for your group. Please visit our website at [www.rochestermn.gov/nvc](http://www.rochestermn.gov/nvc) to get all the details or call 328-5200.

**Fees: Open Volleyball \$4.00 for adults and \$3.00 for youth (6-18)**  
**Court Rental \$27/hour + tax for volleyball**  
**\$54/hour + tax for basketball**

## ADAPTIVE RECREATION YOUTH ACTIVITIES

The Adaptive Recreation program is a year-round therapeutic sports and leisure program offering activities & programs designed and adapted to meet the unique and specific needs of youth with intellectual, physical and social disabilities.

Registration for Spring & Summer activities will be held mid-February, 2015 and can be done in person or by mail to the Parks & Recreation Department, 201 4th Street SE #150, between the hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Registration can now be done by phone or on-line [www.rochestermn.gov](http://www.rochestermn.gov) via credit card payment (only) by Visa, MasterCard or Discover and where program catalogs can be viewed and downloaded.

### Spring Session (April-May) BOWLING

New bowlers will learn to find shoes, bowling balls, and lanes as well and will learn bowling skills suiting their learning style. Experienced bowlers will be supported as needed by staff. Participants will play two games weekly and will be placed on lanes of like abilities & ages.

**WHO:** Individuals ages 4-17  
**DATES:** Tuesdays, April 7-May 19  
**TIME:** 4:00-5:30 p.m. Games start promptly at 4:15 p.m.



**COST:** \$80  
**LOCATION:** Colonial Lanes Bowling Alley

### MUSIC 4 YOUTH

Music is processed by a different area of the brain than speech and language; a child may be able to more easily absorb information and skills presented with music. One of the purposes of music therapy is to provide the student with an initial assist using melodic and rhythmic strategies, followed by fading of musical cues to aid in generalization and transfer to other learning environments.

#### Outcomes of Music Therapy

- Increased Attention & socialization
- Improved: Auditory processing, behavior, receptive & expressive language
- Decreased self-stimulation & agitation

Music Therapist Jenny Kruse is board certified with a Masters in Music Therapy and has extensive experience working with youth with Developmental Disabilities both in individual and group settings.

**WHO:** Youth ages 3-17  
**DATES:** Wednesdays, April 8-May 20  
**LENGTH:** 7 Classes

**TIMES:** 3:30-4:10 p.m. ~ Ages 13-17  
4:15-4:45 p.m. ~ Ages 3-7  
4:45-5:15 p.m. ~ Ages 8-12  
**COST:** \$100  
**LOCATION:** Bear Creek Services, 3108 Highway 52 N. (North of Flamingo Bingo)

### TEEN SCENE

The “Teen Scene” is where youth with special needs who like to do characteristically “teen things” will be encourage to develop friends, interests, and use good social skills while participating in meaningful activities!

**WHO:** Youth ages 13-18 years  
**DATES:** Fridays, April 10-May 21  
**LENGTH:** 6 Nights  
**TIME:** 6:30-8:30 p.m.  
**COST:** \$45  
**LOCATION:** Bear Creek Services, 3108 Hwy. 52 N  
**NOTE:** A pizza dinner is planned for the first night; teens should come hungry!

### STAY-N-PLAY

Co-sponsored with Bear Creek Services Inc.  
A Saturday “play-date” ideal for youth with moderate-severe disabilities . . . activities encouraging the use of social, fine and



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gross motor skills and cooperation will be encouraged through:

- Arts & Crafts
- Dramatic & Sensory Play,
- Music & Dance
- Outdoor Play (when weather allows)
- Afternoon snack and staffing options provided!

**WHO:** Youth ages 3-14  
**LENGTH:** 1 Saturday/Month  
**TIME:** 10:00 a.m.-3:00 p.m.  
**DATES:** Saturdays, April 18 & May 16  
**STAFFING OPTIONS:** 1:1 1:3  
**LOCATION:** Bear Creek Services, 3108 Hwy. 52 N.

## Summer Session (June-August)

### SOCCER

Soccer helps to increase agility, balance, speed, eye-foot coordination, and builds teamwork. Weekly practices consist of basic ball handling skills, cooperation, & learning to listen to instruction. Assistant coaches, under the leadership of Head Coach Wayne Lemens, will provide one:one assistance or instruct small groups of youth of like abilities to provide instruction & support.

**WHO:** Youth ages 3-17  
**DATES:** Mondays, June 15-July 20  
**LENGTH:** 6 Practices  
**TIME:** Ages 3-11 – 6:30-7:15 p.m.  
 Ages 12-17 - 7:15-8:00 p.m.  
**LOCATION:** The National Volleyball Center - when the weather is nice, we'll play outdoors!  
**TIDBITS:** \*Athletic shoes only (no cleats)! Bring a water bottle weekly!

### SWIM PROGRAM

This program is designed for all ability and learning styles: through natural exploration and one:one guidance, youth with developmental disabilities will become water-ready and learn basic swim skills at their own pace. Lessons are personalized and based on the student's comfort and experience level. Those with acquired skills and those without will benefit from this experience!

**WHO:** Individuals ages 3-17  
**DATES:** Thursdays, June 12-July 31  
 Family Swim Night - July 31 6-7:30 pm  
**LENGTH:** 8 classes  
**TIME:** 6:00 p.m. Ages 3-9  
 6:30 p.m. Ages 10-13  
 7:00 p.m. Ages 14+  
**COST:** \$80  
**LOCATION:** To be determined!

### MIRACLE LEAGUE T-BALL/SOFTBALL PROGRAM

The Miracle League Program provides athletes with cognitive & physical disabilities an opportunity to play ball with athletes of like abilities. Local businesses sponsor teams which covers the cost of t-shirts & pictures therefore there is no cost to athletes to participate. Space is limited and once teams are filled, names will be placed on a Waiting List until openings occur.

The Miracle Field is located at the Roy Watson Complex: and is a barrier-free solid surface allowing freedom of movement over the entire field. Individuals using wheel chairs, crutches, walkers, or persons with visual and/or cognitive disabilities can easily maneuver the entire field without obstacle!

**YOUTH T-BALL PROGRAM FOR AGES 4-12**  
**ASSISTED LEAGUE FOR AGES 13 YEARS AND OLDER.**  
**SKILLED LEAGUE FOR AGES 13 YEARS AND OLDER.**

### SUMMER DAY CAMP

Youth with intellectual, physical and social disabilities will have the opportunity to participate in a fun and exciting summer experience A well-trained and enthusiastic staff will encourage & support youth in a variety of traditional camp activities including arts/crafts, sensory & dramatic play, outdoor games and daily swim. We offer three staffing options to meet the needs of all ability levels. Send a snack, swimsuit, towel and medications (if needed) daily!

**WHO:** Individuals ages 3-21 (18-21 year olds must be in a school-based program)  
**DATES:** Chose the week or weeks you wish to attend from Monday June 8- Friday, August 7  
**TIME:** 1:00 - 5:30 p.m.  
**LOCATION:** WEST Pavilion Picnic Shelter, Silver Lake (next to Fire Station)  
**STAFFING OPTIONS:**

**\$135.00/week (1:3 staff to client)**  
 Child demonstrates independence in communication, dressing, eating, and can maintain safety in the pool.

**\$150.00/week (1:2 staff to client)**  
 Child requires moderate verbal prompting to complete tasks including eating & dressing but cannot demonstrate independence in the pool.

**\$225.00/week (1:1 staff to client)**  
 Child requires complete staff assistance and supervision at all times due to high risk & vulnerability.

\*Call the Coordinator of Adaptive Recreation if you need assistance in deciding the best staffing option for your child: (507) 328-2539.