



MINNEWASKA MESSENGER

Minnewaska Area Community Education and Recreation

Serving the communities of Glenwood, Starbuck, Lowry, Sedan and Villard • District 2149



"Lifelong Learning & Playing for all ages"

Minnewaska Messenger
is produced by



Minnewaska Community Education Department offers a variety of learning and recreational opportunities to citizens of all ages. We offer enrichment classes, youth programs & activities, trips, recreational activities, educational seminars, and much more!

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How to Register Online:

- 1) Go to Minnewaska Area School home page, www.minnewaska.k12.mn.us
- 2) Click on Community Ed
- 3) Login or Create an Account
- 4) Add the course you would like to your cart and check out.

Registration is not complete until payment is made. No refunds will be made after the class begins. A full refund will be made if enrollment is not sufficient to run the class. If you do not have access to a computer (or do not feel comfortable registering online), please contact Carrie Janu at 320.239.1305 or cfjanu@isd2149.org.

Like us on our Facebook page
Minnewaska Area Community
Education, Recreation, & Activities



Want to Volunteer?

Volunteers may select the areas of interest and times they are available to assist the school. Please contact cfjanu@isd2149.org or 320-239-1305 if you would like to volunteer.



Do you have a talent you would like to share?

Do you have a special talent or ability that you would like to share with others? Have you considered teaching a Community Education Class? Instructors can design their class and pick their schedule. Instructors are paid! You do not need a teaching license to teach a class. Call the Community Education Office at 320-239-1305 for more information.



Bill Mills
Community
Education
Director



Phil Johnsrud
Activities Director



Carrie Janu
Community
Education
& Activities
Administrative
Assistant



Gift Cards

Community Education gift cards are available to purchase at the Community Ed/Activities office.

From the Office of Community Education & Activities

As we move into May, we look ahead as our spring gives way to the green grass, leaves and balmy temperatures of summer! Included in this addition of the Minnewaska Messenger, Minnewaska Area Schools Community Education is offering a number of interesting activities and courses for all ages. There's something to involve everyone as we anticipate the bright sunshine and warm weather ahead! Our youth summer recreation program will begin on June 3rd for grades K-6, while our Laker Legends program offers child care for those same grade levels. MAHS/MAES art teacher Brian Draxten will be offering five sessions of his Summer Art Camp. Youth swimming lessons start June 3rd with four sessions running through June 24th. For our high school youth, Central Lakes Driving School Driver's Education courses will be held online from early June through early July. Our summer MAHS Strength and Speed Camp will be run by our coaching staff throughout June, July, and early August as we continue the tradition of this high-quality program. There is also a myriad of other opportunities for Minnewaska Area youth from baseball, softball, football, track and field, swimming, dance, volleyball and more! For our area's adults, the 55+ Driver Improvement Program will be held at Minnewaska Area High School Media Center with the next classes taking place on May 30th. All information regarding programming and registration can be found online, so please go to the Minnewaska Area Schools website and click on the Community Education tab and scroll to find the registration link! If you have any questions, please call our office at 320-239-1305!

Finally, in support of Minnewaska Area Schools academic and extra-curricular programs please join the Minnewaska Laker Foundation at the "Taste on the Lake" set for Wednesday, May 8th at the Lakeside Ballroom in Glenwood. Tickets can be purchased at numerous sites throughout our communities or by calling our office! Additionally, the 22nd Annual Laker Golf Classic will be held on Monday, July 8th at the Minnewaska Golf Club. For more information email lakerclassic@minnewaskalakerfoundation.org. Both of these events have become important fundraisers for the Minnewaska Laker Foundation whose endowment program benefits all levels of ISD 2149.

The Minnewaska Area Schools Office of Community Education and Activities wishes all residents a fun, enjoyable and active spring and summer season. We encourage everyone to get involved!

Sincerely,

Bill Mills

Community Education Director

Carrie Janu

*Community Education & Activities
Administrative Assistant*

TELEPHONE DIRECTORY 320 area code

Community Education Office 239-1305
 Facilities and Activities Coordinator 239-1305
 Pool Office 239-1346
 District Business Office (Supt's Office) 239-4820
 High School Principal's Office 239-4800
 All Offices (from Villard or Sedan) 634-5544
 Food Service 239-1307
 Minnewaska Elementary 634-4567
 Minnewaska Area Day Treatment 239-2257
 Early Childhood Family Education 239-1406
 Adult Basic Ed/GED 762-3312
 Palmer Bus Garage 634-3272

Community Education/Activities Office

Phil Johnsrud, Activities Director 239-5103
 Bill Mills, Community Ed Director 239-1311
Programs, Facilities and Pool, Carrie Janu. 239-1305
Early Childhood Family Education
Parent/Child Program
Birth-5 years old, Sue Currens, Coordinator ... 239-1406
School Readiness -- Preschool programming
for 3-5 year olds, Sue Currens, Coordinator 239-1406
Preschool Screening 634-4567
 ext. 2219
Academic Adult Education
 Runestone Regional Learning Center 762-0627
Minnewaska PTO Contact: Kristal Wendt 612-270-1263

From the Office of Minnewaska Laker Activities

Hello to all Minnewaska Laker Families!

I believe we have turned the corner and now have our eyes set on spring-like temperatures and the sights and sounds of Laker spring activities. Nonetheless, we have a cluttered May schedule filled with back-to-backs, and multiple event weeks. Most importantly we are doing our best to balance Laker activities and school as we approach the end of the 2023-24 school year. Bring on green grass, leaves on our trees, and summer vibes!

In this edition of the Minnewaska Messenger, I want to touch on important details that will help Laker families organize their summer schedules as well as highlight opportunities that may be of interest.

Summer Laker Strength & Speed (MAD) will again be offered to students completing grades 6-11 this 2023-24 school year. The Laker coaching staff will be running this program in cooperation with our summer Laker activity workouts beginning on June 3rd, 2024. Our Laker coaching staff has done its best to coordinate summer workouts, practices, and strength sessions in an effort to reduce daily multiple trips to Minnewaska Area High School with your student-athlete. Registration is located on the Minnewaska Area School website under the Community Ed tab. Registration will close on Sunday, June 2nd. I highly recommend that all of our Laker athletes participate in our summer strength and speed program. What a great way to increase speed and strength as well as instill confidence in our athletes!

The majority of our Laker athletic programs have summer workouts, practices, games, leagues, and camps for kids completing grades 6-11 this school year. Head coaches have been communicating with our community education department and Laker families for the past few weeks. If you are unaware of summer programs for your 6-11 student, please notify the Laker Activities Office at 239-1305 and we will do our best to address your questions.

In support of our activities programs please take note of the "Taste on the Lake" set for Wednesday, May 8th at the Lakeside Ballroom in Glenwood from 6:30 - 9:00, while the 22nd Annual Laker Golf Classic will be held on Monday, July 8th at The Minnewaska Golf Club. Both of these events have become important fundraisers for the Minnewaska Laker Foundation which has helped tremendously in support of extra-curricular activities at MAHS.

Mark your calendars! The Laker Fall Parent-Player-Participant-Coaches Meeting will be held the first week in early August. Date and time TBD. The meeting will be held in the Minnewaska Area High School Auditorium and will include the introduction of all fall coaches, as well as meetings for all parents, participants, and coaches of all Laker fall activities.

All other information concerning MAS summer activities can be found online by going to the school website at www.minnewaska.k12.mn.us under the Comm. Ed. or Activities tab or by calling the MAS Community Education/Activities office at 320-239-1305.

The Minnewaska Area Schools Activities wishes all a fun, enjoyable spring and summer season. Go Lakers!

Sincerely,

Phil Johnsrud
Activities Director

Carrie Janu
*Community Education & Activities
Administrative Assistant*

YOUTH ENRICHMENT & RECREATION



May Building Club

Building club encourages children to learn while having fun! Creativity, problem solving, and teamwork are some of the skills that “playing” with building toys can teach children. Join us and put your building skills to the test! Building toys will include: snap Circuits, LEGOS, K’Nex, Erector Sets, Marble Maze, Lincoln Logs, Magna Tiles and game coding.

Date: May 6, 13 & 20

Time: 3:15-4:30 p.m.

Cost: \$50

Age: K-8

Location: MAHS Media Center

Instructor: Kasey Douvier

Registration: online, see page 2 for instructions

Registration Deadline: May 3



Summer Recreation Returns in June

Please register your child for the grade they are currently in for the 23-24 school year. We are looking forward to another fun-filled summer for our area youth. Please read through all of the information carefully before registering. Students will be signing up for a 4-week program, four days a week. Students will rotate through all of the activities weekly.

The following are descriptions of the basic program's sporting and enrichment activities.

Arts & Crafts: Students will be given a wide variety of opportunities at their level to learn about the arts and express themselves through the Arts, along with doing some fun arts and crafts.

Cooking Fun: Students will cook various foods, from cooking on the stove to microwave cooking. Students will enjoy making a variety of quick healthy snacks that they will be able to safely make on their own.

Baseball, Softball & Tee Ball: These activities are included in the basic program. Each student is scheduled to have this activity every day and work on the fundamentals of the game and play games.

Swimming Fun: Participants will learn various swimming games and activities to promote a healthy lifestyle. They will engage in activities on an individual basis and work with others. Please bring your swimsuit, towel, and plastic bag. Goggles are optional.

Football, basketball, Soccer, Tennis, and Volleyball: In these activities, students will receive instruction on the skill of these sports and have a chance to play games. Modified equipment will be used by 1st, 2nd, and 3rd graders, so they will have some degree of success.

Important Information:

- Please do not ride your bike to MAHS.
- Are there any health concerns we need to be aware of?
- Please put your child's first and last name on articles they bring to the program. Lost and found items will be turned into the Community Education Office and held until mid-July.
- We schedule classes as evenly as possible, so making changes after the schedule is very difficult.
- Schedules will be posted in the hallways by the northwest doors of the school, near the Community Education Office.



Date: June 3-6, 10-13, 17-20, and 24-27

Time: 9:00 a.m.-12:00 p.m.

Cost: \$125

Age: Students who just completed grades K- 6

Location: Minnewaska High School

Registration Deadline: May 20th

Bus transportation: Be on time for departure. Bus times will be TBD. Busing pick up and drop off times can change.

- *Minnewaska Elementary:* One Bus time only-pick up all students 8:45 a.m. Drop off 12:15 p.m.
- *Villard School:* Pick up 8:30 a.m. Drop off 12:25 p.m.
- *Lowry Community Center:* Pick up 8:35 a.m. Drop off 12:22 p.m.
- *Minnewaska Area Starbuck Campus:* Pick up 8:45 a.m. Drop off 12:15 p.m.
- *Beechers Day Care:* Pick up 8:30 a.m. Drop off 12:25 p.m.

Note to Parents: Parents must take responsibility for their children's behavior as they participate in any community school activity. When children disrupt the activity they are involved in; the opportunity to participate may be forfeited. Parents are also advised that there are inherent risks of injury resulting from the involvement in activities outlined in this brochure.

If you have any questions about registration, contact Carrie at the Community Education office at 320-239-1305.

Refund Policy: A full refund will be made if enrollment is insufficient to run an activity. A refund will be made if you must cancel before the activity starts on a prorated basis. Fees are not refundable after the registration deadline of Monday, May 20th.



Summer 2023 Waska Power & Wellness

What: Weight room portion will consist of full body training each day, using principles and philosophies of the Tier System and Alternating Linear Periodization. We will use 6 foundational movement patterns (Squat, Hinge, Press, Pull, Jumping, and Throwing), and other auxiliary movements for Mobility and Core work. All weight lifting exercises will be age and skill appropriate and will be modified as needed.

We will also do Speed, Acceleration, Agility, and Plyometric exercises each week. The purpose of this program is to increase our overall athleticism by enhancing our strength, linear speed, agility, and power. We will be utilizing Google Classroom to send out weight room workouts for grades 9-12. So please use your school issued Gmail account, and bring your personal device to each workout. Grades 7 & 8 will use a general template that will be projected on the TV screen.

Why: This program is a great way for you to increase your own physical health and wellness. It is a great way to increase your athletic ability. It is a great way for you to build self-esteem and confidence in your abilities. It is a great way for you to gain an advantage against your competition. Most importantly, it is a great way for you to build chemistry and trust with your teammates and coaches, and do your part in making our Minnewaska Athletic Department successful!

Dates: Monday, Wednesday and Thursday, June 3-August 1 (*Dead week: July 1-5*)
No Class June 19th (make up date TBD)

Time:

Males entering 9th grade-Seniors: 6:30-8:00 a.m.

Co-Ed All Ages: 7:45 a.m.-9:00 a.m.

Females entering 9th grade-Seniors: 9:00-10:15 a.m.
Co-ed Junior High Entering 7th & 8th grade: 10:00-11:15 a.m.

Cost: \$50 (24 total sessions = \$2.08 per session)
Scholarships will be made available for those in need.

Location: MAHS Weight Room and outdoor athletic facilities. *Every session will start on the Turf. If there is inclement weather, sessions will start in the Weight Room.*

Registration: online, see page 2 for instructions

Expectations: We expect you to fully commit to this program if you are interested, not just a few times throughout the summer. We expect you to give 100% effort physically and mentally at every workout. We expect you to listen and follow the instructions from our coaches. We expect you to be ready to work out when the session starts. **DO NOT BE LATE!** We expect you to encourage all other athletes during the workouts, and be **HIGH QUALITY HUMAN BEINGS**. We are all in this together! No Negativity!

Visit our Facebook page
Minnewaska Area Community
Education, Recreation & Activities



Youth Track & Field

This program is designed to expose young runners/jumpers/throwers to all facets of track and field events in a fun and non-competitive team setting, and prepare them for our final track meet. Participants will benefit from working with experienced varsity/junior high coaches, along with high school varsity mentor athletes. The fee includes a t-shirt. Please bring a water bottle.

Events covered: relays, mile, sprints, standing broad jump, softball throw 8, frisbee throw, high jump-grades 5-6 only.

- Relays:** 4x100 Relay
- Mile Sprints:** 50m, 100m, 400m
- Standing Broad Jump:** On The Turf
- Softball Throw:** Where it ends
- Frisbee Throw:** Where it ends
- High Jump-Grades 5-6 only**
- Starting height TBD**

Note: Entries will close after 40 registrations.

- Dates:** May 20, 22, 29, June 3, 5, 12, 17 (Track meet on June 17, 6 p.m.)
- Time:** 6:30-7 p.m.
- Cost:** \$55 for each individual
- Ages:** Girls and boys who have completed grades 3-6
- Location:** MAHS
- Registration:** online, see page 2 for instructions
- Registration Deadline:** Friday, May 19



Minnewaska Laker Dance Team Summer Training

- Group One (Last seasons JV Jazz and Varsity Team members)**
- Date:** Tuesday and Thursday, June 4-July 30
- Time:** 7:00-8:30 a.m.
- No technique class: June 30-July 5*
- Cost:** \$100
- Location:** MAES Gym
- Instructor:** Coach Tana

- Group Two (Last seasons B-Squad Jazz and new dancer to the team)**
- Date:** Tuesday and Thursday, June 4-July 30
- Time:** 5:00-7:00 p.m.
- No technique class: June 30-July 5*
- Cost:** \$100
- Location:** MAES Gym
- Instructor:** Coach Mikiya



Minnewaska Youth Softball

The Minnewaska Softball Association is once again having a Summer Softball Camp. The camp will consist of 1st-6th graders. 3/4th grade will be enrolled in a league night TBD and 5/6th grade will be enrolled in a league night TBD. The fee includes the leagues.

Skills Addressed: fielding, hitting, base running, real same situations-strategy, throw/catch, pitching, and-eye coordination.

Dates: June 3-26

Monday & Wednesdays

Grades 1 & 2: 9-9:50 a.m.

Grades 3 & 4: 10-10:50 a.m.

Grades 5 & 6: 11-11:50 a.m.

Cost: \$60

(This fee includes a t-shirt. Household Max: \$90: 1st player \$60, 2nd player \$30, 3rd player \$0. If two or more athletes in your household are signing up for the program.)

Please register online and request a refund from Carrie at cfjanu@isd2149. If you have any questions or payment is an issue contact Abby Ver Steeg at aversteeg@isd2149.org or Luke Barkeim lbarkeim@isd2149.org



Minnewaska Youth Baseball Camp

Minnewaska youth baseball is excited to continue the tradition of a youth baseball camp to kick start the summer! Minnewaska Varsity Assistant Coach Chris Lence offers an opportunity for boys and girls in grades 1-6 to grow their talents on the diamond.

Camp offers:

- 16-day camp
- Professional Coaching
- Skill development with fun drills and activities
- 50-minute sessions 4 days a week (Mon-Thurs)
- Free t-shirt for camp participants

Dates: June 3-27

1st & 2nd Grade: 9:00-9:50 a.m.

3rd & 4th Grade: 10:00-10:50 a.m.

5th-6th Grade: 11:00-11:50 a.m.

Cost: \$70

Ages: Students in grades 1-6

Location: Softball Fields behind MAHS

Registration: waskayouthbaseball.square.site

Registration Deadline: May 15





Summer Art Camp (Session 1)

Let your imagination and creativity flourish while experimenting various 2D and 3D studio art mediums! Drawing, screen-printing, painting, clay, and everything in between. Projects will be differentiated and tiered so everyone will be challenged. Family and friends are invited to an Art Show at the end of camp as artists will present their achievements and creations. (Students attending Summer Rec can bring packed lunches and eat in the art room from 12:00-1:00).

Dates: June 3-6

Time: 1:00-4:00 p.m.

Cost: \$85

Who: Students entering K-8th grade

Location: MAHS Art Rooms

Instructor: Bryan Draxten

Registration: online, see page 2 for instructions

Registration Deadline: June 1

Minimum: 5

Maximum: 30

Summer Art Camp (Session 2: Morning)

Let your imagination and creativity flourish while experimenting various 2D and 3D studio art mediums! Drawing, screen-printing, painting, clay, and everything in between. Projects will be differentiated and tiered so everyone will be challenged. Family and friends are invited to an Art Show at the end of camp as artists will present their achievements and creations. Snacks will be offered. (Projects will differ from Art Camp Session 1). (Projects will also be differentiated if sent to both Morning & Afternoon of Session 2. If signing up for both sessions, please plan on sending lunch with the artist as they will eat in the art room and have recess).

Dates: July 15-18

Time: 9:00 a.m.-12:00 p.m.

Cost: \$85

Who: Students entering K-8th grade

Location: MAHS Art Rooms

Instructor: Bryan Draxten

Registration: online, see page 2 for instructions

Registration Deadline: July 13

Minimum: 5

Maximum: 30

Summer Art Camp (Session 2: Afternoon)

Let your imagination and creativity flourish while experimenting various 2D and 3D studio art mediums! Drawing, screen-printing, painting, clay, and everything in between. Projects will be differentiated and tiered so everyone will be challenged. Family and friends are invited to an Art Show at the end of camp as artists will present their achievements and creations. Snacks will be provided. (Projects will differ from Art Camp Session 1). (Projects will also be differentiated if sent to both Morning & Afternoon of Session 2. If signing up for both sessions, please plan on sending lunch with the artist as they will eat in the art room and have recess).

Dates: July 15-18

Time: 1:00-4:00 p.m.

Cost: \$85

Who: Students entering K-8th grade

Location: MAHS Art Rooms

Instructor: Bryan Draxten

Registration: online, see page 2 for instructions

Registration Deadline: July 13

Minimum: 5

Maximum: 30



Summer Art Camp (Session 3: Morning)

Let your imagination and creativity flourish while experimenting various 2D and 3D studio art mediums! Drawing, screen-printing, painting, clay, and everything in between, Projects will be differentiated and tiered so everyone will be challenged. Family and friends are invited to an Art Show at the end of camp as artists will present their achievements and creations. Snacks will be provided. (Projects will differ from Art Camp Session 1 & 2). (Projects will also be differentiated if sent to both Morning & Afternoon of Session 2. If signing up for both sessions, please plan on sending lunch with the artist as they will eat in the art room and have recess).

Dates: August 5-8

Time: 9:00 a.m.-12:00 p.m.

Cost: \$85

Who: Students entering K-8th grade

Location: MAHS Art Rooms

Instructor: Bryan Draxten

Registration: online, see page 2 for instructions

Registration Deadline: August 3

Minimum: 5

Maximum: 30



Summer Art Camp (Session 3: Afternoon)

Let your imagination and creativity flourish while experimenting various 2D and 3D studio art mediums! Drawing, screen-printing, painting, clay, and everything in between, Projects will be differentiated and tiered so everyone will be challenged. Family and friends are invited to an Art Show at the end of camp as artists will present their achievements and creations. Snacks will be provided. (Projects will differ from Art Camp Session 1 & 2). (Projects will also be differentiated if sent to both Morning & Afternoon of Session 2. If signing up for both sessions, please plan on sending lunch with the artist as they will eat in the art room and have recess).

Dates: August 5-8

Time: 1:00-4:00 p.m.

Cost: \$85

Who: Students entering K-8th grade

Location: MAHS Art Rooms

Instructor: Bryan Draxten

Registration: online, see page 2 for instructions

Registration Deadline: August 3

Minimum: 5

Maximum: 30

STEAM Camp

STEAM Camp (Science, Technology, Engineering, Art, and Math) immerses students in project-based learning to explore through innovation, prototyping, experimenting, and risk-taking. This camp is perfect for individuals looking for a challenging, creative, and comprehensive experience that extends beyond the academic year while helping them prepare their mind-set for the start of the next. Campers will utilize a variety of materials and techniques in combination with their imagination to create solutions for problems both independently and corroboratively. There will also be some time dedicated to tinkering and exploring our STEAM educational equipment. An afternoon snack and movement breaks will be included.

Date: July 29, 30 & 31

Time: 1:00-4:00 p.m.

Cost: \$65

Age: Grades K-6th

Location: Minnewaska Elementary School

Instructors: Jennifer Erickson, Mary Johnsrud, Bryan Draxten, and Jana McIver

Registration: online, see page 2 for instructions

Min: 15

Max: 100





Driver's Education - Virtual Option Available

Central Lakes Driving School is offering a virtual Driver's Education class. Each class we host will be online via Zoom and our web-based learning software. Students need to be present on Zoom all 10 days of the class. This is a State approved course for any student in MN.

This is not a Minnewaska community education class.

Online class only cost: \$160

Class will guide students through 30 hours of content asynchronously (self-paced). You will need to sign up for behind-the-wheel lessons to complete the process and get your license. A certificate will be emailed to you immediately after class is over for this purpose.

Behind-the-wheel only cost: \$450

This is for students under 18 who took their drivers ed classroom with a different driving school. Behind the wheel sessions are 2 hours long and depart from the Alexandria office.

Combination package cost: \$498

This includes the 30 hours of classroom and 6 hours of behind-the-wheel requirement for anyone under age 18 in Minnesota OR Online Class + Behind-The-Wheel Lessons with Payment Installments \$235 down (\$300 later). The additional \$300 will be due when you book your BTW lessons (total \$535).

There are no in-person classes offered at this time.

Dates & Time: Refer to Central Lakes Driving School website for more information.

<https://centrallakesdrivingschool.com/class-schedule/>

Age: Students must be at least 14 years to begin class. Students must attend all sessions.

Location: online only

Registration: www.centrallakesdrivingschool.com

> Class Information tab > Minnewaska
Call Central Lakes Driving School at 320-763-3000 if you have further questions.

Note: The state-approved online course will guide students through 30 hours of content asynchronously (self-paced). They can start and stop according to when it works best for their schedule. They will have up to 6 months to complete the course. The quickest it can usually be done is about 2-3 weeks.

Behind-the-wheel lessons are 2 hours long and depart from our office at 1417 Broadway St, Alexandria, MN.

Lifeguard Training

Successful completion of the class you will be certified as a lifeguard, CPR/AED, and first aid. Must be 15 years old by or on the date of the in-person session. We NEED to have the students email address not the parents email address for the online content of the class.

Date: Sunday, June 2

Time: 11:00 a.m.-2:00 p.m. (pool work)

Cost: \$160 (includes materials & supplies)

Instructor: Anita Nelson

Registration: online, see page 2 for instructions

Registration Deadline: May 25

Min: 5

Max: 20

Lifeguard Recertification Class

Cost: \$80

Time: 11:00 a.m. (CPR/AED & First Aid)
2:00 p.m. (pool work)

Location: MAHS Pool enter door #1

Instructor: Anita Nelson

Registration: online, see page 2 for instructions

Min: 4

Max: 12

For "Lifeguard Training" The instructor will contact you and send you the link for the online course on or near May 1st. You must show that you completed the online portion in order to complete the in class portion.

** There will also be 10-16 hours of online classes. The blended learning format allows the student to work independently on theory utilizing informational videos and tutorials. Then it combines that online knowledge acquisition with in-person water, First Aid, and CPR/AED hands-on skills training.

Girls Youth Basketball K-5 Camp

The Minnewaska Girls basketball staff and players will be offering sessions to teach and develop individual offensive and defensive fundamental skills. This camp will provide a fun and educational opportunity for the youth to progress their basketball abilities!

Date: July 15, 16, 17 (*All dates and times are subject to change*)

Time: 1:00-2:30 p.m.

Cost: \$65 (includes t-shirt)

Age: Girls entering grades K-5

Location: MAHS Main Gym

Registration Deadline: Monday, July 1

Registration: online, see page 2 for instructions

For questions, contact Ad Phil Johnsrud.
pjohnsru@isd2149.org



Laker Girls Basketball Skills & Drills Grades 7-8

The Minnewaska Girls basketball coaches will be offering skill sessions to teach and develop individual offensive and defensive fundamental skills. These sessions will provide a fun and educational opportunity for the youth to progress their basketball abilities!

Dates: Tuesdays and Thursdays, June 4, 6, 11, 13, 18, 20, 25, 27, July 9, 11, 16, 18, 23, 25 (*All dates and times are subject to change*)

Time: 9:00-10:00 a.m.

Cost: \$65 (includes t-shirt)

Age: Girls entering grades 7-8

Location: MAHS Main Gym

Registration Deadline: Friday May 24

Registration: online, see page 2 for instructions

For questions, contact Ad Phil Johnsrud.
pjohnsru@isd2149.org

Laker Girls Basketball Skills & Drills Grades 9-12

The Minnewaska Girls basketball coaches and players will be offering sessions to teach and develop individual offensive and defensive fundamental skills. These sessions will provide a fun and educational opportunity for the youth to progress their basketball abilities!

Dates: Tuesdays and Thursdays, June 4, 6, 11, 13, 18, 20, 25, 27, July 9, 11, 16, 18, 23, 25 (*All dates and times are subject to change*)

Time: 7:30-9:00 a.m.

Cost: \$65 (includes t-shirt)

Age: Girls entering grades 9-12

Location: MAHS Main Gym

Registration Deadline: Friday, May 24

Registration: online, see page 2 for instructions

For questions, contact Ad Phil Johnsrud.
pjohnsru@isd2149.org



**** All dates and times for girls basketball camp and Skills & Drills are subject to change.**

Laker Boys Basketball Grades 1-6

The Minnewaska Lakers boys basketball program will be hosting a summer basketball camp (Laker Legends Basketball Camp) to enhance individual offensive and defensive skills. This camp will feature developmentally appropriate fundamental drills, contests, mini games, and other fun competitions to help build confidence and a love for the sport of basketball.

Date: July 8-11

Times:

1st - 3rd Grade: 11:30 a.m.-12:45 p.m.

4th - 6th Grade: 1:00-3:00 p.m.

Cost: \$30 1-3 grade; \$40 3-6 grade (includes camp t-shirt)

Age: Boys entering grades 1-6

Location: MAHS - Main Gym

Instructor: Minnewaska Boys Basketball Coaching Staff and Players

Registration: online, see page 2 for instructions

Registration Deadline: Friday, June 23



Laker Boys Basketball Grades 9-12

The Minnewaska Lakers boys basketball program will be hosting summer basketball practices to enhance individual offensive and defensive skills and team concept development.

Dates: Monday and Wednesdays, June 3, 5, 10, 12, 17, 24, 26, July 8, 10, 15, 17

Time: 7:30-9:00 a.m.

Cost: \$40

Age: Boys entering grades 9-12

Location: MAHS - Main Gym

Instructor: Minnewaska Boys Basketball Coaching Staff

Registration: online, see page 2 for instructions

Registration Deadline: Friday, May 19

Laker Boys Basketball Grades 7-8

The Minnewaska Lakers boys basketball program will be hosting summer basketball practices to enhance individual offensive and defensive skills and team concept development.

Dates: Monday and Wednesdays, June 3, 5, 10, 12, 17, 24, 26, July 8, 10, 15, 17

Time: 9:00-10:00 a.m.

Cost: Free

Age: Boys entering grades 7-8

Location: MAHS - Main Gym

Instructor: Minnewaska Boys Basketball Coaching Staff

Registration: online, see page 2 for instructions

Registration Deadline: Friday, June 30



Wild Child Earth Camp

Wild Child Earth Camp is a creative, playful space for your child to connect with farm life and nature. Daily programming includes team-building activities, nature-based art, gardening and plant work, food preparation and cooking by fire, games, and wild time (child-led choice time).

Day 1: Earth & Fire- soil exploration, clay hunting and processing, cob building, fire by hand, charcoal art

Day 2: Water & Air Day- mint tea and plant propagation, natural dyes, native flute and drumming

Day 3: Bike, Hike, and Lake Nelson water analysis

Dates: June 10-12

Time: 8:00 a.m.-1:00 p.m.

Cost: \$100 per 3 day session

Location: Morning View Acres, 24648 250th Ave., Glenwood

Instructor: Danielle Kulzer-Douvier & Manford Foster

Registration:

Ideas Wanted!

Have a great idea for a class, trip, or activity? We would love to hear it! You have the best ideas for new classes!

Tell us about the programs, trips, activities, and learning adventures you would like to see in future offerings. Call Carrie Janu at 320.239-1305 or email cjanu@isd2149.org



Wake Surfing Camp

Open to all ages. Learn to wake surf and have fun on the water. Wake surfing is a great low impact, low stress, positive experience that most anyone can do. Bar far easier than skiing and wake boarding. Everything is provided, all you need is a swimsuit and towel. Come catch the wave.

Dates: Mondays & Tuesdays or Thursdays & Fridays

Session 1

June 10 & 11

Time: 10:00 a.m.-12:00 p.m.

Session 2

June 20 & 21

Time: 10:00 a.m.-12:00 p.m.

Session 3

July 8 & 9

Time: 10:00 a.m.-12:00 p.m.

Session 4

July 18 & 19

Time: 10:00 a.m.-12:00 p.m.

Session 5

August 1 & 2

Time: 10:00 a.m.-12:00 p.m.

Cost: \$90 per 2 day session

Location: 24050 North Lakeshore Drive, Glenwood

Instructor: Jarrid Jergenson

Contact: jarrid@surfsupwaska.com or call 320-291-8530

Registration: online, see page 2 for instructions

Minimum: 4 per session

Maximum: 8 per session





Jr. Lakers Summer Swim Team

The Minnewaska Swim Club is having the Jr. Lakers Summer Swim team. A 5 week program for boys and girls who were in grades 2nd-7th grade. The swimmer will learn the competitive swim strokes, competitive starts/turns and will become a stronger, and confident swimmer in the water.

In July, there will be a swim meet for families to come and watch their child.

Starts: Tuesday, June 18-Thursday July 18

Days: Tuesdays, Wednesdays, and Thursdays

Time: June 8:00-9:00 a.m. July 9:00-10:00 a.m.

Age: Boys and girls who passed level 3 in grades 2-7 or coaches approval

Location: MAHS Pool. Enter door 1

Fee: \$46; T-shirt size needed

Max size: 40

Instuctor: Linda Hoffmann

Email: minnewaskalakerswim@gmail.com

Registration Deadline: June 6

What to bring to practice

- goggles
- one piece swimsuit for girls
- swim shorts for boys
- ponytail
- towel

June Semi-Private Swim Lessons

We are pleased to offer swim lessons here at Minnewaska High School Swimming Pool. Learn lifelong swimming skills so you can feel comfortable in the water and enjoy it safely. Pre-registration is required.

30 minutes for Pre-K-Level 2 and 40 minutes classes for others

Starts: Mondays evenings, June 3, 10, 17, 24

Times:

3:45-4:15 - Level 1 and Level 2

4:30-5:00 - Level 1 and Level 2

5:05-5:45 - Level 3 and Level 4

5:55-6:25 - PreK 4/5 year olds

6:30-7:10 - Level 4 and Level 3

7:15-7:45 - Level 5 and 6 (up to 6 swimmers)

Fee: \$47

Instuctor: Melena Longtin & Rebecca Femrite

Max size: 4; 2 min.

Please note: it is NOT typical for children to pass an entire level in the duration of one session of semi-private swimming lessons. Although this can occur, several sessions of lessons are usually recommended and/or needed in order to pass each level.



Waska Summer Volleyball Camp Grades K-5

This camp is an opportunity to work on your individual and team developmental volleyball skills.

Sign up for the grade levels you will be entering for the upcoming 2024-2025 school year.

Dates: July 15-18th

Time: 11:30 a.m.-1:00 p.m.

Cost: \$65 (includes a t-shirt. Late registrants are allowed but will not receive a camp t-shirt.)

Location: MAHS Main Gym

Registration: online, see page 2 for details

For questions, please contact Mitch McGuire via email at mmcguire@isd2149.org



Waska Summer Volleyball Camp Grades 9-12

This camp is an opportunity to work on your individual and team developmental volleyball skills.

Sign up for the grade levels you will be entering for the upcoming 2024-2025 school year.

Dates: July 15-18th

Time: 8:00-10:00 a.m.

Cost: \$100 (includes a t-shirt. Late registrants are allowed but will not receive a camp t-shirt.)

Location: MAHS Main Gym

Registration: online, see page 2 for details

For questions, please contact Mitch McGuire via email at mmcguire@isd2149.org



Waska Summer Volleyball Camp Grades 6-8

This camp is an opportunity to work on your individual and team developmental volleyball skills.

Sign up for the grade levels you will be entering for the upcoming 2024-2025 school year.

Dates: July 15-18th

Time: 10:00-11:30 a.m.

Cost: \$65 (includes a t-shirt. Late registrants are allowed but will not receive a camp t-shirt.)

Location: MAHS Main Gym

Registration: online, see page 2 for details

For questions, please contact Mitch McGuire via email at mmcguire@isd2149.org





Beginning Band Kick Off

Incoming 5th grade (or brand new) band students are invited to attend a "kick off" day before school starts to get a jump start on their instruments. Students will learn the basics of their instrument and leave with resources to get started playing.

We hope ALL incoming band students can attend! Please contact Jen Germundson to request financial assistance or with any questions at jgermundson@isd2149.org.

Dates : August 21 & 22

Who: Students entering 5th grade or beginning an instrument

Cost: \$20

Schedule:

8:30-9:15 a.m. = Trumpets

9:15-10:00 a.m. = Tuba & Baritones

10:00 a.m.-10:45 a.m. = Trombones & French Horns

10:45-11:30 a.m. = Flutes

12:30-1:15 p.m. = Alto Saxophones

1:15-2:00 p.m. = Clarinets

Location: MAHS Band Room

Registration Deadline: August 21

For online only:

Minimum: 1

Maximum: 80

Summer Football Camp

Minnewaska High School will have a summer Football camp run by the Minnewaska High School Football Staff. This camp will be installing our offensive and defensive system as well as improving technique through position specific drills. It is highly encouraged that all incoming 9-12 football players attend camp.

Date: June 3-13

Times: June 3, 5, 6, 10, 12, 13 - 1:00-4:00 p.m.

June 4 & 11 - 8:00-11:00 a.m.

Age: Grades 9-12

Cost: \$50

Contact Head Football Coach Jared Lyle at jlyle@isd2149.org for any questions.



Track & Field & Cross Country

This summer, we will again offer summer running for athletes in both Track & Field & Cross Country. We will meet at 6:30 AM @ MAHS on Monday, Wednesday, & Thursday mornings. Athletes entering grades 7-12 are welcome. This is free of charge. There is no formal registration for this program.



KIDS SAFETY CAMP

August
21 & 22
8am-3pm
Minnewaska
High School

The Starbuck Police Department is excited to announce the 8th Annual Safety Camp! This 2 day camp is designed to get kids learning about important safety topics while also participating in fun activities. Members of the Starbuck Police Department along with many of our Public Safety Partners will be hosting this exciting event. The youth involved with this camp will have the opportunity to build positive relationships with local Police, Fire, and EMS staff all while learning and having fun!

If you have questions, please call the Starbuck Police Department at 320-239-8477 and ask for Officer Ryan or Charleen

ADULT & FAMILY ENRICHMENT & RECREATION

(Some classes for teens as noted.)



55+ Driver Improvement Program

The Driver Improvement course is a state approved accident prevention/insurance discount course that is open to the public: pre-registration is required. The fee for the four hour refresher course is \$25.00. Persons age 55 and older who complete the course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law.

For more information, visit our website at www.mnsafetycenter.org. Or call The Community Ed Office and talk to Carrie Janu for questions. 320-239-1305.

In person class dates below are:

Date: Thursday, May 30

Time: Noon-4 p.m.

Location: MAHS Library

****Need to have 15 people enrolled in the class to have a in-person class.****

It's Minnesota Twins Baseball Time

Minnewaska Area Community Education is planning a trip to Target Field to see the Minnesota Twins. The Twins take on the Cleveland Indian's on Sunday, August 11th, 2024. First pitch is at 1:10 p.m. The bus will leave the Minnewaska Area High School parking lot outside the District Office doors at 9:30 a.m. and will return around 6:00 p.m. Children 12 and under must be accompanied by a responsible adult. The cost is \$60.00 per person and includes the motor coach ride, ticket to the game, and a \$10.00 voucher to the concession stand. The deadline to register online is July 26, 2024.



Register in person or online at: <https://minnewaska.cr3.rschooltoday.com/public/home/>



Purchase a Paver... to Honor a Veteran

Minnewaska Area District # 2149 named Veterans Field in honor of all Veterans who have served and especially those who have given the ultimate sacrifice.

In addition to Veterans Field, it is Minnewaska Area Schools honor to dedicate a section of our plaza, located between the baseball field and football field, to honor individuals who have served.

You can purchase an engraved, personalized paver to be displayed in the plaza. Each engraved paver is 7-³/₈ x 3-³/₈ and can be purchased for \$25. Placement of pavers within

the plaza is random and installation may not happen right away.

If you would like to purchase a paver, please fill out the form and send it to our office via email or mail. To access the form, visit our website www.minnewaska.k12.mn.us > Community Education tab > scroll to the bottom of the page, in the blue box named "Resources" click on "Veteran Paver Order Form." Please email completed form to cfjanu@isd2149.org or mail to the school.



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.

Topics include:

How chords work in a song

- How to 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

For more information on these classes, the website is: chordsarekey.com. Both the Instant Piano and Instant Guitar class are ONE-time crash courses mostly for adults. Students take the online class and then follow that up with their own private study and practice by using our follow up video lessons and the online book which they begin using in the first seminar. We also offer an optional monthly question and answer session after the class is held for any interested students.

Date: Tuesday, June 11

Time: 6:30-9:30 p.m.

Cost: \$55 per class

Age: 13+

Location: Zoom

Website: chordsarekey.com

Instructor: Craig Coffman

Email: craig.coffman@justonceclasses.com

Phone: 602-750-3173

Registration: online, see page 2 for instructions



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. Class limited to 15 students.

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

Date: Wednesday, June 12

Time: 6:30-9:00 p.m.

Cost: \$55 per class

Age: 13+

Location: Zoom

Website: chordsarekey.com

Instructor: Craig Coffman

Email: craig.coffman@justonceclasses.com

Phone: 602-750-3173

Registration: online, see page 2 for instructions



EARLY CHILDHOOD FAMILY EDUCATION



Little Lakers Preschool - Fall 2024

Minnewaska Little Lakers Preschool provides quality preschool programming to prepare your child for their first day of Kindergarten. Our comprehensive preschool attends to your child's social, emotional, and pre-academic needs. Watch your children explore and learn at Little Lakers Preschool!

All classes will be held at Minnewaska Elementary School in Glenwood. Parents are responsible for transportation.

Three Year Old:

MWF- AM - 8-11:30 \$180/mo
T/TH- AM - 8-11:30 - \$130/mo
(Must be 3 by 9/1/24)

Four Year Old:

M-F - full day 8-2:30 \$550/mo
MWF - full days 8-2:30 - \$300/mo
MWF- AM -8-11:30 - \$180/mo
(Must be 4 by 9/1/24)

Four year old children in the full day classes may also register for school aged child care for an additional fee: <https://minnewaska.reg.eleyo.com/child-care/1/school-age-child-care>

Registration: <https://minnewaska.reg.eleyo.com/child-care/2/preschool>

Please note that all classes are subject to change due to enrollment and demand.

**** The district will not be offering KinderCamp this summer.**



Early Childhood Screening



Early Childhood Screening is a free & simple check of how your child is growing, learning and developing. It is best done when your child is 3 years of age. It is a requirement for entering school in Minnesota.

At your screening appointment a trained professional will check:

- ✓ Vision and Hearing
- ✓ Growth, & Immunizations
- ✓ Thinking, Language, communication & movement skills
- ✓ Social & Emotional skills



<https://minnewaska.reg.eleyo.com>



105 2ND AVENUE NORTHEAST GLENWOOD, MN 56334

Join Us At



Youth Summer Art Program

ART ADVENTURES

Kids Ages 6–11 | July–Aug | 8 Weekly Classes
\$15 Per Class Per Student or All 8 Classes for \$100



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

LEARN MORE OR SIGN UP AT
CENTRALSQUARE.ORG OR (320) 634-0400