# Cultivating Curiosity Discover, Explore, Grow



## Cultivating Curiosity through Summer Community Education



#### A message from Community Ed Director Jason Sellars

As I write this letter to our community, we are midway through February, and this brings us closer to summer and warmer weather every day. Our Community Education staff has been hard at work developing wonderful opportunities for spring and summer activities that are fun for all ages.

For the youth in our community, we have some exciting new offerings that include Theater Camp featuring the Lion King Jr. Musical, a revamped 3D program featuring a 3D Printing class, Intro to Coding, Superhero Coding, a Hogwarts Secret Magic Lab, and much more.

We are also very excited to announce to all the Swifties out there a newly developed Taylor Swift Par-Tay & Dance event happening this summer. We will continue with family favorites including Rockin Reader, Community Education Summer Theater featuring The Prom as the production this summer, Blaze Sports Camps, and other family friendly options.

New adult enrichment options include Knockout Fitness, Puzzle Palooza, CPR/AED Heart Saver certification, Aqua Zumba, Women's Self Defense, and much more.

Our Community Engagement team will be back at community events including the Burnsville Festival and Fire Muster, Party on the Plaza, and the International Festival. Please come by and visit our non-alcoholic International Drink Station at the Fire Muster and try a new cultural drink!

I cordially invite you to browse through the catalog and select opportunities for you and your family to enjoy this spring and summer. Consider visiting communityed191.org to find our online catalog which conveniently works on all smart phones too! From our Community Education family to your family, let's all enjoy another beautiful Minnesota summer together!

Jason Sellars, Director of Community Education jsellars@ISD191.org 952-707-4112



## **ISD 191 Board of Education**

Anna Werb - Chair, Abigail Alt - Vice Chair, Lesley Chester - Treasurer. School Board Members: Annemarie Anderson, Michael Hume, Rachael Mikkelsen, Tyler Sachse, Maryam Bradai - Student Representative



## Join Our Team!

#### Positions available

Licensed Early Childhood & Parent Educators

Classroom Assistants for Early Childhood & School Age Childcare

**Pool Coordinator** 

For information, visit isd191.org/connect/careers

#### **Teach a class for Community Ed**

Share your knowledge, expertise, passion & curiosity with our community.

#### Contact

Allison Jordan, Community Education Supervisor ALC/CE Youth ajordan@isd191.org

Kristi Myers, Adult Enrichment, Communications Coordinator kmyers@isd191.org

# Watch for us in the Fire Muster Parade September 6th

Make sure you stop by our International Drink Station at the festival

# Cultivation Curiosity through lifelong learning

#### Adult 5-31

Art & Creative 5-7, Cooking 7, Fitness, Health & Wellness 8-12, Enrichment, Technology & Hobbies 13-16, Adults with Disabilities 17, Community Connections 18, Seniors 19-28, School for Adults 31

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#### Early Childhood 60-68

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#### Community Education

District 191 Pathways 4, BrainPower & Food Programs 25 & 30 Facility Rentals 29, Summer Community Theater 30, Directory, Policies & Registration 69-71

#### **Online Classes**

Participants need Internet and a device with camera, microphone and speakers. Look to your email the day prior to class for Zoom meeting information. (Remember to check your spam folder if you don't see it) Call Community Education if you have not received this information 24 hours prior to the class date. We are available Monday-Friday, 8 am-4 pm for assistance. 952-707-4150.





# District 191's Pathways model goes beyond high school classes

One of the things I love most about District 191 is that our Strategic Roadmap was developed WITH our community, and so it is a unique reflection of our community's values and vision for our schools.

Of course, those values – Caring Community, Cultural Proficiency, Future Readiness, Inclusive Partnership and Student Agency – need to be put into action for any of it to matter. The way we put those values into action from pre-kindergarten through 12th grade is called our "Pathways Model." But the Pathways mindset permeates everything we do and all the learning opportunities we offer, including those you'll see in this catalog.

I would guess that when most people hear "Pathways" in our community, they think of career-oriented classes at Burnsville High School, and maybe even the series of classes students might take to earn professional credentials like Emergency Medical Technician or ProServ Food Safety certification.

That portion of Pathways in District 191 is definitely the most visible, and it's emblematic of the whole model.

But Pathways is really an approach to education, a mindset that says every student will have access to learning opportunities that inspire them to think about and prepare for their future, opportunities developed with community partners that provide real-world skills and tangible benefits.

With that mindset, we see that there's no part of a learner's journey that isn't connected. Whether it's a design & engineering class at Burnsville High School or an online coding class you find in this catalog, you can find classes that help you build the knowledge and skills you need for your future.

I invite you to explore your options and find out how our Pathways model can help you find and pursue your passion.

#### Dr. Theresa Battle, Superintendent







EXPERIENCE ONE91

Blaze Your Path

Burnsville-Eagan-Savage School District 191 is a future-forward school district creating barrier-free pathways for learning for everyone in our community. We believe learning is a lifelong pursuit, and create programs, services and opportunities that inspire this belief.

Explore how our youth enrichment classes can be your first step toward an exciting career pathway—see page 34 for more!



#### Kristi Myers Coordinator of Adult Enrichment, Adults with Disabilities,

and Community Services Communications Curiosity is the spark that leads to growth, creativity, and new experiences. Whether you're looking to learn a new skill, explore a hidden talent, or simply try something different, our Adult Enrichment classes offer something for everyone. No matter where you are in life, there's always something new to explore. Find your passion, meet like-minded learners, and let your curiosity lead the way!

## Art & Creative

#### Fused Glass with Theresa Charpentier

Theresa will bring your designs to her studio to finish them in a kiln in temps over 1400 degrees then return them to you at a designated location for pick up. Classes are held in DEC Senior Center Meeting Room

Theresa Charpentier is a Yoga, Ayruvedic, Singing Healing Bowl Practitioner and Artist.



#### **Fused Glass Garden Stakes**

Have fun with your friends and learn how to make your own fused glass Garden Stakes! Each participant will select their special COE glass, hand cut and design 3 garden stakes to place in the garden or special potted plant. Make 3, keep one and give others as gifts! A great gift idea and a great way to spend some time with friends and family in a collaborative artisan environment.

A499-4B T May 6 5:45-7:45 pm \$59



#### New! Fused Glass Fancy Metal Garden Stake

Add color and joy to your garden! Each participant will select their special COE glass, hand cut and design your fancy garden stake. Stake dimensions are 6"x6" on top and 28" tall. A great gift idea or perfect for your garden!

A499-4D Wed June 4 5:45-7:45 pm \$69

#### **Fused Glass Suncatcher**

Have fun with your friends and learn how to make your own fused glass Suncatcher! Each participant will select their special COE glass, hand cut and design 1 suncatcher. A great gift idea and a great way to spend some time with friends and family in a collaborative artisan environment.

A499- 4C W May 21 6-8 pm \$59



#### New! Fused Glass Tall 12" Garden Stake

Grab your date, bestie or parent and unleash your creativity in this fun and hands-on fused glass class! Each participant will hand-cut, design, and craft one 12" beautiful fused glass garden stake – perfect for adding a personal touch to the garden or planter.

A499-4F Tue June 3 5:45-7:45 pm \$55/pair





#### New! Build Your Own Fused Glass Chime Make and Take!

Bring a little spring feeling your way! Have fun with your friends or family and build your own fused glass Chimes! Each participant will build their personal garden chimes by hand and add a brass bell at the end. A great gift idea and a great way to spend some time with friends and family in a collaborative artisan environment.

A499-1-A Tue July 15 5:45-7:45 pm \$52





# TIG Welding For Beginners

TIG welding bonds metal to metal without the use of rods, sticks or wire feeds. Class covers safety and introduces concepts of sculptural design. Please wear long sleeved cotton shirts, jeans or heavy-duty work pants, closed toe leather shoes or boots. Bring leather work gloves. Instructor provides TIG welder, welding helmets, safety glasses, power tools and gloves supplies and stones (if you do not have them).

Instructor Greg Kraft earned 14 ribbons at the MN State Fair for knife and tool making, basketry, bead work, wood carving and pen turning. After retiring, Greg completed courses at Vesper Sculpture College in NE Minneapolis, where he learned to weld and now teaches community ed classes

#### Weld a Steel Rose

Some hand strength is required to complete this project. If you can open a jar of pickles you can do this class. Learn to weld safely and with confidence. You will make a rose from three steel discs and a steel rod. Your rose will last forever making it the perfect gift.

A403- 4B Sat, May 3 10 am-2 pm \$130 NMS 418C

#### Weld an Iron Fish

Learn about TIG welding while making an iron fish from a horseshoe. The iron fish may be used as a trivet, door stop or wall art. It may be combined with another horseshoes for a cellphone holder/charging station.

A403- 4 Sat, June 7 10 am-2 pm \$130 NMS 418C

## Painting with Vanessa Merry

Instructor Vanessa Merry moved to Florence, Italy at 18 years of age to study the methods of the great masters in painting, drawing and printmaking. She continued her art education at Atelier de Chimere in France. Upon returning to the U.S., she attended and graduated from the U of M in Visual Arts and Art History. Actively involved in the Twin Cities art scene for many years, Vanessa has won several awards for her paintings. Classes meet in DEC Senior Center Mtg Rm





#### **Watercolor Painting**

Paint a beautiful scene in watercolors. Step-by-step instructions and discussion on the difference between dry brush work, wet on wet, and wet on dry are included as we work together. This is a great no fear way to learn to paint in watercolors. All supplies are included.

A445-1A Th June 12 10 am-12 pm \$49 A445-1B Th June 26 6-8 pm \$49



#### **Paint Like Mary Cassat**

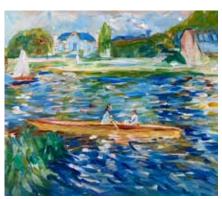
In this class you will be creating an acrylic painting on an 8 x 10 inch canvas in the style of Mary Cassat one of the few female Impressionist painters. You will learn a bit of history about her and her style of painting as you follow step-by-step instructions to create your own masterpiece.

A447-1A Th July 10 10 am-12 pm \$45

# Paint Like Renoir The Skiff

In this class you will be creating an acrylic landscape painting on an 8 x 10 inch canvas in the style of famous Impressionist painter Renoir. You will learn a bit of history about him and his and his involvement with the Impressionist movement as you recreate his famous painting The Skiff.

A447-1B Th July 24 6-8 pm \$45



# Paint Like Monet The Cliff Walk at Pourville

In this class you will be creating an acrylic landscape painting on an 8 x 10 inch canvas in the style of Monet. You will learn a bit of history about him and his style of painting as you recreate his famous painting The Cliff Walk at Pourville.

A447-1C Th Aug 14 9:30-11:30 am \$45



Also check out Vanessa Merry's Adult Child Paint Date on page 43

#### **Bob Ross Oil Painting**

Do you remember Bob Ross and the "Joy of Painting" program from years ago? His "Wet on Wet Technique" of painting works for all skill levels including those who have never painted before. Find out just how much enjoyment you'll glean from this method of painting! Tuition includes all supplies needed to complete a 16x20" painting. You may wish to bring an apron or smock.

Mike Tischendorf is a certified instructor in the Bob Ross wet-on-wet technique of oil painting who has been providing classes across the metro area since 2019.



Golden Sunset

A423-4B Th May 1 5:30-8:30 pm

\$75 DEC Sr Center Mtg Rm



Evening at Sunset

A423-1 Th July 10 5:30-8:30 pm

\$75 DEC Sr Center Mtg Rm

## Ploy's Kitchen Live Online Via Zoom





#### Classes are held 6-8 pm \$39 per class

Instructor Ploy Khunisorn is a native of Thailand. She went to Suan Dusit International Culinary School in Bangkok Thailand, the pastry arts program at Boston University, and the plant-based patisserie program at Le Cordon Bleu. She earned a Master of Liberal Arts in Sustainability at Harvard University and a Master of Education at Cambridge College. She started teaching cooking classes in 2014. Having traveled to over 30 countries, she has enjoyed and learned to cook a variety of cuisines around the world. In her 9+ years of teaching experience, Ploy has taught over 6,000 students to cook and bake Asian cuisines, vegan food, gluten-free diets, pastries, and more. Check out her food passion on Instagram: @ployskitchen.

#### **Authentic Tacos**

Mexican tacos are as vast and diverse as the country. In this interactive online class, we'll start by making flour tortillas from scratch. We'll also make pan-grilled shrimp tacos with chipotle pepper sauce and chicken tacos with fresh tomato salsa.

C425 - SH- 4C M May 5

# Basic Dumplings from Scratch

Dumplings are versatile and can be easily made at home. Let's have fun and learn how to pinch, squeeze, and pleat delicious dumplings. We'll start making dumpling wrappers from scratch. Then, we'll make the chicken and vegetable filling. We'll fold and cook dumplings into potstickers. While the dumplings are cooking, we'll make a delicious sauce.

C425-SH-4D M May 12

#### **North Indian Cooking**

North Indian food has bold and rich flavors from ghee, cream, and spices. Let's learn how to layer flavors using different spices. We will make chicken tikka masala, aloo masala, spiced rice, and tomato raita.

C425-SH-1A Th July 24

# French Macarons with Salted Caramel Buttercream & Chocolate Glaze

French macarons are not difficult to make at home. As long as you master all techniques, you will be able to master this masterpiece to show off to your families and friends. In this class, you'll learn step-by-step techniques to make macaron shells. We'll also make salted caramel buttercream and chocolate glaze. While we cook, we will discuss different ideas and how to make your macarons beautiful. We have options for almond, nut, and tree nut allergy. There is no option for egg allergy.

C425-SH-1B M Aug 11

For Online class details & requirements see page 3



## Fitness, Health and Wellness

Bring a yoga mat, towel & water bottle. Props may be available or you may bring your own.



#### **NEW! Knockout Fitness**

Unleash your inner champion with our Adult Boxing Fitness class! Designed for all fitness levels, this dynamic course blends boxing techniques, strength training, and cardio workouts to help you build stamina, enhance coordination, and boost self-confidence. You'll learn proper punching techniques, footwork, and defensive moves, all while breaking a sweat in a fun and supportive environment.

No prior experience is required- just bring your determination and enthusiasm. Whether you're here to get fit, relieve stress, or pick up a new skill, this course is your knockout opportunity to achieve your goals!

Bring boxing gloves, yoga mat or towel for floor work, water bottle and athletic shoes. Instructor has spare gloves that can be used during class.

Instructor Loren Myers is a retired professional boxer with over 20 years of experience in the ring and an impressive 31 bouts to his name. His professional career took him to major venues across the United States, including appearances on pay-per-view undercards at iconic locations like Madison Square Garden, the MGM Grand, and Philadelphia's historic Blue Horizon. A true journeyman of the sport, Loren reached the pinnacle of his career by winning the NBAW Super Middleweight title in Tampa, Florida, in August 2011. He brings a wealth of knowledge and passion for the sport, specializing in boxing techniques, conditioning, and strength and agility workouts. Today, Loren is dedicated to teaching boxing to youth and adults, emphasizing skill development, fitness, and personal growth. Whether you're a beginner or an experienced athlete, his classes offer a dynamic and enriching experience.

## Tues 5:30-6:30 pm, Thur 6:30-7:30 pm 6 sessions \$65 DEC Studio A No class June 19

FB81-4A T, Th May 13-29 FB81-4B T, Th June 5-26 FB81-1A T, Th July 8-24 FB81-1B T, Th Aug 12-28

#### Fitness with Nassema

Naseema Omer, a certified Personal Trainer and group fitness instructor with over a decade of experience, will guide you through this empowering, mind-body workout.

#### **Mat Pilates**

Pilates is a total body, low impact workout focusing on core muscles. It is a safe, powerful workout suitable for all age groups. Focus on controlled, concentrated exercises, to stretch, strengthen, and sculpt for better flexibility, posture, and movement. Practice Mat Pilates with added variations for additional resistance. Bring your water bottle and a Pilates mat or thicker Yoga mat.

**M 6:30-7:15 pm DEC Studio B** F857- 4C June 2-30 5 sessions \$59 F857- 1A July 7-28 4 sessions \$49

## **NEW! Seated & Supported Strength**

#### Chair Pilates, Yoga, and Balance

Improve your balance, stability, strength, and flexibility through gentle Pilates, Yoga, and balance exercises designed to build a stronger core and overall wellbeing. All movements are done seated or standing with the support of a chair, making this class accessible for everyone-no prior experience required. Perfect for beginners and suitable for all fitness levels. Come ready to enjoy a mindful, body-focused experience. Wear comfortable clothing and bring water to stay hydrated.

F858-4C M June 2-30 5:40-6:20 pm 5 sessions \$55 DEC Studio B

#### **NEW! Power Pilates**

#### Wall & Standing Series

Experience a dynamic, quick-hit Pilates workout focused on strength, balance, stability, and flexibility-all using just your body and a wall. This class is perfect for those who want a full-body workout without floor exercises. No prior Pilates experience is needed, making it accessible for everyone. Join us for this energizing session and feel empowered, standing strong! Dress comfortably, bring a yoga mat and water to stay hydrated. Bare feet or grip-socks recommended.

F859-4C M June 2-30 7:25-7:55 pm 5 sessions \$35 DEC Studio B

#### Walk With Ease & Walking Club

#### Walk toward better health in our Walk With Ease class or the New Walking Club

Walk With Ease is a good fit for adults with arthritis or other ongoing health issues, and folks who want to improve balance, strength and walking pace. Tuition includes a Walk With Ease book, t-shirt, a pedometer and water bottle. Class meets at Vista View Park, 1501 Circle Lane in Burnsville Tues, Thurs & Sat. Don't need a class-join our new Walking Club- It's free! See page 28 for details



#### Midweek Yoga with Alpa All Levels, Age 14-Adult

A paid adult must accompany children under the age of 18.

Focus on opening, stretching and strengthening for better mobility and relaxation. Each session will provide more adaptations than the previous. We end each meeting with restorative or yin poses. Wear loose, comfortable, layered clothing, bring a yoga mat, towel, and water bottle.

Instructor Alpa Goswami was introduced to asana practice at an early age, and immersed herself deeply into it as an adult. With a strong base in Hatha Yoga, her style of yoga is accessible to everyone.

#### W 6-7 pm DEC Studio B No class May 7

F872-4C	May 14-28	3 sessions	\$39
F872-4D	June 4-25	4 sessions	\$49
F872-1A	July 2-30	5 sessions	\$59
F872-1B	Aug 6-274	4 sessions	\$49

#### **Gentle Yoga**

Practice a gentler style of Hatha yoga with a sequence of poses. Ideal for all who are interested in learning yoga at a beginner level. Stretching, flexibility, balance, strength and yoga breath work with relaxation, so important for maintaining health and keeping your joints lubricated. Bring your mat and water bottle. No class June 19

Gerri Carlson has been instructing and practicing yoga for 16 years. She is adept at modifying poses for students of all ages and fitness levels.

#### Tues 9-10 am DEC Studio B

F870-Tu- 4C	May 6-27	4 sessions	\$49
F870-Tu-4B	June 3-24	4 sessions	\$49
F870-Tu-1A	July 1-29	5 sessions	\$59
F870-Tu-1B	Aug 5-26	4 sessions	\$49

#### Thurs 9-10 am DEC Studio B

F871-Th-4C	May 1-29	5 sessions	\$59
F871-Th-4B	June 5-26	3 sessions	\$39
F871-Th-1A	July 3-31	5 sessions	\$59
F871-Th-1B	Aug 7-28	4 sessions	\$49

#### Goat Yoga Age 6-Adult

A paid adult must accompany children under the age of 18.

All who wish to participate must pay the registration fee. Join us for a one of a kind yoga experience. Enjoy the presence of these joyful, stress-relieving, therapeutic animals. Yoga mats provided. Wear comfortable clothing and bring your water bottle. Class takes place at Gray Hobby Farm 16375 Creekwood Rd, Prior Lake MN. In the event of rain, we attempt to notify you via email at least 2 hours prior to the event. When activities are canceled due to weather, Community Education will make every effort to provide a makeup date.

#### Mon 6-7 pm \$30

W810 - SH -1A	June 16
W810 - SH -1B	July 14
W810 - SH -1C	Aug 18

#### Tai Chi Yang Style I Age 15-Adult

Tai Chi is an ancient Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements and specialized breathing techniques, to improve health, balance, and relaxation. Come see for yourself how Tai Chi can enhance your fitness, increase your sense of tranquility, and elevate you to new levels of vitality and well being.

Instructor Jeff Wood holds a 5th Dan Black Belt in Tae Kwon Do

F826-1 T June 17-Aug 5 12-12:45 pm 8 sessions \$79 DEC Studio A

#### NEW! Tai Chi Yang Style II Age 15-Adult

The Yang Style II course is for those Tai Chi practitioners who completed training in the Yang Style I class, and who are seeking to deepen their understanding and refine their practice of Tai Chi. This course will focus on intricate movement principles, synchronizing breathing techniques with the 24 forms, the subtle cultivation of Qi energy, and exploring how the Yang Style movements can be adapted for self defense situations

Instructor Jeff Wood holds a 5th Dan Black Belt in Tae Kwon Do

F827-1 T June 17-Aug 5 1-1:45 pm 8 sessions \$79 DEC Studio A







#### **XaBeat Dance Fitness**

XaBeat is a dance-fitness program that provides cardio and toning in a party like atmosphere. The music is fun! The routines are simple and easy to follow so participants can concentrate on getting a better workout. XaBeat class participants sculpt their bodies and burn calories without even realizing they are working out. No dance background required. Belly skirts are provided, but are completely optional.

Instructor: Julie Casperson is a registered XaBeat Inspirator, that teaches basic dance skills. Her goal is to motivate & inspire participants to achieve a fitness high and increase their self-confidence, while enjoying themselves in class. Her contagious passion for dance fitness will have you feeling better after class than when you arrived.

#### 5 sessions \$59 DEC Studio B

No class May 27, 29, June 17, 19, July 29, 31

F855-TH-4C T May 13-June 24 6:30-7:30 pm F855-TH-4D Th May 15-June 26 5:30-6:30 pm F855-T-1A T July 1-Aug 5 6:30-7:30 pm F855-TH-1B Th July 3-Aug 7 5:30-6:30 pm

# NEW! Women's Self Defense Seminar Age 15-Adult

Participants will gain the strategies to protect themselves from assaults which are common and unique to women. Specifically, the students will acquire the situational awareness skills, preemptive tactics, escape maneuvers, verbal and non-verbal deterrents, physical force techniques, the effective use of self defense devices, and other counter attack proficiencies, in order to quickly end a dangerous encounter. A strong emphasis will be placed on empowering the mind as the preeminent tool in prevailing in any threatening situation. Come see how this transformational seminar can greatly benefit you!

Master Jeff Wood, 5th Dan Black Belt, is the head instructor.

F828-1 T Aug 12 10 am-1 pm \$39 BHS Wrestling Gym

## Tae Kwon Do Age 12-Adult Youth Green to Black Belt & Adult All Levels

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply. Bring a water bottle.

NAM NGUYEN - Nguyen School of Tae Kwon Do

STK2-4D T,Th May 27-June 12 7:15-8:30 pm 6 sessions \$48 Sky Oaks Gym

#### **Zumba** with Shilan

Zumba is a high-energy, full-body workout that combines latin and international music and dance. Zumba classes are suitable for people of all ages 18+ and fitness



levels. Wear comfortable workout clothing and athletic shoes and bring water.

Instructor Shilan Delshad is a Certified Group Fitness, Zumba and Aqua Zumba instructor since 2011. Shilan's high energy makes every workout feel like a party!

W	6:30-7:30	pm Di	EC Studio	A	
F86	60-W-4A	Apr 30-May 28	7-8 pm	5 sessions	\$59
F86	60-W-4B	June 4-Jul 2	7-8 pm	5 sessions	\$59
F86	60-W-1A	July 9-30	7-8 pm	4 sessions	\$49
F86	60-W-1B	Aug 6-27	7-8 pm	4 sessions	\$49

#### Aqua Zumba with Shilan

See page 32 for details

## **SPORTS**

#### **Open Basketball**

Preregistration is required for this 'pick-up' style game.

8-10 pm 8 sessions \$40 ERMS Gym

S589- M - 1A M June 30-Aug 18

S589- W - 1B W July 2-Aug 20

#### Pickleball Intro 1

Never played to just starting to play (less than 10 games). Designed for those who have never played or have just begun playing pickleball. Learn the game and build confidence in your play. We'll discuss: Equipment, Rules, Scoring, Serve & Return, Drives, Dinking, Drop Shots, Lobs, and being a good partner. Typical class will have 20-30 minutes of instruction followed by social (noncompetitive) game play. Bring your own paddle. Eye protection is highly recommended. Balls are provided. *Jason Kellen* 

S590-MN-4B M June 2-23 6-7:30 pm 4 sessions \$99 NMS Tennis Courts

#### Live Virtual Classes with Janice Novak

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

Participants will receive a link to join class via email the day prior to class. **Online Via Zoom -see page 3 for details** 





#### The Art of Aging Well: Peel Years Off Your Bio Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or bio age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. We will do a few facial acupressure points to help erase years from your face naturally.

0720- T - 4G T May 6 6-7:30 pm \$29

#### Vitamins & Herbs: Facts and Fallacies

Confusion about vitamin supplements? Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money (the instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine Chondroitin, Melatonin and Echinacea.

0720- T - 4H W May 7 6-7:30 pm \$29

#### Women, Weight & Hormones

Are you finding no matter how well you watch what you eat or how much you exercise, weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss which hormones are involved and what can be done to correct imbalances; concrete solutions for controlling appetite and cravings; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; and what steps need to be taken to safely break the vicious cycle of hormone weight gain.

O720- T -4I T June 3 6-7:30 pm \$29

#### Private Piano, Guitar & Voice Lessons

30-minute individual lessons for youth and adults. See page 45 for class details



# The Science of Aging Smarter & Happier!

Let's use the continuing research that informs us how to age smarter and happier! In this workshop, you will learn about simple habits that can help us reduce stress, feel more engaged, have less physical pain, and live longer.

There will be time for some participation - always the best way to learn. Leave with a list of research-based strategies that you can implement immediately!

Peg Lonnquist, Ph.D. Former education professor teaching methods, brain-based learning, multicultural education, and workshops on leadership, self-confidence and happiness.

This is a shared class with ISD 196 Community Education.

The location is at Scott Highlands Middle School, 14011 Pilot Knob Road, Apple Valley

A424-SH-1 W June 25 6-7:45 pm \$29 SHMS





# Diabetes Management with Colleen Cook

Register for the education portion only or add a 10-minute one-on-one session with Colleen to talk about your specific diabetes needs and concerns.

Instructor Colleen Cook, PharmD, CDCES, BC-ADM, is a pharmacist (25+ years), Board Certified Advanced Diabetes Manager and Certified Diabetes Care and Education Specialist. Born in Trinidad and Tobago, islands in the Caribbean, she was first exposed to Diabetes from her dad, aunts, uncles, friends and relatives. Her passion, energy and drive to enhance diabetes care grew and inspired her to develop these Diabetes classes to enhance Diabetes education in her community. Her goal is to help navigate you through a path which enables you to overcome any challenges you face with your diabetes management.

# NEW! Conquer Prediabetes & Diabetes the Basics of Diabetes Care and Management

This Diabetes Education Program is designed to empower individuals with prediabetes and diabetes, their families, and caregivers with the knowledge, skills, and confidence needed to effectively manage this chronic disease and lead healthier lives. This is a great educational opportunity for all even if you don't have diabetes.

#### \$10 individual, \$15 pair, \$20 with consultation

H474-4A Th May 8 6-7 pm DEC Rm 2020 H474-4C F June 13 1-2 pm Sr Center Mtg Rm

# **NEW! Diabetes Management**The Weight-Loss Drug Revolution

This diabetes education course provides an in-depth look at the ongoing obesity epidemic and highlights the latest advancements in treatment. Attendees will explore new FDA-approved Semaglutide and Tirzepatide medications, gaining insights into their efficacy, mechanisms, and clinical applications. This session aims to equip participants with up-to-date knowledge to better manage and understand obesity and diabetes.

H474-4B Th May 13 6-7 pm DEC Rm 2021 \$10 individual, \$15 pair, \$20 with consultation

# American Heart Association Certification Courses

# Heartsaver Adult, Child, Infant CPR/AED Certification

The AHA Heartsaver Adult, Child, Infant CPR/AED Certification Course, offered by Twin Cities CPR, is a 3-hour, hands-on training designed to equip participants with the skills and confidence to respond to cardiac emergencies across all age groups. This engaging course covers comprehensive CPR techniques for adults, children, and infants, along with the proper use of an Automated External Defibrillator (AED). Certification is valid for 2 years. All materials and certification included with registration. Twin Cities CPR fosters an inclusive and supportive learning environment, addressing barriers in CPR training by providing female anatomy mannequins to normalize practice across genders. Participants will benefit from expert instruction by a certified AHA instructor and up-to-date teaching practices. With one mannequin per two students, you'll have ample opportunity for practical experience.

Jodie Quinn

CPR-04 W June 18 6-9 pm \$110 DEC Rm 2020

#### Pediatric Heartsaver CPR & Optional First Aid Certification

The AHA Pediatric Heartsaver CPR, AED, and First Aid Certification Course is designed for childcare providers, new parents, grandparents, and anyone responsible for the care of children. This comprehensive training equips participants with essential skills in CPR, AED use, and basic first aid, preparing them to respond effectively to emergencies involving infants and children. Certification is valid for 2 years. All materials and certification included with registration. The curriculum includes three hours of Standard CPR and AED Training, covering topics such as emergency preparedness, pediatric CPR techniques, AED operation, and airway emergency management. An optional 1.5-hour First Aid Module is also available, focusing on treating minor injuries like cuts, burns, and bruises, managing allergic reactions, head injuries, and fractures, and responding to medical emergencies such as seizures, dehydration, and heat-related illnesses.

Jodie Quinn

PCPR-04 S May 10 9 am-12 pm DEC Rm 2020 \$110 CPR Only

S May 10 12:15-1:45 pm Optional First Aid \$130 CPR Plus First Aid

# Enrichment, Technology & Hobbies



## Find order & simplicity with Loris Sofia Gregory

Loris Sofia Gregory is a clutter coach, community educator, historian, researcher, writer and archivist committed to personal, community and planetary health. Loris worked for the Minnesota Historical Society for 18 years, cataloging, organizing and preserving household objects as well as developing interactive exhibits, multimedia programs and interpretive nature trails at the Minnesota History Center in St. Paul and Minnesota Historic Sites. Loris continues to research and create illustrated family, house and business histories for clients as well serves as a consulting archivist for family and organizational collections



## **Decluttering Intimidating Spaces**

Closets, basements, attics, garages, and storage units can be intimidating spaces to declutter and organize, representing hidden and forgotten belongings that have accumulated behind closed doors. Explore why we cling to a diversity of items we will never wear or use again, continually diminishing our peace of mind and our money. Learn how to fearlessly declutter, organize, and empty these spaces to lighten your life and save time, money, and energy. Handouts included.

W74--SH-4D

\$29

May 7 **DEC Rm 2021** 

6-8 pm

## **Preserving Family Memories & Photos**

Bring a small selection of family photos, documents, heirlooms and/or finished or in-process projects to each session. Each session is a blend of presentation, group sharing and support, personalized consultation and coaching while taking active steps to preserve, organize and share your family memories and photos.

#### **Getting Started**

Explore best archival supplies and helpful resources for safely handling, reviewing and organizing physical family photos, documents and heirlooms. Discuss what to save, toss and/or possibly donate. Discuss local and online resources for family history research.

W745 - SH-4E

W745- SH-1A

W June 11 6-7:30 pm

**DEC Rm 2021** 

#### Scanning & Digitizing

Explore home, local and online scanning options and the safest permanent online cloud storage. Discuss digital uploading, organizing and dating photos and documents while sharing with family and friends and gathering priceless stories.

W July 9

**DEC Rm 2021** 

#### **Creating & Sharing**

Explore creating and sharing physical and digital photo collections, albums, scrapbooks, auto-print illustrated books, remembrance and special-occasion cards, wall prints, new heirlooms and more.

W745- SH-1B

W Aug 6

6-7:30 pm

\$29

**DEC Rm 2021** 

## Puzzle Palooza

Calling all puzzle fanatics! Assemble your team of four and join us for the ultimate puzzle showdown on Saturday, June 7 at Diamondhead

Doors open at 9:30 for check-in, and at 10 am sharp, the puzzle frenzy begins! Each team will race to complete the same surprise 400-piece puzzle.

Whether you're a speedster or a steady strategist, work together to finish first or get the most pieces completed before time runs out. The top team takes home a prize! This competition is open to ages 9 to adult (minimum of 1 adult per team).

Register under one name and provide the details of your team members. Space is limited, so grab your spot today and let the puzzle games begin!

PP24- 4B \$55 per team 10 am-noon





### **Neglected History 4**

This class is an opportunity for you to refresh your memory about important people, events, or movements that have often been neglected, overlooked, and rarely discussed in American History. Join educator, historian, and speaker Frank Sachs as he relates the history of these six neglected topics from American History.

- Nat Turners Rebellion 1831 The Southampton Rebellion was Our Deadliest Slave Revolt
- 2. April 1865 The Month that Saved America. (Petersburg, Richmond, Surrender, Assassination)
- Mt. Rushmore How We Got Four Men on a Mountain
- Female US Governmental Firsts Janette Rankin (Legislative), Francis Perkins Executive), Sandra Day O'Conner (Judicial)
- The Cuban Missile Crisis Thirteen Days that Shook the World
- 6. Honk and Holler RBG and the Codification of Equal Constitutional Rights for Women

103-SH-4 W Apr 16-May 21 6:30 -7:45 pm 6 sessions \$59 DEC Rm 2022

## Online Classes See details on page 3

# Foundations of Online Genealogy via Microsoft Teams

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

Instructor Jen Shaffer is a full-time professional genealogist and the owner of The Formidable Genealogy research company.

502 - SH- 1T June 3 6:30-8 pm

#### - - T..... | \A/....

#### **Explore the World as a Travel Writer**

If you love to travel and love to write, this is for you! We will discuss how to use all of your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain the readers' interest, and when to include photos with your work. You will also learn how to submit your finished product to print, the business side of travel writing, and how to avoid worn out travel writing cliches. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

T689- SH- 4B F May 2 2-4 pm \$39 Online

#### How to Start Any Home Business + 250 Home 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, how to market your product/service, and how to take tax deductions. Informative handouts for future use are included in class fee.

LeeAnne Krusemark

T689- SH- 1 W July 30 6-8 pm \$39 Online

#### Check Out Burnsville Woodcarvers

Self-led workshop where woodcarvers inspire and learn from one another while sharing knowledge of the craft. \$25 fee for entire school year. Children Age 12 and up are welcome to participate with a paid adult.

See page 22 for details



## NEW! Social Club Simple Online classes with Nickie Welsh

Nickie is passionate about helping adults and seniors use technology to improve their lives in a positive way. She knows the best resources on using popular social media platforms, ride-sharing apps, online safety, podcasts, and more! We believe technology can help anyone, no matter what age or background. If you or someone you know has ever become frustrated when trying to use technology or experienced "technology overwhelm," we're here to make your technology journey easier.



#### YouTube Channel Starter Kit Launch in 60 Minutes

Join our fun and engaging beginner class to learn how to create and launch your very own YouTube channel! Discover how to share your hobbies, advice, tutorials, talents, and more with the world on the largest media platform. We'll guide you through a step-by-step process, ensuring you have all the tools and knowledge to get started today. Dive in and start building your YouTube presence today!

T489-SH-4C T May 20 12-1 pm \$35

#### Post Like a Pro

## Navigating Facebook & Instagram with Meta Business Suite

Learn to efficiently manage your social media presence with this live, interactive online training class! You'll leave the class knowing how to streamline your posting process, schedule content, and leverage insights to boost engagement on both platforms. Whether you're a small business owner, a marketer, or simply looking to sharpen your social media skills, this class will equip you with practical tips and strategies to enhance your online impact. By the end of the session, you'll feel confident navigating Meta Business Suite and ready to make your posts truly shine!

T489-SH-4D Th May 29 12-1 pm \$35

# Navigate with Uber Achieve Transportation Freedom

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a Fend for a ride, as well as other appointments and errands. Open up your travel options with this fun and engaging class!

T489-SH- 4E Th June 12 12-1 pm \$35

#### **Parents with Littles**

#### Your Technology Safety Toolbox

Navigating the digital world can be challenging for parents with young children ages 0-5. This practical training class is designed to equip busy parents with essential tools and knowledge to keep their little ones safe in an increasingly connected world. You'll gain practical tips and strategies for managing technology use, protecting privacy, and fostering a safe digital environment for young children. Join us to build your family tech safety toolbox and create a secure digital environment for your little ones!

T489-SH-1A Th July 24 12-1 pm \$35

# One to One Computer Tutorial Create Your Own Class

You'll have 100 percent of the instructor's attention to assist you with a computer project of your choosing. You select the topics, which could include: basic computer skills, navigating the Internet, e-mail basics, Google docs, software applications such as Word or Excel, how to organize digital photos, creating a newsletter, or how to do a mail merge. If you have an Adobe account Mark can help with any of those applications too! We'll create the class just for you! Two people may attend together, if interested in the same training. Call 952-707-4150 to discuss your specific needs. Be prepared with suggested dates and times which we will share with the instructor. You will be scheduled for one 90 minute class. Your specific time will be confirmed directly with the instructor. Community Education collects your payment at the time of class confirmation.

Mark Hubbard is a Global Communications & Information Systems Teacher. He has been involved in multimedia production for over 25 years, and has experience in both PC and Mac based platforms. He is licensed in Minnesota to teach Communications Careers and he is a certified Adobe Education Trainer.

T525-03 \$79/person, \$99/pair



#### Social Dance Series: Waltz

Couple and Singles are welcome. The Social Dance Lesson series will help you learn up to 9 popular dances throughout the year. Focus on one dance each lesson and learn 5-6 steps and patterns with lead and follow techniques.

Instructor Xiaorong (Rose) Dahl, NDCA certified professional Ballroom & Latin Dance instructor, has been teaching for nearly 20 years. She dances as a follower as well as a leader and choreographer for performances. The unique teaching programs she has created are very effective! Rose will be assisted by instructors from the Ballroom and Latin Dance Club.

D369- 4C F May 9 7:30-9 pm \$15 DEC Studio A

# Capturing Great Photos with your Digital Camera

In this class you will see over 200 photos that will illustrate how to use photographic composition to take stunning photos. You'll learn how to use your photos to tell a story and how to use framing and cropping to create beautiful photos. You'll become familiar with black and white photography, negative space, how to create an environment, use props, and see different flash techniques and lighting. This class is appropriate for cameras and smart phone cameras.

Instructor Ron Timm, Ph.D. is a retired business owner and has been a teacher for many years. He has a degree in Professional Photography and is an international photography judge.

T564-4 W May 7 7-8:30 pm \$39 DEC Rm 2020

#### **Smart Phone Photography**

The majority of Americans use smartphones to take photos and videos but really don't know how much better these photos could be. This class will offer a brief introduction on photographic composition and light, hardware and software that is available to make your photos even better, and hands on time in class to explore and learn what the capabilities of your phone's cameras are. We'll also learn how to share your photos and how to print them.

Ron Timm

T564- 4B W May 21 7-8:30 pm \$39 DEC Rm 2021

# 10 Secrets & Tips for Successfully Buying or Selling a Home or Investment Property

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for multiple offers, and different ways to cover closing costs and mortgage insurance. We review market data and an overview of loan programs- including a loan for escrowing improvements, appraisal issues affecting a home sale, and small things to improve your chances of selling your property. A no-obligation price evaluation of your home by the instructor is included.

John Mazzara, is a St. Thomas MBA graduate in Finance with an extensive financial background. He is a licensed real estate broker helping families and investors buy and sell properties in addition to owning and managing his own rentals since 1986.

H435- 4C Th May 29 7-9 pm \$15 DEC Rm 2020

# How To Win With Investment Properties

Have you ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord, from buying, selling, and renting.

John Mazzara

H435-1B W Aug 13 7-9 pm \$15 DEC Rm 2021

#### Medicare Made Simple

As you get closer to age 65, you may feel bombarded with information about Medicare. Simplify that information and learn the basics of Medicare. You will get an overview for Medicare coverage and explanations of Part A,B,C and D. You'll also learn about how and when to apply and how to avoid penalties. There will be plenty of time for questions. All ages are welcome to attend.

Melody Manthey is a licensed insurance representative.

M621- 4B T May 13 6-7:30 pm \$10 DEC Rm 2021

#### **UGotClass** Online Career & Certification Classes

Update, add or improve your work-related skills conveniently through online learning.

Accounting and Finance, Bookkeeping, Entrepreneurship, Effective Copywriting, Workplace Communication, Basic Game Design, Data Science, Non-Profit Administration, Six Sigma Green Belt Certification, Web Design, Graphic Design, Software Essentials Beginning Spanish and more.

Courses start monthly. You participate when it works best for you.

Learn more at



## Adults with Disabilities



## **Special Olympics**

If you are not a current Special Olympics athlete, please complete an application at minnesotaspecialolympics.org
Dress comfortably in workout clothes and athletic shoes.

#### Track & Field

#### All levels age 8-adult

Get outside for fresh air, fun and exercise when you join our BLAST Special Olympics team. Athletes will be matched up with their ability levels for competitions. Track and Field events include walking and running races of various distances and field events including shot put, softball throw, tennis ball throw, and long jump. Instructor will have a detailed schedule of locations (between Eagle Ridge Middle School Track and Pates Stadium at Burnsville High School) Erik Hoham

D693-3 Mon Apr 7-June 16 5-9 pm 9 sessions \$25 BHS Pates Stadium ERMS Track

#### Pickleball

#### All levels age 12-adult

Join us for recreational pickleball designed purely for fun—no tournaments, just good times!
Participation is limited to 24 Blast athletes each week. Practice dates will be assigned for each participant with a minimum of 4 guaranteed.
Contact Ruth Petrich to register:
952-894-2875 or rrpetrich@gmail.com

PB25-1 Th July 10-Aug 28 6-7 pm 8 sessions \$10 NMS Tennis Courts

#### Bocce Ball Age 12-adult

Practice Mondays at Harriet Bishop on the north field. Special Olympic competition dates to be announced. More on those from your coaching staff. Coach Erich Manwarren

SO-BO25 M June 23-Aug 11 6:30-7:30 pm 8 sessions \$25 Harriet Bishop North Field

# Project Explore A consortium of five school

districts that provides activities for adults with disabilities

River Valley Project Explore is a program designed to serve adults with disabilities. We provide customized learning, social and recreational activities.







Do you like to dance, bowl, cook, craft, play bingo, go on outings or visit with friends?

If yes, scan the QR code for all of our summer programs.



Visit ce.district196.org for more information or call 651-423-7931. Take a look at recent activities on our Facebook page and like: River Valley Project Explore.

#### Move & Groove

Join us for stretching and moving to music. We'll also use some hand weights for more muscle toning. This easy exercise class so much fun you'll forget it's good for you! Wear comfortable clothing and tennis shoes. Bring a water bottle and hand weights if you have them.

Wed 6:30-7:30 pm Nicollet Middle School

May 7 \$5 per person May 21 \$5 per person

# Theater Club: Music through the Decades

Join us for a fun spring session filled with music. We will meet for 7 Wednesdays this spring. At the end of this session, our club will put on a performance entitled, "Music through the Decades". There will be opportunities for you to shine with speaking parts, music parts and even dance. Attendance for each session is important to make our production a success. Meeting dates are March 12, 19 & 26 April 2 & 30, May 7 & 27 with the Performance on May 28.

Wed Mar 12-May 28 6:30-8 pm \$45 per person Eagle Ridge Middle School

# Music through the Decades Performance

This performance is free and open to all! Refreshments will be available for purchase after the performance while we have some social time.

Wed May 28 7-8 pm Free Eagle Ridge Middle School

#### **Prom/Spring Formal**

You are invited to our annual spring formal dance. Put on your dancing shoes and dress to impress. Bring your housemates, friends or maybe even a special someone that makes this a night you won't forget.

Fri May 9 6:30-9 pm \$10 per person Valley Middle School

#### **BBQ Cooking**

Do you love BBQ? Learn some easy and tasty recipes that are sure to please. A great way to get ready for some delicious meals you can enjoy this summer and throughout the year.

Wed May 21 5:30-7 pm \$15 per person Valley Middle School



# **Community Connections**

#### Meet Hamde Daoud, Community Engagement Coordinator



Hamde serves as the Community Engagement Coordinator for ISD 191 Community Education, where she builds meaningful connections between families, schools, and the wider community. Passionate about equity and inclusion, she works to create welcoming spaces, foster cultural understanding, and ensure all voices are heard in shaping educational experiences. With a deep commitment to outreach and collaboration, Hamde develops programs and events that celebrate diversity, strengthen partnerships, and enhance community involvement in education.

The Community Engagement team works together to create meaningful opportunities for families and community members to connect, learn, and grow. Through cultural celebrations, community meals, workshops, and resource fairs, we foster inclusive spaces where everyone feels valued and engaged. This summer, we're excited to offer a variety of programs, from hands-on learning and cultural events to family-friendly activities and community resources. Stay tuned for more details!

#### **Know Your Neighbor**

## Celebrating Commonalities & Respecting Differences



Bringing people together across difference since 2017 Preregistration is appreciated for these free events.

The mission of Know Your Neighbor is to bring people with different perspectives together. Through respectful conversations and sharing of stories, we celebrate our shared commitments and values, and respectfully explore our differences to increase our mutual understanding. Join us for this open conversation.

KYN-24 M V

May 19 6:

6:30-8 pm

**DEC Rm 2021** 

#### **Lunch & Learn Series**

Join us for our Lunch & Learn Series, a fun and interactive event where we partner with the Food Service Department to bring the community together for a meal and an engaging activity! We'll be visiting three neighborhoods, Chancellor Manor, Arbor Vista, and Rambush Estates—for lunch between 11 am-1 pm to provide an opportunity for learning and connection. You can expect to enjoy a delicious lunch and participate in something special! We'll be onsite during lunch on the following dates—stay tuned for more information and come join us for a great time with neighbors and friends!

June 17, 24, July 1, 8, 15, 22, 29, Aug 5, 12

#### Family Fun Night: Movie Night

Join us for a free Family Fun Night Movie Night! Enjoy a fun-filled evening indoors with a great movie, community connections, and entertainment for all ages. Concessions will be available for purchase, so grab your favorite snacks and settle in for a cozy and memorable night with family and friends. Don't miss this exciting event!

=

May 30

5-8 pm

DEC

#### **CE Open House and Resource Fair**

We invite you to join us for the ISD 191 Community Education Open House and Resource Fair! This event is a wonderful opportunity to learn more about the programs and services we offer, connect with community resources, and explore ways to get involved. Whether you're looking for educational opportunities, family support, or local resources, there's something for everyone. Come meet our staff, discover new programs, and find the resources that can help you thrive in our community!

W

Aug 20

2-6 pm

DEC

# One91 CE International Drink Station at Nicollet Commons Park

This year, we're offering a refreshing experience with a variety of traditional beverages from around the world. Come sip and savor the flavors of different cultures while connecting with your community. Whether you're trying something new or rediscovering a favorite, we invite you to celebrate global diversity with us and enjoy the vibrant tastes of the world!

#### Party on the Plaza

Th, June 5 5-9 pm Thu, July 10 5-9 pm

#### International Festival

Sat, July 19 3-9 pm

Watch for us in the Fire Muster Parade on September 6th and make sure you stop by our International Drink Station at the festival

# BURNSVILLE SENIOR CENTER

The Senior Center offers a variety of events, services, screenings, enrichment and social groups. Located in Diamondhead Education Center, 200 W Burnsville Parkway in Burnsville.

To find out more about programs, services, resources and The Chatter, call 952-707-4120.

Open to all senior adults of the community. The Senior Center is closed May 26, June 19, July 4 and Sept 1.



#### Jennifer Green Coordinator for the Burnsville Senior Center

All adults age 55+ are welcome to participate in our activities and there is no membership requirement. Join us for our May Fiesta, our new Daytime Disco, the Perking Up Conversation Group, Ice Cream Social and our first Senior Prom!

To learn more about us, stop by Monday-Friday between 9 am-4 pm and visit with our reception volunteers, or give us a call at 952-707-4120.

### Subscribe to The Chatter

Filled with activities, news & events you're sure to love!

It is published in January, May and September. To subscribe, call 952-707-4120.

#### **Senior Center Advisory Council**

**3rd Mon of the Month at 9:30 am** The next Senior Advisory Council meeting is May 19 at 9:30 am. We are on hiatus in the summer months and will return to our 3rd Monday meeting schedule in September.

#### Meals On Wheels

Nutritious meals are delivered to homebound seniors in the area. Call the Meals on Wheels coordinator at 952-393-9860. Volunteers are always needed.





## DEFENSIVE DRIVING

Classes held at Diamondhead Education Center Senior Center meeting room



Drivers age 55+ are eligible to receive a 10% discount on their auto insurance

The 4-hour course now fulfills the initial requirement to earn the discount

Repeat the 4-hour course every three years to maintain the discount. \$24/person. Preregistration is required. Register online or by calling the Burnsville Senior Center 952-707-4120 or Precision Driving center 1-888-234-1294.

#### \$24 DEC Meeting Room

	0904- May06 904- May19	Tue Mon	May 6 May 19	1-5 pm 1-5 pm
0	904- Jun04	Wed	June 4	1-5 pm
	904- Jul22 904-Aug14	Tue Thu	July 22 Aug 14	1-5 pm 1-5 pm
	O	mu	J	'
	904- May13	Tue	May 13	5:30-9:30 pm
	904- Jun12	Thu	June 12	5:30-9:30 pm
	904- Jul09 904-Aug12	Wed Tue	July 9 Aug 12	5:30-9:30 pm 5:30-9:30 pm

Please bring a pen and paper. You'll learn from a certified professional who has access to the most up-to-date research in the field. Instructors complete 40 hours of training and are re-certified by MHSRC every three years. Topics include but are not limited to: visual scanning techniques, steering techniques, anti-lock brake systems, airbag safety and new vehicle technology. Please note: A \$10 fee is applied for any changes on prepaid classes. There are no refunds if you are unable to attend.



Activities are diverse in content and open to all senior adults

All activities held in DEC Meeting Room unless otherwise listed

Some activities may have a fee attached to help pay for speakers and entertainment. Space may be limited.

#### **May Fiesta**

May Day, Cinco de Mayo-the month of May gives us plenty to celebrate! Join us to learn a bit about Cinco de Mayo, make a May Basket to take home and enjoy Walking Tacos for lunch. Provided in partnership with the 191 Community Engagement team and InHom Care

09GG-May1 Thu May 1 11:30 am-1:30 pm \$5

#### Critical Incident Response K-9

Join us for an informative talk provided by the Burnsville Critical Incident Response K-9 unit, Duke and Sergeant Max Yakovlev. Duke has the unique ability to help comfort those who have experienced a traumatic event, personal crisis or suffering with mental illness. Sergeant Max will share information about Duke's training and how they work together to provide comfort to those in need. There will be time for questions. Sponsor: Renaissance Adult Day Care

09GG-May08 Thu May 8 1-2 pm Free

#### Free BINGO

BINGO is back on the schedule thanks to our community partners who are calling the games and providing the prizes! Join us to play a few games and share a few laugh. No cost to participate, but please register for this fun afternoon of socializing. Bring your own dobber or pens provided.

Sponsors Regent at Burnsville & Ecumen

 09GG -May29
 Thu
 May 29
 1-2 pm

 09GG -Jul31
 Thu
 July 31
 1-2 pm



#### Let's celebrate the start of summer!

Join us for our annual summer celebration. Meet up with your friends and enjoy a cool treat courtesy of Regent at Burnsville. Please RSVP 952-707-4120.

# Shred Event

## **THURSDAY JUNE 5 1-3 PM**

Diamondhead Education Center 200 W Burnsville Parkway.

#### **NOTE NEW PARKING LOT**

We've moved to the WEST side of the building off of Pleasant Ave. Watch for signs directing traffic flow! We will unload your car for you.





\$5/car 1 to 3 bags \$10/car 4 to 8 bags \$50/car 9 plus bags or boxes

#### **Daytime Disco**

#### Singles or couples are welcome

Remember how much fun it was to shake your groove thing? Join us at the Daytime Disco where you can dance to your heart's content, or sit back and enjoy the music. Move to the beat seated, or hit the dance floor. We provide the space; you provide the moves. This is not a dance class, but we might refresh your dance move memory, teach you a few basic steps, or maybe you can show us some of your favorite steps! Whether you were a disco diva or not, come ready to boogie-wear comfortable clothing, smooth soled shoes and bring a water bottle. \$1/each time you attend.

09GG-DD Fri May 16, June 20, July 18, Aug 15 1-2 pm Studio B

#### **Perking Up Conversation Group**

Join us on the first Thursday for conversation and social connection.

This is the perfect gathering for newcomers to get a taste of the senior center and seasoned supporters alike. We'll have board games like chess, dominoes and Yahtzee available. \$1 each week of attendance, payable to the receptionist or hostess. Your first soda, cup of coffee or tea is included. Bring a snack! RSVP appreciated.

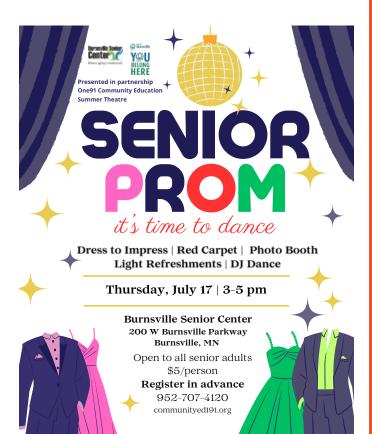
09GG-25 Thu June 5, July 3, Aug 7 10-11:30 am \$1/session

#### Free Comedy Show

#### Stories from a 1970s Midwestern Kid

Join us for an afternoon of comedy and storytelling. You're sure to enjoy a laugh and relate to the antics of a 1970s Midwestern kid. You may even reminisce about some of your own experiences growing up in an era before smartphones and the Internet. Presenter Mary Nelson is a reception volunteer at the Burnsville Senior Center and an active member of the Book Club, who also performs comedy shows. Sponsor: Moments Hospice

09GG-Aug13 Thu Aug 7 1 pm



#### Senior Prom It's Time to Dance

Stay cool, don't flip your wig-just make a plan and join us for the Senior Prom. Come as you are or dress to impress, and enjoy your favorite tunes from yesteryear. There will be spaces to shake your groove thing and chat with your friends. Make sure to stop by the photo booth! Light refreshments provided. You won't want to miss this happenin' place! Register in advance \$5/person

Bathe

## Ongoing Activities & Programs



#### Quilters

2<sup>nd</sup> & 4<sup>th</sup> Tue 9 am-12 pm

May 13, 27, June 10, 24, July 8, 22, Aug 12, 26
This creative group of stitchers creates

This creative group of stitchers creates warm, colorful quilts for children in shelters and hospitals, elderly folks in health care centers and more. The quilters have a good time while they share quilting knowledge and skills with each other. The hundreds of quilts are made from donated fabric.

## **Card Recyclers**

**2**<sup>nd</sup> **& 4**<sup>th</sup> **Mon 12:30-4 pm** May 12, June 9, 23, July 14, 28, Aug 11, 25

Join the fun The card recyclers use a few supplies and a lot of creativity to transform trash into treasure! Help us recycle or drop by and purchase a few cards. Drop your old cards off at the Senior Center for recycling.

#### **Knitters & Crocheters**

2<sup>nd</sup> Fri 9 am-12 pm

May 9, June 13, July 11, Aug 8

Hundreds of mittens, scarves, lap robes, afghans, booties, and slippers recreated and donated to charitable organizations within our community. We'd love for you to needle along with us. We'll even help you learn basic knitting and crocheting. Yarn donations are welcomed.

#### South Metro Stitchers

4<sup>th</sup> Mon 5-8 pm

May 19, June 23, July 28, Aug 25

Do you like to cross stitch, needlepoint, knit, crochet, tat, or perhaps another type of handcraft? Whether you are working on a project for your favorite charity, a gift for a friend, or something for yourself, all types of hand stitching are welcome. If you are a beginner looking for tips and tricks, we probably have someone who can help you. For more info, please email Sara at sbmillerok@yahoo.com.

#### **Crafters**

1<sup>st</sup> & 3<sup>rd</sup> Thu 9 am-12 pm

May 1, 15, June 5,19, July 3,17, Aug 7,21 Join this community minded, social group of crafters who make special projects for people who receive meals on wheels, and those who live in skilled care facilities, and health care centers.

# Twin Cities Ukulele Group Wed 10 am-12 pm

The Twin Cities Ukulele group gathers weekly to "jam". Contact Dwight Olinger at doling136@comcast.net for more information.



#### Woodcarvers

**Thu, Jan 2-June 26 6-9 pm**July 10-June 30 6-9 pm BWCC-2526 \$25

This is a self-led workshop where woodcarvers inspire and learn from one another while sharing knowledge of the craft. Participants provide their own projects and materials needed to complete them. Advanced registration required. The Campus Cup at Diamondhead Education Center, 200 W Burnsville Parkway. Enter door 1 on the upper level parking lot, east side.

Woodcarvers will not meet when a holiday falls on a Thursday or the School District is closed for winter and spring break.



## Thank you for your support during our Annual Giving Campaign

Your donations support the senior center and help us remain a membership free center which is a welcoming place to all. We appreciate your support!

## **Stroke Support Group**



4th Tue at 10:30 am

Mar 25, Apr 22, May 27, June 24, July 22, Aug 26

The Stroke Support & Education group meets at the Burnsville Senior Center, 200 W. Burnsville Parkway. Lower level, Door #11. Provided in cooperation with M HEALTH Fairview.

## Foot Care Clinic with Happy Feet

1st & 3rd Thu / 1st, 3rd & 4th Fri

Foot care appointments are 30 minutes and by appointment only. You'll receive basic foot care including: foot soak, trimming of corns and calluses, foot massage, nail trimming and treating ingrown nails. Bring your own towel if you are able to. Call Happy Feet directly to make your appointment at 763-346-3390. Cost is \$45 per person/per appointment. Cancellation requires 24 hour advanced notice to avoid charge for service.

#### **Blood Pressure Checks**

The 3rd Wed, 11:30 am-12:30 pm

Mar 19, Apr 16, May 21, June 18, July 16, Aug 20 Arbor Ridges visits the Burnsville Senior Center on the 3rd Wednesday of each month between 11:30 am and 12:30 pm to provide free blood pressure checks. No appointment necessary, just stop by.

#### Hearing Screening & Instrument Cleaning 4th Thu of odd months, 10 am-12 pm Mar 27, May 22, July 24

Raphael Cheron of Sounds Good! visits the Senior Center for hearing screening and hearing aid cleaning appointments. Hearing screening can determine whether or not hearing loss is present and if further testing is needed. Free but appointments are necessary.

Call 952-707-4120 to make an appointment. Upcoming dates Sept 26 and Jan 23.

#### **Health Insurance Counseling**

One-on-one appointments, in-person at the Senior Center or by phone

Designed to help older adults navigate the often-complex world of Medicare. You can schedule your own Medicare Counseling appointment online at

trellisconnects.org/get-help/Medicare/ or call the Senior Linkage Line at 1-800-333-2433 or online at Select a date and time that work best for you and be sure to bring your questions! They also offer in-person or virtual presentations on Medicare 101, Health Care Fraud and Scams, and Learn How the Senior LinkAge Line can help you.

## Dinner & Learn Series

# Caring for a Loved One with Dementia or Alzheimer's Disease

The Dinner and Learn Series provides education and support for the caregiver. Boxed meal included with tuition. Whether you've been providing care for an extended time, are new to caregiving, or are anticipating providing care, join us for this helpful series. Held in DEC Meeting Room.

With over two decades of experience in the in-home care industry Vitaly Salo offers valuable insights into the often-challenging world of caregiving. His expertise not only stems from professional knowledge, but is rooted in personal experience, providing a compassionate perspective on the intricacies of caregiving.

#### **Understanding the Journey**

Learn how to navigate the emotional landscape of dementia care, from recognizing early signs to coping with memory loss and personality changes.

09CC-May20 Tue May 20 6-7 pm \$15

## Handling Difficult Behaviors with Compassion and Creating a Safe & Familiar Environment

Discover effective strategies for managing challenging behaviors like agitation, confusion, and wandering, all while maintaining empathy and patience. Gain tips on how to adapt the home to minimize confusion and provide a comforting, secure atmosphere for a loved one with dementia.

09CC-May27 Tue May 27 6-7 pm \$15





# GAME TIME

NOMINAL FEE PAYABLE EACH DAY YOU PLAY



Stop by to play a game or two with us! Call 952-707-4120 for more information.

#### Monday 1st & 3rd **DOUBLE DECK PINOCHLE** 12:30-4 pm

**Tuesday** SCRABBLE 11 am-2 pm DUPLICATE BRIDGE 12:30-4 pm

#### Wednesday

CRIBBAGE 10 am-12:30 pm 500 CARDS 12:45 -4 pm

#### **Friday** HAND & FOOT

11 am-4 pm (If you want to join the 2nd game, it starts about 12:15 pm)

#### Books R Us Book Club

Mon, 1 pm in DEC Meeting Rm

The Books R Us book club meets the 3rd Monday at 1 pm in the Senior Center at Diamondhead. This club is provided in partnership with the Dakota County library system which provides information about the authors and questions for the monthly discussions. Please RSVP for each meeting you are attending.

May 19-Tomorrow and Tomorrow and Tomorrow by Gabrielle Zevin June 16-Three Sisters by Heather Morris July 21-The Connellys of County Down by Tracey Lange Aug 18- As Bright as heaven by Susan Meissner



First Tuesday of each month 1pm at the Barnes and Noble in the Burnhaven Shopping Center, 828 W County Rd 42.





#### **Ladies Breakfast**

Fri, May 9, June 13, July 11, Aug 8

2nd Friday at 9 am Steak & Ale in the Wyndham Nicollet Inn at 14201 Nicollet Ave in Burnsville. RSVP at the Senior Center for each date you can join us as space is limited. Pay your own way. We'd love to have you join us for breakfast and conversation. Contact Maggie 651-226-2373 or dancnldy57@yahoo.com with questions.

#### Men's Breakfast

Tue, May 6, June 3, July 1, Aug 5

1st Tuesday at 8:30 am at the Original Pancake House, 14352 Nicollet Court in Burnsville. The Typical agenda includes great conversation with old and new friends, great food and separate checks. For more information please contact Dan McElroy danmcelroy@comcast.net or 952-707-4548.

## **Day Tours**

Day tours are provided by Medicine Lake Tour company. Motorcoach departs promptly at the indicated time from the Burnsville Senior Center, 200 W Burnsville Pkwy, door 12, east side, lower level. Please arrive 15-20 minutes prior to departure for check-in.

2.Beer Battered Cod Basket



August Schell's Brewery walking tour includes the old brew house, the museum, hear about the historic buildings on the grounds, see the canning line before a sampling in the Rathskeller Tap Room.

(Root beer available)

Glockenspiel Clock Tower, Lunch at the

Kaiserhoff Restaurant

ST CROIX RIVER CRUISE

lax and enjoy the sights and sounds of the St. Cro

THURSDAY, JUNE 26

Relax and enjoy the sights and sounds of the St. Croix River aboard a modern, climate controlled vessel with the St.Croix Boat & Packet Company.

Stillwater, considered the birthplace of Minnesota, has a wealth of 19th century Greek Revival, Queen Anne and Italianate architecture.

It offers an excellent blend of history, scenery, and shopping. After the cruise, transfer to the Pedestrian Plaza in downtown Stillwater to visit unique boutiques, specialty gift shops, art galleries, candy stores and more.

Depart Burnsville Senior Center, 200 W. Burnsville Pwky, at Diamondhead Ed Center 9:45 am Return est. 4:15 pm.

\$99/person includes coach, tour, lunch Registration Deadline: May 23.







or call: 763-450-3880 33 monthly sales throughout Minnesota



## Coffee Talks

#### Coffee Talks are Free but preregistration required

Classes held at DEC Senior Center Meeting Room. To register call 952-707-4120 or visit CommunityEd191.org



#### Speaking of Dying Thu, Mar 27 at 2 pm

This 30-minute documentary addresses fears by promoting end-of-life planning and discussions. It highlights the importance of making choices before a crisis and showcases individuals who have found comfort and peace in their end-of-life process. The documentary aims to empower viewers to have open conversations about death and emphasizes that peaceful endings are achievable with proper planning. *Presenter: Laurel Riedel* 09CT- Mar27

## Wills & Powers of Attorney

#### Tue, Apr 1 at 10 am

You'd like to plan ahead and get your legal documents in order, but where do you start and what documents you will need? What is the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? Mary Frances Price will help to clarify this information for you. *Presenter: Mary Frances Price, Elder Law Attorney. Sponsor: Emerald Crest* 09CT- Apr01

## **Estate Planning with Firearms**

#### Mon, Apr 7 at 10 am

Do you own firearms? Have you made plans for what happens to these assets if you become incapacitated or how they will be transferred at death? Learn what to do with firearms as it relates to your estate planning. *Presenter: Mary Frances Price, Elder Law Attorney* 09CT-Apr07

#### **Burnsville Connections**

#### Tue, Apr 8 at 1 pm

Join the City of Burnsville Engagement Team to learn more about our vibrant home community, updates and events you'll want to enjoy this summer!

Presenter: Amber Jacobson, Experience Engagement

Manager and Ismail Said, Community Engagement Specialist.

CT09-Apr08

# Medical Assistance & Veterans Benefits Tue, Apr 15 at 10 am

We'll address medical assistance, VA aid and attendance benefits. Veterans or their spouses can receive additional tax-free money to supplement their income to pay for health care costs at home, in assisted living facilities and in nursing homes? If you or your spouse served in the military during a wartime period and you meet certain financial and health criteria, you could be eligible for this additional income - even if you did not retire from the military! *Presenter: Mary Frances Price, Elder Law Attorney.* 09CT- Apr15

#### Peripheral Neuropathy Mon, May 12 at 1 pm

Do you experience tingling, numbness, or burning sensations in your hands or feet? You may have Peripheral Neuropathy. This occurs when peripheral nerves are damaged. Reduce the symptoms of neuropathy or reverse it without the use of medications, injections or surgery. *Presenter Cody Rodewald Sponsor Align Neuropathy* 09CT-May12

#### **Fall Prevention**

#### Thu, May 22 at 10 am

Join us for an informative discussion on fall prevention, balance, and fall-risk awareness. Fight the Fall! 09CT-May22 Presenter: Dr. Jena Sponsor Fyzical Therapy & Balance Centers

# How to Write & Update a Health Care Directive Wed, May 28 at 2 pm

Have you ever wondered who will communicate your preferences for your health care when you are not able to yourself? We provide information on how to complete or update a health care directive. We'll walk you through the basics - what to do and what not to do when your doctor, your lawyer or your family member gives you a blank document to complete. *Presenter: Lauren Harding, Fairview Health Services Sponsor: M Health Fairview* 09CT-May28

#### **Before & After the Funeral**

#### Mon, June 2 at 10 am

After the loss of a loved one, numerous questions arise. By understanding the pre- and post-funeral processes, you can effectively plan ahead to lessen the burden on your family and gain peace of mind. Before the funeral, around 65 decisions need to be addressed, such as payment responsibilities, service types, notifications, and family needs. Post-funeral, considerations include bill payments, managing possessions, will existing assets transfer, if probate is necessary how long will it take? *Presenters: Jeanne McGill Preplanning Specialist and Mary Frances Price Elder Law Attorney Sponsor: Home Instead* 09CT-Jun02 (Also meets Mon, March 3 at 10 am 09CT-Mar03)

#### A Fond Farewell

#### Mon June 9 at 10 am

Statistics show that 70 percent of us are unprepared in one or more areas of personal responsibility in planning. Hear about innovative, creative and proper funeral preplanning. Learn about funeral options, laws regarding at home funeral arrangements, and cost comparisons. Plan ahead: Think outside the box. *Presenters: Jeanne McGill Preplanning Specialist and Mary Frances Price Elder Law Attorney Sponsor: Geneva Suites* 09CT-Jun09 (Also meets Mon, March 10 at 10 am 09CT-Mar10)

# You Don't Know What You Don't Know Mon. June 23 at 10 am

Decisions facing seniors and their adult children can have significant financial and emotional impacts. Seeking guidance from the right resources can help. Jeanne McGill and Mary Frances price share real-life stories that provide valuable insight to help you make more informed decisions. Presenters: Jeanne McGill Preplanning Specialist and Mary Frances Price Elder Law Attorney Sponsor: Northern Lights Senior Transitions 09CT-Jun23 (Also meets Mon, March 17 at 10 am 09CT-Mar17)

# Navigating Support Resources Tue, June 24 at 6 pm

An informational evening for you and your loved ones. Learn about non-medical home care resources and services that make life easier for seniors and their families. Services that are available wherever it is you call home, so as your needs change, your services can too. We'll address the myths that exist around hospice care. Hospice is not about giving up, as we recently learned from President Jimmy Carter. It's about living your life to the fullest with the time you have left. Explore when, where, and how hospice might support you. Learn about cost, payment options, types of services and more. Start the conversation with your loved ones. Light refreshments provided. There is no charge to attend, but please register in advance.

Presenters: Vitaly Salo and Deanna Bieniek Sponsors: InHom Care and St Croix Hospice 09CT-Jun24

## The Medicare GUIDE Program

#### Mon, July 14 at 10 am

Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. The GUIDE Model focuses on comprehensive, coordinated dementia care and aims to improve quality of life for people with dementia, reduce strain on their unpaid caregivers, and enable people with dementia to remain in their homes and communities. Join us for an overview and information about this valuable program. *Presenter Steve Smela PhD.*Sponsor Senior Helpers 09CT-Jul14

#### Wills & Powers of Attorney

#### Tue, July 15 at 10 am

See description on previous page. *Presenter Mary Frances Price is an accredited elder law attorney who will help alleviate the confusion. Sponsor: Commons on Marice* 09CT-Jul15

#### Medical Assistance & Veterans' Benefits Tue, July 29 at 10 am

See description on previous page. *Presenter: Mary Frances Price, is an accredited elder law attorney. Sponsor: Apple Valley Villa* 09CT-Jul29

#### Hearing Health & Helpful Devices Mon, Aug 4 at 10 am

Have you heard that 1 in 5 people experience hearing loss? Do you ever have trouble talking on the phone? You are not alone. Please join us for a presentation about hearing health as we age. We'll also hear about resources that improve our phone conversations that are available at no cost thanks to assistance provided by the Americans with Disabilities Act. You're going to want to hear this one! A drawing for one, \$25 Target gift card will be held among those registered and in attendance. Presenter CapTel Phones and Nathan Whipple, Hearing Care Provider. Sponsor OEI on behalf of CapTel 09CT-Aug04

# Low Waste Living Wed, Aug 6 at 1 pm

We all know about recycling, but often forget two important actions to take before then: Reduce and Reuse. In this presentation, Burnsville's Recycling Department will go over tips to reduce the material intake into your home and how to change your mindset to make this possible. Learn to reduce the amount of waste you generate on a day-to-day basis and get ideas for reusing items before disposing of them. *Presenter Cassidy Carlisle Recycling Coordinator Dakota Valley Recycling Sponsor: The Timbers* 09CT-Aug06

#### **DARTS Services**

#### Wed, Aug 13 at 1 pm

You may be familiar with DARTS transportation services, but did you know about all the other wonderful services they provide for seniors? Join presenter Tabatha Barrett from DARTS services to learn about affordable options that help you! *Sponsor: Commons on Marice* 09CT-Aug13

## Health, Enrichment & Fitness



#### Painter's Workshop

Self-led workshop for beginning and experienced artists in any medium; watercolor, oils and acrylics. Develop and enhance your artistic style in a cooperative, group setting that provides motivation and inspiration. Gain perspective and insight from one another, while sharing personal knowledge on the use of materials, blending, color mixing, and more. Please bring your own materials. Join us for the entire month or pay \$5 each week you attend.

#### Fri 9 am-12 pm DEC Meeting Room

 09PW-May25
 May 2-30
 5 sessions
 \$15

 09PW-Jun25
 June 2-27
 4 sessions
 \$12

 09PW-Jul25
 July 11-25
 3 sessions
 \$9

 09PW-Aug25
 Aug 1-29
 5 sessions
 \$15

#### **Travel Talk Landmark Tours**

Join us as Landmark Tours presents an array of unforgettable travel experiences from a local, family-owned tour operato. Inclusive packages feature many enjoyable experiences and the services of a tour professional.

09TT-May15 Thu May 15 1 pm DEC Meeting Room

#### **Sunrise Stretch**

Start your day with a stretch and a smile, at this self led exercise class done with pre-recorded instructions.

Mon/Wed/Fri 8:30-9:30 am \$10 DEC Studio B No class May 26, July 4

09SS- May25 May 2-30 09SS-Jun25 June 2-25 09SS- Jul25 July 2-30 09SS-Aug25 Aug 1-29

#### Strength & Balance Class is on hold

At the time this publication was prepared, Strength and Balance class is on hold as we seek a new instructor. We will update via our weekly message once we have a new instructor in place.

#### Walk With Ease

Walk toward better health. Walk With Ease is a good fit for adults with arthritis or other ongoing health issues, and folks who want to improve balance, strength and walking pace. Regular attendance is encouraged to stay motivated, improve flexibility, strength and stamina, and reduce pain. Each session begins with a 20–30-minute lesson and walking time. Tuition includes a Walk With Ease book, t-shirt (Indicate size at registration) a pedometer and water bottle. Participants must be able to be on their feet for 10 minutes without increased pain. Wear shoes that are safe for walking. Class meets at Vista View Park, 1501 Circle Lane in Burnsville. In the event of inclement weather, you will be notified of an indoor meeting place.

Burnsville resident Gail Johnson is a Walk With Ease trained facilitator.

09WE-Su25 T, Th, Sa May 6-June 12 10:30-11:30 am 18 sessions \$49 Vista View Park

#### **NEW! Walking Club**

Let's walk and talk together-it's more fun with a friend. The Walking Club meets at Vista View Park, 1501 Circle Ln, Burnsville. Each walking session begins with a 20-30 minute lesson. The paved walking loop provides great views of the pond it surrounds and is a little over ½ mile in length. You decide how many times you want to walk the loop. Walking Club begins on Thursday, May 1 and will continue as long as the weather cooperates. Call 952-707-4120 with questions. Begins May 1 Thu 10:30 am Vista View Park





#### Host Your Next Event with District One91

Looking for a venue for your next practice, event, meeting, or private function? District 191 offers a variety of spaces available for community rentals, including classrooms, gymnasiums, auditoriums, meeting spaces, and more. Our Facilities Coordinator is here to help you find the perfect spot to suit your needs!

#### Why choose District 191?

- Spaces for all group sizes, from small meetings to gatherings over 100
- Locations include 8 elementary schools, 2 middle schools, Burnsville High School, and the versatile Diamondhead Education Center
- A commitment to welcoming the community and maximizing the use of our spaces

Visit isd191.org/community/facility-rental to learn more & reserve your space today.



952.707.4123







#### BrainPower in a BackPack

BrainPower in a Backpack is ISD 191's Hunger Relief Project sponsored by 191 Community Education and Burnsville High School Youth Services benefiting all students, staff and families. Burnsville High School student volunteers pack 600 to 700 weekend food packages available to all ISD 191 students in preschool, elementary, middle and high schools to help families who struggle to put enough food on the table.

Because academic performance is related to nutrition, BrainPower's goal is to improve the student learning experience for children with the greatest need in ISD 191.

Pamela Voigt, BrainPower in a BackPack Coordinator, ISD 191 Community Ed and Burnsville High School @BrainPower191 @BrainPowerBowls tinyurl.com/whatisbrainpower



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#### Groceries

1st & 3rd Tuesday of each month

#### Fresh Produce Pick Up

July- October 2nd & 4th Tuesday

#### 2 pm until food is gone

Quantities are limited

Diamondhead Education Center We need volunteers! bit.ly/191pantryvolunteer



200 W Burnsville Pkwy Enter the West Side Lower Lot off Pleasant Avenue

Drive-thru pick-up at Door 9



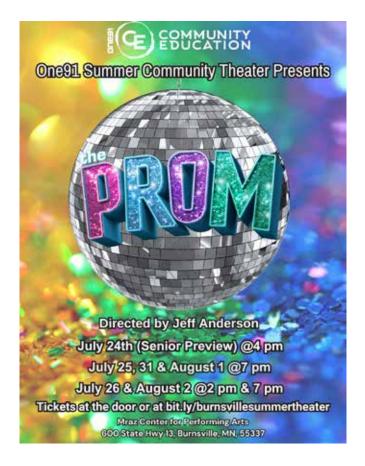
Website: www.tinyurl.com/brainpower191

Phone: 612.819.4404

Email: brainpower191@gmail.com

Volunteer: www.tinyurl.com/191CPSUMMER or email at:

brainpower191@gmail.com for information





- Paraprofessional Prep & Digital Literacy

- Workplace & Computer Literacy
- Career Search Skills

ABE new student registration & testing hours Mon-Thurs, 9am-3 pm, June 9-Aug 29

## **BLACK DOG SWIM CLUB**

#### Competitive Swim for Age 9-18

The mission of Black Dog Swimming is to welcome athletes with various ability levels and encourage them to develop their skills, improve their performance, achieve their personal goals and chase success in a healthy, competitive, family friendly team environment. We teach proper fundamentals of competitive swimming and develop skills through a gradual progression that ensures appropriate demands for physical, mental and emotional consistency. USA Swimming Annual Fee for Registration \$74. Black Dog Processing Fee \$20.

Please email info@blackdogswimming.org with questions about joining Black Dog Swim Club. Check out BlackDogSwimming.com for schedules, and more detailed description of technique and time standards needed for each group. Practices will be held at BHS or ERMS.

GROUP	AGE	PRACTICES	PRICE
Developmenta	l 13 & under	2-3 days/wk	\$20 per week
Age Group	Age 9-14	3-4 days/wk	\$40 per week
Juniors	Age 11-18	3-6 days/wk	\$45 per week
Seniors	Age 13-18	3-6 days/wk	\$48 per week



# Aquatics



## Adult Aqua Fitness

#### Aqua Zumba with Shilan Age 18+

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Aqua Zumba has less impact on your joints so you can really get loose. Participants must be able to enter and exit the pool independently.

Instructor Shilan Delshad is a Certified Group Fitness, Zumba and Aqua Zumba instructor since 2011. Shilan's high energy makes every workout feel like a party!

6:30-7:30 pm	NM:	S Pool		
Q860-SH-4CC	T	May 6-27	4 sessions	\$39
Q860-SH- 4C	Th	May 8-29	4 sessions	\$39
Q860-SH-4DD	T	June 3-24	4 sessions	\$39
Q860-SH- 4D	Th	June 5-26	3 sessions	\$32



Black Dog Swim Club
Competitive swim for age 9-18
See page 31

#### Water Safety Instructor Blended Learning Age 16+

This course trains Water Safety Instructor candidates how to utilize course material, organize lesson plans in a progressive manner, give corrective feedback, and evaluate participants. The course includes Parent/Child Swim 1 & 2, Preschool Swim Levels 1-3, Learn-to-Swim Levels 1-6, Adult Swim 1 & 2, and Personal Water Safety. Females must wear a one-piece swimsuit. The student registered for the course MUST have their personal e-mail associated with the registration. Attendance is required for ALL classes. Prerequisites: On the first day of class, you must be prepared to provide a driver's license or birth certificate showing you are at least 16 years old by the last day of class, demonstrate swimming skills equivalent to the American Red Cross Level 4 requirements, and complete the online pre-course work for the Water Safety Instructor course.

27-WSI-3B F, S May 23-31 varies 4 sessions \$250 ERMS Pool

# American Red Cross Lifeguarding Re-Certification

\*Must be a current LGI/LGIT or be taking the Sat. June 14th, 2025 LGI/LGIT re-cert course to enroll

Upon successful completion of class, you will acquire the ARC re-certification in lifeguarding, CPR/AED for Professional Rescuers, and first aid. This course includes passing 3 written exams with a score of 80% or better and a physical skills test on the last day of class. Bring a swimsuit, towel, dinner, water bottle, notebook, and pen to each class. Females must wear a one-piece swimsuit. The student registered for the course MUST have their personal e-mail associated with the registration. Attendance is required for ALL classes. Certification is valid for 2 years.

View course registration for prerequisites. 27-LGI-1A F July 11 4:30-8 pm \$100 ERMS Pool

## American Red Cross Lifeguard Instructor/ Lifeguard Instructor Trainer Re-Cert

Lifeguard Instructors will practice and polish in-water skills in addition to a classroom-based review of Red Cross administrative policies and procedures. Bring a swimsuit, towel, dinner, water bottle, notebook, and pen to each class. Females must wear a one-piece swimsuit. The student registered for the course MUST have their personal e-mail associated with the registration. Attendance is required for ALL classes.

View course registration for prerequisites.

27-LGI-1B Sat July 12 8 am-2 pm \$130 ERMS Poo





#### Allison Jordan, Supervisor of Community Education

Summer 2025 is just around the corner, and we're excited to offer you a variety of opportunities to make your summer truly special. We invite you to **Discover** new passions, **Dream** big about the future, and **Do** the things that turn those dreams into reality. This catalog is your guide to exploring exciting possibilities, uncovering hidden talents, and building the skills you need to create the life you envision.

Whether you're passionate about science, art, sports, or more, there's something here to spark your imagination and help you take the next step toward your goals. Let's make this summer unforgettable—together!

If you have any programming recommendations, I encourage you to reach out.

Allison Jordan ajordan@isd191.org

# 3D - Discover, Dream, Do

Summer 2025

3D is designed to stretch your mind, body and imagination

Camps & Classes at Harriet Bishop Elementary. For all students entering grades 1-8

Parents make sure to stop by the check in table Monday morning. Please bring a nut free snack and beverage each day.

WEEK	MONDAY	TUESDAY	er Planning G	THURSDAY	FRIDAY
June 16-20					
June 23-27					
June 30-July 4					
July 7-11					
July 14-18					
July 21-25					
uly 28-August 1					
August 4-8					
August 11-15					
August 18-22			E .		
August 25-29			3		
	T BY WE	E (1)	P K	E DIVINE	

Use this planner as a guide to map out your perfect summer, week by week.

## 3D - Discover, Dream, Do Summer 2025

## **Career Fields & Pathways**

A major part of the Pathways Model in District 191 is helping students understand which classes and other learning opportunities will help them in their journey toward a future career or pursuing a passion.

To do this, high school and middle school classes are organized into "Career Fields," which are broad categories of career interests, and "Pathways," which are a series of classes that build on each other from introductory to hands-on career preparation. To help learners find classes that may match their passions and connect with what they might learn in our schools, classes in this catalog that fit into one of the four Career Fields are marked with these icons.



**Arts, Global Communications & Information Systems** includes classes that relate to careers in fields like performing arts, information technology, web and digital communications, broadcasting and journalism.



**Design, Engineering & Manufacturing Technology** includes classes that relate to careers in architecture, construction, manufacturing, engine technology, and engineering & design.



**Health Sciences & Human Services** includes classes that relate to careers in community services, emergency management, biotechnology, medicine, teaching and administration.



**Business, Management & Entrepreneurship** includes classes that relate to careers in marketing, finance, hospitality, culinary arts, tourism and operations management.

Explore how our youth enrichment classes can be your first step toward an exciting career pathway. In this section, find the career icon to discover your potential path!

## Week of June 16

#### 3D Printing: D&D Grade 2-5

Learn the ins and outs of 3D Design and 3D printing with TinkerCAD! While learning 3D design skills, students will make custom D&D D4's (4-sided dice) and D10s (10-sided dice). They'll also do fun D&D-inspired challenges and a mini-campaign while waiting for the prints to finish. Dice will be printed and sent home. Print and material fees are included.

1DD-1A M-W June 16-18 9 am-12 pm 3 sessions \$195 Harriet Bishop M1

## **Beginner Coder Pokemon Quest!**

#### Grade 1-4

New to coding? This camp is perfect for you! Step into the world of Pokemon as you create your very own video game filled with thrilling adventures and your favorite Pokemon creatures. Designed specifically for beginner coders, this camp makes learning coding skills super fun and easy. Work in small teams to build an exciting Pokemon adventure map, code a game to catch Pokemon, design your dream Pokemon team, and even create a duel game to battle against your friends. Ready to code and catch 'em all? \*Arts, Global Communications & Information Systems Icon Please bring a USB Flash drive to save your projects.

#### TechTacToe Andres

1BC-1A M-W June 16-18 9 am-12 pm 3 sessions \$129 Harriet Bishop L3



#### Intro to Coding with Superheroes

Grade 1-3

Create YOUR OWN VIDEO GAME! Love video games? Young students can create their platform video games in this incredible class! Choose your storyline with your favorite superheroes as your stars. Add challenges and difficulty levels. Then, share them by email or post them on the web to challenge family and friends. Students can practice math, logic, and programming and put their video game talents to work! Bring a USB drive to save your games on the last day. Students should have basic reading skills.

1IC-1P M-W June 16-18 1-4 pm 3 sessions \$195 Harriet Bishop M2

#### Hogwarts Secret Magic Lab: A Wizardly Fun Adventure! Grade 1-5

This summer step into the magical world of wizards with unique blend of STEAM (STEM and art) adventures! Craft your very own light-up wand, mix up fun "magical" concoctions, engineer your own locomotive, and create your own Golden Snitch, along with many more fascinating projects. Get ready to unleash your inner wizard and make this summer truly magical- Hogwarts style!

#### TechTacToe Andres

1WA-1P M-W June 16-18 1-4 pm 3 sessions \$129 Harriet Bishop L2





## Week of June 23

#### Eureka Engineering Grade 3-8

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

COR Robotics Swanson, Ryan

1EE-2A M-W June 23-25 9 am-12 pm 3 sessions \$99 Harriet Bishop L2



#### Art-rageous Art Camp Age 5-11

Explore your imagination this summer with this camp featuring some of our favorite Abrakadoodle projects. Paint with fish, make sand art, create a jumping frog, paint a colorful canvas, make egg carton animals and more. Create amazing pieces of art. It is sure to be a good time!

Lezlee Hustad

1AR-2A M-Th June 23-26 10 am-12 pm 4 sessions \$109 Harriet Bishop Art Rm



#### Nature Spa Camp Age 7-14

Join us for this one-of-a-kind hands-on class to learn about how ethnobotany, nature, and chemistry combine to create beauty and spa products! This class will cover a variety of topics and skills including how to make essential oils from plants and how to use those oils to make candles, bath bombs, lotions, and other spa products. We also will dive into a variety of other ways to use plants and natural materials for beauty items including drying herbs, lip gloss, mud masks, and more! We look forward to your kids joining us for this nature class that teaches beauty products through chemistry and how the materials are sourced from the natural world!

EcoElsa Liteck

1NS-2A Th June 23-26 9 am-12 pm 4 sessions \$149 Harriet Bishop L4



#### Art Experiments Age 5-11

In this camp you'll have fun using art materials and science to create some cool special effects. You'll investigate the world of art and science using tinfoil, shaving cream, glow in the dark paint, chalk, glue, salt and watercolor to make interesting and colorful creations. You'll make cupcakes on canvas with puffy shaving cream frosting, make art that glows, try our hand at foil embossing and more in this in this camp of art experiments.

Lezlee Hustad

1AE-2P M-Th June 23-26 1-3 pm 4 sessions \$109 Harriet Bishop Art Rm





#### Exploring Photography Grade 3-8

Capture the essence of summer with "Exploring Photography," an exciting experience designed to ignite the passion for visual storytelling and photography in students. Learn the secrets of photography and transform ordinary moments into extraordinary snapshots. Guided by experienced instructors, this immersive experience strikes the perfect balance between having a blast and allowing creativity to shine. Discover the skills to freeze time through the lens - join "Exploring Photography" for a snapshot of a summer you'll never forget!

COR Robotics Swanson, Ryan

1EP-2P M-W June 23-25 1-4 pm 3 sessions \$99 Harriet Bishop L2



#### Olympic Fencing Grade 2-7

Develop quick reactions, speed, accuracy and coordination. Emphasis is on proper footwork, balance, an how to use the foil. Lessons are reinforced with games to apply what you learn. Lessons are reinforced with games to apply what you learn. Provided equipment; masks, jackets and gloves are disinfected. Bring a water bottle to class.

MN Sword Play fencing instructors are members of the United States Fencing Association. With more than 20 years of teaching experience, MN Sword Play's instructors have helped many of its students gain national distinction in the sport of fencing.

1FN-2P M-F June 23-27 4-5:30 pm 5 sessions \$99 Harriet Bishop Gym

#### Eco-Inventors Camp Age 7-14

Learn how scientists and engineers study nature to find solutions to fix the problems we face in this biomimicry focused STEM camp. We will put your problem-solving skills and creativity to the test to find a solution to a variety of challenges like designing & building wind turbines, earthquake proofing buildings, designing prosthetic limbs, and more! Inventors will benefit from learning how nature connects to STEM and solving real world problems as well as further developing teamwork and problem-solving skills. Make sure to dress for the weather and wear closed-toed shoes and long pants as parts of this class will be outdoors!

EcoElsa Litecky

1EI-2P M-Th June 23-26 1-4 pm 4 sessions \$139 Harriet Bishop M1



## Week of July 7

## 3D Printing: Jewelry Fabrication & Arts

#### Grade 2-5

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. Students will design and print a pair of earrings, a ring, or a pendant in this class. Additionally, they will get to bring home two of their 3D creations, and other beaded creations. Printing and material fees are included.

1JF-3A M-Th July 7-10 9 am-12 pm 4 sessions \$255 Harriet Bishop L2





# Coconuts and Crowns A Polynesian Adventure Ages 6-12

In this class, you'll create original characters like a spirited island girl and cheeky coconut creatures, as well as traditional Polynesian flower crowns. You'll draw breathtaking ocean and the serene landscapes of island huts and native plants. This workshop blends realism with cartoons, using vibrant no-mess materials like colored pencils and markers. Let the islands inspire your young artist!

Vera Laninga





#### Intro to Esports Grade 3-8

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

COR Robotics Swanson, Ryan

1ES-3A M-W July 7-9 9 am-12 pm 3 sessions \$99 Harriet Bishop L3



#### **Musical Theater Class**

We will choose our characters, learn music and choreography and create our own musical! Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun, creative theater games. All that is needed are comfortable clothing and shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

Gina Mayer

M-Th July 7-10 4 sessions \$119 Harriet Bishop Gym



Moana 2 - Age 5-8 MAT-3A 9 am-12 pm Wicked - Age 7-11 MAT-3B 1-4 pm

## **Game Coding & Robotic Engineering**

#### Grade K-4

Make science come to life! This class is powered by the LEGO WeDo systems and scratch software. Students working in pairs will explore the exciting world of robotics! Learn programming skills, engineering concepts, and the names of robot components. Students will build LEGO models featuring working motors, tilt sensors, motion detectors, and a LEGO USB Robotics Hub. Please bring a drink and snack daily. Students will be working in pairs.

1GC-3P M-Th July 7-10 1-4 pm 4 sessions \$255 Harriet Bishop L4





#### Minecraft Olympics Grade 3-8

The "Minecraft Olympics" is a dynamic three-day summer camp designed to immerse participants in the thrilling world of Minecraft while fostering teamwork, creativity, and friendly competition. Campers will engage in daily Build Battles, showcasing their imaginative prowess in constructing awe-inspiring structures aligned with diverse themes. Through this immersive experience, participants not only deepen their understanding of Minecraft's gameplay but also cultivate camaraderie and problemsolving skills in a fun and supportive environment. The "Minecraft Olympics" promises a thrilling adventure for campers seeking to combine their love for Minecraft with a collaborative team experience that students won't soon forget.

COR Robotics Swanson, Ryan

1MO-3P M-Th July 7-9 1-4 pm 3 sessions \$99 Harriet Bishop L3

# Week of July 14

# Extreme Robo-Games Battlebot Olympics Grade 3-6

Students will work in small teams using the EV3 Mindstorms Robotic Systems and specialized LEGO Technic engineering components to build extreme robots and run programs to experiment with and overcome Olympic-style challenges. Students will then be challenged to morph their projects into better, stronger, or faster robots. Possible robotic projects include Shot Put Launcher, Flipping Gymnast, Sumobot, and more. Students will be working in small teams of 2-3.

1RG-4A M-Th July 14-17 9 am-12 pm 4 sessions \$255 Harriet Bishop L4

#### RC Wars Grade 4-9

In RC Wars, teams of students will build their own Remote Control vehicles to race and battle against other teams. Students will need to design their vehicles to not only be faster and stronger than other teams' creations, but also better than purchased RC Cars and Drones! RC Wars will feature land and air races, obstacle courses and more as students learn mechanical and electrical building skills in an energetic and exciting environment. Optional Upcharge: Students can choose to bring a drone home for an additional \$40. Drone Type: UFO 4000.

COR Robotics Swanson, Ryan

1RC-4A M-Th July 14-16 9 am-12 pm 4 sessions \$99 class; \$139 class plus drone Harriet Bishop L5

# Chess Summer Camp with Youth Enrichment League Grade 1-5

All levels welcome. The Teach It!, Practice It!...Play It! method keeps chess students progressing with 60+ chess lessons and thousands of puzzles as well as guided games and an end-of-week in-class tournament. Class fee includes ChessKid.com membership for the session. Battle summer brain drain...sign up today.

Youth Enrichment League

1CH-4A M-Th July 14-17 9 am-12 pm 4 sessions \$129 Harriet Bishop L3





# Jr. Engineering: Games & Gadgets Grade K-5

If learners like building and figuring out how things work, they will love this class. Join us as we explore, investigate, and solve problems while learning about simple machines' engineering building blocks. Students working in pairs will enjoy hands-on activities using LEGO Gears and unique LEGO Technic engineering components that incorporate math, science, and creativity. They will then use what they learned to solve challenges. Learning projects may include mini mechanical concept models, a moving dragon, scale, clown, crane, car, fan, merry-go-round, and more. Students will be working in pairs.

1JE-4P M-Th July 14-17 1-4 pm 4 sessions \$255 Harriet Bishop L5

### Intro to Digital Art Grade 3-8

Dive into the captivating world of creativity and technology at our Intro to Digital Art summer camp! This immersive three-day program combines hands-on learning with engaging digital tools, offering a dynamic journey into digital art. Students will explore the fundamentals of digital drawing and apply what they learn to an exciting real world application. Through a partnership with No Grit No Pearl, students will be able to get their favorite design printed on a canvas or t-shirt which will get shipped to their house after the camp! Intro to Digital Art is the perfect blend of fun, skill development, and boundless imagination, providing young artists with the tools and confidence to bring their visions to life.

COR Robotics Swanson, Ryan

1DA-4P M-Th July 14-16 1-4 pm 4 sessions \$119 Harriet Bishop L3





# Week of July 21 3D Printing: Product Development & Fabrication Grade 3-6

This camp is a hands-on product design class emphasizing creative thinking and problem-solving. Students will explore options to find, modify, and prepare 3D files to be brought to life using a 3D printer. By the end of this course, students will become familiar with the workflow and terminology of digital fabrication. We begin learning by designing and printing functional fishing lures, then continue solving design challenges. Printing and material fees are included.

1PD-5A M-Th July 21-24 9 am-12 pm 4 sessions \$255 Harriet Bishop M2

### Eco-Fashion Camp Age 7-14

Our natural world has played a role in the clothes humans were since the beginning. Join a naturalist from EcoElsa to connect nature to current fashion through the making and ideas phase with things like grass weaving and making dyes from plants and creating designs based on nature. As well as making fashion more sustainable with upcycling and recycling activities. Great class for creative kids who enjoy creating and problem solving that also incorporates themes of sustainability, body-positivity, and science! This class is a mixture of indoor and outdoor activities so make sure kids dress for the weather in clothes they don't mind getting dirty and wear closed-toed shoes! Kids will take home most of their creations on the last day. \$5 t-shirt fee must be paid at registration.

EcoElsa Litecky

1EF-5A M-Th July 21-24 9 am-12 pm 4 sessions \$139 Harriet Bishop L5



#### Craziest Inventor's Lab Grade 1-4

Step into a world of weird, wacky, and mind-blowing creations in this ultra fun lab! Unleash your inner inventor as you design, experiment, and build the coolest gizmos and gadgets. From an amazing robotic arm to a thrilling slingshot rocket, get ready for endless fun with STEAM-powered projects that will blow your mind! Are you ready to invent the future?

TechTacToe Andres

1CI-5A M-Th July 21-24 9 am-12 pm 4 sessions \$159 Harriet Bishop L2



#### "I Love Art" Summer Camp Age 5-11

For kids that just want to have fun making super cool creations! This camp is filled with fabulous art projects. You'll make a paper mache puppy, learn to draw a loon, weave on paper plates, paint a colorful canvas, sculpt a llama and more.

Lezlee Hustad

1LA-5A M-Th July 21-24 10 am-12 pm 4 sessions \$109 Harriet Bishop Art Rm



# **Destination Mars: Rocketry Course**

Grades 2-5

Launch and watch your very own rocket speed 300 feet into the air! Then it is yours to take home! Students will make and take-home multiple rockets of varying difficulty throughout this session. We will use these rockets and airplanes to investigate basic aeronautical concepts including: propulsion, thrust, lift, drag and more. We will also hypothesize about travel in outer space, how to get a United States astronaut to Mars and life on Mars. Do you have the right stuff? NOTE: Parents will be asked to contribute two, 2 liter soda bottles (empty) for 2 different experiments. Fee includes \$25 materials fee.

Youth Enrichment League

1DM-5A M-Th July 21-24 9am-12pm 4 sessions \$149 Harriet Bishop M2



# Star Wars-Themed Movie Making & Coding Camp Grade 1-6

From a galaxy far, far away, Star Wars comes to life! Work on a stop-motion animated Star Wars short. Students will create and design out-of-this-world scenes, vehicles, starships, and props. Then, our instructors will take students through the entire digital film making process from start to finish. Students will create a Star Wars animation and participate in other Star Wars-themed coding activities. Students should have basic reading skills. Bring a USB drive on the last day. Star Wars is a registered trademark of Lucasfilm Ltd. LLC. This camp is not affiliated with, authorized by, or sponsored by them.

1SW-5P M-Th July 21-24 1-4 pm 4 sessions \$255 Harriet Bishop M4



# **Campfire Cooking**

#### Age 9-15

Kids will take their fire skills to the next level by not only learning how to make fire and different fire structures but the science of using fire to cook things too! This class will teach all the basics like s'mores and tinfoil packets up to more advanced skills like dutch oven baking and spit roasting over the fire. Your campfire chefs will know how to make full course meals by the end of this class in addition to how to make a fire and manage it safely.

Additionally, if your site allows it and there are things in season, we may also do some foraging for some of the recipes too!

We are working hard to have recipes for all dietary needs that are things kids will enjoy cooking and will be using a lot of raw and unprocessed ingredients and also have vegan, gluten-free, and nut-free options for most of the recipes we make. Please let us know if your child has dietary needs beyond this and we will work with you to make alterations when possible!

Recipe 1 - S'mores

Recipe 2 - Skewers

Recipe 3 - Tinfoil Packet Hash

Recipe 4 - Campfire Beverages

Recipe 5 - Pie irons grilled cheese

Recipe 6 - Grill basket French fries

Recipe 7 - Dutch Oven Monkey Bread

1CC-5P M-Th July 21-24 1-4 pm 4 sessions \$149 Harriet Bishop M1

### Olympic Fencing Grade 2-7

Develop quick reactions, speed, accuracy and coordination. Emphasis is on proper footwork, balance, an how to use the foil. Lessons are reinforced with games to apply what you learn. Lessons are reinforced with games to apply what you learn. Provided equipment; masks, jackets and gloves are disinfected. Bring a water bottle to class.

MN Sword Play fencing instructors are members of the United States Fencing Association. With more than 20 years of teaching experience, MN Sword Play's instructors have helped many of its students gain national distinction in the sport of fencing.

1FN-5P M-F July 21-25 4-5:30 pm

5 sessions \$99 Harriet Bishop Gym

#### **Dare to Dream Drawing Camp**

#### Age 6-11

Want to learn how draw better? Draw everything from dogs to cartoons. In this fun camp you'll draw a silly squirrel, a colorful cow, a beautiful cityscape and more using drawing techniques that bring your art to life. Grow your confidence in your drawing ability and create unique art.

#### Lezlee Hustad

1DC-5P M-Th July 21-24 1-3 pm 4 sessions \$109 Harriet Bishop Art Rm





# Week of July 28

# Gooey, Gunky, Gloppy: Ultimate Slime Blast Grade K-3

Prepare for a thrilling adventure as you experiment with all sorts of slime! Join us on an exciting adventure filled with super-fun, hands-on science and tech projects. As the lead scientist, you'll dive into a universe of gooey, gunky, gloppy slimes, discovering a unique slime each day. But that's not all-brace yourself for amazing activities where you'll create eruptions, engineer a hovercraft, craft a glowing planetary night lamp, and so much more! It's a wild, slime-filled STEAM camp unlike anything you've experienced before!

TechTacToe Andres

1GG-6A M-Th July 28-31 9 am-12 pm 4 sessions \$165 Harriet Bishop Art Rm



#### **Drone Racing Grade 3-8**

Students will learn how to fly like the pros in the Drone Racing League by training on a flight simulator. Once they learn the basics of flying, they'll assemble their very own drone which they can keep after the camp. After learning drone safety and maintenance, students will take their drone to the skies and compete in numerous races and challenges. Led by experienced instructors, students will leave camp with the skills and knowledge to pilot their drones and keep them running. The drones used in camps have cameras, and are perfect for entry level pilots. Optional Upcharge: Students can choose to bring a drone home for an additional \$40.

COR Robotics Swanson, Ryan

1DR-6A M-Th July 28-30 9 am-12 pm 3 sessions \$99 class; \$139 class plus drone Harriet Bishop L4

#### Intro to Comic Creations Grade 3-8

Embark on a thrilling artistic adventure with "Intro to Comic Creation," an exciting and action-packed experience dedicated to discovering the secrets of comic creation! Designed as a crash course in the captivating world of comics, this camp is a great opportunity to unleash your inner storyteller. Delve into the essentials of comic design, where you will learn the art of paneling, character creation, and storytelling. Whether you're a comic enthusiast or a newcomer, you're in for a one-of-a-kind experience as we guide you through the basics of bringing your stories to life on the page. Ignite your passion for visual storytelling at "Intro to Comic Creation".

COR Robotics Swanson,Ryan

1CC-6P M-Th July 28-30 1-4 pm 3 sessions \$99 Harriet BishopL4



#### YEL Project Runway Grade 4-8

New summer projects! A swimsuit coverup, mini messenger bag, ear bud case and your personalized sewer's handbook. The YEL Project Runway Sewing Camp follows four basic principles: Teach It! Practice It! Sew It! Teach It! You'll be taught multiple hand and machine sewing techniques; Practice It! You'll practice those techniques on basic projects; Sew It! Students increase their skill and sew more complicated projects; Own It! Students showcase their projects on the last day of class (family and friends are invited), then take everything home with them to walk the runway of everyday life! Sign up today to THINK, LEARN and PLAY WELL with YEL!.

Youth Enrichment League

1PR-6P M-Th July 28-31 1-4 pm 4 sessions \$159 Harriet Bishop Art Rm





#### Design Your Own T-Shirt Grade 3-8

Have you ever wanted a T-shirt with your very own design on it? Now's your chance! Students will work to design their own custom T-shirt using digital graphic design tools. A professional screen-printing company will turn the design into a real-life T-shirt and ship it to your house! Experienced instructors will teach students how to run the software and guide them as they turn their visions into a reality! The cost of the class includes a t-shirt and shipping of the t-shirt.

1DT-6P Th July 31 1-4 pn 1 session \$49 Harriet Bishop L5







# Week of August 4

#### Video Production for YouTube Grade 1-6

Learn how to create YouTube content! Shoot videos, edit sound, and create an online presence with YouTube. In the first half of camp, learn the tricks pro filmmakers use for better shots, lighting, and sound. You will also learn to use our film editing software in a class project. Then, in the second half of camp, students will work on a group unboxing or product review video. Edit your video, add transitions and special effects, and insert a soundtrack. Finally, share your finished video with the world. Bring a USB drive (at least 8 GB) to save your video on the last day. Students should have basic reading skills.

1VP-7A M-Th Aug 4-7 9 am-12 pm 4 sessions \$255 Harriet Bishop L3

#### Nature Art & Science Age 6-12

Kids will learn about art mediums through nature and how it connects to different science principles through our activities. Depending on the weather some of the activities we may do are making charcoal sticks, paint & dye color science, fiber weaving, animal footprints, and more! Kids will benefit from being able to creatively express themselves while also learning about art, science, and history. This class is a mixture of indoor and outdoor activities so make sure kids dress for the weather and wear closed-toed shoes! Kids will be able to take home most of their creations.

EcoElsa Litecky

1NA-7A M-Th Aug 4-7 9 am-12 pm 4 sessions \$139 Harriet Bishop L2

# Multiplayer Minecraft: Olympic Games Grade 1-5

Compete in a world of pixelated challenges! Join us for a thrilling week of Minecraft competitions, where you'll test your skills against other players in a variety of exciting events. Create arenas with others like the giant Colosseum. Build different mini games or work together to make a giant battle arena! We will be using the PC/Java Edition of Minecraft. Bring a USB drive to save your games on the last day. Minecraft is a Mojang Studios trademark. This camp is not affiliated with them.

1MM-7P M-Th Aug 4-7 1 -4 pm 4 sessions \$255 Harriet Bishop L4

#### Outdoor Survival Camp Age 6-12

Ultimate Survival Camp Description: Kids will learn survival skills through fun games and activities. They will leave knowing a wide variety of outdoor survival skills like the rule of three, how to signal for help, shelter engineering, fire science and safety, treating water, orienteering, and more! Plus, at the end of the camp they will get the chance to test out all their skills in a survival scenario and graduate from Survival Camp! The skills are not only great for a lost/survival situation but also for camping and outdoor excursions as well as teaching kids' confidence, self-reliance, teamwork, and problem solving. Make sure to dress for the weather and wear closed-toed shoes and long pants as most of the class will be spent outdoors.

Eco Elsa Litecky

1OS-7P M-Th Aug 4-7 1-4 pm 4 sessions \$139 Harriet Bishop L2



# Week of August 11 Elementary Engineering Grade 3-6

Unlock your inner engineer! Join us as we explore, investigate, and solve problems while learning about mechanical engineering building blocks. This exciting engineering class combines LEGO Education and LEGO Technic materials to explore machines. Students working in pairs will enjoy hands-on activities emphasizing building techniques while understanding the mechanical principles of pulleys, levers, gears, and wheels. Students will be encouraged to apply their learning and develop creative solutions to engineering challenges. Students will be working in pairs.

1EE-8A M-Th Aug 11-14 9 am-12 pm 4 sessions \$255 Harriet Bishop M4

# Robotic Builders: Marine Explorers Grade K-4

Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming, and so much more. The LEGO Education WeDo Robotics Builder class allows students to explore different concepts in robotics. Possible models may include scuba driver, clown fish, bathyscope, sea gulls, submarines, and more. Students will build LEGO models featuring working motors, tilt sensors, motion detectors, and a LEGO USB Robotics Hub. Students will be working in pairs.

1RB-8P M-Th Aug 11-14 1 -4 pm 4 sessions \$255 Harriet Bishop M1



# 3D: Discover, Dream, Do Register Today!

Send Registration form, Parent Authorization and payment to ISD 191 Community Education

200 W Burnsville Parkway, Suite 100, Burnsville, MN 55337 952-707-4150 or register online at communityed191.org

If you need more information, please call 952-707-4150 or visit our website. A fee of \$15 for each 15 minute increment will be charged for students dropped off early or picked up late. Grades listed for 3D are the grades students will enter in Fall 2025. Child's Name \_\_\_\_\_ Grade Entering \_\_\_\_\_ Home Address \_\_\_\_\_ Daytime Phone \_\_\_\_\_ Course # Course Name Dates Price Parent / Guardian Name \_\_\_\_\_ Daytime Phone Additional Phone Person/s who can assume responsibility for child if parent or guardian cannot be reached Relationship to child\_\_\_\_\_ Address Payment Charge my: \_\_\_Visa \_\_\_MasterCard \_\_\_Discover \_\_\_AMEX \_\_\_ UCare Visa Personal Check # \_\_\_\_\_ Total Enrollment Fee \$ \_\_\_\_\_ Credit Card #\_\_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Expiration date \_\_\_\_

# 3D Participation Authorization - Please include this form when registering

I hereby give my child permission to participate in the events and activities of 3D: Discover, Dream, Do. 3D has my permission to take my child on any field trips, outings and walking trips that it deems necessary and in the interest of my child. Walking trips which do not require children to cross a four-lane road may be held unannounced and include trips to parks, sports fields or similar destinations in the proximity of the 3D site.

Please list relevant medical information about your child.

Allergies

Last DI IAllergies		
Medications		
Other significant medical information		
Parent/Guardian Signature	Date	

For policies regarding registration & participation - see page 69-70

Lact DPT

# **Youth Enrichment**

# F.A.S.T. Kids- Staying Safe While Home Alone

#### Age 7-10

First Aid and Safety Trained Kids helps prepare children for staying safe at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and Internet safety. Students will receive a book, handouts and a home first aid kit as part of the class.

#### Chelsey Hanson

W 8:30 am-12:30 pm \$59 DEC Rm 1026 FAK-4A W June 11 FAK-1A W July 16



### Adult/Child Paint Date

#### Age 6+ with Adult

This class is a fun "Date Night" for you and your child to paint together. No experience is needed, this class is about spending quality time with your child and having fun. Each person is provided a 16 x 20 canvas, acrylic paints, and all the supplies needed to create their own masterpiece that can stand alone or be hung side-byside for a combined work of art. The instructor will lead you step-by-step through the painting. Dress for a little mess!

#### Vanessa Merry

ADP- 1 W July 16 6-8 pm DEC Sr Center Mtg Rm \$65 1 adult + 1child \$75 1 adult + 2 children



# Cooking Classes

With Jackie Mart. All supplies are included



#### DIY Dog Treats- Kid's Cooking Class Age 6-16

Your 4-legged Friends deserve some treats every now and again too! Join Jackie as we whip up some grain-free goodies to take home for your favorite furry BFF! Bring a water bottle.

OWL-04 W May 7 6-7 pm \$35 ERMS Food Lab

#### Sweet Summertime Grade K-5

Cool down this Summer with these sweet and refreshing treats! In this class we will be making fruit-inspired recipes you can enjoy at a picnic or your own backyard! (No artificial colors, sugars or flavors) On the Menu: Raspberry LeMade Slushie and No-Bake Strawberry Shortcake.

OWL-B-1A Th June 26 3:30-4:30 pm \$35 ERMS Food Lab

#### We All Scream for Ice Cream Grade K-5

Beat the heat this Summer with a cold treat! In this class we will be making two homemade, healthy "nice" cream flavors (Dairy-free ice cream)! These easy, minimal ingredient recipes will put the ice cream truck to shame! On the Menu: Strawberry Banana Nice Cream Cones & Cookies & Cream Nice Cream.

OWL-A-1A T June 24 6-7 pm \$35 ERMS Food Lab

#### Freeze Frenzy Grade K-5

Beat the heat this Summer with a cold treat! In this class we will be making two homemade frozen, mouth-watering sweets! On the Menu: Banana Split Bites & Lava Flow Popsicles.

OWL-D-1A Th July 10 3:30-4:30 pm \$35 ERMS Food Lab

#### Festive Fair Foods Grade K-5

Bring the fairgrounds to your own kitchen this Summer with homemade health(ier) versions of your favorite classic state fair foods! On the Menu: Caramel Popcorn & Baked Funnel Cakes.

OWL-C-1A Th Aug 14 6-7 pm \$35 ERMS Food Lab

# Dance, Music, Theater

# Lion King Jr. Musical Theater Camp Age 9-16

Lion King Jr. Musical Theater Camp offers a thrilling two-week summer experience for participants. Open to everyone, regardless of district enrollment, this camp provides the chance to perform on the Mraz Center stage at Burnsville High School. Auditions will take place on Monday, June 2 from 4-8 pm at the Diamondhead Education Center, with all participants guaranteed a role (auditions are required only for lead roles). The camp runs from June 16-21 and June 23-25, with daily sessions 11 am to 5 pm. The program culminates in live performances on June 25, 26, and 27 at 7 pm, and a matinee on June 28 at 2 pm, followed by an evening show at 7 pm. General admission tickets will be available to the public for \$10.

Braylon Lane

TYC-04 M-Sat June 2, 16-28 12 sessions \$179 BHS Mraz times vary



# **NEW! Taylor Swift Par-Tay & Dance All Ages**

Have a Taylor Swift fanatic in your life? Join us for an unforgettable evening of fun, music, and excitement at our Taylor Swift Par-Tay and Dance! This event is packed with singing, dancing, and engaging activities inspired by Taylor's iconic songs and style. Whether they're a fan of "Shake It Off" or "Love Story," your child will have the time of their life in a vibrant, energetic atmosphere. Don't miss this chance to let them channel their inner Swiftie and create memories to treasure forever!

TSDP-1 F DEC Upper Level 2 tickets \$15, 4 tickets \$25



TAYLOR SWIFT PAR-TAY AND DANCE

FRIDAY | AUGUST 8 | 5-7 PM
DIAMONDHEAD EDUCATION CENTER, UPPER LEVEL DOOR #1
\$15/2 TICKETS, \$25/4 TICKETS



# **Dance Studio with Mayer Arts**

#### **Musical Theater Class**

We will choose our characters, learn music and choreography and create our own musical! Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun, creative theater games. All that is needed are comfortable clothing and shoes, a nut free snack and a water bottle. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

M-Th July 7-10 4 sessions \$119 Harriet Bishop Gym

Moana 2 - Age 5-8 MAT-3A 9 am-12 pm Wicked - Age 7-11 MAT-3B 1-4 pm



#### Wish Upon a Ballet: Moana 2

Wish Upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet stories to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and Fends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes and comfortable clothes they can move around in. Shoes will be available to order on the first day of class for an extra fee. Students must be potty trained.

M July 7-Aug 11 6 sessions \$69 DEC Studio A

Age 3-6 DWB-1A 5:15-6 pm Age 4-7 DWB-1B 6-6:45 pm



# Swifties Dance Party Age 5-9

Learn steps and dances to music from your favorite pop star! The students will also learn warm-ups such as stretching, isolations and across the floor exercises! Come learn to leap, turn and shine. This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere. Ballet or jazz shoes are suggested.

DSP-1A M July 7-Aug 11 6 sessions \$69 DEC Studio A 6:45-7:30 pm

# Piano, Guitar & Voice Lessons

30-minute individual lessons are held at Diamondhead Education Center Contact Community Education to discuss availability, 952-707-4150

Provide the times that work for your schedule. We will connect with the instructor and confirm your specific time. Total fee owed is based on the number of lessons per class, which may vary depending on facility availability. Payment is due at the time of registration and in advance of services. Payment for the next series of lessons must be received 1 week prior to your last scheduled lesson. Acepto estudiantes que hablan español.



# **Piano or Guitar** Age 6-adult \$35/half hour Material fee piano \$40, Material fee guitar \$15

Through a patient and encouraging teaching style, Jared creates a supportive learning environment where students can explore their musical potential, build confidence, and create their own music. Material fees are payable to the instructor in class at the first lesson. Students must have access to a guitar, keyboard or piano for practice at home. Parents can expect to engage in daily conversation centering on the student's success.

With 16+ years of piano experience, 10+ years of guitar experience, coupled with 4 years of music teaching, Jared Nelson is a dedicated and passionate music instructor committed to fostering musical talent and personal growth. Jared offers comprehensive lessons tailored to beginners on the guitar and up to intermediate students on the piano. The lessons are designed not just to teach music but to serve as a springboard for personal development and intergenerational dialogue.

#### Voice Age 10-adult

\$40/half hour- no additional materials fee Mondays between 4:30 and 8 pm

Students complete a vocal warm up, breath exercises, and dive into a song of your choosing. Learn to connect with your breath, approach music with curiosity, and build a foundation of vocal technique to prevent injury. Develop skills of expression, reading music, diction (in various languages), resonance, and pitch. You'll receive feedback to support your practice between lessons. Provide songs or music of your choice. All selections will be age-appropriate to preserve vocal health.

Instructor Varinia Nelson believes that singing is a gift of self-expression, self-awareness, exploration, and fun! She's studied music for more than 20 years with thirteen years of formal classical voice training in opera, lieder, and musical theater. Varinia wants students to walk away with greater grace for themselves, greater joy in challenges, and greater gratitude for our personal instruments.

#### Piano Age 4-adult

#### \$35/half hour. Material fee approximately \$10

Sisi's nurturing and encouraging approach, combined with a focus on technical excellence and artistic expression, creates a supportive environment for her students to thrive and grow as musicians.

Simin (Sisi) Schumacher is a seasoned piano instructor with a genuine passion for music education. With over 15 years of experience teaching piano, she has mastered the art of guiding students of all ages and abilities on their music journey. Sisi holds a Master's in Western Classical Music/Piano Performance and a second Master's in Music Education from Texas Tech University which equips her with both technical expertise and effective teaching methods.



# Gymnastics

### IGM Classes are "So Much Fun, Kids Will Flip!"

All IGM gymnastics programs are designed by age groups. The curriculum focuses on core gymnastics skills, flexibility, and exercise training, while assisting in children's over-all growth, strength, and coordination.

All IGM classes and camps are held at IGM Gymnastics Center, 12117 Riverwood Dr, Burnsville.



#### Gymnastics Boys Beginner Age 5-10

Develop and strengthen skills consistent with the 10 levels of men's gymnastics. Including floor, vault, rings, parallel bars, high bar and pommel horse. Practice ends on trampolines. Fun and challenging skills motivate gymnasts to continue. No class July 5

#### 5 sessions \$126

GYM-M-1A	M	June 9-Jul 7	4:45-5:40 pm
GYM-TH-1B	Th	June 12-Jul 10	6:45-7:40 pm
GYM-S-1C	Sat	June 14-Jul 12	9:30-10:25 am

#### 6 sessions \$151

GYM-M-1D	M	July 14-Aug 18	4:45-5:40 pm
GYM-TH-1E	Th	July 17-Aug 21	6:45-7:40 pm
GYM-S-1F	Sat	July 19-Aug 23	9:30-10:25 am

### Gymnastics Girls Beginner Age 5-10

Students develop the skills for all gymnastic events including vault, bars, beam, floor, and trampoline. Channel your energy into flexibility, strength, and coordination. No class July 5

#### 5 sessions \$126

GYF-M-1A	M	June 9-July 7	6:45-7:40 pm
GYF-T-1B	T	June 10-July 8	4:30-5:25 pm
GYF-W-1C	W	June 11-July 9	4:45-5:40 pm
GYF-W-1D	W	June 11-July 9	6:45-7:40 pm
GYF-TH-1E	Th	June 12-July 10	4:45-5:40 pm
GYF-TH-1F	Th	June 12-July 10	6:45-7:40 pm
GYF-S-1G	Sat	June 14-July 12	8:45-9:40 am
GYF-S-1H	Sat	June 14-July 12	11:45 am-12:40 pm

#### 6 sessions \$151

GYF-M-1I	M	July 14-Aug 18	6:45-7:40 pm
GYF-T-1J	T	July 15-Aug 19	4:30-5:25 pm
GYF-W-1K	W	July 16-Aug 20	4:45-5:40 pm
GYF-W-1L	W	July 16-Aug 20	6:45-7:40 pm
GYF-TH-1M	Th	July 17-Aug 21	4:45-5:40 pm
GYF-TH-1N	Th	July 17-Aug 21	6:45-7:40 pm
GYF-S-10	Sat	July 19-Aug 23	8:45-9:40 am
GYF-S-1P	Sat	July 19-Aug 23	11:45 am-12:40 pm

# **Little Twister Preschool Gymnastics**

#### Ages 3-5

Kids have fun learning the fundamentals of the bars, beam, floor and trampoline. Develop coordination and listening skills. Build confidence and independence without parental supervision. No class July 5

5 sessions	<b>;</b>	\$108	
GYW-M-1A	M	June 9-July 7	9:30-10:15 am
GYW-M-1B	M	June 9-July 7	4:45-5:30 pm
GYW-W-1C	W	June 11-July 9	10:30-11:15 am
GYW-TH-1D	Th	June 12-July 10	4:45-5:30 pm
GYW-S-1E	Sat	June 14-July 12	9:45-10:30 am
GYW-S-1F	Sat	June 14-July 12	10:45-11:30 am
GYW-S-1G	Sat	June 14-July 12	11:45 am-12:30 pm

#### 6 sessions \$130

GYW-M-1H	M	July 14-Aug 18	9:30-10:15 am
GYW-M-1I	M	July 14-Aug 18	4:45-5:30 pm
GYW-W-1J	W	July 16-Aug 20	10:30-11:15 am
GYW-TH-1K	Th	July 17-Aug 21	4:45-5:30 pm
GYW-S-1L	Sat	July 19-Aug 23	9:45-10:30 am
GYW-S-1M	Sat	July 19-Aug 23	10:45-11:30 am
GYW-S-1N	Sat	July 19-Aug 23	11:45 am-12:30 pm

# Parent & Tot Gymnastics

#### Age 18 months-3 years

Instructor led with parent/adult. Parents join in the fun with your toddler. The gym is set with age appropriate equipment, obstacle courses and music. Children work on coordination, rhythm, spacial awareness, social and motor skills. All IGM gymnastics programs are designed by age groups. The curriculum focuses on core gymnastics skills, flexibility, and exercise training, while assisting in children's overall growth, strength, and coordination. No class July 5

#### 5 sessions \$108

GYP-M-1A	M	June 9-July 7	10:30-11:15 am
GYP-M-1B	M	June 9-July 7	5:45-6:30 pm
GYP-W-1C	W	June 11-July 9	9:30-10:15 am
GYP-S-1F	Sat	June 14-July 12	10:45-11:30 am
GYP-S-1D	Sat	June 14-July 12	8:45-9:30 am
GYP-S-1E	Sat	June 14-July 12	9:45-10:30 am

#### 6 sessions \$130

GYP-M-1G	M	July 14-Aug 18	10:30-11:15 am
GYP-M-1H	M	July 14-Aug 18	5:45-6:30 pm
GYP-W-1I	W	July 16-Aug 20	9:30-10:15 am
GYP-S-1J	Sat	July 19-Aug 23	8:45-9:30 am
GYP-S-1K	Sat	July 19-Aug 23	9:45-10:30 am
GYP-S-1L	Sat	July 19-Aug 23	10:45-11:30 am



### **Trampoline & Tumbling**

Age 5-10

A great class for all ability levels, that focuses on skills such as cartwheels, round-offs, handsprings, and eventually back-tucks. Classes for both beginners and advanced are prefect for gymnasts and cheerleaders!

GYT-T-1A 5 sessions	- 1	June 10-July 8	4:45-5:40 pm
GYT-T-1B	T \$151	July 15-Aug 19	4:45-5:40 pm

# **Adaptive Gymnastics**

At Elite Gymnastics Academy for Age 2-10

Empower your young child with special needs to cultivate a lifelong love of movement. Adaptive classes with EGA provide a nurturing and stimulating environment where children explore their physical abilities, build confidence, and discover hidden strengths through the joy of gymnastics. Instructors are specialized and experienced in adaptive techniques. Classes are tailored to meet the unique needs and abilities of each child. Student: Instructor ratio: 4:1 (parent or para-educator participation is required) Class is held at Elite Gymnastics Academy, 12500 Chowen Ave. S, Burnsville. No class June 30, July 1, 3, 5

GYA-M-4A 9 sessions	M \$396	June 16-Aug 18	4:20-5:05 pm
GYA-T-4B 9 sessions	T \$396	June 17-Aug 19	4:20-5:05 pm
GYA-S-4D 9 sessions	Sat \$396	June 21-Aug 23	12:20-1:05 pm
GYA-R-4C 8 sessions	Th \$352	June 26-Aug 21	7:30-8:15 pm

# **IGM Summer Camps**

Age 4-12

IGM's Summer Camp is full of exciting activities that will get your kids moving! More than gymnastics classes, IGM staff plans exciting games, arts & crafts, bounce house, and open gym time. Enjoy Wacky Wednesdays, Thinking Thursdays, Wet & Wild Fridays and more! You'll have a blast using the trampolines, tumble track, foam pits and mats of all shapes and sizes. Make this an unforgettable summer break full of flipping, jumping and climbing. Morning and afternoon snack are included, bring a packed lunch. M-F 8:30 am-4 pm 5 sessions

#### \$250 fee per camp

School's Out for Summer ISC-W1-1A June 9-13

Sticks & Stones Nature's Art ISC-W2-1A June 16-20

Fairytale Island ISC-W3-1A June 23-27

Pirate Fever ISC-W4-1A July 7-11

Camp's Got Talent ISC-W5-1A July 14-18

Enchanted Forest ISC-W6-1A July 21-25

Super Heroes Assemble ISC-W7-1A July 28-Aug 1

#### \$260 fee per camp

Splish Splash ISC-W8-1A Aug 4-8

Over the Rainbow ISC-W9-1A Aug 11-15

Imaginarium ISC-W10-1A Aug 18-22

Return to Hogwarts ISC-W11-1A Aug 25-29



# Ninja Warrior Training

Ninja Warrior classes are held at the Burnsville Conquer Gym, 3203 Corporate Center Drive in Burnsville All camps, teams and classes are coached by an experienced Ninja Trainer.



#### Conquer Ninja Rec Team Age 6-13

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendship! Sign up today to see how Ninja is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Our Conquer Rec Team is designed for youth, ages 6-13 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 long Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).

CNR-F-1A F July 11-Aug 29 5-6 pm 8 sessions \$199

### Parent Child Ninja Class Age 5-13

Family Ninja Classes are for anyone 5 or older. This parent child class is designed for both parents and kids to get moving and have fun together. You and your ninja will work together to learn how to tackle ninja obstacles, problemsolve courses, and build self-esteem! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! If you are looking for something different to do with your child and want to try a unique way to be active, come check this class out! All fitness levels welcome!

CNR-PC- 1A Sat 4 sessions \$139	June 7-28	9-10 am
CNR-PC-1B Sun 8 sessions \$275	July 6-Aug 24	9 -10 am

#### Intro to Ninja Age 5-13

Ninjas develop strength and agility during this 4 weeklong course by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, coordination, and self-esteem that can be transferred into ninja levels testing or enhance other athletic performances.

CNR-4W-1A W June 11-July 2 4:30-5:30 pm 4 sessions \$95 CNR-8W-1A W June 11-July 30 5:30-6:30 pm 8 sessions \$190

#### Parents Day Out Age 5-13

No School - No Problem! Drop off your kids and Conquer Ninja for 2 hours of fun and activities. We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! During this 2 hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active!

**F 1-3 pm \$40** CNR-P-1A June 6 CNR-P-1B July 11 CNR-P-1C Aug 15

# Ninja Summer Camp Age 6-13

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

#### M-Th 9-11 am 4 sessions \$175

CNR-SC-1A June 9-12
CNR-SC-1B June 16-19
CNR-SC-1C June 23-26
CNR-SC-1D July 7-10
CNR-SC-1E July 14-17
CNR-SC-1F July 21-24
CNR-SC-1G July 28-31
CNR-SC-1H Aug 4-7
CNR-SC-1I Aug 11-14
CNR-SC-1J Aug 18-21
CNR-SC-1K Aug 25-28



# Sports & Recreation



#### Skateboard Camp Grade K-12

Kickstart your skateboarding adventure. This class is perfect for all levels, whether you are just getting started or looking to learn tricks, improve balance, and build confidence on their board. This class focuses on building essential skills, from basic tricks to advanced techniques, in a supportive and energetic environment. Students will enhance their balance, coordination, and confidence. Join us for an exciting ride towards skateboarding skills and fun! Bring a water bottle and your own skateboard to camp. Skateboard and Safety Equipment Available for Rent \$7. All skaters must have a helmet. Pads are highly recommended. Bring a lunch and nut free snack. Skaterapolis is located upstairs outside of Macy's at Burnsville Center. Enter the mall through entrance 3.

Mark Somerville

Full Day M-F 9 am-3 pm		Half Day M-F 9 am-12 pm		
5 sessions \$209		5 session	ıs \$179	
SSF-4A	June 9-13	SSH-4A	June 9-13	
SSF-4B	June 16-20	SSH-4B	June 16-20	
SSF-4C	June 23-27	SSH-4C	June 23-27	
SSF-4D	June 30-July 4	SSH-4D	June 30-July 4	
SSF-1A	July 7-11	SSH-1A	July 7-11	
SSF-1B	July 14-18	SSH-1B	July 14-18	
SSF-1D	July 28-Aug 1	SSH-1C	July 21-25	
SSF-1E	Aug 4-8	SSH-1D	July 28-Aug 1	
SSF-1F	Aug 11-15	SSH-1E	Aug 4-8	
SSF-1G	Aug 18-22	SSH-1F	Aug 11-15	
SSF-1H	Aug 25-29	SSH-1G	Aug 18-22	
	<u> </u>	SSH-1H	Aug 25-29	

#### Soccer Starters Age 4-8

Kick-start your soccer journey with 6 weeks of professional skills training. I Got Skills Soccer Starters offers a fun way to hone your soccer and futsal skills, preparing you to get on the field with a competitive edge. Each session focuses on individual, technical skills that are optimized for your current level of play. You'll gain a good grasp of fundamental techniques, and confidence with the ball. Educational and beginner-friendly, you'll develop an even greater love for the game as you play. Bring a water bottle. No class June 19.

Jason Popkin

SSS-4C Th, Sat May 8-June 28 5-6 pm 15 sessions \$85 BHS Soccer Field

#### **Everyone Plays Soccer**

Ages 4-9 U5-U6 (2019-below) U7-U9 (2018-2016)

Experience the joy of soccer with the I Got Skills Everyone Plays Recreational Soccer Program! Designed for ages 4-9, this program blends fun and skill-building in a supportive, age-specific environment. Led by professional coaches, players will enhance their soccer abilities while staying active and engaged. With a focus on inclusivity, growth, and love for the game, Everyone Plays is perfect for young athletes at every level. Bring a water bottle to each practice and game. No class June 5, 19

Jason Popkin

Th, Sat May 1-June 28 16 sessions \$105 BHS Soccer Field

U5-U6

EPS-U5/6 -4A Th 5-6 pm, Sat 9-10 am

U7-U9

EPS-U7/9 -4B Th 6-7 pm, Sat 10-11 am





#### Horse Camp Age 6-12

Paint horses, bathe horses and learn to brush, lead, and ride a horse. The camp focus is teaching skills kids will need if they take riding lessons. Whether interested in riding lessons or not, there is something for every child to enjoy at camp. Prepackaged snacks are served. Please bring your own if you have food allergies. Bring a water bottle. Wear long pants (preferably jeans) and cowboy boots (available at Fleet Farm). Riding helmet required. Bring your own or we will provide one for you to use. The stable is equipped with an indoor arena, so camp will be held rain or shine!

Check your confirmation email for the Freiheit Performance Horse Camp email waiver, which must be completed and turned in to camp staff. Camps are held at Capall Stables, 4804 Clearwater Trail, Lonsdale. Parents are responsible for transportation to and from the stable.

**Dustin Freiheit Performance Horses** 

M-W 9 am-12 pm 3 sessions \$275

SHC-4A June 16-18 SHC-1A July 7-9 SHC-1B Aug 18-20

#### Tae Kwon Do

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply.

Bring a water bottle.

NAM NGUYEN - Nguyen School of Tae Kwon Do

Beginner to Yellow Belts Age 6-14

STK1- 4D T, Th May 27-June 12 6-6:55 pm 6 sessions \$48 Sky Oaks Gym

Youth Age 12 + Green to Black Belt & Adult All Levels

STK2- 4D T,Th May 27-June 12 7:15-8:30 pm 6 sessions \$48 Sky Oaks Gym

#### **TGA Premier Sports Pickleball**

TGA (Teach. Grow. Achieve.) is excited to introduce youth Pickleball classes! Similar to tennis, this fast-paced, ultrafun, and highly accessible sport is perfect for all ages. With classes held right at school, we teach the fundamentals using real equipment (all provided) and allow students to learn through interactive games, drills, and real matches. Students will also explore relevant academic concepts through gameplay while practicing life skills such as sportsmanship, integrity, and perseverance. TGA creates a safe environment and provides individualized attention, meeting each student where they are in their journey and progression. Bring a water bottle to each class.

TGA Premier Sports



#### **SPRING Pickleball**

Middle School Grade 6-8

SPB-4A T, Th May 13-29 6-7 PM 6 sessions \$189 Cedar School Gym

#### **SUMMER Pickleball**

Elementary Aged Age 6-10

W 6-7 pm Rahn Elementary Gym

YPB-1A June 18-July 23 6 sessions \$189

YPB-1C July 30-Aug 27 5 sessions \$159

#### Middle School Age 11-14

W 7-8 pm Rahn Elementary Gym

YPB-1B June 18-July 23 6 sessions \$189 YPB-1D July 30-Aug 27 5 sessions \$159



# DASH SPORTS Classes will be held outside when possible



#### Flag Football Tykes Age 3-5

Camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing and defense will be taught and practiced and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of "Respect, Hustle and Pride." Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats and mouth guards are optional).

**6-6:30 pm 4 sessions \$65**DTF-ER-4A W May 7-28

DTF-ER-4A W May 7-28 ERMS Football Field DTF-WB-4B Th May 8-29 William Byrne Field 1

### Flag Football Skills Camp Grade K-3

Camps provide players with a well-rounded football experience in a little to no contact safe environment. Key elements of passing, catching, rushing and defense will be taught and practiced and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of "Respect, Hustle and Pride." Camp ends with a scrimmage the final day. Athletes should bring a water bottle (spikes/cleats and mouth guards are optional). Footballs and flag belts are provided. Bring a water bottle.

6:40 -7:40 pm 4 sessions \$79

DSF-ER-4A W May 7-28 ERMS Football Field DSF-WB-4B Th May 8-29 William Byrne Field 1

# T-Ball Camp Age 5-9

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

DSC-TB-1A M-W June 16-18 1-4 pm 3 sessions \$129 Harriet Bishop Field 1

#### T-ball Tykes Age 3-6

Looking for a fun introduction to baseball? DASH Sports T-Ball Tykes camp introduces players to key elements of throwing, fielding/catching, batting, and base running. The final day of classes is Game Day where athletes will showcase their skills in a game environment. Athletes should bring a water bottle and a baseball glove. Baseballs and bats are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

DSC-TT-1A M-W June 16-18 4:45-5:30 pm 3 sessions \$65 Harriet Bishop Field 1

#### Jr. NBA Basketball Camp Age 6-12

DASH Sports Summer Jr. NBA basketball camps provide players with a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camp ends with scrimmages and games the final day where athletes can showcase their skills. Athletes should bring a water bottle and a snack. Balls are provided. Each participant will receive a custom Jr. NBA Jersey of their favorite team with their name and number printed on the back to keep.

DSC-JB-1A M-Th June 23-26 1-4 pm 4 sessions \$149 Harriet Bishop Field 2

### Basketball Tykes Age 3-6

DASH Sports Basketball Tykes camps provide players with an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. Athletes should bring a water bottle & wear athletic clothing & shoes. Balls are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

DSC-BT-1A M-Th June 23-26 4:45-5:30 pm 4 sessions \$75 Harriet Bishop Field 2



# DASH SPORTS Classes will be held outside when possible



#### MLS GO Mini-Soccer League Age 6-12

MLS GO Summer Soccer Mini-Leagues provide players a well-rounded soccer experience covering a broad range of soccer skills (dribbling, passing, shooting, and defense) training and scrimmages and games. This camp consists of one day of skills training follow by 3 days of games (2 per day for a total of 6 games). Athletes should wear sunscreen and bring a water bottle and a snack (spikes and shin guards are optional). Balls are provided. Each participant will receive an MLS GO uniform with registration consisting of a jersey, shorts, and socks.

DSC-MG-1A M-Th July 14-17 1-4 pm 4 sessions \$149 Harriet Bishop Field 1

#### Soccer Tykes Age 3-6

DASH Sports Soccer Tykes camps provide players with an introductory experience to the game of soccer. Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Athletes should bring a water bottle and wear athletic clothing & shoes (spikes and shin guards optional). Soccer balls are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

DSC-ST-1A M-Th July 14-17 4:45-5:30 pm 4 sessions \$75 Harriet Bishop Field 2

### Lacrosse Camp Age 6-12

DASH Sports Summer Lacrosse camps provide participants a no-contact introductory experience to the game. Athletes will learn basic lacrosse fundamentals including stick handling, cradling, passing, and shooting all in a fun, non-checking environment. This is a non-contact camp, helmets, gloves, and mouth guards are not required, but can be brought with and worn. Sticks and safety lacrosse balls are provided. Participants should wear sunscreen and bring a water bottle and snack.

DSC-LC-1A M-Th July 21-24 9 am-12 pm 4 sessions \$149 Harriet Bishop Field 1

### Floor Hockey Camp Age 6-12

DASH Sports Summer Floor Hockey camps provide players with a well-rounded hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Athletes should wear sunscreen and bring a water bottle and a snack. Sticks and pucks are provided.

DSC-FH-1A M-Th July 21-24 1-4 pm 4 sessions \$149 Harriet Bishop Blacktop

#### Floor Hockey Tykes Age 4-6

DASH Sports Floor Hockey Tykes camps provide little athletes with an introductory hockey experience covering a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, and shoot in a fun and positive environment. Athletes should bring a water bottle and wear athletic clothing & shoes. Sticks and pucks are provided. Parent participation is required for the 2-3 yr old age group and recommended when needed for the 4+ year old age group.

DSC-FT-1A M-Th July 21-24 4:45-5:15 pm 4 sessions \$75 Harriet Bishop Blacktop

#### Pickleball Camp Age 6-12

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. DASH Sports Summer Pickleball camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and game play. Key elements of serving, returning, volleys, overheads, and lobbing will be taught and practiced. Camp ends with games on the final day. Participants should wear sunscreen and bring a water bottle and snack. Campers also should bring a pickleball paddle (if you don't have one, we will provide paddles). Balls and all other equipment are provided.

DSC-PC-1A M-Th Aug 4-7 9 am-12 pm 4 sessions \$149 ERMS Tennis Courts

# Tennis Camp Age 6-12

DASH Sports Summer Tennis camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and game play. Key elements of the serve, forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, and the overhead smash will be taught and practiced. Camp ends with games on the final day. Participants should wear sunscreen and athletic clothing/shoes, and bring a tennis racket, water bottle, and a snack. Balls and all other equipment are provided.

DSC-TC M-Th Aug 4-7 1-4 pm 4 sessions \$149 ERMS Tennis Courts



### Tennis Tykes Age 3-6

DASH Sports Tennis Tykes camps provide participants with an introductory experience to the game in a fun and positive atmosphere. Emphasis is on technique and ball striking as well as gameplay. Basic elements of the serve, forehand, and backhand will be taught and practiced. Participants should bring a tennis racket, water bottle, athletic clothing.

DSC-TE-1A M-Th Aug 4-7 4:45-5:30 pm 4 sessions \$75 ERMS Tennis Courts

### FULL DAY Multi-Sport & Games Age 6-12

DASH Sports Summer FULL DAY Multi-Sport camp includes fun skills training and games in three sports: Soccer, Basketball, and Flag Football. Athletes will spend roughly 1.5 hours learning and practicing each sport per day. Key sports skills will be taught and practiced in all 3 sports including: dribbling, passing, shooting, defense, and more! Also included daily are fun games such as Dodgeball, Capture the Flag, Kickball, and more! Camp ends with games/scrimmages the final day for each sport, where athletes can showcase their skills. Campers should wear sunscreen, bring a water bottle, lunch, two snacks, and athletic shoes and clothing. All equipment is provided.

M-Th 9 am-4 pm 4 sessions \$239 Harriet Bishop Field 1
DSC-FD-1A Aug 11-14
DSC-FD-1B Aug 18-21

#### HALF DAY Multi-Sport Camp Age 6-12

DASH Sports Summer Multi-Sport camp includes fun skills training and games in three sports: Soccer, Flag Football, and Baseball. Key sports skills will be taught and practiced in all 3 sports so athletes will come out of camp with a great understanding of key skill components and gameplay of each sport. Camp ends with games/scrimmages the final day for each sport, where athletes can showcase their skills. Campers should wear athletic clothing/shoes and sunscreen. Bring a water bottle, snack, and a baseball glove. This is a great camp that produces well rounded athletes. Balls and other equipment are provided.

DSC-MS-4A M-W June 16-18 9 am-12 pm 3 sessions \$129 Harriet Bishop Field 1

#### Multi-Sport Tykes Age 3-6

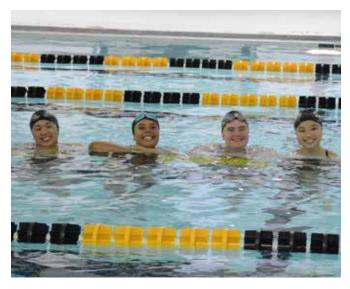
DASH Sports Summer Multi-Sport camp includes fun skills training and games in three sports: Soccer, Flag Football, and Baseball. Key sports skills will be taught and practiced in all 3 sports so athletes will come out of camp with a great understanding of key skill components and gameplay of each sport. Camp ends with games/scrimmages the final day for each sport, where athletes can showcase their skills. Campers should wear athletic clothing/shoes and sunscreen. Bring a water bottle, snack, and a baseball glove. This is a great camp that produces well rounded athletes. Balls and other equipment are all provided.

DSC-MT-1A M-Th Aug 11-14 4:45-5:30 pm 4 sessions \$75 Harriet Bishop Field 1



# Blaze Sports Camps

Use the grade your child is entering in the fall of 2025 when registering for summer activities. Students receiving educational benefits from ISD 191 may be eligible for reduced tuition. Please present your most recent educational benefit letter to Community Education with your registration. Call 952-707-4150 for assistance, Monday-Friday, 8 am-3:30 pm, or stop by the Community Education office at Diamondhead (Door #11). For all camps, bring a water bottle each day, apply sunscreen, and dress appropriately for the weather. Wear closed-toe athletic shoes unless other footwear is specified. For camps that include a shirt, please indicate size when registering. No Blaze Camps June 19, 30 and July 1-4



# Blaze Introduction to Competitive Swimming and Diving Grade 5-12

We will spend two weeks at the Burnsville High School pool focusing on techniques of the four different competitive strokes including starts, turns, kicks, etc. We will then spend two weeks at the Eagle Ridge Middle School pool learning the basics of competitive diving including numbering, scoring, board approach, etc. Both camps offer excellent benefits for all levels of experience with a great coach to athlete ratio with 2-3 coaches at both camps. T-shirt provided at end of camp. Camper must bring suit, towel, and goggles.

Participants must be able to swim comfortably in the deep end of the pool. Swim lessons (outside of competitive strokes and technique) will not be provided.

No class July 11, 18, 25

Ben Mauser

#### Swim Session Only

SBC-DC-1A M-F July 21-Aug 1 3-5 pm 9 sessions \$100 ERMS Pool

#### **Dive Session Only**

SBC-SC-1B M-F July 7-Aug 1 4-6 pm 9 sessions \$100 ERMS Pool

#### Swim & Dive Combined

SBC-1C M-F 17 sessions \$150

July 7-17 3-5 pm BHS/ERMS Pool

July 21-Aug1 4-6 pm ERMS Pool

#### Blaze Tennis Grade 7-12

The Burnsville summer tennis program is a fun and educational program centered around drills and matches to improve your child's skill and growing your student's love for the game. Camp drills will run weekly on Tuesdays and Thursdays from 9-11 am with matches on Wednesdays (usually 9 am-3 pm). The camp is lead by current and former BHS coaches and players. Tennis shoes and racket are required. Bring water and snacks.

#### Paul Nesseth

BTN-1A T-Th July 1-31 9 am-3 pm 15 sessions \$200 BHS Tennis

#### Volleyball

Come join the fun of Burnsville Blaze Girls and Boys Volleyball while working on skill development, competitions, and games to learn a great lifelong sport. Guaranteed opportunity for quality repetitions, individualized feedback on skills, and a great time with our Blaze Volleyball Family! T-shirt included!

Iosh Wastvedt

T-Th July 14-16 3 sessions BHS A14-16

Grade 1-5 BVB-1B 4-5 pm \$75 Grade 6-12 BVB-1A 12-3:30 pm \$100



#### **Blaze Football**

#### Grade 9-12

Our summer camp provides skill and tactical training for each position on offense, defense and special teams. Camp also includes film evaluation and meeting time. This is coached by Burnsville High Scool Football staff.

Bring to each day of camp: Cleats, mouth guard, 5 pad girdle, shirt/shorts, tennis shoes and water and snacks.

Vince Varpness & coaching staff

BFC-FB-4A M-F June 17, 18, 25, 26, July 16, 17, 21-25 11 sessions \$100 BHS PATES 8-11 am



# **Blaze Running**

All teams & camps meet at Terrace Oak Park East 12650 Parc Drive, Burnsville

Bring a water bottle to camp each day. Jeff Webber coach

#### Elementary Fall Team Grade 1-5

Our elementary Fall Running team is designed to introduce young athletes to running and allow experienced runners to continue with the sport. During practice we focus on aerobic endurance and fitness, core strength and flexibility, the importance of sleep and nutrition. We also have the opportunity to participate in Cross Country style races with other teams from local areas/districts. Most importantly, we have fun!

BCC-4A M,Th Aug 18-Oct 2 5:30-7 pm 14 sessions \$70

### Middle School Summer Camp Grade 6-8

Our Middle School Summer Running Camp is designed to introduce middle school athletes to running. We focus on aerobic endurance and fitness, core strength and flexibility, the importance of sleep and nutrition. Most of all we have fun!

BCC-4C M-Th June 9-12, July 7-10 8-9:15 am 8 sessions \$30

# **Blaze High School Summer Camp**

Grade 9-12

This camp is designed to improve endurance capacity with a variety of strength, core, and agility. Each athlete will have activities planned to meet their running goals. No camp the week of June 16-20 or June 30-July 4.

BCC-4B M, T, Th June 9-July 17 8-9:30 am 12 sessions \$80

### Blaze Baseball Camp Age 9-15

Participants will improve their ability to consistently hit, field, and accurately throw a baseball through the use of direct instruction and drills supported by Blaze high school baseball players. Participants will have the opportunity to showcase their skills in a modified scrimmage on the final day of camp. Camp participants should provide a baseball bat, batting helmet, and a fielding glove. If the weather prevents the camp from being outdoors on the baseball field, the camp will take place inside Burnsville High School in the F190 gym, near door #7.

The Blaze Baseball Camp will be staffed by Burnsville High School baseball coaches and players.

BBC-4A M-Th June 9-12 9-11:30 am 4 sessions \$80 BHS Varsity Baseball Field

# Blaze Elementary Cheer Clinic and Performance Grade 1-6

Get an introduction into cheer by learning stunts, tumbling, jumps, dances and more and cheer with the sideline team at part of a home football game - date TBD.

Wear athletic clothes and tennis shoes.

Alison Morris

BCH-1A T Aug 5-26 5:30-6:30 pm 4 sessions \$95 BHS F190

### The Dundon D1 Running Camp Grade 5-9

2024 Big Ten Track Athlete of the year Zoie Dundon, and 2x All-Summit League Team Thomas Dundon are hosting a running camp for anyone entering grades 5-9 in the fall of 2025. Focus will be on middle to long distance runners hoping to improve as athletes by setting goals, and working on drills to improve fitness, strength and teamwork. Participants should wear running attire.

BRN-4A M-Th June 23-26 8-10 am 4 sessions \$75 BHS Pates





#### Blaze Performance Grade 6-12

Summer Blaze Performance will focus on the development of movement, speed, agility and strength for the total athlete. Enhance your athletic performance by preparing for your upcoming season with your teammates at Blaze Performance! Sport groupings are recommended and athletes can be placed in other sessions if needed. Please bring a water bottle to camp each day. No camp on June 19, 30, July 1-3

#### Ryan King

#### M-Th June 9-July 31 27 sessions \$112 BHS Weight Rm

BPF-1A	Girls Basketball/Tennis/Dance	7-8:30 am
BPF-1B	Boys Football/Baseball	8:15-9:45 am
BPF-1C	Girls Soccer/Volleyball	8:45-10:15 am
BPF-1D	Boys Basketball	8:45-10:15 am
BPF-1E	CoEd General	9:15-10:45 am
BPF-1F	CoEd General	9:45-11:15 am
BPF-1G	CoEd General	10:30 am-12 pm
BPF-1H	CoEd Middle School	10:15-11:45 am



#### Blaze Sideline Cheer Grade 7-12

This class is a prerequisite for involvement with the Varsity or JV Competitive Cheer and ALL sideline athletes must continue on to the competition season.

Tryouts for team placement are on May 27 & 28 from 4:30-7 pm at BHS in F190. All who are registered may try out. Everyone will be placed on a team.

June-early October practice times are based on team placement. Practices are Tuesdays and Thursdays. Football game schedule to be announced. Pep fests, parades, & additional school spirit event dates will be added.

Cheerleaders are required to purchase uniform, poms, white cheer shoes and a warm up jacket (returning cheerleaders do not need to repurchase items you already have). Cost for all items is approximately \$200. Links to order will be sent to registration email and orders must be placed by July 1.

Additional registration required in August. Please contact burnsvillecompcheer@gmail.com with questions.

Changes to practice location, dates and additional practices, pep fests and parades will be communicated by the coach. No practice June 19, July 1, 3

#### Alison Morris

BCH-4B T, Th May 28-Oct 16 4:30 -7:30 pm \$240 BHS F190







# ISD ONE91

Childcare Supported by

# **Project KIDS**

### Monday-Friday, June 11- August 15

#### 7 am-5:30 pm at Edward Neill Elementary

Providing a safe, full day of recreational and educational activities, flexible scheduling, breakfast, lunch, snack, enrichment activities, and more. Off site field trips and special on site guests included throughout the summer!

#### **Providing Flexible Contract Options**

Consistent Care: A minimum of the same 3 days every week

**Drop-in Contract:** Anything less than a consistent 3 days every week for entire summer

PM Contract: For students attending ISD 191 Summer School only

# For kids entering kindergarten-grade 6 in Fall of 2025

Visit communityed191.org for details and registration information



One91 Community Education (952) 707-4150

# **School Age Care**

For Children in Kindergarten-5th Grade PROJECT KIDS

Keeping kids safe and engaged with fun, high quality educational and recreational experiences

Caring educated staff members provide fun, consistent, nurturing environments and the support children need to succeed. Our goal is to ensure the success of all children in our communities.



# Monday-Friday, 7 am-5:30 pm During the school year

#### **Edward Neill, Vista View**

Nick Sanborn nsanborn@isd191.org 952-707-3708

#### Harriet Bishop, Hidden Valley

Shar Lattery slattery@isd191.org, 952-707-3908

#### Rahn, William Byrne

Jeanine Kristjanson, 952-707-3508 jkrsjanson@isd191.org

#### Gideon Pond, Sky Oaks

Stacey Konopa, 952-707-3008 skonopa@isd191.org

For current details, visit communityed191.org

# Teen Opportunities



# Babysitting 101 Age 10-13

This course is best suited for 10 to 13 year olds interested in learning the current practices for caring for young children and how to manage their babysitting business. Students will learn safety and injury prevention, CPR, first aid basics, feeding, and caring for infants and how to handle behavior problems. Students will receive a reference book, handouts, babysitting bag and first aid kit. Please bring a nut free lunch and water bottle to class.

Tue 8:30 am-4 pm \$69 DEC Rm 1026

1BS-4A June 10 1BS-4B July 15

### Summer Swing Dance! Grade 6-12

Grab a friend, put on your dancin' shoes and join us for a swingin' time! Develop specialized dance routines to perform for family and friends. Summer Swing ends with a performance at Late Night Swing in Minneapolis! Friends and Family are invited to this performance.

Bekah Berry

T, Th July 8-Aug 7 10 sessions \$99 BHS F190

#### Beginning Swing

Beginners learn the basics of East Coast Swing and the Lindy Hop.

BSW-1A 10 am-12 pm

#### Advanced Swing

If you've participated in Summer Swing before and want to audition for the high school team, register for Advanced. Students registered for Advanced are also invited to attend the Beginner session (no registration necessary)

BSW-1B 11 am-1 pm

#### **3D Classes**

See page 33-42

Nature Spa Camp
Eureka Engineering
Exploring Photography
Olympic Fencing
Intro to Esports
Minecraft Olympics
RC Wars
Intro to Digital Art
Eco-Fashion Camp
Campfire Cooking
Drone Racing
Intro to Comic Creations
YEL Project Runway

#### **More Classes & Events**

#### See pages 44-56

DIY Dog Treats
Lion King Jr. Musical Theater Camp
NEW! Taylor Swift Par-Tay and Dance
Piano, Guitar & Voice Lessons
Eco Inventors
Design Your Own T-Shirt
Ninja Warrior
Skateboard Camp
Tae Kwon Do
Pickleball
BLAZE Sports Camps, pages 54-56



# Burnsville Youth Collaborative at the Middle School

During BYC we focus on academics as well as providing enrichment opportunities. For more information contact Allison Jordan at 952-707-4104 or ajordan@isd191.org



# **Driver Education**

#### For Teens 15 and Up

30 Hours of Classroom Instruction prepares the student to take the Minnesota permit test and begin the responsibility of driving. The 30 hours of classroom is structured into 10 independent lessons. All materials are provided to students in the classroom. After class is completed, students who are 15 years old are eligible to take their permit test at any Minnesota exam center.

Behind -the-Wheel Instruction includes six hours of driving in three 2-hour lessons. All driving will be in a real car with a responsible, licensed Safeway instructor. The lessons are given on actual city streets, highways and freeways. Driving lessons may be completed up to one year after obtaining the permit., Scheduling is offered online for 24/7 convenience. Pick up for behind-the-wheel lessons may be from home, work or school. Behind-the-Wheel Instruction Includes six hours of driving in three, 2-hour lessons. All driving will be in a real car with a responsible, licensed Safeway instructor. Lessons can be completed up to one year after obtaining the permit.

Classroom & Behind the Wheel Package \$410, Classroom only \$240 (Behind the Wheel payable to Safeway)

**SPRING** DSW-3E May 12-28, no class May 26 M-Th 2:50-5:50 pm 10 sessions BHS E108



#### SUMMER M-F 10 sessions DEC C Wing Center No class June 19

DSW-4A	June 9-23	9 am-12 pm
DSW-4B	June 9-23	1-4 pm
DSW-1A	July 7-18	9 am-12 pm
DSW-1B	July 7-18	1-4 pm
DSW-1C	Aug 4-15	9 am-12 pm
DSW-1D	Aug 4-15	1-4 pm

# The EDGE - A Summer Full of FUN & ADVENTURE!

Welcoming students from all communities entering grades 6-10 Fall 2025



# Make this your best summer ever!

7 am-5 pm

#### **Harriet Bishop Elementary**

Flexible Scheduling. Daily trips.

Onsite activities include art, crafts, speakers, video arcade, cooking, gym games, gaming, clubs and more.

Transportation provided to and from various schools.

Want more information? Contact Shar at 952-707-3908 or TheEDGE@isd191.org





Waterparks • Valleyfair • Trampoline Parks • VR Gaming • Movies TOPGOLF • Zip Lining • Party Boat • and much more!



We would love to spend our summer with you!

Visit Communityed191.org for more details



# One91 Early Childhood Programs

Nurturing the growth and development of children in the context of family and community relationships by providing a continuum of high quality family and early childhood education and experiences.

### **Programs include**

- ECFE Early Childhood
   Family Education classes
- Screening
- Preschool
- Ready To Grow/Learn Early Care & Education

#### **ECFE Classes**

Our classes provide families with warm and welcoming environments designed with the whole family in mind. Activity time is rich with play & learn stations that spark curiosity and exploration for parents and children. Enjoy quality time with your child, meet new people and see old friends.

Parent discussion time supports adults and provides information helpful for parenting in today's world.

Two hour classes consist of parent-child activity time, followed by parent discussion, which is led by a licensed Family Educator in a separate space.

During 90 minute classes, parent discussion may be less formal since families stay together the entire time.

### Registration is Ongoing

Tuition is based on a Sliding Fee Scale which is determined by income. See details on page 66.

Full payment must accompany each registration.





If you have a child under the age of 3 and have concerns about their development

Call Early Childhood Special Education at 952-895-6610



# Learn more about how young children develop!

Help Me Grow has many resources for parents and professionals, including information on developmental milestones, caregiver strategies to support development, and how screening and evaluation can benefit young children.

www.helpmegrowmn.org

# GROWING THE FUTURE FAMILY STRONG



# **Making a Difference**

#### Free ECFE Class for Advisory Council Members & Their Child NB-PreK

Share your ideas - join the ECFE Advisory Council. Included in your ECFE class is a monthly Advisory Council meeting held during the regular class time. This free opportunity is reserved for residents of School District 191 who will serve on the Advisory Council. No meeting Apr 1, May 6

EC-13/4 Tue Apr 8-June 3 12:45-2:45 pm

19 sessions DEC Rm 1031

#### Interested in joining the Advisory Council

If you are interested in being part of the ECFE Advisory Council, please send an email to csampers@isd191.org, letting us know a little bit about yourself and why you would like to join.



# Saturday Playtimes Newborn to Age 8

Leave the work to us. We set the stage for learning through play. You'll find creative ideas to use at home, as well as a great place to meet with other families.

Class meets Saturdays: Apr 12, 26, May 10, 24 \$50 Family Fee

EX-33/4 Sat Apr 12-May 24 10:30 am-12 pm 4 sessions DEC Rm 1031

# **Evening Playtimes**

Leave the work to us. We set the stage for learning through play. You'll find creative ideas to use at home as well as a great place to meet with other families. \$75 Family Fee

#### Newborn to Pre-K

E5-44 Tue Apr 8-June 3 6-7:30 pm

9 sessions DEC Rm 1033

Newborn to 33 Months

E2-34 Wed Apr 9-June 4 6-7:30 pm

9 sessions DEC Rm 1030

#### **Book Discussion "Good Inside"**

#### Newborn to Pre-K

In Good Inside, Dr. Becky shares her parenting philosophy, complete with actionable strategies, that will help parents move from uncertainty and self-blame to confidence and sturdy leadership. Dr. Becky prioritizes connecting with our kids over correcting them. Topics may include sibling rivalry, separation anxiety, tantrums and more.

E5-34 Tue Apr 8-June 3 9:45-11:45 am

9 sessions DEC Rm 1031 Sliding Fee A

#### Infants & Toddlers Newborn to 33 Months

Growing families may be looking for a safe place for an infant and toddler to play together with other children of this same age. Benefit from support and Information related to your growing child and your job as a parent or primary caregiver.

E2-24 Wed Apr 9-June 4 8-9:30 am

9 sessions DEC Rm 1030 Sliding Fee A

#### 2 & 3 Years 24 to 48 Months

You'll love being a part of this supportive community as your child transitions from toddler to preschooler. In addition to support, we provide engaging activities and information that families with 2 and 3 year olds find helpful.

E3-14 Thu Apr 17-June 5 9:45-11:45 am

8 sessions DEC Rm 1031 Sliding Fee B

#### Infants Newborn to 15 Months

Families with new babies in the home are typically curious about sleep, nutrition and changing duties in the family. Adults who attend class request additional information unique to their family's needs and curiosity. We welcome your questions and look forward to knowing you and your family. No class May 2

E0-24 Fri Apr 18-May 30 11 am-12:30 pm

7 sessions DEC Rm 1030 Sliding Fee C

#### Art Start Newborn to Age 8

Focus on creativity and explore process versus product art. Dress for a mess and prepare to enjoy creative experiences and art materials suitable for all ages. Kids get to paint with a variety of brushes and materials, learn how to use glue and practice with scissors. Additionally, there will be play dough and other sensory materials to squeeze and make things with. Each week, take home a recipe or guide for at-home art with household supplies. No class May 26

EX-14 Mon Apr 14-June 2 4-5:30 pm

7 sessions DEC Rm 1033 Sliding Fee A



### Me & My Dad Newborn to Age 8

A special time just for dad and the kids. ECFE plans fun activities, circle time, gym time and more. Parent discussion focuses on topics important to dads. No class May 26

EX-24 Mon Apr 14-June 2 5:45-7:45 pm 7 sessions DEC Rm 1033 Sliding Fee B

### Toddlers 16 to 33 Months

These amazing humans are growing at a rapid pace. One word communicates a need. Walking shifts to climbing and running. All these changes swing from fascinating to frustrating! Join with other families for support and ideas to help your toddler continue to learn and grow. No class May 2, 26 Sliding Fee A

E2-54 Fri Apr 18-May 30 9-10:30 am

7 sessions DEC Rm 1030

E2-64 Mon Apr 14-June 2 10-11:30 am

7 sessions DEC Rm 1030

### Mixed Ages Newborn to Pre-K

Infants, toddlers and preschoolers are combined for this family where the conversation shifts from sleep and nutrition to personality development, helping children succeed in school and managing a growing family. No class May 2, 26

E5-Incl-54 Wed Apr 9-June 4 9:30-11:30 am 9 sessions DEC Rm 1033 Sliding Fee B E5-74 Thu Apr 17-June 5 12:45-2:45 pm 8 sessions DEC Rm 1031 Sliding Fee B Fri 9:30-11:30 am E5-84 Apr 11-May 30 7 sessions DEC Rm 1033 Sliding Fee C F5-14 Mon Apr 14-June 2 9:30-11:30 am 7 sessions DEC Rm 1033 Sliding Fee C

# Parents & Preschool Ages 2 to 5

Are you looking for another day of preschool fun or a way to introduce your child to group activities? Check out this class especially for preschoolers and their families. Expect an afternoon of fun and learning through multiple learning stations. We'll also share simple ways to enhance day to day routines for learning at home. No class May 26

E3-34 Mon Apr 14-June 2 12:30-2:30 pm 7 sessions DEC Rm 1033 Sliding Fee C

# SUMMER ECFE

All Summer Activities are Sliding Fee C

# **Celebrating Babies**

#### Newborn to 15 Months

Enjoy quality time together through activities designed to build skills and boost confidence. Connect with other families who have children of similar ages, while gaining support and valuable information tailored to your child's specific age and developmental stage.

E0-11 Tue July 8-Aug 5 9 -10:30 am 5 sessions DEC Rm 1033 Sliding Fee C

#### Terrific Toddlers 18 to 36 Months

Enjoy quality time together through activities designed to enhance skills and boost confidence. Connect with other families who have children of similar ages, while gaining valuable support and information tailored to your toddler's developmental stage.

E2-11 Tue July 8-Aug 5 11 am-12:30 pm 5 sessions DEC Rm 1033 Sliding Fee C

# Park Tour Picnic & Play Evening

#### Newborn to Age 8

Join us for an exciting exploration of the 191 Community as we tour local parks! Pack a picnic for your family and bring a blanket to relax on as we enjoy a day filled with food, storytelling, sunshine, and fun activities. Our first stop will be at the beautiful Cliff Fen Park, located at 120 Cliff Rd E in Burnsville. A detailed schedule of our tour stops will be provided before the first week of the program. In case of severe weather, we will gather at the Diamondhead Education Center in room 1031. Don't miss this wonderful opportunity to connect with nature and your community!

EX-31 Tue July 8-Aug 5 5:30-7 pm 5 sessions DEC Rm 1031 Sliding Fee C

### Summertime Fun in the Morning

Newborn to Age 8 Summer is a season for discovery! Each week, our early childhood classroom will dive into a new theme, exploring beloved stories, engaging songs, vibrant colors, and intriguing shapes. Meanwhile, parents will have the opportunity to meet with a licensed Parent Educator to discuss a range of insightful topics. Join us for an enriching experience for both children and parents alike!

EX-11 Tue July 8-Aug 5 9:30-11:30 am 5 sessions DEC Rm 1033 Sliding Fee C



#### Summertime Fun in the Afternoon

#### Newborn to Age 8

Summer is a season for discovery! Each week, our early childhood classroom will dive into a new theme, exploring beloved stories, engaging songs, vibrant colors, and intriguing shapes. Meanwhile, parents will have the opportunity to meet with a licensed Parent Educator to discuss a range of insightful topics. Join us for an enriching experience for both children and parents alike!

EX-21 Tue July 8-Aug 5 1-3 pm 5 sessions DEC Rm 1033 Sliding Fee C

#### Summer 2s & 3s 24 to 48 months

Join our nurturing community as your child transitions from toddlerhood to preschool in our ECFE classroom. Your energetic 2-3 year old will engage in exciting learning activities designed just for them. Following a collaborative adult-child interaction session, parents will have the opportunity to participate in a discussion led by a certified Parent Educator.

E2-21 Wed July 9-Aug 6 9:30-11:30 am 5 sessions DEC Rm 1033 Sliding Fee C

# **Evening Family Playtime**

#### Newborn to Age 8

Let us handle the groundwork! We'll create an engaging environment for playful learning. Enjoy quality time with your child as they explore and satisfy their curiosity, all while connecting with other families.

EX-41 Wed July 9-Aug 6 5:30-7 pm 5 sessions DEC Rm 1033 Sliding Fee C

#### **Rockin' Babies**

#### FREE! Newborn to 15 Months

Join us at Nicollet Commons Park to meet other families with young babies, share information, and get parenting support from a licensed parent educator. Enjoy the water fountains at the park; Rockin' Reader Storytime is 11:30 am. There is plenty of shade for extra sunny and waRm days. Bring a blanket, pack a snack or lunch if you would like. Once class is over, stay and enjoy the Rockin' Lunch Hour concert at noon. In the event of severe weather class will meet at Dlamondhead Education center in room 1030.

E0-21 Thu July 10-Aug 7 10:30-11:30 am 5 sessions DEC Rm 1030 Sliding Fee C

# **ECFE Playtime & Picnic**

#### Newborn to Age 8

Join us for a fun-filled day of creativity and exploration with your child in our ECFE classroom! Dive into activities centered around art, sensory experiences, and imaginative play. Afterwards, we'll take a short, refreshing stroll to Nicollet Commons Park for the weekly Rockin' Reader session and some splash-time fun. Remember to wear attire suitable for water play and bring your appetite complimentary lunch is provided for kids under 12. We can't wait to see you there!

EX-51 Thu July 10-Aug 7 10:15-11:45 am 5 sessions DEC Rm 1033 Sliding Fee C



# Rockin' Reader 2025

# **Storytime with District One91 Principals & Rockstars**

#### in Partnership with One91 Food Services June 12-Aug 7, 11:30 am at Nicollet Commons Park

There's plenty of shade for extra sunny days! Dress for weather, bring a blanket and pack a lunch, or get a free lunch from the District 191 Mobile Lunch Box (Children age 1-18). Don't forget to stay for the Rockin' Lunch Hour Concerts sponsored by the City of Burnsville. These mini concerts are geared towards younger audiences looking for a rockin' good time! Watch for complete schedule of events at communityed191.org or burnsvillemn.gov Rockin' Reader will not be held June 6, July 11 and August 14 due to Party on the Plaza.

The Little Mermaid Jr

		,
<b>Date</b> June 12	<b>Reader</b> Kristine Black, Hidden Valley Principal & Lyle Bomsta, Edward Neill Principal	<b>Lunch Hour Music</b> Todd'n'Tina
June 19	Angie Pohl, Vista View Principal	Tricia & the Toonies
June 26	Brad Robb, Rahn Principal	KidPower & Rachael
July 3	ТВА	Sticks & Stones
July 17	Ken Essay, Harriet Bishop Principal & Salma Hussein, Gideon Pond Principal	The Bazillions
July 24	Rene Brandner, Sky Oaks Principal	Kids Dance
July 31	Jason Sellars, Director of CE	Riffin' Griffin

Kaitlin Cantolla, EC Specialist

Aug 7



# Ready to Grow and Ready to Learn

At ONE91, we offer two year-round programs designed to nurture and support the growth of our youngest learners:



# Ready to Grow

Focusing on the individual growth and development of children ages 6 weeks to 3 years.

# Our teachers play a vital role in fostering the development of these young learners by:

- Serving as an essential link between you and your child while they are in our care.
- Supporting your goals as parents, recognizing that you are your child's first and most influential teacher.
- Providing a consistent, positive and nurturing environment—a "home away from home" where your child can play, engage, and grow alongside peers their age.

# Ready to Learn

Ready to Learn offers children ages 3 to 5 years a rich, immersive environment where they explore:

- Language and literacy
- Science and math
- Art and music
- Dramatic play
- Health and nutrition

Through hands-on experiences, children discover the world around them, sparking curiosity and creating their own unique pathways to learning.

#### Infants (6 weeks-15 months)

Our infant classroom is a warm and nurturing space for learners ages 6 weeks to 15 months. Compassionate teachers foster a love of learning through activities like tummy time, sensory exploration, mirror play, and buggy rides, ensuring each child receives individual attention.

Recognizing parents as their child's first and most important teachers, our caregivers work collaboratively with families to meet the unique needs of every infant.

#### Toddlers (16–33 months)

The toddler classroom is a joyful, dynamic environment where children are encouraged to explore, share, and practice their independence.

#### Teachers support toddlers in:

- Developing communication skills.
- Building routines around mealtimes and bathroom breaks.
- Engaging in both indoor and outdoor play experiences to support their growth.

Through stories, cuddles, and collaborative play, toddlers build friendships and develop foundational skills essential for their learning journey.

### Preschool (3–5 years)

Preschool classrooms emphasize the importance of play as a central and vital component of learning. Research shows that hands-on experiences during play are essential for development.

The Ready to Learn curriculum focuses on fostering school readiness by building skills in:

- Language and literacy
- Science and math
- Creative arts and music
- Dramatic play and movement
- Health and nutrition

Across both programs, play is at the heart of every experience a scientifically supported foundation for child development



### **New Natural Playground**

Our Ready to Grow and Ready to Learn programs now feature a brand-new natural playground, completed just a year ago!

This fenced-in playground includes multiple play surfaces for year-round exploration, with plenty of shade and plowable areas for winter fun.

#### Unique features include:

- Dinosaur skeletons for imaginative play and and water tables for sensory exploration
- A sensory swing
- A mini "parking lot" with signs for interactive learning
- Climbing tools and slides to strengthen physical and motor development

The natural playground is designed to spark curiosity and wonder, allowing children to explore, play, and grow in an environment that fosters creativity and development.

# Ready To Grow/Ready to Learn Instructors

RTG/RTL has five assistant teachers who have over 100 years of combined experience in our program.







**Wubet Abraha** 

Fataneh Sedighidehkordi

**Mary LeMIre** 





**Megan Kruse** 

Mai Ngo

- Wubet Abraha has worked at Ready to Learn as an assistant teacher in the Preschool for 17 years." I love to work with kids because I like interacting with them and watching them grow. I also enjoy building relationships with the children and their families."
- ◆ Fataneh Sedighidehkordi has worked at Ready to Grow, Ready to Learn for 24 years as an assistant teacher in our Toddler and Preschool classrooms. "I enjoy working with young children and seeing them motivated to learn and discover new skills. I enjoy making a difference in the lives of our future generation and shaping how students grow."
- Mary LeMIre has worked in the Ready to Grow Infant room for the past 26 years! "It makes my heart full to hear the giggle of a baby as we play peek a boo, to gladly read a book for the 10th time, to see their faces as they see something for the first time."
- Megan Kruse had worked as an assistant teacher in Ready to Grow in our Toddler, Preschool and now Infant classrooms for the last 24 years. "What I like about working in early childhood is the KIDS of course! Hugs, laughs, cries, the bonds that you create with each individual child and the unconditional love that they give you day after day. The friendships created with staff and families is rewarding also!"
- ◆ Mai Ngo has worked as an assistant in our Infant and Toddler classrooms for 26 years. "I like to sit on the floor with them and read books and play toys with them. They will be calm and happy."

To learn more, visit communityed191.org or call (952) 707-4146

# **ECFE** Registration



#### Return with payment to ECFE 200 W Burnsville Parkway, Burnsville, MN 55337

Payment, and a copy of immunization record must be submitted at the time of registration Please register each child attending class. Do not send cash in the mail

Davast/Cuardian Nama					
Parent/Guardian Name					
Child Attending	Birth Date	Class Name	ID#	\$	
Child Attending	Birth Date	Class Name	ID#	\$	
Child Attending	Birth Date	Class Name	ID#	\$	
Address					
City/State/Zip					
Home Phone	Work/Cell Phone				
Email	Family Annual Income				
District Resident:YesNo	☐ Cash ☐ Check				
□ Visa □ MC □ Discover □ AM	EX 🗖 UCare Visa CC#				
Exp/ Cardholder Signature					

# **ECFE Tuition -Sliding Fee Scale**

Fees vary according to class length and number of sessions. All classes offer a sliding fee based on total family income. We encourage all families to participate in ECFE regardless of payment. Choose what you feel you are able to pay or indicate waive fee when registering. Limit of one fee waiver per quarter.

Family Annual Income	<b>Fee A</b> 90 minutes	Fee B 2 hours	<b>Fee C</b> Short Session
0-\$19,999	\$30	\$40	\$20
\$20-44,999	\$50	\$60	\$25
\$45-64,999	\$75	\$85	\$35
\$70-84,999	\$100	\$110	\$50
\$85.000 & Up	\$130	\$150	\$65

### Registration is ongoing

- 1. Register online at communityed191.org or at the Diamondhead Education Center office
- 2. Choose your classes and special events
- 3. Determine the fee based on our sliding fee scale
- 4. Complete Registration & Immunization information and submit with payment

For policies regarding registration & participation - see page 69-70



#### **Photos in Classes**

One91 Early Childhood Programs periodically take pictures of participants in our classes and during other sponsored activities. These photos may be used in Community Education and district publications or other promotional materials. By registering for a class with us, you are giving permission for use of your photos. If you do not wish to have your picture taken or published, you must provide us written notice in advance.

#### **Email Notifications**

Include your email address on your registration. We send a confirmation email and messages regarding changes to class via email. We will never give your information to any other agency it is strictly for use by District 191.

#### **Weather Cancellations**

Alerts will be posted on the District and Community Education websites. Information will be relayed through local television and radio stations along with Facebook and Twitter accounts.

#### **Immunizations**

Minnesota law requires children enrolled in early education programs to be immunized against certain diseases or file a legal medical or conscientious exemption. Immunizations must be on file PRIOR to the start date of class, current as appropriate to the child's age or in progress, in order to attend One91 Early Childhood Programs.

District 191 requires immunization records for Early Childhood Family Education (ECFE) classes that run six weeks or more, One91 Preschool, and Kindergarten classes.

Submit a current copy of your child's immunization records to the District 191 Early Childhood Nurse, Fax to 952-707-4166 or complete the Early Childhood Immunization Form on our website and mail or drop off at the Community Education office at Diamondhead Education Center.

#### **Class Cancellations**

If Community Education cancels a class due to low enrollment, you will receive a full refund. If you cancel out of a class more than 5 business days before the class start date, you will receive a refund less a \$10 processing fee. If you cancel less than 5 business days before the start of a class or activity there will be no refund. There are no refunds for online classes once the meeting information has been sent.

If you find that a class in not the right fit for you or your child, contact us after the first week of class for assistance in finding a better fit. If a class is not available, you will receive a credit on your community education account for use on a future class.



Our experienced and caring teaching staff lead parents and children in engaging and stimulating activities that spark curiosity and exploration.

### **EVERY CHILD COUNTS IN ONE91!**

Every year, all families enrolled in a an early childhood program should complete an Application for Educational Benefits. By completing an application you help to ensure the District receives much-needed state and federal funding it deserves.

# One91 PRESCHOOL

# Sparking the Love of Learning

In preschool, Pathways learning is designed to spark the love of learning.

Our students widen their worlds and build foundational skills to continue their learning journey.

Children learn and grow best through play experiences. We embed skill-building into play to promote healthy development of the whole child throughout the classroom. For example, math skills show up at the snack table, the block corner, in cooking activities and more.



# Flexible Programs for Every Family

One91 Preschool provides flexible options for families based on schedule, location and cost. No matter which option, One91 Preschool is ready to spark curiosity, creativity, engagement, knowledge, and a love of learning in each child. Fees are based on income unless otherwise listed. Scholarships may be available for qualifying residents of District 191. Watch for an email from your classroom teacher with Open House information.

# Preschool Options Starting in Fall 2025

For more information contact, preschool@isd191.org, or 952-707-4110.

Puede llamar a Maricela Dale al 952-707-4165 para asistencia en español. Haddii ad af Somaali ku hadlasiid fadlan Ardo Ibrahim wac 952-707-4158.

### **PreKindergarten**

Must be 4 years of age by Sept 1, 2025 and not yet kindergarten eligible

This option immerses students in the elementary school experience. Space is limited. Transportation and meal service available. Independent toileting skills required (no pull ups). Free for District 191 residents.

4 days per week, Tuesday-Friday, mornings or afternoons at each of the district's neighborhood elementary schools

#### Preschool

#### Must be 3 years of age by Sept 1, 2025

The benefit of this mixed age group of 3-5 year olds, is peer modeling and leadership skills. Our most flexible option. No transportation or meals provided. Independent toileting skills are required (no pull ups). Fee based. 2, 3, or 4 days per week, mornings or afternoons at Diamondhead Education Center

# Preschool Plus Preschool Plus con un interprete de español Must be 3 years of age by Dec 1, 2025

Transition into preschool through this part-time option that includes time for parents and children. Fee based. Independent toileting skills are not required. No transportation or meals provided. Sibling Care available. Watch for details for upcoming open houses in September. More information will be mailed to registered participants. 2 days per week (1 day child only, 1 day child+parent), mornings or afternoons at Diamondhead Education Center

### 2024-25 Preschool Registration is ongoing on a space available basis

To apply, download the application packet at *communityed191.org*. ONLY COMPLETE applications will be accepted and considered for enrollment: preschool@isd191.org. Priority enrollment is given to District 191 students. We accept applications until all seats are filled.

# Policies & Information



# We have a new Registration System

#### The new system provides ways to register & more

Explore & register for Community Education activities
List and update emergency contacts & authorized pick up persons
View & download tax receipts
Manage payment methods

All of our programs will be run through Arux — a simple, mobile-friendly portal that gives you access to manage registrations, information and schedules.

#### To Get Started

Scan the QR code or visit communityed191.org and click on the Registration link

Click on *Create an Account*, then scroll to bottom of page & click on *Create One Now*Complete *Register a New Account* form
Log in, then click *Enroll Now* and get started viewing and registering for activities



### **Refund Policy**

#### Classes Canceled by Community Ed

Community Education reserves the right to cancel any activity. Community Education will make every effort to contact registrants 48 hours before the scheduled start of the activity. Complete refunds will be given when this occurs.

#### If you cancel your registration

Call 952-707-4150 to cancel a registration. If you cancel more than 5 business days before the class you will receive a refund less a \$10 processing fee. If you cancel less than 5 business days before the start of the class or activity there will be no refund. No refunds on activities that are mailed to your home, nor for online classes once the meeting information has been sent.

# **Charges for Returned Checks**

ISD 191 has contracted with Account Liquidation Services to collect funds for returned checks. Charges related to returned checks are determined by Account Liquidation Services.

# Register Now... It's Easy!

# Scan the QR code or visit communityed191.org

Set up an account then register from the comfort of your home using your debit or credit card.

Our website displays all information contained in our quarterly catalog. Just follow the directions on the website to register.

# Mail or Drop Off ISD 191 Community Education,

200 W Burnsville Parkway, Burnsville, MN 55337, Door 11

#### Fax 952-707-4140

Fax us your registration form, along with debit or credit card information.

#### **Use Our 24-Hour Drop Box**

Registration drop box is located outside the east entrance door on the lower level by door 11 at Diamondhead Education Center.

### Emergency Cancellations

When severe weather or other emergencies affect the regular school day, daytime community education activities or those that meet immediately after school are also canceled.



# Community Education Registration

Participant		Class		Class #	Start Date	Fee
Street Address						
City/State/Zip						
Home Phone			Work/Cell P	hone		
Email						
Youth Classes						
Child's Name			Birt	h Date	Grade _	
Parent Name	Phone					
Payment						
Cash/Check #	Make checks payable to ISD 191					
Charge My ☐ Visa	☐ MasterCard	☐ Discover	☐ AMEX	□ UCare Visa		
CC#	=					
Exp. Date/	Signature				Total Fee	

**Photos in Classes** ISD 191 Community Education periodically takes picture of participants in classes and during other sponsored activities for use in promotional materials. If you do not wish to have your picture taken or published, you must provide us written notice in advance of any activity you attend.

**Email Notifications & Announcements** Fill out the email address on your registration so we can send a confirmation, instructor and weather cancellation messages. We will never give your information to any other agency, it is strictly for use by ISD 191 Community Education.

**UCare Discount** UCare members may get up to a \$15 discount on most Community Ed classes. Members must have UCare insurance at the time of registration and throughout the duration of the class. Provide UCare Visa card when registering for class. Parents must use their child(ren)'s benefit card when signing them up for youth or teen classes, and use their own benefit card when registering for Adult or Senior classes. Please note: for registrations by mail, we may require a second form of payment to be included if the cost of the class(es) exceeds the amount of benefit remaining on the Healthy Benefits+ VISA for any student in any given quarter.

**Tuition Assistance** Financial assistance may be available on a limited basis for ISD 191 residents in need. Call 952-707-4150 for more details.









# **Diamondhead Education Center**

200 W Burnsville Parkway, Burnsville 55337 (DEC)

#### ISD 191 Administrative Services Center 952-707-2000

Enrollment Center 952-707-4180 Lower level, door 11

#### **Community Education Office** 952-707-4150

Office hours are Monday through Friday 8 am to 4:30 pm.

Our Community Education offices and the program facilities at Diamondhead are located in the lower level of our building.

Park in the east lower lot off of Pillsbury and enter door 11

#### Jason Sellars, Director

Angela Henle, Administrative Assistant 952-707-4111

#### Community Education 952-707-4150

Allison Jordan Community Education Supervisor ALC/CE Youth Kristi Myers Adult Enrichment, Communications Hamde Daoud Community Engagement Coordinator Eddieca Ontiveros Community Engagement Specialist Kate Rother Registration Naimo Adan, ALC and CE Clerical

#### Burnsville Senior Citizen Center 952-707-4120

Jennifer Green, Senior Center Coordinator

# Early Childhood Programs & Services 952-707-4110 Early Childhood Family Education, Preschool & Early Care, School Readiness

Cynthia Sampers, Coordinator of Early Learning Martha Najera, Preschool Enrollment 952-707-4110 preschool@isd191.org Lyndsey Griffin, Ready to Grow/Learn Coordinator 952-707-4146 Kaitlin Cantolla, Early Childhood Specialist Screening 952-707-4105

#### School-Age Project Kids 952-707-4150

 Edward Neill
 952-707-3108
 Gideon Pond
 952-707-3008

 Harriet Bishop
 952-707-3908
 Hidden Valley
 952-707-3808

 Rahn
 952-707-3608
 Sky Oaks
 952-707-3708

 Vista View
 952-707-3408
 William Byrne
 952-707-3508

#### BHS Youth Service 952-707-2116

Courtnee Floback, cfloback@isd191.org

### School For Adults 952-707-4125 (Use door 13 on upper level)

Susan Edmonson, Coordinator School for Adults
Shuai Sheng, Admin Assistant ssheng@isd191.org
ABE (Adult Basic Education), GED, ELL (English Language Learners)

#### Community Use Of Facilities 952-707-4123

Kyle Hinrichsen, Facilities Coordinator

# **Our Schools**

# Burnsville Senior High School

600 E Hwy 13, Burnsville 55337 952-707-2100

# Burnsville Alternative High School (Cedar)

2140 Diffley Rd, Eagan 55122 952-707-4040

#### Eagle Ridge Middle School

13955 Glendale Rd, Savage 55378 952-707-2800

#### Nicollet Middle School

400 E 134th St, Burnsville 55337 952-707-2600

#### **Edward Neill Elementary**

13409 Upton Ave S, Burnsville 55337 952-707-3100

#### Gideon Pond Elementary

613 E 130th St, Burnsville 55337 952-707-3000

#### Sky Oaks Elementary

100 E 134th St, Burnsville 55337 952-707-3700

#### Vista View Elementary

13109 Cty Rd 5, Burnsville 55337 952-707-3400

#### William Byrne Elementary

11608 River Hills Dr, Burnsville 55337 952-707-3500

#### Rahn Elementary

4424 Sandstone Dr, Eagan 55122 952-707-3600

#### Hidden Valley Elementary

13875 Glendale Rd, Savage 55378 952-707-3800

#### Harriet Bishop Elementary

14400 O'Connell Rd, Savage 55378 952-707-3900

#### **One91 Virtual Academy**

13109 Cty Rd 5, Burnsville 55337 952-707-2900

# Para Español llame o correo electrónico

Maricela Dale mdale@isd191.org 952-707-4165

#### Af Soomali baan ku hadlaa

Ardo Ibrahim aibrahim@isd191.org 952-707-4158

Burnsville-Eagan-Savage School District 191

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