



PRINCETON
PUBLIC SCHOOLS

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Community Education

FALL 2022

www.ISD477.org

ISD 477 has switched to ELEYO; a convenient, mobile-friendly, online tool to register and manage your schedules and accounts for Community Ed, Tiger Club and Preschool from any device, including your smart phone or tablet.

CREATE/LOGIN to your ELEYO profile at:
www.isd477.ce.eleyo.com



"Enhancing the community experience through quality programs."

- Princeton Community Education

Welcome to the Princeton Public Schools Community Education catalog of classes, activities and events. Page through and check out what we have to offer you and your family. As always, there are many ways to register; visit our web site, stop in the office or give us a call!

Classes and programs shown in this Fall 2022 catalog are offered Late August through December.

- Community Education is not able to pro-rate classes based on participants availability.
- Cancellations due to weather are not typically re-scheduled.
- For classes that provide a T-shirt you must register at least one week before the class begins in order to guarantee/receive your T-shirt for the class.

Princeton School District Locations

+ District Office

706 First Street
(763) 389-2422

Grades 9-12

+ High School

807 8th Avenue S
(763) 389-4101

Grades 6-8

+ Middle School

1100 4th Avenue N
(763) 389-6704

Grades 3-5

+ Intermediate School

1202 7th Avenue N
(763) 389-6801

Grades K-2

+ Primary School

1206 7th Avenue N
(763) 389-6901

**+ Community Education /
Early Childhood Family Center**

706 First Street
(763) 389-4789

Princeton Community Education OFFICE HOURS:

School Year: **Monday - Thursday, 8 AM - 4 PM; Friday, 8 AM - 3 PM**

Summer: **Monday - Thursday, 8 AM - 4 PM**

Phone: **(763) 389-4789**

Fax: **(763) 389-7250**

E-mail: **ce@isd477.org**

Website: **www.isd477.ce.eleyo.com**

Community Education Advisory Council

If you are interested in providing direction and promoting, supporting, and creating life-long learning opportunities for parents, adults, and youth, consider becoming a member of a District 477 group. Community Education offers opportunities to become advocates and be involved. Representation for a wide range of ages and interest groups from our community is needed.

Meetings are held 5 times a year on the last Monday of the month from 12:00 - 1:00 PM. Meeting times may vary slightly.

Many of the District's FACILITIES are available to community and nonprofit organizations for rental on evenings and weekends.

If you're looking for a place to hold classes, special events or functions, call us first at (763) 389-4789.

IT'S EASY

TO REGISTER FOR

**COMMUNITY!
EDUCATION!****REGISTER****ONLINE**www.isd477.org/community**REGISTER****IN PERSON**

Mon.-Thurs., 8 AM - 4 PM

Friday, 8 AM - 3 PM

Checks payable to District #477

A drop box is located at the West entrance by door #1.

CONFIRMATION/REFUNDS

E-mail confirmation will be sent when providing an e-mail address; otherwise, assume you are in the class for which you registered unless you hear from us. Full refunds are issued for filled or cancelled classes.

There is a \$5 service charge on participant initiated changes or cancellations. Refunds can be issued only if requested 3 business days prior to the start of class.



PRINCETON
COMMUNITY EDUCATION

Princeton truly is a special place to work, live, and play! The Community Education Department is constantly looking for ways to serve our community through the various ways we connect our community with our school district. We hope that every individual and family within our community finds ways to connect not only with our school district, but one another through the various early childhood, recreational, and enrichment programs we have designed in this catalog with you in mind.

If you have any special interests/talents that you would like to share with others that may not be listed in this catalog, please reach out to us and we will help you put those interests and talents to work in our future catalogs. Our Community Education Department looks forward to getting to know you, your family, and your interests more as we expand our opportunities for all ages.

If you have any questions, please don't hesitate to reach out. Our staff will be happy to assist you. We hope you have a great school year and we look forward to seeing you and your family within our many exciting programs.

GO TIGERS!

Brian Julson
CE Director (763) 389-6199

Kristie Kaiser
CE Secretary (763) 389-6198

Kayla Maring
CE Recreation/Enrichment (763) 389-6176

Stefanie Middendorf
Early Childhood Coordinator . . . (763) 389-6197

Adult Basic Education

CLASSES ARE
FREE!



- Get ready for the ACCUPLACER
- Prepare for college
- Improve job skills and earning potential
- Brush up on reading, writing, and math
- Complete your high school diploma
- Study for the GED test
- Learn to read, write, and speak better English
- Gain skills to help with your child's homework

What is the GED?

The GED is the equivalent of a high school diploma that is accepted by colleges and employers as a measure of the skills needed by graduating seniors. Study with the guidance of a licensed teacher in our GED preparation program to gain confidence and increase your success on the test. The four parts to the computer-based GED test are: science, social studies, language arts, and mathematics.



ABE/GED CLASS INFORMATION

Classes are small and informal • Learning is individualized
Materials are tailored to your needs • Flexible schedule
Work at your own pace • Online study option is available

Tuesdays:
8:30 - 11:00 AM
Thursdays:
8:30 - 11:00 AM
5:00 - 7:30 PM

Find us on 
Central MN - East Adult Basic Education

CONTACT: Angie Sanders at (763) 389-6196 or angie.sanders@isd477.org • LOCATION: Student Services Building - 1506 First Street, Princeton

Student Driver Education

For Teens, Ages 14.5+

This is a complete drivers education program that consists of 30 hours of classroom instruction plus 6 hours of behind the wheel training. Payment is due to community education at registration, behind-the-wheel will be scheduled directly with Wreck-Less.

Students must attend all 30 hours, any missed classes must be made up in future sessions (at any Wreck-Less location), students will receive their blue completion certificate once all 30 hours are complete. Eligible Students must be 14 1/2 years old before the first day of class. *An optional parent class will be offered quarterly.

Please e-mail Wreck-Less Driving Academy at info@Wreck-LessDriving.com with any additional questions.

ID#F22-DRIVE-A

Mondays - Fridays
Sept. 26 - Oct. 7
3:30 - 6:30 PM
High School Room 173
\$425

ID#F22-DRIVE-B

Mondays - Fridays
Oct. 31 - Nov. 11
3:30 - 6:30 PM
High School Room 173
\$425

↑ *October 5th: Class will be held in the Middle School Media Center at 3:45 PM. Transportation will be provided.



SENIOR DRIVING IMPROVEMENT Age 55+

By completing this course, you will save 10% on your auto insurance for 3 years!

There are no written or behind the wheel tests.

The 8-hour full course is for first time students (\$28).

- **Thurs. & Fri., December 8th & 9th**, 12:00 - 4:00 PM at Sterling Pointe Senior Living

The 4-hour refresher class is for those who have attended previously (\$22).

- **Wednesday, September 28th**, 12:00 - 4:00 PM at Princeton VFW Post 806
- **Tuesday, October 18th**, 12:00 - 4:00 PM at Princeton VFW Post 806
- **Wednesday, November 9th**, 12:00 - 4:00 PM at Princeton VFW Post 806
- **Wednesday, December 7th**, 12:00 - 4:00 PM at Sterling Pointe Senior Living

***TO REGISTER** for these classes or others in your area go online to:

www.mnsafetycenter.org or call 1-888-234-1294.

Community Education does not take registrations for this class, you must contact MN Safety Center. Please do not contact the VFW, they are only hosting the course.

Classes are held at 2 different locations:

1. Princeton VFW Post 806: 133 Rum River Drive N; enter through the banquet door.
2. Sterling Pointe Senior Living: 1250 Northland Drive.

An Inside Look at Retirement Living



For Adults, 18+

Retirement is a big decision and requires looking at various aspects to the financial bigger picture - including picking a retirement date/age, healthcare, social security, understanding the role inflation and spending play on your income, expenses, and picking a strategy that works best for you. You will learn about each of these areas and important questions to ask and consider. Above all, the most important thing you should take away from the class is that your decision is important, and you have more flexibility in strategies than you have originally thought.

There is no charge for this class but you must register so we know you are coming.

ID#F22-RETIRE

Wednesday
September 28
6:00 - 7:30 PM
High School Media Center
\$FREE (registration required)



Let's Talk About Medicare

For Adults, 18+

As you get closer to 65, the amount of information you get concerning Medicare can make the process of applying very confusing. This is an educational meeting about Medicare and Medicare insurance that will answer your questions. We will discuss what Medicare covers, what it costs, and how and when to enroll. We will also review the types of Medicare insurance available and the factors to consider when deciding what type of plan is best for you.

There is no charge for this class but you must register so we know you are coming.

ID#F22-MEDICARE

Thursday
September 29
5:00 - 6:00 PM
Middle School Media Center
\$FREE (registration required)



Dementia and Alzheimer's Disease Education

For Adults, 18+

Learn more about Dementia and Alzheimer's disease. This informational session is perfect for anyone who knows someone living with dementia, or for those who wish to better understand dementia and those it impacts. This class will teach you the difference between dementia and normal aging, how to better communicate with someone diagnosed with dementia, and leave you with 5 key takeaway messages. In addition, you'll learn how to become a dementia friend and turn your new understanding into action that can help someone living with dementia. You'll see how actions can be big or small and that every action counts!

There is no charge for this class but you must register so we know you are coming.

ID#F22-DEMENTIA

Thursday
November 3
7:00 - 8:15 PM
Princeton Civic Center
\$FREE (registration required)



Navigating Minnesota's System of Supports for People with Autism Spectrum Disorder (ASD)

For Adults, 18+

The focus of this workshop is to support people with Autism Spectrum Disorder (ASD) and their families, caregivers, educators, providers and advocates. This session will provide a clearer understanding of Minnesota's system of supports and services. A representative from The Minnesota Department of Human Services will provide an overview of what services are available in education, health care, public health, and social services – and how to best access those services. An emphasis will be placed on how people can advocate for better coordinated services, with ample time for questions and discussion.

Topic areas will include: Early Intervention Strategies and Supports, Transition Age Planning and Supports, and Healthcare Coverage.

There is no charge for this class but you must register so we know you are coming.

ID#F22-ASD

Monday

October 10

6:00 - 7:00 PM

Middle School Media Center

\$FREE (registration required)

American Red Cross:



First Aid, CPR and AED Certification

For Adults, 18+



Be prepared in case of an emergency! One class offers you basic skills in 3 important subject areas: First Aid, CPR (infant, child, and adult), and AED (Automated External Defibrillator) use. Class is great for child care providers as well as any member of the general public who wants to “be prepared.”

A certified American Red Cross instructor will guide you in skills practice. Come dressed in comfortable clothing as we will be kneeling on the floor to do skills practice with mannequins. Please bring a pen/pencil and notebook to take notes. *You will receive a certification card after completing the class.

Certification: For first-time students or for those whose certification course was more than 2 years ago.

ID#F22-CPRCERT

Tuesday

November 15

6:30 - 8:30 PM

Middle School Media Center

\$85

Recertification: For students that have been previously certified within the past 2 years.

ID#S22-CPRRECERT1

Tuesday

November 15

5:00 - 6:30 PM

Middle School Media Center

\$65



A Road Trip around Minnesota: Veterans Memorials

For Adults, 18+

Minnesota is home to a fantastic variety of Veteran Memorials. Everything from street names; to granite monuments, to statues, and other ways to honor our Veterans. Join our instructor as he guides us around the state to see some of these memorials that he has discovered through his travels. Why not plan a road trip to go see some of these memorials?

ID#F22-VET-1

Wednesday
November 9
10:00 - 11:00 AM
Online/Virtual
\$25

ID#F22-VET-2

Wednesday
November 9
6:30 - 7:30 PM
Online/Virtual
\$25

PEARL HARBOR
REMEMBRANCE DAY

DECEMBER 7TH

ID#F22-PHV-1

Wednesday
December 7
10:00 - 11:00 AM
Online/Virtual
\$25

ID#F22-PHV-2

Wednesday
December 7
6:30 - 7:30 PM
Online/Virtual
\$25



Barn Storming: Minnesota's Barns & Barn Quilts

For Adults, 18+

Minnesota is filled with countless numbers of Barns, most from a bygone era. However, there are still a bunch in operation as well. Professional Photographer and Amateur Historian, Jay Grammond has travelled the state capturing images of barns of all shapes, sizes, and conditions. There is just something about a barn! There are some areas of the state where the barns are

adorned with something called Barn Quilts. Barn Quilts are pieces of art on the side of a barn, shed, or house that usually tell some sort of story. These places are all visible from the roadways, so once you know about them, you can go check them out!

ID#F22-BARNS-1

Thursday
October 13
10:00 - 11:00 AM
Online/Virtual
\$25

ID#F22-BARNS-2

Thursday
October 13
6:30 - 7:30 PM
Online/Virtual
\$25



Jay Grammond is a Professional Photographer living in East Central Minnesota. He has travelled to all regions of the state and loves to watch for Veterans Memorials in towns he goes through. He grew up in Central Minnesota, in a small town that piqued his interest and passion for Veterans through its Memorial Day services; Poppy Sales and Veterans history going back to the Civil War.

A Road Trip Around Minnesota: Lakes & Waterfalls

For Adults, 18+

Raise your hand if you are ready to take a day or weekend Road Trip around the State this Summer! We can almost feel the breeze from all the hands shooting up! Join Professional Photographer, Jay Grammond as he takes you on a Virtual Road Trip around the state to learn about some of Minnesota's largest in-land lakes; and fantastic waterfalls - which were so vitally important to travel and trade in bygone days.



In today's world, these same waterways are vital to the State and local community economies; as well as to the citizens as a form of recreation and relaxation. After participating in this class, you should come away with the seeds of your own road trip ideas planted for a summer road trip getaway.

ID#F22-MNLW-1

Thursday
October 6
10:00 - 11:00 AM
Online/Virtual
\$25

ID#F22-MNLW-2

Thursday
October 6
6:30 - 7:30 PM
Online/Virtual
\$25

Fading Ads of The Twin Cities

For Adults, 18+

Do you remember seeing those old painted advertisements on the sides of buildings for Coca-Cola, Grain Belt Beer, grocery stores, warehouses, etc? Our instructor, Jay Grammond has been drawn to Fading Ads or "Ghost Signs" for quite some time. In the Summer of 2020, that interest became so much more when he signed a book deal to publish a book about the topic.

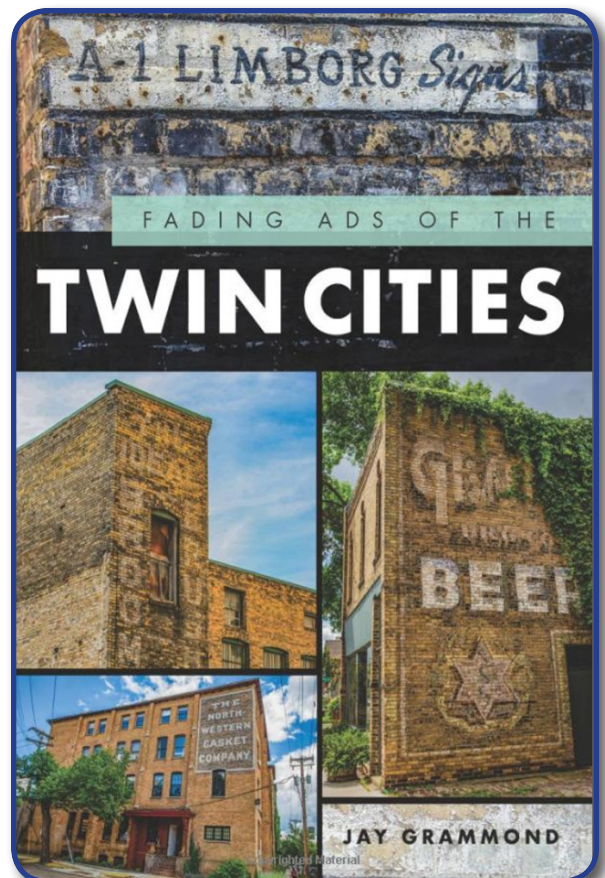
Join Jay as he takes you on a virtual walk around the Twin Cities to view this sort of "Art Gallery" that surrounds us. You will also learn a bit about the history of some of these companies that date back into the 1800s.

ID#F22-FADADS-1

Wednesday
September 21
6:30 - 7:30 PM
Online/Virtual
\$25

ID#S22-FADADS-2

Tuesday
October 18
10:00 - 11:00 AM
Online/Virtual
\$25



History and Haunting of the Emerald Isle, Ireland



For Adults, 18+

Experience history with a paranormal twist on an armchair tour through Ireland. Ireland is famous for its “thin places,” a membrane or a thin layer between worlds that cross over each other. From pagan times to present, Ireland’s dark history has been recorded in its abbeys and churches, forts and castles, jails and graveyards by those who lived during those turbulent times and often perished because of them. Their ghosts are eyewitnesses to this history. Sometimes, they are the history.

June Gossler Anderson has traveled from her hometown of Anoka, Minnesota, the Halloween Capital of the World, where ghosts abound (and she leads Ghost Tours) to Ireland, to check out their ghostly residents as well. In researching these haunted places, she has found the history that produced these earth-bound spirits to be as fascinating as the ghosts themselves.

ID#F22-HAUNTING

Monday
October 17
7:00 - 8:00 PM
Online/Virtual
\$20



Christmas in Krakow

For Adults, 18+

Twenty years ago June Anderson and her husband celebrated the most wondrous Christmas of their lives in Krakow, Poland as they joined their son and his family for the holiday. During our hour-long armchair journey to the Old World, we will partake of the wonders of the medieval Market Square alive with Christmas and Santa Claus, and visit the open-air cloth market filled with wondrous gifts. We’ll view a 1,100 year-old church that has sunk up to the 2nd floor, and the Church of the Virgin Mary that was the scene of a deadly competition between two brothers as they vied to build the tallest tower. And no visit to Krakow would be complete without a visit to Wawel Castle where we will encounter the fire-breathing statue of Smok, the Polish dragon, that lived in a cave underneath the castle. As part of our Christmas adventure, we will join a gala VIP event, attend a New Year’s Eve concert, and sample the cuisine in one of Krakow’s historic restaurants. And throughout our virtual armchair tour of a Krakow Christmas, we will be exploring some of the history and legends that make up the rich tapestry of Polish culture.

ID#F22-KRAKOW

Monday, December 12, 7:00 - 8:00 PM
Online/Virtual
\$20



Haunted Anoka

For Adults, 18+

Experience history with a paranormal twist on an armchair tour through haunted Anoka.

Through the magic of Power Point, your guide will take you on a virtual trip through forgotten Anoka to hear the stories of the people who once lived there and, according to some, are still hanging around. During this hour-long presentation, she will tell you of long ago Anoka - of the Jackson Hotel, now Billy’s, the old Post Office, Colonial Hall, the Masonic Lodge, and some infamous residences, all haunted, of course.

About your guide: June Gossler Anderson was an Anoka County Historical Society Ghost Tour Guide for ten years and has taken part in numerous paranormal investigations. As well as being on familiar terms with the Anoka Ghosts, she has traveled to Ireland, England, and Romania to meet theirs.

ID#F22-ANOKA

Monday
October 24
7:00 - 8:00 PM
Online/Virtual
\$20



Minnesota Recipients of the Medal of Honor

For Adults, 18+

Join Author and Speaker, June Gossler Anderson, and celebrate America with a Powerpoint Presentation of Minnesota Congressional Medal of Honor Recipients.

When the National Medal of Honor Committee decided to hold its annual convention in Minneapolis/St. Paul on October 3, 2016, it asked the Minnesota Chapters of the Daughters of the American Revolution (DAR) to research and write the biographies of the 72 Minnesota men who have received this prestigious award - their country's highest honor. This was a good fit for the DAR which advocates education, historical preservation, and service to veterans. June Gossler Anderson was one of the 27 women participating in this project. In addition to writing four of the bios, she took the research a step farther and saw to the editing and publishing of these bios in a 242 page book, Minnesota Medal of Honor Recipients from the Civil War to Vietnam.

During her hour-long presentation honoring the heroes, you will meet the 14 year-old Orphan who was awarded the Medal of Honor for heroism during a Civil War battle; the Schoolmaster who took his students to war, dooming their hometown to oblivion; the Commander of the USS Arizona who went down with his ship at Pearl Harbor; a Hungarian Freedom Fighter who signed up to fight Commies in Vietnam; and a host of other brave men who fought and died for their country.

Virtual Microsoft PowerPoint live presentation will be delivered online via Zoom.

ID#F22-MOH

Friday
November 11
7:00 - 8:00 PM
Online/Virtual
\$20



Cleaning Made Easy, and Safe!

For Adults, 18+

Are your cleaning products as "clean" as you think? Many products are being advertised as "safe" and "all-natural", but are they really all that safe? The packages are pretty and the labels are clever, but the more you dig, the more you find out.

It's time to SIMPLIFY our cleaning cupboards and make sure what we are using in our homes and around our families is SAFE and toxin-free!!!

This class will help you decide what's truly safe and give you the tools you need to start making simple swaps for a healthier home. As well as get you started with your first switch! Each participant will be making and bringing home their own cleaner. It is easier than you may think.

ID#F22-CLEAN-A

Tuesday
September 13
5:30 - 6:30 PM
High School Media Center
\$22

ID#F22-CLEAN-B

Thursday
October 13
5:30 - 6:30 PM
High School Media Center
\$22

ID#F22-CLEAN-C

Tuesday
November 15
5:30 - 6:30 PM
High School Media Center
\$22

ID#F22-CLEAN-D

Thursday
December 8
5:30 - 6:30 PM
High School Media Center
\$22



Astrology and Yoga

For Adults, 18+

Come join Emy Minzel at Spirit River Yoga Studio to learn how the science of astrology can complement the art of yoga! We will chat about astrological signs, the elements related to the signs and how they influence our daily lives. Using ancient knowledge of yoga and astrology we will learn to work with our strengths, honoring limitations by acknowledging our own unique astrological make-up. Knowing yourself just a little better can benefit your yoga practice and your confidence! Learn to feel the influential power of the stars flowing through your body as you master the poses that best suit your astrological sign.

This workshop is a very basic intro to astrology with a focus on how to incorporate astrology into your yoga practice. We will learn a healing hand mudra related to the planets, followed by an astrology-based yoga practice. We will finalize with calming yoga and guided meditation.

Location: Spirit River Yoga Studio, 31940 125th Street, Princeton MN 55371

ID#F22-YOGA

Sunday
October 23
12:00 - 1:00 PM
Spirit River Yoga Studio
\$35



Newbies Yoga 101

For Adults, 18+

Spirit River Yoga Studio Presents: Newbies Yoga 101 - Come learn the basic poses of yoga with Jennie Ruth Warren! There will be extra instruction while you learn how and why to do common yoga poses. This will help you feel more confident in weekly classes while giving you the opportunity to meet other yogis in the community! Bring a friend with you to this light-hearted class for more fun!

Location: Spirit River Yoga Studio, 31940 125th Street, Princeton MN 55371

ID#F22-YOGA-A

Saturday
November 5
9:00 - 10:00 AM
Spirit River Yoga Studio
\$35

ID#F22-YOGA-B

Saturday
December 3
9:00 - 10:00 AM
Spirit River Yoga Studio
\$35



The Healing Power of Plants

For Adults, 18+

The Global Burden of Disease Study, funded by the Bill and Melinda Gates Foundation, determined that the leading cause of death and disability in the United States is our diet. Learn how a plant-based diet extends life and prevents a broad range of diseases. Watch breast cancer cell growth stopped in 14 days, type 2 diabetes reversed in 16 days, and a clogged artery opened in 30 months. Students will receive a list of vegan proteins, a list of food the presenter eats, World Health Organization Press Release 240 (meats carcinogenic ratings) and a list of Nutritional Resources.

ID#F22-PLANTS

Friday
October 14
6:00 - 7:30 PM
High School Media Center
\$25

How to Publish Your Book Without Going Broke



For Adults, 18+

So, you've written a book? Now what? Whether you've written the great American novel and want to share it with the world; or your memoirs to pass on to family and friends - this class is for you. In the first session you will learn how to prepare your manuscript for publishing; the business of selling your books; and some tips on marketing and promotion.

The second session will be a hands-on learning experience of preparing your manuscript and cover in Microsoft Word, setting up a Kindle Direct Publishing account, uploading your files and publishing your book on Amazon. Updated guide book included.

Instructors:

June Gossler Anderson, has written and published a dozen books of her own and helped countless other people publish theirs as well.

Todd Anderson has over 30 years experience in the book printing industry. Now retired, he has helped dozens of people publish their books.

ID#F22-PUBLISH

Mondays

November 7 & 14

6:30 - 8:30 PM

Online/Virtual

\$35



Mark in Depth

For Adults, 18+

What a tragedy it would have been if the only gospel we had was Mark's; he left out so much of the story. A staunch Pauline, a good story-teller with bad grammar, he did not know the geography of the Holy Land, he certainly never met Jesus, he disparaged the mother and family of Jesus and depicted the disciples as too dull to really "get it," but nonetheless took on the enormous task of convincing people that a rural carpenter who was executed as a criminal was really the Messiah, the Son of God. Wow!

This is not a religious study; that task belongs to the churches. Instead, in this class we will look through historical and literary lenses at this first known gospel to be written. We will reach out to other writings in both the Old and New Testaments to better understand this book, and allow ourselves to be entertained along the way. And always, we will attempt to understand the context out of which it was written. Without context we easily go astray. **WARNING:** the class may not be for everyone. It will challenge many of the familiar beliefs we Christians typically have grown up with (and never seriously questioned).

The class leader is an ordained minister, has a masters degree in English literature, and has authored three books on the Bible. Please bring a Bible (any edition) and writing materials.

ID#F22-MARK

Tuesday

September 20

7:15 - 8:15 PM

High School Room 175

\$10

You're Invited TO A TRAVEL PRESENTATION

Tuesday, September 13th at 6:00pm
Cambridge Library, 111 N Dellwood Street
Cambridge, MN 55008



Come Travel with Me *presents...*



British Landscapes

APRIL 2023 / 10 DAYS / 13 MEALS

HIGHLIGHTS: Edinburgh Castle • Choices on Tour • York • Chester • Llangollen • Wales • Stratford-upon-Avon • Oxford • London



Alaska Discovery

AUGUST 2023 / 12 DAYS / 26 MEALS

HIGHLIGHTS: Fairbanks • Sternwheeler Discovery • Fannie Q's Saloon • Denali National Park • Tundra Wilderness Tour • Luxury Domed Rail • Anchorage • Hubbard Glacier • Glacier Bay • Skagway • Juneau • Ketchikan • Inside Passage



Christmas on the Danube

DECEMBER 2023 / 9 DAYS / 19 MEALS

HIGHLIGHTS: Würzburg • Rothenburg • Nuremberg • 6-Night Danube River Cruise • Regensburg • Passau • Wachau Valley • Glühwein Party • Vienna • Hofburg Palace • Vienna Opera House • Christmas Markets

Contact Carline at cometravelwme@gmail.com or 612.270.3403

Join Carline as she discusses travel options coming up for adults in the coming year.
No registration is required for this informational meeting.



Fall Wine Glass Painting

For Adults, 18+

Do you enjoy painting? Go beyond the canvas and have Charlene walk you through painting Birch Trees on Wine Glasses. All supplies and instructions are included in the cost. Painting is completed in one session and ready to take home to display after the class. Grab your friends and make it a fun night out to remember.

ID#F22-GLASSES

Thursday

November 17

6:00 - 9:00 PM

High School Art Room 131

\$42



Fall Canvas Painting: Blue Jay

For Adults, 18+

Do you enjoy taking on a new adventure, or enjoy painting? Charlene is going to walk you through painting a Leaf and Blue Jay on canvas. All supplies and instructions are included in the cost. Painting is completed in one session and ready to take home and display after the class. Grab a couple friends and make it a fun night to remember!

ID#F22-PAINT

Tuesday

October 18

6:00 - 9:00 PM

High School Art Room 131

\$42



Sherburne National Wildlife Refuge Scavenger Hunt/Walk

For Adults and Families of All Ages

Calling all nature seekers! Come join us for 3 weeks of fun as we explore nature and the changes that fall brings with a family fun Scavenger Hunt/Walk along the trails of Sherburne National Wildlife Refuge. Each week we'll explore a new trail and watch how the change in season changes our view.

Children ages 5 and under are free with a paid adult.

September 10: Meet at the Oak Savanna Learning Center, 16797 289th Avenue NW, Zimmerman MN 55398

September 17: Meet at the Mahnomon Trail, 0.2 miles East of Refuge Headquarters on Cty. Rd. 9

September 24: Meet at the Blue Hill Trail, 1.2 miles West of Refuge Headquarters on Cty. Rd. 9

ID#F22-REFUGE

Saturdays

September 10, 17, 24

9:00 - 11:00 AM (Times may vary)

Sherburne National Wildlife Refuge

\$20/person or \$50/family

CHORDS ARE KEY

A FASTER EASIER WAY TO LEARN



INSTANT PIANO for Hopelessly Busy People

For Adults and Youth, Ages 13+

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Just have a piano or keyboard at home ready for online class.

Topics include:

- How chords work in a song.
- How to get more out of sheet music by reading less of it.
- How to form the three main types of chords.
- How to handle different keys and time signatures.
- How to avoid "counting".
- How to simplify over 12,000 complex chords.

For more information go to:
www.JustOnceClasses.com

Fee includes online book and online videos.

ID#F22-PIANO

Monday
September 19
6:30 - 9:30 PM
Online/Virtual
\$59



INSTANT GUITAR for Hopelessly Busy People

For Adults and Youth, Ages 13+

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Just have an acoustic guitar at home ready for online class.

Topics include:

- How chords work in a song.
- How to form the three main types of chords.
- How to tune your guitar.
- Basic strumming patterns.
- How to buy a good guitar (and things to avoid).
- How to play along with simple tunes.

For more information go to:
www.JustOnceClasses.com

Fee includes online book and online videos.

ID#F22-GUITAR

Tuesday
September 20
6:30 - 9:00 PM
Online/Virtual
\$59



Halloween Cookie Decorating

For Youth, Ages 6+ and Adults

Pumpkins, ghosts, and Frankenstein; OH MY!

Learn different techniques to decorate cookies using royal icing.

The class includes 12 cookies, frosting, and sprinkles. All tools needed to decorate will be provided. Please bring a container to bring your cookies home.

PARENT INVOLVEMENT is required for children 4th grade and under. Price is based per kit of 12 cookies. (Parent and child can share kit or grab their own).

Adults are encouraged to attend with or without children.

ID#F22-COOKIE

Thursday
October 27
5:00 - 7:00 PM
Intermediate School
South Lab
\$50



Holiday Cookie Decorating

For Youth, Ages 6 + and Adults

Bring your Holiday cookie decorating skills to the next level. Grab a friend and learn some new techniques to WOW your family this Holiday season using royal icing.

The class includes 12 cookies, frosting, and sprinkles. All tools needed to decorate will be provided. Please bring a container to bring your cookies home.

PARENT INVOLVEMENT is required for children 4th grade and under. Price is based per kit of 12 cookies. (Parent and child can share kit or grab their own).

Adults are encouraged to attend with or without children.

ID#F22-HOLIDAY

Thursday
December 15
5:00 - 7:00 PM
Intermediate School
South Lab
\$50





Wood Sign Workshop for Adults

For Adults, 18+

If you are looking for a night out, here is a class for you. Board & Brush in Elk River will be hosting a wood sign workshop specialized for you. Design a wood sign for yourself, a family member or as a gift. You will sand, distress, stain, stencil and create your masterpiece. All materials will be provided and you get to bring home your finished product. Grab a friend or two and come have some fun!

- Each participant will pick their own project.
- You are welcome to bring in food or beverages.

Location: Board & Brush Creative Studio, 13501 Business Center Drive NW, Elk River, MN 55330

ID#F22-WOOD-ADULT

Tuesday

October 11

6:30 - 9:30 PM

Board & Brush Creative Studio, Elk River

\$89



Wood Sign Workshop for Teens

For Youth, Ages 12-15

Board & Brush in Elk River will be hosting a wood sign workshop specialized for teens. Design a wood sign, for yourself, a family member or as a gift. You will sand, distress, stain, stencil and create your masterpiece. All materials will be provided and you get to bring home your finished product.

- Each participant will choose their own personalized design from a selected gallery and leaves with a one of a kind piece of art!
- We provide all materials needed for the workshop as well as take care of all set up and clean up.
- Our staff provides hands-on assistance.
- You are welcome to bring in food for the event.

Location: Board & Brush Creative Studio, 13501 Business Center Drive NW, Elk River, MN 55330

ID#F22-WOOD

Sunday

November 6

2:00 - 5:00 PM

Board & Brush Creative Studio, Elk River

\$55



Middle School Early Risers

For Youth, Grades 6-8

The Princeton Middle School Early Riser Program is a program that provides supervised structured time from 7:30 - 8:30 AM for students needing a positive head start to their days. Students attending the early riser program will be provided an opportunity to eat breakfast, work on school work, read, organize and plan for their day, or exercise/move prior to their school day.

Who Would Benefit from the Early Riser Program?

Students may need additional time before school for a variety of reasons. Our aim is to support students who may need a quiet work space with dependable school wi-fi, students and families affected by the tiered busing/ varied start times in other schools within the district, and students/families seeking a quiet space for students to work in the morning.

ID#F22-EARLYRISE-T1

Mondays - Fridays

September 6 - November 23

7:30 - 8:30 AM

MS Cafeteria & Gym

\$90

ID#F22-EARLYRISE-T2

Mondays - Fridays

November 30 - March 2

7:30 - 8:30 AM

MS Cafeteria & Gym

\$90



Video Production for YouTube

For Youth, Grades 2-6

Learn how to create YouTube content! Shoot videos, edit sound, and create an online presence with YouTube. YouTube is the top destination for online videos. Learn tricks that pro filmmakers use for better shots, lighting, and sounds. Edit your video, add transitions, and insert a sound track. Then, share your finished video with the world!

Technical Requirements:

- Imovie (Mac) or Filmdora (Windows trial version) software
- Computer: PC (Windows XP or later) or Mac (OSX)
- Cell phone video camera or external webcam
- Google Meet • Webcam • Microphone and Speakers • Internet

ID#F22-VIDEO-1

Saturdays
November 12 & 19
10:30 AM - 12:30 PM
Online/Virtual
\$70

ID#F22-VIDEO-2

Thursday & Friday
December 29 & 30
10:00 AM - 12:00 PM
Online/Virtual
\$70

Video Production for YouTube:



Gaming

For Youth, Grades 4-7

Learn how to produce a YouTube "Let's Play" Video! Learn how to capture a gaming session. YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, and insert a sound track. Then share your finished video with the world.

Technical Requirements:

- Imovie (Mac) or Filmdora (Windows trial version) software
- A game installed on computer (Minecraft, Roblox, Racing, any will work) • Computer: PC (Windows XP or later) or Mac (OSX) • Cell phone video camera or external webcam • Google Meet • Webcam • Microphone and Speakers • Internet

ID#F22-GAMING

Saturdays
December 3 & 10
10:30 AM - 12:30 PM
Online/Virtual
\$70



Video Production for YouTube:

Podcasting

For Youth, Grades 4-7

Learn the ins and out of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, and insert a sound track. Then, share your finished video with the world.

Audacity free software download

Technical Requirements:

- Imovie (Mac) or Filmdora (Windows trial version) software
- Audacity - free software download. This must be downloaded and installed before class.
- Computer: PC (Windows XP or later) or Mac (OSX)
- Cell phone video camera or external webcam
- Google Meet • Webcam • Microphone and Speakers • Internet

ID#F22-PODCAST

Saturdays
September 10 & 17
10:30 AM - 12:30 PM
Online/Virtual
\$70



Web Design

For Youth, Grades 4-7

Learn to create web pages! Students will learn how to create an HTML web page, learn various HTML tags, and experiment with design, javascript, and CSS.

Technical Requirements:

- Computer: PC (Windows XP or later) or Mac (OSX)

ID#F22-WEB

Thursday & Friday
December 29 & 30
1:00 - 3:00 PM
Online/Virtual
\$70



Game Coding: Super Mario

For Youth, Grades 2-6

In this class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart - style game. Then pick custom characters, and track, to customize their games.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-MARIO

Saturday
September 24
9:00 AM - 12:00 PM
Online/Virtual
\$55



Game Coding: Nintendo

For Youth, Grades 3-5

Learn the fundamentals of coding with Scratch by creating a Nintendo-themed game. Inspire your student to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like legos.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-NINTENDO

Thursday
September 29
6:00 - 7:30 PM
Online/Virtual
\$33



Intro to Java Coding

For Youth, Grades 4-8

Students will be introduced to object-oriented programming and elements of the Java language while learning to code their text-based RPG (Roleplaying Game). No programming experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required.

Technical Requirements:

- Computer: PC needed, will not work on Chromebook, tablets, or phones
- BlueJay - free PC download
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-JAVA

Saturdays
October 29 & November 5
9:00 AM - 12:00 PM
Online/Virtual
\$100



Minecraft Coding: Ride the Ender Dragon

For Youth, Grades 2-6

No prior coding experience necessary. Minecraft playing experience would be helpful. We will write code to summon the ender dragon, and learn to code using MinecraftEDU.

Technical Requirements:

- Minecraft Education Edition: Downloaded and installed on iPad, Macbook, Windows PC or Chromebook (other tablets/Android are not supported)
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-DRAGON

Saturday
November 19
9:00 AM - 12:00 PM
Online/Virtual
\$55



Minecraft Mod Development: Armor

For Youth, Grades 3-6

Learn to mod Minecraft and customize your gaming experience. We will be creating crazy armor, items, and blocks. Students will learn how to make Minecraft Mods. Students should be comfortable with reading, keyboarding, and, of course, playing Minecraft! At the end of the class, save your Mods to share with family and friends.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- MCreator - free software download. This must be downloaded and installed before class
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-ARMOR

Saturdays
October 8 & 15
10:30 AM - 12:30 PM
Online/Virtual
\$70



Minecraft Mod Development

For Youth, Grades 2-6

NEW Class! Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. Students should be comfortable with keyboarding, and, of course, playing Minecraft! At the end of the class, save your Mods to share with family and friends.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- MCreator - free software download. This must be downloaded and installed before class
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-MOD

Wednesdays
November 9 & 16
6:00 - 7:30 PM
Online/Virtual
\$55



Escape the Ender Dragon: Escape Room Adventure Map

For Youth, Grades 1-6

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed Escape Room Adventure Maps. Our mission to race through the end and escape the Ender Dragon. Students will get a copy of the world to continue development at home.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-ESCAPE

Saturday
December 17
9:00 AM - 12:00 PM
Online/Virtual
\$55



Multi-player Minecraft: Colosseum Builder

For Youth, Grades 1-6

Become the architect of mini-game battle arenas! Build your own arena, then challenge your friends! Students will get a copy of the world map to save and expand on. We will be using the PC/Java Edition of Minecraft.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-COLOSEUM

Saturdays
September 10 & 17
8:00 - 10:00 AM
Online/Virtual
\$70



Multi-player Minecraft: Theme Park Builder

For Youth, Grades 1-5

Work as a team to create a custom theme park in Minecraft. Use creative concepts and redstone to create this world! Possible projects include roller coasters, water rides, a trampoline park, an obstacle course, a boat race, bumper boats, a dunk tank, and many more rides and attractions! Students will get a copy of the world map to expand on.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-THEME

Tuesdays
September 13 & 20
6:00 - 7:30 PM
Online/Virtual
\$55



Multi-player Minecraft: City Builder

For Youth, Grades 1-6

Collaborate with fellow students to construct a city! Students will save and keep their completed world files at the end of class. Beginners and experienced Minecrafters alike will love this action-packed camp!

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-CITYBUILDER

Thursdays
October 6 & 13
6:00 - 7:30 PM
Online/Virtual
\$70



Multi-player Minecraft: Mini-Game Builder

For Youth, Grades 2-6

Become the architect of mini-game battle arenas! Build your own spleef arena, capture the flag base, king of the hill stadium, or one of many more mini-games, then challenge your friends! Battle it out in spleef, plan your base in capture the flag, or have a snowball fight in king of the hill! Create tons of mini-games with all of your friends!

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Minecraft Java Edition
- Google Meet
- Webcam
- Microphone and Speakers
- Internet

ID#F22-MINIGAME

Saturdays
November 12 & 19
8:00 - 10:00 AM
Online/Virtual
\$70

Multiplayer Minecraft: World Builder



For Youth, Grades 3-5

Unleash your creativity as you work collaboratively! Create a world with others in multiple unique, themed lands. Build different biomes, or base a section on your favorite movie or video game! Meld your quadrants together with bridges, and separate them with moats of water, lava, or even the void! Students will get a copy of the world to continue development.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones • Minecraft Java Edition • Google Meet • Webcam • Microphone and Speakers • Internet

ID#F22-WORLD

Tuesdays

December 6 & 13

6:00 - 7:30 PM

Online/Virtual

\$55

Advanced Minecraft: Command Block



For Youth, Grades 3-7

Get ready to wire up your Minecraft worlds with command blocks and Redstone! Even if you're a seasoned Minecraft pro, there's plenty for you to learn. From basic traps to powered machines, Redstone offers Minecraft players a whole new range of opportunities to create amazing things. Minecraft's command block is a pseudo-programming language that consists of logic and execution written in text. We'll learn to spawn creatures, teleport all over your world, and make multi-player games.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones • Minecraft Java Edition • Google Meet • Webcam • Microphone and Speakers • Internet

ID#F22-COMMANDBLOCK

Saturdays

December 3 & 10

8:00 - 10:00 AM

Online/Virtual

\$70



3D Printing & CAD

For Youth, Grades 2-6

New Projects this semester! This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD (an online web app), and use the 3D slicing program Cura to bring their creations to life. This course serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life. Students will be designing 1-2 objects, and the 3D print will be mailed home. No experience is necessary, but familiarity with doing common tasks using a computer and keyboarding is required. Fees listed include printing fee for one project.

Technical Requirements:

- Computer: PC needed, will not work on Apple, Mac, Chromebook, tablets, or phones
- Google Meet • Webcam • Microphone and Speakers • Internet

ID#F22-CAD-1

Saturdays

October 8 & 15

8:00 - 10:00 AM

Online/Virtual

\$85

ID#F22-CAD-2

Tuesday & Wednesday

December 27 & 28

1:00 - 3:00 PM

Online/Virtual

\$85



RC Racing

For Youth, Grades 1-8

Interested in RC Cars? Want to try them on a track? Then come join Party Crashers RC Racing for some fun as we explore what makes them work and then get to try them out! Participants will leave with a better understanding of the hobby, and get time testing out their driving skills on a few different types of RC cars and trucks.

This 70 minute class will offer 10 minutes of learning about different RC Cars and the remaining hour racing around a custom built track with other kids! Kids can bring their own RC cars as long as we determine they are not too powerful for the track and everyone's safety.

ID#F22-RC-1

Thursday
November 3
6:00 - 7:10 PM
Primary School Gym
\$19

ID#F22-RC-2

Thursday
November 3
7:20 - 8:30 PM
Primary School Gym
\$19



Lego Club with The Lego Lady

For Youth, Grades 2-5

Join the Lego Lady for 6 weeks of Learning and Laughs with Lego! Every six weeks the club theme will change to explore all the ways to use Lego for learning through play, creativity and fun!

Session 1: Builder Challenges

Are you a Master Builder? Put your building skills to the test during 6 weeks of friendly competition where you will use your creativity and skills to be named a Princeton Lego Master!

ID#F22-LEGO

Thursdays
Sept. 15 - November 3
2:15 - 3:15 PM
Intermediate School Media Center
\$30



Elementary Robotics Team

For Youth, Grades 3-5

VEX IQ is a robotics program in which students work together on teams to design, test, and program a robot to complete a specific game challenge.

To see this year's challenge, please visit:
vexrobotics.com/iq/competition

Students will experiment with essential structures and simple machines using VEX IQ components. They will construct a standard drive base using the Engineering Design Process and will learn simple autonomous programming. The competitive season runs from November through January, with teams advancing to the state tournament continuing into the first week of March.

ID#F22-ROBOTICS

Wednesdays
September 8 - February 22
2:15 - 4:15 PM
Intermediate School Commons
\$140



Homecoming Spirit Wear

For Youth and Families of All Ages

NEW! Join Stefanie Middendorf for a fun night of creating spirit wear to have ready to go for the Spirit Wear Days or the Homecoming Football Game on September 30th! Shirt Included. Add custom name on the back of shirt for \$4 extra.

*Active parent involvement is required for Pre-K and Kindergarten participants.

ID#F22-SPIRIT WEAR

Thursday
September 22
4:30 - 5:30 PM (Pre K to Gr. 4)
6:00 - 7:00 PM (Grades 5+)
Family Center Gym
\$24 or \$28 (shirt with name on back)

Find Your HERO

Disney on Ice: Find Your HERO

For Families of All Ages

Disney on Ice presents Find your Hero, an adventure filled with tales of heroism from your favorite Disney stories. Join fearless way finder Moana and demigod Maui as they bravely voyage into uncharted territories to return the stolen heart of Te Fiti. Journey alongside Anna and Elsa on their quest to protect the kingdom. Dive "Under the Sea" and test the power of true love with The Little Mermaid. Get Tangled with Rapunzel as she dares to explore the world outside her own. And be there as Belle boldly tames the fearsome Beast. Discover that courage, determination and heart are all part of the hero in you!

Take the guess work out of driving to and parking in St. Paul. We will provide bussing for this fun, family friendly trip to the Xcel Energy Center! Connect with other families and friends and enjoy the production of Disney on Ice. Show time is Friday, December 9 at 7:00 PM.

*Please meet at the Princeton High School parking lot at 5:00 PM. We will return at approximately 11:00 PM.

ID#F22-DISNEY

Friday

December 29

5:00 - 11:00 PM

Xcel Energy Center

\$65





Home Alone

For Youth, Grades 2+

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether it is for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a child who is mature and well prepared. This class for children will address several topics relating to being “Home Alone” including age guidelines, safe habits, house rules, after school routines, phone calls, door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders and first aid tips.

Students attend this class independently and should come prepared with a notebook and pen. Parents are encouraged to review the take home information and discuss it with their child.

November 29th is a NO SCHOOL Day for our students, which gives them a great opportunity to attend this class.

ID#F22-HOME

Tuesday

November 29

12:30 - 2:30 PM

Middle School Media Center

\$35

• Children that attend both “Home Alone” and “Child & Babysitter Safety” may stay with the instructor from Noon to 12:30 PM and eat lunch. Please bring your own lunch.



Child & Babysitter Safety (CABS) Program

For Youth, Ages 11+

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives participants everything they need to know for safe and successful babysitting. The YouTube “vlogger” style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, care giving, and first aid tips; CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years.

Students attend this class independently and should come prepared with a notebook and pen.

November 29th is a NO SCHOOL Day for our students, which gives them a great opportunity to attend this class.

ID#F22-CABS

Tuesday

November 29

9:00 AM - 12:00 PM

Middle School Media Center

\$63



Mindfulness with Miss Liz: Managing Big Feelings

For Youth, Ages 3-6 & 7-10

What is Mindfulness? We will learn what it's like to be grounded and how our bodies talk to us. We will learn about our feelings and how breathing helps us stay regulated. We will have a mixture of fun activities, including dancing, making art, journaling, and as always, we will end with some yoga relaxation.

Please wear comfortable clothing, bring a yoga mat (or a beach towel), and a comfort item such as a stuffed animal, if you wish.

Ages 3-6: Class is 45 minutes and a parent/guardian must participate with child.

Ages 7-10: Class is one hour and parents/guardians are welcome as well.

Miss Liz is a Mindful Mentor and a certified Yoga Calm Youth Instructor. She helps children develop self-regulation skills, social-emotional awareness, empathic connections, and radical self-love. She educates the heart, mind, and body using breathing techniques, yoga-based movement, and mindfulness strategies.

INTRODUCTORY SESSION (1 DAY ONLY):

ID#F22-MIND-A1 (Ages 3-6)

Sunday
October 2 (1 day only)
9:30 - 10:15 AM
Spirit River Yoga Studio
\$35

ID#F22-MIND-A2 (Ages 7-10)

Sunday
October 2 (1 day only)
11:00 AM - 12:00 PM
Spirit River Yoga Studio
\$35

MONTH LONG SESSION (4 DAYS):

ID#F22-MIND-B1 (Ages 3-6)

Sundays
November 6, 13, 20, 27
9:30 - 10:15 AM
Spirit River Yoga Studio
\$55

ID#F22-MIND-B2 (Ages 7-10)

Sundays
November 6, 13, 20, 27
11:00 AM - 12:00 PM
Spirit River Yoga Studio
\$55



Mindful Toddler Yoga with Miss Liz

For Youth, Ages 2-3 with Parent/Guardian

In this class we will explore movement with dance and practice yoga poses and get in tune with our bodies by learning about feelings.

ID#F22-TODDLER

Sunday
December 4
10:00 - 11:00 AM
Spirit River Yoga Studio:
\$35

HORSE CAMPS

AT

Boulder Pointe

Equestrian & Event Center



Camps are on rain or shine. There is an indoor and outdoor arena! Required attire includes a sneaker or boot (closed toe with a heel), long pants and layers depending on weather. ASTM/SEI certified helmets are provided. Bug spray, sunscreen, and a hat are recommended. Please bring a nut-free bagged lunch, snacks and plenty of fluids to drink. You may bring treats for the horses if you wish.

Location: Boulder Pointe Equestrian and Event Center LLC - 6612 189th LN NW Anoka, MN 55303

1. From 185th Avenue NW: Stay on 185th Avenue NW for 0.5 miles.
 2. Take the 1st left onto Jasper Street NW for 0.6 miles (If you reach Ebony Street NW you've gone about 0.3 miles too far).
 3. Take the 1st right onto 189th Lane NW for 0.5 miles (If you reach 190th Lane NW you've gone about 0.1 miles too far).
 4. 6612 189th Lane NW is on the right. Go all the way down 189th to the cul-de-sac through the neighborhood. The barn entrance will be on the right, before the house. You will see a sign saying Boulder Pointe Equestrian and Event Center.
- *Your destination is just past Dolomite Street NW. Your destination is at the end of 189th Lane NW.

****SIGNED WAIVERS ARE REQUIRED****

Forms are available on our website and must be completed prior to camp date.
Visit www.HorseRidingRocks.com to fill out forms.





My Little Horse Camp

For Youth, Ages 2-5 and Their Parent or Guardian

Campers will get to ride a real horse in an arena, meet a number of different horses at Boulder Pointe and learn how to groom the horses... All with a focus on safety! In addition, students will do an art project and have an opportunity to make horse treats to feed their new friends. Stations are split into 15 minute intervals to keep everyone engaged. Parents have the opportunity to lead their child on the horse and take photographs as they go. A parent/guardian must remain with their child at all times.

ID#S22-LITHORSE-A	ID#S22-LITHORSE-B	ID#S22-LITHORSE-C	ID#S22-LITHORSE-D
Saturday	Saturday	Saturday	Saturday
September 10	October 8	November 12	December 10
12:00 - 2:00 PM	12:00 - 2:00 PM	12:00 - 2:00 PM	12:00 - 2:00 PM
Boulder Pointe	Boulder Pointe	Boulder Pointe	Boulder Pointe
\$64	\$64	\$64	\$64



Horseback Riding: Day Camp

For Youth, Ages 6-18

Kids will learn what it's like to have a horse for a day! Campers are broken into smaller groups based on similar riding experience and age, which is perfect for brand new riders or the more experienced! We will meet the horses and may make horse treats, do a craft, or play games. Campers get to ride in the indoor and/or outdoor arenas for 40-50 minutes (no trails), practice how to steer, stop, turn, and walk on their own. Don't forget, we will also make time to care for the horses, which is a big part of ownership!

Participants need to bring a lunch, snacks, and plenty to drink. Drop-off is at 9 AM and pickup is 3 PM each day.

ID#F22-DAYCAMP-A	ID#F22-DAYCAMP-B	ID#F22-DAYCAMP-C	ID#F22-DAYCAMP-D	ID#F22-DAYCAMP-E
Thursday	Friday	Friday	Tuesday	Thursday
October 20	October 21	November 25	December 27	December 29
9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM	9:00 AM - 3:00 PM
Boulder Pointe	Boulder Pointe	Boulder Pointe	Boulder Pointe	Boulder Pointe
\$109	\$109	\$109	\$109	\$109



3-Day Horse Camp

For Youth, Ages 6-18

Experience a mini week-long camp! Campers will get to experience everyday life at a barn! Life in the barn will include activities such as; daily riding, learning how to braid manes and tails, grooming, caring for the horses (including bathing), and feeding them at the end of the day. This is a great time for campers to spend time outdoors and build lasting friendships with fellow horse lovers in a structured and positive environment. Campers are broken into smaller groups of similar riding experience, which is perfect for both the new and more experienced riders. Please note that riding takes up no more than 1 hour per day in an arena, no trails. Campers will spend time on the ground with horses throughout the rest of the day.

Participants need to bring a lunch, snacks, and plenty to drink. Drop-off is at 9 AM and pickup is 3 PM each day.

ID#S22-3DAYCAMP
Tuesday - Thursday
August 23-25
9:00 AM - 3:00 PM
Boulder Pointe Equestrian & Event Center
\$294



Tiger Swim Lessons

- Children must be a minimum of 44 inches tall AND at least 5 years old to participate in levels 1-7.
- The cost for Infant/Parent, Toddler/Parent and Little Swimmers is \$60 for eight - 25 minute lessons.
- The cost for Levels 1-7 is \$68 for eight - 45 minute lessons.
- The temperature of the pool is maintained at 75-80 degrees F.

Infant/Parent

Ages 6 Months to 2 Years

The purpose of this class is to teach parents and children safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around water. Parents must accompany their child in the water. Children should wear swim diapers only.

Toddler/Parent

Ages 18 Months to 3 Years

The purpose of this class is to teach very early swimming skills such as bubble blowing, kicks, floats, and swimming arm movements for the front and back strokes while in a fun and safe environment. Parents must accompany their child in the water. Children should wear swim diapers only.

Preschool Transition

Ages 3-5 Years

The purpose of this class is to build on the early swimming skills learned in the toddler class, introduce new skills, and begin the transition from class with parents to class with just the instructor. Parents will accompany their child in the water on days 1-3. On days 4 and 5, parents will be prepared to get in the water but will remain on the deck near their child. On days 6-8, children will be in the water independently with their instructor and classmates.

Little Swimmers

Ages 2.5 - 4 Years

Little Swimmers is designed for children who are ready for their first independent swimming experience. The class will begin to teach independent skills such as underwater bobs and front and back float as well as introduce/reinforce skills such as glides, flutter kicks and front crawl. Life jacket safety will also be taught.

Level 1 (Beginners)

This level helps students feel comfortable in the water and enjoy the water safely. Skills learned in the Little Swimmers class are improved upon and new elementary aquatic skills are introduced to help develop good attitudes and safe practices around the water. Children must have passed the Little Swimmers class or test out of the Little Swimmers class before taking this level.

Level 2 (Advanced Beginners)

This level continues to improve on the skills learned in Level 1 and increases the distances that students can go on their own. New skills will also be introduced while building the student's confidence in the water. Student must have passed Level 1 before taking this level.

Level 3 (Intermediate)

Build on skills of Level 2 with guided practice. Students will learn to coordinate the pieces of the front crawl and elementary backstroke as well as learn new skills including standing dive, breaststroke kick and new safety techniques. Student must have passed Level 2 before taking this level.

Level 4 (Advanced Intermediate)

This level continues to build on the skills learned in Level 3 and increase swimming endurance. New safety skills will be introduced as well as breaststroke, scissors kick and open turns for front and back strokes. Student must have passed Level 3 before taking this level.

Level 5 (Swimmers)

This level will continue to build swimming endurance and refine stroke coordination. New skills will include sidestroke, butterfly and front and back flip turns. Student must have passed Level 4 before taking this level.

Level 6 (Advanced Swimmers)

This level continues to increase the distances and endurance of the learned strokes: front crawl, elementary backstroke, backstroke, breaststroke, butterfly and sidestroke. Student must have passed Level 5 before taking this level.

Level 7 (Advanced Water Safety)

This course includes skills for life saving and personal water safety. We will practice many of the prerequisites for the Lifeguard course. Student must have completed level 6 before taking this level.

For any aquatics questions or for more information please e-mail Lindsay Paurus at: lindsay.paurus@isd.477.org

***View charts on the following page for AQUATICS SCHEDULE!**

Open Swim

at the Princeton High School Pool

Open to children, adults and families of all ages!

American Red Cross certified lifeguards supervise each session

Deep water swimmers must demonstrate their swimming skills before entering the deep end.

Children 8 years old and younger must be accompanied by an adult in the water.

Fun equipment is available to use such as; noodles, life jackets, and diving rings!

\$4/person or \$15/family of four + \$3/each additional member (please pay with cash at the door)

Saturdays, 1:00 - 3:00 PM

Sept. 17, 24 - Oct. 1, 8, 15, 29 - Nov. 5, 12

Sept. 12, 19, 26, Oct. 3, 10, 17, 31, Nov. 7 (Mondays)

6:00 PM	Level 1 ID#F22-LEV1A	Level 3 ID#F22-LEV3A	6:00 PM: Preschool Transition ID#F22-PRESWIMA
			6:30 PM: Little Swimmers ID#F22-LITSWIMA
7:00 PM	Level 2 ID#F22-LEV2A	Level 4 ID#F22-LEV4A	7:00 PM: Toddler/Parent ID#F22-TODPARA
			X

Sept. 17, 24, Oct. 1, 8, 15, 29, Nov. 5, 12 (Saturdays)

9:00 AM	Level 1 ID#F22-LEV1B	Level 3 ID#F22-LEV3B	X
			X
10:00 AM	Level 2 ID#F22-LEV2B	Level 4 ID#F22-LEV4B	X
			10:30 AM: Little Swimmers ID#F22-LITSWIMB
11:00 AM	Level 5/6 ID#F22-LEV56B	X	11:00 AM: Preschool Transition ID#F22-PRESWIMB
			X
12:00 PM	Level 7 ID#F22-LEV7B	X	X
			X



Tiger Sharks

For Youth, Grades 1-12

All participants need to be able to swim 25 yards nonstop, unaided. No knowledge of the four competitive strokes is necessary. Students will learn or continue improving on the four competitive strokes (freestyle, backstroke, breaststroke and butterfly) and their corresponding starts and turns. Students will use a variety of swimming tools and drills while building strength and endurance and learning about competition.

Tiger Sharks is for all abilities, from beginner to advanced. During the school year these levels are combined together. During the summer, separate levels are offered. Please contact Lindsay at lindsay.paurus@isd.477.org with any questions about levels or for more information on our Tiger Sharks program.

Swimmers should bring a swimsuit, goggles, towel and water bottle on a daily basis.

ID#F22-TIGERSHARKS

Mondays - Thursday

Sept. 12 - Nov. 10 (No Class 10/20, 10/24)

6:30 - 7:30 AM

High School Pool

\$89



Individual Swimming Lessons

For All Ages

Tiger Swim Lesson Instructors will teach individuals according to the Tiger Swim Lesson Curriculum. All Tiger Swim Lesson levels are available. Lessons will be held in the Princeton High School Pool.

You will get six (30 minute) sessions for \$105.

First choose a session, then choose which of the six out of eight days work best for you.

ID#S22-INDSWIM-A1

Mondays
Sept. 12 - Nov. 7
7:30 - 8:00 PM

ID#S22-INDSWIM-A2

Mondays
Sept. 12 - Nov. 7
8:00 - 8:30 PM

ID#S22-INDSWIM-A3

Mondays
Sept. 12 - Nov. 7
8:30 - 9:00 PM

ID#S22-INDSWIM-B1

Saturdays
Sept. 17 - Nov. 12
10:00 - 10:30 AM

ID#S22-INDSWIM-B2

Saturdays
Sept. 17 - Nov. 12
11:00 - 11:30 AM

ID#S22-INDSWIM-B3

Saturdays
Sept. 17 - Nov. 12
11:30 AM - 12:00 PM

ID#S22-INDSWIM-B4

Saturdays
Sept. 17 - Nov. 12
12:00 - 12:30 PM



Private Swimming Lessons for Families

For Families of All Ages

Private swimming lessons for families is designed for immediate family members to learn and practice skills together during the same time slot. The Tiger Swim Lesson Instructor will be able to teach all the Tiger Swim Lesson curriculum and will tailor the class to fit your family's individual needs. Multiple levels can be taught in the same lesson. If there are students in both lower and higher levels, a parent may need to get in the water to assist with the lower level skills practice. There is no limit to the number of children enrolled, but all participants must be in the same immediate family. Lessons will be held in the Princeton High School Pool.

You will get six (30 minute) sessions for \$150.

First choose a session, then choose which of the six out of eight days work best for you.

ID#S22-FAMSWIM-A1

Mondays
Sept. 12 - Nov. 7
8:00 - 8:30 PM

ID#S22-FAMSWIM-A2

Mondays
Sept. 12 - Nov. 7
8:30 - 9:00 PM

ID#S22-FAMSWIM-B1

Saturdays
Sept. 17 - Nov. 12
12:00 - 12:30 PM

ID#S22-FAMSWIM-B2

Saturdays
Sept. 17 - Nov. 12
12:30 - 1:00 PM

ID#S22-FAMSWIM-B3

Saturdays
Sept. 17 - Nov. 12
12:30 - 1:00 PM



G.E.M. (Get Excited and Move!)

For Adults, 18+

G.E.M. is designed for those with neuromuscular/movement disorders like Parkinson's, MS, Cerebral Palsy, etc. This class works on improving balance and movement for those with neuromuscular/movement disorders.

Please bring a water bottle and wear comfortable clothes you can move easily in.

Location: 607 South 2nd St, Princeton

ID#F22-GEM

Thursdays

September 1 - December 15

*No Class November 24

10:30 - 11:15 AM

Beyond Sport

\$8/class or \$30/month/4 week session



Adult Volleyball

For Adults, 18+

Grab your friends and a pair of clean tennis shoes and join us for a weekly Tuesday night out playing open volleyball. Please, no street shoes on the gym floor. *Times and place are subject to change.

No need to register, just show up ready to play! Please pay with cash at the door: \$5/session.

For more information, please visit our Facebook page: Princeton Com Ed Tues Night Open Volleyball.

ID#F22-ADULTVB

Tuesdays

September 6 - December 27

8:00 - 10:00 PM

Middle School Gym

\$5/session, please pay with cash at the door



Newbies Yoga 101

For Adults, 18+

Spirit River Yoga Studio Presents: Newbies Yoga 101 - Come learn the basic poses of yoga with Jennie Ruth Warren! There will be extra instruction while you learn how and why to do common yoga poses. This will help you feel more confident in weekly classes while giving you the opportunity to meet other yogis in the community! Bring a friend with you to this light-hearted class for more fun!

Location: Spirit River Yoga Studio, 31940 125th Street, Princeton MN 55371

ID#F22-YOGA-A

Saturday

November 5

9:00 - 10:00 AM

Spirit River Yoga Studio

\$35

ID#F22-YOGA-B

Saturday

December 3

9:00 - 10:00 AM

Spirit River Yoga Studio

\$35



Pickleball

For Youth, Ages 13+ and Adults

Pickleball is back by popular demand! Pickleball is a combination of ping pong and tennis. Come play against others who love some friendly competition. Bring a water bottle and your own equipment if you have it. If you don't have equipment, we will have some to borrow.

Don't know how to play? We will have a beginner/intermediate clinic on Wednesday, November 9th to get you up to speed! If you're new to the sport, you may come for just the clinic to learn the game or you may join us for the clinic plus 10 sessions where we meet up to play this great, fun activity with others from the community.

ID#F22-PICKLEBALL-CLINIC

Wednesday

November 9

7:00 - 9:00 PM

Intermediate School Gym

\$20 (clinic only)

↑ (clinic session is included with regular sessions)

ID#F22-PICKLEBALL

Wednesdays

November 16 - January 25

*No Pickleball December 28

7:00 - 9:00 PM

Intermediate School Gym

\$80 (10 sessions)

Boys Fall Basketball Camp

For Youth, Boys, Grades 5-8

Calling all 5th through 8th grade boys interested in basketball! These ten, 60 minute sessions will focus on improving individual skills and learning game concepts. Get a jump start to your basketball season!

Participants should bring a water bottle and basketball.

ID#F22-BOYSBB

Tuesdays & Thursdays

Sept. 20 - Oct. 20

7:00 - 8:00 PM

Middle School Gym

\$75

Girls Fall Basketball Camp

For Youth, Boys, Grades 5-8

These 60 minute sessions will focus on improving individual skills and learning game concepts. Get a jump start to your basketball season!

Participants should bring a water bottle and basketball.

ID#F22-GIRLSBB

Tuesdays & Thursdays

Sept. 20 - Oct. 20

6:00 - 7:00 PM

Middle School Gym

\$75

Beginning Karate

For Youth, Ages 4-6 & 7-17

You will find that martial arts training helps build good kids into great kids by teaching them to work towards goals, increase their self esteem, and learn respect for themselves and for others. Your children will learn in a safe, supervised environment and our trained instructors are specialists in keeping kids motivated and interested while they're learning self defense techniques that can last a lifetime.

Location: Professional Karate Studio (PKS), 119 Rum River Drive North, Princeton.

ID#F22-PKS-A1 (Ages 4-6)

Mondays & Wednesdays

September 12, 14, 19, 21

5:00 - 5:30 PM

PKS

\$40

ID#F22-PKS-B1 (Ages 4-6)

Mondays & Wednesdays

October 3, 5, 10, 12

5:00 - 5:30 PM

PKS

\$40

ID#F22-PKS-C1 (Ages 4-6)

Mondays & Wednesdays

December 5, 7, 12, 14

5:00 - 5:30 PM

PKS

\$40

ID#F22-PKS-A2 (Ages 7-17)

Mondays & Wednesdays

September 12, 14, 19, 21

5:30 - 6:00 PM

PKS

\$40

ID#F22-PKS-B2 (Ages 7-17)

Mondays & Wednesdays

October 3, 5, 10, 12

5:30 - 6:00 PM

PKS

\$40

ID#F22-PKS-C2 (Ages 7-17)

Mondays & Wednesdays

December 5, 7, 12, 14

5:30 - 6:00 PM

PKS

\$40



Princeton Tigers Archery Team

For Youth, Grades 4-12

Ready to take Archery to the next level? Princeton Tigers Archery Team is gearing up for another great season! This is a traveling team and we will compete against other schools. We follow NASP rules and guidelines. Equipment used is a Genesis Bow and Genesis 1820 arrows. You may only attend the practice time that you are registered for; 3:45 - 4:45 PM or 4:50 - 5:50 PM. The Frozen Open Tournament will be Saturday, February 11, 2023.



Parent/Archer Meeting Night:

November 3, 2022 at 6:00 PM in the Intermediate School Cafeteria

**No Class: January 11, 18, 25, February 1, 10, 15, 21, March 3, 8, and 15. Schedule will be handed out at the meeting.*

ID#F22-ARCHERY1

Tuesdays, Wednesdays and Fridays
January 3 - March 22
3:45 - 4:45 PM
Intermediate School Gym
\$140

ID#F22-ARCHERY2

Tuesdays, Wednesdays and Fridays
January 3 - March 22
4:50 - 5:50 PM
Intermediate School Gym
\$140



Tigers Cubs Archery

For Youth, Grades 2-3

Tiger Cubs Archery is for students in grades 2nd and 3rd grade who would like to learn more about the sport of Archery and learn new skills. This is a beginner's class that will teach fundamentals and we will have lots of fun along the way. Equipment will be provided. Participants will also receive a T-shirt as part of the registration fee.

ID#F22-TCARCHERY

Tuesdays & Fridays
January 3 - February 28
2:30 - 3:30 PM
Intermediate School Gym
\$160





Youth Wrestling

For Youth, Boys and Girls, Ages Pre-K - Grade 3, and Grades 4-6

Princeton Youth Wrestling program teaches self respect, confidence and good sportsmanship through influence and a positive attitude. Wrestlers are required to wear a T-shirt, athletic shorts, wrestling/athletic shoes and headgear for all practices. Kneepads are recommended. No metal buckles or rivets. Wrestlers are divided by age, weight and skill level.

Each participant will receive a program T-Shirt. Registration covers weekday practices, the weekend Princeton Tournament and one other weekend outside tournament fee.

Optional wrestling tournaments are held throughout the season on weekends. These optional tournaments have entry fees that are paid for by the individual wrestler and are not included in the program fee with the exception of the Princeton Tournament and one other tournament.

Practice days will be held on Tuesdays and Thursdays as well as an optional Friday Intensive Practice (coach discretion based on wrestler's skill level, attention span, etc.). These dates and times will be communicated as needed. All dates are subject to change based on Varsity schedule and needs.

If you have any questions regarding Youth Wrestling or if you are interested in coaching or volunteering please email: princetonyouthwrestling@gmail.com.

*Parent/Wrestler Meeting: Tuesday November 9th at 6:30 PM in the High School Tiger Gym.

ID#F22-WRESTLING (Pre-K - Gr. 3)

Tuesdays & Thursdays
November 15 - March 14
6:00 - 7:00 PM
High School Wrestling Room
\$60

ID#F22-WRESTLING (Gr. 4-6)

Tuesdays & Thursdays
November 15 - March 14
6:30 - 8:00 PM
High School Wrestling Room
\$65



Pre-K Gymnastics

For Youth, Ages 4-5

Pre-K gymnastics is for children ages 4-5 who are intending on going into preschool in the fall of 2022. This class requires parents to wait outside the gym during class time for the safety and focus of students.

ID#F22-PREGYMA

Mondays
November 21 - January 23
6:00 - 6:45 PM
\$78

ID#F22-PREKGYMB

Tuesdays
November 22 - January 31
6:00 - 6:45 AM
\$78



Intro to Gymnastics

For Youth

This class will introduce children who have 1 year or less of gymnastics experience. We will focus on; basic shaping and terminology; FLOOR (handstands, forward rolls, and backward rolls; BARS (front support, cast concepts, and tuck swings; and basic beam and vault work.

ID#F22-INTROGYMA

Tuesdays
November 22 - January 31
*No Class Dec. 27
7:00 - 7:50 PM
\$90 (10 sessions)

ID#F22-INTROGYMB

Fridays
December 2 - February 3
*No Class Dec. 23, 30
7:00 - 7:50 PM
\$75 (8 sessions)



Beginner Gymnastics

For Youth

In this class we will focus on FLOOR (cartwheels and back extensions), BARS (spotted pullovers, casting, and pike swings), as well as progressions on BEAM and VAULT.

ID#F22-BEGGYMA

Tuesdays
November 22 - January 31
*No Class Dec. 27
7:00 - 7:50 PM
\$90 (10 sessions)

ID#S22-BEGGYMB

Fridays
December 2 - February 3
*No Class Dec. 23, 30
6:00 - 6:50 PM
\$75 (8 sessions)

Gymnasts should bring a water bottle to all practices.

Long hair should be secured out of the face.

All hair accessories should be soft.

Female gymnasts should wear a gymnastics leotard, and spandex shorts or leggings. Please no dance leotards that have zippers, bows, tutus, etc.

Male gymnasts should wear tight fitting shirts/shorts.

LOCATION:

Princeton High School Gym 3



Older Beginners Gymnastics

For Youth, Ages 9-14

For those who have little to no gymnastics experience. In this class we will focus on: FLOOR (cartwheels and back extensions), BARS (spotted pullovers, casting, and pike swings), as well as progressions on BEAM and VAULT.

ID#F22-OBEGGYM

Fridays

December 2 - February 3

*No Class Dec. 23, 30

7:00 - 7:50 PM

\$75 (8 sessions)



Intermediate Gymnastics

For Youth

In this class we will focus on; FLOOR (back limber, back walkovers, and round offs), BARS (glide swings, tap swings, kip concepts with spot, and squat ons), BEAM (cartwheels and handstands on high beam), and VAULT (handstand flatbacks, and popups).

ID#F22-INTERGYMA

Mondays

November 21 - January 23

*No Class Dec. 26, Jan. 2, 16

7:00 - 7:50 PM

\$65 (7 sessions)

ID#F22-INTERGYMB

Tuesdays

November 22 - January 31

*No Class Dec. 27

6:00 - 6:50 PM

\$90 (10 sessions)



Advanced Gymnastics

For Youth

COACH APPROVAL REQUIRED. In this class we will focus on: FLOOR (front walkovers, and back handspring), BARS (kips, clear hip circles, and baby giants), BEAM (back walkovers on low beam, dismounts, and jump mounts), and VAULT (spotted handsprings).

ID#F22-ADVGYM1

Mondays & Fridays

November 21 - February 3

*No Class Nov. 25, Dec. 23, 26, 30, 2, 16, 30

6:00 - 8:00 PM

\$150 (15 sessions)

ID#F22-ADVGYM2

Mondays

November 21 - January 23

*No Class Dec. 26, Jan. 16

6:00 - 8:00 PM

\$100 (7 sessions)

ID#F22-ADVGYM3

Fridays

November 2 - February 3

*No Class Dec. 23, 30

6:00 - 8:00 PM

\$100 (8 sessions)



Youth Cheer Camp

For Youth, Boys & Girls, Grades K-6

Come learn about the fun of cheerleading! Participants will perform at the half-time show at our September 9th home game vs. Zimmerman. Game time is 7:00 PM at the Princeton High School. Participants will receive a T-shirt for their participation to wear on game day.

ID#F22-CHEER

Tuesday - Thursday

Sept. 6-8 (with Football Game on Friday, Sept. 9)

7:00 - 9:00 PM

Princeton High School Cafeteria

\$45



Games Galore

For Youth, Grades K-2

Games Galore is a recreational program that offers your child a fun and exciting way to keep physically active after school. We promote good sportsmanship and always show Tiger Pride. Join in the FUN at Games Galore!

* Please remember to wear comfortable clothing and your gym shoes (no flip flops/sandals).

ID#F22-GAMES-A

Tuesdays and Thursdays

Sept. 13, 15, 20, 22, 27, 29

2:15 - 3:30 PM

Intermediate School Gym

\$50

ID#F22-GAMES-B

Tuesdays and Thursdays

Oct. 4, 6, 11, 13, 25, 27

2:15 - 3:30 PM

Intermediate School Gym

\$50

ID#F22-GAMES-C

Tuesdays and Thursdays

Nov. 1, 3, 8, 10, 15, 22

2:15 - 3:30 PM

Intermediate School Gym

\$50

ID#F22-GAMES-D

Tuesdays and Thursdays

Dec. 1, 6, 8, 13, 15, 20

2:15 - 3:30 PM

Intermediate School Gym

\$50



BMX Balance Bike Action & Pedal Bike Racing

For Youth, Ages 1-4 and 4+



BMX Balance Bike Action (Ages 1-4): Did you know that Rum River BMX, one of the top rated BMX pedal bike racing facilities in the country, has added a special youth track for riders 1-4 years old that can't pedal yet but are running on balance bikes (The popular name is striders).

Come spend part of your day at the Rum River BMX Track learning about BMX balance bike racing from some very informed parents. This camp will cover how you can stride like the wind! Students will receive hands on riding instruction and will practice their new skills on the BMX Strider Track. This camp is designed for the young riders who want to feel like the big dogs but can't quite pedal a real bike yet. Balance bikes are required – we have some available at the track for use on a first come first serve basis. A full-face helmet is recommended, as helmets are required. You must wear long pants, long sleeve shirt and sturdy shoes.

ID#F22-BMX1A

Thursday
October 6
5:30 - 8:00 PM
\$15 total

ID#F22-BMX1B

Thursday
November 3
5:30 - 8:00 PM
\$15 total

ID#F22-BMX1C

Thursday
December 1
5:30 - 8:00 PM
\$15 total

BMX Pedal Bike Racing (Ages 4+): This camp will cover BMX fundamentals including “What is BMX racing?”, racing bike types, BMX terminology, course set up and BMX safety and most importantly... how you can ride like the wind! Students will receive hands on riding instruction and will practice their new skills on the BMX track. This camp is designed for novice/new riders who are interested in the sport. If you can pedal your bike with out training wheels you can take part in this class. No special bikes required... if it has wheels with a few adjustments it will work for this class. If you don't have a bike you can make arrangements to use a FREE loaner bike by calling the track hot line at (763) 244-0314. You will need to bring your bike with reflectors, kickstand, chain guard, and pegs removed, a full-face helmet is recommended, as helmets are required. You must wear long pants, long sleeve shirt and sturdy shoes.



ID#F22-BMX2A

Thursday
October 6
5:30 - 8:00 PM
\$15 total

ID#F22-BMX2B

Thursday
November 3
5:30 - 8:00 PM
\$15 total

ID#F22-BMX2C

Thursday
December 1
5:30 - 8:00 PM
\$15 total

**A limited amount of helmets will be available for use, inquire at the track.*

Special Bonus! Riders are invited to test their new skills in an USABMX sanctioned practice at the track on a scheduled race day for FREE as part of the class! Awards will be given in each skill level and age class. A signed waiver is required for each student when registering for this activity.

Camp times as follows: Registration from 5:30 - 6:00 PM, Class from 6:00 - 8:00 PM. Families are strongly encourage to participate as it adds to the enjoyment of the class. *There is a \$10 registration fee made prior to the start of the program with CE + \$5 paid on site, which includes (camp instruction, a race entry fee, a number plate for the race, and track fees). My time and my assistant trainers time is donated. This is a family event and parents are strongly encouraged to come watch the kids as it will give the kids and the parents a sense of pride. Visit www.rumriverbmx.com for more information.



PRINCETON

TIGER CLUB



*Princeton Community Education offers a year-round
Preschool and School Aged Child Care Program!*

PRESCHOOL PROGRAM

For Children Currently Attending Hand in Hand Preschool

Tiger Club is proud to offer a companion child care program to our Hand in Hand Preschool schedule. All children entering our program must be enrolled in a Hand in Hand Preschool class. As a Parent Aware 4 Star Program, we work with the Hand in Hand staff to further enrich your child's experience at preschool.

- Family Center, 706 First Street, Princeton
- Monday-Friday, 6:00 AM - 5:30 PM

SCHOOL AGE PROGRAM

For Children in Kindergarten and Grades 1-5

Before and after school care is offered for children in Kindergarten and Grades 1-5. We are also open on most non-school days. Activities include; arts & crafts, reading fun, math games, gym time, computer lab or iPad time, outdoor activities, as well as guest speakers, field trips and more. An after school snack is included.

- Monday-Friday on school days and some non-school days, 6:00 AM until school begins and after school until 6:00 PM

SUMMER 2023 PROGRAM

For Children in Preschool to Grade 5

During our summer session children are divided into classrooms by the grade they will be entering. Our summer program consists of a scheduled day, age appropriate activities, math and reading review, computer or iPad time, gym time, playground time, guest speakers, field trips, etc.

- Monday-Friday, 6:00 AM - 6:00 PM
- Breakfast, Lunch and Snack are served daily

For more information, call the Tiger Club Coordinator at (763) 389-6176.

To register, visit www.isd477.org and click on "Child Care Program (TIGER CLUB)" on the COMMUNITY drop down menu.

Look for us on Facebook: **Princeton Community Education**

TIGER CLUB Child Care Rates: 2022-23



- Tiger Club will have a non-refundable \$25 registration fee.
- A \$25 late fee will apply for registering after May 15th for the summer session or after August 15th for the school year session.
- Children must be enrolled in Hand in Hand Preschool to attend Tiger Club at the Family Center (3-5 yr. olds, not yet in Kindergarten).

PRESCHOOL PROGRAM, SCHOOL YEAR 2022-23

DAYS / TIMES	CONSISTENT SCHEDULE	PICK YOUR DAYS	DROP-IN
Under 6 Hours	\$23/day	\$24/day	\$25/day
Over 6 Hours	\$35/day	\$36/day	\$37/day
Non-School Day	\$36/NSD	\$37/NSD	\$38/NSD

SCHOOL AGE PROGRAM (GRADES K-5), SCHOOL YEAR 2022-23

DAYS / TIMES	CONSISTENT SCHEDULE	PICK YOUR DAYS	DROP-IN
Before School (AM)	\$9/AM	\$10/AM	\$11/AM
After School (PM)	\$13/PM	\$14/PM	\$15/PM
Non-School Day	\$36/NSD	\$36/NSD	\$38/NSD

SUMMER 2023

FULL TIME 50 - 58 Days Total	3 - 4 DAYS/WEEK 36 - 49 Days Total	PART TIME Less than 36 Days	DROP-IN
\$33/day	\$34/day	\$36/day	\$38/day

Hand in Hand Preschool

Hand in Hand Preschool programs offer children a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to kindergarten. In Hand in Hand, children will be able to explore the areas of art, music, dramatic play, physical fitness, and literature while developing their cognitive skills, including math, science, language development and problem solving skills. Hand in Hand gives children these opportunities in a fun and caring environment.

Classes may include collaboration with Early Childhood Special Education (Help Me Grow), Early Childhood Family Education (ECFE), and Head Start. All children enrolling in Hand in Hand should be self-toileting.

Preschool Opportunities

- We offer one, two, three, four and five day options that meet morning, afternoon, or evening. Check the age requirements for each class to help determine which class is right for you and your child.
- A non-refundable registration fee of \$25 will hold your child's spot. Monthly payments are due beginning September 15th and are due by the 15th of each month.

How can my child benefit from preschool?

- Preschool is not only a wonderful preparation for elementary school, it's also a place where young children can meet and interact, feel safe away from Mom or Dad, learn, and have fun!
- In preschool, your child learns to relate to adults outside his or her own family and to develop independence. Playing in a group provides your child with opportunities to learn how to share, take turns, cooperate, and solve problems. Playing with materials and participating in activities that are designed or selected specifically for young children helps your child develop early reading, writing, science, art, math, language, and social skills.
- As children begin to explore the world away from Mom or Dad, they begin to develop a budding sense of competence and independence. Preschool is designed to offer your child these opportunities in a secure, predictable environment, guided by an adult who is not only familiar and nurturing, but is also trained in helping young children learn.

State law requires screening before a child enters kindergarten.

Early Childhood Screening is for children 3 - 5 years old, however, age 3 1/2 is the best age to screen your child.

Early Childhood Screening is a free check of children's height, weight, immunizations, hearing, vision, and development.

To schedule an appointment, please go to
www.isd477.org/community/earlychildhood/screening
 or call Stefanie Middendorf, Early Childhood Screening Coordinator
 at (763) 389-6197 or e-mail stefanie.middendorf@isd477.org.

Early Childhood Family Education

Early Childhood Family Education is a special program for you and your young child. It features opportunities for you to meet other parents of young children, playtime for your child, and classes led by licensed teachers and experienced staff.

Who is a parent?

- For our programs, “parent” can mean a child’s mother or father, but it can also include a significant adult in a child’s life; for example, a grandparent, aunt, uncle, foster parent, step-parent, caregiver, etc.

What about sibling care?

- Most classes offer free child care for siblings. Please register for sibling care when you register for your ECFE classes.

What if I don’t live in the district?

- Families living in Princeton School District #477 have priority when registering for our ECFE classes, but non-residents are welcome to register and may participate. We will contact you prior to the start of class if we are unable to accommodate you and your child.

Where is ECFE located?

- Unless otherwise indicated, classes meet in the Family Center, 706 First Street, Princeton. Parking is available in the Family Center lot or on the street (First Street or 8th Avenue N). Please enter the main entrance (door #1). Signs will direct you to your classroom.

SLIDING FEE: Many ECFE classes have suggested fees based on gross family income. When registering please enter your gross family income. This information is confidential and will not be shared. If other payment options are needed contact Stefanie at (763) 389-6197.

Early Childhood Family Education

FALL 2022 SCHEDULE: September - December

Mondays	Tuesdays	Wednesdays	Fridays
Fun with 1's and 2's 8:30 AM - 10:00 AM Ages 1 to 2	Drop In Open Gym 9:00 - 10:00 AM Birth - Age 5	Terrific 2's and 3's 8:30 - 10:00 AM Ages 2 to 3	Mom's Morning Out 8:00 - 9:30 AM Birth - Age 5
Fun with 1's and 2's 10:30 AM - 12:00 PM Ages 1 to 2	You & Me Baby 11:00 AM - 12:00 PM Birth - 12 Months	Little Picassos 11:00 AM - 12:00 PM Ages 1.5 to 5	Mom's Morning Out 10:00 - 11:30 AM Birth - Age 5
	You & Me Baby 4:00 - 5:00 PM Birth - 12 Months	Multi-Age Story Time (Ages 1-5) 11:00 - 11:30 PM Princeton Area Library	



You & Me Baby

Non-Separating, For Birth to 12 Months

Parents and infants explore the world in a unique and positive way. Enjoy activities in the areas of movement, sensory experience, music and exercise. Parents learn about their baby's emotional, social and physical development through discussions focused on the interests of the group.

*Sibling care is offered.

Tuesdays
September - December
11:00 AM - 12:00 PM
ECFE Room

Tuesdays
September - December
4:00 - 5:00 PM
ECFE Room



Fun with 1's and 2's

Non-Separating, For Ages 1 to 2

Come have lots of fun with your toddler in this ECFE class for one and two year olds! We will provide lots of movement activities to keep your active toddler busy! Families will stay together for the entire period; playing and exploring together for the first half of class, then while the children continue to socialize with their new friends, the parents/ caregivers will have an engaging parent discussion time for the second half of class with their teacher.

Free sibling care is available but you must pre-register.

Mondays
September - December
8:30 - 10:00 AM
ECFE Room

Mondays
September - December
10:30 AM - 12:00 PM
ECFE Room



Drop In Open Gym

Non-Separating, For Birth to Age 5

Come join other parents and children for a drop-in and play group designed for a fun morning out. There will be something new each week, you never know what our Early childhood team will come up with. Bring your kiddos and be ready to get your wiggles and giggles out.

Tuesdays
September - December
9:00 - 10:00 AM
ECFE Room



Little Picassos

Non-Separating, For Ages 1.5 to 5

Children will enjoy exploring a variety of art experiences in this class for 1.5 to 5 year olds. Classes will include a short circle time and lots of hands on creativity. There is no parent discussion time. Come in your painting clothes!

Free sibling care is available but you must pre-register.

Wednesdays
September - December
11:00 AM - 12:00 PM
ECFE Room



Multi-Age Story Time

Non-Separating, For Ages 1 to 5

This FREE story time may consist of books, finger plays, flannel board activities, songs, puppets, and/or crafts. Story time promotes early literacy and is valuable preparation for preschool and kindergarten.

Parents/caregivers must participate with their children during story time.

This story time is done by a Princeton ECCE Teacher and is held at the Princeton Area Library, 100 4th Avenue South. No registration is necessary.

Wednesdays
September - December
11:00 - 11:30 AM
Princeton Area Library

mom Mom's Morning Out

Separating, For Birth to Age 5

Life with our children is rich with love and activity, but what about you? During this class mom's and their multi-aged children will participate in a circle time as well as a variety of activities in the classroom.

Fridays
September - December
8:00 - 9:30 AM
ECFE Room

Fridays
September - December
10:00 - 11:30 AM
ECFE Room



Terrific 2's and 3's

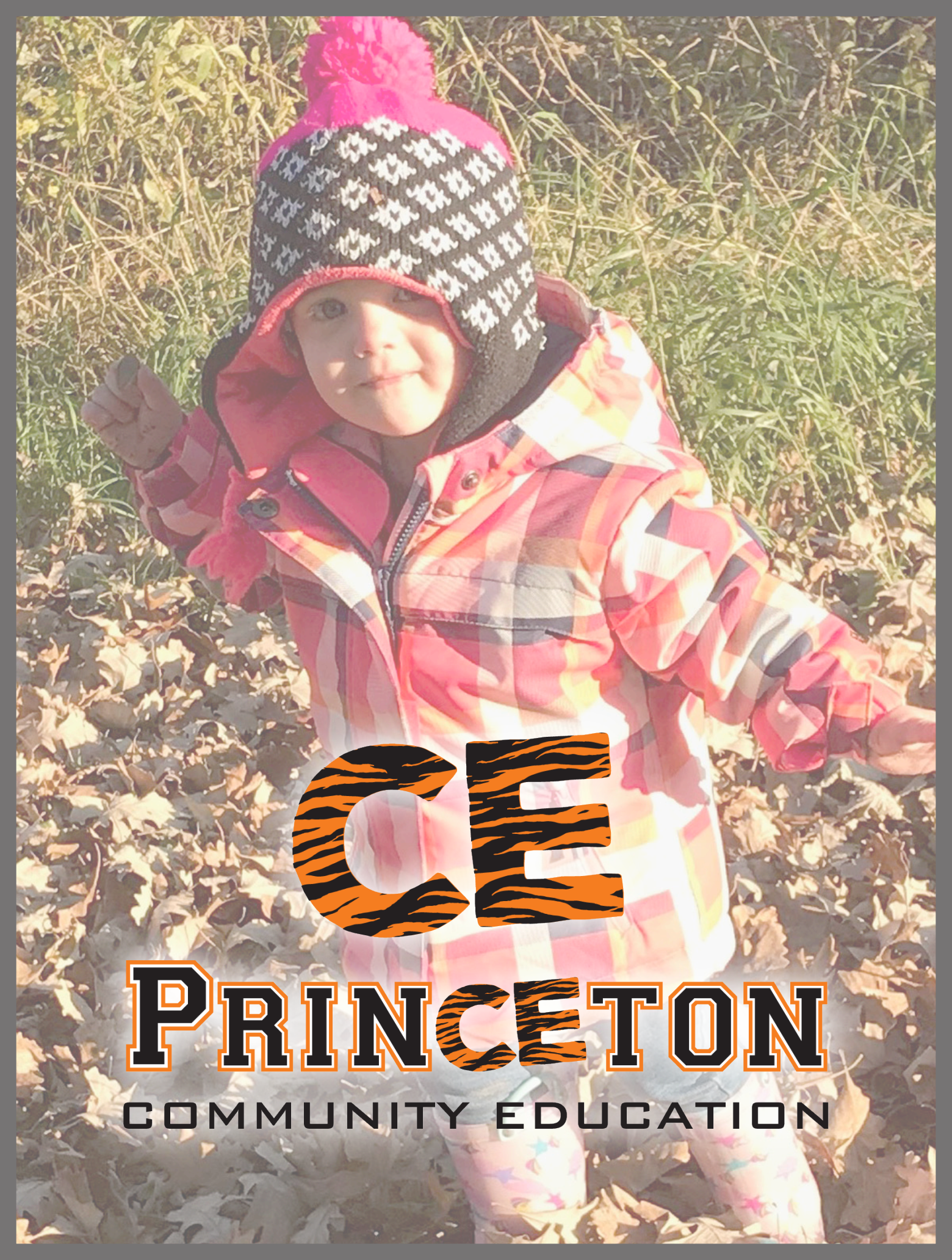
Separating, Ages 2 to 3

For parents and their 2 and 3 year olds. Come together for learning activities, singing, and fun! Then, join other parents to discuss current parenting issues. This class is a separating class. At separation time the children will continue their learning and play outside. We will then come in for a healthy snack.

Free sibling care is available but you must pre-register.

Wednesdays
September - December
8:30 - 10:30 AM
ECFE Room





CCE

PRINCETON

COMMUNITY EDUCATION