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****

www.stpaul.gov/parks

REGISTRATION BEGINS MARCH 25, 2013

SAVE THE DATE!

Overnight Camp Out/Movie Night Deadline to register is July 12th ACTIVITY # 12307

Reserve your camping spot for the 1st annual NWComo Camp Out. This is for families so parents must be on site at all times with their kids. Families must provide their own tents and camping gear.

A tentative Schedule looks like: Concessions 6-9pm

6pm Ball games, Jump Castle, Climbing Tower

7-9pm Bingo, Demonstrations in Tae Kwon Do & Yoga, Craft project, Music by Aaron Kerr, Button making and Hot Shot Basketball.

8pm Tent set up

9pm Movie 'Dr. Suess, The Lorax'

10:30pm Bonfire/Story telling

11:30pm Bed Time

8:00am Light breakfast/tents come down

Day: Fri Date: July 19 Time: 6pm-8am Fee: $30/Family Ages: Family

CLASSES/ACTIVITIES:

Tae Kwon Do Instructor: Elbert Batica

One time fee for uniform payable to instructor. Testing fees are additional.

Day: Tue/Thurs Time: 4:40-5:30pm Fee: $50/mo Ages: 6 & up Sessions: 8-9

ACTIVITY # 4429 Date: June 4

ACTIVITY # 4430 Date: July 2

ACTIVITY # 5891 Date: Aug 1

Dodge Ball Instructor: NWC Staff

Teens will come together each Thursday to play games of Dodge Ball

Day: Thurs Date: June 13 Time: 6:30-8pm Fee: Free Ages: 13-17 Sessions: 8

Storytelling/Writing Instructor: Satish Jayaraj ACTIVITY # 12248

In this class we will go through the fundamentals of what it takes to tell a good story to an audience. We will learn about what makes character compelling and setting interesting and how to convey stories using all the tools available to us, including facial expression, gestures and movement. This will be a fun class that will help us become passionate about our stories as we tell them. Students will learn how to overcome stage fright and will gain the ability to adapt stories as they tell them to get past blunders. Aside from being able to tell stories, students will also create their own story that they will enjoy telling long after the class is over. This class will raise student's confidence and self expression and leave them with a heightened appreciation for the ancient art of story telling. On Friday, July 19th at 8:30pm before the outdoor movie the students will each tell a short story.

Day: Thurs Date: June 13 Time: 10am-Noon Fee: $50 Ages 9-14 Sessions: 6

Art: 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 where they learn to mark their paper and contour drawing with emphasis on proportion. Youth will be introduced to the masters. Youth will participate in an Art Show at the Coffee Grounds. Participants will need to supply one 11x14 or larger frame. Bring a backpack with water & a snack.

ACTIVITY # 3927

Day: Mon/Wed Date: June 17 Time: 10am-Noon Fee: $80 Ages: 7-9 Sessions: 12

ACTIVITY # 3928

Day: Mon/Wed Date: June 17 Time: 12:30-2:30pm Fee: $80 Ages: 10 & up Sessions: 12

ACTIVITY # 3929

Day: Tue Date: June 18 Time: 10am-Noon Fee: $50 Ages: 5-7 Sessions: 6

Funtastic Fridays (Free) **Instructors: Jordan Osberg/Cha Vang** ACTIVITY #12260
Each Friday the Northwest Como staff will lead the youth in fun, cooperative and active activities.
Day: Fri Date: June 21-Aug 16 (Nothing July 5th or July 19th) Time: 1:30-4pm Ages: 7-14

Babysitting Training (American Red Cross) **Instructor: Jolyn Florin** ACTIVITY # 9411
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 & beverage.
Day: Wed Date: Aug 7 Time: 8:30am-3:00pm Fee: $60 Ages: 11 & up

Yoga For Me **Instructor: Ann Griffin**
It's time for the kids to relax, stretch out and tone their bodies by learning Yoga. Bring a mat if you have one. Roar like a lion, bark like a dog, fly like an airplane, and flutter your wings like a butterfly as we sing songs, tell stories, and play games. Children will learn simple breathing techniques and yoga poses while enhancing motor coordination and play skills.
ACTIVITY #12251
Day: Mon-Fri Date: Aug 12-16 Sessions: 5 Ages: 3-5 Time: 9-9:30am Fee: $10
ACTIVITY #12258
Day: Mon-Fri Date: Aug 12-16 Sessions: 5 Ages: 4-8 Time: 9:45-10:30am Fee: $15
ACTIVITY #12262
Day: Mon-Fri Date: Aug 12-16 Sessions: 5 Ages 8-12 Time: 11am-Noon Fee: $20

CAMPS:
Ultimate Frisbee **Instructor: Sports Unlimited** ACTIVITY # 3834
Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate Frisbee is played by two, seven-player squads with a high-tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Ultimate Frisbee is the fastest growing sport on high school and college campuses. Please bring water-bottle, snack and sunscreen.
Day: Mon-Thurs Date: June 17-20 Time: 9am-Noon Fee: $75 Ages: 10-14 Sessions: 4

Game On **Instructor: Sports Unlimited** ACTIVITY # 3581
Participants will be introduced to many favorite playground games: Ships Across the Ocean, Animal Tag, Freeze Tag, Red Light-Green Light, Kick ball, 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.
Day: Mon-Thurs Date: July 15-18 Time: 9-11am Fee: $70 Ages: 4-6 Sessions: 4

Twinkle Toes **Instructor: Rachel Handern/Dawn Thielen** ACTIVITY # 12150
The Twinkle Toes participants will spark their creative movement in dance and flex their muscles in tumbling.
Day: Mon-Thurs Date: July 15-18 Time: 9am-10:45am Fee: $40 Ages: 3-6 Sessions: 4

Intro to Acting **Instructor: Taj Ruler** ACTIVITY #12256
Beginning acting skills and techniques will be taught through life skills situations. At the end of the camp there will be a final performance. Bring daily snack and beverage
Day: Mon-Fri Date: July 22-26 Fee: $60 Sessions: 5 Ages: 9-14 Time: Noon-3pm

Computer: Robotics: Star Wars Droid Builder **Instructor: Computer Explorers** ACTIVITY # 9268

Bring Star Wars inspired inventions to life — with the Star Wars Lego Mindstorms Robotics Developer kit. We will start with a simple droid mechanism, and then move on to more ambitious droids that move and walk. This modular building system lets student's build using subassemblies, making it easy to create and customize the robotic droids. All these great robotic inventions are powered by the Micro Scout, the smallest LEGO microcomputer, equipped with light sensor, and 6 robotic programs to control our droid creations. Possible Models include: Droid Vehicle, Trainer Droids, our version of R2D2 and more! We will experiment with robotic programs that avoid light, seek light, and are controlled by lights, act as alarms and more. Students will get to take a home a small Lego non-robotic droid or starship. Bring daily snack and beverage.
Day: Mon-Wed Date: July 22-24 Time 8:30am-11:30am Fee: $99 Ages: 7-10 Sessions: 3

Computer: Extreme Robotics: Robo-Sports **Instructor: Computer Explorer** ACTIVITY # 9269
Design, build and program robots to take your engineering skills to a higher level. Using the NXT Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch and light sensors, and specialized Lego technical engineering components, students will build extreme robots, program them to accomplish tasks, respond to external stimuli, and overcome challenges. Students working in small teams will control the robot with the NXT programs, and then have the opportunity to experiment and modify the programs. Students will then be challenge to morph their projects in better, stronger or faster robots. Possible robots built are a Robotic Arm, Baseball batter, Pitching Machine, Mini-Golf Swinger, a Flipping Gymnast, and a Ball Hunter. Bring daily snack and beverage
Day: Mon-Wed Date: July 22-24 Time: Noon- 3pm Fee: $99 Ages: 10-15 Sessions: 3

Jump Start Into Kindergarten **Instructor: Lori Brown** ACTIVITY # 12250
Is your child excited, anxious or both to start kindergarten? If so, this class will give them a mini snapshot of what a typical kindergarten day will be like. In this class the children will listen to stories, participate in group activities, do academic projects, sing songs, tempera paint, have choice time, make friends while learning appropriate kindergarten social skills! Please send your child to school with a backpack an a healthy snack! This class will help your child feel more confident about starting school! Kindergarten Rocks!
Day: Mon-Wed Date July 29-31 Time: 9-11:30am Fee: $75 Ages 4-6 Sessions: 3

Cheerleading **Instructor: Skyhawks** ACTIVITY # 12139
Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program—just a big focus on fun while each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance. All participants receive pom-poms, a t-shirt, and a merit award. The participant-to-coach ratio is approximately 10:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, and sunscreen.
Day: Mon-Thurs Date: Aug 5-8 Time: 9am-Noon Fee: $79 Ages: 5-9 Sessions: 4

Art: Clay- Making Clay **Instructor: Courtney Oleen** ACTIVITY # 12249
Participants will use red and white earthenware to create animal themed works of art using techniques of squishing, molding and slab rolling. Pieces will be painted with under glazes and fired to a bisque/pottery state and ready for pickup after two weeks.
Day: Mon-Fri Date: August 12-16 Time: 10am-Noon Fee: $75 Ages: 6-12 Sessions: 5

SPORTS CAMPS:
Archery Camp **Instructors: Tim Lang & Tom Altman**
Students will follow safety instructions while learning and practicing proper archery techniques. Equipment is provided and fee includes t-shirt. Day: Mon-Friday Date: June 24-28 Fee: $60 Sessions: 5
ACTIVITY # 12151 Time: 8:30-10:30am Grades 3-6 (grade just completed)
ACTIVITY # 12152 Time: 11am-1pm Grades 7-12 (grade just completed)

Basketball **Instructor: Skyhawks** ACTIVITY # 12137
This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progression curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. All participants receive a t-shirt, basketball, and player evaluation. The participant-to-coach ratio is approximately 10:1. Participants should bring appropriate clothing, two snacks, a water bottle, and gym shoes.
Day: Mon-Thurs Date: June 24-27 Time: 1:30-4:30pm Fee: $79 Ages: 6-12 Sessions: 4

Soccer **Instructor: Sports Unlimited**
Individual skills taught: shooting, passing, dribbling along with learning the strategies of offense and defense. Children will be divided by age and skill level. Please bring shin guards, water bottle, sunscreen and a snack!
Day: Mon-Thurs Date: July 8-11 Time: 9am-Noon Fee: $75 Sessions: 4
ACTIVITY # 9257 Ages: 5-7
ACTIVITY # 4422 Ages: 8-12

Golf – SNAG **Instructor: Sports Unlimited** ACTIVITY # 9263
SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and "mini tennis balls." As a safety precaution, golf helmets will be used for protection. Participants will receive a t-shirt and merit award. Bring daily snack and beverage.
Day: Mon-Thurs Date: July 29-Aug 1 Time: 9am-Noon Fee: $75 Ages: 5-10 Session: 4

Volleyball **Instructor: Skyhawks** ACTIVITY # 12138
All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. All participants receive a t-shirt, volleyball, and player evaluation. The participant-to-coach ratio is approximately 10:1. Participants should bring appropriate clothing including, two snacks, a water bottle, gym shoes, and knee pads.
Day: Mon-Thurs Date: July 29-Aug 1 Time: 1-4pm Fee: $79 Ages: 7-14 Session: 4

Flag Football **Instructor: Skyhawks**
Flag Football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! Participants should bring appropriate clothing, two snacks, water bottle, and sunscreen. All participants receive a t-shirt, football, and player evaluation. The participant-to-coach ratio is approximately 12:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes, and sunscreen.
Day: Mon-Thurs Date: Aug 5 Time: 9am-Noon Fee: $79 Session: 4
ACTIVITY # 3578 Ages: 8-12
ACTIVITY # 12140 Ages: 5-7

Mini Hawk (Soccer, Basketball, Baseball) **Instructor: Skyhawks** ACTIVITY # 12238
This multi-sport program gives children a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staffs are trained to handle the specific needs of young athletes. All participants receive a t-shirt, soccer ball and a merit award. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.
Day: Mon-Thurs Date: Aug 12-15 Time: 9-noon Fee: $79 Ages: 4-7 Sessions: 4

ADULT ACTIVITES:

Senior Gamers ACTIVITY # 9262
Enjoy your favorite tables such as Sequence, Phase 10 and Mexican Train.
Day: Tue Date: June 4 Time: 1-3pm Fee: Free Ages: 55+ Sessions: On-going

Backyard Games League **Instructor: NWComo Staff** ACTIVITY # 12263
You and your partner will compete in Bocce Ball, Bean Bag Toss, Ladder Toss and Polesh. After 4 weeks of playing the final two weeks will be playoffs for bragging rights.
Day: Tues Date: June 18 Time: 7pm Fee: $30 Sessions: 6

www.nwcomoboosterclub.org

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Saint Paul Parks and Recreation