

Dakotah!

SPORT AND FITNESS

Spring 2012 Online Registration



www.dakotahsport.com

Online Registration Begins:

**Wednesday,
February 8, 2012
9:00 a.m.**



Owned and Operated by the Shakopee Mdewakanton Sioux Community.

Online Registration Q & A

Registration begins
Wednesday, February 8, 2012
9:00 a.m.
www.dakotahsport.com

Membership has its privileges...

Only Dakotah! Sport and Fitness members and their children will be able to register for activities, leagues, and lessons that require entrance into the club. (Sorry, grandchildren and other extended family are not able to register under a member's account.) Guests of DSF will still be able to participate in our Learn to Skate program, Tim Hanson basketball camps, DSF Indoor Triathlon and the DSF Turkey Trot 5K race.

Register Early and Save!

DSF Members who register on Wednesday, February 8, 2012 between the hours of 9:00 a.m. and 12:00 midnight **save 10% off Swimming Lesson and Learn to Skate registration fees.**

How do I access my account?

- Already registered? Enter your "User Name" and "Password" that you created for your initial visit to the registration website. PLEASE NOTE: DSF does not have access to your password. If you cannot remember your information, please click on "Forgot your password?" found on the sign-in page.
- First time user? Click on the link "First time user?" You will be directed to the member identification screen. Members will be asked for their member number found on their DSF membership card. Remove the proceeding zeros, the dash, and the zero before the number after the dash. (i.e. Member number= 001234 -01 Registration number=12341)

How do I register for classes?

- Click on any of the buttons on the main screen to view program descriptions. Class times and dates are available by selecting the individual options. To book a class, select the specific option and click on "Make a Booking." PLEASE NOTE: All children under the age of 18 must be registered by their parent. After payment information is complete, your class information will be e-mailed to the account you provided during the registration process.

How do I add a non-member child to my account?

- Log in to the registration program.
- In the upper right hand corner of the screen, click on "My Info."
- After the new window pops up, proceed to click on "My Record."
- At the bottom of the page, click on the "+" sign under the word "Children."
- Fill in the required information and click on "OK."
- Continue this process until all children are added.

Online Registration Q & A (Con't)

How do I pay for classes online?

- DSF uses the PayPal online service that allows for secured credit card/direct bank account withdrawal transactions while on the web.
- PLEASE NOTE: If using the direct bank account withdrawal option in PayPal, the transaction may take up to 3 or 4 days to clear your bank. You will not be registered in the class until the transaction has cleared. *Please keep this in mind when registering for classes, as classes may become full while waiting for your transaction to clear.*

How do I know if I have been registered for the class?

Three things **must** occur to ensure registration:

1. You must provide payment information through the online PayPal service.
2. You will receive an e-mail confirmation/receipt from PayPal.
3. You will receive an e-mail confirmation/receipt from DSF/Xpiron.

If you are unsure if your registration has been accepted, please check your registration account. If you are still unsure, please call DSF.

When can I log on to the DSF online registration program?

- Dakotah! Sport and Fitness members may register themselves and/or their children starting on **Wednesday, February 8 at 9:00 a.m.** (Sorry, grandchildren and other extended family are not able to register under a member's account.)
- *If you log on to the site AND book a class before the registration open time, your registration will not be valid and an error will occur. If this happens, please exit completely out of the online registration program and log back in.*
- Log on anytime to browse the classes offered or just to become familiar with the site.

Cancellation Policy

Withdrawing from an activity, league or lesson after registering for that event will be handled in the following way:

- Withdrawing from the time of registration to the start of the first event will be assessed a \$10 cancellation fee. This procedure may be performed online.
- Withdrawing between the first and second events will be assessed a \$10 cancellation fee and the pro-rated value of the first event. This procedure must be performed by the department manager. Phone numbers are posted on the activity header in this booklet.
- No refund will be issued if withdrawing after the second event.
- Medical refunds will be made with proof of a signed medical statement by a physician. Refund amount will be under the discretion of Dakotah! Sport and Fitness.

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Spring Holiday Hours

Tuesday, February 14, 2012

Valentine's Day
Regular Club Hours

Monday, February 2, 2012

President's Day
Regular Club Hours

Saturday, March 17, 2012

St Patrick's Day
Regular Club Hours

Sunday, April 8, 2012

Easter
12:00 Noon-7:00 pm

Sunday, May 13, 2012

Mother's Day
Regular Club Hours

Monday, May 28, 2012

Memorial Day
5:00 am-7:00 pm

Cancellation Policy

Withdrawing from an activity, league or lesson after registering for that event will be handled in the following way:

- Withdrawing from the time of registration to the start of the first event will be assessed a \$10 cancellation fee unless noted otherwise. This procedure may be performed online.
- Withdrawing between the first and second events will be assessed a \$10 cancellation fee and the pro-rated value of the first event. This procedure must be performed by the department manager. Phone numbers are posted on the individual activity headers in this booklet.
- No refund will be issued if withdrawing after the second event.
- Medical refunds will be made with proof of a signed medical statement by a physician. Refund amount will be under the discretion of Dakotah! Sport and Fitness. Please contact the department manager for a medical refund.

SCUBA Training

SCUBA TRAINING (952) 220-4585

This course will take you through your academic training and your confined water (pool) training. The PADI Open Water Course consists of three parts:

1. Knowledge Development (Classroom Training)
2. Confined Water Dives (Pool)
3. Open Water Dives (typically 4 dives in 2 days)

The PADI Open Water Diver Course builds upon the concept of performance-based learning. This means student divers progress through the course by demonstration that they meet measurable learning objectives. The course's instructional design sequences these objectives from simple to complex, so students build upon previous learning as they progress.

Once you register and pay your fees, you will be issued your training package that consists of:

1. Open Water Diver textbook
2. Dive Tables
3. Forms: *Assumption of Risk, Liability Release, Medical Statement*

Prior to the first classroom session, you will need to read the PADI textbook and complete the knowledge review at the end of each chapter. You also need to complete all forms. These forms must be completed before any instruction is given. **Important:** *If you indicate "yes" on any question on the Medical Statement, you must get written approval from your physician prior to any confined water training. Please contact the instructor for these forms.*

Upon completion of all parts, you will be certified as a PADI open water diver. The name of the certification is the PADI Gold Open Water Certification. This certification allows you to dive independently and is recognized in the U.S., Caribbean, and around the world. Once you receive the certification, it is good for life.

The fee for the Beginning Open Water SCUBA Lessons is \$229.00 and is due when you register for the class. Your class fee is non-refundable within ten days of the class starting date and is non-transferable within 72 hours of the class starting time. All portions of the class, except for the open water dive, is held at DSF. For more information or to register for classes, please call Al Pherson at (952) 220-4585 or (952) 440-4414.

Schedule for all sessions:

Friday	6:00 p.m.-9:30 p.m.	Classroom
Saturday	6:00 a.m.-9:00 a.m. 12:00 p.m.-4:00 p.m.	Pool Classroom
Sunday	6:00 a.m.-9:00 a.m.	Pool

Sessions: March 2-4, 2012
April 6-8, 2012
May 11-13, 2012

DSF Indoor Triathlon

Indoor Triathlon (952) 496-6875

Time to Start Training and Register! Saturday, April 14, 2012. Great event for first time triathletes! Winners based upon total distance covered during the allotted time. Pace setters will be used in each category to determine distances. Awards given for the top 3 men and top 3 women. Members and non-members welcome. Must be 14 years or older to compete. This is an individual event only that consists of a 7 minute swim, 30 minute bike, 20 minute run. For more information, please call number above. Register early! Event has filled the last 2 years!

Option 1 Date: 4/14/12 **Time:** Heats TBD **Fee:** \$25/member \$35 non-member

Swimming Lessons

Swimming Lessons (952) 496-6891

Dakotah! Sport and Fitness swimming program is a developmental swim program. Each swimmer will develop skills in a specific order, building on the skills already accomplished. Classes are offered for all ages, from parent-tot to adult, based on the American Red Cross guidelines. Each session includes 8 classes.

PLEASE NOTE A CHANGE: Parents may watch lessons from the lobby windows. On the last day of class, pictures can be taken and parents may be on the pool deck. This is an attempt to limit divided attention from students and to ensure each child gets the most from each lesson. Thank you in advance for your cooperation.

Minimum of 3 participants per class. If there are not enough registered for a particular class, you will be notified at least 2 days in advance of the cancellation.

Call (952) 445-9400 or (952) 496-6891 to register. Questions? Call (952) 496-6891.

Registration deadline for all classes: One week prior to start date.

Dates: See individual classes for dates and times. NO CLASS 4/14/12.

Fee: \$40.00

Parent Tot (age 6 mo - 3 years)

An excellent class for parents to introduce their child to the water through games and activities.

Skills taught: Front float, back float, arm movements, going underwater and kicking. 30 minute class.

Option 1	Date: 3/17/12-5/12/12	Day: Sat	Time: 10:40-11:10 am
Option 2	Date: 3/22/12-5/10/12	Day: Thurs	Time: 5:40-6:10 pm

Starfish I (3 years)

Beginning level for preschool children. Little or no skill needed. **Skills taught:** Blow bubbles, submerge head to mouth, bobs, assisted back and front floats and safety skills. 30 minute class.

Option 1	Date: 3/17/12-5/12/12	Day: Sat	Time: 10:00-10:30 am
Option 2	Date: 3/20/12-5/8/12	Day: Tues	Time: 5:40-6:10 pm
Option 3	Date: 3/22/12-5/10/12	Day: Thurs	Time: 5:00-5:30 pm

Starfish II (4 years)

Skills taught: Unassisted front and back floats, assisted floats with kick, bobs, submerge head and work on maintaining balance and safety skills. 30 minute class.

Option 1	Date: 3/17/12-5/12/12	Day: Sat	Time: 10:40-11:10 am
Option 2	Date: 3/20/12-5/8/12	Day: Tues	Time: 5:00-5:30 pm
Option 3	Date: 3/22/12-5/10/12	Day: Thurs	Time: 5:40-6:10 pm

Starfish III (5 years)

Skills taught: Enter and exit water safely, submerge mouth, nose and eyes, exhale under water, unassisted floats on front and back, swimming on front and back and safety skills. 30 minute class.

Option 1	Date: 3/17/12-5/12/12	Day: Sat	Time: 10:00-10:30 am
Option 2	Date: 3/20/12-5/8/12	Day: Tues	Time: 5:40-6:10 pm
Option 3	Date: 3/22/12-5/10/12	Day: Thurs	Time: 5:00-5:30 pm

Swimming Lessons

Jellyfish (6 years and up)

Skills taught: Exit and enter water safely, submerge mouth, nose and eyes, exhale under water, unassisted floats on front and back, swimming on front and back, and safety skills. 40 minute class.

Option 1 Date: 3/17/12-5/12/12 Day: Sat Time: 11:20 am-12:00 pm
Option 2 Date: 3/20/12-5/8/12 Day: Tues Time: 5:00-5:40 pm
Option 3 Date: 3/22/12-5/10/12 Day: Thurs Time: 5:50-6:30 pm

Seahorses (6 years and up)

Skills taught: Exit water using ladder or side, tread water, glide on front and back, float on front and back, swimming on side, roll over from front to back and from back to front, jumping into water from side, opening eyes under water to retrieve object, swim front and back crawls, elementary backstroke arms and safety skills. 40 minute class.

Option 1 Date: 3/17/12-5/12/12 Day: Sat Time: 11:20 am-12:00 pm
Option 2 Date: 3/20/12-5/8/12 Day: Tues Time: 5:50-6:30 pm
Option 3 Date: 3/22/12-5/10/12 Day: Thurs Time: 5:00-5:40 pm

Flounders (6 years and up)

Skills taught: Rotary breathing, butterfly kick and body motion, changing from vertical to horizontal position on front and back, survival float, front and back crawl 15 yards, elementary backstroke 15 yards, sidestroke and breaststroke kicks 15 feet and safety skills. 40 minute class.

Option 1 Date: 3/17/12-5/12/12 Day: Sat Time: 11:20 am-12:00 pm
Option 2 Date: 3/20/12-5/8/12 Day: Tues Time: 5:50-6:30 pm
Option 3 Date: 3/22/12-5/10/12 Day: Thurs Time: 5:00-5:40 pm

Dolphin (6 years and up)

Skills taught: breaststroke, tread water 1-minute, elementary backstroke 15 yards, sidestroke 15 yards, feet-first surface dive, butterfly kick 15 feet, front & back crawl 25 yards and safety skills. 40 minute class.

Option 1 Date: 3/17/12-5/12/12 Day: Sat Time: 10:00-10:40 am
Option 2 Date: 3/20/12-5/8/12 Day: Tues Time: 5:00-5:40 pm
Option 3 Date: 3/22/12-5/10/12 Day: Thurs Time: 5:50-6:30 pm

Swordfish (6 years and up)

Skills taught: swim underwater 15 yards, tuck & pike surface dives, survival float 2 minutes, front & back flip turns, tread water 2 minutes, front & back crawl 50 yards, butterfly 15 yards, breaststroke, sidestroke & elementary backstroke 25 yards and safety skills. 40 minute class.

Option 1 Date: 3/22/12-5/10/12 Day: Thurs Time: 5:50-6:30 pm

Private Swim Lessons

Private swim lessons are available upon request. Lessons are scheduled based on instructor availability. All 30-minute lessons are private to semi-private. Please contact the Aquatic Manager at (952) 496-6891 for more information or to schedule lessons.

Rates	1 Lesson	5 Lessons	10 Lessons
1 Student	\$22.00	\$100.00	\$180.00
2 Students	\$29.00	\$135.00	\$230.00
3 Students	\$35.00	\$165.00	\$310.00

Skating Lessons

Learn To Skate (952) 496-6868

Skate Dakotah's professional staff of instructors custom tailors group lessons to the individual skater's needs. Each skater is assigned to a class on the basis of skills demonstrated. After an on-ice assessment during initial lessons, the skater is placed in the most appropriate class available. Here the instructor teaches elements of skating appropriate for the class' skill level. Skaters earn badges as they complete each set of skills. Each class level requires completion of several badges and therefore must be taken more than once. Skills taught in each class build on skills learned in the previous class. The curriculum (listed below with each class) is designed to allow the skater to achieve one badge at each session skated. Our goal is for skaters to have fun while learning to skate in a safe and pleasant environment. Skate Dakotah! Lessons include practice time in the half-hour before or after each lesson. Total time for each daily session will be one hour. Only enrolled skaters will be allowed in the practice area.

Registration Deadline: 3/7/2012 After deadline, call (952) 496-6868.

Parent and Little Skater (PALS) (For children age 3)

For young child with adult. Both learn basic skating elements. Adult is shown teaching methods. **Skills Taught:** Fall, get up, stand, walk, march, glide, table top, frog hop, beetle, backward wiggle, stop, dip. Skills taught first with the adult assisting the child and then with the child skating independently. **Goal:** Independence on the ice. **Badges:** Five badges earned. **Prerequisite:** Age 3
Fees: \$103.00/Members \$132.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 10:00-10:30 am **Practice:** 10:30-11:00 am
Option 2 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 6:30-7:00 pm **Practice:** 6:00-6:30 pm

Critters Can Skate (For children 4 and up)

Skating for beginner skaters. **Skills Taught:** Fall, get up, stand, walk, march, glide, table top, frog hop, snowplow stop, beetle, backward wiggle, stop, dip, two-foot spiral, scooter, pivots, forward swizzles, airplane turns, backward skate, forward skate into one foot glide, bunny hops. **Goal:** Skater demonstrates understanding of the idea of the elements and how to complete them. **Badges:** Five badges earned. **Prerequisite:** Age 4

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 10:00-10:30 am **Practice:** 10:30-11:00 am
Option 2 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 6:00-6:30 pm **Practice:** 6:30-7:00 pm

Cosmic Skater (Previous lessons required)

Skating for older beginners or younger beginners with skating skills. **Skills Taught:** Forward glide, stroke, crossovers, one-foot snowplow stop, T-stop, backward swizzles, one-foot glides, pumps, three-turns, lunge, forward spirals, pivots, one-foot spin (4 rev.), waltz jump, forward inside and outside edges. **Goal:** Skater demonstrates understanding of the form of the element, with correct body positions and use of edges. **Badges:** Six badges earned. **Prerequisite:** Completion of Critters Can Skate

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:30-8:00 pm **Practice:** 7:00-7:30 pm

Crystal Freestyle 1 (Previous lessons required)

Beginning freestyle skating. **Skills Taught:** Backward inside and outside edges, waltz jump and one-foot spin off backward crossovers, spiral into lunge, half-flip, half-lutz, split and toe loop jumps, perimeter stroking, mohawk, inside spread eagle, ten step footwork. **Goal:** Skater demonstrates presentation of the element with correct form and power, using entrance and exit positions. **Badges:** Four badges earned. **Prerequisite:** Completion of Cosmic Skater curriculum or equivalent skills.

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:30-8:00 pm **Practice:** 7:00-7:30 pm

Skating Lessons

Crystal Freestyle 2 (Previous lessons required)

Advanced freestyle skating. **Skills Taught:** Single salchow, toe wally, mazurka, half loop, stag and flip jumps, jump combination, footwork, back, change-foot, attitude, blur and camel spins and spin combinations, waltz three, power three, waltz eight, back inside three and forward inside three turns, edge pulls. **Goal:** Skater demonstrates presentation of the element with correct form and power, using entrance and exit positions. **Badges:** Seven badges earned. **Prerequisite:** Completion of Crystal Freestyle 1 curriculum or equivalent skills.

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:30-8:00 pm **Practice:** 7:00-7:30 pm

Hockey Trax 1 (For children 4 and up)

Hockey skating skills for first-time hockey skaters through first year Mites. **Skills Taught:** Basic skating skills, back C-cuts, hockey turns, stops. **Goal:** Skater demonstrates understanding of the idea of the elements and how to complete them. **Badges:** Five badges earned. **Prerequisite:** Age 4 years **Ratio:** 10/1

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:00-7:30 pm **Practice:** 7:30-8:00 pm

Hockey Trax 2 (Previous lessons required)

Hockey skating skills for second and third year Mites. Hockey equipment worn. **Skills Taught:** Focus on edge work, balance and increased strength for power skating. **Goal:** Skater demonstrates understanding of the idea of the elements and how to complete them. **Badges:** Four badges earned. **Prerequisite:** Completion of Hockey Trax 1 curriculum or equivalent skills.

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:00-7:30 pm **Practice:** 7:30-8:00 pm

Hockey Trax 3 (Previous lessons required)

Hockey skating skills for fourth year Mites through Squirts. Hockey equipment worn. **Skills Taught:** Intense edge work, fine tuning of body positions while performing elements and increasing speed through turns.

Goal: Skater demonstrates presentation of elements with power and agility. **Badges:** Five badges earned. **Prerequisite:** Completion of Hockey Trax 2 curriculum or equivalent skills.

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:00-7:30 pm **Practice:** 7:30-8:00 pm

Adult Freestyle

Skills Taught: Basic skating skills for stroking, backward skating, footwork, and spins. **Goal:** Progress at skater's own pace within a class. **Prerequisite:** Age 18 years

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 10:30-11:00 am **Practice:** 10:00-10:30 am

Option 2 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:30-8:00 pm **Practice:** 7:00-7:30 pm

Adult Hockey

Skills Taught: Forward skating, crossovers, back C-cuts, power turns, edgework and drills. **Goal:** Adult skater learns beginning through advanced hockey skating skills. Progress at skater's own pace within a class. **Prerequisite:** Age 18 years **Ratio:** 6/1

Fees: \$71.00/Members \$92.00/Non-members

Option 1 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 10:30-11:00 am **Practice:** 10:00-10:30 am

Option 2 Date: 3/12/12-5/7/12 **Day:** Mon **Lesson:** 7:30-8:00 pm **Practice:** 7:00-7:30 pm

**Dakotah! Sport and Fitness also offers Private Skating Lessons.
Coaching is available for beginner through senior competitors.**

Adult skating and hockey skills coaching is also available.

**For more information on Private Lessons,
please contact Kath Porter at katherine.porter08@gmail.com.**

Break Out Training

Break Out Training (952) 496-6879

"What gets measured gets managed." Tired of the same old workout? Want results? Want to have FUN working out? Small group breakout training is calling you. Classes are run monthly. Members only. Receive \$10.00 off each session after registering and completing your first class. Minimum 4 participants to run class.

Option 1	Date: 3/5/12-3/28/12	Day: M & W	Time: 11:30 am-12:15 pm	Fee: \$85.00
Option 2	Date: 3/5/12-3/28/12	Day: M & W	Time: 5:30-6:30 pm	Fee: \$95.00
Option 3	Date: 3/5/12-3/30/12	Day: M, W, F	Time: 5:30-6:30 pm	Fee: \$125.00
Option 4	Date: 4/2/12-4/25/12	Day: M & W	Time: 11:30 am-12:15 pm	Fee: \$85.00
Option 5	Date: 4/2/12-4/25/12	Day: M & W	Time: 5:30-6:30 pm	Fee: \$95.00
Option 6	Date: 4/2/12-4/27/12	Day: M, W, F	Time: 5:30-6:30 pm	Fee: \$125.00
Option 7	Date: 5/2/12-5/30/12	Day: M & W	Time: 11:30 am-12:15 pm	Fee: \$85.00
Option 8	Date: 5/2/12-5/30/12	Day: M & W	Time: 5:30-6:30 pm	Fee: \$95.00
Option 9	Date: 5/2/12-5/30/12	Day: M, W, F	Time: 5:30-6:30 pm	Fee: \$125.00

The Biggest Loser 12

The Biggest Loser 12 (952) 496-6890

The Biggest Loser at Dakota! Sport and Fitness has had extraordinary success. Our classes have lost over 3,800 pounds! Based on these results and ongoing interest, we will be offering The Biggest Loser 12 this winter!

This class is the beginning phase for the Biggest Loser program. Here you will learn how to effectively work out to lose weight and start looking and feeling your best. Please join DSF Personal Trainer, Mitch Ingersoll, for another great program proven to show you results. Class meets Tuesdays and Thursdays at 5:30 pm and Saturdays at 7:30 am with Nutrition class offered Saturday mornings at 8:30 am. Minimum of 15 participants needed to run class.

Option 1 **Date:** 3/27/12-6/2/12 **Day:** Tues/Thurs/Sat **Time:** 5:30 pm/7:30 am **Fee:** \$300.00

Biggest Loser Boot Camp

Biggest Loser Boot Camp (952) 496-6890

This class is for graduates of the Biggest Loser program. This class continues to teach you how to effectively work out to lose weight and feel great. Please join DSF Personal Trainer, Mitch Ingersoll, for a great program proven to show you results. Class meets Monday, Wednesday and Friday at 5:30 am with a Nutrition class Saturday mornings at 8:30 am. Minimum of 15 participants needed to run class.

Option 1 **Date:** 3/26/12-6/1/12 **Day:** M, W, F **Time:** 5:30 am **Fee:** \$300.00

Racquetball Tournament

Spring Doubles Racquetball Tournament (507) 381-6594

One day, doubles racquetball tournament. Partner provided through brackets. All current USAR rules apply. Eyewear designed for racquet sports mandatory. Open to skill levels A, B and C, men and women. Each registrant plays 10 matches. Scoring based upon the total points scored in your matches. Awards to first and second place. Snacks and beverages provided. Questions please contact: Jim Henning, Tournament Director (507) 381-6594. Registration deadline: April 11, 2012.

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Date: 4/13/12 **Day:** Friday **Time:** 5:00-9:00 pm

Fee: \$10.00/DSF Member
\$20.00/Non-Member

Tim Hanson's Basketball Camps

Tim Hanson's Basketball Camp (612) 810-3777

Tim Hanson is back for his 17th year at DSF! Separate boys and girls camps. All campers will receive a camp t-shirt and player evaluation. Trophies and prizes awarded to team and individual contest winners. Cancellations will be assessed a \$25.00 cancellation fee. Each camp is limited to 75 participants per session. Call Tim Hanson at (612) 810-3777 for more information. **PLEASE NOTE: Parents/Guardians of campers will not be allowed in the gymnasium during camp hours. All camps will meet in the DSF lobby.**

BOY'S CAMP (Grades 2-8, Completed)

Option 1 Date: 6/18/12-6/21/12 Time: 1:30-4:30 p.m. Fee: \$90/member; \$100/non-member

GIRL'S CAMP (Grades 2-8, Completed)

Option 2 Date: 7/23/12-7/26/12 Time: 1:30-4:30 p.m. Fee: \$90/member; \$100/non-member

Tim Hanson's Little Dribblers

Tim Hanson's Little Dribblers Basketball Camp (612) 810-3777

The Little Dribbler's basketball camp is run by Tim Hanson, former U of M basketball player with 20 years of clinic coaching experience. Participants will work on developing fundamental skills as well as learning the rules of basketball. Both boys and girls, members and non-members, ages 5 to 8 are welcome.

Each camp is limited to the first 75 registrants. This camp has sold out in the past. Register early to secure your spot.

PLEASE NOTE: Parents/Guardians of campers will not be allowed in the gymnasium during camp hours. All camps will meet in the DSF lobby.

DATE: June 18-21
DAY: Monday-Thursday
TIMES: 11:00 am-12:00 Noon
FEE: \$40.00/Members
\$50.00/Non-Members

Indoor Triathlon Training Program

Indoor Triathlon Training Program (952) 496-6890

Have you committed to the DSF Indoor Triathlon but never seriously trained for it? Have you thought about registering, but backed out unaware of how to start? Are you fit, but looking for a training program that will take you to the next level this winter? If any of these describe you, dedicate your winter to an advanced training program that concludes with DSF's ultimate indoor test of endurance, the Indoor Triathlon. Group training 3 days per week and 3 workouts per week to complete on your own. Fee includes entry into the DSF Indoor Triathlon. Maximum of 10 participants.

Option 1 Date: 1/31/12-4/7/12 Day: Tu, Th/Sat Time: 7:00 pm/6:30 am Fee: \$300.00

Dakotah!

SPORT AND FITNESS

2100 Trail of Dreams
Prior Lake, MN 55372
(952) 445-9400

www.dakotahsport.com

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