

PRESS RELEASE FOR IMMEDIATE RELEASE...

Submitted by:

07-18-16

Sonja Honl

Rosemount Parks & Recreation

651-322-6000 Fax: 651-322-6080

sonja.honl@ci.rosemount.mn.us

Rosemount Parks and Recreation 30th Annual Run for the Gold, Youth Shamrock Sprint & Family Fitness Walk, Saturday, July 23 at the Rosemount Community Center

Go for the gold in our 30th Annual Run for the Gold! We have events for the entire family. Choose the 1-mile and/or 4-mile run, the 1-mile or 4-mile Family Fitness Walk, or for kids 8 and under, the free youth Shamrock Sprint. All events take place at the Rosemount Community Center, 13885 South Robert Trail. Paved trails will be used for the run route. Course maps will be available at the run. For details or to register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000.

1-mile and/or 4-mile Run for the Gold:

\$15/youth 14 years and under (includes T-shirt)

\$20/person 15 years and older (includes T-shirt)

Day of Race Registration/Check-In/Start Times:

- 8 a.m. – One Mile Fun Run
- 8:05 a.m. – One Mile and Four Mile Family Fitness Walk
- 8:25 a.m. – Four Mile Fun Run
- 8:30 a.m. – Half-Mile Youth Shamrock Sprint

Adventure Kids Camp - Challenges & Team Building (ages 7-12)

This Rosemount Parks and Recreation camp will have you experiencing many cool adventures each day! The camp meets Mon. – Thurs., Aug. 1 - 4, 9 am – 4 pm, and offers tons of awesome indoor and outdoor group games plus hiking, scavenger hunts, nature and art. Activities include trips to Camp Sacajawea & BASE Camp. Cost is \$106 per child. Register by July 25. Registration will close if all spaces fill before the deadline. Participants should plan to bring a bag lunch and apply sunscreen each day. A camp schedule will be mailed to you prior to the start date so you can properly prepare for camp each day. Don't miss out on this experience! Pre-registration is required, so sign up early. Drop off and pick up at the Rosemount Community Center Gym. For program details or to register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000.

Lil' Adventure Camp (ages 4-6)

Send your children on a fun-filled adventure this summer with an exciting week (or two) at Lil' Adventure Camp! This camp is designed for hands-on learning and fun with many exciting new adventures planned each day. We'll play large and small group games, participate in nature activities and hikes, create arts and crafts and enjoy special presentations plus much more! All activities will revolve around the week's theme listed below. Participants should bring a bag lunch labeled with their name and apply sunscreen prior to camp each day. A camp schedule will be mailed to you prior to the start date so you can properly prepare for camp. Don't miss out on this experience! Register for both weeks for unlimited fun with our Recreation Leaders. Preregistration is required, so sign up early. Camp meets 9:30 a.m.-1 p.m. at Central Park (2893 145th Street West). The cost is \$76/child. Camp #2 - Young Scientists & Nature Lovers, meets Mon.-Thurs. Aug. 8-11, with presentations by MN Children's Museum & America's Fun Science. Register by Mon., Aug. 1. For details or to register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000.

Skateboard Camp (Ages 7-12)

Sports Unlimited is bringing their skating professionals to Rosemount for an unforgettable week of tricks, instruction, skating and surprises! Individual skills/tricks include balance, stopping, turning, ollies, nollies, heel flips and kick flips. A skateboard and helmet are mandatory for the camp. Kneepads, elbow pads and wrist guards are highly recommended. Campers are required to bring a helmet, water, snack and apply sunscreen. Camp runs Mon.-Thurs., Aug. 1 - 4, from 9 a.m.-Noon at the Rosemount Skate Park located in Schwarz Pond Park, north of the Community Center, 13885 S. Robert Trail. Note: Friday, Aug. 5 is inclement weather make-up day. The cost is \$96/child. Register by July 25. To register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000. This camp will fill quickly so register now.

SCIENCE EXPLORERS' Exploring Your Future (Grades 2-6 in the fall)

Join Science Explorers as we explore different careers in the fields of science, technology, engineering and math...STEM Careers! Through hands-on experiments and take home projects, we will investigate some exciting STEM professions so you can answer that age-old question of "What do I want to be when I grow up?" Program meets Tues.-Thurs., Aug. 2, 3 & 4, from 12:30-2:30 p.m. at the Rosemount Community Center, Room #204. Cost is \$48/child. Register by July 26. For details or to register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000.

SCIENCE EXPLORERS' Stars, Planets and Stories (ages 3.5 - 6)

Blast off with Science Explorers for a fun filled trip to the stars. Upon our departure, we will learn about gravity and how it affects us here on earth. As we soar past the moon, we will investigate the planets of our solar system and how they orbit the sun. As we reach the end of our voyage, we will look to the constellations and learn their stories. Join us on our journey as we create art projects, play games and more! Program meets Tues.-Thurs., Aug. 2, 3 & 4, from 9:30-11:30 a.m. at the Rosemount Community Center, Room #204. Cost is \$50/child. Register by July 26. For details or to register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000.

New! Learn to Draw Animals Art Camp (ages 5-11)

Do you love drawing? Would you like to learn how to draw some of your favorite animals? If the answer is yes this is the camp for you. We will learn to use shapes to draw the animals around us. We'll draw Giraffes, dogs, horses and lots more. Bring a beverage and a nut free snack. Program meets Mon. & Tues., Aug. 8 & 9, from 9:30 a.m. - Noon at the Rosemount Community Center, Room #204. Cost is \$62/child. Register by Aug. 1. For details or to register on-line, go to www.ci.rosemount.mn.us/parks. For more information contact Rosemount Parks & Recreation at 651-322-6000.