

# CAMBRIDGE-ISANTI SCHOOLS Community Education



Hands-on Learning, Health & Well-being, Active Living, Partnerships, Connectedness & Belonging



The mission of Cambridge-Isanti Community Education is to enrich the lives of everyone in our community by providing opportunities for lifelong learning.



Christina Thayer Anderson

#### Welcome Community Members,

It's hard to believe we are speeding toward summer when it feels like we have barely experienced winter! Of course for some, this has been the winter of their dreams - unseasonably warm temps, hardly any snow, and many mild days. For others, we are left longing for the beauty and adventure snow brings and still holding out hope for a springtime

snowstorm or two. Wherever you land on this spectrum, I believe we can all agree any new day is a chance for a new beginning, a new hope, a new opportunity. As we begin to look for blooming flowers and budding trees, I am reminded of the newness spring ushers in and the buzz of excitement that begins to grow as we steadily march toward summer.

Spring and summer in Community Education is a very busy time. For some of our programs, this is the busiest time of the year! As we kick off new sports seasons, camps and clinics, exciting hands-on learning and outdoor enrichment activities, and our all-day summer programming, we regularly talk about this as the best time of the year. As you explore our programs, classes, events, and opportunities in the coming pages, I hope you will find a new class that piques your interest or an old-favorite you can't wait to enjoy again. This is also a great time of year to get involved! Not looking for a new hobby, but rather to further your education, volunteer your time in our schools, or connect with a new network? We offer programs year-round, so you have not missed out on your chance! Adult Education, Volunteer Services, and Early Childhood Family Education may be just the place for you!

Know that we are here to serve you. If accessibility is a barrier for you, please reach out to us. If you are looking for an opportunity that is missing, please reach out to us. If you have questions about any of our programs and classes, please reach out. Building relationships and fostering a sense of belonging for all is at the heart of all we do. We want to know you. Serving and supporting our learners, families and caregivers, and community members in achieving their fullest potential is our mission, and we are honored to be a part of your journey.

Thank you for stopping by, and I hope to see you out and about soon!

In gratitude,

Christina E. Thayer Anderson Director of Community Education

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#### 625B Main St N Cambridge, MN 55008 763-689-6189 | c-ischools.org/community-ed

Register for classes online at c-ischools.ce.eleyo.com



## Help our students in need this season. Items needed are:

- Personal care items: feminine hygiene products, soaps, deodorant
- Sweatpants and leggings, all ages and all sizes 4T-adult
- Individually-packaged snacks
- · Waterproof gloves, boots, and snow pants, all sizes
- · Gently used Tennis Shoes

These items go directly to students only within our district and are available for free to students and families. All items can be dropped off at the Education Services Center, 625 Main Street North. Contact us at ceregister@c-ischools.org with questions.

#### **WE NEED YOUR HELP!**

Do you have a special interest or skill you would like to share as a C-I Schools volunteer? Or are you looking for a way to get connected with youth in your community? We have volunteer opportunities that range from working with students to supporting school-wide events to serving as a guest speaker to classes. Please consider joining us for any amount of time you have available.

Contact us at c-i\_volunteercoordinators@c-ischools.org to learn more.

## Cambridge-Isanti Community Education Programs & Contact Information

Information & Registration		
Registration Website	e-ischools.ce.eleyo.com	
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#### **Early Childhood Family Education**



#### EARLY CHILDHOOD **FAMILY EDUCATION**

#### What is ECFE?

Early Childhood Family Education (ECFE) is a public school program for all Minnesota families with children between the ages of birth and kindergarten entrance.

ECFE is based on the idea that the family provides a child's first and most significant learning environment and parents/caregivers are the first and most important teachers.

Together Time: Our classrooms are filled with fun toys, activities and opportunities to explore. Play with your child, follow their lead and watch them learn with excitement!

Family Education Time: Parents/caregivers meet in a nearby room to learn from each other, talk about experiences in parenting and share ideas! Discussions are facilitated by licensed parent educators.

Child Time: While parents/caregivers meet, children remain in the early childhood classroom to play and learn together with a licensed early childhood teacher.

If you would like to learn more about ECFE, call our Early Childhood office at 763-691-6691 or join us for a class and see what ECFE is all about!



## babycafé East Central **Baby Café**

This weekly informal breastfeeding support group is offered in partnership with Isanti County Public Health. The sessions are co-led by a licensed Parent Educator and professional Lactation Consultant.

Thursdays | 11-12:30 PM Adult Enrichment Center, 540 5th Ave NW, Cambridge

## Family Open Swim

Saturday, April 13 | CIHS - enter door #1 Swim: 3:30-5 PM | Dinner: 5-5:30 PM Pizza will be available for purchase \$5/family for open swim, Pizza \$1/slice.



Celebrate National Week of the Young Child with us at the Cambridge-Isanti High School pool, and stay for dinner! Open swim will be from 3:30-5 PM. The pool temperature will be slightly warmer in April. Stay for pizza in the cafeteria. Water available, feel free to bring your own drinks. Please register ahead of time.

## New to our area? Have a 0 to 5 year old?

Cambridge-Isanti Schools want to hear from you! Scan the QR code to complete the online census form to connect you to district information.





## Join us to celebrate your child's first birthday!

#### Saturday, April 13 | 9:30-10:30 AM

Did your little one recently turn 1 or is about to turn 1? Join us for music, story time, parachute fun, a yummy snack, and a free book for every 1-year old! This event is FREE! Please register at www.c-ischools.org/ecfe.



## Out & About w/ECFE

ECFE is hitting the road this summer with fun field trips for families. Let's explore new places together! We have reserved time at these places just for our group. Bus transportation is available for some trips. Registration required.

### ECFE @ Little North Playland

Monday, June 17 | 9-10:30 AM

Children will have fun exploring this indoor playland right in our backyard! Playland grip socks must be used by anyone entering the play area. Reuse previously purchased Playland grip socks or purchase them on site for \$1.99 each. Families are welcome to bring water and a snack from home. Snacks and beverages will be available to purchase on site. Please note that this event is geared towards children 8 and under. Infants 0-6 months and each adult w/paid child is free, \$11 per child/adult, additional adults are \$11 each.

### ECFE @ the Mora Aquatic Center

Monday, July 22 | 10 AM-12:45 PM

Board the bus with us! Splish splash at the Mora Aquatic Center with other ECFE families! There is a zero depth pool, as well as two slides. Snacks & beverages available for purchase at the concession stand. Bus departs at 9:30 AM from Cambridge Intermediate School. Swim time: 10 AM-12 pm. Picnic lunch outside the pool area (bring your own): 12:15-12:45 PM. Board the bus 12:45 PM, return to Cambridge Intermediate School at 1:15 PM. Ages 8 & up and adults: \$10, children ages 2-8: \$8, under 2: free.

### ECFE @ 100 Acre Homestead

Tuesday, August 14 | 9-11 AM

Hop on the bus as we head to the farm! We will have time to feed the animals, play in the corn pit and obstacle course, paint rocks, and ride the barrel train. Bus will depart from Cambridge Intermediate at 8:30 AM and returns at 11:30 AM. Ages 2+ up and adults: \$11. Child 1 and under: free.



### ECFE @ the Park

This summer ECFE will be popping up at the park! Staff will be there with a variety of outdoor activities to participate in together, and each day will end with a circle time. These free events meet at local parks where you can also play on the playground and meet other families in the area. Children ages 5 and under will get a free book while supplies last.



Bluebird Park 110 1st Ave NW, Isanti Tuesdays | June 18-July 30 | 10-11:00 AM No ECFE on July 2

Cambridge City Park 810 2nd Ave SW, Cambridge Wednesdays | June 19-July 31 | 10-11 AM No ECFE on July 3

Kid's Day at the Rodeo Saturday, July 13

Kid's Day at the Fair Friday, July 19

### Gearing Up for Kindergarten

For children entering Kindergarten Fall 2024 Enrollment opens March 15!

Kindergarten is an exciting time full of new adventures! Gearing Up for Kindergarten is an opportunity to experience what it's like to be a kindergartner. Students will have the opportunity to visit the gym, cafeteria, and media center as well as meet the Principals.

Dates: August 5-15

Locations: Cambridge Intermediate School and Isanti Primary School

Days: Monday-Thursday

Time: 9 AM-12 PM

\$20 Enrollment Fee and Free Tuition

\*Please call us at 763-691-6691 if this creates a hardship. No one will be turned away as long as space is available.





## **Early Childhood Screening**



The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a free and simple check of how your child is growing and developing.

Screening at 3 1/2 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by Minnesota state law.

#### At a screening appointment, a trained professional will check:

- Vision and hearing
- · Health history
- Height and weight
- · Large and small muscles
- · Social and emotional development
- Thinking, language, and communication skills

Visit c-ischools.org/screening, scan the code or call 763-691-6691 to schedule an appointment!



#### **Preschool Tuition Assistance**

Cambridge-Isanti Preschool offers a variety of fee assistance options. Each scholarship has a short application process to complete and families must meet specific criteria. Scholarships are awarded based on family size, income and/or identified factors that may impact a child's learning. All information collected for fee assistance is confidential. The Early Childhood office can help you apply for a Pathway I, Pathway II or School Readiness scholarship.

Mark "Yes" if you would like a scholarship application emailed to you when registering. Scholarship applications are filled out electronically allowing a paperless system.

The scholarship application and income verification must be submitted before an award can be made. Forms of documentation can include most recent 1040 from your Federal tax return, W2's, pay stubs covering a month, statement or letter from another assistance program such as free & reduced lunch program from school or county assistance. Documentation is needed for each parent living with the preschooler.

Documentation can be emailed to earlychildhood@c-ischools.org; faxed to 763-691-6692 or dropped in the lock box at door 3 of Cambridge Intermediate School.

## Cambridge-Isanti Preschool is a Pyramid Model site!



Pyramid Model is a framework for intentionally teaching children social, emotional, friendship, and problem solving skills to help them be successful at school. Families will receive a monthly newsletter about what children are learning!





## Welcome To The Cambridge-Isanti Preschool Family!



Early Childhood Programs are a vital part of Cambridge-Isanti Schools. Our preschool team works closely with primary school teams to ensure our students transition smoothly into kindergarten with an eagerness and readiness to learn and a love of school.

C-I Preschool provides children the opportunity of a fun and enriching school that emphasizes development as they prepare for kindergarten, social, emotional, and academic skills.

We use the Big Day for Pre-K curriculum that supports students' individual growth as they learn through play in a teacher-supported environment. Children are exposed to and learn age-appropriate math, writing, music, art, science, and language concepts while making friends and cultivating their growing independence.



#### **FULL-DAY** TIME **DAILY RATE AGE** M-F 4-5 7:40 AM-2:10 PM \$38 M/W/F 4-5 7:40 AM-2:10 PM \$38 7:40 AM-2:10 PM T/TH 3-4 & 4-5 \$38 **HALF-DAY** M/W/F 3-4 & 4-5 7:40-10:25 AM \$17 M/W/F 3-4 & 4-5 11:25 AM-2:10 PM \$17 T/TH 7:40-10:25 AM 3-4 & 4-5 \$17 T/TH 3-4 & 4-5 11:25 AM-2:10 PM \$17

Cambridge Intermediate School · 428 2nd Ave NW, Cambridge

#### Isanti Primary School · 301 Heritage Blvd NW, Isanti

FULL-DAY	AGE	TIME	DAILY RATE
M-F	4-5	7:45 AM-2:15 PM	\$38
M/W/F	4-5	7:45 AM-2:15 PM	\$38
T/TH	4-5	7:45 AM-2:15 PM	\$38
HALF-DAY			
M/W/F	3-4 & 4-5	7:45-10:30 AM	\$17
M/W/F	3-4 & 4-5	11:30 AM-2:15 PM	\$17
T/TH	3-4 & 4-5	7:45-10:30 AM	\$17
T/TH	3-4 & 4-5	11:30 AM-2:15 PM	\$17

All class options are available online at www.c-ischools.org/preschool. Call 763-691-6691 with any questions.

Adventure Center is available before and after school for preschool age students.

See page 11 for details!





Scan code to register for preschool!



#### **Preschool Enrichment**

#### **Science Explorers' Fascinating Physics** (Ages 4-6)

In Fascinating Physics, preschoolers will use their natural curiosity to explore physics, the science of motion. We will investigate force, friction, gravity, simple machines and more with engaging activities and experiments. Please join us for this exciting, Jr. STEM class as we take our first steps into the fascinating world of physics.

SL171 | M-Tu | Jun 24-Jun 25 | 10 AM-12 PM | IIS 2 Sessions | \$55 | Spitzack

#### Science Explorers' Science in the Kitchen (Ages 4-6)

Our kitchens can be amazing science labs...so join Science Explorers as we throw open the kitchen cabinets and enjoy fun, "hands-in" science. We will explore states of matter, chemical reactions and more with experiments that bubble, fizzle, crackle and pop. Be sure to dress so you can get messy! Note: flour, cornstarch, oil and other common kitchen ingredients may be used, but not consumed.

SL092 | M-Tu | Jul 22-Jul 23 | 10 AM-12 PM | IIS 2 Sessions | \$59 | Spitzack



#### Pretty Little Signs Toddler Tuesdays NEW

Join us for toddler Tuesdays where we invite homeschooled families, stay at home mama's, and others with little ones to enjoy a themed morning that includes story time, a snack, and a fun quick project. The perfect morning outing. All supplies will be provided at class.

**Location: Pretty Little Signs** 

SL2025A | Tu | May 14 | 10-11:30 AM | 1 Session | \$15

SL2025B | Tu | Jun 11 | 10-11:30 AM | 1 Session | \$15

SL2025C | Tu | Jul 16 | 10-11:30 AM | 1 Session | \$15

SL2025D | Tu | Aug 6 | 10-11:30 AM | 1 Session | \$15

**Instructor: Patrick** 





## Cambridge Lutheran Church Children Youth & Family

#### You're Invited!



Frolic | Birth – Age 4 + Caregiver Thursdays 9:00-10:30 AM Jan. 18 - May 9



**KidZone | Age 3 – Grade 5** Sundays 10 AM Year-around



**LOGOS | Grade 4–6** Wednesdays until 6:30 PM Oct. – March 2024



Ignite

Ignite | Grade 7-9 Wednesdays 6 - 8 PM Pizza & Games @ 6 PM Oct. - May 2024



Surge | Grade 10-12 Wednesdays 6 - 8 PM Pizza & Games @ 6 PM Oct. - May 2024

#### Spring & Summer @ CLC 2024

Rock & Roll Easter | Birth – Grade 5 | FREE EVENT Sat. March 30, 9:30-11 am. Parent supervision required. Bouncy houses, easter egg hunt, photo booth, Easter story, games & prizes!

Music Adventure Camp (MAC) | Grade 2-7 | FREE June 11-13 & 18-20. Performance June 23. Transportation from CLC to Play Inc. available.

Camp Wapo Summer 2024 | Grade 1-8 July 7-12.

Christikon Summer 2024 | Grade 9–12 July 20-28 Youth travel to mountains of Montana near Yellowstone.

Vacation Bible School | Age 4 – Grade 5

August 5-8. Created to be Brave, Free, Authentic,
Disruptive, and Disciples.

Questions? Cambridgelutheran.org or Kate Roettger, klr@cambridgelutheran.org or 763.689.1211



#### My Little Horse Camp (Ages 2-5 & Adult)

This parent/child camp features horse safety, learning and fun! Experience feeding, caring for and grooming horses. A signed Boulder Pointe waiver is required the day of camp.

12-2 PM | 1 Session | \$69 Boulder Pointe Equestrian & Event Center

SL010A | Sa | Apr 13

SL010B | Sa | May 18

SL010C | M | Jun 10

SL010D | F | Jun 21

SL010E | F | Jul 12

SL010F | F | Aug 9

SL010G | M | Aug 12

#### **Gymnastics: Pre-Beginners** (Ages 4-5)

A great introduction to the sport of gymnastics. Students do not need to have had any previous experience and for those who have not yet been in kindergarten. Student must be turning 4 during the session in order to be eligible for this class. Please register at least one week prior to the class start date. Classes are filled on a first-come, first-served basis. Registrations are not accepted at the gym. Students need to be fully potty trained.

SL031A | W | Jun 12-Aug 21 | 3:30-4:15 PM CIHS Gymnastics Gym | 10 Sessions | \$77 | Rooney No Class Jun 19 and Jul 3

SL031B | Tu/Th | Jun 11-Jul 18 | 8:45-9:30 AM CIHS Gymnastics Gym | 10 Sessions | \$85 | Rooney No Class Jul 2 and Jul 4

SL031C | Tu/Th | Jul 23-Aug 22 | 8:45-9:30 AM CIHS Gymnastics Gym | 10 Sessions | \$85

## Challenger Sports' International Soccer Camp - Tiny Tykes (Ages 3-6 Years)

Join us for one of the most popular soccer camps in the country, now with new and improved activities that will accelerate your learning. Challenger Sports' brings amazing coaches, awesome British accents and a week of innovative practices with a unique cultural twist. Coaching revolves around personal challenges, maximum participation, positive feedback and most importantly fun. All participants will receive a soccer ball and t-shirt. Please bring a water bottle. Anyone registering after July 5 may not receive their ball

SL077A | M-F | Jul 22-Jul 26 | 3-4:30 PM CIS Grassy Area (Near Ball Fields) | 5 Sessions | \$135 Challenger British Soccer Staff

and t-shirt on the first day of class.



#### Little Kickers Soccer (Ages 3-6)

This program will introduce kids to the game of soccer and provide an opportunity to run, kick, dribble and maybe even score a goal! Each day will start with fun drills and end with a short game. The difficulty of drills and activities will increase with each age group. Dates that are canceled due to weather: We will make up one bad weather date, all others will be canceled.

#### **AGES 3-4**

SL102A | M/W | Jun 24-Jul 29 | 6:15-7 PM IIS Grassy Area Between Softball Fields | 9 Sessions | \$85 No Class Jul 1 and Jul 3

SL102B | Tu/Th | Jun 25-Jul 30 | 9-9:45 AM IIS Grassy Area Between Softball Fields | 9 Sessions | \$85 No Class Jul 2 and Jul 4

#### Little T's Ball (Ages 3 & 4)

Little T's is designed for players who are new to baseball and still working on paying attention for long periods of time. Practices include warm up activities, basic rules, age appropriate drills using whiffle ball equipment and cool down activities. Bring your glove and a water bottle. Please do not bring a bat. We will make up one bad weather date. All others will be canceled.

Location: IIS Softball Field #1

**SL071A | M/W | Jun 17-Jul 22 | 9-9:45 AM | 8 Sessions | \$85** *No Class Jun 19, Jul 1 & Jul 3* 

**SL071B | M/W | Jun 17-Jul 22 | 5-5:45 PM | 8 Sessions | \$85** *No Class Jun 19, Jul 1 & Jul 3* 

**SL071C | M/W | Jun 17-Jul 22 | 6-6:45 PM | 8 Sessions | \$85** *No Class Jun 19, Jul 1 & Jul 3* 

**SL071D | Tu/Th | Jun 18-Jul 18 | 5-5:45 PM | 8 Sessions | \$85** *No Class Jul 2 & Jul 4* 

SPRING AND SUMMER REGISTRATION OPENS MARCH 18!





## ADVENTURE CENTER SUMMER 2024



Summers at Adventure Center are full of endless fun! Daily activities include a variety of hands-on free choice options from art to science to dramatic play. Each day will include an outside time, literacy activities, and team building opportunities. Each week will have exciting on-site activities, high-interest activities, and field trips to meet a variety of interests and ages.

## SAMPLE OF SUMMER 2024 ACTIVITIES:

Onsite events: Joe's Bounce House, Brian Richards Magician, Ninja Anywhere

#### Field trips:

K-5: Como Zoo, Mora Pool, Grand Slam, Library, C-I High School Pool

K-2: Princeton Splash Pad, Children's Museum

3-5: Bunker Beach, Elm Creek Park Reserve

Weekly themes include: All About You, Farming, Space, Community, Volcanoes, and MORE!

FULL CALENDAR OF EVENTS AVAILABLE ONLINE. Scan QR code to view calendar.



**GRADES: K-5** 

#### **PROGRAM DATES:**

June 12-August 22 Closed June 19, July 4 & 5

#### **PROGRAM HOURS:**

M-F, 6 AM-6 PM

#### LOCATION:

Cambridge Primary School, 310 N Elm St.

Children who are registered in kindergarten in the 2024-2025 school year are eligible for the School Age Summer Program.

#### **REGISTRATION FEES:**

Early Bird (before Apr 1): \$25/child

After Apr 1: \$40/child, \$65/family

Rates/Day		
46-50 days	\$47.50	
38-45 days	\$50.00	
31-37 days	\$52.50	
15-30 days	\$55.00	

Scheduled Days and

Schedule change deadline: May 1 All contracts will be charged a minimum of 15 days.

\$58.00

Drop in

(space available only)

REGISTRATION FOR SUMMER ADVENTURE CENTER IS OPEN!

Sign up at c-ischools.ce.eleyo.com





Adventure Center offers an inclusive, safe, engaging, and fun space for students to play, learn, and grow during out-of-school time. The program is

youth-focused and choice-based, offering students the opportunity to develop strong social skills and positive relationships with mostly similar-aged peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities will be developmentally appropriate and include health and fitness, arts and crafts, creative play, literacy, science, and much more.

Questions? Contact us at adventurecenter@c-ischools.org or 763-689-6180.

#### **CHILDREN AGES 3-5**

Monday, September 9, 2024-Thursday, June 5, 2025

#### **HOURS**

Before C-I Preschool 6 AM-Start of Half-Day AM & Full-day C-I Preschool

After C-I Preschool End of Afternoon & Full-day C-I Preschool-6 PM

Adventure Center is not available mid-day. Closed on non-school days and summer.

#### **LOCATIONS**

Cambridge Intermediate School (428 2nd Ave, NW, Cambridge)

Isanti Primary School (301 Heritage Blvd NW, Isanti)

#### **REGISTRATION FEE**

\$40/child, \$65/family

Consistent Contract (2 day minimum)	
Option	Daily Rate*
Before School 6 AM-School start time	\$11.00
After School, Early Pickup School end time-4 PM	\$11.50
After School School end time-6 PM	\$19.50

Pick Your Days Contract (No minimum days)	
Option	Daily Rate*
Before School 6 AM-School start time	\$12.75
After School, Early Pickup School end time-4 PM	\$13.25
After School School end time-6 PM	\$21.25
Non School Day (School age only)	\$43.00

\*CCAP & Childcare Aware of America for Military Families funding is accepted.

#### Registration is OPEN!

#### **CHILDREN IN GRADES K-5**

Monday, September 3, 2024-Thursday, June 5, 2025

#### **HOURS**

Before School Monday-Friday, 6 AM-Start of School Day

After School Monday-Friday, End of School Day-6 PM

#### **LOCATIONS**

Non-School Days & School Year Cambridge Primary School (310 N Elm St, Cambridge)

School Year Isanti Primary School (301 Heritage Blvd NW, Isanti)

School Year (After School Only) Isanti Intermediate School (101 9th Ave NE, Isanti)

#### **REGISTRATION FEE**

\$40/child, \$65/family



## MIDDLE SCHOOL HANGOUT



Join this weekly camp to hangout with friends, play in open gym, and enjoy daily activities such as board games, field games, crafts and baking. Each week will include a FIELD TRIP or in-house event.

Register for 1 or all 4 weeks. Morning snacks, all supplies, and field trip costs are included. Students must provide their own lunch. Due to parking lot work at IMS, program is hosted at Cambridge Middle School. We will offer a SHUTTLE SERVICE from Isanti Primary School and Isanti Intermediate School to CMS. Times for pickup and drop off finalized at end of May.

DISCOUNT for registering for all 4 weeks at once! Register soon - Spaces are very limited. Must register by May 31 to receive discount for all 4 weeks.

All classes are held at CMS.

SL2013A (All 4 weeks) | \$59 for all 4 weeks \$115.00 for all 4 weeks including Isanti shuttle to and from CMS

SL2013B (Week 1) | \$10 \$20 for week 1 including Isanti shuttle to and from CMS

SL2013C (Week 2 ) | \$15 \$30 for week 2 including Isanti shuttle to and from CMS

SL2013D (Week 3) | \$15 \$30 for week 3 including Isanti shuttle to and from CMS

SL2013E (Week 4) | \$15 \$30 for week 4 including Isanti shuttle to and from CMS

> See page 24 for Middle School After School Hangout

## Creative 23: Kids Art Exploration Summer Camp (Grades 2-8) NEW

Join Ashley Messer with Creative Studio 23 for a 3 day Summer Art Camp! Class sessions will be held from 11 AM-2 PM each day. Day 1, we will focus on drawing and dry art materials with colored pencils, markers, oil pastels and chalk pastels. Day 2, we will focus on mixed media and collage art with dry art materials and watercolor paint. Day 3, we will focus mainly on acrylic painting techniques on paper and on canvas. Students will learn about color theory, experiment with a variety of fun art materials, and have a chance to get 1-on-1 learning with a professional artist.

GRADES 2-5 | SL2091 | Tu-Th | Jun 11-Jun 13 | 11 AM-2 PM IIS | 3 Sessions | \$150 | Messer

Grades 5-8 | SL2092 | Tu-Th | Jul 16-Jul 18 | 11 AM-2 PM IIS | 3 Sessions | \$150 | Messer

#### Ooey Gooey Art (Grades K-3)

Join this camp for all things messy, fun, and slimy! We will make our own slime, play with putty, and provide all participants with the recipes to do it all again at home. Playing and getting messy are the objectives of this camp! Please remember to dress for the mess. This camp will be taught by community education staff.

SL2009 | M-Th | Jul 22-Jul 25 | 10-11:30 AM | CIS 4 Sessions | \$55

#### Hot Wheels Art (Grades 2-6) NEW

In this class you'll learn how to draw cool cars, inspired by Hot Wheels. Together we'll use watercolors, paints and colored pencils to bring the cars to life! Parents of the artists are welcome to join us for the last 10 minutes of class. As every day in class we'll host a car show to exhibit their speedy art! Come join in on the fun! Please bring a nut free snack as well as a beverage.

SL2094 | M-Th | Aug 5-Aug 8 | 1-4 PM | IIS 4 Sessions | \$145 | DeStefano

#### Minecraft Art (Grades K-5) NEW

Calling all Minecraft lovers! In this class you'll learn how to draw your favorite Minecraft characters. We will bring each character to life using paints, watercolors, and colored pencils! Come join in on the fun! Please bring a nut free snack as well as a beverage.

SL2097 | M-Th | Aug 12-Aug 15 | 1-4 PM | IIS 4 Sessions | \$139 | DeStefano

#### Pokemon Art (Grades 2-6) NEW

In this class, you'll learn how to draw your favorite Pokémon characters. Bringing each one to life using paints, watercolors and colored pencils. Together we will design Pokémon cards as well. How cool! Come join us in the fun! Please bring a nut free snack as well as a beverage.

SL2098 | M-Th | Aug 19-Aug 22 | 1-4 PM | IIS 4 Sessions | \$145 | DeStefano

#### Painting with Threads (Grades 1-5) NEW

In this class we will explore a new approach to mixed media. Using paints to create beautiful designs. To further bring the painting to life, we'll embroider the canvas. What a fun twist to standard painting! Child safe sewing needles will be used. Come join us in the fun! Please bring a nut free snack as well as a beverage.

SL2096 | M-Th | Aug 12-Aug 15 | 9 AM-12 PM | IIS 4 Sessions | \$155 | DeStefano

## Paint Your Own Pottery: Garden Gnomes (Adult/Child Class) (Ages 4-10 w/adult)

Come join us for painting garden gnomes! You will be supplied with one big gnome and one little gnome. Gnomes are great for gardens, porch pots, and indoor decor. Geared for kids age 4-10 and a caring adult, but anyone can join! We supply over 20 different glazes, stencils, stamps, and supplies to help you create. When finished, leave your pottery with us. We do all the finishing, glazing, and firing in the kiln. Pottery pick up will be at the Cambridge-Isanti Community Ed Building.

SL2101 | M | Jun 10 | 2:30-4 PM | IIS | 1 Session | \$55 | Schmitz

#### **Paint Your Own Pottery: Picture Frame** (Ages 4+)

Paint a picture frame to hold your memories! Holds a  $4 \times 6$  photo and comes with the glass and backing once fired. We supply over 20 different glazes, stencils, stamps, and supplies to help you create. When finished, leave your pottery with us. We do all the finishing, glazing, and firing in the kiln. Pottery pick up will be at the Cambridge Isanti Community Ed Building.

SL2104 | F | Jun 28 | 2:30-4 PM | IIS | 1 Session | \$39 | Schmitz

#### Paint Your Own Pottery: Pottery Mugs (Adult/Child Class) (Ages 4+ w/adult)

Come join us for painting pottery mugs. We will bring a variety of themed mugs for you to choose 1 from (animals, sports, shapes) Geared for kids age 4-10, but anyone can join! We supply over 20 different glazes, stencils, stamps, and supplies to help you create. When finished, leave your pottery with us. We do all the finishing, glazing, and firing in the kiln. Pottery pick up will be at the Cambridge-Isanti Community Ed Building.

SL2102 | Th | Jun 20 | 2:30-4 PM | IIS | 1 Session | \$39 | Schmitz

### Paint Your Own Pottery: Space Splatter Plate

(Ages 4-10 w/adult)

This plate is out of this world! We will work step-by-step in painting your very own spaceship plate: from drawing the spaceship to splattering the stars and asteroids. We supply over 20 different glazes, stencils, stamps, and supplies to help you create. When finished, leave your pottery with us. We do all the finishing, glazing, and firing in the kiln. Pottery pick up will be at the Cambridge-Isanti Community Ed Building.

SL2103 | F | Jun 7 | 2:30-4 PM | IIS | 1 Session | \$39 | Schmitz



### **Goldilocks**

Order! Order in the courtroom! Today we will be hearing the case of the Bear Family against one Goldilocks. But the question is... will it be a fair trial? Goldilocks is so cute, and so charming... and doesn't she know it?! However, when the Bear Family accuses her of breaking and entering, robbing them of their favorite meal and property damage, it looks like Goldi might be in over her head. The only problem for the Bear Family is everyone loves Goldi! Will they be able to convince a jury of their peers that she isn't as sweet and innocent as she seems? Join us in this thrilling whodunnit to figure out who exactly broke into the Bear Family's home, ate their porridge, sat in all their chairs, and slept in their beds! Both sides will have to remember their days exactly as they happened to prove that they are right. In the end, will Goldi be found guilty, or will the Bear Family's case against her be dismissed?

Everyone who participates will receive a part.
Students are also needed for the tech crew to run the lights and sound. This is a GREAT opportunity for those who get nervous being on stage but love theater.

**Registration deadline: September 9** 

Auditions: Monday, September 23, 3:30-5:30PM

Rehearsal: Tuesday-Thursday, Sep 24-26, 3:30-7:45 PM Friday, Sep 27, 3:30-7:30 PM

Location: CIS, Gym/Auditorium

\*Rehearsal times are subject to change. A detailed schedule will be provided after auditions on the first day.

Performances: Friday, September 27 at 7:30 PM Saturday, September 28 at 10:30 AM

Location: CIS, Gym/Auditorium

SL049 | Sep 24-Sep 27 | CIS Gym-Auditorium 5 Sessions | \$105

Presale only: Tickets can be purchased online or at the Community Education office. There is no reserved seating, so please arrive early for the best views!

Anyone coming to see the show MUST pre-purchase tickets online or at the Community Education office. No cash purchases will be available at the door. We apologize in advance for any inconvenience.

Tickets: \$8 (Ages 15+), \$6 (under 15 years) TKTGoldilocks Friday Show TKTGoldilocks Saturday Show



#### **Arts & Crafts / Cooking**

#### Beginners Dungeons and Dragons NEW

(Grades 6-8)

In this class students will learn the basics and begin to play the hit role-playing game Dungeons and Dragons with others that are also interested in the game. Students get to create a character using their imagination and then play in a fantasy world where they become the hero.

SL2093 | W | Apr 10-May 1 | 3:40-5:30 PM IMS | 4 Sessions | \$19 | Lukes

#### Let's Make a Fun Bird Feeder! (Grades K-3) NEW

This bird feeder is so easy to create! It is absolutely an eye catching piece you can put up to attract birds! Such a fun project!

SL2023 | W | May 15 | 4:30-5:45 PM | AEC | 1 Session | \$10

#### May Day Baskets (Grades K-3) NEW

Get some friends together and make awesome May Day baskets to give to some of your favorite people!

SL2022 | Tu | Apr 23 | 4:30-6 PM | IIS | 1 Session | \$10

#### Paper Doll Fashion (Grades K-5) NEW

Calling all fashion lovers! From creating your very own paper doll to designing a closet of clothes filled with splashes of color, beautiful beads and glitter! Together we will also create a flipbook home for our dolls. How fun! Everything will be laminated with velcro patches for easy outfit changes. Come join us in on the fun! Please bring a nut free snack as well as a beverage.

SL2095 | M-Th | Aug 5-Aug 8 | 9 AM-12 PM | IIS 4 Sessions | \$145 | DeStefano

#### Pretty Little Signs Mommy & Me (Ages 3+) NEW

Join us for our Mommy and Me classes. Bring your crafty little mini me to this class and together you will create an easy and fun craft. All supplies will be provided at class. Dates and Activity that will be completed:

May 8th - Mother's Day Theme

May 22nd - Flowers Theme

June 12th - Summer Fun/Father's Day Theme

June 26th - 4th of July Theme

July 17th- Strawberry Days Theme

July 31st- A Day at the Beach Theme

August 13th - Back to School/1st Day of School Theme

Pretty Little Signs | 1 Session | \$15 | Patrick

SL2024A | W | May 8 | 10-11:30 AM

SL2024B | W | May 22 | 10-11:30 AM

SL2024C | W | Jun 12 | 10-11:30 AM

SL2024D | W | Jun 26 | 10-11:30 AM

SL2024E | W | Jul 17 | 10-11:30 AM

SL2024F | W | Jul 31 | 10-11:30 AM

SL2024G | Tu | Aug 13 | 10-11:30 AM

## Food for your Skin: DIY Recipes for Teens NEW (Grades 6-12)

Join local holistic nutritionist, Jackie Mart, for this class all about beauty foods. We will be making a "real food" detox body scrub, facial mask specific for your skin type, and a glowing-skin smoothie!

SL2062 | Tu | Apr 23 | 5-6 PM | WLC | 1 Session | \$42 | Mart

#### Marvelous Munchies (Grades K-5) NEW

Join local holistic nutritionist, Jackie Mart, for this hands-on children's class. We will be mixing up a few mouth-watering, grab and go trail mixes you can take with you to snack on anytime, anywhere! On the menu: Sweet N' Salty, Monster Cookie, and Brain-Boosting. All supplies are included.

SL2063 | Tu | Apr 23 | 4-5 PM | WLC | 1 Session | \$42 | Mart

#### CMS Cooking Club (Grades 6-8)

CMS Cooking Club is for students who have a passion for cooking. In these sessions we will be making quick and easy meals for kids!

SL2090 A | W | Apr 3 | 7:15-8:15 AM | CMS 1 Session | \$9 | White

SL2090 B | W | Apr 10 | 7:15-8:15 AM | CMS 1 Session | \$9 | White

SL2090 C | W | Apr 17 | 7:15-8:15 AM | CMS 1 Session | \$9 | White

SL2090 D | W | Apr 24 | 7:15-8:15 AM | CMS 1 Session | \$9 | White



## Child and Babysitting Safety (CABS) Program (Ages 11+)

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

SL023A | M | Jun 17 | 8:30-11:30 AM | CIHS 1 Session | \$65 | Bromberg

SL023B | W | Aug 21 | 8:30-11:30 AM | CIHS 1 Session | \$65 | Bromberg

#### Home Alone (Grades 2+)

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

SL0231A | M | Jun 17 | 12-2 PM | CIHS 1 Session | \$39 | Bromberg

SL0231B | W | Aug 21 | 12-2 PM | CIHS 1 Session | \$39 | Bromberg

## Instructor Feature: Andrea Fierst

Cambridge Middle School, 6th Grade Math Teacher, WEB Coordinator, Yearbook Advisor, Middle School Hangout

Two years ago, I began working as a community education teacher. After moving to teach middle school last year, I was able to join the middle school hangout crew over the summer. We provided a place for grades 6-8 to get together and try new things. We have had so much fun playing games, cooking, getting outside, doing art, and laughing a lot. I love that I get to lead this program during the school year and summer. I am thrilled to be bringing a new experience to our district for grades 3-6 this summer with the introduction of Camp Invention. The 'Illuminate' theme is sure to be a bright spot this summer.

#### Home Alone & Safe (Ages 7-10)

Going to be home alone for short periods of time? If so, this class is a must. The instructor will focus on safety issues dealing with answering the telephone and door, stranger safety, where to keep keys and emergency information, basic first aid including choking, bleeding, burns and CPR. You will receive a participation certificate and instructional book. Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child.

SL017A | Th | Aug 15 | 10 AM-12 PM | CIHS 1 Session | \$49 | Lee-Johnson

#### **Country Music Guitar Camp for Beginners**

(Ages 9-Adult)

Dirt roads, farm fields, and campfires! These are just a few of the images that are sung about in country songs. Join Musician Pierre and learn how to strum chords, pick melodies, and play an easy classic country song on the acoustic guitar. Student sized acoustic guitar provided or you're welcome to bring your own. For youth ages 9-11 a parent needs to attend with their child(ren) to help with instrument placement if needed. Enrollment is limited to one family per camp.

SL145A | F | Apr 26 | 7-7:45 PM | CMS Media Center 1 Session | \$55 | Pleau

SL145B | F | Jun 28 | 7-7:45 PM | CPS Media Center 1 Session | \$55 | Pleau

#### **Ukulele Melody Camp for Beginners**

(Ages 7-Adult)

Join Musician Pierre for a fun intro to playing easy melodies on the ukulele. Learn short instrumental solos and a variety of strumming patterns. Ukuleles provided or bring your own Ukulele – size: soprano, concert, or tenor. For youth ages 7–11 a parent needs to attend with their child(ren) to help with instrument placement if needed. Enrollment is limited to one family per camp.

SL2059 | F | Apr 26 | 5-5:45 PM | CPS Media Center 1 Session | \$55 | Pleau

#### Violin Camp for Beginners (Ages 5-Adult)

Join Musician Pierre for a fun intro to the violin which is also known as a fiddle! Learn basic fingering and bowing techniques and a couple of easy songs. No previous music experience necessary! Violins/Fiddles will be provided or you're welcome to bring your own. For youth ages 5–11 a parent needs to attend with their child to help with instrument placement if needed. Enrollment is limited to one family per camp.

SL2081A | F | Apr 26 | 6-6:45 PM | CMS Media Center 1 Session | \$55 | Pleau

SL2081B | F | Jun 28 | 6-6:45 PM | CPS Media Center 1 Session | \$55 | Pleau



#### **Special Interest / STEM**

#### Be a Radio Disc Jockey For A Day! (Ages 9-15)

Learn what it takes to be a Radio Disc Jockey for a day! The professionals at KBEK will give a tour of the studio, guide you through writing & producing a commercial, give you the mic for your own recording time, walk you through editing an interview, and give you the opportunity to go live on the air with one of the KBEK DJs. KBEK is located in Pine City (15429 Pokegama Lake Road, Pine City, MN). Space is limited, so register early!

SL159A | M | Jun 24 | 2-4 PM | KBEK Radio Station 1 Session | \$20 | KBEK Radio Station Staff

#### Daddy & Daughter Let's Do Hair! (Ages 3-10) NEW

Wanting to learn how to do your daughters hair? Join us in learning many simple braid styles, including French, bubble, and Dutch braids.

SL2064 | Su | Apr 21 | 1-2 PM | 1 Session | \$15/person

## **Exploring Isanti County Parks with Little Wilderness Camp!** (Ages 4-11) **NEW**

Join Little Wilderness as we explore a handful of the county parks that Isanti County has to offer. Each park is unique in their own way! We will meet at a new park everyday and focus on a new theme inspired by the outdoors. During your child's exploration you can expect that they will get: an exciting educational lesson, a hands-on group activity, making an outdoor inspired snack and learning about each park. Feel free to stay after the event to utilize the trails and explore these Isanti County Parks as a family! More detailed information will be provided to registered attendees prior to the event. Each park has a porta-potty, picnic shelter, and offers free entrance. Please make sure to dress appropriately, and send sunscreen and a water bottle with your child each day.

#### **CAMP SPECIFICS:**

Monday, June 10: Prairies and the Monarch Butterflies Irving and John Anderson County Park (27241 Furman Street NE, North Branch)

<u>Tuesday, June 11:</u> Wetlands and Bogs Wayside County Park (27800 Verdin Street NW, Isanti)

<u>Wednesday, June 12:</u> Bugs and Invasives Springvale County Park (3361 HWY 95 NW, Cambridge)

<u>Thursday, June 13:</u> Fish and Aquatic Vegetation Vegsund Family County Park (40097 Polk Street NE, Stanchfield)

<u>Friday, June 14th:</u> Birds and Trees Becklin Homestead County Park (34605 Holly Street NW, Cambridge)

SL2027 A | M-F | Jun 10-Jun 14 | 10 AM-12 PM | 5 Sessions | \$79 SL2027 B | M-F | Jun 10-Jun 14 | 1-3 PM | 5 Sessions | \$79



## Spanish Summer Youth Camp "Let's Imagine!" (GRADES 1-5) NEW

In this thrilling LIVE virtual summer camp, students will use their imagination and learn Spanish vocabulary related to their favorite themes~ superheroes, princesses, magic, dinosaurs, mermaids, unicorns, and more! Each class students will explore age-appropriate adventures- All in Spanish! Basic conversation and Spanish vocabulary such as colors and counting will be incorporated to build on their skills each week. Class will include interactive activities learning Spanish vocabulary and practical conversation elements. Join us on a magical adventure! This camp is being taught through Futura Language Professionals Appropriate for incoming students in Grades 1-5 with any level of Spanish experience.

SL2026 | M-Th | Jun 10-Jun 13 | 4:15-5 PM Virtual | 4 Sessions | \$75

#### Science Explorer's Emergency Room 101 (Grades 1-6)

In the emergency room you will become a student doctor as you learn about the human body and first aid through plenty of hands-on activities. You will participate in mock emergency situations, create a basic first aid kit, plus you will learn the importance of mucus and other gross stuff that your body produces to keep you healthy.

SL062 | M-Tu | Jun 24-Jun 25 | 1-3:30 PM IIS | 2 Sessions | \$69 | Spitzack

#### Science Explorers' Crazy Chemistry (Grades 1-5)

Join Science Explorers as we become crazy chemists! We will investigate the Periodic Table and learn about its families with fun and exciting experiments as we discover the science side of STEM. We will break some chemical bonds, get messy with polymers and much more. Our classes are hands-on so be sure to dress for a mess!

SL121 A | Tu | Apr 9-Apr 23 | 2:10-3:25 PM | CIS 3 Sessions | \$65 | Spitzack

SL121 B | Tu | Apr 30-May 14 | 2:20-3:35 PM | IIS 3 Sessions | \$65 | Spitzack

#### Science Explorers' Wizard School (Grades 2-6)

Join Science Explorers as we investigate a wizard's laboratory. You will become an apprentice as you learn the science behind the magic. Learn to harness electricity to make your own wand. Explore the secret world of alchemy as you create scientific potions and more in this fun, hands-on imaginative class.

SL060 | M-Tu | Jul 22-Jul 23 | 1-3:30 PM | IIS 2 Sessions | \$69 | Spitzack

#### Camp Invention: Illuminate™ Summer Camp (Grades K-5) NEW

In Let's Glow, students learn about biophysics, optics, and electrical engineering as they discover illuminating inventions and engineer their own one-of-a-kind Glow Box. They investigate how like works in LEDs, fiber optics and even glowing animals. With ultraviolet light, they uncover clues to reveal a mystery, using the power of light to help their ideas shine.

SL2105 | M-F | Aug 12-Aug 16 | 9 AM-3:15 PM CMS | Sessions | \$295

## **3D Printing: Jewelry Fabrication & Arts Camp** (Grades 2-6) *NEW*

Bring your creations to life in this 3D printing class. The ancient craft of jewelry making is brought to the modern world using TinkerCad and 3D printers. Students will learn to build 2D and 3D models on the computer using CAD software. They will design and print a pair of earrings, or a pendant in this class. If printing is not completed in class, prints will be mailed home. Please bring a lunch and a drink.

SL12605 | F | Aug 2 | 9 AM-2 PM | CIHS 1 Session | \$105 | Tech Academy Instructor

#### **Extreme Robotics: Battlebots Camp (Grades 2-6)**

This camp will energize and excite students by combining the LEGO® building system's versatility and the Mindstorms EV3 (the most sophisticated microcomputer brick ever made by LEGO®). Working in teams, students will construct fun LEGO® models, experiment with programs, and compete in robotic challenges. Robot building, block programming, and teamwork will be part of each day's activities. The final challenges will be centered around hitting targets and a sumo battle. Please bring a lunch and a drink.

SL12602 | F | Jun 14 | 9 AM-2 PM | CIHS 1 Session | \$89 | Tech Academy Instructor

#### **Extreme Robotics: Bionics Beasts** (Grades 4-8)

Students 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. Our classes are fun, educational, and hands-on, teaching students the foundations of building and programming concepts. Students working in teams will then be challenged to morph their projects into better, stronger, or faster robots. Please bring a lunch and a drink.

SL12604 | F | Jul 26 | 9 AM-2 PM | CIHS 1 Session | \$89 | Tech Academy Instructor

## SUMMER SPLASH!



Bring your friends and join us for Summer Splash! There will be prizes and more! Life jackets are optional. There are a limited number to use during the event. Feel free to bring your own if your child needs one. Please note, they do need to be Coast Guard approved. Parents are welcome to stay and swim with their child for FREE. Children younger then 5 years of age are welcome to attend, but must have an adult in the pool and pool area with them at all times.

REGISTER BY JUNE 14. WALK-INS ARE NOT ACCEPTED AT THE DOOR.

SL125 | F | Jun 14 | 6-7:30 PM | CIHS Pool 1 Session | \$15/person, \$30 Up to 3 children with parent/guardian

# END OF SUMMER POOL PARTY!

Bring your friends and join us for an end of summer pool party! There will be prizes and more! Life jackets are optional. There are a limited number to use during the event. Feel free to bring your own if your child needs one. Please note, they do need to be Coast Guard approved. Parents are welcome to stay and swim with their child for FREE. Children younger then 5 years of age are welcome to attend, but must have an adult in the pool and pool area with them at all times.

REGISTER BY AUGUST 9. WALK-INS ARE NOT ACCEPTED AT THE DOOR.

SL2065 | F | Aug 9 | 6-7:30 PM | CIHS Pool 1 Session | \$15/person, \$30 Up to 3 children with parent/guardian





We offer Classroom and Behind-the-Wheel driving instruction required to become a licensed driver in the State of Minnesota through a curriculum designed by professional educators and taught by licensed teachers. The State of Minnesota requires potential drivers under the age of 18 to complete and pass a minimum of 30 hours of classroom instruction.

Students are required to be registered for Behind-the-Wheel (6 hours) instruction before they are eligible to take their permit test. To take their permit test, students must be at least 15 years old.

For information on the steps to become a licensed driver, visit c-ischools.org/community-ed.

#### **Classroom instruction only: \$165**

**Behind-the-Wheel instruction only: \$295** 

#### Classroom AND Behind-the-Wheel instruction: \$409 - over \$50 savings!

Savings will be reflected in your online cart when you register for both classes.

A reduced rate is available for students who qualify for free/reduced lunch.

#### **Refund Policy**

Classroom: To receive a refund (minus a \$5 processing fee), you must cancel 3 business days before the class begins.

Behind The Wheel: To receive a refund (minus a \$50 processing fee), you must cancel your registration within six months of the date of registration. Registrations after six months will not be refunded and cannot be transferred.

2024 SPRING & SUMMER CLASSROOM INSTRUCTION	
Date	Time
Apr 8-Apr 25	3:20-5:50 PM
Apr 29-May 16	5-7:30 PM
Jun 10-Jun 21	8:30-11:30 AM
Jun 10-Jun 21	12 PM-3 PM
Jul 8-Jul 19	8:30-11:30 AM
Jul 8-Jul 19	12 PM-3 PM
Jul 29-Aug 9	8:30-11:30 AM
Jul 29-Aug 9	12 PM-3 PM
Location: CIHS	

## Two new Virtual Driver Education options are coming.

Cambridge–Isanti Community Education will be offering Driver Education students the opportunity to take the Classroom portion completely online. It will feature two different formats.

Virtual - Instructor Led Course: Starting this Spring, these classes will meet via Google Meets to complete the traditional 30 hour Classroom portion of Driver Education. This will be similar to the in person class and led by Cambridge-Isanti Teacher.

Students will be required to have a school issued or personal laptop or Chromebook, a stable internet connection, webcam, and microphone available for all classes.

#### DEILC2403 | M-Th | Mar 25-Apr 11 | 6-8:30 PM

Virtual - At Your Own Pace Course: Starting this fall students will be able to take a fully online class that will allow them to work at their own pace through the 30 hour classroom portion. This option is a video based class and will cover all of the material needed to prepare students to become ready for the written exam needed to get their permit.

Students will be required to have a school issued or personal laptop or Chromebook and a stable internet connection.

#### Mini Majors (Ages 5 & 6)

Grades noted are for the 2024-25 school year. Learn to play like the big leaguers! Beginning ball skills and basic rules will be taught with a focus on sportsmanship. Whiffle balls will be used and kids will bat from a "T" to develop proper form and encourage a sense of accomplishment. Coaches will decide if the group is ready for non-competitive games. If so, the group will be split into two teams. If the group is not quite ready, mini games and drills will be done instead to help prepare the participants for future games. Dates that are canceled due to weather: we will make up one bad weather date, all others will be canceled. T-shirts are included!

SL072A | M/W | Jun 17-Jul 22 | 10-10:45 AM | IIS Softball Field #1 8 Sessions | \$85 | No Class Jun 19, Jul 1 & Jul 3

SL072B | M/W | Jun 17-Jul 22 | 7-7:45 PM | IIS Softball Field #1 8 Sessions | \$85 | No Class Jun 19, Jul 1 & Jul 3

SL072C | Tu/Th | Jun 18-Jul 18 | 6-6:45 PM | IIS Softball Field #1 8 Sessions | \$85 | No Class Jul 2 & Jul 4

SL072D | Tu/Th | Jun 18-Jul 18 | 7-7:45 PM | IIS Softball Field #1 8 Sessions | \$85 | No Class Jul 2 & Jul 4

#### Bluejacket Speed & Strength (Grades 6-12)

Athletes will receive supervised and structured acceleration, circuit and weight room training to increase speed and body strength. Results will be verified with pre and post testing. Activities will be broken up to allow for ultimate muscle breakdown and recovery. This activity is designed for the serious athlete or fitness enthusiast. Workouts will be intense. The fee includes a t-shirt. Please provide size when registering. Sign up according to session. Football, Basketball/Hockey, or Middle School/Passing League.

SLCC555A High School | M-Th | Jun 10-Aug 1 | 7-8:30 AM CIHS Weight Room | 27 Sessions | \$175 | Fuhol No Class Jun 19, Jul 1-4

SLCC555B Middle/High School | M-Th | Jun 10-Aug 1 8:30-10 AM | CIHS Weight Room | 27 Sessions | \$175 | Fuhol No Class Jun 19, Jul 1-4

SLCC555C Intermediate/Middle School | M-Th | Jun 10-Aug 1 10-11:30 AM | CIHS Weight Room | 26 Sessions | \$175 Fuhol | No Class Jun 19, Jul 1-4

#### Spring Bluejacket Boys Basketball School (Grade 6)

Bluejackets Spring Basketball School will focus on individual basketball skill development, dribbling, passing, footwork, shooting, and decision making. Competitive 1-on-1, 2-on-2, and 3-on-3 and full court drills will be used to have players continue to improve their basketball skill set in the offseason.

SL2060 A | Th | Mar 28-May 16 | 7-8 AM | CMS 8 Sessions | \$60 | Carstensen







#### Bluejacket Girls Basketball Camp (Grades K-8)

Join us this summer for some girls basketball! Grades K-3 will focus on the basic skills and rules of the game, with the goal of piquing interest in the sport. A junior size basketball and lower baskets will be used to set you up for success. Grades 4-8 will focus on individual and team development. Campers will participate in both competitive contests and games to utilize the skills they have learned. To be guaranteed a t-shirt, registration must be completed by June 14.

SLCC560Grades 4 - 8 | M-F | Jun 24-Jun 28 | 9-11 AM CIHS Gym | 5 Sessions | \$45 | Crittenden

SLCC560Grades K - 3 | M-F | Jun 24-Jun 28 | 12-1 PM IIS Gym | 5 Sessions | \$35 | Crittenden

## Bluejacket Girls Basketball Skills Academy (Grades 4-8)

This skills academy will make any basketball player more comfortable on the court. Work on ball handling, foot work, passing, and shooting through fun drills and games. Recommended for those who have attended camps or have participated in travel or middle school basketball. Definitely a basketball opportunity you won't want to miss!

#### Grades 4-5

SLCC2011 A | Tu-Th | Jul 9-Jul 25 | 10-11 AM | IIS Gym 9 Sessions | \$20 | Crittenden

#### **Grades 6-8**

SLCC2011 B | Tu-Th | Jul 9-Jul 25 | 11 AM-12:30 PM | IIS Gym 9 Sessions | \$20 | Crittenden

#### **Little Kickers Soccer** (Ages 5-8)

This program will introduce kids to the game of soccer and provide an opportunity to run, kick, dribble, and maybe even score a goal! Each day will start with fun drills and end with a short game. The difficulty of drills and activities will increase with each age group. Fee includes a t-shirt. Dates that are cancelled due to weather: we will make up one bad weather date, all others will be cancelled.

#### AGES 5-6

SL103A | M/W | Jun 24-Jul 29 | 7:15-8:15 PM IIS Grassy Area Between Softball Fields | 9 Sessions | \$85 No Class Jul 1 and Jul 3

SL103B | Tu/Th | Jun 25-Jul 30 | 10-11 AM IIS Grassy Area Between Softball Fields | 9 Sessions | \$85 No Class Jul 2 and Jul 4

#### **AGES 7-8**

SL104A | M/W | Jun 24-Jul 29 | 5-6 PM IIS Grassy Area Between Softball Fields | 9 Sessions | \$85 No Class Jul 1 and Jul 3

SL104B | Tu/Th | Jun 25-Jul 30 | 11:15 AM-12:15 PM IIS Grassy Area Between Softball Fields | 9 Sessions | \$85 No Class Jul 2 and Jul 4



#### **Youth Recreation & Sports**



## Challenger Sports' International Soccer Camp - Player Development (Ages 7-16 Years)

Join us for one of the most popular soccer camps in the country, now with new and improved activities designed to accelerate your learning. Challenger Sports' brings amazing coaches, awesome British accents, and a week of innovative practices with a unique cultural twist. Coaching revolves around personal challenges, maximum participation, positive feedback, and most importantly fun. All participants will receive a soccer ball and t-shirt. Please bring a water bottle and a snack each day. Anyone registering after July 5, may not receive their ball and t-shirt on the first day.

SL077 | M-Th/F | Jul 22-Jul 26 | 5-8 PM | CIS Grassy Area 5 Sessions | \$185 | Challenger British Soccer Staff

#### Flag Football (Grades K-6)

Flag football is a growing alternative to full contact football that teaches basic skills and concepts. It is safer for you since there is no tackling. Learn the rules of the game, how to be a good sport and the critical skills necessary for advancing to tackle football. Please note that there are NO back-up locations or dates for this activity.

SL083C - Grades K-2 | M/W | Jul 8-Jul 31 | 8:45-9:45 AM IIS Grassy Area Between Softball Fields | 8 Sessions | \$79

SL083B - Grades 3-6 | M/W | Jul 8-Jul 31 | 10-11 AM IIS Grassy Area Between Softball Fields | 8 Sessions | \$79

SL083A - Grades K-2 | M/W | Jul 8-Jul 31 | 11:15 AM-12:15 PM IIS Grassy Area Between Softball Fields | 8 Sessions | \$79

SL083D - Grades 3-6 | M/W | Jul 8-Jul 31 | 12:30-1:30 PM IIS Grassy Area Between Softball Fields | 8 Sessions | \$79

#### Family Open Gym FREE

Family Open Gym is a time for games of basketball, soccer, catch, hula hoops, or simply running off steam. There will be a space that is coned off for our youngest Bluejackets with items such as balls, trikes, and more. Youth must be accompanied by an adult while the gym is open for use.

SLOpenGymA Su | Apr 28 | 5:30-7 PM | CMS Gym





#### Small Group Tennis Lessons (Grades 2-12)

These instructor led, small group lessons focus on the skills needed to bring your tennis game to the next level. You will be placed in small groups with athletes of similar abilities. Please bring a tennis racket and water bottle and wear athletic shoes. Participants registered by

May 22 will receive a t-shirt.

#### **STUDENTS ENTERING GRADES 2-5**

SLCC570A Grades 2-3 | M/W/Th | Jun 17-Jul 31 | 1:30-2:30 PM CIHS Tennis Court | 9 Sessions | No Class Jun 19, Jun 27, Jul 1-4

SLCC570G Grades 2-3 | M-W | Jul 15-Jul 31 | 1:30-2:30 PM CIHS Tennis Court | 9 Sessions

SLCC570B Grades 4-5 | M-W | Jun 17-Jul 31 | 2:30-3:30 PM CIHS Tennis Court | 9 Sessions | No Class Jun 19 Jun 27, Jul 1-3

SLCC570H Grades 4-5 | M-W | Jul 15-Jul 31 | 1:30-2:30 PM CIHS Tennis Court | 9 Sessions

REGISTRATION FEE: \$80 before May 22, \$90 after May 22

#### **STUDENTS ENTERING GRADES 6-8**

SLCC570C Middle School 2 | M/W | Jun 17-Jul 31 | 9-10:30 AM CIHS Tennis Court | 11 Sessions | No Class Jun 19, Jul 1 & Jul 3

SLCC570D Middle School 1 | M/W | Jun 17-Jul 31 10:30 AM-12 PM | CIHS Tennis Court | 11 Sessions No Class Jun 19, Jul 1 & Jul 3

REGISTRATION FEE: \$140 before May 22, \$150 after May 22

#### **STUDENTS ENTERING GRADES 9-12**

SLCC570E High School 2 | Tu/Th | Jun 18-Aug 1 | 9-10:30 AM CIHS Tennis Court | 12 Sessions | No Class Jul 2 and Jul 4

SLCC570F High School 1 | Tu/Th | Jun 18-Aug 1 | 10:30 AM-12 PM CIHS Tennis Court | 12 Sessions | No Class Jul 2 and Jul 4

REGISTRATION FEE: \$150 before May 22, \$160 after May 22

Please see the website for specific level details to make sure you are signing your child up for the correct section.

#### Thursday Match Play - Tennis (Grades 6-12)

Match time! Singles, doubles, mixed doubles--participants will play them all throughout this weekly match series to improve their overall competitive games. Court positioning, strategy, and match situations will be the focus. Join us on the court for weekly matches to improve your singles, doubles, and mental games.

#### **STUDENTS ENTERING GRADES 6-8**

SLCC571A- Middle School 1 & 2 | Th | Jun 13-Aug 1 4-5 PM | CIHS Tennis Court | 6 Sessions \$40 before May 22, \$50 after May 22 | No Class Jun 27 & Jul 4

#### **STUDENTS ENTERING GRADES 9-12**

SLCC571B- High School 2 | Th | Jun 13-Aug 1 5-6:30 PM | CIHS Tennis Court | 6 Sessions \$60 before May 22, \$70 after May 22 | No Class Jun 27 & Jul 4

SLCC571C- High School 1 | Th | Jun 13-Aug 1 6:30-8 PM | CIHS Tennis Court | 6 Sessions \$60 before May 22, \$70 after May 22 | No Class Jun 27 & Jul 4

#### **Bluejacket Team Tennis Drills** (Grades 6-12)

Join your middle school and high school Bluejacket Tennis teammates on the courts for this training opportunity run by the Bluejacket Tennis coaches. The emphasis will be on drills as well as competitive and fun games. Please wear athletic shoes and bring a water bottle.

SLCC569A Middle School 1 & 2 | W | Jun 12-Jul 31 5:30-6:30 PM | CIHS Tennis Court | 6 Sessions \$50 before May 22, \$60 after May 22 No Class Jun 19 and Jul 3

SLCC569B High School 1 & 2 | W Jun 12-Jul 31 6:30-8 PM CIHS Tennis Court | 6 Sessions \$80 before May 22, \$90 after May 22 | No Class Jun 19 and Jul 3

#### **Bluejacket Tennis Camp** (Grades 2-5)

A fun, fast way to get into tennis! Camp will include age-appropriate instruction and games led by Bluejacket High School Tennis coaches and high school players. The final day of camp will be a match/play day, with participants rotating through a series of age and skill appropriate matches. Wear athletic shoes and bring water. Join us on the courts!. Students entering grades 2 and 3 can use our racquets. Students entering grades 4 and 5 should bring their own racquets. Registered by May 22 to receive a t-shirt. Must provide shirt size when registering.

SLCC565A- Grades 2 & 3 | M-W/Th | Jun 10-Jun 13 9:30-10:30 AM | CIHS Tennis Court | 4 Sessions \$35 by May 22, \$45 after May 22

SLCC565B - Grades 4 & 5 | M-W/Th | Jun 10-Jun 13 10:30-11:30 AM | CIHS Tennis Court | 4 Sessions \$35 by May 22, \$45 after May 22



#### **Youth Recreation & Sports**

#### Conquer Ninja: Summer Camp NEW

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. All camps are coached by an experienced Ninja Trainer.

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

SL2106 A | M-Th | Jun 10-Jun 13 | 9-11 AM Conquer Ninja Blaine | 4 Sessions | \$175 | Napel

SL2106 B | M-Th | Jul 8-Jul 11 | 9-11 AM Conquer Ninja Blaine | 4 Sessions | \$175 | Napel

SL2106 C | M-Th | Jul 29-Aug 1 | 9-11 AM Conquer Ninja Blaine | 4 Sessions | \$175 | Napel

SL2106 D | M-Th | Aug 5-Aug 8 | 9-11 AM | Conquer Ninja Blaine | 4 Sessions | \$175 | Napel

SL2106 E | M-Th | Aug 12-Aug 15 | 9-11 AM Conquer Ninja Blaine | 4 Sessions | \$175 | Napel

SL2106 F | M-Th | Aug 19-Aug 22 | 9-11 AM Conquer Ninja Blaine | 4 Sessions | \$175 | Napel

#### Conquer Ninja: Intro to Ninja

Ninjas develop strength and agility during this 4 week 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, problem-solving, and coordination that can be transferred into ninja levels testing or enhance other athletic performances. All classes are coached by an experienced Ninja Trainer.

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

SL2085 A | W | Jun 5-Jun 26 | 5-6 PM | Conquer Ninja Blaine 4 Sessions | \$95 | Napel

SL2085 B | Su | Jun 9-Jun 30 | 5-6 PM | Conquer Ninja Blaine 4 Sessions | \$95 | Napel

SL2085 D | Su | Jul 7-Jul 28 | 4-5 PM | Conquer Ninja Blaine 4 Sessions | \$95 | Napel

SL2085 C | W | Jul 10-Jul 31 | 5-6 PM | Conquer Ninja Blaine 4 Sessions | \$95 | Napel

#### **Conquer Ninja: Next Step-up**

If your ninja has been taking Intro to Ninja and is ready for a step up, this is the perfect class! Levels 1 & 2, just a step or 2 above the basics. This is a 4 week course.

Please note: Due to Conquer Ninja policy no, refunds are given for this program.

SL2086 A | W | Jun 5-Jun 26 | 6:15-7:15 PM Conquer Ninja Blaine | 4 Sessions | \$95 | Napel

SL2086 B | W | Jul 10-Jul 31 | 6:15-7:15 PM Conquer Ninja Blaine | 4 Sessions | \$95 | Napel



## Conquer Advanced: Ninja Rec Team (Pre Competitive Team) NEW

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Advanced Rec Team is designed for youth, ages 6-13, who have already done Rec Team before, and are past the beginner level. NO basics are taught, this is a more advanced team with more advanced comps. This 8 week Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

SL2107 B | Su | Jul 7-Aug 25 | 6:15-7:15 PM Conquer Ninja Blaine | 8 Sessions | \$199 | Napel

SL2107 A | Tu | Jul 9-Aug 27 | 6:15-7:15 PM Conquer Ninja Blaine | 8 Sessions | \$199 | Napel

#### **Conquer Ninja: Rec Team**

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Rec Team is designed for youth, ages 6-12 of all experience levels. Our Rec Team will 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 8 week Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

Please note: Due to Conquer Ninja policy, no refunds are given for this program.

SL2084 B | Su | Jul 7-Aug 25 | 5-6 PM Conquer Ninja Blaine | 8 Sessions | \$199 | Napel

SL2084 A | Tu | Jul 9-Aug 27 | 5-6 PM Conquer Ninja Blaine | 8 Sessions | \$199 | Napel

## Young Americans Schools of Self-Defense (Ages 5+)

Students are instructed in non-aggressive, self-defense techniques, and safety awareness. Personal esteem, respect for others, self-discipline, and physical fitness are promoted. At the conclusion of class, students will be eligible to earn a certified belt. Returning students can earn a higher rank belt. Every child will receive a number of participation awards. On the first night of class, the instructor will explain the Young Americans expectations. Parents are strongly encouraged to attend. Students should wear comfortable, loose fitting clothing such as sweatpants or shorts and a t-shirt. Uniforms are optional and can be purchased from the instructor.

#### **BEGINNER AGES 5+**

SL007A | Th | Jun 6-Aug 15 | 6-6:40 PM | IIS Gym 10 Sessions | \$89 | Wood | No Class |ul 4

INTERMEDIATE - RETURNING STUDENTS YELLOW BELT TO PURPLE BELT AGES 5+ OR BEGINNERS AGES 8+

SL007B | Th | Jun 6-Aug 15 | 6:45-7:25 PM | IIS Gym 10 Sessions | \$89 | Wood | No Class Jul 4

ADVANCED - RETURNING STUDENTS PURPLE BELT OR HIGHER OR AGES 10+

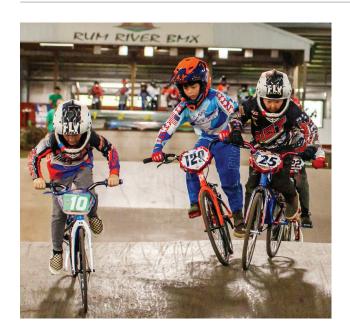
SL007C | Th | Jun 6-Aug 15 | 7:30-8:10 PM | IIS Gym 10 Sessions | \$89 | Wood | No Class Jul 4



#### Try LAX Camp! NEW

Are you interested in Lacrosse, want more training, or just want to learn more about this sport? Then this camp is for you! This great offering will be coming this summer. Please check our website after March 18 for more information or contact our office at (763) 689-6189. This camp will be run by the Cambridge-Isanti Lacrosse Youth Program





#### BMX Pedal Bike Racing (Grades K+)

BMX riding is a great way for kids and adults to stay active, build confidence, develop important life skills, connect with others, and have fun. This session will cover BMX fundamentals, BMX terminology, and BMX safety. Students will receive hands-on riding instructions and will practice their new skills on the BMX track. This course is designed for new riders (novice). Helmets are required—a full-face helmet is recommended. Wear long pants, a long-sleeved shirt and close-toed shoes.

SL150A | Th | May 2 | 6-7:45 PM | Rum River BMX Track 1 Session | \$15

#### Disc Golf Camp NEW

Learn the fundamentals of one of the biggest up-and-coming hobbies in the United States, Disc Golf. Whether you're looking to learn a fun activity to enjoy with the family, or to become competitive in a growing sport, this class will be perfect for you. Each student will receive a driver and a putter with their class registration from Eric Erdman's sponsor Goliath Discs at a discounted rate. This will cost \$40 shipped per student. This cost is included in your registration fee. Eric Erdman will bring his own extra disc golf baskets to work on fundamentals.

SL2100 | Tu-Wed | Jun 5-Jul 16 | 6-8 PM IMS Grassy Area South of Existing Parking Lot 4 Sessions | \$99 (includes disc set, worth \$40) June 11, June 19, June 25, July 2, July 3, & July 9

Registration for classes open March 18.
Register early to secure your spot!

The website will have the most updated information as sometimes there are changes made after publishing.

Please contact the office at 763-689-6189

with any questions.



## MIDDLE SCHOOL AFTER SCHOOL HANGOUT

Middle School Hangout provides a safe and engaging space for students to spend time with peers, play games, get outside, learn new skills, and participate in cooking, arts, and recreational activities. It is a great place to meet new people, hang out with friends, and try new hobbies.

Most Mondays and Wednesdays 3:40 PM-5 PM | CMS | \$5 per person per day Buy more, save more

Purchase 5 to receive 5% off or purchase 10 or more and get 10% off!

\*Currently looking for instructors for IMS. Interested candidates should contact mlupinek@c-ischools.org.

See Page 12 for Middle School Hangout (Summer program)

#### Horse Day Camp: One Day Option (Ages 6-17)

Kids will learn what it is like to have a horse for a day! Learn how to groom, tack-up, lead, and ride. Plus have fun creating horse crafts, learning how to give a horse a bath, feeding, watering, and other horse care. Campers are broken down into smaller groups based on similar riding experience, which is perfect for both new and more experienced riders! Camps run rain or shine. Please wear shoes with a closed toe and a heel, long pants and dress for the weather. Bring lunch and a nut-free snack, water bottle, bug spray, and sunscreen.

Mandatory online waiver must be completed prior to the first camp date.

Location: **Boulder Pointe Equestrian and** 

**Event Center** 

**Dates Offered:** F May 10, M May 27, F Jun 7, Tu Jun 11,

W Jun 12, Th Jun 13, Th Jun 20, M Jul 1, M Jul 8, Th Jul 25, M Aug 5, Tu Aug 13,

Tu Aug 20

Time: 9 AM-3 PM

Fee: \$109/dav

#### Horse Day Camp: Three Day Option (Ages 6-17)

Build friendships with fellow horse lovers while learning about the care and dedication needed to work with horses. Learn balance and control in the saddle, leading, and in-hand work. Set and achieve goals by enjoying lots of riding time with a special horse, learning how to bathe and how to feed and water the horses. Plus, enjoy crafts, activities, and more. Please wear shoes with a closed toe and a heel, long pants, and dress for the weather. Bring a bag lunch and a nut-free snack, water bottle, bug spray, and sunscreen each day.

Mandatory online waiver must be completed prior to the first camp date.

**Location: Boulder Pointe Equestrian and Event Center** 

SL215A | M-W | Jun 17-Jun 19 | 9 AM-3 PM 3 Sessions | \$299

SL215B | Tu-Th | Jul 9-Jul 11 | 9 AM-3 PM 3 Sessions | \$299

SL215C | M/-W | Jul 22-Jul 24 | 9 AM-3 PM 3 Sessions | \$299

SL215D | Tu-Th | Aug 6-Aug 8 | 9 AM-3 PM 3 Sessions | \$299

SL215E | W-F | Aug 21-Aug 23 | 9 AM-3 PM 3 Sessions | \$299



See page 9 for **My Little Horse Camp!** 

#### **Horse WEEK-long Day Camp**

(Ages 6-17)

Come experience the excitement of horseback riding camp! You'll build friendships with fellow horse lovers while learning about the care and dedication needed to work with horses. You will learn balance and control in the saddle, leading, and in-hand work. You will set and achieve goals by enjoying lots of riding time with a special horse, learning how to bathe and how to feed, and water the horses. There will also be FUN horse themed crafts and activities. Please wear shoes with a closed toe and a heel, long pants and dress for the weather. Bring a bag lunch and a nut-free snack, water bottle, bug spray, and sunscreen each day.

Mandatory online waiver must be completed prior to the first camp date.

**Location: Boulder Pointe Equestrian and Event Center** 

SL079A | M-F | Jun 24-Jun 28 | 9 AM-3 PM 5 Sessions | \$449

SL079B | M-F | Jul 15-Jul 19 | 9 AM-3 PM 5 Sessions | \$449

SL079C | M-F | Jul 29-Aug 2 | 9 AM-3 PM

5 Sessions | \$449

SL079D | M-F | Aug 26-Aug 30 | 9 AM-3 PM 5 Sessions | \$449



#### **Outdoor adventures, camping,** family outings, games with friends,

and character development

Scholarships available. No child will be turned away due to inability to pay.

Learn more at GoScouting.org



#### **Gymnastics**



#### **Beginners** (Grades K-7)

For boys and girls who have no previous experience or are not proficient in front roll, back roll, straight-arm bridge, handstand, or cartwheel. Gymnasts will also work on the beam, bars, and vault. Must be able to do all Beginner Floor skills. Learn handstand roll-downs, one armed cartwheels, back bend kick-overs, pull-over on bars, cartwheels, and handstands on low beam. Continue to work progressions on the vault.

SL101A | W | Jun 12-Aug 21 | 4:30-5:30 PM CIHS Gymnastics Gym | 9 Sessions | \$77 No Class Jun 19 and Jul 3

SL101B | Tu/Th | Jun 11-Jul 18 | 9:40-10:40 AM CIHS Gymnastics Gym | 10 Sessions | \$85 No Class Jul 2 and Jul 4

SL101C | Tu/Th | Jun 11-Jul 18 | 5:40-6:40 PM CIHS Gymnastics Gym | 10 Sessions | \$85 No Class Jul 2 and Jul 4

SL101D | Tu/Th | Jul 23-Aug 22 | 9:40-10:40 AM CIHS Gymnastics Gym | 10 Sessions | \$85

SL101E | Tu/Th | Jul 23-Aug 22 | 5:40-6:40 PM CIHS Gymnastics Gym | 9 Sessions | \$77

#### **Advanced Beginners** (Grades K-7)

Students must be able to do all Beginner Floor skills. Will learn handstand roll-downs, one armed cartwheels, back bend kick-overs, pull-over on bars, cartwheels, and handstands on low beam. Will continue to work progressions on the vault.

SL033A | Tu/Th | Jun 11-Jul 18 | 10:45 AM-12 PM CIHS Gymnastics Gym | 10 Sessions | \$100 No Class Jul 2 & Jul 4

SL033B | Tu/Th | Jun 11-Jul 18 | 6:45-8 PM CIHS Gymnastics Gym | 10 Sessions | \$100 No Class Jul 2 & Jul 4

SL033C | Tu/Th | Jul 23-Aug 22 | 10:45 AM-12 PM CIHS Gymnastics Gym | 10 Sessions | \$100

SL033D | Tu/Th | Jul 23-Aug 22 | 6:45-8 PM CIHS Gymnastics Gym | 9 Sessions | \$90 | No Class Aug 13

See page 9 for Gymnastics: Pre-Beginners!

#### **Intermediates** (Grades 1-8)

Gymnasts must know all of the Advanced Beginner Skills. Will learn back walkover, front limbers, back handsprings, glides on bars, cartwheels, and handstands on high beams and handspring vaults.

SL1030A | M/W | Jun 10-Jul 17 | 5:30-7:30 PM CIHS Gymnastics Gym | 9 Sessions | \$135 No Class Jun 19, Jul 1 & Jul 3

SL1030B | M/W| Jul 22-Aug 21 | 5:30-7:30 PM CIHS Gymnastics Gym | 10 Sessions | \$150

#### Advanced (Grades 1-10)

Gymnasts must know all intermediate level skills and demonstrate good strength and flexibility. Instructor permission required.

SL1040A | M/W | Jun 10-Jul 17 | 9-11:30 AM CIHS Gymnastics Gym | 9 Sessions | \$158 No Class Jun 19, Jul 1 & Jul 3

SL1040B | M/W | Jul 22-Aug 21 | 9-11:30 AM CIHS Gymnastics Gym | 10 Sessions | \$175

#### Junior Jackets (Grades 2-9)

For young gymnasts who have passed the Advanced Level and want to learn more difficult skills to prepare for a future as a competitive high school gymnast. Instructor permission is required.

SL105A | M/W/F | Jun 10-Jul 19 | 9-11:30 AM CIHS Gymnastics Gym | 14 Sessions | \$245 No Class Jun 19, Jul 1, Jul 3, & Jul 5

SL105B | M/W/F | Jul 22-Aug 23 | 9-11:30 AM CIHS Gymnastics Gym | 15 Sessions | \$263

#### **High School** (Grades 7-12)

Gymnasts must be a member of the CIHS Gymnastics Team. Instructor permission is required.

SL106A | M/Tu/Th | Jun 10-Jun 27 | 2:45-5:30 PM CIHS Gymnastics Gym | 9 Sessions | \$173

SL106B | M/Tu/Th | Jul 8-Jul 30 | 2:45-5:30 PM CIHS Gymnastics Gym | 11 Sessions | \$212

SL106C | Th/M/Tu | Aug 1-Aug 22 | 2:45-5:30 PM CIHS Gymnastics Gym | 10 Sessions | \$193

#### Family Open Gym FREE

Family Open Gym is a time for games of basketball, soccer, catch, hula hoops, or simply running off steam. There will be a space that is coned off for our youngest Bluejackets with items such as balls, trikes, and more. Youth must be accompanied by an adult while the gym is open for use.

SLOpenGymA Su | Apr 28 | 5:30-7 PM | CMS Gym



#### Parent and Child Swim (Ages 12 Months-3 Years)

Instructor will guide parents in helping their child adjust to the water and learn some basic swimming skills. Parents and children will be in the water for each class. Children who are not toilet trained should wear tight fitting plastic pants or a swim diaper.

Session J | M-Th | Jun 10-Jun 18 | 10:40-11:10 AM

Session K | M-Th | Jun 20-Jun 27 10:40-11:10 AM or 7:20-7:50 PM

Session M | M-Th | Jul 17-Jul 25 10:40-11:10 AM or 7:20-7:50 PM

Session N | M-Th | Jul 29-Aug 6 | 10:40-11:10 AM

FEE: \$59

#### **Preschool Aquatics** (Ages 4 & 5)

This course develops skills taught in Parent and Child Swim. Children become comfortable in the water learning basic skills as well as basic water safety. Parents, please be prepared to get in the water on the first night. The instructor may tell you that a parent is not needed after evaluating the class.

Session J | M-Th | Jun 10-Jun 18 | 10-10:30 AM or 7:20-7:50 PM
Session K | M-Th | Jun 20-Jun 27 | 10-10:30 AM
Session L | M-Th | Jul 8-Jul 16 | 7:20-7:50 PM
Session M | M-Th | Jul 17-Jul 25 | 10-10:30 AM
Session N | M-Th | Jul 29-Aug 6 | 10-10:30 AM or 7:20-7:50 PM
FEE: \$59

#### **Water Safety Instructor Training**

Become certified to teach and evaluate American Red Cross swimming lessons for children and adults including water safety, survival, and swimming skills. Class includes both classroom and pool time. There will be an on-line learning portion of the class (6.75 hours) that will need to be done prior to the in-person class start date. Course fee includes all materials and supplies. Must attend all sessions.

Su | Apr 21 & Apr 28 | 9:30 AM-6:30 PM Sa | Apr 27 | 8:30 AM-5:30 PM

FEE: \$290

#### **Lifeguard Training**

This course provides participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. The content and activities prepare participants to recognize, respond quickly and effectively to emergencies preventing drownings and injuries.

Participants must be 15 years old by the conclusion of class. Students must swim 300 yards continuously, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without a ladder or steps within one minute & 40 seconds.

Students must complete the online portion of the course (2 hours in length) prior to the first in-person class and participate in the Classroom and Water Skills Sessions. Once registered, information for accessing the online course will be emailed to the student approximately one week before the class starts. Must attend all sessions.

F, May 17, 5-9 PM and Sa/Su, May 18-19, 8 AM-6 PM FEE: \$275

#### Summer Swim Team (Grades 4-12)

Enhance your swimming techniques for each stroke, gain the skills to be more efficient with turns and starts, focus on getting stronger, and train to swim efficiently and quickly. Individual workouts for all levels of competitive swimming provided. Students must have completed level 5 in swimming lessons, be able to swim 25 yards continuously and be comfortable in deep water.

Session A | M/T/W/F | Jun 10-Jun 28 | 12-2 PM | \$164 Session B | M/T/W/F | Jul 8-Jul 26 | 12-2 PM | \$179

#### **Family Open Swim**

Family fun open to all ages. Youth under 10 must be accompanied by an adult. Preregistration is required.

M-W | Jun 10-Jun 26, Jul 8-Jul 24 | No Class Jun 19 4-5:45 pm | \$5/person per time, \$20/household per time

**Buy More and Save!** 

All June Sessions (8) | \$35/person, \$135/household All July Sessions (9) | \$40/person, \$155/household All Sessions (17) | \$60/person | \$275/household





#### **Aquatics**



#### **Synchronized Swimming**

Learn sculling, novice figure positions, and teamwork in the form of duets, trios and small teams. Develop flexibility and muscle strength while memorizing a routine set to music. Dazzle your family and friends with our end of class performance! Participants must be able to swim 300 yards and tread water for 3 minutes.

Session A | M-W | Jun 10-Jun 26 | 2-4 PM | \$85 | No Class Jun 17 Session B | M-W | Jul 8-Jul 24 | 2-4 PM | \$85

#### **Private Swim Lessons**

Our private swim lessons offer one-on-one instruction with a certified American Red Cross Water Safety Instructor. Ideal for those who desire individual instruction, those who need to "catch up" on swimming skills, or adult learners.

#### Semi-private Swim Lessons (Ages 1+)

Learn to swim with a friend or sibling. Students should be at a similar swimming skill level. Please register under one child's name. There will be questions in the registration about the other child.

Fee: 1 person: \$139, 2 people: \$219, 3 people: \$294 Available session times:

· 10-10:30 AM · 10:40-11:10 AM · 11:20-11:50 AM

· 7:20-7:50 PM · 8-8:30 PM

Session J | M-Th | Jun 10-Jun 18

Session K | M-Th | Jun 20 - Jun 27

Session L | M-Th | Jul 8 - Jul 16

Session M | M-Th | Jul 17-Jul 25

Session N | M-Th | Jul 29-Aug 6

Registration for classes open March 18.
Register early to secure your spot!

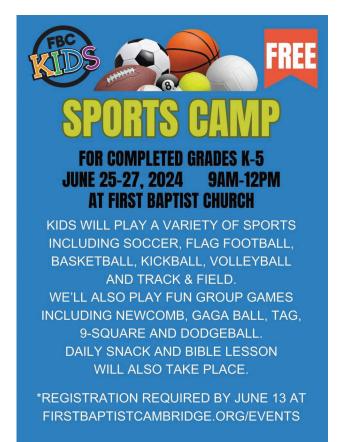
## SUMMER SPLASH!

SL125 | F | Jun 14 | 6-7:30 PM | CIHS Pool \$15/person, \$30 Up to 3 children with parent/guardian

## END OF SUMMER POOL PARTY!

SL2065 | F | Aug 9 | 6-7:30 PM | CIHS Pool \$15/person, \$30 Up to 3 children with parent/guardian

See page 17 for more information.



#### **Small Group Swimming Lessons** (Ages 5+)

Each level of "Learn to Swim" includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below.

**Level 1: Introduction to Water Skills:** This class is designed to help first-time swimmers become comfortable in the water. Students will learn skills in water entry/exit, breath control, floating and, alternating arm action.

**Level 2: Fundamental Aquatic Skills:** Students will learn fundamental skills of propelling themselves in the water.

**Level 3: Stroke Development:** Skills covered include coordinated front crawl, elementary backstroke, and treading water. Safe diving skills will be introduced.

**Level 4: Stroke Improvement:** Students will develop endurance and coordination of crawl and elementary back stroke, introduction to breast stroke and turns.

**Level 5: Stroke Refinement:** Students will improve on previously learned strokes and will be introduced to butterfly, open turns, springboard diving, and distance swimming.

**Level 6: Swimming & Skill Proficiency:** Stroke refinement is learned so students swim with ease, efficiency, power, and smoothness over greater distances.

#### **See Small Group Swimming Lessons below**



SESSION G   7 lessons   M-Th   Jun 10-20   CIHS Pool   \$73   No Class Jun 19				
8:00-8:30 AM	8:40-9:10 AM	9:20-9:50 AM	6:00-6:30 PM	6:40-7:10 PM
SLSG1G1 Level 1 SLSG2G1 Level 2 SLSG3G1 Level 3 SLSG4G1 Level 4	SLSG1G2 Level 1 SLSG2G2 Level 2 SLSG5G2 Level 5 SLSG6G2 Level 6	SLSG1G3 Level 1 SLSG2G3 Level 2 SLSG3G3 Level 3 SLSG4G3 Level 4	SLSG1G1 Level 1 SLSG2G1 Level 2 SLSG3G1 Level 3 SLSG4G1 Level 4	SLSG1E2 Level 1 SLSG2E2 Level 2 SLSG5E2 Level 5 SLSG6E2 Level 6
SESSION H   8 lessons   M-Th   Jul 8-Jul 18   CIHS Pool   \$84				
8:00-8:30 AM	8:40-9:10 AM	9:20-9:50 AM	6:00-6:30 PM	6:40-7:10 PM
SLSG1H1 Level 1 SLSG2H1 Level 2 SLSG3H1 Level 3 SLSG4H1 Level 4	SLSG1H2 Level 1 SLSG2H2 Level 2 SLSG5H2 Level 5 SLSG6H2 Level 5	SLSG1H3 Level 1 SLSG2H3 Level 2 SLSG3H3 Level 3 SLSG4H3 Level 4	SLSG1H1 Level 1 SLSG2H1 Level 2 SLSG3H1 Level 3 SLSG4H1 Level 4	SLSG1H2 Level 1 SLSG2H2 Level 2 SLSG5H2 Level 5 SLSG6H2 Level 6
SESSION I   8 lessons   M-Th   Jul 22-Aug 1   CIHS Pool   \$84				
8:00-8:30 AM	8:40-9:10 AM	9:20-9:50 AM	6:00-6:30 PM	6:40-7:10 PM
SLSG1I1 Level 1 SLSG2I1 Level 2 SLSG3I1 Level 3 SLSG4I1 Level 4	SLSG1I2 Level 1 SLSG2I2 Level 2 SLSG5I2 Level 5 SLSG6I2 Level 5	SLSG1I3 Level 1 SLSG2I3 Level 2 SLSG3I3 Level 3 SLSG4I3 Level 4	SLSG1I1 Level 1 SLSG2I1 Level 2 SLSG3I1 Level 3 SLSG4I1 Level 4	SLSG1I2 Level 1 SLSG2I2 Level 2 SLSG5I2 Level 5 SLSG6I2 Level 6



# Join us to celebrate your child's first birthday!

#### Saturday, April 13 | 9:30-10:30 AM

Did your little one recently turn 1 or is about to turn 1? Join us for music, story time, parachute fun, a yummy snack, and a free book for every 1-year old! This event is FREE! Please register at www.c-ischools.org/ecfe.

# **CELEBRATE YOUR NEXT BIRTHDAY PARTY WITH US!**

Choose one of our party packages for a fun and easy way to throw an awesome party!

We provide the supplies and a leader with organized activities.

Party time is available for you to serve food and open gifts.

Dates and times are subject to facility and staffing availability. A minimum of two weeks processing time is required.

Cambridge-Isanti Community Education 625B Main Street North, Cambridge, MN c-ischools.org/school/community-ed (763) 689.6189

## **PACKAGES**

#### **GYM PARTY**

- Basketball, Dodgeball, Soccer, Flag Football, Floor Hockey, Scooter Games, or Pickleball
- Packages start at \$160

#### **POOL PARTY**

- · Private use of pool
- Cost \$225
- 2 hours in the pool with lifeguards,
   40 swimmer maximum
- 1 hour party room for food and gifts
- \$40 for additional lifeguards if over 40 swimmers

For more information or to book today visit at c-ischools.org/school/community-ed

<b>Advocacy &amp; Support</b>
Alzheimer's Support Grou
Caregiver Support Croup

oup ......763-691-6172 Family Pathways, Isanti County......763-552-7284 Grief Support Group .......763-688-9545 

#### **Blind/Reduced Vision Resources**

State Services for the Blind.......800-657-3752

#### **Deaf & Hard of Hearing Resources**

Deaf & Hard of Hearing Resources ......800-456-3690

#### Food/Meals

Cambridge Food Shelf	763-552-3663
Cambridge Surplus Foods	612-402-6100
Isanti County Food Pantry	763-689-1107
Meals on Wheels	651-674-1956

#### lobs

MN Workforce Center - Cambridge......763-279-4492

#### Senior Centers

Cambridge Senior Activity Center7	763-689-6	3555
Central MN Council on Aging 3	320-253-9	349
Isanti Senior Center7	763-444-6	320
Seven County Senior Federation 3	320-679-4	700

#### **Transportation**

Arrowhead Transit	800-862-0175
Cambridge Cab	763-552-8294
East Central Transportation Coordinating Council	320-679-4065
Family Pathways	763-689-8811
Medivan	800-422-0976
Schu-Tran	320-968-7478

#### Vulnerable Adult

#### **Family Open Swim**

Family fun open to all ages. Youth under 10 must be accompanied by an adult. Preregistration is required.

M-W | Jun 10-Jun 26, Jul 8-Jul 24 | No Class Jun 19 4-5:45 pm | \$5/person per time, \$20/household per time

**Buy More and Save!** 

All June Sessions (8) | \$35/person, \$135/household All July Sessions (9) | \$40/person, \$155/household All Sessions (17) | \$60/person | \$275/household

## **FREE Community Events**

#### Concerts in the Park

Cambridge City Park • 5:00-7:00 p.m. Friday, June 28 | Friday, July 26 | Friday, August 30

#### Third Thursday: Downtown Music, Food & Fun

Downtown Cambridge • 6:30-8:30 p.m.

Thursday, June 20 | Thursday, July 18 | Thursday, August 15

#### Kids Events

Cambridge City Park • 10:00-2:00 p.m. Thursday, June 27 | Thursday, July 25 | Thursday, August 22

#### Other Fun Events

Tuesday July 4 at dusk (about 9:45 p.m.) Isanti County Fairgrounds

#### **National Night Out**

Tuesday, August 6 • 4:00-8:00 p.m. Cambridge City Hall

#### **Annual Art Fair**

Saturday, August 17 • 10:00-3:00 p.m. Downtown Cambridge • Ashland St S and 2nd Ave SW







300 3rd Ave NE • 763-689-3211 www.ci.cambridge.mn.us

#### Mark your Calendars for Summer 2024 fun in the City of Isanti!

#### Family Summer Entertainment Series!

June 11th & 25th July 30th August 14th & 27th 5:00pm - 7:00pm

Located at Bluebird Park Amphitheater!

#### Street Dances/ Amp it Up!

7:00pm - 11:00pm **Downtown Isanti** June 15th & August 10th

Bluebird Amphitheater July 27th & October 5th



Fireworks in the Park July 11th - 10:00pm/Dusk

Splish Splash Summer Bash July 12th - 11:00am - 3:00pm

Located at Bluebird Park!

#### **Fall Family Day!** 3:00pm - 5:00pm September 15th

Located at Legacy Park!

For more information: https://www.cityofisanti.us/

Be sure to check out the City of Isanti Facebook Page for updates!







#### 2024 Membership Application

Jr. Golfer's Name

Summer Camps - June 10-13 & July 15-18

range memberships for the following season, golf

balls, etc. The Purple Hawk Junior Golf Foundation also raises money for post secondary scholarships for high school students that will be distributed

through our local Dollars for Scholars programs.

Age / Grade completed /	Ages 5-8: 8:00 am to 9:00 am - \$60
Parents Name(s)	Instruction Monday-Wednesday, play the course and receive Ice Cream on Thursday!
Parent's Phone #(s)	Ages 9 & Up: 9:30 am to 10:45 am - \$80
	Instruction Monday-Wednesday, play the course and receive Ice Cream on Thursday!
Parent's Address	RHLHHave ClubsNeed Clubs
Parent's email(s)	If your Junior Golfer doesn't have clubs, we will have Junior Sets available.
	*All Junior Golfers in Camps receive a tee shirt*
Signature	Please circle T-Shirt Size: YS YM YL S M L XL
Please X your golfer's session(s)	Junior Leagues & Junior Championships
Summer Camp - *June \$60 *June \$80 *July \$60 *July \$80 (* Camps may be limited to first 36 entries per Camp)	Junior Leagues are designed for the Junior golfer that has experience and is ready to play in a competitive environment. We will evaluate individuals on 6/19 to determine which of our two leagues (Masters or Juniomasters) best suit their ability.
Junior League - \$150	When: Wednesdays from 9:00am-11:45am Dates: 6/19 through 8/7 (no league on 7/3) Details: 15-30 minutes of driving range warm-up plus 2:15-2:30 hours of golf time on the golf course
Total Paid	Junior League Cost: \$150
	<u>Junior League Members are eligible for \$5-9 Hole &amp;</u> \$7-18 Hole green fees, M-F only, throughout the summ
To Register:	*Each Junior League Member will receive a Golf Polo
Mail this form along with a check payable to PHJGF	Please circle Polo Size: YS YM YL S M L X
to: PO Box 528, Cambridge, MN 55008	Junior Championships - Wed, August 7
Email info@purplehawk.com with questions or call	Winners will receive awards such as free golf and

763-689-3800 and leave a message. The Proshop

does not open until Early/Mid April, but the phone is checked regularly. Forms can also be dropped off in

person once the Proshop opens for the Season.



At Central Minnesota-East Adult Education, we provide adults with the literacy skills needed to become self-sufficient and to participate effectively as productive workers, family members, and citizens. We welcome all adults 17 or over who are not currently enrolled in a K-12 school program. Central MN-East AE serves Braham, Cambridge-Isanti,

Mora, and Princeton school districts. We have classroom sites in Cambridge, Mora, and Princeton. Students have the option of attending the site that works best for them.

To register for classes, call 763-689-6228 or email adult.education@c-ischools.org.

#### **CAMBRIDGE CLASSES**

Tuesdays and Thursdays 10 AM-12 PM 4:30-7 PM

Adult Enrichment Center 540 5th Ave Cambridge, MN 55008

Additional classes are offered in Mora and Princeton. Pick the location and time that is convenient for you.

#### What We Offer:

- · AE/HSE Classes & Resources
- · Postsecondary Education and Career Exploration
- · Refinement of math and reading skills
- English as a second language

#### What is the HSE?

The HSE high school equivalency. Most employers require applicants to hold either a high school diploma or HSE. Our program currently offers the GED.

#### Why should you consider Adult Education?

- · You decide your class schedule.
- · You have the option of distance learning.
- You work at your own pace.
- Our students receive individual help and experience small class sizes.
- Increasing your skills may lead to a better career and increase your earning potential.



## Considering finishing your GED?

There is still time!
Graduation is Monday, June 24
at Cambridge Middle School.
Ceremony starts at 6 PM with
refreshments to follow!

School may end in June but your adult learning doesn't have to. We offer many great online programs to allow students to continue or even start working on their GED and basic skill improvement all summer long. To learn what options are right for you please contact us and we will help develop a plan specific to your learning needs and goals.



#### **ADULTS WITH DISABILITIES**

#### Let's Make a Fun Bird Feeder! NEW

This bird feeder is so easy to create! It is absolutely an eye-catching piece to attract birds!

SL327 | W | May 15 | 3-4:15 PM | AEC | 1 Session | \$10

#### May Day Baskets NEW

Get some friends together and make awesome May Day baskets to give to some of your favorite people!

SL4001 W | Apr 24 | 4-5:30 PM | IIS | 1 Session | \$10

#### **Movie & Pizza Night**

An exciting night out! Meet at GTI Theater in Cambridge, then walk over to Pizza Hut after the movie. Support staff fee is \$12.00.

SL303A | Tu | Apr 9 | 5-8 PM | GTI Theater 1 Session | \$15 | Armstrong

SUPPORT STAFF
SL303B | Tu | Apr 9 | 5-8 PM | GTI Theater
1 Session | \$12 | Armstrong

#### Red, White and Blue!

Love to make crafts? Get your friends together and join us to create a beautiful patriotic wall or door hanging for your home or give as a gift.

SL4000 | W | May 29 | 4-5:30 PM | AEC | 1 Session | \$10

#### Cinco de Mayo Celebration!

Come and bring your friends to Taco Tuesday night at the Cambridge-Isanti High School. You will make your own tacos, play games like pass the Sombrero, pinata, and make tissue paper flowers to keep or give to mom on Mother's Day.

SL315 | W | May 1 | 6-7:30 PM | CIHS | 1 Session | \$15 Armstrong

#### **Bowling & Pizza**

Have a great time with friends at Junction Bowl!

SL304A | Th | Jul 18 | 6-8 PM | Junction Bowl | 1 Session \$29 | Armstrong

#### Time To Play Life-Sized Candyland! NEW

Play life-sized version of Candyland and then enjoy a sweet treat after with your friends!

SL411 | Tu | Jun 4 | 6-7:30 PM | AEC | 1 Session | \$15 Armstrong

Limited transportation available to event from residence. Must indicate when registering.

#### ARTS & HOBBIES



#### **Creative 23: Adult Acrylic Painting Bonfire Nights**

Join Ashley Messer with Creative Studio 23 for an acrylic painting class. Learn step-by-step how to paint your own bonfire night scene! All materials will be provided for the class. We will paint on stretched canvas. No experience necessary to paint.

SL3084 | M | Aug 12 | 5:30-7:30 PM | CIHS 1 Session | \$50 | Creative Studio 23 Staff

#### **Creative 23: Adult Acrylic Painting Highland Cow**

Join Ashley Messer with Creative Studio 23 for an acrylic painting class. Learn step-by-step how to paint your own highland cow! All materials will be provided for the class. We will paint on stretched canvas. No experience necessary to paint.

SL3083 | M | Jun 10 | 5:30-7:30 PM | CIHS 1 Session | \$50 | Creative Studio 23 Staff

#### **Paint Your Own Pottery: Watermelon Bowl**

Nothings says summer like watermelon! Join us for a step-by-step class in painting your very own watermelon bowl. We supply over 20 different glazes, stencils, stamps, and supplies to help you create. When finished, leave your pottery with us. We do all the finishing, glazing, and firing in the kiln. Pottery pick up will be at the Cambridge Isanti Community Education office.

SL3115 | W | Jun 26 | 2:30-4 PM | IIS | 1 Session | \$39 | Schmitz

#### **Decorative Beaded Riser Tray NEW**

Decorative riser trays are an adorable way to add some character to your bedroom, bathroom, or kitchen counter. Join us to learn the skills to make these fun and easy trays that make great gifts.

SL3113 | Th | Aug 15 | 6-8 PM | IIS | 1 Session | \$50 | Streich



#### **Decorative Farmhouse Arched Lantern NEW**

Join us to create this beautiful arched farmhouse lantern to display in your home or as a gift to someone special.

SL3112 | Th | Jun 27 | 6-8 PM | IIS | 1 Session | \$70 | Streich

#### **Decorative Farmhouse Serving Tray NEW**

Farmhouse decor is the new trend in home decorating and this is a great way to add the farmhouse touch to your home. Join us to create this beautiful farmhouse style decorative serving tray. Whether you are making it for yourself or gifting it to someone else, you will learn the skills to make this fun and easy project.

SL3114 | W | Jul 10 | 6-8 PM | IIS | 1 Session | \$55 | Streich

#### Farmhouse Style Wall Decor NEW

Farmhouse decor is the new trend in home decorating and this is the perfect way to display a warm greeting to your guests. Join us to create this beautiful Farmhouse Home Wall Decor. Whether you are making this for yourself or as a gift to others, you will learn the skills to create this fun and easy project.

SL3111 | W | Jul 24 | 6-8 PM | IIS | 1 Session | \$60 | Streich

#### Farmhouse Style Home Decor Sign NEW

Farmhouse decor is the new trend in home decorating and this is the perfect way to display a warm greeting to your guests. Join us to create this beautiful Farmhouse Home Wall Decor. Whether you are making this for yourself or as a gift to others, you will learn the skills to create this fun and easy project.

SL3110 | W | Jun 12 | 6-8 PM | IIS | 1 Session | \$60 | Streich

#### Farmhouse Welcome Wall Decor NEW

Farmhouse decor is the new trend in home decorating and this is the perfect way to display a warm greeting to your guests. Join us to create this beautiful Farmhouse Welcome Wall Decor. Whether you are making this for yourself or as a gift to others, you will learn the skills to create this fun and easy project.

SL3108 | Th | May 9 | 6-8 PM | IIS | 1 Session | \$55 | Streich

#### **Grateful Hearts Wall Decor NEW**

Join us in creating this heart warming greeting for your home. Learn the skills to make this beautiful and easy project that you can keep for yourself, or gift to someone special in your life.

SL3109 | Th | May 30 | 6-8 PM | IIS | 1 Session | \$55 | Streich

#### Sugar Cookie Decorating (Ages 12+)

Join this beginner-friendly class to learn the basics of working with royal icing and leave with 6 beautifully decorated cookies. Everything you'll need is provided – just bring a smile (and maybe an apron)! Supply fee is included in the registration fee. The fee includes 6 fresh-baked cookies, 4 icing colors, sprinkles, practice sheet, use of decorating tools, printed recipes, and a take home box.

April 15: Spring Fun Cookie Set May 8: Totally Groovy Cookie Set

SL3069A | M | Apr 15 | 6-8 PM | CIHS | 1 Session | \$45 Simply Sweet Bakery Staff

SL3069B | W | May 8 | 6-8 PM | CIHS | 1 Session | \$45 Simply Sweet Bakery Staff

#### **Pretty Little Signs Themed Workshops**

(Ages 14+) **NEW** 

Paint and assemble your project in the workshop. Everything you need to create your unique project will be provided at the workshop. Ages 14 and under will need to be accompanied by a parent or guardian (due to tools used such as heat guns, hot glue guns, and sharp objects).

#### **Themed Workshops:**

April: Spring is Here - Spring Door Hanger Workshop

May: Mothers Day Workshop

<u>June:</u> Dads and Grads Workshop, 4th of July Workshop <u>July:</u> Summer BBQ Workshop, All Things Summer Workshop

August: Back to School Workshop

**Location: Pretty Little Signs** 

SL3077A | Th | Apr 4 | 6-9 PM | 1 Session | \$49

SL3077B | Sa | May 4 | 10 AM-1 PM | 1 Session | \$49

SL3077C | Sa | Jun 1 | 10 AM-1 PM | 1 Session | \$49

SL3077D | F | Jun 1 | 6-9 PM | 1 Session | \$49

SL3077E | Th | Jul 11 | 1-4 PM | 1 Session | \$49

SL3077F | Th | Jul 11 | 6-9 PM | 1 Session | \$49

SL3077G | Sa | Aug 17 | 12-3 PM | 1 Session | \$49

Instructor: Patrick



**SPRING AND SUMMER REGISTRATION OPENS MARCH 18!** 



## Chanhassen Dinner Theatre Day Trip - Beautiful: The Carole King Musical NEW

The soundtrack of a generation inspired this BROADWAY SMASH HIT! For nearly six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time! Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers - then recorded her Grammy-winning masterpiece, TAPESTRY. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including "One Fine Day," "The Locomotion," "So Far Away," "Natural Woman," "You've Lost That Lovin' Feelin," and "Will You Love Me Tomorrow," this Tony and Grammy Awardwinning musical is filled with the songs you remember and a story you'll never forget. A huge cast of singers and dancers bring more than 24 of her greatest hits to life in a triumphant celebration!

Price includes: Coach round trip transportation, lunch (choice of entree/meal, warm bread & butter, coffee, tea or milk), show, and gratuity. Soft drinks, alcohol, appetizers, entree upgrades and desserts available for additional cost.

Pick up location: To be determined and this information will be sent out to all who registered prior to the day of the trip.

SL3085 | W | Jun 12 | 9:15 AM-5 PM Chanhassen Dinner Theatre | 1 Session | \$125

## An Introduction to Voiceovers: Professional Voiceover Lessons

Explore the voiceover industry with an instructor, a professional working voice actor, in a one-on-one video chat setting. Discover current trends and how easy and affordable it can be to learn, set up and work from home. In this one-time, 90-minute, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. Learn more: www.voicesforall.com/ooo. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

SL850 | \$49/person | Voices for All | Virtual



#### Adult Spanish Conversation "Let's Chat!" NEW

Are you seeking opportunities to practice speaking Spanish? If so, this is the class for you! Instructors will engage participants each week with real-life conversation scenarios to encourage chatting and conversation. Conversation topics include 'un poco de todo', a little of everything, and everyday Spanish. In this dynamic and hands-on class, participants will practice useful Spanish vocabulary and conversation components that can be applied to the home, workplace, travel, leisure, etc. Start speaking Spanish today! Open to new and previous Spanish conversation participants. This is taught through Futura Language Professionals.

Option 1: Beginner level participants
Option 2: Intermediate and advanced level participants

Choose the option that best describes your skill level to be placed with participants for matching level conversation abilities and practices. Basic computer experience and the ability to access zoom is required.

SL3078 | Tu | Jun 4-Jun 25 | 6-7 PM | Virtual 4 Sessions | \$89



## EMBRACING COMMUNITY ONE SMILE AT A TIME



embracemn.com 763-689-3134



#### **Beginner's Guide to Getting Published**

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. If you really want to succeed, this step-by-step workshop is a must!

SL920 | Tu | Jul 9 | 6-8 PM | Virtual 1 Session | \$35 | Krusemark

#### **How to Write Your Life Story**

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed. Your Zoom login link will be sent the day before class.

SL989 | Sa | Jul 13 | 10 AM-1 PM | Virtual 1 Session | \$45 | Krusemark

#### **Beginner's Guide to Starting a FREE Blog**

Online blogging is a great way to get the word out! Learn step-by-step how to start a FREE blog with WordPress and connect it to your domain/website. Discover how to earn an income with your blog.

SL919 | W | Jul 17 | 4-6 PM | Virtual 1 Session | \$35 | Krusemark

### Comedy Writing: How to be Funny on Paper and Stage

Whether you need to make a dull work presentation more lively, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand up routine, this fast-paced session will show you how to apply humor to all aspects of your life. You will learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people.

SL993 | Th | Jul 11 | 4-6 PM | Virtual 1 Session | \$35 | Krusemark

#### **Mystery Shopping: Earn Extra Money!**

Start your new career in this exciting field without any cost. Learn how to sign up with legitimate mystery shopping companies, avoid the pitfalls and scams, create your mystery shopping resume and profile, and understand legalities and taxes relating to this income.

SL273 | W | Jul 10 | 5-6 PM | Virtual 1 Session | \$25 | Krusemark

As you are cleaning out closets and getting ready for summer CI-CE would be grateful for your gently used winter gear that has been outgrown or no longer needed.



### Travel Show: Come hear about 2 different AMAZING trips!

Take a trip in 2024 with Community Education! Learn more about these unique, professionally managed and guided trips-Highlights of England, Scotland & or maybe Wales, and New York City Holiday. Join us for a FREE informational presentation about these travel opportunities sponsored by Cambridge-Isanti Community Education and managed and guided by Premier World Discovery. Get the inside scoop about the destinations as well as trip details. Attending a travel show is informational only. It does not commit you to the trip. Feel free to join us even if you are curious! Travel shows are free but advanced registration is required.

SL461 | Tu | Jun 18 | 11 AM-12 PM | AEC 1 Session | FREE - registration required Premier World Discovery





#### **Save Money with Extreme Couponing!**

Learn how to save money with extreme couponing. Coupons are not just for groceries. The savings can really add up! Discover where to find coupons (even for high ticket items); how to find the best online coupon apps and websites; and how to match coupons with sales for maximum savings.

SL272 | F | Jul 12 | 5-6 PM | Virtual 1 Session | \$25 | Krusemark

### How to Start Any Home Business + 250 Home-Based Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business start up workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, and how to take tax deductions (this workshop included!). Informative handouts for future use are included in class fee. Your Zoom login link will be sent the day before class.

SL271 | W | Jul 10 | 6-8 PM | Virtual 1 Session | \$35 | Krusemark

#### **How to Make Extra Cash Pet Sitting**

Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, usually in the pet's home. You will learn about feeding, watering, and exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet-sitting job, and what to do when a dog has behavioral issues. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in class fee.

SL899 | F | Jul 12 | 6-8 PM | Virtual 1 Session | \$35 | Krusemark

### Explore more virtual classes by LeeAnne Krusemark!

Visit c-ischools.ce.eleyo.com for full class descriptions.

- Explore 50 Different Self Publishing Options
- Beginner's Guide to Using FREE ChatGPT (AI) for Writers
- Be a Better Writer: 10 Easy Tips To Improve Your Writing NOW
- How to Outline and Write an Irresistible Romance
- Write a Riveting Mystery, Suspense, or Crime Story
- Explore the World as a Travel Writer
- Write Your First Novel (in 90 Days!)
- Writing for Online Blogs, Magazines & Websites
- Using Amazon's Kindle Direct to Self-Publish Your Book For FREE
- Introduction to Screenwriting for Television or Movies
- Meet the Publisher/Agent Get Your Manuscript Critiqued
- Intro to Medical Terminology
- \$Monetize\$ Websites, Blogs and Social Media with Affiliate Marketing
- Make Money with a Virtual Assistant/Word Processing Business

Registration for classes open March 18.
Register early to secure your spot!



BEST TIME
TO SCHEDULE
A WELL CHILD
& TEEN
CHECK-UP!

Isanti County Health & Human Services

763-689-1711

Child and Teen Checkups





#### Air Fryer Veggies NEW

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! In this class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potatoes. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

SL3075 | W | Apr 17 | 6:30-8 PM | Virtual 1 Session | \$29 per participant | Madaus

#### Summer Snacks and Sippers NEW

Join Kirsten from her home kitchen in this live online cooking class as she demonstrates variety of recipes to brighten up your summer, including quick air fryer vegetable-forward seasonal snacks plus a Blueberry-Ginger Shrub and Rosemary Lemon Syrup to liven up your warm weather libations. Extensive handout with additional recipes included. Class is recorded so you can watch when you're able to or cook along at your convenience.

SL3076 | W | May 15 | 6:30-8 PM | Virtual 1 Session | \$29 per participant | Madaus

### Explore more virtual cooking classes by Tess Georgakopoulos!

 $\label{thm:constraint} \mbox{Visit $c$-is chools.} \mbox{ce.eleyo.} \mbox{com for full class descriptions.}$ 

- Homemade Tuscan Gnocchi Meal! NEW
- Spring Roll Symphony! Crispy & Fresh Spring Roll Delights! NEW



#### California Sushi Roll Extravaganzal! NEW

When it comes to actual sushi that is made with sushi grade raw fish such as salmon or tuna wrapped in rice and seaweed, the sushi tolerance spectrum runs from a very strong "YES" or a very strong "NO" with little wiggle room in between. Enter California "sushi" Rolls that overwhelmingly turn the strong "NO's" into strong "YES'S"! Join Tess as she walks you through how to make a variety of the most marvelous California rolls that will make you wonder why you haven't tried to make your own before. California "sushi" roll combinations are only limited by your imagination! Make them vegetarian, with or without seaweed, spicy or not, it is totally up to you! Learn the skill of creating delicious seasoned sushi rice, spicy mayo, and how to stuff, wrap/shape the rolls, with wonderful filling ingredients. One of these fillings is a "crab" salad that will be created using crabsticks.

SL3105 | Sa | May 11 | 4-6 PM | Virtual | 1 Session \$35 per participant (Fee can include immediate family members living fulltime in the SAME HOME ONLY) Georgakopoulos

#### Focaccia, Stromboli & Calzones! Oh My! NEW

What makes a Focaccia a Focaccia, a Stromboli a Stromboli, and a Calzone a Calzone? How are they different? How are they the same? Discover the answer to these questions as you participate in this fun filled Cook- Along Class as we dive into the world of unique Rolled & Stuffed Pizzas, and marvelous focaccia bread! Learn how to make your own homemade Focaccia Bread, a wonderful rolled pizza called a Stromboli, and stuffed Pizzas, known as Calzones with homemade pizza dough!

SL3107 | Sa | Apr 20 | 4-6:30 PM | Virtual 1 Session | \$40 per participant (Fee can include immediate family members living fulltime in the SAME HOME ONLY) Georgakopoulos



#### Finance / Music

#### **Savvy Tax Planning**

In retirement, your tax rate may vary widely over the years based on the timing and ordering in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. You need a retirement tax strategy that will identify the types of taxes you will face at various stages and address how taxes impact Social Security and Medicare Plan when to tap different accounts so you don't overpay taxes.

Jun 12 | 6:30-8 PM | CMS | North Metro Money Management

#### **Social Security for Couples**

The Social Security decisions spouses make when they are in the 60's will determine the amount of total income they will receive over their lifetime. Learn some little-known rules that can help married couples get more out of the Social Security system.

May 8 | 6:30-8 PM | CMS | North Metro Money Management

#### **Social Security for Baby Boomers**

Social Security is far more complicated than most people realize. The decisions baby boomers make now can have a tremendous impact on the total amount of benefits they stand to receive over their lifetime. To help baby boomers better understand the Social Security system, this workshop will cover 5 factors to consider when deciding when to apply for benefits, when it makes sense to delay benefits and when it does not, why you should always check your earnings record for accuracy, how to estimate your benefits, how to coordinate benefits with your spouse, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income.

Apr 17 | 6:30-8 PM | CMS | North Metro Money Management



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chuck.taylor@fourpointsadvisory.com

#### Banjo, Mandolin, Ukulele, Bass Guitar or Guitar Lessons

Have you ever wanted to learn to play the banjo, mandolin, ukulele, bass guitar, or the guitar? Professional virtual instruction offered through Steve Cekalla's Guitar and Music School. A unique and fun approach for starters, but with the ability to teach styles, theory, and techniques to those with instrument experience. Package is for three 30-minute lessons. Your lessons will be scheduled within the month you registered for. Upon completion of registration Steve's Guitar will contact you to schedule your sessions.

SL440 | Apr-Aug | Virtual | \$35 | Cekalla Lessons offered each month for each instrument. Choose your instrument at the time of registration.

#### Instant Guitar for Hopelessly Busy People

(Ages 13+)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours, learn enough to give you years of musical enjoyment. Discover how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar, and how to play along with simple tunes. Fee Includes: online book, a recording of the class and follow-up video lessons.

SL439 A | Sa | Apr 27 | 1-3:30 PM | Virtual 1 Session | \$69 | Coffman

SL439 B | W | Jun 5 | 6:30-9 PM | Virtual 1 Session | \$69 | Coffman

SL439 C | W | Jun 12 | 6:30-9 PM | Virtual 1 Session | \$69 | Coffman

#### **Instant Piano for Hopelessly Busy People**

(Ages 13+)

Learn how to play in just a few hours! While regular piano teachers teach note reading, professionals use chords. Learn all the chords needed. With a little practice, you'll be playing your favorite songs in no time! Fee includes online book and video instruction.

SL474 A | Sa | Apr 27 | 9 AM-12 PM | Virtual 1 Session | \$69 | Coffman

SL474 B | Tu | Jun 4 | 6:30-9:30 PM | Virtual 1 Session | \$69 | Coffman

SL474 C | Tu | Jun 11 | 6:30-9:30 PM | Virtual 1 Session | \$69 | Coffman



#### **Indoor Walking**

Walk the hallways of Cambridge-Isanti High School at your own pace! You can register for this FREE recreational activity online or in person at the Education Services Center. All walkers must pick up their Walking Badge at the Education Services Center. This gives you access to the building.

FL1004 | Mon-Thu | Now-May 23 | 4-8 PM | FREE | CIHS | No Class Apr 1



### CPR Health Care Course - Basic Life Support for Medical Staff

This advanced CPR course with AED training is designed for nursing students, physicians, therapists, and EMS personnel. Participants will have to take and pass a test for certification.

SL476A | Th | Jun 20 | 6-8:30 PM CIHS South House Resource Area | 1 Session | \$95 Lee-Johnson

SL476B | W | Aug 28 | 6-8:30 PM CIHS South House Resource Area | 1 Session | \$95 Lee-Johnson

### Heartsaver Adult, Child & Infant CPR, First Aid & AED

Students will learn the critical lifesaving skills needed to care for someone until emergency help arrives. Instruction includes Adult, Child & Infant CPR, First Aid, and AED. Perfect for childcare providers, security officers, law enforcement, health and fitness instructors, students, parents, grandparents, and anyone who wants basic knowledge to help save someone's life!

6-10 PM | 1 Session | CIHS South House Resource Area \$95 | Lee-Johnson

SL475A | W | Apr 24 SL475B | Th | Jun 6 SL475C | M | Jul 22 SL475D | W | Aug 21

#### **Adult Mental Health First Aid Training NEW**

Discover the power to make a difference with our Mental Health First Aid Training! Join us to enhance our ability to recognize when someone requires assistance and gain valuable insights into promoting understanding within your community. This inclusive training is open to both professionals and nonprofessionals, providing unique opportunity for all to learn how to effectively support one another. Acquire the skills to intervene and be the catalyst for positive change – your actions could save a life! Explore what signs to looks for and understand how to guide others toward the help they deserve. Don't miss the chance to make a difference in someone's life!

SL3117 | W | Apr 10-Apr 17 | 4-8 PM | Virtual 2 Sessions | FREE | Isanti County Integrated Collaborative



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

Acupressure is an ancient healing art and self-help tool that can offer great relief. Along with the specific points to help relieve stress, insomnia, anxiety, irritability, and even weight gain. Learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

SL912A | M | Apr 22 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak

#### **Face Yoga**

Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing "puppet mouth" lines, lifting and firming neckline, making upper and lower cheeks fuller, reducing puffiness and sagging around eyes, improving circulation and nutrient flow into cells, and improving lymph circulation. Learn simple exercises that will rejuvenate your face.

SL941A | Tu | Apr 9 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak

### Posture & Osteoporosis Workshop: Building Better Bones

Learn simple techniques to improve posture and stand straighter! We will do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. We'll talk about how to reduce the risk of osteoporosis and related injuries and how to re-gain bone mass. We'll discuss the latest research findings on nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

SL936A | Tu | Jun 4 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak

#### Seven Steps to Reverse or Prevent Diabesity NEW

Diabesity is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance, or type 2 diabetes, the root cause of ALL these conditions are the same – problems with our diet, lifestyle, and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.

SL3086 | M | Apr 29 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak



#### Women, Weight & Hormones

Can't lose that weight no matter how hard you try? This is probably due to your hormones. Learn strategies for fighting fat and losing weight, simple things you can do to keep your metabolism burning brightly, how to tell if your thyroid is an issue and what to do about it, how to lose weight again, and more!

SL907A | M | Jun 3 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak

### Abdominal Strengtheners That Won't Stress Your Back Or Neck NEW

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, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints.

SL944A | Tu | May 21 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak

#### Strong is the New Skinny

Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands at home. There are many benefits to having stronger muscles – they boost metabolism; maintain and increase bone density, make daily tasks easier and will help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules and will help you look and feel better. Learn tips and techniques to improve overall health and wellness. All levels of fitness welcome.

SL938A | Tu | Apr 16 | 6-7:30 PM | Virtual 1 Session | \$29 | Novak

### Explore more virtual health classes by Janice Novak!

Visit c-ischools.ce.eleyo.com for full class descriptions.

- Acupressure for Sinus Relief, Headaches
   & More
- Acupressure and Other Tools for Women 55+
- Hips, Thighs & Otherwise
- Is Your Waistband Too Tight Today?
- · Mudras: The Ancient Art of Hand Yoga
- Posture, Get it Straight: Look 10 Years Younger, 10 Pounds Thinner & Feel Better Than Ever
- De-Age Your Brain
- · Thyroid Things You Need To Know
- Improve Your Health At Any Age





This summer ECFE will be popping up at the park! Staff will be there with a variety of outdoor activities to participate in together, and each day will end with a circle time. These free events meet at local parks where you can also play on the playground and meet other families in the area. Children ages 5 and under will get a free book while supplies last.



Bluebird Park 110 1st Ave NW, Isanti Tuesdays | June 18-July 30 10-11:00 AM | No ECFE on July 2

Cambridge City Park 810 2nd Ave SW, Cambridge Wednesdays | June 19-July 31 10-11 AM No ECFE on July 3

Kid's Day at the Rodeo Saturday, July 13

Kid's Day at the Fair Friday, July 19

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### **Goldilocks**

Auditions: Monday, September 23, 3:30-5:30PM

Rehearsal: Tuesday-Thursday, Sep 24-26, 3:30-7:45 PM Friday, Sep 27, 3:30-7:30 PM

Location: CIS, Gym/Auditorium

\*Rehearsal times are subject to change. A detailed schedule will be provided after auditions on the first day.

Performances: Friday, September 27 at 7:30 PM Saturday, September 28 at 10:30 AM

Location: CIS, Gym/Auditorium

SL049 | Sep 24-Sep 27 | CIS Gym-Auditorium 5 Sessions | \$105

Presale only: Tickets can be purchased online or at the Community Education office. There is no reserved seating, so please arrive early for the best views!

Anyone coming to see the show MUST pre-purchase tickets online or at the Community Education office. No cash purchases will be available at the door. We apologize in advance for any inconvenience.

Tickets: \$8 (Ages 15+), \$6 (under 15 years) TKTGoldilocks Friday Show TKTGoldilocks Saturday Show

See page 13 for more information.



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www.ecv.vet

#### 55+ Automobile Accident Prevention



Minnesota requires insurance companies to offer a reduction in automobile insurance rates for three years to those who attend an accident prevention course. We offer both the initial basic 8-hour and the 4-hour refresher courses which discuss topics addressing safety, rules, distractions, hazards and driving responsibly.

After the initial basic course, the refresher course must be taken every three years to continue your insurance discount.

#### **BASIC COURSE:**

AAPB.S2 | Tu/Th | Mar 26 & Mar 28 | 12:30-4:30 PM AEC | 2 Sessions | \$28

AAPB.S3 | M/W | May 13 & May 15 | 5:30-9:30 PM AEC | 2 Sessions | \$28

AAPB.S4 | Tu/Th | Jul 16 & Jul 18 | 12:30-4:30 PM AEC | 2 Sessions | \$28

#### **REFRESHER COURSE:**

AAPR.W4 | W | Apr 24 | 5:30-9:30 PM | AEC 1 Session | \$23

AAPR.W5 | M | May 20 | 12:30-4:30 PM | AEC 1 Session | \$23

AAPR.W6 | W | Jun 26 | 5:30-9:30 PM | AEC 1 Session | \$23

AAPR.W7 | Th | Jul 25 | 12:30-4:30 PM | AEC 1 Session | \$23

The website will have the most updated information as sometimes there are changes made after publishing.

Please contact the office at 763-689-6189

with any questions.



#### **Adult Recreation**

#### **Adult Lap Swim**

Achieve your fitness goals with the whole body workout provided by lap swimming. A great cardiovascular exercise for people of all ability levels. Preregistration required.

M/W/F | Mar 18-Aug 30 | 6:30-7:30 AM \$6/person | CIHS Pool | No class Jun 19 & Jul 5

#### **Community Basketball** (Ages 18+)

Do you enjoy basketball and want to get some more time on the courts? If so, then come and play on Tuesday and Friday mornings!

SL354 | Apr-Aug | 6-7 AM | CIHS Gym Center Court \$22-\$27/month | Madsen

#### Taiji Quan

Taiji Quan (T'ai Chi Ch'uan) is a graceful form of exercise and stretching performed in a series of slow focused, gentle movements accompanied by deep breathing techniques. Develop improved balance, flexibility, physical fitness, increased energy, and overall wellness. This class is designed for all ages and fitness levels!

SL346 | Th | Jun 6-Aug 1 | 5-6 PM IIS Gym | 8 Sessions | \$59 | Wood | No Class Jul 4

Class testimonial for Taiji Quan

I leave this class filled with joy in peace. It has improved my flexibility, breathing, and energy. A wonderful instructor!

Current Participant

#### **Top Fuhol Morning Madness**

Increase lean muscle mass, become more mobile, increase cardiovascular endurance, and create a strong core. Learn proper strength training techniques, strategies, and concepts. All fitness levels welcome - class is individualized. Many workouts are designed for partners, so sign up with a friend or make a new friend in class.

SL353 | M/W/F | Apr 1-Aug 16 | 5-6 AM CIHS Weight Room | \$7/day | Fuhol



#### **Midday Recreation**

#### **Exercise for Parkinson's**

This class is geared toward members with Parkinson's Disease - incorporating multi-directional movements, cardiovascular exercises, strength, and coordination through functional exercises including low impact, seated, and standing exercises.

SL3082 | Most Thursdays | 1-2:30 PM
Walker Methodist Levande | \$10 | O'Connor
Check website for dates. Dates listed are the options available.

#### **Strength & Balance**

This class focuses on overall functional movements to increase physical strength, balance, and mobility for daily living through weight-bearing and resistance exercises - most exercises can be modified to seated and a chair is available to help with standing/balance exercises. Beginners Welcome!

SL3081 | Most Tuesdays | 2:15-2:45 PM
Walker Methodist Levande | \$10 | O'Connor
Check website for dates. Dates listed are the options available.

#### **Chair Yoga for Health & Healing**

Gentle yoga that includes: breathing practices, balance, range of motion exercises for the joints, poses for brain and spinal health – with a goal of helping you feel more relaxed. A chair will be used for seated poses, participants can stay seated the whole time, or there will be a standing series. No poses will be done on the floor. This is a safe gentle option for most, and provides all the healing and health benefits of other styles of yoga.

SL3116 | F | Apr 5-May 10 | 11 AM-12 PM AEC | 6 Sessions | \$65 | Miller

#### Taiji Quan: Moving For Better Balance

(Ages 60+)

Taiji (T'ai Chi) is a Chinese martial art that focuses on mental aspects integrated into movement. Benefits include: reduced bone loss in post-menopausal women, arthritis pain relief, reduced blood pressure, enhanced mental capacity and concentration, improved balance and stability, faster recovery from strokes and heart attacks, and symptom improvement of Alzheimer's, Multiple Sclerosis, and Parkinson's.

SL445A | W/M | Apr 3-Jun 17 | 10:45-11:45 AM | AEC 20 Sessions | \$85 | White | No Class May 27 & May 29

SL445A | W/M | Jul 17-Sep 25 | 10:45-11:45 AM | AEC 20 Sessions | \$85 | White | No Class Sep 2

Mondays sessions will be online. You can do this in your own home or come to the AEC and attend on site. Wednesdays will all be in person sessions.



#### **Body & Soul Cardio Dance**

Dancing has a way of making you get lost in the music. Jumps, slides, pivots, and body rolls are not only fun but give you a serious dance workout without feeling like work! This class allows you to go at your own pace so even if you are a beginner you can have fun! Come try this hour of laughing, dancing, and fun and see for yourself how good this class is for your soul!

SL999A | W | May 1-Jun 12 | 12-1 PM | AEC 6 Sessions | \$50 | White

SL999B | W | Jul 10-Aug 28 | 12-1 PM | AEC 8 Sessions | \$50 | White

#### **Gentle Yoga**

Strengthen, stretch, relax, and breathe in this yoga class for men and women. The combination of movement and breath work provides a well-rounded, healing practice for mind, body and spirit. Appropriate for all levels.

SL406A | M | Apr 8-May 13 | 6-7 PM | IMS 5 Sessions | \$49 | Rylander | No Class Apr 22

#### Women's Self Defense Seminar (Ages 15+)

This self-defense seminar will help you recognize potentially threatening situations from the major attack categories (frontal, side and rear attacks, weapon attacks, gang attacks, and non-standing or ground attacks), acquire verbal skills, physical techniques, and confidence to effectively defend and escape from an assault. You will also gain insight into the use of frequently used self-defense devices such as pepper spray, noisemakers, tasers, and many others. Emphasis is placed on empowering the mind to overcome fear and let go of the "victim mentality." Please wear comfortable clothing, as this class is active and hands-on.

SL362A | Th | May 9 | 6:30-8:30 PM | CMS Cafetorium 1 Session | \$25 | Wood

SL362B | Sa | Jun 1 | 10 AM-12:30 PM | CMS Cafetorium 1 Session | \$25 | Wood

Silver Sneakers



Taiji Quan: Moving for Better Balance and the Body & Soul Cardio Dance are Silver Sneakers Eligible. Your insurance company must honor the program. Must be 65 or older.



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- Intermediate Excel
- Advanced Excel

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- Intermediate to Power BI
- Advanced to Power BI

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- Project Management Process
- Project Management Knowledge

#### **Management Certificate**

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- Collaborative Management
- Managing Generations in the Workplace

### Mastering Video Marketing Certificate

- Video Marketing
- YouTube for Business

#### **Certificate in Web Design**

- Introduction to Web Design
- Intermediate Web Design
- Advanced Web Design

#### **Coding Certificate**

- Introduction to Coding
- HTML Fundamentals
- CSS Fundamentals



#### **Attention Participants**

We use our online registration system, Eleyo, to communicate about class updates, new classes, weather cancellations, and more. Be sure your contact information is accurate and up to date. Also - opt in to text messaging services so you can receive these important class notifications directly to your cell phone. Contact us at 763-689-6189 for assistance.

### Help our students in need this season. Items needed are:

- Personal care items: feminine hygiene products, soaps, deodorant
- Sweatpants and leggings, all ages and all sizes 4T-adult
- · Individually-packaged snacks
- · Waterproof gloves, boots, and snow pants, all sizes
- Gently used Tennis Shoes

These items go directly to students only within our district and are available for free to students and families. All items can be dropped off at the Education Services Center, 625 Main Street North. Contact us at ceregister@c-ischools.org with questions.





Are you ready to turn your dreams into reality? Classrooms, Cafeterias, Media Centers, Auditoriums, and Gyms are all available for rental. We believe in the power of dreams and are here to provide you with the perfect environment to make them come true. Whether you're an artist, entrepreneur, performer, teacher, or group leader, our facilities are the canvas for your dreams. Let your imagination run wild, and turn your ideas into reality.

#### **Community Use of Facilities**

Cambridge-Isanti Schools facilities and fields are available for use by groups and organizations. To reserve a facility or field, a completed request must be submitted through the Eleyo Facility Request System. Find the link at www.c-ischools.org/facilities.

#### Please note

- Facility requests must be submitted at least 10 days in advance
- Renters are required to carry liability insurance
- In some circumstances, such as large rentals a deposit may be required

Questions? Call 763-689-6214 or email facilityuse@c-ischools.org

## ADVENTURE CENTER - REGISTER NOW!



Registration for Summer and School Year Adventure
Center is NOW OPEN.
Be sure to register early to avoid placement on a waitlist. Summer Adventure Center includes weekly field trips, swimming excursions, weekly themed activities, and daily fun with friends. School Year Adventure Center runs before and after school for students in preschool through 5th grade. Daily experiences include recreation, science exploration, arts activities, games with friends, and so much more. Don't wait! Space is limited.

SEE PAGE 11 FOR MORE INFORMATION.



#### **Class Registration & Information**

Registration Options: Online at c-ischools.ce.eleyo.com, at the Community Education office, or 763-689-6189.

Payments Accepted: Cash, check, Visa, MasterCard, Discover, or American Express.

Cancellations and Refunds: Please notify us immediately if you need to withdraw from a class. Full refunds or credits are given if a class is canceled. Refunds are not issued after a class has begun. There are no prorated fees. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity.

Waiting Lists: Please consider registering early for your class. This is one way to ensure we don't have to cancel classes. Some classes fill up quickly. We offer wait lists for many, and encourage you to be added to the waitlist. If a spot opens up, we will move you to that spot and charge your payment method if there is one on file. Otherwise, we will attempt to contact you for payment.

Accessing Online Classes: Our live classes can be accessed via Zoom or Google Meet. Our learn-at-your-own-pace classes are offered through the UGotClass online platform. For all online classes, login information will be sent to you prior to the class start date.

**UCare:** Eligible UCare members may get up to a \$15 discount on many Community Education classes. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members must show or provide an image of their UCare member ID card when registering for class. Limits and restrictions may apply.

Scholarships and Payment Plans: It is important for all community members to have access to our opportunities. If you are looking for a payment plan or seeking a scholarship, please contact our office. Additionally, all students who qualify for the Federal Free and Reduced Lunch Program, SNAP, or MA are eligible to pay a reduced price for most classes. You must provide a copy of a current qualification confirmation letter. Please contact our main office for these reduced rates.

Do you have a disability?: Do not let that be a barrier to participation in our many opportunities. Contact the Community Education office at least 10 days prior to your class or event to discuss options for accommodations.

Photo Consent: Unless you notify Community Education in advance, photos taken during Community Education activities may be used in Cambridge-Isanti Schools publications.

**Please Note:** The views expressed by instructors do not necessarily reflect those of the administration or the district. The intent of our classes is to provide a means for the community to learn about ideas and services. For information specific to your situation, consult your physician, financial advisor or other trusted service provider.

#### **Class Locations**

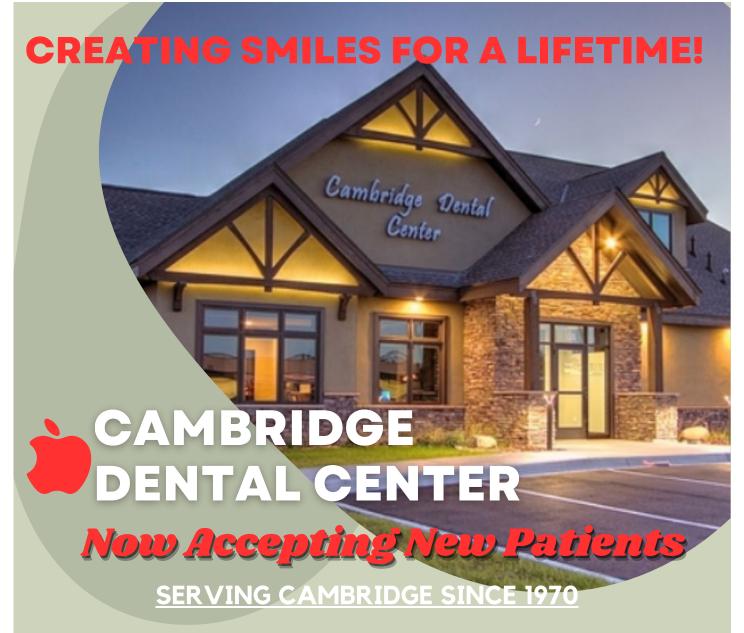
#### **Cambridge-Isanti Schools Building Key & Locations**

AEC	Adult Enrichment Center	540 5th Ave. NW, Cambridge
CIS	Cambridge Intermediate	428 NW 2nd Ave., Cambridge
CIS-EC	C-I Early Childhood, Cambridge	428 NW 2nd Ave., Cambridge
CIHS	C-I High School	430 NW 8th Ave., Cambridge
CMS	Cambridge Middle	31374 Xylite St. NE, Cambridge
CPS	Cambridge Primary	310 N. Elm St., Cambridge
CE	<b>Community Education</b>	625B Main St. N, Cambridge
ESC	<b>Education Services Center</b>	625A Main St. N, Cambridge
IPS-EC	C-I Early Childhood, Isanti	301 Heritage Blvd NW, Isanti
IIS	Isanti Intermediate	101 9th Ave. NE, Isanti
IMS	Isanti Middle	201 Centennial Dr., Isanti
IPS	Isanti Primary	301 Heritage Blvd NW, Isanti
SLC	Woodland Campus	1700 305th Ave. NE. Isanti

Off Site Location Addr	esses & Key
Boulder Pointe Equestrian Center	6612 189th Ln., NW, Anoka
Cambridge Mixed Martial Arts	1001 1st Ave. E, Suite 70 Cambridge
Chanhassen Dinner Theatre	501 W 78th St, Chanhasser
Conquer Ninja Gyms	1467 101st Ave. NE, Blaine
GTI Theatre	123 2nd Ave. NE, Cambridge
КВЕК	15429 Pokegama Lake Ro Pine City
Junction Bowl	123 Cajima St NE, Isant
McDonald's	100 Garfield St. S, Cambridge
Pizza Hut	200 2nd Ave. NE, Cambridge
Pretty Little Signs	108 Main St. E, Suite 200 Isant
Rum River BMX Track	101 Isanti Pkwy NW, Isant
Walker Methodist Levande	2011 6th Ln. SE, Cambridge







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- ★ Cambridge Primary
- ★ Isanti Primary
- ★ C-I STEAM School
- ★ C-I Schools Online

**REGISTER AT:** c-ischools.org/kindergarten

### **PARTNERS IN PLANNING**



**Dr. Nate Rudolph**Superintendent

TAKE OUR SURVEY



As directed by our Strategic Plan, our school district is embarking on a comprehensive long-term master planning process for the future. We invite your input.

As an active member of our community and patron of our Community Education Programs, you have likely been in our buildings and formed an opinion about their condition. You may have visited other school districts through affiliations with youth sports or service organizations. How do our facilities compare?

Many of our schools were built in the 60s and 70s and require maintenance. In recent years, we have prioritized heating and air handling systems, old windows, and lighting efficiency to reduce annual utility costs. There are also equipment issues, simply stretched beyond their useful life. I'm speaking about the gym bleachers that broke and are almost beyond repair, original lighting and sound equipment in the Performing Arts Center, and outdoor stadium lighting that is sparking concern.

Now, just like homes built in the 60s and 70s (or earlier), our schools need updates to protect the long-term investment. As we plan for future generations of children, as learning changes, and as our community grows, how should our schools adapt? Effective planning requires partnership and community participation. We can't do it alone. We'd like your thoughts about our facilities and future.

Please visit: www.c-ischools.org/survey to get started.

As we plan for future generations of children, as learning evolves, and as our community grows, how do our school facilities need to adapt?



It's easy to drive by new housing construction and wonder about its impact on our schools. Do we have the space needed? There is a well-known shortage of early childhood learning and childcare space in Isanti County. Are there any other community needs or services that you'd like the school district to explore?

How would you rate our facilities compared to others in Minnesota?

**Academic & Classroom Spaces** 

demic & classioom spaces

Early Education Spaces (birth-5 years old)

Career & Technical Education Areas (vocational) **Community Gathering Spaces** 

Athletic & Activities Areas (gyms, fields, fitness)

Fine Arts Areas (music, theatre & performance spaces)



Community Education 625 Main St N Cambridge, MN 55008 763-689-6189 ceregister@c-ischools.org PRSRT STD U.S. POSTAGE PAID CAMBRIDGE, MN PERMIT #92

## Get Active this Spring and Summer!

From adult lap swim and youth swim lessons to Top Fuhol, girls and boys basketball clinics, and Chair Yoga, we have so many opportunities for you and your family to get active - no matter your age!

Check out the complete list of Youth Recreation Spring and Summer opportunities on pages 19-29 and Adult Recreation Spring and Summer opportunities on pages 44-45.

### FOLLOW US ON FACEBOOK!

Cambridge-Isanti Community Education

Cambridge-Isanti Volunteer Program

Cambridge-Isanti Early Childhood INSTAGRAM: ciearlychildhood

Central MN-East Adult Basic Education

