



Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

Explore Summer with Us!

Summer 2022

763.682.8770
BHMSCHOOLS.CE.ELEYO.COM

The place to
dream, believe
and **achieve.**

Welcome to Community Education

REGISTER ONLINE TODAY! BHMSCHOOLS.CE.ELEYO.COM

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Easy Ways to Register

- ◆ Online at bhmschools.ce.eleyo.com
- ◆ Phone at 763.682.8770
- ◆ In-Person or Mail at 301 2nd Ave NE, Buffalo

Registration

- ◆ Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.
- ◆ Once registered, you will receive an email class confirmation if an email address is provided.
- ◆ **Cancellations** within 48 business hours of the class is assessed a \$5 service fee. If we cancel a class, you will be notified and your payment refunded.
- ◆ Our programming follows current guideline to provide your family a safe learning environment. Face coverings are optional at this time.

Weather Cancellations

- ◆ Closings posted on district website bhmschools.org, Facebook and on KRWC radio
- ◆ Community Education/ECFE classes do not meet when BHM schools are closed due to weather
- ◆ 2-Hour Late Start: No morning ECFE classes
- ◆ KidKare sites remain open

UCare

- ◆ Eligible UCare members may get up to a \$15 discount on many Community Education classes. Provide your UCare member ID number when registering.



Office Location: Discovery Center,
301 2nd Ave NE, Buffalo (East side, door #1)

Office Hours: 8 am - 4 pm, Monday-Friday

Office Closed: May 30, July 4

Office Telephone: 763.682.8770

Web Sites:

Online Registration bhmschools.ce.eleyo.com
School District bhmschools.org/community-ed



Join Us for Summer ECFE in the Park!

These family friendly activities are held at Sturges Park in Buffalo on Tuesdays, 10:30-11:15 am.

(Rain location for these activities is Discovery Center Gym. Enter door 6.)

June 14 **Rachael Kroog and Kid Power**

Kick off Buffalo Days with Kid Power and Rachael Kroog. Music, singing and dancing are all a part of this interactive show, with a focus on kindness. **Kid Power is Kind Power!**



Rachael Kroog, June 14 & August 2

June 21 **Music and Dance from the Andes**

This colorful program will share the beauty of music from the country of Chili. Join us as we explore the culture of the Andes Mountains through music.

June 28 **Wonderful World of Woody**

Every show features Woody's many talents highlighted by music and sing-alongs, juggling, some rock & roll, a little magic, dancing and plenty of audience participation all rolled into one nonstop interactive entertainment experience, sure to please kids of all ages!



World of Woody, June 28

July 12 **Animal Antics**

Children will love the ballons, juggling, magic tricks and silly songs shared by Randy Christensen, story-teller and creative entertainer.

July 19 **Hooperina**

Hooperina will entertain and engage audiences of all ages with one of our favorite toys- the hula hoop! You are invited to bring along your own hula hoop to join in the fun! ECFE will give away a free hula hoop to the first 150 children in attendance.



Hooperina, July 19

July 26 **Buffalo Community Orchestra**

For more than 20 years this gem has been a part of the community of Buffalo. Join members of the BCO in Sturges Park for a mini concert. Making music is what we do!

August 2 **Rachael Kroog and Kid Power**

Join Rachael in a whole new show that promises to engage the audience with dance, music and good times for adults and children alike. **Kid Power is Kind Power!**



ECFE Outdoors and in the Parks



Hanover Settler's Park (Ages birth to 5 years)

Are you ready for twists, turns, slides and climbs? Join Miss Jen and Miss Andrea at Hanover Pioneer Park for a morning of playground fun. We will meet at the park to enjoy the equipment, sidewalk chalk, and the parachute. We'll end the session with a snack and some family style conversation. Limit: 25 children + their grown up(s). **Register online or onsite.**

S4405I

Thursday, May 12
1 session - Free
Hanover Settler's Park

10-11:15 am

Playground

Montrose Early Education Center Playground (Ages birth to 5 years)

Are you ready for twists, turns, slides and climbs? Join Miss Jen and Miss Andrea at the Montrose Early Education Center for a morning of playground fun. We will meet at the MEEC playground to enjoy the equipment, bubbles, chalk and a snack. Limit: 15 children + their grownup(s). **Register online or onsite.**

S4005G

Wednesday, May 4
1 session - Free
Montrose Early Education Center

10-11:15 am

Playground

Buffalo Sturges Park Playground (Ages birth to 5 years)

Are you ready for twists, turns, slides and climbs? Join Miss Patty and Miss Diane at Sturges Park for a morning of playground fun. We will meet at the park to enjoy the equipment, sidewalk chalk, and the parachute. We'll end the session with a snack and some family style conversation. Limit: 25 children + their grownup(s). **Register online or onsite.**

S4405H

Monday, May 9
1 session - Free
Buffalo Sturges Park

10-11:15 am

Playground



SNEAK PEEK

Looking for a preschool experience?

Join our Bison Family!

Available options for this fall include:

Spring Into Preschool (2.5-3.5 Years Old)
Montrose: Mondays, 8:30-10 am

Ready Set Grow Preschool

(3-5 Years Old)

Buffalo: Mondays & Wednesdays, 8-10:30 am

(4-5 years Old)

Hanover: Monday-Friday, 8-10:15 am

Montrose: Monday-Thursday, 12-3 pm

ECFE Fall Festival at Sturges Park Saturday, September 17, Time ?

Mark your calendar to join us for outdoor games, entertainment and ECCE Parent Advisory Council silent auction items.

Summer Classes, Screening & Preschool



ECFE Summer Stay and Play (Birth – Kindergarten Entrance)

Non-separating parent-child group, where parents participate in incidental parent education experiences and children have the opportunity to explore age-appropriate activities in a fun new environment. Class max 15

SU4005A

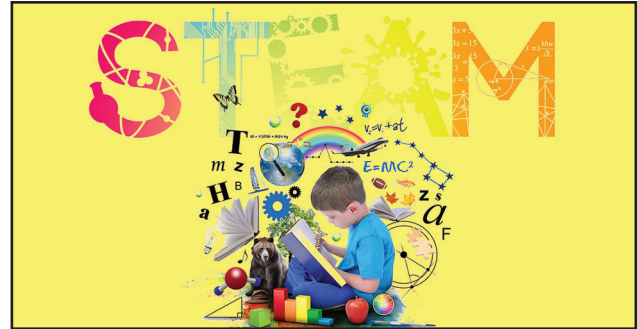
Wednesdays, June 15, 22, 29
3 sessions - \$15 per family
Discovery Center

9:30-11 am
ECFE Staff
Room EC1

SU4005B

Wednesdays, July 27, August 3, 10
3 sessions - \$15 per family
Discovery Center

9:30-11 am
ECFE Staff
Room EC1



STEAM Camp

(4-5 year old, entering Kindergarten in Sept.)

Join Miss Jen for a two-week STEAM Camp, preparing children for the upcoming Kindergarten experience. Activities will focus on kindergarten readiness skills in the areas of science, technology, engineering, the arts and mathematics. Breakfast and Lunch included in the activities of the day. Class max: 10

SU4005C

Monday-Thursday, August 1-11
8 sessions - \$50 per child
Discovery Center

8:30-11:30 am
Jen Robeck
Room EC 2

Welcome to Preschool

Ready Set Grow Preschool School Year 2022-2023

- ◆ Kindergarten readiness skill development for 3-5 year old children
- ◆ 9 months/30 weeks for 2-5 days/week in 2, 2.5 or 3 hour sessions
- ◆ Buffalo, Hanover and Montrose classroom sites



Spring Into Preschool School Year 2022-2023

- ◆ Social/emotional skill development to prepare 2.5 - 3.5 year old children for preschool in a parent/child preschool class
- ◆ Buffalo, Hanover and Montrose classroom sites



Early Childhood Screening (Ages 3-5 years)

Screening will check your child's overall development. The state of Minnesota recommends all children be screened before their 4th birthday in order to start kindergarten in any Minnesota public school. **Screening is required within 90 days of beginning ECFE preschool.** Call 763.682.8408 or 763.682.8780 to schedule.

For more information about our preschool options such as availability, times and fees, visit bhmschools.org (click Community Education, then Early Childhood Family Education) or call ECFE at 763.682.8780.

May Classes

School of Fish

(Grades 3 and up)

School of Fish is a kids fishing class taught by pro angler and fishing TV show host, Mike Frisch. Students learn about lakes, finding fish in those lakes and great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. One adult is invited to attend with a child at no additional charge provided they share one equipment packet.



Students will also receive:

- ◆ Rod, reel, tackle box and tackle
- ◆ Hannay's Marine/School of Fish T-shirt
- ◆ School of Fish full color workbook
- ◆ Knowledge, skills and equipment to go fishing!

SP677

Monday, May 9
1 session-\$60
Discovery Center

6-8:30 pm
Mike Frisch
Cafeteria

Nature Hiking for Kids (Grade K-5)

This class is designed to explore nature while hiking and learning about our natural surroundings. As we walk, we will be learning about trees, flowers, birds, bugs and more. This is a great time to be outside having fun with our friends while meeting new friends. Come join us on this after school adventure while we get a little exercise and learn a lot of cool things!

SP691

Thursday, May 12
1 session - \$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Art/Science Room



RC Car Racing

(Grade 2-8)

Interested in RC Cars? Want to try racing them on a track? Then come join us for some fun as we explore what makes them work and then get to try them out. Participants will leave with a better understanding of the hobby, and get some time testing out their driving skills on a few different types of RC Cars and Trucks. Participants can bring their own RC Cars on approval from Party Crashers RC Racing.

SP685A

Thursday, May 19
1 session - \$19
Discovery Center

6-7:10 pm
Party Crashers RC Racing
Gym

SP685B

Thursday, May 19
1 session - \$19
Discovery Center

7:20-8:30 pm
Party Crashers RC Racing
Gym



I Scream, You Scream, We all Scream for Ice Cream (Grade K-5)

This after school class is designed for you to have fun while learning some science concepts. We will be using the simplest of techniques to make your very own ice cream while learning methods of business in today's world. Come and have some fun with your friends!

SP690

Tuesday, May 24
1 session - \$35
Montrose Elementary

2:30-4:30 pm
Charlene Bzdok
Art/Science Room

■ ■ ■ Youth Enrichment

June Classes



Horse Riding Camp for Beginners (Ages 6-12)

Spark Equestrian's day camps teach kids the basics of horse care, grooming and riding. Students provide their own lunch and wear long pants with close-toed shoes. We will provide the rest! It is recommended to dress in multiple layers as we will be both inside and outside. **When registering online, please print the waiver form and bring it to the camp.** Spark Equestrian is located at 9209 Iffert Ave NE in Monticello.

SU675 A-J

Summer Camp Days are available Wednesdays, June 8 through August 31, 9 am-2 pm. You choose which Wednesday to attend. **Fee for each session is \$125.**

Self-Defense/Safety Awareness (Ages 4-14)

Students are instructed in self-defense, emergency notifications, physical techniques and abduction safety. We promote self confidence, physical fitness, personal empowerment and respect for others. New students will earn the yellow belt and ranking students will earn advanced belts. Instructors are certified black belts trained in run, yell, tell and stranger danger curricula. Questions, call 952.997.7732 or Community Education.

Registration Night

Thursday, June 16 6:30-7:30 pm
Registration fee is \$5 per student
Discovery Center Cafeteria

Class Information

Thursdays, June 23 - August 25
Beginner 6:30-7:15 pm, All others 7:30-8:15 pm
Weekly class fee is \$7 per student
Discovery Center Cafeteria

Gem-Tastic

(Ages 4-9)

You will create dazzling works of art, all covered in glittery GEMS! Make clay cakes that sparkle and shine, along with a collage that glimmers and gleams. You will even make your very own gem-covered crown out of clay. Come get Gem-Tastic with us! **Please pack a nut free snack and drink for your child each day.**

SU690

Tuesday & Wednesday, June 28 & 29 1-4 pm
1 session - \$79 Kidcreate Studio
Discovery Center Room 204

Summer

High School Drivers Education

Our program includes 30-hours of classroom instruction and 6-hours of Behind-the-Wheel (BTW) instruction with a licensed teacher.

June Sessions - 2022

All sessions, except Hanover, are Monday-Friday

SUDE22A	June 13-24	8-11 am	Buffalo
SUDE22B	June 13-17, 20-21, 27-29	8-11 am	Hanover
SUDE22C	June 13-24	8-11 am	Montrose
SUDE22D	June 13-24	11:15 am-2:15 pm	Buffalo

10 classroom sessions & 6 BTW hours - \$380

Make-Up: Monday, June 27, 8-11 am, Buffalo High School
Hanover Make-Up: Thursday, June 30, 8-11 am, Hanover

July Sessions - 2022

All sessions are Monday-Friday

SUDE22E	July 11-22	8-11 am	Buffalo High School
SUDE22F	July 11-22	5-8 pm	Buffalo High School

10 classroom sessions & 6 BTW hours - \$380

Make-Up: Monday, July 25, 8-11 am, Buffalo High School

Parent & Student Safety Presentation

Soon to be drivers and their parents of BHM Community Education summer Driver's Education program can attend this presentation. This safety presentation helps new drivers and their parents prepare teens for getting behind the wheel. **Students must pre-register.**

SUDE-Safety

Tuesday, June 28	6:30-8 pm
1 session - \$10	Safe Communities of Wright County
Buffalo High School	Bison Room C-219

July Classes

Fencing

(Age 6-adult)

Fencing is a fun sport the entire family can enjoy together. Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Fencing utilizes natural body movement to create simple and effective self-protection techniques. Sword Play provides everything needed to fence (mask, jacket, gloves, and sword). The fencer need only come dressed comfortably for freedom of movement including long sweat pants and running shoes. We welcome both adults and students in this class! Limited scholarships are available through Minnesota Sword Play for those with financial need. 952.769.9203

SU679

Monday-Friday, July 11-15
5 sessions - \$75
Discovery Center

10:30 am-12 pm
Swordplay
Gym

Eureka Engineering

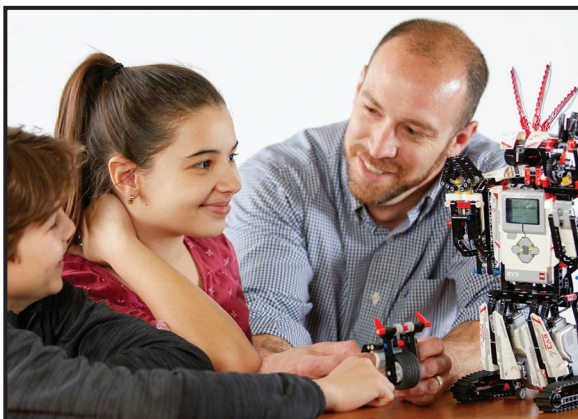
(Grades 3-8)

This class introduces students to the core skills of robotics and STEM through engaging, hands-on learning opportunities. Student groups will work with Lego Mindstorm kits, which include both electrical and mechanical components. The small groups will be mentored by experienced and passionate instructors. Parents are welcome to come watch their child's robotic creations come to life in exciting and competitive challenges including drag racing, fighting robots and more!

SU643

Monday-Wednesday, July 11-13
3 sessions - \$85
Discovery Center

9 am-12 pm
COR Robotics
Cafeteria



RC Wars

(Grades 4-9)

In this class teams of students will build their own remote control vehicles to race and battle against other teams. Students will need to design their vehicles to not only be faster and stronger than other teams' creations, but also better than purchased RC cars and drones. RC Wars will feature land and air races, obstacles courses and more as students learn mechanical and electrical building skills in an energetic and exciting environment.

SU644

Monday-Wednesday, July 11-13
3 sessions - \$85
Discovery Center

1-4 pm
COR Robotics
Cafeteria



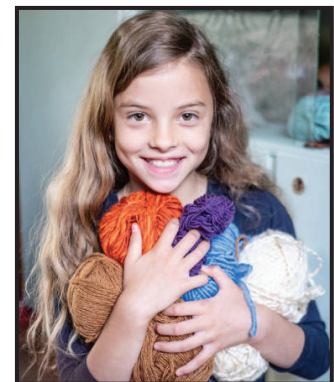
Summer Yarn Play

(Grades K-3)

Want to learn how to weave, sew, finger knit and crochet? We will weave a purse/bag, crochet chains, sew felt flowers, make pom poms, finger knit a scarf and create a pom pom creature. **No experience necessary. Supplies included!**

SU695

Tuesday & Wednesday,
July 19 & 20
9 am-12 pm
2 session - \$85
Discovery Center



The Firefly Hook
Room EC4

■ ■ ■ Youth Enrichment

July Classes

Social Emotional Learning

for Children and Teens (Grades 1-8)

Social-emotional learning (SEL) is the ability to understand and manage one's emotions, develop strong positive relationships and make thoughtful and responsible decisions. Every session will focus on a variety of stress management techniques including mindfulness, meditation, a growth mindset and ways to problem-solve.

SU1710A	Grades 1-2	9-9:45 am
SU1710B	Grades 3-4	10-10:45 am
SU1710C	Grades 5-6	11-11:45 am
SU1710D	Grades 7-8	12-12:45 pm

Monday-Thursday, July 18-21
4 sessions - \$119
Discovery Center

Pro SEL Consulting
Room 204

Summer Crochet Club (Grades 3-8)

Come learn how to crochet while making a scarf, stuffed animal, market bag or purse and a coffee shop cozy! You will also learn how to make pom poms and felt decorations to add to your creations. Students will learn to crochet in the round, work in rows and in a tube and will master the single crochet stitch. Students who are ready to learn a new stitch can do so while making the same project as the rest of the class. **No experience necessary. Supplies included!**

SU696

Tuesday & Wednesday, July 19 & 20
2 session - \$85
Discovery Center

1-4 pm
The Firefly Hook
Room EC4



Summer Orchestra Camp

(Grades 8-9)

Join your fellow Orchestra friends in a week-long summer camp to help maintain your playing skills in the middle of summer! The day camp will include: large ensemble work, sectionals, working with our high school orchestra mentors and listening to special performances by guest artists. The camp session will conclude with a concert for family and friends at the end of the week. **This class is for students who have a minimum of two years experience playing the violin, viola, cello, or bass.**

SU1706

Monday-Thursday, July 18-July 22 9 am-12 pm
5 sessions - \$130 Maddie Eicher and Kristine Wiese
Buffalo High School Orchestra/Band Room

Summer Orchestra Camp

(Grades 10-11)

This is an orchestra experience for students looking for a moderate challenge in a relaxed and fun environment. The day camp will include: large ensemble work, sectionals, and listening to special performances by our guest artists. The camp session will conclude with a concert for family and friends at the end of the week. **This class is for students who have a minimum of three years experience playing the violin, viola, cello, or bass.**

SU1707

Monday-Thursday, July 25 - July 29 9 am-12 pm
5 sessions - \$130 Maddie Eicher and Kristine Wiese
Buffalo High School Orchestra/Band Room

July Classes

Prairie Fire Childrens' Theatre Presents...



Set on a movie set in the 1930's, everything that can go wrong does! 74 students are needed to play various roles. Two professional actors/directors from Prairie Fire Children's Theatre's staff will direct the production and play the roles of the bumbling Hypnotist, and The Queen Diva of all Stage Mothers.

- ◆ **Auditions are open to children ages 7-16 on Monday, July 25, 12-2 pm at the Discovery Center.**
- ◆ The audition process lasts up to two hours and participants need to be in attendance for its entirety.
- ◆ The cast will be announced at the end of the two hour audition. Each cast member receives a rehearsal schedule for the remainder of the week. A portion of the cast will be required to stay following auditions for a short rehearsal.
- ◆ Rehearsals will be 12-4 pm throughout the week.
- ◆ **Masks are required during auditions and rehearsals and are optional during the performance.**
- ◆ 1 or 2 student volunteers are needed to be sound/light technicians. Technicians need to be at rehearsals Wednesday - Friday night's performance. Call Tiffany at 763.682.8787 to sign up to be a technician.
- ◆ **The public performance is Friday, July 29 at 7pm in the Discovery Center Auditorium.**
- ◆ Tickets for the performance are \$7 adults and \$4 students and will be available the week of July 25-29 in the Community Education office at the Discovery Center and at the door the night of the performance.
- ◆ **Doors will open at 6 pm. No reserved seating.**

SU610

Monday-Friday, July 25-29 12-4 pm
 5 sessions - \$79 Prairie Fire Children's Theatre
 Discovery Center Auditorium/Cafeteria

August Classes

Drone Photography (Grade 3-8)

Students will start off learning how to fly an entry level photography drone. Once they've mastered the basics, they will be taught more advanced techniques that will help them take higher quality photos and videos with their drones. Photo and video editing software tutorials will enable students to create awesome media content that they can download and keep after the camp. **Students are encouraged to bring a flash drive to save and share their creations!**

SU645

Monday-Wednesday, August 8-10 9 am-12 pm
 3 sessions - \$85 COR Robotics
 Discovery Center Cafeteria

Intro to Esports (Grades 3-8)

Turn your passion for video games into valuable life skills. We will introduce the world of Esports and teach students about the many opportunities available to them by getting involved. Students will get to play some of the most popular Esports games, compete with and against each other in tournaments and learn important lessons along the way.

SU646

Monday-Wednesday, August 8-10 1-4 pm
 3 sessions - \$85 COR Robotics
 Discovery Center Room 204



August Classes

RC Car Racing

(Grades 2-8)

Interested in RC Cars? Want to try racing them on a track? Then come join us for some fun as we explore what makes RC cars work and then get to try them out. Participants will leave with a better understanding of the hobby, and get time to test their driving skills on a few different types of RC Cars and Trucks. **Participants can bring their own RC Cars on approval from Party Crashers RC Racing.**

SU681A

Tuesday, August 9
1 session - \$19
Discovery Center

6-7:10 pm

Party Crashers RC Racing
Gym

SU681B

Tuesday, August 9
1 session - \$19
Discovery Center

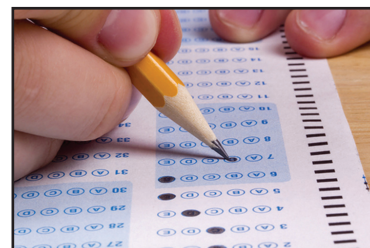
7:20-8:30 pm

Party Crashers RC Racing
Gym



PrepStar Blast ACT Prep

The ACT test is still a strong element considered for college admissions and scholarships. In this class, an ACT expert will cover the test format, essential strategies and content review. The final step in the process will be having the students take a fully proctored practice ACT test. Students will score their test in the online scoring system for immediate results and will receive a detailed score report. **It is recommended that students register for the next available ACT exam.**



SU601

Monday & Wednesday, August 15 & 17
Wednesday & Friday, August 24 & 26
4 sessions - \$379
Discovery Center

9 am-3:30 pm

9 am-3:30 pm

AASS Staff

Room 204

Tie Dye Party

(Ages 5-12)

This is NOT a project you want your kids doing at home so leave the mess to us! Students will make a one of a kind tie-dyed shirt showing their unique personality that they will wear all summer long. **Children must bring their own white t-shirt to class. Please pack a nut free snack and drink for your child.**

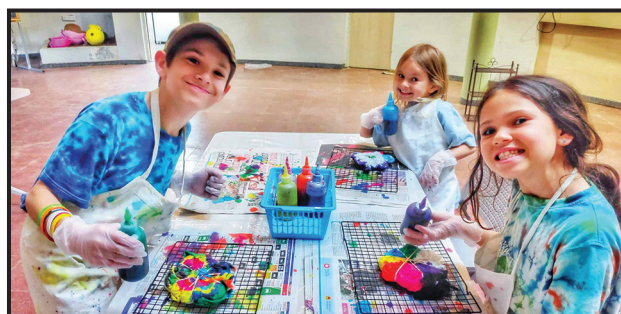
SU691

Tuesday, August 23
1 session - \$35
Discovery Center

1-4 pm

Kidcreate Studio

Room 204





- ◆ Register for the grade the student will attend in the fall of 2022-23 school year.
- ◆ For planning purposes, please register **at least ONE WEEK** prior to the start of camp.
- ◆ Fast, easy, convenient... Register online at bhmschools.ce.eleyo.com.
- ◆ **Most camps will not meet during mandated black out week July 4-8.**

Bison Buddies Basketball Camp

SU712A Gr. K-2 June 27-29 (M, T, W)
 SU712B Gr. K-2 July 11-13 (M, T, W)

Bison Activity Center
 10-11 am \$55 T-shirt/Ball included
 1-2 pm \$55 T-shirt/Ball included
 Ortmann

Boys Youth Basketball Camp

SU710A Gr. 3-5 June 13-15 (M, T, W)
 SU710B Gr. 3-5 June 20-22 (M, T, W)

Bison Activity Center
 10-11:15 am \$75
 10-11:15 am \$75
 Varsity Staff

Boys Middle School Basketball Camp

SU710C Gr. 6-8 June 13-29 and July 11-27 (M, T, W)

Bison Activity Center
 8:30-9:45 am \$130
 Varsity Staff

Boys Varsity Basketball Camp

SU710D Gr. 9-12 June 13-29 and July 11-27 (M, T, W)

Bison Activity Center
 7-8:15 am \$160
 Varsity Staff

Girls START UP Basketball Camp

SU711A Gr. K-2 June 27-30 (M-Th)

Bison Activity Center
 8:15-9:45 am \$75
 Varsity Staff

Girls Youth Basketball Camp

SU711B Gr. 3-5 June 27-30 (M-Th)

Bison Activity Center
 9:30-11 am \$75
 Varsity Staff

Girls Middle School Basketball Camp

SU711C Gr. 6-8 June 20-23 (M-Th)

Bison Activity Center
 8:15-11:15 am \$75
 Varsity Staff

Girls High School Basketball Camp

SU711D Gr. 9-12 June 13-16 (M-Th)

Bison Activity Center
 8:15-11:15 am \$75
 Varsity Staff

Girls Hot Shot/Free Throw Basketball Camp

SU711E Gr. 7-12 July 11-13 (M, T, W)
 SU711F Gr. 7-12 July 18-20 (M, T, W)

Bison Activity Center
 8:15-10:15 am \$75
 8:15-10:15 am \$75
 Varsity Staff

Bison Basketball Co-Ed Shooting Camp

SU713A Gr. 4-8 July 11-13 (M, T, W)

Bison Activity Center
 10-11:15 am \$75
 Ortmann

Bison Basketball Ball Handling/Scoring Camp

SU713B Gr. 4-8 July 18-20 (M, T, W)

Bison Activity Center
 10-11:15 am \$75
 Ortmann

Registration information on page 2

■ ■ ■ Youth Recreation



- ◆ Register for the grade the student will attend in the fall of 2022-23 school year.
- ◆ For planning purposes, please register **at least ONE WEEK** prior to the start of camp.
- ◆ Fast, easy, convenient... Register online at bhmschools.ce.eleyo.com.
- ◆ **Most camps will not meet during mandated black out week July 4-8.**

Youth Tennis Camps

					Lubben/Lee
SU715A	Ages 5-6	June 13-16 (M-Th)	9-9:50 am	Discovery Courts	\$50
SU715B	Ages 5-6	June 20-23 (M-Th)	9-9:50 am	Discovery Courts	\$50
SU715C	Ages 5-6	June 27-30 (M-Th)	9-9:50 am	Discovery Courts	\$50
SU715D	Ages 7-8	June 13-16 (M-Th)	10-10:50 am	Discovery Courts	\$50
SU715E	Ages 7-8	June 20-23 (M-Th)	10-10:50 am	Discovery Courts	\$50
SU715F	Ages 7-8	June 27-30 (M-Th)	10-10:50 am	Discovery Courts	\$50
SU715G	Ages 9-12	June 13-16 (M-Th)	11:10 am-12 pm	Middle School Courts	\$50
SU715H	Ages 9-12	June 20-23 (M-Th)	11:10 am-12 pm	Middle School Courts	\$50
SU715I	Ages 9-12	June 27-30 (M-Th)	11:10 am-12 pm	Middle School Courts	\$50

Bison Elite Tennis Camp

SU717A Varsity Players Buffalo High School Courts June 13-30 and July 11-28 (M-Th) 8-10 am Watkins \$340

Bison Intermediate Tennis Camp

SU717B Gr. 8-JV Buffalo High School Courts June 13-30 and July 11-28 (M-Th) 10 am-12 pm Watkins \$340

Bison Middle School Tennis Camp

SU717C Gr. 6-8 Buffalo High School Courts June 13-30 and July 11-28 (M-Th) 12-1:30 pm Watkins \$215

Gymnastics Camp

SU716 Gr. 6-12 Buffalo High School Gym June 14-July 28 (T, W, Th) 9:30 am-12 pm BHS Coaches \$325

Bison Diving Camp

SU720A Gr. 6-12 Buffalo Community Middle School Pool July 18-21 (M-Th) 2-4 pm \$80
 SU720B Gr. 6-12 Buffalo Community Middle School Pool July 25-28 (M-Th) 2-4 pm \$80



Bison Youth Football Camp

SU721A Gr. 1-5 June 14-16 (T, W, Th)
 SU721B Gr. 6-8 June 14-16 (T, W, Th)

Buffalo High School Fields
 8:15-9:45 am
 10 - 11:30 am

Varsity Coaches
 \$50
 \$50

Bison Varsity Football Camp

SU721C Gr. 9-12 June 20-23 and July 11-14

Buffalo High School Fields
 4-8 pm

Varsity Coaches
 \$75 Practice pack included

Bison Football Offense/Defense Line Camp

SU721D Gr. 5-9 June 20-29 (M, W)

Buffalo High School Fields
 10:45 am-12 pm

Varsity Coaches
 \$60

Bison Football WR/QB/DB Camp

SU721E Gr. 5-9 June 21-30 (M, W)

Buffalo High School Fields
 10:45 am-12 pm

Varsity Coaches
 \$60

Youth Co-Ed Volleyball Camp

SU724A Gr. 1-4 June 13-15 (M, T, W)

Buffalo High School Main Gym
 9-10 am

Varsity Coaches
 \$50

Intermediate Youth Volleyball Camp

SU724B Gr. 5-8 June 13-15 (M, T, W)

Buffalo High School Main Gym
 10:30 am-12 pm

Varsity Coaches
 \$75

Bison Volleyball Varsity Camp

SU724C Gr. 9-12 June 13-July 27 (M, W)

Buffalo High School Main Gym
 12-2 pm

Peterson
 \$100

Boys Soccer Technical Skills and Open Play

SU722 Gr. 7-12 June 13-July 30 (M, T, Th)

Buffalo High School Fields
 7:45-10 am

Varsity Coaches
 \$125

Bison Girls Competitive Summer Soccer Camp

SU723A Gr. 8-12 June 15-July 22 (W, F)

Bison West Fields
 8-9:45 am

Varsity Coaches
 \$150

***Note: Players will meet Tuesday, July 26 for inner squad game to finish camp.**

Girls Soccer Goalkeeper Camp

SU723B Gr. 8-12 June 15-July 22 (W, F)

Bison West Fields
 8-9:45 am

Varsity Coaches
 \$150

***Note: Players will meet Tuesday, July 26 for inner squad game to finish camp.**

Jr Bison Youth Girls Soccer Camp

SU723C Gr. 5-8 June 15-July 1 (W, F)

Bison West Fields
 10-11 am

Varsity Coaches
 \$50

■ ■ ■ Youth Recreation



Jr. Bison Track Meet (Boys and Girls, Grades K-6)

This event is held rain or shine! Bison Varsity Track Coach Scott Palmer, along with assistant coaches and track members, run this one day event with the emphasis on FUN! Students participate in up to 4 events in their age group. **Bison Youth Track T-shirt included.**

SP6440

Saturday, May 22 9 -11:30 am (Check-in at 9 am)
1 session- \$20
Bison Activity Center at Buffalo High School

Learn to Kayak! (Ages 8+)

This class will introduce you to the fundamentals of kayaking in a comfortable setting and at a relaxed pace. Students will learn proper strokes and paddling technique and get the chance to practice these new skills on beautiful Lake Pulaski! This is a great way to build a new skill set or improve upon what you already know about kayaking. **We will provide kayaks, paddles and all necessary safety equipment.** Min 6 Max. 12



SU804

Thursday, July 7 6-8 pm
1 session - \$49 per person
Pulaski Beach in Buffalo

Bison Training (entering grades 9-12)

Appropriate training methods are taught to produce stronger, more coordinated and confident athletes. Program includes dynamic flexibility, movement preparation, acceleration, footwork, strength training and agility utilized as training modalities. The goal is to build athletes with good training habits and a solid foundation of efficient movement with strength and speed.

Mondays, Tuesdays, Thursdays
June 13 - July 28 (No training week of July 5)
Fee: \$100/session Bison Strength Coach Jackson Schepp
Buffalo High School Weight Room



Jr. Bison Football Registration

The **Jr. Bison Football Program** is designed for students entering grades 1-6 in the fall of 2022. The football season begins mid-August and concludes mid-October. Grades 1-2 play flag football. Grades 3-6 play tackle football. ***Each player playing tackle is required to provide their own helmet.**

Teams practice one to two times per week in the evening and games are played Saturday mornings. There will be no special arrangements of players and we set our grade levels for safety and liability.

This program relies heavily on volunteers to ensure its success. We can't have teams without coaches! Please contact Todd Lunning, Recreation Coordinator, at tlunning@bhmschools.org or 763.682.8176 to sign on to help.

Students interested in playing football this fall should **register online by July 15 to guarantee a roster spot.** Registrations received after July 15 will only be placed on a roster if space allows.

Register online at
bhmschools.ce.eleyo.com



SU750A 7-8:30 am SU750D 9:15-10:45 am
SU750B 7:45-9:15 am SU750E 4:30-6 pm
SU750C 8:30-10 am



Jr Bision Gymnastics

No classes
week of July 4

Classes held in the Buffalo High School Gymnastics Room

Parent & Child

(Boys and Girls, Ages 18 months - 2 years)

Parent/guardian will assist your child on the equipment learning basic shapes and movements to improve balance, strength and coordination. Obstacle courses will be set up along with the trampoline and foam pit.

SU687A

Mondays, June 6-August 22 4:15 - 5 pm
11 sessions - \$122

Preschool (Boys and Girls, Ages 3 - 5 years)

Focus is on having fun while introducing basic gymnastics skills while improving balance, strength and coordination. Obstacle courses, trampoline and foam pit.

SU680A

Mondays, June 6-August 22 5 - 5:45 pm
11 sessions - \$122

SU680B

Wednesdays, June 8-August 24 4:15-5 pm
11 sessions - \$122

Girls Beginners (Ages 5+)

Focus is on improving balance, strength, flexibility and coordination. To move up to next level will need a strong bridge, handstand and cartwheel on floor, pull-over on bars with spot and correctly hit a springboard.

SU681A

Wednesdays, June 8-August 24 5:15-6:15 pm
11 sessions - \$165

SU681B

Wednesdays, June 8-August 24 6-7 pm
11 sessions - \$165

SU681C

Thursdays, June 9-August 25 5:30-6:30
11 sessions - \$165

Open Gym (All ages are welcome)
Tuesdays, June 7-August 23, 5:30-6:30 pm
\$10/day (Pay at the door)

Boys Beginners

(Ages 5+)

Learn the basics of core gymnastics skills on floor, vault, and bars. Will include obstacle courses utilizing the tumble track, trampoline and foam pit. Focus on building strength, technique and coordination. - max of 10 kids



SU684

Mondays, June 6-August 22 6-7 pm
11 sessions - \$165

Girls Intermediate

(Ages 7+)

Continue learning gymnastics skills on all 4 events.
Vault: Forward roll and handstand flatback
Bars: Pullovers, casts, back hip circles, glides
Beam: Basics on low and high beams
Floor: Various cartwheels, roundoffs, back bends and kickovers

SU682A

Tuesdays, June 7-August 23 2:30-3:45 pm
11 sessions - \$185

SU682B

Thursdays, June 9-August 25 4-5:15 pm
11 sessions - \$185

Girls Advanced

(Ages 8+)

Vault: Handstand flatback and handsprings
Bars: Skills from Intermediate level and introduce one-leg circles, tap swings, front hip circles, kips, squat ons
Beam: Continue basics on low and high beams - jumps, turns, handstands, cartwheels, mounts and dismounts
Floor: ??

SU683A

Tuesdays, June 7-August 23 4-5:30 pm
11 sessions - \$220

SU683B

Thursdays, June 9-August 25 5:30-6:30 pm
11 sessions - \$220

■ ■ ■ Open Swim & Lesson Descriptions

Summer Open Swim

Mondays & Wednesdays
1-2:30 pm
June 20-July 27
(Closed July 4)

- ◆ Buffalo Community Middle School Pool
- ◆ Enter door 3, lower west side
- ◆ A lap lane is designated
- ◆ \$5/person or \$10/family



About Our Pool

- ◆ The pool is located at the Buffalo Community Middle School. Enter door #3 (facing football field)
- ◆ Locker rooms are available to change after lessons
- ◆ Appropriate swim wear required
- ◆ Pool depth ranges from 3 feet 6 inches to 12 feet
- ◆ An adult must accompany children if under 48 inches in height
- ◆ The use of approved life jackets/ vests and other floatations are allowed when **accompanied by an adult in the water**
- ◆ To use the deep end of the pool, swimmers must be able to swim the width of the pool using the American Red Cross Level 3 front crawl. Swimming ability will be at the lifeguard's discretion
- ◆ Children are not allowed to jump off the diving boards into the arms of an adult in the water



Parent and Child Aquatics (6 months to 3 years) Fee: \$59

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and introduce water safety.

Parent Child 1

- ◆ Change body position in the water
- ◆ Learn how to play safely
- ◆ Experience wearing a life jacket

Parent Child 2

- ◆ Expectation for adult supervision
- ◆ Enter and exit the water safely
- ◆ Submerge in a rhythmic pattern

Preschool Aquatics (4-5 years old) Fee: \$59

Children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

Learn to Swim Levels 1-5 (Age 6+) Fee: \$64

Level 1: Intro to Water Skills

Orient participants to the aquatic environment and help gain basic aquatic skills. Begin to develop positive attitudes and safe practices around water.

Level 2: Fundamental Aquatic Skills

Build on basic aquatic skills, water safety and concepts learned in level 1.

Level 3: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

Level 4: Stroke Improvement

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Skills include swimming front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

Level 5: Stroke Refinement

Level 6: Personal Water Safety

Participants refine their performance of all six swimming strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).



- * Parent and Child Aquatics
 - * Preschool Aquatics
- 25 minute lessons
Fee: 8-lessons, \$59

Learn to Swim: Levels 1-6
45 minute lessons
Fee: 8-lessons, \$64

The pool is located at the Buffalo Community Middle School. Enter door 3.

Pool Session A June 20 - 30 (Monday-Thursday)			
10 am	Level 1 SU5311A	Level 2 SU5321A	Level 3/4 SU5331A
11 am	Level 1 SU5312A	Level 2 SU5322A	Level 5/6 SU5351A
12 pm	Pre-School SU5201A	Pre-School SU5202A	Parent Child SU5001A

Pool Session C July 25 - August 4 (Monday-Thursday)			
10 am	Level 1 SU5311C	Level 2 SU5321C	Level 3 SU5331C
11 am	Level 1 SU5312C	Level 2 SU5322C	Level 4/5 SU5351C
12 pm	Pre-School SU5201C	Pre-School SU5202C	Parent Child SU5001C

Pool Session B July 11-21 (Monday-Thursday)			
10 am	Level 1 SU5311B	Level 2 SU5321B	Level 3/4 SU5331B
11 am	Level 1 SU5312B	Level 2 SU5322B	Level 5 SU5351B
12 pm	Pre-School SU5201B	Pre-School SU5202B	Parent Child SU5001B

Pulaski Beach Session D August 8 - 18 (Monday-Thursday)			
10 am	Pre-School SU5201G	Level 1 SU5311G	Level 2 SU5321G
10:30 am	Pre-school SU5202G		
11 am	Parent Child 1 SU5001G	Level 3 SU5331G	Level 4 SU5341G
11:30 am	Parent Child 2 SU5101G		

■ ■ ■ **KidKare** (Ages 3-12)



BUFFALO HANOVER MONTROSE SCHOOLS
 Tiffany Lund, 763.682.8787 or tlund@bhmschools.org

KidKare provides high quality child care in a safe, nurturing and fun atmosphere for children emphasizing the development of social, emotional, physical and intellectual skills.

- ◆ Summer KidKare sites will be open June 15 - August 26, 6 am – 6:30 pm.
- ◆ **Closed July 4, July 29 (Buffalo site only) and August 29 - September 5.**
- ◆ Summer sites in Buffalo, Hanover and Montrose.
- ◆ Northwinds, Parkside and Tatanka KidKare sites will be combined as **Buffalo KidKare at Tatanka Elementary, June 15 - July 28.** On August 1, all three Buffalo sites (Northwinds, Parkside, and Tatanka) will be open the remainder of the summer.
- ◆ Breakfast, lunch and snack served at no extra cost.
- ◆ Weekly themes with age appropriate activities include science, arts and crafts, gym games, outside play and more!
- ◆ All students entering grades 2 – 7 will participate in the **Summer SunBlock program** (see below).

Summer SunBlock

Summer KidKare students entering grades 2-7 will participate in the Summer SunBlock enrichment program at no extra charge for most classes (A few classes have an additional fee).

Enrichment classes for students entering grades 2-7

- ◆ Block A: June 20-30
- ◆ Block B: July 5-14 (**no classes Monday, July 4**)
- ◆ Block C: July 18-28
- ◆ Three 1-hour classes (8:30 am, 9:30 am, 10:30 am)
- ◆ Students from Hanover and Montrose will be bussed to Tatanka Elementary School for SunBlock classes.

Visit bhmschools.org/kidkare
 for more information including
 registration forms, attendance forms
 and the parent handbook.



Register for KidKare Today!

- ◆ Online at bhmschools.ce.eleyo.com
- ◆ Contact Tiffany Lund, KidKare Coordinator, at 763.682.8787 or tlund@bhmschools.org

Summer Contract Rates:

	Daily	Half Day
First Child	\$38	\$26
Add'l Children	\$36	\$24

Non-refundable family registration fee \$50 includes summer and 2022-23 school year.

Summer KidKare Sites:

Tatanka Elementary Open June 15-August 26 763.682.8631	Northwinds Elementary Open August 1- 26 763.682.8830
Hanover Elementary Open June 15-August 26 763.682.0873	Parkside Elementary Open August 1 - 26 763.682.8746
Montrose Elementary Open June 15-August 26 763.682.8360	

2022-23 School Year Registration

- ◆ Current Families June 13-July 15
- ◆ New Families June 20-July 15
- ◆ Online at bhmschools.ce.eleyo.com



Summer SunBlock

is a great way for your child to stay on top of his or her academic skills in reading, writing, math and science all **while having fun!** Students can also explore their creative side with a variety of art classes. In addition, students will stay active with recreation and outdoor games. No matter what classes you choose, you can count on a summer of learning and fun! **Classes fill quickly... early registration is encouraged.**



Block A

M-Th, June 20 - 30

Block B

M-Th, July 5 - July 14
(No classes Monday, July 4)

Block C

M-Th, July 18 - July 28

- ◆ **Hour 1** 8:30-9:30 am
- ◆ **Hour 2** 9:30-10:30 am
- ◆ **Hour 3** 10:30-11:30 am

*Schedule confirmations will be mailed to homes one-week prior to the start of each block.



Classes held at Tatanka Elementary School, 703 8th St. NE in Buffalo. Centralized bussing is available (see Bussing info to the right).



- ◆ For students entering grades 2-7



Students attending the summer Kid-Kare, school-age care program, will participate in **Summer Sun Block** classes for no additional fee for most classes.



\$59 per class
\$69 Babysitting Basics



Centralized bussing to/from Tatanka Elementary School is available from district elementary schools. The bus picks up and drops off the student at the elementary school you choose. Centralized bussing provided at no additional cost. **Students should register for all 3 hours each block to utilize bussing.** If registering online, don't forget to register for "SunBlock Transportation", then choose the school your child will be picked up/dropped off at.

REGISTER ONLINE

Register for Summer Sun Block classes online
bhmschools.ce.eleyo.com
or use the registration form on page ??.
 *Note... Face coverings are optional.

Summer Food Program
 BHM Schools will offer FREE meals to children ages 1-18 this summer thanks to a federal program. Dates, locations and times will be shared in May or June.

■ ■ ■ *Block A Classes (students entering grades 2-7 in Fall 2022)*

Block A: June 20 - June 30

Monday-Thursday
for 2-weeks

\$59 per class - Registration page 19
\$69 for Babysitting Basics

Master Building Blocks Builders

Calling all future engineers! Come create with building bricks. We will think, plan and then build creations like never before.

Class Number	Hours	Grades
SU1A1	8:30-9:30	2-3
SU1A2	9:30-10:30	2-3
SU1A3	10:30-11:30	2-3

Arts and Crafts

Creativity is allowing yourself to make mistakes, art is knowing which one to keep. In this class you will learn new artistic techniques that will help you discover your inner artist!

Class Number	Hours	Grades
SU2A1	8:30-9:30	2 – 3
SU2A2	9:30-10:30	2 – 3
SU2A3	10:30-11:30	2 – 3

Minute to Win it Games

Are you looking for a fun, challenging, and engaging class this summer? Come put your brain, energy, and team building skills to the test as you try to win these fun one minute games. Are you ready to challenge yourself?

Class Number	Hours	Grades
SU3A1	8:30-9:30	2-3
SU3A2	9:30-10:30	2-3
SU3A3	10:30-11:30	2-3

Minnesota for Mini-sotans

This class is all about our great state of Minnesota! We'll play favorite Minnesota games, write tall tales, and create lots of Minnesota themed crafts and projects. Come to this class and discover the hidden treasure of the northernmost state.

Class Number	Hours	Grades
SU4A1	8:30-9:30	2-3
SU4A2	9:30-10:30	2-3
SU4A3	10:30-11:30	2-3

Social and Emotional Learning: It's for Everyone

Social and emotional learning helps students interact with their peers, respond to stressors and process their thoughts and feelings both in and out of the classroom. Students will learn to self-monitor and identify their feelings, as well as develop strategies to change their emotional state. They will develop self-awareness and self-management skills across settings, show empathy, and make responsible, caring decisions.

Class Number	Hours	Grades
SU5A1	8:30-9:30	2-3
SU5A2	9:30-10:30	2-3
SU5A3	10:30-11:30	2-3

Experimenting with Science

This class is all about exciting science experiments! Fun with lots of learning and getting your hands dirty.

Class Number	Hours	Grades
SU6A1	8:30-9:30	2-3
SU6A2	9:30-10:30	2-3
SU6A3	10:30-11:30	2-3

Age of Castles

Hear ye, Hear ye, Lords and Ladies! Learn about knights, jousting, dragons, catapults and all things Medieval!

Class Number	Hours	Grades
SU7A1	8:30-9:30	2-3
SU7A2	9:30-10:30	2-3
SU7A3	10:30-11:30	2-3

Gym Games Galore

Run, jump, throw, tag... play some of your favorite classic gym games and learn some new ones too!

Class Number	Hours	Grades
SU14A1	8:30-9:30	2-3
SU14A2	9:30-10:30	2-3
SU14A3	10:30-11:30	2-3

Block A Classes (students entering grades 2-7 in Fall 2022) ■ ■ ■

Block A: June 20 - June 30

Monday-Thursday
for 2-weeks

\$59 per class - Registration page 19
\$69 for Babysitting Basics

Cross Stitching for Beginners

Come learn a classic embroidery style, as well as improve your fine motor skills, as students are taught basic stitches needed to create one of four colorful beginner level cross stitch patterns. At the end of the course, students will have a beautiful hand stitch piece of art to frame and take home.



Class Number	Hours	Grades
SU8A1	8:30-9:30	4-7
SU8A2	9:30-10:30	4-7
SU8A3	10:30-11:30	4-7

Painting and Sculpting

Take your creative mind to a new level with paint and clay. Each child will bring home a new art project everyday. Be ready to express your creativity and have some fun.

Class Number	Hours	Grades
SU9A1	8:30-9:30	4-7
SU9A2	9:30-10:30	4-7
SU9A3	10:30-11:30	4-7

Babysitting Basics

(Fee: \$69)

Learn how to be professional and responsible as a caregiver. Topics include how to respond to an emergency, characteristics of different age groups, age-appropriate play activities, and basic child care skills. Students who meet the course criteria will be awarded a Red Cross Babysitting certificate. Bring a baby doll to practice your skills on. Class size is limited to 10 per hour. This class will cost \$69 due at time of registration to hold the spot.

Class Number	Hours	Grades
SU10A1	8:30-9:30	4-7
SU10A2	9:30-10:30	4-7
SU10A3	10:30-11:30	4-7

Memory Keepers

Design and create a scrapbook from scratch! Learn how to organize your photos to tell your story of family, friends, and special events. There will be scrapbooking tools and supplies provided. Please bring about 40 pictures to class.

Class Number	Hours	Grades
SU11A1	8:30-9:30	4-7
SU11A2	9:30-10:30	4-7
SU11A3	10:30-11:30	4-7

Loom Knitting

Come learn how to knit with a round loom to make a fun hat. Looms will be provided - bring your own skein of yarn.

Class Number	Hours	Grades
SU12A1	8:30-9:30	4-7
SU12A2	9:30-10:30	4-7
SU12A3	10:30-11:30	4-7

Star Wars Arts and Activities

Visit a galaxy far far away. In this class you will make Star Wars themed art projects from lightsabers to Grogu and space ships to helmets. We will explore your Star Wars knowledge with trivia and discuss what lessons we can learn about life on earth through Star Wars stories.

Class Number	Hours	Grades
SU13A1	8:30-9:30	4-7
SU13A2	9:30-10:30	4-7
SU13A3	10:30-11:30	4-7

Gym Games Galore

Run, jump, throw, tag... play some of your favorite classic gym games and learn some new ones too!

Class Number	Hours	Grades
SU15A1	8:30-9:30	4-7
SU15A2	9:30-10:30	4-7
SU15A3	10:30-11:30	4-7

■ ■ ■ *Block B Classes* (students entering grades 2-7 in Fall 2022)

Block B: July 5-July 14

Monday-Thursday
for 2-weeks

(No classes Monday, July 4)

\$59 per class - Registration page 19

Arts and Crafts

Creativity is allowing yourself to make mistakes. Art is knowing which one to keep. Learn new artistic techniques that will help you discover your inner artist!

Class Number	Hours	Grades
SU1B1	8:30-9:30	2 – 3
SU1B2	9:30-10:30	2 – 3
SU1B3	10:30-11:30	2 – 3

Minute to Win it Games

Come put your brain, energy, and team building skills to the test as you try to win these fun one minute games. Are you ready to challenge yourself?

Class Number	Hours	Grades
SU2B1	8:30-9:30	2-3
SU2B2	9:30-10:30	2-3
SU2B3	10:30-11:30	2-3

Social and Emotional Learning: It's for Everyone

Social and emotional learning helps students interact with their peers, respond to stressors and process their thoughts and feelings both in and out of the classroom. Students will learn to self-monitor and identify their feelings, as well as develop strategies to change their emotional state. They will develop self-awareness and self-management skills across settings, show empathy, and make responsible, caring decisions.

Class Number	Hours	Grades
SU3B1	8:30-9:30	2-3
SU3B2	9:30-10:30	2-3
SU3B3	10:30-11:30	2-3

Gym Games Galore

Run, jump, throw, tag... play some of your favorite classic gym games and learn some new ones too!

Class Number	Hours	Grades
SU12B1	8:30-9:30	2-3
SU12B2	9:30-10:30	2-3
SU12B3	10:30-11:30	2-3



Experimenting with Science

This class is all about exciting science experiments everyday! Join the fun with lots of learning and getting your hands dirty.

Class Number	Hours	Grades
SU4B1	8:30-9:30	2-3
SU4B2	9:30-10:30	2-3
SU4B3	10:30-11:30	2-3

Big Art

If you want to supersize your summer fun, give big art a try! We will paint sunset pictures on big canvas, tissue prints on large wooden letters and draw a huge Victorian village. Come to this class with big ideas!

Class Number	Hours	Grades
SU5B1	8:30-9:30	2-3
SU5B2	9:30-10:30	2-3
SU5B3	10:30-11:30	2-3



Walk Like an Egyptian

Come along on a journey down the Nile in ancient Egypt! We will learn about pharaohs, mummies and pyramids.

Class Number	Hours	Grades
SU6B1	8:30-9:30	2-3
SU6B2	9:30-10:30	2-3
SU6B3	10:30-11:30	2-3

Block B Classes *(students entering grades 2-7 in Fall 2022)* ■ ■ ■

Block B: July 5-July 14

Monday-Thursday
for 2-weeks

(No classes Monday, July 4)

\$59 per class - Registration page 19

Board Games, Not Bored Games

Are standard board games not challenging enough? Learn several new, fun and interesting board and card games. From classics like Settlers of Catan to newer games like Super-Skill 4-Cade Pinball. There will be plenty of choices to discover new additions to family game night!

Class Number	Hours	Grades
SU7B1	8:30-9:30	4-7
SU7B2	9:30-10:30	4-7
SU7B3	10:30-11:30	4-7

Master Building Blocks Builders

Calling all future engineers! Come create with building bricks. We will think, plan and then build creations like never before.

Class Number	Hours	Grades
SU8B1	8:30-9:30	4-7
SU8B2	9:30-10:30	4-7
SU8B3	10:30-11:30	4-7

Engineers at Work

This class is hands-on building with simple everyday items. In this class you will get to build a form of transportation, have a contest to build the strongest bridge and design a living environment out of recycled materials.

Class Number	Hours	Grades
SU9B1	8:30-9:30	4-7
SU9B2	9:30-10:30	4-7
SU9B3	10:30-11:30	4-7



Welcome to the Wizarding World

In this fun Harry Potter inspired class we will stop at Diagon Alley to make our wands, quills and owls! We will be sorted into our Hogwarts Houses, make house themed projects and test your Harry Potter knowledge with trivia.

Class Number	Hours	Grades
SU10B1	8:30-9:30	4-7
SU10B2	9:30-10:30	4-7
SU10B3	10:30-11:30	4-7

Cards and Games Plus

Come play some cards and games to keep your brain thinking over summer and have fun at the same time!

Class Number	Hours	Grades
SU11B1	8:30-9:30	4-7
SU11B2	9:30-10:30	4-7
SU11B3	10:30-11:30	4-7

Gym Games Galore

Run, jump, throw, tag... play some of your favorite classic gym games and learn some new ones too!

Class Number	Hours	Grades
SU13B1	8:30-9:30	4-7
SU13B2	9:30-10:30	4-7
SU13B3	10:30-11:30	4-7

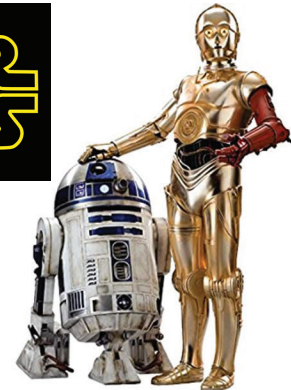


■■■ *Block C Classes (students entering grades 2-7 in Fall 2022)*

Block C: July 18-July 28

Monday-Thursday
for 2-weeks

\$59 per class - Registration page 19



Summer Celebration

In the class we will celebrate summer with fun games and crafts each week.

Class Number	Hours	Grades
SU1C1	8:30-9:30	2-3
SU1C2	9:30-10:30	2-3
SU1C3	10:30-11:30	2-3

Arts and Crafts

Creativity is allowing yourself to make mistakes, art is knowing which one to keep. In this class you will learn new artistic techniques that will help you discover your inner artist!

Class Number	Hours	Grades
SU2C1	8:30-9:30	2-3
SU2C2	9:30-10:30	2-3
SU2C3	10:30-11:30	2-3

Minute to Win it Games

Are you looking for a fun, challenging, and engaging class this summer? Come put your brain, energy, and team building skills to the test as you try to win these fun one minute games. Are you ready to challenge yourself?

Class Number	Hours	Grades
SU3C1	8:30-9:30	2-3
SU3C2	9:30-10:30	2-3
SU3C3	10:30-11:30	2-3

Star Wars Arts and Activities

Visit a galaxy far far away. In this class, you will make Star Wars themed art projects from lightsabers to Grogu and space ships to helmets. We will explore your Star Wars knowledge with trivia and discuss what lessons we can learn about life on earth through Star Wars stories.

Class Number	Hours	Grades
SU4C1	8:30-9:30	2-3
SU4C2	9:30-10:30	2-3
SU4C3	10:30-11:30	2-3

Experimenting with Science

This class is all about exciting science experiments everyday! Join the fun with lots of learning and getting your hands dirty.

Class Number	Hours	Grades
SU5C1	8:30-9:30	2-3
SU5C2	9:30-10:30	2-3
SU5C3	10:30-11:30	2-3

Gym Games Galore

Run, jump, throw, tag... play some of your favorite classic gym games and learn some new ones too!

Class Number	Hours	Grades
SU10C1	8:30-9:30	2-3
SU10C2	9:30-10:30	2-3
SU10C3	10:30-11:30	2-3

Block C Classes *(students entering grades 2-7 in Fall 2022)* ■ ■ ■

Block C: July 18-July 28

Monday-Thursday
for 2-weeks

\$59 per class - Registration page 19

Painting and Sculpting

Take your creative mind to a new level with paint and clay. Each child will bring home a new art project everyday. Be ready to express your creativity and have some fun.

Class Number	Hours	Grades
SU6C1	8:30-9:30	4-7
SU6C2	9:30-10:30	4-7
SU6C3	10:30-11:30	4-7



Master Building Blocks Builders

Calling all future engineers! Come create with building bricks. We will think, plan and then build creations like never before.

Class Number	Hours	Grades
SU7C1	8:30-9:30	4-7
SU7C2	9:30-10:30	4-7
SU7C3	10:30-11:30	4-7

Big Art

If you want to supersize your summer fun, give big art a try! We will paint sunset pictures on big canvas, tissue prints on large wooden letters and draw a huge Victorian village. Come to this class with big ideas!

Class Number	Hours	Grades
SU8C1	8:30-9:30	4-7
SU8C2	9:30-10:30	4-7
SU8C3	10:30-11:30	4-7



Loom Knitting

Come learn how to knit with a round loom to make a fun hat. Looms will be provided - bring your own skein of yarn.

Class Number	Hours	Grades
SU9C1	8:30-9:30	4-7
SU9C2	9:30-10:30	4-7
SU9C3	10:30-11:30	4-7

Gym Games Galore

Run, jump, throw, tag... Join this class to play some of your favorite classic gym games and learn some new ones too!

Class Number	Hours	Grades
SU11C1	8:30-9:30	4-7
SU11C2	9:30-10:30	4-7
SU11C3	10:30-11:30	4-7



Recreation & Fitness



T'ai Chi at Sturgis Park

T'ai Chi is an ancient Chinese system of movements for health and self-defense. By doing T'ai Chi you will enhance your well-being by providing your cells with more oxygen, giving you more stamina and vitality. T'ai Chi Chaun/Qigong is great for relaxation, stress reduction, quiets the mind, enhances energy, relieves aches and pains, and it helps promote better balance and control of your body. Wear loose fitting, comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.

SU802

Tuesdays, June 7-August 16 (No class July 5)
 Beginner (First time): 6-7 pm
 Intermediate/Advanced: 7-8 pm
 10 sessions- \$70 first person, \$25 each add'l family member
 Sturgis Park Band Shell



Open Pickleball!

Drop in and play the game of pickleball with your neighbors or friends or make new friends! Arrange to play other nights of the week too if you want. **Be sure to bring a water bottle as there is not a drinking fountain on site. Please bring own racquet and pickleballs.**

Wednesdays, June 8-July 27 6-8 pm
 12 weeks - Free
 Buffalo Community Middle School Pickleball/tennis Courts



**Stay active
 this summer!**



Bison Activity Center at Buffalo High School

Open Gym

Monday - Thursday, 6-9 pm
 \$5/person or \$10/family

Indoor Walking

Monday - Thursday, 5-9 pm
 \$3/person/day

Season ends Thursday, May 5



Buffalo Gravel Grinder Saturday, June 18

20 or 50 mile bike ride options starting from Gary Mattson Park on the beautiful gravel roads around Buffalo. **Contact the Buffalo Community Center for more information at 763.682.6036.**



Qigong on Thursdays

Qigong is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help you reduce stress and help you to heal physically, emotionally, and spiritually. This basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you.

SP1260B

Thursdays, May 5-June 2
 (No class May 19)
 4 session - \$49
 Discovery Center

5-6 pm

Amee Pribyl
 Board Room

SU1261A

Thursdays, June 9-July 28
 (No class July 7)
 7 session - \$79
 Discovery Center

5-6 pm

Amee Pribyl
 Board Room

SU1261B

Thursdays, August 4-25
 4 session - \$49
 Discovery Center

5-6 pm

Amee Pribyl
 Board Room

Qigong Saturday Sampler

Sample the benefits of Qigong without committing to a multi-session class. Qigong will enhance the quality of your life and the lives around you. Join us to experience this activity and further enhance your Qigong work. **This practice is open to all levels.**

SP1257B

Saturday, May 7
 1 session - \$10
 Discovery Center

10 am - 12 pm
 Amee Pribyl
 Board Room

SU1257A

Saturday, June 18
 1 session - \$10
 Discovery Center

10 am-12 pm
 Amee Pribyl
 Board Room

SU1257B

Saturday, July 2
 1 session - \$10
 Discovery Center

10 am-12 pm
 Amee Pribyl
 Board Room

SU1257C

Saturday, August 13
 1 session - \$10
 Discovery Center

10 am-12 pm
 Amee Pribyl
 Board Room



Check out what Community Ed is offering this summer!

- ◆ Summer Driver's Ed, page 6
- ◆ Prairie Fire Theatre, page 9
- ◆ Sport Camps, pages 11-13
- ◆ Youth Swim Lessons, page 17
- ◆ Summer SunBlock, pages 19-25
- ◆ Sound Baths, page 29
- ◆ Puppy and Dog Training, page 32
- ◆ Ballroom Dancing, page 33
- ◆ Defensive Driving, page 34
- ◆ Day Trips, page 37-39



Women, Weight & Hormones

Are you finding that fat is collecting around your mid-section and no matter how well you watch what you eat or how much you exercise that weight is not budging? If this is your story, your inability to lose weight probably has more to do with your hormone levels than anything else. Until you discover and correct any imbalances, trying to lose weight will be like shoveling sand against the tide. In this workshop you will learn 7 key strategies for fighting fat and losing weight, including: concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; ten simple things you can do every day to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems for you and what to do about it; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain; and how to help your body begin to lose weight again

SP1228

Thursday, May 12
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak



Vitamins & Herbs: Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng, Echinacea, & DHEA.

SP1229

Tuesday, May 17
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak

Soothe Those Achy Joints

Do you have joints that ache – a knee, hip or back? Whether you have arthritis, bursitis or just creaky joints, this class is for you. Joint lubrication exercises are quite easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy. Wear loose, comfortable clothing.

SP1230

Thursday, May 19
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak



Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770



Sound Baths

Did you know your body is composed of up to 60% water? Have you ever run your finger along the edge of a glass filled with water? Did you notice the way the water danced with vibration and sound? Sound Baths affect the cells of the body similarly, vibrating the water within us to create and immersive, meditative experience. The different notes and vibrations help relax the body and mind. Racing thoughts are quieted as the mind attempts to recognize patterns within the sounds. Eventually the mind surrenders to the vibrations. A deep meditative state of relaxation follows. This is a great “end of the day” class that can reduce anxiety and stress and help facilitate a restful night’s sleep. Class includes a guided meditation with a sound bath using Tibetan Singing Bowls, Crystal Singing Bowls, Gongs, and Chimes. **Dress in loose, comfortable clothing. Bring a yoga mat or blanket, an eye pillow and water bottle.**

SP1262B

Thursday, May 26
1 session - \$49
Discovery Center

6:30 - 7:30 pm
Amee Pribyl
Board Room

SU1261A

Thursdays, June 23
1 session- \$49
Discovery Center

6:30-7:30 pm
Amee Pribyl
Board Room

SU1261B

Thursdays, July 21
1 session- \$49
Discovery Center

6:30-7:30 pm
Amee Pribyl
Board Room

SU1261C

Thursdays, August 18
1 session- \$49
Discovery Center

6:30-7:30 pm
Amee Pribyl
Board Room



Calm and Gentle Yoga

This flowing yoga class links poses to create strength, flexibility and balance. Breath awareness and breathing exercises are incorporated to help remove tension and lessen stress. A well-rounded class for a wide variety of participants and ability levels – all poses can be modified to fit the individual’s flexibility level, and options are given. **Please bring a yoga mat or large towel.**

SP1262A

Wednesdays, June 1-July 20
(No class July 6)
7 sessions - \$49
Discovery Center

6:30-7:30 pm

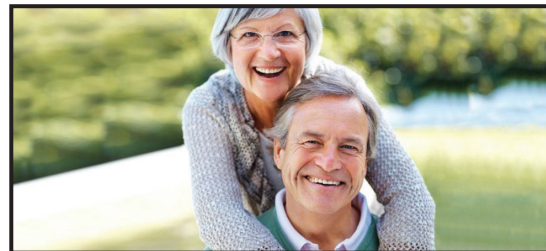
Elizabeth Muellerleile
Cafeteria

SP1262B

Wednesdays, July 27-August 24
5 sessions - \$35
Discovery Center

6:30-7:30 pm

Elizabeth Muellerleile
Cafeteria



Free Community Event!

Active Generations -

A Positive Aging Expo

May 21, 9 am – 1 pm

Buffalo Civic Center

This event includes a variety of activities, including a diverse group of vendors, products, resources on health care, health/longevity, housing, finance, recreation, fitness, safety and more! There are speakers and entertainment, a free breakfast for all attendees, health screens and prizes before and during the event. For more information, visit lakeridgesenior.org or parkviewsenior.org.

Health & Wellness

Fast Fixes for Beating Belly Bloat

Have you ever found that in the a.m. your pants fit just fine but by mid-afternoon the waistband is squeezing you like a tourniquet? Or, that no matter how many crunches or ab exercises you do, some days your belly will hang out like you're 5 months pregnant? In this workshop, you will learn the causes of belly bloat as well as concrete solutions and fast fixes to rid you of it once and for all.



SU1220

Thursday June 2
1 Session \$35
Online via Zoom

6-7:30pm
Janice Novak

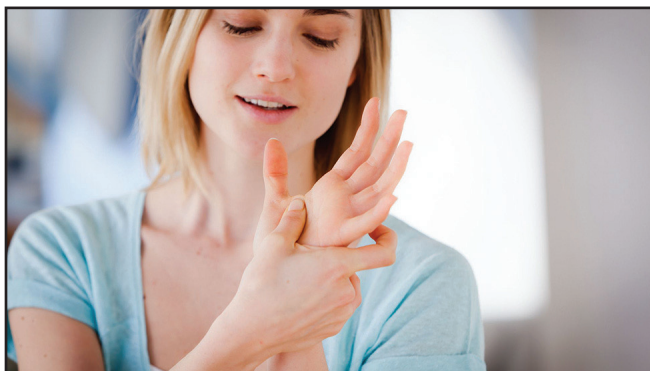
Acupressure to Relieve Stress, Anxiety, Insomnia & More

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

SU1221

Tuesday June 21
1 Session \$35
Online via Zoom

6-7:30pm
Janice Novak



When your body is exposed to frequent stress, it may lead to health problems such as headaches, insomnia and low energy, all of which prevent you from normal daily activities. Acupressure can help!



Help Your Teens, Tweens or 20 Somethings Clear Their Skin Naturally

Is your child battling skin problems such as acne, break-outs, sun damage, dryness or irritation? Learn how to help your child clear acne and blemishes quickly and effectively without medications; raw materials needed to build healthy skin cells and delicious shakes and smoothies that provide what's needed; how to protect skin from the inside out; the role of essential fatty acids; acupressure points to improve health of skin; what to look for with SPF; how to make their skin healthy.

SU1222

Thursday June 23
1 Session \$35
Online via Zoom

6-7:30pm
Janice Novak

Feet, Knees and Ankles

Your feet, ankles or knees support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? Learn simple things to help correct these common problems.

SU1223

Monday June 27
1 Session \$35
Online via Zoom

6-7:30pm
Janice Novak

Breathworks to Calm, Center & Focus Your Children

We live in a hectic world. Getting through school and college today is more stressful than ever before. Whether your children are toddlers or 20 somethings, you can teach them simple breathing patterns that will calm and balance the nervous system, clear their mind, help them focus attention and tap into their creativity. It is never too early or too late for your kids to learn these techniques. They will provide lifelong benefits.

SU1224

Wednesday June 29
1 Session \$35
Online via Zoom

6-7:30pm
Janice Novak



Photo Organization: Print & Digital

Have a photo mess...are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive, or all of the above? Is your goal to SAVE, ORGANIZE, and SHARE your photos? Discover alternatives to get every printed/digital photo, movie and memorabilia in one location permanently and safely. Learn about scanners, digitizing old photos, cloud storage and organization. You'll leave with options to easily access every photo you own!

SP1241B

Tuesday, May 10
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Board Room

Acrylic Painting -

Sunflower on Wine Glasses

Have some fun as you design a sunflower on a set of two wine glasses. Paint is cured in a student's oven or air dried for 21 days. Glasses will be completed in one 3 hour class. Upon curing, glasses are usable and washable. The shape and color of wine glasses for class may differ due to availability. **All instruction and supplies included in the fee.**

SP1248

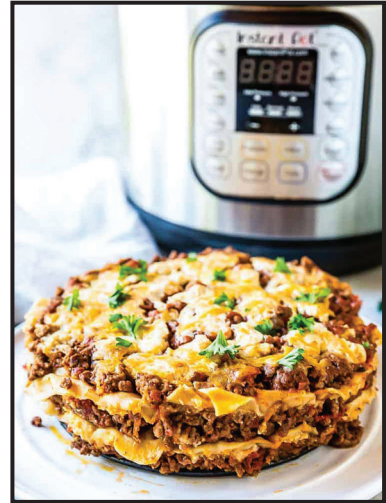
Thursday, May 19
6-9 pm
1 session - \$39
Charlene Lundberg
Discovery Center
Room 202



Instant Pot® “Pastabilities”!

Lasagna, Creamy Broccoli-Cheddar, Chicken with Pasta & Dinner Rolls!

Two Instant Pot dishes will be created during this class. Choose one for your cook-along, and watch a demonstration of the other or if you have a second Instant Pot® on hand, and want to make both, please do! On the Menu: Lasagna, and Creamy Broccoli Cheddar Chicken with Pasta No-Bake. We will also be making some wonderful rolls to go



along with your meal! Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! While cooking-a-long is loads of fun, it is optional. **Participants will receive a list of ingredients ahead of time to allow time for shopping and prep.** Participants will also receive a copy of the instructors personal recipes. **Participants will receive instructions on how to access the class prior to it starting.** As an added bonus, the instructor has created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. Note: If children are participating, adult supervision is required. Come join the fun!

SP1270C

Saturday, May 14
1 session- \$39
Online via Zoom

4:30-6:30 pm
Tess Georgakopoulos



**On The Wright Track
Model Railroad Club 2022-2023**

The club will not meet this summer but will return in the fall with Tim. See you then!

General Enrichment

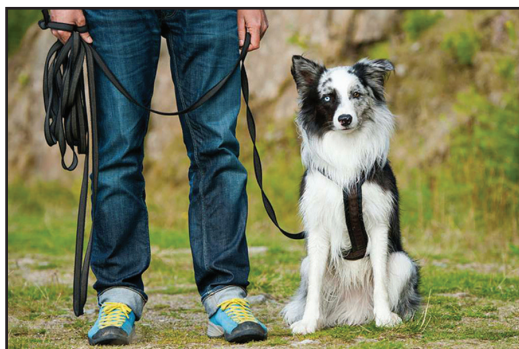
Puppy Training

This class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization then we work on basic obedience including leash walking, sit, down and stay. We address issues as needed such as biting, house breaking, crate training, etc. Classes are indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. **Bring a regular buckle collar, 6- foot leash and plenty of soft dog treats. Begin any Monday night.**

SU1239

Mondays, ongoing beginning June 6
6 sessions - \$120
Water's Edge Dog Center

6-7 pm
Dan Rhode



Dog Obedience

This class is for all breeds of dogs 5 months and older. Work on heeling on leash, sit, down, stay, stand for groom and vet exam. We also work on good manners around people and other dogs. Classes held indoors in a heated/AC facility with matted floors. Dogs need to be up to date on vaccinations including distemper, rabies, parvo, and bordatella (optional). Young handlers are welcome accompanied by a parent. **Bring a regular buckle collar, 6- foot leash (no flexi-leads) and plenty of soft dog treats. Held at Water's Edge Dog Center.**

SU1240A

Tuesdays, May 24-July 12
8 sessions - \$160

7-8 pm
Dan Rode

SU1240B

Tuesdays, June 21-August 9
8 sessions - \$160

8-9 pm
Dan Rode

SU1240C

Tuesdays, July 19-September 6
8 sessions - \$160

7-8 pm
Dan Rode

The Warren Commission Report: Fact or Fiction

The Assassination of President John Kennedy: An In Depth Analysis

This course will examine the discrepancies between the Warren Commission Report that investigated the assassination for ten months and published their findings in September of 1964, along with the conclusions reached by the United States House of Representatives that investigated the assassination for thirty-one months and published their report in March of 1979. The participants will develop a rounded perspective regarding the many controversies surrounding the assassination of President Kennedy. Each of the three classes will have ample time for participant questions and comments. This talk is not political with nothing to sell, but will provide an interesting perspective.



SU1299

Wednesday July 13, 20 & 27
3 sessions - \$19
Discovery Center

6:30-8 pm
David Yorks
Board Room



Instructor Bio

David Yorks, a life-long Lake Minnetonka resident and a retired Minnesota small business owner, with extensive public speaking experience and graduated from the University of Minnesota with a Master's Degree in American History with an emphasis on the Cold War Era. David has an intriguing interest in the John Kennedy presidency.

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770

Ballroom Dance Lessons

Looking for a unique and fun way to swing into spring? Grab your partner for four fun-filled weekly date nights learning to dance together! You'll be laughing and enjoying time as a couple, while enhancing your relationship and trying out a new hobby. You will discover how to dance to popular songs played at parties, weddings, and concerts. Learn waltz, foxtrot, swing, rumba and more! Beginner level, 4-week courses, are offered seasonally. You will learn new steps in each season, so attend any or all sessions.



SU1268

Tuesdays August 2-23
4 sessions - \$59 per person
Discovery Center

7-8:30 pm
Deanna Constantine
Gym



Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well.

The course is partly lecture/demonstration and partly hands-on instruction. Participants attend one Zoom session followed by an online self study, you choose the pace of your learning anywhere from two weeks to two months. **Be sure to register with your email address so we can connect you with the Instructor.**

Topics include:

- ◆ How chords work in a song
- ◆ Get more out of sheet music by reading less of it
- ◆ How to form the three main types of chords
- ◆ How to handle different keys and time signatures
- ◆ How to avoid "counting"
- ◆ How to simplify over 12,000 complex chords

SU1264

Tuesday, June 14
1 session - \$59
Online via Zoom

6:30-9:30 pm
Craig Coffman

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well.

Participants attend one Zoom session followed by an online self study, you choose the pace of your learning anywhere from two weeks to two months. **Be sure to register with your email address so we can connect you with the Instructor.**

Topics include:

- ◆ How chords work in a song
- ◆ How to form the three main types of chords
- ◆ How to tune your guitar
- ◆ Basic strumming patterns
- ◆ How to buy a good guitar (things to avoid)
- ◆ How to play along with simple tunes

SU1265

Wednesday, June 15
1 session - \$59
Online via Zoom

6:30-9 pm
Craig Coffman



Defensive Driving - 4 Hour Refresher

If you have taken a state approved 8-hour Defensive Driving Course (55+) in the past, you can renew your three-year car insurance discount by taking this state-approved, 4-Hour Refresher Course. There is no driving and no test. You will receive a certificate of completion to provide to your insurance company.

SP1238B

Thursday, May 19 5:30-9:30 pm
 1 session - \$29 Staff
 Discovery Center Board Room

SU1238A

Thursday, June 23 5:30-9:30 pm
 1 session - \$35
 Discovery Center Board Room

SU1238B

Thursday, July 14 8:30 am -12:30 pm
 1 session - \$35
 Discovery Center Board Room

Defensive Driving - 8 Hour Course

If you are age 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you up to a 10% reduction for three years on your car insurance premium if you complete an 8-Hour Defensive Driving course, taught by a professional certified instructor. This course is two sessions of classroom - no driving or test required. You will receive a certificate of completion to provide to your insurance company. **Attendance at both sessions is required to receive credit.**

SU1237

Tuesdays, August 2 & 3 5:30-9:30 pm
 2 sessions - \$35 Zoom in Person
 Discovery Center Board Room



Medicare Basics

Turning 65 in 2022? Join us to learn about enrolling in Medicare. This informational class is suitable for anyone who is or will become Medicare eligible and will help answer questions including:

- ◆ Can I continue work after I turn 65?
- ◆ How is my spouse affected by my enrollment?
- ◆ What is Original Medicare?
- ◆ What is the difference between a Medicare Supplement Plan and a Medicare Advantage Plan, and how do they work with Original Medicare?
- ◆ What about my prescriptions?
- ◆ How do I enroll in Medicare and when should I?
- ◆ What if I don't enroll?
- ◆ How HSA impact my Medicare decision-making?

SP1213B

Tuesday, May 24 5:30-6:30 pm
 1 session - \$15 Chris McClory
 Discovery Center Room 204

Assisted Living: Everything You've Ever Wanted To Know

Join Kasey Laney and Jill Pingel, Housing Directors for Lake Ridge and Park View Assisted Living, to learn everything about living in an assisted living environment such as:



- ◆ What does assisted living provide?
- ◆ What are activities of daily living?
- ◆ What's an Assisted Living community like?
- ◆ What about Assisted Living Memory Care?
- ◆ What are the benefits of Assisted Living?
- ◆ How much does Assisted Living cost?
- ◆ Does Medicare or Medicaid cover Assisted Living?
- ◆ Does other health insurance cover Assisted Living?
- ◆ What happens when you run out of resources to pay for Assisted Living?
- ◆ When is it time to move in?

SP1261

Wednesday, June 8 12:30-2 pm
 1 session - \$15 Kasey Laney
 Discovery Center District Office Conference Room

Get on the bus with Community Ed!



Day Tripper Dinner Theatre, Bloomington Thursday, May 19

Two brides-to-be and only one Community Hall. What could possibly go wrong in this hilarious look at small town weddings gone wrong! Stag and Doe is written by Mark Crawford, who has been hailed as one of the funniest playwrights of our time, with Stag and Doe being called an absolute riot and funnier than any sit-com of the past decade. This endearing comedy will brighten your day!

W1002

- ◆ Motorcoach bus departs Discovery Center 11 am, door 1
- ◆ Lunch at 12:15 pm followed by the Show at 1:15 pm
- ◆ Bus returns to Discovery Center approx 4:15 pm
- ◆ \$89 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ◆ **Deadline to register is May 12**



The Old Log Theatre, Channahsen Thursday, July 14

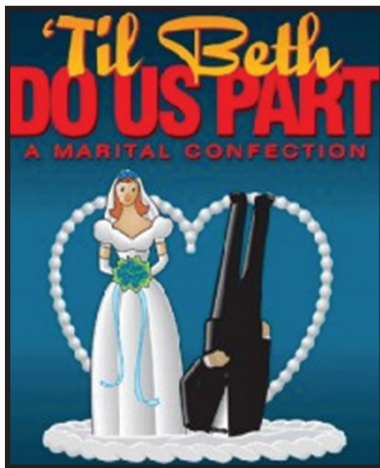
Old Log Theatre presents Jimmy Buffet's, *Escape to Margaritaville* Welcome to *Escape to Margaritaville*, where people come to get away from it all, and stay to find something they never expected. Get ready for this heartwarming, hilarious musical-comedy featuring both original songs and the most loved Jimmy Buffet classics like "Margaritaville", "Fins", "Volcano", "Cheeseburger in Paradise" and many more.

SU2022A

- ◆ Motorcoach bus departs Discovery Center, door 1, at 10:30 am
- ◆ Lunch at 12 noon followed by the show 1:30 pm
- ◆ Bus returns to Discovery Center approx 4:15pm
- ◆ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ◆ **Deadline to register is July 7**

Day Trips

Get on the bus with Community Ed!



Day Tripper Dinner Theatre, Bloomington Thursday, August 18

This is a comedy from the creators of, *THE DIXIE SWIM CLUB* and *ALWAYS A BRIDESMAID*. Career driven Suzannah needs a lot more help on the home front than she's getting from her husband Gibby, a local TV weatherman. Suzannah wants to go for a promotion in the London office of Carmichael's Chocolates, Gibby wants to go for a nap on the sofa. So they hire a personal assistant, a gregarious daughter of the South named Beth. Little do they know, Beth is after Suzannah's job. Throw in a couple of wise-cracking best friends and a British boss lady and you discover the hazards of hiring a personal assistant can be hilarious.

SU2022B

- ◆ Motorcoach bus departs Discovery Center, door 1, 11 am
- ◆ Lunch at 12:15 pm followed by the Show at 1:30 pm
- ◆ Bus returns to Discovery Center approx 4:30 pm
- ◆ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ◆ **Deadline to register is August 11**



Thursday, August 25

It's "Thrifty Thursday"! Find a friend and hop on the school bus with Community Ed and travel to, "*The Great Minnesota Get Together*". This trip will be led by one chaperone, so we suggest that you have at least one traveling partner with you. Take advantage of the buddy system discount and double your enjoyment!

SU2020A (Plan A)

Transportation and admission ticket

\$40 per person or \$70 per couple (buddy system)

SU2020B (Plan B)

Transportation Only

\$29 per person or \$49 per couple (buddy system)

- ◆ School bus departs from the east side of Discovery Center in Buffalo at 7 am
- ◆ School bus departs from the State Fair at 5 pm
- ◆ Arrive back to Buffalo approximately 6 pm
- ◆ **Registration deadline is August 6**

Get on the bus with Community Ed!



Ames Center, Burnsville
Thursday, October 6



The Church Basement Ladies are at it again! In the 9th installment of the highly successful series, the year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, **"PLOWIN' THRU"**.

On the Menu... Salisbury Steak with Gravy & Sautéed Onions, Au Gratin Potatoes, Roasted California Blend Vegetables, Soft Roll with Whipped Butter, Fresh Side Salad & Dressing, Fresh Baked Cookies, Watergate Salad, Lemonade, Coffee, and Water.

SU2021

- ◆ Motorcoach bus departs Discovery Center, door 1, at 10:15 am
- ◆ Lunch at 11:30 am followed by the show at 1 pm
- ◆ Bus returns to Discovery Center approx 4:15 pm
- ◆ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ◆ **Deadline to register is September 14**

Registration information on page 2

■ ■ ■ *Adults with Disabilities (age 16+)*



Looking beyond disabilities... *Focusing on abilities!*

ABOUT US

Opening Doors activities and classes are designed and adapted for adults with cognitive and physical disabilities.

Participants can:

Discover New Skills

Arts ~ Crafts ~ Cooking

Explore the Community

Outings ~ Theater ~ Sporting Events

Socialize and Meet People

BINGO ~ Games ~ Movie Nights

Become More Active

Bowling ~ Dances ~ Nature Walks

Summer Highlights

- ★ **Fishing Forever**
- ★ **Fair & Demolition Derby**
- ★ **Minnesota State Fair Trip**
- ★ **Summer Mini Golf**

To learn more about *Opening Doors* or to register for classes and activities, visit us at bhmschools.ce.eleyo.com or call 763.682.8770.

To request the current Opening Doors catalog, call Community Education at 763.682.8770.

Sheila Johnson, Program Coordinator
sjohnso@bhmschools.org
763.682.8752

The Opening Doors Program offers activities and classes in the school districts of Buffalo-Hanover-Montrose, Becker, Big Lake, Howard Lake-Waverly-Winsted and Monticello.

Questions about the Opening Doors Program, call 763.682.8770

Hello Summer!

Bowling Pizza Party

Join us at McPete's in Big Lake on the following dates, 6-7:30 pm. \$16 per person.

Friday, May 20 Thursday, July 14
Thursday, June 16 Thursday, August 11

Summer Mini Golf League

Join us at Bison Creek Miniature Golf on the following dates, 6-7:30 pm. \$39 per person.

Wednesdays, June 8-29
Wednesdays, July 13-August 3



Fishing Forever

Join us on the pontoon on Lake Pulaski on the following dates, 5-7 pm. \$5 per person. Meet at Griffing Park.

Monday, June 13
Monday, July 11
Monday, August 15



Bingo in Buffalo

6:30-8 pm on the following dates. \$10 per person.
Discovery Center Board Room

Thursday, June 16
Friday, July 15
Thursday, August 18



Summer Bowling at Huikko's

2-4 pm on the following dates. \$50 per person.
Saturdays, June 18, 25, July 16, 23

Summer Concerts in the Park

Grab a blanket or lawn chair for weekly FREE concerts at Sturges Park on Buffalo Lake. Concerts are held Thursday evenings mid-June through August at 7 pm. No need to register... these are public performances!



Wright County Fair and Demolition Derby

Come celebrate summer with your friends! Meet Opening Doors staff at the ticket booth on the east side at 6:45 pm. \$15 per person. **Registration deadline is July 3.**

Friday, July 22, 6:45-9 pm
Howard Lake Wright County Fair Grounds

Prairie Fire Children's Theater

A preshow treat available at 6:30 pm before the shows. \$7 per person.

Big Lake Performance is Robin Hood
July 22, 7 pm, Big Lake High School Auditorium

Buffalo performance is Beauty & the Beast
July 29, 7 pm, Buffalo Discovery Center Auditorium



Minnesota State Fair Trip

Trip led by one chaperone so we suggest you utilize the "buddy" system. **Deadline to register is August 6.**

Thursday, August 25

- ◆ School bus departs Discovery Center at 7 am
- ◆ School bus departs the State Fair at 5 pm
- ◆ Arrive back to Buffalo approx 6 pm

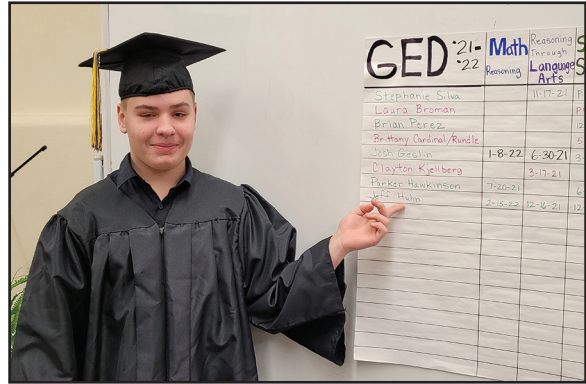
Plan A (Transportation and Admission Ticket)
\$40 per person or \$70 per couple/buddy system

Plan B (transportation Only)
\$29 per person or \$49 per couple/buddy system

■■■ ABE Classes

WEST Adult Basic Education (ABE)

WEST Adult Basic Education programs are supported by regional community education departments including Buffalo Community Education. Programs are to help adults age 17 years or older (who are not enrolled in high school) develop basic skills. Visit westabe.org for more information. [See below for WEST ABE services.](#)



ABE Academic Open Labs

ABE helps adult learners who want to acquire or improve their math, reading, or writing skills. Some learners might need to brush up on their skills before taking the GED tests or college entrance exam, for example. Others are learning information for the first time. Day and evening classes are available.

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Mondays & Wednesdays, 1:30-4 pm
- ◆ Tuesdays & Thursdays, 6-8:30 pm
- ◆ **Classes every month except closed in August**
- ◆ Closed same days as BHM Schools
- ◆ New support for parents: FREE to you, childcare for your children ages birth to 2nd grade
- ◆ Call 763.682.8509 or drop in

GED Preparation – see ABE Academic Open Lab

English Language (ELL/ESL) Class

Learners improve their speaking, listening, reading, and writing skills in English. This friendly, multi-level group meets two nights a week.

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Tuesdays & Thursdays 6-8:30 pm
- ◆ **Open every month except closed in August**
- ◆ Closed same days as BHM Schools
- ◆ Call 763.682.8507 or drop in

Distance Learning – Online Programs

Actively enrolled learners can study anytime, anywhere by using an online program such as PLATO, Moby Max or Rosetta Stone for example. **Earn a free refurbished desktop computer!** To enroll, call 763.682.8509.

Reading Classes

There are two reading classes available: one for adults who struggle to “get the word off the page” and another for adults who can read but do not understand everything they read. Pre-registration and reading assessments are required for these classes. Call Terrisa at 763.682.8509 for more information.

Great New Opportunity for Parents to Study!

What: Free childcare while you study!

Why: so you can study for your GED or learn English while your children are well-cared for and having fun.

When: Most Tuesday and Thursday nights, 6- 8:30 pm, through May 19.

Who: WEST Adult Basic Education teachers help you with your study goals, and Early Childhood Childcare Assistants care for the children ages birth to 2nd grade.

Where: Discovery Center, 301 2nd Av. NE, Buffalo.

How: Call Terrisa Fisher to ask questions and to register 763.682.8509.

Family Learning Classes

WEST Adult Basic Education (ABE) partners with Early Childhood Family Education (ECFE) to offer this family literacy class. Parents study English or prepare for the GED, participate in parenting education and have learning time with their children. Children must be pre-school age. **Call Diane at 763.682.8733 or Barbara at 763.682.8753 for more information and to register for the fall program.** Space is limited.

GED Testing & Tutoring Opportunities ■■■

The GED® in Minnesota

To Get Started: Register online at ged.com or contact your local Adult Basic Education (ABE) program. [See box below for a program near you.] Staff at each ABE program will be able to walk you through the registration process and also provide resources and classes to prepare for taking the test.



The Test In Minnesota: Individuals who do not have a high school diploma may be able to earn a state of Minnesota GED® Diploma by passing the GED test. The four tests in the GED battery measure academic competencies similar to many of those required of a Minnesota high school graduate.

Eligibility: If you are 19 years old, do not already have a recognized and documented high school diploma, and are not currently enrolled in high school, you are eligible to take the GED® in Minnesota without an age waiver.

Getting an Age Waiver: If you are 17 or 18 years old and are not currently enrolled in high school, you must apply for an age waiver before testing. [An ABE teacher can assist you with the process.]

Once You Pass All the Tests in the GED: The Minnesota Department of Education (MDE) will receive your information from GED Testing Service and print you an official diploma and transcript which will be mailed via U.S. Mail to your address that you have listed in ged.com.

Warning Regarding Misleading GED® Claims

The state of Minnesota GED® Diploma cannot be earned or obtained on the Internet or through correspondence programs. The Tests of General Educational Development developed by the GED Testing Service® often require extensive preparation.... Tests are administered only ... under the direction of Pearson VUE® and the GED Testing Service. Any other GED diploma ... not issued by the Minnesota Department of Education may not be accepted by employers, colleges and universities or the military.

Minnesota Adult Literacy Hotline: Find an approved ABE program to help you earn your diploma as an adult, visit literacymn.org/classesforadults or call 1-800-222-1990. The programs listed below are approved ABE programs.

WEST ABE Programs Near You!

Visit westabe.org

Annandale	320.274.3058
Big Lake.....	763.262.2523
Buffalo/Hanover/Montrose	763.682.8509
Delano	763.972.6210
Howard Lake/Waverly/Winsted ...	320.543.4670
Lester Prairie.....	320.395.2521
Maple Lake	320.963.5991
Monticello	763.272.2132
Monticello Work Force Center	763.271.3768
Orono	952.449.8350
Rockford	763.477.4563
Plymouth	763.745.6034
St. Michael/Albertville	763.497.6550
Watertown/Mayer.....	952.955.0280

For help preparing preparing for the GED, come to your local Adult Basic Education class. **Questions? Contact Jill at 763.272.2040.**

BE THE CHANGE

VOLUNTEER & MAKE THE DIFFERENCE



Volunteer to work with adults in our Adult Basic Education classes who are trying to improve their literacy or academic skills.

Students Are - Adults 17 years of age and older

Volunteer's Role - Helping adult learners with English language acquisition; tutor students in reading, writing, math skills and GED subject areas

Training and Support - Provided by the Literacy Minnesota at literacymn.org

Time Commitment - 1-3 hours/week for six months

For more information – Contact Elizabeth Muellerleile, WEST ABE Volunteer Coordinator/English Language Instructor at elizabeth.muellerleile@monticello.k12.mn.us or 763.682.8507.

Community Activities

Upcoming Activities & Events for 2022



- Kids' Game time** 1st/3rd Monday of each month
- Morning walk and talk group** 2nd/4th Tuesday of each month at 8 am
- Kids Craft day** 2nd Wednesday of each month
- RPG Gaming** 2nd Friday of each month
- Family Fun night** 3rd Friday of each month
- Scifi Saturday** 3rd Saturday of each month



We also have live entertainment, holiday parties, speakers, bike skills clinic, tournaments and more! **Drop in anytime** to enjoy our free activities like board games, pool tables, air hockey, ping pong, video games or just watch a movie.

Follow our monthly Newsletter



We have a little something for all ages.

Clubs, Crafts, Games, Groups, Special events, Speakers, Storytime, Volunteer opportunities, plus more.



Bison Fishing Forever (BFF)



Ready to go fishing? BFF is scheduling 2 hour guided fishing trips on Lake Pulaski for groups right now. Call the Community Center if you have questions or to make your reservation.



Building Reservations

Looking for a meeting room, a place to host a baby or bridal shower, graduation party, family gathering, etc.

Check out our rental options.



Volunteers Needed!

Bison Fishing Forever — Individuals willing to help out on our 2-hour fishing trips.

Toy Shop — Individuals who enjoy making wooden kits & Toys.

Weavers — Help to make bedrolls for the homeless using plastic bags.



Buffalo Community Center ❖ 206 Central Avenue ❖ 763-682-6036

Manager: Adam Leiferman Asst. Manager: Teri Welter

email: communitycenter2@ci.buffalo.mn.us



Free Concerts at Sturges Park Bandshell



Concerts in the Park series takes place from late June to the end of August and are held at the Sturges Park band shell. These concerts are designed to be fun family events to bring the community together and enjoy summer evenings on Buffalo Lake.



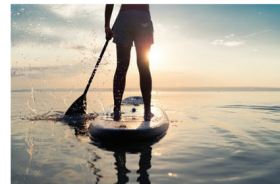
Concerts are held on Thursday nights and begin at 7:00 pm until 8:30 pm.
Check the City Parks & Recreation website for a schedule.



Boat Rentals available on Lake Pulaski & Buffalo Lake



We have stand up Paddle Boards, Kayaks, or Pontoons available for rent. Check out the Parks and Recreation website for rates and more information or call 763.682.6036 to reserve one today.



Fishing Trips for Kids



COST: \$0

Bison Fishing Forever (BFF) is offering FREE two-hour fishing trips for children and their adult chaperone on Lake Pulaski. Children eligible for this program must be between the ages of 6-15 years old.



BFF provides life jackets, fishing rods, and bait. The program is scheduled to run from May 31 to September 15, 2022. Start time for the outings is at 10 am, 1 pm and 5 pm. Call the Buffalo Community Center 763.682.6036 to make your reservation.

Public Events at the Buffalo Civic Center



- May 7 & 8** MN Handmade's Artisan Fair
- May 21** Active Generations: Positive Aging Senior Expo
- June 11** Lion's Craft Sale
- July 23** Civic Center BBQ & Beer Fest
- July 30** Mooseburger Clown Camp
- August 13** Gun Show
- August 20** Buffalo HS Class of 2012 - 10 Year Reunion



Continue to watch the Civic Center website or Facebook page for more event details

Find more information call 763.684.5421 or 763.684.5429

Health Promoting Classes

AllinaHealth

BUFFALO HOSPITAL

Classes, Events & Support Groups

303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313

Buffalo Hospital invites you to register for a health-promoting class online at allinahealth.org/classes or by calling 763.684.7025.



FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have the training and experience to help you succeed. Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching appointments are available over the phone.

FREE HEALTHY EATING FOR BETTER HEALTH

Wednesday's April 13-May 18, 12-1 pm (Virtually)

This 6-week program is for people who want to learn more about how nutrition and lifestyle changes can promote better health. Class includes learning how to read nutrition labels, cooking skills, new information about latest changes in nutritional world and even a grocery store tour!

FREE THRIVING WITH CHRONIC PAIN

Wednesdays, April 13-May 18, 9-10 am (Virtually)

This 6 week, 1 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms.

FREE BETTER BREATHERS CLUB

(COPD SUPPORT GROUP)

This group meets the **second Tuesday of each month from 3 – 4:30 pm** at Buffalo Hospital Heart Center. Phone 763.684.3872.

FREE BABY CAFÉ

A family-friendly drop-in breastfeeding support group. **Every Wednesday, 10 am – 12 pm** at the Wright County Historical Society/Heritage Society. Call 763.684.7630.

FREE ASK A NURSE

A Birth Center Registered Nurse is available to answer your questions regarding delivering your baby at Buffalo Hospital. **Call 763.684.7025 to schedule your phone appointment.** Birth Center Tours are discontinued due to COVID-19 precautions.

SAY "HELLO" FOR HEALTH

There is good evidence that increasing social connections positively affects our health—reducing blood pressure, lowering levels of stress hormones and improving immune responses. Check out **Hello4Health.org** for more information.

CHANGE TO CHILL

The everyday hustle and bustle can be overwhelming. However, when your schedule is tight, making time for self-care can boost your mental and physical health. Visit our Change to Chill website at **Changetochill.org** for resources to help you create a self-care routine that works for you. **Changetochill.org**

HEALTH POWERED KIDS

A free library of online resources designed to provide fun wellness activities for kids—through a series of Power Charger video teasers. Visit **Healthpowered-kids.org** for more information.

BUFFALO HOSPITAL VOLUNTEER SERVICES

Buffalo Hospital offers you many opportunities to get involved and make a difference. To get started, contact volunteer services at **763.684.7125** or **brenda.christensen@allina.com**.

BUFFALO HOSPITAL GIFT SHOP

Shop the Buffalo Hospital Gift Shop and give back to your community. Your purchases go toward scholarships for high school students pursuing a career in health care.

Come see what's new!



Community Education offers activities for every age group!

Register Today!



Community Education Registration Form

Mail to: Community Education Registration, 301 2nd Avenue NE, Buffalo, MN 55313

Participant Name _____ (Youth) DOB _____ Grade _____
(Last) (First)

Parent/Guardian (if applicable) _____





Address _____
(Street) (City) (Zip)

Primary Phone # _____ Daytime Phone # _____

*Email _____ Special Needs/Allergies _____
(Receive class confirmation and payment receipt)

Course Title	Course #	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check # _____ TOTAL \$ _____

Card Type     # _____ - _____ - _____ - _____ Exp. Date _____

UCare # (if applicable) _____

Community Education
Buffalo-Hanover-Montrose Schools
301 NE 2nd Ave
Buffalo, MN 55313
763.682.8770



BHM Community Education

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Permit No. 81

*****ECRWSS**

Resident, School District 877
Buffalo-Hanover-Montrose Schools

Hello Summer!

Join Community Education for a Summer of Fun and Learning!

Register Online at bhmschools.ce.eleyo.com

Summer SUNBlock



A great way for your child to stay on top of his or her academic skills in reading, writing, math and science all while having fun!



- ◆ Three "Blocks" to choose from between June 21 and July 19
- ◆ Morning class times
- ◆ See page 9 for all the details

Activities for Youth



Swim Lessons
page 21



Sport Camps
page 22-23



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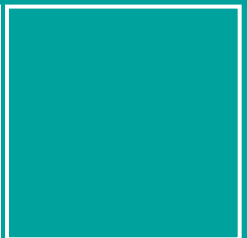
Activities for Adults



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