

2019 FALL YOUTH ACTIVITIES



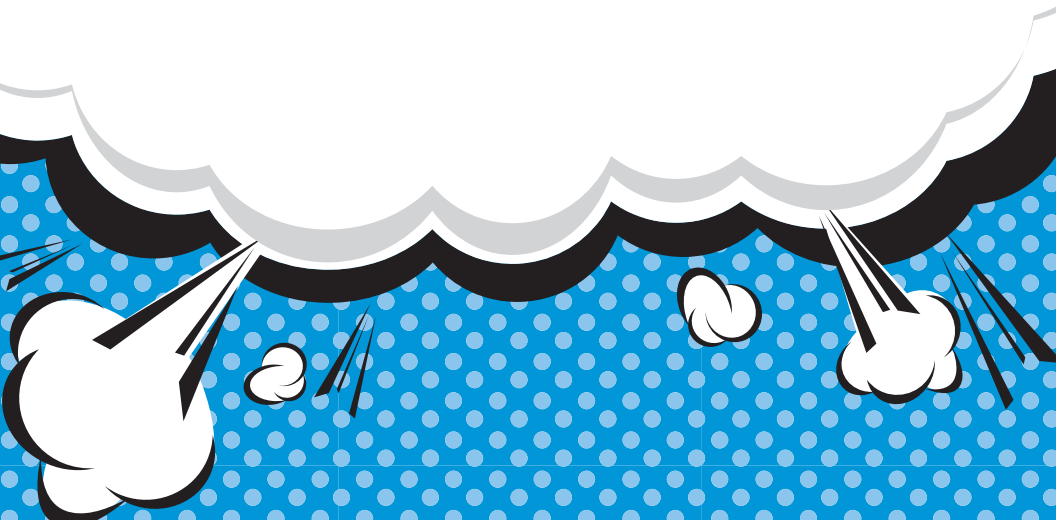
**REGISTRATION BEGINS
MONDAY, AUGUST 12**

STAY CONNECTED WITH US ONLINE!
www.isd282.org/cs

Pumpkin Party.....Pg. 4
The Frozen Princesses.....Pg. 11
Improv.....Pg. 19

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3 EASY WAYS TO REGISTER

**REGISTER EARLY
MANY CLASSES FILL
QUICKLY!**



ONLINE

24 hours- 7 days a week
Visit www.isd282.org/cs



PHONE 612-706-1166

Monday-Friday, 8:00am-4:30pm
Please have your class information and Visa/
MasterCard/Discover ready when you call.



IN PERSON

Register at the Community Services Office,
located in the St. Anthony Community Center.
3301 Silver Lake Road
Office Hours:
Monday-Friday, 8:00 a.m.-4:30 p.m.

CONTACT US:

St. Anthony Community Services
3301 Silver Lake Road, St. Anthony, MN 55418
(612) 706-1166

OFFICE HOURS:

Monday-Friday
8:00 a.m.-4:30 p.m.
www.isd282.org/cs

REGISTRATION

Registration is required for all classes and activities. Registration closes two business days before the first day of class, unless a deadline date is noted. We continue to take registrations when a class has openings. No registration is complete until the fee is paid.

CANCELLATIONS

Community Services reserves the right to cancel any class or activity due to insufficient enrollment. When a class or activity is cancelled, Community Services will make every effort to contact the registrant 48 hours before the scheduled start of the activity. Full refunds will be given if this occurs.

REFUNDS

Cancellations made more than two business days prior to the start of the activity will be refunded, less \$5 handling fee. No refunds will be given if cancellations are made within two business days prior to the start of the activity.

FEE ASSISTANCE

Limited financial assistance is available for School District residents who are unable to meet the costs of specific programs.

WEATHER CANCELLATIONS

Cancellations will be announced on KARE Channel 11, WCCO Channel 4, KMSP Channel 9 or call 612-706-1166 for information.

4 2 YEARS-KINDERGARTEN

DINOSAUR DIG with Anne-Marie Fischer / AGES 2-5

Get ready to dig, dig, dig! Dig for dinosaur bones, learn the dinosaur stomp, create prehistoric landscapes and more!

Monday, October 14

9:30-11:00 a.m.

\$15

Community Center, CS12

CONSTRUCTION with Anne-Marie Fischer / AGES 2-5

Wear a hard hat and get to work! Drive a bulldozer, build with blocks, and haul rocks and logs.

Tuesday, October 15

9:30-11:00 a.m.

\$15

Community Center, CS12

PUMPKIN PARTY with Anne-Marie Fischer / AGES 2-5

Explore the inside and outside of a pumpkin. Decorate your own pumpkin to take home and enjoy pumpkin bowling with other friends.

Wednesday, October 16

9:30-11:00 a.m.

\$15

Community Center, CS12

SERVICE PROJECTS with Anne-Marie Fischer / AGES 2-5

Create simple projects to learn about the pleasures of giving! Make cards, toys for pets, and kindness cards to share.

Monday, November 25

9:30-11:00 a.m.

\$15

Community Center, CS12



PANCAKE PALOOZA with Anne-Marie Fischer / AGES 2-5

Come to class in your P.J.'s, eat some yummy pancakes and create a pancaked themed craft.

Tuesday, November 26

9:30-11:00 a.m.

\$15

Community Center, CS12

SNOWFLAKES with Anne-Marie Fischer / AGES 2-5

Play in snow (real or fake depending on our weather), create beautiful snowflakes to hang at home and make a yummy "snowflake treat" to eat.

Monday, December 16

9:30-11:00 a.m.

\$15

Community Center, CS12

GINGERBREAD JAMBOREE with Anne-Marie Fischer / AGES 2-5

Eat a gingerbread treat, go on a hunt to find the missing gingerbread man and make some gingerbread cookies.

Tuesday, December 17

9:30-11:00 a.m.

\$15

Community Center, CS12

HOMEMADE GIFTS with Anne-Marie Fischer / AGES 2-5

Make simple homemade gifts, play with tape & bows, and wrapping paper. Make and eat a homemade treat and get the recipe to take home.

Wednesday December 18

9:30-11:00 a.m.

\$15

Community Center, CS12



SPANISH THAT'S FUN AND PRACTICAL! Futura Language / GRADES K-5

Studies show that children learn another language easiest when it is practical in their everyday lives or is a topic they find fun and interesting. This year's Vamos series has both! In our hands-on class, ¡Vamos a Comer! your child will learn how to order at a restaurant and set the table--all in Spanish! After break, students return for six more jam-packed sessions with ¡Vamos con los Animales! where we will "visit" a pet store, a family farm, the zoo, the ocean, and even the rainforest! --Students will learn brand new Spanish vocabulary and useful phrases each and every class. ¡Vámonos! Register today as spaces are limited.

(Full Year Mandatory)

Thursdays

October 24-December 5 & February 20-April 2 (no class Nov. 28 & Mar. 19)

3:40-5:00 p.m.

\$254

Wilshire Park, Room 200

Pick-up at door #9 Activities Entrance

(Winter/Spring Session Only)

Thursdays

February 14-March 28 (no class Mar. 19)

3:40-5:00 p.m.

\$150

(Optional)

\$16.95 Sticker Dictionary --added to registration link

\$14.99 Youth Spanish Club t-shirt --size YS YM YL



NEW!

LEBANESE PIZZAS with Lorie Haddad / All ages

Do you like pizza? Are you interested in making a new style of pizza? Zaatar is a tangy tasty spice mixture that's famous in the Middle East. Come learn to roll out the dough, top it with zaatar and olive oil and bake it to create a fun, fast and healthy snack to impress your friends and family!

Monday, November 11

6:00-7:30 p.m.

\$45

Grades K-3 must be accompanied by an adult (no additional cost)

Grades 4-5 can attend without an adult

St. Anthony High School/Middle School FACS Room #209

COMPUTER CODING with Mrs. Cartwright and Ms. Huninghake / GRADES 4-5

Do you enjoy coding? Wilshire Park is offering a Coding Club for interested 4th and 5th grade students. No need to have previous experience. We'll explore more choices with the Hour of Code website and play around with iPad apps and games. All proceeds from registrations will go towards purchasing technology for Wilshire Park.

Thursdays

September 26-November 7 (no class Oct. 17)

8:00-8:55 a.m.

\$40

Wilshire Park STEM Lab, Room #112

Drop-off at door #9 Activities Entrance



CHEER CLINIC with Courtney Hess / GRADES K-5

Be a junior Cheerleader! You will work in small groups with high school cheerleaders to learn school cheers. Junior Cheerleaders will cheer at the Friday, October 11 homecoming football game. Everyone will have fun whether they are a beginner or have had experience cheerleading.

Tuesday-Thursday

October 8-10

3:45-4:40 p.m.

\$45

Wilshire Park, East Gym

Pick-up at door #9 Activities Entrance

CHECK IT OUT!
THERE ARE SO MANY COOL
CLASSES TO TAKE THIS FALL!
I'M SO EXCITED!!!



SCIENCE AT WORK! With Mad Science / **GRADES 1-5**

Join Mad Science® for after-school fun with interactive, hands-on activities and get revved up about science. Experience Science at Work in the Mad Science crime lab, toy factory, and movie effects studio. Discover science working in nature through earthquakes, storms and magnetic forces! Get a great signature Mad Science take-home every class!

Tuesdays

October 29-December 3

3:40-5:00 p.m.

\$112

Wilshire Park, Room 230

Pick-up at door #9 Activities Entrance

**NEW!****ADVANCED ROCKET DESIGN** With America's Fun Science / **GRADES 3-5**

Engage in hands-on activities that teach and reinforce the basics of Newton's third law of motion. "Dr. Fun" from America's Fun Science will show each student how to build a reusable, individualized outdoor rocket with parachute to take home for hours of fun with friends and family. This STEM activity will cover the basics of rocket design and construction using recycled materials. Meet in the cafeteria after school to eat snack with Village Kids.

Tuesday, September 24

3:40-5:00 p.m.

\$22

Wilshire Park, Room 308

Pick-up at door #9 Activities Entrance

NEW!**DINOSAUR DIGGING PALEO FUN** With America's Fun Science / **GRADES K-5**

Students engage in fun, hands-on activities including a mini-paleontology dig supervised by "Dr. Fun!" Class provides a solid theoretical understanding of the types of dinosaurs and their role in the past ecosystem. Meet in the cafeteria after school to eat snack with Village Kids.

Tuesday, December 10

3:40-5:00 p.m.

\$22

Wilshire Park,

Pick-up at door #9 Activities Entrance



BEGINNING CHESS-PAGES LEVEL with Schoolhouse Chess/ GRADES 1-5

The Pages Level of Mad Science's Schoolhouse Chess is designed for the beginner with little or no chess knowledge. Research shows learning chess helps children develop math skills, self-confidence, critical thinking, and creative problem solving skills. Learn how the pieces move and capture, check and checkmate, castling, and material value. Schoolhouse Chess' unique learning method and engaging characters bring chess pieces (and personalities) to life. Learn chess in a fun, kid-friendly way. All participants receive their own magnetic chess set and weekly worksheets.

Wednesdays

October 23-December 18 (no class Nov. 27)

3:40-5:00 p.m.

\$140

Wilshire Park, Room 226

Pick-up at door #9 Activities Entrance



WILSHIRE PARK CHESS CLUB with Bill Nara / GRADES 1-5

Whether you consider yourself a beginner or intermediate player, join this club to meet and interact with other chess players in your school and play on a weekly basis. We will occasionally be joined by experienced guest players to improve our skill level. Players will also be exposed to opportunities for competing in tournaments outside of the club with students from other schools. We will start with the basic rules for new players and also cover strategy and tactics for the intermediate players as the club progresses. Club T-Shirts are included. Students that already have club shirts will be reimbursed for the cost of their shirt.

New to chess clubs? Try it out the first 2 sessions, before you register.

3 registration options!

OPTION 1

Fridays

September 13-May 8 (no class Oct. 18, Nov. 8, Dec. 27, Mar. 20, April 3 & 10)

8:10-8:50 a.m.

\$133

Wilshire Park, Room 210

Drop-off at door #9 Activities Entrance

OPTION 2:

Fridays

September 13-December 20 (no class Oct. 18, Nov. 8)

8:10-8:50 a.m.

\$57

Wilshire Park, Room 210

Drop-off at door #9 Activities Entrance

OPTION 3:

Fridays

January 3-May, 8 (Mar. 20, April 3 & 10)

8:10-8:50 a.m.

\$76

Wilshire Park, Room 210

Drop-off at door #9 Activities Entrance



WATCH ME DRAW FALL! With Watch Me Draw / **GRADES K-5**

Let's Celebrate Fall with Watch Me Create! You will have fun learning to paint, draw, and sculpt fall themed creations. Create while getting messy with fun materials like Watercolor, Acrylic Paint and Clay. Each class, you will create and take home a new project and have lots of fun while doing it. Happy fall Y'all!

Wednesdays, September 25-October 23

Fridays, September 27-November 1 (no class Oct. 18)

3:40-5:00 p.m.

\$78

Wilshire Park, Art Room #236

Pick-up at door #9 Activities Entrance

**WATCH ME JUNGLE ANIMALS!** With Watch Me Draw / **GRADES K-5**

Just because it's starting to freeze here doesn't mean it's freezing everywhere! With Watch Me Create! you will have fun creating jungle animals with watercolor paint, clay, and texture plates. You will take home a new project each week. Sign up now, let's take a trip to the jungle!

Wednesdays, October 30-November 27

Fridays, November 15-December 20 (no class Nov. 29)

3:40-5:00 p.m.

\$78

Wilshire Park, Art Room #236

Pick-up at door #9 Activities Entrance

WATCH ME COOKIES & CANVAS WITH YOUR FAVORITE GROWNUP!**With Watch Me Draw / GRADES K-5**

Cookies and Canvas is a perfect way to spend time with your favorite grown up! Never painted? No problem! We will give you step-by-step instructions leaving creative design, color and embellishments up to you! The finished paintings can be paired together or kept as individual art. It's completely stress free and absolutely no painting experience is necessary! Come for the cookie.... leave with a Canvas! Fee covers both the child and adult.

Saturday, November 16

9:30-11:30 a.m.

\$47 parent & 1 child, \$60 parent & 2 children, \$73 parent & 3 children

Community Center, Multipurpose Room

**WATCH ME HOLIDAY WORKSHOP** With Watch Me Create / **GRADES K-5**

Join us for our super fun Holiday Art Workshop where we will do just that! You will create AWESOME projects using mixed media to make your creation a masterpiece. Learn different techniques that will spur your creativity and sharpen your technique. Being creative can get messy- Paint, Glitter and Glue will probably end up on you! Please dress for a mess and don't forget to bring a drink and nut free snack.

Saturday, December 14

9:30-11:30 a.m.

\$34

Community Center, Multipurpose Room





KIDCREATE STUDIO

KIDCREATE STUDIO launches children into the incredible world of art. Our energized classes offer an exciting format for art exploration. We focus on art creation and art education. Lesson plans, designed by an art education professional, are age appropriate and devised to inspire the individual child. Our teachers provide a positive, fun, self-esteem building atmosphere where children learn to express themselves through the visual arts.

visit www.kidcreatestudio.com

NEW!

THE FROZEN PRINCESSES With KidCreate Studio / GRADES K-5

We will have a blast in this class as we are inspired by the popular Disney® movies Frozen and Frozen 2. The kids will create a sparkly, wintery castle scene featuring their favorite princess! Please pack a nut free snack and a drink for your child.

Friday, November 8

9:00-12:00 p.m.

\$35

Wilshire Park, Art Room #236

Drop-off and pick-up at door #9 Activities Entrance



NEW!

HATCHIMALS With KidCreate Studio / GRADES K-5

Doesn't designing your very own Hatchimal sound like a dream come true? We'll sculpt and splatter our Hatchimal eggs until they look just like the real thing-- we'll even create a tiny fuzzy Hatchimal to go inside. Your artist will love using their imaginations to hatch up the cutest Hatchimal sculptures ever! Please pack a nut free snack and drink for your child.

Friday, October 18

9:00-12:00 p.m.

\$35

Wilshire Park, Art Room #236

Drop-off and pick-up at door #9 Activities Entrance



PLEASE BRING A NUT FREE SNACK AND DRINK TO CLASS.

COMMUNITY CLUBS & ACTIVITIES

Community clubs and activities are in partnership with the Village Kids program at Wilshire Park Elementary School.

*If your child has an active Village Kids contract, your child(ren) can sign up for these clubs and activities in the classroom.

OCTOBER

PUMPKIN PATCH FIELD TRIP Grades K-5

Join us as we visit one of Minnesota's finest pumpkin patches. We promise to keep your child busy all day with wonderful fall activities. Feed animals, take a trolley ride to pick your very own pumpkin and play on a fun playground. Transportation and admission are all included in the fee. Remember to wear weather appropriate clothing and shoes and bring a bag lunch.

Friday, October 18

9:00-4:00 p.m.

\$47

Wilshire Park, Village Kids Room

Drop-off & pick-up at door #9 Activities Entrance



NOVEMBER

LEGO CLUB Grades K-5

We invite you to come as we DUMP all our Legos out and create! Ok, well we might not let you dump all of them but we have TONS to play with! We will have a daily challenges that will inspire you to think creatively and problem solve. We will also incorporate fun activities that use Legos to keep you busy until school begins. This is a class for all Lego lovers!

Tuesdays

November 5-26

7:30 a.m.-9:00 a.m.

\$48

Wilshire Park, Village Kids Room

Drop-off & pick-up at door #9 Activities Entrance



DECEMBER

FLEECE BLANKETS Grades K-5

When the weather starts to turn and it's a little chilly outside, you can stay warm by making your own fleece blanket. Choose your fleece, learn how to measure, cut, and tie your blanket.

Thursday

December 12

7:00 a.m.-9:00 a.m.

\$20

PRIVATE MUSIC LESSONS

Due to staff schedules, we cannot reschedule or issue refunds for lessons missed by students. Instructors will reschedule lessons they have cancelled. Please check with the office often as we can add additional dates and times for lessons. Also, other instruments are sometimes offered.

TROMBONE & EUPHONIUM LESSONS with Brian Knapp / GRADES 5-12

Saturdays

September 14-December 7 (no class Oct. 19 & Nov. 9)

*\$190 *Check 30% rate for CS*

Community Services

Lessons:

9:00-9:30 a.m.

9:30-10:00 a.m.

10:00-10:30 a.m.

10:30-11:00 a.m.

11:00-11:30 a.m.

11:30-12:00 p.m.



FLUTE LESSONS with Paula Pettis / GRADES 6-12 AND ADULTS

Fridays

September 27, October 22, 25, November 1, 15 & 22, December 6

\$182 \$20 each lesson

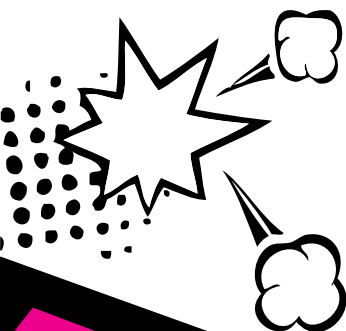
St. Anthony High School, Music Room

Lessons:

3:15-3:45 p.m.

3:45-4:15 p.m.

4:15-5:45 p.m.



YOUTH DANCE

A variety of dance classes are available for girls and boys from three years old through fifth grade. Children should wear comfortable clothing or leotards and tights. Tap and ballet shoes are needed for all classes and will be available for purchase at the first class. A holiday dance show will take place in the Wilshire Park gym on Monday, December 9.

Mondays

September 9-December 9 (no class Oct. 14 & Nov. 25)

\$108

CREATIVE DANCE **Preschool**

Through the use of rhythm instruments, scarves, and pom-poms, boys and girls will learn and create dances. The class increases coordination, strength, and a sense of rhythm as children move to music. Simple movement to ballet and tap will be introduced. Participants must be 3 years or older to register for this class.

2 class offerings:

2:15-3:00 p.m.

Community Center, Multi Purpose Room

5:30-6:15 p.m.

Wilshire Park, East Gym

Please drop-off and pick-up at door #16

KINDER DANCE **Kindergarten only**

Kinder Dance is a fun-filled program specifically designed for kindergartners! It offers an introduction to ballet, tap, jazz, and creative movement. Dance terminology, movement games and props are used to keep dancers engaged and having fun!

5:30-6:15 p.m.

Wilshire Park, East Gym

Please pick up at Wilshire Park using door #16

JAZZ, TAP, & BALLET

Students will learn jazz, tap, and ballet. A fun, high energy class designed for dancers of all levels. We will focus on proper form and technique all while having a blast!

Grades 1 & 2

3:45-4:30 p.m.

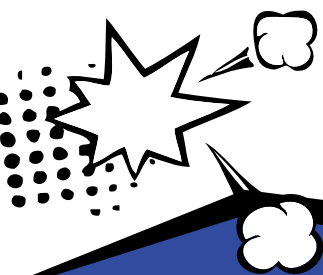
Wilshire Park, East Gym

Grades 3-5

3:45-4:30 p.m.

Wilshire Park, East Gym

Pick up at Wilshire Park using door #9 Activities Entrance



BASKETBALL With Josh Pratt / **GRADES 3-5**

Get ready for the upcoming basketball season by refreshing your current skill and learning new ones. Players will improve their existing shooting, ball handling, passing, defensive skills through individual work and team games.

Tuesday-Thursday

September 10-12

3:45-4:45 p.m.

\$60

Wilshire Park, West Gym

Pick up at Wilshire Park using door #9 Activities Entrance

**BASKETBALL CAMP** With Breanna Bergquist / **GRADES K-2**

This camp is for players of all experience levels. Learn the fundamentals of basketball while having fun playing a great sport with your friends. Players will work on offensive and defensive skills while enjoying the game! Each student will receive a snack after school before camp begins.

Wednesdays

September 17-19

3:45-5:00 p.m.

\$30

Wilshire Park, West Gym

Pick up at Wilshire Park using door #9 Activities Entrance

**VOLLEYBALL** With Ayesha Khan / **GRADES 2-5**

Are you interested in learning how to play volleyball? Whether you are new to the game or have played before, this class is designed to help players learn and develop a basic understanding of volleyball. The class will include instruction in the basic skills of serving, passing, setting, attacking and blocking. Coach Ayesha has coached for 20 years, 8 as a head varsity coach, and now turning her focus on youth development.

Includes a t-shirt!

Thursdays

September 12-October 10

6:00-7:30 p.m.

\$60

Wilshire Park, West Gym

Pick up at Wilshire Park using door #9 Activities Entrance



KARATE

PREKARATE: AGES 4-6

Provide your child with a chance to explore karate in a small, low-key group. This class will focus on fun activities that help develop balance, coordination, and confidence; an opportunity to interact with adults and children in a new setting; and learn Japanese words and culture. Five and six year olds in this class will have a chance to prepare for early entry into the youth karate class.

Wednesdays

4:30-5:15 p.m.

\$55 per session

Peak Performance

2210 Silver Lake Road Northwest, New Brighton

Sessions:

September 11-October 16 October 23-November 27

CHILD PARENT COMBINED CLASS: AGE 5

Come learn traditional Japanese karate with your child! Open to new students and existing students. We will explore the basics of punches, kicks, and blocks as well as partner work and the forms of kata. Child must be 5 years old or have completed a six week pre-karate program.

Wednesdays

5:30-6:30 p.m.

Existing students are free, parent fee of \$35 for 6 weeks.

New student/parent pairs \$65 for 6 weeks.

Peak Performance

2210 Silver Lake Road Northwest, New Brighton

Sessions:

September 11-October 16 October 23-November 27

YOUTH KARATE: AGES 6-10

Shotokan Karate-Do is a traditional Japanese Style of martial art emphasizing both mental and physical discipline. Karate will help you improve mental and physical health; build stamina, strength, flexibility, and coordination; develop self-confidence, calmness, patience, self-discipline, and reduce stress.

Thursdays

5:30-6:30 p.m.

\$55 per session

Peak Performance

2210 Silver Lake Road Northwest, New Brighton

Sessions:

September 19-October 24 October 31-December 5

AGES 11 YEARS-ADULT

Shotokan Karate-Do is a traditional Japanese Style of martial art emphasizing both mental and physical discipline. Karate will help you improve your mental and physical health; build stamina, strength, flexibility, and coordination; develop self-confidence, calmness, patience, self-discipline, reduce stress as well as give you the opportunity to learn self-defense.

Thursdays

6:30-7:30 p.m.

\$55 per session (no discount)

Peak Performance

2210 Silver Lake Road Northwest, New Brighton

Sessions:

September 19-October 24 October 31-December 5

**TAEKWONDO****AGES 6 TO ADULT**

Originating in Korea, Taekwondo is one of the most popular sports and martial arts today. Students will focus on forms (poomsae), sparring (kyeorugi), self-defense, and board breaking, all in a family-friendly environment; with emphasis on physical and mental fitness, discipline, and confidence.

Instructor Donovan Thao is a third degree black belt and has been training for over ten years under Master Chau Truong at Minnesota Family Taekwondo. Minnesota Family Taekwondo has raised some of Minnesota's finest competitors in national and international competitions. Uniforms can be bought at a low cost and off-site promotional tests are held multiple times a year at an additional cost. Testing is not required in order to continue this class because we believe that each student moves at their own, individual pace.

Tuesdays

5:30-6:45 p.m.

\$56 per session

Community Center, Multi Purpose Room

Sessions:

September 10-October 22 November 5-December 10

NEW!**MORNING MILE CLUB** with Amber Potts / **GRADES 6-8**

Hey middle schoolers! Do you want to get your blood pumping and get moving before school? Come join us to walk/jog/run to start your day. Bring your friends to walk and talk and just come on the days that work for you!

Tuesdays & Thursdays

September 10-May 28 (no class Oct. 17, Nov. 28, Dec. 24, 26, 31, Mar. 17 & 19)

7:00-7:20 p.m.

\$10

St. Anthony High School/Middle School, Upper Gym

NEW!**LEBANESE PIZZAS** with Lorie Haddad / **All ages**

Do you like pizza? Are you interested in making a new style of pizza? Zaatar is a tangy tasty spice mixture that's famous in the Middle East. Come learn to roll out the dough, top it with zaatar and olive oil and bake it to create a fun, fast and healthy snack to impress your friends and family!

Monday, November 11

6:00-7:30 p.m.

\$45

St. Anthony High School/Middle School FACS Room #209

BASKETBALL CAMP With Josh Pratt / **6-8**

This basketball camp allows players to learn new basketball skills and build on their existing skills, while having fun playing a great sport with their friends. Players will improve their shooting, ball handling, passing, and defensive skills through individual work and team games.

Tuesday-Thursday

September 10-12

5:00-6:00 p.m.

\$60

Wilshire Park, West Gym

Pick up at Wilshire Park using door #9 Activities Entrance

MIKE OVERMAN PRESENTS...

INTRO TO

IMPROV

TUESDAYS
OCT 1-NOV 5
2:45-4:00 PM
Grades 7 & 8

Curious about improv? Want to learn how? Already know how and want to get better? We'll spend six weeks learning and practicing the fundamentals of improv through games, scene work, character development and simply having fun with it. This low pressure class is for both first timers and those with experience - a safe space for you to create and learn a skill that's not only handy on stage, but in life as well! Bring a snack with you to class.

Tuesdays

October 1-November 5

2:45-4:00 p.m.

\$60

St. Anthony Middle School, Room 116



BABYSITTING 101 with Becca Brever / **GRADES 6-8**

Learn the skills and knowledge to be a safe babysitter for infants up to children 10 years of age! You will learn how to stay safe, play with kids, handle household emergencies, feeding and bath time. You will be given resources on how to market your babysitting services. You will even get certified in First Aid and AED through The American Heart Association.

Thursday, October 17

8:00-3:00 p.m.

\$50

Drop off at St. Anthony Fire Department

Pick-up at Community Center, Room CS9



STRATEGY GAMING CLUB With Bill Nara / GRADES 6-8

Take board gaming to the next level and immerse yourself in a variety of new mental challenges. Choose from a wide selection of strategy games and simulations that involve 2 to 7 players. Many familiar games will be available such as Stratego, Risk, Clue, Blokus and Monopoly, but you will also have the opportunity to choose from dozens of other challenging games such as Settlers of Catan, 7 Wonders, Acquire, Dominion, Power Grid, Ticket to Ride, Pandemic, Castle Panic, Velociraptor, Kingdom Builder, Sushi Go, Boss Monster, Citadels, or Carcassonne to name just a few.

Our biggest challenge will be to decide how to play as many games as possible! Playing these games develops analysis and problem solving skills through forming winning strategies and tactics. It also helps the participants improve their communication and negotiation ability through face to face competition and cooperation and...it's also great fun!

3 Registration Options to Work Around Your Busy Sports Seasons!

(New to the club? Try it out the first 2 sessions, before you register.)

OPTION 1

Fridays

September 13-December 20 (no class Oct. 18, Nov. 8 & 29)

2:45-4:30 p.m.

\$69

St. Anthony Middle School, Commons

OPTION 2

Fridays

September 13-October 25 (no class Oct. 18)

2:45-4:30 p.m.

\$35

St. Anthony Middle School, Commons

OPTION 3

Fridays

November 1-December 20 (no class Nov. 29)

2:45-4:30 p.m.

\$35

St. Anthony Middle School, Commons





DRIVER'S EDUCATION with Safeway / **GRADES 10-12**

Safeway's Teen Driver Package includes both 30 hours of classroom training and 6 hours of private behind-the-wheel lessons. In addition, for students who have completed their driving lessons elsewhere, Safeway offers 6 hours of private behind-the-wheel lessons only.

Monday-Thursday

October 28-November 13 (no class Nov. 8)

3:00 p.m.-6:00 p.m.

\$340 (total)

\$145 upon registration to Community Services

\$120 will be paid to Safeway on or before the last day of class

\$75 will be paid to Safeway on or before the first behind-the-wheel lesson

St. Anthony High School, Room #210

Upcoming dates

February 3-19 (no class Feb. 17)

April 27-May 12

LOOKING FOR A PART-TIME JOB OR NEED VOLUNTEER HOURS?

CONTACT COMMUNITY SERVICES AT

612-706-1166



YOUTH EMPLOYMENT PROGRAM

**Do you want a chance to earn money
working with area senior citizens?**

Northeast Youth & Family Services is looking for students ages 14 and up to work in their Senior Home Chore Program doing house cleaning, lawn care, gardening, shoveling, and more! Hourly pay is determined by age.

For more information call Northeast Youth & Family Services at

651-757-4061

STRATEGY GAMING CLUB With Bill Nara / GRADES 9-12

Take board gaming to the next level and immerse yourself in a variety of new mental challenges. Choose from a wide selection of strategy games and simulations that involve 2 to 7 players. Many familiar games will be available such as Stratego, Risk, Clue, Blokus and Monopoly but you will also have the opportunity to choose from dozens of other challenging games such as Settlers of Catan, 7 Wonders, Acquire, Dominion, Power Grid, Ticket to Ride, Pandemic, Castle Panic, Velociraptor, Kingdom Builder, Sushi Go, Boss Monster, Citadels, or Carcassonne to name just a few.

Our biggest challenge will be to decide how to play as many games as possible! Playing these games develops analysis and problem solving skills through forming winning strategies and tactics. It also helps the participants improve their communication and negotiation ability through face to face competition and cooperation and... it's also great fun!

3 Registration Options to Work Around Your Busy Sports Seasons!

(New to the club? Try it out the first 2 sessions, before you register.)

OPTION 1

Fridays

September 13-December 20 (no class Oct. 18, Nov. 8 & 29)

2:45-4:30 p.m.

\$69

St. Anthony Middle School, Commons

OPTION 2

Fridays

September 13-October 25 (no class Oct. 18)

2:45-4:30 p.m.

\$35

St. Anthony Middle School, Commons

OPTION 3

Fridays

November 1-December 20 (no class Nov. 29)

2:45-4:30 p.m.

\$35

St. Anthony Middle School, Commons



EARLY CHILDHOOD FAMILY EDUCATION

WHAT IS EARLY CHILDHOOD FAMILY EDUCATION (ECFE)?

Early Childhood Family Education (ECFE) is a program for all Minnesota families with children between the ages of birth to five years (before kindergarten entrance).

Family provides a child's first and most significant learning environment and parents are a child's first and most important teachers. ECFE works to strengthen families with the goal to enhance the ability of all parents to provide the best possible environment for their child's growth and learning. ECFE classes are a fun, informal way to meet and learn with other parents.

Your child will enjoy special time with you as well as learning and playing with early childhood teachers and other children. Parents, grandparents, and caregivers of children who reside in our School District 282, are welcome to participate in these supportive, educational opportunities. The program is funded by a combination of state aid, local levy, and participant fees.

For more information, please call Community Services at 612-706-1166.



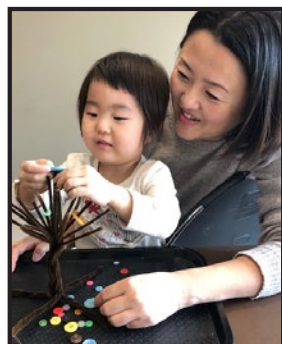
2019-2020 ECFE ADVISORY COUNCIL

ARE YOU LOOKING FOR AN OPPORTUNITY TO BE INVOLVED IN YOUR SCHOOL DISTRICT?

Join the ECFE Advisory Council and help advise St. Anthony-New Brighton School District's Early Childhood Programs? The Early Childhood Family Education (ECFE) Advisory Council meets on the second Tuesday from September to May to advise the Early Childhood staff regarding ways to enrich the services provided to families and children.

Dinner is served to families from 5:30-6:00 p.m. and free childcare is available for Advisory Council parents from 6:00-7:00 p.m. during the meeting.

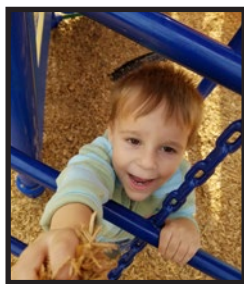
It is the philosophy of St. Anthony-New Brighton Community Services to encourage parent involvement and representation from all early childhood programs. **Call 612-706-1166 to volunteer!**



"ECFE has been the thing that connected me to my community, really, for the first time since we moved here three years ago."

St. Anthony-New Brighton School District's Early Childhood Family Education (ECFE) program believes parents are a child's first and most important teacher. Anne-Marie and Claire, our ECFE teachers, create a community of learning for parents and young children birth to age 5 and support for adults on their parenting journey.

All families can participate in our ECFE classes which are held each week at St. Anthony Community Center. The goal of ECFE is to enhance the ability of all parents to provide the best possible environment for and learn with other parents. Our goal is to ensure all families are welcomed into our district, parents are supported in their parenting journey, and children are ready for Kindergarten at Wilshire Park Elementary School. Call 612-706-1166 for more information.



Can't Make it to an ECFE Class? A teacher can come to you!

*Do you have concerns about your child's development?
Are you more comfortable discussing certain things in private?*

A licensed Parent and Family Educator will meet with you in person or consult with you on the phone. These **consultations** are **FREE** and can be scheduled by calling 612-706-1170.

SEPARATING CLASSES

MONDAY & TUESDAY MORNINGS

FOR PARENTS & CHILDREN BIRTH TO AGE 5

The Monday and Tuesday morning classes are for all families and especially helpful for those with more than one child. Siblings play with new friends while feeling the security of being with a brother or sister during the separation time. Register each child separately; class fee is indicated on the sliding fee scale. Parents pay the class fee for the first child and receive a 25% discount for each additional child.



Separating classes follow this format:

Parent and Child Learning Time (45 minutes)

After arriving at 9:30 a.m., parents and children join in a gathering circle with Anne-Marie to welcome friends and hear about the STEM learning goals and parent-child activities scheduled for class that day. Parents and children then explore the learning activities in the children's classroom which are facilitated by Anne-Marie and our Early Childhood Family Education teacher.

Parent Education Time (75 minutes of separation)

While parents transition into the parent education classroom, children enjoy play time in the gym, story time, and a healthy snack in the children's classroom. Parents gain support and wisdom from group discussions about family relationships, child development, and parenthood facilitated by our Parent and Family Educator.

TERRIFIC TWOS AND EARLY THREES

WEDNESDAY MORNINGS

FOR PARENTS & CHILDREN 2 TO 3 YEARS OLD.

This fun and structured learning environment will help your child prepare for preschool! Your child will practice separating from mom and dad, engage in learning activities in the classroom and gym, and develop social skills through interacting with peers.



Parent and Child Learning Time (45 minutes)

After arriving at 9:30 a.m., parents and children join in a gathering circle with Anne-Marie to welcome friends and hear about the STEM learning goals and parent-child activities scheduled for class that day. Parents and children then explore the learning activities in the children's classroom which are facilitated by Anne-Marie and our Early Childhood Family Education teacher.

Parent Education Time (75 minutes of separation)

While parents transition into the parent education classroom, children enjoy play time in the gym, story time, and a healthy snack in the children's classroom. Parents gain support and new perspectives from group discussions about parenting two- and three-year-olds facilitated by our Parent and Family Educator.

EARLY CHILDHOOD FAMILY EDUCATION

27

NON-SEPARATING CLASSES

TUESDAY EVENINGS

FOR PARENTS AND CHILDREN, BIRTH TO 5 YEARS OLD

THURSDAY MORNINGS

FOR PARENTS AND CHILDREN, BIRTH TO 5 YEARS OLD

On Tuesday evenings, parents and children begin class with dinner, which is served by Anne-Marie and Sandy, our staff. Parents and children then enjoy play time in the gym and transition into the children's classroom to explore the STEM learning activities which are facilitated by Anne-Marie, our Early Childhood Family Education teacher.

On Thursday mornings, parents and children join in a gathering circle with Anne-Marie to welcome friends and hear about the STEM learning goals and parent-child activities scheduled for class that day. Parents and children explore the learning activities in the children's classroom followed by play time in the gym.



SATURDAY OPEN GYM

SATURDAYS

FOR PARENTS AND CHILDREN, BIRTH TO 5 YEARS OLD

Parent(s) and one child: \$5 per week

Parent(s) and two children: \$8 per week

Parent(S) and three or more children: \$10 per week



NEW!

DROP-IN

&

PLAY

Parents
&
Children
Birth-5 yrs.

\$10

1 child

\$15

2 children

\$20

3 children

Fridays

September 13-October 11

9:30-11:00 a.m.

St. Anthony Community Center

Saturdays

October 26-November 30

9:30-11:00 a.m.

St. Anthony Community Center

**No class November 23*

Anne-Marie, our Early Childhood Family Education (ECFE) teacher, will have parent and child activities available in the gym and in the ECFE classroom--dramatic play, sensory experiences, science, art projects, and more.

Each week will be filled with creative and engaging learning activities for the whole family! Come when you can, registration is not required. We also know that, with young children, things can happen and your family will be welcomed regardless of what time you arrive.

ECFE CLASSES → Register online at www.isd282.org/cs

DAY/TIME/DATES	AGES	FEE	CLASS SCHEDULE
Monday Mornings 9:30-11:30 a.m. Sept. 9-Oct. 21 (No class Oct. 14) Oct. 28-Dec. 9 (No class Nov. 25)	Parents & Children Birth-5 yrs.	A	9:30-10:00 a.m. Arrive in CS12, Children's classroom 10:00-11:15 a.m. Parent Discussion in CS19 11:15-11:30 a.m. Parents & Children Reunite
Tuesday Mornings 9:30-11:30 a.m. Sept. 10-Oct. 22 (No class Oct. 15) Oct. 29-Dec. 10 (No class Nov. 26)	Parents & Children Birth-5 yrs.	A	9:30-10:00 a.m. Arrive in CS12, Children's classroom 10:00-11:15 a.m. Parent Discussion in CS19 11:15-11:30 a.m. Parents & Children Reunite
Tuesday Evening 5:30-7:00 p.m. (Dinner provided) Sept. 10-Oct. 22 (No class Oct. 15) Oct. 29-Dec. 10 (No class Nov. 26)	Parents & Children Birth-5 yrs.	A	5:30-6:00 p.m. Arrive and Have Dinner in CS19, Activity Room 6:00-6:30 p.m. Parents & Children in Gym 6:30-7:00 p.m. Parents & Children in CS12, Children's Classroom
Wednesday Mornings 9:30-11:30 a.m. Sept. 11-Oct. 23 (No class Oct. 16) Oct. 30-Dec. 11 (No class Nov. 27)	Parents & Children 2-3 yrs.	A	9:30-10:00 a.m. Arrive in CS12, Children's classroom 10:00-11:15 a.m. Parent Discussion in CS19 11:15-11:30 a.m. Parents & Children Reunite
Thursday Mornings 9:30-11:00 a.m. Sept. 12-Oct. 24 (No class Oct. 17) Oct. 31-Dec. 12 (No class Nov. 28)	Parents & Children Birth-2 yrs.	B	9:30-10:00 a.m. Arrive in CS12, Children's classroom 10:00-10:30 a.m. Parents and Children in Gym 10:30-11:00 a.m. Parents & Children in CS12
Friday & Saturday Open Gym 9:30-11:30 a.m. Fridays, Sept. 13-Oct. 11 Saturdays, Oct. 26-Nov. 30 (No class Nov. 23)	Parents & Children Birth-5 yrs.	Pay at the door: \$10 (1 child) \$15 (2 children) \$20 (3 children)	9:30-11:30 Arrive in CS12, Children's classroom Parents and children can explore activities in CS12 & the gym

EARLY CHILDHOOD EDUCATION (ECE) CLASS REGISTRATION

Residents of St. Anthony-New Brighton School District

Monday, July 29

Non-residents

Monday, August 26

ECFE TUITION SLIDING FEE SCALE

Register each child separately; class fee is indicated on the sliding fee scale. Parents pay the class fee for the first child and receive a 25% discount for each additional child (ages 9 months to pre-kindergarten).

	<u>Fee A</u>	<u>Fee B</u>
Under \$10,000	\$36	\$27
\$10,001-\$20,000	\$36	\$27
\$20,001-\$40,000	\$36	\$27
\$40,001-\$60,000	\$60	\$45
\$60,001-\$80,000	\$84	\$63
\$80,001-\$110,000	\$108	\$81
\$110,001 +	\$132	\$99
Non-Resident fee	\$18	\$14

This Sliding Fee Scale is for residents of District 282.

Non Residents: add surcharge as indicated.

***Scholarships and transportation are available!**

No one will be turned away because of an inability to pay.

Scholarship information is confidential. [Please call 612-706-1166 to learn more.](#)

FREE EARLY CHILDHOOD HEALTH AND DEVELOPMENTAL SCREENING

WHAT IS EARLY CHILDHOOD SCREENING?

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a quick and simple check of how children are doing between the ages of 3 to 5 years. It identifies, at an early stage, possible learning or health concerns so that children can get the help they need before starting school. Early Childhood Screening is not a kindergarten entrance test.

***Early Childhood Screening is required for entrance into kindergarten in a Minnesota public school.**

When does my child need to have the Early Childhood Screening?

The Screening is most useful when it is completed between the ages of 3 to 3½ years.

Where is the screening held?

Residents of St. Anthony-New Brighton School District are screened at:

St. Anthony Community Center

3301 Silver Lake Road

St. Anthony, MN 55418

Why is it required?

The purpose of an Early Childhood Screening is to provide early identification of developmental concerns. Parents are encouraged to schedule a screening to share and receive vital information about their child's development.

The screening includes evaluations of:

***hearing and vision**

***height and weight**

***speech and cognitive development**

***immunization records**

What happens during the appointment?

During the 40-minute appointment, your child will participate in assessments that will seem like games. An early childhood teacher will work with your child and compile a summary about your child's growth and cognitive development. The teacher meets with parents to share the results and inform them about community health and education services that may be helpful for your child.



Is your child on track?



HelpMeGrowMN.org
1-866-693-4769



What is Help Me Grow?

Help Me Grow provides resources for families of children birth to age 5 to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost.

Why is Developmental Screening Important?

While every child is unique, children develop in certain, predictable ways, called developmental milestones. Your child's health care provider and early childhood experts will use screening information to keep tabs on how your child is progressing and determine if he/she is reaching the milestones.

SCREEN AT 3 Early Childhood Screening



Early childhood screening is a **free** check of how your 3-year-old is growing, developing and learning.

Learn about your child's:

- Vision
- Hearing
- Height and weight
- Large and fine muscle skills
- Thinking, language and communication skills
- Social and emotional development
- Immunization (shots) status

How to Schedule an Early Childhood Screening

- To schedule a screening for your child, Residents of St. Anthony-New Brighton School District call St. Anthony Community Services at 612-706-1166.
- Residents of Minneapolis should call 612-668-0860

What to Bring to an Early Childhood Screening Appointment

- Names and phone numbers of your child's doctors.
- Your child's immunization record.
- Any questions or concerns you have about your child's growth and development.



NEXT SCREENING DATES

- Friday Sept. 20
- Thursday, Oct. 10
- Friday, Oct. 11
- Friday, Nov. 8
- Friday, Dec. 6

Call 612-706-1166 to
schedule an appointment.

Meet our screener, Stephanie Schreier!

Stephanie, a previous Preschool Teacher, has been our Early Childhood Screener for 8 years.



Funded by: The Region 11 Interagency Early Intervention Committee. This initiative is made possible through an interagency agreement from the Minnesota Department of Education to the Metro EDCU using federal funding under CFDA number 94.161 Special Education Grants for Infant and Families with Disabilities.





PRESCHOOL & ALL DAY PRESCHOOL

Preschool provides the social and academic experiences necessary to prepare children for kindergarten in a creative, age-appropriate atmosphere that allows young children to explore and learn.

Half Day Preschool and All Day Preschool programs are conveniently located in the St. Anthony Community Center and utilize the large indoor gym and outdoor playground equipment. Registration is ongoing. Children must be toilet trained and three years old by September 1, 2019 to begin preschool.

We provide nutritious meals everyday to the children at our center by following the Minnesota Department of Education's Child and Adult Care Food Program (CACFP).

ALL DAY PRESCHOOL

As young families move into the St. Anthony-New Brighton School District, the demand for our preschool programs continues to grow. St. Anthony Community Services has aligned our registration procedures to ensure resident families with preschool children can attend our programs.

3-5 year olds	M-F	6:30-6:00 p.m.	\$230 per week
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REGISTRATION PROCEDURES

To enroll your child submit a contract online at www.isd282.org/cs.

The submitted contracts are time stamped on the dashboard of our registration system.

Staff in the office at St. Anthony Community Services accept contracts from the dashboard according to the following tier:

Tier I: Families who reside in St. Anthony-New Brighton School District and need full-time care.

HALF DAY PRESCHOOL

As young families move into the St. Anthony-New Brighton School District, the demand for our preschool programs continues to grow. St. Anthony Community Services has aligned our registration procedures to ensure resident families with preschool children can attend our programs. **Half Day** Preschool follows the school district calendar.

HALF DAY PRESCHOOL OPTIONS

3-4 year olds	T/TH	9:15 a.m.-11:45 a.m.	\$140 per month
4-5 year olds	M/W/F	9:15 a.m.-11:45 a.m.	\$190 per month
3-5 year olds	M-F	12:45-3:15 p.m.	\$330 per month

ENROLL FOR
2019-2020 PRESCHOOL AT
www.isd282.org/cs

REGISTRATION PROCEDURES *Scholarships & Transportation Available!

To enroll your child submit a contract online at www.isd282.org/cs.

The submitted contracts are time stamped on the dashboard of our registration system.

Staff in the office at St. Anthony Community Services accept contracts from the dashboard according to the following tiers:

Tier I: Families who reside in St. Anthony-New Brighton School District can register now and contracts will be accepted as space allows.

Tier II: Families who reside outside of St. Anthony-New Brighton School District can register now and contracts will be accepted, if space allows, beginning August 1, 2019.

VILLAGE KIDS**SEPTEMBER 4, 2019-JUNE 4, 2020****GRADES K-5****Monday-Friday****6:30 AM-6:00 PM****Flexible schedules available!**

Village Kids located at Wilshire Park Elementary School offers care before and after school and on non-school days for children in grades K-5 attending Wilshire Park. All snacks, field trips and activities are included in tuition. Breakfast can be purchased through nutrition services. Parents can enroll their child(ren) in one or more of the following sessions: Before School, After School, and on Non-School Days.

Enter through door #9, Activities Entrance.

2019-2020 RATES

Before School 6:30 AM-9:00AM \$11/day	After School 3:30 PM-6:00PM \$11/day	Non-School Days 6:30 AM-6:00 PM \$37/day	Summer 6:30 AM-6:00 PM \$37/day
Drop-in \$22 (less than 7 days notice)	Drop-in \$22 (less than 7 days notice)	Drop-in \$47 (less than 2 weeks notice)	Drop-in \$47 (less than 7 days notice)

***Registration underway at www.isd282.org/cs**

Contact Community Services at **612-706-1166**.





SEA PUPPIES & PARENTS:
AGES 6 MONTHS-3 YEARS OLD
\$70 PER SESSION

6 sessions- 40 minute lessons

SUNDAYS

September 15-October 27
(no lessons Oct. 20)

November 3-December 15
(no lessons Dec. 1)

MONDAYS

September 16-October 28
(no lessons Oct. 21)

November 4-December 16
(no lessons Dec. 2)



SEA PUPS:
AGES 3-5
\$75 PER SESSION

6 sessions- 40 minute lessons

SUNDAYS

September 15-October 27
(no lessons Oct. 20)

November 3-December 15
(no lessons Dec. 1)

MONDAYS

September 16-October 28
(no lessons Oct. 21)

November 4-December 16
(no lessons Dec. 2)



SEA TRACKERS:
AGES 6 & UP
\$70 PER SESSION

6 sessions- 40 minute lessons

SUNDAYS

September 15-October 27
(no lessons Oct. 20)

November 3-December 15
(no lessons Dec. 1)

MONDAYS

September 16-October 28
(no lessons Oct. 21)

November 4-December 16
(no lessons Dec. 2)

SEA PUPPIES & PARENTS **AGES 6 MONTHS-3 YEARS OLD**

Enjoy swimming with your child and build swimming readiness while emphasizing fun and safety in the water. Either plastic pants over swimsuit or swimming diapers are required-NO REGULAR DIAPERS allowed in the pool. This program is for children with little to no water experience who may be reluctant to enter the water. Children will be exposed to basic water adjustment and safety skills. Adults will learn important safety skills for working with children in an environment where children and adults can bond and practice skills including: water entry, bubble blowing, kicking, floating, underwater exploration and more. Children must be accompanied in the water by an adult.

SUNDAYS: 10:00-10:40 a.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 6:30-7:10 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)





SEA PUPS 1 AGES 3-5

This class is an introduction to group learning without a parent or guardian. The main goal is to gain confidence in the water with basic swim skills and instructor support. This is for first time swimmers who do not like to get their face wet. Skills they will be learning include: chipmunk cheeks "holds breath" in water for 3 seconds, penguin flaps on back with support, turns from front to back and back to front with support, jumps in water with assistance.

SUNDAYS: 9:15-9:55 a.m. or 10:45-11:25 a.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 6:30-7:10 p.m. or 7:15-7:55 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

SEA PUPS 2 AGES 3-5

Sea pups will learn basic exploration skills with assisted swimming. Swimmers will begin to expand their knowledge and confidence by putting their face in the water! Skills covered in this class include: submerges face and holds "chipmunk cheeks" breath (3 seconds), bobs independently under water (3 times), jumps into water unassisted, starfish float on back with ears in water assisted.

SUNDAYS: 9:15-9:55 a.m. or 10:45-11:25 a.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 6:30-7:10 p.m. or 7:15-7:55 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

SEA PUPS 3 AGES 3-5

Sea pups 3 will continue to learn basic water skills. They should come to class prepared to put their face in the water. They will begin to learn to swim with independence. Skills include: jumps into shoulder deep water and returns to the side unassisted, submerges head and holds breath (3 seconds), opens eyes underwater and identifies a submerged object, finning arms "penguin flaps" on back unassisted (3 yards), treads in shoulder deep water assisted (15 seconds).

SUNDAYS: 9:15-9:55 a.m. or 10:45-11:25 a.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 6:30-7:10 p.m. or 7:15-7:55 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)



SEA TRACKERS 1 AGES 6 & UP

Sea trackers 1 will successfully manage fundamental skills as they progress toward swimming unassisted. Skills include: jumps into deep water, submerges and returns to wall independently, fully submerges head and holds breath (5 seconds), opens eyes underwater and identifies a submerged object, floats on front/back independently to a standing position (5 seconds), glides "blast offs" on front/back with flutter kicks (5 yards), front crawl with log roll breathing (5 yards), introduce elementary backstroke arms with flutter kick (5 yards).

SUNDAYS: 9:15-9:55 a.m. or 10:45-11:25 a.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 6:30-7:10 p.m. or 7:15-7:55 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

SEA TRACKERS 2 AGES 6 & UP

Sea trackers 2 will continue to develop knowledge in technique and gain independence and endurance with the fundamentals. Skills included in class: opens eyes under water and retrieves object on bottom, floats on front/back (10 seconds), front crawl with rhythmic breathing (10 yards), backstroke 10 yards, tread in chest deep water (1 minute), introduction to kneeling/compact dive.

SUNDAYS: 10:00-10:40 a.m. or 11:30 a.m.-12:10 p.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 7:15-7:55 p.m. or 8:00-8:40 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

SEA TRACKERS 3 AGES 6 & UP

Sea trackers 3 will focus on endurance in front/back crawl and elementary backstroke with practice in deeper water. Skills included in this class: front crawl with rotary breathing (15 yards), back crawl (15 yards), headfirst entry from the side in sitting and kneeling positions, tread water (2 minutes), introduction to standing/stride dive.

SUNDAYS: 10:00-10:40 a.m. or 11:30 a.m.-12:10 p.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 8:00-8:40 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

SEA TRACKERS 4 AGES 6 & UP

Sea trackers 4 will continue to gain endurance with the previously learned strokes in the front and back crawl, and the elementary backstroke. Breaststroke technique will also be emphasized. Upon completion of sea trackers 4, swimmers may advance to level 5 or elect to join the junior seadog swim club. Skills learned in the class: front crawl w/ open turn and streamline (25 yards), backstroke with open turn (25 yards), elementary backstroke (15 yards), sidestroke (15 yards), introduce butterfly arms.

SUNDAYS: 10:00-10:40 a.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 8:00-8:40 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

SEA TRACKERS 5/6 AGES 6 & UP

Sea trackers 5 will refine technique and endurance in the front and back crawl, elementary backstroke and breaststroke while learning the butterfly. Skills in this class include: front crawl with flip turns (50 yards), backstroke with open turns (50 yards), elementary backstroke (25 yards), breaststroke (25 yards), butterfly (15 yards), dolphin kick on front and back (25 yards), sidestroke (25 yards), introduce: retrieve a 5 lb brick from deep water.

SUNDAYS: 11:30 a.m.-12:10 p.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 8:00-8:40 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)

PRE-COMPETITION AGES 6 & UP

This class will polish all strokes, so participants swim with ease, efficiency, power and smoothness over greater distances. Mastery of this class will help set the stage for potential in lifeguarding, competitive swimming or teaching swimming. Skills include: freestyle with flip turns (100 yards), backstroke with flip turns (100 yards), breaststroke with underwater pull out (50 yards), butterfly (25 yards), 1m (25 yds. Butterfly, 25 yds. Backstroke, 25 yds. Breaststroke and 25 yds. Freestyle), elementary backstroke (50 yards), retrieve 5 lb. Brick from bottom of deep water using a surface dive, tread water 4 minutes plus 1 minute with no hands, competitive shallow dive off starting blocks, underwater streamline using dolphin kicks (15 yards).

SUNDAYS: 11:30 a.m.-12:10 p.m.

September 15-October 27

(no lessons Oct. 20)

November 3-December 15

(no lessons Dec. 1)

MONDAYS: 8:00-8:40 p.m.

September 16-October 28

(no lessons Oct. 21)

November 4-December 16

(no lessons Dec. 2)



ST. ANTHONY SEADOGS (COMPETITIVE SWIM CLUB)

This program lends more experienced (currently level 4 and up) swimmers the opportunity to develop their skills in a structured, but fun club environment. We are bringing individualized attention, training and encouragement to each participant.

The Seadogs club will also give more novice swimmers the chance to learn more about competitive swimming and acts as stepping stone into the high school teams. Start out as a seadog to one day become a proud HUSKY!

SUNDAY A.M.

8:00-9:00 a.m.

August 18-October 6 (no club Sep. 1)

October 13-December 15 (no club Oct. 20 & Dec. 1)

WEDNESDAY P.M.

6:00-7:00 p.m.

August 21-October 9 (no club Sep. 4)

October 23-December 18 (no club Nov. 27)

OPTIONS: (PER SESSION)	1 Days	2 Days
PRICE:	\$120	\$220



AQUATICS

The St. Anthony swim program provides complete instructional and recreational swimming for all ages with exceptional certified staff.

Visit www.isd282.org/cs or call 612-706-1166

St. Anthony Pool, 3303 33rd Ave. NE, St. Anthony

LAP SWIM

Mondays & Wednesdays

September 9-December 18

6:00-7:00 a.m.

LAP SWIM FEES:

(Daily fees are collected at the door.)

\$3.00 Adults

\$2.00 Youth / Senior Citizens

\$10 Family

**Family is defined as up to two adults and their dependent children living in the same household. You may be asked to show proper verification.*



POOL PASSES

Annual pool passes are available for unlimited use at the St. Anthony pool.

Pool Passes must be purchased in advance at:

St. Anthony Community Services, 3301 Silver Lake Road, 612-706-1166

<u>Annual Pass</u>	<u>Resident:</u>	<u>Nonresident:</u>
Adult	\$115	\$139
Youth	\$89	\$115
Senior	\$89	\$115
Family	\$259	\$310

**ARE YOU LOOKING FOR
PRIVATE SWIM LESSONS?**

**CALL 612-706-1172 FOR
MORE INFORMATION**

Independent School District #282
Community Services
3301 33rd Ave N.E.
St. Anthony, MN 55418

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