

# fun

1-27-17

## & learning

ROSEMOUNT • APPLE VALLEY • EAGAN



engage • inspire • enrich

### **new** Kendama (grades 4-8)

Discover Kendama from the pros! Learn the history, culture and basic skills of the ancient Japanese juggling, hand-eye toy. This life-long hobby is taught in a challenging and high energy environment through active demonstrations, mini-games and personal instruction from experienced players. Competition Kendama is included in the fee.

*Sweets Kendama instructors are skilled in the art of Kendama and enjoy sharing their passion with others.*

Sat | Feb 18-25 | 9:30am-12pm | 2 ses | \$25  
HL | YKMK-W1

### **new** Emoji Cookies (ages 4-8)

Express yourself as you create cookies to emulate your mood! Bake and take home a dozen decorated emoji cookies and emoji cutters. Leave with the recipe to make more at home. Hands-on cooking fun that will make you smile. *Trina Greene is a work at home mom who enjoys cooking and baking with her family.*

Sat | Feb 11 | 10-11:30am | \$23  
SHMS | YTGCK-W1

### **Group Guitar Lessons (ages 9-15)**

Learn how to read music, TABs (musical notations indicating where to put fingers on guitar), and discover the chords and scales it takes to become a guitar player. Bring your own guitar, music will be provided. *Matt Iverson is the owner of Music Magic. He has been teaching and playing guitar for more than 20 years.*

Mon | Feb 6-Mar 13 | 5:30-6:30pm | 6 ses | \$45  
SHMS | YMIGG-W1

Remember ...  
for three+ hour classes,  
bring a beverage and  
nut-free snack  
each day!



### **Little Lotus Yoga (grades K-5)**

Join in an interactive style of yoga that is appropriate to all bodies and abilities. Incorporate elements of arts and crafts, storytelling, games, movement, songs and so much more! Discover stress management skills, develop self-awareness, and find confidence to use both on and off the mat. Learn mindfulness and self-regulation, balance your mind and body, and discover how to breathe and "be." Prepare to move around and open your mind for an imaginative experience! *Renee Bouchareb is a yoga instructor and youth program coordinator at Platinum Yoga, a local, family friendly yoga studio "where zen meets fun"! Renee is a NETA-certified yoga instructor specializing in Little Lotus Kids Yoga™.*

Location: Platinum Yoga and USA Karate, 14879 S Robert Tr, Rosemount  
Wed | Feb 22-Mar 22 | 4:45-5:30pm | 5 ses | \$52 | YPYLL-W1

### **Home Alone (parents and children ages 8-11)**

New curriculum, more information! Prepare for being home alone ... for a few minutes, several hours or all day. Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and how to deal with home-alone feelings. Fee includes a *Home Alone* workbook. *Sandra Olson is a school nurse at Oakridge Elementary School.*

Tue | Feb 7 | 6-8:15pm | \$25 adult-child pair SHMS | YPCHA-W1

### **new** Positively Pokémon (ages 5-12)

Are you mad about Mudkip? Passionate about Pikachu? Then this is your class! Unleash your imagination and creativity and sculpt clay projects with a Pokémon theme. *Kidcreate Studio instructors provide a fun, self-esteem building atmosphere full of "I did it" moments. Visit [www.kidcreatestudio.com](http://www.kidcreatestudio.com).*

Sat | Feb 18 | 9am-12pm | \$35 | FRMS | YKCPP-W2

# register now

visit [www.district196.org/ce](http://www.district196.org/ce) call 651-423-7920

# swim lesson schedule

Winter & Spring 2017

## Mondays & Wednesdays BHMS

**Winter B2**  
Feb 22-Mar 20

**Spring B1**  
Apr 3-May 1  
skip Apr 26

**5:15-5:45pm**  
Aqua Tots  
Aqua Kids 1-3  
Youth Semi-Private

**5:15-6pm**  
Youth Beg, Int & Adv

**5:50-6:20pm**  
Aqua Kids 1 with Parent  
Aqua Kids 1-3  
Diving

**6:05-6:50pm**  
Youth Beg, Int & Adv

**6:25-6:55pm**  
Youth Semi-Private

**7-7:30pm**  
Aqua Kids 1-3

**7-7:45pm**  
Youth Beg, Int & Adv

**7:35-8:05pm**  
Youth Semi-Private

**7:50-8:35pm**  
Youth Beg, Int & Adv  
Teens & Adults

**8:10-8:40pm**  
Youth Semi-Private

## Tuesdays & Thursdays SHMS

**Winter S2**  
Feb 21-Mar 21  
skip Mar 14

**Spring S1**  
Apr 4-May 2  
skip Apr 6

**5:15-5:45pm**  
Aqua Tots  
Aqua Kids 1-3  
Youth Semi-Private

**5:15-6pm**  
Youth Beg, Int & Adv

**5:50-6:20pm**  
Aqua Kids 1 with Parent  
Aqua Kids 1-3

**6:05-6:50pm**  
Youth Beg, Int & Adv

**6:25-6:55pm**  
Youth Semi-Private

**7-7:30pm**  
Aqua Kids 1-3

**7-7:45pm**  
Youth Beg, Int & Adv

**7:35-8:05pm**  
Youth Semi-Private

**7:50-8:35pm**  
Youth Beg, Int & Adv  
Teens & Adults

**8:10-8:40pm**  
Youth Semi-Private

## Saturdays BHMS

**Spring B3**  
Apr 8-Jun 3  
skip May 27

**9-9:30am**  
Aqua Tots  
Aqua Kids 1-3

**9-9:45am**  
Youth Beg, Int & Adv

**9:35-10:05am**  
Aqua Kids 1 with Parent  
Aqua Kids 1-3  
Youth Semi-Private

**9:50-10:35am**  
Youth Beg, Int & Adv

**10:10-10:40am**  
Youth Semi-Private

**10:40-11:25am**  
Youth Beg, Int & Adv

**10:45-11:15am**  
Aqua Tots  
Aqua Kids 1-3

**11:20-11:50am**  
Diving  
Youth Semi-Private

**11:30am-12:15pm**  
Youth Beg, Int & Adv

**11:55am-12:25pm**  
Aqua Kids 1-3  
Youth Semi-Private

## Saturdays SHMS

**Spring S3**  
Apr 8-Jun 3  
skip May 27

**9-9:30am**  
Aqua Tots  
Aqua Kids 1-3

**9-9:45am**  
Youth Beg, Int & Adv

**9:35-10:05am**  
Aqua Kids 1 with Parent  
Aqua Kids 1-3

**9:50-10:35am**  
Youth Beg & Int

**10:10-10:40am**  
Youth Semi-Private

**10:40-11:25am**  
Youth Beg, Int & Adv

**10:45-11:15am**  
Aqua Tots  
Aqua Kids 1-3

**11:20-11:50am**  
Youth Semi-Private

**11:30am-12:15pm**  
Youth Beg, Int & Adv

**11:55am-12:25pm**  
Aqua Kids 1-3

**12:45-1:30pm**  
Youth Beg, Int & Adv

**1-1:30pm**  
Aqua Kids 1-3  
Youth Semi-Private

**1:35-2:05pm**  
Youth Semi-Private



## Class Fees

### Parent/Child and Preschool Lessons (6 months through age 5)

**Aqua Tots**  
**Aqua Kids 1 with Parent**  
**Aqua Kids 1-3**  
\$63/eight 30 minute lessons  
*Aqua Tots & Aqua Kids 1 with Parent:* 10 parent/child pairs per instructor  
*Aqua Kids 1-3:* 4 students per instructor

### Youth Lessons (ages 5+)

**Beginner 1 & 2,**  
**Intermediate 1 & 2,**  
**Advanced 1 & 2**  
**Group Lessons**  
\$77/eight 30 or 45 minute\* lessons  
5 students per instructor

**Semi-private Lessons**  
\$112/eight 30 minute lessons  
2 students per instructor

**Private Lessons**  
Call 952-431-8777 to schedule private lessons.  
\$210/eight 30 minute lessons

*The instructors were excellent. They interacted well with my child and persuaded her to try skills that I had been unable to do with her.*  
— parent of a swim lesson participant



**Sundays  
BHMS**

**Spring B4  
Apr 2-Jun 4  
skip Apr 16, May 28**

**2:30-3pm**  
Youth Semi-Private

**2:30-3:15pm**  
Youth Beg, Int & Adv

**3:05-3:35pm**  
Aqua Kids 1 with Parent  
Aqua Kids 1-3

**3:20-4:05pm**  
Youth Beg, Int & Adv

**3:40-4:10pm**  
Aqua Tots  
Aqua Kids 1-3

**4:10-4:55pm**  
Youth Beg, Int & Adv

**4:15-4:45pm**  
Youth Semi-Private

**4:50-5:20pm**  
Aqua Kids 1-3

**5-5:45pm**  
Youth Beg, Int & Adv

**5:50-6:20pm**  
Youth Semi-Private

**6:15-7pm**  
Youth Beg, Int & Adv

**6:25-6:55pm**  
Aqua Tots  
Aqua Kids 1-3

**7:05-7:35pm**  
Diving  
Youth Semi-Private

**7:40-8:25pm**  
Youth Beg, Int & Adv  
Teens & Adults

**Sundays  
SHMS**

**Spring S4  
Apr 2-Jun 4  
skip Apr 16, May 28**

**3:30-4pm**  
Youth Semi-Private

**3:30-4:15pm**  
Youth Beg, Int & Adv

**4:05-4:35pm**  
Aqua Kids 1 with Parent  
Aqua Kids 1-3

**4:20-5:05pm**  
Youth Beg, Int & Adv

**4:40-5:10pm**  
Aqua Tots  
Aqua Kids 1-3

**5:10-5:55pm**  
Youth Beg, Int & Adv

**5:15-5:45pm**  
Aqua Kids 1-3  
Youth Semi-Private

**6:25-7:10pm**  
Youth Beg, Int & Adv

**7:15-7:45pm**  
Youth Semi-Private

**7:50-8:35pm**  
Youth Beg, Int & Adv  
Teens & Adults

Visit  
[www.district196.org/swim](http://www.district196.org/swim)  
for swim lessons  
for all ages!

## For the whole family...

### Explore the Cosmos (families, ages 5+)

Join us as we explore the winter constellations and more, from the Big Dipper to Taurus the Bull and Orion the Hunter. Explore the Pleiades Cluster, the Great Orion Nebula and the red giant star, Betelgeuse. Try to catch a glimpse of the planets Venus and Mars, as they creep back into the evening sky. At least one large telescope will be provided for viewing. Class meets regardless of weather. In the event of cloudy weather, indoor activities are planned. A make-up date for observing with telescopes will be March 3. *Stephen Engel holds a physics degree from the University of Minnesota and enjoys astronomy and computer science.*

Fri | Feb 24 | 7-8:30pm | \$20 family | AVCC | YSEEC-W1

### Unicycle (ages 6+)

Anyone can ride on two wheels, but riding on one wheel ... now, that's "uni"que! Ages 6 to 96 can learn the basics of riding a unicycle! Unicycling is an awesome individual or family activity that gets everyone moving and having fun! Unicycles are provided. Class meets indoors in the gym. *Twin Cities Unicycle Club holds over 30 national titles and over 15 world championships.*

Wed | Feb 15-Mar 22 | 6:30-7:30pm | 6 ses | \$25  
PW | YTCUNI-W1

### **new** Apps, Texts and Bullying, Oh My! (parents of school age children)

Are you a little overwhelmed by kids' online use? Learn step-by-step how to tiptoe into this new terrain in a book club discussion of Galit Breen's book, *Kindness Wins*. Discover the most important things to teach your child so that they're prepared for the online world. Remember how grounding it was to sit at the ECFE round table and hammer out naps, schedules and snacks? Consider this the moms of school-age kids version.

- Discover the "secret" things children are doing online that you absolutely need to be prepared for.
- Enrich your older child parenting ... we need each other more than ever while parenting this new stage.
- Explore the online world via your child's eyes ... it looks very different from their point of view!
- Develop an educated parenting stance on raising your digital kids.
- Create an action plan for what topics to discuss with your kids.

*Galit Breen is a best selling author, TEDx speaker, parent educator, teacher, researcher and an Eagan mom of three. She has an MA in Education, was a reading and classroom teacher for ten years and has been freelance writing in print and online for eight years for places including: The Huffington Post; The Washington Post; Brain, Child Magazine; allParenting; Everyday Family; TIME, and more.*



Mon | Feb 6-20 | 7-8pm | 3 ses | \$55  
BHMS | YGBAT-W1



### Archery Adventure Camp (ages 9-17)

Learn how to properly shoot a bow or fine-tune your skills. Shoot straight with top-of-the-line equipment, including compound bows. In addition to shooting techniques and safety, strengthen personal skills including responsibility, discipline, concentration and self-confidence. Both boys and girls are encouraged to enrich themselves through this National Archery in the Schools Program (NASP) and stay on target for life, one arrow at a time. All equipment included. *Tim Johnson is a certified instructor for the NASP and a fourth grade teacher at Pinewood Community School.*

Mon | Feb 6-Mar 6 | 6:30-8:30pm | 4 ses | \$85  
PW | skip Feb 20 | YARRO-W1

#### Returners

Mon | Feb 13-Mar 6 | 6:30-8:30pm | 3 ses | \$65  
PW | skip Feb 20 | YARROR-W1

### Python Coding (grades 4-8)

Jumpstart your coding skills using one of the key programming languages used by professional developers - Python. Its syntax allows you to express concepts in fewer lines of code than would be possible in languages such as C++ or Java, making it the perfect coding language for a beginner. Python is a text based language; you should have familiarity with keyboarding and basic computer skills. *Computer Explorers TechStars Program has been teaching computer application skills throughout the U.S. and internationally.*

Sat | Feb 4-11 | 9am-12pm | 2 ses | \$79  
BHMS | YCEPC-W1

### **new** Finding Dory Art (ages 4-9)

Dive right into 3D art! Create a 3D ocean themed diorama along with a 3D clay sculpture of your favorite fish friend from Disney's movie *Finding Dory*. *Kidcreate instructor*

Sat | Feb 4 | 9am-12pm | \$35  
DVLC | YKCFD-W1

### Paint on Canvas ... Minions! (ages 4-9)

Minion mayhem! Paint those yellow, lovable characters on a real canvas! During this guided painting lesson, create a mischievous Minion from the movie *Despicable Me*. *Kidcreate instructor*

Sat | Feb 11 | 9am-12pm  
\$35 | DVLC | YKCPW-W1

### **non school day** Party with Picasso (ages 5-12)

Come make friends with Pablo (Picasso that is). Create a fantastic work of art inspired by your new friend. Books and examples of Picasso's work will educate and delight you during this fun class. *Kidcreate instructor*

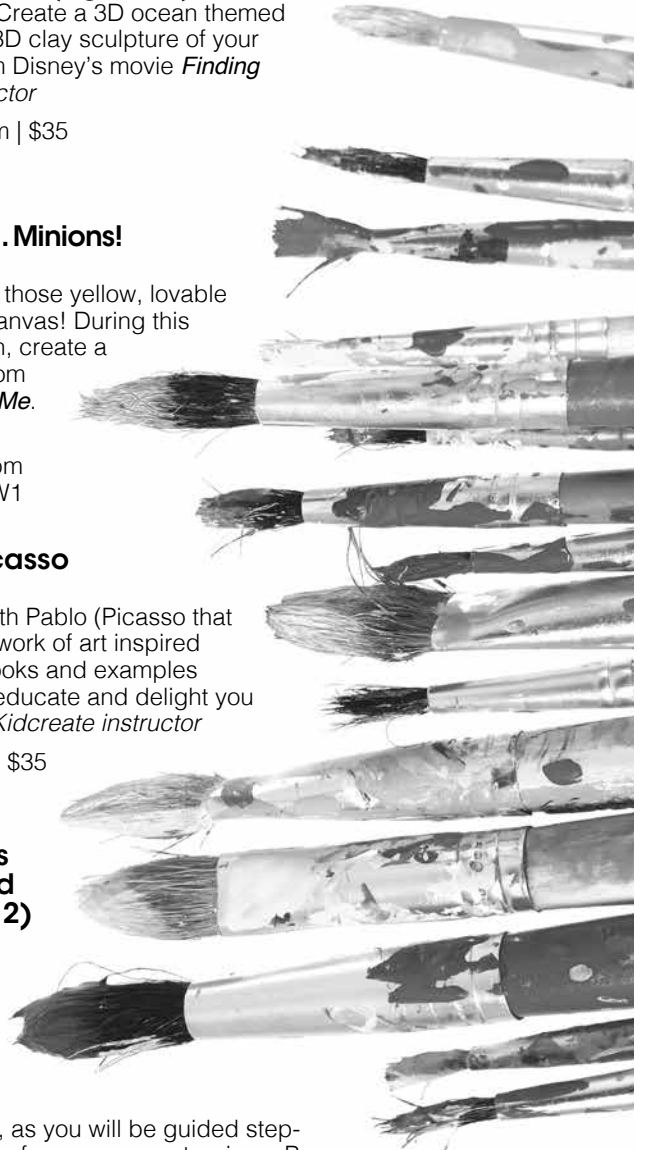
Mon | Feb 20 | 1-4pm | \$35  
AVCC | YKCPWP-W1

### **new** Picasso Times Two! (parents and children ages 6-12)

Bring your favorite grown-up and share a memorable day painting your very own acrylic canvas print! Painting is for everyone, no experience necessary, as you will be guided step-by-step in the creation of your own masterpiece. Be amazed at your very own work of art! *Watch Me Draw! instructors provide a progressive, art-enriched experience designed to build solid drawing skills and artistic confidence in every child.*

Location: 20908 Holyoke Ave, Lakeville

Sat | Feb 4 | 10am-12pm  
\$39 adult-child pair, \$13 add'l child | YWDP-W1



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**register now**

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