Centennial Community Education—Discover a vacation wonderland

Activity Guide for children, youth, and adults

May-August, 2014
Welcome to Centennial Community Education’s 40th year of offering lifelong learning opportunities that suit district residents of all ages.

Make room in your jam-packed summer schedule to explore educational, recreational, social, and cultural programs through Community Education courses—enrichment classes, outings, swimming lessons, Early Childhood, Adult Basic Education, and more.

Secure on-line registration is available. Visit isd12.org/community-education.

Facility planning process nears completion

by Superintendent Brian Dietz

In April 2013 the Centennial School District began a long range facility planning process.

This comprehensive undertaking included a review of housing and enrollment projections that suggest Centennial will experience minimal changes in enrollment over the next several years. This information provided the foundation for the next steps in the process that identified educational needs, deferred maintenance items, and safety and security measures the district should address over the next few years.

The deferred maintenance and safety and security measures were shared with the Centennial School Board in March. The educational adequacy needs will be shared in April.

A summary of the plan with financing options will be presented for consideration this spring. This plan, which was founded in the district strategic planning process, will position Centennial to meet the needs of students for many years.
Community Education at a Glance

**Adult and youth courses**

Offerings for adults, youth and children to promote lifelong learning, including enrichment, creative arts, business and finance, dance, music, mind/body/spirit, outdoors, technology, fitness and sports, languages, and health and safety, are published in seasonal Community Education activity guides. The CE main office, located in Centennial High School East Building (door D14), is open 9 a.m.–3 p.m., Monday–Thursday. For courses see pages 11–38.

**Specialized Programming**

- **Aquatics**—Provides swim lessons aimed at teaching relaxation and comfort in the water, stroke skill development, diving, lifeguard training, water aerobics, open swim and more to area youth and adults. Program runs year round with limited class time in the fall and winter due to swim team use of pool. The pool is in the high school east building (door D13). See pages 42–48.

- **Adults with Developmental Disabilities**—offers social and recreational opportunities for ages 18+ with disabilities. See page 18.

- **Adult Continuing Education (ACE)**—Offers students age 16 and older basic skill instruction in reading, writing, and math; and helps adults prepare for the General Educational Development (GED) diploma and college entrance tests. Located at 4203 Woodland Road in the Centennial Area Learning Center (door C). See page 19.

- **Driver Education**—Classroom phase (30 hours) and behind-the-wheel (6 hours driving/6 hours observation) sessions offered year-round to increase understanding of basic skills, principles, and responsible driving. See page 40.

- **Early Childhood Family Education (ECFE)/School Readiness**—Provides opportunities and resources for families with children age birth to kindergarten to learn and grow together through parent and child interaction time, guided play and learning experiences, parent discussion, socializing skills, and special events. Co-located at Rice Lake Elementary (door O). See page 39.

- **School-age child care/Kids Club**—Provides child care before school and after school at all elementary schools, non-school days and during the summer to grades K–5, and a preschool program at four elementary schools. See page 41.

**Facilities**

Use of school district facilities outside of the regular school day are coordinated and reserved through community services. There is often a fee for use. Apply online at www.isd12.org/community-education or call Kathy at 763-792-6104.
## Community Education Programming

### Main Office 763-792-6100

**Adult Continuing Education**  
Gail Stone, Teacher  
763-398-2980  gstone@isd12.org

**Aquatics—pool office**  
Colleen Skoglund, Coordinator  
763-792-5240  cskoglund@isd12.org

**Community Education**  
Kim Richardson, Information/Secretary  
763-792-6100  krichardson@isd12.org  
Sharon Sculley, Coordinator-youth/adult courses  
763-792-6106  ssculley@isd12.org  
Jan Johnson, Coordinator-seniors, Adults with disabilities, marketing  
763-792-6102  jjohnson@isd12.org

**Director**  
Dr. Catherine Wyland  
763-792-6101  cwyl@isd12.org  
Jennifer Sand, Secretary  
763-792-6108  jsand@isd12.org

**Drivers Education**  
Kelly Flohaug, Coordinator  
kflohaug@isd12.org

**Early Childhood**  
Pat Gulden, Coordinator  
763-792-6120  pgulden@isd12.org

**Facilities**  
Kathy Johnson, Coordinator  
763-792-6104  kjjohnson@isd12.org

**Kids Club**  
Dawn Turnblad, Information/Billing Secretary  
763-792-6193  kidsclub@isd12.org  
Rachel McNally, Coordinator  
763-792-6110  rmcnally@isd12.org

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### Advisory Councils

The Community Education Advisory Council (CEAC) and Early Childhood Parent Advisory Council (PAC) council help identify and evaluate programming. We welcome your ideas, concerns, and questions, which can be communicated to the councils via any staff member. New members are welcome.  

**CEAC Members:**  
Nancy Bledsoe  
Robyn Hendrickson  
Shari Kunza  
Sharna Braucks  
Donna McKenny  
Leah Skurdal  
Kelly Jo McDonnell  
Gail Schrooten  
Christina Wilson  
Call Cathy Wyland for information at 763-792-6101.

**PAC members:**  
Kyle Vraa  
Lauren Allen  
Sonya Halverson  
Steve Thomas  
Karolyn Perkins  
Gail Parr-Van Zee  
Shari Page  
Samantha Johnson  
Christie Sonnek  
Call Pat Gulden for information at 763-792-6122.

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**Centennial School Board**  
Christina Wilson, Chair  
Karen Lodico, Vice Chair  
Suzy Guthmueller, Clerk  
Barb Regnier, Treasurer  
John Burns, Director  
Ray Culp, Director  
Supt. Brian Dietz, Ex officio

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Centennial Schools does not unlawfully discriminate on the basis of race, color, creed, religion, national origin, sex, marital status, parental status, status with regard to public assistance, disability, sexual orientation or age. District 12 Policy 5000 applies to all areas including employment, academics, coursework, co-curricular and extracurricular activities, or other rights or privileges of employment or enrollment. It is the responsibility of every school district student and employee to comply with this policy conscientiously. David Thacker (4707 North Road, Circle Pines, MN 55014; 763-792-5282) has been designated to handle inquiries regarding the nondiscrimination policies.
The Community Education Office is in the high school’s east campus building. Access and parking is available in the east building lower parking lot (by sports arena/pool)—door D14. Hours: 9 a.m.–3 p.m., Monday–Thursday.

ACE—Adult Continuing Education, 4203 Woodland Road (enter door C off Village Parkway), Circle Pines
BH—Blue Heron Elementary, 405 Elm Street, Lino Lakes
Bunker Hills Regional Park—CSAH 14/Main St (formerly Hwy. 242) and Foley Blvd., Coon Rapids
CALC—Centennial Area Learning Center, 4203 Woodland Road, Circle Pines
Centerville Elementary Ball Field—See CV
Chominix Golf Course—Lake Drive and Aqua Lane, Lino Lakes
CPCH—Circle Pines City Hall, 200 Civic Heights Circle, Circle Pines
CT—Centennial Elementary, 4657 North Road, Circle Pines
CT Pool—see HS/east (use entrance D13 in lower parking lot)
CV—Centerville Elementary, 1721 Westview Road, Centerville
ECC—Early Childhood Center, 575 Birch Street, Door “O” (Rice Lake Elementary)
GL—Golden Lake Elementary, 1 School Road, Circle Pines
Golden Lake Park—53 W. Golden Lake Rd., Circle Pines
MS—Centennial Middle School, 399 Elm Street, Lino Lakes
HS/east—Centennial High School, 4881 101st Lane, Circle Pines (use entrance D13 for community pool, gymnastics room)
HS/west—Centennial High School/white building, 4757 North Road, Circle Pines
RL—Rice Lake Elementary, 575 Birch Street, Lino Lakes
Vertical Endeavors—2540 Nicollet Ave. S., Minneapolis
Waldoch Farm—8174 Lake Drive, Lino Lakes
Wargo Nature Center—7701 Main Street, Hugo

Expect delays
Summer construction is tentatively planned on North Road from Lakeview Drive to Park Drive East. Road work will likely interfere with access to the main Centennial Campus. The project may be extended to include the Lever St. NE/North Road intersection. Please plan accordingly.
**CE adds inflatable water sports park to pool**—Nothing screams fun like water. Now you can crank up the fun and excitement with an inflatable balance beam, slide, bridge and ramp. See page 43 for summer open swim times.

**Senior passes available**
Free admission to all Centennial School District events and activities except playoffs, regional and state competitions. Call 763-792-6108.

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**Centennial Community Band Concert**

7:30 p.m., Friday, June 6
High School
Performing Arts Center
Donations accepted

**Truck Day and Basket Sale**

Trucks, trucks everywhere! Discover what they look like up close, climb in, touch them, and see what they do. Free.

10 a.m.–noon, Saturday, May 3
Rice Lake Elementary

The Early Childhood Advisory Council will host a silent auction and basket sale during Truck Day. Find baskets for summer fun, birthdays, Mother’s Day or Father’s Day.
Free community event
6:30–8 p.m., Wednesday, May 14
Our Savior’s Lutheran Church,
9185 North Lexington Ave, Circle Pines

Join parent educator and 2011 Minnesota Teacher of the Year, Katy Smith, and the Centennial community in a lively conversation about childhood and what kids need from it at this free event. Discover how important life skills are wired in the first years of life, and learn how you can help reclaim those skills on behalf of children. Katy is a master storyteller and community educator who will provide plenty of food for thought.

Families needing childcare can register by May 12 by calling Early Childhood at 763-792-6120. Cost is $5 per family, payable at the event.

This free event is sponsored by Centennial Early Childhood (EC) and EC Parent Advisory Council, Our Savior’s Lutheran Church, Noah’s Ark Preschool, ABC Preschool, Creative Kids Academy-Lexington, Love to Grow on Child Care Center, Especially for Children Child Care Center, Centennial Area Education Foundation, and Centennial Community Education.
24th Annual Golden Lake Gallop

Pack light for the 24th Annual Golden Lake Gallop Saturday, July 12. The gallop is open to runners and walkers of all ages. This is a fun run—no age group divisions, recognitions for top five finishers of each gender in the two, four mile and .5 mile runs. Race activities will be held in and around the lower parking lot at Golden Lake Elementary, 1 School Road, Circle Pines. Gallop coordinator: Neil Kruse. Entry fees: $20 w/T-shirt (indicate size on registration form); $10 without T-shirt. Proceeds help support the high school cross country program. To guarantee a 24th annual T-shirt participants must pre-register at least 1 week before race. Limited amount of extra shirts available on race day, first come first served. Registrations taken the day of the event (pre-registration preferred).

#8500
Schedule:
8:30 a.m. 4-mile run (twice around the lake)
8:30 a.m. 2-mile walk (once around the lake) for ages 13+; 12 and under accompanied by adult
9:15 a.m. 2-mile run (once around the lake)
9:15 a.m. Relay-2x1 mile relay teams (boys & girls entering grades 4–7) Each person runs 1 mile or half way around the lake, if you don’t have a partner, you will be paired at the beginning of the relay.
9:15 a.m. Relay—2x1 parent/child relay team (entering grades 4–7)
9:45 a.m. Youth ½ mile fun, ages 11 and younger. Course runs around block next to lower parking lot.

Explore the trails and join the search for caches by mixing nature and technology at Wargo Nature Center.

Bring the whole family to geocaching—an outdoor scavenger hunt using GPS devices to guide you to a hidden cache. These caches are small containers located throughout Wargo’s peninsula and contain fun, nature-themed activities to complete before resuming the search to another cache. Wargo staff will be present to provide instruction on how to use the provided GPS units. Cost: $7/individual; $15/family (identify number on registration form).

Saturday, June 28, 10 am–noon
Wargo Nature Center, 7701 Main St., Lino Lakes
To register, use registration form on page 50 and register for class #8549.
Special Events

HAVE A MAGIC COMBO BLAST AT YOUR NEXT PARTY

Less than $12/child

Magic Combo Inflatable Bounce/ Gymnastics Party
Throw an energized party for children ages 4–12. Guests will tumble, flip, swing and dangle in a safe, fun gymnastics environment. Host and gymnastic instructors on hand for one hour. Then head over to the inflatable bounce for 30 minutes of non-structured bouncing, jumping, climbing and sliding. End your special day with a half hour reserved for refreshments (provided by participants). Birthday child receives a T-shirt. All participants must have a parent/guardian sign a waiver to participate.

Pricing: $175 up to 15 children ages 4–12

Party times available: Saturdays, May–early August, two hours scheduled between 1–3 p.m.

Location: Centennial High School/east building (use lower level parking lot, enter door D13)

To reserve your date: Call Centennial Community Education at 763-792-6100.

Magic Combo Inflatable Bounce/ Swim Party
Relax and enjoy your child’s birthday or special occasion. Spend one hour in the indoor pool, which is specially reserved for your child and guests. Host and certified lifeguard on duty but parents/guardians must accompany swimmers who cannot swim width of the pool with front crawl, non-stop with rhythmic breathing. Then head over to the inflatable bounce for 30 minutes of non-structured fun. End your special day with a half hour reserved for refreshments (provided by participants). Birthday child receives a T-shirt. All participants must have a parent/guardian sign a waiver to participate.

Pricing: $175 up to 15 children ages 4–12

Party times available: Saturdays, May–early August, two hours scheduled between 1–3 p.m.

Location: Centennial High School/east building (use lower level parking lot, enter door D13)

To reserve your date: Call Centennial Community Education at 763-792-6100.
Adult courses
Creative Arts

Mixed Media Journal Techniques

Explore the endless possibilities of art journaling. Learn how to mix up layers of acrylic, watercolor, and spray inks. Play with stencils and masks to create interesting and vibrant backgrounds to work from. No artistic experience required, just a willingness to explore and try the techniques. Scrap bookers welcome. Leave with your own personalized papers and a small sample booklet of techniques learned. Go forth with a sense of fearlessness when it comes to starting a project. This class is intentionally messy, please dress accordingly or bring an apron. Instructor: Tari TJ Goerlitz, artist, illustrator, and printer. Check out her work at www.studiomailbox.com

#2104 Thursdays, May 8–22
6–8 p.m.
HS/east 111
3 sessions/$53 (includes art supplies)

Culinary

Honey—What’s the Buzz All About?

Did you know that baked goods made with honey are generally more moist, tender, and stay fresh longer than baked goods made with sugar? Flavor also improves as the baked goods age a day or two. There are many different flavors of honey, and each flavor affects the flavor of what you are cooking or baking. Our award-winning baker will share many of her prize-winning recipes made with honey—from cookies and cakes, to breads and more using various honey flavors and some using part sugar. This fun class will have you baking some new and different honey treats in no time and you will go home with samples. Instructor: Nancy Burgeson has over 35 years of experience as an instructor.

#4051 Wednesday, May 7
6–9 p.m.
HS/east 112
1 session/$17
(plus $12 payable to instructor at class for supplies)

Home and Garden

Grow Even Greener

Growing plants is certainly a green thing to do, but are you as green as you think? Learn ways to be more environmentally responsible and enjoy gardens, fresh veggies and have a welcoming yard. Every third bite of food depends on honeybees and honeybees are in peril. Learn how to have bountiful flowers and provide safe food pollinators. Explore how to grow fruits and vegetables for your family without using harmful chemicals. Leave with tips on saving time and money while protecting the environment. Instructor: Pam Larson Frink, horticulturist.

#2103 Wednesday, June 11
6:30–8 p.m.
HS/east 102
1 session/$19
**Private Percussion Lessons**

Learn the rudiments of drumming from the Wanamaker drum rudiment dictionary, along with drum rolls and other foundation skills. More advanced students will build skills while learning improvisation. Includes two lesson books, Remo Practice Pad with stand and drum sticks ($83 value) for new students. Instructor: Lisa Yares, has taught percussion for years, continues her own study of drumming and serves as a percussionist in a variety of community venues.

**May**
Scheduled between 4–9 p.m. (identify time preferences on registration form).

<table>
<thead>
<tr>
<th>#5230A</th>
<th>Wednesdays, May 7–21</th>
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<tbody>
<tr>
<td>3 sessions/</td>
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<tr>
<td>New students: *$126</td>
<td></td>
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<tr>
<td>Returning students: $43</td>
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**June–July**
Scheduled between 10 a.m.–3 p.m. (identify time preferences on registration form).

<table>
<thead>
<tr>
<th>#5230B</th>
<th>Tuesdays, June 10, 17, 24</th>
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<tbody>
<tr>
<td>3 sessions/</td>
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<tr>
<td>New students: *$126</td>
<td></td>
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<tr>
<td>Returning students: $43</td>
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<tr>
<th>#5230C</th>
<th>Tuesdays, July 8, 15, 22</th>
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<tr>
<td>3 sessions/</td>
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<tr>
<td>New students: $126</td>
<td></td>
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<tr>
<td>Returning students: $43</td>
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*Includes two lesson books, Remo Practice Pad with stand and drum sticks ($83 value)

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**Beginning Banjo, Guitar, Violin**
(all levels)

Work on a variety of skills specific to your ability. Must provide own instrument. Bring music you are interested in learning. Instruction addresses skill level and instrument choice. Instructor: Don Cordes, has performance experience including Springer Opera Company and has taught for several years. Identify time preferences and instrument on registration.

**May**
Scheduled between 4–9 p.m.

<table>
<thead>
<tr>
<th>#5210A</th>
<th>Wednesdays, May 6–27</th>
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<tbody>
<tr>
<td>BH A210 commons</td>
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<tr>
<td>4 sessions/$58</td>
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**June–August**
Scheduled between 10 a.m.–4 p.m.

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<tr>
<th>#5210B</th>
<th>Tuesdays, June 10, 17, 24</th>
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<tr>
<td>3 sessions/</td>
<td></td>
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<tr>
<th>#5210C</th>
<th>Tuesdays, July 1, 8, 15, 22</th>
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<tr>
<td>4 sessions/$58</td>
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<thead>
<tr>
<th>#5210D</th>
<th>Tuesdays, July 29, August 5, 12</th>
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</thead>
<tbody>
<tr>
<td>3 sessions/$43</td>
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</tbody>
</table>

*Includes two lesson books, Remo Practice Pad with stand and drum sticks ($83 value)

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**Centennial Community Band**

Own a band instrument? Looking for a place to play? Come experience the joy of ensemble music making with a wide variety of symphonic band literature, even if it has been a while since you played. This non-audition band, under the new direction of Barry Zumwalde, is comprised of musicians from the Centennial area and surrounding communities. Instrumentalists are welcome in all woodwind, brass, and percussion sections. Interested musicians are invited to try some rehearsals without obligation. The CCB suspends their rehearsal schedule for the summer and resumes after Labor Day. The next concert is 7:30 pm, Friday, June 6 in the PAC. Visit the band website, www.centennialcommunityband.org for further information.
Private Piano Lessons (beginning/intermediate/advanced)

Learn to play or improve your skills in these private half-hour lessons. Lessons include a balance of theory and practice with lessons appropriate for individual ability. More advanced students will be exposed to piano chord progressions. Method books used are Alfred and Suzuki. Instructor: Youngju (Julie) Lueck, master’s degree in piano and organ performance. Accompanist, organist and self-employed piano teacher. New students bring $15 to first class to purchase lesson lesson books from instructor.

May
Scheduled 4–8 p.m.
#5200A  Mondays, May 5–19
        RL C105
        3 sessions/$43
#5200B  Tuesdays, May 6–27
        CV C119
        4 sessions/$58
#5200C  Thursdays, May 8–29
        RL C105
        4 sessions/$58
June–August
Location: RL B107
#5200A  Mondays, June 9, 16, 23
        1:30–5:30 p.m.
        $43
#5200B  Mondays, June 30;
        July 7, 14
        1:30–5:30 p.m.
        $43
#5200C  Mondays, July 21, 28,
        August 4, 11
        1:30–5:30 p.m.
        $58
#5200D  Tuesdays, June 10,
        17, 24
        2:30–5:30 p.m.
        $43
#5200E  Tuesdays, July 1, 8, 15
        2:30–5:30 p.m.
        $43
#5200F  Tuesdays, July 22,
        29; August 5, 12
        2:30–5:30 p.m.
        $58
#5200G  Thursdays, June 12,
        19, 26
        1:30–5:30 p.m.
        $43
#5200H  Thursdays, July 10,
        17, 24
        1:30–5:30 p.m.
        $43
#5200I  Thursdays, July 31,
        August 7, 14
        1:30–5:30 p.m.
        $43

Private Voice Lessons

Focus on your singing goal in a one-on-one setting, whether its improving singing, becoming more comfortable with your voice, or learning how to enjoy singing. From basics to performance, work to create the session curriculum revolving around diction, breathing, understanding music vocabulary, sight reading, and help with performance and auditions. And don’t forget there is fun in learning to sing. Bring music you are interested in working on. Instructor: Doreen Ariola. Identify time preferences on registration.

May
Scheduled 4–9 p.m.
#5220A  Tuesdays, May 6–27
        BH C107
        4 sessions/$58
June–August
Scheduled 10 a.m.–4 p.m.
RL B102
#5220B  Tuesdays, June 10, 17, 24
        3 sessions/$43
#5220C  Tuesdays, July 1, 8, 15, 22
        4 sessions/$58
#5220D  Tuesdays, July 29, August 5, 12
        3 sessions/$43

Register up to one week prior to class start. Registration forms are on page 50. Call 763-792-6100 with questions.
### Fitness for You—Summer Session

Great value—no long term commitment. Pick and choose between any or all of the classes on pages 14–15. Attend when you want—no limit with wristband.

Cost: $99 wristband (wristbands are mailed out one week prior to first class with a calendar; absolutely no admittance without wristband)

<table>
<thead>
<tr>
<th>Class Descriptions/dates/times</th>
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<tbody>
<tr>
<td><strong>Zumba</strong></td>
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<tr>
<td>Combine Latin and international music with dance to create a dynamic, exciting, and effective cardio workout. These fun and easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body. Participants may achieve long term benefits while having an absolute blast in one exhilarating hour of calorie burning, heart racing, music pumping, and body energizing movements meant to engage and captivate for life. No dance experience required. Instructor: Shelley Bealka, Zumba certified instructor.</td>
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<tr>
<td><strong>Nordic Walking</strong></td>
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<tr>
<td>Ramp up your daily walk with Nordic Walking. This style of walking burns up to 40 percent more calories than traditional walking. It activates and strengthens the upper and lower body. Increase your cardio workout with less stress on joints. This introductory class is performed at an easy going pace. Why not add this fun, affordable activity to your fitness routine. Poles provided. Instructor:</td>
</tr>
<tr>
<td><strong>NEW Pilates in the Park</strong></td>
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<tr>
<td>This conditioning class focuses on body alignment and breathing. Exercises cover all core powerhouse muscle groups including: abs, lower back, shoulders, thighs and gluts. Pilates benefits include:</td>
</tr>
<tr>
<td>• Strengthen torso/abdominals, back, pelvis, hips, spine, shoulders and neck</td>
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<tr>
<td>• Improve joint function and ease of movement</td>
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<tr>
<td>• Flatten abdominal area</td>
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<tr>
<td>• Restore height lost due to spinal compression</td>
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<tr>
<td>• Improve posture and skeletal alignment</td>
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<tr>
<td>• Develop body awareness, transfers to other forms of movement</td>
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<tr>
<td>• Relieve chronic joint pain</td>
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<tr>
<td>• Gain athletic functioning through retraining of faulty movement patterns</td>
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<tr>
<td>• Increase sense of well-being and self-esteem</td>
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<tr>
<td>Instructor: Peggy L Kellems, Certified Master Trainer.</td>
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</table>

- **Mondays, June 23–August 4**  
  6:30–7:30 p.m.  
  5 sessions  
  Middle School gym 3
- **Tuesdays, June 24–July 29**  
  6:45–7:45 p.m.  
  5 sessions  
  Middle School gym 3
- **Tuesday, August 26**  
  6–7:30 p.m.  
  1 session  
  Wargo Nature Center, 7701 Main St. Lino Lakes
- **Tuesdays, June 10–August 12**  
  5:30–6:30 p.m.  
  10 sessions  
  Golden Lake Park
- **Thursdays, June 12–August 14, 5:30–6:30 p.m.**  
  10 sessions  
  Golden Lake Park

Cost: $99 wristband (wristbands are mailed out one week prior to first class with a calendar; absolutely no admittance without wristband)
**Open Weight Room**

Build up your strength and conditioning using a variety of weight room machines, BOSU balls, free weights, core balls, kettle bells, weighted squat bars, and more. Participants will work independently for the most part with trained staff available for guidance. Instructor: Mike Richardson.

**Advanced Sun Tai Chi for Health**

For those who have taken a beginning class. Continue receiving the many benefits of this ancient exercise in this advanced class. Keep working to improve muscular strength, flexibility and fitness learning new movements and incorporating them into what was learned in the beginning class. Instructor: Gina Porter, Tai Chi instructor and wellness specialist, trained through the Arthritis Foundation and a NETA National Exercise Training Association certified personal trainer.

**Water Aerobics**

*(no swim ability needed)*

Participate in adult water exercise class. Lose inches and improve your health. Water provides massaging action beneficial to muscle toning.

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**24th Annual Golden Lake Gallop**

Pack light for the 24th Annual Golden Lake Gallop Saturday, July 12. The gallop is open to runners and walkers of all ages. This is a fun run—no age group divisions, recognitions for top five finishers of each gender in the two, four mile and .5 mile runs. Race activities will be held in and around the lower parking lot at Golden Lake Elementary, 1 School Road, Circle Pines. Gallop coordinator: Neil Kruse. Entry fees: $20 w/T-shirt (indicate size on registration form); $10 without T-shirt. Proceeds help support the high school cross country program. To guarantee a 24th annual T-shirt participants must pre-register at least one week before race. Limited amount of extra shirts available on race day, first come first served. Registrations taken the day of the event (pre-registration preferred).

**Schedule:**

- Mondays, June 16–August 4
  - 8:30–9:15 p.m.
- Thursdays, June 19–August 7
  - 8:30–9:15 p.m.

**#8500**

- 8:30 a.m. 4-mile run (twice around the lake)
- 8:30 a.m. 2-mile walk (once around the lake) for ages 13+; 12 and under accompanied by adult
- 9:15 a.m. 2-mile run (once around the lake)
- 9:15 a.m. Relay—2x1 mile relay teams (boys & girls entering grades 4–7) Each person runs 1 mile or half way around the lake, if you don’t have a partner, you will be paired at the beginning of the relay.
- 9:15 a.m. Relay—2x1 parent/child relay team (entering grades 4–7)
- 9:45 a.m. Youth ½ mile fun, ages 11 and younger. Course runs around block next to lower parking lot.
Discover the Benefits of Essential Oils

Essential oils have been used for centuries and are considered to be some of the first medicines ever used. Learn how the naturally occurring properties of plants can be captured and included in essential oils that may then be used for therapeutic purposes. Discuss what classifies an essential oil as therapeutic grade. Outline which oils have been used to treat colds, headaches, sinus pain, general pain and depression. Our instructor will provide suggestions for replacing some over-the-counter remedies with essential oils. Instructor: Sandra Furchner.

#6043  Monday, May 5, 6–8 p.m.
#6044  HS/east 102
#6045  1 session/$15

The Scoop on Sugar

How do you feel about sugar? Do you believe it is toxic? Which is worse: sugar or fat? Do you get cravings for sugary foods? Do you find it difficult to focus and wish you had more energy to make it through the day? What’s your take on artificial sweeteners? Find answers to these questions and others while discovering what scientific studies are saying about sugar, artificial sweeteners, metabolism and cravings. Get educated, take back control and feel empowered as you learn how to live a craving-free life. Instructor: Amy Ranae, Licensed Nutritionist from Dietitian Cassie, LLC, www.dietitiancassie.com.

#6386  Tuesday, May 27
#6387  6:30–8 p.m.
#6388  HS/east 102
#6389  1 session/$19

Defensive Driving (ages 55+)

Save money on car insurance premiums and become a better driver. Minnesota law requires insurance companies to offer a 10 percent reduction for three years for drivers who complete the National Safety Council’s Defensive Driving Course, taught by professional, certified instructors. No driving or test required. Receive a certificate of completion to provide to your insurance company. Attendance at both sessions is required to receive credit. Instructor: Minnesota Safety Council.

#8100  Monday/Wednesday, May 12, 14
#8101  5:30–9:30 p.m.
#8102  HS/east 102
#8103  2 sessions/$22

Defensive Driving: Refresher Course (ages 55+)

Drivers who have taken a state approved eight-hour Defensive Driving course (55+) in the past can renew their 10 percent, three-year car insurance discount by taking this state-approved, four-hour refresher. There’s no driving and no test. Receive a certificate of completion to provide to your insurance company. Instructor: Minnesota Safety Council.

#8104  Monday, May 19, 5:30–9:30 p.m.
#8105  HS/east 102
#8106  1 session/$20
Rice Creek Adventure in Paddling

Paddle seven miles of the most scenic and wild sections of Rice Creek’s 21 beautiful miles on its way to the Mississippi River. Rice Creek is a canoeing/kayaking gem just minutes from downtown. Bring your own boat or rent one. Space and boats are limited. Identify on registration form if you are renting a kayak or canoe. You will be contacted prior to class with specifics and to ask questions. Instructor: Todd Murawski, Wargo Nature Center Naturalist.

*Lexington Ave./County Rd J put-in:
This access point is on the west side of Lexington ¼ mile south of Co. Rd. J in Shoreview. Take Co. Rd. J east off of 35W to Lexington, turn right (south). Cross over the creek and the small parking lot will be on the right. Take the 100 yard path that leads to the creek from the parking lot.

Intro to Rock Climbing

This beginning level class introduces the basics of indoor rock climbing while exposing participants to a new form of lifetime physical activity that offers the benefits of a full-body workout. Start by learning essential rock climbing skills such as knot tying, belaying, bouldering, climbing commands, gear management, and risk management. Once you master the belay, maximize climbing performance by learning basic and advance techniques in balance, body position, and footwork. Then explore advanced techniques such as rappelling. Emphasis on providing a safe and enjoyable experience in a comfortable, controlled setting. Leave with the necessary skills to belay and climb safely on your own in the facility. Must complete a Facility Waiver which will be sent to you after registration.

Golf for Women

Beginners and intermediate women golfers will explore the basics of how to swing, drive, chip, and putt. Learn the secrets of golf and take your game to the next level. Bring your own golf clubs and wear golf or tennis shoes. Chomonix has clubs to rent. Meet at the clubhouse. Instructor: Kelly Godwin-Pratt, LPGA Futures Tour and Canadian Women’s Tour member.

Register up to one week prior to class start. Registration forms are on page 50. Call 763-792-6100 with questions.
**Women’s Archery Basics (with field day)**

Join other women and learn a new lifetime sport in this non-competitive beginning archery series. Cover the basics including identifying dominant eye, proper shooting position, aim, draw and release techniques, equipment care and where to take your new skills next. Equipment provided (Genesis Compound Bows) via the Minnesota Department of Natural Resources (NASP), National Wild Turkey Federation (Struttin’ Toms Chapter), Minnesota Deer Hunters Association (Lakes Chapter), Minnesota Bowhunters, Inc. Centennial Community Education and Anoka County Youth Initiatives Grant. Instructor: Matthew Doth.

**#6363** Tuesdays, June 17–July 15
6:30–8 p.m.
5 sessions/$78
HS/east lower gym
Final session is a field day at Bunker Hills Regional Park, CSAH 14/Main St. (formerly Hwy. 242) and Foley Blvd. Coon Rapids

**Water Aerobics/Lap Swim**

No swim ability needed. Participate in adult water exercise class. Lose inches and improve your health. Water provides massaging action beneficial to muscle toning. Lap swim on your own for $2/time.

**Water Aerobics:**

**#9900A** Mondays, June 16–August 4
8:30–9:15 p.m.
Centennial pool
8 sessions/$45

**#9900C** Thursdays, June 19–August 7
8:30–9:15 p.m.
Centennial pool
$45

**Adults with Disabilities—Specialized Programming**

It’s nearly here!

Meet with old friends and discover new ones. This new program provides social, recreational and educational activities and special events for adults with disabilities.

A spring introductory event is being planned in May. Details and directions will be emailed or mailed to those interested.

To add your name to the mailing list, email jsand@isd12.org. Call 763-792-6102 to leave your mailing address.

**Expect delays**

Summer construction is tentatively planned on North Road from Lakeview Drive to Park Drive East. Road work will likely interfere with access to the main Centennial Campus. The project may be extended to include the Lever St. NE/North Road intersection. Please plan accordingly.
With Centennial ACE’s (Adult Continuing Education) help and encouragement, those age 16 and older and not enrolled in school can learn and gain confidence with free classes:

- Basic skills refresher in reading, writing, and math skills.
- Prepare in person to take the GED test (General Educational Development—the only nationally recognized high school equivalency test) with hands-on, self-paced learning with a teacher, workbooks, books for checkout and GED computer programs.
- Work with the college online preparation course, Mindquest
- Study for college entrance tests.

Achieve your goals with ACE

Centennial ACE

(Adult Continuing Education)

4203 Woodland Road, Circle Pines
(enter door C off Village Parkway)
763-398-2980 Fax: 763-717-4538 E-mail: gstone@isd12.org

Mondays and Wednesdays, 9 a.m.–3 p.m.
Tuesdays, 4:30–8:30 p.m.
Thursdays, 6–8:30 p.m.

Motivate. Invest. Soar.
Children’s courses
Getting Ready for Kindergarten
(entering kindergarten)

Participate in group and individual activities that incorporate pre-reading, writing and math skills. Classes are designed to work on academic and social skills in a fun and active atmosphere which will enhance your child’s experience entering a kindergarten classroom. Go on a short school bus ride and learn basic bus safety at the last session.

Instructor: Ann Kelling, Centennial licensed preschool teacher.

#1008 Monday–Thursday, July 14–17
9–11 a.m.
CT Kindergarten room 44
4 sessions/$45

Blastball
(ages 3–5)

Discover this fast-paced game that teaches the fundamentals of baseball and softball. Hitting, running, throwing, and fielding are covered. Parent/guardian must participate with the child during practice time. Teamwork, sportsmanship and safety will be emphasized. Each session includes instruction time and game play. Blastbase honks when you jump on it adding to the excitement to make it to first base. Bring a baseball glove. Instructor: Ben Swanson.

#6181A Thursdays, July 17–August 7
5:45–6:30 p.m.
CV ball field #1
4 sessions/$39*

#6181B Mondays, August 4–25
6–6:45 p.m.
CV ball field #1
4 sessions/$39*

*includes drawstring bag

BMX Balance Bike Camp-Strider Action 101
(ages 1–4)

Rum River BMX has added a youth track for young balance bike riders who want to feel like the big dogs but cannot pedal yet. Camp covers BMX fundamentals including “What is BMX racing?,” racing bike types, terminology, course set up, and safety. Receive hands-on riding instruction and practice on the Strider Track. Balance bikes are required; a limited amount are available at the track. Helmets are required. Wear long pants, long sleeve shirts and sturdy shoes. A limited number of helmets will be available—please inquire at the track in advance 763-444-5429. Held at Rum River BMX Track (directions will be sent after registration).

Bonus! Riders are invited to test their new skills in an USABMX sanctioned race at the track. Awards will be given in each skill level and age class. Instructor: Kevin Riedeman. A signed waiver is required and available at Community Education (will be mailed before camp starts).

Families are strongly encouraged to attend.

#6508A #6508B
Saturday, May 10
Saturday, May 17
Check in 8:30–9 a.m.;
Instruction, training and
hands-on practice from
9–10:30 a.m.
Rum River BMX Track
1 session/$14 *

#6508C #6508D #6508E #6508F
Wednesday, May 14
Wednesday, June 4
Wednesday, July 2
Wednesday, August 6
Check in: 5:30–6 p.m. class;
Instruction, training and
hands-on practice from
6–7:30 p.m.
Rum River BMX Track
One session/$14 *

*Cost includes instruction, race entry, number plate, and track fees.

Wiggle Time and Tumblers Gymnastics

Learn the basics of gymnastics while improving strength, coordination, flexibility, balance, agility, confidence, and social skills. Work on vault, floor, beam, and bars in a safe, fun, non-competitive environment where children progress at a speed that is comfortable for them. See page 32 for Wiggle Time and Little Tumblers classes.
Youth courses
## Write with Style

Writing can be fun and rewarding when you discover that learning to write in different styles is important in the education process. From letter writing to summarizing what you read, creating a piece of work that is done correctly involves knowing the components and placing them in the proper order. Learn the basic skills needed in every type of written work. Instructor: Kyle Quick.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Grade Range</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>#7529A</td>
<td>Entering grades 2–3</td>
<td>Monday, August 4</td>
<td>9–10 a.m.</td>
<td>CT conference room 115</td>
<td>$10</td>
</tr>
<tr>
<td>#7529B</td>
<td>Entering grades 4–5</td>
<td>Tuesday, August 5</td>
<td>9–10 a.m.</td>
<td>CT conference room 115</td>
<td>$10</td>
</tr>
</tbody>
</table>

## Unlock the Mystery of Reading

Understanding what you read isn’t always about what is written. Sometimes, to understand is about figuring out what isn’t there. Take a picture walk to learn what a book is about, or what to do if there are no pictures. Learn that inferring is figuring out the clues without being told what you are looking for. Discover how to look at what a word means by using context clues. Instructor: Kyle Quick.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Grade Range</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>#7599A</td>
<td>Entering grades 2–3</td>
<td>Monday, August 4</td>
<td>10–11 a.m.</td>
<td>CT conference room 115</td>
<td>$10</td>
</tr>
<tr>
<td>#7599B</td>
<td>Entering grades 4–5</td>
<td>Tuesday, August 5</td>
<td>10–11 a.m.</td>
<td>CT conference room 115</td>
<td>$10</td>
</tr>
</tbody>
</table>

## Become a Math Wizard

It’s time to sharpen those math skills with school starting up soon. Discover some simple tricks to help increase speed and accuracy on basic math skills with emphasis on multiplication. Instructor: Kyle Quick.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Grade Range</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>#7594A</td>
<td>Entering grades 2–3</td>
<td>Thursday, August 7</td>
<td>9–10 a.m.</td>
<td>CT conference room 115</td>
<td>$10</td>
</tr>
<tr>
<td>#7594B</td>
<td>Entering grades 4–5</td>
<td>Thursday, August 7</td>
<td>10–11 a.m.</td>
<td>CT conference room 115</td>
<td>$10</td>
</tr>
</tbody>
</table>

## Lego Robotics

Build and program simple robots that feature motors, motion and sensors using the LEGO® WeDo Construction Sets. Watch robots come to life when they are plugged into a computer. Explore a series of cross-curricular, theme-based activities while developing and building on a variety of skills in each class. Participants will learn to communicate, share ideas and work together. Instructor: Tim Tyler, Kids Club Site Manager.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>#7659A</td>
<td>Mondays, June 16–30</td>
<td>9:30–11:30 a.m.</td>
<td>RL TBD</td>
<td>3 sessions/$40</td>
</tr>
<tr>
<td>#7659B</td>
<td>Mondays, July 28–August 11</td>
<td>9:30–11:30 a.m.</td>
<td>RL TBD</td>
<td>3 sessions/$40</td>
</tr>
<tr>
<td>Youth Enrichment</td>
<td>Hobbies</td>
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</tbody>
</table>
| **Junior Robotic Engineers** (ages 6–8)  
Build and take home your own robot in four fun-filled meetings. Discover the world of robots inspired by science fiction writers like Isaac Asimov and Karl Capek. Learn about robot programming with Baby Steps and Sandwich programming. Program a Lego Mindstorms® RCX Robot to navigate through an obstacle course. Build an OWI Hyper Peppy Robot to take home. Instructor: Mad Science of Minnesota.  
#7640  
Monday–Thursday, July 21–24  
9 a.m.–noon  
RL B122  
4 sessions/$129 (includes Hyper Peppy Robot)  
**Senior Robotic Engineers** (ages 9–13)  
Build the OWI Robotic Arm Edge to take home. Explore the mechanical and electrical engineering that makes robots possible. Build circuits, experiment with gears and explore sensors that robots use to see and hear to guide their actions. Learn the fundamentals of programming robots with Sandwich programming. Lego Mindstorms® RCX Robots are available for both building and programming. Instructor: Mad Science of Minnesota.  
#7642  
Monday–Thursday, July 21–24  
1–4 p.m.  
RL B122  
4 sessions/$139 (includes OWI Robotic Arm Edge)  
**Flight Academy** (ages 6–12)  
Calling all pilots. As a Mad Science flight cadet in training, discover how airplanes fly. Test your airplane’s performance in a wind tunnel. Build your own kite, stunt plane and model rocket. Ride the air on a Hovercraft. Discover how hot air balloons, blimps and parachutes work. Instructor: Mad Science of Minnesota.  
#7656  
Monday–Thursday, July 14–17  
9 a.m.–noon  
RL B122  
4 sessions/$99  
**Tournament Chess Camp** (entering grades K–6)  
Players of all levels develop chess skills, expand existing knowledge and gain greater confidence. Review the basics of the game, including rules, terminology, and etiquette. Work towards mastering opening principles and developing endgame strategies. Take part in tournaments with prizes for all. This is an excellent opportunity to develop or build skills over the summer. Instructor: Twin Cities Chess Club.  
#7627  
Monday–Friday, July 28–August 1  
9 a.m.–1 p.m.  
RL B122  
5 sessions/$95
X-Box/PC3D Video Game Programming  (entering grades 2–5)

Learn to create 3D games and challenge your friends on an Xbox 360® or a Windows PC. Kodu, Microsoft’s award-winning game design platform, is a new visual programming language that runs on the Xbox 360 and Windows PC. Create games for the PC version and using Xbox controllers. Work in pairs to learn the art of rapid game design and develop an understanding of underlying mechanics. Choose from 20 game characters including flying saucers, submarines, and a Pac Man-like Kodu. Use an interactive terrain editor, a bridge path builder, and other tools to create your own 3D game world. Kodu is available for Xbox for about $5 or a free download for Windows. Games created are platform specific, but programming environment is the same in both. Bring a USB drive to save games on the last day or they can be emailed to parents. Please bring a snack each day. Instructor: Computer Explorers.

#7657  Monday-Wednesday, July 7–9
9 a.m.–noon
RL B122
3 sessions/$89

Video Game Creation  (entering grades K–3)

Love video games? Children as young as 5 years old can create their own platform video games in this cool class. Choose your story line with dragons, princesses, or wild wacky aliens; add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Now the 5–8 year olds can practice math, logic, and programming and put their video game talents to work. Game will be animated flash format, viewable in most internet browsers. Bring a jump drive to the last class or files can be emailed to parents. Children will work in pairs. Please bring a snack each day. Instructor: Computer Explorers.

#7658  Monday-Wednesday, July 7–9
1–4 p.m.
RL B122
3 sessions/$89

Create-a-Play: S.H.A.B.A.M.  (entering grades 1–5)

Explore the world of super heroes and create a Super Heroes Against Big Angry Meanies (S.H.A.B.A.M.) play. The S.H.A.B.A.M. program takes a creative look at bullying and the different issues that may arise for children at school, at home, and in other social situations. Create a story around this theme and learn how to perform it for an audience. Instructor: SteppingStone Theatre.

#2025  Monday–Thursday, June 16–19
9–11:30 a.m.
CT/little Theatre
4 sessions/$84

Register up to one week prior to class start. Registration forms are on page 50. Call 763-792-6100 with questions.
### Unicorns and Fairy Friends Art Camp
(ages 5–9)

Unicorns, fairies and more mystical creatures will inspire at this magical camp. Dream of swimming with mermaids, flying on the back of Pegasus, fighting a fire breathing dragon and more. Model Magic®, air-dry clay, paint, glitter and other magical materials will help bring dreams to life. Please pack a nut free snack and drink each day. Instructor: Kidcreate Studio.

**#2101**
- Monday–Tuesday, June 23–24
- 9 a.m.–noon
- RL B122
- 2 sessions/$51

### Lego Star Wars Art Camp
(ages 5–12)

Legos® and Star Wars®—what an amazing combination. Work as a team to paint a huge mural complete with stars, planets and far, far away galaxies. Build star fighters out of Legos, stage an intergalactic battle and make a Lego Darth Vader bobble head. Create your own light saber to take home. Work with Legos, paint, clay and other art supplies to create these masterpieces. Please pack a nut free snack and drink each day. Instructor: Kidcreate Studio.

**#2102**
- Monday–Tuesday, June 23–24
- 1–4 p.m.
- RL B122
- 2 sessions/$51

### Geocache at Wargo Nature Center
(all ages)

Bring the whole family to explore the trails and join the search for caches as we mix nature and technology at Wargo Nature Center. Geocaching is an outdoor scavenger hunt using GPS devices to guide you to a hidden cache. These caches are small containers located throughout Wargo’s peninsula and contain fun, nature-themed activities to complete before resuming the search to another cache. Wargo staff will be present to provide instruction on how to use the provided GPS units. Instructor: Wargo Nature Center staff.

**#8549**
- Saturday, June 28
- 10 a.m.–noon
- Wargo Nature Center
- 1 session/$7, individual $15/family (please identify number attending on registration)

### Expect delays

Summer construction is tentatively planned on North Road from Lakeview Drive to Park Drive East. Road work will likely interfere with access to the main Centennial Campus. The project may be extended to include the Lever St. NE/North Road intersection. Please plan accordingly.
## Languages

### Spanish Camp

Interested in learning Spanish? Be immersed in this exciting language, learning vocabulary and simple sentences through active and engaging hands-on crafts, projects, games, stories and songs. Experience some new tastes as we sample some new foods. Instructor: Kimberly Berroa instructs at a local immersion school and has years of instruction within a Spanish language daycare.

| #7010 | Tuesday, Thursday, August 12, 14, 9 a.m.–noon | RL gym A/cafeteria | 2 sessions/$35 (includes supplies) |

## Music/Voice

### Private Percussion Lessons

Learn the rudiments of drumming from the Wanamaker drum rudiment dictionary, along with drum rolls and other foundation skills. More advanced students will build skills while learning improvisation. Includes two lesson books, Remo Practice Pad with stand and drum sticks ($83 value) for new students. Instructor: Lisa Yares, has taught percussion for years, continues her own study of drumming and serves as a percussionist in a variety of community venues.

<table>
<thead>
<tr>
<th>May</th>
<th>Scheduled between 4–9 p.m. (identify time preferences on registration form).</th>
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</thead>
<tbody>
<tr>
<td>#5230A</td>
<td>Wednesdays, May 7–21</td>
</tr>
<tr>
<td></td>
<td>3 sessions/</td>
</tr>
<tr>
<td></td>
<td>New students: $126*</td>
</tr>
<tr>
<td></td>
<td>Returning students: $43</td>
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</tbody>
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<table>
<thead>
<tr>
<th>June–July</th>
<th>Scheduled between 10 a.m.–3 p.m. (identify time preferences on registration form).</th>
</tr>
</thead>
<tbody>
<tr>
<td>#5230B</td>
<td>Tuesdays, June 10, 17, 24</td>
</tr>
<tr>
<td></td>
<td>3 sessions/</td>
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<tr>
<td></td>
<td>New students: $126*</td>
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<tr>
<td></td>
<td>Returning students: $43</td>
</tr>
<tr>
<td>#5230C</td>
<td>Tuesdays, July 8, 15, 22</td>
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<tr>
<td></td>
<td>3 sessions/</td>
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<tr>
<td></td>
<td>New students: $126*</td>
</tr>
<tr>
<td></td>
<td>Returning students: $43</td>
</tr>
</tbody>
</table>

*Includes two lesson books, Remo Practice Pad with stand and drum sticks ($83 value)

### Private Voice Lessons

Focus on your singing goal in a one-on-one setting, whether its improving singing, becoming more comfortable with your voice, or learning how to enjoy singing. From basics to performance, work to create the session curriculum revolving around diction, breathing, understanding music vocabulary, sight reading, and help with performance and auditions. And don’t forget there is fun in learning to sing. Bring music you are interested in working on Instructor: Doreen Ariola. Identify time preferences on registration.

<table>
<thead>
<tr>
<th>May</th>
<th>Scheduled 4–9 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>#5220A</td>
<td>Tuesdays, May 6–27</td>
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<tr>
<td></td>
<td>BH C107</td>
</tr>
<tr>
<td></td>
<td>4 sessions/$58</td>
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<table>
<thead>
<tr>
<th>June-August</th>
<th>Scheduled 10 a.m.–4 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>#5220B</td>
<td>Tuesdays, June 10, 17, 24</td>
</tr>
<tr>
<td></td>
<td>3 sessions/$43</td>
</tr>
<tr>
<td>#5220C</td>
<td>Tuesdays, July 1, 8, 15, 22</td>
</tr>
<tr>
<td></td>
<td>4 sessions/$58</td>
</tr>
<tr>
<td>#5220D</td>
<td>Tuesdays, July 29, August 5, 12</td>
</tr>
<tr>
<td></td>
<td>3 sessions/$43</td>
</tr>
</tbody>
</table>
Private Piano Lessons
(grade 2+, all levels)

Learn to play or improve your skills in these private half-hour lessons. Lessons include a balance of theory and practice with lessons appropriate for individual ability. More advanced students will be exposed to piano chord progressions. Method books used are Alfred and Suzuki. Instructor: Youngju (Julie) Lueck, master’s degree in piano and organ performance. Accompanist, organist and self-employed piano teacher. New students bring $15 to first class to purchase lesson books from instructor.

May
Scheduled 4–8 p.m.
#5200A Mondays, May 5–19
RL C105
3 sessions/$43
#5200B Tuesdays, May 6–27
CV C119
4 sessions/$58
#5200C Thursdays, May 8–29
RL C105
4 sessions/$58

June–August
Location: RL B107
#5200A Mondays, June 9, 16, 23
1:30–5:30 p.m.
$43
#5200B Mondays, June 30;
July 7, 14
1:30–5:30 p.m.
$43
#5200C Mondays, July 21, 28,
August 4, 11
1:30–5:30 p.m.
$58
#5200D Tuesdays, June 10,
17, 24
2:30–5:30 p.m.
$43
#5200E Tuesdays, July 1, 8, 15
2:30–5:30 p.m.
$43
#5200F Tuesdays, July 22,
29; August 5, 12
2:30–5:30 p.m.
$58
#5200G Thursdays, June 12,
19, 26
1:30–5:30 p.m.
$43
#5200H Thursdays, July 10,
17, 24
1:30–5:30 p.m.
$43
#5200I Thursdays, July 22,
29; August 5, 12
2:30–5:30 p.m.
$58
#5200J Thursdays, July 31,
August 7, 14
1:30–5:30 p.m.
$43

Beginning Banjo, Guitar
Beginning Violin
(ages 10+)
(grade 4+)

Work on a variety of skills specific to your ability. Must provide own instrument. Bring music you are interested in learning. Instruction addresses skill level and instrument choice. Instructor: Don Cordes, has performance experience including Springer Opera Company and has taught for several years. Identify time preferences and instrument on registration.

May
Scheduled between 4–9 p.m.
#5210A Tuesdays, May 6–27
BH A210 commons
4 sessions/$58

June–August
Scheduled between 10 a.m.–4 p.m.
RLB125
#5210B Tuesdays, June 10, 17, 24
3 sessions/$43
#5210C Tuesdays, July 1, 8, 15, 22
4 sessions/$58
#5210D Tuesdays, July 29, August 5, 12
3 sessions/$43

Register up to one week prior to class start. Registration forms are on page 50. Call 763-792-6100 with questions.
Confident Sitter (ages 11+)

Learn skills to prepare to be a confident babysitter. Prepare for potential emergency situations with an overview of choking and basic first aid specific to infants and children. Discover personal strengths and challenges as they relate to caring for children. Discussions and demonstrations provide an overview on how to interact positively with children, manage challenging behaviors, prepare meals and snacks, diaper and bottle feeding. Bring a lunch with beverage and a doll. Instructor: Abbey Sculley.

#6702A  Monday, June 16, 9 a.m.–4 p.m.  
RL B122  
1 session/$65 (includes bag and manual)

#6702B  Tuesday, July 15, 9 a.m.–4 p.m.  
Circle Pines City Hall  
1 session/$65 (includes bag and manual)

Confident Sitter CPR/First Aid & AED (ages 11+)

Take basic child care a step further in this small class featuring individual attention for each participant’s review and demonstration of skills. Successful completion will certify students in basic first aid/CPR and AED for infants children and adults, an important asset for a babysitter. Learn to recognize and treat life threatening emergencies including cardiac arrest, broken bones, bleeding, choking, allergic reactions, diabetic emergencies, etc. Must be committed to taking the topics seriously in order to receive certification indicating mastery of skills. Bring a lunch with beverage. Instructor: Abbey Sculley, certified American Heart Association instructor, Emergency Medical Technician (EMT), emergency room technician and certified nursing assistant.

#6703A  Thursday, July 10, 9 a.m.–3 p.m.  
RL B122  
1 session/$65

#6703B  Tuesday, July 22, 9 a.m.–3 p.m.  
Circle Pines City Hall  
1 session/$65

Youth Tennis Instruction (ages 11+)

Have fun while discovering the sport of tennis. Players will learn forehand, backhand, volleys and serving. Advanced players will refine their strokes and work on game play. Bring a tennis racquet and water bottle. In case of rain make-up lessons will be on Friday. Instructor: Meghan Longen.

Session I:  Monday–Thursday, June 23–26  
High School Tennis Courts  
4 sessions/$30

#6204A  Entering grades 2–3  
11:30 a.m.–12:30 p.m.

#6205A  Entering grades 4–5  
12:30–1:30 p.m.

#6206A  Entering grades 6–8  
1:30–2:30 p.m.

Session II:  Monday–Thursday, July 14–17  
High School Tennis Courts  
4 sessions/$30

#6204B  Entering grades 2–3  
11:30 a.m.–12:30 p.m.

#6205B  Entering grades 4–5  
12:30–1:30 p.m.

#6206B  Entering grades 6–8  
1:30–2:30 p.m.
**Youth Sports**

**Game Changer**

*(entering grades 2–8)*

**Pick-Up Neighborhood Games**

Learn the basics for each sport discovering the skills necessary to play a pick-up game in a group of various ages. Players will work together to define their own rules, assign positions and determine how to resolve conflicts. This freedom provides participants with experience in decision-making, communication, conflict resolution, compromise and flexibility. Each session includes sport skill development, game play and practice in the art of the pick-up game. No equipment necessary, just come ready to play. Instructors: tennis—Meghan Longen; flag football, baseball, soccer, dodgeball—Nick Kiffmeyer. Held at Lexington Memorial Park.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6373A</td>
<td>Tennis</td>
<td>Monday–Thursday, July 7–10</td>
<td>Noon–1 p.m., grades 2–5</td>
<td>4 sessions/$20</td>
</tr>
<tr>
<td>#6373B</td>
<td>Tennis</td>
<td>Monday–Thursday, July 7–10</td>
<td>1–2 p.m., grades 6–8</td>
<td>4 sessions/$20</td>
</tr>
<tr>
<td>#6374</td>
<td>Flag Football</td>
<td>Monday, Thursday, June 23–26</td>
<td>12:30–2 p.m.</td>
<td>4 sessions/$25</td>
</tr>
<tr>
<td>#6375</td>
<td>Baseball</td>
<td>Monday–Thursday, July 14–17</td>
<td>12:30–2 p.m.</td>
<td>4 sessions/$25</td>
</tr>
<tr>
<td>#6376</td>
<td>Soccer</td>
<td>Monday–Thursday, July 21–24</td>
<td>12:30–2 p.m.</td>
<td>4 sessions/$25</td>
</tr>
<tr>
<td>#6378</td>
<td>Dodgeball</td>
<td>Monday–Thursday, July 28–31</td>
<td>12:30–2 p.m.</td>
<td>4 sessions/$25</td>
</tr>
</tbody>
</table>

**Intro to Rock Climbing**

*(ages 14+)*

This beginning level class introduces the basics of indoor rock climbing while exposing participants to a new form of lifetime physical activity that offers the benefits of a full-body workout. Start by learning essential rock climbing skills such as knot tying, belaying, bouldering, climbing commands, gear management, and risk management. Once you master the belay, maximize climbing performance by learning basic and advance techniques in balance, body position, and footwork. Then explore advanced techniques such as rappelling. Emphasis on providing a safe and enjoyable experience in a comfortable, controlled setting. Leave with the necessary skills to belay and climb safely on your own in the facility. Must complete a Facility Waiver which will be sent to you after registration.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6024</td>
<td>Intro to Rock Climbing</td>
<td>Tuesdays, May 6–20</td>
<td>7–9 p.m.</td>
<td>Vertical Endeavors, 2540 Nicollet Ave. S., Minneapolis</td>
<td>3 sessions/$60</td>
</tr>
</tbody>
</table>

**Archery Club**

*(grades 5–8)*

Explore archery as a lifetime sport while developing National Archery in the Schools Program (NASP) target archery skills. Learn safe techniques and practices; acquire skills related to effective communication, cooperation, rules, and respect in a group; use practice to improve skills and reach goals; rehearse good sportsmanship and gain exposure to the value of natural resources and the outdoor community. Equipment provided (Genesis Compound Bows) via the Minnesota Department of Natural Resources (NASP), National Wild Turkey Federation (Struttin’ Toms Chapter), Minnesota Deer Hunters Association (Lakes Chapter), Minnesota Bowhunters, Inc. Centennial Community Education and Anoka County Youth Initiatives Grant. Instructor: John Teschendorf.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6360</td>
<td>Archery Club</td>
<td>Thursdays, June 19–July 24 (no class July 3)</td>
<td>6:30–8 p.m.</td>
<td>HS/east lower gym</td>
<td>5 sessions/$78</td>
</tr>
</tbody>
</table>

Final session will be a field day at Bunker Hills Regional Park, CSAH 14/Main St. (formerly Hwy. 242) and Foley Blvd., Coon Rapids.
Soccer Acceleration
(girls/boys age 5–12)
Train with Mark Cote’ (11 yr. Olympic development trainer, national “C” and U6–U12 federation licensed, and former Centennial coaching director). Continue to do footwork, footwork, footwork. No drills, just skills. Less experienced players will become comfortable with the ball learning control, dribbling, passing and shooting. More experienced players will learn new moves while fine-tuning previously learned moves, shooting and passing. All done in a fast paced game like atmosphere. Bring indoor gym shoes; in case of rain we will use the school gym.

RL northeast soccer field
Monday–Friday, June 9–13 (June 16 rain-day if needed, same time/place)
#6334 Ages 5–6
8:30–9:30 a.m.
5 sessions/$20
#6335 Ages 6**–7
9:45–11 a.m.
5 sessions/$25
#6336 Ages 8–9
11:15 a.m.–12:30 p.m.
5 sessions/$25
#6338 Ages 10–12
12:45–2 p.m.
5 sessions/$25

Position Soccer Training
(girls/boys age 8–12)
Learn the hows and whys of playing each position. Each day focuses on a different position, why it is important and how it is played.
Day 1: Review all positions and demo their need, passing and moving.
Day 2: How to defend, where to be on the field, ball movement.
Day 3: Offense, shooting, passing, ball movement.
Day 4: Goalie positioning. Body/striking position will be the focus for shooting.
Day 5: Review of all positions, scrimmage and critique. Goalkeeping and shooting contest.
Instructor: Mark Cote, former Centennial coaching director (national “C” and U6-U12 U.S. Soccer Federation licensed and Olympic development trainer).

Soccer Acceleration AND Position Soccer Training
#6380 See descriptions above.
Both classes for only $95

Let’s Scrimmage Basketball
(entering grades 1–4)
Take your emerging basketball skills and incorporate them into a scrimmage setting. Develop a better sense of offensive and defensive aspects of the game while improving skills such as dribbling and shooting. Discover strategies such as setting screens and the importance of floor spacing.
Instructor: Rosa Csultis.

Monday–Thursday, August 11–14
RL gyms
4 sessions/$49 (includes drawstring bag)
#6158A Boys/girls entering grades 1–2
9:30–10:45 a.m.
#6158B Boys/girls entering grades 3–4
11:15 a.m.–12:30 p.m.
Gymnastics of all ages and abilities will learn the basics of gymnastics while improving strength, coordination, flexibility, balance, agility, confidence, and social skills for children.

Instructors: Kelly Border, Jenny Helgemoe, Lacie Herman, Kristin Johnson, Kaylin Peterson and Nicole Stott. See schedule on page 33–34 for fee.

Location: High School East Building Gymnastics Room (across from pool locker room, use entrance D13). With the exception of Wiggle Time, parents/guardians are asked to wait for children outside of the gymnastics room.

Gymnastics Class Descriptions

Wiggle Time-Parent/Child (2–3 years)
Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment. Children run, tumble, spend time with you and develop motor skills. Class consists of 10 minutes of group time, 30 minutes of open (semi-structured free time) and five minutes of group time at the end of class. One child per adult. Wear non-baggy athletic clothes.

Little Tumblers (3–4, must be potty trained, able to follow basic instruction and comfortable in a group without parent)
Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment. Wear non-baggy athletic clothes, no tights (socks or bare feet only). Class ratio 6:1.

Big Rollers (5 years)
Gymnasts will develop basic fundamental gymnastics skills while building confidence in a safe, fun, age appropriate, structured environment. Wear non-baggy athletic clothes, no tights (socks or bare feet only). Class ratio 7:1.

Beginner I (prerequisite: 5–7 years old or permission from instructor to advance from Little Tumblers; no gymnastics experience needed)
Gymnasts will learn basic tumbling skills (forward and backward rolls, cartwheels, handstands, basic jumps and locomotor skills) and discover the basics on bars, balance beam, and vault.

Beginner II (5–7 years old with more advanced abilities, have passed Beginner I, or have been evaluated into this level by coaches)
Intermediate skill progressions will be covered on floor tumbling, bars, balance beam and vault. New skills introduced include: back bends, front and back handsprings on floor, back hip circles, stride circles on bars and cartwheels on low beam.

Intermediate (passed Beginner II or have been evaluated into this level by coaches)
Gymnasts work on refining skills gained in other classes while learning more advanced skill progressions such as round off back handsprings, front flips, front and back walk overs, and more advanced skills on beams and bars.
Advanced (instructor invite only)
Gymnasts will work on perfecting skills already learned and develop more advanced skill combinations in all events. Introduction to increasingly difficult skills on all apparatus will be included each session.

8 and Up Gymnasts (over 8 years old, all abilities)
Gymnasts will work on skills according to ability. After initial group warm-up, gymnasts will be divided each session according to skill level from Beg. I to Advanced.

Boys Only Gymnast (boys age 5+)
Designed for boys of all gymnastic levels. Gymnasts will be grouped by skill level each session and work on basic and fundamental gymnastic skills on vault, bars and floor. Advanced gymnasts will progress to more difficult skill levels based on ability.

Gymnastics Open Gym (grades 1–6, all skill levels)
This open gym is a non-structured, supervised time to practice skills and have fun. All participants must sign in. Pre-registration is not required.

Gymnastics Summer Session I

Mondays, June 16–July 7 (4 sessions)
- Advanced #6037A 9–10:30 a.m. $48
- Intermediate #6036A 9–10:30 a.m. $48
- Big Rollers #6050A 5:30–6:30 p.m. $32
- Beginner I #6000A 5:30–6:30 p.m. $32
- Beginner II #6001A 6:35–7:35 p.m. $32
- Boys Only #6010A 6:35–7:35 p.m. $32
- 8 and Up #6034A 6:35–7:35 p.m. $32
- Open Gym #6039A 7:35–8:35 p.m. $32

Tuesdays, June 10–July 1 (4 sessions)
- Beginner I #6000B 9–10 a.m. $32
- Beginner II #6001B 9–10 a.m. $32
- Boys Only #6010B 10:05–11:05 a.m. $32
- 8 and Up #6034B 10:05–11:35 a.m. $48
- Advanced #6037B 5–6:30 p.m. $48
- Intermediate #6036B 5–6:30 p.m. $48
- Beginner I #6000C 5:15–6:15 p.m. $32
- Beginner II #6001C 5:15–6:15 p.m. $32
- 8 and Up #6034C 6:15–7:45 p.m. $48

Wednesdays, June 11–July 2 (4 sessions)
- Wiggle Time #1400A 9–9:45 a.m. $24
- Little Tumblers #1401A 9:50–10:35 a.m. $24
- Big Rollers #6050B 10:40–11:40 a.m. $32
- Open Gym #6039B 11:40 a.m.–12:40 p.m. $32
- Wiggle Time #1400B 5:15–6 p.m. $24
- Little Tumblers #1401B 6:05–6:50 p.m. $24
- Big Rollers #6050C 6:55–7:55 p.m. $32
- Beginner I #6000D 6:55–7:55 p.m. $32

Summer Session II continued on page 34
**BMX Pedal Bike Riding and Racing**

(all ages; ride without training wheels)

Spend part of the day at Rum River BMX Track in Isanti learning about BMX pedal bike racing, a current Olympic sport. Camp covers BMX fundamentals including “What is BMX racing?,” racing bike types, terminology, course setup, and safety. Receive hands on riding instruction and practice new skills on the track. Designed for beginners. Bring bike (maximum size of 20 inch tires with reflectors, kickstand, and pegs removed), full-face helmet (required), wear long pants, long-sleeve shirt and sturdy shoes. A limited number of helmets will be available, please inquire at the track in advance 763-444-5429. www.rumriverbmx.com

**Bonus!** Riders are invited to test their new skills in an ABA American Bicycle Association sanctioned race at the track. Awards will be given in each skill level and age class. Instructor: Kevin Riedeman. A signed waiver is required and available at Community Education (will be mailed before camp starts).

<table>
<thead>
<tr>
<th>Date</th>
<th>Session Name</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, May 10</td>
<td>Wiggle Time</td>
<td>9–9:45 a.m.</td>
<td>#1400A</td>
<td>$24</td>
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<tr>
<td>Saturday, May 17</td>
<td>Little Tumblers</td>
<td>9:50–10:35 a.m.</td>
<td>#1401C</td>
<td>$24</td>
</tr>
<tr>
<td></td>
<td>Big Rollers</td>
<td>10:40–11:40 a.m.</td>
<td>#6050D</td>
<td>$24</td>
</tr>
<tr>
<td></td>
<td>Open Gym</td>
<td>11:40 a.m.–12:40 p.m.</td>
<td>#6000E</td>
<td>$32</td>
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<tr>
<td></td>
<td>Wiggle Time</td>
<td>5:15–6 p.m.</td>
<td>#1400B</td>
<td>$24</td>
</tr>
<tr>
<td></td>
<td>Little Tumblers</td>
<td>6:05–6:50 p.m.</td>
<td>#1401B</td>
<td>$24</td>
</tr>
<tr>
<td></td>
<td>Big Rollers</td>
<td>6:55–7:55 p.m.</td>
<td>#6050C</td>
<td>$32</td>
</tr>
<tr>
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<td>Beginner I</td>
<td>6:55–7:55 p.m.</td>
<td>#6000D</td>
<td>$32</td>
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<td>Saturday, May 17</td>
<td>Beginner II</td>
<td>6:35–7:35 p.m.</td>
<td>#6001D</td>
<td>$32</td>
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<tr>
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<td>Boys Only</td>
<td>6:35–7:35 p.m.</td>
<td>#6010C</td>
<td>$32</td>
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<tr>
<td></td>
<td>8 and Up</td>
<td>6:35–7:35 p.m.</td>
<td>#6034A</td>
<td>$32</td>
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<tr>
<td></td>
<td>Open Gym</td>
<td>7:35–8:35 p.m.</td>
<td>#6039A</td>
<td>$32</td>
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<tr>
<td>Thursday, May 22</td>
<td>Wiggle Time</td>
<td>9–9:45 a.m.</td>
<td>#1400C</td>
<td>$24</td>
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<td>Thursday, May 29</td>
<td>Little Tumblers</td>
<td>9:50–10:35 a.m.</td>
<td>#1401C</td>
<td>$24</td>
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<tr>
<td></td>
<td>Big Rollers</td>
<td>10:40–11:40 a.m.</td>
<td>#6050D</td>
<td>$24</td>
</tr>
<tr>
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<td>Beginner I</td>
<td>10:40–11:40 a.m.</td>
<td>#6000E</td>
<td>$32</td>
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<td>11:40 a.m.–12:40 p.m.</td>
<td>#6001E</td>
<td>$32</td>
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<tr>
<td></td>
<td>Boys Only</td>
<td>11:40 a.m.–12:40 p.m.</td>
<td>#6010D</td>
<td>$32</td>
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<tr>
<td></td>
<td>8 and Up</td>
<td>11:40 a.m.–12:40 p.m.</td>
<td>#6034C</td>
<td>$32</td>
</tr>
<tr>
<td></td>
<td>Open Gym</td>
<td>7:35–8:35 p.m.</td>
<td>#6039C</td>
<td>$32</td>
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<tr>
<td>Friday, May 29</td>
<td>Beginner I</td>
<td>5–6:30 p.m.</td>
<td>#6037B</td>
<td>$48</td>
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<tr>
<td>Friday, May 29</td>
<td>Intermediate</td>
<td>5–6:30 p.m.</td>
<td>#6036B</td>
<td>$48</td>
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<td>Friday, May 29</td>
<td>Boys Only</td>
<td>5–6:30 p.m.</td>
<td>#6000C</td>
<td>$32</td>
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<tr>
<td>Friday, May 29</td>
<td>8 and Up</td>
<td>5:15–6:15 p.m.</td>
<td>#6011C</td>
<td>$32</td>
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<td>Friday, May 29</td>
<td>Open Gym</td>
<td>6:15–7:45 p.m.</td>
<td>#6034C</td>
<td>$48</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Wiggle Time</td>
<td>9–9:45 a.m.</td>
<td>#1400B</td>
<td>$24</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Little Tumblers</td>
<td>9:50–10:35 a.m.</td>
<td>#1401B</td>
<td>$24</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Big Rollers</td>
<td>10:40–11:40 a.m.</td>
<td>#6050C</td>
<td>$24</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Open Gym</td>
<td>11:40 a.m.–12:40 p.m.</td>
<td>#6000D</td>
<td>$32</td>
</tr>
<tr>
<td>Wednesday, May 6</td>
<td>Wiggle Time</td>
<td>5–5:30 p.m.</td>
<td>#1400B</td>
<td>$24</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Little Tumblers</td>
<td>6:05–6:50 p.m.</td>
<td>#1401B</td>
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<td>Wednesday, May 6</td>
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<tr>
<td>Wednesday, May 6</td>
<td>Beginner I</td>
<td>6:55–7:55 p.m.</td>
<td>#6000D</td>
<td>$32</td>
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</tbody>
</table>
# Youth Sports

## Girls Basketball Cub Camp
(entering grades 1–4)

All camps will stress basketball skills through contests, games and activities. Players will work with varsity girls basketball coach Greg Amundson and staff.

<table>
<thead>
<tr>
<th>Camp ID</th>
<th>Grade</th>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6150</td>
<td>Entering grades 1–2</td>
<td>Monday–Thursday, June 9–13</td>
<td>1–2:30 p.m.</td>
<td>HS/west gyms</td>
<td>5 sessions</td>
<td>$50</td>
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<tr>
<td>#6151</td>
<td>Entering grades 3–4</td>
<td>Monday–Thursday, June 9–13</td>
<td>2:30–4:30 p.m.</td>
<td>HS/west gyms</td>
<td>5 sessions</td>
<td>$55</td>
</tr>
</tbody>
</table>

## Cougar Girls Basketball Camp
(entering grades 5–12)

All camps will stress basketball skills through contests, games and activities. The goal is to promote basketball with a healthy learning environment. Players will work with varsity girls basketball coach Greg Amundson and staff.

<table>
<thead>
<tr>
<th>Camp ID</th>
<th>Grade</th>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6105A</td>
<td>Entering grades 5–6</td>
<td>Monday–Thursday, June 9–19</td>
<td>10 a.m.–noon</td>
<td>MS gyms</td>
<td>8 sessions</td>
<td>$90</td>
</tr>
<tr>
<td>#6105B</td>
<td>Entering grades 7–8</td>
<td>Monday–Thursday, June 9–19</td>
<td>12:45–2:45 p.m.</td>
<td>MS gyms</td>
<td>8 sessions</td>
<td>$120</td>
</tr>
<tr>
<td>#6105C</td>
<td>Entering grades 9–12</td>
<td>Monday–Thursday, June 9–19</td>
<td>3:15–5:45 p.m.</td>
<td>HS west gyms</td>
<td>8 sessions</td>
<td>$120</td>
</tr>
</tbody>
</table>

## Girls Basketball Shooting Camp
(entering grades 1–12)

Improve on all types of shooting skills (progressions of shooting) and drills. Players will work with varsity girls basketball coach Greg Amundson and staff.

<table>
<thead>
<tr>
<th>Camp ID</th>
<th>Grade</th>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6108A</td>
<td>Entering grades 1–3</td>
<td>Tuesday–Friday, July 8–11</td>
<td>10 a.m.–noon</td>
<td>BH gyms</td>
<td>4 sessions</td>
<td>$50</td>
</tr>
<tr>
<td>#6108B</td>
<td>Entering grades 4–6</td>
<td>Tuesday–Friday, July 8–11</td>
<td>1–3 p.m.</td>
<td>HS west gyms</td>
<td>4 sessions</td>
<td>$50</td>
</tr>
<tr>
<td>#6108C</td>
<td>Entering grades 7–12</td>
<td>Tuesday–Friday, July 8–11</td>
<td>3–5 p.m.</td>
<td>HS west gyms</td>
<td>4 sessions</td>
<td>$50</td>
</tr>
</tbody>
</table>

## Cougar Golf Camp
(entering grades K–8)

Golfers with little or no golf experience will discover the essentials of how to swing, drive, chip, and putt. Learn the rules of golf from teeing off to chipping and putting and everything in between. Spend time each day at the driving range and on the putting green. Learn proper etiquette. Bring golf clubs, shoes, and wear comfortable clothes (dress for the weather). Meet at Chomonix Golf Course clubhouse in Lino Lakes for each session. Chomonix has limited clubs to rent. Instructor: Kelly Godwin-Pratt, LPGA Futures Tour and Canadian Women’s Tour member. Fee includes a drawstring bag.

<table>
<thead>
<tr>
<th>Camp ID</th>
<th>Grade</th>
<th>Dates</th>
<th>Times</th>
<th>Locations</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6175A</td>
<td>Grades K–3</td>
<td>Monday–Thursday, June 9–13</td>
<td>9–11 a.m.</td>
<td>MS gyms</td>
<td>4 sessions</td>
<td>$58</td>
</tr>
<tr>
<td>#6175B</td>
<td>Grades 4–8</td>
<td>Monday–Thursday, June 9–13</td>
<td>11:30 a.m.–1:30 p.m.</td>
<td>MS gyms</td>
<td>4 sessions</td>
<td>$58</td>
</tr>
</tbody>
</table>
### Boys Basketball Cub Camp

Age appropriate fundamentals will be taught—dribbling, footwork, passing, and shooting. Join the fun as games and drills are used to reinforce skills. Instructor: Boys varsity coach Brandon Mortenson and high school coaching staff.

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Grade Enter</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6152</td>
<td>Grades 1–2</td>
<td>Monday–Friday, June 23–27</td>
<td>11:45 a.m.–1 p.m.</td>
<td>MS gyms</td>
<td>5</td>
<td>$50</td>
</tr>
<tr>
<td>#6153</td>
<td>Grades 3–4</td>
<td>Monday–Friday, June 23–27</td>
<td>1:15–2:45 p.m.</td>
<td>MS gyms</td>
<td>5</td>
<td>$60</td>
</tr>
</tbody>
</table>

### Cougar Boys Basketball Camp

Varsity basketball staff invite all Centennial boys basketball players to attend this summer’s camp. Offensive basketball skills will be taught—dribbling, passing, shooting and the footwork (attack/finish) necessary to become an efficient player. This established skill development program can meet the needs of all players. Instructor: Boys varsity coach Brandon Mortenson and high school coaching staff.

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Grade Enter</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6154A</td>
<td>Grades 5–6</td>
<td>Monday–Thursday, June 9–19</td>
<td>9:15–10:45 a.m.</td>
<td>HS west gyms</td>
<td>8</td>
<td>$85</td>
</tr>
<tr>
<td>#6154B</td>
<td>Grades 7–8</td>
<td>Monday–Thursday, June 9–19</td>
<td>11 a.m.–12:30 p.m.</td>
<td>HS west gyms</td>
<td>8</td>
<td>$85</td>
</tr>
</tbody>
</table>

### CHS Boys Basketball Camp

This off season basketball training program, open to Centennial freshmen—seniors, sets the foundation for all summer activities and continued development of Cougar basketball. Daily drills and offensive and defensive fundamentals will be used to reinforce playing habits expected at the high school and varsity level. Instructor: Boys basketball coach Brandon Mortenson and high school coaching staff.

<table>
<thead>
<tr>
<th>Registration Code</th>
<th>Grade Enter</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Sessions</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6156A</td>
<td>Grades 9–10</td>
<td>Monday–Thursday, June 9–19</td>
<td>12:45–2:45 p.m.</td>
<td>HS/west gyms</td>
<td>8</td>
<td>$110</td>
</tr>
<tr>
<td>#6156B</td>
<td>Grades 11–12</td>
<td>Monday–Thursday, June 9–19</td>
<td>7–9 a.m.</td>
<td>HS/west gyms</td>
<td>8</td>
<td>$110</td>
</tr>
</tbody>
</table>

Register up to one week prior to class start. Registration forms are on page 50. Call 763-792-6100 with questions.
### Youth Sports

#### Cougar Boys Basketball Training
(entering grades 7–12; prreq: Cougar Boys Basketball Camp)

Varsity boys basketball staff are offering this opportunity to players who desire to make an extra effort to develop their skills. Expectations for players include: committed, focused, determined, motivated, and a strong desire to become the best player they can for next season. The 15 sessions will be intense and demanding, focusing on individual improvement week to week. Join us this summer and take your game to the next level.

<table>
<thead>
<tr>
<th>#6152</th>
<th>Entering grades 1–2</th>
<th>Monday–Friday, June 23–27</th>
<th>11:45 a.m.–1 p.m.</th>
<th>MS gyms</th>
<th>5 sessions/$50</th>
</tr>
</thead>
<tbody>
<tr>
<td>#6153</td>
<td>Entering grades 3–4</td>
<td>Monday–Friday, June 23–27</td>
<td>1:15–2:45 p.m.</td>
<td>MS gyms</td>
<td>5 sessions/$60</td>
</tr>
<tr>
<td>#6154A</td>
<td>Entering grades 5–6</td>
<td>Monday–Thursday, June 9–19</td>
<td>9:15–10:45 a.m.</td>
<td>HS west gyms</td>
<td>8 sessions/$85</td>
</tr>
<tr>
<td>#6154B</td>
<td>Entering grades 7–8</td>
<td>Monday–Thursday, June 9–19</td>
<td>11 a.m.–12:30 p.m.</td>
<td>HS west gyms</td>
<td>8 sessions/$85</td>
</tr>
<tr>
<td>#6156A</td>
<td>Entering grades 9–10</td>
<td>Monday–Thursday, June 9–19</td>
<td>12:45–2:45 p.m.</td>
<td>HS/west gyms</td>
<td>8 sessions/$110</td>
</tr>
<tr>
<td>#6156B</td>
<td>Entering grades 11–12</td>
<td>Monday–Thursday, June 9–19</td>
<td>7–9 a.m.</td>
<td>HS/west gyms</td>
<td>8 sessions/$110</td>
</tr>
</tbody>
</table>

#### 23rd Annual Cougar Football Camp
(entering grades 2–6)

This no-contact camp features offensive instruction including technique play for quarterbacks, running backs, receivers and lineman. Defensive instruction includes form tackling, technique play for interior linemen, linebackers and defensive backs. Kicking game skills will be covered. Participants will be divided into groups according to age. Wear cleats and bring shoulder pads and helmet. Fee includes camp T-shirt. Please indicate size when registering. Instructor: Mike Diggins, high school football coaches and players.

| #6108A | Entering grades 7–9 | Monday–Thursday, June 23, 24, 26 at MS gyms; July 7–31 at HS/west gyms | 15 sessions/$185 |
| #6108B | Entering grades 10–12 | 7–9 a.m. |

#### Offensive/Defensive Football Camp
(entering grades 7–9)

Learn the Cougar offense and 4-2-5 defense used at all levels of play in the high school. This camp will help players get a head start on the season. Bring helmets, shoulder pads and cleats. Fee includes T-shirt (please indicate size when registering). Instructors: Mike Diggins and high school coaches.

| #6115 | Monday–Thursday July 14–17, July 11:30 a.m.–1 p.m. | HS practice fields behind west building | 4 sessions /$55 |

#### Cougar Football High School Camp
(entering grades 10–12)

Learn the Cougar offense and 4-2-5 Defense used at all levels of play in the high school. This camp will help players get a head start on the season. Bring helmets, shoulder pads and cleats to camp. Fee includes T-shirt (please indicate size on registration form). Instructors: Mike Diggins and high school coaches.

| #6114 | Monday–Thursday, July 21–24 | 11:30 a.m.–1 p.m. | HS practice fields behind west building | 4 sessions/$55 |
## Summer Weight Room
(entering grades 7–12)

Join fellow athletes whether you are beginning or advanced. Sessions begin with agility and speed development and end with strength development. Instructor: Coach Diggins and CHS coaching staff. Included: practice sessions. Location: CHS weight room, track, varsity and practice fields.

- **Monday–Thursday, June 9–27; July 7–31**
- **(no class June 30–July 4)**
- **HS west weight room**
- **28 sessions/$80**
- **#6300A** Grades 9–12 7:15–8:30 a.m.
- **#6300B** Grades 9–12 8:15–9:30 a.m.
- **#6300C** Grades 7–9 10–11:15 a.m.

## Summer Wrestling Camp
(entering grades 3–8)

Master your mat skills. Work on takedowns, escapes and pinning combinations as well as play some fun camp games. Techniques focus on leg attacks, set-ups, defense, and winning scramble positions. Instructor: John Bergeland, CHS head wrestling coach. Includes a T-shirt—please indicate size when registering.

- **#6403**
- **Monday–Wednesday, June 23–25**
- **12:30–2:30 p.m.**
- **HS/west wrestling room**
- **3 sessions/$60**

## Cougar Volleyball Camp
(entering grades 4–9)

Boys and girls are invited to learn the fundamentals and increase individual skill level while being introduced to team play. In addition to basics, grades 7–9 will work on offensive and defensive skills, individual and team strategy. Bring knee pads. Camp cost includes T-shirt (indicate size on registration form). Instructors: high school varsity coaching staff and players.

- **#6350A** Entering grades 4–6
- **Monday–Thursday, June 23–26**
- **8–9:45 a.m.**
- **HS/west gym**
- **4 sessions/$55**
- **#6350B** Entering grades 7–9
- **Monday–Thursday, June 23–26**
- **10–11:45 a.m.**
- **HS/west gym**
- **4 sessions/$55**

---

### Expect delays
Summer construction is tentatively planned on North Road from Lakeview Drive to Park Drive East. Road work will likely interfere with access to the main Centennial Campus. The project may be extended to include the Lever St. NE/North Road intersection. Please plan accordingly.
Centennial Early Childhood Family Education
Co-located at Rice Lake Elementary (door O),
575 Birch Street, Lino Lakes
763-792-6120
isd12.org/community-education/early-learning

Early Childhood is a place for families with children ages birth to kindergarten. Learn and grow together through parent and child interaction, guided play and learning experiences, parent discussion, and special events. All classes are held at the Early Childhood Center, co-located with Rice Lake Elementary. Watch for the ECFE brochure in early August. Register online at www.isd12.org/ecfe or by mail. Visit the Early Childhood website or call 763-792-6120 with questions or to have an ECFE brochure mailed.

Explore With Baby (0–9 months)
Meet parents of new babies and learn ways to help your baby grow while getting the support you need as a parent. This class is free. Child care for older siblings is available for $3 a week with advance registration.
Wednesdays, 10–11 a.m., May 21–June 11

New Baby?
Do you have a new baby? If you have a new baby and live in the Centennial School District, you are invited to a baby shower hosted by Centennial. Visit the Early Childhood Center, meet other new parents, and pick up a free gift.
10–11 a.m., Friday, April 4

Centennial ECFE also offers a free home visit for families with a new baby who are unable to attend. Call 763-792-6120 for more information.

Drop In and Play (ages 0–5 years with parent)
Play, make friends and explore with your child. No registration needed. Cost: $3 a child per week or $5/family (parents free).
Tuesdays, 9:30–11 a.m., May 20–June 10

Are you on the census?
If you have children from birth to kindergarten age, please make sure your children are on the school district census by calling 763-792-6000. The district uses census information for future planning and to send school information.

Truck Day and Basket Sale
10 a.m.–noon, Saturday, May 3
Rice Lake Elementary

Trucks, trucks everywhere! See what they look like up close, climb in, touch them, and see what they do. Free.
The Early Childhood Advisory Council will have a silent auction and basket sale during Truck Day. Find baskets for summer fun, birthdays, Mother’s Day or Father’s Day.
Driver Education Classroom (ages 14 and a half and older)

The first phase of driver education, 30 hours of in-class instruction prepares students for the knowledge (permit) test. Students will increase their understanding of basic skills, principles, and processes of responsible driving. Areas of concentration include driver’s rights and responsibilities, alcohol and other drugs, signs-signals-road markings, rules of the road, safe driving tips, Minnesota traffic laws, and limitations for teen drivers. Students missing class must wait for the next session to make up missed time. Session information and registration online at isd12.org/community-education. Cost: 10 sessions/$109 (due to high demand a $20 fee will be charged to change sessions once registered)

Driver Education Behind-the–Wheel Registration (BTW)

The BTW portion of Driver Education consists of 6 hours of hands-on instruction. Sessions running during the school year allow instructors to contact students/parents to arrange six hours of driving that best fits their individual schedules.

Students do not need to have completed or even started the classroom phase to register for BTW. As long as students are enrolled in a classroom session, they can register for behind-the-wheel. Registering for BTW allows students to get their permit as soon as they pass the classroom phase and are at least 15. Registering early also gives students the best chance of getting the session that fits their schedule. Students MUST have passed their knowledge test and received their drivers permit in order to start behind-the-wheel hours.

Cost: $219 full payment or 2 payments $109.50 at registration and a second payment of $109.50 before completion of session (partial payments cannot be made online). Registration is on a first come, first serve basis. Limited space is available. *Refunds—Due to high demand and the need for advanced registrations a transfers/cancellation fee of $20 will be charged per occurrence. Please check your household schedule BEFORE registering. Session information and registration online at isd12.org/community-education.

Questions? Email kflohaug@isd12.org
Before and after school care  
(grades K-5)  
**Preschool**  
(year before kindergarten)

**Summer Kids Club (pre-kindergarten–grade 6)**

Kids Club offers a summer all-day program for ages prekindergarten–grade 6 at Rice Lake and Centennial Elementary, Tuesday, June 10–Friday, August 22. Children are organized by grade into groups. Each room environment features age appropriate centers with games, blocks and manipulatives, arts and crafts, reading center, and creative play area. The summer curriculum will include Summer Fit Activity Books aimed at moving summer learning beyond academics (based on Common Core) to also prepare children physically and socially for the grade ahead. Outdoor recreational experiences, open swim and weekly field trips are also offered. Enrollment forms and additional information are available at isd12.org under Kids Club or by calling 763-792-6193. Registrations are due by May 15 based on space availability.

**Kids Club Preschool (age 4 by Sept. 1)**

Did you know that Centennial School District runs a preschool program in elementary schools for children who are age 4 by Sept. 1?

KC Preschool provides a year-before-kindergarten experience designed to help children prepare for kindergarten with the skills and behaviors necessary to be successful.

Preschoolers work on listening, personal and social development, language and literacy, thinking, and math skills through guided play, group time, and social interaction. Activities include language arts, math, science, art, large muscle (gym, outside), dramatic play, blocks and music.

The program is funded by participant fees. Enrollment options include:

<table>
<thead>
<tr>
<th>Option</th>
<th>Site</th>
<th># days/wk</th>
<th>Times</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-day</td>
<td>Blue Heron</td>
<td>3, 4, or 5</td>
<td>9:30 a.m.–4 p.m.</td>
<td>$27.50/day (waiting list only)</td>
</tr>
<tr>
<td>All-day</td>
<td>Centerville</td>
<td>3, 4, or 5</td>
<td>9:30 a.m.–4 p.m.</td>
<td>$27.50/day (limited space)</td>
</tr>
<tr>
<td>All-day</td>
<td>Rice Lake</td>
<td>3, 4, or 5</td>
<td>9:30 a.m.–4 p.m.</td>
<td>$27.50/day</td>
</tr>
<tr>
<td>All-day</td>
<td>Centennial</td>
<td>3, 4, or 5</td>
<td>9:30 a.m.–4 p.m.</td>
<td>$27.50/day</td>
</tr>
</tbody>
</table>

Children who attend Kids Club Preschool can also participate in Kids Club school age childcare before and after school (6–9:30 a.m.; 4–6 p.m.) for an additional charge.

For information please call Rachel McNally at 763-792-6110, email rmcnally@isd12.org or visit the Kids Club Preschool web page at isd12.org under the Kids Club link.

**Kids Club (school year program for grades K–5)**

Centennial Kids Club is a school age child care program offered in each elementary school during the school year. Kids Club provides safe, stimulating, high quality before and after school care for grades K–5. Within this framework, the program provides an enriching educational and recreational environment, enhancing the development of children in cognitive expansion, self and social awareness, physical development, creative expression, and recreational activities.

Enrollment forms for 2014–15 will be available at isd12.org under Kids Club or by calling 763-792-6193 beginning May 15. All families enrolled by June 30 will be guaranteed space. After June 30 enrollments will be accepted until August 15 based on space availability.

*Expect delays—Summer construction is tentatively planned on North Road. See page 5 for details.*
The Centennial Community Pool is in the high school east building (door D13).

For registration questions call 763-792-6100 or email krichardson@isd12.org. For other questions email pool coordinator at cskoglund@isd12.org.
General information

Make-up swim lessons are not available when participants are unable to attend their scheduled lessons. In case of emergency closure (see page 49), lessons will be extended at the end of the session.

Locker rooms: Women escorting boys (under the age of five) should enter through the women’s locker room and men escorting girls (under the age of five) should enter through the men’s locker room. If your child is in first grade or older, please use the appropriate sex locker room. If you are uncomfortable, there are family changing areas located opposite the pool locker rooms. If they are locked, please ask pool staff to open them for you. Diaper-aged children or participants experiencing habitual accidents are required to wear a swim diaper covered by a swimsuit, as recommended by the Minnesota Department of Health.

Special needs or concerns about your child: If your child has special needs or you have concerns about your child, talk to the instructor on the first night to help the instructor better adapt and/or understand the needs of your child with the focus on continued growth in developing their swimming skills.

Pool temperature basics: Centennial Community Pool is a multi-purpose pool serving all ages. It is impossible to maintain a temperature suitable for all swimming activities. Some may find it too warm, and others too cold. Size, depth of facility and required chemical treatment impact the overall temperature. The water temperature cannot be raised beyond a certain degree as chlorine-based disinfectants become less effective and increase the possible multiplication of bacteria and other microorganisms.

The temperature in the Centennial Community Pool varies throughout the year:
• End of Feb. through the first week of August—84 degrees
• First week of August through the end of February—80–82 degrees (high school competitive swim season when the Minnesota State High School League requires all pools to be 82 or below)

In comparison, surrounding community pools are set at the same temperatures; hotel pools, 80-83 degrees; college competitive pools, 78–80 degrees; and therapeutic pools, 94–96 degrees.

Parents of children up to five years old may want to add a T-shirt or a wet suit for toddlers and youth swimmers to increase body insulation. Increased movement will also increase body temperature.

Moonlight open swim

$2/person; $5/family
7:30–8:30 p.m.,
Monday–Thursdays, June 16–August 7

Swimmers age six or older must be 53 inches tall or have passed Level 3 to swim alone; ages five and under MUST be accompanied in the water by a responsible swimmer 12 years or older.

Lap swim

$2/time
8:30–9:15 p.m.
Monday and Thursdays
June 16–August 7

Rentals/pool parties

For rental available dates and cost please call 763-792-5240 and leave your name and day and evening phone numbers. See page 9 for package details.
Aquatics—Specialized Programming

 Registrations taken until Thursday, June 12:
 - **Online** (isd12.org/community-education)
 - **Mail** completed registration (page 50) to address on registration form
 - **Fax** registration form to 763-792-6113
 - **In person/drop box** in the Community Education office, 9:30 a.m.–3 p.m.,
  Monday–Thursday (drop box is on the high school east campus. Access and parking
  is available in the east building lower parking lot (by sports arena/pool)—door D14.)

Late registrations will be taken at the pool office:
 - June 16–18, 5:45–7:30 p.m.
 - Monday, June 23–Thursday, June 26, 9–11 a.m.

Learn to swim class descriptions

Learn to swim in progressive classes. When choosing swim lesson skill levels, choose the one that most closely fits, making note of any prerequisites. It is common for some children to repeat a level several times before mastering all skills and advancing onto the next level. You can help your child’s progress by making sure they attend each class, as each new skill builds on those learned in previous classes. All teachers are American Red Cross certified in water safety instruction and/or life guarding.

Tiny Tot

(ages 18 months–3 years with parent)
Parent works one-on-one with child to advance at individual pace. Skills taught: water adjustment, blow bubbles, underwater arm reach, flutter kicks, attempt these skills together, float on back with help, jump into water. Advance to Poly Wogs. Instructor not in water. Limit 14.

Poly Wog

(ages 3–5 with parent)
Parent works one-on-one with child to advance at individual pace. Playful and positive. Belts available to help child gain confidence and independence. Skills taught: review Tiny Tots; jump into water and swim two black lines to parent, return to edge without help; one pool width on back and front. Five year olds with comfortable water adjustment may advance to Poly Beg. I. Instructor not in water. Limit 14.

Bobber

(introduction to swimming for ages 5–6 who are not comfortable in the water or have no previous lesson experience)
Students will develop comfort with water, correct body position and be introduced to swimming on their front and back. Advance to Poly Beginner I. Limit 4.

Poly Beginners I

(ages 5–7 who are comfortable in water and have some lesson experience (Poly Wogs, Tiny Tots, etc.)
Students belted for several classes to gain confidence and independence while stressing correct body position. Final test taken with out belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner II. Limit 6.
### Poly Beginners II

*(prerequisite: Poly Beginner I, easily relaxes in water, swim width of pool in prone position, and width of pool on back)*

Students belted for maximum of two classes to review correct body position. Skills taught: review Poly Beginner I skills plus swim width of pool on their front and winging on back, American crawl arm and leg stroke. Introduced to rhythmic breathing. Advance to Poly Beginner III. Limit 6.

### Poly Beginners III

*(prerequisite: Poly Beginner II)*

Skills taught: Review Poly Beginner skills, plus diving (sitting and kneeling positions), swim width of pool back crawl and a width of the pool-American crawl with rhythmic breathing. Introduced to whip kick. Advance to Level 3. Limit 6.

### Beginner

*(introduction for ages 8 and up. No swim background needed)*

Skills taught: swim width of pool winging on back, one width puppy paddle and begin to develop front crawl with some rhythmic breathing. Introduced to whip kick. Students will be placed according to skill ability in either Advanced Beginners or Level 3. Limit 6.

### Advanced Beginner

*(prerequisite: passed Beginners)*

Skills taught: swim one width with rhythmic breathing, winging on their back with whip kick, back crawl, and diving to pass. Advance to Level 3. Limit 6.

### Red Cross Level 3

*(prerequisite: passed Advanced Beginners or Poly Beginner III. Easily relaxes in water, swims pool width on back and front crawl with rhythmic breathing)*


### Red Cross Level 4

*(prerequisite: Level 3)*

Skills taught: review Level 3 skills, 50 yards of front crawl, back crawl and elementary backstroke, introduced to breast stroke and sidestroke, tread water, and demonstrates rescue breathing. Advance to Level 5. Limit 10.

### Red Cross Level 5

*(prerequisite: Level 4)*

Skills taught: review Level 4, front and back crawl, elementary back for 100 yards, breast and side strokes for 50 yards, dive from board, stride jump entry, feet-first surface dive and safety skills. Limit 10.

### Red Cross Level 6

*(prerequisite: Level 5)*

Skills taught: review Level 5 plus approach and hurdle on diving board, pike/tuck dive, 500 yd. swim, front and back crawl 200 yards, breast stroke and side stroke 100 yards, butterfly 50 yards, flip and open turns, tread water, rescue skills, retrieve objects from bottom of pool and several other skills. Limit 10.
Learn-to-swim schedule

### Morning session schedule
All classes are 8 sessions and $55 unless otherwise noted

**Session A**
Wednesday–Friday, June 23–27;
Wednesday–Wednesday, June 30–July 2

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobbers</td>
<td>A</td>
<td>9–9:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>A</td>
<td>9–9:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>A</td>
<td>10:30–11 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>A</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Beginners</td>
<td>A</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>A</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 3</td>
<td>A</td>
<td>9–9:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 4</td>
<td>A</td>
<td>9–9:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 5</td>
<td>A</td>
<td>10–10:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 6</td>
<td>A</td>
<td>10–10:50 a.m.</td>
<td>$55</td>
</tr>
</tbody>
</table>

### Session B
Monday–Thursdays, July 7–10 and July 14–17

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobbers</td>
<td>B</td>
<td>9:30–10 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>B</td>
<td>9:30–10 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>B</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>B</td>
<td>9–9:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Beginners</td>
<td>B</td>
<td>10:30–11 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>B</td>
<td>10–11 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 3</td>
<td>B</td>
<td>9–10:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 4</td>
<td>B</td>
<td>9–10:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 5</td>
<td>B</td>
<td>9–9:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 6</td>
<td>B</td>
<td>9–9:50 a.m.</td>
<td>$55</td>
</tr>
</tbody>
</table>

### Session C
Monday–Thursdays, July 21–24 and July 28–31

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bobber</td>
<td>C</td>
<td>10:30–11 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>C</td>
<td>9:30–10 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>C</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>C</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Beginners</td>
<td>C</td>
<td>10–10:30 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>C</td>
<td>10:30–11 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 3</td>
<td>C</td>
<td>9–9:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 4</td>
<td>C</td>
<td>9–9:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 5</td>
<td>C</td>
<td>10–10:50 a.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 6</td>
<td>C</td>
<td>10–10:50 a.m.</td>
<td>$55</td>
</tr>
</tbody>
</table>

### Private Lessons
Arrange for eight 1/2 hour private lessons. Call 763-792-5240 and leave your day and evening phone number and you will be called after registration deadline. Fee is $165.

### Evening session schedule
All classes are 8 sessions and $55 unless otherwise noted

**Session E**
Mondays, June 16–August 4

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Tot</td>
<td>E</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Wog</td>
<td>E</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Bobbers</td>
<td>E</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>E</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>E</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>E</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Beginner</td>
<td>E</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>E</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 3</td>
<td>E</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 4</td>
<td>E</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 5</td>
<td>E</td>
<td>7–7:50 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 6</td>
<td>E</td>
<td>7–7:50 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Water Aerobics</td>
<td>E</td>
<td>8:30–9:15 p.m.</td>
<td>$45</td>
</tr>
</tbody>
</table>

**Session F**
Tuesdays, June 17–August 5

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Tot</td>
<td>F</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Wog</td>
<td>F</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Bobber</td>
<td>F</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Bobber</td>
<td>F</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>F</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>F</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>F</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>F</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Beginner</td>
<td>F</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>F</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 3</td>
<td>F</td>
<td>6:30–7:20 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Level 4</td>
<td>F</td>
<td>6:30–7:20 p.m.</td>
<td>$55</td>
</tr>
</tbody>
</table>

**Session G**
Wednesdays, June 18–August 6

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Tot</td>
<td>G</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Wog</td>
<td>G</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Bobber</td>
<td>G</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>G</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>G</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>G</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Beginner</td>
<td>G</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>G</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Water Aerobics</td>
<td>G</td>
<td>8:30–9:15 p.m.</td>
<td>$45</td>
</tr>
</tbody>
</table>

**Session H**
Thursdays, June 19–August 7

<table>
<thead>
<tr>
<th>Class</th>
<th>Session</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Tot</td>
<td>H</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Wog</td>
<td>H</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Bobber</td>
<td>H</td>
<td>6:30–7 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner I</td>
<td>H</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner II</td>
<td>H</td>
<td>6–6:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>H</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
<tr>
<td>Poly Beginner III</td>
<td>H</td>
<td>7–7:30 p.m.</td>
<td>$55</td>
</tr>
</tbody>
</table>
Aquatics—Specialized Programming

Youth Aquatic Clinics

**Secondary Diving** (ages 12–18)

*(prerequisite: swim 50 yards each of crawl and back crawl and have entry level ability of the breaststroke and butterfly)*

A clinic intended for youth interested in becoming a stronger swimmer improving speed, endurance, efficiency and form. Learn proper stroke technique, kicking, turns, starts, body balance and alignment. Each participant must have a pair of goggles.

<table>
<thead>
<tr>
<th>Course</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>#9942A</td>
<td>$90</td>
<td>Monday–Friday, June 23–30; Monday–Wednesday, June 30–July 3 9–10:30 a.m.</td>
</tr>
<tr>
<td>#9942B</td>
<td>$90</td>
<td>Monday–Thursday, July 7–10; July 14–17 9–10:30 a.m.</td>
</tr>
<tr>
<td>#9942C</td>
<td>$90</td>
<td>Monday–Thursday, July 21–24; July 28–31 9–10:30 a.m.</td>
</tr>
</tbody>
</table>

**Pre-Competitive Swim Program** (grades 4–8 that are new to competitive swimming)

Participants need to be able to: swim 50 straight yards of the freestyle and backstroke, 25 straight yards of breaststroke and butterfly, a start from the block and a basic flip turn. Sessions consist of warm-up, workout, drills, starts, turns, and cool-down. Swimmers will spend 40 percent of the time working on technique and 60 percent on training with the proper technique. Swimmers experience competitive swimming with emphasis on developing self-esteem, making new friends and having fun.

<table>
<thead>
<tr>
<th>Course</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>#9943</td>
<td>$90</td>
<td>Monday and Wednesday, June 23–July 31 11 a.m.–noon</td>
</tr>
</tbody>
</table>

**Youth Stroke Technique and Endurance** (ages 12–18)

An opportunity for junior and senior high divers to improve skills and work on training techniques for high school teams. Includes dry-land training so shorts, T-shirts and tennis shoes are needed, along with a swimming suit.

<table>
<thead>
<tr>
<th>Course</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>#9944</td>
<td>$65</td>
<td>Monday–Thursday, July 21–24; July 28–31 9–10 a.m.</td>
</tr>
</tbody>
</table>

**Fundamentals of Diving** (ages 12–18 wanting to try diving or work on diving techniques)

Work on basic techniques and dry-land training for refining each technique. Shorts, tennis shoes and swimsuits are required.

<table>
<thead>
<tr>
<th>Course</th>
<th>Fee</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>#9946A</td>
<td>$65</td>
<td>Monday–Friday, June 23–30; Monday–Wednesday, June 30–July 3 9–10 a.m.</td>
</tr>
<tr>
<td>#9946B</td>
<td>$65</td>
<td>Monday–Thursday, July 7–10; July 14–17 9–10 a.m.</td>
</tr>
<tr>
<td>#9946C</td>
<td>$65</td>
<td>Monday–Thursday, July 21–24; July 28–31</td>
</tr>
</tbody>
</table>

Register up to one week prior to class start. Registration forms are on page 50. Call 763-792-6100 with questions.
Aquatics
Specialized Programming

Youth Aquatic Clinics continued

**Cross Training** (ages 12–18 wanting to try diving or work on diving techniques)

Cross-training, or taking part in alternative forms of exercise, can help reduce the risk of overuse injuries, improve muscular balance, target muscles in new and different ways, and aid in muscle recovery. Cross-training can prevent burnout and add a little fun and variety to workout routines. All that while still helping participants stay aerobically fit. Athletes will swim, stair climb, deep water run, and use tabata, plyometrics and other dryland aerobics drills.

<table>
<thead>
<tr>
<th>#9930A</th>
<th>$240</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Friday, June 16, 17, 18, 19, 20; 3–8:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>#9930B</th>
<th>$240</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 28, 29, 30, 31, August 1 9 a.m.–2:30 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

**Lifeguard Training** (minimum 15 years old before course begins and successful completion of preliminary swimming skills and endurance test)

Provides knowledge and skills to save lives in an emergency. Fee includes cost of CPR for the Professional Rescuer Course and Standard First Aid Course (requirements), book and equipment rental. Those who pass are certified in Lifeguard Training, First Aid and CPR for the Professional Rescuer. Attendance required for all classes. Limit 10.

<table>
<thead>
<tr>
<th>#9947</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Thursday, July 7–10; July 14–17 9–10 a.m.</td>
<td></td>
</tr>
</tbody>
</table>

**Adults**

Adult Water Aerobics—Monday/Thursday evenings, see page 18
Adult Lap Swim—Monday/Thursday evenings, see page 18

**Expect delays**

Summer construction is tentatively planned on North Road from Lakeview Drive to Park Drive East. Road work will likely interfere with access to the main Centennial Campus. The project may be extended to include the Lever St. NE/North Road intersection. Please plan accordingly.
4 user-friendly ways to register

  Register on-line for any class. Secure registration 24 hours/day using VISA, MasterCard or Discover.

- **By mail**
  Complete a registration form (page 50) and return it with separate checks for each class made out to District 12 to: Centennial Community Education, 4707 North Road, Circle Pines, MN 55014.

- **In person/drop-box**
  Complete a registration form and deliver to the Centennial Community Education Office or 24-hour drop box at Door D14 (high school east building lower parking lot). Community Education Office hours are 9 a.m.–3 p.m., Monday through Thursday.

- **By fax**
  Complete a registration form, including credit card information, and fax to 763-792-6113.

**Confirmations:** To receive a confirmation, include a self-addressed, stamped envelope or include your e-mail address on registration form. Schedules are also available on-line at isd12.org/community-education.

**Cancellations:** Community Education reserves the right to cancel a class due to insufficient enrollment. Classes are filled on a first-come, first-serve basis. Some class sizes are limited, so early sign-up is suggested. If a class is cancelled or full, you will be notified and your fee refunded.

**Inclement weather/emergencies:** When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities are also cancelled. Watch or listen to local T.V. stations, or visit the district website at isd12.org.

**Refunds:** A 100 percent refund will be made if you cancel 24 hours before the first class session. No refunds thereafter.

**Discounts:** Fee assistance for eligible applicants of up to $25/class per person per activity guide is available. For an application, please call 763-792-6100. Current UCare Minnesota members may take up to a $15 discount per class on most classes. Include UCare ID number on registration form.

**Check collection service used:** Centennial School District uses PayTek Solutions services when a check is returned due to insufficient funds. If collection is made electronically, the district receives the face value of the check plus a $3 per check rebate. PayTek charges an NSF fee to the party that issued the bad check. The use of a check for payment is the check writer's acknowledgement and acceptance of this policy and its terms. After two NSFs, fees must be paid using a money order.

**Transportation:** No transportation provided unless otherwise noted.

**Special needs:** Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Contact the appropriate Community Education coordinator with questions.

**Photo policy:** There are occasions when representatives of District 12 and/or the media photograph or videotape students while in school or attending/participating in school sponsored functions. Parents/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the principal’s office of the school their child attends.
**Community Education Registration Form**

Name (First/last) ________________________ Male □ Female □ Birthday __________

If minor, guardian name ____________________________

Address ____________________________________ City __________________________ Zip __________

Phone: primary ( ) ____________________________ other ( ) ________________________

E-mail address ________________________________

Special needs/additional information ________________________________

<table>
<thead>
<tr>
<th>Activity name</th>
<th>Activity #</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

FOR ADDITIONAL REGISTRATIONS USE ANOTHER FORM OR AN ADDITIONAL PIECE OF PAPER. Send with payment to Community Education, 4707 North Road Circle Pines, MN. 55014; drop in 24-hour box at HS/east bldg door D14; fax to 763-792-6113.

Register on-line at isd12.org/centennial-education

Make separate check for each class payable to District 12. Registration deadline is one week prior to class.


<table>
<thead>
<tr>
<th>Financial assistance (application on file)</th>
<th>-$25</th>
<th>-$15</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Check (payable to District 12)</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>ENT___</td>
</tr>
</tbody>
</table>

Credit card (complete below):

MasterCard   VISA

Name on card (print) ___________________________

Account #__________________________ Expires date____________

OFFICE USE ONLY

ENT___

CANC___

RET____

For additional registrations use another form or an additional piece of paper. Send with payment to Community Education, 4707 North Road Circle Pines, MN. 55014; drop in 24-hour box at HS/east bldg door D14; fax to 763-792-6113.

Register on-line at isd12.org/centennial-education

Make separate check for each class payable to District 12. Registration deadline is one week prior to class.

Summer Reading Experience 2014
Did you know that young people experience reading losses when they do not engage in educational activities during the summer? In contrast, children who take part in educational activities all summer start their next school year ready to learn. Summer library opportunities include:

- **Baby Storytime**—Tuesdays, 10:15 and 11 a.m., June 16–July 26. Registration required.
- **Family Storytime**—Thursdays, 10:15 and 11 a.m., June 16–July 26. No registration; limited seating.
- **Lego Club**—Meet other Lego builders and show off your building skills. We'll have the Legos and books, you provide the imagination. 2-3 p.m., last Tuesday of June, July, and August.
- **Midsummer Magic**—is another name for the first day of summer. Not only is this the longest day of light, but some think it is a magical time when fairies and elves come out to play. Join an artist and create your own fairy or elf costume complete with flower garland and wings to weave your own special magic. For kids entering K–3. Registration required. 2–4 p.m., June 25.
- **Centennial CON Teen Program**—Do you love sci-fi and fantasy movies? Role playing games? Anime? Centennial Library is throwing ONE DAY "CON"vention celebrating all the things you love. We'll have the latest games, talk about the newest comics, and take a Super Hero Quiz. You can even contribute to our “Fan Art” display in the teen area! Costumes are always appreciated. 11 a.m.–3 p.m., June 28.
- **Solar Prints**—Let the scientist in you soar with this fun activity where art meets science. The sun helps you create unusual print designs in just a few minutes using ozalid paper and natural materials. For kids entering grades 4–6. Registration required. 2–4 p.m., July 15.
- **Summer Wednesday Programs on the Lawn**—All ages. In case of rain, programs will be in Circle Pines City Hall, limited space. No programs the week of July 4.
  - Ten Penny Tunes—An introduction to a wide variety of folk music from Appalachian to Zydeco. 2–2:30 p.m., June 18.
  - Treasure Beyond Measure—When greedy Cap’n Curley inherits his father's pirate ship, he seeks to locate the world's greatest treasure. 2–2:30 p.m., June 25.
  - Snapdragon Seeds Come sing upbeat, original, educational songs about outer space, opposites, synonyms, past tense, being a kid and the intellectual power of asking questions. July 9th, 2–2:45 p.m.
- **Wendy’s Wiggle, Jiggle, and Jam**—Have a blast with music and movement. Instruments, puppets, flags and more. 2–2:45 p.m., July 16.
- **The Storyman from England**—Trees, Trees, Trees Storytelling. Join us in exploring the growth and structure of trees and trees as wild habitat. 2–2:45 p.m., July 23.
- **It’s a Small World After All**—3D Photo dioramas. Make your own pocket-sized 3D world inside of an Altoid tin. Using nature images, a photo of yourself and miniature, create the setting for a story about you and your adventures in the natural world. For kids entering grades 3–5. Registration required. 2–3:30 p.m., Tuesday, August 5.
- **Magic Class**—Have you ever wondered how magicians do their tricks? Maybe you’d like to get up on stage yourself. Learn about famous magicians, see a magic show, and learn some magic tricks to amaze your friends and family. For children 8–12. Registration required. 2–3 p.m., Saturday, August 9.
Summer vacations for the Wyland family were limited to visiting with our cousins either in Chicago or in Minnesota. Now don’t go feeling sorry for the Wylands. We had a blast each summer thanks to the arrival of our cousins from Chicago. Their vacations each August brought a week of sleepovers, swimming at the beach, maybe a State Fair or Como Zoo visit, penny card games, and playing at the local elementary.

The programs at the elementary school were sponsored by Community Education. We were busy—arts and crafts, a trip to the roller rink, murder ball in the gym, box hockey, games on the playground and so much more.

Even though times and programs have changed, that’s the niche we hope this program guide fills for your family this spring/summer. Community Education never takes a vacation—we are here for you.

There are plenty of offerings for all ages that will, no doubt, meet the need for family fun. We’re really excited about adding an aquatic obstacle course to the pool using Wibits. The interlocking floating modules will bring a new dimension to Centennial Community Pool. And speaking of dimensions, this spring/summer guide isn’t limited to youth. There are lots of adult offerings including continuation of Community Education’s popular Fit For You program throughout the summer with some welcome additions.

Wondering what kids need to succeed? Hear all about it at a free community event 6:30–8 p.m. Wednesday, May 14 at Our Savior’s Lutheran Church. Sponsored by a load of community organizations, participants will enjoy hearing from master storyteller and community educator Katy Smith, 2011 Teacher of the Year.

So keep it local this summer and let Community Education help with your vacation plans.