Summer Fun Activities
Northwest Como Recreation Center
1550 Hamline Ave. N 55108 651-298-5813
****Registration Deadline is at least one week before activity begins****
****Sports Registration Begin April 2* www.stpaul.gov/parks**

CLASSES:
Tae Kwon Do Instructor: Stephanie Wright
Gain confidence, discipline and skills through this ancient martial art. Registration taken monthly. One time fee for uniform.
All Classes: FEE: $40 SESSIONS: 4 AGES: 6 & UP DAY: TUESDAY
BEGINNER LEVEL & WHITE BELTS- TIME: 3:30-4:30pm
DATE: June 5 ACTIVITY # 9258
DATE: July 10 ACTIVITY # 9259
DATE: Aug 7 ACTIVITY # 9260
YELLOW BELT & UP- TIME: 4:30-5:30pm
DATE: June 5 ACTIVITY #: 4429
DATE: July 10 ACTIVITY #: 4430
DATE: Aug 7 ACTIVITY #: 5891

Babysitting Training (American Red Cross)
This training will help participants develop skills in leadership and professionalism, basic care, safety, safe play and first aid. Students must be age 11 years or older. Please bring a bag lunch and beverage for class.
ACTIVITY #: 9411 Day: Thur Date: Aug 9 Time: 9am-4:15pm Fee: $60 Ages: 11 & up Session: 1-2

Artist's Workshop Instructor: Barb McIntosh
For youth who have a strong interest in art. Using watercolors, oil pastels, soft pastels, and acrylic paint, youth will explore gesture drawing and contour drawing with emphasis on proportion. Youth will be introduced to the masters. Bring a snack for break time. Participants need to bring an 11X14" or larger frame.
ACTIVITY # 3927
Day: Mon/Wed Date: June 18 Time: 10am-Noon Fee: $80 Ages: 7-9 Session: 12
ACTIVITY # 3928
Day: Mon/Wed Date: June 18 Time: 12:30-2:30pm Fee: $80 Ages: 10 & up Session: 12
ACTIVITY # 3929
Day: Tue Date: June 19 Time: 10am-Noon Fee: $50 Ages: 5-7 Session: 6

WORKSHOPS:
Science: Underground Wonders Workshop Instructor: Mad Science
Take part in a mineral hunt to start your own mineral collection. Become a junior paleontologist as you dig for dinosaur bones and figure out how they fit. Take home a cast of the tip of a T- Rex tooth.
ACTIVITY # 9264 Day: Thur Date: June 21 Time: 10am-Noon Fee: $25 Ages: 5-8 Session: 1

Science: Junior Naturalist Workshop Instructor: Mad Science
Explore the world of Animals, and the tiny world of bugs! You will learn about how different creatures adapt to survive in their habitats. Take home a cast of an animal's footprint, and your own bug-eye lens viewer.
ACTIVITY #: 9265 Day: Thur Date: June 21 Time: 12:30-2:30pm Fee: $25 Ages: 5-8 Session: 1

Science: Energetic Escapades Workshop Instructor: Mad Science
Explore things that go zip, stretch, and pop! You'll discover how gravity affects us all the time, and experiment with transferring potential energy into work force power. Take home your own Gravity Game and Catapult.
ACTIVITY #: 9266 Day: Thur Date: June 28 Time: 10am-Noon Fee: $25 Ages: 7-11 Session: 1

Science: Hocus Pocus Science Workshop Instructor: Mad Science
Pull back the curtain and see the secrets behind magician's illusions. Explore the anatomy of the eye, and figure out how mirrors, lights and optics combine to fool us. Take home your own Periscope and Curious Cube magic trick.
ACTIVITY #: 9267 Day: Thur Date: June 28 Time: 12:30-2:30pm Fee: $25 Ages: 7-11 Session: 1

Computer: 3D Game World Design Workshop Instructor: Computer Explorer
Create and complete your own 3D Game World! Working in pairs, students will learn to use Platinum Arts "Sandbox Game Maker" software. This course is an introduction to basic techniques used to create 3D gaming environments. Basic techniques include creating structures, buildings, tunnels, stairs, and outdoor terrains. Some outdoor terrains include hills, mountains valleys, and lakes. Students working in pairs will learn to create rotating objects, characters, visual and audio special effects while experimenting with textures. Students will be able to download the software at home. (Windows Only)
ACTIVTY #: 9268 Day: Thur Date: July 12 Time: 1-4pm Fee: $40 Ages: 8-13 Session: 1

Computer: Jedi Imperial Droid Workshop Instructor: Computer Explorer
Star Wars, Robotics and Engineering! Learn how to use the "Micro Scout" Lego Mindstorm Robotics System's microcomputer to brain your droids. Use the built-in light sensor motors and sound to bring your droid to life. In this exciting hand on class, students working in pairs will be using the Robotic Mindstorm Droid and Darkside developer kit to build and experiment with their droids. Learn about robotics and engineering as we build the base models, and then customize your droid.
ACTIVITY #: 9269 Day: Thur Date: July 26 Time: 9am-Noon Fee: $40 Ages: 6-10 Session: 1

SPORTS:
Ultimate Frisbee Instructor: Sports Unlimited
Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two, seven player squads with a high-tech plastic disc on a field similar to football. Objective of the game is to score by catching a pass in the opponent's end zone. Ultimate is the fastest growing sport on high school and college campuses. Please bring water bottle, snack, and sunscreen
ACTIVITY #: 3834 Day: Mon-Thur Date: June 18 Time: 9am-Noon Fee: $75 Ages: 10-14 Session: 4

Multi- Sport Flag Football, Baseball, & Soccer Instructor: Specialized Recreation Staff
An introductory program for boys and girls. Fee includes a ball, t-shirt, and daily snack. All equipment provided. Partial scholarships available. (Flag Football instead of Basketball due to no access to the gym during ventilation construction)
ACTIVITY #: 3597 Day: Mon-Thur Date: June 25 Time: 9am-Noon Fee: $60 Ages: 4-6 Session: 4

Soccer Instructor: Sports Unlimited
Individual skills taught: shooting, passing, dribbling along with learning the strategies of offense and defense. Participants will be divided by age and skill level. Please bring shin guards, water bottle, sunscreen, and snack.
ACTIVITY #: 9257 Day: Mon-Thur Date: July 9 Time: 9am-Noon Fee: $75 Ages: 5-7 Session: 4
ACTIVITY #: 4422 Day: Mon-Thur Date: July 9 Time: 9am-Noon Fee: $75 Ages: 8-12 Session: 4

Game On Instructor: Sports Unlimited
We will introduced campers to all their favorite playground games: Ships Across the Ocean, Animal Tag, Freeze Tag, Red Light-Green Light, Kickball, Capture the Flag, Duck-Duck-Grey Duck, Dodge Ball (with soft sponge balls), Red Rover-Red Rover, 500, Sharks and Minnows, Simon Says and Steal the Bacon. Bring water bottle, snack and sun screen.
ACTIVITY #: 3581 Day: Mon-Thur Date: July 16 Time: 9-11am Fee: $70 Ages: 4-6 Session: 4

Flag Football Instructor: Cha Vang
This camp is designed to introduce the young athlete to the sport of flag football through skill development and small group games. Campers learn the rules of flag football while working on team play and sportsmanship. Individual skills taught: passing, catching, kicking along with learning the strategies of offense and defense. Please bring water, snack and sunscreen.
ACTIVITY #: 3578 Day: Mon-Thur Date: July 23 Time: 10am-Noon Fee: $60 Ages: 8-12 Session: 4

Snag Golf Instructor: Sports Unlimited
Sports Unlimited uses SNAG (Starting New At Golf) equipment which involves golf clubs with oversized plastic heads and (tennis size) Velcro golf balls to help kids develop the skills of hitting the ball. This special equipment is specifically designed for the entry level player. The camps are based on the philosophy of providing children ages 5-10 with the opportunity to develop sports skills in a fun safe and non-competitive environment. We will instruct the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Children will be divided by age and skill level. No prior golf experience is necessary. All equipment is provided. Please bring a snack, sunscreen, water bottle and appropriate dress.
ACTIVITY #: 9263 Day: Mon- Thur Date: July 30 Time: 9am-Noon Fee: $75 Ages: 5-10 Session: 4

Como Community Staycation Weekend

Activities include an Outdoor Movie, Art Show, Garden Tour, Coffee Grounds Music Festival, Como Park Lutheran Church Service and Lyngblomsten Art Festival. Partnering organizations are Northwest Como Recreation Center, District 10, Coffee Grounds, Lyngblomsten, Como Park Lutheran Church and the Chelsea Heights Elementary School PTO.

For specific information go to www.district10comopark.org

Date: July 19 **Times:** Vary
Day: Thursday – Lyngblomsten Art Festival
Day: Friday- Outdoor Movie, Coffee Grounds Music Festival, Talent Contest
Day: Sat- Inflatable's, Art Show, Garden Tour, Coffee Grounds Music Festival
Day: Sun- Como Lutheran Church Service, Coffee Grounds Music Festival

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Saint Paul Parks and Recreation