

MINNEAPOLIS COMMUNITY EDUCATION

Discover something different.

ADULT & YOUTH CLASSES

SPRING/SUMMER 2017

YOGA
FOR ALL AGES

KEEP COOL WITH OUR

**SUMMER
YOUTH
DAY CAMPS**

SPRING &

SUMMER

Classes

**HISTORICAL
TOURS**

**SOCIAL
MEDIA
MARKETING**

REGISTRATION BEGINS MARCH 6

**PARK BENCH
WORKOUT**

**CRAFTS, CANOES
& COOKING**

mce

Minneapolis Community Education



**MINNEAPOLIS
PUBLIC SCHOOLS**
Urban Education. Global Citizens.

New Discoveries

Can't-miss classes this season



1

Dog Treats & Natural Remedies

Find out how you can create treats and treatments for Fido using simple ingredients from home. **PAGE 22**



2

Eat Local: Welcome Spring Vegetables

Fill your recipes with the flavor of local produce as you whip up spring dishes alongside a seasoned chef. **PAGE 19**



3

Fun with Flowers Family Painting

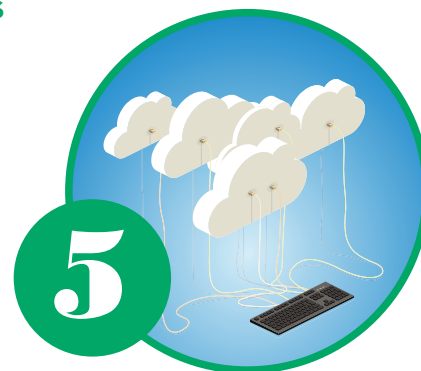
Put brush to canvas and give your creativity a chance to stop and smell the roses. **PAGE 68**

Somali Language & Culture

Immerse yourself in the Somali culture and community while studying basic phrases and grammar. **PAGE 29**



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5

Cloud Technologies for Small Business

Amplify your company's technology efforts by mastering these simple but effective best practices. **PAGE 11**

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Life & Learning

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Whether you want to brush up on existing knowledge or delve into new territory, we can help you expand your awareness of everything from finances to documentary films and so much more.





Academic Enrichment

African American Art History: An Intimate View of the Artists 1

This class is one of a series of classes that concentrates on just 3-5 artists per session. We will closely examine the lives, careers, artistic influences and how life circumstances have impacted their art practices. This first class will look at four pioneering women artists; Faith Ringgold, Betye Saar, Alison Saar and Emma Amos. We will look at how these women persevered in the mid to late twentieth century to become important artists.

Henry 1 Monday
May 8 6:30-8:30 pm
\$18

NEW | African American Art History: An Intimate View of the Artists 2

This class will look at five artists active during the Harlem Renaissance: William H. Johnson, Archibald Motley, John Westley Hardrick, Palmer Hayden and Malvin Gray Johnson. These names may not be as familiar as some others but all were significant figures in the visual arts movement of the time.

Henry 1 Monday
May 15 6:30-8:30 pm
\$18

**There are no classes
May 29 or July 4.**

Art Collections of the Twin Cities

Explore some of the key pieces of art and architecture you can see in the public art collections of the Twin Cities. This class will help you become more knowledgeable about the many great cultural resources available for your appreciation and enjoyment.

Pratt 1 Tuesday
May 16 6:30-8:30 pm
\$18

Black British Art History: Film Screening & Discussion

The 2014 British period film, *Belle*, traces the life of Dido Elizabeth Belle, daughter of an English aristocrat and ex-slave in the 18th century. Inspired by a portrait of Belle and her cousin Lady Elizabeth Murray, Anglo-Nigerian writer Misan Sagay's screenplay not only talks about the issues of slavery, but the presence of blacks in western art during this period. The film is directed by Amma Asante, a member of the British Film Academy who is of Ghanaian descent. Take a broader view of the history of African diaspora through this personal story that eventually had a significant impact on the status of slavery in Britain. There will be a brief discussion following the film.

Henry 1 Monday
May 1 6:30-8:30 pm
\$18

Exploring Self-Discovery: Peace Education Program

The purpose of this peace education course is to further the conversation and nurture the seed of peace within us and in our lives. Participants of past classes are welcome to attend and may bring a friend. There are new inspirational videos plus the course offers a stimulating environment for interaction. This peace education class presented through DVDs, is made up of one-hour workshops that focuses on our inner resources and does not represent any religion or philosophy. All are welcome.

Roosevelt 6 Mondays
Apr 17-May 22 7-8:30 pm
Free

NEW | The Lost Art of Stenciling from the Arts & Crafts Movement

Dive into the world of historic Arts & Crafts stenciling with nationally recognized stencil artist Amy Miller. Amy will talk about the history of stenciling from 1900-1925, and the signature nature-inspired styles found on walls, table linens, clothing, curtains and more. See some of these vintage creations first-hand and learn how you can adapt this decorative art for use in your own home. Co-sponsored by the Preservation Alliance of Minnesota.

Pratt 1 Saturday
Apr 29 9-10:30 am
\$18



Gidinawenidimin (We Are All Related): The Seven Generations & The Seven Grandfather Teachings

Listen to a presentation of the traditional teachings of the Anishinaabeg as a means of developing interconnectedness and interdependence. The seven grandfather teachings, the sacred law of the Anishinaabeg, show us how to lead “Minobimaadiziwin” a life without contradiction or conflict, a life of peace and balance. Learn the historical context for the 7 Generations in Anishinaabe (Ojibwe) culture and the connection to the Anishinaabemowin language.

Pratt 1 Wednesday
May 10 7-8:30 pm
\$18

Native American Women

We will examine a number of famous and not so famous Indian women in the US. These may include White Buffalo Calf Woman and Spider Woman, Pocahontas, Sacajawea, Kateri Tekakwitha, Marjorie and Maria Tallchief, La Donna Harris, Wilma Mankiller, Carrie and Mary Dann, Jessie Little Doe Baird, Leslie Marmon Silko and more.

Southwest 7 Mondays
Apr 17-Jun 5 6:30-8:30 pm
\$52

South 7 Tuesdays
Apr 18-May 30 6:30-8:30 pm
\$52

Transition Towns

Transition Towns are communities of people engaged in dynamic, proactive redesign of their cities and towns for the Post Peak Oil era. Learn what you can do to help move toward more localized, self-sustaining, energized and creative communities.

Pratt 1 Wednesday
Apr 26 6:30-8 pm
Free

Washburn 1 Tuesday
May 16 6:30-8 pm
Free



Wonderland Park on Lake Street

In 1905, Wonderland Park offered the public the chance to do everything from ride one of the world's finest carousels to witness amazing, death-defying acts. The park also featured prematurely born infants on display in electric incubators. Leave this presentation with a deeper understanding of America's love affair with electricity, the amazing attractions it generated and why it was all happening on Lake Street.

South 1 Thursday
May 4 6:30-8:30 pm
\$18

Writing: Bullet Journals—The New Productivity Sensation

Explore bullet journals—a combination to-do list, journal, art project and calendar. Bullet journals foster reflection and creative planning, and are a great tool for forming new habits, managing tasks and growing your creative ability.

Roosevelt 1 Mon & Wed
May 8-May 17 6:30-8 pm
\$24

Register Today!

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.

Writing: Creating Picture Books for Children

Discover how to plot your story, create vivid settings, find a unique point of view and write vibrant dialogue that will help you develop a rough draft for a dynamic picture book. Bring a notebook and a favorite picture book.

Southwest 5 Mondays
Apr 17-May 15 7-9 pm
\$40

Writing: Creative Writing

Develop your writing—an existing piece, or something brand new—in a supportive, motivating environment. We'll use readings, structured exercises and free-writes to focus on a different writing topic each week, like mood, style, narrative voice, and pace. Time is set aside for sharing work and getting feedback. Writers of all levels welcome!

Jefferson 5 Thursdays
Apr 27-Jun 1 6:30-8:30 pm
\$45

Writing: Creative Writing

Explore creative writing in a supportive, positive environment. Participate in playful exercises and learn from a wide variety of writing prompts. The class is not critique-based, and all ages are welcome.

Waite Park 4 Saturdays
Apr 22-May 13 10 am-noon
\$34



Writing: Developing a Creative Writing Habit

Develop your writing habit in this fun, creative writing class. Explore your creativity through a variety of writing prompts. Be inspired to write in a supportive creative environment. Take steps to becoming the writer you want to be. Open to creative writers on all levels. Bring paper, a pen and a laptop, if you have one.

Northeast 6 Mondays
Apr 17-May 22 6:45-8:45 pm
\$46

Northeast 4 Tuesdays
Jun 20-Jul 18 6:45-8:45 pm
\$34

Writing: E-Books—How to Write & Publish

Share your unique voice and style with the world. Select your topic and genre before learning about formatting, book covers, illustrations, venues for selling, creating a marketing plan and where to go for support. Work won't be critiqued in class.

Southwest 7 Mondays
Apr 17-Jun 5 6-7:30 pm
\$46

You can always express yourself through more ways than one. When you're finished writing, turn your creative passion toward painting, pottery or other art forms (pages 32-38).

Writing: Memoir & Narrative

Writing about your own life can be rewarding—and there are so many forms your material can take: personal essay, memoir, short stories, online blog, even performance monologues. This all-levels class uses writing time and discussion to cover finding the heart of a personal story, deciding what needs to be told, compressing time, honoring your specific voice, and adding humor to the stories that are hard to write. Bring a notebook and pen, or laptop. *Class held at Community Education Services building, 2225 E. Lake St.*

South 5 Mondays
Jun 19-Jul 24 6:30-8:30 pm
\$45

NEW | Writing: Storytelling for the Page & Stage

Autobiographical storytelling has become a hugely popular art form, dominating theatre festivals, TED talks and radio programs like NPR's The Moth and Snap Judgment. Find the hilarious, dramatic and revealing stories in your own everyday life through a range of participatory exercises—writing, discussion, and improv. We'll focus on the essential building blocks that make up a story, and how to create a compelling voice in writing or in performance.

Jefferson 4 Tuesdays
May 9-May 30 6:30-8:30 pm
\$28

Writing to the World: Ways to Connect Through Writing & Be Heard

We all have passions, causes we believe in, and ideas we want to communicate. Learn tools to express yourself powerfully enough to reach others: a spoken word poem, a letter, an editorial in a newspaper, or even a memory captured on the page. Through writing exercises students will complete a project they can use or give or submit for publication. Students should bring a favorite notebook and writing utensils to class. Register online or by calling 612.668.4828. *Meet at Homewood Studio, 2400 Plymouth Ave.*

Roosevelt 3 Thursdays
Apr 27-May 11 6-8 pm
\$30

Writing: Using Humor in a Story

Humor in a story balances out pain, breaks the tension, reveals the narrator's vulnerability, and unites the audience in an emotional connection. If humor is such a vital tool, why can it feel so difficult to create, and how do we incorporate it into a story that's serious, dramatic, or sad? This interactive workshop analyzes different types and sources of humor, and takes students through writing exercises they can utilize to "find the funny" in their stories and themselves. *Class held at Community Education Services building, 2225 E. Lake St.*

South 1 Wednesday
Jun 21 6-9 pm
\$21

Writing Workshop: Creative Fiction

Learn the productive habits of a writer. Discover the magic of revision, improve your writing with dynamic grammar and practice helpful editing techniques. Share your work in class and participate in a peer review. Bring a piece of writing that you want to polish.

Southwest 4 Wednesdays
May 3-May 24 7-9 pm
\$34



Business & Consumer

90 Minutes with an Estate Planning Attorney

Discuss your estate planning questions in an open forum—from birth to death, marriage to divorce, children to step-children, rich to poor, probate to non-probate, self-employed to unemployed, and more. A financial advisor will be available to answer your financial questions.

Lake Harriet 1 Wednesday
May 10 6:30-8 pm
\$18

Avoiding Probate & Preserving Assets

Learn about a living trust and how it can be used to avoid probate while allowing you to retain control of your assets. Learn other ways to avoid probate and plan for the preservation of assets in case of future nursing home costs.

Southwest 1 Monday
Apr 24 7-9 pm
\$18

Finance: Money for Two

Practice financial communication skills with your partner. Acquire tools to build a better financial relationship, discover financial resources, create an action plan and explore how you prioritize financial decisions.

Southwest 2 Mondays
Apr 17-May 1 7-9 pm
\$21

Finance: Smart Money Decisions

Learn how to set priorities in your spending plan, why your credit report matters, how to save for short and long term, and how to whittle away debt.

Southwest 2 Mondays
May 8-May 22 7-9 pm
\$21

Finance: Strategies for Women

Many women will face life-changing financial decisions. Understand your options with setting goals, Social Security, protection, retirement strategies, and how to stay informed.

Washburn 1 Wednesday
May 10 6-7:30 pm
\$18

Finance: Empowerment for Women

We're told it's impolite to talk about money, but "finance" and "budgeting" don't have to be scary words. Learn simple formulas to help manage your money and feel secure about where you are and where you want to be.

Pratt 1 Tuesday
May 9 6:30-8:30 pm
\$18

Looking for the best ways to handle your newly managed money? Check out real estate investing (page 9).

Health Care Directives

Complete and execute a health care directive during class, and learn why you should plan ahead for making health care decisions you may be unable to make when the time comes. *Pratt class held at Prospect Park United Methodist Church, 22 Orlin Ave. SE.*

Washburn 1 Monday
May 8 6:30-8:30 pm
Free

Roosevelt 1 Monday
May 15 6:30-8 pm
Free

Pratt 1 Wednesday
May 24 10-11 am
Free

Health Care for Seniors

What are the government programs for senior health care? What are parts A, B, C, & D and how do they work? When do I sign up? How does the Affordable Health Care Act affect coverage? How are medications covered? Bring your questions and answers will be provided

Henry 1 Wednesday
Apr 26 6-7:30 pm
Free

How to Become a Community Education Teacher

Learn how you can get paid to share your passion with others when you teach with Community Education. This class is free; registration required.

Henry 1 Wednesday
May 10 7-8 pm
Free

Southwest 1 Thursday
May 11 7-8 pm
Free





How to Keep the Cabin in the Family

Division of an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm or business in the family without a family conflict.

Lake Harriet 1 Wednesday
Apr 26 6:30-8 pm
\$18

How to Own & Operate a Bed & Breakfast

Learn from an experienced professional about the pros and cons of bed and breakfasts, the lifestyle around them and the business side of running your own.

South 1 Tuesday
May 30 6-8 pm
\$18

Income Taxes & Retirement

Retirement is a time of transition from one stage to another. Learn about tax diversification, taxation of capital gains and Social Security, health care subsidies, and the financial impact of the first death in retirement.

Roosevelt 1 Monday
Apr 24 6-7:30 pm
\$18

Southwest 1 Tuesday
May 23 6-7:30 pm
\$18

Interviewing with Confidence

Working isn't just about getting a job, it's about getting the right job. Learn how to create an effective resume, avoid common job interview pitfalls and transition from job to career. Effectively represent your past experience for future success.

Lucy Laney 3 Tuesdays
May 9-May 23 6:30-8 pm
\$24

Introduction to the U.S. Immigration System

Learn the basics about the United States' vast immigration system from a Legal Aid immigration attorney. Using examples from Minnesota's rich immigrant heritage, explore non-citizens' pathways for coming to this country, the naturalization process, the different government agencies that interact with immigrants, and the challenges and contributions of immigrant communities in the United States today. Register online or by calling 612.668.2219. *Class held at Northeast Library, 2200 Central Ave. NE, Mpls 55418.*

Lucy Laney 2 Thursdays
May 18-May 25 1-2:30 pm
Free



Find us on Twitter!

twitter.com/mpscommunityed

Medicare ABCs & D

Get prepared to make Medicare decisions when you turn 65. Learn about premiums, co-insurance and deductibles, when and how to enroll, supplemental insurance policies, and Medicare Part D.

Roosevelt 1 Monday
Apr 17 6:30-8:30 pm
Free

Washburn 1 Monday
May 1 6:30-8:30 pm
Free

Southwest 1 Thursday
May 18 7-8:30 pm
Free

NEW | Personal Finance Made Easy

Personal finance can be intimidating, but understanding your finances is a small step that can make a big difference in your life. This class will explain the basics of personal finance for those who are not fluent in finance. Topics will include budgeting, saving, and investing, as well as an open Q&A from the instructor.

Lake Harriet 1 Monday
Apr 24 6:30-8 pm
\$18

Lake Harriet 1 Monday
May 15 6:30-8 pm
\$18





Real Estate

An Essential Guide to Buying Your Home

Your dream home is out there. You just need to know how to get it. Learn about government grants, first-time homebuyer programs, loan options and more. Understand how to maximize your money and achieve the lifestyle you want as you dive into purchasing a home.

Jefferson 1 Thursday
Apr 20 6:30-9 pm
\$21

Pratt 1 Wednesday
Apr 26 6:30-9 pm
\$21

Edison 1 Thursday
May 4 6:30-9 pm
\$21

Henry 1 Monday
Jun 5 6:30-9 pm
\$21

CLCLT: An Affordable Home Ownership Option

Learn about the City of Lakes Community Land Trust (CLCLT) and permanently affordable home-ownership options in Minneapolis. The CLCLT will provide a variety of training opportunities and other services to first-time homeowners and can provide crucial support if you face unexpected home repairs or financial problems.

Henry 1 Wednesday
May 10 6:30-8 pm
Free

Duplex & Multi-Unit Housing

Learn how to complete a rental property worksheet, understand the tax benefits of owning real estate, and discuss the pros and cons of owning rental property. Receive a copy of "Rich Dad, Poor Dad's Guide to Real Estate Investing."

Lake Harriet 1 Wednesday
May 17 6:30-8:30 pm
\$18

Duplex: Buying as an Investment

Would you like to have someone else make your mortgage payments? Do you want to diversify your investment portfolio? This class will have the answers to all these questions and cover in detail the tax benefits of owning rentals, how to evaluate a property, and how to protect yourself as a landlord.

Pratt 1 Wednesday
May 10 6:30-8:30 pm
\$18

Home Buying: Foreclosures, Short Sales & HUD Homes

Discover the advantages and disadvantages of Housing and Urban Development homes, foreclosures and short sales. Learn about the different types of financing, down payment assistance, city funding, free grants, and whether you qualify for first-time homebuyer money.

Waite Park 1 Wednesday
Apr 26 6:30-8 pm
\$18

Investing in Rental Properties

Learn the benefits of owning residential rental property, including things to consider when purchasing your first property and financial analysis to determine if the property is right for you.

Southwest 2 Mondays
Apr 17-Apr 24 6:30-8:30 pm
\$21

Managing Rental Properties

Learn about many of the legal aspects a real estate investor must understand, and receive advice on managing your property safely and profitably.

Southwest 5 Mondays
May 1-Jun 5 6:30-8:30 pm
\$40

Selling a Home for More Money

Get answers to your questions about what a buyer wants in your home, how to prepare your home to be put on the market, whether or not you should use a Realtor to sell it. Also discover the No. 1 secret that could return thousands of dollars to you.

Lake Harriet 1 Wednesday
Apr 19 6:30-9 pm
\$21

Roosevelt 1 Monday
May 22 7-9 pm
\$18

Smart Home Buying: What Every Home Buyer Needs to Know

Learn about what to look for when buying a home, best times to buy, price ranges and costs, financing, loan qualifying, purchase agreements, tax advantages and how to evaluate house structures. Discover how to turn a hot market to your advantage.

Lake Harriet 1 Wednesday
Apr 26 6:30-9 pm
\$21

Roosevelt 1 Wednesday
May 17 7-9 pm
\$18





Preventing Medicare Fraud & Avoiding Scams

Don't be a target of Medicare fraud and abuse. Learn to detect Medicare fraud and report it to the Office of the Inspector General. Find out why seniors are targeted for scams, learn about the top scams currently directed toward them, and receive tips on how to prevent falling for scams.

Waite Park 1 Tuesday
May 16 6:30-7:30 pm
Free

Promotion: Get the Word Out About Your Performance or Event

Learn about the often-overlooked ways to get the press you need for events and performances.

Henry 1 Monday
May 8 6:30-8:30 pm
\$18

Savvy Social Security Planning

After hearing for years that Social Security is going broke, it may soon be your turn to collect. Join us to find out about special considerations for those born before 1954 and recent legislation that has caused some Social Security strategies to expire this year.

Southwest 1 Wednesday
May 3 6-7:30 pm
\$18

Roosevelt 1 Monday
May 8 6-7:30 pm
\$18

Strengthen your Financial Foundation

Do you have questions about budgeting and saving? Interested in improving your credit profile? Thinking about buying a home? Join us to hear experts discuss these topics and more. Tuesday classes focus on budgeting/savings and credit. Saturday classes focus on home ownership. Practical worksheets will be shared. Together we can build your financial foundation!

Lucy Laney 1 Tuesday
Apr 18 6-8 pm
Free

Lucy Laney 1 Saturday
Apr 29 10 am-noon
Free

Lucy Laney 1 Tuesday
May 16 6-8 pm
Free

Lucy Laney 1 Saturday
May 20 10 am-noon
Free

Lucy Laney 1 Saturday
Jun 3 10 am-noon
Free

Lucy Laney 1 Tuesday
Jun 6 6-8 pm
Free

Will: Prepare Your Own

Receive everything you need to prepare a simple will. Come with the knowledge of who you want to receive your belongings, serve as executor, and be guardian of your minor children. Spouses need to register separately and prepare separate wills. Not intended for business owners. Bring a blue pen. No discounts.

Roosevelt 1 Wednesday
May 3 6:30-8:30 pm
\$41

Edison 1 Wednesday
May 11 6:30-8:30 pm
\$41

Roosevelt 1 Wednesday
May 24 6:30-8:30 pm
\$41

Northeast 1 Wednesday
July 19 6:30-8:30 pm
\$41

As you prepare for your future, help your kids prepare for theirs. Whether they're getting ready to drive, preparing for college entrance exams or simply wondering what to do after high school, our classes can help. See page 69.





Computers & Technology

Android App Development

Develop, install and take home your own Android app. This is a fun, easy way to learn a valuable, in-demand technical skill. Students welcome, ages 12 and up! Computer keyboard skills required, no programming experience needed. Bring a PC laptop if you have one, otherwise school computers are available. Please bring a flash drive to save your work.

Washburn 6 Wednesdays
Apr 12-May 17 6-8 pm
\$58

Ramsey 6 Wednesdays
Jun 21-Jul 26 6-8 pm
\$58

Android Devices

Learn how to access and manage apps, emails, phone contacts, photos. Bring your device and your questions.

Waite Park 1 Saturday
Apr 22 9-11 am
\$45

Southwest 1 Thursday
May 18 6-8 pm
\$21

 **Find us on Facebook!**
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)

NEW | Cloud Technologies for the Small Business

Basics of Quickbooks, CRM, Email Marketing and WordPress website for the Small Business. This course will reveal some simple but effective best practices and considerations for the small business or nonprofit seeking to make their companies more streamlined with technology. You will also learn new strategies to help your email, social media and website efforts be more effective!

Washburn 2 Wednesdays
Jan 25-Feb 1 6:30-8:30 pm
\$36

Computer Basics 101

Get introduced to the world of computers. Learn about basic computer parts and functions, creating a Word document, signing up for email, sending and receiving photos, browsing the web, saving favorite sites, the importance of security, downloading, uploading and exploring social media. Bring your laptop.

Southwest 3 Mondays
Apr 17-May 1 6-8 pm
\$34

South 4 Tuesdays
Apr 18-May 9 6-8 pm
\$42

Computer Programming: C Language 1

Create your own programs in the C language. Learn the layout of the program, how to read and write data and how to design calculations. Bring a PC/Windows laptop with a C compiler loaded. Email walt@wpattinson.com with questions.

Southwest 6 Mondays
Apr 17-May 22 6-8:30 pm
\$70

NEW | Customer Relationship Management Basics

Customer Relationship Management (CRM) eases the organization of activities, sales and information that goes with each customer. In this course, you'll learn how CRM systems (such as Salesforce.com) work, and how they help companies of all sizes to increase profitability by streamlining common information needed by marketing, sales, social and service groups within an organization.

Washburn 1 Wednesday
Apr 12 6:30-8:30 pm
\$18

Digital Photo Editing, Sharing & Organizing

Whether you sell online, organize photos for work or simply capture special moments for the next generation, take your photographs to the next level. Learn how to crop, enhance, straighten, retouch, add text and organize your memories with a free, online digital editing program. Pre-requisite: Basic computer skills. Bring your laptop.

Waite Park 1 Saturday
May 6 9 am-noon
\$24



iPhone/iPad Basics

Learn how to access and manage apps, emails, phone contacts, photos. Bring your device and your questions.

Waite Park 1 Saturday
Apr 29 9-11 am
\$25

Southwest 1 Thursday
May 25 6-8 pm
\$21

NEW | iPhones & iPads for Seniors

iPhone, iPad... iDon'tGetIt. Are you struggling with your new iPhone or iPad? Do you sense that you're only skimming the surface of its abilities? Learn the iPhone and iPad's landscape and basic functions. Between classes, you'll practice your new skills by instant messaging, emailing, phoning, dictating, using Face Time, and toggling between applications with fellow class members and the instructor to reinforce in-class lessons. Extensive handout provided.

Lake Harriet 2 Mondays
Apr 24-May 1 6-7 pm
\$21

Keyboarding Skills

In our world of advanced technology, it is never too late to learn proper finger placement, speed and accuracy. In addition to interactive online lessons we will also break for quizzes and games. Bring your laptop. Please come 30 minutes prior to the first class to create your online account.

Southwest 2 Mon & Wed
May 8-May 17 6-8 pm
\$42

NEW | Basics of Customer Relationship Management, Email Marketing, & Quickbooks for Small Organizations & Startups

Learn about common systems for startups and small organizations to input, manage and track financial data, leads, and customers. Instructor will present an overview of the technologies and how they work, and then perform a live demonstration that ties the three systems together followed by student Q&A.

Washburn 1 Wednesday
Apr 5 6-8 pm
\$18



Microsoft Access Database 1

Gain basic knowledge of Microsoft Access 2010. Create queries and forms.

Ramsey 1 Tuesday
Jul 11 5:30-8:30 pm
\$24

Microsoft Access Database 2

Expand your knowledge of Microsoft Access 2010. Create advanced queries and forms with subforms and grouping levels, and add search capability to forms. Import data into an Access table and troubleshoot import errors.

Ramsey 1 Tuesday
Jul 18 5:30-8:30 pm
\$24

Microsoft Excel 1

Learn how to use formulas, charts and basic functions of Excel for work, school or home. Prerequisite: A beginning computer class or equivalent.

Southwest 2 Wednesdays
May 3-May 17 6-8 pm
\$26

Microsoft Word 1

Understand the basic concepts required to produce professional-looking business documents. Learn valuable skills to create, edit and format various types of documents, navigate the ribbon, enter and edit text, format lists and paragraphs, work with resume templates, and more.

Jefferson 1 Thursday
Apr 20 6:30-8:30 pm
\$18

Ed2Go Online Classes

Learn anytime, anywhere—on your schedule!



Topics include:

- Accounting & Finance
- Business, Law & Legal
- Design & Composition
- Health Care & Medical
- Languages & Arts
- Computer Applications
- Personal Development
- Writing & Publishing

Log on and start learning today!

ed2go.com/mpscommmed

Have questions about Ed2Go? Contact Brenda Eccleston at 612.668.3950 or email brenda.eccleston@mpls.k12.mn.us.

Microsoft Word 2

Further build on the skills you acquired in Microsoft Word 1. Learn to format longer documents, use headers/footers, format tables and charts, and use mail merge.

Jefferson 1 Thursday
Apr 27 6:30-8:30 pm
\$18

Online Digital Marketing 1

Leverage social media platforms to market content and track which platform is bringing the most traffic to your website. Discuss “viral” content and see examples that will help inform your own advertising efforts. Leave class confident in which social media platform is right for you and prepared for the multi-pronged effort of modern marketing. You must have pre-existing social media accounts.

South 2 Tuesdays
May 16-May 23 6-9 pm
\$34

Online Digital Marketing 2

Go further in depth about social media platforms and online digital marketing. Pre-requisite: Online Digital Marketing 1

South 2 Tuesdays
May 30-Jun 6 6-9 pm
\$34

Online Selling: A-Z

Examine the various aspects of online selling. Learn how to research a saleable item, choose a suitable marketplace, photograph and describe your item, and create an online listing. Join us to discuss the selling process, professionally packing your product, choosing a shipper, proper cataloging and tax responsibilities. Basic computer skills required. Bring your laptop.

Waite Park 2 Wednesdays
May 24-May 31 8:30 am-12:30 pm
\$34

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.



Social Media Marketing for Businesses, Organizations & Individuals

Understand how both minor and major brands are successfully using Facebook, Pinterest, Twitter, Youtube, LinkedIn and Google+, and learn how to create a strategic digital marketing plan that works for your business. A Wi-Fi-enabled laptop, notebook, folder and smart phone are recommended for the class.

Roosevelt 1 Wednesday
May 10 6-8:30 pm
\$21

NEW | Squarespace

Curious about Squarespace? Learn the basics of this website building platform. We will discuss the difference between landing pages and multi-page sites, how to choose the right template, and simple functions to build and maintain your website.

South 2 Thursdays
May 4-May 11 6-9 pm
\$39

WordPress Workshop

Explore menus, themes, posts and pages as you're guided through the workings of WordPress. Bring a flash drive.

Southwest 4 Tuesdays
May 2-May 23 7-9 pm
\$42

WordPress 1

Discover the basics of designing, editing and maintaining your WordPress website or blog. Gain the skills to edit your website quickly and easily, whether for business or personal use. Bring a laptop. Web Page Design: HTML/CSS highly recommended before taking this course.

South 2 Tuesdays
Apr 18-Apr 25 6-9 pm
\$39

WordPress 2

Further develop your website from WordPress 1. Learn to use themes, widgets and menus, as well as how to leverage Jetpack, utilize anti-spam techniques like Akismet, and customize your site or theme with CSS. Pre-requisite: Previous WordPress experience. Web Page Design: HTML/CSS is highly recommended before taking this class.

South 2 Tuesdays
May 2-May 9 6-9 pm
\$39

Need something to blog about now that you have a WordPress site? Try your hand at tackling a new skill like cooking (pages 18-20) or learning an instrument (pages 41-42) and chronicle your experiences along the way.

Personal Development

A New Career: How to Discover Your Ideal Work

Stressed, exhausted and overwhelmed by work? Get answers to your career questions and begin working on a proven, four-step process that will lead to a rewarding, fulfilling work life.

Southwest 1 Wednesday
May 3 7-9 pm
\$18

Astrology

Explore the ancient tool of astrology to gain insight into your personality and life. See your chart used to illustrate astrological concepts and bring home a copy of your chart. A \$5 supply fee will be collected.

Lake Harriet 2 Mondays
May 1-May 8 6:30-8 pm
\$21

Color Your World

Find out what colors will give you a bright, youthful look! Color draping will be used to discover which colors are best for you. You will receive beauty and fashion tips about how to flatter and enhance your best features. You will also experience an easy facial that will rejuvenate, exfoliate and protect your skin.

Waite Park 1 Thursday
Apr 27 6:30-8 pm
\$18

NEW | Enneagram: Introduction, Relationships & Conflict

Have you been in conflict with someone or questioned why they act a certain way? Are your needs in social/personal/professional settings not being met? The first class session will explore the Enneagram, a unique personality indicator that believes authentic living is integral to effective communication and personal satisfaction. The second session of class will focus on personal and professional relationships, the third will focus on conflict resolution and goal setting. See online course listing for a more detailed description.

Lake Harriet 3 Mondays
Apr 24-May 8 6:30-8:30 pm
\$28

Life Mapping

Set goals in five major life areas: health, finance, relationships/family, career and spiritual. Discover the importance of creating a vision for your life, learn how to establish and keep track of goals, and create a vision board. A \$10 supply fee will be collected.

Roosevelt 2 Mondays
May 8-May 15 6:30-8 pm
\$21

Quit Smoking: It Is Possible

Prepare to quit and learn how to improve your chance of success. Support from the presenter and participants, as well as many tools will be provided to help increase your ability to stop this habit once and for all.

Northeast 7 Wednesdays
Apr 19-May 31 7-8:30 pm
\$42

Northeast 5 Wednesdays
Jun 21-Jul 19 7-8:30 pm
\$33

The Art of the Interview

Bring your resume and learn how to talk about your work history and interests so tricky questions don't trip you up mid-interview. Find out what's effective for you and listen to how others answer the same questions. Learn how to draft responses, what to look for in job postings and what to highlight when interviewing.

Southwest 1 Thursday
Apr 27 7-9 pm
\$18

The Art of the Resume

Easily tailor your resume to specific job openings after you learn how to determine what employers are looking for and how to best highlight your work experience. Learn techniques for formatting, proofreading and polishing a resume.

Southwest 1 Tuesday
Apr 25 7-9 pm
\$18





Trips, Tours & Events

Henry Twins Game

See the Twins take on the Chicago White Sox from our perch in the Great Clips seats down the right field line. Enjoy \$10 to spend on food and drink as part of your ticket price, not to mention the company of Henry Community Education friends and families. Transportation to Target Field is on your own.

Henry	1 Sunday
Apr 16	1-5 pm
	\$31

Southwest Community Earth Day Clean-Up

Join us to help clean up the community, including the areas around Southwest High School, Minnehaha Creek, Lake Harriet and Lake Calhoun. Enjoy juice, coffee and rolls at 8:30 a.m. before cleaning up from 9 a.m.-noon. A gourmet picnic lunch will be provided after the clean-up. This project is co-sponsored by the Southwest Community Education Advisory Council and the Southwest Green Team. Register online or call 612.668.3100.

Southwest	1 Saturday
Apr 22	8:30 am-noon
	Free

NEW | Dinkytown: Four Blocks of History

Author William E. Huntzicker will discuss his new book, "Dinkytown—Four Blocks of History," which chronicles Dinkytown's significant contributions to the city, from launching major literary milestones to folk music, civil rights and antiwar movements.

Pratt	1 Monday
Apr 24	6:30-8 pm
	Free

Be a Visitor in Your Own City

Explore all that Minneapolis has to offer with the director of the new Minneapolis Visitor Center as he spotlights the many activities available to local residents and visitors alike. Also, hear more about where Minneapolis is headed in the next 10 years. Register online or call 612.668.4828. *Class held at Minneapolis Tourist Information Center, 505 Nicollet Mall, Suite 100.*

Roosevelt	1 Friday
Apr 28	1-2 pm
	Free

 **Find us on Twitter!**
twitter.com/mpslcommunityed

How to Ride Metro Transit

Take a trip downtown on the Green Line Light Rail, and learn how to read a schedule and purchase a ticket. Leave class with informational materials and a coupon for a free ride.

Pratt	1 Tuesday
May 2	6:30-7:30 pm
	Free

Minneapolis Institute of Art Tours: Absolutely Fabulous—Highlights of Mia's Collection

View celebrated works in the Minneapolis Institute of Art's world-renowned collections, from an Egyptian mummy to modern painting and sculpture. Whether you're new to the museum or have been visiting for many years, see popular favorites and discover new ones! *Meet in the lobby at the Minneapolis Institute of Art, 2400 Third Ave. S.*

Edison	1 Thursday
May 4	6:30-7:30 pm
	\$5

Historical Tour of North Minneapolis

Join our annual Historical Tour of North Minneapolis and see the sights and hear the stories that make us who we've been, who we are and who we are becoming. This year, we will focus on some of the individuals and groups who have emerged here and continue to be committed to the Northside. Don't wait too long because this tour has sold out in the past.

Henry	1 Saturday
May 13	10 am-2 pm
	\$25

Discounts

UCARE members are eligible for a discount of up to \$15 per class or trip. For more information, see page 73.





Introduction to Brewing & Belgian Beer with Boom Island Brewing

Explore beer brewing, Belgian beer styles and brewing traditions as Boom Island Brewing owner Kevin Welch guides you on a tour of Belgian beers and lets you sample four varieties. *Class is held at Boom Island Brewing, 2014 Washington Ave. N.*

Henry 1 Tuesday
May 16 7 pm-8:30 pm
\$25

Pratt Ice Cream Social

Come meet your neighbors and friends at this annual event. Enjoy music; food and ice cream for sale; games; and performances. No registration is necessary—just come join us!

Pratt 1 Friday
Jun 2 5:30-8:30 pm
Free

Mpls Pioneers & Soldiers Cemetery Walking Tour

Get a historic overview of Minneapolis Pioneers and Soldiers (formerly Layman's) Cemetery. Hear stories about the fascinating people buried there. This is one of the few cemeteries in Minnesota listed in the National Register of Historic Sites. *Meet at Minneapolis Pioneers and Soldiers Cemetery, 2945 Cedar Ave. S.*

South 1 Saturday
Jun 3 10 am-12 pm
\$18

South 1 Saturday
Jul 15 10 am-12 pm
\$18

Register Today!

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.

Namekagon River Canoe & Kayak Trip

Join us for a great weekend canoeing or kayaking the Namekagon River, one of Wisconsin's most scenic canoeing rivers. Transport yourself to Jack's Canoe Campground Friday afternoon or night and enjoy a special late night snack. After breakfast Saturday, pack a lunch and paddle about 13 miles of the river before setting up camp and enjoying a gourmet dinner. Canoe or kayak the remainder of the way back to Jack's on Sunday with only your lunch and water in tow. The trip fee is based on two people per canoe or one person per kayak. If you sign up, you must attend an informational meeting from 7-8 p.m. Wednesday, May 10, at Southwest. Cost includes all meals, canoe/kayak rental, shuttle service to/from the drop points, two nights camping fees and communal supplies. Transportation to and from Jack's Campground in Trego, WI (a 1.5 hour drive) is on your own.

Southwest 1 Fri-Sun
Jun 23-Jun 25 \$110

Midnight-to-Dawn Metro Bike Tour

Insomniacs and bicycling lovers unite! Enjoy a 42- or 28-mile ride through the metro on the "Midsummer's Night Dream-of-a-Ride." Make stops at late-night shops like Mel-O-Glaze Bakery and the Grand Ol' Creamery or bike straight through the night to the sunrise finish. A gourmet breakfast will follow the ride. Registration deadline is June 15. Cost includes breakfast and T-shirt.

Southwest 1 Saturday
Jul 8 11 pm-dawn
\$20

Interested in teaching a class?

We're all learners and teachers. If it's your time to become a teacher, call us. We're looking for instructors who can communicate their passions to others. Teaching certification and degrees are not required. We can help you design your course and provide guidance on teaching adults.

Get started today!

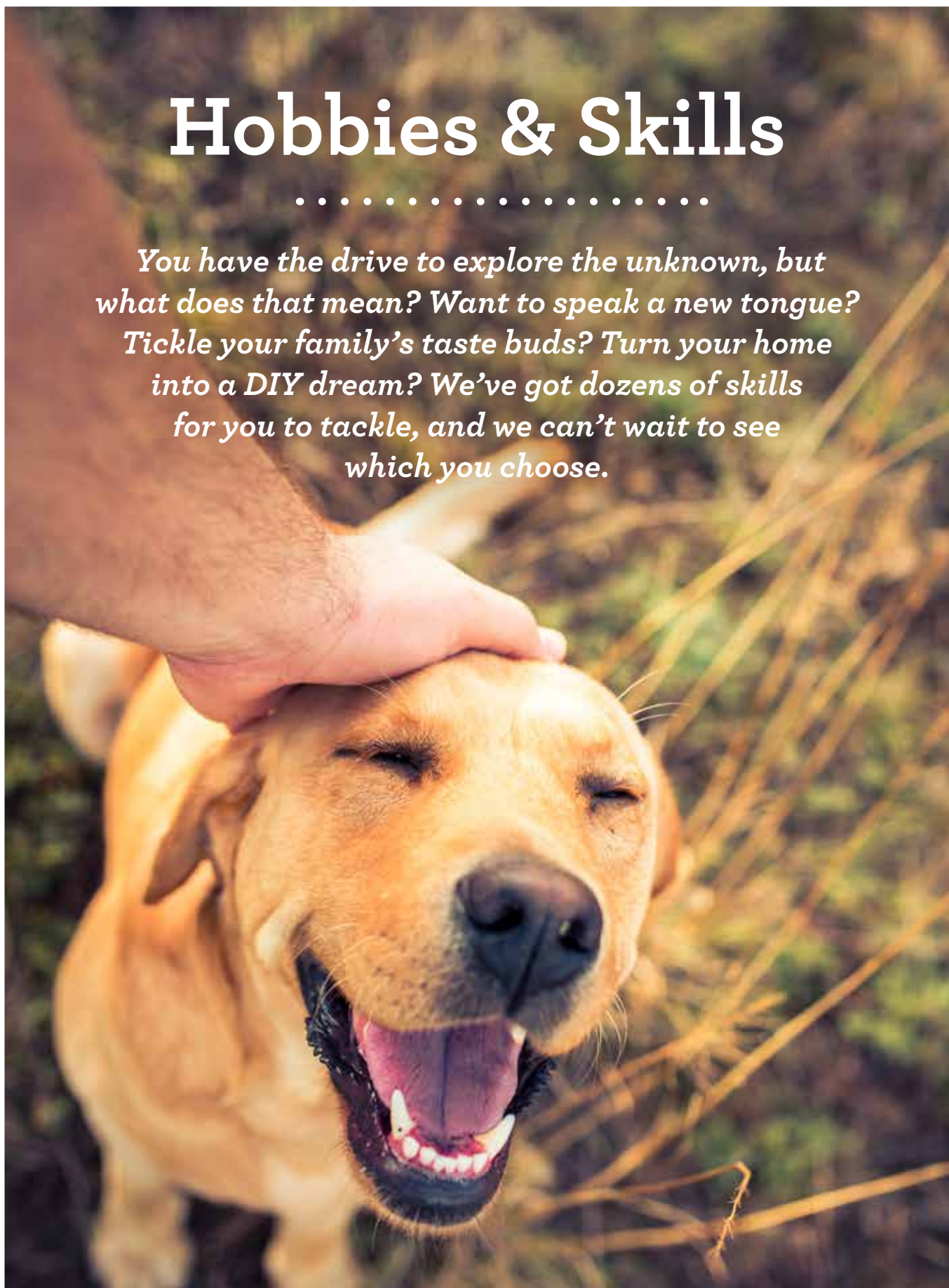
Visit our website at mplscommunityed.com to submit your application online or call any of the sites listed on page 72.



Hobbies & Skills

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You have the drive to explore the unknown, but what does that mean? Want to speak a new tongue? Tickle your family's taste buds? Turn your home into a DIY dream? We've got dozens of skills for you to tackle, and we can't wait to see which you choose.





Cooking

All About Knives: Good Knives & Basic Cuts

Basic kitchen knives have changed radically in the past 15 years. If you're still using older knives, learn what to look for in knives that are easier to use, less expensive to buy and easier to maintain. Practice how to bring a pleasing uniformity to your dices, julienne strips and roll cuts. Bring a container to take home cut vegetables. An \$8 supply fee will be collected.

Lake Harriet 1 Thursday
May 4 6-9 pm
\$28

Cajun & Creole Classics

Heat things up with Cajun and Creole dishes, including: Gumbo, Catfish Po-Boys, Tamarind-glazed Pork, Sweet Potatoes, Bananas Foster, Banana Biscuits and other tasty dishes. Tuition includes a \$15 supply fee.

Northeast 1 Thursday
Apr 27 6-9 pm
\$36

Caribbean Classics

Bring the Caribbean up north and explore exotic dishes, such as red beans and rice, voodoo vegetable stew, jerk and curry chicken, pineapple-pecan upside-down cake and more. Tuition includes a \$15 supply fee.

Northeast 1 Thursday
Apr 20 6-9 pm
\$36

Caribbean Street Food

Start the evening with a non-alcoholic piña colada before beginning your imaginary walk through the Caribbean. Explore foods such as spicy meat pies, shrimp fritters with mango butter dipping sauce, curry shrimp and gingerbread bites. A \$12 supply fee will be collected.

Lake Harriet 1 Monday
Apr 24 6-9 pm
\$28

NEW | Feasting in a Recession: Nutritious, Affordable Meals

In this one-night session, we will cook an entire three-course meal, learn how to make our own salad dressing, desserts, and cut up a whole chicken. A handout will provide an equipment and shopping guide along with menu suggestions. A \$10 supply fee will be collected. *Class held at Windom South Recreation Center, 5843 Wentworth Ave.*

Washburn 1 Monday
Apr 17 6-9 pm
\$21

Foods from the Lewis & Clark Expedition

Get into the "expedition" mood by preparing Roasted Buffalo with Sage, Roasted Parsnips with Pine Nuts, Succotash with Cream Salmon Chowder, and Honey Black Walnut Bread. A \$12 supply fee will be collected.

Lake Harriet 1 Monday
May 8 6-9 pm
\$28

Funk of Fermentation

Learn the basics of fermentation before you cut, mix and blend ingredients to take home your own ferments. The class will put special emphasis on medicinal herb ferments like beet kvass, herbal elixirs, kombucha, krauts and fire cider. A \$10 supply fee will be collected.

Ramsey 1 Wednesday
Apr 12 6:30-8:30 pm
\$18

Ramsey 1 Tuesday
Jul 18 6:30-8:30 pm
\$18

NEW | Grilling

Increase your confidence and eagerness to play with food outdoors! You'll learn what to look for in simple, reliable grills and instant-read thermometers; the cuts of meat that can make—or break—your grilling, make marinades and rubs. You'll do direct and indirect grilling outside the classroom, so bring a sweater, an apron, an appetite, and a closed container for lugging home leftovers! A \$12 supply fee will be collected. Extensive handout provided.

Lake Harriet 1 Thursday
May 25 6-9 pm
\$28

Infusing Olive Oil

Learn how to infuse olive oil and vinegar with your favorite flavors, and create a project in class. Bring one large or several small glass jars and enough olive or grapeseed oil to fill them. A \$6 supply fee will be collected. *Class is held at Community Education Services Center, 2225 E. Lake St.*

South 1 Monday
Jul 17 6:30-8:30 pm
\$18



Kitchen Knife Skills: Seasonal

Ignore other knives and focus on how to properly hold and utilize the knife a chef uses 99 percent of the time. Bring your own knife and cutting board. A \$10 supply fee will be collected.

Ramsey 1 Monday
Apr 10 6-8:30 pm
\$21

Ramsey 1 Monday
Apr 17 6-8:30 pm
\$21

NEW | Meat Smoking Basics

Smoking poultry, beef, pork, venison, and other meats is part of what makes Minnesota eating so great! Learn the basics of effective charcoal smoking. You'll smoke already-prepped beef and chicken and learn about new, state-of-the-art, inexpensive charcoal smoking equipment. Extensive handout provided. A \$15 supply fee will be collected.

Lake Harriet 1 Monday
May 15 6-9 pm
\$28

Natural Fermentation

Learn how to ferment vegetables from your garden and the Farmer's Market, and discuss the nutritional benefits of eating fermented foods and drinks. Sample vegetables, sauerkraut, salsa and whatever the season brings. A \$5 supply fee will be collected.

Henry 1 Wednesday
May 24 7-8:30 pm
\$18

Pasta: Make Your Own

Learn how to make fresh and tasty pasta from scratch. Leave class knowing how to adjust ingredient ratios to achieve the ideal texture and how to use your current kitchen tools to turn pasta dough into multiple shapes (including fettuccine, lasagna, bowtie, orechiette and others). A \$10 supply fee will be collected.

Ramsey 1 Monday
May 8 6-8:30 pm
\$21

Cooking Without a Recipe

Have you ever wanted to grocery shop based on what appeals to you instead of what is written on a list? Do you find yourself throwing away food you bought a few days ago? Engage your creativity with chef Jen Antila of Catalyst Cooks and learn how ratios, chemistry, and classical cooking techniques lead to fabulous food without a recipe. A \$10 supply fee will be collected per class.

Mexican/Latin

Create Latin-inspired dishes such as salsa, enchiladas, tamales and burritos.

Ramsey 1 Monday
May 1 6-8:30 pm
\$21

Farmer's Market Fresh

Starting with locally-grown vegetables, we'll discuss and practice how to combine inspiration, kitchen tools, preparation and cooking techniques to create seasonal dishes.

Ramsey 1 Monday
May 15 6-8:30 pm
\$21

Eat Local Minnesota

Join chef Andrea Bolger as she creates tantalizing seasonal flavors with local produce for your culinary appetite. Then, cook up a fabulous meal to enjoy together. The cost of each class includes a \$15 supply fee. **Receive a \$10 discount when you register for all three classes. For the discount, call 612.668.4828.**

Fresh Mint, Chives, Rosemary & Lavender

Some of the first fresh treats of spring: Minted Lentils with Feta on Greens; Quinoa Salad with Chives, Herbs, Apricots and Pistachios; Honeyed Fig and Goat Cheese Tart with Fresh Rosemary; and Lavender Shortbread.

Roosevelt 1 Tuesday
May 9 6-9 pm
\$36

Zest of Lemons & Limes

Perk up your taste buds with refreshing flavors. Sautéed Fennel with Crispy Fried Lemon; Roasted Asparagus with Pomegranate-Lime Glaze; Lemon Pasta Primavera; Lemon Bread Pudding.

Roosevelt 1 Tuesday
May 16 6-9 pm
\$36

Welcome Spring Vegetables

Get ready for the first of spring. Roasted Baby New Potatoes with Fresh Herbs; Tarragon-Pecan Asparagus; Zucchini-Mint Croquettes served with Roasted Red Pepper Pesto; Potato Leek Soup accented with cucumber and chives.

Roosevelt 1 Tuesday
May 23 6-9 pm
\$36





Portable Foods & Meals: Dried Foods for the Pantry & The Road

Learn about proper tools, techniques and recipes so you have plenty of meals, snacks and ingredients on hand for travel, hiking, or emergencies. A \$10 supply fee will be collected.

Southwest	1 Monday
May 8	6:30-8:30 pm
	\$21

There are no classes
May 29 or July 4.

Risotto

Learn to use arborio and roma rice with confidence in preparing four delicious risottos: pumpkin, sage, and red chilies risotto; onion risotto with sun-dried tomatoes; parma ham and sweet potato risotto; and roasted pork, parsnip, and apple risotto. An \$8 supply fee will be collected.

Lake Harriet	1 Monday
May 1	6-9 pm
	\$28

NEW | Somali Traditional Cooking

Watch how to make and then sample favorite Somali foods including sambusas, lentil stew, and herbal steam bread. Chef Shakir Farah will demonstrate basic Somali cooking while sharing his love of exploring foods of all cultures, and thoughts on how food can be used as a medium for promoting peace and bringing people together. An \$8 supply fee will be collected.

Pratt	1 Saturday
Apr 22	10-11:30 am
	\$18

Southern Chinese Cooking

Prepare a variety of common Chinese family dishes using local and organic ingredients that are authentic, healthy and easy to make. A \$40 supply fee will be collected.

Lake Harriet	4 Wednesdays
Apr 19-May 10	6-9 pm
	\$55

Wine: Introduction

Where did wine come from? What disease almost ended its evolution and varieties? What new countries and regions are developing it today? Learn about the fascinating history of wine, and enjoy a field trip to Tosca, where you'll taste and sample wines, and discuss regions, tannins, tear drops, and notes. A \$12 field trip fee will be collected.

Southwest	7 Mondays
Apr 17-Jun 5	7:30-9 pm
	\$42

Shop Local, Eat Global

Join chef Andrea Bolger as she introduces you to global fare you can access right here in town. Learn about how to choose the right ingredients and where to find them. Then, cook up a fabulous meal to enjoy together. The cost of each class includes a \$15 supply fee. **Receive a \$10 discount when you register for all three classes. For the discount, call 612.668.4828.**

Shop Local, Eat Global: Sunshine Food from the Mediterranean

Explore foods from Tunisia and Morocco; the foods and spices of this region will warm up your spring! Quinoa-Stuffed Peppers topped with Goat Cheese; Roasted Asparagus with Pomegranate Molasses Glaze; Mediterranean Orange and Olive Salad; Rosemary Lemon Polenta Cake.

Roosevelt	1 Tuesday
Apr 18	6-9 pm
	\$36



Shop Local, Eat Global: Italian Picnic

Get ready for a place in the sun with: Pesto Deviled Eggs; Peach Panzanella Salad; Rustic Tomato Tart; Mixed Florentine Bean Salad; Biscotti Toscani.

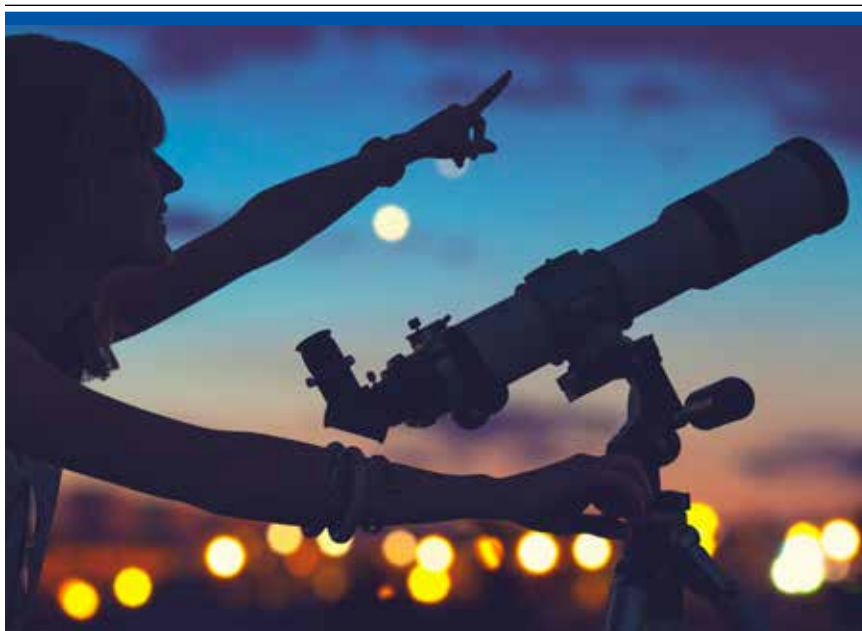
Roosevelt	1 Tuesday
Apr 25	6-9 pm
	\$36

Shop Local, Eat Global: From the Islands

Find new flavors in sweet potatoes, seafood and bananas. Caribbean Rice Salad with Sweet Potatoes and Black Beans; Seafood Soufflé Roulade (baked and rolled with filling); Banana-Coconut Coffee Cake.

Roosevelt	1 Tuesday
May 2	6-9 pm
	\$36

Register now to make sure you
get into your favorite classes!
mplscommunityed.com.



Hobby & Leisure

NEW | Astrology: **The Dance Between Saturn & the Moon**

For those who already speak the language of signs, planets and houses, explore the role of transiting Saturn and the progressed Moon in your astrology chart. Once you learn the significance of these two planetary bodies, you will be able to zero in on current as well as past or future events in your life.

South 4 Thursdays
Apr 20-May 11 7-9 pm
\$34

Astronomy for City Dwellers

Make your own star wheel and identify bright stars and constellations. Learn exotic star legends and stories, astronomy vacations, amazing exo-planets, upcoming sky events including The Great American Eclipse 2017, Medieval Viking navigation secrets. Explore buying a family telescope and discover wonderful free local star parties. Includes free bonus trip to Eagle Lake Observatory.

Southwest 4 Tuesdays
May 2-May 23 7-8:30 pm
\$33

Automotive Maintenance Basics

Identify and learn the functions and maintenance of different motor vehicle parts. Become familiar under the hood of your own car (weather permitting).

Southwest 6 Tuesdays
Apr 18-May 23 6-8:30 pm
\$55

Bicycle Maintenance & Repair

Gain confidence in diagnosing and tackling the most common issues that confront a bike mechanic. Learn about subjects like proper flat tire repair, adjustment and minor repair of brakes and shifting systems, basic bicycle fitting concepts and more. Bring your bike for hands-on instruction.

Roosevelt 2 Wednesdays
Apr 26-May 3 7-8:30 pm
\$21

Roosevelt 2 Wednesdays
May 17-May 24 7-8:30 pm
\$21

Washburn 3 Tuesdays
Apr 11-Apr 25 6-8:30 pm
\$33

The Bicycle: Your Ticket to Fitness & Freedom

The bicycle offers you a range of options from recreational riding on a sunny summer day to carrying groceries home on most any day of the year. We will discuss ways to bicycle with the maximum comfort and safety, preparing for the elements, resiliently adapting to the weather and streets. Using your self-renewing power, free maps, and web-based resources you will experience a new level of freedom this summer. Be sure to bring your bicycle to class

Henry 1 Monday
May 22 6:30-8:30 pm
\$18

Dog Obedience 1: 6 Months +

Teach your dog foundation skills for life using dog & family friendly clicker training methods. Teach your dog to: Sit, Down, Loose Leash Walk, Come, Sit for Greeting, Drop it, Leave it, and a couple of fun & useful tricks. The entire family is welcome, children must be accompanied by an adult. Bring your dog on a flat buckle or snap collar with a 4-6-foot leash, and a supply of small soft treats. No choke chains, prong collars or flexi leashes are permitted. Instructor will need to see the dog's current Rabies, Bordetella, and DHLPP vaccination certificates on the 1st night of class. One dog per adult.

Southwest 6 Wednesdays
Apr 19-May 24 7-7:45 pm
\$52

Northeast 7 Wednesdays
Apr 19-May 31 7-8 pm
\$31



Dog Obedience 2

Continue working on the behaviors we taught in Obedience 1 while making them more challenging and adding new behaviors working toward mastering the 10 behaviors needed to pass the AKC Canine Good Citizen test using dog & family friendly clicker training methods. The entire family is welcome, children must be accompanied by an adult. Bring your dog on a flat buckle or snap collar with a 4-6-foot leash, and a supply of small soft treats. No choke chains, prong collars or retractable leashes are permitted. Instructor will need to see the dog's current Rabies, Bordetella, and DHLPP vaccination certificates on the 1st night of class. Pre-requisite: Obedience 1 or Puppy training class. One dog per adult.

Southwest 6 Wednesdays
Apr 19-May 24 8-8:45 pm
\$52

Northeast 6 Wednesdays
Apr 26-May 31 8-9 pm
\$28

Once man's best friend is trained, he'll be well-behaved enough to sit still for a painting. But don't worry, we won't make him! Sign up for Pet Portrait Painting on page 37 and create a masterpiece of your pup based on your favorite photo.



Dog Obedience: Puppy Socialization to 6 Months

Socialize and teach your puppy foundation skills for life with your family using dog and family-friendly clicker training methods. The entire family is welcome, children must be accompanied by an adult. Bring your puppy on a flat buckle or snap collar with a 4-6-foot leash, and a supply of small soft treats. No choke chains, prong collars or retractable leashes are permitted. Bring current Rabies (if they're old enough), Bordetella, and DHLPP vaccination certificates on the first night of class. One dog per adult.

Southwest 4 Thursdays
Apr 27-May 18 8-8:45 pm
\$26

NEW | Dog Treats & Natural Remedies

Discover fun and simple dog snacks you can easily make at home. Create natural remedies for things like chapped paws and itchy skin. Leave class with a dog treat and anti-itch spray. A \$5 supply fee will be collected.

Lake Harriet 1 Monday
Apr 17 6:30-8:30 pm
\$21

NEW | Film Appreciation: The Films of Quentin Tarantino

Examine the films of visionary director Quentin Tarantino and discuss what narrative, technical, and thematic elements are present in Tarantino's unique style. Films will contain violence.

Lake Harriet 5 Wednesdays
Apr 26-May 24 7-9 pm
\$46

Game Night: Cribbage & Beyond

Join our social environment to enjoy both new and classic games, and learn to play cribbage the first night of class. A different board game will be introduced each week based on student suggestions.

Washburn 6 Tuesdays
Apr 11-May 16 6:30-8:30 pm
\$20





If Your Walls Could Talk: How to Research Your House History

Hear researcher and house historian Kathy Kullberg share her secrets for tracking down all aspects of your house history from the architects and builders, past residents, period photographs and more.

Pratt	1 Monday
May 8	7-9 pm
	\$18

Minnehaha Stamp Club

Explore the interesting hobby of stamp collecting, see some new and unique finds, and search for stamps in the club's digging boxes. New and veteran postage stamp collectors are welcome.

Southwest	1 Thursday
Apr 13	6:30-9 pm
	\$5

Packing for the Everyday Traveler

Do you over-pack? If so, learn packing tips for getting through airport security hassle-free. Bag selection examples will be shared, and clothing choices will be discussed for maximizing space. A variety of packing methods will be demonstrated.

Southwest	1 Monday
May 15	6-8 pm
	\$18

Reupholstery

This class is by wait list only. Call 612.668.1306 to be added to the list.

Edison	8 Wednesdays
Apr 12-May 31	6-9 pm
	\$106

Edison	8 Thursdays
Apr 13-Jun 1	6-9 pm
	\$106

Woodshop: Open Woodshop

In a fully-equipped woodshop, work on projects of your choice or consider ideas suggested by the instructor. Class fee includes sandpaper, glue, drill bits, dowel pins and other materials. Some storage space is available for projects.

Southwest	7 Mondays
Apr 17-Jun 5	6:30-9 pm
	\$80

Southwest	7 Thursdays
Apr 20-Jun 1	6:30-9 pm
	\$80

**Register now and make sure
you get into your favorite
classes! We're online at
www.mplscommunityed.com.**

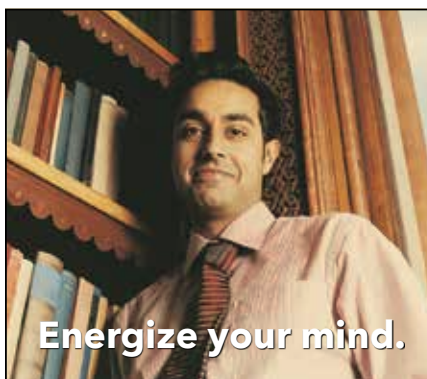
Woodworking 1

Learn the basics of woodworking and fabrication techniques. Gain practical knowledge by making a simple step stool. We will cover the safe use of all shop equipment, hand and small power tools. Demonstrations on different tools will be given each week. A \$15 fee for materials is payable to the instructor on the first night of class.

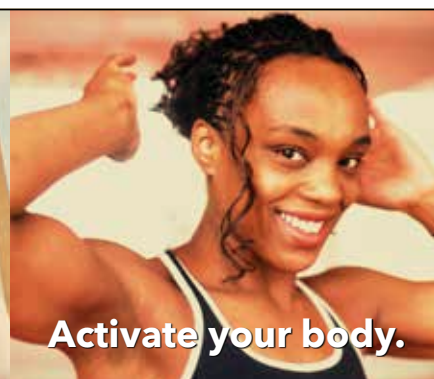
Northeast	6 Tuesdays
Apr 18-May 23	6-8:30 pm
	\$65

Southwest	7 Wednesdays
Apr 19-May 31	7-9 pm
	\$70

Southwest	7 Thursdays
Apr 20-Jun 1	7-9 pm
	\$70



Energize your mind.



Activate your body.



Spark your spirit.



Build community.

We are all learners and teachers. If it's your time to become a teacher, call us. We're looking for instructors with knowledge and expertise who can communicate their passions to others. Teaching certification and degrees are not required. We can help you design your course and provide guidance on teaching adults.

Get started today!

Visit our website at mplscommunityed.com to submit your application online or call any of the sites listed on page 72.



Home & Garden

Beyond HGTV: How to Plan a Successful Remodeling Project

Discover the basics of how to successfully plan your room, whole house, addition, or other remodeling project. Learn how to make selections, choose contractors and make other important considerations. Following a presentation, get answers to your questions about your specific project.

Pratt 1 Saturday
May 6 9-11:30 am
\$21

Southwest 1 Tuesday
May 9 6-8:30 pm
\$21

Electrical Circuits

Learn about different types of wire, circuit breakers, light switches and wall receptacles and how to replace them. A hands-on application will allow you to wire up three different circuits and test them. Bring a common household pliers, a flat tip screwdriver and a cross tip (Phillips) screwdriver.

Southwest 2 Wednesdays
May 24-May 31 6:30-9 pm
\$28



Find us on Facebook!
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)

Electrical Projects at Home

Learn basic electrical home repair by installing and testing your own practice circuits in class. By learning how to install devices such as outlets and switches you'll be able to replace malfunctioning devices in your own home. An \$8 supply fee will be collected by the instructor in class.

Lucy Laney 2 Tuesdays
May 9-May 16 6-8 pm
\$21

Green Living for Everyone

Become a "deeper shade of green" by looking at your household energy consumption, waste reduction habits, personal fitness and active citizenship to live a more sustainable, healthy and fit life. Develop a family action plan and create a kilowatt report to bring for discussion at the second class. Family members are encouraged to attend.

Southwest 2 Mondays
Apr 24-May 1 6:30-8:30 pm
\$21/Family

Southwest 2 Mondays
May 22-Jun 5 6:30-8:30 pm
\$21/Family

There are no classes
May 29 or July 4.

Interior Design 101: Planning Your Project

Learn how the interior design process can create beautifully updated rooms. Discover how space and floor planning help you design rooms that function well. The class will highlight the use of focal points, color and backgrounds.

Southwest 1 Tuesday
Apr 19 6:30-8:30 pm
\$18

Kitchen & Bath Remodeling

Create a mindful kitchen or bathroom by incorporating products with beauty, durability and value. Discuss the budget and materials needed for a fantastic experience in tailoring your cabinets, countertops, flooring and backsplash to your taste and needs. *Class meets at the Mindful Kitchen (Cabinet Expressions) Showroom at 8901 Lyndale Ave. S. in Bloomington.*

Southwest 1 Wednesday
May 3 7-8:30 pm
\$18

Sidewalk & Step Repair or Replacement

It's never too late to repair broken steps, pour a new sidewalk or patch a driveway. Learn about types of cement, see proper mixing techniques and discover how to make patch repairs to cement surfaces.

Lake Harriet 1 Mon & Wed
May 1-May 3 6-8 pm
\$24



Gardening

Butterfly Gardening

Discover the life cycle of a butterfly, learn about choosing host and nectar plants and take the next step and start creating your own butterfly garden!

Pratt 1 Tuesday
May 23 7-8:30 pm
\$18

Compost: Free Fertilizer for Your Thriving Garden

What are you going to do with all those leaves in your yard? Working with nature, you can turn ordinary household waste into nourishment for your beautiful plants. We will cover the several methods of composting, reusing water, mulching, and creative approaches to have a healthy thriving garden.

Henry 1 Monday
May 15 6:30-8:30 pm
\$18

NEW | Container Gardening: A How-To Guide

Container gardening is the practice of growing plants in containers instead of in the ground. Learn from a Master Gardener how to design, plant and care for a container garden!

Washburn 1 Wednesday
Apr 26 6:30-8:30 pm
\$18

Gardening in Raised Beds & Containers

Want to have a vegetable, herb or flower garden, but have limited space? Learn about how to make the most of your space, which plants do best in containers, and strategies for successful gardening.

Roosevelt 1 Wednesday
May 3 6-8 pm
\$18



Know Your Turf

Take advice from a Master Gardener about how to grow a lawn that is aesthetically pleasing and environmentally friendly. Find out where to test your soil, and learn about the newest wonder grasses, alternatives to pesticides, and what kinds of fertilizers to use.

Lake Harriet 1 Monday
Apr 24 7-8:30 pm
\$18

Minnesota Annuals

Annuals can bring quick and easy color to your garden all season long. Learn from a Master Gardener about the best techniques and conditions for growing annual flowers.

Lake Harriet 1 Wednesday
May 10 7-8:30 pm
\$18

Perennial Shade Gardening

Got shade? Learn about techniques and best practices for growing perennials in shady places. It's much more than just Hostas (though we like them too)!

Pratt 1 Tuesday
Apr 18 7-8:30 pm
\$18

NEW | Rain Gardening

A rain garden is a bowl-shaped garden designed to absorb excess rainwater run-off from a house and its associated landscape. Learn how having a rain garden benefits the environment, how to make one, and which plants are suitable.

Washburn 1 Wednesday
Apr 19 6:30-8:30 pm
\$18

Raising Monarch Butterflies

In the wild, only 1% of Monarch eggs will become butterflies. Increase their survival rate to 95% by raising them in your home. Learn great gardening tips for milkweed and how to care for caterpillars from egg to chrysalis. Most of the supplies you need are already in your home.

Lake Harriet 1 Monday
Apr 24 7-8 pm
\$18

Lake Harriet 1 Wednesday
Apr 26 7-8 pm
\$18

Lake Harriet 1 Monday
May 1 7-8 pm
\$18

Lake Harriet 1 Wednesday
May 3 7-8 pm
\$18

NEW | The Evolving Garden

Ideas and practices to allow you and your garden to age gracefully together.

Washburn 1 Wednesday
Apr 19 4-6 pm
\$18

NEW | Your First Vegetable Garden

Learn the basic information you need to become a successful vegetable gardener. You will learn about terminology, types of gardens, locating your garden, selecting cool- and warm-weather veggies, basic tools, and controlling damage from animals, plants, insects and disease.

Washburn 1 Wednesday
Apr 19 6:30-8:30 pm
\$18

2017 South Minneapolis Housing Fair Workshops

This series of FREE home improvement and homeownership workshops are offered in partnership with the 2017 South Minneapolis Housing Fair.

Workshops are held at South High, 3131 19th Ave. S.

Pre-registration is required. To register, please call 612.668.4326 or register online at mplscommunityed.com.



DIY Landscaping

Are you ready to landscape your yard on your own, but aren't sure where to begin? Or maybe you're looking to confirm your plan of action? Join us to review what it takes to make a great outdoor space (it's more than just a shovel and a wheelbarrow).

Tuesday, May 23 6:30-8 pm

Grow Monarch Habitat

This kid-friendly session offers a wealth of information for both beginning and advanced gardeners. You will learn about the monarch life cycle; plants that monarchs need for nectar, egg-laying and shelter; and how you can help save the monarch migration. Monarch Garden-to-Go Kits are available to purchase for \$35; pre-registration is required to reserve a kit. For more information, contact Nokomis East Neighborhood Association at 612.724.5652. *Class is held at Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.*

Saturday, May 20 10 am-noon

Ice Dams

Ever wonder what causes ice dams? Explore solutions that address the root causes of ice dams and will make your home dramatically more comfortable.

Tuesday, May 16 6:30-8 pm

Minnesota Housing Fix-Up Fund Loans

Leave class with a better understanding of low interest rate loans to fix and remodel your home even if you don't have much equity.

Tuesday, May 2 7-8:30 pm

Prepare Your Home & Yourself to Sell

Game planning to sell your home starts long before you put the sign in the yard. Learn to maximize proceeds and minimize stress in today's challenging environment. Strategies include municipal inspections, staging, negotiating strategies and brainstorming the next great thing.

Thursday, Apr 20 6-8 pm

The Basics of Window Replacement

Want to make sure you really improve your windows rather than throw your money away? This workshop will cover the basics of window science and options for window replacement.

Tuesday, Apr 25 6:30-8 pm

Stucco Repair & Refinishing

Demonstrations along with excellent advice will provide you with the cure for repairing cracks and small holes in stucco that inevitably appear over winter. Instructor Chuck Bankey has repaired stucco homes for over 20 years.

Lake Harriet 1 Wednesday
Apr 26 6:30-8:30 pm
\$18

Transform Your Life: Declutter

Ready to replace household chaos with calm? Join professional organizer Suzie Stegic on your journey to creating a beautiful, clutter-free home. Learn to tackle disorder, let go of extra "stuff" and transform your living space through her step-by-step "Profound Change" approach.

Pratt 3 Mondays
May 1-May 15 7-8:30 pm
\$26

Lake Harriet 1 Wednesday
May 3 7-8 pm
\$18

Window Repair

Save money by learning how to take apart and fix sticky, drafty, cracked or broken windows. Topics covered include sash cord replacement, glazing, the five points of draftiness for windows and more.

Henry 1 Wednesday
Apr 19 6:30-8:30 pm
\$18

Pratt 1 Wednesday
May 3 6:30-8:30 pm
\$18

Save the Date:

South Minneapolis Housing Fair

Saturday, April 1, 2017

10 am-3 pm • South High

FREE



Languages

Chinese 1: Mandarin

Explore Chinese culture, and learn the basics of the Mandarin Chinese language, including days of the week, greetings and practical conversation.

Lake Harriet 6 Wednesdays
Apr 19-May 24 7-8:30 pm
\$47

Chinese: Modern Chinese

Chinese language has become popular worldwide. Come to learn the functional language of modern Chinese in a lively way. Mandarin Chinese and culture will be introduced in this class. Everyone, with different levels of Chinese background, is welcome to attend this specially designed class.

Southwest 7 Tuesdays
Apr 18-May 30 6-7:30 pm
\$47

French for Travelers

If you've dreamt of visiting Paris but are nervous you won't understand the language, join us to learn introductions, everyday phrases, directions to make your way through the city and more. Participate in engaging activities, practice basic reading and writing skills, and learn useful phrases to have successful conversations in French.

Lake Harriet 4 Mondays
May 1-May 22 7-9 pm
\$42

French: Basics for Travel & Life

Learn the language and customs needed to have a great time traveling in France. Practice basic conversation and learn about a different aspect of a successful adventure abroad. The instructor is a native of Paris who will suggest many destinations to visit at off-tourist locations and share authentic French recipes!

Ramsey 7 Tuesdays
Apr 11-May 23 6:30-8:30 pm
\$66

Ramsey 5 Tuesdays
Jun 20-Jul 25 6:30-8:30 pm
\$45

French 1

Learn basic French phrases and grammar, with emphasis on conversation and pronunciation, while exploring French culture along the way. Also, discover key grammatical concepts, basic vocabulary, verb conjugation, and sentence structure and formation. *South class is held at the Community Education Services Center, 2225 E. Lake St.*

Northeast 6 Tuesdays
Apr 18-May 23 6-7:20 pm
\$42

Southwest 7 Wednesdays
Apr 19-May 31 7-8:30 pm
\$47

South 5 Mondays
Jun 19-Jul 24 6:30-9 pm
\$54

French 2

Continue to build confidence in your French language skills by increasing your vocabulary, speaking, and writing skills, and improving your understanding of the language. Prerequisite: French 1 or other experience.

Northeast 6 Tuesdays
Apr 18-May 23 7:30-8:50 pm
\$42



MEET OUR INSTRUCTORS:

Christelle Boucher-Dean,
French: Basics for Travel & Life
instructor at Washburn

Christelle Boucher-Dean was born and raised in Paris. She fell in love with the U.S. when she moved to Colorado almost 10 years ago, but she returns to France to visit loved ones each year.

Christelle acts as French travel counselor for her American friends and family and helps them plan trips to France or the French Caribbean. She loves to cook her mom's French recipes, enjoys sharing knowledge about her home country and misses France's baguettes and cheese!

Interested in teaching a Community Ed. class? Call 612.668.3939 or visit mplscommunityed.com for more information.



French 4: Advanced

Vous aimez parler Français? This is an advanced conversation class conducted entirely in French. You will help choose weekly topics of conversation. Practice your French in a relaxed, non-threatening atmosphere.

Southwest 7 Tuesdays
Apr 18-May 30 6-7:30 pm
\$47

German 1

Focus on the essentials of the German language and outfit yourself with useful expressions for traveling abroad. The class will also cover grammar basics and aspects of German culture.

Henry 7 Mondays
Apr 17-Jun 5 7-8:30 pm
\$47

Lake Harriet 6 Mondays
Apr 17-May 22 6-7:15 pm
\$36

Southwest 7 Thursdays
Apr 20-Jun 1 7:30-9 pm
\$47

German 2

Expand your knowledge of the German language as you learn about vocabulary, culture and basic grammar. Pre-requisite: German 1 or other experience.

Lake Harriet 6 Mondays
Apr 17-May 22 7:30-8:45 pm
\$36

German Conversation

Hallo Deutschland! Join us to learn German grammar and vocabulary through easy conversation about present-day life in Germany. Receive German cake recipes and enjoy real cake as an added treat.

Henry 8 Wednesdays
Apr 19-Jun 7 7-9 pm
\$66

Italian 1

Learn Italian pronunciation and concentrate on speaking skills. Get an introduction to verbs, verb tenses, sentence formation, vocabulary and more. You'll also become familiar with common phrases useful for travel.

Washburn 7 Mondays
Apr 10-May 22 6:30-8:30 pm
\$59

Japanese 1

Learn the basics of conversational Japanese, including greetings, numbers and practical conversational skills useful when traveling to Japan.

Lake Harriet 6 Mondays
Apr 17-May 22 6-7:30 pm
\$47

Japanese 2

Continue developing your language skills from Japanese 1. Explore simple sentences, conjugating verbs and counting, and discuss Japanese culture.

Lake Harriet 6 Mondays
Apr 17-May 22 7:30-9 pm
\$47

Japanese Culture & Language

Explore Japanese culture, history through greeting, furoshiki (cloth wrapping), origami, calligraphy, ink painting, mizuhiki (paper strings), tea ceremony, and cooking (artistic candy). A \$15 supply fee will be collected.

Southwest 7 Tuesdays
Apr 18-May 30 6-7:30 pm
\$47

Polish 3: Conversational

Improve your Polish in this relaxed and fun conversational group. Pre-requisite: Polish 1 or elementary knowledge of the language.

Northeast 6 Thursdays
Apr 20-May 25 5:45-7:15 pm
\$42



Which Class Level Should I Take?

Community Education classes are organized by levels, 1 through 5. If you are new to a subject or it has been a number of years since you last studied, start with a class followed by "1." If you've taken a Community Education class recently, proceed to the next level. Classes do not follow a standard curriculum, so a Level 2 class at one site may differ from Level 2 at another. If you have questions, please call the class site directly (See page 72 for list of sites).

Portuguese 1

Una-se-nos in this Portuguese class for beginners. Learn basic grammar, expressions, listening skills and travel vocabulary. Both European and Brazilian Portuguese will be covered.

Southwest 7 Tuesdays
Apr 18-May 30 7:30-9 pm
\$47

Russian 1

Participate in role-playing activities, problem-solving exercises and small group discussions in an effort to learn basic Russian grammar, pronunciation and writing skills.

Southwest 7 Thursdays
Apr 20-Jun 1 6-7:30 pm
\$47

Sign Language 1: ASL

Gain basic exposure to the American Sign Language vocabulary, numbers, alphabet and ASL syntax, as well as the deaf culture. You'll use the "ASL Phrase Book" and "Deaf in America: Voices from a Culture" to learn about deaf history and culture, and learn how to sign basic phrases. The instructor is deaf; bring paper and a pen to ask questions.

Washburn 7 Wednesdays
Apr 13-May 25 6-7:30 pm
\$47

Lake Harriet 7 Wednesdays
Apr 19-May 31 6-7:30 pm
\$47

Sign Language 2: ASL

This class is a continuation of the Sign Language 1 class. You will use the book "El Deafo" by C. Beel and other multimedia sources to learn about deaf history and culture, and learn how to sign basic phrases. The instructor is deaf; bring paper and a pen to ask questions.

Washburn 7 Mondays
Apr 10-May 22 6-7:30 pm
\$47

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.



Somali Language & Culture

Learn basic Somali phrases and grammar while expanding your knowledge and awareness of the Somali culture and community. One of the goals of this Somali cultural training course is to help educators to become more culturally aware of themselves and sensitive to the Somali populations with whom they are working. Consider this training as a step toward becoming more culturally competent; understanding that cultural competence is not a one-time finite achievement, but a lifelong process.

Pratt 6 Saturdays
Apr 15-May 20 9:30-10:45 am
\$40

Somali Language & Culture 2

Continue to learn Somali language skills, including vocabulary and speaking skills. Pre-requisite: Somali Language & Culture 1 class at Pratt.

Pratt 6 Saturdays
Apr 15-May 20 11 am-12:15 pm
\$40



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facebook.com/MplsCommEd

Spanish 1

Learn beginning conversational Spanish skills along with pronunciation, grammar, reading, writing and listening skills. *South Wednesday class is held at the Community Education Services Center, 2225 E. Lake St.*

Washburn 7 Tuesdays
Apr 11-May 23 6:30-8 pm
\$47

Lake Harriet 6 Mondays
Apr 17-May 22 6-7:30 pm
\$42

Southwest 7 Tuesdays
Apr 18-May 30 6-7:30 pm
\$47

Roosevelt 6 Wednesdays
Apr 19-May 24 6-7:20 pm
\$36

Jefferson 7 Thursdays
Apr 20-Jun 1 6:30-8:30 pm
\$59

South 7 Thursdays
Apr 20-Jun 1 7-9 pm
\$59

South 6 Wednesdays
Jun 21-Jul 26 7-9 pm
\$52



Spanish 1.5: Refresher

Practice your Spanish vocabulary, speaking and pronunciation, and receive detailed instruction on Spanish 1 grammatical concepts. Pre-requisite: A basic understanding of Spanish grammar and vocabulary.

Roosevelt 6 Wednesdays
Apr 19-May 24 7:30-8:50 pm
\$37

Spanish 2

Continue to build confidence in your Spanish language skills by learning the preterite and irregular verbs. Also, increase your vocabulary, speaking and writing skills. Pre-requisite: Be able to conjugate regular ar/er/ir verbs.

Lake Harriet 6 Mondays
Apr 17-May 22 7:30-9 pm
\$42

Roosevelt 6 Mondays
Apr 17-May 22 6-7:20 pm
\$37

Jefferson 7 Tuesdays
Apr 18-May 30 6:30-8:30 pm
\$66

Southwest 7 Wednesdays
Apr 19-May 31 6-7:30 pm
\$47

Edison 6 Thursdays
Apr 20-May 25 6:30-8:30 pm
\$52

Spanish 3

Review the preterit tense and discover new material, such as the imperfect tense and direct and indirect objects. This class is taught entirely in Spanish.

Jefferson 7 Wednesdays
Apr 19-May 31 6:30-8:30 pm
\$66

Spanish 3: Conversation

Engage in structured conversations to increase your fluency in Spanish. Touch up your grammar, tenses, vocabulary and sentence structure, and continue working on your listening, reading and writing skills.

Roosevelt 6 Mondays
Apr 17-May 22 7:30-8:50 pm
\$37

Southwest 7 Tuesdays
Apr 18-May 30 6-7:30 pm
\$47

Edison 6 Wednesdays
Apr 19-May 24 6:30-8:30 pm
\$52

Spanish 4

Read literature and newspapers in Spanish, and hold conversations to enhance your fluency.

Southwest 7 Wednesdays
Apr 19-May 31 7:30-9 pm
\$47

NEW | Spanish Conversations

Class will be just in Spanish and specific topics such as human rights, immigration, arts and folklore, Latin America celebration and rights. Students are encouraged to use their Spanish in a conversational way and learn grammar construction of the subjunctive.

Jefferson 7 Mondays
Apr 17-May 29 6:30-8:30 pm
\$66

Spanish Films & Conversation

View classic and contemporary films from Spanish-speaking countries. Then, engage in a discussion of the film in Spanish. Films have English subtitles, but some parts will be shown without them to challenge your listening and comprehension skills. Class discussion will be almost entirely in Spanish.

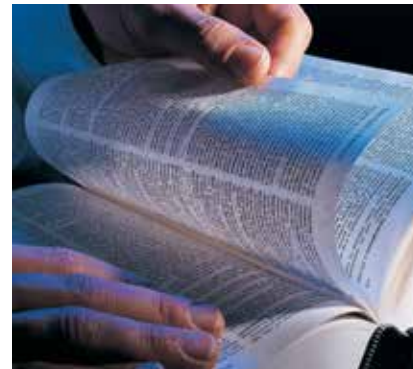
Washburn 5 Mondays
Apr 17-May 15 6-8 pm
\$45

Ramsey 5 Tuesdays
Jun 20-Jul 25 6-8 pm
\$45

Spanish for Travelers

Learn key phrases for finding your way around, ordering a meal, dealing with transportation, and shopping. Practice listening comprehension so you can understand the answers to your questions.

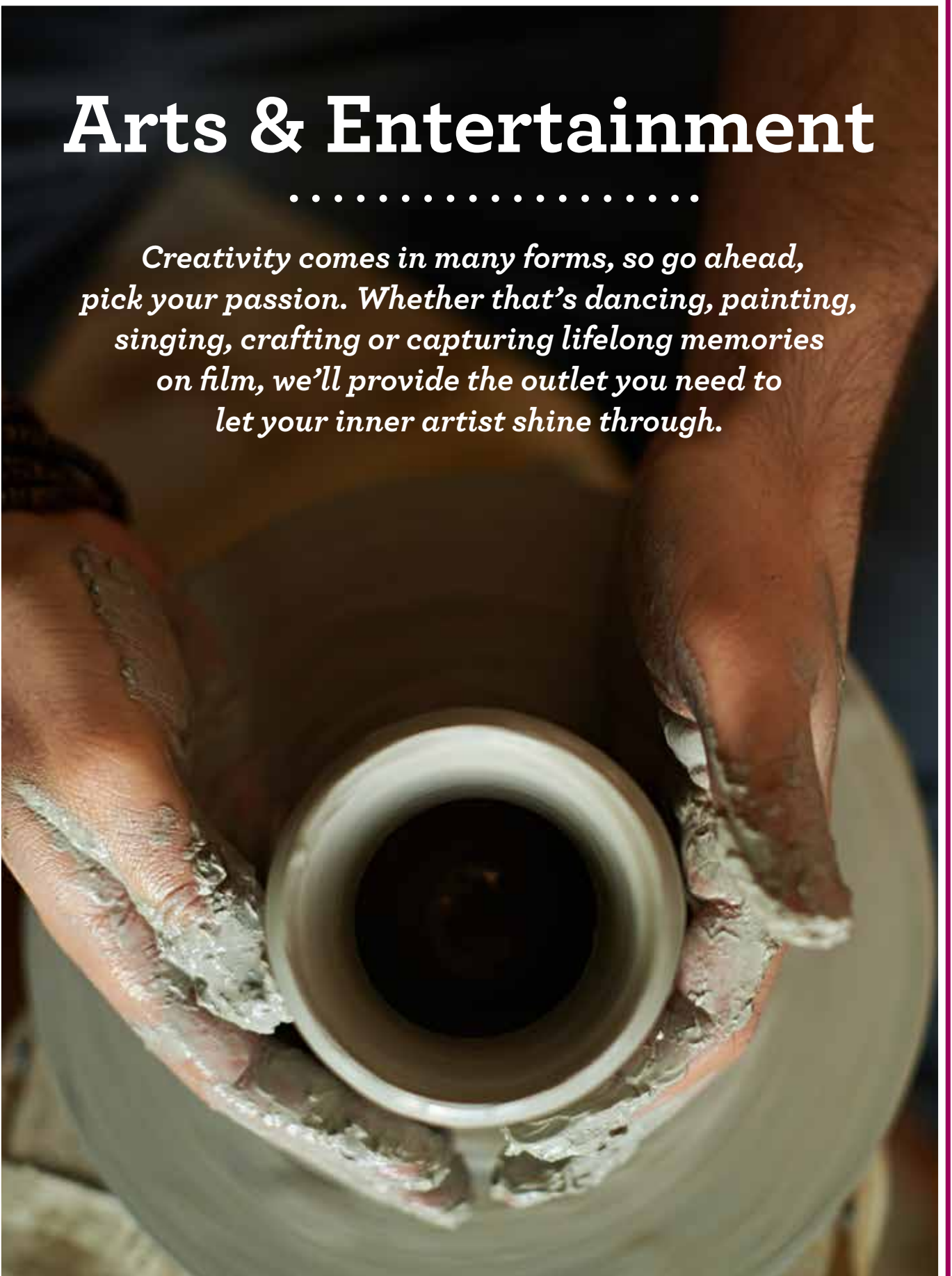
Southwest 7 Tuesdays
Apr 18-May 30 7:30-9 pm
\$47



Arts & Entertainment

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*Creativity comes in many forms, so go ahead,
pick your passion. Whether that's dancing, painting,
singing, crafting or capturing lifelong memories
on film, we'll provide the outlet you need to
let your inner artist shine through.*



Arts & Crafts

Adult Coloring: Relax & De-Stress

Enjoy the health benefits of relaxation, mindfulness, and focus while you socialize and explore your artistic side. Color pencils, pens and fabulous pictures will be provided.

Southwest	2 Tuesdays
Apr 25-May 2	6-8 pm
	\$21
Waite Park	2 Wednesdays
Apr 19-Apr 26	6:30-8:30 pm
	\$21
Waite Park	2 Wednesdays
May 10-May 17	6:30-8 pm
	\$21

Artisan Jewelry Making: Precious Metal Clay

Create handcrafted charms, pendants, earrings and gifts for any occasion. Precious metal clay is a recycled material composed of particles of silver suspended in an organic binder. When fired, the binder burns away to leave pure silver. Leave with your homemade projects and an ounce of pure silver. The silver clay makes up to ten pairs of earrings. A supply fee of approximately \$40 (depending on the price of silver) will be collected.

Lake Harriet	1 Mon & Wed
May 22-May 24	6-9 pm
	\$31

Bookbinding

Explore the parts of a book and how to build them before creating five of your own books from scratch. Investigate the uses and utility of the artists sketchbook, which can serve as a planner, diary, scrapbook, journal and more. A \$24 supply fee will be collected.

Lake Harriet	2 Wednesdays
Apr 26-May 3	6-8 pm
	\$40
Ramsey	2 Thursdays
Jul 20-Jul 27	6-8 pm
	\$40

Calligraphy

Learn the art of beautiful lettering as you study informal Italic to create cards, invitations and gifts. A \$20 supply fee will be collected.

South	6 Thursdays
Apr 20-May 25	6:45-8:45 pm
	\$46

Calligraphy: Chinese

Come appreciate the beauty of Chinese culture as you learn a few basic brush strokes of calligraphy, the highest form of Chinese art. Instructor collects an \$8 supply fee.

Southwest	7 Tuesdays
Apr 18-May 30	7:30-9 pm
	\$47

Calligraphy Fusion

Discover more than a dozen techniques that will enable you to add a personal touch to photo albums, party invitations, envelopes, planners, calendars and holiday gifts through the art of calligraphy. Explore alphabet doodling as we create hand lettering. A \$12 supply fee will be collected.

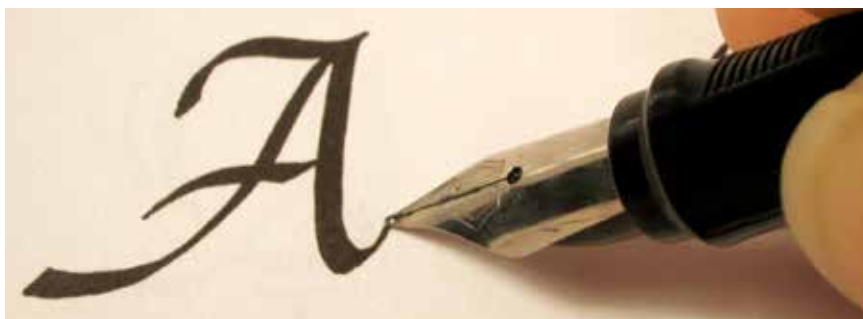
Lake Harriet	2 Wednesdays
May 10-May 17	6:30-8:30 pm
	\$24
Ramsey	2 Thursdays
Jun 22-Jun 29	6:30-8:30 pm
	\$24

Casting & Molding

Explore a variety of ways in an easy, step-by-step process to replicate small-scale items with basic casting techniques. You can cast anything for a variety of uses like chocolates, baking decorations, soap, jewelry, sculptures, models and much more. Expand your creativity! There may be an additional materials fee, depending on the materials you choose for casting.

Southwest	7 Tuesdays
Apr 18-May 30	6:30-8:30 pm
	\$65

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twitter.com/mpplscommunityed





Chair Caning

Restore the beauty of your chair while learning the heritage art of hand caning. Bring your own piece, and learn the traditional seven-step method or challenge yourself with a more intricate pattern such as Buttons and Daisies, Star of David or Spiderweb weave. Instructions also available for machine-caned pieces, rush and Danish cord seats. A \$15 supply fee will be collected for hand caned seats. Instructor has a few chairs available to purchase if you need one; email kathybodger@gmail.com.

Southwest 6 Mondays
Apr 17-May 22 7-9 pm
\$46

Crochet 1 & 2

Learn basic crochet stitches and pattern reading. Bring cotton or other yarn size 4 with H, I, or J hook, for a washcloth or scarf. Bring your pictures, patterns, ideas and thinking caps for a larger project goal.

Washburn 6 Tuesdays
Apr 18-May 23 7-9 pm
\$46

Drawing 1

Discover how to express yourself through drawing as you explore line quality, compositional arrangement, shading and highlighting. Bring a sketchbook and either pens, pencils or colored pencils.

Lake Harriet 6 Mondays
Apr 17-May 22 7-8:30 pm
\$47

Drawing: Zentangle & Japanese Papercut Notans

Learn two fun and relaxing art styles: Zentangle, a meditative drawing practice and Notan, a paper cutting process. Zentangle patterns are easy to draw and calm the mind, reduce stress, and improve focus. Notan is a Japanese design concept involving the placement of light and dark next to each other. Use paper, scissors and glue to create Notans while learning about contrast, geometric and organic shapes, symmetrical and asymmetrical balance, and positive and negative space. Add Zentangle patterns to your Notans.

Southwest 1 Monday
May 15 6:30-9 pm
\$21

Drawing: Zentangle Basics

Looking for a way to unwind from stress, focus your thoughts, or explore your creative side? In this class, with the Zentangle method, create beautiful images by drawing beautiful repetitive patterns created one stroke at a time. No artistic experience needed. Great warm up for experienced artists. A \$10 supply fee will be collected.

Southwest 1 Monday
May 1 6:30-9 pm
\$21

Gel Plate Printing

Try a fun, quick method of printmaking with gel plates. Prints can be made on paper or printed on fabric for mixed-media projects. Learn to use a brayer to roll paint onto the plate, use stencils and other materials to enhance, then lay paper over and pull a print. Bring a gel plate (Gelli Arts or Gel Press) and rubber brayer to class if you have them or use the instructor's. A \$10 supply fee will be collected.

Southwest 1 Tuesday
May 2 6 pm-9 pm
\$21

Greeting Cards: Fun Folds

Use creative folding techniques to create greeting cards with a twist. Hand-craft 10 cards (two each of five designs) for various occasions using the latest paper-crafting techniques, including photopolymer stamping, die cutting, dry embossing, punch boards, hand punches, and more. A \$10 supply fee will be collected.

South 1 Thursday
May 18 6-9 pm
\$21

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.





Greeting Cards: Stamp-a-Stack of 15

Explore photopolymer stamping, die cutting, dry embossing and more exciting techniques as you hand-craft 15 greeting cards in five unique designs with coordinating envelopes. A \$10 supply fee will be collected. *Class held at the Community Education Services Center, 2225 E. Lake St.*

South 1 Monday
Jun 26 6-9 pm
\$21

Henna

Learn to mix, design and apply henna. Study the history of this ancient art and learn advanced design techniques. A \$5 supply fee will be collected.

Southwest 3 Wednesdays
May 3-May 17 6:30-8:30 pm
\$28

Japanese Calligraphy & Culture 1

Immerse yourself in Japanese culture by learning Shuji, an authentic Japanese calligraphy. Learn other aspects of the Japanese language, including pronunciations, meanings and pictography. Download the supply list online and purchase supplies in advance. Register online or call 612.668.4828. *Class is held at Homewood Studios, 2400 Plymouth Ave. N.*

Lucy Laney 4 Thursdays
May 4-May 25 1-3 pm
\$37

Japanese Calligraphy & Culture 2

This class is a continuation of Japanese Calligraphy & Culture 1. Students will choose an individual project/goal at the beginning and complete it in the last class. Projects range from pursuing a traditional way of writing to creating more contemporary artwork using other art forms. The textbook, "Simple Art of Japanese Calligraphy," by Yoko Takenami is required at the first class. Register online or call 612.668.4828. *Class is held at Homewood Studios, 2400 Plymouth Ave. N.*

Lucy Laney 4 Thursdays
May 4-May 25 3-4:30 pm
\$34

Japanese Calligraphy & Culture: Studio Workshop

Students who have taken Japanese Calligraphy & Culture 1 and/or 2 can continue working on projects with guidance from the instructor. Register online or call 612.668.4828. *Class is held at Homewood Studios, 2400 Plymouth Ave. N.*

Lucy Laney 4 Tuesdays
May 2-May 23 1-3 pm
\$37

Further your knowledge of Japanese culture by mastering the language and taking on other interesting skills like cloth wrapping, ink painting, origami and more (page 28).

Jewelry: Earrings & Bracelets

Learn techniques for using jewelry wire to create beautiful colorful bead earrings or a bracelet. Students will make their own ear wires and jump rings. A \$5 supply fee will be collected.

Southwest 4 Mondays
Apr 24-May 15 7-9 pm
\$34

Jewelry: Silver Clay

Learn the basics of silver metal clay to make beautiful one-of-a-kind jewelry. Participants will design, incorporate surface textures and complete a minimum of three to four pieces (pendants, earrings, etc.) in this workshop. Note: First workshop day is mandatory. Register at www.articulture.org with the code "ComEd" to receive the \$40 member rate. Materials fee \$50 payable first day of class. Call 612.729.5151 with questions. *Class is held at Articulture, 2613 Franklin Ave. E.*

Pratt 2 Sundays
Apr 23-Apr 30 5:30-8:30 pm
\$40

Jewelry: Silver Clay Torch Firing

Learn the art of torch firing silver metal clay to create jewelry and silver artwork without a kiln. This amazing process enables students to create one-of-a-kind silver pieces in just 4 hours. Note: Prerequisite: Previous metal clay experience. Register at www.articulture.org with code "ComEd" to receive \$34 member rate. A \$50 materials fee is payable on day of class. Additional clay will be available for purchase. Call 612.729.5151 with questions. *Class held at Articulture, 2613 Franklin Ave. E.*

Pratt 1 Sunday
May 21 4-9 pm
\$34

Register Today!

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Homemade Body Products

The main benefit of using homemade body products is that you know exactly what ingredients are used and can avoid ingredients you might be allergic to. Another advantage of making your own body products is that it can save you a significant amount of money, because all you have to purchase are raw ingredients. Most of these classes also make use of natural ingredients.

Aromatherapy Sticks

Aromatherapy has been associated with everything from relaxation to fighting the flu to quitting smoking. Make your own discreet and easy-to-carry aromatherapy inhaler to bring home and discover the benefits of different essential oils. A \$7 supply fee will be collected. *Class held at Community Education Services Center, 2225 E. Lake St.*

South 1 Wednesday
Jul 12 6:30-8:30 pm
\$18

Essential Oils 101

Learn the buzz about essential oils. Find out how to support healthy body systems, regain healthy and natural energy levels, and enhance overall wellness. A \$16 supply fee will be collected.

Ramsey 1 Tuesday
Apr 25 6:30-8:30 pm
\$18

Ramsey 1 Tuesday
Jun 27 6:30-8:30 pm
\$18



Essential Oils: Spring Cleaning Make & Take

Create a healthier home by making your own chemical-free cleaning products with the help of essential oils. Make a soft scrub cleanser, fabric refresher spray, carpet cleaner, and deodorizer. A \$12 supply fee will be collected.

Ramsey 1 Tuesday
May 9 6-8:30 pm
\$21

NEW | Essential Oils: Summer Survival Make & Take

Learn to use essential oils in great do-it-yourself products, including a sugar scrub, bath salts, air freshener and foaming hand soap. A \$16 supply fee will be collected.

Ramsey 1 Tuesday
Jul 11 6-8:30 pm
\$21

Fizzy Bath Bombs & Bath Salts

Add fun to your bath with fizzy bath bombs and bath salts. These all natural bath treats are great for gifts or for yourself. We'll discuss how to use them as a foot treatment as well. Take home a project made in class. A \$6 supply fee will be collected. *South class held at Community Education Services Center, 2225 E. Lake St.*

Pratt 1 Tuesday
Apr 25 6:30-8:30 pm
\$18

South 1 Wednesday
Jun 28 6:30-8:30 pm
\$18



Lip Balm

Know exactly what you're putting on your lips with homemade, all-natural lip balms. A \$6 supply fee will be collected. *Class held at Community Education Services Center, 2225 E. Lake St.*

South 1 Monday
Jun 26 6:30-8:30 pm
\$18

Lotion & Sunscreen Sticks

Keep your skin moisturized and safe this summer! Create a twist-up lotion stick in your choice of scent and a sunscreen stick for easy application. A \$6 supply fee will be collected. *South class held at the Community Education Services Center, 2225 E. Lake St.*

Lake Harriet 1 Wednesday
Apr 26 6:30-8:30 pm
\$18

South 1 Wednesday
Jun 21 6:30-8:30 pm
\$18

Soapmaking: Bar Soap

Experience the fusion of essential oils and soothing coconut the old-fashioned, cold process lye soap way. Wear old clothing with long sleeves, long pants, toe-covered shoes, eye protection (glasses acceptable) and rubber gloves. The second night of class is 6-8 p.m. A \$10 supply fee will be collected.

Pratt 1 Mon & Wed
May 8-May 10 6-9 pm
\$31

Lake Harriet 1 Mon & Wed
May 22-May 24 6-9 pm
\$31

Continued on page 36

Homemade Body Products

Continued from page 35

Soapmaking: Laundry Soap

Make homemade laundry soap that can brighten, remove stains and resist fading as well as commercial laundry soaps for only pennies per load. The soap is mild enough for those with allergies. Bring a 2- to 6-cup covered container. A \$1 supply fee will be collected. *South class held at Community Education Services Center, 2225 E. Lake St.*

South	1 Monday
Jul 10	6:30-8:30 pm
	\$18

NEW | Summertime Products

Ever wonder how you can control ants & other summertime insects without the worry of exposing your family and pets to chemicals? Is there such a thing as natural sun screen or tanning oil? How can I shine my car naturally? Learn some easy, natural recipes for all types of summertime problems from ants to weeds! You will make a sun product and mosquito repellent in class to bring home along with dozens of recipes to keep your summer chemical free. A \$6 supply fee will be collected. *Lucy Laney class held at New Bethel Church, 1115 N. 30th Ave.*

Lake Harriet	1 Wednesday
May 3	6:30-8:30 pm
	\$18

Lucy Laney	1 Wednesday
May 17	1-3 pm
	\$18



Knit & Chat

Enjoy a relaxing night with fellow crafters. Start a new project or finish an old one. For beginners or experts. The instructor has over 30 years of teaching experience. Registration is required. Class fee is by donation.

Waite Park	8 Wednesdays
Apr 12-May 31	6:30-8:30 pm
	Donation at door

Knitting Basics

Learn to knit the basics: cast on, knit four basic types of stitches, read a pattern, and cast off. Bring needles (size 8) and an approximately 120-yard skein or ball of worsted weight cotton yarn. Make sure all skeins are wound and ready to work. Second class meets from 7-7:45 pm.

Southwest	2 Thursdays
Apr 20-Apr 27	7-9 pm
	\$21

Kumihimo Basics

Take braids to a whole new level with Kumihimo, an ancient form of Japanese braid-making. Japanese for "gathered threads," Kumihimo uses interlacing strands to make cords and ribbons. Bring pearl cotton braiding cord, Kumihimo bobbins, a braiding disk, a closure or button, and a Kumihimo weight or heavy washer.

South	1 Wednesday
May 18	6:30-8:30 pm
	\$25



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Modern Weaving: Make Your Own Woven Wall Hanging

Learn the basics of frame loom weaving, start and finish your own woven wall hanging, and take your loom home so that you can continue your new craft! You will explore different fibers and techniques for weaving to help you execute your creative vision. Class fee includes a \$45 material fee that covers all materials, including a loom kit and tools that you will take home.

Edison	1 Wed & Thu
Apr 19-Apr 20	6-8:30 pm
	\$70

Northeast	1 Tue & Thu
Jun 27-Jun 29	6-8:30 pm
	\$70

Mosaics: Decorative Mirrors

Create something beautiful and interesting, and achieve a sense of accomplishment through mosaic art. Gain a practical and theoretical understanding of the techniques of mosaics, and learn about the materials, foundation, adhesives, tools, and finishing touches. The instructor will collect a \$15 supply fee the first night of class.

Washburn	2 Mondays
Apr 17-Apr 24	6-7:30 pm
	\$21

Ramsey	2 Tuesdays
Jul 11-Jul 18	6-7:30 pm
	\$21

NEW | Northern Lights Acrylic Painting

Socialize, relax and recharge. Complete a painting of the beautiful Northern Lights on an 11" x 14" canvas.

South	1 Tuesday
Apr 25	7-9 pm
	\$32

If you enjoy the beauty of the outdoors, we have even more ways for you to embrace it. Sign up for Astrophotography on page 43 and discover how to capture the night sky on film.

NEW | Ombre Mandala Acrylic Painting

Socialize, relax and recharge with step-by-step instruction to complete an 11"x 14" canvas with an ombre background with your choice of colors and a fun Mandala design on top. Great for those who love doodling and patterns! *Class held at the Community Education Services Center, 2225 E. Lake St.*

South 1 Monday
Jun 19 6:30-8:30 pm
\$32

Painting: Acrylic Painting 1

Learn the fundamental techniques of acrylic painting. Explore various painting materials, brush techniques and basic concepts through exercises in still-life and landscape forms. Plus, learn to stretch your own canvas. Approximately \$25 for supplies.

Southwest 6 Tuesdays
Apr 18-May 23 6:30-8:30 pm
\$46

Painting: Watercolor

Watch demonstrations before practicing individual watercolor projects with instructor support. Bring a student watercolor set, watercolor paper pad, brush, plastic container, and photos and objects you would like to paint.

Edison 6 Wednesdays
Apr 12-May 17 6:30-8:30 pm
\$46

Painting: Watercolor

Explore various soluble media and basic watercolor techniques, and make your own paper. Bring watercolor paints, a 140# watercolor paper pad, brushes, a water container, drawing paper, a pencil, and photos of scenes you will paint. *Class held at the Community Education Services Center, 2225 E. Lake St.*

South 6 Wednesdays
Jun 21-Jul 26 6:30-8:30 pm
\$52

**There are no classes
May 29 or July 4.**



Painting: Watercolor 1

Explore your creativity while learning watercolor fundamentals such as mixing colors, washes, wet-dry approaches, texture and more. Bring a watercolor kit and 140# paper to class.

Lake Harriet 4 Wednesdays
Apr 19-May 10 7-9 pm
\$42

Painting: Watercolor 1 & 2

Bring your own watercolor supplies and enjoy a relaxed atmosphere to focus on individual projects. The class will include some instruction and demonstration and is open to all skill levels.

Roosevelt 6 Tuesdays
Apr 18-May 23 7-9 pm
\$46

Painting: Watercolor 2

Focus on abstract watercolor techniques with Yupo paper, cling wrap and color mixes. Bring a photograph or art clipping to work from, a student watercolor set, a watercolor pad, a brush and a plastic container for water.

Lake Harriet 3 Wednesdays
May 17-May 31 7 pm-9 pm
\$34

Painting: Watercolor – All Levels

Learn about color, basic visual elements and composition through group and individual instruction. Critiques and discussions provide added insight on ways to improve your art. Advanced students can learn portrait painting.

Southwest 7 Tuesdays
Apr 18-May 30 6:30-8:30 pm
\$52

Pet Portrait Painting

Paint a portrait of your favorite fuzzy friend after their photo is transferred onto an 11x14-inch canvas. Email a quality photo of your pet (one pet per photo) to heather.borgman@mpls.k12.mn.us. *Class held at the Community Education Services Center, 2225 E. Lake St.*

South 1 Wednesday
Jul 19 6:30-8:30 pm
\$39

Populist Community Art

Join the populist "soft guerrilla" art movement—making small differences in the community in big ways. Soft guerrilla art is non-invasive art found in unexpected public places that induces spontaneous, often thought provoking, reaction. The appeal is that anyone can do it—artist and novice alike! Register at www.artculture.org with code "ComEd" to receive \$40 member rate. Materials fee \$8 payable on day of class. Call 612.729.5151 with questions. *Class held at Artculture, 2613 Franklin Ave. E.*

Pratt 3 Thursdays
May 4-May 18 7-9 pm
\$40

Pottery 1

Introduction to methods of hand building, throwing pots on the wheel, glazing and firing. Limited wheel time. No open studio time. Bring an old hand towel. Price includes a supply fee and three basic glazes.

Waite Park 7 Mondays
Apr 10-May 22 6:30-8:30 pm
\$72

Waite Park 7 Tuesdays
Apr 11-May 23 6:30-8:30 pm
\$72



Pottery: Wheel 1

Learn how to properly throw pots and glaze projects. Pick up your finished glazed pieces several weeks after the last class. Fee includes 20 pounds of stoneware clay, glazes, tools and firing.

Southwest 7 Mondays
Apr 17-Jun 5 6:30-9 pm
\$75

South 7 Tuesdays
Apr 18-May 30 6-8:30 pm
\$75

Southwest 7 Wednesdays
Apr 19-May 31 6:30-9 pm
\$75

South 7 Thursdays
Apr 20-Jun 1 6-8:30 pm
\$75

Pottery: Wheel 2

Improve your throwing techniques as you develop your art. Oxidation firing of stoneware is provided. Fee includes 20 pounds of stoneware clay, glazes, tools and firing.

Southwest 7 Tuesdays
Apr 18-May 30 6:30-9 pm
\$75

Impressed with great pottery?
Join us for a tour of the Minneapolis Institute of Art (page 15) to get your fill of ceramics and other varieties of art.

NEW | Scrap Fabric Bowl

No sewing required! Finally use up all those fabric scraps you saved because you knew someday they would come in handy. Leave class with an attractive and upcycled bowl. Bring to class: 6 yards of 1" wide fabric scraps, yarn, scissors, large hole darning needle, crochet hook, 6 yards of 1/2" piping cord or natural fiber rope.

South 1 Thursday
May 25 6:30-8:30 pm
\$25

Sewing 1

Learn to thread your machine and sew your own project, regardless of your experience level. Bring your own sewing machine if you prefer.

Southwest 6 Mondays
Apr 17-May 22 6:15-9 pm
\$60

Southwest 4 Tuesdays
Apr 18-May 9 6-9 pm
\$46

Sewing Workshop

Learn to sew or improve your skills while receiving guidance completing your own personal project. Choose what you want to learn, make, and work at your own pace with personalized one-on-one help and advice on your projects. Bring your own sewing machine if you prefer.

Southwest 6 Thursdays
Apr 20-May 25 6:15-9 pm
\$60

Southwest 3 Tuesdays
May 16-May 30 6-9 pm
\$37

Sewing: Draperies

Learn how to design drapes, select fabrics and construct all parts of the drape. Learn about ordering drapery supplies and how to prevent potential problems. Purchase project supplies in class.

Southwest 8 Wednesdays
Apr 19-Jun 7 7:30-9 pm
\$46

Sewing: Slipcovers

Protect new furniture or make old furniture look new again by sewing slipcovers properly and inexpensively. Supplies can be purchased in class.

Southwest 8 Wednesdays
Apr 19-Jun 7 5-6:15 pm
\$40

Sewing: Windowshades

Learn how to make insulated Roman, Austrian, balloon and cloud shades for special needs. Get help selecting fabrics and designing shades that are best for your project.

Southwest 8 Wednesdays
Apr 19-Jun 7 6:15-7:30 pm
\$40

Stained Glass 1

Learn the basic techniques of making stained glass projects. Bring a notebook and pen.

Northeast 6 Mondays
Apr 17-May 22 6:30-8:30 pm
\$46

Stained Glass 1

Learn to cut glass using a number of techniques, use special tools designed for stained glass artists and construct a small panel using a copper foil technique. Materials for the class are about \$80. A high quality tool kit is available from Glass Endeavors at a discounted rate of \$111 for students. Call 612.721.9553 for more information. *Class is held at Glass Endeavors, 2716 E. 31st St.*

Roosevelt 4 Tuesdays
May 2-May 23 6-8:30 pm
\$40

Roosevelt 4 Saturdays
May 6-May 27 10:30 am-1 pm
\$40





Dance

Appalachian Clogging 1

Learn basic clogging steps, listening skills, how to improvise with foot percussion and more. Wear comfortable, smooth-soled shoes (leather is best) to slide on wood floors. Please, no tap shoes.

Pratt 6 Mondays
Apr 17-May 22 6:30-7:30 pm
\$34

Appalachian Clogging 2

Get exercise and have fun expanding your experience with clogging. Pre-requisite: One previous clogging class. Wear comfortable, smooth-soled shoes (leather is best) to slide on wood floors. Please, no tap shoes.

Pratt 6 Mondays
Apr 17-May 22 7:45-9 pm
\$40

Ballet

Perform warm-ups and basic positions, and work on center combinations. Receive individual corrections for alignment and positioning. Wear comfortable workout or dance clothes.

Edison 7 Wednesdays
Apr 19-May 31 7:35-8:35 pm
\$38

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Ballroom Dance 1

Learn a dance repertoire that will give you confidence on the dance floor. Dancing is fun, exciting, and provides health and social benefits. Class covers the Swing, Foxtrot, Waltz, Rumba, Cha Cha, Tango, and Samba.

Southwest 7 Thursdays
Apr 20-Jun 1 7:45-9 pm
\$45

Ballroom Dance 2

Increase your confidence as you learn additional step patterns and styling in the swing, foxtrot, waltz, tango, cha cha, rumba and samba. Pre-requisite: Know two to three basic steps in each dance.

Southwest 7 Mondays
Apr 17-Jun 5 7:45-9 pm
\$45

Ballroom Dance 3

Continue your dancing pleasure as you learn more complex step patterns in the swing, foxtrot, cha-cha, tango, waltz, rumba and samba. Pre-requisite: Know four to five step patterns in each dance.

Southwest 7 Wednesdays
Apr 19-May 31 7:45-9 pm
\$45

Once you've acquired a variety of skills in your ballroom classes, sign up for Dances for Wedding Receptions (page 40) to improve your waltz, swing dance and more.

Belly Dance 1

Improve flexibility, creativity, control and grace in a comfortable atmosphere. Wear workout or dance clothes. Dance barefoot or wear soft sandals or ballet slippers. Bring a scarf to accent hip movements.

Pratt 6 Saturdays
Apr 15-May 20 11 am-12:15 pm
\$36

Lake Harriet 6 Wednesdays
Apr 19-May 24 8:15-9:15 pm
\$35

Southwest 6 Wednesdays
Apr 19-May 24 7:30-9 pm
\$36

Edison 6 Thursdays
Apr 20-May 25 7:45-9 pm
\$36

Northeast 4 Thursdays
Jun 22-Jul 20 6-7 pm
\$26

Belly Dance 2

Advance your belly dance skills. Improve flexibility, creativity, control and grace in a comfortable atmosphere. Wear workout or dance clothes. Dance barefoot or wear soft sandals or ballet slippers. Bring a scarf to accent hip movements. Students should have taken Belly Dance 1 or have prior Belly Dance experience.

Pratt 6 Tuesdays
Apr 18-May 23 6:30-7:30 pm
\$31

Edison 6 Thursdays
Apr 20-May 25 6:10-7:40 pm
\$42

Northeast 4 Thursdays
Jun 22-Jul 20 7:10-8:40 pm
\$34

Belly Dance 3

As advanced students, combine technique conditioning with ethnic, fusion and other styles of Middle Eastern dance. Finger cymbals are required, and other props may be used.

Pratt 6 Tuesdays
Apr 18-May 23 7:45-8:45 pm
\$31



Dances for Wedding Receptions

Gain a useful set of moves that can translate across dances, and learn essentials for the waltz, swing dancing and more. Register with a partner.

Washburn 5 Wednesdays
Apr 12-May 10 7-8:30 pm
\$36/Person

Northeast 6 Tuesdays
Apr 18-May 23 6:30-7:30 pm
\$31/Person

Ramsey 5 Thursdays
Jun 22-Jul 20 7-8:30 pm
\$36/Person

Flamenco Dance: Sevillanas

Join regionally renowned Flamenco dancer Sachiko Nishiuchi and learn this fun, vivacious and energetic dance. It's so enjoyable you will hardly notice that you are also getting a workout.

Roosevelt 6 Wednesdays
Apr 19-May 24 6:30-7:30 pm
\$31

Hip Hop Dance

Let loose to today's hip-hop beats paired with dynamic dance moves. Workout to hip-hop dance music using technique and short routines from Jason DeRulo, Drake, Chris Brown and more. Wear your best dancing shoes and comfortable clothes.

Lake Harriet 6 Thursdays
Apr 20-Jun 1 6:15-7:15 pm
\$34

Lake Harriet 6 Thursdays
Apr 20-Jun 1 7:20-8:20 pm
\$34

Latin Dance 1

Dance the merengue, bachata, cha-cha-cha, salsa and cumbia, and get familiar with the footwork styles and music for each dance.

Southwest 7 Wednesdays
Apr 19-May 31 6:15-7:30 pm
\$45

Latin Dance 2

Continue expanding the skills you've acquired in Latin Dance 1.

Southwest 7 Wednesdays
Apr 19-May 31 7:45-9 pm
\$45

Modern Dance 1

Achieve mind/body focus, relieve stress and feel energized while understanding how to move with ease. Learn positions, terminology and movement associated with modern dance. Wear comfortable clothes that allow you to see the line of your body.

Roosevelt 6 Tuesdays
Apr 18-May 23 7:15-8:45 pm
\$52

Salsa Dance 1

Add some spice to your dance life when you learn the salsa's basic rhythm and step and turn combinations. You may register solo or with a partner.

Ramsey 7 Tuesdays
Apr 11-May 23 7:30-8:30 pm
\$35

Pratt 6 Wednesdays
Apr 19-May 24 8-9 pm
\$31

**There are no classes
May 29 or July 4.**

Swing Dance 1

Learn the one-step and three-step swings and their many patterns and turns, all while burning calories.

Ramsey 7 Tuesdays
Apr 11-May 23 6:20-7:20 pm
\$35

Southwest 7 Thursdays
Apr 20-Jun 1 6:30-7:30 pm
\$35

Swing Dance 2

Master additional steps and sequences in one- and three-step swing dances. Pre-requisite: Know at least four to five patterns in swing.

Southwest 7 Mondays
Apr 17-Jun 5 6:30-7:30 pm
\$38

Swing Dance: West Coast Swing

Have great fun with the flexibility of this swing dance's various spins and counts, all while burning off calories.

Southwest 7 Wednesdays
Apr 19-May 31 6:30-7:30 pm
\$38

Tap Dance 1

Get introduced to basic steps and tap routines suitable for beginners. Tap shoes preferred.

Pratt 6 Saturdays
Apr 15-May 20 10:15-11:15 am
\$34

Southwest 7 Tuesdays
Apr 18-May 30 7-8 pm
\$38

Tap Dance 2

Expand your knowledge of tap by adding steps and combinations to improve your technique, articulation and rhythm. Tap shoes preferred.

Pratt 6 Saturdays
Apr 15-May 20 11:30 am-12:30 pm
\$34

Even the tiniest of tots can appreciate the art of dance. Check out page 68 for a variety of classes that bring your youngest ones in on the fun.



Music & Performance

Banjo 1: 5-String

Learn the basics of playing the three-finger picking or "Scruggs style" bluegrass technique made famous in classic movies like *Bonnie and Clyde* and *The Beverly Hillbillies*. Bring a 5-string banjo, two metal finger picks, a plastic thumb pick and a flash drive.

Roosevelt 6 Tuesdays
Apr 18-May 23 6:30-7:30 pm
\$28

Blues Harp 1

Learn to bend notes and play 12- and 16-bar blues tunes. You'll be introduced to the greats like John Sebastian, Sonny Terry and Minneapolis favorite Tony Glover. Bring a 10-hole diatonic harmonica in the key of C, a notebook and a recorder.

Southwest 6 Mondays
Apr 17-May 22 6:30-8 pm
\$37

Community Band: Northeast

Join the Northeast Community Band to play marches, show tunes and other classic selections. To learn more, email necbinfo@gmail.com. To register, call 612.275.2996.

Edison 7 Thursdays
Apr 20-Jun 1 7-9:30 pm
Free

Guitar 1

Learn chords, scales and basic guitar technique so you can start playing your favorite songs. Bring an acoustic or electric guitar and a pick.

Roosevelt 6 Tuesdays
Apr 18-May 23 7:30-8:30 pm
\$28

Anwatin 5 Wednesdays
Apr 19-May 17 6:15-7:15 pm
\$28

Edison 7 Wednesdays
Apr 19-May 31 6:30-7:30 pm
\$31

Southwest 7 Wednesdays
Apr 19-May 31 7-7:45 pm
\$38



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Guitar 2

Pick up where you left off in Guitar 1, and learn how to play with more finesse. The instructor will teach augmentation, how to play in alternate tunings, and picking techniques. Bring a guitar and a flat pick.

Southwest 7 Tuesdays
Apr 18-May 30 8-8:45 pm
\$38

Edison 7 Wednesdays
Apr 19-May 31 7:35-8:35 pm
\$31

Hand Drumming 1

Feel the beat and go with the groove in this enjoyable hand drum class. Explore drum music, techniques, rhythms and sounds.

South 4 Tuesdays
May 16-Jun 6 7-8 pm
\$26

Harmonica Quick Start

Get an overview of the standard 10-hole diatonic harmonica, how it is used to play a melody, and how to use "cross-harp" technique for playing blues styles. Bring a 10-hole diatonic harmonica in the key of C.

Pratt 3 Wednesdays
May 10-May 24 7-9 pm
\$28

Improv 2

If you've already had a basic improv class, come develop your skills. Prepare yourself for more challenging scene work, character development, longer games and structures, and strong collaboration as a team.

Henry 8 Wednesdays
Apr 19-Jun 7 7-9 pm
\$46



MEET OUR INSTRUCTORS:

Robert Jackson, *That's Funny!*
An Improv and Comedy Sketch
Experience instructor at Ramsey

Robert Jackson is a local artist and experienced actor. Dedicated to his craft, he's done on-stage work with Mixed Blood

Theater, Pillsbury House, The Liberated Bloc and Youth Performance Company. Transitioning to on-camera work, Robert hosted the KARE11 show "Into the Outdoors," which won a regional Emmy Award in December 2016.

NEW | Jam Band

Bring your talent to the next level! Have you ever wanted to sit-in on stage or thought about starting a band? The art of performance takes participation and practice! Get together with other local amateur musicians, plug in, work out some songs and work toward performing and recording. Explore exercises in small group dynamics and learn to collaborate musically on guitar, bass, drums, piano/keys, tambourine etc. Class is hosted and facilitated by Jason Fladager, founding member of the Big Wu—a staple in the Twin Cities music scene—promoter and music coach for up-and-coming local talent.

Roosevelt 6 Mondays
Apr 17-May 22 7-9 pm
\$58

Northside Singers

Love to sing? Treat yourself to a joyful hour each week singing pop, gospel and Christmas music with friends and neighbors. Laugh, make lasting relationships and get the chance to perform during the holiday season. The ability to read music or prior choir experience is not necessary—just bring your love of singing. As a community choir we strive to create a warm and inviting atmosphere for singers of all ages and abilities. A \$55 staff and materials fee will be collected.

Henry 7 Mondays
Apr 17-Jun 5 7:30-8:45 pm
\$5

NEW | Play it by Ear

Whether it's ukulele, guitar, mandolin or banjo, strumming an accompaniment by ear is easy and fun. Learn just a few essential chords and when to play them in an atmosphere where making mistakes is encouraged! Bring your instrument.

South 4 Thursdays
May 18-Jun 8 7-9 pm
\$34

NEW | That's Funny! An Improv & Comedy Sketch Experience

This energetic class will help you develop confidence and hone your comedic timing and writing skills. Activities will include comedy improvisation, sketch writing, workshops of hilarious scripts, and much more! Novice and experienced jokers welcome. Even if you don't have a funny bone in your body, come join us! We'll laugh together, support one another and shout, "That's funny!"

Ramsey 6 Wednesdays
Jun 21-Jul 26 7-8:30 pm
\$37

**There are no classes
May 29 or July 4.**

**Did you know that laughing
is a powerful stress reliever?
It's no joke. Eliminate even
more stress with activities
such as massage (page 52)
and yoga (page 56) to improve
your overall wellbeing.**

Ukulele 1

Learn three simple cords that can accompany hundreds of songs and create endless entertainment for you and your friends. Bring your ukulele. *South Monday class held at the Community Education Services Center, 2225 E. Lake St.*

South 3 Tuesdays
Apr 18-May 2 7-9 pm
\$28

Pratt 3 Wednesdays
Apr 19-May 3 7-9 pm
\$28

South 3 Mondays
Jun 19-Jul 10 7-9 pm
\$28

Ukulele 2

Take your ukulele skills to the next level with a variety of new techniques, including minor chords. Bring your ukulele. Pre-requisite: Ukulele 1 or other experience.

South 3 Tuesdays
May 16-May 30 7-9 pm
\$28

Uke & More Saturday Jam

Bring your uke, banjo, guitar, harmonica or voice and gather around the coffee pot to share songs and tunes. Practice your skills, share music and get helpful tips in a casual atmosphere.

Pratt 6 Saturdays
Apr 15-May 20 10 am-12 pm
\$34





Photography

Astrophotography

If you love night photography, stars and adventure, join us to take your skills to the next level. Discover how to take and create stunning star and Milky Way images. Receive tips for your next photography adventure and understand programs that help you plan the how, when and where for an astrophotography shoot. Pre-requisite: Digital SLR 1 or a strong understanding of your camera settings. *Thursday class is held at the instructor's studio, 77 13th Ave. NE, #205.*

Roosevelt 2 Mondays
Apr 17-Apr 24 7-9 pm
\$34

Roosevelt 2 Thursdays
May 11-May 18 7-9 pm
\$34

Best Minneapolis Locations to Shoot

There's no better way to learn than hands-on experience on site! Build on skill and learn new tricks all while discovering the best locations around Minneapolis to shoot great pictures. *Class held at the Community Education Services Center, 2225 E. Lake St.*

South 3 Mondays
Jul 10-Jul 24 6:30-8:30 pm
\$42

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Creative Art Photography

Create your own masterpieces while exploring the fascinating world of long exposures and light painting. Focus on studio projects to create dramatic art photography. Bring your digital SLR camera and a tripod. A shutter release is helpful, but not necessary. *Class is held at 77 13th Ave. NE, #205.*

Roosevelt 4 Mondays
May 5-May 22 7-9 pm
\$50

Digital SLR 1

Improve the composition and quality of your photographs as you learn the fundamentals of digital SLR photography, including ASA/ISO, f-stops, speed settings and accessories. You must have a camera with interchangeable lenses. *Jefferson class held at West Photo, 21 University Ave. N.E. South class held at Community Education Services Center, 2225 E. Lake St.*

Edison 3 Thursdays
Apr 20-May 4 6:30-8:30 pm
\$46

Southwest 4 Thursdays
Apr 20-May 11 7-9 pm
\$52

Roosevelt 3 Wednesdays
May 17-May 31 6:30-8:30 pm
\$46

South 3 Wednesdays
Jun 21-Jul 5 6:30-8:30 pm
\$46

Jefferson 1 Saturday
Jun 24 10 am-4 pm
\$46

Digital SLR 2

Start understanding the advanced features of your digital SLR camera, including shutter speed, ASA/ISO settings, aperture control and more. You must have a camera with interchangeable lenses. *South class held at the Community Education Services Center, 2225 E. Lake St.*

Roosevelt 3 Wednesdays
Apr 19-May 3 6:30-8:30 pm
\$46

Edison 3 Thursdays
May 11-May 25 6:30-8:30 pm
\$46

Southwest 3 Thursdays
May 18-Jun 1 7-9 pm
\$46

South 3 Wednesdays
Jul 12-Jul 26 6:30-8:30 pm
\$46

Flash Workshop

In partnership with West Photo, participate in a hands-on flash photography course. Receive practical instruction, time to test your skills, and also use top-of-the-line camera accessories so that you get the perfect photo! This class is perfect if you have taken a digital SLR 1 or 2 class. Please bring your camera, manual and flash, if you own one, to all classes.

Jefferson 3 Wednesdays
Apr 19-May 3 7-9 pm
\$45

High Dynamic Range Photography: Lakewood Cemetery

High dynamic photography allows your photos to have a three-dimensional quality by combining over-, under-, and properly-exposed images. Learn how to use high dynamic range settings to capture image details. *Class held at Lakewood Cemetery, 3600 Hennepin Ave.*

Jefferson 2 Tue & Sat
May 23-May 30 7-9 pm
\$38

There are no classes May 29 or July 4.



Intro to Portraiture

Use reflectors, electronic flash and filters to enhance your portraits. Focus on selecting backgrounds, use of lenses for the desired depth of field, slow sync photography, and posing your subject. You will shoot indoors and outdoors. Register online or call 612.668.4326. *Class held at Instructor's Studio, 7713th Ave N.E. Suite 205.*

South 1 Saturday
Jul 15 10 am-4 pm
\$42

NEW | Macro Photography

Macro photography is the technique of taking extreme close-ups. Learn which settings to use when you get up close and personal! Pre-requisite: Digital SLR 1.

Jefferson 3 Thursdays
May 25-Jun 8 7-9 pm
\$38

NEW | Night Photography: Star Trails

When you join our class, you'll receive both classroom instruction as well as hands-on experience. On the first night, you'll focus on proper camera settings and work inside a mock planetarium at Jefferson. The next session, you'll take your skills on location for a night-time photo shoot (location TBD by class).

Jefferson 1 Tuesday
May 16 7-9 pm
\$24



Find us on Facebook!
facebook.com/MplsCommEd

Lighting for Portraiture

Learn key steps to properly light your photo subjects to produce high quality professional looking portraiture including people and pets. Shooting in studio and on location, weather permitting. This class is designed for those with a digital camera with interchangeable lenses. Register online or call 612.668.4828. *Class is held at West Photo, 21 University Ave. N.E.*

West Photo 3 Wednesdays
Apr 19-May 3 1-3 pm
\$42

NEW | Lightroom

Learning ins and outs of Lightroom including workflows, presets, sharpening, image restoration, and organizing images through collections.

Jefferson 3 Mondays
May 1-May 15 7-9 pm
\$38

Shooting the Best Locations

Discover the best locations around Minneapolis to shoot great pictures, including new locations recently added to this popular class. Learn tips and tricks for each site, and get hands-on experience while outdoors on location. This class is designed for those who have a digital camera with interchangeable lenses. Register online or call 612.668.4828. *Class is held at West Photo, 21 University Ave. N.E.*

West Photo 3 Wednesdays
May 10-May 24 1-3 pm
\$42

NEW | Street Photography

Dig deeper into the sights of Minneapolis. Take gritty close-ups of bridges and roadways, snap sweeping skylines and buildings, and capture the hustle of bikers and buses. Leave class with a true flavor of the city caught in your camera lens.

Jefferson 4 Wednesdays
May 3-May 24 7-9 pm
\$38

The Art of Posing for Photography

Practice effective posing of yourself and others, learn to coach subjects into the pose you desire and identify common posing mistakes. Get tips on using composition techniques and posing skills in tandem to create beautiful portraits. Bring your DSLR camera. *Class is held at 77 13th Ave. N.E., #205*

Roosevelt 3 Wednesdays
Apr 19-May 3 7-9 pm
\$42

Using Photoshop Elements

Uncover the basics of photo manipulation in the Elements program to give marginal photos the "Hollywood touch." Learn to crop, add or remove objects, convert photos from color to black and white, and more. Make your own holiday cards as a final project. Bring a flash drive.

Southwest 4 Wednesdays
Apr 26-May 17 7-9 pm
\$52

South 4 Tuesdays
Apr 18-May 9 6:30-8:30 pm
\$52

NEW | What's in Your Bag? Buying Your First DSLR

Learn the ins and outs of getting your first DSLR or upgrading your current one. How to buy safely. Buying vs. renting perks and risks. What is a good deal, really?

Jefferson 4 Mondays
Apr 17-May 8 7-9 pm
\$38

Health & Fitness



*What exactly makes a healthy lifestyle?
An hour of intense cardio? A home free of
hormone disruptors? A stress-relieving massage?
Lucky for you, you don't have to choose. Our classes
run the gamut to keep you at the top of your game
in every aspect of healthy living.*



Aquatics



Aquatics at Dowling

The Dowling pool is a warm, therapeutic pool. A cleansing shower is required. Shower shoes are recommended. Times listed are "in water" times. Locker room door will open 10 minutes before class. Park in back lot and enter at door #21. **Call 612.668.4828 for more information.**

Adult Water Exercise

Exercise and stretch for 45 minutes in a warm therapeutic pool with an experienced instructor. No senior discounts.

Dowling 7 Mondays
Apr 10-May 22 5:20-6:10 pm
\$35

Dowling 7 Mondays
Apr 10-May 22 4:25-5:15 pm
\$35

Dowling 8 Wednesdays
Apr 12-May 31 4:25-5:15 pm
\$40

Dowling 8 Wednesdays
Apr 12-May 31 5:20-6:10 pm
\$40

Looking for Family & Youth Swim classes?

See pages 70-71.

Aquatics at Northeast

Participants with shoulder length hair must wear a swim cap. A cleansing shower is required before entering the pool. Shower shoes are recommended. Times listed are "in water" times. Please arrive 10 minutes early to change. **Call 612.668.1515 for more information.**

Adult Lap Swim

Swim laps for fitness and enjoyment. Register for the entire session or pay \$3 per swim at the door depending on lane availability.

Northeast 6 Thursdays
Apr 20-May 25 7:30-8:30 pm
\$15

Northeast 6 Fridays
Apr 21-May 26 7:30-8:30 pm
\$15

Northeast 4 Tuesdays
Jun 20-Jul 18 7:30-8:30 pm
\$9

Northeast 4 Thursdays
Jun 22-Jul 20 7:30-8:30 pm
\$9

Aqua Tai Chi

To increase flexibility and balance practice Tai Chi in the water. Learn a 12-movement form to gain better control of your health and improve your quality of life.

Northeast 5 Wednesdays
Jun 21-Jul 19 6:15-7:15 pm
\$30

Swimnastics

Exercise in a pool to increase your flexibility while toning and slimming. Swimnastics is great for achy backs and muscles. Shower shoes are recommended.

Northeast 6 Tuesdays
Apr 18-May 23 7:15-8 pm
\$34

Northeast 6 Tuesdays
Apr 18-May 23 6:30-7:15 pm
\$34

Northeast 6 Thursdays
Apr 20-May 25 6:30-7:15 pm
\$34

Northeast 4 Tuesdays
Jun 20-Jul 18 6:30-7:15 pm
\$26

Northeast 4 Thursdays
Jun 22-Jul 20 6:30-7:15 pm
\$26





Aquatics at Southwest

The pool is located on the 46th St. & Beard Ave. S. side of Southwest High. Enter through Door #1 or #15. **Call 612.668.3100 for more information.**

Adult Lap Swim

Pick up a season swim pass to use for all lap swim. Cost is \$25 for a single pass, \$40 for double, \$50 for three to four people, and \$60 for five or more people. Registration is required.

Southwest 6 Mon-Thu
Apr 17-May 25 5:30-9 pm
\$25

Adult Intro to Water Skills

This class is for students who aren't yet comfortable in the water.

Southwest 6 Mondays
Apr 17-May 22 8:25-8:55 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 8:25-8:55 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 8:25-8:55 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 8:25-8:55 pm
\$40

**Register for classes online at
mplscommunityed.com.**

Adult Stroke Development

This class is for students who are comfortable in the water and able to "doggy" paddle.

Southwest 6 Mondays
Apr 17-May 22 8:25-8:55 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 8:25-8:55 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 8:25-8:55 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 8:25-8:55 pm
\$40

Adult Stroke Refinement

Improve your front crawl and all other strokes. You should be comfortable submerging completely underwater, know basic strokes, be comfortable in the deep end and be able to float for 10 seconds.

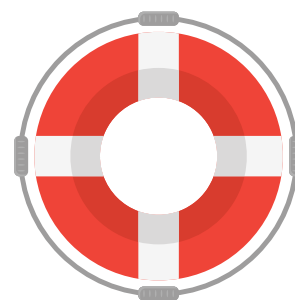
Southwest 6 Mondays
Apr 17-May 22 8:25-8:55 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 8:25-8:55 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 8:25-8:55 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 8:25-8:55 pm
\$40

NOW HIRING



Lifeguards

15 years and older

Water Safety Instructors

16 years and older

Lifeguard certification required.
If you aren't certified and would like to be, please contact us.

**For more information,
please contact Silvia Ihme
at 612.668.3100 or
silvia.ihme@mpls.k12.mn.us**



Exercise & Fitness

Ballet Fusion

Use techniques from ballet, yoga and Pilates to get a great cardio workout that tones your body and strengthens your core. Bring a yoga mat, towel and water bottle.

Roosevelt 6 Mondays
Apr 17-May 22 6-7 pm
\$34

Barre Tone

Combine the grace of ballet with the efficiency of a gym workout through barre tone. Concentrate on alignment, placement, posture, flexibility and coordination to strengthen and lengthen your muscles. Bring a mat.

Pratt 6 Tuesdays
Apr 18-May 23 7:45-8:45 pm
\$34

Edison 7 Thursdays
Apr 20-Jun 1 6:30-7:30 pm
\$38

Bootcamp Circuits

Combine strength and balance exercises with short cardio blasts for an awesome workout.

Washburn 6 Mondays
Apr 17-May 22 6:15-7:15 pm
\$52

Washburn 6 Wednesdays
Apr 19-May 24 6:15-7:15 pm
\$52

Bodyshaping/Bodybuilding

Enjoy a high-energy workout with fun and lively music. Bodyshaping is a system of strength training and flexibility exercises that combines the best elements from free weights and yoga. Bring indoor athletic shoes and a water bottle.

Pratt 6 Saturdays
Apr 15-May 20 8:45-10 am
\$38

Pratt 6 Mondays
Apr 17-May 22 8-9:15 am
\$38

South 8 Tuesdays
Apr 18-Jun 6 6:45-7:45 pm
\$40

Pratt 6 Wednesdays
Apr 19-May 24 8-9:15 am
\$38

Pratt 6 Wednesdays
Apr 19-May 24 6:30-7:45 pm
\$38

South 8 Thursdays
Apr 20-Jun 8 6:45-7:45 pm
\$40

Pratt 6 Fridays
Apr 21-May 26 8-9:15 am
\$38



Find us on Facebook!
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)

Core Fusion

Focus on your core strength and stability in a workout that draws from the disciplines of Pilates, yoga and traditional calisthenics. Bring a yoga mat, a towel, water and light hand weights.

Roosevelt 6 Mondays
Apr 17-May 22 7:15-8:15 pm
\$34

Dance Party Fitness

Get a fun aerobic/cardio workout using moves from Zumba, World Beat and more. Bring a towel and water bottle.

Northeast 6 Mondays
Apr 17-May 22 6-7 pm
\$34

Gutbusters: Stretch & Balance

Improve strength, balance and flexibility through intensive body-comprehensive exercises, balance and stretch work. Bring a yoga mat and wear clothes that allow you to move comfortably.

Northeast 6 Wednesdays
Apr 19-May 24 7-8:15 pm
\$36

Hip Hop Kung Fu

Hip Hop Kung Fu is a dance-based cardio class designed to get you moving. Tackle a combination of hip hop moves and Kung Fu to strengthen and sculpt your body in a fun atmosphere. No dance or Kung Fu experience is necessary. Bring a water bottle and towel.

Roosevelt 6 Tuesdays
Apr 18-May 23 7:15-8:15 pm
\$34

There are no classes
May 29 or July 4.





Jump Rope for Fitness

Gain agility, speed, coordination, and balance; burn fat; and achieve overall fitness by jumping rope. Learn the fundamental techniques of jumping rope to build a fun and fast workout routine for your entire body. With proper technique, jumping rope is a dynamic, low-impact activity. A \$5 jump rope fee will be collected.

Southwest 7 Thursdays
Apr 20-Jun 1 7:30-8:30 pm
\$31

Kickboxing Fusion

Get a total body endurance workout in this high-energy class. Improve your strength, aerobic endurance, speed, flexibility, coordination and balance as you kick, jab, cross, hook and uppercut your way to a fitter you. Bring a mat, a towel, water and light hand weights.

Roosevelt 6 Tuesdays
Apr 18-May 23 6-7 pm
\$34

Martial Arts: Indonesian

Learn the fundamentals of self-defense and various styles of martial arts. Stretching exercises, kicks, punches, blocks, grabs, meditation, stick fighting and up-close techniques will be taught. Wear loose clothing.

Southwest 7 Mondays
Apr 17-Jun 5 6:30-8 pm
\$47

Mat Pilates 1

Improve your flexibility, build strength, and develop control and endurance in the whole human body. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Wear comfortable clothes and bring a mat.

Jefferson 6 Tuesdays
Apr 18-May 23 6-7 pm
\$35

Mat Pilates 2

Now that you've learned the basics of Pilates, challenge yourself to this new, calorie burning, next-level course. Test your flexibility and endurance as you stretch and pump your way to a stronger you. Bring your own mat.

Jefferson 6 Thursdays
Apr 20-May 25 6-7 pm
\$35

Nia

Join us to enjoy this fitness practice that combines the best of dance, martial arts and yoga. More dance party than workout, Nia builds strength, agility, and confidence, and is a great form of conditioning.

Lake Harriet 6 Mondays
Apr 17-May 22 6:35-7:35 pm
\$31

Lake Harriet 6 Wednesdays
Apr 19-May 24 6:30-7:30 pm
\$31

Nordic Walking

Nordic walking uses 90 percent of your muscles, burns calories and distributes your weight so your knees don't have to do all the work. Join us for a walk and learn the proper use of Nordic poles. This class is geared to those who can walk 30-45 minutes. Wear comfortable shoes and bring water. Poles will be available for purchase.

Dowling 1 Monday
May 22 6:00-7:15 pm
\$12

NEW | Park Bench Fitness

Take advantage of warmer spring weather and get outside for this fun and challenging workout. Learn exercises you can do to strengthen and tone using your body weight and park amenities like picnic tables, benches, and trees. Bring a water bottle. Exercise mat optional.

Pratt 5 Saturdays
Apr 22-May 20 9-9:45 am
\$28

Pilates Yoga Power Sculpt

Use Pilates principles to raise your heart rate and work out at an intermediate level. The class will use provided small stability balls and resistance Thera-Bands, which may be purchased from the instructor for \$5. Pre-requisite: Experience with Pilates and yoga.

Washburn 7 Mondays
Apr 10-May 22 7:15-8:30 pm
\$45





Pilates 1

Improve your posture, balance and flexibility with this unique method of body conditioning. Build strength in your abdomen, lower back and hips, and focus on making your torso the power center of your body.

Washburn 7 Mondays
Apr 10-May 22 6-7 pm
\$38

Washburn 7 Tuesdays
Apr 11-May 23 6-7 pm
\$38

Pratt 6 Tuesdays
Apr 18-May 23 6:15-7:30 pm
\$38

Lake Harriet 6 Wednesdays
Apr 19-May 24 7:30-8:30 pm
\$38

Pilates 2

Test your conditioning with strengthening and stretching exercises, and make your torso the power center of the body. Pre-requisite: Pilates 1.

Washburn 7 Tuesdays
Apr 11-May 23 7:15-8:30 pm
\$45

Lake Harriet 6 Wednesdays
Apr 19-May 24 6:15-7:15 pm
\$38

Walking for Fitness

Don't let rainy weather stop you from walking. Enjoy this easy exercise indoors anytime between 6 p.m. and 8:30 p.m. Mondays and Wednesdays. Walking can lower blood pressure, cholesterol, risk of stroke and risk of injury. It can also improve your sense of well-being and happiness.

Henry 8 Mon & Wed
Apr 17-Jun 7 6-8:30 pm
Free

Northeast 6 Mon-Thu
Apr 17-May 25 5:45-6:45 pm
Free

Roosevelt 6 Mon-Wed
Apr 17-May 24 6-8 pm
Free

Northeast 6 Tue-Thu
Jun 20-Jul 27 6-7 pm
Free

Weight Training

Learn weight training techniques and develop a personal weight training program. Work with a trainer on Tuesdays and by yourself on Thursdays.

Northeast 6 Tue & Thu
Apr 18-May 23 7-8:15 pm
\$40

Northeast 5 Tue & Thu
Jun 20-Jul 20 7-8:15 pm
\$28

Zumba Gold

Enjoy a low-impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life. Zumba Gold modifies the moves and pace of Zumba to suit the needs of active older participants.

Roosevelt 6 Mondays
Apr 17-May 22 6-6:45 pm
\$28

Zumba: Basic + Toning

This one-hour Zumba class infuses mostly high-intensity dance fitness choreographies with two to three lower intensity songs. Basic Zumba and Zumba Toning formats are combined to provide a unique and specialized Zumba experience.

Jefferson 7 Tuesdays
Apr 18-May 30 7-8 pm
\$46

Zumba: Exercise to Latin Music

Maximize fat burning and total body toning through the interval and resistance training that Zumba provides. The dance workout combines moves from salsa, cumbia, merengue and more. Bring a small towel and water bottle.

Roosevelt 6 Mondays
Apr 17-May 22 7-8 pm
\$34

Southwest 7 Tuesdays
Apr 18-May 30 7-8 pm
\$38

Lake Harriet 6 Wednesdays
Apr 19-May 24 7-8 pm
\$34

Roosevelt 6 Wednesdays
Apr 19-May 24 7:30-8:30 pm
\$34

Zumba Punch Pass for Classes at Roosevelt

Make your workouts work for your schedule. Drop in during any scheduled Zumba/Zumba Gold class between April 17 and May 24 and receive a punch card. Cards expire at the end of the session. **10-class Punch Pass: \$54; 5-class Punch Pass: \$26.**

Safety Disclaimer: There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Minneapolis Public Schools (SSD #1) assumes no responsibility for injuries received during activities. Any changes in participants' activity level should be done under the approval and direction of their physician or health care provider.



Health & Wellness

Afro Textured Hair Care 101

Learn the basic hair care tips, styling, trends and resources for Afro-textured hair to achieve and sustain healthy hair. Move away from using chemicals on your hair and learn how to become confident in caring for your beautiful, kinky, coily, curly textures.

Henry 3 Mondays
May 8-May 22 7-8:30 pm
\$24

Chinese Massage for Couples

Learn massage techniques to help you give great back rubs, soothe hands and feet, and find basic acupressure points. Bring a pillow and blanket or yoga mat. Wear loose clothing, and have trimmed fingernails. Register as a couple.

South 1 Tuesday
May 16 7-9 pm
\$21/Couple

South 1 Tuesday
May 30 7:15-9:15 pm
\$21/Couple

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.

CPR & AED Training

Learn CPR, choking management, and the use of barrier devices for adult, child, and infant victims, as well as how to use an AED in this HeartSaver course from the American Heart Association. *Class held at Community Education Services Center, 2225 E. Lake St.*

South 1 Monday
Jun 26 6-8:30 pm
\$50

CPR & AED Training with First Aid

Learn CPR, choking management, and the use of barrier devices for adult, child, and infant victims, as well as how to use an AED in this HeartSaver course from the American Heart Association. Sorry, no discounts. *Class is held at Sibley Park, 1900 E. 40th St.*

Roosevelt 1 Saturday
Apr 29 10:30 am-4 pm
\$70

Ramsey 1 Thursday
Jun 29 10 am-3 pm
\$75



Find us on Facebook!
facebook.com/MplsCommEd

CPR: Adult, Infant & Child with AED Training

Receive a certificate of completion when you finish this HeartSaver course covering CPR, choking management and how to use an AED. **Register for both CPR and First Aid classes for a reduced price. Call the site offering the class to register with the discount. Roosevelt class is held at Sibley Park, 1900 E. 40th St.**

Southwest 1 Monday
Apr 24 5:15-9:15 pm
\$45

Roosevelt 1 Saturday
Apr 29 10:30 am-1:30 pm
\$50

Southwest 1 Monday
May 22 5:15-9:15 pm
\$45

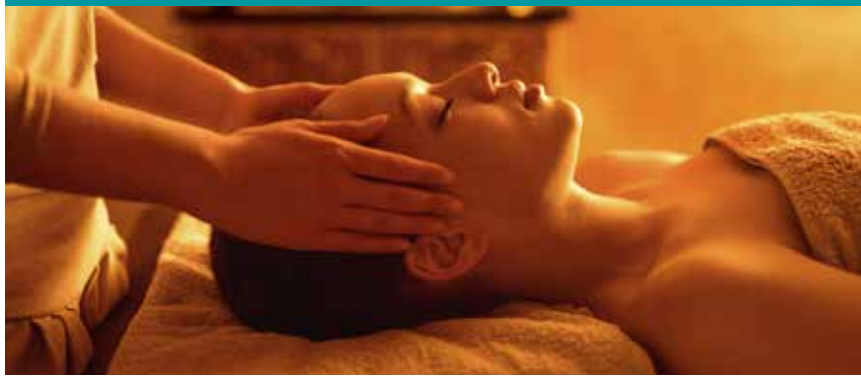
Digestion 101: What the Gut?!

Gain a better understanding of the steps of digestion, the key organs involved in the process, and why optimizing digestion is critical to good health. Learn how to improve your body's relationship with food by bettering your nutrition choices.

Lake Harriet 1 Monday
May 22 6:30-7:30 pm
\$18

There are no classes May 29 or July 4.





First Aid

Learn critical skills of managing an emergency, including how to treat bleeding, sprains, broken bones, shock, diabetic emergencies, seizures, stroke and other first aid emergencies. Bring your current CPR card to class. Receive a certificate of completion at the end of class. Optional instructional books (\$15) will be available for purchase. No discounts. **Register for both CPR and first aid classes for a reduced price. Call the site offering the class to register with the discount.**

Roosevelt class is held at Sibley Park, 1900 E. 40th St. South class is held at Community Education Services Center, 2225 E. Lake St.

Roosevelt 1 Saturday
Apr 29 1:30-4 pm
\$40

South 1 Wednesday
Jun 28 6-9 pm
\$40

First Aid: American Heart Association

Learn to handle medical, injury and environmental emergencies, including choking, shock, stroke, seizures, allergic and diabetic reactions, bleeding, wounds, burns, fractures and sprains, bites, cold- and heat-related problems, and poisoning. Receive a certificate of completion at the end of class. A \$6 supply fee will be collected. **Register for both CPR and first aid classes for a \$10 discount. Call 612.668.3100 to register with the discount.**

Southwest 1 Monday
May 1 5:15-9:15 pm
\$45

HealthRHYTHMS

HealthRHYTHMS® is a research-based group drumming protocol that has demonstrated improvement to the immune system along with many other health and psycho-social benefits. Enjoy a sense of stress release and connection with others. No drum experience needed.

South 4 Tuesdays
Apr 18-May 9 7-8:30 pm
\$34

Healthy Living: Sugar Savvy

Understand the consequences of a diet high in sugar and the ways in which it has been proven to have a negative impact on overall health. Learn how to read labels, identify how much “hidden” sugar is in your food, and discover how sugar effects blood sugar levels and hormones.

Lake Harriet 1 Monday
May 8 6:30-7:30 pm
\$18

Krav Maga

Feel the confidence that comes with knowing how to defend yourself in any situation. Learn a variety of combatives (punching, kicking, etc.), as well as techniques for defending against common attacks on the street and in domestic situations (chokes, guns, knives, etc.). Wear comfortable clothes and athletic shoes, and bring a water bottle.

Henry 4 Wednesdays
May 3-May 24 7:30-8:45 pm
\$28

There are no classes May 29 or July 4.

Massage for Couples

Learn simple massage techniques that encourage relaxation, calm the mind and accelerate healing. Wear comfortable clothes. Bring two sheets and a pillowcase, lotion or oil. You must register with a partner.

Southwest 2 Mondays
May 8-May 15 6-9 pm
\$31/Person

Self Massage for Stress Reduction

Learn how to personally relieve the pain and tension in your shoulders and arms using simple techniques that encourage relaxation, calm the mind and accelerate healing. Your own touch has the power to comfort, re-balance and release stress on physical, emotional and spiritual levels. Wear comfortable clothes.

Henry 1 Monday
Apr 24 6:30-8:30 pm
\$18

Shoulder Massage for Couples

Learn simple techniques that encourage relaxation, calm the mind and accelerate healing, not to mention relieve shoulder and neck pain, tension headaches, tight jaws, carpal tunnel syndrome and tension due to mouse use. Wear comfortable clothes. One person should register but both should attend; the fee covers both people.

Henry 2 Mondays
May 1-May 8 6:30-8:30 pm
\$28/Couple



Sports & Recreation

Badminton: Adult Co-ed

After a review of the rules and strokes, play a game of singles or doubles. Improve all aspects of your game, including serves, hits and net-play.

Southwest 7 Mondays
Apr 17-Jun 5 7-9 pm
\$36

Washburn 5 Tuesdays
Apr 25-May 23 6:30-8:30 pm
\$25

Ramsey 5 Tuesdays
Jun 20-Jul 25 6:30-8:30 pm
\$25

Basketball

Enjoy a friendly, non-competitive, half-court basketball game for co-ed adults. Play four-on-four or five-on-five, without coaches or referees.

Southwest 7 Tuesdays
Apr 18-May 30 7-9 pm
\$25

Floorball: Adult Co-ed

Join the Northeast Floorball group for pick-up games of this fun, safe, energetic type of floor hockey. To learn more, contact Minneapolis Floorball on Facebook. There is no online registration.

Northeast 6 Mondays
Apr 17-May 22 7-9 pm
\$3

Northeast 7 Thursdays
Apr 20-Jun 1 7-9 pm
\$3

Northeast 5 Thursdays
Jun 22-Jul 27 7-9 pm
\$3

Northeast 5 Tuesdays
Jun 20-Jul 25 7:15-9:15 pm
\$3

As interested in watching sports as you are in playing them? Grab your newfound friends and join us for the Henry Twins Game (page 15) at Target Field this April.

Golf 1

Focus on the swing technique from the set-up grip, posture alignment and ball position. Putting, tee shots, fairway woods and long irons will be examined and practiced in an attempt to develop a routine in shot-making.

Southwest 5 Tuesdays
Apr 25-May 23 7:30-9 pm
\$37

Golf 1 & 2

Practice putting, chipping, pitching and full-length shots to improve your skills. Learn about golf history, types of clubs, rules and etiquette. Bring #3, #5, #7 and #9 irons and a putter.

Roosevelt 6 Mondays
Apr 17-May 22 7:30-8:30 pm
\$34

Northeast 6 Wednesdays
Apr 19-May 24 7:30-8:30 pm
\$34

Pickleball

Join us for a sport that's gaining popularity all around the world. A combination of badminton and tennis, pickleball is easy to learn and fun to play for all skill levels.

Southwest 7 Tuesdays
Apr 18-May 30 7-9 pm
\$36

Southwest 7 Wednesdays
Apr 19-May 31 7-9 pm
\$36

Ramsey 6 Wednesdays
Jun 21-Jul 26 6:30-8:30 pm
\$30

NEW | Ping Pong

Pingpong, or table tennis, is one of the fastest-growing sports in the world—it's even in the Olympics! Learn rules, strategies and strokes while having fun and staying fit in this fast-paced workout. Previous experience required. Bring your own paddles.

Southwest 7 Thursdays
Apr 20-Jun 1 7-9 pm
\$36

Volleyball: Competitive Co-Ed

Join competitive, co-ed volleyball. You must be able to demonstrate your ability to pass, set, hit and serve. Pre-requisite: Solid volleyball skills. *Roosevelt class is held at Wenonah School, 5625 23rd Ave. S.*

Jefferson 6 Tuesdays
Apr 18-May 23 7-9 pm
\$26

Lake Harriet 7 Mondays
Apr 17-Jun 5 7-9 pm
\$30

Southwest 7 Wednesdays
Apr 19-May 31 7-9 pm
\$36

Roosevelt 8 Thursdays
Apr 20-Jun 8 6:30-8:30 pm
\$24



MEET OUR INSTRUCTORS:

Joey Ivers, Pickleball
instructor at Southwest

Joey Ivers has spent 14 years with Southwest Community Education, including nine years as an employee. Through the years, he's taught art to children and worked as the Southwest Super Summer Program supply manager and now teaches pickleball to adults. Joey is a recent graduate of the College of Design at the University of Minnesota.



Yoga & Mind/Body

Classes vary from site to site. Contact the site directly with questions regarding music, lighting, equipment or experience level. We encourage you to bring your own mat, but most sites have some available. Wear comfortable clothing and refrain from eating a large meal before class.

NEW | Baguazhang 1

This style of martial art movement is similar to Tai Chi, but focused more on distinctly circular motions. Non-athletes and senior citizens encouraged to participate and will balance and center. Dynamic and static limbering and flexibility exercises will serve as preparation.

Jefferson 6 Tuesdays
Apr 18-May 23 6-7:30 pm
\$37

Meditation & Breath Work

Many of us don't breathe properly or deeply throughout the day. The mind is usually racing and we are all trying to keep up with our work and "doing." In this workshop we will tap into this, and learn to use the breath as a skillful tool to help us meditate. Bess will guide you through a visualization exercise and light work to prepare for meditation.

Jefferson 1 Thursday
May 11 6-7:15 pm
\$18

Mindfulness

Through mindfulness meditation, learn to respond rather than react. Develop and strengthen your mind to increase your ability to focus, recognize and manage your emotions, make better decisions, and empathize in your relationships.

Pratt 6 Wednesdays
Apr 19-May 24 7-8:30 pm
\$42

Qi Gong: Spring Forest Techniques 1

Relax, balance your energy and bring more harmony into your life with Qi Gong. Learn active exercises and a wonderful meditation for balance and healing.

Southwest 4 Tuesdays
Apr 18-May 9 6:30-8:15 pm
\$34

Tai Chi & Qi Gong 1

Improve flexibility and balance using sun-style Tai Chi and Qi Gong exercises. Learn a 12-movement form to gain better control of your health and improve your quality of life.

Henry 5 Wednesdays
Apr 19-May 17 6:30-8 pm
\$33



Find us on Twitter!

twitter.com/mpscommunityed

Tai Chi Chuan 1

Enjoy a way of "moving without moving" with Tai Chi, a less stressful form of exercise for health and well-being. Benefits include relaxation, coordination, better circulation, flexibility and strength.

Lake Harriet 6 Mondays
Apr 17-May 22 6:15-7:15 pm
\$35

Northeast 6 Tuesdays
Apr 18-May 23 6:30-7:30 pm
\$28

Northeast 4 Tuesdays
Jun 20-Jul 18 6:30-7:30 pm
\$24

Tai Chi Chuan 2

Improve and expand your practice by learning new and enhanced moves and positions. Pre-requisite: Tai Chi Chaun or other Tai Chi experience.

Northeast 6 Tuesdays
Apr 18-May 23 7:30-8:30 pm
\$31

Northeast 4 Tuesdays
Jun 20-Jul 18 7:30-8:30 pm
\$24

Tai Chi Minnesota Style: Minn eh soh Tai Chi

Try this easy, short form of Tai Chi, an ancient mind body system of exercises that incorporates balance and transfer of weight. We'll also discuss the principles, history and philosophy of Tai Chi.

Waite Park 4 Mondays
Apr 17-May 15 6:15-7:45 pm
No class May 1 \$28





NEW | Yoga: Outdoors at Cedar Lake

Increase your strength, improve your flexibility and practice balance, relaxation, and breathing techniques through yoga exercises. Must be able to comfortably transition from standing to seated position. Wear comfortable clothes, and refrain from eating before class. *Class meets at Cedar Lake Point Beach, 2101 Cedar Lake Pkwy.*

Ramsey 6 Wednesdays
Jun 21-Jul 26 5:45-7 pm
\$40

Yoga: Gentle 1

Explore basic breathing techniques and develop strength, balance and flexibility in this introduction to fitness yoga. Wear comfortable clothes, bring a mat if you own one, and refrain from eating before class.

Washburn 7 Mondays
Apr 10-May 29 7:30-8:30 pm
\$37

Dowling 6 Mondays
Apr 17-May 22 6-6:55 pm
\$35

South 7 Thursdays
Apr 20-Jun 8 7:30-8:30 pm
\$38

Ramsey 4 Tuesdays
Jun 20-Jul 25 7:30-8:30 pm
\$26

Northeast 5 Wednesdays
Jun 21-Jul 26 6:15-7:30 pm
\$30

Yoga: Gentle 2

Continue to develop your yoga practice. Pre-requisite: Gentle Yoga 1 or other experience. Bring a mat.

Dowling 6 Mondays
Apr 17-May 22 7:05-8 pm
\$35

Yoga: Hatha

Find a deeper connection for your body, mind and spirit by using breath to guide the body. The class focuses on alignment, flexibility and strength. Bring a mat and blanket.

Dowling 6 Mondays
Apr 17-May 22 6-7:15 pm
\$38

Lake Harriet 6 Mondays
Apr 17-May 22 6:15-7:15 pm
\$35

South 8 Tuesdays
Apr 18-Jun 6 6-7 pm
\$42

Roosevelt 6 Wednesdays
Apr 19-May 24 6-7:15 pm
\$40

Southwest 7 Tuesdays
Apr 18-May 30 5:30-6:45 pm
\$45

Tai Chi: Wu Form

Known as the “moving meditation,” Wu Tai Chi is a series of slow, controlled movements that develop strength, balance, posture and calm. It is especially good for healing joint and back pain and releasing stress.

Jefferson 6 Wednesdays
Apr 19-May 24 6-7:30 pm
\$42

NEW | Yoga: Beginning Fitness

Explore basic breathing techniques and develop strength, balance and flexibility in this introduction to fitness yoga. Wear comfortable clothes, bring a mat if you own one, and refrain from eating before class.

Washburn 7 Wednesdays
Apr 12-May 24 4:30-5:30 pm
\$37

Yoga: Chakra

There are seven major psychic centers in the body that process energy. Explore these centers to learn their purpose, what supports their healthy function, and what can block them.

Southwest 7 Wednesdays
Apr 19-May 31 6:30-7:30 pm
\$38

Do your little ones love yoga, too? Get them in on the action with our new Parent/Child Beginner Yoga class (page 68).

Yoga: Fitness

Increase your strength, improve your flexibility and practice balance, relaxation, and breathing techniques through yoga exercises. Must be able to comfortably transition from standing to seated position.

Washburn 7 Mondays
Apr 10-May 22 6-7:15 pm
\$37

Washburn 7 Wednesdays
Apr 12-May 24 4:30-5:30 pm
\$37

Washburn 7 Wednesdays
Apr 12-May 24 6-7:15 pm
\$42

Northeast 7 Tuesdays
Apr 18-May 30 6:15-7:15 pm
\$38

Anwatin 5 Wednesdays
Apr 19-May 17 6-7:20 pm
\$45

Ramsey 5 Tuesdays
Jun 20-Jul 25 5-6:15 pm
\$35

South 7 Thursdays
Apr 20-Jun 8 6-7 pm
\$38

Northeast 4 Tuesdays
Jun 20-Jul 18 6:15-7:15 pm
\$26



Find us on Facebook!
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)

NEW THIS SPRING:

Yoga Workshops

Yoga Workshop: Arm Balance & Inversions

Looking for a challenge in your yoga practice? In this workshop, you will learn how to move into arm balancing postures gracefully. Set yourself up for success as you laugh and have fun!

Jefferson 1 Thursday
Apr 27 6-7:15 pm
\$18

South 1 Tuesday
May 9 7:10-8:25 pm
\$18

Yoga Workshop: Restore Your Core

Move smoothly in and out of yoga poses and arm balances by learning to use and strengthen your core. All levels welcome.

Jefferson 1 Thursday
Apr 20 6-7:15 pm
\$18

South 1 Tuesday
Apr 25 7:10-8:25 pm
\$18

Yoga Workshop: Stretching Mindfully

Many of us carry tension and stress with our tight muscles. This workshop will help you open up your fascia, joints and muscles all while relaxing. Learn how to stretch with intention and connect with mind, body and spirit.

Jefferson 1 Thursday
May 4 6-7:15 pm
\$18

South 1 Tuesday
May 23 7:10-8:25 pm
\$18

There are no classes
May 29 or July 4.

Yoga: Kundalini

Cultivate clarity, harmony, wellness and prosperity with kundalini yoga. Classes are comprised of a kriya, a series of dynamic and held postures put together for a specific benefit, such as healing, kidney health, emotional balance, helping depression, or improving communication.

Pratt 6 Saturdays
Apr 15-May 20 10:30-11:45 am
\$40

Edison 7 Wednesdays
Apr 19-May 31 7:15-8:15 pm
\$38

Northeast 5 Tuesdays
Jun 20-Jul 25 7:15-8:15 pm
\$30

Yoga: Prenatal

Prepare your body and mind for the birthing process. Maintain flexibility, vitality, strength of body and calmness of mind during and after pregnancy.

Washburn 7 Wednesdays
Apr 12-May 24 5:30-6:45 pm
\$45

Pratt 6 Tuesdays
Apr 18-May 23 6:30-7:30 pm
\$34

Edison 7 Wednesdays
Apr 19-May 31 6-7 pm
\$38

Northeast 6 Wednesdays
Apr 19-May 24 6:15-7:15 pm
\$34

Hale 8 Thursdays
Apr 20-Jun 8 6-7:15 pm
\$50

Northeast 5 Tuesdays
Jun 20-Jul 25 6-7 pm
\$30

Ramsey 6 Wednesdays
Jun 21-Jul 26 5:30-6:45 pm
\$40

Yoga: Prenatal helps you prepare for the birthing process. Now prepare to capture every sweet memory with your newborn in one of our photography classes (pages 43-44).

Yoga: Restorative

Release tension in your body with this proactive form of strengthening that allows you to stretch beyond your muscles and into your ligaments.

Southwest 7 Mondays
Apr 17-Jun 5 6:30-7:30 pm
\$38

Yoga: Sivananda Hatha

Practice breathing exercises, sun salutations, classical yoga asanas and relaxation with thorough explanation and guidance. Build upon each week's learning to establish a home practice.

Southwest 7 Thursdays
Apr 20-Jun 1 6-7:30 pm
\$52

Yoga: Stress Reduction

Reduce stress, manage your moods, gain focus and cultivate a sense of relaxation. Use gentle movement and postures, breath awareness, guided meditation and relaxation techniques.

Lake Harriet 6 Mondays
Apr 17-May 22 7:20-8:20 pm
\$35

Lake Harriet 5 Mondays
May 8-Jun 12 5:30-6:30 pm
\$30

Yoga: Vinyasa

Link flowing postures with deliberate breath. Balance, full range of motion and flexibility are emphasized to break up congestion in the body, restore energy and maintain health.

Lake Harriet 6 Wednesdays
Apr 19-May 24 7:20-8:20 pm
\$35

Yoga: Yin

Yin yoga is a meditative practice rooted in Chinese medicine and philosophy. This highly therapeutic practice is designed to improve your immune system, circulation, flexibility and promote vitality. Postures are all practiced on the floor and are held for two to five minutes.

Lake Harriet 6 Wednesdays
Apr 19-May 24 6:15-7:15 pm
\$35

Adults 55+



If you've got free time you're looking to fill, look no further. Take on tai chi, experience the globe through the eyes of another, and hit the town for a night out at the theater.





Adventures in Learning

**Classes in this section are priced at the senior rate.
UCare discounts may be applied—see page 73.
Adults of all ages are welcome to participate.**

Be a Visitor in Your Own City

Explore all that Minneapolis has to offer with the director of the new Minneapolis Visitor Center as he spotlights the many activities available to local residents and visitors alike. Also, hear more about where Minneapolis is headed in the next 10 years. Register online or call 612.668.2219. *Class held at Minneapolis Tourist Information Center, 505 Nicollet Mall, Ste. 100.*

Mpls Visitor Ctr. 1 Friday
May 19 1-2 pm
Free

Bingo for Fun

Gather with others to enjoy an afternoon of entertainment, Bingo playing and an opportunity to make new friends. Prizes for Bingo are offered, but there will be no cash prizes. Light refreshments will be served. Come for the Bingo... stay for the fun! Event co-hosted by Senior Community Services and Mpls Park and Recreation. \$2 at door. Register online or call 612.668.2219. *Class is held at Creekview Recreation Center, 5001 Humboldt Ave. N.*

Creekview 1 Friday
May 12 1-3 pm
\$2 at door

Bingo Social

Enjoy time with friends and light refreshments as you play lively games of Bingo. Prizes will be awarded. Call 612.668.3767 for more information. *Class is held at McRae Park, 906 E. 47th St.*

Hale 2 Thursdays
Apr 27 & May 25 11 am-12:30 pm
\$2 at door

Book Club

Please join us for an open invitation to be a part of a book club that cares. Book Club meets the 3rd Monday of every month. Call 612.668.1590 for more information and for the book of the month. \$2 donation goes toward Waite Park student scholarships.

Waite Park 3 Mondays
Apr 17-Jun 19 1-2:30 pm
\$2 at door

Exploring Poetry

(Re)discover the joy of poetry! Bring your favorite poems to share, and learn about various poems and poets through audio and visual presentations.

Pratt 6 Tuesdays
Apr 18-May 23 10-11 am
\$25

Foreign Policy Issues Discussion

Through the nationwide Great Decisions program, learn more about vital foreign policy issues facing our country. The sessions feature lectures and lively discussions with local college professors and other guest speakers. Topics include: "The Future of Europe" "Trade and Politics," "Conflict in the South China Sea," and "Saudi Arabia in Transition." Co-sponsored by Friends of the Washburn Library and Walker Place respectively. To register, call 612.668.4828.

Walker Place, 3701 Bryant Ave. S.
4 Thursdays Apr 20-May 11
2-3:30 pm Free

Washburn Library, 5244 Lyndale Ave. S.
4 Fridays Apr 21-May 19
10-11:30 am Free

Healthy Cooking for Seniors

Are you interested in good, healthy food? Do you want some new ideas for meals or new cooking techniques? Would you like to cook with a nutrition student from the University of Minnesota? If you answered yes to any of these questions, this class is for you. You will learn about ways to cook and eat more nutritious food, inject some new ideas into your routine meals and get advice from a U of MN nutrition student. Cosponsored by Southeast Seniors and Van Cleve Seniors. *Held at Van Cleve Park, 901 15th Ave. S.E.*

Pratt 1 Thursday
Apr 6 10-11:15 am
Free



Joy in Learning

Join us for a discussion and presentation on various topics of interest. Meets the 3rd Wednesday of each month. Co-sponsored by Pratt Community Education and Southeast Seniors. To register, call 612.668.1100. *Class held at Prospect Park United Methodist Church, 22 S.E. Orlin Ave.*

Pratt 2 Wednesdays
Apr 19 & May 17 noon-1:30 pm
\$3

Lunch & A Classic Movie

Enjoy a lunch buffet at Pepito's followed by a classic movie. See the 1954 Hitchcock classic, *Rear Window*, Apr. 20 and the 1961 comedy, *Breakfast at Tiffany's*, May 18. Register online or call 612.668.3767. Cost is \$12.95 plus tax, tip and beverage. Bring a friend for free! *Meet at Pepito's Parkway Theater, 4814 Chicago Ave. S.*

Hale 2 Thursdays
Apr 20-May 18 11 am-2:30 pm
\$12.95 at door

Organizing & Downsizing for Seniors

Are you having trouble knowing where to start with decluttering and downsizing? At times, facing our things is overwhelming. In this class, we'll discuss common downsizing challenges and provide you with a list of resources and a plan to purge—and you'll have the tools to start peacefully letting go. *Class held at Lyndale Farmstead Recreation Center, 3900 Bryant Ave. S.*

Washburn 1 Tuesday
Apr 26 2-3:30 pm
\$18

Shakespeare 102

How do Shakespeare's views on male-female relations, race, and revenge compare with ours? Come discuss "A Midsummer Night's Dream" and "Othello." Pre-register by calling 612.668.3767. *Class held at Nokomis Community Library, 5100 34th Ave. S.*

Hale 2 Thursdays
Apr 20-Apr 27 1-2:30 pm
Free

Armchair Travel

NORTHEAST MINNEAPOLIS

Gustavus Adolphus Lutheran Church, 27th & Johnson St. N.E.
(across from fire station),
Downstairs Fellowship Hall.

Pre-register by calling
612.668.1590. Suggested
donation of \$2 at the door.



Murder in Siberia

Through this brief history, you will learn about the murder of Russia's last Czar and his family in Siberia, the rise of the Russian Orthodox Church, visit small Siberian villages and Lake Baikal, the world's largest fresh water lake.

Gustavus 1 Tuesday
Apr 25 1-2:30 pm



Mongolia

Explore the land of wide open spaces, including the "gers" that people live in, the national celebration of horse racing, wrestling, and archery, and a brief history of Mongolia and its people. \$2 donation at door.

Gustavus 1 Tuesday
May 23 1-2:30 pm

SOUTH MINNEAPOLIS

Hosmer Community Library,
36th St. & 4th Ave. S.

Pre-register by calling
612.668.2740. Suggested dona-
tion of \$2 at the door.



Backpacking & Hiking the Philippine Cordilleras

We backpacked the scenic Kibungan Circuit and camped on Mt. Pagpayaya in the heart of the Cordilleras where pine trees can be found. Also, we did some day hikes on rice terraces around Batad which is on the Unesco Word Heritage List and stayed in Sagada, a friendly, budget-traveller town.

Hosmer Library 1 Tuesday
Apr 25 1-2:30 pm
\$2 at door



NEW | London's Cultural Heritage Tour

Get an overview of many of London's heritage sites. Our trip includes: The British Museum, Globe Theatre, Tower of London, Hampton Court, Kensington Palace, and the Victoria and Albert Museum.

Hosmer Library 1 Tuesday
May 23 1-2:30 pm
\$2 at door

Adults 55+



UCare For Seniors members:

Discounts are limited to one discount per year for UCare for Seniors members.

This is a result of guidelines issued by the Centers for Medicare & Medicaid Services, the federal agency that regulates this and other Medicare Advantage plans nationwide.

Defensive Driving 55+

Some classes are offered in collaboration with AARP. Members may receive a \$5 discount. AARP card must be brought to class. Indicate AARP membership on registration form or call the site offering the class to register with discount. The AARP discount is not available for classes at Pratt, Roosevelt, Southwest or Washburn. No senior discounts.

Defensive Driving: 8-Hour Initial Class

Review your driving skills, learn current laws and get tips on driving safely. After completing the course, receive a certificate for a 10-percent discount on auto insurance. There will be a break; bring a snack or lunch if you wish.

Edison 1 Wed & Thu
May 10-May 11 5-9 pm
\$24

Henry 1 Mon & Wed
May 15-May 17 4:30-8:30 pm
\$24

Roosevelt 2 Wednesdays
Apr 26-May 3 4:10-8:10 pm
\$24

Southwest 2 Wednesdays
Apr 19-Apr 26 5-9 pm
\$24

Washburn 2 Mondays
Apr 24-May 1 4-8 pm
\$24

Defensive Driving: 4-Hour Refresher Class

Review your driving skills, understand current laws and gain tips on defensive driving. After the initial eight-hour course, you only need this four-hour course every three years to renew the 10-percent discount on your auto insurance. A discount certificate is given upon completion.

Henry 1 Wednesday
May 10 4:30-8:30 pm
\$20

Northeast 1 Saturday
May 13 10 am-2 pm
\$20

Pratt 1 Saturday
May 20 9 am-1 pm
\$20

Roosevelt 1 Wednesday
May 3 4:10-8:10 pm
\$20

Southwest 1 Wednesday
May 3 5-9 pm
\$20

Waite Park 1 Tuesday
Apr 18 10 am-2:30 pm
\$20

Washburn 1 Monday
May 1 4-8 pm
\$20

NEW | Streetcar Era of the Twin Cities

Find out the story of the Twin City Rapid Transit Company from its earliest days, through its heyday in the years before and immediately after World War I. Discover the reasons it eventually surrendered to the automobile. Transit historian, John Diers, will discuss the geography of the Twin Cities streetcar system as well as its history, operations, economics and the rebirth of the light rail. Co-sponsored by Van Cleve Seniors. For information call 612.668.1100. *Held at Prospect Park United Methodist Church, 22 SE Orlin Ave.*

Pratt 1 Thursday
May 4 10-11:15 am
Free

Transform Your Life: Declutter

Replace household chaos with calm when you learn to tackle disorder, let go of extra "stuff" and transform your living space. Create a beautiful, clutter-free home using professional organizer Suzie Stegic's "Profound Change" approach. Register online or call 612.668.2219. *Class is held at Bryn Mawr Presbyterian Church, 420 Cedar Lake Road. Enter side door to the right of church entrance.*

Lucy Laney 3 Tuesdays
Apr 25-May 9 1-2:30 pm
\$26

Travelogue: 14 Days on Japan's Largest Island

Come and experience the trip of a lifetime, going to Tokyo, Kofu, Takayama, Kyoto, Shimoda and back to Tokyo in 14 days by train. Through storytelling and slides, Mona Welter, realtor and native of South Minneapolis, will bring you the sights and beauty of the Honshu Island. *Class held at Nokomis Library, 5100 S. 34th Ave.*

Nokomis Library 1 Tuesday
May 9 1-2 pm
Free



55+ Creative Activities

Acrylic Painting Explorations

Express yourself in acrylic paints. Watch demonstrations that exemplify basic acrylic painting techniques and approaches. Receive helpful hints and constructive criticism as you paint your own masterpiece from life or imagination. Register online or call 612.668.4828. *Class is held at Creekview Recreation Center, 5001 Humboldt Ave. N.*

Creekview	4 Thursdays
May 4-May 25	10:30 am-12:30 pm
	\$38

Minneapolis Southside Singers

If you are over 55 and like to sing, you are invited to join this chorus, which has more than 50 members. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the MN State Legislature. For more information, call 612.729.4984. *Rehearsals are at Trinity Lutheran Church of Minnehaha Falls, 5212 41st Ave. S.*

Trinity LC	13 Mondays
Apr 3-Jun 26	1-3 pm
	\$20

Elder Enrichment

Catholic Eldercare Main Street Lodge, 909 Main St. N.E.

To register, call 612.362.2450.

Holy Week & Easter in Art

Explore a range of scenes from the Christian tradition, including the powerful stories of Holy Week — the entry into Jerusalem, the last supper, and Jesus' death, burial, and resurrection — that have inspired artists through the centuries to create beautiful, meaningful images.

1 Monday	Apr 3
1:30-3 pm	Free

Beowulf: Heroes, Monsters, Treasure & A Dragon

This remarkable medieval epic was written in England at least 1,000 years ago and includes myth and folklore far older still. It's an action-adventure tale, but also a parable with a Christian message. Lawrence Moe wrote his Ph.D. dissertation about Beowulf, and in this presentation, he'll retell this old story and discuss its themes.

1 Monday	May 1
1:30-3 pm	Free

It Started with Shakespeare

Celebrate 400 years of Shakespeare with a feast of songs, incidental music, ballets, and musicals were inspired by his works. Many weddings include Mendelssohn's music for "Midsummer Night's Dream." Join Carolyn Bliss to see what else has found its way into our musical world.

1 Monday	Jun 5
1:30-3 pm	Free



Mount Rushmore: The Carving of an Icon

More than 2 million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are the statistics behind the carving of Mount Rushmore. The story is even more interesting.

1 Monday	Jul 10
1:30-3 pm	Free

Let's Explore Summit Ave.

Everyone in the Twin Cities knows about Summit Avenue, with its grand homes, colleges, and the Cathedral of St. Paul. Through this fully illustrated presentation, learn a bit more about these familiar places and dig into the avenue's history to understand more about this community treasure.

1 Monday	Aug 7
1:30-3 pm	Free

Shakespeare's work has inspired music for centuries. If you're feeling musically inspired as well, we can teach you everything from hand drumming to harmonica playing (page 41).

Adults 55+

55+ Fitness

Alexander Technique for Seniors

Get introduced to the Alexander Technique, an educational discipline that will help you coordinate your whole body efficiently in everything you do: walking and climbing stairs, driving the car, gardening, or working at the computer. The moves you do should alleviate neck, back and hip pain. Register online or call 612.668.2740. *Class is held at Kenwood Apartments, 825 Summit Ave.*

Jefferson 6 Saturdays
Apr 22-May 27 3:30-4:30 pm
\$18

Fun & Fitness 55+

Enjoy fun, simple routines that combine aerobic conditioning with strengthening and stretching exercises to increase your flexibility, range of motion and heart health. Register online or call 612.668.3100. *Class is held at Linden Hills Park, 3100 W. 43rd St.*

Southwest 7 Wed & Thu
Apr 19-Jun 1 1-2 pm
\$40

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Head to Toe Fitness

Improve your strength, coordination, balance, flexibility and endurance through various exercises that you can do standing or seated. This program is the best prescription for maintaining independence through your senior years. Attend one or both sessions each week. Register online or call 612.668.2219. *Class is held at CommonBond—Shingle Creek Commons, 4600 Humboldt Ave. N.*

Lucy Laney 8 Tue & Thu
Apr 18-Jun 8 1-2 pm
\$16

Lifelong Fitness

Take part in easy chair aerobics and low-impact exercises to help improve your posture, bone density, balance and joint mobility. Register online or call 612.668.1100.

Pratt 6 Tuesdays
Apr 18-May 23 8:30-9:30 am
\$28.50

Pratt 6 Thursdays
Apr 20-May 25 8:30-9:30 am
\$28

Discounts

UCARE members are eligible for a discount of up to \$15 per class or trip. See page 73 for details.



Low Impact Aerobics

Avoid the hassle of big clubs, lockers, and people you don't know. Join us where folks are friendly, the atmosphere is calm and workouts are beneficial. This user-friendly class with easy-to-follow choreography will raise your metabolism and is great for fat burning. Work on abdomen and gluts with strength training for upper body and back support.

Waite Park 8 Mondays
Apr 17-Jun 5 5:45-6:45 pm
\$31.50

Waite Park 8 Wednesdays
Apr 17-Jun 5 8:30-9:30 am
\$31.50

Stretch & Balance

Gain flexibility, strength and better balance through low-impact conditioning and stretches in this mixed-level class. Individual attention is provided, but is not intended to replace private lessons or one-on-one therapy. Movements are done standing and on the floor. Please bring a floor/yoga mat. Students should get their doctor's approval and have medical knowledge of their physical abilities.

Waite Park 6 Wednesdays
Apr 19-May 24 1-2 pm
\$31.50

There are no classes
May 29 or July 4.





Tai Chi

Improve flexibility and balance using Tai Chi, a program originally developed for people with arthritis. Learn a 12-movement form to gain better control of your health and improve your quality of life.

Solomon's Porch, 100 W. 46th St.

Register online or call 612.668.3450.

6 Thursdays Apr 13-May 18
9:45-10:45 am \$24

Our Lady of Peace, 5426 12th Ave. S.

Register online or call 612.668.3767.

6 Mondays Apr 17-Jun 5
9:45-10:45 am \$24

Creekview Recreation Center,

5001 Humbolt Ave. N.

Register online or call 612.668.2219.

5 Mondays Apr 24-May 22
10:30-11:30 am \$20

Ramsey Middle School, 1 W. 49th St.

Register online or call 612.668.3450.

6 Thursdays Jun 22-Jul 27
9:45-10:45 am \$24

Safety Disclaimer: There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Minneapolis Public Schools (SSD #1) assumes no responsibility for injuries received during activities. Any changes in participants' activity level should be done under the approval and direction of their physician or health care provider.

Tai Chi 2

Continue to improve flexibility and balance using Tai Chi, a program originally developed for people with arthritis. Build on 12-movement form to gain better control of your health and improve your quality of life. Call 612.668.3450 for information or help with registration. Pre-requisite: Tai Chi. *Washburn class is held at Solomon's Porch, 100 W. 46th St., in the lower level community room.*

Washburn 6 Thursdays
Apr 13-May 18 10:45-11:45 am
Free

Ramsey 6 Thursdays
Jun 22-Jul 27 10:45-11:45 am
Free

Tai Chi & Qi Gong 1

Improve flexibility and balance using sun-style Tai Chi and Qi Gong exercises. Learn a 12-movement form to gain better control of your health and improve your quality of life. Register online or call 612.668.1100. *Class held at Van Cleve Park, 901 15th Ave. S.E.*

Pratt 5 Fridays
Apr 14-May 12 10:30 am-noon
\$25

Tai Chi & Qi Gong 2

Build upon what you've learned of sun-style Tai Chi and Qi Gong exercises. Pre-requisite: Tai Chi & Qi Gong 1 or instructor permission. Register online or call 612.668.1100. *Class held at Van Cleve Park, 901 15th Ave. S.E.*

Pratt 5 Fridays
Apr 14-May 12 9-10:15 am
Free

Yoga: Gentle 1

Focus on slow movements through seated, standing and restorative poses that include proper alignment, breathing and relaxation techniques. Wear comfortable clothes. Bring a mat if you have one.

Fuller Park, 4800 Grand Ave. S.

Register online or call 612.668.3450.

Mail fees to Washburn.

7 Tuesdays Apr 11-May 23
1-2 pm \$28

7 Thursdays Apr 13-May 25
1-2 pm \$28

Bracket Park, 2728 S. 39th Ave.

Register online or call 612.668.3767.

8 Thursdays Apr 20-Jun 8
12-1 pm \$32

Lake Nokomis Community Center,

2401 E. Minnehaha Pkwy.

Register online or call 612.668.3767

6 Tuesdays Apr 18-May 23
3:15-4:15 pm \$24

Ramsey Middle School, 1 W. 49th St.

Register online or call 612.668.3450.

5 Tuesdays Jun 20-Jul 25
1-2 pm \$20

6 Thursdays Jun 22-Jul 27
1-2 pm \$24

Washburn High, 201 W. 49th St.

Register online or call 612.668.3450.

7 Wednesdays Apr 12-May 28
1-2 pm \$28

Zumba Gold Chair

Benefit from aerobic conditioning while rocking your body to Latin music. Don't let balance issues, recent surgery or tender feet stop you. Enjoy Zumba without standing for the entire class. Register online or call 612.668.4828. *Held at Nokomis Square, 5015 35th Ave. S.*

Roosevelt 6 Wednesdays
Apr 19-May 24 10:30-11 am
\$12

Explore restaurants that are new to you and meet new lunch companions in our Enjoying Life Lunch Club (page 65).



Senior Social & Health Talks

Holy Trinity Lutheran Church, 2730 E. 31st St., 2nd floor
Community Room

Blood pressure screenings available from 11:30 am–noon

To register, call 612.668.3767.

*Sponsored by Longfellow/Seward Healthy Seniors,
Minneapolis Community Education and Holy Trinity Church.*

Healthy Eyes

Learn how to keep your eyes healthy with Dr. Joshua Hanen, River Lake Clinic.

Trinity 1 Tuesday
Apr 18 10-11:30 am
\$1 at door

The Aging Ear

Discover how to make the most of your hearing with Dr. David Gedes of Health Partners West Clinic as he explains how our ears change as we age.

Trinity 1 Tuesday
May 16 10-11:30 am
\$1 at door



Downsizing Made Easy

This class will help you make a plan. You will learn how to sort through your possessions. You will receive resources on where to donate, recycle, and sell items. You will get tips on what can't be donated and what items have negative value.

Trinity 1 Tuesday
Jun 20 10-11:30 am
\$1 at door

Assisted Living

This presentation will include information on eligibility for assisted living; how the rent is paid; what services are paid by Medicare and Medicaid, the different types of assisted living; and who can perform assisted living services. Presented by an attorney from the Senior Law Project of Mid-Minnesota Legal Aid.

Trinity 1 Tuesday
Jul 18 10-11:30 am
\$1 at door

Shingle Creek Commons Programs

**Shingle Creek Commons—
CommonBond Communities**,
4600 Humboldt Ave. N.

To register, call 612.668.2219.

*Sponsored by Minneapolis Community
Education & Shingle Creek Commons.*

Enhancing Your Brainpower

Investigate how your mind works while learning tips to improve your memory. Keep your brain active to ward off dementia and Alzheimer's symptoms and add energy daily to power your brain more effectively.

Shingle Creek 1 Thursday
Apr 27 10:30-11:30 am
\$1 at door

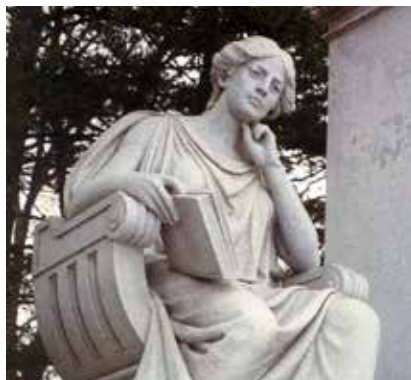
Be A Visitor in Your Own City

Explore all that Minneapolis has to offer with the director of the new Minneapolis Visitor Center as he spotlights activities available to local residents and visitors alike. Also hear more about where Minneapolis is headed in the next 15 years.

Shingle Creek 1 Thursday
May 25 10:30-11:30 am
\$1 at door



55+ Trips & Tours



Enjoying Life Lunch Club

Explore local restaurants, meet new people and enjoy eating out around town. The group meets the first Wednesday of each month; lunch and tip is at your own cost. Take turns planning where to lunch the next month. Register online or call 612.668.2219. *April lunch will be at FIKA in the American Swedish Institute, 2600 Park Ave.*

Lucy Laney	1 Wednesday
Apr 5	11 am-1 pm
	Free

Peregrine Falcons: Road to Recovery

The widespread use of pesticides decimated Peregrine populations. Learn how these magnificent birds have recovered and what is being done to help them thrive. Adults 18+ welcome. Register online or by calling 612.668.4828 before April 14. *Meet at West Coon Rapids Dam Visitor Center, 10360 W. River Rd., Brooklyn Park.*

WCRDVC	1 Wednesday
Apr 19	10 am-12 pm
	\$5

Discounts

UCARE members are eligible for a discount of up to \$15 per class or trip. See page 73 for details.



History of Lakewood Cemetery Slide Presentation

Explore turn-of-the-century Minneapolis, Lakewood's Byzantine-style Chapel, facts about Lakewood's gardens, funerary art, symbolism and epitaphs. Register online or call 612.668.2740. *Meet at the Garden Mausoleum at Lakewood Cemetery, 3600 Hennepin Ave. S.*

Jefferson	1 Tuesday
May 2	11 am-noon
	\$2

Bluebirds Bounce Back

Thirty years ago, bluebirds were on the brink of extinction and many birders were thrilled to see just one in their lifetime. Discover the place of bluebirds in history and folklore, learn about their interactions with people, and hear the inspiring tale of their recovery at the hand of conservationists and backyard birders alike. Reservations required by May 15. Register online or by calling 612.668.4828. *Meet at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.*

WCRDVC	1 Wednesday
May 17	9:30-11 am
	\$5

Textile Travels: Around the World with Khazana

Enjoy a behind-the-scenes exploration of the textiles at Khazana Art and Textiles, collected by from their travels around the world. Every piece has a story, from intricate saris and embroidery, to paintings created with cow dung and rice paste, to bronze deities. For each of our favorite pieces, we'll share the story of its origins, its creators, and the passion and history that inspired it. Price includes chai and Indian snacks. Register online or call 612.668.2219. *Meet at Khazana, 2225 Lyndale Ave. S.*

Lucy Laney	1 Tuesday
May 23	12:30-2:30 pm
	\$14

Take Me Out To the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Chicago White Sox. Seats are reserved in the Treasure Island Cove (formerly the Powerball Pavilion) with few stairs. Dress for the weather. Target Field offers plenty of concessions or you can bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. *Enter Gate 34 at Target Field, 1 Twins Way.*

Target Field	1 Thursday
Jun 22	12:10-3:30 pm
	\$24

Target Field	1 Thursday
Aug 31	12:10-3:30 pm
	\$24

All Aboard the Northstar Train

Depart from downtown Minneapolis and travel to Big Lake, where you'll dine at Russell's on the Lake. Enjoy a meal of Apple Peach Tilapia, Wild Rice Stuffed Chicken or Carved Sirloin, all served with side dishes, dessert and a beverage. Price includes transportation, dinner, tax and gratuity. Register online or call 612.668.4828. *Meet in the enclosed foyer of Target Field Station, Fifth Street and Third Ave. North.*

Target Field	1 Sunday
Jun 25	10 am-3:30 pm
	\$27

There are no classes
May 29 or July 4.



Adults 55+



The Birds Around Us

Start with lunch at Pizza Lucé for garden salad, pizza, dessert and beverage. Then walk or drive to nearby Wood Lake Nature Center. Discover the habits and haunts of the many birds that make Wood Lake home. Take an easy hike with a naturalist to identify summer residents in their natural habitat and at the bird feeders. Bring binoculars if you have them or borrow theirs if you don't. Dress for the weather and wear comfortable walking shoes. Price includes program, lunch, tax and gratuity. Transportation is on your own. Register online or call 612.668.4828. *Meet at Pizza Lucé, 800 W 66th St.*

Roosevelt	1 Thursday
Jun 29	11:30 am-3 pm
	\$22

A Summer Day on The Lake

Travel north for a narrated cruise on Gull Lake, one of the most visited lakes in Minnesota, with beautiful homes and wild life to behold. Bring your binoculars to look for eagles and loons. An onboard lunch features chicken wraps and BBQ pork sandwiches with salad, beverage and dessert. Price includes coach bus transportation, lunch, tax and gratuity. The coach bus picks up at 3 locations (see list at right). Register online or call 612.668.4828.

Bus Pick up	1 Tuesday
Jul 11	8 am-5:30 pm
	\$67

Sunday in the Park with George at the Guthrie Theater

This musical by Stephen Sondheim and James Lapine, merges past and present into a poignant exploration of what it takes, and what it costs, to be an artist. George is an obsessive painter who risks it all, including his relationship with his lover Dot, to complete his latest masterpiece. A century later, George's great-grandson is working as an artist in New York City. In search of inspiration, he soon discovers that the answer to his future is painted clearly in his past. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. *Meet at the Guthrie Theater, 818 2nd St. S.*

Guthrie Theatre	1 Wednesday
Jul 12	1-3:30 pm
	\$23

Motown the Musical at the Orpheum Theatre

Featuring classic hits such as "My Girl" and "Ain't No Mountain High Enough," Motown The Musical tells the story of how Barry Gordy shattered barriers, shaped our lives and made us all move to the same beat. Experience the record-breaking smash hit live on stage. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. *Meet at the Orpheum Theatre, 910 Hennepin Ave.*

Orpheum Theatre	1 Sunday
Jul 16	6:30-9 pm
	\$47

Vikings Stadium Tour

The 90-minute walking tour of the U.S. Bank Stadium includes a behind-the-scenes look at clubs and suites, the press box, art collection, and the team locker room. The tour guide will highlight the Nordic-inspired architectural features, roof structure, and the signature glass pivoting doors. Wear comfortable shoes as the tour covers a distance of about a mile. Tour is accessible and complimentary wheelchairs are available upon request. Transportation is on your own. Register online or call 612.668.4828. *Meet at the Lower Pentair Gate on 6th Street crossed between 10th and 11th.*

U.S. Bank Stadium	1 Monday
Jul 24	10-11:30 am
	\$14

Bayfield, Wisconsin Tour

Travel on a three-day motor coach tour to Bayfield, Wisconsin. Board the Superior Princess for a comfortable adventure into the legend and lore of Lake Superior and the Apostle Islands. Stay at the Legendary Waters Hotel, stroll along the streets of Bayfield with a costumed heritage guide, and ride a ferry boat to Madeline Island for a guided tour and museum visit. Enjoy a special performance at Lake Superior Big Top Chautauqua in Washburn, see the Apostle Island National Lakeshore Visitor Center, and enjoy lunch at the Old Rittenhouse Inn. The coach bus picks up at 3 locations. Price includes transportation, lodging, most meals and attractions. To learn more, call 612.668.4828.

Wed., July 26-Fri. July 28

Double Room:	\$590
Single Room:	\$750

Bus Pick-up points:

Dowling School
3900 W. River Pkwy.

Parker Skyview Highrise
1815 Central Ave. N.E.

Windom School
5821 Wentworth Ave. S.

Youth & Family

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*Whether you're in the pool, at a park
or having fun with a shared passion,
this is family bonding time at its finest.*





Family

Dance & Music for Parents & Tots (Ages 2-3)

Bring your child and explore the ways you can move your body to musical rhythms. The class will help develop coordination, motor skills and imagination. *Class is held at Linden Hills Park, 43rd and Xerxes.*

Lake Harriet 7 Saturdays
Apr 15-May 27 noon-12:30 pm
\$35

Dance: Ballet, Hip Hop & Modern Dance Foundations & Imagination (Ages 4½-6)

Use your imagination and a range of dance movements, including ballet, hip hop and modern dance. The class ends with a performance. *Class is held at Linden Hills Park, 43rd and Xerxes.*

Lake Harriet 7 Saturdays
Apr 15-May 27 1:10-1:50 pm
\$35

Dance: Creative Dance, Movement & Stories (Ages 3-4½)

Get a great introduction to dance, movement and imagination as you and your child explore all the ways you can move your bodies. *Class is held at Linden Hills Park, 43rd and Xerxes.*

Lake Harriet 7 Saturdays
Apr 15-May 27 12:35-1:05 pm
\$35

You can move your body through more than dance. Sign up for family swimming (page 70) to let your kiddos wiggle in the water.

NEW | Fun with Flowers Family Painting

Grab the whole family and create your own painting of a beautiful floral scene on a stretched canvas. Free for guardians if you are not painting.

South 1 Thursday
May 11 6:30-8 pm
\$20

Literacy in the Woods

Bring your family's learning outdoors! The beautiful woods of Theodore Wirth Park will lead your family to discover our urban wildlife through literacy and photography activities, promoting family togetherness, literacy and numeracy. Part of the class will be outdoors. Wear weather-appropriate clothes and bring a digital camera or phone with camera. Class is appropriate for ages 2-8.

Anwatin 2 Saturdays
May 6-May 20 10-11:30 am
\$18

My Preschooler & Me: Tyke Hike

Discover nature with your young child through easy, slow-paced hiking and outdoor exploration. Reservations required by Friday prior. \$5/child; adults free. Ages 0-5 plus adult. Register online or by calling 612.668.4828. *Meet at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.*

Roosevelt 1 Saturday
Apr 29 10-11:30 am
\$5/Child

Roosevelt 1 Saturday
May 20 10-11:30 am
\$5/Child

Nature For Curious Kids: Things that Grow

Make a play date with nature and your little one. Dig in the dirt to discover roots and seeds, explore flowers, and find growing things all over the park. Stay for an hour or all morning. Reservations are required by the Tuesday prior. Cost is \$5; both child and adult pay. Children 1 and younger are free. Ages: 0-6. Register online or call 612.668.4828. *Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.*

Roosevelt 1 Thursday
May 11 9:30 am-noon
\$5/Person

Northeast 4H

Join the Urban 4H club at Northeast, where you can work with members on fun projects and go on field trips. The club meets two Monday evenings per month during the school year. To learn more, call Lilly at 612.782.0646 or Jennifer at 612.788.0062.

Northeast 3 Mondays
Apr 24-May 22 7-8:30 pm
Free

NEW | Parent/Child Beginner Yoga

Learn the basics of yoga as a family! Parents are welcome to bring more than one child if they are able to provide proper supervision. Please register each family member separately. Recommended for ages 5+.

Ramsey 5 Tuesdays
Jun 20-Jul 25 3:30-4:30 pm
\$30





Parenting

NEW | After High School: What's Next?

Parents and their high school student will receive an overview of the possibilities after high school graduation including post-secondary options, applying for college or other schools, and seeking financial aid. Class will include the basics of finding financial aid from filing a FAFSA to applying for scholarships. High School students may attend for free with registered parent.

Pratt 1 Monday
May 1 6:30-8 pm
\$18

The Single Parent Support Group

Participate in an informal, therapeutic support group around the world of single parenting. Discuss topics like financial success in a one-parent household, being healthy while single parenting, dating while parenting, and co-parenting with the absent parent. Child care provided on-site.

South 8 Tuesdays
Apr 18-Jun 6 6:30-8 pm
\$42

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.



Teens

Red Cross Babysitting Training (Ages 11+)

Learn leadership, safety, basic child development, safe play, rescue breathing and first aid. Receive a certificate, textbook and CD.

Pratt 2 Saturdays
May 6-May 13 9 am-noon
\$75

ACT Preparation Course

Prepare for the ACT college entrance exam by learning its structure and helpful test-taking strategies. Study math, reading comprehension, grammar principles and science reasoning. These classes are offered in cooperation with Advantage Educational Programs.

Southwest 4 Mondays
May 1-May 22 5:45-8:45 pm
\$140

Washburn 4 Tuesdays
May 2-May 23 5:45-8:45 pm
\$140

South 4 Thursdays
May 4-May 25 5:45-8:45 pm
\$140

Driver's Education Classroom Training

Receive classroom instruction on driving. The class is open to students age 14 and older. Upon completion, students will receive a yellow card. Behind-the-wheel training is arranged and paid for separately with your choice of provider. No discounts.

Southwest 3 Mon-Thu
May 1-May 16 3:15-6:15 pm
\$125

Southwest 2 Mon-Fri
Jun 19-Jun 30 8:45-11:45 am
\$125

Southwest 2 Mon-Fri
Jun 19-Jun 30 12:45-3:45 pm
\$125

Southwest 2 Mon-Fri
Jul 10-Jul 21 8:45-11:45 am
\$125

Southwest 2 Mon-Fri
Jul 10-Jul 21 12:45-3:45 pm
\$125

Washburn 2 Mon-Fri
Apr 10-Apr 21 3:30-6:30 pm
\$125

Roosevelt 3 Mon-Thu
May 8-May 25 3:15-5:45 pm
\$125

Ramsey 2 Mon-Fri
Jun 19-Jun 30 9 am-noon
\$125

Ramsey 2 Mon-Fri
Jun 19-Jun 30 12:15-3:15 pm
\$125

Ramsey 2 Mon-Fri
Jul 17-Jul 28 9 am-noon
\$125

Ramsey 2 Mon-Fri
Jul 17-Jul 28 12:15-3:15 pm
\$125

South 2 Mon-Fri
Jun 19-Jun 30 8:30-11:30 am
\$125

South 2 Mon-Fri
Jun 19-Jun 30 11:45 am-2:45 pm
\$125

South 2 Mon-Fri
Jul 17-Jul 28 8:30-11:30 am
\$125

South 2 Mon-Fri
Jul 17-Jul 28 11:45 am-2:45 pm
\$125

Youth & Family Swimming



Swimming at Dowling

The Dowling pool is a warm, therapeutic pool. A cleansing shower is required. Shower shoes are recommended. Times listed are "in water" times. Locker room door will open 10 minutes before class. Park in back lot and enter at door #21. **Call 612.668.4828 for more information.**

Family Swim

Enjoy the warm Dowling pool during this open swim time with your family. The class is designed for infants and children up to 9 years old and their caregivers. Price is per person. Payment must be made for adults and children.

Dowling 6 Mondays
Apr 17-May 22 6:30-7:15 pm
\$18

Dowling 7 Wednesdays
Apr 19-May 31 6:30-7:15 pm
\$21

Adult Swim Classes

Looking for Adult swim classes? You'll find them in the Aquatics section on pages 46-47.

Swimming at Northeast

Participants with shoulder length hair must wear a swim cap. A cleansing shower is required before entering the pool. Shower shoes are recommended. Times listed are "in water" times. Please arrive 10 minutes early to change.

Call 612.668.1515 for more information.

Family Swim

Enjoy a free open swim period for families. Children must be accompanied by adults at all times.

Northeast 6 Fridays
Apr 21-May 26 6:15-7:15 pm
Free

Northeast 5 Wednesdays
Jun 21-Jul 19 7:30-8:15 pm
Free

Water Basics (Ages 4½-6)

Youth will learn the basics of water safety and swimming. Bring a life jacket.

Northeast 6 Mondays
Apr 17-May 22 6:30-7 pm
\$30

Swimming 1

Youth will learn swimming basics and work on improving their skills in a small group setting. Students will progress according to their abilities.

Ages 5-7

Northeast 6 Mondays
Apr 17-May 22 7-7:30 pm
\$30

Ages 8+

Northeast 6 Mondays
Apr 17-May 22 7:30-8 pm
\$30



Find us on Facebook!
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)

Swimming at Southwest

The pool is located on the Abbott side of Southwest High. Enter through Door #1 or #15. **Call 612.668.3100 for more information.**

Family Swim

Enjoy time with your family in the water. Children must be at least 4 years old, potty-trained and accompanied by a caregiver. The listed fee is for a family of four; additional family members are \$5 each.

Southwest 6 Thursdays
Apr 20-May 25 5:30-6:30 pm
\$25

Swimming: Parent & Child (Ages 3-4)

Learn support techniques for moving your child through the water. Learn water entry, bubble blowing, front kicking, back floating and underwater exploration. One adult per child. Bring your child's favorite bath toy. Child must be potty trained. Fee covers both parent & child.

Southwest 6 Mondays
Apr 17-May 22 5:30-6 pm or
7:15-7:45 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 5:30-6 pm or
7:15-7:45 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 5:30-6 pm
\$40





Swimming 1: Introduction to Water Skills (Ages 5+)

Participants will learn about entering and exiting the water; how to submerge their mouth, nose, and eyes while blowing bubbles; how to float on their front and back with support; and more.

Southwest 6 Mondays
Apr 17-May 22 6:05-6:35 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 6:05-6:35 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 6:05-6:35 pm
\$40

Swimming 2: Fundamental Aquatic Skills (Ages 5+)

Participants will learn about entering the water by stepping or jumping from the side; submerging their entire head in water; retrieving a submerged object; swimming on their front and back unsupported; and more.

Southwest 6 Mondays
Apr 17-May 22 6:05-6:35 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 6:05-6:35 pm or
6:40-7:10 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 6:05-6:35 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 6:05-6:35 pm or
6:40-7:10 pm
\$40

Swimming 3: Stroke Development (Ages 5+)

Participants will learn about jumping into deep water from the side; rotary breathing with the body in a horizontal position; treading in deep water for 30 seconds; swimming the butterfly kick 15 feet; and more.

Southwest 6 Mondays
Apr 17-May 22 6:40-7:10 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 6:40-7:10 pm or
7:15-7:45 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 6:40-7:10 pm or
7:15-7:45 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 6:40-7:10 pm or
7:15-7:45 pm
\$40

Swimming 4: Stroke Improvement

To complete this level, participants will need to swim underwater three body lengths; survival float on their front and back for one minute in deep water; do the front and back glide two body lengths; tread water for one minute; swim on their front and back 25 yards; and do the breaststroke, butterfly, and elementary backstroke for 15 yards.

Southwest 6 Mondays
Apr 17-May 22 6:40-7:10 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 7:50-8:20 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 6:40-7:10 pm or
7:15-7:45 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 7:15-7:45 pm
\$40

Are you comfortable with your skills in the water? Stay safe when swimming with your family with adult aquatics classes (page 47).

Swimming 5: Stroke Refinement

To complete this level, participants will need to shallow dive from the side; glide two body lengths and begin any front stroke; swim underwater 15 yards; do tuck and pike surface dives; survival float on their front and back two minutes; tread water with two different kicks two minutes; front crawl and back crawl 50 yards; and butterfly, breaststroke, elementary backstroke, and sidestroke 25 yards.

Southwest 6 Mondays
Apr 17-May 22 7:15-7:45 pm
\$40

Southwest 6 Tuesdays
Apr 18-May 23 7:50-8:20 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 7:50-8:20 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 7:50-8:20 pm
\$40

Swimming 6: Swimming & Skill Proficiency

Participants must have completed the Level 5 requirements. This class refines strokes in order to swim with more ease, efficiency, power and smoothness for longer distances.

Southwest 6 Mondays
Apr 17-May 22 7:50-8:20 pm
\$40

Southwest 6 Wednesdays
Apr 19-May 24 7:50-8:20 pm
\$40

Southwest 6 Thursdays
Apr 20-May 25 7:50-8:20 pm
\$40



Community Education Adult Enrichment Class Locations

1. Andersen

2727 10th Ave. S.
Minneapolis, MN 55407
612.668.4215
Marija.Nicholson@mpls.k12.mn.us

2. Anwatin

256 Upton Ave. S.
Minneapolis, MN 55405
612.668.2478
Daniel.Burgos@mpls.k12.mn.us

3. Barton

4237 Colfax Ave. S.
Minneapolis, MN 55409
612.668.3585
Dawn.Sjoquist@mpls.k12.mn.us

4. Dowling

3900 W. River Pkwy.
Minneapolis, MN 55406
Call Roosevelt at 612.668.4828.

5. Edison

700 22nd Ave. NE
Minneapolis, MN 55418
612.668.1306
Jane.Greenberg@mpls.k12.mn.us

6. Hale

1220 E. 54th St.
Minneapolis, MN 55417
612.668.3767
Helene.Gauthier@mpls.k12.mn.us

7. Henry

4320 Newton Ave. N.
Minneapolis, MN 55412
612.668.1922
Kevin.Czmowski@mpls.k12.mn.us

8. Jefferson

1200 W. 26th St.
Minneapolis, MN 55405
612.668.2740
PeterN.Yang@mpls.k12.mn.us

9. Lake Harriet

4912 Vincent Ave. S.
Minneapolis, MN 55410
612.668.3330
Steven.Bodger@mpls.k12.mn.us

10. Lucy Laney

3333 Penn Ave. N.
Minneapolis, MN 55412
612.668.2219
Linda.Snyder@mpls.k12.mn.us

11. Northeast

2955 Hayes St. NE
Minneapolis, MN 55418
612.668.1515
Jane.Greenberg@mpls.k12.mn.us

12. Pratt

66 Malcolm Ave. SE
Minneapolis, MN 55414
612.668.1100
Jan.Thurn@mpls.k12.mn.us

13. Roosevelt

4029 28th Ave. S.
Minneapolis, MN 55406
612.668.4828
Patty.Hastreiter@mpls.k12.mn.us
Maile.Siemon@mpls.k12.mn.us

14. South

3131 19th Ave. S.
Minneapolis, MN 55407
612.668.4326
Heather.Borgman@mpls.k12.mn.us

15. Southwest

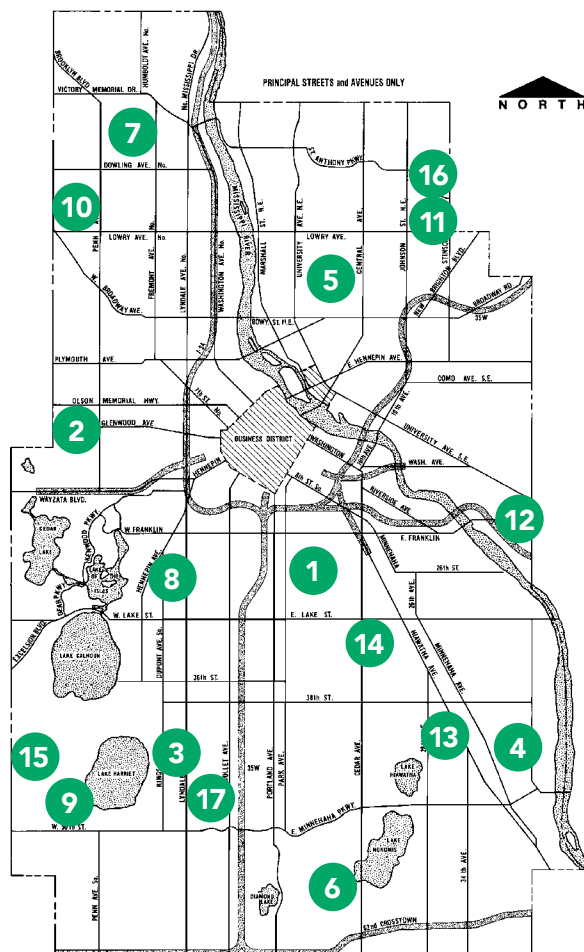
3414 W. 47th St.
Minneapolis, MN 55410
612.668.3100
Dave.Premack@mpls.k12.mn.us

16. Waite Park

1800 34th Ave. NE
Minneapolis, MN 55418
612.668.1590
Sandi.McDonald@mpls.k12.mn.us

17. Washburn/Ramsey

201 W. 49th St. / 1 W. 49th St.
Minneapolis, MN 55419
612.668.3450
JoEllyn.Jolstad@mpls.k12.mn.us



Registration Information

Discounts

To receive a discount on a class, call the site offering the class.

If you are 62 or older, receive Social Security Assistance, Unemployment Compensation, or MFIP, you can receive a 25% discount on many classes. Discounts are not given on supply costs and are not applicable to classes noted, "no discounts."



UCare discounts:

If you are a UCare member, you may be eligible for up to a \$15 discount on most classes. You must have UCare insurance and include your UCare ID number when registering. Some restrictions may apply. If you are a UCare for Seniors or EssentiaCare member, you are eligible for one \$15 discount per calendar year. If you are a UCare Choices or Fairview Choices member, you are ineligible for a discount.

Refunds

Refunds (minus a \$5 processing fee) are given if you call and cancel at least three business days before a class. Full refunds are given if we cancel a class.

Weather

Community Education may be closed in inclement weather. If you have questions about closings, please call the class site or visit mpls.k12.mn.us.

Education for Every Generation

Learning has no age limit. Wherever you're at in life, there's a Community Education program to suit you.



Minneapolis Kids

612.668.3890

Providing care to youth in grades K-6 before and after school, on release days, and during the summer.

Youth Development

612.668.3939

Giving youth in grades K-12 the chance to build self-esteem and increase their citizenship, academic, and career skills through positive life experiences.

After School Programs

612.668.3939

Offering enrichment, recreation and academic programs to youth in grades K-8.

Summer Programs

612.668.3939

Providing day and evening enrichment, recreation and academic programs to youth in grades K-12.

Adult Enrichment

612.668.3939

Providing recreation, enrichment and academic programs to adults of all ages and interests.

Lifelong Learning

612.668.4828

Enriching the lives of adults ages 55 and older through educational, social and intergenerational opportunities.

Access Services

612.668.3950

Providing accommodations needed by adults and children with disabilities for effective participation in Community Education programs.

Adult Education

612.668.3800

Offering GED preparation and testing, College and Work Readiness programs, and math, reading, writing, English learning, and citizenship classes.

For other adult and youth programs, visit minneapolisarks.org

Four Easy Ways to Register...



1. Online

Using your credit card to pay, go to **mplscommunityed.com**. We accept Discover, MasterCard and Visa. Online registration begins March 6.

2. By Phone

Credit card payments are accepted during business hours. We accept Discover, MasterCard and Visa.

3. In Person

If you wish to register in person, simply call sites for office hours.

4. By Mail

Mail-in registration is available now. Mail your registration form, check or money order, payable to **Special School District #1** to the site offering the class; see page 72 for a list of sites.

Minneapolis Community Education Adult Enrichment Registration Form

Name: _____

Address: _____ City/State/Zip: _____

E-mail: _____ Daytime Phone: (____) _____ Evening Phone: (____) _____

Class Title	Start Date	Start Time	Location	Price
UCare Discount (\$15/class): ID#: _____				-
Other Discounts (please specify): _____				-
Total Due:				\$

Payment Information: ☐ Check Enclosed Credit Card (specify type): ☐ Discover ☐ MasterCard ☐ Visa

Make checks payable to **Special School District #1**.

Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____/____

Minneapolis Community Education Adult Enrichment Registration Form

Name: _____

Address: _____ City/State/Zip: _____

E-mail: _____ Daytime Phone: (____) _____ Evening Phone: (____) _____

Class Title	Start Date	Start Time	Location	Price
UCare Discount (\$15/class): ID#: _____				-
Other Discounts (please specify): _____				-
Total Due:				\$

Payment Information: ☐ Check Enclosed Credit Card (specify type): ☐ Discover ☐ MasterCard ☐ Visa

Make checks payable to **Special School District #1**.

Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____/____



2017

Summer Fun & Learning for Youth

**Super Summer Classes • Sports/Arts Plus • Swimming Lessons
Theatre Arts • Recreation & Trek Programs • CAHOOTS + More**

Barton Super Summer Classes

Classes are held at Barton School, 4237 Colfax Ave. S.

Have Questions? Please contact:

Dawn Sjoquist • 612.668.3585 • dawn.sjoquist@mpls.k12.mn.us

Week One

Jun 19-22, Mon-Thu

Backyard Games (Grades 1-4)

Put down the electronics and head outside to play fun old-school games like kick the can, four square, freeze tag, horse, capture the flag and more.

10:30 am-noon \$35

Bike Explorers (Grades 4-8)

Learn the basics of bike repair and bike safety before heading out on exciting adventures to new destinations. Bring your bike and a water bottle.

9 am-noon \$70

Chopped Jr.

The basket of mystery ingredients makes an appearance at Barton! Each day, work with a team to create a dish from surprise ingredients, plus our “pantry.” Judges will test the results and declare a winner of this friendly competition.

Grades 1-4

10:30 am-noon \$40

Grades 4-8

9-10:30 am \$40



Creative Writing (Grades 1-4)

Get your creative juices flowing in this fun, unique and educational creative writing class! Students will write and illustrate a variety of genres including (but not limited to): fantasy and science fiction, mystery and suspense, fiction based on truth and non-fiction. Unleash your unique ideas and discover where your pen and paper take you!

9-10:30 am \$35

Duct Tape Creations

(Grades 4-8)

Make fun crafts like belts, flower pens, wallets, purses, key chains, hair accessories and frames from duct tape.

9-10:30 am \$35

Extreme Robotics:

Battlebots (Grades 4-8)

Using the NXT Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch and light sensors, and specialized Lego technic engineering components, build extreme robots and overcome challenges. Work in small teams to control the robot with NXT programs and then can experiment and modify the programs. Students will then be challenged to morph their projects in better, stronger or faster robots. Possible competitive robots built are Tug-O-War bots, hammer-bot, a claw-striker, and Sumo-bot.

10:30 am-noon \$70

Fun & Messy Art (Grades 1-4)

Create art using messy materials like paper maché, finger paints and glitter. Wear clothes you can get dirty.

10:30 am-noon \$35

Minute to Win It (Grades 4-8)

Based on the popular TV game show, this class will keep everyone on their toes! Be challenged by fun obstacles and tasks and try to complete them in less than a minute.

10:30 am-noon \$35

Junior LEGO Engineering: Theme Parks (Grades 1-4)

Explore science, technology, engineering, and mathematics in team-based environment. Each session we'll explore a new engineering principle such as gears, wheels, levers, and pulleys. Build working theme park rides and machines that reinforce the concepts learned. After each project, students can customize, share, experiment, and compete in challenges.

10:30 am-noon \$70

Painting 101 (Grades 1-4)

Create original works of art using watercolor, tempera and ink. Learn a variety of techniques using dry brushes, sponges, tissue paper and even food!

9-10:30 am \$35

Projects for Your Pets

(Grades 1-4)

Do something special for your pets: Make dog biscuits, catnip toys, place mats for food bowls, treat containers and blankets.

10:30 am-noon \$35

Live on the Air! Intro to Broadcasting (Grades 4-8)

Discover what it's like to be a professional broadcaster! You'll learn to write, announce and record commercials and news stories. Share the spotlight with classmates as you speak off the cuff co-hosting pseudo infomercials and 'live on the scene' news events. You'll also write blogs and debate topics on a faux radio talk program. Be 'camera ready' as you'll also act as a TV talent.

10:30 am-noon \$35



Robotics: Jedi & Imperial Droids (Grades 4-8)

Star Wars, robotics, and engineering! Using the "Micro Scout" LEGO Mindstorm Robotics System's microcomputer for the brain of our droids, use built-in light sensors, motors, and sound to bring our droids to life. Create familiar Star Wars droids or use the Force to create droids of your own design. Work in pairs and use Robotic Mindstorms Droid and Darkside developer kit to build and experiment with up to 6 different models. Learn about robotics and engineering as we build the base models, then customize droids. Possible models include the micro-walker, LEGO Trainer, Starfighter and X-Walker.

9-10:30 am \$70

Soccer

Learn the rules and techniques of soccer. Practice basic skills and positions of the sport, and play scrimmages to build on those skills.

Grades 1-4

9-10:30 am \$35

Grades 4-8

10:30 am-noon \$35



Spanish Language Camp with Language Sprout

(Grades K-5)

Whether you have no prior practice with Spanish or are eager to expand what you know, learn about speaking, reading and writing to develop your abilities. Tuition includes a workbook.

9-10:30 am \$60

Star Wars Robotic Builders (Grades 1-4)

Designed by the experts at MIT, this unique system teaches students about simple machines, engineering, programming and so much more. Working in pairs, students will create Star Wars, and space-inspired robots. This course builds knowledge of simple machines, engineering, programming, and teamwork in an environment full of galactic fun! Build LEGO models featuring motors, tilt sensors, motion detectors, and a USB Robotics Hub. Models include AT-ST Biped, Spinning Tie Fighter, Cannons, and other out-of-this-world models. All new models and projects using the LEGO WEDO robotics systems.

9-10:30 am \$70

Staying Home Alone

(Grades 4-8)

Show your parents you're responsible enough to stay home alone. Learn about kitchen safety, inclement weather, indoor/outdoor boundaries, sibling expectations, the pros and cons of having friends over, and what to do in the event of an emergency.

9-10:30 am \$35

Extended Day Programs

Barton Early Risers

Grades 1-8

7:30-9 am, Mon-Fri

Enjoy open gym activities, quiet games, reading and socializing with friends as part of the Barton Early Risers Program. Register before Wednesday prior to the week you will participate. *This program is only available to students registered for morning Super Summer classes.*

Offered Weeks 1-6

Cost: \$35/Week; \$30 Week 3

Barton Extended Week Program

9 am-noon, Fridays

If you participate in Sports/Arts Plus or enrichment programs, extend your fun to Fridays! Play gym games, do arts and crafts, read, and socialize with friends. Register before Tuesday prior to the week you want to participate. *This program is only available to children enrolled in morning and afternoon programming.*

Offered Weeks 1-6

Cost: \$20





Week Two

Jun 26-29, Mon-Thu

Acrylic Art (Grades 4-8)

Create beautiful artwork with acrylics. Learn about blending colors, making different textures and creating edges. Paints are safe, non-toxic and easy to use. Bring an art smock or shirt that you don't mind getting paint on.

10:30 am-noon \$35

Asian Adventures

Explore Asian culture through food by making fried rice, spring rolls, curry and more. Find the flavors you like best and combine them to make your own version of a recipe. Combine your recipes into a cookbook to bring home.

Grades 1-4

9-10:30 am \$40

Grades 4-8

10:30 am-noon \$40

Basketball All-Star Camp

Practice shooting, jumping, blocking and game play, including variations of the game like horse and 21.

Grades 1-4

9-10:30 am \$35

Grades 4-8

10:30 am-noon \$35

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Bubble, Twirl, Pop

(Grades 1-4)

Experiment and explore the world around you through a variety of hands-on activities, including bubbling lava lamps, super-creeps, Pop Rock science and more.

9-10:30 am \$35

Chess Club

Learn this classic game for the first time or sharpen your skills and surprise your opponent by calling "checkmate" early on. Develop your analytical skills, concentration and memory, all while playing a classic game of chess. Participate in a tournament on the last day.

Grades 4-8

9 am-10:30 am \$35

Grades 1-4

10:30 am-noon \$35

Dodgeball & Other Classic Summer Fun Games (Grades 4-8)

Play dodgeball, speedball, parachute, giants, wizards and elves, and other summertime classics.

9-10:30 am \$35

Electric Experiments

(Grades 1-4)

Perform experiments based on the world of electricity: Combine static electricity, electrical energy and chemical energy along with a variety of items found around the house to make things exciting.

10:30 am-noon \$35

Fairy Houses (Grades 1-4)

Get creative with sparkles, flowers, twigs, sequins, magic fairy dust and more. Make your own fairy friends, a home for them to play in and fantastical furniture to decorate their house.

9-10:30 am \$35

Intro to Coding: Platform Games (Grades K-4)

Create your own video game! New projects! Add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Practice math, logic, and programming and put their video game talents to work! Game will be in an animated flash format, viewable in most internet browsers. Bring a jump drive to the last day of class or files can be emailed to parents.

10:30 am-noon \$70

Java Minecraft Modding (Grades 4-8)

Dig deeper into the Minecraft with this Minecraft Modding class! Create a new custom dimension in this exciting new class! Learn to mod Minecraft using Java and Eclipse. Students should be comfortable with keyboarding, and of course playing Minecraft! At the end of class take home your Mods to share with family and friends. Bring a USB drive to class.

9-10:30 am \$70



Nature Adventures**(Grades 1-4)**

If you love adventure and the outdoors, join us to discover all the ways you can incorporate the outdoors into everyday life.

9 am-noon \$70

Olympic Games (Grades 1-4)

Take part in a variety of zany games, including water tag, balloon hoppers and bean counter relay. Make up your own Olympic games, too.

10:30 am-noon \$35

Photography

Say "cheese!" Learn a variety of techniques to use as you look at the world through a lens. Explore daily themes, and create a photo album from your discoveries.

Grades 4-8

9 am-10:30 am \$35

Grades 1-4

10:30 am-noon \$35

Star Wars Jedi Movie Making (Grades 1-4)

From a galaxy, far, far away, Star Wars comes to life! Work on a stop motion animated Lego Star Wars Movie. Star Wars action figures, Legos, and backdrops will be available for filming in class. Handle all the technical details including using a digital movie camera, filming scenes, stop-motion animation, digital editing and adding finishing special effects and transitions to the movie. In this exciting hands-on learning class, our instructors will take your student through the entire digital film making steps from start to finish using Frames Software. Please bring a USB drive.

Grades 1-4

9 am-10:30 am \$70

Grades 4-8

10:30 am-noon \$70

Have Questions?

Call 612.668.3585 or email
dawn.sjoquist@mpls.k12.mn.us

**Week Three****July 3-7, Mon/Wed-Fri****Breakfast Around the World**

Find out what's served for breakfast in other parts of the world. Explore everything from French crepes to Middle Eastern shakshuka, and vote for your favorite dish to make on the last day. Go home with a cookbook you made from scratch.

Grades 4-8

9-10:30 am \$40

Grades 1-4

10:30 am-noon \$40

Colorful Tie-Dye Creations (Grades 4-8)

Experiment with wax, string and rubber bands, and salt setting techniques to make "funk-a-delic" tie-dye creations. Finish your projects with sequins, clothing paint, spangles and more. Bring old clothes and dye-ables to class.

9-10:30 am \$35

Digital Media Arts (Grades 4-8)

Sample the different aspects of Digital Media Arts. Create new pictures from the code of a photo, learn what free programs you can use and explore what you can do.

9-10:30 am \$35

Dinosaur Days (Grades 1-4)

Become a paleontologist when you excavate your own dinosaur bones, make a fossil, make a volcano explosion while learning a variety of unique dinosaur names and facts.

10:30 am-noon \$35

Duct Tape Creations**(Grades 1-4)**

See Week 1 for class description.

10:30 am-noon \$35

Edible Art (Grades 1-4)

Skip the crayons, markers and paints. Use things in your kitchen to create edible art that's both beautiful and tasty.

9-10:30 am \$35

Geocaching (Grades 4-8)

Leave school grounds to go on an adventure with a GPS. Search for treasures, create paths for friends to follow and discover how easy it is to do by yourself.

9 am-noon \$70

Gym Games Mash-Up

Play dodgeball, basketball, kickball, big-base and many other group games. Bring your ideas, too!

Grades 1-4

10:30 am-noon \$35

Grades 4-8

9 am-10:30 am \$35

Intro to Dance (Grades 1-4)

Use your imagination and a range of movements from modern, jazz and ballet styles of dance. Give a small performance on the last day of class.

9 am-10:30 am \$35

Jazzy Jewelry (Grades 4-8)

Get creative with beads, thread and some surprise materials to make your own necklaces, earrings and other fun accessories.

10:30 am-noon \$35

Continued on page 80

Week Three

Continued from page 81

Minecraft Movie Making

(Grades 1-4)

Minecraft is the game phenomenon focused on creativity and building, allowing players to build environments out of textured cubes in a 3D virtual world. Working in pairs, students will be introduced to Minecraft in real life with our customized Legos, and finally, film a stop motion movie using Minecraft-inspired LEGO creations. The focus will be on creating Minecraft-inspired Lego worlds and filming. Please bring a USB Drive

9-10:30 am \$70

Mosaics **(Grades 4-8)**

Use materials such as glass, tile, paper, seeds, eggshells, Scrabble tiles and other small objects to create beautiful works of art.

10:30 am-noon \$40

Olympic Games **(Grades 4-8)**

Take part in a variety of zany games, including water tag, balloon hoppers and bean counter relay. Make up your own Olympic games, too.

10:30 am-noon \$35

Puppets, Storytelling & Games **(Grades 1-4)**

Explore the magical world of puppets! Create your own puppet and use your imagination to bring it to life to create quirky, funny and spooky stories.

9-10:30 am \$35



Week Four

July 10-13, Mon-Thu

Back to the 50s **(Grades 1-4)**

Go back in time and play games like marbles, jacks, kick the can and more. Dress in 1950's gear while you listen to music, learn the lingo and even create a drive-in movie experience.

9-10:30 am \$35

Candlemaking **(Grades 4-8)**

Learn a variety of techniques to make your own candles, including striped, ice, sand, floating and pattern candles.

10:30 am-noon \$35

Capture the Flag **(Grades 4-8)**

Play capture the flag and other challenging physical games outside.

9-10:30 am \$35

Clay Creations **(Grades 1-4)**

Squish it, stretch it, smash it and mold it. Have fun exploring the wonders of clay as you make your own toys and shape imaginative clay scenes.

10:30 am-noon \$40

DIY at Barton **(Grades 4-8)**

Hang out with your friends and make your own headbands, necklaces, bracelets, earrings, T-shirts and more.

9-10:30 am \$35

Edible Science & Gross Goodies **(Grades 4-8)**

Have your science and eat it, too! Make and eat unusual but tasty treats like ice cream in a bag and smoothies. Do experiments with materials found in the kitchen.

9-10:30 am \$35

Knitting **(Grades 1-4)**

Learn the skills needed to knit projects for yourself or your family and friends.

9-10:30 am \$35

LEGO Engineering & Motors **(Grades 4-8)**

Unlock your inner Engineer and explore, investigate and solve problems while learning about the building blocks of mechanical engineering. This class combines LEGO Education and Technic™ materials to explore machines by building realistic motorized and non-motorized models. Work in pairs to complete activities with emphasis on building techniques while developing an understanding of mechanical principles of pulleys, levers, gears, and wheels. Apply what you learn to come up with creative solutions to engineering challenges.

10:30 am-noon \$70

In addition to morning Super Summer classes, Barton also offers Sports/Arts activities in the afternoons. See page 84 for more details.

Mad Scientist Workshop

(Grades 1-4)

Make slimy concoctions, do wacky experiments, and discover amazing facts about real scientists, animals and plants.

9-10:30 am \$35

Minneapolis Farm to Table

Explore Minnesota's summer bounty, and gather ingredients from local sources. Design taste tests for you and your classmates using fresh herbs, vegetables and dishes you make together. Go home with a cookbook you made from scratch.

Grades 4-8

9-10:30 am \$45

Grades 1-4

10:30 am-noon \$45

Ninja Warrior Training

(Grades K-4)

Show off your balance, strength and endurance as a ninja warrior. Test your skills and ability to complete an obstacle course without running out of time.

9-10:30 am \$35

Pokemon Movie Making

(Grades 1-4)

Work on a stop-motion animated Pokemon movie. Pick your favorite characters to star in your mini-movie; the possibilities are endless. Action figures, props, and backdrops will be available for filming in class. Handle all the technical details including using a digital movie camera, filming scenes, stop-motion animation, digital editing and adding finishing special effects and transitions to the movie.

9-10:30 am \$70

Pottery (Grades 4-8)

Explore different techniques of this old art form, including pinch pots, coil slab and more. Due to the length of class, clay projects are not fired.

9 am-noon \$70



Spanish Language Camp with Language Sprout

(Grades K-5)

Whether you have no prior practice with Spanish or are eager to expand what you know, learn about speaking, reading and writing to develop your abilities. Tuition includes a workbook.

9-10:30 am \$60

Sports Spectacular

(Grades 4-8)

Build physical, teamwork and leadership skills through soccer, basketball, kickball, badminton and more.

Grades 1-4

10:30 am-noon \$35

Grades 4-8

9-10:30 am \$35

Star Wars Young Jedis

(Grades 1-4)

Create, celebrate and hone your Star Wars skills and knowledge to rule the galaxy. Come as the learner and leave as the master.

10:30 am-noon \$35

Ultimate Scavenger Hunt

(Grades 4-8)

Work with a team to find a variety of items indoors and out and take pictures of your treasures. Receive a new list to search for each day.

10:30 am-noon \$35

Week Five

July 17-20, Mon-Thu

Acting & Improv Camp

(Grades 4-8)

Build your acting and staging skills doing a variety of fun exercises and activities. Take the stage and get those creative juices flowing. Perform for family members and friends on the last day of camp.

9 am-noon \$90

Animal Ecosystems

(Grades 1-4)

Let science come alive. Use plastic bottles and recycled materials to create a self-contained ecosystem with plants on top and a living hermit crab or fish on the bottom.

9-10:30 am \$40

Go Solar: Cars, Robots, Machines (Grades 1-4)

Stimulate your creativity by designing and building epic, solar-powered cars, robots, and machine from easy-to-assemble parts. Build solar powered cranes, lift bridges, and many other designs. Explore the world of solar energy while learning how to problem solve and stretch the imagination.

9 am-noon \$90

Henna (Grades 4-8)

Design and apply tattoos of henna, an herbal paste used to create temporary body art. Explore the history, secret recipes and application techniques from Somalia to Morocco.

10:30 am-noon \$35

Harry Potter Academy

Make wands, play quidditch, brew potions and learn all about the magical world of Harry Potter.

Grades 1-4

10:30 am-noon \$35

Grades 4-8

9-10:30 am \$35

Continued on page 82



Week Five

Continued from page 81

I Do Believe in Fairies (Grades 1-4)

Get in touch with your inner Tinkerbell. Learn about fairy folklore, play imaginative games, make fairy crafts and search for signs of fairies along Lake Harriet.

10:30 am-noon \$35

International Games

Learn about and experience games played throughout history and in countries around the world.

Grades 1-4
9-10:30 am \$35

Grades 4-8
10:30 am-noon \$35

Italian Cooking: Pizza & Pasta

Prepare great-tasting Italian fare, including homemade entrées, sides and desserts like regular pizza, fruit pizza and more.

Grades 4-8
9-10:30 am \$40

Grades 1-4
10:30 am-noon \$40

Inventors Lab (Grades 4-8)

Enter the lab and create your own invention with cardboard, modeling clay, tape, dowels and more.

10:30 am-noon \$40

Journals & Book Making (Grades 4-8)

Gather ideas and inspiration before using art supplies to create your own storybook. On the last day, join us for a book launch party!

10:30 am-noon \$35

Outdoor Adventures (Grades 1-4)

Take advantage of the summer weather by playing a variety of outdoor games, taking short hikes, rollerblading, creating your own minipicnics and more. Bring a water bottle and wear comfortable shoes.

10:30 am-noon \$35

Sewing 101 (Grades 1-4)

Practice with needle and thread to create hand-sewn projects, including bookmarks, coin purses, treasure stick bags and more.

9-10:30 am \$35

T-Shirt Design (Grades 4-8)

Make your own t-shirts using tie-dye techniques, fabric paints, and stencils. Students should bring their own shirts, socks, and hats to class each day.

9 am-10:30 am \$35

Urban Creations (Grades 1-4)

Be the mayor and build your own city through paper mache and painting. Make a post office, park, ice cream shop and more. Bring your imagination to make your dream city awaken.

9-10:30 am \$35

Ultimate Frisbee (Grades 4-8)

Pass and play your way into some ultimate fun with this team-oriented, challenging game.

9-10:30 am \$35

Have questions about Barton Summer Programs?

Call 612.668.3585 or email
dawn.sjoquist@mpls.k12.mn.us

Week Six

July 24-27, Mon-Thu

Acting & Improv Camp (Grades 1-4)

Build your acting and staging skills doing a variety of fun exercises and activities. Take the stage and get those creative juices flowing. Perform for family members and friends on the final day of camp. *Runs Monday through Friday, July 24-28.*

9 am-noon \$90

Anime: Japanese Cartooning (Grades 4-8)

Practice drawing characters and objects, and create a final drawing to display at home. Receive a sketchbook and pen to keep.

9-10:30 am \$35

Baking Fun (Grades 1-4)

When they're ready for dessert, amaze your family and friends with easy recipes you can master in no time!

10:30 am-noon \$35

Bubbles & Gunk (Grades 1-4)

Find the fun in gunk. Make cool gooeey ooze, make fizzy foaming liquid and mix up batches of regular and colored bubbles. Cook up wacky edible concoctions like yummy "dirt cups." Wear clothes that can get dirty.

10:30 am-noon \$35

Creative Writing (Grades 1-4)

Get your creative juices flowing in this fun, unique and educational creative writing class! Students will write and illustrate a variety of genres including—but not limited to—fantasy and science fiction, mystery and suspense, fiction based on truth and non-fiction. Unleash your unique ideas and discover where your pen and paper take you!

9-10:30 am \$35

**Register now and make sure
you get into your favorite
classes! We're online at
www.mplscommunityed.com.**

Crime Scene Detectives

(Grades 4-8)

Enter the fascinating world of forensic science. Find out about DNA, fingerprints, fibers, blood spatter and other common evidence, and use your knowledge to solve a crime.

9 am-noon \$70

Cupcake Wars

(Grades 4-8)

Learn the essential baking and pastry skills to create classic sweet eats. Master a new technique each day and apply that skill to creating beautiful and delicious treats.

9-10:30 am \$40

Flag Football

(Grades 4-8)

Play flag football and other no-tackle versions of the sport in this fast-paced, high-energy class.

10:30 am-noon \$35

Horses & Horseback Riding

(52" or taller)

Learn about horse breeds, behavior, riding and care, and spend time horseback riding. Wednesday's class will be 10:30 am-1:30 pm and include riding at an area stable. You must be at least 52" tall. Tuition includes the field trip transportation, riding lesson and materials.

10:30 am-noon \$90

Karate

(Grades 1-4)

Learn self-defense, health, fitness and life skills in a friendly, safe and positive environment. Challenge yourself mentally and physically in this fast-paced class that combines karate punches, kicks and blocks with strength and endurance training.

10:30 am-noon \$65

Let's Go Fishing!

(Grades 4-8)

Leave school grounds to go to Lake Harriet for an adventure. Learn how to properly bait your hooks, reel in the fish and release them. Bring a labeled fishing rod. The class fee includes the cost of your bait.

9 am-noon \$70



Live on the Air! Intro to Broadcasting

(Grades 4-8)

See Week 1 for class description.

10:30 am-noon \$35

Origami

(Grades 1-4)

Learn the art of Japanese paper folding. Get creative and change a flat piece of paper into a box, picture frame or animal.

10:30 am-noon \$35

Peace Out! Back to the 60s

(Grades 1-4)

Explore peace, love and happiness by making beautiful jewelry with positive messages, tie-dyeing your own shirts, and creating works of art with bright and bold colors.

9-10:30 am \$35

Soccer

(Grades 1-4)

Learn the rules and techniques of soccer. Practice basic skills and positions of the sport, and play scrimmages to build on those skills.

9-10:30 am \$35

Spanish Language Camp with Language Sprout

(Grades K-5)

See Week 1 for class description.

9-10:30 am \$60

Superhero Academy

(Grades 1-4)

Tap into your inner powers and find your true superhero. Study legends and then create your own costume, secret lair and catch phrase and story!

9-10:30 am \$35

Mobile Game Development for iOS & Androids

(Grades 4-8)

Learn to create games designed to run on mobile touch devices, such as iPhones, iPads, Android Devices, and Amazon Kindles (any computer, phone or tablet that supports HTML5). This camp will take you through all the steps of creating a mobile game. We will be using Construct 2 awesome HTML5 game engine, which allows you to make your touch based mobile video games while learning the principles behind real coding and game design. Students will be able to customize all art, obstacle, and game difficulty.

10:30 am-noon \$70

Python Coding

(Grades 4-8)

Get a great head start in learning how to code using one of the key programming languages used by professional developers—Python. Its syntax allows programmers 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 beginners. Python is a text based language; students should have familiarity with keyboarding, and basic computer skills.

9-10:30 am \$70

Our classes fill quickly—register now to make sure you get into your favorite classes! Use the registration form on page 85 or register for classes online at mplscommunityed.com.

Barton Sports/Arts Plus (Grades 1-8)

Discover the summer with Sports/Arts Plus! Each week, rotate your time between a variety of activities in the areas of STEM, fine arts, sports and technology. During a free choice block each day, feel free to participate in a student interest club about running, biking, drawing and more. Also daily, enjoy a free lunch provided by the schools. On Thursdays, take an exciting field trip.

Offered Weeks 1-6 • Mon-Fri, 12:30-5 pm

Cost: \$250; \$200 before April 1

Sports/Arts Plus Thursday Field Trips

These field trips are for students already participating in a Sports/Arts Plus program the same week as the field trip. Field trips are on Thursdays. A waiver must be completed to go on the trip, and students must wear their Sports/Arts Plus T-shirt.



Week 1: Cascade Bay

Pack your towel, sunscreen and shades for an afternoon at Cascade Bay, a large outdoor water park complete with water slides, a lazy river raft ride, fountains, a waterfall, sandy beach and a zero-depth entry pool.

Jun 22 12:30-4:30 pm
\$18

Week 2: SandVenture Water Park

SandVenture Water Park is located in Shakopee, MN. The unique pool is modeled after area lakes and offers a sand beach leading out to a sand-bottom, chlorinated pool. Amenities include a 300-foot waterslide, two 12-foot drop slides and a diving board.

Jun 29 12:30-4:30 pm
\$17

Week 3: Cosmic Bowling

Get ready to roll down the street and knock the pins down during this day-trip to a neighborhood bowling center. Tuition includes bowling, shoes and transportation.

Jul 6 12:30-4 pm
\$12

Week 4: St. Louis Park Aquatic Park

The St. Louis Park Aquatic Park features a water obstacle course, 2 water slides, drop slides, lap swimming, water features, a shady area and a sand play area.

Jul 13 12:30-4:30 pm
\$17

Week 5: MN Zoo

See your favorite animals and check out the "Big Bugs" exhibit at the Minnesota Zoo.

Jul 20 12:30-4:30 pm
\$18

Week 6: AirMaxx Trampoline Park

Have a blast jumping in a room full of trampolines, and playing mini golf and mini bowling.

Jul 27 12:30-4 pm
\$19

Four Easy Ways to Register

1. Online

Using your Discover, Visa or MasterCard to pay, go to mplscommunityed.com.

2. By Mail

Mail the registration form on page 85 with your credit card information or a check or money order made payable to *Special School District #1* to:

Barton Community Ed.

Attn: Dawn Sjoquist
4237 Colfax Ave. South
Minneapolis, MN 55409

3. By Phone

Credit Card payments only—Discover, MasterCard or Visa. You may also call for more information about our programs or to inquire about fee reductions.

Dawn Sjoquist
612.668.3585

4. In Person

Please call **612.668.3585** for office hours.

Confirmations

Confirmations will be emailed to persons who register. If you do not have an email address, you may call to confirm your registration. We will only call if you did not get a spot in the class.

Cancellations & Refunds

If a class is canceled due to low enrollment, a full refund will be granted. Participants who drop out of a class at least three business days in advance of the start date will receive a full refund minus a \$10 per class processing fee.

Registration Form for Barton Super Summer & Sports/Arts Plus Programs

Child's Name: _____ Birthdate: _____ ☐ M ☐ F Grade: _____

Address: _____ City, State, Zip: _____

Parent/Guardian 1: _____ Parent/Guardian 2: _____

PG1 Cell/Work Phone: _____ PG2 Cell/Work Phone: _____

PG1 Home Phone: _____ PG2 Home Phone: _____

PG1 Email: _____ PG2 Email: _____

Does this child have special needs, medical conditions or allergies? ☐ Yes ☐ No

If yes, Please identify: _____

Barton Super Summer Classes

Class	Time	Fee
Week 1: June 19-22		
_____	_____	\$ _____
_____	_____	\$ _____
Week 2: June 26-29		
_____	_____	\$ _____
_____	_____	\$ _____
Week 3: July 3-7 (Mon, Wed-Fri)		
_____	_____	\$ _____
_____	_____	\$ _____
Week 4: July 10-13		
_____	_____	\$ _____
_____	_____	\$ _____
Week 5: July 17-20		
_____	_____	\$ _____
_____	_____	\$ _____
Week 6: July 24-27		
_____	_____	\$ _____
_____	_____	\$ _____
Total Super Summer Fees		\$ _____

Barton Sports/Arts Plus

☐ Grades 1-8 Program: \$200 before April 1

☐ Grades 1-8 Program: \$250 after April 1 \$ _____

T-shirt size: ☐ Small ☐ Medium ☐ Large

Sports/Arts Plus Field Trip Fees \$ _____

Total Sports/Arts Plus Fees \$ _____

Extended Day Programs

Super Summer Early Risers

Weeks: ☐ 1 ☐ 2 ☐ 3* ☐ 4 ☐ 5 ☐ 6

\$35/Week (Mon-Thu); \$30 Week 3 \$ _____

Summer Extended Week

Weeks: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

\$20/Week \$ _____

Total Fees: \$ _____

Payment Options:

☐ **Check** (payable to Special School District No. 1)

☐ **Credit Card** ☐ Discover ☐ MasterCard ☐ Visa

Cardholder Name: _____

Card Number: _____ Exp. Date: _____

_____ - _____ - _____ - _____ / /

Parental Consent: The child listed above has my consent to attend the Minneapolis Community Education programs indicated. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools) responsible or liable for accidents, or loss or damage of property. I also give my consent for this child to walk or bike off of school grounds and/or to participate in activities if these are part of a class/program activity.

Photo/Media & Informational Release (Check if permission is granted)

☐ I give permission for my child to be included in television or still photographs representing Minneapolis Community Education programs. Photos/images may appear in newsletters, promotional brochures, on program websites and program materials.

☐ I give permission for my child to participate in informational surveys regarding services provided by Minneapolis Community Education and for general data collection to inform program planning. All surveys and data collected will be kept confidential.

How will your child get home after classes? (Check one)

☐ My child has permission to walk/bike home and/or meet their ride outside at the end of their day.

☐ Someone will come inside to meet them and their teacher at the welcome desk for release.

➔ **Parent/Guardian's Signature:** _____ **Date:** ____/____/____

Please return this form with your payment to:

Barton Community Education, Attn: Dawn Sjoquist/Summer Programs, 4237 Colfax Ave S., Minneapolis, MN 55409

Have Questions? Contact Dawn Sjoquist at 612.668.3585 or email dawn.sjoquist@mpls.k12.mn.us.

Dowling Super Summer Classes

Classes held at Dowling School, 3900 W. River Pkwy.

Have Questions? Please contact:

Jenny Delaney • 612.668.3930 • jenny.delaney@mpls.k12.mn.us



Week One

Jun 19-22, Mon-Thu

Art of Puppets & Storytelling (Grades 3-7)

Explore the magical world of puppets! Create your own puppet and use your imagination to bring it to life to create quirky, funny and spooky stories.

9-10:30 am \$35

Backyard Games (Grades 4-8)

Begin with an active, skill-based warm-up before you transition into a fun, more challenging game and end with a small-sided scrimmage.

10:30 am-noon \$35

Biking (Grades 4-8)

Discover local trails and routes, learn the basics of tuning up a bike, and get a tour of a bike shop. A bike helmet and bike can be provided if needed. Bring a water bottle.

9 am-noon \$80

Computer Coding Using Scratch (Grades 2-5)

Enter different formulas to make things jump, hop and turn as you create your own computer code using Scratch software.

10:30 am-noon \$40

Digital Media Arts (Grades 5-8)

Join Ben to sample the different aspects of Digital Media Arts. Create new pictures from the code of a photo, learn what free programs you can use and explore what you can do.

9-10:30 am \$40

Duct Tape Crafts (Grades 5-8)

Dream up and design endless creations with duct tape: flower pens, hair accessories, purses, wallets and more.

10:30 am-noon \$35

Entrepreneur Club (Grades 5-8)

Create your very own business! The first day will be creating a plan and visiting a local business. The rest of the week will be creating your own project. Bring your ideas because the store opens on Thursday!

9-10:30 am \$35

Fairy Gardens & Homes (Grades 1-4)

Get in touch with your inner Tinkerbell. Learn about fairy folklore, play imaginative games, make your very own fairy gardens and search for signs along Minnehaha.

10:30 am-noon \$35

Inventors Lab (Grades 3-7)

Enter the lab and create your own invention with cardboard, modeling clay, tape, dowels and more. Take part in daily 10-minute challenges.

10:30 am-noon \$35

Jedi-in-Training (Grades 2-4)

Find out whether the force is with you. Let grand master Yoda take you through a variety of trials as a Jedi Youngling to prepare for the final Jedi duel where you'll build your own lightsaber.

10:30 am-noon \$40

LaCrosse (Grades 1-4)

Pick up a stick and ball find your friend and let's hit the field. Gain skills in this popular sport and end the week with a game.

10:30 am-noon \$35

LEGO Robotics (Grades 5-8)

Use an advanced LEGO Robotics kit to create complex robots that you can program to do whatever you want!

9 am-noon \$80

Messy Art (Grades 1-4)

Get messy in this supervised art session, using finger paints, glitter and other fun supplies. Wear clothes that can get dirty.

9-10:30 am \$35

MN Food on a Stick (Grades 1-4)

Come to the great Minnesota get together! Make pronto pups, spam sushi and all of your other favorites on a stick.

9-10:30 am \$40

Sports/Arts Plus

In addition to morning Super Summer classes, Dowling also offers Sports/Arts activities in the afternoons. See page 94 for more details.

Ready, Set, Sketch**(Grades 1-4)**

Let your sketchbook take your imagination on a wild adventure! Open up your artistic abilities through Zentangle, gesture, landscape, portrait, abstract and cartoon drawings.

10:30 am-noon \$35

Red Cross Babysitting Class**(Ages 11-15)**

Learn about leadership, safety, basic child development, safe play, rescue breathing and first aid. Receive a certificate of completion and a babysitter's pack that includes everything you need to start your babysitting business.

10:30 am-noon \$75

Superhero Academy**(Grades 1-5)**

Tap into your inner powers and find your true superhero. Study legends like Batman, Hulk and Wonder Woman before creating your own costume, secret lair and catch phase in this superhero academy.

9-10:30 am \$40

Waffle Wars (Grades 4-8)

Create your own waffle masterpieces. Savory, sweet, or shapes. Let's see what you can come up with.

10:30 am-noon \$40

World Cup Soccer

Build your soccer team this summer. Practice your dribbling and scoring, and play a round robin World Cup tournament to round out the week.

Grades 1-4

9-10:30 am \$35

Grades 4-8

9-10:30 am \$35

Young Authors (Grades 3-6)

Through in-class games and writing, complete segments to build fictional worlds and characters as you work toward writing your own novel.

9-10:30 am \$35

**Week Two****Jun 26-29, Mon-Thu****Amazing Architecture****(Grades 5-8)**

Explore the world of architecture. Travel around the city to see different styles and create your own masterpieces.

10:30 am-noon \$40

Bucket Drumming**(Grades 4-8)**

Learn and create compositions on bucket drums and other classroom instruments. Develop your skills individually and as a group, and give a performance on the last day.

10:30 am-noon \$35

Chess (Grades 5-8)

Sharpen your skills and surprise your opponent by calling "checkmate" early in the game. Develop your analytical skills, concentration and memory, all while playing a classic game of chess!

9-10:30 am \$35

Computer Coding Using Python (Grades 5-8)

Discover the basics of software coding using the popular program Python. Enter different formulas to make things jump, hop and turn as you create your own computer code. You are guaranteed to walk away with valuable skills!

9 am-noon \$75

Food & Words (Grades 4-8)

Food and words bring people together. Students will cook what they want to write and describe what they taste.

9-10:30 am \$40

Hiking & River Explorers**(Grades 4-8)**

Dust off those hiking shoes and go explore the river and parks around Dowling. Maybe even find some Geocaches!

10:30 am-noon \$35

Ice Cream, Smoothies, Snow Cones (Grades 1-4)

For a favorite summer treat this class will make your own ice cream, snow cones, and smoothies.

10:30 am-noon \$40

Improv & Skits (Grades 5-8)

Prepare yourself for drama class by using improv games and skits to create fascinating characters and stories. You won't want to miss it.

9-10:30 am \$35

International Games**(Grades 1-4)**

Learn about and experience games played throughout history and in countries around the world.

10:30 am-noon \$35

Continued on page 88

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.



Weekly Programs

Digital Media Arts (Grades 5-8)

Join this weekly open computer lab to explore your favorite digital media! An expert will be in the room each day and have some areas for you to explore but the class is truly your experience.

Wednesdays Weeks 1-6
1-4 pm \$20

Open Art Studio

Choose a medium you would like to perfect and use this open studio time to practice your skills. Experienced artists can help you take your passion to the next level.

Grades 6-8

Tuesdays Weeks 1-6
1-4 pm \$20/Week
No class Jul 4

All Ages

Fridays Weeks 1-6*
9 am-noon \$20/Week
*No class Week 3

Week Two

Continued from page 87

LEGO Robotics Jr.

(Grades 1-4)

From boats to bridges to cars, build to your heart's content using the new LEGO Robotics blocks for young children.

9 am-noon \$80

Modern Artists (Grades 3-6)

Walk through the famous works of Pollock, Picasso and Warhol to learn ways to improve your basic painting skills. End the week with an art show to display your work.

9-10:30 am \$40

Mosaics (Grades 2-6)

Use materials like glass, tile, paper, seeds and eggshells to create a masterpiece.

10:30 am-noon \$40

Pay It Forward (Grades 1-5)

Do you enjoy helping others? This class will do a different service project each day. Make sandwiches, dog toys for the shelters, letters for the nursing home. The class will decide what they want to do toward the end of the week. There will be an optional field trip on Friday to Feed my Starving Children for this group. Fee for class is just for supplies.

10:30 am-noon \$25

Photography

Say "cheese!" Learn a variety of techniques to use as you look at the world through a lens. Older students will also get ideas for their Instagram account.

Grades 1-4

9-10:30 am \$40

Grades 5-8

10:30 am-noon \$40

Have Questions?

Call 612.668.3930 or email
jenny.delaney@mpls.k12.mn.us

Quidditch World Cup

(Grades 2-6)

Pull out your house robes and broom for the sport. Will you be a keeper, beater, chaser, or seeker for the wizard favorite?

9-10:30 am \$35

Red Cross Babysitting Class (Ages 11-15)

See Week 1 for class description.

9-10:30 am \$75

Sewing 101 (Grades 3-6)

Bring your sewing skills to the next level when you sew, create your own project to show off your skills.

10:30 am-noon \$35

Storybook Garden

(Grades 1-4)

Each day you will dive into one of your favorite fairy tales. Build Gingerbread houses like Hansel and Gretel, try on the glass slipper with Cinderella, or defeat the dragon! This class will be a combination of cooking, arts, and games.

10:30 am-noon \$35

Strategy Games (Grades 1-4)

Sharpen your skills while exploring your favorite Strategy Game. Bring your favorite, learn a new one! Develop your analytical skills, concentration and memory, all while playing a friend!

9-10:30 am \$35

Summer Games (Grades 1-4)

Join us to play classic games, such as dodgeball, kick the can, sardines and more. You choose!

9-10:30 am \$35

Yoga-Art (Grades K-4)

Be a frog, a bird, a tree, a bridge and more as you join in this fun and creative yoga-art class. Explore the animals and objects that yoga poses mimic through drawing, painting and sculpting.

10:30 am-noon \$35



Week Three

July 3-7, Mon/Wed-Fri

Art Explorers (Grades 2-7)

Each day students will explore a new median, including painting, clay, sculpture, or collage.

9-10:30 am \$35

Field Games (Grades 4-8)

Bring back all the large field games, including kickball and soccer!

10:30 am-noon \$35

Gym Games (Grades 1-4)

Create your own games or play some of your favorites in the gym!

10:30 am-noon \$35

Jedi-in-Training (Grades 2-4)

See Week 1 for class description.

10:30 am-noon \$35

Journals & Book Making (Grades 3-6)

Gather ideas and inspiration before using art supplies to create your own storybook. On the last day, join us for a book launch party!

9-10:30 am \$35

In addition to morning Super Summer classes, Dowling also offers Sports/Arts activities in the afternoons. See page 94 for more details.

Messy Science (Grades 1-4)

Mix it up and what will happen? This science exploration class will bring out the scientist in all of us.

9-10:30 am \$35

Minecraft Lab (Grades 3-7)

Enter the virtual and endless playground of Minecraft every day. Create new worlds, explore what it means to be a digital citizen and put your Minecraft skills to the test.

9-10:30 am \$35

Pottery Creations

(Grades 4-8)

Create everything from functional pottery to decorative sculptures using clay modeling techniques and ceramic construction methods.

10:30 am-noon \$35

Sports Spectacular

(Grades K-4)

Build physical, teamwork and leadership skills through soccer, basketball, badminton and more.

9-10:30 am \$35

Strategy Games (Grades 4-8)

See Week 2 for class description.

10:30 am-noon \$35

Top Chefs (Grades 3-6)

Become a top chef in your own kitchen. Create without a recipe! What can you come up with?

10:30 am-noon \$40

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.

Middle School Only Field Trips

Fridays, Weeks 2, 4 & 5

AirMaxx Trampoline Park & Fun Center

Have a blast jumping in a room full of trampolines, and playing mini golf and mini bowling. **You must have a signed waiver to participate.**

Jun 30 12:30-5 pm
\$18

Trips may be subject to change based on availability, weather or schedule.

Students participating in Sports/Arts: please call 612.668.3930 for a reduced rate.

Ninja Warrior Training Obstacle Course

Join our staff for an opportunity to test your ninja skills in this Middle School Only field trip to conquer Ninja Warrior Gym. Every obstacle you overcome makes you stronger!

Jul 14 12:30-4 pm
\$18

First Lair Skate Park

Travel to the First Lair Skate park to show off your skate skills and demonstrate your strength.

Jul 21 12:30-4 pm
\$18

Week Four

July 10-13, Mon-Thu

Pay It Foward (Grades 6-8)

See Week 1 for class description.

10:30 am-noon \$25

Bubbles & Gunk (Grades 1-4)

Find the fun in gunk. Make cool gooey ooze, fizzy foaming liquid and mix up batches of regular and colored bubbles.

10:30 am-noon \$35

Cake Chemistry (Grades 5-8)

Combine different flavors, learn frosting techniques and visit a local bakery as you discover the basics of making desserts.

10:30 am-noon \$40

City Photography (Grades 5-8)

Learn a variety of techniques to use as you look at the world through a lens around the city. Students will take the city bus use different techniques and architecture.

9 am-noon \$80

Clay Creations (Grades 1-4)

Squish it, stretch it, smash it and mold it. Have fun exploring the wonders of clay as you make your own toys and shape imaginative clay scenes.

9-10:30 am \$40

Climbing (Grades 6-8, Ages 11+)

Explore climbing opportunities in the Twin Cities while you learn how to talk, walk and move like a climber. Take a field trip to Midwest Mountaineering on Tuesday, July 11, and to Vertical Endeavors on Wednesday, July 12.

9 am-noon \$105

Creepy Crawley Critters (Grades 1-4)

Explore the fascinating world of worms, spiders and insects. Observe live specimens, and discover interesting facts about body structure, social insects, survival techniques and more. Then, make your own edible dirt cup with worms.

9-10:30 am \$35

Cupcake Studio (Grades 1-4)

Learn all the skills and techniques you need to turn your favorite animal, song or color into an exciting cupcake.

9-10:30 am \$40

Floor Hockey (Grades 1-4)

Begin with an active, skill-based warm-up before you transition into a fun, more challenging game and end with a small-sided scrimmage.

10:30 am-noon \$35

GoBuild! Kidz: Wood Hydraulic Machines (Grades 1-5)

Learn to make modern day simple machines that make use of levers and hydraulics to work. Dump trucks, robotic arms, back hoes, scissor lifts, and cherry pickers are a few of the things that you can make from wood and simple items. Take home your creation at the end of class.

9 am-noon \$95

Go Solar: Cars, Robots, Machines (Grades 1-4)

Stimulate your creativity by designing and building solar-powered cars, robots, and machine from easy-to-assemble parts. You will also build solar powered cranes, lift bridges, and many others. Explore the world of solar energy while learning how to problem solve and stretch your imagination.

12:30-3:30 pm \$95

Harry Potter, The Early Years (Grades 2-6)

Revisit Harry Potter during his early years at Hogwarts. Make a wand, a magical glow-in-the-dark Hedwig and other Harry Potter trinkets. Brew new and improved potions, such as slug repellent. Play quiddich, solve mysteries and meet fantastic characters. End the class with a party and a showing of "Harry Potter and the Prisoner of Azkaban."

9 am-noon \$75

Horseback Riding (Grades 2-8)

Learn about horse breeds, behavior, riding and care, and spend time horseback riding. Wednesday's class will be 9 a.m.-1 p.m. and includes riding at an area stable. You must be at least 48" tall and 7 years old. Tuition covers transportation, the riding lesson and materials.

9-10:30 am \$80

Jazzy Jewelry (Grades 4-8)

Get creative with beads, thread and some surprise materials to make your own necklaces, earrings and other fun accessories.

9-10:30 am \$40

LEGO Engineers (Grades 1-4)

We want to see your best creations, complete time challenges, and watch a showing of "The LEGO Movie" (rated PG).

9-10:30 am \$35

Magic the Gathering (Grades 4-8)

Test your sorcerer skills against others and our Magic master teachers! Strategize, build a great deck, trade with others and compete in the "Big 4" tournament for a pack of cards. Cards available for \$15.

10:30 am-noon \$35

In addition to Super Summer classes, Dowling also offers afternoon Sports/Arts activities. See page 94 for details.

Have questions about Dowling Summer Programs?

Call 612.668.3930 or email jenny.delaney@mpls.k12.mn.us

Movie Makers (Grades 5-8)

Gain skills in scriptwriting, storyboarding and filming so you can put together and bring home your own cinema production.

9-10:30 am \$35

Nature Adventures

(Grades 1-4)

If you love adventure and the outdoors, join us to discover all the ways you can incorporate the outdoors into everyday life.

10:30 am-noon \$35

Painting 101 (Grades 1-4)

Create original works of art using watercolor, tempera and ink. Learn a variety of techniques that use dry brushes, sponges, tissue paper and maybe even some food!

10:30 am-noon \$40

Skateboards: Fingerboarding (Grades 6-8)

Sharpen your skills by joining the skateboard club. Explore the science of what makes a skateboard work, build ramps for fingerboards, and dive into the culture of a skater. Visit 3rd Lair from 9 a.m. to 1 p.m. Wednesday, June 28, to open skate in their state-of-the-art facility.

10:30 am-noon \$85

Summer Games (Grades 5-8)

Play classic games, such as dodgeball, kick the can, sardines and more.

10:30 am-noon \$35

T-Shirt Screen Printing

(Grades 5-8)

Learn the art of screening your very own t-shirt. Create your own design and make your design come alive.

10:30 am-noon \$40

Ultimate Frisbee (Grades 5-8)

Join us for a week of Frisbee sports. Try disc golf and ultimate Frisbee, as well as newer sports that are non-contact, rely on team sportsmanship and can be played by any age.

9-10:30 am \$35



Week Five

July 17-20, Mon-Thu

Animal Ecosystems

(Grades 1-4)

Dive into different ecosystems of the many different animals of the world.

9-10:30 am \$40

Candlemaking (Grades 4-8)

Learn a variety of techniques to make your own candles, including striped, ice, sand, floating and pattern candles.

10:30 am-noon \$35

Cheerleading: Show Your Spirit! (Grades 1-5)

Participate in a team effort to show off your new kicks, twists and flexibility during this class. Along with cheering, learn thrilling activities to pump up your spirit.

10:30 am-noon \$35

Clay on Canvas (Grades 1-4)

Create awesome scenes, animals, designs and more by painting unique backgrounds on canvas boards and sculpting, molding, and texturing clay to finish a 2-D relief masterpiece.

10:30 am-noon \$40

Dowling DIY Lab

(Grades 5-8)

Imagine, select and create the projects you admire. Cook, craft and enjoy any do-it-yourself projects.

10:30 am-noon \$35

Forts & Hideouts (Grades 1-4)

Make forts out of boxes, blankets, tubes and tunnels. Set up a tent, and design your own tree fort.

9-10:30 am \$35

Graffiti Art (Grades 5-8)

Use a variety of mediums as you explore Hip Hop culture and create a message within your art work. Complete a large piece together by the end of the week.

9-10:30 am \$35

Harry Potter & the Battle of Hogwarts (Grades 4-8)

Revisit Harry and his adventurous friends during their later years at Hogwarts. Make a wand, potions and other Harry Potter-themed trinkets. Play quidditch with an official quaffle ball, be a member of Dumbledore's Army and meet fantastic characters. End the class with a party and a showing of "Harry Potter and the Order of the Phoenix."

9 am-noon \$75

Iron Chef Showdown

(Grades 4-8)

Put your cooking skills to the test when you enter the cooking showdown! Pick from a variety of recipes, incorporate a mystery item and enter the final contest on the last day. Enjoy a trip to a local restaurant, too.

10:30 am-noon \$40

Junior Chefs (Grades 1-4)

You don't have to be a grown-up to cook at home. Learn how to measure, mix, mash and more so you can create tasty dishes all by yourself.

9-10:30 am \$40

Kickboxing (Grades 5-8)

Learn dedication through kickboxing and martial arts as you practice striking combinations and pad drills in a fun, inclusive environment.

9-10:30 am \$35

Continued on page 92

Register for classes online at mplscommunityed.com.



Week Five

Continued from page 91

LaCrosse (Grades 4-8)

Pick up a stick and ball find your friend and lets hit the field. Gain skills in this popular sport and end the week with a game.

10:30 am-noon \$35

Let's Move & Groove (Grades K-4)

Move your body to the beat as you create your own dances, use ribbons and hoops, and try out new dance styles.

9-10:30 am \$35

Make Your Voice Heard (Grades 4-8)

Do you have something to say? Learn how to put an argument together and speak your mind! Explore writing a letter and constructing a conversation. Participants will have a chance to visit with a local city official.

9-10:30 am \$35

Minecraft Lab (Grades 4-8)

Enter the virtual and endless playground of Minecraft every day. Create new worlds, explore what it means to be a digital citizen and put your Minecraft skills to the test.

10:30 am-noon \$35

Music Lab (Grades 5-8)

Music lovers unite! Put together different beats to make your own song, pick out your favorite songs or discover a new artist.

9-10:30 am \$35

Nature Arts (Grades 1-4)

Collect objects from nature, gather junk drawer treasures, raid dad's toolbox, and search through mom's sewing kit. Create a unique nature collage, a one-of-a-kind tin robot of nuts and bolts, a hot air balloon of yarn and buttons, and more unique art.

10:30 am-noon \$35

Ninja Warrior Training (Grades K-4)

Show off your balance, strength and endurance as a ninja warrior. Test your skills to complete an obstacle course without running out of time.

10:30 am-noon \$40

Paper Maché Cities (Grades 1-4)

Be the mayor and build your own city out of paper maché and paint. Bring your imagination to make your dream city awaken.

9-10:30 am \$35

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Week Six

July 24-27, Mon-Thu

Advanced Jedi-in-Training (Grades 3-7)

Let grandmaster Yoda lead you in your training to the next level as you work to become a Jedi Master.

10:30 am-noon \$40

Basketball Stars (Grades 1-4)

Begin with an active, skill-based warm-up before you transition into a fun, more challenging game and end with a small-sided scrimmage.

9-10:30 am \$35

Broadway Productions (Grades 3-7)

Select songs, develop dance routines and learn the art of a performance as produce your own musical in just one week.

9-10:30 am \$35

Capture the Flag (Grades 4-8)

Play capture the flag and other challenging physical games outside.

10:30 am-noon \$35

Chess (Grades 2-6)

Learn this classic game for the first time or sharpen your skills and surprise your opponent by calling "checkmate" early on. Develop your analytical skills, concentration and memory, all while playing a classic game of chess!

9-10:30 am \$35

Diggin' Up Dinos (Grades 1-5)

Become a paleontologist when you excavate your own dinosaur bones, make a fossil, make a volcano explosion and learn a variety of unique dinosaur names.

9-10:30 am \$35

Have questions about Dowling Summer Programs?

Call 612.668.3930 or email jenny.delaney@mpls.k12.mn.us

SPECIAL PROGRAM

I'm a Kindergartener (Grade K)

Become familiar with the Kindergarten experience by learning about classroom activities and school routines in order to make a smooth transition into Kindergarten. Also, enjoy a school lunch.

9 am-12:30 pm \$75

Fanastic Beasts & Where to Find Them (Grades 3-6)

Bowtruckles, Nifflers, and Occamy eggs! Join Newt and friends in celebrating and protecting the most fantastic beasts from the world of Harry Potter. Create and bring home creatures from Fantastic Beasts, and on the last day, we'll bake some no-maj bread into fantastic shapes.

10:30 am-noon \$40

Flag Football (Grades 5-8)

Play flag football and other no-tackle versions of the sport in this fast-paced, high-energy class.

9-10:30 am \$35

Garage Band (Grades 5-8)

Riff your way around Garage Band to make music without any musical knowledge. Learn how to use drums, bass, guitar, keyboards, percussion and effects to create a unique track. Bring headphones and a flash drive.

9-10:30 am \$35

Geocaching (Grades 4-8)

Leave school grounds to go on an adventure with a GPS. Search for treasures, create paths for friends to follow and discover how easy it is to do by yourself.

9 am-noon \$80

Intro to Theatre (Grades 1-4)

Enjoy a variety of games and activities that will teach you how to move on the stage, practice lines and shine as a performer under the bright lights.

10:30 am-noon \$35

Knitting (Grades 1-4)

Whether you know how to knit or are looking to learn, join us to create projects that you can keep for yourself or give as gifts.

10:30 am-noon \$40

Mad Scientist Workshop (Grades 1-4)

Make slimy concoctions, do wacky experiments, and discover amazing facts about real scientists, animals and plants.

10:30 am-noon \$35

Math Art (Grades 2-5)

Explore math as you do art. We will do radial symmetry drawing, tessellation drawing, and so much more.

9-10:30 am \$35

Minecraft Lab (Grades 1-4)

Enter the virtual and endless playground of Minecraft every day. Create new worlds, explore what it means to be a digital citizen and put your Minecraft skills to the test.

10:30 am-noon \$35

Origami & Paper Arts (Grades 1-4)

Learn the art of Japanese paper folding. Get creative and change a flat piece of paper into a box, picture frame or animal, and explore other paper arts like symmetry prints.

9-10:30 am \$35

Red Cross Babysitting Class (Ages 11-15)

See Week 1 for class description.

9-10:30 am \$75

Rockets (Grades 4-8)

Five, four, three, two, one...blast off! Assemble, paint and launch your own rocket as you learn about the fundamentals of rocketry.

10:30 am-noon \$35

Running Club (Grades 5-8)

Want to become a better runner? Do you want to run with friends? Run the local trails, learn your pace, and gain some strength and speed!

10:30 am-noon \$35

Ultimate Scavenger Hunt (Grades 1-4)

Work with a team to find a variety of items indoors and out and take pictures of your treasures. Receive a new list to search for each day.

10:30 am-noon \$35

Zumba (Grades 2-5)

Get up and Zumba to today's most popular Latin, hip hop and pop music. Wear comfortable clothes and tennis shoes, and bring a labeled water bottle.

10:30 am-noon \$35

Dowling also offers Sports/Arts activities in the afternoons. See page 94 for more details.



Dowling Sports/Arts Plus

Elementary (Grades 1-5)

Discover the summer with Sports/Arts Plus! Each week, students meet friends in their age squad groups, participate in two choice blocks where activities in the areas of STEM, fine arts, sports and technology are offered. Students may also participate in walking field trips, bike rides, and student decided activities. Also daily, enjoy a free lunch provided by the schools. On Thursdays, take an exciting field trip—details below.

Mon-Fri	Jun 19-Jul 28
noon-5 pm	\$250

Middle School Lounge (Grades 6-8)

In your middle school lounge, you will decide what you want to do for the summer! We heard you last year and made some changes for this year. Go on a local field trip that you select every Tuesday (no additional charge; register separately for Thursday trips). You will have a chance to be a leader, hang out with peers, and enjoy your summer!

Mon-Wed/Fri	Jun 19-Jul 28
noon-5 pm	\$250
No class July 4	

Dowling Sports/Arts Plus Field Trips

Students participating in a Sports/Arts Plus program on Thursdays are required to attend field trips and wear their Sports/Arts Plus T-shirt. Trips may be subject to change based on availability, weather or schedule.

Week 1: Cascade Bay

Pack your towel, sunscreen and shades for an afternoon at Cascade Bay, a large outdoor water park complete with water slides, a lazy river raft ride, water fountains, a waterfall, a sandy beach and a zero-depth entry pool.

Jun 22	noon-5 pm
	\$16

Week 2: Minnesota Zoo

See your favorite animals at the Minnesota Zoo!

Jun 29	12:30-4:30 pm
	\$17

Week 3: Roller Gardens

Rolling fun for everyone! Minnesota's #1 roller skating rink has provided skating entertainment for people for years.

Jul 6	12:30-5 pm
	\$13

Week 4: Zero Gravity

Jump into fun! Zero Gravity has fields of trampolines, a dodgeball course, a foam pit for spectacular leaps, a climbing wall, and laser tag.

Jul 13	noon-4 pm
	\$16

Week 5: Sand Ventures

Modeled after area lakes, this unique pool offers a sand beach leading out to a sand-bottom, chlorinated pool. Amenities also include a 300-foot waterslide, two 12-foot drop slides and a diving board.

Jul 20	noon-5 pm
	\$17

Week 6: Grand Slam

Have a blast with unlimited mini golf, Krazy Kars, batting cages and four arcade tokens. Fee includes a hot dog and soda. Laser tag is an additional cost.

Jul 27	noon-5 pm
	\$16

Four Easy Ways to Register

1. Online

Using your Discover, Visa or MasterCard to pay, go to mplscommunityed.com.

2. By Mail

Mail the registration form on page 95 with your credit card information or a check or money order made payable to *Special School District #1* to:

Dowling Community Ed.

Attn: Jenny Delaney
3900 W. River Pkwy.
Minneapolis, MN 55406

3. By Phone

Credit Card payments only—Discover, MasterCard or Visa. You may also call for more information about our programs or to inquire about fee reductions.

Jenny Delaney

612.668.3930 before Jun 19
612.668.4922 after Jun 19

4. In Person

Please call **612.668.4922** for office hours.

Confirmations

Confirmations will be emailed to persons who register. If you do not have an email address, you may call to confirm your registration. We will only call if you did not get a spot in the class.

Cancelations & Refunds

If a class is canceled due to low enrollment, a full refund will be granted. Participants who drop out of a class at least three business days in advance of the start date will receive a full refund minus a \$10 per class processing fee.

Registration Form for Dowling Super Summer & Sports/Arts Plus Programs

Child's Name: _____ Birthdate: _____ ☐ M ☐ F Grade: _____
 Address: _____ City, State, Zip: _____
 Parent/Guardian 1: _____ Parent/Guardian 2: _____
 PG1 Cell/Work Phone: _____ PG2 Cell/Work Phone: _____
 PG1 Home Phone: _____ PG2 Home Phone: _____
 PG1 Email: _____ PG2 Email: _____

Does this child have special needs, medical conditions or allergies? ☐ Yes ☐ No

If yes, Please identify: _____

Dowling Super Summer Classes

Class	Time	Fee
Week 1: June 19-22		
_____	_____	\$ _____
_____	_____	\$ _____
Week 2: June 26-29		
_____	_____	\$ _____
_____	_____	\$ _____
Week 3: July 3-7 (Mon, Wed-Fri)		
_____	_____	\$ _____
_____	_____	\$ _____
Week 4: July 10-13		
_____	_____	\$ _____
_____	_____	\$ _____
Week 5: July 17-20		
_____	_____	\$ _____
_____	_____	\$ _____
Week 6: July 24-27		
_____	_____	\$ _____
_____	_____	\$ _____

Super Summer Early Risers

Weeks: ☐ 1 ☐ 2 ☐ 3* ☐ 4 ☐ 5 ☐ 6
 \$35/Week (Mon-Thu); \$30 Week 3 \$ _____

Total Super Summer Fees \$ _____

Dowling Sports/Arts Plus

\$200 before April 1; \$250 after April 1
☐ Elementary ☐ Middle School Lounge \$ _____

T-shirt size: ☐ Small ☐ Medium ☐ Large

Sports/Arts Plus Field Trip Fees \$ _____

Total Sports/Arts Plus Fees \$ _____

Other Programs at Dowling

Summer Extended Week \$20/Week
 Weeks: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 \$ _____

Middle School Only Trips \$18/Week
 Weeks: ☐ 2 ☐ 4 ☐ 5 \$ _____

Weekly Programs \$20/Week
☐ Digital Media Arts (Wednesdays, Grades 6-8)
☐ Open Art Studio (Tuesdays, Grades 6-8)
☐ Open Art Studio (Fridays, All Ages)
 Weeks: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 \$ _____

Total Fees: \$ _____

Payment Options:

☐ **Check** (payable to Special School District No. 1)

☐ **Credit Card** ☐ Discover ☐ MasterCard ☐ Visa

Cardholder Name: _____

Card Number: _____ Exp. Date: _____

_____ - _____ - _____ - _____ / ____/____

Parental Consent: The child listed above has my consent to attend the Minneapolis Community Education programs indicated. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools) responsible or liable for accidents, or loss or damage of property. I also give my consent for this child to walk or bike off of school grounds and/or to participate in activities if these are part of a class/program activity.

Photo/Media & Informational Release (Check if permission is granted)

☐ I give permission for my child to be included in television or still photographs representing Minneapolis Community Education programs. Photos/images may appear in newsletters, promotional brochures, on program websites and program materials.

☐ I give permission for my child to participate in informational surveys regarding services provided by Minneapolis Community Education and for general data collection to inform program planning. All surveys and data collected will be kept confidential.

How will your child get home after classes? (Check one)

☐ My child has permission to walk/bike home and/or meet their ride outside at the end of their day.

☐ Someone will come inside to meet them and their teacher at the welcome desk for release.

➡ **Parent/Guardian's Signature:** _____ **Date:** ____/____/____

Please return this form with your payment to:

Dowling Community Education, Attn: Jenny Delaney/Summer Programs, 3900 W. River Pkwy., Minneapolis, MN 55406

Have Questions? Contact Jenny Delaney at 612.668.4922 or email jenny.delaney@mpls.k12.mn.us.

Hale Super Summer Classes

Classes held at Hale Community School, 1220 E. 54th St.

Have Questions? Please contact:

Krystalyn Everson • 612.668.4544 • krystalyn.everson@mpls.k12.mn.us



Week One

Jun 19-22, Mon-Thu

Bike Adventure (Grades 3-6)

Have a blast riding your bike to a variety of fun locations. Also, learn simple tasks that will keep your bike running smoothly. You must wear a helmet during rides. Bikes not provided, please bring your bike, helmet, and a water bottle.

12:30-3:30 pm \$70

Crazy Chemworks

(Grades 1-5)

Explore the chemistry of everyday life. This Mad Science camp is bubbling over with classic experiments and crazy concoctions with spectacular hands-on activities. The camp includes real chemistry tools, stunning demonstrations and your own set of labware to take home.

9 am-noon \$130

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Emoji Accessories

(Grades 1-5)

Emojis are everywhere! Do you know what all those Emoticons mean? We will make a felt Emoji pillow for your room and you can choose the emotion. We will also make Emoji tack pins to wear, attach to your backpack, or share with your friends, we will even have an Emoji snack!

2-3:30 pm \$40

Exploring Volcanoes & Physical Science (Grades 1-4)

What makes a volcano explode? Why don't you fall straight down when going through terrifying loops on rollercoasters? Find the answers by learning about volcanoes, rollercoasters, the solar system and much more.

12:30-2 pm \$35

Gardening (Grades 2-6)

Do you enjoy digging in the dirt, watching a seed grow? Join us for gardening in the Hale gardens and neighboring community. You will learn what it takes to make a garden grow. Dress for the outdoors.

9-10:30 am \$40

GoBuild! Kidz: Wood Hydraulic Machines

(Grades K-5)

Students will learn and make modern day simple machines that use levers and hydraulics to work. Dump trucks, robotic arms, back hoes, scissor lifts, and cherry pickers are a few of the things that students can make. Machines are made from wood and simple items. In the end, your students takes home their simple machine. For more details visit GoSolarKidz.com

9 am-noon \$90

GoSolar! Kidz: Solar Car, Robot & Machines

(Grades K-5)

In this class, kids can stimulate their creativity by designing and building epic, solar-powered cars, robots, and machine from easy-to-assemble parts. In addition, your young tikes will build solar powered cranes, lift bridges, and many other designs. Let your little engineers explore the world of solar energy while learning how to problem solve and stretch the imagination. For more details visit GoSolarKidz.com

12:30-3:30 pm \$90





Hacking Minecraft: Mods, Skins & Textures (Grades 3-6)

New Mods explored! Minecraft, one of the most popular video games in history, offers an amazing world of endless possibilities, limited only by your imagination. This class is for Intermediate and Advanced Minecrafters. Students will learn how to expand their world's abilities using popular game-enhancing mods. Participate in building challenges. We will also explore creating and editing skins and textures using gimp. Bring a USB drive, snacks and drink each day.

9 am-noon \$144

Jewelry Making (Grades 1-4)

Be creative while using beads to make jewelry and string for friendship bracelets, to make things you can wear or give as gifts to special people.

10:30 am-noon \$40

Minecraft Crafts (Grades 1-5)

This class is all about Minecraft and we'll fill your room with all things Minecraft. We'll make Creeper Magnets, a light-up Minecraft Torch, and even a tote bag with your favorite Minecraft friend.

12:30-2 pm \$45

Recycled Art (Grades 1-5)

Going green has never been so beautiful. Create art with commonly found recycled objects from home, such as newspapers, egg cartons, colorful cardboard and plastic.

2-3:30 pm \$35

Register for classes online at mplscommunityed.com.

mplscommunityed.com

Soccer (Grades 1-4)

Improve upon or learn basic soccer skills, such as dribbling, passing, heading and trapping. Watch demonstrations of strategies, and learn the benefits of teamwork.

10:30 am-noon \$35

The Amazing Race

(Grades 2-5)

Team up and compete in a race around the world. Complete puzzles, answer trivia questions and play games while learning about culture and geography.

9-10:30 am \$35

Friday Field Trip:

Minnesota Zoo (Grades K-8)

Gather your friends and enjoy this awesome Friday funday at Minnesota Zoo! Please bring a disposable lunch and come ready to have fun. Students will be meeting at Hale at 9 a.m. Bus will return back at Hale by 3:30 p.m.

Jun 23

9 am-3:30 pm

\$50

In addition to Super Summer classes, Hale also offers Sports, Sports & More Sports activities in the afternoons June 26-29 and July 3-6. See page 99 for more details.

Mayer Arts Theater Camps

Mayer Arts offers dance and theater classes for children all over the Twin Cities. Our belief about teaching the arts is not only providing training for those who are serious about learning but also to just have fun! We teach proper technique, terminology, body awareness, and an appreciation for the arts. Our goal is that students will not only find a love for the arts but also build healthy habits and self-esteem. Skills that will be helpful to them for the rest of their lives!

Moana Musical Theater Camp (Grades K-3)

The ocean is calling! We will dance and sing to the music from Moana and put together our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak lines, block a scene, develop a character and much more! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut-free snack and beverage daily. Friends and family are invited to observe our show beginning the final 30 minutes of the final class.

9-10:30 am \$60

Beauty & The Beast Musical Theater Camp (Grades 3-6)

Tale as old as time! Learn songs and dances from Beauty and the Beast and put on a show! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak lines, block a scene, develop a character and much more! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut-free snack and beverage daily. Friends and family are invited to observe our show beginning the final 30 minutes of the final class.

10:30 am-noon \$60



Week Two

Jun 26-29, Mon-Thu

Book Club (Grades 4-8)

Calling all you book readers! Come join us this summer outside as we will enjoy the weather while reading short stories. Stories will be discussed in a round table format.

9-10:30 am \$35

Camp Superhero (Grades 1-3)

Explore the world of superheroes in comic books, film and TV before you create your own. Write a backstory, test your powers and eventually save the day!

9-10:30 am \$35

Creative Writing (Grades 4-8)

Whether you like to write poems, stories, fiction or non-fiction, learn the best practices to make your writing pop with in-class prompts, games and activities.

10:30 am-noon \$35

Edible Science & Gross Goodies (Grades 1-5)

Have your science and eat it, too! Make and eat unusual but tasty treats like ice cream in a bag and smoothies. Do experiments with materials found in the kitchen.

10:30 am-noon \$35

Eureka (Grades 1-5)

Are you a budding inventor? If so, join Mad Science as we learn about famous inventors such as Leonardo da Vinci, Thomas Edison, Rube Goldberg, Archimedes and Ben Franklin and the contributions they made to science. Use your knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all—your mind. While Thomas Edison said “invention is 10% inspiration and 90% perspiration”, this camp is 100% fun!

9 am-noon \$118

Intro to Coding: Platform Games (Grades 1-3)

Create your own video game! New projects! Students as young as five years old can create their platform video games in this cool class! Add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Now the 5-8 year olds can practice math, logic, and programming and put their video game talents to work! Game will be in an animated flash format, viewable in most internet browsers. Bring a jump drive to the last day of class or files can be emailed to parents. Bring a USB drive, snacks and drink each day.

9 am-noon \$144

Ooey Gooley Crafts

(Grades 1-5)

Don't be afraid to get messy as you finger paint, make paper mache masterpieces and create all sorts of ooey, gooey artwork. Bring a shirt that can get dirty.

9-10:30 am \$35

Softball (Grades 4-8)

Softball is a variation of baseball with a larger ball. The game takes strength and speed, especially when a pitcher whips out a fastball underhanded! At higher levels, girls and women tend to focus on softball but all are welcome as we learn skills, practice drills, and scrimmage! Please bring your glove.

9 am-noon \$70

Wood Working (Grades 4-7)

All new projects! Build a picture frame, a race car, catapult and trophy display base. Builders will learn to measure, cut, sand, paint and then take home each project they build. This Youth Enrichment League (YEL) class educates students on the use of basic tools (hammers, nails, screwdriver, measuring tape, t-square and more). Safety is our first priority. No power tools will be used in class. See YouthEnrichmentLeague.com for pictures of projects and more details. NOTE: Participants should be comfortable cutting using a small saw as well as using other hand tools. Students should wear clothes that can get paint on them.

9 am-noon \$149

Young Naturalists

(Grades 1-4)

Put on your explorer's hat and examine plants and animals in their natural habitats. Walk along Minnehaha Creek or Lake Nokomis while you learn about pond life, insects and spiders, soil creatures, and birds.

9-10:30 am \$35

Have questions?

Call 612.668.4544 or email
krystalyn.everson@mpls.k12.mn.us

Week Three

July 3-7, Mon/Wed-Fri

Bike Adventure (Grades 1-4)

Have a blast riding your bike to a variety of fun locations. Also, learn simple tasks that will keep your bike running smoothly. You must wear a helmet during rides. Bikes not provided, please bring your bike, helmet, and a water bottle.

9 am-noon \$60

Duct Tape Creations (Grades 2-6)

Gather your friends and join us in this exciting class full of duct tape! Dream up and design endless creations such as flowers, wall art, hair accessories, purses, wallets and more.

9-10:30 am \$35

Fairy Tales (Grades 1-3)

Spend a magical week reading stories, acting out scenes, creating art and writing your own fairy tale about knights in shining armor, princesses in castles, dragons and fairies.

9-10:30 am \$30

Mindful Art & Yoga (Grades 1-6)

Have you been stressed? Not this summer! Reduce stress and build self-esteem by combining yoga and art. The students will practice breathing techniques, have fun with yoga, and create their very own Mindful Collage Cards.

10:30 am-noon \$35



Minecraft Game Designer (Grades 2-5)

Don't just play Minecraft! Turn Minecraft from a game into a visual learning tool! This class will reinforce problem solving skills and spatial cognition through learning to create in-game puzzles, mazes, and obstacle courses. Student will learn basic game design skills while they collaborate to build Adventure maps, as well as some advanced features of Minecraft, such as Command Blocks. This class has a strong emphasis on creativity, exploration, and cooperative learning experiences. Students will be able to take their custom worlds home on a flash drive and will be able to continue to develop these worlds on their home computers. Please bring a drink and snack daily.

9 am-noon \$108

Secret Agent (Grades 2-5)

Can you outwit the Mad Science Spy? James Bond's gadgets weren't all science fiction. Discover the science behind some real spy technology as you listen to distant voices and sounds. Learn about different secret codes, their use in clandestine communications and a little of the history behind them. Experiment passing your messages using a spy technique called a "dead drop."

9 am-noon \$90

Spoken Word Poetry (Grades 3-6)

Develop your craft, expand your knowledge and have fun as you learn to write poetry and bring the written word to life through performance.

10:30 am-noon \$30

Volleyball (Grades 4-8)

Bump, set, spike! Volleyball is a fun and challenging sport for boys and girls. Learn the game from the basics to specialized positions and power plays. We will learn skills, practice drills, and scrimmage!

9 am-noon \$60



Sports, Sports & More Sports

For Grades K-8

Discover the summer with Sports/Arts Plus at Hale! Rotate your time between a variety of activities in the areas of STEM, fine arts, sports and technology. Come early and enjoy a free lunch provided by Minneapolis Public Schools at noon. On Thursday, take an exciting field trip (separate registration required).

Jun 26-28 Mon-Wed
12:30-3:30 pm \$60

Jul 3 & Jul 5 Mon & Wed
12:30-3:30 pm \$40

Thursday Field Trips

Grand Slam Field Trip

Gather your friends and join us for some fun at Grand Slam! Fee includes unlimited mini golf, Krazy Kars, laser tag, batting cages, four arcade tokens, hot dog and soda.

Jun 29 Thursday
noon-3:30 pm \$25

Bowling Field Trip

Gather your friends and enjoy this fun bowling adventure!

Jul 6 Thursday
12:30-3:30 pm \$25

Week Four

July 10-13, Mon-Thu

Beach Party (Grades 1-5)

Play games, have sand castle-building contests and simply soak up the sun on Nokomis beach. Bring sunscreen and a water bottle.

9 am-noon \$70

Chess (Grades 3-8)

Learn this classic game for the first time or sharpen your skills and surprise your opponent by calling "checkmate" early on. Develop your analytical skills, concentration and memory, all while playing a classic game of chess.

9-10:30 am \$35

Crafting Club (Grades 1-5)

Use your hands and your imagination to create a variety of crafty projects in this unique and creative class. We will use a variety of materials including those from the recycling, treasures found in nature, and novelties from the thrift store and dollar store alike. This class is a little random and crazy in the cool things you will make and take home!

10:30 am-noon \$40

Crafts, Crafts, & More Crafts! (Grades 2-6)

Make light sabers, gooey putty and all kinds of cool gadgets.

9-10:30 am \$40



Edible Science & Gross Goodies (Grades 1-5)

Have your science and eat it, too! Make and eat unusual but tasty treats like ice cream in a bag and smoothies. Do experiments with materials found in the kitchen.

2-3:30 pm \$35

EV3 Robotics (Grades 4-8)

All new challenges for summer '17! Build a robot to deliver animals to safety, put cows out to pasture, reunite separated panda bears and more. In this year's Youth Enrichment League (YEL) summer camp, our focus is on the FIRST LEGO League's Animal Allies challenge. Students will design, build, program, test and modify multiple robots using the Mindstorms EV3 robotics system. Then use their team's robot (usually teams of three) to complete various challenges related to our animal friends. Our summer camp is designed to prepare students for participation in the FIRST® LEGO League annual robotics competition. Put an end to summer brain drain. Stimulate your young learner by signing up today. Visit YouthEnrichmentLeague.com for sample pictures and more details. Note: This course is a fantastic primer if you are interested in gaining experience for the FIRST® LEGO League annual robotics competition.

9 am-noon \$120

Extreme Robotics: Battlebots (Grades 4-8)

Super-Charged NXT LEGO Robotics Projects! Get ready to take ultimate control! Using the NXT Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch and light sensors, and specialized Lego technic engineering components, students will build extreme robots and overcome challenges. Students working in small teams will control the robot with NXT programs and then can experiment and modify the programs. Students will then be challenged to morph their projects in better, stronger or faster robots. Possible competitive robots built are Tug-O-War bots, hammer-bot, a claw-striker, and Sumo-bot. Please bring a drink and snack daily.

12:30-3:30 pm \$130

Flight Academy (Grades 1-5)

Calling all pilots! As a Mad Science flight cadet in training, you will discover how airplanes fly. Test your airplane's performance in a wind tunnel. Build your own kite, stunt plane and model rocket. Ride the air on a Hovercraft and discover how hot air balloons, blimps and parachutes work.

9 am-noon \$118

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Intro to Paper Maché**(Grades 1-5)**

Get more than just a little sticky with newspaper and glue. Brainstorm, fold, roll, paste and paint to bring familiar objects to life.

10:30 am-noon \$35

LEGO Club**(Grades 1-5)**

Join us for free building time, construction contests and a showing of "The LEGO Movie" (rated PG).

10:30 am-noon \$35

Multi-Player Minecraft: City Builder**(Grades 2-5)**

Minecraft is a sandbox building game; that's been dominating the world of video gaming for the past few years. Collaborate with fellow students to construct a city! Students will take home their completed world file at the end of class. Beginners and experienced Minecrafters alike will love this action packed camp! Please bring a drink & snack daily.

9 am-noon \$144

Nature Journaling/ Sketching**(Grades 3-8)**

Join us for walks as we write and sketch the nature around us in our journals.

10:30 am-noon \$35

Have questions?

Call 612.668.4544 or email
krystalyn.everson@mpls.k12.mn.us

**Painting 101****(Grades 1-4)**

Create original works of art using watercolor, tempera and ink. Learn a variety of techniques that use dry brushes, sponges, tissue paper and maybe even some food!

2-3:30 pm \$40

Photo Journalism**(Grades 4-8)**

Learn to take photographs and write about the world around you. Explore different formats of writing, learn the basics of photography, and create a final project to showcase your skills.

12:30-2 pm \$40

Recycled Art**(Grades 1-5)**

Going green has never been so beautiful. Create art with commonly found recycled objects from home, such as newspapers, egg cartons, colorful cardboard and plastic.

12:30-2 pm \$35

In addition to Super Summer classes, Hale also offers Sports, Sports & more Sports activities in the afternoons June 26-29 and July 3-6. See page 99 for more details.

Science is Women's Work**(Grades 1-5)**

Calling all girls! This exciting Mad Science camp ventures into many different areas of science. Discover how women scientists beat the odds to become experts in their chosen fields, and set an example for scientists everywhere to follow. Astronomy, aerospace, chemistry, and robotics are just some of the fields we'll explore in this fun-filled, action-packed week.

12:30-3:30 pm \$130

Sun Print Art**(Grades 3-8)**

Looking for a perfect way to spend a sunny day? Join us in making sun art with solar sensitive paper.

9-10:30 am \$40

Yoga**(Grades 1-5)**

Yoga is an exercise for the mind, body, and soul! This discipline practices breath control and meditation as well as strength and flexibility with the adoption of specific body postures. Learn the basics, deepen your practice, and develop your own routine in this fun class.

9-10:30 am \$35



Week Five

July 17-20, Mon-Thu

Beach Party Fun (Grades 1-6)

Play games, have sand castle-building contests and simply soak up the sun on Nokomis beach. Bring sunscreen and a water bottle.

12:30-3:30 pm \$70

Cartooning (Grades 1-5)

Design your own comic character or comic strip. Learn character design, composition and techniques used in comic strips.

2-3:30 pm \$35

Etching (Grades 3-6)

Take your creativity a step further by learning how to etch on glass and make a beautiful holiday plate. Once you learn the process, you can do this at home or with a group of friends. You must be able to use an X-acto knife. Supply fee of \$10 covers take-home project.

10:30 am-noon \$42

Register Today!

Classes fill quickly—Register now and make sure you get into your favorites! We're online at mplscommunityed.com.

Fencing (Grades 2-8)

Youth Enrichment League (YEL) fencing has evolved. Olympic Coach Ro Sobalvarro now heads up YEL's curriculum, instructor training and tournament consultation. Coach Sobalvarro brings with him an immense knowledge of youth, national and international fencing. We keep it fun, too. Your favorite instructors return with more knowledge, refined coaching skills and, of course, your favorite fencing games and arm bands. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets. Visit YouthEnrichmentLeague.com for a more thorough explanation of the program, coaches and philosophy of this sport deemed the "sport of the intellectual athlete!"

9 am-noon \$120

Geology Rocks (Grades 1-5)

Become a Mad Science Geologist as we explore Earth and its hidden treasures. Discover the wonders of rocks, fossils, dinosaurs, minerals and geological phenomena like earthquakes, mountains and volcanoes. Start your own rock and mineral collection, grow a crystal, build a sedimentary stacker and prepare a fossil to take home.

9 am-noon \$118

Latch Hooking (Grades 2-6)

Come join us in learning about the tool and the textile art of latch hooking. You will be knotting yarn to a canvas and creating a beautiful take home rug for your room.

12:30-2 pm \$45

Minecraft Crafts (Grades 1-4)

This class is all about Minecraft and we'll fill your room with all things Minecraft. We'll make Creeper Magnets, a light-up Minecraft Torch, and even a tote bag with your favorite Minecraft friend.

2-3:30 pm \$45

Minecraft Lego Engineering (Grades K-3)

New builds! From the hit video game, Minecraft comes our awesome Lego and Papercrafts class. Student Builders will be creating mob figures, custom blocks, torches, custom biomes and terrains from the MineCraft Video Game! We will use both cardboard papercrafts and Legos to create our worlds. Builders will be challenged to bring their virtual designs to life. Please bring a drink & snack daily.

9 am-noon \$130

Pop-up Card Making (Grades 1-5)

Learn easy techniques to make a great pop up card. The idea is that you can use one basic technique for an endless amount of different pop-up cards for anyone and any occasion. Start celebrating!

9-10:30 am \$35



Python Coding (Grades 6-8)

Get a great head start in learning how to code using one of the key programming languages used by professional developers—Python. Its syntax allows programmers to express concepts in fewer lines of code than would be possible in C++ or Java, making it the perfect coding language for beginners. Python is a text-based language; students should have familiarity with keyboarding, and basic computer skills. Please bring a drink and snack daily.

12:30-3:30 pm \$144

Raise Your Own Butterfly (Grades 1-5)

Learn about metamorphosis and witness the wonder of the butterfly life cycle with this child-and-insect friendly habitat that you will create. Take your caterpillar and habitat home and watch the transition as it matures, changes into a chrysalis, and finally emerges as a butterfly.

10:30 am-noon \$45

Softball (Grades 4-8)

Softball is a variation of baseball with a larger ball. The game takes strength and speed, especially when a pitcher whips out a fastball underhanded! At higher levels, girls and women tend to focus on softball but all are welcome as we learn skills, practice drills, and scrimmage! Please bring your glove.

9 am-noon \$70

Solar Science! (Grades 3-8)

Join us in learning about science. You will learn about solar energy and you will make your own sun dials and/or solar ovens.

10:30 am-noon \$40

Tie-Dye with Cold Water Dyes (Grades 1-5)

Learn different tips and tricks to tie-dye like a pro. All materials and one set of cotton pillowcases included in supply fee. Please bring additional cotton items to dye

9-10:30 am \$43

**Week Six**

July 24-27, Mon-Thu

Crafting Club (Grades 1-5)

Use your hands and your imagination to create a variety of crafty projects in this unique and creative class. We will use a variety of materials including those from the recycling, treasures found in nature, and novelties from the thrift store and dollar store alike. This class is a little random and crazy in the cool things you will make and take home!

9-10:30 am \$40

Dream Catcher Canvas Painting (Grades 2-6)

This class is so much fun! Invite your friends to join you and we will paint a cool dream catcher painting for your room. All supplies including canvas are provided. No experience is needed and step-by-step instructions will be given. Please dress in clothes that can get paint on them.

2-3:30 pm \$42

Emoji Accessories (Grades 1-5)

See Week 1 for class description.

9-10:30 am \$40

Have questions?

Call 612.668.4544 or email
krystalyn.everson@mpls.k12.mn.us

Future Paleontologist in Training (Grades 2-6)

Excavate the bones of a dinosaur that roamed the earth millions of years ago. Once all of the bones have been uncovered, assemble them to identify and create the skeleton of your prehistoric creature.

12:30-2 pm \$45

Game Coding: Tower Defense (Grades 6-8)

It's your move next! Defend your base from waves of enemies! Students will create a web-based strategy game. The player will create towers along the road to their base to hold waves of bad guys. Student will create their Tower Defense Style game using a construct 2, a visual coding platform that teaches student the basics and structure of programming. Bring a USB drive, snacks and drink each day.

12:30-3:30 pm \$144

I Love Tie-Dye! (Grades 1-5)

If you love everything about the look of Tie-dye, then this is the class for you. We will make a tie-dyed tote bag, stuff a tie dye colored teddy bear, make tie dye colored play dough, even the frosting on our cookies! But don't worry, we won't get super messy because we will be using materials that have already been dyed!

10:30 am-noon \$43

Continued on page 104

Week Six

Continued from page 103

Jr. Robotics Engineer

(Grades 1-3)

Discover the world of robots inspired by science fiction writers like Isaac Asimov and Karl Capek. Build an OWI EM4Robot and a Rookie Solar Racer v2 to take home. Learn about robot programming with Mad Science's Baby Steps and Sandwich programming. Program a Lego Mindstorms® NXT Robot to navigate through an obstacle course.

9 am-noon \$154

Latch Hooking **(Grades 2-6)**

Come join us in learning about the tool and the textile art of latch hooking. You will be knotting yarn to a canvas and creating a beautiful take home rug for your room.

10:30 am-noon \$45

Ooey Goopy Crafts

(Grades 1-5)

Don't be afraid to get messy as you finger paint, make paper mache masterpieces and create all sorts of ooey, goopy artwork. Bring a shirt that can get dirty.

12:30 pm-2 pm \$35

Pokemon Movie Making **(Grades 1-3)**

New class! Work on a stop-motion animated Pokemon movie. Pick your favorite characters to star in your mini-movie; the possibilities are endless. Action figures, props, and backdrops will be available for filming in class. Handle all the technical details including using a digital movie camera, filming scenes, stop-motion animation, digital editing and adding finishing special effects and transitions to the movie.

9 am-noon \$144

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.



Project Runway '17

(Grades 4-8)

In this Youth Enrichment League (YEL) camp, learn the basics of hand and machine sewing as well as measuring, pinning and cutting patterns. Dress up your summer with new wardrobe items that you made yourself! Make a swimsuit coverup, mini messenger bag, earbud case and your personalized sewer's handbook. No experience necessary. Visit YouthEnrichmentLeague.com for project pictures and more details. Be sure to mark your calendar for the Project Runway Showcase the last day of camp! Tuition includes a \$20 materials fee.

9 am-noon \$154

Raise Your Own Butterfly

(Grades 1-5)

Learn about Metamorphosis and witness the wonder of the butterfly life cycle with this child-and-insect friendly habitat that you will create. Take your caterpillar and habitat home and watch the transition as it matures, changes into a chrysalis, and finally emerges as a Butterfly.

9-10:30 am \$45

Yoga **(Grades 1-6)**

Yoga is an exercise for the mind, body, and soul! This discipline practices breath control and mediation as well as strength and flexibility with the adoption of specific body postures. Learn the basics, deepen your practice, and develop your own routine in this fun class.

10:30 am-noon \$35

Four Easy Ways to Register

1. Online

Using your Discover, Visa or MasterCard to pay, go to mplscommunityed.com.

2. By Mail

Mail the registration form on page 105 with your credit card information or a check or money order made payable to *Special School District #1* to:

Hale Community Ed.

Attn: Krystalyn Everson
Hale Summer Programs
1220 E. 54th St.
Minneapolis, MN 55417

3. By Phone

Credit Card payments only—Discover, MasterCard or Visa. You may also call for more information about our programs or to inquire about fee reductions.

Krystalyn Everson

612.668.4544

4. In Person

Please call **612.668.4544** for office hours.

Confirmations

Confirmations will be emailed to persons who register. If you do not have an email address, you may call to confirm your registration. We will only call if you did not get a spot in the class.

Cancellations & Refunds

If a class is canceled due to low enrollment, a full refund will be granted. Participants who drop out of a class at least three business days in advance of the start date will receive a full refund minus a \$10 per class processing fee.

Registration Form for Hale Super Summer & Sports Programs

Child's Name: _____ Birthdate: _____ ☐ M ☐ F Grade: _____
 Address: _____ City, State, Zip: _____
 Parent/Guardian 1: _____ Parent/Guardian 2: _____
 PG1 Cell/Work Phone: _____ PG2 Cell/Work Phone: _____
 PG1 Home Phone: _____ PG2 Home Phone: _____
 PG1 Email: _____ PG2 Email: _____

Does this child have special needs, medical conditions or allergies? ☐ Yes ☐ No

If yes, Please identify: _____

Hale Super Summer Classes

Class	Time	Fee
Week 1: June 19-22		
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Week 2: June 26-29		
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Week 3: July 3-7 (Mon, Wed-Fri)		
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Class	Time	Fee
Week 4: July 10-13		
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Week 5: July 17-20		
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
Week 6: July 24-27		
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Payment Options:

☐ **Check** (payable to Special School District No. 1)

☐ **Credit Card** ☐ Discover ☐ MasterCard ☐ Visa

Cardholder Name: _____

Card Number: _____ Exp. Date: _____

_____ - _____ - _____ - _____ / ____/____

Total Super Summer Fees \$ _____

Hale Sports, Sports & More Sports

☐ Sports, Sports & More Sports—June 26-28, \$60

☐ Grand Slam Field Trip—June 29, \$25

☐ Sports, Sports & More Sports—July 3 & 5, \$40

☐ Bowling Field Trip—July 6, \$25

Total Hale Sports Fees \$ _____

Total Fees: \$ _____

Parental Consent: The child listed above has my consent to attend the Minneapolis Community Education programs indicated. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools) responsible or liable for accidents, or loss or damage of property. I also give my consent for this child to walk or bike off of school grounds and/or to participate in activities if these are part of a class/program activity.

Photo/Media & Informational Release (Check if permission is granted)

☐ I give permission for my child to be included in television or still photographs representing Minneapolis Community Education programs. Photos/images may appear in newsletters, promotional brochures, on program websites and program materials.

☐ I give permission for my child to participate in informational surveys regarding services provided by Minneapolis Community Education and for general data collection to inform program planning. All surveys and data collected will be kept confidential.

How will your child get home after classes? (Check one)

☐ My child has permission to walk/bike home and/or meet their ride outside at the end of their day.

☐ Someone will come inside to meet them and their teacher at the welcome desk for release.

➡ **Parent/Guardian's Signature:** _____ **Date:** ____/____/____

Please return this form with your payment to:

Hale Community Education, Attn: Krystalyn Everson/Hale Summer Programs, 1220 E. 54th St., Minneapolis, MN 55417

Have Questions? Contact Krystalyn Everson at 612.668.4544 or email krystalyn.everson@mpls.k12.mn.us.

Southwest Super Summer Program



Dear Families,

We would like to invite your child to join us for our 2017 Super Summer Program. This program offers a wide variety of positive, asset-building, educational enrichment and recreational opportunities for children pre-kindergarten through 8th grade. The program is open to all interested children; you are always welcome at Southwest Community Education! You can pick and choose activities in the morning (9:30 a.m. to noon), in the afternoon (1-3:30 p.m.), or both. You can also send your child with a lunch to our supervised lunch hour.

Southwest High School



■ Parking Lots

★ Community Ed. Office
Room 101

➡ Open Doors

● Pool

Additionally, we offer the option of a **pre-program drop off (PSSP)** at 8:15 a.m. – see page 110 for details. We also want to remind you about our **Trek Program** for middle-school youth aged 12-14. The Trek Program offers hiking, canoeing and biking—see page 120 for details!

We are also pleased to be offering swim lessons and open swim at the Southwest H.S. pool this summer.

Please see pages 122-123 for details.

Each class runs for four days, Monday through Thursday except Week 3 when classes run Monday, Wednesday through Friday (no class Tuesday, July 4). You can pick and choose classes at your convenience throughout the summer without disrupting vacation plans or holidays. Best of all, the price is right! The average cost of attending is \$60 for a half day and \$120 for a full-day.

Our office is open Monday through Thursday 3-9 p.m. before the program begins and Monday through Thursday 8:30 a.m. to 4 p.m. during the program. We are not open Fridays. For more information, call **612.668.3100**.

If you've been looking for special experiences and diverse educational opportunities for your children, we invite you to join us for our 2017 Southwest Super Summer Program!

Sincerely,

Dave Premack
Southwest Community Education

Frequently Asked Questions about SSP

Who can participate in this program?

All children grades Kindergarten through 8th grade. Class grades reflect the current grade of the child.

Are there any residency requirements?

No. Our program is open to all interested participants. You are always welcome at Southwest!

What are the dates for the program?

There are six separate weeks of classes:

Week 1: June 19-22 Week 4: July 10-13

Week 2: June 26-29 Week 5: July 17-20

Week 3: July 3-7* Week 6: July 24-27

*No class July 4

What is the size of a SSP class?

Classes are limited to 12-14 students. We encourage you to register promptly as many classes fill quickly.

Are there waitlists for full SSP classes?

No, we do not offer waitlists for full classes. The best time to check on the current status of a full class is Wednesday afternoon the week before class begins.

What will my child learn/do?

The descriptions in this brochure are designed to give you a general idea of what your child might do. However, each teacher creates their own lesson plan. We encourage our teachers to be flexible and creative in their planning so they can offer a unique experience for your child.

Where can I park?

Parking is permitted on some sides of residential streets, please refer to permit parking only sides of the street. Parking is also permitted in all Southwest parking lots (see page 106).

What happens if the weather is bad?

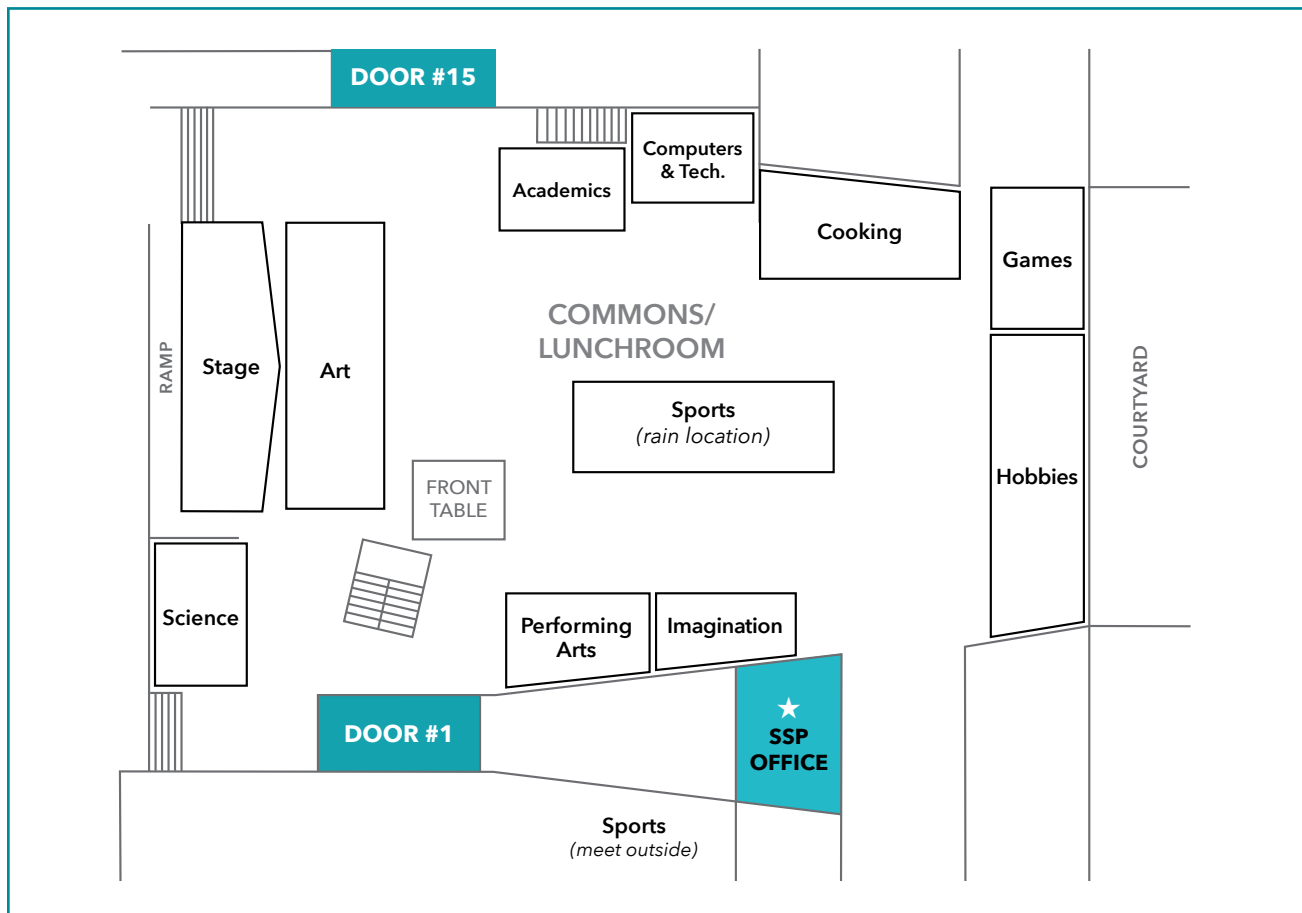
We'll move indoors for alternative related activities.

Where do I bring my child(ren) when classes start?

Bring them to the new main door of the center addition of Southwest High School (Door #1 at W. 47th St & Beard Ave.) or to the cul-de-sac on the North side of the center addition (door #15) just up the street from W. 46th St & Beard Ave.)

Have questions?

Please call us at 612.668.3100.



Southwest Super Summer Classes



Academics

American Girls Collection & Tea Party (Grades 1-3)

Share the worlds of Addy, Kaia, Kit and Julie, all while learning about America's history. Discover what has changed about growing up, make crafts from the past and have a tea party, too!

9:30 am-noon	Wks: 3, 5
1-3:30 pm	Wks: 2, 4
	\$60

American Sign Language (Grades 4-8)

Gain basic exposure to the American Sign Language (ASL) vocabulary, numbers, alphabet and ASL syntax, as well as Deaf culture.

9:30 am-noon	Wks: 1, 3, 5
	\$60

Babysitting: American Red Cross (Grades 5-8)

Put together a creative babysitting kit and learn what kinds of games and activities are appropriate for specific ages. Practice and be tested on accident and emergency preparedness. You must be 11 years old by the end of class and pass a skills test to receive a certificate of completion.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$75

Creative Writing 1 (Grades 2-4)

Do you have a creative imagination? Write and illustrate your own stories, develop your unique style and form, share your work and use your imaginations to the fullest!

9:30 am-noon	Wks: 1
1-3:30 pm	Wks: 4
	\$60

Creative Writing 2 (Grades 5-8)

Experienced authors, take your storytelling skills to the next level. Further establish your personal style and writing persona, share your stories and compile your work into a book.

9:30 am-noon	Wks: 2
1-3:30 pm	Wks: 5
	\$60

Debate 101 (Grades 5-8)

Conquer the fundamental structure and organization of debate. Develop persuasive and logical arguments for hot-button issues and make your voice heard.

9:30 am-noon	Wks: 6
1-3:30 pm	Wks: 3
	\$60

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Graphic Novels (Grades 4-7)

Discover visual storytelling through styles from around the world. Storyboard, sketch and refine your first epic graphic novel.

1-3:30 pm	Wks: 1, 3, 5
	\$60

Harry Potter Adventures (Grades 2-4)

Expecto Patronum! Unleash your inner wizard! Explore Hogwarts, brew magical potions and become Ollivander's apprentice to master wand-making. Share your experiences with friends at Diagon Alley!

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Journalism: Create A Newspaper (Grades 3-6)

Extra! Extra! Read all about it! Sharpen your investigative and reporting skills by creating a newspaper complete with photos, interviews, stories and reviews.

9:30 am-noon	Wks: 2
1-3:30 pm	Wks: 5
	\$60

Little House on the Prairie (Grades K-2)

Explore the frontier with Laura, Mary and the rest of the Ingalls Wilder family. Craft like you're an old-fashioned kid, play frontier games, make prairie treats and learn about life in the 1880s.

9:30 am-noon	Wks: 1
1-3:30 pm	Wks: 6
	\$60



Math Challenge! (Grades 5-8)

Prepare for high school math team and enjoy some exciting challenges. Odds are you can count on having an exponentially fun time!

9:30 am-noon	Wks: 3
1-3:30 pm	Wks: 6
	\$60

Mock Trials: It's the Law!**(Grades 5-8)**

Get ready to become a lawyer: Examine case materials and develop your own case. Justice will prevail!

9:30 am-noon	Wks: 4
1-3:30 pm	Wks: 1
	\$60

Mythology: The Hero's Journey (Grades 2-4)

Cross from the known into the unknown and meet ancient mythological beasts, heroes and deities from the cultures of Greece, Rome, Egypt, Japan and more. Create your own myths to explain the wonders of the world.

1-3:30 pm	Wks: 2, 4, 6
	\$60

Poetry (Grades 4-7)

Read all of your favorite poets, write your own and you'll surely show it. You've got what it takes, you'll have your big break, it's a skill; you'll never outgrow it!

9:30 am-noon	Wks: 2, 4, 6
	\$60

Warrior Cats (Grades 3-6)

Explore feral cats, forbidden love and the forces of good versus evil when you join us for a fantasy-filled, nature-themed time with "Warriors." Discuss, reenact and experience exciting adventures in the style of Eric Hunter's book series.

9:30 am-noon	Wks: 5
1-3:30 pm	Wks: 2
	\$60

Have questions about Super Summer at Southwest?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us



Arts & Crafts

Advanced Drawing**(Grades 4-7)**

Develop your artistic eye both in the studio and in nature. Use pencils, charcoal and ink to express what you experience every day.

9:30 am-noon	Wks: 1, 5
1-3:30 pm	Wks: 2, 6
	\$60

Card & Paper Making**(Grades 4-6)**

Press pulp, cut cards and unleash your inner DIY demons. Make one-of-a-kind paper and stationary to take home and enjoy!

1-3:30 pm	Wks: 2, 4, 6
	\$60

Clay Time (Grades 1-3)

Sculpt your heart out! Let your creativity flourish with clay creatures, bowls and blobs. Try wheel, hand and tool shaping to make one-of-a-kind items.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Duct Tape Creation**(Grades 3-6)**

Duct tape can do more than just fix things. Use it to create your own goodies: bags, wallets, flowers or clothing. Come get stuck on duct tape!

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Arts & Crafts**Extravaganza (Grades K-2)**

Challenge your creativity as you craft masterpieces using paint, paper maché, sand paints, inks and more.

9:30 am-noon	Wks: 2, 4
1-3:30 pm	Wks: 1, 3
	\$60

Fun With Drawing**(Grades K-2)**

Express what you see, touch, smell, hear and taste every day. Use pencils, charcoal, crayons and pastels to improve your drawing skills in the studio and in nature.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Garden Crafts (Grades PK-1)

Gardening is so much more than watering and weeding. Create fun garden additions such as pine cone bird feeders, egg carton flower gardens and animal flower planters.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Henna (Grades 5-8)

Design and apply original tattoos with henna, an herbal paste used to create temporary body art. Explore the history, secret recipes and application techniques from Somalia to Morocco.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Continued on page 110

The Pre-SSP Program

What is PSSP?

Early morning drop-off care from 8:15-9:15 am, before our Southwest Super Summer morning classes. Students can participate in open gym, low-key games, or read.

What weeks are available for PSSP?

PSSP will be offered all six weeks of our SSP program.

How much is PSSP?

The cost for PSSP is \$20 per (4-day) week.

How do I sign up for PSSP?

Check the box on the left hand side of the SSP Registration form on page 121 for each week you wish to enroll. Payment for PSSP can be included with your regular SSP payment. You may also register online at mplscommunityed.com.

What is the refund policy for PSSP fees?

The refund policy is the same as for SSP. See page 121 for more details.

Can I just sign up for several days of PSSP?

No. You must enroll your child for the full week of PSSP. Fees are strictly on a per week basis and must be paid in advance to reserve your spot. We do not accept drop ins, guests or part-time enrollment.

Have questions?

Call us at 612.668.3100 for more information.

Arts & Crafts

Continued from page 109

Jewelry Making (Grades 3-7)

Make earrings, bracelets and necklaces that sparkle and shine using pre-drilled stones, beads, wires, hemp and other supplies.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Junk Yard Art (Grades 2-4)

One person's trash is another's treasure—your treasure! Reinvent knick knacks and recyclables into pieces of art and showcase them in an art gallery.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Molding & Casting (Grades 4-7)

Explore a variety of ways to replicate small-scale household objects with materials like chocolate, soap and more. You can cast anything—bones, buttons and even Oreo cookies.

1-3:30 pm	Wks: 1, 2, 3, 4
	\$65

Mosaics (Grades 5-8)

Mix and match your creativity using colorful tiles to assemble beautiful designs. Piece together a lovely mirror, picture frame, trivet, coaster or other unique item.

1-3:30 pm	Wks: 1, 3, 5
	\$60



O-mazing Origami (Grades 3-6)

Transform a simple piece of paper into different shapes: boxes, animals, flowers and more. Fold cranes, jewelry and even blow-up balloons.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Open Studio (Grades 4-8)

Perfect your favorite medium in a creative space! From sculpting to marbled books and acrylic or watercolor painting, you decide what you want to create.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Paintabulous! (Grades PK-1)

Brush up on your painting skills. Dabble in watercolors, finger paints and tempera to create masterpieces.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Painting for The Pro (Grades 4-7)

Are you a future Rembrandt, Picasso or O'Keeffe? Fine-tune your technical skills while having technicolor fun. Get tips from our teachers as you unleash your inner artist.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Pottery (Grades 5-8)

Explore different techniques of this old art form, including pinch pots, coil, slab and wheel throwing. Due to the length of class, clay projects are not fired.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Puppet & Animal Making (Grades PK-1)

Use yarn, paper bags, markers, puffy paint, glitter and more to make your own little friends. Write a story and perform a puppet show.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Pysanky: Ukrainian Egg Dying (Grades 5-8)

Experiment with a wax and dip dye method and add your delicate drawings to an eggshell, just as they do in eastern Europe.

1-3:30 pm Wks: 1, 3, 5
\$60

Room & Locker Décor (Grades 3-6)

Personalize your space with everything from wall art to jewelry boxes and mirror frames to picture collages.

1-3:30 pm Wks: 2, 4, 6
\$60

Sew & Stitch (Grades 2-4)

Learn to sew by hand using different stitches and make pillows, stuffed animals, handbags and more.

9:30 am-noon Wks: 1, 3, 5
\$60

Sewing: Machines (Grades 4-8)

Make a pattern, wind the bobbin, thread the needle, thumb's a throbbin'—don't forget your thimble! Sew pillows, tote bags, doll clothes and more.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

T-Shirt Design (Grades 3-6)

Experiment with traditional tie-dye techniques, fabric paints, stencils, and other items to make your shirts, socks and hats funk-a-delic. Bring old clothes and dye-ables to class.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Woodscrap Sculpture (Grades PK-1)

Use wood scraps and your imagination to construct unique sculptures: space ships, race cars, strange animals and more.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Computers & Technology



Coding (Grades 5-8)

We've breached the mainframe! Explore basic coding languages and create simple scripts with a team of aspiring computer scientists.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Easy Typing (Grades 4-8)

Become a whiz at typing without looking at the keyboard! Practice correct finger placement and track your progress as you learn how to type more quickly and accurately.

1-3:30 pm Wks: 1, 3, 5
\$60

Garage Band (Grades 4-8)

Riff your way around Garage Band to make music without any musical knowledge. Learn how to use drums, bass, guitar, keyboards, percussion and special effects to create a unique track. Bring headphones and a flash drive each day.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

LEGO Robotics EV3 (Grades 4-8)

Build complex robots using advanced LEGO Robotics kits that utilize various sensors, including sound and ultrasonic.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$65

LEGO Robotics for Little Ones (Grades 1-3)

From boats to bridges to remote control cars, build to your heart's content while learning problem solving skills along the way.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$65

Minecraft (Grades 3-6)

Delve into the interactive and creative world of one of the most popular games. Use your imagination to create new 3-D worlds for your friends to explore.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Movie Making (Grades 5-8)

Is that you, Steven Spielberg? Storyboard, scout locations, and spend the week writing, shooting and starring in your own short film. Premier your masterpiece at the SSP film festival.

1-3:30 pm Wks: 1, 3, 5
\$60

Stop Motion Animation with Stikbots (Grades 3-6)

Use Stikbots, Post-it note drawings and other figures to create stop motion animations. Change one thing in each frame, snap a new picture and compile videos to share in a film festival.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Web Page Workshop (Grades 4-8)

Work with software that will help you organize your own ideas into a web page, and design and create content that supports your concept. You will need an email address.

9:30 am-noon Wks: 4, 6
1-3:30 pm Wks: 1, 3
\$60



Cooking

Around The World (Grades 4-6)

Cook your way across the globe by experiencing a different culture and cuisine each day. Prepare traditional dishes from Greece, Israel, India and more. At the end of the week, make a recipe book to take home.

9:30 am-noon Wks: 1, 3, 5
\$60

Bread Baking & Sweet Rolls (Grades 3-6)

Tie on your apron and prepare savory and sweet delights such as cinnamon rolls, pizza dough, French bread or your own artisanal bread. Visit nearby Great Harvest Bread Company to see the experts at work.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Breakfast All The Time (Grades 4-8)

Make the most of your most important meal of the day by learning recipes for pastries, pancakes, flaky French croissants, Belgian waffles, Norwegian gjetost with jam, Costa Rican gallo pinto or Japanese miso soup with tomagoyaki.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Register for classes online
at mplscommunityed.com.

Cake Creations & Decorations (Grades 3-6)

Have your cake, and eat it, too! Bake and decorate extravagant cakes, like bundt, layer, tiered and soufflé. Learn frosting and decorating techniques, watch experts at work on a trip to Wuollet Bakery, and enter your creations into the SSP Cake Contest.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Chinese Cuisine (Grades 4-8)

Satisfy your taste buds when you learn to make homemade egg rolls, cream cheese wontons, fried and steamed dumplings, fried rice, and other Hong Kong classics using steam and stir-fry techniques.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

French Cooking: Bon Appétit! (Grades 2-4)

Cook up some of France's best dishes, such as crêpes, croissants, croque monsieurs or mousse au chocolat. Showcase your creations at a party on the last day.

9:30 am-noon Wks: 2, 4, 6
\$60

Fruit Sculptures (Grades 2-4)

Construct watermelon sculptures, Mickey and Minnie Mouse cups, fruit caterpillars and more. Even try your hand at creating your own edible flower arrangements!

1-3:30 pm Wks: 1, 3, 5
\$60

Ice Cream, Smoothies & Snow Cones (Grades 2-4)

Mix blizzards, sundaes, and smoothies, and learn to make ice cream the old-fashioned way so you can enjoy a frozen treat on a hot summer day.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Itsa' Pasta & Pizza Time (Grades 3-6)

Prepare great-tasting Italian fare, including homemade soups, entrées, desserts and pasta with a pasta roller.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

State Fair Fare (Grades 4-7)

Come to the great SSP get together! Make pronto pups, spam sushi and all of your other favorites on a stick.

9:30 am-noon Wks: 2, 4, 6
\$60

The Great Outdoors

(Grades 4-7)

Go beyond the s'more and prepare full-scale meals in the great outdoors using propane stoves, dutch ovens, solar ovens and barbecues. Rain or shine, it's time to dine.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

You Can Cook It Yourself! (Grades 2-4)

You don't have to be a grown-up to cook at home. Learn how to measure, mix, mash and more so you can create banana bread, grilled cheese, quesadillas, French toast, BLTs, sandwich wraps and other tasty dishes all by yourself.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60





Games

Arcade Creations (Grades 3-6)

Discover what goes into creating a hit arcade game through a design-and-build process. Get inspired by scientific and mechanical challenges using wires, lights, electronic parts, motors, chains, wheels and everyday objects.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Card Games (Grades 4-7)

Master entertaining card games to play on your own or with a group! Meet like-minded friends and create a game of your own.

1-3:30 pm Wks: 2, 4, 6
\$60

Chess Skills 1: Square One! (Grades 1-3)

Leap beyond checkers! Challenge yourself and improve patience, decision making, planning, imagination, and focus by playing chess.

9:30 am-noon Wks: 1, 4
1-3:30 pm Wks: 2, 5
\$60

Chess Strategies 2: Checkmate! (Grades 4-8)

Call checkmate in just two moves! Improve your analytical skills, concentration and memory, all while having fun playing chess. Participate in a tournament on the last day.

1-3:30 pm Wks: 2, 4, 6
\$60

Magic The Gathering & Beyond (Grades 4-8)

Test your sorcerer skills against others and our Magic master teachers! Strategize, build a great deck, trade with others and compete in the "Big 4" tournament for a pack of cards. Cards available for \$15.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Pokémon 1: Adventures Go! (Grades K-2)

Create your own adventures and new characters with special secret powers. Trade cards, play tag with Pikachu, sing with Jigglypuff and test your special powers in a variety of fun activities. Cards available for \$15.

9:30 am-noon Wks: 2, 3, 5, 6
1-3:30 pm Wks: 1, 3, 4, 6
\$60

Pokémon 2: Next Generation (Grades 3-7)

Pokémon players have grown up, and so has Pokémon. Learn about new Pokémon characters with enhanced powers, game-play concepts and new game strategies. Cards available for \$15.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Have questions about Super Summer at Southwest?

Call 612.668.3100 or email
dave.premack@mpls.k12.mn.us

Hobbies

3-D Modeling & Rendering (Grades 5-8)

Hit the drafting board and design your own floor plans and buildings. Use your drawings to create 3-D models of your ideas before using software to create 3-D renderings.

1-3:30 pm Wks: 1, 3, 5
\$60

CO₂ Race Car Derby (Grades 4-7)

Construct a handheld Pinewood Derby race car fueled by a CO₂ cartridge. Propel your car at jet speed for the official race on the last day.

9:30 am-noon Wks: 1, 2
noon-3:30 pm Wks: 5, 6
\$65

Fishing: Minnows & Muskies (Grades PK-8)

Spend the day at Lake Harriet and try to catch the big fish — Reginald, the 60-pound muskie. Learn how to properly bait your hooks, reel in the fish and release them. Bring a labeled fishing rod. Bait is included.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

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Hobbies

Continued from page 113

Geocaching (Grades 3-6)

Adventure outdoors to hike, explore and use a handheld GPS to locate treasure caches. Have fun searching for the loot as you learn the basics of reading a map and using a compass.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Horses & Horseback Riding (Grades 3-6, Ages 8+)

Learn about horse breeds, behavior, riding, and care. Split your time between grooming a pony and riding on the trail. You must have a signed release to ride, and wear long pants and closed-toe shoes on stable days. Fee includes transportation to and from Bunker Hills. Classes run from 9 a.m.-1 p.m. Wednesday and Thursday.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$75

Milk Carton Boat Racing (Grades 4-7)

Divide in teams to design and build your own milk carton boat to race in the Southwest pool. Life jackets provided but students should be comfortable in the water.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Have questions about SSP?

Call 612.668.3100 or email
dave.premack@mpls.k12.mn.us

Pet Care & Pet Toy Making (Grades 1-4)

Create toys for your pets and learn how to care for a wide variety of animals. If time allows, we will visit and tour Westgate Pet Clinic.

1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Photography (Grades 3-7)

Master basic concepts such as lighting and composition, use software to properly edit your photos and then print them for review. Bring your own camera each day.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 2, 4, 6
\$60

Ponies Only (Grades K-1)

Build a model ranch as you learn about horses and ponies. Do crafts, sing songs and play western games. On Wednesday, visit Bunker Hills Stables to learn how to care for ponies; wear long pants and closed-toed shoes. Class runs from 9 a.m.-1 p.m. on Wednesday. Transportation included.

9:30 am-noon Wks: 1, 3, 5
\$65

Rocketry 1: Rocketeers (Grades 3-6)

Assemble, paint and launch your own rocket as you learn about the fundamentals of rocketry.

9:30 am-noon Wks: 1, 3, 5, 6
1-3:30 pm Wks: 1, 2, 4, 6
\$65

Classes fill quickly—register now to make sure you get into your favorites! We're online at mplscommunityed.com.

Rocketry 2: Veteran Rocketeers (Grades 5-8)

Learn about the physics behind rocket propulsion and the latest developments in rocket science. Make a big rocket to launch on the last day of class. Previous rocket building experience required.

9:30 am-noon Wks: 2, 4
1-3:30 pm Wks: 3, 5
\$65

Spa-riffic: Hair-Styling, Nails & Make-Overs

(Grades 5-8)

Paint your nails, try different facials and discover unique ways to braid and decorate your hair with beads, barrettes, and ribbons. Bring a brush, comb, hairpins and hair ties to class.

9:30 am-noon Wks: 1, 3, 5
\$60

Star Wars (Grades 3-6)

A long time ago in a galaxy far, far away... the young padawans at Southwest Super Summer Program traveled the galaxy to fight evil, create their own light sabers and become official Jedi. Awaken the force in you!

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Wood Shop with Mr. Harper (Grades 5-8)

Master the "how-to's" of woodworking in a fully functional shop. Complete a project (a bookcase, spice rack or side table) where you'll cut and shape the wood, assemble and finish it!

9:30 am-noon Wks: 3, 4, 5, 6
\$60





Imagination

Bulldozers, Fire Engines & Trains (Grades PK-2)

Climb aboard as we discover all kinds of big rigs! Sit inside a real fire truck, create model construction sites and play lots of train-themed games.

1-3:30 pm Wks: 2, 4, 6
\$60

Forts & Exciting Living Spaces (Grades PK-2)

Make forts out of boxes, blankets, tubes and tunnels. Set up a tent, and design your own tree fort.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

How to Be a Private Detective (Grades PK-2)

There's a mystery to solve and we need your help catching the culprit! Make wanted signs, interview suspects, go undercover and solve the mystery.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Jungle Adventures (Grades PK-2)

Swing into the safari and find animal friends, play themed games, practice jungle calls and learn how to dance like your favorite animal.

1-3:30 pm Wks: 1, 3, 5
\$60

Kindercamp (Grades PK-K)

Make unique art projects, sing funny songs, play exciting games, use your imagination, read wonderful books and act out stories in a class designed just for our youngest of participants.

9:30 am-noon Wks: 1, 3, 5
\$60

Magic Tree House (Grades PK-2)

Travel with Jack and Annie aboard the Magic Tree House to visit different times and places. Read a couple of Magic Tree House adventures and create crafts to go with each story.

1-3:30 pm Wks: 1, 3, 5
\$60

Mermaids & Unicorns

(Grades PK-2)

Learn the mythology of mermaids and unicorns as you create stories, do crafts and play games.

9:30 am-noon Wks: 2, 4, 6
\$60

Pixie Hollow: You're The Fairy (Grades PK-2)

Become a fairy in Pixie Hollow just like Tinkerbell and her friends. Make a pair of wings, add pixie dust and find your talent.

1-3:30 pm Wks: 2, 4, 6
\$60

Superheroes (Grades PK-2)

Explore the world of superheroes from comic books, film and TV before you create your own. Write a backstory, test your powers and save the day!

9:30 am-noon Wks: 2, 4, 6
\$60

Underwater Explorers (Grades PK-2)

Dive into adventure as you explore the deep sea. Travel by submarine to discover what plants and fish are in the sea and search for Nemo and Dory.

9:30 am-noon Wks: 1, 3, 5
\$60





Performing Arts

Audition Techniques For The Theatre (Grades 6-8)

Find the audition piece that plays to your strengths, create an acting résumé, prepare a monologue, and work on a song or dance combination. Participate in a mock audition and get feedback to help you refine your presentation.

9:30 am-noon Wks: 2, 4
\$60

Broadway, Here We Come! (Grades 3-6)

Turn the lights on, pull the curtain up! Learn the proper ways to move and speak on stage. Use popular shows for inspiration as you write your own show, select costumes and props, and perform on the last day of class.

9:30 am-noon Wks: 1, 2, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 6
\$60

Comedy Sketches & Improvisation (Grades 6-8)

Write and perform laugh-out-loud comedy sketches from observing everyday life, just like they do at Comedy Sports or on Saturday Night Live. Fine-tune the art of improv acting by playing popular games and wrap up the week with an improv showcase!

9:30 am-noon Wks: 3
1-3:30 pm Wks: 5
\$60

Dance Sampler (Grades 1-3)

If you love to move, come sample a variety of dance styles, including ballet, tap, modern and jazz. Choreograph an original dance and perform on the last day.

9:30 am-noon Wks: 1, 3, 5
\$60

Dancing Through Time (Grades 5-8)

Travel through time as you learn a new dance each day. Practice the tango, Charleston, Lindy hop, jive, moonwalk, robot and more.

9:30 am-noon Wks: 2, 6
\$60

Guitar for Beginners (Grades 3-7)

You don't need to know how to read music to enjoy this class. Practice strumming, finger-picking, melodies and songs. Build your guitar skills by learning simple folk and rock songs. Bring your own guitar each day.

9:30 am-noon Wks: 4, 6
\$60

Hip Hop Dance (Grades 3-6)

Bust a move while you learn the foundations of break dance and urban styles. Perform cool dance tricks in a show on the last day. Wear comfortable clothes and tennis shoes, and bring a water bottle.

1-3:30 pm Wks: 1, 3, 5
\$60

Pitch Perfect: A Cappella (Grades 4-8)

Engage in vocal exercises and proceed to create an a cappella song, just like in "Pitch Perfect." Layer vocal bass, percussion and harmonies to today's most popular songs.

9:30 am-noon Wks: 5
1-3:30 pm Wks: 3
\$60

Song Writing (Grades 4-8)

Everything in life can inspire the perfect set of lyrics. Study current and former songwriters, and learn about the structure of songs, including the verse, chorus and bridge. Write a rock and roll song, a slow ballad or a rap.

9:30 am-noon Wks: 4, 6
\$60

Theatre Behind the Scenes (Grades 6-8)

See what happens behind the curtain in the world of technical theater. Understand what it takes to put on a play when you identify the needs of scenery, costumes, make-up, lighting, sound and props.

9:30 am-noon Wks: 3
1-3:30 pm Wks: 5
\$60

Triple Threat! (Grades 6-8)

Learn to sing, act and dance like a Broadway star! Practice dances from Tony award-winning shows like Hairspray or Hamilton while exploring your character acting and vocal technique. End the class with a musical theater showcase.

1-3:30 pm Wks: 2, 4, 6
\$60





Science

Bees, Bugs, Beetles & Butterflies (Grades PK-2)

Explore the world of insects. Find out if bees have air conditioners, why ants live on a farm, and why butterflies go south for the winter. Take an insect safari to the Trolley Garden maintained by the Southwest High School Green Team.

1-3:30 pm Wks: 2, 4, 6
\$60

Biology Experiments (Grades 5-8)

Look inside yourself to find out about your senses, and nervous, circulatory and digestive systems. Dissect sheep hearts to see how the heart pumps blood to the entire body and sheep brains to learn the difference between a cerebellum and cerebrum.

1-3:30 pm Wks: 2, 4
\$60

Bubbles, Bubbles & Silly Goo (Grades PK-2)

Find the fun in gunk. Mix secret potions to create goo, slime, Oobleck and bubbles. Come dressed for mess.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm Wks: 1, 2, 3, 4, 5, 6
\$60

Dinosaurs: Dig Those Dinos (Grades PK-2)

Discover giant, meat-eating, duck-billed, horned, armored and plated dinosaurs. Explore the history, habits and habitats of these great dinosaurs.

1-3:30 pm Wks: 1, 3, 5
\$60

Electronics (Grades 5-8)

Zap! Let your hair up with circuits, motors and magnets. From potato powered clocks to perpetual motion machines, the magical world of electricity will shock your socks off.

9:30 am-noon Wks: 2, 4, 6
\$60

Experiments for the Very Young (Grades PK-1)

Learn the mysteries of outer space, perform experiments with water, discover the magic of light and sound, and more. Harness an understanding of the wonders around us.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Fun With Science (Grades 2-4)

The world is filled with fascinating mysteries. How do magnets work? Why do volcanoes erupt? If we magnify a drop of water, what will we find? Conduct exciting experiments to learn the answers to these and other questions.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Out of This World! (Grades 1-3)

Explore the wonders of planets and black holes. Design brochures and make a 3-D model of your own planet, create alien friends and snack on astronaut ice cream.

9:30 am-noon Wks: 1, 3, 5
\$60

Wacky Inventions & Sneaky Stuff (Grades 1-3)

Discover what it takes to become an inventor by doing experiments with everyday household items, like generating electricity with a potato or making plastic out of milk.

9:30 am-noon Wks: 2, 4, 6
noon-3:30 pm Wks: 1, 3, 5
\$60

Have questions about SSP?

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dave.premack@mpls.k12.mn.us

Sports & Recreation

Badminton & Pickleball (Grades 4-8)

Learn the old and the new in this combination class. Pass birdies over a net in badminton before you take the concepts to the next level with pickleball.

9:30 am-noon Wks: 1, 4
1-3:30 pm Wks: 5
\$60

Basketball—Beginner (Grades 2-5)

Up your game by improving your dribbling, passing, teamwork strategy and shots while enjoying a great workout.

9:30 am-noon Wks: 2, 4, 6
1-3:30 pm Wks: 1, 3, 5
\$60

Basketball—Advanced (Grades 4-8)

If you're an advanced player, join us to take on others at your level. Improve your technical skills and brush up on your basics before competing in a tournament on the last day.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

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Sports & Rec.

Continued from page 117

Bicycle Tours & Maintenance (Grades 4-6)

Join us for biking adventures to nearby lakes and parks. Receive instruction on safety, maintenance and hands-on repair. Learn how to properly fix flat tires, lubricate your gears and chains, change or adjust your gear and brake cables, and adjust your seat and handlebars. Bring your bike, a bike lock, a helmet, snacks and a water bottle.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
	\$60

Cross Country Running (Grades 5-8)

Lace up your running shoes and hit nearby trails for some great exercise.

9:30 am-noon	Wks: 1, 3, 5
	\$60

Flag Football—Beginner (Grades 2-5)

Learn rules, strategies and plays while you enjoy this non-tackle sport.

9:30 am-noon	Wks: 2, 4
1-3:30 pm	Wks: 3, 5
	\$60

Flag Football—Advanced (Grades 4-8)

Seasoned pros: hone your skills and study plays to execute a great game plan in a non-tackle environment.

9:30 am-noon	Wks: 1, 3, 5, 6
1-3:30 pm	Wks: 1, 2, 4, 6
	\$60

Floor Hockey—Beginner (Grades 1-3)

Grab your sticks and sharpen your hockey skills—no skates required. Work with teammates to pass, shoot and score.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Floor Hockey—Advanced (Grades 4-7)

Shoot, pass, tend goal and practice your break away while enjoying active hockey play in our tournament.

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Lacrosse (Grades 4-7)

Experience and learn the history of one of the fastest growing sports in the country. Practice passing, cradling, shooting and fine-tuning your offensive and defensive skills.

9:30 am-noon	Wks: 2, 4, 6
	\$60

Ping Pong (Grades 5-8)

Players of all levels are welcome to compete in this Olympic sport. Master the rules, strategies and strokes to play in this fast-paced environment.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Quidditch: Get Your Broom! (Grades 4-7)

Be a seeker, a chaser, a keeper, a beater or even the snitch. Learn how to hold your broomstick and use the official rules of the International Quidditch Association to play this exciting game! Bring your broomstick.

1-3:30 pm	Wks: 2, 4, 6
	\$60

Soccer—Beginner (Grades 2-5)

Calling all soccer fans! Learn all the basic soccer skills, such as dribbling, passing, heading and trapping. Don't miss the fun and the action!

9:30 am-noon	Wks: 1, 3, 5
1-3:30 pm	Wks: 2, 4, 6
	\$60

Soccer—Advanced

(Grades 4-8)

Scrimmage with other experienced players and hone your skills-set to strengthen your competitive play.

9:30 am-noon	Wks: 2, 4, 6
1-3:30 pm	Wks: 1, 3, 5
	\$60

Sports & Recreation Games—Beginner

(Grades PK-2)

Hit the field and enjoy ball games, different types of tag, team-building, slip-n-slides and fun with parachutes.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Sports & Recreation Games—Advanced

(Grades 3-7)

Hone your teamwork as you play capture the flag, ultimate Frisbee, spud, space ball, kickball and more.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Tennis—Beginner (Grades 2-5)

15-Love! Master the grip and position of the racket, and basic strokes like the forehand, backhand, volley and serve. Bring a labeled racket each day.

9:30 am-noon	Wks: 1, 2, 3, 4, 5, 6
1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60

Tennis—Advanced (Grades 4-8)

Brush up on your forehand, backhand, volley and serve, and perfect your in-game strategy. Compete in a tournament and master this world-renowned game. Bring a labeled racket each day.

1-3:30 pm	Wks: 1, 2, 3, 4, 5, 6
	\$60



Track & Field Olympics

(Grades 3-6)

Learn all of the Minnesota High School League events: relays, shot put, discus, hurdles, high and long jumps, pole vault and javelin.

9:30 am-noon Wks: 1, 2, 3, 4, 5, 6
\$60

Tumbling Tumbleweeds

(Grades K-2)

See the world from a new angle — upside-down! Practice cartwheels, somersaults, hand-stands, leaps and more. Complete exercises and perform a gymnastics routine on the last day.

9:30 am-noon Wks: 1, 3, 5
1-3:30 pm Wks: 2, 4, 6
\$60

Ultimate Frisbee Challenge

(Grades 5-8)

Pass the disc! Learn all the rules, strategies and techniques in this fast-paced game. End class with an ultimate tournament!

9:30 am-noon Wks: 2, 6
1-3:30 pm Wks: 1, 5
\$60

Volleyball–Beginner

(Grades 2-5)

Learn team strategy, positioning, serves, volleys and set-ups. Work on skill-building and warm-ups before hitting the court for competitive play.

9:30 am-noon Wks: 3, 6
1-3:30 pm Wks: 1, 4
\$60

Volleyball–Advanced

(Grades 4-8)

Hit the court for advanced play. Brush up on your skills, and develop a game plan for a tournament.

9:30 am-noon Wks: 2, 5
1-3:30 pm Wks: 3, 6
\$60

Yoga & Pilates (Grades 5-8)

Explore different styles of yoga and develop your own moves. Spend the week stretching your mind and body.

9:30 am-noon Wks: 1, 3
\$60

Southwest SSP Trek Program

The TREK program emphasizes environmental awareness through three recreation activities: canoeing, hiking and biking. You'll gain a better understanding of the environmental issues that affect personal, societal and global health and learn about efforts to reduce, reuse and recycle. Bring a bag lunch, water and snacks each day! All three activities are offered each week.

Mon-Thu, 9:30 am-3:30 pm • Offered Weeks 1-6

For youth ages 12-14 • Cost: \$125/Week



The Bike Trek

Learn how to prepare yourself and bike for an extended trip by dealing with minor bike maintenance and instruction by repairing common bicycle problems. Take an all-day trip on the Hopkins-Cedar or Luce Line Trails which is a 15-20 mile ride. The environmental component of this trip will deal with air quality, air purification and cleaning devices, air pollutants and allergens. You'll learn how air quality is tested, what devices "clean" the air and how effective these devices are in removing allergens and pollutants from residential and/or commercial applications/environments. Please check over your bike to make sure the tires are inflated fully and that the brakes function properly. A bicycle helmet, water bottles and a good lock is also required.

The Canoe Trek

Canoe on Lake of the Isles and Cedar Lake. To participate, you must demonstrate basic swimming skills and be able to handle yourself in deep water. We will have our Water Safety Instructors confirm your water skills on the first day of class (bring your swimsuit!). After the water test, you'll also review canoeing skills at Lake Calhoun. In addition, you'll conduct a formal water test and learn about water treatment, the methods and effectiveness of water purification and sources of water pollution. The fee covers the cost for the canoe, paddles and required life jackets.

The Hiking Trek

Learn the basics of rock-climbing, hiking and backpacking. Hike and explore the Minnehaha Falls area and study the geological characteristics of the area; examining the impact and consequences of human activity. You'll also learn how we process garbage, what is actually done with our recyclables, and the sources and consequences of ground pollutants.

Register for Trek online at mplscommunityed.com or use the registration form on page 121 plus the permission form on page 123. Trek registrations will not be processed without the permission form.

Have questions about the Trek program?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us

Trek Program Information



Who can participate in Trek?

The program is open to any student who is 12-14 years old—there are no exceptions to this age requirement.

When can I register for Trek?

You can register for the Trek program immediately. Plan ahead, so that you can register your child with his or her friends. Use the regular registration form on page 121 and the parent permission slip on page 123.

Is there a limit to how many people can attend a Trek program?

Yes. Each Trek is limited to 15 participants per week. Once it's full, it's full. We will, however, sign up 2 additional participants on a waitlist to accommodate cancellations prior to each Wednesday.

What are the refund and transfer policies for Trek?

The Trek refund and transfer policies are same as the rest of our summer classes. Please see the SSP Policies below for more details.

Do I have to sign the permission slip to complete my registration?

Yes. Your child will not be allowed into the Trek program until we receive a permission slip.

Where and when do the students meet for the Trek Program?

They meet outside the Commons area where all the other SSP activities meet—see the map on page 107.

What happens if bad weather interferes with trip plans?

We will substitute the trip with a different activity that is not dependent on the weather. We will, if possible, reschedule the trip, or refund the trip expenses if we are unable to do so.

Have questions?

Call our office at 612.668.3100 or email Dave.Premack@mpls.k12.mn.us.

Super Summer Program Policies

What is the registration deadline?

Registration is on a first-come, first-serve basis. We encourage you to register early. We will continue to accept registrations throughout the summer for any remaining open classes. Please note that online registration will close at 4 p.m. the Wednesday before a class begins. You can however, register in-person the first day of class beginning at 8:30 a.m. All registrations will be confirmed via email once processed.

What is the refund policy?

You are eligible for a refund until 4 p.m. the Wednesday before the class begins. There will be a \$15 processing fee per child, per class, charged for all refunds unless we cancel the class, in which case a full refund will be issued. **No refunds can be issued after 4 p.m. the Wednesday before the class begins, regardless of the reason.** Phone messages left after 4 p.m. Wednesday will not be honored.

What is the transfer policy?

All transfers to other classes need to be made in person or by phone at 612.668.3100 no later than 4 p.m. the Wednesday before each week.

What is the guest policy?

All guests need prior approval from our office, NOT the teacher. The cost for approved guests is \$15 per day, per class. We cannot admit guests to full classes. Guests are limited to two program days. Please contact us one program day in advance to inquire if a guest can be accommodated in a class.

How do I get a receipt for a class?

Your email confirmation acts as your receipt. Should you require additional documentation, please contact our office after July 27.

Have questions?

Call our office at 612.668.3100 or email Dave.Premack@mpls.k12.mn.us.

Four Easy Ways to Register

1. Online

Using your Discover, Visa or MasterCard to pay, go to mplscommunityed.com.

2. By Mail

Mail the registration form on page 121 with your credit card information or a check or money order made payable to *Special School District #1* to:

Southwest Community Ed.
3414 W. 47th St.
Minneapolis, MN 55410

3. By Phone

Credit Card payments only—Discover, MasterCard or Visa. You may also call for more information about our programs.

612.668.3100

4. In Person

Office hours are Monday through Thursday 3-9 pm before the program begins and Monday through Thursday 8:30 am to 4 pm during the program.

Confirmations

Confirmations will be emailed to persons who register. If you do not have an email address, you may call to confirm your registration. We will only call if you did not get a spot in the class.

Cancellations & Refunds

All refunds and transfers must be made before 4 pm on the Wednesday before the class starts. If you elect to cancel, a \$15 processing fee per class per child will be deducted from your refund.

Registration Form for Southwest SSP Classes, PSSP & Trek

Child's Name: _____ Birthdate: _____ ☐ M ☐ F Grade: _____

Address: _____ City, State, Zip: _____

Parent/Guardian 1: _____ Parent/Guardian 2: _____

PG1 Cell/Work Phone: _____ PG2 Cell/Work Phone: _____

PG1 Home Phone: _____ PG2 Home Phone: _____

PG1 Email: _____ PG2 Email: _____

Does this child have special needs, medical conditions or allergies? ☐ Yes ☐ No

If yes, Please identify: _____

PSSP 8:15-9:15 am	MORNING CLASSES ■ 9:30 am-noon	AFTERNOON CLASSES ■ 1-3:30 pm
<input type="checkbox"/> Fee: \$20	Week 1 - AM (June 19-22) Class/Trek: _____ Fee: \$ _____	Week 1 - PM (June 19-22) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 2 - AM (June 26-29) Class/Trek: _____ Fee: \$ _____	Week 2 - PM (June 26-29) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 3 - AM (July 3-7; no class July 4) Class/Trek: _____ Fee: \$ _____	Week 3 - PM (July 3-7; no class July 4) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 4 - AM (July 10-13) Class/Trek: _____ Fee: \$ _____	Week 4 - PM (July 10-13) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 5 - AM (July 17-20) Class/Trek: _____ Fee: \$ _____	Week 5 - PM (July 17-20) Class/Trek: _____ Fee: \$ _____
<input type="checkbox"/> Fee: \$20	Week 6 - AM (July 24-27) Class/Trek: _____ Fee: \$ _____	Week 6 - PM (July 24-27) Class/Trek: _____ Fee: \$ _____

Payment Method: ☐ Cash ☐ Check ☐ Credit Card **Total Fees: \$ _____**

Card Type: ☐ Discover ☐ MasterCard ☐ Visa Cardholder Name: _____

Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____/____

Parental Consent: The child listed above has my consent to attend the Minneapolis Community Education programs indicated. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools) responsible or liable for accidents, or loss or damage of property. I also give my consent for this child to walk or bike off of school grounds and/or to participate in activities if these are part of a class/program activity.

Photo/Media & Informational Release (Check if permission is granted)

☐ I give permission for my child to be included in television or still photographs representing Minneapolis Community Education programs. Photos/images may appear in newsletters, promotional brochures, on program websites and program materials.

☐ I give permission for my child to participate in informational surveys regarding services provided by Minneapolis Community Education and for general data collection to inform program planning. All surveys and data collected will be kept confidential.

How will your child get home after classes? (Check one)

☐ My child has permission to walk/bike home and/or meet their ride outside at the end of their day.

☐ Someone will come inside to meet them and their teacher at the class sign for release.

➡ **Parent/Guardian's Signature:** _____ **Date:** ____/____/____

Please return this form with your payment to:

Southwest Community Education, Attn: Southwest Super Summer Program, 3414 W. 47th St., Minneapolis, MN 55410

Have Questions? Call us at 612.668.3100 or email dave.premack@mpls.k12.mn.us.

Southwest Summer Swimming Program



No swimming Tuesday, July 4.

Open Swim

Enjoy time with your family in the water. Children must be at least 4 years old, potty-trained and accompanied by a caregiver. Fee covers a family of four. Additional family members are \$5 each. **Fee: \$30**

Jun 19-Jul 27 12:15-1 pm +
1:40-2:10 pm

Parent & Child (Ages 3-4)

Learn support techniques for moving your child through the water. Learn water entry, bubble blowing, front kicking, backfloating and underwater exploration. One adult per child. Bring your child's favorite bath toy. Fee includes both parent and child. **Fee: \$55**

Jul 17-Jul 27 9:10 am-9:40 am

Private Lessons

Participate in 8 30-minute private lessons during the dates and times listed below. To schedule, email silvia.ihme@mpls.k12.mn.us or call 612.501.3922. **Fee: \$120 for one person, \$200 for two, \$320 for three.**

Jun 19-Jul 27 9:10 am-2:10 pm

Have questions about Southwest swim programs?

Call 612.668.3100 or email dave.premack@mpls.k12.mn.us

Swimming 1: Introduction to Water Skills (Ages 5+)

Participants will learn about entering and exiting the water, how to submerge their mouth, nose, and eyes while blowing bubbles, how to float on their front and back with support, and more. **Fee: \$55**

Jun 19-Jun 29 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
Jul 3-Jul 13 9:10-9:40 am

Swimming 2: Fundamental Aquatic Skills (Ages 5+)

Participants will learn about entering the water by stepping or jumping from the side, submerging their entire head in water, retrieving a submerged object, swimming on their front and back unsupported, and more. **Fee: \$55**

Jun 19-Jun 29 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm
Jul 3-Jul 13 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm
Jul 17-Jul 27 9:45-10:15 am
10:20-10:50 am
1:05-1:35 pm

Swimming 3: Stroke Development (Ages 5+)

Participants will learn about jumping into deep water from the side, rotary breathing with the body in a horizontal position, treading in deep water for 30 seconds, swimming the butterfly kick 15 feet, and more. **Fee: \$55**

Jun 19-Jun 29 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm

Jul 3-Jul 13 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30 am-noon
1:05-1:35 pm

Jul 17-Jul 27 9:10-9:40 am
9:45-10:15 am
10:20-10:50 am
11:30-12 pm
1:05-1:35 pm

Swimming 4: Stroke Improvement

Participants will need to swim underwater three body lengths, survival float on their front and back for one minute in deep water, do the front and back glide two body lengths, tread water for one minute, swim on their front and back 25 yards, and do the breaststroke, butterfly, and elementary backstroke 15 yards. **Fee: \$55**

Jun 19-Jun 29 10:55-11:25 am
11:30 am-noon
1:40-2:10 pm

Jul 3-Jul 13 10:55-11:25 am
11:30-12 pm
1:40-2:10 pm

Jul 17-Jul 27 9:10-9:40 am
10:55-11:25 am
11:30 am-noon
1:40-2:10 pm

Register for classes online at mplscommunityed.com.

Swimming 5: Stroke Refinement

Participants will need to shallow dive from the side, glide two body lengths and begin any front stroke, swim underwater 15 yards, do tuck and pike surface dives, survival float on their front and back two minutes, tread water with two different kicks 2 minutes; front crawl and back crawl 50 yards; and butterfly, breaststroke, elementary backstroke, and sidestroke 25 yards. **Fee: \$55**

Jun 19-Jun 29 10:55-11:25 am

Jul 3-Jul 13 9:45-10:15 am
10:55-11:25 am

Jul 17-Jul 27 9:45-10:15 am
10:55-11:25 am

Swimming 6: Swimming & Skill Proficiency

Participants must have completed the Level 5 requirements. This class refines strokes in order to swim with more ease, efficiency, power and smoothness for longer distances. **Fee: \$55**

Jun 19-Jun 29 10:55-11:25 am

Jul 3-Jul 13 10:55-11:25 am

Jul 17-Jul 27 10:55-11:25 am

Swimming FAQs:

Are swim caps required?

Yes. Any swimmer with hair shoulder-length or longer will have to wear a swim cap regardless if the hair is braided or tied. Caps and goggles are available to purchase for \$5 each.

Where do I go for lessons?

Come to the new main door of the center addition of Southwest High School (Door #1 at W. 47th St. and Beard Ave.) or the cul-de-sac on the North side of the addition (Door #15; just up the street from W. 46th St and Beard Ave.). See pages 106-107 for map and parking information.

2017 Southwest Summer Swimming Registration Form

PLEASE PRINT ALL INFORMATION

Parent/Guardian's Name: _____

Address: _____

City, State, Zip: _____

Parent/Guardian Phone: _____

Parent/Guardian Email: _____

Student Name: _____

Swim Class Level: _____ (ex. 3A)

Date: _____ Time: _____ Fee: \$ _____

Payment Options:

☐ **Check** (Make payable to Southwest Swimming Program)

☐ **Credit Card** ☐ Discover ☐ MasterCard ☐ Visa

Card Number: _____ Exp. Date: _____
_____-_____-_____-_____-_____/_____/_____

Cardholder Name: _____

Trek Program Parental Permission Form

I give permission for my child, (print name)

to attend the Trek Program for the week(s) that I have indicated below:

☐ **Week 1:** June 19-22

☐ **Week 4:** July 10-13

☐ **Week 2:** June 26-29

☐ **Week 5:** July 17-20

☐ **Week 3:** July 3-9

☐ **Week 6:** July 24-27

I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools), Southwest Community Education or its staff responsible or liable for accidents, injuries, or loss or damage of property.

I am also acknowledging and attaching a detailed explanation of any health condition or health problem that my child has so that the Trek staff is aware of them. I am including a physician's written approval for my son or daughter to participate in the Trek Program if he or she does have a health condition or health problem that presents a risk to his or her health or well-being as a participant in the activities and trips of the Trek Program. I also give my consent for my child to walk or bike off school grounds and to participate in activities if a part of the class or program.

Parent's Signature: _____

Date: ____/____/____

Beacons Summer of Leadership 2017

For students entering Grades 1-8

Join Community Education Beacons for a summer of hands-on learning, enrichment activities, field trips and much more! Free breakfast and lunch served daily. Transportation from park stops will be provided.

**Jun 19-Jul 27,
Mon-Fri, 9 am-3 pm**

**Held at North High School,
1500 James Ave. N.**

For more information, visit
youth.mpls.k12.mn.us/summer.

Loring Leaders Summer Camps

For students entering Grades 1-6

Discover the summer at Loring. Each week, children will have the chance to sign up for camps that will meet Monday through Thursday. Camps will offer activities in areas of STEM, fine arts, sports and technology. Field trips will be offered every Friday for an additional fee.

Jun 19-Aug 11, Monday-Thursday

Morning Summer Camp • 8 am-noon • \$40/Week

Afternoon Summer Camp • Noon-4 pm • \$40/Week

Full Day Summer Camp • 8 am-4 pm • \$70/Week

Held at Loring Community School, 2600 N. 44th Ave.

Register for Loring Leaders online at mplscommunityed.com.
For more information, contact Devin Nelson at 612.668.2077
or email Devin.Nelson@mpls.k12.mn.us.



Collaborate & Learn Together!

Register your child for CAHOOTS, an 8-week self-paced program for children in grades K-5 to complete at home using engaging and entertaining activity books.

You will receive:

- A summer workbook, and 8 weekly reflection postcards to exchange with your CAHOOTS buddy
- Online answer keys
- An end of the summer field trip if you submit all the weekly postcard reflections!



Summer Learning Activity Books

For Kids in Grades K-5

Subjects offered:

Language Arts	\$38
Math	\$38
Take both for	\$62

Program runs June 19-August 11.

Register online at mplscommunityed.com

Registration starts March 6 and closes May 5.
Partial scholarships are available.

Have questions? Contact Heidi Gegax at 612.668.3809 or Heidi.Gegax@mpls.k12.mn.us

Ramsley Musical & Technical Theatre Camps

Held at Ramsley Middle School, 1 W. 49th St.

Musical Theatre Camp (Grades 6-9)

Sing and dance your way to a showcase performance for your friends and family. Go on a journey through the songs from your favorite movies and shows, learn new songs, practice dance steps, and build your confidence. Offered in collaboration with Washburn High School Theatre.

Mon-Thu Jun 19-22
9:15 am-3:15 pm \$80

Ramsley Summer Musical (Grades 6-10)

Calling all singers, dancers and actors! Enjoy six weeks of intensive rehearsals before performing a 60-minute junior version of a popular musical August 3, 4 and 5 at 6:30 pm. Check the registration site March 6 for the title of this summer's show.

Mon-Thu Jun 26-Aug 2
Noon-3:30 pm \$200*

*Register before May 1 for \$175.

Technical Theatre & Costume Camp (Grades 6-10)

Learn about all the technical theater elements, including lights, sound, set, props, costumes and stage management. Then, practice your skills serving on the tech crew for the Ramsley summer musical August 3, 4 and 5 at 6:30 p.m.

Mon-Thu Jul 24-Aug 2
Noon-3:30 pm \$95

Register online at mplscommunityed.com or contact JoEllyn Jolstad at 612.668.3450 or email JoEllyn.Jolstad@mpls.k12.mn.us.

Sports/Arts Plus at Webster (Grades K-5)

Discover the summer with Webster Sports/Arts Plus! Every day, rotate your time between a variety of activities in the areas of STEM, fine arts, sports and technology. We kick off the day with a whole group meeting and end together with cheers, chants, and community. While every day has the same rotation of classes, each week brings a new theme. Everyone is welcome to enjoy a free lunch and snack provided by the schools before noon.

On Thursdays, take an exciting field trip for an additional fee (register separately; more details below).

June 19-July 28 • Mon-Wed, Fri, Noon-5 pm

Cost: \$250; \$200 before April 1

Held at Webster Elementary School, 425 5th St. NE.

For more information, contact Andrew Gramm at 612.668.2108 or email Andrew.Gramm@mpls.k12.mn.us.

Sports/Arts Plus Thursday Field Trips

Field trips are for students already participating in Sports/Arts Plus at Webster. Students must wear their Sports/Arts T-shirt.

Week 1: Elm Creek Pond

Make a splash at Elm Creek! This sand-bottom chlorinated swimming pond is the place for fun. A lifeguard is on duty and monster water games are on deck.

Jun 22 Noon-5 pm
\$16

Week 2: Science Museum of Minnesota

Explore the Science Museum with a focus on the Mississippi River and the Dakota and Ojibwe people. We will also delve into pre-history in the museum's dinosaur collection.

Jun 29 Noon-5 pm
\$16

Week 3: Zero Gravity

Jump into fun at Zero Gravity! There are fields of trampolines, a dodge ball course, a foam pit for spectacular leaps, a climbing wall, and laser tag.

Jul 6 Noon-5 pm
\$16

Week 4: Brunswick Zone

The fun starts with unlimited bowling and keeps going! We will also have passes that can be used for laser tag or arcade games.

Jul 13 Noon-5 pm
\$16

Week 5: Minnesota Zoo

Learn about the adaptations your favorite animals use to survive and thrive. Have close encounters with animals and learn how they respond to a changing world.

July 20 Noon-5 pm
\$16

Week 6: Jim Lupient Water Park

Pack your towel, sunscreen and shades for an afternoon at Jim Lupient water park! Lupient has plenty of fun in store with water volleyball, water slides, and more.

July 27 Noon-5 pm
\$16

Webster Trek Program

The TREK program emphasizes environmental awareness through three recreation activities: canoeing, hiking and biking. You'll gain a better understanding of the environmental issues that affect personal, societal and global health and will learn about efforts to reduce, reuse and recycle. Bring a bag lunch, water and snacks each day! All three activities are offered each week.

Offered Weeks 1-6 • Mon-Wed, Fri, Noon-5 pm

Cost: \$150/Week; \$100/Week before April 1

Held at Webster Elementary School, 425 5th St. NE.

For more information, contact Andrew Gramm at 612.668.2108 or email Andrew.Gramm@mpls.k12.mn.us.



Biking Trip (Grades 6-8)

Learn how to prepare yourself and bike for an extended trip by dealing with minor bike maintenance and instruction by repairing common bicycle problems. Take an all-day trip on the Hopkins-Cedar and the Grand Rounds Scenic Byway. The environmental component of this trip will deal with air quality, air purification and cleaning devices, air pollutants and allergens. You'll learn how air quality is tested, what devices "clean" the air and how effective these devices are in removing allergens and pollutants from residential and/or commercial applications/environments. Please check over your bike to make sure the tires are inflated fully and that the brakes function properly. A bicycle helmet, water bottles and a good lock is also required.

Canoeing Trip (Grades 6-8)

To participate, you must demonstrate basic swimming skills and be able to handle yourself in deep water. We will have our Water Safety Instructors confirm your water skills on the first day of class (bring your swimsuit!). After the water test, you'll also review canoeing skills. You'll also conduct a formal water test and learn about water treatment, the methods and effectiveness of water purification and sources of water pollution. The fee covers the cost for the canoe, paddles and required life jackets.

Hiking Trip (Grades 6-8)

Learn the basics of rock-climbing, hiking and backpacking. Hike and explore the St. Anthony Falls area and study the geological characteristics of the area; examining the impact and consequences of human activity. You'll also learn how we process garbage, what is actually done with our recyclables, and the sources and consequences of ground pollutants.

Register for Trek online at mplscommunityed.com or use the registration form on page 127. Be sure to read and check the Trek Parent Permission; registrations are not complete without parental permission.

Four Easy Ways to Register

1. Online

Using your Discover, Visa or MasterCard to pay, go to mplscommunityed.com.

2. By Mail

Mail the registration form on page 127 with your credit card information or a check or money order made payable to *Special School District #1* to:

Webster Community Ed.

Attn: Andrew Gramm
Webster Summer Programs
425 5th St. NE
Minneapolis, MN 55413

3. By Phone

Credit Card payments only—Discover, MasterCard or Visa. You may also call for more information about our programs or to inquire about fee reductions.

Andrew Gramm

612.668.2108

4. In Person

Please call **612.668.2108** for office hours.

Confirmations

Confirmations will be emailed to persons who register. If you do not have an email address, you may call to confirm your registration. We will only call if you did not get a spot in the class.

Cancellations & Refunds

If a class is canceled due to low enrollment, a full refund will be granted. Participants who drop out of a class at least three business days in advance of the start date will receive a full refund minus a \$10 per class processing fee.

Registration Form for Webster Sports/Arts Plus & Trek Programs

Child's Name: _____ Birthdate: _____ ☐ M ☐ F Grade: _____

Address: _____ City, State, Zip: _____

Parent/Guardian 1: _____ Parent/Guardian 2: _____

PG1 Cell/Work Phone: _____ PG2 Cell/Work Phone: _____

PG1 Home Phone: _____ PG2 Home Phone: _____

PG1 Email: _____ PG2 Email: _____

Does this child have special needs, medical conditions or allergies? ☐ Yes ☐ No

If yes, Please identify: _____

Webster Sports/Arts Plus

☐ Grades K-5: \$200 before April 1

☐ Grades K-5: \$250 after April 1 \$_____

T-shirt size: ☐ Small ☐ Medium ☐ Large

Sports/Arts Plus Field Trip Fees \$_____

Total Sports/Arts Plus Fees \$_____

Webster Trek Program

☐ \$100/Week before April 1 ☐ \$150/Week after April 1

Weeks: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 \$_____

Total Trek Program Fees \$_____

Total Fees: \$_____

☐ Trek Program Parent Permission (Required)

I give permission for my child to attend the Trek Program for the week(s) that I have indicated on the registration form. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools), Minneapolis Community Education or its staff responsible or liable for accidents, injuries, or loss or damage of property. I am also acknowledging and attaching a detailed explanation of any health condition or health problem that my child has so that the Trek staff is aware of them. I am including a physician's written approval for my child to participate in the Trek Program if he or she does have a health condition or health problem that presents a risk to his or her health or well-being as a participant in the activities and trips of the Trek Program.

Payment Options:

☐ Check (payable to Special School District No. 1) ☐ Credit Card ☐ Discover ☐ MasterCard ☐ Visa

Cardholder Name: _____ Card Number: _____ Exp. Date: _____
 _____ - _____ - _____ - _____ / _____ / _____

Parental Consent: The child listed above has my consent to attend the Minneapolis Community Education programs indicated. I believe the necessary precautions and supervision will be provided. I consent to my child attending and do not hold Special School District 1 (Minneapolis Public Schools) responsible or liable for accidents, or loss or damage of property. I also give my consent for this child to walk or bike off of school grounds and/or to participate in activities if these are part of a class/program activity.

Photo/Media & Informational Release (Check if permission is granted)

☐ I give permission for my child to be included in television or still photographs representing Minneapolis Community Education programs. Photos/images may appear in newsletters, promotional brochures, on program websites and program materials.

☐ I give permission for my child to participate in informational surveys regarding services provided by Minneapolis Community Education and for general data collection to inform program planning. All surveys and data collected will be kept confidential.

How will your child get home after classes? (Check one)

☐ My child has permission to walk/bike home and/or meet their ride outside at the end of their day.

☐ Someone will come inside to meet them and their teacher at the class sign for release.

➡ Parent/Guardian's Signature: _____ Date: ____/____/____

Please return this form with your payment to:

Webster Community Education, Attn: Andrew Gramm/Webster Summer, 425 5th St. NE, Minneapolis, MN 55413

Have Questions? Contact Andrew Gramm at 612.668.2108 or email andrew.gramm@mpls.k12.mn.us.

Minneapolis Community Education

Davis Center, 1250 West Broadway Ave.
Minneapolis, MN 55411

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**Go ahead, say hello
to a new routine.**

**Discover
something
different.**

Maybe you're looking for a chance to focus on yourself or to make new friends; an opportunity to master your current skills or tackle entirely new ones; a reason to exercise your body or exercise your brain. Whatever it is, we've got you covered.

**More than 500 classes are
available this spring & summer.**

Most classes start the week of April 17.

Register today at mplscommunityed.com.



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Special School District No. 1

Minneapolis Public Schools
Minneapolis, MN

An Equal Opportunity School District

SPRING/SUMMER 2017