



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

Make a splash with our summer activities!

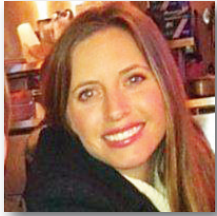
*American Red Cross
Learn To Swim Lessons, page 26.*

Learning and Recreation For Life

REGISTER ONLINE www.nfld.k12.mn.us

Summer 2015

The first signs of warmer weather are all around us: buds on the trees, tractors in fields and children anxious to move their play outside.



We hope you use this brochure to help plan your summer. Do things. Do a lot of things. It's better to have lots of options and interests than none at all. So as you celebrate summer, find some programs and classes in this brochure to make the most of this season.

Erin Bailey

Erin Bailey,
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.*

Second Annual SPORTS SPECIAL SALE

11 a.m. – 5 p.m. Friday, July 31
High School Lower Cafeteria

Community Services will be accepting any new or lightly used athletic gear, equipment, apparel and bikes to sell at a low cost, with all proceeds from the sale going directly to support the youth scholarship fund.

Donations can be dropped off until Friday, July 24, at the Community Services office in the NCRC • Sibley Elementary • Bridgewater Elementary • and the Northfield Outdoor Pool.



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. For complete facility usage policy and procedures, visit www.nfld.k12.mn.us. 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.

Bridgewater Elementary 401 Jefferson Parkway, Northfield 507.664.3300	Community Services (NCRC) 1651 Jefferson Parkway, Northfield 507.664.3649	District Office 1400 Division St. S., Northfield 507.663.0600
Greenvale Park Elementary 700 Lincoln Parkway, Northfield 507.645.3500	Longfellow School 201 Orchard St., Northfield 507.645.1200	Northfield High School 1400 Division St. S., Northfield 507.663.0630
Northfield Middle School 2200 Division St. S., Northfield 507.663.0650	Sibley Elementary 1400 Maple St., Northfield 507.645.3470	



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.



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

Inside this Issue

Early Childhood Programs

Early Childhood Family Education.....	4
Hand in Hand Preschool.....	6
EarlyVentures Learning Center.....	7
Early Childhood Screening.....	7

Youth

SummerVentures.....	8
Recreation.....	9
KidVentures.....	10
Enrichment.....	17
Connected Kids.....	19

Driver Education.....	22
------------------------------	-----------

Project ABLE.....	23
--------------------------	-----------

Aquatics.....	25
----------------------	-----------

Adult

Recreation.....	30
Enrichment.....	35

Adult Basic Education.....	37
-----------------------------------	-----------

English Learner Services.....	37
--------------------------------------	-----------

Community Resources.....	39
---------------------------------	-----------

Registration & Facilities.....	46, 47
---	---------------

Join EarlyVentures and make new friends.



page 7

Go on a new adventure and get ready for school with ECCE Summer Camps.



page 6

Administrative Staff

- Director **Erin Bailey**. . . 507.664.3652. . . Erin.Bailey@nfld.k12.mn.us
 Administrative Assistant **Sara Boran**. . . 507.664.3657. . . Sara.Boran@nfld.k12.mn.us
 Administrative Assistant & Facilities Scheduler **Judy Becker**. . . 507.664.3649. . . Judy.Becker@nfld.k12.mn.us
 Adult Basic Education Coordinator **Claudia Kinville**. . . 507.664.3764. . . Claudia.Kinville@nfld.k12.mn.us
 Youth Development Coordinator **Linda Oto**. . . 507.664.3655. . . Linda.Oto@nfld.k12.mn.us
 Early Childhood Coordinator **Sara Line**. . . 507.664.3754. . . Sara.Line@nfld.k12.mn.us
 Early Childhood Administrative Assistant **Mary Hansen**. . . 507.664.3750. . . Mary.Hansen@nfld.k12.mn.us
 Enrichment & Project ABLE Coordinator **Niki Kolb**. . . 507.664.3648. . . Niki.Kolb@nfld.k12.mn.us
 Recreation Coordinator **Melissa Bernhard**. . . 507.664.3502. . . Melissa.Bernhard@nfld.k12.mn.us
 Secretary (Longfellow School Building) **Martha Donahoe**. . . 507.645.1200. . . Martha.Donahoe@nfld.k12.mn.us
 Ventures Coordinator **Breezy Barrett**. . . 507.664.3653. . . Brianne.Barrett@nfld.k12.mn.us

Advisory Council

- | | | |
|-------------------------------------|-----------------------------|---------------------------------|
| Kelly Bergman, Vice Chairperson | Todd Bornhauser | Grace Clark, Park Board Liaison |
| Jennifer Cox Johnson | Anita Fisher Egge | Adrienne Falcon |
| Ellen Iverson, School Board Liaison | Karen Jensen | Melissa Larsen |
| Nathan Rockey | Andria Sommers, Chairperson | Katrina Warner |

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 46 & 47 for registration.

Early Childhood Programs

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

- Baby Talk
- Babies and Blankets Home Visits
- Early Childhood Screening
- Bridges to Kindergarten
- Early Childhood Family Education
- Early Childhood Initiative Coalition
- EarlyVentures Childcare
- Family School for English Language Learners
- Hand in Hand Preschool
- Lunch and Learning

For more information, visit our office in the youth wing of the

Northfield Community Resource Center (NCRC), call 507.664.3750 or find us online at www.nfld.k12.mn.us.com.



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. Parents are supported through resources and guidance in the development of their child and family. Children, birth through kindergarten entrance, are exposed to new experiences through purposeful interactions and process-oriented learning. Call 507.664.3750 for more information.

Most classes begin with parent-child interaction time and hands-on art, science, literacy or music activities. With classes for older age groups, children get a chance to practice their independence and peer interaction skills, while parents move to another room for discussion led by a parent educator.

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 the NCRC. Call 507.664.3750 or visit our website 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 visits

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 Northfield Public Schools district. Call ECFE, at 507.664.3750, or visit www.nfld.k12.mn.us for more information.

Offered Year-round

Newborn Baby Talk with Sibling Care birth - 3 months

Join other parents with newborns from birth to 12 weeks for support, information and resources related to the exciting job of parenting. Learn about the various aspects of your baby's life such as feeding, sleeping, attachment and when to call a medical caregiver. This program is co-sponsored by the Northfield Public Schools ECFE program, Rice County Public Health Nursing Service and the Northfield Hospital. Classes are held every Monday from 10:30 a.m. - noon except on public holidays and non-school days. No pre-registration is required. This is a non-separating class with parent discussion time. Please call 507.664.3754 for details.

Free 10:30 - noon
M, June 1 - Aug. 31
(no class May 25 and July 6)
NCRC Parent Ed Room
Class #: 211-S15

Lunch and Learning classes will be offered throughout the summer, for families with economic challenges or who are looking for extra parenting support. Call Sara Line, at 507.664.3754, for more information.

Registration Instructions

Early Childhood scholarships are available. Please call 507.645.1232 for more information.

- 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 46 & 47 for registration.

Friday Family Time Drop-in at NCRC

newborn - 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.
\$4 per child/visit or
\$6 max per family/visit
10 - 11:30 a.m.
F, June 12 - Aug. 14 (no class July 3)
NCRC Preschool Room
Class #: 124-S15

Summer

Summer ECFE at Tyler Park birth - 5 years

Bring your families for a fun evening at the park to celebrate ECFE's 40th birthday and the end of another successful year of programming. Come play with other families, try new outdoor activities and games and enjoy a special snack! Class will be canceled in the event that it rains.
Free 6:30 - 7:30 p.m.

Th, May 21
Tyler Park
Class #: 126-S15

Special Events

Dad/Grandparent Activity Night EVENING CLASS

ages 2 - 5 years
Come share fun stories, games and art work while creating lasting memories with that special child in your life. Learn positive ways to be connected and create a fun project together to take home.

\$8 6:15 - 7:30 p.m.
T, June 9
NCRC Preschool Room
Class #: 509-S15



FREE EVENT

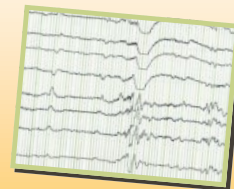
Northfield
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

Epilepsy Talk

Would you know what to do if someone has a seizure?

Experts from the Epilepsy Foundation of Minnesota will be at the NCRC on April 23 to teach interested community members how to recognize and respond to seizures. Join this hour-long presentation, which will end with a question-and-answer session. Free childcare is available.*



6:30 - 7:45 p.m.
Th, April 23
NCRC Classroom 225

Class #: 518-W15

*Pre-registration for childcare requested.

Summer Camps

Wild Wild West

NEW

ages 3 - 5 years

Wanted: All cowboys and cowgirls looking for a rootin', tootin' good time! We will create and discover our way through the Wild West with special art, activities, snacks and more.

\$50 9 - 11 a.m.

T - Th, July 14 - 16

NCRC Preschool Room

Class #: 408-S15



Super Safari

ages 3 - 5 years

Welcome to the jungle! Come on an adventure with us as we learn all about the jungle with art, activities, stories and songs!

\$50 9 - 11 a.m.

T - Th, July 21 - 23

NCRC Preschool Room

Class #: 409-S15



Jump Start to School

NEW

Is your child getting ready to attend preschool or Kindergarten this fall? Get them excited and prepared through our ABC and 123 camp! We will learn all about a typical school routine through fun activities such as circle-time, stations, art, stories, songs and playtime together! Scholarships are available. Call 507.664.3754 for more information. 9 - 11 a.m.

NCRC Preschool Room

ages 3 & 4 years

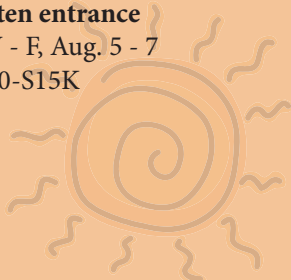
\$35 M & T, Aug. 3 & 4

Class #: 410-S15A3-4

kindergarten entrance

\$50 W - F, Aug. 5 - 7

Class #: 410-S15K



School Readiness

Hand in Hand Preschool and the preschool rooms at EarlyVentures Learning Center are four-star rated, awarded by Minnesota's Parent Aware Rating System. This identifies our programs as having a high quality learning environment and curriculum, helping children prepare for kindergarten success.

Parent Aware
Rated Program



Highest Possible Rating

Hand in Hand Preschool

We offer classes for children ages 3 - 5 with sections in the morning and afternoon and options to attend 2,3,4 or 5 days per week. Children must turn 3 by September 1, 2015, to attend Hand in Hand Preschool. Scholarships and transportation are available.

NEW Extended-day preschool options available:

7:45 - 8:45 a.m. • 11:30 a.m. - 12:45 p.m. • 3:45 - 4:30 p.m.

Why choose Hand in Hand?

- All of our teachers have a bachelor's degree and are licensed by the state
- We have a low child-to-adult ratio and high parent involvement
- We work in concert with district kindergarten programs
- We have an integrated special education program
- We incorporate flexible learning groups, to continuously monitor and respond to different learners
- We offer access to school specialists, such as nurses and occupational, physical and speech therapists
- Our partners include AmeriCorps and local colleges, high schools, and care centers

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.

Our programs provide discounted wrap around childcare for your preschooler. A great place for siblings too!



As a teacher, the kids I see that come out of the Hand in Hand program are both socially and academically balanced. They seem to be "perfectly prepared" for kindergarten. I value the fact that Hand in Hand teachers have teaching degrees and are trained to be preschool teachers.

~ Current kindergarten teacher in Northfield

EarlyVentures Learning Center

EarlyVentures Learning Center is a childcare center for infants, toddlers and preschoolers licensed by the Department of Human Services. We offer a variety of schedule 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.



Census Makes a Difference

Parents, please help Northfield Public Schools keep census information up-to-date. Contact Mary Hansen at 507.664.3750 if:

- You have recently had a baby
- You have an infant, toddler or preschooler, and have recently moved into the school district
- Your address and phone number has changed since the birth of your preschool child

Have a new baby?

If you have had a baby in the last six months, come to our free baby showers, held in August and January each year. Please call 507.664.3754 for more information.



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 funded by Northfield Public Schools, Community Services and local grants and is free for eligible participants. All are encouraged to apply. Please call 507.645.1232 for more information.

Early Childhood Screening

What: A free health and development screening* that is required by the state of MN to be completed 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: Around the time your child turns 3 1/2, but we welcome 4 - and 5-year-olds who have not been screened.

How: Call Longfellow School 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.*



Summer Ventures 2015

SummerVentures

SummerVentures is designed for children entering 1st through 7th grades and allows kids to experience a wide variety of both enrichment and recreation opportunities. Our mission is to foster a fun atmosphere where children are encouraged to explore new interests and make new friends. Throughout the summer, children will participate in a variety of hands-on activities that build social, emotional, physical, and academic development. SummerVentures offers a trip to the Northfield pool Monday through Thursday afternoons and field trips every Friday. This summer, we will be located at Sibley Elementary School.

For those entering grades 5-7, SummerVentures offers TweenVentures, a youth-driven program where Tweens have a designated “older kid” space. TweenVentures places a strong emphasis on leadership, growing independence, and service learning. TweenVentures participates in all Friday field trips and they have the option of afternoon swimming as well as the mornings themed activity time.

Registration Options

Choice 1: Full-Time – children are enrolled in SummerVentures Monday-Friday for the duration of summer.

Full-Time can include:

- M-Th Sunrise 6:30 a.m. - noon (\$20/Day) **and** Full-Day Field Trip Friday (\$36/Day)
- M-Th Sunset noon - 6 p.m. (\$20/Day) **and** Full-Day Field Trip Friday (\$36/Day)
- M-Th Full-Day 6:30 a.m. - 6 p.m. (\$33/Day) **and** Full-Day Field Trip Friday (\$36/Day)

*Full-Time registrants will get priority in the allotted field trip Friday spaces if registration is submitted the **first week summer registration is open.***

Choice 2: Part-Time – children attend SummerVentures for a minimum of 20 days, but you pick the days.

Part-Time can include:

- M-Th Sunrise 6:30 a.m. - noon (\$20/Day)
- M-Th Sunset noon - 6 p.m. (\$20/Day)
- M-Th Full-Day 6:30 a.m. - 6 p.m. (\$33/Day)
- Full-Day Field Trip F (\$36/Day)

*Friday full-day field trip spaces will be filled with part-time registrants **after** the first week of summer registration.*

SummerVentures Weekly Themes & Friday Field Trips

Week	Theme	Friday Field Trip
Week 1 June 10-June 12	Fun and Fitness	Target Field and Lake Harriet Bandshell Park
Week 2 June 15-June 19	Animal Antics	Strawberry Picking at Afton
Week 3 June 22-June 26	Wizarding World	Como Pool
Week 4 June 29-July 2	Stars and Stripes	CLOSED Friday
Week 5 July 6-July 10	Rescue 911	Water Days at Scheid Park
Week 6 July 13-July 17	Amazing Artists	Lake Elmo Park Reserve
Week 7 July 20-July 24	Game Show Mania	ValleyFair
Week 8 July 27-July 31	Fairytales and Superheroes	Stepping Stone Theater and Wabon Park
Week 9 Aug. 3-Aug 7	Water Works	Apple Valley Pool
Week 10 Aug. 10-Aug. 14	Gold Rush	The Landing
Week 11 Aug. 17-Aug. 21	Haphazard Holidays	River Springs Water Park
Week 12 Aug. 24-Aug. 28	We Have Talent	MN Zoo



For more information or to register, please call Mary Hansen at 507.664.3750, visit the NCRC at 1651 Jefferson Parkway, or visit <http://nfld.k12.mn.us/communityservices/venture>.

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 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. The first segment will focus on individual ball handling and shooting workouts. The remainder of the session will be full court play. Players are strongly encouraged to take advantage of this opportunity to improve their game.

girls entering grades 3 - 5

\$75 10:15 - 11 a.m.

T, June 16 - July 21 (no class July 7)

High School Gymnasium

Class #: 1242-S15C3-5

girls entering grades 6 - 8

\$85 9 - 10:15 a.m.

T & Th, June 16 - July 23

(no class July 2, 7 & 9)

High School Gymnasium

Class #: 1242-S15B6-8

girls entering grades 9 - 12

\$90 7:30 - 9 a.m.

T & Th, June 16 - July 23

(no class July 2, 7 & 9)

High School Gymnasium

Class #: 1242-S15A9-12

Looking for a great summer or fall recreation position?

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

Football

Raider Youth Football Camp

Bubba Sullivan

entering grades 2 - 6

Led by varsity coach Bubba Sullivan, this camp 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 16 & 17

High School Football Fields

Class #: 1221-S15A



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 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 27, at the Northfield Middle School storage shed, located by the track.

\$30 10 a.m. - noon

M - Th, July 27 - 30

High School Football Fields

Class #: 1220-S15A

EVENT

 **Northfield**
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

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. 19

- 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! ****



Baseball/Softball

Youth Baseball & Softball

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 baseball and softball will prove to be beneficial to the development of athletes of all abilities. Right down the middle, Community Services will strike your interest with a fun activity to start each practice and with the exciting Thrilling Thursdays where participants will play competitive baseball/softball games against one another. Batter up, the last week of the program will consist of a water day, a pitch, hit and run competition and an All Star Game. T-shirt included in the cost of the program; indicate T-shirt size when registering.

Baseball

\$57

June 8 - July 16

Sechler Fields

entering grades k -2 Dodgers

9:30 - 10:30 a.m.

M, W & Th

Class #: 1260-S15DK-2

entering grades 3 - 5 Braves

8:15 - 9:15 a.m.

M - Th

Class #: 1260-S15B3-5

entering grades 6 - 9 Mets

M, T, & W - 10:45 - 11:45 a.m.

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

Class #: 1260-S15M6-9

Softball

\$57

June 8 - July 16

High School Rock Fields

entering grades k -2 Avalanche

9:30 - 10:30 a.m.

M, W & Th

Class #: 1270-S15AK-2

entering grades 3 - 5 Thunder

8:15 - 9:15 a.m.

M - Th

Class #: 1270-S15T3-5

entering grades 6 - 9 Riptide

M, T, & W - 10:45 - 11:45 a.m.

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

Class #: 1270-S15R6-9

KidVentures Program

KidVentures is a school-age care 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**
- **School release days**
- **Monthly calendar schedule**
- **Late Start Wednesdays**
- **Drop-in care**

Enrollment information for the 2015-16 school year is available at the Community Services office at 1651 Jefferson Parkway or by calling 507.664.3750.



COMMUNITY SERVICES DIVISION



Tennis

Junior Team Tennis

Community Services Staff

entering grades 9 - 12

The new 2015 Junior Team Tennis (JTT) program kicks off with a skills assessment at the Northfield High School courts on Saturday, May 9, from 1 - 1:30 pm. See below for age requirements. Rain date for skills assessment is Saturday, May 16, from 1 - 1:30 pm. JTT is a United States Tennis Association (USTA) program offering boys and girls instructor-led practice sessions, intra-team scrimmages and official match play against other area teams. Area playoffs held July 20 - 21. Match format includes singles, doubles, and mixed doubles. Age eligibility through August 31, (e.g., to play in JTT 12U, your 13th birthday must be after August 31). JTT sign-up requires a USTA membership, valid through July 31, 2015. Enter number in the notes section when registering and on the form that will pop up after payment is made. Players must provide/arrange transportation to practices and matches. Join the USTA at: membership.usta.com
 \$210 June 8 - July 22
 Middle School & High School Tennis Courts

ages 12 & under

Practices: 1 - 2:30 p.m., M & T

Matches: 1 p.m., W

Class #: 1194-S15A12U

ages 14 and under

Practices: 2:30 - 4 p.m., M & W

Matches: 1 p.m., T

Class #: 1194-S15B14U

ages 18 & under

Practices: 4 - 5:30 p.m., M & W

Matches: 1 p.m., Th

Class #: 1194-S15C18U

QuickStart Tennis

Community Services Staff

entering grades K - 6+

Quick, grab your racquet and position yourself for a great start to your summer. QuickStart Tennis 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 their 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.

High School Tennis Courts

T, June 9 - July 14 \$27
entering grades K - 2 6 - 7 p.m.
 Class #: 1203-S15JK-2

M - F, June 8 - 19 \$45
entering grades K - 2 8:15 - 9:15 a.m.
 Class #: 1203-S15AK-2

entering grades 3 - 5 10:45 - 11:45 a.m.
 Class #: 1203-S15B3-5

entering grades 6+ 9:30 - 10:30 a.m.
 Class #: 1203-S15C6+

M - F, June 22 - July 3 \$45
entering grades K - 2 8:15 - 9:15 a.m.
 Class #: 1203-S15DK-2

entering grades 3 - 5 10:45 - 11:45 a.m.
 Class #: 1203-S15E3-5

entering grades 6+ 9:30 - 10:30 a.m.
 Class #: 1203-S15F6+

M - F, July 6 - 17 \$45
entering grades K - 2 8:15 - 9:15 a.m.
 Class #: 1203-S15GK-2

entering grades 3 - 5 10:45 - 11:45 a.m.
 Class #: 1203-S15H3-5

entering grades 6+ 9:30 - 10:30 a.m.
 Class #: 1203-S15I6+

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 keep your tennis arm in shape. Please provide your own tennis racquet. No make-up sessions due to weather cancellations.

11:45 a.m. - 12:45 p.m.
 High School Tennis Courts

\$61 M, W & F, June 8 - July 17
 Class #: 1202-S15A

\$43 T & Th, June 9 - July 16
 Class #: 1202-S15B

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. Register for this great offering and go down in the books as one of the first Northfield program pioneers! The lacrosse program is designed for boys and girls regardless of skill or ability. You will learn basic skills and have scrimmages. You must provide your own equipment and lacrosse sticks - hockey equipment is fine (helmet, shoulder pads, elbow pads and gloves for boys; goggles for girls). Mouth guards are required.

\$38 3:30 - 4:30 p.m.
 Middle School Soccer Fields

boys

T & Th, June 9 - 25
 Class #: 1015-S15AB

T & Th, Aug. 11 - 27
 Class #: 1015-S15CB

girls

T & Th, June 9 - 25
 Class #: 1015-S15BG

T & Th, Aug. 11 - 27
 Class #: 1015-S15DG

Little & Big Ripper

Lacrosse Camp

Sports Unlimited

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. All equipment will be provided.

\$80 9 a.m. - noon
 M - Th, July 13 - 16
 Middle School Soccer Fields

ages 5 - 8

Class #: 1056-S15A5-8

ages 9 - 12

Class #: 1056-S15B9-12

Full Throttle Lacrosse

Sports Unlimited

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 20 - 23
 Middle School Soccer Fields
 Class #: 1055-S15A



All Comers Track Meet

*Save the date for this event!
 Activities will include: sprints,
 distance and field events.*

For all ages 2 - 102!

**6:30 p.m. June 11 & Aug. 20
 Northfield Middle School Track**

(Registration begins at 6 p.m.)

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 13 - 16
Middle School Gymnasium

entering grades 3 - 5
9 - 11:30 a.m.
Class #: 1209-S15A3-5

entering grades 6 - 8
12:30 - 3 p.m.
Class #: 1209-S15B6-8

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 20 - 23
Middle School Gymnasium
Class #: 1205-S15A

Interested in fly fishing?

An introduction class, for ages 15 through adult, is located on page 33.

General Recreation

Soccer Program Community Services Staff entering grades K - 5

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 dribble on and join the fun.
\$51 M - Th, June 29 - July 23
Spring Creek Park

entering grades K - 2
10:45 - 11:30 a.m.
Class #: 1251-S15AK-2

entering grades 3 - 5
9:30 - 10:30 a.m.
Class #: 1251-S15B3-5

British Soccer Camp Challenger Sports ages 3 - 16

NEW

Challenger Sports British Soccer Camp has one of the most innovative approaches to coaching youth soccer in the U.S. Our experienced staff teach individual foot skills and technical drills, and will hold tactical practices, small-sided games, scrimmages, and a daily World Cup tournament. Registration deadline is Sunday, July 19. Registrants will incur a \$10 late fee if registering after the deadline. All registrants will receive a T-shirt and their own soccer ball. If registration occurs 45 days in advance of the camp, a jersey will also be included.

M - F, Aug. 3 - 7
Middle School Soccer Fields

First Kicks ages 3 & 4 \$99
9 - 10 a.m.
Class #: 1249-S15A

Mini Soccer ages 5 & 6 \$115
10:30 a.m. - noon
Class #: 1249-S15B

1/2 Day ages 6 - 16 \$149
9 a.m. - noon
Class #: 1249-C15C

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

Join us for the tenth annual Take a Kid Fishing Day. Learn about water safety, fish habitat, fishing equipment and how to 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 (fishing license is not required for a guardian). 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 13
Location To Be Announced
Class #: 4800-S15A

Introduction to Trap Shooting

Cannon River Sportsmen's Club ages 12 and older

Have you ever 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. Minors must be accompanied by a parent or guardian and possess a firearms safety certificate. No Fee June - August by appointment
Morristown Gun Club
Class #: 4801-S15A



Check page 33 for this fun-packed family event on Saturday and Sunday, June 27 & 28, at Sechler Park in Northfield.

Introduction to Archery
Cannon River Sportsmen's Club
ages 12 and 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 equipment.

\$3 6 - 8 p.m.
 Northfield Archery Range
 Th, June 25
 Class #: 4803-S15A
 W, June 24
 Class #: 4803-S15B

Eagle Bluff Trip
Community Services Staff
entering grade 7

This three-day, overnight 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 27, from the middle school and will return at 3 p.m. on July 29, 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. Scholarships are available. Registration deadline is May 8. \$220 Bus departs at 8:30 a.m. on M, July 27, and returns at 3 p.m. on W, July 29
 Eagle Bluff Environmental Learning Center
 Class #: 4804-S15A

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 with a focus on exploring balance, movement, hand/eye coordination, skill development and fun. All participants receive a T-shirt, soccer ball and a merit award. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

\$89 9 a.m. - noon
 M - Th, June 15 - 18
 Sibley Soccer Fields
 Class #: 1152-S15A



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.

\$37 3:30 - 4:30 p.m.
 M, June 8 - July 13
 Spring Creek Park
 Class #: 1280-S15SC



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 theme days. A T-shirt, which will be used for tie-dyeing, is included in the program fee.

\$59 1 - 3 p.m.
 M & W, June 8 - July 15
 Sibley Playground
 Class #: 1290-S15S
 \$59 9 - 11 a.m.
 M & W, June 8 - July 15
 Greenvale Park Playground
 Class #: 1290-S15G

\$59 1 - 3 p.m.
 T & Th, June 9 - July 16
 Way Park
 Class #: 1290-S15W

\$59 9 - 11 a.m.
 T & Th, June 9 - July 16
 Tyler Park
 Class #: 1290-S15T

\$35 9 - 11 a.m.
 F, June 12 - July 17
 Dundas Memorial Park
 Class #: 1290-S15D



Barn Immersion Camp
Christine Wehling
ages 8 and older

Where the green grass grows, and the peaceful Cannon flows, this English riding beginners 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. Riding clothes (breeches, paddock boots and helmet) are great, but jeans and cowboy or rain boots work fine. Helmets are available.

\$250 8 a.m. - noon
 M - F, July 6 - 10
 Dakota Stables
 Class #: 1275-S15A

GO FAR

Community Services Staff

entering grades 1 - 8

GO FAR (go out for a run) is a ten-week comprehensive fitness program designed for children of all abilities. The program promotes healthy eating habits, building good character, goal setting, reaching goals, 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 an outdoor classroom setting. This class sets the foundation for building lifelong healthy habits.

\$59 6 - 7 p.m.

T & Th, June 9 - Aug. 13

Middle School Track

Class #: 1212-S15A

Disc Golf Camp

Sports Unlimited Staff

boys and 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. Staff-to-camper ratio is 1:10. 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 in the parking lot of the Carleton College Recreation Center.

\$89 1 - 4 p.m.

M - Th, July 6 - 9

Carleton College

Class #: 1218-S15A

Second Annual Sports Special Sale

11 a.m. - 5 p.m. Friday, July 31

High School Lower Cafeteria

See page 2 for details.

Summer Track Program

Community Services Staff

ages 6 - 16

Develop your wings! Muscle and technique formed at an early age are 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. Meet from 6 to 7 p.m. on the first night, after which age groupings will be determined. Bring water and running shoes.

\$49 June 8 - July 17

Middle School Track

Class #: 1210-S15A

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

Ultimate Frisbee Camp

Community Services Staff

entering grades 3 - 8

The ultimate camp for Frisbee lovers! Participants will take the field with highly skilled Northfield players and will practice the art and technique of Ultimate Frisbee through participation in drills, contests, and games. Equipment is provided. Bring along a water bottle and good tennis shoes.

M - Th, June 22 - 25

Sibley Soccer Fields

entering grades 3 - 5

\$35 1 - 3 p.m.

Class #: 1219-S15A3-5

entering grades 6 - 8

\$35 3 - 5 p.m.

Class #: 1219-S15B6-8



Teen Train IT!

IT! FACTORY

ages 13 and older

Are you a Teen athlete looking for that edge to take your talents to the next level? If so come and be trained by IT! Coaches Cindy Boyum and Therese Smiens this summer and let us help you achieve your vision. This is a 6-week training that is a great addition to any summer sports program or just on its own. We will help you learn new techniques and tools that not only get you physically ready for your season but also mentally. Why "workout" on your own, when you could be coached to that next level while training with IT! Space is limited so grab your spot today! Please bring water, yoga mats and/or towel or blanket, clean tennis shoes, heart rate monitor, boxing gloves if owned, comfortable clean clothes and clean body.

\$149 9:15 - 10:15 a.m.

T & Th, June 23 - July 30

IT! FACTORY Fitness and Wellness
Class #: 1131-S15A

Cheerleading Camp

**Northfield High School Raider
Cheer Team**

boys and 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 poms, register on or before the deadline of Monday June 1. Please indicate shirt size when registering.

\$50 8:30 a.m. - 3:30 p.m.

Sa, June 20

High School Gymnasium

Class #: 1169-S15A

Northfield Skating School

Community Services Staff

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 June 23 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. List new skater 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 30 at the NCRC.

Class descriptions are listed online.

\$99 6:15 - 6:45 p.m. T, July 7 - Aug. 18 Northfield Ice Arena

Snowplow

Level 1

Class #: 1312-S15Snowplow1

Level 2

Class #: 1312-S15Snowplow2

Level 3

Class #: 1312-S15Snowplow3

Free Skate

Level 1 Class #: 1312-S15FreeSk1

Level 2 Class #: 1312-S15FreeSk2

Level 3 Class #: 1312-S15FreeSk3

Level 4 Class #: 1312-S15FreeSk4

Level 5 Class #: 1312-S15FreeSk5

Level 6 Class #: 1312-S15FreeSk6

Hockey

Level 1 Class #: 1312-S15Hockey1

Level 2 Class #: 1312-S15Hockey2

Level 3 Class #: 1312-S15Hockey3

Basic

Level 1 Class #: 1312-S15Basic1

Level 2 Class #: 1312-S15Basic2

Level 3 Class #: 1312-S15Basic3

Level 4 Class #: 1312-S15Basic4

Level 5 Class #: 1312-S15Basic5

Level 6 Class #: 1312-S15Basic6

Level 7 Class #: 1312-S15Basic7

Level 8 Class #: 1312-S15Basic8

Adult

Level 1 Class #: 1312-S15Adult1

Level 2 Class #: 1312-S15Adult2

Level 3 Class #: 1312-S15Adult3

Level 4 Class #: 1312-S15Adult4

PowerEdge

\$72 6 - 6:15 p.m.

T, July 7 - Aug. 18

Northfield Ice Arena

Class #: 1312-S15PowerEdge

Fencing

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 12:30 - 3:30 p.m.

M - Th, July 27 - 30

Middle School Gymnasium

Class #: 1285-S15A

Safety Certification

MN Firearm Safety Training Program

Cannon River Sportsmen's Club ages 11 and 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. For more information call Blair Fowler, at 612.245.7835 (day) or 507.663.1472 (evening); Paul Tupy, at 507.645.8558; or visit www.cannonriversportsmen.com.

Attendance is mandatory at all sessions. All participants must 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. 24 - Sept. 2

Field Days: F, Aug. 28 or Sa, Aug. 29

High School Auditorium

Class #: 4810-S15A

Northfield Ice Arena

Admission is \$3/person. Rental skates are available for \$3.25. Dates and times are subject to change. Visit www.ci.northfield.mn.us/parksandrec/arena or call 507.645.6556 for more information.

Open public skate will be available from 6 - 7:30 p.m.

- July 8, 15 & 29
- August 5, 12 & 19

The Northfield Arena is located at 1280 Bollenbacher Drive, just off of Highway 3, and is managed by the City of Northfield. The arena offers a full-service pro shop.



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. Learn to control your body and focus power into every punch and kick. \$74 T & Th, June 23 - July 30 High School Auxiliary Gymnasium
Beginner (white, yellow & orange)
5:15 - 6:15 p.m.
Class #: 4165-S15B
Advanced (green & black)
6:15 - 7:15 p.m.
Class #: 4165-S15A

Martial arts lovers can also find Shorin-Ryu Karate and Gumdo on page 34.

FREE EVENT

Martial Arts Festival

Exhibitions for each discipline; hands-on, experiential and participatory opportunities for audience members; and an information booth!

- Tae Kwon Do
- Gumdo
- Karate
- Kyudo

Saturday, May 9
10 a.m. – noon
Northfield Middle School
Main Gymnasium

Adventure

Adventure Mania

Community Services Staff

Adventure Mania is a family-friendly program that mixes reading with exciting activities. Adventures depart from and return to the Northfield Community Resource Center (NCRC). Transportation is provided. Eat lunch before attending. Lending copies of the monthly books are available for pick-up from the Northfield Community Resource Center three weeks prior to the class. Choose to read one of the books listed online and prepare to share a brief overview of the adventure.

Full Season: (Monthly details listed below.)

\$59/individual \$215/family of 4+

Class #: 1112-S15FS

May Adventure: Zip lining, Kerfoot Canopy Tours
ages 10 and older (70 lbs+) (waiver required)

\$15/individual \$50/family of 4+

noon - 5 p.m. Sa, May 16

Class #: 1112-S15M

June Adventure: Horseback riding, HHH Ranch
ages 5 and older (waiver required)

\$15/individual \$50/family of 4+

noon - 4 p.m. Sa, June 20

Class #: 1112-S15JN

July Adventure: Paddleboarding, Faribault Reservoir
ages 12 and older (waiver required)

\$15/individual \$50/family of 4+

12:30 - 3:30 p.m. Sa, July 18

Class #: 1112-S15JL

August Adventure: Mountain biking & camping trip*,

Cuyuna State Recreation Area

entering grade 5 and older

\$25/individual \$80/family of 4+

Departs: 8 a.m. Th, Aug. 13/Returns: 6 p.m. F, Aug. 14 Class #: 1112-W15A

*Participants must attend two offroad cycling group rides at Sechler Park to be eligible to attend this trip. Call Community Services, at 507.664.3502, to inquire about a loaner bike. Two-inch tires are required.

Offroad Cycling Group Rides

NEW

Cannon River Offroad Cycling and Trails entering grade 5 through adults

Let Cannon River Offroad Cycling & Trails (CROCT) staff lead you on an offroad bicycling adventure through newly developed Sechler Park trails. Group rides, offered for males and females, will consist of technical riding and general instruction. Attend as many rides as fits into your schedule. Riders may meet on bikes at Riverside Park, at 4:45 p.m., or at Sechler Park, at 5 p.m. Bikes must have 2-inch tires. Bike rentals are available by contacting Community Services, at 507.664.3502.

\$10 5 - 7 p.m.

M, June 1 - Aug. 24

Sechler Park

Class #: 1018-S15A



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Youth Enrichment

Arts, Music & Theater

Watch Me Draw: CATS! Big and Wild!

NEW

Watch Me Draw
ages 6 - 11

Roar into art with bold colors and big spaces as you draw, paint and sculpt cats of the wild! Paint a lion on canvas, sculpt a striped tiger ready to pounce, design a monochromatic panther, watercolor cheetahs using a fun resist technique to make his spots pop and more! Take home art that has individual flair, great design and creativity! All supplies included.

\$105 9 - 11 a.m.
M - Th, June 15 - 18
Sibley Art Room 133
Class #: 4386-S15A

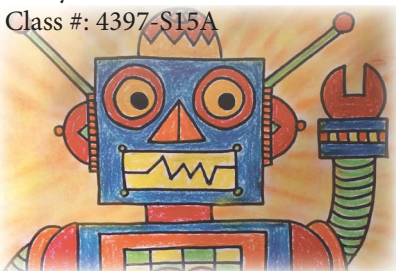
Rockin' Robots Art Workshop!

NEW

Watch Me Draw
ages 6 - 11

Innovate, create and make one of a kind robots that are uniquely yours! Make one robot out of recycled materials in a 'steampunk' art style; create another in oil pastels on oversized paper, and yet another with animators' clay adding crazy, fun embellishments! Take home three very different, super-cool robot creations! All supplies are included.

\$55 1 - 3 p.m.
Th & F, June 25 & 26
Sibley Art Room 133
Class #: 4397-S15A



Paws and Paint Canvas Workshop

NEW

Watch Me Draw
ages 6 - 11

Create bright, bold and beautiful acrylic painting of adorable dogs, designed on different size canvas boards. Learn about color, design, mixing and layering in a fun and enjoyable manner. Work with different techniques and tools for unique effects and exciting results. Take home two to three finished masterpieces in this workshop. It's PAWSitively awesome! All supplies are included.

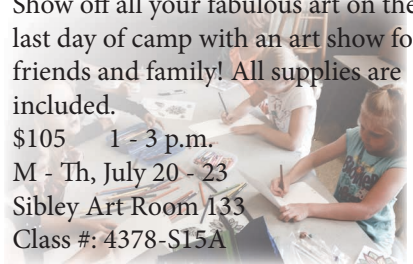
\$55 1 - 3 p.m.
Th & F, July 16 & 17
Sibley Art Room 133
Class #: 4394-S15A

Watch Me Draw: Glitter Girls! Summer Art Camp!

Watch Me Draw
ages 6 - 11

If you love glitter, jewels, paint and clay - then come join us for Glitter Girls Art Camp! Get to use acrylics, watercolors, oil pastels and clay to create two to three masterpieces a day. A jeweled mermaid, a sequined horse and a painted alpaca are just some of the creations you'll make! Show off all your fabulous art on the last day of camp with an art show for friends and family! All supplies are included.

\$105 1 - 3 p.m.
M - Th, July 20 - 23
Sibley Art Room 133
Class #: 4378-S15A



EVENT

Books & Stars

Free, family-friendly entertainment on Wednesday evenings at Northfield parks!

6:30 p.m. — Booker (the Northfield book bus) opens
7 p.m. — Performance

Schedule:

- June 10 — Way Park*
- June 17 — Justin Roberts at Central Park
- June 24 — Laura MacKenzie at Way Park
- July 1 — Jack Pearson at Spring Creek Park
- July 8 — Central Park*
- July 15 — Norm Barnhart at Spring Creek Park
- July 22 — Rachel Kroog at Northfield Hospital
- July 29 — Old Memorial Pool*
- Aug. 5 — 1st Things 1st at Way Park
- Aug. 12 — Central Park*
- Aug. 19 — Way Park*

*Other Wednesday performers TBD
Rain site is Odd Fellows Park shelter.



Sponsors: The Friends and Foundation of the Northfield Library is sponsoring Justin Roberts; Northfield Hospital is sponsoring Rachel Kroog and the Northfield Library SELCO vetted grant is sponsoring Laura MacKenzie, Jack Pearson and Norm Barnhart.

Watch Me Draw: Sea Quest Art Camp!

NEW

Watch Me Draw
ages 6 - 11

Make amazing art with sand, shells, paint, clay and drawing materials. Take home a stunning seahorse designed with seas shells, watercolor a sea turtle, use sand to create a starfish, make a castle, mermaid, dolphins and more! Take home one to three completed art pieces each day - which will be beautiful, unique projects that you will love making and be proud to add to your collection of art treasures. All supplies are included.

\$105 9 - 11 a.m.
M - Th, July 27 - 30
Sibley Art Room 133
Class #: 4398-S15A

Art-o-saurus Dino Roar Camp!

NEW

Watch Me Draw
ages 6 - 11

Think like a dino as you create wild (and sometimes ferocious) dinosaurs using clay, drawing and painting. Use texture plates to make realistic bumps, grooves and lines in your art. Create a supersized Tyrannosaurus Rex in oil pastels, unique prehistoric fossil art and even a 3-D dino clay-dazzled canvas masterpiece! All supplies are included.

\$55 9 - 11 a.m.
M & T, Aug. 3 & 4
Sibley Art Room 133
Class #: 4377-S15A



Watch Me Draw: Tangled Up in Art

NEW

Watch Me Draw
ages 6 - 11

Tangled Up in Art! was a big hit last summer, so we're back with new drawings, designs and effects! Start with simple drawings of a zebra and elephant to develop a finished art piece that incorporates intriguing patterns, design and color. Add your own flair, designs and creativity as you create the coolest art that you won't see anywhere else! All supplies are included.

\$55 9 - 11 a.m.
W & Th, Aug. 5 & 6
Sibley Art Room 133
Class #: 4376-S15A



Middle School Summer Pops Band

NEW

Rachel Gorden Mercer
entering 6 - 8 grade

Come play in the Middle School Summer Pops Band. Must have some previous band experience. Bring your instrument and play "pop" music from movies and the radio. We will practice for two weeks and end the session with a concert for parents and friends. Registration fee includes T-shirt and sheet music. When registering, please indicate which instrument you will be playing and your T-shirt size. Registration deadline is Monday, July 6.

\$65 July 27 - Aug. 6
Rehearsals - 8:30 - 10 a.m. M - Th, Performance - 9 - 11 a.m. F, Aug. 7
Middle School Auditorium
Class #: 4426-S15A



EVENT

Northfield
PUBLIC SCHOOLS

COMMUNITY SERVICES DIVISION

Northfield Community Band

See the community band perform at Bridge Square!

**Thursdays, June 4—25
7 p.m.**

Want to be in the band?

Rehearsals: 7—8:30 p.m.,
Wednesdays, May 27—June 24
Northfield High School Band Room
Contact Mary at
Mary.Williams@nfld.k12.mn.us for more information.



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

Project Runway
Youth Enrichment League
entering 4 - 8 grade

A summer dress, head band*, hair scrunchy*, and a Project Runway Showcase to display all your fashionista creations! No experience necessary. We will show you all you need to know. Accelerated students may be asked to bring in a cotton T-shirt for up-cycling. Students will make the aforementioned projects while learning sewing basics including: how to safely use a sewing machine, cutting patterns to size, hand-stitching techniques, needle work and accessorizing. The fashion show will take place the last 30 minutes of the final day of camp and the instructor will provide parents with details. For more details visit www.youthenrichmentleague.com. Projects with an * are completed dependent on student's experience and attendance. Please bring one cotton-poly blended T-shirt to class for up-cycling into a book tote.
\$139 9 a.m. - noon
M - F, July 20 - 24
Bridgewater Art Room 212
Class #: 4430-S15A

Knowing how to sew is a life skill that never leaves you and allows you to be creative in many fun and useful ways! Project Runway will help your daughter or son get a good start on sewing basics or help them move onto their next level of skill and even take them into design if they desire!

- Youth Enrichment League instructor for Project Runway



Science & Mathematics

LEGO X: IndyCar® Series
Youth Enrichment League
entering 1 - 5 grade

All speed! All summer! Start your LEGO engines and get ready to burn rubber (LEGO rubber, that is). This tailor-made course will focus on different LEGO racers: Drag Racer, Tug-o-War, Hill Climber (using a fly wheel), Street Sweeper, a land yacht and more. Students will use these projects to investigate basic engineering concepts: gearing up/down, single vs. separate axles, stored energy, kinetic energy and more. Shift into high gear and get signed up today. For more details visit www.youthenrichmentleague.com.
\$119 9 a.m. - noon
M - Th, June 15 - 18
Bridgewater Cafetorium
Class #: 4435-S15A



LEGO® WeDo Robotics
Youth Enrichment League
entering 1 - 5 grade

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.
\$115 9 a.m. - noon
M - Th, July 13 - 16
Bridgewater Cafetorium
Class #: 4434-S15A



Connected Kids Program

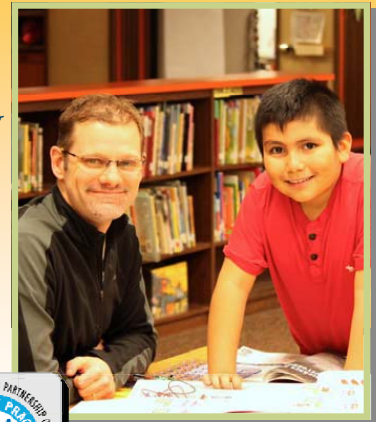
**Change 2 Lives...
Mentor a Northfield Youth**



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

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 Linda Oto, at 507.664.3655 or Linda.Oto@nfl.d.k12.mn.us.



4-H Uncovers the Science of Candy!

Kirsten Pederson
entering 3 - 6 grade



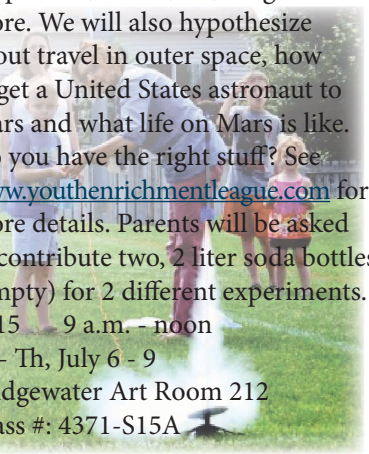
What is your favorite candy? Jelly beans, gummies, Skittles or Warheads are just some of the candies we will be using as you experiment with the Science of Candy. You will get to practice scientific methods, learn some basic chemistry and have tons of fun as you carry out experiments that pop, crackle, fizz, ooze and float!
\$25 10 a.m. - noon
T, June 30
Bridgewater Art Room 212
Class #: 4344-S15A

Destination Mars: Rocketry Course

NEW

Youth Enrichment League
entering 2 - 5 grade

Launch and watch your very own rocket speed 300 feet into the air! Then it is yours to take home! Make and take home multiple rockets of varying difficulty throughout the session. We will use these rockets and airplanes to investigate basic aeronautical concepts including: propulsion, thrust, lift, drag and more. We will also hypothesize about travel in outer space, how to get a United States astronaut to Mars and what life on Mars is like. Do you have the right stuff? See www.youthenrichmentleague.com for more details. Parents will be asked to contribute two, 2 liter soda bottles (empty) for 2 different experiments.
\$115 9 a.m. - noon
M - Th, July 6 - 9
Bridgewater Art Room 212
Class #: 4371-S15A





Camp Invention

Register for Camp
Invention this summer, at
campinvention.org

General Interest

Grandmasters of Chess Summer Camp **NEW SUMMER SESSION!**

Youth Enrichment League
entering 1 - 6 grade

Continue your chess journey or start your path this summer. Our chess summer camp works with all levels of students. Beginners: learn piece movement, capturing, check, checkmate, castling and more; Returning students: bring your chess booklets and chess dollars and study intermediate lessons (King Rook Checkmate and Gaining Opposition as examples). Advanced students will study Queen Sacrifices, Back Rank Mates and other advanced theory. We will hold an in-class tournament on the last day of class. Our summer camps are fun, fast-paced and packed with information. Develop the brain-bending strategies of a brilliant and complex game! For a more thorough explanation of YEL Chess please visit our website, www.youthenrichmentleague.com.



\$89 9 a.m. - noon
M - Th, July 20 - 23
Bridgewater Cafetorium
Class #: 4346-S15A

Safety Certification

American Red Cross Babysitter's Certification Course American Red Cross ages 11 - 17

This course is fun and fast-paced, including lots of hands-on learning, videos and interactive games providing the knowledge and skills necessary to safely and responsibly care for infants and children up to the age of 10. In class you will also learn how to:

- Respond to emergencies with first aid, rescue breathing and more
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Start your babysitting business

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

\$89 8:30 a.m. - 3:30 p.m.
Bridgewater Art Room 212

T, June 16
Class #: 4355-S15A

T, July 14
Class #: 4355-S15B

Home Alone

Cathy White

ages 8 - 10

Learn about staying safe while 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 snack, markers and a pencil.

\$34 8 - 11 a.m.

Th, July 16

Bridgewater Art Room 212

Class #: 4354-S15A

Thank you for hosting such an outstanding camp at an affordable price with hours that accommodated working families.

- Parent of Safety Camp 2014

Basic First Aid and Safety for Young Children

Lori Hameister

entering 1 - 4 grade

Have you ever seen someone fall over and hurt their leg? Or perhaps you know someone who's been very ill? Have you ever been near an accident? Imagine being able to help out in each of these situations - that's what First Aid is all about. Children can make a difference in an emergency situation and the most important thing is for them to know simple Basic First Aid steps to follow in different situations. Class topics will include:

- Recognizing an emergency and knowing what to do
- Calling 911
- Basic first aid techniques
- Personal safety tips
- Stranger danger
- Gun and fire safety

Please bring your favorite teddy bear to class.


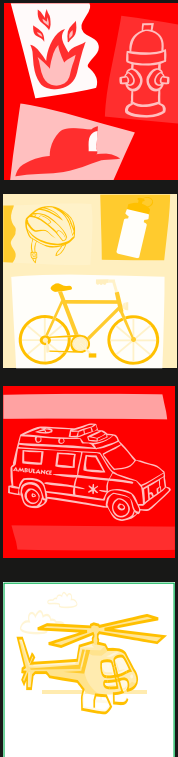
\$34 9 - 11 a.m.

W, July 15

Bridgewater Art Room 212

Class #: 4353-S15A





NORTHFIELD
SAFETY CAMP

July 28, 29 & 30
Bridgewater Elementary School
Programs begin at 8 am
7:30 - 8 a.m. check in
4:30 - 5 p.m. pick up

For kids entering grades 4-7
\$15 for one day \$40 for all 3 days
Class #: 1188-S15A

Bring a bag lunch, water bottle, tennis shoes and sunscreen.
Snacks are provided.

Community Safety Night
Thursday, July 30th 5-7 pm
Community members & campers are invited for refreshments and to see emergency vehicles, water patrol, police K-9, the landing of a helicopter and more!

The health and safety of all children is very important!
Experience a variety of entertaining HANDS-ON safety lessons and partake in unique camp games!

- CLIMB Theater Education & Entertainment
- Interactive Self Defense Instruction
- Bike Rodeo
- Police K9 Demo
- Interactive Water Safety Experience
- Emergency Vehicle Display
- Lunch With First Responders
- Exhilarating Team Games and Contests

Pre-registration is required
INFO & registration 507.664.3649

THIS EVENT IS A COLLABORATION OF: Northfield Hospital & Clinics, Northfield Police Department, City of Northfield-Library, Northfield Public Schools Community Services Division, Rice County Sheriff Department, Northfield Explorer Post, Northfield Healthy Community Initiative and Northfield YMCA

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Driver Education

Driver Education Classroom

Doug Bengtson & Kevin Dahle
ages 15 - 18

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 Schools 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 17 and ends May 29 (for June class) and July 17 (for July/Aug. class); or until the class is full. **Please register early to avoid disappointment.**

\$152 High School H124

8:30 - 11:30 a.m.

M - F, June 8 - 19

Class #: 6910-S15A

12:30 - 3:30 p.m.

M - F, June 8 - 19

Class #: 6910-S15B

8:30 - 11:30 a.m.

M - F, July 27 - Aug. 7

Class #: 6910-S15C

Point of Impact Parent Awareness Presentation

Free 6:30 - 8 p.m.

T, June 16

High School Auditorium

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 #: 6920-2015

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

8 a.m. - 4 p.m. Sa, June 20 8 a.m. - 4 p.m. Sa, Aug. 1

Class #: 6951-S15A

Class #: 6951-S15B

AARP Driver Safety Program 4-hour Refresher Course

9 a.m. - 1 p.m. W, May 27

Class #: 6950-S15A

1 - 5 p.m. M, June 8

Class #: 6950-S15B

9 a.m. - 1 p.m. M, June 29

Class #: 6950-S15C

5:30 - 9:30 p.m. M, July 20

Class #: 6950-S15D

1 - 5 p.m. W, Aug. 12

Class #: 6950-S15E

1 - 5 p.m. M, Aug. 31

Class #: 6950-S15F



Project A.B.L.E.

"Serving Persons with Disabilities by Achieving a Better Life through Education"

Project ABLE is a program within Northfield Public Schools Community Services that provides social, recreational and educational programming for adults with disabilities. We have great new classes and old favorites to offer this summer. Register with Project ABLE in Northfield, by calling 507.664.3649. Or visit us online, at www.nfld.k12.mn.us and click on Community Services. A registration form (on page 46) can also be mailed to Community Services along with payment.

Arts & Crafts

Crafty Club - Firefly Jars

Do you remember catching fireflies and collecting them in a jar? Let us help bring you back to those days, but without the bugs! These jars are easy to make and will light up your summer night.

\$12 1 - 3 p.m.

Sa, June 27

High School Rock House

Class #: 7532-S15A

Crafty Club - June: Sharpie Tie Dye T-shirts

NEW

Let your imagination get creative when you join us for some Crafty Club fun as we design colorful tie-dye style T-shirts with sharpies. These T-shirts are great to wear during the summertime or to give away as special gift.

\$12 1 - 3 p.m.

Sa, July 25

High School Rock House

Class #: 7611-S15A

Crafty Club - Succulent Terrarium

Design your very own mini indoor garden for your room or home. Join us for Crafty Club in August. We will be building a terrarium using rocks and succulents. Succulents store water in their leaves so they are very easy to take care of. This is one project you won't want to miss.

\$12 1 - 3 p.m.

Sa, Aug. 15

High School Rock House

Class #: 7612-S15A

Cooking

Tops Chefs Cooking Club - Berry Dessert Pizza

Do you like to cook or bake? If so, join us once a month for this cooking club as we create some fabulous culinary treats for your tastebuds.

Join us in June as we prepare delicious fruit pizzas for a summery sweet treat.

\$12 6 - 7:30 p.m.

Th, June 18

High School Rock House

Class #: 7700-S15A

Top Chefs - Campfire Treats

Do you like to cook or bake? If so, join us once a month for this cooking club as we create some fabulous culinary treats for your tastebuds.

Join us in July as we create some campfire treats like hotdogs, fresh corn on the cob and s'mores.

\$12 6 - 7:30 p.m.

Th, July 16

High School Rock House

Class #: 7709-S15A

Top Chefs Cooking Club - Fresh Salads

Do you like to cook? If so, join us once a month in this cooking club as we create some classic dishes and fabulous treats. Learn to create healthy salads using fresh produce from the Farmer's Market.

\$12 6 - 7:30 p.m.

Th, Aug. 13

High School Rock House

Class #: 7530-S15A

Social Activities

Summer Bowling League (mid-June thru July)

NEW

Strikes! Spares! Turkeys! Sign up for Monday night bowling league this summer. The bowling league will last for seven weeks this summer. The price includes 2 games and bowling shoes. Weekly bowling results will be given each evening. Lanes will be assigned based on requests and needs.

\$70/full season or \$8/per single night 6:30 - 8 p.m. M, June 15 - July 27

Jesse James Lanes

Class #: 7566-S15A



REGISTER ONLINE
www.nfld.k12.mn.us
or call 507.664.3649 to
register by phone.

Pizza Bingo - June: Hawaiian Luau Theme

Join the luau as our Pizza Bingo night takes on a Hawaiian theme in June. Spend the evening with friends playing bingo, eating pizza and having fun! Pizza and beverage will be served. All participants registered will get a lei, some Hawaiian party favors and at least one prize or more as various rounds of bingo are played.

\$10 6 - 7:30 p.m.

F, June 12

Laura Baker Services

Millis Dining Hall

Class #: 7500-S15A

Pizza Bingo - July: Stars & Stripes Theme

Come to enjoy our Stars- and Stripes-themed Pizza Bingo in July. Spend the evening with friends playing bingo, eating pizza and having fun! Pizza and beverage will be served. All participants registered will get some USA-themed party favors and at least one prize or more as various rounds of bingo are played.

\$10 6 - 7:30 p.m.

F, July 10

Laura Baker Services

Millis Dining Hall

Class #: 7500-S15B

Pizza Bingo - August: Western Theme

Join us as we cowboy up for a Western-themed Pizza Bingo night in August. Spend the evening with friends playing bingo, eating pizza and having fun! Pizza and beverage will be served. All participants registered will get Western party favors and at least one prize or more as various rounds of bingo are played.

\$10 6 - 7:30 p.m.

F, Aug. 7

Laura Baker Services

Millis Dining Hall

Class #: 7500-S15C

Mystery Dining

Dine with friends at a surprise location! 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. Contact Niki Kolb for location details, at Niki.Kolb@nfld.k12.mn.us or 507.664.3648.

\$20 5:30 - 7:30 p.m.

Location To Be Announced

F, June 26

Class #: 7510-S15A

F, Aug. 21

Class #: 7510-S15B

Special Events

Twilight Pool Party

NEW

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 choose 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.

\$12 6 - 8:30 p.m.

Faribault Family Aquatic Center

F, June 19

Class #: 7568-S15A

F, July 17

Class #: 7568-S15B



REGISTER ONLINE
www.nfld.k12.mn.us
 or call 507.664.3649 to
 register by phone.

Red Barn Pizza Picnic in Northfield

NEW

Enjoy a lovely pizza picnic lunch on the Red Barn Farm of Northfield. Bring a blanket or folding chair and make yourself comfortable in the beautiful countryside scenery as you enjoy a handmade, wood-oven fired pizza with the freshest toppings. Modifications will be made for seating arrangements if you use a wheelchair.

\$15 1 - 2:30 p.m.

Su, July 19

Red Barn Farm

Class #: 7820-S15A



Summer Picnic at Alexander Park in Faribault

NEW

Join us for a fun afternoon of "grill and chill" at Alexander Park in Faribault. We will have various lawn game activities and a picnic lunch of grilled hot dogs and burgers, chips, salads and a beverage. Bring along a blanket or lawn chair.

\$18 1 - 4 p.m.

Su, Aug. 9

Alexander Park

Class #: 7830-S15A

Como Park Zoo Day Trip

NEW

Lions, Tigers and Bears - Oh My! Visit the Wolf Woods, Gorilla Forest, Seal Island, Polar Bear Odyssey and much more at the Como Zoo. See the Sealy the Seal show after lunch. Before we head home we will tour the Marjorie McNeely Conservatory. Bring a sack lunch for a picnic and money for any treats. Bus transportation will be provided and will pick up at 9:20 a.m. from Northfield High School and drop off at approximately 3:30 p.m.

\$24 9 a.m. - 3:30 p.m.

Su, June 28

Como Park Zoo

Class #: 7810-S15A

Learn-to-Swim Level Descriptions

See next page for classes.



Together, we can save a life

Level 1 Introduction to Water Skills

Purpose: To begin developing positive attitudes, good swimming habits and safe practices in and around the water

- Enter and exit water using ladder, steps or side
- Front and back glides and floats
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Blow bubbles through mouth and nose
- Bobbing
- Tread water using arm and head actions
- Roll from front to back and back to front
- Alternating and simultaneous leg and arm actions on front and back

Level 2 Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills

- Enter and exit water by stepping or jumping from the side
- Bobbing
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and how to perform simple nonswimming assists
- Learn how to stay safe in, on and around the water, including the use of a lifejacket, entering the pool, recognizing lifeguards and sun safety
- Learn what to think about and what to do when exhausted or caught in a dangerous situation
- Fully submerge and hold breath
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Finning arm action

Level 3 Stroke Development

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

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Survival float
- Tread water
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to recognize, prevent and respond to cold water emergencies
- Headfirst entries from the side in sitting and kneeling positions
- Rotary breathing
- Back Float
- Change from vertical to horizontal position on front and back
- Flutter, scissor, dolphin and breaststroke kicks on front and back
- Learn to perform simple nonswimming assists

Level 4 Stroke Improvement

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

- Swim under water
- Feet first surface dive
- Front crawl and backstroke open turns
- Flutter and dolphin kicks on back
- Learn to perform simple nonswimming assists
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Headfirst entries from the side in compact and stride positions
- Survival swimming
- Tread water using two different kicks
- Learn to look carefully before entering the water
- Learn about recreational water illnesses and how to prevent them

Level 5 Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Learn to look carefully before entering the water
- Learn to perform simple nonswimming assists
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks
- Shallow-angle dive from the side then glide and begin a front stroke
- Sculling
- Learn about recreation water illnesses and how to prevent them

Level 6 Swimming and Skill Proficiency

Purpose: Refines strokes so students swim 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. These options include:

- Personal Water Safety
- 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 46 & 47 for registration.

Aquatics

Youth Aquatics

American Red Cross

Learn-to-Swim

Sessions

Community

Services Staff

ages 6 and older

\$37 See previous page for descriptions.



American Red Cross

Together, we can save a life

T & Th, May 26 - June 11
Middle School Pool

Level 1

6:45 - 7:25 p.m.

Class #: 1033-S15H

Level 2

6 - 6:40 p.m.

Class #: 1034-S15I

Level 3

6:45 - 7:25 p.m.

Class #: 1035-S15H

Level 4

6 - 6:40 p.m.

Class #: 1036-S15G

M - Th, June 15 - 25* see below Northfield Outdoor Pool	M - Th, June 29 - July 9 Northfield Outdoor Pool	M - Th, July 13 - 23 Northfield Outdoor Pool	M - Th, July 27 - Aug. 6 Northfield Outdoor Pool
Level 1 9:15 - 9:45 a.m. Class #: 1033-S15A 10:25 - 10:55 a.m. Class #: 1033-S15B	Level 1 9:50 - 10:20 a.m. Class #: 1033-S15C 10:25 - 10:55 a.m. Class #: 1033-S15D	Level 1 10:25 - 10:55 a.m. Class #: 1033-S15E	Level 1 9:15 - 9:45 a.m. Class #: 1033-S15F 10:25 - 10:55 a.m. Class #: 1033-S15G
Level 2 9:50 - 10:20 a.m. Class #: 1034-S15A 10:25 - 10:55 a.m. Class #: 1034-S15B	Level 2 9:15 - 9:45 a.m. Class #: 1034-S15C 9:50 - 10:20 a.m. Class #: 1034-S15D	Level 2 9:15 - 9:45 a.m. Class #: 1034-S15E 10:25 - 10:55 a.m. Class #: 1034-S15F	Level 2 9:50 - 10:20 a.m. Class #: 1034-S15G 10:25 - 10:55 a.m. Class #: 1034-S15H
Level 3 9:15 - 9:45 a.m. Class #: 1035-S15A	Level 3 9:15 - 9:45 a.m. Class #: 1035-S15B 10:25 - 10:55 a.m. Class #: 1035-S15C	Level 3 9:15 - 9:45 a.m. Class #: 1035-S15D 9:50 - 10:20 a.m. Class #: 1035-S15E	Level 3 9:15 - 9:45 a.m. Class #: 1035-S15F 9:50 - 10:20 a.m. Class #: 1035-S15G
Level 4 9:50 - 10:20 a.m. Class #: 1036-S15A 10:25 - 10:55 a.m. Class #: 1036-S15B	Level 4 9:15 - 9:45 a.m. Class #: 1036-S15C	Level 4 9:15 - 9:45 a.m. Class #: 1036-S15D 10:25 - 10:55 a.m. Class #: 1036-S15E	Level 4 10:25 - 10:55 a.m. Class #: 1036-S15F
Level 5 9:15 - 9:45 a.m. Class #: 1037-S15A	Level 5 10:25 - 10:55 a.m. Class #: 1037-S15B	Level 5 9:50 - 10:20 a.m. Class #: 1037-S15C	Level 5 9:15 - 9:45 a.m. Class #: 1037-S15D
Level 6 9:50 - 10:20 a.m. Class #: 1038-S15A	Level 6 9:50 - 10:20 a.m. Class #: 1038-S15B	Level 6 9:50 - 10:20 a.m. Class #: 1038-S15C	Level 6 9:50 - 10:20 a.m. Class #: 1038-S15D

*(no class Th, June 18 - make-up class F, June 19)

Class Descriptions:

See next page for more detailed descriptions.

Water Babies (ages 9 months - 3 years)

Aqua Tots (ages 18 months - 3 years)

Water Babies and Aqua Tots help to familiarize young children with the water and prepare them for participation at the pre-school level. Participants will learn to enjoy the water and to stay safe in and around the water. The adult/parent is an integral part of the learning process and must accompany the child in the water.

\$37 Taught by Community Services Staff

Starfish (ages 4 & 5)

Starfish swim lessons will orient children to the aquatic environment, help them acquire rudimentary levels of basic aquatic skills and will build on the skills of the Water Babies & Aqua Tots classes by providing additional guided practice with increased distances and times. Children are allowed to participate without an adult/parent in the water. Participants do not "pass" from level to level. According to progression and comfort level, participants may move fluidly within the three levels as desired. The level at which you first register does not have to be the level that the participant stays at for the entirety of the session.

\$37 Taught by Community Services Staff

M - Th, June 15 - 25 Northfield Outdoor Pool	M - Th, June 29 - July 9 Northfield Outdoor Pool	M - Th, July 13 - 23 Northfield Outdoor Pool	M - Th, July 27 - Aug 6 Northfield Outdoor Pool
Starfish 1 9:15 - 9:45 a.m. Class #: 1032-S15B	Starfish 1 9:15 - 9:45 a.m. Class #: 1032-S15C	Starfish 1 9:15 - 9:45 a.m. Class #: 1032-S15D	Starfish 1 9:15 - 9:45 a.m. Class #: 1032-S15E
Starfish 2 9:50 - 10:20 am Class #: 1032-S15B	Starfish 2 9:50 - 10:20 am Class #: 1032-S15C	Starfish 2 9:50 - 10:20 am Class #: 1032-S15D	Starfish 2 9:50 - 10:20 am Class #: 1032-S15E
Starfish 3 10:25 - 10:55 am Class #: 1032-S15B	Starfish 3 10:25 - 10:55 am Class #: 1032-S15C	Starfish 3 10:25 - 10:55 am Class #: 1032-S15D	Starfish 3 10:25 - 10:55 am Class #: 1032-S15E
Water Babies 11 - 11:30 a.m. Class #: 1030-S15E	Aqua Tots 11 - 11:30 a.m. Class #: 1031-S15E	Water Babies 11 - 11:30 a.m. Class #: 1030-S15F	Aqua Tots 11 - 11:30 a.m. Class #: 1031-S15F
Sa, June 20 - Aug 15 Northfield Outdoor Pool	T, May 12 - June 23 AmericInn Pool	M, July 6 - Aug. 17 AmericInn Pool	T, July 7 - Aug. 18 AmericInn Pool
Water Babies 9:15 - 9:45 a.m. Class #: 1030-S15G	Water Babies 5:15 - 5:45 p.m. Class #: 1030-S15A	Water Babies 5:15 - 5:45 p.m. Class #: 1030-S15C	Starfish 1 5:15 - 5:45 p.m. Class #: 1032-S15A
Aqua Tots 9:50 - 10:20 am Class #: 1031-S15G	Aqua Tots 5:50 - 6:20 p.m. Class #: 1031-S15A	Aqua Tots 5:50 - 6:20 p.m. Class #: 1031-S15C	Starfish 2 5:50 - 6:20 p.m. Class #: 1032-S15A
Starfish 1 - 3 10:25 - 11:55 am Class #: 1032-S15G (Level 1, 2 & 3 curriculum together)	Water Babies 6:25 - 6:55 p.m. Class #: 1030-S15B	Water Babies 6:25 - 6:55 p.m. Class #: 1030-S15D	Starfish 3 6:25 - 6:55 p.m. Class #: 1032-S15A
	Aqua Tots 7 - 7:30 p.m. Class #: 1031-S15B	Aqua Tots 7 - 7:30 p.m. Class #: 1031-S15D	

Water Babies

Purpose: To familiarize young children to the water

Learning Objectives:

- Enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose and eyes completely
- Explore buoyancy on the front and back position
- Change body position in the water with support
- Learn about the importance of wearing a lifejacket; experience wearing one
- Learn basic safety rules and how to avoid hazards around the home



Aqua Tots

Purpose: To familiarize young children to the water and prepare them for the pre-school aquatics program

Learning Objectives:

- Respect adult supervision in and around water
- Learn more ways to enter and exit the water in a safe manner
- Explore submerging in a rhythmic pattern completely
- Glide on front and back with assistance
- Change body position in the water
- Learn about the importance of wearing a lifejacket; experience wearing one
- Learn basic safety rules and how to avoid hazards around the home

Starfish 1

Purpose: To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills

Learning Objectives:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg and arm actions on front and back
- Experience wearing a lifejacket in the water
- Learn advanced safety rules and what to do in an emergency

Starfish 2

Purpose: To build upon the basic aquatic skills learned in Starfish 1

Learning Objectives:

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back or back
- Finning arm actions on back
- Learn advanced safety rules and what to do in an emergency

Starfish 3

Purpose: To increase proficiency and build on the basic aquatic skills learned in levels 1 & 2 by providing additional guided practice with increased distances and times

Learning Objectives:

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats
- Recover from a front or back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front and back
- Combined arm and leg actions on front and back
- Tread water using arm and leg action
- Learn advanced safety rules and what to do in an emergency



FREE EVENT
 June 18, 2015
The World's Largest Swimming Lesson™
 Save the Date!

Help Break a World Record!

Help set a Guinness World Record, while receiving a free swimming lesson with thousands of others across the globe!

To build awareness of drowning prevention, one swimming lesson will be taught at precisely 10 a.m. on June 18.

Join kids and parents around the world, all attempting the largest swimming lesson ever conducted in 24 hours.

World's Largest Swimming Lesson™

10 a.m. - Thursday, June 18
Northfield Outdoor Pool
 801 Seventh Street E.



Registration begins at 9:15 a.m. and participants must be signed in by 9:50 a.m.
 Everyone must be registered and in position for the lesson before the official start time.

Northfield Public Schools Community Services is a registered host location for the event. For more information visit wsl.org or contact Recreation Coordinator Melissa Bernhard, at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us.

Adult Aquatics

Adult Swimming Lessons

Community Services Staff

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 welcome. \$47

Northfield Senior Center Pool

5:45 - 6:45 p.m.

W & F, June 3 - 19

Class #: 1039-S15A

5:45 - 6:45 p.m.

W & F, July 8 - 24

Class #: 1039-S15B

Aqua Sunrisers

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 15 - July 6

Class #: 1042-S15A

M, W & F, July 13 - 31

Class #: 1042-S15B



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. Other people may be in the pool as the private lessons take place. This class is by appointment only. To schedule a private lesson, please call Melissa at 507.664.3502. Fee is \$20 per hour or \$10/half hour.

Northfield Outdoor Pool

Class #: 1043-S15A

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 12 - Aug. 16

Northfield Outdoor Pool

Class #: 1047-S15A

Pilaqua

NEW

Northfield Senior Center Staff

Take your pilates and yoga to the pool. This gentle class focuses on your core muscles - the abdominal muscles, lower back, thighs and buttock. Each movement emphasizes proper body alignment and breathing techniques. You will build strength, increase flexibility and also improve posture and balance.

\$67 10 - 11 a.m.

Sa, May 16 - July 18 (no class July 4)

Northfield Senior Center Pool

Class #: 1143-S15A

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 equipment (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 6:30 - 7:45 p.m.

Northfield Senior Center Pool

T & Th, May 12 - June 11

Class #: 1144-S15A

T & Th, July 7 - Aug. 6

Class #: 1144-S15B

Northfield Old Memorial Park Pool

2015 Pre-Season Pass Sale

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

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

- 3:30 - 6 p.m. Th, May 7, 14 & 21
- 9:30 a.m. - noon Sa, May 9, 16 & 23

Pre-season sales will take place at the pool.

Pool schedule:

3:30 - 8 p.m., June 3 - 5

11:30 a.m. - 8 p.m. daily, June 6 - Aug. 17

11:30 a.m. - 6 p.m. daily, Aug. 18 - 31

Lap swim times:

6 - 8 p.m., June 3 - Aug. 17, M - Sa

9:15 - 11:15 a.m., June 6 - Aug. 31, M - Sa

5 - 6 p.m., Aug. 18 - 31, M - Sa

Dog swim dates:

4 - 6 p.m., Sept. 4 and noon - 2 p.m., Sept. 5

Individual Season Pass

\$85.50 Resident
\$101 Non-Resident

Dual Season Pass

\$126.25 Resident
\$145.75 Non-Resident

Family Season Pass

(2 adults & up to 3 kids)
\$181 Resident

\$201 Non-Resident

Additional family member \$10.25



Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Adult Recreation

Leagues

Sand Volleyball League

Community Services Staff

NEW

Dive into summer by joining the Northfield Adult Sand Volleyball League. Games will take place on Friday evenings on the Old Memorial Park court. Contact Melissa, at 507.664.3502, for team registration information. Deadline for payment and registration is May 8th.

\$250 5:30 - 7:30 p.m.

F, June 12 - Aug. 28

(no games on July 3)

Old Memorial Field Park

Class #: 1018-S15A

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. Fee 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 12 - Aug. 25

(no class July 14 & 21)

Longfellow Gymnasium

The Northfield Tennis

Association (NTA) will hold

Thursday Night Drills and

Sunday Night Singles this

summer. For more information

go to www.northfield.usta.com.

General Recreation

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 racquet.

\$33 6 - 7 p.m.

M, June 8 - July 13

High School Tennis Courts

Class #: 1021-S15A

Family Tennis Fun

Community Services Staff

Serve up a double! This program provides 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 racquet swooshes through the air, you will have enhanced your tennis ability and will have built lasting memories with your young partner. \$35 7 - 8 p.m.

T, June 9 - July 14

High School Tennis Courts

Class #: 1196-S15A



Beginner Match Play

NEW

Community Services Staff

Ready to take your tennis to the next level? Join Beginner Match Play. This opportunity is for beginner level adults who would like experience playing matches. Each participant will play singles, doubles, and mixed doubles with different partners and opponents. Through match play, you will work on scoring, positioning, footwork and tennis etiquette. You will gain knowledge, improve your consistency and will build confidence so you may continue enjoying this sport for a lifetime.

\$35 7 - 8 p.m.

M, June 8 - July 13

High School Tennis Courts

Class #: 1020-S15A

Bubble Ball Soccer

NEW

Community Services Staff

Nothing like you've ever done in your life! With a large rubber ball surrounding your frame, you'll run and crash into other bubble ball players while trying to maneuver a soccer ball into the opposing teams goal. When you crash, you won't get burned but instead will be able to bounce right back up and keep your bubble a movin'! Check out the bubble ball soccer video at www.youtube.com/watch?v=5C2U-EKgoFM and be amazed. Three playing groups are available (high school, womens and mens). Come as your schedule allows.

5 - 5:55 p.m. - High School

6 - 6:55 p.m. - Womens

7 - 7:55 p.m. - Mens

\$50 5 - 8 p.m.

F, June 12 - Aug. 21 (no class July 3)

Middle School Football Field

and Track

Class #: 1010-S15A



Kettlebell Strength Fusion

Northfield Senior Center Staff

Kettlebell training is an effective workout for burning calories and toning the entire body. This class is designed to incorporate a full body kettlebell training along with the latest in free weight exercises, and medicine ball training.

All equipment is provided but participants can bring in their own kettlebell.

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

M, May 4 - June 15

(no class May 25)

Northfield Senior Center

Activity Room

Class #: 1117-S15A

Core and More

Northfield Senior Center Staff

Core based exercises that help increase abdominal strength, coordination, stability and postural correction. The class uses various pieces of fitness equipment.

\$65

Northfield Senior Center

Activity Room

8 - 9:15 a.m.

T, May 12 - June 2

Class #: 1108-S15A

8:15 - 9 a.m.

T, June 9 - 30

Class #: 1108-S15B



Body Sculpting

Northfield Senior Center Staff

By using various pieces of fitness equipment we help you become more toned, strong, fit and functional. This class is a great way to have fun while burning calories and strengthening muscles to timed music.

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

W, June 10 - July 15

Northfield Senior Center

Activity Room

Class #: 1118-S15A

Beginning Yoga

Heartwork Yoga Studio

Beginning Yoga: Developed for people new to yoga. Beginning yoga classes teach you the basics of yoga poses (called asanas), yoga breathing and initial stress reduction. Students generally see an increase in flexibility and strength in this level of yoga. It is important to start with this level of yoga before proceeding to the next level.

\$29 7 - 8 p.m.

T, June 9 - 30

HeartWork Yoga Studio

Class #: 1122-S15A

Looking for a great summer or fall recreation position?

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

NEW

Introduction to Yoga

Workshop

Heartwork Yoga Studio

This Introduction to Yoga class is designed for people who are totally new to yoga. This class will get you feeling comfortable with the studio, show you what to expect from a yoga class, and teach you basic yoga movements. If you feel intimidated about starting yoga because you just don't know what to expect, this is the workshop for you! The teacher will welcome you to the studio and walk you through everything you need to know about taking classes here. She will describe different styles of yoga so you know which classes are right for you and give you a plan that you can use to add yoga into your life. She can also help you learn how to modify every movement to make it right for your body. You do not need to be flexible to start yoga; yoga will help with your flexibility! You will be ready for Foundations of Yoga classes after taking this class.

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

HeartWork Yoga Studio

Sa, June 6

Class #: 1134-S15A

Sa, July 11

Class #: 1134-S15B

Sa, Aug. 1

Class #: 1134-S15C

Summer Co-Rec Kittenball League

A co-rec kittenball league will be offered on Thursday evenings this summer during the months of June and July. Interested teams need to be registered by May 6. Contact Melissa at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us for information and registration materials.

Fall Softball & Co-Rec Kittenball Leagues

Northfield Community Services offers fall men's and women's double-header softball leagues and a co-rec kittenball league. These leagues begin in mid-August and interested teams need to be registered by August 3. Contact Melissa, at 507.664.3502 or Melissa.Bernhard@nfld.k12.mn.us for more information.



Chair Yoga Workshop

Heartwork Yoga Studio

The gentle yoga poses in this class are done seated in a chair or standing with a chair or wall for support. The class is ideal for people recovering from injury or surgery, people with limited mobility and people who want to practice yoga but cannot easily come to the floor.

\$20 10:30 - 11:20 a.m.

F, June 5 - 26

HeartWork Yoga Studio

Class #: 1136-S15A

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 in 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.

Drop-in option offered for \$5 at a time.

\$49 6 - 8 p.m.

W, May 27 - Sept. 2

(June 3 class will be held in the Bridgewater Gym)

Middle School Tennis Courts

Class #: 1195-S15A



Classical Yoga

Northfield Senior Center Staff

Based off of Hatha Yoga, each class includes a warm-up, breath-work, asanas (postures or held poses) and relaxation. Come relieve your stress and increase your stability, strength and flexibility.

\$55 6 - 7 p.m.

M, June 8 - July 13

Northfield Senior Center

Activity Room

Class #: 1121-S15A

Barre Class

Heartwork Yoga Studio

You will combine pilates, yoga and ballet moves to gain sculpted and lean muscles - without the impact and injuries dancers may endure.

\$28 9:30 - 10:15 a.m.

M, July 6 - 27

HeartWork Yoga Studio

Class #: 1142-S15A

Lose IT!

IT! Factory

Join a unique group this summer that will be focused on a new way to look at weight loss. Each session will include a 30-minute workout (that can be modified for the individual), and a workshop piece that looks at your beliefs and how these beliefs keep you stuck in a pattern that reinforces failure. Let Cindy Boyum, a Certified Mayo Clinic Wellness coach, help you get rid of this fear of failure, help you see your beliefs and how they affect weight loss and get a great workout in...all while having fun. Let's Lose IT! this summer!

\$270 9:15 - 10:15 a.m.

M & W, June 22 - July 29

IT! Factory Fitness and Wellness

Class #: 1127-S15A

Gift certificate

Purchase the unique present of a Community Service gift certificate, available at our office or online.

Class #: GC-2015

Live IT! Infinite Possibilities™

Workshop

IT! Factory

Have you ever felt like you've tried everything to make changes in your life? Come to a 4-week workshop and learn about the Power of "Thoughts Becoming Things" (tm) and how alignment is the key to creating the life you desire. The workshop includes an Infinite Possibilities workbook created by Mike Dooley, a world renowned life coach, recently featured in the movie "The Secret." Join Cindy Boyum in letting go of limiting beliefs. Learn new skills to help shift your thoughts and begin taking action to create what you desire. Cindy is a Certified Mayo Clinic Wellness Coach, Infinite Possibilities Coach, and a Certified fitness coach who will help you connect mind, body and spirit to assist in creating the life you desire.

\$159 6 - 9 p.m.

W & Th, June 24 & 25

IT! Factory Fitness and Wellness

Class #: 1129-S15A

Spin IT!

IT! Factory

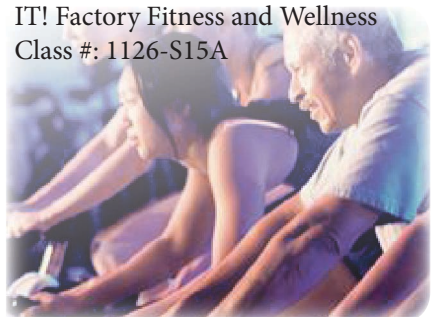
Have you ever tried a spin class? - now's your chance. IT! FACTORY fitness and wellness is offering a 6-week class open to all fitness levels. With 9 bikes available our experienced coaches, Cindy, Therese and Sonja will work with you to give you a fun safe 45-minute ride. Come in each week to learn new skills or work to increase your biking stamina.

\$81 5:30 - 6:15 p.m.

W, June 10 - July 15

IT! Factory Fitness and Wellness

Class #: 1126-S15A



Intro to Horseback Riding

Tessa Lindemann &
Pat Swenson

NEW

Have you been yearning to get back into horses or have you always wanted to ride? Come out to Apple Treat Stables and get on a horse! We will cover various choices available including lessons, leasing and buying and what you should know to make a good decision. We will review safe practices and then participants will have an opportunity to ride in the indoor arena. If you aren't sure if you are ready to get on a live horse, we have an Equicizer (a mechanical horse) for you to ride.

\$36 Apple Treat Stables

2 - 4 p.m.

Sa, May 9

Class #: 1274-S15A

7 - 9 p.m.

Th, June 18

Class #: 1274-S15B



Learn to Sail

Lake City Yacht Club Sailing School

This basic sailing course utilizes material from the American Red Cross and the US Sailing Association to prepare students for safe sailing in small sailboats. Course includes learning the parts of a sailboat, safe sailing techniques and 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. Students will receive a sailing text book and graduates of the course have an added bonus of being able to sail with the LCYC Sunfish fleet on Sunfish Sundays at no further cost. \$125 8:30 a.m. - 5 p.m.

Sa & Su, June 20 & 21

LCYC Sailing School - Ohuta Park

Class #: 1320-S15A

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 - 3 p.m.

Sa, July 11

To Be Announced

Class #: 4802-S15A

Introduction to Archery

Cannon River Sportsmen's Club

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 equipment.

\$3 6 - 8 p.m.

T, June 23

Northfield Archery Range

Class #: 4803-S15C

More Outdoor Experiences

Classes for youth and adults, including archery, fishing and trap shooting are located on pages 12 & 13.

Saturday, June 27

10 am - noon – Sechler Park
Check-in at pavilion/Camp Set-up

Noon - 1 pm – Picnic Lunch & Welcome (bring your own lunch)

1 - 4 pm – Free Time (CROCT-led mountain biking, biking to Dundas and back, The Gear ReSource kayaking on the Cannon, flying of kites, field games, frisbee, hiking, fishing in the Cannon, The GearReSource outdoor classes, The Sportsmen's Club classes & activities)

4 - 5 pm – Family Old Time Games, Races and Relays

5 - 6 pm – Dinner (roasting hotdogs on above-ground fire pits, with chips, fruit, beverages)

6 - 8 pm – Folk Dancing

8 - 10 pm – Above ground fire pits (marshmallow roasting, songs, stories)

9:30 - 11 pm – Outdoor movie

10 pm - midnight – Astronomy, games

Sunday, June 28

8 am – Breakfast (pastries, bagels, fruit and juice)

9 am - 10 am – Pack up camp

10 am - noon – Family Softball Tournament

Sa & Su, June 27 & 28
Sechler Park
(1200 Armstrong Road, Northfield)

- \$25/person
- \$85/group of 3 - 4
- \$115/group of 5 - 7
- \$185/group of 8 - 12

Please call for pricing for 12+ people.
Class #: CAMPOUT-S15
For camping rentals, contact The Gear ReSource at 507.407.4327.

No alcohol or smoking will be allowed on the grounds during event. For additional information, please call Community Services, at 507.664.3649.

Martial Arts

Kyudo - Japanese Longbow Archery

Carly & John Born

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

7 - 9 p.m. W, May 6 - June 3

6:30 - 8:30 p.m. W, June 10 - Aug. 12
(no class July 29)

High School Gymnasium

Class #: 4107-S15A

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.

\$74 6:15 - 7:15 p.m.

T & Th, June 23 - July 30

High School Auxiliary Gymnasium

Class #: 1151-S15A



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.

\$49 7:15 - 8:15 p.m.

T & Th, June 23 - July 30

High School Auxiliary Gymnasium

Class #: 4108-S15A

Shorin-Ryu Karate

Bob Dobrow

Karate develops self-confidence, focus, strength and flexibility and is a rewarding physical activity for adults, children and families. Train in Shorin-Ryu karate, a traditional Okinawan style. 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. For more information, call Bob Dobrow, at 507.301.3544, or visit www.northfieldkarate.wordpress.com.

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.

\$49/person or \$79/family

Class #: 4166-S15A

6:45 - 8 p.m. M & W, May 4 - June 3
(no class May 25)

Longfellow Gymnasium

6:30 - 8 p.m. M & W, June 8 - Aug. 31

Northfield Dance Academy

9 - 10 a.m. (beginner)

10 - 11 a.m. (advanced)

Sa, June 6 - Aug. 29

Northfield Dance Academy

Adventure

Adventure Racing

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 on the water in a canoe, then set your compass to North and join in on the fun! Adventurers will meet four times and will learn about adventure racing opportunities, plotting UTMs, 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, and a one day MN park sticker and canoe rental for training days. There is no turning back! Talk your friends into joining you, or hook up with those taking this class to form a team. Class will meet at the Sechler Park Pavilion 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 - 10 a.m. - noon

Sa, May 9 & 30 and June 6 & 20

Class #: 1110-S15A

Race - June 28

(near Cable/Hayward, WI)

12 hr. \$129

30 hr. \$229

Racers may enter as a single or may gather a team of up to four people.

Visit 180Adventure.com for more information.

Adventure Mania is back!

Programs for the summer include zip lining, an overnight mountain-biking trip to Cuyuna State Recreation Area, horseback riding and paddleboarding! See page 16.

Registration begins immediately. The registration deadline for classes is two business days prior to the start date unless noted in the description. See pages 46 & 47 for registration.

Adult Enrichment

Arts & Literature

Ladies Night Art Class

NEW

Watch Me Draw

Grab some friends or just come solo and enjoy a great Ladies Night Art class at the Archer House. Relax and discover your inner artist in a fun, casual environment. No experience is needed. Bring only your desire and enthusiasm to this fun-filled, artistic evening of learning to paint, with a step-by-step technique and bring home a beautiful piece of artwork of your very own. All supplies are included and snacks and refreshments will be available for purchase from the Tavern.

\$35/person per class 6 - 8 p.m.
Archer House Meeting Room

April: Spring Time Robin

W, April 29

Class #: 3471-S15A

May: Snow Capped Mountains

W, May 13

Class #: 3471-S15B

June: Summer Flowers

W, June 17

Class #: 3471-S15C

July: Summer Sky

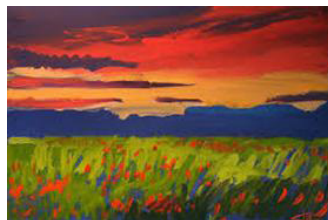
W, July 15

Class #: 3471-S15D

August: Field of Sun Flowers

W, Aug. 5

Class #: 3471-S15E



General Interest

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 daylong workshop includes lunch. Come alone or bring a helper to work with for only an additional \$10. Kids are welcome to assist, but the minimum age is 10. A list of simple tools and map to the location will be mailed upon registration.

\$130/single \$140/pair
9 a.m. - 5 p.m.

Kelly Farm

Sa, May 9

Class #: 3695-S15A

Sa, May 23

Class #: 3695-S15B

Sa, June 6

Class #: 3695-S15C

Sa, June 20

Class #: 3695-S15D

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 to work with for only an additional \$10. A list of simple tools and map to the location will be mailed upon registration.

\$230/single \$240/pair
8 a.m. - 5 p.m.

Kelly Farm

Sa & Su, May 16 & 17

Class #: 3696-S15A

Sa & Su, May 30 & 31

Class #: 3696-S15B

Sa & Su, June 13 & 14

Class #: 3696-S15C

Sa & Su, June 27 & 28

Class #: 3696-S15D



Adventures to Europe - Italy, Czech Republic, Germany and Austria Fall 2015 Trip Preview

Arlette Gerber

Have you always wanted to tour Europe? Join one of our tours to the beautiful countryside scapes of Tuscany, or marvel at the historical Baroque and Art Nouveau architecture of Prague. Meander through bustling Munich in the Bavarian Alps, and then visit the quaint city of Salzburg in Austria. To discover more about each featured trip location, spend an hour 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. She will share photos and answer any questions you may have. **There is no fee for this presentation, but registration is requested.** So bring along a friend and start planning that trip of a lifetime! For more information and detailed itineraries please visit:

www.adventurestourope.com

No Fee 6:30 - 8 p.m.

Th, May 7

NCRC 108

Class #: 3365-S15A



Computers & Technology

Introduction to iPad/iPhone

Northfield Senior Center Staff

This introductory course is for absolute beginners of the iPad or iPhone. Learn the basic operations necessary to operate the iPad or iPhone and the onscreen keyboard. You will also learn to send emails as well as surf the internet with your devices. Please bring your iPad and iPhone to class. Registration deadline is Wednesday, July 22.

\$25 9:30 - 11:30 a.m.

M & W, July 27 & 29

Northfield Senior Center

Computer Lab

Class #: 3955-S15A

Intro to Computers/Mac

Northfield Senior Center Staff

This introductory course covers general computer concepts and the 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 behave like Macintosh OS X computers. The course will use a textbook 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 8.

\$25 9:30 - 11:30 a.m.

M & W, July 13 & 15

Northfield Senior Center

Computer Lab

Class #: 3956-S15A

Intro to Computers/Windows

Northfield Senior Center Staff

This two-session introductory course covers general computer concepts, and the 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 classes. The course will use a textbook 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 8.

\$25 9:30 - 11:30 a.m.

T & Th, July 14 & 16

Northfield Senior Center

Computer Lab

Class #: 3949-S15A

Word Processing Basics/Mac

Northfield Senior Center Staff

This two-session course reviews and applies the concepts introduced in *Intro to Computers*. Students use TextEdit to learn to create, edit, save and open files. Other topics introduced include menus, fonts, as well as copy/cut and paste text. Some file organization is presented. These basic functions will be useful regardless of which computer or word processing program you use. Pre-requisite: *Intro to Computers* or equivalent. Please register by Wednesday, July 15.

\$25 9:30 - 11:30 a.m.

M & W, July 20 & 22

Northfield Senior Center

Computer Lab

Class #: 3952-S15A

Word Processing Basics/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. Learn formatting features including alignment, font types and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the ribbon and copy/cut and paste text. Pre-requisite: *Intro to Computers* or equivalent. Please register by Wednesday, July 15.

\$25 9:30 - 11:30 a.m.

T & Th, July 21 & 23

Northfield Senior Center

Computer Lab

Class #: 3950-S15A

Sponsor a Kid

Make learning and fun possible for all kids - donate to our scholarship fund! Your gift will go directly to sponsor a local child.

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.

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 text and workbook is included in the cost of the class.

\$59 6:30 - 8 p.m.

T & Th, June 16 - July 21

(no class July 2)

High School Media Center

Class #: 3923-S15A



Parenting

Happy Children

Debra Petersen

Don't let disagreements between your children cause you frustration. Learn some easy and simple techniques that will help you and your children have a happy household. This workshop will empower you as a parent and your children will benefit. The workshop will also focus on audience-specific issues during a portion of the program.

\$3 6:30 - 8 p.m.

NCRC 108

M, May 18

Class #: 3201-S15A

W, June 3

Class #: 3201-S15B

Fun Parenting

Debra Petersen

NEW

You loved those little quirks of the person you had your children with, but now in a co-parenting situation those same quirks are driving you crazy! Learn how to be happy once again and demonstrate to your children that conflict is a normal part of life and can be worked through. Become empowered as you learn coping skills during this workshop.

\$3 6:30 - 8 p.m.

NCRC 108

W, May 20

Class #: 3203-S15A

Th, June 4

Class #: 3203-S15B

Dog Training

Play to Train

Mary Malone

NEW

Join this class for a fun, new way to teach commands such as sit, down, stay, go, come, off, watch me and many more. Get to use more hand signals and body language instead of words. There will also be games, puzzles, obstacles and tricks that both you and your dog will enjoy doing together. Please bring along a regular leash, plenty of soft treats and your dog's favorite toy (no extending leashes, choke chains or pinch collars). Please indicate your dog's name and breed in the notes section when registering.

\$69 7 - 8 p.m.

NCRC Community Services

Lobby Area

M, June 15 - July 13

Class #: 3340-S15A

M, July 20 - Aug. 17

Class #: 3340-S15B



Personal Finance

Retirement and Estate Strategies Workshop

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!

\$5 8 - 9 p.m.

T, May 12

NCRC 225

Class #: 3325-S15A



Adult Basic Education (ABE) offers free classes for adults who want to finish high school and prepare for college and/or improve their English language skills. ABE classes are for adults 17 and older who are not currently enrolled in high school.

Spring session continues through May 28. Fall classes begin Sept. 8. Call 507.664.3764 for class times.

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.



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. This workshop covers such questions 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?
- When will my benefits begin?
- How will my benefits be affected by when I apply?
- How do my cost-of-living adjustments (COLAS) affect my benefits?
- How do spousal benefits work?
- How survivor benefits work?
- How do benefits affect taxes?
- What do I do if I have other income from pensions or IRAs?

\$5 6:30 - 7:30 p.m.

T, May 12

NCRC 225

Class #: 3329-S15A

Your Journey: Retirement, Taxes and Generosity NEW

Andrew Gray

During this presentation, local financial expert, Andrew Gray, will walk you through:

- Preparing for your transition into and arriving at retirement
- Developing a strategy to help make the right decisions to achieve your goals and control taxes
- Living your goals and financially supporting the people, ideals and organizations that are important to you.

\$5 7 - 8 p.m.

Th, June 25

NCRC 225

Class #: 3323-S15A

Women and Money NEW

Andrew Gray

Today, more women than ever are responsible for their financial well-being and that of their families. However, they can often face unique financial challenges which is why it is important that no matter what life stage they are in, they know how to save, invest and plan for their future. In this class you will learn:

- Why the economic clout of women is growing.
- The unique financial challenges women face, such as longer life expectancies, more career breaks for caregiving, and how that can impact long-term financial security.
- The six steps women can take to help them achieve financial security.

Also receive a free workbook created specifically for this class containing key information, worksheets and questions to help you remember important points from the session.

\$5 7 - 8 p.m.

Th, May 14

NCRC 225

Class #: 3361-S15A

Preparing for Long Term Care: A Gift Your Family Deserves NEW

Andrew Gray

Long Term Care is a family affair that may come as response to an event or condition. This workshop will address:

- How to start the conversation of Long Term Care with loved ones
- How the cost of care is continuing to rise and how you might pay for care if you were to need it
- How Long Term Care insurance may be beneficial for you and your family

\$5 7 - 8 p.m.

T, June 30

NCRC 225

Class #: 3321-S15A

CPR & First Aid

American Heart Association Renewal of Adult, Infant, Child CPR

Josh Hall

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.

Th, July 16

NCRC 108

Class #: 1175-S15A

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

Josh Hall

This class helps lay-responders overcome reluctance to act when caring for life-threatening respiratory or cardiac emergencies in adults, children and infants. Learn how to safely use an automated external defibrillator (AED). This class is not for health care providers.

\$49* 6 - 9 p.m.

Th, May 21

NCRC 108

Class #: 1177-S15A

American Heart Association Basic First Aid

Josh Hall

This class provides lay-responders with the knowledge and skills to sustain life and minimize pain and consequences of injury or sudden illness, until medical help arrives. This class is not for health care providers.

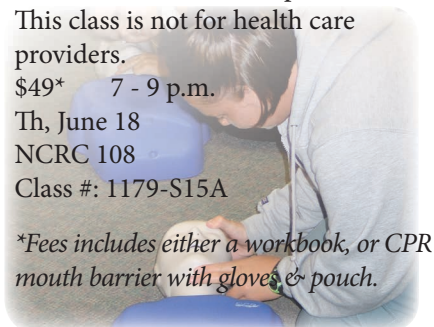
\$49* 7 - 9 p.m.

Th, June 18

NCRC 108

Class #: 1179-S15A

**Fees includes either a workbook, or CPR mouth barrier with gloves, & pouch.*



Learn it. Know it. Show it.

NORTHSTAR

BASIC COMPUTER SKILLS CERTIFICATE

The Northstar Basic Computer Skills Certificate Program is available at no charge in NORTHFIELD through the Northfield Digital Literacy Consortium.

This project is funded with a grant from the Minnesota Department of Education using federal funding CFDA 45.310, Library Services and Technology Act.

To enroll or for further information about the Northstar Digital Literacy program please contact any of the following agencies:

Dakota Prairie Adult Basic Education Northfield Office:

507-664-3764

The Northfield Public Library Adult Services:

507-645-1802

Northfield Community Action Center/Northfield Works:

507-664-3550

Basic computer skills are critical for today's employees.



NORTHFIELD YOUTH CHOIRS

ABCs (&T) of SINGING

Abbandonatamante: free

Brillante: with sparkle

Con brio: with spirit

Tutti: ALL, EVERYONE

preschool through adults —
all communities welcome!

Anton Armstrong, Christopher Aspaas,
Ann Kay, Elizabeth Shepley, Conductors.

register online : www.northfieldyouthchoirs.org
507-664-9335

Great things happening!



The temporary library is at Northfield City Hall
801 Division Street

The Northfield Public Library News

A library on the move!



Beginning June 1st the library will be in our interim space in City Hall. About 95% of our materials need to be put in storage— it's not everything— there will be library materials at city hall and on Booker, the Book Bus!! Items requested will be picked up at city hall.



BOOKER! the Book Bus will be out in the community June 8th through August!

Hours open 9:30-4:30
Monday: Central Park
Tuesday: Way Park
Wednesday: City Hall
2 locations on Thursdays!
9:30-12 Greenvale Park School
1 pm- 4:30 YMCA
Friday: City Hall 9:30-4:30



"Every hero has a story!"

The summer reading program for "read to me kids"

through high school. Starting June 1st pick up a reading BINGO card at city hall or on Booker and start reading! Forms also available on our website.

Beginning Monday June 8th the summer reading activities will be at Booker 10-2 Monday, Tuesday & Wednesdays! Reading, games and fun for all ages.

BOOKS & STARS!

Our community wide entertainment series will be at various parks on Wednesday evenings from 7-8 in June & July.

For up to the minute library events and more details go to www.northfieldmn.info
"Like" us on Facebook
Follow us on Twitter!
NPL@librarysmarts

Northfield Public Library
City Hall Location
801 Washington
Northfield, MN 55057
507-645-6606
www.northfieldmn.info





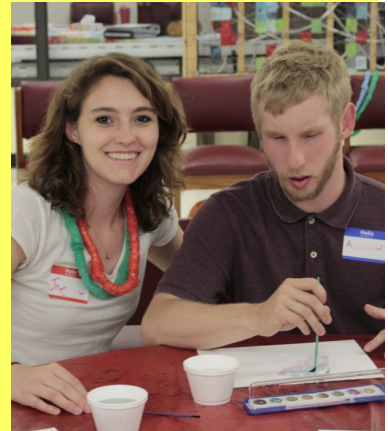
Bringing the Power of Possibility to People with Special Needs

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 5-22. Pre-registration required.

Upcoming Respite Events:
 Saturday, June 13 ~ 2-5 p m
 Saturday, July 11 ~ 2-5 p m
 Saturday, August 8 ~ 2-5 p m
 Saturday, Sept. 12 ~ 2-5 pm



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 12 ~ 3-5 pm	\$99/Child* for all 3 days
Saturday, June 13 ~ 2-5 pm	\$10 discount for siblings
Sunday, June 14 ~ 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 challenges).

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



KIDS BOWL FREE

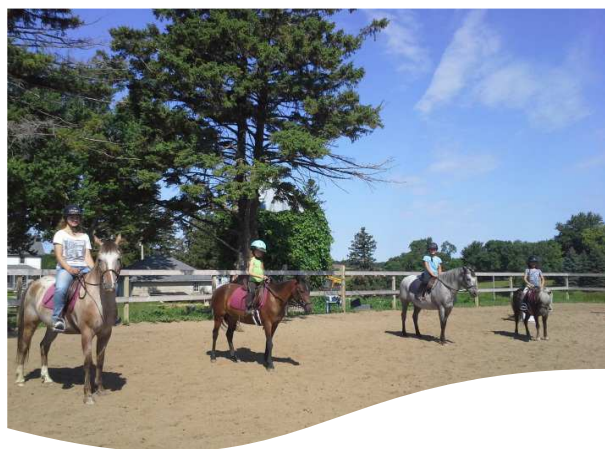
The National Summer Bowling Program is at
JESSE JAMES LANES

Register Your Children
to Receive

**2 FREE GAMES
OF BOWLING A DAY
ALL SUMMER LONG**

Go to WWW.KIDSBOWLFREE.COM/JESSEJAMES
For Complete Details and Registration Information

1700 S. HWY 3 • Northfield • 507-645-8322



RIDING LESSONS

Experienced, Professionally Trained Instructor
Fantastic Experienced School Horses

10 GROUP LESSONS FOR \$270
Also: Kiddie, Private, Training

Christine Wehling, 651-343-0399
www.NorthfieldRidingSchool.com



HEALTHFINDERSMN.ORG

Mission: To provide quality health care, advocacy and wellness education to people in our community who have limited healthcare alternatives.

Misión: Proporcionar cuidado de la salud de calidad, asistencia, y la promoción y educación para el bienestar de la gente en nuestra comunidad con alternativas limitadas de atención médica.



How Do I Make an Appointment?
(Health or Dental) Call in advance:

Como hago una cita?
Llame con anticipación:

Northfield: 507-646-8964
Faribault: 507-323-8100

Interested in volunteering for HealthFinders? Contact Katy at hargis.katy@healthfindermn.org

Where are we located? / ¿Donde están nuestras oficinas?

Faribault Office/Clinic

Monday / Lunes: 10am – 8pm
Tuesday / Martes: 10am – 3pm
Wednesday / Miércoles: 10am – 8pm
Thursday / Jueves: 10am – 4pm
Closed Friday / Cerrado Viernes

Northfield Office

M-TH
10:00 am – 4:00 pm

Behind Sterling Drug
Detrás de Sterling Drug
710 Division Street, Northfield

223 Central Avenue, Faribault

Dundas Clinic

Tuesday and Thursday / Martes y Jueves
5:30-8:30pm

Little Prairie United Methodist Church
2980 130th Street East, Dundas



Servicios dentales ahora disponibles en Faribault!

Northfield Swim Club

BULL SHARKS



BECOME A NORTHFIELD BULL SHARK!

The Northfield Swim Club is a year-round competitive swim club for kids 6-18 years old that emphasizes teamwork, hard work, and FUN!

SUMMER session runs June 8 - July 31
Registration begins May 25

Expectations: 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.

Parents: This is a club sport, not a swimming lesson program. Try-outs are the best way to ensure that your child has a safe and positive swimming experience with the club. There are a number of excellent swimming lesson options in Northfield and we encourage you to seek those out as your athlete builds their skills to meet the minimum expectations.

Try out for the club by contacting Head Coach Gunnar Teigen at HeadCoach@northfieldswimclub.org or by phone at 262-719-8779.

For more details, please visit northfieldswimclub.org

DISCOVERY DAY CAMP

A 5-day program for boys and girls in grades K-8.

Swimming | Crafts | Climbing
 BB Shooting | Boating |
 Challenge Course | Archery
 Nature | Animals | Hiking

July 20-24 and August 10-14

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



NORTHFIELD AREA FAMILY YMCA UPCOMING PROGRAMS AND EVENTS

New
at the Y:
SWIM LESSONS
Download a
brochure today!

PRESCHOOL AND SCHOOL-AGE PROGRAMS

SPRING SESSION (April–May, 2015)

- **Wiggles & Giggles** (ages 0–6) Mon., Wed., Fri., Sat.
- **Leapin' Preschoolers** (ages 3–6) Tuesdays
- **Preschoolers in the Park** (ages 0–6) Wednesdays
- **Budding Naturalists** (ages 3–6) Mondays
- **Mini Doodlers** (ages 3–6) Thursdays
- **My Grown Up & Me: Move & Groove!** (ages 2–6) Thursdays
- **Wee Track & Field** (ages 3–6) Mondays
- **Wee Outdoor Soccer** (ages 3–5) Tuesdays
- **After School Open Gym** (ages 5–11) Mondays & Thursdays
- **School's Out Days** (ages 5–11)
- **Family Open Gym** (for the whole family) Sundays
- **Healthy Kids Day** (free to everyone) Saturday, April 25

SUMMER SESSION (June–August, 2015)

- **Preschoolers in the Park** (ages 0–6) Mondays
- **Preschoolers in the Park–Dundas** (ages 0–6) Wednesdays
- **Science & Play** (ages 3–6) Tuesdays
- **Artists in the Park** (ages 3–6) Thursdays
- **Music & Play** (ages 3–6) Tuesdays
- **Wee Soccer & U4 Soccer** (ages 3 & 4) Tuesdays & Thursdays
- **Wee Sports Galore!** (ages 3–5) Mondays
- **Wee Golf** (ages 4 & 5) Tuesdays & Thursdays
- **Wee T-Ball** (ages 3–5) Mondays
- **Wee Tennis** (ages 3–5) Tuesdays & Thursdays
- **Sports Galore!** (ages 6–9) Mondays
- **Golf** (ages 6–10) Tuesdays & Thursdays
- **Baseball/Softball** (ages 6–9) Mondays
- **Tennis** (ages 6–10) Tuesdays & Thursdays

Membership is not required for participation in Y programs and services. Ask us for details.

SUMMER CAMP PROGRAMS

For complete details, dates and prices, visit the YMCA website or call for a brochure.

- **Wee Camp** (ages 3–5)
Monday–Thursday, June 22–25 and July 6–23
This 4-day-a-week camp includes exploring the Carleton Arboretum and so much more!
- **Prairie and Wood** (ages 5–12)
Monday–Friday, July 6–August 7
This program is a 5-day-a-week, half-day nature camp based at Carleton's Farm House. Come one week or come all summer. Each week is unique, educational and tons of fun!
- **Y Navigators** (Kindergarten through 5th grade)
Monday–Friday, June 8–September 4
A flexible 3-, 4- or 5-day-a-week camp, based at the Y. Come one week or come all summer. Includes swimming at our pool.
- **Teen Camp** (ages 11–14)
Monday–Thursday, July 6–August 30
These half-day adventure programs are created just for middle school students. This is a hands-on camp with an environmental and outdoor focus.

SWIM LESSONS

For complete class descriptions dates and prices, visit the YMCA website at www.northfieldymca.org/healthy/swimming.

Beginner Swim Classes

- **Pike** (ages 3–5 years)
- **Eel** (ages 3–5 years)
- **Ray** (ages 3–5 years)
- **Polliwog** (ages 6–12 years)
- **Guppy** (ages 6–12 years)

Intermediate/Advanced Swim Classes

- **Minnow** (ages 6–12 years)
- **Fish** (ages 6–12 years)
- **Flying Fish** (ages 6–12 years)

Other Classes and Private Lessons

- **Parent/Child Swim Classes** (ages 6 months–3 years)
- **Private Swim Lessons** (up to three people)
- **Group Youth Private Swim Lessons** (up to three people)
- **Group Adult Private Swim Lessons** (up to three people)

WE OFFER ADULT PROGRAMS TOO!

- **Wellness Floor** (cardio equipment, strength equipment, free weights)
- **Group Exercise Classes** (over 40 classes scheduled per week)
- **Indoor Walking/Running Track** (air-conditioned comfort)
- **Personal Training** (individual or group sessions)
- **Adult Lap Swim/Adult Swim Lessons**

**Y members get free
benefits and discounts!**
Learn more at
[www.northfieldymca.org/
membership](http://www.northfieldymca.org/membership)

1501 Honeylocust Drive, Northfield, MN 55057 • www.northfieldymca.org • 507-645-0088

NORTHFIELD AREA FAMILY YMCA: Building strong kids, strong families and a strong community.

Save the date:
Y KIDS TRI
(ages 6–14)
Saturday,
July 11

Cooperatively Owned by our Members. Open to EVERYONE!

Fresh. Local. Co-op!

Salad Bar ♦ Grab N Go Case ♦ Organic Meat ♦ Local Produce



*Affordable prices on many of the items you love -
we challenge you to shop, apple to apple, and compare!
You'll find the Co-op to be an affordable option with
exceptional customer service.*



natural foods market & deli

516 Water Street South
Northfield, MN 55057

www.justfood.coop
507-650-0106

Member or not, you are always welcome at Just Food Co-op.
Open 7 days per week from 8:00 a.m. to 9:00 p.m.

St. Dominic Preschool
 a faith-based preschool welcoming families of faiths
 5 day, 3 day, 2 day, ½ day



Also enrolling
 in grades
 K -8!

Art * Music * Physical Education
 Buddy Reading * Spanish
 Before and After School Care

Stop in or
 schedule a
 private tour.

Engaging Environment

Ask about our New Program Initiatives,
 Enrollment Incentives and Scholarship Opportunities

216 North Spring Street 507-645-8136 web: Schoolofstdominic.org

*The community of St. Dominic Catholic School is committed
 to guiding students toward educational excellence,
 spiritual growth, and service to God and others.*

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

Mediation

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

Reduce
 Attorney Fees

Cooperate as
 Co-Parents

ARNOLD LAW & MEDIATION

220 DIVISION ST. S. • 507-786-9999



The place for
 your preschooler
 to grow and shine!



- Open Door curriculum encourages purposeful and productive play.
- Partnering with St. Olaf and Carleton colleges in providing unique, hands-on environmental and arts/movement programs.
- Flexible half and full day options including 2, 3 or 5 day class schedules.

Find out about our exciting and innovative
 Parent Aware rated preschool program at

opendoorpreschoolnorthfield.org

or call 507-645-8532



COME PLAY LEARN GROW COME PLAY LEARN GROW

Now Enrolling • Excellent Scholarships available



An Environment for
 Discovery and Learning
 PreK/K for children ages 2 ½ - 6

2400 Division Street South

507-645-2445

www.mchnorthfield.com

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 email. If you don't have an email 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

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

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.

Other Program Locations

AmericInn Motel & Suites

1320 Bollenbacher Drive

Cuyuna State Recreation Area

307 3rd St., Ironton

HHH Ranch

16032 180th St. E., Hastings

Kelly Farm

32746 Hill Valley Road, Red Wing

Lebanon Hills Regional Park

860 Cliff Road, Eagan

Northfield Ice Arena

1280 Bollenbacher Drive

Northfield Senior Center

1651 Jefferson Parkway

Apple Treat Stables

7326 Chester Ave.

Dakota Stables

30813 Iran Path

IT! Factory Fitness & Wellness

115 W. Fifth St.

Kerfoot Canopy Tours

30200 Scenic Byway, Henderson

Morristown Gun Club

9525 W. 230th St., Morristown

Northfield Library

210 Washington St.

Wehling Barn

3292, 430th St., Nerstrand

Archer House

212 Division St. S.

Heartwork Yoga Studio

101 5th St. W.

Jesse James Lanes

1700 Bollenbacher Drive

Laura Baker Services Association

211 Oak St.

Northfield Archery Range

1055 N. Highway 3

Northfield Outdoor Pool

801 7th St.

Parks: <http://www.ci.northfield.mn.us/Index.aspx?NID=284>



Postal Patron ECRWSS

Find out what's happening
with Community Services -
like us on Facebook!



What is that? It's **Bubble
Ball Soccer**... see page 30!



Children between ages four and nine
enjoy recreational activities, including
games and crafts, at **SuperKids**. Page 13



Create a masterpiece one
evening at the Archer
House, with **Ladies Night
Art Class**. Page 35



Learn the basics of fishing at the pond,
with **Introduce A Kid to Fishing**. Page 12

Have a **Splendid Summer!**