Serving Bloomington, Eden Prairie, Edina and Richfield for over 40 years.

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.

Check out the NEW AR&LE webpage www.ARLEMN.org a one-stop source for contact information, links to web and registration sites, participant profile and current AR&LE catalog.
Welcome!

We invite you to take part in a variety of unique programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). Information provided here explains the AR&LE partnership, how our program works and where to acquire additional information you may need.

AR&LE is Made up of Two Parts

**AR = Adaptive Recreation** The cities of Bloomington, Eden Prairie, Edina and Richfield offer programs specifically designed for people of all ages with disabilities. Programs include softball, bowling, water aerobics, fitness programs, skiing/snowboarding, golf, as well as a number of social programs for youth and adults.

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.

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

Working together, the Community Education directors from the four school districts 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.

Transportation Partner

TRAIL, a Minnesota nonprofit operating independent of AR&LE, has provided transportation to many adult AR&LE programs since 1991. Through donations and fundraising, TRAIL subsidizes the cost of transportation, and as a result, riders pay a nominal fee for their rides. Eligible riders must live within the four AR&LE cities. Transportation may not be available to all locations within the four cities and TRAIL may cap the number of riders based on capacity limitations.

TRAIL transportation is available for programs noted with the bus symbol. The current AR&LE catalog is available at www.ridetrail.org under resources. To learn more about TRAIL, rider eligibility or to make a donation, go to www.ridetrail.org, call 612-401-6395 or email office@ridetrail.org.

For more than 40 years, AR&LE has been a leader in providing recreation, enrichment, and social options specifically designed to meet the diverse needs of people with developmental and physical disabilities.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. This information can be available in alternate formats, upon request.
Profiles

In order to be on our mailing list or participate in a program, each person must have a completed profile form on file. The information within the form is available to program staff so they are aware of any health, medical and special need issues that pertain to the participant. Profile forms are available from any AR&LE staff member or on our website ARLEMN.org. Once completed and signed by the participant and/or their guardian, the profile should be returned to Bloomington Parks & Recreation - AR&LE, 1800 West Old Shakopee Road, Bloomington, MN  55431 or scan and email to parksrec@BloomingtonMN.gov, or fax to 952-563-8715.

Program Catalog

AR&LE publishes a program catalog three times a year with descriptions and registration information for the programs offered for the upcoming season. Catalogs are sent to all the participants who have indicated on their profile that they prefer communications by US mail. Participants, parents, guardians and support staff who have requested communications by email should adjust their spam settings to ensure they receive all emails from parksrec@BloomingtonMN.gov. They will be sent electronic communications of upcoming events, including the current catalog.

Support staff wishing to be added to the electronic mailing list should email their name and phone number to parksrec@BloomingtonMN.gov. An electronic copy of the current AR&LE catalog is available online at our website ARLEMN.org.

Program Fees, Registration and Refunds

The fees to register for AR&LE programs vary. Some have different fees for residents and nonresidents. A resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Registrations and payment should be mailed to the address listed on the appropriate registration form. Each partner reserves the right to implement their own refund policy.
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 towards the end of evening. Must be present to win!* Individuals requiring assistance during dances must bring their own support person. Don’t miss out on these fun events! Doors open at 6:50 pm.

St. Patrick’s Day | March 22, 2019
Find your inner Irish and come dressed in your best green and festive apparel.

Spring Fling | April 26, 2019
Shake, shake, shake those winter blues away because spring has sprung!

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.
Tickets: Purchase at the door or register and pay in advance. To register online, visit www.BloomingtonMN.gov, keyword “ARLE”.
TRAIL: TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877. Minimum of four riders required.

Adaptive Recreation Lawn Game Extravaganza

*Come join us this spring for an exciting way to kick off the warmer season!* We will be playing a variety of outdoor lawn games including Bocce Ball, Giant Connect 4, and so much more! You won’t want to miss it! *Door prizes will be given out throughout the event. MUST BE PRESENT TO WIN.*

Date: Friday, May 24, 2019
Time: 1:00 pm-3:00 pm.
Location: Creekside Community Center, 9801 Penn Avenue South, Bloomington
Cost: FREE event! No registration required!

Alive & Kickin “Love is Alive and Kickin”

Bloomington Parks and Recreation is offering AR&LE participants free tickets to attend the June 6th Alive & Kickin’s Neighbors Night Out, preview performance of *Love is Alive & Kickin*. Your favorite rockin seniors, Alive & Kickin, take the stage once again with an ALL NEW spectacular musical production of stories and songs. “Love is Alive & Kickin” is a musical journey that boldly reflects the true-to-life roller coaster ride of our hearts and the many flavors of love! Fasten your seat belt and join the wild ride! Show starts at 6:30 pm and includes a pre-show reception with complimentary refreshments. To find out more go to www.aliveandkickinmn.org.

Date: Thursday, June 6, 2019
Time: 6:30 pm with a pre-show reception
Location: Bloomington Center for the Arts, 1800 West Old Shakopee Road
Cost: FREE, but must make reservation
Register by: To make a reservation, call 952-563-8877.
AR&LE Adaptive Youth and Adult Softball

Join us for a summer of co-rec softball with your friends from AR&LE! Season highlights include a special Under the Lights Game, team photos and team shirt! The Under the Lights Game will be held at the grandstand at Red Haddox Field! You will receive further information, including dates and times, about this special event after registration. **Register early as space is limited!**

**Adaptive Youth Softball - Ages 10-18**

Have fun playing softball with friends and improving your skills! Youth softball teaches basic rules and good sportsmanship through fun, creative drills and games.

**Date/Time:** Mondays | June 17-August 5 | 6:30-8:00 pm (no July 1)
**Location:** Tarnhill Park, 9650 Little Road, Bloomington
**Cost:** $67 | Staff to participant ratio is 1:10

**Adaptive Competitive Softball - Ages 19+**

Enjoy some friendly competition this summer! This program is designed for players who have softball experience and want to play competitively. Balanced teams will be developed after player skill evaluations.

**Date/Time:** Tuesdays | June 18-August 13 | 6:30-8:15 pm (no July 2 or Aug 6)
**Location:** Tarnhill Park, 9650 Little Road, Bloomington
**Cost:** $67 | Staff to participant ratio is 1:20
**Register by:** Register by May 31, 2019. Registration available online at [www.BloomingtonMN.gov](http://www.BloomingtonMN.gov) (keyword: “ARLE”) or contact City of Bloomington Parks and Recreation at 952-563-8877.

**TRAIL:** TRAIL transportation requires a minimum of five riders. Please be aware that due to transportation constraints, TRAIL cannot guarantee a 6:30 arrival time. Please contact TRAIL at 612-401-6395 with any questions.

**Adaptive Recreational Softball - Ages 19+**

Focus on fun, friends and skill development! This is a non-competitive program for players with or without experience. Coaches encourage good sportsmanship, further skill development and a better understanding of rules and positions.

**Date/Time:** Tuesdays | June 18-August 6 | 6:30-8:15 pm (no July 2)
**Location:** Tarnhill Park, 9650 Little Road, Bloomington
**Cost:** $67 | Staff to participant ratio is 1:20
**Register by:** Register by May 31, 2019. Registration available online at [www.BloomingtonMN.gov](http://www.BloomingtonMN.gov) (keyword: “ARLE”) or contact City of Bloomington Parks and Recreation at 952-563-8877.

**TRAIL:** TRAIL transportation requires a minimum of five riders. Please be aware that due to transportation constraints, TRAIL cannot guarantee a 6:30 arrival time. Please contact TRAIL at 612-401-6395 with any questions.
Adaptive Programs

The City’s therapeutic recreation programs are intended to enhance the quality of life of individuals with disabilities as well as other diverse populations. Programs are facilitated by trained recreation specialists and/or qualified staff. We strive to provide programs that enhance social and physical skills, self-esteem and independence.

What is Adaptive Recreation?

Adaptive Recreation provides opportunities for individuals of all ages and abilities to actively participate in recreational or educational programs. Programs are specifically designed for people with disabilities.

What is Inclusion?

Inclusion is the process in which individuals with disabilities have the opportunity to participate in all community activities offered to individuals without disabilities. Inclusion requires providing the necessary framework for adaptations, accommodations and supports so that individuals can benefit equally from experiences.

How do I request Inclusion Services?

For the purpose of making arrangements for a reasonable accommodation needed in a program, please contact Nicole Weedman, Senior Recreation Supervisor, at 952-949-8456 or NWeedman@edenprairie.org at least three weeks prior to the start of the program. Inclusion support may come in the form of one or more of the following: program observation, staff training, program modification/adaptations, modified equipment or inclusion companion (a companion can support 1-3 participants depending on need).

Out and About - Ages 16-25

Join your friends for fun activities once a month. The goals for this program include developing appropriate socialization skills with peers and staff, developing an interest or knowledge of different leisure activities, and promoting independence in the community. Registration deadline is seven days before the start of the program. Location: Leave from Senior Center; maximum 6

Skyzone

Jump around and burn some energy on a sensory-friendly evening at Skyzone.

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<tr>
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Stages Theater


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<tr>
<td>Sa</td>
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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 personal support staff at no cost and workout together. Program goals: physical activity, flexibility, and better health. Registration deadline is seven days before the start of the program. Location: Community Center Room 201; maximum 10

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Get Your Glee On - Ages 12-22

Sing, boogie, and play a variety of instruments to your favorite and new songs while in a familiar and supportive environment. All abilities and musical backgrounds are welcome. Friends and family are invited to attend the performance at the end of the program. Instructor: McPhail Center for Music. Location: Aquatics Center Room 110; maximum 15

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<th>Cost</th>
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<td>Jun 24-28</td>
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Friends Together Camp - Ages 12-22
Expand your interests and personal skills through creative projects, games and outdoor activities. The daily schedule varies based on occasional off-site activities. The schedule is emailed one week prior to the camp. Registration deadline is seven days before the start date. **Location:** Nesbitt Preserve Park; maximum 15

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<td>$115</td>
<td>355602-03</td>
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<tr>
<td>M-F</td>
<td>Jul 15-19</td>
<td>9 am-12 noon</td>
<td>$115</td>
<td>355602-04</td>
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<tr>
<td>M-F</td>
<td>Jul 22-26</td>
<td>9 am-12 noon</td>
<td>$115</td>
<td>355602-05</td>
</tr>
<tr>
<td>M-F</td>
<td>Jul 29-Aug 2</td>
<td>9 am-12 noon</td>
<td>$115</td>
<td>355602-06</td>
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Health and Safety Camp - Ages 12-22
Enhance your wellness through activities related to nutrition, fitness and daily living. Learn to use the fitness equipment at the Community Center and the overall benefits of being active and eating healthy. **Location:** Aquatics Center Room 110; maximum 15

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All in One Art Camp - Ages 12-22
Explore different art media such as clay sculpture, glass mosaic, painting and drawing all in one week. Students learn the basics of 2-D and 3-D art while exploring all that art has to offer. **Location:** Art Center Room 105; maximum 8

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<td>Jun 8-12</td>
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Outdoor Adaptive Recreation Sampler Camp - Ages 12-22
Along with the Three Rivers Park District staff, explore a variety of outdoor recreation activities. Use a GPS to go geocaching for s’mores ingredients then cook yourself a treat over an open fire. Learn archery and disc golf, go paddle boarding and try your hand at fishing. Registration deadline July 1. **Location:** Drop off and pick up a Bryant Lake Regional Park, 6800 Rowland Rd., Eden Prairie; maximum 15

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Sports & Fitness Camp - Ages 12-22
Have fun with your friends while learning the fundamentals of various traditional sports such as basketball, baseball and backyard games like bag toss and ladder golf. **Location:** Senior Center Room 201; maximum 15

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<td>Jul 22-26</td>
<td>1-3:30 pm</td>
<td>$175</td>
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Social Skills Camp - Ages 14-21
This camp focuses on developing social, emotional and communication skills vital to success in school, work and life. Campers explore the fundamentals of visual art, theater, poetry, music, and dance with local professional artists from Upstream Arts in a fun and interactive environment. Participants act, write, dance, paint, create, experience, socialize and learn. Registration deadline is July 19. **Instructor:** Upstream Arts. **Location:** Aquatics Center Room 110; maximum 15

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<tbody>
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<td>M-F</td>
<td>Jul 29-Aug 2</td>
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<td>$240</td>
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Out & About Camp - Ages 12-22
Explore the many things to do around the Twin Cities. Outings include bowling, swimming at Sand Ventures, mini golf and more. Entrance fees are included in the camp fee. Drinks and snacks are extra. Registration deadline July 10. **Location:** Nesbitt Preserve Park; maximum 12

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Voice & Choice Camp - Ages 14-21
This camp focuses on leading the group through collaborative arts activities - including acting, music, poetry, visual arts and dance - designed to strengthen self-advocacy skills and nurture self-expression. Participants learn fundamental skills in a variety of art forms through fun activities while gaining a new perspective on how to use their personal voice to make choices for themselves. Registration deadline is August 3. **Instructor:** Upstream Arts. **Location:** Senior Center Room 201; maximum 15

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<td>Aug 12-16</td>
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<td>$360</td>
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</table>
**DREAM Ice Skating - Ages 4-18**
This class encourages skaters to follow their dreams. Skaters of all abilities will have fun learning to skate at their own pace. Taught by certified instructors and supported by one-to-one volunteers. No previous skating experience needed; hockey helmet required. Register by March 14.

- **Date:** Sundays | March 31, April 7, 14, 28 and May 5, 19 (no skating April 21 or May 12)
- **Time:** Session I: 10:25-11:05 am  Session II: 11:10-11:50 am
- **Location:** Braemar Ice Arena, 7501 Ikola Way, Edina
- **Cost:** $100 per session | Session I Course #PR9001  Session II Course #PR9001.1
- **Register by:** March 14 | minimum 6, maximum 24

**Larry Nelson Adaptive League and Advanced Lessons - Ages 12 and up**
Designed for all level of golfers. Beginners will learn about golf etiquette, basic skills and rules. Golfers are supported on the course with volunteers based on their needs. After skill building, we will hit the course and play. *This program uses TRAIL which requires a minimum of five riders, so sign up early!* Please be aware that due to transportation constraints, TRAIL cannot guarantee a 6:30 arrival time. Please contact TRAIL at 612-401-6395 with any questions.

- **Date:** Mondays | April 29 - June 24 (no class May 27)
- **Time:** 6:30 pm to dark (Monday, April 29 in Golf Dome)
- **Location:** Braemar Golf Course
- **Cost:** $100 | Course #PR9003

- **TRAIL** requires a minimum of five riders, so sign up early!

**Adaptive Water Aerobics - Ages 16 and up**
Work on aerobic strengthening, stretching and range-of-motion exercises, all in the comfort of the Edinborough Park pool. Boost fitness levels and minimize the impact on our bones/muscles as you exercise. The pool has a chair lift for easy entry and exit. Group home staff bringing more than two participants must provide support in the water. *This program uses TRAIL which requires a minimum of five riders, so sign up early!* Register by May 27; minimum 10, maximum 25.

- **Date:** Session I: Wednesdays June 5-26  Session II: Wednesdays July 10-31
- **Time:** 7-8 pm
- **Location:** Edinborough Park, 7700 York Avenue South, Edina
- **Cost:** $45 per session | Session I Course #PR9004  Session II Course #PR9005

**Adaptive Theatrical Performance Camp - Play to be determined - Ages 13-21**
It’s one of our most popular teen camps! After viewing a movie, campers will learn lines and songs, as well as create the sets for the exciting performance that is held on the last day of camp. Register by July 15; minimum 8, maximum 20.

- **Date/Time:** Monday-Thursday, August 5-8 | 10 am-3 pm  Friday, August 9 | 9:30 am-1 pm, performance at 1 pm
- **Location:** Edinborough Park, 7700 York Avenue South, Edina
- **Cost:** $175 | Course #PR9006

**Spring Art Class - Ages 16 and up**
Join us for our Spring Art Class. This class will be taught by the same instructors as Presents for the Holidays. We will be making a variety of arts and crafts for this spring. Register by March 22; minimum 6, maximum 20.

- **Date:** Fridays April 5-May 3 (no class April 19)
- **Time:** 6-7:30 pm
- **Location:** Edina Senior Center - Classroom #2, 5280 Grandview Square
- **Cost:** $75 | Course #PR9007
Want to save time and paper? Edina offers online registration for all programs and events.

**How to Register Online:**
- Create an account or log in to an existing account. Note that this account is separate from any other account you may have on the City of Edina’s primary website.
- Add participants to your account who you would like to enroll in programs or activities. Don’t forget to include yourself as the Primary Account Holder.
- To register for an Activity or League, select “Registration” and then either “Activity Registration” or “League Registration.”
- Once you select the activity, be sure to select the correct name of the registrant.
- Check out items in your Shopping Cart.
- Placing a class in your cart DOES NOT reserve your space in it. To ensure your space, you must finish the registration and payment process.

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**Edina AR&LE Registration Form**

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<thead>
<tr>
<th>Participant Name</th>
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<th>Cell Phone</th>
<th>E-mail</th>
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<tr>
<td>Apt. #</td>
<td>Zip Code</td>
<td>Birth Date</td>
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**Special Information:**
- Dietary needs/allergies:

**Will PCA or Staff Attend with participant?**
- Yes
- No

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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.

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**Parent/Guardian**

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<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, 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.

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**Participant or Parent/Guardian Signature**

**Date**

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**TRAIL**

<table>
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<td>DREAM Ice Skating Session II, #PR9001.1</td>
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<td>Session II July 10-31, #PR9005</td>
<td>$45</td>
</tr>
<tr>
<td>Adaptive Theatrical Performance Camp, #PR9006</td>
<td>$175</td>
</tr>
<tr>
<td>Spring Art Class, #PR9007</td>
<td>$75</td>
</tr>
</tbody>
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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

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

**Credit Card Information**

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**Exp. Date**
**Movies and Munchies**
Meet new people, visit with friends, and enjoy a movie on the big screen!

**Who:** Adults 18 and older. Participants who need extra assistance should attend with a caregiver.

**Date:** Fridays | 7:00-9:00 pm
- April 5 *Ralph Breaks the Internet* | May 3 *Mary Poppins Returns* ($8 movie & pizza)

**Location:** Richfield Community Center | 7000 Nicollet Avenue South

**Cost:** $5 per movie **payable at the door.** $8 for May 3 movie & pizza. Staff/assistants are invited to attend free of charge. (May 3 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. maximum 50

**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.

**Date/Time:** Mondays & Wednesdays | April 1-May 22 | 7:00-8:00 pm

**Location:** Richfield Community Center, 7000 Nicollet Avenue South

**Cost:** 2 days per week $48 | 1 day per week $24 Please indicate Mon and/or Wed on registration form. **TRAIL is available on Wednesdays. Min 5 riders and max 20 riders.**

**Register by:** March 26 | minimum 10, maximum 25

**Step to it Walking Club**
Remember to dress for the weather, wear tennis shoes and **BRING A WATER BOTTLE!** If it rains we will walk inside the Kennedy Activity Center. **TRAIL requires a minimum of five riders, so sign up early!**

**Who:** Adults 18 and older who can be safely supervised by 1 staff person per 25 participants

**Date/Time:** Mondays | June 3-August 19 (August 26 make-up) | 7:00-8:00 pm

**Location:** Kennedy High School Track | 150 East 98th Street, Bloomington

**Cost:** $41

**Register by:** May 28 | minimum 10, maximum 25

**Spring 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. Good Happenings staff to client ratio is 1:12. **Participants who need extra assistance should attend with a caregiver.**

**Uno & Root Beer Floats** – There’s nothing better than playing Uno with friends and enjoying ice-cold root beer floats! Please eat dinner beforehand. Register by: Mar 20; min 15, max 40
- Wed, Mar 27 7:00-8:30 pm Richfield Community Center $10 Staff cost $0

**Pajama Egg Hunt** – Everyone loves an egg hunt, especially in pajamas! We will search for eggs inside of the Community Center and enjoy cupcakes and good conversation at the end. Be sure to wear your pajamas.
- Register by: Apr 5; min 15, max 30
- Fri, Apr 12 7:00-8:15 pm Richfield Community Center $12 Staff cost $0

**Science Museum of MN** – Explore the Science Museum of MN to learn about Egyptian mummies, dinosaur fossils and more! Experience interactive exhibits and discover our world in new ways! Please eat lunch beforehand. Register by: Apr 19; min 15, max 25
- Sun, Apr 28 1:00-5:00 pm Pickup/off Richfield Community Center $34 Staff cost $18 for admission

**Dinner at Red Robin** – Enjoy a great dinner with great friends! Dinner and drink included in price.
- Register by: May 1; min 15, max 40
- Tues, May 7 6:45-8:15 pm 2300 W. 80th 1/2 St. Bloomington $24 Staff purchase own

**Taco ’bout a good time!** – Let’s have some fun! Enjoy tacos-in-a-bag and play yard games and board games.
- Register by: May 22; min 15, max 40
- Wed, May 29 6:45-8:15 pm Richfield Community Center $15 Staff cost $8 for dinner

---

**REGISTRATION NOW ONLINE!**
Online registration is available at www.richfield.mn.gov/onlineregistration

---

**ANN JINDRA**
Richfield Recreation Services Recreation Supervisor
7000 Nicollet Avenue South
Richfield, MN 55423
612-861-9361
TTY 711 (MN Relay Services)
ajindra@richfieldmn.gov
www.richfieldmn.gov
Summer 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. Good Happenings staff to client ratio is 1:12. **Participants who need extra assistance should attend with a caregiver.**

**Bowling @ Southtown!** – Keep up on your bowling game and spend an evening with friends bowling and having pizza for dinner! Register by: Jun 4; min 15, max 40

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Staff Cost</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, Jun 11</td>
<td>6:45-8:15 pm</td>
<td>AMF Southtown in Bloomington</td>
<td>$20</td>
<td>$0</td>
<td>does not include bowling or pizza/drink</td>
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</table>

**“State Fair” Outdoor Musical** – Enjoy an evening outside as the Eden Prairie Players perform “State Fair”. Remember to bring a lawn chair or a blanket to sit on! Snacks will be provided, please eat dinner beforehand. Register by: Jun 14; min 15, max 40

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Staff Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jun 20</td>
<td>6:45-8:45 pm</td>
<td>Staring Lake Amphitheatre, Eden Prairie</td>
<td>$10</td>
<td>$0</td>
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</tbody>
</table>

**Concert in the Park** – Enjoy The Cheese Bots as they perform pop/jazz/rock music at the new band shell! Remember to bring a lawn chair or blanket! Snacks provided, please eat dinner beforehand. Park in the Ice Arena parking lot. Register by July 5; min 10, max 40

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Staff Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Jul 11</td>
<td>7:00-8:15 pm</td>
<td>Richfield Band Shell, 636 E 66th St</td>
<td>$8</td>
<td>$0</td>
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</table>

**16th Annual Summer Picnic** – We will have great food, play BINGO and have games in the park! We will picnic in Shelter #1 at West Bush Lake Park. Register by: Jul 19; min 15, max 40

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Staff Cost</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>Thu, Jul 25</td>
<td>6:45-8:45 pm</td>
<td>9401 W. Bush Lake Rd, Bloomington</td>
<td>$16</td>
<td>$7</td>
<td>for picnic dinner</td>
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</table>

**Kayaking** – Learn how to kayak! Instructors will lead our small group on instruction and safety. NOTE: this program will be on a lake; participants must feel comfortable around water and feel strong enough to paddle a kayak by themselves. Spots are limited! We will meet at Bryant Lake Regional Park in Eden Prairie. Register by: Jul 25; min 5, max 10

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Staff Cost</th>
<th>Remarks</th>
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</thead>
<tbody>
<tr>
<td>Fri, Aug 2</td>
<td>6:45-8:30 pm</td>
<td>6800 Rowland Rd, Eden Prairie</td>
<td>$20</td>
<td>$0</td>
<td></td>
</tr>
</tbody>
</table>

**St. Paul Saints Game** – Watch the Saints take on the Gary Southshore Railcats. You will receive $5 in Saints bucks to purchase concessions, but bring additional money as well. Must register by Jul 10, cancellations will not be accepted after this date; min 15, max 30

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
<th>Staff Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun, Aug 11</td>
<td>3:45-9:00 pm</td>
<td>Pickup/off Richfield Community Center</td>
<td>$32</td>
<td>$14</td>
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### Richfield AR&LE Registration Form

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Home Phone</th>
<th>Cell Phone</th>
<th>E-mail</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address/City</td>
<td></td>
<td></td>
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</tbody>
</table>

**Special Information:**

- **Food Allergies:**

**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.

**Emergency Contact:**

- **Home Phone:**
- **Cell Phone:**

**R= Resident, NR=Nonresident**

**TRAIL riders please check TRAIL box.**

**Movies & Munchies**

- Ralph Breaks the Internet, Apr 5
- Mary Poppins Returns, May 3 ($8 movie & pizza)

**Cardio Fitness**

- Mon. & Wed. 6:45-8:30 pm
- Mon. or Wed. (circle one) 6:45-8:30 pm
- Step it to Walking Club 6:45-8:30 pm

**Food Allergies:**

**Spring Good Happenings**

- Uno & Root Beer Floats, Mar 27
- Pajama Egg Hunt, Apr 12
- Science Museum of MN, Apr 28
- Dinner at Red Robin, May 7
- Taco 'bout a good time!, May 29

**Summer Good Happenings**

- Bowling @ Southtown, June 11
- “State Fair” Outdoor Musical, June 20
- Concert in the Park, Jul 11
- 16th Annual Summer Picnic, Jul 25
- Kayaking, Aug 2
- St. Paul Saints Game, Aug 11

**Dinner at Red Robin, May 7**

- $24
- $0
- $7
- $0
- $15
- $18
- $18
- $15
- $8
- $18
- $18
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- $18
- $15
- $8

**RICHFIELD AR&LE**

**City of Richfield**

**5000 Nicollet Avenue, Richfield, MN 55423**

**May 4**

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

**Comments:**

**Online registration is available at www.richfieldmn.gov/onlineregistration. Credit cards will only be accepted online.**
On-line Registration Site and Website
For on-line registration, go to [https://bloomington.ce.eleyo.com](https://bloomington.ce.eleyo.com) and create an account. Or link from our web page from [www.ARLEMN.org](http://www.ARLEMN.org), go to the bottom of the page and click on Learning Exchange. On-line registration available starting Wednesday, March 6, 2019.

Personal Leisure and Healthy Lifestyles

My Body, My Choice

Feeling safe is important. At some point, most of us have been confused by someone touching us, whether it was a stranger in a crowd or a relative who hugged us too long, or other examples. Let’s discuss how to claim our power to feel safe with our bodies.

This is a two-night class. The first night we will discuss the physical boundaries of your body, how to respect your and other people’s boundaries, and what to do if someone touches you in a way that you don’t want them to. Bring your questions. Information handout provided. Led by Nina Jonson, Relationship and Social Skills Consultant. The second night, let’s review and do role-playing, led by actors from Combustible Company. You can watch role plays, and participate as you choose. Come enjoy interacting to review and practice skills in a safe environment.

Date/Time: Monday | April 15 AND April 29 | 7:00-8:30 pm
Location: Jefferson High School; Media Center; 4001 W. 102nd Street, Bloomington
Cost: $15 for two-class session | checks payable to ISD 271
Register by: April 1 | minimum 6, maximum 25

Lower price thanks to a grant from the Bloomington Crime Prevention Association. Look for another Learning Exchange safety activity in the fall AR&LE catalog.

Friendship Skills: Bingo, Trivia and Conversation

Let’s play Bingo (yes, with prizes) and Star Wars/Disney Movie Trivia - we’ll have new 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 | April 30 | 7:00-8:15 pm
Location: NEW Location for this activity: Jefferson High School; Media Center; 4001 W. 102nd Street, Bloomington
Cost: $11 | checks payable to ISD 271
Register by: April 16 | minimum 6, maximum 25

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.

Note New Start Time.

Date/Time: Tuesday | May 14 | 7:00-8:30 pm (new start time)
Location: Drop off: Enter back of store at Arc’s Value Village; 10546 France Ave. So., Bloomington
Pick up: McDonald’s, 4000 W. Old Shakopee Rd., Bloomington
Cost: $5 | checks payable to ISD 271
Register by: April 30 | minimum 6, maximum 18

Culture Club: Explore Egypt

Come have fun exploring Egypt - old and present day! Hear fun facts, see photos of pyramids, listen to Egyptian music, try speaking a little Arabic, taste some traditional foods and more! Led by Jessica Amo, world traveler who lived in Egypt for over a year.

Date/Time: Thursday | May 16 | 7:00-8:15 pm
Location: Community Education Campus; room 203; 2575 W. 88th Street, Bloomington
Cost: $11 | checks payable to ISD 271
Register by: May 2 | minimum 6, maximum 20
Dance into Summer
Let’s have a blast learning new dance steps to current and classic songs! End the night showing off your best moves in a dance circle. This fabulous class led by popular dance instructor Monica Mohn.

Date/Time: Thursday | May 23 | 7:00-8:00 pm
Location: Washburn Elementary School, Lunchroom, 8401 Xerxes Ave. So., Bloomington
Cost: $11 | checks payable to ISD 271
Register by: May 9 | minimum 8, maximum 30

It IS Rocket Science!
Adventure with us into space by making your own mini straw rocket and launching it! While it won’t be jet propelled, and the launching will happen indoors, we’ll have a great time exploring the science and dynamics of what makes things fly.

Date/Time: Thursday | May 30 | 7:00-8:15 pm
Location: Washburn Elementary School, Lunchroom, 8401 Xerxes Ave. So., Bloomington
Cost: $11 | checks payable to ISD 271
Register by: May 16 | minimum 8, maximum 20

Model Boating Night and Scavenger Walk!
Hear a short presentation from members of the Edina Model Yacht Club. Then stand on shore and try your hand at operating a radio-controlled miniature boat on Centennial Lake. Continue with the model boating group or enjoy a group walk along the paths of Centennial Lakes Park looking for new sights. Dress to enjoy the great outdoors!

Date/Time: Thursday | June 6 | 7:00-8:15 pm
Location: Centennial Lakes Park, 7499 France Ave. So., Edina (lower level between Hughes Pavilion and Chuck E. Cheese for drop off/pick up)
Cost: $8 | checks payable to ISD 271
Register by: May 23 | minimum 6, maximum 25

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 | May 6 | 7:00 - 8:15 pm
Location: Edina Senior Center | 5280 Grandview Square, Edina
Cost: $9 | checks payable to ISD 271
Register by: April 22 | minimum 6, maximum 12

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 | April 9, May 7, June 4 | 7:00-8:00 pm
Location: Fraser Sheridan Court Commons Room | 2500 W. 66th Street, Richfield
Cost: All three classes for only $16 | checks payable to ISD 271
Register by: March 26 | minimum 6, maximum 12 - hurry - this fills fast!

Relaxing Spa Night
Come learn ways to pamper yourself in a relaxing atmosphere. We’ll have warm towels to steam your face, soothing music and lotions to massage your hands. Try aromatherapy scents and guided relaxation meditation. Make a lotion sample to take home. Just what we need to soothe away the winter doldrums! If you are sensitive to scents, do not register for this class.

Date/Time: Tuesday | April 2 | 7:00 - 8:00 pm
Location: Community Education Campus, room 233
Cost: $10 | checks payable to ISD 271
Register by: March 26 | minimum 6, maximum 20
Arts and Crafts

**Decorated Dream Box**

Embarrass a small box and lid with inspirational words and some fun extras, including stickers, flowers and more. Perfect to store small treasures or notes about things you dream about doing some day.

**Date/Time:** Tuesday | April 23 | 7:00 - 8:15 pm

**Location:** South View Middle School, Room 201 (enter door #4), 4725 South View Lane, Edina

**Cost:** $15 | checks payable to ISD 271

**Register by:** April 9 | minimum 6, maximum 16

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**Sassy Sea Shell Frame**

Decorate a wooden frame and sea shells with watercolor paint and glitter glue. Bonus shell ornament to hang! Just the thing to inspire summer memories.

**Date/Time:** Tuesday | May 21 | 7:00 - 8:30 pm

**Location:** Washburn Elementary School, Art Room #46, 8401 Xerxes Ave. So., Bloomington

**Cost:** $15 | checks payable to ISD 271

**Register by:** May 7 | minimum 6, maximum 16

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**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 Dining Club 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:** $17 per class | checks payable to ISD 271

**Register by:** Two weeks before class | minimum 6, maximum 16 (Hurry, these fill fast!)

**Stovetop Chicken Pot Pie**

Thursday, Apr 11 or Thursday, Apr 18 (TRAIL)

A quick, nourishing meal for any season but particularly satisfying with savory seasonings, spring vegetables and rotisserie chicken!

**Best Beef and Broccoli**

Thursday, May 2 or Thursday, May 9 (TRAIL)

This dish is the perfect springtime dinner; it brings together delicious ingredients and flavors to welcome spring as the weather turns.

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**Important Learning Exchange Registration Information!**

Learning Exchange classes are customized to meet the needs of adults with developmental or cognitive disabilities, ages 18 and older.

**Registration and Payment:** Pre-registration and pre-payment is required for all classes. Walk-in participants are not allowed.

**Supervision:** Participants requiring personal assistance for physical and/or behavioral issues must be accompanied by a caregiver.

**Medication and Seizures:** Instructors and staff are not licensed to administer medications. If medications are required during a class, a caregiver must attend to administer the medication. A caregiver must accompany participants with active seizure disorders. Contact Janet Clarke if questions: 952-681-6121.

**Three or more people registering from the same address/residential provider:** A care provider should attend the class to assist the participants.
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

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Home Phone</th>
<th>E-mail</th>
<th>Age</th>
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<table>
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<th>Zip Code</th>
<th>Birth Date</th>
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<table>
<thead>
<tr>
<th>Staff will attend: Yes ___ No ___</th>
<th>Allergies/Medical Concerns:</th>
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<th>Cell/Work Phone</th>
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<thead>
<tr>
<th>Emergency Contact</th>
<th>Phone/s</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 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 and/or video images for publicity purposes.

<table>
<thead>
<tr>
<th>Participant or Parent/Guardian Signature</th>
<th>Date</th>
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TRAIL Riders please check TRAIL Box

<table>
<thead>
<tr>
<th>Class ID</th>
<th>Cost</th>
<th>TRAIL</th>
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Personal Leisure & Healthy Lifestyles

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Arts and Crafts

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<tr>
<td>LE221S</td>
<td>$15</td>
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</table>

Dining Club

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

<table>
<thead>
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<th>Cost</th>
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<tbody>
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</tr>
<tr>
<td>LE223S-B</td>
<td>$17</td>
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</tbody>
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Have ideas for future Learning Exchange classes? List them here or email ideas to jclarke@isd271.org

TOTAL FEE(S) PAID: $_______

Credit Card: ☐ Visa ☐ MasterCard ☐ Discover

Number __________________________ Exp. Date ____________

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

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.
6th Annual

Bowling for Buses
9-Pin No Tap!

Who
Everyone is invited!

When
May 19, 2019 | 3 to 5 pm
2:45 check-in & 3:00 bowling
4:30 pizza & pop served

Where
AMF Southtown Lanes

Benefiting
TRAIL transportation to adult AR&LE programs

Purchase tickets by mail or online starting 3/1 at www.bowlingforbuses.eventbrite.com or mail completed registration form along with check payable to TRAIL. Must be received by 5/15.

Name: ____________________________________________
Address: ____________________________________________
City: ___________________________ Zip: _______________
Telephone: _________________________________________
Email: _____________________________________________

Bowler: Qty ____ x $24 = $____
Spectator*: Qty ____ x $15 = $____
*food & drink only $____ TOTAL

If you would like to bowl with a certain person, please list name/s: ____________________________________________
___________________________________________________
___________________________________________________

TRAIL staff will make final decisions on lane placements.
☒ TRAIL riders check here for FREE transportation.
☒ I need a ramp and/or bumpers for bowling (circle)

Support staff are required to assist clients as needed.

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