

St. Michael-Albertville
COMMUNITY EDUCATION
Spring & Summer **2019**



Registration Begins April 4
LIFELONG LEARNING FOR ALL AGES
stma.ce.eleyo.com
763-497-6550



Welcome	Youth Enrichment 20-27
Aquatics 3-6	Fine Arts 28-29
Gymnastics 7	Middle and High School 30-31
Youth Sports 8-16	Adult Enrichment/Trips 32-35
Early Childhood 16-19	Health and Wellness 36-38

Office Staff

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Coordinator**
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Advisory Council

The Community Education Advisory Council represents a cross-section of District 885. The Advisory Council meets quarterly to help identify, coordinate, and evaluate the educational, recreational, social, and cultural opportunities for district residents of all ages. Members of the Advisory Council welcome your ideas, concerns, suggestions and questions.

If you would like to become an Advisory Council member, contact Maryellen Barthel, Director of Community Education: maryellenb@mystma.org



SCHOOL ABBREVIATIONS

- AP Albertville Primary
- SE St. Michael Elementary
- BW Big Woods Elementary
- FE Fieldstone Elementary
- MW Middle School West
- ME Middle School East
- HS High School
- CE Community Education Center
- AC Activity Center @ High School

Aquatics

Summer Pool Schedule

St. Michael - Albertville Middle School East Pool

The STMA swimming pool is located at:

STMA Middle School East
4862 Naber Ave NE
St. Michael 55376

763-497-3554

Open Swim

Lifeguard supervised recreational swimming with friends and family.

June 5-August 8
No Open Swim July 1-4
M-W 2-3:30pm
Th 1-3:30pm

Lap Swim

W June 5-August 28
No Lap Swim July 3
7:30-9 pm

Daily Admission

Children 4 and under: Free
Students & Adults: \$3 each
Family (immediate family): \$6
Children 7 and under must be accompanied by an adult in the water.

Pool Pass

Purchase at the pool:
Valid from June 5-August 1, 2019
Individual \$50/Family \$75



Aqua Aerobics

Aqua Aerobics is a terrific way to have fun, stay in shape, tone muscles and improve cardiovascular endurance. It's a perfect workout for water lovers. Come and join this great class.

Punch cards may be purchased from the instructor. Punch cards are \$90 for 18 classes or try a class for \$5. Everyone is welcome!

Classes are ongoing

Instructor: Lori Schoenborn

M/W/F 7:30-8:20 am
No Class June 21 or July 1-5

Registration for Lessons

Begins April 4 at 12:01 am

It's fast, it's easy, and there are **NO LINES!**

Register online at:
www.stma.ce.eleyo.com.
Call Cindy Jones at MSE Pool with any questions:
763-497-2655 ext. 3554

Please select the correct swim level for your child:

Refer to your child's card or certificate received at their last swimming lesson, or use the class descriptions on pages 4 and 5 to determine which level your child should take. Descriptions include specific skills and abilities your child will need to enroll in each level.



Registration begins April 4 at stma.ce.eleyo.com



Swimming Lessons Ages 5 and under

Parent Tot and Dolphin are introductory classes. Students will not receive a Red Cross Certificate.

\$42 District Resident, \$52 Non-Resident / Mini-sessions - \$22 District Resident, \$32 Non-Resident

Parent/Tot

Children 18 months to 3 years old accompanied by parent in the water. Children not yet toilet trained are required to wear a swimsuit diaper. Maximum 16

Dolphin

Participants MUST be 4 years old by the start of the class. No water experience required. Parents DO NOT need to get in the water with their child. This class is an introduction to the aquatic environment for children without the help of a parent. Maximum 8



Register now!

Summer classes tend to fill quickly. For more information or to register visit www.stma.ce.eleyo.com

Session 1

June 5-14

W-F, M-F 8 sessions \$42

Dolphins

- 806U1 9-9:30 am
- 806U2 9:30-10 am
- 806U3 3:30-4 pm
- 806U4 7-7:30 pm

Parent/Tot

- 806U5 7-7:30 pm

Session 2

June 17-27

M-TH 8 sessions \$42

Dolphins

- 806U6 10-10:30 am
- 806U7 10:30-11 am
- 806U8 11-11:30 am
- 806U9 11:30-12 pm
- 806U10 3:30-4 pm
- 806U11 7-7:30 pm

Parent/Tot

- 806U12 7-7:30 pm

Session 3

July 8-11 *Mini Session

M-Th 4 sessions \$22

Dolphins

- 806U13 11-11:30 am
- 806U14 11:30-12 pm
- 806U15 12-12:30 pm
- 806U16 12:30-1 pm
- 806U17 3:30-4 pm
- 806U18 7-7:30 pm

Parent/Tot

- 806U19 7-7:30 pm

Session 4

July 15-25

M-TH 8 sessions \$42

Dolphins

- 806U20 9-9:30 am
- 806U21 9:30-10 am
- 806U22 11-11:30 am
- 806U23 11:30-12 pm
- 806U24 3:30-4 pm
- 806U25 7-7:30 pm

Parent/Tot

- 806U26 7-7:30 pm

Aquatics



Red Cross Swim Lessons Level 1-6

Children MUST be at least 5 years old to participate. Please refer to your child's card or certificate received at their last swimming lesson, or use the following information to determine which level your child should take.

\$62 District Resident / \$72 Non-District Resident

Mini-sessions: \$32 District Resident / \$42 Non-District Resident

Level 1 - Intro to Water Safety

Participants learn to: Enter and exit water safely, submerge mouth, nose and eyes, float on front and back, exhale underwater through mouth and nose, pick up submerged object, explore arm and hand movements, and swim on front and back using arm and leg actions. Max. 12

Level 2 - Fundamental Aquatic Skills

Participants learn to: Enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, pick up a submerged object, float on front and back using combined strokes, and tread water using arm and leg motions. Max. 12

Level 3 - Stroke Development

Participants learn to: Jump into deep water from the side, dive from kneeling or standing position, bob with the head fully submerged, use rotary breathing in horizontal position, perform front and back glide, perform survival float, perform front and back crawl, dolphin kick and body motion, perform a reaching assist, and change from horizontal to vertical position on front and back. Max. 12

Level 4 - Stroke Improvement

Participants learn to: Perform shallow dive or dive from stride position, swim underwater, perform feet-first surface dive, perform open turns on front and back using any stroke, tread water using sculling arm motions and kick and perform: Breaststroke, Butterfly, Front and Backstroke, Elementary backstroke, and use safe diving rules. Max. 12

Level 5 - Stroke Refinement

Participants learn to: Tread water with two different kicks and learn survival swimming. Must perform the following: Standing dive, tuck and pike surface dive, backstroke flip turn, shallow dive, glide two body lengths and begin any front stroke, freestyle and backstroke, elementary backstroke, butterfly, breaststroke, and front flip turn. Max. 8

Level 6 - Swimming & Skill Proficiency

Level 6 has four areas of focus. Participants will work on endurance and turns for five strokes: Freestyle, backstroke, breaststroke, elementary backstroke and butterfly.

Personal Water Safety- Emphasizes safety skills for the individual.

Lifeguard Readiness- Preparation class for the lifeguard course. Teaches safety for self and how to help others.

Fundamentals of Diving- Teaches safe diving skills for diving from the side of the pool and from a diving board.

Fitness Swimmer- Teaches how to make swimming a lifelong way to stay fit.

Private Lessons

Private lessons are available upon request. Dates and times depend on instructor availability. Please call Cindy at 497-2655 ext. 3554 for more information.



Red Cross Swim Lessons Level 1-6

\$62 District Resident, \$72 Non-Resident / Mini-sessions - \$32 District Resident, \$42 Non-Resident

Session 1

June 5-14

W-F, M-F 8 sessions

Level 1

- 806U27** 9-9:50 am
- 806U28** 11-11:50 am
- 806U29** 12-12:50 pm
- 806U30** 4-4:50 pm
- 806U31** 6-6:50 pm

Level 2

- 806U32** 9-9:50 am
- 806U33** 10-10:50 am
- 806U34** 12-12:50 pm
- 806U35** 4-4:50 pm
- 806U36** 5-5:50 pm

Level 3

- 806U37** 10-10:50 am
- 806U38** 11-11:50 am
- 806U39** 12-12:50 pm
- 806U40** 4-4:50 pm
- 806U41** 6-6:50 pm

Level 4

- 806U42** 11-11:50 am
- 806U43** 5-5:50 pm

Level 5

- 806U44** 10-10:50 am
- 806U45** 6-6:50 pm

Level 6

- 806U46** 5-5:50 pm

Session 2

June 17-27

M-Th 8 sessions

Level 1

- 806U47** 10-10:50 am
- 806U48** 4-4:50 pm
- 806U49** 5-5:50 pm
- 806U50** 6-6:50 pm

Level 2

- 806U51** 9-9:50 am
- 806U52** 11-11:50 am
- 806U53** 12-12:50 pm
- 806U54** 4-4:50 pm
- 806U55** 5-5:50 pm

Level 3

- 806U56** 9-9:50 am
- 806U57** 10-10:50 am
- 806U58** 4-4:50 pm
- 806U59** 6-6:50 pm

Level 4

- 806U60** 9-9:50 am
- 806U61** 12-12:50 pm
- 806U62** 5-5:50 pm

Level 5

- 806U63** 11-11:50 am
- 806U64** 6-6:50 pm

Level 6

- 806U65** 12-12:50 pm



Session 3

July 8-11 *Mini Session

M-Th 4 sessions

Level 1

- 806U66** 9-9:50 am
- 806U67** 11-11:50 am
- 806U68** 4-4:50 pm
- 806U69** 5-5:50 pm
- 806U70** 6-6:50 pm

Level 2

- 806U71** 9-9:50 am
- 806U72** 10-10:50 am
- 806U73** 12-12:50 pm
- 806U74** 4-4:50 pm
- 806U75** 5-5:50 pm

Level 3

- 806U76** 9-9:50 am
- 806U77** 10-10:50 am
- 806U78** 6-6:50 pm

Level 4

- 806U79** 12-12:50 pm
- 806U80** 4-4:50 pm

Level 5

- 806U81** 10-10:50 am
- 806U82** 5-5:50 pm

Level 6

- 806U83** 11-11:50 am
- 806U84** 6-6:50 pm

Session 4

July 15-25

M-Th 8 sessions

Level 1

- 806U85** 10-10:50 am
- 806U86** 11-11:50 am
- 806U87** 4-4:50 pm
- 806U88** 5-5:50 pm

Level 2

- 806U89** 9-9:50 am
- 806U90** 11-11:50 am
- 806U91** 12-12:50 pm
- 806U92** 5-5:50 pm
- 806U93** 6-6:50 pm

Level 3

- 806U94** 9-9:50 am
- 806U95** 12-12:50 pm
- 806U96** 5-5:50 pm
- 806U97** 6-6:50 pm

Level 4

- 806U98** 10-10:50 am
- 806U99** 4-4:50 pm

Level 5

- 806U100** 12-12:50 pm
- 806U101** 6-6:50 pm

Level 6

- 806U102** 10-10:50 am
- 806U103** 4-4:50 pm

STMA Diving Camp

Ages 5-18

The camp is open to all boys and girls ages 5-18 and will emphasize safety and quality diving instruction in all aspects of the sport. No previous diving experience required. The ability to swim 25 yards (across the pool) is required. Space is limited. Questions? Contact Tammy at 612-889-1451 or tammyjchristensen@hotmail.com.

Tammy Christensen and Jamie Larson

M/W/F 7-9 am ME, Pool

\$60 District Resident / \$70 Non-Resident

- | | |
|--|---------------------------------|
| 808U1 June 17, 19, 21 | 808U5 July 15, 17, 19 |
| 808U2 June 24, 26, 28 | 808U6 July 22, 24, 26 |
| 808U3 July 8, 10, 12 | 808U7 July 29, 31, Aug 2 |
| 808U4 Aug 5, 7, 9 (MS/HS ages only) | |

Gymnastics

GKG Gymnastics

M June 10 - Aug 19 No class July 1
 T June 11 - Aug 20 No class July 2
 W June 12 - Aug 14 No class July 3
 Th June 13 - Aug 15 No class July 4
 No Fridays during summer session

Middle School EAST Gymnastics Room
 Bre Fowler and Christy Dahmen
 STMA.GKG.coaches@gmail.com

Students should wear a leotard or form fitted clothing. For safety reasons, No Stocking Feet Allowed! For all classes, Age 6 and older, hair should be pulled away from the face with a snug hairpiece.

Mommy/Daddy and Me

Girls and Boys Ages 2 to 3 with Adult

Gymnasts will familiarize themselves with the gymnastics environment while moving in structured rotations through the apparatus. No dresses or skirts. Parent: Clothing that allows free movement and stocking feet.

472U1 T	4:30-5 pm	\$60
472U2 T	5-5:30 pm	\$60
472U3 W	9:30-10 am	\$54
472U4 W	5:30-6 pm	\$54
472U5 W	6:30-7 pm	\$54

Tumbling Tots

Girls and Boys Ages 4 & 5

Gymnasts will become familiar with the gymnastics environment, equipment, and coaches. We will begin to learn fundamental gymnastics skills while moving in structured rotations.

472U6 T	4:30-5 pm	\$60
472U7 T	5-5:30 pm	\$60
472U8 W	10-10:30 am	\$54
472U9 W	6-6:30 pm	\$54
472U10 W	7-7:30 pm	\$54

Boys Flex and Fit

Boys ages 6 and up

Class focus includes body coordination and flexibility as well as basic gymnastics skills.

472U14 M	7-8 pm	\$90
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Beginner

Girls Ages 6 + or Coach Referral

The gymnast will begin to learn fundamental skills of gymnastics.

472U11 T	5:30-6:30 pm	\$90
472U12 W	4:30-5:30 pm	\$81
472U13 Th	4:30-5:30 pm	\$81

Intermediate

Girls Age 6 + and Passed Beginner

The gymnast will learn more advanced skills in this class. Girls must be able to perform a cartwheel on floor, demonstrate jumps in a tuck, pike and straight position, have a pull up pull over on bar and show confidence and strength on uneven bars and beam.

472U15 M	7-8 pm	\$90
472U16 Th	4:30-5:30 pm	\$81

Advanced

Girls with Coaches Referral

To attend this class, the gymnasts must be able to perform a full turn on beam, back and front walkovers, power round off and pop up on vault. Gymnasts will begin to learn long hang pullover and handsprings on the vault.

472U17 M	7-8:30 pm	\$120
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Competitive Preparation

(Invite only contact Bre or Christy to schedule an evaluation)

Class is a year long commitment with practices two days a week only. There will be conditioning 30 minutes with our competitive teams. It is designed and focused on preparation for competitive gymnastics. With a possible opportunity to participate in 1-2 meets at our gym. Re-evaluation is necessary if there is a break in the session. Please no shorts.

472U18

M 6:30-8:30 pm
 Th 4-6 pm
 \$240

Girls Competitive Travel Team Program

(Girls with coach referral only)

ALL TEAMS

Monday 4-7 pm
 Tuesday 6-8:30 pm
 Wednesday 10:30-1 pm
 Thursday 5:30-8:30 pm

175U19

M, T, Th 3 days/wk
 \$438

175U20

M, W, Th 3 days/wk
 \$420

175U21

M, T, W, Th 4 days/wk
 \$506

High School training

Class is open to current HS gymnasts or students interested in competing in HS gymnastics next year.

June 10-July 25
 No Class July 1-5

472U22

M 9-11 am \$90

472U23

Th 9-11 am \$90

472U24

M, Th 9-11 am \$153

Registration begins April 4 at stma.ce.eleyo.com



Daytime Baseball

Grade K-3

The goal of the program is to learn the fundamentals of baseball and for the players to have fun. Children should bring a baseball glove and a bottle of water each day.

Josh Fischer, Blair Huggins and HS assistants

M/W June 10-July 17
(No class July 1 and 3)

\$59 1st child
\$55 2nd child in same family
MW, Softball Fields

Grade K
325U6 11 am-Noon

Grades 1-3
325U7 12:30-1:30 pm

**Sports & Enrichment
classes for Preschool Age
located on pages 16-18.**

**Tiny T-Ball
Ball Activities
Sports Sampler**

**Preschool Getaway
Art Camps**



Knights Baseball Development Camp

Grades K-3

There will be a strong emphasis placed upon individual instruction with each player being taught specific skills. Areas to be covered are catching, throwing, hitting, base running and fielding. This camp is designed for players that have less than two years of baseball experience.

Register by July 3 to receive a t-shirt. Register using the grade your child was in during the 2018-19 school year.

High School baseball coaches Paul Schumm, K.C. Solum, Jerry Kliber, Jesse Hackenmueller, Doug Sander, Lance Krupke and HS baseball players instruct this camp.

M-Th July 22-25

\$52 1st child in baseball
\$48 2nd child in same family
HS, Baseball Fields

Grade K & 1
916U1 8-9 am

Grade 2 & 3
916U2 9-10 am

STMA Sandlot Baseball

Grades 1-6

A strong emphasis placed upon individual instruction with each player being taught specific skills. Areas to be covered are catching, throwing, hitting, base running and fielding. We will work on these skills during our sandlot games.

Register by July 3 to receive a t-shirt. Register using the grade your child was in during the 2018-19 school year.

High School baseball coaches Paul Schumm, K.C. Solum, Jerry Kliber, Jesse Hackenmueller, Doug Sander, Lance Krupke and HS baseball players instruct this camp.

M-Th July 22-25

\$52 1st child in baseball
\$48 2nd child in same family
HS, Baseball Fields

Grades 1-3
916U3 10-11:15 am

Grades 4-6
916U4 11:15 am-12:30 pm



Youth Sports



STMA Youth Boys Basketball Camps

Grades K-3

This camp is designed to teach young players the basic fundamentals of basketball in a fun environment. All participants will receive a basketball. Register using the grade your child is in during the 2018-2019 school year.

Varsity Coach Johnson and staff

M-Th June 10-13
BW Gym

\$35 1st member
\$30 additional family member in boys basketball.

If you have a child in Camps U1, U2 or U3 you must pay the higher fee first

Grades K & 1

326U4 8-9 am

Grade 2

326U5 9:15-10:15 am

Grade 3

326U6 10:30-11:30 am



STMA Youth Boys Basketball Summer League

Grades 3-7

The STMA Summer League will focus on two areas: improving basic skills and having fun. Coaches will work with players to develop shooting, passing, and ball handling abilities. In addition, there will be a league for players to test out new and improved skills. Register using the grade your child is in during the 2018-19 school year. All participants will receive a t-shirt.

Varsity Coach Johnson and staff

\$65 1st member
\$60 additional family member in basketball
MW, Gym

Grades 6 & 7

326U2 M/W June 10-July 24
(No League July 1 - 5)
8-10 am

Grades 4 & 5

326U3 T/Th June 11-July 25
(No League July 1 - 5)
8-10 am

Grade 3

326U7 M/W July 8-24
\$32 10-11:30 am

*Please note this league is July only

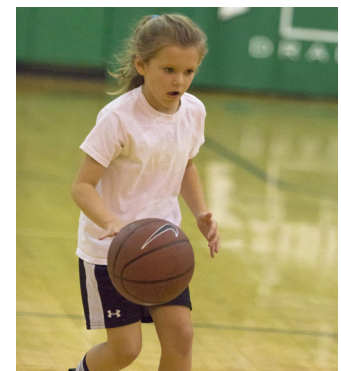
Boys Basketball High School Skills Training

Grades 8-11

Coach Johnson and the high school staff will organize and coach this session. The primary objective will be to improve shooting, passing, and ball handling skills. All participants will receive a t-shirt. Register using the grade your child is in during the 2018-19 school year.

Varsity Coach Johnson and staff

326U1 M-Th June 10-July 25
(No Practice July 1-4)
\$65 6:15-8 am
HS, Activity Center



Girls Summer Basketball Camp

Grades K-3

Girls will be taught the proper way to shoot, pass, dribble and rebound. Individual and team competitions will also be incorporated. All participants will receive a basketball. Register using the grade your child is in during the 2018 - 19 school year.

Varsity Coach and staff

M-Th June 10-13
SE, Gym

\$35 1st family member
\$30 2nd family member in girls basketball

Grade K & 1

437U1 9:15-10:15 am

Grade 2 & 3

437U2 10:30 am-Noon

Registration begins April 4 at stma.ce.eleyo.com



Football Camps

Grades 2-5

Learn basic offensive and defensive football concepts and fundamentals. Players will be divided into a 2nd/3rd grade group and a 4th/5th grade group. Football equipment will not be issued. Football/baseball cleats recommended, but not mandatory. Participants will receive a football. Register using the grade your child is in during the 2018-19 school year. Tennis/basketball shoes each day.

Varsity Coach Essler, HS Coaches and players

\$35 1st family member in football;
\$33 2nd family member in 2nd-7th football

Grades 2-5

333U1 M-Th July 29-Aug 1
5:30-7 pm
HS, Stadium
If rain - HS Activity Center

Football Camps

Grades 6 & 7

The STMA football staff will teach basic offensive, defensive and special teams football concepts and fundamentals. Camp will end each day with 'Ultimate Football' competition games. 6th & 7th graders will practice and compete separately. Each camper will receive a t-shirt to wear to camp. No equipment will be issued. Football/baseball cleats are recommended but not mandatory. Tennis/basketball shoes each day. Register using the grade your child is in during the 2018-19 school year.

\$35 1st family member in football;
\$33 2nd family member in 2nd-7th football

Grades 6 & 7

333U2 M-Th July 29-Aug 1
10 am-Noon
MW, Practice Football Fields
If rain - MW gym



Monday Night Football & Team Camp

Grades 8-11

The STMA football staff will teach & install offensive and defensive concepts of football in preparation for the 2019 Fall Season. There are two parts to our summer football camps. Monday Night Football and Team Camp. Monday Night Football will have 7 on 7 and Hogs Camp (OL/DL) running separately and simultaneously. 7 on 7 participants will wear helmets only, OL/DL participants will wear helmets and shoulder pads. Equipment will be checked out in the stadium team room on the first night (June 10), at 5pm. Team Camp will run July 29, 30 and 31. Registration for Monday Night Football includes entrance for these three Team Camp dates. Register using the grade your child is in during the 2018-19 school year. *Please note the varying start times!

\$45 1st family member in football
\$40 2nd family member in HS football
HS Stadium & Practice Field
If it rains, we will be in the AC.

June 10, 17, 24, July 8, 15, 22
*5pm classroom on June 10, 17, 24
HS Door C
July 8, 15, 22 may include travel to neighboring schools for 7-on-7 games.

Monday Night Football

Hogs Camp: OL/DL

Grades 8-11
333U4 6 - 8:15 pm

Monday Night Football

7 on 7 Camp: QB/WR/RB/LB/DB

Grades 9-11
333U5 6 - 8:15 pm

Team Camp

July 29, 30, 31
5 pm classroom HS, Door C
6-8:30 pm on field

Team Camp Only Option

If you can't attend the Monday Night Football options in June and July, you can register just for the three-day team camp option. This camp is recommended for 8th graders who play QB/WR/RB/LB/DB. Equipment will be issued after camp on the first day.

*Do not register for this camp if you have already registered for the Monday Night Football/Team Camp option.

\$35 1st family member in football
\$30 2nd family member in High School football
HS, Stadium & Practice Field
If it rains we will be in the AC

Grades 8-11

333U6
July 29, 30, 31
5 pm classroom HS, Door C
6-8:30 pm on field

Youth Sports

Football Passing Camp

Grades 6 & 7

The STMA football staff will host a passing specialty camp on Tuesdays and Thursdays. Varsity coaches will work with players to learn concepts of the passing game. Players who are interested in playing QB, WR, TE and or LB/DB are welcome to attend. Register using the grade your child is in during the 2018-19 school year.

Grades 6 & 7

333U3 T/Th July 9-25

\$10 10-11 am

MW, Practice Football Fields



Fall Tackle Football

Grades 4-6 (2019-2020 School Year)

Community Education and STMA Football are co-sponsoring a fall tackle football program. The goal of the program is to provide a positive experience for students as they develop football skills, knowledge & sportsmanship.

Adult coaches are needed and you can sign up when you register your child. The coaches meeting will be Wednesday, July 31 at 6 pm in the HS, Activity Center enter Door C.

\$135 for 1st child
\$125 for 2nd child

M/T/Th Aug. 12-27
M/Th/Sa Sept 3-Oct. 12

Detailed schedules will be handed out August 6.

ME, Football Fields

*All grades as of 2019-2020

217F4 4th Grade

217F5 5th Grade

217F6 6th Grade

Equipment: Players receive a jersey and will be issued shoulder pads, helmet, pants, & mouth guard.

Knights Coed Summer Soccer Training Camp

Soccer 1v1 and 2v2 Attacking & Defending Sessions

The camp will help players focus on the fundamentals of soccer; foot skills, passing, ball control, and shooting. The camp will also focus on the tactical side of soccer; positioning and the flow of the game. Finally the camp will also have a competitive aspect. Participants will be put into teams of three and we will be having two round robin tournaments throughout the summer and a knockout round the last week of the camp.

Thursdays, camp will be at the HS Stadium.

Coaches Rodriguez, Hett and Selchow

June 11- July 18

(No class July 2-4)

\$65

Grades 4-7

436U1 T/W 8-9 am ME, Fields
Th 9-10 am HS, Stadium

Grades 8-11

436U2 T/W 9:15-10:45 am ME, Fields
Th 10-11 am HS, Stadium

Knights Soccer Camp

Ages 5-13

This camp is designed for players of all levels who want to learn and improve their fundamental soccer skills in a fun and encouraging environment. Each day is filled with a variety of activities to promote correct soccer technique. All players will receive a t-shirt. Players must wear shin guards to participate in this camp. Bring a soccer ball if you have one.

Thursday, July 25 camp will be at the HS Stadium!

STMA HS Varsity Coaches and players

July 22-25

M/T/W

ME Soccer Fields

Th

STMA HS Stadium

\$28

Ages 5-7

224U1 M-Th 8-9 am

Ages 8-10

224U2 M-Th 9:30-10:30 am

Ages 11-13

224U3 M-Th 9:30-10:30 am



STMA United Soccer Club Summer Camp

U5 – U10 Boys & Girls

June 10-14 9 am-Noon

Lower Rec. Fields in St. Michael

For more information and registration please visit

www.stmasoccer.org

This camp is not sponsored by Community Education.

Registration begins April 4 at stma.ce.eleyo.com



Track & Field

Grades 2-6

Come learn the many Track and Field events from former STMA and present South Dakota State Track and Field athlete.

Chase Cayo

395U1 T June 11-July 30
(No class July 2 & 9)
\$20 7-8 pm
HS, Track



STMA Summer Speed & Strength Program

Grades 8-12

The STMA Speed and Strength Program focuses on increasing human performance in all students grades 8-12. This program is perfect for students looking to improve in any sport, as well as students who want to stay active over the summer.

Register using the grade your child is in during the 2018-19 school year. Register by June 14 to receive a t-shirt.

Coaches Hegland, Duncanson, Essler, Joriman, as well as additional assistant coaches and alumni

M-Th June 10-August 1
No class July 1-5
Strength testing July 29-August 1
HS, Activity Center & Weight Room
\$100

575U1	Grade 12	Strength Only	7:25-9 am
575U2	Basketball Players	Strength	8-9:25 am
575U3	Football Players	Gr 10 & 11 Speed & Strength	7:50-9:50 am
575U4	Football Players	Gr 9 & 10 Speed & Strength	8:15-10:15 am
575U5	Football Players	Gr 8 & 9 Speed & Strength	8:40-10:40 am
575U6	Any Athletes	Speed & Strength	9:05-11:05 am
575U7	Any Athletes	Strength Only	9:55-11:30 am
575U8	Any Athletes	Speed & Strength	9:30-11:30 am
575U9	Volleyball Players	Speed & Strength	9:55-11:55 am

Middle School Summer Weightlifting

Grades 6 & 7

Class includes a warm up, lifting, running plyometrics, an ab workout and stretching. Fridays are an open lift day, there is no organized running.

Register using the grade your child is in during the 2018-19 school year. If you have questions, email Blair Kelley at blairk@stma.k12.mn.us.

Blair Kelley

273U1 M-Th June 6-August 16
(No class July 1 - 5)
\$130 1st family member
\$120 2nd family member in MS program
MW, Weight Room

Boys & Girls 7:30-9:25 am
Boys & Girls 9:30-11:25 am
Girls only 11:30 am-1 pm
Fridays open weight room 8-10 am



Youth Sports

Lacrosse Camp

Ages 7-12

Skyhawks Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Athletes will learn the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. Participants should bring appropriate clothing, snack and lunch, water bottle, and sunscreen. *Limited lacrosse kits available for online rental at \$29. Boys kits include helmet, stick and gloves and girls kits include goggles and stick.

Visit www.skyhawks.com to reserve your kit today.

Skyhawks Staff

659U M-Th July 8-11
\$89 1:30-4 pm
SE, Baseball Fields



STMA Cheer Camp

Grades K-5

The STMA High School Cheerleaders and their coaches are offering an amazing cheer camp for girls. This is a great opportunity for your child to learn basic cheers, dances, jumps and stunting skills. This is guaranteed to be a FUN camp. We will split the girls by age for certain elements. Participants will receive a STMA Cheer camp t-shirt.

399U1 M-Th June 17-20
\$35 8:30-10 am
SE, Gym

Competitive Cheer Camp

This camp will focus more on the elements of competitive cheer (Jumps, Dance, Cheer, and Stunting). A mini-routine will be performed the last day. This camp is required for any student who will be part of a competitive team during the 2019-20 school year. This is also a great opportunity for those interested in being on one of the competitive teams and missed team selections in the spring. Those interested in being part of a team can tryout during this week depending on if space is still available.

Note: If you have already been placed on a team for the 2019-20 season, Elementary team members should sign up for 399U2 & Middle School team members should sign up for 399U3.

Grades K-5
399U2 M-Th July 22-25
\$35 8-9:30 am
AP, Gym

Grades 4-7
399U3 M-Th July 22-25
\$37 10 am-Noon
AP, Gym

**Inclement weather?
Call the weather line to find out if
classes are still going on!
763-497-6549**



Registration begins April 4 at stma.ce.eleyo.com



Junior Golf Camp

Participants will receive instruction on basic golf rules & etiquette, short game play, and the fundamentals of the golf swing. If your child has clubs, feel free to bring them; clubs will be provided if needed.

*14 students per class, Register early!

Cedar Creek Pro & Staff



T-F June 11-14

463U1 Ages 5-8 10:30-11:30 am

463U2 Ages 9-12 12-1 pm

T-F June 18-21

463U3 Ages 5-8 10:30-11:30 am

463U4 Ages 9-12 12-1 pm

T-F July 9-12

656U1 Ages 5-8 10:30-11:30 am

656U2 Ages 9-12 12-1 pm

T-F July 16-19

656U3 Ages 5-8 10:30-11:30 am

656U4 Ages 9-12 12-1 pm

\$69

Cedar Creek Golf Course
5700 Jason Ave, Albertville

Pickleball

Ages 12-80

Pickleball is one of the fastest growing sports in the country. Join a certified Pickleball instructor in this three day camp to learn the basic skills and techniques. We will also practice court coverage through drills and competition.

Dan Erickson

M/W/Th June 10, 12, 13
\$15 HS, Tennis Courts

639U1 Ages 12-17
6-7 pm

639U2 Ages 18 and over
7-8 pm

Tennis Camps

Tennis is a lifetime sport, so start your child playing this great game now. Players will receive individual and team instruction.

Please bring a tennis racquet and water each day. If it is raining call the weather line at 763-497-6549.

Register using the grade your child is in during the 2018-19 school year.

Coaches Mike Hilden, Michael House & present and former high school players.

329U1 & U6 \$68

329U2, U3, U4, U5, U7, U8 \$99

Middle School West (MW)

M-Th June 10-July 11

No class July 1-4

Rain make-up July 15 and/or 16

329U1 Grades 1-2 8-8:45 am

329U2 Grades 3-5 8:45-10:15 am

329U3 Grades 3-5 10:15-11:45 am

329U4 Grades 6-8 11:45 am-1:15 pm

Middle School East (ME)

M-Th June 10-July 11

No class July 1-4

Rain make-up July 15 and/or 16

329U5 Grades 3-5 8-9:30 am

329U6 Grades 1-2 9:30-10:15 am

329U7 Grades 6-8 10:15-11:45 am

329U8 Grades 3-5 11:45 am-1:15 pm



Youth Sports

SUMMER FUN at the Activity Center

Summer of Hoops

Ages 7-10

This course will teach the proper basketball fundamentals of dribbling, shooting, rebounding and defense with the majority of each practice being devoted to individual basketball skills. In addition to working on individual skills, children will work on drills in a small group setting and be broken up into teams for game play. This program will emphasize skill development and teamwork.

Nathan Erickson and staff

Ages 7 & 8

137U1 M July 15-Aug 19
\$30 6-7 pm
AC, Door C

Ages 9 & 10

137U2 M July 15-Aug 19
\$30 7:15-8:15 pm
AC, Door C

Youth Soccer

Ages 8-10

This course is meant for beginners, or students that are new to the sport. Basic fundamentals such as passing, shooting, dribbling and defending will be the primary focus of this course. These skills will be utilized in a variety of different games and drills. Basic offensive and defensive strategy will also be covered in this exciting class! Shin guards are required.

Nathan Erickson

335U T Aug -27
6-7 pm
AC, Door C
\$25 AC Members
\$35 Non-Members

Flag Football Camp

Ages 9-10

Is your child interested in fast paced high energy sports? If so, flag football camp is sure to entertain them. In this 6 session class, students will learn the basic fundamentals of flag football. A variety of drills will be focused on early in the camp, followed by organized games utilizing the skills they have learned. Make sure to sign up early, as spots for this camp will fill up fast. Maximum 20 participants.

Nathan Erickson and staff

332U T/Th June 11-27
\$30 2:30-3:30 pm
AC, Court 1

Family Fun Night

Ages 1-12 accompanied by an Adult

This will be a family themed night, designed for children and parents to come and check out all of the fun things that the Activity Center has to offer! Bring the whole family for a fun night of recreation!

113U M June 24 5-8 pm
\$5 per family
Activity Center

Youth Tennis

Ages 9-11

This instructional class is offered by Nathan Erickson. Nathan has over 10 years of experience teaching youth tennis, and has a lifelong passion for the sport. This course will focus on the basic fundamentals of tennis, including the forehand, backhand and volley. Don't forget to bring your own racquet to class!

Nathan Erickson

458U Th July 11-Aug 1
6-7 pm
AC, Court 4
\$25 AC Members
\$35 Non-Members

Kickball

Ages 5-7

Has your child wanted to try a new fast paced, high energy team sport? STMA Community Education will give your child a chance to experience the classic game of kickball this summer! Students will develop skills such as base running, throwing and teamwork, while learning the basic strategy of the game in this four week course.

Nathan Erickson and staff

407U W July 10-31
6-7 pm
AC, Court 4
\$25 AC Members
\$35 Non-Members



Registration begins April 4 at stma.ce.eleyo.com



Tiny T-Ball

Boys & Girls Ages 3 & 4

The fundamentals of T-ball are introduced in a fun and safe environment with lots of encouragement. Children will learn the very basic skills, hand/eye coordination, body movements, and how to play with others. Children must be toilet trained in order to participate and be accompanied by an adult. Limited spots available so please register online as soon as possible to guarantee your child a spot. Please bring a water bottle and all participants receive a t-shirt!

Nathan Erickson and staff

370U1 M/W June 10-26
 \$50 6-6:45 pm
 AC, Athletic Fields

370U2 M/W June 10-26
 \$50 7-7:45 pm
 AC, Athletic Fields

370U3 M/W July 8-24
 \$50 6-6:45 pm
 AC, Athletic Fields

370U4 M/W July 8-24
 \$50 7-7:45 pm
 AC, Athletic Fields

Cat's Kids Yoga

Boys & Girls Ages 3 - 5

Fun, age appropriate, and mindful exercises for kids. We'll explore our breath and bodies by doing animal poses, fun games, making mindful art, exploring science, listening to music, stories with life lessons, and much more! Classes empower children to gain body awareness, learn healthy coping skills, and to be their best selves! If weather permits, we will try yoga outside! Parents are welcome to join!

Cat's Kids Yoga

252U6 M June 1, 17, 24
 \$35 11:15-11:45
 CE, Room 206



Knights T-Ball

Boys & Girls Ages 5 & 6

T-ball is a great way to introduce your child to the games of baseball/softball. Children in Knights T-ball will learn the fundamentals of the game including fielding, catching, throwing, hitting, and base running all in a fun, positive environment. This program is designed for all ability levels and is designed to teach the values of teamwork, respect, and responsibility all while learning new skills. There are a limited number of spots available so register early. Please bring a water bottle and all participants receive a t-shirt!

Nathan Erickson and staff

321U1 T/Th June 11-27
 \$65 5:30-6:30 pm
 AC, Baseball Fields

321U2 T/Th June 11-27
 \$65 6:45-7:45 pm
 AC, Baseball Fields

321U3 T/Th July 9-25
 \$65 5:30-6:30 pm
 AC, Baseball Fields

321U2 T/Th July 9-25
 \$65 6:45-7:45 pm
 AC, Baseball Fields

Knights Sports Sampler

Boys & Girls Ages 5 & 6

The Knights Sports Sampler is a selection of sports for the first time athlete. The goal is to allow young children to be active and to explore movement through these hand/eye coordination activities. The basic skills of soccer, kickball, and basketball will be spotlighted with an emphasis on FUN!

Nathan Erickson and staff

921U T July 16-30
 \$15 6-7 pm
 AC, Enter Door C



Ball Activities for Boys and Girls

Ages 4 & 5

Various ball games will be taught to the children such as soccer, kickball, t-ball and other fun playground games. Please bring a glove and water.

Children must be 4 years old by June 10, 2019 to register.

If it is raining, please call the weather line at 763-497-6549.

Josh Fischer & Blair Huggins and HS assistants

\$59 1st child
 \$55 2nd child in same family
 MW, Softball Fields

M/W June 10-July 17
 (No class July 1 & 3)

325U1 9-9:45 am
325U2 10-10:45 am

T/Th June 11-July 18
 (No class July 2 & 4)

325U3 9-9:45 am
325U4 10-10:45 am
325U5 11- 11:45 am

Early Childhood



Paw Patrol & Favorite Pets

Ages 4-6

This themed camp is an exciting and creative way to celebrate the summer with art and your child's favorite characters. Your little one will play with clay and enjoy painting with bright colors as we practice fine motor and social skills in a fun and creative way! We'll have a great time printing, collaging, reading stories, playing games, singing songs and much more. Please bring a nut free snack and recess attire.

Abakadoodle

911U1 M-Th June 10-13
\$105 9:30 am-Noon
SE, Art Room

PJ Masks & Superheroes Camp

Ages 4-6

Let your child become a superhero for a week in this fun-filled art camp! In this SUPER fun camp we'll make our own superhero accessories like shields, cuffs, special pins, masks and more! Along the way we'll do art related to the super popular PJ Masks. Children are welcome to come in costume. Please bring a nut free snack and recess attire.

Abakadoodle

911U3 M-Th June 24-27
\$105 9:30 am-Noon
SE, Art Room



Preschool Getaway

Ages 3 - 5

Join us for a fun theme each week! Perfect if your child is getting ready for preschool or kindergarten in the fall. Arts and crafts, stories, circle time and outside play are included in this fun-filled session. Children will learn routines, rules and expectations for school. Limit of 20 students

Parents do not stay for class. Your child must be completely toilet-trained and independent in the restroom. Child must be 3 by the first class.

Ms. Joni & Ms. Stephanie

481U1 T-Th June 11-27
\$129 9-11:30 am
CE, Room 207

481U2 T-Th July 9-25
\$129 9-11:30 am
CE, Room 207



Stepping Into Kindergarten

If your child will be attending Kindergarten this fall, this is the class for you. Your child will experience and build the social and academic skills needed to be ready for school through independent, teacher-directed, and small group activities that will best prepare your child for kindergarten. Please bring a nut free snack for your child.

Ms. Joni

379U1 T-Th June 11-27
\$129 12-2:30 pm
CE, Room 207

379U2 T-Th July 9-25
\$129 12-2:30
CE, Room 207

Registration begins April 4 at stma.ce.eleyo.com



ECFE June Jamboree

Classes are family friendly for all ages under six. Parents stay with children the entire time. Sibling care will be offered for infants or older children. Activities will be modified for all developmental levels. Your *Little Knights* are ready for some fun!

Friends and Fun

Open playtime with friends in our ECFE classrooms. Children will have opportunities to explore craft materials, play games, socialize, read and sing! Our staff will prepare the room for a morning of fun.

Early Childhood Staff

352U1 T June 11, 18, 25
\$20 8:30-10 am
CE, ECFE Rooms

Messy Madness

Investigate an array of different textures by touching, squeezing, and stretching. Children will create with paint, slime, playdough, and more messy mixes. Your little scientist will create potions and conduct experiments. Dress for a mess here. You never know what they'll invent!

Early Childhood Staff

352U2 T June 11, 18, 25
\$20 10:30 am-Noon
CE, ECFE Rooms

ECFE at the Park

Meet at our favorite parks for outside games, bubble fun, sidewalk art, and more. Bring your friends!

Early Childhood Staff

352U3 W June 12, 19, 26
\$15 9-10:30 am
*See park schedule online

Jump and Jiggle

Burn some of that little person energy through physical movement and creativity. Our classes will contain yoga, dancing, sports, jumping and playing. Wiggly, jiggle kiddos will love the space to move and explore.

Early Childhood Staff

352U4 Th June 13, 20, 27
\$20 8:30-10 am
CE, ECFE Rooms



Camp Caterpillar

The outside world is waiting for your little explorer! Outdoor learning through exploration of dirt, bugs, grass, flowers and the entire outside world awaits! Children will spend time in and outside of the classroom setting weather permitting.

Early Childhood Staff

352U5 Th June 13, 20, 27
\$20 10:30 am-Noon
CE, ECFE Rooms



Early Childhood



GAMES FOOD FUN PRIZES
BRIGHT BEGINNINGS PRESCHOOL
EARLY CHILDHOOD FAMILY EDUCATION

SPRING CARNIVAL

Saturday, May 4 | 10am-1pm
Middle School East, St. Michael

ADMIT ONE
604760

Bright Beginnings Preschool

2019-2020 Registration

Sessions available for 3-5 year olds.
Must be 3 by September 1st and have independent
toileting skills. Scholarship information available upon
request.

Morning and afternoon sessions
available for all ages.

7:45-10:15 am (3 or 5 days per week)
11:30 am-2 pm (2 or 4 days per week)

Register online at stma.ce.eleyo.com

For information please contact
Jane Helgestad
Preschool Coordinator
763-497-6512
janeh@mystma.org



All Kids Count

District 885 Census

Is there a new baby in your home?
Are you new to our school district?
Please complete the new online census form.
It only takes a few minutes. Just visit:

<http://www.stma.k12.mn.us/district/district-overview/census>.

By completing the census form,
you will receive information on early childhood
programs, kindergarten registration, and general
district information.

It also ensures accurate planning and projection
for the growth of STMA to receive maximum
funding for the district and early childhood
programs.

If you are new to the district, or have made
changes since the last time the form was
completed, please fill out a new census.

Registration begins April 4 at stma.ce.eleyo.com



Fun With Felt

Grades 2-4
 Come and learn about felt art while creating some amazing keepsake treasures to take home or give as gifts.

Heather Blanchette

622U1 T June 18
 \$25 9-11 am
 SE, Room 133

Mad Scientists

Grades K-4
 Do you like to have fun with science? We will have fun becoming Mad Scientists while experimenting and curing some odd curiosities!

Heather Blanchette

622U2 W June 19
 \$25 9-11 am
 SE, Room 133



Collage Art

Grades 3-4
 This art class is all about YOU! Create an amazing keepsake that describes You on a canvas. We will use a variety of art mediums to create this masterpiece!

Heather Blanchette

622U3 Th June 20
 \$25 9-11 am
 SE, Room 133



Around the World

Grades 1-4
 Let's travel around the world on a magic carpet. While we are on this adventure, we will make some fun stops to learn about some amazing places and create a project based on our destination.

Heather Blanchette

622U4 T-Th June 25-27
 \$59 9-11 am
 SE, Room 133

Extreme Crafters Workshop

Grades K-3
 We will take various materials and get CRAFTY! We will take rock painting to the next level, create frameable masterpieces and so much more!

Angie Reggin

115U1 T July 9
 \$35 9 am-Noon
 SE, Room 133

Masterpiece Canvas

Grades K-3
 If you love to paint, then come and join us in this amazing class. you will create a masterpiece while getting guided steps. You will have so much fun you won't want to leave!

Angie Reggin

115U2 T July 16
 \$35 9 am-Noon
 SE, Room 133



Youth Enrichment

Stuffed Paper Animals

Grades K-2

Come draw, cut, paint, staple and stuff an adorable animal to take home with you! Space is limited so register early!

Julie Baumen

435U1 T-Th July 9-11
\$49 9-10:30 am
SE, Art Room

Painted Hiking Sticks

Grades K-2

Back by popular demand! Come ready to create and paint your own hiking stick to take along on all of your summer adventures!

Julie Baumen

435U2 T-Th July 9-11
\$49 10:30 am-Noon
SE, Art Room

Paper Mache Art

Grades K-2

Be prepared for fun and a great big mess! Come create an animal of your choice with paper mache. What animal will you choose?

Julie Baumen

435U3 T-Th July 23-25
\$49 9-10:30 am
SE, Art Room

Art History 101

Grades K-2

Come and learn about some famous artists. Together we will use examples of their artworks to influence a few of our own!

Julie Baumen

435U4 T-Th July 23-25
\$49 10:30 am-Noon
SE, Art Room



Yoga & Mindfulness

Ages 4-9

In this seven week program, your child will learn a mindfulness-based approach to working with their mind and bodies through meditation, yoga, activities, and play. They will develop a set of inner life skills that will educate and inform them as they progress through the many stages of their personal development. Each week, we will explore a different topic of mindfulness meditation and how it can be applied to improve your child's focus, concentration, emotional regulation, and pro-social behavior.

Nicole Roddy

565U W June 12-July 31
No Class July 3
\$65 4:30-5:30 pm
CE, Room TBD





Canvas Fun: Seahorse

Ages 6-12

Grab your friends and join us for a fun morning of painting! We will use acrylic paints on an 11x14 stretched canvas to paint a colorful picture of a seahorse.

KidzArt

202U1 F June 21
\$19 10-11 am
SE, Art Room

Canvas Fun: Surfs Up

Ages 6-12

Grab your friends and join us for a fun morning of painting! We will use acrylic paints on an 11x14 stretched canvas to paint and design surfboards at the beach.

KidzArt

202U2 F July 19
\$19 10-11 am
SE, Art Room



Clay Creations and More!

Ages 6-12

Do you love to build and construct with clay? Then join KidzArt as we ascend to new heights building exciting 3-D sculptures using a variety of clay including air-dry, model magic, and Sculpey! We will also try making sculptures out of new, found, and repurposed materials to create free-standing sculptures, mobiles, and wall assemblages.

KidzArt

202U3 M-Th July 29-Aug 1
\$125 1-3 pm
SE, Art Room

Fortnite Art & Building Blocks

Grades K-4

If you are crazy about Fortnite, this is the camp for you! Join us and use your creativity as we make our own Rainbow Smash Pickaxe, paint a Cuddle Team Leader and create a Loot Llama as well as our own Boogie Bomb among many other amazing Fortnite projects. Along the way, we'll have fun creating cool structures with LEGO blocks. Please bring a nut free snack and recess attire.

Abrakadoodle

911U2 M-Th June 10-13
\$125 12:30-3:30 pm
SE, Art Room

Big Sparkly Camp of Unicorns

Grades K-4

Join the craze for unicorns in this creative and amazing camp where we'll create several magical unicorn projects like an adorable unicorn stuffie, a unicorn charm and even oopsie sparkly slime along with adorable art projects from painting on canvas to a whimsical collage. Please bring a nut free snack and recess attire.

Abrakadoodle

911U4 M-Th June 24-27
\$125 12:30-3:30 pm
SE, Art Room



Insane Slime

Ages 4-9

Sign up early for this popular class! It's silly and slimy and insanely fun. Messy Time is one our our most popular activities, and that's exactly what we'll be doing all class long! We'll get silly with silly putty, messy with muck and so much more! This is going to be a messy one, so please dress your child appropriately. Please bring a nut free snack and drink.

Kidcreate Studio

912U1 M July 22
\$35 9 am-Noon
SE, Art Room

End of Summer Bash

Ages 4-9

Summer is coming to an end. Don't let it slip by without creating some "sweet" art! Join us as we create art out of candy. You guessed it, our art materials will be frosting, gumdrops, marshmallows, and other candy treats. Come create a summertime beach scene with these "sweet" supplies. Please bring a nut free snack and drink.

Kidcreate Studio

912U2 M August 5
\$35 9am-Noon
SE, Art Room

Youth Enrichment

Kid's Chef Camp

Ages 9-13

Join us in our 3-part cooking camp for children who love to be in the kitchen! We'll meet on three consecutive days and explore three different culinary themes. Students will eat a wholesome meal at every class that they help prepare. Clean-up will be part of this learning experience. In this camp students will learn about kitchen safety, proper food handling, kitchen etiquette, math & science, table setting, food preparation and presentation!

Day 1: Great British Bake Off – Baking cakes, making frosting, fillings, and decorating! Reminiscent of the popular cooking show, the Great British Bake Off, every student will make their own Victorian Sponge with Chantilly Cream and Berries to take home. Every child will go home with a full-size cake.

Day 2: Scratch Pasta – A kid-sized version of our fresh pasta making class! The students will hand roll pasta dough with our Italian pasta rollers. They'll learn how to make a Fresh Tomato Marinara, Garlic Bread and a delicious green salad.

Day 3: Steakhouse – Learn how to create a fabulous steakhouse menu.

Becki Melvie, The Abundant Kitchen

109U T-Th July 23-25
\$249 10 am-2 pm
The Abundant Kitchen
134 Lake St S, Buffalo

Summer Yarn Play

Grades K-3

Want to learn how to weave, sew, fingerknit and crochet? Sign up for one, two, three, or all four days and save! See projects for each date below. No experience necessary. Supplies included!

Abbey Swanson, The Firefly Hook

July 22-25 10 am-Noon
\$25 per class/\$85 for all 4 classes
SE, Room 133

- 678U1** M July 22
Weaving a Purse/Bag
- 678U2** T July 23
Crochet Chains & Sewing Felt Flowers
- 678U3** W July 24
Finger Knitting a Scarf
- 678U4** Th July 25
Pom Pom Bunny or Bumble Bee
- 678U5** M-Th July 22-25
All Four Projects



Summer Crochet Club

Grades 3-8

Want to learn to crochet? Come learn how to crochet, make pom poms and felt decorations for your purse or hat! Sign up for one, two, three, or all four days and save! The purse can also be a hat if desired. No experience necessary. Supplies included!

Abbey Swanson, The Firefly Hook

July 22-25 1:30-4 pm
\$29 per class/\$95 for all 4 classes
ME, D401

- 678U6** M July 22
Cowl
- 678U7** T July 23
Amigurumi Kitty or Owl
- 678U8** W July 24
Purse/Hat (just the crocheted part)
- 678U9** Th July 25
Purse/Hat Décor (poms and felt flowers)
- 678U10** M-Th July 22-25
All Four Projects



Registration begins April 4 at stma.ce.eleyo.com



Eureka Engineering

Grades 3-5

Eureka introduces students to the core skills of robotics and other STEM areas through engaging, hands-on learning opportunities. Student groups will work with Lego Mindstorm Kids, which include both programming and mechanical components. The small groups will be mentored by experienced and passionate students from both high school and collegiate level robotics teams.

COR Robotics

390U1 M-Th June 24-27
\$100 9 am-Noon
ME, Health Room



Tech Trek

Grades 6-8

Tech Trek provides students with opportunities to create and apply knowledge of STEM topics in a group setting. Students will work with Tetrax kits which integrate electrical, programming, and mechanical concepts. Enthusiastic members from high school and collegiate level robotics teams will guide students as they navigate through engineering challenges. Tech Trek builds a concrete foundation of robotics concepts, which will especially benefit those looking into joining a FIRST Tech Challenge or FIRST Robotics team.

COR Robotics

390U2 M-Th June 24-27
\$100 1-4 pm
ME, Health Room

Fortnite – Game Design

Grades 3-5

Don't just play Fortnite, learn the game engine used to create the game! This class explores designing and building your own creative ideas. Make your own scenery and landscape using Fortnite inspired assets. It is recommended for kids taking this class to have typing skills and mouse skills. Basic Windows and keyboarding skills required and must have experience playing Fortnite. Bring a USB Jump Drive to save your work. Please bring a nut free snack and beverage.

No Fortnite Gaming in this camp.

Tech Tac Toe

297U1 M-Th June 17-20
\$145 9 am-Noon
ME, Health Room

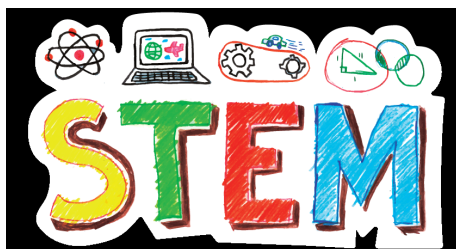
Ultimate Hovercrafts – Air Blast Engineering

Grades 2-5

Explore the power of Air like never before! Build a super cool hovercraft (to take home), have a blast experimenting with pressurized car launching, learn to harness the power of air in engineering, create pneumatics machines and much more. Please bring a nut free snack and beverage.

Tech Tac Toe

297U2 M-Th June 17-20
\$135 1-4 pm
ME, Health Room



T3 STEM Squad: Bricks & Robots

Grades K-3

This camp has it all! For curious minds that want to have a STEMtastic summer getting engaged in amazing projects. We'll have a blast programming Ozobots, building cool machines using LEGO bricks and more. Please bring a nut free snack.

Tech Tac Toe

297U3 M-Th July 22-25
\$125 9 am-Noon
SE, Cafeteria



Glam Lab – Fun Science for Girls

Grades 1-4

Fizzy Bath Bombs! Shimmering Lip Balm! Soaps! Shower Dough! Glam Goo! Exfoliating Salt Scrub! And many more fun science experiments. In this camp, where science meets glam, you and your friends will have a blast concocting all types of beauty and bath products and more while you learn the science behind them. Add a pinch of imagination as you create super cool packages and ads to take your very personal creations home! Please bring a towel and wear quick dry clothing if possible. Please bring a nut free snack and beverage.

Tech Tac Toe

297U4 M-Th July 29-Aug 1
\$135 9 am-Noon
SE, Cafeteria

Youth Enrichment

Magic Beans Camp NEW!

Grades K-3

From Jack and the Beanstalk to the golden touch of King Midas, fairy tales have always engaged and captured imaginations. In Magic Beans, exotic, far-away lands, magical powers and the eternal theme of good versus evil come to life in thrilling engineering, language arts and collaborative communication challenges. Inside the world of princesses and wizards, students boost fluency, vocabulary and comprehension as they act out different folktales. Engaging in manipulative-based engineering activities, they'll work together to build the characters and stage props needed throughout camp. Every day, sprinkle in some imagination, a handful of magic and let fiction fly in Magic Beans Camp.

Engineering for Kids

514U1 M-Th July 15-18
\$145 9 am-Noon
SE, Room 134

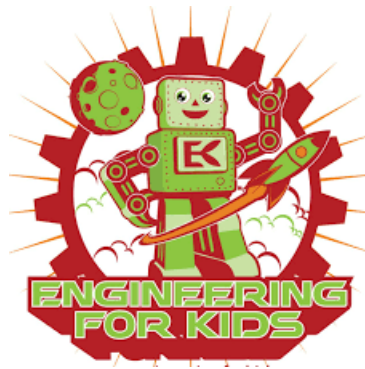
Crazy Chemistry

Grades K-4

Join Science Explorers as we become crazy chemists! We will investigate the Periodic Table and learn about its families with fun and exciting experiments as we discover the science side of STEM. We will break some chemical bonds, get messy with polymers and much more. Our classes are hands-on...so be sure to dress for a mess!

Science Explorers

585U T/Th July 30 & Aug 1
\$49 1-3:30 pm
SE, Cafeteria



Disaster Engineering

Grades 4-8

Hurricanes, tornadoes, and other destructive weather events highlight the role of engineers in improving forecasts and reducing the toll from natural disasters. Join our Disaster Engineering camp to brainstorm ideas and then use the Engineering Design Process to design, create, test and refine projects to avoid or minimize the impact of natural disasters like guiding search & rescue robots, measuring wind speeds and designing sturdier buildings.

Engineering for Kids

514U2 M-Th July 15-18
\$145 1-4 pm
SE, Room 134



Construction Zone STEM Camp

Grades K-3

Put on your hard hats engineers and join us for our The Engineering of Cities! In this camp, students work hard to apply their knowledge of construction to save the beach from erosion and build their very own city from the ground up. From roads and tunnels to buildings and skyscrapers, students discover that no job's too tough for an Engineering for Kids engineer!

Engineering for Kids

514U3 M-Th August 5-8
\$145 9 am-Noon
SE, Room 134

Traveling Artists Camp

Grades 3-6

Survey the world of art by carving totem poles in the Pacific Northwest, crafting Aztec masks in the heart of Mexico and experimenting with the artistic traditions of history. In this thrilling camp, students get creative examining the STEM processes that make art possible, like the delicate balance of water tension involved in Japanese Suminagashi paper of the cultural traditions and paleontology of Chinese "dragons". This camp was developed by an artist and art educator in order to embody the true insight of a creative mind. In Traveling Artist Camp, explore the different cultures of the world through the depth of their history, legacy and incredible works of art!

Engineering for Kids

514U4 M-Th August 5-8
\$145 1-4 pm
SE, Room 134



Robotic Builders: Battlebots

Grades K-4

Let the battles begin! Designed by the experts at M.I.T., LEGO WeDo Robotics' unique system teaches students about simple machines, engineering, programming, and so much more. In this camp, students may construct a Catapult, Ninja Star, Tank, Battle Axe, Crossbow and more! Please bring a nut free snack.

Tech Academy

628U1 M-W June 24-26
\$110 9 am-Noon
SE, Room 134



Minecraft Game Designer: Dungeons

Grades K-4

Don't just play Minecraft! Turn Minecraft from a game into a visual learning tool! This class will reinforce problem-solving skills and spatial cognition through learning to create in-game dungeons and treasure maps. This class has a strong emphasis on creativity, exploration, and cooperative learning experiences. While immersed in the fun and creative world of Minecraft, students will learn about concepts in programming and game design. Please bring a nut free snack.

Tech Academy

628U2 M-W June 24-26
\$110 1-4 pm
SE, Room 134



Extreme EV3 Robotics Tournament

Grades 2-6

Take your engineering skills to a higher level. Students will be using the EV3 Mindstorm Robotics Systems, and special LEGO Technic engineering components to build extreme competitive robots. Students will be working in small teams and will control their robots with EV3 programs. Students will then have the chance to modify the programs and builds. Students will be challenged to morph their projects into better, stronger and faster robots to compete in a tournament on the last day. Please bring a nut free snack.

Tech Academy

628U3 M-W July 22-24
\$110 9 am-Noon
ME, Health Room

Battle Royale Game Coding

Grades 3-7

Tech Academy Battle Royale inspired by Fortnite! Join us for an exciting week of game coding! Create your own battle royale game for you and your friends to drop in to. Customize the map, set your characters, and create upgrades to scatter across the world by learning coding and game design. Use your skills to achieve a Victory Royale. Please bring a nut free snack and a USB drive on the last day of class to save your games.

Tech Academy

628U4 M-W July 22-24
\$110 1-4 pm
ME, Health Room

Mindprint Learning Assessment

Grades 2-12

Do you want to help your child succeed? How does my child process and remember new information? Why does she get such good grades yet bomb standardized tests? How can he do better in school? 21st century parents, students and teachers are drowning in data and yet still lack the data to help every student to succeed. Mindprint is an affordable evidence-based online solution that identifies each student's learning strengths and challenges. The objective is to gain an understanding of each student's non-academic strengths and needs in areas like executive functions, memory, processing, and reasoning. These skills are the foundation for learning across all academic subjects.

Based on the results, each student is provided an individualized learning plan for study skills and subject-specific achievement. Additional information online!

Academic All Star Tutoring

953U1 \$199

Attention Screener

Grades 2-12

Does your child get bored with a task before it is completed? Not listen well when spoken to? Struggling in school? How do you know if kids are simply "acting their age" or may be dealing with an underlying learning deficit? This brief online assessment

provides an objective indication of the student's attention and working memory skills, two key areas of executive functions. Results provided within days of the assessment.

Academic All Star Tutoring

953U3 \$25

Youth Enrichment

Marimo Moss Ball Aquarium Workshop

Ages 4 and Up

Come create a Marimo moss ball light bulb aquarium and take a kids yoga class. Children will learn the value of responsibility; how to produce a healthy environment for moss to grow. More importantly, they will discover how to create a healthy environment for personal growth. Then we will have a kids yoga class exploring breath exercises, a yoga flow, and fun games. Lastly, we will end class with a mindful group exercise including the aquariums, relaxation, and gratitude! Space is limited.

Cat's Kids Yoga

922U1 T June 18
\$29 1-3 pm
SE, Room 133



Karate for Children

Grades 1-4

Learn respect, discipline and patience while gaining basic self-defense skills. Karate emphasizes stretching, strength and balance that benefits students in other physical activities. Includes uniform, patch and tattoo.

Dojo Karate

664U M-Th July 8-11
\$40 10-11 am
SE, Gym



Mindful Art with Cat's Kids Yoga

Ages 5 and Up

This is a 2 hour mindful kid's workshop that is themed on change. We will explore change in a form of yoga and in a form of art. Tile art is a unique experience to demonstrate the principle of how things can change. Each child will create 4 tiles. Children will be learning skills to help understand change in life. We will be taking time for social emotional yoga games, breath work, physical movement, and relaxation.

Cat's Kids Yoga

922U3 T August 6
\$29 1-3 pm
SE, Room 133



Mala Making

Ages 5 and Up

A 2 hour kids yoga workshop! This workshop consists of a kid's yoga class and mala making. The yoga class will be a fun filled class to find our breath and get into our bodies. Malas are necklaces that have personal meaning behind them (mantra), served as a reminder every time you wear it. Some examples of mantras are: I am patience, I am love. I am creative. I am strong. Learning mindfulness at a young age can help gain skills to make positive choices, understand mind and body connection, and be your very best self!

Cat's Kids Yoga

922U2 T July 16
\$29 1-3 pm
SE, Room 133



Archery

Ages 7 & Up

From your very first session at Archery Country, you will begin developing your shooting form and learning to group arrows. Our knowledgeable instructors will work with you to instill the basics of archery and to develop your confidence and competence on the range, creating a solid foundation of knowledge and skill that will allow you to progress in this exciting sport. Archery is an ideal sport for even the youngest competitors, as it provides opportunities for growth, achievement and camaraderie.

Archery Country

127U1 M June 3-24
\$50 6-7 pm
Archery Country, Rogers



Musical Mashup Theater Camp

Grades 1-5

What do you get when creative kids take music from Lion King, Mary Poppins, Annie and more and mash them up into their OWN show? A fun week of creating a script, characters and a show on Friday that is like no other. Whether you love being onstage or behind the scenes, this is a week of fun you'll never forget. Show for family and friends on Friday. All materials included.

Drama Kids

100U1 M-F June 24-28
\$119 1-4 pm
MW, Auditorium



Performance Playhouse

Grades 1-5

Get ready to create your own play and perform in one week! Love to be on stage or create behind the scenes? You will feel right at home working with a fun team to produce a play by the last day. Build new skills, be proud of yourself and amaze your family and friends with your creativity. All materials included.

Drama Kids

100U2 M-F Jul 29-Aug 2
\$119 9 am-Noon
MW, Auditorium

Summer Music Lessons

STMA Community Education offers private 30 minute music lessons taught by qualified instructors who will help you develop your musical skills. Students provide their own instruments.

Instructors will contact students to set up lesson times and dates based on student's schedule.

6 Lessons - \$210 10 Lessons - \$350

Instrumental Lessons

- 396U1** Haneman (Grades 5-12)
Percussion
- 396U2** Hilden (Grades 5-12)
Bassoon & Clarinet
- 396U3** Millar (Ages 6-Adult)
Guitar
- 396U4** Olson (Grades 5-8)
All Instruments
- 396U5** Penserga (Grades 5-8)
All Instruments

Voice Lessons

- 396U6** Berger (Grades 8-12)
- 396U7** Osowski (Grades 9-12)
- 396U8** Palmquist (Grades 9-12)
- 396U9** Tintes (Grades 8-12)



For full lesson schedule and locations check online
www.stma.ce.eleyo.com



Fine Arts

Eleventh Annual STMA Summer Band

Grades 5-8 with at least one year of school band

What a great way to improve your playing skills over the summer! Camps are held at both Middle School East and Middle School West! Your child will play fun music and stay active on his/her instrument.

Both camps will perform in a concert on the evening of Thursday, July 18th at 6:30 pm in the auditorium at Middle School West.

Questions? Contact:

Ms. Van Beusekom
victoriav@stma.k12.mn.us
763-497-8025

Ms. Jordheim
jackiej@stma.k12.mn.us
763-497-4524

Mr. Jordheim
markj@stma/k12.mn.us
763-497-2655

M-Th July 8-18 \$65

Middle School East

The morning camp is designed for students who have just completed 5th or 6th grade.

Please note: Full Band Practice meets each day from 10-11 am.

406U1 Brass/Percussion
(Trumpet, Trombone, Baritone, Tuba, Low Woodwind, Percussion)
9-11 am ME, Band Room

406U2 Woodwind Sectional
(Flute, Clarinet, Alto Sax/French Horn)
10 am-Noon ME, Band Room

Middle School West

The afternoon camp is designed for students who have just completed 6th, 7th or 8th grade.

Please Note: Full Band Practice meets each day from 2-3 pm

406U3 Brass/Percussion
(Trumpet, Trombone, Baritone, Tuba, Low Woodwind, Percussion)
1-3 pm MW, Band Room

406U4 Woodwind Sectional
(Flute, Clarinet, Alto Sax/French Horn)
2-4 pm MW, Band Room



6th & 7th Grade Middle School Marching Band

STMA is proud to announce the opportunity for middle school students to learn the fundamentals of performing in a marching band! This group is open to any band student enrolled in 6th or 7th grade band during 2018-19 school year. Students should have 2 years of playing experience. Students learn the basics of marching and prepare a song to perform in the Albertville Friendly City Days Parade on Sunday, June 9th at 12:30 pm. The class will take place in the Middle School East Band room. We will also have a color guard section to enhance the musical performance with flags and a banner. Students in the color guard do not have to play a musical instrument to participate. This color guard is open to any 6th or 7th grade student.

June 9, 2019 - 12:30 pm parade - Students will march in the Albertville Friendly City Days parade. Students will be involved in the parade for approximately 2 hours. More information will follow based on our position in the parade route. Students will wear a camp t-shirt (provided with fee), black shorts and tennis shoes for the parade.

Nelson Penserga, Rick Olson & Victoria Van Beusekom

296U S June 9 - Parade
\$55 ME, Band Room

Rehearsal Dates (Brass, Woodwinds, Percussion and Colorguard)

May 28 & 30 3:30-5 pm
June 3-5 3:30-5 pm
June 6 & 7 9 am-Noon

Registration begins April 4 at stma.ce.eleyo.com



Exploring the World of Science

Look for the Science Olympiad and High School Robotics - Binary Battalion information this Fall!



FTC Robotics

Grades 7 & 8

First Tech Challenge is a mini version of the high school First Robotics Competition. Students are given a theme, they must build and program (without directions) a robot that is less than 40lbs to complete the goals in under 3 minutes. Students need to work in teams on different areas of business and engineering to advance to state and national competitions. This is a very challenging sport. Students need to be goal driven to problem solve, think creatively, work together and persevere to accomplish the game as a team! The season runs from the end of August through February with the potential to move forward to state and national competition in the spring.

*Interested in mentoring an FTC team? Contact Amanda Schlecht at amandasc@stma.k12.mn.us.

Amanda Schlecht & Parent Mentors

942U August Parent & Interested Student Mtg
\$350

Full course information online!



Middle and High School

Babysitting 101

Grades 5-8

This course follows the American Academy of Pediatrics - Babysitter Lessons And Safety Training (BLAST). Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business. Students receive a reference book, recipe and game handouts, babysitting bag and first aid kit.

Emergency Outfitters

312U1 M-Th June 10-13
\$65 9:30-11:30 am
ME, Health Room

312U2 M-Th July 8-11
\$65 9:30-11:30 am
ME, Health Room

312U3 M-Th August 5-8
\$65 9:30-11:30 am
ME, Health Room



STMA Driver Education – Summer Sessions

Four Driver Education classes are offered during the summer. Classes are held at the High School, Room 2247 (enter Door “A”) of the STMA High School. Students must be 15 years of age or older by December 31, 2019 to register. Fee includes 31.5 classroom hours and six hours of Behind the Wheel training.

Kevin Schmeling \$360 *HS, Room 2247*

249U1 M-F June 10-21
10 am-1 pm

249U2 M-F June 10-21
1-4 pm

249U3 M-F July 8-19
10 am-1 pm

249U4 M-F July 8-19
1-4 pm



ACT or SAT? What's Best For You?

Grades 10-12

A student with weaker working or verbal memory will do better on the ACT reading section because the passages are shorter. If a student has weaker spatial perception or visual memory, the SAT may be preferred because there is less geometry, trigonometry and no science section.

Mindprint is an affordable evidence-based online solution that identifies each student's learning strengths and challenges. The objective is to gain an understanding of each student's non-academic strengths and needs in areas like executive functions, memory, processing, and reasoning. The assessment will provide the student with an indication of whether the ACT or SAT test would be a better fit for them as well as improving academic performance.

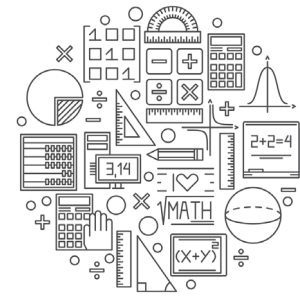
Additional information:

-the at home online assessment takes about an hour

-Cognitive assessment results provided within a week

Academic All Star Tutoring

953U2 \$199



Math-by-Mail

Grades 5-9

It's Back! Keep young minds active with the locally developed Math-By-Mail curriculum. Math practice accompanied by enrichment activities for the upcoming summer months. Created by current middle school math teachers with 45+ years of combined experience! Minnesota State Standards, Math Frameworks MCA strands, and current Minnesota Benchmarks are the foundational basis for this curriculum. With creative problem solving, multiple choice, short answer and vocabulary embedded into an 8-week course of independent study, students will maintain or increase the level of their math understanding, in addition to reviewing the recommended targets suggested by grade level in the Minnesota School Academic Standards for mathematics. Each student will be given a pretest to assess the appropriate skill level necessary to strengthen their individual math needs, unlike other programs that are exclusively grade level driven. Students will receive an 8-lesson packet to complete at their own pace throughout the summer. As students finish packets, they are mailed back for feedback and then returned to the students. All packets are due back by August 10 in order to provide timely feedback before the 2019 school year begins.

Math-by-Mail

284U June 1-Aug 10
\$89

Registration begins January 3 at stma.ce.eleyo.com



Cake Decorating Wars – Parent/Child

Ages 5 and Up

Have you ever decorated a cake with fondant? Do you like competitions? Then you will definitely want to be a participant in this class! Team-up with your child and let the fun begin! Your team will brainstorm ideas and then strategically decorate your team's 2 layer, 8-inch cake by using fondant to create your masterpiece. You will learn how to roll, cut, and drape colorful pieces of fondant to create a variety of designs. Who will win? All artistic abilities welcome!

Kris Holtmeyer, Artistic Moments

461U W June 12
\$30 6-8 pm
CE, Room 307

Gourmet Pretzels

If you love soft pretzels, this hands-on cooking class is for you! Students will learn the secret to classic pretzel dough, then do the twist on sweet and savory versions. Butter, salt, cinnamon sugar... We've got it covered! Due to kitchen layout, students will work in teams of 2-4 people. Class includes generous sampling, one glass of wine, beer or non-alcoholic beverage, and printed recipe.

Becki Melvie, The Abundant Kitchen

279U M June 24
\$55 5:30-8 pm
The Abundant Kitchen
134 Lake St S, Buffalo



Intro to Excel 4: Data Organization

Organizing your world through excel is nice but there are some nifty features in it that can really make you look like a pro. In this class we will build off of Intro to Excel 1 and discover helpful things such as pivot tables and conditional formatting.

Marc Olig

488S7 T May 7-21
\$45 4:30-6 pm
HS, Media Center

Intro to Word 3: Pictures & Objects

Sometimes words just aren't enough to get your point across. This class will work off of the basics class and help you put pictures, tables and word art into your document to really give it some pizzazz.

Marc Olig

488S8 T May 7-21
\$45 6-7:30 pm
HS, Media Center

Intro to Excel 3: Charts & Graphs

After mastering the basics of excel it is time to really make your information stand out. In this class we will build off of Intro to Excel 1 and learn about creating charts and graphs in excel and the difference between all the options.

Marc Olig

488S9 T May 7-21
\$45 7:30-9 pm
HS, Media Center

Adult Enrichment

Group Hypnosis

Weight Loss Hypnosis - Seminar 1

Still fighting “the battle of the bulge”? Tried everything? Stop cravings for sweets, fatty greasy foods, pop etc. Stop snacking in between meals and evenings. Stop thinking about food. Try hypnosis with a certified professional. Hypnosis works with the subconscious mind, breaking old habits and creating positive ones. Increase your willpower, motivation and self-confidence and create positive exercise habits. This seminar can pay for itself in less than 2 weeks!

Stop Smoking/Chewing Tobacco - Seminar 2

If you want to stop smoking, hypnosis may be the tool you have been searching for. Hypnosis works with the subconscious mind to help stop this negative habit without cravings, withdrawals, mood swings and weight gain. If you smoke a pack a day or chew a tin a day, this seminar will pay for itself in 1 week!

You will be conscious at all times. Wear comfortable clothing and bring a pillow and sleeping bag/blanket for added comfort as you will have the option to relax in a chair or on the floor during the hypnosis portion. Please specify smoking or weight loss hypnosis. All sessions include a free reinforcement CD and a lifetime card which allows participants to attend future seminars FREE, if further reinforcement is desired. Lifetime members must present their card. For more information www.hypnosisclinic.net.

Mary Fischer, D.C.H-c,C.HT

5:45 pm Check-In, Get Materials

6 pm Introduction

(All participants must attend)

7-7:45 pm Weight Loss Hypnosis

(Smokers/Chewers take a break)

8-8:45 pm Stop Smoking/Chewing Hypnosis

CE, Room 105 - Enter Door D

424S M May 6
\$65 per seminar



Stillwater Cruise and Browsing Trip

Back by popular demand! Travel to Stillwater for a day of shopping and fun! When we arrive in Stillwater, we will board “The Andiamo Showboat” for a 2-hour boat cruise on the St. Croix River that includes a luncheon buffet. After the boat cruise, you’re on your own for 2 1/4 hours of shopping in downtown Stillwater. Be sure to wear comfortable shoes. This trip is for adults only, please.

652S • Stillwater, MN

Wednesday, June 19

9:45 am Depart St. Michael Elem. Front Parking Lot

5:15 pm Approximate Return

\$52 (includes boat ticket, lunch & motor coach bus)

Registration/Payment deadline: June 4



Write Your Will

If you were to pass away unexpectedly, would your wishes be carried out? This class is appropriate for you if your individual assets total less than one million dollars (including real estate, life insurance, and retirement assets). You’ll leave class with a legal and effective will. Prior to class, you will receive and must complete a questionnaire from Community Education. Basic computer skills are helpful, as you will type your will on a computer. If registering as a couple, both must register separately and both must attend class to draft and sign their will. Please provide an email address when registering.

Kristi Weikel, Weikel Law

975S W May 8
\$65 6-9:30 pm
MW, Media Center

Registration begins April 4 at stma.ce.eleyo.com



Estate Planning 101

Do I need a will or trust? How can I avoid probate? What should I do with the family cabin? This class will teach you the basics of estate planning to ensure your assets pass to your intended heirs. Avoid the mistake made by Prince and Aretha Franklin by getting your estate in order.

Jill Adkins, Gries-Lenhardt-Allen, Law Office

979S1 Th April 25
\$10 6-7 pm
CE, Room 305

Don't Worry Retire Happy

Is Saturday the day you set aside to play golf, spend time with your grandkids or enjoy your hobby? In retirement, every day can be like Saturday. That's a lot of time to fill and it's important to have a plan. Learn from financial expert Tom Hegna's book, Don't Worry, Retire Happy: 7 Steps to a Secure Retirement.

Ashley Bettinger, Thrivent Financial

979U1 M June 3
\$10 6:30-7:30 pm
CE, Room 305

Savvy Social Security

Careful planning can help you get the most out of your Social Security benefits. Savvy Social Security Planning is a free workshop from Thrivent that will help you determine the ideal time to apply and ways to maximize your Social Security benefits while minimizing taxes on those benefits.

Ashley Bettinger, Thrivent Financial

979U2 M June 24
\$10 6:30-7:30 pm
CE, Room 305



Retire Fearlessly

The more you know, the more you can plan for your dream retirement. We will review and evaluate several different strategies that can allow you to thrive in retirement.

Ashley Bettinger, Thrivent Financial

979U3 M July 22
\$10 6:30-7:30 pm
CE, Room 305

Inheriting in Harmony

Large assets like cabins, farms and small businesses are a part of the fabric of your family's culture. Transferring them to the next generation can be tricky. Managing the emotional connections is just as important as navigating the financial and legal processes and requires more than deeds and keys. Join us for Inheriting in Harmony a workshop to help you start—and shape—the inheritance process.

Ashley Bettinger, Thrivent Financial

979U4 M August 5
\$10 6:30-7:30 pm
CE, Room 305

Pickleball

Ages 18-80

Pickleball is one of the fastest growing sports in the country. Join a certified Pickleball instructor in this three day camp to learn the basic skills and techniques. We will also practice court coverage through drills and competition.

Dan Erickson

M/W/Th June 10, 12, 13
\$15 HS, Tennis Courts

639U2 Ages 18 and over
7-8pm



Adult Enrichment

Dog Obedience

Classes are held at Monticello Pet Hospital, 4134 School Blvd in Monticello and are taught by Cathy Mahr. All participants must bring proof of vaccinations (per veterinarian's recommendations), collar and leash, along with treats. For additional class offerings, please visit retrieversetc.com

Puppy Kindergarten

This class is for puppies 9 weeks to 5 months old. Puppies learn needed social skills while meeting and playing with other puppies. They meet new people and learn about sitting for petting instead of jumping, as well as how to play without biting people. Basic dog obedience commands are taught including come, sit and down.

123U1 T June 11-July 23
(No Class June 25 or July 16)
\$90 6-7 pm

Basic Dog Obedience

For dogs 6 months and older. Work on basic obedience commands such as heel, sit, stay, come, stand and down. All training is done on leash and collar. Recommendations are made by the instructor based on each dog's temperament.

123U2 T June 11-July 23
(No Class June 25 or July 16)
\$90 7-8 pm

Intermediate Dog Obedience

This class will help you prove everything your best friend has learned in the basic classes. We will include retrieving, jumping, and drop on recall. You will be working toward better on-leash as well as advancing to off-leash work.

123U3 T June 11-July 23
(No Class June 25 or July 16)
\$90 8-9 pm



Cholesterol Myths and Truths

What is cholesterol? Is there such thing as "good" and "bad" cholesterol? Does your doctor say you need to take statin medications to "control" it? Are they really necessary? We cover all of that and more in this insightful educational talk on the myths and truths of cholesterol.

Dr. Dan McDonald, Infinte Wellness Natural Healing Center

104U W Jun 19
\$10 6-7 pm
HS, Room 1685

Does your high school student need some community service hours?

Would you like to get back to nature this summer? The STMA Community Garden is looking for volunteers to help with garden clean-up for 2 hours at a time two times each month. The garden is located at the high school by the baseball field. Come on out and get ready to get your hands dirty. Work gloves are recommended but not necessary, and don't forget sunscreen!

June	Monday	June 10th	4-6 pm
	Thursday	June 27th	8-10 am
July	Monday	July 8th	4-6 pm
	Thursday	July 25th	8-10 am
Aug	Monday	August 5th	4-6 pm

No registration needed. If you have any questions feel free to e-mail Marc Olig marco@stma.k12.mn.us





Knights Activity Center

The Activity Center is located at
5800 Jamison Ave NE, St. Michael
Please enter Door "C".
For more information call
763 497-6541.

Memberships

Individual, family and student memberships are available for purchase at the High School Activity Center. The Activity Center has six basketball courts, baseball/softball cages, a 5,000 sq. ft. fitness center, and an indoor running/walking track for the public to use.



Activity Center Summer Hours (As of June 5)

Mon - Wed 12-9 pm
Thurs & Fri 12-8 pm
Sat & Sun 8-5 pm

May vary depending on summer camps.

Enter Door C
AC Members Free
Non-Members \$5 at door

The Activity Center Policy states that children under the age of 12 must be supervised by an adult!
You must be over 14 to use the weight room.

College Students

Use the Activity Center this summer! We are offering a special for college students home for the summer that would like to get out of the house and stay active.

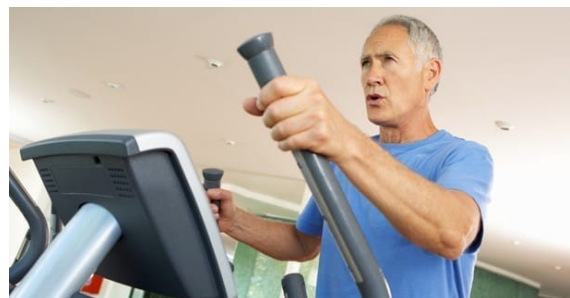
\$40 for STMA residents and \$50 for non-residents.
The membership will be valid from May 15-Sept 2.

SENIOR WORKOUTS

62+ Year Old

Do you want to work out at the Activity Center, but not during our busy hours? Senior Citizens around the community are invited to use the facility in the morning as well.

M/T/Th/F Free 5-9:30 am
AC Enter Door "C"



Activity Center Birthday Party Rentals



Package A - \$50

- Use of 1 AC Court for 1-10 children for 1½ hrs
- Ability to set-up for basketball, volleyball, or tennis
- Use of Cafeteria for 1 hour

Package B - \$75

- Use of 2 AC Courts for 1-10 children for 1½ hrs
- Ability to set-up for basketball, volleyball, tennis, kickball, or soccer
- Access to batting cages
- Use of Cafeteria for 1 hour

Package C - \$100

- Use of 2 AC Courts for 1-20 children for 1 ½ hours
- Ability to set-up courts for basketball, volleyball, tennis, kickball, or soccer
- Access to batting cages
- Use of Cafeteria for 1 hour

Contact

**STMA Activity Center
at 763-497-6541**

Weekends only, call for availability.

Health and Wellness



Women's Basketball Night

Adult 18+
STMA Community Education is offering Women's Basketball Night this Summer! Ladies, get your friends together and come up to the AC for some full court pick-up basketball in July & August! Women's Basketball Night will run 6 weeks at the Activity Center on Wednesday nights beginning July 24th. No registration needed. Pay at the Activity Center check-in desk.

W July 24-Aug 28
6:30-8:30 pm
\$2 per person/per night
AC, Court 2

Men's Basketball League

Adult 18+
Looking for a little competition this summer? Get your buddies together and form a basketball team. League will run 8 weeks at the Activity Center on Wednesday nights with playoffs to follow. Call 763-497-6541 to register your team by April 25 and guarantee your team a spot.

Captains Meeting
Th April 25
7 pm HS, Room 1684

W May 8-June 26
Playoffs follow regular season.
AC \$100 per team

Open Ping Pong

Once again this summer, the Activity Center will have Ping Pong tables available for use. Call the AC office @ 763-497-6541 to reserve your table on Thursday and Friday evenings starting in June. Whether you just want to play for fun or if you are looking for a tournament make the Activity Center your Ping Pong destination.

Th/F June 13-Aug 23
5:30-7:30 pm
AC Members Free
Non-Members \$5
AC, Courts

Open Pickleball

Ages 21+
Pickleball is a cross between tennis, racquetball, badminton and table tennis and is one of the fastest-growing sports in the U.S., particularly among seniors. If you are 21+ years of age and interested in the game, been playing for years, or know nothing about it and would like to learn, come to the Activity Center and get in on the fun!

T	Ages 50+	6-7:30 pm
	Ages 21+	7:30-8:45
	pm	
	\$2 AC Courts	
F	Ages 21+	6:30-8 pm
	\$2 AC Courts	

Open Volleyball

STMA Community Education is offering Open Volleyball on Monday nights this Summer! A volleyball net will be set up on an Activity Center court for people to play pickup matches of volleyball. If you love volleyball, grab some friends and come up to the Activity Center and get in on the action!

M June 10-Aug 26
5:30-7 pm (Ages 14-18)
7-8:30 pm (Ages 19+)
\$2 per person
AC Court 2



Activity Center Memberships Available!
Call 763-497-6541
for more information.

Registration begins April 4 at stma.ce.eleyo.com



Low Impact Aerobics

Have a great time getting into shape with low impact aerobics. All levels of fitness welcome. Emphasis on cardiovascular fitness and muscle toning. Try this total body workout. You'll be glad you did! Please bring your own mat and light weights to class. You may purchase a punch card from the instructor at class.

Lori Schoenborn

T/Th Begins June 4
No class July 2 and 4
\$36 (Punch card for 12 classes)
6:30-7:30 pm
AP, Cafeteria or Gym



Summer Yoga

Begin or continue your journey to a healthier life as you cultivate a healthy body, quiet mind, open heart and vibrant spirit through a yoga practice. All fitness levels are welcome! Please bring your own yoga mat and water to class. I will supply yoga blocks and yoga straps to those who do not have their own.

Nicole Roddy

517U W June 12-July 31
No Class July 3
\$85 6:30-7:30 pm
CE, Room 105

Early Bird Tabata

Tabata is High Intensity Interval Training (H.I.I.T.) and is the ultimate workout for cardio and fat burning. Tabata is an interval training circuit, which gets the body's major muscle groups involved. With High Intensity exercise your body continues to burn fat long after your workout is complete. Each session consists of 20 seconds high intensity work, followed by 10 seconds rest. This pattern repeats for 4 minutes. There are 8 sessions per workout. Modifications for exercises and rest periods are offered, so it's perfect for any fitness level. Please bring an exercise mat and medium weight dumbbells with you to class!

Kristy Hegrenes AC Court 3

418U1 T/Th June 11-July 11
No Class July 2 and 4
5:30-6:15 am
\$40 AC Members
\$50 Non-Members

418U2 T/Th July 16-Aug 8
5:30-6:15 am
\$40 AC Members
\$50 Non-Members

418U3 T/Th Aug 13-29
5:30-6:15 am
\$30 AC Members
\$37.50 Non-Members

How to run your first 5k, Marathon or 100 Miler

Are you thinking of running your first 5k, half marathon or the full 26.2 miles marathon? This course will give you the basics to tackle your dream of crossing the finish line. Troy Nelson will give you the tools & understanding you need to take the next step.

Troy Nelson

110U M June 10
\$10 6:30-7:30 pm
HS, Room 1685

Yoga Fusion

This class features classic yoga movements programmed in a HIIT (High Intensity Interval Training) design to make the heart pump, improve mobility, and increase core strength. In this class, participants can look forward to learning muscle engagement and stabilization while listening to instrumental versions of popular music. No handstands required!

Kylie Vathauer

103U1 M/W June 10-July 10
No Class July 1 and 3
6-7 am AC, Court 3
\$50 AC Members
\$60 Non Members

103U3 M/W July 15-Aug 7
6-7 am AC, Court 3
\$50 AC Members
\$60 Non Members

Burn Boot Camp

Burn Boot Camp is a full-body workout designed to develop strong and lean bodies. This class will use power movements with resistance training and mobility exercises. Participants can look forward to utilizing all muscle groups in a fun, educational atmosphere. Designed to adapt for all fitness levels.

Kylie Vathauer

103U2 M/W June 10-July 10
No Class July 1 and 3
5-6 pm AC, Court 3
\$50 AC Members
\$60 Non Members

103U4 M/W July 15-Aug 7
5-6 pm AC, Court 3
\$50 AC Members
\$60 Non Members



Registration

Registration, Information & Policies

Online

www.stma.ce.eleyo.com

By Mail

STMA Community Education
60 Central Ave W
St Michael, MN 55376

Make checks payable to
STMA Community Education.

Drop box or in Person

Located at Door A of the Comm
Ed

Office, Room 210.

Open 8 am-4 pm (M-F)

By Phone

763-497-6550, ext. 1

For credit card registrations only.

Refunds

Cancellations must be made by phone or in person at least 5 business days prior to the start of the activity in order to receive a refund. Some activities, supplies, or tickets are not refundable. No refunds will be issued for trips and tours after the registration and payment deadline. Community Education reserves the right to cancel a class due to insufficient enrollment. If we cancel a class, you will be notified and your money will be refunded in full.

Inclement Weather Emergencies

If weather is threatening, cancellations will be announced on the Community Education weather line, 763-497-6549 or (763) 497-6550, ext. 2. If school is canceled, all Community Education, youth and adult activities are canceled and all school buildings are closed.

UCare Discounts

Members of UCare may take up to a \$15 discount on most classes in this catalog. If a class fee is less than \$15, the class is free. Please include a photocopy of your UCare ID member card at the time of registration. Not all classes and activities are eligible for the discount.

Photo Policy

There are occasions when representatives of STMA and/or the media photograph or videotape students while attending/participating in school sponsored functions. Parent/guardians not wanting their child to be identified in photographs or on videotape, should notify, in writing, the community education office.



Confirmations

We do not send confirmations via U.S. mail. Accounts with an email address will receive email confirmation.

Participants Name _____ Parent _____

Address _____ City _____ Zip _____

Primary Phone _____ Backup Phone Number _____

Email _____ Birthdate _____ Grade _____ Shirt Size _____

Course Number _____ Course Title _____ Course Fee _____

Course Number _____ Course Title _____ Course Fee _____

Course Number _____ Course Title _____ Course Fee _____

TOTAL _____

Payment Method (circle one) CASH CREDIT CHECK

I agree to release District #885 Community Education and its employees of all liability to accidents or injuries which myself or a member of my family might incur while participating in the above mentioned activity.

_____ Signature of parent of student under 18

STMA Community Education offers activities with the purpose of enrichment. Information obtained in Community Education activities is not intended for use as advice, endorsement or recommendations from the instructors, his/her business or STMA Community Education.

Community Education
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St. Michael, MN 55376

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Spring/Summer COMMUNITY EDUCATION



SPRING CARNIVAL

Sat, May 4
10am-1pm
MS East

Sponsored by
**ECFE AND
BRIGHT
BEGINNINGS
PRESCHOOL**



Community Education
weather line
763-497-6549

Website open 24 hours a day!
stma.ce.eleyo.com
763-497-6550