



Youth Sports

NEW! Youth Fencing (grades 2-8)

New and returning students are invited! Olympic Coach Ro Sobalvarro now heads up YEL's curriculum, instructor training and tournament consultation. Coach Sobalvarro brings with him an immense knowledge of youth, national and international fencing. We keep it fun too! Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment. Sign up today to join this sport deemed the "sport of the intellectual athlete!" Offered in cooperation with the Youth Enrichment League (www.YouthEnrichmentLeague.com).

Day	Date	Time	Fee	Code
Saturdays	Jan. 14 - March 4	1 - 2 pm	\$87	YS-W100
(skip Feb. 11 & 25)				

Register by Friday, Jan. 6 Location: VMCC-National Guard Gym



Karate

Self-defense plus fun – now that's a winning combination! Our program has classes for students beginning through advanced levels. The style of karate taught is Shorin-Ryu. Students should wear loose clothing that allows for movement.

Ages 5 - 7:

Beginning - Our introductory class is designed especially for younger students. Participants learn basic self-defense techniques while having fun.

Advanced - Participants continue with skills already learned, develop new skills and work on a belt test.

Level	Day	Date	Time	Fee	Code
Beginning	Tuesdays	Jan. 10 - Feb. 28	5:45 - 6:45 pm	\$42	YK-W100
Advanced	Tuesdays	Jan. 10 - Feb. 28	6:45 - 7:45 pm	\$42	YK-W101

Register by Tuesday, Jan. 3 Location: VMCC-Community Room 3



Ages 8 - 18:

Beginning - Participants learn basic self-defense techniques including throws, falls, punches, kicks, controlled sparring, as well as safety skills and tips. Participants may earn belts through testing and by completing one beginning and one advanced course.

Advanced - Participants continue with skills already learned, develop new skills and work on a belt test.

Level	Day	Date	Time	Fee	Code
Beginning	Mondays	Jan. 9 - March 13	6 - 7:30 pm	\$50	YK-W102
Advanced	Mondays	Jan. 9 - March 13	7:30 - 9 pm	\$50	YK-W103

Register by Monday, Jan. 2 Location: VMCC-Community Room 3

These activities are not sponsored by ISD 199

Registration Options:

ONLINE: www.invergroveheights.org/onlineregistration

IN PERSON: Veterans Memorial Community Center
8055 Barbara Avenue; IGH, MN 55077
651.450.2585 / 651.450.2480

Parks & Recreation



Inver Grove Heights

Soccer Shots

(ages 2 - 5)

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game.

Through fun games and positive reinforcement, children will begin to experience the joy of playing soccer and being active. *Offered in cooperation with Soccer Shots MN.*



Register by Friday, January 6

Day:	Saturdays (7 sessions)	
Dates:	Jan. 14, 21, 28; Feb. 4, 18; March 4, 11	
Mini-Ages 2-3:	9 - 9:35 a.m.	PP-WI02
Mini-Ages 2-3:	9:35 - 10:05 a.m.	PP-WI03
Classic-Ages 4-5:	10:10 - 10:40 a.m.	PP-WI04
Fee:	\$85	
Location:	VMCC - National Guard Gym	



*These activities are not
sponsored by ISD 199*

For more information: Call 651-450-2585 or online at www.funatthegrove.com.

Registration Options:

ONLINE: www.invergroveheights.org/onlineregistration

IN PERSON: Veterans Memorial Community Center

8055 Barbara Avenue; IGH, MN 55077
651.450.2585

