

POOL SCHEDULE

MAY 1-6 & 18-31, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim		
9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim		
12noon-1:00p.m. Open Swim (No water features)	12noon-1:00p.m. Open Swim (No water features)	12noon-1:00p.m. Open Swim (No water features)	12noon-1:00p.m. Open Swim (No water features)	12noon-1:00p.m. Open Swim (No water features)		
3:30-5:00p.m. Open Swim & Water Features	3:30-5:00p.m. Open Swim & Water Features	3:30-5:00p.m. Open Swim & Water Features	3:30-5:00p.m. Open Swim & Water Features	3:30-8:00p.m. Open Swim & Water Features	11:30a.m.-2:30p.m. Open Swim & Water Features	12:30-2:30p.m. Open Swim & Water Features
5:00-6:00p.m. Open Wading Pool, Whirlpool, Sauna	5:00-6:00p.m. Open Wading Pool, Whirlpool, Sauna	5:00-6:00p.m. Open Wading Pool, Whirlpool, Sauna	5:00-6:00p.m. Open Wading Pool, Whirlpool, Sauna	5:00-6:00p.m. Open Wading Pool, Whirlpool, Sauna		
6-8:00p.m. Open Swim & Water Features	6-8:00p.m. Open Swim & Water Features	6-8:00p.m. Open Swim & Water Features	6-8:00p.m. Open Swim & Water Features	6-8:00p.m. Open Swim & Water Features		
8-8:30p.m. Lap Swim	8-8:30p.m. Lap Swim	8-8:30p.m. Lap Swim	8-8:30p.m. Lap Swim	8-8:30p.m. Lap Swim	2:30-3:30p.m. Lap Swim	2:30-3:30p.m. Lap Swim

Note: Water features include two waterslides and poolside climbing wall.

June 1-July 31, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim	6-7:30a.m. Adult Lap Swim		
9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim	9:30-11a.m. Adult Open Swim		
12-1:45p.m. Open Swim & Water Features	12-1:45p.m. Open Swim & Water Features	12-1:45p.m. Open Swim & Water Features	12-1:45p.m. Open Swim & Water Features	12-1:45p.m. Open Swim & Water Features		
4-5:30p.m. Open Swim & Water Features	4-5:30p.m. Open Swim & Water Features	4-5:30p.m. Open Swim & Water Features	4-5:30p.m. Open Swim & Water Features	4-8:30p.m. Open Swim & Water Features	11:30a.m.-2:30p.m. Open Swim & Water Features	12:30-2:30p.m. Open Swim & Water Features
5:30-6:30p.m. Open Wading Pool, Whirlpool, Sauna	5:30-6:30p.m. Open Wading Pool, Whirlpool, Sauna	5:30-6:30p.m. Open Wading Pool, Whirlpool, Sauna	5:30-6:30p.m. Open Wading Pool, Whirlpool, Sauna	5:30-6:30p.m. Open Wading Pool, Whirlpool, Sauna		
7:15-8:30p.m. Open Swim & Water Features	7:15-8:30p.m. Open Swim & Water Features	7:15-8:30p.m. Open Swim & Water Features	7:15-8:30p.m. Open Swim & Water Features	7:15-8:30p.m. Open Swim & Water Features	2:30-3:30p.m. Lap Swim	2:30-3:30p.m. Lap Swim

Watch for an updated pool schedule for the month of August.

Pool area closed for scheduled maintenance May 7-17.

PACC is closed Memorial Day.

Waterslide and poolside climbing wall users must be a minimum of 43" in height.

PACC is closed July 4.

Waterslide and poolside climbing wall users must be a minimum of 43" in height.

2017

Summer Recreation & PACC Programs May 1-August 31, 2017



Perham Area Community Center
620 Third Avenue SE
Perham, MN 56573
218-346-PACC
web: www.346pacc.com
e-mail: pacc@eot.com
Summer Rec Hotline: 346-PACC+3

Building Hours

May 1-September 30
Mon-Fri 5:30a.m.-9:00p.m.
Saturday 8:00a.m.-4:00p.m.
Sunday 12:00noon-4:00p.m.
Pool hours on back page.
Closed Memorial Day, July 4, and Labor Day.

PACC Fitness Access 24/7 for Adult PACC Members

PACC's fitness areas, including the free weight area, weight machine and cardio equipment areas, walking track, and the aerobic room, are available for access 24/7 for adult PACC members. Each adult must purchase their own access FOB. Access FOBs may not be shared, not even with family members. Detailed information is available at PACC's front desk.

Check Summer Recreation insert for activity and registration information.

Admissions

Day Pass Rates

Students: \$6
Adults: \$8
Family: \$22
10-Use Admit Card \$65
Student 10-Use Card \$45

*Children ages 2 and under are admitted free with a paid adult.

Water Features (Waterslides & Climbing Wall)

Water features are included as a part of your paid day pass or PACC membership during applicable pool hours. The minimum height requirement is 43 inches for waterslides and pool climbing wall users.

Fitness Classes

Most classes are FREE in conjunction with purchase of PACC membership or day pass. See fitness class schedule for selection & limitations.

Memberships

*Memberships are available in 4-month, 6-month, and 12-month increments. Several payment methods are available.

Insurance Incentives

Ask for information regarding the incentives offered through various health insurance programs.

Parental Supervision

Please note that children within the PACC who are under age 7 must be accompanied by an adult (parent, guardian, or instructor) at all times.

Photography Policy

Participants, upon payment of activity/program fee, give consent to use any of the photographs taken by the PACC, its employees, agents, and elected officials and agree such photographs shall become the property of the PACC. Participants are not entitled to compensation of any kind for the use of such photographs.

Participant Waivers

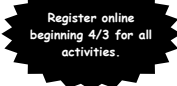
A custodial adult must sign a participant waiver (upon registration, either online or in person) for each minor they are registering for summer recreation activities.

Online registration beginning April 3 (unless otherwise noted) on PACC's web site: www.346pacc.com

Swim Lessons, Aquatics, Personal Training

PACC Swimming Lessons

Fees: Members: \$35
Non-Members: \$55



June 12-23, Mon-Fri (10 days)

2:00-2:30p.m. Levels: 1, 2, 3
2:30-3:00p.m. Levels: 1, 5, 6
3:00-3:30p.m. Levels: 2, 3, 4
3:30-4:00p.m. Levels: 1, 2, Parent/Child

June 12-22, Mon-Thurs (8 days)

6:30-7:15p.m. Levels: 1, 2, 3

Lifeguard Training Class: Blended Learning

An American Red Cross course. Those who pass the course may be eligible for many lifeguarding jobs across the United States. Course involves some early independent study, thus an early deadline for registration.

Days/Dates/Times: June 3: 8-4 and June 4: 9-1.

Fee: \$140 (includes class materials/certification costs)

Two swim lesson sessions will be offered this summer. The first is PACC lessons; the second, Summer Rec lessons (Learn to Swim), are within the Summer Rec center/insert information.

Level 1 swim lesson participants must be a minimum of 40" in height.

PACC will be closed May 29 (Memorial Day) and July 4.

Water Safety Instructor Class

Potential instructors of American Red Cross swim lessons should consider this WSI class.

Days/Dates/Times: June 10 and June 11. Specific instructional times to be determined. Some independent study is required in advance of the class dates.

Fee: \$140 (includes class materials/certification costs)

Individual and Private Swim Lessons

Although similar in nature, with an instructor for you or the group of up to three of your choosing, here are the differences: Individual swim lessons may be held during open swim times; private swim lessons will be held at times other than open swim sessions.

Individual or Private Swim Lessons Fees for 30 minutes of instruction: \$20 members \$25 non-members

- Fee/instructor may be shared by up to 3 students at your request. Advance scheduling with at least 72 hours notice is required.

Lakes Area Penguin Swimmers

LAPS is a USA Swimming developmental competitive program for swimmers ages 6 to 18 who have passed at least level 3 swimming lessons. All pool practices are located in PACC's main pool.

Practice Days: Monday-Thursday **Dates/Time:** May 15-May 31: 5-6p.m., and June 1-July 27: 5:30-6:30p.m.

Registration: Monday, May 1: 5:30-7p.m., PACC Meeting Room 1 **Contact:** Joanie Galbrecht at 218-346-2346.

Fitness: Personal Training

Personal Training

Where to Begin

PACC personal trainers can assist you with setting fitness goals and taking you to your next level of fitness. What does this mean? PACC's trainers meet YOU just where you are in your health, wellness, and fitness journey. Whether you are just getting started, have been exercising for a while, have plateaued, or are more advanced, PACC trainers are ready to challenge you and push you to reach your goals. A PACC trainer will assist you daily, weekly, or monthly in efforts help you meet your health and fitness goals including sports-specific training.

PACC has an array of Training PACCages (Bronze, Silver, Gold) designed to suit your health and fitness goals. Check online or in person for PACCage options and related rate information.

Exercise Equipment Orientations

All members are entitled to a FREE orientation to the fitness equipment. If you have questions, please feel free to ask, as we wish for everyone to feel comfortable with using the equipment. Note: Those wishing to use free weight equipment might find it useful to participate in a class such as Rep Reebok, which teaches good exercise form using free weights.

Fitness Class Schedule: May thru August; Fitness on Demand

	Monday	Tuesday	Wednesday	Thursday	Friday
5:35-6:20a.m.	Cycling (thru May)		Cycling (thru May)		
8:30-9:30a.m.	Water Fitness		Water Fitness		Water Fitness
8:30-9:30a.m.	Rep Reebok	Pilates		Pilates	Rep Reebok
10-10:45a.m.	SilverSneakers® Classic			SilverSneakers® Classic	
10-11:00a.m.			Yoga Flow (thru May 31)		
1:30-2:15p.m.	Silver&Fit® Experience			Silver&Fit® Experience	
5:30-6:30p.m.	Body Sculpt (Month of April for certain - May TBD)	Rep Reebok (thru May 22) & Firefighter Fit (Month of May for certain - summer months TBD)		Firefighter Fit (thru May 25)	
6-7:00p.m.				Heated Yoga Flow (thru May 18)	

Pilates: Doreen

A safe, sensible exercise system that help you develop a strong core, or center of the body. It elongates and strengthens while developing muscle, elasticity, and joint mobility. Most of the exercises are performed in reclining or sitting positions and are considered low-impact or partial-weight-bearing.

Rep Reebok: Days: Doreen; Evenings: Kim

A motivating and inspiring group strength-training class designed to increase muscular endurance and definition. Energizing music and motivational instructors.

Body Sculpt: Megan

This is an intense full-body, fusion, sculpting class which includes yoga, Pilates, cardio, and planking, plus upper and lower body strengthening via light weights. Class is held in a warm room and is set to fun music. All skill levels are welcome.

Firefighter Fit: Pete, Emily, and Tracy

This class is designed for everyone, not just firefighters. Class will provide simulated real-world work-outs thereby making it 'functional' exercise. It might be more accurately described as group personal training, and it consists of functional training. Activities include rows, carries, lifts, battling ropes, body-weight exercises, and much more!
IMPORTANT NOTE: If you have joint restrictions or neck/back issues, Firefighter Fit is probably not for you.

Water Fitness: Gen and Rose

A water class designed especially for the active adult. A fun way to increase cardiovascular and muscular strength with a total body workout.

Group Cycling: Angie and Laura

Instructor-led class utilizes a specially-designed stationary bicycle and a series of cycling movements that provide the participants with both a physical and mental workout.

Yoga Flow: Leona

In this Vinyasa-style flow class you will synchronize breath with mindful movement. Awaken your strength, energy, and flexibility while challenging both your mind and body in a fun atmosphere. All levels welcome.

Water Fitness: Gen and Rose

A water class designed especially for the active adult. A fun way to increase cardiovascular and muscular strength with a total body workout.

***Please note the special nominal fee requirements for the following two classes. All other fitness classes are FREE as a part of your PACC membership or paid day pass.**

SilverSneakers® Classic: Lil and Carol

Improve strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights. Class is free for those with SilverSneakers® coverage; all others must pay a daily participation fee of 25 cents (plus PACC membership or day pass).

Silver&Fit® Experience: Carol

The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance. Class is free for those with Silver&Fit® coverage; all others must pay a daily participation fee of 25 cents (plus PACC membership or day pass).

Fitness on Demand

Are you not finding an instructor-led class at the time you would like it offered? Check out Fitness on Demand (FOD) in PACC's aerobic room. FOD offers FREE access to dozens of the latest fitness classes via video, available when you want them, even 24/7 via your PACC-access fob.



Most PACC fitness classes are now included as part of your paid day pass or PACC membership.

Summer Recreation/Fitness 2017

Beginning Soccer: Entering 1st-2nd grades

All summer rec soccer is played in Perham, with the participants dividing into teams on Thursday evenings.

Dates: June 5-July 27 (no soccer 7/4)

Time: Practices: 10-10:50a.m., M/T/W

Games: 6:00p.m., Thursdays

Fee: \$25 After 5/14: \$30

Intermediate Soccer: Entering 3rd-5th grades

All summer rec soccer is played in Perham, with the participants dividing into teams on Thursday evenings.

Dates: June 5-July 27 (no soccer 7/4)

Time: Practices: 9-9:50a.m., M/T/W

Games: 7:00p.m., Thursdays

Fee: \$25 After 5/14: \$30

Advanced Soccer: Entering 6th-8th grades

All summer rec soccer is played in Perham, with the participants dividing into teams on Thursday evenings.

Dates: June 5-July 27 (no soccer 7/4)

Time: Practices: 11:00-11:50a.m., M/T/W

Games: 8:00p.m., Thursdays

Fee: \$25 After 5/14: \$30

Soccer for 4 Year-Olds: Thursday-Only

A fun introduction to the basic skills of soccer.

Age: Must be 4 years old by June 8, 2017

Day/Dates: Thursdays, June 8-July 27

Time: 5-5:25p.m.

Fee: \$10 **Location:** Arvig Park Soccer Fields

Soccer for 4 Year-Olds: Lunch Break

A fun introduction to the basic skills of soccer.

Age: Must be 4 years old by June 5, 2017

Days/Dates: June 5-July 26, Mondays only

Time: 12-12:25p.m.

Fee: \$10 **Location:** Arvig Park Soccer Fields

Soccer for 5 Year-Olds: Thursday-Only

A fun introduction to the basic skills of soccer.

Age: Must be 5 years old by June 8, 2017

Day/Dates: Thursdays, June 8-July 27

Time: 5:30-5:55p.m.

Fee: \$10 **Location:** Arvig Park Soccer Fields

Soccer for 5 Year-Olds: Lunch Break

A fun introduction to the basic skills of soccer.

Age: Must be 5 years old by June 5, 2017

Days/Dates: June 5-July 26, Wednesdays only

Time: 12-12:25p.m.

Fee: \$10 **Location:** Arvig Park Soccer Fields

Saturday Pre-School Fitness (one-day trial)

Fun movement activities will encourage your little ones to keep the energy flowing while developing beginner-level motor skills. Participants must be potty-trained (or parent must stay throughout the duration of class).

Ages: 3-5 years (by first day of class)

Day/Date/Time: Sat., May 6 9-9:45a.m.

Instructor: Bri Tuman

Location: PACC Multi-Purpose Room **Fee:** \$5

Class Size: Min. 8 Max. 14

NEW

Summer Pre-School Fitness

Fun movement activities will encourage your little ones to keep the energy flowing while developing beginner-level motor skills. Participants must be potty-trained (or parent must stay throughout the duration of class each day).

Ages: 3-5 years (by first day of class)

Dates: June 7-July 26

Days/Time: Tues, 9-9:45a.m.

Instructor: Bri Tuman

Location: PACC Multi-Purpose Room **Fee:** \$20

Class Size: Min. 8 Max. 14

Learn Pickle Ball: Ages 7-10, with/without parents

An opportunity to learn a racquet sport which combines elements of badminton, tennis, and ping pong. Racquets and balls provided for use each scheduled class day.

Dates: June 5-July 27

Time: Practices: 10:30-11:30a.m., M/W

Fee: \$25 After 5/14: \$30

Location: PACC Youth Gym

Class Size: Min: 4 Max. 12

NEW

Other Information

* Summer Rec scholarships are available.

Contact the PACC Director for more information.

* For weather-related cancellation information, call 346-PACC and press "3", or listen to Lakes 99.5.

Register online beginning 4/3 for all activities.

Summer Recreation Season Start/Conclusion

Attention: Outdoor activities will tentatively begin the week of June 5 and should conclude on or by July 27 (or after Babe Ruth State Tournaments, should any Perham team qualify). Announcements will be made via a variety of media if date changes are required.

Perham Summer Recreation 2017

Online registration begins April 3 on PACC's web site: www.346pacc.com.

Walk-in registration begins May 2 at 8:00a.m.

*Please note this separate pull-out section for summer recreation activities this season.

July 4/Independence Day: PACC will be closed July 4, and there will be no summer recreation activities that day.

Where can I find indoor, classroom-type summer kids' activities?

Perham Area Community Education (PACE) works with community education-type programming on a year-round basis. PACE coordinates and offers a number of exciting educational opportunities each season. Their main focus in the summer months is youth programming. PACE offerings can be found on their web site at perhamcommunityeducation.com. Make certain to check back on a regular basis for new activities.

We hope you enjoy the summer opportunities made available to you through both Perham Area Community Center and Perham Area Community Education.

Tennis

PACC staff will lead instructional drills as well as provide feedback to help improve skills of participants.

Instructor: Emily Lindberg and assistant(s)

Dates: Mon/Wed, June 5-July 26

Times: Entering 1st-2nd grades: 9-9:50a.m.

Class size: Min. 8 Max. 14

Time: Entering 3rd-6th grades: 10-10:50a.m.

Class size: Min. 8 Max. 14

Time: Entering 7th grade & up: 11-11:50a.m.

Class size: Min. 8 Max. 14

Location: PHS Tennis Courts

Fee: \$20 After 5/14: \$25

(Rain location: PACC Field House when available)

Summer Rec "Learn to Swim" Lessons

July 10-21, Mon-Fri **Fee: \$22**

2:00-2:30p.m. Levels: 2, 3, Parent/Child

2:30-3:00p.m. Levels: 1, 2, 4

3:00-3:30p.m. Levels: 1, 3, 4

3:30-4:00p.m. Levels: 1, 2, 3

July 10-20, Mon-Thu **Fee: \$22**

6:30-7:15p.m. Levels: 1, 2, 3

Note: Level 1 swim lesson participants must be a minimum of 40" in height.

Check for PACC swimming lessons and information on private/individual lessons within PACC's main brochure content as well as on PACC's web site.

Intro to Tae Kwon Do

Participants will learn some basics of the Korean martial art in a fun class designed for kids.

Date: Mondays, June 5-July 24 **Time:** 4:30-5:30p.m.

Ages: 6-12 years

Location: PACC Multi-Purpose Room **Fee:** \$25 plus tax

Class Size: Min. 14 Max. 20

Instructor: Master Lolita Myers

Summer Recreation Season Start/Conclusion

Attention: Most outdoor activities will tentatively begin the week of June 5 and should conclude on or by July 27. Babe Ruth Baseball State Tournaments, should any Perham team qualify, may extend beyond this date. Announcements will be made via a variety of media if date changes are required.

Registration Refunds

No refunds issued after class, activity, camp, or league begins. A processing fee of \$5 will be charged on all refunds requested prior to class starting, unless the activity is cancelled by PACC.

Rain Make-Ups

Rain make-ups generally are not scheduled; some exceptions are made with traveling team activities.

Other Information

* Summer Rec scholarships are available. Contact the PACC Director for more information.

* For weather-related cancellation information, call 346-PACC and press "3", or listen to Lakes 99.5.

Summer Recreation 2017

T-Ball League for Entering Kindergarten

Dates: June 5-July 26

Days/Time: Mon/Wed, 9-9:50a.m.

Location: Softball Fields 1 and/or 2 at Arvig Park

Fee: \$20 After 5/14: \$25 **Max:** 25 participants/day

T-Ball League for Entering 1st Grade

Dates: June 6-July 27 (no T-ball 7/4)

Days/Time: Tues/Thurs, 9-9:50a.m.

Location: Softball Fields 1 and/or 2 at Arvig Park

Fee: \$20 After 5/14: \$25 **Max:** 25 participants/day

Rookie League Baseball: Entering 2nd-3rd grades

Please note: Rookie League-age players may register for Minor League, in addition to Rookie League, but first game-playing opportunities will be given to Minor League-age players. Rookie League-age players must register for Rookie League, in addition to Minor League, if hoping to play in Minor League.

Dates: June 5/6-July 26/27 (no baseball 7/4) **Time:** 11-11:50a.m., M/W or T/Th (you choose)

Location: Arvig Park Softball Fields 3 & 4 **Fee:** \$25 After 5/14: \$30 **Max:** 25 participants/day

Minor League Baseball: Entering 4th-5th grades

Please note: Rookie League-age players may register for Minor League, in addition to Rookie League, but first game-playing opportunities will be given to Minor League-age players. Rookie League-age players must register for Rookie League, in addition to Minor League, if hoping to play in Minor League.

Dates: June 5/6-July 26/27 (no baseball 7/4) **Time:** 10-10:50a.m., M/W or T/Th (you choose)

Location: Arvig Park Softball Fields 3 & 4

Fee: \$25 After 5/14: \$30 **Max:** 25 participants/day

Register online beginning 4/3 for all activities. Walk-in registrations begin 5/2 at 8:00a.m.

Little League Baseball: Entering 6th-7th grades—born 5/1/04-4/30/06 (or later)

Please note: Minor League-age players may register for Little League, in addition to Minor League, but first game-playing opportunities will be given to Little League-age players. Minor League-age players must register for Minor League, in addition to Little League, if hoping to play in Little League.

Dates: PACC-staff-led skills practices will be June 5-July 27 (no baseball 7/4); Volunteer coach-led practices will begin in mid-May, as games will likely begin in late May.

Fee: \$45 **Time:** 9-9:50a.m., M-Th plus games (see below)

Location: Practices - Arvig Park Softball Fields 3 & 4; Home Games - Arvig Park Little League Fields

Position try-outs will be held in mid-May — watch for schedule.

Volunteer coaches may lead additional practices to be scheduled according to field availability. Games will be played both home and away, typically on M/W evenings, plus a few Saturdays.

Online registration begins 4/3. Deadline to register for Little League is 5/14 or when rosters are full, whichever comes first.

Uniform and Equipment Information

All baseball and softball players are responsible for providing their own baseball or softball pants. All players must provide their own fielder's glove. Catcher's equipment, balls, and bats are available for use at games and practices but remain the property of PACC.

Babe Ruth Baseball, 13's Division (One or two teams, depending upon registrations—max. 15/roster)

(born 5/1/03-4/30/04)

First-come, first-served. A copy of a birth certificate will be required before being assigned to a team. Contact the PACC Director for more information on Babe Ruth Baseball.

Dates: Begins by June 5 (no baseball 7/4) **Fee:** \$85 **Location:** TBA

Note regarding age requirement: Those meeting age requirements (listed above and below) will be provided first opportunity to register. However, after 5/11, those in the same grades who do not make the calendar cut-off of birth date may be allowed to register for any remaining open spots in Babe Ruth.

Babe Ruth Baseball, 14's-15's Division (One or two teams, depending upon registrations—max. 15/roster)

(born 5/1/01-4/30/03)

First-come, first-served. A copy of a birth certificate will be required before being assigned to a team.

Contact the PACC Director for more information on Babe Ruth Baseball.

Dates: Begins by June 5 (no baseball 7/4) **Fee:** \$85 **Location:** TBA

Register online beginning 4/3 for all activities.

Summer Recreation 2017

Ponytail Softball

Ages: Entering 2nd-4th grades

Dates: June 5/6-July 26/27 (no softball 7/4)

Time: 11-11:50a.m., M/W or T/Th (your choice)

Location: Arvig Park Softball Fields 1 and/or 2

Fee: \$25 After 5/14: \$30 **Max:** 25 participants/day

12U Softball

Ages: 10-12 years as of 12/31/16 (or at minimum in 4th grade 2016-17 school year).

Dates: June 5-July 27 (no softball 7/4)

Time: 10-10:50a.m., M-Th **Games:** Tuesdays TBA

Location: Practices/home games at Arvig Park SB Fields

Fee: \$35

Deadline is 5/14 for 12U and 14U or when teams are full.

14U Softball

Ages: 12-14 years as of 12/31/16 (or at minimum in 6th grade 2016-2017 school year)

Dates: June 5-July 27 (no softball 7/4)

Time: TBA, M-Th **Games:** Mondays TBA

Location: Practices/home games at Arvig Park SB Fields

Fee: \$45

Baseball Clinic

Baseball players: Participate in this baseball spring tune-up to enhance your hitting, throwing, and fielding skills for summer baseball. Space is limited, so register early!

Ages: 6-8 years

Date: Saturdays, May 6, 13, 20 (make-up date: 5/27)

Time: 9-10:30a.m.

Location: Matt's Field or at PACC FH (upon availability)

Class Size: Min. 10 Max. 20 **Fee:** \$15

Ages: 9-12 years

Date: Saturdays, May 6, 13, 20 (make-up date 5/27)

Time: 10:30a.m.-12:00noon

Location: Matt's Field or at PACC FH (upon availability)

Class Size: Min. 10 Max. 20 **Fee:** \$15

Instructors: TBA

Other Information

* Summer Rec scholarships are available. Contact the PACC Director for more information.

* For weather-related cancellation information, call 346-PACC and press "3", or listen to Lakes 99.5.

Boys Basketball Skills and Drills

Coaches will lead fun and effective drills to help participants improve their basketball fundamentals. Two separate grade sections are available.

Ages: Entering 3rd-5th grades, 1-2:30p.m.

Ages: Entering 6th-8th grades, 2:45-4:15p.m.

Dates/Times: Mon-Thurs, July 24-27

Location: PWMS Gym **Fee:** \$25

Clinicians: PHS Boys Varsity Basketball Coaching Staff

Girls Basketball Skills and Drills

Coaches will lead fun and effective drills to help participants improve their basketball fundamentals. Two separate grade sections are available.

Ages: Entering 3rd-5th grades, 1-2:15p.m.

Ages: Entering 6th-8th grades, 2:30-4:00p.m.

Dates/Time: Mon-Thurs, July 31-August 3

Location: New HOTL Gym **Fee:** \$25

Clinician: PHS Girls Varsity Basketball Coaching Staff

Registration Refunds

No refunds issued after class, activity, camp, or league begins. A processing fee of \$5 will be charged on all refunds requested prior to class starting, unless the activity is cancelled by PACC.

Rain Make-Ups

Rain make-ups generally are not scheduled; some exceptions are made with traveling team activities.

Online Registration for Summer Recreation Activities

Online registration begins on April 3. Please make certain that your account is set up well in advance.

In-Person Registration for Summer Recreation Activities

Walk-in Summer Recreation registration will begin on May 2 at 8:00a.m.

Reservation of your spot in an activity requires pre-payment.

KIDS EAT FREE!

Summer Meals for Kids Ages 1-18

Announcing the Summer Food Service Program. Meals are offered Monday through Thursday, June 5-August 10 (no food service July 4). Both breakfast and lunch are available. Location: PHS Cafeteria. For more information, call Perham Schools Food Service Department at 346-1525.