

# Youth & Adult

Develop skills from our  
coaches ...  
**High School Sports Camps**  
*see pages 74 to 92*

Tired of working for  
someone else?  
*see page 17*

**Goat Yoga!**  
*see page 28*

**Fore!**  
**Golf for all ages ...**  
*see pages 26, 72 & 73*

**Learn to Swim**  
**Red Cross Swim Lessons**  
*see pages 4 to 9*

**ECFE 2.0:**  
**The Next Adventure**  
**in Parenting**  
*see page 50*

 **Do it together!**  
**Learning for families ...**  
*see pages 104 to 109*



DISTRICT 196

**COMMUNITY EDUCATION**

One District. Infinite Possibilities.

## What's Inside

### Aquatics

Log Rolling & Open Swims.....	3
Swim Lesson Descriptions.....	4
Swim Lesson Schedules.....	6
Adult Pool Fitness.....	7
Certification Training	
Lifeguarding & Instructor Training.....	10
Competitive Swimming.....	12

<b>Locations.....</b>	<b>14</b>
-----------------------	-----------

### Adult Programs

Daycations.....	15
Animal Adventures.....	16
Career & Business.....	17
Cooking.....	19
Crafts & Arts.....	21
Dance.....	23
Family, Parenting & Teaching.....	24
Fitness & Sports.....	26
Health, Beauty & Safety.....	32
Home, Yard & Garden.....	36
Money Management.....	37
Music & Performing Arts.....	40
Photography.....	42
Technology/Computers.....	44

<b>River Valley Project Explore.....</b>	<b>46</b>
--	-----------

<b>Adult Basic Education.....</b>	<b>47</b>
-----------------------------------	-----------

<b>Early Childhood Family Education &amp; Connections Preschool... ..</b>	<b>50</b>
---	-----------

### Youth Programs

Arts & Crafts.....	51
Academics.....	55
College Preparation.....	56
Animal Ed-ventures.....	57
Dance.....	58
Drama.....	59
Health & Safety.....	61
Fitness & Sports.....	62
High School Sports Camps.....	74
Hobbies & Languages.....	93
Music.....	94
Nature, Science & Outdoors.....	96
STEM   Science, Technology, Engineering & Math.....	97

<b>Do it together!.....</b>	<b>104</b>
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<b>Registration.....</b>	<b>110</b>
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Limited financial assistance is available.  
Please call 651-423-7920 for  
more information.



# Spring Ahead with Community Ed

*Learning and fun for all ages*

*Oo ah waxbarasho iyo madadaalo da' kasta ah  
Aprendizaje y diversión para todas las edades*

**Friday | March 15 | 6:00 to 8:00 p.m. | Free!**  
**Black Hawk Middle School | BHMS**

Enjoy a fun-filled evening with Community Ed! There will be something for everyone in the family. Jump in the pool for an open swim and try out log-rolling. Never tried it before? Get a quick lesson from our experienced swim staff. Free activities for kids and adults of all ages! Popcorn, hot dogs, chips, nachos, vegetables & ranch, pickles and cookies available for purchase with proceeds supporting scholarships.

## 12th Annual Daddy/Daughter Dance (dads and daughters ages 3-11)

Enjoy a magical night out with that special little girl in your life! See page 58 for more information. Register now, to reserve your spot!

Sat | Apr 20 | 6:00-8:00 p.m.  
\$35 adult-child pair, \$19 add'l child | FRMS | YDDD-W1

## Give the gift of learning!

Purchase a gift certificate for a friend or family member and share the love for learning! Gift certificates can be purchased in \$10 denominations and can be used for any adult or youth Community Education class. Visit our online catalog and search gift or call us at 651-423-7920 for more information and to purchase.



*Si usted habla español y tiene preguntas, favor de llamar al teléfono 651-276-8883.*

HADDI ADD SOMAAALI TAHAY  
OO AAD QABTID WAX SUAAL  
AH FADLAN LA SOO XIRIIR  
FAISAL MADAR 952-769-7625.

إذا كنت تتكلم اللغة العربية و  
كانت لديك أسئلة حول المدرسة  
الرجاء الإتصال بنيميل مطهر (Faisal Madar)  
و رقمه 769-7625 (952)

*If you speak (Spanish/Somali/Arabic) and have questions, call ...*

District 196 does not discriminate in employment or in any of its programs and activities, including vocational opportunities, on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, familial status, membership or activity in a local human rights commission, disability, sexual orientation, age or genetic information. District 196 provides equal access to designated youth groups. The Director of Human Resources, Tom Pederstuen (651-423-7859 - tom.pederstuen@district196.org) has been designated to respond to employment-related inquiries regarding the non-discrimination policies including Title IX. The Director of Elementary Education, Sally Soliday (651-423-7782 - sallysoliday@district196.org) and the Director of Secondary Education, Dr. Mark Parr (651-423-7712 - mark.parr@district196.org) have been designated to respond to student-related inquiries regarding the non-discrimination policies including Title IX. The Director of Special Education, Mary Kreger (651-423-7629 - mary.kreger@district196.org) has been designated to respond to inquiries concerning the rights of a student with a disability (504 Coordinator). The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068.

# Have Fun in the Pool!



## Key Log Rolling:

### A Traditional North Woods Pastime (ages 7+)

Calling all LumberJacks and LumberJills! Experience the fun and challenge of log rolling. Improve your core strength, balance, agility and cardio ... but mostly it's just fun! With the help of the yellow resistance fins (like training wheels) no prior skill or experience is necessary. Wear swimwear, rash guards or spandex style athletic wear. Participants must be comfortable being in the water.

Sat | Apr 6-13 | 12:45-1:45 p.m. | 2 sessions | \$25 | BHMS | QLOG-301

Sat | Apr 20-27 | 12:45-1:45 p.m. | 2 sessions | \$25 | BHMS | QLOG-302

☀ Mon-Thu | Jul 8-11 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-401

☀ Mon-Thu | Jul 15-18 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-402

☀ Mon-Thu | Jul 22-25 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-403

☀ Mon-Thu | Jul 29-Aug 1 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-404

☀ Mon-Thu | Aug 5-8 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-405

☀ Mon-Thu | Aug 12-15 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-406



## Open Swims

Bring friends and family for fun in the pool. Locker rooms are available for changing. Children ages 5 and under must be accompanied by an adult in the water. Children ages 6 to 11 must be accompanied by an adult in the pool area.

Log rolling is available for ages 7 and up for an additional fee. Log rolling improves core strength, balance, footwork, agility and cardio ... but mostly it's just fun!

### Pay as You Go Open Swim

Ages 3 & younger . . . . .	Free
Ages 4 & 5 . . . . .	\$.60
Ages 6 and up . . . . .	\$.75
Family . . . . .	\$18
Passes available in packs of 10 . . . . .	\$60
Take a log rolling class . . . . .	\$.50
Log rolling wristband . . . . .	\$.30

Fri | Apr 5-May 10 | 6:30-8:00 p.m.  
skip Apr 19 | SHMS

Sat | Apr 6-May 11 | 2:30-4:00 p.m. | SHMS

Sun | Mar 31-May 12 | 1:00-2:30 p.m.  
skip Apr 21 | BHMS

☀ Fri | Jun 14-Aug 2 | 6:30-8:00 p.m.  
skip Jul 5 | SHMS

☀ Mon-Thu | Jun 17-27\* | 1:00-2:30 p.m. | RMS



\*Free: sponsored by the First State Bank of Rosemount

### Open Swim for Women Only

Sun | Mar 31-Jun 2 | 3:30-5:00 p.m.  
skip Apr 21, May 26 | FRMS

☀ Mon, Wed | Jun 17-Jul 16 | 8:30-9:30 p.m.  
skip Jul 1 & 3 | RMS

☀ Mon, Wed | 8:30-9:30 p.m.  
Jul 22-Aug 14 | BHMS





## Parent Tot (ages 6-36 months with parent or guardian)

Learn to enjoy the water safely with your child.

**Registration Tip** Children, at the age of 3, may register for *Preschool 1* to be in class without a parent or *Preschool 1 with Parent* if the parent or guardian would like to accompany the child in class.

## Preschool 1 and Preschool 1 with Parent (ages 3 to 5)

Learn to enjoy water safely and perform basic skills. Preschoolers in the parent child class learn skills with the comfort of a parent or guardian in the water.

Skills performed with flotation include:

- Enter and exit the water safely
- Submerge and explore underwater
- Glide and recover on front and back
- Float on back
- Roll over front to back, back to front
- Swim on front and back, 5 yd.

**Registration Tip** Upon completion of required skills, children ages 3 to 5 should register for *Preschool 2*. Children ages 5 and up should register for *Learn to Swim Level 1*.



## Preschool 2 (ages 3 to 5)

Experience success with fundamental skills.

Skills performed with assistance include:

- Jump into shoulder-deep water
- Submerge and explore underwater
- Float and glide on front and back
- Roll over front to back, back to front
- Tread water, 15 sec.
- Swim on front and back, 5 yd.

Prerequisite: Must have completed *Preschool 1* or have equivalent skills.

**Registration Tip** Upon completion of required skills, children ages 3 to 5 should register for *Preschool 3*. Children, ages 5 and up should register for *Learn to Swim Level 2*.

## Preschool 3 (ages 3 to 5)

Build on the skills learned in *Preschool 2*.

Skills include:

- Jump into shoulder-deep water
- Hold breath under water, bobbing and rotary breathing
- Float and glide on front and back
- Tread water, 30 sec.
- Change direction while swimming
- Swim on front and back, 15 yd.
- Challenge skills: front crawl and elementary backstroke

Prerequisite: Must have completed *Preschool 2* or have equivalent skills.

**Registration Tip** Children, ages 5 and up that complete *Preschool 3*, should register for *Learn to Swim Level 2*.

## Level 1 (ages 5+) Introduction to Aquatic Skills

Become comfortable in the water learning basic skills.

Skills performed with assistance include:

- Enter and exit the water safely
- Submerge and explore underwater
- Glide on front and back
- Float on back
- Roll over front to back, back to front
- Swim on front and back 5 yd.

**Registration Tip** Compares with our previous *Beginner 1*. Upon completion of required skills register for *Level 2*.

## Level 2 (ages 5+) Fundamental Aquatic Skills

Experience success with fundamental skills.

Skills include:

- Jump into shoulder-deep water
- Breath control, bobbing and rotary breathing
- Float and glide on front and back
- Roll over front to back, back to front
- Change direction while swimming
- Tread water, 15 sec.
- Swim on front and back, 15 yd.

Prerequisite: Must have completed *Preschool 2* or *Level 1* or have equivalent skills.

**Registration Tip** Compares with our previous *Beginner 2*. Upon completion of required skills register for *Level 3*.

## Fees

**Parent Tot and Preschool** \$68  
8 - 30 minute lessons  
*Parent Tot & Preschool 1 with Parent*: 10 parent/child pairs per instructor,  
*Preschool 1 to 3*: 4 students per instructor

**Learn to Swim Levels 1 to 5 Group Lessons** \$82  
8 - 30 or 45\* minute lessons, 5 students per instructor.

**Semi-Private Lessons** \$119  
8 - 30 minute lessons, 2 students per instructor

**Private Lessons** \$220  
8 - 30 minute lessons, call 952-431-8777 to schedule

**Teen, Adult and Diving Group Lessons** \$88  
8 - 30 or 45\* minute lesson, 6 students per instructor

**Semi-Private Lessons** \$119  
8 - 30 minute lessons, 2 students per instructor

**Private Lessons** \$220  
8 - 30 minute lessons, call 952-431-8777 to schedule

\* lesson length depends on number of participants

### Level 3 (ages 5+) Stroke Development

Achieve basic swimming competency learning front crawl and elementary backstroke.

Skills include:

- Jump into deep water
- Kneeling dive
- Survival float, back float and tread water
- Breaststroke kick, dolphin kick, scissors kick, 15 yd. each
- Front crawl and elementary backstroke, 15 yd. each

Prerequisite: Must have completed *Level 2* or have equivalent skills.

**Registration Tip** Compares with our previous *Intermediate 1*. Upon completion of required skills register for *Level 4*.

### Level 4 (ages 5+) Stroke Improvement

Improve swimming skills, increase endurance and learn back crawl, breaststroke, butterfly and sidestroke.

Skills include:

- Standing dive
  - Feet-first surface dive and swim underwater
  - Survival swim, 1 min.
  - Tread water, 2 min.
  - Front crawl and elementary backstroke, 25 yd. each
  - Back crawl, breaststroke, butterfly and sidestroke, 15 yd. each
- Prerequisite: Must have completed *Level 3* or have equivalent skills.

**Registration Tip** Compares with our previous *Intermediate 2*. Upon completion of required skills register for *Level 5*

### Level 5 (ages 5+) Stroke Refinement

Learn to swim with refined strokes and increased endurance.

Skills include:

- Shallow dive
  - Head-first surface dive
  - Tread water, 5 min. and using legs only, 2 min.
  - Front crawl and elementary backstroke, 50 yd. each
  - Back crawl, breaststroke, butterfly and sidestroke, 25 yd. each
- Prerequisite: Must have completed *Level 4* or have equivalent skills.

**Registration Tip** Compares with our previous *Advanced 1*. Those wishing to complete *Level 6* of Red Cross swim lessons may do so as part of our *REvolution Swimming* program. See page 12.

### Teen Swim Lessons (ages 11+)

Individualized instruction is ideal for those that have not had swim lessons or need to work on skills to prepare for middle school physical education courses. For semi-private or private lessons call 952-431-8777.

For convenient dates, times and locations see pages 6 to 9.

### Adult Swim Lessons

Learn to swim in the company of other adults with individualized instruction. For semi-private or private lessons call 952-431-8777.

For convenient dates, times and locations see pages 6 to 9.

### Adapted Swim Lessons (ages 3 to adult with special needs)

Swimming provides opportunities for physical and social development. Instruction is tailored to the needs of the individual. Learn water safety and water adjustment skills. Staff and volunteers provide one-on-one assistance. Family locker room is available.

#### Spring Session

Sun | Mar 31-Jun 2 | 8 sessions  
\$119 | skip Apr 21, May 26 | SHMS

1:00-1:30 p.m. | QADPT-301

1:30-2:00 p.m. | QADPT-302

2:00-2:30 p.m. | QADPT-303

2:30-3:00 p.m. | QADPT-304

#### Summer Session

☀ Mon/Wed | Jun 17-Jul 17 | 8 sessions  
\$119 | skip Jul 1, 3 | RMS

3:30-4:00 p.m. | QADPT-401

4:00-4:30 p.m. | QADPT-402

4:30-5:00 p.m. | QADPT-403

☀ Mon/Wed | Jul 22-Aug 14 | 8 sessions  
\$119 | BHMS

3:30-4:00 p.m. | QADPT-404

4:00-4:30 p.m. | QADPT-405

4:30-5:00 p.m. | QADPT-406

### Women-Only Swim Lessons

Learn to swim in a women-only environment with individualized instruction. Each lesson provides 30 minutes of instruction and one hour of practice time. Drop-in swim time without instruction is also available for girls and women. For semi-private or private lessons call 952-431-8777.

#### Spring Session

Sun | Mar 31-Jun 2 | 3:30-5:00 p.m. | 8 sessions  
\$98 | skip Apr 21, May 26 | FRMS | QWL-301

#### Summer Session

☀ Mon/Wed | Jul 22-Aug 14 | 8:30-9:30 p.m.  
8 sessions | \$98 | BHMS | QWL-402

☀ Mon/Wed | Jun 17-27 | 8:30-9:30 p.m.  
8 sessions | \$98 | skip Jul 1, 3 | RMS | QWL-401



# Spring Swim Lesson Schedules

## Monday & Wednesday BHMS

**Spring Session B1**  
Apr 1-May 1  
skip Apr 22, 24

**Spring Session B2**  
May 6-Jun 3  
skip May 27

**5:15-5:45 p.m.**  
Parent Tot

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**5:15-6 p.m.**  
Levels 1 to 5

**5:50-6:20 p.m.**  
Preschool 1 with  
Parent

Preschool 1 to 3  
Diving

**6:05-6:50 p.m.**  
Levels 1 to 5

**6:25-6:55 p.m.**  
Semi-Private Levels  
1 to 5

**7-7:30 p.m.**  
Preschool 1 to 3

**7-7:45 p.m.**  
Levels 1 to 5

**7:35-8:05 p.m.**  
Semi-Private Levels  
1 to 5

**7:50-8:35 p.m.**  
Levels 1 to 5  
Teens & Adults

**8:10-8:40 p.m.**  
Semi-Private Levels  
1 to 5

## Tuesdays & Thursdays SHMS

**Spring Session S1**  
Apr 2-25

**5:15-5:45 p.m.**  
Parent Tot

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**5:15-6 p.m.**  
Levels 1 to 5

**5:50-6:20 p.m.**  
Preschool 1 with  
Parent

Preschool 1 to 3

**6:05-6:50 p.m.**  
Levels 1 to 5

**6:25-6:55 p.m.**  
Semi-Private Levels  
1 to 5

**7-7:30 p.m.**  
Preschool 1 to 3

**7-7:45 p.m.**  
Levels 1 to 5

**7:35-8:05 p.m.**  
Semi-Private Levels  
1 to 5

**7:50-8:35 p.m.**  
Levels 1 to 5  
Teens & Adults

**8:10-8:40 p.m.**  
Semi-Private Levels  
1 to 5

## Tuesdays & Thursdays SHMS

**Spring Session S2**  
Apr 30-Jun 4  
skip May 2, 21, 23  
May 30 at BHMS

**4:45-5:15 p.m.**  
Parent Tot

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**4:45-5:30 p.m.**  
Levels 1 to 5

**5:20-5:50 p.m.**  
Preschool 1 with  
Parent

Preschool 1 to 3  
Semi-Private Levels  
1 to 5

**5:35-6:20 p.m.**  
Levels 1 to 5

**5:55-6:25 p.m.**  
Semi-Private Levels  
1 to 5

**6:25-7:10 p.m.**  
Levels 1 to 5

**6:30-7 p.m.**  
Parent Tot  
Preschool 1 to 3  
Semi-Private Levels  
1 to 5

**7:15-7:45 p.m.**  
Semi-Private Levels  
1 to 5

**7:15-8 p.m.**  
Levels 1 to 5

**7:50-8:20 p.m.**  
Semi-Private Levels  
1 to 5

**8:05-8:50 p.m.**  
Levels 1 to 5

Teens & Adults

## Saturdays BHMS

**Spring Session B3**  
Apr 6-Jun 1  
skip May 25

**9:00-9:30 a.m.**  
Parent Tot

Preschool 1 to 3

**9:00-9:45 a.m.**  
Levels 1 to 5

**9:35-10:05 a.m.**  
Preschool 1 with  
Parent

Preschool 1 to 3  
Semi-Private  
Levels 1 to 5

**9:50-10:35 a.m.**  
Levels 1 to 5

**10:10-10:40 a.m.**  
Semi-Private  
Levels 1 to 5

**10:40-11:25 a.m.**  
Levels 1 to 5

**10:45-11:15 a.m.**  
Parent Tot

Preschool 1 to 3

**11:20-11:50 a.m.**  
Diving

Semi-Private  
Levels 1 to 5

**11:30am-12:15 p.m.**  
Levels 1 to 5

**11:55am-12:25 p.m.**  
Preschool 1 to 3

Semi-Private  
Levels 1 to 5

## Saturdays SHMS

**Spring Session S3**  
Apr 6-Jun 1  
skip May 25

**9:00-9:30 a.m.**  
Parent Tot

Preschool 1 to 3

**9:00-9:45 a.m.**  
Levels 1 to 5

**9:35-10:05 a.m.**  
Preschool 1 with  
Parent

Preschool 1 to 3

**9:50-10:35 a.m.**  
Levels 1 to 5

**10:10-10:40 a.m.**  
Semi-Private  
Levels 1 to 5

**10:40-11:25 a.m.**  
Levels 1 to 5

**10:45-11:15 a.m.**  
Parent Tot

Preschool 1 to 3

**11:20-11:50 a.m.**  
Semi-Private  
Levels 1 to 5

**11:30am-12:15 p.m.**  
Levels 1 to 5

**11:55am-12:25 p.m.**  
Preschool 1 to 3

**12:45-1:30 p.m.**  
Levels 1 to 5

**1:00-1:30 p.m.**  
Preschool 1 to 3

**1:35-2:05 p.m.**  
Semi-Private  
Levels 1 to 5

*I was very happy with the instruction and fun environment provided by the teacher and assistant.*

- participant parent

# Pool Fitness



## Sundays BHMS

Spring Session B4  
Mar 31-Jun 2  
skip Apr 21, May 26

**2:30-3:00 p.m.**  
Semi-Private  
Levels 1 to 5

**2:30-3:15 p.m.**  
Levels 1 to 5

**3:05-3:35 p.m.**  
Preschool 1 with  
Parent  
Preschool 1 to 3

**3:20-4:05 p.m.**  
Levels 1 to 5

**3:40-4:10 p.m.**  
Parent Tot  
Preschool 1 to 3

**4:10-4:55 p.m.**  
Levels 1 to 5

**4:15-4:45 p.m.**  
Semi-Private  
Levels 1 to 5

**4:50-5:20 p.m.**  
Preschool 1 to 3

**5:00-5:45 p.m.**  
Levels 1 to 5

**5:50-6:20 p.m.**  
Semi-Private  
Levels 1 to 5

**6:15-7:00 p.m.**  
Levels 1 to 5

**6:25-6:55 p.m.**  
Parent Tot  
Preschool 1 to 3

**7:00-7:30 p.m.**  
Diving  
Semi-Private  
Levels 1 to 5

**7:35-8:20 p.m.**  
Levels 1 to 5  
Teens & Adults



## Sundays SHMS

Spring Session S4  
Mar 31-Jun 2  
skip Apr 21, May 26

**3:30-4:00 p.m.**  
Semi-Private  
Levels 1 to 5

**3:30-4:15 p.m.**  
Levels 1 to 5

**4:05-4:35 p.m.**  
Preschool 1 with  
Parent  
Preschool 1 to 3

**4:20-5:05 p.m.**  
Levels 1 to 5

**4:40-5:10 p.m.**  
Parent Tot  
Preschool 1 to 3

**5:10-5:55 p.m.**  
Levels 1 to 5

**5:15-5:45 p.m.**  
Semi-Private  
Levels 1 to 5

**6:25-7:10 p.m.**  
Levels 1 to 5

**7:15-7:45 p.m.**  
Semi-Private  
Levels 1 to 5

**7:50-8:35 p.m.**  
Levels 1 to 5  
Teens & Adults



## Pay as You Go

\$7 at the door or purchase a pack of 10 passes for \$60 / \$55 for ages 55+. Passes are available at the pool during hours of operation. Pay by credit card, cash or check. Aquatics Adult Fitness is open to middle and high school age students accompanied by an adult.

## Adult Lap Swim

Swim laps at your own pace to keep in shape all season long. Register for the session or **Pay as You Go**.

Mon & Wed | Apr 1-Jun 5 | 7:30-8:30 p.m. | 19 sessions | \$105  
skip May 27 | SHMS | QLAP-301

Tue & Thu | Apr 2-May 9 | 6:00-7:00 p.m. | 9 sessions | \$50  
skip Apr 23, 25, May 7 | BHMS | QLAP-302

Sat | Apr 6-Jun 1 | 7:30-8:30 p.m. | 8 sessions | \$44  
skip May 25 | SHMS | QLAP-303

☀ Sat | Jun 15-Aug 10 | 8:00-8:55 a.m. | 8 sessions | \$44  
skip Jul 6 | SHMS | QLAP-401

## Deep Water Exercise

Enjoy exercising in deep water, supported by exercise flotation belts, to minimize strain on joints! Our instructor will lead you in a workout that develops both cardiovascular endurance and muscular strength. Register for the session or **Pay as You Go**.

Tue & Thu | Apr 2-May 9 | 7:00-8:00 p.m. | 9 sessions | \$50  
skip Apr 23, 25, May 7 | BHMS | QWXD-301

## Water Exercise

Adults of all ages and fitness levels love Water Exercise! Our instructor will lead you in a workout that develops both cardiovascular endurance and muscular strength. **Pay as You Go**.

Mon & Wed | Apr 1-Jun 5 | 5:30-6:30 p.m. | 18 sessions  
skip Apr 3, May 27 | SHMS | QWX-301

Mon & Wed | Apr 1-Jun 5 | 6:30-7:30 p.m. | 19 sessions  
skip May 27 | SHMS | QWX-302

Sat | Apr 6-Jun 1 | 8:00-8:55 a.m. | 8 sessions  
skip May 25 | SHMS | QWX-303

☀ Mon & Wed | Jun 10-Aug 14 | 5:30-6:30 p.m. | 18 sessions  
skip Jul 1, 3 | SHMS | QWX-401





# Summer Swim Lesson Schedules

## Mondays through Thursdays DHMS

Session D1  
☀ Jun 17-27

9-9:45 a.m.  
Levels 1 to 5

9:15-9:45 a.m.  
Parent Tot  
Preschool 1 to 3

9:50-10:20 a.m.  
Preschool 1 with Parent  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

10:25-11:10 a.m.  
Levels 1 to 5  
Teens

12-12:30 p.m.  
Diving  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

12-12:45 p.m.  
Levels 1 to 5

## Mondays through Thursdays RMS

Session R1  
☀ Jun 17-27

9-9:45 a.m.  
Levels 1 to 5

9:15-9:45 a.m.  
Parent Tot  
Preschool 1 to 3

9:50-10:20 a.m.  
Preschool 1 with Parent  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

10:25-11:10 a.m.  
Levels 1 to 5  
Teens

12-12:30 p.m.  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

12-12:45 p.m.  
Levels 1 to 5

## Mondays through Thursdays BHMS

Session B2  
☀ Jul 8-18

Session B3  
☀ Jul 22-Aug 1

Session B4  
☀ Aug 5-15

9-9:45 a.m.  
Levels 1 to 5

Teens

9:15-9:45 a.m.  
Parent Tot  
Preschool 1 to 3

9:50-10:20 a.m.  
Preschool 1 with Parent  
Preschool 1 to 3  
Semi-Private Levels 1 to 5  
Diving

10:25-11:10 a.m.  
Levels 1 to 5

11:15-11:45 a.m.  
• Sessions B3 & B4 only - Lessons at 11:15 a.m. are offered as one-week sessions at half the price of the two-week session. Combine sessions for multiple weeks at this time.

Parent Tot  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

12:20-12:50 p.m.  
Preschool 1 with Parent  
Aqua Kids 2&3  
Semi-Private Levels 1 to 5  
Diving

12:55-1:40 p.m.  
Levels 1 to 5

Teens

1:45-2:15 p.m.  
Semi-Private Levels 1 to 5

## Mondays through Thursdays BHMS

Session A5  
☀ Jul 22-25

Session A6  
☀ Jul 29-Aug 1

Session A7  
☀ Aug 5-8

Session A8  
☀ Aug 12-15

11:15-11:45 a.m.  
Parent Tot

Preschool 1 to 3  
Semi-Private Levels 1 to 5

### One-Week Daytime Sessions

If your summer schedule doesn't fit with our two-week sessions, try these one-week sessions. Lessons at 11:15 a.m. at BHMS are offered as one-week sessions at half the price of the two-week session. Combine sessions for multiple weeks at this time.

## Mondays through Thursdays SHMS

Session S1  
☀ Jun 17-27

Session S2  
☀ Jul 8-18

Session S3  
☀ Jul 22-Aug 1

Session S4  
☀ Aug 5-15

9-9:45 a.m.  
Levels 1 to 5

Teens

9:15-9:45 a.m.  
Parent Tot  
Preschool 1 to 3

9:50-10:20 a.m.  
Preschool 1 with Parent  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

10:25-11:10 a.m.  
Levels 1 to 5

11:15-11:45 a.m.  
This time slot is not available for session S2: Jul 8-18  
Parent Tot  
Preschool 1 to 3  
Semi-Private Levels 1 to 5

12:20-12:50 p.m.  
Preschool 1 with Parent  
Aqua Kids 2&3  
Semi-Private Levels 1 to 5

12:55-1:40 p.m.  
Levels 1 to 5

Teens

1:45-2:15 p.m.  
Semi-Private Levels 1 to 5



*Great energy from instructors. Lots of smiles, good expectations to help improve skills without being forceful about it.*

- participant parent



## Mondays & Wednesdays

### Session R5 at RMS

☀ Jun 17-Jul 17  
skip Jul 1 & 3

### Session B7 at BHMS

☀ Jul 22-Aug 14

**5-5:30 p.m.**

Parent Tot

Preschool 1 to 3

**5-5:45 p.m.**

Levels 1 to 5

**5:35-6:05 p.m.**

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**5:50-6:35 p.m.**

Levels 1 to 5

**6:10-6:40 p.m.**

Preschool 1 with  
Parent

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**6:40-7:25 p.m.**

Levels 1 to 5

**6:45-7:15 p.m.**

Semi-Private Levels  
1 to 5

**7:20-7:50 p.m.**

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**7:30-8:15 p.m.**

Levels 1 to 5

Teens & Adults

## Tuesdays & Thursdays

### Session S6 at SHMS

☀ Jun 18-Jul 18  
skip Jul 2 & 4

### Session S8 at SHMS

☀ Jul 23-Aug 15

**4:30-5 p.m.**

Parent Tot

Preschool 1 to 3

**4:30-5:15 p.m.**

Levels 1 to 5

**5:05-5:35 p.m.**

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**5:20-6:05 p.m.**

Levels 1 to 5

**5:40-6:10 p.m.**

Preschool 1 with  
Parent

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**6:10-6:55 p.m.**

Levels 1 to 5

**6:15-6:45 p.m.**

Parent Tot

Preschool 1 to 3

**6:50-7:20 p.m.**

Semi-Private Levels  
1 to 5

**7-7:45 p.m.**

Levels 1 to 5

**7:25-7:55 p.m.**

Semi-Private Levels  
1 to 5

**7:50-8:35 p.m.**

Levels 1 to 5

Teens & Adults

**8-8:30 p.m.**

Semi-Private Levels  
1 to 5



## Saturdays

### Session S9 at SHMS

☀ Jun 15-Aug 10  
skip Jul 6

**9-9:30 a.m.**

Parent Tot

Preschool 1 to 3

**9-9:45 a.m.**

Levels 1 to 5

**9:35-10:05 a.m.**

Preschool 1 with  
Parent

Preschool 1 to 3

Semi-Private Levels  
1 to 5

**9:50-10:35 a.m.**

Levels 1 to 5

**10:10-10:40 a.m.**

Semi-Private Levels  
1 to 5

**10:40-11:25 a.m.**

Levels 1 to 5

**10:45-11:15 a.m.**

Parent Tot

Preschool 1 to 3

**11:20-11:50 a.m.**

Semi-Private Levels  
1 to 5

**11:30 a.m.-12:15 p.m.**

Levels 1 to 5

**11:55 a.m.-12:25 p.m.**

Preschool 1 to 3

Semi-Private Levels  
1 to 5



*First swimming lessons for my grandson. The teachers were excellent and program effective.*

*- participant grandparent*



# Certification Training

## Junior Lifeguarding (ages 11-14)

Build a foundation of knowledge, attitudes and skills for future lifeguards.

☐ Mon-Thu | Jun 10-13 | 9:00 a.m.-12:30 p.m.  
4 sessions | \$140 | FRMS | QLGJR-301

☐ Mon-Thu | Aug 19-22 | 9:00 a.m.-12:30 p.m.  
4 sessions | \$140 | BHMS | QLGJR-401

## Lifeguarding plus Waterpark Module (ages 15+)

Become certified in American Red Cross Lifeguarding for pools and waterparks, First Aid and CPR/AED for the Professional Lifeguard. Attendance is mandatory.

Sat 1:00-7:00 p.m., Sun 9:00 a.m.-6:00 p.m. | Apr 6-14  
4 sessions | \$265 | FRMS | QLGWP-301

Sat 1:00-7:00 p.m., Sun 9:00 a.m.-6:00 p.m. | Apr 27-May 5  
4 sessions | \$265 | FRMS | QLGWP-302

Sat 1:00-7:00 p.m., Sun 9:00 a.m.-6:00 p.m. | May 11-19  
4 session | \$265 | FRMS | QLGWP-303

☐ Mon-Thu | Jun 10-13 | 9:00 a.m.-5:30 p.m.  
4 sessions | \$265 | FRMS | QLGWP-304

☐ Mon-Thu | Aug 5-8 | 9:00 a.m.-5:30 p.m.  
4 sessions | \$265 | BHMS | QLGWP-401

☐ Mon-Thu | Aug 19-22 | 9:00 a.m.-5:30 p.m.  
4 sessions | \$265 | BHMS | QLGWP-402

## Lifeguarding Renewal

Renew American Red Cross Lifeguarding, First Aid and CPR/AED for the Professional Lifeguard certifications. Attendance is mandatory. Waterfront and Waterpark modules will be offered for those who successfully complete this course. Call 952-431-8777 for more information or to register.

Sat 1:00-6:00 p.m., Sun 9:00 a.m.-2:00 p.m. | May 11-12  
2 sessions | \$160 | FRMS | QLGR-301

Sat 1:00-6:00 p.m., Sun 9:00 a.m.-2:00 p.m. | May 18-19  
2 sessions | \$160 | FRMS | QLGR-302

☐ Sat | Aug 3 | 9:00 a.m.-7:00 p.m. | \$160 | BHMS | QLGR-401

## Lifeguarding Waterfront Module

This module is for currently certified American Red Cross lifeguards to work at a beach.

Sat | May 11 | 5:00-8:00 p.m. | \$60.00 | FRMS | QLGMWF-301

Sat | May 18 | 5:00-8:00 p.m. | \$60.00 | FRMS | QLGMWF-302

☐ Sun | Aug 4 | 9:00 a.m.-12:00 p.m. | \$60 | BHMS | QLGMWF-401

\* \$30 when combined with *Lifeguarding* or *Lifeguarding Renewal*

## Lifeguarding Waterfront Module Renewal

This module is for the renewal of the Waterfront certification.

Sat | May 11 | 5:00-8:00 p.m. | \$50 | FRMS | QLGRWF-301

Sat | May 18 | 5:00-8:00 p.m. | \$50 | FRMS | QLGRWF-302

☐ Sun | Aug 4 | 9:00 a.m.-12:00 p.m. | \$50 | BHMS | QLGRWF-401

\* \$20 when combined with *Lifeguarding Renewal*



## Lifeguarding Prerequisites

- Age** • 15 years of age by the last day of the class
- Skill** • Swim 300 yd. continuously using front crawl and breaststroke (550 yd. for Waterfront)
  - Tread water for 2 min. using legs only
  - Complete a timed skill sequence including a 20 yd. swim, retrieve a 10 lb. object from 7 ft. deep, swim 20 yd. carrying the object and exit the water within 1 min. and 40 sec.

## Lifeguarding Waterpark Module (ages 15+)

This module is for currently certified American Red Cross lifeguards to work at a waterpark.

Sat | May 11 | 5:00-7:00 p.m. | \$60  
FRMS | QLGMWP-301

Sat | May 18 | 5:00-7:00 p.m. | \$60  
FRMS | QLGMWP-302

☐ Sun | Aug 4 | 9:00-11:00 a.m. | \$60  
BHMS | QLGMWP-401

\* \$30 when combined with *Lifeguarding* or *Lifeguarding Renewal*

## Lifeguarding Waterpark Module Renewal

This module is for the renewal of the Waterpark certification.

Sat | May 11 | 5:00-7:00 p.m. | \$50  
FRMS | QLGRWP-301

Sat | May 18 | 5:00-7:00 p.m. | \$50  
FRMS | QLGRWP-302

☐ Sun | Aug 4 | 9:00-11:00 a.m. | \$50  
BHMS | QLGRWP-401

\* \$20 when combined with *Lifeguarding Renewal*

## Water Safety Aide (ages 13+)

Do you seek employment as a swim instructor aide? This class is for you! CPR and First Aid training are included. Students that complete this course will be qualified to apply for employment at the age of 14. Attendance is mandatory.

☀ Mon-Thu | Jun 10-13 | 9:00 a.m.-3:30 p.m. | 4 sessions  
\$160 | FRMS | QWSA-301

☀ Mon-Thu | Aug 5-15 | 9:00 a.m.-12:30 p.m. | 8 sessions  
\$160 | BHMS | QWSA-401

☀ Mon-Thu | Aug 19-22 | 9:00 a.m.-3:30 p.m. | 4 sessions  
\$160 | BHMS | QWSA-402

## Water Safety Instructor (ages 16+)

Become certified to teach American Red Cross swim lessons. Attendance is mandatory. Students must be 16 years of age by the last day of the class. Skill Prerequisites: Demonstration of swimming skills equivalent to Red Cross Level 4 swim lesson requirements.

☀ Mon-Thu | Jun 10-13 | 9:00 a.m.-6:00 p.m. | 4 sessions  
\$270 | FRMS | QWSI-301

☀ Mon-Thu | Aug 19-22 | 9:00 a.m.-6:00 p.m. | 4 sessions  
\$270 | BHMS | QWSI-401

## Water Safety Instructor Blended Learning (ages 16+)

Sun | Apr 7-May 5 | 1:00-7:00 p.m. | 4 sessions  
\$270 | skip Apr 21 | FRMS | QWSIBL-301

## Lifeguarding Instructor Review

Renew your American Red Cross Lifeguard Instructor certification. All Lifeguard Instructors must take a review course once every two years to maintain the certification. Attendance is mandatory. *Lifeguarding Renewal* (Code: QLGILGR) will be offered after completion of this course. *Waterpark Skills Module* (Code: QLGIWP for new certification, QLGIRWP for renewal) and *Waterfront Skills Module* (Code: QLGIWF for new certification, QLGIRWF for renewal) will also be offered. Register separately for these.

Sat | Apr 27 | 9:00 a.m.-5:00 p.m. | \$120 | FRMS | QLGIR-301

Sat | May 18 | 9:00 a.m.-5:00 p.m. | \$120 | FRMS | QLGIR-302

☀ Sat | Jun 1 | 9:00 a.m.-5:00 p.m. | \$120 | FRMS | QLGIR-303

☀ Sat | Jun 29 | 9:00 a.m.-5:00 p.m. | \$120 | FRMS | QLGIR-401

### Lifeguarding Renewal for Lifeguard Instructors Only

Limited to Lifeguard Instructors only upon completion of the *Lifeguard Instructor Review* course. *Waterpark Skills Module* (Code: QLGIWP for new certification, QLGIWPR for renewal) and *Waterfront Skills Module* (Code: QLGIWF for new certification, QLGIWFR for renewal) will be offered also. Please register separately for these modules.

Sat | Apr 27 | 5:00-6:00 p.m. | \$60 | FRMS | QLGILGR-301

Sat | May 18 | 5:00-6:00 p.m. | \$60 | FRMS | QLGILGR-302

☀ Sat | Jun 1 | 5:00-6:00 p.m. | \$60 | FRMS | QLGILGR-303

☀ Sat | Jun 29 | 5:00-6:00 p.m. | \$60 | FRMS | QLGILGR-401

## Lifeguarding Instructor (ages 17+)

"Become certified to teach American Red Cross Lifeguarding. Attendance at all class sessions is mandatory.

Age Prerequisite: Students must be 17 years old by the last day of the class.

Certification Prerequisite: Current Lifeguard certification

Skill Prerequisite: Demonstration of competency with Lifeguarding rescue skills.

Mon-Thu | May 20-23 | 3:30-9:00 p.m.  
4 sessions | \$299 | FRMS | QLGI-301

☀ Fri, Sat 9:00 a.m.-5:00 p.m., Sun 1:00-7:00 p.m.  
Jul 12-14 | 3 sessions | \$299 | BHMS | QLGI-401

## Water Safety Instructor Re-Entry (ages 16+)

*Water Safety Instructor* course for those that have expired within the past two years or swim instructors certified through another recognized organization.

☀ Sat | Jun 22 | 9:00 a.m.-6:00 p.m. | \$160  
FRMS | QWSIR-401



# Competitive Swimming



## Join REvolution Swimming for a competitive swimming experience!

Join the REvolution for competitive swimming. Coaches focus on skill development and conditioning creating an ideal experience for first-time competitive swimmers as well as experienced swimmers. Register according to the number of practices attending per week. Meets are scheduled throughout the season during Thursday practice times.

### Summer Session

Jun 10-Aug 15, skip Jul 1-4

Meets: Thursdays, Jun 27 & Jul 18 at VMS,  
Aug 1 & 15 at FRMS

Note: Warm-ups begin at 6:00 p.m.;

Meets begin at 6:30 p.m.

Mon through Thu Mornings

☀ Jun 10-Aug 15 at SHMS, skip July 1-4

Mon through Thu Evenings

☀ Jun 10-13 at RMS

☀ Jun 17-27 at FRMS

☀ Jul 8-18 at VMS

☀ Jul 22-Aug 15 at FRMS

### Grades 3 & 4

QREV34AM-401 | 7:30-8:30 a.m.

QREV34PM-401 | 6:00-7:0 p.m.

\$120 two practices per week

\$200 more than two practices per week

### Grades 5 & 6

QREV56AM-401 | 7:15-8:30 a.m.

QREV56PM-401 | 6:00-7:15 p.m.

\$140 two practices per week

\$220 more than two practices per week

### Grades 7 & 8:

QREV78AM-401 | 7:00-8:30 a.m.

QREV78PM-401 | 6:30-8:00 p.m.

\$180 two practices per week

\$260 more than two practices per week

### Grades 9-12

QREV912AM-401 | 7:00-8:30 a.m.

QREV912PM-401 | 6:30-8:00 p.m.

\$180 two practices per week

\$260 more than two practices per week



## Divers Challenge: Introduction to Competitive Diving

Learn springboard diving through individualized coaching on technique and form. This course is for divers who are able to perform a basic springboard dive with an approach and hurdle. Participants must be comfortable in deep water and able to swim 15 yards.

Sun | Mar 31-Jun 2 | 7:30-8:30 p.m | 8 sessions  
\$95 | skip Apr 21, May 26 | BHMS | QDCH-301

## Introduction to Springboard Diving

Learn basic diving skills, progressing from diving from the side of the pool to the basic front dive with approach and hurdle from the diving board. Participants must be comfortable in deep water and able to swim 15 yards. Classes meet during the same times as swim lessons. For convenient dates, times and locations see pages 6 to 9.

## Revolution Competitive Diving

Join the REvolution for a new experience in competitive diving. For the summer session register according to grade level in fall of next school year. Divers that qualify as gifted athletes for high school diving may register for the high school session. Divers will be given the opportunity to have their dives judged in a competitive format.



### Elementary and Middle School Divers

Mon-Thu | Apr 15-May 30 | 4:30-5:30 p.m.

22 sessions | \$239 | skip Apr 18, 25, May 7, 14, 20, 27 | VMS | QREVD1-301

☀ Mon-Thu | Jun 10-Jul 11 | 10:30-11:30 a.m.

16 sessions | \$189 | skip Jul 1-4 | DHMS | QREVD1-401

### High School Divers

Mon-Thu | Apr 15-May 30 | 3:00-4:30 p.m.

22 sessions | \$315 | skip Apr 18, 25, May 7, 14, 20, 27 | VMS | QREVD2-301

☀ Mon-Thu | Jun 10-Jul 18 | 9:00-10:30 a.m.

20 sessions | \$289 | skip Jul 1-4 | Jun 10-Jul 11 at DHMS, Jul 15-18 at VMS | QREVD2-401



Competitive swimming clubs can offer an environment where young people can **learn about the good techniques for success in life such as goal setting, stress management and social interaction**. It has recently been reported to contribute to academic success.

The report *Are Adolescent Competitive Swimmers Cleverer?* written by Professor Ian Cumming, Chief Executive, Health Education England and Chairman of Swim England's Swimming and Health Commission, and Karl New, Sport, Health and Exercise Science academic from the University of South Wales. It is the first major academic review of the benefits of swimming on the academic achievement of young people. ***The findings show that short and long term effects of regular training increases the number of brain cells and connections between them. This leads to improved attention and accuracy in completing tasks and longer physical and psychological benefits.***



# Locations

visit [www.district196.org/ce](http://www.district196.org/ce) for an interactive map

	9Round Eagan 1095 Diffley Rd		Galaxie Library 14955 Galaxie Ave, Apple Valley
AVCC	Apple Valley Community Center 14603 Hayes Rd		Glass Endeavors 2716 E 31st St, Minneapolis
AVHS	Apple Valley High School 14450 Hayes Rd	GL	Greenleaf Elementary 13333 Galaxie Ave, Apple Valley
	Art Works Eagan 3795 Pilot Knob Rd	HL	Highland Elementary 14001 Pilot Knob Rd, Apple Valley
	Aslan Institute (lower level) 4141 Old Sibley Memorial Hwy, Eagan		Kerfoot Canopy Tour 30200 Scenic Byway Rd, Henderson
	Augustana Health Care Center of Apple Valley 14650 Garrett Ave		Minneapolis Sculpture Garden 725 Vineland Pl, Minneapolis
BHMS	Black Hawk Middle School 1540 Deerwood Dr, Eagan		Minnesota Zoo 13000 Zoo Blvd, Apple Valley
	C-4 Fitness 5708 Upper 147th St W, Suite 103, Apple Valley		Mount Calvary Lutheran Church 3910 Rahn Rd, Eagan
	Carbone's Pizza 14550 S Robert Trail, Rosemount		Music Magic 16312 Fishing Ave W, Rosemount
CVLC	Cedar Valley Learning Center 14420 Glenda Dr, Apple Valley		Nickie Carrigan Fitness The WAREHOUSE 3065 145th St W, Rosemount
CCC	Community of Christ Church 5990 134th St Ct, Apple Valley	NV	Northview Elementary 965 Diffley Rd, Eagan
DHMS	Dakota Hills Middle 4183 Braddock Trail, Eagan		Northview Elementary Tennis Courts 980 Northview Park Rd, Eagan
DR	Dakota Ridge School 4629 144th St W, Apple Valley	OR	Oak Ridge Elementary 4350 Johnny Cake Ridge Rd, Apple Valley
DW	Deerwood Elementary 1480 Deerwood Dr, Eagan	PW	Pinewood Community School 4300 Dodd Rd, Eagan
DP	Diamond Path Elementary 14455 Diamond Path W, Rosemount	RP	Red Pine Elementary 530 Red Pine Ln, Eagan
	Diamondhead Education Center 200 W Burnsville Pkwy, Burnsville		Rio Gran Training Academy 16440 Fischer Ave, Hastings
DSC	District Service Center 14301 Diamond Path, Apple Valley	RCC	Rosemount Community Center 13885 S Robert Trl
DVLC	Dakota Valley Learning Center 4679 144th St W, Apple Valley	RE	Rosemount Elementary 3155 143rd St W
	Dog Day Getaway 14607 Felton Ct, #101, Apple Valley	RHS	Rosemount High School 3335 142nd St W
EHS	Eagan High School 4185 Braddock Trl	RMS	Rosemount Middle School 3135 143rd St W
EL	East Lake Elementary 4715 162nd St W, Lakeville	SHMS	Scott Highlands Middle School 14011 Pilot Knob Rd, Apple Valley
EVHS	Eastview High School 6200 140th St W, Apple Valley	SV	Southview Elementary 1025 Whitney Dr, Apple Valley
EP	Echo Park Elementary 14100 County Road 11, Burnsville		Sunnyside Stables 15400 Emery Ave E, Rosemount
	Emerald Greens Golf Course 14425 Goodwin Ave, Hastings	TL	Thomas Lake Elementary 4350 Thomas Lake Rd, Eagan
FRMS	Falcon Ridge Middle School 12900 Johnny Cake Ridge Rd, Apple Valley	VMS	Valley Middle School 900 Garden View Dr, Apple Valley
		WV	Westview Elementary 225 Garden View Dr, Apple Valley

## Free Vacations: Make Money, Too!

Learn how to travel for free! Explore how to obtain free airline tickets, hotels, cruises, tours, car rentals, meals and more. Discover how to earn extra income on vacations anywhere in the United States or overseas. Maximize frequent flyer miles, get bumped to fly for free, mystery shop for travel perks and earn extra income. Discover the best websites for travel, tips on packing light, solo travel, safety, health, culture, effective ways to negotiate and more. Includes book (\$15 value), referenced throughout class. *Gina Henry is a travel expert, writer and professional speaker. She has traveled to over 80 countries and 40 states. Gina teaches in 90 cities nationwide and also leads group travel.*



Location: Diamondhead Education Center,  
200 W Burnsville Pky, Burnsville

Sat | Apr 13 | 9:00 a.m.-12:30 p.m.  
\$45, \$75 per couple | AGHFV-S1

## Gangsters, Nightclubs, Hangouts and Crimes!

Explore the Wabasha Street Caves where gangsters in the 1930s mingled freely with local residents. Relive mob activities and an unsolved murder, skillfully narrated by a professional guide. Board the coach for an entertaining and informative two-hour overview of nightclubs, kidnappings and gun battles. Discover the residences of John Dillinger, Ma Barker and Babyface Nelson. Lunch is on your own in the West 7th Street area. Select from numerous restaurants. Spend the afternoon at a resort and lakeside community (not offered on previous tours), viewing hideouts and haunts when the gangsters *needed to lay low*. Then spend some time exploring the charming town. If you are into local history, interested in the gangster era, the 1930s and more, this is the tour for you! Fee includes admission, coach bus, treats and escort. Sorry, no discounts apply.

Drop off/Return: SHMS | Scott Highlands Middle School,  
14011 Pilot Knob Rd, Apple Valley

Sat | May 4 | 8:00 a.m.-6:00 p.m.  
\$69 | AGNHC-S1

## **new** Kerfoot Canopy Zipline Tour (18+)

Enjoy a heart-pounding, soul stirring adventure! Experience Minnesota like you've never seen it before! Our zipline tour covers over one mile of the Minnesota River Valley and soars you up to 175 feet above the ground. All guests must weigh between 70 and 250 pounds. Includes:

- 2.5 hour guided outdoor adventure
- 14 zip lines
- 170 foot suspension bridge
- Light hiking
- An ATV ride to the start of the course

Location: Kerfoot Canopy Tour, 30200 Scenic Byway Rd, Henderson

☀️ Fri | Jun 14 | 11:30 a.m.-2:30 p.m. | \$72 | AKCZT-U1

## Glorious Gardens Galore!

Visit six - nine private home gardens. Gardens showcased include sunny, shady, woodland, native, aquatic and more. Enjoy porches, arbors, gazebos, pergola terraces and patios. Notice the borders and colorful plants, abundant hanging baskets, bird feeders and baths, plants that draw butterflies, koi swimming in calming pools, fountain water features, vibrant umbrellas on table tops and more. The gardens



are plush with plants and shrubs. An added bonus: homeowners from last year's tour have invited our group to their home. They have extensive gardens and an intricate railroad garden that meanders throughout their entire property. Lunch will be on your own; select from a number of restaurants featuring a variety of food options. Fee includes garden tour admissions, motorcoach transportation, refreshments and escort. Sorry, no discounts apply.

Drop off/Return: SHMS | Scott Highlands Middle School,  
14011 Pilot Knob Rd, Apple Valley

☀️ Sat | Jul 23 | 9:30 a.m.-6:00 p.m. | \$49 | SHMS | ATGGG-U1

## Stillwater Tour with St. Croix River Cruise

Experience the beauty of Minnesota in the charming river town of Stillwater. Our narrated riding tour begins with a journey through the city's picturesque streets. The tour continues aboard a replica 1890's paddle-wheel riverboat, where you will be treated to a delicious buffet meal. Following lunch, you'll have time to explore Stillwater's Main Street. Sorry, no discounts apply.

Drop off/Return: SHMS | Scott Highlands Middle School,  
14011 Pilot Knob Rd, Apple Valley

☀️ Sat | Jul 20 | 9:00 a.m.-3:30 p.m. | \$69 | SHMS | ASCRC-U1



# Animal Ed-Ventures

## Dog Playgroup

Dogs and owners take part in an indoor, off leash opportunity, that allows for socialization and fun with similar size and weight canines. Dog owners remain on site and may enjoy complimentary coffee and baked goods. Meet every other Sunday. Select the number of sessions when registering. Unsure how your dog will respond? A one-time class is available. Requirements: current rabies, distemper and bordetella vaccines (bring documentation), dogs must be in good health. Check in to confirm attendance. Classes meet for one hour and times vary from week to week. *Dog Day Getaway offers dog daycare, boarding, self-wash, dog training and playgroups. Open since 2004, staff have over a decade of experience caring for dogs.*

Class packages: 1 class \$8 | 3 classes \$24  
5 classes \$40

Location: Dog Day Getaway, 14607 Felton Ct, #101, Apple Valley

## Puppies

Puppies ages 12 weeks to nine months. An opportunity for puppies to develop play skills in a safe and supervised environment.

Sun | ADOGS-S1

11:00 a.m.-noon | May 5 and July 14

12:15-1:15 p.m. | Apr 28, Jun 9 & Sep 8

1:30-2:30 p.m. | May 19 and Aug 11

## Tiny/Shy Dogs

Dogs 15 pounds and under, or shy or nervous smaller dogs.

Sun | ADOGT-S2

11:00 a.m.-noon | Apr 28, Jun 9 & Sep 8

12:15-1:15 p.m. | Apr 7, May 19 & Aug 11

1:30-2:30 p.m. | May 5 & July 14

## Small Dogs

Dogs 30 pounds and under, allows interaction with other similar size canines.

Sun | ADOSD-S3

11:00 a.m.-noon | Apr 7, May 19 & Aug 11

12:15-1:15 p.m. | May 5 and July 14

1:30-2:30 p.m. | Apr 28, Jun 9 and Sep 8

*Rio Gran Training Academy instructors are experts in dog training practices and enjoy sharing their passion for dogs to help owners build strong relationships. Facility is located just ten miles from Rosemount.*



Location: Rio Gran Training Academy, 16440 Fischer Ave, Hastings

## Puppy Training

Introduce your puppy to those of similar ages. Interact safely while learning appropriate manners for dog-to-dog and dog-to-human interaction. Introduction to simple commands such as sit, come and stay. Puppies 12 weeks to six months welcome.

Mon | Apr 15-May 20 | 10:00-10:50 a.m. | 6 sessions | \$85 | ARGFA-S1

Wed | Apr 24-May 29 | 7:00-7:50 p.m. | 6 sessions | \$85 | ARGFA-S2

Thu | May 2-Jun 13 | 6:30-7:20 p.m. | 6 sessions | \$85 | skip May 23 | ARGFA-S3

☀ Sun | Jun 2-Jul 14 | 6:00-6:50 p.m. | 6 sessions | \$85 | skip Jul 7 | ARGFA-U5

☀ Thu | Jul 11-Aug 15 | 6:30-7:20 p.m. | 6 sessions | \$85 | ARGFA-U1

## Beginner Obedience and Canine Good Citizen

Teach your dog down, leave it, wait, stay, recall and heel. Dogs will learn how to sit for petting, how to meet a stranger, walk through crowds and more. Helpful for owners who are interested in pet therapy. Recommended for all ages and breeds.

Sun | Apr 28-Jun 16 | 5:00-5:50 p.m. | 7 sessions | \$99 | skip May 26 | ARGGC-S1

Thu | May 2-Jun 20 | 7:30-8:20 p.m. | 7 sessions | \$99 | skip May 23 | ARGGC-S2

☀ Mon | Jun 10-Jul 29 | 9:00-9:50 a.m. | 7 sessions | \$99 | skip Jul 8 | ARGGC-U3

☀ Mon | Jun 10-Jul 29 | 6:00-6:50 p.m. | 7 sessions | \$99 | skip Jul 8 | ARGGC-U4

☀ Sun | Jun 23-Aug 11 | 5:00-5:50 p.m. | 7 sessions | \$99 | skip Jul 7 | ARGGC-U1

## Introduction to Dog Agility

Introduce your dog to agility equipment including dog-walk, jumps and tunnels. Mini-courses are used to train dog and handlers to move from one course to the next. For joint structure safety, dog must be at least one year old.

Sat | Apr 20-Jun 8 | 9:00-9:50 a.m.

7 sessions | \$99 | skip May 25 | ARGAT-S1

## Prepare for Therapy Work

Prepare your dog to pass the therapy dog test. Learn the steps needed to enable your dog to visit people in hospitals and health care facilities. Dogs must have sound temperaments, be good with people and pass the Canine Good Citizen (CGC) test, offered frequently at Rio Gran.

☀ Wed | Jul 17-Aug 28 | 6:00-6:50 p.m.

7 sessions | \$99 | ARGTD-U1



## Proficiency and Preparation for Steam and Hot Water Heating Boiler License Testing

Prepare to be a more informed boiler operator and gain knowledge of boilers, codes and practices in preparation for the State of Minnesota boiler operator's exams, resulting in possible career advancement. Focus is on low PSI steam and hot water heating boilers. Receive three 50+ question sample tests and corrected copies are offered. Handouts relating to the governing jurisdictional codes, applicable and currently enforced in Minnesota, are explained in an easy format. State exam applications and affidavit forms provided. Morning refreshments and lunch provided by instructor. Optional textbook recommended: *Low Pressure Boilers*, by Frederick M. Steingress and Daryl R. Walker. 2C students may not need this book, but instructor highly recommends for 1C and Chief students. Check library for a copy. *John Glynn is currently employed as a boiler and pressure vessel inspector. He began operating high pressure boilers in 1975 and also holds a current Chief A Minnesota Boiler Operators license.*



Sat | Apr 6 | 8:30 a.m.-2:30 p.m.  
\$99 | RMS | AJGBO-S1

## Explore 250 Legitimate Home-Based Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Discover more than 250 legitimate home business ideas, mandatory legal documentation, ways to market your product/service and how to take tax deductions. If you really want to succeed in a home business, this step-by-step session is a must! Supply fee of \$20 payable to instructor at class. *LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce past president and guest instructor at more than 200 colleges from Maine to Hawaii.*

Mon | May 13 | 5:30-7:30 p.m.  
\$29 | SHMS | ALKBI-S1



## **new** How to Earn Extra Money with a Mystery Shopping Business

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. Learn how to start your business endeavor and how to sign up with many legitimate mystery shopping companies, avoid the pitfalls and scams, create a required mystery shopping resume and profile and take care of legalities and taxes regarding this income. Supply fee of \$10 payable to instructor at class that includes a list of 25 legitimate companies. Prerequisite: **Explore 250 Legitimate Home Based Business Ideas**. *LeeAnne Krusemark*

Mon | May 13 | 7:30-8:30 p.m. | \$19 | SHMS | ALKMS-S1

## Make Money with a Virtual Assistant/Word Processing Business

If you can type, then you can make money at home using your computer. Having already learned all about home-based business success, discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices and 100 ways to make money with a computer. There really is a need for your service. Learn to be your own boss, set your own hours and make more money. Supply fee of \$10 payable to instructor at class. Prerequisite: **Explore 250 Legitimate Home-Based Business Ideas**. *LeeAnne Krusemark*

Mon | May 13 | 8:30-9:30 p.m. | \$19 | SHMS | ALKVA-S1



# Career & Business

## Simple Steps for Starting Your Business

Contemplating starting your own business? Learn from experienced business professionals, both active and retired, who can provide individual assistance if desired. Presented by SCORE (volunteers from south metro communities) and a partner of the U.S. Small Business Administration (SBA), this comprehensive series of four workshops will help you make a smart start. Each class features a specific topic. To register for the entire series use ASCOR-S1. *South Metro SCORE*

### Start Up Basics

Test your business idea and identify the key factors that influence startup success. Gain an overview of the skills and tools needed when deciding to start a business. Discuss advantages and disadvantages of owning a business, the most profitable form for specific businesses and the fundamentals of formation, organization, marketing, cash flow and funding sources. *Ron Kipp has a bachelor's degree in mechanical engineering and an MBA. He spent ten years in the Air Force doing test and evaluation on jet engines, rocket motors and airplanes. After the Air Force he worked for trucking companies for 30 years with positions in operations, supervising customer service, dispatch, and driver managers and as a sales leader.*



Tue | Apr 9 | 6:30-8:30 p.m. | \$29 | SHMS | ASCOR-S2

### Business Concepts

Identify your target markets, describe your products and services and collect key competitive information to support feasibility plan. Review your understanding of business concepts and gain step-by-step guidance in researching your idea, market and competition. *Dennis Jacobson has volunteered with the South Metro Chapter of SCORE since 2009, providing face-to-face mentoring, conducting classroom training, and participating in workshops for individuals seeking to start their own business or needing help with their existing business. Prior to his work with SCORE, he served as a credit and risk management professional with Wells Fargo & Company in Minneapolis and San Francisco for over 26 years.*



Tue | Apr 16 | 6:30-8:30 p.m. | \$29 | SHMS | ASCOR-S3

**Save \$25! Sign up for all four!**

Tue | Apr 9-30 | 6:30-8:30 p.m.

4 sessions | \$99 | SHMS | ASCOR-S1

### Marketing Plan

Learn marketing, communication methods and tools to maximize customer reach. Understand pricing strategies, positioning, differences between features and benefits, and marketing strategies. Gain skills on how to outline your marketing strategy, test your message, choose the correct sales channel and exercise your strategies. *Randy Locke's career included 40 years of sales, operations, and general management in both small, privately held companies as well as large corporations. His experience in several industries included time as president of an advertising specialties company.*



Tue | Apr 23 | 6:30-8:30 p.m.  
\$29 | SHMS | ASCOR-S4

### Financial Projections and Funding Sources

Review sales and prices, financial risks and rewards, true startup costs, ongoing operating expenses, setting benchmarks for tracking progress and organization of all your financial information. Discuss financing your business, accounting, banking relations, and monthly preparation and review of financial statements. *Jim Hanzlik, CPA (inactive), CGMA, earned his accounting degree from University of Minnesota and an MBA from University of St. Thomas. He spent five years with KPMG's Private Business Advisory Services Group in Minneapolis and has over 30 years of experience as a CFO and Financial Manager in private and publicly held manufacturing and technology companies in the Twin Cities.*



Tue | Apr 30 | 6:30-8:30 p.m.  
\$29 | SHMS | ASCOR-S5

## **new** Southern Italian

Begin by preparing traditional manicotti stuffed with ricotta, mozzarella and parmesan cheese then baked in a delectable marinara sauce. Next, prepare classic Italian style bruschetta topped with a relish of fresh basil, Roma tomatoes, sweet red onion, garlic and olive oil. Demonstration, hands-on and tasting. *Jeff Sandino 40+ years experience, is the founder of Flavors from Home LLC, an in-home cooking instruction and catering service. He was executive chef with the original Buca Di' Beppo and served as executive sous chef with Figlio restaurant, Le Cafe Royal in L'Hotel Sofitel and Sunsets on Wayzata Bay. He has appeared on several cooking shows demonstrating his culinary wizardry, but his passion is teaching and demystifying the process of gourmet cooking.*



Fri | Apr 5 | 6:30-8:00 p.m. | \$29 | FRMS | AJSSI-S1

## **new** Tantalizing Thai Cuisine

Discover Thailand cuisine including fresh Vietnamese summer rolls with regional sauces. Add Pad Thai with rice noodles, shrimp, eggs, chilies, garlic, basil, scallions, sprouts, sesame, lemon and crushed red pepper flakes. Demonstration, hands-on and tasting. *Jeff Sandino*

Thu | Apr 25 | 6:30-8:00 p.m. | \$29 | FRMS | AJSAC-S1

## Jams, Jellies, Marmalades and Butter

Now is the time to prepare for the bounteous fruits of summer. Be ready to 'jam' when berries, peaches, rhubarb and others are at their peak for taste and availability. Discover the difference between various preserves and taste several. Learn basic hot-water-bath techniques that also apply to other canning projects. Prepare a batch of jelly from start to finish and take home one or two jars to enjoy. Recipes included. Demonstration, hands-on and tasting. *Carol Schaub is a knowledgeable instructor who enjoys teaching cooking. She teaches basic techniques, how to make food healthier with fewer additives, suggests ways to involve family and how to save time in the kitchen.*



Tue | Apr 30 | 6:30-8:30 p.m. | \$39 | SHMS | ACSJJ-S1



## The Open Door Garden to Table Program

*The Open Door is a non-profit hunger relief organization dedicated to ending local hunger through access to fresh, healthy food. Instructors are passionate about connecting individuals with fresh, nutritious options.*

Location: Mount Calvary Church, 3910 Rahn Rd, Eagan

## **new** Asian Pickles

These tangy and simple to make Asian fermented vegetables are perfect as a snack, side dish or on a salad. They can also be easily stored for future use!

🕒 Wed | Jul 17 | 5:30-7:00 p.m. | \$25 | AODAP-U1

## **new** Kombucha Making

Kombucha is a delicious, fizzy, refreshing drink made from fermented tea. Learn the process of making kombucha, the techniques to flavoring it and try a sample!

🕒 Wed | Aug 7 | 5:30-7:00 p.m. | \$25 | AODKM-U1

## **new** Soup Starter

Learn the basics of making a soup starter, a great foundation to many meals. Together gather available produce, wash and cut, and add to big stew pot to create the soup starter. Learn to cook lentils and barley, topped with soup starter in one pot and Ferndale turkey and potatoes topped with soup starter in another. Take some soup starter home for your own meals.

🕒 Tue | Aug 13 | 4:00-6:00 p.m | \$25 | AODSS-U1



# Cooking

## **new** Spring Treats

All of those spring festivities will be here before you know it. Get ready for a little of this and a little of that. From cookie and bread ideas to simple cakes, be up and running in no time. Take home a small box of goodies.

Supply fee of \$14 payable to instructor at class.

Demonstration and hands-on.

*Nancy Burgeson, a skilled and knowledgeable instructor, has 45 years experience baking and teaching. She is periodically featured on **Twin Cities Live**, KSTP Channel 5, and has won numerous awards at county and state fairs.*



Tue | Apr 9 | 6:00-9:00 p.m.

\$29 | SHMS | ANBST-S1

## Beginning Cake Decorating

It's fun ... it's easy ... be surprised what you can do with a little bit of frosting. Save money by baking and decorating your own cakes, cookies and desserts. Design borders, leaves, drop flowers, clowns and printing/writing. The crowning moment ... a cake you decorated with roses and basket weave! Supply fee of \$25 payable to instructor at class for reusable decorating kit and supplies. Demonstration, hands-on and tasting. *Nancy Burgeson*

Tue | Apr 30-May 14 | 6:00-9:00 p.m.

3 sessions | \$45 | FRMS | ANBCD-S1



*Class participants from fall, 2018.*

## Simple Ethiopian/Eritrean Recipes

Explore favorite recipes of foodies all over the world. Ethiopian food is light, healthy and flavorful ranging from very spicy to very mild. It can be addictive both in cooking it as much as eating it. Discover exotic spices and ways to easily pair them with your daily ingredients such as vegetables, beans, lentils and flax seed. For the non-vegetarians, use different types of meat sauteed with flavored butter and healthy oils. Every step of the way is educational, informative and a dream-like trip into the food culture of historic countries. Demonstration, hands-on and tasting. Supply fee of \$20 payable to instructor at class. *Selam Asfaha is very passionate about cooking in general and Ethiopian/Eritrean cuisine in particular. She finds cooking very relaxing and curative beyond its culinary advantages. She has a wide experience in sharing her skills in cooking.*



*Selam Asfaha is very passionate about cooking in general and Ethiopian/Eritrean cuisine in particular. She finds cooking very relaxing and curative beyond its culinary advantages. She has a wide experience in sharing her skills in cooking.*

Thu | May 2 | 6:30-9:00 p.m. | \$29 | RMS | ASPER-S1

Tue | May 21 | 6:30-9:00 p.m. | \$29 | VMS | ASPER-S2

⊛ Sat | Jun 1 | 11:00 a.m.-1:30 p.m. | \$29 | RMS | ASPER-U3

⊛ Sat | Jun 29 | 11:00 a.m.-1:30 p.m. | \$29 | SHMS | ASPER-U1



## Gelli Printing Demystified

Gelli printing is the newest trend! It has taken the mixed media world by storm! The more you print, the more variety, depth and interest you create with this process. Discover what type of paint and materials work best to create these unique prints! Enjoy the simple process of mono printing, using stamps, stencils and creating your own designs on the Gelli Print plates. The gratification is immediate as you learn the many ways your prints can be used. A little practice is all it takes to become a pro. Collage your prints onto a 12" x 12" canvas. Let your creativity come out to play! No experience necessary. *Having taught art classes throughout the United States, France and Mexico, Dar Brooks painting style is fun, spontaneous and easy for beginning students to follow. She is aware of color in creating dramatic works. Her formal studies include the Minneapolis College of Art and Design, University of Minnesota and University of Wisconsin.*



Sat | Apr 13 | 10:30 a.m.-2:30 p.m.  
\$59 | SHMS | ADBGP-S1



## Nature Printing with Watercolors

Discover how you can print beautiful leaves with watercolor paints. Even students who have not experienced this instant gratification technique will love how easy and fun it is to do. Go home with an 11" x 14" natural wonder. Learn how to do a soft background that will enhance the nature printed leaves, as they are printed onto the watercolor paper in a pleasing design. Step-by-step instruction and plenty of individual help. *Dar Brooks*

Sat | May 18 | 10:30 a.m.-2:30 p.m.  
\$59 | VMS | ADBFL-S1

## new The Ocean in Watercolors

Do you believe you are creative? Find out that you are in this easy flowing class. A simple step-by-step demo process will amaze, as you complete a painting in the colors of your choice. Learn techniques to use with watercolor, discover which supplies and brushes work the best, and practice finishing techniques to enhance each painting. Come and spark your imagination and creativity! *Dar Brooks*

☀ Sat | Jun 15 | 10:30 a.m.-2:30 p.m. | \$59 | FRMS | ADBOW-U1

## Beginner Stained Glass

Learn to cut glass using a number of techniques, use special tools designed for stained glass artists and construct a small panel using a copper foil technique. Visit Glass Endeavors prior to the first class to pick out a pattern and glass for your project. Materials for the class are \$80. In addition, high quality tool kit is available from Glass Endeavors at a discounted rate of \$122 for students. *John and Zoi Sandy have been stained glassed artists since 1982 and have taught others since 1986. John has a Master of Fine Arts degree and Zoi majored in art and elementary education. They share a love of the stained glass art form and the way color is transmitted when light passes through stained glass. They teach expert techniques and art form using easy to understand demonstrations and explanations that provide a great foundation for success.*

Location: Glass Endeavors, 2716 E 31st St, Minneapolis

Tue | May 7-28 | 6:00-8:30 p.m. | 4 sessions | \$49 | AGESG-S1

☀ Tue | Jun 4-25 | 6:00-8:30 p.m. | 4 sessions | \$49 | AGESG-U1

## All Occasion Hand-Stamped Cards

Create 25 hand-stamped all-occasion cards (five cards each of five designs) including thank you, birthday, anniversary/wedding, sympathy and blank note cards. All supplies included in fee:

embellishments, envelopes, pre-cut materials, stamps, inks and tools to complete cards. Bring an adhesive of choice (double-sided tape, etc.). Sorry, no discounts apply. *For over 20 years, Elizabeth Hawley has been creating greeting cards.*

*She enjoys teaching others card-making and owns Creating Memories 4 You, LLC, which offers scrapbooks, cards, invitations and gifts.*



☀ Thu | Jun 20 | 6:00-9:00 p.m. | \$29 | SHMS | AEHOC-U1



# Crafts & Arts

## Beginning Crochet

Seeking a new hobby or skill? Learn basic crochet stitches to create scarves, afghans, baby gifts, hats and more. Make a quick and easy, fashionable scarf. Bring a crochet hook size H/8, I/9 or J/10, or purchase one in class for \$3. Use instructor's yarn for learning purposes. Yarn information for scarf will be provided. *Jennifer Griffith has enjoyed teaching others how to crochet for over 18 years. She is regarded as a patient, supportive and helpful instructor who makes learning crochet fun and easy.*



Mon | Apr 8-29 | 6:30-8:30 p.m.  
3 sessions | \$39 | BHMS | skip Apr 22 | AJGBC-S1

## **new** Crochet Beyond: More Washcloth Fun!

We had so much enthusiasm for our first washcloth class that we decided to add another. Make new spring and summer washcloth designs with emphasis on learning to read patterns and introduction to some new crocheted borders. Leave class with finished projects and the know-how to make more on your own. Bring size I/9 crochet hook or buy one from the instructor for \$3. Bring 100% cotton yarn or use the instructor's supply at no cost. Prerequisite: must know single crochet and double crochet stitches. *Jennifer Griffith*

Mon | May 6-13 | 6:15-8:45 p.m.  
2 sessions | \$39 | BHMS | AJGWF-S1

## Yarn Gathering - Free!

Join others who enjoy knitting or crocheting! Drop in on Monday nights and feel welcomed by a group of like-minded people. Bring your current project, join in the conversation, see what others are making, and view new patterns and ideas. There is no fee and reservations are not required. You may come and leave as you desire. Other yarn art participants are welcome, too!

Mon | Apr 1-Aug 12 | 6:00-9:15 p.m.  
**Free!** | FRMS | AYARN-S1

## Bob Ross Method of Oil Painting (ages 13+)

Do you remember Bob Ross from his *Joy of Painting* series on PBS? His *Wet on Wet Technique* of painting is for all skill levels as well as for those who have never painted before. Complete an entire oil painting. Be amazed at how much fun and enjoyment this painting technique will give you! Supply fee of \$15 payable to instructor at class. *Kristi Nelson is a certified Bob Ross style of wet on wet painting. She has been teaching classes in this style for two years.*

### Sunset Paradise

Tue | Apr 23 | 6:00-9:00 p.m. | \$45 | RMS | AKNBR-S1

### Evening Glow

Wed | May 22 | 6:00-9:00 p.m. | \$45 | RMS | AKNBR-S2

### Emerald Pond

☀ Tue | Jun 18 | 6:00-9:00 p.m. | \$45 | FRMS | AKNBR-U3

### Sunrise Mountain

☀ Tue | Jul 16 | 6:00-9:00 p.m. | \$45 | FRMS | AKNBR-U1

### Wilderness Retreat

☀ Tue | Aug 5 | 6:00-9:00 p.m. | \$45 | FRMS | AKNBR-U2



## **new** Glass Mosaic Garden Stepping Stone

Using precut glass, design and create a gorgeous stepping stone for your garden. Patterns will be available, if desired, or you can also bring an outline of a child's hand to make a unique keepsake. Eight inch round and square molds are available. Materials fee of \$15 includes all supplies for one stepping stone. There will be time to make multiple. Bring a bag lunch. *Lindsey Guetter has been teaching and enjoying glass mosaics for at least five years, it is hard to keep count when having so much fun and chasing two young boys! She enjoys seeing all the different creations people can make using the same materials.*



Sat | Apr 6 | 9:00 a.m.-3:00 p.m. | \$45 | BHMS | ALGSS-S1



## Canvas and Cocktails

Relax and discover your inner artist in a fun, casual environment and let your creative juices flow! A great night out for adults! No experience needed. Grab some friends, bring a date or just come solo. Enjoy a fun-filled, artistic evening learning to paint, step-by-step and take home a beautiful piece of artwork of your very own. All supplies are included. Bring your desire and enthusiasm! Cocktail/beverage is not included in price of class. *Tracy Giza has been painting for years believing that, young or old, anyone can learn ... no matter what their skill level or inexperience. Tracy enjoys sharing her knowledge through painting classes and events.*

Location: Carbone's Pizza, 14550 S Robert Trl, Rosemount

### Distant Mountains

Wed | Apr 24 | 6:00-8:00 p.m. | \$39 | ATGCC-S1

### Pink Flowers

Wed | May 22 | 6:00-8:00 p.m. | \$39 | ATGCC-S2



## Dancing for Beginners

Wish you knew how to dance so you could get on the floor and not feel self conscious, then this is the perfect course for you! Gain confidence learning how to dance real steps in sync with your partner to current and classic songs played at weddings, parties and most social events. Bring along your own favorite music. Practice several easy-to-learn steps in waltz, swing, foxtrot, hustle and polka. Come with or without a partner. Couples dance with their partner only, and singles rotate with one another. Teens and adults of all ages welcome! It's easier than you think and instructor guarantees you will learn to dance! Free makeup lessons if you miss class for any reason. *Deanna Constantine and family have offered dance lessons throughout the Twin Cities for more than 50 years. They have received numerous awards. Deanna offers fun, simple and easy-to-follow dance instructions.*



Fri | Apr 5-26 | 7:00-8:30 p.m. | 4 sessions | \$55 | SV | ADCDB-S1

## Country Western Line Dance

Learn interesting and energizing western dances including South Side Shuffle, Country Waltz, Cowboy Cha Cha and Scoot. Discover the 16 Step Polka, the Swinging Line Dance and gain skills to enjoy dancing. All invited, partners or no partners, all ages and beginners or those with experience. Wear comfortable shoes. *A popular instructor for over 30 years, Victor Albrecht has taught hundreds of students dancing. He is well known throughout the Twin Cities.*

Tue | Apr 2-9 | 6:15-7:00 p.m. | 2 sessions | \$15 | TL | AVAWD-S1

## West Coast Swing

Just for fun or to prep for a dance outing. Learn the triple count footwork - including turns - side pass - the sugar push and more. Singles or couples welcome. *Victor Albrecht*

Tue | Apr 2-9 | 7:00-8:00 p.m. | 2 sessions | \$19 | TL | AVAWS-S1

## Latin Dance

This all time favorite class offers a perfect overview of popular Latin dances. The Rumba will have a box step with slows, quick counts and some turns, all smooth and easy to do. The Cha-Cha uses a rock-step and a Polka step, plus an easy turn or two. Promenades and slows and quick steps all done to easy slow movements. Great for all ages. Couples only. *Victor Albrecht*

Tue | Apr 2-9 | 8:00-9:00 p.m. | 2 sessions | \$19 | TL | AVALD-S1

## The Wedding Dance

It is not too late! Be ready for that special wedding day. Practice routines for the first dance and following patterns for the father/daughter dance. Practice "Escort Bride" and proper etiquette on the dance floor. *Victor Albrecht*

Tue | May 7-14 | 7:00-8:00 p.m. | 2 sessions | \$19 | TL | AVATWD-S1



Check it out!

**Dance Lesson for Daddy/  
Daughter and/or Mother/Son  
(ages 7+)**

and

**Daddy/Daughter Dance  
(dads and daughters ages 3-11)**

see page 58



# Family, Parenting & Teaching

## **new** Facing Adversity with Grace: Parenting Series



Families today experience significant stress maneuvering through evolving societal pressures. This is intended to help parents learn to access inner resilience to more effectively manage and even transcend the adversities they are facing. *Rob Rodriguez is a licensed marriage and family therapist with over 13 years of experience in helping individuals, couples and families overcome the negative impact of troubling experiences in their lives. He holds a master's degree in marriage and family therapy and a bachelor's degree in psychology. Marc Hertz has made a career of pushing the boundaries of what people told him was possible. Marc founded Family Recovery Resource Experts and created a recovery services model centered on the fact that appropriate family support is critical to the recovery of an addict or someone struggling with mental illness.*



**Save \$10! Sign up for all !**  
Thu | Apr 25-May 9 | 6:30-8:00 p.m.  
3 sessions | \$35 | FRMS | AFRRE-S1

## Behavioral Issues and Relationships

Focus on how behavioral issues due to mental health conditions, including substance use disorders, affect the family system. Concepts such as pre-occupation, attempts to control, failure to control and dishonesty will be explored. Families will engage in discussions on the dynamics of enabling, denial, and boundaries, offering solutions to better relate to the mental health conditions, separate from their relationship with the individual. *Rob Rodriguez and Marc Hertz*

Thu | Apr 25 | 6:30-8:00 p.m. | \$15 | FRMS | AFRRE-S2

## The Fallacy of Perfect Parenting

Explore how the pressures to be perfect result in feeling overwhelmed and inadequate. Many parents complain of a lack of control in their own homes and a feeling that their children's needs are running the household. They may remove barriers to success and end up unintentionally disempowering their children. They may try to be their child's best friend, losing focus of the primary responsibility, to raise a fully functioning adult. Normalize what parents experience, how they learn to be parents and explore Pia Mellody's concepts regarding affirming, nurturing and setting limits. Look at how families interact with community ecosystems such as law enforcement, child protection and schools. *Rob Rodriguez and Marc Hertz*

Thu | May 2 | 6:30-8:00 p.m.  
\$15 | FRMS | AFRRE-S3

## Kids and Screen Time

Many parents worry about their child's use of technology and their amount of time spent glued to screens. New studies link use of screens with developmental and neurological problems in children. Explore techniques for talking to kids about these risks and setting limits without creating unnecessary arguments or conflict. Discuss how to balance the positive and negative aspects of technology use and explore the risks and signs of compulsive behaviors. Be introduced to effective ways of setting boundaries, limits and consequences. Practice these concepts through role-playing scenarios. *Rob Rodriguez and Marc Hertz*

Thu | May 9 | 6:30-8:00 p.m.  
\$15 | FRMS | AFRRE-S4





### May I Have Your Attention, Please?

Do you have a child who struggles with focus, paying attention or staying on task? Children who struggle with these challenges in the classroom or at home may or may not have a diagnosis of ADHD; however, their attention issues result in high frustration levels and keep them from achieving their full potential. Discover insights into the root cause of attention and behavior issues along with practical parenting strategies, learning strategies and teaching methods to improve your child's ability to learn and excel. Sorry, no discounts apply. *LearningRX* owner, *Rich Frieder*, focuses on improving individual's ability to learn and process information. *Rich* has a background in ADHD, autism and dyslexia. *Samantha Moe, MA, SLP*, is a certified parent coach who is a coach and speaker on positive parenting tools that calm the yelling, fighting and frustration in families, particularly ones with autism, ADHD, and/or sensory challenges. *Jennifer Sorenson* is the campus director of *Brightmont Academy* in Apple Valley and Plymouth.

Tue | Apr 16 | 6:30-8:00 p.m. | \$19 | FRMS | ARFYA-S1

### Genealogy Made Easy

Learn techniques and discover available resources to compile, distribute and leave a family history for future generations to enjoy. Whether your relatives are lost or unknown, now is the time to discover all before it is too late. *Lynda Fay Katers* is a genealogist, lecturer, instructor and author. She has been engaged in local, national and international genealogical research for 44 years.

Thu | May 16 | 6:00-9:00 p.m. | \$25 | FRMS | ALFG-S1

### ADHD Tools and Techniques

Learn tools and techniques to support those with ADHD, from preschool age to adulthood. Discuss ADHD, treatment options and how to implement potential positive results within household dynamics and schoolwork assignments. Each age group requires different interventions and support. Discover clear guiding principals of support and interventions to help individuals of all ages become successful. Meets criteria for Minnesota teacher licensure renewal in Differentiation and is approved for 1.5 CEUs. *Judy Richardson-Mahre* holds a masters degree in marriage and family therapy, and is a practicing marriage and family therapist, LAMFT, parent and ADHD coach with *Partners in Parenting*. She co-facilitates the *SE Metro ADHD Connection* and is passionate about helping people with ADHD see their strengths and abilities while supporting them through their struggles.



Tue | Apr 23 | 6:30-8:00 p.m.  
\$15 | FRMS | ARMTT-S1

### Adolescent Depression and Anxiety

Why are so many kids dealing with anxiety and depression? How come so many more kids are dealing with mental illness than any other generation? What do mental illness and ADHD have to do with each other? How do I help my teens develop the skills necessary to deal with all the pressures they face? Learn answers to all these questions and more.

*Judy Richardson-Mahre*

Tue | May 14 | 6:30-8:00 p.m.  
\$15 | FRMS | AJMDA-S1



# Fitness & Sports



*Barry Wallin, PGA golf professional, is a two-time Minnesota State Golf Coach of the Year and golf coach at Rosemount High School. Additional teachers are Bill Riviere, golf professional, and Doug Monro, skilled golf instructor. All are patient, encouraging and skilled at teaching golf.*

Location: Emerald Greens Golf Course,  
14425 Goodwin Ave, Hastings



## Golf Tune Up: Improve Your Game (ages 16+)

Learn and develop solid golf skills by working on correcting your hook or slice, and more! Review the fundamentals for solid contact with irons and woods. Improve around the green, including bunkers. Understand your putter and sink those putts. Each session includes full swing and short game lessons under a skilled golf instructor. Small class of eight students or fewer, allows for individual attention. *Barry Wallin, Bill Riviere and Doug Monro*

Mon & Wed | Apr 15-24 | 6:30-8:00 p.m.  
4 sessions | \$59 | ABWIG-S1

Tue & Thu | Apr 16-25 | 6:30-8:00 p.m.  
4 sessions | \$59 | ABWIG-S2

## Get Golf Ready: Beginners (ages 16+)

Want to learn to play golf, return to the game or refresh your skills? Develop skills that allow you to be comfortable and competent on the course. Discover the skills of full swing, putting and chipping. Understand the basic etiquette and equipment of the game. Lesson package includes two, one-hour lessons on the driving range, two one-hour lessons around the green and a three-hour on-course lesson to practice what you have learned under the patient guidance of instructors. Range balls, clubs if needed, tees and training aids provided. Limited to a maximum of eight to allow for individual attention within the group setting. *Barry Wallin, Bill Riviere and Doug Monro*

Mon | May 6-Jun 3 | 6:15-7:15 p.m. | 4 sessions | \$59 | skip May 27 | ABWBG-S1

Mon | May 6-Jun 3 | 7:15-8:15 p.m. | 4 sessions | \$59 | skip May 27 | ABWBG-S2

Tue | May 7-28 | 7:15-8:15 p.m. | 4 sessions | \$59 | ABWBG-S3

Wed | May 8-29 | 7:15-8:15 p.m. | 4 sessions | \$59 | ABWBG-S4

Thu | May 9-30 | 7:15-8:15 p.m. | 4 sessions | \$59 | ABWBG-S5

Sat | May 11-Jun 8 | 11:00 a.m.-noon | 4 sessions | \$59 | skip May 25 | ABWBG-S6

☀ Mon | Jul 8-29 | 7:30-8:30 p.m. | 4 sessions | \$59 | ABWBG-U1

☀ Tue | Jul 9-30 | 7:30-8:30 p.m. | 4 sessions | \$59 | ABWBG-U2

☀ Wed | Jul 10-31 | 7:30-8:30 p.m. | 4 sessions | \$59 | ABWBG-U3

☀ Thu | Jul 11-Aug 1 | 7:30-8:30 p.m. | 4 sessions | \$59 | ABWBG-U4

☀ Sat | Jul 13-Aug 3 | 11:00 a.m.-noon | 4 sessions | \$59 | ABWBG-U5

## Golf II: Intermediate Golf (ages 16 +)

Continue to develop your golf skills. Learn to be more consistent with woods and irons. Hit it farther with more accuracy. Improve your shots around the green, including bunkers. Small class sizes (maximum 8) allow for individual attention within the group setting. All sessions include three one-hour driving range lessons, a one-hour short game lesson and a three-hour on-course lesson where you will practice the skills you have learned under the patient guidance of skilled staff. Seven hours total instruction. Range balls, clubs if needed, tees and training aids provided. *Barry Wallin, Bill Riviere and Doug Monro*

Wed | May 8-29 | 6:15-7:15 p.m. | 4 sessions | \$59 | ABWGO-S1

Thu | May 9-30 | 6:15-7:15 p.m. | 4 sessions | \$59 | ABWGO-S2

Sat | May 11-Jun 8 | noon-1:00 p.m. | 4 sessions | \$59 | skip May 25 | ABWGO-S3

☀ Mon | Jul 8-29 | 6:30-7:30 p.m. | 4 sessions | \$59 | ABWGO-U1

☀ Tue | Jul 9-30 | 6:30-7:30 p.m. | 4 sessions | \$59 | ABWGO-U2

☀ Wed | Jul 10-31 | 6:30-7:30 p.m. | 4 sessions | \$59 | ABWGO-U3

☀ Thu | Jul 11-Aug 1 | 6:30-7:30 p.m. | 4 sessions | \$59 | ABWGO-U4

☀ Sat | Jul 13-Aug 3 | noon-1:00 p.m. | 4 sessions | \$59 | ABWGO-U5

## Beginner Tennis Lessons

Learn basic stroke mechanics of forehand, backhand, volley, serve, footwork, rules and scoring. Designed for the player with little or no tennis experience. Players should have their own racket but tennis balls provided. *Jeanne Ewen has taught a variety of tennis lessons through Community Education since 2013. Jeanne has a PTR (Professional Tennis Registry) tennis license, coached high school and works as a tennis pro at Lifetime fitness.*



☀ Mon | Jun 3-Jul 1 | 6:30-7:45 p.m.  
5 sessions | \$49 | SHMS | AJEBT-U1

## Intermediate/Advanced Tennis Lessons

Review and improve your groundstrokes, volleys, serves, footwork, and learn overheads and approach shots in competitive drills and match type experiences. Designed for players that can rally the ball with forehand and backhand, and can serve over net. *Jeanne Ewen*

*Note new location for 2019 at Northview Park!*

☀ Tue | Jun 4-Jul 2 | 6:30-7:45 p.m.  
5 sessions | \$59 | NV | AJEIT-U1

☀ Tue | Jul 9-30 | 6:30-7:45 p.m.  
4 sessions | \$49 | NV | AJEIT-U2

## Sets in the City Tennis

Be active and connect with other recreational tennis players in your community. Players will be matched according to ability then mix and mingle while playing matches of singles and/or doubles. Basic understanding of the rules of tennis is important. Prizes will be awarded for most sets won in various categories at the end of the session. If you cannot make a particular Sunday, a match will be assigned for you to make up during the week. *Jeanne Ewen*

*Note new location for 2019 at Northview Park!*

☀ Sun | Jun 2-30 | 6:30-8:00 p.m.  
5 sessions | \$69 | NV | AJESC-U1

☀ Sun | Jul 7-28 | 6:30-8:00 p.m.  
4 sessions | \$59 | NV | AJESC-U2

## Ring the Bell Workout

Enjoy a group fitness that is designed to work specifically for you. Use a wide variety of movements, routines and challenges to meet your personal fitness needs. This is truly customized group fitness, as there will be multiple workout options daily and several options within each workout to help achieve your goals! Each day finishes with a three minute knockout round! Choose daily from an endurance path or a Ring the Bell strength session. It is time to find your fitness family! *EVHS instructors*



Mon, Tue & Thu | May 6-Jun 27 | 5:30-6:30 a.m.  
23 sessions | \$75 | EVHS | skip May 27 | ARTB-S1

☀ Mon, Tue & Thu | Jul 1-Aug 29 | 5:30-6:30 a.m.  
26 sessions | \$75 | EVHS | skip Jul 4 | ARTB-U1

## PiYo

Who says you have to jump, grunt, strain and punish your body to get amazing results from your workout? PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean and incredibly defined. PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility. *Amanda Ewers is certified by ACE in group fitness and has been teaching for two years. Her experience includes working with seniors, adults and teens.*



Tue | Apr 2-May 7 | 7:00-7:45 p.m. | 6 sessions | \$39 | SHMS | AAEPY-S1

## Yoga Mindfulness

Focus on opening, flowing and strengthening in order to bring your awareness to the present moment. Essential oils will be diffused during class. Wear loose, comfortable, layered clothing and bring a yoga mat, towel and water bottle. *Alpa Goswami was introduced to asana practice at an early age, and immersed herself deeply into it as an adult. With a strong base in Hatha Yoga, she earned her yoga certification over five years ago.*



Wed | Apr 3-May 8 | 6:15-7:15 p.m. | 6 sessions | \$55 | WV | AAGYM-S1

Wed | May 22-Jun 26 | 6:15-7:15 p.m. | 6 sessions | \$55 | FRMS | AAGYM-S2



# Fitness & Sports



## **new** Goat Yoga (ages 12+)

Yes, goats will be present! Yoga uses breath and movement to improve body awareness, flexibility, strength and relaxation. Appropriate for most healthy beginners and is a great place to learn basic elements if you are new to yoga. The goats add a fun element! Sorry, no discounts. *Have Ya Herd* instructors



Sat | May 11 | 10:00-11:00 a.m.  
\$39 | SHMS | AHYGY-S1

Sat | May 11 | 11:00 a.m.-noon  
\$39 | SHMS | AHYGY-S2

## Yoga for All with Joanne

A safe, strong and effective practice to stretch and strengthen your entire body. There are minimal transitions between standing and floor poses, and the poses are modified for all levels. Class ideal for those new to yoga, those who enjoy a slower pace or students with physical limitations. Whether you want to become stronger, more flexible, or reduce stress, this practice will benefit you.

*Joanne Moerbitz, certified yoga therapist, uses yoga to heal her chronic back pain. She has over 1,000 hours of training in yoga and yoga therapy, specializing in low back, sacrum and hips, and also upper back, neck and shoulders. In addition to teaching group classes and private individuals, she is a nurse.*



Wed | Apr 3-24 | 6:30-7:30 p.m.  
4 sessions | \$35 | EP | AJMGY-S1

Wed | May 1-29 | 6:30-7:30 p.m.  
5 sessions | \$45 | EP | AJMGY-S2

**More Aquatics Exercise!**  
See page 7

## Aquatic Exercise

Do you have aches and pains associated with various types of arthritis, fibromyalgia or other sources? Enjoy a warm, therapeutic accessible pool with water temperatures between 92-94 degrees that allows for buoyancy and warmth to help reduce pain and offer a feeling of general well-being. Workout components include flexibility, strength and endurance exercises. *Centrex Rehab, an integrated therapy network, has aquatic trained instructors to assist students with movements and range of motion.*

Location: Augustana Health Care Center of Apple Valley, 14650 Garret Ave

Fee: 12 sessions | \$75

Mon & Wed | Apr 8-May 15 | 12:30-1:15 p.m. | ACRAA-S1

Tue & Thu | Apr 9-May 16 | 12:30-1:15 p.m. | ACRAA-S2

Mon & Wed | May 20-Jul 1 | 12:30-1:15 p.m. | skip May 27 | ACRAA-S3

Tue & Thu | May 21-Jun 27 | 12:30-1:15 p.m. | ACRAA-S4

☀ Tue & Thu | Jul 2-Aug 13 | 12:30-1:15 p.m. | skip Jul 4 | ACRAA-U1

## Yoga with Stacy

Discover how to quiet the mind while increasing energy and concentration. Improve your overall sense of well-being by integrating your spirit, mind and body. Try basic yoga poses and learn safe strengthening and stretching exercises along with functional balance postures. Learn a contemporary approach to an age-old discipline. Intermediate participants receive instruction on how to move deeper into their practice. Options for all levels shown. No experience necessary; appropriate for all ages. Bring a yoga sticky mat and wear comfortable clothing. *Stacy Solberg is Yoga Alliance certified, trained in YogaFit, Power Yoga, CPR and has first aid responder skills. Stacy is a longtime popular instructor.*



Mon | Apr 1-May 20 | 5:00-6:00 p.m. | 8 sessions | \$79 | DP | ASYOG-S1

Mon | Apr 1-May 20 | 6:30-7:30 p.m. | 8 sessions | \$79 | DP | ASYOG-S2

## Gentle Yoga with Ronda

Enjoy the relaxation and stress reduction that comes from gentle yoga. Move through standing, seated and floor poses with minimal transitions between standing and floor. A chair is helpful for balance, and poses are modified for all levels. Class ideal for those new to yoga, those who enjoy a gentle pace or students with physical limitations. Wear comfortable clothing and bring yoga mat. *Ronda Willsher is a Registered Yoga Teacher (RYT) with 500 plus hours of training, including advanced training in making yoga accessible for all.*



Thu | Apr 11-May 2 | 6:30-7:30 p.m. | 4 sessions | \$39 | NV | ARYOG-S1

Thu | May 9-30 | 6:30-7:30 p.m. | 4 sessions | \$39 | NV | ARYOG-S2

## QiVitality

Wake up your body with gentle yoga stretches for flexibility, then flow into Qigong healing movements and deep breathing to increase circulation and improve health. End each class exploring a variety of meditation techniques to relax the mind, improve memory and mental focus, while rejuvenating the brain. Begin the day with QiVitality! New students please come to first class 15 minutes early for orientation. *Christy Loulie is a certified Spring Forest Qigong instructor and master healer, practicing Qigong since 1996. She is the creator of **QiVitality™ Qigong for Everyone**. Christy is highly respected in her field and received an Outstanding Achievement Award at the 2014 International Healing Conference.*

Location: Diamondhead Education Center,  
200 W Burnsville Pkwy, Burnsville

Mon | May 6–Jun 17 | 10:00–11:00 a.m.  
6 sessions | \$49 | skip May 27 | ACLQV-S1

Wed | May 8–Jun 19 | 10:00–11:00 a.m.  
6 sessions | \$49 | skip May 29 | ACLQV-S2

☀ Mon | Jun 24–Jul 22 | 10:00–11:00 a.m.  
4 sessions | \$32 | skip Jul 1 | ACLQV-U1

☀ Wed | Jun 26–Jul 24 | 10:00–11:00 a.m.  
4 sessions | \$32 | skip Jul 3 | ACLQV-U2

## Spring Forest Qigong Practice: Aslan

Practice Qigong healing movements and meditation techniques to increase vitality, improve health and well-being. Learn and practice a variety of Qigong, breathing, meditation, health and wellness techniques. Each class begins with gentle healing movements and breathing followed by meditation to relax the mind, improve memory and mental focus while rejuvenating the brain. New students please come to first class 15 minutes early for orientation. Sorry, no discounts apply. *Christy Loulie*

Locations: Aslan Institute (lower level), 4141 Old Sibley Memorial Highway, Eagan (west of Cedar Ave, and north of Diffley Road) and Diamondhead Education Center, 200 W Burnsville Pkwy, Burnsville

### Aslan

Mon | May 6–Jun 17 | 6:30–7:30 p.m.  
6 sessions | \$45 | skip May 27 | ACHPQ-S1

☀ Mon | Jun 24–Jul 22 | 6:30–7:30 p.m.  
4 sessions | \$29 | skip Jul 1 | ACHPQ-U1

### Diamondhead

Tue | May 7–Jun 18 | 3:00–4:00 p.m.  
6 sessions | \$45 | skip May 28 | ACHFP-S1

☀ Tue | Jun 25–Jul 23 | 3:00–4:00 p.m.  
4 sessions | \$29 | skip Jul 2 | ACHFP-U1

## Zumba with Zabava

Join us for an upbeat and energetic hour of Zumba fitness. Learn easy to follow dance moves, combined with the infectious beat of Latin and international rhythms. Discover interval training using effective aerobic workout targeting legs, abs and arms. No previous dance experience necessary. Modifications offered to meet student needs. Athletic shoes required; bring a water bottle and towel. *Zabava's love for Zumba and Latin music began after moving to the United States from Russia. She is a certified Zumba instructor and enjoys sharing her passion and love to dance while motivating students to fulfill their fitness and wellness goals.*



Sat | Apr 27–Jun 8 | 9:00–10:00 a.m.  
6 sessions | \$55 | HL | skip May 25 | AEKZ-S2

Wed | May 1–Jun 5 | 7:00–8:00 p.m.  
6 sessions | \$55 | SV | AEKZ-S1

☀ Sat | Jun 15–Jul 20 | 9:00–10:00 a.m.  
6 sessions | \$55 | HL | AEKZ-U1

## POUND®: Sweat, Sculpt, Rock!

Show up, rock out, have fun, get fit! POUND is a cardio workout inspired by the energizing fun of playing the drums. Using lightly weighted drumsticks, become the music in this full-body workout combining cardio, conditioning and strength training with Pilates-inspired movements. Can be modified for all fitness levels. Bring your own set of Ripstix® drumsticks or use some of the instructors. Also, bring a yoga mat, water and hand towel. *Christina Scott*

Tue | Apr 2–May 14 | 7:45–8:15 p.m.  
6 sessions | \$35 | NV | skip Apr 16 | ASMPF-S1

Tue | May 21–Jun 11 | 7:45–8:15 p.m.  
4 sessions | \$25 | NV | ASMPF-S2

☀ Tue | Jul 23–Aug 20 | 6:30–7:15 p.m.  
5 sessions | \$35 | FRMS | ASMPF-U1



# Fitness & Sports



## Zumba Gold

Real people, real fun, real results. Get groovin' at your own pace with Zumba Gold. This Latin inspired dance-fitness class provides modified, low-impact moves with easy-to-follow moves for a healthy, active lifestyle. Perfect for beginners and all ages, 18 to 80+. Improve balance, flexibility, coordination and cardiovascular strength with this effective body workout to Latin music. Wear comfortable workout clothing, athletic shoes and bring water. *Sharon Madsen is a popular community education instructor who enjoys teaching. She holds a group exercise certification and is licensed in multiple fitness formats.*

Tue | Apr 2-May 14 | 6:30-7:30 p.m.  
6 sessions | \$55 | NV | skip Apr 16 | ASMZG-S1

Tue | May 21-Jun 11 | 6:30-7:30 p.m.  
4 sessions | \$35 | NV | ASMZG-S2

## Zumba Toning

Shake, shake, shake things up! Join a cardio dance fitness party with an extra emphasis on toning and sculpting. Adding Zumba Toning Sticks or handheld dumbbells (no more than three pounds) helps keep the focus on specific muscle groups, enhances the sense of rhythm and coordination while toning target zones including arms, core and lower body. Conclude with mat abdominal work and cool down. Wear comfortable workout clothing and athletic shoes. Bring Zumba Toning sticks or dumbbells, and a yoga mat. Class can be done without sticks or weights. *Barbara Russell is a licensed Zumba teacher with a child development degree from Saint Paul College.*

Thu | Apr 4-May 2 | 6:30-7:30 p.m.  
5 sessions | \$45 | TL | ASMZT-S1

## Tai Chi Yang Style

Learn the fundamentals of the world's most popular tai chi form, characterized by rounded, fluid movements that help to build mind-body connection. Focus on posture, walking, breathing and qigong exercises, as well as the Yang 24 tai chi form. It is non-impact and builds balance, flexibility, strength and reduces stress. *Linda Ebeling is a Master Trainer for Tai Chi for Health Institute and is certified in Qigong. Linda is highly regarded by peers and is a skilled instructor. Linda Ebeling and assistant teachers, Jeannine Robinett and Grant Ebeling are certified instructors.*



Mon | Apr 1-May 20 | 6:30-7:30 p.m.  
7 sessions | \$69 | RE | skip May 6 | AYANG-S1

## Tai Chi Advanced Combined 42

The combined 42 Form has movements drawn from Chen, Yang, Wu and Sun styles of traditional Taijiquan. Practitioners of the form enjoy its circularity, qi cultivation and exploring how the different styles relate to each other. Designed for advanced students with previous tai chi experience. *Linda Ebeling and assistant teachers, Jeannine Robinett and Grant Ebeling are certified instructors.*

Mon | Apr 1-May 20 | 7:30-8:30 p.m.  
7 sessions | \$79 | RE | skip May 6 | ALEAC-S1

## Tai Chi Sun Style

Tai Chi has been practiced in China for centuries for health benefits and to harmonize the body and mind. Rooted in martial arts, movements are slow and flowing. Tai Chi is non-impact and builds balance, flexibility and strength while reducing stress. Study the Sun 41 form, endorsed by the Arthritis Foundation. Suitable for all ages and abilities, beginners to intermediate. *Jeannine Robinett is a certified tai chi instructor and a senior trainer for Tai Chi for Health Institute.*

Sat | Apr 6-May 18 | 10:00-11:00 a.m.  
5 sessions | \$49 | RMS | skip Apr 27, May 4 | AESUN-S1

## Tai Chi Sun Style Intermediate

Explore a more challenging and in-depth form of Tai Chi, Sun 73 including Qigong and moving meditation. Prerequisite: Tai Chi experience. *Jeannine Robinett*

Sat | Apr 6-May 18 | 9:00-10:00 a.m.  
5 sessions | \$59 | RMS | skip Apr 27, May 4 | ALESI-S1

## Aikido (ages 12+)

Discover Aikido, a strictly defensive, non-aggressive martial art, that emphasizes skill and knowledge of movement, rather than strength. Learn balance, coordination and how to defend yourself without violence or strength. An excellent aerobic exercise; appropriate for all ages and abilities. *Peter Discenza is a first degree Black Belt Aikido teacher and assistant instructor at the Twin Cities Aikido Center. He is a committed and dedicated instructor who enjoys teaching others. Assistant instructor is Steve Engel.*

Wed | Apr 3-May 8 | 6:30-8:00 p.m. | 6 sessions | \$29 | BHMS | AAIKI-S1

# THE WAREHOUSE

Nickie Carrigan and her team consist of nationally certified personal trainers, health and fitness coaches, and group fitness instructors dedicated in helping others achieve their fitness and well-being goals.

Location: The Warehouse, 3045 145th St W, Rosemount



## **new** Bars & Bells

Learn proper form and various exercise formats using barbells and kettlebells. Proper form will be stressed and assistance will be provided regarding weight selection and form correction. Intervals, rounds, specific rep counts, etc. will be different each week. *Mollie Bower is certified as a NASM personal trainer, group fitness and kettlebell instructor. She holds a Precision Nutrition Level 1 Certificate in exercise nutrition and owns C-4 Fitness.*



Location: C-4 Fitness, 5708 Upper 147th St. W, Suite 103, Apple Valley

Mon | Apr 15-May 13 | 5:00-5:45 p.m.  
5 sessions | \$69 | AMBBB-S1

☀ Mon | Jun 10-Jul 8 | 5:00-5:45 p.m.  
5 sessions | \$69 | AMBBB-U1

## HIIT30

Get your heart pumping quickly with cardio intervals and exercises designed to strengthen your core. Expect to sweat with this high intensity interval training. *Mollie Bower*

Location: C-4 Fitness, 5708 Upper 147th St W, Suite 103, Apple Valley

Wed | Apr 3-May 1 | 12:30-1:00 p.m.  
5 sessions | \$69 | AHIIT-S2

Mon | Apr 8-May 6 | 11:30 a.m.-noon  
5 sessions | \$69 | AHIIT-S1

## POUND® at The Warehouse

POUND is a full-body drumming workout that uniquely combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements using lightly weighted exercise drumsticks. POUND is accessible to all fitness levels. Workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. *The Warehouse staff*

Sat | Apr 13-Jun 15 | 9:15-10:00 a.m. | 10 sessions | \$109 | ANCPF-S1

☀ Sat | Jun 22-Aug 17 | 9:15-10:00 a.m. | 9 sessions | \$99 | ANCPF-U1

## Tank Top Arms

Tone, strengthen and chisel your arms. Use dumbbells, kettlebells, High Intensity Interval Training (HIIT) and body weight training. Leave this workout sweaty, smiling and strong. *The Warehouse staff*

☀ Fri | Jun 7-Aug 9 | 9:30-10:15 a.m. | 10 sessions | \$109 | ANCTT-U1

## Yoga Sculpt

Add free weights to your yoga workout to increase muscle endurance, and tone and sculpt each major muscle group. Weights will serve as your personal adjuster to deepen your practice while building lean muscle mass and boosting metabolism. *The Warehouse staff*

Sun | Apr 14-Jun 16 | 5:00-6:00 p.m. | 9 sessions | \$99 | skip May 26 | ANCWS-S1

☀ Sun | Jun 23-Aug 18 | 5:00-6:00 p.m. | 9 sessions | \$99 | ANCWS-U2

## Cross Training for Champion Athletes and Non-Athletes

Add variety to your workout! Enhance your cardiovascular endurance, strength, agility and speed. Incorporate all muscle groups to create the perfect workout regardless of athletic background. Work on brain stimulation through hand-eye coordination and timing drills. Try kickboxing and high intensity interval training. Get your heart rate up and improve your health and fitness without risking injuries. Since 9Round is a circuit workout, you can drop by anytime even if you miss your scheduled time. *9Round is a specialized fitness center dedicated to serving clients who want a unique, fun and proven workout that guarantees results.*

Location: 9Round Eagan, 1095 Diffley Rd

☀ Tue | Jun 11-Jul 9 | 3:45-4:45 p.m. | 5 sessions | \$79 | ANRCT-U1



# Health, Beauty & Safety

## Hypnosis to Control Weight and/or to Stop Smoking and Using Chewing Tobacco

Make behavior changes that stop cravings and obsessions with food. The hypnosis experience is relaxing and allows you to be in control at all times. Fee includes a self-hypnosis CD and a lifetime membership card for free reinforcement. Dress comfortably; bring pillow and blanket/sleeping bag to class. Visit [www.hypnosisclinic.net](http://www.hypnosisclinic.net). During her 20+ year career as a Doctor of Clinical Hypnotherapy (DCH), Dr. Mary Fischer has worked with hospitals and school groups, and maintains a private practice. She has taught in District 196 for over ten years.

### Control Weight

Mon | Apr 15 | 6:15-9:30 p.m.

\$69 | RMS | AHPNW-S1

### Stop Smoking and Using Chewing Tobacco

Mon | Apr 15 | 6:15-9:30 p.m.

\$69 | RMS | AHPNS-S1

## new Prevent Osteoporosis with Bone-Building Foods

Learn which foods build bones and understand the factors that put your bones at risk. Discover the best sources and types of calcium and the importance of vitamin D for strong, healthy bones. Like plants, bones are alive and need water and key nutrients to thrive. *Nutritional Weight & Wellness is a local company with a passion for educating people about nutrition. Their certified nutrition educators complete a rigorous, two-year training program and understand the connection between what you eat and how you feel. Since 1992, they have educated thousands of people to help them make positive dietary changes that can last a lifetime.*

Thu | Apr 18 | 6:30-8:00 p.m.

\$25 | SHMS | ANWWO-S1

## Essential Oils 101

What are essential oils? How do they work? What is the difference between "pure," "genuine" and "therapeutic" grades? How, when and why do you use essential oils? Seasoned users, newbies and skeptics will all benefit and learn something new. *Emily Dietrich is a certified aromatherapist who began her journey by using essential oils with her family. After discovering how effective and versatile they are, she has researched, trained, and taught about the power of essential oils. Emily is also an educator in ISD 196.*

Tue | Apr 30 | 6:30-8:00 p.m. | \$25 | NV | ASAWEO-S1

## Acupressure Face Lift and Skin Savvy

Stimulating facial acupressure points can naturally erase years from your face, bring a healthy glow to your skin, increase muscle tone, decrease puffiness and eye bags, reduce and prevent new lines from forming. It can help decrease headaches, relieve eye strain, soothe nerves and increase relaxation. Learn a series of facial pressure points to address the above, two powerful antioxidants for skin health and how a "skin care cocktail" can make your skin healthier from the inside out. *Janice Novak has a masters degree in health and physical education. She is the acclaimed author of the award winning books and DVD, **Posture, Get it Straight! Look 10 Years Younger, 10 Pounds Thinner and Feel Better Than Ever.** Janice is an experienced speaker who leads workshops and seminars for hospitals, corporations and professional organizations. She presents health segments on TV and radio, including an interview by Oprah Winfrey.*



☀ Sat | Jun 1 | 9:30-11:00 a.m. | \$29 | SHMS | AJNAF-U1

## Metabolism Boosters and Busters

In the past, you probably could drop weight by cutting back on calories or exercising a bit more. Suddenly the scale stops moving and you just can't seem to lose weight. The good news ... you can lose up to 20 pounds in a year, without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. *Janice Novak*

☀ Sat | Jun 1 | 11:15 a.m.-12:45 p.m. | \$29 | SHMS | AJNBB-U1

## Acupressure to Relieve Stress, Anxiety, Insomnia and More

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the nine master pressure points which are the most helpful and most frequently prescribed to help and assist every system in your body. *Janice Novak*

☀ Wed | Jun 5 | 6:00-7:30 p.m. | \$29 | SHMS | AJNAI-U1



## Do You Know Your Medicare ABC's and D?

If you are turning 65 in the next year or so, do you feel prepared to make decisions regarding your Medicare coverage? Most people find Medicare enrollment and choosing a Medicare supplement plan and a Medicare drug plan very confusing. It can be difficult to find unbiased insurance information. Gain knowledge of what medical services are and are not covered by Medicare, monthly premium, co-insurance and deductible information, when and how you enroll in Medicare, supplement insurance policies and Medicare Part D. *Linda Walker has been a licensed social worker for over 40 years and has worked with older adult population her entire career. She has expertise in Medicare enrollment time frame, Medicare supplement and Part D plans, and provides unbiased information to help people make their best medical coverage choices when going on Medicare.*

Mon | Apr 22 | 6:30-8:30 p.m.  
Free! | FRMS | ALWMC-S1

Sat | May 11 | 9:30-11:30 a.m.  
Free! | BHMS | ALWMC-S2

## Understanding Dementia

The term "Dementia" is often misunderstood. It is not a part of normal aging. What's the difference between dementia and Alzheimer's disease? Are there other diseases that cause dementia? Why is an early diagnosis so important? What can be done if someone has a dementia diagnosis? Learn the answers to these questions, as well as how to recognize symptoms of dementia and some "brain healthy" tips and exercises. *Linda Walker*

Wed | May 15 | 6:30-8:00 p.m.  
Free! | FRMS | ALWUD-S1

## Defensive Driving 55+

Join other drivers 55 and older to improve your overall driving skills. This defensive driving series has a proven record of reducing accidents and traffic violations. Upon completion, receive a certificate for a ten percent reduction in your insurance (honored by most insurance companies). Class fee includes all materials. Sorry, no discounts apply. *Minnesota Safety Council employs skilled and knowledgeable instructors who offer valid information on safe driving. Instructors are well prepared, knowledgeable and have instructed hundreds of students in District 196.*

### Basic (8 hours)

Sat | May 11-18 | 8:00 a.m.-noon | 2 sessions | \$29 | FRMS | ADRIV-S1

### Refresher (4 hours)

If you have taken a state-approved eight-hour Defensive Driving Course (55+) in the past, you can renew your ten percent, three-year car insurance discount by taking this state-approved, four-hour refresher course. There is no driving and no test. Sorry, no discounts apply.

Sat | May 4 | 8:00 a.m.-noon | \$25 | FRMS | ADRVR-S1

## Beat the Blues

Learn ways to activate and stimulate your nervous system. Identify your own relationship with depression, demonstrate activities to awaken and energize yourself and gain understanding of integrated techniques that you can use with depression. Lecture and hands-on practice of holistic mind and body techniques. *Monica Peterson is a licensed independent clinical social worker. She has been working in social services for over ten years. She is interested in integrating mental health and holistic health to address a person's overall well-being.*

Wed | May 15 | 6:00-8:00 p.m. | \$25 | BHMS | AMPBB-S1

## Worry Busters: Alternative Approaches for Anxiety

Explore ways to calm your body, mind, and spirit from anxiety and fears. Identify your own anxieties and stressors, gain an understanding of your body's stress responses, explain how breathing rates impact anxiety and choose holistic techniques for your own use. Lecture and hands-on practice of holistic mind and body techniques. *Monica Peterson*

Wed | May 22 | 6:00-8:00 p.m. | \$25 | BHMS | AMPAA-S1



# Health, Beauty & Safety

## Health Rhythms: Drumming for Your Health

Research shows that drumming is beneficial for your health and wellness. Try recreational drumming and music making and discover many health benefits of using this rhythmic instrument. Open to all; no music or drumming experience necessary. Bring a drum if you have one, otherwise instruments provided. Supply fee of \$5 payable to instructor at class. Lecture and hands-on. *Monica Peterson is a licensed independent clinical social worker. She has been working in social services for over ten years. She is interested in integrating mental health and holistic health to address a person's overall well-being.*

Wed | May 29 | 6:00-7:30 p.m. | \$25  
BHMS | AMPDH-S1

## Food as Medicine: Your Food and Mood Connection

You are what you eat. Learn about foods that impact anxiety, depression, stress and inflammation, as well as principles for healthier eating. Take control of your health and be able to make food choices to help balance your mood. Describe how food affects your mental health, identify your own food rules and gain understanding about how to eat to balance mood, stress and inflammation. *Monica Peterson*

Wed | Jun 5 | 6:00-8:00 p.m. | \$25  
BHMS | AMPJJ-U1

## Natural Sleep Strategies: Beauty Rest for All

Dreaming about sleep? Are you waking up feeling like a beast instead of a beauty? Are insomnia, middle of the night awakening and poor sleep quality affecting your sleep? Learn sleep hygiene and steps to a natural, restful sleep. Define sleep challenges, analyze what factors in your life impact your sleep issues and identify holistic techniques that can be used to get your beauty rest. Lecture and hands-on practice of holistic mind and body techniques. *Monica Peterson*

Wed | Jun 12 | 6:00-8:00 p.m. | \$25  
BHMS | AMPNS-U1

## Stress Less: Holistic Skills for Everyday Stress Management for Everyone

Stress is the reason why zebras don't get ulcers and humans do. Stress affects your entire body from head to toe. Learn about interaction between the brain, body, immune system and human stress response cycle using a lecture format. Practice holistic strategies for stress management at home, school or work. Identify your own stressors, define psychoneuroimmunology and explain how the body's stress response works. *Monica Peterson*

Wed | Jun 19 | 6:00-8:00 p.m. | \$25 | BHMS | AMPSL-U1

## Laughter Yoga: Laughing for Your Health

Research shows that laughter is the best medicine. Decrease stress and boost your mood in a laughter yoga session. Enjoy various laughter exercises. Find out what laughter yoga is and learn the health benefits of laughter. Understand the physiology impacting the body's systems. Open to all; no yoga experience or yoga mat needed. *Monica Peterson*

Wed | Jun 26 | 6:00-7:30 p.m. | \$25 | FRMS | AMPLY-U1

## new Self-Esteem, Assertiveness and Self Defense/ Personal Safety for All

Explore how your self-esteem affects your ability to be assertive and how both of these form the foundation of any personal safety plan. Learn options and tools to use throughout your life, in a variety of situations. Ideal for mothers and daughters. Educational, inspirational and fun. *Sindy Mau has taught self defense and personal safety for over 25 years at businesses, schools, community groups and senior centers. She has also taught college-level women's self defense courses.*

Tue | Apr 30 | 6:30-8:00 p.m. | \$19 | BHMS | ASMLO-S1

Tue | Jun 25 | 6:30-8:00 p.m. | \$19 | FRMS | ASMLO-U1





## CPR/AED for the Lay Rescuer - Adult, Child and Infant

Be prepared with lifesaving skills! American Safety and Health Institute CPR/AED certification is valid for two years. This course is equivalent to American Heart Association Heart Saver or American Red Cross CPR for Lay Rescuer. *Aquatic Staff*

Mon | Apr 15 | 6:00-9:30 p.m. | \$95  
FRMS | QCPR-301

Mon | May 6 | 6:00-9:30 p.m. | \$95  
FRMS | QCPR-302

☀ Wed | Jun 12 | 9:00 a.m.-12:30 p.m. | \$95  
FRMS | QCPR-303

☀ Mon | Jul 8 | 6:00-9:30 p.m. | \$95  
BHMS | QCPR-401

☀ Tue | Aug 13 | 9:00 a.m.-12:30 p.m. | \$95  
BHMS | QCPR-402

☀ Wed | Aug 21 | 9:00 a.m.-12:30 p.m. | \$95  
BHMS | QCPR-403

## CPR/AED for the Lay Rescuer Renewal

Renew Adult Child and Infant CPR and AED certifications. American Safety and Health Institute CPR/AED certification is valid for two years. This course is equivalent to American Heart Association Heart Saver or American Red Cross CPR for Lay Rescuer.

Sat | May 11 | 9:00-10:30 a.m. | \$65  
FRMS | QCPRR-301

Sat | May 18 | 9:00-10:30 a.m. | \$65  
FRMS | QCPRR-302

☀ Mon | Jun 10 | 6:00-7:30 p.m. | \$65  
FRMS | QCPRR-303

☀ Sat | Aug 3 | 9:00-10:30 a.m. | \$65  
BHMS | QCPRR-401

## CPR/AED for the Professional Rescuer and Healthcare Provider

Two-year American Red Cross certification is available for healthcare providers and first responders. This certification is equivalent to the American Heart Association BLS Healthcare Provider certification. Nurses may apply for CEUs through the Minnesota Board of Nursing.

Sun | Apr 7 | 9:00 a.m.-3:30 p.m. | \$135 | FRMS | QCPR0-301

Sun | Apr 28 | 9:00 a.m.-3:30 p.m. | \$135 | FRMS | QCPR0-302

Sun | May 12 | 9:00 a.m.-3:30 p.m. | \$135 | FRMS | QCPR0-303

☀ Tue | Jun 11 | 9:00 a.m.-3:30 p.m. | \$130 | FRMS | QCPR0-304

☀ Tue | Aug 6 | 9:00 a.m.-3:30 p.m. | \$135 | BHMS | QCPR0-401

☀ Tue | Aug 13 | 9:00 a.m.-3:30 p.m. | \$135 | BHMS | QCPR0-402

## CPR/AED for the Professional Rescuer and Healthcare Provider Renewal

Renew your American Red Cross certification, valid for two years. Participants must successfully demonstrate all skills and pass the written test. Nurses may apply for CEUs through the Minnesota Board of Nursing.

Sat | May 11 | 12:30-2:00 p.m. | \$95 | FRMS | QCPROR-301

Sat | May 18 | 12:30-2:00 p.m. | \$95 | FRMS | QCPROR-302

☀ Mon | Jun 10 | 4:30-6:00 p.m. | \$95 | FRMS | QCPROR-303

☀ Sat | Aug 3 | 12:30-2:00 p.m. | \$95 | BHMS | QCPROR-401

## First Aid

Be prepared with lifesaving skills! American Safety and Health Institute certification is valid for two years. This course is equivalent to American Red Cross First Aid.

Mon | Apr 22 | 6:00-9:30 p.m. | \$85 | FRMS | QFA-301

☀ Thu | Jun 13 | 6:00-9:30 p.m. | \$85 | FRMS | QFA-304

☀ Mon | Jul 15 | 6:00-9:30 p.m. | \$85 | BHMS | QFA-401

☀ Wed | Aug 14 | 9:00 a.m.-12:30 p.m. | \$85 | BHMS | QFA-402

☀ Thu | Aug 22 | 9:00 a.m.-12:30 p.m. | \$85 | BHMS | QFA-403

## First Aid Renewal

Renew your First Aid certification. American Safety and Health Institute certification is valid for two years. This course is equivalent to American Red Cross First Aid.

Sat | May 11 | 10:30 a.m.-noon | \$45 | FRMS | QFAR-301

Sat | May 18 | 10:30 a.m.-noon | \$45 | FRMS | QFAR-302

☀ Mon | Jun 10 | 7:30-9:00 p.m. | \$45 | FRMS | QFAR-303

☀ Sat | Aug 3 | 10:30 a.m.-noon | \$45 | BHMS | QFAR-401



# Home, Yard & Garden

photo credit Michelle Mero Riedel



## Container Garden Designs

Do you desire lush, healthy, long-lasting and colorful container gardens that add pizzazz to your property? Ideally, container gardens should be vibrant for five months. Whether you are a novice or experienced gardener, it is hard to know where to begin. Learn how to get started on finding fast-growing, vigorous nursery quality plants with season-long colors. View images of striking color combinations of readily available plants that are easily created in containers. A detailed handout of each plant and container design provided. *Master Gardener, Michelle Mero Riedel, has taught gardening classes for over 15 years. She writes and photographs articles for **Northern Gardener** magazine. She owns a photography studio and often uses her own gardens as a background. Michelle has appeared on KARE-11's, **Grow with KARE**.*

Tue | Apr 2 | 7:00-8:45 p.m.  
\$19 | FRMS | AMRCG-S1

## Square Foot Gardening: Grow Fresh Vegetables!

Learn the basics of planning small, but intensely planted gardens. Understand how to select a proper site, construct a square foot garden, select the correct amount of plants and learn their proper care. Discuss harvesting and methods to extend the growing season. Benefits include less work, water savings, less weeding, pesticide/herbicide free, small space utilization and accessibility. *John Zweber is a certified square foot gardening instructor. John has been a researcher in vegetable seed trials and has worked with individuals of all ages in demonstrating and instructing the benefits of square foot gardening.*

Tue | Apr 23 | 7:00-8:30 p.m.  
\$19 | SHMS | AJZFG-S1

## **new** Bees, Wasps, and Pollination

Discover the different species of honeybees and native bees, as well as the differences between bees and wasps. Learn how and why pollination works, its importance for plants as well as our food supply, and the role honeybees, native bees, butterflies, moths, flies and yes, even mosquitoes play in this important cycle. Find out how pesticides impact pollinators. Information about pollinator friendly plants will be provided. *Ellen Coffey is a certified Midwest master beekeeper and Joseph Coffey is a graduate student in entomology and apiary science. Joseph and Ellen are the owners of C&C Apiaries, LLC and have been beekeeping for ten years.*

Sat | Apr 27 | 9:00 a.m.-12:30 p.m. | \$65 | FRMS | ACCBWP-S1

## So You Want to Plant a Vegetable Garden

Designed to help you prepare to grow vegetables in your garden. Learn about the conditions that you should take into consideration as you prepare your garden, including soil quality and light requirements. Acquire information regarding resources available to help you assess your soil and methods for enhancing it to promote plant growth. Explore when and where to plant different vegetables. Discuss how to diagnose common plant diseases, pest issues and techniques to combat these problems. *Linda Stein is a Dakota County master gardener with a lifetime of experience preparing gardens and growing vegetables in different locations around the Twin Cities.*

Tue | Apr 30 | 6:00-7:30 p.m. | \$15 | BHMS | ASWVG-S1

## Outstanding Orchids

Prized for their brightly colored flowers and their long bloom times, orchids have become a common house plant. Discover simple techniques, considering our Minnesota environment, to keep your plant healthy and re-blooming. Explore orchids in general, how to select an orchid, environmental needs, several approaches to care depending on your level of enthusiasm, orchid pests and repotting. *Paul Wood has been a lifetime gardener. He is a University of Minnesota extension master gardener and a Minnesota tree care advisor. He is also a member of the Orchid Society of Minnesota. He has been actively caring for orchids in his home, with varying degrees of success, for the last 13 years.*

Thu | May 23 | 6:30-8:30 p.m. | \$19 | FRMS | AMGOO-S1

## Moving Towards a Zero Waste Life

Have you heard about the Zero Waste movement but don't know what it is about or how to start? Learn specific and practical ways to make simple changes to your home and everyday life to move towards living in a less wasteful way. Discover how to audit items in every room of your home and discuss eco-friendly and sustainable alternatives. Be prepared to go home and make simple, but environmentally impactful, changes that will benefit your family and community. *Barb Webb is an urban gardener and passionate environmental steward. As a master gardener and master recycler/composter, she shares her experience and knowledge on how to live in a more responsible and sustainable way.*

🌞 Wed | Jun 19 | 6:30-8:30 p.m. | \$15 | FRMS | ABWZW-U1

# Money Management

## Language



### Beginning German I

Progress from learning the basics of German pronunciation and comprehension to building grammar and conversation skills related to everyday topics such as the family, shopping, daily routine and life in Germany. Supply fee of \$20 payable to instructor at class. Course assumes no prior knowledge of German and is the best choice for those who are new to German language study or have little experience with German. *Claudia Aurand is a native German who has lived and worked in the United States for 30 years. Claudia maintains close family ties in Germany and has traveled extensively in Europe for business and pleasure. She is currently the director of language services at GAI (Germanic-American Institute) in St. Paul.*



☀ Mon | Jun 10-Aug 5 | 6:30-8:00 p.m.  
8 sessions | \$89 | FRMS | skip Jul 1 | AGAIG-U1

### **new** Income, Taxes and Retirement

Taxes chipping away at your savings? The decisions you make as you prepare for retirement or passing on a legacy could affect your income taxes. Learn about the financial outcomes you may face and how to make decisions that are right for you. Many individuals spend a lot of time focusing on what to invest in and not nearly enough time thinking about how those investment decisions will impact their taxes. Discover opportunities that can lessen your tax burden for today and/or for those you love later. *Gregory Strunk has spent his professional life working with people to help them get the most out of their gifts and skills, first as a pastor and now as a financial planner at Thrivent.*

Mon | Apr 29 | 6:30-8:00 p.m. | \$15 | RMS | AGSIT-S1

### **new** Five Keys to Retiring Fearlessly

After years of hard work, your retirement may finally be in sight. Discover five keys to unlocking a retirement where you can have greater confidence in your ability to live out your dreams. *Eva Stukenberg, MBA, is a licensed financial associate with a passion for helping others live confident and generous financial lives.*

Thu | May 2 | 6:00-7:30 p.m. | \$15 | BHMS | AESRF-S1



### Simplify Your Social Security

Are you one of the millions of people who has wondered what the best strategy is for taking your Social Security? There are 81 different ways to draw if you're a married couple. Which one will maximize your benefits? Are you divorced? Learn how you might be able to draw more than what your own benefits would provide. Social Security can be such a complex topic, discover how to understand some of these concepts and make them simple. *Cassandra Brashier is a financial advisor and co-host of the Mom Show on MyTalk107.1. With 15 years of experience as an advisor, she has worked with hundreds of people helping them along the path to their financial goals. Securities and advisory services offered through Harbour Investments, Inc., Member FINRA & SIPC.*

Tue | May 7 | 6:30-8:30 p.m. | \$19 | FRMS | ACBSS-S1



# Money Management

## How to Win with Investment Properties

Many people interested in real estate investing take courses, read books and attend seminars. For most, the net result is a lack of action and nothing happens! Learn how to take precise, profitable action, buying great rental properties now. As a special bonus, receive links to a PDF version of the book entitled, *Reality Based Real Estate Investing*, authored by the instructor ... a \$25 value! *John Mazzara is a graduate of St. Thomas University with an MS and MBA in finance. He has been a Certified Financial Planner since 1989, teaches numerous financial classes and is a licensed real estate broker through RE/MAX Results. Since 1986, John has sold over 1,000 homes and has owned and managed real estate.*



Wed | Apr 24 | 7:00-9:00 p.m.  
\$19 | FRMS | AHWIP-S1

## Moving Mom and Dad: Five Common Mistakes

Are mom and dad reluctant to address the issue? Discover: conversation starters for discussing late-life housing choices, solutions for remodeling homes designed for aging-in-place, common senior living options and 55+ communities, key questions to ask when researching assisted living and long-term care communities, tips and criteria for hiring key service providers, and facts about estate sales and auctions. Receive an overview of the housing market and the guide, *Moving Mom and Dad* (a \$24.95 value). *John Mazzara*

Tue | Apr 30 | 7:00-9:00 p.m.  
\$19 | FRMS | ADSMD-S1

## Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize, but aren't sure where to start, how to do it, or what your options are? Access to preferred service providers and discount coupons are provided, as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable. Receive the *Downsizing Made Easy* guide. *John Mazzara*

Thu | May 16 | 7:00-9:00 p.m. | \$19 | FRMS | ADCHM-S1

## Trusts and Wills

Compare trusts and wills and learn which is best for you. Learn what estate planning entails including property and how to avoid probate in case of disability or death. Understand the probate process and when it is and isn't necessary and why. Make informative estate planning decisions. *An attorney specializing in estate planning, Amanda Hespen is skilled in probate, guardianships, conservatorships, and disability and medical assistance planning. She is a graduate of William Mitchell College of Law and a member of the Minnesota State Bar Association and Ramsey County Bar Association.*



Thu | May 9 | 6:30-8:00 p.m. | \$19 | SHMS | AAHTW-S1

## Effectively Putting Your House on the Market

Explore the steps you need to take to sell your home successfully. Learn about the selling cycle in the Twin Cities. Find out when you should list your home to get top dollar and why. Review the top ten things you should do to get your home ready to sell. Discuss points to consider when you are having to sell and buy a home at the same time. Is the Twin Cities market a sellers' market? Find out the answer and how that will affect you as a seller. Take home a flash drive with all information covered in class at no additional cost. *Wendy Carson, a realtor since 1998, has appeared on TLC (The Learning Channel) in My First Home series. She has extensive real estate business experience and has earned numerous accreditations and awards.*



Thu | May 9 | 6:30-8:00 p.m. | \$15 | SHMS | AWCSH-S1

## First Time Home Buyers Seminar

Learn what the first time home buying process involves. Explore all aspects of home purchasing including mortgages, home inspection and what it entails, home owners insurance, closing process and more. Become knowledgeable about one of the largest purchases in your life. Attendees receive a flash drive of class information at no additional cost. *Wendy Carson*

Thu | May 16 | 6:30-8:00 p.m.  
\$15 | SHMS | AWCFT-S1

## How to Pay for the Nursing Home; An Attorney's Perspective

The biggest fear for most baby boomers is how to pay for the nursing home and still leave something for the next generation. With ever changing estate planning laws and great increases in nursing home costs, the fear is real. Understand what your options are. Is long term care insurance for you? What about home care? Should I gift my money away? Would I qualify for Medicaid? What about my current trust, does it avoid the nursing home? What is the 60 month claw back? What if my spouse goes into the nursing home and exhausts our money? Discuss these questions and many more, including how to plan and place your assets to meet your nursing home goals. *As a financial professional with Principal®, Tom Jacobson works with businesses and individuals to educate and guide them in helping to achieve their financial goals. His focus is on helping families preserve their heritage and transfer their legacy. Steve Ledin is the founding member of Ledin Law PLLC, a small business and estate planning focused law firm based in the East metro area. He practices extensively in the areas of estate planning and corporate transactional law and provides legal advice to startup and developing companies, as well as mature small to medium sized companies.*



Thu | May 9 | 6:30-8:00 p.m.  
\$15 | SHMS | ASLAP-S1

## Keeping the Cabin, Business and Farm in the Family

Division of an estate can lead to bitter battles between siblings and impact their relationships forever. Who will pay the taxes? What if one family member uses it more or does all the work? How can you ensure your children receive equal inheritance? What effect will and estate taxes have? Get the answers to these and other questions and learn how to keep the cabin, business, farm or other property in the family without driving the family apart. *Tom Jacobson and Steve Ledin*

☀ Thu | Jun 6 | 6:30-8:00 p.m. | \$15 | SHMS | AKCBFF-U1

## Writing Your Own Will

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Don't let this happen. Learn about estates and wills, and prepare a legal will in class. Receive instructions and a professionally prepared form, have access to witnesses and a notary public. Prior to class, review the information forwarded to you. The will form is designed for individual use; couples cannot share this form (each person must register individually). Appropriate for people who have an estate of less than \$2,000,000, including life insurance, and do not own a business. Sorry, no discounts apply. *Teresa Molinaro, graduate of Hamline University School of Law, is an estate planning and probate attorney at the law firm of Molinaro Davis Law PLLC. She has extensive experience advising clients regarding their estate plans.*

☀ Wed | Jun 19 | 6:30-9:00 p.m. | \$55 | SHMS | ATMWW-U1



# Music & Performing Arts



## South of the River Community Band

Co-Directed by: Erin Winchell & Jeremy Morgan

Now in its 26th year, the South of the River Community Band is a 60 to 65 member inter-generational band. Teens through older adults are welcome. No auditions are required. Rehearsals are Sunday afternoons, September to May, from 4:30-6:00 p.m. at Black Hawk Middle School (BHMS), 1540 Deerwood Drive in Eagan. Band members enjoy playing and performing an assortment of music, including marches, Big Band, classical, popular, jazz and more. Performances are presented throughout the year, including summer concerts in parks. Annual membership dues are \$35 per person or \$50 per family. Members are asked to purchase a band shirt to wear at concerts. If you would like to join, please go to our website and read the information on the "How to Join" page.

For more information about the band or upcoming concerts, visit [www.southoftheriverband.org](http://www.southoftheriverband.org) or call Community Education, 651-423-7925. Supported by District 196 Community Education.

## Eagan Women of Note

Directed by: Taylor Quinn

Accompanist: Elise Molina

Eagan Women of Note is a community-based choir composed of a diverse group of women of all ages. Women, ages 18 and older, who enjoy singing are welcome to join. You do not need to live in Eagan and no audition is required. Rehearsals are Monday evenings from 6:30-8:30 p.m., September to May, at Falcon Ridge Middle School, Apple Valley. The choir performs at various venues including community and church events, senior centers and others. Holiday and spring concerts highlight the music performed throughout the year. New members are accepted in September and January. Dues are \$60 per semester. For information on scheduling a performance, contact Patty at 612-462-0596. Email for more information, [eaganwomenofnote@gmail.com](mailto:eaganwomenofnote@gmail.com). Visit the website at [www.eaganwomenofnote.org](http://www.eaganwomenofnote.org). Eagan Women of Note is supported by District 196 Community Education and Eagan Parks and Recreation.

## Highland Guitar Ensemble for Adults (ages 18+)

Do you love to play classical guitar in a group setting? Join this unique ensemble for weekly rehearsals to play and perform a variety of music scheduled throughout the year. Intermediate to advanced level music reading skills are recommended. No auditions. Bring your six-string classical guitar and plan to join the fun! *Matt Iverson is the owner of Music Magic. He has been teaching and playing guitar for more than 20 years.*

Mon | Apr 8-May 20 | 6:45-7:45 p.m. | 7 sessions | \$49 | SHMS | AGTEA-S1

## Performing Arts Senior Previews

District 196 Community Education Adult Services partners with District 196 high schools in offering free admission performing arts previews for retirees and persons with disabilities. Auditoriums are handicap accessible. If you wish to purchase tickets for other performances, please contact the school box office. \*Wheelchair seating is limited.

### Apple Valley High School

14450 Hayes Rd, Apple Valley

Box Office: 952-431-8208

Wed | Apr 24 | 3:00 p.m. | *Little Women*

### Eagan High School

4185 Braddock Trl, Eagan

Box Office: 651-683-6945

Wed | April 24 | 3:30 p.m. | *Legally Blonde*

### Eastview High School

6200 140th St W, Apple Valley

Box Office: 952-431-8955

Tue | Apr 23 | 3:30 p.m. | *Mary Poppins*

### Rosemount High School

3335 142nd St W, Rosemount

Box Office: 651-423-7540

Wed | Apr 24 | 3:30 p.m. | *That's Life*



## Eagan Men's Chorus

Directed by: Kathy Andrews  
Accompanist: Judy Campen

The Eagan Men's Chorus is a community male chorus that performs at senior living residences and Veteran's facilities throughout the Twin Cities area. The men sing pop, patriotic, Broadway, spiritual, gospel and classical music. Two public fundraising concerts are conducted yearly. Rehearsals are held September to May on Mondays from 6:30-8:00 p.m. at Living Word Church, 4300 Nicols Road, Eagan. New male vocalists are actively sought. They need not live in Eagan. For information on joining the chorus or to schedule a concert, phone Jim Andrews 651-451-7502. Visit [www.eaganmenschorus.org](http://www.eaganmenschorus.org).

The Eagan Men's Chorus is sponsored by Eagan Parks and Recreation and supported by District 196 Community Education, along with grants from the Metropolitan Regional Arts Council, Eagan Foundation and Eagan Rotary Club.

## Velvet Tones

Directed by: Rich Clausen

The Velvet Tones, community choral group for 18 years, is composed of members ages 55 and older. Over 30 yearly concerts are conducted to a variety of audiences that feature pop standards, Broadway, holiday and patriotic music. Rehearsals are September to May, Wednesdays, 10:00 a.m., Apple Valley Senior Center, 14601 Hayes Road, Apple Valley. There are no auditions. Yearly membership dues are \$20 per person, plus additional costs for a performance vest and summer shirt. For information about joining or scheduling a concert, call 952-432-1081, email [velvettones@gmail.com](mailto:velvettones@gmail.com) or visit [www.velvettones.org](http://www.velvettones.org). Supported by District 196 Community Education, Apple Valley Parks and Recreation, Apple Valley Senior Center, Apple Valley American Legion Post 1776, Apple Valley Foundation and White Funeral Home.



# Photography



## Photography Level 1: Peter Wong

Have you wondered how star trails and the Milky Way are captured in photographs? Why waterfalls look silky? This is the photography class for you! Learn about your Digital Single Lens Reflex (DSLR) camera and the various lenses. Understand how to use settings beyond “auto” and shoot quality photography. Discover how to capture beautiful portraits, family gatherings, children’s sporting events and more. Create special images that tell a story. Bring a DSLR camera and lens(es). Cameras without the ability to change from “Auto” mode to M, A (Av) or S (Tv) will not benefit from this class. Take advantage of Saturday outdoor camera shooting experience as part of the class. *Peter Wong has been a professional photographer for 30 years. His background includes advertising, landscape, portraits, architecture, sports and golfscapes. He is published in national and international magazines.*

Thu 6:00-9:00 p.m. & Sat 8:00 a.m.-noon  
May 2-11 | 3 sessions | \$99 | FRMS-Outing  
skip May 4 | APWGP-S1

## Close-Up and Macro Photography

Learn how to take great close-up photos. Work with how to control your depth of field and lighting and what equipment works best. Photograph everything from flowers to rings and more. Let’s move in and have fun! *Dr. Asha Lalla has taught photography classes for Community Education for many years. Her specialty is Macrophotography. Dr. Lalla attended the University of the West Indies, where she received her dental degree. She also completed her advanced education in general dentistry at the University of Minnesota.*



Sat | May 11 | 10:00 a.m.-4:00 p.m. | \$45 | FRMS | AGDMP-S1

## **new** Photo Composition for Phone, Point and Shoot, and SLR

Learn how to take photos to the next step by understanding centered composition and symmetry, bleeding lines and the rule of thirds among many others. Includes an on location shoot the second Saturday at a to be determined location in class. *Dr. Asha Lalla*

Sat | May 18-Jun 1 | 1:00-3:00 p.m. | 2 sessions | \$55 | FRMS | AGDPC-S1

## Enjoy the following class through our exclusive partnership!



DISTRICT 196  
**COMMUNITY  
EDUCATION**  
One District. Infinite Possibilities.

## **new** Conquering Lighting Challenges at the Farm

Add a new element to your zoo experience with this introduction to studio lighting in live animal photography at the Wells Fargo Family Farm. Photography at the farm can be challenging due to the limited light in the buildings; this will be your opportunity to try out some equipment and practice photographing a variety of farm animals, including this spring’s new farm babies. *Gil Dignen has over 30 years of photographic experience. He has worked as both a studio and commercial photographer, including 18 years as a travel photographer for Northwest Airlines. Gil has experience teaching photography classes at various colleges in the metro area and has a studio in Northeast Minneapolis where he does portraiture and commercial photography. He enjoys sharing his knowledge and experience with others through Community Education.*

Location: Minnesota Zoo, 13000 Zoo Blvd, Apple Valley

Sat | May 18 | 4:30-7:30 p.m. | \$55 | AMZLC-S1

**new** **On Location: Minneapolis Skyline and Sculpture Garden**

This crown jewel of the city's park system unites two of Minnesota's most cherished resources—its parks and its cultural life. Since opening in 1988, the Garden has welcomed millions of visitors, showcasing more than 40 works from the Walker Art Center's collections, including the iconic Spoonbridge and Cherry. *Gil Dignen*

Location: Minneapolis Sculpture Garden, 725 Vineland Pl

Sat | Apr 13 | 5:00-9:00 p.m.  
\$35 | AOLSG-S1

**new** **Single-Lens Reflex (SLR) Digital Photography**

Cover ISO, F-Stops, Shutter Speeds, DOF, White Balance and more! Improve the composition and quality of your photographs as you learn the fundamentals of digital SLR photography. Bring your camera with interchangeable lenses. For anyone who has a digital SLR camera and is striving to get the shots you want. *Gil Dignen*

Sat | May 4 | 10:00 a.m.-4:00 p.m.  
\$55 | FRMS | AGDDC-S1

**Introduction to Astrophotography**

If you love night photography, stars and adventure, join us to take your skills to the next level. Discover how to take and create stunning star and Milky Way images. Receive tips for your next photography adventure and understand programs that help you plan the how, when and where for an astrophotography shoot. Pre-requisite: Level 1 or a strong understanding of your camera settings. *Gil Dignen*

Thu | May 9 | 6:00-9:30 p.m.  
\$35 | FRMS | AGDAP-S1

**new** **Light Painting**

Learn how to "paint" light onto objects with flashlights and capture the unique results with your camera. This technique gives you the opportunity to create one of a kind photos using light. Play around with color temperature to see its effects on photos. Requirements for class: a camera that can be set on manual mode, a tripod and a flashlight. *Gil Dignen*

☀ Sat | Jun 8 | 10:00 a.m.-4:00 p.m. | \$49 | FRMS | AGDLP-U1

**Outdoor Portraiture**

Learn techniques of how to blur the background, blend, use your flash with natural light and other methods to produce stunning photographs. Ideal for shooting high school portraits. *Gil Dignen*

☀ Sat | Jun 15 | 10:00 a.m.-3:00 p.m. | \$39 | FRMS | AGDOP-U1

**new** **On Location: Raspberry Island**

Located on the Mississippi River, Raspberry Island Regional Park provides stunning views of downtown Saint Paul. Buildings for the Minnesota Boat Club have sat upon the island since 1885; the current boathouse was built in 1910. Between 1949 and 1968, the island was used by the United States Navy. Today, it is the last true island in Saint Paul, and is home to paths, a plaza and a bandshell. *Gil Dignen*

Meeting location: will be forwarded upon registration.

☀ Sat | Jun 29 | 1:00-4:00 p.m. | \$35 | AOLRI-U1

**On Location: Stone Arch Bridge**

The Stone Arch Bridge provides a breathtaking backdrop for spectacular photos. Built in 1883, it is the only bridge of its kind over the Mississippi River. It is made of native granite and limestone, and measures 2100 feet long by 28 feet wide. The bridge consists of 23 arches and spans the river below St. Anthony Falls in Minneapolis. *Gil Dignen*

Meeting location: will be forwarded upon registration.

☀ Sat | Jul 20 | 1:00-4:00 p.m. | \$35 | AOLSAB-U1



# Technology/Computers

## Microsoft Excel: Getting Started

Learn the basics of using an electronic spreadsheet. Discover how to effectively manage and present data. Learn to input data, add rows and columns, do simple calculations and apply the AutoSum function. Develop skills to create, open, edit, print and save spreadsheets.



Demonstration and hands-on. *Stephen Engel holds a physics degree from the University of Minnesota and enjoys astronomy and computer science. Steve has*

*been an instructor for over 20 years and has taught hundreds of students.*

Mon | Apr 8 | 6:30-8:30 p.m.  
\$39 | DSC | AEXCEL-S1

## Microsoft Excel: Formatting Spreadsheets

Transform your spreadsheets to look more professional. Learn to apply the following formatting techniques to enhance data presentation: cell height and width, alignment, text direction, borders and shading, type size and color, date and numeric formats, page orientation, print preferences and additional techniques. Understand ready-made formats, automatic spell check and other built-in tools for making a stronger impression with your information. Demonstration and hands-on. *Stephen Engel*

Mon | Apr 15 | 6:30-8:30 p.m.  
\$39 | DSC | AFORM-S1

## Microsoft Excel: Functions and Formulas

Start by building a simple formula and move to more advanced functions and 3-D references. Learn to use numerous Excel functions to process worksheet data more efficiently. Demonstration and hands-on. *Stephen Engel*

Mon | Apr 22 | 6:30-8:30 p.m.  
\$39 | DSC | AFUNC-S1

## Basic Computer Workshop: Introduction

Gigabytes? Hardware? Mouse? What's it all about? Learn basic terminology, from "power on" to "shut down". Discover how to find, start, and access programs, begin using Windows and relieve some of that computer anxiety. Appropriate for new computer users and anyone considering purchasing a computer. Demonstration and hands-on. *Stephen Engel*

Mon | Apr 29 | 6:30-9:00 p.m. | \$45 | DSC | ASECB-S1

## Basic Windows

Personalize the Windows environment. Use File Explorer to locate files and programs on your computer. Open a few programs and see how to save and organize your files. Customize your desktop, the start menu, the task bar, create short cuts, and pin your most used items to the Start menu. For new computer users with little or no experience with Windows. Demonstration and hands-on. *Stephen Engel*

Mon | May 6 | 6:30-8:30 p.m. | \$39 | DSC | ASEIW-S1

## Internet and Email Basics

Develop your internet "savvy". Understand search techniques and interpret search results to find information quickly and easily. Discuss internet safety, avoiding viruses and protecting your information. Then use your email address and your password to access your email account to send, reply and add attachments. Demonstration and hands-on. *Stephen Engel*

Mon | May 13 | 6:30-9:00 p.m. | \$45 | DSC | ASEIE-S1

## Essentials of Windows 10

Are you familiar with earlier versions of Windows? Does the new look of Windows 10 leave you confused? Learn to navigate the new Windows environment. Explore the new features of Windows 10 and see how the basic features of windows work in the Windows 10 environment. Demonstration and hands-on. *Stephen Engel*

Thu | May 16 | 6:30-8:30 p.m. | \$39 | DSC | ASEWT-S1

## Microsoft Word: Getting Started

Are you new to Microsoft Word 2010? Receive an introduction to this powerful word processing program used to create letters, memos and reports. Learn to use Word's ribbon groups and task panes. Discover basic formatting techniques and use valuable spelling/grammar tools. Demonstration and hands-on. *Stephen Engel*

Mon | May 20 | 6:30-8:30 p.m. | \$39 | DSC | ASEGS-S1

## Microsoft Word: Document Formatting Level 1

Make your documents visually attractive and more professional. Learn how to apply different fonts, sizes and other text styles. Align your text, indent paragraphs and use tabs. Explore how to adjust the spacing of words, paragraphs and pages, and create lists. Be surprised how crisp your documents look using your new formatting skills. Demonstration and hands-on. *Stephen Engel*

☀ Mon | Jun 3 | 6:30-8:30 p.m. | \$39 | DSC | AEWDF-U1



## Introduction to iPhone, iPad and iPod touch

Are you struggling with the buttons and apps on an iPhone, iPad or iPod touch? Learn what these apps do and how you can use them more successfully in the future. Customize the look and feel of your device. Use some of the free productivity and communication apps. Bring your own device and a list of your struggles. *Randon Ruggles has been a trainer focused on technology for over ten years at the K-12, college and adult levels. As a former technology integrationist with a focus on Apple devices and a Google Apps for Education Apple specialist, he is excited to answer questions and bring about solutions to your questions!*

Thu | Apr 11 | 6:30-8:30 p.m. | \$39 | SHMS | ARRIP-S1

## Introduction to Google Docs and the G Suite

Have you heard of Google Docs™, Sheets™, Slides™ and Forms™ but do not know exactly why they might be used? Learn how to use this free, web-based software suite to create, edit and collaborate with others. Use Google Docs™, the word processor app, to create a basic text file. Keep track of a simple numbers and formulas with

Google Sheets™, the spreadsheet app.

Create a beautiful presentation with Google

Slides™, the presentation app. Finally, use

Google Forms™, the survey app, to collect and organize information. Bring your own device, if desired. Demonstration. *Randon Ruggles*

☀ Thu | Aug 8 | 6:30-8:30 p.m.

\$39 | SHMS | ARRGD-U1

new

## Getting Things Done with Scrum

Scrum is a way for teams to get things done.

Taken from the software development industry, it can be applied to teams solving most any problem – building cars, flipping houses, planning weddings, and completing community service projects, for example. Research has shown that Scrum leads to happier and more productive teams. Lecture and hands-on. *Brian Hackerson is the manager, LSS, quality & process and head Scrum master at 3M.*



Mon | Apr 15-May 13 | 6:00-8:00 p.m. | 5 sessions | \$25 | SHMS | ABHS-S1

new

## Microsoft Excel: Creating 2013/2016 Charts

Could your statistical information be presented more clearly in a graph or chart? Would a chart spice up an upcoming presentation? Would you like to clearly show comparisons such as forecasted to actual, last year to this year, etc.? Learn the basics of creating and working with various types of charts. Discover how to select a chart layout, format it and work with chart elements. Learn how to change the source data for a chart, print a chart and save it as a template for use in creation of new charts. Demonstration and hands-on. *As an electrical engineer, Rod Clark brings with him many years of experience working with Microsoft Excel in his job as a semiconductor chip designer and manager at Honeywell Aerospace. Rod enjoys working with Excel spreadsheets and teaching others how to best use the power of Excel. He occasionally consults with a CPA firm, creating automated Excel spreadsheet templates.*

Thu | Apr 25 | 6:30-8:30 p.m. | \$39 | DSC | ARCCC-S1



# River Valley Project Explore

Project Explore provides educational, social and recreational opportunities for adults with disabilities and encourages inclusion in community activities.

Participants enjoy a wide variety of classes and activities including:

- Arts and Crafts
- Recreational Bowling
- Health and Wellness
- Cooking
- Excursions
- Dances
- Music
- Entertainment
- Sports
- and more!

## Rockin' Summer Dance

We welcome the Rockin' Hollywoods back for our 19th Annual Rockin' Summer Dance! They will entertain us all night with your favorite hits from the 50's, 60's 70's and 80's. As always, we will be selling raffle tickets for your chance to win some great prizes, as we'll have over 40 raffle baskets for you to try and win! Raffle tickets are \$1 each for a chance to win \$300, \$250, \$200, \$150 or a basket! Refreshments and will be served.

Location: Hosanna Lutheran Church, 9600 163rd St W, Lakeville

**Public welcome!**

☼ Thu | Jun 27 | 6:00 -9:00 p.m | \$10

## Bingo and Pizza

Get out and join your friends for an afternoon of fun playing bingo. Win cool prizes and eat a delicious pizza lunch. Come hungry and ready to play! Preregistration required.

Sat | May 11 | noon-2:30 p.m. | \$8 | VMS



## Come one, come all! 12th Annual Waffle Breakfast

Dad's Belgian Waffles are back again! Enjoy an all-you-can-eat waffle meal served with sausage, fruit and beverages. The mouth-watering aroma of the waffles will greet you as you walk in the door! Bring your family and invite friends to join you for a delicious breakfast and help raise monies to keep Project Explore program costs low.

Location: Messiah Lutheran Church, 16725 Highview Ave, Lakeville

**Public welcome!**

Sat | Apr 27 | 8:30-11:30 a.m. | \$9

## Spring Dance

Looking forward to warmer days and green grass? Join us and shake off those winter blues by dancing to the sounds from your favorite disc jockey.

**Public welcome!**

Fri | Apr 12 | 6:30-9:00 p.m. | \$6 | SHMS



## Prom/Spring Formal

You are invited to our annual spring formal dance. Put on your dancing shoes and dress up to impress. Bring your housemates, friends or maybe that special someone and make this a night you won't forget. You don't need a date to attend. Once again there will be a 'photo' area set up. You will be able to have your photo taken by LifeTouch® to keep as a memento.

Location: Royal Cliff, 2280 Cliff Rd, Eagan

**Public welcome!**

Fri | May 17 | 6:30-9:00 p.m. | \$9

Project Explore is a cooperative effort among the Community Education departments of Rosemount/Apple Valley/Eagan, Burnsville/Eagan/Savage, Farmington, Lakeville and Randolph school districts.

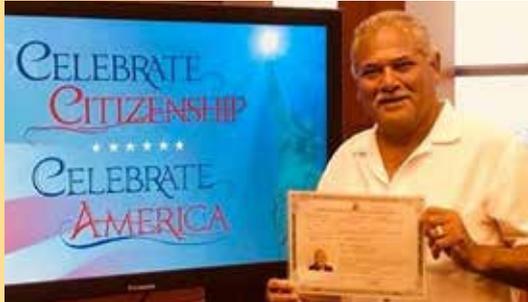


# Adult Basic Education

## Academic Reading, Writing and Math Skills

Increase your vocabulary and academic reading skills and prepare to expand your education.

Mon-Thu | now-May 22 | 9:00 a.m.-noon | DVLC



## English for Citizenship

Do you want to be a United States citizen? Learn about and prepare for the United States citizenship interview while improving your English skills.

Mon & Wed | Apr 1-24 | 12:30-1:30 p.m. | DVLC

## Intro and Prep for Community Interpreter Training

Are you interested in becoming a community interpreter? Find out how and prepare to attend an interpreter training course.

Tue & Thu | now-Apr 16 | 12:30-2:00 p.m.  
skip Mar 14, 26, 28 | CVLC

## Adults Earn Your High School Diploma

Did your high school class already graduate? Do you need fewer than 20 trimester credits to graduate? Eligible adult learners may participate to earn credits and receive their diploma from a District 196 high school or their home district high school. Classes are small to meet your needs. Attend an orientation session to learn more and to register. Orientations are held from 6:30 to 8:00 p.m. on Monday nights, when school is in session. Call 952-388-1980 for more information or to register for orientation.

### New Student Orientation

Call 952-388-1980 to sign up.

Mon | now-Apr 29 | 6:30-8:00 p.m. | DVLC

### School Hours

Mon-Thu | now-May 22 | 12:30-3:00 p.m. | DVLC

Mon & Wed | now-May 22 | 3:00-5:30 p.m. | DVLC

Mon & Wed | now-May 22 | 5:30-8:30 p.m. | DVLC

Tue & Thu | now-May 21 | 3:00-4:15 p.m. | DVLC

☀ Mon-Thu | Jul 8-Aug 1 | 9:00 a.m.-noon | DVLC

☀ Mon-Thu | Jul 8-Aug 1 | noon-3:00 p.m. | DVLC

☀ Mon & Wed | Jul 8-31 | 5:00-8:00 p.m. | DVLC

Winter Session II now-Apr 11

Spring Apr 15-May 22

Summer Jul 8-Aug 1

Individual schedules based on student need. No school Mar 25, 26, 27, 28.

### ABE Graduation

Thu | May 23 | 7:00 p.m.



## Volunteer ... we need you!

Are you interested in helping adults improve their skills so they can move ahead in their jobs, prepare for further education or improve their daily lives? Consider volunteering in our Adult Basic Education/ABE classrooms. Morning and evening opportunities are available in Apple Valley. Contact us today! Complete the application at [www.district196.org/abe](http://www.district196.org/abe) and/or email [abe@district196.org](mailto:abe@district196.org) or call 952-431-8316.





## GED & ACCUPLACER® Prep, Reading, Writing and Math Skills

Are you interested in earning a State of Minnesota GED diploma or preparing for the ACCUPLACER college placement assessment? At our classes, you can pre-test and study to pass the GED electronic exam or increase your placement scores.

### School Hours

Mon-Thu | now-May 22 | 11:00 a.m.-noon | DVLC

Tue & Thu | now-May 21 | 4:30-7:00 p.m. | CVLC

☀ Mon-Wed | Jul 8-31 | 10:30-11:30 a.m. | DVLC

☀ Tue & Thu | Jul 9-31 | 4:30-7:00 p.m. | CVLC

No school Mar 25, 26, 27, 28.

## Official GED Testing

Take the GED test at our official testing site. Convenient registration and scheduling is available online 24/7 at [www.ged.com](http://www.ged.com). Sign up for MyGED™ today and then register to take the test at our testing site, Cedar Valley Learning Center - ABE, 14420 Glenda Dr, in Apple Valley. Schedule testing times that are most convenient for you. Have your credit/debit card ready to pay for the tests. Call 1-877-392-6433 for help or more information.

**Minnesota residents save \$10 per GED test while State funding remains! Use promo code MNGED10**



## What is the GED test?

A Minnesota GED graduate can earn a State of Minnesota General Educational Development (GED) diploma. The diploma is recognized as a key to new employment opportunities, career advancement, post-secondary education and personal satisfaction. The diploma is issued by Minnesota Department of Education.

## What are GED tests like?

The GED testing program consists of four individual tests taken on a computer and include: reasoning through language arts, mathematical reasoning, science and social studies. The timing of the tests are as follows:

- Reasoning through Language Arts is 150 minutes (including a 10-minute break)
- Mathematical Reasoning is 115 minutes
- Science is 90 minutes
- Social Studies is 70 minutes

Taking all four tests could be completed in about seven hours. Most testers take one or two subjects at a time.

## Who can take the GED test?

Persons who are:

- 17 years old or older (anyone 17-18 years old must have an age waiver)
- Not enrolled in or graduated from a high school
- Registered online at [www.ged.com](http://www.ged.com) at least one day before you want to take the test(s)

# Early Childhood Programs



## Save the Date! Bridge to School

Mon - Thu | Aug 12-15 | Mornings | \$77

Kindergarten is coming! Is your child enrolled in District 196 kindergarten this September? If so, you and your child are invited to participate in ***Bridge to School***. Ease the transition into kindergarten and become familiar with your new school environment, teaching staff, classmates, routines of the day and riding the bus. Parents have the opportunity to join us for a portion of the first day. Space is limited. **Watch for registration materials mailed to homes in April.**

## Play With Me! Family Playtimes (parents and children birth-grade K) Parents, come and play with your children. No preregistration needed!

Pop in to play with your little ones and our ECFE staff. Dress up for dramatic play. Explore the wonders of math, science and senses while you squish, squeeze and create with play dough. Dump, pour, mash and mix in the sensory table. Become a little artist at the easel. Run, jump, climb and learn through movement in our gym. Expand language skills at story and circle time. Punch cards for discounted fees are available for purchase.

Fee: \$5 per child, parents & babies under 12 mos **Free!**

Fri | Apr 5-May 31 | 9:00-11:30 a.m.  
skip Apr 19 | DVLC



## ECFE 2.0: The Next Adventure in Parenting (parents of children K-grade 3)

Are you the parent of a child in grades kindergarten through third grade, who would like the education and support of an ECFE class? Parenting a school-aged child brings new joys and challenges. You may notice developmental changes in independence, social skills and responsibility. Explore changing family dynamics as you welcome the school experience. Other topics may include technology, dealing with overindulgence, family balance and bullying. Children under kindergarten age can attend with you and enjoy an early childhood experience. Visit [www.district196.org/ecfe](http://www.district196.org/ecfe) for more information and to register.

Wed | Apr 3-Jun 5 | 1:30-3:15 p.m.  
Fee A\* | EL | 314-400

\*Classes are based on a sliding fee scale. All District 196 families are encouraged to attend, regardless of their ability to pay.



## Parent Night Out A Guide to Laughing for Modern Parents

Fri | Apr 26 | 7:00-9:00 p.m.  
FRMS | donations accepted and benefit Foundation for ECFS

Parenting! It's wild, chaotic and well, a lot. Join Katy Smith, licensed parent educator and the 2011 Minnesota Teacher of the Year for an evening of stories, learning and tooting our own horns as we navigate the roller coaster ride of raising children. We can guarantee that you will come away with plenty of parenting gems and a fresh perspective. Did we mention fun? We can guarantee that too. Arrive early to meet Katy, enjoy refreshments, shop local vendors and participate in a silent auction! For more information, visit [www.district196.org/ecfe](http://www.district196.org/ecfe) or call 952-388-1953.



# Arts & Crafts

## Tinkerbell and her Fairy Friends (ages 3-6 yrs)

Do you believe in fairies? Come to this whimsical, glitter-filled camp, and create a fairy castle, a crown, wings, a wand; and make your own Tooth Fairy box. *Kidcreate Studio's teachers help kids to explore art in an environment full of giggles and grins. Curriculum is age appropriate and designed to inspire.*

Tue & Wed | Mar 26 & 27 | 9:00 a.m.-noon  
2 sessions | \$69 | AVCC | YKCTB-W1



## Beach Party (ages 4-9 yrs)

We're going to the beach - sort of! Grab your sunglasses and your flip flops for a beach-themed art party! Create a bunch of art projects with an ocean theme. *Kidcreate Studio instructor*

Wed | Mar 27 | 9:00 a.m.-noon  
\$35 | AVCC | YKCBP-W1



## Candy Land in 3D (ages 4-9 yrs)

Every child loves playing the board game Candy Land by Hasbro®. Let your imagination soar as you make your way to King Kandy's Castle to win! Create your own 3D version of this game on a real canvas board. *Kidcreate Studio instructor*

Wed | Mar 27 | 1:00-4:00 p.m.  
\$35 | AVCC | YKCCL-W1



## How to Draw Animals (ages 5-12 yrs)

Have you ever wished you were better at drawing cartoons? Be guided step-by-step through the creation of super silly and cute animals! From puppy dogs to happy hedgehogs, be impressed with how great your drawings turn out! Receive your own 'How to Draw Cartoon Animals' booklet to take home! *Kidcreate Studio instructor*

Thu & Fri | Mar 28 & 29 | 9:00 a.m.-noon | 2 sessions | \$69 | AVCC | YKCDA-W1



## new Willy Wonka's Candy Crafts (ages 5-12 yrs)

Oompa Loompa doopadee doo ... we've got another awesome art camp for you! Create a scene made out of candy, mosaics, imaginary candy and more! Use real candy such as frosting, gummy bears, gum drops and marshmallows as your art materials! *Kidcreate Studio instructor*

Thu & Fri | Mar 28 & 29 | 1:00-4:00 p.m. | 2 sessions | \$69 | AVCC | YKCWW-W1



## Art Blast Kids Camp (ages 5-11)

Create a colorful paper-mâché pet, make a seahorse medallion out of clay, sculpt lizards, paint on canvas, learn to draw cartoon characters and even weave a pencil holder out of a plastic cup! *Abakadoodle instructors are talented, dedicated teachers trained to help kids be creative through art exploration.*

☀ Mon-Thu | Jun 24-27 | 10:00 a.m.-noon | 4 sessions | \$119 | FRMS | YABAB-U1  
☀ Mon-Thu | Jul 29-Aug 1 | 12:30-2:30 p.m. | 4 sessions | \$119 | FRMS | YABAB-U2

## Drawsters Drawing Camp (ages 6-11)

Learn about perspective, line drawing, patterns and creating landscapes. Draw everything from squirrels to skyscrapers to still life to space stations! Draw silly cartoon characters, African animals and a beautiful landscape using drawing techniques that bring your art to life! *Abakadoodle instructor*

☀ Mon-Thu | Jun 24-27 | 12:30-2:30 p.m. | 4 sessions | \$119 | FRMS | YABDD-U1



For three-hour or longer classes or camps,  
please bring a beverage and a nut-free snack.



# Arts & Crafts

## Drawsters Two Day Drawing Camp (ages 6-11)

Draw African animals using line techniques to add details. Create silly cartoon characters, skyscrapers, squirrels and a beautiful landscape using perspective, shapes and patterns. Use drawing techniques that bring your art to life! *Abrakadoodle instructors are talented, dedicated teachers trained to help kids be creative through art exploration.*

☀ Tue & Thu | Jul 16 & 18 | 12:30-3:00 p.m.  
2 sessions | \$79 | BHMS | YABDT-U1

☀ Mon & Wed | Aug 5 & 7 | 12:30-3:00 p.m.  
2 sessions | \$79 | FRMS | YABDT-U2

## Fashionista Art Camp (ages 5-11)

Design your own unique fashions and accessories using tissue paper, duct tape, yarn, fabric and more! Decoupage a small heart-shaped box to hold your favorite things, create a batik beach bag, design a fantasy shoe, make a duct tape sunglasses holder and make clay beads for a fancy bracelet. Paint a colorful canvas for your room. Invite your family to a fashion show on the last day to show off your creations! *Abrakadoodle instructor*

☀ Mon-Thu | Jun 17-20 | 10:00 a.m.-noon  
4 sessions | \$119 | FRMS | YABFA-U1

☀ Mon-Thu | Jul 22-25 | 10:00 a.m.-noon  
4 sessions | \$119 | FRMS | YABFA-U2

## Great Big Messy Art (ages 5-11)

Messy, gooey and slimy, can it get more intriguing? Mix paint with spaghetti to create slimy results, sculpt with gooey clay, make slime, invent garbage-loving creatures and even create snakes using slimy paper-mâché. Create amazing pieces of art while having big, messy fun. *Abrakadoodle instructor*

☀ Mon-Thu | Jun 17-20 | 12:30-2:30 p.m.  
4 sessions | \$119 | FRMS | YABGB-U1

☀ Mon-Thu | Jul 29-Aug 1 | 10:00 a.m.-noon  
4 sessions | \$119 | FRMS | YABGB-U2

## Little Doodler I Love Art (parents and children ages 2-5)

Make some clay butterflies or dragonflies, create a fun horsey collage, paint lions and more! Experiment with lots of fun art materials and read some funny stories! *Abrakadoodle instructor*

☀ Fri | Jun 14-Jul 12 | 9:30-10:15 a.m.  
4 sessions | \$59 | FRMS | skip Jul 5 | YABLD-U1

## Garden Safari Art Camp (ages 5-11)

Dig up some creativity while learning all about outdoor environments. Paint sunflowers and make a bee collage using bubble wrap, clay and more wacky art materials! Use oil pastels to create some ladybugs on leaves, sculpt flowers or cactus in clay pots, and more! *Abrakadoodle instructor*

☀ Mon & Wed | Jul 15 & 17 | 12:30-3:00 p.m.  
2 sessions | \$79 | FRMS | YABGS-U1

## LOL Characters and Pets Art Day (ages 5-11)

Draw your favorite LOL characters and pets! You'll also sculpt your favorite LOL pet in this fun one day camp. Bring your favorite characters along if you like! *Abrakadoodle instructor*

☀ Fri | Jun 28 | 9:00 a.m.-noon | \$59 | FRMS | YABLO-U1

☀ Fri | Aug 2 | 9:00 a.m.-noon | \$59 | FRMS | YABLO-U2

## Pat, Push and Pull Clay Camp (ages 5-11)

If you love clay, this camp is for you! Pat, push, pull and mold clay into all kinds of 3-D objects. Learn about sculpting, color-mixing and decorative design. Even paint with clay! Use air dry and model magic clay, molds and sculpting tools to create everything from animals to pots. *Abrakadoodle instructor*

☀ Mon-Thu | Jul 15-18  
10:00 a.m.-noon  
4 sessions | \$119  
BHMS | YABPP-U1

☀ Mon-Thu | Aug 5-8  
10:00 a.m.-noon  
4 sessions | \$119 | FRMS  
YABPP-U2



## Slime and Goo (ages 5-11)

Love to make slime and gooey creations? Use your imagination to create all kinds of slime and work with messy materials. Even paint with spaghetti! Get ready for a fun and messy morning. *Abakadoodle instructor*

☀ Fri | Jun 21 | 9:00 a.m.-noon  
\$59 | FRMS | YABSG-U1

☀ Fri | Jul 19 | 9:00 a.m.-noon  
\$59 | FRMS | YABSG-U2

## Spring Art Celebration (parents and children ages 2-5)

Wash away your winter blues and celebrate the new season. Paint and collage a colorful spring bunny picture on canvas, sculpt birds and a birdie nest, read stories and more! *Abakadoodle instructor*

Thu | Apr 25 | 9:30-11:30 a.m.  
\$29 | AVCC | YABSA-S1

## Weave and Braid (ages 7-11)

Learn to weave a potholder and braid a bracelet. Even learn to weave on straws! Work with the new loop it yarn and/or loops, weaving looms, regular yarn, straws and more! *Abakadoodle instructor*

☀ Fri | Jul 26 | 9:00 a.m.-noon  
\$59 | FRMS | YABWB-U1

## Art Masters and You! (grades 4-6)

Learn about great artists like Matisse, Georgia O'Keefe, Picasso and more through videos, stories, books and pictures. Learn about an artist and their style. Use paints, oil pastels, colored pencils and more to produce a masterpiece modeled after one of the greats! Supplies are included. *Cheryl Biebighauser has been an elementary teacher for over 35 years in the Roseville school district. She has a passion for creating STEM activities for students.*

☀ Mon-Thu | Jun 17-20 | 1:00-2:00 p.m. | 4 sessions | \$59 | BHMS | YCBAM-U1

## Doodlebugs and Flutterbys Art (ages 3-6)

Did you know that 95% of all species on earth are insects? Discover cool facts about bugs while creating beautiful butterflies, lovely ladybugs, brightly colored beetles and more. Learn about different creepy crawlies and have fun creating art inspired by the bug of the day. Explore several art methods creating sculptures, paintings and more. *Kidcreate Studio's teachers help kids to explore art in an environment full of giggles and grins. Kids create fridge worthy masterpieces while learning art concepts and experimenting with different art materials.*

Tue & Thu | Apr 16 & 18 | 9:00 a.m.-noon | 2 sessions | \$69 | AVCC | YKCDF-S1

## Rainbow Fish Masterpiece (parents and children ages 18 mos-6 yrs)

Do you like the book *Rainbow Fish* by Marcus Pfister? Be inspired to create an air-dry clay masterpiece with glittery scales and all. Enjoy this creative project with your favorite adult. *Kidcreate Studio instructor*

☀ Fri | Jun 14 | 9:30-10:30 a.m. | \$17 | AVCC | YKCRF-U1

## Shopkins D'lish Art (ages 4-9)

Create the most delicious (and cute) art projects of all time. Learn step-by-step drawing and sculpting techniques and create Melonie Pips and D'lish Donut. Grab your shopping carts and let's get creating. The class is going to be D'lish! *Kidcreate Studio instructor*

☀ Wed | Jun 19 | 1:00-4:00 p.m. | \$37 | FRMS | YKCSD-U1

## Dogs vs Cats Art (ages 4-9)

Every kid dreams of having a dog or a cat of their very own. Dogs or cats, what makes a better pet? There is no need to decide. Create art inspired by both. No trips to the pet store required. *Kidcreate Studio instructor*

☀ Tue | Jun 25 | 9:00 a.m.-noon | \$37 | FRMS | YKCDC-U1



# Arts & Crafts

## **The Very Hungry Caterpillar Art Camp (ages 3-6)**

Get inspiration from Eric Carle's *The Very Hungry Caterpillar* and *The Grouchy Ladybug*, to paint, cut, tear, paste and sculpt your own masterpiece. Eric Carle's influence of unique images will ignite your creativity to complete a cherished keepsake. *Kidcreate Studio's* teachers help kids to explore art in an environment full of giggles and grins. Kids create fridge worthy masterpieces while learning art concepts and experimenting with different art materials.

☀ Tue & Thu | Jun 25 & 27 | 9:00 a.m.-noon  
2 sessions | \$75 | FRMS | YKCVH-U1

## **Glow-In-The Dark Mosaics (ages 4-9)**

Messes are best when they are not made at home! Air-dry clay, beads and glow-in-dark paint will be used to create mosaics that will light up your world long after the lights go out at night. *Kidcreate Studio* instructor

☀ Mon | Jul 15 | 9:00 a.m.-noon  
\$37 | FRMS | YKCGDM-U1

## **Go Back to School with Franklin (ages 3-6)**

It's almost time to go back to school. Get excited and read *Franklin Goes to School*. Create a masterpiece that Franklin will be proud of. *Kidcreate Studio* instructor

☀ Mon | Aug 12 | 9:00 a.m.-noon  
\$35 | FRMS | YKCGB-U1

## **Glow-in-the-Dark Art (ages 4-9)**

Back by popular demand with all new projects! Rock your world long after the lights go out at night with glow-in-the-dark projects! Work with a variety of different art supplies including clay, paint and luminescent materials, to create masterpieces you will be ready to show off in the dark! *Kidcreate Studio* instructor

☀ Tue & Wed | Aug 6 & 7 | 9:00 a.m.-noon  
2 sessions | \$69 | FRMS | YKCGD-U1



## **Popular! End of Summer Bash (ages 4-9)**

Don't let summer slip by without creating some sweet art ... out of candy! Sweeten up your projects using art materials like frosting, gumdrops, marshmallows and other candy treats. Create a summertime beach scene with these sweet supplies that will savor your feelings of summer. *Kidcreate Studio* instructor

☀ Fri | Aug 9 | 9:00 a.m.-noon | \$39 | FRMS | YKCES-U1

## **Watch Me Catch 'Em All (grades 1-5)**

Gotta draw 'em all! Learn how to paint a Pokémon Trading Card, create a custom Pokémon Fidget Spinner with Perler Beads, and sculpt a Pikachu! Complete a project that you can take home each day. *Watch Me Draw!* instructors provide a progressive, art-enriched experience designed to build solid drawing skills and artistic confidence in every child.

☀ Mon-Thu | Jul 15-18 | 9:00 a.m.-noon | 4 sessions | \$139 | FRMS | YWDC-U1

## **Watch Me Plant (grades 1-5)**

These plants don't need watering! Learn how to draw a garden gnome, paint a cactus and sculpt a succulent. Create and get messy with paint and clay. Make and take home a new project each day. *Watch Me Draw!* instructor

☀ Mon-Wed | Jul 29-31 | 10:00 a.m.-noon | 3 sessions | \$109 | FRMS | YWDP-U1

## **Watch Me Fortnite (grades 1-5)**

Design your own Fortnite skins, make a Perler Bead Ice King, and paint a llama piñata! Get messy using fun materials like paint and Perler Beads. Take home a new project each day to show your friends. *Watch Me Draw!* instructor

☀ Mon-Thu | Aug 5-8 | 1:30-4:30 p.m. | 4 sessions | \$139 | FRMS | YWDF-U1

## Preventing Brain Drain-Keeping and Learning Skills to be Successful (grades 6-8)

Don't let your brain turn to mush, you learned too much to lose it so fast! "Brain drain" is common in the summer months. Just as you exercise your body to stay in shape, you need to exercise your mind, as well. Through individualized assessment and plans, our instructors will develop a lesson plan especially for you to keep your skills sharp, so you can start next year successfully. Keep your brain drain plugged and help retain all of the great skills you learned this year! Plan to attend at least 15 hours throughout the summer program. You may attend additional hours, if you wish.

Math curriculum includes computerized programs, math games and 1:1 instruction.

English curriculum includes learning stations, interactive (online) lessons, journals and games that focus on reading, writing, and language components, interwoven in an independent and fun learning format. Bring your own reading book or device (tablet, e-reader, etc.) and notebook/journal for writing.

You may come anytime within the time frame for an hour or two. We don't recommend three hours, but you will need at least 30 minutes at a time. You may alternate between Math and English classrooms. You will have your own individualized plan, so you do not need to attend at a specific time. This program was created to allow students to participate around other summer events. *Math-Michael Vruno and Dave Meister are math teachers at Dakota Hills Middle School. English-Curtis Sanders and Eric Schmidt are Language Arts teachers at Dakota Hills Middle School.*

Fee 24 sessions | \$129

☀ Mon-Thu | Jun 10-Jul 25 | 7:00-11:00 a.m. | DHMS | YMVPBD-Math

☀ Mon-Thu | Jun 10-Jul 25 | 7:00-11:00 a.m. | DHMS | YMVPBD-English

## EVHS Mock Trial Summer Camp (grades 7-12)

Want to learn skills that will help you become part of the Mock Trial Team? Come to the EVHS Mock Trial Summer Camp!

Discover how Mock Trial works, how to analyze a case, how to develop a witness's character, what the coaches will be looking for in October when try-outs for the teams are held and more. Learn from the best as you work with Mock Trial coaches, Scott Oxley and Jeff Anderson as well as several returning team members. Work with our very own Mock Trial attorney head coach Christina Hilleary on the final day.

Don't miss it! Receive a t-shirt.

☀ Tue-Fri | Jun 11-14 | 9:00 a.m.-noon  
4 sessions | \$60 | EVHS | EVMOCK-712

## SWAT-Service with a Twist (grades 6-8)

Not quite old enough for a job, but would like to do something meaningful with your time? Do you enjoy meeting people and exploring places within your community? Do you often wonder what your career interests are? SWAT is a career exploration and service learning program that is designed to explore innovative ways to help you identify with your passions by learning, connecting and serving within your community. Perform service activities, learn about non-profit and for profit careers, and build leadership skills through team building activities. Receive a t-shirt. Additional information will be emailed to families before the start of camp. *Katie Grundstrom is a second grade teacher with a BA in elementary education and a masters degree in curriculum and instruction.*

☀ Mon-Fri | Aug 5-9 | 8:30 a.m.-4:30 p.m.  
5 sessions | \$159 | RMS | YSWAT-U1

## STEAM Academy (grades 1-6)

Enjoy a STEAMy (Science, Technology, Engineering, Arts and Math) summer week full of fun and learning! Build and create amazing projects using the STEAM model, as you explore and discover hands-on activities that challenge your skills. *Joan Johnson is a retired District 196 staff member. Joan served as the gifted and talented specialist at Parkview Elementary for many years.*

☀ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon  
5 sessions | \$115 | OR | YSTEM-U12

☀ Mon-Fri | Jul 8-12 | 1:00-4:00 p.m.  
5 sessions | \$115 | OR | YSTEM-U36



# Academics & College Prep

## Creative Writing and Becoming an Author (grades 4-6)

Do you love the power of words and how they tell stories? Is reading, writing and drawing a passion of yours? Explore aspects of writing including the creative process of brainstorming and getting started, developing realistic characters, dabbling in poetry and writing mystery stories. Discover ideas to craft your work as you meet and share ideas with other keen, young writers. *Lisa Thompson graduated from the University of St. Thomas and holds a masters in educational leadership from the University of St. Mary's in Minneapolis. She is a fifth grade teacher in the Farmington school district.*

☀ Tue & Thu | Jun 25 & 27 | 9:30-11:30 a.m.  
2 sessions | \$55 | FRMS | YLTCW-U1

## Camp Entrepreneur: Millionaire in the Making (ages 7-12)

Use marketing, sales and finance games, and activities to learn how to bring a business concept into reality. Make "Entrepreneur Bucks" throughout the camp, earn interest and turn the money into exciting prizes! Experience fun games and STEM activities! Whether you are a born entrepreneur or an entrepreneur in the making, this camp will offer invaluable skills for success in life - both in and outside the business world. *Camp Entrepreneur instructors are trained to teach important business skills essential in today's fast paced innovation-rich world.*

☀ Mon-Thu | Jul 15-18 | 9:00 a.m.-4:00 p.m.  
4 sessions | \$199 | FRMS | YTTEM-U1



## Advantage ACT Prep Course (grades 10-12)

Improve your test-taking skills and overall test scores on college entrance exams. Focal points of this 12-hour program include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, science reasoning, concentration improvement, overcoming test anxiety and time management. Participants in an Advantage course may repeat the course as often as they wish, free of charge! For further information or to repeat the course, please call Advantage Educational Programs at 612-222-5108. *Advantage Educational Programs have been working with students since 1988 to help students increase ACT and SAT scores significantly.*

Sun | Apr 28-May 19 | 1:00-4:00 p.m. | 4 sessions | \$140 | BHMS | YAACT-S1

☀ Tue | Jul 23-Aug 13 | 5:45-8:45 p.m. | 4 sessions | \$140 | FRMS | YAACT-U1

☀ Sat | Jul 27-Aug 17 | 9:00 a.m.-noon | 4 sessions | \$140 | SHMS | YAACT-U2

## CAHOOTS Summer Math and Language Arts Correspondence Program (grades K-5)

Math and language arts in one book! A great value! Conspire to learn with Hoots the owl, Boots the fox and Walter the elephant! CAHOOTS is an eight-week summer math and language arts correspondence program. Complete and correct lessons at home, then complete and mail an assignment reflection to a CAHOOTS Buddy who will send a response back to you! Reflections are designed to give you an opportunity to apply skills through open-ended questions. After successful completion, look forward to a celebration at the end of summer. Enrollment fee is \$42.

Register online at [www.district196.org/ce](http://www.district196.org/ce) by April 2, following instructions in letter received from your school. For more information or if non-district student, call 651-423-7920. CAHOOTS should not be considered as a replacement for participating in summer school if a child qualifies, and is not intended to replace regular reading for enjoyment or math activities that strengthen a child's fluency and love for math.

**New for 2019!**  
Both Language Arts and  
Math in one workbook!

**A great value!**  
Register for the grade your  
child will be entering  
fall 2019.

# Animal Edventures

## Horsemanship Summer Camp (ages 7-15)

Experience your love for horses! Each day includes riding ... rain or shine. Discover the basics of grooming, saddling, body language, posture, contact and balance to develop independent riding skills. Horses are assigned according to each rider's ability. Bring a nut-free lunch and snack each day. Indoor and outdoor arena and fantastic trails are available. *Sunnyside Stables instructors are well qualified and trained to see that each young wrangler gets the most out of their riding experience. Sunnyside Stables provides exceptional lessons, horses and instructors, and an awesome place to make new friends.*

A Risk/Release form and Medical Form: Required forms to participate will be mailed prior to class. Bring papers to first class.

Clothing: Wear long pants and low-heeled boots or laced shoes.

Equestrian helmets are required. Bring your own, or one will be provided.

Location: Sunnyside Stables, 15400 Emery Ave E, Rosemount

- ☀ Mon-Fri | Jun 10-14 | 10:00 a.m.-3:00 p.m. | 5 sessions | \$325 | YSSHC-U1
- ☀ Mon-Fri | Jun 17-21 | 10:00 a.m.-3:00 p.m. | 5 sessions | \$325 | YSSHC-U2
- ☀ Mon-Thu | Jun 24-27 | 9:00 a.m.-3:15 p.m. | 4 sessions | \$325 | YSSHC-U3
- ☀ Mon-Fri | Jul 8-12 | 10:00 a.m.-3:00 p.m. | 5 sessions | \$325 | YSSHC-U4
- ☀ Mon-Fri | Jul 15-19 | 10:00 a.m.-3:00 p.m. | 5 sessions | \$325 | YSSHC-U5
- ☀ Mon-Fri | Jul 22-26 | 10:00 a.m.-3:00 p.m. | 5 sessions | \$325 | YSSHC-U6
- ☀ Mon-Fri | Jul 29-Aug 2 | 10:00 a.m.-3:00 p.m. | 5 sessions | \$325 | YSSHC-U7
- ☀ Mon-Thu | Aug 5-8 | 9:00 a.m.-3:15 p.m. | 4 sessions | \$325 | YSSHC-U8
- ☀ Mon-Thu | Aug 12-15 | 9:00 a.m.-3:15 p.m. | 4 sessions | \$325 | YSSHC-U9
- ☀ Mon-Thu | Aug 19-22 | 9:00 a.m.-3:15 p.m. | 4 sessions | \$325 | YSSHC-U10
- ☀ Mon-Thu | Aug 26-29 | 9:00 a.m.-3:15 p.m. | 4 sessions | \$325 | YSSHC-U11



## Locations

See page 14 for full list of locations or visit [www.district196.org/ce](http://www.district196.org/ce) and scroll to the interactive map at the bottom of the page.

PW	Pinewood Community School 4300 Dodd Rd, Eagan	SP	Shannon Park Elementary 13501 Shannon Pkwy, Rosemount
RP	Red Pine Elementary 530 Red Pine Ln, Eagan	SV	Southview Elementary 1025 Whitney Dr, Apple Valley
RE	Rosemount Elementary 3155 143rd St W	TL	Thomas Lake Elementary 4350 Thomas Lake Rd, Eagan
RHS	Rosemount High School 3335 142nd St W	VMS	Valley Middle School 900 Garden View Dr, Apple Valley
RMS	Rosemount Middle School 3135 143rd St W	WV	Westview Elementary 225 Garden View Dr, Apple Valley
SHMS	Scott Highlands Middle School 14011 Pilot Knob Rd, Apple Valley	WL	Woodland Elementary 945 Wescott Rd, Eagan



# Dance



## **Daddy/Daughter Dance (dads and daughters ages 3-11)**

Enjoy a magical night out with that special guy in your life! District 196 Community Education is hosting its twelfth annual Daddy/Daughter Dance. Dad not available? Invite your grandpa, uncle or favorite guy as your escort! Princess attire is recommended for girls, but not required. A photo keepsake will be provided for each couple. A DJ will play your favorite tunes from every era. Face Painting by Tracie will paint your face and you will have the opportunity to have your fingernails polished - all for a small additional fee. Pretty princess accessories will also be available for purchase and refreshments will be served. Register early, as space is limited. Funds raised are applied towards Community Education youth enrichment class scholarships.

Sat | Apr 20 | 6:00-8:00 p.m.  
\$35 adult-child pair, \$19 add'l child  
FRMS | YDDD-W1

## **Intro to Ballet and Jazz (ages 5-7)**

Explore basic skills and terminology in ballet and jazz. Develop coordination, musicality and rhythm, and learn body awareness to improve posture, strength and flexibility. Gain poise and confidence while appreciating the art of dance. Wear dance attire or comfortable clothing. Ballet or jazz shoes are required. *Ellen Schulte began dancing at the age of three. She studied ballet, tap, jazz, modern, character/musical theatre, pointe and Celtic. Ellen attended college at South Dakota State University where she received a BS in early childhood education with a minor in dance.*

☀ Mon | Jun 17-Jul 29 | 2:30-3:30 p.m. | 7 sessions | \$69 | SHMS | YAABTJ-U1

☀ Mon | Jun 17-Jul 29 | 5:45-6:45 p.m. | 7 sessions | \$69 | SHMS | YAABTJ-U2

## **Preschool Creative Dance (ages 3-5)**

Use your imagination and self expression to explore the art of dance and music. Focus on coordination, musicality, rhythm and interpreting different styles of music through basic ballet movements. Wear dance attire or comfortable clothing and shoes. Dance shoes are optional. Children must be potty trained. *Ellen Schulte*

Locations: Art Works Eagan, 3795 Pilot Knob Rd and Scott Highlands Middle School (SHMS) 14011 Pilot Knob Rd, Apple Valley

Thu | Apr 25-May 23 | 10:00-10:45 a.m.

4 sessions | \$39 | Art Works Eagan | skip May 16 | YAAPCD-S1

Mon | Apr 25-May 23 | 11:00-11:45 a.m.

4 sessions | \$39 | Art Works Eagan | YAAPCD-S2

☀ Mon | Jun 17-Jul 29 | 3:45-4:30 p.m.

7 sessions | \$65 | SHMS | YAAPCD-U1

☀ Mon | Jun 17-Jul 29 | 4:30-5:45 p.m.

7 sessions | \$65 | SHMS | YAAPCD-U2

## **Dance Lesson for Daddy/Daughter and/or Mother/Son (ages 7+)**

Learn a few dance steps in this fun outing with your daughter and/or son! Learn the slow dance (Promenade), swing dance (Lindy), waltz box step and turn for the ladies, and dance floor etiquette. *A popular instructor for over 30 years, Victor Albrecht has taught hundreds of students how to dance. Participants find him very helpful and encouraging.*

Tue | May 7 & 14 | 6:15 - 7:00 p.m.

2 sessions | \$15 | TL | AVADM-S1



## Popular! Prairie Fire Children's Theatre (ages 7-18)

Join Prairie Fire Children's Theatre (PFCT) to present their original version of Snow White and Midnight Summers Dream. Auditions will be held for registered students Monday, at Rosemount High School at 12:15 p.m. (No scripts or advanced preparation needed.) Come excited and enthusiastic! Parts are available for all age groups. Please note, auditions may not take the entire time. Some students will be released after two hours and others will be asked to stay longer. Rehearsal schedules will be handed out the first day. Practices will be scheduled between 12:15 p.m. and 4:30 p.m., Tuesday-Friday. Students must be available at all scheduled times. No refunds will be processed after auditions. *Prairie Fire Children's Theatre is a professional touring theatre company. Instructors have been bringing theatrical experience to communities across the upper Midwest since 1987.*

### Snow White

Performances will be held on Friday, June 21, at 6:30 p.m., and on Saturday, June 22, at 10:00 a.m.

☀ Mon-Fri | Jun 17-22 | 12:15-4:30 p.m.  
6 sessions | \$115 | RHS | YPFSW-U1

### Midnight Summer's Dream

Performances will be held on Friday, August 2, at 6:30 p.m., and on Saturday, August 3, at 10:00 a.m.

☀ Mon-Fri | Jul 29-Aug 3 | 12:15-4:30 p.m.  
6 sessions | \$115 | RHS | YPFMN-U1

## new STEAM Dreams (ages 4-6)

Well-rounded learners make the world go round. *The Most Magnificent Thing; Rosie Revere, Engineer; Ida Peck, Architect; Ada Twist, Scientist; What Do You Do with an Idea?; If I Built a House*, and *Dreaming Up* will be some of our starting points of creative invention. Using the Actor's Toolbox, your little ones will have a blast acting out their big ideas! Friends and family are invited to a portion of the final workshop day for a sharing of skills learned. Receive a free child voucher to any show of the Stages Theatre Company 2019-20 season. *Stages Theatre Company instructors are committed to the enrichment and education of children in a professional theatre environment that stimulates artistic excellence and personal growth.*

☀ Mon-Fri | Jun 17-21 | 10:30 a.m.-noon | 5 sessions | \$69 | FRMS | YSTSD-U1

## Whodunit: Kid Detectives (grades 1-3)

Calling all inspectors, detectives and mystery-solvers! Something's afoot at Stages Summer Theatre Workshop and we need YOU to help us solve the mystery. Follow in the footsteps of Jada Jones, Nate the Great, Goldie Blox, Encyclopedia Brown and the Boxcar Children to collect clues, follow suspicions and draw conclusions. Creating an original story for the stage, bring our showcase audience along on a mystery and help them figure out—WHODUNIT? Friends and family are invited to a portion of the final workshop day for a sharing of skills learned. Receive a free child voucher to any show of the Stages Theatre Company 2019-20 season. *Stages Theatre Company instructors*



☀ Mon-Fri | Jul 8-12 | 1:00-3:00 p.m. | 5 sessions | \$69 | FRMS | YSTWD-U1

## new Curtain Up Theater Camp Musical Intensive: Disney's® The Little Mermaid Jr. (grades 4-8)

Dive into the world of musical theatre and shine! Auditions will be held on the first day! Learn musical numbers, choreography, costumes, set and finish with two performances. *Zac Anderson has starred in many musical productions and has written and directed two shows. He loves to share his knowledge and love of theatre with others. Julie Lund has a MS in music education and teaches in the Shakopee school district.*

☀ Mon-Sat | Jul 15-27 | 8:30 a.m.-4:00 p.m. | \$349 | FRMS | skip Jul 20 | YZACU-U1



For three-hour or longer classes or camps, please bring a beverage and a nut-free snack.



# Drama

## Ovation Performing Arts Camp (grades 6-8)

Ovation students learn skills in the same three major areas as VocalMotion participants, through activities developed for older, more advanced performer.

Ovation also includes a theatre performance/scene work component:

- speaking voice (inflection, projection, timing)
- body language and gesture
- character development
- stage presence

Please register for your current grade level. *Christina Morris has been the dance educator at Rosemount High School (RHS) for 17 years. She also directs the fall play, spring dance performance, the Modern Dance Company and choreographs for the musical and onstage productions. Gina Toso is currently in her 18th year as vocal music instructor at RHS. She directs the Irish Belles freshman women's choir (presently 120 voices strong!), Bel Canto Select women's choir, the Freshman Select women's choir and the RHS Chamber Singers. She is also the vocal director of RHS's annual musical. Laura Sandham has been teaching music for 15 years at RHS. Ms. Sandham teaches two curricular choirs and one co-curricular choir as well as music theory classes at RHS. She is also the vocal director for the musical and co-directs the annual Radio Theater production.*

☼ Mon-Fri | Jun 10-14 | 8:30-11:30 a.m.  
5 sessions | \$115, \$65 add'l family member | RHS | YRHO-U1

## VocalMotion Performing Arts Camp (grades 2-5)

Learn the art of vocal performance and dance, and develop skills in three major areas. Each day of camp includes activity sessions in all areas:

### Voice and Vocal Performance

Learn to work as a soloist and ensemble in group performance, focusing on pitch, posture, facial expression, physicality and other vocal skills.

### Dance and Movement

Through movement games and exercises learn to express yourself through dance. Focus on technique, rhythmic acuity and stage presence.

### Music and Dance Presentation/Improvisation

Work together on a musical and dance presentation. Sections will also include opportunities for dramatic improvisation. Please register for your current grade level. *Christina Morris, Gina Toso and Laura Sandham*

☼ Mon-Fri | Jun 10-14 | 8:30-11:30 a.m.  
5 sessions | \$115, \$65 add'l family member | RHS | YRHVM-U1



## Hit the Lights

### Summer Theatre Camp

#### Lightning Theatre Apprentices (grades 6-9)

Develop the skills necessary to be successful in a high school theatre program. Explore lessons in acting, singing, technical theatre and dance. Learn skills in character development, script analysis, improvisation, vocal development for the stage, line memorization techniques, scenic lighting, audio technology, dancing and more! Work closely with the directors of Eastview High School's Theatre Department, and have fun developing the skills to excel in a theatrical setting. Registrations received after May 22 will be \$145 and will not be guaranteed a t-shirt. *Scott Durocher is the artistic theatre director at Eastview High School where he teaches English and Theatre. He has taught and directed theatre for 23 years. Additionally, he has been the director for the theatre camp at Gustavus Adolphus College for ten years.*

☼ Mon-Fri | Jun 10-14 | 9:00 a.m.-1:00 p.m.  
5 sessions | \$125 | EVHS | YEVSTL-U1

#### Jr. Thespians (grades 1-5)

Jump start your theatrical success and develop an understanding of the concepts of the stage. Take introductory classes in acting, singing and dancing for the stage. Character development, script analysis, improvisation, vocal development for the stage and dancing for the stage are among the skills that will be developed. Work closely with the directors of Eastview High School's Theatre Department. Registrations received after May 22 will be \$145 and will not be guaranteed a t-shirt. *Scott Durocher*

☼ Mon-Fri | Jun 10-14 | 9:00 a.m.-noon  
5 sessions | \$125 | EVHS | YEVSTJ-U1

# Health & Safety

## Home Alone (parents and children ages 8-11)

Prepare for being home alone ... for a few minutes, several hours or all day. Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and how to deal with home-alone feelings. Fee includes a Home Alone workbook. Please register child. *Katie Grundstrom is a second grade teacher with a BA in elementary education and a masters degree in curriculum and instruction.*

Sat | Apr 6 | 10:00-11:15 a.m.  
\$25 | SHMS | YPCHA-S1

## Not Me! Women's Safety and Self Defense Training (girls, grade 12 and parent)

Be prepared for the sometimes, dangerous realities beyond high school. Learn the who, what, when, where and how assaults take place. Discover campus smart tips. Uncover best ways to prevent/avoid danger, and best ways to escape if the worst happens. Understand dangers and realities of alcohol, drugs and drugging. Explore FBI protocol on safety in public situations and what to do when weapons are involved. This is not a martial arts class, but simple, effective techniques will be presented to help keep you safe. Class is designed as a parent/child event, however, single registrations will also be accepted. *Lisa Thompson graduated from the University of St. Thomas and holds a masters in educational leadership from the University of St. Mary's in Minneapolis. She is a fifth grade teacher in the Farmington school district.*

Sat | May 4 | 9:00 a.m.-noon  
\$70 adult-child pair, \$35 add'l person  
DHMS | YLTNM-S1



## Babysitting Clinic (ages 11+)

Learn to be a responsible babysitter. Receive a babysitting guidebook and obtain valuable information on safety guidelines, healthy eating and indoor games. Receive a Community Education certificate when you successfully complete the required test. Bring a doll or stuffed animal to practice diapering, a nut-free bag lunch and pocket folder. *Katie Grundstrom*

Sat | May 4 | 9:00 a.m.-3:00 p.m. | \$55 | FRMS | YBSIT-S1

Sat | May 18 | 9:00 a.m.-3:00 p.m. | \$55 | FRMS | YBSIT-S2

🌟 Tue | Jun 11 | 9:00 a.m.-3:00 p.m. | \$55 | FRMS | YBSIT-U1

🌟 Wed | Jun 12 | 9:00 a.m.-3:00 p.m. | \$55 | FRMS | YBSIT-U4

🌟 Mon | Jun 24 | 9:00 a.m.-3:00 p.m. | \$55 | FRMS | YBSIT-U2

🌟 Tue | Jun 25 | 9:00 a.m.-3:00 p.m. | \$55 | FRMS | YBSIT-U3



For three-hour or longer classes or camps,  
please bring a beverage and a nut-free snack.



# Fitness & Sports



## Beginner Baton (ages 4-10)

Learn to toss, twirl and spin a baton with fun music and exciting dance moves! Glow with squeals of delight, smiles and a sparkle in your eye as you perform your newest spinning and twirling moves learned in the creative twirling studio. Fee includes complimentary gift bag. Batons available to borrow or purchase for \$28. *Jacinda Miller is the coach for Minnesota Magic competitive teams who were four-time Minnesota State Champions and 2010 National Champions.*

Location: Dance Twirl Minnesota, 525 Diffley Rd, Eagan

### Ages 4-6

☀ Mon | Jun 17-Jul 15 | 5:30-6:15 p.m.  
5 sessions | \$65 | YJMBCB-U1

### Ages 7-10

☀ Mon | Jun 17-Jul 15 | 6:15-7:15 p.m.  
5 sessions | \$65 | YJMBCB-U1

### Continuing Baton Ages 6-10

☀ Mon | Jun 17-Jul 15 | 6:15-7:15 p.m.  
5 sessions | \$65 | YJMBCB-U1

## Baton Camp (ages 6-10)

Beam with pride as you learn to master the art of twirling and spinning a baton. Be inspired by the many success stories of students just like you that have become Feature Twirlers at major universities, and have learned amazing tossing and spinning tricks! *Jacinda Miller*

☀ Mon-Thu | Aug 5-8 | 7:00-7:45 p.m.  
4 sessions | \$65 | Dance-Twirl MN | YJMBCB-U1

## Youth Tennis Lessons (ages 5-7)

Learn the basics of tennis, including forehands, backhands, serves and volleys. Develop movement ability and hand-eye coordination through drills and skills tailored to you. Bring a racket and water bottle, and wear tennis shoes. *Larry Bach is certified with the United States Professional Tennis Association and also is certified as a tennis performance fitness trainer. He coached NCAA Division 3 and has taught for several years at Lifetime Fitness, where he has worked with all age groups.*

☀ Mon-Thu | Jun 10-13 | 9:00-9:30 a.m.  
4 sessions | \$35 | SHMS | YJEYT-U3

☀ Mon-Thu | Jul 8-11 | 9:00-9:30 a.m.  
4 sessions | \$35 | SHMS | YJEYT-U4

☀ Mon-Thu | Jul 15-18 | 9:00-9:30 a.m.  
4 sessions | \$35 | SHMS | YJEYT-U1

☀ Mon-Thu | Jul 22-25 | 9:00-9:30 a.m.  
4 sessions | \$35 | SHMS | YJEYT-U2

## Youth Tennis Lessons (ages 8-10)

Learn the basics of tennis, including forehands, backhands, serves, returns and volleys. Learn basic game scoring, rules and court positioning. Also, develop movement ability and hand-eye coordination through drills and techniques tailored to you. Bring a racket and water bottle, and wear tennis shoes. *Larry Bach*

☀ Mon-Thu | Jun 10-13 | 9:30-10:10 a.m.  
4 sessions | \$39 | SHMS | YJEYT1-U3

☀ Mon-Thu | Jul 8-11 | 9:30-10:10 a.m.  
4 sessions | \$39 | SHMS | YJEYT1-U4

☀ Mon-Thu | Jul 15-18 | 9:30-10:10 a.m.  
4 sessions | \$39 | SHMS | YJEYT1-U1

☀ Mon-Thu | Jul 22-25 | 9:30-10:10 a.m.  
4 sessions | \$39 | SHMS | YJEYT1-U2





## Youth Tennis Lessons (ages 9-14)

Learn the basics of tennis, including forehands, backhands, serves, returns, lobs, overheads and volleys. Learn

correct scoring, court position, rules, and etiquette for singles and doubles. Develop movement ability and hand-eye coordination through drills and techniques tailored to you. Bring a racket and water bottle, and wear proper tennis shoes. *Larry Bach*

- ☀ Mon-Thu | Jun 10-13 | 10:10-10:50 a.m. | 4 sessions | \$39 | SHMS | YJEYT2-U3
- ☀ Mon-Thu | Jul 8-11 | 10:10-10:50 a.m. | 4 sessions | \$39 | SHMS | YJEYT2-U4
- ☀ Mon-Thu | Jul 15-18 | 10:10-10:50 a.m. | 4 sessions | \$39 | SHMS | YJEYT2-U1
- ☀ Mon-Thu | Jul 22-25 | 10:10-10:50 a.m. | 4 sessions | \$39 | SHMS | YJEYT2-U2
- ☀ Mon-Thu | Aug 5-8 | 9:00-9:45 a.m. | 4 sessions | \$45 | SHMS | YJEYT2-U5

## **new** POW! Girls Running Team (grades 2-4 & grades 5-12)

Enjoy an interactive game-based curriculum that promotes play and laughter. Experience self-esteem and growth mindset focused activities to develop physically, mentally, emotionally and socially. Gain a sense of achievement by training and completing a 5K, all while discovering your inner grit and celebrating what makes you unique! Grades five through twelve participate as a junior coach to build your leadership portfolio and maintain and grow your love of running. Receive healthy snacks, a tank top and Gopher to Badger registration on August 10 in Hudson, Wisconsin. *Taren Weyer is a certified health coach with a Bachelor of Science degree in Kinesiology. She is the community coordinator of two Healthy Kids Running Series locations in Wisconsin.*

Mon & Wed | June 10-Aug 7 | 9:30-11:00 a.m. | 18 sessions | \$275, \$159 Jr. Coach | YTWPR-U1

## Flag Football League (grades K-6)

Learn the essential skills, rules, plays and strategies of flag football. This exciting, positive and safe introduction to flag football is designed to be a co-ed recreational league emphasizing skill development, game strategy, teamwork, character building and most importantly fun! Each week will consist of skill development along with time devoted to playing a game. You will be put in groups to play 5 vs 5 and will rotate through different positions each week. Receive a t-shirt. Bring appropriate athletic wear and a mouth guard. *Skyhawks Sports Academy instructors are trained to effectively handle the individual needs of young athletes and have experience with sports specific programming.*

- Sat | Apr 6-May 4 | 1:00-2:00 p.m. | 5 sessions | \$85 | EL | YSKFF-SK1
- Sat | Apr 6-May 4 | 2:15-3:15 p.m. | 5 sessions | \$85 | EL | YSKFF-S23
- Sat | Apr 6-May 4 | 3:30-4:30 p.m. | 5 sessions | \$85 | EL | YSKFF-S46

## Skyhawks Baseball (ages 4-6)

Learn the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Beginning and intermediate players learn baseball skills along with vital life lessons such as respect, teamwork and responsibility. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

- ☀ Mon-Thu | Jul 8-11 | 5:30-6:30 p.m. | 4 sessions | \$65 | HL | YSKBS-U1
- ☀ Mon-Thu | Jul 8-11 | 6:45-7:45 p.m. | 4 sessions | \$65 | HL | YSKBS-U2

## Skyhawks Basketball (ages 4-8)

Dribble, shoot and score! Enjoy fun, skill building drills, a new basketball concept of the day and most days conclude with a controlled scrimmage. Improve your basketball development, fitness and learn important life lessons. *Skyhawks Sports Academy instructor*

### Ages 4-6

- Thu | Apr 18-May 9 | 5:30-6:30 p.m. | 4 sessions | \$65 | DR | YSKBK1-S1
- Thu | Apr 18-May 9 | 6:45-7:45 p.m. | 4 sessions | \$65 | DR | YSKBK1-S2

- ☀ Mon-Thu | Jul 15-18 | 5:30-6:30 p.m. | 4 sessions | \$65 | SHMS | YSKBK1-U1

### Ages 6-8

- ☀ Mon-Thu | Jul 15-18 | 6:45-7:45 p.m. | 4 sessions | \$65 | SHMS | YSKBK2-U1

# Fitness & Sports

## Skyhawks Basketball (ages 6-12)

Using progressional curriculum, learn respect, teamwork and responsibility. An active week of passing, shooting, dribbling and rebounding will make this a fun week for beginning to intermediate players. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructors are trained to effectively handle the individual needs of young athletes and have experience with sports specific programming.*

☼ Mon-Fri | Jun 24-28 | 1:00-4:00 p.m.  
5 sessions | \$139 | SHMS | YSKBK-U1

☼ Mon-Thu | Jun 24-27 | 5:00-7:00 p.m.  
4 sessions | \$89 | SHMS | YSKBK-U3

☼ Mon-Fri | Jul 29-Aug 2 | 1:00-4:00 p.m.  
5 sessions | \$139 | SHMS | YSKBK-U2

## Skyhawks Beginning Golf (ages 5-8)

Focus on building your confidence through proper technique and refining the essential skills of the game. Practice the fundamentals of form, swinging, putting and body positioning. Skyhawks has adopted the SNAG (Starting New At Golf) system specifically designed for the entry-level player. SNAG simplifies instruction to allow an easy and effective transition onto the golf course. No need to bring your own clubs ... all equipment is provided. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☼ Mon-Fri | Jul 22-26 | 9:00-11:30 a.m.  
5 sessions | \$139 | SHMS | YSKGF-U1

☼ Mon-Fri | Aug 5-9 | 1:00-3:30 p.m.  
5 sessions | \$139 | SHMS | YSKGF-U2



**For three-hour or longer classes or camps, please bring a beverage and a nut-free snack.**

## Skyhawks Flag Football (ages 5-12)

Be introduced to "America's Game." Learn skills on both sides of the football including the core components of passing, catching and defense, all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving you a chance to showcase skills on the gridiron! Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

### Ages 5-7

☼ Mon-Fri | Jun 17-21  
9:00 a.m.-noon | 5 sessions  
\$139 | SHMS | YSKFF-U1

### Ages 6-12

☼ Mon-Fri | Jul 29-Aug 2  
9:00 a.m.-noon | 5 sessions  
\$139 | FRMS | YSKFF2-U1

### Ages 8-12

☼ Mon-Fri | Jun 17-21  
9:00 a.m.-noon | 5 sessions  
\$139 | SHMS | YSKFF1-U1

## Skyhawks Floor Hockey (ages 6-9)

Learn about stick handling, passing and shooting and team drills. Offensive and defensive fundamentals will be taught, along with scrimmage related activities each day. Develop endurance, coordination and speed. All equipment, including sticks and goggles provided. *Skyhawks Sports Academy instructor*

☼ Mon-Fri | Jul 8-12 | 1:00-4:00 p.m. | 5 sessions | \$139 | SHMS | YSFH-U1



## Skyhawks Game Camp: Capture the Flag, Kickball and Ultimate Frisbee (ages 6-12)

You know these games from playgrounds, backyards and family get-togethers. Take all the traditional aspects of these games and put a Skyhawks spin on it. Learn strategy in addition to the rules of the games, while incorporating sportsmanship and teamwork into this action-packed camp. Bring your friends or come and make new ones in this unique and fast-paced program. Bring appropriate clothing, two nut-free snacks, a water bottle, running shoes and sunscreen. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☼ Mon-Thu | Aug 12-15 | 1:00-4:00 p.m. | 4 sessions | \$109 | SHMS | YSKGC-U1



## Skyhawks Mini-Hawk: Soccer, Basketball and T-ball (ages 4-7)

Are you looking for a positive step into athletics? Discover soccer, basketball and t-ball in a safe, structured environment with lots of encouragement and a big focus on fun. Through games and activities, explore balance, movement, hand eye coordination and skill development at your own pace. The participant-to-coach ratio is approximately 8:1. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Jun 10-14 | 9:00 a.m.-noon  
5 sessions | \$139 | SHMS | YSKMH-U1

☀ Mon-Thu | Jun 17-20 | 5:00-7:00 p.m.  
4 sessions | \$89 | SHMS | YSKMH1-U1

☀ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon  
5 sessions | \$139 | SHMS | YSKMH1-U3

☀ Mon-Fri | Jul 15-19 | 9:00 a.m.-noon  
5 sessions | \$139 | SHMS | YSKMH1-U4

☀ Mon-Thu | Jul 22-25 | 5:00-7:00 p.m.  
4 sessions | \$89 | SHMS | YSKMH1-U5

☀ Mon-Fri | Aug 5-9 | 9:00 a.m.-noon  
5 sessions | \$139 | SHMS | YSKMH-U2

## Skyhawks Mini-Hawk: Baseball, Basketball and Soccer (ages 3-5)

Are you looking for a positive step into athletics? Discover baseball, basketball and soccer in a safe, structured environment with lots of encouragement and a big focus on fun. Through games and activities, explore balance, movement, hand eye coordination and skill development at your own pace. *Skyhawks Sports Academy instructor*

Thu | Apr 4-25 | 9:00-9:30 a.m. | 4 sessions | \$49 | AVCC | YSKMH-S1

Thu | Apr 4-25 | 9:45-10:15 a.m. | 4 sessions | \$49 | AVCC | YSKMH-S2

## Skyhawks Lacrosse (ages 7-12)

Suit up and find out why lacrosse is one of the fastest-growing sports in the country. Lacrosse combines the basic skills used in soccer, basketball and hockey into one fast-paced, high-scoring game. Learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. Receive a t-shirt and merit award. Required equipment includes: mouthpiece, protective gloves, helmet with full mask (or goggles for girls) and lacrosse stick. Limited rental equipment kits are available. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Jun 10-14 | 9:00 a.m.-noon  
5 sessions | \$139 | SHMS | YSKLX-U1

## Skyhawks Multi-Sport: Basketball, Tennis and Volleyball (ages 7-12)

Explore basketball, tennis and volleyball in one, fun-filled week. Learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Receive a t-shirt, sport ball and merit award. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Aug 5-9 | 9:00 a.m.-noon | 5 sessions | \$139 | SHMS | YSKMS1-U1



# Fitness & Sports



## Skyhawks Multi-Sport: Soccer, Flag Football and Basketball (ages 6-12)

Combine soccer, flag football and basketball into one, fun-filled week. Learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Receive a t-shirt and merit award. Participant-to-coach ratio is approximately 12:1. *Skyhawks Sports Academy instructors are trained to effectively handle the individual needs of young athletes and have experience with sports specific programming.*

☀ Mon-Thu | Aug 12-15 | 9:00 a.m.-4:00 p.m.  
4 sessions | \$249 | SHMS | YSKMS3-U1

## Skyhawks Quickstart Tennis (ages 4-5)

Quickstart tennis was developed to create a successful learning environment for young players. Smaller courts and racquets, shorter nets and foam balls help players develop a love for the game. Learn rules and etiquette. Tennis racquet will be provided. *Skyhawks Sports Academy instructor*

☀ Mon-Thu | Aug 12-15 | 9:00-9:45 a.m.  
4 sessions | \$55 | SHMS | YSKQS-U1

☀ Mon-Thu | Aug 12-15 | 10:00 a.m.-noon  
4 sessions | \$89 | SHMS | YSKQS1-U1

## Skyhawks Soccer (ages 4-6)

Focus on dribbling, passing, shooting, and ball control. Improve your soccer skills, learn new life skills such as teamwork and sportsmanship, and make new friends! *Skyhawks Sports Academy instructor*

Fee: 4 sessions | \$65

### Ages 4-5

☀ Mon-Thu | Jun 24-27 | 11:00 a.m.-noon | SHMS | YSKSC3-U2

☀ Mon-Thu | Jun 24-27 | 9:45-10:45 a.m. | SHMS | YSKSC3-U1

☀ Mon-Thu | Jul 22-25 | 9:45-10:45 a.m. | SHMS | YSKSC3-U3

☀ Mon-Thu | Jul 22-25 | 11:00 a.m.-noon | SHMS | YSKSC3-U4

### Ages 4-6

Tue | Apr 9-30 | 5:30-6:30 p.m. | DR | YSKSC1-S1

Tue | Apr 9-30 | 6:45-7:45 p.m. | DR | YSKSC1-S2

☀ Mon-Thu | Jun 10-13 | 5:30-6:30 p.m. | SHMS | YSKSC-U1

☀ Mon-Thu | Jun 10-13 | 6:45-7:45 p.m. | SHMS | YSKSC-U2

☀ Mon-Thu | Jul 29-Aug 1 | 5:30-6:30 p.m. | SHMS | YSKSC-U3

## Skyhawks Soccer (ages 6-12)

Develop the fundamental skills needed in the world's most popular sport. Using progressional curriculum, gain the technical skills and sport knowledge required for that next step in soccer. Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting and ball control. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Jun 10-14 | 1:00-4:00 p.m.  
5 sessions | \$139 | SHMS | YSKSC1-U1

☀ Mon-Fri | Jun 24-28 | 9:00 a.m.-noon  
5 sessions | \$139 | SHMS | YSKSC2-U1

☀ Mon-Thu | Jul 29-Aug 1 | 6:45-7:45 p.m.  
4 sessions | \$65 | SHMS | YSKSC2-U2

## Skyhawks Speed Agility And Quickness (ages 6-12)

Improve your current overall athletic performance. Participate in drills and exercises that are designed to improve quickness, strength, speed, body control and agility. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Aug 5-9 | 10:00 a.m.-noon  
5 sessions | \$109 | FRMS | YSKSA-U1



## Skyhawks T-Ball (ages 3-6)

Discover the basics of t-ball in a fun and safe environment with lots of encouragement. Learn balance, body movement, hand-eye coordination and skill development through a series of sport-specific games tailored to your attention span. Individual skills like throwing, batting and base running will be played during this fun and interactive class. Children must be toilet trained. *Skyhawks Sports Academy instructor*

### Ages 3-4

Sat | Apr 6-27 | 9:00-9:30 a.m.  
4 sessions | \$49 | EL | YSKTB-S1

Sat | Apr 6-27 | 9:40-10:10 a.m.  
4 sessions | \$49 | EL | YSKTB-S2

### Ages 4-6

Sat | Apr 6-27 | 10:20-11:20 a.m.  
4 sessions | \$65 | EL | YSKTB-S3

Sat | Apr 6-27 | 11:30-12:30 p.m.  
4 sessions | \$65 | EL | YSKTB-S4

## Skyhawks Track and Field (ages 6-12)

Combine technical development, fundamental techniques and fun while learning many Olympic-style events. Exercises and drills prepare athletes for a future in cross-country, track and field events and distance running, while inspiring a lifelong love for being active. Fundamentals of body positioning, stride, proper stretching and cool-down techniques are included. Showcase your skills at a Skyhawks track meet. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Jul 22-26 | 1:00-4:00 p.m.  
5 sessions | \$139 | SHMS | YSKTF-U1

## Skyhawks Volleyball (ages 7-14)

Focus on passing, setting, hitting and serving. Beginner and intermediate boys and girls will develop fundamental skills through game-speed drills and daily scrimmages aimed at improving the whole player. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

### Ages 7-9

☀ Mon-Fri | Jul 15-19 | 1:00-4:00 p.m. | 5 sessions | \$139 | SHMS | YSKVB1-U1

### Ages 10-14

☀ Mon-Fri | Jun 17-21 | 1:00-4:00 p.m. | 5 sessions | \$139 | SHMS | YSKVB-U1

☀ Mon-Fri | Aug 5-9 | 1:00-4:00 p.m. | 5 sessions | \$139 | SHMS | YSKVB-U2

## Skyhawks: Multi-Sport: Soccer, Flag Football and Basketball (ages 6-9)

Combine soccer, flag football and basketball into one, fun-filled week. Learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork. Receive a t-shirt and merit award. *Skyhawks Sports Academy instructor*

☀ Mon-Fri | Jun 10-14 | 9:00 a.m.-noon | 5 sessions | \$139 | SHMS | YSKMS-U1

☀ Mon-Fri | Jul 29-Aug 2 | 9:00 a.m.-noon | 5 sessions | \$139 | SHMS | YSKMS-U2

## new Badminton (ages 5-12)

Did you know the most popular sport in the world is soccer, and the second most popular sport in the world is badminton? Its popularity in the United States is growing. Here is your chance to learn the fundamental skills of this popular game. Discover proper grip, footwork, strokes, volleys, overheads and serves, and become familiar with basic rules and etiquette of the game. *Sports Unlimited started in 2001 and has expanded into 23 sports in 30 communities around the metro area. The company is owned by Dan McHugh; former high school lacrosse coach for Lakeville North, Burnsville, St. Thomas Academy and Lakeville South. With over 35 years of coaching experience, Sports Unlimited is recognized as one of the top sports programming companies in the upper Midwest.*

☀ Mon-Thu | Jun 24-27 | 1:00-4:00 p.m. | 4 sessions | \$95 | HL | YSUBM-U1



For three-hour or longer classes or camps,  
please bring a beverage and a nut-free snack.



# Fitness & Sports



## Archery Adventure Camp (ages 9-17)

Learn how to properly shoot a bow or fine-tune your skills. Shoot straight with top-of-the-line equipment, including compound bows. In addition to shooting techniques and safety, strengthen personal skills including responsibility, discipline, concentration and self-confidence. Both boys and girls are encouraged to enrich themselves through this National Archery in the Schools Program (NASP) and stay on target for life, one arrow at a time. All equipment included. *Tim Johnson is a certified instructor for the National Archery in the Schools Program (NASP) and a fourth grade teacher at Pinewood Community School.*

Mon | Apr 1-22 | 6:30-8:30 p.m.

4 sessions | \$85 | PW | YARRO-S1

☼ Tue-Fri | Jun 11-14 | 9:00-11:30 a.m.

4 sessions | \$109 | OR | YARRO-U1

☼ Tue-Fri | Jun 11-14 | 1:00-3:30 p.m.

4 sessions | \$109 | OR | YARRO-U2

☼ Tue-Fri | Jul 16-19 | 1:00-3:30 p.m.

4 sessions | \$109 | OR | YARRO-U5

☼ Tue-Fri | Jul 16-19 | 9:00-11:30 a.m.

4 sessions | \$109 | OR | YARRO-U4

### Returners

Prerequisite: *Archery Adventure Camp*

Mon | Apr 8-22 | 6:30-8:30 p.m.

3 sessions | \$65 | PW | YARROR-S1

☼ Wed-Fri | Jun 12-14 | 9:00-11:30 a.m.

3 sessions | \$85 | OR | YARROR-U1

☼ Wed-Fri | Jun 12-14 | 1:00-3:30 p.m.

3 sessions | \$85 | OR | YARROR-U2

☼ Wed-Fri | Jul 17-19 | 9:00-11:30 a.m.

3 sessions | \$85 | OR | YARROR-U3

☼ Wed-Fri | Jul 17-19 | 1:00-3:30 p.m.

3 sessions | \$85 | OR | YARROR-U4

## **new** Ninja Warrior Camp (ages 4-8)

Who will be Ninja Warrior of the day? Get ready for a challenge! Test your skills and abilities while going through various obstacles: tunnel crawl, cones weave, noodles crawl, mat rolls, parachute run, fitness ladders, hula hoop jump and hurdles. Develop coordination and flexibility while improving your physical and mental health. Different course set up each day. Receive a sportsmanship award. All equipment provided. *Sports Unlimited started in 2001 and has expanded into 23 sports in 30 communities around the metro area. The company is owned by Dan McHugh; former high school lacrosse coach for Lakeville North, Burnsville, St. Thomas Academy and Lakeville South. With over 35 years of coaching experience, Sports Unlimited is recognized as one of the top sports programming companies in the upper Midwest.*

☼ Mon-Thu | Jul 22-25 | 1:00-3:00 p.m. | 4 sessions | \$95 | SHMS | YSUNW-U1

## **new** Nitroball (ages 5-12)

Volleyball with-a-twist, a unique version of volleyball played on a tennis court! Nitroball is easier to learn than volleyball; enjoy the fun and the high action. Develop sport skills in a fun, safe and non-competitive environment organized by age and skill level. *Sports Unlimited instructor*

☼ Mon-Thu | Aug 5-8 | 1:00-4:00 p.m. | 4 sessions | \$95 | SHMS | YSUNB-U1

## Fencing-New and Returning (grades 2-12)

Attention all knights, swashbucklers and Jedis! Learn the art of sword fighting. Improve your reflexes, dexterity, quickness and focus. New students will learn fencing basics: advance, retreat, thrust and lunge. Returning students will work on economy of motion, setup attacks, combination attacks and adding new moves to their skill set. Safety is our first priority. Safety swords, protective masks and jackets, and a high-octane, inclusive environment are supplied. *Youth Enrichment League staff believe every young person is endowed with special gifts and are trained to engage youth to think, learn and play well.*

### Grades 2-5

☼ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon | 5 sessions | \$149 | FRMS | YELFN-U1

### Grades 6-12

☼ Mon-Fri | Jul 8-12 | 1:00-4:00 p.m. | 5 sessions | \$149 | FRMS | YELFN-U2

## **new** Goofy Sports Camp (grades 1-5)

Stay active! Day One: Goofy Golf - play "golf" using tennis racquets and balls, a soccer ball, a hula hoop, etc. Day Two: Goofy Trick Shots - try trick shots using frisbees, trick footballs and more. Day Three - Goofy Soccer - play soccer with a hula hoop, bean bags, etc. Day Four: Goofy Olympic Decathlon - an Olympic-type decathlon, but wackier. *Youth Enrichment League instructor*

### Grades 1-2

☼ Mon-Thu | Jul 15-18 | 9:00-10:30 a.m. | 4 sessions | \$62 | FRMS | YELGS-U1

### Grades 3-5

☼ Mon-Thu | Jul 15-18 | 10:30 a.m.-noon | 4 sessions | \$62 | FRMS | YELGS-U2



## Preschool Gymnastics (ages 3-5)

Express creativity while learning the basics of gymnastics. Learn tumbling, balance, safety and combination skills. Work on balance beam, wedge, tumbling, bars, spring board and mini tramp. Wear leotards or comfortable clothing.

Locations: Community of Christ Church (CCC), 5990 134th St Ct, Apple Valley (just off Johnny Cake Ridge Road) or Rosemount High School (RHS), 3335 142nd St W

Sat | Apr 6-May 18 | 12:15-1:00 p.m.  
7 sessions | \$79 | RHS | YGYMNP-S5

Mon | Apr 8-May 20 | 10:00-10:45 a.m.  
7 sessions | \$79 | CCC | YGYMNP-S1

Mon | Apr 8-May 20 | 11:00-11:45 a.m.  
7 sessions | \$79 | CCC | YGYMNP-S2

Tue | Apr 9-May 21 | 10:00-10:45 a.m.  
7 sessions | \$79 | CCC | YGYMNP-S3

Tue | Apr 9-May 21 | 11:00-11:45 a.m.  
7 sessions | \$79 | CCC | YGYMNP-S4

☀ Mon | Jun 10-Aug 5 | 5:45-6:30 p.m.  
9 sessions | \$99 | RHS | YGYMNP-U1

☀ Tue | Jun 11-Jul 9 | 12:15-1:00 p.m.  
5 sessions | \$59 | RHS | YGYMNP-U2

☀ Wed | Jun 12-Jul 31 | 12:15-1:00 p.m.  
7 sessions | \$79 | RHS | skip Jul 3 | YGYMNP-U4

☀ Thu | Jun 13-Aug 1 | 4:45-5:30 p.m.  
7 sessions | \$79 | RHS | skip Jul 4 | YGYMNP-U5

☀ Tue | Jul 16-Aug 6 | 12:15-1:00 p.m.  
4 sessions | \$49 | RHS | YGYMNP-U3

## Gymnastics Summer Camp (grades 6-12)

Want to participate and compete in high school gymnastics? If you have mastered basic skills including back handsprings on the floor, handsprings on the vault, cartwheels, back walkovers on the beam, kips and back and front hip circles on the bars attend two to five days a week (Monday-Friday). *Jason Passeri*

☀ Mon-Fri | Jun 10-Jul 12 | 9:00 a.m.-noon  
\$360/5 days, \$340/4 days, \$310/3 days,  
\$240/2 days  
RHS | skip Jul 1, 2, 3, 4, 5 | YGYMN2-U1

☀ Mon-Fri | Jul 15-Aug 6 | 9:00 a.m.-noon  
\$340/5 days, \$310/4 days, \$295/3 days,  
\$240/2 days | RHS | YGYMN2-U2

## Gymnastics: Beginner to Advanced (boys and girls ages 5-13)

Learn gymnastics skills from a team of superbly trained instructors. Boys and girls of all abilities will develop skills in vaulting, tumbling, mini-tramp, balance beam and floor exercise. Program is open to youth seeking fun exercise or those wishing to compete.

Students will be grouped by levels:

**Beginner (ages 5-13)** Develop awareness in flipping, spinning and turning. Designed for students with little or no gymnastics experience. Learn the basic skills on floor, bars, beam and vault, including splits, bridges, rolls, cartwheels, pullovers and squat-ons.

**Intermediate (ages 7-13)** Enhance and develop new skills in tumbling and in all other Olympic events (e.g., uneven bars, beam).

**Advanced (ages 7-13)** Learn new and complicated skills safely at an advanced level with spotting and instruction. Wear leotards or comfortable clothing. *Jason Passeri*

Sat | Apr 6-May 18 | 9:00-10:00 a.m. | 7 sessions | \$84 | RHS | YGYMNA-S1

Sat | Apr 6-May 18 | 10:00-11:00 a.m. | 7 sessions | \$84 | RHS | YGYMNA-S2

Sat | Apr 6-May 18 | 11:00 a.m.-noon | 7 sessions | \$84 | RHS | YGYMNA-S3

☀ Mon | Jun 10-Aug 5 | 6:30-7:30 p.m. | 9 sessions | \$104 | RHS | YGYMNA-U1

☀ Mon-Thu | Jun 10-Jul 11 | 1:00-2:00 p.m.  
18 sessions | \$189 | RHS | skip Jul 3 & 4 | YGYMNA-U4

☀ Tue | Jun 11-Aug 6 | 6:00-7:00 p.m. | 9 sessions | \$104 | RHS | YGYMNA-U2

☀ Tue | Jun 11-Aug 6 | 7:00-8:00 p.m. | 9 sessions | \$104 | RHS | YGYMNA-U3

☀ Mon-Thu | Jul 15-Aug 6 | 1:00-2:00 p.m. | 14 sessions | \$149 | RHS | YGYMNA-U5

## Boys Tumbling for Athletes (ages 7-18)

Calling all boys! Develop coordination and flexibility through tumbling activities. Perfect for boys interested in pursuing wrestling and other sports. Tumbling promotes physical health and has also been shown to have cognitive and psychological benefits. *Jason Passeri is the lead instructor and Rosemount High School's gymnastics coach. He was the 2012, '13, '15 and '16 Region III Coach of the Year and the 2010, '13, '14, '18 MAGA (Midwest Amateur Gymnastics Association) Coach of the Year.*

☀ Mon | Jun 10-Aug 5 | 4:30-5:30 p.m.  
9 sessions | \$109 | RHS | YGYMNBT-U1

## Girls Tumbling for Dancers/Cheerleaders (ages 9-18)

Are you interested in learning tumbling moves? Here is your chance to learn from one of the best, Coach Passeri! Refine your backsprings, round-offs and more! Please note session just for cheerleaders and dancers. *Jason Passeri*

☀ Tue | Jun 11-Aug 6 | 4:45-5:45 p.m. | 9 sessions | \$109 | RHS | YGYMNGT-U1

☀ Wed | Jun 12-Jul 31 | 4:15-5:15 p.m. | 7 sessions | \$89 | RHS | skip Jul 3 | YGYMNGT-U2



# Fitness & Sports

## Pre-Team/Advanced/MAGA (ages 7-14)

This class is by invitation only. If you think your child may qualify, please contact Community Education, 651-423-7920. *Jason Passeri is the lead instructor and Rosemount High School's gymnastics coach. He was the 2012, '13, '15 and '16 Region III Coach of the Year and the 2010, '13, '14, '18 MAGA (Midwest Amateur Gymnastics Association) Coach of the Year.*

☼ Wed | Jun 12-Jul 31 | 5:30-8:00 p.m.  
7 sessions | \$189 | RHS | skip Jul 3 | YGYMNPT-U1

☼ Wed & Thu | Jun 12-Aug 1 | 5:30-8:00 p.m.  
14 sessions | \$369 | RHS | skip Jul 3, 4 | YGYMNPT-U3

☼ Thu | Jun 13-Aug 1 | 5:30-8:00 p.m.  
7 sessions | \$189 | RHS | skip Jul 4 | YGYMNPT-U2

## Kenpo Karate: All Levels (ages 13+)

Learn basic karate moves and self-defense combinations. Safety awareness, self-discipline and defense are stressed, rather than aggression. Wear loose-fitting clothes. Uniforms are optional and available from the instructor for \$30. *Dennis Bechly is a 3rd degree Black Belt, has over ten years of experience in Kenpo Karate and has coached a wide variety of youth activities.*

Mon | Apr 1-May 20 | 8:15-9:25 p.m.  
8 sessions | \$55 | BHMS | YCHMPT-S1

☼ Mon | Jun 10-Aug 5 | 8:30-9:10 p.m.  
8 sessions | \$55 | BHMS | skip Jul 1 | YCHMPT-U1

## Adaptive Martial Arts (ages 12+)

Learn basic martial arts techniques including activities and drills geared to develop coordination and strength. Begin with a musical warm-up, footwork and drills for exercise, balance and flexibility, and end the class with music and other fun activities. Class is designed for older children and adults with various developmental disabilities. *Northwest Martial Arts instructor*

Sat | Apr 6-Jun 8 | 10:00-10:45 a.m.  
9 sessions | \$54 | RMS | skip May 25 | YAMA-S1

☼ Sat | Jun 15-Aug 17 | 10:00-10:45 a.m.  
10 sessions | \$60 | FRMS | YAMA-U1

## Champion Youth Karate (ages 5-15)

Learn safety awareness and self-defense skills and combinations. Reinforce important goals promoted in our schools today: self-control, communication, positive self-esteem, responsible citizenship, drug avoidance and personal safety. Self-discipline and defense, rather than aggressiveness, are promoted. Wear loose-fitting clothes. Uniforms are optional and available from the instructor for \$30. There is no charge for the belt test. *Dennis Bechly*

Fee: 8 sessions | \$55

### Beginners (ages 5-12)

Mon | Apr 1-May 20 | 6:00-6:40 p.m. | BHMS | YCHMPA-S1

Thu | Apr 4-May 23 | 6:10-6:50 p.m. | VMS | YCHMPA-S2

☼ Mon | Jun 10-Aug 5 | 6:00-6:40 p.m. | BHMS | skip Jul 1 | YCHMPA-U1

### Advanced (ages 5-12)

Mon | Apr 1-May 20 | 7:40-8:20 p.m. | BHMS | YCHMPC-S1

Thu | Apr 4-May 23 | 7:50-8:30 p.m. | VMS | YCHMPC-S2

☼ Mon | Jun 10-Aug 5 | 7:40-8:20 p.m. | BHMS | skip Jul 1 | YCHMPC-U1

### Returning (ages 5-15)

Mon | Apr 1-May 20 | 6:50-7:30 p.m. | BHMS | YCHMPR-S1

Thu | Apr 4-May 23 | 7:00-7:40 p.m. | VMS | YCHMPR-S2

☼ Mon | Jun 10-Aug 5 | 6:50-7:30 p.m. | BHMS | skip Jul 1 | YCHMPR-U1

## Beginner Tae Kwon Do (ages 6+)

Enjoy a family-friendly atmosphere and experience a good physical workout and all the benefits of martial arts training, including respect, focus, discipline, self-control and more. White Belt included. T-shirts and uniforms may be purchased from the instructor. *Northwest Martial Arts instructor*

Mon | Apr 1-May 20 | 5:55-6:40 p.m.  
6 sessions | \$54 | FRMS | skip May 6, 13  
YTAEB1-S1

Tue | Apr 2-Jun 4 | 5:55-6:40 p.m. | 6 sessions | \$54  
FRMS | skip Apr 16, 30, May 14, 21 | YTAEB1-S4

Thu | Apr 4-May 30 | 5:55-6:40 p.m. | 6 sessions | \$54  
RMS | skip Apr 11, May 16, 23 | YTAEB1-S3

Sat | Apr 6-May 18 | 11:00-11:45 a.m. | 6 sessions | \$54  
RMS | skip Apr 13 | YTAEB1-S2

☼ Mon | Jun 10-Aug 12 | 5:55-6:40 p.m. | 10 sessions | \$90  
FRMS | YTAEB1-U1

☼ Tue | Jun 11-Aug 13 | 5:55-6:40 p.m. | 10 sessions | \$90  
FRMS | YTAEB1-U4

☼ Thu | Jun 13-Aug 15 | 5:55-6:40 p.m. | 9 sessions | \$81  
FRMS | skip Jul 4 | YTAEB1-U3

☼ Sat | Jun 15-Aug 17 | 11:00-11:45 a.m. | 9 sessions | \$81  
FRMS | skip Jul 6 | YTAEB1-U2



## **Kung Fu: (ages 5-adult)**

Learn more than kicking and punching, focus on self awareness, and improve your self-esteem and confidence. Increase your strength, flexibility and endurance. Develop leadership, discipline, concentration and coordination skills for a healthy mind and body. Discover the benefits of Kung Fu for self defense and fitness. Uniform and White to Black Belt certification are optional at an additional cost payable to the instructor. Parents, don't sit on the sidelines! Sign up and participate with your child. *Si-Fu Al Lam is the director of National Treasure Kung Fu, Inc. He has more than 25 years of teaching experience with youth and adults. He was a University of Minnesota (U of M) Chinese Kung Fu Club instructor for 13 years, and has been awarded Instructor of the Year by the U of M Recreation Sports Department.*

### **Beginner-Green Belt**

Mon | Apr 8-May 20 | 6:15-7:00 p.m. | 7 sessions | \$79 | GL | YKNGF-S1  
Thu | Apr 11-May 30 | 6:15-7:00 p.m. | 8 sessions | \$79 | DHMS | YKNGF-S2  
Sat | Apr 6-May 18 | 9:30-10:15 a.m. | 7 sessions | \$79 | TL | YKNGF-S3  
☀ Sat | Jun 15-Aug 3 | 9:30-10:15 a.m.  
7 sessions | \$79 | FRMS | skip Jul 6 | YKNGF-U2  
☀ Mon | Jun 17-Jul 29 | 6:15-7:00 p.m.  
6 sessions | \$79 | DW | skip Jul 1 | YKNGF-U1

### **2nd Green-Black Belt**

Sat | Apr 8-May 20 | 7:00-7:45 p.m. | 7 sessions | \$79 | GL | YKNGC-S1  
Thu | Apr 11-May 30 | 7:00-7:45 p.m. | 8 sessions | \$79 | DHMS | YKNGC-S2  
☀ Mon | Jun 17-29 | 7:00-7:45 p.m.  
6 sessions | \$79 | DW | skip Jul 1 | YKNGC-U1

### **2nd Red-Black Belts**

Sat | Apr 6-May 18 | 11:45 a.m.-12:30 p.m. | 7 sessions | \$79 | TL | YKNGH-S1  
☀ Sat | Jun 15-Aug 3 | 11:45 a.m.-12:30 p.m.  
7 sessions | \$79 | FRMS | skip Jul 6 | YKNGH-U1

### **2nd Green-Red Belts**

☀ Sat | Jun 15-Aug 3 | 10:15-11:00 a.m.  
7 sessions | \$79 | FRMS | skip Jul 6  
YKNGD-U1

### **Instruments and Sparring**

Mon | Apr 8-May 20 | 7:45-8:30 p.m.  
7 sessions | \$79 | GL | YKNGE-S1  
Thu | Apr 11-May 30 | 7:45-8:30 p.m.  
8 sessions | \$79 | DHMS | YKNGE-S2  
Sat | Apr 6-May 18 | 11:00-11:45 a.m.  
7 sessions | \$79 | TL | YKNGE-S3  
☀ Sat | Jun 15-Aug 3 | 11:00-11:45 a.m.  
7 sessions | \$79 | FRMS | skip Jul 6 | YKNGE-U2  
☀ Mon | Jun 17-Jul 29 | 7:45-8:30 p.m.  
6 sessions | \$79 | DW | skip Jul 1 | YKNGE-U1



## **Beginner Little Ninjas (ages 3-5)**

Follow instructions, learn to pay attention, cooperate, show respect for yourself and others, and practice self-control and self-discipline. Basic martial arts skills, as well as stranger-danger and limited self-defense appropriate for this age group will be covered. White Belt is included. *Phil Tobey coordinates Northwest Martial Arts. He is a Black Belt in Tae Kwon Do and has more than 20 years of experience. His team of instructors is skilled in teaching martial arts.*

Mon | Apr 1-May 20 | 5:15-5:45 p.m.  
6 sessions | \$54 | RMS | skip May 6 | YTAEN1-S1  
Tue | Apr 2-Jun 4 | 5:15-5:45 p.m.  
6 sessions | \$54 | RMS | skip Apr 16, 30, May 14, 21  
YTAEN1-S2  
Wed | Apr 3-May 29 | 5:15-5:45 p.m.  
9 sessions | \$81 | RMS | YTAEN1-S5  
Thu | Apr 4-May 30 | 5:15-5:45 p.m.  
6 sessions | \$54 | RMS | skip Apr 16, 30, May 14, 21  
YTAEN1-S3  
Sat | Apr 6-May 18 | 12:00-12:30 p.m.  
6 sessions | \$54 | RMS | skip Apr 13 | YTAEN1-S4  
☀ Mon | Jun 10-Aug 12 | 5:15-5:45 p.m.  
10 sessions | \$90 | FRMS | YTAEN1-U1  
☀ Tue | Jun 11-Aug 13 | 5:15-5:45 p.m.  
10 sessions | \$90 | FRMS | YTAEN1-U2  
☀ Thu | Jun 13-Aug 15 | 5:15-5:45 p.m.  
9 sessions | \$81 | FRMS | skip Jul 4 | YTAEN1-U3  
☀ Sat | Jun 15-Aug 17 | noon-12:30 p.m.  
9 sessions | \$81 | FRMS | skip Jul 6 | YTAEN1-U4



# Fitness & Sports

Barry Wallin, PGA golf professional, is a two-time MN State High School Golf Coach of the Year. He and his select staff of experienced instructors are excellent at working with youth golfers.



For information regarding inclement weather: 651-683-6969 x84498.

Location: Emerald Greens Golf Course, 14425 Goodwin Ave, Hastings (just ten minutes east of Rosemount)

## Emerald Greens One-Week Golf Camps for Beginner and Intermediate Golfers (ages 5-14)

Learn the game of golf. Develop and refine your skills in a small group setting. Rotate through various stations learning the fundamentals of grip, stance, posture, full swing, putting, chipping and pitching. Learn etiquette, strategy and efficiency. Students are grouped by age, ability level and friends. Appropriately sized clubs are available for use free-of-charge. Fee also includes a t-shirt and bag tag. Makeup for rainout days will be held on Fridays. *Barry Wallin and staff*

Mon-Thu | 4 sessions | \$99

### ☀ Jun 17-20

10-11:45 a.m.	YBWGC-U1
12-1:45 p.m.	YBWGC-U2
2:30-4:15 p.m.	YBWGC-U3
4:30-6:15 p.m.	YBWGC-U4
7-8:45 p.m.	YBWGC-U5

### ☀ Jun 24-27

10-11:45 a.m.	YBWGC-U6
12-1:45 p.m.	YBWGC-U7
2:30-4:15 p.m.	YBWGC-U8
4:30-6:15 p.m.	YBWGC-U9
7-8:45 p.m.	YBWGC-U10

### ☀ Jul 8-11

10-11:45 a.m.	YBWGC-U11
12-1:45 p.m.	YBWGC-U12
2:30-4:15 p.m.	YBWGC-U13
4:30-6:15 p.m.	YBWGC-U14
7-8:45 p.m.	YBWGC-U15

### ☀ Jul 15-18

10-11:45 a.m.	YBWGC-U16
12-1:45 p.m.	YBWGC-U17
2:30-4:15 p.m.	YBWGC-U18
4:30-6:15 p.m.	YBWGC-U19
7-8:45 p.m.	YBWGC-U20

### ☀ Jul 22-25

10-11:45 a.m.	YBWGC-U21
12-1:45 p.m.	YBWGC-U22
2:30-4:15 p.m.	YBWGC-U23
4:30-6:15 p.m.	YBWGC-U24

### ☀ Jul 29-Aug 1

10-11:45 a.m.	YBWGC-U25
12-1:45 p.m.	YBWGC-U26
2:30-4:15 p.m.	YBWGC-U27
4:30-6:15 p.m.	YBWGC-U28



## Intermediate and Advanced Summer Golf Academy (ages 6-14)

Refine your golf skills and work on putting, chipping, pitching, sand play, shot trajectory, full swing I, II, III, IV and V. Play golf with one of our staff during each lesson on one of the regulation courses. Learn terminology, safety, etiquette, course management and rules. Discover information regarding scholarships, competitive greatness and game analysis. Open to all experienced junior golfers. Fee includes: 12 lessons, video analysis of full swing, pre/post summer game analysis, an embroidered Titleist hat, Please indicate days of the week (Mon, Tue or Wed) and times (8-11 a.m., 12:30-3:30 p.m. or 6-9 p.m.), when registering. You may vary the days and times, if a conflict arises. Makeup for rainout days will be held the week of August 5. *Barry Wallin and staff*

Location: Emerald Greens Golf Course, 14425 Goodwin Ave, Hastings

☀ Mon-Wed | Jun 17-Jul 31  
8-11 a.m., 12:30-3:30 p.m. or 6-9 p.m.  
12 sessions | \$375 | skip Jul 1, 2 & 3  
YBWSG-U1

## Parent/Child Golf Lessons (parents and children ages 5-14)

It's tee time! Develop the skills to learn a life-long sport to enjoy with that special adult in your life. Junior golfers and adults will gain a solid introduction to the game. Practice putting, chipping, safety, terminology, etiquette, full swing I and II. Increase confidence to feel comfortable and competent on the golf course. Fee includes: four, one-hour lessons, a \*three-hour on-course lesson, use of all equipment, a youth t-shirt and a bag tag. Makeup for rainout days in the May session will be held on June 15 and on August 10 for the July session. *Barry Wallin and staff*

Sat | 5 sessions | \$40 per person

### ☀ May 11-Jun 8\* | skip May 25

1:30-2:30 p.m.	YBWPCG-S1
2:30-3:30 p.m.	YBWPCG-S2
3:30-4:30 p.m.	YBWPCG-S3
4:30-5:30 p.m.	YBWPCG-S4

\*choose a three-hour on-course lesson  
Jun 17, 18 or 22 | 6 p.m.

### ☀ Jul 13-Aug 3\*

1:30-2:30 p.m.	YBWPCG-U1
2:30-3:30 p.m.	YBWPCG-U2
3:30-4:30 p.m.	YBWPCG-U3
4:30-5:30 p.m.	YBWPCG-U4

\*choose a three-hour on-course lesson  
Aug 12, 13 or 17 | 5 p.m.

## Weekly Golf Lessons for Beginners (ages 5-14)

Develop your golf skills as you work on putting, chipping, pitching, full swing I and II. Learn about safety, terminology and etiquette. Fee includes: six lessons, use of all equipment, golf t-shirt and bag tag. Recommended for new golfers and returning campers who do not yet hit the ball consistently or who have very little experience. Makeup for rainout days will be held the week of August 5. *Barry Wallin and staff*

Location: Emerald Greens Golf Course,  
14425 Goodwin Ave, Hastings

Fee: 6 sessions | \$149

### Ages 5-12

☀ Mon	Jun 17-Jul 29			
	9-10:45 a.m.	skip Jul 1	YBWGB-U1	
	1:30-3:15 p.m.	skip Jul 1	YBWGB-U2	
☀ Tue	Jun 18-Jul 30			
	9-10:45 a.m.	skip Jul 2	YBWGB-U3	
	1:30-3:15 p.m.	skip Jul 2	YBWGB-U4	
☀ Wed	Jun 19-Aug 31			
	9-10:45 a.m.	skip Jul 3	YBWGB-U5	
	1:30-3:15 p.m.	skip Jul 3	YBWGB-U6	
☀ Thu	Jun 20-Aug 1			
	1:30-3:15 p.m.	skip Jul 4	YBWGB-U7	

### Ages 10-14

☀ Mon	Jun 17-Jul 29			
	11 a.m.-12:45 p.m.	skip Jul 1	YBWGB-U8	
	3:30-5:15 p.m.	skip Jul 1	YBWGB-U9	
☀ Tue	Jun 18-Jul 30			
	11 a.m.-12:45 p.m.	skip Jul 2	YBWGB-U10	
	3:30-5:15 p.m.	skip Jul 2	YBWGB-U11	
☀ Wed	Jun 19-Jul 31			
	11 a.m.-12:45 p.m.	skip Jul 3	YBWGB-U12	
	3:30-5:15 p.m.	skip Jul 3	YBWGB-U13	
☀ Thu	Jun 20-Aug 1			
	11 a.m.-12:45 p.m.	skip Jul 4	YBWGB-U14	

### Ages 5-14

☀ Mon	Jun 17-Jul 29			
	6-7:45 p.m.	skip Jul 1	YBWGB-U15	
☀ Tue	Jun 18-Jul 30			
	6-7:45 p.m.	skip Jul 2	YBWGB-U16	
☀ Wed	Jun 19-Jul 31			
	6-7:45 p.m.	skip Jul 3	YBWGB-U17	

## Weekly Golf Lessons for Intermediates (ages 6-14)

Develop your golf skills as you work on full swing I, II, and III, putting, chipping, pitching, sand play and course strategy. Also, learn about safety, terminology and etiquette. Fee includes: six lessons, six 9-hole league green fees, use of all equipment, a golf t-shirt and bag tag. Every intermediate golfer will also play each week in the 8 a.m. Thursday morning league. Makeup for rainout days will be held the week of August 5. *Barry Wallin and staff*

Location: Emerald Greens Golf Course,  
14425 Goodwin Ave, Hastings

Fee: 6 sessions | \$225

### Ages 6-12

☀ Mon	Jun 17-Jul 29			
	9-10:45 a.m.	skip Jul 1	YBWGI-U1	
	1:30-3:15 p.m.	skip Jul 1	YBWGI-U2	
☀ Tue	Jun 18-Jul 30			
	9-10:45 a.m.	skip Jul 2	YBWGI-U3	
	1:30-3:15 p.m.	skip Jul 2	YBWGI-U4	
☀ Wed	Jun 19-Aug 31			
	9-10:45 a.m.	skip Jul 3	YBWGI-U5	
	1:30-3:15 p.m.	skip Jul 3	YBWGI-U6	
☀ Thu	Jun 20-Aug 1			
	1:30-3:15 p.m.	skip Jul 4	YBWGI-U7	

### Ages 10-14

☀ Mon	Jun 17-Jul 29			
	11 a.m.-12:45 p.m.	skip Jul 1	YBWGI-U8	
	3:30-5:15 p.m.	skip Jul 1	YBWGI-U9	
☀ Tue	Jun 18-Jul 30			
	11 a.m.-12:45 p.m.	skip Jul 2	YBWGI-U10	
	3:30-5:15pm	skip Jul 2	YBWGI-U11	
☀ Wed	Jun 19-Jul 31			
	11 a.m.-12:45 p.m.	skip Jul 3	YBWGI-U12	
	3:30-5:15 p.m.	skip Jul 3	YBWGI-U13	
☀ Thu	Jun 20-Aug 1			
	11 a.m.-12:45 p.m.	skip Jul 4	YBWGI-U14	

### Ages 6-14

☀ Mon	Jun 17-Jul 29			
	6-7:45 p.m.	skip Jul 1	YBWGI-U15	
☀ Tue	Jun 18-Jul 30			
	6-7:45 p.m.	skip Jul 2	YBWGI-U16	
☀ Wed	Jun 19-Jul 31			
	6-7:45 p.m.	skip Jul 3	YBWGI-U17	





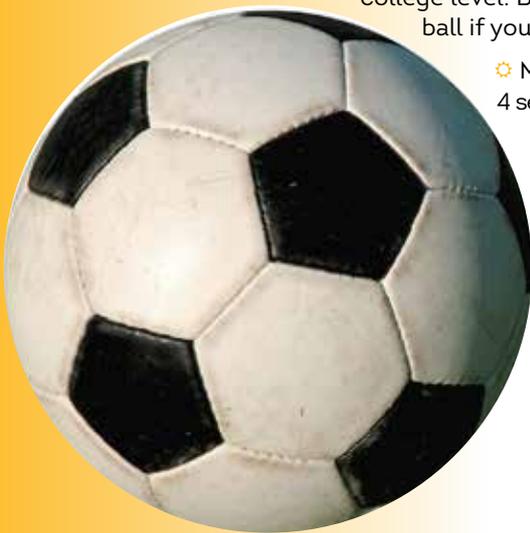
# Apple Valley Sports Camps

District 196 Community Education is pleased to be collaborating with the Apple Valley High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Apple Valley High School attendance area. Head coaches and assistants have planned and prepared camp activities that will promote skill improvement and good sportsmanship, all while having fun! Participants should register for camps based on their grade for the upcoming 2019-20 school year. Due to Minnesota State High School League rules there is a one week no contact period July 1-5. No camps will be held that week unless stated otherwise. Visit [www.district196.org/ce](http://www.district196.org/ce) for specific camp information for all grades!

## Apple Valley Eagle Girls Prep Soccer Camp (grades 6-12)

Improve your soccer skills and meet other players who will be playing soccer at Apple Valley High School! Join AVHS women's soccer staff for this four day camp! Take part in fun, tactical drills to help you advance to the next level of soccer whether that is high school or college level. Bring your cleats and soccer ball if you can. *AVHS coaches*

☀ Mon-Thu | Jun 10-13 | 9:00-11:00 a.m.  
4 sessions | \$40 | AVHS | AGSOC-612



## Apple Valley Eagle Boys Soccer Camp (grades 6-12)

Want to improve your soccer skills for the upcoming season? Take part in this mini-varsity high school soccer camp and learn through a variety of advanced training methods. Emphasis will be on individualized ball and technical skills with advanced instruction on team systems. Develop agility, speed and quickness through team continuity and flow drills. Guaranteed to challenge the most advanced soccer players! *Coach Scanlon has been the boys varsity soccer coach since 2016. He is a graduate of Apple Valley High School and now teaches at the school.*

☀ Mon-Thu | Jun 10-13 | 9:00-11:00 a.m.  
4 sessions | \$80 | AVHS | ABSOC-612

## Apple Valley Eagle Baseball Camp (grades 2-8)

Get out on the field this summer for some baseball! Improve your skills through various drills and practices. Work on throwing, catching, hitting, bunting, fielding and other baseball specific topics. Develop fundamental skills and have fun while growing as a player. Receive a t-shirt! *A graduate of Minnesota State University, Mankato, Coach Hendrickson is in his eighth year as head coach at Apple Valley High School and has been a coach with the program for over 11 years. He strives to further develop and support the AVHS baseball clubs and promote the game of baseball.*

☀ Mon-Thu | Jun 10-13 | 8:30-11:00 a.m.  
4 sessions | \$80 | AVHS | ABASE-28



## Apple Valley Boys Lacrosse Camp (grades 1-12)

Improve your individual lacrosse skills, while also developing your understanding of team concepts. Camp will be split into individual skill work, team concept building drills and will culminate in scrimmages. Players can expect to work in groups of similar skill level players, as well as mixed skill level groups. *Coach Hutcheson is the head coach at Apple Valley High School. A graduate of AVHS, Coach Hutcheson continued his playing career at the University of Minnesota. He then began coaching as an assistant at Bloomington Kennedy before returning to AVHS. This is his seventh year at AVHS, third as head coach.*

### Grades 1-7

☀ Mon-Thu | Jul 15-18 | 10:00 a.m.-noon  
4 sessions | \$55 | AVHS | AVLAX-17

### Grades 8-12

☀ Mon-Thu | Jul 15-18 | 1:00-3:30 p.m.  
4 sessions | \$65 | AVHS | AVLAX-812

## Apple Valley Eagle Speed and Strength-Champion Program (grades 6-8)

Gain an edge in speed and strength! Take part in a personalized training program designed to reach the goal of overall athletic improvement, using ground-based lifts. Use kettlebells, vertimax, ropes, dots, speed ladders, ploy boxes, speed and agility training. Benefit from the skills of experienced and committed coaches who will use current training methods with modern training equipment. Have access to the weight room during supervised hours. Receive a t-shirt. *AVHS coaches*

### Boys, grades 6-8

☀ Mon-Thu | Jun 10-Aug 1 | 9:00-10:30 a.m.  
28 sessions | \$50 | AVHS | ASC-68B

### Girls, grades 6-8

☀ Mon-Thu | Jun 10-Aug 1 | 9:30-11:00 a.m.  
28 sessions | \$50 | AVHS | ASC-68G

## Apple Valley Boys Basketball Camp (grades 1-12)

Prepare for the basketball season! Focus on fundamental skill development and participate in numerous contests and games making for a fun-filled week of basketball! Receive a t-shirt. *Camp director Zach Goring recently completed his tenth year as head coach of the Apple Valley High School boys varsity basketball team. A 1995 graduate of Apple Valley High School, Goring has been running camps for over 15 years.*

### Grades 1-4

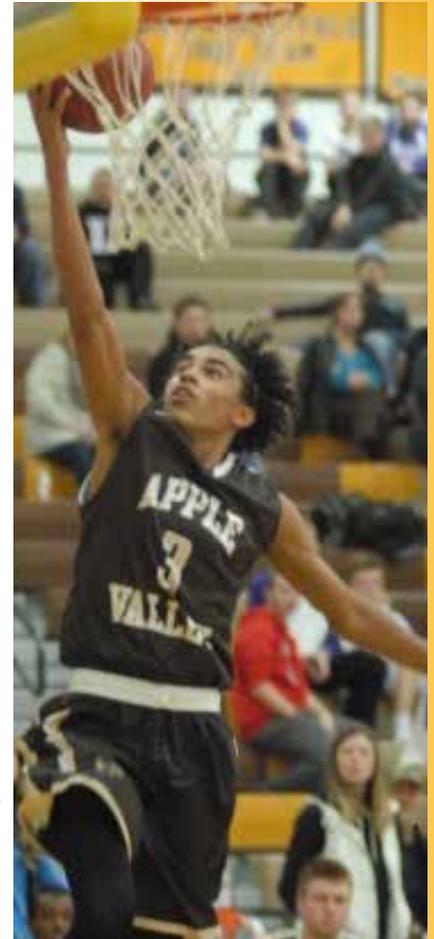
☀ Mon-Thu | Jul 15-18  
11:00 a.m.-12:30 p.m.  
4 sessions | \$50 | AVHS | ABBASK-14

### Grades 5-8

☀ Mon-Thu | Jun 17-20  
11:00 a.m.-1:00 p.m.  
4 sessions | \$60 | AVHS | ABBASK-58

### Grades 9-12

☀ Mon-Thu | Jun 10-Jul 25  
9:45-11:00 a.m.  
20 sessions | \$110 | AVHS | ABBASK-912



# Apple Valley Sports Camps



## Apple Valley Eagle Girls Basketball Camp (grades 3-12)

Improve your fundamental skills and your understanding of the game of basketball! Focus on post and perimeter work, skill development and general team play through a variety of fun contests and games. Receive a t-shirt. *Coach Doughty is in his second year as the head coach of the varsity team. His goals for the girls basketball team are to develop a strong work ethic, foster a love for the game of basketball and to build lifelong memories.*

### Grades 3-4

☀ Tue & Thu | Jun 11-Jul 25 | 9:00-10:00 a.m.  
8 sessions | \$60 | AVHS | AGBASK-34

### Grades 5-6

☀ Tue & Thu | Jun 11-Jul 25 | 10:00-11:00 a.m.  
8 sessions | \$60 | AVHS | AGBASK-56

### Grades 7-8

☀ Tue & Thu | Jun 11-Jul 25 | 11:00 a.m.-noon  
8 sessions | \$60 | AVHS | AGBASK-78

## Summer Workout (grades 9-12)

Work on offensive fundamentals and skills for summer leagues and team camps. Improve individual skills and player position fundamentals. The camp will be run by the Apple Valley girls basketball staff.

☀ Tue-Thu | Jun 11-Jul 25 | 12:30-2:00 p.m.  
15 sessions | \$70 | AVHS | AGBASK-912

## Apple Valley/Eastview Gymnastics Summer Training (grades K-6)

Interested in learning more about the sport of gymnastics? Spend time on all four events learning the basics of the sport: from strength and flexibility to coordination. Led by Apple Valley and Eastview High School gymnasts, grow your love of being active and interested in learning more about sports and gymnastics. *Coach Stumpf is the head gymnastics coach at Eastview and Apple Valley High School.*

☀ Sat | Jul 13 | 9:00-11:30 a.m. | \$25 | EVHS | EVGYM-K6A

☀ Sat | Jul 13 | noon-2:30 p.m. | \$25 | EVHS | EVGYM-K6B

## Apple Valley/Eastview Gymnastics Summer Training (grades 7-12)

Experienced gymnasts will work on all four apparatus (vault, uneven bars, balance beam, floor exercise) and gain strength through weight lifting and aerobic exercise. Experienced sixth graders invited. *Coach Stumpf*

☀ Mon-Thu | Jun 10-Jul 31 | time varies | 27 sessions | \$425/4 days,  
\$374/3 days, \$290/2 days | EVHS | EVGYM-712

## Apple Valley Eagle Volleyball Camp (grades 3-12)

Refine your volleyball skills! Join Apple Valley High School head coach Heather LaChapelle and her staff for a dynamic camp that will enhance your love of the sport. Focus on fundamental individual skills and enhance your team play. Receive a camp t-shirt. *Coach LaChapelle is the head volleyball coach at Apple Valley High School. She was a two-time state champion setter and all-conference collegiate player. Her soft-spoken approach provides the foundation for each individual player to reach her maximum potential, while emphasizing the enjoyment of sport, physical fitness and team success.*

### Grades 3-6

☀ Mon-Thu | Jul 8-11 | 1:00-2:30 p.m. | 4 sessions | \$60 | AVHS | AVBALL-36

### Grades 7-8

☀ Mon-Thu | Jul 8-11 | 1:00-3:30 p.m. | 4 sessions | \$85 | AVHS | AVBALL-78

### Grades 9-12

☀ Mon-Thu | Jul 8-11 | 9:00 a.m.-noon | 4 sessions | \$105 | AVHS | AVBALL-912



## District 196 Training Emphasized Swim Camp (grades 7-12)

Prepare for the upcoming high school or middle school swim season! Swimmers with previous competitive experience will perfect their strokes, starts and turns, get a good regular workout five times a week, and get and/or stay in shape for the upcoming high school swimming season. Former and future middle and high school swimmers are encouraged to attend. *Eastview head coach Mark Tollefson has over 32 years experience in coaching, has been selected multiple times as section coach of the year and has twice been nominated for coach of the year. Coach Pearson is the current Apple Valley High School head boys and girls swim coach. He has over 17 years of coaching experience.*

☀ Mon-Fri | Jun 10-Jul 26 | 6:30-8:30 a.m.  
\$250/4-6 wks, \$187.50/3-4 wks, \$125/1-3 wks  
FRMS | EVSWIM-712

## Dakota United Hawks Camp (grades 3-12, alumni welcome)

Join and learn from Dakota United coaches and staff through your choice of these adapted sports camps! Along with the opportunity to participate in the camp activities, receive a t-shirt (must register by June 1 to receive t-shirt), a daily snack and a Bowling Day at Farmington Lanes on the final day from 1:00-3:00 p.m.! Participants must provide their own transportation. *Coach Kosidowski is a Dakota United Hawks coach and District 196 Adaptive Physical Education teacher.*

Open to all District 196 adaptive athletes!

### PI Sports Camp

For returning and new Dakota Hawk players eligible for PI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 1:00-2:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312P

### CI Sports Camp

For returning and new Dakota Hawk players eligible for CI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 2:30-4:00 p.m.  
4 sessions | \$100 | RMS | DKTUH-312C

### ASD Sports Camp

Work to become successful in the athletic setting through team building and communication skills, while improving individual sport skills during competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 4:00-5:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312A





# Eagan Sports Camps

District 196 Community Education is pleased to be collaborating with the Eagan High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Eagan attendance area. Head coaches and assistants have planned and prepared camp activities that will promote skill improvement and good sportsmanship, all while having fun! Participants should register for camps based on their grade for the 2019-20 school year. Due to Minnesota State High School League rules there is a one week no contact period July 1-5. No camps will be held that week unless stated otherwise. Visit [www.district196.org/ce](http://www.district196.org/ce) for specific camp information for all grades!

## Eagan Youth Football Skills and Team Camp (grades 5-8)

Learn the fundamentals of football while having fun. Team up for friendly competition while practicing good sportsmanship. The development of our youth is key to the strong foundation of Eagan football. Our youth football clinic is non-contact. The basic concepts of Eagan's varsity defense and offense will be introduced. Position-specific drills and fundamentals will be taught by many of our Eagan varsity coaches. *Coach Johnson is in his first year as head coach at Eagan. He has served as an assistant for Eagan and Lakeville North.*

☀ Mon-Thu | Jun 17-20 | 9:00 a.m.-noon | 4 sessions | \$90 | EHS | EFBALL-58



## Wildcat Boys Soccer Camp (grades 9-12)

Looking for a soccer camp that covers all the skill development steps needed to compete? Eagan High School varsity boys head coach Turk Ozturk will provide instruction in tactical, technical and mobility soccer elements that are the foundation for superior play. All passing, shooting, ball-handling moves and dynamic play will be covered daily, and explored in small-sided games to ensure the most touches and repetitions on the ball. Receive quality training through age appropriate skills and game play. *Coach Turk is the head coach of Eagan High School's boys and girls varsity team (2017, 2015 and 2014 MN state champions and 2018 runner-up). He has also won a national championship at the U15 club soccer level and coached at Hamline University and Concordia University St. Paul. Coach Turk is also the head women's soccer coach for the semi-professional team, Minnesota Twinstars FC.*

☀ Mon-Thu | Jul 22-25 | 8:00-10:00 a.m.  
4 sessions | \$70 | EHS | EBSOC-912

## Wildcat Girls Soccer Tryout Prep Camp (grades 9-12)

Interested in trying out for the Eagan High School girls soccer team? Get a jump on your preparation! Camp is intended to prepare student athletes for tryout week. *Coach Turk*

☀ Mon-Thu | Jul 22-25 | 11:00 a.m.-1:00 p.m.  
4 sessions | \$70 | EHS | EGSOCT-912



## Eagan Wildcat Girls Youth Basketball Camp (grades 1-12)

Join Eagan High School girls basketball coaches and varsity players for a great week of basketball! Learn new skills and improve your game by working in stations to practice fundamental skills, as well as participating in fun games, tournaments and contests. Participate in 3 v 3 and 5 v 5 leagues, and short tournaments. Campers will gain knowledge about the game in a fun, positive and competitive environment. Receive a t-shirt. *Coach Madsen currently coaches track, cross-country and girls basketball at Eagan High School. He graduated from the University of Minnesota where he was a decathlete. He is in his 18th year of coaching and teaching.*

### Grades 1-3

☀ Mon-Thu | Jun 10-13  
11:00 a.m.-12:30 p.m.

4 sessions | \$80 | DHMS | EGBASK-13

### Grades 4-5

☀ Mon-Thu | Jun 10-13 | 12:45-2:45 p.m.  
4 sessions | \$100 | DHMS | EGBASK-45

## Eagan Wildcat Girls Youth Basketball Camp (grades 1-12)

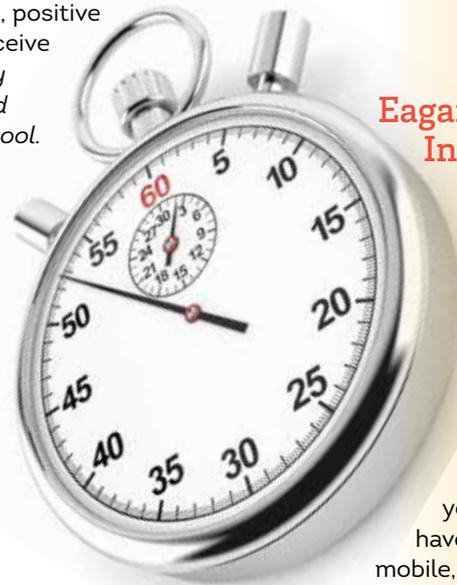
Join the Eagan High School varsity staff for summer skill development sessions! Improve your overall ability while fine tuning specific skills. Games and competitions are a weekly part of camp! Receive a t-shirt. *Eagan High School varsity coaches*

### Grades 6-8

☀ Tue-Thu | Jun 11-Jul 25 | 9:00-10:30 a.m.  
18 sessions | \$100 | DHMS | EGBASK-68

### Grades 9-12

☀ Tue-Thu | Jun 11-Jul 25 | 7:30-9:00 a.m.  
18 sessions | \$100 | DHMS | EGBASK-912



## Eagan Trained: Introduction to Weight Training (grades 6-8)

Take yourself to a new level of training through the progressions of speed and strength training. With a focus on technique establish a lifting and training foundation that will prepare you for future workouts that have loaded lifts. Become more mobile, flexible, stronger and stable through the use of bodyweight, boxes,

bars and medicine ball exercises. Complete each day off with a *finisher* that pushes you mentally and physically. Workouts will be easy to access through the PLT4M app, so if you are out of town you can still get your workout in. *Coach Gage attended Augustana College in Sioux Falls where he wrestled and coached. He has been training athletes, including baseball, football and wrestlers for 20+ years.*

☀ Mon, Tue & Thu | Jun 10-Jul 25 | 7:00-8:30 a.m.  
18 sessions | \$175 | EHS | ESC-68



# Eagan Sports Camps



## Eagan Wildcat Boys Basketball Camp (grades 1-12)

Get on the court and up your game! Improve your skills, practice with future Wildcat teammates and have fun playing summer

basketball with Eagan High School boys basketball coaching staff and players. Practice a variety of basketball skills and fundamentals through stations, tournaments, 3 v 3 and 5 v 5 games along with contests and more ... some will include prizes! Receive a t-shirt! *Coach Peltier is in his second season as head coach for the Wildcats. Prior to coming to Eagan, he spent three seasons as the top assistant at Wayzata High School. While at Wayzata, coach Peltier helped lead the Trojans to a 70-19 record over three seasons.*

### Grades 1-2

☀ Mon-Thu | Jun 10-13 | 10:00-11:15 a.m.  
4 sessions | \$80 | PW | EBBASK-12

### Grade 3

☀ Mon-Thu | Jun 10-13 | 11:30 a.m.-12:45 p.m.  
4 sessions | \$80 | PW | EBBASK-3

### Grade 4-5

☀ Mon-Thu | Jun 17-20 | 8:00-10:30 a.m.  
4 sessions | \$135 | BHMS | EBBASK-45

### Grades 6-7

☀ Mon-Thu | Jun 17-20 | 10:45 a.m.-1:15 p.m.  
4 sessions | \$135 | BHMS | EBBASK-67

### Grades 8-10

☀ Mon-Thu | Jun 17-20 | 1:30-4:00 p.m.  
4 sessions | \$135 | BHMS | EBBASK-810

### Skills and Drills-Grades 4-5

☀ Tue & Thu | Jul 9-30 | 12:30-1:45 p.m.  
7 sessions | \$90 | BHMS | EBBASK-45SD

### Skills and Drills-Grades 6-7

☀ Mon & Wed | Jul 8-31 | 12:30-1:45 p.m.  
8 sessions | \$90 | BHMS | EBBASK-67SD

### Skills and Drills-Grades 8-9

☀ Mon-Thu | Jun 10-Jul 31 | time varies  
23 sessions | \$150 | BHMS | EBBASK-89SD

### Skills and Drills-Grades 10-12

☀ Mon-Thu | Jun 10-Jul 31 | time varies  
23 sessions | \$150 | BHMS | EBBASK-1012SD

## Eagan Wildcat Dance Team Camp (grades K-8)

Join the Eagan High School Wildcats competition dance team for summer camp! Dancers will have the opportunity to stretch and learn jazz and kick technique, play games and learn three different routines including, jazz, high kick and hip hop from the Eagan dance team and coaches. Students will be grouped by age, so each dancer can be challenged at the appropriate level. Receive a t-shirt and perform in the camp show on June 27. *Head coach Nicole Lonetree Brouold has over 17 years of varsity dance team coaching experience. She is currently in her ninth season as the head coach of the Eagan Competition Dance Team, where she was also a former dance team member. She has over 20 years of dance studio experience as a dancer and instructor.*

☀ Tue-Thu | Jun 25-27 | 9:00 a.m.-noon | 3 sessions | \$90 | PW | EDTC-K8

## Eagan High School Junior Wildcat Gymnastics Camp (grades K-6)

Cartwheels, handsprings, rolls and more! Join the Eagan High School coaches and current gymnasts for a week full of fun. Learn new skills through new games and gymnastic event stations. Receive a t-shirt. Campers can sign up for one, two or all three weeks! *Coach Eklund has coached high school gymnastics for the past 31 years including the past nine as head coach at Eagan High School where she is also a teacher. Her passion is working with kids and sharing her love for the sport of gymnastics.*

**Save \$20 for two camps** enter promo code GYM2  
**Save \$40 for three camps** enter promo code GYM3

☀ Mon-Thu | Jun 24-27 | 9:30 a.m.-noon | 4 sessions | \$80 | EHS | EGYM-K6A

☀ Mon-Thu | Jul 15-18 | 12:30-3:00 p.m. | 4 sessions | \$80 | EHS | EGYM-K6B

☀ Mon-Thu | Jul 29-Aug 1 | 9:30 a.m.-noon | 4 sessions | \$80 | EHS | EGYM-K6C

## Eagan Wildcat Baseball Camp (grades 2-8)

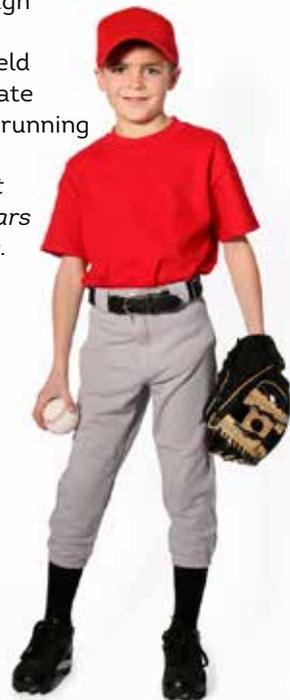
Have fun playing baseball while improving skills through station activities, skill games and challenges. Learn fundamentals of throwing, catching, infield and outfield play along with pitching. Improve your skills at the plate while learning fundamentals of hitting, bunting, base running and offensive strategies. *Coach Butler is the Eagan boys baseball coach. He played and later coached at Concordia University, St. Paul. He also played six years of professional baseball, two with the St. Paul Saints.*

### Grades 2-5

☀ Mon-Wed | Jul 15-17 | 8:30-11:30 a.m.  
3 sessions | \$150 | EHS | EBASE-25

### Grades 6-8

☀ Mon-Wed | Jul 15-17 | 8:30-11:30 a.m.  
3 sessions | \$150 | EHS | EBASE-68



## Eagan Swim Camp (boys and girls, grades 7+)

Continue to develop skills and passion for competitive swimming! Improve on all skills in the pool needed for middle and high school season. Geared toward improving strength and speed in the water while focusing on skill and technique. Middle school, high school and college swimmers looking for summer training are encouraged to attend! Designed for athletes with any level of competitive swimming experience. *Coach Michelson is the head coach for the girls swim team at Eagan High School.*

☀ Mon-Thu | Jun 10-Jul 18 | 6:15-8:00 a.m.  
20 sessions | \$120 | DHMS | ESWIM-712

## District 196 Boys Lacrosse Face Off and Shooting Camp (grades 3-9)

Take part in a unique combination of shooting and face off skill instruction designed to teach, challenge and push you to be your best. Learn shooting and face off skills, while replicating the speed and intensity of a game environment. Learn about shot selection and placement, proper mechanics for a good shot and how to shoot on the run. Daily sessions will include a variety of drills and exercises ranging from skill development to positional play. *Coach Kuehn*

☀ Mon-Thu | Jun 17-20 | 1:00-2:30 p.m.  
4 sessions | \$80 | RHS | RBLAX-39

## District 196 Boys Lacrosse Defense and Goalie Camp (grades 3-9)

Focus on footwork, stick positioning, checks, and stick work for both goalies and defensemen. Become faster on the field, smarter in your decision-making and better skilled with your stick skills in passing and checks. Instruction is highlighted in drills by varsity level defensive players and varsity coaches. Work against campers from the *Face Off and Shooting Camp* held at the same time. *Coach Kuehn*

☀ Mon-Thu | Jun 17-20 | 1:00-2:30 p.m.  
4 sessions | \$80 | RHS | RLDGC-39

## District 196 Boys Lacrosse 3 v 3 Fast Break Camp (grades 3-9)

In the game of lacrosse, over 70% of goals are scored during fast break and odd man situations. Learn the skills and techniques needed to master fast break offensive and defensive situations. Daily sessions will include odd man situations, fast break drills, fast whistle restarts and small game 3 v 3 competitions. Small game situations will increase the number of repetitions and touches you will experience with the ball. Each daily session will conclude with a tournament. Prizes will be awarded. *Coach Kuehn*

☀ Mon-Thu | Jul 8-11 | 1:00-2:30 p.m. | 4 sessions | \$80 | RHS | BLAX-Rose

## Dakota United Hawks Camp (grades 3-12, alumni welcome)

Join and learn from Dakota United coaches and staff through your choice of these adapted sports camps! Along with the opportunity to participate in the camp activities, receive a t-shirt (must register by June 1 to receive t-shirt), a daily snack and a Bowling Day at Farmington Lanes on the final day from 1:00-3:00 p.m.! Participants must provide their own transportation. *Coach Kosidowski is a Dakota United Hawks coach and District 196 Adaptive Physical Education teacher.*

Open to all  
District 196  
adaptive  
athletes!

### PI Sports Camp

For returning and new Dakota Hawk players eligible for PI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 1:00-2:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312P

### CI Sports Camp

For returning and new Dakota Hawk players eligible for CI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 2:30-4:00 p.m.  
4 sessions | \$100 | RMS | DKTUH-312C

### ASD Sports Camp

Work to become successful in the athletic setting through team building and communication skills, while improving individual sport skills during competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 4:00-5:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312A

Register for  
both Shooting  
& Fast Break  
Lacrosse Camps  
and  
save \$20!  
enter promo code  
LACROSSE





# Eastview Sports Camps

District 196 Community Education is pleased to be collaborating with the Eastview High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Eastview attendance area. Head coaches and assistants have planned and prepared camp activities that will promote skill improvement and good sportsmanship, all while having fun! Participants should register for camps based on their grade for the 2019-20 school year. Due to Minnesota State High School League rules there is a one week no contact period July 1-5. No camps will be held that week unless stated otherwise. Visit [www.district196.org/ce](http://www.district196.org/ce) for specific camp information for all grades!

## District 196 Training Emphasized Swim Camp (grades 7-12)

Prepare for the upcoming high school or middle school swim season! Swimmers with previous competitive experience will perfect their strokes, starts and turns, get a good regular workout five times a week, and get and/or stay in shape for the upcoming high school swimming season. Former and future middle and high school swimmers are encouraged to attend. *Eastview head coach Mark Tollefson has over 32 years experience in coaching, has been selected multiple times as section coach of the year and has twice been nominated for coach of the year. Coach Pearson is the current Apple Valley High School head boys and girls swim coach. He has over 17 years of coaching experience.*

☼ Mon-Fri | Jun 10-Jul 26 | 6:30-8:30 a.m.  
\$250/4-6 weeks, \$187.50/3-4 weeks, \$125/1-3 weeks | FRMS | EVSWIM-712

## Eastview Lightning Boys Soccer Camp (grades 9-12)

Strive to excel as an Eastview Lightning varsity soccer player! Camp emphasizes importance of technical and tactical training, self-discipline, and teamwork in a structured and fun environment. Receive a high level of instruction where individual skills are addressed, developed and then refined. Start laying a strong foundation in July for our season this fall. *Coach Gustafson is in his 17th year as head coach. He is actively involved with MYSA and currently holds a USSF "C" coaching license and NSCAA Advanced National Goalkeeping and coaching diploma. He has led the Eastview boys soccer team to the state 2AA soccer championship three times in the past six years; earning the school's first state championship in 2012.*

☼ Mon-Thu | Jul 8-11 | 8:30-10:30 a.m. | 4 sessions | \$75 | EVHS | EVBSOC-912



## Apple Valley/ Eastview Gymnastics Summer Training (grades K-6)

Interested in learning more about the sport of gymnastics? Spend time on all four events learning the basics of the sport: from strength and flexibility to coordination. Led by Apple Valley and Eastview High School gymnasts, grow your love of being active and interested in learning more about sports and gymnastics. *Coach Stumpf is the head gymnastics coach at Eastview and Apple Valley High School.*

☼ Sat | Jul 13 | 9:00 a.m.-11:30 a.m.  
\$25 | EVHS | EVGYM-K6A

☼ Sat | Jul 13 | noon-2:30 p.m.  
\$25 | EVHS | EVGYM-K6B

## Apple Valley/Eastview Gymnastics Summer Training (grades 7-12)

Experienced gymnasts will work on all four apparatus (vault, uneven bars, balance beam, floor exercise) and gain strength through weight lifting and aerobic exercise. Experienced sixth graders invited. *Coach Stumpf*

☼ Mon-Thu | Jun 10-Jul 31 | time varies  
\$425/4 days, \$374/3 days, \$290/2 days  
EVHS | EVGYM-712

## Eastview Lightning Girls Basketball Breakfast Club (grades 8-12)

High school players, train to improve, while building team chemistry! This summer long camp will provide opportunities to develop your individual skills, team defensive/offensive concepts, and to take part in 1 v 1, 3 v 3 and 5 v 5 games. Receive a t-shirt, if registered by May 25. Official dates of workouts will be posted to the Eastview girls basketball website. *Coach Kasper*

☀ Tue-Thu | Jun 11-Jul 31 | 6:10-7:50 a.m.  
20 sessions | \$125 | EVHS | EVGBASK-812

## Eastview Lightning Girls Basketball Offensive Skills Academy (grades 4-8)

Dribble, shoot and pass! Join the Eastview girls basketball coaching staff and players to focus on your shooting, passing, ball handling and 1 v 1 moves. Receive a t-shirt. *Coach Kasper*

☀ Mon-Wed | Jul 22-24 | 12:30-3:30 p.m.  
3 sessions | \$60 | EVHS | EVGBASK-OS



## Eastview Lightning Boys Basketball Camp (grades 1-10)

Develop your basketball skills while preparing to be a part of a winning tradition! Players of all ages will benefit from the new skills, techniques and practice! Improve your game as you develop your skills and unselfish play, while learning the great game of basketball in a fun environment. Receive a t-shirt. *Coach Goetz has directed basketball camps in District 196 for over 20 years. He brings a wealth of knowledge and energy to the gym on a daily basis. He has been a head basketball coach for 19 years and has recorded over 300 wins during that time.*

### Grades 1-3

☀ Mon-Thu | Jun 10-13 | 9:00-11:30 a.m.  
4 sessions | \$100 | EVHS | EVBBASK-13

### Grades 4-6

☀ Mon-Thu | Jun 10-13 | 8:30-11:30 a.m.  
4 sessions | \$100 | EVHS | EVBBASK-46

### Grades 7-10

☀ Mon-Thu | Jun 24-27 | 8:30-11:30 a.m.  
4 sessions | \$100 | EVHS | EVBBASK-710

### Ball Handling, Shooting and Footwork Camp (grades 6-10)

Focus on shooting and footwork techniques, and develop your offensive skills through a variety of practices including breakdown drills. *Coach Goetz*

☀ Fri | Jul 5 | 9:00-11:00 a.m.  
\$40 | EVHS | EVBBASK-610

## Eastview Lightning Girls Basketball Camp (grades K-12)

Learn new basketball skills while having fun with friends and Eastview High School coaches and players! Focus on learning the fundamental skills to become a strong player. Practice your skills while participating in team contests, a 3 v 3 league and a 5 v 5 league. EVHS staff take great pride and are very excited to work with youth basketball players as they develop the Lightning winning tradition. Receive a t-shirt. *Coach Kasper is in her fourth year as the Eastview girls basketball coach, and her fifth year of holding our summer camps. She led the team to a state championship in 2018.*

### Grades K-3

☀ Mon-Thu | Jun 17-20 | 12:30-3:00 p.m.  
4 sessions | \$80 | EVHS | EVGBASK-K3

### Grades 4-7

☀ Mon-Thu | Jun 17-20 | 8:30-11:30 a.m.  
4 sessions | \$100 | EVHS | EVGBASK-47



# Eastview Sports Camps

## Eastview Lightning Baseball Camp (grades 4-7)

Don't miss out on improving your game while having fun! Each day brings a combination of individualized and group instruction as well as fun and competitive events, some including prizes, that will challenge and test your skills. Learn from the qualified Eastview High School coaching staff! Receive a t-shirt, prizes and a treat each day. *Coach Strey along with Mark Groebner have been coaching the Eastview High School varsity baseball team for the past 17 years. Coach Strey and Coach Groebner, along with the Eastview High School varsity team have extensive experience in providing a fun, instructional and positive baseball experience for the youth in the Apple Valley area during the summer.*

### Grades 4-5

☀ Mon-Thu | Jun 17-20 | 9:00 a.m.-noon  
4 sessions | \$100 | EVHS | EVBASE-45

### Grades 6-7

☀ Mon-Thu | Jun 17-20 | 9:00 a.m.-noon  
4 sessions | \$100 | EVHS | EVBASE-67

## Eastview Lightning Football Camp (grades 2-12)

Discover the skills and schemes specific to playing football at Eastview High School. Emphasis is on fundamentals, skill development and fun! Lightning football camps are facilitated by Eastview High School football coaches and held on the EVHS practice fields. Practice fundamentals and learn various concepts of the game. Receive a t-shirt! *Coach Sherwin has been involved in coaching for the past 24 years and is currently the head football coach at Eastview High School.*

☀ Mon-Thu | Jul 15-18 | 9:00 a.m.-noon  
4 sessions | \$85 | EVHS | EVFBALL-28

☀ Mon-Fri | Jul 8-12 | 9:30 a.m.-11:45 p.m.  
5 sessions | \$65 | EVHS | EVFBALL-912

## Eastview Lightning Girls Soccer Camp (grades 9-12)

Take part in an awesome soccer opportunity and meet your future teammates and coaches. Have fun playing soccer, building skills and relationships while learning from high school coaches. This four-day camp coincides with the *Storm Center Super Group* schedule and allows players to attend their club practices and games. Receive a t-shirt. *EVHS Coaches*

☀ Mon-Thu | Jul 22-25 | 9:00-11:00 a.m.  
4 sessions | \$60 | EVHS | EVGSOC-912

## Eastview Lightning Tennis Camp (grades Pre K-6)

Join Eastview High School coach Jeff Olsen for an exciting new format for learning and playing tennis. Utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, discover tennis in a way that is tailored to your age and size. Scaling the game down assists in making the learning process easier. Camp will be adjusted to meet the skill level of the athletes. Bring racquet and water bottle. Receive a t-shirt, if registered by June 8. *Coach Olsen has been the boys and girls varsity tennis coach for the past 18 years. He is excited to share his knowledge and create a fun environment for kids learning the basics of tennis.*

☀ Mon-Thu | Jun 17-20 | 9:00-10:15 a.m.  
4 sessions | \$75 | EVHS | EVTENN-1

☀ Mon-Thu | Jun 17-20 | 10:30-11:45 a.m.  
4 sessions | \$75 | EVHS | EVTENN-2

## Eastview Softball Camp (grades K-12)

Learn, develop and enhance your skills in all phases of softball. Come join the fun and learn more about hitting, fielding, teamwork and excellence! Become a better softball player by working with current Eastview softball players and coaches. Our staff is eager to help you improve and develop into the best player possible! *Coach Dwyer just finished her first year as Eastview's head coach. She holds the University of Minnesota's single season RBI record with 76 in 2017. She received All-Big Ten second-team, Big Ten All-Tournament team, Capital One/CoSIDA Academic All-District 6 Softball team, NFCA Great Lakes All-Region first-team and was an NFCA All-American Scholar Athlete. During her four years she was a part of three Big Ten Tournament championships and one regular season Big Ten Championship.*

### Grades K-3

☀ Mon-Wed | Aug 12-14 | 9:00-11:30 a.m.  
3 sessions | \$50 | EVHS | EVSOFT-K3

### Grades 4-6

☀ Mon-Wed | Aug 12-14 | noon-2:30 p.m.  
3 sessions | \$50 | EVHS | EVSOFT-46

### Grades 7-12

☀ Wed | Jun 12-Jul 31 | 8:00-10:00 a.m.  
7 sessions | \$70 | EVHS | skip Jul 3 | EVSOFT-712



## Eastview Storm Center - Strength and Conditioning Camp (grades 6-8)

Interested in increasing your athletic ability? Take part in an introduction to the weight room and receive training suitable to your age and developmental needs. Improve your athletic ability while focusing on agility training, core strengthening, basic strength training movements and speed development. Training will also encourage teamwork, enhancing character and making Eastview a more athletically competitive school. Adhering to Eastview principals, work hard and strengthen both your mental and physical toughness. Receive a t-shirt. *EVHS coaches*

☀ Mon & Wed | Jun 10-Aug 7 | 10:00-11:15 a.m. | 16 sessions | \$95 | EVHS | EVSC-68

## Eastview Lightning Volleyball SPC Camp (grades 9-12)

Work on fundamental skills, position training and competition. A great camp if you are planning on playing at the high school and are already done with your club season. *Coach Dehnel*

☀ Mon, Tue & Thu | Jun 10-27 | 7:00-8:30 a.m. | 9 sessions | \$110 | SHMS | EVBSP-912

## Eastview Lightning Volleyball Camp (boys and girls, grades K-12)

Want to learn to play the ultimate team sport? Then volleyball is for you! Come and learn the fundamentals of volleyball from Eastview High School coaches and players. Coaches will help you grow as an athlete, while learning the skills needed for passing, setting and hitting through fun drills and competitions! *Coach Dehnel brings 23 years of coaching experience, a passion for volleyball and a clear vision for mentoring Eastview student-athletes.*

### Volley Sparks Camp (boys and girls, grades K-2)

Geared towards those new to volleyball! Work on skills and games that introduce the game of volleyball in an active and fun environment. *Coach Dehnel*

☀ Mon-Thu | Jul 15-18 | 10:30 a.m.-noon | 4 sessions | \$60 | EVHS | EVVBALL-K2

### Little Bolts Camp (boys and girls, grades 3-5)

Have fun and be active, while learning about the great game of volleyball! Practice foundational skills (passing, setting, serving and hitting) and play games that reinforce these basics. *Coach Dehnel*

☀ Mon-Thu | Jul 8-11 | 10:30 a.m.-12:30 p.m. | 4 sessions | \$75 | EVHS | EVVBALL-35

### Big Bolts Camp (girls, grades 6-8)

Focus on a blend of foundational skills and competition. In addition to the general skills of volleyball, learn basic position roles and responsibilities. Play games that reinforce the skills and team concepts used in the Eastview High School program. *Coach Dehnel*

☀ Mon-Thu | Jul 8-11 | 1:30-4:00 p.m. | 4 sessions | \$110 | EVHS | EVVBALL-68

### Lightning Advanced Camp (girls, grades 9-12)

A great way to get ready for tryouts for the Eastview High School program. Experience foundational skill work, position and team training, and lots of competition. If you are thinking of trying out, you are strongly encouraged to attend. *Coach Dehnel*

☀ Mon-Thu | Jul 15-18 | 1:00-4:00 p.m. | 4 sessions | \$120 | EVHS | EVVBALL-912



# Eastview Sports Camps

## Eastview Lightning Boys Volleyball Camp (grades 6-12)

The spring of 2019 will bring the second season of high school boys volleyball in Minnesota, and Eastview is a part of it. Designed for boys of all levels to learn more about the game at a higher level. Skill training, team training and competition will be the main topics of the week. Whether looking to give organized volleyball a try for the first time, or a player planning to play on the Eastview boys team in the future - this camp will be a fun chance to bring your game to the next level.  
*Coach Dehnel*

### Grades 6-8

☀ Mon-Thu | Jun 24-27 | 1:00-3:30 p.m.  
4 sessions | \$95 | EVHS | EVBVB-68

### Grades 9-12

☀ Mon-Thu | Jun 10-13 | 2:30-5:00 p.m.  
4 sessions | \$85 | EVHS | EVBVB-912

## Eastview Lightning Fast Cross Country Camp (grades 6-8)

Learn about running technique and overall training to become the best athlete you can be. Receive individualized and group instruction, while learning from experienced varsity Eastview High School coaching staff. Leave camp with increased knowledge of running technique. Cross Country is a sport for everyone. Go lightning fast! *Coach Fischer is the head coach for Eastview track and field and cross country. She has been the head coach for over ten years.*

☀ Mon & Thu | Jun 24-Aug 19 | 6:30-7:30 p.m.  
16 sessions | \$80 | EVHS | EVCC-68

## Eastview Lightning Fast Track and Field Camp (grades 1-9)

Go lightning fast! Track and field is a sport for everyone! Learn how to run, jump, and throw better, stronger and smarter. Learn about running technique, field events and overall training to become the best track athlete you can be. Receive individualized and group instruction, while learning from experienced varsity Eastview High School coaching staff. Leave camp with increased knowledge of your personal areas of strength in track and field. Show off your new track skills by competing in a track meet on our last day! Receive a t-shirt, if registered by July 2.  
*Coach Fischer*

☀ Mon-Thu | Jul 8-11 | 9:00-11:30 a.m. | 4 sessions | \$80 | EVHS | EVTRAK-19



## 22nd Annual Eastview Lightning Wrestling Camp (grades 1-12)

Develop your wrestling skills! Learn basic fundamentals and skill development while having fun. Develop an aggressive style of wrestling, learn to compete in a supportive environment and build "Lightning Pride". Participant insured correct t-shirt size if registered by June 1 for (6-12 camp) and July 14 for (1-9 camp). *Kurt Habeck has been a social studies teacher, wrestling and football coach, and strength training coach at Eastview High School since it opened in 1997.*

### Grades 1-9, (beginner, intermediate or advanced wrestlers)

Wrestlers will develop basic fundamental wrestling skills, participate in organized activities, have fun and build "Lightning Pride".

☀ Mon-Thu | Jul 22-25 | 9:00 a.m.-noon | 4 sessions | \$60 | EVHS | EVWRES-19

### Grades 6-12, (aspiring EVHS varsity wrestlers)

Designed for athletes who have experience in the sport of wrestling. Wrestlers will train in a competitive environment developing skills and an aggressive style of wrestling. All wrestlers with experience are welcome.

☀ Mon & Wed | Jun 3-Jul 25 | time varies | 15 sessions | \$65 | EVHS | EVWRES-612

## District 196 Boys Lacrosse Face Off and Shooting Camp (grades 3-9)

Take part in a unique combination of shooting and face off skill instruction designed to teach, challenge and push you to be your best. Learn shooting and face off skills, while replicating the speed and intensity of a game environment.

Register for both Shooting & Fast Break Lacrosse Camps and save \$20! enter promo code LACROSSE

Learn about shot selection and placement, proper mechanics for a good shot and how to shoot on the run. Daily sessions will include a variety of drills and exercises ranging from skill development to positional play. *Coach Kuehn*

☀ Mon-Thu | Jun 17-20 | 1:00-2:30 p.m.  
4 sessions | \$80 | RHS | RBLAX-39

## District 196 Boys Lacrosse Defense and Goalie Camp (grades 3-9)

Focus on footwork, stick positioning, checks, and stick work for both goalies and defensemen. Become faster on the field, smarter in your decision-making and better skilled with your stick skills in passing and checks. Instruction is highlighted in drills by varsity level defensive players and varsity coaches. Work against campers from the *Face Off and Shooting Camp* held during the same time. *Coach Kuehn*

☀ Mon-Thu | Jun 17-20 | 1:00-2:30 p.m.  
4 sessions | \$80 | RHS | RLDGC-39

## District 196 Boys Lacrosse 3 v 3 Fast Break Camp (grades 3-9)

In the game of lacrosse, over 70% of goals are scored during fast break and odd man situations. Learn the skills and techniques needed to master fast break offensive and defensive situations. Daily sessions will include odd man situations, fast break drills, fast whistle restarts and small game 3 v 3 competitions. Small game situations will increase the number of repetitions and touches you will experience with the ball. Each daily session will conclude with a tournament. Prizes will be awarded. *Coach Kuehn*

☀ Mon-Thu | Jul 8-11 | 1:00-2:30 p.m. | 4 sessions | \$80 | RHS | BLAX-Rose

## Dakota United Hawks Camp (grades 3-12, alumni welcome)

Join and learn from Dakota United coaches and staff through your choice of these adapted sports camps! Along with the opportunity to participate in the camp activities, receive a t-shirt (must register by June 1 to receive t-shirt), a daily snack and a Bowling Day at Farmington Lanes on the final day from 1:00-3:00 p.m.! Participants must provide their own transportation. *Coach Kosidowski is a Dakota United Hawks coach and District 196 Adaptive Physical Education teacher.*

Open to all District 196 adaptive athletes!

### PI Sports Camp

For returning and new Dakota Hawk players eligible for PI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 1:00-2:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312P

### CI Sports Camp

For returning and new Dakota Hawk players eligible for CI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 2:30-4:00 p.m.  
4 sessions | \$100 | RMS | DKTUH-312C

### ASD Sports Camp

Work to become successful in the athletic setting through team building and communication skills, while improving individual sport skills during competitive game play. *Coach Kosidowski*

☀ Mon-Thu | Jun 24-27 | 4:00-5:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312A





# Rosemount Sports Camps

District 196 Community Education is pleased to be collaborating with the Rosemount High School coaches to host a variety of quality, exciting sports camp opportunities for youth in the Rosemount attendance area. Head coaches and assistants have planned and prepared camp activities that will promote skill improvement and good sportsmanship, all while having fun! Participants should register for camps based on their grade for the 2019-20 school year. Due to Minnesota State High School League rules there is a one week no contact period July 1-5. No camps will be held that week unless stated otherwise. Visit [www.district196.org/ce](http://www.district196.org/ce) for specific camp information for all grades.

## Irish Skills Academy - Rosemount Boys Basketball (grades K-12)

Enjoy all aspects of basketball while developing skills and expanding your knowledge of the game! Focus on skill work and training in preparation for competition at the next level. Workouts will focus on improving individual fundamentals (shooting, ball-handling, passing, defense, 1 v 1 moves), strength and conditioning, and general basketball knowledge. Players of all levels will benefit. *Coach Walsten is entering his second year as the varsity head coach at Rosemount High School. He played four years of basketball at St. Mary's University in Winona receiving MIAC All Conference Honorable Mention.*

### Grades K-1

☼ Mon-Wed | Jul 8-10 | 8:00-9:00 a.m. | 3 sessions | \$40 | HL | RBBASK-K1

### Grades 2-3

☼ Mon-Wed | Jul 8-10 | 9:00-10:00 a.m. | 3 sessions | \$40 | HL | RBBASK-23

### Grades 4-6

☼ Mon-Thu | Jun 10-27 | 12:30-2:00 p.m.  
12 sessions | \$150/3 weeks, \$55/1 week | FRMS | RBBASK-46

### Grades 7-8

☼ Mon-Thu | Jun 10-27 | 2:00-3:30 p.m.  
12 sessions | \$150/3 weeks, \$55/1 week | FRMS | RBBASK-78

### Grades 9-12

☼ Mon, Thu & Fri | Jun 10-Jul 31 | 10:00-11:30 a.m.  
20 sessions | \$175 | FRMS | RBBASK-912

### Fast Break Camp (grades 4-6)

☼ Mon-Thu | Jul 8-11 | 12:30-2:00 p.m.  
4 sessions | \$55 | RHS | RBBASK-46FB

### Fast Break Camp (grades 7-8)

☼ Mon-Thu | Jul 8-11 | 2:00-3:30 p.m. | 4 sessions | \$55 | RHS | RBBASK-78FB

### Shooting Camp (grades 4-6)

☼ Mon-Thu | Jul 15-18 | 12:30-2:00 p.m. | 4 sessions | \$55 | RHS | RBBASK-46SC

### Shooting Camp (grades 7-8)

☼ Mon-Thu | Jul 15-18 | 2:00-3:30 p.m. | 4 sessions | \$55 | RHS | RBBASK-78SC

### Introduction to Basketball Camp (grades 4-6)

☼ Mon-Thu | Jul 22-25 | 12:30-2:00 p.m. | 4 sessions | \$55 | FRMS | RBBASK-46IH

## Irish Gym - Bigger, Faster, Stronger (boys, grades 7-8)

Work with qualified trainers to enhance your overall strength and athleticism. Take part in both strength training activities and speed development. Learn the proper fundamentals for the core BFS lifts and carefully work on gradual strength gains appropriate for your body size and age. *RHS coaches*

☼ Mon, Wed & Fri | Jun 10-Aug 9 | 9:30-11:30 a.m.  
24 sessions | \$90 | RHS | RBFS-78



## Irish Gym - Intro (boys and girls, grades 5-6)

New to training? Work with Rosemount High School coaches on speed development, agility, explosiveness and core strength. All workouts will be at the RHS track. *RHS coaches*

☼ Mon, Wed & Fri | Jun 10-Aug 9 | 10:30-11:30 a.m.  
24 sessions | \$45 | RHS | RBFS-INTRO

## Irish Gym - Irish Star Program (girls only, grades 7-8)

Designed specifically for female athletes! Focus on developing core strength, improving speed, agility and explosiveness. Workouts will feature more cross training elements and less free weight lifting. Specifically designed to help volleyball, basketball, track, tennis and soccer athletes. *RHS coaches*

☼ Tue, Thu & Fri | Jun 11-Aug 9 | time varies  
24 sessions | \$90 | RHS | RBFS-STAR

## Irish Junior Elite Soccer Camp (boys and girls, grades K-5)

Players of all ability levels are encouraged and welcome to attend. Learn technical skills from coaches and players from both the girls' and boys' soccer programs. Take your game to the next level! Work on dribbling, passing, shooting, defending (tackling) and juggling. Play in age-specific games and activities that make learning the game super fun! *Coach Farrington*

☀ Mon-Thu | Jun 17-20 | 9:00-11:30 a.m.  
4 sessions | \$85 | RHS | RBSOC-K5

## Irish Elite Soccer Camp (boys and girls, grades 6-12)

Come train with some of the top coaches in the state! Join Coach Farrington and local elite club, and collegiate coaches and players for five days of intense technical training through small games. Concentrate on ball striking, first touch, higher-thinking distribution, communication, finishing, winning tackles and tactical awareness. This year's coaching staff will include: Greg Holker - Augsburg College Men's Coach/US Soccer Coach, Rob Zahl - Director of Minnesota Thunder Academy Elite Boys' Soccer/US Soccer Development Academy Coach, Mark Yueill - West Director Minnesota Thunder Academy & Development

Academy Coach and John Curtis - MYSA Director of coaching/US National Staff coach. Receive a shirt and shorts. *Coach Farrington*

☀ Fri | Jun 14-Jul 26  
9:00 a.m.-noon  
6 sessions  
\$175 | RHS  
skip Jul 5  
RBSOC-ELITE



## Irish Soccer Summer Workout (grades 7-12)

Attention all interested Rosemount High School boys' soccer players. Join coach Farrington and other RHS boys' soccer staff for five weeks of training in preparation for the 2019 fall soccer season. Find out how to best prepare for tryouts, participate in technical and tactical training, along with strength and conditioning workouts. *Coach Farrington*

☀ Mon-Thu | Jun 17-Jul 25 | 8:00-8:50 a.m.  
20 sessions | \$60 | RHS | RBSOC-712

## Irish Boys Soccer 4 v 4 Summer League (grades 7-12)

Prepare for the upcoming season by joining coach Farrington and coach Lindell in a 4 v 4 summer league. Just like we've done every summer, the league will consist of a brief warm-up followed by several short 4 v 4 games played on small fields. Overall standings will be kept, and a champion will be crowned in the end. We look forward to seeing you this summer! *Coach Farrington has coached at the club, high school and collegiate levels and is currently the head boys' soccer coach at Rosemount High School and coaches with Minnesota Thunder Academy in their Elite Boys' program and in their US Soccer Developmental Academy. He holds a USSF C license, NCSAA Goalkeeper I & II license, and has been playing/coaching for 40 years.*

☀ Mon & Wed | Jun 10-Jul 2 | 9:00-11:45 a.m. | 12 sessions | \$75 | RHS | RBSOC-4V4



# Rosemount Sports Camps

## Irish Girls Hockey Camp (grades 7-12)

Develop your skating, puck skills, hockey sense, vision and speed. Learn how to have a championship attitude and strong work ethic, while having fun. Learn how to improve all areas of your hockey game from a former Division I and professional hockey player. It is recommended that all returning and incoming high school players attend. *Coach Conboy played Division I collegiate hockey at Michigan State University. He was drafted in the NHL by the Montreal Canadiens and played professional hockey for eight seasons.*

Location: Rosemount Community Center,  
13885 S Robert Trail

### Grades 7-8

☀ Mon & Wed | Jun 10-Jul 31 | 2:30-4:45 p.m.  
14 sessions | \$325 | RGHOCK-78

### Grades 8-12

☀ Mon, Wed & Fri | Jun 10-Jul 31 | 2:30-4:15 p.m.  
20 sessions | \$425 | RGHOCK-912

## Irish Swim Camp (boys and girls, grades 6-12)

Swim training and intensive technique work and applied training that is comparable to the high school swim team. *Coach Kemna is the head coach of the girls and boys swim and dive team at Rosemount High School. He led the girls team to three consecutive conference and section titles. He earned 2014 and 2016 Section Coach of the Year.*

☀ Mon-Thu | Jul 8-11 | 8:00-10:30 a.m.  
4 sessions | \$100 | RMS | RSWIM-612

## Rosemount Irish Introduction to Wrestling Camp (grades Pre K-8)

Focus on the very basics of wrestling and see what fun and excitement wrestling has to offer! New wrestlers will receive individual attention providing a great introduction to skills at a comfortable pace. If your child has a lot of energy, this camp is for him or her! *Coach Hartwig has coached wrestling for seven years. He has one year of Division III wrestling experience and believes wrestling can help improve discipline, agility and toughness in every sport.*

☀ Mon-Thu | Jul 22-25 | noon-2:00 p.m.  
4 sessions | \$70 | RHS | RWRES-PK8

## Rosemount Girls Basketball Camp (grades K-12)

### Fundamentals Camp (grades K-3)

Learn and practice basketball with the Irish! Join Coach Orr, coaching staff and Rosemount High School players for a week of fun and skill building. Learn and improve your basketball skills by participating in games, fundamental skill work and exciting contests. Improve your basketball skills, make new friends and have fun! Receive a t-shirt. *Coach Orr is entering his sixth season as head coach of the Rosemount Irish girls varsity basketball team. He served as the assistant coach for the Rosemount High School boys program for nine years before becoming the head girls coach.*

☀ Mon-Thu | Jul 8-11 | 9:15-11:15 a.m.  
4 sessions | \$70 | RE | RGBASK-K3

### Triple Threat Club (grades 3-7, advanced 3rd grade)

Take your game to the next level! Improve individual fundamentals and building team chemistry! A typical session will consist of one hour of skill work and half hour of 1 v 1, 3 v 3, 5 v 5 games and/or team offense/defense concepts. Receive a dri-fit t-shirt. *Coach Orr*

☀ Tue & Thu | Jun 11-Jul 30 | 9:00-10:30 a.m.  
13 sessions | \$90 | RMS | RGBASK-Triple

### Un-Common Club Skill Development Camp (grades 8-12)

Improve your basketball IQ and skills while building team chemistry! A typical session will consist of one and a half hours of skill work and a half hour of 1 v 1, 3 v 3, 5 v 5 games and/or team offense/defense concepts. The main focus of the workouts will be on improving individual fundamentals and building team chemistry! Receive a dri-fit t-shirt. Camp also includes Monday, June 3, and Tuesday, June 4, after school. *Coach Orr*

☀ Mon, Tue & Thu | Jun 10-Jul 30 | 7:15-8:45 a.m.  
20 sessions | \$115 | RMS | RGBASK-812

### Offensive Skills Camp (grades 3-8)

Concentrate on shooting, ball handling, passing and 1 v 1 moves! These offensive skills will be emphasized, practiced and developed through drills, 1 v 1 games, 3 v 3 games and other contests. Awards will be included! Receive a t-shirt and individual shooting evaluation. *Coach Orr*

☀ Mon-Thu | Aug 5-8 | noon-3:00 p.m.  
4 sessions | \$80 | RHS | RGBASK-38



## Rosemount High School Boys Lacrosse Summer Camp (grades 9-12)

Weekly training sessions and summer league games will help strengthen the fundamentals and team play of the Rosemount High School boys lacrosse team. Compete against the other top teams in the state to push our program to continue the tradition of being an upper level lacrosse program. *Coach Kuehn is the head varsity coach at Rosemount High School and Team Minnesota. He teaches chemistry and physics at RHS. He appreciates the hard work and teamwork required to play the sport of lacrosse.*

☀ Tue-Thu | Jun 18-Jul 25 | 6:00-7:30 a.m.  
15 sessions | \$125 | RHS | RBLAXL-Training+League

## All Irish Lacrosse Family Night (boys, ages 7-14)

Join varsity players during their high tempo and competitive practice. All youth players will go through dynamic warm ups, learn skills for their individual positions, compete in odd man situations and learn the Irish tactics during the full team tactics and scouting session of practice. Be paired with a varsity big brother during practice. *Coach Kuehn is the head varsity lacrosse coach at Rosemount High School and a head coach for TEAM MINNESOTA. He teaches chemistry and physics at RHS.*

Tue | May 28 | 6:00-8:00 p.m. | \$25 | RHS | RLXFN-S1

Register for  
both Shooting  
& Fast Break  
Lacrosse Camps  
and  
save \$20!  
enter promo code  
LACROSSE

## District 196 Boys Lacrosse Face Off and Shooting Camp (grades 3-9)

Take part in a unique combination of shooting and face off skill instruction designed to teach, challenge and push you to be your best. Learn shooting and face off skills, while replicating the speed and intensity of a game environment. Learn about shot selection and placement, proper mechanics for

a good shot and how to shoot on the run. Daily sessions will include a variety of drills and exercises ranging from skill development to positional play. *Coach Kuehn*

☀ Mon-Thu | Jun 17-20 | 1:00-2:30 p.m. | 4 sessions | \$80 | RHS | RBLAX-39

## District 196 Boys Lacrosse Defense and Goalie Camp (grades 3-9)

Focus on footwork, stick positioning, checks, and stick work for both goalies and defensemen. Become faster on the field, smarter in your decision-making and better skilled with your stick skills in passing and checks. Instruction is highlighted in drills by varsity level defensive players and varsity coaches. Work against campers from the Face Off and Shooting Camp held during the same time. *Coach Kuehn*

☀ Mon-Thu | Jun 17-20 | 1:00-2:30 p.m.  
4 sessions | \$80 | RHS | RLDGC-39



## District 196 Boys Lacrosse 3 v 3 Fast Break Camp (grades 3-9)

In the game of lacrosse, over 70% of goals are scored during fast break and odd man situations. Learn the skills and techniques needed to master fast break offensive and defensive situations. Daily sessions will include odd man situations, fast break drills, fast whistle restarts and small game 3 v 3 competitions. Small game situations will increase the number of repetitions and touches you will experience with the ball. Each daily session will conclude with a tournament. Prizes will be awarded. *Coach Kuehn*

☀ Mon-Thu | Jul 8-11 | 1:00-2:30 p.m.  
4 sessions | \$80 | RHS | BLAX-Rose



# Rosemount Sports Camps

## Rosemount Track Club Learn-by-Doing Camp (girls and boys, grades 2-8)

Discover the sport of track and field through a multi-event approach. Learn proper warm-up and cool-down drills, speed development drills and proper running form. Rotate through various events including long jump, high jump, sprints, hurdles, endurance events, pole vault and optional throwing events. *Coach Hatleli has been the head boys track and field coach at Rosemount High School for 14 years. He has coached both the high jump and horizontal jumpers at the University of St. Thomas for the past five seasons.*

### Grades 2-4

☼ Tue-Fri | Jul 9-12 | 9:30-10:30 a.m.  
4 sessions | \$65 | RHS | RTRKT-24

### Grades 5-8

☼ Tue-Fri | Jul 9-12 | 10:30 a.m.-noon  
4 sessions | \$65 | RHS | RTRKT-58

## Girls Fitness Club (grades 3-5)

Join us for a fun opportunity to develop self-confidence through fitness. Cross-training style workouts will be scaled to accommodate those new to fitness as well as those with significant team or individual sport experience. Focus on coordination and body awareness, running technique, body weight strength development, first step quickness, flexibility and much more! *Coach Hatleli has been a teacher and coach at Rosemount High School for 17 years. She was the section track and field coach of the year in 2016, 2017 and 2018. She was selected the 2017 Minnesota Track and Field Coach of the Year.*

☼ Tue & Thu | Jun 11-Aug 1 | 10:00-11:00 a.m.  
14 sessions | \$60 | RHS | RGOFC-35

## Queens of the Court Volleyball League (grades 4-9)

Join this fun and educational league where teams of four play against other teams of similar caliber. Receive lots of touches on the ball in a relaxed, but competitive environment. Teams consist of four players on the floor at a time, but can include more to cover for vacations and other conflicts. Each week teams play for one hour starting at 6:30, 7:30 or 8:30 p.m. All players must register. *Coach Vitek*

☼ Wed | Jul 10-Aug 7 | 6:00-10:00 p.m.  
5 sessions | \$25 | RHS | RVBQL-49

## Irish Volleyball Camp (grades 3-12)

Improve your volleyball skills and understanding of the game. Focus on skill development including passing, setting, attacking, defensive and serving along with team play (serve, receive, offense and defense) in a competitive and fun environment. Receive a t-shirt, if registered by June 1. *Coach Vitek is the Rosemount High School head volleyball coach. She has over ten years of coaching experience at the college, high school and youth levels, along with over 20 years of playing experience at the high school, college and recreational levels.*

### Future Stars - Novice (grades 3-6 with little experience)

☼ Mon-Thu | Jul 22-25 | 3:00-5:00 p.m. | 4 sessions | \$70 | RHS | RVBALL-36

### Rising Stars (grades 5-9 with some playing experience)

☼ Mon-Thu | Jul 22-25 | 1:00-3:00 p.m. | 4 sessions | \$70 | RHS | RVBALL-59

### Elite (grades 10-12; grade 9 by invite only)

☼ Mon-Thu | Jul 22-25 | 10:00 a.m.-12:30 p.m. | 4 sessions | \$70 | RHS | RVBALL-1012

## Dakota United Hawks Camp (grades 3-12, alumni welcome)

Join and learn from Dakota United coaches and staff through your choice of these adapted sports camps! Along with the opportunity to participate in the camp activities, receive a t-shirt (must register by June 1 to receive t-shirt), a daily snack and a Bowling Day at Farmington Lanes on the final day from 1:00-3:00 p.m.! Participants must provide their own transportation. *Coach Kosidowski is a Dakota United Hawks coach and District 196 Adaptive Physical Education teacher.*

Open to all  
District 196  
adaptive  
athletes!

### PI Sports Camp

For returning and new Dakota Hawk players eligible for PI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☼ Mon-Thu | Jun 24-27 | 1:00-2:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312P

### CI Sports Camp

For returning and new Dakota Hawk players eligible for CI division competition. Skill development and competitive play for soccer, floor hockey and softball will be the main emphasis. New Hawks (grades 3-6) are encouraged to attend to learn rules, develop skills and make friendships prior to participating in seventh grade. Returning Hawks are encouraged to attend to continue developing skills and work on competitive game play. *Coach Kosidowski*

☼ Mon-Thu | Jun 24-27 | 2:30-4:00 p.m.  
4 sessions | \$100 | RMS | DKTUH-312C

### ASD Sports Camp

Work to become successful in the athletic setting through team building and communication skills, while improving individual sport skills during competitive game play. *Coach Kosidowski*

☼ Mon-Thu | Jun 24-27 | 4:00-5:30 p.m.  
4 sessions | \$100 | RMS | DKTUH-312A

# Hobbies & Languages

## Project Runway 2019

(grades 4-8)

Sew away to Project Runway, a fashion show. Exhibit projects, designs and crafts made with your own hands, style and flair! Make and take home multiple projects: swim suit cover-up, mini messenger bag,



earbud case and personalized sewer's handbook. Discover the basics of hand and machine sewing, measuring, pinning and cutting patterns. Invite your family and friends to the last day of class for a runway show that will command attention and dazzle. A stitch in time saves nine, so sign up early. *Youth Enrichment League staff believe that every young person is endowed with special gifts and instructors are trained to help students nurture these.*

☀ Mon-Fri | Jun 17-21 | 9:00 a.m.-noon | 5 sessions | \$149 | FRMS | YELPR-U1

☀ Mon-Fri | Aug 12-16 | 9:00 a.m.-noon | 5 sessions | \$149 | FRMS | YELPR-U2

## From Seed to Table Garden Camp (ages 7-12)

Young gardeners will be guided and create learning opportunities according to what's happening in our garden season. Whether through planting, weeding, harvesting, learning about pollinators or food preservation in the kitchen, young gardeners use your skills and abilities to generate healthy foods and nutritious produce to be shared with one another and The Open Door pantry. Grow plants while growing with one another in a unique and fun learning environment. Engage the garden-to-table experience! *The Open Door is a non-profit hunger relief organization dedicated to ending local hunger through access to fresh, healthy food. Instructors are experienced gardeners.*

Location: 3910 Rahn Rd, Eagan

☀ Mon-Thu | Jun 24-27 | 9:00 a.m.-noon | 4 sessions | \$115 | YODGC-U1

## Summer Chess Camp (grades 1-6)

Procure the necessary tools to win at the game of chess. All levels welcome. Beginners learn piece movement, capturing, check, checkmate, castling and more; returning students study intermediate lessons (i.e. pins, forks, back rank mates); advanced students study elimination of defense, opening theory and other advanced concepts. An in-class tournament will be held the last day of class.

☀ Mon-Fri | Jul 29-Aug 2 | 9:00 a.m.-noon | 5 sessions | \$125 | FRMS | YELCC-U1

## Mission Impossible-Chinese and Spanish Language Camps (grades 1-6)

Action and intrigue surround this week's language camps! Using stealth strategies of cracking codes, overcoming obstacle courses and treasure hunting for clues will all contribute to solving a puzzling mystery abroad. Work together to beat the clock before time runs out, by utilizing Concordia Language Villages immersion strategies of games, music, movement and teamwork to learn and practice Chinese or Spanish. All language levels are welcome! *Concordia Language Villages instructors incorporate experiential learning with emphasis on language proficiency and culture.*

### Chinese grades 1-3

☀ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon  
5 sessions | \$190 | FRMS | YCLVC-U113

### Chinese grades 4-6

☀ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon  
5 sessions | \$190 | FRMS | YCLVC-U246

### Spanish grades 1-3

☀ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon  
5 sessions | \$190 | FRMS | YCLVS-U113

### Spanish grades 4-6

☀ Mon-Fri | Jul 8-12 | 9:00 a.m.-noon  
5 sessions | \$190 | FRMS | YCLVS-U246



# Music

## Pitch Perfect Singing Camp (ages 6-11)

Do you love to sing and dance? Through hands-on activities and musical games, develop a greater understanding of the basic principle of healthy singing and expand on important musical concepts such as expression, dynamics, movement, rhythm, harmony and reading music. Pitch Perfect offers a structured and positive environment to explore your voice, while nurturing a sense of teamwork that is critical to the successful music-making in an ensemble. *Greg Douma and April Rios are District 196 teachers and collaboratively created the Pitch Perfect Singing Camp curriculum. Greg has been a music teacher for 18 years, 14 at Eastview High School. April teaches at Diamond Path. In 2006, Greg founded the Allegro Choral Academy as a way to offer children in the community a vibrant outlet for their musical gift.*

☼ Mon-Thu | Jun 17-20 | 9:00 a.m.-noon  
4 sessions | \$125 | EVHS | YACPP-U1

## Piano Adventures Camp (ages 8-10)

Are you interested in music and want to know more? Learn to play the piano. Have fun working together as a group and individually to grow your piano and music skills. Rhythm activities, music games and reading music are all part of the fun! The grand finale is a recital put on for families and friends on the last day. Portable keyboards are provided. Students should have a keyboard at home to practice on. *Linette Werner has been a piano instructor of all ages for more than 20 years*

☼ Mon-Thu | Jul 15-18 | 12:45-2:00 p.m.  
4 sessions | \$139 | Accent Note Studio | YLWGP-U2

☼ Mon-Thu | Jul 22-25 | 12:45-2:00 p.m.  
4 sessions | \$139 | Accent Note Studio | YLWGP-U1



## Group Guitar Lessons (ages 9-15)

Learn how to read music, TABs (musical notations indicating where to put fingers on guitar), and discover the chords and scales it takes to become a guitar player. Bring your own guitar, music will be provided. *Matt Iverson is the owner of Music Magic. He has been teaching and playing guitar for more than 20 years.*

Mon | Apr 8-May 20 | 5:30-6:30 p.m.  
6 sessions | \$69 | SHMS | skip Apr 22 | YMIGG-S1

☼ Mon | Jun 10-Jul 15 | 5:30-6:30 p.m.  
5 sessions | \$59 | FRMS | skip Jul 1 | YMIGG-U1

## Music Electronics and Recording (ages 10+)

Have you ever wondered how music is mixed in a studio? Satisfy your curiosity, and learn about the electronics used to record vocals and make CDs. Discover how to use a mixing board, edit and auto tune bad notes, and how to use different effects to sweeten sound. Understand studio effects, including looper pedals and synthesizers. Make your own CD with music you record and upload your music to the web. Previous musical experience is not required. *Matt Iverson*



Location: Music Magic, 16312 Fishing Ave West, Rosemount

Tue | Apr 16-May 21 | 6:00-7:00 p.m. | 6 sessions | \$45 | YMIME-S1

☼ Tue | Jun 18-Jul 30 | 6:00-7:00 p.m. | 6 sessions | \$45 | skip Jul 2 | YMIME-U1

## 28th Season!

### South of the River Orchestra

Spring Concert! Public Welcome!

Thu | May 30 | 7:00 p.m. | EVHS

#### Simply Strings (grades 1-5)

Experience a wonderful world of strings and play with others preparing beautiful group pieces. The quarter culminates with a performance at the South of the River Orchestra concert. Appropriate for students with playing experience through book level one on a stringed instrument. *Michelle Opseth graduated from Luther College with a degree in music performance and education. While there, she served as concert mistress of the Luther College Symphony Orchestra. Michelle has performed with the Rochester (MN) Symphony Orchestra and plays regularly on her church worship team. She especially enjoyed spending one year traveling with a music ministry team to West Africa. Michelle has taught private lessons for 33 years.*

Tue | Apr 2-May 28 | 5:00-6:00 p.m.  
8 sessions | \$89 | SHMS | YSRBS-S1

#### Philharmonic (grades 6-8)

Enrich your musical experience. Players with string, woodwind, bass or percussion instrument experience will enjoy expanding their orchestral playing. Rotating sectional rehearsals are 6:00-6:30 p.m., unless otherwise noted.

Tue | Apr 2-May 28 | 5:00-6:00 p.m.  
8 sessions | \$89 | SHMS | YSRPH-S1

#### Symphony (grades 8-12)

String and band students attend weekly rehearsals, which include high quality curriculum and music. Our fast-paced rehearsals cover a wide variety of classical music, plus music from movies and Broadway musicals. Rotating sectional rehearsals are 6:00-6:30 p.m. and will help you to hone your musical skills in preparation for quarterly concerts. *Susan Jacobson is the artistic director of the South of the River Orchestra program. She has a Bachelor of Science in Music Education from Winona State University and has directed several orchestras and choirs, and performed in civic orchestras and ensembles.*

Tue | Apr 2-May 28 | 5:00-6:00 p.m.  
8 sessions | \$89 | SHMS | YSRYS-S1



### Music Together Demonstration (parents and children birth-5 yrs)

Experience the joy of making music! Try a **free** demo Music Together class. Only one demo per family. Register your child only.

Location: Apple Valley Community Center (AVCC), 14603 Hayes Rd

Sun | Mar 17 | 4:00-4:45 p.m. | YMTD-S1 ☀ Tue | Jun 11 | 9:30-10:15 a.m. | YMTD-U1

Tue | Mar 19 | 10:30-11:15 a.m. | YMTD-S2 ☀ Sun | Jun 16 | 4:00-4:45 p.m. | YMTD-U2

Wed | Mar 20 | 9:30-10:15 a.m. | YMTD-S3 ☀ Tue | Jun 18 | 6:00-6:45 p.m. | YMTD-U3

Wed | Mar 20 | 6:00-6:45 p.m. | YMTD-S4 ☀ Wed | Jun 19 | 10:30-11:15 a.m. | YMTD-U4



### Music Together (parents and children birth-5 yrs)

Sing, dance, play, learn! Award-winning music and movement for babies, toddlers, preschoolers and the grown-ups who love them. Experience delightful ways to interact musically with your child that are designed to support his or her music growth and overall development. Class fee includes CD, a code to download music, song book and parents materials. For more information on the curriculum, go to [MusicTogetherClasses.org](http://MusicTogetherClasses.org) or call 651-439-4219. Infants under eight months attend free with paid sibling. *Music Together in the Valley is directed by Clarice Wilson. Clarice has been teaching and directing Music Together for seven years and has earned a "Level One Certification" from the national-level Music Together organization.*

Location: Apple Valley Community Center (AVCC), 14603 Hayes Rd

Sun | Mar 31-Jun 9 | 4:00-4:45 p.m.  
10 sessions | \$186, \$99 add'l child | skip Apr 21 | YMT-S1

Sun | Mar 31-Jun 9 | 5:00-5:45 p.m.  
10 sessions | \$186, \$99 add'l child | skip Apr 21 | YMT-S5

Tue | Apr 2-Jun 4 | 9:30-10:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S2

Tue | Apr 2-Jun 4 | 10:30-11:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S3

Wed | Apr 3-Jun 5 | 9:30-10:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S4

Wed | Apr 3-Jun 5 | 10:30-11:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S6

Wed | Apr 3-Jun 5 | 6:00-6:45 p.m.  
10 sessions | \$186, \$99 add'l child | YMT-S7

☀ Sun | Jun 23-Aug 18 | 4:00-4:45 p.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 7 | YMT-U1

☀ Tue | Jun 25-Aug 20 | 10:00-10:45 a.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 2 | YMT-U2

☀ Tue | Jun 25-Aug 20 | 6:00-6:45 p.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 2 | YMT-U3

☀ Wed | Jun 26-Aug 21 | 10:00-10:45 a.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 3 | YMT-U4



# Nature, Science & Outdoors

## Dynamite Dinosaurs (ages 3½-6 yrs)

Journey back to a world where dinosaurs ruled the earth. Become a paleontologist to learn how enormous or small these amazing creatures were, plus participate in a mini dino dig. Have a dynamite time with hands-on experiments, studying fossils and much more during your journey back in time. *Science Explorers instructors are dedicated to helping children learn about their world through science!*

☼ Tue-Thu | Jul 23-25 | 9:00-11:00 a.m.  
3 sessions | \$59 | AVCC | YSEDD-U1

## Mixture Magic (ages 3½-6 yrs)

Pour, measure, mix and stir! Explore the world of chemistry by mixing safe ingredients together. Create slime while learning about polymers, have fun with magical crystals while learning about absorption, plus formulate your own mixtures through exploration. *Science Explorers instructor*

☼ Tue-Thu | Jun 24-27 | 10:00 a.m.-noon  
3 sessions | \$59 | AVCC | YSEMM-U1

## Destination Mars: Rocketry Course (grades 2-5)

Launch and watch your very own rocket speed 300 feet into the air! Make and take home multiple rockets of varying difficulty throughout this session. Use these rockets and airplanes to investigate basic aeronautical concepts including: propulsion, thrust, lift, drag and more. Hypothesize about travel in outer space, how to get a United States astronaut to Mars and life on Mars. Please bring two empty, two-liter soda bottles for two different experiments. *Youth Enrichment League staff believe that every young person is endowed with special gifts and instructors are trained to help students nurture these.*

☼ Mon-Fri | Jun 24-28 | 9:00 a.m.-noon  
5 sessions | \$135 | FRMS | YELDM-U1



## Explore the Cosmos (families, ages 5+)

Join us for an evening under the night sky. Explore Leo to Hercules, searching out star clusters, nebula and, perhaps, a nearby galaxy. A large telescope will be provided. Meets outdoors so please dress for the weather. Make-up date is Friday, May 10, if the weather is cloudy. *Stephen Engel holds a physics degree from the University of Minnesota and enjoys astronomy and computer science. Steve has been an instructor for over 20 years and has taught thousands of students.*

Fri | May 3 | 8:30-10:00 p.m. | \$20 per family | BHMS | YSEEC-S1

## Space Challenge/Rocketry Express 2019 (grades 1-8)

Start off with a bang as you witness a demonstration of the potential of rocket fuels. Explore an “out of this world” adventure as you learn how astronauts train, prepare for a mission, and live and work in space. Experiment with “Alka Seltzer” and pop bottle rockets, and build and launch your own model rocket, while learning about the worlds beyond our Earth. Learn about the history of space flight and the future NASA missions. Observe and follow the astronauts, as they live and work on the international space station. All day campers will be challenged with this and more seeing how aerodynamics can affect the flight of a rocket. Special guests (all campers) and possible field trips (all day campers) will enhance the experience. Space Challenge t-shirt provided. The week concludes with a family stargazing event on Friday, August 9. Free model rocket launch day Saturday, August 10, 9:00 a.m. to noon. *Stephen Engel and District 196 staff*

### Half Day

☼ Mon-Fri | Aug 5-9 | 9:00 a.m.-noon | 5 sessions | \$109 | FRMS | YSPAC-U1

### Full Day

☼ Mon-Fri | Aug 5-9 | 9:00 a.m.-4:00 p.m. | 5 sessions | \$199 | FRMS | YSPAC-U2

## Rocketry Express (all ages)

Continue the adventure of Space Challenge. Invite family and friends. Open to everyone who has a model rocket to launch or just come to watch. Bring your own rocket and supplies; a launch system will be provided. Check-in begins at 9 a.m. with launches starting at about 10:00 a.m. Co-sponsored with the Boy Scouts of America.

☼ Sat | Aug 10 | 9:00 a.m.-noon | Free! | FRMS | YRE-U1

# STEM Science, Technology, Engineering & Math

## Fab Lab Explorers (grades 3-5)

Design and program your very own video game and control it with your imagination! Use various tools in the Fab Lab to bring your ideas to life. Try your hand at programming through Scratch, 3-D design and printing using TinkerCad, electronic circuits with MakeyMakey and sticker making using the vinyl cutter. *Brian Martin is a seventh and eighth grade computer technology electives teacher at Valley Middle School of STEM and is in his 15th year of teaching. Luke Podmers is a District 196 technology and engineer teacher, and Fab Lab coordinator at Valley Middle School of STEM.*

☀ Mon-Thu | Jul 15-18 | 8:00-11:00 a.m.  
4 sessions | \$129 | VMS | YFLE-U1

## Fab Lab Makers (grades 6-8)

Ever dreamed of designing your own product? Use the various tools in the Fab Lab to bring your ideas to life. Learn the design process and basic engineering principles to take an idea from design to prototype, using equipment such as the laser engraver/cutter, 3-D printer, vinyl cutter and more. *Brian Martin and Luke Podmers*

☀ Mon-Fri | Jul 15-19 | noon-3:00 p.m.  
5 sessions | \$129 | VMS | YFLM-U1

## Fab Lab Makers (grades 9-12)

Ever dreamed of designing your own product? Use the various tools of the FabLab to bring your ideas to life. Learn the design process and basic engineering principles to take an idea from design to prototype, using equipment such as the laser engraver/cutter, 3-D printer, vinyl cutter and more to bring your creations to life. *Kerry Blaine and Chris Lee are District 196 teachers in the Fab Lab at Apple Valley High School.*

☀ Mon-Thu | Jun 17-20 | 8:00-11:00 a.m.  
4 sessions | \$129 | AVHS | YFLM-U3

## **new** Internet of Things Electronics and Coding Camp (grades 8-12)

Have you ever wanted to know how your personal electronic devices work? Explore the "Internet of Things" in Apple Valley High School's International Fab Lab! Learn how real products like Nest Thermostats and Ring Video Doorbells interact with your smart phone and other smart technologies. Enjoy hands-on fun learning and working with Arduinos kits. Learn to code on the computer and be able to interface with your Arduino robots! *Kerry Blaine and Chris Lee*

☀ Mon-Thu | Jun 24-27 | 8:00 a.m.-11:00 p.m. | 4 sessions | \$99 | AVHS | YAVEC-U1

## STEM Summer 2019 Sampler (grades 2-5)

Explore STEM topics with fun and engaging experiments and activities for summer. Discover chemistry as you learn about chemical reactions versus physical changes with sloppy, slimy and foamy mixtures. Build and use technology as you go undercover and become a spy, and unlock secret messages and create simple spy tools. Investigate engineering and math as you build simple machines using LEGO® and K'nex while solving engineering challenges. Join us for exciting experiments, activities and projects to take home. *Science Explorers instructors are dedicated to helping children learn about their world through science!*

☀ Mon-Thu | Jun 24-27 | 1:00-3:00 p.m. | 4 sessions | \$75 | FRMS | YSESS-U1

## Extreme Chemistry ... Mystery Challenges (grades 1-5)

Are you ready to get messy with some extreme chemistry experiments? Step into the science lab to solve our mystery challenges! Investigate polymers, rates of reaction, density, chemical indicators and more to help solve the mysteries. Hands on ... so be sure to dress for a mess! *Science Explorers instructor*

☀ Mon-Thu | Jul 22-25  
1:00-3:00 p.m. | 4 sessions | \$75  
FRMS | YSEEC-U1



**For three-hour or longer classes or camps,  
please bring a beverage and a nut-free snack.**



# STEM Science, Technology, Engineering & Math

## **new** Coding and Brick Engineering (ages 5+)

Take an adventurous journey to learn programming and coding using the world famous Scratch visual language, a program developed by MIT Media Lab. Learn STEM-based engineering principles by building a variety of fun-filled motorized models using LEGO® Bricks and Technic® elements with themes such as space exploration, cranium contraptions and interesting inventions. Participate in team building, group games and recess activities to provide time for shared fun and camaraderie. *Bricks 4 Kidz instructors believe that kids learn best through activities that engage their curiosity and creativity.*

☀ Mon-Thu | Jun 24-27 | 9:30 a.m.-12:30 p.m.  
4 sessions | \$125 | FRMS | YB4K-U1

☀ Mon-Thu | Aug 12-15 | 9:30 a.m.-12:30 p.m.  
4 sessions | \$125 | FRMS | YB4K-U2



## Camp Invention (grades 1-6)

Register through National Inventors Hall of Fame at [www.invent.org](http://www.invent.org).

Activities give participants the opportunity to explore, discover and achieve while having fun! Local educators facilitate program modules and enthusiastic high school students serve as Leadership Interns, ensuring that one staff member is in place for every eight children. Receive a complimentary Camp Invention t-shirt. During the supercharged program, young innovators will spend their time:

- Exploring the electrifying relationship between frequency, circuitry, motors and gears through reverse-engineering, and rebuilding their very own remote-controlled robot.
- Unearthing hidden fossils then building ships and innovative equipment to embark on a research expedition to uncover more exciting information about their discovery.
- Coding and programming robot, Bot-ANN-E, to take on duties and help turn a polluted wasteland into a fruitful farm and successful business.
- Collaborating with the Innovation Force®, a team of NIHF Inventors turned action-packed superheroes, to design superhero gadgets and disguises, explore the fields of engineering and fabrication, and take on the sinister villain, the Plagiarizer.

Fee/Registration: 4 sessions | \$255 | Register at [www.invent.org](http://www.invent.org)

☀ Mon-Thu | Jun 17-20 | 8:00 a.m.-4:00 p.m. | HL

☀ Mon-Thu | Jun 24-27 | 8:00 a.m.-4:00 p.m. | OR

☀ Mon-Thu | Jul 8-11 | 8:00 a.m.-4:00 p.m. | OR

## A--MAZE--ing Fun! (grades 4-6)

Create and build mazes using Q-Ba Maze Cubes, Keva Planks, LEGOS® and more. Design your very own maze in a box using a variety of materials. Will your marble or Hexbug be able to make it through your maze of twists and turns? Strengthen basic engineering, strategy and fine motor skills as well as expand creativity and logical thinking. Get ready for A--MAZE--ing fun! Supplies included. *Cheryl Biebighauser has been an elementary teacher for over 35 years in the Roseville school district. She has a passion for creating STEM activities for students.*

☀ Mon-Thu | Jun 24-27 | 1:00-2:00 p.m. | 4 sessions | \$59 | FRMS | YCBAF-U1

## Intro to Coding with Super Heroes (grades 1-3)

Create your own video game! Choose your storyline with favorite superheroes as your stars; add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Practice math, logic and programming by putting your video game talents to work! The game will be in an animated Flash format, viewable in most internet browsers. Bring a jump drive to the last day of class or files can be emailed to parents. *Tech Academy instructors are trained to use technology as a tool to enhance the educational process, engage students and prepare them for the future.*

☀ Mon-Thu | Jun 10-13 | 1:00-4:00 p.m. | 4 sessions | \$129 | FRMS | YCESH-U1



## Robotic Builders: Sports and Adventure (grades K-3)

Learn basic programming skills, simple engineering concepts and how to use robot components. Models may include a soccer player, goal keeper, helicopter and

racer. Build LEGO® models featuring motors, tilt sensors, motion detectors and USB Robotics Hub. *Tech Academy instructors*

☀ Mon-Thu | Jun 10-13 | 9:00 a.m.-noon  
4 sessions | \$119 | FRMS | YCERB-U1

## Elementary Engineering (grades 3-6)

Explore, investigate and solve problems while learning about the building blocks of mechanical engineering. Work in pairs and enjoy hands-on activities with high emphasis on building techniques while developing an understanding of the mechanical principles of pulleys, levers, gears and wheels. *Tech Academy instructors*

☀ Mon-Thu | Jun 17-20 | 1:00-4:00 p.m.  
4 sessions | \$119 | BHMS | YCEEE-U1

## Multi-Player Minecraft: Map Builder (grades 2-6)

Work as a team to create a custom multi-player adventure map that features monster spawners, hidden armor and more! Design an in-game dungeon or build a castle to explore. Learn the internal language of Minecraft and use it on yourself and others in a multi-player server. Teleport, trap and prank each other using a variety of different commands and command block types. *Tech Academy instructors*

☀ Mon-Thu | Jun 17-20 | 9:00 a.m.-noon  
4 sessions | \$129 | BHMS | YCEMB-U1

## **new** Java Minecraft Modding: Infinity Gauntlet (grades 3-7)

Alter the world around you with the real stone, defeat the ender dragon with the power stone and halve the universe using all six infinity stones. Shape the world to your will and make the universe “perfectly balanced”. Use the Java programming language to create Thanos armor and a working infinity gauntlet. You should be comfortable with keyboarding and playing Minecraft. At the end of class, take home your mods. Bring a USB drive each day. *Tech Academy instructors*

☀ Mon-Thu | Jun 24-27 | 1:00-4:00 p.m. | 4 sessions | \$129 | FRMS | YCEJM-U1

## **new** Pokemon Movie Making (grades K-3)

Work on a stop-motion animated Pokemon movie! Pick your favorite characters to star in your mini movie. Action figures, props and backdrops will be available for filming in class. Handle all the technical details including using a digital movie camera, filming scenes, doing stop-motion animation, digital editing, adding finishing touches, special effects and transitions to the movie. Bring a USB drive on the last day. *Tech Academy instructors*

☀ Mon-Thu | Jun 24-27 | 1:00-4:00 p.m. | 4 sessions | \$119 | FRMS | YCEPM-U1

## Crazy Gears and Wheels (grades K-2)

Learn about engineering and the physical science principles behind different action machines. Work in teams and build crazy wheeled and geared contraptions that spring into action! Make tops, spinners, zip lines, rubber band powered cars, crimping cars and other crazy contraptions. *Tech Academy instructors*

☀ Mon-Thu | Jun 24-27 | 9:00 a.m.-noon | 4 sessions | \$119 | FRMS | YCECG-U1

## Robotics: Jedi and Imperial Droids (grades 3-7)

Use a built-in light sensor, motor and sound to bring droids to life! Create familiar Star Wars droids or use the Force to create droids of your design. Use the Robotic Mindstorms Droid and Dark Side Developer Kit to build and experiment with up to six different models. Possible models include the Micro-Walker, L8GO Trainer, Starfighter and X-Walker. *Tech Academy instructors*

☀ Mon-Thu | Jun 24-27 | 9:00 a.m.-noon | 4 sessions | \$119 | FRMS | YCERJ-U1

## Engineering: Solar, Hydro and Wind Powered (grades 3-7)

Build cars, cranes, drawbridges and more from LEGO® kits. Operate them using alternative energy sources. Work in teams and experiment with wind, water and solar panels. Projects include waterwheel, windmill, Ferris wheel and solar car. *Tech Academy instructors*

☀ Mon-Thu | Jul 15-18 | 9:00 a.m.-noon | 4 sessions | \$129 | FRMS | YCEES-U1



# STEM Science, Technology, Engineering & Math

## Intro to Game Coding (grades 1-3)

Create an interactive 2-D video game using your favorite characters! Choose characters from Undertale, Pokemon, Nintendo®, Minecraft and even classic characters like Donkey Kong, Pac-Man™, Sonic and Mario! Bring a USB drive to save your games on the last day. *Tech Academy instructors are trained to use technology as a tool to enhance the educational process, engage students and prepare them for the future.*

☼ Mon-Thu | Jul 8-11 | 1:00-4:00 p.m.  
4 sessions | \$129 | FRMS | YCEGC-U1

## Advanced Engineering: Animatronics and Pneumatics (grades 3-7)

Explore, investigate and solve problems! Build learning models; then be challenged to customize and improve your projects. Investigate the principles of design, mechanisms, pneumatics, pressure, prototyping, energy and many more! *Tech Academy instructors*

☼ Mon-Thu | Jul 8-11 | 1:00-4:00 p.m.  
4 sessions | \$119 | FRMS | YCEAE-U1

## new Battle Royale Game Coding (grades 4-7)

Create your own battle royale game for you and your friends. Customize the map, set your characters and create upgrades to scatter across the world by learning coding and game design. Use your skills to achieve a Victory Royale! Bring a USB drive on the last day to save your games. *Tech Academy instructors*

☼ Mon-Thu | Jul 8-11 | 9:00 a.m.-noon  
4 sessions | \$129 | FRMS | YCEBR-U1

## Junior Engineering and Building (grades K-3)

Do you like building things and figuring out how things work? Work in pairs and enjoy hands-on activities using LEGO® Gears and special LEGO Technic engineering components that incorporate math, science and creativity. Projects may include mini mechanical concept models: a moving dragon, scale, clown, crane, car, fan, merry-go-round and more! *Tech Academy instructors*

☼ Mon-Thu | Jul 8-11 | 9:00 a.m.-noon | 4 sessions | \$119 | FRMS | YCEJE-U1

## Star Wars™ Jedi Movie Making (grades 1-5)

Star Wars comes to life! Work on a stop-motion animated LEGO® Star Wars movie. Star Wars action figures, LEGO bricks and backdrops will be available for filming in class. Handle all of the technical details including using a digital movie camera, filming scenes, doing stop-motion animation, digital editing and adding finishing touches, special effects and transitions to the movie. Bring a USB jump drive on the last day of class. *Tech Academy instructors*

☼ Mon-Thu | Jul 15-18 | 1:00-4:00 p.m. | 4 sessions | \$119 | FRMS | YCESW-U1

## Minecraft Game Designer: Dungeons (grades 2-6)

Reinforce problem-solving skills and spatial cognition through learning to create in-game dungeons and treasure maps! Learn about concepts in programming and game design. Immerse yourself in creativity, exploration and cooperative learning experiences. *Tech Academy instructors*

☼ Mon-Thu | Jul 22-25 | 1:00-4:00 p.m.  
4 sessions | \$129 | FRMS | YCEDD-U1

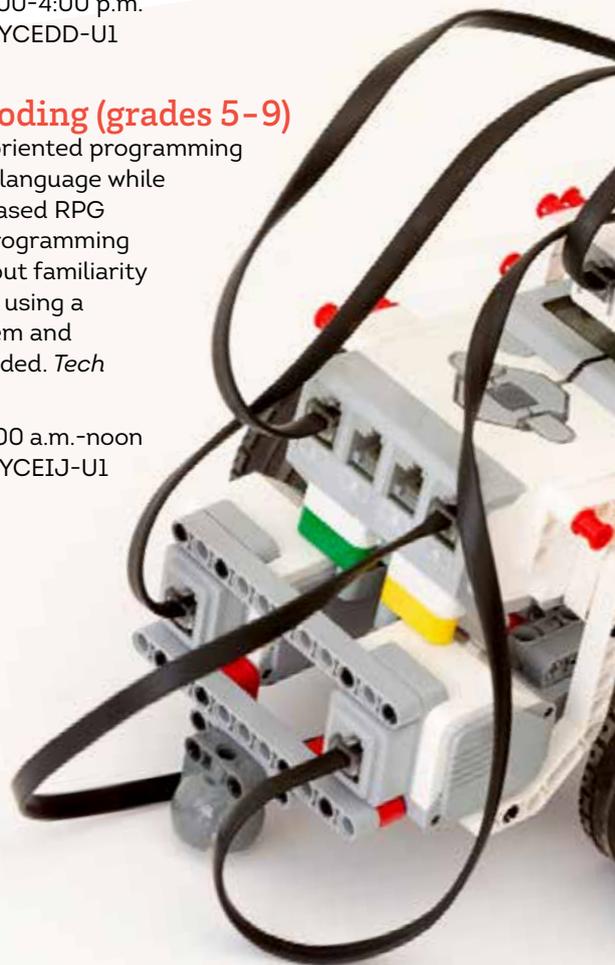
## new Intro to Java Coding (grades 5-9)

Be introduced to object-oriented programming and elements of the Java language while learning to code in text-based RPG (Roleplaying Game). No programming experience is necessary, but familiarity with doing common tasks using a computer operating system and keyboarding is recommended. *Tech Academy instructors*

☼ Mon-Thu | Jul 22-25 | 9:00 a.m.-noon  
4 sessions | \$139 | FRMS | YCEIJ-U1



For three-hour or longer classes or camps,  
please bring a beverage and a nut-free snack.



## Unreal Game Engine Development (grades 5-9)

Learn real-world game development skills using the same program that the pros and indie game developers use. Use Blueprint, a revolutionary visual scripting language, to develop gameplay mechanics, UI, visual effects, artificial intelligence and more! Bring a USB drive to save your games. *Tech Academy instructors*

☀ Mon-Thu | Jul 29-Aug 1 | 9:00 a.m.-noon  
4 sessions | \$129 | FRMS | YCEUG-U1

## Extreme EV3 Robotics Tournament (grades 3-7)

Use the EV3 Mindstorm Robotics Systems and special LEGO® Technic engineering components to build extreme competitive robots. Work in small teams to control your robots with EV3 programming. Modify the programs and builds, and be challenged to morph your projects into better, stronger and faster robots to compete in a tournament on the last day. *Tech Academy instructors*

☀ Mon-Thu | Jul 29-Aug 1 | 1:00-4:00 p.m.  
4 sessions | \$119 | FRMS | YCERC-U1

## Multiplayer Minecraft: City Builder (grades 1-5)

Collaborate with friends to construct a city! Take home your completed world file at the end of class.

Beginners and experienced Minecrafters alike will love this action-packed camp! *Tech Academy instructors*

☀ Mon-Thu  
Aug 5-8  
1:00-4:00 p.m.  
4 sessions | \$129  
FRMS | YCECB-U1

## Digital Film Production: Special Effects (grades 4-8)

Learn film editing basics and how to use Hollywood-style special effects techniques. Possible special effects learned in class: animated laser, custom light sword, pulp sci-fi crawl and hyperdrive effects. Final projects will be emailed to parents or bring a USB jump drive on the last day of class. *Tech Academy instructors*

☀ Mon-Thu | Aug 5-8 | 9:00 a.m.-noon | 4 sessions | \$129 | FRMS | YCEDF-U1

## Video Game Coding (grades 3-6)

Get hands-on experience developing your own video game! Create a version of Asteroids from scratch using Construct 2, a visual coding platform that teaches the basics and structure of programming. Games created in class will be available online or bring a USB drive for immediate access. *Tech Academy instructors*

☀ Mon-Thu | Aug 12-15 | 9:00 a.m.-noon | 4 sessions | \$129 | FRMS | YCEVG-U1

## Robotic Builders: Robo-Coder (grades 2-6)

Use LEGO® WeDo Robotics System to build and learn to code your own robotic creations! Work in teams to program and modify robotic models using LEGO bricks drag-and-drop interface. After building models, you will be walked through coding exercises and then challenged to improve the WeDo code. *Tech Academy instructors*

☀ Mon-Thu | Aug 12-15 | 1:00-4:00 p.m. | 4 sessions | \$129 | FRMS | YCERC-U1

## new Ultimate Hovercrafts - Air Blast Engineering (grades 2-5)

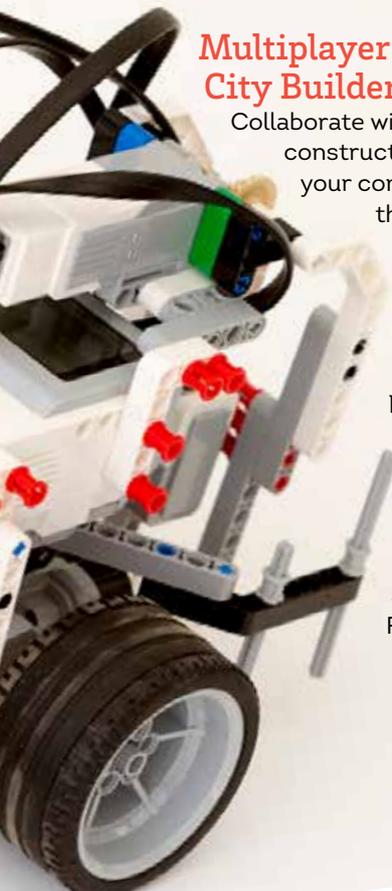
Explore the power of air like never before! Build a super cool hovercraft (to take home!), have a blast experimenting with pressurized car launching, learn to harness the power of air in engineering, create pneumatic machines and much more! *TechTacToe instructors spread technology knowledge through high quality, kid-friendly classes that motivate and get young minds excited about technology, computers and science.*

☀ Mon-Thu | Jun 10-13 | 9:00-11:55 a.m. | 4 sessions | \$145 | FRMS | YTTUH-U1

## Electronics Unleashed - Build a RC Car! (grades 1-3)

Discover circuits and electricity the fun way. Build a RC car to race your friends, gain an understanding of circuits and electronic components, and have a blast with "voltage loaded" interactive experiments as you discover the secret forces of electricity. Basic Windows and keyboarding skills recommended. *TechTacToe instructor*

☀ Mon-Thu | Jun 24-27 | 1:00-4:00 p.m. | 4 sessions | \$140 | FRMS | YTTEU-U1



# STEM Science, Technology, Engineering & Math

## **new** Movie Producer: Avengers and Pokemon Adventures (grades 1-5)

Technology meets creativity! With over 40 Avengers and other popular characters for you to choose from, it's up to your small team to produce a stop frame movie, including developing the characters and set. Then it's lights, camera, action! Use amazingly friendly stop motion software. Take home your movie and lots of fun memories! Bring a USB jump drive to save your work. *TechTacToe instructors spread technology knowledge through high quality, kid-friendly classes that motivate and get young minds excited about technology, computers and science.*

☼ Mon-Thu | Jul 8-11 | 9:00-11:55 a.m.  
4 sessions | \$135 | FRMS | YTTMP-U1

## Extreme Movie Making (grades 1-5)

Make your own super cool girly stop frame movie using LEGO® Friends, Elves and more characters! Work in small teams to develop characters, story and create a short movie using stop motion software. Take home your movie and lots of fun memories! Please bring a USB jump drive to save your work. *TechTacToe instructor*

☼ Mon-Thu | Jul 8-11 | 1:00-4:00 p.m.  
4 sessions | \$135 | FRMS | YTTMM-U1

## **new** Coder Squad! Robots and Video Game Programming (grades 2-5)

New to coding? Program a robot and take home a fun video game programmed by you! Use a friendly programming language developed by MIT, tiptoe into the powerful world of programming as you not only program a video game, but also a robot with artificial intelligence. Basic Windows and keyboarding skills recommended. *TechTacToe instructor*

☼ Mon-Thu | Jun 17-20 | 9:00-11:55 a.m.  
4 sessions | \$139 | BHMS | YTTCS-U1

## **new** Fortnite Game Design (ages 8-12)

Don't just play Fortnite, learn the game engine used to create the game. Use your creative ideas to design, build and make your own scenery and landscape using Fortnite inspired assets. Typing and mouse skills recommended. No gaming will be done in class. *TechTacToe instructor*

☼ Mon-Thu | Jun 17-20  
1:00-4:00 p.m.  
4 sessions | \$149  
FRMS | YTTFG-U1

## Ultimate Robotics for Kids (grades 1-4)

Work in pairs, explore logic, pattern recognition and math concepts as you get challenged in building increasingly sophisticated designs. Develop basic programming techniques using custom-made programming blocks in PCs. Use the latest WeDo 2.0 system that LEGO® has to offer! Enjoy a hands-on experience using gears, axles and connector blocks! *TechTacToe instructor*

☼ Mon-Thu | Jun 24-27 | 9:00-11:55 a.m. | 4 sessions | \$129 | FRMS | YTTUR-U1

## Roblox Game Development (grades 3-6)

Learn to create and develop multiplayer games using the Roblox Studios Software. Use an asset library to create a Capture the Flag game. You will have a game ready to share with friends, and the skills and knowledge required to continue exploring game development at home. Basic Windows and keyboarding skills required. *TechTacToe instructor*

☼ Mon-Thu | Jul 15-18 | 9:00-11:55 a.m. | 4 sessions | \$149 | BHMS | YTTRG-U1



**new** **T3 STEM Squad: Bricks and Robots (grades K-3)**

Have a blast programming Ozobots, building cool machines using LEGO® bricks and more! Have a STEMtastic summer getting engaged in amazing projects! *TechTacToe instructor*

☀ Mon-Thu | Jun 10-13 | 1:00-4:00 p.m.  
4 sessions | \$139 | FRMS | YTTBR-U1

**new** **T3 STEM Squad: Concoctions and Inventions (grades K-3)**

Are you ready to have a messy fun summer? Explore chemical reactions in a super fun slimy way as you create all kinds of ooey goeey, sticky, bouncy, slimy mixtures. Solve fun engineering problems and so much more! *TechTacToe instructor*

☀ Mon-Thu | Jul 22-25 | 1:00-4:00 p.m.  
4 sessions | \$139 | FRMS | YTTCI-U1

**new** **T3 STEM Squad: Loco-Motion! (grades K-3)**

Go loco-fun this summer as you tinker, brainstorm and solve cool engineering challenges that move! You and your team will be put to the test to create the fastest ... everything including a catamaran, land yachting, rocket car and many more fun, fast-paced adventures! *TechTacToe instructor*

☀ Mon-Thu | Aug 5-8 | 1:00-4:00 p.m.  
4 sessions | \$139 | FRMS | YTTLM-U1

**Engineering Aeronautics and Drones! (grades 2-5)**

Explore flight like never before flying drones and engineering amazing flying machines! Learn about the state of the art of flying robotic technology, the four Forces of Flight, Bernoulli's principle, the effect of properties of air on aircraft and much more! Practice flying drones, hone your skills and join an aerial competition! Engineer multiple aircraft designs to take home - from gliders to propeller propelled planes. Bring a LEGO® Minifigure for a surprise project! *TechTacToe instructor*

☀ Mon-Thu | Jul 29-Aug 1 | 9:00-11:55 a.m.  
4 sessions | \$145 | FRMS | YTTAD-U1

**new** **Glam Lab - Fun Science for Girls (grades 1-4)**

Fizzy bath bombs! Shimmering lip balm! Soaps! Shower dough! Glam goo! Exfoliating salt scrub! Where science meets glam, you and your besties will have a blast concocting all types of beauty and bath products, and more while you learn the science behind them all. Add a pinch of imagination and create super cool packages and ads to take home your very own personal creations. *TechTacToe instructor*

☀ Mon-Thu | Jul 29-Aug 1 | 1:00-4:00 p.m. | 4 sessions | \$145 | FRMS | YTTGL-U1

**Jr. Engineer: Battle Bots (grades 1-4)**

Have a blast engineering amazing battle bots to battle other teams! With tons of gears, LEGO® Technic pieces and moving parts for you to lay hands on, small teams will create a battle bot, rescue bot, racing car and more! Battle your friends, improve your design and test again. An awesome way to enjoy a funengineering summer! *TechTacToe instructor*

☀ Mon-Thu | Aug 5-8 | 9:00-11:55 a.m. | 4 sessions | \$139 | FRMS | YTTBB-U1

**new** **Varsity Builders Camp (grades 1-5)**

Build a robotic DogBot, a motorized BugBot, geared up racer and a scary bat, all using LEGO® bricks. Use these projects (and more) to investigate engineering concepts. Have fun, too, with open-ended, creative projects. *Youth Enrichment League staff believe that every young person is endowed with special gifts. They offer many extracurricular classes in both public and private school settings.*

☀ Mon-Fri | Jun 17-21 | 9:00 a.m.-noon | 5 sessions | \$129 | FRMS | YELLX-U1

**new** **Robotics Junior 2.0 (grades 1-5)**

Build a seeing-sensing robot using LEGO® bricks, then program it to complete unique tasks and challenges. Build a rescue helicopter to find animals in need of assistance and message headquarters with status updates. Learn basic engineering and computer coding concepts. *Youth Enrichment League instructor*

☀ Mon-Fri | Jul 22-26 | 9:00 a.m.-noon | 5 sessions | \$119 | FRMS | YELRJ-U1



# Do it together!

## Music Together Demonstration (parents and children birth-5 yrs)

Experience the joy of making music! Try a **free** demo Music Together class. Only one demo per family. Register your child only.

Location: Apple Valley Community Center (AVCC), 14603 Hayes Rd

Sun | Mar 17 | 4:00-4:45 p.m. | YMTD-S1      ☀ Tue | Jun 11 | 9:30-10:15 a.m. | YMTD-U1  
Tue | Mar 19 | 10:30-11:15 a.m. | YMTD-S2      ☀ Sun | Jun 16 | 4:00-4:45 p.m. | YMTD-U2  
Wed | Mar 20 | 9:30-10:15 a.m. | YMTD-S3      ☀ Tue | Jun 18 | 6:00-6:45 p.m. | YMTD-U3  
Wed | Mar 20 | 6:00-6:45 p.m. | YMTD-S4      ☀ Wed | Jun 19 | 10:30-11:15 a.m. | YMTD-U4

## Music Together (parents and children birth-5 yrs)

Sing, dance, play, learn! Award-winning music and movement for babies, toddlers, preschoolers and the grown-ups who love them. Experience delightful ways to interact musically with your child that are designed to support his or her music growth and overall development. Class fee includes CD, a code to download music, song book and parents materials. For more information on the curriculum, go to [MusicTogetherClasses.org](http://MusicTogetherClasses.org) or call 651-439-4219. Infants under eight months attend free with paid sibling. *Music Together in the Valley is directed by Clarice Wilson. Clarice has been teaching and directing Music Together for seven years and has earned a "Level One Certification" from the national-level Music Together organization.*

Location: Apple Valley Community Center (AVCC), 14603 Hayes Rd

Sun | Mar 31-Jun 9 | 4:00-4:45 p.m.  
10 sessions | \$186, \$99 add'l child | skip Apr 21 | YMT-S1  
Sun | Mar 31-Jun 9 | 5:00-5:45 p.m.  
10 sessions | \$186, \$99 add'l child | skip Apr 21 | YMT-S5  
Tue | Apr 2-Jun 4 | 9:30-10:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S2  
Tue | Apr 2-Jun 4 | 10:30-11:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S3  
Wed | Apr 3-Jun 5 | 9:30-10:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S4  
Wed | Apr 3-Jun 5 | 10:30-11:15 a.m.  
10 sessions | \$186, \$99 add'l child | YMT-S6  
Wed | Apr 3-Jun 5 | 6:00-6:45 p.m.  
10 sessions | \$186, \$99 add'l child | YMT-S7  
☀ Sun | Jun 23-Aug 18 | 4:00-4:45 p.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 7 | YMT-U1  
☀ Tue | Jun 25-Aug 20 | 10:00-10:45 a.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 2 | YMT-U2  
☀ Tue | Jun 25-Aug 20 | 6:00-6:45 p.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 2 | YMT-U3  
☀ Wed | Jun 26-Aug 21 | 10:00-10:45 a.m.  
8 sessions | \$156, \$79 add'l child | skip Jul 3 | YMT-U4



## Home Alone (parents and children ages 8-11)

Prepare for being home alone ... for a few minutes, several hours or all day. Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and how to deal with home-alone feelings. Fee includes a Home Alone workbook. Please register child. *Katie Grundstrom is a second grade teacher with a BA in elementary education and a masters degree in curriculum and instruction.*

Sat | Apr 6 | 10:00-11:15 a.m.  
\$25 | SHMS | YPCHA-S1

## Not Me! Women's Safety and Self Defense Training (girls, grade 12 and parent)

Be prepared for the sometimes, dangerous realities beyond high school. Learn the who, what, when, where and how assaults take place. Discover campus smart tips. Uncover best ways to prevent/avoid danger, and best ways to escape if the worst happens. Understand dangers and realities of alcohol, drugs and drugging. Explore FBI protocol on safety in public situations and what to do when weapons are involved. This is not a martial arts class, but simple, effective techniques will be presented to help keep you safe. Class is designed as a parent/child event, however, single registrations will also be accepted. *Lisa Thompson graduated from the University of St. Thomas and holds a masters in educational leadership from the University of St. Mary's in Minneapolis. She is a fifth grade teacher in the Farmington school district.*

Sat | May 4 | 9:00 a.m.-noon  
\$70 adult-child pair, \$35 add'l person  
DHMS | YLTNM-S1

## Kung Fu: (ages 5–adult)

Learn more than kicking and punching, focus on self awareness, and improve your self-esteem and confidence. Increase your strength, flexibility and endurance. Develop leadership, discipline, concentration and coordination skills for a healthy mind and body. Discover the benefits of Kung Fu for self defense and fitness. Uniform and White to Black Belt certification are optional at an additional cost payable to the instructor. Parents, don't sit on the sidelines! Sign up and participate with your child. *Si-Fu Al Lam is the director of National Treasure Kung Fu, Inc. He has more than 25 years of teaching experience with youth and adults. He was a University of Minnesota (U of M) Chinese Kung Fu Club instructor for 13 years, and has been awarded Instructor of the Year by the U of M Recreation Sports Department.*

### Beginner-Green Belt

Mon | Apr 8-May 20 | 6:15-7:00 p.m. | 7 sessions | \$79 | GL | YKNGF-S1

Thu | Apr 11-May 30 | 6:15-7:00 p.m. | 8 sessions | \$79 | DHMS | YKNGF-S2

Sat | Apr 6-May 18 | 9:30-10:15 a.m. | 7 sessions | \$79 | TL | YKNGF-S3

☀ Sat | Jun 15-Aug 3 | 9:30-10:15 a.m.  
7 sessions | \$79 | FRMS | skip Jul 6 | YKNGF-U2

☀ Mon | Jun 17-Jul 29 | 6:15-7:00 p.m.  
6 sessions | \$79 | DW | skip Jul 1 | YKNGF-U1

### 2nd Green-Black Belt

Sat | Apr 8-May 20 | 7:00-7:45 p.m. | 7 sessions | \$79 | GL | YKNGC-S1

Thu | Apr 11-May 30 | 7:00-7:45 p.m. | 8 sessions | \$79 | DHMS | YKNGC-S2

☀ Mon | Jun 17-29 | 7:00-7:45 p.m.  
6 sessions | \$79 | DW | skip Jul 1 | YKNGC-U1

### 2nd Red-Black Belts

Sat | Apr 6-May 18 | 11:45 a.m.-12:30 p.m. | 7 sessions | \$79 | TL | YKNGH-S1

☀ Sat | Jun 15-Aug 3 | 11:45 a.m.-12:30 p.m.  
7 sessions | \$79 | FRMS | skip Jul 6 | YKNGH-U1

### 2nd Green-Red Belts

☀ Sat | Jun 15-Aug 3 | 10:15-11:00 a.m.  
7 sessions | \$79 | FRMS | skip Jul 6  
YKNGD-U1

### Instruments and Sparring

Mon | Apr 8-May 20 | 7:45-8:30 p.m.  
7 sessions | \$79 | GL | YKNGE-S1

Thu | Apr 11-May 30 | 7:45-8:30 p.m.  
8 sessions | \$79 | DHMS | YKNGE-S2

Sat | Apr 6-May 18 | 11:00-11:45 a.m.  
7 sessions | \$79 | TL | YKNGE-S3

☀ Sat | Jun 15-Aug 3 | 11:00-11:45 a.m.  
7 sessions | \$79 | FRMS | skip Jul 6  
YKNGE-U2

☀ Mon | Jun 17-Jul 29 | 7:45-8:30 p.m.  
6 sessions | \$79 | DW | skip Jul 1  
YKNGE-U1

## Beginner Tae Kwon Do (ages 6+)

Enjoy a family-friendly atmosphere and experience a good physical workout and all the benefits of martial arts training, including respect, focus, discipline, self-control and more. White Belt included. T-shirts and uniforms may be purchased from the instructor. *Northwest Martial Arts instructor*

Mon | Apr 1-May 20 | 5:55-6:40 p.m.  
6 sessions | \$54 | FRMS | skip May 6, 13  
YTAEB1-S1

Tue | Apr 2-Jun 4 | 5:55-6:40 p.m. | 6 sessions | \$54  
FRMS | skip Apr 16, 30, May 14, 21 | YTAEB1-S4

Thu | Apr 4-May 30 | 5:55-6:40 p.m. | 6 sessions | \$54  
RMS | skip Apr 11, May 16, 23 | YTAEB1-S3

Sat | Apr 6-May 18 | 11:00-11:45 a.m. | 6 sessions | \$54  
RMS | skip Apr 13 | YTAEB1-S2

☀ Mon | Jun 10-Aug 12 | 5:55-6:40 p.m. | 10 sessions | \$90  
FRMS | YTAEB1-U1

☀ Tue | Jun 11-Aug 13 | 5:55-6:40 p.m. | 10 sessions | \$90  
FRMS | YTAEB1-U4

☀ Thu | Jun 13-Aug 15 | 5:55-6:40 p.m. | 9 sessions | \$81  
FRMS | skip Jul 4 | YTAEB1-U3

☀ Sat | Jun 15-Aug 17 | 11:00-11:45 a.m. | 9 sessions | \$81  
FRMS | skip Jul 6 | YTAEB1-U2

## Kenpo Karate: All Levels (ages 13+)

Learn basic karate moves and self-defense combinations. Safety awareness, self-discipline and defense are stressed, rather than aggression. Wear loose-fitting clothes. Uniforms are optional and available from the instructor for \$30. *Dennis Bechly is a 3rd degree Black Belt, has over ten years of experience in Kenpo Karate and has coached a wide variety of youth activities.*

Mon | Apr 1-May 20 | 8:15-9:25 p.m.  
8 sessions | \$55 | BHMS | YCHMPT-S1

☀ Mon | Jun 10-Aug 5 | 8:30-9:10 p.m.  
8 sessions | \$55 | BHMS | skip Jul 1  
YCHMPT-U1



# Do it together!

## Spring Craft Party (parents and children ages 18 mos-6yrs)

Here comes Peter Cottontail, hoppin' down the bunny trail. Spring has sprung! Hop on over with your favorite adult and create a bunny-themed art project surrounded by spring flowers.

*Kidcreate Studio instructor*

Tue | Apr 16 | 9:30-10:30 a.m. | \$17 | AVCC | YKCSC-S1

## Spring Art Celebration (parents and children ages 2-5)

Wash away your winter blues and celebrate the new season. Paint and collage a colorful spring bunny picture on canvas, sculpt birdies and a birdie nest, read stories and more!

*Abakadoodle instructor*

Thu | Apr 25 | 9:30-11:30 a.m. | \$29 | AVCC | YABSA-S1

## Rainbow Fish Masterpiece (parents and children ages 18 mos-6 yrs)

Do you like the book *Rainbow Fish* by Marcus Pfister? Be inspired to create an air-dry clay masterpiece with glittery scales and all. Enjoy this creative project with your favorite adult. *Kidcreate Studio instructor*

🌀 Fri | Jun 14 | 9:30-10:30 a.m. | \$17 | AVCC | YKCRF-U1

## Little Doodler "I Love Art" (parents and children ages 2-5)

Make some clay butterflies or dragonflies, create a fun horsey collage, paint lions and more! Experiment with lots of fun art materials and read some funny stories! *Abakadoodle instructor*

🌀 Fri | Jun 14-Jul 12 | 9:30-10:15 a.m.  
4 sessions | \$59 | FRMS | skip Jul 5 | YABLD-U1



## Daddy/Daughter Dance (dads and daughters ages 3-11)

Enjoy a magical night out with that special guy in your life! District 196 Community Education is hosting its twelfth annual Daddy/Daughter Dance. Dad not available? Invite your grandpa, uncle or favorite guy as your escort! Princess attire is recommended for girls, but not required. A photo keepsake will be provided for each couple. A DJ will play your favorite tunes from every era. Face Painting by Tracie will paint your face and you will have the opportunity to have your fingernails polished - all for a small additional fee. Pretty princess accessories will also be available for purchase and refreshments will be served. Register early, as space is limited. Funds raised are applied towards Community Education youth enrichment class scholarships.

Sat | Apr 20 | 6:00-8:00 p.m.  
\$35 adult-child pair, \$19 add'l child  
FRMS | YDDD-W1

## Dance Lesson for Daddy/ Daughter and/or Mother/Son (ages 7+)

Learn a few dance steps in this fun outing with your daughter and/or son! Learn the slow dance (Promenade), swing dance (Lindy), waltz box step and turn for the ladies, dance floor etiquette. *Victor Albrecht is a popular instructor for over 30 years, Victor Albrecht has taught hundreds of students how to dance. Participants find him very helpful and encouraging.*

Tue | May 7 & 14 | 6:15 - 7:00 p.m.  
2 sessions | \$15 | TL | AVADM-S1



## Bob Ross Method of Oil Painting (ages 13+)

Do you remember Bob Ross from his *Joy of Painting* series on PBS? His "Wet on Wet Technique" of painting is for all skill levels as well as for those who have never painted before. Complete an entire oil painting. Be amazed at how much fun and enjoyment this painting technique will give you! Supply fee of \$15 payable to instructor at class. *Kristi Nelson is a certified Bob Ross style of wet on wet painting. She has been teaching classes in this style for two years.*



### Sunset Paradise

Tue | Apr 23 | 6:00-9:00 p.m. | \$45 | RMS | AKNBR-S1

### Evening Glow

Wed | May 22 | 6:00-9:00 p.m. | \$45 | RMS | AKNBR-S2



### Emerald Pond

☀ Tue | Jun 18 | 6:00-9:00 p.m. | \$45 | RMS | AKNBR-U3



### Sunrise Mountain

☀ Tue | Jul 16 | 6:00-9:00 p.m. | \$45 | FRMS | AKNBR-U1



### Wilderness Retreat

☀ Tue | Aug 5 | 6:00-9:00 p.m. | \$45 | FRMS | AKNBR-U2

## Explore the Cosmos (families, ages 5+)

Join us for an evening under the night sky. Explore Leo to Hercules, searching out star clusters, nebula and, perhaps, a nearby galaxy. A large telescope will be provided. Meets outdoors so please dress for the weather. Make-up date is Friday, May 10, if the weather is cloudy. *Stephen Engel holds a physics degree from the University of Minnesota and enjoys astronomy and computer science. Steve has been an instructor for over 20 years and has taught thousands of students.*

Fri | May 3 | 8:30-10:00 p.m. | \$20 per family | BHMS | YSEEC-S1

## Rocketry Express (all ages)

Continue the adventure of Space Challenge. Invite family and friends. Open to everyone who has a model rocket to launch or just come to watch. Bring your own rocket and supplies; a launch system will be provided. Check-in begins at 9 a.m. with launches starting at about 10:00 a.m. Co-sponsored with the Boy Scouts of America.

☀ Sat | Aug 10 | 9:00 a.m.-noon | Free! | FRMS | YRE-U1



## new Goat Yoga (ages 12+)

Yes, goats will be present! Yoga uses breath and movement to improve body awareness, flexibility, strength and relaxation. Appropriate for most healthy beginners and is a great place to learn basic elements if you are new to yoga. The goats add a fun element! Sorry, no discounts. *Have Ya Herd Instructors*



Sat | May 11 | 10:00-11:00 a.m.  
\$39 | SHMS | AHYGY-S1

Sat | May 11 | 11:00 a.m.-noon  
\$39 | SHMS | AHYGY-S2



# Do it together!

## Parent/Child Golf Lessons (parents and children ages 5-14)

It's tee time! Develop the skills to learn a life-long sport to enjoy with that special adult in your life. Junior golfers and adults will gain a solid introduction to the game. Practice putting, chipping, safety, terminology, etiquette, full swing I and II. Increase confidence to feel comfortable and competent on the golf course. Fee includes: four, one-hour lessons, a \*three-hour on-course lesson, use of all equipment, a youth t-shirt and a bag tag. Makeup for rainout days in the May session will be held on June 15 and on August 10 for the July session. *Barry Wallin and staff*

Sat | 5 sessions | \$40 per person

☼ May 11-Jun 8\* | skip May 25

1:30-2:30 p.m. YBWPCG-S1  
2:30-3:30 p.m. YBWPCG-S2  
3:30-4:30 p.m. YBWPCG-S3  
4:30-5:30 p.m. YBWPCG-S4

\*choose a three-hour on-course lesson  
Jun 17, 18 or 22 | 6:00 p.m.

☼ Jul 13-Aug 3\*

1:30-2:30 p.m. YBWPCG-U1  
2:30-3:30 p.m. YBWPCG-U2  
3:30-4:30 p.m. YBWPCG-U3  
4:30-5:30 p.m. YBWPCG-U4

\*choose a three-hour on-course lesson  
Aug 12, 13 or 17 | 5:00 p.m.

## Key Log Rolling:

### A Traditional North Woods Pastime (ages 7+)

Calling all LumberJacks and LumberJills! Experience the fun and challenge of log rolling. Improve your core strength, balance, agility and cardio ... but mostly it's just fun! With the help of the yellow resistance fins (like training wheels) no prior skill or experience is necessary. Wear swimwear, rash guards or spandex style athletic wear. Participants must be comfortable being in the water.

Sat | Apr 6-13 | 12:45-1:45 p.m. | 2 sessions | \$25 | BHMS | QLOG-301

Sat | Apr 20-27 | 12:45-1:45 p.m. | 2 sessions | \$25 | BHMS | QLOG-302

☼ Mon-Thu | Jul 8-11 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-401

☼ Mon-Thu | Jul 15-18 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-402

☼ Mon-Thu | Jul 22-25 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-403

☼ Mon-Thu | Jul 29-Aug 1 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-404

☼ Mon-Thu | Aug 5-8 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-405

☼ Mon-Thu | Aug 12-15 | 2:30-3:30 p.m. | 4 sessions | \$50 | BHMS | QLOG-406



Save the Date  
Friday, August 9, 2019





## Open Swims

Bring friends and family for fun in the pool. Locker rooms are available for changing. Children ages 5 and under must be accompanied by an adult in the water. Children ages 6 to 11 must be accompanied by an adult in the pool area.

Log rolling is available for ages 7 and up for an additional fee. Log rolling improves core strength, balance, footwork, agility and cardio ... but mostly it's just fun!

### Pay as You Go Open Swim

Ages 3 & younger . . . . .	Free
Ages 4 & 5 . . . . .	\$6
Ages 6 and up . . . . .	\$7
Family . . . . .	\$18
Passes available in packs of 10 . . . . .	\$60
Take a log rolling class . . . . .	\$5
Log rolling wristband . . . . .	\$3

Fri | Apr 5-May 10 | 6:30-8:00 p.m.  
skip Apr 19 | SHMS

Sat | Apr 6-May 11 | 2:30-4:00 p.m. | SHMS

Sun | Mar 31-May 12 | 1:00-2:30 p.m.  
skip Apr 21 | BHMS

☀ Fri | Jun 14-Aug 2 | 6:30-8:00 p.m.  
skip Jul 5 | SHMS

☀ Mon-Thu | Jun 17-27\* | 1:00-2:30 p.m. | RMS



\*Free: sponsored by the First State Bank of Rosemount

### Open Swim for Women Only

Sun | Mar 31-Jun 2 | 3:30-5:00 p.m.  
skip Apr 21, May 26 | FRMS

☀ Mon, Wed | Jun 17-Jul 16 | 8:30-9:30 p.m.  
skip Jul 1 & 3 | RMS

☀ Mon, Wed | 8:30-9:30 p.m.  
Jul 22-Aug 14 | BHMS

## Rent an auditorium, a lecture room, pool, gym, field, media center or classroom!

Community Education invites you to use your facilities! School District 196 facilities are open for community use by citizens of all ages. Most District 196 facilities are available for a variety of activities, as guided by district policies.

As a service to our citizens, Community Education schedules, supervises and coordinates all community use of district facilities. Community Education provides trained on-site supervision for all community groups. In addition, certified lifeguards are provided for all pool rentals.



For more information visit  
[www.district196.org/facilities](http://www.district196.org/facilities), email [facilityuse@district196.org](mailto:facilityuse@district196.org)  
 or call 952-431-8780.

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# Register now!

## Online

Visit [www.district196.org/ce](http://www.district196.org/ce). Please add [communityed@district196.org](mailto:communityed@district196.org) to your email address book to ensure successful delivery of your confirmation.

## By phone

Use your Visa, MasterCard or Discover and call Mon-Fri 8:00 a.m. - 4:30 p.m. [952-431-8777](tel:952-431-8777) for aquatics courses, or [651-423-7920](tel:651-423-7920) for enrichment courses

## By mail, fax or in-person

For aquatics courses  
Aquatics Program Office, FRMS  
12900 Johnny Cake Ridge Rd,  
Apple Valley, MN 55124  
Fax [952-431-8769](tel:952-431-8769)

For enrichment courses  
Community Education  
15180 Canada Ave,  
Rosemount, MN 55068  
Fax [651-423-7930](tel:651-423-7930)

## Drop off

in our secure drop box, 24/7, located at 15180 Canada Ave, Rosemount



## Satisfaction is our goal!

If you are satisfied with your class, spread the word! However, please contact us if you are not satisfied with any of our classes.

## Registration Information

### Discounts

**Senior Adults** age 55 and older, may take a 10% discount on some classes. Exceptions include cooking, crafts and arts, parenting/CEUs, tours, home, yard and garden, or otherwise noted. Call [651-423-7920](tel:651-423-7920) to register and obtain discount.

**UCare Minnesota** members may take a \$15 discount on some classes. UCare ID number must be included on the registration form.

**Tuition Assistance** is available for District 196 residents. Apply for assistance by calling [952-431-8777](tel:952-431-8777) for aquatics or [651-423-7920](tel:651-423-7920) for enrichment classes.

### Refunds

#### Enrichment Classes

- Full refunds will be made if your class/tour is canceled due to low enrollment, or if the class is filled before we receive your registration.
- Refund requests received at least five working days prior to class start date qualify for a refund. Refund requests received with less than five working days receive account credit only. All refunds are subject to a \$10 processing fee per class and any costs incurred (supplies, food, tickets).
- Refunds are not issued after class has begun.

#### Aquatics Lessons and Programs

- Cancellations at least five working days prior to first class will receive account credit, less \$10 processing fee. Account credit may be used for any family member.
- Cancellations fewer than five working days prior to start and up to mid-point will receive account credit for half the class cost, less a \$10 processing fee. No refunds or credits issued after mid-point of class.
- Refunds for Red Cross courses will be subject to a processing fee; \$25 for WSI, LGI, Lifeguarding, \$10 for all others.

### Inclement Weather/Other Emergencies

If District 196 schools are closed for the day, all daytime and after-school Community Education activities are canceled. A decision about Community Education evening activities will be made by 3:00 p.m. For information visit [www.district196.org/ce](http://www.district196.org/ce), visit District 196 Community Ed on Facebook.

### Photograph & Videotape Permission

Enrollment in District 196 Community Education classes or activities constitutes permission for District 196 to take and use photographs, video and other likenesses of you and your enrolled minor child in District 196's promotional materials and publications. If you do not wish for the image and likeness of you or your minor child to be used in this manner, contact the communications department at [communityed@district196.org](mailto:communityed@district196.org) or call [651-423-7701](tel:651-423-7701).

### Donation for Learning

Give the gift of learning! Funding for scholarships is limited, but you can help others by donating dollars that will allow others to take part in a fabulous learning experience. Visit [www.district196.ce.eleyo.com](http://www.district196.ce.eleyo.com), in the search bar, enter keyword donate and select Donation to Learning.

## You can register online at [www.district196.org/ce](http://www.district196.org/ce)

or complete this form and drop off, mail or fax.

Name or Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

Race  Hispanic/Latino  American Indian/Alaskan Native

Asian  Black/African American

Native Hawaiian/Pacific Islander  White

Email \_\_\_\_\_

Would you like to be on our email list?  Yes  No

Participant Name (if different than above) \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_

Special needs, allergies or t-shirt size (if applicable): \_\_\_\_\_

Race:  Hispanic/Latino  American Indian/Alaskan Native

Asian  Black/African American

Native Hawaiian/Pacific Islander  White

Course Code \_\_\_\_\_

Title/Level \_\_\_\_\_

Location \_\_\_\_\_ Days \_\_\_\_\_

Dates \_\_\_\_\_ Start Time \_\_\_\_\_

Fee \$ \_\_\_\_\_

Minus discount - \_\_\_\_\_

**Total** \$ \_\_\_\_\_

Check (payable to District 196)  Cash

Visa/MasterCard/Discover (complete below)

Account Number \_\_\_\_\_

Signature \_\_\_\_\_

Exp Date \_\_\_\_\_ CSV Code \_\_\_\_\_





Got too much  
kids stuff?  
Need kids stuff?  
There's a sale for that.

**SELL**  
earn up to 80%  
and shop early

**SHOP**  
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(Pre-Sales April 12)  
Ames Arena  
Lakeville



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- 2004-2014 Birth Years
- June & July
- Rosemount/Apple Valley

**SAVE THE DATE FOR PLAYER ID:**

July 21 & 22: 2009-2011 Birth Years

July 28-August 4: 2001-2008 Birth Years

Registration opens in June

**SALVOSOCCER.ORG**



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CAMPS &  
LLAMA  
CAMPS  
TOO**

# Minnesota

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## Transportation

**Program Contact:**  
Jim Unger at 651-423-8482 or Julie Dubois at 651-423-8689 for MN Commercial Vehicle courses

DCTC features a driving track, unique for education in the Twin cities. The track offers the opportunity to practice driving skills in a safer environment.

- Accident Avoidance & Safe Driving
- Basic Motorcycle Rider Course
- Basic Motorcycle Maintenance
- Intermediate Rider Course
- Road Guard Course
- Moped Course
- Class B CDL Training
- Forklift Training for Organizations
- MN Commercial Vehicle Inspection  
*Initial Certification and Re-certification*

## Manufacturing & Trades

**Program Contact:**  
Meriem Aman at 651-423-8612

Manufacturing at MTC has a long history of excellence in offering innovative programming and training to individuals and businesses.

- Soldering: Intro, A610 & J-STD Certification
- Electronics/Electrical Control Theory PLC I
- Electrical Control Theory PLC II
- Advanced Electrical Control Theory PLC III
- Systems Troubleshooting
- Steam and Hot Water Boiler Operations

## Healthcare

**Program Contact:**  
Jana Kashmark 651-423-8549 or  
Ann Zimmermann 651-423-8434

The growing field of healthcare provides a large variety of fascinating and essential job opportunities. Minnesota Training Connection offers short-term open enrollment courses for those wishing to enter medical professions and working medical professionals who need to update their skills.

- Pharmacy Technician
- Limited Scope X-ray Technician
- Nursing Assistant Course
- Phlebotomy Technician
- EKG Technician
- Blood Borne Pathogens Class
- Paramedic Refresher
- EMT Refresher
- ACLS Initial & Refresher
- BLS/CPR

Learn more at [minnesotatraining.com](http://minnesotatraining.com)



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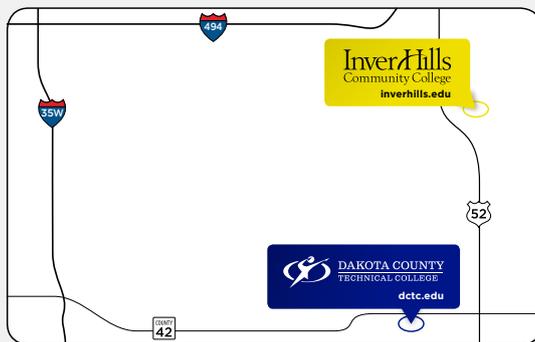
InverHills  
Community College

Dakota County Technical College and Inver Hills Community College are members of Minnesota State, and are affirmative action, equal opportunity employers and educators.



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3 - 7 P.M.



INVERHILLS.EDU • 651-450-3000  
Inver Grove Heights, MN

OPEN HOUSE  
THURSDAY, APRIL 11, 2019  
5 - 7 P.M.

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environmental, food & ag sciences...  
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 make cheese...wear waders...catch frogs

July 15-19, 2019 8 a.m.–3:30 p.m.  
 Inver Hills Community College  
 \$75 early bird registration, all inclusive  
 Need based scholarships available  
[www.inverhills.edu/agriculture/](http://www.inverhills.edu/agriculture/)



At the First State Bank of Rosemount we are a part of this community as a neighbor, a friend and as a family. We invest time and money into this community, because we are **Building Relationships that Last!**

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# THINK SUMMER

## YMCA SUMMER PROGRAMS

### SUMMER POWER Grades K – 6

Kids stay super active in this enrichment program focused on quality, small group and age-appropriate activities. This flexible summer program allows you to choose from 3-, 4-, 5-day options.

### SUMMER SPORTS CAMP Grades 1 – 6

Kids have the opportunity to build athletic skills and explore a variety of sports during week-long summer sports programs at the Y.

### SUMMER UPROAR Grades 6 – 8

Youth are encouraged to explore, increase understanding and build independence all while having fun! Choose from 3-, 4- or 5-day options.

**YMCA IN EAGAN**  
550 Opperman Drive  
Eagan, MN 55123

**YMCA IN BURNSVILLE**  
13850 Portland Ave. South  
Burnsville, MN 55337

## 11 DAYS TO SAVE DURING YMCA SUMMER BLAST OFF

Friday, April 12 – Monday, April 22

**\$25 OFF** Summer Power & Uproar Registration Fee

**\$20 OFF** Overnight Camp & Teen Wilderness Sessions

**\$10 OFF** Day Camp & Summer Sports Camp Sessions

Learn more or register online at  
[ymcamn.org/summer](http://ymcamn.org/summer)

### DAY CAMP Ages 4 – 14

Campers days are filled with meeting new friends, learning new skills and connecting with nature through meaningful outdoor experiences.

- DAY CAMP STREEFLAND
- DAY CAMP SPRING LAKE



Mary Kreger, Superintendent  
Khia Brown, Director of Community Education

School Board

- Joel Albright
- Craig Angrimson
- Art Coulson
- Sachin Isaacs
- Jackie Magnuson
- Mike Roseen
- Bob Schutte

[www.district196.org/ce](http://www.district196.org/ce)



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DISTRICT 196  
**COMMUNITY EDUCATION**  
One District. Infinite Possibilities.



A community initiative providing information and support in

**technology · health · resilience · intention · values · education · safety**

All events are **free** to attend, but please register to reserve your spot!  
visit [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920

**Angst Screening and Panel Discussion**  
**(all parents and children ages 11+)**

*Angst: Raising Awareness Around Anxiety* is a documentary that looks at anxiety, its causes and effects, and what we can do about it. *Angst* features interviews with kids and young adults who suffer or have suffered from anxiety, and what they've learned. The film also includes experts charged with helping people manage their anxiety, and those who focus on researching its causes and sociological effects, while offering tools and resources that provide hope. The project explores a conversation about anxiety from a peer-to-peer standpoint that is intimate, honest and accessible. A panel discussion of local experts will follow the 60 minute documentary.

Mon | April 8 | 6:30-8:30 p.m. | AVHS | AANGST-W1

**Ending the Tug-o-War**  
**(parents of teens/tweens)**

Sometimes parents' need for peace of mind comes into direct conflict with kids' desire for space. It can feel like a constant game of tug-o-war. This Top 20 Training will be an engaging, simple, easily understood approach to this issue. Find out how to resolve the conflicts at home in a better way. Gain some mutual understanding and agreement around these difficult situations. Replace the game of tug-o-war with a healthy give and take.

Wed | Apr 10 | 7:00-8:30 p.m. | EVHS | ATUG-W1

Sat | Apr 13 | 10:00-11:30 a.m. | EVHS | ATUG-W1



DISTRICT 196  
**COMMUNITY EDUCATION**  
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