

Community Services & Recreation

April-August 2014



**Programs,
Activities &
Services for
People of
All Ages**

**\$2 Discount
for Online
Registrations**

Use discount code
wblonline

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**White Bear Lake Area
School District**

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Early Childhood Screening

Screen at Three

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

3 reasons to screen at age 3

- ◆ Screening can ensure school success
- ◆ If health or developmental concerns are identified, educational services are available immediately
- ◆ It is fun for children and provides caregivers with valuable information regarding child development

Registration

Register on-line at www.wblearlychildhoodregistration.org or call 651-653-3154 with your child's name, date of birth, your name, and phone number.

Location

Early Childhood Screenings are held at Normandy Park Education Center, 2482 County Road F East, White Bear Lake, MN.

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DIRECTORY



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All area codes are 651. We welcome calls from the Minnesota Relay Service.

Community Services & Recreation Catalog

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Online Learning Opportunities

Ed2Go instructor-facilitated online courses are informative, convenient and interactive. The courses run for six weeks, with two lessons released each week that you can complete on your own schedule, anytime, day or night. The classes are project-oriented and include lessons, quizzes, assignments, discussion areas, supplementary links and more.

For Educators

Get continuing education credits from the comfort of your home. At the end of the course, you can print out a certificate of completion.

- ◆ Teaching Smarter with SMART Boards
- ◆ Solving Classroom Discipline Problems
- ◆ Response to Intervention: Reading Strategies that Work
- ◆ Differentiated Instruction in the Classroom

How to Get Started

1. Visit our Online Instruction Center at www.ed2go.com/whitebear
2. Click the *Courses* link. Once you choose the department and course title you are interested in, select the *Enroll Now* button. Follow the instructions to enroll and pay for your course. Here, you will choose a username and password that will grant you access to the classroom.
3. When your course starts, return to our Online Instruction Center and click the *Classroom* link. To begin your studies, simply log in with the username and password you selected during enrollment.

Requirements

All courses require Internet access, e-mail, Netscape Navigator, or Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Popular Courses

Creating WordPress Websites

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

Creating a Successful Business Plan

Turn your business ideas into a solid plan for financing and long-term success.

Class Start Dates

April 16
May 21
June 18
July 16,
August 20

Most classes are \$95

ADULT ACADEMY



NEW

Armchair Adventures Israel and Jordan

Discover the history and experience the landscape, art, archaeology and culture of far-away lands—from the ancient past to modern times. The modern state of Israel is a marvel of the 21st Century.

Learn about the ancient land of David and Solomon, Sarah, and Deborah, the ministry of Jesus, and the third holiest place in Islam. Jordan has nearly as many Biblical sites and association as Israel. Lunch is included.

Dr. Steven Derfler

1664.300 1 Session Sat
Apr 26 9 am-2 pm
\$29
ISD 622 District Center
2520 E 12th Ave, N. St. Paul

NEW Food Fight The Food Weapon in WWI

Learn the importance of food and food production as part of the war effort through documentary evidence such as photographs, propaganda, and publications.

Dennis Secara teaches economics at Academy College in Bloomington. He majored in history and economics at the University of St. Thomas and holds an MA in Education.

1636.300 1 Session Thu
May 29 7-8 pm
\$15 WBDC 206

NEW Korean War The Proxy War

The war between the Republic of Korea (South Korea) and the Democratic People's Republic of Korea (North Korea) was primarily the result of political division of Korea at the end of World War II.

Discussions include the division of Korea and the resulting governments established on each side, the 38th Parallel skirmishes and raids, the North invasion of the South, the U.S. involvement, a U.N. counter-offensive, the People's Republic of China's involvement, the July 1953 armistice and more.

1665.300 1 Session Fri
Apr 4 1-3 pm
\$19
Gladstone Community Ed. Center
1945 Manton St, Maplewood

NEW Vietnam A Cold War Conflict

The Vietnam War was a Cold War-era military conflict that occurred in Vietnam, Laos and Cambodia from November 1955 to the fall of Saigon on April 30, 1975.

Discussion includes North and South Vietnam and their allies, U.S. combat deployments beginning in 1965, military strategies employed by each side, famous air strikes and offensives political ramifications and more.

1658.300 1 Session Fri
May 2 1-3 pm
\$19
Gladstone Community Ed Center
1945 Manton St, Maplewood

1658.301 1 Session Tue
May 6 6:30-8:30 pm
\$19
Gladstone Community Ed Center
1945 Manton St, Maplewood



NEW

Bookkeeping Basics

Learn the fundamental concepts and terms needed to understand basic bookkeeping, including the two primary financial statements (Income Statement and Balance Sheet). Then use what you have learned to spend time actually making bookkeeping entries, bank reconciliation, and creating an Income Statement and Balance Sheet.

Brian Marum has an Accounting Degree and is the owner of Liberty Financial Consulting, Inc. He has been a QuickBooks Certified Pro Advisor since 2005.

1157.300 1 Session Thu
Apr 17 7-8:30 pm
\$29
Senior Center 153

NEW QuickBooks

New User Training

New to QuickBooks? This is the perfect place to begin. We'll start by showing how the setup of the software can be done for a new business. Then find out how to navigate through this software by reviewing the menus, icons, and flowchart provided by QuickBooks.

A review of the Reports menu is used to illustrate the ways in which users can obtain data. This data could consist of Customer, Vendor, Sales, Income or Expense information.

Brian Marum

1158.300 2 Sessions Mon
Apr 21 & 28 7-8:30 pm
\$49 WBDC 206

Health Care for Seniors

What You Need to Know

For those who have or will turn 65. What are Medicare parts A,B,C, and D? What is covered or not? Beyond that you will learn about long term care, nursing homes, the government spend-down, and the Partnership Act. Please bring a pen and paper for notes.

Esa Katajamaki

1145.300 1 Session Thu
Apr 24 6-8 pm
\$9 WBSC 302



Get Legal Advice from a Professional

James Wellner is a local attorney who has been in practice for over 32 years with extensive experience preparing Wills, Trusts, Powers of Attorneys, and other estate planning documents. His office is located in downtown White Bear Lake.



Drafting Your Own Will

Developing a will is an important step in providing for the ones you love. During the first class you will learn various techniques for property distribution, protection of estate and beneficiaries, explore basic will concepts and assess your need for a simple will. You will also receive individualized, personal attention, sample forms and language for you to use in drafting your own will.

During the second class Jim will cover safe-keeping techniques and circumstances that may require a review or revision of your will. In addition, you will be able to sign your own will during the second class.

1143.300	2 Sessions	Wed
	Apr 16 & 23	6:30-9 pm
	\$39/person	WBDC 206
1143.301	2 Sessions	Wed
	May 14 & 21	6:30-9 pm
	\$39/person	WBDC 206

Financial Power of Attorney and the Health Care Directive

Learn about the usefulness of the Financial Power of Attorney and the Health Care Directive all in one class. Jim will discuss agents' responsibilities and how to select an agent. You will also learn about the usefulness of the Health Care Directive in expressing your health care wishes. He will also provide the necessary forms and aid you in preparing them.

1142.300	1 Session	Wed
	Apr 30	6:30-9 pm
	\$19	WBDC 206

So You are the Executor or Trustee, Now What?

Executor, trustee, power of attorney, guardian; what are the responsibilities and liabilities of those who are granted these legal titles? This class is invaluable for those trying to decide who to appoint as well as for those who have been asked to take one of these legal roles.

1144.300	1 Session	Tue
	May 6	6:30-9 pm
	\$19	WBDC 206

COMPUTERS



Excel for Beginners

This class will take you from “I have never used Excel” to knowing your way around. During the course you will learn how to navigate, utilize, and update spreadsheets, along with many useful tips and tricks to use Excel more efficiently.

The second night will consist of formulas and charting basics. Must have basic computer skills to take this course.

Elise d’Entremont is a local IT instructor, consultant and writer. She has taught computer software applications through CompUSA, community colleges, businesses, and training companies. She stands out due to her knowledge, patience and a talent to make what appears complex to become simple.

1235.300 2 Sessions Mon
Apr 21 & 28 6:30-8:30 pm
\$49 WBDC 307

NEW Design Your Own WordPress Blog or Website

This WordPress course is for individuals, organizations, or small business owners who want to learn how to design and manage their own web site.

In this six-hour hands-on workshop, we will cover all the basics of editing and maintaining your WordPress website. You will gather the skills to edit the important parts of your website quickly and easily on your own.

Three months of WordPress site hosting included in course fee, permanent site hosting available from instructor.

Bob Weiss has been teaching computer related classes through Community Education since 2002 in several area districts. After working in corporate and government Information Technology positions, he started WyzGuys Computer and Network Support.

1246.300 2 Sessions Wed & Thu
Apr 16 & 17 6-9 pm
\$69 WBDC 307

NEW QuickBooks New User Training

New to QuickBooks? This is the perfect place to begin. We’ll start by showing how the setup of the software can be done for a new business. Then find out how to navigate through this software by reviewing the menus, icons, and flowchart provided by QuickBooks.

A review of the Reports menu is used to illustrate the ways in which users can obtain data. This data could consist of Customer, Vendor, Sales, Income or Expense information.

Brian Marum

1158.300 2 Sessions Mon
Apr 21 & 28 7-8:30 pm
\$49 WBDC 206



Get To Know Your iPad

Have questions about your iPad or iPad Mini? Join this class to get the answers you need. Learn about the hardware, accessories, Lock Screen, Home Screen, and the App Store. Bring your iPad or iPad mini to class.

Mike Pahl has been a “geek” his entire life. From 2006 to 2011 he worked at Apple Store. In 2011, he started Nice Guy Technology where he helps people get the most out of technology. He has taught over 250 Community Education classes since 2011.

1237.305	1 Session	Tue
	Apr 8	9-11 am
	\$25	Senior Center 153

iPad For Beginners

Learn iPad features and settings, as well as native apps that come with it. We will discuss general settings, screen brightness, wallpaper, sounds, location services, notifications and connecting to wi-fi. Emphasis will be placed on answering individual questions as much as possible. Students may bring their own iPad and should know their Apple ID and password and it should be updated with the latest IOS. IOS 7 will be demonstrated.

Scott Baerman is a retired police sergeant with an extensive training background. He has taught computer classes for State University of New York at Oswego, department of continuing education as well as being a corporate software trainer. He presently works with individuals and small groups helping them get the most of their technology.

1246.301	1 Session	Tue
	May 13	7-9 pm
	\$25	WBDC 201

iPad: Beyond The Basics

Learn how to get the most out of Mail, Contacts, Calendar, Reminders, and iCloud. iCloud allows you to sync information, share photos, locate your device, and backup your iPad. Bring your iPad or iPad mini to class.

Mike Pahl

1237.306	1 Session	Tue
	Apr 15	9-11 am
	\$25	Senior Center 153

iPad: Exploring Entertainment

This class is all about Photos, Music, Videos, and E-Books. Mike will show you how to: sync photos and music from your computer, purchase media from iTunes, use AirPlay, download e-books, and get the most out of the Photos app. Bring your iPad or iPad mini to class.

Mike Pahl

1240.300	1 Session	Tue
	Apr 29	9-11 am
	\$25	Senior Center 153

iPad: Tricks Of The Trade

Join this class to learn how to get the most out of Safari, Siri, and Maps. Learn how to use multi-touch gestures, spell check, copy and paste, and other neat tricks as well! Bring your iPad or iPad mini to class.

Mike Pahl

1239.300	1 Session	Tue
	Apr 22	9-11 am
	\$25	Senior Center 153

iPad Intermediate

Go beyond the basics and learn more iPad features and setting. Learn essential apps that extend the user experience in recreation, entertainment and business. Students may bring their own iPad, should know their Apple ID and password and have the updated IOS.

Scott Baerman

1247.300	1 Session	Wed
	May 14	7-9 pm
	\$25	WBDC 201



Cooking 101

5 Weeks to More Joyful, Improvisational Cooking

Explore cooking techniques and kitchen practice to help you become a more savvy, improvisational, joyous cook. You'll learn the basics of knife skills, pan-frying, high-temperature roasting and pizza making. Get to know your stove and fridge better, food safety, using herbs and spices.

Each week you will prepare and eat a meal in class. The last night, invite your friends and family to a feast celebrating your improved skills. All meals prepared in this class can be adapted to be gluten-free. \$35 food fee payable to the instructor on the first night of class.

Jan Zita Grover has cooked, catered, run kitchens, and taught cooking classes for more than 30 years. Growing up in San Francisco, she happily embraced the food traditions of many Asian and European cultures.

1515.301 5 Sessions Mon
Apr 28-June 2 6-9 pm
\$75 South 206
No class May 26

More Veggies Please!

Most of us are stuck in a rut when it comes to cooking vegetables. It's time to move off the beaten track and start exploring the flavors of the lovely spring vegetables available locally.

In this one-session class, we'll turn zucchini into crisp little pancakes and a comforting main-course custard; oven-roast a wide variety of spring vegetables until they're caramelized and scrumptious; make an extraordinary salute-to-spring green soup.

Most important, you'll learn to look at vegetables differently so you can improvise delicious veggie dishes on your own.

\$8 food fee for certified organic produce payable to Jan at the first class. Please bring a dishcloth and towel to class and plan to help with clean-up.

Jan Zita Grover

1516.300 1 Session Tue
Apr 29 6-9 pm
\$25 South 206



CULINARY ARTS



Preserving/Canning Made Easy

Need I say more? It's addicting! You will learn easy ways to preserve summer fruit and more. Learn how to eat healthier without spending more and some simple ways to save money in the kitchen like homemade ricotta cheese.

Joanna Toleno Bakken is a certified Master Recycler and mother of three who knows that recycling and living sustainably isn't always the easiest things to do. She has taught classes since 2003 in Oregon, California and in Minnesota on: composting, gardening, recycling, household/body care toxins and more.

1414.301	1 Session	Tue
	May 20	7-8:30 pm
	\$25	South 302

NEW Simple, Special Cakes

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

Beki Cook

1516.305	1 Session	Thu
	Apr 24	6-9 pm
	\$25	South 206

NEW Easy Gourmet Chocolate Cupcakes

Cupcakes are the perfect-sized treat for almost any occasion-birthday parties, family picnics, school potlucks. Learn how to make the best-tasting, crowd-pleasing, no-sweat chocolate cupcakes in this three-hour class. We will create Chocolate Lover's, S'Mores and Peanut Butter Cup Cupcakes. Students will bring a 12-cup muffin/cupcake tin to bring home treats. There is a \$15 supply fee payable to the instructor on the night of class.

Beki Cook has taught cake decorating to hundreds of students since 2007. Beki also owns a home-based cake decorating business. Visit her site at www.bekicookscakes.com.

1516.303	1 Session	Tue
	May 13	6-9 pm
	\$25	South 206



DANCE



Wedding Dance Crash Course

You thought about it! You wanted to! But where did the time go? Not to worry; in just 2 hours learn the common wedding dances Waltz, Rumba, Foxtrot and Slow Dance. Monica Mohn, 3-time “USADance” Champion will teach you easy dancing skills and fun patterns so you’ll feel comfortable and look great on that special day! Couples only please. Bring your music.

Monica Mohn

1355.300 1 Session Thu
May 15 7-9 pm
\$35/couple
South Cafeteria

Thriller Line Dance Workshop

Always been thrilled with Thriller? Then this workshop is for you! This fun line dance is a great, easy version of the classic moves that inspired us all. By the end of class, you’ll be dancing the night away! No partner needed. Ages 10 and up can register with paid adult.

Monica Mohn

1341.300 1 Session Fri
Apr 25 6:30-8 pm
\$15 South Cafeteria

Social Ballroom Dancing for Beginners

Learn several basic steps in Foxtrot, Waltz, Swing, Salsa, Polka, and more. This is the perfect course to get you started dancing and to help you gain confidence on the dance floor. Classes are fun and easy!

The Constantine family has been offering quality ballroom & country dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction in a relaxed atmosphere. Everyone who attends will be successful learning to dance! If you have questions, please call Deanna at 612-240-8329 or visit www.ConstantineDance.com.

1300.300 4 Session Tue
Apr 29-May 20 7-8:30 pm
\$55/person Oneka Cafeteria





Basic Speedwork for Faster Running

Already a runner? Want to increase your speed? Find out what it takes to run faster! Each 60-90 minute session will include a speed workout, drills, and a discussion of various tools for determining the appropriate training pace for effective workouts. April 21, April 28, May 5 and May 12 will be held at Central Middle School Price Field.

Gloria Jansen is a certified running coach who has been running and racing for over 20 years. She has coached running classes for over 13 years to hundreds of beginning and experienced runners.

1336.301 6 Sessions Mon
Apr 14-May 19 6:30-8 pm
\$59 South Track

Running for Beginners

Are you a non-runner who would like to start running? Join us for 8 weeks of fun, inspiration and camaraderie as we help you prepare to run a 5K race! Be ready for a walk/run workout at the first session. By the final class, you will be able to run for 30 minutes continuously. Weekly workouts, coaching and training are provided.

Gloria Jansen

1336.300 8 Sessions Wed
Apr 16-June 4 6-7:30 pm
\$75
North Campus 116

NEW Learn to Kayak

Kick off summer with a paddle around Bald Eagle Lake in kayaks. Find out why kayaking is one of Minnesota's fastest growing outdoor adventures. Here is your chance to get close to nature, get some exercise, and learn how relaxing paddling can be. Learn how to paddle correctly, get in and out of a kayak easily and safely, and how to pack for a day on the water.

We will have both double and single kayaks available. Life vests are provided. Wear shoes that can get wet and dress in layers for time on the water. Children ages 6-16 must be accompanied by a registered adult. Bring life vests for kids, if you have one. Note that when registering.

Meet at Bald Eagle Park, near the boat launch area. Public access to Bald Eagle is located within Bald Eagle-Otter Lake Regional Park operated by Ramsey County. Travel north of White Bear Lake on Highway 61 to 120th street (north county line). Turn left at the stoplight, then another left on the west frontage road to 61. The access is about one-half mile south of 120th street.

Kerri Kolstad

1518.300 1 Session Sun
May 18 8:30-10 am
\$19/person

1518.301 1 Session Sun
May 18 8:30-10 am
\$55/Family up to 4

1518.303 1 Session Sun
May 18 10:30 am-noon
\$19/person

1518.304 1 Session Sun
May 18 10:30 am-noon
\$55/Family up to 4



FITNESS

Basics of Golf

Experience the fun of golf! Develop the basic skills of golf by learning the fundamentals of grip, stance, swing, use of clubs, golf etiquette and a general introduction to the game. Bring a putter and clubs to each session. Balls and mats will be provided. Register early as class size is limited to allow for individual instruction.

Class will make use of Aldrich Dome, 1850 White Bear Avenue in Maplewood, for some of the sessions. A minimal fee for this is payable at the dome.

Craig Nasvik

1361.300	4 Sessions Apr 22-May 1 \$59	Tue & Thu 6:30-7:30pm S Wrestling Gym
1361.301	4 Sessions Apr 9-30 \$59	Wed 6:30-7:30 pm S Wrestling Gym
1361.403	4 Sessions June 10-19 \$59	Tue & Thu 7-8 pm S Wrestling Gym

Golf Tune-Up

Get tuned up for your summer golf game! This class is for experienced golfers who want to work on swing and mechanics. Bring a putter and clubs to each session. Balls and mats provided. Register early as class size is limited to provide individual instruction. This class will make use of the Aldrich Dome, 1850 White Bear Ave in Maplewood, for some of the sessions. A minimal fee for this is payable at the dome.

1363.300	4 Sessions Apr 22-May 1 \$59	Tue & Thu 7:30-8:30 pm S Wrestling Gym
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Golf for 55+

This class is the same as Basics of Golf but geared towards people over the age of 55.

1364.400	4 Sessions June 9-12 \$59	Mon-Thu 9-10 am S Wrestling Gym
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Kickboxing Fitness

Burn calories in this basic Kickboxing class.

Nicole Acciari

1325.300	7 Sessions Apr 17-May 29 \$55	Thu 6:30-7:15 pm Lincoln Sm Gym
1325.302	6 Sessions Apr 22-May 27 \$49	Tue 6:30-7:15 pm Lincoln Sm Gym

Yoga

Develop a basic understanding and practice of Yoga poses, breathing techniques and modifying poses to meet your personal needs. This Yoga class is for a range of abilities.

Trina King

1322.300	7 Sessions Apr 24-June 5 \$45	Thu 4-5 pm Central Gym B
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Fitness Yoga Level I

Fitness Yoga is for everybody! Create an overall sense of health and well-being by increasing strength, flexibility and balance. Beginners to more advanced participants welcome since poses can be modified to fit everyone's needs. Participants should bring their own exercise or yoga mat and dress in comfortable clothing.

YogaDevotion

1330.301	8 Sessions Apr 16-June 4 \$69	Wed 6-7 pm Central Gym A
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BearPower Activities

Insanity Bootcamp

The INSANITY® workout might just be the hardest fitness program your body has gone through. Your instructor will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance and core training moves.

No equipment or weights needed. Just the will to get the hardest body you have ever had. Burn up to 1,000 calories in one workout and continue the burn even after the class is done. It is fun, intense and a challenge to yourself.

This is a great workout for men and women of all age groups. Children ages 10 and older may register and participate with a registered family member.

Susan Yancura-Acciari

1337.300 7 Sessions Tue
Apr 22-June 3 6-6:30 pm
\$52 Sunrise Gym 3

1337.304 7 Sessions Thu
Apr 24-June 5 6:15-6:45 pm
\$52 Oneka Cafeteria

Try Insanity for free!

April 17 from 6:15-6:45 pm at Oneka

Zumba

Zumba is a fun, aerobic workout that combines Latin dance moves with an added pop flare. Tone, trim, and Tango yourself into better shape! Anyone at any fitness level can do it. Children ages 7 and older may attend with a registered family member.

Susan Yancura-Acciari grew up listening to Latin music and loves sharing it with others. She believes in making people feel beautiful.

1305.302 7 Sessions Tue
Apr 22-June 3 6:30-7:30 pm
\$52 Sunrise Gym 3

Step with Strength

Class will include a variety of cardio moves using steps, weights, balls and exer-tubes.

Colleen Tusa

1311.300 15 Sessions Mon & Wed
Apr 14-Jun 4 9-10 am
\$69
White Bear Lake Sports Center
No class May 26

1311.400 16 Sessions Mon & Wed
Jun 9-July 30 9-10 am
\$75
White Bear Lake Sports Center

1311.401 14 Sessions Mon & Wed
August 4-Sept 17 9-10 am
\$65
White Bear Lake Sports Center
No class Sept 1



BearPower Activities

BearPower wants to help families be active, together! Look for the BearPower symbol to find fitness activities that are family-friendly.

BearPower is a community-wide movement helping families eat well and be active, powered by HealthPartners and Children's Hospitals and Clinics of Minnesota.

HOBBIES, MUSIC & ART



Fly Fishing Made Easy

Have you always wanted to learn this beautiful sport? Fly fishing is the most fun way to catch fish. Come and see how easy it is to learn and how enjoyable it is. Fly fishing is great on a lake for bluegills, bass, and even muskies, not just for trout on streams.

You will gain the knowledge of everything you need to get started and maximize the fun you can have on the water. You will learn casting basics, equipment, knots, flies and how to catch the various species in the Midwest.

Del Kauss

1506.300	1 Session	Tue
	May 6	6:30-9 pm
	\$19	South Cafeteria

All Occasion Cards

Never be without a card for that special occasion. Create 25 hand-stamped and embellished cards (5 cards of 5 designs). Class includes pre-cut materials, envelopes, use of instructor's stamps, inks and tools. Students should bring their adhesive of choice to class (tombow, double sided tape, etc).

Elizabeth Hawley

1491.300	1 Session	Thu
	May 15	6-9 pm
	\$35	South 200

Super Fast Slipper Socks

New to sock knitting? Want to avoid prickly double pointed needles? Learn to start at the toe and make socks using the magic loop method of circular knitting. Use thick yarn to make a pair of snuggly slippers fast! This class is for knitters who know how to knit, purl, increase and decrease. For class: 106 yards of Lion Brand Wool-Ease Thick and Quick yarn, or other smooth super bulky yarn (please avoid Lion Brand Hometown Spun) Size #11-40 or longer circular needles. Safety pin and scissors. Tapestry needle to sew in ends. Row counter (optional)

Kay Wimer has knitted everything from afghans to sweaters. Most days she can be found working on her current knitting project while riding the bus to and from Minneapolis.

1504.302	3 Sessions	Wed
	Apr 16-30	6:30-8:30 pm
	\$39	Central 128





Flower Garden Design

Would you like a low maintenance flower garden? Does your current garden look more like a garden of weeds? Now is the time to learn how you can create your own piece of beauty in your yard. Learn how to spice up an existing garden using easy to care for plants. Bring photos or sketches of your current garden or yard.

Pamela Larson Frink is a Horticulturalist who enjoys sharing her knowledge of the plant world with others. She has a Masters degree in Environmental Education and has been gardening for over 25 years. She has been teaching for over 5 years.

1402.300	1 Session	Tue
	Apr 29	6:30-8:30pm
	\$19	North 116

NEW

Green Your Growing

Growing plants is certainly a green thing to do, but are you as “green” as you think? Learn ways to be more environmentally responsible and enjoy gardens, fresh veggies and have a welcoming yard. Every third bit of food depends on honeybees and honeybees are in peril. Learn how to have bountiful flowers and provide safe food for pollinators. Grow fruits and vegetables for your family without using harmful chemicals. Save your time and money while protecting your environment.

Pam Larson Frink

1411.300	1 Session	Tue
	May 20	6:30-8:30pm
	\$25	North 116

Basic Home Repairs

Electrical

This is a hands-on class for the electrical beginner. You will learn how to make simple electrical repairs in your home such as rewiring a lamp, replacing switches, wall outlets and checking circuit breakers. You will work with electrical boards and install wire, switches, outlet and lamp receptacles. You will learn how to pull wire through conduit, install switches and test them.

Please bring a wire stripper, straight slot screwdriver and long-nose pliers to class if you have them. Cost of Step by Step Guidebook to Home Wiring (\$5) will be collected at the class.

Tod Novinska grew up on a dairy farm and learned to do many different types of repairs. He attended college and studied Industrial Technology and has currently spent 20 years in selling automation equipment.

1410.300	1 Session	Sat
	May 3	9-11:30 am
	\$39	South 208

Basic Home Repairs

Plumbing

Do you have a leaky faucet but don't want to have to pay to have the entire fixture replaced? You may not have to. You can repair the faucet or replace the entire fixture yourself. In this hands-on class for beginners, you will learn to repair minor plumbing problems and save precious money in the process. You will actually be cutting and gluing plastic pipe and fittings. You will also be able to cut and solder copper pipe and fittings. We will take apart different types of faucets, as well as discuss the internal working parts of a toilet. Cost of Step by Step Guidebook to Home Plumbing (\$5) will be collected at the class.

Tod Novinska

1410.301	1 Session	Sat
	May 3	12:30-3 pm
	\$39	South 208

PERSONAL GROWTH



Parenting

NEW Teachable Safety Skills

Replacing Myths with Fact

For parents, youth leaders, community leaders, grandparents? How do I talk to children about personal safety without scaring them to death?

This presentation provides current information about various safety concerns children and teens are facing today, both in-person and online, and how to educate youth on those concerns in a positive way.

Alison Feigh is the program coordinator at Jacob Wetterling Resource Center, a program of Gundersen National Child Protection Training Center. An in-demand speaker, she uses humor and a high-energy style to help families leave feeling presentations feeling smart and not scared.

1656.300 1 Session Mon
Apr 21 6-8 pm
\$15
District Center Comm Rm

NEW Body and Aura Scanning

Interested in learning more about metaphysical healing, auras, energy fields? This session will give you hands-on training and techniques in experiencing scanning and shifting the body's energy. Learn these techniques for self-healing or working on and with others.

Suzanne Worthley is a visionary leader with excellent holistic energy skills; spiritual, mental, physical, emotional, oral and telepathic. She is a top-level integrative energy specialist, healer, hospice, teacher, speaker and presenter.

1630.300 1 Session Wed
May 21 6:30-8:30 pm
\$25 District Center 206

Develop Your Psychic Powers

We all have some psychic gifts and abilities. Uncover your own true potential to develop your sensing and feeling skills and talents. Psychic and spirit development can transform your life. This class is for everyone that has the desire to believe that life is more than a purely physical experience.

Suzanne Worthley

1628.300 1 Session Tue
Apr 22 6:30-8:30 pm
\$25 District Center 206

Recording Your Life's Stories

Telling and preserving life stories creates a sense of purpose, excitement and fun and creates a connection for generations.

Scott Baerman

1617.300 1 Session Mon
May 5 9:30-11:30 am
\$25 Senior Center 153

RECREATION



Open Gym

The Community Services & Recreation Department is offering Open Gym for the 2013-2014 school year. Participants at Open Gym are required to pay \$2 entry fee and provide a form of identification to the Open Gym supervisor.

For skip dates, pick up a flyer at the site or check online at

www.whitebearcommunityservices.org

Volleyball

White Bear North Campus

Wed 7-9 pm

Jan 8-Mar 26

No Open Gym March 12

Basketball

White Bear South Campus

Wed 7-9:30 pm

Jan 8-Mar 26

No Open Gym March 5 & 12

Basketball & Volleyball

Oneka Elementary

Sun 5-7 pm

Jan 5-Mar 30

No Open Gym March 9, 16

White Bear Walking Club North Campus

The Walking Club is a fun and social opportunity for walkers of all ages and speeds to enjoy possibly the best indoor walking facility in the area. The White Bear Lake Area High School North Campus circular design makes an ideal location for uninterrupted walking. This is a free program. Walking Club will not be held on non-school days.

Mon-Thur

6-9 pm

Sept 17-May 9

Free





Downsizing You or Your Loved Ones

Learn ways to approach the sometimes daunting task of downsizing a lifetime of belongings. Jan Lehman, owner of Can the Clutter®, is a professional specializing in helping individuals downsize. With her background in psychology, Jan offers great ideas on how to “let go” of many of your sentimental items.

Jan Lehman appeared on the Emmy nominated TV series Hoarders on the A&E channel so she has worked with some very extreme homes. She has a business degree with a psychology minor.

1655.300 1 Session Mon
Apr 28 10:30-11:30 am
\$19 Senior Center 153

NEW Understanding Memory Changes with Age

Learn age-related changes in memory, the possible causes of memory loss with age, how to deal with more serious memory problems. Also in this class, learn tips on keeping your memory sharp as you grow older and resources on changes in memory.

Jim Tift

1662.300 1 Session Fri
May 2 1-2:30 pm
\$9 Senior Center 153

Online Dating

You Had Me at Hello

One in five relationships start online, but little practical and straightforward guidance exists for users. Instructor/dating coach Kimberly Koehler will help you navigate the journey of online dating-including discussion of the numerous online sites, creating a captivating profile, choosing the right photos, communication best practices and how to successfully set up first dates.

You will leave class with a great start on your personal profile, and have the opportunity to arrange for the instructor to review your finished profile. If you have already had or have started a profile bring it to class for refining.

Kimberly Koehler is the leading dating coach in Minneapolis. She's an enthusiastic, practical and straightforward speaker, author and coach that is helping singles navigate through the dating maze by teaching them how to date smarter with proven strategies.

1654.302 1 Session Thu
Apr 10 6:30-9 pm
\$35
ISD 622 District Center
2520 East 12th Ave, N St Paul

Social Security

The Ten Most-asked Questions
Increase your knowledge of Social Security. Plan your retirement. Learn answers to questions like: Should I retire at age 62 or wait until 65? 66? How and when do I sign-up for Medicare? How much can I earn after retirement? Can my spouse get my Social Security?

Jim Czechowicz (Chek-o-wits) is Public Affairs Specialist for Social Security Administration in the Twin Cities. Jim has given Social Security training to hundreds of local and national audiences during his 33 years of experience at SSA.

1148.300 1 Session Thu
May 1 4-5 pm
\$9 Senior Center 153



Nutrition Crash Course

Explore information on key nutrition topics that help improve overall health, condensed in one fact-packed class. Explore metabolism, sugar, fat, energy, cravings, balancing blood sugars, artificial sweeteners, vitamins, minerals and sample healthy, nutrient-filled and easy-to-prepare, meals and snacks.

Leave feeling empowered with ideas, recipes and a taste of how to significantly improve your lifestyle and eating habits. Class material is applicable to all ages, genders and lifestyles.

Amy Ranae, MS, LN, earned her Masters degree in Human Nutrition from the University of Bridgeport and is currently a Licensed Nutritionist at Dietician Cassie. She loves working with clients to problem solve health issues and help them feel better than they've ever felt.

1645.300	1 Session	Tue
	Apr 29	6-9 pm
	\$25	Sunrise 214

Overcoming Carbohydrate Cravings

Is your snacking out of control? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Discuss a two week plan that will stop your cravings, help you lose weight and help keep your insulin levels balanced.

Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food cravings and weight gain. No hype—just the facts.

Janice Novak Master's Degree in Health Education.

1431.300	1 Session	Tue
	Apr 29	6-7:30 pm
	\$29	South 304

NEW Thyroid Information Workshop

Are you one of the millions of Americans who suffer from low thyroid function? Fatigue, weight gain, depression, anxiety, arthritis, thinning hair and several of the many symptoms.

Learn how thyroid function make any illness worse, the five things that need to be measured, different prescription option, connection between thyroid and fibromyalgia, and much more.

Once your thyroid function is tested and treated properly, your quality of life may improve dramatically.

This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

Janice Novak

1430.300	1 Session	Thu
	Apr 24	6-7:30 pm
	\$29	South 304

ADULTS WITH DISABILITIES

White Bear Lake Area Schools believe in lifelong learning for everyone

As part of this belief, the Community Services and Recreation Department is part of a five-district consortium, the **Community Bridge**.

Together with the Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville Area, and South Washington County Schools, the consortium provides adults with developmental disabilities access to education, recreation, and social activities.

Community Bridge offers an array of opportunities such as assisting in mainstream classes offering adapted programs, identifying and encouraging adults needing services and facilitating opportunities for adults with disabilities to become valued, active members of their community.

District 622 Sponsors

- ◆ Assistance with registration
- ◆ American Sign Language Interpreters
- ◆ Reasonable accommodations for successful participation in mainstream programs



Consortium T-Ball

Join us for a great way to get some exercise, meet new people and have fun with your friends! No experience is necessary. All levels of players are welcome. Designed for adults with developmental disabilities. Teams will practice, play games, and participate in a tournament held in mid June. Practices and games are generally held on Thursday evenings in May and June. Additional information is available in the spring Community Bridge brochure or by calling the Community Bridge office at (651) 748-7437.

Let's Go Twin Cities

Explore exciting places and attend fun-filled events in the Twin Cities area designed for adults with developmental disabilities. Trips generally run one Saturday or Sunday a month. Pre-registration is required through the Community Bridge office (651) 748-7437. Trips typically depart from and return to the White Bear Lake Area High School South Campus. We strive to make each trip as accessible and enjoyable as possible.

VFW Flyers

VFW Flyers is a drop-in center offering adults with developmental disabilities a chance to socialize with friends, play games, enjoy crafts, watch movies and much more. The Flyers meet continuously throughout the year on Monday evenings from 6:15-8:15 pm at the Central Middle School cafeteria. No pre-registration is necessary; participants register the first night and pay \$1.50 each night they attend. Please call Mary Beth Magnuson at (651) 487-7966 if you have questions. Skip dates are announced during the program.

Sign Up For our Brochure Mailing List

The Community Bridge Consortium publishes a quarterly brochure that lists a variety of customized classes/activities for adults with Developmental Cognitive Disabilities (DCD). These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call (651) 748-7436 for information or to be placed on the brochure mailing list.

ADULT BASIC EDUCATION

Harmony Learning Center

1961 Co. Rd. C East, Maplewood, MN 55109

(Corner of White Bear Ave & Cty Rd. C, 2 blocks from Maplewood Mall)

White Bear Lake Area Schools Community Services and Recreation Department, in cooperation with North St. Paul-Maplewood-Oakdale Community Education and Mahtomedi Community Education offer full-service Adult Basic Education (ABE) programming for all area residents.

FREE Classes

GED and Basic Skills

ESL

Family Literacy

Basic Skills Brush-Up

Citizenship

Basic Computer Skills

Other Services Offered

Basic Skills Brush-Up

Reading and Math Assessment

Registration Times?

Mon 9 am-5 pm

Tues & Wed 9 am-8 pm

Thurs 9 am-6 pm

Fri 9 am-1 pm

Call or email for more information

(651) 748-6208 or (651) 748-6207

shelland@isd622.org

ESL Family Learning Program

For parents and children
birth to age 5

Adults and children practice English by listening to stories together, singing songs, and enjoying other learning activities.

Tuesdays and Thursdays 12:30-3:30 pm
Normandy Park Education Center,
White Bear Lake. (651) 653-3100

GED Diploma

Preparation Classes & Testing

The time to earn your GED Diploma is now!

Prepare by taking practice tests.

Our staff will help you work on subjects you need. Official GED Testing is available.

“More than 95 percent of employers nationwide employ GED graduates on the same basis as high school graduates in terms of hiring, salary, and opportunity for advancement.”

GED Preparation Classes

Harmony Learning Center

Wednesday and Thursday 3-8 pm

Tuesday 10:30 am-8 pm

Official GED Testing Offered Weekly

Generally given Tuesdays and Thursdays
3-8 pm For more information, call:
(651) 748-6208 or (651) 748-6207

Accuplacer study class

For recent graduates or GED students planning on going to college.

CDA Child Development Associate Program

Starting August 23rd. This is a 1-18 month program which involves practicum work and academic work for those wishing to enter the child care field with a certificate which increases advancement and career opportunities. Accreditation is provided with the program for 8-12 college credits.

AARP SMART DRIVER



AARP Smart Driver

Minnesota law mandates a 10% reduction in car insurance premiums for persons 55 years and older who complete a defensive driving class. Courses consist of an overview of safe driving; there are no writing or driving tests required.

Classes take place at the Senior Center located at 2484 East County Road F, White Bear Lake, unless otherwise stated. Advanced registration is required and can be done by mail, walk-in, or online at www.whitebearregistration.org. No drop-ins. For a complete listing of other sites and classes, call the AARP Information Center at (952) 858-9040. *UCare members must call or mail-in registration to receive discount.*

Full Course

Classes at Senior Center \$29

1579.306 May 20 & 21 5-9 pm
1579.407 July 29 & 30 12:30-4:30 pm

Participants 55 years & older who complete this course will qualify for 10% auto insurance discount

Refresher Course

Classes at Senior Center \$25

1579.300 Apr 22 12:30-4:30 pm
1579.301 May 8 8:30 am-12:30 pm
1579.302 May 29 8:30 am-12:30 pm
1579.303 June 3 5-9 pm
1579.400 June 17 12:30-4:30 pm
1579.401 June 19 8:30 am-12:30 pm
1579.402 July 10 12:30-4:30 pm
1579.403 August 5 8:30 am-12:30 pm
1579.404 August 14 12:30-4:30 pm
1579.405 August 26 8:30 am-12:30 pm

SENIOR PROGRAM



Be A Consignee at Our Craft Corner Gift Shop

Do you have a talent for making handcrafted items? Have you ever wished you could sell some of your crafts and earn cash to purchase more supplies? Then this is the perfect time to register as a consignee with Craft Corner Gift Shop!

If you are 55 years of age or older, or a disabled adult, you can sell your items in our shop. Eighty-five percent of the selling price is returned to you.

15% of sales through Craft Corner are donated to the Senior Program. Call (651) 653-3130 for more information.

Sign Up for Our Newsletter *The Senior Voice*

A newsletter is mailed to all school district residents who are 60 years or older. If you are not currently receiving the *Senior Voice*, call (651) 653-3121 to be added to our mailing list.

Volunteer Opportunities

Meals on Wheels Route Delivery
Craft Corner Gift Shop Clerk
Foot Care Clinic Receptionist
Volunteer Visitors
Activity Leaders for Wii Bowling

Get Up & Go Fitness

\$40/punch card for 8 classes

Purchase punch cards at White Bear Area Senior Center. Classes are held at White Bear Dance Center, 2462 E Cty Rd F, White Bear Lake.

Aerobics

This class is active, educational and fun. The physical activities involved are carefully selected to improve endurance, flexibility and strength needed for daily activities, balance and coordination. Designed especially for people needing a slower tempo and less vigorous program.

Mon, Wed, Fri 9:30-10:30 am

Yoga

This class is for beginners and those who want a less strenuous style of yoga. The yoga movements are carefully selected to improve balance, coordination and flexibility needed for daily activities.

Thu 9:30-10:30 am



SENIOR PROGRAM

Senior Program Services & Activities

Normandy Park Education Center - Center Hours 8 am-4:30 pm
2484 East County Road F, White Bear Lake, MN 55110
(651) 653-3121 www.WhiteBearSeniorProgram.org



The White Bear Area Senior Program provides support services and activities for area seniors. Meals on Wheels, Lionmobile transportation and outreach services are available to residents of the White Bear Lake Area School District who are 60 years of age or older. The Senior Center is available to all adults, no matter where you live. Be sure to check out our quarterly *Senior Voice* newsletter. The Senior Center hours are Monday through Friday, 8 am to 4:30 pm.

Craft Corner Gift Shop

Looking for a unique gift for a birthday or special event? Our gift shop is the perfect place to shop for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you. Gift shop hours are Monday through Friday, 11 am to 3 pm. The Gift Shop needs consignees (55+) to sell their homemade items at the Senior Center. Call (651) 653-3130.

Volunteer Opportunities

Volunteers are needed to: deliver Meals on Wheels, assist in the Meals on Wheels kitchen, visit seniors in their homes, and work in the Senior Center Program office or Craft Corner Gift Shop. Call (651) 653-3121.

Make a Donation to the Senior Program

Ensure that your family, friends and neighbors will continue to receive Meals on Wheels, transportation, assistance finding services to help them stay in their homes and enjoy Senior Center activities by making a donation to the White Bear Area Senior Program. Your tax deductible donation can be mailed to: White Bear Area Senior Program, 2484 East County Road F, White Bear Lake, MN 55110 or you can donate online by going to our website at www.whitebearseniorprogram.org

Lionmobile Transportation

The Lionmobile is a shared-ride, lift-equipped vehicle that provides door-to-door transportation for medical and non-medical rides. We provide transportation to residents of White Bear Lake Area School District who are 60+ years of age and qualified disabled adults under the age of 60. Hours of operation are Monday through Friday, 8:15 am-4:15 pm. Call (651) 653-3122.

Meals on Wheels

Provided for persons who are unable to manage their own food preparation. Hot or cold nutritious meals are delivered Monday-Friday during the noon hour. Special diets are available. You can also choose to have frozen meals delivered once a week. Call (651) 653-3123.

Senior Connections Program

Outreach Workers are available to seniors and their families to answer questions, assess needs and refer to services in the community. Confidential home or office visits may be arranged. Call (651) 653-3124 or (651) 653-3125.

ACT & SAT PREP



Advantage Educational Program

Advantage provides an introduction to the ACT and SAT/PSAT formats and strategies for answering questions and instruction on specific subject areas tested. Cost is \$120 for one 12-hour course or \$210 for both classes.

Registration forms, which contain additional important information, are available at North and South Campus counselling offices and the Community Services office. Registration letters for winter, spring and summer classes are mailed to sophomores and juniors in early January. For more information, call Advantage at 612-222-5108 or visit: www.AdvantagePrep.net

ACT

#632	Wed	4 sessions	Apr 30-May 21	South 208	5:45-8:45 pm
#805	Tu & Thu	4 sessions	July 22-31	South 208	9-Noon

SAT/PSAT

#556	Sat	4 sessions	Apr 26-May 21	South 208	9-Noon
#705	Tu & Thu	4 sessions	July 8-17	South 208	9-Noon

DRIVER EDUCATION



The Community Services and Recreation Department, in cooperation with Safeway Driving School, is pleased to offer a convenient Driver Education Program. The program is divided into two phases:



Classroom Phase

This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving. Classes are offered during the school year at North Campus. If a lesson is missed, a make-up lesson can be arranged with the instructor at either the next White Bear session or at another of Safeway's classroom locations. Summer classes are held at Central Middle School, Media Center.

Behind-the-Wheel Phase

After students pass the permit test, they are required to complete six hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Dept. of Public Safety. Students can be picked up from and dropped off at home, school or work. Detailed information about scheduling the behind-the-wheel lessons will be provided.

Parent Involvement

Parents play a critical role in teen driving process. Safeway encourages parents to view the online Parent Class videos available to registered students at www.safewaydrivingschool.com. The videos detail Safeway's teen program, GDL requirements, and tips for driving with newly-permitted driver's.

Fees

\$375 per student includes classroom instruction, materials and behind-the-wheel training. Permit and road exam fees are not included.

Driver's Education Classes

2500.310	10 sessions	Mon-Thu	Apr 7-23	2:30-5:30 pm	North Campus 110
2500.311	10 sessions	Mon-Thu	May 6-21	2:30-5:30 pm	North Campus 110
2500.405	10 sessions	Mon-Fri	June 9-20	9-Noon	Central Media
2500.406	10 sessions	Mon-Fri	June 9-20	1-4 pm	Central Media
2500.407	10 sessions	Mon-Fri	July 7-18	1-4 pm	Central Media
2500.408	10 sessions	Mon-Fri	Aug 4-15	9-noon	Central Media

YOUTH ENRICHMENT



Bear-In-Mind Tutoring

Our compassionate and caring tutors tailor individualized learning plans that build skills, habits and attitudes, students need to succeed in school. Tutoring instruction is available in math, reading, writing, study skills, and basic homework help.

One-on-one tutors and group sessions will use structured methods and proven approaches to teaching to maximize your students' full potential. This new supplemental education service is open to students of all ages and skill levels.

Grades K-12

2000.001 Single Student Session \$35

2000.002 Group of 2 Students \$65
Students must sign up together for a single session.

Location to be determined

Funjoyment

Youth with Asperger's Syndrome & High-Functioning Autism

White Bear Lake Area Community Services is excited to work with neighboring schools and local experts to bring Funjoyment groups to our community.

Funjoyment is a social enjoyment experience for teens and young adults with Asperger's Syndrome or high-functioning Autism. It provides enjoyable age appropriate social experiences for young people in a safe, structured environment.

Funjoyment will be staffed by three trained staff persons and will be limited to ten participants per group. It will take place at the in-school apartment at White Bear Lake South Campus.

More information and enrollment materials are available through IEP case managers at White Bear Lake and Mounds View middle and secondary schools. Please contact your case worker for more information and to register.

Jeff Holmes, ASD certified, will direct these sessions of Funjoyment. John Merges, LICSW, the developer of the concept, will act as a consultant and will occasionally participate in the group. Contact Jeff at 651-247-4482, or jeffholmes1804@comcast.net

Younger Ages 11-15

2998.310	10 sessions	Tu
	Apr 1-June 3	4:30-5:50 pm
	\$260	South Campus 216

Ages 16 & Older

2998.311	10 sessions	Tu
	Apr 1-June 3	6:10-7:30 pm
	\$260	South Campus 216

YOUTH ENRICHMENT



Abrakadoodle

Awesome Art Camp

Come celebrate spring with an explosion of color. In this fun camp we'll try everything from sculpting cute birds in their nest to using chalk pastels to draw a fun fox. We'll even make colorful duct tape bag to carry your stuff! We'll have a blast creating lots of awesome art.

Grades K-5

2112.300 4 sessions Wed
Apr 16-May 7 3:45-4:45 pm
\$60 Oneka 2410

2112.301 4 sessions Thu
Apr 17-May 8 3:30-4:30 pm
\$60 Hugo Media

KidzArt

Afterschool Birthday pARTy!

No stress, no mess with KidzArt pArty! Guests go directly from the class to the party room, have fun exercising their creative muscles and leave with their own masterpiece. A KidzArt specialist will work with you to customize a party that will thrill your child and party guests. Choose from dozens of themes and various forms of media to create the perfect project. Popular examples include Up, Up, and Away in watercolor and marker, Mirror, Mirror in watercolor and marker, Hats Off Baseball in colored pencil and chalk, Super Size Me in marker and colored pencil, and Out on a Limb in marker and colored pencil. KidzArt provides all project materials, a special T-shirt for the birthday boy or girl, and each child leaves with a piece of art that is uniquely their own. KidzArt will provide a birthday party specialist and party room for 90 minutes (parents must be present during the last 30 minutes). You choose the location. Location will be determine by availability.

Grades K-12

2442.300 1 session Mon-Fri
Apr 1-June 1 3:45-5:15
\$199 TBD

Lego X

Gear Jammers

Build a clock, windmill and a powerful street sweeper. Design your own egg-beater and gear it up to make it blend faster. We will use our structures to investigate basic engineering concepts and components of gearing. A pioneering class designed for adventurous LEGO engineers.

Grades 1-5

2222.370 4 sessions Mon
Mar 31-Apr 21 3:45-4:45 pm
\$50 Otter Media

2222.371 4 sessions Tu
Apr 1-22 3:45-4:45 pm
\$50 Lakeaires

2222.372 4 sessions Tu
Apr 29-May 20 3:45-4:45 pm
\$50 Vadnais Media

2222.373 4 sessions Wed
Apr 2-23 3:45-4:45 pm
\$50 Matoska Media

2222.374 4 sessions Thu
Apr 17-May 8 3:45-4:45 pm
\$50 Oneka 2410

2222.375 4 sessions Thu
May 8-29 3:45-4:45 pm
\$50 Willow Media

2222.376 4 sessions Fri
Apr 25-May 16 3:45-4:45 pm
\$50 Lincoln Media

YOUTH ENRICHMENT

Watch Me Draw

Spring Sampler

All new lessons for this popular class! We will create 2 and 3 dimensional spring themed projects with drawing, sculpting, and additional details we've never used before!

Create a special "Ice Cream Treat" project using clay drizzled with your favorite topping! Draw spring animals and scenes that will awaken your creativity and bring out the artist in you!

This session provides a chance to work on a variety of skills, explore different techniques and mediums, create a work of art from start to finish and have a blast making the coolest art aroundYours!

Grades K-5

2341.300	6 sessions	Mon
	Apr 7-May 19	3:45-4:45 pm
	\$70	Lincoln Media
	No class May 5	
2341.301	6 sessions	Mon
	Apr 7-May 19	3:45-4:45 pm
	\$70	Oneka 2410
	No class May 5	
2431.302	6 sessions	Tu
	Apr 15-May 20	3:45-4:45 pm
	\$70	Matoska Media
2431.303	6 sessions	Tu
	Apr 15-May 20	3:45-4:45 pm
	\$70	Otter Media
2341.304	6 sessions	Wed
	Apr 16-May 21	3:45-4:45 pm
	\$70	Lakeaires Media
2341.305	6 sessions	Wed
	Apr 16-May 21	3:45-4:45 pm
	\$70	Vadnais Media
2341.306	6 sessions	Thu
	Apr 17-May 29	3:30-4:30 pm
	\$70	Hugo 1209
	No class May 8	
2341.307	6 sessions	Thu
	Apr 17-May 22	3:45-4:45 pm
	\$70	Willow 209

Mad Science

Techno-Connections

Join Mad Science as we connect with technology! Experience the basic forces that make technology possible: use Newton's laws to make things move, convert potential energy into kinetic energy, leverage simple machines to do your work, and use gravity to keep your balance.

Explore the world of future technology as you set up a cellular tower relay to track your friends, program and command real robots, construct a taco battery, and make light from a liquid. Continue your exploration at home with your Inertia Kit, Catapult, Drag Racer, Balancing Buddy, Optical Fibers, Mechano-Hand, Crank'n Shine Flashlight, and Glow Sheet.

Grades K-5

2433.300	8 sessions	Tu
	Apr 1-May 20	3:30-4:30 pm
	\$103	Hugo 1209
24333.301	8 sessions	Mon
	Apr 7-June 2	3:45-4:45 pm
	\$103	Lakeaires Media
	No class May 26	
2433.302	8 sessions	Fri
	Apr 4-May 30	3:45-4:45 pm
	\$50	Lincoln Media
	No class April 18	
2433.303	8 sessions	Tu
	Apr 1-May 20	3:45-4:45 pm
	\$50	Oneka 2410
2433.304	8 sessions	Thu
	Apr 3-May 22	3:45-4:45 pm
	\$50	Otter Media
2433.305	8 sessions	Mon
	Apr 7-June 23	3:45-4:45 pm
	\$50	Vadnais Media
	No class May 26	
	(Apr 14 class room 109)	
2433.306	8 sessions	Fri
	Apr 4-May 30	3:45-4:45 pm
	\$50	Matoska Media
	No class April 18	

YOUTH ENRICHMENT



Youth Safety Awareness & Self-Defense

This is not your ordinary karate class! This program is designed to enhance self-esteem, safety awareness and self-discipline, and promotes self-defense and responsibility rather than trophies and aggressiveness. Students can progress from white up to yellow belt or higher by continuing in the program. Students should wear comfortable clothing. Uniforms are optional and available at the class for \$30. The registration fee includes all necessary materials, a belt test and attendance at an annual karate camp. For questions about class content call Champion Youth at (763) 427-0208. Depending upon enrollment returning and advanced classes will be conducted together. In this case the last fifteen minutes of the class will be devoted to advanced instruction. No class May 5.

New Students Ages 5-8

2333.320 9 sessions Mon
Mar 17-May 19 6-6:40 pm
\$45 Central Gym B

Returning Students

2333.321 9 sessions Mon
Mar 17-May 19 6:50-7:30 pm
\$45 Central Gym B

Advanced Students

2333.322 9 sessions Mon
Mar 17-May 19 7:40-8:20 pm
\$45 Central Gym B

New Students 8-12

2333.323 9 sessions Mon
Mar 17-May 19 8:30-9:10 pm
\$45 Central Gym B

Fencing

Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self-protection techniques with the sword. Attacking, defense, timing and intense tactics are all integrated into this beginning class. Whether you're fencing for a good work out, or gaining points for the Olympics, fencing is fun for the whole family. We provide everything needed to fence (mask, Jacket, glove, and weapon). The fencer need only to come dressed comfortably (for freedom of movement) including long sweat pants and running shoes.

Ages 5-99

2444.311 6 sessions Sat
May 3-June 7 1-2 pm
\$75 Central Gym A

Lakeshore Players Summer Youth Theatre Camps



SYP, Jr. Musical Theatre Camp
Grades 2-7

CAMP: June 10-27
SHOWS: June 27 & 29
The perfect camp for kids with LOTS of energy.
Magic & Fun for all!

SYP, Teen Theatre Camp
Grades 6-12



CAMP: June 16-17
July 7-25
SHOWS: Jul 25 - Aug 3
Learn theater skills as you play a part in producing a full-length show.
True Love, Magic, and a Donkey. What could go wrong?

LakeshorePlayers.com
651-426-3275 • Stewart Ave • WBL



This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

YOUTH ENRICHMENT



Grandmasters of Chess 1

New curriculum! Get ready for your school's year-end, in-school tournament. Bring your Cadet, Lieutenant or Captain booklets and your chess dollars.

Our lessons are crafted by the best chess minds in Minnesota. The lessons progress from rudimentary concepts through higher-level theories.

Our activity books are formatted to be accessible for beginners, yet challenging intermediate and advanced students to apply deeper understanding of chess concepts.

Develop the brain bending strategies of a brilliant and complex game! In-school tournament is conducted during class time during the spring session.

In-school tournament is conducted during class time during the spring session.

Grades K-5

2412.316 6 sessions Mon
Apr 14-June 2 3:45-4:45 pm
\$73 Vadnais
Staff Lounge
No class May 5, 26

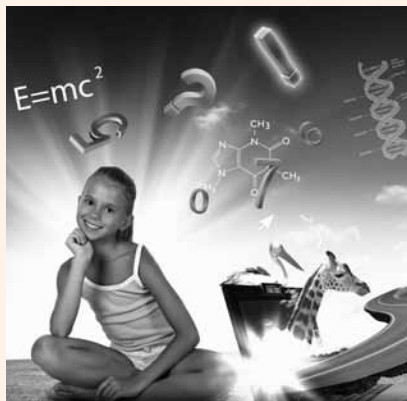
Simply Fractions

This action packed, fun-filled learning activities promote fraction understanding. Instead of merely presenting a rule, as many school texts do, a better way is to teach children to visualize fractions, perform some simple operations with these visual images or pictures without knowingly applying any given 'rule'. If a child is able to visualize fractions in his mind, they become more concrete – not just a number on top of other number without meaning. Then the child can estimate the answer before calculating, and evaluate the reasonableness of the final answer, and perform many of the simplest fraction arithmetic in his/her head. Of course textbooks DO show fractions with pictures, and they DO show one or two examples of how a certain rule connects with a picture. But that is not enough! A better way is to make kids do lots of problems with fraction manipulatives – and DRAW fraction pictures for problems. That way they will form a mental visual model and can think through the pictures for simple problems.

Grades K-5

2313.402 4 sessions Tu & Thu
Apr 15-24 3:45-4:45 pm
\$50 Lincoln Media
2313.403 4 sessions Wed
Apr 9-30 3:45-4:45 pm
\$50 Vadnais
Staff Lounge

ENRICHMENT CLASSES & CAMPS



Camp Invention

We're building the future one thinker at a time

Led by local educators, the weeklong Camp Invention experience immerses elementary children in hands-on activities that reinvent summer fun. Throughout the week, children work in teams to solve real-world challenges. Activities include:

- ◆ Explore the science behind the five senses to design a bionic ear, eye, and hand
- ◆ Experiment with circuits and gears
- ◆ With inspiration from famous inventors, create your own invention
- ◆ Build a motorized “morphing” vehicle to take home!
- ◆ Design an epic, insect-themed pinball machine

Students entering grades 1-6

July 14-18 M-F
9 am-3:30 pm
Otter Lake Elementary School
Base price is \$240
\$15 off if register by May 16

Director: Claudia Stepnick
To register: 800-968-4332 or
www.campinvention.org
Early registration and sibling discounts, see website for details.
Presented in partnership with the United States Patent and Trademark Office.

Edible Fractions on Fraction Plates

The edible fractions class is a short course for students to learn about fractions through foods. The course illustrates fractions by breaking whole foods that students would recognize into different parts.

These illustrations are credible in that they demonstrate young children breaking whole parts into halves, thirds and fourths and sharing with their family and/or peers.

Fractions can be a concept that is difficult for young kids to master and comprehend. With the help of Edible Fractions, children are able to relate the concept of fractions to real life objects; children will see other children sorting foods into halves, thirds and fourths.

Starting with larger fractions and advancing towards smaller fractions, students can use this approach to sort their food into fractions and practice this math skill.

Edible fractions is a great way to begin teaching fractions since food will be something they know and tangible for them to manipulate.

Grades K-5

2546.400	5 sessions June 16-20 \$65	Mon-Fri 10-11 am Central Cafeteria
2546.402	5 sessions June 9-13 \$65	Mon-Fri 10-11 am Sunrise Cafeteria
2546.402	5 sessions June 9-13 \$65	Mon-Fri 11:30-12:30 pm Lincoln Staff Lounge

ENRICHMENT CLASSES & CAMPS

Abrakadoodle Camps



“Inspiring the creativity in every child” Abrakadoodle is the leader in Art education for children ages 2-14. Abrakadoodle is a fun, interactive, educational art program for kids of all ages who want to experiment with all types of creative tools. Each lesson introduces children to new art techniques, art vocabulary and artist’s styles while focusing on individual expression.

Each class brings a new, hands-on art experience. Abrakadoodle inspires kids to reach beyond and create art that is unique to them. Abrakadoodle meets and exceeds the National Standards for the Visual Arts. We have been awarded Best Kids Art Class by Minnesota Monthly, Mpls. St. Paul Magazine & GoCityKids.com. We have providing art programming to the kids of Minnesota for over 9 years. At Abrakadoodle imaginations soar!



Star Wars Heroes and Villains Art Camp

Do you love Star Wars? Want to draw and sculpt some of the greatest heroes and villains from the Star Wars saga? In this fun camp we’ll learn to draw, sculpt and paint some of your favorite characters. Design your own Star ship and, of course, we will also make light sabers. May the force be with you! Bring a beverage and nut free snack.

Ages 5-11

2210.410	4 sessions	Mon-Thu
	June 23-26	9:30-11:30 am
	\$110	Sunrise Cafeteria

Girls with Glitter Art Camp

Does your daughter love art? Does she love bright colored paint, glitter and rhinestones and Paper Mache? If so, this is the camp for her! In this fun camp we’ll make colorful Paper Mache hearts. We’ll paint batik designs on canvas bags. We’ll create masterpieces on canvas board, and create a sparkly seahorse out of clay. We’ll draw cute kitties and more. Along the way we’ll listen to some music, paint our nails and have lots of fun! Please bring a beverage, nut free snack.

Ages 5-11

2210.412	4 sessions	Mon-Thu
	June 16-19	9:30-11:30 am
	\$110	Central Cafeteria



ENRICHMENT CLASSES & CAMPS

Amazing Art Camp

An awesome art camp! A camp filled with lots of our favorite art projects. We'll make Paper Mache Pets. We'll learn to draw a funny fox and we'll finish the project with chalk and a fun frame. We'll make a duct tape clutch or pencil bag. We'll make a colorful design on Canvasboard, sculpt and lots more. Bring a beverage and a nut free snack. This camp is guaranteed to be a blast!

Ages 5-11

2210.413	4 sessions	Mon-Thu
	July 7-10	9:30-11:30
	\$110	Oneka 2410

Claydazzle on Canvas Camp

Claydazzle is part acrylics on canvas and part clay sculpture, combined to create original 3-D masterpieces. Take home your own whimsical clay and painting creations of animals, food and people. Use fun techniques to make your art pop, and add whimsical embellishment to style your masterpieces! Take home a new masterpiece each day! Watch Me Draw! provides an exceptional art experience for each child, committed to quality projects, fun and value.

Grades K-5

2114.400	4 sessions	Mon-Thu
	July 14-17	9-11 am
	\$95	Central Cafeteria

Tangled Up in Art!

Zendoodle, ZanTangle and ZoloColor are all popular art trends with attention to intriguing pattern, design and color. A cross between tribal design and cubism, the results is the latest pop culture phenomena! We'll explore their techniques and add our own flair as we create awesome drawings that you won't see anywhere else! You'll never draw the same way again! Have a blast making the coolest art around...Yours!

Ages 1-5

2114.401	2 sessions	Mon-Tu
	June 16-17	9-11 am
	\$49	Sunrise Cafeteria

Jurassic Park 3-D Dino-Rama!

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

Grades K-5

2114.402	4 sessions	Mon-Thu
	July 21-24	9-11 am
	\$99	Central Cafeteria

Mad Science

SECRET AGENT

Can you outwit the Mad Science Spy? James Bond's gadgets weren't all science fiction. Discover the science behind some real spy technology as you listen to distant voices and sounds. Learn about different secret codes, their use in clandestine communications and a little of the history behind them. Experiment passing your messages using a spy technique called a "dead drop". Build an alarm system, a secret safe and attempt to defeat several security systems.

Ages 7-12

2010.419	4 sessions	Mon-Thu
	June 23-26	9-noon
	\$115	Oneka 2506

Mad Science

ROCKET BLAST OFF

3-2-1 Blast Off! This action packed week focuses solely on rockets and rocket flight. Learn about model rocket design, building, aerodynamics, propulsion, launching, safety, recovery, and repair. Take part in daily launches. Take home your own rockets and an abundance of model rocket knowledge. This Mad Science camp is a blast for boys and girls alike.

Ages 7-12

2010.418	4 sessions	Mon-Thu
	July 28-31	9-noon
	\$120	Central 155

ENRICHMENT CLASSES & CAMPS

EUREKA! The Mad Science Inventor's Camp

Are you a budding inventor? If so, join Mad Science as we learn about famous inventors such as Leonardo da Vinci, Thomas Edison, Rube Goldberg, Archimedes, Ben Franklin and the contributions they made to science. Use your knowledge and creativity to overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – your mind. While Thomas Edison said “invention is 10% inspiration and 90% perspiration, this camp is 100% FUN!

Ages 6-12

2010.417	4 sessions	Mon-Thu
	July 21-24	9-noon
	\$115	Oneka 2410

Gateway Academy

Gateway Academy is a week-long engineering camp in which campers work together in a fun, exciting environment. Leading-edge technologies and hands-on activities will be used to sample such disciplines as robotics, aeronautics, rockets, eco-design, manufacturing, alternative energy, and computer design. Boys and girls interested in learning how things work, or who are interested in careers in science, technology, engineering, and mathematics are encouraged to enroll. Students who have attended Gateway Academy in the past are also encouraged to attend, as new design challenges will be introduced. Certified Project Lead the Way instructors will provide expert instruction aligned to the district's PLTW pre-engineering pathway. Each camp will also provide STEM related field trips and guest speakers who work in the engineering field. Each camper will receive a Gateway Academy t-shirt on the first day of camp. Participants are asked to bring a bag lunch each day.

Ages 11-15

2900.400	5 sessions	Mon-Fri
	July 7-11	9-3 pm
	\$175	Sunrise

Gateway Academy

The Girls' Only Gateway Academy

The Girls' Only Gateway Academy is a STEM (Science Technology Engineering and Math) camp designed to develop interest, excitement and self-confidence in young women interested in the engineering fields. This half-day camp features hands-on activities and a guest speaker from the Society of Women Engineers. Students will participate in hands-on learning activities and design challenges in Project Lead the Way laboratories with the help of high school girls who have taken engineering courses, and trained PLTW instructors. This course is designed for all students, not just those who excel academically. Participants will receive a Gateway Academy t-shirt.

Ages 10-15

2900.402	5 sessions	Mon-Fri
	June 23-27	8-noon
	\$85	Sunrise

Lego X: Indy Car Series

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 fly wheels), 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.

Grades 1-5

2312.402	5 sessions	Mon-Fri
	June 23-27	9-noon
	\$115	Central Cafeteria

ENRICHMENT CLASSES & CAMPS



Babysitter's Training

Babysitter's Training has been developed by the American Red Cross with input from youth just like you. The course is fun and fast-paced with hands-on activities, exciting video, role-plays and lively discussions. You'll learn to be the best babysitter on the block. Plus, you'll gain the confidence to make smart decisions and stay safe in any babysitting situation. Bring lunch and baby doll.

Ages 11-16

2312.403	1 session	Mon
	June 23	9-3:30 pm
	\$69	
	Central Auditorium Atrium	
2312.404	1 session	Mon
	July 21	9-3:30 pm
	\$69	Sunrise Media
2312.405	1 session	Mon
	Aug 18	9-3:30 pm
	\$69	Oneka Media

Project Runway

It's all new and it's here! Summer 2014 promises to be our best Project Runway summer yet! A summer tank top, matching skirt (knee-length), head band, hair scrunchy, can we fit anymore? 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, fine needle work and accessorizing. When we're done invite your family, invite your friends, to the final day Project Runway presentation. Put the sleek into tres chic!

Grades 3-7

2312.400	5 sessions	Mon-Fri
	Jul 28-Aug 1	9-noon
	\$139	Central Room 140

EV3: Robotic Revolution

The next evolution in robotics has arrived! Build a snarling centurion Watch Do, a Tank, and explore other options. Then design a software program to make your robot complete specific tasks and challenges. EV3 is a robust upgrade to the NXT Mindstorms robotics system. Better sensors. Better builds. More motors. More sensors. All of this equates a more resilient robotics system.

Grades 4-8

2312.401	5 sessions	Mon-Fri
	July 7-11	1:30-4:30 pm
	\$99	Sunrise Cafeteria

French Camp

Bonjour! This K-5 French Camp will keep your child captivated and motivated to "Parler français?" (speak French). During this camp your child will learn the letters of the alphabet, greetings, food names, colors, body parts and animals! Students will learn songs and games that will increase their French speaking skills. On the final day of camp students will spend an imaginary day in Paris where they will visit a French Café, and visit the Eiffel Tower.

Grades K-5

2434.400	5 sessions	Mon-Fri
	June 16-20	10-noon
	\$99	Central 155

O'Neil Language Academy Spanish Camp

Ready to play games, sing fun songs, dance, meet new friends, do arts & crafts and play sports all while learning Spanish? Our Spanish Summer Camps make learning a second language fun! Children will begin camp by breaking pinatas filled with treats and make their own pinatas to take home. They will also make their own bilingual dictionary to take home. Meaningful words and phrases are taught allowing kids to participate in a Spanish-immersion setting.

Grades K-5

2010.403	5 sessions	Mon-Thu
	July 28-Aug 1	9-noon
	\$140	Sunrise Cafeteria

ENRICHMENT CLASSES & CAMPS

Funjoyment

Youth with Asperger's Syndrome and High-Functioning Autism

White Bear Lake Area Community Services is excited to work with neighboring schools and local experts to bring Funjoyment groups to our community.

Funjoyment is a social enjoyment experience for teens and young adults with Asperger's Syndrome or high-functioning Autism. It provides enjoyable age appropriate social experiences for young people in a safe, structured environment.

Funjoyment will be staffed by three trained staff persons and will be limited to ten participants per group. It will take place at the in-school apartment at White Bear Lake South Campus.

More information and enrollment materials are available through IEP case managers at White Bear Lake and Mounds View middle and secondary schools. Please contact your case worker for more information and to register.

Jeff Holmes, ASD certified, will direct these sessions of Funjoyment. John Merges, LICSW, the developer of the concept, will act as a consultant and will occasionally participate in the group. Contact Jeff at 651-247-4482, or jeffholmes1804@comcast.net

Younger 11-15

2999.411 10 sessions Tu
June 17-Aug 19 12:30-1:50 pm
\$234 South Campus 216

16 & Older

2999.412 10 sessions Tu
June 17-Aug 19 2-3:20 pm
\$234 South Campus 216

White Bear Dance Center Classes

2462 County Road F
White Bear Lake

Tiny Steps

This class is designed to introduce children to the basics of movement and music. Dancers will be introduced to dance at its most fundamental level incorporating fun music and activities. Classes will promote socialization, coordination, listening skills, creativity, and imagination. Dancers will be encouraged to express themselves and their ideas through movement.

Ages 2-3

2244.413 7 sessions Thu
July 10-Aug 21 5:30-6pm
\$50 WB Dance Center

Broadway Babies

Give your little dancer a chance to experience beginner tap, jazz, and ballet basics! Flexibility, coordination, socialization, and great basics are learned while enjoying the exciting sounds tap shoes can make, funky jazz steps seen on TV, and ballet which makes everyone feel like a Prince or Princess.

Ages 3-5

2244.414 7 sessions Thu
July 10-Aug 21 6-6:45 pm
\$60 WB Dance Center

Showbiz Kidz

Basic to Intermediate tap and jazz is the focus of this class. Flexibility, basic tap and jazz terms, and an emphasis on stage presence will be gained in this beginner class. Leather ballet shoes and tap shoes are required for this class.

Ages 6-9

2244.415 7 sessions Thu
July 10-Aug 21 6:45-7:15 pm
\$75 WB Dance Center

SPORTS & RECREATION CAMPS



Coops Camp

This camp is for the kid that cannot get enough Phy Ed! This summer camp is designed for kids who love running, throwing and dodging gym games. Join Mr. Cooper an 18 year veteran P.E. teacher in a fun summer camp. All participants will receive a camp t-shirt and shorts.

Grades 1-8

2400.424	9 sessions	Tu-Wed-Thu
	June 10-26	9:30-11:30 am
	\$109	Vadnais Gym

Golf Camps

Young golfers will enjoy learning the fundamentals of grip, stance, swing, use of basic clubs, golf etiquette and a general introduction to the game. Bring a putter and clubs to each session. Balls and mats are provided. The class may make use of the Aldrich Dome, 1850 White Bear Avenue in Maplewood, for some of the sessions. A minimal fee for this is payable at the dome.

Ages 6-14

2750.400	4 sessions	Mon-Thu
	June 9-12	10-11 am
	\$59	South Wrestling Gym
2750.401	4 sessions	Mon-Thu
	June 9-12	11-Noon
	\$59	South Wrestling Gym

Parent and Child Golf

Explore learning the fundamentals of golf with your child. The fundamentals include grip, stance, swing, the use of basic clubs, golf etiquette and an overview of the game. Bring a putter and clubs to each session. Balls and mats are provided.

Cost of the class is per parent and child. The class may make use of the Aldrich Dome, 1850 White Bear Avenue in Maplewood, for some sessions. A minimal fee for this is payable at the dome.

Any Ages

2751.400	4 sessions	Tu & Thu
	June 10-19	6-7 pm
	\$99	South Wrestling Gym

Archery Camp Lil Kids

This beginner/intermediate Archery Camp will have you on target using the new kids "Z-curve" nerf bow. This camp is available to boys and girls in elementary school K-5. This is a great camp for younger kids interested in archery.

Grades K-5

2112.400	4 sessions	Mon-Thu
	June 9-12	9-10 am
	\$25	Central Auditorium Lawn

Archery Camp

This beginner/intermediate/advanced Archery Camp will have you on target. This camp is available to boys, girls, and adults. Equipment is provided. This is a great pre-requisite to join the White Bear Lake Archery Club or simply have some archery fun.

Ages 5-99

2112.401	4 sessions	Mon-Thu
	July 21-24	6-8 pm
	\$80	North Campus Cafeteria
2112.402	4 sessions	Mon-Thu
	Aug 4-7	1-4 pm
	\$100	North Campus Cafeteria

SPORTS & RECREATION CAMPS

Fencing Camp

Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self-protection techniques with the sword. Attacking, defense, timing and intense tactics are all integrated into this beginning class.

Whether you're fencing for a good work out, or gaining points for the Olympics, fencing is fun for the whole family.

We provide everything needed to fence (mask, Jacket, glove, and weapon). The fencer need only to come dressed comfortably (for freedom of movement) including long sweat pants and running shoes.

Ages 5-99

2410.416	5 sessions	Mon-Fri
	July 21-25	1-2 pm
	\$75	Central Gym A

Lil Cubs Football Camp

This camp is for students K-5th grade who love the game of football. We will work on the fundamentals of football such as the correct 3-point stance, tackling (bags), throwing and catching. Students should dress in loose clothing and wear either tennis shoes or cleats. Students are encouraged to wear their favorite football jersey and bring a water bottle with their name on it. At the end of the day we will play a game of touch football.

Grades K-5

Session 1: Sign up at 651-481-1000 or www.vadnaissportscenter.net

5 sessions	Mon-Fri
June 23-27	9:30-11:30 am
Vadnais Sports Center Dome	

Session 2: Sign up at

www.whitebearregistration.org

2601.411	5 sessions	Mon-Fri
	July 21-25	9:30-11:30 am
	\$99	South Campus Practice Field

Video Sports History Camp

This Phy Ed/video history camp will focus on famous ethnic sports professionals of the past. Each day the students will watch documentaries, study the pro's of the past, followed by gym time in which they will participate in a different sport each day. At the end of each session students will gather to discuss the benefits of positive self-esteem and positive self-image. Bring a water bottle with your name on it and gym shoes.

Grades K-9

2789.400	5 sessions	Mon-Fri
	June 16-20	9:30-11:30 am
	\$75	Central Gym

Bears Skill Development Camp

Emphasis will be given to basketball movements, ball handling, shooting form, finishing at the basket, screening and reading defense cutting off screens (older players), defending on and off the ball (older players).

Grades K-2

2401.423	8 sessions	Mon & Wed
	July 7-30	12:30-1:30 pm
	\$50	North Campus Gym

Grades 2-4

2401.424	8 sessions	Mon & Wed
	July 7-30	1:30-2:30 pm
	\$50	North Campus Gym

Grades 4-5

2401.425	8sessions	Tu & Thu
	July 8-31	12:30-2 pm
	\$65	North Campus Gym

Grades 6-7

2401.426	8 sessions	Tu & Thu
	July 8-31	2-3:30 pm
	\$65	North Campus Gym

SPORTS & RECREATION CAMPS



Girls Basketball Camps

This summer enjoy one of the Bear's Basketball Camps. Each camp session will include emphasis on fundamentals along with some 1-on-1, 2-on-2, 3-on-3, and team play.

Participants in the girls camps will receive instruction from girls varsity coach Jeremy Post. Sixth graders may choose either session. Please place your child in the appropriate session.

There will be highly skilled 7th and 8th graders in the older kids session. Your daughter will not improve if she is not ready to compete at that level.

Grades 4-6

2421.400 10 sessions Tu & Thu
June 10-July 31 12:30-1:30 pm
\$65 Central Gym
No class July 1-17

Grades 4-6

2421.401 4 sessions Mon-Thu
July 7-10 12:30-3:30 pm
\$65 South Campus Gym

Grades 6-8

2421.402 4 sessions Mon-Thu
July 14-17 12:30-3:30 pm
\$65 South Campus Gym

Grades 7-8

2421.403 10 sessions Tu & Thu
June 10-July 31 2-3:30 pm
\$65 Central Gym

Basketball Camps

Bears BBall Boys & Girls Camp

This is a basic skills camp. Those 4th graders who feel they are advanced beyond the basics should sign up for the June 9-12 camp or the corresponding girls camp in July. The cost includes a t-shirt.

Grades 3-4

2401.421 4 sessions Mon-Thu
June 23-26 2-3:15 pm
\$45 South Campus Gym

Grades PreK-2

This is an entry level camp but also building off the skills taught to the kids by Coach Galvin and his crew during the winter camp. Cost includes a basketball.

2401.422 4 sessions Mon-Thu
June 23-26 12:30-1:45 pm
\$45 South Campus Gym

Grades 4-6

This camp is for 6th graders that are at a basic basketball ability level, advanced 6th graders should sign up for the 6th-8th grade camp. The 4th graders that feel they are advanced beyond the 3rd-4th grade camp should also sign up for this camp. The skills covered in camp are ball handling, shooting, basic defensive principles, along with games, competitions and scrimmage. Cost includes t-shirt.

2401.419 4 sessions Mon-Thu
June 9-12 12:30-2:30 pm
\$55 South Campus Gym

Grades 6-8

This would be the most advanced of the camps, 6th graders should feel confident enough play one grade level up. The skills covered in camp are ball handling, shooting, basic defensive principles, along with games, competitions and scrimmage. Cost includes t-shirt.

2401.420 4 sessions Mon-Thu
June 16-19 12:30-3:30 pm
\$65 South Campus Gym

SPORTS & RECREATION CAMPS



Skate Start Mini-Shredder Camp

Come learn the basics of skateboarding through this awesome SkateStart camp. This program is geared toward beginning skateboarders ages 4-12. Using the unique SkateStart skateboard, provided at the camp, you will learn to push and roll the skateboard using the proper technique and foot placement. Watch your confidence soar and enjoy learning how to skate with the proper form and equipment. Campers are required to bring their own helmets, water, snack and sunscreen. The board and pads are provided. Please wear appropriate shoes. No open toed shoes or crocs. Includes water bottle and sportsmanship medal.

Ages 4-12

2733.401	4 sessions	Mon-Thu
	June 23-26	9-11 am
	\$99	Podvin Skate Park

Youth Cheerleading Camp

Join us for a spirit-filled week at White Bear Lake Youth Cheerleading Camp! Each camper will enjoy learning proper techniques for the technical aspects of cheerleading. Learn cheers, chants, jumps, stunting, and dancing. Each camper will be working in small instructional groups led by the National Championship winning White Bear Lake High School Varsity Cheerleaders!

Ages 6-13

2700.400	4 sessions	Mon-Thu
	July 28-31	1-3 pm
	\$90	South Campus Gymnastics Gym

Track Camp

This popular camp, with varsity track coach Tom Paulson, has been running for more than twenty-seven years. The skills learned in this camp will not only make you a better track athlete, but will carry over into other sports. Your speed, agility and coordination will be enhanced through track running drills and skills. Many of the top track athletes in the White Bear area started their careers at this camp. You will learn sprinting, hurdling, high jump, triple jump, long jump and track coordination skills. In the event of bad weather the camp will meet inside. Participants should be appropriately dressed for track events and should bring a water bottle. T-shirt included. You can sign up for both track camps.

Ages 5-13

2401.417	4 sessions	Mon-Thu
	June 9-12	10-Noon
	\$60	South Campus Stadium
2401.418	4 sessions	Mon-Thu
	June 9-12	1-3 pm
	\$60	South Campus Stadium

Need 4 Speed Camp

After running in the Olympics in 2008, earning All-American honors five times between 2000-2003, and running the ninth worlds fastest 55-meter in 2000, Roman Cress will show you how to run faster! The 12-time All-MIAC performer and graduate from St. Thomas will help you increase your "Need 4 Speed!" Roman will show you warm-up/cool down techniques, flexibility techniques, sprinting drills, sprinting workouts, speed recovery, ply-o-metrics and fundamental strength exercises.

Ages 8-17

2400.431	4 sessions	Mon-Thu
	June 16-19	10-noon
	\$65	South Campus Stadium
2400.432	4 sessions	Mon-Thu
	July 8-11	10-noon
	\$65	South Campus Stadium

SPORTS & RECREATION CAMPS



Tally's Bobber Style Camps

Children whom have completed grades 1-5. Focusing on the basics of bobber style fishing "catch and release" on White Bear Lake. Anglers will fish for a total of 8 hours in various fishing locations on the lake in a pontoon boat.

Grades 1-5

2421.409	4 sessions June 17-26 \$80	Tu & Thu 8-10 am Tally's Dockside
2421.410	4 sessions July 8-17 \$80	Tu & Thu 8-10 am Tally's Dockside
2421.411	4 sessions July 22-31 \$80	Tu & Thu 8-10 am Tally's Dockside

Tally's Casting Style Camp

Children whom have completed grades 3-8. Focusing on the basics of casting style fishing "catch and release" on White Bear Lake. Anglers will fish for a total of 8 hours in various fishing locations on the lake in a pontoon boat.

Grades 3-8

2421.412	4 sessions June 16-25 \$110	Mon & Wed 10-noon Tally's Dockside
2421.413	4 sessions July 7-16 \$110	Mon & Wed 10-noon Tally's Dockside
2421.414	4 sessions July 21-30 \$110	Mon & Wed 10-noon Tally's Dockside

Volleyball Camp

This volleyball camp is for youth volleyball players. It will be a 5-day fundamental skills training camp aimed to improve and prepare you for your upcoming fall season. Be ready to work hard and challenge yourself both mentally and physically. When you complete the camp we hope for you to be a better all-around player. Hope to see you there.

Grades K-5

2999.427	5 sessions June 23-27 \$70	Mon-Fri 2:30-4:30 pm NorthCampusGym
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Grades 6-8

2999.428	5 sessions June 23-27 \$75	Mon-Fri Noon-2 pm NorthCampusGym
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Grades 9-12

2999.429	5 sessions June 23-27 \$80	Mon-Fri 8-11 am NorthCampusGym
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Volleyball Skills Camp

This pre-season camp is an awesome pre-requisite for the White Bear Lake Volleyball captains' practice and try-outs for the high school season. This camp will focus on fundamentals such as serve/ receive, hitting and serving. This camp in combination with summer "White Bear Power and Pride" program will have you in excellent condition for try-outs.

Grades 6-12

2112.403	6 sessions July 15-31 \$75	Tu & Thu 2-5 pm Sunrise Gym
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SCHOOL AGE CARE



Extended Day School Age Care

The White Bear Lake Area School District provides an Extended Day Program in all of its elementary schools. The program provides care before and after school for elementary age children. Full and part-time care is available. Children are offered the option to participate in a variety of group and individual activities such as arts and crafts, games, outside play, quiet time, clubs and service projects.

On school release days and during the summer, the program provides all-day care. On those days, in addition to the above mentioned activities, children also participate in field trips, on-site entertainment and theme days.

Register online at www.whitebearextendedday.org. Preregistration is required for all participants. Space is limited at each school, so register early to avoid disappointment. Registrations for Summer and Fall will be available by March.

Extended Day Coordinator

TBD (651) 407-7510

Billing & Registration

Mary Woodrich (651) 407-7511

mary.woodrich@isd624.org



Bear FUNDamentals 4 Year Old Program

The Extended Day Program is offering a program for four-year-old children during the school year at Otter Lake and Hugo Elementary. This program is designed to help children prepare to enter kindergarten with the skills and behaviors necessary to be successful. Children who are four years old by September 1, 2014 and are completely toilet trained are eligible to enroll. Children will work on listening skills, personal and social development, language and literacy, thinking and math skills through guided play, group time and social interaction. Registration forms are available in the Community Services Office at the White Bear Lake Area Schools' District Center, from Extended Day staff at Otter Lake and Hugo Elementary, or online at www.whitebearextendedday.org.

PLAYGROUND PROGRAMS

2014 Summer Pre-Playground Program



Ages 3 1/2-5

The *Pre-Playground Program* is a fun and educational opportunity for children in a safe and supportive learning environment.

Each day includes a variety of activities including story time, games, crafts, and supervised play on the playground. *Pre-Playground* runs from 9:15-11:45 am and includes time for children to enjoy a non-refrigerated snack and beverage brought from home.

The *Pre-Playground Program* is for children who turn 3 by January 1, 2014, up through children who are 5 years old and have not yet completed kindergarten. Children must have the ability to use the toilet independently.

Pre-Playground leaders are experienced and trained in working with preschool-age children.

Please contact the Early Childhood Office if you have any questions at (651) 653-3100.

You Choose the Days

You can sign up for Mondays and Wednesdays, Tuesdays and Thursdays or Mondays through Thursdays. Each day of the week has different activities, games and learning topics.

You Choose the Dates

You can sign up for one or both of the three-week sessions. Each three-week session offers new themes and lesson plans.

Normandy Park Education Center

4823.411	Mon/Wed	June 16-July 2	\$69
4823.412	Tue/Thur	June 17-July 3	\$69
4823.413	Mon-Thur	June 16-July 3	\$135
4823.421	Mon/Wed	July 7-July 23	\$69
4823.422	Tue/Thur	July 8-July 24	\$69
4823.423	Mon-Thur	July 7-July 24	\$135

Hugo Elementary School

4824.411	Mon/Wed	June 16-July 2	\$69
4824.412	Tue/Thur	June 17-July 3	\$69
4824.413	Mon-Thur	June 16-July 3	\$135



PLAYGROUND PROGRAMS



Playground Program Completed K-5 Grade

The *Playground Program* is for children who have completed grades K-5. Each day is filled with games, crafts, music, themed events and sports. Weekly field trips include roller-skating and bowling.

Parents will be asked to fill out additional emergency information on the first day of attendance. Calendars of activities for each site will be available on the first day of the program.

Mondays - Thursdays

June 16 - July 31

Registration Deadline: June 2

Lincoln Elementary

4803.400	All Day	9 am-4 pm	\$149
4803.401	Morning	9 am-noon	\$99
4803.402	Afternoon	1-4 pm	\$99

Matoska International

4804.400	All Day	9 am-4 pm	\$149
4804.401	Morning	9 am-noon	\$99
4804.402	Afternoon	1-4 pm	\$99

Oneka Elementary

4801.400	All Day	9 am-4 pm	\$149
4801.401	Morning	9 am-noon	\$99
4801.402	Afternoon	1-4 pm	\$99

Fee includes program t-shirt. Students attending for the full day (9 am-4 pm) should bring a non-refrigerated lunch and beverage from home. Additional fees apply for crafts, trips, and activities.

Kindergarten Jumpstart

For children entering kindergarten in the fall

For children entering kindergarten in the fall 2014.

Kindergarten Jumpstart provides children the opportunity to experience what it is like to be in kindergarten. The morning will be modeled after a kindergarten classroom experience.

Children will practice following classroom routines, participate in individual group activities, and learn about school bus safety.

Classes are Monday-Thursday from 9-11:30 am for one week during the summer at the elementary schools listed below.

Children must have the ability to use the toilet independently.

Registration will start March 10, 2014. Registration deadline is one week before the first class meeting. Cost is \$55.

Birch Lake Elementary

4820.407 July 14-17

Hugo Elementary

4820.400 July 7-10

Lincoln Elementary

4820.402 July 21-24

Matoska International

4820.409 Aug 4-7

Otter Lake Elementary

4820.403 July 28-31

Vadnais Heights Elementary

4820.408 Aug 11-14

TENNIS PROGRAMS

USA Tennis 1-2-3

USA Tennis 1-2-3 is a system of beginning youth and adult lessons that gets players playing tennis as quickly as possible. Lesson plans follow a logical progression of skill-building drills and games.

Beginner

These lessons are for players who have never played tennis before, or have very little tennis experience. Students will learn each stroke from the very beginning. Class time will be spent working on technique in a success-oriented environment. This class will use age-appropriate tennis balls.

Intermediate

This level is for the player who has completed the Beginner class or has had some playing experience. Players will concentrate on improving their technique as well as learn how to control the ball. Class time will be divided between stroke production, learning to hit to specific targets and point playing experiences.

Advanced

Children who participate in USTA events or are a USTA member should sign up for the Advanced classes. These sections are for players who have completed the Beginner and Intermediate classes or have had equivalent experience. Students will concentrate on court positioning and strategy as well as reviewing and improving their techniques. Class time will concentrate on “player sustained” drills which simulate match play.

Youth Tennis Lessons

Lessons will be presented in groups of eight at the three levels, and will be fifty five minutes. Each group of lessons will run for three consecutive weeks with Fridays being make-up days. Classes must have a minimum of four players. All three-week sessions for tennis are \$75.

White Bear North Campus Courts, 5000 Bald Eagle Avenue, White Bear Lake

Dates	Activity #	Time	Level	Ages
June 9- June 26	4610.410	9 am	Beg	7-9
June 9- June 26	4615.407	10 am	Beg/Inter	9-11
June 9- June 26	4615.408	11 am	Advanced	11-14

South Campus Tennis Courts, 3551 McKnight Road

Dates	Activity #	Time	Level	Ages
July 7-24	4610.415	9 am	Beg	7-9
July 7-24	4610.416	10 am	Beg/Inter	9-11
July 7-24	4615.406	11 am	Advanced	11-14

TENNIS PROGRAMS



Youth Evening Tennis Lessons

Classes must have a minimum of eight players.

Beg/Intermediate, Ages 7-10

4610.424 6 Sessions Wed
June 11-July 23 6:30-8 pm
\$75 North Campus
No class July 2 Tennis Courts

Intermediate/Advanced Ages 10-14

4610.421 6 Sessions Thu
June 12-July 24 6:30-8 pm
\$75 North Campus
No class July 3 Tennis Courts

Adult and Child Evening Tennis Lessons

Sign up as a pair and learn the lifelong sport of tennis. A child, age 7-18, and an adult, 18 or older, must register as a pair. Lessons are limited to eight pairs maximum and four pairs minimum.

4610.401 6 Sessions Tue
June 10-July 22 6:30-8 pm
\$110 North Campus
No class July 1 Tennis Courts

Adult Evening Tennis Lessons

Are you looking to learn or improve your game while getting a great workout at the same time? Our adult lessons are for you! Lessons will be based on level of participants. Matches will be towards the end of the sessions.

4610.402 6 Sessions Mon
June 9-July 21 6:30-8 pm
\$85 North Campus
No class June 30 Tennis Courts

USA Team Tennis White Division

10-14 year olds

This is a midlevel program. Players should have match play experience and be able to sustain a slow-paced rally of several shots with someone of the same ability using both forehand and backhand strokes. This is a White Bear Lake area team playing matches in a league with teams from surrounding communities.

A minimum of eight players is required. There will be no practices or matches the week of June 30.

4621.400 12 sessions Mon, Wed
June 9-July 23 1:30-3:30 pm
\$90 North Campus
Tennis Courts

USA Team Tennis Blue Division

15-18 year olds

Although this division is aimed at Varsity and Jr. Varsity players, beginners in this age group are also invited to play. This is a White Bear Lake area team playing matches in a league with surrounding communities.

Teams may be formed based on ability. A minimum of eight players is required. There will be no practices or matches the week of June 30.

4622.400 12 sessions Tue, Thu
June 10-July 24 1:30-3:30 pm
\$90 North Campus
Tennis Courts

Open Tennis

Starts Thursday, June 5, 6:30-9 pm at South Campus. If you have questions, please call Becky Kvitrud 651-429-1504.

T-BALL & BASEBALL

Little Sluggers

The White Bear Lake Community Services & Recreation Department is offering daytime and evening Little Sluggers T-Ball for children that are entering Kindergarten in the 2014-15 school year and live within the White Bear Lake Area School District. This is an introductory program to the game of T-Ball for those children who have not participated in an organized T-Ball program.

This program provides children with the opportunity to learn the basic fundamentals of hitting, throwing, fielding, and team work. This will be done in an atmosphere that promotes fun and positive self-esteem. All practices will be at the site that you register for. There will be some game time scheduled during the program. All participants will receive a T-Shirt. Cost for program is \$35.

Daytime Program

Otter Lake School

1401 County Road H2
Wednesday Mornings June 11-July 23

Activity #	Time
4650.430	9-10 am (Session 1)
4650.431	10:15-11:15 am (Session 2)

Evening Program

Hugo Lions Park

5524 Upper 146th Street
Tuesday Evenings June 10-July 22

Activity #	Time
4650.432	6-7 pm (Session 1)
4650.433	7:15-8:15 pm (Session 2)

Matoska World School

2530 Spruce Place
Wednesday Evenings June 11-July 23

Activity #	Time
4650.434	6-7 pm (Session 1)
4650.435	7:15-8:15 pm (Session 2)

Each session will be limited to 30 participants. If there are not enough participants, the two sessions will be combined. This program will run for 6 weeks. No practices the week of June 30.



T-Ball & Baseball

The White Bear Lake Community Services & Recreation Department is offering daytime and evening T-Ball and Instructional Baseball for children that have completed Kindergarten or are ages 6, 7, or 8 and live within the White Bear Lake Area School District. This program provides children with the opportunity to learn the basic fundamentals of hitting, throwing and fielding. This will be done in an atmosphere that promotes fun and positive self-esteem. Each session meets two times per week.

The fee for T-Ball and Instructional Baseball is \$60 which includes a t-shirt.

Game schedules and t-shirts will be available through the coaches approximately June 18.

T-Ball

This level is for boys and girls that have completed Kindergarten or are ages 6, 7, or 8 and are at the first stage of learning about the sport. All hitting will be done from a tee, and basic fundamentals of hitting, fielding, throwing and being part of a team will be taught.

Instructional Baseball

This level is for boys and girls age 7 or 8 that have success hitting a pitched ball, throwing and catching. The fundamentals as listed above will also be stressed.

T-BALL & BASEBALL

Daytime Site Locations

Hugo Lions Park

5524 Upper 146th Street

Otter Lake Elementary

1401 County Road H2

T-Ball

8:45-10 am June 10-July 24 \$60

Activity #	Days	Site
4650.402	Tue & Thu	Hugo
4650.406	Tue & Thu	Otter

Instructional Baseball

10:15-11:30 am June 10-July 24 \$60

Activity #	Days	Site
4655.402	Tue & Thu	Hugo
4655.406	Tue & Thu	Otter

Little Sluggers, T-Ball & Baseball

Registration Deadline May 9

Registration will begin March 10 online:

www.whitebearregistration.org

Confirmations & Transfers

Confirmations are not sent out. Please keep a record of your site and time. Requests to transfer between sessions will be assessed a \$5 service fee.

Cancellations

Programs will meet rain or shine. Cancellations will be made at the field if there is inclement weather. Cancellations due to weather will not be made-up.

Programs will not meet the week of June 30.

Evening Site Locations

Matoska World School

2530 Spruce Place

Hugo Lions Park

5524 Upper 146th Street

Birch Lake Elementary

1616 Birch Lake Ave

T-Ball

5:30-6:45 pm June 9-July 24 \$60

Activity #	Days	Site
4650.409	Tue & Thu	Matoska
4650.410	Mon, Wed	Birch
4650.411	Mon, Wed	Hugo
4650.412	Tue & Thu	Birch

Instructional Baseball

7-8:15 pm June 9-July 24 \$60

Activity #	Days	Site
4655.409	Tue & Thu	Matoska
4655.410	Mon, Wed	Birch
4655.411	Mon, Wed	Hugo
4655.412	Tue & Thu	Birch

Both T-Ball and Instructional baseball will begin either June 9 or June 10, depending on your starting day. There will be five practice sessions at your selected site. Games will start either June 23 or June 24 and will end the week of July 21. Neither program will meet the week of June 30.



SOFTBALL & BASEBALL



2014 Youth Rec Baseball/Softball Leagues

Games will be played on weekday evenings at local fields in the White Bear Lake Area School District. The games are scheduled to start the first week of June, with play-offs planned to finish approximately August 1. Registration is based on current grade level.

Elementary School Age Boys & Girls Leagues

	League	Birthday	Game Days	Price
7200.400	10 & Under Girls Softball	11th Birthday	Tue / Thur	\$45
7200.401	12 & Under Girls Softball	13th Birthday	Tue / Thur	\$65
7100.400	2nd & 3rd Gr. Boys Baseball		Tues / Thur	\$45
7100.401	4th & 5th Gr. Boys Baseball		Tue / Thur	\$65

Middle School/High School Age Boys & Girls Leagues

	League	Birthday	Game Days	Price
7100.401	6th & 7th Gr. Boys Baseball		Mon / Wed	\$65
7200.402	14 & Under Girls Softball	15th Birthday	Mon / Wed	\$65
7200.403	16 & Under Girls Softball	17th Birthday	Tue / Thur	\$65
7200.404	19 & Under Girls Softball	20th Birthday	Tue / Thur	\$65
7200.405	Senior Co-ed Softball	20th Birthday	Fri Eve/DbI Hders	\$65

Any boy or girl who on or before January 1, reaches the birthday listed above is not eligible to participate in that age division.

Registration Deadline - April 18

If You are Interested in Coaching

Contact Jeff Stottlemyer at jeff.stottlemyer@isd624.org or 407-7506.

EARLY CHILDHOOD PROGRAMS

Programs and Activities for Parents/Guardians and their Infant, Toddler and Preschool Children

The Early Childhood Program provides services and classes for families with children from birth to kindergarten. The program seeks to strengthen families, boost parenting skills and parental confidence, and help young children develop their physical, cognitive and social potential. All families are welcome.



Early Childhood Programs

- ◆ Early Childhood Family Education (ECFE)
- ◆ White Bear Lake Area Preschool
- ◆ Early Childhood Screening
- ◆ Outreach programs and services, Special Education programs and services, home visits, and much more!

Program Brochures

Program brochures are available at any of the program sites, the Community Services office, or online at www.whitebearearlychildhood.org

Registrations are accepted throughout the year. For ongoing registration, call (651) 653-3100 or register online at www.wblearlychildhoodregistration.org

Program Sites

Hugo Elementary

14895 Francesca Ave, Hugo

Normandy Park Education Center

2482 East Cty Rd F, White Bear Lake

Tamarack Nature Center

5287 Otter Lake Rd,
White Bear Township

Early Childhood Family Education (ECFE)

Early Childhood Family Education provides parent-child experiences for children from birth to five years of age.

White Bear Lake Area Preschool

Registrations are being accepted for preschool classes at Hugo Elementary, Normandy Park Education Center and Tamarack Nature Center.

Program Highlights:

- ◆ Professional licensed and trained staff in every classroom
- ◆ Low staff/student ratio
- ◆ Curriculum that meets the state standards
- ◆ Ongoing assessment to measure students' growth in all areas of early childhood development
- ◆ Specialists on-site to meet individual needs
- ◆ Playground and gym designed and equipped especially for young children



YOUTH SPORTS GUIDE



This is a general information guide on the sports opportunities available to youth in the White Bear Lake Area School District. Questions about specific information, tryout dates and seasons should be directed to the contacts below. Information about recreational, high school and middle school sports is distributed through brochures in the schools. *Unless noted, all area codes are 651.*

General Information

Community Services and Recreation Department 407-7501

Recreational Sports

Jeff Stottlemeyer, Community Services Coordinator 407-7506

Youth Enrichment & Development

Richard Chakolis, Community Services Coordinator 407-7508

Youth Tennis

Jon Anderson, Community Services Coordinator 407-7508

High School Sports

South Campus Athletic Office 773-6206
North Campus Athletic Office 653-2933

Middle School Sports

Middle School Athletic Director
Jeff Stottlemeyer, Community Services Coordinator 407-7506
Central Middle School
Michelle Hubbard, Central Athletics 407-7505
Sunrise Park Middle School
Elizabeth Boleen, Sunrise Athletic Secretary 653-2706

Vadnais Park and Recreation Sports

Vadnais Heights Park and Recreation Department 204-6000

YOUTH SPORTS GUIDE



Organization	Contact	Website	Telephone
Baseball Association	Kurt Henriksen	www.whitebearbaseball.com	407-9532
Basketball	Dave Kanipes	www.whitebearbasketball.com	334-9078
Bowling Club	Joe Mason	wblhsbowling@yahoo.com	239-5389
Cheerleading	Heather Leaf	www.whitebearcheer.com	226-6209
Football	Lyle Hoff	www.wbyouthfootball.org	387-2084
Gymnastics -FL!PS	Lori Roskoski	www.flipsgym.com	777-4776
Hockey	Kevin McFarlane	www.wblhockey.com	773-4097
Lacrosse	Mark Woodcock	www.wblax.com	274-3046
Soccer	Jonathon Staruk	www.whitebearsoccer.org	653-1036
Softball	Bill Cannon	www.wbafsa.com	395-9325
Speedskating	Roseville Parks & Recreation	www.rosevillespeedskating.org	792-7007
Ultimate Frisbee	Ken Auger	www.wblultimate.org ken.1.auger@smail.com	
Volleyball	Peggy Pohto	www.whitebearvolleyball.org	387-2992
Waterskiing	Tina Lobin - Bald Eagle Ski Club		653-8871
	Melissa Loughlin - Ski Otters		(612) 239-0145
Wrestling	Russ Lawrence		253-6429

Facilities

Hippodrome Ice Arena		
Jon Anderson - Community Services Coordinator		407-7508
Hippodrome Office		653-2699
White Bear Area YMCA		777-8103
Ramsey County Arena		748-2515
Tamarack Nature Center		407-5350
White Bear Lake Area Public Schools Facility Reservation Line		407-7503
White Bear Armory		429-8572
White Bear Sports Center		429-8572

SCHOOL LOCATIONS

1 White Bear Lake Area High School North Campus (WBNC)
5045 Division Avenue
White Bear Lake, MN 55110
Phone: 653-2920 Fax: 653-2630

2 White Bear Lake Area High School South Campus (WBSC)
3551 McKnight Road
White Bear Lake, MN 55110
Phone: 773-6200 Fax: 773-6215

3 Golfview (ALC)
2449 Orchard Lane
White Bear Lake, MN 55110
Phone: 773-6400 Fax: 773-6402

4 Central Middle School (CMS)
4857 Bloom Avenue
White Bear Lake, MN 55110
Phone: 653-2888 Fax: 653-2885

Hippodrome Ice Arena
(located in front of CMS)
4855 Bloom Avenue
White Bear Lake, MN 55110
Phone: 653-2699

5 Sunrise Park Middle School (SMS)
2399 Cedar Avenue
White Bear Lake, MN 55110
Phone: 653-2700 Fax: 653-2716

6 Birch Lake Elementary
1616 Birch Lake Avenue
White Bear Lake, MN 55110
Phone: 653-2776 Fax: 653-2778

7 Hugo Elementary
14895 Francesca Avenue
Hugo, MN 55038
Phone: 653-2798 Fax: 653-2800

8 Lakeaires Elementary
3963 Van Dyke Street
White Bear Lake, MN 55110
Phone: 653-2809 Fax: 653-2811

9 Lincoln Elementary
1961 Sixth Street
White Bear Lake, MN 55110
Phone: 653-2820 Fax: 653-2822

10 Oneka Elementary
4888 Heritage Parkway North
Hugo, MN 55038
Phone: 288-1800 Fax: 288-1899

11 Otter Lake Elementary
1401 County Road H2
White Bear Township, MN 55110
Phone: 653-2831 Fax: 653-2833

12 Matoska International
2530 Spruce Place
White Bear Lake, MN 55110
Phone: 653-2847 Fax: 653-2849

13 Vadnais Heights Elementary
3645 Centerville Road
Vadnais Heights, MN 55127
Phone: 653-2858 Fax: 653-2860

14 Willow Lane Elementary
3375 Willow Avenue
White Bear Lake, MN 55110
Phone: 773-6170 Fax: 773-6176

15 Normandy Park Education Center (NPEC)
Early Childhood Program
2482 East County Road F
White Bear Lake, MN 55110
Phone: 653-3100 Fax: 653-3155

Senior Program
2484 East County Road F
White Bear Lake, MN 55110
Phone: 653-3121 Fax: 653-3127

16 District Center (WBDC)
4855 Bloom Avenue
White Bear Lake, MN 55110
Phone: 407-7500 Fax: 407-7502

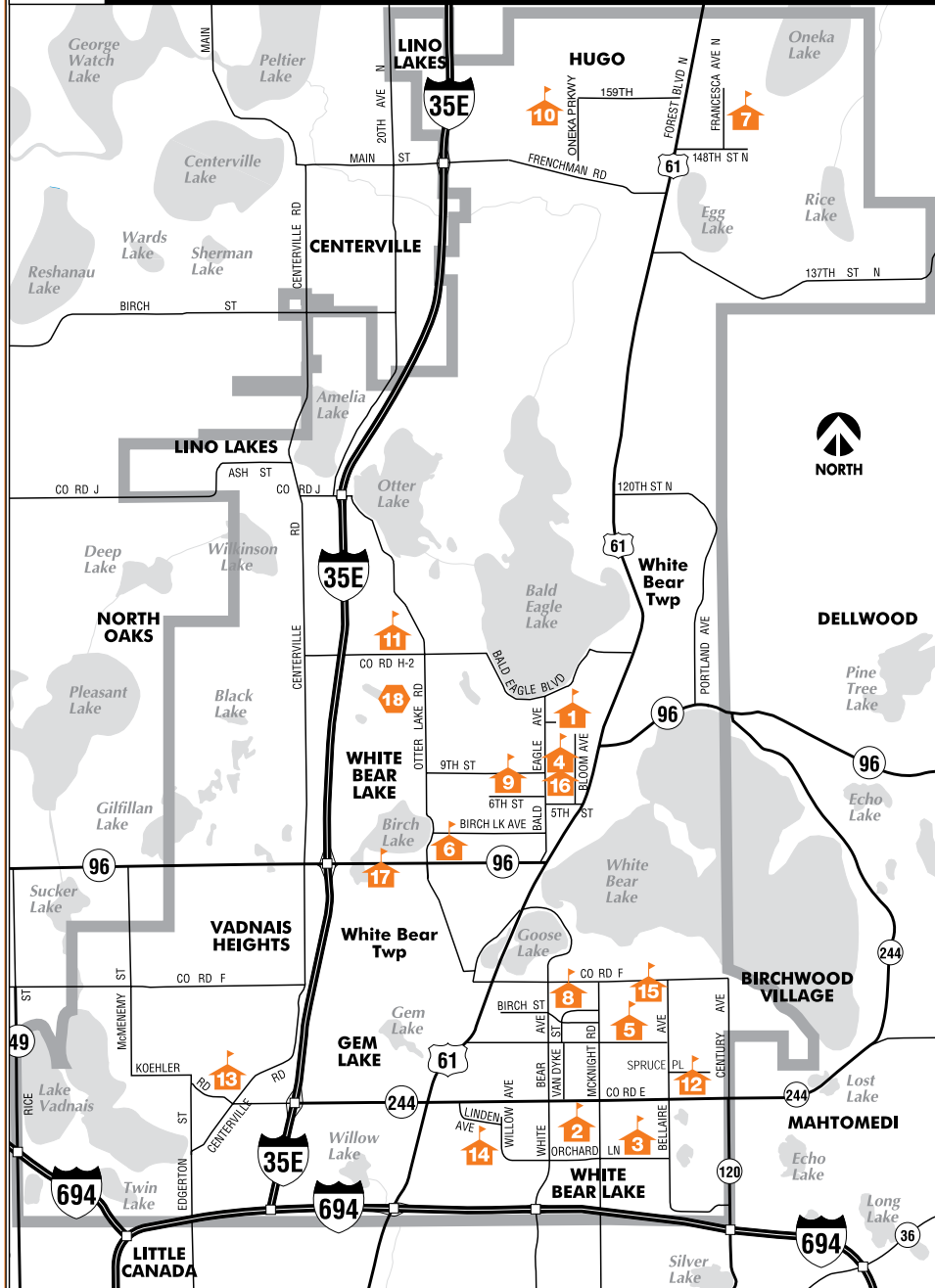
17 White Bear Sports Center
1328 Highway 96
White Bear Lake, MN 55110
Phone: 429-8571 Fax: 429-8545

18 Tamarack Nature Center
5827 Otter Lake Road
White Bear Township, MN 55110
Phone: 407-5350 Fax: 407-5354

All area codes are 651

SCHOOL LOCATIONS

WB 694 White Bear Lake Area Public Schools



DISTRICT INFORMATION

I.S.D. #624 Board of Education

Kim Chapman, Chris Hiniker, George Kimball, Donald Mullin, Janet Newberg, Cathy Storey and Lori Swanson

Dr. Michael Lovett, Superintendent of Schools

I.S.D. #624 Mission Statement

The mission of the White Bear Lake Area School District is to provide a high-quality educational experience for all learners.

To accomplish our mission, we believe that a high-quality educational experience must:

- ◆ Be in partnership with the community;
- ◆ take place in a safe, supportive, challenging environment;
- ◆ develop life-long learners;
- ◆ allow each learner to reach full potential; and
- ◆ encourage each learner to be a contributing member of a global society.

Community Services and Recreation Department Mission Statement

The mission of the White Bear Lake Area School District Community Services and Recreation Department is to provide a wide range of services and opportunities that enhance the quality of life for all members of the community.

School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

Two-Hour Late Start

Morning Community Services, Early Childhood Program, Senior Program activities, as well as Extended Day before-school sessions and Extended Day AM kindergarten sessions will be cancelled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

No School

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be cancelled.

Early Dismissal

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be cancelled for the balance of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.

COMMUNITY SPONSOR

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- Birthday parties
- Camps and field trips
- Open gym
- USAG competitive teams



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651.777.4776

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White Bear Lake, MN 55110

FREE TRIAL CLASS

Good for one FREE trial gymnastics
class at FL!PS Gymnastics.

For new students only.

Call today!

COMMUNITY PROGRAMS



Community Action Head Start

www.capr.w.org
Free Preschool to income eligible families.

White Bear Center for the Arts

www.whitebeararts.org
(651) 407-0597

MacPhail Center for Music

www.macphail.org
(612) 321-0100

City of White Bear Lake CPR/First Aid Classes

www.whitebearlake.org
(651) 429-8568
cvoss@whitebearlake.org

Tamarack Nature Center

www.co.ramsey.mn.us/parks/tamarack/index.htm
(651) 407-5350

White Bear Lake Sports Center

www.whitebearlake.org
(651) 429-8571

White Bear Lake Armory

www.whitebearlake.org
(651) 429-8571

Vadnais Sports Center

www.vadnaissportscenter.com
(651) 481-1000

White Bear Area YMCA

www.ymcatwincities.org
(651) 777-8103

City of Hugo

www.ci.hugo.mn.us
(651) 762-6300

White Bear Lake Area Historical Society

www.whitebearhistory.org
(651) 407-5327

Suburban Community Channels

www.scc.tv.org
(651) 426-7338

White Bear Sailing School

www.whitebearsailingschool.org
(651) 429-8395

Washington County Community Services

www.co.washington.mn.us
(651) 430-6455

MOMS Club of White Bear Lake

wblvhmomsclub@yahoo.com

Lakeshore Players

www.lakeshoreplayers.com
(651) 429-5674

REGISTRATION & INFORMATION



Online Registration

\$2 off when you register online

Use coupon code: *wblonline*

- ◆ Step 1: Visit:
www.whitebearregistration.org
- ◆ Step 2: If you do not have an account, click on *Create Account*.

Enter in all of the contact information and create a password. Your email will be your login.

- ◆ Step 3: Register for classes online.

Facility Reservations

facilities@isd624.org

All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voice Mail Line, (651) 407-7503, or email your request to: facilities@isd624.org.

Requests should be made at least one week prior to desired reservation date. When the date is less than one week, we will do our best to accommodate your request, but some requests may not be available.

Your request will be responded to within two working days.

UCare Discount

UCare members may be eligible for a \$15 discount on most classes in this catalog. If a class is less than \$15, the member may take the class free of charge. UCare for Seniors members are limited to one \$15 discount per year. Members must be on UCare at the time of registration, and through the duration of the class(es).

UCare members must call or mail-in registration to received discount. Members need to include their UCare ID number when registering. This discount cannot be used for the following classes: Private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips.

Your Privacy is Important to Us

The registration information you provide to WBLAS Community Services and Recreation is considered private data under state and federal law.

We use the information you provide for the purposes of administering the activity and contacting you about upcoming activities, events or activity changes.

While you may choose to withhold this information, this could limit the distribution of information to the participant or instructor (e.g., no team roster or class list).

Access to contact information is limited to individuals involved in the activity.

REGISTRATION

Sign Up Today



Online

Use coupon code *wblonline* to save \$2 when you sign up for our classes and activities on our secure website at www.WhiteBearRegistration.org



Mail

You can mail your sign-up form and payment to the following address. Checks should be made payable to Community Services.

*Community Services
4855 Bloom Avenue
White Bear Lake, MN 55110*



Fax

You can fax your sign-up form with credit card authorization to (651) 407-7502.



Walk In

You are always welcome to come in and sign up in person. The Community Services office is located in the White Bear Lake Area School District Center, Room 106 at 4855 Bloom Avenue. The District Center is adjacent to Central Middle School.

Office hours are 7:30 am-4:30 pm. An after-hours drop box is available outside the office.

Refunds & Prorating

Full refunds or credits are given if the class is canceled or filled. If you withdraw from a class, an administrative/processing fee will be charged based on the amount of the registration. Classes under \$50 have a \$5 refund processing fee, \$50-\$149 have a \$10 refund processing fee, \$150-\$399 have a \$20 refund processing fee, and \$400 and up have a \$30 refund processing fee. Refunds are not issued after a class has begun. Notify Community Services if you need to cancel out of a class immediately. There are no prorated fees for classes.

Class Confirmation

Community Services does not send class confirmations unless you provide an email address. Assume that you are in the class and that it will be held at the time and place indicated. Community Services will contact you by telephone or mail if there is a change.

Please list a daytime telephone number so Community Services can reach you if a class is cancelled at the last minute. Community Services assumes no responsibility for reaching those who do not provide a daytime telephone number.

UCare Discount

All UCare Minnesota members may take up to a \$15 discount per class on most classes. See page 53 for complete details.

Fee Assistance

Community Services strives to make each activity, class, program or service high in value and quality. If your financial circumstances prohibit you from signing up, please call to arrange a payment plan or to inquire about fee assistance.

Do You Have a Disability?

Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call to discuss accommodations.

Satisfaction Guaranteed

Please call if you are not satisfied with any Community Services and Recreation Department class or activity in which you participated.

Questions?

If you have questions about anything contained in this catalog, please call the appropriate telephone number on page 3 or the Community Services and Recreation Department general telephone number (651) 407-7501.

**White Bear Lake Area Schools
Community Services & Recreation Department**

4855 Bloom Avenue, White Bear Lake, MN 55110

Sign up online at www.WhiteBearRegistration.org

Class Name	Class Number	Location	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Participant's Name _____ Total Fee _____

Address _____ City _____

E-mail _____ State _____ ZIP _____

Day Phone (____) _____ Evening Phone (____) _____

If a minor: Birth date ___/___/___ Grade ___ School _____ Female ___ Male ___

Parent/Guardian Name _____ Cell Phone _____

Emergency Contact (other than parent) _____

Emergency Contact Phone (____) _____

If an after-school program: At the end of the program, my child will:

Be picked up ___ **Transport him/herself home** ___ **Return to Extended Day** ___

Do you or your child have any special needs we should be aware of? _____

Payment Type: Check ___ Cash ___ Charge my: Visa _____ MasterCard _____

Credit Card # _____ Expiration Date _____

Cardholder's Name (print) _____

Billing Street Address/zip _____

Signature _____

 Member Number _____

**White Bear Lake Area Schools
Community Services & Recreation Department**

4855 Bloom Avenue, White Bear Lake, MN 55110

Sign up online at www.WhiteBearRegistration.org

Class Name	Class Number	Location	Fee
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Participant's Name _____ Total Fee _____

Address _____ City _____

E-mail _____ State _____ ZIP _____

Day Phone (____) _____ Evening Phone (____) _____

If a minor: Birth date ___/___/___ Grade ___ School _____ Female ___ Male ___

Parent/Guardian Name _____ Cell Phone _____

Emergency Contact (other than parent) _____

Emergency Contact Phone (____) _____

If an after-school program: At the end of the program, my child will:

Be picked up ___ **Transport him/herself home** ___ **Return to Extended Day** ___

Do you or your child have any special needs we should be aware of? _____

Payment Type: Check ___ Cash ___ Charge my: Visa _____ MasterCard _____

Credit Card # _____ Expiration Date _____

Cardholder's Name (print) _____

Billing Street Address/zip _____

Signature _____

 Member Number _____



Kiddie Carnival

Friday, June 20 12-3pm at Podvin Park

Every game is a quarter

Lil Cub Football Camp

Grades K-5

Learn the fundamentals of football, including 3 point stance, tackling, throwing and catching.

Youth Summer Programs

Youth Academic & Enrichment Camps

Language Camp, Mad Science, Lego X, Gateway Academy

Sport Camps

Archery, Baseball & Softball, Basketball, Cheerleading, Fencing, Golf, Skateboarding, T-Ball, Tennis, Track, Volleyball

And many, many other great opportunities

Babysitting training, dance camp and fishing

Playground Program

Playground & Pre-Playground for Ages 3 ½ to 5

White Bear Lake Area Schools
Community Services & Recreation Department
4855 Bloom Avenue, Room 106
White Bear Lake, MN 55110-2371

Non-Profit
Organization
US Postage
PAID
Twin Cities, MN
Permit No. 183

ECRWSS
Postal Customer

**Check out our summer programs for children
ages birth to 5**