

Early Childhood Programs

Ventures

Recreation

Enrichment

Mentoring

Driver Education

Project ABLE

Aquatics

Adult Basic Education

English Learner Services

Community Resources

District Facilities

Registration



Like us on Facebook



EarlyVentures, page 6

Have a ball with
Community Services
summer activities.

Learning and Recreation For Life

REGISTER ONLINE www.nfld.k12.mn.us

A Welcome from the Director



Spring and summer are in the air, which means it is time to feel the warmth of sunshine, get energized after the long winter and take a look at how you, friends and family are going to grow through lifelong learning. The summer Community Services brochure helps welcome this change in seasons. We hope you take advantage of the exciting and enriching opportunities inside as you look forward to new classes, moving your play outside and gaining skills.

Erin Mayberry

Erin Mayberry,
Community Services Director

mission statement: *We support the learning and participation of adults and children in our community through citizen involvement, access to school and community resources, and promotion of collaboration and partnerships.*

NEW Irish & bluegrass fiddling
page 21

Summer Movie Nights

in collaboration with Just Food Co-op

June - "One Man, One Cow, One Planet"

July - "Ingredients"

August - "The Greenhorns"
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Sponsor a Kid

Make learning and fun possible for all kids - donate to our scholarship fund! Your gift will go directly to sponsor a Northfield kid. Any amount is welcome.

Send a check to:
Northfield Public Schools
Community Services, 1651
Jefferson Parkway, Northfield,
MN 55057, or add your gift to
the contribution line on your
registration form.

SummerVentures

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Northfield Public Schools Community Services Division

Northfield Community Resource Center (NCRC), 1651 Jefferson Parkway, Northfield, MN 55057
507.664.3649 phone 507.664.3651 fax 507.664.3659 information line (cancellation & schedule changes)
8 a.m. to 4:30 p.m. Monday through Friday
www.nfld.k12.mn.us

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Barn Immersion Camp for Youth



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Recreation programs are financially supported by the City of Northfield and Northfield Public Schools Community Services Division through a generous donation from Northfield Hospital & Clinics.



Community Services Early Childhood Programs are committed to ensuring that “by 2020, all Minnesota children will be school ready upon entering kindergarten.” This means supporting the child and family as a whole, to prepare children to be successful learners in school and throughout their lives. Be sure to check out our classes at locations around the community!

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Early Childhood Family Education (ECFE)

The mission of ECFE is to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children. Program offerings are open to families with children ages birth to kindergarten entrance. Call 507.664.3750 for more information.

Northfield Early Childhood Coalition (ECIC) 🧒🧒🧒

The mission of the Northfield ECIC is to educate, activate and mobilize the entire community on the issues affecting young children from birth to age 5. We look forward to welcoming you to our group. The ECIC meets at 4 p.m. on the second Monday of every month except July at NCRC. Call Mary Hansen at 507.664.3750 or visit www.northfeldeci.blogspot.com for more information.

Early Childhood Advisory Council

Share your talents and experiences in a very special and meaningful way – become an Early Childhood Advisory Council (ECAC) member.

The roles of the advisory council are to:

- Make recommendations for program development, planning and implementation
- Promote programming
- Sponsor special events, fund-raising and volunteer recruitment efforts
- Increase awareness about the importance of early childhood education and parent involvement



The council meets monthly. Childcare is available upon request. Contact Sara Line at Sara.Line@nfld.k12.mn.us or 507.645.1232 for more information.

ECFE consultation or home visit

Do you have questions or concerns about your child’s behavior or development that you would like to discuss privately? Meet with a licensed early childhood or parent educator in person at the NCRC or in your home or visit by telephone. This service is free for parents who reside in the district of Northfield Public Schools. Call ECFE at 507.664.3750 or visit our website at www.nfld.k12.mn.us for more information.

Early Childhood Programs

Early Childhood Programs offers a comprehensive offering of coordinated programs and services that ensure all families and children possess the skills for continued learning. These include:

- | | |
|------------------------------------|--|
| • Baby Talk | • Babies and Blankets |
| • Early Childhood Screening | • Bridges to Kindergarten |
| • Early Childhood Family Education | • Early Childhood Initiative Coalition |
| • Early Ventures Childcare | • Family School |
| • Hand in Hand Preschool | • Lunch and Learning |

For more information, visit our office at the Northfield Community Resource Center (NCRC), 1651 Jefferson Parkway, Youth Wing, call 507.664.3750 or find us online at www.nfld.k12.mn.us.

Classes

Summer ECFE at Tyler Park birth - 5 years

Bring your family for a fun evening at the park to celebrate the start of summer in June and the beginning of a new school year in August!

Come play with other families, try new outdoor activities and games and learn what ECFE has to offer! Class will be canceled in the event that it rains.

No Fee 6:30 - 7:30 p.m.

T, June 3 & Aug. 19

Tyler Park

Class #: 126-S14A

Friday Family Time Drop-in at NCRC

newborn to Pre-k

Make family time together a priority for your young family. Feel free to drop in to meet new friends while having fun exploring games, music, stories and art projects with other families. A parent educator will be on-site available for consultations.

\$3 per child/session 10 - 11:30 a.m.

F, June 13 - Aug. 15 (no class July 4)

NCRC Preschool Room

Class #: 124-S14

Multi-age Family Time birth - 5 years

Expand your child's creativity using a variety of paints, crafts, toys and sensory materials. Learn new songs and games and meet other families with young children. This is a non-separating class with a parent educator on-site for consultations.

All children not yet enrolled in kindergarten are welcome to attend.

Fee B 9 - 10:15 a.m.

M, June 16 - Aug. 18

(no class June 30 & July 7)

NCRC Preschool Room

Class #: 273-S14A

Summer Camps

Summer ECFE Camps

ages 3 - 5 years

Drop your preschooler off for a fun mini-camp filled with enriching, interactive activities inside and out! Children will be encouraged to explore and learn new things through art, building, creating and socializing. We will all learn together through stories, songs, games and good old-fashioned playtime.

Super Science (Week 1)

Build, create and discover all about science through hands-on art, activities and experiments.

\$50 9 - 11 a.m.

T - Th, July 15 - 17

NCRC Preschool Room

Class #: 400-S14A

Marvelous Movement (Week 2)

If you love music and you love to move, this is the camp for you! Learn through fun, developmentally appropriate activities, songs and stories. Learn new concepts through music and understand how our bodies need to move to be ready to learn.

\$50 9 - 11 a.m.

T - Th, July 22 - 24

NCRC Preschool Room

Class #: 405-S14A



Census Makes a Difference

Please help Northfield Public Schools keep census information up to date. Call 507.664.3750 if: you recently had a baby; have an infant, toddler or preschooler and have recently moved into the school district; or your address or phone number has changed since the birth of your preschool child.

ECFE Sliding Fee Scale

Income Level	Fee A		Fee B		Fee C		Sibling Care	
	One Child In Class	2 or More Children in Same Class	One Child In Class	2 or More Children in Same Class	One child in Class	2 or More Children in Same Class	One Child In Sibling Care	2 or More Children in Sibling Care
\$0 - \$24,000	\$41	\$67	\$21	\$26	\$14	\$23	\$26	\$36
\$25,000 - \$49,000	\$59	\$97	\$30	\$38	\$20	\$34	\$38	\$53
\$50,000 - \$74,000	\$79	\$134	\$39	\$54	\$26	\$44	\$54	\$74
\$75,000 - and up	\$99	\$164	\$49	\$64	\$34	\$53	\$64	\$89

ECFE registration instructions:

- Registration for sibling care is one of the steps of class registration and is not listed as a separate class.
- Children are not eligible to participate in ECFE classes after they have begun kindergarten.
- If you live outside of the district, call to request availability.

See pages 54 & 55 for registration.

I am so incredibly happy with the EarlyVentures and Hand in Hand programs for my preschooler. I love their involvement with the kids and also that they incorporate gym time and are always active and engaged. They are so in tune with what is happening daily and are genuinely concerned about all the children in their care and strive to keep lines of communication open for parents.

EarlyVentures and Hand in Hand parent

School Readiness

Hand in Hand Preschool

Now enrolling for the 2014-2015 school year!

- Ensures that children possess the skills for continued learning
- For children ages 3 to kindergarten entrance
- Promotes school readiness
- Taught by licensed teachers

Classes by age:	T & Th 8:45 - 11:30 a.m.	M, W & F 8:45 - 11:30 a.m.	M - Th 12:45 - 3:45 p.m.	M-W 12:45- 3:45 p.m.
Age 3 by Sept. 1	Available	Available	X	Available
Age 4 by Sept. 1	Available	Available	Available	Available

Every Wednesday because of PLC meetings, classes will run 9:45 a.m. to noon and 1:15 to 3:45 p.m. To register, visit the Early Childhood Programs of the Community Services Division, at www.nfld.k12.mn.us, or call 507.664.3750. Classes are located at Longfellow School.

Early Childhood Screening

What: A free health and development screening* that is required by the state of MN to be completed once before your child enters public school preschool or kindergarten.

Why: To see how your child is developing and to receive information about your district's programs.

When: The best age to screen is 3½, but we welcome 4- and 5-year-olds who have not been screened.

How: Call Mary Hansen, at 507.645.1200, to schedule an appointment. Screenings are typically held 4 days per month.

**Early childhood developmental screening helps a school district identify children who may benefit from district and community resources available to help in their development. Early childhood developmental screening includes a vision screening that helps detect potential eye problems, but is not a substitute for a comprehensive eye exam.*

EarlyVentures Learning Center

EarlyVentures Learning Center is a child care center for infants, toddlers and preschoolers licensed by the Department of Human Services. We offer a variety of schedule and fee options and are located, along with Hand in Hand Preschool, at Longfellow School. Visit www.nfld.k12.mn.us or call 507.664.3750 for registration information. Summer options are available.

Our programs provide wrap around child care for your preschooler. A great place for siblings too!

In 2013, Parent Aware gave Hand in Hand Preschool and EarlyVentures Learning Center a four-star rating — the highest possible award. Led by the Minnesota Department of Human Services and the Minnesota Office of Early Learning, the initiative helps Minnesota parents find childcare and early learning providers that use best practices to prepare children for kindergarten.

Parent Aware
Rated Program
★★★★
Highest Possible Rating

Bridges to Kindergarten

Bridges to K is a school readiness program that is designed to assist children in making a smooth transition to kindergarten. Children participate in a kindergarten-like classroom experience with licensed early childhood and kindergarten teachers for three weeks in August at each elementary school. Bridges to Kindergarten is a grant-funded program, made possible by the Northfield Area United Way, and is free for eligible participants. All are encouraged to apply! Please call 507.645.1200 for more information.



Summer Ventures 2014

Summer Ventures

Summer Ventures is a day camp program that offers kids a chance to make the most out of their summer with an opportunity to explore new interests, learn new skills and develop new friendships. Summer Ventures offers a trip to the Northfield pool Monday through Thursday and field trips every Friday. This summer we will be located at Longfellow School and have some exciting new camps and field trips planned.

Tween Ventures

Tween Ventures is a choice driven program for youth entering grades 5, 6, and 7. Tween Ventures is a place for kids to practice their independence, make friends and develop new interests, hobbies, and leadership skills. An important component of the Tween Ventures program is the service learning opportunities. Tween Ventures will also participate in afternoon swimming and field trip Fridays.

Registration Options

Option One (Set Schedule)

2 day minimum per week

Half Day Sunrise: 6:30 - noon, M-Th \$18/day

Half Day Sunset: noon - 6 p.m., M-Th \$18/day

Full Day: 6:30 - 6 p.m., M-Th \$31/day

Fridays: 6:30 - 6 p.m., F \$36/day

Option Two (Calendar Schedule or Drop in)

Fill out a monthly calendar in advance for the days you would like to attend. For drop-in care, you must call ahead before 6 p.m. on the previous day. No minimum days needed.

Half Day Sunrise: 6:30 - noon, M-Th \$20/day

Half Day Sunset: noon - 6 p.m., M-Th \$20/day

Full Day: 6:30 - 6 p.m., M-Th \$33/day

Fridays: 6:30 - 6 p.m., F \$36/day

Additional Costs:

Registration fee: \$30 (includes sunscreen and T-shirt), transportation and pool costs.

For more information or to sign up for Summer Ventures, please call Mary Hansen at 507.664.3750 or visit Community Services at 1651 Jefferson Pkwy.

Summer Ventures Weekly Camp Themes

youth entering grades 1-4

Week	Theme	Field Trip Friday
Week 1 June 11-13	Backyard Fun And Crazy Crawly Critters	Como Zoo
Week 2 June 16-20	Myth busters And Obstacle Course Mania	Edina Aquatic Center
Week 3 June 23-27	Bigger, Faster, Stronger and Relaxation	Sky Zone
Week 4 June 30-July 3 (closed July 4)	Red-White- Blue Party In The U.S.A.	Closed on Friday July 4
Week 5 July 7-11	Time Travelers	Vertical Endeavors and MN Children's Museum
Week 6 July 14-18	Emergency 911 And Soccer	Base Camp
Week 7 July 21-25	Fizz, Bang, Pop! And Frisbee	Valley Fair
Week 8 July 28-Aug. 1	Little Entrepreneurs And Dodge This	Mississippi River Boat
Week 9 Aug 4-8	Hey, It's Clay! And Basketball	Apple Valley Family Aquatic Center
Week 10 Aug 11-15	PICTURE THIS- SCRAP BOOKING AND BASEBALL	Farm America
Week 11 Aug 18-22	Back by popular demand: Summer Ventures Has Talent!	River Springs Water Park



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Youth Recreation

Basketball

Raider Girls Basketball Breakfast Club

Tony Mathison

girls entering grades 3 - 12

Gym time is available for Raider basketball athletes, middle school, and NBA players, as well as those who want to join the fun of Raider basketball. Each Breakfast Club session will allow players time to work on their individual offensive skills with members of the varsity coaching staff while participating in ball handling, shooting workouts, and full court scrimmages. Players are strongly encouraged to take advantage of this opportunity to improve their game.

girls entering grades 3 - 5

\$85

T & Th, June 17 - July 24

(no class July 1 & 3)

T times, 9 - 10:15 a.m.;

Th times, 9:45 - 11 a.m.

High School Gymnasium

Class #: 1242-S14C35

girls entering grades 6 - 8

\$85

T & Th, June 17 - July 24

(no class July 1 & 3)

T times, 7:30 - 9 a.m.;

Th times, 8:30 - 10 a.m.

High School Gymnasium

Class #: 1242-S14B68

girls entering grades 9 - 12

\$75

7 - 8:30 a.m.

Th, June 19 - July 24

(no class July 3)

High School Gymnasium

Class #: 1242-S14A912

Raider Girls Basketball Camp

Tony Mathison

girls K - 2

Campers will be introduced to and practice skills needed to play the game of basketball. The camp covers ball handling, shooting, passing, proper footwork and defense, as well as mixing in a variety of competitions and contests to utilize skills learned. You'll be taught by high school coaching staff and members associated with the program.

\$29 11 a.m. - noon

M - W, July 14 - 16

Bridgewater Gymnasium

Class #: 1241-S14A

First Annual Sports Special Sale

11 a.m. - 6 p.m. Friday, Aug. 1

High School Lower Cafeteria

Community Services will be accepting new or lightly used athletic gear, bikes, equipment and apparel to sell at low cost, with all proceeds from the sale going directly to support the youth scholarship fund. Donations can be dropped off between May 19 and July 25, at Community Services, Longfellow School, Northfield Middle School and the Northfield Outdoor Pool.



Volleyball

Elementary & Middle School Volleyball Camp

Tim Torstenson

entering grades 3 - 8

Want to take a shot at volleyball? Here's your chance. Learn volleyball skills, make new friends, work with members of the Northfield High School volleyball team and coaching staff, and most of all, have fun. Cost includes a camp T-shirt, fun treats and cool prizes.

\$35 M - Th, July 14 - 17

Middle School Gymnasium

entering grades 3 - 5

9 - 11:30 a.m.

Class #: 1209-S14A35

entering grades 6 - 8

12:30 - 3 p.m.

Class #: 1209-S14B6-8

Volleyball Transition Camp

Tim Torstenson

girls entering grades 9 - 12

The transition from middle school volleyball to high school volleyball is a big one. Want to be ready? Volleyball Transition Camp will give you a head start and prepare you for the rigor of high school practices. This is also great for the transition from freshman teams to higher level high school teams. You'll work on varsity skills aimed at improving ball handling, jumping ability, speed, quickness and strength. Come sharpen your skills for the fall season.

\$25 9 a.m. - noon

M - Th, July 21 - 24

Middle School Gymnasium

Class #: 1205-S14A

Football

Raider Youth Football Camp

Bubba Sullivan

entering grades 2 - 6

Go Raiders! This camp, led by varsity coach Bubba Sullivan, will emphasize the development of football skills, a positive attitude and enthusiasm in local youth for the game of football through an encouraging atmosphere. The camp will be taught in grade specific groups. A T-shirt will be provided.

\$25 8:30 - 11 a.m.

T & W, June 17 & 18

High School Football Fields

Class #: 1221-S14A

Raider Middle School Football Camp

Bubba Sullivan

entering grades 6 - 8

If you love Raider football and can see yourself on the team in the future, you don't want to miss this camp. Skills taught include blocking, passing, catching, stance, alignment, and Northfield Raider offense and defense schemes. Players must bring own football shoes, shorts or sweats, T-shirt and mouth guard. The camp will provide helmets, shoulder pads and jerseys. Players can use the equipment issued at camp for school football in the fall.

Equipment will be issued from 8:15 to 9:15 a.m. on Monday, July 28, at the Northfield Middle School storage shed, located by the track.

\$35 10 a.m. - noon

M - Th, July 28 - 31

High School Football Fields

Class #: 1220-S14A

Baseball/Softball

Little League

Community Services Staff

entering grades K - 9

Hit it out of the park this summer! Our enhanced and innovative approach to teaching the fundamentals of softball and baseball will prove to be beneficial to the development of athletes of all abilities. Right down the middle, Community Services will strike your interest on practice days and on the new, exciting Thrilling Thursdays, where participants will engage in fun, skill-based contests and games. (Please bring gloves, tennis shoes and water bottle.) Batter up! The last week of the program will consist of a grand finale of contests, a water day and an All Star Game. T-shirt included in the cost of the program; indicate T-shirt size when registering.

Baseball

\$54

M, W & Th, June 9 - July 17

Sechler Fields

entering grades K - 2 Dodgers

Class #: 1260-S14DK-2

Practices: 11 a.m. - noon M & W

Thrilling Thursdays: 10 a.m. - noon

entering grades 3 - 5 Braves

Class #: 1260-S14B3-5

Practices: 10 - 11 a.m. M T & W

Thrilling Thursdays: 10 a.m. - noon

entering grades 6 - 9 Mets

Class #: 1260-S14M6-9

Practices: 9 - 10 a.m. M T & W

Thrilling Thursdays: 10 a.m. - noon

Softball

\$54

M, W & Th, June 9 - July 17

High School Rock Fields

entering grades K - 2 Avalanche

Class #: 1270-S14AK-2

Practices: 11 a.m. - noon M & W

Thrilling Thursdays: 10 a.m. - noon

entering grades 3 - 5 Thunder

Class #: 1270-S14T3-5

Practices: 10 - 11 a.m. M, T & W

Thrilling Thursdays: 10 a.m. - noon

entering grades 6 - 9 Riptide

Class #: 1270-S14R6-9

Practices: 9 - 10 a.m. M, T & W

Thrilling Thursdays: 10 a.m. - noon

Gift certificate

Purchase the unique present of a Community Services gift certificate, available at our office or online. If ordered online, bring the confirmation to our office to receive a gift certificate suitable for a special presentation.

Class #: GC-2014



Tennis

Junior Team Tennis

Community Services Staff
ages 12 & under

Grab your rackets and shoes and meet us on the courts for a new year of Junior Team Tennis! JTT is a United States Tennis Association (USTA) program offering juniors match play against other teams in their region. Age groups are 18U, 14U and 12U and teams are made of a combination of girls and boys. Parents of participants are responsible for transportation to and from practices (Northfield) and matches (in Northfield and the south metro). Match format includes singles, doubles and mixed doubles. Match play is based, as much as possible, on skill level and number of participants. Minimum skill level, as defined by the USTA is "A player who is fairly consistent when hitting medium paced shots and can sustain a rally and serve with consistency." A skill level assessment will occur on Saturday, May 10, from 2 to 3:30 p.m. at the high school tennis courts. Rain date is Sunday, May 18, from 1 to 2:30 p.m., at the Northfield Middle School tennis courts. All participants must attend. Anyone who does not meet the minimum skill level may be directed to other Community Services tennis programs in order to build skill level. In the event that team sizes are uneven, an in-house option may be made available to provide match play. Registration deadline is May 9. Participants must not exceed the upper age limit before September 1, 2014.

\$210 Middle School & High School Tennis Courts
 June 9 - July 23

12U ages 12 & under

Practices: 1 - 2:30 p.m., M & T
 Games: 1 p.m., W
 Class #: 1194-S14A12U

14U ages 14 & under

Practices: 4 - 5:30 p.m., M & W
 Games: 1 p.m., T
 Class #: 1194-S14B14U

18U ages 18 & under

Practices: 2:30 - 4 p.m., M & W
 Games: 1 p.m., Th
 Class #: 1194-S14C18U



QuickStart Tennis

NEW

Community Services Staff
ages 5 - 11+

Quick, grab your racket and position yourself for a great start to your summer. The new QuickStart Tennis program, recently launched by the USTA, has taken the place of Kids on the Rise and is innovatively designed to more effectively and efficiently train youth for the game of tennis. By utilizing equipment, court dimensions, and scoring that is tailored to age and size, the QuickStart Tennis play format will help youth find success from their very first swing. No make-up sessions due to weather cancellations.

\$44 High School Tennis Courts

M - F, June 9 - 20

ages 5 - 8 8:30 - 9:25 a.m.
 Class #: 1203-S14A5-8

ages 9 & 10 9:30 - 10:25 a.m.
 Class #: 1203-S14B9-10

ages 11+ 10:30 - 11:25 a.m.
 Class #: 1203-S14C11+

M - F, June 23 - July 3

ages 5 - 8 8:30 - 9:25 a.m.
 Class #: 1203-S14D5-8

ages 9 & 10 9:30 - 10:25 a.m.
 Class #: 1203-S14E9-10

ages 11+ 10:30 - 11:25 a.m.
 Class #: 1203-S14F11+

M - F, July 7 - 18

ages 5 - 8 8:30 - 9:25 a.m.
 Class #: 1203-S14G5-8

ages 9 & 10 9:30 - 10:25 a.m.
 Class #: 1203-S14H9-10

ages 11+ 10:30 - 11:25 a.m.
 Class #: 1203-S14I11+

NTA Hitting Session

Practice your drills and get tips from an experienced Northfield Tennis Association (NTA) player. See page 34 for details.

Tennis Drills

**Community Services Staff
entering grades 6 - 8**

Designed for middle school youth looking to increase their tennis playing ability, this class will help to keep your tennis arm in shape and get you ready for an elevated level of play. Please provide your own tennis racket. No make-up sessions due to weather cancellations.

11:30 a.m. - 12:30 p.m.

June 9 - July 18 (no class July 4)

High School Tennis Courts

\$59 M, W & F

Class #: 1202-S14A

\$41 T & Th

Class #: 1202-S14B

Lacrosse

Lacrosse

**Community Services Staff
boys & girls entering grades 4 - 6**

Lacrosse in Minnesota is growing and has now become a high school sport in Northfield. The lacrosse program is designed for boys and girls regardless of skill or ability. Learn basic skills and scrimmage. Please provide your own equipment and lacrosse sticks (helmet, shoulder pads, elbow pads and gloves for boys; goggles for girls). Hockey equipment is fine. Mouth guards are required.

\$38 3:30 - 5 p.m.

Middle School Soccer Fields

boys

T & Th, June 10 - 26

Class #: 1015-S14AB

T & Th, Aug. 5 - 21

Class #: 1015-S14CB

girls

T & Th, June 10 - 26

Class #: 1015-S14B6G

T & Th, Aug. 5 - 21

Class #: 1015-S14D6G

Little & Big Ripper Lacrosse Camp

Dan McHugh

ages 5 - 12

Lacrosse is the fastest growing team sport in America. This camp is non-contact lacrosse, also known as soft lacrosse, and is designed for both girls and boys. Individual skills such as catching, throwing, scooping and cradling will be taught. Players will be divided by age and skill level. Sports Unlimited provides all equipment.

\$80 9 a.m. - noon

M - Th, July 14 - 17

Middle School Soccer Fields

ages 5 - 8

Class #: 1056-S14A5-8

ages 9 - 12

Class #: 1056-S14B9-12

Full Throttle Lacrosse

Dan McHugh

boys ages 8 - 12

Learn boys lacrosse in a fun and safe environment. Full gear but no body checking allowed. Players will be divided by age and skill level. Players need to provide their own equipment - hockey equipment is fine (helmet, shoulder pads, elbow pads and gloves). Lacrosse sticks will be provided. Mouth guards are required. Staff ratio 1-to-10.

\$80 9 a.m. - noon

M - Th, July 21 - 24

Middle School Soccer Fields

Class #: 1055-S14A



General Recreation

Eagle Bluff Trip

**Community Services Staff
entering grade 7**

The Eagle Bluff overnight program offers engaging classes in an outdoor setting. This three-day experience promotes learning in a manner that dovetails academic and social needs. The trip to Eagle Bluff will foster a sense of respect for the community, provide positive outdoor experiences, impart life skills such as teamwork and problem solving, increase environmental awareness and science literacy, and spark an interest in and appreciation for the natural world. The bus will leave by 8:30 a.m. on July 28, from the Middle School and will return at 3:00 p.m. on July 30, to the Middle School. A packing list will be provided several weeks prior to the trip. Registrations will be accepted on a first come, first served basis until the trip is full. Registration deadline is April 30, 2014.

\$220

Bus leaves by 8:30 a.m., M, July 28 and returns at 3:00 p.m., W, July 30

Eagle Bluff Environmental Learning Center

Class #: 4804-W14A

Want more of the great outdoors?

Classes for youth and adults, including archery, fishing and trap shooting begin on page 15. Also check out our new Adventure Mania program on page 17, which mixes learning and reading about an outdoor adventure with the exhilaration of engaging in the activity. A different activity will be featured each month.

Game On Camp

Dan McHugh

ages 4 - 6

Game On will introduce campers to all their favorite playground games: Ships Across the Ocean; Animal Tag; Freeze Tag; Red Light, Green Light; kick ball; Capture the Flag; Duck, Duck, Grey Duck; dodge ball (with soft sponge balls); Red Rover; 500; Shark and Minnows; Simon Says; and Steal the Bacon. These fun activities will help your child develop coordination, flexibility and benefit each child's physical and mental development. Youth to staff ratio is 8-to-1. All equipment provided.

\$72 10 a.m. - noon

M - Th, Aug. 4 - 7

Spring Creek Park

Class #: 1157-S14A

Soccer Program

Community Services Staff

entering grades K - 4

Get a kick out of soccer! Join the youth program where a focus on passing, heading, controlling, shooting and dribbling will help to build skill and technique. Get your kick on and join the fun.

\$49 Spring Creek Park

M - Th, June 30 - July 24

entering grades K - 1

9 - 9:45 a.m.

Class #: 1251-S14AK1

entering grades 2 - 4

10 - 11 a.m.

Class #: 1251-S14B2-4



Cheerleading Camp

NEW

Northfield High School Raider

Cheer Team

boys & girls entering grades K - 8

Future Cheerleaders...Come and learn about the fun, positive and energetic sport of cheerleading! The Northfield High School Raider football cheer team and its head coach will help you learn the basics of cheerleading and will teach you different cheers, dances and jumps that are done while rooting on our Northfield Raiders. Come and join the fun! To secure a spot and a T-shirt or bow, register on or before the deadline of Friday May 23.

Please indicate shirt size when registering.

\$40 6 - 8 p.m.

M - Th, June 16 - 19

High School North

Balcony Gymnasium

Class #: 1169-S14A

Includes:
helicopter landing,
canine & horse demo, a bike
rodeo and more!

GO FAR

Community Services Staff
entering grades 1 - 8

GO FAR (go out for a run) is a ten week comprehensive fitness program for those interested in creating an active lifestyle. Designed for children of all abilities, the program promotes healthy eating habits, builds good character, encourages goal setting, and trains the participant for a safe and successful 5k run/walk held on the date of the last class. Participants will engage in cardiovascular training and will work through GO FAR curriculum in a classroom setting. This class sets the foundation for building lifelong healthy habits. Please bring good running shoes, water bottle and sunscreen.

\$59 6 - 7 p.m.

T & Th, June 10 - Aug. 14

Middle School Track

Class #: 1212-S14A

Northfield Safety Camp

Monday, Aug. 18, through Thursday, Aug. 21
7:30 - 9 a.m. check in; 4:30 - 5:30 p.m. pick up

\$15 for one day; \$40 for all 4 days

Class #: 1188-S14A

Youth entering grades 3 through 8 will engage in hands-on, life-saving experiences and participate in large-group games & activities.

- Biking
- Water
- Poisons & drugs
- First Aid
- Animals
- Personal boundaries
- Weather
- Electrical
- Online safety
- CPR
- Fire
- And more!

Participants will need to bring a bag lunch. Snacks and beverages will be provided. Pre-registration is required: Call 507.664.3649 or visit www.nfld.k12.mn.us for more information or to register.

Community Safety Night: 5:30 p.m., Thursday, Aug. 21

Parents of participants and community members are invited for a special evening cook-out and celebration, including safety vendors and displays.

Sponsors include: Northfield Hospital & Clinics and EMS, Northfield Police Department, City of Northfield-Library and Street & Parks Division, Northfield Public Schools Community Services, Rice County Sheriff Department, and Northfield YMCA.



Summer Track Program

Community Services Staff

ages 6 - 16

Develop your wings! Muscle and technique formed at an early age is advantageous to the developing track and field athlete. Participants will engage in running, field events, relays, obstacle courses and will participate in an Olympic day. Family and friends are welcome to be spectators at the run-for-fun meets held three times throughout the program. There are also opportunities to participate in district and state meets. Meet from 6 - 7 p.m. on the first night, after which age groupings will be determined. Bring water and running shoes. Younger group: 6 - 7 p.m. on M & W; 9 - 10 a.m. on F
Older group: 7 - 8 p.m. on M & W; 10 - 11 a.m. on F

\$49 6 - 7 p.m.

M, June 9 - July 18 (no class July 4)

Middle School Track

Class #: 1210-S14A



Disc Golf Camp

Sports Unlimited

boys & girls ages 8 - 15

This camp is designed to introduce the young athlete to the sport of disc golf through skill development and small group games. Sports Unlimited staff will focus on helping youth learn the rules and strategies of disc golf and the types of discs, shots and grips used in the sport. Campers will be divided by age and skill level. Camper to staff ratio is 10:1. Please bring shin guards, water bottle, sunscreen, snack and a great attitude! Discs are provided for all campers.

Registration fee includes a Sports Unlimited T-shirt, water bottle, and a medal of sportsmanship. Meet on the grassy hill just to the south of Hoyme Hall where the disc golf course begins.

\$104 1 - 4 p.m.

M - Th, July 7 - 10

St. Olaf College

Class #: 1218-S14A

NEW

Ultimate Frisbee Camp

NEW

Community Services Staff

entering grades 4 - 8

It's the 'ultimate' camp for Frisbee lovers! Take the field with highly skilled Northfield Ultimate players and practice the art and technique of Ultimate Frisbee through participation in drills, contests and games. Equipment is provided but please bring water bottle and good tennis shoes

\$31 1- 3 p.m.

M - Th, June 16 - 19

Sibley Soccer Fields

Class #: 1219-S14A

Skyhawks Mini-Hawk Camp

Skyhawks Sports Staff

ages 4 - 7

This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities are designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. All participants receive a T-shirt, soccer ball and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

\$79 9 a.m. - noon

M - Th, June 23 - 26

Bridgewater Gymnasium

Class #: 1152-S14A

Looking for a great summer or fall recreation position?

Contact Recreation Coordinator
Melissa Bernhard at 507.664.3502 or
Melissa.Bernhard@nfl.d.k12.mn.us.

Community Youth Fairs

More than 30 organizations representing sports, arts, after-school programs and more want to get to know you! Youth of all ages are welcome to attend with their families, including middle school and high school students.

Wednesday, Aug. 13

5:30 - 6:30 p.m.

Greenvale Park Elementary

7 - 8 p.m.

Bridgewater Elementary

Games, scholarship information, Spanish translators, snacks for sale and free prizes.



Fencing

NEW

Youth Enrichment League entering grades 2 - 8

Are you ready to duel? Get ready to face your foe in mano-a-mano matches that will test your strength, speed, discipline and desire. Young student fencing classes improve dexterity, speed, quickness and focus. Safety is our first priority. We supply safety swords, protective masks and jackets and a high-octane, inclusive environment. New and experienced students invited.

\$103 1 - 4 p.m.

M - Th, July 7 - 10

Middle School Gymnasium

Class #: 1285-S14A

Family Frenzy

Community Services Staff all families with children entering grades 3 - 8

Come one, come all! This class specializes in ultimate group interaction and physical activity. Families will be challenged with exciting games including barbarians, blazedale ball, criss cross, amoeba race and will conclude the session with an ultimate Northfield Family Amazing Race. Spend time with family and build an active lifestyle together!

\$14/person \$25/family

7 - 8 p.m.

M, June 9 - 30

Middle School Soccer Fields

Class #: 1214-S14A



Bio Blitz

NEW

Carleton College Bio Students entering grades 3- 5

A Bio Blitz is an intense period of biological surveying in an attempt to record all the living species within a designated area. Spend part of a day in the Carleton College Arboretum learning about animals, plants, and science! You can participate in a biological survey of the Arboretum to find out what is living in different habitats. Groups will be led by college student volunteers. Participants must come with a parent, guardian, or authorized adult, and be able to walk 1 mile to the field site. Bring your water bottle and love of nature! Scholarships are provided by the Carleton College Center for Community and Civic Engagement. Please call Community Services to register if scholarship is desired and participant qualifies for free or reduced lunch (507.664.3502).

\$6 Su, May 25

Carleton College Arboretum

12:30 - 2:30 p.m.

Class #: 1113-S14A

3 - 5 p.m.

Class #: 1113-S14B

SUPER Kids

Community Services Staff ages 4 - 9

You'll be Successfully Using Positive Experience in Recreation (SUPER) in a wide array of activities like arts and crafts, large group games, and organized play with peers and free play. A T-shirt, which will be used for tie-dying, is included in the program fee.

\$57 1 - 3 p.m.

M & W, June 9 - July 16

Sibley Playground

Class #: 1290-S14S

\$57 9 - 11 a.m.

M & W, June 9 - July 16

John North Park

Class #: 1290-S14JN

\$57 1 - 3 p.m.

T & Th, June 10 - July 17

Way Park

Class #: 1290-S14W

\$57 9 - 11 a.m.

T & Th, June 10 - July 17

Tyler Park

Class #: 1290-S14T

\$31 9 - 11 a.m.

F, June 13 - July 18 (no class July 4)

Dundas Memorial Park

Class #: 1290-S14D

Teen IT!

NEW

IT! FACTORY

At IT! FACTORY fitness and wellness, LLC. we want to change the way you think about fitness. Teammates will be trained by our experienced coaches. Practice sessions will be varied and challenging for all athletic levels. The Teen IT! class will be constantly changing and challenging your body, so that you don't get stuck in a rut. Teen IT! will combine cardio, strength, mobility and total conditioning to help improve your fitness and strength. Please bring along water, yoga mats and/or towel or blanket, clean tennis shoes, a heart rate monitor and boxing gloves (if you own a pair).

\$57 4:15 - 5 p.m.

W, June 4 - 25

IT! FACTORY Fitness and Wellness

Class #: 1131-S14A

Wiggle & Giggle

Community Services Staff
ages 3 & 4

Wiggle, giggle and enjoy summer with fun games and craft projects. This program prepares participants for future involvement in organized programs. A T-shirt will be provided. Please indicate T-shirt size when registering.
\$36

9:15 - 10:15 a.m.

T, June 10 - July 15

Spring Creek Park Playground

Class #: 1280-S14SC

3:30 - 4:30 p.m.

M, June 9 - July 14

Tyler Park

Class #: 1280-S14T



Introduction to Trap Shooting

Cannon River Sportsmen's Club
ages 12 & older

Have you wondered what it would be like to shoot clay pigeons out of the air? A Cannon River Sportsmen's Club member will provide one-on-one instruction. Firearms, shells, clays and instructor provided. Call Rob McGillivray at 507.645.4254 for details or an appointment between June and August. Minors must be accompanied by a parent or guardian and must possess a firearms safety certificate.

No Fee 1 - 3 p.m.

June - August, by appointment
Morristown Gun Club

Class #: 4801-S14A

Northfield Skating School **NEW FOR SUMMER**

Community Services Staff
all ages

The Northfield Skating School (NSS) encourages participation, enjoyment and achievement in skating by fostering a positive, challenging and inclusive learning environment. NSS is a U.S. Figure Skating model program where you'll build skills and confidence for skating and for life. Skaters receive a weekly 30 minute lesson and an open skate punch card for practice. NSS reserves the right to cancel or combine classes based on registration. Registrations after May 28 will incur a \$15 late fee. Class assignments will be emailed prior to the first lesson. Things to note: Refunds for medical reasons only with a doctor's note; rental skates are available for \$3; and no double-bladed skates or helmets with pointed backs are permitted. Helmets are recommended for skaters age 6 and under.

Registration cannot be processed online without skater level indicated in notes section. List new skater, current NSS skating level or skills mastered if you have skated but not with NSS. For class and program details, visit northfieldskating.com.

Call Melissa at 507.664.3502 if interested in private skating lessons.

NSS parent meeting will be 7:15 - 8:15 p.m. June 4 at the NCRC.

M, June 9 - July 28 (no class June 30)

Northfield Ice Arena

**\$99 Snowplow Sam 1 - 3/
Basic 1/Adult 1 - 4/Hockey 1 - 4**

5:30 - 6 p.m.

Class #: 1312-S14A

\$72 Power/Edge Class

6:30 - 6:45 p.m.

Class #: 1312-S14C

\$99 Basic 2 - 8/Freeskate

6 - 6:30 p.m.

Class #: 1312-S14B

\$40 Spin Class

5 - 5:15 p.m.

Class #: 1312-S14D

ADVENTURE BEGINS AT EAGLE BLUFF

Scholarships to attend camp at Eagle Bluff made available
by the Cannon River Sportsmen's Club

Eagle Bluff Environmental Learning Center is a residential environmental school nestled in the bluffs of the Root River Valley. Since 1997, Eagle Bluff has served thousands of students - teaching the safe, ethical and responsible way to enjoy our natural resources, so they will be here for future generations.

2014 Summer Camps

Night Owls

Jn. 29-Jul. 2 (\$320 value)
entering grades 6,7 & 8

Wildlife Care 101

Jn. 15-20 (\$405 value)
entering grades 6,7,8 & 9

Jr. Adventurers

Jul. 20-24 (\$345 value)
entering grades 4,5 & 6

Survival

Jul. 13-18 (\$400 value)
entering grades 6,7,8 & 9

Forkhorn Camp

I Jul. 6-11 (\$405 value)
entering grades 5, 6, 7 & 8
II Jul. 27-Aug. 1 (\$405 value)
entering grades 6,7,8 & 9



Stop by the Northfield Public Schools Community Services Division office or call 507.664.3502 for scholarship sign up. Scholarships are first come, first served. Families are asked to contribute a \$50 deposit. For more info on all Eagle Bluff opportunities: www.eagle-bluff.org

Barn Immersion Camp NEW
Christine Wehling

Nestled into the beautiful hills of Sogn Valley, this English riding day camp will teach participants about horses and how to ride and care for them. Whether you are eight or 88, spending a week in “Barn Immersion” with a master rider will be a thrill. Students with western riding experience are welcome. Directions to the farm will be provided to participants prior to the class start date.

\$250 8 a.m. - 1 p.m.
 M - F, July 7 - 11
 Wehling Farm
 Class #: 1275-S14A

Introduction to Archery
Cannon River Sportsmen’s Club
ages 12 & older

Any youth or adult interested in learning more about the basics of archery is welcome to attend this class. Instructors will have all necessary equipment for the students or bring your own. Northfield Archery Range

\$3 6 - 8 p.m.
 Th, June 12
 Class #: 4803-S14A
 T, June 17
 Class #: 4803-S14B

Introduce a Kid to Fishing
Cannon River Sportsmen’s Club
ages 6 -12

Join us for the ninth annual Take a Kid Fishing Day. You’ll learn about water safety, fish habitat, fishing equipment and, most importantly, you’ll fish. You’ll be fishing on the bank of a pond and all equipment is supplied. A parent or guardian is required for each student; however, no fishing license is required for a guardian on this day. Children must be first timers to this program. A picnic lunch will be provided at noon and the program begins at 12:30 p.m. Call Melissa Bernhard at 507.664.3502 or Larry Larson at 507.645.7219 with questions. This class is offered in cooperation with the Minnesota Department of Natural Resources MinnAqua program.

\$3 noon - 3 p.m.
 Sa, June 14
 To Be Announced
 Class #: 4800-S14A



Safety Certification

MN Firearm Safety Training Program

Cannon River Sportsmen’s Club
ages 11 & older

Students must be 11 years old by the start of the class. There is no maximum age limit. Classes and a field trip will cover safe gun handling, gun safety in the home, care and storage of firearms, marksmanship and hunter responsibility. You’ll receive a certificate from the MN Department of Natural Resources after successful completion of the program. Call Blair Fowler at 612.245.7835 (day) or 507.663.1472 (evening); Paul Tupy at 507.645.8558; or visit <http://crsportsmen.com/> for more information. Attendance is mandatory at all sessions. All participants must also attend one field day. After passing the class, students will need to register with the DNR and pay a fee of \$7.50 in order to receive the certificate of completion.

\$10 6:30 - 8:30 p.m.
 M - Th, Aug. 18 - 27
 High School Auditorium
 Field days: F, Aug. 22 & Sa, Aug. 23
 Class #: 4810-S14A

Martial Arts Festival

Saturday, May 10 ~ 10 a.m. – noon
Northfield Middle School Main Gymnasium



Five main disciplines will be displayed: Kyudo, Karate, T’ai chi ch’uan, Tae Kwon Do and Gumdo. Twenty-five minute demonstrations will highlight the differences. Visit information booths and enjoy live music!



Outdoor Adventure

Adventure Mania

NEW

Community Services Staff
families with youth grades 3 - 8

Adventure Mania is a year-round program that mixes learning and reading about an outdoor adventure with the exhilaration of engaging in the activity. After an hour in the books, we will take the adventure off the page and into real life experiences. This class meets at the Northfield Public Library on the third Saturday of each month. Participants choose to register for one class date at a time, or sign up for a full season and participate in all events. A limited number of lending copies of the monthly books are available for pick up at the Northfield Public Library three weeks prior to the class. You may also purchase a book at a discounted rate from Monkey See Monkey Read, or buy your own electronic/hard copy. Adventures will depart from and return to the library. Transportation is provided. Participants are encouraged to bring a sack lunch, appropriate clothing and personal gear if applicable. Offered in partnership with the Northfield Public Library, Monkey See Monkey Read and Gear Resource.

Full Season: \$153

noon - 4 p.m. Sa, May 17, June 21, July 19 & Aug. 16
Class #: 1112-S14FS

May Adventure: Orienteering, Big Woods State Park

Book: "Stranded," Jeff Probst
\$35 noon - 4 p.m. Sa, May 17
Class #: 1112-S14MAY

June Adventure: Canoeing, Lebanon Hills

Book: "Brian's Return," Gary Paulsen
\$49 noon - 4 p.m. Sa, June 21
Class #: 1112-S14JUN

July Adventure: Kayaking, Cannon River

Book: "Wild River," P.J. Peterson
\$46 noon - 4 p.m. Sa, July 19
Class #: 1112-S14JUL

*Adults interested in chaperoning: please call
Community Services, at 507.664.3502.*

August Adventure: Mountain Biking, Lebanon Hills

Book: "Mountain Bike Mania," Matt Christopher
\$39 noon - 4 p.m. Sa, Aug. 16
Class #: 1112-S14AUG

*Bring your own bike or call Community Services to inquire about a
loaner bike.*



Martial Arts

Tae Kwon Do for Kids

Daniel Elo
grades 2 -12

Whether you are looking to improve your physical fitness, confidence, or learn a new set of skills, Tae Kwon Do has something to offer you! As a student, you will learn beginning hand and foot fighting/defensive techniques in an instructor controlled contact environment. You will learn to control your body and focus power into every punch and kick. Testing date Saturday, August 2. Please note that this date is tentative and subject to change. Further updates will be made verbally in class.

\$74

High School Auxiliary Gymnasium
(*except Aug. 14 in Middle School
Auxiliary Gymnasium)

beginner (white, yellow, orange)

5:45 - 6:45 p.m.
T & Th, May 20 - June 26
Class #: 4165-S14A

5:15 - 6:15 p.m.
T & Th, July 8 - Aug. 14*
Class #: 4165-S14C

advanced (green - black belts)

6:45 - 7:45 p.m.
T & Th, May 20 - June 26
Class #: 4165-S14B

6:15 - 7:15 p.m.
T & Th, July 8 - Aug. 14*
Class #: 4165-S14D



Martial arts lovers can also find Shorin-Ryu Karate and Gumdo on page 36.

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Youth Enrichment

Science & Mathematics

LEGO® WeDo Robotics Youth Enrichment League entering grades 2 - 5

Get ready for summer soccer by building your own robotic soccer goalie and cheering fans! Other exciting projects include motorized airplanes, boats, a walking giant, a terrible pterodactyl and more! Ten to fifteen projects will be built throughout the week, with students designing and building different LEGO projects each day; then programming them using a computer and a basic robotics engineering program (Mindstorms) to complete different tasks and challenges. A fascinating week of fun and learning for your young inventor! For more details visit www.youthenrichmentleague.com.

\$119 9 a.m. - noon
M - Th, June 16 - 19
Bridgewater Cafetorium
Class #: 4434-S14A



Camp Invention®

Register for Camp Invention this summer. Find more information on page 49.

LEGO® Robotics Grand Prix Challenge

Youth Enrichment League entering grades 4 - 8

Start your engines! Design, build, program and race your own robotic car, with daily challenges, including a robot parallel parking, a robot drag-race, a robot grand prix and more. Use your robotic car to investigate the basic concepts of wheels and axles as well as introductory robotics programming and construction with LEGO Mindstorms software and construction guides. Visit www.youthenrichmentleague.com for more details.

\$119 9 a.m. - noon
M - Th, July 21 - 24
Bridgewater Cafetorium
Class #: 4435-S14A

GEMS Camp

Alicia Sheehy

girls entering grades 3 - 6

GEMS (Girls in Engineering, Math and Science) is a perfect class for your scientist or math wizard! Each day will include a variety of math, science and computer-based activities including: an egg-catching experiment, working with flight, learning a variety of math games, the metric Olympics, the art of Origami and more. All supplies are included.

\$119 10 a.m. - noon
M - Th, July 14 - 17
Bridgewater Art Room 212
Class #: 4368-S14A

Yucky Science Favorites

Alicia Sheehy

entering grades 1 - 3

Experience shrunken apple heads, Ooblek, elephant toothpaste and more in this hands-on science class. Be ready for a gooey, explosive and awesome mess! All supplies and a “yucky” snack are included.

\$59 10 a.m. - noon
W & Th, June 18 & 19
Bridgewater Art Room 212
Class #: 4364-S14A

General Interest

Advanced Magic Class

NEW

Jack Stouten

entering grades 5 and up

Improve your skills with new magic tricks from a professional magician. Designed for older students, this class will provide all the skills needed to surprise your friends and to practice your own magical routines. Bring a deck of cards, wear something with a pocket, and you're ready for magic! Everything else will be provided.

\$55 1 - 3 p.m.
T & W, June 10 & 11
Sibley Art Room 133
Class #: 4428-S14A



Beginner Magic Class

NEW

Jack Stouten

entering grades 3 - 5

Impress your friends, parents and grandparents with a magic trick! Learn new tricks and build confidence in this beginner magic class, geared toward kids entering grades 3 through 5 and taught by a professional magician. You'll learn tricks with coins, cards, ropes, cups and balls and more. Bring a deck of cards, wear something with a pocket, and you're ready for magic! Everything else will be provided.

\$55 10 a.m. - noon

T & W, June 10 & 11

Sibley Art Room 133

Class #: 4429-S14A

Eric Carle Creations

Alicia Sheehy

entering grades K - 3

Step into the world of Eric Carle. Create your own masterpieces - to go along with some of his best books, including "The Grouchy Ladybug" and "The Very Hungry Caterpillar." Take home a butterfly snack bag, caterpillar wall art, a ladybug puppet and more. Supplies are included.

\$55 1 - 3 p.m.

T & W, July 8 & 9

Bridgewater Art Room 212

Class #: 4359-S14A

So Much Fun with Seuss

Alicia Sheehy

entering grades K - 3

Join us for two fun-filled days of all things Dr. Seuss! We will do a variety of art, math and writing activities all centered around the beloved Dr. Seuss books. Supplies are included.

\$55 1 - 3 p.m.

Th & F, July 10 & 11

Bridgewater Art Room 212

Class #: 4360-S14A

Princess Camp

NEW

Alicia Sheehy

ages 4 - 7 years

Each day at this magical camp will include crafts, singing, stories, games and snacks fit for royalty! Take home a variety of princess accessories, including a crown, wand and mini-castle. You'll even have a special day of Disney Princesses. Supplies are included.

\$94 10 a.m. - noon

T - F, July 8 - 11

Bridgewater Art Room 212

Class #: 4361-S14A

Despicable Me Camp

NEW

Alicia Sheehy

entering grades K - 2

Join the fun! As we read "Despicable Me," you'll create a variety of minion-related crafts, including a bookmark, footprint art, a minion goodie-jar, a minion snack and more. Supplies are included.

\$55 1 - 3 p.m.

W & Th, June 11 & 12

Bridgewater Art Room 212

Class #: 4370-S14A

Explorer Kids Camp

NEW

Lisa Precht

ages 7 - 12 years

The Explorer Kids Camp will begin each day at Just Food Co-op. The group will visit and explore a different community friend each day for some gardening, cooking, learning and discovery activities. We will end the day with an easy brown-bag lunch back at the co-op. Parents should please dress their child appropriately for rain or shine in comfortable, outdoor-friendly attire. Children should bring along a water bottle and sunscreen.

\$105/*co-op member;

\$119/non co-op member

9:30 a.m. - noon

M - F, July 14 - 18

Just Food Community Co-op

Class #: 4471-S14A

**Please indicate any food allergies in the notes section when registering and also your co-op membership number if you are a member, although this program is available to anyone.*

KidVentures

KidVentures is a child-focused program that incorporates a fun atmosphere with a safe setting where children can explore new interests and make new friends. Children engage in a variety of hands-on activities that stimulate their social, emotional, academic and physical development. KidVentures is offered at all elementary schools from 6:30 a.m. to school start and until 6 p.m. after school ends, Monday through Friday.

KidVentures offers a variety of enrollment options including:

- Set weekly schedule
- Monthly calendar schedule
- School release days

Enrollment information for the 2014-15 school year is available at the Community Services office or by calling 507.664.3750.



Home Alone

Cathy White

ages 8 - 10 years

Learn about staying safe while being home alone for a short period of time or for a couple of hours. This class will teach you more about escape routes, first aid, kitchen safety and much, much more. You will also get to do fingerprinting, make your own first aid kits and enjoy other engaging activities.

Please bring a peanut-free snack and/or lunch, markers and a pencil.

\$34 9 a.m. - 1 p.m.

Middle School FACS Food Lab 221

Th, June 19

Class #: 4354-S14A

Th, July 24

Class #: 4354-S14B

Safety Certification

**American Red Cross
Babysitter's Training**

NEW

**American Red Cross
ages 10.5 - 17 years**

Fun and fast-paced, this class includes lots of hands-on learning in the care of children and infants. Making good decisions, solving problems, staying safe and handling emergencies will be included.

Students will receive an American Red Cross Babysitter's Certification card after successful completion of the one-day course. Please bring a peanut-free snack and/or lunch, markers and a pencil.

\$89 8 a.m. - 3 p.m.

W, June 11

Middle School FACS Food Lab 221

Class #: 4355-S14A

W, July 16

Middle School FACS Food Lab 221

Class #: 4355-S14B

W, Aug. 13

NCRC 225

Class #: 4355-S14C

Arts, Music & Theater

**Watch Me Draw: Claydazzle
on Canvas Camp**

NEW

**Watch Me Draw
entering grades K - 5**

ClayDazzle is part acrylics on canvas and part clay sculpture, combined to create wonderful 3-D masterpieces. Use various fun techniques and stylish embellishments to make your art pop. Watch Me Draw provides an exceptional art experience for each child, committed to quality projects, fun and value. All supplies are included.

\$79 9 - 11 a.m.

M - W, July 21 - 23

Sibley Art Room 133

Class #: 4375-S14A

**Watch Me Draw: Tangled Up
in Art**

NEW

**Watch Me Draw
entering grades 1 - 5**

Zendoodle, ZanTangle and ZoloColor are all popular art trends with attention to intriguing pattern, design and color. Learn the techniques and add your own flair as you create awesome drawings that you won't see anywhere else. You'll never think of drawing the same way again. All supplies are included.

\$54 9 - 11 a.m.

M & T, July 28 & 29

Sibley Art Room 133

Class #: 4376-S14A

**Watch Me Draw: Jurassic Park
3-D DINO-rama!**

NEW

**Watch Me Draw
entering grades K - 5**

Design a prehistoric exhibit full of dinosaurs, volcanos and more! Work with clay, drawing and painting to create your own dinosaur story in a 3-D display. Students will have several art creations in addition to the 3-D display at the end of the week. All supplies are included.

\$99 1 -3 p.m.

M - Th, July 14 - 17

Sibley Art Room 133

Class #: 4377-S14A

**Watch Me Draw: Glitter Girls!
Summer Art Camp!**

NEW

**Watch Me Draw
entering grades K - 5**

Are you an 'artsy' girl that LOVES glitter, jewels, clay, painting and drawing? Have a blast sculpting, painting, drawing and designing as you create various projects including a portfolio case to hold all your creations. Show off your masterpieces at the Glitter Girls art show on the last day of camp. All supplies are included.

\$99 1 -3 p.m.

M - Th, June 16 - 19

Sibley Art Room 133

Class #: 4378-S14A



Want to be in a band?

The Northfield Community Band will hold rehearsals from 7 - 8:30 p.m. on Wednesdays, from May 28 to June 25. The band will perform Thursdays at 7 p.m., from June 5 to 26, in Bridge Square. For more information, contact Mary at Mary.Williams@nfld.k12.mn.us. Rehearsals will be held in the Northfield High School band room.

Bluegrass Fiddling NEW

Laura Geissler

Students will get to learn various Bluegrass fiddling tunes and ornamentation such as slides, flicks, shuffle bowing, drone strings, introduction and ending licks, etc. Basic chords will also be taught. Players who wish to continue in this genre would also be invited to the Northfield Youth Bluegrass Jam.*

\$94 4 - 4:45 p.m.

T & Th, June 10 -26

Middle School Band Room 40

Class #: 4424-S14A

**Musicians should be comfortable playing in the first position with low first and second fingers. A binder of music will be provided during class.*

Irish Fiddling NEW

Laura Geissler

Learn different Irish fiddle tunes such as: jigs, hornpipes, reels, polkas and airs. Students will also master a few 'sets' of tunes. Please bring your own instrument.*

\$94 4 - 4:45 p.m.

T & Th, July 15 - 31

Middle School Band Room 40

Class #: 4425-S14A

My 'BEST SELFIE' Photo Art

Naomi Jirele

NEW

girls entering grades 6 - 8

You Go Girl! The My 'BEST SELFIE' Photo Art projects are designed to assist middle-school girls in building confidence and promote honor and respect for their own inner beauty and characteristics. This introductory class is a mixed media 'selfie' collage where girls can either bring a 4x6 print of an appropriate 'selfie' photo they have taken or take three photos in class, picking one to print in black and white. This print will be incorporated into a 9 x 12 collage created from various mixed media. Text for the collage will be formulated first through defining each girls' 5 top character traits!

All supplies are included, but girls are encouraged to bring a print of an appropriate 'selfie' they have taken of themselves and any special supplies they may want to use.

\$24 2 - 4 p.m.

T, June 24

Middle School Art Room 250

Class #: 4446-S14A



Project Runway

Youth Enrichment League entering grades 4 - 8

Put the sleek into très chic! All new sewing projects for summer 2014! A tank top, matching skirt, head band, hair scrunchy and more. Students will work on projects while learning sewing basics including: how to safely use a sewing machine, cutting patterns to size, hand-stitching, fine needle work and accessorizing. A fashion show will take place the last 30 minutes of the final day of camp. All supplies and equipment are provided. Visit www.youthenrichmentleague.com for more details.

\$144 9 a.m. - noon

M - F, June 23 - 27

Sibley Art Room 133

Class #: 4430-S14A

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description.

See pages 54 & 55 for registration.

Beginning Guitar

Dave Gilmore

ages 10 years and older

Get started playing songs on the guitar. After a few basics, such as the parts of a guitar and how to tune up, you'll learn to play notes (lead guitar) and then move on to strumming chords (rhythm guitar). No prior music knowledge is required. Lesson book is included and guitar rentals are available from the instructor for \$25 for the session.

\$89 9 - 9:45 a.m.

F, June 13 - July 25 (no class July 4)

Middle School Orchestra Room 56

Class #: 4421-S14A

Books & Stars

Catch the fun and free, family-friendly entertainment on Wednesday evenings at a variety of Northfield parks! See schedule on page 31.

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Driver Education

Driver Education Classroom

Doug Bengtson & Kevin Dahle
ages 15 - 18

We offer a complete driver education program conducted by certified instructors. Intended primarily for Northfield School District residents, this class is for participants who are 15 years old by the end of the session. Students who are not residents of the Northfield Public School District will be permitted to take the class if it has not filled by the registration deadline. This class requires a special registration form available at the Northfield High School, Community Services and online at www.nfld.k12.mn.us. Students will receive a certificate of classroom completion card necessary to apply for an instruction permit. Cost for replacement of lost or damaged cards is \$10. Behind-the-Wheel instruction is available following completion of the classroom session; reference class 6920. Registration opens April 18 and ends May 30 for June classes, and July 18 for August class, or until any class is full - please register early to avoid disappointment. \$152 High School H124

8:30 - 11:30 a.m.
T, June 10 - M, June 23
(weekdays only)
Class #: 6910-S14A

12:30 - 3:30 p.m.
T, June 10 - M, June 23
(weekdays only)
Class #: 6910-S14B

8:30 - 11:30 a.m.
M - F, July 28 - Aug. 8
Class #: 6910-S14C

Driver Education Behind-the-Wheel

Kevin Dahle & Robert Knutson
ages 15 - 18

The six-hour Behind-the-Wheel experience is available following completion of the classroom session. Students must have a valid MN permit to register. Registration forms are available at the Northfield High School, Community Services and online at www.nfld.k12.mn.us. Sessions are by appointment, scheduled by the driving instructor. After successful completion of the Behind-the-Wheel instruction, students will receive a certificate of completion card which is necessary to apply for a driver's license. Cost for replacement of lost or damaged cards is \$10.

\$252 Session by appointment only
Class #: 6920-2014

AARP Smart Driver Courses

Northfield Senior Center Staff

This newly updated and renamed "Smart Driver Course" is designed for the driver over age 50, to help discover how roads, cars and you may have changed since you started driving. Learn research-based safety strategies; understand the links among the driver, vehicle and road environment; and how awareness encourages safer driving. Learn the newest safety and advanced features in vehicles and tips for assessing when alternate transportation methods may be the safest option. Completion of this Smart Driver Course qualifies each student over age 55 (sometimes 50) for a certificate redeemable for a discount on auto insurance premium for three years. First timers must take the 8-hour course and then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course. Please indicate your AARP Member number in the notes section when you register, to qualify for the AARP Member discount. Co-sponsored with the Northfield Senior Center. Deadline to register is one week prior to class. \$27/non-AARP member; \$22/AARP member

Northfield Senior Center

AARP Driver Safety Program 8-hour Full Course

5:30 - 9:30 p.m.	8 a.m. - 4 p.m.
M & T, June 23 & 24	Sa, Aug. 2
Class #: 6951-S14A	Class #: 6951-S14B

AARP Driver Safety Program 4-hour Refresher Course

9 a.m. - 1 p.m. W, May 28	1 - 5 p.m. M, June 9
Class #: 6950-S14A	Class #: 6950-S14B
5:30 - 9:30 p.m. M, July 21	1 - 5 p.m. W, Aug. 13
Class #: 6950-S14C	Class #: 6950-S14D

Project ABLE is a program within Northfield Community Education that provides social, recreational, and educational programming for adults with disabilities. We have a lot of new and exciting programming for this summer. Please take a look at the new Project ABLE guidelines. We have scholarships available! Project ABLE is always looking for volunteers. If you are interested in volunteering please fill out the volunteer form or give me a call at 507.664.3656.

Arts & Crafts

Project ABLE Craft Classes

Project ABLE has some fun and exciting crafts planned for you! In May we will be making fleece tie blankets. In June you'll get to make your own kite and we will also be making a group project to display in the community on June 26. Melt crayons on canvas to create a one-of-a-kind masterpiece in July and wrap up summer with tie dying T-shirts in August. The event on June 26 will be free.

\$10 6 - 8 p.m.

Fleece Tie Blankets

T, May 27
NCRC 225
Class #: NS2070-1

Kites

T, June 10
NCRC 223
Class #: NS2070-2

Group Project **FREE**

Th, June 26
NCRC YW 108
Class #: NS2070-3

Melted Crayon Canvasses

T, July 1
NCRC YW 108
Class #: NS2070-4

Tie Dye T-Shirts

T, Aug. 26
NCRC YW 108
Class #: NS2070-5

Project ABLE Registration Open House

Come make a May Day basket and see what Project ABLE has to offer you this summer. There will be snacks and this event is free to attend. The Northfield Community Resources Center is located at the NCRC, 1651 Jefferson Parkway, Northfield, MN 55057. We hope to see you there!

No Fee 4 - 7 p.m.
T, April 29
NCRC YW 108
Class #: OPEN HOUSE

Cooking

Cooking

Do you enjoy making and trying new dishes? Project ABLE cooking courses have just the thing for you. Each month we will learn to make a new dish. Each participant will choose a kitchen to work in with up to 4 others. Each kitchen will make the dish for that night. Each kitchen will be responsible for cleanup of their area. Prepare to get your hands dirty! Accompanying staff will not be required to pay fee. Transportation is not provided for this event.

\$10 6 - 8 p.m.
Northfield High School FACS
Food Lab S104
T, May 6 Class #: NS2065-1
T, June 3 Class #: NS2065-2
T, July 8 Class #: NS2065-3
T, Aug. 5 Class #: NS2065-4

Social Activities

Project ABLE Kickball League

Project ABLE is starting a kickball summer league! We will play Monday nights from 6 to 8 p.m. at Faribault High School. Each participant will receive a custom T-shirt. Healthy refreshments will be provided each night. The kickball league will run for 8 weeks. Modifications will be made so that anyone can participate. Accompanying staff will not be required to pay fee. Transportation is not provided for this event.

\$16 6 - 8 p.m.
M, June 2 - July 21
Nomeland Gym, Faribault High School
Class #: FS2060-1

Color Pin Bowling

Color pin bowling with a Project ABLE twist! There will be random colored pins thrown in with normal white ones. If you get a colored pin in the number one position and knock it down you will win a prize. If you get a colored pin in the number one position and get a strike you will win two prizes. Staff will not be able to participate in this event. Transportation will not be provided for this event.

\$10 1 - 3 p.m.
Jesse James Lanes
Sa, May 17 Class #: NS2015-1
Sa, June 21 Class #: NS2015-2
Sa, July 19 Class #: NS2015-3
Su, Aug. 17 Class #: NS2015-4

Chair Yoga

NEW

Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and movements are not present in a chair yoga class. Within this type of yoga class, you can cover standing, seated and prone poses. Participants can learn many kinds of yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair. Accompanying staff will not be required to pay the fee. Transportation is not provided for this event.

\$6 6 - 8 p.m.
 Northfield Middle School
 Auxiliary Gymnasium
 W, May 7 Class #: NS2050-1
 W, June 11 Class #: NS2050-2
 W, July 9 Class #: NS2050-3
 W, Aug. 6 Class #: NS2050-4

Lakeville Movie Theatre Trip

NEW

Grab your friends and head to Lakeville to see a recently released movie. Fee includes your ticket and transportation to and from the theater. Staff accompanying their clients will be required to pay the same fee. Closed captioning is available for the deaf and hard of hearing as well as assistive listening devices. Transportation is provided for this event. Bus pickup and drop-off will be at Northfield High School, 1400 Division Street S., Northfield.

\$12 11 a.m. - 3 p.m.
 Lakeville 21 Theatre
 Su, May 11 Class #: FS2025-1
 Su, June 15 Class #: FS2025-2
 Su, July 13 Class #: FS2025-3
 Su, Aug. 10 Class #: FS2025-4

Dining @ The Depot

NEW

Chef Jeff has a treat for you! Join us for a specially prepared and limited menu at The Depot. You will have three choices each for your appetizer, entree and dessert. The menu will change every month so come give your taste buds a workout. Accompanying staff will need to register and pay if they will be participating in this event. Transportation will not be provided for this event. The Depot is located at 311 Heritage Place, Faribault.
 \$16 5:30 - 7:30 p.m.
 The Depot in Faribault
 Th, May 15 Class #: FS2020-1
 Th, June 19 Class #: FS2020-2
 Th, July 17 Class #: FS2020-3
 Su, Aug. 14 Class #: FS2020-4

Mystery Dining

Dine with friends at a surprise location each month! You will learn how to order within a budget and what is appropriate in social settings. Staff accompanying participants will be able to order on their own. Transportation will not be provided for this event.

\$18 5:30 - 7:30 p.m.
 To Be Announced
 W, May 21 Class #: FS2010-1
 W, June 25 Class #: FS2010-2
 W, July 23 Class #: FS2010-3
 W, Aug. 20 Class #: FS2010-4



Pizza Bingo

Each participant will get three slices of Basilleo's Pizza and a can of pop. Bingo will be played for approximately 1.5 hours. If you get Bingo you will get to pick out a prize. If, by the end of the night you do not win Bingo, you will get to pick out a prize before leaving. Staff will be able to pay for pizza and pop. Transportation will not be provided for this event.
 \$10/participant \$6/staff
 6 - 8 p.m.
 NCRC 225
 F, May 16 Class #: NS2000-1
 F, June 20 Class #: NS2000-2
 F, July 18 Class #: NS2000-3
 F, Aug. 8 Class #: NS2000-4

Special Events

Meet Me in St. Louis

NEW

Meet Me in St. Louis is a rare treasure in musical theater history, based on the heartwarming movie starring Judy Garland. Join the Smith family at the 1904 World's Fair and see how their love and respect for each other is tempered with the genuine humor that can only be generated by such a special family. Accompanying staff will be required to pay the fee. Transportation is not provided for this event. The Paradise Center for the Arts is located at 321 Central Avenue N., Faribault.

\$15 7:30 - 10 p.m.
 Th, July 31
 Paradise Center for the Arts
 Class #: FS2040-1

Project ABLE Camping Trip

Grab your friends and don't forget your sleeping bag. Project ABLE is going camping! Bus leaves from Northfield High School at 4:30 p.m. on Friday, Aug. 29, and returns at 10:30 a.m. on Sunday, Aug. 31. Camp Faribo has a 55' heated pool, a recreation hall with video games and plenty of open space to recharge your batteries. Your fee will include dinner on Friday; breakfast, lunch and dinner on Saturday; and breakfast on Sunday. Accompanying staff will be required to pay fee. Transportation will be provided for this event. Camp Faribo is located at: 21851 Bagley Avenue, Faribault. \$25
 F, Aug. 29 at 4:30 p.m. -
 Su, Aug. 31 at 10:30 a.m.
 Camp Faribo
 Class #: FS2045-1



Comedian Kellen Marson @ the Paradise

Come see award-winning comedy hypnotist, hypnotherapist and U.S. Army Veteran, Kellen Marson. His ability to weave humor, motivation, and inspiration into a truly unforgettable hysterical show has made Kellen one of the country's most sought after comedic hypnotists. Accompanying staff will be required to pay the fee. Transportation is not provided for this event. The Paradise Center for the Arts is located at 321 Central Avenue N., Faribault. \$17 8 - 10 p.m.
 Sa, June 7
 Paradise Center for the Arts
 Class #: FS2035-1

Pool Party

The Faribault Family Aquatic Center has lots of fun for everyone! Swim and splash on the waterslides, build sandcastles or soak up the sun! Your fee includes entrance to the water park and a meal deal at the concession stand. You can chose a slice of pizza and a pop or a hot dog, chips, and a pop as your meal deal. Transportation is not provided for this event. Accompanying staff will be required to pay the \$3 to enter the water park \$7/participant \$3/staff
 noon - 4 p.m.
 Faribault Family Aquatic Center
 Su, June 22 Class #: FS2030-1
 Su, July 20 Class #: FS2030-2
 Su, Aug. 3 Class #: FS2030-3

Project ABLE Tuition Assistance Policy

Project ABLE provides need based tuition assistance for Project ABLE classes offered through its' consortium school districts.

Guidelines:

- Individuals must complete a Tuition Assistance Application form (below).
- Individuals must have a permanent disability that they describe/name.
- Individuals must pay some portion of the cost of what they are registering for. Individuals participating in Project ABLE classes/activities may request tuition assistance toward the total cost of their fees, up to 50%
- Tuition Assistance will remain an option as long as the budget permits. When the money is gone for the year then no more assistance can be provided.
- If individuals receiving tuition assistance for a class, and do not complete the class or otherwise misuse the benefit of the tuition assistance, they may be denied future assistance.

PROJECT ABLE TUITION ASSISTANCE APPLICATION FORM

Date: _____ Name: _____

Address: _____ City, State & Zip _____

Phone number: () _____ email: _____

1. Disability: _____

2. Class Number & Title for which you are requesting assistance: _____

3. Which catalog is the class offered? (check one) Catalog: Winter Spring/Summer Fall

4. Cost of Class: \$ _____ 5. How much participant can pay: \$ _____

6. Requested Assistance from Project SOAR: \$ _____

7. Notes: _____

Please complete this form and drop off, mail or email it to Nick Mertesdorf, at Project ABLE.

Northfield Office
 Northfield Community Resource Center (NCRC)
 1651 Jefferson Parkway, Northfield, MN 55057
 (507)664-3656

Faribault Office
 201 Lyndale Ave South, Faribault, MN 55021
 (507)333-6080
nmertesdorf@faribault.k12.mn.us

Project ABLE Registration Form

Summer 2014

Name: _____ Date of Birth: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ Contact Person: _____
 Group Home: _____ Allergies: _____

Please circle any accommodations needed to effectively participate in an event.
 Sign Language Interpreter - Mobility Issues - Dietary Restrictions - Ramps or Bumpers for Bowling

Arts & Crafts

- May 27th _____ \$10
- June 10th _____ \$10
- June 26th _____ \$FREE
- July 1st _____ \$10
- August 26th _____ \$10

Cooking Classes

- May 6th _____ \$10
- June 3rd _____ \$10
- July 8th _____ \$10
- August 5th _____ \$10

Pizza Bingo

- May 16th _____ \$10
- Staff: _____ \$6
- June 20th _____ \$10
- Staff: _____ \$6
- July 18th _____ \$10
- Staff: _____ \$6
- August 8th _____ \$10
- Staff: _____ \$6

Mystery Dining

- May 21st _____ \$18
- June 25th _____ \$18
- July 23rd _____ \$18
- August 20th _____ \$18

Color Pin Bowling

- May 17th _____ \$10
- June 21st _____ \$10
- July 19th _____ \$10
- August 17th _____ \$10

Dining @ The Depot

- May 15th _____ \$16
- June 19th _____ \$16
- July 17th _____ \$16
- August 14th _____ \$16

Pool Party

- June 22nd _____ \$7
- Staff: _____ \$3
- July 20th _____ \$7
- Staff: _____ \$3
- August 3rd _____ \$7
- Staff: _____ \$3

Paradise Center for the Arts

- June 7th _____ \$17
- July 31st _____ \$15

Camping Trip

- August 29th-31st _____ \$25

Chair Yoga

- May 7th _____ \$6
- June 11th _____ \$6
- July 9th _____ \$6
- August 6th _____ \$6

Kickball League

- June 2nd, 9th, 16th, 23rd, 30th
- July 7th, 14th, 21st
- _____ \$16

Movie Theater Trip

- May 11th _____ \$12
- June 15th _____ \$12
- July 13th _____ \$12
- August 10th _____ \$12

Three ways to Register:

Stop in to register at NCRC Youth Wing: 1651 Jefferson Parkway, Northfield, MN 55057

Call us @ 507-664-3656

Register and pay online @ <https://faribault.thatscommunityed.com>

Learn-to-Swim Level Descriptions

The American Red Cross offers six comprehensive course levels that teach you, your child or other family member how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below.

See next page for classes.



Level 1 Introduction to Water Skills

Purpose: Helps students feel comfortable in the water.

Level 1 participants learn to:

Enter and exit water safely	Submerge mouth, nose and eyes	Float on front and back
Open eyes underwater, pick up submerged object	Exhale underwater through mouth & nose	Explore arm and hand movements
Swim on front and back using arm and leg actions	Follow basic water safety rules	Use a life jacket

Level 2 Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills.

Level 2 participants learn to:

Enter water by stepping or jumping from the side	Exit water safely using ladder or side	Submerge entire head
Open eyes underwater, pick up a submerged object	Float on front and back	Perform front and back glide
Roll over from front to back, back to front	Tread water using arm and leg motions	Swim on side
Swim on front and back using combined strokes		

Level 3 Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice.

Level 3 participants learn to:

Jump into deep water from the side	Dive from kneeling or standing position	Submerge and retrieve an object
Bob with the head fully submerged	Use rotary breathing in horizontal position	Perform front and back glide
Perform survival float	Perform front and back crawl	Butterfly-kick and body motion
Perform the HELP and Huddle position	Perform a reaching assist	Check-Call-Care in an emergency
Change from horizontal to vertical position on front and back		

Level 4 Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Level 4 participants learn to:

Perform shallow dive or dive from stride position	Swim underwater	Perform feet-first surface dive
Perform open turns on front and back using any stroke	Tread water using sculling arm motions and kick	
Perform the following:		
Front and back crawl	Breaststroke and Butterfly	Elementary backstroke
Swim on side using scissors-like kick	Use safe diving rules	Perform a throwing assist
Care for conscious choking victim	Perform compact jump into water from a height while wearing a life jacket	

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

Level 5 participants learn to:

Tread water with two different kicks	Learn survival swimming	Perform rescue breathing
Perform the following:		
Standing dive	Tuck surface dive	Pike surface dive
Front flip turn	Backstroke flip turn	Front and back crawl
Butterfly	Breaststroke	Elementary backstroke
Sidestroke	Shallow dive, glide two body lengths and begin any front stroke	

Level 6 Swimming and Skill Proficiency

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses.

These options include:

Personal Water Safety	Lifeguard Readiness	Fundamentals of Diving
Fitness Swimmer		

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Aquatics

Youth Aquatics

American Red Cross

Learn-to-Swim

Sessions

Community

Services Staff

ages 6 and older

\$34 See previous page for descriptions.



American Red Cross

Together, we can save a life

T & Th, May 20 - June 5
Middle School Pool

Level 1

6:45 - 7:25 p.m.

Class #: 1033-S14H

Level 2

6 - 6:40 p.m.

Class #: 1034-S14K

Level 3

6:45 - 7:25 p.m.

Class #: 1035-S14H

Level 4

6 - 6:40 p.m.

Class #: 1036-S14H

M - Th, June 16 - 26 Northfield Outdoor Pool	M - Th, June 30 - July 10 Northfield Outdoor Pool	M - Th, July 14 - 24 Northfield Outdoor Pool	M - Th, July 28 - Aug. 7 Northfield Outdoor Pool
Level 1 9:15 - 9:45 a.m. Class #: 1033-S14A 10:25 - 10:55 a.m. Class #: 1033-S14B	Level 1 9:50 - 10:20 a.m. Class #: 1033-S14C 10:25 - 10:55 a.m. Class #: 1033-S14D	Level 1 10:25 - 10:55 a.m. Class #: 1033-S14E	Level 1 9:15 - 9:45 a.m. Class #: 1033-S14F 10:25 - 10:55 a.m. Class #: 1033-S14G
Level 2 9:50 - 10:20 a.m. Class #: 1034-S14A 10:25 - 10:55 a.m. Class #: 1034-S14B	Level 2 9:15 - 9:45 a.m. Class #: 1034-S14C 9:50 - 10:20 a.m. Class #: 1034-S14D	Level 2 9:15 - 9:45 a.m. Class #: 1034-S14E 9:50 - 10:20 a.m. Class #: 1034-S14F 10:25 - 10:55 a.m. Class #: 1034-S14G	Level 2 9:15 - 9:45 a.m. Class #: 1034-S14H 9:50 - 10:20 a.m. Class #: 1034-S14I 10:25 - 10:55 a.m. Class #: 1034-S14J
Level 3 9:15 - 9:45 a.m. Class #: 1035-S14A	Level 3 9:15 - 9:45 a.m. Class #: 1035-S14B 10:25 - 10:55 a.m. Class #: 1035-S14C	Level 3 9:15 - 9:45 a.m. Class #: 1035-S14D 9:50 - 10:20 a.m. Class #: 1035-S14E	Level 3 9:15 - 9:45 a.m. Class #: 1035-S14F 9:50 - 10:20 a.m. Class #: 1035-S14G
Level 4 9:50 - 10:20 a.m. Class #: 1036-S14A 10:25 - 10:55 a.m. Class #: 1036-S14B	Level 4 9:15 - 9:45 a.m. Class #: 1036-S14C	Level 4 9:15 - 9:45 a.m. Class #: 1036-S14D 10:25 - 10:55 a.m. Class #: 1036-S14E	Level 4 9:50 - 10:20 a.m. Class #: 1036-S14F 10:25 - 10:55 a.m. Class #: 1036-S14G
Level 5 9:15 - 9:45 a.m. Class #: 1037-S14A	Level 5 10:25 - 10:55 a.m. Class #: 1037-S14B	Level 5 9:50 - 10:20 a.m. Class #: 1037-S14C	Level 5 9:15 - 9:45 a.m. Class #: 1037-S14D
Level 6 9:50 - 10:20 a.m. Class #: 1038-S14A	Level 6 9:50 - 10:20 a.m. Class #: 1038-S14B	Level 6 9:50 - 10:20 a.m. Class #: 1038-S14C	Level 6 9:50 - 10:20 a.m. Class #: 1038-S14D

Water Babies/Aqua Tots

Community Services Staff

ages 9 months - 3 years

Have fun with your baby or toddler in the swimming pool! The adult/parent is an integral part of the learning process and must accompany the child in the water. Skills are taught to help the child be safe in and around the water with a focus on learning to enjoy the water. This class is a combined age group with instructions based on a progression of easily understood steps.

\$34

AmericInn Motel & Suites Pool

5:30 - 6 p.m.

T, May 13 - June 24

Class #: 1040-S14A

6:40 - 7:10 p.m.

T, May 13 - June 24

Class #: 1040-S14B

Northfield Outdoor Pool

9:50 - 10:20 a.m.

M - Th, June 16 - 26

Class #: 1040-S14C

9:50 - 10:20 a.m.

M - Th, June 30 - July 10

Class #: 1040-S14D

9:15 - 9:45 a.m.

M - Th, July 14 - 24

Class #: 1040-S14E

Aqua Tots

Community Services Staff

ages 18 months - 3 years

The adult/parent is an integral part of the learning process and must accompany the child in the water.

Instruction is based on a progression of easily understood steps. Learn very basic water skills to help be safe in and around water. Class stresses learning to enjoy the water.

\$34

AmericInn Motel & Suites Pool

6:05 - 6:35 p.m.

T, May 13 - June 24

Class #: 1031-S14A

5:50 - 6:20 p.m.

M, July 7 - Aug. 18

Class #: 1031-S14C

6:25 - 6:55 p.m.

M, July 7 - Aug. 18

Class #: 1031-S14D

Northfield Outdoor Pool

10 - 10:30 a.m.

Sa, June 21 - Aug. 2 (no class July 5)

Class #: 1031-S14B



Starfish

Community Services Staff

ages 4 & 5

Children are allowed to participate without an adult/parent in the water. Emphasis is on holding breath under water, blowing bubbles, and front and back float. Water safety skills are introduced.

\$34

AmericInn Motel & Suites Pool

5:15 - 5:45 p.m.

M, July 7 - Aug. 18

Class #: 1032-S14G

7 - 7:30 p.m.

M, July 7 - Aug. 18

Class #: 1032-S14H

Northfield Outdoor Pool

9:15 - 9:45 a.m.

M - Th, June 16 - 26

Class #: 1032-S14A

10:25 - 10:55 a.m.

M - Th, June 16 - 26

Class #: 1032-S14B

10:35 - 11:05 a.m.

Sa, June 21 - Aug. 2 (no class July 5)

Class #: 1032-S14C

9:15 - 9:45 a.m.

M - Th, June 30 - July 10

Class #: 1032-S14D

10:25 - 10:55 a.m.

M - Th, June 30 - July 10

Class #: 1032-S14E

10:25 - 10:55 a.m.

M - Th, July 14 - 24

Class #: 1032-S14F

10:25 - 10:55 a.m.

M - Th, July 28 - Aug. 7

Northfield Outdoor Pool

Class #: 1032-S14I

Northfield Old Memorial Park Pool

2014 Pre-Season Pass Sale

801 Seventh Street E. • 507-645-1837 • www.ci.northfield.mn.us

Pre-season sales will take place at the pool on:

- 3:30 - 6 p.m. Th, May 1, 8 & 22
- 9:30 a.m. - noon Sa, May 3, 10 & 24

Purchase your season pass at one of these sales and receive 10% off the season price.

Pool schedule:

3:30 - 8 p.m., June 2 - 6

11:30 a.m. - 8 p.m. daily, June 7 - Aug. 17

1 - 6 p.m. daily, Aug. 18 - 31

(reduced hours)

noon - 5 p.m., Sept. 1 (last day)

Pool will be closed on Labor Day.



Individual Season Pass

\$85 Resident

\$100 Non-Resident

Dual Season Pass

\$125 Resident

\$145 Non-Resident

Family Season Pass

(2 adults & up to 3 kids)

\$180 Resident

\$200 Non-Resident

Additional family member \$10

Adult Aquatics

Private Swimming Lessons

Community Services Staff

Private swimming lessons are available for anyone regardless of age or ability. Lessons are held at the Northfield Outdoor Pool during the summer and at the Northfield Middle School or the Northfield Senior Center during the school year. Other people may be in the pool as the private lessons take place. To schedule a private lesson, please call Melissa at 507.664.3502.

Fee is \$20/hour or \$10/half hour.

By appointment only

Northfield Outdoor Pool

Class #: 1043-S14A

Adult Swimming Lessons

Is splashing around in a cold pool not so intriguing anymore? Relax, and take up a swimming lesson opportunity in our warm water pool. Gain cardiovascular and muscle strength while maintaining healthy joints. Your instructor will help to teach and/or improve your strokes and your confidence in the water. Adults of all abilities are welcome.

\$47

Northfield Senior Center Pool

6:15 - 7:15 p.m.

W & F, June 4 - 20

Class #: 1039-S14A

6:15 - 7:15 p.m.

W, July 9 - 30

(no class July 23)

Class #: 1039-S14B

Have a class idea?

Want to teach a recreation class?

Call Melissa Bernhard at 507.664.3502

Aqua Fitness Fusion

Northfield Senior Center Staff

High energy water aerobics at its best! Energetic exercise using the dynamics of water resistance. Non-stop fun! Sometimes tools (water barbells, noodles, and water dynamics) are used for resistance. Expect moderate to vigorous aerobic training. No swimming skills required but you must be comfortable in water that is waist to chest deep.

\$67

Northfield Senior Center Pool

10 - 10:45 a.m.

Sa, May 10 - July 12

Class #: 1144-S14A

5:30 - 6:30 p.m.

T & Th, May 13 - June 12

Class #: 1144-S14B

5:30 - 6:30 p.m.

T & Th, July 8 - Aug. 7

Class #: 1144-S14C

Sunrisers Aqua Fitness

Northfield Senior Center Staff

Wake up with the sun and have some fun! This class offers a series of stretching, aerobic and strengthening exercises, designed to maintain cardio health as well as flexibility and balance. Participants can adjust exercises to their individual abilities. No swimming skills required. Co-sponsored with the Northfield Senior Center.

\$67 7 - 7:45 a.m.

Northfield Senior Center Pool

M, W & F, June 16 - July 7

(no class July 4)

Class #: 1042-S14A

M, W & F, July 14 - Aug. 1

Class #: 1042-S14B

Early Bird Aqua Fitness

Northfield Senior Center Staff

Work on muscular strength and endurance training, improve flexibility and enhance the cardio-respiratory system. Each aqua fitness class includes a warm-up, cardio workout, strength training, cool-down and stretching. Some students use ankle or arm weights and water gloves to enhance their workout.

No swimming skills required. Co-sponsored with the Northfield Senior Center.

\$67 7 - 8 a.m.

Northfield Senior Center Pool

T & Th, May 13 - June 12

Class #: 1044-S14A

T & Th, July 8 - Aug. 7

Class #: 1044-S14B

Aqua Zumba

Juliana Lima

Just add water and shake! Combining Latin and international rhythms, Zumba is exercise in disguise. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

\$45 10:30 - 11:15 a.m.

Su, July 13 - Aug. 17

Northfield Outdoor Pool

Class #: 1047-S14A



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Adult Recreation

Dance

Beginning Belly Dance **NEW**

Kate Southwick

Belly Dance is fun, expressive and a great way to de-stress, exercise and have some “me” time. Learn basic Middle Eastern dance movements, foot work, body isolations and a short choreography. Dress in clothing you can move in and bring along a yoga mat and water. For adults of all ages.

\$49 7:30 - 9 p.m.

Th, May 22 - June 26
High School North
Balcony Gymnasium
Class #: 1116-S14A

Ballroom Dance: Weddings and Special Events **NEW**

Victor Albrecht

This is a special ‘getting ready’ class for weddings, graduation parties and other special events. High school juniors and seniors, families and entire wedding parties are welcome to join. Instructor, Victor Albrecht, makes it fun and easy for everyone. Learn basic steps in the smooth fox trot, ballroom waltz and the hot East Coast Swing. All are welcome and no partners are needed. Please bring comfortable shoes.

\$15 7 - 8:45 p.m.

F, May 16
Middle School
Auxiliary Gymnasium
Class #: 3837-S14A

Spring/Early Summer Dance Classes

Spots still available for May classes

Instructor Victor Albrecht is still offering spring /early summer dance classes in May:

- 6 – 7 p.m. - Monday Night Dance Special (couples and singles): anthology of different dancing steps and genres including the Retro Hustle, the Group Waltz, Slow Dance, El Paso and Old Time Polka. **Class #: 3854-W14B**
- 7 – 8 p.m. - Ballroom and Slow Dance For Beginners (couples only) **Class #: 3849-W14B**
- 8 – 9 p.m. - Swing and Latin Dance For Beginners (couples only) **Class #: 3839-W14B**

\$49/ couple \$29/single
M, May 19 – June 9
(no classes on May 26)
Middle School
Auxiliary Gymnasium

Registration is still open and available until the start date of the classes. Please call 507.664.3649 or visit www.nfld.k12.mn.us (follow Community Services link – Adult Recreation) to register.



Books & Stars

Fun and free, family-friendly entertainment on Wednesday evenings at a variety of Northfield parks!

Schedule:

6:30 p.m. Booker, the Northfield book bus, opens

7 p.m. Performance

- June 11 - Central Park (Justin Roberts)
- June 18 - Way Park (Shakespeare in the Park)
- June 25 - Spring Creek Park (Doc Rockets Wild West Show)
- July 2 – Bridge Square (Music of Fort Snelling)
- July 9 - Way Park (Mixed Nuts)
- July 16 - Outdoor Pool (The Castaways)
- July 23 – Way Park (XIBABA)
- July 30 – Central Park (The Roe Family Singers)

Rain site is Odd Fellow park shelter.

The Friends and Foundation of the Northfield Library is sponsoring Justin Roberts.



Open Gyms

Open Gym Dodgeball Community Services Staff

Come be nimble, come be quick, come see what makes the townies tick. This drop-in dodgeball program is designed for anyone in ninth grade and older who would enjoy the exercise and fun involved with the activity. Get your friends together, young and old and bring your game face. Cost is \$2.00, payable at the door; no large bills please. Pre-registration not required. Times and dates subject to change depending upon participation.

\$2 7 - 9:30 p.m.

T, May 13 - Aug. 26

(no open gym July 15 & 22)

Longfellow Gymnasium



Fall Softball & Flag Football Leagues

Northfield Community Services offers fall men's and women's double-header softball leagues and a co-rec kittenball league. The softball leagues begin in mid-August and interested teams need to be registered by Aug. 1. The adult flag football league begins in early September and teams need to be registered by Aug. 15. Contact Melissa at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us for more information.

Leagues

Adult 3-on-3 Basketball

Community Services offers an unofficiated three-on-three basketball league on Sunday evenings. A scorekeeper will be present. Contact Melissa at Melissa.Bernhard@nfld.k12.mn.us or 507.664.3502 for a registration packet. Registration forms and fees are due by May 23. League begins June 8.

\$110 Games begin at 5:30 p.m.
High School Gymnasium
Class #: 1022-S14A

General Recreation

Kettlebell Strength Fusion Lu Herbeck

Discover the secret of these special techniques and why they are so effective at burning calories and toning the entire body. This mixed format class, designed for beginners, combines kettlebell training and the latest in free weights, body mechanics and functional fitness. Shape your legs, arms and midsection as you incorporate body weight exercises and medicine ball training for a unique workout. Tone muscles and increase your metabolism, strength and stamina. All equipment is provided, just register and get ready for fun. Held on a sprung wood floor.

\$57 5 - 5:45 p.m.

M, May 5 - June 9

Northfield Senior Center
Activity Room

Class #: 1117-S14A



Core Fusion

Northfield Senior Center Staff

Enjoy the difference a strong core can make! This is much more than a bunch of ab crunches. Cutting edge techniques and equipment are used to get you where you want to go. Core strength, posture and alignment are addressed. Classes use stability balls, bender balls, pilates weighted balls, weights and your own body weight. Look and feel better. Firm midsection, i.e. abs, back, sides. Realize the difference nationally certified and highly qualified instructors can make. Held on a sprung wood floor.

\$65

T, 8:30 - 9:15 a.m.

Th, 8:15 - 9:15 a.m.

Northfield Senior Center
Activity Room

T & Th, May 13 - June 3

Class #: 1108-S14A

T & Th, June 10 - July 1

Class #: 1108-S14B

Pickleball

Community Services Staff

Join the fastest growing sport around! Much like badminton, tennis and ping pong, pickleball is a game that people of all ages and abilities can enjoy. Created during the summer of 1965, pickleball is played on a badminton court with the net lowered to 34 inches, and uses a perforated plastic ball (similar to a whiffle ball) and wood or composite paddle. Class includes some instruction and lots of time for open play. Pickleball paddles and balls are provided. Offered in partnership with the Northfield Senior Center.

\$37 6 - 8 p.m.

Th, June 12 - Aug. 7

Middle School Tennis Courts

Class #: 1195-S14A

Zumba Fitness

Northfield Senior Center Staff

Ditch the workout - join the party! Zumba Fitness Program = popular, fun and party-like atmosphere designed for the true beginner. Dances highlighted include the Merengue, Salsa, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, and Tango. Anyone can Zumba! Held on sprung wood dance floor.
\$57

Northfield Senior Center Activity Room

6 - 6:45 p.m.

W, May 14 - June 18

Class #: 1159-S14A

9 - 9:45 a.m.

Sa, May 17 - June 21

Class #: 1159-S14B

6 - 6:45 p.m.

W, July 9 - Aug. 13

Class #: 1159-S14C

9 - 9:45 a.m.

Sa, July 12 - Aug. 16

Class #: 1159-S14D

Body Sculpting

Lu Herbeck

Using bands, balls, walls, steps, mats and a dozen other fitness tools, we will help you become a more toned, strong, fit and functional you! Great and fun way to burn calories, build muscle, endurance, agility, coordination and preserve bone integrity. Class is timed to music. All abilities welcome and encouraged. Held on a sprung wood floor.

\$57 5 - 6 p.m.

W, June 11 - July 16

Northfield Senior Center Activity Room

Class #: 1118-S14A

Barre Tone

Heartwork Yoga Studio

Tone muscle, burn fat, and feel great! After a quick yoga warm-up, move into cardio training and toning exercises using the barre and other creative equipment. Bring a yoga mat. All levels welcome.

\$28 10 - 10:55 a.m.

Th, July 10 - 31

HeartWork Yoga Studio

Class #: 1142-S14A

Yin Yoga

Northfield Senior Center Staff

Enjoy relaxation in this format that helps to increase flexibility, strength, balance, body alignment and circulation. This class integrates breath-work and a mind/body concept that can relieve the effects of chronic stress, bringing the mind to a focused state and therefore more harmony into your daily life. Yin Yoga poses are held longer for greater stretch and restoration, as opposed to flowing movement. Props are frequently used, and most poses are held on the floor rather than standing. Held on a sprung wood floor.

\$54 noon - 1 p.m.

M, June 9 - July 14

Northfield Senior Center Activity Room

Class #: 1140-S14A

NEW

Introduction to Yoga

Workshop

Heartwork Yoga Studio

It's time to start yoga this summer! This introduction to yoga class is designed for people who are totally new to yoga. If you feel intimidated about starting yoga because you just don't know what to expect, this is the workshop for you! The instructor will welcome you to the studio and walk you through everything you need to know about taking classes at Heartwork. You will learn different styles of yoga in order for you know which classes are right for you. Your instructor will give you a plan that you can use to add yoga into your life and will also help you learn how to modify every movement to make it right for your body. Take a gentle yoga class during this time and enjoy one free week of yoga afterward.

\$9 11:45 a.m. - 1 p.m.

HeartWork Yoga Studio

Sa, June 7

Class #: 1134-S14A

Sa, July 12

Class #: 1134-S14B

Sa, Aug. 2

Class #: 1134-S14C

Be Someone Who Matters to Someone Who Matters

- Help a youth stay in school
- Help a youth avoid risk-taking behaviors
- Help a youth become a leader
- Bridge the generation gap
- Learn from a young person

Let a child know they matter...

become a mentor to a Northfield youth through **Connected Kids**, a mentoring initiative of Northfield Public Schools Community Services.

For more information contact **Connected Kids Coordinator Linda Oto** at 507.664.3655 or Linda.Oto@nfl.k12.mn.us.



Hip Hop Workout

Megan Proft

Turn up the music and turn out the steps in this fun, energetic workout class. Based in the music and moves of hip hop dance, you won't even realize how many calories you are burning as you crank out the cardio, tone and have a blast. No dance experience is necessary. This class is for adults of all ages. Please bring a towel or mat.

\$18 5:45 - 6:45 p.m.

W, June 4 - 25

Middle School Auditorium

(June 4 & 11)

High School Auxiliary Gymnasium

(June 18 & 25)

Class #: 1164-S14A

Techno Kickboxing

Megan Proft

Kick, punch, squat and jump your way through this medium to high impact cardio workout. Let the driving beats of techno music propel you through a combination of kickboxing (no bag), toning and interval training. Get ready to burn calories, build muscles and sweat away stress! Please bring a mat, towel and water.

\$27 5:45 - 6:30 p.m.

W, July 9 - 30

Middle School Auditorium

Class #: 1163-S14A

NTA Hitting Session

Practice is the best thing for your game. Come work mid-to-high intensity drills and get tips from a Northfield Tennis Association player 6:30 to 8:30 p.m., Thursdays, June 5 to Aug. 28. Enjoy 2 to 3 sets of singles with other intermediate and advanced players 6:30 to 8:30 p.m., Sundays, June 8 to Aug. 31. Both opportunities are held on the Northfield High School Tennis Courts. No registration or fees required.

Begin IT!

NEW

IT! FACTORY

At IT! FACTORY fitness and wellness, LLC., we want to change the way you think about fitness. Teammates will be trained by our experienced coaches. Practice sessions will be varied and challenging for all athletic levels. The Begin IT! class will be constantly changing and challenging your body, so that you don't get stuck in a rut. Begin IT! will combine cardio, strength, mobility and much more to help improve your fitness and strength. Please bring water, yoga mats and/or towel or blanket, clean tennis shoes, a heart rate monitor and boxing gloves or wraps.

\$57 7 - 7:45 p.m.

M, June 2 - 23

IT! FACTORY Fitness and Wellness

Class #: 1130-1130-S14A

Family Tennis Fun

Community Services Staff

Serve up a double! This program provides you the opportunity to play tennis with your child, grandchild or young friend. Class tuition covers up to two participants. Gain instruction in a variety of basic and intermediate tennis techniques. Some time will be spent working together in pairs and another portion of class will focus separately on individual skill building. When the last swing of your racket swooshes through the air, you will have enhanced your tennis ability and built lasting memories with your young partner.

\$35 7 - 8 p.m.

T, June 10 - July 15

High School Tennis Courts

Class #: 1196-S14A

Adult Beginner Tennis

Lessons

Community Services Staff

There's more to love than you think. These lessons will introduce the adult beginner to the fundamentals of tennis. You must provide your own tennis racket.

\$33 7 - 8 p.m.

M, June 9 - July 14

High School Tennis Courts

Class #: 1021-S14A

Introduction to Fly Fishing

Cannon River Sportsmen's Club

Learn the basics of the equipment and the techniques of fly fishing. We will be doing education on land and actual fly fishing. Fly fishing equipment will be provided. The goal of this course is to give the beginner enough basic knowledge to continue this great pastime. A picnic lunch will be provided for all participants at noon. The program begins at 12:30 p.m. This program is offered in cooperation with the Minnesota Department of Natural Resources MinnAqua program.

\$3 noon - 4 p.m.

Sa, July 12

To Be Announced

Class #: 4802-S14A

Introduction to Archery

Cannon River Sportsmen's Club

Any adult interested in learning more about the basics of archery is welcome to attend this class. Instructors will have all necessary equipment for the students or bring your own equipment.

\$3 6 - 8 p.m.

T, June 10

Northfield Archery Range

Class #: 4803-S14C

NEW

Learn to Sail

NEW

Lake City Yacht Club Sailing School

This basic sailing course utilizes material from the American Red Cross and the U.S. Sailing Association to prepare students for safe sailing in small sailboats. Course includes learning the parts of a sailboat, safe sailing techniques, how to sail and basic sailing knots. The class format is both classroom and hands-on instruction in Sunfish sailboats. There is a lot of time devoted on the water and in the boats. Minimum age requirement is 16 years old and all students must pass a basic swim check on the first day of class.

\$125 9 a.m. - 5 p.m.

Sa & Su, June 21 & 22

Lake City Yacht Club Sailing School

Class #: 1320-S14A

Outdoor Adventure

Outdoor Pursuits

NEW

Community Services Staff

Pursue the adventurer in you! Meet on the last Saturday of each month and participate in an adventure led by skilled guides. Activity level is moderate and appropriate for the novice adventurer. Participants choose to register for one class date at a time, or for a full season and participate in all events. Transportation is provided. All adventures depart and return to the Northfield Senior Center.

Full Season: \$153

1- 4 p.m. Sa, May 31, June 28, July 26 & Aug. 30

Class #: 1111-S14FS

Adventure: Orienteering

\$35 1- 4 p.m.

Sa, May 31

Big Woods State Park

Class #: 1111-S14M

Adventure: Canoeing

\$49 1- 4 p.m.

Sa, June 28

Lebanon Hills

Class #: 1111-S14JU

Adventure: Kayaking

\$46 1- 4 p.m.

Sa, July 26

Cannon River - Gear ReSource

Class #: 1111-S14JL

Adventure: Mountain Biking

\$39 1- 4 p.m.

Sa, Aug. 30

Lebanon Hills

Class #: 1111-S14A

Bring your own bike or call Community Services to inquire about a loaner bike.



Adventure Racing

NEW

Community Services Staff

Push your limits! If you love to get the soles of your shoes and the tires of your bike dirty and don't mind bushwacking or racing for hours, then set your compass to fun! Adventurers will meet once a month and will learn about adventure racing opportunities, plotting UTM's, compass reading, equipment management, paddling a canoe, racing tips and the "need to knows" of former and current adventure racers. Class tuition includes the race registration fee, the USARA one day race fee, a one day MN park sticker and canoe rental for training days. Talk your friends into joining you or hook up with those taking this class to form a team. Class will meet at Monkey See Monkey Read and may occasionally travel off site for training. Transportation is not provided for off-site training or the race. Prior to registering, participants under the age of 17 are encouraged to call Community Services at 507.645.3649 for details regarding team race requirements.

Stubborn Mule

Class 5 - 6 p.m.

Sa, May 10 & 24; June 7 & 21

Monkey See, Monkey Read

Class #: 1110-W14A

Race - June 28 (near Tomahawk, WI)

12 hr. \$126

30 hr. \$216

The Thunder Rolls

Class 5 - 6 p.m.

Sa, July 12 & 26; Aug. 2 & 16

Monkey See, Monkey Read

Class #: 1110-W14B

Race - Aug. 23 (Mt. Carrol, IL)

12 hr. \$241

30 hr. \$286

Martial Arts

Shorin-Ryu Karate

Bob Dobrow & Steve Hatle

Karate develops self-confidence, focus, strength and flexibility.

Karate is a rewarding physical activity for adults and children, and a great family activity as well. You will train in Shorin-Ryu karate, a traditional Okinawan style, just as it has been practiced for centuries.

Emphasis is on kata (forms) and self-defense application, not free-style sparring or competition. Our school is part of Ueshiro Shorin-Ryu Karate USA, founded 51 years ago, with clubs and dojos around the country. Call Sensei Bob

Dobrow at 507-301-3544 or visit www.northfieldkarate.wordpress.com

for more information. Students will purchase a gi (white karate uniform) near the start of class. Testing fees are additional. It is recommended that for children under 10 at least one other family member attends classes. Students can attend as many or as few sessions as they want. There is no better time than now to get started! \$49/person or \$79/family
Class #: 4166-S14A

6:45 - 8 p.m.

M & W, May 5 - June 4

(no class May 26)

Longfellow Gymnasium

6:30 - 8 p.m.

M & W, June 9 - Aug. 27

Northfield Dance Academy

9 - 10 a.m. (beginner)

10 - 11 a.m. (advanced)

Sa, June 7 - Aug. 30

Northfield Dance Academy

Join us for the Martial Arts Festival this spring, where five main disciplines will be highlighted. Please see page 16.

Tae Kwon Do for Adults

Daniel Elo

Whether you are looking to improve your physical fitness, confidence, or learn a new set of skills, Tae Kwon Do has something to offer you! As a student, you will learn beginning hand and foot fighting/defensive techniques in an instructor controlled contact environment. You will learn to control your body and focus power into every punch and kick. The adult class occurs concurrently with the Advanced Tae Kwon Do for Youth. Parents, this is a great opportunity for you to join your child in an engaging environment. Testing date Saturday, Aug.

2. Please note that this date is tentative and subject to change.

Further updates will be given in class.

\$74

High School Auxiliary Gymnasium
(*except Aug. 14 in Middle School Auxiliary Gymnasium)

6:45 - 7:45 p.m.

T & Th, May 20 - June 26

Class #: 1151-S14A

6:15 - 7:15 p.m.

T & Th, July 8 - Aug. 14*

Class #: 1151-S14B

Kyudo - Japanese Longbow Archery

Carly & John Born

Kyudo, Japanese longbow archery, has a long tradition in Japanese history in both militaristic and ceremonial venues. Today's kyudo is a non-competitive, introspective process to shooting that helps to focus one's mind and body on the simple act of shooting a bow. Parent participation is required for those under fifteen years old. Visit www.mnkyudo.org for more details about kyudo and the instructors.

There is a \$20 membership fee into the Minnesota Kyudo Renmei when shooting begins. Practice bows (\$25) are also for sale - they are optional, but recommended. Loaner equipment is provided for most adults.

\$29 High School Gymnasium
Class #: 4107-S14A

7 - 9 p.m.

W, May 7 - June 4

6:30 - 8:30 p.m.

W, June 11 - Aug. 13

(no class June 25, July 30 & Aug. 6)

Gumdo

Daniel Elo

Haidong Gumdo is a non-contact Korean martial art that focuses on the manipulation of a sword through a variety of forms and drills designed to increase focus and proficiency with drawing and sheathing the sword. It is a fast-paced art for a good workout, but low impact, so is suitable for many age groups. Beginners are welcome. There is a \$15 fee for the sword, payable to the instructor on the first day of class. Testing date is Saturday, Aug. 2. Please note that this date is tentative and subject to change.

\$49 High School Auxiliary Gymnasium

(*except Aug. 14 in Middle School Auxiliary Gymnasium)

7:45 - 8:45 p.m.

T & Th, May 20 - June 26

Class #: 4108-S14A

7:15 - 8:15 p.m.

T & Th, July 8 - Aug. 14*

Class #: 4108-S14B

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 54 & 55 for registration.

Adult Enrichment

Computers & Technology

Intro to Computers (Mac/Windows)

Northfield Senior Center Staff

This introductory course covers general computer concepts and use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for other computer courses. The course will be taught on dual boot machines that can also behave like Macintosh OS X computers. The course will use a text book and students are asked to pick up a free, loaner copy at the Senior Center Reception Desk prior to the start of the course. Please register by Wednesday, July 9. \$25 9:30 - 11:30 a.m. Northfield Senior Center Computer Lab

Mac

M & W, July 14 & 16
Class #: 3956-S14A

Windows

T & Th, July 15 & 17
Class #: 3949-S14A



Word Processing Basics (Mac/Windows)

Northfield Senior Center Staff

This two session course reviews and applies the concepts introduced in Intro to Computers. Students use Wordpad to learn to create, edit, save and open files. Other topics introduced include menus and fonts, as well as copy/cut and paste text. Some file organization is presented. These basic processes are helpful regardless of which computer or word processing program you use. *Pre-requisite: Intro to Computers or equivalent.* Please register by Wednesday, July 16. \$25 9:30 - 11:30 a.m.

Northfield Senior Center Computer Lab

Mac

W & F, July 23 & 25
Class #: 3952-S14A

Windows

T & Th, July 22 & 24
Class #: 3950-S14A

Mike Pahl's series of iPad classes have been wonderful! I have owned and used my iPad since the summer of 2012, and this was just what I needed - a comprehensive introduction that will let me work with my iPad in a much more integrated way. Mike's pace, examples, and in-class tasks were great and I look forward to his other classes in the weeks to follow.

- iPad student

Spring Saturday Morning iPad Classes with Mike Pahl

Back by popular demand, Mike Pahl is teaching his popular iPad series in May on Saturday mornings. There are still spots available so please register by calling 507.664.3649 or visiting our website, at www.nfld.k12.mn.us.

\$19, 9 - 11 a.m., Middle School 171

- **Get To Know Your iPad:** Learn all the basics to get you started on the iPad including the hardware, accessories, Lock Screen, Home Screen and the App store. **Sa, May 10 Class #: 3961-W14B**
- **iPad- Beyond the Basics:** Go to the next level by learning how to get the most out of Mail, Contacts, Calendar, Reminders and iCloud. **Sa, May 17 Class #: 3962-W14B**
- **iPad - Tricks of the Trade:** Get the most out of Safari, Siri and Maps. Explore multi-touch gestures, spell check, copy and paste and other neat tricks! **Sa, May 24 Class #: 3963-W14B**
- **iPad - Exploring Entertainment:** Explore how to sync photos and music from your computer, purchase media from iTunes, use AirPlay, download e-books and get the most out of the Photos App. **Sa, May 31 Class #: 3964-W14B**

Please bring your iPad or iPad Mini to class.

Organize My Computer

Northfield Senior Center Staff

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This introduction to operating systems will cover the following topics: basic computer organization, how to view stored content, USB flash drives, creating folders, viewing menu options for content display, copying and moving folders and files, using the right mouse button, finding files and folders, using shortcuts, and backup strategies. You will use the most recent operating system and be taught on dual boot machines that can also behave like normal Macintosh computers. *Prerequisite: Word Processing Basics or equivalent.* Please register by Wednesday, July 23.

\$25 9:30 - 11:30 a.m.
Northfield Senior Center
Computer Lab

Mac

M & W, July 28 & 30
Class #: 3954-S14A

Windows

T & Th, July 29 & 31
Class #: 3951-S14A

Cooking

Simple, Special Cakes NEW

Beki Cook

Making fancy, flavorful desserts becomes a piece of cake in this three-hour class. Learn the tricks to making easy, beautiful cakes that taste amazing and look like you spent the whole day in the kitchen! Students will bring home one decorated, two-layer cake, a 6" cake pan, an icing spatula and decorating tips. **A supply fee of \$20 will be payable directly to the instructor at the start of the class.**

\$29 6 - 9 p.m.
Th, June 26
Middle School FACS Food Lab 221
Class #: 3044-S14A



Beki gave a fun and informative baking demonstration and I hope to register for more of her classes in the future.

- student from Gourmet Cupcake class

Language

Beginner American Sign Language

Michael Detjen

This beginner American Sign Language class is suitable for all ages. Practice using a vocabulary base of up to 500 signs, and discover the importance of facial/body language and finger-spelling. Learn to sign numbers through 1000, colors, foods, verbs, adjectives and family; and also develop basic conversational skills through role playing. It can be fun to communicate without a voice. A workbook is included in the cost of the class.

\$59 6:30 - 8 p.m.
T & Th, June 10 - July 10
NCRC 225
Class #: 3923-S14A

Michael Detjen is an excellent instructor and made the class both FUN and accessible for everyone. I enjoyed the cultural and historical content in addition to the sign language instruction.

- sign language student



Parenting

Introduction to iPads for Elementary School Parents

Tony Seidl

Elementary school parents will be introduced to the iPad and taken through basic operating skills. Discussion topics will cover how iPads may be used within elementary schools in Northfield, best ideas for iPad use at home and more information about exciting and age-appropriate Apps for kids.

\$5 6:30 - 8:30 p.m.
T, Aug. 12
NCRC 225
Class #: 3210-S14A



Health & Safety

Hypnosis Weight Release, Healthy Eating, Motivation to Exercise/Stop Smoking, Chewing Tobacco

Dr. Mary Fischer

Hypnosis is relaxing and you will be fully aware and conscious at all times. Bring a pillow, blanket, sleeping bag or bean bag. Wear layered comfortable clothing. Fee includes session, reinforcement CD and a card of completion. You may email the instructor with questions at www.hypnosisclinic.net.

Group Hypnosis for Weight Loss:

Hypnosis can help you control your eating habits, stop the constant thinking about food and encourage your motivation for exercise.

Group Hypnosis to Stop Smoking and Stop Chewing:

If you are ready to quit smoking or chewing, hypnosis can help you stop immediately, without withdrawal, cravings or gaining weight.

\$94 6 - 8:45 p.m.

M, May 15

Middle School Media Center

Class #: 3815-S14A

What to Know About Nutrition, Blood Sugar and Weight Loss

Jacob Conway

Learn to demystify all of the problems with current nutrition. So many people come in with questions like, "Is this good for me?" or "How can I lose weight?" This class will give you the principles and foundation to answer those questions on your own.

\$9 7 - 8:30 p.m.

T, June 24

NCRC 223

Class #: 2990-S14A

Introduction to Local Medicinal Herbs I: Early

NEW

Summer

Char Bezanson

Learn to organize, grow, collect and use herbs that are easy to find in Minnesota in early summer.

This class will include lecture, lab and field trip components. Make fresh herbal teas, infused herbal oils, herbal salves and herbal vinegars, and also explore the uses of herbal essential oils. A field trip to a nearby nature area in Northfield will be arranged during class, to best accommodate students' schedules.

\$69* 6:30 - 8:30 p.m.

T, June 3 - 17

Middle School FACS Food Lab 221

Class #: 2999-S14A

Introduction to Local Medicinal Herbs II: Summer

NEW

Char Bezanson

Learn to recognize, collect and use herbs that are easy to find in Minnesota in July and August.

This class will include lecture, lab and field trip components. Explore drying herbs, herbal tinctures, herbal infusions and decoctions, herbal syrups and herbal essential oils. A field trip to a Northfield nature area will be arranged during class to best accommodate students' schedules.

\$69* 6:30 - 8:30 p.m.

T, July 8 - 22

Middle School FACS Food Lab 221

Class #: 3000-S14A

**A PDF handbook and supplies will be included in cost of the class. Please bring a memory stick, laptop or tablet to transfer PDF handbook.*

CPR & First Aid

American Heart Association Adult, Infant, Child CPR w/ AED

TJ Heinrich

This class helps lay-responders overcome reluctance to act when caring for life-threatening respiratory or cardiac emergencies in adults, children and infants. You'll also learn how to safely use an automated external defibrillator (AED).

\$49* 6 - 9 p.m. T, May 27

NCRC YW 108

Class #: 1177-S14A

American Heart Association Basic First Aid

TJ Heinrich

This class provides lay-responders with the knowledge and skills necessary in an emergency to sustain life and minimize pain and consequences of injury or sudden illness until medical help arrives.

\$49* 7 - 9 p.m. T, June 10

NCRC YW 108

Class #: 1179-S14A

American Heart Association Renewal of Adult, Infant, Child CPR

TJ Heinrich

This CPR renewal class provides review for individuals who already have prior American Heart Association CPR training. This is a refresher course only.

The review will cover adult, infant and child CPR.

\$44* 7 - 9 p.m. T, July 8

NCRC YW 108

Class #: 1175-S14A

**Fee includes either a workbook, or CPR mouth barrier with gloves and pouch. These classes are not intended for health care providers.*

Pet First Aid

TJ Heinrich

Pet first aid is the immediate care given to an injured or suddenly ill pet as temporary assistance until veterinary care is available. Properly applied first aid can save a pet's life, reduce recovery time and be the difference between temporary and lifelong disability. The class provides basics to save a pet's life or minimize trauma, but isn't intended to replace veterinary care.

\$14 7 - 9 p.m.

T, Aug. 12

NCRC YW 108

Class #: 1180-S14A

Dog Training

Canine Good Citizen Training Mary Malone

Learn the beginning steps for each of the ten American Kennel Club exercises needed to pass the AKC Canine Good Citizenship Test, such as sitting politely for petting, staying in place when asked, walking on a loose leash and through a crowd, "sit" and "down" on command, coming when called and others. Some prior training is highly recommended, but not required. These are great skills for any family dog or good preparation for future therapy dogs. Please indicate dog's name in comments when registering. Bring dog, soft treats, buckle collars and a 4-to-6 foot, non-retractable leash.

\$69 7 - 8 p.m. W, July 2 - 30

NCRC Community Services Lobby

Class #: 3345-S14A



General Interest

Renewable Bent Willow Chair Workshop

Bob McNeely

Amaze yourself by creating a beautiful, fan-backed bent willow chair. Select and cut saplings for the frame on day one, then move onto construction of the flowing lines of a traditional fan-backed chair on day two. This weekend-long experience will be as one-of-a-kind as the creation you leave with. Lunch is provided. *Come alone or bring a partner for only \$25 more.* \$215/single \$240/pair
9 a.m. - 5 p.m.

Red Wing Barn

Sa & Su, May 3 & 4

Class #: 3696-S14A

Sa & Su, May 17 & 18

Class #: 3696-S14B

Sa & Su, May 24 & 25

Class #: 3696-S14C

Sa & Su, May 31 & June 1

Class #: 3696-S14D

Sa & Su, June 7 & 8

Class #: 3696-S14E

Sa & Su, June 21 & 22

Class #: 3696-S14F

Sa & Su, June 28 & 29

Class #: 3696-S14G

A list of simple tools and map to the location will be mailed upon registration. Classes are held every weekend in May and June, except for Mother's and Father's Day.



Renewable Twig Furniture

Bob McNeely

A beautiful piece of twig furniture awaits you in the woods near Red Wing. You'll begin class by walking the trails, selecting your wood and choosing between a slab garden bench, a whimsical twig chair or barn board table. This day-long workshop includes lunch. *Come alone or bring a partner for only \$15.* Kids are welcome to assist, but minimum age is 10.

\$119/single \$135/pair

9 a.m. - 5 p.m.

Red Wing Barn

Sa, May 3 Class #: 3695-S14A

Su, May 4 Class #: 3695-S14B

Sa, May 10 Class #: 3695-S14C

Sa, May 17 Class #: 3695-S14D

Su, May 18 Class #: 3695-S14E

Sa, May 24 Class #: 3695-S14F

Su, May 25 Class #: 3695-S14G

Sa, May 31 Class #: 3695-S14H

Su, June 1 Class #: 3695-S14I

Sa, June 7 Class #: 3695-S14J

Su, June 8 Class #: 3695-S14K

Sa, June 14 Class #: 3695-S14L

Sa, June 21 Class #: 3695-S14M

Su, June 22 Class #: 3695-S14N

Sa, June 28 Class #: 3695-S14O

Su, June 29 Class #: 3695-S14P

Guitar classes for adults and youth is located on page 21.



June Community Movie Night - "One Man, One Cow, One Planet"

This award-winning documentary is a blueprint for a post-industrial future, revealing what an environmentally-friendly and biodynamic food system, capable of feeding everyone, could actually look like. After the film, visit with a local, organic dairy farmer for a Q and A session to kick off National Dairy Month in June.
 \$4 6:30 - 8 p.m.
 Th, June 19
 NCRC YW 108
 Class #: 3019-S14A

July Community Movie Night - "Ingredients"

This feature-length documentary takes viewers across the United States, from the urban food deserts of Harlem to the diversified farms of the Hudson River Valley. *Ingredients* reveals the people who are bringing good food back to the table and the myriad ways we can all eat better. *Ingredients* empowers and sparks the joy of discovery in creating a healthier, more sustainable model for living and eating well in a world in need of balance. Stay for a visit and Q and A session with a local chef or farmer after the film.
 \$4 6:30 - 8 p.m.
 Th, July 10
 NCRC YW 108
 Class #: 3019-S14B

August Community Movie Night - "The Greenhorns"

This film highlights a group of young farmers who have chosen to re-orient our broken food system. They are learning the skills needed and starting the kinds of businesses that can replace the old systems. They are involved and unafraid to challenge politics and have a vision of a brighter future for farmers everywhere. This film will not only entertain you, but inspire you - whether you grow one tomato plant or an entire garden. Stay after the film to meet a local, ambitious young farmer or two for a Q and A session.
 \$4 6:30 - 8 p.m.
 Th, Aug. 14
 NCRC YW 108
 Class #: 3019-S14C

Free popcorn will be provided. This summer Community Movie Night series is a collaboration between Just Food Co-op and Northfield Public Schools Community Services.

Adventures to Europe - Italy & Prague Fall 2014 Trip Preview

Arlette Gerber

Join one of our tours to the beautiful countryside scapes of Tuscany, or marvel at the historical Baroque and Art Nouveau architecture of Prague and Budapest. To discover more about each featured trip location, spend an hour and a half with us taking a sneak peek into the adventures and sights you may experience on each of these tours. Also meet Arlette, your tour director. There is no fee for this presentation, but registration is requested. For more information and detailed itineraries visit: www.adventurestoeurope.com.
 No Fee 6:30 - 8 p.m.
 T, June 3
 NCRC YW 108
 Class #: 3365-S14A

Personal Finance

Savvy Social Security for Baby Boomers



Andrew Gray

You've paid into the Social Security system for years. Soon it will be your turn to collect. Find out why advance planning is essential and how some little-known rules can help you make the most of this very valuable benefit. This workshop covers questions such as:

- Will Social Security be there for me?
- How much can I expect to receive?
- When should I apply for Social Security?
- How can I maximize my benefits?
- Will Social Security be enough to live on in retirement?
- How do spousal benefits work?
- How do survivor benefits work?

\$14 7 - 8:30 p.m.
 NCRC 225

T, June 3
 Class #: 3329-S14A

Th, June 5
 Class #: 3329-S14B

Retirement and Estate Strategies Workshop NEW

Andrew Gray

Prepare for a more prosperous and comfortable retirement as you learn about strategies for:

- Accumulating and distributing money for retirement
- Passing money onto heirs or charities in a tax-wise manner
- Increasing the probability of investment success
- Multi-generational IRA planning and more!

\$14 NCRC 223

1 - 2:30 p.m.

T, June 10

Class #: 3325-S14A

7 - 8:30 p.m.

Th, June 12

Class #: 3325-S14B

College Planning Strategies NEW

Andrew Gray

College preparation is complex.

How can you help provide for your child's education without sacrificing your retirement savings or overburdening your child with debt? Learn at least three things you never knew about college and how it could save some families thousands.

Also gain expert advice on how to make smarter college selection decisions, discover numerous college funding sources and learn how to save more money by using admission and academic strategies.

\$14 10 - 11:30 a.m.

Sa, June 14

NCRC 225

Class #: 3324-S14A

Andrew Gray is a financial consultant with over 13 years of experience in helping Northfield residents build financial strength, prepare for their retirement, save and invest for financial goals and develop estate planning and tax-advantaged investment strategies.

Business

Employment Law 101: Business Owner's Guide to Hiring and Firing

Mary Hahn

Learn your legal rights as an employer. Bring your employment law related questions and join Northfield attorney Mary Hahn for a round-table discussion of general employment law principles in Minnesota. Discussion will focus on questions such as:

- What can I ask or not ask during a first job interview?
- How do I define and document employee misconduct?
- How do I terminate an employee?
- What does termination 'for cause' mean anyway?
- What if my business is sued and what is my financial risk?
- How do I avoid lawsuits, or even threats of lawsuits?
- How do I train my employees in policies and procedures?

\$9 6 - 8 p.m.

Th, June 26

NCRC 223

Class #: 3315-S14A

GPS Rentals

- \$3 per day per unit, Monday through Thursday.
- \$6 per unit, Friday through Monday.

Contact Melissa at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us for more information and to reserve GPS (Global Positioning System) units.



Adult Basic Education (ABE) offers free classes for adults who need to brush up on their basic skills, complete their GED, prepare for college, or improve their English skills. ABE classes are for adults 17 and older who are not currently enrolled in high school.

- The spring 2014 session continues through May 29.
- Fall classes begin Sept. 2.
- Call 507.664.3764 for class times.

Learn online all summer long! Prepare for your GED 24-7 online. Attend an individual orientation and testing session at our ABE classroom and start your education on your own time when and where it's convenient for you! For more information send email to Claudia.Kinville@nfld.k12.mn.us.

Volunteer tutors are needed for morning and evening classes throughout the school year. If you are interested in working with people from other cultures and would like to share your time and talents, please contact Claudia at 507.664.3764 or Claudia.Kinville@nfld.k12.mn.us for more information.

Dakota Prairie Adult Basic Education (Educación Básica para Adultos Dakota Prairie) sirve las comunidades de Northfield, Farmington y Randolph. Marque 507.664.3764 para mayor información.

Northfield Community Band



See the community band perform at Bridge Square!

7 p.m. Thursdays, June 5 - 26

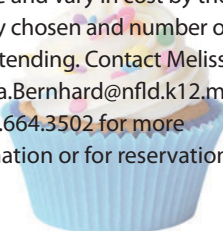
Want to be in the band?

Rehearsals: 7 - 8:30 p.m. Wednesdays, May 28 - June 25 in the Northfield High School band room. Contact Mary at Mary.Williams@nfd.k12.mn.us for more information.

The Northfield Community Band is sponsored by Northfield Public Schools Community Services and Carleton College.

Birthday Party Packages

Plan a stress-free birthday party with Community Services by choosing one of our many party packages! Options include sports (flag football, dodgeball, floor hockey, soccer and kickball); recreation (scooters, moon balls, hula-hoops and parachutes); teambuilding (group games, team initiatives and relays); and pool activities (noodles, kickboards and dive toys). Party packages are flexible and vary in cost by the activity chosen and number of kids attending. Contact Melissa at Melissa.Bernhard@nfd.k12.mn.us or 507.664.3502 for more information or for reservations.



Win a Bike Helmet

Community Services is giving away a bike helmet to one of our followers on Facebook. Simply go to the Northfield Public Schools Community Services Facebook page and "like" us by Friday, May 30, to be entered into the drawing. Anyone already following us is automatically entered. The winner will be announced on the page the following Monday.



Don't forget to wear a helmet!

Helmets for biking and skateboarding can be purchased for only \$10 from Community Services, 1651 Jefferson Parkway. Hours are 8 a.m. to 4:30 p.m. Monday through Friday.



Sign up for Emergency Alerts from your Public Safety Departments.

- Severe Weather
- Public Safety Hazards
- Missing Persons

Look for this icon on the Steele County Government website.

Find the link on the City of Northfield Public Safety page, at www.ci.northfield.mn.us.



Contact your local authorities for assistance registering.

Rice Steele 911 Center
ricesteele911@rsc-psap.org

507-455-2810

Summer Art Workshops



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tentative dates mid-June and mid-July



clay • dance • visual arts

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Northfield, MN 55057

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The Defeat of Jesse James Days Ambassador Scholarship Program is looking for Candidates!

We are a group committed to volunteering & creating leaders while having fun promoting the DJJD celebration & Northfield. This is NOT A BEAUTY PAGEANT! All that participants will have a great time during the candidate experience while becoming more confident in social situations & public speaking. They will meet lots of new friends & create lifelong memories. Come & find out more about this amazing experience at any one of our informational meetings to be held in June:

Information Meetings June 10, 12 & 18, 2014 6:30PM ~ Northfield Library



Ambassador candidates must be 17-22 yrs of age by July 15, 2014, never married, no children, and must live or work in the Northfield School District. Coronation will be held August 16, 2014. Winners will receive a \$2000 scholarship!

Junior Ambassadors candidates are open to boys & girls ages 6-8 by August 9, 2014, must live or attend school in the Northfield School District OR have parents who live, work OR volunteer in the Northfield School District. Coronation date is August 9, 2014

Ambassador questions: Shelley Brady (952) 237-9281 or Julie Eddy (612) 986-9418

Junior Ambassador questions: Tina Lemke (612) 227-8846

www.djdd.org



BOYS

Developmental, Instructional, and Competitive Program
For Boys & Girls ages 12 mo to 18 yrs and older

GIRLS

Tiny Tumblers	Intermediates
Pre-School	Team
Beginners	Super Heroes
Adv. Beginners	

Spring 1: February 24 - April 19
Spring 2: April 21 - June 7
Summer: June 16 - August 16
Camp 1: June 9 - 12
Camp 2: August 18 - 21

Tiny Tumblers	Mini Mites
Pre-School	Pre-Team
Beginners	Juniors
Adv. Beginners	Team
Intermediates	Super Heroes
Mini Mites	

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NGC is a nonprofit organization dedicated the development of each child. Our program is focused to: increase motor maturity, advance reading readiness, enhance bone density, improve attention spans, develop social skills, build strength, improve flexibility, and develop a high level of gymnastics skill. We are also focused on instilling such character values as discipline, teamwork, responsibility, and perseverance. Gymnastics is also a great foundation for the future of all Northfield athletes, both boys and girls.

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or visit www.northfieldsoccer.org

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Pediatric Hours:

- : Monday through Friday, 8 a.m. to 5 p.m.
- : Extended Hours: Monday and Tuesday, open until 8 p.m.

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2000 North Avenue, Northfield**

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Swimming | Crafts | Climbing
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Challenge Course | Archery
Nature | Animals | Hiking

June 23-27, July 21-25 and August 11-15

Cost for 5 days: \$160-175

**Fees include lunch each day. Transportation is available at an additional cost from Northfield.*

Call Jennifer at 651-254-9153 for more information.



at Camp Phillippo
in Cannon Falls

Register at: www.NorthernStarBSA.org/Discovery

Cooperate
 Figure Out Child Support
 Increase Parent Communication
 Parenting Schedules That Work For Your Family
 Resolve Conflict
 Move Forward at Your Own Pace
 Learn About Your Options
 Build Trust
 Create Agreements
 Solve legal issues with the help of a trained and experienced mediator
 Avoid Going to Court
 Keep Your Children Out of the Middle
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Mission: To provide quality health care, advocacy and wellness education to people in our community who have limited healthcare alternatives.

Mission: Proporcionar atención médica de calidad, promoción y educación para el bien estar a la gente en nuestra comunidad con pocas alternativas de



How Do I Make an Appointment?
 Call in advance to make an appointment. Northfield, call 507-646-8964 Faribault, call 507-323-8100

Como Hacer una Cita?
 LLame con anticipacion para una cita. Northfield, llame 507-646-8964 Faribault, llame 507-323-8100 (cell) 507-330-4031

Northfield Office location:
Ubicacion de Oficina en Northfield:
 Behind Sterling Drug building
 En la parte posterior del edificio Sterling Drug
 710 Division Street, Northfield, MN 55057

Office Hours: Weekdays (except Thursdays),
 10:00 am – 3:00 pm
 Horario: Entre semana (excepto jueves),
 10:00 am – 3:00 pm

WEBSITE
<http://healthfindersmn.org/>

HealthFinders Dundas Clinic location:
Ubicacion de Clinica HealthFinders en Dundas:
 Little Prairie United Methodist Church
 2980 130th Street East, Dundas, MN 55019

Clinic Hours: Tues/Thur, 5:30 – 8:30 pm
 Horario Clinico: martes/jueves, 5:30 -8:30 pm

HealthFinders Faribault Clinic location:
Ubicacion de Clinica HealthFinders en Faribault:
 223 Central Avenue Faribault, MN 55021
Clinic Hours: 3:30-8:00 Mondays
 2:00-9:00 Wednesdays
 Horario Clinico: Entre semana

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 (see our website for specific hours)

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Kathleen Hopkins, DO
Family Medicine



Adam Ailabouni, MD
Family Medicine

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Katherine Helgen, MD
Internal Medicine



Randolph Reister, MD
Internal Medicine

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Northfield Bull Sharks - Swim Club

Northfield Bull Sharks 2014 Spring Season is just around the corner...

- The 10-week spring session starts on **Monday, March 31st**.
- Registration opens March 7th.
- Cost is \$140-\$300 session registration fee (depending on age and skill level) + a \$58 USA Swimming annual registration and insurance fee through 2014.
- Scholarships are available.
- Practices are generally M-F at the Northfield Middle School pool.
- Meets are on weekends, at home and in area pools such as Hastings, Farmington, and Rochester. Occasional weeknight competitions available.
- Many current high school and college swimmers are former or active Bull Sharks



To Get Started

- If you love to swim then you'll love swimming with the Bull Sharks. There are just a few skills you'll need to have before you put on your first Bull Sharks cap.
- Complete a length (25 yards) of freestyle without stopping.
- Demonstrate a working knowledge of rhythmic freestyle breathing.
- Complete a length (25 yards) of backstroke without stopping.
- Demonstrate a functional flutter kick both with a board and on your back.
- Demonstrate a working knowledge of the breaststroke pull/breathe/kick pattern.
- There will be an Introductory Clinic the first two weeks (March 31-April 11) of the session at the Northfield Middle School pool. Cost of the clinic will be \$50.00, if you choose to join the club after participating in the clinic, the fee will be applied to registration fees. The clinic will be M-F 6-6:45 PM. Forms may be down loaded from the website.
- Online registration for returning swimmers opens **March 7th**.

Questions

Visit www.northfieldswimclub.org
 Contact Coach Gunnar by calling
 262-719-8779 or
 email: nsheadcoach@gmail.com



NORTHFIELD AREA FAMILY YMCA UPCOMING PROGRAMS AND EVENTS



May & June, 2014

- **Mini Doodlers** (ages 3-6) Monday a.m., April 28-May 19
- **Preschoolers in the Park** (ages 0-6) Wednesday a.m., May 7-28
- **Leapin' Preschoolers** (ages 3-6) Thursday a.m., May 1-22
- **Wee Track & Field** (ages 3-5) Monday p.m., April 28-May 19
- **Wee Outdoor Soccer** (ages 3-5) Tuesday p.m., April 29-May 27
- **Track & Field** (ages 6-9) Monday p.m., April 28-May 19
- **Outdoor Soccer** (ages 6-9) Tuesday p.m., April 29-May 27
- **Frisbee Disc Golf** (Grades 2-5 & Grades 6-8) Thursday p.m., May 1-22
- **Y Navigators Camp** (entering K-5th grade) June 9-August 29
- **Wee Camp** (ages 3-5) Every other week June 23-August 7
- **Wee & U4 Soccer** (ages 3 & 4) Tuesday & Thursday p.m., June 10-July 24
- **Wee Sports Galore!** (ages 3-5) Monday a.m. & p.m., June 9-July 7
- **Sports Galore!** (ages 6-9) Monday a.m. & p.m., June 9-July 7
- **Artists in the Park** (ages 3-6) June-August

For full details and a list of additional classes, visit the YMCA website or call for a brochure.

Healthy Kids Day Saturday, April 26

Bridgewater Elementary

Y Kids Tri

Saturday, July 12
 Old Memorial Field Pool

Watch for the Summer Camp brochure in the mail this spring. Find it online too!



July & August, 2014

- **Y Navigators Camp** (entering K-5th grade) June 9-August 29
- **Wee Camp** (ages 3-5) Every other week June 23-August 7
- **Preschoolers in the Park** (ages 0-6) June-August
- **Preschoolers in the Park-Dundas** (ages 0-6) June-July
- **Artists in the Park** (ages 3-6) June-August
- **Science and Play** (ages 3-6) June-July
- **Music and Play** (ages 3-6) July-August
- **Prairie and Wood 1/2 Day Nature Camp** (ages 5-12) July 7-August 8
- **Wee Golf** (ages 4 & 5) Tuesday & Thursday a.m. & p.m., July 8-24
- **Wee T-ball** (ages 3-5) Monday a.m. & p.m., July 14-August 11
- **Wee Tennis** (ages 4 & 5) Tuesday & Thursday a.m. & p.m., July 29-August 14
- **Golf** (ages 6-9) Tuesday & Thursday a.m. & p.m., July 8-24
- **T-ball/Baseball** (ages 6-9) Monday a.m. & p.m., July 14-August 11
- **Tennis** (ages 6-9) Tuesday & Thursday a.m. & p.m., July 29-August 14
- **Family Fun Night**

Register online — quickly and easily!



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Online Directories of Rice County Resources for:

- Mental Health Services
- Drug and Alcohol Prevention, Intervention, Treatment, & After Care
- Parenting Education & Support

visit
www.northfieldhci.org
Click on "Resources"





Bringing the Power of Possibility to People with Special Needs

Summer Fun For Kids with Special Needs

Respite Events

Family Support Services offers structured activity time for kids and a break for parents and caregivers. Includes 3 hours of respite care, snack and activities. Ages 5-21. Pre-registration required.

Upcoming Respite Events:
 Saturday, June 14 ~ 2-5 p m
 Saturday, July 19 ~ 2-5 p m
 Saturday, August 9 ~ 2-5 p m
 Saturday, Sept. 13 ~ 2-5 pm
 \$10/Child*



Jam Camp

Join us at Laura Baker for a **3 day weekend** (7 hours) of creative fun, engaging children with special needs through music therapy, movement and visual arts!

Friday, June 13 ~ 3-5 pm	\$99/Child* for all 3 days
Saturday, June 14 ~ 2-5 pm	\$10 discount for siblings
Sunday, June 15 ~ 2-4 p m	

Music Therapy

We offer a variety of music therapy options for adults and children with diverse needs (such as ASD, dementia/Alzheimer's, TBI, stroke, cognitive/physical/mental disabilities).

Contact us about group or individual music therapy, adaptive music lessons, monthly drumming groups, or the Laura Baker Choir.



*Scholarships available to those who qualify

To Register or for more information visit www.laurabaker.org
 or contact Paula Teiken at paula@laurabaker.org or 507-301-1841

Laura Baker Services Association • 211 Oak Street • Northfield

Administrative Staff

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Advisory Council

Kelly Bergman	Grace Clark, Park Board Liaison	Jennifer Cox Johnson
Craig Ellingboe	Anita Fisher Egge	Adrienne Falcon
Karen Jensen	Melissa Larsen	Katrina Warner
Kari Nelson, School Board Liaison	Andria Sommers, Chairperson	Kira Yoder

Facility Locations

Bridgewater Elementary
401 Jefferson Parkway, Northfield

Community Services (NCRC)
1651 Jefferson Parkway, Northfield

District Office
1400 Division St. S., Northfield

Greenvale Park Elementary
700 Lincoln Parkway, Northfield

Longfellow School
201 Orchard St., Northfield

Northfield High School
1400 Division St. S., Northfield

Northfield Middle School
2200 Division St. S., Northfield

Sibley Elementary
1400 Maple St., Northfield

Other Program Locations

Monkey See, Monkey Read
425 Division Street

AmericInn Motel & Suites
1320 Bollenbacher Drive

Gear Resource
200 Division Street S.

Heartwork Yoga Studio
101 5th Street West

Jesse James Lanes
1700 Bollenbacher Drive

Laura Baker Services Association
211 Oak Street

Lebanon Hills Regional Park
860 Cliff Road, Eagan

Morristown Gun Club
9525 W. 230th St., Morristown

Northfield Archery Range
1055 N. Highway 3

Northfield Community Resource Center (NCRC)
1651 Jefferson Parkway

Northfield Library
210 Washington Street

Northfield Outdoor Pool
801 7th St.

Northfield Senior Center
1651 Jefferson Parkway

Wehling Barn
3292, 430th Street, Nerstrand

Looking for a park?
Visit <http://www.ci.northfield.mn.us/Index.aspx?NID=284> for a map of parks where our programs are held.

Community Services Division Registration Form

Parent/Guardian Name _____ Primary Email Address _____

Home Phone _____ Day Phone _____ Other Phone _____

Address _____ City _____ State _____ Zip _____

Signature _____

(Adult participant or Parent/Guardian if under 18) Northfield Public Schools Community Services Division does NOT provide accident insurance for participants in any of its programs or activities. Participants assume all inherent risk of injury resulting from their involvement in programs or activities.

The Northfield Public Schools Community Services Division often takes photographs of classes or programs to use in brochures and on the web, including social media. If you do not want pictures of you or your child used, please call our office at 507.664.3649.

I am paying by cash _____ check # _____ (payable to Community Services) MasterCard _____ Visa _____ Discover _____

Credit Card # _____ - _____ - _____ Expiration Date ____/____/____(MM/YY)

Name as it appears on card _____ Cardholder Signature _____

If you qualify for free or reduced meals provided by Northfield Public Schools, and are 0 – 18 years of age, you are eligible for a scholarship toward your Community Services classes. All participants will pay a percentage of the fee. Call 507.664.3649 or stop in our office to register.

****We want everyone to be able to participate in our programs – help make it possible by donating to the Northfield Public Schools Community Services Scholarship Fund. I'd like to contribute \$_____ to the scholarship fund.****

Complete for Youth and Adult Registrations – Registration begins immediately

Class #	Class Title	Name of Participant	Birth Date	Grade in School	Fee

Complete for Early Childhood Family Education Registration – Registration begins immediately

Class #	Class Title	Child/ren Attending	Parent/s Attending	Birth Date	Fee

Please mail or return this form to:

Northfield Public Schools Community Services Division
1651 Jefferson Parkway, Northfield, MN 55057

Five ways to register

Go to www.nfld.k12.mn.us, click on Community Services and then click on online registration. To set up an account, enter parent/guardian prior to dependent information.

Call our office at 507.664.3649. We accept Visa, MasterCard or Discover.

Visit Community Services (NCRC first floor) between 8 a.m. and 4:30 p.m.

Fax completed form to 507.664.3651.

Mail completed form and payment to Community Services, attn: CS Class Registration, 1651 Jefferson Parkway, Northfield, MN 55057.

Registration Confirmation

When you register for one of our programs and include an e-mail address, a confirmation will be sent via e-mail. If you don't have an e-mail address, request that a confirmation be mailed to your home.

Fee Reductions

Fee reductions are based on whether a child and family qualify for free or reduced meals approved by Northfield Public Schools. If you are a Ucare member or qualify for free or reduced meals, call our office at 507.664.3649 to get your reduced rate.

Refund Policy

If there is insufficient enrollment for a program, you will be notified and will receive a full refund within 45 days. If you cancel or change your registration, there will be a \$5 processing fee. Unless otherwise indicated in the program description, no refunds will be made after the registration deadline.

Satisfaction Guarantee

We want your experience with Community Services to be a pleasant one. If for any reason you aren't satisfied with a class, call our office at 507.664.3649. We will gladly speak with you about your concerns.

Cancellation Information

Cancellation line: 507.664.3659. Information includes cancellations, location changes, and date or time changes.

Emergencies or Weather Conditions / School Closings, Late Start or Early Dismissal

Cancellations due to emergency or inclement weather will be announced on KYMN radio (1080 AM).

If school is closed, all Community Services programs are cancelled. If school begins two hours late, EarlyVentures will have a three-hour late start and all other morning Community Services programs are cancelled. If school is dismissed early, EarlyVentures will close four hours early, KidVentures will close one hour after school is dismissed, and all other after-school Community Services programs are canceled.

Energy Curtailment

Occasionally, a hot spell might result in suspending the use of air conditioning, lights and fans as part of the school district's energy curtailment. SummerVentures and EarlyVentures curtailment plans are explained in the program handbooks. Other Community Services programs may be cancelled or moved depending on the time of day and program. If there are changes due to curtailment, you will be notified. You can also check the information line at 507.664.3659 or online at www.nfld.k12.mn.us.

Program Qualifications

Program Qualifications for Community Services programs are available upon request. Please call 507.664.3649 for more information.

Use of Northfield Public Schools Facilities

We encourage groups and organizations to utilize school district facilities. All usage of rooms or spaces in school buildings on weekends or after 4 p.m. weekdays is reserved through the Community Services Division. A completed form and \$30 application fee are required. Nominal rental fees are charged. Service fees such as custodial, food services and building supervision may also be charged depending on specific permit requests. Visit www.nfld.k12.mn.us for complete facility usage policy and procedures. Please allow at least two weeks notice to process your request. Please do not advertise an event without a valid permit. Call 507.664.3649 to make your reservation.



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Recreational Outdoor Adventures. Page 35.



ECFE offers summer camps for kids,
ages 3 - 5 years. Page 5.



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local medicinal herbs in teas, tinctures, salves,
oils and vinegars. Page 39.



Learn how to be safe in the water with our
aquatics programs. Page 28.



Find out more about
what's happening with
Community Services by
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