

COMMUNITY EDUCATION

Youth Recreation & Sports

See pages 34-51



CENTENNIAL

SCHOOL DISTRICT 12

CONNECTING. ACHIEVING. PREPARING.

SUMMER ACTIVITY GUIDE

May-August 2023

Making connections within the community to provide learners
of all ages with accessible and enriching opportunities

Welcome to Community Education

Centennial Schools is proud to offer community education programs for all ages and abilities. We provide true life-long learning to our residents and beyond in Blaine, Centerville, Circle Pines, Lexington and Lino Lakes.



Summer is a time of possibilities.

Do you remember the summers of your youth? If you remember anything about it, it's possible that you best remember the simple break from the normal routine of school and homework. Hopefully a part of your summer meant delving into other possibilities, exploring things you wouldn't have time for during the school year.

Did you take an art camp or learn to canoe? Maybe your summer meant being active outside? I encourage you to embrace those memories of the summers past and let them inspire your summer of '23!

Register your children for one of the many creative, academic, or recreational offerings including Animation Camp, Kids Dance, Extreme Robotics, T-Ball, More Than Pink, Paint Like "Van Gogh," Fashion Runway, Cougar sport camps and more. Kids entering grades 5 through 12 can explore a place far away without even leaving Centennial by enrolling in A Journey Through Mexico.

Try one of our many adult offerings yourself. Perhaps learn to play cribbage and chess in our Vibrant Minds: Chess & Cribbage class at Golden Lake Park. Get crafty and work with your hands in the Custom Engraved Beverage Carrier class or DIY Charcuterie Boards.

"Escape" with us on one of our exciting adult trips, such as Chankaska Creek Ranch and Winery or Pepin Heights Apple Orchard and Nelsons Cheese Factory. Head out to Golden Lake Park for one of our free concerts this summer: Music on the Lake-It's Golden! You could get the whole family involved and register together for the 31st Annual Golden Lake Gallop fun run benefiting the Centennial High School Track and Field program.

Whatever it is you find yourself doing this summer we hope it's memorable and that you make sure to take advantage of this season of possibilities!

- Cori Sendle, Director



So much for you to do... Just look inside!

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Upcoming Events



4th Annual Obstacle Mud Run

Saturday, August 5
For ages 4-12

Mark your calendar!

The race will take place on the Centennial High School campus near the stadium. Kids will run on the grounds of the high school completing multiple obstacles, some easy and some a bit more challenging, and ending with a mud pit!

Youth participants will receive a t-shirt.

Register before July 20 to be guaranteed a shirt.



CHS Campus near stadium 3 or more children from the same family, \$18 per child or \$22 per person Start times staggered by age. Please check in a few minutes before your start time.

#6101-A	Ages 6-7	9:30 am
#6101-B	Ages 8-9	9:50 am
#6101-C	Ages 10-12	10:20 am
#6101-D	Ages 4-5	10:40 am

Senior Free Preview

CHS Theater Presents: Mamma Mia!

Wed., April 26, 4 pm, Performing Arts Center
Visit www.centennialtheatre.org for more information.

Fete des Lacs (Festival of Lakes) Centerville July 11-16, 2023

Come join in the fun during this weeklong City festival, featuring music, food trucks, a waterski show, farmers market, fireworks, parade, fun run, paddle event, kick ball and bags tourneys, Family Fun Fest and much more.



Save the date Halloween Hustle

Saturday, October 28
Centerville Elementary

Community Education Offices

The CE main office & Conference Room

4707 North Rd, Circle Pines-door S14
Community Ed's main entrance (S14) remains locked for security purposes. Press the doorbell upon arrival.

Mon-Fri, 8 am-4 pm
Closed on non-school days

Summer hours: June 7-September 4
Mon-Thur, 8 am-4 pm; Fri, 8 am-noon

Early Childhood Center - ECC

575 Birch Street, Lino Lakes/Door C
(Rice Lake Elementary)

Facilities

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

Elementaries

BH—Blue Heron Elementary
405 Elm St, Lino Lakes
After hours Door B5

CT—Centennial Elementary
4657 North Rd, Circle Pines/Door S20

CV—Centerville Elementary
1721 Westview Rd, Centerville/Door A

GL—Golden Lake Elementary
1 School Rd, Circle Pines/Door A or B

RL—Rice Lake Elementary
575 Birch St, Lino Lakes
After hours Door B
Follow exterior signs for gym

Middle & High Schools

MS—Centennial Middle School
399 Elm St, Lino Lakes
After hours Door A12

HS/West—Centennial High School/West
4757 North Rd, Circle Pines/Door S8/Main Athletic Entrance Door N40

HS/East—Centennial High School/East
4881 101st Ln, Circle Pines/Door S3
Gymnastics/Pool Entrance: Door N52

PAC—Performing Arts Center

Summer Fun at Golden Lake Park

Music on the Lake... It's Golden!

Enjoy Thursday summer nights with free concerts at Golden Lake Park in Circle Pines.

Concerts co-sponsored by Centennial Community Education and the City of Circle Pines.



Family DJ Dance Party

Thursday, June 22, 6-7 pm

Join our DJ, Brett of Special Works DJ, who has arranged a playlist full of appropriate songs that are just made for dancing. Songs will span the generations to appeal to all ages. So grab your family and friends and let's bust a groove.

The Revolution 5

Thursday, July 13, 7-8:30 pm

The Revolution 5 is a Minnesota's premier Beatles Tribute band. Their extensive set list includes hours of Beatles tunes and boasts virtually every chart-topping hit sprinkled with a handful of deeper tracks for the true enthusiast.



Java Soul Band

Thursday, August 3, 7-8:30 pm

Java Soul is a premier variety band that play predominately 60's and 70's covers, with a few more current song options. This 8-piece local band features multiple vocalists, guitar, bass guitar, drums, keyboard, trumpet, sax and trombone.



Vibrant Minds Chess/Cribbage Classes for Adults

Friendly competition revolving around games of strategy, primarily chess and cribbage. Variations such as 4-way and team rotation chess, will be introduced. [See page 16 for details.](#)



Music Together Newborn to Pre-K with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of fun each week in these award-winning classes. Attend a free demo to see if this class is right for you and your child.

[See page 32 for details.](#)

Fishing for Kids

Learn about the local fish in the lakes where you live. You don't have to travel far or have a lot of fancy equipment. Fish locally and have a blast learning about the biology hidden under the water. Participants will be provided with basic fishing gear and learn about safety before fishing from the Golden Lake Park dock. [See page 36 for details.](#)





31st Annual Golden Lake Gallop Saturday, August 12

Join us for the 31st Annual Golden Lake Gallop at Golden Lake Park in Circle Pines. The Gallop is open to runners and walkers of all ages. Those who prefer 5K and 10K races, use one or both of the Gallop races to develop different paces. This is a fun run – no age group divisions.

Recognition for top five finishers of each gender in the two, four and .5 mile runs. Race activities will be held in Golden Lake Park Pavilion one, 53 W. Golden Lake Rd. Circle Pines.

Start Times & Registration:

#8500-A 8:30 am 4-mile run
Twice around the lake

#8500-B 9:30 am 2-mile run/walk
Once around the lake.
Ages 13+, or 12 and under with adult

#8500-C 10 am ½ mile fun run Ages 11 and under. Course runs around the park.

Entry Fees:

\$22 with t-shirt
or \$12 run only.
Please include t-shirt
size when registering.



To guarantee a t-shirt, participant must register at least one (1) week before race. Limited amount of extra shirts available on race day, first come first served.

Proceeds help support the Centennial High School track program.

Registrations taken the day of the event; however, pre-registration preferred.

Gallop Coordinators: Ryan & Mike Evans

3rd Annual Food Truck & Fun Festival

Join us Thursday, August 17,
4-8 pm at Centennial Middle School



Enjoy an evening of food, performances,
demonstrations and more.



Vendors Include

North Star Donuts

Mik Mart Ice Cream

D & D Goodies Vietnamese Cuisine

Chili Lime Tacos & Tots

Up in Smoke BBQ

Diamond Lake Roadside Coffee

Community Ed Programs & Staff

For more fun activities, visit us at [Facebook.com/centennial community education](https://www.facebook.com/centennialcommunityeducation)

Directory

Adult/Youth Enrichment

Sharon Sculley, Coordinator

763.792.6106 ssculley@isd12.org

Yue "Pearl" Cheng, ESL Teacher

763.398.2980 ycheng@isd12.org

Aquatics

Colleen Skoglund, Coordinator

763.792.5240 cskoglund@isd12.org

Driver Education

Sharon Sculley, Coordinator

763.792.6106 ssculley@isd12.org

Centennial Preschool

Sarah Holmboe, Coordinator

763.792.6122 sholmboe@isd12.org

Sara Ison, Coordinator

763.792.6111 sison@isd12.org

Lynn Dierks, Administrative Assistant

763.792.6120 ldierks@isd12.org

ECFE

Sarah Holmboe, Coordinator

763.792.6122 sholmboe@isd12.org

Lynn Dierks, Administrative Assistant

763.792.6120 ldierks@isd12.org

Facilities

Anne Thomas, Coordinator

763.792.6104 amthomas@isd12.org

Kids Club School Age Child Care

Molly Nelson, Coordinator

763.792.6110 mnelson@isd12.org

Heather Watson, Asst Coordinator

& Inclusion Specialist 763.792.6114

hwatson@isd12.org

Dawn Turnblad

Registration/Billing Admin Assistant

763.792.6193 kidsclub@isd12.org



Registration begins Monday, March 20 at 8 am
Visit isd12.ce.eleyo.com

Policies

Five business day notice required for cancellations

Cancellation fee of \$10. No refunds for missed classes

Scholarships available for Centennial School District residents
(restrictions may apply)

Full policy and registration info can be found on back cover

Community Education Main Office 763.792.6100

Cori Sendle, Director 763.792.6101 csendle@isd12.org

Jennifer Sand, Lead Admin Assistant 763.792.6102 jsand@isd12.org

Erin Berg, Admin Assistant 763.792.6108 eberg@isd12.org

Joy Orcutt, Marketing & Enrichment Specialist 763.792.6105 jorcutt@isd12.org

Drop Box

The Community Education drop box is available 24/7 and is a great no-contact option! It is located directly in front of the visitor parking spaces at the District Offices, just up the ramp on the brown door.

Am I registered?

Once registered, you will receive a confirmation receipt in the email tied to your account. **If you don't receive a confirmation email, your registration did not go through.**

Offsite Locations

Austin Park, 4041 85th Lane NE, Blaine

Conquer Ninja Gym, 1467 101st Ave NE, Blaine

Coty Construction & Remodeling, 2180 108th Lane NE, Blaine

Fogerty Ice Arena, 9250 Lincoln Street NE, Blaine

Golden Lake Park, 67 W Golden Lk Rd, Circle Pines

Inner Park, 6A Inner Dr, Circle Pines

LaMotte Park, 6970 LaMotte Dr, Hugo

Lexington Athletic Complex, 4286 121st Ave NE, Blaine

Lino Park, 7850 Lake Dr, Lino Lakes

Nena's Atelier, 434 Hale Ave N, Ste 120, Oakdale

Smoland Inn, 11658 WI-70, Grantsburg, WI

Tower Park, 1750 Birch St, Lino Lakes

White Bear Makerspace, 5966 US-61, White Bear Township



New Opportunity

Consider donating to our financial assistance program

Thank you for supporting additional learning opportunities for those in the Centennial community!

Join us in our mission of making connections within the community, removing barriers and providing learners of all ages with accessible and enriching opportunities... by making a financial gift to our financial assistance program.

In showing your support, you are helping to ensure that all families in the community have access to learning and enrichment opportunities.

Last year Community Education provided over \$10,000 in financial assistance to families in our community

We are on pace to have a need that will surpass that number this year.

Through this program participants are able to experience a wide variety of high-quality enrichment offerings such as STEM/STEAM and academic classes, swimming lessons, driver education, health and wellness, sports and recreational camps and so much more.

Participants enjoy improved abilities, knowledge and social skills. In turn, the community gains greatly as a whole when all are able to pursue quality learning and enrichment opportunities.

When checking out, you can make a financial donation by enrolling in course #50 and help make offerings possible for everyone in our community.

In addition to monetary support, we also welcome the gift of your time and talents through volunteerism.

Scan the QR Code to contribute and get more information



English as a Second Language

Learn English with our help!

English language classes are offered for free right here at Centennial to support adults who may be immigrants or refugees. The curriculum is designed to fulfill learner's practical needs by teaching everyday language focused on survival skills and everyday living. Students are welcome to join anytime throughout the year. In-person and online class options are available. Contact Centennial Community Education, 763-792-6100 for more information.

Adult Basic Education

Centennial Adult Continuing Education has combined with Metro North Adult Basic Education to provide free classes for adults.

- ◆ Earn a high school diploma
- ◆ Prepare for the GED test
- ◆ Study for United States citizenship
- ◆ Build basic skills in math, reading and writing
- ◆ Gain basic computer skills
- ◆ Prepare for college
- ◆ Develop workplace skills

For more information

Call Metro North at 763-433-4200 or visit www.metronorthabe.org



Make sure to keep up on the latest news from Centennial Community Education. Find us on Facebook, [Facebook.com/centennial community education](https://www.facebook.com/centennialcommunityeducation) and sign up for our newsletter on our website isd12.org/community-education



Connecting. Achieving. Preparing.

Centennial School District 12 connects the communities of Blaine, Centerville, Circle Pines, Lexington, and Lino Lakes through nine exceptional schools that serve 6,500 students. Centennial's track record of success includes a high school graduation rate of 95.9%, significantly higher than the state average and one of the highest in Minnesota.

The District's vibrant learning environments reflect a commitment to preparation and achievement. Staff know and care deeply about students and pay attention to their unique strengths and needs. Respect, trust, and consistency create welcoming and inclusive places where children and youth can excel. Annually, Centennial students score significantly higher than the state averages in reading and math.

The Centennial School District is accepting open enrollment for the 2023-24 school year.

Learn more about Centennial Schools at isd12.org or call 763.792.6026.

DISCOVER CENTENNIAL SCHOOLS!

School Board

Chris Bettinger, Chair
Gloria Murphy, Director

Tom Knisely, Vice-Chair
Jessica Schwinn, Director

Sue Linser, Clerk Craig Johnson, Treasurer
Jeff Holmberg, Superintendent of Schools, Ex-Officio

New Community Education Instructors & Staff Are Always Welcome We would love for you to join our team!

Community Education is hiring for a variety of positions. Share your talents teaching a Community Education class. We are also hiring Driver Ed, Kids Club School Age Care, Facilities, Aquatics and Gymnastics staff and instructors. Consider becoming part of Community Education. [Contact Community Education at 763-792-6100](https://isd12.org) for details.

"Do what you love, and you'll never work a day in your life."



Community Backpack Drive

Help Centennial students in need by filling a backpack with school supplies

This is an adoption only program it serves our Centennial Elementary schools: Rice Lake, Blue Heron, Centerville, Centennial Elementary and Golden Lake Elementary. These are our schools with the most students in need. Through monetary and school supply donations our team will supply siblings in CMS and CHS.

In 2022 we delivered over 270 backpacks to students and we anticipate the need will be greater this year.



How can you help? Adopt a backpack (or several)!

Go to www.adoptabackpack.org and fill out the form to adopt one or several backpacks.

Please sign up now! The number of adopters we have by early spring will determine how many children we can sign up to receive backpacks.

You will receive a school supply list in mid July and packed backpacks are due in August (date provided with list).

This is a great project for businesses or groups (adult and youth) as well as individuals, looking to help in our community. Spread the word!

Donate money or Supplies!

All monetary donations will go directly to purchase needed/requested supplies for classrooms in any Centennial school. Any amount appreciated! Supplies will be donated to all Centennial schools, including Pines, ECFE, CALC and the main schools. Go to the site listed above and scroll to the bottom to give online.

Share this information with friends & neighbors...Use your social media for good!

This is a community program, headquartered out of Our Savior's Lutheran Church with generous support from other local churches, businesses, Centennial Community Ed, Night to Unite, local foundations, etc. It is made possible through a dedicated team of volunteers and many generous adopters right here in the Centennial community. If you are able, please support this valuable program--it makes a real difference to these students and families.



HOSTED BY:
Chain of Lakes Rotary Club

**YOU ARE INVITED TO THE 10TH ANNUAL
CHAIN OF GIVING EVENT
Comedy De Mayo**

TICKETS \$50

**Saturday, May 6th, 2023
6pm-10pm**

Hosted at the **NEW Peder Pedersen Pavillion**
5524 Upper 146th St.,
Hugo, MN 55038

Your ticket includes:
A hilarious comedy show, outdoor yard games,
a Mexican buffet from El Zócalo, 1 drink ticket, & FUN!
Cash bar serving beer, seltzers, wine, and margaritas.

For more info search
facebook
Chain of Giving Event:
Comedy de Mayo or enter
Q <https://fb.me/e/10RaGf866> x
in your browser

Proceeds support local
non-profit organizations
such as
Angel Fund
MN

HOSTED BY:
Chain of Lakes Rotary Club

This is
a 21+
event!

Scan to reserve
your ticket!





Adult Cooking



Sourdough Breadmaking & Dining Experience

Join Smoland Prairie Homestead Inn proprietor, Virginia Hennessey, for a quaint rural Wisconsin bread making and dining experience. Begin your afternoon or evening by mixing, kneading and preparing your bread. As it rises, enjoy hors d'oeuvres and wine on the porch; Once your bread is ready for the pan and to begin its next rise your host will serve homemade lunch or dinner. Finally, it's time for the oven, while your bread bakes, enjoy coffee and dessert and leave with your warm loaf of sourdough bread and the recipe to make later. Cost includes all supplies, meal and beverages.

Virginia Hennessey

\$55 Smoland Inn, Grantsburg, WI
#4078-A M May 8 11 am-2 pm
#4078-B Tu May 9 5-8 pm

Macarons

They are beautiful and so fun to make. Learn some simple tricks to make the process easy. Make three different kinds: Lovely blueberry, lemon, and pink champagne. Participants will bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You will be the talk of the party when you serve these little delicacies.

Nancy Burgeson, has nearly 50 years of experience as an instructor, and has taught over 15,000 students in her baking/candy making classes.

#4073 Tu May 9 6-9 pm
Bring \$13 to class for supply cost payable to instructor (cash or check only).
\$30 CHS/East: Rm 110

*Summertime Wellness Bowls ONLINE

Up your kitchen game this summer. Using an air fryer or Instant Pot, Kirsten will demonstrate an Antipasto Rice Salad Bowl, Buffalo Chicken/Cauli Bowl, Creamy Corn Bucatini Bowl, and more. Gather new ideas for building your bowls, from Quick Pickled Carrot Ribbons or Pickled Grapes, to Quick Toasted Nuts or Savory Seed Brittle. Tie it all together with a luscious Make Ahead Vinaigrette or Simple Yogurt Sauce with 3 variations. This live online class will be recorded so you can re-watch at your convenience. Stovetop/oven directions provided along with additional bowl ideas in the extensive recipe handout.

A Zoom link will be sent to the email address designated at registration.

Instructor: Kirsten Madaus

#4089 Th June 22 \$24 6:30-8 pm



Please consider donating to our new scholarship fund.

Before you check out add course #50 to make a donation and help our community.

See details on page 7



Adult Create



Intro to Building a Low Maintenance Deck NEW

This class will provide a high-level introduction into building a low maintenance deck. Taught by industry professionals to give you the confidence to build your own project or walk away with a plan and the right questions to ask your contractor. Topics covered include design, materials (wood and aluminum framing, composite decking, aluminum railing), permits and plans.

Classroom will be in the showroom with a model/demo deck and multiple full-sized decks to view. Participants will have the opportunity to get a feel for the tools and materials involved, including the aluminum framing and clips. Techniques are universal and should apply to many different projects.

Coty Construction & Remodeling, LLC

#8580 Sa April 15 9 am-12:30 pm
\$165 individual or up to 2 adults

Held at Coty Construction
& Remodeling, Blaine

Weld an Iron Fish From a Horseshoe NEW

This class will teach you how to TIG weld as you make an iron fish from a horseshoe. Your iron fish may be used as a trivet, door stop, or wall art. It may be combined with another horseshoe for a cell phone holder/charging station. TIG stands for Tungsten Inert Gas, the gas we use is argon. This type of welding bonds metal to metal without the use of rods, sticks or wire feeds. Local artist, Greg Kraft, will cover safety as well as introductory concepts of sculpture and design. Participants should wear long sleeved cotton shirts, jeans or heavy-duty work pants, closed toe leather shoes or boots. Bring leather work gloves and creativity. Instructor will provide: TIG welder, horseshoes, welding helmets, gloves (if you don't have them), safety glasses and power tools.

Greg Kraft, is a local artist, sculptor and carver

#2841 Sa May 6 \$130
10 am-2 pm
CHS/East: Rm 140



Easy Oil Painting Using The Bob Ross Method Floral Basket Ages 12+

Don't think of yourself as an artist? Our Bob Ross style trained instructor will lead you through instruction to create your own work of art. This class will demonstrate how easy and fun working with oil paints can be. Bob Ross is enjoying a pop culture revival. His big hair, cheerful, calm, and encouraging personality inspired generations of people to take up painting in the 80s and 90s. All materials provided to create a 16x20 canvas masterpiece ready to frame for display at home. Frames will be available for purchase from instructor at class if you are interested.

Jay Rupp, certified Bob Ross instructor in floral, wildlife and landscape

#2145 Sa May 20 \$68 10 am-2 pm
CMS: Rm E108

Youth/Intergenerational Welding: NEW

A "Bonding" Experience for youth ages 13-17 with adult

This class will introduce you to TIG (Tungsten Inert Gas, the gas used is argon) welding, as well as hand and power tool use for metal work.

TIG welding bonds metal to metal without the use of rods, sticks, or wire feeds. Learn to use cutting and bending tools that shape steel around a stone. You will weld the steel to encase the stone and add a ring as a handle or hanger.

Each youth/adult pair will complete one project together. Local artist, Greg Kraft, will cover safety as well as introductory concepts of sculpture design.

Participants should wear long sleeved cotton shirts, jeans or heavy-duty work pants, closed toe leather shoes or boots. Bring leather work gloves and a stone about the size of your fist.

The instructor will provide: TIG welder, metal, welding helmets, gloves and stones, if you don't have them), safety glasses and power tools.

Greg Kraft

#2840 Sa July 22
\$130 per pair
10 am-2 pm
CHS/East: Rm 140



Bob Ross Method
Floral Basket Painting

Classes held at White Bear Makerspace

All classes taught by Tom Lendway, a lifelong woodworker trained by his father who was a pattern maker
Price includes all supplies. White Bear Makerspace, 5966 US-61, White Bear Township.



Wooden Garden Gnome Beginner Level Class

Do you like garden art? Come make this DIY Gnome with us. He stands 2 ½ ft. high. We'll use the band and scroll saw to cut him out. Gnome will be unfinished.

#2842 Sa April 29
 \$45 1-3:30 pm



Wood Epoxy Coat Rack

Beginner level, no experience needed
Come design your own epoxy and wood created wall coat rack. Choose from a variety of rectangular pieces of wood which have a river prepared down the middle. Shop and sand the corners, edges and top how you like. Add hooks to the bottom and attach the hanging mechanism to the back. We'll cover how to apply epoxy while creating a river on the coat rack. Choose from several colors to create whatever look you want. Epoxy will need time to cure (at least 36 hours), so you will return to Makerspace to pick up your rack.

#2836-A Sa May 6
 \$45 1-3:30 pm
#2836-B W Aug 16
 \$45 6-8:30 pm

DIY Large Charcuterie Board

Beginner level, no previous experience necessary
Come make your own live-edge wood charcuterie board. Board will be approximately 28" in length including handle. A beautiful piece to use during gatherings.
Class length may vary.

6-9 pm \$95
#2832-A Su May 7
#2832-B Tu June 13
#2832-C Tu July 18
#2832-D Tu Aug 15



Corn Hole Boards

Make your own Corn Hole boards just in time for summer activities. Show off to your friends and family with your new high-quality boards you made yourself. These boards feature collapsible legs and carrying handles, making it easy to take to any event you have planned. Finishing is not included, but can be done onsite for an additional fee, or at your own home. We do offer an epoxy finish for your board at a later date. The boards in the picture are epoxy finished, which we specialize in. To create your own epoxy finish, talk to the instructor to schedule.

#2843 Sa May 13-20
2 sessions \$190 1-3:30 pm



Custom Engraved Beverage Carrier

Looking for something for your next family picnic or tailgating event? How about a custom engraved beverage carrier that you made yourself? Learn some woodworking basics while making this beverage, of your choice, carrier from scratch. You can even custom engrave with a Twins, Vikings or MN United logo.

#2816 Th June 8
 \$45 6-9 pm



Corn Hole Score Boards

Custom make some cool scoreboards. Boards are pre-made on the CNC- including numbers,

arrows and rough-cut shapes for cup holders. The first night we'll do the epoxy, finish cutting and shaping the pieces. The second night we'll finish assembling, shaping, sanding and finishing.

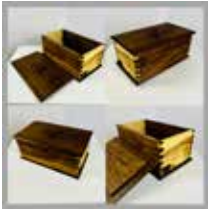
#2844 Tu June 20-27
2 sessions \$95 6-8:30 pm

Epoxy Lazy Susan Youth age 10+ welcome with accompanying adult

Come learn the basics of working with Epoxy. No artistic talent required. Decorate your own 11" lazy Susan. It's fun and easy to do. Epoxy needs to cure for 24 hours so projects will need to be picked up a different day.

#2846 Th July 20
 \$50 6-8 pm





Dovetail Wood Box

Learn to make a beautiful dovetail box even as a beginner. Great for keepsakes, jewelry, etc. Wonderful as a gift this holiday season as well. Size is roughly 13" wide by 7" deep and 6" tall. Choose from walnut, cherry, maple, or mahogany wood. Many handles/knobs to choose from for your lid. First class is cutting and gluing. Second class is sanding, shaping, finishing, and adding handle. Learn dovetail jig, table saw and sanders.

#2845 Th Aug 17-24
2 sessions \$105 6-8:30 pm



Epoxy Art

Youth age 10+ welcome with accompanying adult

Come learn the basics of working with epoxy. No artistic talent required. Decorate your own wall plaque, choose from several shapes. It's easy and fun to do. Additional plaques or custom designs can be made in the same class for an additional \$20 each. Please contact Makerspace directly if interested in this potential option. Feel free to bring any items from home you might want to use to personalize it like sea shells or a heart shape to mark where you live, as these items can be placed when epoxy is sticky. Epoxy needs to cure for 24 hours so projects will need to be picked up a different day.

#2818 Sa Aug 19
\$45 6-8 pm

Photography

With Don Tredinnick

Don is a professional photographer & owner of Frozen Hiker Photography. His instructional webinars are followed by outings to practice what you've learned. No experience necessary, all camera types welcome including phone cameras. Directions, link for Zoom webinar and meeting location will be sent to email used to register.

Photography Basics

We will cover a variety of topics designed to help you get the most from your camera, including understanding exposure, camera modes, focusing techniques, lens selection, white balance, and several other topics. Saturday we'll meet at Como Park in St. Paul, spending time on the grounds outside the conservatory taking landscape photos before heading into the zoo to photograph some of the animals.

#8705B Th Aug 17 6-7:30 pm
Webinar \$45

Sa Aug 19 10 am-noon
Como Park

Photographing Beautiful Spring Flowers Stroll

We will cover various types of flower photography, how to manage depth of field, composition, the power of image stacking and other tips and tricks for creating the best floral images, as well as an equipment overview. Saturday we will head out on the trails at the Eloise Butler Wildflower Garden to stroll the trails and capture exquisite images along the way with a variety of flowers within the "spectacular displays of native wildflowers", located at Theodore Wirth Regional Park in Minneapolis.

#8705A Th June 1 6-7:30 pm
Webinar \$45

Sa June 3 10 am-noon
Eloise Butler
Wildflower Garden

Dance & Music

Rumba & Night Club 2-Step

Gain confidence on the dance floor with these easy-to-learn dances: Rumba and Night Club 2-Step (not to be confused with Country 2-Step), that can be danced on a crowded dance floor. Cover basic steps and "fun turns" to slower music. If possible, wear shoes without rubber soles. Partners encouraged.

Carol Brecht-Wiles, nearly 20 years of experience teaching in a variety of studio and class venues

#5330 M May 1-22
4 sessions \$52 6:30-7:30 pm
RL: Cafeteria/Gym A

Private Guitar/Ukulele & Vocal Lessons

All ages and skills are welcome. Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl. Brady is a full-time musician with 15 years professional experience teaching lessons and performing live gigs. Lessons will be tailored to each participant's needs and interests and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, and music theory. Please identify if a vocal or guitar lesson when registering. Students are asked to provide their own instruments.

Brady Perl, performs his own original music and has gained statewide notoriety making several appearances on television and radio and performing in a number of venues

Select your half-hour private lesson during the time-frame listed
11:30 am-2:30 pm and 3-6 pm
in CT: Conference Room

#5202-A M June 12-26 \$66
3 sessions

#5202-B M July 3-31 \$110
5 sessions

#5202-C M Aug 7-28 \$88
4 sessions

Check out Quilt Shop Hop On page 17
& Print Like "Van Gogh" adult/child art class On page 28

Adult Enrichment & Finance

Each class is \$16 for an individual or couple

Online classes will be emailed a Zoom link prior to class. Provide your email address when registering.

In-person class sizes are reduced to allow for social distancing.

How to Retire An Attorney's Perspective

You work your whole career with the goal of someday retiring. We'll discuss the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects include:

- ◆ Estate planning while working, during retirement and at the end of life
- ◆ When to take your Social Security
- ◆ Key financial products and service available in the market (Medicaid compliant annuities, Long Term Care Insurance, Life Insurance Long term Care Riders)
- ◆ What to look for in a professional (Financial Advisor, CFP, RIA, Fiduciary)
- ◆ The final plans before the end, what can be too little too late.

Steve Ledin, Attorney

#3019 Th May 11 6:30-8 pm RL/ECC: Rm 101

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

We all come into the world with nothing and leave with nothing. The biggest fear for most baby boomers is how to pay for the nursing home and still leave the next generation something. With ever changing estate planning laws and great increases in nursing home costs the fear is real. In today's world you need to understand what your options are. Is long term care insurance for you? What about home care? Should you gift your money away? Will you qualify for Medicaid? What about a current Trust, does it avoid the nursing home? What is the 60-month claw back? What if your spouse goes into the nursing home and exhausts your combined money? Walk through these questions and many more, including how to plan and place your assets to meet your nursing home goals.

Steve Ledin, Attorney

#3060 Tu June 13 6:30-8 pm RL/ECC: Rm 101

Social Security Claiming Facts & Filing Strategies

How do I maximize my Social Security benefits? Explore claiming rules and strategies for couples, divorcees and widowed-surviving spouses to show you how to get the most out of your Social Security benefit. Discuss the important role Social Security plays in your overall retirement planning, ways to maximize your benefits and how to avoid becoming a victim of the "Widow Trap". You should attend if you are within 10 years of retirement.

Charles Taylor, owner of Four Points Advisory LLC, investment and advisory services offered through World Equity Group Inc., member firm of FINRA/SIPC

#3012 Tu June 20 6:30-8 pm RL/ECC: Rm 101

Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65 you should plan on attending this course to learn the basics of what Medicare is, how it works, how to avoid penalties, and what you need to know to prepare yourself for this process.

Charles Taylor

#3061 Tu June 27 6:30-8 pm RL/ECC: Rm 101

Let's Probate an Actual Minnesota Estate **ONLINE**

We'll walk through (in-depth) an actual Minnesota Probate Estate from filing of the Application for Probate to the Final Accounts, and all the steps in between. Learn the entire process with current forms, court and filing requirements, accounting and procedural steps, as well as the procedures for the sale and distribution of estate assets. Discuss the roles, responsibilities, and liabilities of a person who is appointed as the Executor/Personal Representative. The class will be filled with real-life examples and solutions to the multitude of issues involving a typical (or not typical) Minnesota Probate Estate. This class encourages questions: Is there a reading of the Will? What about personal items? Does the Executor get paid? What about estate bills and creditors? We will provide the answers.

Steve Ledin, Attorney

#3066 W July 12 6:30-8 pm

4 Successful Strategies to Protect the House, Farm, Cabin **ONLINE**

The Concern: Our family has a cabin, homestead, hunting land, farm or second home. How do we protect this family legacy and move its use and enjoyment in the future? The Problem: Various sources and forces threaten its very existence: The nursing home and Medicaid (MA), estate taxes, family divorces, creditor and bankruptcy issues, taxes and operating expenses, unequal resources of owners, the in-laws, and use and enjoyment equality. The Answer: We will provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family's legacy asset.

Steve Ledin, Attorney

#3077 Tu Aug 15 6:30-8 pm



Janice Novak Online Wellness Classes

Classes are held 6-7:30 pm. \$26 per class. **ONLINE**

Please provide email information upon registration so a Zoom link and handout can be emailed prior to class date.

Seated Abdominal Strengtheners

That Won't Stress Your Back or Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal muscles without stressing back or neck joints and without getting on the floor. Common abdominal exercises like crunches can place too much stress on the back and neck joints.

#6309 Th May 11



Janice Novak has a Master's degree in Health Education and is an internationally acclaimed author, speaker and wellness consultant

Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. We'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured but usually aren't; why the number 1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid medications; environmental triggers and information you need to discuss with your doctor. This is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

#6311 Tu May 23

Hips, Thighs & Otherwise

If you've noticed hip/thigh/butt spread, you are not alone, and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. Learn my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have the time, money, or inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for the '10 Minute Miracle Exercise'.

#6310 Th June 1

Avoid the Pitfalls of Peri/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured, blood test vs. saliva test and what to do with the results; traditional HRT vs. bioidentical acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

#6312 W June 7



Boot Camp/Core Morning Classes-All Levels

We'll train both cardio and strength using timed, high-intensity intervals. There will be a focus on building core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Modifications will be offered to assure success for all participants.

Barb Iacarella-Fudali, personal trainer, Pilates Reformer specialist and instructor

**13 sessions \$72 M/W/F
5:30-6:15 am CHS/West: Rm 607**

#6932-A	May 1-31	No May 29
#6932-B	June 2-30	
#6932-C	July 3-31	No July 4
#6932-D	Aug 2-30	

Adult Recreation & Special Interest



Vibrant Minds: Chess/ Cribbage Classes

Friendly competition revolving around games of strategy, primarily chess and cribbage. Variations such as 4-way and team rotation chess, will be introduced to sharpen skills and enhance fellowship. Coordinator, Brian Bohne's, lifelong love of strategic games has been exercised in 5 different continents, transcending cultural barriers.

Brain Bohne

#8106 M-Th June 5-8
4 sessions \$47 10:30 am-noon
Golden Lake Park

Photo Organization Print & Digital

Imagine all your photos, all in one place and a system that allows you to access any photo and movie in literally seconds. Learn about scanners for copies and repair of older prints and slides, and cloud storage services; owning versus renting. Discover everything you need to know to complete this project and quickly. Never worry about losing another photo again.

Kathy Povolny, over 25 years of experience instructing on this topic

#3512 W June 14
\$19 6:30-8:30 pm
RL/ECC: Rm 101

Photography Webinars & Outings With Don Tredinnick

Don's instructional photography webinars are followed by outings to practice what you've learned.

See page 13 for details.

Learn to Curl

No curling experience necessary! Come learn the basics of curling! Curling is a social, easy to learn, strategic and great exercise. Instruction will be given followed by a short match. Wear warm clothing. Hats encouraged. Bring a clean pair of tennis shoes in a bag to change into. The arena is 40 degrees. Curling equipment provided. Water bottles allowed. No outside food.

#6412 Sa June 10
\$40 11 am-1 pm
Fogerty Arena

Intro to Pickleball

Come learn what this sport is all about! During the clinic you'll learn how to effectively hit the ball, maintain a rally, keep score, the rules and basic game play. At the end of this clinic, players will have the foundational knowledge and skills to start playing Pickleball. Bring equipment if you have it, otherwise we'll have a few paddles available to use.

Dean Kramar

\$16 6-7:30 pm
#6028-A M May 8 Inner Park
#6028-B W May 10 Tower Park
#6028-C M May 15 Tower Park
#6028-D Su May 21 Inner Park

Intermediate Pickleball

This Clinic teaches you to be a more strategic player. You'll gain a greater ability to force your opponents to make a mistake by learning how to hit un-attackable shots and by developing a third shot drop. You'll also improve your soft game at the "winner's line" and learn how to effectively use the block volley. Plus, we will teach you advanced doubles play strategies while giving you constructive in-game coaching advice. Players will need to have their own equipment.

Dean Kramar and David Erickson

\$22 6-8 pm
#6070-A Tu June 6 Inner Park
#6070-B Th June 22 Tower Park
#6070-C M June 26 Tower Park



Age 55+ Driver Discount Program

The Driver Discount Program is a state approved, accident prevention/insurance discount class. Classes are taught by a MN Highway Safety & Research Center certified instructor. Participants will be provided the latest information in regards to driver and traffic safety, new vehicle technology and updates with traffic laws. This class has something for everyone. Those completing the course qualify for a 10% discount on their auto insurance premiums for three years. There will be no 8 hour courses during the summer.

MN Highway Safety & Research Center Instructor

4-Hour Refresher

#8101 Th July 13
\$24 1-5 pm
RL/ECC: Rm 101





Adult Trips & Outings

Join us for these wonderful trips & offsite activities



Taste of Texas Too!



October 14-22, 2023

Hey y'all! Saddle up because we are planning our 6th visit to the great state of Texas! If you didn't catch the bus last October do not miss the opportunity in 2023! We start off with a stay in the heart of the historic Fort Worth Stockyard Exchange complete with a southern-style barbeque dinner included. Plenty of time is given to wander the brick streets of the Stockyard Exchange.

Next up is a specially selected, guided tour of Waco with a professional guide from Waco Tour Company hopping on our bus. All things Waco and Magnolia and Magnolia Silos will be on the schedule. We will stay downtown Waco right on the free Magnolia Trolley route. We will visit several Magnolia "extras" as well as lots of time on your own to explore. A group dinner night is included as well.

Then we are off to the beautiful San Antonio Riverwalk where we will stay at a premium hotel right on the Riverwalk and close to the Alamo. The hop on/off trolley with unlimited access and the river boat cruise is included. A trip to tour 5 mission ruins is planned and included in the trip package.

After we have explored San Antonio for two full days, we will head to the Pioneer Woman Mercantile in Pawhuska, Oklahoma. A stop in Dallas on the way with a guided tour of the beautiful Dallas Landscape Arboretum is included. Then the next day a deluxe, gourmet multi-course brunch served to us at the Pioneer Woman Event Center. You are guaranteed to walk away satisfied!

This trip includes 9 breakfasts, 1 brunch, 3 dinners, 3 guided tours, riverboat cruise, hop-on trolley, and all hotel lodging for 8 nights. Also included is a tour guide, itinerary packet and deluxe coach transportation.

Pricing Double Occupancy per person \$2,090, Single Occupancy \$2,990, Pricing for Triple Occupancy Room per person \$1,790. \$700 nonrefundable deposit due at time of registration. Spots are not reserved until deposit is paid. Full balance due June 15. The itinerary and trip information will be sent after the entire balance is paid.

To register

By phone: Call Julie at 507-460-1706 (with credit card)

In person: Call Julie to schedule an appointment.

Bus Pick up locations: Circle Pines and Austin



Quilt Shop Hop Southern MN & Border Shop Saturday, July 22

District mini vans will transport you

Meet at the District Offices near the visitor parking. Return times are approximate.

We found a new shop in Wabasha and have not been to the Lake City area since 2018 so we are making our way south. Our first stop will be at What's Brewing Quilt Shop in Wabasha, formerly (Eagle's Nest Coffee House) the shop has expanded to include a quilt shop. The good news is they still serve coffee, tea, and bakery items. Some of our hop regulars may remember Rather Bee Quilting in Lake City which will be our next visit. Then lunch on our own, we have heard the sandwiches at Marien's Deli are wonderful. We loved Pumpkinberry Stitches as well, it has such a cozy feel to it and has some great fabric options so we will stop by to say hello before leaving town. Now, we like to mix it up a bit when we can and shop for other things along the way. So, on our way back why not cross the border into Wisconsin and see what's going on there? We know Stockholm Pie has pie and a number of other things that may catch our eye. Because who does not enjoy an afternoon sweet? We have just one more stop up our sleeve in Wisconsin, The Nest is a shop that "celebrates local and regional artisans and craftspeople by providing a "perch" to show and sell." I found a number of things there to love when I discovered the shop myself this past December.

#2700 \$35 8 am-5:15 pm



All trips depart from The Rookery Activity Center in Lino Lakes

Unless otherwise listed. All return times are approximate. No refunds after registration deadline.



Chankaska Creek Ranch & Winery

Thursday, May 25

Jump on the bus and head to the Chankaska Creek Ranch and Winery in Kasota, MN. We will stop in St. Peter and have lunch at 3rd Street Tavern. Lunch choices will be Fresh Alaskan Cod, Beer Battered with French Fries, Coleslaw and tartar sauce or Slow Smoked Pulled Pork Shoulder sandwich topped with Coleslaw and served with French Fries, with a non-alcoholic beverage.

Then we will head to the Chankaska Creek Ranch and Winery where we will be able to walk the grounds and see sculptures that welcome us. Embedded deep within the earth and soul of this natural landscape, hand-crafted wines and artisan techniques capture the transformative journey from vine to table. We will enjoy a tour of the property (staying close to the winery) and on the production floor to learn how their wines are made. Our tour will include seeing the vines that produce the amazing grapes, tasting on the patio and seeing the barrel room distillery. After our tour we will have some time to explore the winery and make personal purchases.

Registration includes transportation in a motor coach, guided tour, lunch and wine tasting. Please note: standing and walking is required, and you must be 21 years of age or older to take part in the wine tasting. Please bring spending money if you would like to make a personal purchase.

Price includes tour, lunch, wine tasting and transportation. Registration deadline is April 21, no refunds thereafter.

#8700 \$90 9:30 am-4:45 pm

Barn Quilt Tour & Lunch

Thursday, June 8

Join us for a Barn Quilt tour of Carver County. The tour is approximately 5 hours with 1 hour for lunch. We are taking a tour route called the Thimble Tour. This tour will have between 7 and 9 stops. Some are just viewing stops while others you will be able to get off the bus. It is a tight schedule so stops will be quick. There is a bathroom stop scheduled as well. The tour guide will provide narration throughout the trip. We will stop at Unhinged Pizza in Waconia for lunch. We will update the menu when we get closer to trip time. Price includes: tour, lunch and transportation. Registration deadline is May 8, no refunds thereafter.

#8704 \$83 7:30 am-4:30 pm



St. Croix Luncheon Cruise

Tuesday, June 27

Our day will start with a luncheon cruise on the St. Croix. We'll enjoy a 2-hour cruise with lunch included. After the river cruise is done at 1:30 pm, you'll have an hour to explore a bit of Hudson. You can do some quick shopping, find a sweet treat, or just sit and enjoy the river views. A buffet lunch will be served which includes a pulled Chicken Tinga sandwich, house-made cole slaw, potato salad, pasta salad, fresh fruit, Chef's choice hot entrée and dessert. A cash bar is available. Registration deadline is May 24. No refunds thereafter.

#8701 \$80 10:15 am-3:30 pm



MN Twins Baseball Game

Wednesday, July 26

Come out and cheer on our boys of summer, as the MN Twins take on the Seattle Mariners. Our seats are in section 204, along the first base line. We do have some accessible seats available, please let us know if you need to reserve an accessible seat. We plan to arrive around 11:15 am for the noon game, so you'll have some time to explore before the game begins. We will depart after 10 innings if the game runs long. Youth with an adult are welcome to attend. Fee includes transportation and game ticket. Please register by June 28. No refunds thereafter.

#8702 \$67 10:30 am departure

Basilica & Westminster Church

Wednesday, August 16

Our day will start with an hour tour of the Basilica of St. Mary's. We will then stop at the Prairie Restaurant inside the Hyatt on Nicollet Mall for lunch. Lunch choices are a Cobb Salad, Grilled Chicken Club, Walleye Po Boy, or a burger with or without cheese. A nonalcoholic beverage is included.

Our afternoon tour will also be an hour at Westminster Presbyterian Church. Price includes transportation and lunch. Both churches have donation boxes, please provide your own donation. Suggested is \$2 per person, per church. Please note your lunch preference when registering.

#8703 \$65 8:50 am-3 pm





Pepin Heights Apple Orchard Nelsons Cheese Factory

Thursday, September 21

The apple orchard is calling you! We will make our way down to Lake City where we will stop at Pepin Heights Apple Orchard. Pepin Heights is Minnesota's largest apple grower and distributor of Honeycrisp apples in the nation. In addition to Honeycrisp, Pepin Heights offers over a dozen different varieties of apples. While at the orchard explore and shop for apple products and specialized gifts.

After our orchard exploration, we will head to lunch at Chickadee Cottage Café where we will enjoy Old Fashioned Chicken Salad with grapes, almonds and ring pasta in a delectable creamy dressing accompanied by colorful fresh fruit and homemade nut bread, a small dessert and beverage.

We then venture over the river into Wisconsin, where we will make a stop at Nelsons Cheese Shop at the Nelson Cheese Factory. The founders of the Nelson Cheese Factory have made cheese for over 100 years. While they no longer make cheese at the factory, their offerings have been expanded to include cheese from Wisconsin and around the world as well as fine wines and a gourmet selection of food.

We will travel home through Wisconsin along the scenic Great Mississippi River Road through the small riverside villages. Weather permitting, we will make a few scenic overlook stops.

Includes transportation and lunch. Registration deadline is August 21, no refunds thereafter.

#8751 \$90 7:45 am-4 pm

Photography Webinars & Outings are back!

With Don Tredinnick

Don's instructional photography webinars are followed by outings to practice what you've learned.

See page 13 for details.



Mosaic Class & Brunch at Leaders

District mini vans will transport you for the day. Meet at the District Offices near visitor parking.

We will start our day at the iconic Leader building in Cambridge where we'll enjoy brunch on our own from their gourmet level meal options.

Then we will head just down the street to the Calico Moose, a new artisan shoppe and studio. The Shoppe was designed to support local artists and provide classes for participants with varied interests.

You will be creating a mosaic, each participant will select from tiles of many colors and sizes to create your own one of a kind 12" x 12" mosaic piece. Choose from one of the provided designs or create your own.

Return times are approximate. Registration is limited, register early.

#8611 Sat June 10 8:30 am-3 pm
(return time is approximate)

\$75 includes transportation, class, all supplies and afternoon refreshments

Leader & The Calico Moose, Cambridge

SENIOR EXPO

and wellness fair

MAY 18, 2023

10 AM - 1 PM
ST. GENEVIEVE PARISH CENTER
6995 CENTERVILLE RD
CENTERVILLE

Resources for a vibrant life!

Vendor Booths, Health-Screenings,
Food Vendors,
Prescription & Sharps Collection,
Lots Of Prizes, and Fun!

No Cost
for
Attendees!

PROUDLY HOSTED BY THE:

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Driver Education

Learn to drive safely and with confidence in preparation for your Minnesota provisional driver's license

Participants begin with 30 hours of in-class instruction to prepare for the knowledge (permit) test. Next step is to enroll in a behind-the-wheel program. Participants will then receive a certificate of enrollment and classroom completion card (blue card) allowing them to take their knowledge test. Pass the test and finish the process by completing 6 hours of behind-the-wheel instruction. All instructors are licensed teachers and licensed driver education teachers.

Due to high demand and the need for advanced registrations, any changes or cancellations once registered will incur a \$20 charge per occurrence. Missed driving sessions will be charged \$82 per occurrence.



Driver Education Classroom Ages 14 ½ and older

The first phase of driver education consists of 30 hours of in-class instruction that prepares students for the knowledge (instructional permit) test. Students will increase their understanding of basic skills, principles, and processes of responsible driving. Areas of concentration include driver's rights and responsibilities, alcohol and other drugs, signs-signals-road markings, rules of the road, safe driving tips, Minnesota traffic laws, and limitations for teen drivers. The AAA Driver Training Program curriculum emphasizes the latest concepts in driver safety. Participants who miss a class must wait for the next classroom series to make up for missed time.

Students who are age 15 by the end of classroom and already registered for BTW will receive their Certificate of Enrollment and Classroom Completion card (blue card) the last day of class.

Instructor: Matt Fenno

**Must attend all 10 classes at CHS/West: Rm 623
\$175 (includes MN Driver's Manual)**

#8550-A M-F July 17-28 8-11 am

#8550-B M-F July 17-28 11:30 am-2:30 pm

Driver Education Behind-the-Wheel BTW

Prerequisite: Must have completed 30 hours of classroom instruction, be at least 15 years of age

The second phase of driver education consists of 6 hours of hands-on instruction. Students MUST have passed their knowledge test and have their permit to start BTW lessons. Only once you have your permit will you be assigned to an instructor for lessons. Lessons are either one-on-one for three, 2-hour lessons or two-on-one for six, 1-hour lessons.

Instructors: Craig Sturlaugson, Matt Fenno and Mickey Bluedorn

#8551 \$275

All lessons begin and end at the front of the Centennial High School West campus building. See isd12.ce.eleyo.com for more details.

Need a 2-hour refresher before taking your driver's test?

Call Community Education at 763-792-6100



Civil Air Patrol Cadets

Character Aerospace & STEM Leadership Fitness



Skip Virtual Reality. Do Life for Real.

Ages 12-17
Blaine Airport
Tues 6:30-9pm

Learn more at:
anokacap.com





Youth Academics



It's a Robot Party

Entering Grades 2-6

Join Centennial High School's Robotics Team, the Centurions, for a fun-filled morning of robot-themed activities. Students will have various hands-on experiences with all aspects of building a robot - including programming, driving, design, build, and media - all while being mentored by the diverse young people of FRC Team 2472. Of course, no robotics meeting would be complete without a snack! Proceeds help support the Centurions Robotics Team.

#7506 Th June 8
\$29 9 am-noon
CHS/West: Rm W403

Jr Engineering Electrified

Ages 5-9

Get charged up for this exciting week of electrical engineering. Explore aspects of electricity, such as magnetism, static electricity, circuitry and more. We will spark your imagination as you tackle electrifying hands-on engineering challenges using our EFK Engineering Design Process. Explore, discover, illuminate.

Engineering for Kids

#7797 M-Th June 26-29
4 sessions \$176 9 am-noon
BH: Staff Lounge

Pokémon Master Engineering Camp

In this new camp, campers and Pokémon trainers will be taking part in daily STEM (Science, Technology, Engineering, and Math) projects revolving around the exciting world of Pokémon. Make Pikachu's tail light up, blast Team Rocket's bottle into space, invent your own Poké Ball launcher and battle other teams for the most points to win the title of Pokémon Master.

Engineering for Kids

#7798 M-Th June 26-29
4 sessions \$176 1-4 pm
BH: Staff Lounge



Jr Digging for Dinos

Ages 5-9

There has been an amazing discovery. Paleontologists have just uncovered a million-year-old dig site that is full of fossils. These fossils include dinosaur bones, imprints, eggs, and more. Your help is needed to excavate these fossils and move them to museums for kids all over the world to learn about. In these lessons, participants will learn about engineering, mathematics, dinosaurs, and fossils as they work as paleontologists and engineers.

Engineering for Kids

#7799 M-Th July 31-Aug 3
4 sessions \$176 9 am-noon
BH: Staff Lounge

Marine Quest Camp

Entering Grades 3-7

Participants will "dive" headfirst into one of the world's least explored places, the ocean. In this camp, we will take a multi-disciplinary approach to learning and incorporate studies in chemistry, oceanography, ecology, and marine biology to learn about Earth's amazing seas and the animals and plants that inhabit them. Learn buoyancy, build an arctic food web, simulate adaptation in coral reefs, understand the challenges that sharks face and even take home a resin cast with real shark teeth.

Engineering for Kids

#7800 M-Th July 31-Aug 3
4 sessions \$176 1-4 pm
BH: Staff Lounge

Jr Mission to Mars

Ages 5-9

This camp is sure to spark children's imagination and ignite their curiosity about the future of Mars exploration. Participants will explore various topics in science, as well as mechanical, aerospace, geologic, and environmental engineering. Learn the basics of coding without a computer with the VEX 123 Robot Puck. Work in teams and practice coding skills by programming the Puck to solve various challenges like racing around the moon and go on a Mars rover mission.

Engineering for Kids

#7801 M-Th Aug 7-10
4 sessions \$176 9 am-noon
BH: Staff Lounge



GRASP Summer Reading & Math for Grades K-8

This 9-week correspondence program is designed to help students just finishing grades K to 8 to review and maintain reading and math skills learned during the school year while they are on summer break. See page 25 for details.

Escape to Hogwarts

Entering Grades 3-7



The Ministry of Magic is inviting all aspiring wizards to this extraordinary camp. Each day, participants will take part in engineering challenges to earn points for their houses like creating the farthest-reaching Golden Snitch Launcher and the fastest Gringotts Cart to reach the vaults. At the end of the week the house with the most points is awarded the house cup... a great honor!

Engineering for Kids

#7802 M-Th Aug 7-10
4 sessions \$176 1-4 pm
BH: Staff Lounge

Drone Programming

Entering Grades 4-8

Learn to program and fly at the same time. Participant groups will use drones that can be programmed to perform aerial maneuvers with entry level, block-based coding. The fun and excitement of flying drones makes it easy to forget that participants will be learning 21st century programming skills in the process. The camp will consist of a variety of fun challenges where programming skills learned will be put to the test. Families are welcome to stop by at the end of each day to see what their child has learned.

COR Robotics

#7562 M-W June 19-21
3 sessions \$88 9 am-noon
CT: Media Center

Drone Photography

Entering Grades 4-8

Start off by learning how to fly an entry-level photography drone. Once they've mastered the basics, they'll be taught more advanced techniques that will help them take higher quality photos and videos with their drones. Photo and video editing software tutorials will enable participants to create awesome media content that can be downloaded and kept after camp. Bring a flash drive to save and share your creations.

COR Robotics

#7771 M-W June 19-21
3 sessions \$88 1-4 pm
CT: Media Center

Intro to Game Design

Entering Grades 4-8



If you like playing video games, you'll love designing them. Trained instructors will teach participants how to program their own video games using an engaging program called Kodu. Create your own world, populate it with characters, and then play the games you create during camp. Learn important programming skills while having tons of fun, with no prior experience needed.

COR Robotics

#7793 M-W July 24-26
3 sessions \$88 9 am-noon
CT: Media Center

Intro to Esports

Entering Grades 4-8

Turn your passion for video games into valuable life skills. Camp will introduce the world of Esports and teach participants about the many opportunities available to them by getting involved. Play some of the most popular Esports games, compete with and against each other in tournaments, and learn important lessons along the way.

COR Robotics

#7772 M-W July 24-26
3 sessions \$88 1-4 pm
CT: Media Center

Eureka Engineering

Entering Grades 4-8

Eureka introduces participants to the core skills of robotics and STEM through engaging, hands-on learning opportunities. Participant groups will work with LEGO Mindstorm kits, which include both electrical and mechanical components. The small groups will be mentored by experienced and passionate instructors. Parents are welcome to watch as their child's robotic creations come to life in exciting and competitive challenges including drag racing, fighting robots and more.

COR Robotics

#7560 M-W Aug 14-16
3 sessions \$88 9 am-noon
CT: Media Center

RC Wars

Entering Grades 5-9

In RC Wars, youth teams will build their own remote control vehicles to race and battle against other teams. Participants will need to design their vehicles to not only be faster and stronger than other teams' creations, but also better than purchased RC cars and drones. RC Wars will feature land and air races, obstacle courses and more as participants learn mechanical and electrical building skills in an energetic and exciting environment.

COR Robotics

#7770 M-W Aug 14-16
3 sessions \$88 1-4 pm
CT: Media Center

Destination Mars: Rocketry

Entering Grades 2-5

Launch and watch your very own rocket speed 300 feet into the air. Then it is yours to take home. Make and take home multiple rockets of varying difficulty throughout the session. These rockets and airplanes will then be used to investigate basic aeronautical concepts including propulsion, thrust, lift, drag and more. We will also hypothesize about travel in outer space, like how to get a United States astronaut to Mars and life on Mars. Do you have the right stuff? Please bring two, 2-liter empty bottles for use in experiments.

Youth Enrichment League

#7522 M-Th July 10-13
4 sessions \$147 9 am-noon
CV: Rm 146

Robotics 2.4

Entering Grades 1-5

Building a dragster, a spy robot, and a moon rover. Then program the the dragster to race, the rover to roam, and the spy bot to, well, spy. YELS's Teach It, Practice It, Play It® classroom method emphasizes 21st century learning skills like STEM, teamwork and problem solving.

Youth Enrichment League

#7717 M-Th Aug 7-10
4 sessions \$119 9 am-noon
CV: Rm 146



Spectacular Engineering Adventures

Entering Grades 1-4

Summer is a great time to discover and engineer fun new machines. In this camp adventure we have prepared mixed up all-time favorite projects. Have fun engineering an amazing paddle boat, creating a mini rocket, building a pneumatic machine, an exhilarating pinball machine and many more extraordinary engineering contraptions. Be blown away by your engineering skills.

Tech Tac Toe

#7794 M-Th June 12-15
4 sessions \$150 9-11:55 am
RL/ECC: Rm 101

Robotic Pet Lab

Entering Grades 1-4

We all love our pets. But, what about creating your very own family of robotic pets? Whether you like your robotic pet to be cute and cuddly, or playful and naughty, you'll have motors, batteries, and other supplies at your disposal to create them as you want. Create a fun robotic or non-robotic project every day. We'll top off with other mindboggling engaging activities.

Tech Tac Toe

#7796 M-Th June 12-15
4 sessions \$150 1-4 pm
RL/ECC: Rm 101



Beginner Coder: Pokémon Adventures

Entering Grades 1-4

New to coding? Then this camp is for you. Create an amazing Pokémon adventure in a video game of your own creation. Specially designed for beginning coders, we make it extra fun for kids to pick up coding skills in a themed camp they love. Create your own universe of magical Pokémon creatures to escape an adventure map, code a catch-Pokémon's game, design your own Pokémon team, and create a game duel against friends. Please bring a USB flash drive to save your projects.

Tech Tac Toe

#7777 M-Th June 19-22
4 sessions \$157 1-4 pm
RL/ECC: Rm 101

Glow in the Dark Engineering

Entering Grades 1-4

Illuminate the light this summer with awesome STEAM (science, technology, engineering, art, math) projects. Explore glow-in-the-dark pigments and learn the difference between fluorescent vs luminescent. Use LED lights to create a handy flashlight, light up under water sea monsters, engineer a cool night lamp, and more. Take home a light up project each day.

Tech Tac Toe

#7795 M-Th July 24-27
4 sessions \$150 9-11:55 am
RL/ECC: Rm 101

3D Printing: Jewelry Design

Entering Grades 2-5

Bring your creations to life in this 3D printing class. The ancient art of jewelry making is brought into the modern world using Tinkercad and 3D printers. Participants will learn to build 2D and 3D models on the computer using CAD software. Design and print a pair of earrings, a ring, or a pendant in this class. Additionally, bring home two of your 3D creations. Printing and material fees are included.

Tech Academy

#7803 M-Th June 26-29
4 sessions \$145 9 am-noon
CT: Media Center

Architecture & Design Camp

Entering Grades 3-7

Explore the design career field. Learn about architecture and test your design ideas through art, building activities, and design challenges, with exploration through architectural models. This camp was developed in collaboration with local Twin Cities designers. Participants will be introduced to the 3D design tool Tinkercad to plan and design their architectural creations.

Tech Academy

#7804 M-Th June 26-29
4 sessions \$145 1-4 pm
CT: Media Center





Extreme Robotics: Animatronic Creators

Entering Grades 2-5

Participants will program robots to move, act and think on their own. Discover the excitement of programming your creation to follow a command and watch it go. Classes are fun, educational, and hands on, teaching participants the foundation of building and programming concepts. Working in teams participants will be challenged to morph their projects into better, stronger, or faster robots.

Tech Academy

#7805 M-Th July 17-20
4 sessions \$132 9 am-noon
CT: Media Center

Extreme Robotics: Medieval Madness

Entering Grades 3-7

Learn about medieval technology as you build drawbridges, catapults, battering rams, and crossbows. Combining the versatility of the LEGO building system with the most advanced technology LEGO has ever developed, unleash the creative powers of the new LEGO MINDSTORMS® to create and command robots and devices that can do anything you can imagine. Participants will work in small teams to build these exciting models, learn how to program them into action, and then have the opportunity to experiment and modify the programs.

Tech Academy

#7806 M-Th July 17-20
4 sessions \$132 1-4 pm
CT: Media Center

Chess Camp: Tactics & Strategies

Entering Grades 4-9

For beginning to intermediate players. This chess camp is for players that need the next level of challenges from their school club. Maybe you're ready to "try" tournament play. Maybe you want to "improve" your tournament play. Standard chess and variations will be used to improve your skills. Participants should be interested in a deeper level beyond the basics.

CSGA Enrichment

#7808 M-Th June 12-15
4 sessions \$140 9 am-noon
BH: Media Center

Rocket Builder Design Camp

Entering Grades 4-9

Learn to build and launch your own rockets from common materials left over in the recycling bin where you live. Multiple design, building, and recovery techniques will be experimented with. These rockets are cheap to make so it removes the anxiety of "doing it wrong." Build it and see what happens, within the rules of model rocketry. A rocket launch time is part of the program. Launch equipment provided.

CSGA Enrichment

#7807 M-Th June 12-15
4 sessions \$150 1-4 pm
BH: Rm B120



Classic Cards to Card Game Design

Entering Grades 4-9

Lots of great new games out there. Learn their origins and get back to the basics. Classic card games are interactive, strategy based, and just plain fun. Learn how to play Spades, Hearts, Casino, Gin-Rummy, and Poker. Next create your own card game design by transforming/bending their rules and mechanics into your own collectible or strategy card game. For example: add some bear "character powers" to Poker and you get "Polar Bear Poker." Many new games are just borrowing the game mechanics of the classics.

CSGA Enrichment

#2847 M-Th Aug 14-17
4 sessions \$140 9 am-noon
BH: Media Center

Intro to Aviation

Ages 9-14

Fly! The dream of flight has been around for more than 1,000 years, but only in the last 120 years have people taken off and flown in heavier-than-air-aircraft. These classes are designed to be a first step toward learning about, and how to participate in, aviation. Explore the science, history, and future of flight aerodynamics, warfare, propulsion, models, navigation, design, pilot requirements and more. Study airplanes, blimps, gliders, helicopters, gyrocopters, ultralights, seaplanes, and all forms of flight. Participants will keep a daily log, build an airplane model to keep, and receive aviation materials to take home almost every day. Learn about aviation events, both nationally and in our own backyard. Gain the knowledge necessary to take your next step in the world of aviation.

John Schmidt is a commercial-rated pilot and teacher in the Forest Lake District. He owns hangars, flies 7 different airplanes regularly, and enjoys introducing young people to aviation. He has taught this class for over 20 years

#2156 M-F July 31-Aug 18
15 sessions \$250 8:30 am-noon
RL: Media Center



New Opportunity

Donate to our financial assistance program

Join us in our mission of making connections within the community, removing barriers and providing learners of all ages with accessible and enriching opportunities... by making a financial gift to our financial assistance program.

In showing your support, you are helping to ensure that all families in the community have access to learning and enrichment opportunities.

Last year Community Education provided over \$10,000 in financial assistance to families in our community We are on pace to have a need that will surpass that number this year.

Through this program participants are able to experience a wide variety of high-quality enrichment offerings such as STEM/STEAM and academic classes, swimming lessons, driver education, health and wellness, sports and recreational camps and so much more.

Participants enjoy improved abilities, knowledge and social skills. In turn, the community gains greatly as a whole when all are able to pursue quality learning and enrichment opportunities.

When checking out, you can make a financial donation by enrolling in course #50 and help make offerings possible for everyone in our community.

In addition to monetary support, we also welcome the gift of your time and talents through volunteerism.

Scan the QR Code to contribute and get more information:



Thank you for supporting additional learning opportunities for those in the Centennial community!

GRASP

Summer Reading & Math for Grades K-8

This 9-week correspondence program is designed to help students just finishing grades K to 8 to review and maintain reading and math skills learned during the school year while they are on summer break.

It should take your child approximately one hour per week to complete each weekly lesson. We suggest parents order the grade level your child is currently attending (not a grade level ahead). If there are extenuating circumstances, order the grade level that is appropriate for your child. You can view sample pages at grps.org.

Lessons are completed, mailed or dropped off at Centennial Community Education, where they are scored and then returned. Instruction sheets found in each packet provide all the necessary information. All lessons must be submitted or postmarked no later than Monday, August 14.

Students who have successfully completed at least 7 lessons with 70% or higher accuracy are awarded a certificate. Those that successfully complete all lessons with 70% accuracy or higher will receive a medal. Medals will go home with Centennial students through school upon return in the fall. Medals and certificates for non-Centennial students will be mailed.

New for Summer of 2023 Looking to order both math and reading but your child is advanced in one of the subjects (example: grade 1 reading level, grade 2 math level)? No problem, select the packet bundle option - the subject level needed will be asked during the checkout process. (Not common for most children)

All materials will be sent home with Centennial students the last week of school. For elementary students, please include your child's current teacher's name when registering.

Grades 6-8: Will complete GRASP lessons online - no books or scoring sheets. All information will be communicated via email from GRASP directly with log in information.

Registration deadline is Wednesday, April 26.

#7600 \$48 both subjects; \$26 one subject
Two subject bundle must be for the same child

Missed the deadline, but still want to participate?

You can order packets directly from GRASP grasp.grps.org at the individual price of \$38 for one subject or \$68 for two and they will mail directly to you.

Youth Cooking & Culture



Sweet Treats

Entering Grades 4-12

Who doesn't love a delicious, sweet treat? Learn to make all your favorite desserts from scratch. Cook homemade caramel, candies, gummies, pies, and sorbet are some of the sweet treats that you'll learn to make. In addition to preparing all these delicious desserts, participants will learn important skills such as food preparation and kitchen safety.

CSGA Enrichment

#4082	M-Th	July 24-27	4 sessions	\$170
		9 am-noon	CHS/East: Rm 110	

Global Cuisine From Scratch

Entering Grades 6-12

Student chefs will be engaged in cooking homemade specialty dishes from around the globe. Imagine making authentic homemade tortillas, guacamole, and quesadillas. Learn to make pasta from scratch and an amazing sauce to go with it. If you love Asian food, let's prepare our own Chinese fried rice and homemade egg rolls. In addition to preparing all of our favorite international dishes, participants will learn important skills such as food preparation and kitchen safety.

CSGA Enrichment

#4079	M-Th	July 24-27	4 sessions	\$170
		1-4 pm	CHS/East: Rm 110	

Minnesota Fair Foods at Home

Entering Grades 6-12

Do you love the "Great Minnesota Get Together?" More importantly, do you love state fair food? If so, this is the cooking class for you. Learn to make versions of the best state fair food at home. All of your favorite snacks on a stick, loaded tator tots, walking tacos, fresh French fries, and more. In addition to preparing all these delicious foods, you'll learn important skills such as food preparation and kitchen safety.

CSGA Enrichment

#4080	M-Th	Aug 7-10	4 sessions	\$170
		9 am-noon	CHS/East: Rm 110	

A Journey Through Mexico

Entering Grades 5-12

Have you ever been to Mexico? Let's take a journey and experience it through arts, culture and food. You will even enjoy a special visit from my Mariachi singing grandmother. Be ready to try authentic Mexican treats every day and much more.

CSGA Enrichment

#4029	M-Th	Aug 7-10	4 sessions	\$170
		1-4 pm	CHS/East: Rm 110	



Intensive Etiquette Class

Ages 8-13

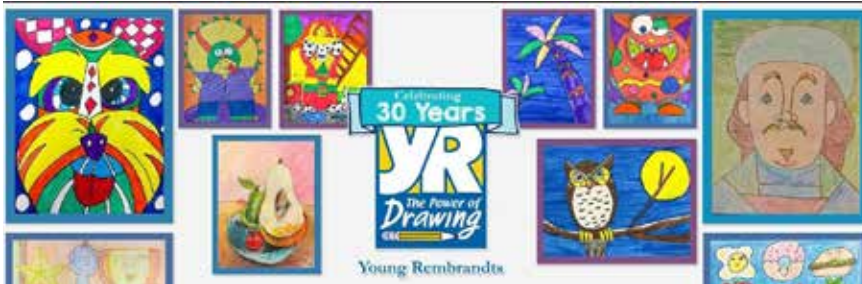
Participants will learn social etiquette, proper introductions and fine dining skills. This class will emphasize respect for others and will teach children manners and etiquette using fun games and a hands-on approach. Some specific topics include proper behavior at the table, conversation skills, polite behavior in public, and public speaking. Snack demo included.

Nena Tinoco

#8535	Th	Aug 10	\$78	1-4 pm
			Nena's Atelier, Oakdale	



Youth Create



Monsters, Creatures & Creeps Art Camp

Entering Grades 1-5

Laugh-out-loud funny. Mind-bendingly creepy. Eerie but exciting. If you are a fan of creepy, crawly monsters, this art workshop is the perfect fit. Learn to draw and cartoon a variety of characters. Draw monsters of all shapes, sizes and colors. There are big, little, furry, and scaly monsters. If you can imagine a monster, we'll draw it. Explore drawing amazing cartoon characters with humorous expressions and animated poses. Be a part of something fun and special.

Young Rembrandts

#2201 M-Th June 19-22
4 sessions \$138 9 am-noon
BH: Rm B120

Animal Cartoons Art Camp

Entering Grades 1-5

If you are a fan of cuddly animals and funny cartoons, this camp is especially tailored for you. Learn to draw animals of all shapes, sizes, and colors. Discover how to personify ordinary animals, transforming them into fully realized cartoon characters. Be a part of something fun and special.

Young Rembrandts

#2204 M-Th June 19-22
4 sessions \$138 1-4 pm
BH: Media Center

Cartoon Character Creations Art Camp

Entering Grades 1-5

Learn the basics and techniques used in creating your own cartoon characters. Subjects like characteristics, features, exaggeration, action and personification will contribute to your artistic advancement. You will immediately apply your new skills in every class to create your own original cartoon characters.

Young Rembrandt

#2300 M-Th July 10-13
4 sessions \$138 9 am-noon
BH: Rm B120

Fashion Runway Art Camp

Entering Grades 1-5

This stylish camp is tailored for the aspiring fashionista. Join us for 5 days of runway chic as we illustrate the various aspects of fashion design. Step into the shoes of a fashion magazine editor as you design and draw an eye-catching fashion magazine cover. And let's not forget about purses. Design the perfect purse to go along with the outfit of your dreams. And finally, draw your model stepping out onto the runway in your fashion originals. If you love to design clothes and are hip to the latest fashions, this drawing camp is a perfect fit.

Young Rembrandts

#2303 M-Th July 10-13
4 sessions \$138 1-4 pm
BH: Rm 120

Pastel Ocean Life Art Camp

Entering Grades 1-5

Explore ocean life as you learn to draw and color with pastels. Create detailed pastel compositions each day focusing on a different ocean-themed subject. Draw eye-catching sea stars along the shoreline and a pair of vibrant clown fish. Illustrate a sea turtle with bold patterns, a blue crab, and a wondrous scene of jellyfish. Our instruction will bring remarkable results, and you will want to head to the frame store with your completed pieces.

Young Rembrandts

#2202 M-Th Aug 14-17
4 sessions \$138 9 am-noon
BH: Rm B120

Project Knit

Entering Grades 6-9

Hats, scarfs, blankets and more. Keep yourself warm this year by learning to make your own hat, scarf or blanket. Participants will learn basic skills in beginning knitting and crocheting to create a basic project. Tools and materials for knitting will be provided.

CSGA Enrichment

#2266 M-Th Aug 14-17
4 sessions \$170 1-4 pm
BH: Media Center

TeenzArt: Mosaic Workshop

Entering Grades 6-8

Bring your friends and let's get creative and learn about the art of mosaics. We will explore a variety of mosaic mediums and learn how to create a colorful mosaic using glass, tiles, beads, and other found objects. Discover the processes and techniques used in creating and grouting mosaics to bring home a completed work of art. All tools and materials are included in the class fee.

KidzArt

#2310 Tu June 20
\$50 1-4 pm
BH: Rm B120



Check out Youth/Intergenerational Welding
A "Bonding" Experience for youth ages 13-17 with adult

See page 11



Canvas Fun: Lovely Llama Entering Grades 1-5

Grab your friend and join us for a fun one-day painting workshop. Everyone will get their own 11 x 14 stretched canvas to paint a fun and festive llama with acrylic paints.

KidzArt

#2309 W June 28
\$24 10-11 am
BH: Rm C101



Fairy Garden Entering Grades 1-5

Have you ever wanted to create your very own miniature fairy garden? Come learn how to build one. A fairy garden is a miniature garden that makes a perfect home for mischievous fairies, dragons, and garden gnomes. Use model magic, paint, and found objects to build your imaginary scene.

KidzArt

#2205 F July 28
\$50 9 am-noon
BH: Rm B120

Oopsy Goopsy Messy Fun Art

Entering Grades 1-5

Grab your friends and get ready for a messy good time. We get our hands dirty as we explore and play with paint, clay, Papier-mâché, and simply sloppy supplies. Paint a seahorse on canvas, decorate a trinket box with Sculpey Clay, make tie-dye, and more. Dress for mess and artistic success.

KidzArt

#2307 M-Th July 31-Aug 3
4 sessions \$132 9 am-noon
BH: Rm C101



World Travelers Art-Ventures Entering Grades 1-5

Spend four exciting days exploring different countries through art and architecture. Learn how to draw the Sphinx on sandpaper, fold a paper kimono using origami techniques, and paint the Eiffel tower at sunset. Create your own "passport" to stamp each day after your art journey.

KidzArt

#2308 M-Th July 31-Aug 3
4 sessions \$132 1-4 pm
BH: Rm C101



Paint Like "Van Gogh" Ages 7-12 with adult

Join Super Artist and learn to paint like a master. You will work on an 11x14 canvas with acrylic paint. Each adult/child pair will work on their own canvas. Cost includes all supplies.

Ann Roman

#2297 Tu July 11
\$43 6-8 pm
CMS: Rm E108

Wild Animals Art & Nature Camp

Ages 7+

Join our Blue Fox artist to discuss and draw wild animals native to Minnesota, like fox, lynx, owls, and timberwolves. We'll work with a variety of drawing and coloring materials while we learn about where they live, how to identify their tracks, and how to capture their characteristics.

The Blue Fox

#2311-A M-Th June 12-15
4 sessions \$165 9 am-noon
CV: Rm 138

#2311-B M-Th June 26-29
4 sessions \$165 9 am-noon
CV: Rm 138



Moana Art Camp Ages 9+

Join our Blue Fox artist and create a variety of artwork inspired by the Walt Disney animated film, Moana. We'll draw a zentangle stingray, paint a watercolor sea turtle, and draw your favorite characters from the film using colored pencils.

The Blue Fox

#2312-A M-Th June 12-15
4 sessions \$165 1-4 pm
CV: Rm 138

#2312-B M-Th July 17-20
4 sessions \$165 9 am-noon
CV: Rm 138



**Animation Camp****Ages 9+**

Join our Blue Fox artist and discover what it takes to animate a stop motion film. Learn about the history of animation, create your own flip book, paint an animation cell, and draw a storyboard. Then as a group, write and record your very own stop motion short using Stop Motion Studio. Come excited and leave inspired.

The Blue Fox

#2314 M-Th June 26-29
4 sessions \$165 1-4 pm
CV: Rm 138

**Anime
Camp****Ages 7+**

Come draw and color your favorite Pokémon and Anime characters. Learn how to evoke humor through exaggeration, study basic facial anatomy and proportions, and take a detailed look at facial expressions. We'll discuss how eyes can drastically define a character, how to draw a variety of hairstyles, and practice coloring techniques used in modern Manga art.

The Blue Fox

#2277-A M-Th July 10-13
4 sessions \$165 1-4 pm
CV: Rm 138

#2277-B M-Th July 31-Aug 3
4 sessions \$165 1-4 pm
CV: Rm 138

Harry Potter Camp**Ages 9+**

Come dive into the world of Harry Potter in this fun and creative workshop. Draw your own Harry Potter holding Hedwig in colored pencil on tan-toned paper. Then, be swept into Hagrid's hunt to create your own baby dragon, Norbert, in colored pencil on black paper. Lastly, draw free elf, Dobby, in colored pencil on tan-toned paper, while listening to the amazing Harry Potter on audiobook. Bring a nut-free snack and beverage.

The Blue Fox

#2278-A M-Th July 10-13
4 sessions \$165 9 am-noon
CV: Rm 138

#2278-B M-Th July 31-Aug 3
4 sessions \$165 9 am-noon
CV: Rm 138

**Mexican Fiesta Camp****Ages 7+**

Join our Blue Fox artist and get your fiesta mask on for a culturally rich camp for kids. Design your very own Dia de los Muertos sugar skull mask, create a papel picado banner to hang at your next fiesta, craft a mini shrine to remember a loved one, and more.

The Blue Fox

#2313 M-Th July 17-20
4 sessions 1-4 pm
\$165
CV: Rm 138

**Nailed It Art Camp****Ages 5-12**

Calling all creative kids. This is the perfect camp to hone both your artistic side and your puzzle-solving skills. Just like on the popular TV show Nailed It, we'll show you a final product and give you all the goods necessary to recreate it. The rest is up to you. Your challenges will include creating a unicorn cake sculpture that looks good enough to eat, painting a fox at sunset, a llama with a flower crown, and so much more. Rather than baking we'll be sculpting, painting, collaging and more. Please bring a nut-free snack and beverage for your child each day.

Kidcreate Studio

#2849 M/Tu June 12-13
2 sessions \$94 1-4 pm
CT: Rm 39

**Our Littlest
Fan's Favorites
Art Camp****Ages 3-6**

This camp is full of fan favorites. From Papier-mâché bowls, to projects that glow in the dark, and messy clay masterpieces, these are the projects our littlest participants love the most. All of them are put together in one very popular camp. This is the stuff they can't get enough of and is guaranteed to be an artsy good time. Please bring a nut-free snack and beverage for your child each day.

Kidcreate Studio

#2848 M/Tu June 12-13
2 sessions \$86 9 am-noon
CT: Rm 39

Intro to Photography

Entering Grades 6-12

Interested in learning more about photography? Photography allows us to capture a moment in time. Learn how to take photos that tell a story, show emotion, or serve a reminder of an important event. Some skills covered in classes will include: Understanding the importance of light; capturing photos of people, places and things; telling a story; and getting the most from the equipment that you have. They say a story tells a 1000 words. We will explore photographing nature, moving subjects, urban environments, and people. Classes includes instruction and time to take and review images that are captured. Any digital camera that allows for manual setting of aperture, iso, and shutter speed will work for class. Wear comfortable footwear for shooting time, bring or wear sunscreen and water.

Don Tredinnick, professional photographer and owner of Frozen Hiker Photography

#8705C Sa July 15-Aug 5
4 sessions \$145 9:30-noon
MS: Media Center & outdoor locations on the Middle School grounds



Intensive Sewing

Ages 8-13

Sketch your own inspired garment or craft project and then create it while learning to sew. Instruction includes basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Participants will create their project and practice techniques using sewing machines provided. All supplies and tools provided.

Nena Tinco

#2500 Th July 20
\$88 9 am-1 pm
Nena's Atelier, Oakdale

Project Runway

Entering Grades 4-8

New summer projects. A swimsuit coverup, mini messenger bag, ear bud case and your own personalized sewer's handbook. The Project Runway Sewing

Camp follows four basic principles:

- ◆ Teach it: Participants are taught multiple hand and machine sewing techniques
- ◆ Practice It: Practice those techniques on basic projects
- ◆ Sew it: Increase your skill and sew more complicated projects
- ◆ Own it: Showcase your projects on the last day of camp (family and friends are invited)

Then take everything home to walk the runway of everyday life.

Youth Enrichment League

#2008 M-Th July 31-Aug 3
4 sessions \$147 9 am-noon
CHS/East: Rm 111




Camp Invention®

HIGH-ENERGY,
**HANDS-ON
STEM**

Secure your spot and save today at
INVENT.ORG/LOCAL

Centennial Schools
July 24 – 28, 2023 | Grades K–6





Ice-Skating Parties

Ages 4+, up to 30 children

Enjoy the Centennial Ice Arena all to yourself to gather with friends and family for an ice-skating birthday party.

Practice your skating skills, play your own private game of hockey, or simply free skate for an hour in the arena. Bring along your own music to play via Bluetooth if you wish.

Parties are one and a half hours in length with 1 hour in the arena and the last half hour reserved for any refreshments you would like to provide or gift opening. Chairs and tables complete with decorative tablecloths will be available.

Very limited skate rentals available.

Cost: \$215 (up to 30 children)

Sundays

#8572-A	June 25	1:50-3:20 pm
#8572-B	July 16	12:30-2 pm
#8572-C	July 23	12:30-2 pm
#8572-D	July 30	12:30-2 pm
#8572-E	Aug 6	12:30-2 pm
#8572-F	Aug 20	3:30-5 pm



Swim & Gymnastics Parties

Ages 4-12, up to 15 children. Parties booked year round on Saturdays and are one and a half hours in length.

Spend the first hour doing gymnastics or playing in the pool. The last half hour reserved for refreshments you would like to provide or a gift opening. Chairs and tables provided with decorative table coverings. All participants must have a signed waiver to participate. Party host on site for the duration of your party.

Reserve your date today!

Call Community Education for availability 763-792-6100. Have a special date or time request that is outside those listed? Give us a call and we'll see if we can make it work. \$140 HS/East: Lower Level

Swim

Pool time is 1:30-3 pm, Wibits are back for Spring and Summer

Relax and enjoy your child's birthday or special occasion in our indoor pool that is especially reserved for your child. Certified lifeguard on duty but parents/guardians must accompany swimmers who cannot swim the width of the pool with front crawl, non-stop with rhythmic breathing.

Gymnastics

Limited Availability. Call for times.

Throw an energized party where guests will tumble, flip, swing and dangle in a safe, fun gymnastics environment. Start with a short warm up and then choose from three combinations of activities to customize your party. Gymnastic staff on hand at all times to supervise and lead gymnastic activities.

Please consider donating to our new scholarship fund.

Before you check out add course #50 to make a donation and help our community.

See details on page 7

Youth Dance & Music



Music Together at Golden Lake Park

Newborn to Pre-K with parent/caregiver

Discover the joy of making Music Together. Sing, laugh, move and learn along with your baby, toddler or preschooler for 45 minutes of fun each week in these award-winning classes. We bring families together in a warm, supportive environment where everyone feels comfortable singing, dancing and jamming. Because young children learn best from the powerful role models in their lives, our engaging classes show parents and caregivers how to help their children become confident, lifelong music-makers just by having fun making music themselves. Classes are mixed age so siblings can be together.

\$169 first child/*\$89 additional sibling. Infants under eight months on the first day of the summer session attend free with a paid sibling. Receive a CD, a code to download the music, an illustrated songbook, and parent educational materials. Infants without a sibling attending are welcome, they pay full class fee. *Discount in rate applies towards siblings in the same household.

Music Together, research-based, internationally acclaimed program.

Classes held at Golden Lake Park. Note weather makeup dates.

#1017-A	W	June 28-Aug 16	5:15-6 pm	Makeup Aug 23
#1017-B	W	June 28-Aug 16	6:15-7 pm	Makeup Aug 23
#1017-C	Th	June 29-Aug 17	9:30-10:15 am	Makeup Aug 24
#1017-D	Th	June 29-Aug 17	10:30-11:15 am	Makeup Aug 24

Free Demo Class

Visit a FREE demo class before the sessions start to learn more about the program to see if Music Together is a good fit for your family. Please register separately for the Demo events. Demo classes are free but registration is required.

*If numbers are low in Demo classes we may need to combine the evening or day sessions into one Demo. We will contact those registered if that occurs.

Golden Lake Park

#1017-DemoA	W	June 14	5:15-6 pm
#1017-DemoB	W	June 14	6:15-7 pm
#1017-DemoC	Th	June 15	9-9:45 am
#1017-DemoD	Th	June 15	10-10:45 am

Kids Dance

Ages 3-11

These high-energy classes focus on improving rhythm, balance and coordination. Younger children will use props: tambourines, scarves and pom poms to learn basic tap, jazz and ballet steps. Older children will continue to learn more advanced steps along with dance choreography and technique. Dancers should wear clothing that is comfortable and easy to move in.

All dancers will need tap and ballet shoes which can be ordered through the instructors the first day of class (tap \$30, ballet \$20). Bring cash or check payable to Happy Feet Dance.

Please register for the session that correlates with your child's age or grade based on the Fall of 2023.

Miss Jenny, Happy Feet Dance Co

**7 sessions Th June 15-Aug 3 \$69 No class July 6
CMS: Dance Studio/Gym 5**

Hop N' Tots - Preschool Ages 3+

#5001-A 5-5:45 pm

Creative Dance - Kindergarten

#5001-B 5:45-6:30 pm

Intermediate Dance - Grades 1-2

#5001-C 6:30-7:15 pm

Tap, Jazz & Ballet - Grades 3-5

#5001-D 7:15-8 pm





Intro to Centennial Marching Band

Entering Grades 8-10

Are you a current Centennial band member that will be in grades 8, 9 or 10 next school year? Do you love to play music and make new friends while doing it? Would you like to get a glimpse of what it's like to be in the Centennial High School Marching Band? Then this is the place for you!

Expect to spend 4 days with Mr. Kuehn (CHS band director) learning the basics of being in marching band.

Learn music and marching techniques, receive music that you will get to keep, and most importantly make some new band friends!

You will get the opportunity to prepare and perform an actual marching band show for family and friends on the field at the Centennial High School Stadium.

Students must bring their own instrument and have comfortable athletic shoes. Students that play school-owned instruments or are percussionists need to communicate with a director so we can be prepared for you.

When registering you MUST list the instrument you play and your T-shirt size! To receive a camp T-shirt, you must register by July 27.

Family and friends are invited for the final performance on Thursday at 11:30 in the CHS stadium.

#5328 M-Th Aug 7-10
4 sessions \$109 9 am-noon
CHS/West: Band Room

Guitar, Ukulele & Vocal Private Lessons

All ages and skills are welcome Whether you're a beginner just getting started or a player looking to take your skills to the next level, work one-on-one with instructor and musician Brady Perl. Brady is a full-time musician with 15 years professional experience teaching lessons and performing live gigs. Lessons will be tailored to each participants needs and interests and will cover skills like guitar/ukulele chords, rhythm, singing, songwriting, songs, harmonica, and music theory. Please identify if a vocal or guitar lesson when registering. Students are asked to provide their own instruments.

Brady Perl, performs his own original music and has gained statewide notoriety making several appearances on television and radio and performing in a number of venues

Select your half-hour private lesson during the time-frame listed:

Lessons available 11:30 am-2:30 pm
and 3-6 pm in CT: Conference Rm

#5202-A	M	June 12-26
3 session	\$66	
#5202-B	M	July 3-31
5 sessions	\$110	
#5202-C	M	Aug 7-28
4 sessions	\$88	



Cougar Choir Camp Entering Grades 4-6

Do you love to sing or want to learn more about your singing voice? Come and join us for a one-week camp where you will learn more about your singing voice, sing with the Centennial High School choir directors and students, make new friends, and participate in fun group activities and games.

The choir will learn six pieces and will perform a concert for family and friends in the high school auditorium on the final day of the camp at 11:30 am. Each participant will receive a t-shirt and a daily snack.

Choir is for everyone, and this camp is guaranteed to be a memorable experience filled with great music and a ton of fun!

#5240 M-Th June 12-15
4 sessions \$109 9 am-noon
CHS/West: Rm W618

SINGING CONTEST



Minnesota Sings
MINNESOTASINGS.COM

PROUDLY HOSTED BY THE:



AUGUST 17, 2023

CENTENNIAL MIDDLE SCHOOL
399 ELM ST, LINO LAKES, MN

2022
WINNER
CAME FROM QUAD!

Part of the 3rd Annual Food Truck & Fun Festival

Fitness, Wellness & Fun Runs

More Than Pink

Entering Grades 4-7

New topics and more fun added for 2023, so if you participated in the past you can come back!



More Than Pink is a program to inspire girls to stay true to themselves and live free from societal stereotypes. This 5-week program innovatively weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices, and embrace their gifts. All athletic abilities are welcome.

More Than Pink works around summer schedules, camps and vacations. Even if girls are going to be gone for a day or for a week they are still able to participate in the program. Information that is missed on certain topics will be handed out to the girls so they will still get the information. A More Than Pink day consists of 50 minutes of a fun fitness activity and 50 minutes of a life lesson. This program meets three days a week. Girls will receive a t-shirt. Space is limited.

Topics may include friendship, team building, confidence, emotional intelligence, kindness, collaboration, interpersonal communication, individuality. We are busy working on some awesome guests to come and visit the program! Stay tuned for more information.

More Than Pink Goals:

- ◆ To help girls grow and develop physically, mentally, and socially with local community support.
- ◆ To empower girls to be true to themselves at home and school, with self-image, friends, and activities.
- ◆ To provide resources and tools to help them not succumb to peer pressure, live with less stress, and become who they want to be.
- ◆ To measure fitness goals throughout the 5-week program.

Family & Friends are invited to join in the 5K

The program builds throughout the summer and culminates in the girls, and others, running/walking a celebratory More Than Pink 5K on Monday, August 7 in the evening (Aug. 8 rain backup). Family and friends are welcome and encouraged to join the run! This is not a competitive race but a celebration of empowerment and inspiration!

Family and friends can pay \$5 the night of the run to participate.

Tu-Th July 11-Aug 10 9:30-11:30 am
CHS/West: Learning Commons
15 sessions plus run \$119
#6306-A Gr. 4-5
#6306-B Gr. 6-7



Parent Night

We love to meet parents; please join us, with your daughter, for a fun parent night on Wednesday, July 12 from 6-7:30 pm.



Mud Run

Ages 4-12

Mark your calendar for our 4th Annual Obstacle Mud Run

Saturday, August 5

The race will take place on the Centennial High School campus near the stadium. Kids will run on the grounds of the high school completing multiple obstacles, some easy and some a bit more challenging, and ending with a mud pit!

Youth participants will receive a t-shirt.

Register before July 20 to be guaranteed a shirt.



CHS Campus near stadium
3 or more children from the same family,
\$18 per child or \$22 per person

Start times staggered by age. Please check in a few minutes before your start time.

#6101-A	Ages 6-7	9:30 am
#6101-B	Ages 8-9	9:50 am
#6101-C	Ages 10-12	10:20 am
#6101-D	Ages 4-5	10:40 am



Sat, August 12

See page 5 for details

Halloween Hustle

Saturday, October 28

Save the date!



Gymnastics

Gymnasts of all ages and abilities will learn the basics of gymnastics while improving strength, coordination, flexibility, balance, agility, confidence, and social skills for children of all ages and abilities.

Lead Instructor Kelly Border All classes are held at High School East Building Gymnastics Room - across from pool locker room, use entrance D13. **With the exception of Wiggle Time, parents/guardians asked to wait for children outside of the gymnastics room; you may want to bring a chair.**



Wiggle Time-Parent/Child Ages 2-3

Children will use mats, parachutes, trampoline, and other equipment to explore and discover the world around them developing fundamental movement and problem solving skills. This is a great opportunity to get in the gym with your child and play in a safe, fun, semi-structured environment. Children run, tumble, and spend time with you, while developing their gross motor skills. Class consists of 10 minutes of group time, 30 minutes of open (semi-structured free time) and five minutes of group time at the end of class.

Little Tumblers Ages 3-4

Must be potty trained, able to follow basic instructions and be comfortable in a group without parent

Developing gymnasts will learn basic and fundamental gymnastics skills in a safe, fun, age appropriate, structured environment. No tights - socks or bare feet only. Class ratio 6:1.

Tumblers Ages 5-7

Gymnasts will learn basic tumbling skills (forward and backward rolls, cartwheels, handstands, basic jumps and locomotor skills) and discover the basics on bars, balance beam, and vault. More advanced Tumblers will work on: Intermediate skill progressions on floor, bars, balance beam and vault. New skills introduced include: back bends, front and back handsprings on floor, back hip circles, and stride circles on bars and cartwheels on low beam.

Twisters Ages 8+ All Gymnastic levels

Gymnasts will work on skills according to ability. After initial group warm-up, gymnasts will be divided each session according to skill level from Beginner I to Intermediate.

Summer I

Tuesdays June 13-July 25

No class July 4 6 sessions

Twisters	#6034-A	9-10:30 am	\$85
Tumblers	#6000-A	10:40-11:40 am	\$57
Open Gym	#6039	11:45 am-12:15 pm	\$5
Little Tumblers	#1401-A	5:30-6:15 pm	\$43
Wiggle Time	#1400-A	6:25-7:10 pm	\$43

Wednesdays June 14-July 19

No class July 5 5 sessions

Wiggle Time	#1400-B	9-9:45 am	\$36
Little Tumblers	#1401-B	9:55-10:40 am	\$36
Tumblers	#6000-B	5-6 pm	\$48
Little Tumblers	#1401-C	6:10-6:55 pm	\$36
Tumblers	#6000-C	7:05-8:05 pm	\$48
Twisters	#6034-B	7:05-8:35 pm	\$71

Thursdays June 15-July 20

No class July 6 5 sessions

Little Tumblers	#1401-D	4:05-4:50 pm	\$36
Tumblers	#6000-D	5-6 pm	\$48
Tumblers	#6000-E	6:10-7:10 pm	\$48
Twisters	#6034-C	6:10-7:40 pm	\$71
Open Gym	#6039	7:45-8:15 pm	\$5

Summer II

Wednesdays July 26-August 16 4 sessions

Wiggle Time	#1400-C	9-9:45 am	\$29
Little Tumblers	#1401-E	9:55-10:40 am	\$29
Tumblers	#6000-F	5-6 pm	\$38
Little Tumblers	#1401-F	6:10-6:55 pm	\$29
Tumblers	#6000-G	7:05-8:05 pm	\$38
Twisters	#6034-D	7:05-8:35 pm	\$57

Thursdays July 27-August 10 3 sessions

Little Tumblers	#1401-G	4:05-4:50 pm	\$22
Tumblers	#6000-H	5-6 pm	\$29
Tumblers	#6000-J	6:10-7:10 pm	\$29
Twisters	#6034-E	6:10-7:40 pm	\$43
Open Gym	#6039	7:45-8:15 pm	\$5



Youth Recreation & Sports



Fishing

Entering Grades 4-9

Learn about the local fish in the lakes where you live. You don't have to travel far or have a lot of fancy equipment. Fish locally and have a blast learning about the biology hidden under the water. Participants will be provided with basic fishing gear and learn about safety before fishing from the Golden Lake Park dock.

CSGA Enrichment

#2315 M-Th July 10-13
4 sessions \$170 9 am-noon
Golden Lake Park Dock

Intro to Canoeing on Rice Creek

Entering Grades 6-9

Join Centennial Scouting on a guided canoe excursion through the Rice Creek Chain of Lakes. We will start at the canoe launch on Rice Lake and end near Golden Lake. Canoes and life jackets will be provided. Life jackets must be worn appropriately. Parents are welcome to participate with their child. Please register parent/child separately.

The trip is led by Curt Theis, Scout Leader with Troop 65 and Crew 65, and other local Scout leaders from Centennial Area Scouting.

#8724 Su June 11
\$18 9 am-1 pm

Archery Club

Entering Grades 2-8

Explore archery as a lifetime sport while developing National Archery in the Schools Program (NASP) target archery skills. Learn safe techniques and practices; acquire skills related to effective communication, cooperation, rules, and respect in a group; use practice to improve skills and reach goals; rehearse good sportsmanship and gain exposure to the value of natural resources and the outdoor community.

Equipment provided (Genesis Compound bows) via the Minnesota Department of Natural Resources (NASP), National Wild Turkey Federation (Struttin' Toms Chapter), Minnesota Deer Hunters Association (Lakes Chapter), Minnesota Bowhunters, Inc., Centennial Community Education and Anoka County Youth Initiatives Grant.

Matt Doth

3 sessions \$45 CHS/East: Lower Gym

Grades 2-4 Mon July 10-24

#6360-A 6-7 pm
#6360-B 7:15-8:15 pm

Grades 5-8 Tu July 11-25

#6360-C 6-7 pm
#6360-D 7:15-8:15 pm

Blastball

Ages 3-5

Discover this fast-paced game that teaches the fundamentals of baseball and softball. Hitting, running, throwing, and fielding will be covered. A parent/guardian is required to be on the field participating with their child. Teamwork, sportsmanship and safety will be emphasized. Each session includes instruction time and game play. Blast base honks when you jump on it adding to the excitement to make it to first base. Bring a baseball glove. Participants will receive a drawstring bag.

4 sessions Tu May 5-30 \$49

CVE: Field 1

#6181-A 5:30-6:15 pm
#6181-B 6:30-7:15 pm

4 sessions Tu July 11-Aug 1 \$49

GLE: Field 1 & 2

#6181-C 5:30-6:15 pm
#6181-D 6:30-7:15 pm

T-Ball

Ages 5-6

This class will focus on fun fundamentals. Children will learn basics and sportsmanship. Please dress for being active, bring a glove and a filled water bottle. Children will practice and scrimmage. T-shirt and hat included. Provide shirt size when registering.

Ingrid Noha and Beckett Babiash

6 sessions \$79

GL: Field W June 14-July 26

No July 5

#6251-A 5:30-6:15 pm
#6251-B 6:30-7:15 pm

Austin Park Th June 15-July 27

No July 6

#6251-C 5:30-6:15 pm
#6251-D 6:30-7:15 pm

Coach Pitch Baseball

Ages 6-10

Coach-pitch baseball for players who are a little more advanced than t-ball. If registration numbers allow, we will group players based on age. The coaches will pitch the ball to the batters overhand, instead of hitting off a tee. Players need a glove, helmet, and water bottle. Fee includes a t-shirt and hat. We are using fields at Golden Lake and Centerville Elementary. Please register for your preferred location. We will do our best to honor your location preference, but we will group by age first. Teams will practice and play games at one of those two locations. Approximate times will be 6-7 or 7-8 pm. Practices on Tuesdays will share field and green spaces. Coaches will call their own games on Thursdays - no umpires. We will try and honor one friend request per player - please note this at time of registration, and they must be mutual requests. Each location will have 4 teams, with a max of 12 players per team.

12 sessions \$79 Tu/Th June 13-Aug 3

No July 4 & 6 6-8 pm

#6352-A CVE: Field 2 & 3
#6352-B GLE: Field 1 & 2

We need volunteer coaches, 2 per team. Coaches will receive a refund on registration fees.



Cougar Cub Girls Basketball Camp Entering Grades 1-3

Time to grab your shoes and water bottle and hit the court. Be a part of the Centennial Cougar Girls' Basketball program by working on the same fundamentals as our high school varsity program. All levels of players are welcome. Players will work to improve their skills based on the level of play they are at - from beginners to those playing in our traveling program. Players will focus on the fundamental skills of dribbling, passing, shooting, and defense through a variety of instruction and games. By the end of the camp, advanced skills will be introduced to players for them to take home and continue to work on their game. Price includes a t-shirt.

Centennial Cougar Girls' Basketball varsity staff and players

#6150 M/W June 12-28
6 sessions \$89 1:30-3 pm
CMS: Gyms

We have sports camps for preschool kids

See pages 36, 37, 44, 45 & 48-51

Cougar Girls Basketball Camp Entering Grades 4-12

Join the Centennial High School Girls' Basketball varsity coaching staff as we continue to work to develop some of the best basketball players in the state. Players will work to improve their dribbling, passing, shooting, and defensive skills through a variety of instruction and games. Players will be given ideas to take home in the off-season to help to continue to improve skills that can be transferred over to their game. Price includes a t-shirt.

Centennial Cougar Girls' Basketball varsity staff and players

12 sessions \$235 CMS: Gyms

Tu/Th June 13-July 27 No July 4 & 6

#6105-A Grades 4-5 1:30-3:30 pm
#6105-B Grades 6-7 11:15 am-1:15 pm

M/W June 12-July 26 No July 3 & 5

#6105-C Grades 8-12 11:15 am-1:15 pm

Cougar Boys Basketball Camp Entering Grades K-8

Time to grab your shoes and hit the court for this beginning basketball camp. Players will work with the high school coaching staff and players to learn the fundamentals of basketball. There is lots of instruction centered around creating a fun, comfortable environment for all involved. Camp includes t-shirt. Please bring clean/dry tennis shoes.

Centennial Cougar Boys' Basketball varsity staff and players

4 sessions M-Th June 26-29

CHS/West: Gyms

#6154-A Grades 7-8
12:30-2 pm \$85

4 sessions M-Th June 19-22

CHS/West: Gyms

#6154-B Grades K-3
12:30-1:30 pm \$59

#6154-C Grades 4-6
1:45-3:15 pm \$85

Boys Basketball Skills Sessions

Entering Grades 1-12

Join Coach Waldvogel and other coaches for a chance to get back in the gym and work on your game. These sessions will be skills based. Please bring your own ball, water bottle, and clean/dry tennis shoes.

Centennial Cougar Boys' Basketball varsity staff

**June 12-July 27 CHS/West: Gyms
No practice July 3-6 and July 10-13**

#6106-A Grades 1-3 M/Tu
10 sessions 9:30-10:30 am \$105

#6106-B Grades 4-6 W/Th
10 sessions 9:30-10:30 am \$105

#6106-C Grades 7-8 M-Th
20 sessions 10:30-11:30 am \$215

#6106-D Grades 9-10 M-Th
20 sessions 7:30-8:30 am \$215

#6106-E Grades 11-12 M-Th
20 sessions 8:30-9:30 am \$215

Boys Basketball Open Gym Ages 4-12

The west building gym will be open on Tuesday, Wednesday and Thursday nights from 7-9 pm for boys basketball players to practice their skills. A gym supervisor will be onsite for the duration of the open gym. High School coaches may be present on occasion to offer assistance; however, this is not an instructional program - just a chance for boys to work on their game. Participants will check in each night. There will be no open gym the week of July 4-6. You must preregister to attend - no walk ups!

#6149 Tu/W/Th June 13-July 27
18 sessions \$75 7-9 pm
CHS: West Gyms

Boys registered in the summer basketball skills session above (course #6106) can register for basketball open gym at the reduced rate of \$50.

Please consider donating to our new scholarship fund.

Before you check out add course #50 to make a donation and help our community.

See details on page 7

Cheerleading



Middle School Cheer Camp Entering Grades 5-8

Throughout these cougar camp sessions current and future cheerleaders will learn and refine the skills needed for competitive cheerleading. The camp in May is open to anyone who wants to see what cheerleading is all about. We will teach and work on skills such as stunting, tumbling, jumps, and so much more!

If you find yourself LOVING cheer, please join us in June as we host our tryout week!

Material for tryouts will consist of learning a short cheer chant, a dance, a jump sequence, and tumbling if you have it. Coaches will be watching your stunting skills throughout the week as well. You must attend all learning material days in order to tryout.

Tryouts, if interested, will be June 22 at 5:30 pm in the West Cafeteria.

All girls will receive a spot on either the competitive or recreational team. 5th graders do not need to try out. If you are unable to make tryouts please let us know. You can automatically register for the recreational team as the competitive team is only open for grades 6-8. Those that register for this camp will receive detailed information about the entire cheer season.

*Danielle Laski and Rachael Lichtenberg,
CMS Cheer Coaches*

3 sessions \$74 CHS/West: Cafeteria M-W 5:30-7:30 pm

#6510-A May 22-24

#6510-B June 19-21

Centennial Middle School Cheer Grades 5-8

Welcome to cheer, here is some helpful information about how our teams work.

Red is our competitive team.

This team is very competitive. Participants must be able to make all practices and competitions and make this their priority. The season starts in July and runs through the end of January. (We do realize that families do have summer vacations already planned, and we'll work around those)

Monday night practice will start July 31. Once school starts practices will be Monday and Tuesday nights, Friday night practices will be added in December until the end of the season. One Saturday a month in Sept and Oct will be added for skills and choreography, as well as a January practice for a final clean up before state.

Fee \$715. \$340 due at time of registration and 3 payments of \$125 will be deducted on 8/15, 9/15 and 10/15.

Registration for cheer this year has increased in order to provide the team a more competitive edge by investing in a professional routine choreography and skills camps throughout the season. Financial assistance is available to those that qualify.

The White Team

The white team will practice once a week with possible additional practices (if we can secure space) on competition weeks. Registration fee includes coaching, music, a t-shirt, a bow, and a pair of socks. Athletes will need to provide cheer shoes and purchase uniform shorts, if they do not have a pair. Fee: \$225

Coaches

Head Coach: Danielle Laske Centennial Cheerleading alumna who fell in love with coaching the moment she had the opportunity to coach the Middle School team in the 2015-16 year. Since then, she has coached the Elementary and Middle School teams. "I think one of my favorite things about coaching is watching the athletes grow throughout the years. A lot of girls I used to coach have graduated and moved onto college cheerleading and I am so blessed I was able to be a small part of their cheerleading careers."

Rachael Lichtenberg Rachael cheered for Centennial Middle School in 6th and 8th grade, and Centennial Varsity and Northern Elite All Stars in 2012-13. Her favorite parts of cheer were stunting and tumbling. She visited the Centennial Middle School team during the 2020-21 season and was immediately interested in joining the coaching team! After a long break from cheer, she is ready to join the program again and bring her skills to the team.



Cougarettes Elementary Cheer Camp

Entering Grades 1-5

Join us evenings in June & July for this summer camp. Activity number #6171. Check online for details.

Fall Mini Cougar Cheer Clinic

Entering Grades 1-5

Your mini Cougar will learn and perform cheers with the CHS varsity cheerleaders during part of a Centennial home football game.

Practice for the game will be the Saturday before the game. Your mini Cougar will cheer with the high school team on the sideline and then perform with them at half time. Pick up your mini Cougar after the half-time routine to join you in the stands to watch the remainder of the game. Wear comfy athletic clothes, tennis shoes and bring a water bottle. Registration fee includes poms, cheer bow, snack during the clinic and child game day entrance fee. Guardians/spectators need to pay admission to the game.

On game day, arrive at 5:45 pm to check in at the West Gym to get ready. At game time, girls will sit with their families to start and then join the cheerleaders on the sideline at the designated time and then perform at halftime. Family members will need to pay to attend the game.

Registration will close 10 days before game day.

#6172	Sa	TBD	12-4 pm
2 sessions	F	TBD	5:45 pm drop off
\$49	CHS/West: Cafeteria and Gym		

Intro to Cheerleading Grades 4-7

Do you want to learn more about cheer and see what it's all about? No prior cheer experience is necessary. Space is limited. Register for one or all three. Centennial Middle School has a competitive cheerleading team.

The team practices July-January and attends competitions on weekends, including the state competition in St Paul. Practice 2 nights a week with some additional added practices before competitions. Wear comfortable clothing, and tennis shoes.

Free Mon 6-7:30 pm CMS: Gym 5/Studio

#6511-A April 24 #6511-B May 1 #6511-C May 8

FREE

Centennial Dance Clinic

Entering Grades K-6

Join the Centennial High School Dance Team for an evening of dance, pizza and fun. Learn a dance routine from the high school dancers and coaching staff to perform on the field at the Centennial High School stadium at a 7 pm game (date TBD).

Guests will need to pay an admission fee to the game. Practice for the performance will be the Thursday before from 5:30-7:30 pm in the east building lower gym.

On Friday, drop your dancer off in the west building cafeteria at 6:30 pm to practice before the game.

Price includes a t-shirt, pizza dinner (Thursday), game entry fee and dance instruction. Please indicate t-shirt size when registering.

**Registration will close
10 days before game day.**

#5553	2 sessions	\$49
Th	TBD 5:30-7:30 pm	CHS/East: Lower Gym
F	TBD 6:30 pm	CHS/West: Cafeteria

Fencing 4.1 Summer Camp

Entering Grades 2-9

New and returning participants invited. Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment. Join us in this sport deemed the "sport of the intellectual athlete."

Youth Enrichment League trained instructor

#6029	M-Th	July 24-27
4 sessions	\$132	9 am-noon
CHS/East: Lower Gym		

Conquer Ninja

All classes and camps are held at Conquer Ninja Gym in Blaine and are coached by an experienced Ninja trainer.



Conquer Ninja Rec Team Ages 6-13

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Not only is it the fastest growing sport, but it is the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve.

Our Rec Team is designed for youth ages 6-13 of all experience levels. Practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders, and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their ninja skills with over 40 different obstacles. This program consists of 6 practices and 2 competitions (week 4 & 8).

8 sessions \$185

Su July 9-Aug 27

#6213-A1 Ages 6-13 5:15-6:15 pm
#6213-A2 Ages 6-9 6:15-7:15 pm

Tu July 11-29

#6213-B1 Ages 8-13 5:15-6:15 pm
#6213-B2 Ages 6-13 6:30-7:30 pm

Intro to Ninja

Ages 6-13

Young Ninjas develop strength and agility during this course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, coordination, and self-esteem that can be transferred into ninja levels testing or enhance other athletic performances.

4 sessions \$80

#6210-A Ages 5-9 June 4-25
Su 4-5 pm

#6210-B Ages 5-13 June 7-28
W 5:15-6:15 pm

8 sessions \$160

#6210-C Ages 5-13 July 9-Aug 27
Su 4-5 pm

#6210-D1 Ages 5-9 July 12-Aug 30
W 5:15-6:15 pm

#6210-D2 Ages 5-13 July 12-Aug 30
W 6:30-7:30 pm

Conquer Ninja Summer Camp

Ages 6-13

This summer give your child an American Ninja Warrior Experience! Young Ninjas develop strength and agility during this camp by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; everything you need to put your ninja skills to work! This camp transfers well into ninja levels testing or enhances other athletic performances.

4 sessions \$175 T-F 9-11 am

#6211-A June 13-16
#6211-B June 20-23
#6211-C June 27-30
#6211-D July 11-14
#6211-E July 18-21
#6211-F July 25-28
#6211-G Aug 1-4
#6211-H Aug 8-11
#6211-I Aug 15-18
#6211-J Aug 22-25
#6211-K Aug 29-Sept 1



Cross Country Training Camp Entering Grades 3-6

Find out what cross country running is all about. Learn about the concept of pace, and practice managing that pace at varying distances.

Discover basic aspects of proper running form and distance running heroes of the past.

In a world where many sports utilize running as a form of punishment, the intention of this program is to introduce participants to distance running in a way that is fun, engaging, and relevant to their life.

Wear sunscreen, socks and running shoes, shirt and shorts.

#6208 M-Th July 31-Aug 3
4 sessions \$69 9:30-11 am
CHS: Track & HS/West: Room 605



Like to run?

Check out Centennial Middle School Track & Field

on page 47



Cougar Football



Youth Cougar Football Camp Entering Grades 2-5

Designed for tackle football players. This camp features offensive instruction including technique play for quarterbacks, running backs, receivers and linemen. Defensive instruction includes technique play for interior linemen, linebackers, ends and defensive backs. Kicking game skills will also be covered. Participants will be divided into groups according to age. Come in comfortable athletic clothing and tennis shoes. Helmet and other equipment not needed. Bring a water bottle with your name on it. Camp includes a t-shirt.

Players who are signed up with CYFA for fall 2023 tackle football can attend camp for free, but must register.

For non-CYFA players: \$65.
Registrations received after July 24 cannot be guaranteed a t-shirt.

3 sessions M-W July 31-Aug 2
CHS: Stadium

#6104-A Grades 2-3 5:30-6:30 pm
#6104-B Grades 4-5 6:45-7:45 pm

Cougar Football Camp Entering Grades 6-8

Learn the Cougar offense, a few new wrinkles, and the 4-2-5 Defense used at all levels of play in the high school. The camp will help players get a head start on the season. Camp includes a t-shirt.

Players who are signed up with CYFA for fall 2023 tackle football can attend camp for free, but must register.

For those not registered with CYFA, camp fee is \$79.

#6113 M-W July 24-26
3 sessions 6:30-7:45 pm
CHS: Stadium



7th Annual Mom & Me Football Challenge Entering Grades 2-5

Time for moms to get out of the stands and spend some time on the turf. Sign up for our 7th annual Mom and Me Football Challenge.

Join Coach Spencer and HS football players for a fun evening. Participants will participate in a number of contests, some involving skill, while others will just be for fun of it. Moms or other adult females are welcome to attend with sons and daughters.

For completing this skills challenge, adults will be rewarded with a special edition hooded t-shirt.



Please indicate t-shirt size when registering-shirts are a women's cut.

Bring a water bottle and dress to play! Must register by July 20 to be guaranteed a shirt at camp. Registrations after July 20, shirts will be available mid-August. We will contact you when they arrive in our office for pick-up.

#6116 Th Aug 10 6:30-7:45 pm
\$28 adult/child pair
\$6 additional child
CHS Stadium

PLAY LIKE A PRO

play  **FLAG**
OFFICIAL FLAG FOOTBALL LEAGUE OF THE NFL

No Experience Necessary • Practice before games



Boys & Girls
Pre-K through 8th Grade

Fall Registration Opening in May

www.VikingsNFLFLAG.com



Centennial Youth Flag Football

Join the Cougar team!

Why flag football for K-1?

- Introduce football in a non-contact setting (strictly enforced)
- Learn and focus on fundamentals, various positions & skills, terminology, game rules, sportsmanship + more
- Promote physical activity and form new friendships



➔ Visit centennialyouthfootball.com to register for flag and learn more

Older? Visit the same site to register for 2-8 tackle football!

Grades: K – 1 (boys & girls)

Cost: \$65 (includes game jersey, flags/belt, referees and field use)
Player will need athletic shoes or molded cleats, and a mouth guard.

Additional questions? Contact: cyfamn@gmail.com



Key flag dates

Registration: April 1 – August 15

Practices: Begin late August/early September

Games*: Early September – mid October

*Games begin after Labor Day and end by Oct. 15.
8-10 total games played, all at Aquatore Park in Blaine.



Centennial Youth Tackle Football

Join the Cougar team!

Why tackle football?

- Experience the ultimate team-building sport and meet new people
- Develop skills properly, leveraging new and safer tackling techniques
- Increase physical strength and great overall exercise
- Apply life lessons off the field; build resilience



Visit **centennialyouthfootball.com** to register for tackle and learn more

Not in 2nd grade yet? Visit the same site to register for K-1 flag football!

Grades: 2 – 8 (boys & girls)

Cost: \$225 grades 3-8; \$99 grade 2

Contact: cyfamn@gmail.com



Key tackle dates

Registration: April 1 – June 27

Weigh-ins: May 15 and June 27

Clinics: June 20, 22, 26 & 28 (optional)

Camps: July 24 – 26 (Gr. 6-8);
July 31 – Aug. 2 (Gr. 2-5)

Practices: Begin week of Aug. 7

Games*: Late August – late October

*Games could begin the last week of August; final bowl games weekend of Oct. 14-15 for grades 2-6 and end of October for grades 7-8.





After-School Soccer

Grades K-5

Join high school players and/or coaches for a fun after-school soccer program. Lessons will work on fundamentals through skills and drills. We'll focus on having fun and being active. Scrimmages will take place as well. K-grade 2 will meet in the gym. Please have a water bottle, shin guards and tennis shoes. Grades 3-5 will meet outside weather permitting. Please have appropriate outdoor wear, tennis shoes if class will be inside, or soccer cleats are fine if class is outside, a water bottle and shin guards. **Led by CHS Varsity Coaches and players**

Grades K-2	3 session	\$29	3:45-4:45 pm
#6419-A	Rice Lake	M	April 10-24
#6419-C	Blue Heron	Tu	April 11-25
#6419-E	Centennial	Tu	April 11-25
#6419-G	Centerville	W	April 12-26
#6419-K	Golden Lake	Th	April 13-27

Grades 3-5	4 sessions	\$39	3:45-5 pm
#6419-B	Rice Lake	M	May 1-22
#6419-D	Blue Heron	Tu	May 2-23
#6419-F	Centennial	Tu	May 2-23
#6419-H	Centerville	W	May 3-24
#6419-K	Golden Lake	Th	May 4-25

Mini Kickers

Boys & Girls Ages 3-5

Get ready for a fun camp with the CHS Boys' Soccer coach and players. Learn soccer basics through fun games and activities, as well as meeting new friends and being active. We encourage parents to participate along with their 3-year-old child. Please bring tennis shoes, a ball (if you have one), and a filled water bottle. Campers will receive a t-shirt, indicate size when registering.

Age 3 CHS: Practice Turf

#6379-A	M/Tu	June 12-13
2 sessions	\$21	10:15-10:45 am
#6379-B	M/Tu	June 19-27
4 sessions	\$39	10:15-10:45 am

Ages 4-5 CHS: Practice Turf

#6379-C	M/Tu	June 12-13
2 sessions	\$29	10:15-11 am
#6379-D	M/Tu	June 19-27
4 Sessions	\$49	10:15-11 am



Cougar Youth Soccer Camp

Entering Grade 1-6

Get ready for a fun camp with the CHS boys' soccer coach and players. Learn soccer basics through fun games and activities. Camp weeks will build skills independently or can work together. Register for any week, or for a more intensive experience, register for both weeks. Please bring tennis shoes, shin guards, a ball (if you have one), and a filled water bottle. Includes a t-shirt, indicate size when registering. This camp is open to all genders.

CHS Practice Turf

Grade 1-3

#6191-A	M/Tu	July 10-11
2 sessions	\$39	10:15-11:30 am
#6191-B	M/Tu	July 17-25
4 sessions	\$69	10:15-11:30 am

Grades 4-6

#6191-C	M/Tu	July 10-11
2 sessions	\$49	10:15 am-noon
#6191-D	M/Tu	July 17-25
4 Sessions	\$89	10:15-noon

Cougar Boys Soccer

Entering Grades 7-12

Join Coach Ottosen and other Centennial High School coaches for training sessions to get ready for the fall season. Sessions will focus on skill-building possession and passing skills, patterns of play, formations, goal scoring and high school plays. We'll also cover player development and try out preparation.

#6192	June 12-July 27	\$259	16 sessions
M/Tu	Practices	8:30-10 am	Practice Turf
Sun	Games	6-8 pm	CHS: Stadium
No meeting on Sun, July 16			
Game will be on Mon, July 17			

CHS Girls Cougar Soccer Camp

Entering Grades 8-12

Designed for competitive female soccer players who are interested in playing high school soccer in the fall. Athletes will focus on both individual technique and team tactics, and be challenged by some of the same activities and tests included in August tryouts. Please bring a water bottle, shin guards, soccer ball and cleats. A training shirt is provided.

CHS Varsity Coaches

#6304	M-Th	June 26-29
4 sessions	\$95	8-10 am
CHS: Practice Turf Field		



Skating Lesson at Centennial Ice Arena Led by Experienced Sports Arena staff

Beginning Skating Lessons

Ages 4-9 with no prior skating experience or very novice skaters

Our focus will be on building comfort and safety on the ice for these new skaters in a fun environment. Learn the basics: how to stop, turn, fall properly and get up safely. Dress in comfortable and warm clothing (mittens or gloves). Please bring your own skates and helmet (bike helmets work).

#6110-A	M	June 12-Aug 7	No class July 3
8 sessions	\$60	5:15-6:05 pm	
#6110-C	M	June 12-Aug 7	No class July 3
8 sessions	\$60	6:15-7:05 pm	
#6110-B	M	Aug 14-Sep 18	No class Sep 4
5 sessions	\$38	5:25-6:15 pm	
#6110-D	M	Aug 14-Sep 18	No class Sep 4
5 sessions	\$38	6:25-7:15 pm	

Intermediate Skating Lessons

Ages 4-9 with one year or less of skating experience

Instruction will be individualized to those more intermediate skaters. Some of the things we may cover include: simple turns, spins, and jumps. Edge work, forward stride and backward skating will be introduced. Dress in comfortable and warm clothing, mittens or gloves. Bring your own skates and helmet (bike helmets work).

#6111-A	M	June 12-Aug 7	No class July 3
8 sessions	\$60	5:15-6:05 pm	
#6111-B	M	Aug 14-Sep 18	No class Sep 4
5 sessions	\$38	5:25-6:15 pm	

Advanced Skating Lessons

Ages 4-9 with over one year of skating experience

Instruction will be individualized to those more advanced skaters. Edge work, forward stride and backward skating will be covered.

#6112	M	June 12-Aug 7	No class July 3
8 sessions	\$60	6:25-7:15 pm	

Lil Scoopers: Intro to Lacrosse

Boys & Girls Ages 4-6

A fun, safe introduction to the sport of lacrosse. Sessions will teach the basics of lacrosse by combining various skills and drills with fun and exciting games. Each session is designed to promote coordination, motor skills, physical fitness and self-confidence. Our goal is for each participant to develop as a player and a person. Your child will learn the game of lacrosse, while benefiting from the development of social and listening skills, increased self-confidence, meeting new friends and good sportsmanship. We hope to promote a love of lacrosse that will last through high school and beyond! Cost includes t-shirt and mini stick for your player to keep. No equipment required.

Centennial Youth Lacrosse Association

6 sessions \$75 Su June 4-July 16

Lexington Athletic Complex

#6170-A 5:30-6:30 pm

#6170-B 6:30-7:30 pm



Girls Cougar Volleyball Camp Entering Grades 4-9

Learn the fundamentals and increase individual skill level while being introduced to team play. In addition to basics, grades 7-9 will work on offensive and defensive skills, individual and team strategy. Bring knee pads. Camp includes t-shirt.

*Jackie Rehbein-Manthey, CHS Varsity
Volleyball Coach*

4 sessions \$79 M-Th

July 10-13 CHS/West: Gyms

#6350-A Grades 4-6 8-9:45 am

#6350-B Grades 7-9 10-11:45 am



Tenicity Tennis

Tenicity Tennis Program is led by former Wimbledon player, winner of ATP Professional titles, and U.S. Collegiate Division 1 National Champion, Harsh Mankad. Harsh has over 10 years of experience leading tennis programs and developing players including to the Division 1 college level. His team of coaches are trained in the program's methods to deliver lessons that create fun, positive, and engaging learning experiences. Check out <https://tenicity.com> to learn more about Tenicity's Tennis Program.

Tenicity Group Tennis Lessons

Introduction Path

Ages 5-17 Beginner

Players at the beginner level will be introduced to the lifelong game of tennis and will develop foundation skills in a structured 1-week session. The lessons will be progressively designed to create fun, positive, and engaging learning experiences.

#6204A M-Th 10:30-11:30 am
4 lessons \$55/session
CHS: Tennis Courts

Age Groups 5-7, 8-10, 11-14 & 15-17

Session 1: June 12-15
Session 2: June 19-22
Session 3: June 26-29
Session 4: July 10-13
Session 5: July 17-20
Session 6: July 24-27
Session 7: July 31-Aug 3
Session 8: Aug 7-10
Session 9: Aug 14-17

Tenicity Group Tennis Lessons

Development Path Ages 5-17 Beginner & Intermediate

Players at the beginner and intermediate skill level will develop their tennis skills in a structured 3-week session with progressively designed lessons.

Tenicity's Development Pathway

The levels of Beginner and Intermediate are each divided into 3 stages of development with a set of specific game development skills. Players will be placed in the appropriate stage of training based on their skills.

#6204B M-Th 9:30-10:30 am
12 lessons \$165/session
CHS: Tennis Courts

Age Groups 5-7, 8-10, 11-14 & 15-17

Session 1: June 12-June 29
Session 2: July 10-July 27
Session 3: July 31-Aug 17



Tenicity Team Tennis Match Play Ages 10-16



Match play ready players (please see skill description below) are invited to join this new and exciting team tennis match play program. Players will represent one of three teams and play matches against other teams in a home and away environment. The program will conclude with a fun awards event. Tenicity's Development Pathway: In our program, each of the levels of beginner, intermediate, and advanced, are divided into 3 stages of development with defined skills. Match play readiness is achieved by players who have demonstrated competency in our Intermediate Stage 1 skills mentioned below.

Match Play Ready Skills

Please use the below list to gauge the player's readiness for this program:

- ◆ Has developed full swings on groundstrokes and can rally on the full court length.
- ◆ Has developed consistency and placement on the serve and return of serve to begin points.
- ◆ Has developed foundation net play (volleys and overheads) technique.
- ◆ Knows tennis rules and scoring for singles and doubles play.

For questions regarding match play readiness, please contact Tenicity's Head Coach Harsh Mankad at harsh@tenicity.com or at 651-285-7280.

There are 3 teams: Centennial, Blaine, and New Brighton. A player registering through Centennial will be placed on Centennial's team and the same for the others. Each team will consist of 6 players. Each player will receive a team shirt.

6 matches \$164 3:30-5 pm

#6201-A Ages 10-12 on Tuesdays
#6201-B Ages 13-16 on Thursdays

Program Dates, times and location

June 13 and 15
Centennial High School in Lino Lakes
June 20 and 22
Jim Peterson Athletic Complex in Blaine
June 27 and 29
Irondale High School in New Brighton
July 11 and 13
Centennial High School in Lino Lakes
July 18 and 20
Jim Peterson Athletic Complex in Blaine
July 25 and 27
Irondale High School in New Brighton





Centennial Middle School Track & Field Grades 6-8

This program is open to Centennial Middle School students only. Athletes will compete against other schools in our conference in various running, jumping, and throwing events. Practice begins April 3 for 6th graders and April 4 for all other athletes. The season ends May 25. Please watch your email/texts if we are having inclement weather, we will also make announcements in school to update the practice status.

Meets: There will be one or two meets each week. Meets will be with other schools in our conference. Meet dates will be announced as soon as we receive that information. Athletes will receive a uniform shirt, but will need to provide their own shorts and shoes. Transportation is provided to and from meet sites for athletes. Athletes will need to arrange for transportation home from the middle school following the meets.

Sports Physicals: Sports physicals are not required for 6th grade students. They are highly recommended but not required for 7-8th grade students. Physicals are good for three years unless restrictions exist.

There will be after-school activity buses available and after-school supervision until 6 pm if needed. Fees are nonrefundable after April 10.

#6619 M-Th April 3-May 25
30/31 sessions \$195 3:10-4:35 pm
CMS: Track

**Team t-shirt
is included.**



Cougar Strength Weight Training

Entering Grades 6-12

Cougar Strength is designed for ALL Centennial student athletes who want to develop explosive power, absolute strength, muscular endurance, speed, quickness, agility, flexibility, and cardiovascular fitness. The program achieves these measured athletic qualities from the use of Olympic lifts and their variations along with other movement preparatory exercises; high-intensity, strength-building exercises; exercises containing plyometric properties; proper technique and teaching progressions; and researched program design and periodization.

Cougar Strength is the only program in the school that connects ALL of our athletes and brings them into one room with a common goal - developing themselves as an athlete to help their teams be successful. Cougar Strength will challenge you and bring your game to the next level. If you are ready to invest in your future success and more importantly, Centennial athletics future success, sign up today!

**28 sessions M-Th June 12-Aug 3 No July 3-6
Centennial Sports Arena: Weight Room**

Look for the session title that correlates with the grade level entering for fall of 2023-24 school year and your experience level.

#6300-1 Grade 11-12 Males 6:45-8:15 am \$99

This upperclassmen group is high intensity, competitive, data driven and will be fast paced. It will be assumed that individuals in this group will have some previous strength training experience.

#6300-2 Grade 9-12 Females 8-9:15 am \$94

This high school group is high intensity, competitive, data driven and will move at a fast pace. Athletes will learn to follow a specific program for improving the athlete. Progressions and grouping will be developed based on the individuals experience.

#6300-3 Grade 9-10 Males 8:45-10 am \$94

This high school group is high intensity, competitive, data driven and will move at a fast pace. Athletes will learn to follow a specific program for improving the athlete. Progressions and groupings will be developed based on the individuals experience.

#6300-4 Grade 7/8 Males 9:30-10:30 am \$89

#6300-5 Grade 7/8 Females 10-11 am \$89

This newly created 7/8th grade group will be geared for athletes that want to move at a faster pace, increased intensity and prepare you for what you will experience as a high school athlete. This group will be set up like our first three sessions but will spend more time establishing the foundation.

#6300-6 Grade 6 Males & Females 10:30-11:15 am \$84

This newly created 6th grade group will introduce the athlete to the movements performed in Cougar Strength. Through a fun and high energy atmosphere, athletes will learn proper speed/agility mechanics, proper jumping mechanics & introduced to resistance training.

Skyhawks Camps

Wear appropriate clothing and bring two snacks, a water bottle, running/tennis shoes, and sunscreen for outdoor camps.



Skyhawks Mini Hawk Camp

Ages 4-7

This t-ball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. Participants should wear appropriate clothing and bring two snacks, a water bottle, running shoes and sunscreen.

#6166-A M-Th June 19-22
T-ball, soccer and basketball
4 sessions \$139 9 am-noon
CMS Gym 3 & Field 8

#6166-B M-Th July 17-20
T-ball, soccer and flag football
4 sessions \$139 9 am-noon
LaMotte Park

Skyhawks Volleyball Camp

Ages 5-12

All aspects of volleyball are taught through drills and exercises that focus on bumping, setting, hitting, and serving. This program is designed for the beginner and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

4 sessions \$139 M-Th

June 19-22 BH: Gym 1 & 2

#6157-A1 Ages 5-8 9 am-noon
#6157-A2 Ages 6-12 1-4 pm

July 24-27 BH: Gym 1 & 2

#6157-B Ages 6-12 9 am-noon

July 31-Aug 3 CMS: Gym 1 & 2

#6157-C Ages 6-12 9 am-noon

Skyhawks Multi Sport Camp

Ages 6-12

Our Multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine basketball, soccer and flag football into one fun-filled week. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

#6164-A M-Th June 19-22
4 sessions \$139 1-4 pm
Jim Peterson Athletic Complex

#6164-B M-Th July 31-Aug 3
4 sessions \$139 1-4 pm
CMS: Field 8



Skyhawks Basketball Camp

Ages 6-12

This fun, skill-intensive program is designed for beginning to intermediate players. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Please bring clean/dry gym shoes (no street shoes),

4 sessions \$139 1-4 pm

#6160-A M-Th July 10-13
CHS/East: Upper Gym

#6160-B M-Th July 17-20
CHS/East: Lower Gym



Skyhawks Beginning Golf Camp

Ages 5-12

Skyhawks Beginning Golf is the recommended entry-level golf program. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swings, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

#6418-A Ages 5-8 M-Th June 26-29
4 sessions \$139 9 am-noon
CMS: Field 8

#6418-B Ages 5-8 Th-F July 6-7
2 sessions \$70 9 am-noon
CMS: Field 8

#6418-C Ages 6-12 Th-F July 6-7
2 sessions \$70 1-4 pm
CMS: Field 8

Skyhawks Soccer Camp

Ages 6-12

Designed for beginner and intermediate players, this camp focuses on dribbling, passing, shooting and ball control. Using a variety of skill-based games, athletes are able to practice skills constantly over the course of the week, while having FUN! Participants will put all of their newly learned skills to use during our World Cup tournament day, which is the last day of camp.

#6161 M-Th Aug 7-10
4 sessions \$139 1-4 pm
CMS: Field 8



Skyhawks Super Tots Soccer Ages 2-4

Super-Tots Soccer uses age-appropriate games to engage kids in sports. The goal of this class is to develop kicking, running control, and dribbling. It also teaches listening and following instructions. The class uses a variety of fun games with lots of physical activity.

4 sessions M June 12-July 10 \$69
CMS: Field 8

#6161-A Ages 2-3 5-5:30 pm
#6161-B Ages 3-4 5:35-6:05 pm
#6161-C Ages 2-3 6:10-6:40 pm
#6161-D Ages 3-4 6:45-7:15 pm

4 sessions W July 19-Aug 9 \$69
CMS: Field 8

#6161-E Ages 2-3 5-5:30 pm
#6161-F Ages 3-4 5:35-6:05 pm
#6161-G Ages 2-3 6:10-6:40 pm
#6161-H Ages 3-4 6:45-7:15 pm

Skyhawks Track & Field Ages 6-12

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teach the standard track & field events: long distance, sprints, relays, shot put, discus, and standing long jump. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. Participants put it all together for one fun-filled day at the Skyhawks track meet!

4 sessions M-Th \$139 CMS: Track
#6162-A June 12-15 1-4 pm
#6162-B July 17-20 9 am-noon
#6162-C Aug 7-10 9 am-noon

Skyhawks Flag Football Ages 6-12

Learn skills on both sides of the football, including the core components of passing, catching and defense - all in a fun and positive environment.

4 sessions M-Th \$139 CMS: Track
#6158-A June 12-15 9 am-noon
#6158-C July 10-13 9 am-noon

2 sessions Th-F \$70 CMS: Track
#6158-B1 July 6-7 9 am-noon
#6158-B2 July 6-7 1-4 pm

Skyhawks Middle School Ultimate Frisbee Camp Ages 12-14

Skyhawks Ultimate Frisbee, also known as Ultimate, is a fun and exciting team sport that is growing all around the country. It combines the athleticism of running and quick changes of direction with the skill of throwing to deliver a fun, social and competitive game. Participants will learn the rules, sharpen basic skills such as throwing, catching, hand-eye coordination, and agility, while maintaining the quality of fun and good sportsmanship Skyhawks is synonymous for. Tennis shoes are required, or you may also bring cleats.

4 sessions M-Th \$139 CMS: Field 8
#6198-A June 26-29 1-4 pm
#6198-B July 10-13 1-4 pm
#6198-C July 24-27 1-4 pm



Dash Sports Camps

Please wear athletic clothes and shoes and bring a water bottle and snack to all camps



For outdoor camps, please dress for the weather and wear or bring sunscreen



DASH Flag Football Camp Ages 5-12

Dash Sports flag football camps provide players with a well-rounded football experience in a little to no contact safe environment.

Key elements of passing, catching, rushing, and defense will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of 'Respect, Hustle, and Pride'.

Camp ends with a scrimmage the final day. Spikes/cleats and mouth guards are optional. Footballs and flag belts are provided. Participants will check in with the instructor in the gym and then go outside. If it's raining class will be held inside and players will need tennis shoes.

4 sessions \$139 M-Th July 31-Aug 3 CMS: Field 5/Track

#6956-A Ages 5-7 9 am-noon
#6956-B Ages 8-12 1-4 pm

DASH Flag Football Tykes Camp Ages 2-6

Dash Sports flag football Tykes camps provide players with an introductory experience to the great game of football in a little to no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Spikes/cleats are optional. Footballs and flag belts are provided. Parent participation is encouraged when needed.

4 sessions M-Th July 31-Aug 3 CMS: Field 5/Track

#6957-A Ages 2-3 4:30-5 pm \$69
#6957-B Ages 4-6 5:15-6 pm \$79

DASH Pickleball Camp Ages 5-12

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. DASH Sports Pickleball camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and game play. Key elements of serving, returning, volleys, overheads, and lobbing will be taught and practiced. Camp ends with scrimmages/games on the final day. Participants should bring a pickleball paddle. Balls and all other equipment are provided.

4 sessions \$139 M-Th July 24-27 Lino Park

#6179-A Ages 5-7 9 am-noon
#6179-B Ages 8-12 1-4 pm

DASH Full Day Multi-Sport Camp Ages 6-12

This Multi-Sport camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Athletes will spend roughly 2 hours on each sport, performing instructor-led fun skill-based activities and games. Athletes should bring two snacks and a lunch.

\$69 9 am-4 pm BH: Gym 1 & 2

#6216-A W June 7
#6216-B Th June 8
#6216-C W July 5
#6216-D Th July 6

4 sessions \$259 9 am-4 pm

#6216-E M-Th Aug 14-17
BH: Gym 1 & 2

#6216-F M-Th Aug 21-24
CMS: Gym 3



DASH T-ball Tykes Camp Ages 2-6

DASH Sports T-ball Tykes Camp introduces players to key elements of throwing, fielding/catching, batting, and baserunning. The final day is 'Game Day' and athletes will showcase their skills in a game environment. Athletes should bring a baseball glove. Baseballs and bats are provided. Parent participation is recommended as needed.

4 sessions BH: Baseball Field

#6961-A Ages 2-3 M-Th June 12-15
\$69 4:30-5 pm

#6961-B Ages 4-6 M-Th June 12-15
\$79 5:15-6 pm

DASH T-ball Camp Ages 5-7

DASH Sports T-ball Camp introduces players to key elements of throwing, fielding/catching, batting, and baserunning. The final day is 'Game Day' and athletes will showcase their skills in a game environment. Athletes should bring a snack and a baseball glove. Baseballs and bats are provided.

#6961-C M-Th June 12-15
4 sessions \$139 9 am-noon
BH: Baseball Field

DASH Floor Hockey Camp



Ages 5-12

DASH Sports floor hockey camps provide players a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Camp ends with games/scrimmages on the final day. Sticks and pucks are provided.

4 sessions M-Th June 26-29 \$139 BH: Gym 1 & 2

#6255-A Ages 5-7 9 am-noon
#6255-B Ages 8-12 1-4 pm



DASH Baseball Camp Ages 8-12

DASH Sports Baseball Camp provides players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and base running will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment with learning values of 'Respect, Hustle, and Pride'. Camp ends with a scrimmage on the final day. Athletes should bring a baseball glove (spikes and bats are optional). Baseballs and bats are provided.

#6962 M-Th June 12-15
4 sessions \$139 1-4 pm
BH: Baseball Field

DASH Basketball Tykes Camp Ages 2-6

DASH Sports Basketball Tykes camps provide players an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot and play defense in a fun and positive environment. Balls are provided. Parent participation is encouraged when necessary.

#6953-A M-Th Aug 7-10
4 sessions \$69 4:30-5 pm
CMS: Gym 3

#6953-B M-Th Aug 7-10
4 sessions \$79 5:15-6 pm
CMS: Gym

DASH Athleticism Tykes Ages 2-6



DASH Sports Athleticism Tykes camps provide participants with an overall introduction to building athleticism. The camp experience includes running, agility, jumping, catching, balance/body control, and throwing. Camp consists of many different types of activities, drills, and games, all tailored specifically to enhance overall athletic performance. Parent participation is required for the 2-3 year old group and recommended when needed for the 4-5 year old group.

#6254-A Ages 2-3 M-Th June 26-29
4 sessions \$69 4:30-5 pm
MS: Track

#6254-B Ages 4-6 M-Th June 26-29
4 sessions \$79 5:15-6 pm
MS: Track

DASH Phy Ed Games Camp Ages 5-12



DASH Sports Phy. Ed Games camp provides participants with a fun experience learning and playing your favorite physical education games! Games will include: Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, and more! Participants will learn teamwork, and values such as respect, hustle, and price, all in a fun environment. All equipment is provided.

4 sessions M-Th July 10-13 \$139
CHS/East: Lower Gym

#6964-A Ages 5-7 9 am-noon
#6964-B Ages 8-12 12:45-3:45 pm

DASH Phy Ed Games Tykes Ages 2-6



DASH Sports Phy Ed Games Tykes camp provides participants an introductory experience to the most popular physical education games that may include Sharks and Minnows, Kickball, Capture the Flag, various tag games, soccer, and more! This camp is a perfect experience to get your kiddos involved in athletics! Parent participation is required for the 2-3 yr old group and recommended when needed for the 4-6 yr old group.

4 sessions M-Th
CHS/East: Lower Gym

#6963-A Ages 2-3 July 1-13
\$69 4:15-4:45 pm

#6963-B Ages 4-6 July 10-13
\$79 5-5:45 pm

DASH Jr. NBA Basketball Camp Ages 5-12

DASH Sports Jr. NBA basketball skills camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. This camp features 2 days of basketball skills training and instruction and 2 days of instructor led games/scrimmages. Each player will also receive a Jr. NBA jersey of their favorite team with registration. Balls are provided.

4 sessions M-Th Aug 7-10 \$159
CMS: Gym 3

#6954-A Ages 5-7 9 am-noon
#6954-B Ages 8-12 1-4 pm



Youth Theater & Special Interest



Prairie Fire Children's Theater presents

Cinderella

Ages 7-16

No experience necessary.

Everyone will receive a part and get to perform!

Prairie Fire Children's Theater Company is returning to Centennial for another great show. This experience in youth theater is open to any child ages 7-16 regardless of experience.

Students will perform Cinderella. The cast will include Cinderella, her Stepsisters, her cat Dinah, the Mice, the Pumpkins, the Cats, the Chicks, King Cash and his Assistants, Mikey the Rockstar and his Band.

Auditions will take place on Monday from 1-3 pm with select roles staying until 5:15 pm.

Please plan on picking your child up at 3 pm, unless you hear differently on Monday afternoon. You will receive a call or text message from Community Education if your child needs to stay.

Tuesday-Thursday rehearsals will be from 1-5:15 pm.

Your child will receive a schedule on Monday as not all parts need to rehearse for the entire time.

On Friday everyone will report at 1 pm and stay through show time.

Two performances will be held on Friday at 4:30 pm and 7:30 pm. Actors will have a dinner break from approximately 6-6:45 pm. Parents can send a bag dinner with their child and/or eat dinner with their child on site.

Parent volunteers are asked to assist with ticket sales and make-up application before each show.

#2014 M-F June 12-16
\$109 1-3 pm with select rolls staying until 5:15 pm
CHS: Performing Arts Center

Mayer Arts Musical Theater Camps

Everyone will learn to put together a professional show from start to finish. Learn how to properly speak lines, block a scene, develop a character and much more. We'll also play fun creative games. No experience necessary. Wear comfortable clothing and lightweight tennis or dance shoes. Friends and family are invited to observe a special performance beginning the final 30 minutes of the last class. **All classes are 5 sessions and are held at CT: Little Theater**

The Little Mermaid

Ages 4-8

Let's go under the sea. We will choose our characters, learn music and choreography from The Little Mermaid, then create our own musical.

#2095 M-F July 31-Aug 4 \$115 9 am-noon

Disenchanted

Ages 7-12

Break the magic spell before it is too late. We will choose our characters, learn music and choreography from Disenchanted then create our own musical.

#2301 M-F July 31-Aug 4 \$115 1-4 pm

Tangled

Ages 4-8

When Will My Life Begin! We will choose our own characters, learn music and choreography from Tangled, then put together our own musical.

#2070 M-F Aug 14-18 \$115 9 am-noon

Monster High

Ages 7-12

This is Who I Am! We will choose our own characters, learn music and choreography from Monster High then put together our own musical.

#2302 M-F Aug 14-18 \$115 1-4 pm



Centennial Alumni Summer Stock
Theater (C.A.S.T.) presents

Shakespeare Summer Theater

Entering Grades 6-Adult

Former theater alumni and current Centennial theater students (participants do not have to be Centennial students, all are welcome) will perform together for a summer show based on a Shakespeare production (production to be determined). All ages are welcome from middle school to adult. If you may be nervous about Shakespeare, each play will have non-speaking and speaking roles so don't be intimidated. Tech crew will also be needed: lights, sound, props, costuming. Participants can register as actors or tech crew.

Eric Webster and Shanan Custer

#2265 M-F July 17-28 10 am-noon \$150

CHS: Performing Arts Center

Fri, July 28 10 am through evening performance
with lunch and dinner breaks

10 sessions plus dress rehearsal, (dress tech invite),
at 2 pm and performance at 6 pm on July 28. Friends
and family are invited to attend either or both events.

Speech & Theatre Stage Presence Ages 7-14

This camp is for new and experienced speakers and/or actors and is designed to explore the components of stage presence in a classroom-based setting with no presentation expectations. The goal is to create/deepen participants ability to enrich presentation and character development by helping to establish a "stage presence toolbox." Some topics include script analysis, movement, speech, and how to put it all together.

*Michelle Howard, has a degree in theatre, worked
as an actor, corporate trainer in communications.*

#2316 M-Th Aug 7-10
4 sessions \$65 9:30-11:30 am
CMS: Gym 5

Theatre Stage Makeup Ages 11+

This camp will explore the basics of stage makeup in a fun, creative, and supportive way. Participants will learn the basics of stage makeup and then have ample time to unleash their own creativity. Topics will include application techniques, highlighting/shadowing, hands-on design, and application of zombie, animal, and fantasy character makeup.

Michelle Howard

#2317 M-Th Aug 7-10
4 sessions \$92 (makeup kit included)
12:30-2:30 pm
CMS: Gym 5



Middle School Tour & Scavenger Hunt

Entering Grade 6

Anxious about transitioning from elementary to middle school? Here's an opportunity to spend a few hours touring the school, meeting new friends from the other elementary buildings, and exploring while taking part in an exciting scavenger hunt. Pizza lunch included. A special greeting from the middle school will be provided.

Kids Club staff

#8501 Tu Aug 15
\$18 9:30 am-12:30 pm

Summer Sensory Camp Ages 4-9

An occupational therapist and support staff will guide participants through outdoor activities targeting all the senses while engaging in cooperative play with peers. Sniff our sensory garden, keep your eyes peeled during our nature hunt and get your hands wet while playing in water. We welcome children of all abilities, including children with special needs who can participate in a small group. This is a great camp for children with special needs and their siblings. If your child will need additional assistance, caregivers are welcome.

Jennifer Corbin and Emily Iniguez, licensed Pediatric Occupational Therapists specialized in sensory integration and special needs with Advance Therapy.

5 sessions \$176 M-F Aug 7-11

GL: Rm 115 and outdoor spaces

#1027-A Ages 4-6 9:30-11:30 am
#1027-B Ages 7-9 1-3 pm

Aquatics

Lessons, training and recreational opportunities for people of all ages

When registering your children for swim classes, please remember to do so based on their current skill level and their ability to be appropriately challenged. A class level too difficult or too easy will hinder the progress of the swimmer and possibly distract others in the class as well. Your child will benefit most being in the appropriate class level, based on their ability. We're here to guide your swimmers to confidence and success. Don't put your children in the same swim class for convenience. **The Centennial Community Pool is in the high school east building.** Enter through door N52 accessible from stadium parking lot from 103rd Lane NE.



Our Aquatics program provides swim lessons aimed at teaching relaxation and comfort in the water, stroke skill development, diving, lifeguard training, open swim and more to area youth and adults. Programs run year round with limited class time in the fall and winter due to swim team use of pool.

Cancellation & Makeup Classes

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

If your child has special needs or you have concerns

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

Diaper-aged children or participants experiencing habitual accidents are required to wear a swim diaper covered by a swimsuit, as recommended by the Minnesota Department of Health.

Registration questions call 763-792-6100 or email jsand@isd12.org
For general questions email cskoglund@isd12.org

Learn to swim in progressive classes

When choosing lesson skill levels, choose the one that most closely fits, making note of any prerequisites.

It is common for some children to repeat a level several times before mastering all skills and advancing to the next level. Help your child's progress by making sure they attend each class, as each new skill builds on those learned in previous classes. All teachers are American Red Cross certified in water safety instruction and/or lifeguarding.

Unsure of what level you should register your child?

Call 763-792-5240 to arrange an appointment for testing.

Pool Temperatures

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

Pool Temperatures

84 degrees - End of February to the 1st week of August

80-82 degrees - 1st week of August to end of February

During high school competitive swim season, Minnesota State High School League requires all pools to be 82 or below. In comparison, surrounding community pools are set at the same temperatures; hotel pools, 80-83 degrees; college competitive pools, 78-80 degrees; and therapeutic pools, 94-96 degrees.

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





Swim Class Levels

Tiny Tots 18 months-Age 3 with parent

Parent is in the water with their child working one-on-one to foster comfort and enjoyment. Participants advance at individual pace in a playful and positive environment. Skills taught: water adjustment, blowing bubbles, underwater arm reaches, flutter kicks, back floats with help, and jumps into the water. Families with multiple children must have an adult accompany each child. Advance to Poly Wog. Limit 10.

Poly Wogs Ages 3-5 with parent

Parent is in the water with their child working one-on-one to advance at individual pace in a playful and positive environment. Skills taught: review Tiny Tot skills, plus jump into water and swim two black lines to parent then return to edge without help, and one pool width each of puppy paddle and monkey airplane soldier with help. Flotation belts are available to help children gain confidence and independence. Families with multiple children must have an adult accompany each child. Advance to Poly Beginner I. Limit 10.

Bobber Ages 5-6

Introduction to swimming for children who are not comfortable in the water or have no previous lesson experience Participants will develop comfort with water, correct body position and be introduced to swimming on their front and back. Advance to Poly Beginner 1. Limit 4.

Poly Beginner 1 Ages 5-7

Children who are comfortable in water and have some lesson experience (Poly Wog, Tiny Tot, etc. or equivalent skills) Children will wear flotation belts for several classes to gain confidence and independence while stressing correct body position. Final test taken without belt. Skills taught: floating on front and back, swim on front and back whole width of pool with arm and leg action. Advance to Poly Beginner 2. Limit 6.

Poly Beginner 2 Ages 5-7

Prerequisite: passed Poly Beginner 1 or have equivalent skills.

Skills taught: review of Poly Beginner I skills, plus front and back glides in the streamline position, and one pool width of front crawl while blowing bubbles with face submerged. Introduced to rhythmic breathing. Children will wear flotation belts for maximum of two classes to review correct body position. Advance to Poly Beginner 3. Limit 6.

Poly Beginner 3 Ages 5-7

Prerequisite: passed Poly Beginner 2 or have equivalent skills.

Skills taught: review of Poly Beginner II skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Beginner Ages 8 and up

Introduction to basic swimming skills for children 8 years and older.

Skills taught: general comfort in the water, correct body position, and one pool width each of puppy paddle and monkey airplane soldier. Introduced to front crawl with rhythmic breathing. Advance to Advanced Beginner. Limit 6.

Adv Beginner Ages 8+

Prerequisite: passed Beginner or have equivalent skills. Skills taught: review of Beginner skills, plus diving using the sitting and kneeling position, retrieval of a submerged object, treading water, and one pool width each of back crawl and front crawl with rhythmic breathing. Introduced to whip kick. Advance to Red Cross Level 3. Limit 6.

Red Cross Level 3

Prerequisite: passed Advanced Beginner, Poly Beginner III, or have equivalent skills. Skills taught:

25 yards each of front crawl, back crawl, and elementary backstroke, diving using the sitting, kneeling, and standing position, and treading water. Introduced to dolphin kick and breaststroke. Advance to Red Cross Level 4. Limit 10.

Red Cross Level 4

Prerequisite: passed Red Cross Level 3 or have equivalent skills.

Skills taught: review of Red Cross Level 3 skills, plus 50 yards each of front crawl, back crawl and elementary backstroke, 25 yards of breaststroke, 15 yards of butterfly, scissors kick, treading water, and rescue breathing. Advance to Red Cross Level 5. Limit 10.



Red Cross Level 5

Prerequisite: passed Red Cross Level 4 or have equivalent skills. Skills taught: review of Red Cross Level 4 skills, plus 100 yards each of front crawl, back crawl, and elementary backstroke, 50 yards of breaststroke and sidestroke, 25 yards of butterfly, turns, standing dives from the board, and surface dives. Advance to Red Cross Level 6. Limit 10.

Red Cross Level 6

Prerequisite: passed Red Cross Level 5 or have equivalent skills. Skills taught: review Red Cross Level 5 skills, plus 200 yards each of front crawl, back crawl, and elementary backstroke, 100 yards each of breaststroke and sidestroke, 50 yards of butterfly, approach and hurdle from the board, pike and tuck dive from the board, general swimming etiquette, and CPR. Limit 10.

Intro to Diving Ages 9-13

Prerequisite: Passed Red Cross Level 3 or equivalent skills, able to swim one length front crawl and demonstrate basic diving principles. Designed for children between the ages of 9-13 wanting to try diving or to work on diving techniques. Learn basic techniques such as approach, hurdle, height and entry on dives, as well as dry-land training for refining each technique.

Lifeguard Training Ages 15+

Prerequisite: Minimum 15 years of age and successful completion of preliminary swimming skills and endurance test. Provides knowledge and skills to save lives in an emergency. Fee includes cost of CPR for the Professional Rescuer Course and Standard First Aid Course (requirements), book and equipment rental. Those who pass are certified in Lifeguard Training, First Aid and CPR for the Professional Rescuer. First day ;is pre-requisite testing and material pick up. Attendance at all dates required.

Adult Beginner Swim Lessons

Have you ever wanted to learn to swim? Centennial Pool offers beginner swimming lessons for ages 18 and older. Sessions are designed for adults who are new to swimming or with limited swimming skills. Skills taught include floating on front and back, breath control, front crawl, back crawl, monkey airplane soldier as well as basic water safety topics.

Adult Advanced Swim Lessons

Prerequisite: Able to swim one length each of front crawl with rhythmic breathing pattern, back crawl, and elementary backstroke. Course is designed for those who know how to swim but are looking to refine their strokes further and build endurance or learn the fundamentals of swimming for fitness. Skills taught include review of adult intermediate skills in addition to refinement of the core strokes; front crawl, back crawl, elementary backstroke, breaststroke, in addition to learning sidestroke butterfly and various fitness swimming drills.

Adult Intermediate Swim Lessons:

Prerequisite: Able to swim one length front crawl with face in or out of the water and one length on back. Course is designed for those with some swimming knowledge who are looking to refine their stroke technique and build endurance. Skills taught include review of adult beginner skills in addition to introducing elementary backstroke, breaststroke, rhythmic breathing pattern combined with front crawl, treading water, as well as basic water safety topics.

Cougar Adaptive Lessons

Our Cougar Adaptive Swim program is for children who are challenged to participate independently in a standard group lesson. The program uses techniques that place emphasis on swimming skills modified or adapted to accommodate individual abilities, needs, and goals. Lessons are created for, but not limited to, those with anxiety, physical, sensory, communication or behavior challenges. This will be a 1:1 ratio of student to instructor.

4 lessons	\$75	CHS/East: Pool	Pool closed July 2-7
9880-D1	Su	June 18-July 16	4:30-5 pm
9880-D2	Su	July 23-Aug 13	4:30-5 pm
9880-D3	M	June 12-July 10	4:30-5 pm
9880-D4	M	July 17-Aug 7 4	:30-5 pm
9880-D5	M	June 12-July 10	5:30-6 pm
9880-D6	M	July 17-Aug 7	5:30-6 pm
9880-D7	Tu	June 13-July 11	5:30-6 pm
9880-D8	Tu	July 18-Aug 8	5:30-6 pm



Summer Swim Schedule

Late registrations accepted directly at the pool office for any remaining openings after deadline



Monday Evenings June 12-Aug 7

Pool Closed July 3

Registration deadline noon on Friday, June 9

Tiny Tots	9000-A	6:30-7 pm	\$95
Poly Wogs	9005-A1	5:30-6 pm	\$95
Poly Wogs	9005-A2	7-7:30 pm	\$95
Bobbers	9009-A1	5-5:30 pm	\$95
Bobbers	9009-A2	6-6:30 pm	\$95
Bobbers	9009-A3	6:30-7 pm	\$95
Poly Beginner 1	9010-A1	4:30-5 pm	\$95
Poly Beginner 1	9010-A2	5-5:30 pm	\$95
Poly Beginner 1	9010-A3	6-6:30 pm	\$95
Poly Beginner 2	9020-A1	5-5:30 pm	\$95
Poly Beginner 2	9020-A2	6-6:30 pm	\$95
Poly Beginner 3	9030-A	7-7:30 pm	\$95
Beginner	9100-A	7:30-8 pm	\$95
Adv Beginner	9200-A	7:30-8 pm	\$95
Level 3	9300-A	6-6:50 pm	\$99
Level 4	9400-A	7-7:50 pm	\$99
Level 5	9500-A	5-5:50 pm	\$99
Intro to Diving	9701-A	7:30-8 pm	\$95

Tuesday Evenings June-Aug 8

Pool Closed July 4

Registration deadline noon on Friday, June 9

Tiny Tots	9000-B1	5-5:30 pm	\$95
Tiny Tots	9000-B2	6:30-7 pm	\$95
Poly Wogs	9005-B1	6-6:30 pm	\$95
Poly Wogs	9005-B2	7-7:30 pm	\$95
Bobbers	9009-B1	5:30-6 pm	\$95
Bobbers	9009-B2	6-6:30 pm	\$95
Bobbers	9009-B3	7-7:30 pm	\$95
Poly Beginner 1	9010-B1	5:30-6 pm	\$95
Poly Beginner 1	9010-B2	6:30-7 pm	\$95
Poly Beginner 2	9020-B1	5:30-6 pm	\$95
Poly Beginner 2	9020-B2	7-7:30 pm	\$95
Poly Beginner 3	9030-B	6-6:30 pm	\$95
Poly Beginner 3	9030-B	7:30-8 pm	\$95
Beginners	9100-B	7:30-8 pm	\$95
Adv Beginner	9200-B	7:30-8 pm	\$95

Wednesday Evenings June 14-Aug 9

Pool Closed July 5

Registration deadline noon on Friday, June 9

Poly Wogs	9005-C	6:30-7 pm	\$95
Bobbers	9009-C1	5:30-6 pm	\$95
Bobbers	9009-C2	6:30-7 pm	\$95
Poly Beginner 1	9010-C1	5:30-6 pm	\$95
Poly Beginner 1	9010-C2	6-6:30 pm	\$95
Poly Beginner 2	9020-C	6-6:30 pm	\$95
Beginner	9100-C	5-5:30 pm	\$95
Adv Beginner	9200-C	5-5:30 pm	\$95
Level 6	9600-C	4:30-5:20 pm	\$99
Adult Beg	9840-C	7-7:30 pm	\$95
Adult - Inter	9841-C	7:30-8 pm	\$95
Adult - Adv	9842-C	7:30-8 pm	\$95

Sunday Afternoons & Evenings

June 18-Aug 13 Pool Closed July 2

Registration Deadline noon on Friday, June 16

Tiny Tots	9000-E1	5-5:30 pm	\$95
Tiny Tots	9000-E2	6-6:30 pm	\$95
Poly Wogs	9005-E1	4:30-5 pm	\$95
Poly Wogs	9003-E2	5:30-6 pm	\$95
Poly Wogs	9005-E3	6:30-7 pm	\$95
Bobbers	9009-E1	2-2:30 pm	\$95
Bobbers	9009-E2	3-3:30 pm	\$95
Bobbers	9009-E3	4-4:30 pm	\$95
Bobbers	9009-E4	6-6:30 pm	\$95
Poly Beginner 1	9010-E1	2-2:30 pm	\$95
Poly Beginner 1	9010-E2	3-3:30 pm	\$95
Poly Beginner 1	9010-E3	4-4:30 pm	\$95
Poly Beginner 1	9010-E4	5-5:30 pm	\$95
Poly Beginner 2	9020-E1	2-2:30 pm	\$95
Poly Beginner 2	9020-E2	3-3:30 pm	\$95
Poly Beginner 2	9020-E3	4-4:30 pm	\$95
Poly Beginner 3	9030-E1	2:30-3 pm	\$95
Poly Beginner 3	9030-E2	3:30-4 pm	\$95
Beginner	9100-E1	2:30-3 pm	\$95
Beginner	9100-E2	3:30-4 pm	\$95
Adv Beginner	9200-E1	2:30-3 pm	\$95
Adv Beginner	9200-E2	3:30-4 pm	\$95
Level 3	9300-E	1:30-2:20 pm	\$99
Level 4	9400-E	3-3:50 pm	\$99
Level 5	9500-E	4-4:50 pm	\$99
Level 6	9600-E	5-5:50 pm	\$99
Intro to Diving	9701-E	4-4:30 pm	\$95
OPEN SWIM		6-7:30 pm	\$2/person

Private or Semi-Private Lessons

Personalized high-quality swim instruction for those with special needs where class settings are challenging, or if your child cannot be independent in a group setting

These lessons offer 1:1 for private or 2:1 for semi-private swim instruction. These classes are to help you improve on your skills and be successful and safe in and around the water. Participants receive eight 30-minute lessons. \$200 Our coordinator will work with you to determine the dates and times of each lesson. Call 763-792-5240 and leave a day and evening phone number and you will be called after registration deadlines. Our instructors have other job responsibilities outside of private lessons. For this reason, notice of any cancellation must be given 24-hours in advance, or you will forfeit the lesson with no option to make up.



Open Swim

Sundays, June 18-Aug 13 6-7:30 pm Closed July 2

Children under 12 must have passed our level 3 or be able to swim 25 yards of front crawl with rhythmic breathing to swim on their own during open swim. All others must have a parent or adult guardian in the water with them. All children 6 years and under must have an adult guardian in the water with them regardless of swimming ability

\$2 Per Person Pay At The Door

Wibit Inflatable Obstacle Course is back for Spring & Summer

Available during open swim mid-March through mid-August for those who can pass a swim test. No life jackets allowed on the Wibit.

Lap Swim

Thursdays, June 15-July 27 6-7 pm

Lap swim is for ages 15 and up who want to get in for a self-created workout. No registration required.

\$2 Per Person Pay At The Door



High School Swim & Conditioning

Entering Grades 7-12

Get ready for the high school competitive swim season with swim practice and conditioning Mondays through Thursdays. Pool closed July 3-7 per MSHSL requirement.

Coach Pete Crawford

24 sessions M-Th June 19-Aug 3 \$190

#9770-A1 7-9 am

#9770-A2 9-11 am

ABC Diving

Prerequisite: must have passed Level 3 or equivalent skills. If you are a diver age 12 or older, just beginning to learn the fundamentals of diving or with years of experience, ABC Diving is for you. Challenges the experienced diver and offers the time to practice and fine tune skills for competitive programs. New divers introduced to correct approach, front and back dives and how to begin putting it all together. Coaches work with individuals on each and every dive giving you what you need to improve. For those interested in competitive meets off season, you can sign up with USA diving for an additional fee and still enter meets. Location: CHS/ East: Pool

See dates, times and registration at

<https://www.abcdivingmn.com/>

Lifeguard Training

Prerequisite: Minimum 15 years of age and successful completion of preliminary swimming skills and endurance test. Provides knowledge and skills to save lives in an emergency. Fee includes cost of CPR for the Professional Rescuer Course and Standard First Aid Course (requirements), book and equipment rental. Those who pass are certified in Lifeguard Training, First Aid and CPR for the Professional Rescuer. Attendance at all dates required. Bring a lunch and beverage.

#9650D1 Th-Sa June 15-17

3 sessions Free 9 am - 6 pm

Boy Scout Swim & Rank Advancement Testing

Come and be prepared for summer camping or moving forward with your rank advancements! Call 763-792-5240 to organize your troop's testing. Available Thursdays from 7-8:30 pm starting June 23 through the summer. Please, no testing during open swim.



Early Childhood Family Education

Programming for families with children ages birth to kindergarten

Learn and grow together through parent and child interaction, guided play and learning experiences, parent education, and special events. All classes are held at the Early Childhood Center at Rice Lake Elementary. isd12.org/ecfe



ECFE 2023-24 Brochure

The brochure will be available online May 1.

Registration for the placement lottery opens May 15.

Check our website at isd12.org/ecfe or call our office at 763-792-6120 for more information!

Need more information?

For questions about ECFE

For information regarding registration, tuition, and enrollment options, call the Early Childhood Office at 763-792-6120 or email earlychildhood@isd12.org.

Early Childhood Screening

Preschoolers and kindergarteners who will start school in the fall are required to complete an Early Childhood Screening. This FREE check of health and development allows a child to start school with any necessary supports already in place. Register online at isd12.ce.eleyo.com.

Don't see any appointment times that will work for you? Please call 763-792-6120 or email ECScreening@isd12.org.

Spring Activities

Drop In & Play

Fridays 9-10 am through May 12

Ages 0-5 years with caregiver

Have your playdate at our house! Come play games, sing songs, and spend time on the playground.

Early Childhood Center at Rice Lake Elementary (Door C)
\$3/child or \$5/family (no charge for infants)

Explore With Baby

Wed, 1-2 pm through May 10

Ages 0-9 months with caregiver

Have a new baby? Looking to get out of the house and share ideas with other parents? Join us for a hour that will recharge you for the week!

FREE, no registration necessary

Care available for siblings under age 6 for \$3 per child
Early Childhood Center at Rice Lake Elementary (Door C)

Truck Day

Early Childhood Fundraiser

Saturday, May 6, 10 am-noon

The ECFE Parent Advisory Council invites families with young children to this annual fundraiser for Early Childhood programs. Come see a variety of vehicles and bid on silent auction items at Rice Lake Elementary.



Kids Club School Age Child Care

Learning and fun come together in Centennial Community Education's choice-based school-age child care program.

Kids Club – where we build, we tinker, we paint, we work together, and we create friendships in Centennial Community Education's choice-based school-age care program. Space is limited and does fill, so register early. Kids Club provides a safe, stimulating, high quality program with an enriching educational and recreational environment, enhancing development of children in critical thinking, academics, self and social awareness, physical development, creative expression and recreational activities.



2023 Summer C.A.M.P.

For kids enrolled & planning to attend kindergarten-grade 6 in fall 2023

Kids Club summer C.A.M.P. philosophy provides a framework for offering an enriching educational and recreational environment that enhances development and encourages children to explore who they are and grow socially through **C**=Creative arts **A**=Academic enrichment **M**=Mingling with our world **P**=Physical fitness. Children must be fully toilet trained. Please visit our website for enrollment rates and options.

C.A.M.P. meets Mon, June 12-Fri, August 18 at Centennial, Centerville & Rice Lake Elementary

Register early! Limited care available August 21-24 at an undetermined site. We are closed July 3 and 4. Space will be limited at each site.

Children are organized by grade into groups

Each room environment features age appropriate centers with games, blocks, manipulatives, arts and crafts, reading center and creative play area. Outdoor recreational experience happens daily as well.

Summer Registration Fee: \$55

Registration began February 20 and continues through May 14 on a first come, first served basis, space permitting. Registrations received after May 15 will start as soon as possible, space permitting.

Summer Kids Club C.A.M.P. Enrollment Options

Registration is a Pick Your Days process, with a minimum of 18 days. Families are responsible to choose their days at the time of registration. For rates and more information, please check our website isd12.org/community-education/kids-club

School Year Enrollment 2023-24

Registration is available at all 5 elementary schools, before and/or after school and on Non-School Days (NSD).

Registration Windows:

1. **April 3-14: Families currently attending Kids Club or Pre-K Kids Club.** Space is limited.
2. **May 1-12: New Families.** Space is limited.
3. **June 19: Registration remains open,** accepted on a first come, first served basis. Space is limited.

For more information or to view rates for 2023-24, please visit our Kids Club website <https://www.isd12.org/community-education/kids-club>

For assistance with registration or questions, contact Administrative Assistant Dawn Turnblad at 763-792-6193, or email kidsclub@isd12.org.

Do you enjoy interacting with children?

Kids Club is looking for quality staff to work before and after school as well as substitutes to work in our before and after school programs at all five elementary schools.

We are hiring summer staff. Please apply online at call 763-792-6110 or email mnelson@isd12.org.

Apply online at www.isd12.org/employment



Centennial Preschool

Ages 3 & 4 by September 1

The Centennial School District provides high-quality part-day and full-day preschool experiences designed to help children develop skills and behaviors necessary for success in kindergarten and beyond. Classrooms are located at each of the elementary schools in the Centennial School District as well as the Early Childhood Center. Tuition discounts and scholarships may be available to those who qualify.

Spots may still be available for the upcoming school year!

Look for the brochure and more registration information at isd12.org/preschool or call 763-792-6120.

To view the preschool brochure

visit isd12.org/preschool.



Pre-K Kids Club

Full-day Centennial Preschool classes may be combined with before and/or after school care through Pre-K Kids Club. Care is available from 6:30-9:30 am and 4-6 pm and Kids Club Non-School Days. Space is limited. Note that Pre-K Kids Club fees are in addition to preschool tuition. For more information, visit isd12.org/kidsclub.

For questions about Pre-K Kids Club, contact the Kids Club office at 763-792-6193 or email kidsclub@isd12.org.

Gearing Up for Kindergarten

Students entering Kindergarten Fall 2023

Entering kindergarten is a major transition in the life of a child and his or her parents. Kids need to be ready for school, and schools need to be ready for kids.

That's why our Gearing Up for Kindergarten class, taught by a licensed Centennial teacher, prepares parents and their children for success in school.

Students will get experience learning with peers in a structured classroom environment, and parents will receive support through parent education resources.

Register online at

<https://isd12.ce.eleyo.com/>

9-11:30 am July 31- Aug 3; Aug 7-10
Mon-Thur 2 weeks (8 sessions)
\$80 per child

Early Childhood Center, Rice Lake Elementary (Door C)

*Instructor: Ann Kelling,
Centennial Preschool Teacher*

Registration, Information & Policies



Registration

Online

isd12.org/community-education

Register online for any class.

Secure registration for classes is available 24 hours/day using an electronic form of payment. Apple Pay now available for iPhone users!

Mail or Drop Off

Complete a registration form and return with payment to:

**Centennial Community Education
4707 North Road
Circle Pines, MN 55014**

Make checks payable to District 12

24-hour drop box, located on the main campus near the District Administrative Offices.

Community Education office hours
Mon-Fri, 8 am-4 pm school days

Summer hours: June 7-September 4
Mon-Thur, 8 am-4 pm; Fri, 8 am-noon

By Phone

763-792-6100

Using an electronic form of payment (credit card or ACH)

By Fax

763-392-7743

Complete a registration form, including credit card information

For online registrations: You will know you have successfully completed your online registration when you have received an email confirmation to the email address you have provided.

Scan this code to register!



No News is Good News!

Assume the class is a go

Unless we contact you, assume that you are enrolled and the course will be held at the time and place indicated. We do not mail out confirmations, but an automated email receipt will be sent if you provide your email address upon registration.

Cancellations

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

Inclement Weather & Emergencies

When the regular school day is canceled because of inclement weather or emergencies, Community Education classes and activities may also be canceled. You may receive an emergency messenger system message. Also watch or listen to local TV stations, or visit the district website at isd12.org.

Refunds

A refund, minus a \$10 administrative fee, will be made if you cancel at least five business days prior to the start of an activity unless otherwise noted such as with sport leagues, adult trips and driver education classes. No refunds thereafter.

Registration Deadlines

Deadline for most activities is one week before they begin

Classes are filled on a first-come, first-serve basis. Many classes fill quickly and instructors may need to order supplies. Some classes cancel due to low enrollment, so please don't hesitate to register.

Make-Ups

There are no make-ups for a missed class (*with the exception of Driver Ed classroom*). Check your schedule prior to registration for potential conflicts.

No transportation provided unless otherwise noted

Discounts

Fee assistance for eligible applicants of one \$25 discount per person per activity guide is available. For an application, please call 763-792-6100.

Current UCare Minnesota members may take up to a \$15 discount per class on most classes. Include UCare ID number on registration form.

Discounts must be applied by a staff member at the time of enrollment.

Special Needs

Individuals with special needs are welcome in any activity they qualify for and may bring a helper at no extra charge if needed. Indicate needs on registration form. Contact Community Education with questions or if you need assistance in an activity.

Check Collection Service

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

Photo Policy

There are occasions when representatives of District 12 and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the Community Education office.

Centennial Community Education Registration

Mail or deliver to Community Education, 4707 North Road Circle Pines, MN 55014;
In lieu of form call 763-792-6100 or go online at isd12.ce.eleyo.com

Name _____ Male____ Female____ Birthdate_____

If minor, guardian name/s_____

Address_____ City_____ Zip_____

Phone: primary (_____) _____ other (_____) _____

E-mail address_____

Special needs/additional information_____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Financial assistance (application on file) -\$25

Total Fee _____

UCare member ID# _____ -\$15 _____ T-shirt size (if applicable)

MasterCard____ VISA____ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT____ CANC____ RET____

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Name _____ Male____ Female____ Birthdate_____

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Address_____ City_____ Zip_____

Phone: primary (_____) _____ other (_____) _____

E-mail address_____

Special needs/additional information_____

Activity name	Activity #	Time	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Financial assistance (application on file) -\$25

Total Fee _____

UCare member ID# _____ -\$15 _____ T-shirt size (if applicable)

MasterCard____ VISA____ Name on card (print) _____

Account # _____ Exp date_____

OFFICE USE ONLY: ENT____ CANC____ RET____

REGISTRATION DEADLINE IS ONE WEEK PRIOR TO THE START OF CLASS

Centennial Community Education offers activities with the purpose of enrichment. Information obtained in Community Education activities is not intended for use as advice, endorsement or recommendations from the instructors, his/her business or Centennial Community Education.



Centennial Community Education
4707 North Road
Circle Pines, MN 55014

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Music on the Lake... It's Golden!

Enjoy Thursday summer nights with free concerts at Golden Lake Park in Circle Pines.

Concerts co-sponsored by Centennial Community Education and the City of Circle Pines.



Family DJ Dance Party June 22, 6-7 pm

Join our DJ, Brett of Special Works DJ, who has arranged a playlist full of appropriate songs that are just made for dancing. Songs will span the generations to appeal to all ages. So grab your family and friends and let's bust a groove.

The Revolution 5 July 13, 7-8:30 pm

The Revolution 5 is a Minnesota's premier Beatles Tribute band. Their extensive set list includes hours of Beatles tunes and boasts virtually every chart-topping hit sprinkled with a handful of deeper tracks for the true enthusiast.

Java Soul Band August 3, 7-8:30 pm

Java Soul is a premier variety band that play predominately 60's and 70's covers, with a few more current song options. This 8-piece local band features multiple vocalists, guitar, bass guitar, drums, keyboard, trumpet, sax and trombone.



Sat, August 12

See page 5 for details



3rd Annual Food Truck & Fun Festival

Join us Thursday, August 17, 4-8 pm at Centennial Middle School
for an evening of food, performances, demonstrations and more.

See page 5 for details and vendors