BELLE PLAINE COMMUNITY EDUCATION



















SPRING/SUMMER 2023





Phone: 952-873-2411 Fax: 952-378-2420



BELLE PLAINE COMMUNITY EDUCATION

Belle Plaine Community Education & Recreation

220 S. Market St. Phone: 952-873-2411 Fax: 952-873-2420 www.isd716.org

Dorothy Koller - Director

(952) 873-2407

dkoller@belleplaine.k12.mn.us

Chelsea Hutchison - Communications/Programming

(952) 873-2411

chutchison@belleplaine.k12.mn.us

Courtney Burr - ECFE Coordinator

(952) 873-2415

cburr@belleplaine.k12.mn.us

Ann Woelfel - Preschool/ECFE Assistant

(952) 873-2415 ex 2 awoelfel@belleplaine.k12.mn.us

Youth Sports Camps

Welcome to Belle Plaine Community Education

Greetings to the Belle Plaine Community! Our vision is to offer high quality programs that are attractive to all members of our community. Community Services strives to communicate our offerings by mailing brochures to all households and through the Community Education Website (www.isd716.org). In addition, we are always looking for individuals who will share their knowledge and passions by teaching a class. If you are interested in this opportunity or would like to provide feedback on any of our programs, please do not hesitate to contact me at: (952) 873-2407 or dkoller@belleplaine.k12.mn.us.

Dorothy Koller Community Education Director

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OFFICE HOURS

Monday - Friday 7:30 am - 3:30 pm

Where To Register

** You can register online at www.isd716.org. You can also phone, fax, or mail in your registration. A registration form is located at the back of this brochure.

Payment must be received with registration.

Registration Policy

** To register for a Community Ed class, program or trip complete the form in this brochure. Register online, call in your registration, or deliver it to the Community Ed Office. Once you register, you are responsible for following the registration, cancellation and facilities policies.

Cancellation Policy

** If you are unable to attend a class, program or trip you registered for, please call the Community Ed Office at (952) 873-2411 to cancel your reservation. Cancellation refunds will either be issued as a refund back to credit card, a check or in the form of a class credit.

**Class cancellation reimbursement is as follows:

-Prior to 48 hours before program = full refund

-48 hours in advance - day of program = 50% class credit refund

-No notification = No refund

**Trip cancellations:

-Cancellations made after the trip registration deadline will not be refunded because tickets will have already been purchased.

Classes are filled on a first come, first served basis. Pre-registration is required.

Payment is required at the time of registration.

We will only contact you if a class is **NOT** going to be held.





REGISTER ONLINE

No need to call or mail your form. You can do it all online!

www.isd716.org

Click on Community Education



DRIVERS EDUCATION

GENERAL INFORMATION:

Belle Plaine Community Ed provides classroom and behind-the-wheel drivers education instruction for students ages 14 and older. This class meets the 30-hour requirement to prepare for a learner's permit. Payment covers the 30-hour Classroom fee and 6-hours of Behind the Wheel.

CLASSROOM INSTRUCTION: 30 HOURS

Classroom includes lecture, class discussion, videos, written work from the driver's manual and practice tests. Upon completion, students will be issued a blue card. Please bring school iPad to class each day.

BEHIND-THE-WHEEL (BTW): 6 HOURS

Behind-the-Wheel allows students to practice driving on public streets and highways with an instructor. This is the required course students take after they have earned their learner's permit. Successful completion is required before a student can take their driver's examination.

Attention Parents of Soon-to-Be Teen Drivers

Teen Driver Safety Parent Awareness-Point of Impact Meeting: Fall 2023

Do you know the real risks for teen drivers? Do you know the restrictions on new teen drivers? Can you cancel your teen's license? Learn the answers to these questions and more in this teen driver safety parent awareness class. Experts on young driver behaviors agree that involved parents make a difference in reducing crashes. This class will increase your awareness of the most common risks for teen drivers and teen driver laws. It will increase your understanding of the strong influence you can have on your teen's driving behavior. Don't miss this important opportunity to become aware of the risks your teen faces, and arm yourself with the ways you can keep them safe. Teens welcome too! Hosted by local driver education instructors and guest law enforcement speakers in partnership with the MN Department of Public Safety.



BELLE PLAINE DRIVERS EDUCATION PROGRAM

COST: \$375.00 (\$175 due upon registration)

CLASSROOM INSTRUCTION

SUMMER SESSION:

Monday, June 19 Tuesday, June 20 Wednesday, June 21 Thursday, June 22 Friday, June 23 Monday, June 26 Tuesday, June 27 Wednesday, June 28 Thursday, June 29 Friday, June 30

LOCATION: Jr/Sr High School 12:30 - 3:30 PM TIME:

*These dates are tentative and could change slightly as we get closer to the season.

SUMMER SESSION 2:

Monday, July 17 Tuesday, July 18 Wednesday, July 19 Thursday, July 20 Monday, July 24 Tuesday, July 25 Wednesday, July 26 Monday, July 31 Tuesday, August 1 Wednesday, August 2

LOCATION: Jr/Sr High School 12:30 - 3:30 PM TIME:

*These dates are tentative and could change slightly as we get closer to the season.

WINTER SESSION 2024:

Monday, February 26 Tuesday, February 27 Wednesday, February 28 Thursday, February 29 Friday, March 1 Monday, March 4 Tuesday, March 5 Wednesday, March 6 Thursday, March 7 Friday, March 8

as we get closer to the season.

LOCATION: Jr/Sr High School 3:30 - 6:30 PM TIME: *These dates are tentative and could change slightly

☆ ☆ ☆ ☆ 2023-2024 ☆ ☆ ☆ ☆ ☆

PRESCHOOL PALS CLASS OFFERINGS

MS. Becky

MS. Court May

MS. Court May

MS. Julia

MS. Tragy

LITERACY & MATH SCHEDULE - SOCIAL/EMOTIONAL GROWTH - KINDERGARTEN READINESS SKILLS

ALL TEACHERS HOLD MN DEPARTMENT OF EDUCATION TEACHING LICENSE

4 YEAR OLD OPTIONS (Children must be 4 by Sept. 1, 2023 & potty trained)

T/TH 8:15 am - 3:15 pm (Ms. Julie & Ms. Becky) Cost: \$215.00 / mth M/W/F 8:15 am - 3:15 pm (Ms. Julie & Ms. Becky) Cost: \$325.00 / mth M/T/W/TH/F 12:00 pm - 3:15 pm (Ms. Tracy) Cost: \$225.00 / mth

3 YEAR OLD OPTIONS (Children must be 3 by Sept. 1, 2023 & potty trained)

T/TH 8:15 am - 11:00 am (Ms. Tracy) Cost: \$120.00 / mth
T/W/TH 8:15 am - 11:00 am (Ms. Courtney) Cost: \$170.00 / mth
M/W/F 8:15 am - 11:00 am (Ms. Tracy) Cost: \$170.00 / mth

YOUNG 3 YEAR OLDS (Turning 3 August 1-January 1 & potty trained)

Mondays 8:15 am - 11:00 am (Ms. Courtney) Cost: \$65.00 / mth

WRAPAROUND

Cost: \$135 / week Cost: \$110 / week Cost: \$125 / week

WRAPAROUND

Cost: \$170 / week Cost: \$160 / week Cost: \$160 / week

Preschool Pals, a Parent Aware Rated Program, is a place for preschool age children to meet new friends, practice skills that will help them be successful in Kindergarten and be surrounded by caring, warm and loving teachers.





Preschool Pals uses the State Early Learning standards as the base curriculum.

The students are also supported by Creative Curriculum and other curricular tools. The daily activities include large and small group time, music and motor movement, art, story time, and stations.

Wraparound, an extended care program that provides childcare, wrapped around your child's preschool class. As a parent you can be confident your child is receiving the education needed to prepare them for Kindergarten, as well as the care they need while you work without the hassle of finding transportation. All while in a safe and positive environment in cooperation with Preschool Pals..

For more information on preschool registration for the Fall of 2023, and scholarship questions, please contact Ann Woelfel at (952) 873-2415 ext 2 or email awoelfel@belleplaine.k12.mn.us



KIDS COMPANY

2023 SUMMER KIDS CO

KIDS COMPANY IS FOR CHILDREN IN PRESCHOOL - 6TH GRADE









This summer we will keep your child busy with arts & crafts, recreation games, walks, visiting different playgrounds, educational & recreational field trips and much more! Our goal is to keep your child active and engaged ALL SUMMER LONG!

Our mission is to provide care for your child in an environment that is safe, enjoyable, all while supporting your child's individual educational and social developmental needs.

QUESTIONS?

Contact Dorothy at dkoller@belleplaine.k12.mn.us or call (952) 873-2407



FLAT RATE PRICING

2023 SUMMER

Half Day - Under 5 hrs \$27.00 Full Day - Over 5 hrs \$37.00 Field Trips Additional Fee

ENROLLMENT FEE

Each Summer/Per Family - \$25.00

HOURS

Monday - Friday **6:00am - 6:00pm**



WRAPAROUND

Wraparound Is Available for Families Enrolled In Preschool Pals

Wraparound is an extended care program that provides child-care, wrapped around your child's preschool class. As a parent you can be confident your child is receiving the education needed to prepare them for Kindergarten, as well as the care they need while you work without the hassle of finding transportation. All while in a safe and positive environment in cooperation with Preschool Pals.

FLAT RATE PRICING

PRESCHOOL - KINDERGARTEN 2023 SUMMER

\$37.00 - A DAY

ENROLLMENT FEE

Daily Rest Time

Each School Year/Per Family

\$25.00

HOURS

MONDAY - FRIDAY **6:00**AM - **6:00**PM



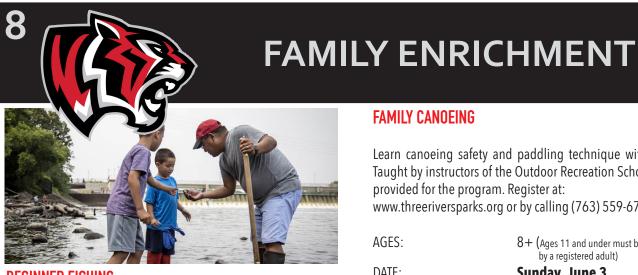




- Before and/or after your child's preschool learning experience.
- Breakfast, Lunch & Snack Cart
 Available
- Weekly Theme Based Activities
 Focused on your child's social, emotional, and creative development.
- Well Trained & Loving Staff

"I love the idea of wraparound as it gives a "school" atmosphere and introduces the concept of "all day school." My son loves wraparound because of the staff and the friends that he has made in the program. If you are looking for a fun, loving environment for your child on days that they don't have preschool or before or after preschool, consider this program. You will not be disappointed." - wraparound parent

CHATFIELD ELEMENTARY • 330 S. MARKET STREET • (952) 873-2415 EX 1



BEGINNER FISHING

Join the Outdoor Recreation School and learn about types of fish, preparing equipment, bait and handling of fish once they are caught. Equipment and catch-and-release fishing licence provided for the program only. This program is completely outdoors. Register at: www.threeriversparks.org or by calling (763) 559-6700.

AGES: 6+ (Ages 11 and under must be accompanied by a registered adult)

DATF: Saturday, April 29 9:00 - 11:00 AM TIMF:

Cedar Lake Farm -- New Prague LOCATION:

COST: \$6.00/person



FAMILY TRIP

MINNESOTA TWINS BASEBALL GAME

Join us for an afternoon at Target Field! The Minnesota Twins take on the Boston Red Sox! Please bring money for lunch. Children under the age of 12 will need a supervisor (15 or older) or you can sign up to go with Kids Co for an additional fee.

DATF: Thursday, June 22

TIME: Depart High School: 10:30 am

Return: 1.5 hrs after game (approx.)

COST \$40.00

DEADLINE: May 30



FAMILY CANOEING

Learn canoeing safety and paddling technique with your family. Taught by instructors of the Outdoor Recreation School. Equipment provided for the program. Register at:

www.threeriversparks.org or by calling (763) 559-6700.

AGFS: 8+ (Ages 11 and under must be accompanied

by a registered adult)

DATE: Sunday, June 3 1:00 - 3:00 PM TIMF:

LOCATION: Cleary Lake Regional Park -- Prior Lake

\$12.00/person COST:

STAND UP PADDLEBOARD

Learn the fundamental skills and versatility of stand-up paddle boarding from the instructors of the Outdoor Recreation School.Explore the water from a unique perspective while engaging in a fullbody paddling experience. Equipment is provided for the program. Register at: www.threeriversparks.org or by calling (763) 559-6700.

AGFS: 14 +

DATF: Sunday, July 30 9:00 - 11:00 AM TIMF:

LOCATION: Cleary Lake Regional Park -- Prior Lake

COST: \$35.00



FAMILY KAYAKING

Create memories of fun on the water. Learn kayaking safety and proper paddling techniques from instructors of the Outdoor Recreation School. Equipment provided for the program. Register at: www.threeriversparks.org or by calling (763) 559-6700.

AGES: 10+ (Ages 11 and under must be accompanied by a registered adult)

DATE: Friday, August 11 TIMF: 6:00 - 8:00 PM

LOCATION: Cleary Lake Regional Park -- Prior Lake

COST: \$20/person

FAMILY ENRICHMENT



The Belle Plaine Community Choir will be starting practices late Spring with a concert planned for Friday, August 11th. This community group is for men and women, high school age and older who love music. No audition/experience required. All are welcome.

DATES: Wednesdays

May 17 - August 9

TIME: 7:00 - 8:15 PM

DIRECTORS: Colin Schultz & Shelly Selly

LOCATION: Oak Crest Elementary - Music Room

COST: \$30.00

MAPLE SYRUP: TREE TO BOTTLE

From tree to bottle, learn about how Ney Nature Center makes their own maple syrup every spring. Walking through every step of the process they will explain the ins and outs of the sweet hobby and of course, end with a taste test!

AGES: All ages

DATE: Saturday, March 25
TIME: 10:00 - 11:00 AM
LOCATION: Ney Nature Center

Henderson, MN

COST: \$5.00/per person



BICYCLE SAFETY SAFETY

TUESDAY, JUNE 6

CHATFIELD BACK PARKING LOT Join School Police Liaison Officer Kelly Guralnik and the BP

330 S. Market Street

Watch social media for more details!

Police Department to learn about bike safety. This will be a live course, please bring with your bike and helmet, if you have one. This is a free event and all ages are welcome!





CRAFT MASTERS

Young artists can explore their endless abilities through a variety of different mediums of Art. Classes are taught by Mrs. Amanda, an experienced artist who is able to facilitate a fun, safe and relaxing learning environment. Each session will be different projects. Grades reflect the upcoming 2023-2024 school year.

PreK 4 - Grade 4 **ENTERING GRADES:**

Monday - Wednesday SESSION 1.

June 5 - 7

SESSION 2: Monday - Wednesday

July 10 - 12

TIMF: Grades 3 - 4: 9:00 - 11:00 AM

> Grades 1 - 2: 12:00 - 2:00 PM PreK 4's - K: 2:15 - 3:15 PM

LOCATION: Chatfield Elementary INSTRUCTOR: Mrs. Amanda Berg

\$35.00 per session COST:



RAINBOW CANDY SCENE W/KIDCREATE

Red, orange, yellow, green, blue, indigo and violet! We'll explore the colors of the rainbow as we use sprinkles, fruit loops, marshmallows, frosting and more to create a colorful candy scene complete with a 3D rainbow. Sweet! Please pack a nut free snack and drink.

ENTERING GRADES: K - 2

Thursday, June 22 DATF: TIME: 9:00 AM - 12:00 PM Chatfield Elementary LOCATION: Kidcreate Studio INSTRUCTOR: \$45.00 COST:





MINI CHEFS

You're never too young to start cooking! This cooking class will introduce children to the pleasures of preparing and enjoying food that is both nutritious and delicious. Students will learn about kitchen safety, peeling, spreading, mixing, measuring and more!

AGES: 3 - 8 years old

DATES: Monday - Wednesday

June 26 - 28

3 - 4 Year Olds: 9:00 - 10:30 AM TIMF:

5 - 6 Year Olds: 11:00 - 12:30 PM

7 - 8 Year Olds: 1:30 - 3:00 PM

LOCATION: Chatfield Elementary **INSTRUCTOR:** Courtney Burr COST: \$35.00





Calling all Robloxians! Take a step out of the virtual world and into the coolest art camp ever! We'll create with clay, paint, and more as we sculpt a classic Roblox Noob. Whether you're a hardcore gamer or more of a Noob, this is the perfect camp for you! Please pack a nut free snack and drink.

ENTERING GRADES: 3 - 6

Thursday, June 22 DATF. TIMF: 1:00 - 4:00 PM LOCATION: Chatfield Elementary Kidcreate Studio INSTRUCTOR: \$45.00 COST:



BABYSITTING 101

This course, for 10–13-year-olds, follows the American Academy of Pediatrics – **B**abysitter **L**essons **A**nd **S**afety **T**raining (BLAST). Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business. Students receive a reference book, handouts, babysitting bag and first aid kit.

AGES: 10 - 13

DATE: **Thursday, June 1**TIME: 8:30 am - 4:00 PM

LOCATION: Junior/Senior High - Classroom

INSTRUCTOR: Emergency Outfitters

COST: \$65.00



HOME ALONE

Is your child ready to stay home alone? Mentioning being home alone to your child can be a scary topic. The main tip to leaving your child home alone is having the knowledge and confidence to do so. This course includes personal safety tips, stranger danger, first aid, storm safety, internet safety, dealing with siblings and having fun.

GRADES: 3-6

DATE: **Thursday, April 13**TIME: 3:30 - 5:30 PM
LOCATION: Oak Crest Elementary

INSTRUCTOR: Police Liaison - Officer Kelly Guralnik

COST: \$10.00



PUT ON BY FFA ADVISOR ANNA

BUCKENTINE

Day 1: Plant Systems

- The Plants We Grow
- Planting seeds/flowers
- Basic gardening skills
- Make dough for pizza- talk about crops we grow to feed people

Day 2: Animal Systems

- The Animals We Care For
- Creating noodle skeletons of farm animals
- Fabricating dog and cat toys
- Practicing animal injections
- Making casts used on injured animals
- Make mozzarella cheese for pizza
- Depending on the weather, there would be a possibility of having live animals (goats, chicken, calves?) Present for the day

Day 3: Natural Resource Systems

- The Land We Use
- Create bioplastic from cornstarch, oil and water
- Making Solar Powered ovens to cook s'mores

Day 4: Tying it Together

- Ag, Pizza and You!
- Make pizzas// basic cooking skills
- Make ice cream
- Celebrate agriculture with a homemade pizza party

AGRICULTURE. FOOD & NATURAL RESOURCES CAMP

Students will have the opportunity to explore Agriculture, Food and Natural Resources and the role they play in it. During this 4 day camp, students will begin camp in the greenhouse working with plants and understanding the basic principles of what plants need to grow and survive, followed by understanding the animals we care for, and the resources we use. The final day of camp will consist of a Celebration of Agriculture, where students will make their own pizzas from the dough and cheese they constructed earlier in the week, followed by homemade ice cream for dessert!

SESSION 1: June 5 - 8 SESSION 2: August 14 - 17

ENTERING GRADES: 7 - 9

TIME: 9:00 AM - 12:00 PM INSTRUCTOR: Anna Buckentine LOCATION: CTE Building/PAC

COST: Free



COMMUNITY ED YOUTH THEATER

Come join us to participate in the wonderful world of theatre arts! Annie will be the production this summer for our 4th-8th grade Community Theatre opportunity. Please bring a bag lunch and snacks daily. **Auditions will be held on Monday, July 10th.** You'll receive more information upon registration. *Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 4 - 8

DATES: Monday - Saturday

July 17 - 22

LOCATION: Oak Crest Elementary

INSTRUCTORS: Colin Schultz & KyLee Santovi

\$80.00



Monday July 17 - Thursday July 20

8:00 am - 2:00 PM - Rehearsal

Friday, July 21

COST:

9:00 am - 4:00 PM - Rehearsal

Performance: 6:00 PM Saturday, July 22 Arrive at 9:00 am Performance: 11:00 AM **COMMUNITY PERFORMANCES**

Friday, July 21st & Saturday, July 22nd

ADMISSION FOR PERFORMANCES =FREE WILL DONATION

EDUCATIONAL MAGIC SHOW W/BRIAN RICHARDS BE AWARE. BE ALERT & BE SAFE!

Come join entertainer, Brian Richards for his fun and interactive program...Be Aware, Be Alert, Be safe! This is an entertaining program featuring a personal safety theme surrounded by humor, magic, music and tons of audience participation. Brian's goal is simple to teach while getting children to associate FUN with the process!

AGES: 4 - 11

DATE: Thursday, June 22

TIME: 1:00 PM

LOCATION: Jr/Sr High School - South Gym

INSTRUCTOR: Brian Richards

COST: Free





PRINCESS TEA PARTY

Please join Miss Belle Plaine and her royal court for a morning of princess activities. We will be playing games, making crafts, and having a royal snack during our time together. Our princess will be dressed up so we would love it if you would too. You will make your very own tiara and get to take a photo with your favorite royal (or all of them if you prefer) that you can take home with you. We can't wait to see you!

AGES: 3 - 10
DATE: **Saturday, April 1**TIME: 9:00 AM - 11:30 AM

LOCATION: Chatfield Elementary
INSTRUCTOR: Miss Belle Plaine Royalty

COST: \$15.00



JUMP INTO KINDERGARTEN

In this class, your future kindergartener will be introduced to the skills they'll need for their upcoming school year. Your child can come get comfortable with Chatfield and see what a day in the life as a kindergartener looks like before the school year even starts! Kindergarten teacher Ms. Williamson will be showing and introducing highlights from a full-day of kindergarten.

ENTERING GRADE: K

DATES: Tuesday - Thursday

July 18 - 20

TIME: 9:00 - 11:30 AM
LOCATION: Chatfield Elementary
INSTRUCTOR: Kerri Williamson

COST: \$35.00





WEB DESIGN W/TECH ACADEMY *ON-LINE COURSE



Learn to create web pages! Students will learn how to create an HTML web page, learn various HTML tags, and experiment with design, JavaScript and CSS. No experience necessary but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required.

Additional Technical Requirement: PC Needed, this class will not work on Chromebook, tablets or phone.

CURRENT GRADES: 4 - 8

Saturdays, April 15 & 22 DATES:

10:30 AM - 12:30 PM TIME:

LOCATION: Online Course Tech Academy INSTRUCTOR: \$65.00 COST:

> PUT ON BY OUR HIGH SCHOOL ROBOTICS TEAM

DEEP OCEAN EXPLORERS

Learn coding and engineering while you build a robot to explore underwater adventures. Build and drive the HEROBOT to take on challenges simulating cleaning the ocean floor, fixing underwater pipelines, searching for treasure, and MORE! A final competition will be held on Friday starting at 10:30 in the high school gym to see who has built the best robot during the week. Campers will work in small groups with a member of the high school robotics team guiding them throughout the week. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES:

Monday - Friday DATES: July 10 - 14

TIMF: 9:00 AM - 12:00 PM LOCATION: Junior/Senior High School INSTRUCTOR: High School Robotics Team

COST: Free



MULTIPLAYER MINECRAFT: THEME PARK BUILDER

Work as a team to create a custom theme park in Minecraft. Use creativity and Redstone to create this world! Possible projects include roller coasters, a boat race, bumper boats, a dunk tank and many more rides and attractions! Students will get a copy of the world map to take home and expand on. We will be using the PC/Java Edition of Minecraft. Bring a USB drive to save your game on the last day. Please bring a lunch and a drink. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES:

Friday, August 11 DATE: 9:00 AM - 2:00 PM TIME:

LOCATION: Junior/Senior High - Media Center

INSTRUCTOR: Tech Academy \$80.00 COST:



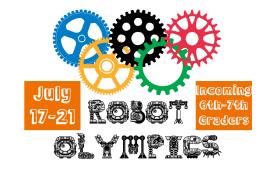
ROBOT OLYMPICS

Be a Robot Olympian! Build and code VEX IQ robots to play soccer, run races, and more! Compete in challenges and Robot Olympic Events as you learn about coding and engineering with VEX IQ. A final competition will be held on Friday starting at 10:30 in the high school gym to see who has built the best robot during the week. Campers will work in small groups with a member of the high school robotics team guiding them $throughout the week. Grades {\it reflect the upcoming 2023-2024 school year.}$

ENTERING GRADES: 6 - 7

Monday - Friday DATES:

July 17 - 21 TIME: 9:00 AM - 12:00 PM LOCATION: Junior/Senior High School **INSTRUCTOR:** High School Robotics Team COST:





TIGER TOT TIME

Come and play! Children and parents are invited to come spend the morning in the gym. Join us for fun and large motor activities, that encourage families to learn, grow and play together. Parents will stay with their children the entire time to help guide them through the different activities.

AGES: Birth - 4 years old DATES: **Wednesdays,**

June 14, 21, 28 July 12, 19, 26

TIME: 9:00 - 11:00 AM
LOCATION: Chatfield Elementary
INSTRUCTOR: Community Ed Staff

\$20.00 per family for all dates/ \$2.00 drop in/per kid/per date



SUMMER SOCCER CAMPS GRADES 7–12

REMINDER! We do have a soccer co-op with Jordan! Anyone interested in playing soccer at the 7-12 grade level, please check in on summer camp opportunities! Please reach out with questions/register with Jordan Community Ed -- (952) 492-6211

BOYS

COST:

ENTERING GRADES: 7 - 12

DATES: **Monday - Thursday**

July 24 - 27

INSTRUCTOR: Tim Wareham - Boys Varsity Coach

GIRLS

ENTERING GRADES: 7 - 12

DATES: Tues/Wed/Thurs
June 13 - July 27

INSTRUCTOR: Nathan Steele - Girls Varsity Coach





HappyFeet Soccer is the premier whole-child soccer program, utilizing imaginative play and play-to-learn concepts to teach real deceptive dribbling and ball striking skill development on the move! Our program and curriculum fosters the whole child's fine and gross motor skills, as well as their cognitive, expressive/receptive and language development.

DATES: **Mondays, May 1 - 22**TIME: 2/3 year olds: 5:30 - 6:00 PM
4/5 year olds: 6:00 - 6:30 PM

INSTRUCTOR: Happy Feet Coaches

LOCATION: Heritage Park (Purple Park)

500 E. Orchard St.

COST: \$40.00

HAPPY FEET SOCCER ACADEMY (AGES 6-7)

HappyFeet Academy transitions away from the songs to a more traditional soccer environment. Each session involves creative soccer activities while advancing to the final progression of dribbling and gradually introducing manageable pressure to enhance skill development and decision making.

DATES: **Mondays, May 1 - 22**TIME: 6/7 year olds: 6:30 - 7:15 PM

INSTRUCTOR: Happy Feet Coaches LOCATION: Heritage Park (Purp

TION: Heritage Park (Purple Park) 500 E. Orchard St.

COST: \$55.00

FALL YOUTH REC SOCCER LEAGUE

This recreational soccer program will work and build on the basic fundamentals of soccer, while competing against neighboring communities. Practice will be held two days a week and games will be played on Saturday mornings. If you're interested, please register.

A schedule will be set based off availability of coaches & players.

*Volunteer coaches are needed in order for the program to run.

ENTERING GRADES: 2 - 6

LOCATION:

DATE: August - October

TIME: *a schedule will be set based

on coaches and interest. Heritage Park (Purple Park)

500 E. Orchard St.

COST: \$50.00



GIRLS ROC! - GIRLS RUNNING AT OAK CREST

Girls ROC is an after school running program for our girls in 3rd - 6th grade. This will be about fitness, but also about gathering girls together to support them and their leadership. Registration fee includes admission to the City's S.W.A.T.T. run on Saturday, April 29th to end the season.

CURRENT GRADES: 3 - 6

Wednesdays DATES: March 29 - April 26

3:10 - 4:00 PM TIME: INSTRUCTORS: Lisa Jamison & Oak Crest Teachers

LOCATION: Oak Crest Elementary

COST: \$30.00



BPXC TRACK CLUB SUMMER STRENGTH & CONDITIONING

This is an 8 week program from 6pm-7pm that focuses on total body strengthening with body weight and resistance exercises. We create a balanced neuromuscular foundation for your growing students to build strength, speed and ability in any sport. This program can be done in conjunction with the morning weight lifting programs or as a stand alone strength and conditioning program.

Students interested in participating in Junior Olympic track and field will stay at 7pm to complete their running workouts as well as their technique and specialties training. JO meet opportunities JO state assoc meet will be 6/17 & 6/18. JO region 8 meet will be 7/15 & 7/16 in Wisconsin. JO Nationals will be the meet of 7/24 in Eugene, OR. MN all-comer meets will be various Tuesday events throughout the summer. 2023-2024 *Grades reflect the upcoming school year.

ENTERING GRADES: 7 - 12

Mondays & Wednesdays DATES: June 5 - August 2

(No class July 3 & 5)

6:00 - 7:00 PM (Strength & Conditioning) TIME:

7:00 - 8:00 PM (USATF Training)

Belle Plaine Athletic Complex LOCATION:

Lisa Jamison USATF L2 Sprints/Hurdles/Starts ACSM CPT **INSTRUCTOR:** Brian Jamison USATF L2 Endurance/Steeplechase/Raceway

COST: \$25.00

UNLIMITED FUN OBSTACLE COURSE W/FITNESS BOOMERS

Get ready for an ULTIMATE FUN filled obstacle course challenge! UNLIMITED fun with trampolines, tunnels, hurdles, balloons, ladders, ropes, potato sacks, speed rings, cones and more! Various types of fitness, sports activities, body pyramids, tug of war, hurdle jumping, cartwheels and somersaults and more! Learn balance, flexibility, agility, coordination, speed and sportsmanship. The MOST exciting, empowering, confidence building experience while improving determination, decision making, and emotional control all while interacting in a group setting. Encouraging creativity throughout the class in a safe and fun environment with UPBEAT music!

GRADES: K - 5

Tuesday, March 28 DATE: 3:30 - 5:30 PM TIME: LOCATION: **Chatfield Elementary** INSTRUCTOR: Sam Chathu COST:

\$40.00



TRACK & FIELD CAMP

Goals will be to foster an interest in the variety of track and field events. These events include sprints, relays, shot put, discuss, long jump, triple jump, pole vault, and hurdles. Individuals will move through stations learning about and actively participating in the events. Emphasis will be on participation, learning track and field techniques and having fun! We will end the week with a track & field meet vs Jordan on Fri, July 28 from 8:30 am - 12:00 pm in Jordan. Participants will receive camp t-shirt.

DATES: **Monday - Friday** July 24 - 28

5 - 6 Year Olds SESSION 1: 8:30 - 10:00 AM

SESSION 2: 7 - 12 Year Olds 8:30 - 10:30 AM

LOCATION: Athletic Complex

INSTRUCTORS: High School Coaches & Athletes COST:

\$30.00

DEADLINE: July 5 (to secure t-shirt)





TIGER CUBS BASKETBALL CAMP

This camp is for boys and girls in grades K - 2. Participants will learn basic skills and techniques, build self-esteem, encourage teamwork and fair play-all in a fun and challenging environment. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: K - 2

DATES: Monday - Thursday

July 10 - 13

TIMES: Kindergarten: 9:00 - 10:00 AM

1st Grade: 10:15 - 11:15 AM

2nd Grade: 11:30 - 12:30 PM

INSTRUCTOR: Katie Graff

LOCATION: Oak Crest Elementary

\$35.00 COST:

DEADLINE: June 23 (to secure t-shirt)



GIRLS BASKETBALL CAMP

The Tigers GBB camp will consist of varsity coaching staff and current athletes teaching the fundamentals of dribbling, lay ups, shooting form, defensive movements, and game like playing in a couple of formats. Skill development will be catered to the age levels and will be highlighted with various ways to practice each skill even after the camp is over. Each day's activities will have a competition at the end where players have the opportunity to win prizes. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 3 - 8

June 12 - 15 DATES:

TIMES: Grades 3 - 5: 12:00 - 1:15 PM

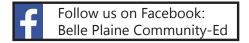
Grades 6 - 8: 1:30 - 3:00 PM

LOCATION: Oak Crest Elementary

Carly Werner & HS Coaching Staff INSTRUCTOR:

\$55.00 COST:

DEADLINE: May 24 (to secure t-shirt)



TENNIS CAMP

Each session will work on developing the players both athletically and technically at each individual Younger age groups work to develop basic skills of movement, catching, throwing and hitting. Games will be played to improve balance racquet handling, increasing understanding of ball flight, hitting on the forehand and backhand side and serving. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 1 - 7

Monday - Thursday DATES:

June 19 - 22

Grades 4 - 7: 9:00-10:00 AM TIMES:

Grades 1 - 3: 10:15-11:15 AM

COST: \$45.00 LOCATION: Tennis Courts

INSTRUCTORS: Coach Melissa Hanson DEADLINE: May 31 (to secure t-shirt)

SMALL GROUP TENNIS

Small group sessions to introduce or improve upon the fundamentals of tennis; forehands, backhands, volleys, serving, and scoring. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 1 - 8

DATES: Thursdays,

June 29, July 6, July 13, July 20

August 3 & August 10 (no camp July 27)

Grades 4 - 6: 9:00 - 9:45 AM TIMES:

> Grades 1 - 3: 10:00 - 10:45 AM Grades 7 - 8: 11:00 - 11:45 AM

Tennis Courts

LOCATION: Courtney Eppen INSTRUCTOR:

COST: \$55.00

BOYS BASKETBALL CAMP

This camp is put on by Varsity Coach Paul Fogarty, focusing on the fundamentals of basketball. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 3 - 8

DATES: June 19 - 22

TIMES: Grades 5 - 6: 8:30 - 10:00 AM

> Grades 3 - 4: 10:00 - 11:15 AM Grades 7 - 8: 11:30 - 1:00 PM

Junior/Senior High - South Gym

LOCATION: INSTRUCTOR: Paul Fogarty & HS Coaching Staff

COST: \$55.00

DEADLINE: May 24 (to secure t-shirt)



TIGER CUBS VOLLEYBALL CAMP

A beginners volleyball camp that focuses on basic volleying and striking skills. Players will learn the fundamentals of passing, setting, and striking using various equipment to help them be successful and fall in love with the game. No knee pads necessary. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school

FNTFRING GRADES: K - 2

Monday - Thursday DATES:

June 5 - 8

Grades K - 1: 9:00 - 9:45 AM TIMES:

Grade 2:10:00 - 10:45 AM

LOCATION: Junior/Senior High - South Gym

INSTRUCTOR: Chelsey Young \$35.00 COST:

May 17 (to secure t-shirt) DEADLINE:

VOLLEYBALL CAMP GRADES 3 - 8

This camp will cover the basics of volleyball, including passing, setting, attacking, serving, blocking and defense. Players will be taught through drills and exercises that will also teach proper jumping mechanics, agilities and coordination. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 vear.

ENTERING GRADES:

Monday - Thursday DATES:

July 10 - 13

Grades 3 - 5: 9:00 - 10:30 AM TIMES:

Grades 6 - 8: 10:30 - 12:00 PM

High School - South Gym LOCATION:

INSTRUCTOR: Haley Fogarty \$55.00 COST:

DEADLINE: June 21 (to secure t-shirt)

5TH - 6TH GRADE FALL VOLLEYBALL

This is a traveling league to surrounding communities.

Volunteer Coaches Needed

ENTERING GRADES: 5 - 6

Mondays & Thursdays PRACTICE:

August 21 - October 5

6:00 - 7:15 pm or 7:15 - 8:30 PM TIME:

(rotating schedule)

High School/Oak Crest LOCATION: GAMES: **Saturday Mornings**

September 9 - October 7

\$65.00 COST:

ALL AMERICAN WRESTLING CAMP

Join Scott West All American Clinicians for a two day camp. This camp is for all boys and girls looking to build on the basics of wrestling. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES:

DATES: Wednesday - Thursday

July 26 & 27

K - 6 Grade: 6:00 - 7:15 PM TIMES: 7 - 12 Grade: 7:30 - 9:00 PM

Chatfield Elementary

LOCATION: COST:

\$40.00

SCOTT WES

VOLLEYBALL CAMP GRADES 9 – 12

Players will continue to work on all aspects of the game. They will be taught through drills and exercises that focus on passing, setting, hitting and serving. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 9 - 12

Monday - Wednesday DATES: July 24 - 26

4:30 - 6:30 PM TIME: High School-South Gym **LOCATION:** INSTRUCTOR: Varsity Coaching Staff

COST: \$55.00

DEADLINE: June 21 (to secure t-shirt)





UMPIRE CLINIC

This is an opportunity to get trained in the skill of umpiring! This course will cover the basics and how to's, with hands-on learning. This clinic will include learning proper mechanics, positioning and proper timing on making calls. The city hires umpires every summer for youth baseball and softball games. Get your foot in the door by being properly trained!

AGES: 13+

DATE: Monday, March 13

TIME: 6:30 - 8:30 PM
LOCATION: High School - North Gym

INSTRUCTOR: Michael Hanson \$10.00



SOFTBALL SKILLS CAMP 3 - 8

The goal of this summer camp is to provide an opportunity for skill development. Meet at Chatfield - Field C and we will work on infield, throwing mechanics, arm stretching, hitting and a variety of other skills.

*Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 3 - 8

DATES: **Mondays**

June 19 - July 31

(No camp July 3) TIMES: Grade 3 - 5: 9:30-

Grade 3 - 5: 9:30-10:45 AM Grade 6 - 8: 10:45-12:00 PM

LOCATION: Chatfield - Field C

INSTRUCTORS: Elizabeth Johnson & Current/

Former Players

COST: \$30.00





BASEBALL SKILLS CAMP 3 - 6

Meet at Tiger Field each day and we will cover infield work, throwing mechanics, arm stretching, hitting and a variety of other skills. *Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 3 - 6

DATES: **Tuesdays/Thursdays June 20 - August 3**

(No camp July 4-6)

TIMES: Grade 5 - 6: 9:30-10:30 AM

Grade 3 - 4: 10:30-11:30 AM

LOCATION: Tiger Park

INSTRUCTORS: Pat Schultz & Current/

Former Players

COST: \$50.00

BASEBALL SKILLS CAMP 7 - 8

Meet at Tiger Field each day and we will cover infield work, throwing mechanics, arm stretching, hitting and a variety of other skills. *Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 7 - 8

TIMES:

DATES: **Mondays**

June 19 - July 31

(No camp July 3) 10:45 AM - 12:00 PM

LOCATION: Tiger Park

INSTRUCTORS: Pat Schultz & Current/

Former Players

COST: \$30.00





Speed and strength sessions will have a theme each day to enhance athleticism for each participant. Sessions will focus on speed development, agility, upper and lower body explosiveness, core strength and stability, flexibility, and total body strength. Each athlete will receive an individualized workout program in the weight room and will be recorded and ranked in all of the activities, so athletes can see and track their improvements. Each participant will be given a t-shirt. Grades reflect the upcoming 2023-2024 school year.

SPEED & WEIGHTS: GRADES 7 - 12

FNTFRING GRADES: 7 - 12

DATE: Mon/Tues/Wed/Thurs
June 5 - August 3

(No class July 3 - 6)

OPTION A: Entering Grades 9 - 12

Time: 6:30 - 7:45 AM

OPTION B: Entering Grades 9 - 12

Time: 8:00 - 9:15 AM

OPTION C: Entering Grades 7 - 8 Time: 9:30 - 10:30 AM

LOCATION: High School Weight Room INSTRUCTORS: Belle Plaine Coaches COST: \$140/\$325 family max



INTRO TO SPEED & WEIGHTS: GRADES 5 - 6

ENTERING GRADES: 5 - 6

DATE: Tues/Wed/Thurs
June 6 - August 3

(No class July 4 - 6) 10:30 - 11:30 AM

TIME: 10:30 - 11:30 AM
LOCATION: High School Weight Room
INSTRUCTOR: Belle Plaine Coaches

COST: \$100/\$325 family max





FOOTBALL TRAINING

Each week will emphasize a different skill; quarterback, wide receiver, running back, offensive line, defense, blocking and tackling. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 3 - 6

DATES: Thursdays,

June 29 - July 27 (No camp July 6)

TIME: 11:45 AM - 1:00 PM
LOCATION: Chatfield Rec Fields
INSTRUCTOR: Dallas Giles & Players

COST: \$25.00

LITTLE TIGER FOOTBALL CAMP K-2

This camp will be run by high school players and coaches and will focus on having fun and learning about the basics of football. Each day will focus on individual skill building, fun group competitions and small group play. A majority of the time will be spent learning about the fundamental skills for each position on the offensive and defensive sides of the ball. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: K - 2

DATES: Monday - Wednesday

July 31 - August 2

TIME: 6:00 - 7:00 PM
LOCATION: Chatfield Rec Fields
INSTRUCTORS: HS Coaches & Players

COST: \$30.00

LITTLE TIGER FOOTBALL CAMP 3-6

This camp will be run by high school players and coaches and will focus on having fun and learning about the basics of football. Each day will focus on individual skill building, fun group competitions and small group play. A majority of the time will be spent learning about the fundamental skills for each position on the offensive and defensive sides of the ball. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 3 - 6

DATES: Monday - Wednesday

July 31 - August 2

TIME: 6:00 - 7:30 PM
LOCATION: Chatfield Rec Fields
INSTRUCTORS: HS Coaches & Players

COST: \$40.00

AIR TIGER CAMP

"Air Tiger " Camp is open to any players who want to learn more about quarterback, wide receiver, and defensive back skills and techniques. Each session will focus on the skills and techniques for quarterback, wide receiver, and defensive back play. A majority of the camp will be spent on developing a stronger understanding of the skills required to play these positions and will also incorporate some 7 on 7 competitions.

ENTERING GRADES: 6 - 12
DATES: Sundays,

June 11, 25, July 9 & 23

TIME: 7:00 - 8:30 PM LOCATION: Chatfield Rec Fields

INSTRUCTOR: Coach Frisell, Coach Giles & BPFB Alumni

COST: \$40.00

FUTURE TIGER FOOTBALL CAMP 7-9

This camp will be run by the high school football staff, with assistance from high school players. Each day will focus on individual skill building and basic offensive and defensive installation. A majority of the time will be spent working on fundamentals of each position on the offensive and defensive sides of the ball. Each night of camp will end with a competition along with small team games. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 7 - 9

DATES: Monday - Wednesday
July 31 - August 2

TIME: 6:00 - 7:30 PM
LOCATION: Chatfield Rec Fields
INSTRUCTORS: HS Coaches & Players

COST: \$40.00

TIGER MINI CAMP



This camp will be run by the high school coaching staff. Each day will focus on installing base offense, defense and special teams schemes. Time will be spent doing individual skills, group work, and team installation. Participants will receive a camp t-shirt. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: 10 - 12

DATES: **Monday - Wednesday**

June 12 - 14

TIME: 6:00 - 8:30 PM
LOCATION: Athletic Complex - Football Field

INSTRUCTORS: HS Coaches & Players

COST: \$20.00



FALL FLAG FOOTBALL K - 2

An exciting way to introduce children to the game of football. Learn the basics of offensive and defensive play, team spirit and will have fun in the process. Grades reflect the upcoming 2023-2024 school year.

ENTERING GRADES: K - 2

DATES: Wednesdays

September 13 - October 11

TIME: 5:30 - 6:30 PM
LOCATION: Chatfield Rec. Fields
INSTRUCTOR: Football Staff
COST: \$35.00



FALL TACKLE FOOTBALL GRADES 5 - 6

This is an instructional league where players will be able to put on pads and helmets and get a feel for what tackle football is all about. They will be taught the fundamentals of the game of football. Grades reflect the upcoming 2023-2024 school year. **Coaches are volunteer parents.**

ENTERING GRADES: 5 - 0

PRACTICE: Tuesdays & Thursdays
August 8 - October 5

TIME: 6:00 - 7:00 PM LOCATION: Chatfield Rec Fields

GAMES: Saturdays

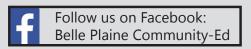
September 2 - October 7

LOCATION: Chatfield Rec Fields &

Travel Locations
Volunteer Parents

COST: \$85.00

INSTRUCTOR:





NFL FLAG FOOTBALL GRADES 3 - 4

This year we are organizing our 3 - 4 grade through NFL Flag Football, one of the largest, most recognized flag football organizations in the U.S. Players will learn skill development and basic fundamentals of football through practices and games each night. Teams will be divided with volunteer coaches assigned to each team before the start of the season. All kids will receive a league shirt and flag belt. Grades reflect the upcoming 2023-2024 school year. **Coaches are volunteer parents.**

3 - 4

ENTERING GRADES: DATES:

DATES: Mondays

August 21 - October 2

(No camp Sept. 4)

TIME: 5:30 - 6:45 PM

LOCATION: Chatfield Rec Fields INSTRUCTOR: Volunteer Parents COST: \$50.00



YOUTH ENRICHMENT REE GAMES OF BOWLING THIS SPRING & SUMMER! TO REGISTER YOUR CHILDREN TO RECEIVE 2 FREE GAMES OF BOWLING A DAY HIS SPRING & SUMMER, USE THE WEBSITE ON THE OPPOSITE SIDE OF THIS CARD AS SEEN ON * Bowling to Schook **NBC** abc Canadian Living VAHOO! Grant Program **FamilyCircle** PTO 1510 Flementary & Middle Sex Better Spirit Google Sponsored in part by this local Kids Bowl Free® Bowling Center **FamilyFun** BBBI and the Kids Bowl Free® program are not affiliated with these media entities



SCOTT WEST



Ages: 10 - 18 year Dates: April - August Cost: \$100

Practices and classroom experience begin in April and tournaments are scheduled throughout the summer.

SCOTT WEST FISHING



Questions? Please e-mail Dorothy Koller -- dkoller@belleplaine.k12.mn.us





SIGN UP TO RECEIVE YOUR FREE TREE ON EARTH DAY!!

www.neighborhoodforest.org/school-search/ Search for **Belle Plaine Community Ed**





ADULT HEALTH & FITNESS

POUND ROCK OUT WORKOUT

Poundistheworld's first cardiojams ession in spired by the energizing infectious, sweat-dripping fun of playing the drums. Unleash your inner Rockstar and come #MAKENOISE at an upcoming class! This class is designed for any age at any stage - anyone can join! (15+)

DATES: Mondays & Saturdays

April 22 - May 22 (No class 4/29 & 5/6)

TIME: Mondays: 7:00 - 7:30 PM

Saturdays: 7:30 - 8:00 AM

LOCATION: Mondays - Oak Crest

Saturdays - Chatfield

INSTRUCTOR: Bryn Davis COST: \$40.00



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STRETCH & FLEX YOGA

Start your day with this enjoyable 45-minute yoga class. The focus is on opening, stretching, lengthening while building strength. Helps improve balance, flexibility and increase vitality. If you have been curious about practicing yoga, now is the perfect opportunity to discover the many wonderful health benefits. Classes are on-going. To register, please call Pat at (952) 836-4302 or email her at belleplaineyoga@gmail.com

DATES: Mondays & Wednesdays

TIME: 8:30 AM

LOCATION: Natural Fitness Center

321 S. Walnut Street

INSTRUCTOR: Pat Krings

Certified Yoga Instructor

COST: \$6.00 per class

RAISE THE BAR

WHY RAISE THE BAR FITNESS? Our fitness family believes we can do life better together! We understand that every person is unique, every goal is personal. We build healthy, happy humans by developing affordable, engaging workout communities. RTB workouts are full of variety, strength, CORE focused, sweaty, creative, and can be modified for all types of adult abilities and ages. Expect opportunities to lift weights, get your cardio fix and work with challenging equipment and fitness schemes that push everyone at their own pace. We do team challenges monthly, nutrition challenges that athletes can participate in and so much more to build our community, Belle Plaine Strong! This isn't a one time program or class, this is a true community that is being built to last! Classes never stop!

SESSION 26: Mondays, Tuesdays, Wednesdays & Fridays

May 8 - July 7

SESSION 27: Mondays, Tuesdays, Wednesdays & Fridays

July 10 - September 8

SESSION 28: Mondays, Tuesdays, Wednesdays & Fridays

September 11 - November 10

TIME: 5:00 - 6:00 AM

LOCATION: High School North Gym/Weight Room

INSTRUCTOR: Andrea Gerres COST: \$85.00 a session





BPXC TRACK CLUB SUMMER STRENGTH & **CONDITIONING PROGRAM**

BPXC's Summer Strength and Conditioning program focuses on total body strength building, using a variety of resistance equipment and body weight exercises in the fresh air out at the track. Join this fun group of adults to build muscle, burn calories and improve your cardiovascular health. Families welcome. Adults interested in improving running techniques, working on track specialties and/or participating in Master's track & field are welcome to stay at the track for additional practice from 7-8pm. Questions? email: bpxctrackclub@gmail.com

DATES: **Monday & Wednesdays** June 5 - August 2

(No class July 3 & 5) 6:00 - 7:00 PM

LOCATION: Belle Plaine Athletic Complex INSTRUCTOR:

Lisa Jamison USATF L2 Sprints/Hurdles/Starts ACSM CPT

Brian Jamison USATF L2 Endurance/Steeplechase/Raceway

COST: \$25.00

TIME:



COUNTRY LINE DANCE

This class will offer 3 to 4 line dances ranging from beginner to intermediate like: Tush Push, Swingin' and 16 Step Polka, as well as others. You'll enjoy music, dance and exercise in one form! Wear comfortable shoes. For singles or couples - no partners needed.

DATES: June 20 & July 6 6:00 - 7:00 AM TIME:

Falcon Ridge Elementary - Gym LOCATION:

New Prague, MN

Victor Albrecht INSTRUCTOR: COST: \$12.00





JOIN THE PARTY!

LOCATION:

777 Enterprise Drive, Belle Plaine

SATURDAYS: 8:00 AM SUNDAYS (March - May): 1:00 PM SUNDAYS (June - August): 4:00 PM

COST:

\$7 per class

\$60 - 10 class punch card - no expiration date! Questions? E-mail -- leera11786@yahoo.com



PAINT CLASS AT HICKORY PARK

Thursdays are Paint Class days at Hickory Park in Belle Plaine! Let's mix it up! Each class will be 2-hours long and we'll be painting step by step with acrylic paint on a 11'x14' framable board. All supplies provided. Pre-register -- Limited class sizes!

DATES: Thursdays,

April 13 (Spring Colors)



May 11 (May Floral Fun)



June 8 (June Creekside)



July 13 (July Walk)



August 10 (Lighthouse)



TIME: 1:00 - 3:00 PM
LOCATION: Hickory Park
801 E. Orchard St.
Belle Plaine, MN

INSTRUCTOR: Lana Beck
COST: \$30.00 per class

ICED TEA QUILT - BEGINNER

Select 14 fat quarters from your favorite quilt shop and come create this 54' by 64' fun throw quilt top. This is the perfect quilt for the beginner quilter. Supplies - 14 fat quarters, 45mm rotary cutter, thread and sewing machine.

DATE: **Mondays**

TIME: 6:00 - 8:30 PM LOCATION: Down Under

Quilting Studios 196 W. 280th St.

New Prague, MN

INSTRUCTOR: Anne Pexa

COST: \$35.00 (includes pattern)

SPRING BLOSSOMS TABLE RUNNER – BEGINNER

Come and have fun making this pretty raw edge applique 40"x20" Flower Table runner. Class fee includes fabric for the runner and no sewing machine is required in class. Please bring a pair of scissors for cutting paper and a pair for cutting fabric.

DATE: Wednesday, May 10

TIME: 6:00 - 8:30 PM

LOCATION: Down Under Quilting

196 W. 280th Street New Prague, MN

INSTRUCTOR: Anne Pexa COST: \$40.00

SUMMER OPEN SEWING

Are you looking for a change of scenery from your home or sewing room? Do you have a project you need advice on or would like to start a new one? Come and join Anne for a fun night of sewing. Anne will be available to help you with your projects or get you started on one. Bring your machine, rotary cutter and project of your choice. Large cutting table, cutting mats, rulers, iron and workstation will be supplied.

DATE: Mondays, June 12, July 10,
August 14, September 11

TIME: 6:00 - 9:00 PM

LOCATION: Down Under Quilting Studios

196 W. 280th Street

New Prague, MN INSTRUCTOR: Anne Pexa COST: \$60.00



Follow us on Facebook: Belle Plaine Community-Ed



MEDICARE 101

Are you approaching Medicare age? Are you confused by the different parts of Medicare? Medicare can be confusing and overwhelming. This class will help you better understand the basics of Medicare, including Parts A, B C & D, as well as coverage options beyond Medicare. Learn about the different enrollment periods. This valuable information will help you make an informed decision on your future healthcare coverage.

DATES: Tuesday, April 25

TIME: 6:30 PM

LOCATION: Junior/Senior High - Media Center

INSTRUCTOR: Natalie Kelly

COST: Free

SOOTHE THOSE ACHY JOINTS

ONLINE CLASS

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and 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.

DATE: Thursday, April 27

TIME: 6:00 - 7:30 PM
INSTRUCTOR: Janice Novak
COST: \$29.00

METABOLISM BOOSTERS & BUSTERS

ONLINE CLASS

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

DATE: Wednesday, May 31

TIME: 6:00 - 7:30 PM
INSTRUCTOR: Janice Novak
COST: \$29.00

DEFENSIVE DRIVING COURSE 4 – HOUR REFRESHER

If you have taken a state approved 8-hour Defensive Driving Course (55+), you can renew your 10%, 3-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 upon completion to provide to your insurance company. *If you have questions about the class, please call Belle Plaine Community Ed -- (952) 873-2411.

DATE: **Tuesday, April 4**TIME: 12:00 - 4:00 PM
LOCATION: Belle Plaine City Hall
218 N. Meridian St.

(park in the side parking lot and enter through sidedoor, do not enter main doors off street)

Dave & Roselyn Biermaier

MN Safety Council

COST: \$23.00



MINNESOTA SAFETY COUNCIL

THYROID THINGS YOU NEED TO KNOW

ONLINE CLASS

INSTRUCTOR:

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there is more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

DATE: Tuesday, May 23
TIME: 6:00 - 7:30 PM
INSTRUCTOR: Janice Novak
COST: \$29.00



INCIDENT AT OUR LADY OF PERPETUAL HELP A New Comedy by Katie Forgette



Take a trip back to 1973 with the Irish Catholic O'Shea family in the uproarious INCIDENT AT OUR LADY OF PERPETUAL HELP. This boisterous and moving new memory play introduces us to young Linda, as she recalls a week she'll never forget. When Linda's mother instructs her to tell her sister about the birds and the bees, things quickly snowball into a potential crisis after the conversation is overheard by the parish priest. Secrets are unintentionally revealed, and a quick-witting group of women realize what really matters as they work to protect their family reputation and each other.

DATE: Wednesday, April 26

TIME: Depart Coborns: 10:45 AM

Arrive back around 4:15 PM SideKick Dinner Theater -

Bloomington, MN

COST: \$95.00 (includes show, coach bus &

lunch)

MILLION DOLLAR QUARTET - OLD LOG THEATRE

A Tony Award musical inspired by the true story set on December 4, 1956, when an extraordinary twist of fate brought ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS and CARL PERKINS together at Sun Records for one the of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes", "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do you Love?" "Sixteen Tons." "Folsom Prison Blues," "Hound Dog" and more.

Lunch: choice of short ribs, chicken, or pasta. Please call (952) 873-2411 with your choice after registering.

DATE: Thursday, July 20

TIME: Depart Coborns: 10:10 AM
Arrive back around 4:15 PM

LOCATION: Old Log Theatre - Excelsior, MN COST: \$119.00 (includes the show,

coach bus & lunch)

DEADLINE: July 5



LOCATION:

Magnifying Abilities

A partnership of the SWMetro Community Education Consortium





social engagement o physical fitness creative expression educational enrichment Magnifying Abilities is a social/recreational program for persons with intellectual and physical disabilities. The program is designed to enhance community involvement and lifelong learning of adults with disabilities.

A sample of activities include: parties, game night, crafts, yoga, dance, book club, bingo, bowling, sporting events, tours and many more!

Magnifying Abilities also welcomes participants ages 16-17 to join our events when accompanied by a caregiver.

ce4all.org/programs/adults/magnifying-abilities





GED AND ENGLISH LANGUAGE LEARNING (ELL)

2022-23 ADULT EDUCATION CLASSES

Available online and in-person

- > **GED PREPARATION** Online | Chaska | Prior Lake | Shakopee
- > FAMILY LITERACY & PACE
 English for parents & children Chaska | Shakopee
- > ENGLISH AS A LEARNED LANGUAGE (ELL)
 Chaska | Prior Lake | Shakopee | Online
- > CITIZENSHIP CONVERSATIONS Online
- > DIGITAL SKILLS & WORKPLACE ENGLISH Shakopee

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MORNING CLASS 9 a.m.–12 p.m.				
EVENING CLASS 5:30 p.m.–8:30 p.m.			No Class	

For class locations & times, visit swmetro.k12.mn.us

CONTACT
JENNIFER HENNES

(952) 567-8128 JHENNES@SWMETRO.K12.MN.US

REGISTER ONLINE



Scan the square using the camera app on your smartphone to be directed to the form.



OFFICE HOURS

Monday - Friday 7:30 am - 3:30 pm

COMMUNITY EDUCATION ADVISORY COUNCIL MEMBERS

Orin Kruschke Mike Woletz Karl Keup Betsy Ollhoff Cassie Koch Matt Lenz Tracy O'Brien Ryan Laager

The Community Education Advisory Council is composed of members of the community. The council functions in cooperation with Community Education staff in an advisory capacity to promote the goals and objectives of Community Education. Members provide valuable feedback from the community perspective to advise staff on the development of the department.

SCHOOL CLOSINGS

If inclement weather forces the District #716 schools to start late, morning Preschool and ECFE class will be cancelled. Afternoon and evening classes and activities will meet as scheduled. If school is cancelled all Community Education, Preschool and ECFE class and activities will be cancelled. All facilities will be closed as well. If school is dismissed early all Community Education, Preschool and ECFE class and activities for the remainder of the day and evening are cancelled. All facilities will be closed as well. Emergency school closings can be found at www.isd716.org and with messages from the district instant alert system. Announcements can also be found on television channels KSTP 5, KARE 11 & WCCO 4.

INSURANCE

The Community Education Department does not provide accident insurance for participants in any of its programs. Participants assume all inherent risk of injury resulting from their involvement in programs or activities outlined in this brochure.

UPDATES

Additional information and program reminders will on the Community Education School Web-site and Facebook.

GIFT CERTIFICATES

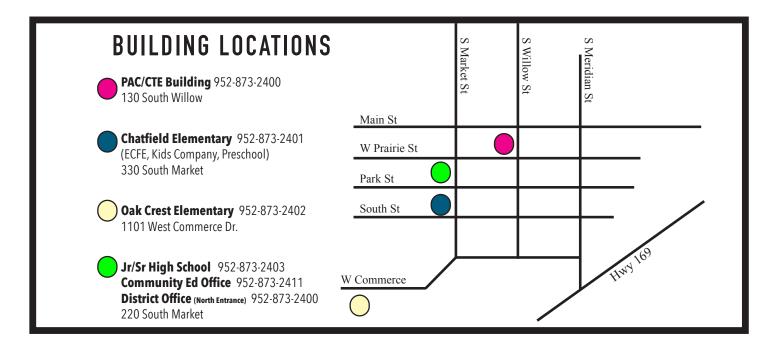
Gift Certificates are available for classes, activities, special events, trips or any other program offered through the Community Services Department. They may be purchased for any amount at the Community Ed Office.

EMPLOYMENT OPPORTUNITIES

The Belle Plaine Community Education Department welcomes applications for various seasonal jobs. Job opportunities include supervision of youth activities, gymnasiums and officiating sporting activities.

USE OF SCHOOL FACILITIES

Belle Plaine Public Schools are available to public organizations & groups, subject to policies and procedures. Please contact Community Education or the School District Center for details. Belle Plaine Public School District is a substance free area. Thank you for not using to bacco on school property.





Belle Plaine, MN 56011

REGISTRATION INFORMATION

Belle Plaine Community Education / Recreation / ECFE Registration Form

Please fill out registration completely and either mail/drop off at Community Ed or e-mail the information directly to: communityed@belleplaine.k12.mn.us
Incomplete forms may delay processing.

Parent/Guardian Name (Fi	rst)	Pi	arent/Guar	dian Nam	e (Last)		
Address		Н	ome Phon	e with Are	a Code		
City	D	Daytime Phone With Area Code					
Emergency Contact Name	/Number	E-mail					
Participant (first name)	Participant (last name)	Date of Birth	Age	M/F	Grade	Sport, Class, Trip or Event	Cost
							\top
□ Check (# □ Mastercard □ V	isa Card #					ate:	_
	3 * * * * <u></u>	(only required	l if paying b	y credit car	d)		
resulting from injury incurr School District #716 assum	nd hold harmless Belle Plaine Co ed by me or my child while part e no responsibility before, durin ellation, and facilities policies.	icipating in the above m	nentioned p	orograms.	I understand	Belle Plaine Community Ed	ucation an
I am interested in coachin	g: YES Name:			PI	none:		
	ove information to be included /video of my family to be used i				e district webs	site.	
SIGNATURE:							
(If u	nder 18 years of age, parent or le	gal guardian must sign)					
Belle Plaine Comm	unity Ed	E-mail: c	ommun	ityed@k	pelleplain	e.k12.mn.us	
220 S. Market St.		Website: www.isd716.org					

Phone: (952) 873-2411

AQUATIC FACILITY OPENS Sat., June 3

(Weather Permitting)

Kick-Off Party

Friday, June 2 | 5 - 7 p.m.

Please join the Aquatic Center Staff for this free event with fun games, inflatables, & treats on the east side of the building.

The Aquatic Center opens for the season on Saturday, June 3.

203 West Prairie Street

SWIM LESSON INFORMATION

Online pre-registration for City of Belle Plaine residents begins Monday, April 3 at www.belleplainemn.gov. Walk-in & non-resident registration begins Wednesday, April 12 at City Hall or on-line.

218 North Meridian Street | 952-873-5553 | www.belleplainemn.gov



203 West Prairie Street | 952-873-2333

ADMISSION FEES

\$8.00/Session per person

*See resident card information below

	RESIDENT (Person who lives within the boundaries of the City of Belle Plaine.)	NON-RESIDENT (Person who DOES NOT live within the boundaries of the City of Belle Plaine.)		
Family Pass	\$125.00	\$250.00		
(for entire season)	Up to 4 family members (\$20.00 each additional family member*)			
Single Pass (for entire season)	\$60.00	\$120.00		
Swim Lessons (American Red Cross Structured	\$35.00 \$15.00 Cancel / Change Fee	\$50.00 \$25.00 Cancel / Change Fee		
Group Classes)	Financial based scholarships available. Must apply before registering for lessons.			
Junior Lifeguard	\$60.00	\$80.00		
Junior Swim & Fitness Club	\$20.00	\$35.00		

^{*} Family definition: Immediate family members consisting of up to 2 adults (parent/guardian) and their dependent children under the age of 23, all must live in the same household, for more information see Aquatic Facility rules and regulations.

SEASON PASS INFORMATION

PHOTOS ARE REQUIRED ON **AQUATIC PASSES**

The City of Belle Plaine requires photo identification on aquatic passes. Photos are taken at City Hall (218 North Meridian Street) during regular office hours (Monday - Friday 8:00 a.m. -4:30 p.m.) and during extended hours at City Hall on the following dates:

Sat., May 209:00 a.m. - 11:00 a.m. Wed., May 31...... 8:00 a.m. - 7:00 p.m. Kick-Off Night • Fri., June 2 5:00 p.m. - 7:00 p.m.

Sat., June 3 11:00 a.m. - 3:00 p.m. Tues., June 6...... 8:00 a.m. - 7:00 p.m. Thurs., June 8...... 8:00 a.m. - 7:00 p.m.

Season passes can also be purchased on-line at www.belleplainemn.gov. Season passes must be purchased before photo is taken. Questions or concerns please call 952-873-5553.

RESIDENT DISCOUNT CARD INFORMATION

*The discount card will allow you to receive the discounted \$4.00 admission rate per session. To receive the resident discount card, residents must register on-line at belleplainemn.gov or at City Hall providing proof of residency. On-line registration begins April 3.

*Confirmation will be sent via email with additional instructions. Allow 48 hours for processing. Pick up discount cards at City Hall through June 2nd. Starting June 3rd, pick up cards at Aquatic Center Admissions.

YOUTH ACTIVITIES GRANT PROGRAM

For those looking for assistance in covering registration fees, the City of Belle Plaine offers the Youth Activities Grant Program. Implemented in 2014, the Program provides grants to income eligible families in need of financial support with enrollment fees for City sponsored recreational activities (T-Ball, Squirts, Baseball, Softball & Swim Lessons). The enrollment fees may be waived or reduced, based on the income eligibility guidelines of the National School Lunch Program. An application; available at City Hall or by emailing jwadsley@belleplainmemn.gov, should be submitted to City staff before registering in order to be considered for the program. Enrollees must be City of Belle Plaine residents. Questions regarding the program or eligibility requirements can be directed to City Hall at 952-873-5553.

SAVE THE DATE!

June 23 Disney - Elsa & Anna	July 21 Christmas in July	Aug. 11 Beach Party
June 30Neon Day	July 28 Dive-In Movie (Happy Feet)	Aug. 18 Disco Party
July 7 Red, white & Blue Olympics	Aug. 4 High School Night	Aug. 25Rock & Roll 80's & 90's
July 14Halloween in July		Sept. 1Flannel Farewell



203 West Prairie Street | 952-873-2333

Aquatic Facility Hours

Open Daily - 7 Days a Week

\$8.00 Admission Children 3 and under FREE

OPEN SWIM HOURS

Monday – Friday – 1:00 p.m. – 5:00 p.m. Monday – Wednesday & Friday 6:00 p.m. – 9:00 p.m. (Thursday Resident Free Swim) Saturday – 11:00 a.m. – 9:00 p.m. Sunday – 3:00 p.m. – 9:00 p.m.

FREE SWIM

Must present your Resident Discount Card or Aquatic Pass for Admittance. (No paid admissions admitted during Free Swim)

Thursday – 6:00 p.m. – 9:00 p.m.

Sunday – 11:00 a.m. - 3:00 p.m.

AQUA FITNESS

Fee: \$4:00 Admission or Aquatic Pass Monday & Wednesday – 7:00 a.m. – 8:00 a.m. Tuesday & Thursday – 8:00 a.m. – 9:00 a.m.

LAP SWIM

Fee: \$4.00 Admission or Aquatic Pass Monday & Wednesday – 6:30 a.m. – 8:00 a.m. Tuesday & Thursday – 7:30 a.m. – 9:00 a.m.

- * For the Resident Discount card residents must pre-register with address and/or Utility account number for discounted entrance price. Registration is accepted on-line at www.belleplainemn.gov. Registration is processed during regular business hours. Please allow up to 48 hours for processing.
- *The Belle Plaine Aquatic Center is owned, operated and fully funded by the City of Belle Plaine. The City of Belle Plaine has defined a resident as an individual who lives within the city limits and pays city tax dollars.

Aquatic Facility hours and operation are subject to change based on weather or other conditions. For all Aquatic Facility announcements including closings or changes in schedule, please check the City's website at www.belleplainemn.gov, local cable Channel 8, or the City Facebook page for current up-to-date information.

LEARN TO SWIM - SWIM LESSON SCHEDULE

Session Dates and Times Subject to Change

	9:00 - 10:15 a.m.	10:30-11:10 a.m.	11:15-11:55 a.m.	12:00-12:40 p.m.	5:10 - 5:50 p.m.
Session 1	Junior Lifeguard	Tiny Tots	Tiny Tots	Tiny Tots	Tiny Tots
June 5 - 16		Level 1	Level 1	Level 1	Level 1
		Level 2	Level 2	Level 2	Level 2
		Level 3	Level 3	Level 3	Level 3
		Level 4/5	Level 4/5	Level 4/5	Level 6
		10:30-11:10 a.m.	11:15-11:55 a.m.	12:00-12:40 p.m.	5:10 - 5:50 p.m.
Session 2		Tiny Tots	Tiny Tots	Tiny Tots	Tiny Tots
June 19 - 30	S	Level 1	Level 1	Level 1	Level 1
	<u> </u>	Level 2	Level 2	Level 2	Level 2
		Level 3	Level 3	Level 3	Level 3
		Level 4/5	Level 4/5	Level 6	Level 4/5
	9:45-10:25 a.m.	10:30-11:10 a.m.	11:15-11:55 a.m.	12:00-12:40 p.m.	5:10 - 5:50 p.m.
Session 3	9:45-10:25 a.m. Tiny Tots	10:30-11:10 a.m. Tiny Tots	11:15-11:55 a.m. Tiny Tots	12:00-12:40 p.m. Tiny Tots	5:10 - 5:50 p.m. Tiny Tots
Session 3 July 10 - 21				•	
	Tiny Tots	Tiny Tots	Tiny Tots	Tiny Tots	Tiny Tots
	Tiny Tots Level 1	Tiny Tots Level 1	Tiny Tots Level 1	Tiny Tots Level 1	Tiny Tots Level 1
	Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2
	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3
	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 4/5	Tiny Tots Level 1 Level 2 Level 3 Level 4/5	Tiny Tots Level 1 Level 2 Level 3 Level 6	Tiny Tots Level 1 Level 2 Level 3 Level 4/5
July 10 - 21	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 10:30-11:10 a.m.	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 11:15-11:55 a.m. Tiny Tots Level 1	Tiny Tots Level 1 Level 2 Level 3 Level 6	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 5:10 - 5:50 p.m.
July 10 - 21 Session 4	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 10:30-11:10 a.m. Tiny Tots	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 11:15-11:55 a.m. Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2 Level 3 Level 6 12:00-12:40 p.m. Tiny Tots	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 5:10 - 5:50 p.m. Tiny Tots
July 10 - 21 Session 4	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 10:30-11:10 a.m. Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 11:15-11:55 a.m. Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 6 12:00-12:40 p.m. Tiny Tots Level 1	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 5:10 - 5:50 p.m. Tiny Tots Level 1 Level 2 Level 3
July 10 - 21 Session 4	Tiny Tots Level 1 Level 2 Level 3	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 10:30-11:10 a.m. Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 11:15-11:55 a.m. Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2 Level 3 Level 6 12:00-12:40 p.m. Tiny Tots Level 1 Level 2	Tiny Tots Level 1 Level 2 Level 3 Level 4/5 5:10 - 5:50 p.m. Tiny Tots Level 1 Level 2

Session 5 Aug. 7 - 18

Level 1 Level 2 Level 3 Level 4/5

Toddler Time

For children 5 years old and under. Spend with your toddler in the water without distractions from older children. Parent must be in the water with child. Lifeguards will be on site, but not teaching swim lessons.

Fee \$15 • Limited spots available.

Lesson Fees

Residents: \$35.00

(\$15 Cancellation/Change Fee)

Non-residents: \$50.00

(\$25 Cancellation/Change Fee)

*Please note there is a cancellation/change fee per lesson.

Swimming lessons are 35 minutes in length.

Register Early

Online preregistration for city of Belle Plaine residents begins Monday, April 3 at www.belleplainemn.gov. Walk-in & nonresident registration begins Wednesday, April 12 at City Hall or on-line.





SWIM LESSON COURSE DESCRIPTIONS

TINY TOTS - For children ages 3 ½ – 4 years old

This class is for children with little swimming experience. Goal is to build up confidence and independence in the water. The children will experience blowing bubbles, kicking & floating.

LEVEL 1: INTRODUCTION TO WATER SKILLS * Must be 5 years old by the first day of class

Participants learn to feel comfortable in the water and enjoy the water safely. Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool. Participants learn to:

- Blow bubbles and submerge face
- Swim on front and back with support
- · Basic water safety rules

- Float on front and back with support
- Retrieve submerged object

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

This level marks the beginning of true locomotion skills. Students are performing skills without support and developing arm and leg actions that lay the foundation for future strokes. Participants learn to:

- Submerge entire head
- Roll over front to back, back to front
- Swim on front and back alternating arm action
- Swim on front and back 5 body lengths
- Float and glide on front and back

LEVEL 3: STROKE DEVELOPMENT

Increase proficiency and build on the aquatic skills learned in Level 2 by providing additional practice with increased distances and times. Participants learn to:

- Jump into deep water & tread water 30 seconds Rotary breathing
- Diving from a sitting and kneeling position
- Swim using the dolphin kick for 3-5 body lengths
- Front crawl, back crawl, elementary backstroke, sidestroke 15 yards

LEVEL 4: STROKE IMPROVEMENT

Participants improve skills worked on in Level 3 and endurance for front crawl, back crawl, elementary backstroke, sidestroke and breaststroke. Participants learn to:

- Dive from a standing position
- Swim sidestroke, back crawl, breaststroke and butterfly 15 yards
- Perform open turns on front and back Perform a feet-first surface dive and swim underwater
- Swim front crawl and elementary backstroke for 25 yards each

LEVEL 5: STROKE REFINEMENT

Participants refine their performance of all the strokes and increase distances. Participants learn to:

Perform a long shallow dive

· Perform tuck and pike surface dives

· Perform flip turns

- Swim front crawl and elementary backstroke for 50 yards
- Swim butterfly, back crawl, breaststroke and sidestroke for 25 yards

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Personal Water Safety, Lifeguard Readiness & Fitness Swimmer. Participants swim strokes with more ease, efficiency, power and smoothness over greater distances. Participants learn to:

Compact jump

· Perform flip turns while swimming

· Rescue breathing

- · Survival swimming/with rescue tube
- · Care for conscious, choking victim/backboarding · Swim front and back crawl for at least 100 yards
- Swim butterfly, elementary backstroke, breaststroke and sidestroke for 50 yards

JUNIOR LIFEGUARD: June 6 - 17 | 9:00 - 10:15 a.m.

This course will teach water safety and introduce participants to the duties and responsibilities of a lifeguard; however, this course WILL NOT CERTIFY ANYONE TO BE A LIFEGUARD. It will build a foundation of knowledge, attitudes and skills preparation for the American Red Cross Lifeguarding course when the student turns 15 years of age. Must complete level 6 swim lessons.



REGISTRATION

SWIM LESSONS, BASEBALL, SOFTBALL, T-BALL

Register on-line at www.belleplainemn.gov

	Parent or Guardian Last Name:	First Name:				
S	Participant Name:	Class #: Current Grade 2022/2023:				
TION	Address:					
REGISTRATION	Home Phone:	Cell Phone:				
EGI	Email:					
ALL R		Exp. Date:/				
	Name on the Card:	SVC Code:				
FOR	Make checks payable to City of Bell	e Plaine, PO Box 128, Belle Plaine, MN 56011				
REQUIRED	precaution will be taken, but in case of injury I will not Signature:	are involved when participating in this activity. I appreciate that every hold The City of Belle Plaine or its employees liable. Date: cipate in pictures connected with these programs, understanding that one may be				
	1st Registrant Name:	2nd Registrant Name:				
SNO	Level: DOB:	Level: DOB:				
SOI	Option 1 Session: Time:	Option 1 Session:Time:				
LES	Option 2 Session: Time:	Option 2 Session: Time:				
	Option 3 Session: Time:	Option 3 Session: Time:				
SWIM	Classes will be based on availability. You will be notifi					
•	Resident - \$35 (\$15 Cancellation/Change Fee)	Non Resident - \$50 (\$25 Cancellation/Change Fee)				
	Coaching? (please circle): Yes - I will help coach my	y child's team No - I am unable to coach this year				
T-BALL	Coach Name:	Coach T-shirt Size: AS AM AL AXL AXXL				
ý Š	Coach Phone Number:	Coach Email:				
ALI	**All volunteer coaches are required to complete a background check prior to the first practice.					
SOFTB	**All volunteer coaches are required to complete a background check prior to the first practice. Team Requests: There are no guarantees that requests will be granted. Your first request must be reciprocated by another charged request. If there are too many children linked together, the link will be broken. Please put top priority. 1					
ALL,	*Teams requiring a draft do not accept requests.					
BASEB	#100 - Minor League T-ball (Kind. Fall of 2024) \$20 #200 - Squirts Baseball (Grades 1 & 2 / 2022-2023) \$3 #300 - LL Baseball (Grades 3 & 4 / 2022-2023) \$60	#140 - Major League T-ball (Kind. 2022-23 & Fall 2023-24) \$35 #210 - Squirts Softball (Grades 1 & 2 / 2022-2023) \$35 # 400 - LL Softball (Grades 3 & 4 / 2022-2023) \$60				
	# 500 - LL Baseball (Grades 5 & 6 / 2022-2023) \$60	# 600 - LL Softball (Grades 5 & 6 / 2022-2023) \$60				

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LOCAL LEAGUE BASEBALL AND SOFTBALL

Baseball and Softball leagues are available for 3rd & 4th grades and 5th & 6th grades (2022 - 2023 school year). These are non-tryout traveling leagues.

Local League Baseball and Softball is a recreational league designed around player development, skills and strategies of the game. There will be some local traveling to neighboring towns. Parents will be responsible for transportation. Players will get an informational email from their coach after the coaches meeting has been held. **Volunteer coaches are needed; 2-3 per team.** Traveling may include, but is not limited to: Belle Plaine, Norwood Young America, Waconia, St. Bonifacius, New Prague, Glencoe, Jordan, and Carver. Games time are typically 6:00 or 6:30 but depend on field availability. 7:30 or 8:00 start on lighted fields is possible.

Play Nights:

Baseball Practices: Tues. and Thurs. @ 6:00 p.m.

May 9, 11, 16, 18, 23, & 25

Softball Practices: Mon. and Wed. @ 6:00 p.m.

May 8, 10, 15, 17, 22, & 24

Games begin the week of May 30 - July.

Fee: \$60 (includes t-shirt, cap or visor, balls, game and field supplies, umpires & league fees)

Teams will be divided evenly by the coaches after the first week of practice.

Coaches Meetings:

Baseball: May 9 at 5:30 p.m., May 11 @ 7:30 p.m. **Softball**: May 8 at 5:30 p.m., May 10 @ 7:30 p.m.

Photos:

Baseball: May 18@ 6:00 p.m. **Softball:** May 17 @ 6:00 p.m.

All dates and times are subject to change based on registration numbers.

Belle Plaine Field Directory Oak Crest Elementary Chatfield Elementary Heritage Square Park 1101 W. Commerce Drive 330 S. Market Street 500 E. Orchard Street **Prairie Park Fountain Park Meadow Park** 605 E Park Street 801 W. Forest Street 800 Meadow Circle Park Street S. Market Street Chatfield Chatfield **Parking** Elementary **Elementary Field Layout** Playground B



T - BALL & COACH PITCH LEAGUES

Register for T-ball and Squirts by April 12th to guarantee a spot on your team.

Register on-line now at www.belleplainemn.gov.

Minor League T-ball

Minor League T-Ball is an organized game designed for youth skill development. Learn the beginning fundamentals of baseball/softball in a fun way. Players will get an information email from their coach after the coaches meeting has been held. Volunteer coaches are needed, 2-3 per team.

Class #: 100

Ages: Must be 3 years old by June 5, 2023

Photo Day: June 12

Play Nights: Mondays, June 5, 12, 19, 26, July 10 **Rain Date:** July12 (only used if regular scheduled

game is rained out)
Game Time: 6:00 p.m. **Site:** Chatfield Rec Fields

Fee: \$20.00 Includes a team T-shirt.

Squirts Instructional League

Squirts is a coach pitch baseball and softball league. The basic instruction of baseball and softball will be introduced. Players will get an information email from their coach after the coaches meeting has been held. Volunteer coaches are needed, 2-3 per team.

Class #: Baseball #200 Softball #210

Ages: Grades 1 & 2 / 2022-2023 school year

Photo Day: June 7

Play Nights: Mondays and Wednesdays, May 31, June 5, 7, 12, 14, 19, 21, 26, 28, July 10 Rain Dates: July 12, (only used if regular scheduled

game is rained out)

Game Time: 6:00 p.m. or 7:15 p.m.

Site: Chatfield Rec Fields

Fee: \$35.00 Includes a team T-shirt.

Major League T-ball

T-Ball is an organized game designed for youth skill development. Learn the basic fundamentals of baseball/ softball in a fun way. Players will get an information email from their coach after the coaches meeting has been held. Volunteer coaches are needed, 2-3 per team.

Class #: 150

Ages: Current Kindergartner 2022-2023 or Fall 2023-2024. A child born after August 31, 2018 is not

eligible.

Photo Day: June 8

Play Nights: Tuesday and Thursdays, June 1, 6, 8,

13, 15, 20, 22, 27, 29, July 6

Rain Dates: July 11 & 13 (only used if regular

scheduled game is rained out) **Game Time:** 6:00 p.m. or 7:15 p.m.

Site: Chatfield Rec Fields

Fee: \$35.00 Includes a team T-shirt.

Register By Wednesday, April 12

Registrations will only be accepted after April 12th, if spots are available. Coaches Meeting is Monday, May 22 at 6:00 p.m. at Belle Plaine City Hall. Enter through the Council Chamber doors on the north side of the building.

VOLUNTEER COACHES NEEDED FOR ALL LEVELS

T-ball, Squirts, Softball & Baseball Interested? Email Jason Wadsley jwadsley@belleplainemn.gov

Coaches Clinic will be held March 16 at 7:00 p.m. All coaches are welcome!



Save the Dates **MUSIC & FOOD**

May 31 June 14 & 28 July 12 & 26

August 9 & 23 September 15 - Finale

Live Music: 5:00 pm - 8:00 pm Food Trucks & Business Specials: 4:30 pm - 8:00 pm

We are excited for you to join us!

at Heritage Park Saturday, April 29, 2023

S.W.A.T.T. RUN

(SPRINTERS, WALKERS, AND TRASH TALKERS)

Cost:

5K and Zero-K: \$25.00 Kids Run: \$20.00

Your Girls Rock member is already registered for the 5K!

> 5K: 10:00 AM Zero-K: 11:00 AM Kids Run: 11:15 AM

Register on the events page at: www.belleplainemn.gov Register by April 12th to guarantee a T-shirt.

Cash Prizes for the Winners!

Beanbag Tournament



\$25.00 per team of two includes: gate fee for 2 and 2 drinks.

Registration begins at 8:30 AM at Heritage Park, Tournament at 12:00 PM

Food Trucks and Oldenburg Brewer







**Located in the baseball enclosure

LIVE MUSIC

by Trent Shaw

1:00 PM - 4:00 PM

Music will be held inside the baseball enclosure.

Entrance Fee: \$10.00 includes one drink ticket or rootbeer coupon FREE to race and beanbag participants.

The City of Belle Plaine, Belle Plaine Festival and Events and Belle Plaine Chamber of Commerce



Belle Plaine Bar-B-Q Davs

Union Square Park

JULY 14-16



town festivals in Minnesota! This year marks the 65th Annual Celebration and it is truly a great town tradition. Our success is due to the numerous committees and hundreds of volunteers! There are so many different things to enjoy over this 3-day event, it's hard to choose your favorite!

Scenic Byway River Run

Downtown BP - Gateway Parking Lot

OCTOBER 14



The Scenic Byway River Run brings hundreds of participants and attendees to our Belle Plaine community. Our race is a great opportunity to see our community and the gorgeous Minnesota River Valley covered in fall colors. The Scenic Byway River Run includes a Half Marathon, 2person Half Marathon Relay, 5K, Bike Fun . Run and Kids Fun Run.

MORE INFORMATION

www.belleplainefestivals.org 952-873-0855 belleplainefestivals@gmail.com Follow either QR Code to connect with us on Facebook and stay up to date with the events organized by Belle Plaine Festivals & Events.

2023 **BELLE PLAINE CITY WIDE**



THURSDAY, MAY 4 FRIDAY, MAY 5 **SATURDAY. MAY 6**

BELLE PLAINE AREA FOOD SHFIF



All are welcome, no matter what your needs might be.

> Located at: 128 N Meridian Hours:

Wednesdays 5:00 pm - 7:00 pm **Saturdays**

9:00 am - 12:00 noon

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220 South Market Street Belle Plaine, MN 56011

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