Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.

Friday | September 15 | 7:00 to 9:00 pm

AR&LE Back to the 50’s Dance Party
Benefitting TRAIL

See details on page 4 and back cover.
WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 30 years the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation “AR” and Learning Exchange “LE”.

- **Adaptive Recreation**: The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, golf, as well as a number of social programs for both youth and adults.

- **Learning Exchange**: The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a program catalog three times a year with descriptions of all programs to be offered for the upcoming season. This is sent out to all the participants and professionals who are on our mailing list. **Electronic copies of the current AR&LE program catalog are available via the Internet at:** www.BloomingtonMN.gov, and enter keywords “Adaptive Recreation” in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.BloomingtonMN.gov, return the completed profile to the address below or scan and email to parksrec@BloomingtonMN.gov.

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Nonresident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Nonresidents are considered to be those living outside of these cities. If a nonresident fee is charged, the difference is minimal.

REFUND POLICY

Each city reserves the right to implement their own refund policy.
THE STAFF

The supervisory staff responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.

CONTACT INFORMATION

Bloomington Adaptive Recreation
- Jackie Doncavage - Recreation Supervisor, Adaptive: 952-563-8877 (tty: 952-563-8740) jdoncavage@BloomingtonMN.gov
- Jenna Smith - Recreation Supervisor, Inclusion: 952-563-8891 jmsmith@BloomingtonMN.gov

Eden Prairie Adaptive Recreation
- Nicole Weedman - Sr. Recreation Supervisor, Youth and Therapeutic Recreation: 952-949-8456 nweedman@edenprairie.org

Edina Adaptive Recreation
- Amanda Clarke - Recreation Supervisor: 952-826-0433 (tty: 952-826-0379) aclarke@EdinaMN.gov

Richfield Adaptive Recreation
- Ann Jindra - Recreation Supervisor: 612-861-9361 (MN Relay Service at 711) ajindra@richfieldmn.gov

Learning Exchange
- Janet Clarke - Learning Exchange Coordinator: 952-681-6121 (MN Relay Service at 711) jclarke@isd271.org
- Judy Stelmazek - Learning Exchange Program Secretary: 952-681-6109 jstelmazek@isd271.org

TRAIL is a Minnesota nonprofit providing transportation for adults 22 and older with developmental disabilities living independently, semi-independently in Bloomington, Eden Prairie, Edina and Richfield, allowing them to attend customized recreation and leisure programs offered by AR&LE. Through donations and fundraising TRAIL subsidizes the cost of transportation; as a result, riders pay a nominal fee for their rides. Programs with this bus symbol have TRAIL available. To learn more or to make a donation, go to www.ridetrail.org, call Michelle at 612-401-6395, or email ridetrail@msn.com. The current AR&LE catalog is available at www.ridetrail.org under “resources".
Use the chart below to keep track of your registered programs! If you don’t want to cut out the registration forms, an electronic copy of the current AR&LE program catalog is available via the Internet at: www.BloomingtonMN.gov and enter keywords “Adaptive Recreation” in the search engine.

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<table>
<thead>
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Purchase tickets by mail with form below or online starting 8/1 at www.arle50sdance.eventbrite.com

**AR&LE Presents Back to the Fifties**

Dance Party Benefitting TRAIL

**Friday, September 15th, 7 to 9 pm**

Embassy Suites by Hilton, Bloomington  
2800 American Boulevard West

Come hungry for good old-fashioned diner food and dance the night away with AR&LE friends! Oldies will be playing, so bring your smoothest moves and come sporting your best Fifties style to “razz our berries” for a chance to win great prizes! Don’t miss the instant selfie booth to document a rockin’ good time!

| Name: ___________________________ |
| Address: ___________________________ |
| City: __________________ Zip: __________ |
| Telephone: ___________________________ |
| Participant Qty. ___ x $13 = $______ |
| Staff (food)* Qty. ___ x $4 = $______ |
| $_____ TOTAL |

*Support staff are required to assist clients as needed and can attend free of charge, but must purchase ticket for food.

- TRAIL riders check here for FREE transportation.

**Note:** Tickets will not be mailed. Just check-in at the registration table the day of the event!

**At-the-door:** $15 for participant and $5 for staff

Mail completed form along w/check payable to TRAIL:  
574 Prairie Center Dr., Suite 135-274, Eden Prairie, MN 55344  
Phone: 612-401-6395 | email: ridetrail@msn.com
AR&LE BACK TO THE 50’S DANCE PARTY BENEFITTING TRAIL
Friday, September 15, 2017 | 7:00 to 9:00 pm

Gals, dig out the poodle skirt and work on your ponytail! Guys, grab that leather jacket and grease down your hair...get ready for a rockin’ good time! Join your AR&LE and TRAIL friends for diner classics, floats for dessert and an old-fashioned dance off! Prizes for your best moves and best “Back to the Fifties” costumes. Don’t miss the instant selfie booth to bring a memory right home with you. Register now and you’ll be “made in the shade!”

Location: Embassy Suites by Hilton | Bloomington
2800 American Boulevard West | Bloomington

Cost: $13 participant tickets before September 13 | $15 at-the-door
Support staff admitted free of charge and can purchase food for $4 in advance or $5 at-the-door

Register by: Use form on page 4 to register by mail. Online starting August 1st at: www.arle50sdance.eventbrite.com

DANCE YOUR SOCKS OFF! - ADULTS 18+
Music by Generations A to Z!

Put on your dancing shoes and get ready to boogie! **Door prizes will be given out near the end of each dance. MUST BE PRESENT TO WIN!** Individuals requiring assistance during dances must bring their own support person. Don’t miss out on these fun events!

**Halloween Dance** | October 13, 2017
Wear a costume and monster mash the night away!

**Holiday Dance** | November 17, 2017
Put on a holiday sweater and kick off the season!

Time: 7:00-9:00 pm
Location: Valley View Middle School
8900 Portland Avenue South, Bloomington
*Parking is available on the west side (back) of the building. Enter through door 15 on the north end.

Cost: $6.00 (includes one beverage) | Support staff admitted free and can purchase beverages for $1.00.

TRAIL: TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877. Minimum of four riders required.

Want to pre-register for programs? Go online to www.BloomingtonMN.gov (keyword: DYSO) or contact us at 952-563-8877.
ACCESS FOR ALL
Adaptive recreation programs are designed for individuals with disabilities. **Staff to participant ratio is 1:3.** Participants should independently demonstrate the following skills:

- Ability to follow the program schedule and adapt to change in routine with minimal prompting
- Willingness to try new activities and adjust to a variety of settings
- Communicate needs and wants
- Ability to dress oneself and use the restroom

If support is needed with one of these skills, then a personal support staff (PSS) must accompany the participant. If a PSS will be attending the program, please email inclusionservices@edenprairie.org or 952-949-8456; (TTY 952-949-8399).

ADAPTIVE AQUA FIT - AGES 12-25
A water exercise program focused on increasing flexibility, range of motion, endurance and overall physical condition. Designed for individuals with disabilities. Participants should demonstrate the ability to use the locker room independently, or bring a PSS, sibling or parent.

**Dates:** Saturdays | September 2 - October 7
**Time:** 9:30 - 10:15 am
**Location:** Eden Prairie Community Center Leisure Pool
**Cost/Register:** $55 | Registration deadline is seven days before the start of the program | maximum 8
**Code:** #455215-01

FUN WITH FITNESS - AGES 12-25
A low-impact fitness class designed to enhance range of motion, strength and endurance. Register and bring a parent, sibling, or PSS at no cost and workout together.

**Dates/Time:** Wednesdays | Sept 6 - Oct 11 | 5:35 - 6:20 pm | Code #455202-05
**Cost/Register:** $55 | Registration deadline is seven days before the start of the program | maximum 10
**Dates/Time:** Wednesdays | Oct 25 - Dec 20 | 5:35 - 6:20 pm | Code #455202-06 (no class Nov 22)
**Cost/Register:** $73 | Registration deadline is seven days before the start of the program | maximum 10
**Dates/Time:** Saturdays | Nov 4 - Dec 16 | 10:35 -11:20 am | Code #455202-01
**Cost/Register:** $64 | Registration deadline is seven days before the start of the program | maximum 10
**Location:** Eden Prairie Community Center Room 201
Eden Prairie Registration Now Online!

Access Eden Prairie online registration system at edenprairie.org/register. If you have not participated in a program offered by Eden Prairie's Adaptive Recreation, you will need to create an account. Simply click on “Create an Account” and enter all the required information. Add family members, additional contact information such as your email and participant’s birthdate. You can enter the code number and go directly to the program. Add programs to your cart, and pay with Discover, Visa, or MasterCard. Need some assistance, call the Community Center at 952-949-8470. Registration begins August 16th.
FALL BOWLING CLUB - AGES 7-21
Bowling is fun! Come learn to bowl or enhance your skills. Have fun being part of the team, making new friends and meeting up with your club. Teams will be arranged by age. VOLUNTEER support is welcome!

**Date:** Saturdays | September 23 - November 18

**Time:** 12:15 - 1:45 pm

**Location:** AMF Southtown Lanes-Bloomington *NEW LOCATION
7941 Southtown Circle | Bloomington

**Cost:** $100/session for residents | $105/session for nonresidents

**Register by:** September 3 | minimum 6, maximum 24

WINTER BOWLING CLUB - AGES 7-21
Bowling is fun! Come learn to bowl or enhance your skills. Have fun being part of the team, making new friends and meeting up with your club. Teams will be arranged by age. VOLUNTEER support is welcome!

**Date:** Saturdays | January 20 - March 17

**Time:** 12:15 - 1:45 pm

**Location:** AMF Southtown Lanes-Bloomington *NEW LOCATION
7941 Southtown Circle | Bloomington

**Cost:** $100/session for residents | $105/session for nonresidents

**Register by:** January 3 | minimum 6, maximum 24

PRESENTS FOR THE HOLIDAYS - AGES 16 AND UP
Gifts that come from the heart are treasured. Join us as we make special gifts to give to friends and family over the holidays. Adults ages 16 and older are welcome.

**Dates:** Fridays | November 3 - December 8 (no class November 24)

**Time:** 6:00 - 7:30 pm

**Location:** Edina Senior Center, Classroom #2 | 5280 Grandview Square

**Cost:** $70

**Register by:** October 21 | minimum 6, maximum 20

DREAM ICE SKATING - AGES 5 - 15
This class encourages skaters of all abilities to have fun learning to skate on their own pace. Taught by certified coaches and supported by 1:1 volunteers. No previous skating experience needed; hockey helmet required.

**Dates:** Sundays | September 10, 17, 24 & October 1, 8, 15

**Time:** 10:40 - 11:40 am

**Location:** Braemar Arena | 7501 Ikola Way, Edina

**Cost:** $150

**Register by:** August 31 | minimum 6, maximum 20

ADAPTIVE SWIM LESSONS
Adaptive swim lessons are available upon request. Please contact Amanda Clarke at aclarke@edinamn.gov.
**WINTER GOLF LESSONS**

Head over to Braemar Golf Dome to get ready for golf. This program will review golf etiquette, basic skills and rules. Have fun in a laid back atmosphere with other golfers. Ages 11 and up welcome.

- **Dates:** Tuesdays | January 23 - February 27
- **Time:** 6:45 - 7:45 pm
- **Location:** Braemar Golf Dome | 7420 Braemar Boulevard
- **Cost:** $75 resident | $85 nonresident
- **Register by:** January 8 | minimum 6, maximum 15

**GET FIT VALUE PASS**

AR&LE participants can use the indoor track at Edinborough Park at a reduced price. Purchase a Get Fit Value Pass for $25.00 for 10 admissions to the walking track (only). Edinborough is located at 7700 York Avenue South. Bring your pass when you walk.

One family member or personal support staff can attend for free. Participants must provide their own supervision while using the track. Purchase passes in person at the Edinborough Park office at 7700 York Avenue South, Edina.

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**Edina Registration Form**

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Home Phone</th>
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<tr>
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<tr>
<td>Apt. #</td>
<td>Zip Code</td>
<td>Birth Date</td>
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<td>Special Information:</td>
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<td>Dietary needs/allergies:</td>
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<tr>
<td>Will PCA or Staff Attend with participant?</td>
<td>Yes</td>
<td>No</td>
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</table>

**In order to participate in AR&LE programs, participants must have a completed Participant Profile on file. For more information see page 2 of this catalog**

**Parent/Guardian**

<table>
<thead>
<tr>
<th>Home Phone</th>
<th>Cell Phone</th>
<th>E-mail</th>
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**THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.**

**WAIVER:** I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.

Participant or Parent/Guardian Signature __________________________________________________________________________ Date __________

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<th>R= Resident, NR=Nonresident</th>
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<td>Winter Bowling Club, Jan 20-Mar 17</td>
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<tr>
<td>Presents for the Holidays, Nov 3-Dec 8</td>
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<td>Dream Ice Skating, Sep 10-Oct 15</td>
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<tr>
<td>Winter Golf, Jan 23-Feb 27</td>
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Mail completed form and check payable to the City of Edina to:

Edina Parks and Recreation
4801 W 50th Street
Edina MN 55424

**TOTAL FEE(S) PAID:** $ _______

<table>
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<th>Credit Card Information</th>
<th>Exp. Date</th>
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9
LEAGUE BOWLING

Join a competitive league team or work on skills in a non-competitive open bowl setting. Play up to three games each week and have fun with friends! Fee includes an AR&LE Bowling T-shirt. Please indicate size on registration form.  **NEW LOCATION for this season at AMF Southtown Lanes in Bloomington!**

Who: Adults 18 and older.  **REGISTER EARLY, spaces fill quickly!**
Date/Time: Saturdays | 9:20 am - 11:45 am
Location: AMF Southtown Lanes | 7941 Southtown Circle, Bloomington
Cost: Fall: $108 resident, $118 nonresident  |  Winter: $108 resident, $118 nonresident
Register by: **September 6 for Fall** | **January 3 for Winter or until full.**

League bowl is for individuals who are able to bowl independently with little to no staff assistance.
Open bowl is for individuals who need assistance while bowling, use a wheelchair or walker, or will need a ramp. Please choose League or Open on the registration form. If you have a team or would like to play with a certain person, please indicate the other person’s name on the comments area of your registration form. AR&LE staff make final decisions on team placements. **| maximum 128 participants | maximum 24 TRAIL riders.**

DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

This six week program is for individuals who have the ability to stand up independently while learning to ski or snowboard. Volunteer to participate ratio 1:1. Ski Club members must be referred by ski lesson staff. Students with mobility impairments are referred to Courage Kenny Alpine Skiers.  **Experienced skiers & snowboarders are needed as volunteers!**

Who: Ages seven and older
Date/Time: Thursdays | January 11 - February 15, 2018 (make-up February 22) | 6:30 pm - 8:45 pm
Location: Hyland Ski & Snowboard Area | 8800 Chalton Road, Bloomington
Cost: If you have your own equipment: $150 resident, $160 nonresident
If you need to rent equipment: $175 resident, $185 nonresident
*Rental fee only covers boots and skis/board, helmet rental is a separate fee you pay at Hyland.
Register by: Residents only until October 2; open to nonresidents beginning October 3. Deadline December 1. | maximum 40 students for ski lessons | maximum 25 students for snowboard lessons | maximum 20 participants in ski club

CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level. Please wear workout shoes and clothes. Register early, spaces fill quickly.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.
Dates/Time: Fall Session: Mondays and Wednesdays | September 18 - November 1 | 7:00 - 8:00 pm
Holiday Session: Wednesdays only | November 8 - December 20 (no class November 22) | 7:00 - 8:00 pm
Location: Richfield Community Center | 7000 Nicollet Avenue South
Cost: Fall Session: 2 days per week: $42
Fall Session: 1 day per week $21  *Please indicate Mon and/or Wed on registration form.
Holiday Session (Wednesday only): $18
*TRAIL is available on Wednesdays for Fall and Holiday Cardio! Minimum of five riders and maximum twenty riders.
Register by: September 12 for Fall session | November 2 for Holiday session | minimum 10 per night, maximum 25 per night

MOVIES AND MUNCHIES

Meet new people, visit with friends, and enjoy a movie on the big screen! | maximum 50

Who: Adults 18 and older. Support staff are asked to assist clients as needed.
Dates/Time: Fridays | 7:00 - 9:00 pm
Location: Richfield Community Center | 7000 Nicollet Avenue South
Cost: $5 per movie. **payable at the door.** $8 for September 8 movie & pizza. Support Staff are invited to attend free of charge. (September 8 staff are required to pay $5 if they would like pizza.)
Register by: Movies and Munchies is a drop-in program, but prior registration is appreciated by calling 612-861-9385. TRAIL riders: Call by 12:00 pm the Tuesday before each movie to register or check the box on the registration form.
**GOOD HAPPENINGS**

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends.

**Footgolf** – Two sports in one, footgolf combines soccer and golf for a fun sport to play! Three Rivers Park District will teach us the game and lead us in leaf printing activity. Please wear tennis shoes and eat dinner beforehand. Registration deadline: Sept 1 | min 15, max 30

**Vikings Football Party** – Watch the Vikings take on the Green Bay Packers on the big screen at the Richfield Community Center! We will have pizza at halftime. Wear your team colors! Registration deadline: Oct 9 | min 15, max 40

**Halloween Bingo & Scary Sundaes** – Dress up in your Halloween costume, play Bingo and have an ice cream sundae with all of your favorite toppings. There will be a prize for best costume! Please eat dinner beforehand. Registration deadline: Oct 18 | min 15, max 40

**Game Night!** – Spend a fun night with your friends as we play everything from Twister to Uno! A variety of games will be set up so you’re sure to find one you like. Snacks provided. Registration deadline: Oct 31 | min 10, max 40

**14th Annual Thank Goodness for Friends Thanksgiving Dinner** – Enjoy the company of your friends as we dine at Giordano’s! Receive a personal pizza, salad, drink and dessert. Choose your pizza topping on the registration form. Registration deadline: Nov 15 | min 15, max 40

**Gingerbread Houses** – Create your own mini holiday gingerbread house! Use gumdrops, candy canes and other decorative goodies to make a fun centerpiece to bring home. Please eat dinner beforehand. Registration deadline: Dec 5 | min 15, max 25

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### Richfield Registration Form

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<th>Participant Name</th>
<th>Home Phone</th>
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<td>Food Allergies:</td>
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In order to participate in AR&LE programs, participants must have a completed Participant Profile on file. For more information see page 2 of this catalog.

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and Trail. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.

WAIVER: I understand and agree that AR&LE may use my photo image for publicity purposes.

Participant or Parent/Guardian Signature: ____________________________ Date: ____________

R= Resident, NR=Nonresident  TRAIL riders please check TRAIL box.

<table>
<thead>
<tr>
<th>League Bowling</th>
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</tr>
<tr>
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<tr>
<td>Winter: League</td>
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<tr>
<td>Winter: Open</td>
<td>$108</td>
<td>$118</td>
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**Bowling Shirt (circle size):** S M L XL XXL

| Downhill Skies | $150/175 | $160/185 |
| Snowboard Lessons | $150/175 | $160/185 |
| Ski Club | $150/175 | $160/185 |

**Cardio Fitness**

| Fall Session: Mon. & Wed. | $42 |   | TRAIL |
| Fall Session: Mon. or Wed. | $21 |   | TRAIL |
| Holiday Session: Wed only | $18 |   | TRAIL |

*N=Note: TRAIL is available Wednesday nights.

**Movies & Munchies**

| A Dog’s Purpose, Sept 8 | $8 | yes |
| Boss Baby, Oct 6 | $10 | yes |
| Cars 3, Nov 3 | $10 | yes |
| The Emoji Movie, Dec 1 | $10 | yes |

**Good Happenings**

| Footgolf, Sept 7 | $8 | yes |
| Vikings Football Party, Oct 15 | $16 | yes |
| Halloween Bingo & Scary Sundaes, Oct 24 | $10 | yes |
| Game Night, Nov 6 | $10 | yes |
| Thanksgiving Dinner @ Giordano’s, Nov 21 | $10 | yes |

**Circle one topping:** Cheese Pepperoni Sausage

**Mail completed form and check payable to the City of Richfield to:**

Richfield Recreation Services
7000 Nicollet Avenue
Richfield, MN 55423

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Comments: ____________________________

TOTAL FEE(S) PAID: $__________

Credit Card Information: ____________

Exp. Date: ____________

You will NOT receive a receipt verifying your registration.
Learning Exchange

On-line Registration Site and Web Site: For on-line registration, go to https://bloomington.ce.eleyo.com and create an account. Or link from our web page at bloomington.k12.mn.us and click on Community Services, then Register for Classes. On-line registration available starting August 10, 2017 at https://bloomington.ce.eleyo.com

Learning Exchange classes are for adults, 18 years and older.

Personal Leisure and Healthy Lifestyles

NEW! This year Learning Exchange will offer a series of 3 classes on self-advocacy called Speaking Up for Yourself. One “Speaking Up for Yourself” class will be in each of the Fall, Winter and Spring/Spring catalog. Attend 2 or more self-advocacy classes and receive a gift!

SPARK UP FOR YOURSELF: UNDERSTANDING WHEN TO SPEAK UP

Everyone has times when they wonder if they should speak up because they are uncomfortable or need something. Improving your skills for speaking up about everyday concerns can help build the skills for speaking up for bigger changes in your life. Let’s go through short videos about how to speak up for what you need or want and talk step-by-step about how to do basic problem solving. Led by Janet Clarke, Learning Exchange Coordinator. Information handout provided. Come join us for this fun and participation-focused evening!

Date/Time: Tuesday | November 28 | 7:00 - 8:15 pm
Location: Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington
Cost: $10 | checks payable to ISD 271
Register by: November 14 | minimum 6, maximum 20

HEALTHY HAPPY FEET

Your feet will take you places - make certain you take good care of them! This interesting and interactive class will help you to identify skin or joint issues that may happen on your feet and how to choose proper shoes to care for your feet. You’ll find out how to avoid athlete’s foot and when it is best to wear flip flops. Whether or not you walk, this class is important for understanding foot health. Led by senior nursing students from Bethel University. Information handout provided.

Date/Time: Tuesday | October 17 | 7:00 - 8:15 pm
Location: Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington
Cost: $8 | checks payable to ISD 271
Register by: October 3 | minimum 6, maximum 20

FRIENDSHIP SKILLS: BINGO, TRIVIA AND CONVERSATION

Let’s play Bingo (yes, with prizes) and Star Wars/Disney Movie Trivia - we’ll have questions on both topics! Between games, we’ll practice conversation skills from questions that were part of the games. What a great way to have fun and get to know people!

Date/Time: Tuesday | September 19 | 7:00 - 8:15 pm
Location: Washburn Elementary School, Lunchroom | 8401 Xerxes Avenue South, Bloomington
Cost: $10 | checks payable to ISD 271
Register by: September 5 | minimum 6, maximum 25

NEW! PLAYING PING PONG

Whether you call it ping pong or table tennis, it’s fun to swat that little white ball over the net to your opponent! Come learn some basics of playing ping pong and have fun meeting others. Note the new location - enter the Kennedy Activity Center from the rear parking lot by following signs from 98th Street.

Date/Time: Tuesday | September 26 | 7:00 - 8:00 pm
NEW Location: Kennedy Activity Center | 150 East 98th Street, Bloomington | Lower level courts (Activity Center is behind Kennedy High School)
Cost: $10 | checks payable to ISD 271
Register by: September 12 | minimum 8, maximum 16

CHAIR YOGA AND RELAXATION

Come stretch, breathe, feel more energized, but relaxed! It’s the magic of yoga. We’ll do poses and relaxation exercises seated in a chair – no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first.

Date/Time: Tuesdays | September 12 | October 10 | November 7 | December 12 | 7:00 - 8:00 pm
Location: Fraser Sheridan Court Commons Room | 2500 W. 66th Street, Richfield
Cost: All four classes for only $20 | checks payable to ISD 271
Register by: August 29 | minimum 6, maximum 12
VOLUNTEER AND SOCIAL TIME!
Come volunteer with your friends at the Arc’s Value Village store in Bloomington. Volunteers will help unpack, sort and tag donations and fill the sales floor. Make a difference in the community by offering your help! We’ll have a half-hour social time afterwards at McDonald’s, by walking across the parking lot. Cost of a small treat at McDonald’s included in registration price. Bring extra money if you want more. Important: Wear closed-toed shoes, no sandals or flip flops.

**Date/Time:** Thursday | October 19 | 6:30 - 8:30 pm
**Location:** Drop off: Enter back of store at Arc’s  Value Village
10546 France Avenue South, Bloomington
Pick up: McDonald’s, 4000 West Shakopee Road
**Cost:** $5 | checks payable to ISD 271
**Register by:** October 5 | minimum 6, maximum 16

COUNTRY LINE DANCE
Let’s put on our country outfits (if you want) and dance our favorite line dances and some new ones! We’ll play lively country music to get your toes tapping! Led by your favorite dance instructor, Tricia Wood.

**Date/Time:** Thursday | October 26 | 7:00 - 8:00 pm
**Location:** Washburn Elementary School, Lunchroom | 8401 Xerxes Avenue South, Bloomington
**Cost:** $10 | checks payable to ISD 271
**Register by:** October 12 | minimum 8, maximum 40

SHOOTING POOL
Have a blast learning the basics of shooting pool or practicing what you already know! This class shows you the basics and will give you time to play several games with other class members and volunteers from the Pool Room.

**Date/Time:** Monday | November 13 | 7:00 - 8:15 pm
**Location:** Edina Senior Center | 5280 Grandview Square, Edina
**Cost:** $8 | checks payable to ISD 271
**Register by:** October 30 | minimum 6, maximum 12

SAFARI PARTY!
Meet other people who admire wild animals at this fun get-together! Safari animals include lions, elephants, giraffes and more! Watch short safari animal videos then play safari animal trivia in teams. Prizes include collectible elephant figurines and other animal figures. Snack on animal crackers and other treats. Bring your favorite animal art or stuffed animal to put on display for others to see during the party - great conversation starter! Dress up ‘safari style’ if you want - wear khaki pants, animal prints, use your imagination!

**Date/Time:** Tuesday | November 14 | 7:00 - 8:15 pm
**Location:** Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington
**Cost:** $15 | checks payable to ISD 271
**Register by:** October 31 | minimum 8, maximum 20

COCOA AND CAROLS
Sing holiday songs and Christmas carols accompanied by piano music, and sip hot cocoa. What a wonderful way to celebrate the season with friends!

**Date/Time:** Thursday | November 30 | 7:00 - 8:15 pm
**Location:** Edina Senior Center | 5280 Grandview Square, Edina
**Cost:** $12 | checks payable to ISD 271
**Register by:** November 16 | minimum 6, maximum 40

Arts & Crafts

GLITTERING MASK
Chose faux gems, glitter glue, feathers and more to make this half mask your own fabulous creation. Use it for Halloween or Mardi Gras or display it on a wall and enjoy the elegant mystery of a mask!

**Date/Time:** Tuesday | October 3 | 7:00 - 8:15 pm
**Location:** South View Middle School, Room 201 (enter door #1) | 4725 South View Lane, Edina
**Cost:** $14 | checks payable to ISD 271
**Register by:** September 19 | minimum 6, maximum 15

HOLIDAY CARD STAMPING 2017
Make four greeting cards with rubber stamping techniques and designer paper for Christmas and holiday greetings. Bonus opportunity: Stamp a gift bag to carry home your cards; re-use the gift bag when you give a present.

**Date/Time:** Monday | December 4 | 7:00 - 8:30 pm
**Location:** South View Middle School, Room 201 (enter door #1) | 4725 South View Lane, Edina
**Cost:** $14 | checks payable to ISD 271
**Register by:** November 20 | minimum 6, maximum 16
Cooking Classes

**DINING CLUB**

Do you love to help make food then eat it?! Dining Club is for all ability levels of learners who can follow safety instructions. Staff/volunteer to participant ratio is approximately 1:3; group home staff are expected to stay and assist. The focus is preparing food together and socializing while eating and washing dishes together. Bring containers for potential leftovers and take home the written recipe!

TRAIL riders: Only ONE Thursday cooking class has TRAIL. Usually it is the second Thursday class of a pair of classes. See registration form to verify that your choice offers TRAIL.

**Time:** Dining Club classes meet from 7:00 pm - 8:30 pm

**Location:** Kennedy High School; Cooking Lab C103 | 9701 Nicollet Ave. So., Bloomington

**Cost:** $16 per class | checks payable to ISD 271

**Register by:** Two weeks before class | minimum 6, maximum 15 (Hurry, these fill fast!)

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**Pork with Apples and Sweet Potatoes**

Let’s kick off the season and take advantage of our late season harvest. This pork loin with apples and sweet potatoes dish is a fun-to-make fall favorite.

**Thursday, Sept 21 or Thursday, Sept 28 (TRAIL)**

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**Skillet Spaghetti**

The easiest, most delicious spaghetti you will ever make! Cheesy, creamy, full of flavor and only one dirty dish to clean!

**Thursday, Oct 5 or Thursday, Oct 12 (TRAIL)**

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**Chicken and Rice Delight**

This simple dish of chicken, rice and veggies is so yummy! It’s ideal for a cozy fall dinner.

**Thursday, Nov 9 or Thursday, Nov 16 (TRAIL)**

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**Holiday Make & Take**

We’ll be decorating cookies, dipping pretzels and more. Have fun with friends and take home a plate of treats to enjoy yourself or share with others!

**Thursday, Dec 7 or Thursday, Dec 14 (TRAIL)**

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**Specific Group Programs**

This class is designed for learners who live independently or interact independently in the community. Wonder if this class is for you? Email or call Janet Clarke, jclarke@isd271.org or 952-681-6121.

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**FRAUD AND SCAM PREVENTION**

Con-artists know how to talk you out of your money. Whether through the telephone, U.S. mail, email, the internet or showing up at your front door, they try the same ways to mislead. This presentation is based on analysis of undercover FBI recordings of con-artists in action. Learn the 5 ways that people try to mislead you into making poor money decisions. The best defense is to understand what is happening and how to say ‘no.’ Led by a speaker from AARP. Caregivers attending should register separately through the same Learning Exchange class code: LE183F. Note that this class is also being advertised through Bloomington Community Education under a different code.

**Date/Time:** Tuesday | December 5 | 6:45 - 8:15 pm

**Location:** Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington

**Cost:** No cost, but must register by deadline | checks payable to ISD 271

**Register by:** November 21 | minimum 6, maximum 15
Register on-line with a credit card or link to your checking account: https://bloomington.ce.eleyo.com. Or mail in this form with payment to: ISD 271 - Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431

**Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!**

**Learning Exchange Registration Form**

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<th>Participant Name</th>
<th>Home Phone</th>
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<td>Address</td>
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<td>Zip Code</td>
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**Staff will attend:** Yes ___  No ___  Allergies/Medical Concerns:

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THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

**WAIVER:** I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

**WAIVER:** I understand and agree that Adaptive Recreation and Learning Exchange may use my photo image for publicity purposes.

**TRAIL Riders please check TRAIL Box**

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**Arts & Crafts**

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**Personal Leisure & Healthy Lifestyles**

**Cooking Classes**

**Dining Club** Note: TRAIL only available on some Thursdays. TRAIL Riders should make sure the class you select has TRAIL available.

- Pork with Apples and Sweet Potatoes
  - LE173F-A  Thurs, Sept 21 $16
  - LE173F-B  Thurs, Sept 28 $16

- Skillet Spaghetti
  - LE174F-A  Thurs, Oct 5 $16
  - LE174F-B  Thurs, Oct 12 $16

- Chicken and Rice Delight
  - LE175F-A  Thurs, Nov 9 $16
  - LE175F-B  Thurs, Nov 16 $16

- Holiday Make and Take
  - LE176F-A  Thurs, Dec 7 $16
  - LE176F-B  Thurs, Dec 14 $16

**Specific Group Programs**

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**Have ideas for future Learning Exchange classes?**

List them here or email ideas to jclarke@isd271.org

Mail complete form to:

ISD 271/Learning Exchange
2575 W 88th Street
Bloomington, MN 55431

Checks MUST be made payable to ISD 271 or they will be returned.

**TOTAL FEE(S) PAID:** $________

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By signing above, I authorize my Credit Card to be charged

**Date**

**Parent/Guardian Signature**

**Date**
Watch for the AR&LE Winter 2018 Catalog the week of November 20th!

Ticket order form and details on page 4 & online at www.arle50sdance.eventbrite.com